	<p style="text-align: center;">SENIOR CITIZEN FORUM HARIDWAR (UTTARAKHAND)</p> <p style="text-align: center;">Office : C-50, Shivalik Nagar, BHEL, Ranipur - 249403 (Haridwar) Mob : 9411579066 ; 9837089796</p>
NPO Regn No. : 4/51/432	DARPAN Regn No. : UA/2016/0106829
Issue 1	APRIL 2026



In this issue :-

- ❖ Editorial
- ❖ BD & WA Celebrations
- ❖ President's Message
- ❖ Women's Day Celebration
- ❖ Secretary's Message
- ❖ Basant Panchami in C-50
- ❖ Picnic
- ❖ Holi Milan
- ❖ About Lekhak Gaon
- ❖ Ramayan Path
- ❖ HelpAge Program on Mental Wellness
- ❖ Nav Samvatsar

EDITORIAL

It gives us immense pleasure to present the **INAUGURAL ISSUE** of the Quarterly Newsletter of the Senior Citizens Forum, Haridwar. This newsletter is an effort to bring together the voices, experiences and vibrant activities of our respected senior members on a common platform. It will serve as a reflection of the spirit, enthusiasm and collective wisdom of our Forum.

The activities of the Forum show that the senior years can be active, meaningful and fulfilling. The Forum continues to provide a platform where friendship, mutual care, learning and joyful participation flourish.

Over the past few months, the Forum has organized a variety of engaging and meaningful activities. Birthday and wedding anniversary celebrations of



our members have brought warmth and happiness, strengthening bonds within the community. These moments remind us that every milestone in life deserves to be cherished and celebrated together.

Picnic gathering arranged by the Forum provided members an opportunity to enjoy nature, spend quality time together and share laughter and memories. Such outings strengthen friendships and bring freshness into our lives.

The celebration of International Women's Day by the Forum was a colourful and inspiring event. Our lady members enthusiastically participated and highlighted the important role of women in society through cultural performances and presentations.

Recognizing the importance of safety in the digital age, the Forum also organized an informative program on Cyber Security. The session hosted by HelpAge, Dehradun, guided senior citizens on how to remain alert and safe while using mobile phones, online banking and social media.

Festive celebrations like - the Holi Milan program brought members together in an atmosphere of joy, music and colors. Such gatherings keep our cultural traditions alive and strengthen the feeling of togetherness.

This newsletter aims to record these activities, share experiences and provide useful information for our members. We hope it will encourage greater participation and strengthen the bond among all members of the Forum.

Message from Sri A K Jain, President

It gives me great pleasure to see the launch of the Quarterly Newsletter of the Senior Citizens Forum, Haridwar. A newsletter is not merely a publication; it is a reflection of the spirit, unity and collective efforts of the members.

Our Forum has always believed that senior citizens are a valuable source of wisdom, experience and guidance for society. Through various social, cultural and awareness activities we aim to keep our members active, informed and socially connected.



I sincerely appreciate the efforts of all members, volunteers and office bearers who contribute their time and energy to make the Forum active and meaningful.

I hope this newsletter will become an effective medium of communication, sharing achievements, ideas and experiences of our members. I also invite suggestions from all members so that together we can make our Forum stronger and more active.

I sincerely thank the editorial team for bringing such an informative and pictorial maiden Newsletter.

I wish for the continued success of our Forum and the well-being of all our members.

Message from Sri S K Agarwal, Secretary

It gives me immense pleasure to present the maiden issue of the “Quarterly Newsletter of the Senior Citizens Forum Haridwar”. It aims to document the vibrant activities and initiatives of the Forum and keep everyone connected with the Forum’s journey.

After taking over the responsibility as Secretary of the Forum in Sept’25, a number of steps have been taken to strengthen the functioning of the Forum and to enhance engagement among members. One of the first initiatives was to ensure regular and well-planned meetings of the Board of Trustees, enabling timely discussions and collective decision-making for the welfare of our members. The “Day Care Centre” at C-50, Shivalik Nagar has witnessed a renewed level of activities. More programs and interactive sessions are now being organized there including indoor sports like - Chess and Carrom, making it a lively hub where members meet, share experiences, and participate in meaningful engagements keeping mind active and the heart cheerful.

Another memorable event was our outbound picnic to “Lekhak Gaon”, providing members a wonderful opportunity to relax, interact and enjoy nature together. Such outings strengthen bonds of friendship and add freshness to our routine lives. Cultural life of the Forum has also been enriched through attractive cultural programs, where members showcased their talents in music, dance, and other creative performances. Such programs not only provide entertainment but also strengthen the bonds within our community. It includes “National Women’s Day” celebrated for



the first time. Smooth coordination and communication between members and the management team has helped in organizing programs more efficiently and responding to members' suggestions and needs.

A significant initiative has been the daily "Health updates" and guidance from doctors of BHEL Hospital, which has been very useful for our members in maintaining awareness about health and well-being.

Looking ahead, we aim to expand the Forum by welcoming new members, thereby strengthening our community of senior citizens and creating more opportunities for meaningful engagement, service, and companionship. This newsletter is a humble beginning - a platform to share our activities, ideas, memories and achievements. I hope this newsletter will become a regular platform in future. I sincerely thank all our members, office bearers and volunteers whose cooperation and enthusiasm make every initiative successful. A special thanks to the editorial team for bringing such a useful and attractive newsletter.

Let us continue working together to ensure that our Forum remains a vibrant, supportive and joyful community for all senior citizens providing a space for companionship, creativity, learning and meaningful participation.



PICNIC

It was a unique excursion; on 14th Dec'25 over a hundred senior citizens queued up for buses in Shivalik Nagar in a jubilant mood, heading for a destination nearly 50 km away from the holy city. The destination was special - a serene village surrounded by hills, open spaces and lush greenery – called as “Lekhak Gaon” situated near Thano village (Jolly Grant, Dehradun).

A total of 106 senior citizens, mostly engineers, educationists and their spouses, departed for Lekhak Gaon from Shiv Temple, Shivalik Nagar, Haridwar in the morning in two buses. Sudhir Kumar Agrawal, Secretary of the Forum, said that the entire programme was successfully organized by the Executive Committee and everyone thoroughly enjoyed the event.

The group had lunch that included some traditional Uttarakhandi dishes at Himalayan Rasoi located in the premises. Members spent their time playing games, flying kites and participating in other recreational activities.

Ajit Jain, President of the Senior Citizen Forum, said - “With the support of associate members Pramod Kumar Gupta, R. Agrawal, Devnani Verma and Yogesh Gupta, various recreational games and activities were organized at Lekhak Gaon. After the competitions, prizes were also distributed to the winners.”

All participants enjoyed the traditional hill cuisine served at the venue. The picnic proved to be a memorable event filled with joy, camaraderie and healthy recreation for all senior citizens.

A chance visit by former Union Education Minister Ramesh Pokhriyal ‘Nishank’ brought additional cheer to the participants.

Subhash Chandra Goel, Subhash Chandra Agrawal, R. K. Aneja, Ambrish Kumar Rastogi, Vipin Kumar Sharma, Pradeep Kumar Gupta, Rakesh Gupta, S. S. Sehgal, Anjali Mujoo, Suresh Palgay and many other members were present during the outing.

- *Haridwar (The Hawk) : Radhika Nagarath*



ABOUT LEKHAK GAON

The **Lekhak Gaon** (Writers' Village) is a unique cultural and creative village located near Dehradun. It is designed as a peaceful retreat for writers, artists, scholars and visitors, and it also works as a cultural tourism destination.

Below are the **main facilities available at Lekhak Gaon** :-

❖ Residential & Stay Facilities

- **Lekhak Kutir (Writer's Cottages)** – Residential cottages where writers, artists and visitors can stay and work peacefully.
- **Himalaya Vishram Grah / Guest House** – Accommodation for students, researchers and guests visiting the village.
- **Eco-stay cottages / tented cottages** for short retreats and nature stays.

❖ Knowledge & Cultural Facilities

- **Library** – A collection of books and literary works for writers and readers.
- **Art Gallery** – Display of artworks and cultural exhibits.
- **Himalaya & Ganga Museum** – Showcases Himalayan culture, traditions and heritage.

❖ Wellness & Spiritual Facilities

- **Yoga and Meditation Centre** – Space for mental peace and spiritual practice.
- **Ayurveda / Naturopathy Centre** – Natural healing and traditional therapies.
- **Healing gardens (Sanjeevani Vatika)** with medicinal plants.

❖ Gardens & Nature Areas

- **Nakshatra Vatika & Navgrah Vatika** – Themed botanical gardens related to astrology and traditional knowledge.
- **Open green spaces and Himalayan landscape** ideal for relaxation, walking and reflection.

❖ Food Facilities



- **Himalayn Rasoi / Bhojanalaya** – Serves traditional **Uttarakhandi and organic Himalayan cuisine** for visitors.

❖ **Event & Conference Facilities**

- **Himalaya Auditorium / Ramman Bhawan** – Large auditorium (about 1000 seating) for conferences, seminars, literary festivals and cultural programs.
- **Discussion centres and meeting halls** for intellectual exchange and workshops.

❖ **Visitor Amenities**

- Parking facilities
- Restrooms and help desks
- Accessible pathways for visitors
- Sitting areas and landscaped gardens.

✓ **In short** : Lekhak Gaon combines **literature, culture, wellness, tourism and nature**, making it a peaceful place for picnics, conferences, literary events and cultural visits.

What Participants have to say

- Wow, amazing Picnic spot ! It was surrounded by the hills and trees. It looked like a valley where I was mesmerized to see the games played all around mixed with the air of energy, enthusiasm, ecstasy and smiles of everyone after enjoying yummy meals. An unforgettable experience of the picnic with everlasting sweet memories of get-together from boarding to the drop at doorstep. Thanks to everybody and Almighty whose grace made the picnic a grand success.
- Memorable picnic with full masti. Food and all games were also excellent. Sabhi ko bahut bahutbadhai.
- कभी किताबों में पढ़ा था कि प्राचीन काल में वृहद संयुक्त परिवार होते थे । कोई भी सदस्य किसी भी घर में चला जाता था, सब अपने लगते थे । कल पिकनिक पर कुछ इसी तरह का अहसास हुआ कि वृहद संयुक्त परिवार इसी तरह के होते होंगे । कुछ सदस्य पतंगबाजी का आनंद ले रहे थे, कुछ खेल कूद का, तो मातृशक्ति अपने अनूठे



गीत संगीत का आनंद ले रही थीं । पिकनिक संयोजन समिति ने स्वयं इतनी लम्बी रेखा खींच दी है कि पुनः इस रेखा को लांघना उनके लिए कठिन होगा ।

- सभी मित्रों एवं संयोजक को कल की पिकनिक का तहे दिल से धन्यवाद । मेरा पहला टूर आप सभी के साथ था, कल कुछ पल तो जिंदगी भर के लिए यादें बन चुकी हैं । वास्तव में वरिष्ठ नागरिक होने का मधुर और प्रेरणादायक अनुभव रहा । आप सभी आयोजक, मंच संचालक, सभी सदस्यों को बहुत बहुत धन्यवाद और शुभकामनाएँ ।
- पिकनिक लेखक गांव में पिकनिक के सफल आयोजन के लिए आयोजन समिति को हार्दिक बधाई और शुभकामनाएं। सनातन तरीके से स्वागत - मन प्रफुल्लित हो गया । नाश्ता और भोजन के स्वादिष्ट व्यंजनों ने पिकनिक की भव्यता को एक नया रूप दिया । तरह-तरह के खेलों ने पूरे समय रोचकता बनाई रखी । उच्च कोटि का मनोरंजन और हरे-भरे वातावरण ने मन को मोह लिया । पुनः एक बार आयोजन समिति को बधाई ।







HELPPAGE PROGRAM ON MENTAL WELLNESS

हरिद्वार । सीनियर सिटीजन फोरम, हरिद्वार द्वारा हेल्पएज इंडिया के सहयोग से वरिष्ठ नागरिकों के मानसिक स्वास्थ्य पर एक विशेष जागरूकता कार्यक्रम श्रृंखला आयोजित की जा रही है । इस श्रृंखला का पहला कार्यक्रम 27 अक्टूबर 2025 को सफलतापूर्वक संपन्न हुआ था। इसके उत्साहजनक प्रतिसाद और बढ़ती मांग को देखते हुए दूसरा कार्यक्रम 23 जनवरी 2026 को होटल फ्लोरा, शिवालिक नगर, हरिद्वार में आयोजित किया गया, जिसमें लगभग 50 वरिष्ठ नागरिकों ने भाग लिया ।

इस अवसर पर सीनियर सिटीजन फोरम, हरिद्वार के सचिव श्री एस. के. अग्रवाल ने वरिष्ठ नागरिकों के लिए ऐसे कार्यक्रमों की आवश्यकता और महत्त्व पर प्रकाश डालते हुए कहा कि वृद्धावस्था में मानसिक स्वास्थ्य बनाए रखना अत्यंत आवश्यक है और समाज को इस विषय के प्रति अधिक संवेदनशील होना चाहिए ।

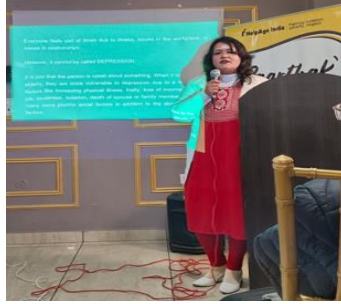
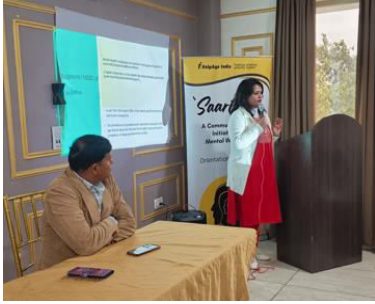
हेल्पएज इंडिया की ओर से मनोवैज्ञानिक डॉ. गरिमा सिंह ने वरिष्ठ नागरिकों में पाई जाने वाली सामान्य मानसिक समस्याओं जैसे चिंता, अवसाद और डिमेंशिया (स्मृति ह्रास) के बारे में विस्तार से जानकारी दी । उन्होंने इन समस्याओं से निपटने के सरल और प्रभावी उपाय भी बताए, जिन्हें प्रतिभागियों ने बहुत उपयोगी और व्यावहारिक पाया ।

कार्यक्रम के दौरान श्री वैभव बिष्ट ने विभिन्न प्रकार के साइबर अपराधों के बारे में जानकारी दी तथा ऑनलाइन धोखाधड़ी और डिजिटल खतरों से सुरक्षित रहने के लिए वरिष्ठ नागरिकों को महत्वपूर्ण सावधानियां बताई ।

हेल्पएज इंडिया की ओर से श्री कृष्णा, डॉ. गरिमा सिंह, सुश्री श्रुति घिल्डियाल और श्री वैभव बिष्ट उपस्थित रहे । वहीं सीनियर सिटीजन फोरम की ओर से श्री ए. के. जैन (अध्यक्ष), श्री एस. सी. अग्रवाल (उपाध्यक्ष), श्री एस. के. अग्रवाल (सचिव), श्री ए. के. रस्तोगी (संयुक्त सचिव) और श्री पी. के. गुप्ता (संयुक्त कोषाध्यक्ष) मौजूद थे ।

इसके अतिरिक्त श्री एम. के. रैना, श्री ओ. पी. बत्रा और श्री बी. एस. श्रीधर सहित कई गणमान्य सदस्य तथा फोरम के लगभग 50 सदस्य कार्यक्रम में उपस्थित रहे ।





BIRTHDAY & WEDDING ANNIVERSARY CELEBRATIONS

January 2026

दिनांक 31 जनवरी को वैदिक पद्धति से गुरुकुल के प्रोफेसर श्री ज्ञानेंद्र जी ने यज्ञ करवाया ।

निम्न सदस्यों की वैवाहिक वर्षगांठ है :-

श्री सर्वेश गुप्ता, श्री एस के कटारिया

निम्न सदस्यों का जन्मदिन है :-

श्री जे सी कात्रा, श्री प्रदीप कुमार गुप्ता, श्रीमती जया रैना, श्रीमती अंशु

सभी को बहुत-बहुत बधाई एवं शुभकामनाएं ।

अंत में भोजन के रूप में प्रसाद सभी ने ग्रहण किया ।



February 2026



Birthday: Mrs Kataria, Mr P N Malik, Mr S K Grover

Wedding Anniversary : Mr.&Mrs Sanadhya, Mr. & Mrs. Bajpayee, Mr.& Mrs. Palgay, Mr. & Mrs. Sharma



March 2026

BD members

Mrs Asha Bajpayee ; Mrs Anjali Mujoo ; Mr R K Agarwal

WA members

Mrs and Mr J P Bansal ; Mrs and Mr P K Gupta



NATIONAL WOMEN'S DAY CELEBRATION

The Senior Citizen Forum, Haridwar celebrated National Women's Day on 13 February 2026 in a local hotel with great enthusiasm and vibrant participation. The programme was thoughtfully conceived and designed by Mrs. Saroj Jain, the First Lady of the Forum, who curated a colourful and theme-based event highlighting the contributions and legacy of eminent women.

The highlight of the celebration was the live portrayal of iconic women personalities by the lady members of the Forum. Distinguished figures such as Sarojini Naidu, Lata Mangeshkar, Gaura Devi of Uttarakhand, Meerabai, Shabari, Maitreyi, Indira Gandhi, and Mother Teresa were beautifully enacted, bringing history, devotion, courage, and inspiration alive on stage. In addition, members also represented the women cricketers of the India women's national cricket team, celebrating their remarkable achievements and World Cup performances.

The cultural segment featured graceful dance performances and melodious songs, reflecting the spirit, strength, and creativity of women. The audience greatly appreciated the enthusiasm and artistic expression displayed by the participants.

An engaging and intellectually stimulating “brain-scratching” quiz was designed and conducted by Mr. A. K. Jain, adding an interactive dimension to the celebration. The programme was seamlessly and elegantly compered by Mrs. Saroj Jain, Mrs. Savita Agarwal, and Mr. S. K. Agarwal, whose coordination and presentation enhanced the overall charm of the event.

The celebration concluded with a sumptuous and well-arranged lunch, providing an opportunity for members to interact and share joyful moments together.

The National Women's Day celebration by the Senior Citizen Forum, Haridwar was truly a memorable event—honouring womanhood, celebrating achievements, and reinforcing respect and admiration for the invaluable role of women in society.







BASANT PANCHAMI CELEBRATION IN C-50

पतंगबाजी, खुदा राजी ।
पतंग टूटा, खुदा रूठा ॥
बसंतपंचमी की हार्दिक शुभकामनाएं ।



HOLI MILAN CELEBRATION

हरिद्वार ; ०१/०३/२०२६ दिन रविवार को सिडकुल के एक होटल में सीनियर सिटीजन फोरम शिवालिक नगर हरिद्वार द्वारा होली मिलन समारोह बड़े धूमधाम से मनाया गया ।

कार्यक्रम की शुरुआत ओ३म के जाप व गायत्री मंत्र से हुई । कार्यक्रम के शुभारंभ में सर्वश्री एम के मित्तल, एम के रैना, अध्यक्ष अजीत कुमार जैन, सचिव सुधीर कुमार अग्रवाल, कुमुद मित्तल, प्रभा जैन, सविता अग्रवाल आदि ने दीप प्रज्वलित किया । सांस्कृतिक कार्यक्रमों की शुरुआत वन्देमातरम गीत से हुई ।

राधा-कृष्ण की स्तुति गीत श्रीमती कुमकुम, संगीता एवं उनकी महिला सदस्यों ने, राधा-आराधना गीत श्रीमती राधिका नागरथ (पत्रकार एवं सदस्य प्रेस क्लब) ने दी, शेरों-शायरी श्रीमती नीता नैयर ने, तडकता-भड़कता होली गीत रंजना वर्मा ने, रंगारंग पति-पत्नी नोंक-झोंक नाटिका श्री सुधीर कुमार अग्रवाल एवं उनकी पत्नी ने, जबर्दस्त हास्य कविता श्री योगेश गुप्ता जी ने, राधा की छेड़छाड़ पर गीत एवं नृत्य श्रीमती प्रभा शर्मा ने, शेरों शायरी एवं हास्य गीत कवि श्री सुभाष मलिक ने, रंग बिरंगे सवाल-जवाब श्री एस एस अवस्थी जी ने, हास्य कविता श्री रविकांत गुप्ता जी ने प्रस्तुत किए।

कार्यक्रम के अंत में सिनियर सिटीजन फोरम शिवालिक नगर हरिद्वार के सचिव श्री सुधीर कुमार अग्रवाल जी ने आये हुए सभी गणमान्य व्यक्तियों को धन्यवाद दिया ।

होली मिलन समारोह में श्री जगदीश लाल पाहवा, डॉ बलवीर तलवार (पूर्व अधिशासी निदेशक भेल), एम के मित्तल (पूर्व निदेशक भेल), श्रीमती राधिका नागरथ, एस सी गोयल (उपाध्यक्ष), एम के अग्रवाल (उपाध्यक्ष), आर के अनेजा (सहसचिव), ऐ के रस्तोगी (सहसचिव), श्री विपिन कुमार शर्मा (कोषाध्यक्ष), श्री पी के शर्मा (सह-कोषाध्यक्ष), सामुदायिक केंद्र समिति अध्यक्ष श्री उमेश कुमार शर्मा, राकेश गुप्ता (मिडिया प्रभारी) सहित लगभग २०० व्यक्तियों ने भाग लिया।

मिडिया प्रभारी श्री राकेश गुप्ता ने बताया कि कार्यक्रम का संचालन श्री सुधीर कुमार अग्रवाल ने एवं सांस्कृतिक कार्यक्रमों का संचालन श्रीमती रीता अवस्थी ने किया ।

• सचिन शर्मा (प्रधान टाइम्स)





रामायण पाठ

विशेष निवेदन : आगामी श्री राम चरित मानस के सभी कार्यक्रम यथा : श्री सुन्दर कांड पाठ, रामचरितमानस क्रमिक स्वाध्याय, प्रत्येक मंगलवार को प्रातः 11 बजे से 12.30 तक C-50 शिवालिक नगर, डे केयर सेंटर पर ही सम्पन्न किए जा रहे है , आप के पूर्ण सहयोग की अपेक्षा के साथ शशि भूषण नौटियाल ।

मंगलवार , दिनांक : १७/३/२६ को सम्पन्न सुन्दरकांड की झलकियां :



NAV SAMVATSAR PROGRAM



Senior Citizen Forum Haridwar, Day Center C-50 Shivalik Nagar Haridwar
Registered Office : A-55 Shivalik Nagar Haridwar 249403

PNB A/C - 09512011003709 ; IFSC – PUNB0095110 ; Shivalik Nagar

Editorial Team :- S C Goel, Suresh Palgay, A K Sanadhya, P K Gupta

