



“You aren't old,
you're vintage.”

“प्रारंभ”

!! जननी जन्मभूमिश्च स्वर्गादपि गरीयसी !!



If you have only one smile in you
give it to the people you love.

Table of Content

Editorial

1. EMPLOYMENT OPPORTUNITY FOR SENIORS
2. Article :Traditional Tribal Therapy Dr. Sachindra Narayan
3. Health Topic- Lychee is a tropical fruit with an excellent source of vitamin C and antioxidants.
4. Finance- Senior Citizen Saving Scheme (SCSS)
5. SFE STORY
6. Success Story

Editorial Team

- Editor: Shri N. N. Pandey former IAS
- Associate Editor – Malti K Dave
- Assistant Editor- Ms. Swayamsiddha Dash
- CA Ashish Niraj- Financial Advisor



Editorial



N. N. Pandey

IAS Retd.
Ex-ACS
Home & State Election Commissioner,
Jharkhand

India is a very beautiful culture and is at the cusp of transformation on many fronts. The elderly population in India is one of the fastest growing in the world according to national commission on population the share of the elderly in India's population which was close to 9% 2011 is growing fast and it may reach 18% by 2036. To ensure a decent quality of life for the elderly planning and adequate provision in law and policies has to begin forth with.

Given India's growing capability in space of Information Technology and IT enabled services , like and more recently launching of National Quantum Mission (NQM) by Central Government at a total cost of Rs. 6003.65 cr from 2023-24 to 2030-31 will open a wide facilities in digital healthcare and biomedical research, which will immensely benefit Seniors in addressing old age issues and improving services for them.

Life expectancy has more than doubled since independence from around 32 years in 1940's to 70 years at present 50 care and welfare of the senior citizens is of utmost importance now a days.

Our society is undergoing rapid industrialization under the impact of industrialization urbanization technic and technologies changes. Traditional value are eroding fast. Consequently by the inter-generational ties are weakening which leads to the feeling of loneliness amongst the senior citizens.

Besides social problems there are financial and health issues. In many cases the elderly people depend on their child/children for basic necessity. Migration of young working age person to their work stations has negative impact on the elderly compelling them to live alone or only with spouse. Health issue like locomotive disability, blindness, neuro logical disorders start troubling the senior citizens while medical expenses rise the problems aggravates in absence or poor coverage of elderly under social assistance programs.

The newsletter '**PRARAMBH**' is principally focused on addressing the concerns of the elderly. Meaningful management and empowerment of the older people is the need of the hour and the newsletter is the response of SFE to cater to such needs





EMPLOYMENT OPPORTUNITY FOR SENIORS

- Filling up of the post of 'PRIVATE SECRETARY TO THE SECRETARY' in National Biodiversity Authority, Chennai on Deputation Basis – Max Age 56
<http://nbaindia.org/uploaded/pdf/PStoSecretary.pdf>
- Filling up of 1 post of Deputy Managing Director in Level-13-A of pay matrix as per 7th CPC in the National Cooperative Development Corporation on deputation basis. Max Age 55
<https://www.ncdc.in/documents/career/4312280423DMD-Deputation-Circular-for-NCDC.pdf>
- Ministry of Environment, Forest & Climate Change:- Appointment of one Full-time Member (Technical) and one Full-time Member to the Commission for Air Quality Management in NCR and Adjoining Areas –reg- Max Age 70
<https://moef.gov.in/wp-content/uploads/2023/04/full-Adv-CAQM-Eng.pdf>
- Advertisement for the position of Senior Consultant in National Disaster Management Authority (NDMA) on contract basis- Max Age : 50 Years for Senior Consultant (In case of retired Central Govt. employee, it shall be as per MoF, DoE OM NO. 3- 2512020-E.ilt.A dated 091121 2020
https://ndma.gov.in/sites/default/files/PDF/Jobs/Advt_Legal_Consultant_April23.pdf
- VACANCY NOTICE NO. 2023/RVNL/25-MECH- SR. MANAGER / MANAGER (MECHANICAL) – 02 POSTS- Max Age 56-
https://rvnl.org/RVNL_cms/uploads/careers/25-MECH.pdf
- National Capital Region Transport Corporation (NCRTC)- REQUIREMENT OF CHIEF ARCHITECT ON CONTRACT BASIS- Max Age 65
<https://www.ncrtc.co.in/hr-module/HR/uploads/1681824715.pdf>
- Filling up of the post of Personal Assistant in TRAI (HQ), New Delhi on deputation on foreign service terms. Max Age 56
<https://traigov.in/vacancies>
- Filling up of various Senior Management positions in National e- Governance Division (NeGD) on deputation basis- Max Age 58
<https://d32jqum0n1d64.cloudfront.net/2023/04/advertisement-for-filling-up-of-vacancies-of-Directors-in-NeGD.pdf>
- VACANCIES FOR VARIOUS CONTRACTUAL POSITIONS IN INDIAN INSTITUTE OF CORPORATE AFFAIRS
<https://iica.nic.in/Images/Vacancy-2023/Vacancy-Circular-03.05.2023.pdf>
- Contractual engagement of 02 (two) retired Director (Pay Level-13)/Joint Secretary (Pay Level- 14) level Central Government officers as Consultant in Insolvency and Bankruptcy Board of India (IBBI). **Max Age 63**
<https://ibbi.gov.in/uploads/career/c7d61b90eecbd74057a3bbf8bf8583b9.pdf>



EMPLOYMENT OPPORTUNITY FOR SENIORS

- UTTAR PRADESH METRO RAIL CORPORATION LIMITED: DIRECTOR (WORKS & INFRASTRUCTURE)- Max Age 57
<https://lmrcl.com/media/recruitment/1681206905.pdf>
- Applications sought for filling-up various posts on Deputation basis in CARA- Max Age 56
https://cara.nic.in/PDF/Advertisement1704_.PDF
- UNAIDS is leading the global effort to end AIDS as a public health threat by 2030 as part of the Sustainable Development Goals. For Recruitment link to be visited is as under:
<https://www.unaids.org/en/vacanciesandtenders/vacancies>
- CDC is the nation's leading science-based, data-driven, service organization that protects the public's health. . For Recruitment link to be visited is as under:
<https://jobs.cdc.gov/index.html>
- National School of Drama invites applications through online mode for four (4) positions of consultants in the departments i.e. Centre Cell & Academics, Administration, Finance & Accounts and Estate. Max Age -62
<https://recruitment.nsd.gov.in/vacancy.pdf>
- National Institute of Open Schooling invites online applications from eligible candidates for the following Group 'A' post : Max Age- 56
https://nios.ac.in/media/documents/vacancy/yr2023/Details_Eng_02-2023.pdf
- Engagement of full time Consultant in Japanese at School of Foreign Language, IGNOU
<http://ignou.ac.in/userfiles/Advt%20for%20one%20Consultant%20Japanese%20at%20SOFL%20final.pdf>
- Posts of Deputy Registrar, Private Secretary, Court Master, Personal Assistant and Judicial Assistant in the Appellate Tribunal for Electricity on deputation/absorption basis- Max Age-56
https://aptel.gov.in/sites/default/files/career/Vs_180423_0.pdf
- Filling up of two posts of Director (Technical Discipline) in National Rainfed Area Authority (NILq,{}),Max Age-56
<https://www.nraa.gov.in/Recruitment.aspx>
- Filling up the post of Director (Policy and Statistics) in Airports Economic Regulatory Authority- Max Age 56
<file:///C:/Users/Dell/Documents/SFE%20BACKUP%2031072022/SFE/Sr%20Emp%20News%20Letter/15052023/16819715284240.pdf>
- Engagement of manpower in the Department of Empowerment of Persons with Disabilities (Divyangjan) on contract basis-regarding.- Retired Government Employees can apply
https://disabilityaffairs.gov.in/upload/uploadfiles/files/Others_compressed.pdf





Traditional Tribal Therapy

Dr. Sachindra Narayan

To start with, Viruses, Bacteria does not discriminate humans on race, sex, religion etc. they attack on the health of humans and only shield is the moral ethics in the form of health hygiene, life style values, social values and survival instinct.

It is interesting to note that the Covid pandemic an urban creation has taking life of the humans in the progressive society / modern society, however, still major portion of the rural and especially the remote areas have been protected from the pandemic. A lot may be said; that they were cut off or are having restricted movements/interaction; still it was observed that the nature and the terrain and also timely government, social and local interventions have made them immunized from this major health aberration.

As Albert Einstein pointed out: “We cannot solve our problems with the same thinking we used when we created them”, it can be said that time has come when reemphasizing the Gandhian Value in social and economic life is required, as can be seen by it's widely prevalence in the tribal and rural India. This needs to be reemphasized, quantified and qualified today.

The traditional health resource of herbal medicine is a great health immunity to the tribals. The seasonal viral, bacterial, fungal and nutrient deficiency is natively tackle by the **Baigas (Vaidya)** in the tribal areas. The acceptance of the herbopathy and naturopathy is to be promoted outside the tribal world by incorporating the importance of nature and trees in the primary/middle/higher secondary education system.

A few of the details of the herbal medicine, to treat the common ailments in tribal area are as under:

- a) **Malaria Treatment:** Malarial attacks are prevalent in a tropical climate. An interesting thing is that the tribal treat Malaria with the help of red ants which is found on trees. The red ants nest is collected and dropped on the patient body to bite. The patient head and ears are covered with clothes. Thereafter sometime the red ants are removed from the body of patients. The patient is left to rest for a gradual recovery.
- b) **Fever:** The common medicine for generations in treatment of fever is taking chutney made of red ants, ginger, garlic, coriander and chilli.
- c) **Body Immunity:** Chhapra, a paste made from red ants, is a traditional delicacy in Bastar, increases the body immunity.
- d) **Kaddha:** t is prepared in similar to what generally is prepared in the heartlands but the composition of the Tribal Khadha are more enriched and also provides superior immunity. The list of the herbs/plant in preparing **KADHA** is as follows: . 3

- | | | | |
|----------------------------|-------------------|---------------------------|---------------------|
| i. Arjun Treebark (chchal) | ii. Leaf of Bakas | iii. Laung | iv. Leaf of Amrud |
| v. Adrakh | vi. Giloay | vii. Dalchini | viii. Choti ilaychi |
| ix. Tulsi patta | x. Seej patta | xi. Rengani leaf of bhent | |
| xii. Gur | xiii. Lemon grass | | |

Method to Prepare the Drink

Take 100 gram of each and boil it in 7 liter fresh drinking water on low flame till it become half liter then in the morning sip it like tea for 2 or 3 days and it will work in the body as preventive and curative medicine.

It has emerged that tribals traditional knowledge, folklore, folk tales, folk songs, folk riddles, world view, ethos etc. are full of teaching and preaching to lead a healthy life normal life. There are several roots, fruits, herbs, leaves etc. to cure disease and to help the tribals to lead a normal healthy life. We all should endeavor that the remaining Population of the State may also Learn the Traditional Tribal Therapy with the help of such Herbs, Roots, Fruits, for which an awareness programme may also be commissioned in the interest of the state by the tribal leadership in the field of traditional knowledge of health.

Dr. Sachindra Narayan is Gandhian Anthropologist who has been working on tribes of India since 1966 from different perspectives





Health Topic

LYCHEE IS A TROPICAL FRUIT with an excellent source of vitamin C and antioxidants.

Lychees "*Litchi chinensis*", has been grown in tropical and sub-tropical regions since 2000 BC according to records in China. Lychee fruits have a tough inedible skin that is red or pink when ripe. The pale edible flesh inside surrounds an inedible brown seed.

Nutrient Value of Lychee

Fresh whole lychee contains a total 72 mg of vitamin C per 100 g of fruit, an amount representing 86% of the daily value (DV).

On an average, consuming nine peeled lychee fruits will meet an adult's daily vitamin C requirement. A 100 g serving of raw lychee fruit provides, among other dietary minerals in minor amounts, 7% copper, 4% phosphorus, and 4% potassium (for DV in a 2,000-calorie diet). Lychees are low in saturated fat and sodium

HEALTH BENEFITS

- Litchi fruit is rich in vitamin C
- It's a good source of antioxidants
- It helps reduce abdominal fat
- It can fight liver cancer
- Lychees have high vitamin E content
- Litchi fruit can reduce inflammation
- Maintains digestive health
- Lychee Has Antiviral Property





Finance Topic

Kaushik Kamal Shankar Dave*

A product offered by the Government of India since August 2004.

SCSS is a central government-backed savings scheme. It is a full debt instrument with zero risks. Valid for those above 60 years of age, it gives the security of assured income for the entire tenure of investment.

This investment plan for senior citizens is only for Indians aged 60 years and above. The only exception in age criteria are citizens who opt for the Voluntary Retirement Scheme (VRS) or Superannuation while they are 55-60 years of age or retired defence personnel between 50 and 60 years of age.

The current interest rate offered by this senior citizen scheme is 8.20%[@]. These rates are reviewed every quarter, with the last review being March 31, 2023. This new rate applies solely to new deposits from that date, not to already existing ones. While SCSS rates of interest are open to being revised every quarter, these changes will not apply to already-enrolled investors. New rates of interest only apply to newer investors of a particular quarter.

The maximum investment amount in SCSS is Rs. 30 Lakh lump sum amount individually or the total investment cannot exceed Rs. 30 Lakh across all your accounts in this scheme. Interest is service on a quarterly basis, after your first investment. The payouts from this senior citizen scheme are made on the first dates of April, July, October, and January – as per your date of investment.

Maximum tenure of the Senior Citizen Saving Scheme is 5 years. After this, you can extend it for 3 more years. This is a one-time option. What must be noted is that upon extension, the interest rates applicable at that particular quarter would apply.

SCSS accounts can be prematurely closed (or foreclosed) at any desired time – but one year after account opening. This is therefore not a short-term deposit. If you close the account before completing 2 years, 1.5% of the deposited amount will be deducted as a penalty. If account closure is after 2 years, 1% of the deposited amount is levied as a penalty. For 3-year extended accounts (after the 5-year maturity mark) you can close your account after the first year without any penalty being applied. SCSS account is also transferable anywhere in India.

Investment under this scheme qualifies for the benefit of section 80C of Income Tax Act, 1961 & interest income is taxed as per your income-tax slab. Moreover, if the interest income you receive from this senior citizen's investment plan exceeds Rs.50,000 in a financial year, Tax Deducted at Source also applies. *@Subject to prevailing rate*

*Kaushik Kamal Shankar Dave is a retired government employee and financial advisor for Seniors and can be contacted on M- +91 94265 09946



organised a webinar on the “**Buddha - Gandhi And World Peace**”
on **04th May 2023**, which was presided by

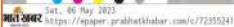
The Key address in the programme was given by

Prof ADN Bajpai Vice Chancellor Atal Bihari Vajpayee University Bilaspur
and special address was given by **Dr. A.K.Pandey Retd. IAS.**

Shri. Jainandan Prasad (center)
Retired Teacher of Sahpur High school,
Village Shahpur, at the age of 92,
is teaching the students of the village.



थैले बना कर गांवों की 800 महिलाएं बन रहीं आत्मनिर्भर



उपना. सोसायटी परांपराविकता की ओर से बेवकूफ का आशयन किया गया, इसका विषय युद्ध - गांधी और विश्व शांति था, जिसकी आलोचना प्रेम्सीस एमरेटस ने संपिन्न नारायण ने की. उन्होंने कहा कि हिंदू धर्म और बौद्ध धर्म दोनों ने कर्म, धर्म और मोक्ष के सिद्धांत को स्वीकार किया और पुनर्जन्म के चक्र में विश्वास किया. उन्होंने धर्म और बौद्ध धर्म दोनों बड़े और खरग या उच्च और निम्न पुनर्जन्म के अस्तित्व में विश्वास कहा है. दोनों जैवण, प्रीति, मृत्यु और पुनर्जन्म के निरंतर चक्र में विश्वास करते हैं, लेकिन बौद्धों के लिए आनंदनाम का लक्ष्य विषय कलात्मक है, जबकि हिंदू धर्म में मोक्ष कहा जाता है. कार्यक्रम में मुख्य उद्घोषण अटल बिहारी वाजपेयी विश्वविजय विलासपुर के कुलपति प्रेम्सीस एडोपिन बज्जियवेल ने कहा कि गांधी ने स्वराज का सपना देखा था, जिसमें सफर अहिंसा के उपयोग के माध्यम से सभी प्रकार के संस्करण, उन्पीड़न, अत्याचार और भेदभाव का उन्मूलन हो. विश्वेश उद्घोषण एक पाठ ने भी दिया.

बौद्ध धर्म और गांधीवादी विचार में अंतरिम शांति की विचारधाराएं हैं शामिल : प्रो. नारायण

[illegible]

'बुद्ध, गांधी और विश्व शांति' पर वेबिनार का आयोजन

१०. विद्यार्थी का सम्बन्ध विद्यालय से क्या है ?
 ११. विद्यालय का अधिकार क्या है ?
 १२. विद्यालय का अधिकार क्या है ?
 १३. विद्यालय का अधिकार क्या है ?
 १४. विद्यालय का अधिकार क्या है ?
 १५. विद्यालय का अधिकार क्या है ?
 १६. विद्यालय का अधिकार क्या है ?
 १७. विद्यालय का अधिकार क्या है ?
 १८. विद्यालय का अधिकार क्या है ?
 १९. विद्यालय का अधिकार क्या है ?
 २०. विद्यालय का अधिकार क्या है ?

बुजुर्गों के बेहतर स्वास्थ्य की सराहनीय पहल है प्रारंभ : केके मिश्रा





SFE Initiatives

**Certificate
Course**

Exploring Nonviolent Communication for Holistic Coexistence

16 weeks Programme

Programme Mode : Online

Online Platform : Google Meet

Faculty : National & International Gandhian Academicians and Peace Professionals

Study Material : The participants shall be provided hard copy of the study material.

**Programme
Fees:**

- For Working Professionals **Rs. 5000/-**
- For Students **Rs. 2500/-**

(*Inclusive of study Material)

Interested candidates to fill the Google Form

<https://forms.gle/ExveVv7ot663TUvw6>

ussocietyforempowerment07@gmail.com;

sfetraining2@gmail.com

snarayan1946@gmail.com

Call us on mobile no: +91- 9431878983



SFE Initiatives

Every day is a new day...



YOGA CLASSES

RUN BY
SOCIETY FOR EMPOWERMENT- AHMEDABAD

*Pl contact K K Dave - A1-104, Aakruti Elegace, Near Godrej Garden City, Tragad road,
Behind Nirma University, Off S.G.Highway, Ahmedabad – 382470 M- +91 94265 09946*



Skill Development Centre

Kasturba Gandhi Learning Centre- Skill Development Centre
Vullage Shahpur, Block Bela, District Gaya Bihar , India



**“You are never too old to set another goal
or to dream a new dream.”**



Society For Empowerment
Patna – Bihar – India

Email Editorial: snaryan1946@gmail.com
Subscription & Advertisement: societyforempowerment07@gmail.com
Phone- 7488316679
www.sfe.org.in