



प्रारंभ

" धर्मं वद सत्यं वद वृद्धानां पूजनं कुरु "



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Unleashing the Spirit of 2025

A Golden Age Beckons!



EDITORIAL

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

As the sun rises on a new year, Prarambh proudly brings you its first issue of 2025—a heartfelt tribute to the boundless potential of senior citizens. This edition encapsulates the essence of progress and purpose, with stories, insights, and initiatives that celebrate the indomitable spirit of our elders.

In a society that is increasingly dynamic and interconnected, seniors are not mere spectators; they are contributors, innovators, and torchbearers of wisdom. This month, we shine a spotlight on the job market for senior citizens, showcasing opportunities that not only provide financial security but also ensure meaningful engagement. Let us break barriers, redefine stereotypes, and unlock the immense potential of this golden demographic.

Dr. Sachindra Narayan takes us on a profound journey in his article, *Redefining Golden Years: Building a Secure, Independent, and Dignified Future for Senior Citizens*. He explores the evolving aspirations of seniors, emphasizing the importance of economic independence, active participation, and social inclusion. His words inspire us to envision a world where aging is a celebration of strength and resilience.

In today's tech-savvy world, we often find ourselves overwhelmed by the digital deluge. Vedabhyas Kundu and Ms. Munazah Shah bring a refreshing perspective in their thought-provoking piece, *Come Let's Encourage Cyber-Fasting for a Joyful World*. They remind us that a balance between digital connectivity and real-world interactions is key to fostering harmony and well-being.

For those embracing the digital age, Ms. Savita More's guide to *Must-Have Apps for Senior Citizens* is a treasure trove of knowledge. From health monitoring to financial planning, these apps empower seniors to lead safer, smarter, and more convenient lives.

On the health front, nutrition remains a cornerstone of well-being. Ms. Swayam Siddha Dash highlights *Super Foods for Seniors*, offering practical insights on strengthening immunity through diet.

The activities of the Society For Empowerment (SFE) continue to inspire us. In December 2024, the launch of the Prarambh issue was accompanied by a spirited discussion on *The Role of Senior Citizens in the Digital Age*. This event resonated with the idea that seniors are not only adapting to but thriving in the digital world. Meanwhile, a health camp led by renowned doctors at Shahpur Village underscored SFE's commitment to holistic well-being.

As we step into this new year, let us pledge to embrace change, challenge conventions, and champion the cause of our seniors. Together, we can create a society where the golden years truly shine with independence, dignity, and joy.

Happy New Year!

Editor, प्रारंभ

Shri N. N. Pandey

Editor, PRARMBH Magazine

January 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.

- Chairman -National Institute of Open Schooling - Max Age Upto 56 Years- Position in Delhi
https://www.education.gov.in/sites/upload_files/mhrd/files/advertisement/ad.pdf
 - 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>
 - Deputy Secretary - National Commission for Minority Educational Institutions (NCMEI)- Max Age Upto 56 Years- Position in Delhi
https://www.education.gov.in/sites/upload_files/mhrd/files/advertisement/Pic220.pdf
 - Adviser (Transport and Communication)- North Eastern Council Secretariat; Max Age Upto 56 Years- Position in Delhi
https://necouncil.gov.in/sites/default/files/SAP_0109.pdf
 - Consultant Drug Procurement - Uttar Pradesh Medical Supplies Corporation Limited; Max Age Upto 56 Years- Position in Lucknow
<https://upmsc.in/home/Recruitment>
 - Executive Director- National Cooperative Development Corporation (NCDC); Max Age Upto 56 Years- Position in Gurgaon
https://www.ncdc.in/documents/career/4109291124Vacancy-Circular_Executive-Director.pdf
 - Advisor- Telecom Regulatory Authority of India; Max Age Upto 58 Years- Position in Jaipur
https://www.trai.gov.in/sites/default/files/2024-12/Vacancy_26122024.pdf
 - Senior Consultant (Legal)- Telecom Regulatory Authority of India; Max Age Upto 63 Years
https://www.trai.gov.in/sites/default/files/2024-12/Vacancy_16122024.pdf
 - Administrative Consultant- NCDC MoHFW; Max Age Upto 62 Years- Position in Delhi
<https://recruitment.nhsrindia.org/my/job>
 - Consultant (Legal)- Ministry of Textiles; Max Age Upto 64 Years- Position in Delhi
<https://texmin.nic.in/services/om-regarding-vacancy-circular-engagement-one-retired-person-legal-background-rank-us-ds>
 - Member-Agriculture- Ministry of Jal Shakti; Max Age Upto 58 Years- Position in Delhi
<https://cdnbbsr.s3waas.gov.in/s3a70dc40477bc2adceef4d2c90f47eb82/uploads/2024/12/202412231429308842.pdf>
 - Chief Risk Officer- The Bihar State Co-operative Bank Ltd; Max Age Upto 65 Years- Position in Delhi
https://biharscb.co.in/wp-content/uploads/2024/12/adv_cro.pdf
- Consultant (Quality Assurance)- Superannuated Employee of IOL; Max Age Upto 62 Years- Position in



<https://www.indiaoptel.in/wp-content/uploads/2024/12/Detailed-advt-Consultant-QA-N.pdf>

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

Redefining Golden Years:

Building a Secure, Independent, and Dignified Future for Senior Citizens

Dr. Sachindra Narayan*

NARENDRA MODI
Prime Minister



“Today, if we are able to work so rapidly to create a new India, it is because of the foundation our senior citizens laid. The value and wisdom of our senior citizens are important for us. We have given top most focus for dignity, financial security and well-being of our senior citizens”.

NARENDRA MODI
Prime Minister

India is on the cusp of a dramatic demographic shift, transitioning from a nation of youth to a rapidly aging society. By 2050, senior citizens are expected to constitute nearly 19% of the total population, a sharp increase from 8% in 2015. This burgeoning population of senior citizens demands a robust framework to address their socio-economic and housing needs, ensuring an independent and dignified post-retirement life. The emergence of Retirement Homes as a solution offers a glimpse into the future of aging with grace.

Constitutional and Legislative Safeguards

Article 41 of the Indian Constitution underscores the State's commitment to providing support for old age, sickness, and disability. Building upon this foundation, the Maintenance and Welfare of Parents and Senior Citizens Act, 2007, enforces a legal obligation for children and relatives to care for their elderly. However, beyond familial

support, senior citizens need access to facilities and services that align with modern aspirations of active aging.

Retirement Homes: A Modern Solution

Retirement Homes cater to the growing urban, middle, and upper-income senior demographic seeking independent living in a community setting. Recognized under the Real Estate

(Regulation and Development) Act (RERA), Retirement Homes are not just housing projects; they are ecosystems designed to enhance quality of life for senior citizens.

Key features of these homes include:

- **Ownership and Reverse Mortgage Models:** Seniors can either own their apartments outright or opt for reverse mortgages, ensuring financial liquidity while retaining residence rights.
- **Customizable Services:** From laundry to meal services, personal care attendants, and high-speed internet, the focus is on tailored solutions.
- **Advanced Technology:** Integration of GPS-enabled devices, wearable health trackers, and connected systems provides real-time health monitoring and safety.
- **Social Integration:** Co-development with orphanages and daycare centers fosters intergenerational bonding, combatting loneliness and enriching lives.

Ensuring Standards and Incentivizing Development

Retirement Homes to operate under stringent guidelines, adhering to the National Building Code, Model Building Bye-Laws, and NDMA guidelines. This ensures barrier-free environments and compliance with safety standards. Incentives such as additional Floor Area Ratio (FAR) for developers encourage investments, while financial institutions are motivated to fund these specialized projects.

Promoting Active and Purposeful Living

These homes go beyond providing shelter. They offer opportunities for part-time work, community engagement, and skill-sharing, helping seniors remain mentally and physically active. The emphasis is on creating a holistic environment where residents can thrive, not just survive.

Building a Cohesive Society

The concept of Retirement Homes coupled with spaces for dependent groups like children promotes a harmonious society. Shared green spaces and collaborative activities bridge

generational gaps, fostering mutual respect and understanding.

Customizable Services: On-demand amenities like laundry, special dietary meals, and personal care assistance.

Technology Integration: GPS-enabled devices, wearable health trackers, and 24/7 emergency response systems.

Ownership Flexibility:

Direct Ownership: Purchase apartments with rights for resale or inheritance.

Reverse Mortgages: Unlock financial stability by mortgaging property for regular income while retaining residence rights.

Social Engagement:

- Green spaces and community hubs encourage social interaction.
- **Intergenerational Bonding:** Cohabitation with orphanages or daycare centers fosters mutual learning and emotional connection.

Key Innovations on the Horizon:

- **Smart Homes:** Voice-activated devices, automated lighting, and connected appliances.
- **Health Monitoring:** Real-time health tracking through integrated wearables and telemedicine services.
- **Eco-Friendly Communities:** Green buildings, solar power, and sustainable practices.

The Road Ahead

As India progresses toward becoming an aging society, Retirement Homes symbolize the future of inclusive and progressive senior care. By blending legal frameworks, technological advancements, and innovative living models, they promise a dignified and fulfilling life for seniors. Policymakers, developers, and communities must collaborate to scale these initiatives, ensuring that our elders age not only with dignity but also with joy and purpose.

The golden years of life deserve to shine bright, and with forward-thinking solutions like Retirement Homes, we can build a society where aging is celebrated, not feared.

***Dr. Sachindra Narayan is retired Professor and Anthropologist (snarayan1946@gmail.com)**

Come Let's Encourage



Cyber- Fasting for a Joyful World



Vedabhyas Kundu & Ms. Munazah Shah

Dr Vedabhyas Kundu is Programme Officer, Gandhi Smriti and Darshan Samiti and writes in areas of Gandhian Philosophy, nonviolent communication, nonviolent conflict resolution and media literacy.

Ms Munazah Shah is a senior news anchor. She specializes in areas of Gandhian nonviolent communication and inner transformation.



The excessive love and addiction for smart phones especially amongst the younger generation is leading to Inexplicable situations. More than often we find a young person crossing the road using the mobile virtually unconcerned about the moving traffic. Whether in metros, buses, or while eating at home or in restaurant, individuals remain glued to their smart phones unmindful of people around them. Also majority of the individuals are

unaware of the ill-effects of smart phone addiction and the toll it takes in our physical or mental health.

While children and adolescents are always at high risk of ending up being smart phone addict, a situation wherein they become fidgety if their phone is not with them or they are not browsing it, numerous studies show how such addictions lead to negative addiction. Numerous studies suggest how the over dependency on gadgets leads to anxiety

and depression, besides other mental health issues.

Just reflect on the time you were glued to your mobile browsing through your social media handle or seeing a movie through Netflix in night. You were feeling sleepy yet fighting the sleep to see the movie. Probably well after midnight, when you have finished seeing the movie and your eyes red due to the overexposure, you try to go to sleep. But you will realize that the urge to sleep which was bothering you was no longer there. Different research suggests that the 'blue-ish' emitted by these electronic devices disrupts the normal sleep pattern. Well, this issue of sleeping disorder is not the only problem we might face due to over exposure and addiction to our smart phones and the almost complete dependency on the Internet. There are several others which include: lower concentration, creativity blocks, aggravated attention deficit, stress, loneliness, insecurity, impaired relationships, different psychological disorders and even reduced level of cognition.

Definitely we think this addiction to smart phones and the over-dependence on the Internet is a global pandemic and needs urgent attention. There are several synonymous terms which have evolved for Internet addiction. These includes: cyberspace addiction, online addiction, net addiction, Internet addicted disorder and high Internet depend. While there are groups around the world which are trying to find solutions to limit the use of smart phones and reduce Internet addiction amongst individuals especially young people, we will in this conversation focus on cyber fasting.

Vedabhyas Kundu: Munazah, let us first share with all the concept of cyber fasting and how it evolved. To mark the 148th birth anniversary of Mahatma Gandhi, the children and youth group, The Peace Gong initiated cyber-fasting to encourage individuals to limit the use of their smart phones, log off from their virtual world and enjoy the world around them. It was a brain child of Prof T K Thomas, a veteran media educationist and one of the founders of The Peace Gong. Since time

immemorial, fasting has been considered as an apt remedy for a variety of issues like weight control, blood sugar control and several other medical concerns. It is also considered as an important ingredient for cleansing our bodies, a strategy for relaxation and healing. It has always played an important role in different cultures and religion across the world.

The aim of cyber-fasting according to The Peace Gong was to encourage individuals to completely log off from their smart phones and the virtual world for a specific period of time. Initially, it was encouraged to do cyber- fasting during Gandhi Jayanti (October 2, International Day of Nonviolence), Martyrdom Day (January 30) and a few other important days associated with Mahatma Gandhi. The concept of cyber fasting was a tribute to Mahatma Gandhi who used the strategy of fasting for self-purification and to raise his voice for truth and nonviolence. During the course of India's freedom struggle, he resorted to fasting for several causes to promote peace and harmony.

Munazah Shah: Definitely, Vedabhyas, cyber fasting if promoted at different forums right from our schools, colleges, and in different institutions can have positive effect to nullify the negative impact of the pandemic that the world presently is facing. This pandemic of over-use of smart phones, Internet, and other electronic devices is now a global public health concern. A recent study on how Internet addiction affects the behaviour and development of adolescents by the University College London points out, "There was an overall decrease in the functional connectivity in the parts of the brain involved in active thinking (the executive control network). These changes were found to lead to addictive behaviours and tendencies in adolescents, as well as behaviour changes associated with intellectual ability, physical coordination, mental health and development.

<https://www.ucl.ac.uk/news/2024/jun/inter-net-addiction-affects-behaviour-and-development-adolescents>

It is in this backdrop, we must promote cyber-fasting. It is extremely critical given the enormous amount of information and toxic messages that keep on getting accumulated in our mind due to our addiction to smart phones and the Internet. In this context, it would be apt to remember the Mahatma who had written in his Autobiography, “Fasting and similar discipline is, therefore, one of the means to the end of self-restraint, but it is not all, and if physical fasting is not accompanied by mental fasting, it is bound to end in hypocrisy and disaster.”

So Vedabhyas, we must promote cyber-fasting as a form of both physical and mental fasting which has major health benefits for us. When we are doing cyber-fasting, we are limiting the use of our eyes seeing the screen, our shoulders as we are not using our smart phones or other electronic devices, and we are not sitting or lying continuously glued to the mobile. It definitely helps in our physical well-being. Moreover, as during cyber-fasting, we are not uploading junk messages, junk information and toxic resources in our brain; it helps in our mental well-being.

Vedabhyas, let us shape events and campaigns to make cyber-fasting a smart thing to do today which contributes to our joy, happiness and well-being.

Vedabhyas Kundu: I totally agree with you Munazah. The idea and importance of cyber-fasting can be made popular in schools, colleges and other institutions. At a time when the intricate relationships in families are getting disrupted due to over-use of smart phones and Internet, Munazah, I think we could start by promoting the concept at the family levels. Let us motivate families to shun their devices while eating, and encourage them to spend time together. Recently, I was having a conversation with Prof Biplab Loho Choudhury, Visva- Bharati University, Shantiniketan in this regard. He was concerned at the poor level of communication amongst family members today. Father goes in one way, mother in another opposite direction, and children in totally reverse direction.

Even on Sundays, family members, if they are at home prefer to remain glued in their smart phones and browse their favourite social media handles or see movies, etc.

Munazah Shah: So Vedabhyas, in order to promote cyber-fasting as an in-thing for individuals who give primacy to their well-being and happiness let us try to do the following:

- Connect with schools and other educational institutions with a flyer. We can encourage young people to take pledge to do cyber-fasting.
- Motivate institutions to do special events where individuals come together, have fun and take up in talks but refrain from using their smart phones during the event.
- Encourage people to take up the practice of journaling for self-reflection, self-introspection and expression of gratitude instead of browsing their smart phones. This is a powerful strategy of mental fasting.
- Encourage people to take up cyber-fasting in special days .
- Recognize the efforts of individuals and institutions that encourage and promote cyber-fasting.

We sincerely believe that for a joyful world which promotes deeper connections amongst individuals and their genuine happiness, we must encourage cyber-fasting as a strategy at a global level. It will not only work as a potion for smart phone and Internet addiction, it will genuinely contribute to our physical and mental well-being. Cyber-fasting to us is an essential pillar of our concept of Joyful Talisman, human values for a joyful world. It needs to be an important life-skill to be practiced in this hyper technological age. Besides, we feel logging- off can also contribute to both inner and outer peace. We invite institutions and individuals to organize campaigns and events which encourages cyber-fasting.

Must-Have Apps for Senior Citizens: Making Life Easier and Safer



Ms. Savita More

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In today's digital world, smartphones have become indispensable tools for people of all ages.

For senior citizens, these devices are not just about staying connected—they're powerful tools

to simplify daily life, improve safety, and enhance well-being. Below is a list of essential apps that every senior should consider installing on their phones.

1. WhatsApp

WhatsApp is a user-friendly messaging app that makes staying in touch with family and friends simple. With features like text messaging, audio, and video calls, it's an excellent way for seniors to maintain strong connections with their loved ones.

2. Medisafe

The Medisafe app acts as a personal medication manager. It provides timely reminders for taking medicines, ensuring that seniors adhere to their prescribed dosage schedules with ease and accuracy.

3. Google Maps

Google Maps is a must-have for navigating and discovering new places. Whether planning a trip or finding nearby services, this app provides accurate directions and helps seniors feel confident while traveling.

4. Senior Safety App

Designed specifically for senior citizens, the Senior Safety App offers features like emergency contacts, health tracking, and alert notifications. It's a reliable companion for enhancing personal safety and peace of mind.

5. Pill Reminder

Similar to Medisafe, Pill Reminder allows seniors to organize and track their medication schedules. With customizable alerts, it ensures no dose is missed.

6. YouTube

YouTube is an excellent source of entertainment and education. Seniors can explore tutorials, watch movies, listen to music, or even learn new hobbies—making it a great tool for leisure and lifelong learning.

7. Facebook

Facebook helps seniors connect with friends and family across the globe. They can share updates, post photos, and engage with their community, staying socially active in the digital space.

8. Headspace

This meditation and mindfulness app supports mental well-being. With guided meditation sessions and relaxation techniques, Headspace is perfect for reducing stress and promoting inner peace.

9. Zoom

Zoom facilitates seamless video communication, allowing seniors to virtually meet family, friends, or even participate in group activities. It's especially helpful for those who cannot travel frequently.

10. MedlinePlus

MedlinePlus provides reliable medical information on a variety of health topics. Seniors can access trusted advice, tips, and resources to better understand and manage their health conditions.

Conclusion

By incorporating these apps into their daily lives, seniors can enhance their independence, safety, and engagement. Smartphones, paired with the right tools, empower older adults to stay active, connected, and informed. Don't wait—download these apps today to experience the difference!

Super Foods for Seniors:

Strengthening Immunity through Nutrition

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As we age, our body's immune system faces many challenges. A healthy and strong immune system can greatly impact the quality of life, especially for seniors. By consuming the right nutrition and superfoods, we can strengthen our immunity. In this article, we will discuss some important superfoods that are beneficial for the health of seniors and help boost their immunity.

What is the Immune System?

The immune system is the body's defense system, which protects us from diseases and infections. In old age, our immune system may weaken, making us more susceptible to diseases. Therefore, it is important to choose the right nutrition and consume immunity-boosting foods.

Superfoods: A Treasure Trove of Health

Superfoods are foods that contain high nutrients and are very beneficial for health. Here are some of the top superfoods that can help boost immunity in senior citizens.

Broccoli

Broccoli is a green vegetable that is rich in vitamin C, vitamin K, and many antioxidants. It strengthens the body's immune system and helps fight free radicals. Consuming broccoli regularly reduces inflammation and boosts immunity.

Berries (like blueberries and strawberries)

Berries contain antioxidants like anthocyanins that help reduce inflammation. They are a good source of natural sugars and fiber, which maintain energy when consumed regularly. Eating berries also improves mental health, which is especially important in old age.

Walnuts

Walnuts contain high amounts of omega-3 fatty acids and antioxidants. These are beneficial for heart health and also strengthen the immune system. Regular consumption of walnuts helps reduce inflammation and improve mental health.

Yogurt

Yogurt is a probiotic food, which is extremely beneficial for gut health. Probiotics help maintain

good bacteria in the intestines, thereby improving immunity. The calcium and protein present in yogurt are also important for bone and muscle health.

Lemon

Lemon is an excellent source of vitamin C, which helps strengthen the immune system. Its antioxidant properties are also helpful in fighting infections. Mixing lemon in warm water and consuming it in the morning can be a healthy habit.

Chia seeds

Chia seeds contain fiber, protein, and omega-3 fatty acids. All these nutrients strengthen the body's immune system. Chia seeds can be used in salads, yogurt or smoothies.

Moringa (drumstick)

Moringa is a medicinal plant, which is rich in vitamins, minerals, and antioxidants. It helps in improving the body's immune system as well as increasing energy. You can consume Moringa leaves or use it in powder form.

Oats

Oats are an excellent source of fiber, protein and antioxidants. They are helpful in maintaining heart health and controlling cholesterol levels. Eating oats for breakfast keeps you energetic throughout the day.

Garlic

Garlic has antibiotic and antiviral properties. It improves the immune response and helps fight infections. Garlic can be used to reap the benefits of its benefits by adding it to vegetables or eating it raw.

Regular consumption of superfoods can be extremely beneficial for senior citizens. These foods not only boost immunity but also help improve overall health. Therefore, it is important to follow a balanced diet and include these superfoods in your everyday diet. Along with this, regular exercise and adequate sleep are also helpful in maintaining health. Pay attention to your diet to maintain safety and health and make life positive and active!

THE CHALLENGES OF LONELINESS AND BOREDOM AMONGST INDIA'S ELDERLY

Sh. Manoj Ambastha

THE LONELINESS EPIDEMIC AMONG INDIA'S ELDERLY:- Loneliness is a growing problem among India's elderly population. According to the Longitudinal Ageing Study of India (LASI), over 20% of adults aged 60 and above reported moderate to severe loneliness. This number is likely to grow as India's population continues to age – by 2050, it's estimated that 19.5% of Indians will be senior citizens.

FACTORS RESPONSIBLE:- There are several factors contributing to this epidemic of elder loneliness in India:-

1. CHANGING FAMILY STRUCTURES:- The traditional joint family system, where multiple generations lived together, is giving way to nuclear families. As younger people move away for work, their elderly parents and grandparents are left behind.

2. LACK OF SOCIAL CONNECTIONS:- With fewer family members around, seniors have fewer opportunities for social interaction. Many live alone or have limited contact with friends and neighbors.

3. RETIREMENT AND LOSS OF PURPOSE:- When seniors retire from their jobs, they can lose an important source of social connection and sense of purpose. Without work to fill their days, they may feel adrift.

4. HEALTH ISSUES:- Chronic illnesses, disabilities and mobility challenges can make it harder for seniors to get out and socialize. Hearing and vision loss can also contribute to isolation.

5. WIDOWHOOD:- Losing a spouse is a major risk factor for loneliness. Women are especially vulnerable, as they tend to outlive their husbands.

The consequences of this loneliness can be severe. Studies show that lonely seniors are at higher risk for depression, anxiety, cognitive decline, and even physical health problems like heart disease and

weakened immune systems. Loneliness has been linked to a 50% increased risk of dementia.

In addition to loneliness, many Indian seniors struggle with boredom and lack of purpose in their later years. As they lose their jobs, social roles and daily routines, they can feel adrift and unsure of how to fill their time.

This is especially true for seniors who are not engaged in family caregiving responsibilities. With smaller families and more women working outside the home, there are fewer grandchildren to care for. And with fewer joint families, seniors may not have the same level of involvement in running the household.

Boredom and lack of purpose can take a toll on mental health. Seniors who don't feel they have anything meaningful to do may become depressed, anxious or apathetic. They may lose motivation to take care of their health or engage in activities they once enjoyed.

IMPORTANCE OF STAYING ACTIVE AND ENGAGED

While retirement can be a challenging transition, it also presents an opportunity for seniors to explore new interests, learn new skills and find new ways to contribute. Staying physically, mentally and socially active is the key to healthy aging and maintaining a sense of purpose.

BENEFITS OF STAYING ACTIVE AND ENGAGED:- Some of the benefits of staying engaged in later life include:

- Improved physical health and reduced risk of chronic diseases
- Better cognitive function and reduced risk of dementia
- Lower rates of depression and anxiety
- Stronger social connections and reduced loneliness
- A greater sense of purpose and meaning in life

To reap these benefits, it's important for seniors to find activities they enjoy and that provide a sense of accomplishment. The key is to find activities that are stimulating, meaningful and social. Engaging in solitary hobbies is good, but it's also important to have opportunities for interaction and connection with others.

THE ROLE OF FAMILY AND COMMUNITY

While seniors themselves play a big role in staying active and engaged, they need support from their families and communities as well. Family members can help by:

- Regularly visiting and checking in on elderly relatives
- Encouraging them to pursue hobbies and social activities
- Helping them learn to use technology to stay connected
- Involving them in family events and decision-making
- Treating them with respect and valuing their wisdom.

COMMUNITIES CAN SUPPORT SENIORS BY:

- Providing accessible public spaces for socializing and recreation
- Offering affordable and engaging programs and activities for seniors
- Ensuring seniors have access to healthcare, transportation and other services
- Promoting positive attitudes towards aging and respecting elders
- Providing support and respite for family caregivers.

Governments also have a key role to play in supporting India's aging population. This includes:

- Ensuring adequate pensions and social security for seniors
- Providing affordable housing and healthcare options
- Funding programs and services to combat loneliness and social isolation
- Promoting age-friendly cities and communities
- Investing in research and data collection on aging issues.

By working together, families, communities and governments can help ensure that India's seniors are able to live with dignity, purpose and connection in their later years.

While aging brings challenges, it also brings opportunities for growth, learning and contribution. By staying active, engaged and connected, India's seniors can not only improve their own health and well-being, but also enrich the lives of those around them.

As a society, we have a responsibility to support and empower our elders. By valuing their wisdom, experience and ongoing contributions, we can create a more just, inclusive and vibrant India. When seniors feel respected, cared for and able to live with purpose, we all benefit.

So let us embrace the golden years and work together to create a society where no senior citizen feels alone or without meaning. By investing in our elders, we invest in the future of our nation. Let us build an India where every stage of life is celebrated and cherished.

Launch of December 2024 Issue of "Prarambh" and Special Discussion on "The Role of Senior Citizens in the Digital Age"

New Delhi, December 10, 2024:

The Society for Empowerment (SFE) hosted the launch of the December 2024 issue of its flagship monthly magazine, Prarambh, alongside a special discussion on "The Role of Senior Citizens in the Digital Age". The event, held at the esteemed India International Centre, focused on the transformative impact of the digital revolution on senior citizens.

DISTINGUISHED SPEAKERS

Professor S. Narayan, Chairman, SFE

B. P. Singh, Former Governor of Sikkim and Former Home Secretary, Government of India

Dr. Chandrakant S. Pandav, Renowned as the "Iodine Man of India"

K. C. Srivastava, Director, India International Centre

Professor S. S. Bhakerai, Academician

SFE Activities

दिसंबर 2024 अंक प्रारंभ का विमोचन और डिजिटल युग में वरिष्ठ नागरिकों की भूमिका पर विशेष चर्चा

नई दिल्ली। सोसाइटी फॉर एम्पावरमेंट (एसएफई) ने अपनी प्रमुख मासिक पत्रिका प्रारंभ के दिसंबर 2024 अंक का विमोचन और डिजिटल युग में वरिष्ठ नागरिकों की भूमिका पर एक विशेष चर्चा का आयोजन प्रतिष्ठित इंडिया इंटरनेशनल सेंटर में किया। इस कार्यक्रम में डिजिटल क्रांति के वरिष्ठ नागरिकों पर प्रभावों पर गहन विचार-विमर्श किया गया। कार्यक्रम में इस बात पर जोर दिया गया कि वरिष्ठ नागरिक अब केवल दर्शक नहीं, बल्कि सक्रिय योगदानकर्ता बनकर उभर रहे हैं। वे तकनीकी प्रगति को अपनाकर डिजिटल खाई को पाटने में महत्वपूर्ण भूमिका निभा रहे हैं। श्री एन. एन. पांडे, प्रारंभ पत्रिका के संपादक ने कहा, वरिष्ठ नागरिकों के पास अनुभव और ज्ञान का खजाना है। जब यह डिजिटल उपकरणों के साथ जुड़ता है, तो समाज में सकारात्मक



और परिवर्तनकारी योगदान होता है। कार्यक्रम में साइबर खतरों पर चर्चा की गई और वरिष्ठ नागरिकों को इनसे बचाव के लिए साइबर साक्षरता कार्यशालाओं में भाग लेने की सलाह दी गई। डॉ. पांडेव ने आयोडीन उपयोग और सार्वजनिक स्वास्थ्य में सोशल मीडिया के प्रभाव पर चर्चा की। उन्होंने कहा, सोशल मीडिया ने आयोडीन की कमी से होने वाले खतरों को दूर करने के प्रयासों में अभूतपूर्व योगदान दिया है। इस कार्यक्रम ने डिजिटल

प्रीयोगिकी में वरिष्ठ नागरिकों की भूमिका और उनके समाज में योगदान को उजागर किया, जो समाज में परिवर्तन और समृद्धि लाने में सहायक है। प्रोफेसर एस. नारायण, अध्यक्ष, एसएफई ने कहा, डिजिटल युग वरिष्ठ नागरिकों के लिए अवसर और चुनौतियां दोनों प्रस्तुत करता है। मानसिक स्वास्थ्य और डिजिटल विभाजन को संबोधित करके, हम उन्हें समाज में सार्थक योगदान देने के लिए सशक्त बना सकते हैं।

मयूर संवाद

नई दिल्ली, मंगलवार, 11 दिसम्बर, 2024

दिसंबर 2024 अंक प्रारंभ का विमोचन और डिजिटल युग में वरिष्ठ नागरिकों की भूमिका पर विशेष चर्चा

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डॉ. प्रोफेसर एस. नारायण, अध्यक्ष, एसएफई
डॉ. पी. पी. सिंह, पूर्व राज्यपाल, शिक्षा एवं पूर्व गृह सचिव, भारत सरकार
- डॉ. चंद्रकांत एस. पांडेव, आयोडीन सैन अरिफ इंडिया
- के. सी. बीजासतन, निदेशक, इंडिया इंटरनेशनल सेंटर
- प्रोफेसर एस. एस. भाकराई
डिजिटल युग में वरिष्ठ नागरिकों का योगदान: कार्यक्रम में इस बात पर जोर दिया गया कि वरिष्ठ नागरिक अब केवल दर्शक नहीं, बल्कि सक्रिय योगदानकर्ता बनकर उभर रहे हैं। वे तकनीकी प्रगति को अपनाकर डिजिटल खाई को पाटने में महत्वपूर्ण भूमिका निभा रहे हैं। श्री एन. एन. पांडे, प्रारंभ पत्रिका के संपादक ने कहा, वरिष्ठ नागरिकों के पास अनुभव और ज्ञान का खजाना है। जब यह डिजिटल उपकरणों के साथ जुड़ता है, तो समाज में सकारात्मक और परिवर्तनकारी योगदान होता है।

कार्यक्रम की मुख्य विशेषताएं:

- राज्या और क्षेत्रीय विकास: एसएफई के सोनियर जॉब्स पोइंटफॉर्म जैसे कार्यक्रम वरिष्ठ नागरिकों को अभ्यवस्यता से योगदान करने और नई कौशल विकसित करने में मदद कर रहे हैं।



- उद्योग और निजी सक्षमता: निर्यात करीब एम्पावरमेंट (एसएफई) के साथ आयोजित एम्पावरमेंट मीट जैसी पहल वरिष्ठ नागरिकों को वित्त प्रबंधन और छोटे व्यवसाय शुरू करने में सक्षम बना रही है।
- सामाजिक सेवा और सीखना: वरिष्ठ नागरिक सोशल मीडिया और ऑनलाइन संघों का उपयोग कर अपने प्रियजनों से जुड़े रहने, समय साझा करने और नए कौशल सीखने में सक्रिय भूमिका निभा रहे हैं।
- स्वास्थ्य और कल्याण: डिजिटल तकनीक के उपयोग से स्वास्थ्य सेवाओं की पहुंच अत्यंत हुई है, और वरिष्ठ नागरिक टेलीमेडिसिन, योग, और आयुर्वेद जैसी सेवाओं का लाभ उठा रहे हैं।
डॉ. डिजिटल सुरक्षा और जागरूकता: कार्यक्रम में साइबर खतरों पर चर्चा की गई और वरिष्ठ नागरिकों को इनसे बचाव के लिए साइबर साक्षरता कार्यक्रमों में भाग लेने की सलाह दी गई।
बी. पी. सिंह: राष्ट्रीय और शहरी भारत में महिलाओं के जीवन में सुचना प्रौद्योगिकी (आईटी) की भूमिका:
बी. पी. सिंह ने महिलाओं के जीवन में आईटी

के transformative प्रभावों पर चर्चा करते हुए कहा, आईटी ने महिलाओं को आर्थिक, सामाजिक और शैक्षणिक रूप से सशक्त बनाया है।

डॉ. चंद्रकांत एस. पांडेव: आयोडीन उपयोग में सोशल मीडिया की भूमिका:

डॉ. पांडेव ने आयोडीन उपयोग और सार्वजनिक स्वास्थ्य में सोशल मीडिया के प्रभाव पर चर्चा की। उन्होंने कहा, सोशल मीडिया ने आयोडीन की कमी से होने वाले खतरों को दूर करने के प्रयासों में अभूतपूर्व योगदान दिया है।

इस कार्यक्रम ने डिजिटल प्रौद्योगिकी में वरिष्ठ नागरिकों की भूमिका और उनके समाज में योगदान को उजागर किया, जो समाज में परिवर्तन और समृद्धि लाने में सहायक है।

कार्यक्रम का महत्व

प्रोफेसर एस. नारायण, अध्यक्ष, एसएफई ने कहा, डिजिटल युग वरिष्ठ नागरिकों के लिए अवसर और चुनौतियां दोनों प्रस्तुत करता है। मानसिक स्वास्थ्य और डिजिटल विभाजन को संबोधित करके, हम उन्हें समाज में सार्थक योगदान देने के लिए सशक्त बना सकते हैं।

SFE Activities

Launch of December 2024 Issue of "Prarambh" and Special Discussion on "The Role of Senior Citizens in the Digital Age"

New Delhi : The Society for Empowerment (SFE)

hosted the launch of the December 2024 issue of its flagship monthly magazine, Prarambh, alongside a special discussion on "The Role of Senior Citizens in the Digital Age". The event, held at the esteemed India International Centre, focused on the transformative impact of the digital revolution on senior citizens.

Distinguished Speakers

Professor S. Narayan, Chairman, SFE

B. P. Singh, Former Governor of Sikkim and Former Home Secretary, Government of India

Dr. Chandrakant S. Pandav, Renowned as the "Iodine Man of India"

K. C. Srivastava, Director, India International Centre

Professor S. S. Bhakeral, Academician

Contributions of Senior Citizens in the Digital Age

The event highlighted that senior citizens are no

Insights from Key Speak-



longer passive spectators but are emerging as active contributors, bridging the digital divide through their engagement with technology. Shri N. N. Pandey, Editor of Prarambh, remarked, "Senior citizens possess a wealth of experience and knowledge. When paired with digital tools, they can create transformative and positive societal impacts."

Discussions on cybersecurity emphasized the importance of protecting seniors from online threats, with recommendations for participating in cyber literacy workshops.

B. P. Singh* elaborated on the transformative impact of information technology (IT) on women in rural and urban India, stating, "IT has empowered women economically, socially, and educationally."

Dr. Chandrakant S. Pandav* discussed the role of social media in promoting iodine use for public health. He noted, "Social media has significantly contributed to raising awareness and combating iodine deficiency."

Significance of the Program

Professor S. Narayan, Chairman, SFE, emphasized, "The digital era presents both opportunities and challenges for senior citizens. By addressing mental health and bridging the digital divide, we can empower them to contribute meaningfully to society."

06

अमृत इंडिया नई दिल्ली, बुधवा

शाहपुर गांव में सोसाइटी फॉर एम्पावरमेंट द्वारा स्वास्थ्य शिविर का आयोजन

दिसंबर 2024 अंक प्रारंभ का विमोचन और डिजिटल युग में वरिष्ठ नागरिकों की भूमिका पर विशेष चर्चा

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शाहपुर गांव। सोसाइटी फॉर एम्पावरमेंट (SFE) ने 15 दिसंबर 2024 को अपने ही इन फॉर टुगेदरनेस सेंटर (Q-GIFT) में एक स्वास्थ्य शिविर का सफलतापूर्वक आयोजन किया। इस शिविर में 100 से अधिक छापीलों ने लाभ उठाया। शाहपुर, अमरा, विमरवा, और बेरिया गांव के लोग इसमें शामिल हुए। शिविर में मुफ्त परामर्श, डाइग्नोस्टिक्स, और दवाइयों का वितरण किया गया। इस आयोजन का उद्घाटन Q-GIFT सेंटर की सेंटर डायरी सोभा नारायण और SFE के अध्यक्ष डॉ. सचिन नारायण ने किया। उन्होंने छापील समुदायों को गुणवत्तापूर्ण स्वास्थ्य सेवाएं प्रदान करने के महत्व पर प्रकाश डाला।

प्रमुख डॉक्टरों की भागीदारी शिविर में कई अनुभवी डॉक्टरों ने अपनी सेवाएं दीं। डॉ. गोपाल कुमार (हैटिस्ट, पटना रीटल क्लीनिक, टेकारी, गया) रक्त स्वास्थ्य परामर्श और उपचार दिशा-निर्देश प्रदान किए। डॉ. राधा राधा शिविर में

मुफ्त दवाइयों, सामान्य बीमारियों के लिए दवाइयों और स्वास्थ्य किट का वितरण।

स्वास्थ्य जागरूकता, स्वच्छता, पोषण, और संक्रामक रोगों की रोकथाम पर जागरूकता सत्र। पिछले स्वास्थ्य सर्वेक्षण की जानकारी शाहपुर में 2022 में डॉ. ज्योति बिंदल (कुलपति, औरीकटो यूनिवर्सिटी, इंदौर) के सहयोग से किए गए सर्वेक्षण में मधुमेह, क्षय रोग, और त्वचा संक्रमण जैसी समस्याओं की पहचान की गई थी। इस शिविर ने उस सर्वेक्षण के आधार पर सेवाएं प्रदान कीं।

छापीलों की भागीदारी और सहयोग- शिविर में अधिकतम की प्रकाश समस्या ने छापीलों के लिए मुफ्त कानूनी परामर्श की योजना की। छापील जैसे भनकी सिंह, दिनेश्वर, कमलेश, और प्रतोष ने इस प्रयास के लिए डॉक्टरों और सहायकों का आभार व्यक्त किया।

छापील स्वास्थ्य के लिए प्रतिबद्धता-डॉ. गोपाल कुमार ने कहा, छापील क्षेत्रों में रक्त स्वास्थ्य की अक्सर जागरूकता कम है।

SFE Activities



Pls Like Share and **SUBSCRIBED** for latest update

डिजिटल युग में वरिष्ठ नागरिकों की भूमिका" पर विशेष चर्चा
दिल्ली, 10 दिसंबर 2024

https://youtu.be/zH4WC_poar4?si=vvtQUj3MJ3teQt6m

https://youtu.be/8vOgq_-UqLI

https://youtu.be/nCeJsd-7C_Q?si=JpxNYUtmOwRvYM7F

डिजिटल युग में वरिष्ठ नागरिकों की भूमिका पर चर्चा तथा **प्रारंभ** के दिसंबर अंक का हुआ विमोचन

नौरज पाण्डेय

नई दिल्ली। सोसाइटी फॉर एम्पावरमेंट ने इंडिया इंटरनेशनल सेंटर में अपनी मासिक पत्रिका प्रारंभ के दिसंबर 2024 अंक का विमोचन किया और डिजिटल युग में वरिष्ठ नागरिकों की भूमिका पर विशेष चर्चा का आयोजन किया। इस कार्यक्रम में डिजिटल प्रौद्योगिकी के माध्यम से वरिष्ठ नागरिकों के योगदान और सशक्तिकरण पर विचार-विमर्श हुआ। विशिष्ट वक्ता प्रो. एस. नारायण (अध्यक्ष, एसएफई), पी. पी. सिंह (पूर्व राज्यपाल, सिक्किम) डॉ. चंद्रकांत एस. पांडेय (आयोडीन मैन ऑफ इंडिया) के, श्री. श्रीवास्तव (निदेशक, इंडिया इंटरनेशनल सेंटर) प्रो. एस. एस. भाकराई रहे।

कार्यक्रम में वरिष्ठ नागरिकों की डिजिटल साक्षरता, रोजगार, उद्यमिता, स्वास्थ्य सेवाओं तक पहुंच, और साइबर सुरक्षा में बढ़ती भागीदारी पर प्रकाश डाला गया। एन. एन. पांडे, प्रारंभ के संपादक, ने कहा, वरिष्ठ नागरिक

अनुभव और तकनीकी प्रगति के साथ समाज में बदलाव के चाहक बन रहे हैं। एसएफई का सीनियर जॉब प्लेटफॉर्म वरिष्ठ नागरिकों को रोजगार और नए करियर खोजने में मदद कर रहा है। नेशनल स्टॉक एक्सचेंज के

लेख तकनीकों ने स्वास्थ्य सेवाओं की पहुंच को आसान बनाया है। साइबर खतरों से बचाव के लिए साइबर सुरक्षा कार्यक्रमों के आयोजन पर जोर दिया गया। पी. सिंह: उन्होंने ग्रामीण और शहरी महिलाओं के जीवन में



सुचना प्रौद्योगिकी के योगदान पर चर्चा की और इसे सामाजिक-आर्थिक सशक्तिकरण का माध्यम बताया। डॉ. चंद्रकांत पांडेय: उन्होंने सोशल मीडिया को आयोडीन की कमी जैसे सार्वजनिक स्वास्थ्य मुद्दों के समाधान में महत्वपूर्ण बताया। प्रो. एस. नारायण ने कहा, डिजिटल युग वरिष्ठ नागरिकों को न केवल चुनौतियों बल्कि नई संभावनाओं का सामना करने का अवसर भी देता है। एसएफई वरिष्ठ नागरिकों को

सहयोग से आयोजित इन्वेस्टर मीट ने वरिष्ठ नागरिकों को वित्तीय प्रबंधन और छोटे व्यवसाय शुरू करने में सक्षम बनाया। स्पेशल मीडिया और ऑनलाइन प्लेटफॉर्म के माध्यम से वरिष्ठ नागरिक सामाजिक रूप से जुड़े रहकर ज्ञान साझा करते हैं। टेलीमेडिसिन, मोब, और डिजिटल

स्वास्थ्य, रोजगार और डिजिटल साक्षरता में सशक्त बनाने के लिए, कार्यक्रम एक अग्रणी संगठन है। यह कार्यक्रम वरिष्ठ नागरिकों की डिजिटल प्रौद्योगिकी में सक्रिय भूमिका और समाज में उनके सकारात्मक योगदान को उजागर करने में सफल रहा।

SFE Activities

RENOWNED DOCTORS LEAD HEALTH CAMP ORGANIZED BY SOCIETY FOR EMPOWERMENT AT SHAHPUR VILLAGE

Shahpur Village, Bela Block, Gaya | December 15, 2024

The Society For Empowerment (SFE) successfully conducted a Health Camp at its Grow In For Togetherness Centre (GIFT) in Shahpur Village, Bela Block, Gaya District, on December 15, 2024. The camp, spearheaded by a team of eminent medical professionals, provided free consultations, diagnostics, and medicines, benefitting over 100 villagers from Shahpur, Agandha, NimChak, and Bheriya.

LEADING DOCTORS AT THE CAMP

The Health Camp was distinguished by the participation of highly respected doctors, who brought specialized expertise to address the health concerns of the villagers:

- 1. Dr. Gopal Krishna (Dentist, Patna Dental Clinic, Tekari, Gaya):**
 - o Provided oral health consultations and treatment guidance, focusing on dental hygiene and preventive care.
- 2. Dr. S.S. Sinha (Eye Specialist, Patna):**
 - o Conducted vision testing and advised on eye health, with free spectacles provided to those in need.
- 3. Dr. Anup Sinha (General Physician, Gaya):**
 - o Offered consultations for general health and chronic conditions like diabetes, hypertension, and respiratory issues.



SFE Activities



SFE Activities



नई दिल्ली, मंगलवार, 17 दिसम्बर, 2024

शाहपुर गांव में स्वास्थ्य शिविर का आयोजन

स्वास्थ्य सेवाओं का लाभ उठाया। शिविर में मुफ्त परामर्श, जांच और दवाइयों का वितरण किया गया। इस शिविर का उद्घाटन केंद्र की मार्गदर्शिका शोभा नारायण और संगठन के अध्यक्ष सचिन्द्र नारायण ने किया। उन्होंने



100 से अधिक ग्रामीणों ने भाग लिया। शाहपुर, अगंधा, निमचक और भेरिया गांव के लोगों ने इस शिविर में

ग्रामीण क्षेत्रों में गुणवत्तापूर्ण स्वास्थ्य सेवाओं की जरूरत पर जोर दिया। शिविर में शामिल डॉक्टरों ने ग्रामीणों को परामर्श दिया और उनका इलाज किया। डॉ. गोपाल कृष्ण ने दंत स्वास्थ्य परामर्श और उपचार दिया-निर्देश दिए। डॉ. एस. एस. सिन्हा ने आंखों की जांच की और जरूरतमंदों को मुफ्त चश्मे प्रदान किए। डॉ. अनुप सिन्हा ने सामान्य स्वास्थ्य और दीर्घकालिक बीमारियों जैसे मधुमेह व उच्च रक्तचाप पर परामर्श दिया। शिविर में रक्त शर्करा, रक्तचाप और हीमोग्लोबिन की जांच की गई। ग्रामीणों को सामान्य बीमारियों के लिए

मुफ्त दवाइयां दी गईं। इसके अलावा, स्वच्छता, पोषण और संक्रामक रोगों की रोकथाम पर जागरूकता सत्र भी आयोजित किए गए। संगठन ने 2022 में शाहपुर में हुए एक स्वास्थ्य सर्वेक्षण की रिपोर्ट के आधार पर सेवाएं प्रदान कीं। उस सर्वेक्षण में मधुमेह, क्षय रोग और त्वचा संक्रमण जैसी समस्याएं सामने आई थीं। शिविर में ग्रामीणों ने सक्रिय भागीदारी की। भगवती सिंह, दिगंबर, कमलेश और यशोदा जैसे लोगों ने डॉक्टरों और संगठन के प्रति आभार व्यक्त किया। अधिकृत प्रकाश सक्सेना ने ग्रामीणों के लिए मुफ्त कानूनी परामर्श की घोषणा भी की। डॉ. गोपाल कृष्ण ने कहा कि ग्रामीण क्षेत्रों में दंत स्वास्थ्य की नजर अंदाज किया जाता है, जिसे सुधारने का यह प्रयास है। डॉ. एस. एस. सिन्हा ने कहा कि अच्छी डॉटि उल्कादकता के लिए महत्वपूर्ण है। डॉ. अनुप सिन्हा ने कहा कि निवारक देखभाल सामुदायिक स्वास्थ्य में सुधार ला सकती है। संगठन ने यह आश्वासन दिया कि ग्रामीण क्षेत्रों में स्वास्थ्य सेवाओं को बढ़ावा देने के लिए ऐसे शिविर लगातार आयोजित किए जाएंगे।

Renowned Doctors Lead Health Camp Organized By Society For Empowerment At Shahpur Village

Shahpur Village, Bela Block, Gaya : The Society For Empowerment (SFE) successfully conducted a Health Camp at its Grow In For Togetherness Centre (7-GIFT) in Shahpur Village, Bela Block, Gaya District, on December 15, 2024. The camp, spearheaded by a team of eminent medical professionals, provided free consultations, diagnostics, and medicines, benefitting over 100 villagers from Shahpur, Agandha, Nimchak, and Bheriya.

The event was inaugurated by Ms. Shobha Narayan, mentor of the 7-GIFT Centre, and Dr. Sachindra Narayan, Chairman of SFE, who highlighted the significance of providing rural communities with access to quality healthcare.

LEADING DOCTORS AT THE CAMP

ance, focusing on dental hygiene and preventive care.

Diagnostics: On-site blood sugar, blood pressure,

betes, tuberculosis, and skin infections in the region and

documented the community's reliance on traditional remedies during the COVID-19 pandemic.

COMMUNITY ENGAGEMENT AND SUPPORT

Advocate Shri Prakash Saxena announced free legal consultations for the villagers through SFE's Legal Cell, extending support beyond healthcare. The camp witnessed active participation from villagers, including

Bhagwan Singh, Digamber, Kamlesh, and Yashoda, who expressed their gratitude for the doctors' contributions and SFE's initiative.

COMMITMENT TO RURAL HEALTHCARE

Speaking about the camp, Dr. Gopal Krishna emphasized, "Dental health is often overlooked in most areas, and



Dr. S.S. Sinha (Eye Specialist, Patna):

Conducted vision testing and advised on eye health, with free spectacles provided to those in need.

Dr. Anup Sinha (General Physician, Gaya):

Offered consultations for general health and chronic conditions like diabetes, hypertension,

and hemoglobin testing for early detection of health risks.

Free Medicines: Distribution of medicines for minor ailments and basic health kits.

Health Awareness: Sessions on hygiene, nutrition, and communicable disease prevention, supported by the distribution of educational leaflets in the local language.



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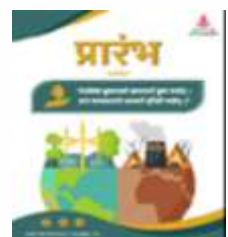
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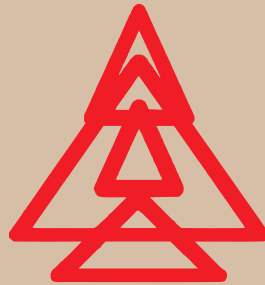
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