



A Quarterly Newsletter of the Federation of Senior Citizens' Associations, Punjab

# FEDSEN PUNJAB

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## PRESIDENT'S MESSAGE

Dear Fellow Members,

This quarter saw change of Government in the state. Akali Dal – BJP coalition, which had ruled the state for ten years, was voted out of power and after winning handsomely in the Assembly elections which took place in the month of February, Indian National Congress formed Government in the state with Capt. Amarinder Singh Ji as Chief Minister. Many of the important issues concerning senior citizens which we had taken up with the previous Government are still pending. We will pursue these issues with the new Government. We are very hopeful that the new Government will adopt a sympathetic attitude towards the senior citizens.

We held a meeting of Governing Body at Bathinda on 21st January, 2017. It was first ever meeting of Governing Body in the south-western region of the state. It was very heartening to see that delegates from as far away as Zirakpur, Rup Nagar and Mohali reached Bathinda to attend the meeting in spite of very cold weather. This speaks volumes about vitality of our organization. Sh. Gurbachan Gupta, President of Senior Citizens' Council Bathinda and his colleagues deserve appreciation for making excellent arrangements for the meeting. They also deserve praise for ensuring good coverage of the meeting in the media just a few days before the Assembly elections.

After approval of admission of Senior Citizens' Forum Ferozepur as member of FEDSEN, Shri Kulbhushan Gautam President of the Forum and its other members who were attending a meeting of FEDSEN for the first time were heartily welcomed.

In their meetings on 17th December, 2016 and 6th January, 2017 respectively, Committee for Security of Senior Citizens and Legal Affairs and Committee for Health Care of Senior Citizens had taken a number of important decisions. These decisions were conveyed to all federated Associations for necessary action. Key decisions were that Associations should also form similar Committees to pursue at local level matters pertaining to security and health care of senior citizens. All Associations may please implement these decisions if not already done and send their reports as early as possible.

Last year no claims were received for awards under 'S. Gopal Singh Khehra Memorial Project for promotion of Senior Citizens' Movement in Punjab'. This year some Associations have been active in forming senior citizen associations in villages. These Associations may please send their reports to me latest by 31st May, 2017.

With best wishes,

**S P Karkara**

## Editorial

Change is inevitable but all change is not beneficial. In my lifetime I have seen change; global, national, regional, social, personal etc.

When I was born, colonialism was at its zenith. The sun never set on the British Empire. Countries which aspired to have colonies clashed with colonial powers, which caused world war II. The war weakened both the combatants, which was a blessing in disguise for the colonies to gain independence.

India became independent but paid a heavy price of partition. The able leaders of that time integrated the residual territory and framed a constitution to make it a Parliamentary democracy. The country failed to resolve territorial disputes with China and Pakistan which caused wars with them. Consequently the economic progress slackened and poverty is widely prevalent even today.

Conflicts over language, religion and water have disturbed the peace in the North region, retarding economic development and causing social tensions. Tackled rationally and sensibly these disputes can be easily solved, but vested interest keep these alive for personal gains.

There has been tremendous social change since my childhood. Attitudes towards women and scheduled castes have undergone sea change. It is a change for the better. Attitudes towards religious practices and the elderly have changed for the worse. With spread of education, people should have become more rational, enlightened and humane. Unfortunately it has not been so.

Change in my personal life has been dramatic. Higher education and advanced technology have made world knowledge that accessible to me. My old age is more fruitful and enjoyable than of my father.

I realize I cannot change many things I want to, so I accept these gracefully. I agree to what Reinhold Neibuhr says, "God, give us the grace to accept with serenity the things that cannot be changed. courage to change the things which should be changed, and the wisdom to distinguish one from the other."

**Amarjit Singh**

All the Federated units are requested to send the activity report in brief and to the point. The report for April to June 2017 should reach the President/Secretary General by 5th July 2017 preferably by E-mail or by courier.

**Editor.**

*'FEDSEN NEWS' wishes its dear readers a very Happy Basiakhi*

**GOVERNING BODY MEETING OF FEDSEN PUNJAB AT BATHINDA  
21st JANUARY 2017**



SH. S.P. KARKARA PRESIDENT BEING GIVEN FLORAL WELCOME BY SHRI. GURBACHAN GUPTA PRESIDENT BATHINDA UNIT



SH. S.P. KARKARA PRESIDENT & OTHER OFFICE BEARERS ON THE DAIS



GENERAL VIEW OF THE DELEGATES



GROUP PHOTO OF THE DELEGATES

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## AS WE MARCH ON

**Er R S Behal**  
**Secretary General**

### FEDSEN NEWS

· **First meeting of Committee for Health Care of Senior Citizens** was held at Ludhiana on 6th January, 2017 under the chairmanship of Dr Arun Mitra. Committee took the following important decisions:-

1. The Committee voiced concern over lack of adequate attention by Central Government and Punjab State Government towards special health care needs of senior citizens who constitute more than 9% of the population of the country and about 10.5% of population of Punjab. Committee called upon both the Central and the State Governments to give due priority to Health Care needs of senior citizens while framing their Health Care policies and programmes.

2. It was decided that Senior Citizens' Associations federated with FEDSEN may also form their own Health Care Committees on the lines of this Committee so that the objectives for which this Committee had been constituted may be pursued through concerted efforts of FEDSEN and federated Associations.

3. It was decided that federated Associations may contact Civil Surgeons and other Govt. Medical Officers and ensure that instructions issued by Punjab Government from time to time under the Maintenance Act of 2007 are fully implemented in Govt. hospitals and dispensaries

4. It was decided that private hospitals and nursing homes may be approached to provide facilities and concessions to senior citizens in OPD, laboratory, procedures, medicines etc.

**Meeting of the Governing Body** was held at Bathinda on 21st January, 2017. It was hosted by Senior Citizens' Council, Bathinda. President FEDSEN Sh. S P Karkara presided over the meeting. Following important decisions were taken in the meeting:-

1. Income and Expenditure Statements for second and third quarters of Financial Year 2016 -17 were approved unanimously after discussion.

2. President informed the meeting about Walkathon organized at Ludhiana on International Day of Older Persons (1st October, 2016) under the aegis of All India Senior Citizens' Confederation (AISCCON) and sponsorship of Ministry of Social Justice and Empowerment, Govt. of India. Details of expenditure of Rs. 1,26,011/- on Walkathon and Rally against grant of Rs. 1,25,000/- received from Govt. of India were noted. It was decided to re-imburse 50% of the expenditure incurred by Mohali and Zirakpur Associations on participation in this event as a special case.

3. Policy decision was taken that in future whenever federated Associations are invited to participate in a FEDSEN event, expenses incurred by them for such participation will be re-imbursed only if it is so mentioned clearly in the communication sent to them and that also to the

extent of the amount mentioned in the communication.

4. Reports of Committee on Security of Senior Citizens and Legal Matters; Committee on Health Care and RTI Act Information Committee were presented.

5. **Admission of Senior Citizen Forum, Ferozepur City as member of FEDSEN was unanimously approved by the House.**

### BATHINDA

**(21.01.201)**

Meeting of Governing Body FedSen Punjab was organized by the Council Bathinda unit at Tulip Club Ganpati Enclave Bathinda. Sh. SP Karkara IAS (Retd.) President FedSen Punjab presided over the meeting. Sixty delegates from all over Punjab attended the meeting.

**19.03.2017**

World Consumer Rights Day was celebrated at Dr Ambedkar Bhavan. Sh. Sri Krishen ESA ( Retd.) Vice President presided over the function. Adv Vinod Garg Consultant of consumer Forum delivered a very informative lecture about rights and responsibilities of consumers to avoid harassments at the hands of the shop keepers/suppliers. Adv. Garg was welcome by presenting him a bouquet. Er. HS Khurmi Conducted the stage and Sh. SK Bansal thanked the speaker and the members.

Birthday of the council members was celebrated with birthday cake and birthday mementos. Sh. Om Prakash Balluana and Er. MS Brar gave tea party at the end of the meeting on account of the marriage of their grandson and son respectively.

### JAGRAON

05-03-2017

Jagraon Marathon was arranged by Jai Shree Radhe Kishna Society, JAGRAON. Eleven members from our association participated

All the participants were honoured by the organisers of JAGRAON MARATHON. The following members won the prizes for their performance:

1. Sh. Kulwant Singh
2. Sh. Varinder Sharma
3. Sh. Hari Saran Sharma
4. Sh. Gurbax Singh

**2. 09-03-2017**

**One day religious tour of Sri Amritsar Sahib** was undertaken by members along with their families. Twelve families & some guests paid their obeisance/prayers at Golden Temple, Durgiana Mandir, Jhallianwala Bagh & Ram Tirath.

### LUDHIANA

**13Th January, 2017**

**1. Lohri Celebrations** SCWAL members celebrated Lohri in

company with the inmates of Red cross Senior Citizens Bhawan. Er. Balbir Singh, President, Welcomed the participated which was followed by lighting of bone fire. Entertainment programme including songs, poems, shayari, jokes etc. were presented by 15 participants. Er S K Seth, Organizing Secretary, thanked the participants.

## **2. General House Get-together Meeting**

was organized on January 28, 2017 at Arya Samaj Mandir, Block-B, Aggar Nagar, Ludhiana. Er. Balbir Singh President. welcomed the audience and invited them for the Flag Hoisting Ceremony to commemorate India's Republic Day followed by the National Anthem. Er. Bipan Kumar Gupta, a SCWAL member, sang a patriotic song and Sh. S P Karkara, Chairman, SCWAL, expressed his views about the significance of the Republic day and duty of every Indian citizen towards the National Flag and the Republic of India.

A special talk on "Important Issues Concerning Senior Citizens", by Dr. (Mrs.) Manreet Kahlon, VP Operations and Relationship Management, NRneed, New Delhi, was given. She created awareness among the audience regarding the unique online service provided by NRneeds to the senior citizens to enable them lead a comfortable life.

During the open forum members gave good input. about environment, social evils, and social services for the needy.

## **Family Get-together and Basant Panchami Celebrations (6th Feb, 2017)**

A family get-together was organized to celebrate Basant Panchami. Members participated in "TAMBOLA" & winners were given prizes. participants entertained the audience with poems, shayari, songs, ghazals etc. during the cultural programme. The members, whose birthdays and/or marriage anniversaries fell during January/February, were honoured with flower buds.

## **A Talk on "Peace of Mind" 28th Feb, 2017**

Er S K Seth, Organizing Secretary, SCWAL, delivered a talk on "Peace of Mind" While describing mind as the most turbulent and powerful, he emphasized that keeping pace with what is happening around and not getting disturbed by others' activities, can help one to control one's mind and lead a peaceful life.

After this talk, Mr..Manmeet Mishra, Awareness Manger, 'Heavenly Palace Home for Senior Citizens' at Doraha, showed a video to share with the Senior Citizens the type of facilities and the Services available to the inmates there.

## **Visit to Amritsar**

A trip to Amritsar on March 08, 2017. was arranged by a chartered bus. 19 persons joined the group and visited Sri. Harmandir Sahib and Saada Pind.

## **Annual General Body Meeting of SCWAL (25th March, 2017)**

Annual General Body Meeting of the Senior Citizens' Welfare Association Ludhiana was held. Dr I M Chhibba, General Secretary informed the House that some of the SCWAL members had left for heavenly abode during 2016-17. The

members observed one minute silence to pray to the Almighty to grant peace to the departed souls. Mrs. Neelam Khosla, Vice President, SCWAL, welcomed the members and their spouses. Dr I M Chhibba, presented the proceedings of the Annual General Body Meeting held on March 30, 2016 as well as the Annual Report of SCWAL for the year 2016-17 and the same were approved by the house after deliberation. The Audited Report of Financial Year 2015-16 and the General Financial Overview for 2016-17 were presented by Er R S Behal, Finance Secretary, SCWAL and the house approved both of them. Executive Members honoured those SCWAL members who had donated Rs. 10, 000/- (Ten Thousand) or more during 2016-17. SCWAL Members' Directory Compiled by Er R S Behal was released by all office bearers on the dias. While addressing the members, Sh. S P Karkara, Chairman appreciated the Executive Committee Members for its excellent performance during 2016-17 and conveyed his best wishes for 2017-18. Besides, he thanked the Executive Committee Members for their sincere efforts for successfully organizing Walkathon and Rally on the occasion of celebration of the International Day for Older Persons on Oct. 01, 2016 in collaboration with the FEDSEN-PB and AISCCON. During the open forum, members showed their concern about the necessity of making SCWAL financially stronger and a general consensus was that the members should be requested to donate liberally to the association in order to enable the Executive Committee to perform without any financial crunch. Er. Balbir Singh, President, SCWAL, in his address, admired the members for the input given by them during the open forum and answered the queries made by some members. While informing about the programmes proposed for the next financial year, he appealed to all the members for their wholehearted cooperation in fulfilling the objectives of SCWAL. Er S K Seth, Organizing Secretary, SCWAL, proposed a vote of thanks.

## **MOGA**

A deputation of council members led by the president S L Kamra met the new Deputy Commissioner Sh. Parveen Kumar Thind on 3rd Jan 2017.

A letter of welcome was handed over to him on being posted D.C of Moga District. Views were exchanged the implementation of "Maintenance and welfare of parents and Senior Citizens' Act-2007. President explained in details the pivotal role played by the council in spreading the senior citizen movement under the banner of FEDSEN (Pb) as Sr. vice President D.C. gave assurance to solve the problems of the Senior Citizens' on priority basis.

An invitation was extended to the council in connection with the celebration of the Republic Day on 26th Jan. 2017 by the Administration, It was attended by president and many members. The National Flag was unfurled by the chief guest Honorable Minister S. Ajit Singh Kohar. After colorful cultural programme. The chief guest guest honoured the freedom fighters.

A general body meeting was held. on 25th Feb. 2017 under the presidentship of Sh. S L Kamra who was unanimously re-elected as President for 2017-19 President Kamra thanked the council members for showing confidence and promised to put earnest efforts in elevating the status of the council in coming years.

## MOHALI

1. 31st December, 2016 being the last day of the year was dedicated to the Almighty for a pleasant and memorable end to 2016 and an beginning of 2017.
2. Lohri was organized on 12th January, 2017 More than 200 members participated in the celebration. The members danced around the bonfire to the tune of folk songs sung by our members. member enjoyed Revri, Pop-cons and Lunch of hot Amritsari Kulcha, Pindi Channa with Kheer.
3. **Republic Day Function** was organized on 26th January. The National Flag was hoisted by Dr AS Khehra, Chairman, MSCA. The cultural programme included various patriotic songs and a quiz on Republic Day.
4. **Joint Picnic with Chandigarh Senior Citizens' Association** was arranged at Khehra Farms on 14th February, 2017(Valentine day) on this Day foundation of Association was also laid in 2007; 350 members of both the Associations attended and actively participated in various sport events
5. Special Lecture - A lecture on "Aging Gracefully" by Dr Mahesh Hemadri of Global Hospital & Research Center, Mount Abu was organized on 7th March, 2017. To make this journey more simple, independent, inspiring and creative, body balance needs to be maintained. Certain exercises to maintain body balance were also explained.
6. The Annual Sports Carnival started with Opening Ceremony on 10th March, members turned up in their best sports outfits in large numbers. Dr AS Khehra, Chairman, declared the 7th MSCA Sports Meet open. The competitions were organized in Badminton, Lawn Tennis, Table Tennis,
7. Fortnightly get togethers were organized regularly during the period under review.
8. Monthly special lectures by specialists of Fortis and Max Hospitals were organized during January to March as part of our health education & awareness programme.

## NABHA

1. **LOHRI CELEBRATION.** Lohri as usual was celebrated with utmost-interest and enthusiasm. Members who were blessed with grand and great grand daughters took active part, contributed and they added to make the celebration memorable.
2. **Republic Day.** Due to sudden demise of chowkidar the

celebration was cancelled "However the National Flag was unfurled at on 26 Jan 17. by the President.

3. **Governing Body** meeting of Fedesen, Punjab was attended on 21st Jan 2017 at Bathinda.

4. **International Women Day.** was celebrated on 12-03-2017 along with 1st meeting. 25 ladies participated and entertained the audience with skits & variety programme

5. **Annual Function.** 18th Annual function of the association was celebrated on 26th Mar 2017. The activity report by the general secretary and Finance secretary gave financial position.

## NAWANSHAHR

A cardiac checkup camp was organized on 11/03/2017 by collaboration with I V Hospital. under the leadership of Dr. J.D. verma President. Members were tested for lipid profile, diabetic checkup & ECG. It was to inculcate the awakening among members to remain fit, trim & lead a healthy life in times to come.

## PATIALA

New Year 2017, Birthday of Sri Guru Gobind Singh, Lohri Festival, Republic Day and MAHASHIVRATRI were celebrated at the center. From 10th Feb. to 2nd March, 2017. Annual Sports were conducted Chief Guest Sh. D. S. Verma, Circle Head of Punjab National Bank, Patiala Circle gave away the prizes to the winners. He also gave a donation of Rs.10000/-for boosting games and advertisement of their bank in our souvenir. As part of health care, Dr R.K. Jaswal (Director Cardiology) of Fortis Hospital, Mohali, Dr. Upinder Singh on ortho and Dr. Pancham Pal Singh on Urinal problems/ prostrate from Prime Superspecialities Hospital" Patiala visited the Center to share their expertise with members. We do have one weekly meeting for RANGA RANG/CULTURAL PROGRAMME and one week for CELEBRATIONS OF BIRTHDAYS OF MEMBERS falling in the particular month.

## RAJPURA

2nd Jan 2017

- (1) The meeting started with NEW YEAR GREETINGS FOR THE YEAR 2017 to all the members of the council by S. Harbans Singh Ahuja, president Hearty condolence was observed in memory of the departed soul (wife of S. Narinder Pal Singh our member.)
- (2) A committee under charimanship of Sh. B.B. Bhalla was constituted to suggest amendments in the existing constitution of the council.

## REPUBLIC DAY CELEBRATION (26th Jan. 2017)

- (3) President S. Harbans Shigh Ahuja unfurled the National Flag followed by National Anthem. Students of C.M. Public School presented cultural program. President

greeted all the members on republic day. All the participants were honoured by mementoes and certificates of appreciation. President also released quarterly issue of GOLDEN NEWS,

The meeting concluded by vote of thanks by Sh Bhalla, vice president.

- (4) 3rd March 2017. The meeting started with birth day greetings to members whose birth day fell during March. Dr. Mukesh Kumar Rathode, Gastroenterology Max Speciality Hospital Mohali delivered a lecture on health care issues faced by the elders. Dr. Rathode shared the knowledge through screen followed by question and answer session. Dr. Kumar was honoured with bouquet and memento.

## SAMANA

S. Rajinder Singh MLA Samana and S. Nirmal Singh MLA Shutrana were welcomed & honoured on being elected as MLA'S. They were also requested to get the pending demands of Senior Citizens' fulfilled at the earliest. The demands are enhancement of old age pension of as Rs.500/ to 2000/ per month. Separate lines for Senior Citizens' in Banks, Post offices, Hospitals, Railways booking offices. Electricity bills payment etc. Concession in bus fare for Senior Citizens' as is being done in Chandigarh.

## V.TOOSE

A number of steps were taken for welfare of Senior Citizens' There are sixty persons above the age of seventy five years' of which more than sixty percent are looked after properly by their families. We have provided the following facilities to them

- (1) Free medical checkup camps and free medicines
- (2) Free tour of Sri Hazoor Sahib for ten Senior Citizens' from 15-1-2017 to 23-1-2017.
- (3) Thirty Kurta Pajamas & Shawls were provided to them & their family problems including financial problems were solved with the co-operation of our village and spent about Rs. 30,000/- for the above welfare measures. We are also thankful to S.Jaswant Singh Gill NRI, Patron of our association who stood by us for financial matters.

*Make peace with your PAST. So it won't disturb your FUTURE. What other people think of you is none of your business. The only person INCHARGE of your HAPPINESS is you. Don't compare your LIFE to others. Comparison is the thing of JOY. Smile, YOU don't OWN all the problems of the WORLD. LOVE LIFE. Live it gracefully and joyfully.*

## ਸੰਗਰੂਰ :

ਸੰਸਥਾ ਦੇ ਮੁਖਦਫਤਰ ਵਿਚ ਮਹੀਨਾ ਜਨਵਰੀ 2017 ਵਿਚ ਦੰਦਾ ਦਾ ਇਲਾਜ ਕਰਨ ਲਈ ਕੈਂਪ ਲਗਾਇਆ ਜਿਸ ਵਿਚ 87 ਮਰੀਜ਼ਾਂ ਦਾ ਇਲਾਜ ਕੀਤਾ ਗਿਆ। ਮਾਰਚ 2017 ਵਿਚ ਫਿਜ਼ੀਓਥਰੇਪੀ ਦਾ ਕੈਂਪ ਲਗਾਇਆ ਜਿਸ ਵਿਚ 97 ਮਰੀਜ਼ਾਂ ਦਾ ਇਲਾਜ ਕੀਤਾ। 22/2/17 ਨੂੰ ਵੈਲਫੇਅਰ ਅਤੇ ਮੈਂਟੀਨੈਂਸ ਆਫ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨ ਐਕਟ ਲਾਗੂ ਕਰਨ ਲਈ ਸੰਸਥਾ ਦਾ ਵਫ਼ਦ ਸ੍ਰੀ ਜਗਦੀਸ਼ ਕੋਹਲੀ ਪ੍ਰਧਾਨ ਦੀ ਅਗਵਾਈ ਹੇਠ, ਡੀ.ਸੀ. ਸੰਗਰੂਰ ਨੂੰ ਮਿਲਿਆ। ਜਨਵਰੀ, ਫਰਵਰੀ ਅਤੇ ਮਾਰਚ ਮਹੀਨੇ ਵਿਚ ਜਿਨ੍ਹਾਂ ਮੈਂਬਰਾਂ ਦੇ ਜਨਮ ਦਿਨ ਸਨ ਉਸ ਮਹੀਨੇ ਦੇ ਆਖਰੀ ਐਤਵਾਰ ਨੂੰ ਉਨ੍ਹਾਂ ਦੇ ਜਨਮ ਦਿਨ ਮਨਾ ਕੇ ਸ਼ੁਭ ਇਛਾਵਾਂ ਦਿਤੀਆ ਗਈਆ।

## ਜ਼ੀਰਕਪੁਰ

**ਮੈਡੀਕਲ ਕੈਂਪ:-** ਜੇ.ਪੀ. ਹਸਪਤਾਲ, ਜ਼ੀਰਕਪੁਰ ਨੇ ਸਾਡੇ ਮੈਂਬਰਾਂ ਦੇ ਮੈਡੀਕਲ ਚੈਕ ਅੱਪ ਲਈ ਕੈਂਪ ਲਗਾਇਆ। ਇਸ ਵਿੱਚ Bone density, ਬੱਲਡ ਸ਼ੂਗਰ ਦੇ ਟੈਸਟ ਮੁਫਤ ਕੀਤੇ ਗਏ ਅਤੇ ਡਾਕਟਰੀ ਸਲਾਹ ਮਸ਼ਵਰਾ ਵੀ ਮੁਫਤ ਦਿਤਾ ਗਿਆ। ਸਾਡੇ ਫੋਰਮ ਦੇ 100 ਤੋਂ ਵੱਧ ਮੈਂਬਰਾਂ ਨੇ ਇਸ ਦਾ ਲਾਭ ਉਠਾਇਆ। ਫੋਰਮ ਦੇ ਮੈਂਬਰਾਂ ਵਾਸਤੇ ਟੈਸਟਾਂ ਵਿੱਚ ਅਤੇ ਦਾਖਲੇ ਦੀ ਹਾਲਤ ਵਿੱਚ 20% ਦੀ ਰਿਅਇਤ ਦੇਣ ਦਾ ਵੀ ਐਲਾਨ ਕੀਤਾ।

**ਸ਼ਹੀਦੀ ਦਿਵਸ:-** 23 ਮਾਰਚ ਨੂੰ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਜ਼ ਸੈਂਟਰ ਵਿਖੇ ਸ਼ਹੀਦ-ਏ-ਆਜ਼ਮ ਸ੍ਰ: ਭਗਤ ਸਿੰਘ, ਰਾਜਗੁਰੂ ਤੇ ਸੁਖਦੇਵ ਦੀ ਯਾਦ ਨੂੰ ਤਾਜ਼ਾ ਕਰਨ ਅਤੇ ਉਨ੍ਹਾਂ ਨੂੰ ਸ਼ਰਧਾਂਜਲੀ ਦੇਣ ਲਈ ਇੱਕ ਸਮਾਗਮ ਕੀਤਾ ਗਿਆ। ਇਸ ਵਿਚ ਇਲਾਕੇ ਦੇ ਐਮ.ਐਲ.ਏ . ਸ੍ਰੀ ਨਰਿੰਦਰ ਕੁਮਾਰ ਸ਼ਰਮਾ ਮੁੱਖ ਮਹਿਮਾਨ ਵਜੋਂ ਅਤੇ ਡਾਕਟਰ ਅਮਰਜੀਤ ਸਿੰਘ ਖਹਿਰਾ ਚੇਅਰਮੈਨ ਫੈਡਰੇਸ਼ਨ-ਪੰਜਾਬ ਬਤੌਰ ਸਨਮਾਨਿਤ ਮਹਿਮਾਨ ਵਜੋਂ ਪਧਾਰੇ। ਮੈਂਬਰਾਂ ਨੇ ਸ਼ਹੀਦਾਂ ਨੂੰ ਸ਼ਰਧਾਂਜਲੀ ਦੇਣ ਉਪਰੰਤ ਰੰਗਾ ਰੰਗ ਪ੍ਰੋਗਰਾਮ ਅਤੇ ਦੇਸ਼ ਭਗਤੀ ਦੀਆਂ ਕਵਿਤਾਵਾਂ, ਗੀਤ ਪੇਸ਼ ਕੀਤੇ। **ਸੁਨੇਹਾ** ਦਾ ਮਾਰਚ ਅੰਕ ਰੀਲੀਜ਼ ਕੀਤਾ ਗਿਆ। ਇਸ ਵਿੱਚ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਾਂ ਦੀ ਜਾਣਕਾਰੀ ਤੇ ਇਲਾਵਾ ਕਵਿਤਾਵਾਂ ਅਤੇ ਹੋਰ ਲੇਖ ਵੀ ਸਨ।

## ਧੰਨਵਾਦ ਸਾਹਿਤ

ਮੰਤਰੀ ਸਾਹਿਬਾ ਬੀਬੀ ਰਜ਼ੀਆ ਸੁਲਤਾਨਾਂ ਜੀ ਨੇ ਐਲਾਨ ਕੀਤਾ ਕਿ ਪੰਜਾਬ ਸਰਕਾਰ ਬੁਤਪਾ ਪੈਨਸ਼ਨ 2000/= ਰੂ: ਮਹੀਨਾ ਕਰ ਰਹੀ ਹੈ। ਇਸ ਮੁੱਢਲੀ ਧੰਨਵਾਦ ਦਾ ਮੱਤਾ ਸਰਬ ਸਮਤੀ ਨਾਲ ਪਾਸ ਕੀਤਾ ਗਿਆ ਅਤੇ ਮੁੱਖ ਮੰਤਰੀ ਸਾਹਿਬ ਜੀ ਨੂੰ ਬੇਨਤੀ ਕੀਤੀ ਗਈ ਕਿ ਉਹ ਮਾਪਿਆਂ ਅਤੇ ਬਜ਼ੁਰਗਾਂ ਦੀ ਦੇਖ ਭਾਲ ਦਾ ਐਕਟ 2007 ਨੂੰ ਪੂਰੀ ਤਰ੍ਹਾਂ ਲਾਗੂ ਕਰਵਾਉਣ ਦੀ ਕਿਰਪਾ ਕਰਨ। ਇਸ ਮਤੇ ਦੀਆਂ ਕਾਪੀਆਂ ਸਤਿਕਾਰ ਯੋਗ ਮੁੱਖ ਮੰਤਰੀ ਸਾਹਿਬ, ਮਹਿਲਾ ਮੰਤਰੀ ਸਾਹਿਬਾ ਅਤੇ ਸੰਬੰਧਿਤ ਅਫਸਰਾਂ ਨੂੰ ਭੇਜੀਆ ਗਈਆਂ।

## ਰੂਪਨਗਰ

- (1) ਨਵਾਂ ਸਾਲ-2017 "ਲਾਇਨ ਕਲੱਬ ਦੇ 100 ਸਾਲ, ਬਜ਼ੁਰਗਾਂ ਦੇ ਸਤਿਕਾਰ ਨਾਲ" ਦਾ ਆਯੋਜਨ।

ਪਹਿਲੀ ਜਨਵਰੀ ਨਵੇਂ ਸਾਲ 2017 ਦੇ ਸ਼ੁਭ ਦਿਹਾੜੇ ਦੇ ਮੌਕੇ 'ਤੇ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਜ਼ ਕੌਂਸਲ ਰੂਪਨਗਰ ਦੀ ਮਾਸਿਕ ਇਕੱਤਰਤਾ ਦੌਰਾਨ ਲਾਇਨ ਕਲੱਬ ਰੂਪਨਗਰ ਵਲੋਂ "ਲਾਇਨ ਕਲੱਬ ਦੇ 100 ਸਾਲ, ਬਜ਼ੁਰਗਾਂ ਦੇ ਸਤਿਕਾਰ ਨਾਲ" ਪ੍ਰੋਗਰਾਮ ਦਾ ਆਯੋਜਨ ਕੀਤਾ ਗਿਆ। ਸਮਾਗਮ 'ਚ ਬਤੌਰ ਮੁੱਖ ਮਹਿਮਾਨ ਦੇ ਤੌਰ ਤੇ ਪਾਵਰਕਾਮ ਦੇ ਰੂਪਨਗਰ ਸਰਕਲ ਲੈਵਲ ਡਿਸਪਿਊਟ ਸੈਟਲਮੈਂਟ ਕਮੇਟੀ ਦੇ ਚੇਅਰਮੈਨ ਗੁਰਮੁੱਖ ਸਿੰਘ ਸੈਣੀ ਨੇ ਸ਼ਿਰਕਤ ਕੀਤੀ। ਇਸ ਮੌਕੇ ਲਾਇਨ ਕਲੱਬ ਵਲੋਂ ਸਮਾਜ ਸੇਵਾ ਨੂੰ ਸਪਰਪਿਤ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਜ਼ ਕੌਂਸਲ ਦੇ 4 ਮੈਂਬਰਾਂ ਸੁਖਦਰਸ਼ਨ ਸਿੰਘ, ਭਾਗ ਸਿੰਘ ਮਦਾਨ, ਸਤਪਾਲ ਸ਼ਰਮਾ ਅਤੇ ਅਮਰ ਚੰਦ ਵਰਮਾ ਦਾ ਸ਼ਾਲ ਅਤੇ ਯਾਦਗਾਰੀ ਚਿੰਨ੍ਹ ਭੇਟ ਕਰਕੇ ਵਿਸ਼ੇਸ਼ ਤੌਰ ਤੇ ਸਨਮਾਨ ਕੀਤਾ ਗਿਆ। ਸਮਾਗਮ ਨੂੰ ਸੰਬੋਧਨ ਕਰਦੇ ਹੋਏ ਚੇਅਰਮੈਨ ਗੁਰਮੁੱਖ ਸਿੰਘ ਸੈਣੀ ਨੇ ਮੈਂਬਰਾਂ ਨੂੰ ਨਵੇਂ ਸਾਲ ਦੀਆਂ ਮੁਬਾਰਕਾਂ ਦਿੱਤੀਆਂ ਅਤੇ ਲਾਇਨ ਕਲੱਬ ਵਲੋਂ ਨਵੇਂ ਸਾਲ ਦੀ ਸ਼ੁਰੂਆਤ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਜ਼ ਦਾ ਸਤਿਕਾਰ ਤੇ ਸਨਮਾਨ ਕਰਕੇ ਅਰੰਭ ਕਰਨ ਲਈ ਕਲੱਬ ਦੇ ਮੈਂਬਰਾਂ ਨੂੰ ਵਧਾਈ ਦਿੱਤੀ।

- 2) "ਸੁਨਹਿਰੇ ਪਲ" ਦਾ 16ਵਾਂ ਅੰਕ ਹੋਇਆ ਲੋਕ ਅਰਪਣ

ਪਹਿਲੀ ਜਨਵਰੀ ਨਵੇਂ ਸਾਲ 2017 ਦੇ ਸ਼ੁਭ ਦਿਹਾੜੇ ਦੇ ਮੌਕੇ 'ਤੇ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਜ਼ ਕੌਂਸਲ ਦੇ ਤਿਮਾਹੀ ਨਿਊਜ਼ ਲੈਟਰ "ਸੁਨਹਿਰੇ ਪਲ" ਦਾ 16 ਵਾਂ ਅੰਕ ਜਾਰੀ ਕਰਨ ਦੀ ਰਸਮ ਸ੍ਰ: ਗੁਰਮੁੱਖ ਸਿੰਘ ਸੈਣੀ ਨੇ ਅਦਾ ਕੀਤੀ। ਉਨ੍ਹਾਂ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਜ਼ ਕੌਂਸਲ ਵਲੋਂ ਬਜ਼ੁਰਗਾਂ ਦੀ ਬੇਹਤਰੀ ਲਈ ਕੀਤੇ ਜਾ ਰਹੇ ਯਤਨਾਂ ਦੀ ਸ਼ਲਾਘਾ ਕੀਤੀ ਅਤੇ ਸੰਸਥਾ ਨੂੰ 11 ਹਜ਼ਾਰ ਰੁਪਏ ਦੀ ਮਾਲੀ ਮਦਦ ਵੀ ਦਿੱਤੀ।

3) ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਜ਼ ਨੇ ਗੁੰਗੇ ਬੋਲੇ ਬੱਚਿਆਂ ਅਤੇ ਬਜ਼ੁਰਗਾਂ ਨਾਲ ਮਨਾਇਆ ਲੌਹੜੀ ਦੇ ਤਿਉਹਾਰ

ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਜ਼ ਕੌਂਸਲ ਰੂਪਨਗਰ ਦੀ ਕਾਰਜਕਾਰਨੀ ਦੇ ਸਮੂਹ ਮੈਂਬਰਾਂ ਨੇ 10 ਜਨਵਰੀ 2017 ਨੂੰ ਰੂਪਨਗਰ ਤੇ ਸਥਿਤ ਪ੍ਰਕਾਸ਼ ਮੈਮੋਰੀਅਲ ਗੁੰਗੇ ਬੋਲੇ ਸਕੂਲ ਦੇ ਬੱਚਿਆਂ ਅਤੇ 13 ਜਨਵਰੀ 2017 ਨੂੰ ਸਰਸਵਤੀ ਦੇਵੀ ਮੁੰਦਰਾ ਚੈਰੀਟੇਬਲ ਟਰੱਸਟ (ਰਜਿ.) ਵਲੋਂ ਪਿੰਡ ਹਵੇਲੀ ਕਲਾਂ ਵਿਖੇ ਬਜ਼ੁਰਗਾਂ ਲਈ ਚਲਾਏ ਜਾ ਰਹੇ "ਆਪਣਾ ਘਰ" ਦੇ ਬਜ਼ੁਰਗਾਂ ਨਾਲ ਲੌਹੜੀ ਦੇ ਤਿਉਹਾਰ ਦੀਆਂ ਖੁਸ਼ੀਆਂ ਸਾਂਝੀਆਂ ਕੀਤੀਆਂ।

4) ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਜ਼ ਨੇ ਰਾਸ਼ਟਰੀ ਵੋਟਰ ਦਿਵਸ 'ਤੇ ਹਿਊਮੈਨ ਚੇਨ ਦਾ ਬਣੇ ਹਿਸਾ

ਰਾਸ਼ਟਰੀ ਵੋਟਰ ਦਿਵਸ ਦੇ ਮੌਕੇ 'ਤੇ 25 ਜਨਵਰੀ 2017 ਨੂੰ ਜ਼ਿਲ੍ਹਾ ਪ੍ਰਸ਼ਾਸਨ ਵੱਲੋਂ ਵੋਟਰਾਂ ਨੂੰ ਜਾਗਰੂਕ ਕਰਨ, ਵੋਟ ਦੇ ਅਧਿਕਾਰ ਦੀ ਮਹੱਤਤਾ, ਵੋਟ ਦਾ ਸਹੀ ਇਸਤੇਮਾਲ ਕਰਨ ਲਈ ਜ਼ਿਲ੍ਹੇ ਦੇ ਤਿੰਨੋਂ ਵਿਧਾਨ ਸਭਾ ਹਲਕਿਆਂ ਨੂੰ ਜੋੜਦੀ ਹਿਊਮੈਨ ਚੇਨ ਬਣਾਈ ਗਈ। ਜਿਸ ਵਿੱਚ ਸਕੂਲਾਂ ਦੇ ਵਿਦਿਆਰਥੀ, ਸਮਾਜ ਸੇਵੀ ਸੰਸਥਾਵਾਂ, ਧਾਰਮਿਕ ਤੇ ਵਪਾਰਕ ਸੰਸਥਾਵਾਂ ਤੋਂ ਇਲਾਵਾ ਐਨ.ਸੀ.ਸੀ. ਅਤੇ ਐਨ.ਐਸ.ਐਸ. ਵਾਲੰਟੀਅਰਜ਼ ਨੇ ਵੀ ਹਿੱਸਾ ਲਿਆ। ਇਸ ਹਿਊਮੈਨ ਚੇਨ ਵਿੱਚ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਜ਼ ਕੌਂਸਲ ਦੇ ਮੈਂਬਰਾਂ ਨੇ ਵੱਡੀ ਗਿਣਤੀ ਵਿੱਚ ਸ਼ਿਰਕਤ ਕੀਤੀ।

5) ਗਣਤੰਤਰ ਦਿਵਸ 'ਤੇ ਕੌਂਸਲ ਦਾ ਹੋਇਆ ਸਨਮਾਨ

ਜ਼ਿਲ੍ਹਾ ਪ੍ਰਸ਼ਾਸਨ ਰੂਪਨਗਰ ਵਲੋਂ ਗਣਤੰਤਰ ਦਿਵਸ 26 ਜਨਵਰੀ 2017 ਨੂੰ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਜ਼ ਕੌਂਸਲ ਰੂਪਨਗਰ ਵੱਲੋਂ ਬਜ਼ੁਰਗਾਂ ਦੀ ਬੇਹਤਰੀ ਲਈ ਕੀਤੇ ਜਾ ਰਹੇ ਕੰਮਾਂ ਅਤੇ ਕੌਂਸਲ ਵਲੋਂ ਪ੍ਰਕਾਸ਼ਿਤ ਕੀਤੇ ਜਾਂਦੇ ਨਿਊਜ਼ ਲੈਟਰ ਨੂੰ ਦੇਸ਼ ਦਾ ਬੈਸਟ ਹਾਊਸ ਜਰਨਲ ਦਾ ਅਵਾਰਡ ਮਿਲਣ 'ਤੇ ਕੌਂਸਲ ਦੇ ਪ੍ਰਧਾਨ ਇੰਜ. ਕਰਨੈਲ ਸਿੰਘ ਨੂੰ ਸਨਮਾਨਿਤ ਕੀਤਾ ਗਿਆ।

6) ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਜ਼ ਨੂੰ ਅੱਖਾਂ ਦੀ ਸੰਭਾਲ ਬਾਰੇ ਕੀਤਾ ਜਾਗਰੂਕ

ਪਹਿਲੀ ਫਰਵਰੀ 2017 ਨੂੰ ਕੌਂਸਲ ਦੀ ਮਾਸਿਕ ਮੀਟਿੰਗ ਦੌਰਾਨ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਜ਼ ਨੂੰ ਸੁਹਾਣਾ ਹਸਪਤਾਲ ਦੀ ਰੂਪਨਗਰ ਬਰਾਂਚ ਤੋਂ ਅੱਖਾਂ ਦੇ ਮਾਹਿਰ ਡਾਕਟਰ ਅਮਨਦੀਪ ਕੌਰ ਸਾਂਝਾਂ ਨੇ ਬੁਢਾਪੇ ਵਿੱਚ ਅੱਖਾਂ ਦੀ ਸੰਭਾਲ ਬਾਰੇ ਜਾਗਰੂਕ ਕੀਤਾ। ਇਸ ਮੌਕੇ ਸੁਹਾਣਾ ਹਸਪਤਾਲ ਦੇ ਇੰਚਾਰਜ ਡਾਕਟਰ ਅਮਿਤ ਕੁਲਸਰੇਸਟ ਨੇ ਕਿਹਾ ਕਿ ਰੂਪਨਗਰ ਵਿਖੇ ਸੁਹਾਣਾ ਹਸਪਤਾਲ ਦੀ ਇੱਕੋ ਇੱਕ ਅਜਿਹੀ ਚੈਰੀਟੇਬਲ ਬਰਾਂਚ ਹੈ ਜਿੱਥੇ ਹਰ ਬਿਮਾਰੀ ਦਾ ਮਿਆਰੀ ਇਲਾਜ ਕਰਨ ਅਤੇ ਡਾਲਿਸਿਸ ਲਈ 5 ਮਸ਼ੀਨਾਂ ਦਾ ਪ੍ਰਬੰਧ ਹੈ।

7) ਜ਼ਿਲ੍ਹਾ ਪੱਧਰੀ ਕਮੇਟੀ ਦੀ ਮੀਟਿੰਗ 'ਚ ਬਜ਼ੁਰਗਾਂ ਦੀ ਦੇਖਭਾਲ ਅਤੇ ਭਲਾਈ ਲਈ ਮਸਲੇ ਉਠਾਏ

ਬਜ਼ੁਰਗਾਂ ਦੀ ਦੇਖਭਾਲ ਅਤੇ ਭਲਾਈ ਲਈ ਗਠਿਤ ਕੀਤੀ ਗਈ ਜ਼ਿਲ੍ਹਾ ਪੱਧਰੀ ਕਮੇਟੀ ਦੀ ਮੀਟਿੰਗ 23 ਫਰਵਰੀ 2017 ਨੂੰ ਵਧੀਕ ਡਿਪਟੀ ਕਮਿਸ਼ਨਰ (ਜਨਰਲ) ਅਮਨਦੀਪ ਬਾਂਸਲ ਦੀ ਪ੍ਰਧਾਨਗੀ ਹੇਠ ਹੋਈ ਅਤੇ ਉਨ੍ਹਾਂ ਨੇ ਜ਼ਿਲ੍ਹਾ ਅਧਿਕਾਰੀਆਂ ਨੂੰ ਹਦਾਇਤ ਕੀਤੀ ਕਿ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਾਂ ਨੂੰ ਦਫਤਰਾਂ ਵਿਖੇ ਆਉਣ ਤੇ ਬਣਦਾ ਮਾਣ ਸਨਮਾਨ ਦਿੱਤਾ ਜਾਵੇ ਅਤੇ ਉਨ੍ਹਾਂ ਦੇ ਕੰਮ ਪਹਿਲ ਦੇ ਅਧਾਰ ਤੇ ਕੀਤੇ ਜਾਣ। ਮੀਟਿੰਗ ਦੌਰਾਨ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨ ਕੌਂਸਲ ਦੇ ਪ੍ਰਧਾਨ ਇੰਜ. ਕਰਨੈਲ ਸਿੰਘ ਨੇ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਾਂ ਨੂੰ ਦਰਪੇਸ਼ ਮੁਸ਼ਕਲਾਂ ਸਬੰਧੀ ਜਾਣਕਾਰੀ ਦਿਤੀ ਅਤੇ ਮੰਗ ਕੀਤੀ ਕਿ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਾਂ ਨੂੰ ਡਾਕਘਰਾਂ, ਬੈਂਕਾਂ, ਰੇਲਵੇ ਸਟੇਸ਼ਨਾਂ, ਹਸਪਤਾਲਾਂ ਅਤੇ ਬਿਜਲੀ ਦੇ ਦਫਤਰਾਂ ਵਿੱਚ ਦਰਪੇਸ਼ ਮੁਸ਼ਕਲਾਂ ਤੋਂ ਨਿਜਾਤ ਦਿਵਾਉਣ ਲਈ ਇੰਨ੍ਹਾਂ ਸਥਾਨਾਂ ਤੇ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਾਂ ਲਈ ਵੱਖਰੀਆਂ ਲਾਈਨਾਂ ਦਾ ਪ੍ਰਬੰਧ ਕੀਤਾ ਜਾਵੇ।

8) ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਜ਼ ਨੂੰ ਪੇਸ਼ਾਬ ਦੇ ਰੋਗਾਂ ਬਾਰੇ ਕੀਤਾ ਜਾਗਰੂਕ

ਪਹਿਲੀ ਮਾਰਚ 2017 ਨੂੰ ਮਾਸਿਕ ਇਕਤਰਤਾ ਦੌਰਾਨ ਕੌਂਸਲ ਦੇ ਮੈਂਬਰਾਂ ਨੂੰ ਮੈਕਸ ਹਸਪਤਾਲ ਮੋਹਾਲੀ ਤੋਂ ਪੇਸ਼ਾਬ ਦੇ ਰੋਗਾਂ ਦੇ ਮਾਹਿਰ ਡਾ. ਨੀਰਜ ਗੋਇਲ ਨੇ ਪੇਸ਼ਾਬ ਦੇ ਰੋਗਾਂ ਬਾਰੇ ਜਾਗਰੂਕ ਕਰਨ ਲਈ ਲੈਕਚਰ ਦਿੱਤਾ। ਮੀਟਿੰਗ ਦੌਰਾਨ ਕੌਂਸਲ ਦੇ ਸੀਨੀਅਰ ਮੈਂਬਰ ਸ਼੍ਰੀ ਸ਼ਕਤੀ ਚੰਦ ਸ਼ਰਮਾ ਨੇ ਮਹਾਂਸ਼ਿਵਰਾਤਰੀ ਦੀ ਮਹਾਨਤਾ ਬਾਰੇ ਜਾਗਰੂਕ ਕੀਤਾ। ਕੌਂਸਲ ਦੇ ਪ੍ਰਧਾਨ ਇੰਜ. ਕਰਨੈਲ ਸਿੰਘ ਨੇ ਸੰਸਥਾ ਦੀਆਂ ਗਤੀਵਿਧੀਆਂ ਬਾਰੇ ਬੋਲਦਿਆਂ ਕਿਹਾ ਨੇ ਕੌਂਸਲ ਵਲੋਂ ਜੋ ਬਜ਼ੁਰਗਾਂ ਨਾਲ ਸਬੰਧਤ ਮਸਲਿਆਂ ਲਈ ਕੌਂਸਲਿੰਗ ਕੀਤੀ ਜਾਂਦੀ ਹੈ ਉਸ ਨੂੰ ਸਰਕਾਰੀ ਤੌਰ ਤੇ ਮਾਨਤਾ ਦਿੱਤੀ ਜਾਵੇ।

### ਭਵਾਨੀਗੜ੍ਹ

(1) ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨ ਸਮਜ ਭਲਾਈ ਸੰਸਥਾ (ਰਜਿ:) ਭਵਾਨੀਗੜ੍ਹ ਦੀ ਇੱਕ ਵਿਸ਼ੇਸ਼ ਬੈਠਕ ਮਿਤੀ 4-3-2017 ਪ੍ਰਧਾਨ ਇੰਦੁਪਾਲ ਸ਼ਰਮਾ ਦੀ ਅਗਵਾਈ ਹੇਠ ਮਾਪੇ

ਅਤੇ ਬਜ਼ੁਰਗ ਨਾਗਰਿਕਾਂ ਦੀ ਭਲਾਈ ਐਕਟ 2007 ਸਬੰਧੀ ਐਕਸ਼ਨ ਪਲੈਨ ਦੇ ਅਧਾਰ ਤੇ ਬਜ਼ੁਰਗ ਨਾਗਰਿਕਾਂ ਦੀ ਜਾਇਦਾਦ ਅਤੇ ਜੀਵਨ ਦੀ ਸੁਰੱਖਿਅਤਾ ਲਈ ਰਾਜ ਸਰਕਾਰ ਵੱਲੋਂ ਸਮੇਂ ਸਮੇਂ ਤੇ ਭੇਜੀਆਂ ਹਦਾਇਤਾਂ ਨੂੰ ਪੂਰੀ ਤਰ੍ਹਾਂ ਲਾਗੂ ਕਰਾਉਣ ਸਬੰਧੀ ਦੋ ਕਮੇਟੀਆਂ ਪੁਲਿਸ ਵਿਭਾਗ ਅਤੇ ਸਿਹਤ ਵਿਭਾਗ ਨਾਲ ਸੰਬਧਤ ਗਠਿਤ ਕੀਤੀਆਂ ਗਈਆਂ।

(2) 24-3-2017 ਨੂੰ ਸ੍ਰੀ ਸੁਬੋਧ ਗੁਪਤਾ ਸਿਵਲ ਸਰਜਨ ਸੰਗਰੂਰ ਨਾਲ ਹੋਈ ਮੀਟਿੰਗ ਵਿੱਚ ਲੋੜ ਅਨੁਸਾਰ ਬੈਡ, ਵੱਖਰੀ ਖਿੜਕੀ, ਓ.ਪੀ.ਡੀ ਸਲਿੱਪਾਂ ਉਤੇ ਸੀਨੀਅਰ ਨਾਗਰਿਕ ਪਰਮ ਅਗੇਤ ਇਲਾਜ ਦੀ ਮੋਹਰ, ਵੱਖਰੀਆਂ ਵੀਲ ਚੇਅਰਾਂ ਅਤੇ ਸੂਚਨਾ ਬੋਰਡ ਅਤੇ ਖਾਸ ਕਰਕੇ ਸਮੇਂ ਸਮੇਂ ਤੇ ਬਜ਼ੁਰਗ ਨਾਗਰਿਕਾਂ ਲਈ ਸਿਹਤ ਸੰਭਾਲ ਸਬੰਧੀ ਮੈਡੀਕਲ ਕੈਂਪਾਂ ਦੁਆਰਾ ਜਾਗਰੂਕ ਕਰਨ ਲਈ ਪਹਿਲ ਦੇ ਅਧਾਰ ਤੇ ਪ੍ਰਬੰਧ ਸਾਰੇ ਜ਼ਿਲਾ ਹਸਪਤਾਲਾਂ ਅਤੇ ਡਿਸਪੈਂਸਰੀਆਂ ਵਿੱਚ ਕੀਤਾ ਜਾਵੇਗਾ।

(3) ਮਿਤੀ 24-3-2017 ਨੂੰ ਜ਼ਿਲ੍ਹਾ ਸਮਾਜਿਕ ਸੁਰੱਖਿਆ ਇਸਤਰੀ ਤੇ ਬਾਲ ਵਿਕਾਸ ਅਫ਼ਸਰ ਸ਼੍ਰੀਮਤੀ ਦੀਪਇੰਦਰ ਕੌਰ ਸ਼ੇਰਗਿੱਲ ਨਾਲ ਬਜ਼ੁਰਗ ਨਾਗਰਿਕਾਂ ਦੀ ਦੇਖਭਾਲ ਅਤੇ ਭਲਾਈ ਲਈ ਕਮੇਟੀ ਗਠਿਤ ਕਰਨ ਲਈ ਗੱਲਬਾਤ ਕੀਤੀ ਗਈ ਉਨ੍ਹਾਂ ਨੇ ਕਮੇਟੀ ਵਿੱਚ 2 ਪੁਰਸ਼ ਮੈਂਬਰਾਂ ਅਤੇ ਇੱਕ ਇਸਤਰੀ ਮੈਂਬਰ ਨਾਮਜ਼ਦ ਕਰਨ ਦੀ, ਤਿਮਾਰੀ ਪਿੱਛੇ ਮੀਟਿੰਗ ਕਰਨ ਅਤੇ ਬਜ਼ੁਰਗਾਂ ਦੀ ਭਲਾਈ ਲਈ ਜ਼ਿਲ੍ਹਾ ਪੱਧਰ ਤੇ ਕਾਨੂੰਨ ਨੂੰ ਪ੍ਰਭਾਵਕਾਰੀ ਢੰਗ ਨਾਲ ਲਾਗੂ ਕਰਨ ਦਾ ਪੂਰਾ ਵਿਸ਼ਵਾਸ ਦਿਵਾਇਆ।

(4) ਮਿਤੀ 27-3-2017 ਨੂੰ ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨ ਸਮਾਜ ਭਲਾਈ ਸੰਸਥਾ (ਰਜਿ:) ਭਵਾਨੀਗੜ੍ਹ ਦੀ ਮੀਟਿੰਗ ਨਵੇਂ ਹਾਜ਼ਰ ਹੋਏ ਮੁੱਖ ਅਫ਼ਸਰ ਥਾਣਾ ਭਵਾਨੀਗੜ੍ਹ ਸ਼੍ਰੀ ਹੇਮੰਤ ਕੁਮਾਰ ਨਾਲ ਸਾਂਝ ਕੇਂਦਰ ਭਵਾਨੀਗੜ੍ਹ ਵਿਖੇ ਹੋਈ। ਸੀਨੀਅਰ ਸਿਟੀਜ਼ਨਾਂ ਦੀ ਭਲਾਈ ਲਈ ਐਕਟ 2007 ਸਬੰਧੀ ਐਕਸ਼ਨ ਪਲੈਨ ਦੇ ਅਧਾਰ ਤੇ ਬਜ਼ੁਰਗ ਨਾਗਰਿਕਾਂ ਦੀ ਜਾਇਦਾਦ ਅਤੇ ਜੀਵਨ ਦੀ ਸੁਰੱਖਿਆ ਸਬੰਧੀ ਰਾਜ ਸਰਕਾਰ ਵੱਲੋਂ ਸਮੇਂ ਸਮੇਂ ਤੇ ਭੇਜੀਆਂ ਹਦਾਇਤਾਂ ਨੂੰ ਇੰਨ ਬਿੰਨ ਲਾਗੂ ਕਰਨ ਸਬੰਧੀ ਭਰੋਸਾ ਦਿਤਾ ਗਿਆ ਉਨ੍ਹਾਂ ਨੇ ਬਜ਼ੁਰਗ ਨਾਗਰਿਕਾਂ ਦਾ ਪੂਰਾ ਰਿਕਾਰਡ ਤਿਆਰ ਕਰਨ ਅਤੇ ਅੱਪ-ਟੂ-ਡੇਟ ਲਿਸਟਾਂ ਤਿਆਰ ਕਰਨ ਅਤੇ ਬਜ਼ੁਰਗ ਨਾਗਰਿਕਾਂ ਦੀਆਂ ਸਮੱਸਿਆਵਾਂ ਅਤੇ ਸ਼ਿਕਾਇਤਾਂ ਪਹਿਲ ਦੇ ਅਧਾਰ ਤੇ ਸੁਣ ਕੇ ਹੱਲ ਕਰਨ ਦਾ ਪੂਰਾ ਵਿਸ਼ਵਾਸ ਦਿਵਾਇਆ।

### ਯਾਰ ਬੁਝਪਾਪਾ

ਬੂੜਾ ਜਬ ਮੁਝੇ ਕੋਈ ਕਹਿਤਾ ਹੈ  
ਅੰਦਰ ਮੇਰਾ ਦੋ ਹਿੱਸੇ ਮੇ ਬੰਟ ਜਾਤਾ ਹੈ ।  
ਸਦ ਕਿਸ ਮੇ ਲਫਜ਼ ਯਹ ਕਹਾ ਗਯਾ  
ਦਰਅਮਲ ਮੁਨੱਸਰ ਇਸ ਪੇ ਕਰਤਾ ਹੈ ।  
ਕਭੀ ਫਖਰ ਸੇ ਸਿਰ ਉਚਾ ਹੋ ਜਾਤਾ ਹੈ  
ਕਭੀ ਖਲਸ਼ ਸੀ ਮਨ ਮੇ ਲਾਤਾ ਹੈ ।  
ਏਜਾਜ ਮੇ ਮੇਰੇ ਗਰ ਲਫਜ਼ ਯੇ ਕੋਈ ਕਹੇ ਮੁਝੇ  
ਫੂਲ ਕਰ ਫਿਰ ਸੀਨਾ ਮੇਰਾ ਚੋੜਾ ਹੋ ਜਾਤਾ ਹੈ ।  
ਨੀਯਤ ਖੋਟੀ ਸੇ ਗਰ ਕਹੇ ਕੋਈ ਮੁਝੇ  
ਜ਼ਖਮ ਅੰਦਰ ਫਿਰ ਯਹ ਛੋੜ ਜਾਤਾ ਹੈ ।  
ਹੁਸੀਨਾ ਕੋਈ ਗਰ ਕਹਿ ਦੇ ਮੁਝੇ ਬੂੜਾ  
ਗਾਲੀ ਕੀ ਮਾਨੰਦ ਜੈਸਾ ਯਹ ਲਗਤਾ ਹੈ ।  
ਗਰਮ ਲੂ ਕੀ ਤਰਾ ਕਭੀ ਜਲਾਤਾ ਹੈ  
ਠੰਡੀ ਹਵਾ ਕਾ ਝੋਕਾ ਕਭੀ ਬਨ ਆਤਾ ਹੈ ।  
ਦੁਸ਼ਵਾਰੀਆਂ ਕਾ ਅਹਿਸਾਸ ਕਭੀ ਕਰਾਤਾ ਹੈ  
ਦਾਨਸ਼ਮੰਦ ਬਜ਼ੁਰਗ ਭੀ ਯਹ ਕਹਿਲਾਤਾ ਹੈ ।  
ਬੇਬਸੀ ਕੇ ਆਲਮ ਮੇ ਕਭੀ ਪਹੁੰਚਾਤਾ ਹੈ  
ਕਭੀ ਬੇਫਿਕਰੀ ਸੇ ਦਾਮਨ ਭਰ ਜਾਤਾ ਹੈ ।  
ਲਫਜ਼ ਬੂੜਾ ਮੁਝੇ ਘਰ ਬੈਠੇ ਬਾਪ ਬਨਾਤਾ ਹੈ  
ਬਗੈਰ ਕਿਸੀ ਤਰਦੱਦ ਰੁਤਬਾ ਬੁਲੰਦ ਕਰ ਜਾਤਾ ਹੈ ।  
ਖੁਸ਼ ਹੋਕਰ ਖੁਸ਼ਆਮਦਿਦ ਕੋਈ ਇਸੇ ਕਹਿਤਾ ਹੈ  
ਨਾਤਵਾਂ ਹੋਕਰ ਕੋਈ ਲਾਹਨਤ ਇਸੇ ਬਤਾਤਾ ਹੈ ।  
ਕੁਛ ਭੀ ਹੋ ਤਾ-ਉਮਰ ਇਸ ਸੇ ਅਬ ਯਾਰਾਨਾ ਹੈ  
ਸਾਦ ਦਿਲ 'ਜਸਵੰਤ' ਅਬ ਦੋਸਤਾਨਾ ਇਸ ਸੇ ਨਿਭਾਨਾ ਹੈ ।

ਜਸਵੰਤ ਸਿੰਘ ਰੋਪੜ

## INFORMATION UNDER RTI-ACT

### (A.) We sought following information from Director Health Services Punjab vide our letter dt. 7-12-2016:-

- (I) How many Geriatric Care Specialists are in our state ?  
(II) In which Hospitals they. are posted and what are their names?  
(III) Do they attend Geriatric Case Clinic daily and what are their Clinic timings ?

Answers: Director Health Services forwarded the letter to all the Civil Surgeons.

We have received Nil: information from following ten districts :-

Hoshiarpur, Khuri Khera (Fazilka), Rupnager, Firozpur, Patiala, Moga, Sangrur, Bathinda, Faridkot & Muktsar

### (B) We sought following information form Secretary Ministry of Social Justice & Empowerment, Govt of India, New Delhi vide our letter No. 30-12-2016:-

- (I) Which Schemes of welfare of senior citizens were existing as in March, 2014 ?  
(II) Which new schemes for the welfare of senior citizens were introduced after March, 2014 ?  
(III) Which amendments have been introduced in the Pre March, 2014 schemes for the welfare of senior citizens ?  
(IV) Which new schemes for the welfare of senior citizens' are in the pipe line.

Answer:-

We got following reply vide Ministry's letter Dt, 9-2-2014:-  
Point (i):- Following Schemes/Policy/ Act are in the domain of the Ministry:-

(a) National Policy for older Persons (NPOP) 1999.

(b) Maintenance and Welfare of Parents and Senior Citizens Act(MWPSC Act) 2007.

(c) Integrated Programme for older Persons (IPOP)

Point (ii&iii) :- information of Pionts (ii) and (iii) is NIL.

Point (iv) :- Reply to this question does not fall under the ambit of RTI Act, 2005.

### (C) We sought information on Point 1,2 and 3 39th Report of Standing Committee on Social Justice & Empowerment submitted in February, 2014 vide our letter dt, 7-10-2016.

Reply :-

Cabinet in October, 2012 had directed the Ministry of Rural Development (MORD) to come up with a proposal for a Comprehensive National Social Assistance Programme and MORD had accordingly constituted a Task Force under the Chairmanship of Dr. Mihir Shah Member eastwhile Planning Commission. Recommendations of the Task Force are as under :-

(a) Enhance old age pension from 200/= to Rs. 300/ = PM for age 60 to 79 years.

(b) For persons with severe or multiple disabilities person to be doubled to Rs. 600/= for age 60 to 79 years and Rs. 1000/=for age 80 years and above.

(c) Index rate of pension to inflation using criteria adopted for DA of Central Govt employees.

(d) The Ministry has set up an Expert Group under the Chairmanship of Sh. Sunit Bose Ex-Finance Secretary to Study objective criteria for allocation of resources to States and identification and of beneficiaries under various programmes using Socio-Economic and Caste Census (SECC) 2011, the Expert Group also suggested for universal coverage of beneficiaries. The Ministry of Rural Development is examining the proposal.

Information was sought on some other issues but no reply has been received so far please.

President FEDSEN-Pb is requested to take necessary action upon information received please.

**GURDIP SINGH BHOGAL  
CHAIRMAN RTI COMMITTEE**

### **WHO IS YOUR NEIGHBOUR ?**

*we live in tranquillity if we live in peace with our neighbours. A good relation with the neighbours makes life peaceful for the person and the family as well as for society. Neighbours do not stop at sympathy and compassion alone, rather, they are at hand and can be relied on to bring help to the person in need. Neighbours, in the broad sense need not be just those living next door to your own house.*

*A good neighbour is one who brings help to the sufferer, what ever may be the nature of help needed. Help, which is, as far as possible effective, He puts his whole heart into the job at hand and does not spare material means. Man cannot, "fully find himself except through a sincere gift of himself" Love your neighbour, as yourself. It explicitly means love your neighbour as you would like to be loved by others.*

S.L. Kamra  
Moga

### **Golden Sayings**

**"THE DIFFERENCE BETWEEN  
CORRUPT Person and HONEST Person is that, the  
CORRUPT Person has Price and HONEST Person has  
VALUE, so create your own VALUE in your LIFE and don't  
let others decide your PRICE"**

**LIFE IS BEST**  
*for those who are enjoying it, difficult for those who are  
comparing it and worst for those who are criticizing it.  
ATTITUDE defines LIFE.*

**BEHAVIOUR IS MIRROR**  
*in which everyone displays his own IMAGE so always try  
to build a respectable IMAGE because. Reflection can't  
be changed by changing the MIRROR.*



### BATHINDA



ADVOCATE VINOD GARG (CONSULTANT-CONSUMER FORM) BEING WELCOMED BY ER. H.S. KHURMI ORG. SECRETARY WITH BOUQUET

### LUDHINANA



SCWAL MEMBERS' DIRECTORY BEING RELEASED IN ANNUAL GENERAL BODY MEETING (25-3-2017)

### MOGA



SH. S.L. KAMRA THANKING THE COUNCIL MEMBERS' ON BEING ELECTED PRESIDENT FOR (2017-19)

### MOHALI



MEMBERS CELEBRATING LOHRI FESTIVAL

### NABHA



CHIEF GUEST MAJOR R.S. SANDHU BEING HONOURED BY CAPT. R.N. SINGH PRESIDENT AND THE MEMBERS.

### NAWANSHEHAR



DR. J.D. VERMA PRESIDENT AND OTHERS DURING MEDICAL CHECKUP CAMP.

### RAJPURA



DR. MUKESH KUMAR RATHODE GASTRO SPECIALIST (MAX HOSPITAL) GIVING TALK ON HEALTH CARE

### RUPNAGAR



LOHRI BEING CELEBRATED WITH PRAKASH MEMORIAL DEAF & DUMB CHILDREN SCHOOL RUPNAGAR

### SAMANA



S. RAJINDER SINGH MLA & S. NIRMAL SINGH MLA BEING HONOURED ON BEING ELECTED AS MLA'S.

### SANGRUR



MEMBERS WHOSE BIRTHDAYS FALL IN JANUARY, FEBRUARY AND MARCH 2017, ARE BEING HONOURED

### ZIRAKPUR



S. GURDIP SINGH BHOGAL GEN. SECY. & OTHER MEMBERS AROUND THE TABLE-TENNIS TABLE & OTHER SPORTS ITEMS GIFTED BY DR. A.S. KHEHRA CHAIRMAN FEDSEN PB.

### LUDHIANA



MEMBERS & SPOUSES IN THE GROUP PHOTO TAKEN ON ANNUAL GENERAL BODY MEETING -2017 AS A MEMOIR.

## DO YOU HAVE A PROSTATE PROBLEM?

The prostate gland is a male reproductive organ that is about the size of a walnut, found at the base of the bladder. The urethra is a thin tube that allows the passage of urine out of the penis. It runs through the prostate gland. Fluid produced by this gland helps to nourish the sperms present in semen. Similar to graying of hair, enlargement of prostate is a natural by-product of getting older. This enlargement narrows the urethral lumen leading to a variety of symptoms such as poor urine flow, straining, intermittency of urinary stream, sense of incomplete emptying of urine, need to urinate frequently both during day and night and inability to control the desire to pass urine. All these may result in affecting the quality of life of the individual. However it is important to understand that not all urinary symptoms are due to prostatic enlargement and also, some men have enlarged prostates and yet experience few, if any, symptoms. Nevertheless, if such symptoms are present in elderly men, seeking consultation with a urologist is warranted, especially if there is complete inability to pass urine, as this condition of urinary retention is a medical emergency. Although most of these enlargements are benign, there are times when the prostate may harbor cancer. On consultation, the treating urologist would examine the patient and order some investigations. The clinical profile of the patient and the result of these investigations would then decide the further management. It is a misconception among the common man that all such cases would require surgery. In fact, many patients do well with lifestyle modifications and specific medicines. Surgery is reserved for those who do not respond to such measures. In today's era most of these benign prostates can be managed completely endoscopically (no need for incision) with a short hospital stay of 2-3 days.



**Dr. Jaspreet Singh Chhabra**  
M.B.B.S, M.S., M.Ch.(Urology)  
SPS Hospitals

*Baldev Krishan Gupta*  
*Managing Director*

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