



विद्या वितर्को विज्ञानं स्मृतिः तत्परता क्रिया ।
यस्यैते षड्गुणास्तस्य नासाध्यमतिवर्तते ॥



Table of Content

1. Editorial – Shri N N PANDEY RETIRED IAS
2. Job Openings For Seniors
3. Our Constitution and Its Women Paint-
Dr.Kavita Sharma
4. Senior Citizens and the Silver Economy A
New Era of Aging- Dr.Jyoti Bindal
5. Valentine's Day for Senior Citizens: A
Celebration of Timeless Love- Prakhar
6. महाकुंभ 2025: एक अद्भुत आयोजन- सुश्री सविता मोरे
7. SFE Activities

**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



By Shri N. N. Pandey
Retired IAS

EDITORIAL

A Fresh and Happening Welcome

Hello Dear Readers,

Welcome to a vibrant February in **Prarmbh**, where every page is infused with the energy of possibility and the celebration of life's endless chapters. This month, we step into a dynamic space where senior citizens aren't just participants—they're pioneers redefining what it means to age with passion, creativity, and a spirit of adventure.

A New Chapter in Senior Engagement: The heart of this issue beats with the promise of fresh beginnings. From exploring dynamic job openings designed exclusively for seasoned professionals to uncovering innovative economic opportunities within the burgeoning "Silver Economy," our content is all about harnessing the power of experience. Whether you're looking to channel decades of wisdom into a new career path or simply seeking inspiration, the opportunities here are as boundless as your potential.

Spotlight on Thought-Provoking Perspectives:

Job Openings For Seniors: Dive into a curated selection of roles where your skills are not just acknowledged—they're celebrated. This section is your gateway to positions that value maturity, reliability, and the unique insights only years of life can bring.

Our Constitution and Its Women Paint – Dr. Kavita Sharma : Discover how constitutional values and the progressive role of women have paved the way for a more inclusive society. Dr. Sharma's exploration is both a reflection and a celebration of the milestones achieved, urging us to continue pushing the envelope for equality and empowerment.

Senior Citizens and the Silver Economy: A New Era of Aging – Dr. Jyoti Bindal : Embrace the idea that aging is an asset in a thriving economic landscape. Dr. Bindal's perspective on the "Silver Economy" challenges traditional narratives and reveals how senior citizens are central to innovative markets and new

entrepreneurial ventures.

Valentine's Day for Senior Citizens: A Celebration of Timeless Love – Prakhar: In a world that often equates romance with youth, Prakhar reminds us that love only deepens with time. Prepare to be touched by stories of enduring affection, rediscovered passions, and the beauty of connections that defy age.

महाकुंभ 2025: एक अद्भुत आयोजन – सुश्री सविता मोरे: Experience the grandeur of महाकुंभ 2025 through the eyes of those who've seen history unfold. This piece is a lively narrative capturing the cultural vibrancy and the active participation of senior citizens in one of the most spectacular events of the year.

Empowering Engagement – SFE Activities: Our Senior Friendly Employment (SFE) initiatives are lighting the way for practical engagement and community building. Discover how these activities are designed to keep you connected, informed, and empowered—because every day is a chance to make your mark.

A Call to Embrace the Now: As we navigate the refreshing narratives of opportunity, culture, and love, remember that every moment is a new beginning. Your experiences are not relics of the past but stepping stones to exciting adventures ahead. Let this issue inspire you to take bold strides, whether in your career, your community, or your personal journey of love and discovery.

Join us in celebrating a fresh era where senior citizens lead with wisdom, enthusiasm, and a spirit that's unmistakably alive. Here's to new beginnings, limitless opportunities, and the vibrant pulse of life at every age!

Editor, प्रारंभ

Shri N. N. Pandey Editor, PRARMBH Magazine

February 2025

JOB OPENINGS FOR SENIORS

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

- Senior Consultant {Glacial Lake outburst Flood (GLOF) & Landslide Lake Outburst Flood(LLOF)}- National Disaster Management Authority (NDMA), Max Age Upto 62 Years- Position in Delhi
https://ndma.gov.in/sites/default/files/PDF/Jobs/Sr_Consultant_GLOF_LLOF_Jan2025.pdf
- Director- IIM Shillong- Max Age Upto 65 Years- Position in Shillong
<https://www.iimshillong.ac.in/wp-content/uploads/2024/12/Website-Advertisement-DIRECTOR-IIM-Shillong.pdf>
- Director- Indian Institute of Plantation Management (IIPM)- Max Age Upto 60 Years- Position in Bangalaoe
<https://iipmb.edu.in/recruitments/>
- Advocate on Retainership basis- National Agricultural Cooperative Marketing Federation of India Ltd- Max Age Upto 70- Years- Position in Delhi
<https://www.nafed-india.com/sites/default/files/2025-01/20250128170107.pdf>
- Sr. Advisor- Central Electricity Regulatory Commission- Max Age Upto 62- Years- Position in Delhi
[https://cercind.gov.in/2025/vacancy/Circular%20\(TOR\)%20Sr.%20Advisor%20\(Engg.\)200125.pdf](https://cercind.gov.in/2025/vacancy/Circular%20(TOR)%20Sr.%20Advisor%20(Engg.)200125.pdf)
- Director- National Institute of Mental Health Rehabilitation- Max Age Upto 62- Years- Position in Sehore
<https://cdnbbsr.s3waas.gov.in/s38cbd005a556ccd4211ce43f309bc0eac/uploads/2025/02/202502011555947463.pdf>
- 3Sr. Consultant (Statistics)- Telecom Regulatory Authority of India- Max Age Upto 63 Years- Position in Delhi
https://traf.gov.in/sites/default/files/2025-01/Vacancy_10012025.pdf
- Vice-Chancellor- Gokhale Institute of Politics and Economics - Max Age Upto 65 Years- Position in Pune
<https://gipe.ac.in/wp-content/uploads/2025/01/VC-Advt-FINAL-Jan-22.pdf>

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

Our Constitution and Its Women Painters

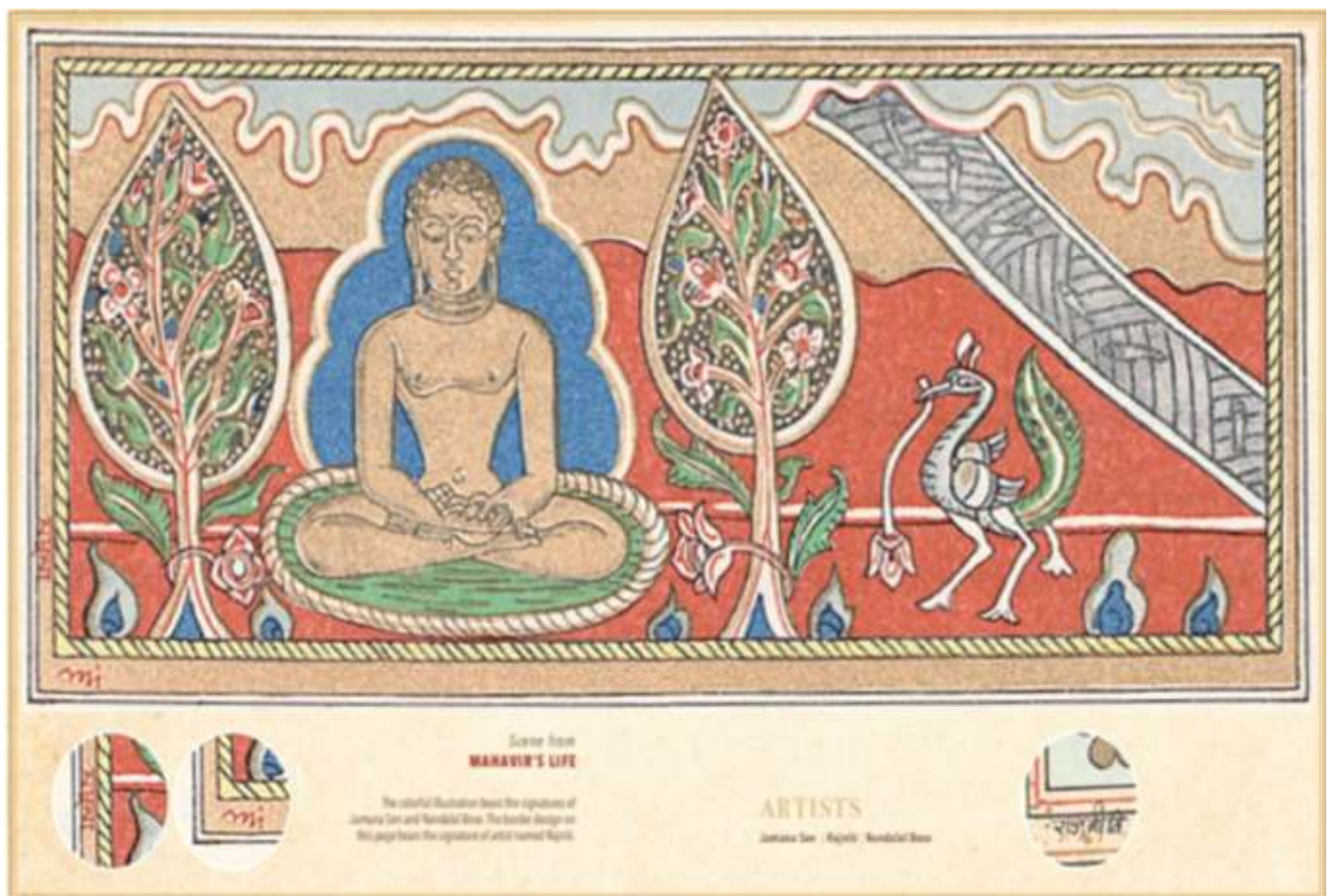
Dr. Kavita Sharma

Former President, South Asian University,
Principal Hindu College, Director of India International Centre, New Delhi



Introduction

The Constitution of India is the longest constitution in the world and perhaps the only one that is richly illustrated. It is also unique in that it is handwritten in the calligraphic style in English by Premi Bihari Narain Raizada, who took six months to write it. He did not take any money for it but asked for the privilege of putting down his first name on each page of the Constitution and his name with his grandfather's name on the last page. The Constitution in Hindi was written by Vasant Krishna Vedia, a well-known calligrapher and artist from Maharashtra. Perhaps fewer people know about him than about Prem Bihari Narain Raizada. He needs to be foregrounded more.



<https://lalitkala.gov.in/uploads/update/6002e5c30107735f9c86d8818ffad970.pdf>

The illustrations that form an integral part of the Constitution were done by the famous artist Nandlal Bose, who was then the Principal of Kalabhavan at Shanti Niketan and his carefully selected team. It included renowned artists like Beohar Rammanohar Sinha and Dinanath Bhargava. A lesser-known fact is that six women artists were part of his team. They were Gauri Bhanja, Jamuna Sen, Nibedita Bose, Amla Sarkar, Bani Patel and Sumitra Narayan. Most of them belong to Nandlal Bose's family, and including him, spanned three generations. Gauri Bhanja and Jamuna Sen were his daughters, Nibedita Bose was his daughter-in-law, and Bani Patel, his granddaughter, was the daughter of Gauri Bhanja. Justice R.S. Chauhan (retired) has analysed the artwork in the constitution. As he points out, when the Constituent Assembly began drafting the Constitution, Nandlal Bose was requested to do the artwork. Some paintings bear the signatures of the artists, including the women artists. It took him five years to complete the task. Twenty-two parts of the Constitution bear different illustrations, thoughtfully reflecting the subject matter of each part. As Chauhan points out, every young nation tries to derive legitimacy from its actual or borrowed past. The artwork spans 5000 years of Indian history and is based on various artistic traditions showing the plurality of Indian society. It begins with the dawn of our civilisation, the seal from Mohenjodaro and comes up to contemporary times. It is done using Indigenous techniques of applying gold leaf and stone colours.

Gauri Bhanja

The youngest woman illustrator of the Constitution was Bani Patel, a 21 year old. The eldest was Gauri Bhanja, her mother, Nandlal Bose's eldest daughter. When Nandlal Bose became the Principal of Kalabhavan, Gauri Bhanja joined the institution as a student at the suggestion of Rabindranath Tagore. After graduating at 19 and being trained by her father and maternal uncle, Surendranath Kar, she became a very talented artist. She was known for reviving the

Batik Arts of Shantiniketan and Northern India. She also established ***Alpana art***. She was an accomplished dancer and played the lead role in Rabindranath Tagore's Natir Puja. She was also involved in other aspects of performance, like designing and crafting costumes. She taught in Kalabhavan from 1928 to 1972. She was an outstanding and multifaceted artist and academic. Her signature is on the Nataraj painting in Part XII of the Constitution, which deals with finance, property, contracts and suits. It also covers the subject of taxation and contracts. The Nataraj is from the Chola bronze, and since the Cholas were actively engaged in foreign maritime trade, it is very appropriate to place it here.

Bani Patel

Gauri Bhanja's daughter, Nandlal Bose's granddaughter, illustrated a couple of pages of the constitution. She was only 21 years old then. One of her paintings is in Part IV of the Constitution, depicting Sri Krishna teaching Arjun, or the Gita, on the battlefield. Part IV of the Constitution is concerned with the Directive Principles. This, again, is extremely thoughtful as the Directive Principles are meant to guide the State in making laws and policies. They concentrate on social and economic justice, such as equal pay for equal work environments and its protection, uniform civil codes, and separation of powers.

The illustrations that form an integral part of the Constitution were done by the famous artist Nandlal Bose, who was then the Principal of Kalabhavan at Shanti Niketan and his carefully selected team. It included renowned artists like Beohar Rammanohar Sinha and Dinanath Bhargava. A lesser-known fact is that six women artists were part of his team. They were Gauri Bhanja, Jamuna Sen, Nibedita Bose, Amla Sarkar, Bani Patel and Sumitra Narayan. Most of them belong to Nandlal Bose's family, and including him,

spanned three generations. Gauri Bhanja and Jamuna Sen were his daughters, Nibedita Bose was his daughter-in-law, and Bani Patel, his granddaughter, was the daughter of Gauri Bhanja. Justice R.S. Chauhan (retired) has analysed the artwork in the constitution. As he points out, when the Constituent Assembly began drafting the Constitution, Nandlal Bose was requested to do the artwork. Some paintings bear the signatures of the artists, including the women artists. It took him five years to complete the task. Twenty-two parts of the Constitution bear different illustrations, thoughtfully reflecting the subject matter of each part. As Chauhan points out, every young nation tries to derive legitimacy from its actual or borrowed past. The artwork spans 5000 years of Indian history and is based on various artistic traditions showing the plurality of Indian society. It begins with the dawn of our civilisation, the seal from Mohenjodaro and comes up to contemporary times. It is done using Indigenous techniques of applying gold leaf and stone colours.

Gauri Bhanja

The youngest woman illustrator of the Bani Patel also made the border for the scene from Dandi March in Part XVII of the Constitution. The painting itself is by Nandal Bose, made from the gold colour extracted from the Gold Leaf. The border consists of deft and controlled brush strokes. Bani Patel gave her only interview at 89 on the 69th Republic Day. Her brother was thrilled because he said that every other painter apart from Nandal Bose had been overshadowed by him. The interview was done in the last week of December 2017 and broadcast on 26th January 2018. Part XVII of the constitution deals with the languages of the different states and the language to be used in official communication. However, the states retain the right to keep their languages.

As was pointed out in the write-up of the interview,

the paintings were done on parchment sheets brought from Birmingham and made from a particular animal protein that ensured protection against microbes. These sheets are believed to have a shelf-life of 1000 years. This interview is an invaluable archival possession with All India Radio, and hopefully, it has been adequately preserved. Finally, after 69 years, Bani Patel, the only surviving member of the Artists of the Constitution, got some recognition. She died shortly after.

Jamuna Sen

Jamuna Sen followed in her elder sister Gauri Bhanja's footsteps by joining as a student at Kala Bhavan in 1931. After five years of study there, she was associated as a teacher but only became a full faculty member in 1947. She taught a diploma course, including mural painting, batik, needlework, weaving in Manipuri handloom, and stage and festival decorations. In 1951, Kalabhavan instituted a two-year diploma course for the housewives of

Shantiniketa

she was its director with Nanigopal Ghosh, an artist and a colleague. This marked the revival of the artists' guild **Karunsanga**, which her father, Nandal Bose, had started but had become dormant. The idea was to teach crafts to women to gain economic independence. Later, the artists' group transformed into the Women's Artists Association of Shantiniketan.

Jamuna Sen contributed two paintings to the Constitution. One was for Part III, which embodies the Fundamental Rights. It depicts Ram, Sita and Lakshman returning to Ayodhya after defeating Ravan. It speaks of fundamental rights as the good of the people and a check on the tyranny of the State, but these rights have to be protected by the Executive branch and the Judiciary. The return of Ram was also the dawn of a new era as it was for India because the people's fundamental rights were being recognised for the first time.

The second painting is in Part VI of the Constitution. Part VI deals with relations between the Union and the States. Nandlal Gore and Jamuna Sen. have jointly done it. It shows a scene from the life of Mahavir, the 24th Jain Tirthankar. It was hoped that the centre-state relations, their executive and judiciary, would be as enlightened as Mahavir and that the relations between the Centre and the State would be harmonious and peaceful. Also, it was hoped that the states would follow the path of nonviolence in exercising their executive power.

Nibedita Bose

Nibedita Bose, daughter-in-law of Nandlal Bose, was the daughter of Tanyendranath Ghosh, a teacher and hostel warden at Shantiniketan. Tanyendranath Ghosh had raised Nibedita as a single parent because his wife had passed away when she was still young. Nibedita contributed two paintings. One is in Part 1X of the Constitution and depicts Nalanda University. It bears the signatures of Nibedita Bose and Kripal Singh Shekhawat. Kripal Singh Shekhawat trained at the Kalabhavan. He was a well-known artist credited with having revived the blue pottery of Rajasthan.

Part X of the Constitution deals with Scheduled and tribal areas. Therefore, it is appropriate that the Buddhist Mahavira should be here, as one of Buddha's basic tenets was to abolish caste in his teachings and Sangha. Nalanda University, or the Nalanda Mahavihar, was established in the 5th century AD and was the centre of learning for Buddhist studies, medicine, mathematics, the five arts, and other subjects. Xuanzang and I-Ching left vivid accounts of their stay in the Mahavihara.

Another painting of Nibedita done with Nandlal Bose is in Chapter XXI of the Constitution. It captures a scene from the arid and hot desert of Rajasthan. A decked camel occupies the centre stage with a king atop it, followed by an entourage, which could be members of the king's community or his army. This Part deals with temporary, transitional and special provisions related to various states. The painting is significant because it depicts India's vast and sometimes harsh landscape, signifying that fundamental rights are guaranteed to the citizens irrespective of where

they live. The desert could be interpreted to show the people's resilience and survival in even the most difficult circumstances. It echoes Article 21 of the Constitution, which is the right to life and liberty, which must be protected even in the most challenging circumstances.

Amala Sarkar

Amla Sarkar painted the border of the painting by Jamuna Sen in Part XI. This Part deals precisely with the relations between the Union and States in the legislative and the administrative spheres, including the extent of their legislative and executive powers and provisions for cooperation. It depicts a warrior and a horse, a statue of which was found at Konark's Sun Temple. It inspired the emblem of the State of Odisha. The painting's warrior and horse symbolise discipline, strength, and progress.

Amala Sarkar was a student at the Patha Bhavan, Sangeet Bhavan, and Kala Bhavan at Shantiniketan. Later, she taught at Path Bhavan and Kala Bhavan. She was a prolific singer and toured the dance drama troupe with Rabindranath Tagore and Shanti Dev Ghosh, the latter being an author, singer, actor, dancer and maestro of *Prabhindra Sangeet*. Finally, there was Sumitra Narayan, a student of Kala Bhavan who trained under Gauri Bhanja. She only contributed a border in one of the paintings.

Conclusion

In this article, I have only concentrated on the women painters of the Constitution. A more detailed analysis of all the paintings in the Constitution and their borders, which are of multiple designs, would reveal our country's farsightedness, clarity, pride in heritage, plurality and diversity. It is a study well worth undertaking.

Arunesh Varade, "5 Women Artists who illustrated the Constitution of India," The Heritage Lab, <https://search.app/MBosbijLnzsMAe8B8>

Justice R.S.Chauhan (Retd.), "Artwork in the Constitution—Myriad Interpretation", <https://search.app/QCxxhPAwR2yfyPm4i7>

<https://akashvanisamvad.blogspot.com>

Op. cit. Endnote 1

Also see "Illustrations in the Indian Constitution," Smriti Sahu, [https://search.app/eqULR\\$SYNq9eXsRA](https://search.app/eqULR$SYNq9eXsRA)

Op.cit., footnote 1

Senior Citizens and the Silver Economy A New Era of Aging



Dr. Jyoti Bindal

MS, FRCOG, FICOG, FACS, FICS, LL.B., PGD Hosp. Mgm. Vice Chancellor,
Shri Aurobindo University Retd. Dean,
M.G.M. Medical College, INDORE

Introduction -

A Demographic Revolution

Aging is no longer just a personal journey – It's an economic force. By 2050, the global population of people over 60 will double to over 2 billion, making senior citizens one of the fastest-growing consumer and workforce segments. This shift has given rise to the Silver Economy, a dynamic ecosystem catering to the needs, aspirations, and contributions of older adults. The Silver Economy is not just about healthcare and retirement homes, it's about financial power, innovation, and active living.

As Christine Lagarde, President of the European Central Bank, once said, "Aging populations are not a burden; they are an opportunity waiting to be seized."

The Economic Power of Senior Citizens

Contrary to outdated perceptions, senior citizens are not just passive recipients of pensions; they are active economic contributors.

1. The Spending Power of the Elderly Senior citizens today are wealthier than previous generations, with higher savings, better pensions, and more disposable income. They drive demand in industries like healthcare, real estate, financial services, tourism, and technology.

Case Study: Japan A Silver Consumer Powerhouse Japan, with 29% of its population over 65, has witnessed a surge in elderly-focused industries. Brands like Uniqlo design easy-to-wear clothing for seniors, while Toyota develops elder-friendly vehicles. Even McDonald's Japan has introduced larger fonts and seating areas designed for older customers!

2. Seniors as Entrepreneurs and Employees

Many seniors continue working beyond retirement - some by choice, others by necessity. They bring experience, reliability, and mentorship to workplaces.

Example: Ray Kroc - Founder of McDonald's at 52 Ray Kroc didn't start McDonald's until he was 52, proving that innovation knows no age. Today, many companies are tapping into senior entrepreneurship programs to harness this potential.

Globally, countries are pushing for age-inclusive employment. In Germany, BMW redesigned its factories to accommodate older workers, increasing productivity and reducing injuries.

Key Sectors Driving the Silver Economy

1. **Healthcare and Wellness:** The aging population is driving demand for geriatrics, preventive healthcare, and smart medical technology.

- Telemedicine and AI-powered health monitors help seniors manage chronic diseases at home.
- Robotic caregivers, like Japan's "pepper" robot, assist in elderly care.
- Senior wellness programs focusing on yoga, mindfulness, and fitness are booming.

Case Study: India's Mobile Healthcare Buses In India, mobile healthcare units now travel to rural areas, providing cancer screening, eye care, and general check ups to elderly citizens who lack access to hospitals.

2. Financial Services and Smart Investing

Seniors are investing in stocks, real estate, and retirement plans at record levels. Countries like Singapore and Sweden have strong pension models that allow retirees to maintain financial independence.

- The rise of reverse mortgages helps seniors unlock home equity.
- Senior-friendly banking services with larger fonts, easy access branches, and personalized financial planning are gaining popularity.

3. Senior Travel and Leisure Today's seniors are healthier, wealthier, and eager to explore. From adventure tourism to wellness retreats, the elderly travel sector is booming.

Example : Silver Tourism in Spain

Spain introduced government-subsidized travel for seniors, boosting both the economy and elderly well-being. The initiative helped extend the tourism season and provided economic stability to hotels and restaurants.

Challenges and Roadblocks in the Silver Economy

Despite its potential, the Silver Economy faces several challenges:

- **Healthcare Costs** - Quality elder care remains expensive in many countries.
- **Digital Divide** - Not all seniors are tech-savvy, limiting access to online services.
- **Ageism in Employment** - Many workplaces still favor younger employees.
- **Social Isolation** - Many seniors experience loneliness, impacting mental health.

Case Study: The UK Grandparents on Demand Program

To combat loneliness, the UK introduced programs where seniors act as volunteer grandparents for young families. This fosters intergenerational bonding and economic participation.

Policy and Government Interventions Governments worldwide are recognizing that an aging population is an economic asset.

- **Japan:** Incentivizes businesses to hire older workers with tax benefits.
- **Germany:** Promotes elder-friendly workplaces.
- **India:** Introduced the Senior Citizens Welfare Fund for pensions and healthcare.

As UN Secretary-General Antonio Guterres put it, "The way we treat our older citizens today will define the future of our societies".

Conclusion:

A Golden Opportunity The Silver Economy is not about decline. It's about transformation. Senior citizens are entrepreneurs, investors, consumers, and mentors, shaping industries in unprecedented ways. Societies that embrace aging as an opportunity rather than a burden will thrive. It's time we shift our mindset and build a world where aging is synonymous with growth, dignity, and economic power.

Valentine's Day for Senior Citizens

A Celebration of Timeless Love

Prakhar



Valentine's Day, often associated with young love and grand romantic gestures, holds a unique and profound significance when celebrated by senior citizens. For many, it is a day to honor decades of shared experiences, unwavering support, and the resilience of lifelong partnerships. In recent years, communities and senior living centers have embraced the occasion, organizing special events

that allow seniors to relive memories, make new ones, and celebrate the many forms of love in their lives.

For senior couples, Valentine's Day is not just about the present moment—it's a walk down memory lane. They reminisce about how they met, their first dates, and the journey they've traversed together through the highs and lows of life. Sharing these

stories brings joy not only to the couples themselves but to those around them, as younger generations gain insights into the endurance and depth of true love.

Valentine's Day is a special day to express love and affection. It is not just a great occasion for the youth but also for senior citizens. Here are some fun and memorable ideas to make this day special.

Social and Community Activities

- Organise a tea party with friends and have sweet talks with heart-shaped cookies.
- Share your old love stories or beautiful memories.
- Sing and sway to old romantic songs.
- Watch romantic movies like Mughal-e-Azam or Dilwale Dulhania Le Jayenge.

Creative and Artistic Activities

- Make beautiful cards with your own hands and give them to friends or gift them to patients in the hospital.
- Decorate your room or gift a loved one by making beautiful bouquets.
- Play Bingo with fun love riddles and prizes.
- Write and share poems based on love and friendship.
- Add old photos and messages to the scrapbook.

Health and Wellness Activities

- Enjoy a light and fun dance.
- Spend some relaxing moments in nature.
- Relax with a gentle massage, facial and essential oils.
- Enjoy sweet treats and share happiness with friends.
- Organize a yoga or meditation session focused on love and self-acceptance.

Acts of charity and service

- Spread love and happiness to the people living there.
- Help the needy by organizing a bake sale or raffle.
- Promote friendship between youth and senior citizens.
- Do small acts of kindness – find happiness yourself by helping others.

Valentine's Day is not restricted to romantic love. It is a celebration of all forms of love—between friends, family, neighbors, and even pets. For senior citizens, it is a day to celebrate the enduring spirit of love that transcends time, a day to honor their journey, and a day to remind themselves and others that love, in all its forms, is timeless.

As we celebrate Valentine's Day, let us acknowledge and honor the love stories of senior citizens—stories woven with resilience, wisdom, and unwavering commitment. Their experiences remind us that love is not confined to the young; it is a lifelong journey that enriches every stage of life.

*Prakahr – student of DPS Vasant Kunj , may be reached at pikchupoetaaa@gmail.com



महाकुंभ 2025: एक अद्भुत आयोजन



सुश्री सविता मोरे - savi.sanjeev24@gmail.com

शनाया सिक्योरिटी सिस्टम्स इंडिया प्राइवेट लिमिटेड में निदेशक और एस के एंटरप्राइजेज वडोदरा में पार्टनर हैं-

महाकुंभ भारत की धार्मिक और सांस्कृतिक धरोहर का बड़ा हिस्सा है। यह आयोजन हर 144 साल में एक बार होता है, जो इसे और भी खास बनाता है। महाकुंभ का महत्व आध्यात्मिक, धार्मिक और सामाजिक दृष्टि से बहुत अधिक है।

धार्मिक और सांस्कृतिक महत्व

महाकुंभ का आयोजन केवल एक धार्मिक घटना नहीं है, बल्कि यह एक सांस्कृतिक आयोजन भी है। यहां पर साधु-संतों का जमावड़ा होता है, जो अपने प्रवचनों और साधनाओं से लोगों को प्रेरित करते हैं।



महाकुंभ 2025 क्यों खास है? महाकुंभ का महत्व

कुंभ मेला तब आयोजित होता है जब सूर्य, चंद्रमा और बृहस्पति एक विशिष्ट स्थिति में होते हैं लेकिन जब बृहस्पति मकर राशि में और सूर्य व चंद्रमा अन्य शुभ स्थानों पर होते हैं, तब महाकुंभ का समय बनता है और यह संयोग हर 144 वर्षों में एक बार आता है। इसे लेकर लोगों में खास उत्साह और श्रद्धा होती है। दुनिया भर से लोग इस आयोजन में भाग लेने आते हैं। यह आयोजन भारत की धार्मिक परंपराओं को और मजबूत बनाता है।

महाकुंभ का आयोजन गंगा, यमुना और सरस्वती नदियों के संगम पर होता है। यह स्थान प्रयागराज में स्थित है। यहां पर स्नान करने से मोक्ष की प्राप्ति होती है, ऐसा माना जाता है। लाखों श्रद्धालु और साधु-संत इस अवसर पर यहां आते हैं। महाकुंभ में धार्मिक अनुष्ठान, ध्यान और प्रवचन का आयोजन होता है।

यह आयोजन भारतीय संस्कृति और सभ्यता का परिचायक है।

स्नान की परंपरा

महाकुंभ में संगम में स्नान करना मुख्य परंपरा है। ऐसा माना जाता है कि यहां स्नान करने से पापों का नाश होता है और आत्मा शुद्ध होती है। स्नान के लिए शुभ मुहूर्त और तिथियों का विशेष ध्यान रखा जाता है।

सामाजिक दृष्टि से महत्व

महाकुंभ एक ऐसा अवसर है, जहां हर वर्ग, धर्म और जाति के लोग एकसाथ आते हैं। यह आयोजन सामाजिक एकता का प्रतीक है। यहां पर सभी को समान रूप से सम्मान दिया जाता है।

महाकुंभ 2025 न केवल एक धार्मिक आयोजन है, बल्कि यह भारतीय संस्कृति और परंपराओं का जीता-जागता उदाहरण है। यह आयोजन हमें एकता, भाईचारा और शांति का संदेश देता है।

SFE Activities

06 अमृत इंडिया नई दिल्ली, बुधवा

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

नई दिल्ली। सोसाइटी फॉर एम्पावरमेंट 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। 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। प्रोफेसर एस. नारायण, अध्यक्ष 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।

शाहपुर गांव में सोसाइटी फॉर एम्पावरमेंट द्वारा स्वास्थ्य शिविर का आयोजन



शाहपुर गांव। सोसाइटी फॉर एम्पावरमेंट (SFE) ने 15 दिसंबर 2024 को अपने हो इन फॉर टुगेदरनेस सेंटर (Q-GIFT) में एक स्वास्थ्य शिविर का सफलतापूर्वक आयोजन किया। इस शिविर में 100 से अधिक लोगों ने लाभ उठाया। शाहपुर, अर्बुका, निमराक, और भेरिया गांव के लोग इसमें शामिल हुए। शिविर में मुफल परामर्श, हायपरटेंशन, और दवाइयों का वितरण किया गया। इस आयोजन का उद्घाटन Q-GIFT सेंटर की सेंटर प्रोमोटी शोभा नारायण और SFE के अध्यक्ष डॉ. सचिन नारायण ने किया। उन्होंने ग्रामीण 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. मोहम्मद कृष्ण (होस्टिस्ट, पाटना हॉस्पिटल क्लीनिक, टेकारी, पन), डॉ. स्वास्थ्य पतावली और उपचार दिशा-निर्देश प्रदान किए।

जो पत्र पत्र विज्ञान / विषय

मुफल 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 हुई, ज्वरील बिंदु (कुलपति, अद्वैतीयता मुनिमोहंती, इटौर) के मार्गदर्शन में किए गए सर्वेक्षण में मधुमेह, क्षय रोग, और तबका संक्रमण जैसे समस्याओं की पहचान की गई थी। इस शिविर ने उस सर्वेक्षण के आधार पर सेवाएं प्रदान कीं।

ग्रामीणों की भागीदारी और सहयोग- शिविर में अधिकतम श्री प्रकाश सम्मेलन ने ग्रामीणों के लिए मुफल वजनो परामर्श की योजना की। ग्रामीण जैसे भगवती सिंह, दिनेश, कमलेश, और गणेश ने इस प्रयास के लिए डॉक्टरों और सत्र का आभार व्यक्त किया।

ग्रामीण स्वास्थ्य के लिए प्रतिबद्धता- डॉ. मोहम्मद कृष्ण ने कहा, स्थानीय क्षेत्रों में डॉ. स्वास्थ्य की आवश्यकताओं को पहचानना और

SFE Activities

YOGA CLASSES

RUN BY SOCIETY FOR EMPOWERMENT



YOGA CLASSES RUN BY SOCIETY FOR EMPOWERMENT-
AHMEDABAD

Please Contact: **Malti Dave** -

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



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

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