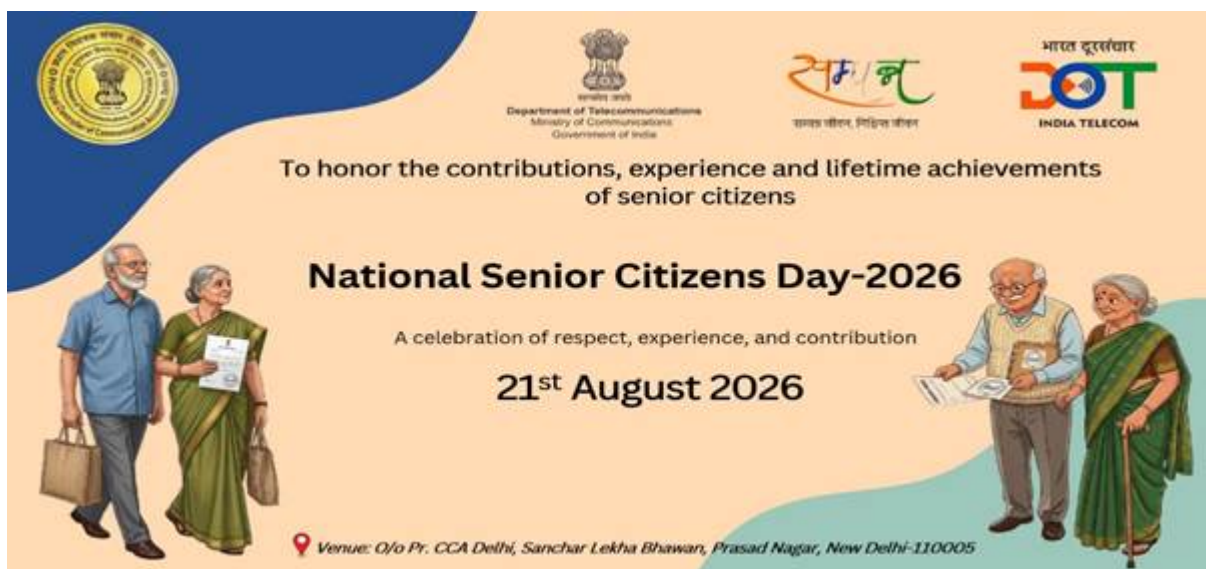


Office of Pr. CCA, Delhi celebrates National Senior Citizens Day; Super Senior pensioners felicitated

Health check-up camp, cyber security awareness session and AYUSH wellness lecture mark National Senior Citizens Day celebrations at O/o Pr. CCA, Delhi

प्रविष्टि तिथि: 21 AUG 2026 4:50PM by PIB Delhi

The Office of the Principal Controller of Communication Accounts (Pr. CCA), Delhi, under the Department of Telecommunications, Ministry of Communications, celebrated National Senior Citizens Day today at Sanchar Lekha Bhawan, Prasad Nagar, New Delhi. The programme, organised for the pensioners of the Department, was chaired by Ms. Vandana Gupta, Controller General of Communication Accounts (CGCA). The celebration was held to acknowledge and honour the valuable contribution and the services rendered to the nation by the senior and super senior pensioners of the Department of Telecommunications.



The felicitation ceremony formed the centrepiece of the celebration. Senior pensioners, including several who have crossed ninety years of age, were honoured for their long and dedicated service to the Department and to the nation. The eldest pensioner felicitated on the occasion was Shri Parshuram Sharma aged 99 years, who superannuated from the Department of Telecommunication (DoT) in 1987. The felicitation of the nonagenarian pensioners was warmly received by the gathering.



Addressing the gathering, Smt. Vandana Gupta, CGCA, emphasized that our senior pensioners are the living memory of this Department. Our responsibility towards them did not end on the day they superannuated; it merely changed form. Ensuring that their pension reaches them on time, and that they are heard, respected and cared for, is not a courtesy this office extends — it is a duty this office owes.

A health check-up camp was also organised during the programme, at which the senior citizens and pensioners present availed themselves of basic health check-up, Pulmonary Function Test (PFT) and eye check-up facilities, conducted on the spot by a team of qualified medical professionals. The participants were examined and counselled on their findings and were advised on preventive care and the importance of periodic health monitoring in advanced age. The initiative was warmly appreciated by the elderly pensioners, for whom the availability of such services at the venue itself proved a considerable convenience.

The programme further featured awareness sessions on cyber security and financial safety for senior citizens. As elderly citizens are often vulnerable to online frauds, phishing attempts and financial scams, the sessions underlined the importance of safe digital practices and of vigilance while using online services. Experts shared practical guidance on protecting personal information, identifying fraudulent activity and ensuring secure financial transactions. Organised in collaboration with the State Bank of India (SBI), the initiative sought to enhance digital and financial awareness among senior citizens and to enable them to access digital services with confidence while safeguarding themselves against emerging cyber and financial threats.

An informative lecture was thereafter delivered by Dr. Babita Yadav, Senior Research Officer of the Ministry of AYUSH, who underscored the significance of healthy living, preventive healthcare and India's traditional systems of wellness in sustaining an active and independent lifestyle in advanced age. The pensioners were apprised of simple and sustainable practices including Yoga, balanced dietary habits and the Ayurvedic principles of Dinacharya (daily regimen) that may be readily adopted to enhance physical and mental well-being in the later years of life.

A Know Your Pension (KYP) and Digital Life Certificate (DLC) camp was also organised on the sidelines of the event. Pensioners were assisted at the KYP counter in accessing and understanding their records on the SAMPANN portal. At the DLC counter, life certificates were submitted on the spot through Jeevan Pramaan using face authentication.

The programme provided a meaningful platform for interaction between the senior pensioners and the officers of the Department, and reflected the Department's sustained commitment to the welfare, dignity and well-being of its senior citizens.

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