



પ્રારંભ

"શુભમ ભવતુ"



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

EDITORIAL

A New Season of Hope and Harmony

Dear Readers,

Celebrating Wisdom, Wellness and Worth of Our Elders

Dear Readers,

As the summer sun brightens our days, the June 2025 issue of PRARAMBH carries a vibrant bouquet of themes woven around the wisdom, resilience, and rights of our senior citizens. At the heart of this issue lies our deep commitment to empowering elders—especially those in rural and underserved communities—by spotlighting job opportunities, sustainable living solutions, traditional healing, and inclusive wellness.

We begin with **“Job Openings for Seniors,”** our regular feature dedicated to connecting older adults with dignified work. Whether it’s leveraging lifelong expertise or embracing flexible roles, this section reflects our belief that age should never be a barrier to contribution or economic independence.

In a deeply moving piece titled **“The Silent Strength: Honoring India’s Rural Elders through ढ-GIFT,”** eminent thinker **Dr. Sachindra Narayan** captures the silent sacrifice and wisdom of our rural seniors. The ढ-GIFT initiative by the Society For Empowerment, is a beacon of hope—bridging generational gaps and offering seniors a pathway to renewed relevance in digital and economic spaces.

Adding a regional and sociological perspective, **Dr. Roopendra Kavi** takes us to the **Mardia tribal villages of Bastar block in Chhattisgarh**, exposing the layered social issues faced by elderly tribal populations. His article not only diagnoses the challenges but also proposes community-centric, culturally rooted solutions through enhanced social mobility and localized intervention.

An innovative model of elder independence is introduced by **Karthik Ponnuswamy** in his piece on **HABiL (Home Asset Based Independent Living)**. This idea empowers seniors to leverage their home assets for independent

living, blending dignity with practicality—a much-needed alternative in the face of rising urban isolation and institutional care.

Health remains a central theme this month. **Ms. Malti K. Dave** reintroduces us to the ancient but ever-relevant **Indian Systems of Medicine**—Ayurveda, Siddha, and Unani—as friendly, preventive, and elder-centric alternatives that promote holistic well-being. These systems, with their gentle therapies and deep-rooted philosophy, are particularly suited to the aging body and mind.

The global perspective is brought forth by **Ms. Savita More** in **“June’s Global Calendar,”** which chronicles key international and national awareness days. From **World Elder Abuse Awareness Day** to **International Yoga Day**, the calendar is a reminder of how interconnected our local actions are with global causes.

Speaking of Yoga, **Prof. K. K. Dave’s** article **“Yoga for One Earth, One Health”** beautifully ties the ancient practice of yoga with the global One Health movement. It is a call for harmony—between human health, ecological balance, and planetary well-being—using yoga as the bridge.

And as always, our coverage of **SFE Activities** brings you the latest on our outreach, training sessions, rural connect programs, and upcoming webinars. Our field teams continue to document stories of transformation, be it through skill development camps, policy dialogues, or elder clubs in remote regions.

Dear friends, June is not just a month of rising temperatures—it is a time to rise in awareness. As we prepare to mark, World Environment Day, International Day of Yoga, World Elder Abuse Awareness Day, and various socio-cultural observances, let us recommit ourselves to the causes of senior dignity, intergenerational harmony, and sustainable living

Shri N. N. Pandey Editor, प्रारंभ

June 2025

JOB OPENINGS FOR SENIORS

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

SENIOR JOBS

A platform of Job Information for the seniors.

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

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

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



For Senior Jobs visit

https://www.sfe.org.in/job_search.php

- Senior Advisor- Department of Science and Technology- Max Age Upto 58 Years- Position in New Delhi
<https://dst.gov.in/sites/default/files/Advt.%20No.%20DST012025-Estt.III%20Senior%20Adviser.pdf>
 - Senior Consultant (legal)- Warehousing Development and Regulatory Authority-
Max Age Upto 64 Years- Position in New Delhi
<https://wdra.gov.in/documents/20143/0/Engagement+of+one+senior+consultant+%28legal%29+on+contractual+basis.pdf/a2e1bfb2-fca7-c262-3435-251bc239833a>
 - Consultant (Accounts)- Central Council for Research in Homoeopathy-
Max Age Upto 64 Years- Position in Jaipur
<https://ccrhindia.ayush.gov.in/sites/default/files/2025-05/Advt.%20150-2025-26.pdf>
- Director General- Research and Information Systems for Developing Countries (RIS)-
Max Age Upto 62 Years- Position in New Delhi

https://www.mea.gov.in/Images/CPV/DG_RIS_draft_adve.pdf

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

The Silent Strength: Honoring India's Rural Elders through ₹-GIFT



Dr. Sachindra Narayan

In the heart of India's countryside, far from the noise of urban life, the rural elderly continues to live lives steeped in traditional values, strong family bonds, and age-old agricultural practices. These seniors are not just passive dependents; they are vibrant contributors to the economy and culture of village life, playing the roles of nurturers, workers, and wise household captains.

A typical day for an elderly person in a village begins with the soft hues of dawn. They often rise early, taking a peaceful morning stroll through fields and dusty lanes, breathing in the calm air that urban dwellers seldom know. This morning stride is not just a routine—it is a ritual that signifies a life lived in sync with nature.

Once the sun begins to climb, many elderly—both men and women—step into their roles as contributors to agriculture. Though age may have reduced their physical strength, it hasn't dimmed their spirit or sense of duty. Seniors engage in light but essential field work—growing vegetables and flowers, sowing seeds, weeding, and monitoring crop health. Unlike younger farmers who might focus on the heavier aspects of agriculture, the elderly tend to smaller, sustainable plots that not only support household needs but often bring in modest income.

The role of the elderly doesn't stop at the physical.

Many of them are also the silent managers of the agricultural household. From arranging for daily laborers to ensuring they are paid fairly and treated respectfully, seniors oversee the management of farm activities. They track harvest cycles, maintain traditional agricultural knowledge, and mediate disputes. Their wisdom, born of decades of experience, makes them trusted decision-makers in the family and the community.

A large segment of the rural elderly population are subsistence farmers, residing in small villages and depending on traditional, time-tested agricultural methods for survival. Among them, elderly women bear the brunt of agricultural labor—working long hours in the fields, often under punishing weather conditions that are worsening with the growing impact of climate change. These hardships are further intensified by widespread illiteracy, particularly among older rural women. Most have received little to no formal education, possess no financial savings, and remain completely reliant on their families for both economic and emotional support.

In an increasingly digital world, the lack of digital literacy creates an additional layer of isolation, shutting them out from government schemes, social services, and opportunities that could otherwise improve their lives

In the past, Indian families formed the backbone of support for their elderly members. Today, however, this traditional system is swiftly disintegrating. As children migrate in search of education and job opportunities, and as joint families give way to nuclear households and growing individualism, a troubling rise in “left-behind” seniors is emerging—older adults who are left to live alone, often without adequate care or support, and increasingly vulnerable.

In response to these evolving challenges, the Society for Empowerment has launched GIFT – - Grow In For Togetherness, a pioneering initiative that envisions a joyful, secure, and purposeful life for seniors across both rural and urban India.

Drawing inspiration from the “Lifestyle for the Environment (LiFE)” movement introduced by the Hon’ble Prime Minister at COP26, GIFT emphasizes sustainable living, intergenerational harmony, and community-led development. It recognizes seniors not as passive recipients of care, but as active, valuable contributors to society who deserve dignity, inclusion, and opportunity.

Programme Highlights: A Holistic Platform for Senior Well-being

-GIFT serves as a comprehensive one-stop platform that focuses on the diverse needs of the elderly through the following key areas:

- **Life and Happiness:** Promoting purpose-driven lives and emotional well-being for seniors.
- **Reskilling & Upskilling:** Training elderly individuals in market-relevant skills to enhance their livelihood and self-worth.
- **Health & Mental Well-being:** Facilitating access to healthcare, geriatric services, and emotional support systems.
- **Community Grouping:** Fostering solidarity and companionship through senior groups and collective activities.

- **Financial & Digital Literacy:** Empowering elderly women through financial education and digital access to bridge the service gap.
- **Corporate Engagement:** Creating a platform for businesses to engage with and support elderly consumers, thereby promoting the Silver Economy.
- **Action Groups (AGRASR):** Forming Elderly Self-Help Groups for collective economic and social empowerment.
- **Awareness, Research & Sensitization:** Promoting intergenerational bonding, awareness campaigns, and research to spotlight elderly issues and influence policy.



Screening of Documentary “Mahatma Gandhi in Folksongs” produced by the Society for Empowerment at ढ-GIFT village Shahpur



SENIORS LIVING at ढ-GIFT village Shahpur





Looking Ahead: Building a Compassionate, Empowered Future

India stands at a critical juncture where the ageing population, especially in rural regions, requires urgent and sustained attention. The combined threats of climate vulnerability, economic insecurity, digital exclusion, and social isolation call for a multidimensional response.

₹-GIFT represents that response. It is more than a programme—it is a movement towards recognising and restoring the dignity, wisdom, and rights of India's elders. By fostering empathy, strengthening community networks, and mobilising institutional support, **₹-GIFT** is lighting the path toward a future where ageing is celebrated—not feared.

With the active participation of government bodies, healthcare providers, corporates, youth, and civil society, we can transform the lives of millions of elderly Indians—turning vulnerability into strength, and isolation into inclusion.

Dr. S. Narayan; Gandhian Anthropologist can be reached at snarayan1946@gmail.com

“बस्तर जिले के बास्तार ब्लॉक के माड़िया जनजातीय बहुल गांवों में वृद्धों की सामाजिक समस्याएँ एवं समाधान: सामाजिक गतिशीलता के सन्दर्भ में”



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सार (Abstract) :-

यह शोध बस्तर जिले के बास्तार ब्लॉक स्थित दो माड़िया जनजातीय बहुल गांवों में निवासरत 60 वर्ष से अधिक आयु के वृद्ध महिलाओं और पुरुषों की सामाजिक समस्याओं एवं उनके संभावित समाधानों का विश्लेषण करता है। कुल 100 परिवारों के अध्ययन में 80 वृद्धों (42 महिलाएँ एवं 38 पुरुष) को शोध का प्रत्यक्ष भाग बनाया गया। यह अध्ययन सामाजिक गतिशीलता—जैसे शहरीकरण, शिक्षा, और पीढ़ीगत अंतर—के प्रभावों की पड़ताल करता है, जो परंपरागत जीवनशैली, सामाजिक भूमिका, और सांस्कृतिक पहचान पर प्रभाव डालते हैं। शोध में यह पाया गया कि इन

वृद्धों को स्वास्थ्य, आर्थिक असुरक्षा, सामाजिक अलगाव, और सांस्कृतिक क्षरण जैसी समस्याओं का सामना करना पड़ता है। शोध के निष्कर्षों के आधार पर वृद्धों की सामाजिक पुनर्स्थापना, सरकारी योजनाओं की पहुँच, पारंपरिक ज्ञान के संरक्षण, और अंतरपीढ़ी संवाद को बढ़ावा देने की आवश्यकता पर बल दिया गया है। यह अध्ययन आदिवासी वृद्धों की स्थिति को समझने एवं नीति निर्माण में सहयोग हेतु एक महत्वपूर्ण योगदान है।

“बस्तर जिले के बास्तार ब्लॉक के माड़िया जनजातीय बहुल गांवों में वृद्धों की सामाजिक समस्याएँ एवं समाधान: सामाजिक गतिशीलता के सन्दर्भ में”

प्रस्तावना:-

भारत की जनजातीय जनसंख्या का एक महत्वपूर्ण हिस्सा छत्तीसगढ़ राज्य के बस्तर अंचल में निवास करता है। यह क्षेत्र विविध जनजातीय समुदायों, विशेषकर माड़िया जनजाति की सांस्कृतिक समृद्धि का केंद्र रहा है। परंपरागत जीवनशैली, प्रकृति पर आधारित अर्थव्यवस्था, और सामाजिक सहयोग की प्रणालियाँ यहाँ की विशिष्टताएँ हैं। आधुनिकता, शहरीकरण और सामाजिक परिवर्तन के प्रभाव से जहाँ एक ओर जनजातीय समाज में कुछ सकारात्मक बदलाव आए हैं, वहीं दूसरी ओर वृद्ध जनसंख्या—विशेषकर 60 वर्ष से अधिक आयु के पुरुषों और महिलाओं—को अनेक प्रकार की सामाजिक, आर्थिक और सांस्कृतिक चुनौतियों का सामना करना पड़ रहा है। इस शोध का उद्देश्य है कि इन वृद्धों की समस्याओं का विश्लेषण कर समाधान के संभावित उपायों को समझा जा सके।

शोध की पद्धति:-

यह अध्ययन बस्तर जिले के बास्तार ब्लॉक के दो माड़िया जनजातीय बहुल गांवों में किया गया है। अध्ययन में 100 परिवारों को शामिल किया गया, जिनमें कुल 80 वृद्ध (60 वर्ष से अधिक आयु के) प्रतिभागी थे—42 महिलाएँ और 38 पुरुष। शोध में साक्षात्कार, सहभागी अवलोकन तथा केस स्टडी जैसी गुणात्मक पद्धतियों का उपयोग किया गया। साथ ही, प्राथमिक आंकड़ों के साथ द्वितीयक स्रोतों जैसे पूर्व शोध, सरकारी रिपोर्ट्स और जनगणना आँकड़ों का सहारा लिया गया।

मुख्य समस्याएँ:-

स्वास्थ्य संबंधित समस्याएँ:-

अधिकांश वृद्धों को उच्च रक्तचाप, जोड़ों के दर्द, आँखों की कमजोरी जैसी स्वास्थ्य समस्याएँ हैं। आधुनिक स्वास्थ्य सुविधाओं की पहुँच दूर होने तथा पारंपरिक विश्वासों के कारण वे समुचित इलाज से वंचित रहते हैं।

आर्थिक निर्भरता:-

माड़िया समुदाय की वृद्ध आबादी कार्य करने में असमर्थ होती जा रही है, जिससे वे परिवार के अन्य सदस्यों पर निर्भर हैं। किसी स्थायी आय स्रोत या वृद्धावस्था पेंशन की नियमितता की कमी भी एक प्रमुख मुद्दा है।

सामाजिक अलगाव:-

आधुनिक शिक्षा और रोजगार की तलाश में युवा पीढ़ी गांव से बाहर जा रही है, जिससे वृद्धों का सामाजिक संपर्क घट

रहा है। यह स्थिति भावनात्मक अकेलेपन को जन्म देती है।

संस्कृति और भूमिका का क्षरण:-

वृद्धों की परंपरागत भूमिका—समाज के मार्गदर्शक, रीतिरिवाजों के संरक्षक—धीरे-धीरे समाप्त हो रही है। सामाजिक गतिशीलता ने उनके ज्ञान और अनुभव को कम महत्व देना शुरू कर दिया है।

सामाजिक गतिशीलता का प्रभाव:-

शिक्षा, प्रौद्योगिकी, और सरकारी हस्तक्षेपों से उत्पन्न सामाजिक परिवर्तन ने जहाँ युवाओं को मुख्यधारा से जोड़ा, वहीं वृद्धों के लिए यह परिवर्तन असहज रहा। सामाजिक संरचना में आए बदलाव ने उनकी पारंपरिक भूमिका को सीमित कर दिया है।

समाधान और सुझाव:-

1. स्थानीय स्तर पर वृद्ध सेवा केंद्रों की स्थापना
2. सरकारी योजनाओं की प्रभावी पहुँच सुनिश्चित करना (जैसे वृद्धावस्था पेंशन, निःशुल्क दवा वितरण)
3. स्वास्थ्य शिविरों का आयोजन
4. पारंपरिक ज्ञान को संरक्षित करने की पहल—बुजुर्गों से कहानियाँ, लोकज्ञान, औषधीय ज्ञान को दस्तावेजीकृत करना
5. 'पीढ़ी संवाद' कार्यक्रम—बुजुर्गों और युवाओं के बीच संवाद के मंच तैयार करना

निष्कर्ष:-

बस्तर के माड़िया वृद्धों की समस्याएँ केवल जैविक वृद्धावस्था से जुड़ी नहीं हैं, बल्कि ये सामाजिक गतिशीलता से उपजी चुनौतियों का भी परिणाम हैं। समाधान की दिशा में हमें एक ऐसी नीति और दृष्टिकोण अपनाने की आवश्यकता है जो सम्मान, समावेशन और संरक्षण पर आधारित हो

Key Words:-

माड़िया जनजाति, बस्तर जिला, आदिवासी समाज, वृद्धजन समस्याएँ, सामाजिक गतिशीलता, सामाजिक परिवर्तन, सांस्कृतिक संक्रमण, आदिवासी नीतियाँ, विकास एवं विस्थापन,	जनजातीय जीवनशैली, बुजुर्गों की स्थिति, परंपरागत संरचना, सामाजिक समर्थन प्रणाली, ग्रामीण समाज, पारिवारिक संरचना, सामाजिक समाधान, जनजातीय विकास, मानवशास्त्रीय अध्ययन
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HABiL: HOME ASSET BASED INDEPENDENT LIVING

(Empowering Senior Citizens with Financial Independence)

Karthik Ponnuswamy

Executive Summary

India is witnessing a seismic demographic shift, with 15.3 crore senior citizens in 2023, poised to grow to 34.7 crore by 2050. This aging population requires more than just financial assistance, they need trusted, seamless access to housing, healthcare, lifestyle and related services. However, the market is fragmented, and seniors often struggle to discover and access verified solutions tailored to their needs.

About HABiL:

HABiL is a pioneering platform addressing the financial challenges of India's middle-class senior citizens, a demography that is "Asset-Rich but Liquidity-Poor". HABiL intends to unlock the economic potential of residential properties through seamless Home Equity Conversion solutions. HABiL is a Neutral, Tech-driven platform that connects senior citizens and their families to a curated network of ecosystem partners. We enable access, trust, and ease of use through a digital marketplace, allowing every senior citizen to discover, compare, and consume solutions in one place.

HABiL Platform : One Window, Multiple Solutions

HABiL is a multi-service aggregator platform, serving all senior citizens, regardless of income or asset class, offering modular access to curated partners across:

1. Financial Service:

- Home Equity Conversion via lending institutions (HFCs and Banks)
- Secure Mudra Loans for home improvement for enabling additional income streams
- Help with finding suitable consulting assignment through ecosystem partners to be productive

and for self-esteem

- Retirement income planning via wealth managers

2. Senior Living & Real Estate:

- Partnerships with builders for property redevelopment
- Retirement home discovery and glide path for financial security

3. Healthcare & Elder Care:

- Assisted living services
- Partner hospitals and geriatric care providers priority assistance and pre-registration

4. Hospitality: Listing & Monetizing senior-owned homes through OYO, Airbnb, or Paying Guest and other short-stay needs of visitors to the city through partnerships

5. Legal & Succession: Digital WILL creation, in addition to SETTLEMENT deeds, nomination services via legal tech firms.

6. Risk & Advisory: Monte Carlo simulations for builder/lender risk assessments that can help both lenders to assess the project risk and anyone wanting to choose a reliable builder for redevelopment with a proven track record and evaluation done with 360 degree rating by lenders, buyers and landlords dynamically each quarter.

About Us:

- Incorporated in 2021, under the name La Poochi Private Limited
- Winner of the Best BFSI Startup of the Year 2023, awarded by FICCI.

Indian Systems of Medicine



Malti K Dave



India has a rich heritage of traditional systems of medicine that have been practiced for centuries. These include Ayurveda, Unani, Siddha, and Sowa-Rigpa. Rooted in natural healing, these systems focus on maintaining balance in the body, mind, and spirit. For the elderly, who often face chronic conditions and age-related issues, these time-tested practices offer gentle, holistic, and preventive approaches to health. Unlike modern medicine, which often targets specific symptoms, these systems aim to strengthen overall well-being, improve immunity, and enhance quality of life in old age.

Ayurveda

Ayurveda, which translates to “science of life” (from Sanskrit ayur meaning life and veda meaning knowledge), is one of the oldest traditional healing systems, rooted deeply in the Vedic tradition. It is considered a part of the Upaveda, or auxiliary knowledge, and is believed to have originated from the Atharva Veda, also

drawing influence from the Rig Veda. The deity Dhanvantari is revered as the divine originator of Ayurveda.

The core objective of Ayurveda is threefold: preventing disease, curing illness, and promoting a long, healthy life. Initially taught through the ancient Gurukula system, Ayurveda is now formalized through structured undergraduate and postgraduate education in institutions across India and beyond.

Unani

Unani medicine, also referred to as Unani-Tibb or Yunani medicine, is a traditional healing system that has roots in Greek (Graeco) and Arabic medical knowledge. It is inspired by the teachings of Greek physician Hippocrates and Roman physician Galen, and was later refined by prominent Arab and Persian scholars like Al-Razi (Rhazes), Ibn Sina (Avicenna), Al-Zahrawi, and Ibn Nafis during the medieval Islamic era.

Unani medicine came to India with the advent of

the Delhi Sultanate around the 12th or 13th century and found royal patronage under the Mughal Empire. Hakim Ajmal Khan (1868–1927) was a key figure in promoting Unani medicine in India. Today, the Unani system is officially recognized and governed by the Central Council of Indian Medicine under the Indian Medicine Central Council Act, 1970.

Siddha

The Siddha system of medicine was developed by the Siddhars—ancient spiritual scientists primarily from Tamil Nadu in South India. These sages were said to possess ashta siddhis, or eight supernatural powers, and applied their deep knowledge to healing. Agastya, or Agastyar, is considered the founding father of the Siddha tradition.

There are 18 key Siddhars recognized in this system. Siddha medicine emphasizes balancing the body's three doshas and rejuvenating the body's internal organs. Unique features of Siddha include Kayakarpam (a combination of medicine and lifestyle aimed at longevity) and Muppu (a special medicinal salt used for activation of drugs).

Sowa-Rigpa

Sowa-Rigpa, meaning “science of healing” in Tibetan, is a centuries-old holistic medical system. It relies on detailed diagnostic methods such as pulse reading and urine analysis, along with guidance on lifestyle, diet, and natural remedies including herbs and minerals. Physical therapies also form part of its treatment approach.

This system is primarily based on the Four Tantras (Gyushi), ancient texts that draw upon Indian, Chinese, and Greco-Arab medical knowledge. The Four Tantras are divided into: Root Tantra, Exegetical Tantra, Instructional Tantra, and Subsequent Tantra. Despite being codified, Sowa-Rigpa continues to value oral transmission of medical knowledge. In 2012, it was officially recognized under the Central Council of Indian Medicine, following Government of India Gazette Notification No. 2345 dated 16.12.2011.

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Source:

<https://www.ncismindia.org/index.php>



“June’s Global Calendar: Celebrating Causes and Awareness Around the World”



Ms. Savita More

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June is a month filled with awareness campaigns, cultural recognitions, and global celebrations that highlight pressing issues and positive practices around the world. From environmental concerns to health awareness, and from honoring family relationships to recognizing global humanitarian causes, each day brings with it an opportunity for reflection and action. Below is a comprehensive overview of important national and international days observed in June:

1 June – World Milk Day

This day celebrates the nutritional value of milk and the contributions of dairy farmers. It raises awareness about the role of milk in a healthy diet and the significance of the dairy industry globally.

2 June – Telangana Formation Day

On this day in 2014, Telangana officially became the 29th state of India. The day is marked with state-wide celebrations, reflecting the cultural identity and achievements of the region.

3 June – World Bicycle Day

Acknowledging the uniqueness of the bicycle, this day promotes cycling as a simple, affordable, and eco-friendly mode of transportation. It encourages a healthier lifestyle and sustainable urban living.

4 June – International Day of Innocent Children Victims of Aggression

This day is a solemn reminder of the children

affected by war and violence across the world. It honors their suffering and emphasizes the need for peace and protection of children's rights.

5 June – World Environment Day

One of the most important global environmental events, this day encourages awareness and action to protect our planet. Each year has a specific theme addressing a major environmental challenge.

7 June – World Food Safety Day

This day stresses the importance of maintaining food safety standards to prevent foodborne illnesses. It promotes collaboration among governments, producers, and consumers to ensure safe consumption.

8 June – World Oceans Day

Celebrating the life-supporting role of oceans, this day calls for the sustainable use of marine resources and protection of marine biodiversity.

8 June – World Brain Tumor Day

Dedicated to spreading awareness about brain tumors, this day supports those affected by the condition and encourages medical research and early diagnosis.

12 June – World Day Against Child Labour

An important reminder of the global effort to eliminate child labour and ensure every child gets a chance to learn, play, and grow in a safe

environment.

14 June – World Blood Donor Day

A day to thank voluntary blood donors for their life-saving gifts and to encourage more people to donate blood regularly.

15 June – World Elder Abuse Awareness Day

Raising awareness about the abuse and neglect of older persons, this day advocates for the dignity, safety, and well-being of senior citizens.

16 June – World Sea Turtle Day

This day celebrates the existence of sea turtles and emphasizes the importance of their conservation. It encourages efforts to protect their habitats and reduce marine pollution.

16 June – International Day of Family Remittances

This day recognizes the vital financial support sent by migrant workers to their families back home and its role in poverty reduction and development.

18 June – Autistic Pride Day

Celebrating the neurodiversity of individuals with autism, this day promotes acceptance, empowerment, and inclusion of autistic people in society.

18 June – Father’s Day

Although the date varies each year, Father’s Day is celebrated to express gratitude and love towards fathers and father figures for their role in families and society.

19 June – International Day for the Elimination of Sexual Violence in Conflict

This observance sheds light on the grave issue of sexual violence in war zones and promotes justice and support for survivors.

19 June – World Sauntering Day

A lighter and joyful observance, this day encourages people to slow down, take leisurely walks, and enjoy life’s simple pleasures.

20 June – World Refugee Day

Honoring the strength and resilience of refugees

worldwide, this day advocates for their rights, inclusion, and the provision of safe asylum.

21 June – International Day of Yoga

A global celebration of yoga, this day emphasizes its role in promoting holistic health, inner peace, and global harmony.

21 June – World Music Day

Also known as Fête de la Musique, this day celebrates music’s universal appeal and its ability to bring communities together across cultures.

23 June – International Widows’ Day

Recognizing the challenges faced by widows, this day seeks to end discrimination and promote social and economic support for widowed women.

24 June – International Panic Day

A quirky observance meant to humorously acknowledge stress and anxiety. It serves as a light-hearted reminder to take mental health seriously—and also to relax.

25 June – National Play Catch Week (Begins)

Starting on this day, the week promotes physical activity and family bonding through the simple game of playing catch, encouraging outdoor fun and togetherness.

26 June – International Day Against Drug Abuse and Illicit Trafficking

This day raises awareness about the dangers of drug abuse and the importance of combating illicit drug trade. It encourages collective action towards a drug-free society.

30 June – World Asteroid Day

Established to raise public awareness about asteroids, this day aims to educate people about the potential threat of asteroid impacts and the importance of space research.

These observances in June offer a rich tapestry of themes that reflect our global priorities—health, environment, justice, family, and peace. They not only educate but also inspire action toward creating a more compassionate and sustainable world.

Yoga for One Earth One Health

K. K. DAVE

Yoga is widely recognized for its health benefits and its ability to reduce stress.

21st June was recognized as the International Day of Yoga (IDY) by the United Nations General Assembly (UNGA) in December 2014 at the initiative of the Hon'ble Prime Minister of India. Over the years, the celebration of yoga through IDY has not only increased its popularity but also expanded its geographical presence, inspiring adoption in numerous new regions

As the world gears up for International Yoga Day (IDY) 2025, the theme “Yoga for One Earth One Health” takes center stage and a wide range of activities revolving around it is being held. The 2025 theme highlights yoga’s role in promoting physical, mental, and environmental well-being, aligning with global calls for sustainability and unity. It builds on a decade of success since the United Nations recognized June 21 as International Day of Yoga, following India’s proposal in 2014.

Common Yoga Protocol (CYP) 45 minutes



PRAYER : 1 Minute

ॐ Samgacchadhvam samvadadhvam, sam vo manāmsi jānatām
devā bhāgam yathā pūrve, sanjānānā upāsate ||

LOOSENING PRACTICES : 6 Minutes



Alert Posture



Forward and Backward Bending



Right and Left Bending



Right and Left Twisting



Neck Rotation



Shoulder Stretch



Shoulder Rotation



Trunk Movement



Knee Movement

YOGĀSANAS : 25 Minutes



TĀḌĀSANA



VRKṢĀSANA



PĀDA-HASTĀSANA



ARDHA CAKRĀSANA



TRIKONĀSANA



BHADRĀSANA



VAJRĀSANA



ARDHA
UṢṬRĀSANA



USTRĀSANA



ŚAŚAKĀSANA



UTTĀNA
MANDŪKĀSANA



VAKRĀSANA



MAKARĀSANA



BHUJĀṆGĀSANA



ŚALABHĀSANA



SETUBANDHĀSANA



UTTĀNA PĀDĀSANA



ARDHA HALĀSANA



PAVANAMUKTĀSANA



ŚAVĀSANA

KRIYA, PRAṆAYAMA, DHYANA, SANKALPA : 12 Minutes



KAPĀLABHĀTI



NAḌĪŚODHANA PRĀṆĀYĀMA



ŚĪTALĪ PRĀṆĀYĀMA



BHRĀMARĪ PRĀṆĀYĀMA



DHYĀNA

Shanti Mantra : 1 Minute

ॐ Sarve Bhavantu Sukhinaḥ,
Sarve Santu Nirāmayāḥ
Sarve Bhadrāṇi Paśyantu,
Mā kaścit Duḥkha Bhūgbhavet
ॐ Śāntiḥ Śāntiḥ Śāntiḥ





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SFE Activities



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Nonviolence
is a weapon of the strong...

Mahatma Gandhi

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गया जिले के बेलागंज प्रखंड के शाहपुर गांव में दिया जा रहा प्रशिक्षण

थैले बना कर गांवों की 800 महिलाएं बन रहीं आत्मनिर्भर

जुही हिमता, पटना

सोसाइटी फॉर एंपावरमेंट की ओर से कस्तूरबा गांधी सेंटर फॉर ट्रेनिंग व प्रोडक्शन की शुरुआत की गयी है, इसके तहत गांवों की महिलाओं को स्वावलंबी और सशक्त करने के लिए सिलाई का प्रशिक्षण दिया जा रहा है, गया जिले के बेलागंज प्रखंड के शाहपुर में इसकी शुरुआत की गयी है, इसका मकसद महिलाओं को आत्मनिर्भर बना कर रोजगार में जोड़ना है, संस्था से यहां नौ गांवों से कुल 800 महिलाएं व बुद्धियां जुड़ी हुई हैं, जो वे शिफ्टों में काम कर रही हैं, ये सभी महिलाएं अभी कपड़े के थैले और मास्क बनाने का काम कर रही हैं,



थैला व मास्क बनाने का प्रशिक्षण प्राप्त करती महिलाएं.

खादी मॉल से मिला है थैले बनाने का ऑर्डर

संस्था के डायरेक्टर एस नारायण ने बताया कि उनकी संस्था गांधी के विजन के साथ काम करती है, अभी उन्होंने टाइअप खादी ग्राम उद्योग, खादी मॉल और नीति आयोग से रजिस्टर्ड संस्थाओं से हुआ है, हाल ही में खादी मॉल से 10000 थैले बनाने का ऑर्डर मिला है, जिसे इन गांवों की महिलाएं तैयार कर रही हैं, उनकी कोशिश होती है कि जो भी ऑर्डर मिले, वह सरकार के सौजन्य से हो, वहीं प्राइवेट कंपनियों के ऑर्डर को लेकर काम जल्द शुरू किया जायेगा, इसके साथ ही संस्था की ओर से ओपन स्कूल सिस्टम के एंफ्रेंडेशन के लिए अप्लाई किया गया है, इससे जो भी महिलाएं यहां पर प्रशिक्षण लेगी, उन्हें ओपन स्कूल का सर्टिफिकेट दिया जायेगा, जिससे उन्हें आगे भी रोजगार का मौका मिलेगा,

समय-समय पर दिया जाता है प्रशिक्षण

गांव में रहनेवाली महिलाओं को सिलाई का बेसिक ज्ञान होता है, ऐसे में प्रोफेशनल बनने के लिए उन्हें संस्था की ओर से समय-समय पर प्रशिक्षणों की ओर से प्रशिक्षण दिया जाता है, इससे वे न सिर्फ अपने हुनर को निखारती हैं, बल्कि ऑर्डर के अनुसार उत्पादों का निर्माण भी करती हैं, अभी जिस तरह से कोरोना के मामले धीरे-धीरे बढ़े हैं, ऐसे में महिलाएं मास्क भी तैयार कर रही हैं, एस नारायण ने बताया कि महिलाओं की ओर से बनाये जाने वाले मास्क वहीं के सरकारी और प्राइवेट संस्था के लोग खरीद लेते हैं,

SFE Activities

CLASSES

“A senior's body may be older,
but they're still young at heart.”

V. YOGA

Ms. Malti K. Dave-
Certified Yoga Teacher from
Patanjali University taking
yoga classes at Ahmedabad



Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga .

Yoga brings a spiritual prowess and is an important source of exercise and healthy activity For us it is a way to connect the body, mind and soul in a way that has existed for centuries. Considering the same, SFE has started its Yoga Centre in Ahmedabad where SFE run Yoga classes which is free to all.



YOGA CLASSES

RUN BY
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Pl contact K K Dave - A1-104, Aakruti Elegace, Near Godrej Garden City, Tragad road,
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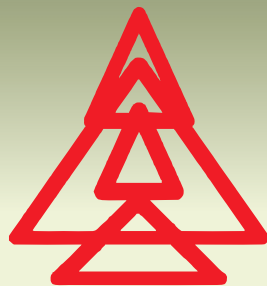
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