



SOCIETY FOR EMPOWERMENT



પ્રારંભ

“શૂભમ ભવતુ”

Newsletter For Senior Citizen Employment Opportunities



Table of Content

1. Editorial – Shri N N Pandey IAS Retd.
2. Job Openings For Seniors
3. Greening Affordable Senior Housing in India- Professor S Naryan
4. Digital Literacy for the Elderly: A Need of the Modern Age- Ms. Savita More
5. The Joyful Talisman Approach to Anger Management - Vedabhyas Kundu
6. September 2025 – Days and Its Importance - Ms Swayam Siddha Dash
7. SFE Activities

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By **Shri N. N. Pandey**
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EDITORIAL

Teachers' Day, International Literacy Day

The month of September carries a special resonance as it blends reflection, renewal, and responsibility. With Teachers' Day, International Literacy Day, and the International Day of Peace all falling within this month, it is a timely reminder that knowledge, harmony, and human dignity remain at the heart of a progressive society.

For our senior citizens, these values acquire even greater significance. The issue before you touches upon precisely these aspects—employment, housing, mental health, and digital inclusion—because aging should not mean exclusion, but rather empowerment through new opportunities.

This edition begins with Job Openings for Seniors, underscoring that active engagement in society is both a right and a necessity for older adults. The article on Greening Affordable Senior Housing in India by Professor S. Narayan brings to light how sustainable housing is not only an environmental imperative but also a humane response to the needs of the elderly, ensuring comfort, dignity, and safety.

The piece on Digital Literacy for the Elderly by Ms. Savita More reminds us that in an era where everything from banking to healthcare is digital, bridging the digital divide for seniors is no longer optional but a civic duty. Equally important, The Joyful Talisman Approach to Anger Management by Vedabhyas Kundu offers timeless tools for

cultivating inner peace—a value that resonates well with this month's International Day of Peace.

Adding to this reflective spirit, September 2025 – Days and Its Importance, curated by Ms. Swayam Siddha Dash, contextualizes the importance of national and international observances in shaping our collective consciousness.

We also bring to you glimpses of Society for Empowerment's Independence Day programmes, where patriotic fervour was celebrated with children, youth, and seniors alike. The event reaffirmed our belief that true freedom lies in knowledge dissemination, community participation, and honoring the sacrifices of our great leaders.

As you read through this issue, I invite you to view September not just as a month in the calendar, but as a season of wisdom—where the experiences of the past, the opportunities of the present, and the aspirations for the future come together for a more inclusive, sustainable, and peaceful society.

Shri N. N. Pandey, IAS (Retd.)

Editor, PRARAMBH

September 2025

JOB OPENINGS FOR SENIORS

A Unique Initiative For Seniors wherein the Job Openings for the Seniors above Age of 50 is delved out for their information knowledge and competitiveness.

SENIOR JOBS

A platform of Job Information for the seniors.

SENIOR JOBS is an employment repository for seniors for the Meaningful Engagement of the senior peoples through dissemination of Job Information on regular basis.

We make no claims, promises or guarantees about the accuracy, completeness, or adequacy of the contents of the information.

The user may verify the details on the given link or with the entities



- Consultants-Office of Cooperative Ombudsman-- Max Age upto 62- Position in New Delhi
https://www.cooperation.gov.in/sites/default/files/2025-08/Circular20250826_17004262_0.pdf
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- Director- Motilal Nehru National Institute Technology University of Allahabad- Max Age upto 70- Position in Allahabad
https://www.education.gov.in/sites/upload_files/mhrd/files/advertisement/mnit-dir25.pdf
- Vice-Chancellor- National Institute of Advanced Manufacturing Technology- Max Age upto 65- Position in Ranchi
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- Executive Director- Building Materials and Technology Promotion Council- Max Age upto 55- Position in Delhi
https://bmtpc.org/DataFiles/CMS/file/PDF_Files/O.M.%20dated%2028.07.2025%20along%20with%20enclosures.pdf

For Senior Jobs visit https://www.sfe.org.in/job_search.php

Greening Affordable Senior Housing in India

Professor S Naryan

Comfort, safety, and lower bills designed for older adults

India's ageing population needs homes that are **healthy, safe, and affordable to run**. Greening affordable housing is a practical way to meet that need. Climate smart design and simple, low cost measures keep homes cooler, quieter, and well lit while **reducing monthly electricity and water bills**—a major relief for seniors on fixed incomes. Done well, it also improves **health, mobility, and dignity**, and reduces reliance on energy hungry equipment.



What seniors need—and how "green" delivers

- **Thermal comfort without high bills:** Passive cooling, shading, and cross ventilation cut heat stress and AC dependence.
- **Clean air & daylight:** Low VOC materials, good ventilation, and glare free daylight support respiratory and eye health.

- **Quiet, calm spaces:** Acoustic design lowers stress and improves sleep.
- **Safety & accessibility:** Non-slip surfaces, handrails, step-free entries, and clear wayfinding lower fall risk.
- **Easy maintenance:** Durable, local materials and simple systems reduce repairs and hassle.
- **Community & care access:** Sites near clinics, transit, markets, and parks support active ageing.

Senior-friendly passive strategies

- **Vegetation shading (G+3):** Native trees and pergolas shade walls/courtyards, cooling the microclimate. *Benefit:* Cooler rooms, lower heat stress, pleasant outdoor seating.

Solarium/sunroom (cold & composite regions): South-facing glazed room captures winter sun.

Benefit: Gentle warmth for joints and bright daylight without costly heating.

- **Evaporative cooling courtyard/water body:** Small shaded pond or channel precools incoming air in dry heat.

Benefit: More comfortable indoor temps with minimal running cost.

- **Airtightness + controlled ventilation:** Seal gaps at doors/windows; add trickle vents where needed.

Benefit: Fewer drafts/dust, better respiratory comfort, lower energy waste.

- **Stack-effect ventilation (atrium/shafts):** Warm air escapes high, drawing in cooler air below. *Benefit:* Fresh airflow without fans; quieter interiors.

Daylit atrium with shading: Diffused skylights bounce light into corridors.

Benefit: Safer movement (better visibility) and reduced daytime lighting bills.

Universal design & safety (integrated with “green”)

- Step-free access, ramps, lifts with backup power, wider doors (≥900 mm), and grab bars.
- High-contrast wayfinding and glare-free task lighting at entries, kitchens, and bathrooms.
- Non-slip, matte flooring and rounded edges to prevent falls.
- Bench seating and handrails in corridors and outdoors for rest points.

Energy & water efficiency

- Cool roofs/insulation; LEDs with sensors in corridors/stairs.

- Efficient fans to extend comfort before AC is needed.
- Solar hot water for bathing; solar PV for common loads (lifts, corridor lighting).
- Low-flow fixtures, aerators, rainwater harvesting, and reuse for landscaping.

Indoor environmental quality (IEQ)

- Low-VOC paints/adhesives, insect screens, cross-ventilation, and kitchen/bath exhausts.

Operations & engagement

- Smart metering (unit-level electricity/water) and simple resident dashboards.
- Caretaker training for filter cleaning, minor repairs, and emergency protocols.
- Community spaces for yoga, health camps, and social activities in shaded courtyards.

One-Page On-Site Checklist (Senior Housing)

Site & Access

- ☐ Transit/clinic/market ≤800 m ☐ Barrier-free entries/paths ☐ Benches every 30–40 m

Passive Envelope

- ☐ Building oriented for cross-breeze ☐ Native tree shading (G+3) ☐ Cool roof/insulation

Safety & Universal Design

- ☐ Step-free access/ramps ☐ Doors ≥900 mm ☐ Grab bars & non-slip floors

Energy

- ☐ LEDs + sensors ☐ Efficient fans ☐ Solar hot water ☐ PV for common loads

Water

- ☐ Low-flow fixtures/aerators ☐ Rainwater harvesting ☐ Reuse for landscape

IEQ

- ☐ Low-VOC finishes ☐ Cross-ventilation ☐ Exhausts in kitchen/baths

Operations

- ☐ Unit-level meters ☐ Caretaker SOPs ☐ Resident dashboard & trainings

KPIs to Track

- ☐ Indoor temp vs. outdoor ☐ Monthly ₹/unit (power/water) ☐ Falls reported ☐ Resident satisfaction ☐ Lift/emergency-light uptime.

Digital Literacy for the Elderly: A Need of the Modern Age

Ms. Savita More

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DIGITAL LITERACY FOR THE ELDERLY: A NEED OF THE MODERN AGE



Introduction

In today's digital age, technology has become an integral part of our lives. From smartphones to internet banking, digital tools and services are facilitating our daily tasks. But the participation of our elders in this digital revolution is often limited. Digital literacy is not only necessary for the youth but for every age group, especially for the elderly who are an important part of the society.

Meaning of Digital Literacy

Digital literacy means the ability to effectively and appropriately use digital technology, communication devices and networks. It includes using computers, smartphones, Internet, social media, e-mail, and various

digital applications. For the elderly, it is not just technical information, but a part of a lifestyle that helps them stay connected with society.

Need of Digital Literacy for the Elderly

Social interaction and freedom from isolation

Due to changes in the family structure in modern times, many elderly become victims of loneliness. Digital literacy allows them to stay connected with their family and friends through video calls. They can maintain their social contacts using WhatsApp, Facebook, and other social platforms.

Independence and self-reliance

Digital literacy frees the elderly from depending on others. They can do online banking, electricity bill payments, railway ticket booking, and shopping for



daily needs on their own. It helps in maintaining their dignity and self-esteem.

Access to health services

The development of telemedicine and online health services is proving to be a boon for the elderly. They can consult a doctor, order medicines, and monitor their health from the comfort of their homes. Its importance has increased especially during COVID-19.

Key challenges

Technophobia

Most elderly people have a fear of new technology. They feel that they will do something wrong or the device will malfunction. This mental barrier prevents them from adopting digital literacy.

Physical limitations

Physical problems that come with aging such as weak eyesight, shaky hands, and hearing loss hinder the use of digital devices. Small screens and complex interfaces are challenging for them.

Lack of proper guidance

Often there is a lack of a patient teacher for the elderly. Younger family members teach in a hurry, which makes it difficult for the elderly to understand.

Solutions and strategies

Gradual teaching method

Teaching digital literacy to the elderly requires patience and consistency. One should teach one task at a time and give them the opportunity to practice repeatedly. For example, first teach only making phone calls, then sending messages, and gradually introduce other features.

Simple devices and applications

Devices and applications with simple interfaces should be chosen for the elderly. Smartphones with large screens, clear icons, and simple navigation are suitable for them.

Community training centers

Local community centers, libraries, and social organizations should organize special digital literacy programs for the elderly. They are more comfortable learning with people of the same age group.

Role of family

Family members should be patient with the elderly and constantly encourage them. Regular practice and a positive attitude can help them learn quickly.

Practical benefits

Improved mental health

Digital literacy improves the mental health of the elderly. They can enjoy online games, puzzles, and entertaining content. It keeps their minds active and prevents depression.

Education and new skills

Using the countless educational resources available on the Internet, the elderly can learn new skills, gain travel information, and pursue their interests.

Economic benefits

Through online shopping, comparative pricing, and digital payment systems, they can make better economic decisions and save money.

Digital literacy is a fundamental need in today's time, especially for the elderly who are an important and experienced section of the society. With proper guidance, patience, and continuous practice, the elderly can also become a part of the digital world. With the cooperation of society, government, and family, we can create an environment where every person, irrespective of age, can take advantage of digital technology. This will not only improve the quality of life of the elderly but will also help them stay connected with the mainstream of society

Ms. Savita More is Director at Shanaya Security Systems India Pvt. Ltd. and Partner at S K Enterprises Vadodar

The Joyful Talisman

Approach to Anger Management



Vedabhyas Kundu



Getting angry is organic part of our lives. Each one of us at some point or the other get angry for a variety of reasons. It is a natural experience, which involves our feelings, emotions, attitude, and behaviour. We might get angry from both internal and external factors. For instance, if we are facing some personal problems and are in turmoil, we are most likely to get angry. On the other hand, the behaviour of others, which might be hurting us, could make us angry. The key, however, is how we manage anger.

There are many who are unable to manage their anger. They then suffer; it can range from disruptions in relationships to hurting one self by becoming stressful. The inability to control and manage anger can lead to serious health issues like increased heart disease, high blood pressure, weakened immune system, depression, and anxiety. Modern day pressures makes it challenging to manage anger constructively. So, in this conversation of ours, we are trying to share with you the JoyfulTalisman approach to anger management. We have developed the

framework of JoyfulTalisman where we stress how by nurturing different human values we can live a joyful and happy life.

As we start this conversation, we are reminded of this apt quote of Thich Nhat Hanh, who said:

When we get angry, we suffer. If you really understand that, you also will be able to understand that when the other person is angry, it means that she is suffering. When someone insults you or behaves violently towards you, you have to be intelligent enough to see that the person suffers from his own violence and anger. But we tend to forget. We think that we are the only one that suffers, and the other person is our oppressor. This is enough to make anger arise, and to strengthen our desire to punish. We want to punish the other person because we suffer. Then, we have anger in us; we have violence in us, just as they do. When we see that our suffering and anger are no different from their suffering and anger, we will behave more compassionately. So

understanding the other is understanding yourself, and understanding yourself is understanding the other person. Everything must begin with you.

Munazah Shah: Vedabhyas, as every one of us get angry at some point of time it is important to understand at the basic level on what causes anger. We should try to decipher the triggers or the root causes of our getting angry, a common emotion. The whole effort of managing anger starts from deciphering these root causes. Let us look at some of these common causes or triggers. Many of us tend to get angry when we are in stressful condition; unable to handle the pressures and stress. Then when we start seeing ourselves in a muddle, in a situation where we are experiencing failure, the triggers of anger creeps in, as we are not able to reconcile our failure. There are times we start getting frustrated for a variety of reasons; these then act as triggers for our anger. If we feel someone or a group of people unfairly treats us, we start getting angry. A feeling of being attacked or disrespected is a trigger for our anger. In addition, there could be a situation when we want something desperately and we are not

While different studies show how anger impacts our mind, body, and spirit, it also shows how it disrupts our decision making abilities. Most of us might have experienced that when we are angry, it clouds our judgment; we start looking at things from a narrow prism and forget the bigger picture.

Here, Vedabhyas, I think we must point out that anger can range from minor annoyance to something, which can be described as full-blown rage. Also, we should point out that not all anger is unhealthy. If it is not destructive and managed constructively, it can be used for positive purpose.

Vedabhyas Kundu: You have said it aptly that not all anger is unhealthy. Munazah, I remember these beautiful lines from the book, *The Gift of Anger* by the grandson of Mahatma Gandhi, Arun Gandhi, "Use your anger for good. Anger to people is like gas to the automobile - it fuels you to move forward and get to a better place. Without it, we would not be motivated to rise to a challenge. It is an energy that compels us to define what is just and unjust." Keeping this positive aspect of anger in mind, our aim should be manage unhealthy anger constructively. It is here our framework of JoyfulTalisman can be useful.

The first pillar of JoyfulTalisman gives individuals the wherewithal to handle triggers of anger calmly- it is the importance of turning inwards. Munazah, if you recollect we have clearly mentioned in our course book, *The JoyfulTalisman Course book*, "If we remain in our inner prisons and make no attempt to come out of it or rely on the negatives that encompasses, we can never be happy."

Turning inwards means we are experiencing inner peace, we have enhanced self-awareness, we are practicing loving kindness, self-compassion, and self-empathy.

Now, Munazah, if we go through the triggers of anger you have mentioned, we will find how turning inwards will make remain balanced in even a difficult situation. When we have enhanced self-awareness and practicing self-compassion and self-empathy, even if we find ourselves in a muddle, we will be resilient enough to handle it. Also, by when we are able to turn inwards, in a difficult conversation or if someone is trying to you, you will respond calmly and not escalate the disruption with your anger.

In fact, Munazah, when we are able to turn inwards, we will be able to do deeper introspection of the root cause of our anger and develop a constructive response. We will be able to regulate our emotions, find healthy outlets to express our anger, and be able to use de-escalation techniques.

Munazah Shah: Vedabhyas, you have beautifully captured how by turning inwards, we will be able to deeply reflect the triggers of anger and respond it constructively. The next pillar which is important for addressing issues of anger is human interdependence. Day in and day out we encounter both known and unknown people because of whom we tend to get angry. There may be a friend who might have teased us or told us something because of which we overreact. We might become violent during a situation of road rage. We may get angry over a stranger who tries to jump the queue even though we have standing in the line for a long time. How do we react to such situations? Do we respond in the same way as the other person has done, in the same tone and tenor? Responding back in the same tone or even in a harsher manner is definitely going to escalate the situation.

Vedabhyas, if you remember one person who was taking our session on nonviolent communication once shared his experience. He would get out of his vehicle and become violent even in a small case of someone just touching his car. He shared how many times he and the other driver who was involved in the incident would spend hours including visiting the police station. This was escalation of tension. He mentioned how after he took part in the workshop on nonviolent communication, an important aspect of JoyfulTalisman, he changed his stance. He said he would now come out if there was a small incident; instead of hurling abuse, he would just smile. This helped in de-escalating the situation. Turning inwards and realizing the essence of human interdependence will make us respond in a balanced

Similarly, say if we are having an argument with a

vegetable vendor regarding rates, if we are human interdependent literate, we will appreciate the importance of vendor in helping us with our vegetables. Our reaction to his argument will then be different and not aggressive. Further, I believe by being human interdependent literate, we will be more balanced and calmer as we reflect on our deep interdependence with other individuals, nature, and other living beings.

Vedabhyas Kundu: You have rightly shared the experience of the individual who used to hurl abuses at the slightest instance of someone else's car touching his. The experience he shared about how time was lost in the escalation of the dispute reminds me of this beautiful quote of Thich Nhat Hanh who said in *Anger: Wisdom for Cooling the Flames*, "When you say something really unkind, when you do something in retaliation your anger increases. You make the other person suffer, and he will try hard to say or to do something back to get relief from his suffering. That is how conflict escalates."

Next important dimension of our concept of JoyfulTalisman is how we measure our nonviolent footprints. The more we practice nonviolence in all aspects of our lives, the more we will be calmer and respond to difficult situations constructively. The five-pillars of Gandhian nonviolence: respect, understanding, acceptance, appreciation, and compassion form an integral part of our efforts to measure our nonviolent footprints. Further, the importance of forgiveness, gratitude, and love form the principles with which we can measure our nonviolent footprints. Now, if we carefully examine these dimensions, we will see how these help us negotiate with the triggers of anger. For instance, deep nurturing of the 5-pillars will help us navigate during disagreements with someone and will help in de-escalation. As we turn inwards, and realize the importance of measuring nonviolent footprints, we will be able to triggers like facing disapproval or criticism, feeling of helplessness and being ignored, and unjust treatment.

Here I would like to underline the importance of practicing nonviolent communication- both at intrapersonal and interpersonal level as a powerful strategy to manage anger. Getting attuned to using nonviolent communication at the intrapersonal level makes our self talks and inner dialogues calmer; it helps us to remain composed. Similarly, nonviolent communication at the interpersonal level helps us to articulate arguments in a positive frame instead of a negative and toxic frame.

The other pillar of JoyfulTalisman is volunteering and caring for others. We sincerely believe that volunteering is a great stress buster and help us see the positives in

even difficult situations. Further, the habit of caring for others will make us more compassionate and empathetic. It can be an important strategy in anger management.

CONCLUSION:

"It is not that I do not get angry. I don't give vent to my anger. I cultivate the quality of patience as angerlessness, and generally speaking, I succeed. But I only control my anger when it comes. How I find it possible to control it would be a useless question, for it is a habit that everyone must cultivate and must succeed in forming by constant practice." – Mahatma Gandhi

Arun Gandhi in his book, *The Gift of Anger* writes how the Mahatma told him to maintain an anger journal for managing one's anger. We have underlined the importance of journaling as an important vehicle for reflection and self-introspection in our book, *The JoyfulTalisman Course Book on Human Values*. There we introduced our concept of Soul Journal. The anger journal can be part of Soul Journal. We have been motivating many individuals to maintain anger journal, especially those who feel they get very angry even with the slightest triggers. We tell them to self-reflect in the journal every day while retiring to bed:

- i. How many times during the day you got angry?
- ii. What caused the triggers? Try to self-reflect as clearly as possible on these triggers.
- iii. Try to go deep on the root causes of these triggers.
- iv. What was your reaction to these triggers? How did you express your emotions and feelings?
- v. How did your anger affect you? Reflect the impact in terms of your body, mind, and spirit.
- vi. How did the anger affect others around you? What were there possible feelings, emotions, and reactions?
- vii. As you are involved in deep self-reflection and self-introspection, think if you were in a similar situation now, whether you have reacted differently or not.

Though we have not done any scientific study, experiences of individuals whom we were able to motivate suggest that there is definitive change in how they manage their anger when they get into the practice of maintaining anger journal regularly. Further, the mindful routines which we discussed in our Course Book helped individuals in constructive management of anger.

Expert in Nonviolent Communication and Nonviolent

September 2025

Days and Its Importance

Ms. Swayam Siddha Dash



2 September – World Coconut Day

Day to promote the health, nutritional and agro-economic importance of coconut.

3 September – Skyscraper Day

Occasion to honour the architecture and modern engineering of high-rise buildings.

5 September – International Day of Charity

Celebrated to help the needy and increase compassion in society.

5 September – Teachers' Day (India)

Honouring the contribution of teachers on the birth anniversary of Dr. Sarvepalli Radhakrishnan.

7 September – Brazil Independence Day

Commemoration of Brazil's independence from Portugal in 1822.

8 September –

International Literacy Day

Day to spread the importance of education and literacy across the world.

8 September – World Physical Therapy Day

Appreciation of physiotherapists and their health contributions.

8 September – Grandparents Day

Celebration of the loving relationship between grandparents and grandchildren.

10 September – World Suicide Prevention Day

Message of awareness on mental health and suicide prevention.

11 September – National Forest

Martyrs Day (India)

Tribute to those who died while protecting forests.

11 September – World First Aid Day

Day to tell the need of first aid knowledge for every human being.

13 September – International Chocolate Day

Sweet day for chocolate lovers.

14 September – Hindi Day

Remembrance of Hindi getting the status of official language in 1949.

15 September – Engineer's Day (India)

Honor to engineering on the birth anniversary of engineer M. Visvesvaraya.

15 September – International Democracy Day

Day to strengthen democracy and human rights.

16 September – World Ozone Day

Message of saving the ozone layer and protecting the environment.

17 September – World Patient Safety Day

Awareness of patient safety in hospitals and medicine.

18 September – World Bamboo Day

Day to promote the environmental and economic importance of bamboo.

20 September – International Red Panda Day

Dedicated to the conservation of the endangered red panda.

21 September – International Day of Peace

Day to promote world peace and non-violence.

21 September – World Alzheimer's Day

Awareness on dementia and Alzheimer's in the elderly.

22 September – World Rhino Day

Dedicated to the protection and conservation of rhinos.

23 September – International Sign Language Day

Recognition of the language and rights of the deaf and dumb community.

25 September – World Pharmacist Day

Honoring the contribution of pharmacists in the health sector.

26 September – European Language Day

Promotion of linguistic diversity and learning new languages.

26 September – World Contraception Day

Awareness on safe family planning and health rights.

26 September –

World Environmental Health Day

Day to explain the deep connection between environment and health.

27 September – World Tourism Day

Recognition of the social, cultural and economic importance of tourism.

28 September – World Rabies Day

Focus on prevention of deadly diseases like rabies.

28 September – World Rivers Day

Dedicated to the importance and conservation of rivers.

28 September –

Universal Information Rights Day

Emphasis on every citizen's right to information.

29 September – World Heart Day

Day to prevent heart diseases and adopt a healthy lifestyle.

30 September –

International Translation Day

Honoring translators who connect different languages and cultures.

SFE ACTIVITIES

सोसाइटी फॉर एम्पावरमेंट ने स्वतंत्रता दिवस पर देशभक्ति कार्यक्रमों और ज्ञान-वितरण गतिविधियों का आयोजन किया

अहमदाबाद, 15 अगस्त 2025 — सोसाइटी फॉर एम्पावरमेंट (SFE) ने स्वतंत्रता दिवस के अवसर पर देशभक्ति, सामुदायिक सहभागिता और ज्ञान-वितरण को एक सूत्र में पिरोते हुए विविध कार्यक्रम आयोजित किए। इन गतिविधियों ने स्वतंत्रता के मूल्यों, राष्ट्रीय नेताओं के त्याग एवं समर्पण तथा समावेशी विकास की भूमिका को रेखांकित किया।

बच्चों के साथ देशभक्ति संवाद औदा फ्लैट, बालोल नगर रोड, अहमदाबाद में सोसाइटी की गवर्निंग बोर्ड सदस्य डा. मालती दवे ने बच्चों से स्वतंत्रता आंदोलन के महत्व पर विचार साझा किए। उन्होंने महात्मा गांधी, सरदार वल्लभभाई पटेल और नेताजी सुभाष चंद्र बोस जैसे महानायक नेताओं के योगदान का स्मरण कराया, साथ ही महिलाओं की उल्लेखनीय भूमिका पर भी प्रकाश डाला। इनमें कस्तूरबा गांधी, पेरिन बेन कैप्टन, मितुबेन पेटिट, मणिबेन पटेल, उषा मेहता और भीकाजी कामा के योगदान का विशेष उल्लेख किया गया।

इस अवसर पर डा. दवे द्वारा योग सत्र का भी आयोजन किया गया, जिसने बच्चों में अनुशासन, स्वास्थ्य एवं सामंजस्य के मूल्य स्थापित किए। सभी प्रतिभागी बच्चों को उपहार वितरित किए गए, जिससे संस्था की भावी पीढ़ी के प्रति प्रतिबद्धता परिलक्षित हुई।





सोसाइटी फॉर एम्पावरमेंट ने देशभक्ति व ज्ञानवर्धक कार्यक्रम किए आयोजित



अहमदाबाद। सोसाइटी फॉर एम्पावरमेंट ने स्वतंत्रता दिवस के अवसर पर देशभक्ति, सामुदायिक सहभागिता और ज्ञान-वितरण को केंद्र में रखकर विभिन्न कार्यक्रमों का आयोजन किया। इन गतिविधियों ने स्वतंत्रता आंदोलन के आदर्शों, राष्ट्रीय नेताओं के त्याग और समर्पण तथा समावेशी विकास की भूमिका को विशेष रूप से रेखांकित किया। अहमदाबाद स्थित औद्योगिक फ्लैट, खालील नगर रोड पर संस्था की संचालन समिति सदस्य डॉ. मालती दवे ने बच्चों को स्वतंत्रता संग्राम का महत्व समझाया। उन्होंने महात्मा गांधी, सरदार वल्लभभाई पटेल और नेताजी सुभाष चंद्र बोस जैसे महान नेताओं के योगदान का स्मरण कराया। साथ ही कस्तूरबा गांधी, पेरिन बेन कैप्टन, मितुबेन पेटिट, मणिबेन पटेल, उषा मेहता और भीकाजी कामा जैसी महिलाओं की भूमिका पर प्रकाश डाला। इस अवसर पर योग सत्र भी हुआ, जिसने बच्चों में अनुशासन, स्वास्थ्य और सामंजस्य की भावना जागृत की। कार्यक्रम में भाग लेने वाले बच्चों को उपहार प्रदान कर संस्था ने अपनी भावी पीढ़ी के प्रति प्रतिबद्धता को व्यक्त किया। इसी दिन संस्था ने अपने मासिक प्रकाशन *ह्यारंरंभ* का 29वां अंक

जारी किया, जो स्वतंत्रता दिवस को समर्पित था। यह अंक विशेष रूप से कमजोर जनजातीय समूहों पर केंद्रित रहा और इसका मुख्य विषय ह्यमाता भूमि: पुत्रो अहं पुंथिव्याः ह्यरखा गया। इस अवसर पर वरिष्ठ प्रशासक, शिक्षाविद् और समाजसेवी उपस्थित रहे। उन्होंने परंपरागत ज्ञान और आधुनिक विकास दृष्टिकोण को जोड़ने की आवश्यकता पर बल दिया। संपादकीय और विशेष लेखों में वरिष्ठ नागरिकों की भूमिका, जनजातीय जीवन पद्धति, पारंपरिक चिकित्सा पद्धतियों, आजीविका के स्वरूप और सांस्कृतिक परंपराओं पर गहन विश्लेषण प्रस्तुत किए गए। इनमें विज्ञान जनजाति का औपखीय मॉडल, बैगा जनजाति की खेती प्रणाली और रानी गाइदिनलु के जीवन संघर्ष जैसे विषय शामिल थे। साथ ही वरिष्ठ नागरिकों को राष्ट्र निर्माण में ह्यरजत कार्यबलह के रूप में देखने पर विशेष ध्यान दिया गया।

साहित्यिक अभिव्यक्तियों के रूप में कविताएँ और भावनात्मक लेख भी प्रकाशित हुए। संस्था की गतिविधियों का संक्षिप्त विवरण भी अंक का हिस्सा रहा, जिसमें जनजातीय समूहों में पारंपरिक उपचार पद्धतियों पर राष्ट्रीय संवाद शामिल है।

Society for Empowerment Commemorates Independence Day with Patriotic Programmes and Knowledge Dissemination

Ahmedabad— The Society for Empowerment (SfE) observed Independence Day through a series of meaningful programmes combining patriotic fervour, community participation, and dissemination of knowledge. The activities highlighted the values of freedom, the sacrifices of national leaders, and the role of inclusive development in nation-building. Patriotic Engagement with Children At Auda Flar, Bala Nagar Road, Ahmedabad, Dr. Malti Dave, Governing Board Member of the Society, interacted with children on the significance of the freedom movement.

She recalled the contributions of Mahatma Gandhi, Sardar Vallabhbhai Patel, and Netaji Subhash Chandra Bose, while also emphasising the important yet often less acknowledged role of women freedom fighters such as Kasturba Gandhi, Priti Ben Captain, Mithuben Petit, Maniben Patel, Usha Mehta, and Bhikaiji Cama. The programme also featured a yoga session conducted by Dr. Dave, underlining the importance of discipline, wellness, and harmony in young lives. On the occasion, gifts were distributed among children, reflecting the Society's continued com-



mitment to nurturing future citizens. Launch of PRARAMBH - Special Independence Day Issue On the same day, the Society for Empowerment launched the 29th issue of PRARAMBH, its monthly pub-

lication dedicated to senior citizens and inclusive socio-cultural development. The Special Independence Day Edition was devoted to Particularly Vulnerable Tribal Groups (PVTGs), with the theme (The Earth is my Mother, I am her son). The release was graced by distinguished guests including Dr. A. K. Pandey (IAS Retd.), Shri N. N. Pandey (IAS Retd.), Dr. Sachindra Narayan, and Mr. Karthik Panigrahy from HABIL, who highlighted the importance of integrating traditional knowledge systems with modern frameworks of development. Speaking on the occasion, Shri N. N. Pandey (IAS Retd.), Editor of PRARAMBH, expressed gratitude to Dr. Rajendra Kari, anthropologist and Deputy Secretary to the Governor of Chhattisgarh, for his

scholarly leadership as Special Issue Editor. He also acknowledged the dedicated contributions of Ms. Swayamiddha Dash (Assistant Editor) and Ms. Sarita More (Associate Editor) in shaping the issue. Professor S. Narayan observed that "PRARAMBH is not merely a magazine, but a platform of ideas where the wisdom of seniors, the insights of scholars, and the imagination of youth converge. This Independence Day edition is a tribute to our tribal communities, the first knowledge keepers of India, who continue to play an integral role in nation building."

प्रारंभ' का विशेष स्वतंत्रता अंक

15 अगस्त 2025 - इसी दिन सोसाइटी फॉर एम्पावरमेंट ने अपने मासिक प्रकाशन 'प्रारंभ' का 29वां अंक जारी किया, जो वरिष्ठ नागरिकों एवं समावेशी सामाजिक-सांस्कृतिक विकास हेतु समर्पित है। यह विशेष स्वतंत्रता दिवस अंक विशेष रूप से कमजोर जनजातीय समूहों (PVTGs) पर केंद्रित था, जिसका मुख्य विषय "माता भूमि: पुत्रो अहं पृथिव्याः" रखा गया।

इस अवसर पर विशिष्ट अतिथि डॉ. ए. के. पांडेय (से.नि. आईएएस), श्री एन. एन. पांडेय (से.नि. आईएएस), प्रो. सचिन्द्र नारायण तथा श्री कार्तिक पोनुस्वामी (HABiL) उपस्थित रहे। उन्होंने परंपरागत ज्ञान को आधुनिक विकास ढांचे से जोड़ने के महत्व पर बल दिया।

संपादक श्री एन. एन. पांडेय (से.नि. आईएएस) ने विशेषांक के संपादक डॉ. रूपेन्द्र कवि, मानवशास्त्री एवं उप सचिव, राज्यपाल सचिवालय, छत्तीसगढ़ को उनके शैक्षणिक नेतृत्व के लिए धन्यवाद दिया। उन्होंने सहायक संपादक सुश्री स्वयंसिद्धा दाश और सहयोगी संपादक सुश्री सविता मोरे के योगदान की भी सराहना की।

प्रो. एस. नारायण ने अपने विचार व्यक्त करते हुए कहा कि "प्रारंभ" केवल पत्रिका नहीं, बल्कि एक वैचारिक मंच है जहाँ वरिष्ठों का अनुभव, विद्वानों की अंतर्दृष्टि और युवाओं की कल्पनाशक्ति एक साथ मिलकर राष्ट्र निर्माण का मार्ग प्रशस्त करते हैं। यह विशेषांक हमारे जनजातीय समुदायों को समर्पित है, जो भारत के प्रथम ज्ञान-धारक रहे हैं और आज भी राष्ट्र निर्माण के सहभागी बने हुए हैं।"

इस विशेष स्वतंत्रता दिवस अंक में विविध शोध एवं चिंतनपरक लेख शामिल किए गए हैं। इसमें श्री एन. एन. पांडेय (से.नि. आईएएस) का संपादकीय और डॉ. रूपेन्द्र कवि का विशेष संपादकीय पाठकों को दिशा देता है। अंक में वरिष्ठ नागरिकों के लिए रोजगार अवसरों पर विशेष अनुभाग जोड़ा गया है। इसके साथ ही अनेक महत्वपूर्ण शोध आलेख शामिल हैं, जिनमें डॉ. राजेश शुक्ला एवं प्रो. मोयना चक्रवर्ती द्वारा बिंझवार जनजाति का एथ्रो-मेडिकल मॉडल, डॉ. रूपेन्द्र कवि का पारंपरिक वैद्यराज हेमचंद मांझी पर गहन मानवशास्त्रीय विश्लेषण, तथा राजनारायण मोहंती एवं डॉ. बसंता कुमार मोहंता का ओडिशा की लोधा आजीविका के बदलते स्वरूप पर अध्ययन प्रमुख हैं। सांस्कृतिक दृष्टि से उमराव सिंह का भारतीय संस्कृति में अंतर्पीढ़ीगत बंधन पर लेख, गोपीकृष्ण सोनी का बैगा जनजाति की पारंपरिक बेवर खेती का वर्णन, और डॉ. कविता शर्मा का रानी गाइदिनलु पर आलेख विशेष महत्व रखते हैं। वरिष्ठ नागरिकों के सामाजिक-आर्थिक योगदान पर डॉ. बिस्वजीत सतपति का सिल्वर वर्कफोर्स पर विश्लेषण तथा कार्तिक पोनुस्वामी का डिजिटल इंडिया और सिल्वर जनरेशन को पोस्ट-रिटायरमेंट नेशन बिल्डर्स के रूप में प्रस्तुत करने वाला लेख पाठकों के लिए प्रेरणादायी है।

साहित्यिक और भावनात्मक आयाम जोड़ते हुए सोमेन्द्र शंकर तिवारी की कविताएँ और सुश्री सविता मोरे का बुजुर्ग भाई-बहनों पर संवेदनशील लेख प्रकाशित किए गए हैं। सुश्री स्वयंसिद्धा दाश द्वारा अगस्त माह के महत्वपूर्ण दिवसों का संकलन तथा SFE की गतिविधियों के अंतर्गत विशेष रूप से कमजोर जनजातीय समूहों (PVTGs) में पारंपरिक उपचार पद्धतियों पर आयोजित राष्ट्रीय संवाद का विवरण भी अंक की विशिष्टता को और सुदृढ़ करता है।

अपने कार्यक्रमों के माध्यम से — बच्चों में देशभक्ति का भाव जागृत करने तथा जनजातीय समूहों पर आधारित ज्ञानवर्धक विशेषांक प्रकाशित करने — सोसाइटी फॉर एम्पावरमेंट ने एक बार फिर यह सिद्ध किया कि वह विरासत को विकास से, वरिष्ठ अनुभव को युवा ऊर्जा से और परंपरा को आधुनिकता से जोड़ने हेतु सतत प्रतिबद्ध है। यह पहल राष्ट्र की व्यापक दृष्टि "विकसित भारत @2047" के अनुरूप है।



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अद्वैत सिद्धांती की सिद्धि



रायपुर - सोसाइटी फॉर एम्पावरमेंट ने स्वतंत्रता दिवस के अवसर पर देशभक्ति, सामुदायिक सहभागिता और ज्ञान-वितरण को एक सूत्र में पिरोते हुये विविध कार्यक्रम आयोजित किये। इन गतिविधियों ने स्वतंत्रता के मूल्यों, राष्ट्रीय नेताओं के त्याग एवं समर्पण तथा समावेशी विकास की भूमिका को रेखांकित किया। औदा फ्लैट, बालोल नगर रोड, अहमदाबाद में सोसाइटी की गवर्निंग बोर्ड सदस्य डा. मालती दवे ने बच्चों से स्वतंत्रता आंदोलन के महत्व पर विचार साझा किये। उन्होंने महात्मा गांधी, सरदार वल्लभभाई पटेल और नेताजी सुभाष चंद्र बोस जैसे महानायक नेताओं के योगदान का स्मरण कराने के साथ ही महिलाओं की उल्लेखनीय भूमिका पर भी प्रकाश डाला। इनमें कस्तूरबा गांधी, पेरिन बेन कैप्टन, मितुबेन पेटिट, मणिबेन पटेल, उषा मेहता और भीकाजी कामा के योगदान का विशेष उल्लेख किया गया। इस अवसर पर डा. दवे द्वारा योग सत्र का भी आयोजन किया गया जिसने बच्चों में अनुशासन, स्वास्थ्य एवं सामंजस्य के मूल्य स्थापित किये। सभी प्रतिभागी बच्चों को उपहार वितरित किये गये, जिससे संस्था की भावी पीढ़ी के प्रति प्रतिबद्धता परिलक्षित हुई। इसी दिन सोसाइटी फॉर एम्पावरमेंट ने अपने मासिक प्रकाशन 'प्रारंभ' का 29वां अंक जारी किया, जो वरिष्ठ नागरिकों एवं समावेशी सामाजिक-सांस्कृतिक विकास हेतु समर्पित है। यह विशेष स्वतंत्रता दिवस अंक विशेष रूप से कमजोर जनजातीय समूहों (पीबीटीजीएस) पर केंद्रित था, जिसका मुख्य विषय -माता भूमि: पुत्रो अहं पुष्टिव्या- रेखा गया। इस अवसर पर विशिष्ट अतिथि डॉ. ए. के. पांडेय (से.नि. आईएएस), एन. एन. पांडेय (से.नि. आईएएस), प्रो. सचिन्द्र नारायण तथा कार्तिक पोनुस्वामी उपस्थित रहे। उन्होंने परंपरागत ज्ञान की आधुनिक विकास दृष्टि को जोड़ने के साहस पर बल दिया।

प्रारंभ पत्रिका का विशेषांक विमोचन

प्रारंभ पत्रिका का विशेषांक विमोचित



जगदलपुर, 18 अगस्त (हाईवे चैनल)। सोसायटी फोर इम्पावरमेंट द्वारा प्रकाशित प्रतिष्ठित पत्रिका प्रारंभ का नवीन विशेषांक 15 अगस्त को औपचारिक रूप से विमोचन किया गया। यह विशेषांक भारत के पीवीटीजीएस पर केन्द्रित है। इस विशेषांक का संपादन विख्यात मानव शास्त्री डॉ. रूपेन्द्र कवि ने किया है। इसमें पीवीटीजी समुदायों से जुड़े सामाजिक, सांस्कृतिक और आर्थिक पहलुओं को गहराई से प्रस्तुत किया गया है। अंक में देशभर के विभिन्न शोधकर्ताओं, सामाजिक कार्यकर्ताओं और विषय

विशेषज्ञों के लेख शामिल हैं, जो इन समुदायों की वर्तमान स्थिति, उनके सामने आने वाली चुनौतियाँ तथा उनके संरक्षण की आवश्यकता जैसे महत्वपूर्ण विषयों पर प्रकाश डालते हैं। इस अवसर पर विशेषांक का अगिलाइन विमोचन 15 अगस्त की शाम को प्रो. सचिन नारायण, एनएन पीई एवं एफे पीडिये द्वारा किया गया। यह विशेषांक जनजातीय विषयों पर काम कर रहे शोधकर्ताओं, नीति निर्माताओं और सामाजिक संगठनों के लिए एक महत्वपूर्ण और उपयोगी संसाधन के रूप में देखा जा रहा है।

प्रारंभ पत्रिका का विशेषांक विमोचित

अद्विष्टा विद्यायां नमि
विष्णवे



प्रश्न-३. (क) निम्नलिखित वाक्यों में प्रत्येक वाक्य के मुख्य भागों को पहचानिए और उनके कार्यात्मक नाम लिखिए।

१. वह लड़का जो बहुत पढ़ाई करता है, उसे अच्छे नतीजे मिलते हैं।
२. वह लड़का जो बहुत पढ़ाई करता है, उसे अच्छे नतीजे मिलते हैं।
३. वह लड़का जो बहुत पढ़ाई करता है, उसे अच्छे नतीजे मिलते हैं।
४. वह लड़का जो बहुत पढ़ाई करता है, उसे अच्छे नतीजे मिलते हैं।
५. वह लड़का जो बहुत पढ़ाई करता है, उसे अच्छे नतीजे मिलते हैं।
६. वह लड़का जो बहुत पढ़ाई करता है, उसे अच्छे नतीजे मिलते हैं।
७. वह लड़का जो बहुत पढ़ाई करता है, उसे अच्छे नतीजे मिलते हैं।
८. वह लड़का जो बहुत पढ़ाई करता है, उसे अच्छे नतीजे मिलते हैं।
९. वह लड़का जो बहुत पढ़ाई करता है, उसे अच्छे नतीजे मिलते हैं।
१०. वह लड़का जो बहुत पढ़ाई करता है, उसे अच्छे नतीजे मिलते हैं।

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