

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)

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

Heartiest Greetings & Best Wishes for

- | | |
|---------------------|--------------------|
| ☼ Mahaveer Jyanti | ☼ Ram Navami |
| ☼ Baisakhi | ☼ Ambedkar Jayanti |
| ☼ Hanuman Janmotsav | ☼ Budh Purnima |



भावपूर्ण

श्रद्धांजली



Shri Mohan Lal Kalra
January 1934 - March 2025



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GUJRAT TOUR



KERALA TOUR



SRI LANKA FIRST GROUP TOUR



SRI LANKA SECOND GROUP TOUR





From GENERAL SECRETARY's DESK

We remember in gratitude our Patron Shri Mohan Lal Kalra, who passed away on 10.03.2025. He served our organization earlier as a Treasurer. We pay our sincere condolences.

Annual Day of our organization was celebrated on 8th of December 2024 at Sanatan Dharam Mandir Hall, B-2 Block, Janakpuri, Delhi. After the cultural activities, hot lunch was served and Gifts were distributed to members. I earnestly acknowledge and thank all the R&SCB Executives for their sincere cooperation in managing the function

This winter season was little severe but our senior citizens kept their travel enthusiasm in high spirits. During the period, International as well as domestic tours were successfully conducted. A picnic trip to Surajkund was organised on 15.02.2024, which was greatly enjoyed and appreciated by members.

Valuable guidance and suggestions of members are always welcome. Please do contact.

Thanks and regards,

Gulshan Kalia
General Secretary
M-8076388421

BAISAKHI MILAN SAMAROH

Baisakhi Milan will be celebrated on 13th April 2025 from 11 A.M. onwards at Sanatan Dharam Mandir, B-2 Block, Janakpuri, New Delhi.

Coupons of contribution will be available @ Rs.150 per person from R&SCB office, B-1C/56A, Janakpuri opposite Andhra Society School, from 25.03.2025 onwards on first come first serve basis and till coupons are available.

Members please note that entry to the above venue will be on production of the coupon only and there will be no sale of coupon on the spot.

National Centre for Aging is a Separate Block for Senior Citizens in AIIMS, Delhi

This is a new Centre behind South extension part 2 Market. Only senior citizens are treated in this Centre. Go there with your Aadhar card and get registered. MD doctor will take your details and prescribe Tests / Medicines. If you require special treatment like any surgery : eye check up : Urology problem, You will be referred there in the same complex in different building. All tests / medicines are given free. There are 6 counters for registration and 10 MD doctors are allotted for consultation. If you go there You are through in 2/3 hours max. Senior citizens must take advantage of this great facility. The old AIIMS blocks opposite Safdarjung hospital are not functioning now. You have to go to new blocks behind South extension part 2 Market.

EXECUTIVE COMMITTEE

PRESIDENT

Shri M. J. Narula
Mob. 9350351680

GENERAL SECRETARY

Shri Gulshan Kalia
Mob. 8076388421

VICE PRESIDENT

Shri Harish Talwar
Mob. 9871351328

TREASURER

Shri Manoj Garg
Mob. 9958508475

SECY. CULTURAL

Shri S. C. Kathuria
Mob. 9811163305

ADD. SECY. CULTURAL

Smt. Sharda Arora
Mob. 9999514398

SECRETARY (Comm.)

Smt. Sarla Sareen
Mob. 9868175776

SECRETARY BULLETIN

Shri Gagan Sharma
Mob. 9910909476

ASST. SECY. (Member)

Shri Praveen Gupta
Mob. 9958091023

ASST. SECY. (Comp.)

Shri Narendra Kumar
Mob. 9910299708

AUDITOR

A.K.C. ASSOCIATES
Mob. 9810127256

LEGAL ADVISOR

Shri K. C. Arora
Mob. 9711166160,
9711166017



FORTHCOMING TOUR PROGRAMS

From April 25 to July 25

FOREIGN TOURS:

1. Georgia

5D/4N By Air during May 25

4N stay at Tbilisi city. Mtskheta tour, Metekhi Church, King Valhtang Girgasali monument, Cable car ride, Mtatminda Amusement Park. Other places of interest are Mtsketa-Gori, Ananuri-Gudauri etc.

Total cost of the tour is **Rs. 84000 pp** (TCS included). Cheque for full amount to be deposited.

2. Hongkong-Macau-Shenzen

7D/6N By Air during May 25

3N Hongkong, 2N Macau & 1N Shenzen which includes Madame Tussauds Wax Museum, Deysneyland Theme Park, Ocean Park, Tram ride to Victoria Peak and City tours in all cities.

Total cost of the tour is **Rs. 129000 pp** (TCS included). Cheque for full amount to be deposited.

NOTE-

No online payment is accepted by us as TCS will be applied by our travel agent. Please do not send any direct payment to our account but hand over crossed cheque, with amount & signatures and keep other detail blank. Please do not forget to mention other details, such as name & mobile number, name of tour, PAN number etc. on the back of the cheque.

TCS amount is refundable by IT Authority, wherever applicable, which can be claimed later on submission of individual ITR by the members.

DOMESTIC TOURS:

1. Kashmir

6D/5N By Air During May /June 25

4N Srinagar & 1N Pehalgam, includes Srinagar City tour, Gulmarg & Sonmarg etc.

Total cost of the tour is **Rs. 46000 pp**. Please deposit full amount.

2. Leh Ladakh

6D/5N, By Air During June 25

4N Leh & 1N Nubra Valley, includes Pangong lake and local sight seeing.

Total cost of the tour is **Rs. 45000 pp**. Please deposit full amount.

Kindly note : Considering low oxygen levels of Leh Ladakh area, members upto the age of 70 with good health and fitness should join the tour.

3. Bhutan

6D/5N By Air during June 25

2N Thimpu, 2N Paro, 1N Punakha. Total cost of the tour is **Rs. 77000 pp**. Please deposit full amount.

SHORT TOUR:

1. Jageshwar Dham-Kainchi Dham & Bhimtaal

3D/2N tour By 2x2 AC Bus during May 25.

Total cost of the tour is **Rs. 14000 pp**. Please deposit full amount.

PICNICS:

1. Mojoland Water Park

Water and Snow Park @ **Rs. 1800 pp**. includes full day entertainment i.e. Rides, Swimming pools, Rain showers and Snow Park. Breakfast, lunch, full day snacks & tea will be provided. Picnic proposed on 09.05.25 by 2X2 AC bus. Departure at 8:30 A.M. from R&SCB Office. **Only cash payment** will be accepted.

For tour related queries, please contact

Subhash Chander Kathuria
Culture Secretary
M-9811163305



MAHARASHTRA TOUR

A group of 30 R&SCB members proceeded during 24-3-25 to 30-3-25, on a 7days/6 Nights religious tour to Maharashtra under the leadership of Shri M. J. Narula.

Day-1: Members reached Nasik by flight and after breakfast boarded 2x2 AC Bus for Triambakeshwar Jyotirling. All worshipped in the temple and came back. In the evening visited Panchvati Area and had darshans of kapaleshwarmahadev, Kala Ram temple, Sita Gufa, Laxman Temple etc. and enjoyed at the bank of maa Godavari, night stay in Hotel.

Day-2: After breakfast checked out Hotel and proceeded to Shirdi via Shani Shingnapur. Had darshan of Shani Dev and came to Hotel for lunch. In the evening had darshan of Shirdi Sai Baba. Returned back to hotel for dinner and overnight stay.

Day-3: After breakfast, proceeded to Mumbai and checked in Hotel. After lunch and some rest, we visited Shri Siddhi Vinayak and Mahalakshmi Temple. Everyone prayed there and came back to Hotel for dinner and went in respective rooms to sleep.

Day-4: Checkout from Hotel and proceeded to Mahabaleshwar enroute visited Juhu beach had lunch at Lonavala in a restaurant. Reached Mahabaleshwar, Hotel Bharat, In the evening. This is a hill station of Maharashtra. Had dinner in Hotel and overnight stay.

Day-5: After breakfast we visited Krishna Bai Temple, Shri Panchganga Temple, Shri Rudraksheshwar Mahadev Temple, Atibaleshwar Mahadev Temple etc. Had lunch in Hotel. In the evening enjoyed boating in Veena Lake, members enjoyed shopping.

Day-6: After breakfast checked out and proceeded to Pune. Lunch was on the way,

reached Shri Bhimashanker Jyotirlinga where handit ji waiting for us. All members worshipped with Jalabhishek on the Holy Ling. All the members were fully satisfied by the darshan and came back to Hotel. Had dinner and overnight stay there.

Day-7: Today was the last day. We visited famous Dagduseth Bappa Morya Temple. Had darshan of Ganapati ji. After lunch at hotel proceeded to Pure airport to board Delhi Flight. Reached Delhi at 7pm. Members thanked R&SCB for memorable tour.

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

SURAJKUND FESTIVAL

Surajkund is located near the Suarajkund Village in Faridabad, Haryana.

On 12th feb. 2025, 40 members of our Association visited Surajkund under the leadership of Smt. Sharda Arora got the opportunity to visit the Surajkund Mela by comfortable AC Bus. All the members enjoyed the day and came back in the evening, with memorable experience. We thanks all the visiting members for their utmost cooperation.

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.



SRI LANKA TOUR REPORT

2 Groups of 28 Members each of Retired & Senior Citizen Brotherhood (R&SCB) proceeded on a 6D. 5N Sri Lanka tour under the leadership of Smt. Sharda Arora and Sri Pritam Singh during 24.11.2024 to 03.12.2024.

Day-1: All members assemble at IGI Airport Terminal to board the flight for Sri Lanka, After Arrival at Colombo Airport members were given warm welcome by our tour guide. Members boarded 2x2 AC coach bus and proceed to Kandy enroute had lunch in local Restaurant. After visiting temple of tooth of Budha God, members proceeded to check in Hotel, freshen up and took Dinner and had an overnight stay.

Day-2: Breakfast at Hotel and checked to proceed to Nuwara Eliya, on the way, visited Gem Museum, Spice Garden, Botanical Garden, Had lunch at local Restaurant and then visited Hanuman Temple and tea Factory where enjoyed the black tea. Checked into a Hotel.

Day-3: After Breakfast, members visited Seetha Amma Temple (Ashok Vatika) all members performed Group Pooja there, visited Hakgala Botanical Garden Victoria Park, had lunch at local restaurant. After that visited Geogory Lake, tea at lake, returned back to hotel for dinner and overnight stay.

Day-4: After Breakfast members checked out from Hotel and proceeded to Ella. Had lunch enroute at local Restaurant. After lunch visited Ravana Cave some members climbed upto 740 stairs with great passion, some visited Bhudhist temple and Ravana waterfall, later checked into hotel at Ella and enjoyed Dinner and had overnight stay.

Day-5: After Breakfast, checked from the Hotel for the next journey towards Bentota - Colombo city. On the way visited turtle Hatchery, Madhu River for Boating, had lunch at local Restaurant and then visited Beach, after Beach Proceed to Colombo. On the way members went Market for shopping. Checked into the Hotel, had Dinner and overnight stay.

Day-6: After breakfast checked out from Hotel and proceeded for Colombo City tour and finally

reached Colombo Airport and boarded Colombo Delhi Flight. On arrival at Delhi members left for their respective homes with memories of the tour.

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

UDAIPUR - Mt. ABU TOUR

36 members team of R&SCB visited Udaipur-Mt. Abu, under the leadership of Shri Gagan Sharma from 14th Dec. to 18th Dec. 2024.

On 14th Dec. after Meeting and Greeting with each other and taking their Packaged Breakfast, boarded their flight for Udaipur. On arrival, as there was some time in check-in to the hotel, group first reached Fatehsagar Lake, had breakfast, enjoyed boating and then came to the hotel. After freshening up and lunch, the whole team went for sightseeing places of Udaipur. Returned back to the hotel, took dinner and went for sweet sleep.

On the second day after having breakfast members left for Mt. Abu. On the way visited Shri Nathdwara temple had lunch and visited Haldighati and Maharana Pratap museum, reached the hotel in Mt. Abu for night stay.

On the third day, the trip was planned in local taxis for sightseeing of beautiful places of Mount Abu. The convoy left for Brahmikumari Shanti Park, had a meeting with their teacher and then visited Achalgarh Fort, returned back to hotel, and after lunch and some rest, reached Nakki Lake. Many members enjoyed boating. Then came back to hotel for dinner and overnight sleep.

Day four, after breakfast in the morning, members left for Udaipur. On the way, they visited Karni Mata Mandir, Pichola Lake and Rope-way and enjoyed enroute lunch and then visited world famous City Palace, it was a memorable time. The evening was setting in, so left for the hotel, got fresh, had dinner and after a mutual get-together, everyone went to sleep.



On the fifth and last day, after breakfast, left the remaining sightseeing places. Among these, Sajjangarh Biological Park and Sahelion Ki Bari were prominent. After having lunch on their way members had shopping in the local market, everyone reached Udaipur Airport, from where boarded the flight for Delhi, after reaching the destination, everyone left for their respective homes.

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

GUJRAT TOUR

A team of 24 members of R&CB proceeded for trip of 8 nights / 9 days to Gujrat from 16.2.25 to 24.2.25 with Mr. Amit Dahiya as the tour manager and Mr. D.K. Khanna as the Group Leader.

Day-1: Members assembled at Delhi Airport 7 am 2 hours prior to departure time for flight to

Ahmedabad. Packed breakfast was provided at the Airport, visited Sabarmati Ashram and Sabarmati River Front. Evening visit, Akshardham Temple. Overnight stay at Ahmedabad Hotel.

Day-2: Our team proceeded to Vadodara checked in the Hotel. After lunch sight seeing was arranged. visited Iskcon temple, Sur Sagar Lake. However visit to Laxmi vilas palace could not be managed as it was closed being Monday.

Day-3: After breakfast, we proceeded to Kevadia for visit to Statute of unity, followed by Gallery exhibition, Valley of Flowers, Sardar Sarovar dam, Jungle Safari visited the same evening. Then we drove to Hotel, checked in and stayed overnight.

Day-4: We had our tea/breakfast and drove straight to Bhavnagar, enroute visited Neelkanth Dham. After lunch we visited Nishkalank Mahadev Temple and Swami Narayan Temple. Overnight stay at Bhavnagar Hotel.

Day-5: After Check out from Hotel, we proceeded to Diu and enjoyed free time at Diu Beach with

Break activities & photo sessions. Subsequently had lunch and then visited Gngeshwar temple and finally overnight stay at Somnath Hotel.

Day-6: After breakfast at the Hotel, we proceeded for sightseeing including Triveni. Magasangam, Bhalka Tirth, Somnath Jyotirling, and enjoyed light and sound show. Further lunch at Hotel, Dinner and overnight stay at Somnath Hotel.

Day-7: Breakfast at Hotel, proceeded to Sagar Gir, visited Bus safari and also enroute Madhavpur Beach. Later visited Dwaraka and checkin to Dwaraka Hotel.

Day-8: After breakfast at Hotel, we went to sight seeing, visit Ngeshwar Jyotirling Temple. Also visited Dwarka Island. Attended Aarti at Dwarkadhish Temple. Overnight stay there.

Day-9: After formalities we dropped to Airport. Finally reached Delhi at 7.45pm.

R&SCB thanks all the Members for their cooperation during the tour.

KERALA TOUR

A group of 30 members visited Kerala under the leadership of Sh. Praveen Gupta during 29.1.2025 to 5.2.2025

Day-1: Members assembled at Delhi Airport. Terminal T3, gate number 4 to take their flight to Trivandrum. Breakfast was served in the flight. On arrival at Trivandrum, seated in 2x2 AC coach to proceed to Kanyakumari. On arrival, checked in hotel and had their lunch there. After lunch we went to visit Vivekananda Rock Memorial and Kanyakumari temple. In evening came back to hotel had dinner and overnight stay at hotel.

Day-2: Enjoyed morning Sunrise at Kanyakumari, had breakfast and checked out the hotel to proceed to Kovalam. On arrival checked in the hotel had lunch there. In evening we proceeded to visit famous Sri Padmanabhaswamy temple and



Kovalam beach. Came back to hotel had dinner and overnight stay.

Day-3: After breakfast and checked out from hotel, we proceeded for Kollam. Enroute visited Jatayu Earth Centre with cable car as it is located at a hill top. After lunch at local restaurant we proceeded to hotel, checked in, relaxed had dinner at hotel and overnight stay there.

Day-4: After breakfast at hotel, checked out from hotel to proceed to Alleppey. After check in hotel we went to board the House Boat. Had lunch there with music. Members enjoyed dancing on beats of music. After enjoying for 3 hours with Backwater boating having tea with gram gram pakoda, we took our couch for hotel had dinner and overnight stay at hotel.

Day-5: After breakfast checked out from hotel to proceed for Thekkady. On the way saw green tea gardens and spice plantation. After lunch at local restaurant proceeded to hotel for check in, dinner and overnight stay there.

Day-6: After breakfast at hotel checked proceed for Boating at Periyar water safari. After water safari we proceeded for Munnar. Enroute had lunch at local restaurant. On reaching hotel check in, free time for shopping of spices at local market, had dinner and overnight stay at hotel.

Day-7: After breakfast went to visit Rose garden. It had variety of flowers and plants, which were liked by everyone. After a lot of photo shoot we proceeded to visit Mattupetty Dam and Echo point. After lunch at local restaurant proceed to visit Tea Museum. Back to hotel for dinner and overnight stay.

Day-8: After breakfast checked out from hotel to proceed to cochin. Enroute enjoyed photo stop at various locations, high mountains and seasonal waterfalls. On reaching Cochin, we went to famous Lullu Mall. Money was paid to members to enjoy the meal of their taste in food court of the Mall. Later bus dropped to Cochin Airport to board our flight to Delhi. On arrival at Delhi members left for their respective home with sweet memories of the tour.

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

VIETNAM TOURS

Three groups of R&SCB having 30 members in each group visited Vietnam from 17/2/25 to 8/3/2025 under the leadership of Shri M. L. Narula, Manoj Garg and Shri Gulshan Kalia. Reached Hanoi the capital of Vietnam. Fortuna Hansi were main attraction being a five star Hotel with everything Gold plated including toilet. The second attraction, a busy market in a lane which passes through a Railway track.

Second day visited Hanoi city and saw Presidential Palace, Ba Dinh square, President HO CHI MINH museum etc. Boating in long canal between the sides of mountains. Boat covered three caves called "Hang CA" "Hang 2" "Hang 3" and enjoyed the striking limestone karst formations.

Third day enjoyed in Ha Long Bay cruise which was the most exciting and charming to spend one night in three storeyed cruise in deep sea with natural background. We enjoyed the rising sun and sunset, we saw caves of salty rocks in a small boat. All the groups had dance and dinner on the roof of cruise.

Reached Danang by flight on 4th day. Danang is a coastal area to Pacific ocean, members enjoyed see shore, visited BANA Hills in a cable car covering 5 kms both sides and this cable car is longest and highest in the world. Members visited Golden bridge and below lush greenery and beautiful water falls. Really a wonderful journey, overnight stay at Hotel.

On 5th, 6th and 7th day was spent at "HO CHI MINH. Took flight from Danang HO CHI MINH. After lunch enjoyed city tour and saw old post office of 1891, park with new year porters, French opera House, Ben market for shopping.

Next day, we were on delta tour to view four islands including fish farming and jackfruit garden. Last day visited Co-CHI tunnels network of 200 kms., which played vital role in war with USA. Local

guides were very helpful and courteous. Food at all stations was Indian, except in cruise, tasty and nutritious.

All the group members enjoyed the tour and appreciated the arrangements of R&SCB. Thanks to all the members for their cooperation.

LIST OF R&SCB OFFICE HOLIDAYS

1. REPUBLIC DAY (26th JANUARY)
2. HOLI (DHULANDI)
3. RAM NAVAMI
4. INDEPENDENCE DAY (15th AUGUST)
5. RAKSHA BANDHAN
6. GANDHI JAYANTI (2nd OCTOBER)
7. DUSSEHRA
8. DEEPAVALI
9. GURU NANAK JAYANTI

RANGMANCH PICNIC

Group of 42 members of Retired and Senior Citizens Brotherhood proceeded for a Day Picnic to Rang Manch on 19th of March 2025 under the leadership of Shri Gulshan Kalia.

Rang Manch is an entertainment resort situated near Garhi Harsaru, District Gurugram, Haryana. It had something for all ages. Be it adventure games, horse ride, camel ride, tractor ride, Swimming pool and rain shower. Members started their day with warm welcome at the entrance gate and danced with dhol beats, served hot breakfast in the AC dining hall. Had buffet lunch at noon with plenty of good items and dishes. Enjoyed whole day and before boarding bus, were served hot tea/coffee. Members returned back with sweet memories of the picnic. We thank all the members for their cooperation.

OBITUARY

NAME	DATE	ADDRESS
Shri Shiv Pal Nayyar	June 2023	C-3A/109A, Janakpuri, New Delhi - 58
Smt. Suresh Kumari	26.12.2023	243, Shakurpur, New Delhi - 34
Smt. Krishna Kapoor	29.04.2024	C-3A/95A, Janakpuri, New Delhi - 58
Shri J. P. Pathak	30.11.2024	C-3A/43C, Janakpuri, New Delhi - 58
Smt. Shyam Talwar	03.01.2025	C-462, Vikaspuri, New Delhi - 18
Smt. Renu Chugh	07.01-2025	C-3/282, Janakpuri, New Delhi - 58
Shri K. L. Dhingra	24.01.2025	C5D/66A, Janakpuri, New Delhi - 58
Shri G. B. Sharma	03.03.2025	C-4F/39, Janakpuri, New Delhi - 58
Shri M. L. Kalra	10.03.2025	B-1/117, Janakpuri, New Delhi - 58
Smt. Krishna Kumari Kalra	04.04.2025	B-1/117, Janakpuri, New Delhi - 58

BUDGET AT A GLANCE :

1. No Income Tax on income up to Rs. 12 lakh.
2. No TCS on transactions related to the sale of goods to reduce compliance difficulties.
3. The threshold to collect TCS on remittances under LRS increased from Rs 7 lakhs to Rs 10 lakhs.
4. FM proposes to reduce compliance burden for small charitable trusts by increasing registration period from 5 yrs to 10 yrs.
5. Presumptive taxation scheme proposed for Non-residents providing services to residents.
6. The new income tax bill will carry forward the spirit of Nyaya in drafting, says FM.
7. Jan Vishwas Bill 2.0 will be introduced to decriminalise over 100 offences.
8. TDS limit under Section 194-I on rent increased from 2.4 lakhs to Rs. 6 lakhs.
9. Deduction limit for senior citizens on interest income has been doubled from Rs. 50,000 to Rs. 1,00,000.
10. Time limit to file updated return increased to 4 years.
11. Import of 35 additional capital goods for EV battery manufacturing would be exempt.
12. Cobalt powder, scrap of lithium-ion battery, lead and zinc would be fully exempt.
13. 9 more items added to duty-free inputs; no BCD on wet blue leather.
14. New Income-tax Bill will be introduced next week.
15. Custom tariff structure will be rationalised to promote exports and facilitate trade.
16. Revamped Central KYC registry will be rolled out in 2025.
17. 6 life-saving drugs brought under concessional 5% import duty
18. FDI increased from 75% to 100% for Insurance Sector.
19. Revised estimate of fiscal deficit is 4.8% of GDP.
20. A nuclear energy mission for R&D on small modular reactors will be set up with an outlay of Rs. 20,000 crore.
21. The government will establish a Rs. 1 lakh crore Urban Challenge Fund to develop cities as growth hubs and enhance water and sanitation infrastructure.
22. 75,000 seats to be created in the next 5 years in Medical Colleges.
23. FM proposes to develop 50 tourist destination sites in the country in partnership with states.
24. Developing at least 100 GW nuclear capacity by 2047 is essential.
25. FM allocates Rs. 60,000 crores for the Marine Sector with a special focus on Andaman and Lakshadweep.
26. Investment and Turnover limits for all MSMEs will be enhanced 2.5 and 2 times, respectively.
27. A new Fund of Funds with a corpus of Rs. 10,000 crore will be established to invest in start-ups.
28. To boost credit to Micro industries, the government will provide customised credit cards with a limit of Rs 5 lakh. In the first year, 10 lakh such cards will be issued.
29. The loan limit under the Kisan Credit Card (KCC) scheme will be increased from Rs. 3 lakh to Rs. 5 lakh.
30. Credit guarantee cover to be enhanced for start-ups from Rs. 10 crore. to Rs.20 crore.
31. 50,000 Atal Tinkering Labs to be set up in Govt schools in 5 years.
32. A new scheme will be launched for 5 lakh women, SC, and ST first-time entrepreneurs to provide term loans of up to Rs. 2 crore over the next five years.
33. The Clean-Tech Mission will be launched to boost clean-tech manufacturing, focusing on solar PV, EVs, and batteries.
34. FM announces Social Security Scheme for



STEPS FOR OUR HEALTH

A Health Talk was organized by Venkateshwara Hospital Dwarka.

Doctors advised us to protect ourselves from many diseases by taking some simple steps or techniques.

A few points are as under: -

1. One must go for brisk walking or normal walking regularly for minimum 30 minutes a day.
2. One must take sufficient water.
3. One must include sufficient fruit & Salad in the diet.
4. For cooking, only mustard oil should be used.
5. Take less common salt, less sugar and less Maida.
6. Don't use perused oil, it is harmful.
7. To protect bones, one must take sufficient natural protein like Dal, curd & milk.
8. Artificial protein like Whey protein powder is very harmful for kidneys.
9. To protect kidneys one must monitor, manage & control blood sugar level and blood pressure. Consult a doctor, if necessary.
10. Over the counter purchase of medicines should be avoided. Medicines prescribed by the doctor for you should be used.
11. To protect bones, any fall from wet surfaces should be avoided by not changing dress in the bathroom after bath. Also, trousers should not be worn in bedroom while standing. It should be worn while sitting on a chair or bed.
12. An anti-skid PVC rubber mat can be kept in the bathroom so as to avoid skidding.
13. Avoid use of plastic chairs etc. to keep any material on the kitchen top to avoid any injury on falling.

Subhash Sardana

SUPREME COURT DECISION FOR INFORMATION OF ALL PENSIONERS

Dear friends, It is surprising that a land mark judgement delivered by the Supreme Court of India on 01 07 2015, Civil Appeal no. 1123 of 2015 has gone unnoticed and except for a brief letter from Shri S R Sen Gupta to IBA, no other union has taken any steps. The salient features of the judgement:

1. The bench has authoritatively ruled that Pension is a right and the payment of it does not depend upon the discretion of the Government. Pension is governed by rules and a Government Servant coming within those rules is entitled to claim pension.
2. The judgement has recognized that the revision of pension and revision of pay scales are INSEPARABLE.
3. The bench has reiterated that on revision the Basic pension cannot be less than 50% of the Basic Pension in the minimum of the Pay Band in the revised scale corresponding to the pre-revised scale.
4. The government CANNOT take a plea of financial burden to deny legitimate dues of the pensioners.
5. The Government SHOULD AVOID unwarranted litigation and not to encourage any litigation for the sake of litigation.
6. When pension is upheld to be a right and NOT A BOUNTY, as a corollary to the averment that revision of pension and revision of pay scales are INSEPARABLE, upgradation of pension is also a RIGHT AND NOT A BOUNTY.

THE JUDGEMENT IS BASED ON THE DECISION ON D S NAKARA CASE.

The judgement is very clear and I wonder how no one has noticed the important aspects and why no one has taken up the matter with the Govt. Why no one has reacted to the judgement is surprising and perplexing.

Dear Pensioners! Forward this msg to a minimum of twenty people (non pensioners too as citizens of India) on your contact list; and in turn ask each of them to do likewise. In three days, most people in India will have this message.



HEALTH TIPS FOR SENIOR CITIZENS

As we age, our body's functioning changes making it essential to take extra care of our health. Here are some detailed health tips to help stay fit and active.

1. Balanced Diet :

Protein-rich food - Include lentils, Paneer, soy, eggs, fish and chicken in diet to maintain muscle strength.

Fibre rich food - Green vegetables, fruits, whole grain and pulses help with digestion & Prevent constipation.

Calcium and Vitamin D - Strengthen bones by Consuming milk, yogart, butter milk, cheese and getting some sun-light.

Limit sugar and salt intake - Reducing salt and sugar helps in Controlling diabetes and blood pressure.

Stay hydrated - Intake of at least 8-10 glasses of water daily to keep body hydrated and prevent Kidney Issues.

2. Regular Exercise :

Morning Walk - Walking for at least 30 minutes daily keeps your heart and lungs healthy. Light exercises - Yoga, stretching. and light aerobics keep the body flexible and reduce joint pain.

Breathing exercises - Pranayam and deep breathing improve Lung Capacity and reduce stress.

Light weight training - Using light weights or body weight exercises helps maintain muscle strength.

3. Mental health :

Stay Positive - Try to stay happy, listen music and read good books.

Meditation - Practicing meditation for 15-20 minutes daily helps reduce stress and brings peace of mind.

Stay Connected - Talk to friends and family to avoid loneliness and depression.

Brain games - Playing chess, Sukodu, Solving Puzzles and reading books keeps the brain active and reduces memory loss.

4. Quality sleep:

Get 7-8 hours of sleep. Proper sleep relaxes the body and keeps you energetic throughout the day.

Maintain a fixed sleep schedule - Try to sleep and wake up at the same time daily.

Avoid caffeine and heavy meals at night. Tea, Coffee and heavy meals can disrupt sleep.

5. Regular heath check-ups :

Monitor B.P. and sugar levels - Get regular check-ups every 3-6 months to detect any heath issues early.

Eye and Ear check ups - Regular Vision and hearing tests help in timely use of glasses or hearing aids if needed.

Bone density Test - Check for Osteoporosis to prevent bone related Issues.

6. Safety and Precautions :

Prevent falls - Be cautions of slippery floors and use a walking stick if needed.

Take medication Properly - Follow doctor's advice and take medicines. on time.

Don't ignore any symptoms - If you feel pain, weakness, dizziness, or breathing difficulties, consult a doctor Immediately.

7. Social life and Recreation :

Spend time with family & friends - Social interactions keep reduce mental stress and increase happiness.

Pursue New hobbies - Gardening, Painting, Listening music or learning a new language keep the mind & body active.

Engage in Social work - If Possible Participate in community service activities to feel fulfilled.

Conclusion : If any Senior Citizen have any specific health concerns, Consult a Doctor, slay active and take care of well-being.

Compiled by - Lalit Gupta

OFFICE MEMORANDUM

Subject:- Admissibility to travel by Tejas Express, Vande Bharat Express & Humsafar Express trains under Leave Travel Concession (LTC)-reg.

The undersigned is directed to refer to this Department's O.M. No. 31011/8/2017-Estt.A-IV dated 19.09.2017 regarding admissibility to travel by premium/specific trains under CCS(LTC) Rules, 1988.

2. This department has been receiving a number of references from different offices/individuals about the admissibility of various premium trains like Tejas Express, Vande Bharat Express & Humsafar Express trains under Leave Travel Concession.

3. The matter has been examined by this Department in consultation with Department of Expenditure and it has been decided that apart from existing Rajdhani, Shatabdi and Duronto trains, travel by **Tejas Express, Vande Bharat Express & Humsafar Express** trains under LTC as per the entitlement of the Government employees, has now been allowed, as under:-

Pay Level in Pay Matrix (as per 7 th Central Pay Commission) of the Central Government employees	Travel Entitlement for LTC in Premium Trains (i.e. Rajdhani, Shatabdi, Duronto, Vande Bharat Express, Tejas Express, Humsafar Express trains)	
	Shatabdi or Similar type trains	Rajdhani Type or Similar type trains
Level 12 and above	Executive Class	AC 1 st Class
Level 6 to 11	Chair Car	AC 2 nd Class
Level 5 and below	Chair Car	AC 3 rd Class

4. The other terms and conditions of O.M. No. 31011/8/2017-Estt.A-IV dated 19.09.2017 shall remain the same.

5. This issues with the approval of Competent Authority.

(Signature)
(G.K. Rajnish)
Deputy Secretary to the Government of India
Tel: 2309 4471

परिवर्तन

परिवर्तन प्रकृति का नियम है, इसलिए जो पीछे छूट गया उसका शोक मनाने से बेहतर रहै, जो आप के पास अभी है, उसका आनंद उठाओ, “हैसियत” आसमान जैसी होनी चाहिए, क्योंकि जमीन कितनी भी महँगी क्यों नहीं,? लोग खरीद ही लेते हैं, “महानता” उम्रया पैसे से तयन ही होती, यह आपके “विचारों” पर निर्भर करता है, क्योंकि पैसा जीवन का एक महत्वपूर्ण हिस्सा है, हालाँकि “विचार” ही मानवता की नींव है, एक ऐसा इंसान जो अपने जीवन में इंसानियत को कायम रखता है, वह विचारों में निश्चित रूप से बाकी सभी “कोशिश” हमेशा परिणाम मिलने तक करें, क्योंकि दुनिया सिर्फ “परिणामों” को नमन करती है, कोशिशों को नहीं !

संकलन – शारदा अरोरा

ज्ञानधारा

1. जब आप यह समझते हैं आपके सभी कार्य परमात्मा के लिए हैं तो हर कार्य सुखदाई बन जाता है।
2. अगर अंधेरो से बहुत डर लगता है तो आँखें बंद कर लेना समझदारी नहीं है।
3. परीक्षा की घड़ी मनुष्य को महान बनाती है विजय की घड़ी नहीं।
4. सावधान रहिए आपकी प्रत्येक अभिव्यक्त क्रिया की प्रतिक्रिया होती है।
5. क्या आपको जीवन रूपी वृक्ष का ज्ञान है या केवल इस की टहनियों के नीचे हीखड़े हैं।
6. कभी भी गलत फहमियों के शिकार होकर अच्छे संबंधों को बिगड़ने न दें।
7. लाठी व पत्थर से हड्डियां टूटती हैं परन्तु शब्दों से आपके संबंध टूट जाते हैं।
8. सज्जनता की परीक्षा आपके व्यवहार से होती है।

9. याद रखिए कि मां बाप के आचरण से बच्चे शिक्षा ग्रहण करते हैं।
10. जवाबदारियां समझते हुए मन को सदा स्वतंत्र रखना भी एक कला है।
11. असत्यता पर आधारित संबंध रेत की नींव पर बने भवन के समान हैं।
12. नीम का पेड़ चंदन के पेड़ से कम नहीं होता।

संकलन – हरीश तलवार

शेरो – शायरी

मैं तबाह हूँ तेरे इश्क में, तुझे दूसरों का ख्याल है।
जरा मुझ पर तू गौरकर, मेरी जिंदगी का सवाल है।

आंखों से आंखे मिला कर तो देखो
हमारे दिल से दिल मिलाकर तो देखो
सारे जहां की खुशियां तेरे दमन में रख देंगे
हमसे प्यार का इजहार कर के तो देखो

वो शाम की महफिल ही क्या
जिसमें परवाना जल कर खाक न हो
मजा तो तब आता है चाहत का
जब दिल तो जले पर खाक न हो

आग दिल में लगी जब वो खफा हुए
महसूस हुआ तब जब वो जुदा हुए
करकेवफा कुछ देन सके वो
पर बहुत कुछ दे गये जब वो बेवफा हुए

मोहब्बत में जब मुझे धोखा मिला
तो जिंदगी में चारों ओर उदासी छा गई
सोचा था आग लगा दूंगा इस दुनिया को
पर कमबख्त कालोनी में दूसरी आ गई

संकलन – लालचंद खेमानी

बढ़ती उम्र में इन्हें छोड़ दीजिए

एक दो बार समझाने से यदि कोई नहीं समझ रहा है तो सामने वाले को समझाना,

‘छोड़ दीजिए।’

बच्चे बड़े होने पर वो खुद के निर्णय लेने लगे तो उनके पीछे लगाना,

‘छोड़ दीजिए।’

गिने चुने लोगों से अपने विचार मिलते हैं, यदि एक दो से नहीं मिलते तो उन्हें,

‘छोड़ दीजिए।’

एक उम्र के बाद कोई आप कोन पूछे या कोई पीठ पीछे आपके बारे में गलत कह रहा है तो दिल पर लेना,

‘छोड़ दीजिए।’

अपने हाथ कुछ नहीं, ये अनुभव आने पर भविष्य की चिंता करना,

‘छोड़ दीजिए।’

यदि इच्छा और क्षमता में बहुत फर्क पड़ रहा है तो खुद से अपेक्षा करना,

‘छोड़ दीजिए।’

हर किसी का पद, कद, मद, सब अलग है इसलिए तुलना करना,

‘छोड़ दीजिए।’

बढ़ती उम्र में जीवन का आनंद लीजिए, रोज जमा खर्च की चिंता करना,

‘छोड़ दीजिए।’

उम्मीदें होंगी तो सदमे भी बहुत होंगे, यदि सुकून से रहना है तो उम्मीदें करना,

‘छोड़ दीजिए।’

संकलन – NARENDRA KUMAR

जीवन छोटा है... इसे पूरी तरह से जीने का आनंद लें !!!

- ❖ भगवान और दूसरों से अधिक प्रेम करें!
- ❖ प्रार्थना करने और भगवान के वचन को पढ़ने के लिए समय निकालें!
- ❖ ज्यादा पानी पिएं।
- ❖ खाएं: नाश्ता जैसे राजा, दोपहर का भोजन जैसे राजकुमार, और रात का खाना जैसे गरीब।
- ❖ जीवन में तीन E का पालन करें : Energy, Enthusiasm & Empathy; ऊर्जा, उत्साह, और सहानुभूति।
- ❖ अच्छे खेल खेलें। ❖ ज्यादा किताबें पढ़ें।
- ❖ हर दिन कम से कम 10 मिनट शांति से बैठें। ❖ 7 घंटे सोएं।
- ❖ हर दिन 10-30 मिनट चलें और चलते वक्त... मुस्कुराएं।
- ❖ ज्यादा न करें। अपनी सीमाओं का ध्यान रखें।
- ❖ खुद को ज्यादा गंभीरता से न लें। कोई और नहीं लेता।
- ❖ अपनी कीमती ऊर्जा बकबक में न गवाएं। ❖ जागते हुए अधिक सपने देखें। ❖ दूसरों से ईर्ष्या करना समय की बर्बादी है। आपके पास पहले से ही जो कुछ भी चाहिए, वह सब है।
- ❖ अतीत की समस्याओं को भूल जाएं। अपने पार्टनर को उनके अतीत की गलतियों की याद न दिलाएं। इससे आपकी वर्तमान खुशी नष्ट हो सकती है। ❖ जीवन बहुत छोटा है, किसी से नफरत करने का समय नहीं है। दूसरों से नफरत न करें।
- ❖ अपने अतीत से शांति बनाएं ताकि यह वर्तमान को खराब न कर सके। ❖ आपके सुख का जिम्मेदार कोई और नहीं, बल्कि आप खुद हैं। ज्यादा मुस्कुराएं और हंसे।
- ❖ आपको हर बहस जीतने की जरूरत नहीं है, सहमति से असहमत हों। ❖ अपने परिवार से अक्सर बात करें। ❖ हर दिन दूसरों को कुछ अच्छा दें। ❖ हर किसी को सब कुछ माफ करें।
- ❖ 70 साल से ऊपर और 6 साल से नीचे के लोगों के साथ समय बिताएं। ❖ सही काम करें! ❖ भगवान सब कुछ ठीक कर देता है।
- ❖ हर दिन कम से कम तीन लोगों को मुस्कुराने की कोशिश करें।
- ❖ दूसरे लोग आपके बारे में क्या सोचते हैं, यह आपकी बात नहीं है।
- ❖ चाहे स्थिति कितनी भी अच्छी या बुरी हो, वह बदल जाएगी।
- ❖ चाहे जैसा भी महसूस हो, उठें, तैयार हों और सामने आएं। सबसे अच्छा अभी बाकी है। ❖ सुबह उठते ही भगवान का धन्यवाद करें।
- ❖ आपका आंतरिक सुख हमेशा रहेगा... तो खुश रहें।

संकलन – गुलशन कालिया

MEMBERS PLUS SPOUSES

WHO JOINED R&SCB FROM 28-11-2024 TO 31-3-2025

Mem No.	NAME	DOB	ADDRESS
7515	SHRI RAM LAL TUTEJA	28.04.1945	A-127, SECTOR 19, DWARKA, NEW DELHI - 110075
7516	SHRI TARAKESHWAR DUTTA CHOUDHURY	05.11.1962	C-1A/65C, JANAKPURI, NEW DELHI - 110058
7517	SHRI SHAILENDER KUMAR	15.09.1964	C-1A/65C, JANAKPURI, NEW DELHI - 110058
	SMT. MOUSAMI DATTA CHOUDHRY	28.04.1966	*****
7518	SHRI R.K. SINGH	20.09.1958	KM-6, KOSMOS, JAYPEE GREEN WISH TOWER, SEC. 134, NOIDA -201304
	SMT. RATNA SINGH	26.10.1958	*****
7519	SHRI GIRISH RAJ MALIK	29.07.1961	A-345, VIKASPURI, NEW DELHI - 110018
	SMT. NEERJA MALIK	11.03.1967	*****
7520	SHRI LAJPAT HANS	14.12.1962	298, SEC. 16A, FARIDABAD, HARYANA - 121002
	SMT. NEELAM HANS	21.08.1965	*****
7521	RAVINDER KUMAR KHAZANCHI	09.05.1962	1018, U.F. APT., SEC. 6, PLOT NO. 9, DWARKA, NEW DELHI - 110075
	SMT. LALITA	16.12.1964	*****
7522	SHRI VIRENDRA SINGH VERMA	11.07.1943	BE-204, STREET NO. 6, HARI NAGAR, NEW DELHI - 110064
	SMT. SANTOSH KUMARI	X. X. 1950	*****
7523	SHRI CHANDER PRAKASH RAHEJA	01.08.1950	A-13/18-B, KALKAJI EXT., NEW DELHI - 11019
	SMT. SMT. SHASHI RAHEJA	24.09.1954	*****
7524	SHRI KRISHAN KUMAR	25.08.1957	198, SECTOR 21 D, FARIDABAD, HARYANA - 121001
	SMT. CHANDER KANTA	29.09.1963	*****
7525	SHRI SUNIL KUMAR HANS	09.09.1956	626, SEC. 17, FARIDABAD, HARYANA - 121002
7526	SHRI MAHENDRA KUMAR SINGHAL	15.04.1961	B-4, SHAKTI NAGAR EXT., NEW DELHI-110052
	SMT. PUSHPA SINGHAL	21.08.1965	*****
7527	SHRI ASHOK PUNHANI	25.06.1958	C-7D, VATIKA APT., MAYA PURI, NEW DELHI - 110064
	SMT. NEELAM PUNHANI	18.11.1962	*****
7528	SHRI SATVIR SINGH	15.07.1957	B-302, RUDRA APT., PLOT NO. 12, SEC. 6, DWARKA, NEW DELHI - 110075
	SMT. VIJLA DEVI	25.11.1962	*****
7529	SHRI SURINDER KUMAR ARORA	25.11.1960	3213, ACE GOLFSHIRE, TOWER-3, SEC. 150, NOIDA, U.P. - 201315
	SMT. DOLLY ARORA	22.12.1964	*****
7530	SHRI SHUSHIL THAKAR	28.09.1955	2031, ACE GOLFSHIRE, TOWER-3, SEC. 150, NOIDA, U.P. - 201315
	SMT. RAJ RANI THAKAR	23.09.1963	*****
7531	SHRI MADAN ARORA	13.04.1963	C-46A, SHIVAJI PARK, PUNJABI BAGH, NEW DELHI - 110026
	SMT. MEENA ARORA	02.07.1965	*****
7532	SHRI PAWAN KUMAR DHAMIJA	05.06.1953	B-17, NEW MOTI NAGAR, NEW DELHI - 110015
	SMT. BIMLA DHAMIJA	15.09.1957	*****
7533	SHRI KSILASH CHAND AGRAWAL	05.09.1961	4030A, LALARAMPECH-1, KOSIKALAN, MATHURA, U. P. - 281403
	SMT. GEETA AGRAWAL	05.01.1964	*****
7534	SMT. SAROJ RANI	01.04.1960	BE-211, HARI NAGAR, NEW DELHI - 110064
7535	SHRI VINOD KUMAR SINGHAL	07.05.1961	T264-C, GULMOHAR GREEN, MOHAN NAGAR, GHAZIBAD, U.P. - 201007
	SMT. ALPNA SINGHAL	01.07.1968	*****
7536	SHRI BHAGWAN DAS GOYAL	10.08.1950	BE-343, GALI NO. 6, HARI NAGAR, NEW DELHI - 110064
7537	SMT. NARINDER KAUR	04.03.1962	C-153, NIRMAN VIHAR, DELHI - 110092

MEMBERS PLUS SPOUSES

WHO JOINED R&SCB FROM 28-11-2024 TO 31-3-2025

Mem No.	NAME	DOB	ADDRESS
	SHRI JATINDER PAL SINGH	12.09.1958	*****
7538	SMT. VIJAY CHOPRA	12.10.1961	A120, GAUR GREEN AVENUE, ABHAY KHAND, INDIRAPURAM, U.P. 201014
	SHRI RAJESH CHOPRA	17.01.1957	*****
7539	SMT. SANGEETA KAPUR	15.07.1964	Q-2/270, SEC.21, JALVAYU VIHAR, NOIDA, U. P. - 201301
	SHRI. SATINDER KAPUR	28.12.1965	*****
7540	SMT. NEELU RAINA	30.05.1062	C-602, PARADISE APT., I.P. EXT., PATPARGANJ SOCIETIES, DELHI - 110092
7541	SHRI RAM PAT SINGH	05.09.1958	A-801, HIMACHAL APT., PLOT NO. 21, SEC. 5, DWARKA, N.D. - 110075
	SMT. SHARDA SINGH	01.07.1964	*****
7542	SHRI RAMESH KUMAR SHARMA	25.10.1956	27, SAMRAT APT., VASUNDHARA ENCLAVE, DELHI - 110096
	SMT. NEELAM SHARMA	23.07.1962	*****
7543	SHRI MATHRA PRASAD NAUTIYAL	05.08.1957	A-104, ABHYANT APT., VASUNDHARA ENCLAVE, DELHI -110096
	SMT. DEEPA NAUTIYAL	18.01.1967	*****
7544	SHRI ANAND SWAROOP GUPTA	04.11.1955	B-7/6, MIANWALI NAGAR, PASCHIM VIHAR, DELHI - 110087
	SMT. MEENAKSHI GUPTA	10.09.1961	*****
7545	SHRI NARESH KUMAR MENDIRATTA	14.11.1947	A-7/9, MIANWALI NAGAR, PASCHIM VIHAR, DELHI - 110087
	SMT. BIMLA RANI MENDIRATTA	12.04.1952	*****
7546	SHRI PARAS RAM GOEL	15.10.1952	A-1/39, MIANWALI NAGAR, PASCHIM VIHAR, DELHI - 110087
	SMT. RAMA GOEL	20.09.1957	*****
7547	SHRI MAHAVIR SINGHAL	08.04.1956	C-6/1, MIANWALI NAGAR, PASCHIM VIHAR, DELHI - 110087
	SMT. SUMITA SINGHAL	05.05.1958	*****
7548	SMT. SHASHI KATYAL	08.09.1954	504, TOWER 8, UNIWORLD GARDEN 1, SEC.47, GURUGRAM, H.R.-122018
7549	SMT. PARVEEN NAYYAR	21.07.1958	407A, SEC.5, DWARKA, NEW DELHI - 110075
	SHRI. HARCHARAN NAYYAR	05.05.1957	*****
7550	SHRI GIAN CHAND NARANG	13.08.1956	B-32, FRIENDS TOWER, SEC.9, ROHINI, NEW DELHI - 110085
	SMT. MEENAKSHI NARANG	02.04.1964	*****
7551	SMT. RAVI ARORA	14.04.1962	M-2, KIRTI NAGAR, NEW DELHI - 110015
	SHRI VIRENDER KUMAR ARORA	23.08.1958	****
7552	SHRI VIJAY BHUSHAN BADUNI	02.11.1956	21, SAMRAT APT., VASUNDHARA ENCLAVE, DELHI - 110096
	SMT. LATA BHUSHAN BADONI	08.09.1963	*****
7553	SHRI M. P. GUPTA	06.12.1948	C-263, HASTSAL ROAD, UTTAM NAGAR, NEW DELHI - 110059
	SMT. SANTOSH GUPTA	10.03.1953	*****
7554	SHRI HANUMAN PRASAD	12.12.1952	A-5A/11C, JANAKPURI, NEW DELHI - 110058
7555	SHRI ASHWANI SEHGAL	10.05.1961	B-12/2, RAMESH NAGAR, NEW DELHI - 110015
	SMT. USHA SEHGAL	02.08.1962	*****
7556	SHRI ANIMESH PALIT	17.06.1954	101, DAKSHINAYAN APT., SEC. 4, PLOT NO. 19, DWARKA, N. D. - 110078
	SMT. GOURI PALIT	03.01.1958	*****
7557	SMT. SAGORIKA MUKHERJEE	20.08.1956	503, DAKSHINAYAN APT., SEC. 4, PLOT NO. 19, DWARKA, N. D. - 110078
7558	SMT. SUSHMA KALRA	13.11.1960	B-4/5, MIAN WALI NAGAR, PASCHIM VIHAR, NEW DELHI - 110087
	SHRI PURSHOTTAM KALRA	06.10.1955	*****
7559	SMT. RATNA GHATAK	10.02.1959	626, DAKSHINAYAN APT., SEC. 4, PLOT NO. 19, DWARKA, N. D. - 110078

MEMBERS PLUS SPOUSES

WHO JOINED R&SCB FROM 28-11-2024 TO 31-3-2025

Mem No.	NAME	DOB	ADDRESS
7560	SMT. RASHMI KUMAR	15.01.1962	E-706, PANCHSHEEL APT., SEC. 4, PLOT NO. 24, DWARKA, N. D. - 110078
	SHRI ALOK KUMAR	09.08.1955	*****
7561	SHRI SANDEEP GOEL	20.11.1962	3B/5, RAMESH NAGAR, NEEW DELHI - 110015
	SMT. BABITA GOEL	16.01.1966	*****
7562	SMT. USHA MAKKAR	03.08.1966	653, SEC. 21A, FARIDABAD, HARYANA - 121001
	SHRI SANJAY MAKKAR	26.12.1965	*****
7563	SHRI RISHI DEV MALIK	02.02.1946	6- L, MODEL TOWN, PANIPAT, HARYANA - 132103
	SMT. SUSHMA MALIK	19.09.1950	*****
7564	SHRI RAM KRISHAN MALIK	01.11.1949	8-L, MODEL TOWN, PANIPAT, HARYANA - 132103
7565	SHRI ADARSH KUMAR	05.06.1948	23, MODEL TOWN EXT., PANIPAT, HARYANA - 132103
	SMT. RENU ARORA	26.12.1957	*****
7566	SMT. ARCHNA LAROIYA	06.07.1964	302, POCKET 5, MAYUR VIHAR, PHASE-1, NEW DELHI - 110091
	SHRI ANIL KUMAR	14.07.1962	*****
7567	SHRI VIJAY KUMAR MEHTA	16.07.1953	11, KHANNA STREET. CIRCULAR ROAD, AMRITSAR - 143001
	SMT. SANGEETA MEHTA	22.08.1958	*****
7568	SHRI ARUN KUMAR VERMA	13.05.1956	49/1, REST CAMP, POORV-2, DEHRADUN, UTTARAKHAND - 248001
	SMT. AMITA VERMA	30.07.1958	*****
7569	SHRI RADHEY SHYAM TYAGI	08.12.1952	WZ-49, BUDHELLA, VIKAS PURI, NEW DELHI - 110018
7570	SHRI SUSHIL KUMAR AHUJA	14.09.1956	N-20, RAJOURI GARDEN, NEW DELHI - 110027
	SMT. MEENAKSHI AHUJA	04.07.1964	*****
7571	SMT. SUJATA SHARMA	31.05.1964	702, SECTOR 134, NOIDA, U. P. - 201304
	SHRI SUDHIR SHARMA	30.10.1957	*****
7572	SHRI BAKSHI PRABHJIT SINGH LAMBA	04.09.1949	A-1, 236, JANAKPURI, NEW DELHI - 110058
	SMT. JASWINDER KAUR LAMBA	17.02.1956	*****
7573	SMT. KIRAN CHHABRA	04.07.1957	16, KEWAL KUNJ APT., SEC.13, PLOT NO. 46, ROHINI, NEW DELHI - 110085
7574	SHRI MADAN GOPAL MITTAL	05.05.1960	C-3/259, JANAKPURI, NEW DELHI - 110058
	SMT. MANJU MITTAL	27.04.1962	*****
7575	SHRI ATUL KUMAR TUTEJA	05.07.1961	B-335, PANCHVATI APT., VIKAS PURI. NEW DELHI - 110018
	SMT. SUNITA TUTEJA	10.02.1964	*****
7576	SHRI GHAN SHYAM	15.01.1965	281, MILANSAR APT., PEERA GARHI, PASCHIM VIHAR, NEW DELHI - 110063
	SMT. VEENA	10.10.1970	*****
7577	SHRI ASHOK KUMAR JAIN	06.08.1958	199, MILANSAR APT., PEERA GHARI, PASCHIM VIHAR, NEW DELHI - 110063
	SMT. PURNIMA JAIN	12.09.1961	*****
7578	SHRI PREM SINGH NEGI	05.06.1963	B-2/44, JANAK P[URI. NEW DE3LKHI - 110058
	SMT. INDRA NEGI	25.08.1970	*****
7579	SHRI ANAND PARKASH BHARDWAJ	09.12.1962	WZ-61, RATTAN PARK, NAJAFGARH ROAD, NEW DELHI - 110015
7580	SHRI DEVENDER KHANNA	18.04.1962	B-1/505, SATYAM APT., VASUNDHARA ENCLAVE, DELHI - 110096
	SMT. KIRAN KHANNA	05.05.1964	*****
7581	SHRI RAJIV KULSHRESHTHA	18.01.1963	B-501, MANGLIK APT., PLOT NO. 25, SEC. 6, DWARKA, N. D. - 110075
	SMT. DR. UMA KULSHRESHTHA	18.01.1963	*****

MEMBERS PLUS SPOUSES

WHO JOINED R&SCB FROM 28-11-2024 TO 31-3-2025

Mem No.	NAME	DOB	ADDRESS
7582	SHRI PRADEEP SAPRA	04.11.1961	AB-21, MIANWALI NAGAR, PASCHIM VIHAR, NEW DELHI - 110087
	SMT. SANDHYA JAIN	17.08.1958	*****
7583	SMT. MADHU SAINI	10.10.1964	743, SECTOR 15A, FARIDABAD, HARYANA - 121007
	SHRI MANOHAR LAL SAINI	01.06.1958	*****
7584	SMT. SEEMA GUPTA	09.04.1965	1349, GALI KRISHNA, CHANDANI CHOWK, DELHI - 110006
7585	SMT. VEENA SAINI	21.01.1960	B-47, PHASE -1, AYA NAGAR, NEW DELHI - 110047
7586	Ms. NAMEETA KHARE	16.06.1964	I-1106, PRATEEK LOUREL, SECTOR-120, NOIDA, U. P. - 201301
7587	SHRI SANJEEV BHATIA	15.11.1964	D1A/29, JANAK PURI, NEW DELHI - 110058
	SMT. SADHANA BHATIA	30.04.1963	*****
7588	SHRI SHYAM LAL BHOLA	15.04.1964	2/9, MALL ROAD, TILAK NAGAR, NEW DELHI - 110018
	SMT. PRITI BHOLA	26.04.1965	*****
7589	SHRI GANGA SHARAN VERMA	08.07.1959	B-6/362-363, SEC. 7, ROHINI, NEW DELHI - 110085
7590	SMT. KAMALJIT	09.05.1950	46-B, MASJID MOTH, PHASE -1, NEW DELHI - 110048
	SHRI JASPAL SINGH	05.11.1946	*****
7591	SHRI DALIP KUMAR MADAN	01.08.1952	32, SHYAM ENCLAVE, KARKAR DOOMA, DELHI - 110092
7592	SHRI NARINDER SINGH MANGAT	12.08.1943	302, G-BLOCK, HARBHAJAN VIHAR, SECTOR 114, MOHALI - 140307
	SMT. JAGDISH BHANDAL	14.08.1949	*****
7593	DR. VIJAY KUMAR	12.01.1956	B-1/254, JANAKPURI, NEW DELHI - 110058
	DR. (SMT.) SAROJ KUMAR	13.09.1962	*****
7594	SHRI JAI PARKASH	01.03.1952	C-7/7, MIANWALI NAGAR, PASCHIM VIHAR, NEW DELHI - 110087
	SMT. USHA GARG	08.08.1953	*****
7595	SHRI SATISH KUMAR HANDA	18.07.1953	9, N. S. ROAD, MIANWALI NAGAR, PASCHIM VIHAR, NEW DELHI - 110087
	SMT. INDU HANDA	25.03.1953	*****
7596	SHRI HARJIT SINGH	16.07.1963	B-25, HARI NAGAR, NEW DELHI - 110064
	SMT. HERPREET KAUR	01.11.1969	*****
7597	SHRI PRASUN KUMAR DEY	08.04.1959	DTF-1, NILTARU H. COMLEX, CHANDAN NAGAR, HOOGLY, W. B. 712136
	SMT. SARMISTHA DEY	27.09.1963	*****
7598	SHRI HARBANS LAL MALIK	01.10.1947	21-L, MODEL TOWN, PANIPAT, HARYANA - 132103
	SMT. NEELAM MALIK	07.06.1952	*****
7599	SHRI ANAND PARKASH	10.04.1964	SHANTI NIKETAN, PLOT NO. 60, POCKET B-3, SEC. 17, DWARKA - 110078
	SMT. MEENA	13.08.1971	*****
7600	SMT. MANJU PANDE	13.09.1956	C-8/8451, VASANT KUNJ, NEW DELHI - 110070
	SHRI LALIT MOHAN PANDE	19.02.1951	*****
7601	SMT. ANJU BABBAR	19.07.1963	B-143, DAYANAND COLONY, LAJPAT NAGAR, NEW DELHI - 110024
	SHRI HARISH KUMAR BABBAR	26.10.1954	*****

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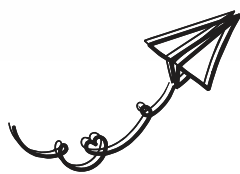
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