

# Retired & Senior Citizens Brotherhood



(an Organisation Of, For and By the Senior Citizens)

Regd. with Registrar of Societies, Govt. of NCT Delhi Reg. No. S/58695/2007)

Off: B-1C/56A, Janakpuri, New Delhi-58 Tel : 011-45573670

Email : rscbrotherhoodnew@gmail.com Web : www.rscb.in

R&SCB's  
Thrice in a year  
Publication  
\* April  
\* August  
\* December

## Heartiest Greetings & Best Wishes for

- ☀ Independence Day
- ☀ Dussehra
- ☀ Raksha Bandhan
- ☀ Deepawali
- ☀ Janmashtami
- ☀ Bhaiya Dooj
- ☀ Ganesh Chaturthi
- ☀ Guru Nanak Jayanti



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T.: 0120-5106787 | M.: 8014014010/20/30

# KASHMIR TOUR-1



# KASHMIR TOUR-2



# NEPAL TOUR



# BANGKOK TOUR





## From GENERAL SECRETARY's DESK

Dear members,

First of all, we would like to thank our honourable members for their association with R&SCB. As one of the meanings of 'Association' is 'Judav' in hindi, we hope and wish that our members make it meaningful by giving full support and commitment to their own organisation.

As you will kindly note and appreciate, ours is amongst very few organisations, who follow their custom to depute one of our executives on a tour not only to address and handle travel related issues, but well prepared to extend timely help to seniors in a medical emergency situation during the tour. This arrangement is in addition to the Tour Manager, being deputed by our travel partners.

Baisakhi Day was celebrated by our Association on 14th of April 2024, when large get-together was organized at Sanatan Dharam Mandir Hall, B-2 Block, Janakpuri, Delhi. Hot lunch with sweets was served and gifts by way of draw of lots, were distributed to the participating members. I earnestly acknowledge and thank all the R&SCB Executives for their sincere cooperation in managing the function.

During the quarter, International as well as domestic tours were successfully conducted. Do dham trip to Yamunotri & Gangotri was organised at a short notice, which concluded successfully despite few challenges enroute due to heavy yatra rush.

Your valuable guidance and suggestions are always welcome.

Thanks and regards,

Gulshan Kalia  
M-8076388421

## FORTHCOMING PROPOSED PROGRAMMES

**Important Information:** The following per person tour costs have been computed for travel by AC-3 tier train journey. If you want to travel by AC-2 tier, please inform R&SCB office while booking for the tour programmes. In that case, the contribution shall accordingly be increased. In absence of any intimation the bookings will be done in AC-3 tier only. Booking will be done on first come first served basis. Though the excursion tours are coordinated by R&SCB in response to members demand as welfare activity, they will be undertaken only if sufficient members respond. Meals provided during the tour will be vegetarian only. Since the Railway booking and all other arrangements are made 3 months in advance, all tour programmes are planned well in advance and the cost of tours is given approx. which can be changed if necessary. Railway has made AADHAR Number mandatory for booking of railway tickets. Please bring your AADHAR card photocopy while booking any tour by train. (All rates are approximate per person. In case of foreign tours, cost subject to change in Air fare or Euro or US Dollar or all three).

**Members are requested to quote their membership Number at the time of making payment for tour/picnic along with cheque.**

**For all enquiries on Tours and other printed materials, please call R&SCB office at telephone 45573670 during working days from 11 a.m. to 1 p.m. only.**

### FREE LEGAL CONSULTATION

to R&SCB members is provided by

**Shri K.C. Arora**

Advocate, Delhi High Court

at his residence C-3/140B, Janakpuri, New Delhi  
on prior appointment between 6pm. to 7pm.

**Mob. 9711166160, 9711166017.**



## DOMESTIC TOURS:

### 1. Odissa Tour - 5D/4N

(Delhi-Bhubaneshwar-Delhi by Air)

1N Bhubaneshwar, 3N Puri (includes Jagannath Dham, Sun temple, Golden beach & boating at Chilka Lake) Proposed during Sept/Oct 2024

Approx cost- Rs. 39000/-

### 2. Gangtok-Darjeeling-Kalimpong Tour - 7D/6N

(Delhi-Bagdogra-Delhi by Air)

2N Gangtok, 1N Kalimpong & 3N Darjeeling.

(Sight seeing to Tsomgo Lake, Baba Harbhajan Singh temple, Cactus Nursery, Tea garden, Tiger hills etc.) Proposed during Sept/Oct 2024

Approx cost- Rs. 44,500

### 3. South India Tour- 8D/7N

(Delhi-Chennai-Madurai-Delhi by Air)

1N Chennai , 1N Tirupati, 1N Vellore, 2N Pondicherry, 1N Tanjavur, 1N Rameshwaram, 1N Madurai. Proposed during November 2024

Approx cost- Rs. 62,000

### 4 Lakshadweep-5D/4N

(Delhi-Cochin-Agatti-Delhi by Air)

1N Cochi & 3N Agatti (Lakshadweep) (Sight seeing Bangaram, Thinnakkara & Kalpitty) Proposed during November 2024

Approx cost- Rs.90,000

Please deposit full amount at the time of booking

## FOREIGN TOURS:

PLEASE NOTE No direct or online payment in our account accepted for the proposed foreign tours. Crossed cheques without 'Payees' detail, to be deposited at our office. 5% TCS included in the overall cost.

(Cost of tour may vary subject to foreign exchange rate and/or airfare fluctuations).

### 1. Greece - 8D/7N

(Delhi-Athens-Delhi by Air)2N Athens, 3N Santorini & 2N Mykonos Speedboat journey : Athens-Santorini-Mykonos & Ferry journey: Mykonos-Athens

Visit to Winery for wine taste.

Tour proposed after Navratras i.e. during middle of October 2024. Approx cost Rs. 2,56,000 includes TCS of Rs. 7,000 (refundable)

Advance deposit of Rs. 50,000 (by cheque only)

### 2. Sri Lanka Tour (Ramayana Circuit)- 6D/5N

(Delhi-Sri Lanka-Delhi by Air)

1N Colombo, 1N Candy, 2N Newara Eliya, & 1N Ella

Proposed during November 2024

Approx cost- Rs. 78,000 includes TCS of Rs. 1,500 (refundable)

Advance deposit of Rs. 25,000 (by cheque only)

## SHORT TOURS:

### 1. Ayodhya Trip- 3D/2N

(By Vande Bharat)

All sight seeing with Shri Rama Lala darshan, Hanumangarhi, Kanak Bhawan, Holy bath at Ram ki paidi, Nageshwar Nath, Kale Ram Gore Ram, Sugriv Quila, Guptar Ghat etc.

Proposed during Sept/Oct 2024

Approx cost- Rs. 16,200/-

### 2. Kurukshetra Trip- 2D/1N

(By 2x2 AC Bus)

Holy Snan at Brahmsarover.

Proposed during Sep/Oct 2024.

Approx cost- Rs. 5,500

*\*All hotels for International tours will be of 4-Star category.*

*\*All hotels for domestic tours will be of 3-Star category.*

**PICNIC:**

**Mojoland**  
(a fun and food village near Murthal)  
By 2x2 AC Bus  
(includes breakfast, lunch and evening tea).

Visit being organised on 16.09.2024.

Cost of the Picnic is Rs. 1600.  
All the above tours are conducted as per demand from our members and will be at their own risk and responsibility.

**EXECUTIVE COMMITTEE**

<b>PATRON</b> Sh. M.L. Kalra, Mob. 9868261117	<b>Addl. SECRETARY Cultural</b> Smt. Sharda Arora, Mob. 9999514398
<b>PRESIDENT</b> Sh. M.J. Narula, Mob. 9350351680	<b>MARKETING OFFICER</b> Sh. Pritam Singh, Mob. 9372130127
<b>GENERAL SECRETARY</b> Sh. Gulshan Kalia, Mob. 8076388421	<b>SECRETARY BULLETIN</b> Sh. Gagan Sharma, Mob. 9910909476
<b>TREASURER</b> Sh. Manoj Garg, Mob. 9958508475	<b>Asstt. SECRETARY Member &amp; Id Card</b> Sh. Praveen Gupta, Mob. 9958091023
<b>VICE PRESIDENT</b> Sh. Harish Talwar, Mob. 9871351328	<b>Asstt. SECRETARY Computer</b> Sh. Narender Gupta, Mob. 9910299708
<b>SECRETARY (Cultural)</b> Sh. S.C. Kathuria, Mob. 9811163305	<b>LEGAL ADVISOR</b> Sh. K C Arora, M: 9711166160, 9711166017
<b>SECRETARY (Comm.)</b> Smt. Sarla Sareen, Mob. 9868175776	<b>AUDITOR :</b> A. K. C. ASSOCIATES, Mob 9810127256

**स्वतंत्रता दिवस पर लाल किले से ही क्यों झंडोतोलन होता है**

स्वतंत्रत भारत की पहली सुबह सारा देश रात भर सो ना पाया था ! अंग्रेजों के चंगुल से लहलुहान स्वतंत्रता को छीन लाने में हजारों-हजार नवजवान मौत का आलिंगन कर चुके थे ! उनकी शहादत रंग लाई थी ! सारा देश जैसे सड़कों पर उतर आया था ! लोगों की आंखें भरी पड़ी थीं खुशी और गम के आंसूओं से ! खुशी आजादी की, गम प्रियजनों के बिछोह का !

दिल्ली तो जैसे पगला गई थी ! होती भी क्यों ना ! आजाद देश की राजधानी जो थी। हुजूम का हुजूम ठट्ट के ठट्ट बढ़े जा रहे थे लाल किले की ओर। आज यह एतिहासिक किला भी फूला नहीं समा रहा था अपने भाग्य पर ! बहुत उतार-चढ़ाव देख रखे थे इसने अपने जीवन काल में ! जबसे शाहजहां ने उस जमाने में करीब एक करोड़ की लागत से इसे नौ सालों में बना कर पूरा किया था, तब से आज तक यह अनगिनत घटनाओं का साक्षी रहा था ! इसे यह गौरव ऐसे ही नहीं मिल गया था !

1857 की क्रांति में स्वतंत्रता संग्राम के वीरों ने अंग्रेजों को मात दे कर यहीं बहादुर शाह जफर को अपना सम्राट चुना था। किला गवाह है, उस इतिहास का कि कैसे बदला लेने के लिए अंग्रेजों ने यहां मौत का तांडव शुरू कर दिया था ! हजारों वीर मारे गए थे ! कितनों को फांसी पर लटका दिया गया था ! सैकड़ों को काला पानी नसीब हुआ था ! बूढ़े शेर को कैद कर रंगून भेज दिया गया था !

जहां यह किला मुगलों की शानो-शौकत का गवाह रहा था, वहीं दो सौ साल बाद अंतिम बादशाह की दर्दनाक मौत का अभिसाक्षी भी इसे बनना पड़ा था ! ऐसा नहीं है कि इसके पहले या बाद में इसने जुल्मों-सितम नहीं देखे थे ! इतिहास बनता रहा है इसकी आँखों के सामने ! सालों बाद एक बार फिर 1945 में ब्रिटिश हुकूमत ने आजाद हिंद फौज के जांबाजों, जी एस डिल्लिन, कैप्टन शाहनवाज तथा कैप्टन सहगल पर यहीं मुकदमा चला, उन्हें सजा देने की कोशिश की थी ! पर उस समय सारा देश उनके पीछे खड़ा हो गया था ! प्रचंड विरोध छा गया था पूरे देश में। डर के मारे अंग्रेजों को उन वीरों को मुक्त करना पड़ गया था ! तब जो विजयोत्सव मनाया गया, यह लाल किला उसका गवाह बनकर उस विजय का प्रतीक बन गया ! इसीलिए जब हमें आजादी मिली तब देश के पहले प्रधान मंत्री जवाहर लाल नेहरू ने सर्वसम्मति से इसे पहले स्वतंत्रता दिवस पर झंडोतोलन के लिए सबसे उपयुक्त स्थल मान इसकी प्राचीर से सारे राष्ट्र को संबोधित किया था ! उसके बाद से आज तक देश का हर प्रधान मंत्री यहां से झंडा फहरा कर अपने आप को गौरवान्वित महसूस करता है।

आप सभी को असंख्य विडंबनाओं के बावजूद, आजादी का शुभ दिन मुबारक हो ! जय हिंद !

गगन शर्मा



## SENIOR CITIZENS AND TIRUMALA DEV DARSHAN -

Good news for senior citizens who have crossed 65 years of age, visiting Tirupati Balaji. They will be provided Free Darshan of Lord Sri Venkateswara in two slots, One at 10 am and another at 3 pm. They must present proof of age with photo ID and report to S1 counter. They have to cross the road from the gallery under the bridge to the right wall of the temple.

No need to climb any stairs. There is good refreshment spot where they get Hot sambhar rice, curd rice and hot milk at no cost. From the car parking area at the temple exit gate, a battery car is available to drop them at the counter of the temple. All other queues are disabled during their viewing. Only Senior Citizen Darshan is allowed without any restriction, pressure or dress code. They can exit in less than 30 minutes after the Darshan queue.

Contact TTD Helpdesk Tirumala on 08772277777.

Special Note : Please Share this important information to as many senior citizens and Senior Citizen Groups.

## GOLDEN AGE FELICITATION

R&SCB proudly announce to felicitate the members achieving the golden age of 80 years during the period from 01.10.2023 to 30.09.2024 at a function to be held on 01.10.2024, the day being celebrated worldwide, as "International Day for the Elderly People". Eligible members are requested to send their name, membership number and contact detail along with their latest photo, to our office latest by 15.09.2024.

Gifts will be provided to honour the Golden Agers followed by Lunch. Members can join the function along with their spouse. Other than the spouse, any person interested to accompany the elderly member, as an Attendant, will be charged Rs.100. Those interested may please collect their entry coupon from office by paying Rs.100 pp after 25.09.2024 onwards.

Please note, coupons will not be made available at our function site.

## OBITUARY

NAME	M. NO.	DATE	ADDRESS
SMT. TARAWATI MADHU	4950	07.03.2024	C-3A/70B, JANAKPURI, N.D. – 58
SMT. SHIMAL GUPTA	1295	03.03.2024	C-5A/100, JANAKPURI, N.D. – 58
SMT. GEETA KOUSHIK	1308	-----	120, H.B. COLONEY, GURUGRAM
SH. RAKESH REHLAN	-----	19.04.2024	C-3/135, JANAKPURI, N.D. – 58
SMT. RAJESH GUPTA	6158	16.03.2024	628, KRISHI APPT., VIKASPURI - 18
SMT. VEENA VIJ	6161	29.06.2024	C-4H/49, JANAKPURI, N. D. - 58
SMT. KRISHNA KAPOOR	----	29.04.2024	C-3A/95, JANAKPURI, N. D. – 58
SH. SUNIL KR. CHAWLA	7058	06.07.2024	PG-8, POSSANGIPUR, JANAKPURI – 58



## BANGKOK – PATTAYA TOUR

33 Members of Retired & Senior Citizens Brotherhood (R&SCB) under the leadership of Sh. Manoj Garg proceeded for a Bangkok-Pattaya tour from 05.03.2024 to 10.03.2024.

**Day 1 :** Members reached IGI Airport Terminal 3 well in time to board Vistara flight to Bangkok. Members were served breakfast in plane. Flight reached Bangkok on schedule at 2.00 p.m. After arriving Bangkok airport members boarded a 2 x 2 AC Bus for Pattaya. On their way to Pattaya had their lunch in restaurant and then reached hotel Beverly in Pattaya at 6.00 p.m. After check-in and relaxing for 2 hrs, members proceeded for famous Alcazar show of Pattaya and then after the show had dinner in restaurant Mumbai Masala near the theater then return to Hotel for overnight stay.

**Day 2 :** Members had very lavish breakfast in Hotel and then proceeded for famous beautiful Coral Island by bus and then to site of Parasailing by 2 speed boats which took approx. 40 minutes to reach there. Members there enjoyed parasailing, Banana ride and under sea walk Then from there in another boat members were taken to Sea beach at island for leisure time and enjoy special Coconut water and delicious fresh local fruit then return to Hotel for lunch. At 4.00 p.m. members were taken to famous Gem factory and enjoyed process of manufacturing of Gem and shopping and then at 6.00 p.m. members were taken for traditional foot massage of Thailand after that members were taken for dinner at Mumbai Se restaurant and returned to Hotel for overnight stay.

**Day 3:** Breakfast at hotel and then checked out from hotel for Bangkok. On way to Bangkok visited famous old Budha temple and then proceeded to Noong Nooch Village. There members enjoyed traditional Thailand dance, Elephant Show and then lunch in a restaurant in village. After lunch enjoyed village safari in village and then reached at hotel Ambassador Bangkok and dinner in restaurant near the hotel.

**Day 4:** After breakfast at hotel proceeded for Royal Budha temple in Bangkok and from there members were taken for shopping at Indira Market and lunch in restaurant in Market and then returned to Hotel. In the evening members were taken for 2 hours cruise ride with dinner on cruise. On cruise members enjoyed dancing on DJ and also celebrated Women's Day with Cake cutting and presenting rose flower to each lady member and returned to hotel for overnight stay.

**Day 5:** After breakfast at hotel members proceeded for full day tour of Bangkok Safari show covers Orang Utan, Elephant Show, Spy War, Dolphin show and Sea Lion show in between members had lunch in a restaurant in the campus and in the evening enjoyed Jungle Safari and returned to hotel. After some relax at hotel then members taken for dinner at Indian restaurant then returned to hotel.

**Day 6:** Breakfast in hotel and checked out of hotel and proceeded to Indira Market on Members request for shopping and had lunch in the Indian Darbar restaurant and proceeded for Airport for

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## BAIDYNATH DHAM TOUR

A 29 member of R&SCB under the leadership of Shri Harish Kumar Talwar left for Baidyanath Dham Yatra from 10.05.24 to 12.05.24. All the members gathered at Delhi airport, took their packed breakfast at Terminal 2 and boarded the Delhi-Deoghar flight. At Deoghar, they reached hotel, had lunch and went for holy darshan of Harla Jori temple and Naulakha temple. After that come back to hotel for rest and overnight stay.

Next day early morning the group left for the world famous Baidyanath temple of Lord Shiva and Mata Parvati. After completing the darshan and devotional worship of the divine Jyotirlinga, returned back to the hotel. After some rest and



lunch, the members proceeded towards Basukinath Temple for darshan of the second form of Lord Shiva. After returning from there, we met over tea, got introduced to each other, songs and jokes made the evening memorable.

The next day, after completing all the formalities, all the members provided packed Lunch, reached Deoghar airport and took their flight. After arrival at Delhi everyone said goodbye to each other and left for their respective homes, cherishing the memories of the journey.

R&SCB thanks honourable members for their co-operation during the tour.

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## KASHMIR TOUR

RSCB organized two Groups consisting of 26 & 32 members for 6 day Kashmir Tour under the leadership of Shri Pritam Singh and Praveen Kumar Gupta, during the period from 27 March - 01 April 24 to 02 April - 07 April 24

**Day-1** Members assembled at the departure terminal and boarded their flight for Srinagar. On arrival, seated in 2x2 tempo traveler. & Proceed for Pahalgam Members visited Sun Temple & Mattan Sahib ji on their way to Pahalgam. On arrival at Pahalgam were offered a cup Kehwa before all checked in to a hotel. Member relaxed, had dinner and stayed for an overnight in the hotel.

**Day-2** After breakfast, members visited Chandanwari, one of the routes to holy Amarnathji yatra and on their return journey visited Aru Valley and Betab Valley.

**Day-3** Checked out from hotel after breakfast left for their journey to Srinagar. On their way, members visited Shankaracharya Temple On arrival at Srinagar, checked into a hotel for relaxation. After lunch, visited Tulip Garden, Shalimar Bagh, Nishat Garden, and Chashm-e-shahi. Evening had boat ride at Dal Lake.

**Day-4** Visited Sonamarg and then to Baltal, another route to holy Amarnathji. On return

journey, visited famous Kheer Bhawani temple. Return back for relaxation and overnight stay at hotel.

**Day-5** Members proceeded to Gulmarg and had a great experience of Gandola ride. Return back to hotel for an overnight stay.

**Day-6** Last day was for leisure and shopping. Members had their lunch and then proceeded Srinagar airport to board the flight to Delhi. On arrival left for their respective homes with sweet memories of the tour.

RSCB thank all the members for their utmost cooperation during the tour.

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## SINGAPORE & MALAYSIA TOURS

34 members of R&SCB visited Singapore & Malaysia under the leadership of Shri Gulshan Kalia during 02.04.2024 to 09.02.2024.

**Day-1** Members assembled at Terminal-3 of Indira Gandhi International Airport to take their flight to Singapore. They travelled by Turkish Airlines via Istanbul and reached Singapore on the next day.

**Day-2** On arrival, shifted to a hotel, had lunch and relaxed in their respective rooms. In the evening, members left for Night Safari and after completion of the trip, had their dinner inside Jungle Safari. After dinner, returned back to hotel for an overnight stay.

**Day-3** Next day after breakfast, members proceeded for a Singapore City tour. Visited Budha Tooth Relic temple, Marina Bay having amazing scenic beauty and then proceeded for a breathtaking view of Singapore City from Marina Sands sky observation deck. After lunch had a cable car ride to visit Sentosha Island, observed S. E. AAquarium, Wings of time and finally visited Madame Tussauds to have fun and photography. Dinner at Sentosha Island and then returned back to hotel for an overnight stay.



**Day-4** Members left for Garden by the bay, a beautiful and huge indoor garden with landscapes, flowering plants and waterfall. Later, members proceeded to Universal Studio, where they had lunch with their complimentary 20 Euro meal coupon. In the evening, all assembled outside Universal Studio to return back to hotel for an overnight stay.

**Day-5** After breakfast, members checked out from hotel for their journey to Kuala Lumpur, the capital of Malaysia. They had lunch enroute. In the late evening, members visited famous twin towers of Kuala Lumpur and had a photographic session. Returned back to hotel, had dinner and stayed overnight.

**Day-6** Members checked out from hotel and left for Genting Highlands, an integrated resort comprising hotels, casinos, shopping malls and Skyworlds theme park etc. On their way, members visited King's Palace, KL Tower, Batu caves, Chocolate factory outlet etc. Finally checked into First World Hotel at Genting.

**Day-7** Members had 2-way cable car ride to visit Chi Swee temple, where part of the journey covered through series of escalators. Member had lunch in a restaurant and then moved to visit to Theme Park. Barring a few, majority members dropped the idea to visit theme park due to tiredness and stamina issue. After dinners, members returned back to their respective rooms for overnight stay.

**Day-8** Last day after breakfast, members checked out from hotel for their return journey. On the way to Malaysian Airport, members spent few hours at Berjaya Time Square Mall for shopping. Had then unch at a a restaurant in China Town. Members after completion of boarding formalities, took their flight to Delhi with unforgettable memories of the tour.

R&SCB thanks all the touring members for their utmost cooperation during the tour.

## KNOW THE DIFFERENCE BETWEEN UK, ENGLAND, GREAT BRITAIN

Some people and indeed all over the world, including well travelled, often confuse England, United Kingdom and Great Britain.

Great Britain is a collection of 3 countries which came together as one country and has its capital as London. Those three countries are: 1. England 2. Scotland 3. Wales.

When you include Northern Ireland to these 3 countries, they become United Kingdom (Union of four nations) 1. England, 2. Scotland, 3. Wales, and 4. Northern Ireland.

That is why it is referred to as the United Kingdom of Great Britain and Northern Ireland. Collectively, the four are taken as one country. And when this is the case, London is its capital. Note however that these four individual nations all have their own respective capitals.

Accordingly, the capital of : Scotland is Edinburgh, Wales is Cardiff; Northern Ireland is Belfast. England is London.

## Join

# Retired & Senior Citizens Brotherhood (Regd.)

## MEMBERSHIP OPEN

Office Timings :  
11.00 am to 1.00 pm Sunday Closed

Email : [rscbrotherhoodnew@gmail.com](mailto:rscbrotherhoodnew@gmail.com)



## Main Points CGHS REFERRAL SYSTEM on Dated 28.06.2024:-

1. This order is only for CGHS (Empanelled Hospitals).
2. Now NO REFERRAL SLIP is required. all AIIMS, INIs, NORTH EAST INSTITUTIONS, Tata Memorial Institutions or any other government institutions.
2. A CGHS Refer Slip is Valid for 3 Months for specialist consultation.
3. One can now take \*3 specialist Consultation\* in 3 months of referral.
4. Max Consultation amount reimbursable for 3 specialist doctor x (2 consultation each) = 6 in 3 months of referral.
5. For Investigation and tests at Private Empanelled hospital after referral, NO further Referral required for tests/investigations under 3000 when a person is not admitted in hospital.
6. For tests/Investigations whose rate is more than 3000 like CT SCAN/PET SCAN, proper referral is required.
7. For Investigations which required admission in hospital, needs referral.
8. For Unlisted procedures, permission of HOD/ HOO Office is required.
9. Now, special provisions for pensioners above 75 now valid from age above 70 yrs.
10. \*No referral required for Follow up\* for the consultation /investigations are permitted under these follow-up cases. The conditions covered are:
  - a. Post Cardiac Surgery Cases including Coronary Angioplasty Post Organ Transplant Cases (Liver, Kidney, Heart, etc.,)

- b) Post Neuro Surgery Cases/Post Brain Stroke cases requiring regular follow-up treatment
  - c) End Stage Renal Disease/follow up cases of Liver Failure
  - d) Cancer treatment
  - e) Auto-immune disorders like Rheumatoid Arthritis requiring regular follow-up
  - f) Neurological disorders like Dementia, Alzheimer's disease, Parkinsonism, etc.,
11. Medicines prescribed are to be procured from CGHS Wellness Centre.
  12. \*NO Referral required for EMERGENCY TREATMENT.\*

F No 44/88/MCTC/CGHS/2024 /DIR  
Govt. of India  
Min. of Health & Family Welfare  
Directorate of CGHS

CGHS Bhawan,  
RK Puram -Sector-13, New Delhi.  
Dated the June , 2024

### OFFICE MEMORANDUM

**Subject: Keeping in abeyance the Implementation of OM dated 28.03.2024 regarding linkage linkage of CGHS Beneficiary ID with ABHA ID**

\*\*\*

Reference is invited to the Office Memorandum No Z 15025/23/ 2023/ DIR/ CGHS dated the 28.03.2024 vide which Linkage of CGHS Beneficiary ID with Ayushman Bharat Health Account ID (ABHA ID) has been made mandatory and to state that the matter has been reviewed in the Ministry and the undersigned is directed to convey the approval of Competent Authority that the implementation of the above referred **OM dated 28.03.2024 is kept in abeyance** till further orders.

Linkage of CGHS Ben ID with Ayushman Bharat Health Account ID (ABHA ID) is made voluntary/ Optional till further orders.

Signed by Dr Satheesh Y H  
Date: 25-06-2024 12:57:43

(Dr. Satheesh YH)  
Director, CGHS

# To

## Senior Citizens

**\*MODI GOVERNMENT'S BOON FOR SENIOR CITIZENS - MEDICAL CONSULTING TOTALLY FREE\***

The Central Government has launched an excellent consulting scheme for senior citizens and all other citizens.

Elderly people, especially those with high blood pressure, diabetes, etc., don't rush to the hospital for OPD. They seek treatment at home for minor ailments like headaches, physical pain, and are not ready to go to the hospital.

You can now access consultancy and treatment on Google Chrome via the link below. Note:

**\*1\*. Select patient registration.**

**\*2\*. Type your mobile number. Type OTP on mobile for registration.**

**\*3\*. Enter patient details and district. Now, you will connect with the doctor online. After that, you can consult a doctor for any of your health problems through the video. The doctor will prescribe the medicine online. You can take the medicine by showing it in the medical pharmacy shop.**

**\*This service is completely free.\***

You can use this service every day from 10.00 am to 3.00 pm, including Sunday.

Please send this to senior citizens in your contact list.

This is the Central Government website:

**[\\*https://www.eSanjeevaniopd.in\\*](https://www.eSanjeevaniopd.in)**

**<https://play.google.com/store/apps/details?id=in.hied.esanjeevaniopd>**

## कौन थे वे छह शिशु जिन्हें कंस ने श्री कृष्ण के जन्म के पहले मार दिया था ?

इसी माह उस महानायक का जन्म-दिवस है, जिसने पूरी दुनिया को अधर्म और अन्याय के खिलाफ खड़े होना सिखाया ! जीवन-दर्शन का संदेश और ज्ञान, गीता के द्वारा समझाया ! भ्रमितों को राह दिखाई ! दुखियों को न्याय दिलवाया ! पर इस सब के लिए खुद भारी कीमत भी चुकाई !

जन्म लेते ही माँ-बाप से अलग होना पड़ा ! जहां पला-बढ़ा, उस स्थान को छोड़ना पड़ा ! बचपन से लेकर जीवन पर्यंत कठिन परिस्थितियों का सामना करने के बावजूद बदनाम होना पड़ा, लांछन झेलने पड़े ! यहां तक कि श्रापग्रस्त भी होना पड़ा ! अपने जीवन काल में ही अपने वंश की दुर्दशा का सामना करना पड़ा ! पर इस सबके बावजूद चेहरे की मधुर मुस्कान को तिरोहित नहीं होने दिया। कभी अपने दुखों की काली छाया अपने भक्तों की आशाओं पर छाने नहीं दी। क्योंकि सभी का कष्ट हरने के लिए ही तो अवतार लिया था उसने !

समय द्वापर का था। बड़ी भीषण परिस्थितियां थीं। राज्याध्यक्ष उच्छ्रंखल हो चुके थे। प्रजा परेशान थी। न्याय मांगने वालों को काल कोठरी नसीब होती थी। अराजकता का बोल-बाला था। भोग-विलास का आलम छाया हुआ था। उस समय मथुरा का राज्य कंस के हाथों में था। वह एक निरंकुश व पाषाण हृदय नरेश था। वैसे तो वह अपनी बहन देवकी से बहुत प्यार करता था, पर जबसे उसे मालूम हुआ था कि देवकी का आठवां पुत्र उसकी मृत्यु का कारण बनेगा, तभी से उसने अपनी बहन को काल कोठरी में डाल रखा था। इसके बावजूद किसी भी तरह का खतरा मोल न लेने की इच्छा के कारण कंस ने देवकी के पहले छह पुत्रों की भी हत्या कर दी थी !

कौन थे वे अभागे शिशु ?

ब्रह्मलोक में स्मर, उद्रीथ, परिश्वंग, पतंग, क्षुद्रमृत व घ्निणी नाम के छह देवता हुआ करते थे। ये ब्रह्माजी के अत्यंत कृपा-पात्र थे। इन पर ब्रह्मा जी की स्नेह दृष्टि सदा बनी रहती थी। वे इन छहों की छोटी-मोटी बातों और गलतियों पर ध्यान न दे उन्हें नजरदाज कर देते थे। इसीलिए उन छहों में धीरे-धीरे अपनी सफलता के कारण घमंड पनपने लग गया था। वे अपने सामने किसी को कुछ नहीं समझते थे। ऐसे में ही एक दिन उन्होंने बात-बात में ब्रह्माजी का भी अनादर कर दिया। इससे ब्रह्माजी ने क्रोधित हो उन छहों को श्राप दे दिया कि तुम लोग पृथ्वी पर दैत्य वंश में जन्म लोगे। ब्रह्मा जी का क्रोध देख उन छहों की अक्ल टिकाने आ गई और वे बार-बार ब्रह्माजी से क्षमा याचना करने लगे। ब्रह्मा जी को भी दया आ गयी और उन्होंने कहा कि जन्म तो तुम्हें दैत्य वंश में लेना ही पड़ेगा पर तुम्हारा पूर्व ज्ञान बना रहेगा।

समयानुसार उन छहों ने राक्षसराज हिरण्याक्ष के घर जन्म लिया। उस जन्म में उन्होंने पूर्व जन्म का ज्ञान होने के कारण कोई गलत काम नहीं किया। सारा समय उन्होंने ब्रह्माजी की तपस्या कर उन्हें प्रसन्न करने में ही बिताया। जिससे प्रसन्न हो कर ब्रह्माजी ने उनसे वरदान मांगने को कहा। पर दैत्य योनि के प्रभाव से उन्होंने वैसा ही वर मांगा कि हमारी मौत न देवताओं के हाथों हो, न गन्धर्वों के, ना ही हम हारी-बीमारी से मरें। ब्रह्माजी तथास्तु कह कर अंतर्धान हो गए।

इधर हिरण्याक्ष अपने पुत्रों से देवताओं की उपासना करने के कारण नाराज था। उसने इस बात के मालूम होते ही उन छहों को श्राप दे डाला कि तुम्हारी मौत देवता या गंधर्व के हाथों नहीं एक दैत्य के हाथों ही होगी। इसी श्राप के वशीभूत उन्होंने देवकी के गर्भ से जन्म लिया और कंस के हाथों मारे गए और सुतल लोक में जगह पाई।

कंस वध के पश्चात जब श्रीकृष्ण माँ देवकी के पास गए तो माँ ने उन छहों पुत्रों को देखने की इच्छा प्रभू से की जिनको जन्मते ही मार डाला गया था। प्रभू ने सुतल लोक से उन छहों को लाकर माँ की इच्छा पूरी की। प्रभू के सानिध्य और कृपा से वे फिर देवलोक में स्थान पा गए।

गगन शर्मा

## अनमोल वचन

- 1 ईश्वर से सर्व संबंध अनुभव करने का अर्थ है कि आप अपनी सभी इच्छाओं से पार जा चुके हैं !
- 2 जब ईश्वर अपना धिनौना सर उठाती है, तो हमारे प्रियजन भी हमारे शत्रु बन जाते हैं !
- 3 अच्छी और स्वच्छ प्रतियोगिता स्वस्थ बनाती है, परन्तु ईश्वर एक घातक रोग है
- 4 धैर्य और नम्रता नामक गुणों से इंसाज की ईश्वर से समीपता बनी रहती है !
- 5 दिव्य गुण मानव को ईश्वर के समीप ले आते हैं जबकि विकार उसे ईश्वर से दूर ले जाते हैं !
- 6 यदि व्यक्ति अपने नैतिक मूल्य खो देता है तो अपना सब कुछ गंवा देता है !
- 7 इंसाज की हैसियत आसमान जैसी होती चाहिए, क्योंकि जमीन कितनी भी मंहगी हो, लोग खरीद ही लेते हैं !
- 8 ईश्वर की इच्छाओं को पूर्ण करने से हमारी इच्छाएं स्वतः पूरी हो जाती हैं !
- 9 हमारी आँखें प्रभु का विशेष उपहार हैं, इनके द्वारा दूसरों को प्रेम, शान्ति व खुशी का दान करना चाहिए !
- 10 बीज बोने से पहले ही विचार कर लेना चाहिए कि हमें कैसी फसल चाहिए, बाद में तो वही मिलेगा जैसा बीज बोया गया है !
- 11 बहुत गजब का नजारा है इस अजब सी दुनिया का, लोग सब कुछ बटोरने में लगे हैं खाली हाथ जाने के लिए....!
- 12 हे प्रभु, आप श्री हो ! आप अनमोल हो ! आप हैं सभी हम हैं !
- 13 He who has health has hope and He who has hope has everything.

हरीश तलवार

## WISDOM QUOTES

- 1) In Solitude the mind gains Strength and learns to lean upon itself.
- 2) The strength of your mind determines the quality of your life.
- 3) What you think you become.
- 4) Age is an issue of mind over matter, If you don't mind, It doesn't matter
- 5) Learning never exhausts the mind,
- 6) Change your thoughts and you change your world.
- 7) Your Body can stand almost anything, It is your mind that you have to Convince.
- 8) Concentrate the mind on the present moment.
- 9) Cultivation of mind should be the ultimate aim of human existence.
- 10) Fortune favors the prepared mind.
- 11) Mind is full of energy. So health of the mind matters First.
- 12) To the mind that is still, the whole univers Surrenders.

-Compilation, Sarla Sareen

## पैसा एक, रूप अनेक

- |                                   |                            |                         |
|-----------------------------------|----------------------------|-------------------------|
| १. मंदिर में दान - चढ़ावा         | २. स्कूल में - फीस         | ३. शादी में - दहेज      |
| ४. अपहरणकर्ता को - फिरौती         | ५. तलाक में - गुजारा भत्ता | ६. किसी को दो तो - कर्ज |
| ७. सरकार ले तो - कर               | ८. होटल में - टिप          | ९. अदालत में - जुर्माना |
| १०. सेवानिवृत्ति पर - पेंशन       | ११. बैंक से मिला - लोन     | १२. श्रमिकों का - वेतन  |
| १३. अवैध रूप से प्राप्त - रिश्वत, | पर मुझे मिले तो - उपहार    |                         |

## सुन्दर विचार

सबसे पहली सेवा है, खुद को संतुष्ट व खुश रखना, जिससे दुनिया में खुशी अपने आप फैल जाती है, आज से हम स्वयं से ही संतुष्ट और खुश रहना सीखें, मन की संतुष्टी के लिए अच्छे काम करते रहना चाहिए, लोग चाहें तारीफ करें न करें, कमियां तो लोग भगवान में भी तलाशते रहते हैं, रिश्ते निभाने के लिए बुद्धि नहीं, दिल की शुद्धि होनी चाहिये, सत्य कहो, स्पष्ट कहो, कहो न सुन्दर झूठ, चाहे कोई खुश रहे, चाहे जाये कोई रूठ, सफलता वहाँ मिलती है, जहाँ लोग डर से बच कर अपने सपनों की ओर बढ़ते हैं, ढलना तो एक दिन सभी को है, चाहे इंसान हो या सूरज, मगर हौसला सुरज से सीखो, रोज ढल के भी हर दिन उम्मीद से निकलता है,,

जीवन एक ऐसा रंग मंच है जहां किरदार को खुद नहीं पता होता की अगला दृश्य क्या होगा

संकलन - तारदा अरोरा

मंजर धुंधला हो सकता है, परन्तु मंजिल नहीं, दौर बुरा हो सकता है, परन्तु जिंदगी नहीं.....

अनुभव कहता है खामोशियाँ ही बेहतर हैं, शब्दों से लोग रूठते बहुत हैं, जिंदगी गुजर गयी सबको खुश करने में, जो खुश हुए वो अपने नहीं थे, जो अपने थे, वो कभी खुश नहीं हुए, कितना भी समेट लो हाथों से, फिसलता जरूर है, ये वक्त है साहब, बदलता जरूर है.....

अपने और अपने परमात्मा पर सदैव विश्वास रखें, स्वस्थ रहें, सावधान रहें, सुरक्षित रहें !

बर्फ का वो शरीफ टुकड़ा  
जाम में क्या गिरा...  
बदनाम हो गया...!



देता जब तक अपनी सफाई...  
वो खुद शराब हो गया...!!

मनोज गर्ग

किसी की किस्मत अच्छी है  
बोलने से पहले  
एक बार  
उसके पीछे की मेहनत जरूर देख  
लेना.!

मनोज गर्ग

## चाहत मिलने की, दोस्तों से

बचपन गया, गई जवानी, अब बुढ़ापा आ गया ! चाहते तो अब भी बहुत हैं दिल में, पर शरीर है कि कुहला गया !

नहीं कर सकते अब भाग दौड़, आराम का जीवन बिताते हैं, पर जब बैठते हैं अकेले में तो दोस्त बहुत याद आते हैं !

स्कूल के साथी, ऑफिस के फ्रेंड ! कहां हैं? कैसे हैं ? हैं भी कि नहीं ?

सोच कर दिल हो जाता है जज्बाती !

वह तो, मुल्क, शहर और देश ही अपना छोड़ गए ! बना ली दुनिया अपनी वहीं, अपने बच्चे जिस ओर गए !

अब तरसती हैं आँखें देखने अपने देश को, पर मजबूरी में चल रही है जिंदगी हौले-हौले, थामे मंजिल की डगर को !

ऐसे में जब कोई किसी मंजिल पर मिल जाता है, तो दिल का स्नेह उड़ उड़ कर बाहर आता है !

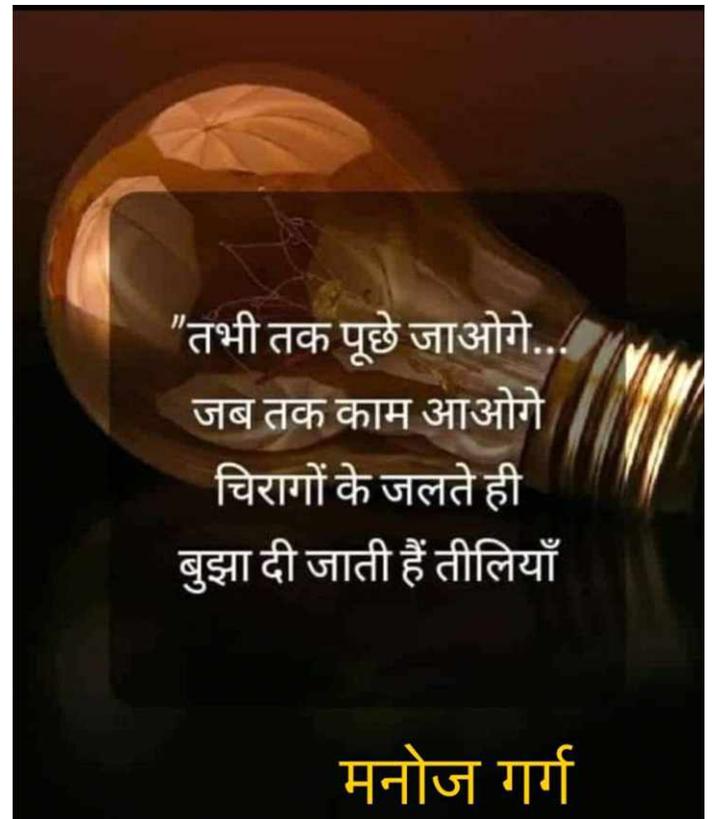
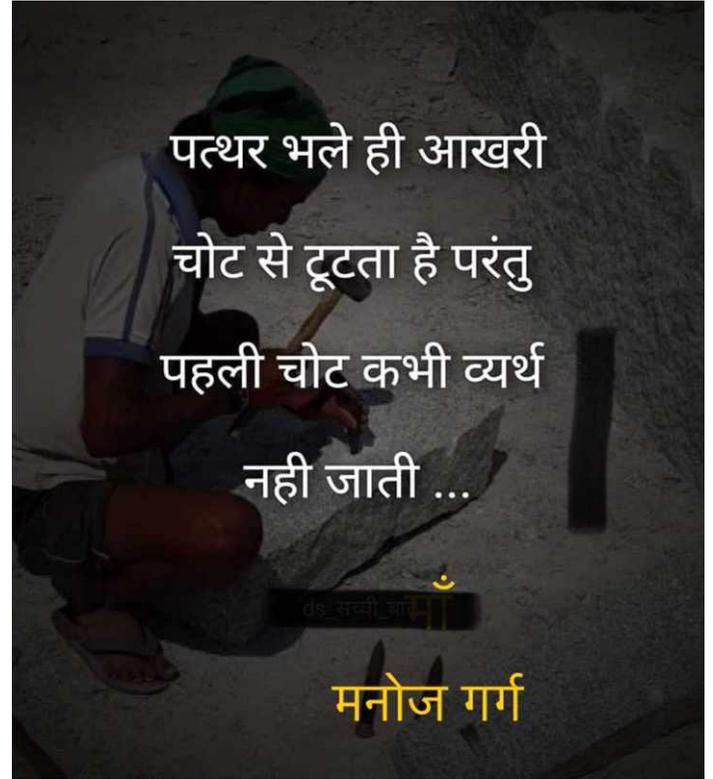
डाल के झण्पी प्यार से उसे सीने से लगाते हैं ! वह खुश है, सेहतमंद है, जान के मुस्कराते हैं !

कैसे हो ? ठीक हूँ ! तुम कैसे हो ? हाँ, मैं भी ठीक हूँ, एक दूसरे को बताते हैं !

सच कहता हूँ दोस्तो, उस पल हम दुनिया भर की नेमते पा जाते हैं ! करते हैं दुआ रब से, मेरे दोस्त, मेरे मीत, मेरे सखा, जहां भी रहें, सलामत रहें, खुश रहें, आबाद रहें !

सदा अपने दोस्तों से मिलने की चाह में आपका,

B.K. BEDI  
California



## MEMBERS PLUS SPOUSES

## WHO JOINED R&amp;SCB FROM 21-3-2024 TO 05-7-2024

Mem No.	NAME	DOB	ADDRESS
7351	SH. RAM KISHAN	01.12.1959	G-15, PALAM EXTENSION, SECTOR-7, DWARKA, NEW DELHI - 110077
7352	SH. SUNIL GIROTRA	14.07.1953	B-91, MK RESIDENCY, PLOT 8B, SECTOR-11, DWARKA, NEW DELHI - 110075
	SMT. NEERU GIROTRA	19.01.1959	*****
7353	SH. VINOD KUMAR CHAWLA	04.11.1963	C2C/8, POCKET 2, JANAKPURI, NEW DELHI - 110058
	SMT. POONAM	18.07.1968	****
7354	SH. INDER RAJ KHANNA	24.05.1960	FLAT NO. 86, POCKET-4, AKASHGANGA APPT., S. 24, ROHINI, DELHI-110085
	SMT. TRIPTA KHANNA	13.07.1962	****
7355	SMT. SHARDA RANI DHINGRA	18.06.1963	C3/244, JANAKPURI, NEW DELHI - 110058
	SH. ASHOK KUMAR DHINGRA	26.09.1959	*****
7356	SH. RAKESH DHINGRA	25.08.1960	C-17/F, VATIKA APPT., RAJOURI GARDEN, MAYAPURI, NEW DELHI - 110064
	SMT. RITA DHINGRA	24.04.1964	*****
7357	SH. ASHOK KUMAR GARG	04.08.1961	BE-344A, HARI NAGAR, NEW DELHI - 110064
	SMT. SANTOSH GARG	28.09.1963	*****
7358	SH. VED PRAKASH	01.01.1964	BE-347, GALI NO. 6, HARI NAGAR, MAYAPURI, NEW DELHI - 110064
	SMT. INDERA AGGARWAL	25.10.1968	*****
7359	SH. JAI BHAGWAN VRERMA	02.08.1956	BE-205, STREET NO. 6, HARI NAGAR, NEW DELHI - 110064
7359	SH. JAI BHAGWAN VERMA	02.08.1956	BE-205, STREET NO. 6, HARI NAGAR, NEW DELHI - 110064
	SMT. URMILA VERMA	13.11.1959	''
7360	SH. ASHOK KUMAR	25.10.1962	16-B, VIKRANT ENCLAVE, MAYAPURI, NEW DELHI - 110064
	SMT. SARITA NAGAL	12.10.1965	*****
7361	SH. ARUN KUMAR AHLUWALIA	17.04.1958	H-326, VIKAS PURI, NEW DELHI - 110018
	SMT. ANURADHA AHLUWALIA	02.09.1961	*****
7362	SH. MAHESH DHAMIJA	03.05.1957	B-67, LAJPAT NAGAR -2, NEW DELHI - 110026
	SMT. RAKA DHAMIJA	26.09.1959	****
7363	SHANTI PANDEY	15.08.1955	100-C, INDERAPURAM, SHIPRA SUN CITY, GHAZIABAD, U.P. - 201014
7364	SMT. PREMA HARIHARAN	31.01.2024	FLAT NO. 16, PANCHMUKHI APTT., DEVLII, KHANPUR, NEW DELHI - 110062
	SH. HARIHARAN	24.06.1958	*****
7365	SH. N. D. GURNANI	24.08.1955	F-43, NARAINA VIHAR, NEW DELHI - 110028
	SMT. MEERA GURNANI	11.07.1956	****
7366	SH. SATISH KUMAR AGGARWAL	24.06.1961	55, RISHI APTTS., SEC. 9, ROHINI, DELHI - 110085
	SMT. RENU AGGARWAL	01.05.1962	*****

## MEMBERS PLUS SPOUSES

### WHO JOINED R&SCB FROM 21-3-2024 TO 05-7-2024

Mem No.	NAME	DOB	ADDRESS
7367	SH. NARENDER KUMAR	17.01.1961	A-5, PREM KUTIR SOCIETY, SECTOR 9, ROHINI, DELHI - 110085
	SMT. SUMAN SINGHAL	01.05.1962	*****
7368	SH. KAMAL CHHABRA	10.09.1961	12/13, ASHOK VIHAR, NEW DELHI - 110018
	SMT. PARVEEN CHHABRA	01.08.1957	****
7369	SH. SUBHASH CHANDHOK	24.10.1963	WZ-677, SHIV NAGAR EXTN., JAIL ROAD, NEW DELHI - 110058
	SMT. REEMA CHANDHOK	24.09.1967	****
7370	SH. BALJIT SINGH DHODI	11.02.1961	B-25, HARI NAGAR, NEW DELHI -110064
	SMT. KANWALJEET KAUR	22.09.1963	****
7371	SH. RATTAN DEEP UBEROI	28.05.1959	267, VIKASKUNJ, VIKAS PURI, NEW DELHI - 110018
	SMT. MEENU UBEROI	24.04.1962	*****
7372	SH. ROHITASH SINGH	10.03.1943	FLAT NO. 2104, P.NO.12, IIT ENGINEERS SOCIETY, SEC.10, DWARKA-110075
	SMT. SHARDA	06.09.1946	*****
7373	SMT. RAJKUMARI M. JAISINGHANI	18.08.1948	B-17, VIKALP APPT., PLOT NO. 92, IP EXT., PATPARGANJ, DELHI - 110092
7374	SH. HARJIT REHLAN	24.08.1956	A-87, GANESH NAGAR, TILAK NAGAR, NEW DELHI - 110018
	SMT. MANJIT REHLAN	20.06.1959	*****
7375	SH. SHANKAR BHATTACHARJEE	12.03.1964	G-1394, CHITTARANJAN PARK, NEW DELHI - 110019
	SMT. ANJU BHATTACHARJEE	22.12.1968	****
7376	SMT. PARVEEN KAPOOR	10.09.1962	A-1646, GREEN FIELD, SURAJKUND, FARIDABAD - 121010
7377	SH. SATISH KUMAR PURI	03.03.1947	A-42, PANCHVATI APPT., VIKASPURI, NEW DELHI - 110018
7378	SH. NAND KISHORE KAMARA	31.12.1945	A-3/205, JANAKPURI, NEW DELHI - 110058
7379	SH. D. C. AGARWAL	13.05.1961	C-2/169, JANAKPURI, NEW DELHI - 110058
	SMT. MAMATA AGARWAL	01.06.1966	****
7380	SH. PRAMOD KUMAR GUPTA	20.05.1960	C-5D/92B, JANAKPURI, NEW DELHI - 110058
	SMT. SUNANDA GUPTA	03.07.1960	****
7381	PRAVEEN KUMAR GUPTA	17.01.1964	C-5D/26A, JANAKPURI, NEW DELHI - 110058
	SMT. ANJU GUPTA	08.04.1970	*****
7382	SH. RAM CHANDER GARG	05.06.1964	C-2/186, JANAKPURI, NEW DELHI - 110058
	SMT. POONAM GARG	19.05.1967	*****
7383	SH. ANIL ALAGH	04.12.1964	C-2/162, JNAKPURI, NEW DELHI - 110058
	SMT. BINDU VERMAALAGH	17.11.1967	****
7384	SH. KULBHUSHAN	21.08.1956	1/7, TILAK NAGAR, NEW DELHI - 110018
	SMT. MAYA BHARGAVA	11.08.1954	*****

## MEMBERS PLUS SPOUSES

### WHO JOINED R&SCB FROM 21-3-2024 TO 05-7-2024

Mem No.	NAME	DOB	ADDRESS
7385	SMT. VIMLA SINGH	10.10.1958	1B-90, RAMESH NAGAR, NEW DELHI - 110015
7386	SMT. SUDHA SACHDEVA	30.01.1959	12/24, BLOCK 12, WEST PATEL NAGAR, NEW DELHI - 110008
7387	SH. MANOJ BANSAL	08.09.1961	A-3/161, JANAKPURI, NEW DELHI - 110058
	SMT. NEETA BANSAL	19.12.1965	*****
7388	SH. ANIL KUMAR AGGARWAL	08.08.1963	C-3/12, JANAKPURI, NEW DELHI - 110058
	SMT. SANGITA AGGARWAL	16.08.1964	****
7389	SMT. MADHU	14.12.1960	WZ-92B, STREET NO. 14, RAMGARH COL., RAMESH NAGAR, N. D. - 110015
7390	SH. VIJAY KUMAR	10.06.1962	C-588, VIKASPURI, NEW DELHI - 110018
	SMT. USHA RANI	24.12.1963	****
7391	SH. DEEPAK DAWAR	22.08.1961	164/2-C, MAHAVEER JI NAGAR, BAGPAT OAD, MEERUT, U.P. - 250002
	SMT. ARCHNA DAWAR	07.10.1962	*****
7392	SH. SURENDRA KATARIA	23.07.1950	10, KAMLA NAGAR, BAGPAT ROAD, MEERUT, U.P. - 250002
	SMT. MUNISH KATARIA	08.07.1952	****
7393	SH. DARSHAN KUMAR KHOSLA	13.06.1953	C-22, ADARSH APPT., PLOT NO. 37, SECTOR 9, ROHINI, NEW DELHI - 110085
7394	SH. DEEPAK RAJ	07.10.1952	349-C, BG 6, PASCHIM VIHAR, NEW DELHI - 110063
	SMT. SHUKLA SHARMA	12.01.1957	*****
7395	SH. SUBHASH TANEJA	02.03.1958	A3/321, TOWER 8, SILVER CITY APPT., SECTOR 93, NOIDA, U.P. - 201304
	SMT. ANJU TANEJA	18.12.1964	*****
7396	SMT. ADESH KUMARI	15.04.1963	B-1/186, JANAKPURI, NEW DELHI - 110058
7397	SH. PARVEEN KUMAR MITTAL	17.05.1955	236, SANSKRITI APPT., SEC. 19 B, DWARAKA, NEW DELHI - 110075
	SMT. PAYAL MITTAL	04.09.1964	****
7398	SH. SANJEEV MAHAJAN	11.09.1963	B-1/189, JANAKPURI, NEW DELHI - 110058
	SMT. RASHMI GUPTA	14.08.1963	****
7399	SH. BHARAT BHUSHAN BHATIA	20.09.1951	B-1/261, JANAKPURI, NEW DELHI - 110058
	SMT. RENU BHATIA	10.09.1955	****
7400	SH. VIJAY KALRA	20.11.1954	B-1/271, JANAKPURI, NEW DELHI - 110058
	SMT. SUNITA KALRA	06.08.1956	****
7401	SH. MAHENDER KUMAR MITTAL	12.01.1955	B-1/250, JANAKPURI, NEW DELHI - 110058
	SMT. SARLA MITTAL	08.10.1960	*****
7402	SH. MANJUL MOHAN	10.02.1963	J-26A, SHYAM VIHAR, PHASE 1, NAJAFGARH, NEW DELHI - 110043
	SMT. POONAM M. MANCHANDA	28.01.1970	*****
7403	SMT. SUSHILA MUKHERJEE	11.07.1961	B-1/77, SALT LAKE, SECTOR 2, KOLKATA - 700091

## MEMBERS PLUS SPOUSES

## WHO JOINED R&amp;SCB FROM 21-3-2024 TO 05-7-2024

Mem No.	NAME	DOB	ADDRESS
7404	DR. P. K. AGARWAL	01.01.1945	R-2/40, RAJ NAGAR, GHAZIABAD, U.P. - 201002
	SMT. KUMUD AGARWAL	06.08.1950	*****
7405	SH. RAJ KUMAR MUNJAL	16.10.1960	B-2/133, JANAKPURI, NEW DELHI - 110058
	SMT. PINKI MUNJAL	13.04.1960	****
7406	SH. MUKESH JULKA	16.11.1957	B-4/2002, CLEO COUNTY, SECTOR - 121, NOIDA, U. P. - 201301
	SMT. NIRJA JULKA	12.11.1960	*****
7407	SH. DEVENDRA GULERIA	18.06.1955	105, STAR APPT., SECTOR 9, ROHINI, NEW DELHI - 110085
7408	SH. KAPIL GUPTA	21.06.1958	MS-3/504, KENDRIYA VIHAR, SEC. 56, GURGAON - 122011
	SMT. SADHNA GUPTA	24.03.1963	****
7409	SH. INDER PAL SINGH	15.08.1958	F. NO. 396, TOWER 3, SHABAD APP., PLOT-5, SEC. 13, DWARKA, N.D. - 78
	SMT. RAJINDER KAUR	06.11.1956	****
7410	SH. RAVINDER KUMAR JAIN	10.01.1956	A-14, JANGPURA EXT., NEW DELHI - 110014
	SMT. ANJU JAIN	20.07.1956	*****
7411	SH. ARUN KUMAR KHOSLA	10.01.1957	B-1/22, JANAKPURI, NEW DELHI - 110058
	SMT. MONIKA KHOSLA	19.04.1963	*****
7412	SH. CHANDRA PRAKASH VARMA	31.10.1954	C-3/301, S.F.S. FLATS, PANKHA ROAD, JANAKPURI, NEW DELHI - 110058
	SMT. SUMAN VARMA	25.03.1960	*****
7413	SH. RISHI RAJ	16.05.1964	B-1/503, JANAKPURI, NEW DELHI - 110058
	SMT. AARTI CHHATWAL	19.02.1966	*****
7414	SH. DHARAM VEER ARORA	30.05.1964	VILLA NO. 3, PURI VIP FLOORS, BAHUNIA STREET, AMAR NAGAR,
	SMT. SUSHMA ARORA	02.04.1967	SEC. 81, GREATER FARIDABAD, HARYANA - 121003
7415	SMT. SARABJIT KAUR	24.03.1958	8/134, F.F., RAMESH NAGAR, NEW DELHI - 110015
7416	SH. MOHINDER SINGH CHUGH	12.09.1953	B-3/8, RAJOURI GARDEN. NEW DELHI - 110027
7417	SH. ARUN AGGARWAL	11.01.1958	B-1/407, JANAKPURI, NEW DELHI - 110058
7418	SH. SANJEEV KHURANA	13.03.1963	B-1/118, JANAKPURI, NEW DELHI - 110058
	SMT. SONIA KHURANA	26.01.1968	****
7419	SH. VIJAY KALRA	30.09.1963	45, FRIENDS APPT., P.NO. 31, SEC. 9, ROHINI, NEW DELHI - 110085
	SMT. HARSH KALRA	04.12.1963	*****
7420	SH. NARESH KALIA	28.12.1956	H-16D, DDA FLAT, ASHOK VIHAR, PHASE 1, DELHI - 110082
	SMT. RITA KALRA	22.09.1957	*****
7421	SH. RAJ SHARMA	14.10.1944	C-1/604, TULIP GARDEN, AKBARPUR, BAROTA, SONEPAT, HARYANA-131103
	SMT. MADHU SHARMA	20.07. 1949	*****
7422	SMT. NEERJA JOSHI	15.01.1961	D-110, HUM SUB APPT., SEC. 4, PLOT NO. 14, DWARKA, NEW DELHI-110078

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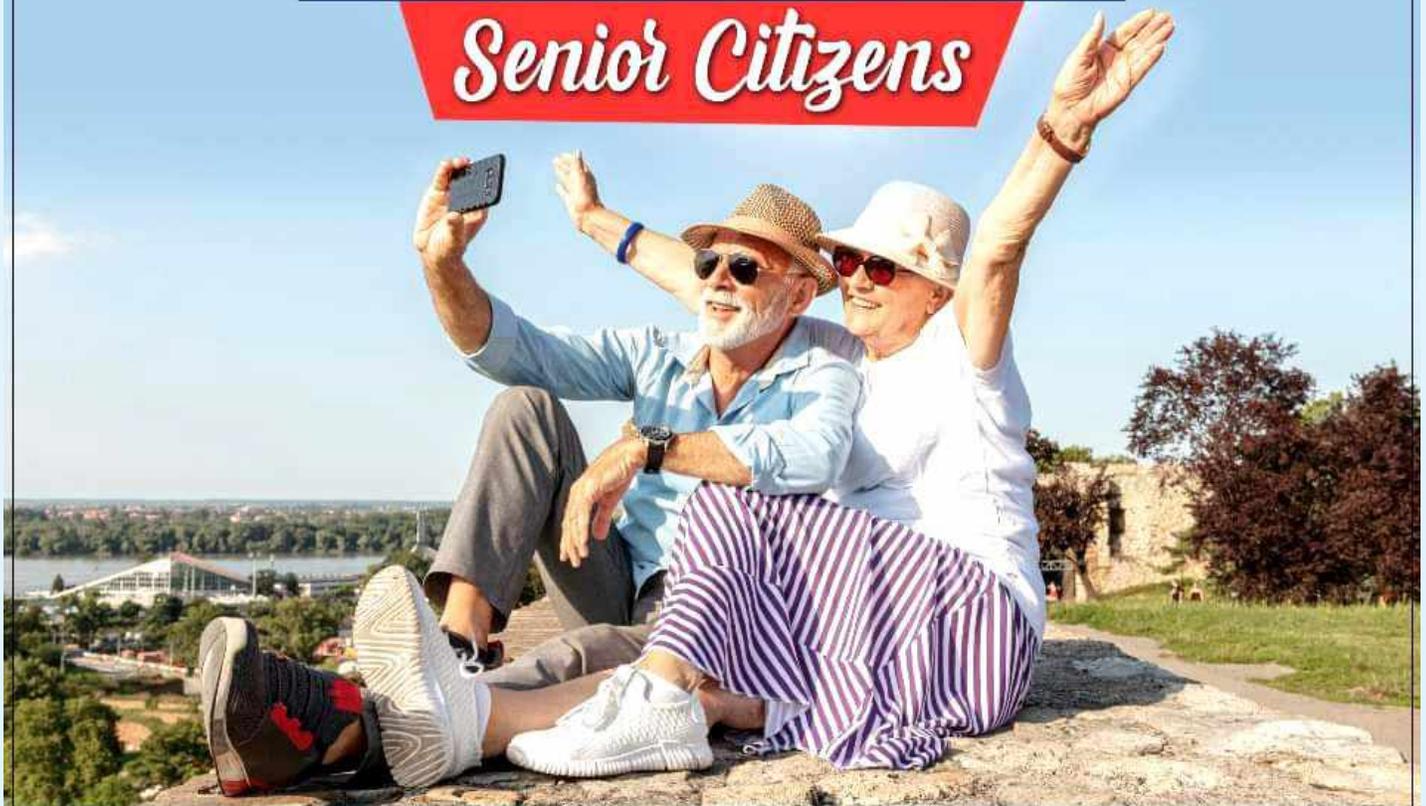
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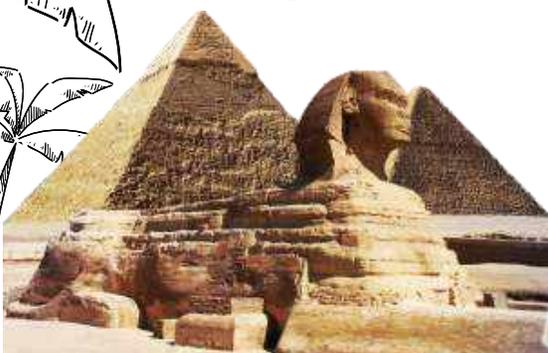
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