

# 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

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

**Our Heartfelt Condolences to  
Former President of R&SCB  
Dr. G. L. Verma  
09-05-1941 - 22-01-2024**



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# ANDMAN TOUR



# MEGHALAYA TOUR



## ANNUAL DAY CELEBRATION



## JOY GAON



## SURAJ KUND PICNIC





## From General Secretary Desk :

I regret to inform you that one of our promoter members, Shri Gulshan Lal Verma, who served our association as a President since its inception, passed away on 22.01.2024. I, on behalf of my colleagues, pay sincere tribute to our late President.

In view of the above and to fill the gap, a new team of our association is formed and it has unanimously been decided that Shri Manohar Jeet Narula will serve as its President, Shri Gulshan Kalia as General Secretary and Shri Manoj Garg as Treasurer. A list of Executives with their present assignments, is published in this issue of our Magazine.

Foundation Day of our Association was celebrated on 10th of December 2024, when a get together was organized at Sanatan Dharam Mandir Hall, B-2 Block, Janakpuri, Delhi. Hot lunch with sweets served and gifts were distributed to the participating members. I earnestly acknowledge and thank all the R&SCB Executives for their sincere cooperation in managing the function so well.

Our Magazine will be distributed in a pdf format through our WhatsApp groups. Instead of dispatching through ordinary post it will be made available by speed post in future for those members who deposit cash amount of Rs.100 for a year or deposit life time fee of Rs1000 at our office. Members can also collect their copy from our office on all working days from Monday to Saturday during office hours i.e. 11am. to 1pm. New members will get Magazine on their enrolment.

During this quarter, International as well as domestic tours were conducted successfully. Trip to Surajkund fair was organised on 15.02.24. Two groups for Joygaon, Jhajjar, picnic-spot, are going on 15th and 20th March 2024.

Your valuable guidance and suggestions are always welcome.

Gulshan Kalia  
General Secretary  
M-8076388421

## FORTHCOMING PROPOSED PROGRAMMES

(FOR MEMBER ONLY) - April 2024 - July 2024

**Important Information:** The following per person tour costs have been computed for travel by AC-3 tier train journey. or by air travel. 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 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 4 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. Government has made AADHAR Number mandatory for booking of travel tickets. So please bring your AADHAR card photocopy while booking any tour. (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 011-45573670 during working days from 11 a.m. to 1 p.m. only.**

*Heartiest Greeting  
&  
Best Wishes for*

🎁 Mahavir Jayanti	🎁 Baisakhi
🎁 Hanuman Janmotsav	🎁 Ram Navmi
🎁 Ambedkar Jayanti	🎁 Budh Purnima



## DOMESTIC TOURS:

### 1. Amritsar Dalhousie Tour - 6D/5N

(New Delhi-Amritsar, Jalandhar-New Delhi by Shatabdi & rest by Deluxe AC Bus) Amritsar 1N, Dalhousie 2N, Dharamshala 1N & Chintapurni 1N.

Proposed in \*May 2024.

Approx. Cost- Rs. 28000/-

### 2. Orissa Tour - 5D/4N (By Air) \*

1N Bhuvaneshwar, 3N Puri, includes Jagannath Dham darshan, Sun temple Konark, Golden beach, Chilka lake with boating.

\*Proposed in \*May 2024.

Approx. cost- Rs. 39000/-

### 3. Maharashtra Tour - 7D/6N (By Air)

1N Mumbai, 1N Lonavala, 2N Mahabaleshwar, 1N Nasik, 1N Pune, includes Trimbakeshwar and Bhimashankar Jyotirling darshan.

Proposed in May 2024

Approx. cost- Rs. 49000/-

### 4. Nepal Tour - 6D/5N (By Air)

2N Kathmandu, 2N Pokhara, 1N Chitwan includes Pashupatinath and Kamna Devi temple darshan, Jungle safari at Chitwan.

Proposed in May 2024

Approx. cost- Rs. 43000/-

## FOREIGN TOURS:

### 1. Bhutan Tour - 8D/7N (By Air)

2N Phuentsholing, 2N Thimpu, 2N Paro, 1N Punakha.

Proposed in June 2024

Approx. cost- Rs. 68000/-

\*Please deposit Rs. 20,000/- as an advance at the time of booking, which will be on first come first serve basis.

### 2. Dubai-Abu Dhabi - 5D/4N (By Air)

includes Miracle Garden, Desert Safari, Dhow Cruise, Burj Khalifa, Gurudwara Sahib and temple etc.

Proposed in May 2024

Approx. cost- Rs. 75000/- including TCS

\*Please deposit Rs. 20,000/- as an advance at the time of booking, which will be on first come first serve basis.

### 3. Europe Tour - 13D/12N, (By Air)

2N London, 1N Cruise, 2N Amsterdam, 3N Paris, 4N Switzerland.

Proposed during June 2024

Approx. cost- Rs. 368000/- including TCS

\*Please deposit Rs. 1,00,000/- as an advance at the time of booking, which will be on first come first serve basis.

PLEASE NOTE : #No direct payment in our account will be accepted for Dubai and Europe Tours. Crossed cheques without 'Payee' detail, to be deposited at our office. 5% TCS already included in the overall cost for Dubai and Europe Tours.

#Cost of tour may change due to foreign exchange rate/airfare fluctuations.

## SHORT TOURS:

### 1. Kurukshetra - 2D/1N (By 2x2 AC Bus)

Proposed in April/May 2024.\* Approx. cost- Rs. 5500/-

2. **Baidyanath Jyotirling** (located at Deoghar in Jharkhand State)- 3D/2N (By Air) Proposed in mid of May 2024. Approx. cost Rs. 25500/-

## PICNICS:

### \*1. Rangmanch (a fun and food village in Gurgaon district) By 2x2 AC Bus,

includes breakfast, lunch and evening tea.

Visit being organised on Wednesday dated 24.04.2024.

Approx. cost Rs. 1550/-

### \*2. Mojoland (a fun and food village in Murthal, district Sonipat) By 2x2 AC Bus,

includes breakfast, lunch and evening tea. Visit being organised on Wednesday dated 15.05.2024.

Approx. cost Rs. 1600/-

\*Tours are conducted as per demand by the members and at their risk and responsibility.

\*All hotels during International tours will be of 4star category.

\*All hotels during domestic tours will be of 3star category.

For tour related information, please contact

Shri Subhash Chander Kathuria Ph : 9811163305

Smt. Sharda Arora Ph : 999951438

## वृक्ष सिखाता जीवन-दर्शन -(संपादकीय)

संयोगवश एक छोटा सा बीज धरती में पनाह लेता है ! धरा भी उसे अपनी ममतामयी गोद में हौले से समेट लेती है ! धीरे-धीरे उपयुक्त माहौल पा बीज ने अपनी जड़ें जमीन में फैला कर अपनी पकड़ मजबूत कर ली ! समय बीतता गया एक दिन उस बीज ने अंकुरित हो अपना सर जमीन के बाहर निकाला। उसके सामने विशाल संसार अपनी हजारों अच्छाईयों और बुराईयों के साथ पसरा पड़ा था। उस छोटे से कोमल, नाजुक, हरे पौधे ने चहुँ ओर अपनी द्रष्टि डाली और फिर सर उठा कर आसमान की उंचाईयों की तरफ अपनी नजर उठाई और मन ही मन उस उंचाई को नापने का निश्चय कर लिया।

समय बीतता गया। धरती के देश आपस में लड़ते-भिड़ते रहे। उनकी आपसी दुश्मनी से वातावरण विषाक्त होता रहा। एक दूसरे को नीचा दिखाने में हजारों लाखों जाने जाती रहीं। पर पौधे ने अपना सफर जारी रखा। विज्ञान तरक्की की राह दिखाता रहा। इंसान अंतरिक्ष की सीमाएं लांघने लगा। पौधा भी धीरे धीरे जमीन में अपनी पकड़ और अच्छी तरह जमाते हुए, संसार के अच्छे-बुरे बदलाव देखते हुए, शुरुआती खतरों से खुद को बचाते हुए अपनी मंजिल की ओर अग्रसर होता रहा।

पौधा अब बढ़ कर वृक्ष बन चुका था ! अब उसकी छाया में पशु आ कर अपनी थकान मिटाने लगे थे। पक्षियों ने उसकी डालियों की सुरक्षा में अपने नीडों को स्थान दे दिया था। कभी-कभी थके हारे स्त्री-पुरुष भी उसकी छांव में गर्मी से राहत पाने आ बैठते थे और सर उठा कर उसकी विशालता उसकी उपादेयता को मुग्ध भाव से देख प्रकृति के शुक्रगुजार हो जाते थे। कुछेक इस वृक्ष को देख प्रेरणा भी लेते थे ! ऐसा होता भी क्यों ना ?

यह पेड़ ही तो था, जो वक्त के अनगिनत थपेड़े खा कर भी अपना सर ऊंचा किए खड़ा था। तूफानों के सामने बहुत बार उसे झुकना जरूर पड़ा पर मुसीबत जाते ही वह दुगनी उम्मीद से अपने लक्ष्य की ओर अग्रसर होता रहा। उसके पैर अपनी जमीन में गहरे तक उतरे रहे पर उसने सदा अपना सर रोशनी और ऊंचाईयों की तरफ बनाये रखा। अति विषम परिस्थितियों में भी उसके अस्तित्व पर शायद इसीलिये आंच नहीं आयी, क्योंकि उसका जन्म ही हुआ था दूसरों की भलाई के लिये, दूसरों को जीवन प्रदान करने के लिये, दूसरों को आश्रय देने के लिये, दूसरों की आवश्यकताओं को पूरा करने के लिये। जिसका जीवन ही औरों की भलाई के लिये बना हो उसकी रक्षा करने के लिये तो कायनात भी अपनी पूरी ताकत लगा देती है।

गगन शर्मा

## EXECUTIVE COMMITTEE

### PATRON

Sh. M.L. Kalra,  
Mob. 9868261117

### Addl. SECRETARY Cultural

Smt. Sharda Arora,  
Mob. 9999514398

### PRESIDENT

Sh. M.J. Narula,  
Mob. 9350351680

### MARKETING OFFICER

Sh. Pritam Singh,  
Mob. 9372130127

### GENERAL SECRETARY

Sh. Gulshan Kalia,  
Mob. 8076388421

### SECRETARY BULLETIN

Sh. Gagan Sharma,  
Mob. 9910909476

### TREASURER

Sh. Manoj Garg,  
Mob. 9958508475

### Asstt. SECRETARY

Member & Id Card  
Sh. Praveen Gupta,  
Mob. 9958091023

### VICE PRESIDENT

Sh. Harish Talwar,  
Mob. 9871351328

### Asstt. SECRETARY Computer

Sh. Narender Gupta,  
Mob. 9910299708

### SECRETARY (Cultural)

Sh. S.C. Kathuria, Mob.  
9811163305

### LEGAL ADVISOR

Sh. K C Arora,  
M: 9711166160, 9711166017

### SECRETARY (Comm.)

Smt. Sarla Sareen,  
Mob. 9868175776

### AUDITOR :

A. K. C. ASSOCIATES,  
Mob 9810127256

## Join

## Retired & Senior Citizens

## Brotherhood (Regd.)

## MEMBERSHIP OPEN

### Office Timings :

11.00 am to 1.00 pm Sunday Closed

Email : rscbrotherhoodnew@gmail.com



## ANNUAL DAY CELEBRATION:

Annual Day of our association was celebrated on Sunday dated 10th December 2023 under the able guidance of its Management Team, headed by Shri G.L. Verma, as its President and Shri M.J. Narula, General Secretary, Shri Gulshan Kalia, Treasurer, Shri Subhash Chander Kathuria, Cultural Secretary. Success of the programme was made possible due to sincere efforts and dedicated services extended by R&SCB Executives.

Function started with warm welcome to our Patron & Chief Guest, Shri Om Prakash alongwith Shri Rajpal, President of Sanatan Dharam Mandir, the premise where we hold our meetings & get togethers. With the welcome address given by Shri M.J. Narula, cultural programme took its pace. Stage was organised by Shri Subhash Chander Kathuria and shared with the invitee members to sing filmy songs, bhajans, recite poems and share jokes etc. Cultural programme continued till 1.30 P.M. Thereafter members had lunch and were provided special gifts.

We thank honourable members for sparing their valuable time to grace the occasion. Their disciplined approach helped us well organise the Annual Day function.

## LOCAL EXCURSIONS:

On heavy demand of the members of the association, R&SCB arranged three one day trips. First was On 15th Feb. 24 to Surajkund. Second and third were for Joy Gaon, Jhajjar, Haryana on 15th and 20th March 24 respectively.

**SURAJKUND FESTIVAL** - It is a unique International Craft Festival celebrated every year at Surajkund village in Faridabad distt. of Haryana. Forty members of the association got the opportunity to visit the mela in the guidance of Smt. Sharda Arora on 15th of Feb. All the members enjoyed the trip with memorable experience.

### JOY GAON -

Joy Gaon is situated in jhajjardistt. of Haryana, surrounding by huge area of agricultural land, where entry is "pay once, eat-drink-enjoy the whole day basis" having covered Dining Area, Indoor-Outdoor games, Adventure Park, Kids Zone, Swimming Pool, Rain

Dance, Mehendi, Small Zoo, Inflatable Games, Tractor ride, Family Train, Camel ride etc. Two groups of forty members each started their trip from R&SCB office on 15th and 20th Mach at 8.30am in the guidance of Shri Harish Talwar and Shri Gagan Sharma respectively, reached there at about 11am, after that no body knows how the time flies. After enjoying the whole day they came back at 6.30pm.

R&SCB thanks all the visiting members for their cooperation.

## GET TOGETHER :

### BAISAKHI MILAN 2024

Baisakhi Milan programme is going to be celebrated on **Sunday dated 14th April 2024** at Sanatan Dharam Mandir, B-2, Janak Puri, New Delhi. Its contribution is Rs.150/- per person. Coupons will be distributed from 01.04.2024 on first come first serve basis till their availability.

Gulshan Kalia  
General Secretary

## OBITUARY

NAME	M.NO.	DATE	ADDRESS
1. SMT. SUDESH KOUSHIK	6732	30.12.2023	A-4C, Janak puri, New Delhi - 58
2. SH. HARIKRISHAN MAKHIJA	2573	16.01.2024	Ritu Appt., Paschim Vihat, N.D. - 63
3. SH. AJAY KISHORE MEHRA	2115	20.01.2024	Vikram Vihar, Lajpat Nagar, N.D. - 24
4. DR. G. L. VERMA	203	22.01.2024	B-1/255, Janak Puri, New Delhi - 58
5. SH. VIJAY DHINGRA	----	30.01.2024	-----



## KERALA TOUR

31 members of Retired & Senior Citizens Brotherhood (R&SCB) under the leadership of Shri Gulshan Kalia proceeded on Kerala tour during 20.01.24 to 27.01.24.

All the members assembled at IGI Airport Terminal to board Delhi- Thiruvanthapuram flight. On arrival at Thiruvanthapuram Airport, members boarded in 2x2 AC coach and reached Kanyakumari, checked into a hotel, had lunch and relaxed in their rooms. In the evening, members visited Kanyakumari temple and had holy darshan of Kanyakumari Ji. Returned back to hotel for an overnight stay.

Second day was filled with pleasant memories of an early morning rise. Members had sunrise view from terrace of the hotel. After breakfast, group visited Vivekananda Rock Memorial and observed Thiruvalluvar Statue (under construction). On return, members had lunch, checked out from hotel and boarded in a Bus. Reached Kovalam in the afternoon, checked into a hotel and relaxed in their respective rooms. After lunch, visited Padmanabham Swami temple. Had holy darshan of deity with a unique dress code. Returned back to hotel for dinner and overnight stay.

Third day in the early morning hours, members visited Kovalam beach, which was few steps away from the hotel. On return, members freshen up, had breakfast, check out and left for Kollam. Enroute visited Jatayu Earth Centre by cable car. Had lunch in a local restaurant and finally reached Kollam. Checked into a hotel, had dinner and stayed overnight.

Fourth day journey was from Kollam to Alleppey. On arrival, members checked into a hotel for freshen up. After lunch, members left for back water boating, a joy ride for more than 3 hours. Members had a great time as they danced non stop on bollywood songs. Returned back to hotel for dinner and overnight stay.

Fifth day after morning breakfast, members checked out from hotel and proceeded to Thekkady. Checked into a hotel and after lunch visited famous Periyar Wildlife Sanctuary. Had a boat ride for more than an hour to observe wild animals in the surrounding areas.

Sixth day, after breakfast and check out, members left for Munnar, one of the famous hill station of South. Members had their lunch on the way in a restaurant. After arrival, checked into a hotel for dinner and overnight stay.

Seventh day proceeded for a local sight seeing. Visited Rose Garden Echo Point, Mattupetty Dam and Tea

Museum. They had dinner and overnight stay at Munnar.

Last day after checked out from hotel members proceeded for Cochin Airport to board Cochin-Delhi flight.

Members reached their respective homes with unforgettable memories of the tour.

R&SCB thank all the honourable members for their utmost cooperation during the tour.

## ANDAMAN NICOBAR TOUR

31 members of Retired & Senior Citizens Brotherhood (R&SCB) under the leadership of Shri Gulshan Kalia proceeded on Andaman Nicobar tour during 22.02.24 to 27.02.24.

All the members assembled at IGI Airport Terminal to board Delhi-Portblair flight. On arrival, members boarded in 2x2 AC coach and reached hotel, completed check in formalities and went to their respective rooms for relaxation. In the afternoon, group visited Cellular Jail and later saw evening laser show. Returned back to hotel for dinner and overnight stay.

Second day group proceeded for dockyard to visit North bay and Ross Island in two boats. On reaching North Bay, members again boarded different boats with magnifying glass at its bottom, to see coral and other species of the sea world. Few members booked other activities at their own and enjoyed speedboat ride, bike ride and snorkeling etc. Packed lunch was served at North Bay. Members then boarded their ferry to visit Ross Island, which was once used as a defence base by the Britishers. The place was bombarded by Japanese during world war. In evening group returned back to Port Blair, had their dinner in the hotel and stayed for overnight.

Third day after breakfast group checked out from hotel and proceeded for Port Blair Jetty. Members boarded Makruzz for their journey to Swaraj Dweep( popularly known as Havelock), which took about one and half hours. On arrival, checked into a hotel and relaxed for sometime. Post lunch, members visited Kala pathar and Radha Nagar beaches. Returned back to hotel, had dinner and overnight stay.



Fourth day after breakfast group checked out from hotel and proceeded for their next journey to Shaheed Dweep (popularly known as Neil Island). Boarded Makruzz and reached their destination in an hour. Checked in hotel, had lunch and then proceeded to visit Laxmanpura beach and Howrah Bridge. In the evening, returned back to hotel for dinner and overnight stay.

Fifth day after breakfast, checked out from hotel and proceeded to board Makruzz for Port Blair. enroute visited Bharatpur beach. On arrival at Port Blair, checked into hotel and had lunch. Rest day for leisure and shopping.

Last day after breakfast, members checked out from hotel. After completion. Of check in formalities, members boarded for their flight to Delhi. On arrival, collected their luggage and left for their respective homes with all the unforgettable memories of the tour.

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

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**SOUTH INDIA, KERALA TOUR REPORT**

A Group of 26 members of Retired & Senior Citizen Brotherhood (R&SCB) under the leadership of Smt. Sharda Arora Proceeded on 7-day South India, Kerala Tour from 28/11/23 to 04/12/23.

**Day 1** - All the members assembled at IGI Airport to board Madurai flight. Packed snacks were distributed to all members as the flight was in early morning hours. After arrival at Madurai Airport, members proceeded to a hotel. After taking the breakfast all of them proceeded to visit Thirumalai Nayakkar Palace. They returned back to Hotel for lunch and then again left to visit Meenakshi

**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.**

temple. In the evening, members returned back to hotel, for dinner and overnight stay.

**Day 2** - After breakfast and check out the group left for Rameshwaram and after a long but pleasant journey, reached Hotel. After lunch and some rest members visited Abdul kalam House of Ex-President of India. Some of the members, planned their visit to Rameshwaram temple the same day. Returned back to hotel for dinner and overnight stay.

**Day 3** - In early morning hours, members visited Ramanathswamy temple for Mani Darshan, Abhishek Darshan and Kuan Snan and thereafter came back to hotel for Breakfast and lunch. After lunch visited Dhanush Kodi Beach and Shri Panchmukhi temple Lakshman Tirtham. Returned back to hotel for an overnight stay.

**Day 4** - After morning breakfast, members checked out and proceeded for a journey of 7-8 hrs towards Kanyakumari. Had lunch at some local restaurant and on the way to Kanyakumari, took photos and selfies at Pamban Bridge. Finally reached Kanyakumari, checked in toa hotel and relaxed. After evening tea, visited Kanyakumari temple and local Market. Had dinner and stayed overnight at the Hotel.

**Day 5** - After breakfast visited Vivekanand Rock Memorial and Thiruvalluvar statue. Had lunch at Hotel and checked out to proceed to Kovalam. Enroute visited Poovar Beach. Check in a Hotel at Kovalam, had Dinner and stayed overnight at Hotel.

**Day 6** - Members after having breakfast left for Padmanabham Swami temple with a dress code of Dhoti for Men and Sarees for Women. After Darshan of Swami Padmanabham, had lunch at local a restaurant and later went to Kovalam beach. Group enjoyed with tides, drank coconut water and sang patriotic songs at the beach.

**Day 7** - After breakfast, members checked out from the hotel and proceeded to Thiruvanthapuram Airport to board Delhi bound flight. Members arrived Delhi, collected their luggage and left for their respective homes with all the unforgettable memories of the tour.

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

## MEGHALAYA TOUR

29 members of Retired & Senior Citizens Brotherhood (R&SCB) under the leadership of Shri Gagan Sharma proceeded on 7D/6N tour to Meghalaya during 17.11.23 to 23.11.23.

Members on arrival at Guwahati Airport, proceeded to Shillong (popularly known as Scotland of East) and on their way had lunch in a local restaurant. Reached Shillong in the evening, checked in to a hotel, had dinner and stayed for an overnight.

Second day, members enjoyed full day Shillong city tour and visited Mawlynnong - The cleanest Village in Asia, Shillong peak, Elephant falls and some had boating at Umgot river. Returned back to hotel for dinner and stay back for an overnight.

Third day, checked out from hotel after breakfast and proceeded to Kajiranga, after reaching in the evening, checked into a hotel for dinner and stay.

Fourth day, in early morning hours, members proceeded for jungle safari to Kajiranga National Park. Returned back, had breakfast and enjoyed the day at leisure.

Fifth day, members checked out from hotel for their visit to Guwahati, the capital of Assam. On their way, had their lunch in a local restaurant. Reached Guwahati in the evening, checked into a hotel, had dinner and stayed for an overnight.

Sixth day, members left for city tour and visited many site seeing places of the city including war memorial, botanical garden, balaji temple, zoo etc.

Last day, members had holy darshan of Kamakhya Devi, had lunch on their way to Guwahati Airport. Members arrived Delhi, collected their luggage and left for their respective homes with all the unforgettable memories of the tour.

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

## JODHPUR JAISALMER TOUR

A Group of 30 Members of Retired & Senior Citizen Brotherhood (R&SCB) under the leadership of Shri Narender Kumar proceeded on a 3-Day short tour to Jodhpur and Jaisalmer from 19/02/24 to 21/02/24.

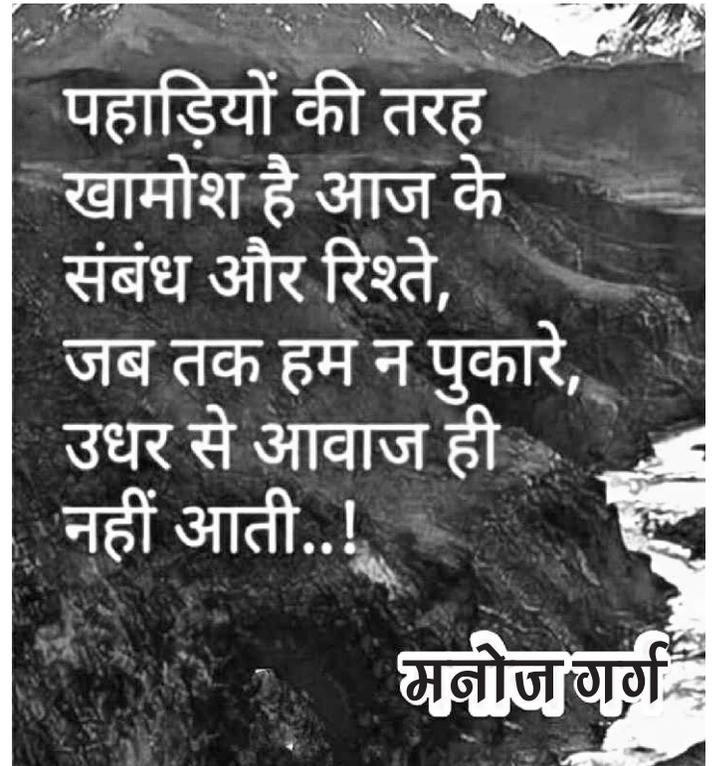
Members assembled at IGI Airport terminal. After taking Packed breakfast all the members boarded for a

Delhi-Jodhpur flight. On arrival at Jodhpur airport, they proceeded to a hotel by 2X2 AC bus. Members reached hotel and after taking lunch, proceeded for Umed Bhawan and Mehrangarh fort. In the evening, they returned back to hotel for dinner and overnight stay.

Next day, members checked out from hotel and left for Jaisalmer. Members had their lunch at a restaurant in Jaisalmer and after lunch visited Gadisar lake. Members enjoyed boat ride while enjoying scenic beauty around the lake. Thereafter, proceeded to camp near desert, enjoyed camel ride on sand dunes during sunset. Returned back to camp, had dinner and enjoyed late evening performance by local singers and folk dancers, dressed in vibrant ethnic attire. Members spent their night at the camp.

Last day, after breakfast, members checked out and left for Jaisalmer to visit Jaisalmer Fort. After the visit, members relaxed over a cup of tea and then proceeded to Jaisalmer airport to board Jaisalmer-Delhi flight. On arrival at Delhi in the evening, members greeted each other and left for their respective homes with sweet memories of the tour.

R&SCB thank all the members for their cooperation during the tour.





## Subject: Retrospective application of notional increment : Upholding Justice for Retired Government Employees :-

In a recent development concerning the grant of notional increment to Central Government Employees retiring on 30th June or 31st December, a pertinent issue of justice and equity has emerged. This matter gains significance in light of the Order of the Hon'ble Supreme Court dated 11.04.2023 in the case of KPTCL vs. C. P. Mundinamani, alongside the dismissal of SLP no.4722/2021 filed by the Union of India in an Order dated 19.5.2023 and Hon'ble High Court of Delhi judgment dated 31.5.2023 in WP(C) 1731 /2020 in Madan Mohan Dhyani vs UOI

According to the information available, the Office of the Comptroller and Auditor General of India has issued a Circular dated 18.01.2024. ( No.2, Staff Wing/2024 No.24/Staff (entt-I)83-2021 of 18-1-2024.) This Circular extends the benefit of one increment with monetary benefits to government employees retiring on 30th June/31st December, contingent upon completion of one year of qualifying service for pension & pensionary benefits. Importantly, this benefit is extended regardless of whether the retirees are involved in any court case about this matter. However, it is specified that this benefit shall be granted only to officials retiring on and from 30th June 2023 onwards, aligning with the date of the Hon'ble Supreme Court's order dated 11.04.2023.

While the intent behind this Circular is commendable in extending relief to retiring officials, concerns arise regarding the prospective application of this benefit. It is essential to note that the petitioners in the case were granted the benefit of one increment from the date of their superannuation, i.e., from 30.06.2006 onwards, rather than from the date of the Supreme Court's order.

This decision to apply the benefit prospectively, post the Supreme Court's order, raises questions regarding the principle of natural justice. It appears to overlook the fundamental principle of fairness, which dictates that individuals in similar circumstances should be treated equally. In light of these considerations, it becomes imperative for the Secretary AR, PG&Pensions- DPPW, DOPT, and the Department of Expenditure to intervene in this matter. The spirit of justice, fairness, and equality demands a retrospective application of the benefit, effective from 30.06.2006 onwards, aligning with the relief granted to the petitioners in the referenced case.

Retired government employees who have dedicated their lives in the service of the nation deserve to be treated with dignity and fairness. The retrospective application of the notional increment is not merely a matter of financial benefit but a reaffirmation of the values of justice and equity that underpin our democratic ethos.

It is incumbent upon the authorities to heed the voice advocating for the rights of retired employees and to ensure that justice prevails. By taking corrective measures to address this anomaly, the government can demonstrate its commitment to upholding the principles of fairness and equality for all its citizens, even in matters concerning retirement benefits.

Only through such concerted efforts can we truly honour the contributions and sacrifices of those who have dedicated their lives to serving the nation.

S.C. Maheshwari  
Secretary-General  
Bharat Pensioners Samaj

### Ministry of Health & Family Welfare Govt. of India

Date : 28-03-2024

#### OFFICE MEMORANDUM

Subject: Mandatory Linking of CGHS Beneficiary ID with Ayushman Bharat

Health Account ID.

This is in reference to the department's O.M. No. 44/67/MCTC/CGHS dated January 2023 (I/3565787/2023) on the subject of Linking of CGHS Beneficiary ID with the ABHA (Ayushman Bharat Health Account) ID. It has now been decided that linking of CGHS beneficiary ID with ABHA ID shall be mandatory w.e.f 1st April 2024. The linking of CGHS Beneficiary ID with ABHA ID shall be completed within 30 days by all existing CGHS Beneficiaries.

This issue is with approval of AS & DG CGHS.

(Dr. Manoj Jain)  
Director, CGHS

पेंशन को आयकर मुक्त करने संबंधित पत्र को वित्त मंत्रालय ने विचार हेतु स्वीकार किया

देश के 10 लाख से भी अधिक पेंशनर्स का प्रतिनिधित्व करने वाले अग्रणी संगठन भारत पेंशनर्स समाज के महासचिव एस.सी. माहेश्वरी द्वारा प्रधान मंत्री एवं वित्त मंत्री, भारत सरकार को दि. 12-1-24 को पत्र लिखकर यह मांग की गई कि नीति निर्धारण में वरिष्ठ नागरिकों हेतु वित्तीय नीति तथा पेंशन योजना में अपेक्षित सुधार हेतु तत्काल कदम उठाना चाहिए, जो केवल प्रतिशत के आधार पर न होकर बल्कि उनके सम्मान, उनके सुविधा तथा वर्तमान समाज के निर्माण में उनके महत्वपूर्ण योगदान के आधार पर हो। एक विश्व जहां आर्थिक अस्थिरता अक्सर सेवा निवृत्ति के सुनहले वर्षों को अपने साये में ले लेती है, वहां वरिष्ठ नागरिकों की वेदना का अपर्याप्त पेंशन एक जुमला बनकर रह गया है। इस पर तत्काल ध्यान देने तथा कार्यवाही करने की जरूरत है।

टाटा इकोनॉमिक कंसल्टेंसी सर्विसेज द्वारा 5वें वेतन आयोग की गई सिफारिश तथा डी एस नकारा केस में सुप्रीम कोर्ट का महत्वपूर्ण निर्णय वर्तमान पेंशन सिस्टम की कमियों को उजागर करता है। उपरोक्त स्थिति में पेंशन पर आयकर एक दोधारी तलवार जैसा है। एक ओर जहां बुढ़ापे की राहत पेंशन पर आयकर लग रहा है, वहीं मुद्रास्फीति की खाई पाटने में यह अक्षम साबित हो रहा है। ऐसी दशा में वित्त मंत्रालय, भारत सरकार को 5वें वेतनआयोग के संस्तुति के पैरा 167.11 पर विचार करने की सख्त जरूरत है तथा इसके हिसाब से मंहगाई राहत सहित पेंशन तथा फिक्सड मेडिकल एलाउंस को आयकर मुक्त किया जाना, समय की मांग है। इसके अलावा वरिष्ठ नागरिकों को जमा धन पर ब्याज जो वर्तमान में सामान्य से 0.5% अधिक है, उसे 2% तथा बीमा कवरेज भी प्रदान किया जाए।

उल्लेखनीय है कि उपरोक्त मांग सम्बन्धी ई मेल की वित्त मंत्रालय, भारत सरकार ने भारत पेंशनर्स समाज को दि. 17-1-24 को पावती भेजी है।

## SUBJECT: GRANT OF NOTIONAL INCREMENT TO THE CENTRAL GOVERNMENT EMPLOYEES ON 30th JUNE / 31st DECEMBER

The Hon'ble Supreme Court has ordered/allowed the grant of one annual increment to the petitioners retiring on 30th June 31st December, which they earned on the last day of their service, for rendering one year qualifying service preceding one year to the date of retirement.

2. It has been decided to extend the benefit of one annual increment with monetary benefit to all the employees retiring from service on 30th June / 31st December, on completion of one year qualifying service, for pension and pensionary benefits, irrespective of whether they are party / applicant to a court case or not with respect to the said matter provided such affected officials are otherwise eligible for the same.

However, the said benefit shall be granted only to those officials who have retired or who will be retiring from services after the date of orders of the Hon'ble Supreme Court dated 11.04.23.i.e. to the officials retired or retiring on and from 30th June 2023 onwards.

Compliance of the above may please be ensured.

Yours faithfully

(Nilesh Patil)

Asstt. Comptroller & Auditor General (N)

दोबारा गर्म की हुई चाय और  
समझौता किया हुआ रिश्ता  
दोनों में पहले जैसी मिठास  
कभी नहीं आती।

-मनोज गर्ग

## पहचान असली शहद की

शहद, एक हल्का पीलापन लिये हुए बादामी रंग का गाढ़ा तरल पदार्थ है। वैसे इसका रंग-रूप, इसके छत्ते के लगने वाली जगह और आस-पास के फूलों पर ज्यादा निर्भर करता है। यह एक पूर्ण तथा सुपाच्य खाद्य है। यह इतना निरापद है कि इसे नवजात शिशु को भी दिया जा सकता है। किसी भी घाव, चोट, खरोंच या किसी कीड़े के काटने पर इसे मल्हम की तरह लगा सकते हैं। आंखों में इसे किसी सलाई से सुरमे की तरह लगाया जा सकता है। थोड़ा लगता जरूर है, पर आंखों में चमक आ जाती है। उन्हें कमजोर होने से बचाता है। आधा चम्मच शहद में दो-तीन बूँदें नीबू के रस की मिला चेहरे पर लगाने से चमक तो आती ही है, झाड़ियां भी दूर हो जाती हैं ! स्वस्थ रहने के लिए हफ्ते में तीन-चार दिन एक गिलास गुनगुने पानी में एक बड़ा चम्मच शहद और आधे नीबू का रस दसियों बीमारियों को दूर करने में सक्षम होता है।

पर विडंबना है कि हमारे यहां, जहां मुनाफे के लिए हर चीज में मिलावट होती है, वहां यह भी बचा नहीं रह पाया है। भाई लोग शीरे को बिना हिचक इसमें मिला कर लोगों की सेहत से खिलवाड़ करते रहते हैं। इससे बचने के लिए असली शहद की पहचान कुछ ऐसे की जा सकती है

- 1 असली शहद की एक बूंद को पानी से भरे गिलास में टपकाएं, पूरी की पूरी बूंद तले तक साबुत चली जाएगी। जबकी नकली शहद पानी को छूते ही बिखर जाएगा।
- 2 रुई की बत्ती बना उसे शहद में डुबो कर जलाएं तो वह मोमबत्ती की तरह जलती रहेगी।
- 3 अखबार या कपड़े पर शहद की बूंद गिरा कर पोछ दें, सतह उसे सोखेगी नहीं। जबकी नकली शहद कपड़े या कागज में जज्ब हो जाएगा।
- 4 असली शहद पर मक्खी बैठ कर उड़ जाएगी जबकी नकली में वहीं फंस कर रह जाती है।
- 5 असली शहद कुत्ता नहीं खाता।

शहद हालांकि गुणों की खान है। फिर भी कुछ सावधानियां जरूर बरतनी चाहियें। जैसे इसे कभी गर्म कर ना खाएं। गर्मी से पीड़ित इंसान के लिए भी यह हानीकारक होता है। इसके साथ बराबर मात्रा में घी, कमलगट्टा तथा वर्षा का पानी कभी भी नहीं लेना चाहिए। बस, सावधानी से इस दिव्य पदार्थ का सेवन करें और सब से अपने लिए कहलवाएं, आप की उम्र का तो अंदाज ही नहीं लगता।

गगन शर्मा

## आयुर्वेद में सामान्य रोगों के घरेलू उपचार के नुस्खे

रोग	बालकों के लिए	बड़ों के लिए
<b>1. सर्दी एवं खांसी</b> (सीने एवं गले में चुभन दर्द, खराश सिर दर्द)	1. काली मिर्च, पीपल एवं सोंठ की बराबर मात्रा, 1-2 ग्राम चूर्ण मधु के साथ दिन में 2-3 बार चटाएं। या 2. लहसुन की एक कली को जल में उबाल कर बनाई गई लुग्दी को 5-10 ग्राम चीनी के साथ, दिन में 2 बार। या 3. भुनी हुई हल्दी का 1-2 ग्राम चूर्ण मधु के साथ दिन में 3 बार चटाएं।	1. 2-3 लौंग घी में भून कर मुख में रखें व चबाएं। या 2. 1-2 ग्राम पीपली में सेंधा नमक मिलाकर गुनगुने पानी से दिन में दो बार दें। या 3. पीपली एवं सोंठ चूर्ण 5 ग्राम बराबर मात्रा में शहद के साथ दिन में दो बार चटाएं। 4. गुल बनकशा, काली मिर्च, सौंफ, युकेलिप्टिस/तुलसी के पत्ते काढ़ा बनाकर चाय की तरह पीयें।
<b>2. कोष्ठ-बद्धता</b> (कब्ज) (मलत्याग में कठिनता मल काठिन्य)	1. हरड़ चूर्ण, काला नमक के साथ, दिन में 3 बार जल के साथ पिलाएं। या 2. 3-5 ग्राम ईसबगोल की भूसी छिलका रात्रि में सोते समय गर्म दूध के साथ दें। या 3. मुनक्का एवं हरड़ चूर्ण, प्रत्येक 2 ग्राम, गुनगुने दूध के साथ सोते समय खिलाएं।	1. 5 ग्राम हरड़, नमक के साथ दिन में एक बार, सोते समय जल के साथ खायें। या 2. 2-6 ग्राम त्रिफला चूर्ण 50 मि. ली. गुनगुना पानी के साथ दिन में दो बार। या 3. 5-10 ग्राम ईसबगोल की भूसी, एक कप दूध के साथ रात्रि में सोते समय लें। या 4. थोड़ी सी सूखी अमलताश की फलियों का गुदा लगभग 25 ग्राम को एक लिटर पानी में उबालकर तब तक उबालें जब तक चतुर्थांश शेष रहने पर सायंकाल सोते समय पीने पर किसी भी कठिन से कठिन कब्जियत में अवश्य लाभ होता है।
<b>3. दांत दर्द व मसूड़ों में सूजन</b>	1. लौंग तेल का फाया दुखते दांत में लगावें। या 2. हींग एवं नमक को दुखते दांत पर रखें। या 3. काली मिर्च/लौंग/अजवाइन को मुंह में रखें। या 4. 5 ग्राम काली मिर्च, सोंठ चूर्ण एवं चीनी, बराबर मात्रा में मक्खन/घी के साथ मिलाकर, दिन में 2 बार। थोड़ी पिसी हुई हल्दी का चूर्ण कपड़छान करके एवं सरसों का तेल मिलाकर मसूड़ों पर दिन में दो या तीन बार मालिश करने एवं गुनगुने जल से कुल्ले करने से अवश्य लाभ होगा।	

## रब और इंसान

कैसे करते हो आप इंसान राम जी,  
 कहीं दे रहे हो तो कहीं से ले रहे हो !  
 कहीं बीस पकवान खिला रहे हो,  
 कहीं एक रोटी के लिए भी तरसा रहे हो !  
 कहीं मंहगे कोट-सूट पहनवा रहे हो,  
 कहीं किसी को नंगे बदन ही घुमा रहे हो !  
 कहीं महलों, गाड़ियों में ऐश हो रही है,  
 कहीं यूँ ही सड़कों पर जिंदगी भटक रही है !  
 कहीं एक औलाद के लिए तरसा रहे हो,  
 कहीं बेकार में परिवार बढ़वा रहे हो !  
 कहीं कई भाइयों की एक बहन नहीं है,  
 कहीं कई-कई बहनों का कोई भाई नहीं है !  
 हे प्रभु, अब तो कुछ इंसान करो,  
 रहमत देनी है तो खड़े सब को एक कतार करो !  
 कोई रोटी-कपड़े को ना तरसे,  
 हर सर पर छत हो, हर आँगन खुशहाली हो !  
 हर घर हरमंदिर हो,  
 हर सदन हरिद्वार, करता बेदी आपसे विनती,  
 खुशियों से सबके भर जाएँ भंडार !

--बी. के. बेदी

## अनमोल वचन

- 1) आशीर्वाद प्राप्त करना हो तो पुण्यात्मा बनो !
- 2) पुण्य का अर्थ कुछ ऐसी कमाई, जिसे मौत भी छीन नहीं सकती !
- 3) मन के अंतरूकरण में यदि सकून न हो तो कुबेर का धन भी व्यर्थ है !
- 4) सत्य को कोई भी सांसारिक आतंक डरा नहीं सकता !
- 5) दुनिया में मनुष्य को अपनी ओर खींचने वाला कोई चुंबक है तो वह है प्रेम और व्यवहार !
- 6) सत्य के सूर्य को कभी भी असत्य के बादल ढक नहीं सकते !
- 7) कथनी और करनी में समरूपता रखना ही महान आत्मा का लक्षण है !
- 8) ऐसा कोई भी कर्म ना किया जाए जिससे कुल की प्रतिष्ठा पर आंच आए !
- 9) किसी पर कुदृष्टि रखना भी पाप है ! इसलिए आँखों में शीतलता बनाए रखो !
- 10) चिंता छोड़ प्रभु चिंतन करो !
- 11) एक शुकुन की तलाश में जाने कितनी बेचौनियत पाल ली, फिर भी कहते हैं कि हमने जिंदगी संवार ली !
- 12) संसार के भयंकर झंझावात में भगवान् ही श्रेष्ठ रक्षक है !
- 13) खुद में ईश्वर को देखना ध्यान है ! दूसरों में ईश्वर को देखना प्रेम है ! ईश्वर को सब में और सब में ईश्वर को देखना ज्ञान है !

हरीश तलवार

Alphabet 'O' stands for  
**'OPPORTUNITY'**,  
 which is absent in  
**YESTERDAY**,  
 available in **TODAY** and  
 thrice in **TOMORROW**  
 Never lose **HOPE...**

**! Good Morning !**



MANOJ GARG

अजीब किस्सा है  
 जिंदगी का  
 अजनबी हाल पूछ रहे  
 हैं, और  
 अपनों को खबर तक  
 नहीं..

मनोज गर्ग

मन को जवान रखिये,  
 यकीन मानिए आप कभी  
 बूढ़े नहीं होंगे।

मनोज गर्ग

## हम क्या कर सकते हैं ?

देश के विकास में हमारी भूमिका भी बहुत अहम हो सकती है ! हम भी अपने दायरे में रह कर छोटे-छोटे कार्य कर देश की उन्नति में सहायक हो सकते हैं ! कुछ ऐसे काम होते हैं जो देखने-सुनने में भले ही उतने महत्वपूर्ण ना लगते हों पर उनका प्रभाव देश-समाज पर गहरा पड़ता है ! ऐसे ही कुछ कामों का यहां उल्लेख है, जिनमें भाग ले कर हम देश-समाज के हित में तो अपना योगदान दे ही सकते हैं साथ ही खुद भी एक संतोष का अनुभव प्राप्त कर सकते हैं -

- 1) गरीब और जरूरतमंद छात्रों की आर्थिक मदद कर उन्हें कुछ हद तक सहारा दे कर !
- 2) पिछली पीढ़ी के बुजुर्ग लोगों को जरूरत के अनुसार शिक्षा और डिजिटल जानकारी दे कर !
- 3) धार्मिक ग्रंथों का वाचन और विश्लेषण कर !
- 4) धार्मिक स्थलों पर कर सेवा (सफाई इत्यादि) कर !
- 5) साफ-सफाई, खान-पान, स्वास्थ्य के बारे में जागरूकता ला कर !
- 6) सामूहिक योग साधना और उसके बारे में जानकारी उपलब्ध करवा कर !
- 7) घरेलू, हानिरहित नुस्खों की जानकारी दे कर !
- 8) अस्पतालों में मरीजों के परिजनों की सहायता कर !
- 9) स्वयं के परिसर को मानक बना, स्वच्छता अभियान चला कर !
- 10) सड़क सुरक्षा अभियान में सहभागी बन, यातायात नियमों के बारे में जागरूकता ला कर !
- 11) वृद्धाश्रम, अनाथालय, दिव्यांग संस्थानों में जा वहां के सदस्यों का मनोबल बढ़ा कर !
- 12) किसी घर में अकेले रहते बुजुर्ग या वरिष्ठ नागरिक की सहायता और उनके साथ समय बिता कर !
- 13) वृक्षारोपण और उनका संवर्धन कर !
- 14) जल के उपयोग, उसकी महत्ता के बारे में जागरूकता ला कर !

ऐसे ही कुछ कामों में से कुछेक को भी यदि अपना उद्देश्य बना, अपना लिया जाए, तो देश के विकास के लिए बिना किसी पद या महत्वपूर्ण स्थान के भी हम अपना योगदान दे सकते हैं !

## LIMITLESS UNIVERSE

Whole Universe is inside you] in your perspective and in your heart-

To be able to find Peace] you must be at peace with yourself first-

To truly enjoy life] you must know] who you are and once you learn how to master that] the whole Universe will surrender before you-

You must understand that there are no limit to what can be achieve-

The Universe is limitless and so are you

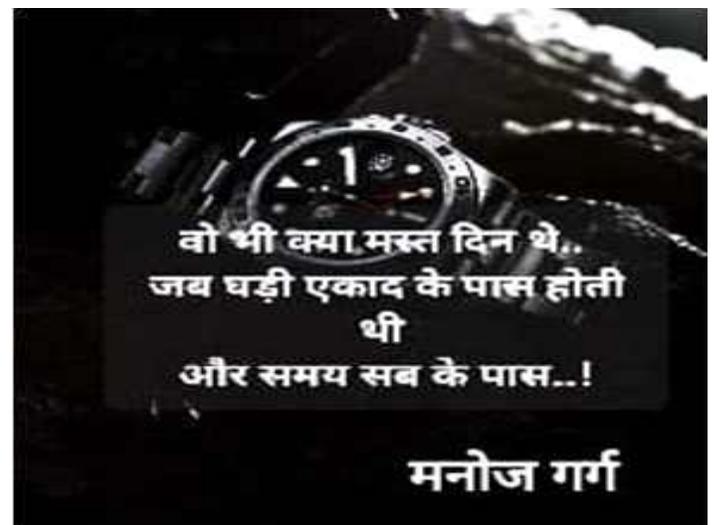
Sharda Arora

याद रखना....  
माँ बाप उमर से नहीं.  
फिकर से बूढ़े होते है.  
कड़वा है मगर सच है । "

जब बच्चा रोता है।  
तो पूरी बिल्डिंग को पता चलता है ,

मगर साहब  
जब माँ बाप रोते है।  
तो बाजू वाले को भी पता नही  
चलता है,  
ये जिंदगी की सच्चाई है

eukst xxZ



वो भी क्या मस्त दिन थे..  
जब घड़ी एकाद के पास होती  
थी  
और समय सब के पास..!

मनोज गर्ग

## MEMBERS PLUS SPOUSES

WHO JOINED R&amp;SCB FROM 1-11-2023 to 21.03.24

Mem No.	NAME	DOB	ADDRESS
7255	SH. ATUL AGGARWAL	08.05.1959	48, BHARTI ARTIST COLONEY, PREET VIHAR, VIKAS MARG, DELHI-92
	SMT. RAMA AGGARWAL	27.10.1958	*****
7256	SH. RATAN SINGH	18.07.1965	22-D, PKT.A2, PHASE 3, MAYUR VIHAR, DELHI - 110096
	SMT. SUSHMA SINGH	01.07.1968	****
7257	SMT. MADHU GUPTA	10.05.1951	341, A/4, SHALIMAR PARK, SHAHADARA, DELHI = 92
7258	SHRI. ASHOK SHARMA	26.02.1954	36, SHALIMAR PARK, GALI NO. 3, SHAHADARA, DELHI = 92
	SMT. MITHILESH SHARMA	14.12.1957	****
7259	SMT. RAJ RANI	26.07.1954	WB-202A, GANESH NAGAR -2, SHAKARPUR, DELHI - 92
7260	SMT. INDU BHARTI	23.04.1956	E-303, AJNARA, DAFFODIL, S. 137, GOUTAM BUDH NAGAR, U.P. -201301
	SH. VINOD KUMAR JAIN	04.03.1954	*****
7261	SH. SURESH SINGHAL	15.10.1947	154, BANK ENCLAVE, LAXMI NAGAR, SHAKURPUR, DELHI - 92
	SMT. ACHLA SINGHAL	10.06.1958	*****
7262	SH. ADESH YADAV	11.12.1954	4175, GALI AHIRAM, PAHARI DHIRAJ, DELHI - 110006
7263	SMT. POONAM JAIN	02.06.1966	46, BHARTI ARTIST COLONEY, VIKAS MARG, DELHI - 92
7264	SMT. SAROJ BALA GUPTA	07.08.1952	210, MAITRI APPT, PLOT NO. 28, I.P. EXT., PATPARGANJ, DELHI - 92
7265	PREM PRAKASH MATTA	05.11.1961	B-4/127, ASHIANA NIRMAY, ALWAR BYPASS ROAD, BHIWADI, RAJ.- 301018
7266	SMT. MEERA SOFAT	12.11.1963	W2/36B, STREET NO. 8, KRISHNA PARK, NEW DELHI - 110018
7267	SMT. SUSHILA CHANDOLA	26.12.1952	C2C/203, POCKET - 2, JANAKPURI, NEW DELHI - 110058
7268	SMT. GURPREET KAUR	03.07.1955	4/22, RAMESH NAGAR, NEW DELHI - 110015
7269	SH. RAJENDRA PRASAD SHARMA	02.04.1952	K-404, AWADH APPT., VIPUL KHAND, GOMTI NAGAR, LUCKNOW - 226010
7270	SMT. SUNITA KUMARI	01.06.1958	D-84, UGF ANAND VIHAR, NEW DELHI - 110092
7271	SH. UDAY KUMAR GUPTA	15.11.1958	TANGRA TOLI, PISKA MORE, HEHAL, RANCHI, JHARKHAND - 834005
	SMT. MADHURI DEVI	31.12.1963	*****
7272	SH. PARAKASH CHAND GUPTA	06.08.1958	B-405, NPSC SOCIETY, PLOT NO. 5, SE. 2, DWARKA, NEW DELHI - 110075
7273	SH. ROSHAN LAL KALRA	08.05.1940	FA-337, MANSAROVAR GARDEN, NEW DELHI - 110015
	SMT. MEENU KALRA	15.06.1956	*****
7274	GARGI GUPTA	13.02.1961	H.N. 77, POCKET 8, SE. 21, ROHINI, NEW DELHI - 110086
7275	SH. PARVEEN CHAWLA	26.10.1961	A-1, RATNAKAR APPT., PLOT NO. 21, SEC. 4, DWARKA, NEW DELHI - 110078
	SMT. MADHU CHAWLA	15.03.1962	*****
7276	SH. MANOJ KUMAR	01.12.1958	A-18, RATNAKAR APPT., PLOT NO. 21, SEC.- 4, DWARKA, N. D. - 110078
	SMT. VEENA AGNIHOTRI	15.10.1958	*****
7277	SMT. KIRAN KALRA	26.11.1960	A-119, BLOCK -A, ANAND VIHAR, DELHI - 110092
	SH. SURINDER KALRA	09.08.1957	*****
7278	SMT. SUMAN GUPTA	04.05.1963	B-301, NEF, CGHS, PLOT NO. 1, SECTOR 19, DWARKA, NEW DELHI - 110075
7279	SH. BHARAT BHUSHAN DHEER	18.09.1954	631, KANUNGO APPT., 71, I.P. EXT., PATPARGANJ, DELHI - 110092
	SMT. SARITA DHEER	06.09.1957	*****
7280	SH. SUSHIL KUMAR GUPTA	30.01.1948	K1/33, KAVI NAGAR, GHAZIBAD, U.P. - 201002
	SMT. MIRDULA GUPTA	12.11.1953	*****
7281	SH. GURINDER VIR SINGH	29.09.1959	FLAT NO. 334, VIKAS KUNJ, VIKASPURI, NEW DELHI - 110018
	SMT. AMARJEET KAUR	24.03.1966	*****

## MEMBERS PLUS SPOUSES

WHO JOINED R&amp;SCB FROM 1-11-2023 to 21.03.24

Mem No.	NAME	DOB	ADDRESS
7282	SH. RAMESH KUMAR RAJPAL	04.06.1963	B-1/144, JANAKPURI, NEW DELHI - 110058
	SMT. PREETI RAJPAL	06.08.1969	*****
7283	SH. GIRISH KHANNA	31.01.1960	I-1607, C. R. PARK, NEW DELHI - 110019
	SMT. GEETA KHANNA	10.07.1964	*****
7284	SH. SUNIL KUMAR JAIN	25.07.1956	WZ-234A, HASTSAL ROAD, STREET NO. 10, UTTAM NAGAR, N. D. -110059
	SMT. MADHU JAIN	14.11.1959	*****
7285	SH. TILAK SINGH PAMAR	05.09.1959	T-230, PARAM PURI, UTTAM NAGAR, NEW DELHI - 110059
	SMT. YOGESH PAMAR	11.02.1966	*****
7286	SH. MOHINDER SINGH	02.03.1955	426/C, CIVIL LINES, GURUGRAM, HARYANA - 122001
	SMT. BIMLA	09.11.1960	*****
7287	SMT. MEENAKSHI KHURANA	24.07.1963	2369, HUDSON LANE, G.T.B. NAGAR. DELHI - 110009
	SH. NAVAL KHURANA	31.12.1964	*****
7288	SH. SUDERSHAN KUMAR CHAWLA	09.08.1958	J-21, INDRAPRASTH APPT., PLOT NO, 114, I.P. EXT., DELHI - 110092
7289	SH. RAJ KAMAL KAPOOR	11.11.1949	G-201, JHULE LAL APPT., PITAMPURA, NEW DELHI - 110034
	SMT. USHA KAPOOR	01.06. 1946	*****
7290	DR. SAJIV ADLAKHA	08.12.1959	320, PARYATAN VIHAR, B-4, VASUNDHARA ENCLAVE, DELHI - 110096
	SMT. SEEMA ADLAKHA	10.07.1964	*****
7291	SH. RAMESH KUMAR KOHLI	19.12.1959	2320A, RAJA PARK, GALI NO. 6, RANI BAGH, NEW DELHI - 110034
7292	SH. PARMOD KUMAR	20.03.1962	2309, RAJA PARK, GALI NO. 6, RANI BAGH, NEW DELHI - 110034
	SMT. SEEMA CHOUDHARY	01.07.1963	*****
7293	SH. BIKRAM SINGH GUSAIN	08.08.1954	A-1003, SPRING VALLEY APPT., PLOT NO.3-C, SECTOR 11, DWARKA, N.D. - 75
	SMT. LATA GUSAIN	31.03.1959	*****
7294	SMT. NEERU JUNEJA	16.04.1959	A-91, SECTOR 8, DWARKA, NEW DELHI - 110077
7295	SH. PARAMJIT SINGH	12.05.1950	A3/275, JANAKPURI, NEW DELHI - 110058
	SMT. JOGINDER KAUR	30.06.1954	*****
7296	SH. SURJIT SINGH	05.06.1955	D-8A, GALI NO. 3, MOHAN GARDEN, NEW DELHI - 110059
	SMT. PREM WATI	20.10.1961	*****
7297	SH. ASHISH KUMAR DUTTA	09.12.1957	E-44, KAMDHARI, KALACHAND PARA, GARIA, KOLKATA - 700084
	SMT. SEEMA DUTTA	05.05.1964	*****
7298	SMT. PUSHPA RANI MANCHANDA	28.12.1957	H.N. 74/28, JYOTI PARK, SEC. 7, GURGAON - 122001
7299	SH. JITENDER KHATRI	18.06.1962	1093, SEC. 6, PLOT NO. 9, U.F. APPT., DWARKA, NEW DELHI - 110075
	SMT. SHAKUNTALA KHATRI	30.09.1970	*****
7300	SH. RAMESH CHAUDHRI	24.08.1955	G-22/3A, RAJOURI GARDEN, NEW DELHI - 110027
	SMT. MANJU CHAUDHRI	02.10.1959	*****
7301	SH. SUMAN KUMAR WADHWA	25.05.1962	BE-85, HARI NAGAR, NEW DELHI - 110064
7302	SH. YOGENDRA PRAKASH	18.01.1948	ROOM NO.601, HEAVENLY PALACE, DORAHA, PUNJAB - 141421
7303	SH. DAMODAR SINGH	01.01.1960	FLAT NO. 3, 34/14, GOKHALE MARG, LUCKNOW, U.P. - 226001
	SMT. UTTAM SINGH	01.01.1959	*****
7304	SH. MEGH RAJ TAYAL	25.03.1944	R. NO. 256, PEACE BHAWAN, HEAVENLY PALACE, DORAHA, PUNJAB-141421
7305	SMT. PARAMJEET KAUR	09.04.1964	C-2/217, JANAKPURI, NEW DELHI - 110058

## MEMBERS PLUS SPOUSES

WHO JOINED R&amp;SCB FROM 1-11-2023 to 21.03.24

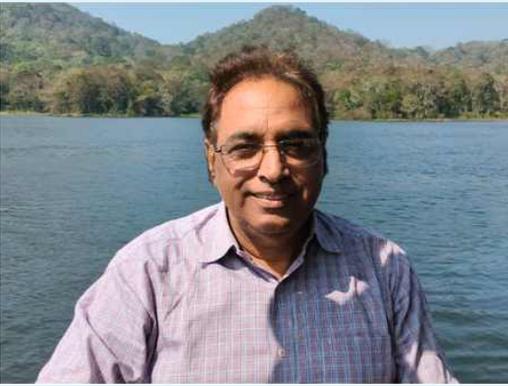
Mem No.	NAME	DOB	ADDRESS
7305	SMT. PARAMJEET KAUR	09.04.1964	C-2/217, JANAKPURI, NEW DELHI - 110058
7306	SH. NARPAL YADAV	14.09.1951	H.N. 28, BLOCK-7, SPRING FIELD COLONY, SEC. 31, FARIDABAD - 121003
	SMT. SAVITRI YADAV	03.04.1957	*****
7307	SH. KANHAIYA LAL YADUVANSHI	17.08.1949	H.N. 29, BLOCK-16, SPRIG FIELD COLONY, SEC. -31, FARIDABAD - 121003
	SMT. VIMLA KUMARI	01.07. 1958	*****
7308	SH. SADHAN KUMAR GHOSH	31.01.1958	H.N. 11, BLOCK-11, SPRING FIELD COLONY, SEC. 31-32, FARIDABAD121003
	SMT. ASHIMA GHOSH	02.02.1966	*****
7309	SMT. SUNEETA SETHI	10.10.1956	G-7, SATYA SHANTI APPT., SEC. 13, ROHINI, NEW DELHI - 110085
7310	SH. ASHOK KUMAR	30.05.1955	3218, NEW TAGORE NAGAR, LUDHIANA, PUNJAB - 141001
	SMT. ASHA SHARMA	09.10.1955	*****
7311	SH. ASHOK KUMAR KOHLI	04.02.1952	R/U.BLOCK, MIG FLAT NO. 147, PITAM PURA, NEW DELHI - 110034
	SMT. SUNITA KOHLI	13.07.1968	*****
7312	SMT. AMRIT KAUR ARORA	06.08.1964	C-3/233, JANAKPURI, NEW DELHI - 110058
7313	SH. LAKSHMAN DASS CHAWLA	01.07.1954	G-174, GALI NO. 8, G BLOCK, HARI NAGAR, NEW DELHI - 110058
	SMT. RAWESH CHAWLA	06.03.1954	*****
7314	SH. RAJIV RAI	02.01.1958	F-73, EAST OF KAILASH, NEW DELHI - 110065
	SMT. PRABHA RAI	08.11.1961	****
7315	SMT. GEETA ARORA	19.04.1963	A-3/219, SUNRISE APPT., SECTOR 13, ROHINI, NEW DELHI - 110085
	SH. JAGDISH KUMAR ARORA	09.12.1960	*****
7316	SH. VINOD MEHRA	06.03.1954	QU-BLOCK, FLAT NO. 308-B, PITAMPURA, NEW DELHI - 110034
	SMT. RENU MEHRA	12.10.1957	*****
7317	SH. HARISH CHANDER GOSAIN	07.04.1957	B-30, HARI NAGAR, NEW DELHI - 110064
7318	SH. SATISH CHANDER	08.04.1954	WARD NO. 9, SITA SHYAM COLONY, SAFIDON, JIND, HARYANA - 126112
	SMT. BIMLA DEVI	03.07.1958	*****
7319	SMT. MEENAKSHI MALIK	15.08.1957	C-3/284, JANAKPURI, NEW DELHI - 110058
7320	SH. KRISHAN MOHAN	01.01. 1961	C-2/7, JANAKPURI, NEW DLHI - 110058
	SMT. NEERA VERMA	28.06.1960	****
7321	SH. ARUN KUMAR GUPTA	08.08.1954	H. NO. 3, ASHIRWAD ENCLAVE, BALLUPUR RD., DEHRADUN, UK-248001
	SMT. KIRAN GUPTA	21.12.1956	*****
7322	SMT. ARCHANA BHARDWAJ	26.01.1962	D-39, CHATTARPUR EXTN., D BLOCK, DELHI - 110074
7323	SH. KANWALBIR SINGH NAGI	11.11.1952	VB-51, GALI NO. 2, VIRENDER NAGAR, NEW DELHI - 110058
	SMT. SURINDER KAUR NAGI	08.11.1958	****
7324	SH. INDER PAL BINDRA	02.11.1963	C-101, NEELANCHAL APPT., PLOT NO 3, SECTOR-4, DWARKA, N. D. - 110075
	SMT. MANJU BINDRA	20.04.1964	*****
7325	SH. DAYAL CHAND NARULA	15.04.1958	B-1/602, JANAKPURI, NEW DELHI - 110058
	SMT. SARITA NARULA	10.04.1960	*****
7326	SMT. SHASHI BALA	14.04.1957	B-15, LEIAH APPT., VASUNDHRA ENCLAVE, DELHI - 110096
7327	SH. SUNIL MAHAJAN	01.01.1961	FLAT NO. 314, CGHS. LTD., BLOCK-C, PLO-21, SECTOR-12, DWARKA, N.D.-78
	SMT. SUREKHA MAHAJAN	03.11.1960	****

## MEMBERS PLUS SPOUSES

WHO JOINED R&amp;SCB FROM 1-11-2023 to 21.03.24

Mem No.	NAME	DOB	ADDRESS
7327	SH. SUNIL MAHAJAN	01.01.1961	FLAT NO. 314, CGHS. LTD., BLOCK-C, PLO-21, SECTOR-12, DWARKA, N.D.-78
	SMT. SUREKHA MAHAJAN	03.11.1960	*****
7328	SH. JOGINDER NAYYAR	21.08.1959	B-114, GANESH NAGAR, TILAK NAGAR, NEW DELHI - 110018
	SMT. NEERU NAYYAR	09.09.1959	*****
7329	SMT. SATYAVATI SISODIA	11.09.1951	F NO.4, MAYA RESIDENCY, KHANDERO COLONY, NASIK, MH - 422005
7330	SH. NARESH KUMAR	04.12.1963	C-210, ARJUN APPT., PLOT NO. 86, SECTOR-7, DWARKA, N.D. - 110075
	SMT. NEELAM GUPTA	15.12.1966	*****
7331	SH. VISHAMBER KUMAR MAHAJAN	01.11.1962	33/10, EAST PATEL NAGAR, NEW DELHI - 110008
	SMT. ANJU MAHAJAN	14.12.1968	*****
7332	SH. SATISH GUPTA	18.09.1963	1007, RAJNIGANDHA APPT., PLOT NO. 4, SECTOR-10, DWARKA, N.D. - 75
7333	SMT. VANDANA SINGHAL	14.12.1954	C-66, SHAKTI NAGAR EXT. DELHI - 110052
7334	SH. PRAVEEN NAGPAL		
7335	SH. SAHYAM SUNDER SHAMMI	03.02.1959	3/1114, VASUNDHARA, GHAZIABAD, U.P. - 201012
	SMT. SHASHI BALA	24.04.1964	*****
7336	SH. PRAVEENDRA KUMAR BANSAL	02.10.1962	96, G.C. EMERALD HEIGHTS, RAMPRASTH GREEN, S.7, VAISHALI, GHAZIABAD
	SMT. BINA BANSAL	17.03.1964	*****
7337	SH. PRAKASH VAZIRANI	24.12.1959	C4F/221, JANAKPURI, NEW DELHI - 110058
	SMT. SUNITA VAZIRANI	01.07.1971	*****
7338	SMT. ANITA BAJAJ	20.08.1960	17/7, KALKA JI, NEAR DESHBANDHU COLLEGE, NEW DELHI - 110019
	SH. RAKESH BAJAJ	12.09.1956	*****
7339	SH. KAMAL ARORA	12.10.1960	E-344, G.K. - 2, NEW DELHI - 110048
	SMT. RENU ARORA	21.05.1966	*****
7340	SMT. NISHA NENWANI	07.02.1964	C3A/35 A, JANAKPURI, NEW DELHI - 110018
7341	SH. DEVENDER PAL SINGH SOOD	16.08.1955	H-67, SHIVAJI PARK, PUNJABI BAGH, NEW DELHI - 110026
	SMT. HERPAL KAUR	26.08.1958	*****
7342	SMT. SNEH LATA	20.07.1959	71, DLF, CAPITAL GREENS, PHASE 1, 15, SHIVAJI MARG, N. D. - 110015
	SH. NARENDER KUMAR	22.05.1959	****
7343	SMT. SHASHI GULIA	13.09.1951	C5A/77, JANAKPURI, NEW DELHI - 110058
	SH. INDER MOHAN PAL SINGH		
7344	INDER MOHAN PAL SINGH BHATIA	15.02.1945	B-502, PLOT NO. 1B, PRAGYA, CGHS, SECTOR-2, DWARKA, N.D. - 110075
	SMT. MANJIT KAUR	01.02.1951	*****
7345	SMT. SAROJ SACHDEV	02.12.1958	WZ-75A, GALI NO. 27, GANDHARI CHOWK, TILAKNAGAR, N.D. - 110018
7346	VINOD KUMAR MALHOTRA	31.12.1957	RU-212, PITAMPURA, DELHI - 110034
	SMT. VEENA MALHOTRA	17.06.1964	*****
7347	SH. SURINDER KUMAR MAHAJAN	10.09.1954	RU-158, PITAMPURA, DELHI - 110034
	SMT. SUNITA MAHAJAN	09.07.1959	*****
7348	SMT. DALEEP KAUR	12.06.1953	13/7, EAST PATEL NAGAR, NEW DELHI - 110008
7349	SMT. MEENU PRASAD	15.01.1957	9/5, EAST PATEL NAGAR, NEW DELHI - 110008
7350	SMT. MADHU KHANDELWAL	06.03.1955	12/6A, EAST PATEL NAGAR, NEW DELHI - 110008

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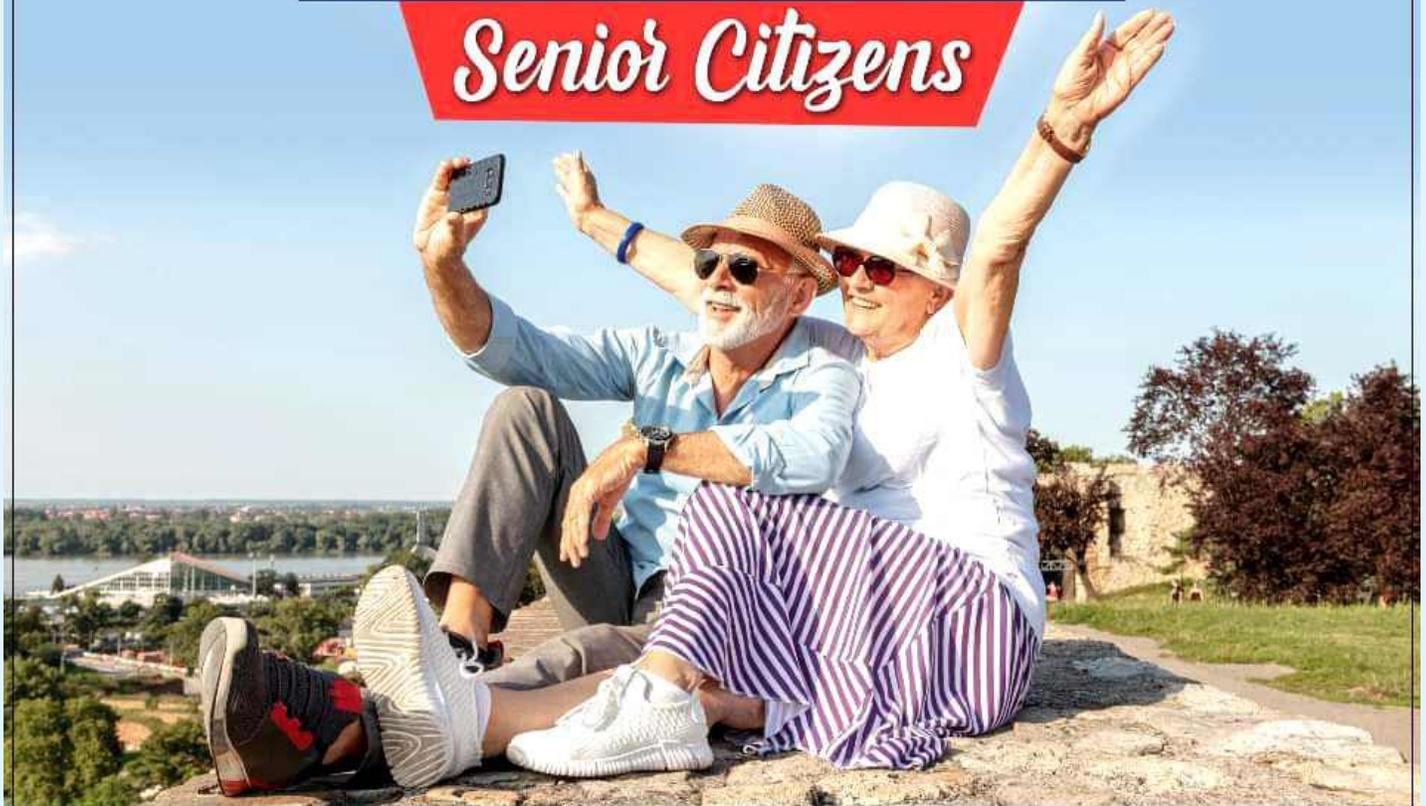
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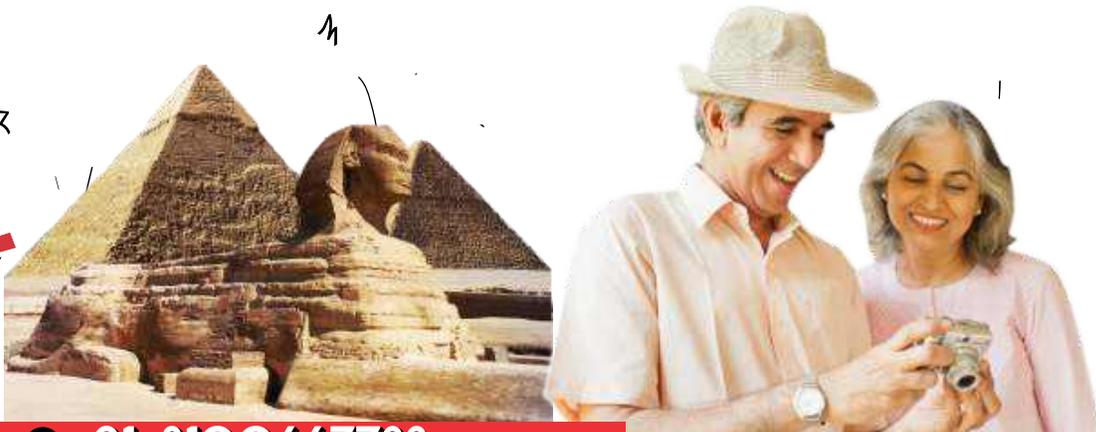
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