

Retired & Senior Citizens Brotherhood



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

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

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

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

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

Heartiest Greetings & Best Wishes for

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



EXPLORE THE WORLD WITH US



FOR ALL YOUR TRAVEL NEEDS:

- ☒ Adventures Tours
- ☒ Pilgrimage Tours
- ☒ Honeymoon Special
- ☒ Ladies Special
- ☒ Family Trip
- ☒ Senior Citizens Group Etc.
- ☒ Short Weekend
- ☒ Corporate Tours (MICE)



Foxtrav Hospitality Pvt. Ltd.

Unit No. B-1507, Tower NX-BYTE, Plot No.17, Techzone-4, Greater Noida West, U.P.
info@foxtrav.in

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

BAISAKHI MILAN



BAKU TOUR



BAKU TOUR



From GENERAL SECRETARY's DESK

At the outset, I convey my heartiest greetings for the coming festival season. Wish you all happy Navratras and Deepawali in advance.

Baisakhi Day was celebrated on 13th of April 2025 at Sanatan Dharam Mandir Hall, B-2 Block, Janakpuri, Delhi. There had been overwhelming participation by our members. After the cultural program was over, prizes were distributed to members through draw of lots. Members were given warm send off after they were served lunch. I earnestly acknowledge and thank all the R&SCB Executives for their sincere cooperation in managing the function.

We regret that we were not able to conduct tours previously for Kashmir, Leh & Ladakh, Georgia, Hongkong and Bhutan due to reasons beyond our control viz. border tension, which resulted break of war with our neighbour Pakistan, including post war tensions resulting in escalation of cost of airfare as Pakistan did not allowed us to use their airspace and outbreak of COVID in Hongkong at the material time. Refund in all eligible cases arranged and expedited to members.

Tour plans for Jageshwar and Kainchi Dham in two groups and a picnic party to Mojoland Water Park were successfully conducted.

Valuable guidance and suggestions from members are always welcome. Please do so through WhatsApp message.

Thanks and regards,

Gulshan Kalia
General Secretary
M-8076388421

GOLDEN AGE FELICITATION

Dear members,

As you know, we celebrate International Day for Elderly People on 1st October every year to honour our super senior members. Accordingly, names of members achieving golden age of 80 years during the period from 01.10.24 to 30.09.25 are invited to participate in our get together programme being held on 01.10.2025. Function will be held at Sanatan Dharam Mandir, B-2 Block, Janak Puri from 11 am onwards. Super Senior members are further advised to visit our office on or before 15.09.25 to provide the required information on the prescribed format alongwith a copy of pp size photograph.

It is further informed that spouse of senior members can also join the function. Members interested to bring a guest for the occasion, can do so on payment of participation fee of Rs. 100 that can be deposited at office while submitting participation form. Please bring guest only by prior intimation to this office.

Regards,

Gulshan Kalia
General Secretary
M-8076388421

HONOURING GOLDEN AGE MEMBERS ON 01.10.2025

Please fill the form and send it to R&SCB Office/Mail

NAME	
DATE OF BIRTH	
CONTACT NO.	
ADDRESS	
MEMBERSHIP NO.	
PHOTOGRAPH	



EXECUTIVE COMMITTEE

PATRON

S. Pritam Singh
Mob. 9372130127

PRESIDENT

Shri M. J. Narula
Mob. 9350351680

GENERAL SECRETARY

Shri Gulshan Kalia
Mob. 8076388421

TREASURER

Shri Manoj Garg
Mob. 9958508475

SECRETARY BULLETIN

Shri Gagan Sharma
Mob. 9910909476

ADD. SECY. (Cultural)

Smt. Sharda Arora
Mob. 9999514398

ASST. SECY. (Comp.)

Shri Narendra Kumar
Mob. 9910299708

ASST. SECY. (Member)

Shri Praveen Gupta
Mob. 9958091023

AUDITOR

A.K.C. ASSOCIATES
Mob. 9810127256

LEGAL ADVISOR

Shri K. C. Arora
Mob. 9711166160, 9711166017

Total cost of Rs. 1,16,000/- to be paid by cheque only at the time of enrollment.

Please Note- No online payment is accepted by us in respect of foreign travel as TCS would be applied by our travel agent. Please do not send any direct payment to our account but hand over crossed cheque at office. Please do not forget to mention necessary details, such as name & mobile number, name of tour, PAN number etc. on the back of the cheque.

DOMESTIC TOURS

1. North East Tour

6N/7D Gangtok-Darjeeling-Kalimpong Tour by Air during 1st week of September 2025. 2N Gangtok, 3N Darjeeling & 1N Kalimpong.

Total cost of Rs. 44,000/- to be paid at the time of enrollment.

2. Gujarat Tour

8N/9D Gujarat Tour by Air during 1st week of November 2025. 1N Ahmedabad, 1N Vadodara, 1N Kevadia, 1N Bhavnagar, 2N Somnath & Rajkot, 2N Dwarka.

Total cost of Rs. 52,000/- to be paid at the time of enrollment.

3. Odisha Tour

4N/5D Odisha Tour by Air during 1st week of November 2025. 2N Bhubaneswar, 2N Puri

Total cost of Rs. 39,000/- to be paid at the time of enrollment.

4. Lakshadweep Tour

5N/6D Goa-Lakshadweep-Mumbai tour by Air /Cruise during November/December 2025. 2N Goa, 3N Cruise & 1N Mumbai

Total cost of Rs.78,000/- to be paid at the time of enrollment.

FORTHCOMING TOURS

FOREIGN TOURS

1. Thailand Tour

6N/7D Bangkok-Phuket-Karabi during 2nd week of October 2025. Delhi-Phuket, Phuket-Bangkok, & Bangkok-Delhi by Air. 2N Bangkok, 2N Phuket & 2N Karabi

Total cost of Rs. 85,000/- to be paid by cheque only at the time of enrollment.

2. Vietnam Tour

7N/8D Vietnam tour by Air during last week of October 2025. 2N Ho-Chi-Min, 2N Hanoi, 2N Danang & 1N Ha-Long Bay (Day's Cruise).

SHORT TOURS

Ayodhya Tour

2N/3D Ayodhya Tour by Vande Bharat train during 2nd week of September 2025.

Total cost Rs.16,000/- to be paid at the time of enrollment.

Bharatpur-Dheeg Tour

2N/3D Bharatpur-Dheeg tour by 2x2 AC coach during December 2025. Bharatpur Bird sanctuary, Krishna Mandir, Lakshman Mandir, Dheeg Fort.

Total cost of Rs.12000/- to be paid at the time of enrollment.

Important terms & conditions

- a) 4* hotel accommodation provided on foreign travel and 3* hotel arrangements are made for domestic travel on twin sharing basis.
- b) Bus travel by 2x2 AC coach, wherever applicable.
- c) Train journey by Chair Car or 3AC but can be upgraded on request and cost.
- d) Includes Breakfast, Lunch & Dinner
- e) 1 litre water bottle per person per day during journey.
- f) Due diligence is exercised in deciding travel itinerary, travel date and cost. However, cost of tour may revise due to fluctuation in foreign currency exchange rates and/or increase in airline fare or other reasons beyond our control.

Day Picnics

1. Jurassic Park

@ ₹ 2500 per person includes full day entertainment i.e. Amusement / Water Park rides, Swimming pool, Rain shower and Snow Park. Morning tea with Sandwich, Lunch & Evening tea with cookies will be provided. Picnic proposed on 19.09.2025 by 2X2 AC bus. Departure at 8:30 A.M. from R&SCB Office.

Only cash payment will be accepted.

2. Pratapgarh Farms

@ ₹ 1800 per person includes full day entertainment i.e. Amusement Park Rides. Tubewell Bath, Rain Shower. Breakfast, lunch, full day snacks and tea will be provided. Picnic proposed on 14.10.25 by 2X2 AC bus. Departure at 8:30 A.M. from R&SCB Office. **Only cash payment** will be accepted.

For booking, please visit office between 11A.M. to 1 P.M. and contact the following persons:

1. Smt. Sharda Arora, M-9999514398
2. Shri Praveen Gupta, M -9958091023

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.



BAKU TOURS

3 groups of 30 persons each, visited Baku, the capital of Azerbaijan during March-April 2025 under the leadership of Sarvashri Manohar jit Narula, Gulshan Kalia and Subhash Chander Kathuria.

Day-1: Members reached terminal 3 of Indira Gandhi International Airport at the schedule time and after check in formalities, boarded Azerbaijan Airlines. On arrival and after completing immigration check formalities at Baku Airport, members boarded 2x2 luxury coach to reach hotel for check in. In the evening members assembled at hotel lobby for Baku panoramic tour. Visited Highland Park, Martyrs National Assembly also known as Mili Majlis and Flame Towers. Members had dinner in some Indian restaurant and then returned back to hotel for rest and overnight stay.

Day-2: After morning breakfast at hotel, members proceeded for old city, Baku palace of Srivansh Shah and Maiden Tower, a World heritage site declared by UNESCO. Trip continued to visit other charming places, buildings of modern architecture, taking photoshoot while walking through Baku Boulevard. After completing the day tour, members return back to hotel and after taking some rest proceeded to nearby Indian restaurant for dinner. Overnight stay at hotel.

Day-3: Members proceeded for Shahdag, located in Gusar Region, approachable by road after a journey of three and half hours. Shahdag Resort is 29 km from Baku City, which has a mountain resort with full of snow all around. Shahdag offers skiing and other summer and winter sports activities. In the evening members return back to hotel and after some rest, proceeded to a restaurant for dinner. Returned back to hotel for an overnight stay.

Day-4: After breakfast, members assembled at hotel lobby for their next trip to historically important Gobustan State, which is a place known for archaeological monuments. It has one of the highest numbers of mud volcanoes. Upon arrival at the place, members took Lada taxis to reach volcano area. Members had lunch and dinner

during the day and returned back to hotel for an overnight stay.

Last day after breakfast at hotel, members went for a half day shopping leisure at Fountain Square. On their way to airport, members had dinner and finally reached Baku Airport to board their flight to Delhi.

On arrival, members collected luggage and left for their respective homes with sweet memories of the tour.

Retired and Senior Citizens Brotherhood is thankful to the participating members for their utmost cooperation provided during the tour.

BHEEM TAL, KAINCHI DHAM YATRA

Two groups of 20 members each of R&SCB visited Bheemtal for a holy trip to Jageshwar & Kainchi Dham under the leadership of Shri Gagan Sharma & Shri Narender Kumar during June 2025.

All the members assembled near R&SCB office at 5 AM, boarded 2x2 AC Temo Traveller coach and left for Bhimtal at the scheduled departure time of 5.30 AM. After the morning prayers, members sang bhajans, filmi songs etc. They had their breakfast at Gajrola (UP). Finally, arrived at Bheemtal at around 2 PM. On arrival, had their lunch, freshen up and left to have Kainchi Dham darshan. There was not much crowd at the temple. So everyone had comfortable darshan in just half an hour and returned back to the hotel for rest and recuperation. All had dinner in the hotel and went to their respective rooms for an overnight stay.

The next day at 8.30 AM, everyone got ready for their journey to Jageshwar Dham. The journey was a little long but scenic and enjoyable. After darshan of Jageshwar Dham, all had lunch in the nearby restaurant. Thereafter returned back to hotel, had dinner and relaxed in their rooms. Due to long journey and exertion, everyone after dinner shifted to their respective rooms for rest and sleep. Overnight stay at hotel.



On the third day, members checked out from hotel for their return journey. Before proceeding to Delhi, members were offered complimentary boat ride at Bhimtal lake, which was a clean water lake surrounded by hills and greenery all around. Boarding of coach started at around 9 AM for Delhi. Members had lunch and evening tea enroute and finally reached Delhi at around 5 PM. All left for their respective homes with sweet memories of the tour.

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

their utmost corporation during the tour.

Jai Jai Shri Radhe

Mojoland Water & Snow Park

33 Members under the leadership of Shri Gagan Sharma visited for a Day Picnic to Mojoland Water & Snow Park at Murthal near Sonapat on 9th May 2025. All assembled near R&SCB office in the morning, boarded 2x2 coach and left at 08:30am.

They reached at their destination at around 11am, there they had their breakfast and then visited Snow Park, where they enjoyed and had a feel of winter, in a snow clad area with artificial snowfall. After that all of them enjoyed amusement rides. Thereafter, they had buffet lunch and after some relaxation went for water park rides and rain shower dance, which continued till 4 p.m. and lastly after an evening tea, all boarded the bus for their return journey. Members returned back with sweet memories of the picnic.

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

Mathura-Vrindavan Tour

A group of 40 R&SCB members visited Mathura-Vrindavan during 10.04 2025 to 11.04 2025 under the leadership of Shri M.J. Narula.

Day-1 : Members assembled at R&SCB Janakpuri office in the morning at 07.30 a.m. to proceed to Vrindavan by 2x2 AC coach. On the highway, had breakfast at Shiva Dhaba. Members reached Vrindavan at around 12.30 P.M. and visited Maa Vaishnodevi temple and char dham temples. After Darshan, members reached hotel, and checked in to their respective rooms. They had delicious lunch and thereafter took some rest. In the evening members left hotel for darshans of Vrindavan temples by e-rickshaws. Visited Nidhivan, Radha Vallabh, Bihari ji, ISKCON and Prem Mandir. Returned back to hotel for dinner and overnight stay.

Day-2 : After breakfast and check out from hotel, members proceeded to Mathura by coach. All the members visited Dwarkadhish temple and worshipped Lord Krishna. Thereafter visited Shri Krishna Janmabhoomi, had lunch on the way to Barsana, reached Barsana at 3:00 p.m. but the temple was opened only after 5:00 p.m. There was huge crowd. Anyhow, we had darshans of Kishori Ji and reached parking, where our coach was waiting. Reached Delhi after 11:00 p.m.

R&SCB thanked all the participant members for

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

New Passenger Reservation System Capable of generating over 1.5 lakh rail tickets per minute, i.e. about five times the current capacity of 32000 tickets in a minute, to be ready by year end.

Indian Railways to make Passenger Reservation System multilingual with Focus on Passenger Convenience and Smart Ticketing

To improve your travel uncertainty, Railway Ministry to soon implement advanced charting of waitlisted tickets; For trains departing before 2 pm, chart will be prepared by 9 pm previous day

Tatkal Booking to Have Broad-Based Authentication via Aadhaar or Govt ID Linked to DigiLocker for Enhanced Security and Transparency

Ticket Enquiry Capacity to Rise Tenfold—From 4 Lakh to Over 40 Lakh Enquiries Per Minute in New PRS System

तिथि: 29 JUN 2025 6:31PM by PIB Delhi

Indian Railways is committed to making the end-to-end travel experience passenger-centric. A passenger's journey with the railways begins at the stage of ticket reservation. Railways is undertaking a series of steps to make ticket booking easier.

Railway Minister Shri Ashwini Vaishnaw recently reviewed the progress of these reforms. He emphasized that the ticketing system should be smart, transparent, accessible, and efficient. Planning should focus on passenger

convenience. The system must ensure a smooth and comfortable travel experience to our passengers.

Improved advanced charting to have certainties of travel plan

Charting: Currently, the reservation chart is prepared four hours before the departure of the train. This creates uncertainty in the minds of passengers. Wherever passengers are coming from a nearby area to catch the train, this uncertainty can cause serious problems.

To remove this uncertainty, the railway board has proposed preparing the reservation chart eight hours before the departure. For trains departing before 1400 hours, the chart will be prepared the previous day at 2100 hrs itself. The Railway Minister agreed with this proposal and directed the board to start implementing this in phases so that there is no disruption.

This move will reduce uncertainties for passengers with waitlist tickets. The passengers will get the first update on waitlist status well in advance. It will benefit passengers travelling from remote locations or suburbs of major cities for catching long distance trains. It will also provide more time to make alternative arrangements in case the wait list is not confirmed.

Modern Passenger Reservation System (PRS) by December 2025

The Railway Minister reviewed the upgradation of the passenger reservation system. The project is being executed for the last few months by CRIS.

The new upgraded PRS design is agile, flexible, and scalable to handle ten times the current load. It

will significantly enhance the ticket booking capacity. The new PRS will allow over 1.5 lakh ticket bookings per minute. This will be an increase of roughly five times from 32,000 tickets per minute in the current PRS.

The ticket enquiry capacity will jump ten times i.e. from 4 lakh to over 40 lakh per enquiry will be possible in a minute time.

The new PRS also has a multilingual and user-friendly booking and enquiry interface.

In the new PRS, users will be able to submit their choice of seat and see the fare calendar. It also has integrated facilities for Divyangjan, students, patients, etc.

Streamlined authentication for Tatkal bookings Indian Railways will allow only authenticated users to book Tatkal tickets on IRCTC website and mobile app beginning 1st July, 2025.

Further, OTP-based authentication will be done for Tatkal bookings from the end of July, 2025.

The Railways Minister instructed officials to broadbase the authentication mechanism for Tatkal bookings. The authentication should be done using Aadhaar or any other verifiable Government ID available in the user's DigiLocker account.

These measures reflect the continuous efforts of Indian Railways to modernise its systems and make them more citizen friendly.

Dharmendra Tewari / Shatrunjay Kumar

अंगदान और लिविंग विल

जीवन में कभी-कभी ऐसे फैसले लेने पड़ते हैं जो न केवल हमारे लिए, बल्कि दूसरों के लिए भी बहुत महत्वपूर्ण होते हैं।

आज अंगदान (Organ Donation) और लिविंग विल (Living Will) के बारे में कुछ विस्तार से बताना चाहेंगे:

* अंगदान (Organ Donation):

अंगदान एक महादान है। इसमें आप अपनी मृत्यु के बाद अपने अंगों, जैसे - हृदय, किडनी, लिवर, आँखें और अन्य महत्वपूर्ण ऊतकों (tissues) को दान करने का संकल्प लेते हैं। यह दान कई ऐसे लोगों को नया जीवन दे सकता है, जो किसी अंग के खराब होने के कारण मृत्यु के करीब होते हैं। अंगदान करने का संकल्प लेना आसान है। आप किसी भी सरकारी या गैर-सरकारी संस्था (DDS, EPF, SSWT) से संपर्क करके या इसके लिए ऑनलाइन फॉर्म भर सकते हैं।

* लिविंग विल (Living Will):

यह एक कानूनी दस्तावेज है, जिसमें आप यह स्पष्ट करते हैं कि यदि आप भविष्य में ऐसी स्थिति में पहुँच जाते हैं, जहाँ आप स्वयं निर्णय लेने में सक्षम नहीं हैं (जैसे- गंभीर बीमारी या दुर्घटना के कारण कोमा में चले जाना), तो आप अपना जीवन बचाने के लिए कृत्रिम साधनों (जैसे- वेंटिलेटर) का उपयोग नहीं चाहते हैं। यह आपके परिवार और डॉक्टरों के लिए आपके सम्मानजनक अंत के बारे में आपके फैसलों को समझने में मदद करता है। लिविंग विल बनाने के लिए आपको एक वकील से या SSWT से संपर्क करना चाहिए जो इस प्रक्रिया में आपकी मदद कर सकते हैं।

ये दोनों ही फैसले आपके जीवन के बाद भी दूसरों के जीवन में बदलाव ला सकते हैं। आज ही इस पर विचार करें और जल्द से जल्द इस दिशा में कदम बढ़ाएँ।

सादर,

सूरज प्रकाश मनचन्दा



SB Order No.10/2025

FS-13/7/2020-FS-Part (1)
 Government of India
 Ministry of Communications
Department of Posts
(Financial Services Division)
Dak Bhawan, New Delhi-110001

Dated: 15.07.2025

To

All Head of Circles/Regions

**Subject: Freezing of Small Savings
 Schemes accounts matured but not
 closed after 3 years.**

Sir/Madam,

Please refer to **SB Order No. 25/2022 dated 16-12-2022**, concerning the freezing of Small Savings Schemes accounts, under INOP-freeze Code, that have matured but not closed even after three years of maturity.

2. As per the aforementioned SB Order, it was decided to freeze matured accounts under the schemes MIS, SCSS, TD, KVP, NSC, RD, and PPF accounts (that are matured but not extended), which have not been closed even after three years since maturity. The designated freeze reason code for these accounts is **'INOP: Inoperative more than 3 years'**.


3. To further enhance security of hard-earned money of depositors, it has now been decided that this freezing activity will be conducted twice a year as a continuous cycle.

The process of identification and freezing of such accounts will be completed within 15 days, commencing from 1st July and 1st January of each year. This means accounts that complete three years of maturity as on **30th June and 31st December** every year, respectively, will be identified and frozen

4. The Standard Operating Procedure (SOP) for handling these frozen accounts, as detailed in SB Order 25/2022, remains in effect and must continue to be followed.

5. This issues with the approval of the Competent Authority.

Yours faithfully,

 15/7/2025

(Devender Kumar Sharma)
 Assistant Director (SB-II)

Join
Retired &
Senior Citizen
Brotherhood (Regd.)

Janak Puri, New Delhi

गुरु का सम्मान करें

प्राचीन समय में एक नगर में एक राजा राज्य करता था। राजा बड़ा ही सरल स्वभाव का था और राजा को विद्या ग्रहण करने का बहुत शौक था इसलिए राजा विद्या ग्रहण करना चाहता था।

राजा ने अपने मंत्री को बुलाया और मंत्री से कहा! मंत्रीजी जाओ, अपने राज्य में जो विद्वान गुरु हो उन्हें राज महल में ले आओ मैं विद्या ग्रहण करना चाहता हूँ। मंत्री ने कहा ठीक है महाराज ! हम कल सुबह राज्य में भ्रमण करेंगे और हमें जो भी विद्वान गुरु मिलेगा हम उन्हें राजभवन में ले आएंगे।

दूसरे दिन सुबह होते ही मंत्री गुरु की खोज में राज्य भ्रमण के लिए निकल पड़े। मंत्री ने सारे राज्य में ढूँढ़ा परंतु उन्हें विद्वान गुरु नहीं मिला। कुछ देर में शाम होने वाली थी इसलिए मंत्री ने सोचा कि चलो अब घर चलते हैं। मंत्री घर की ओर लौट रहे थे। घर लौटते समय मंत्रीजी जंगल से गुजरे तो वहीं मंत्री को एक गुरु दिखाई दिए।

गुरु एक पेड़ के नीचे ध्यान लगाए बैठे थे मंत्री जी घोड़े से नीचे उतरे और गुरु के पास गए। मंत्री ने गुरु को प्रणाम किया फिर कहने लगे कि है गुरुवर! आपसे एक विनती है कि हमारे राजा विद्या ग्रहण करना चाहते हैं कृपा करके आप राजभवन चले और राजा को विद्या का दान दें। गुरु मंत्री की प्रेम पूर्वक वाणी सुनकर प्रसन्न हो गए। गुरु ने कहा चलो मंत्रीजी राजभवन चलते हैं।

मंत्री और गुरु राज भवन पहुंच गए। राजा ने गुरु का स्वागत किया। गुरु ने दूसरे दिन से राजा को विद्या सिखाना शुरू कर दिया। विद्या ग्रहण करते हुए राजा को एक वर्ष होने जा रहा था परंतु राजा को विद्या समझ में ही नहीं आ रही थी।

गुरु भी राजा को पढ़ाने में बहुत मेहनत कर रहे थे फिर भी राजा को समझ नहीं आ रहा था की हम गुरु की दी हुई शिक्षा को हम क्यों नहीं समझ पा रहे। यही जानने के लिए राजा ने यही प्रश्न अपनी रानी से पूछा। रानी ने कहा की हम क्या जाने यह प्रश्न तो आप गुरु से पूछना।

राजा ने अगली सुबह धीमी आवाज में गुरु से कहा, गुरुवर आप यदि बुरा ना मानो तो आपसे कुछ कहना चाहते हैं। गुरु ने कहा हां राजन बोलो, क्या कहना चाहते हो। राजा ने कहा, गुरुवर हमें विद्या ग्रहण करते एक वर्ष होने को जा रहा है लेकिन आपकी दी हुई विद्या हमारी समझ में ही नहीं आ रही है क्या कारण है ?

गुरु ने राजा से कहा, राजन बात बहुत छोटी सी है परंतु आप अपने बड़े होने के अहंकार में इसे समझ नहीं पा रहे हैं। इसी कारण आप दुखी

और परेशान हैं। राजा ने कहा, गुरुवर मैं कुछ समझा नहीं अपनी बात को स्पष्ट कहे। गुरु ने फिर कहा! माना कि आप बहुत बड़े राजा है, आप हर प्रकार से मुझसे पद में और प्रतिष्ठा में बड़े हैं फिर भी यहां तो हमारा और तुम्हारा रिश्ता गुरु और शिष्य का है। आप खुद ऊंचे सिंहासन पर और गुरु को छोटे से आसन पर बैठाते हो तो आपही बताओ राजन, आपको विद्या कैसे समझ में आएगी।

राजा गुरु की बात को समझ गया। राजा ने फिर गुरु को सिंहासन पर बैठाया और खुद छोटे आसन पर बैठा। अब गुरु ने जो भी विद्या बताई वह सारी विद्या राजा को समझ में आ रही थी, क्योंकि राजा को स्वयं के राजा के बल राज्य का अभिमान ही ज्ञान ग्रहण में बाधक था। चूंकि गुरु को ऊंचे आसन देकर ज्ञान देने वाले को उच्च और शिष्य बनकर स्वयं का छोटा आसन ग्रहण कर ज्ञान प्राप्त करना ही स्वयं के राजा होने के अभिमान को मार देता है।

शिक्षा : दोस्तों हमें इस कहानी से शिक्षा मिलती है कि हमें अपने गुरु का आदर और सम्मान करना चाहिए। गुरु को हृदय में स्थान देना चाहिए। तभी गुरु की दी हुई विद्या हमारी समझ में आती है।

परमात्मा कभी किसी का भाग्य नहीं लिखता,

जीवन के हर कदम पर हमारी सोच,

हमारा व्यवहार और हमारे कर्म ही हमारा भाग्य लिखते हैं

मुँह पर कड़वा बोलने वाले लोग

कभी धोखा नहीं देते

डरना तो...

मीठा बोलने वालों से चाहिए

जो दिल में नफरत पालते हैं

और वक्त के साथ बदल जाते हैं

शीशा कमजोर बहुत होता है.

मगर सच दिखाने से घबराता नहीं है.

- Kandla Arya

ENJOY YOUR LIFE AS SENIOR CITIZEN

Living peacefully with a young family as a senior citizen can be a rewarding experience for everyone involved. Here are some tips to help you achieve harmony and happiness:-

- **Set clear boundaries:** Establish clear expectations and boundaries with your family members to maintain a sense of respect and understanding.
- **Communicate effectively:** Open and honest communication is key to resolving conflicts and building strong relationships.
- **Show love and support:** Offer guidance, emotional support, and love to your family members, but also respect their independence.
- **Find common interests:** Engage in activities and hobbies that you can enjoy together, such as cooking, gardening, or storytelling.
- **Respect differences:** Accept that your family members may have different values, beliefs, and lifestyles, and try to understand their perspectives.
- **Take care of yourself:** Prioritize your physical and mental health by staying active, eating well, and seeking medical attention when needed.
- **Seek support:** Reach out to friends, family, or support groups for help and companionship when you need it.

Some specific tips for living with young children include:-

- **Be patient and understanding:** Children can be energetic and demanding, so it's essential to be patient and understanding.
- **Share your wisdom:** Share your life experiences and wisdom with your grandchildren, and listen to their stories and perspectives.
- **Engage in activities:** Participate in activities that your grandchildren enjoy, such as playing games, reading books, or watching movies together.

By following these tips, you can create a harmonious and loving environment for your young family to thrive.

RULES TO STAY FIT

1. **Stay physically active:** Engage in regular exercise, such as walking, jogging, yoga, or swimming, to maintain strength, flexibility, and mobility.
2. **Eat a balanced diet:** Focus on whole, nutrient-dense foods like fruits, vegetables, whole grains, lean proteins, and healthy fats.
3. **Stay hydrated:** Drink plenty of water throughout the day to stay hydrated and support overall health.
4. **Get enough sleep:** Aim for 7-9 hours of sleep per night to help your body repair and rejuvenate.
5. **Manage stress:** Engage in stress-reducing activities like meditation, deep breathing, or yoga to help manage stress and anxiety.
6. **Stay socially active:** Connect with friends, family, and community to stay engaged and support mental health.
7. **Stay mentally active:** Engage in activities that challenge your mind, such as reading, puzzles, or learning a new skill.
8. **Monitor your health:** Regular health check-ups can help identify potential health issues early on.
9. **Stay flexible and mobile:** Incorporate exercises that improve flexibility and mobility, such as stretching or tai chi.
10. **Prioritize preventive care:** Stay up-to-date on recommended vaccinations, screenings, and health check-ups.

दुनिया उन्हीं की खैरियत पूछती है
जो पहले से ही खुश हों,
जो तकलीफ़ में होते हैं उनके तो
नंबर तक खो जाते हैं.

God is Great

Scientists have discovered that Ants, after collecting grains and seeds which they need to store for the winter, actually break them into halves before storing in their nests. This is because by breaking the seeds into half, it stops them from germinating, despite the most perfect conditions.

But Scientists were stunned, when they discovered that coriander seeds stored in the Ant nest were always broken down into 4 pieces instead of 2 pieces.

After some lab research, Scientists discovered that a coriander seed is the only seed that can germinate even after being divided into two, but can not germinate after it's divided into four parts.

So how do these tiny tiny creatures know all this? And we Humans thought we are the ONLY intelligent creations of God.

Truth is we know very little & there's a lot to learn from every creature even if it's so tiny.

God is just Great & Impartial.

Source - unknown

सीधी पर अबूझ, शिवशक्ति रेखा :-

अभी सावन का पावन समय चल रहा है और यह माह शिव जी को समर्पित है तो आज उन्हीं से संबंधित एक अद्भुत, अद्वितीय, अनोखी, शिवशक्ति रेखा की बात! जिसका विस्तार उत्तराखंड के केदारनाथ ज्योतिर्लिंग से लेकर दक्षिण के रामेश्वरम ज्योतिर्लिंग तक एक सीध में करीब 2382 कि. मी. तक माना जाता है और उस पर इन दो ज्योतिर्लिंगों के अलावा पांच और शिव मंदिर बने हुए हैं, जो प्रकृति के पांच मूल तत्वों के प्रतीक हैं ! एक विलक्षण बात यह भी है कि भले ही उज्जैन का महाकालेश्वर मंदिर इस रेखा पर ना हो पर उसकी स्थिति इन सातों मंदिरों के ठीक बीच की बनती है..... !

Learn To have a Long Life

To have a Long Life, the 10 years from 70 to 79 years are crucial! Israeli scholars have found that there are around two health problems per month for people between the ages of 70 and 79. Surprisingly, the health status of the elderly aged 80-89 is as stable as the 60-69 age group!

The 10-year health care of 70 to 79 years olds is crucial. Here are some simple steps called "Doing ten ones every day" This will help you to navigate more smoothly through the "dangerous age group" stage of your life. When the elderly are 70 to 79 years old, they may wish to do these "ten ones" every day. Here are the 7 tips:

1. A Pot of Water

Water is "the best and cheapest health drink". You must drink a glass of water during the following three times/occasions each day:

First cup: After getting out of bed, you can drink a glass of water on an empty stomach. Because of our invisible sweating and urine secretion during sleep, we lose a lot of water. Even if we don't feel thirsty after getting up, the body liquids will still be thick due to lack of water. Therefore, after getting out of bed, you must slowly add water as soon as possible.

Second cup: A glass of water after exercise The right amount of exercise is one of the cornerstones of longevity, especially for the elderly, and more attention should be paid to effective and reasonable exercise. However, after exercise, special attention should be paid to replenishing water. During exercise, sweat takes away electrolytes and consumes more energy. If you don't pay attention, it is prone to hypoglycemia after exercise, and even cause syncope. Therefore, after the exercise, it is recommended that the old people drink water to which a small pinch of salt and sugar can be added and dissolved if you wish.

Third cup: a glass of water before going to bed.... When people are asleep, sweat glands are still draining water. When the body's water is reduced too much, the blood viscosity is increased. A cup of water before going to bed can effectively reduce the blood viscosity and may even slow down the appearance of aging. Helps against Angina,

myocardial infarction and other diseases.

2. A Bowl of Porridge

If you feel sick, drink a bowl of porridge! Wang Shixiong, a famous medical scientist in the Qing Dynasty, called porridge "the first complement of the world" in his book. China Daily Online published a 14-year study conducted by Harvard University on 100,000 people. It found that a bowl of about 28 grams of whole grain cereal porridge per day can reduce mortality by 9% and reduce the chance of getting cardiovascular diseases. Each volunteer was in good physical condition when he participated in the study in 1984, but in the 2010 feedback survey, more than 26,000 volunteers had passed away. It was found that those volunteers who regularly ate whole grains such as porridge, brown rice, corn and buckwheat seem to have avoided most diseases, especially heart diseases.

3. An Apple

Modern research believes that apples have the effects of lowering cholesterol, losing weight, preventing cancer, preventing aging, enhancing memory, and making the skin smooth and soft. The health benefits of different colored apples are different:

Red apples have the effect of lowering blood lipids and softening blood vessels

Green apple has the effect of nourishing liver and detoxifying, and can fight depression, so it is more suitable for young people to eat.

Yellow apples have a good effect on protecting vision.

4. A Piece of Fish

Chinese Nutritionists have warned that "eating "four legs" is worse than eating "two legs", eating "two legs" is worse than eating "no legs.""Four legs" mainly refers to pigs, cattle, and mutton. Eating too much of these meats is not conducive to weight loss and lowering blood fat;"Two legs" mainly refers to poultry such as chicken, duck, goose, etc., which are good meat foods;"No legs" mainly refers to fish and various vegetables. The protein contained in fish is easily digested and absorbed. The amount of unsaturated fatty acids

in the fat, especially polyunsaturated fatty acids, is relatively good for the body.

5. Gentle Walking

This has a magical anti-aging effect. When adults walk (about 1 kilometre or less) regularly for more than 12 weeks, they will achieve the effect of correct posture and waist circumference, and the body becomes strong and not easily tired. In addition, walking exercise is also beneficial to treat headache, back pain, shoulder pain, etc., and can promote sleep. Experts believe that a 30-minute walk a day can get rid of the danger of "adult disease". People who take 10,000 steps a day will have a lower chance of developing cardiovascular and cerebrovascular disease.

6. A Hobby

Having a hobby, whether it is raising flowers, raising birds, collecting stamps, fishing, or painting, singing, playing chess, and travelling, can help the elderly to maintain extensive contact with society and nature. This broadens the horizons of interest of the elderly. They will love and cherish life.

7. Good Mood

Old people should maintain good emotions as these are extremely important to their health. Common chronic diseases which affect the elderly are closely related to the negative emotions of the elderly:

Many patients with coronary heart disease have angina and myocardial infarction due to stimulation of adverse emotions, resulting in sudden death;"Bad" temper leads to high blood pressure. In prolonged and severe cases, this can cause stroke, heart failure, sudden death, etc.;Negative Emotions such as anger, anxiety, and grief can cause blood sugar levels to rise, causing metabolic disorders in the body. This shows how important it is to have a good mood! Physical aging is a natural phenomenon, and it is the most sensible choice to fully devote yourself to life and to live the best every day!

MEMBERS PLUS SPOUSES

WHO JOINED R&SCB FROM 01-04-2025 TO 01-08-2025

Mem No.	NAME	DOB	ADDRESS
7602	DR. KIRAN JUNEJA	02.09.1963	59-A, VIKRANT ENCLAVE, MAYAPURI, NEW DELHI - 110064
7603	SHRI RAMESH KUMAR ANAND	03.02.1961	H.N. 513, SEC. 38A, CHANDIGARH - 160036
	SMT. SANGITA ANAND	05.05.1965	*****
7604	SHRI SHIV KUMAR BHATIA	21.01.1965	82, PRAGATI APT., PUNJABI BAGH CLUB RD., PASCHIM VIHAR, N.D.-110063
	SMT. DEEPA BHATIA	28.12.1970	*****
7605	SMT. SARLA ARORA	15.10.1961	H-1304, R.G. RESIDENCY, SEC. 120, NOIDA, U.P. - 201301
	SHRI OM PARKASH ARORA	19.03.1955	*****
7606	DR. SHARAD KUMAR SHARMA	25.07.1962	H-302, SARASWATI APT., 97, I.P. EXTEN., DELHI - 110092
	SMT. SUNEET SHARMA	20.11.1967	*****
7607	SHRI RAM CHAND SAJNANI	05.09.1951	C-5D/55B, JANAKPURI, NEW DELHI - 110058
	SMT. ANITA SAJNANI	15.11.1956	*****
7608	SHRI KRISHAN LAL RANJAN	20.11.1951	C-4F/151, JANAKPURI, NEW DELHI - 110058
7609	SHRI GULSHAN KUMAR BATRA	22.07.1959	231-A, SEC.4, VAISHALI, GHAZIABAD, U. P. - 201010
7610	SHRI UPENDRA KUMAR	21.08.1947	F-73, EAST OF KAILASH, DELHI - 110065
7611	SHRI ALOKE GUPTA	24.02.1964	C-2C/2/65, JANAKPURI, NEW DELHI - 11058
	SMT. DEVI GUPTA	08.04.1969	*****
7612	SHRI ARVIND RANA	17.07.1967	C-6B/125, JANAKPURI, NEW DELHI - 110058
	SMT. SIMI RANA	10.09.1969	*****
7613	SHRI MAHESH CHAND VERMA	01.04.1950	BE-215, STREET NO. 5, HARI NAGAR, NEW DELHI - 110064
7614	SMT. NEELAM RANI ASIJA	15.08.1955	C-2A/59B, JANAKPURI, NEW DELHI - 110058
7615	SMT. ANUPAMA MISHRA	01.05.1965	E-503, SAKAL RES., NEW C. G. ROAD, CHANDKHEDA, AHMEDABAD- 382424
7616	SHRI BAL KISHAN GUPTA	16.01.1962	BE-59, HARI NAGAR, NEW DELHI - 110064
	SMT. POONAM GUPTA	06.07.1973	*****
7617	SHRI JITENDAR SINGH VERMA	05.07.1954	BE-344, STREET NO. 6, HARI NAGAR, NEW DELHI - 110064
	SMT. MANJU RANI	** ** 1960	*****
7618	SMT. MADHU SACHDEVA	24.01.1965	V-93, DLF CAPITAL GREEN, SHIVAJI MARG, NEW DELHI - 110015
7619	SHRI PRAVEEN KUMAR SAKHUJA	15.11.1963	H. N. 50, BLOCK-1, SUBHASH NAGAR, NEW DELHI - 110027
7620	SHRI VIRENDRA KUMAR CHAUDHARY	14.03.1965	103/17B, KAVERI MHADA, A.S. MARG, PAWAI, MUMBAI - 400076
	SMT. SUNITA CHAUDHARY	17.11.1967	*****
7621	SHRI VINOD KUMAR MITRA	20.03.1955	A-3/12, PASCHIM VIHAR, NEW DELHI - 110063
	SMT. ANITA MITRA	04.10.1959	*****
7622	SHRI RAKESH SHARMA	28.10.1962	KU-113, PITAMPURA, NEW DELHI - 110034
	SMT. NAMRATA SHARMA	30.07.1964	*****
7623	SHRI RAMAN KUMAR LAL DASS	18.01.1957	307-D, BLOCK QU, CHITRKOOT APT., PITAMPURA, NEW DELHI - 110034
	SMT. MANDVI DEVI	15.01.1961	*****
7624	SHRI LACHHMAN DASS PUSHP	15.04.1952	QU-280 D, CHITRAKOOT APT., PITAMPURA, NEW DELHI - 110034
	SMT. LALITA KUMARI	01.07.1953	*****
7625	SHRI ANSHU MANUJA	05.01.1965	C-6B/97, JANAK PURI, NEW DELHI - 110058
	SMT. MADHUR MANUJA	01.08.1967	*****

MEMBERS PLUS SPOUSES

WHO JOINED R&SCB FROM 01-04-2025 TO 01-08-2025

Mem No.	NAME	DOB	ADDRESS
7626	SHRI ANIL NAIB	06.11.1966	C-6-B/188, JANAK PURI, NEW DELHI - 110058
	SMT. CHITRA NAIB	25.07.1970	*****
7627	SHRI B. K. NAGIA	09.07.1949	J-714, SAKET, NEW DELHI - 110017
	SMT. SATISH NANGIA	02.11.1953	*****
7628	SHRI RAMESH CHAND	11.03.1960	122, SURYA APT., PLOT NO.14, SECTOR-6, DWARKA, NEW DELHI - 110075
	SMT. BHAGWAN DEVI	05.01.1961	*****
7629	SMT. NEELAM CHOPRA	15.10.1954	WZ-161, STREET NO. 5, VIRENDER NAGAR, NEW DELHI - 110058
7630	SMT. KANCHAN ANAND	10.07.1954	B-5/34, PASCHIM VIHAR, NEW DELHI - 110063
7631	SHRI RAJAT JAIN	16.04.1963	D-2/104, CLEO COUNTY, SEC.- 121, NOIDA, U. P. - 201301
	SMT. RESHU JAIN	01.12.1967	*****
7632	SHRI CHANDER VEER JAIN	01.01.1963	109, VSNL APT., C-58/17, SEC. - 62, NOIDA, U. P. - 201309
	SMT. DOLLY JAIN	28.05.1965	*****
7633	SHRI HEM RAJ SAWHNEY	13.07.1945	409/5, SEC.- 5, CHANNI HIMMAT HOUSING COLONY, JAMMU -180015
7634	SMT. PREM SETIA	05.07.1951	467-L, MODEL TOWN, PANIPAT, HARYANA - 132103
	SHRI HANS RAJ SETIA	08.03.1947	*****
7635	SMT. BALJEET JOHAR	07.09.1961	D-52, LAJPAT NAGAR-1, NEW DELHI - 110024
7636	SHRI BALWANT SINGH	18.04.1950	132, PRATAP NAGAR, MAYAPURI, NEW DELHI - 110064
	SMT. HARCHARAN KAUR	11.11.1950	*****
7637	SHRI BHUPESH MALHOTRA	02.11.1962	501-A/25, HAPPY VALLEY, THANE, MAHARASHTRA - 400607
	SMT. POONAM MALHOTRA	24.04.1964	*****
7638	SHRI ARUN KUMAR MAHAJAN	24.10.1947	C-2/2, JANAK PURI, NEW D3LHI - 110058
	SMT. VINOD MAHAJAN	16.08.1950	*****
7639	SHRI BHUPENDER KUMAR SHARMA	12.04.1965	180-A, A-1 BLOCK, HASTSAL ROAD, UTTAM NAGAR, NEW DELHI - 110059
	SMT. SUNITA SHARMA	13.10.1966	*****
7640	SHRI SHISH PAL	12.04.1960	C-2/17, PRINTERS CGHS LTD. P. NO. 18, SEC. 13, ROHINI, N. D. - 110085
	SMT. ANITA	29.06.1967	*****
7641	SHRI SURESH BHATIA	18.10.1961	A-1/173, PASCHIM VIHAR, NEW DELHI - 110063
	SMT. NEELAM BHATIA	02.01.1961	*****
7642	SHRI VINAY KUMAR SETHI	13.06.1948	A-134, SARSWATI VIHAR, PITAM PURA, NEW DELHI - 110034
7643	SHRI RAJESH SETHI	22.05.1956	H-111, ARAVALI KUNJ, PLOT NO.-44, SEC. 13, ROHINI, NEW DELHI - 110085
	SMT. SANGEETA SETHI	28.08.1964	*****
7644	SMT. PUSHPA DEVI	02.11.1965	392/18, WARD NO. 21, KATARIA ESTATE, HEERA NAGAR, GURGAON - 122001
7645	SHRI JAG JEET SINGH	01.09.1949	CB/68-C, D.D.A. FLAT, HARI NAGAR, NEW DELHI - 110064
7646	SHRI SUNIL VERMA	05.03.1958	B-1/410, JANAK PURI, NEW DELHI - 110058
	SMT. SUDHA VERMA	05.10.1963	*****
7647	SHRI RAJESH MEHTA	06.09.1961	C-3/263, JANAK PURI, NEW DELHI - 110058
7648	SHRI VINOD KUMAR KOHLI	06.07.1953	CA-14/D, HARI NAGAR, NEW DELHI - 110064
	SMT. SUMAN KOHLI	02.12.1958	*****
7649	SMT. JYOTI BAKSHI	17.01.1963	F-811, HUM SAB SOC., PLOT NO. 14, SEC. 4, DWARKA, NEW DELHI - 110075
7650	SMT. SHOBHA SHARMA	11.07.1955	B-503, PRAKRITI APT., PLOT NO. 26, SEC. 6, DWARKA, NEW DELHI - 110075

MEMBERS PLUS SPOUSES

WHO JOINED R&SCB FROM 01-04-2025 TO 01-08-2025

Mem No.	NAME	DOB	ADDRESS
7651	DR. SUNITA JOSHI	05.07.1957	J-207, LIC COLONY, MEERA BAGH, NEW DELHI - 110087
7652	SMT. NIRMAL GUPTA	07.07.1968	275, UNITED APT., PLOT NO. 34, SEC. 4, DWARKA NEW DELHI - 110075
	SHRI SURESH GUPTA	23.06.1962	*****
7653	SHRI RAJ KUMAR	01.07.1964	RZ J-54/210, GALI NO. 2, WEST SAGARPUR, NEW DELHI - 110046
	SMT. MANJU RANI	02.05.1971	*****
7654	SHRI DIGVIJAY SHARMA	25.12.1960	67, J.K. APT., PASCHIM VIHAR, NEW DELHI - 110063
	SMT. MADHU SHARMA	17.08.1963	*****
7655	SHRI PRAMOD AGARWAL	20.09.1964	D-1A/139A, JANAKPURI, NEW DELHI - 110058
7656	DR. AMITA SAXENA	13.05.1959	D-20, 2ND FLOOR, HAUZ KHAS, NEW DELHI - 110016
7657	SHRI MAHENDER LAL SHARMA	01.04.1955	228, SEC-9A, GURGAON, HARYANA - 122001
	SMT. ASHA SHARMA	18.04.1953	*****
7658	SHRI VIJENDER DAHIYA	29.06.1965	A-2/218, JANAKPURI, NEW DELHI - 110058
	SMT. KAVITA DAHIYA	25.12.1969	*****
7659	SHRI PREM KUMAR	16.11.1960	E-301, PLOT NO.-12, SEC. 22, UDHYOG VIHAR, DWARKA, NEW DELHI-110077
	SMT. CHITRA ARORA	01.11.1962	*****
7660	SHRI AMAL CHANDRA DATTABANIK	12.12.1957	D-5/17, VASHISHT PARK, PANKHA ROAD, NEW DELHI - 110046
	SMT. BITU DATTABANIK	12.10.1968	*****
7661	SHRI RAJKUMAR KHAITAN	01.01.1960	B-175, PRASHANT VIHAR, SEC. 14, ROHINI, NEW DELHI - 110085
	SMT. SUMAN KHAITAN	06.04.1960	*****
7662	SHRI RAJEEV UPPAL	29.01.1965	RZ-E/31, STREET NO. 7, RAGHU NAGAR, NEW DELHI - 110045
	SMT. SAPNA UPPAL	07.07.1967	*****
7663	SHRI JAI PRAKASH GUPTA	03.04.1958	A-3/793, C.A. APT., PASCHIM VIHAR, NEW DELHI - 110063
	SMT. KAVITA GUPTA	01.02.1961	*****
7664	SHRI VIJAY KUMAR SHARMA	24.02.1947	329, BHERHA ENCLAVE, PASCHIM VIHAR, NEW DELHI - 110087
	SMT. SUSHMA SHARMA	25.06.1951	*****
7665	SHRI RAJ VIR	26.06.1962	EC-142, MAYA ENCLAVE, HARI NAGAR, NEW DELHI - 110064
	SMT. NEETA	28.04.1966	*****
7666	SMT. SHASHI LAL	08.10.1950	1083, SEC. 17B, IFFCO COLONY, GURUGRAM, HARYANA - 122001
7667	SHRI VED PRAKASH RUSTAGI	26.10.1964	681, KANUNGO APT., PLOT NO. 71, I.P. EXT., PATPARGANJ, DELHI - 110092
	SMT. SHINU RUSTOGI	06.05.1971	*****
7668	DR. BISHAMBER DASS TOORA	28.05.1955	H-447, PALAM VIHAR, GURUGRAM, HARYANA - 12207
	DR. (SMT.) SOHINDER KAUR	30.06.1956	*****
7669	SHRI HARBANS ARORA	11.01.1955	B1/591E, JANAKPURI, NEW DELHI - 110058
	SMT. SUMAN ARORA	15.02.1957	*****
7670	SMT. KIRAN SHARMA	08.03.1952	RZ/E-26, STREET NO. 6, RAGHU NAGAR, DABRI, NEW DELHI - 110045
7671	SHRI ROOP NARAIN GABA	12.10.1964	WZ-181, STREET NO. 11, SHIV NAGAR, NEW DELHI - 110058
	SMT. MADHU GABA	06.06.1969	*****
7672	SMT. SUNITA BAVEJA	12.03.1959	C-3/163, JANAKPURI, NEW DELHI - 110058
7673	DR. RAJINDER BAZAZ	21.10.1960	B-1/444, JANAKPURI, NEW DELHI - 110058
	SMT. MONIKA BAZAZ	27.01.1964	*****

MEMBERS PLUS SPOUSES

WHO JOINED R&SCB FROM 01-04-2025 TO 01-08-2025

Mem No.	NAME	DOB	ADDRESS
7674	SMT. SEEMA GOEL	30.06.1965	D-008, HUM SUB APT., SEC. - 4, PLOT NO. 14, DWARKA, NEW DELHI-110078
	SHRI SURINDER KUMAR GOEL	02.11.1962	*****
7675	SMT. KANCHAN MARWAHA	10.08.1953	F-32A, CENTRAL MARKET, KIRTI NAGAR, NEW DELHI - 110015
7676	SHRI VINAY KUMAR SHARMA	03.10.1963	B-302, ANANT APT., PLOT NO. 25A, SEC.-4, DWARKA, NEW DELHI - 110078
	SMT. POONAM SHARMA	16.12.1967	*****
7677	SHRI PRALOY KUMAR MITRA	28.01.1964	B-324, CHITTARANJAN PARK, NEW DELHI - 110019
	SMT. SHARMILA MITRA	09.12.1965	*****
7678	SHRI MANDEEP SINGH	19.10.1963	130A/2, GAUTAM NAGAR, NEW DELHI - 110049
	SMT. JATINDER PAL KAUR	04.10.1965	*****
7679	SHRI HARMINDER SINGHDUGGAL	03.03.1957	15/3A, PREM NAGAR, JANAKPURI, NEW DELHI - 110058
	SMT. MANPREET KAUR	01.10.1967	*****
7680	DR. ASHOK KUMAR TANEJA	20.12.1961	D-3, HARSH APT., IIT DELHI, PEERA GARHI, NEW DELHI - 110087
	SMT. MADHU BALA	05.03.1965	*****
7681	SHRI KAILASH CHANDER GULATI	02.06.1953	BG1/171,S.F.S. FLATS,PASCHIM VIHAR, NEW DELHI - 110063
7682	SHRI SURINDER KUMAR KALRA	25.10.1957	C-167, BROTHERHOOD APT., H-3 BLOCK, VIKASPURI, NEW DELHI - 110018
	SMT. KAVITA KALRA	28.07.1959	*****
7683	SMT. RAJ CHAUDHRY	02.08.1947	GH-14/217, PASCHIM VIHAR, NEW DELHI - 110087
7684	SHRI ANIL NAGPAL	24.06.1962	59, SD BLOCK, PITAMPURA, NEW DELHI - 110034
	SMT. JAYA NAGPAL	03.04.1966	*****
7685	SHRI SUNIL KUMAR SHARMA	14.08.1958	B-133, POCKET- 2, BLOCK 34, KENDRIYA VIHAR 2, SEC. 82, NOIDA -201304
	SMT. GEETA SHARMA	25.03.1965	*****
7686	SHRI PRADEEP KATARIA	09.08.1961	RZF-4B, UGF, BLOCK F, ST. 3, MAHAVEER ENCLAVE, PALAM, N.D. -110045
7687	SHRI K.K. PANDEY	24.01.1956	677, SEC. 52, KOYAL VIHAR, GURGAON - 122003
	SMT. KALPANA PANDEY	15.05.1959	*****
7688	SHRI RAMESH CHAND	24.07.1951	A-3/220, TOWER 7, SILVER CITY, SEC. 93, NOIDA -201304
	SMT. HEMLATA SAINI	12.12.1955	*****
7689	SHRI UMESH CHAND VERMA	30.10.1961	BE-220, STREET NO. 5, HARI NAGAR, NEW DELHI -110064
	SMT. RANI VERMA	20.07.1961	*****
7690	SHRI PARDEEP KUMAR CHAWLA	02.06.1958	B-114/2, DUGGAL COLONY, KHANPUR, NEW DELHI - 110062
	SMT. USHA CHAWLA	30.12.1960	*****
7691	SHRI BRIJ PRAKASH	15.05.1953	D-11/116, SECTOR-8, ROHINI, NEW DELHI -110085
	SMT. SUSHILA GUPTA	12.06.1960	*****
7692	SHRI RAKESH KUMAR SATIJA	09.05.1963	1, AIMS GOLF AVENUE-2, TOWER-1, SECTOR-75, NOIDA, U.P. - 201301
	SMT.SUMAN SATIJA	12.04.1961	*****
7693	SHRI VARINDER GUPTA	16.01.1958	B-1/591M, 2ND FLOOR, JANAKPURI, NEW DELHI - 110058
	SMT. RASHMI GUPTA	15.04.1963	*****
7694	SHRI NARINDER GUPTA	11.10.1957	C3A/65C, JANAKPURI, NEW DELHI - 110058
	SMT. RITA GUPTA	01.04.1958	*****

BAKU TOUR



MOJOLAND WATER & SNOW PARK



Bheem Tal / Kainchi Dham (2 Groups)

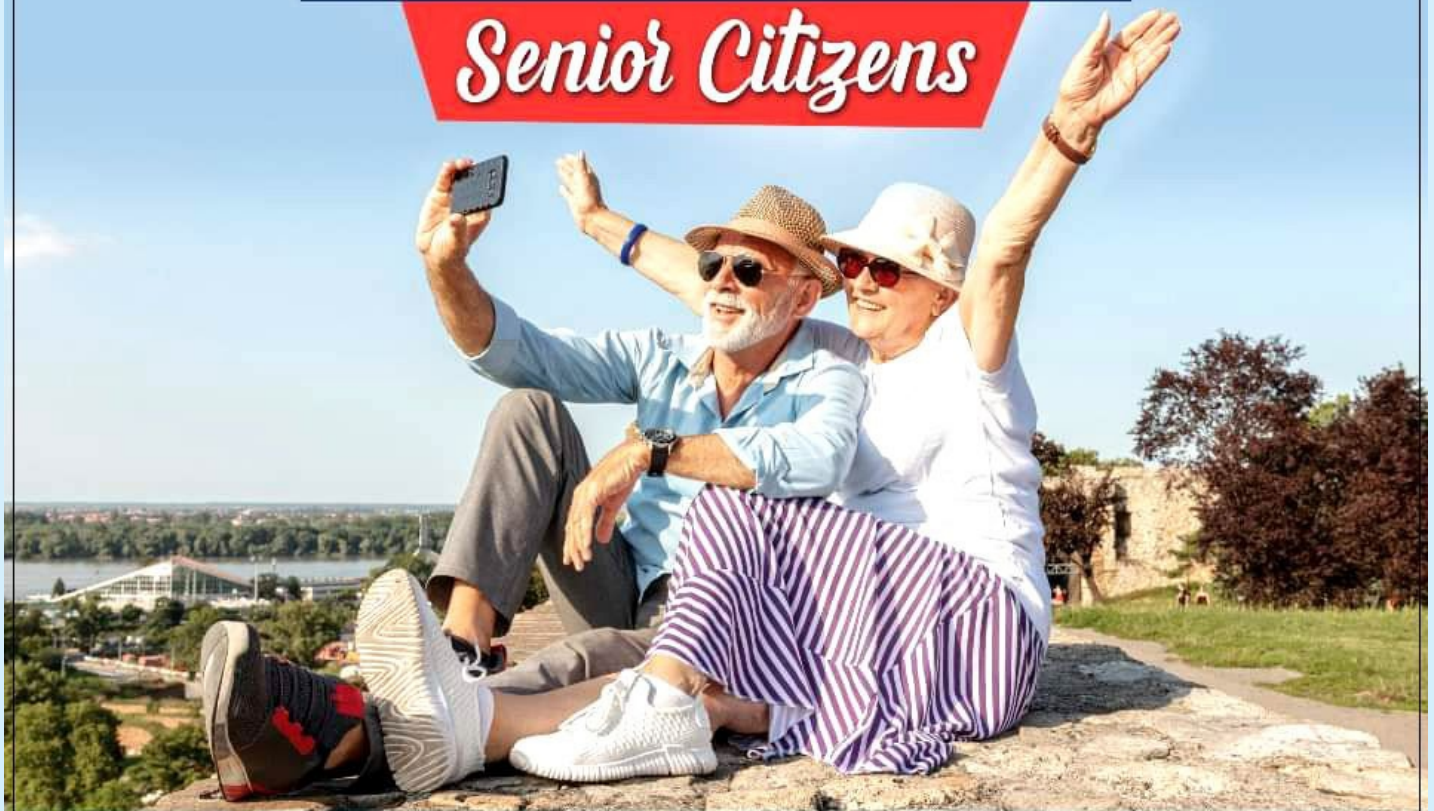


Traveexcel
Hospitality Pvt. Ltd.

Travel Kar Befikar



Exclusive Destinations For Our *Senior Citizens*



SENIOR CITIZEN GROUP TOURS, LADIES GROUP TOURS, FAMILY TOURS, CUSTOMIZED TOURS, HONEYMOON PACKAGES, DOMESTIC INTERNATIONAL HOTELS AND FLIGHTS BOOKING, VISA SERVICES, TRAVEL INSURANCE

For Booking & Reservation Please Contact

Chandni Sachdeva: 9582772705 | Tarun Gera: 9953488152

**Suite No: 304, Pankaj Tower 1, G Block,
Community Centre Vikas Puri near Pvr Cinema**

**Email: traveexcelhospitality1@gmail.com
Website: www.travelkarbefikar.com**

+91-8100667733

Toll Free 1800 11 2277

ZENITH
HOLIDAYS.com

25⁺ Years of
Exquisite Experience

FOREIGN
EXCHANGE

SENIOR CITIZEN
PACKAGE

HOTEL

FAMILY PACKAGE

CONFERENCE

CORPORATE
TOURS

EVENTS

VISA



+91-8100667733

Mobile: 8506 809 993 | Toll Free: 1800 11 2277

AHMEDABAD • BANGALORE • BHOPAL • CHENNAI • COCHIN • HYDERABAD • KOLKATA • MUMBAI • NEW DELHI • PATNA
PUNE • RANCHI • VADODARA • VIZAG • BANGALADESH • DUBAI • EUROPE • INDONESIA • JAPAN • SINGAPORE • THAILAND

36 BRANCHES IN INDIA

1000+ TEAM MEMBERS

100 + HOTEL FRANCHISEE

12 INTERNATIONAL BRANCHES