



SOCIETY FOR
EMPOWERMENT

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“પ્રારંભ”

આચારો પરમો ધર્મ :

Letter for Senior Citizen Employment Opportunities



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Dear Readers,

Welcome to the latest edition of PRARMBH, a newsletter dedicated to our senior citizens. In this issue, we bring to you a variety of insightful articles and stories that focus on the well-being, challenges, and achievements of our beloved seniors.

My thoughts on the current landscape for senior citizens is that they have to compete and the importance of community support and advocacy is need of hour. Following this, we delve into practical matters with a piece on job opportunities tailored for seniors, highlighting that age is no barrier to contributing to the workforce.

Dr. Kavita A Sharma sheds light on the societal challenges faced by the elderly in a thought-provoking piece titled "No Country for The Old," urging for a shift in perception and policy.

Vedabhyas Kundu & Munazah Shah then guide us on fostering healthy communication within families, emphasizing the power of nonviolent communication for stronger relationships.

Hari Haran Chandra brings attention to an often overlooked issue in "Equipping Rural India's Aged for Climate Change & Resilience," underlining the importance of preparing our seniors for environmental challenges. We further explore the delicate topic of mental health in seniors with insights from Professor

Emeritus Dr. S. Narayan, offering valuable guidance on addressing and supporting mental well-being.

Dr. Nancy Singh celebrates the invaluable contributions and achievements of senior citizens in society, showcasing their diverse roles and impactful endeavors that inspire us all.

Finally, we present a heartwarming success story of Sh. Girish Chheda and achievements from the SFE program, highlighting the potential and resilience of our seniors in pursuing their passions and dreams.

We hope this edition of PRARMBH resonates with you, our cherished readers, and we encourage you to continue supporting, empowering, and celebrating the senior citizens in our community. Remember, age is just a number, and life is an ongoing journey filled with opportunities and growth.

Best Regards
Sh. N. N. Pandey
Ranchi
May, 2024

Job Openings For Seniors

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

- Deputy Registrar- Armed Force Tribunal, Principal Bench New Delhi - Max Age Upto 56 Years- Position in Delhi-
<https://www.aftdelhi.nic.in/vacancy/Vacancy%20PB.pdf>
- Principal Private Secretary - Armed Force Tribunal, Principal Bench Chandigarh; Max Age Upto 56 Years; Position in Chandigarh;
https://www.aftdelhi.nic.in/vacancy/Vacancy_Chandigarh.pdf
- Assistant Advisor (Information Technology)- Nitional Disaster Management Authority (NDMA); Max Age Upto 56 Years- Position in Delhi
<https://ndma.gov.in/sites/default/files/PDF/Jobs/Advt AAIT April2024.pdf>

Job Openings For Seniors

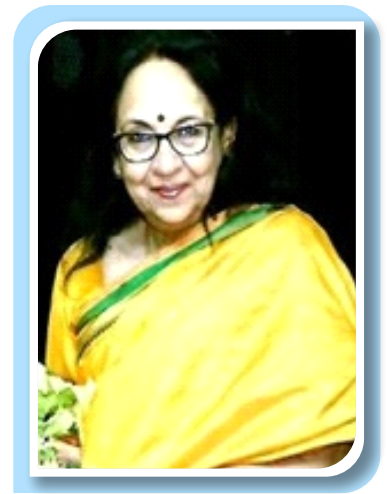
A platform of Job Information for the seniors

- SENIOR JOBS is an employment repository for seniors for the Meaningful Engagement ment 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 More Latest Senior Jobs visit https://www.sfe.org.in/job_search.php



Dr Kavita A Sharma

(Former Principal, Hindu College Delhi University)



While there is a lot of excitement over India's young population and the potential demographic dividend, little attention is being paid to ageing, which is taking place simultaneously. The problem of an ageing population has already begun and will overtake us as a nation if timely action is not taken now. The number of young people is so overwhelming that little attention is paid to the old.

According to the Youth in India Report, 2022, put out by the Ministry of Statistics and Programme Implementation, about 50% of India's population is below 25 years of age, and 65% is below the age of 35 years. The youth population is expected to grow initially between 2011 to 2036, but the decline should start in the second half of this. That is, it is already taking place. In 1991, the youth constituted 26.6% of the population. This figure increased to 27.9% in 2016, but by 2036, it is expected to decline to 22.7%. The elderly population has been increasing. It was 6.8% in 1991 and 9.2% in 2016 and is expected to increase to 14.9% in 2036. This is corroborated by the technical group on population projection for India and the states (2011-2036). Another forecast is that in 2061, every fourth person in India will be over 60 years of age.

Among the elderly, the more vulnerable are those in the unorganised sector, which employs 90% of the workforce. The signs of discomfort are already there. In 2020-2021, over 138.54 lakhs of individuals, 61 years and above, availed of MGNREGA. The number has been increasing each year. In 2018-2019, 93.8 lakhs of elderly availed of MGNREGA, and in 2019-2020, the number had increased to 100.8 lakhs. Therefore, the elderly are falling back on the safety net provided by MGNREGA. This is because they have no one who provides care to them, including their own family members. On their own, they lack financial security as they do not have many options and

opportunities to earn money. Until, about 25 lakh elderly are covered by the national pension scheme for those in the unorganised sector. This amounts to 0.6% of the informal sector. This is clearly inadequate and needs to be revised as the number of elderly can only rise.

Since there is no retirement age in the unorganised sector and the wages are low, leading to income insecurity, individuals are compelled to continue working for as long as they can. They can only meet their daily needs by what they earn each day. This has its own pitfalls. A lot of workers in the unorganised sector work in the sphere of construction for which labour is needed. Here, the young people are obviously preferred over the old. Since the elderly do not usually have the physical strength required for the job, the contractor picks up the young ones who can do more physical work. The elderly seek to be hired, but no one cares about them. They do what they can, even at lower wages. But obviously their market value continuously decreases as they grow older. In any case, the young also tried to grab the opportunity for work because of the high rate of unemployment in the country.

The National Policy on Older Persons (NPOP) was first announced in 1999. The aim was to provide state support to ensure financial and food security, health care, shelter and other needs of the older people. It was meant to provide protection against their abuse and exploitation. The National Action Plan for Senior Citizens was renamed Atal Vayo Abhyuday Yojana in April 2021. There are two important sub-schemes under it. One is the integrated program for senior citizens, and the other is this state action plan for senior citizens. The latter involves the states and union territories that individually formulate an annual action plan for senior citizens for which they get funds for their programs from the Department of Social Justice and Empowerment.

Several societal measures can improve the lives of senior citizens. One is intergenerational living. This can ensure active and productive ageing. In the rapidly changing society, joint families have given way to nuclear families. While joint families have their own challenges, it is being increasingly realised that in the face of both parents working out, nuclear families lead to the neglect of children, which even causes lifelong mental health issues. Living together can lead to the good of all generations. New experiments are being made. One is that while the nuclear family is maintained as a unit, the elderly live in adjoining areas. This provides both independence to both sides and a support system for both. However, for this to succeed, both sides have to be willing to make adjustments. Further, most families are under financial stress and so resent having to look after the elderly, whom they see as an added financial burden to their already overstrained resources. Perhaps one way out would be to incentivize the unpaid caregivers so that they do not find the elderly an economic load on themselves. The elderly also need to remain productive. Upgradation of skills is required for them. Hence, it would be good to provide a network of regional resource and training centres across the country. This might enable the elderly to shift from manual work to work like crafts, computers and other such occupations which can be done from home and also do not require physical strength. There are two targeted pension schemes in the informal sector. One is the Pradhan Mantri Shram Yogi Maandhan, which focuses on the age group of 18 to 40 years who have a monthly income of at least INR 15,000. They are to contribute towards their pension, and on attainment of the age of 60 years, they are assured of a pension of INR 3000 per month. The second is the Atal Pension Yojana, which focuses on poor workers of the same age group. They would then be assured of INR 1000 to INR 5000 per month. Both schemes are voluntary and contributory. However, there is a problem. It is tough for people struggling to find work on a daily basis to deposit money only to be able to redeem it sometime later, at the age of 60.

Help Age, India, in its Bridge the Gap study of 2022, deals with the long road that has to be travelled to provide a life of care and dignity to the elderly in India. It pointed out that 47% of the elderly are forced to ask for money from their families. 21% are forced to work for a living, and 57% face immediate financial insecurity. 45% find the pension inadequate, and 38% have few employment opportunities to be able to sustain themselves. The absence of options makes the elderly lose their independence and control over their lives.

In the absence of adequate financial resources and failing health, there needs to be a greater focus on the healthcare of the elderly in planning done by the

government. It is not enough to allocate funds. The country needs more doctors in geriatric medicine and also train nurses in this field. The Ministry of Social Justice and Empowerment launched the Rashtriya Vayoshri Yojana in 2017 for the elderly below the poverty line. Under this, the elderly could be provided devices such as walking sticks, elbow crutches, walkers, tripods, hearing aids, wheelchairs, artificial dentures and spectacles and other equipment provided they are eligible. This scheme needs to be periodically evaluated to see how well it has been implemented and if any rectification is required.

It has to be understood that senior individuals engage in informal work because of distress and so end up with a life of ailments and pain. Help Age found that 67% of the elderly have no health insurance, and only 52% are unable to access health care options. They need an equitable and inclusive retirement plan. It may be contributory, but they should be able to exit it at any time, and not necessarily only after attaining 60 years. Also, where there is no one to take care of them, they need safe housing and regular monitoring by law enforcement agencies as they are vulnerable. They also need hospice and palliative care, whether at home or institutionally.

Instead of taking on the whole burden, the government needs to ensure that the private sector is also involved. Many of the elderly in the informal sector indirectly work for the corporate sector in the sense that when a company subcontracts a piece of work, the contractor gets it done by workers from the informal sector. However, these workers are not included in any of the corporate welfare schemes for their workers. Hence, a way has to be found to benefit the workers working with contractors. This would be complex and even a tough task, but perhaps the CSR of the corporate sector can be used for this purpose. Special funds can also be allotted for it. It might be worth exploring the different options.

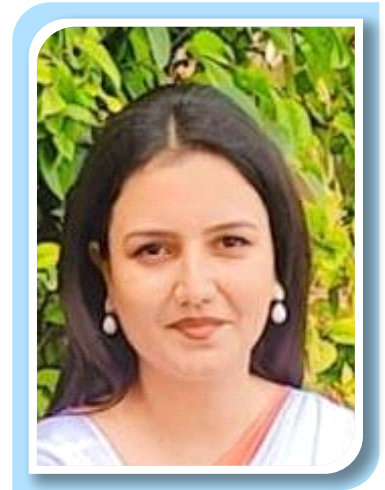
In conclusion, the elderly population will continue to grow because of decreasing infant mortality rates, better health standards and increasing longevity. At the same time, while longevity increases, age-related disabilities also occur and have to be looked after. There is an urgent need to examine the policies for the aged and their implementation. It is better to start solving the problem now instead of waiting for a crisis situation to develop.

Dr. Kavita A Sharma: An accomplished academician, Dr Kavita A Sharma has been an active contributor to the cause of higher education through her teaching, publications and the institutions she has been associated with. Dr Kavita Sharma started teaching in 1971 in Delhi University's Hindu College and became its Principal in 1998 and served there till 2008 when she took up another challenging assignment as Director of India International Centre, New Delhi.



In a Dispute: Why not use the Humorous Way to Resolve it?

Vedabhyas Kundu & Munazah Shah



"Economic growth or military strength alone won't make India strong, a truly sustainable society, at the heart of which is the family, is very much necessary, argues former President A P J Abdul Kalam in his new book. *Kalam and celebrated Jain thinker late Acharya Mahapragya in the book "The Family and the Nation" says that only a strong and happy family can lead to a strong and noble nation."

The former President of India Dr APJ Abdul Kalam was apt when he was emphasizing that only a strong and happy family could lead to a strong and noble nation. At a time when our family value system seems to be on the decline, we need to make serious efforts to restore the collective nature of our families which was embodiment of love, compassion, kindness, empathy and gratitude. This conversation is dedicated to the former President of India and his vision for a strong and happy family.

The Budhirajas (name changed) are an urban, new age family. As is the case of many families, the increasing proliferation of technology in the household, the race towards crass materialism which is leading to individualism and a slow death of empathetic relationships, the four-member of the Budhiraja household all seem to be going in their own path with little conversation between them. They are not sure when they last had a meal together or thought of a family vacation. The father is super busy trying to expand his business to newer heights. The mother runs a business of artwork. The son, who studies in class XI has already become a party animal. The daughter, in class IX is a connoisseur of expensive beauty products hoping to become a model soon. Neither of them would remember the last time the four had conversations together. Our conversation veers around this aspect of dialogue deficit in

families and how we reclaim it.

Vedabhyas Kundu: Munazah, to my mind the Budhirajas are still lucky to have survived as 'a family. As we know the four members are still living under one roof. With growing individualism and the mad craze to acquire more money and luxuries, there are families which are crumbling. In many cases, the moral values which determine a family unit are fast disappearing. Unfortunately, Munazah, every now and then, we come across news of murders of live-in partners, devastating separation and divorces, disrupting family feuds which lead to violent attacks on family members.

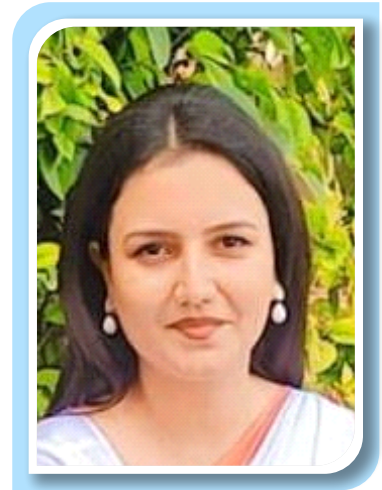
Further, we find that the value of conversations or support systems which have been part of our family traditions, are unfortunately missing in today's age leading to mental health issues especially amongst the young people. Bereft of support structures, many of these young people, barely in their teens are committing suicide which presents a scary scenario. Also disruptions in families lead to many young people taking to crime or becoming aggressive. Further declining family values and decaying family structures are leaving the elderly vulnerable with dwindling support systems. This is an important reason why we are increasingly finding a large number of elderly having to take shelters in old age homes.

Munazah Shah: I totally agree with you Vedabhyas. Till the recent past, we had joint families where family members lived together under one roof. They all mutually worked, ate, worshiped and co-operated with each other in one or the other way



In a Dispute: Why not use the Humorous Way to Resolve it?

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This also helped the family to get strong mentally, physically and economically, the children also got to know about the values and traditions of the society from their grandparents and elders. Vedabhyas, though still continuing in mostly rural areas, the joint family system is under siege due to excessive urbanization, competition to outwit other members of the family, pressures to gain the most of our lives. All these led to single or nuclear family structures. But now, further crass materialism and decline of value systems are disrupting even these single or nuclear family structures. And, Vedabhyas, to my mind, the decline in healthy communication is creating more problems.

Vedabhyas Kundu: Yes indeed, Munazah. When there are disruptions in communication or a dysfunctional communication ecosystem emerges in the family, it can result in emotional distance between the members. When we talk about family bonds, situations of emotional distance lead to a point when individuals find it difficult to express their thoughts and feelings. Some members may withdraw or become disconnected from each other. Probably, when members find it difficult to share their emotions with others, they start internalizing them leading to stress and a variety of other lifestyle diseases. This also creates barriers to emotional intimacy.

Munazah Shah: Furthermore, I think when there is a dysfunctional communication ecosystem in a family; it leads to situations when family members are likely to misinterpret each other's actions and behaviours. Vedabhyas, you will find this as a common occurrence in families when breakdown in communication leads to misunderstandings and hurt feelings. This is precisely, Vedabhyas, we should promote and encourage integration of the values of

nonviolent communication in the communication ecosystem of families. I think we should delve into this aspect in greater detail in the next part of this conversation.

To conclude, we feel that incessant use of communication tools are resulting in growing distances in families. When all members of the families are hooked on their smartphones or involved in some social media, where is the space for genuine conversation to take place? Many of the family members are suffering from Internet addiction which not only blocks genuine conversations but also is having a toll on the mental health of the members. The addiction, which has now been recognized as a disorder, has a lot of impact on the brain and health and can even lead to depression among the users. The conversations, if any, are becoming mechanical and frozen. Even if a member is in any kind of difficulty, s/he is reluctant to be honest. The lack of heart-to-heart communication is leading to withdrawal syndrome especially amongst young people, teenagers and kids. Such lack of positive communication is resulting in an increase in cases of mental health problems amongst family members.

(https://economictimes.indiatimes.com/news/politics-and-nation/a-p-j-kalam-stresses-on-importance-of-family-in-nation-building/articleshow/40917323.cms?utm_source=contentofinterest&utm_medium=text&utm_campaign=cppst) Dr Vedabhyas Kundu is with Gandhi Smriti and Darshan Samiti, New Delhi. His areas of interest include nonviolent communication, nonviolent conflict resolution, media and information literacy, and different areas of Gandhian philosophy.

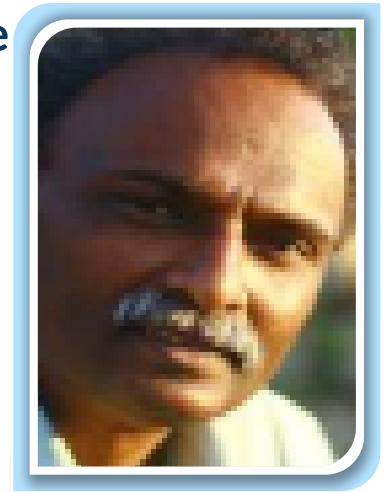
Ms Munazah Shah is a senior broadcast journalist. Her areas of interest include nonviolent communication, Gandhian philosophy, and areas of inner transformation and inner resilience.



Equipping Rural India's Aged for Climate Change & Resilience

Hari Haran Chandra

Senior Fellow, Indian Green Building Council
Hyderabad



Ramaiah squats on his haunches under the large awning of the arali mara [peepul tree] at his village. The rumble of trucks and vehicles on the highway punctuate the otherwise silent afternoon. He waves his hand at the tree and its branches, "At least they did not fell this tree. Some of us had to fight with the highway engineers to ensure that the road was aligned a half km away to ensure that this part of the village remained untouched." He is 72, has two middle-aged sons who work in Bangalore and come during the weekend. His wife and he look forward to the weekends when the sons, their wives come over. The 3 grandchildren bring him joy, even if it is short-lived through the weekend. "Life was not so for us when we were younger," Ramaiah says. "It seems as though it was only yesterday that I worked the farm every day." He waves his hand in a direction beyond the village, "I would go out there by 6 am. My four acres offered two crops at least in a year. Water was available with two large open wells that we shared with Bhima, Revanna, Madappa and others."

Varshini, a volunteer from an NGO from Kolar had taken me around Bettahosapura and the farm lands before meeting Ramaiah. The gram Pradhan had accompanied us. Those open wells that Ramaiah was talking about had long been filled up for it was 'claiming' land that could be cultivated. And the owner of the farmland chose to not go with the tradition of his forefathers of retaining the well and sharing the waters with the other farmers. From those youthful years of the early 1970s, the degradation of the water situation in his village has been steady on the waterfront.

When a senior custodian at the Society for Empowerment, Dr. S. Narayan, requested me to write on the 'Environmental Impact on Seniors in Rural India', I reflected on what could be relevant in such a context. And I recalled this series of interactions that I have had with people in this

district which falls in the rain shadow region of the eternal monsoon winds, and has over a thousand years seen creative water interventions from kings and satraps to ensure the availability of water.

Climate change first impacted Kolar in the 1980s, although the local inhabitants or the world were clueless about it. The irony is that Kolar hosts the largest number of lakes 80,000 of them dotting the 340 sq km landscape as a district in India, second only after J&K. About 170 Sq km [or a quarter of Bangalore's size] forms agri lands that are cultivated. The six talukas of the district have nearly 85,000 borewells-all at a depth of a half-kilometre. From growing paddy and grapes in those years, farmers have been reduced to water-efficient and sustenance crops like Ragi, Tur and groundnuts, which in itself is a good thing. The district that was declared 'drought-prone' in 1967 is vulnerable to changes in climate, land use, and declining natural resources. The disappearance of the residua repositories of forest canopies, soil with no organic humus, the vagaries of the monsoon thanks to the larger impact of El Nino and El Nina, the dry spells that are more often these years, and inadequate and poorly distributed rainfall have all combined to affect crop produce as well as productivity.

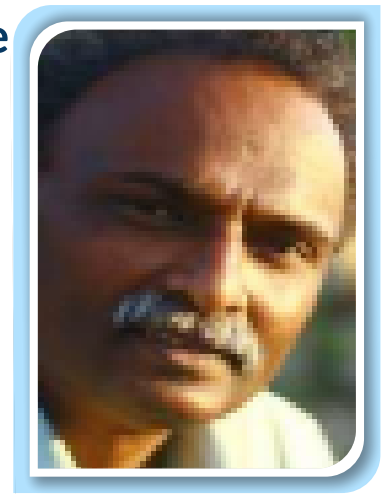
Bettahosapura is no exception. Across peninsular India and many thousands of sq kms of lands that are rain-fed - with no river-fed irrigation system - have had this same fate befall them. Open wells and minor irrigation tanks were the major irrigation sources from 1970 to 1985. Right here in Karnataka, in the early 1980s, Nazir Saab as minister had ushered in the era of borewells that brought water to thousands of farmers. The government paid for the drilling of borewells for thousands of farmers in north



Equipping Rural India's Aged for Climate Change & Resilience

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Karnataka and in the arid districts of central Karnataka. Farmers were delighted that they had water right at their doorstep. Greed got the better of them and they plunged more bore wells, to feed water-dense crops like bananas, rice, sugarcane.

That was the beginning of the end of the 2000-year-old architecture of water in most parts of rain-fed India which form 80% of all lands. Dams and canals continue to support no more than 15% of the country's 1.5 million Sq km of cultivable lands.

Ramaiah came from a family of neer-gantis, he recalls. They released water to fields in exchange for grains produced there. Then, as it is now, nearly 85-90% of all water consumed is used for agriculture. In those years it was surface water smartly managed. Now it is a desperate strife to get the little as water that bore wells offer them.

As I rode into the village, and travelled later into other villages in the district, I found that about one-third of the farmers have adopted a change in cropping patterns with some water-efficient practices such as drip irrigation and sprinklers.

I had set about to find out what Kolar district had done to 'drought-proof' farmers and farming. There were quite a few NGOs working in the district to undo the harm and incalculable damage of the last 40 years of callous, indiscriminate groundwater extraction.

Meeting people like Ramaiah reminded me that they were victims today, but were unwitting perpetrators of the crime. Ramaiah disagrees, "It was not like I did not know that we were doing wrong. As grampradhan myself in the 1980s, I tried my best to make our people understand that we should not hurt bhoomi-taai with those machines. As a neerganti, I did my best to help them go back to the practice of akkadi saalu. I remember a stormy meeting of the panchayat when I reminded the members that this traditional intercropping system will produce more yield than

those hybrids that had already come into our village at that time." He pointed his frail finger at another older man sitting on the edge of the arali katte [chaupal], "Bhuvanayya stood by me when we told them not to close those open wells. We urged them to continue the age-old practice of akkadi saalu, and to have a few common borewells instead of each of us having a borewell in our lands because the government at that time was giving it to us free."

He spat the betel juice, wiped his face, looked at the horizon as though he was seeing something from another past and said more to himself, "Who listened?"

Over the last ten years, people like Varshini have come in with the support of their NGOs. They have gone around villages in the six talukas gently taking the healing process to farmers and their families. With stories and examples of success stories of other farmers in other parts of the district or the country, they remind these farmers of how water availability, water use and entitlements are the basic elements of comprehensive drought-proofing. Availability has to be assessed and developed, water use has to be monitored and conserved, and entitlements have to be ensured to the smaller land-holding farmer. As one of many steps, they have been gently persuading the richer and the upper-caste farmers to stop monocropping of water-intensive cash crops and horticultural produce such as flowers and tomatoes.

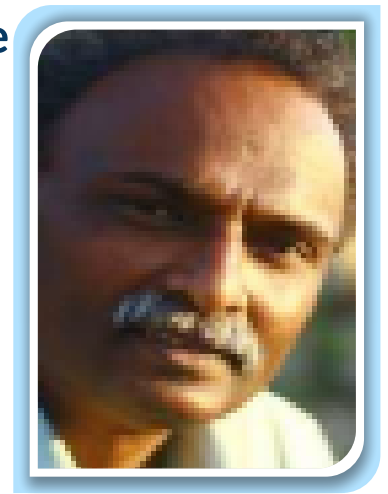
The vicious cycle of climate change at the local level is impacted by high-input practices that disrupt local ecosystems, climate, community nutrition and financial security. The native seed varieties used in akkadi saalu not only produce more yield than hybrids but this yield does not decrease with time. Farmers had also given up for 3-4 decades crop rotation with seasons; this practice is also being restored.



Equipping Rural India's Aged for Climate Change & Resilience

Hari Haran Chandra

Senior Fellow, Indian Green Building Council
Hyderabad



Krishnappa, a younger farmer at the village, says, "Akkadi saalu will return to good practice among farmers if the government provides subsidies to make the transition from mono cropping to multi cropping." These are simple techniques that can recharge and sustain soil moisture. Says Varshini, "We are getting the agricultural department to hold awareness sessions for smallholders."

She continues, "It is a continuous exercise educate, inform, have them practise... revisit the village, and educate and inform again. The results are beginning to be seen in the 4 years I have been working in this area." In many of the farms, about 40% water-use efficiency is achieved. Varshini says, "This can be attributed to percolation of water.

in the fields into the ground, spillage, seepage and evaporation." Her NGO and many others are working on smart or sustainable management of water resources and drought-proofing in Kolar over the last 6-7 years.

Says Krishnappa, "Earlier we used 3 to 5 kg ragi seeds per hectare to get 30 quintal yield and 60 quintal fodder per hectare. Thanks to guidance from our elders and some of the NGOs working with us we returned to the Gulli method. And we are seeing better yields." The Gulli System of Ragi Intensification has reduced the seed rate to 1.25 kg per hectare and increased the grain and fodder yields to 70-80 quintals.

Adds Varshini, "We first got one village to practice vermicompost. Other farmers saw the benefit. Today they save Rs 10,000 on input costs every year."

Krishnappa nods, "I got an extra 10 quintal yield than the previous year because of the use of vermicompost."

The connect between soil-water-ecology is slowly being understood as the only means to combat the ravages of climate change. The use of soil moisture indicators, open wells,

recharge pits and flow metres to understand how much water is being used, are all combining to make for more intelligent practices. "Besides my four acres where I cultivate ragi, I have got another six acres on lease for vegetables. My yield has increased as my open wells are full," says another young farmer, Narasappa, in a village neighbouring Bettahosapura. His father, a senior citizen, in his late sixties, is delighted that his son is learning from the past, and practising things today that his ancestors did.

Micro irrigation, bio-mulching, sustainable practices for dry land cultivation, bringing in eucalyptus plots under regular agricultural practices, water conservation and climate-resilient practices should be the focus, says Ramaiah. "If 70% of farmers adopt efficient irrigation and sustainable agriculture practices, water can be saved," he adds, and shrugs, "This is what we said then, forty years ago..." His children, and many others in the village have chosen to find jobs in the big city. "Who is to tell them that they can work together here, change the land's fortune and their own?" he bewails.

The Pradhan Mantri Krishi Sinchayee Yojana is an effective drought mitigation measure that is available in the district and is being utilised by some of the farmers with guidance from watershed managers like Varshini.

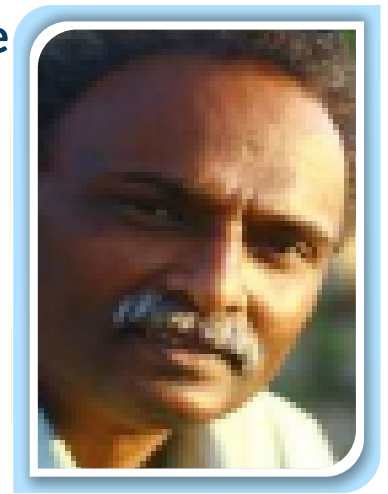
Supply-side interventions such as check dams, trench-cum-bunds, farm ponds and open well recharge pits, and demand-side management such as tank desilting, use of drought mitigation tools, including soil moisture indicators and water flow metres, show improved water efficiency. Farmers paid for transporting silt to their farmlands for use as manure. CSR funding will help in this.



Equipping Rural India's Aged for Climate Change & Resilience

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Hyderabad



There is a district-wide effort now taken up to fight the impact of climate change on a more determined scale. The impact is the greatest on the older generation. Every ninth or tenth person in the village is over 60 years old, reflecting the larger national demographics. India today has 150 million Indians over 60 years. This number is more than doubling to 350 million Indians by 2050, with every fifth Indian being over 60. Two-thirds of India will continue to live then as now in rural India, no matter what the pace of urbanisation is. The effort to build resilience for the fast-growing older generation of Indians assumes far more significance in India's countryside while the challenge is as real and large for urban senior citizens.

The battle to build resilience to the onslaught of climate change can be seen all over Srinivasapura, Mulbagal and Malur. Many tanks have needed desilting. That will help recharge borewells in the immediate neighbourhood. CSR has to be matched by community participation in kind and cash for desilting, cleaning catchment areas and planting native trees. People engagement is vital for this. That is not easy despite many demonstrated successes in the district. Farmers are reluctant to change. Lake remediation without de-silting is another process that some of them are exploring. Stopping sewage from the villages and the nearby towns flowing into these lakes is another major challenge that needs addressing in the next phase of such climate-resilient effort across the district. There are obvious gaps in effective implementation and percolation of benefits to the end users. How does one offer more importance to precise farming, sustainable agriculture and irrigation practices, soil nutrient management, watershed development, dairying and animal husbandry? These are also engaging the minds of many young watershed professionals like Varshini who are working in the district. Says Varshini, "We

are looking at approaches for village development through groundwater recharge where a traditional tank will be desilted, and fifteen farm ponds will be developed for each such traditional tank. This is expected to improve the volume and the quality of groundwater in the long run and provide water security for households and agriculture purposes. Farmers will have increased water access for irrigation and livestock, which in turn will improve productivity." CSRs of companies in the Narasapura area have jumped into the fray with support of funds and other resources.

Organisations like Nvidia, Sehgal foundation and companies like Honda Motorcycles are pitching in with either expertise or funds to build resilience and sustainability while equipping the district's farmers to take on the impacts of climate change in their stride. There are others beyond Kolar district, in Pavagada taluka of Tumkur district and in neighbouring Chikkaballapur who have much the same challenges as Kolar's farmers.

Across the country, the challenge is similar. In Odisha's Bolangir, Kalahandi, and Mayurbhanj, the State Disaster Management Authority are piloting similar projects to combat climate change.

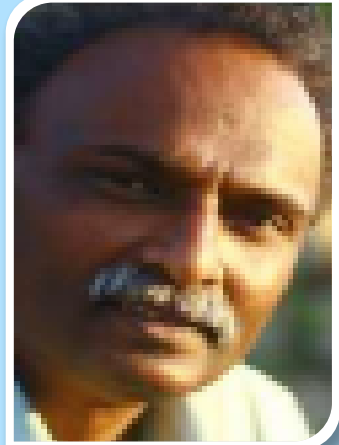
The ancient architecture of water in each of these ancient lands and cultures have to be revived and restored. If in Kolar and regions around it, it was the western Ganga dynasty that first ushered in practices to enable water for farmers, it was the Naga dynasty, the Parvata dwarka dynasty and the Kalinga kings who first set such water designs over a thousand years ago.



Equipping Rural India's Aged for Climate Change & Resilience

Hari Haran Chandra

Senior Fellow, Indian Green Building Council
Hyderabad



Returning to such traditional wisdom with a blend of contemporary engineering is the way to the future for over 600 million Indians who are dependent on rainfed farming in India. Centralized systems will devastate. Linking rivers or seeking to create more dams and dependence on long-distance sources of water for cultivation is a path to abiding and enduring destruction of what is left residual repositories of biodiversity, of natural resources and of our ability to cope with needs of living while we reach accommodation with Nature. Re-purposing the resources of these senior citizens with their traditional knowledge helping the younger generation of farmers has to be taken up on a concerted scale by these NGOs and by extension officers of the agriculture department. If there is a way of documenting all such practices from across the country that are similar to Akkadi

Saalu, if such older farmers are invited to be part of the panchayat to ensure that their water wisdom and insights is helping the village sensitise the young, impart traditional insights and learning, and guide farm practices that are non-invasive while they enhance crop produce per hectare as well as productivity per hectare, that will be very useful deployment of the resources that such senior citizens can offer to the future.

Hari Haran Chandra

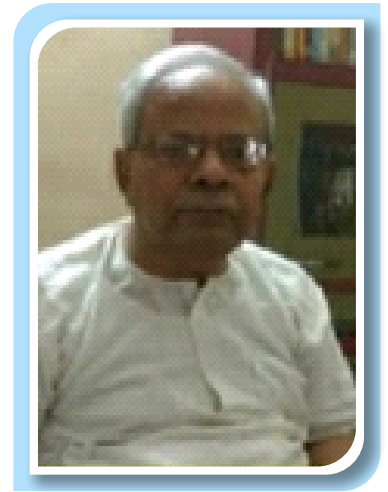
The writer is a Trustee of the AltTech Foundation in Bangalore, founder-trustee of the Delhi-based Prem Jain Memorial Trust, Senior Fellow of the Hyderabad-based Indian Green Building Council, and holds a similar capacity at the Ahmedabad-based INHAF. He can be reached at Hariharaan@AltTech.Foundation.





Professor Emeritus Dr. S. Narayan

Chairman
Society For Empowerment



The age of attaining status of Senior Citizen vary from country to country and accordingly the policy are being decided and laid down for the Governance. In some country the age of Senior citizen is 62 yrs in USA, 65 years in Canada and 60 years in India. However, the age of 65 has long been considered the benchmark for senior citizenship in numerous countries.

In India during 1950s it was 50 years because people were retiring at the age of 50 years. Then in 1970s it became 60 years which is continuing till now and hence age of senior citizen begins from 60 years. Rise in Retirement age is associated with health status of citizen. The current health status is better in comparison to earlier health status and therefore retirement age is continuing to 60 years but common citizen are demanding to raise the retirement age to 70 years but Government is yet to raise it and to concede to demand of people.

Rise in age of senior citizen depends on general health conditions of common men and available facilities of health institutions, medical facilities etc.

Mental health is a part of health of common men health conditions

Mental health considers holistic health conditions of an individual, taken together is the mental health of a community, state and nation.

Mental health is neglected in society country. There is very few doctors for mental health in a city. Hardly we find a hospital for Mental health in each state of India, which suggest our attitude of negligence towards mental health. It may be noted that our scriptures lay much emphasis on mental health and our religion also lays emphasis on mental health. When I was in National Human Rights Commission had occasions to visit Mental Hospitals and to interact with mental patients; it

was found that mental patients does not want to identify themselves as mentally sick person because of the social stigma of characterizing anyone as MAD, which results in total discard of family in the villages. This shows that there is also demanding need of awareness on mental sickness.

Senior citizens after retirement hardly have any engagements which leads to mental sickness.

In Rural India generally Senior citizen do not stop working after attaining 60 years due to better health conditions and ownership of property, hence mental health is seldom reported from villages. The

We need to educate Senior citizen to remain fit and to make positive contribution in the welfare of society

In next issue I will continue to write on this aspect of population living in rural India.

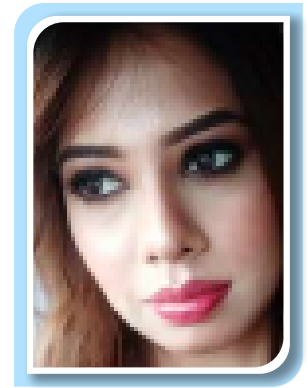
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The Important Roles and Achievements of Senior Citizens

Dr. Nancy Singh

(Co-Founder CEO, Cureofine)



In a world often focused on youth, the invaluable contributions and roles of senior citizens are sometimes overlooked. However, their roles in society are not only significant but also deserving of recognition and celebration. Senior citizens play crucial roles in various aspects of life, from family and community to the economy and culture. Here, we highlight some of their important roles and achievements:

1. Family Pillars

Senior citizens often serve as the backbone of families, providing wisdom, guidance, and support. Their experiences help shape family traditions and values, passing down a rich heritage to younger generations.

2. Community Builders

Many senior citizens are active participants in community activities and organizations. They volunteer their time and expertise, working to improve the lives of those around them and fostering a sense of community spirit.

3. Mentors and Educators

Senior citizens are often natural mentors, offering valuable insights and life lessons to younger individuals. They also play a role in informal education, sharing their knowledge and skills with others.

4. Cultural Preservers

Senior citizens are often keepers of cultural

traditions and history. Through storytelling, music, art, and other forms of expression, they help preserve and promote cultural heritage.

5. Entrepreneurs and Innovators

Many senior citizens continue to be active in the workforce, starting businesses and contributing to innovation. Their wealth of experience and knowledge can be a valuable asset in driving economic growth.

6. Advocates for Change

Senior citizens are often at the forefront of advocacy efforts, working to bring about positive social and political change. Their voices are powerful tools in promoting equality, justice, and human rights.

7. Health and Wellness Advocates

Senior citizens play an important role in promoting health and wellness. They serve as role models for healthy living and often advocate for better healthcare services for all.

8. Environmental Stewards

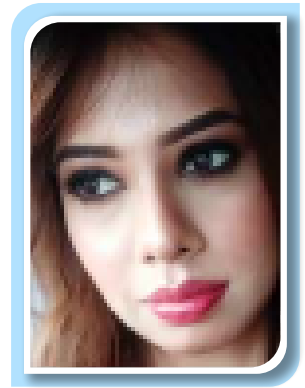
Many senior citizens are passionate about environmental conservation. They work to protect natural resources and promote sustainable living practices.



The Important Roles and Achievements of Senior Citizens

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10. Lifelong Learners

Senior citizens embody the spirit of lifelong learning, constantly seeking new knowledge and experiences. Their thirst for learning sets an example for people of all ages.

In conclusion, senior citizens play multifaceted and vital roles in society, contributing to its fabric in ways that often go unnoticed. Recognizing and celebrating their achievements not only honors their contributions but also serves as a reminder of the richness and diversity that they bring to our communities. Let us cherish and respect our senior citizens, for they are truly the unsung heroes of our society.

www.cureofine.com

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Founded in June 2023

Team
**Dr. Nancy**
Co-founder, CEO
**Kumar Shubham**
Co-founder, CMO

Business Summary
At Cureofine, our goal is to make healthcare accessible and affordable for all. Discover a one-stop platform with a curated list of verified hospitals and clinics, ensuring quality care without financial stress.

Vision
Heal over 100,000 patients by 2030, simplifying and enhancing the path to good health for a comfortable journey

Key Features

- Access to multiple hospital clinics with booking facility
- Interest free EMI facility by our lending partner
- Pre & Post surgeries services

Business Model

| | |
|---|--|
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| Hospital Partnership Medical Tourism | App / Website Cureofine Experience Center Pre & Post Surgery Service |

What's special

- Interest Free EMI**
Avail EMI Option For surgery & treatment with 0% interest rate.
- Pre & Post Surgery**
 - Medicine home delivery
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Contact us
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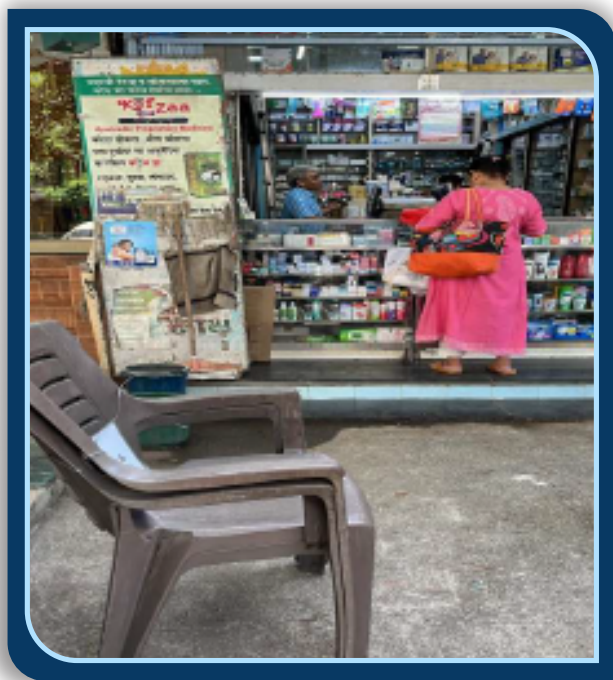
SUCCESS STORY

Girish Chheda
Age 67, Gujarat Kutch



Girish Chheda a senior citizen of 67 years comes early to his medical Shop and stays there through the day to look after the business.

The medicine shop is like just other shop, but the unique initiative he has taken has made a difference. In from of his shop he has kept chairs for senior citizens not only for those visiting his shop but also other seniors who can sit there and take a rest. He also offers water to them or as required per need basis.



" प्रारंभ " -Celebrating One Year of Publication



Dr Chandrakant. S. Pandav Iodine Man of India released the Annual issue of the PRARMBH, A- Monthly Newsletter exploring the job opportunities for senior citizens at India International Centre New Delhi on 15-05-2024.



The dignitaries present on the occasion were Shri K.C. Srivastava, Director IIC, noted academician Ms. Malti Subramniyam Ms. Savita Pandey, Dr. Vijay Sahay, Sh

.D.P.Sinha former CIC, Dr. A.K. Pandey, Dr. B.R.Patil, Ms.Abha Sulabh Sr. VP Sulabh International and Shri Ashwani Saxena CEO JSW Foundation.

The Programme was moderated by CA Ashish Neeraj. Speaking on the occasion Dr.A.K.Pandey, former IAS, said that Society for Empowerment (SFE), a registered Non-Government Organization has a legacy of excellence in Research in Gandhian Philosophy, Public Policy and Governance. SFE is also working on Climate, Education, Health, Senior Citizen Employment, Child, Youth & Women Empowerment.

Ms. Savita Pandey social activist appreciated the effort of society and said that Silver Economy has been the Centre of attraction and given rise to new nomenclatures such as "agingnomics" or "Economics of Ageing." She also said that as a senior citizen we all should promote the 2-GIFT centers which is addressing the Re-Skilling & Upskilling needs of the Seniors in particular along with their Mental & Health, Recreational & Livable needs.



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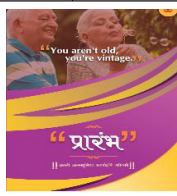
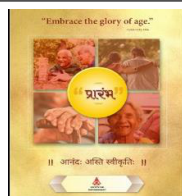
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