

# **MOHALI SENIOR CITIZENS ASSOCIATION (Regd.)**

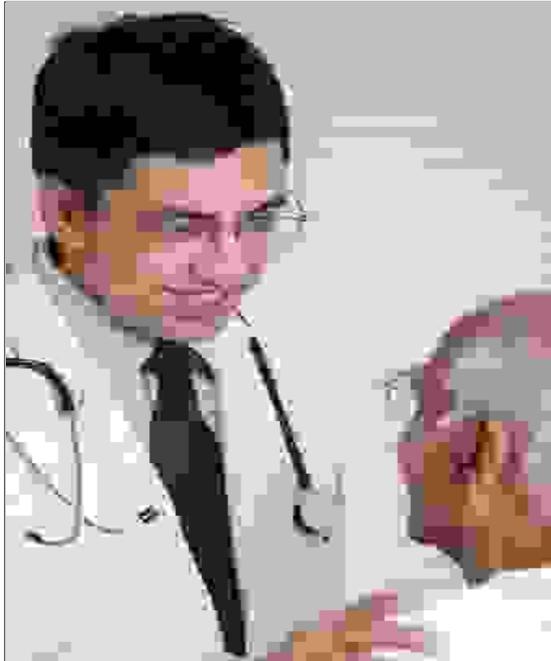


## **SOUVENIR 2012**

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Minister for Health & Family Welfare,  
Social Security & Development of  
Women & Child  
and Parliamentary Affairs, Punjab.

## **MESSAGE**

At the very outset, let me congratulate and bless the Mohali Senior Citizens Association

I am glad to learn that a Souvenir is being brought out by 'Mohali Senior Citizens Association' which will be released at the State Function of International Day of Senior Citizens on 1<sup>st</sup> October, 2012.

In recent years life expectancy has greatly improved contributing to rapid increase in number of senior citizens. Further, with changing social scenario and breaking up of the joint family system, life of the elderly is becoming more and more challenging and difficult. Our elders have made great contributions to make our lives happy and we, in turn, should pay attention to their physical, emotional and financial needs.

I appreciate the welfare work being done by the Association and extend my felicitations to all its members.

(MADAN MOHAN MITTAL)



**Member-National Commission  
for Minority Educational Institutions  
Govt. of India  
Former Union Cabinet Minister  
Advocate - Supreme Court**

## **MESSAGE**

At the very outset, let me congratulate and bless the Mohali Senior Citizens Associations for endeavoring to bring out a Souvenir, on the great and auspicious 'The Senior Citizens Day' 1st Oct. 2012. I have grown under the wings of older persons, my ancestors, my teachers who have shaped my life and chiselled my personality. I know and understand to the best of my ability that the older people are our beacon lights, our torch bearers and trend setters.

I have heard much about the service that Mohali Senior Citizens Association has been rendering to the society for the last four years. I admire them particularly on publishing a Souvenir on this occasion, which is a balance sheet of their achievements.

(B.S. RAMOOWALIA)



**Balbir Singh Sidhu**  
MLA  
Punjab Legislative Assembly  
S.A.S. Nagar Constituency

## **MESSAGE**

Bringing out a Souvenir means an assessment of the work done in the past, its appraisal and planning for future. It's like self analysis, introspection and a tacit promise to work harder to achieve the said targets.

Going by the record of Mohali Senior Citizens Association, I can say with all certainty that the Association is competent enough to achieve its goals, mentioned in its constitution.

With the best of my regards and wishes to all the 'Grey Heads'

(Balbir Singh Sidhu)



**Chairman  
District Planning Board  
S.A.S. Nagar**

## Message

I have always held the elderly in high esteem because their blessings have always inspired us on the rough road of life. Our forefathers have always been our torch bearers. We feel their absence and seek their blessings when they are no more with us.

We should utilize the experience and expertise of the Senior Citizens, who are reservoirs of wisdom and knowledge. They have always been regarded as valuable assets of the society. I pray that the Mohali Senior Citizens Association continues to look after the interests and problems of the people in need.

On the occasion of the State Level Senior Citizens Day on 1st October 2012, I extend my heartiest felicitations.

**(Harbhajan Mann)**



**Deputy Commissioner  
S.A.S. Nagar**

## Message

I send my heartiest felicitations to all the members of Mohali Senior Citizens Association , on the auspicious occasion of the “State Level Senior Citizens Day”. I have learnt that the Association is doing a yeoman's service to the Senior Citizens in particular, and the poor and the needy , in general. A special attention needs to be given not only to look after their well being, but also to tap their experience fruitfully. The district administration, on its part has a soft corner for the old and the genius, who are an inexhaustible treasure of experience and expertise.

May God bless you with all the inspiration to do good to others.

**(Varun Roojam, IAS)**



**Senior Superintendent of  
Police SAS Nagar**

## Message

Senior Citizens constitute a rich national resource, with their accumulated knowledge, talent and expertise, Bringing out a souvenir on the State Level Senior Citizen Day on 1st Oct. by the Mohali Senior Citizens Association, is a great news. I strongly believe that a souvenir is a window through which the activities of an association like this are reflected. It also inspires the members to do better and better still. SAS Nagar Police is all for the revered Senior Citizens and is already in the process of establishing a help line especially for Senior Citizens.

My good wishes for all the future endeavours of the Association.

**(GPS Bhullar) PPS**

## **GREATER MOHALI DEVELOPMENT AUTHORITY**

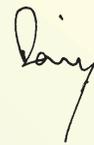


**Additional  
Chief Administrator  
GMADA**

### **Message**

It pleases me immensely that Mohali Senior Citizens Association (Regd.) is bringing out a Souvenir 2012 on the occasion of Senior Citizens Day on 1st October 2012. I send my heartiest congratulations to all the members of the Association. Doubtlessly, the elder citizens are valuable to the society. It is our moral duty to look after them.

May God bless them with all the power and energy to do good to others.



**(Manjit Singh Brar)**

## MOHALI SENIOR CITIZENS ASSOCIATION (REGD.)



**Dr Amarjit Singh Khehra**  
Chairman  
Mohali Senior Citizens Association  
President  
Federation of Senior Citizens Associations  
Punjab

### MESSAGE

It gives us great satisfaction as we look back when 'Mohali Senior Citizens Association' was formed more than 5 years back. Its rapid growth in membership (more than 1250 life members), its numerous activities and welfare programmes and the role it played in the formation of 'Federation of Senior Citizens Associations, Punjab', is highly appreciable. The efforts of all concerned have given shape and substance to the movement of the Senior Citizens in the State. Twenty five Associations / Councils covering most of the districts have already federated and more are in the pipe line. However, continuous and concerted efforts are required to extend it to all towns and even villages.

Our Associations / Councils provide an excellent platform for interacting with each other, for involving ourself in social welfare programmes and for advocacy with State and Central Governments on problems of the elderly, so that they can lead a secure and dignified life.

I extend my best wishes to all the Associations and their members.

A handwritten signature in blue ink that reads 'A.S. Khehra'.

(Dr Amarjit Singh Khehra)

## MOHALI SENIOR CITIZENS ASSOCIATION (REGD.)



**H.S. Mand**  
M.A. (ECO) C.A.I.I.B.  
Ex. MD, Pb. Coop. Sugar Mills  
**President**

### Message

It gives me immense pleasure to present this Souvenir of the Mohali Senior Citizens Association on State Level Senior Citizens Day celebrations on 1st October, 2012.

The MSCA was formed in 2007 with the initiative of Late Sh. P.H. Vaishnav IAS former chief secretary of Punjab. It progressed well under its founder president Dr. Amarjit Singh Khehra.

The Association has made tremendous progress during the last five years and its membership has crossed 1270 at present. With the disintegration of joint family system & emergence of nuclear families, the elderly people feel ignored and are deprived of due respect while they need emotional, financial & physical support, most at this stage for a comfortable aging. So to fill up this gap & to provide them with security, help & support the Association is doing a yeoman's service.

The main aim of the Association is to make Senior Citizens active, cheerful for leading a comfortable life by arranging fortnightly get-togethers for them where they share their problems, enjoy cultural programmes, play tambola, celebrate their birthdays & wedding anniversaries. Besides, a picnic is arranged every month to a place of interest where the senior citizens enjoy, have fun and recreation. To keep them abreast of the latest information, an airconditioned library-cum-reading room & a computer training centre has been established in City Park, Sector-68, with the help of GMADA. Daily news papers, monthly periodicals, books of interest with TV, fridge have

been provided in the above allied facilities centre, besides indoor games like table tennis, carrom, and cards. Two big gazebos have been got constructed for sitting in the open. Three doctors examine elderly people at this centre on every Wednesday & medicines are provided free to them. Two health related lectures are arranged in Fortis & Max hospitals in each month where Sr. Consultants deliberate on various diseases. Besides this, medical camps are arranged with the help of hospitals in rural areas by the Association and medicines are provided free of cost.

We are making sincere efforts to establish a modern Senior Citizens Centre with club like facilities for catering, sports & health in City Centre Park, so as to make the life of Sr. Citizens more comfortable, cheerful and meaningful. We have taken up with the state government for providing day care centres in all new sectors, availability of space in all community centres for Sr. Citizens, increase in pension and regular payment and reduction in age from 65 to 60 years for eligibility for pension, representation to Sr. citizens on distt level committees & a separate directorate for Sr. Citizens. Our endeavour is to arrange more facilities for Sr. Citizens so as to make them happy and satisfied at this stage of life.

We regularly apprise the Sr. Citizens of legal remedies available to them under various state and central Acts.

Our dedicated team of Governing Body is a combination of experienced & learned persons having retired from decent higher posts who are ever ready to help the fellow sr. citizens.

I am thankful to the Directorate of Social Security & Women and Child Development Punjab for providing financial help to the Association. I am also grateful to GMADA for providing us space for office in Community Centre phase 7 & building in City Park Sector 68, Mohali, besides other help. I also thank distt. Administration for extending help when ever needed by the Association.

I will be failing in my duty if I do not thank my fellow sr. citizen members for extending full Co-operation to our team for managing the affairs of Association efficiently.



**H.S. Mand**

## MOHALI SENIOR CITIZENS ASSOCIATION (REGD.)



**Parminder Singh**  
M.Sc (Chem.) DRDS (Retd.)  
**Editor**

### *Editorial*

Old age may bring with it, a need of mental sharpness. This can take place because of physical weakness. If the mind has been deserted, if God, the almighty is abandoned, there will be a mental breakdown. There can be an embarrassment to life from the viewpoint of success standards. Someone looks back and observes life as a breakdown. There is danger of disenchantment. There is a propensity for great augment in mental attitude, with stress on criticism and judgement. These things are over and over again overlooked in youth; but they are terrible in the elderly.

There is a lack of self-confidence in old age, particularly if the old people can't take care of themselves monetarily. The children's plans do not include them. Old age may bring a lack of ability to concentrate, forgetfulness, inability to speak, to hear, to see etc. So the old individual gets used to sitting in a chair in pensiveness, vegetating, saying nothing.

There is occasionally a lack of reason to live, too much redundant time, and too much time for belligerent. There may be a craving to travel but there are no means to do so. There is a lack of important things to do. Old age brings about future shock. Senior citizen finds himself out of place with the younger generation of children and grandchildren. Therefore a hazardous trend can get started toward hypercriticism.

The older believer may have stopped up growing religiously. There is, therefore, no learning, no pursuit of God, no longing for life. There is a propensity to vegetate, to become tired, to rely on the learning done years before. There is a trend in the older believers to drink a lot when they don't have something else going for them. There is the inclination to imagine that getting old means that a person has some wisdom. So there is the talkative senior citizen who never stops talking and imposes continuous boredom on his listeners with his tired expression and homely chatter.

A handwritten signature in blue ink, appearing to be 'Parminder Singh'.

**Parminder Singh**

**Mohali Senior Citizens Association**

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**Mohali Senior Citizens Association**  
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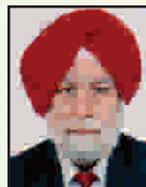
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## Conveners - The Life Line of MSCA



**Sitting (Left to Right) :** Shiam Singh, R. S. Sachar, Saroj Rani, Balwant Kaur, Dr. G.K. Nanda, Rashpal Kaur, Harnam Singh (Sec. Gen.) J.S. Thukral (Vice President), H.S. Mand (President), A.S. Khehra (Chairman), Rabinder Singh (Chief Convener), Ajit Singh (Z/C), P. S. Kalsi (Z/C)

**Standing (1st Row) :** Sukhdev Singh, R. N. Dhudpuri, I.K. Saggu, S.C. Kapuria, B.S. Mangarha, Pritam Singh, Nardev Singh, V.K. Parmar, N.D. Arora, K.S. Ahluwalia, Vinod Mamik, Krishan Chand, Karnail Singh, M.S. Panag, B.S. Shahpuri, Mewa Singh, G. S. Bindra

**Standing (Top Row) :** Dr Sukhpal Vatish, P.P.S. Bajaj, N.K. Kalsi, Gurwant Singh, T.S. Chawla, N.K. Trehan, H.S. Brar, B.S. Cheema

The team of conveners is the lifeline of MSCA which maintains rapport with vast number of members spread over entire area of Mohali, its periphery and Chandigarh. They establish personal relationship with members, distribute Glorious Years (our monthly newsletter), invitation cards, directory, and souvenir and collect yearly subscriptions.

Glorious Years is a strong line of communication among members. All members await its arrival; nobody wants to miss it, as it informs them of coming events and activities. It also contains messages from President, Editor, Secretary General, articles from Doctors and items of common interest contributed by members.

They also promote new membership and help in organizing activities of MSCA. Our volunteers are devoted and put in sincere efforts. MSCA appreciates their contribution and puts on record their good services.

As the number of members and area of operation is fast expanding the existing conveners are over worked. Hence it is requested that more volunteers come forward in helping in fellow citizens. Those who are interested and can put in efforts, are requested to come forward. It is desired that they are committed, have positive attitude and are punctual. There is vast scope of improvement and we must strive for it.

Wishing all the Conveners and their families very happy times ahead.

Rabinder Singh,

Chief Convener.

## **EDITORIAL BOARD, SOUVENIR 2012**



### **GRATITUDE**

I salute, Prin. S. Chaudhary, S. H.S. Chinna, Sh. Rakesh Koshal & Sh. Rabinder Singh and the overall blessings & guidance of Shri H.S. Mand, President for coming to my rescue, when I was so hard pressed with a lot of onus on my shoulders while editing this souvenir. Hbut for their prop up, this “Annual Outburst” would have reached your hands very late. May they grow well heeled and upscale.

Parminder Singh

-Editor