



SOCIETY FOR
EMPOWERMENT

प्रारंभ



" आत्मा दीपो भवः "



Table of Content

1. Editorial – Shri N N PANDEY RETIRED IAS
2. Job Openings For Seniors
3. Digital Arrest: A New Age Cyber Trap for Seniors - Prakahr
4. Tazia in Patna by Akhil Bakshi (Fellow of the Royal Geographical Society, Fellow of Explorers Club USA, Editor of Indian Mountaineer)
5. The Impact of Digitization and AI on the Ageing Population in India By Anil K Prasad, Ph.D (Professor English)
6. Wearable Technology for the Seniors – Ms. Savita More (Director at Shanaya Security Systems India Pvt. Ltd. and Partner at S K Enterprises Vadodara)
7. Gujarati Foods for Senior Citizens – Ms. Malti Dave (Ayurveda Doctor)
8. SFE Initiatives - Society for Empowerment Hosts Online Webinar on Involving Youth in Positive Youth Development on 23rd November 2024

Editorial Team-
Editor:
Shri N. N. Pandey
former IAS

Associate Editor –
Ms. Savita More

Assistant Editor-
Ms. Swayamsiddha Dash
PG Scholar Amity University

CA-
Ashish Niraj
Financial Advisor

"Embracing the Golden Chapter:

A Celebration of Senior Power and Potential"



EDITORIAL

By **Shri N. N. Pandey**,
Retired IAS

In the symphony of life, every chapter holds its unique melody, and the golden years are no exception. Today's seniors are rewriting the narrative of ageing, transforming it from a phase of retirement into one of reinvention. They are mentors, creators, explorers, and pillars of wisdom, contributing to society in extraordinary ways.

In this vibrant issue of PRARAMBH, we bring you stories and insights that celebrate the indomitable spirit of seniors. From the evolving opportunities in the job market to the integration of cutting-edge technologies tailored for senior living, this edition is a testament to the dynamism of the ageing population.

Our feature on job openings for seniors underscores the critical need to channel their expertise into meaningful engagements, bridging generations while fostering economic and social value.

At the same time, the rapid strides in digitization present a double-edged sword. Prakhar's thought-provoking article, "Digital Arrest: A New Age Cyber Trap for Seniors," sheds light on the lurking dangers in the cyber world and offers practical solutions to empower seniors in safeguarding their digital footprints.

Adding cultural richness, Akhil Bakshi's exploration of the Tazia tradition in Patna takes us on a historical and spiritual journey, celebrating the ethos of unity in diversity that defines India.

In an era dominated by Artificial Intelligence, Dr. Anil K. Prasad delves into the impact of AI and

digitization on seniors, exploring its transformative potential alongside the challenges of adaptability and inclusion. Similarly, Ms. Savita More's piece on wearable technology reveals how innovation is enhancing the quality of life for seniors, offering safety, health monitoring, and convenience at their fingertips.

No celebration is complete without food! Dr. Malti Dave's delightful article on Gujarati cuisine serves as a reminder of the nourishing and flavorful joy that good food brings, especially when tailored to the needs of the elderly.

Lastly, our Society for Empowerment (SFE) initiatives continue to blaze trails. This month, we host an engaging webinar focusing on youth involvement in positive development—because intergenerational collaboration is key to building a harmonious society.

Together, let us celebrate this vibrant chapter of life, where the wisdom of experience meets the enthusiasm of discovery. As we embrace the golden years with gratitude and purpose, may we all learn from the resilience, grace, and optimism of our seniors.

Here's to a future where every silver strand shines with pride and every senior feels valued, cherished, and empowered!

Editor, **प्रारंभ**

Shri N. N. Pandey Editor, PRARAMBH Magazine

December 2024

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.

- Secretary - National Company Law Tribunal - Max Age Upto 58 Years- Position in Delhi
<https://nclt.gov.in/sites/default/files/Career/Image%20%289%29.pdf>
- Sr. Financial Advisor- Indian Council of Medical Research - Max Age Upto 58 Years; Position in Delhi
https://www.icmr.gov.in/icmrobject/uploads/Recruitment/1730098483_vacancy_0001.pdf
- Consultant- Commissioner for Air Quality Management in National Capital Region and Adjoining Areas –Max Age Upto 63 years Position in Delhi
<https://moef.gov.in/storage/tender/1732009407.pdf>
- Senior Project Officer – Accounts & Administration - International Institute for Population Sciences- Max Age Upto 65 years; Position in Mumbai
https://www.iipsindia.ac.in/sites/default/files/job-listing/LASI-W2_Recruitment_Extended-upto-8Dec2024.pdf
- Civil Department - Dedicated Freight Corridor Corporation of India Limited- Max Age Upto 65 ; Position in New Delhi
https://dfccil.com/upload/Advertisement-No-29-2024_22LS.pdf
- Safety Officer/ Electrical- Dedicated Freight Corridor Corporation of India Limited- Max Age Upto 65 ; Position in Meerut
https://dfccil.com/upload/Advertisement-No-28-2024_71U0.pdf

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



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

Digital Arrest

A Challenge For Seniors



A “Digital Arrest” scam is a new-age scam that leverages technology to deceive and exploit people by simulating an official arrest scenario online. Fraudsters impersonate law enforcement or government officials, using methods like video calls, falsified documents, and other digital tactics to convince their targets that they are under legal scrutiny. Unlike a physical arrest, a digital arrest is purely virtual, created to manipulate victims into believing that immediate action—usually involving a transfer of money—will save them from severe consequences.

Modus Operandi of Digital Scams:

1. Impersonation Pretending to Be the Police or Government
2. Fake Watsup Messages /Phone Call or SMS
3. Ransom Digital Payment
4. Intimidation: Scammers use threats of arrest or legal action to instill fear in their victims
5. False Authority Claims
6. Ransomware and Device Seizures:
7. Identity Takeover via SIM Card Swapping
8. Account Freezing and Lockouts
9. Malware
10. Fake Websites and Apps:
11. Data Breaches:

Recent Cases Of “Digital Arrest” Scam

1. Senior Citizen Duped by Fake Law Enforcement
 2. Doctor Defrauded Through Video Call
 3. 70-year Old Retired Engineer Tricked To Losing His Life Savings
 4. High-Profile Businessman Defrauded
- ii. Cyber Fraud Mitigation Centre (CFMC) has been established at I4C
 - iii. A Suspect Registry of identifiers of cyber criminals has been launched by I4C on 10.09.2024 in collaboration with Banks/Financial Institution
 - iv. The Central Government has introduced a new feature titled as ‘Report and Check Suspect’



To strengthen the mechanism to deal with cyber crimes including digital arrest in a comprehensive and coordinated manner, the Central Government has taken steps which, inter-alia, include the following:

on <https://cybercrime.gov.in>. This facility provides citizens a search option to search I4C’s repository of identifiers of cyber criminals through ‘Suspect Search’.

- v. The ‘National Cyber Crime Reporting Portal’



- i. The Ministry of Home Affairs has set up the ‘Indian Cyber Crime Coordination Centre’ (I4C) as an attached office to deal with all types of cybercrimes in the country, in a coordinated and comprehensive manner.
- vi. The ‘Citizen Financial Cyber Fraud Reporting and Management System’, under I4C, has been launched in year 2021.

(<https://cybercrime.gov.in>) has been launched, as a part of the I4C.

- <https://authbridge.com/blog/what-is-the-digital-arrest-scam/>
- <https://pib.gov.in/PressReleasePage.aspx?PRID=2077948>
- <https://www.rblbank.com/blog/banking/safe-banking/the-rise-of-digital-arrest?srltid=AfmBOoqKILgQt5nMV7wN10HY4H3jqEGVmoEF9C4Zm7C4exGGkTKJogvr>

TAZIA IN PATNA

by Akhil Bakshi



Some years ago, while leading the expedition Hands Across the Borders, our team had a meeting with the students at Patna University. Scrambling into our jeeps, we drove through a labyrinth of dark, narrow streets, covered so thickly with a mess and tangle of overhead electrical wires that not a single shaft of sunlight could cut through them. People were openly stealing electricity from the main line. In Bihar, citizens compete with their leaders in plundering the public purse. There were beggars everywhere but they did not seem to collect anything. Miles of choked, open drains lined the

Hardly had we gone a kilometre when we ran into the rear of a slow-moving, mile-long tazia procession of the Shias, commemorating the martyrdom of Hussain, the younger grandson of Prophet Mohammed. We were hopelessly stuck behind crowds of devout Shias carrying sky-high poles and silver flags and splendidly brocaded banners that were raised and brought down, in the slowest of slow motion, every six inches to keep them away from the maze of electrical wires running overhead. But the cynosure of all eyes was a group of men, in the middle of the procession,



roads and alleys and the horrendous smells emanating from them drifted into our jeeps, compelling us to drive with our hands on our noses.

beating their chests, heads and backs with sharp metallic chains, nipping their own flesh, skinning themselves alive. Blood oozed out of the long

gashes on their bodies, but they didn't seem to mind it. They handled their weapons – chains, whips, batons – with grace, moving them over their heads in fiery circles and happily delivering blows on their own bare and bloody backs.

A young buck was particularly talented in delivering backhand strokes with which he rained spirited blows on various parts of his body with spectacular effect. Walking slowly, they continued to tear their bodies, limb to limb, squirting blood on those around them. I found this public show of masochism barbaric, and reached out for the sick-bucket. But the procession elicited a great deal of popular enthusiasm. Multitudes looked down from the comforts of their balconies at the moving theatre. Eager spectators queued for hours to witness the self-destructing performance, and elbowed each other for a ringside view.

If this was some kind of a memorial service for their long-martyred leader, why could the Shias not sing his favourite songs or read poems about him on the occasion, instead of mutilating themselves? But I suffer from a poverty of imagination. The Shias have more inventiveness.

We were delayed beyond measure for our meeting but I waited patiently for the wrenched and exhausted masochists to collapse and fall in a heap any moment, clearing the way for us. Nothing of the sort happened. The self-inflicted carnage continued without respite. None of the participants was prepared to throw in the towel. Passionate, blood-cuddling cries of: "Hai Hussain, Hai Hussain" rent the air.

I observed a couple of priestly-looking men poking their snouts out of their black gowns, soliciting donations from the public. This was yet another example of the clergy making fortune out of the misfortune of others.

The tazia is a means for reflecting on the events that took place in Arabia more than 1,300 years ago. Prophet Mohammed had a daughter

named Fatimah. She was married to Imam Ali, her father's cousin. Of all their children, Hussain was most loved by his grandfather, The Prophet, who used to kiss his forehead saying, "He who befriends Hussain, befriends me and he who hurts Hussain, hurts me". Immediately following the death of the Prophet in 632, the great Sunni-Shia split took place in Islam.

The Tazia, observed by Shia Muslims during the Islamic month of Muharram, commemorates the martyrdom of Imam Hussain, the Prophet's grandson, and his followers in the Battle of Karbala (680 CE). For Shia Muslims, Hussain's martyrdom represents the ultimate sacrifice for truth and justice, and they revere him as their third Imam.

However, Sunni Islam places more historical and theological emphasis on the first four Caliphs, known as the Rashidun (Rightly Guided Caliphs), as models of leadership after Prophet Muhammad.

While Sunni Muslims respect Hussain, they do not frame his role in the same central theological or political terms as Shias do.

A Shia's sorrow is Sunni's joy. Over the years, the rift between the two Muslim sects has widened to such an extent that the Shias are close to being declared an endangered species. Shia's comprise only 10-15 percent of the world's Muslims. While they lash their backs, they face Sunni backlash. It is surprising if a tazia procession passes without a guerilla attack by Sunnis. To help the Shias shore up their defences, state governments provide busloads of armed police escorts. Yet, we read in the next morning's newspapers that several people had died in Sunni-Shia clashes in Pakistan and in Uttar Pradesh.

In Pakistan, Shias are fair game for Sunnis at all times of the year. A few months after our visit to Patna, well-orchestrated attacks on Shia doctors in Pakistan – over 200 killed in a single week – sent the Shia professionals scurrying to foreign embassies for asylum.

Last week, on November 21, 2024, at least 42 people were killed and 20 wounded after gunmen opened fire on vehicles carrying Shia Muslims in Kurram, a district in Pakistan's Khyber Pakhtunkhwa province where sectarian clashes between majority Sunni Muslims and minority Shias have killed dozens of people in recent months.

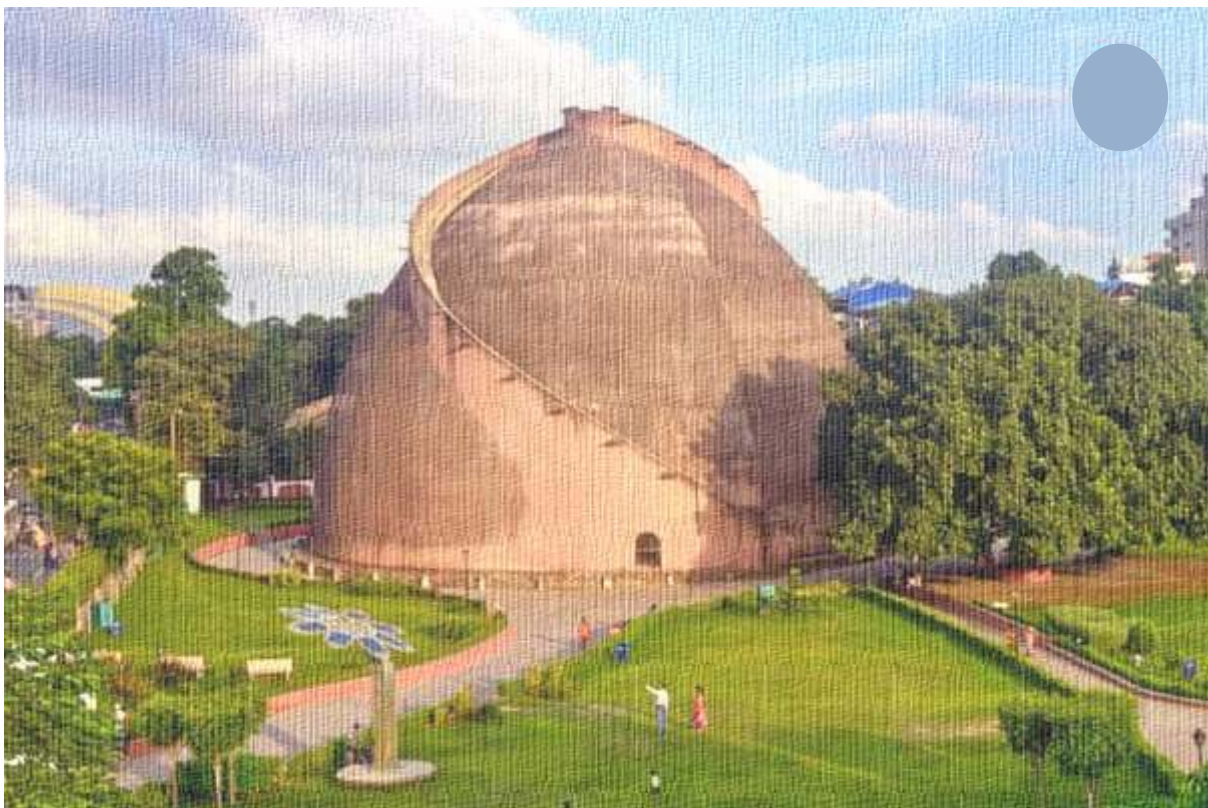
Shias, driven by religious aspirations, are a community that holds its dead celebrities in higher esteem than living politicians, a community whose members measure their lives with the scars on their backs, selflessly whipping themselves in the name of God, without expecting any higher returns.

I sincerely hope that the world will leave these peaceful individuals in peace, and that Shias will never find themselves lacking in devoted

participants who, through their rituals, offer both a profound display of commitment and a source of thought-provoking engagement for an appreciative audience.

We arrived three hours late for our meeting at the Patna University and were greeted by hundreds of stampeding students.

(Fellow of the Royal Geographical Society, Fellow of Explorers Club USA, Editor of Indian Mountaineer, Akhil Bakshi is an author and explorer. He served two prime ministers – Rajiv Gandhi and Narasimha Rao. As the first Director General of Nehru Yuva Kendra Sangathan, he transformed it into a youth movement and India's largest grassroots organisation.)



The Impact of Digitization and AI on the Ageing Population in India

By Anil K Prasad, Ph.D *



India stands at a critical juncture of demographic and technological transitions. While the proportion of individuals aged 60 and above is set to grow to nearly 20% by 2050, the nation is also embracing digitization and artificial intelligence (AI) at an unprecedented pace. These simultaneous shifts bring opportunities and challenges, particularly for the ageing population, as they navigate a rapidly changing technological landscape.

This article explores the multifaceted impact of digitization and AI on India's elderly, addressing challenges, opportunities, and the road ahead for a more inclusive and technology-enabled future.

Challenges of Digitization for the Ageing Population

The Digital Divide

One of the most pressing issues is the digital divide. Many elderly Indians, particularly in rural areas, have limited exposure to technology. The



complexities of smartphones, online services, and digital platforms are overwhelming for individuals who have not grown up in a technology-driven environment. Moreover, many digital services are predominantly in English, making them less accessible to those fluent only in regional languages.

Digital Illiteracy

Digital illiteracy among seniors is another significant hurdle. While younger generations adapt easily to emerging technologies, seniors often require structured guidance and hands-on training to adopt these tools effectively. This lack of familiarity restricts their ability to access essential services, from online banking to telemedicine.

Fear of Cybersecurity Risks

The elderly are particularly vulnerable to cyber threats. Many hesitate to engage with digital platforms due to concerns about online fraud, data breaches, and privacy violations. Without robust measures to protect their information and transactions, these fears can discourage seniors from leveraging the benefits of digitization.

Technology-Induced Isolation

The rapid pace of digitization can inadvertently

lead to social exclusion. As services and interactions increasingly move online, seniors who are unable to adapt risk being marginalized. This exclusion can deepen feelings of isolation and exacerbate mental health issues such as anxiety and depression.

Opportunities Brought by Digitization and AI

Despite the challenges, digitization and AI hold transformative potential for India's ageing population. By addressing the specific needs of seniors, these technologies can enhance their quality of life, foster independence, and ensure better integration into society.

Revolutionizing Healthcare

AI is reshaping healthcare delivery in ways that directly benefit the elderly. Wearable devices equipped with AI-driven analytics can monitor vital signs, detect irregularities, and send real-time alerts to caregivers or doctors. These devices, paired with telemedicine platforms, make healthcare accessible to seniors in remote areas, eliminating the need for frequent hospital visits.

For example, AI-powered health applications can provide medication reminders, dietary advice, and symptom trackers, allowing seniors to manage chronic conditions such as diabetes and hypertension more effectively. Robotic surgical assistants and AI-enhanced diagnostics further ensure timely and precise medical interventions.

Promoting Social Connectivity

Social isolation is a significant challenge for the elderly, particularly in urban centers where family structures are becoming more nuclear. Digital platforms like WhatsApp, Facebook, and video-calling applications bridge the communication gap, enabling seniors to stay connected with loved ones. AI-enabled virtual assistants such as

Alexa or Siri offer companionship and facilitate social interaction, creating an environment of emotional support.

AI-driven chatbots and community apps tailored to seniors can also foster a sense of belonging by connecting them with peers and local support groups. These initiatives reduce loneliness and improve mental well-being.

Enhancing Independence through Assistive Technologies

AI-powered assistive technologies are empowering seniors to lead independent lives. Voice-activated smart home systems allow elderly individuals to control appliances, monitor security, and adjust lighting or temperature without physical effort.

Robotic caregivers equipped with natural language processing (NLP) capabilities provide companionship and assistance with daily tasks. AI-powered mobility aids, such as smart walkers and wheelchairs, enhance mobility and ensure safety. These innovations significantly reduce dependence on others, fostering dignity and self-reliance.

Facilitating Financial Inclusion

Digitization is making financial management easier and more secure for seniors. AI-enabled tools provide personalized investment advice, expense tracking, and fraud detection, ensuring better financial planning. Digital payment platforms simplify transactions, reducing the need for physical cash handling.

For example, apps that offer voice-based navigation and regional language options ensure that even less tech-savvy seniors can use these tools effectively. This democratization of financial services has the potential to enhance economic independence among the elderly.

Learning and Engagement Opportunities

AI and digitization also open doors for lifelong learning and engagement. Online courses, webinars, and skill development platforms allow seniors to pursue hobbies, learn new skills, or engage in meaningful activities. Virtual reality (VR) and augmented reality (AR) applications further enrich their experiences, offering opportunities for virtual travel, immersive storytelling, and recreational activities.

Government and Private Sector Initiatives

Recognizing the transformative potential of technology for the elderly, various initiatives are being launched by the government and private sector. Programs like PMGDISHA (Pradhan Mantri Gramin Digital Saksharta Abhiyan) aim to improve digital literacy across rural India, including among seniors.

Startups and NGOs are stepping in with innovative solutions tailored to the elderly. For instance, apps designed specifically for seniors incorporate simplified interfaces, voice commands, and multilingual support to make technology more accessible.

Insurance companies are using AI to offer customized health insurance plans for seniors, while financial institutions are promoting user-



friendly digital banking solutions. Telemedicine platforms like Practo and Apollo 24/7 are ensuring affordable and convenient healthcare for older adults.

Bridging the Gap: The Way Forward

To fully realize the benefits of digitization and AI for India's ageing population, several measures must be taken:

Digital Literacy Programs: Government and private sector partnerships should focus on targeted digital literacy campaigns for seniors. Workshops, community training programs, and helplines can guide them in using digital tools.

Inclusive Design: Developers must create user-friendly interfaces with larger fonts, voice commands, and regional language support to cater to the needs of older adults.

Affordability and Access: Providing affordable devices and internet access is crucial. Subsidies and public-private collaborations can ensure that seniors from all socioeconomic backgrounds benefit from technology.

Cyber Security Awareness: Educating seniors about online safety and implementing robust security features can build trust and confidence in using digital platforms.

Localized Solutions: AI solutions must be tailored to India's socio-cultural and linguistic diversity. Customizing tools to address regional needs will enhance adoption rates.

Policy Support: Policymakers must prioritize funding and incentives for startups and organizations working on senior-friendly technologies. A cohesive strategy involving healthcare, technology, and social welfare sectors is essential.



CONCLUSION

The intersection of digitization and AI offers a unique opportunity to transform the lives of India's ageing population. By addressing challenges such as digital illiteracy, affordability, and social exclusion, and leveraging opportunities in healthcare, social connectivity, and assistive technologies, India can ensure a more inclusive and empowering digital ecosystem for its seniors.

As the nation progresses toward a tech-driven future, the elderly must be seen not as passive beneficiaries but as active participants in this transformation. With the right policies, partnerships, and innovations, India can pave the way for a dignified, connected, and independent life for its ageing population. This vision, rooted in inclusivity and empathy, will not only uplift the elderly but also strengthen the fabric of Indian society as a whole.

Wearable Technology for the Seniors

Savita S. More*

Director at Shanaya Security Systems India Pvt. Ltd. and
Partner at S K Enterprises Vadodara)



In the current era, technological advances have made our lives simple and convenient. Especially for the seniors, wearable technology not only takes care of their health and safety, but also improves their daily lives. Let's know how wearable technology can be beneficial for the elderly.

What is wearable technology?

Wearable technology is devices that a person can wear on their body. These devices are used for health tracking, communication, and even features to connect to emergency services. These include smartwatches, fitness bands, smart glasses, and even health monitoring devices.

Benefits for the seniors.

1. Health Monitoring:

Wearable technology allows monitoring of various aspects of health in real time. Such as heart rate, blood pressure, and sleep patterns. This allows the elderly to better understand their health condition.

2. Emergency Services:

Many smartwatches and fitness trackers have emergency services, such as fall detection. If an elderly person falls, the device can automatically notify emergency services.

3. Medication Reminder:

Some devices remind the elderly when it is time to take their medication, thereby improving their habit of taking regular medication.

4. Social Connectivity:

With the help of technology, the elderly can stay connected with their family and friends. They remain connected with society through video calls, messages and other social media platforms, which reduces the feeling of loneliness.

5. Promoting Physical Activity:

Fitness bands help the elderly track their physical activities. These devices motivate them to exercise regularly, which is essential for their health.

Challenges

Although wearable technology has many benefits, it also comes with some challenges. Lack of technical knowledge: Some elderly people may have difficulty using new technologies. It requires proper training.

Cost: Good quality wearable technology can be expensive, which not all elderly people can afford at affordable rates.

CONCLUSION

Wearable technology is an important development for the seniors. It not only makes their health care easier, but also helps them stay active and connected. Society should encourage the elderly to use this technology and provide them information about it. This will not only improve their quality of life, but they will also feel more secure and independent.

WEARABLES FOR SENIORS.

1. Smartwatches
2. Medical Alert Wearables
3. Hearing Wearables
4. Smart Glasses
5. Sleep Trackers
6. Fitness Trackers
7. GPS Location Trackers

Gujarati Foods for Senior Citizens

Ms. Malti Dave

Gujarati cuisine is known for its vibrant flavours, variety and healthy ingredients, making it a great option for senior citizens looking for tasty and nutritious food. This food culture emphasises vegetarianism, which aligns with the dietary needs and preferences of many older people. Here are nine Gujarati dishes that are delicious and suitable for senior citizens, while focusing on their nutritional value and ease of digestion.

1. Khichdi

Khichdi is a staple dish in Gujarati households, made by mixing rice and lentils (usually moong dal). It is a nutritious and easily digestible meal. It can be flavoured with mild spices and enriched with vegetables such as carrots and peas, making it a complete option rich in protein and fibre.

2. Dhokla

Dhokla is a steamed delicious cake made from fermented rice and chickpea flour. Its light and fluffy texture makes it easy to eat, while the fermentation process adds probiotics, which are beneficial for intestinal health. It is rich in carbohydrates and protein, and is usually served with green chutney, which adds a delicious flavour.

3. Thepla

Thepla is a spicy flatbread, made with wheat flour and fenugreek leaves (methi), which provide essential vitamins and minerals. It is soft and can be enjoyed with yogurt or pickle, making it a nutritious option for breakfast or snack. Consumption of fenugreek also helps in digestion, which is a must for senior citizens.

4. Undhiyu

Undhiyu is a traditional Gujarati mixed vegetable dish, usually prepared with various seasonal vegetables and healthy cooking techniques. It is cooked slowly and seasoned with spices like coriander and cumin. The varied nutrients from the vegetables make it a hearty meal that is also good for digestion.

5. Handvo

Handvo is a delicious vegetable cake, made from a mixture of rice and lentil flours, often with gourds and spices. It is baked and is rich in protein, making it a nutritious option for seniors. The fiber from the vegetables also supports digestive health.

6. Methi Thepla

This is a variation of thepla that includes fenugreek leaves, which add a unique flavor and are rich in nutrients. The anti-inflammatory properties of fenugreek may be beneficial for seniors and reduce common aging issues. Consuming it with yogurt also enhances its cooling properties.



CONCLUSION

When choosing meals for seniors, it is important to focus on nutrition, ease of digestion, and taste. Gujarati cuisine, which emphasizes vegetarianism and rich ingredients, offers many options to meet these needs. Incorporating these dishes not only encourages better health, but also embraces cultural flavors, enhancing the dining experience for seniors.

SFE Activities

सोसाइटी फॉर एम्पावरमेंट ने आयोजित किया वेबिनार

सकारात्मक युवा विकास में युवाओं की भागीदारी

पटना व्यूरो

पटना बिहार। सोसाइटी फॉर एम्पावरमेंट द्वारा सकारात्मक युवा विकास में युवाओं की भागीदारी शीर्षक से एक प्रेरणादायक और ज्ञानवर्धक ऑनलाइन वेबिनार का आयोजन किया। इस कार्यक्रम का उद्देश्य युवाओं को सशक्त बनाना, नेतृत्व कौशल विकसित करना, युवाओं के लिए भागीदारी के अवसर प्रदान करना, और उन्हें राष्ट्रीय व वैश्विक विकास लक्ष्यों को आगे बढ़ाने में भागीदार बनाना था। वेबिनार में प्रमुख वक्ताओं ने अपने अनुभव और विचार साझा किए, जिनमें शामिल थे, एन.एन. पांडे, भिक्षु प्रज्ञदीप, प्रोफेसर एस. नारायण, और प्रोफेसर अनिल प्रसाद। वक्ताओं ने युवाओं के नेतृत्व क्षमता को विकसित करने के लिए संरचित ढांचे, नैतिक सिद्धांतों और समावेशी दृष्टिकोणों की आवश्यकता पर बल दिया।

वेबिनार की शुरुआत और मुख्य विषय

कार्यक्रम का शुभारंभ भिक्षु प्रज्ञदीप के प्रेरक उद्घाटन वक्तव्य से हुआ। उन्होंने युवाओं के समाज में बदलाव लाने की अद्वितीय क्षमता पर प्रकाश डाला। भगवान बुद्ध की शिक्षाओं का उल्लेख करते हुए, उन्होंने युवाओं में भावनात्मक बुद्धिमत्ता, आत्म-जागरूकता और लचीलापन विकसित करने की आवश्यकता पर जोर दिया। उन्होंने यह भी कहा कि युवाओं को करुणा और न्याय के मूल्यों को अपनाकर समाज में शांति और समरसता लाने का प्रयास करना चाहिए। एन.एन. पांडे, एक प्रमुख वक्ता, ने भारत में युवा विकास के व्यापक संदर्भ पर प्रकाश डाला। उन्होंने भारत सरकार



के सशक्तिकरण कार्यक्रम की जानकारी दी, जो युवाओं को सशक्त बनाने के लिए विभिन्न पहलों का एक व्यापक ढांचा है। इनमें नेशनल यूथ कोर, नेशनल यंग लीडर्स प्रोग्राम, और कई अन्य पहलें शामिल हैं। उन्होंने बताया कि ये कार्यक्रम ग्रामीण, शहरी और आदिवासी क्षेत्रों के युवाओं को कौशल विकास, नेतृत्व के अवसर, और वैश्विक मंच प्रदान करते हैं। प्रोफेसर अनिल प्रसाद ने रूलर फ्रेमवर्क पर विस्तार से चर्चा की, जिसमें शामिल हैं: पहचान, समझ, सीखना, प्रतिक्रिया। उन्होंने बताया कि यह फ्रेमवर्क युवाओं में भावनात्मक बुद्धिमत्ता, स्वयं पर निर्भरता और नैतिक उत्तरदायित्व विकसित करने में मदद करता है।

प्रोफेसर एस. नारायण ने चर्चा को और विस्तार देते हुए अंतर-पीढ़ी सहयोग की आवश्यकता और समावेशी मंचों के निर्माण की बात की, जो युवाओं की आकांक्षाओं और समाज की अपेक्षाओं के बीच सेतु का काम कर सके। उन्होंने कहा कि मार्गदर्शन, कौशल विकास, और जिम्मेदार तकनीकी उपयोग के माध्यम से युवा न केवल अपने जीवन को बल्कि समाज को भी सकारात्मक रूप से प्रभावित कर सकते हैं।

सार्वभौमिक शिक्षाओं से प्रेरणा

वेबिनार के दौरान वक्ताओं ने भगवान बुद्ध, भगवान महावीर, गुरु नानक, और महात्मा गांधी की शिक्षाओं का उल्लेख किया, जो वर्तमान समय में युवा विकास के लिए प्रासंगिक हैं:

भगवान बुद्ध: उनकी माइंडफुलनेस की शिक्षा युवाओं को भावनात्मक संतुलन और आत्म-जागरूकता प्राप्त करने में मदद करती है।

भगवान महावीर: अहिंसा के प्रति उनकी प्रतिबद्धता युवाओं को शांति और रचनात्मकता से समस्याओं का समाधान करना सिखाती है।

गुरु नानक: उनकी सेवा की भावना (Seva) युवाओं को समाज की उन्नति के लिए निःस्वार्थ योगदान देने की प्रेरणा देती है।

महात्मा गांधी: स्वदेशी और स्वावलंबन पर उनका जोर युवाओं को स्थानीय समाधानों को अपनाने और ईमानदारी से नेतृत्व करने के लिए प्रेरित करता है।

समापन और प्रशंसा

वेबिनार का समापन संवादात्मक प्रश्नोत्तर सत्र से हुआ, जिसमें प्रतिभागियों ने युवाओं की भागीदारी और विकास पर अपने विचार प्रस्तुत किए।

SFE Activities



Involving Youth in Positive Youth Development



YOGA CLASSES RUN BY SOCIETY FOR EMPOWERMENT- AHMEDABAD

Please Contact - Malti Dave

A1-104, Aakruti Elegace, Near Godrej Garden City, Tragad Road,
Behind Nirma University, Off S.G.Highway,
Ahmedabad – 382470 M- +91 94265 09946



electiaTM

DELIVERING HAPPINES

Shanaya Security Systems India Pvt. Ltd.

FF-102, Hari Vinayak Complex,
Opp: Brahman Sabha Hall,
Pratap Road, Dandia Bazar, Vadodara-01.

www.electia.co.in

shanaya.systems@gmail.com

Sales +919033046410

Technical +919033046409

Complain +919687616411

Electronic Security Solutions

CCTV Surveillance Systems

Fire Alarm Systems

Time Attendance Machine

Intruder Alarm System

Home Automation

GPS Vehicle Tracking System

Electrical & Solar Solutions

Video & Alarm Monitoring Solutions



Subscription Form

I/We would like to subscribe for the “प्रारंभ” Newsletter/ of Society for Empowerment.
My / Our Details are as follows:

Name (Individual / Organization):

Designation:

Address:

Mobile No. :

Phone:

E-Mail Id:

I am /we are depositing/ transferring /enclosing a DD of Rs.....

(Rupees..... Only) in favors of Society for Empowerment. The

Bank Account details are as under:

Bank Detail : Indian Overseas Bank.

Account Number (SB) : 049801000018386

IFSC Code: IOBA0000498.

Branch code : 0498,

Address: Patna Main Branch, Nasseema House, West of Gandhi Maidan, Patna -800001

Place

Date

Please mail or whatsapp this subscription form on the given addressM- 7488316679

Email: societyforempowerment07@gmail.comSignature



Rate of Subscription	Annual
Individual (Indian)	2000/-
Institutional (Indian)	5000/-





Society For Empowerment

Patna – Bihar – India

YOGA CLASSES RUN BY SOCIETY FOR EMPOWERMENT- AHMEDABAD

**Pl contact Malti 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**

Email Editorial: snaryan1946@gmail.com

Subscription & Advertisement: societyforempowerment07@gmail.com

Phone- 7488316679

www.sfe.org.in Society For Empowerment – Patna – Bihar – India

Disclaimer: Every effort is made to provide accurate and complete information in “प्रारंभ” newsletters. We also make no claims, promises or guarantees about the accuracy, completeness, or adequacy of the contents of the newsletters and expressly disclaims liability for errors and omissions in the contents of this newsletters.

Design by:

RAMA
your dream ad agency

9825419936 9879419936
ramaads.com