



# आनंदः अस्ति स्वीकृतिः

# प्रारंभ



# TABLE OF CONTENT

01

**EDITORIAL**

02

**JOB  
OPENINGS**  
For Seniors

03

Aging And  
New **RISING SENIORS**:  
Prof. Emeritus S.Narayan

04

Ageism and a  
**LOST SENSE** of Purpose:  
Dr. Kavita A. Sharma

05

**HOPE**  
is the Catalyst for  
our Seniors Well-Being:  
Dr Vedabhyas Kundu &  
Ms. Munazah Shah

06

SFE Success Story

Editorial Team-  
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CA-  
Ashish Niraj  
Financial Advisor



# EDITORIAL

Editor: **Shri N. N. PANDEY**, former IAS  
Ex-ACS Home & State Election Commissioner Jharkhand

Dear Readers,

In this edition, we embark on a journey to explore the multifaceted aspects of employment opportunities for senior citizens in India. As we delve into this critical subject, we are privileged to feature insightful articles from distinguished experts who shed light on the challenges, potential, and the transformative power of hope for our esteemed senior citizens.

"Aging And New Rising Seniors" by Prof. Emeritus S. Narayan: In his enlightening piece, Prof. Emeritus S. Narayan delves into the concept of aging as a transformative phase, emphasizing the emergence of new rising seniors. Prof. Narayan articulates the wealth of experience these individuals bring to the table, urging society to recognize and harness their skills for the greater good. His article serves as a rallying call to redefine perceptions and embrace the immense potential embedded in our senior citizens.

"Ageism and a Lost Sense of Purpose" by Dr. Kavita A. Sharma: Dr. Kavita A. Sharma, in her thought-provoking article, addresses the pervasive issue of ageism and its impact on the sense of purpose among seniors. She explores the detrimental effects of societal biases and advocates for a paradigm shift that values the unique contributions of our elders. Dr. Sharma's piece calls for a collective awakening to dispel stereotypes and create an environment that fosters purposeful engagement for our senior citizens.

"Hope is the Catalyst for our Seniors' Well-Being" by Dr. Vedabhyas Kundu & Ms. Munazah Shah: In a collaborative effort, Dr. Vedabhyas Kundu and Ms. Munazah Shah offer a compelling narrative on hope as a catalyst for the well-being of our seniors. Drawing attention to the positive impact of hope in navigating challenges, their article underscores the importance of fostering an environment that instills optimism. Dr. Kundu and Ms. Shah advocate for initiatives that promote hope, resilience, and a sense of fulfillment in the

lives of our senior citizens

Society Activity Spotlight - Yoga Centre at Ahmedabad by Dr. Malti Dawe: We proudly showcase the commendable efforts of Dr. Malti Dawe in managing the Yoga Centre at Ahmedabad. This initiative not only promotes physical well-being but also serves as a testament to the active engagement of seniors in meaningful activities that contribute to their overall health and happiness.

Kasturba Gandhi Learning Centre at Village Shahpur: Our newsletter features the impactful work of the Kasturba Gandhi Learning Centre in the village of Shahpur. Through education and skill development programs, this center empowers seniors, bridging the knowledge gap and opening new doors for personal and professional growth.

Launch of "The GIFT" - Reskilling and Upskilling Centre for Seniors in Rural India: We are excited to announce the launch of "The GIFT," a reskilling and upskilling center dedicated to seniors in rural India. This initiative aims to equip our seniors with the necessary skills to adapt to the evolving job market, fostering a culture of lifelong learning and professional development.

As we navigate through these illuminating perspectives, it becomes evident that empowering our senior citizens in the workforce requires a holistic approach. By breaking down societal barriers, challenging age-related stereotypes, and fostering hope, we can create an inclusive environment where every individual, regardless of age, can thrive.

Best Regards

**Sh. N. N. Pandey**

Ranchi

20-01-2024

## 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.

- **OFFICER ON SPECIAL DUTY (OSD)** in the office of Member Secretary, Central Empowered Committee [CEC], Ministry of Environment, Forest & Climate Change- Max Age Upto 62 Years- Position in Delhi  
<https://moef.gov.in/wp-content/uploads/2023/11/Circular-OSD-CEC-MoEFCC.pdf>
- **GIS PROJCT COORDINATOR/ PROJECT MANAGER-** Max Age Upto 62 Years- Position in Delhi  
[https://ndma.gov.in/sites/default/files/PDF/Jobs/GIS-Advt\\_Jan24.pdf](https://ndma.gov.in/sites/default/files/PDF/Jobs/GIS-Advt_Jan24.pdf)
- **ASSISTANT ADVISOR (INFORMATION TECHNOLOGY)** on deputation basis in NDMA - Max Age Upto 56 Years- Position in Delhi  
[https://ndma.gov.in/sites/default/files/PDF/Jobs/Advt\\_AA\\_IT\\_Oct23.pdf](https://ndma.gov.in/sites/default/files/PDF/Jobs/Advt_AA_IT_Oct23.pdf)
- **ASSISTANT ADVISOR (COMMUNICATION)** on deputation basis in NDMA- Max Age Upto 57 Years- Position in Delhi  
[https://ndma.gov.in/sites/default/files/PDF/Jobs/Advt\\_AA\\_Comn\\_Sept23.pdf](https://ndma.gov.in/sites/default/files/PDF/Jobs/Advt_AA_Comn_Sept23.pdf)
- **CONSULTANT (DISASTER MANAGEMENT)** in NDMA- Max Age Upto 62 Years- Position in Delhi  
[https://ndma.gov.in/sites/default/files/2023-12/Consultant\\_DM\\_Dec23.pdf](https://ndma.gov.in/sites/default/files/2023-12/Consultant_DM_Dec23.pdf)
- **LEAD CONSULTANT (POLICY PLANNING)** in NDMA on contract basis- Max Age Upto 63 Years- Position in Delhi  
[https://ndma.gov.in/sites/default/files/2023-12/Lead-Consultant-PP-Dec23\\_0.pdf](https://ndma.gov.in/sites/default/files/2023-12/Lead-Consultant-PP-Dec23_0.pdf)
- **ADVISOR (LEGAL)** in TRAI (HQ), New Delhi on deputation on foreign service terms - Max Age Upto 58 Years- Position in Delhi  
[https://traigov.in/sites/default/files/Vacancy\\_11122023.pdf](https://traigov.in/sites/default/files/Vacancy_11122023.pdf)
- **CONSULTANT AT NATIONAL CENTRE FOR POLAR & OCEAN RESEARCH (NCPOR)** - Max Age Upto 64 Years- Position in Goa  
[https://ncpor.res.in/upload/recruitments/Advt\\_consultant\\_221223.PDF](https://ncpor.res.in/upload/recruitments/Advt_consultant_221223.PDF)
- **CONSULTANTS IN NATIONAL FINANCIAL REPORTING AUTHORITY (NFRA)** - Max Age Upto 62 Years- Position in Delhi  
<https://cdnbbsr.s3waas.gov.in/s3e2ad76f2326fbc6b56a45a56c59fafdb/uploads/2023/02/202312221771396195.pdf>
- **CONSULTANT (INFORMATION TECHNOLOGY) / SENIOR CONSULTANT IN WAREHOUSING DEVELOPMENT AND REGULATORY AUTHORITY**  
- Max Age Upto 64 Years- Position in Delhi  
[https://wdra.gov.in/documents/20143/146647474/Engagement+of+One+consultant+%28IT%29\\_0001.pdf/af03c48a-a2c4-39f7-c80f-c07725cd6345](https://wdra.gov.in/documents/20143/146647474/Engagement+of+One+consultant+%28IT%29_0001.pdf/af03c48a-a2c4-39f7-c80f-c07725cd6345)
- **DIRECTOR (FINANCE & ADMINISTRATION) IN MINISTRY OF AGRICULTURE & FARMERS WELFARE**  
- Max Age Upto 56 Years- Position in Delhi  
<https://www.nraa.gov.in/Recruitment.aspx>
- **CHAIRPERSON WAREHOUSE DEVELOPMENT & REGULATORY AUTHORITY** - Max Age Upto 65 Years- Position in Delhi  
[https://dfpd.gov.in/WriteReadData/Notices/4e047d9e-4f26-4781-b391-65bb97a04953\\_Vaccancy%20circular%20for%20DFPD%20website-](https://dfpd.gov.in/WriteReadData/Notices/4e047d9e-4f26-4781-b391-65bb97a04953_Vaccancy%20circular%20for%20DFPD%20website-)
- **POST OF DIRECTOR IN NATIONAL INSTITUTE OF TUBERCULOSIS AND RESPIRATORY DISEASES**  
- Max Age Upto 58 Years- Position in Delhi  
<https://nitrd.nic.in/wp-content/uploads/2023/12/Advertisement-for-the-post-of-Director-NITRD.pdf>

## 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.

- **CONSULTANT (CLINICAL PSYCHOLOGIST) IN AIRPORTS AUTHORITY OF INDIA** - Max Age Upto 65 Years- Position at Delhi  
[https://www.aai.aero/sites/default/files/examdashboard\\_advertisement/Advt%20No%2001-2024-CHQ.pdf](https://www.aai.aero/sites/default/files/examdashboard_advertisement/Advt%20No%2001-2024-CHQ.pdf)
- **VICE CHANCELLOR OF GUJARAT VIDYAPITH** - Max Age Upto 70 Years- Position at Ahmedabad  
<https://gujaratvidyapith.ac.in/wp-content/uploads/2023/12/Advertisement.pdf>
- **CONSULTANT (ESTABLISHMENT ) IN NATIONAL BOOK TRUST** - Max Age Upto 65 Years- Position at Delhi  
<https://www.nbtindia.gov.in/writereaddata/attachmentNews/thursday-december-28-20234-33-53-pmvacancy-notice-for-the-contractual-post-of-consultant-estt-.pdf>
- **DIRECTOR & SENIOR PROFESSOR IN INTERNATIONAL INSTITUTE FOR POPULATION SCIENCES (IIPS), Mumbai** - Max Age Upto 65 Years- Position at Mumbai  
[https://www.iipsindia.ac.in/sites/default/files/job-listing/Advertisement\\_for\\_the\\_post\\_of\\_Director\\_and\\_Sr\\_Professor\\_0.pdf](https://www.iipsindia.ac.in/sites/default/files/job-listing/Advertisement_for_the_post_of_Director_and_Sr_Professor_0.pdf)
- **CHAIRPERSON OF THE AIRPORTS ECONOMIC REGULATORY AUTHORITY (AERA)** - Max Age Upto 62 Years- Position at Delhi  
<https://www.civilaviation.gov.in/sites/default/files/2024-01/Advertisement%20for%20the%20post%20of%20Chairperson%20AERA%20%281%29.pdf>
- **EXECUTIVE DIRECTOR IN RAILTEL CORPORATION** - Max Age Upto 56 Years- Position at Delhi  
<https://www.railtel.in/images/careers/Vacancy%20notice-EDER%20-%20V.5.pdf>
- **CONSULTANT AUDIT IN INDIAN COUNCIL OF SOCIAL SCIENCE RESEARCH (ICSSR)** - Max Age Upto 62 Years- Position at Delhi  
<https://icssr.org/consultant-audit-jan-2024>
- **CONSULTANT IN CENTRAL PULP & PAPER RESEARCH INSTITUTE** - Max Age Upto 65 Years- Position at Shaharnpur  
<https://cppri.res.in/sites/default/files/consultant%20vacancy.pdf>
- **POST OF SECRETARY IN NATIONAL COMPANY LAW TRIBUNAL (NCLT)** - Max Age Upto 58 Years- Position at Delhi  
<https://nclt.gov.in/sites/default/files/Career/secyadv.pdf>
- **INTERNAL AUDITOR AND FINANCIAL ADVISOR IN CBSE** - Max Age Upto 56 Years- Position at Delhi  
[https://www.cbse.gov.in/cbsenew/documents/Vacancy\\_Noti\\_Deputation\\_05012024.pdf](https://www.cbse.gov.in/cbsenew/documents/Vacancy_Noti_Deputation_05012024.pdf)
- **VICE CHANCELLOR IN BABA GHULAM SHAH BADSHAH UNIVERSITY** - Max Age Upto 65 Years- Position at Rajouri  
<https://bgsbu.ac.in/advertisement%20for%20HVC%20POST.pdf>
- **LEGAL CONSULTANT IN MINISTRY OF EARTH SCIENCES (MOES)** - Max Age Upto 65 Years- Position at Delhi  
<https://www.moes.gov.in/sites/default/files/engagement-of-legal-consultant-and-legal-assistant-in-india-meteorological.pdf>
- **ADJUNCT FACULTY, PROFESSOR EMERITUS, HONORARY FACULTY AND VISITING FACULTY IN DELHI TECHNOLOGICAL UNIVERSITY** - Max Age Upto 70 Years- Position at Delhi  
<http://dtu.ac.in/Web/Jobs/2023/dec/file1208.pdf>



# AGING AND NEW RISING SENIORS

## PROF. EMERITUS S. NARAYAN\*



AGEING IS A NATURAL Phenomenon. It is a Global Business fact. I say so, as throughout active life the body supported and we worked, however when it slowed, the society move ahead. In the need of high support, the society, the economy, the policies, the panorama all moved ahead without considering the required empathy.

Well this is life and it has to move on. Lord Krishna in Gita said that be a doer, and this is what we are doing through contributing through the PRARMBH.

Those who are in service know about their aging through the notice which they get from their office but those who are not in any office like farmers, vendors, domestic workers etc. come to know about their age when their employers remarks.

In India alike many other countries aged people commands respect, our rural India still follows it.

In more urbanized and developed countries aged persons are neglected. Even in India we find in urbanized and developed city the neglect and humiliation of senior citizen.

Senior citizens in family are also neglected because they become liability on family rather than helping hand of the family.

It needs change in mindset for which they should be oriented.

Society for Empowerment is undertaking such awareness or training programme depending upon need of the individual or group of the people. The changing lifestyle and improved health input has raised the life span but the cultural mooring has helped in increased lifespan

Percentage of Senior citizen shall increased to almost 30 percent of the total population in coming decade. The policy make ought to consider the changing and growing need of the people.

People force Senior citizen that they have no place in society and therefore their life become purposeless. But then their are a good number of Senior citizen who keep themselves engaged in gainful employment. Government

and society should join hand in making their life purposeful. Society for Empowerment is working in this direction.

Society For Empowerment has launched one such programme ढ-GIFT- ढ-Grow In For Togetherness.

ढ-GIFT is a Self- Resource Centre i.e. it shall self-generate its operational resources for in a long run with a focus on Elderly wellbeing in light of the changing Demographic Structure of the Company.

It is inspired by the call for “Lifestyle for the Environment (LiFE)”, movement introduced by Hon'ble Prime Minister at COP26 in Glasgow.



### PROGRAMME HIGHLIGHTS

**ढ-GIFT is a one point center for Senior Citizens:**

Life and Happiness.

Reskilling & Upskilling

Health & Mental Well Being

Community Grouping.

Financial Information & Digital Literacy Centre

A Platform for the Corporates to Promote, Sell and Care for the Elders.

Promotion of Silver Economy

Action Groups Aimed at Social Reconstruction (AGRASR Groups)- Elderly Self Help groups

We must not allow Senior citizen to feel that their life is purposeless. If we look the life of the Senior citizen in Tribal India we found that their life is purposefully till the last day of their life. Let's Reorient Reskill the seniors to bring in them in the mainstream of the society and Economy.



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# AGEISM AND A LOST SENSE OF PURPOSE

Dr. Kavita A. Sharma  
An eminent scholar



Ageism refers to the negative attitudes embedded in society towards old people. They are presumed to be sick, frail, dependent, lacking full cognitive power, and unable to function efficiently, and hence, everyone speaks patronizingly to them. At the institutional level, they are compulsorily retired. Gradually, a person begins to internalize these attitudes.

On the personal front, the career is over; the children are grown and settled. They may have moved out of the house. The person is left alone. At least in cities, it is difficult to build a community. It is said that a big city is a big loneliness. The lucky ones have built their house and have sufficient financial resources. Many desires remain, but they cannot be fulfilled because of constraints. A person may have lost his or her spouse, or one or both may be ailing. It leads to isolation, which is aggravated by a lack of familial and social connections and interactions.

It feels like there is no purpose left in life. It leads to old-age depression. This is a common phenomenon, but no one pays much attention. The person begins to drown in negative thoughts and is gradually unable to function, withdrawing from all activity. Such a state is linked to physical deterioration and issues of mental health. It can contribute to strokes, heart conditions, and more severe mental health problems like dementia.

It is vital to remind oneself that after all official and family responsibilities are over, one truly begins one's golden age, an opportunity to finally live for oneself. One can pick up things that one had no time for earlier. Frankl, a Nazi camp survivor in *Man's Search for Meaning*, makes a distinction between purpose in life and meaning in life, although we tend to use them interchangeably. The purpose is an external goal or intention to accomplish something, like settling one's children, whereas meaning in life refers to a sense of inner coherence that one gives to one's existence. Frankl observed that life has meaning under all conditions, and we have the ability to find that meaning. This is because no one can take away from us the freedom to choose one's attitude toward a particular situation.

So, how does one find meaning in one's life? One way is through creative activities, some form of work, or even volunteering. The second is through social communion. Loneliness makes one lose one's sense of purpose and meaning in life. The third way is to pick up a hobby that one had no time for, like music, painting, writing, pursuing the arts or even a sport. It is imperative to join meaning-based gatherings or groups like book clubs or take short-term classes to hone one's skills in a particular hobby like baking or cooking. Another very important activity is memoir writing, which is writing a record of one's life. It gives a sense of the self and leaves a record for future generations, which can be invaluable. And, whenever possible, if one is lucky enough to have grandchildren around or even children from the neighbourhood, to participate in some intergenerational activities. It can be helping them with their school homework, doing artwork with them, or just organising games and picnics for them. The important thing is to remain centred and happy and to radiate that happiness.

*An eminent scholar, Dr. Kavita A. Sharma the President of South Asian University, New Delhi from 2014-2019. She has taught at the Hindu College, Delhi University for about thirty seven years out of which she has served as its Principal for ten years.*

**Life Actually Has No Meaning !**





## HOPE IS THE CATALYST FOR SENIORS WELL-BEING

Dr Vedabhyas Kundu &  
Ms Munazah Shah



“We must accept finite disappointment, but never lose infinite hope.” — Martin Luther King, Jr.

Many of us are aghast by daily news and visuals of extreme tribulation of human beings around the world. Also many of us find ourselves in midst of turmoil and crisis in our own private lives and in our families- whether our struggle for our livelihood, difficulties in relationships or the very way we would have loved to live our life.

While some of us are left shattered and dejected with the thoughts that nothing good would happen to either us or humanity at large, there are others who are putting together their lives undaunted by the challenges- resilient and as Martin Luther King had said 'infinite hope'. The choice is ours.

This conversation has been inspired by A R Patil, agriculturalist and educationist who felt that the mantra to stay steadfast and continue one's work for humanity even in times of utmost despair and gloom should be described as the purest form of hope. As we all enter 2024 with daily news of violent conflicts around the world and the deprivation of human dignity which stirs our consciousness from our very core and the serious challenges many of us face in our own personal lives, he nudged us to share this conversation on hope with all of you.

Vedabhyas: Munazah, as we celebrate the dawn of a new year, 2024, many of us around the world are trying to revisit their affirmations they made last year and the affirmations they wish to make this year. Let us start this conversation with a powerful story of hope, love and dream which should act as a catalyst for all of us. It is the story of Helen Keller, who has been the world's one of the foremost disability rights advocate. When she was barely 19 months old, she lost both her sight and hearing. Munazah, you can imagine what can be the condition of a person who is deafblind, the challenges

they may face both personally and in the society. But Helen Keller was undaunted by these challenges, she was named as Time magazine's 100 most important people of the 20th century. She travelled around the world advocating for the rights of the persons with disability especially those who were visually challenged; she also advocated for global peace and women's suffrage. She was a prolific writer writing about 14 books, and a very large number of speeches and essays. Definitely she is an epitome of 'hope' for all of us around the world. Let us revisit these famous lines of the great lady with indomitable courage:

Have you ever been at sea in a dense fog, when it seemed as if a tangible white darkness shut you in, and the great ship, tense and anxious, groped her way toward the shore with plummet and sounding-line, and you waited with beating heart for something to happen? I was like that ship before my education began, only I was without compass or sounding-line, and had no way of knowing how near the harbour was. "Light! give me light!" was the wordless cry of my soul, and the light of love shone on me in that very hour.

Munazah: Indeed when many people around us- whether in our families, our institutions, our society and the world at large fall into the trap of hopeless, people like Helen Keller should be like lighthouses who in spite of being in the most difficult situation refuses to wither away; instead the challenges becomes a catalyst to embark upon a journey which can elevate their personhood and contribute to humanity. I remember this beautiful quote of Helen Keller which underlines the significance of our conversation on what Martin Luther King described, 'infinite hope' today, “There is something divine in the art which some human beings possess to shape life for themselves, no matter what the outward circumstances may be. That is the power of the Celestial Artist, the Will, to find life worth living, despite the





handicap imposed.” What Helen Keller further says should be inspiration for us all:

I have for many years endeavored to make this vital truth clear; and still people marvel when I tell them that I am happy. They imagine that my limitations weigh heavily upon my spirit, and chain me to the rock of despair. Yet, it seems to me, happiness has very little to do with the senses. If we make up our minds that this is a drab and purposeless universe, it will be that, and nothing else. On the other hand, if we believe that the earth is ours, and that the sun and moon hang in the sky for our delight, there will be joy upon the hills and gladness in the fields because the Artist in our souls glorifies creation. Surely, it gives dignity to life to believe that we are born into this world for noble ends, and that we have a higher destiny than can be accomplished within the narrow limits of this physical life.

**(<https://www.afb.org/about-afb/history/helen-keller/books-essays-speeches/senses/dreams-come-true-published-personality>)**

Vedabhyas: Munazah, if we carefully read these lines of Helen Keller we will realize how important it is to expand our self-awareness and self-worth. It is our inner architecture which determines what kind of response we will make to the most challenging times of our lives. Either we sink in the trap of gloom and despair or we focus to contribute for enhancement of our personhood and humanity in line of what Helen Keller says that we are born into this world for noble ends. Hope is definitely the healer and our motivator; it is contagious which helps us to shape our inner architecture towards the path of resilience and inner strength. It helps in promoting positive feelings and positive emotions which are critical for our well-being.

Munazah: You are absolutely correct Vedabhyas. Here I think we should realize from our own experiences that when we start valuing our goals in the real sense, our hopes are very high. If we start believing that the goal that we have set for ourselves is not achievable, we are sure to sink into hopelessness. Here I am reminded of this apt quote of Rumi who said, “When there is no sign of hope in the desert, so much hope still lives inside despair. Heart, do not kill that hope. Even willows bear sweet fruit in the garden of the soul.” Definitely all our experiences suggest that hopeful thoughts leads us to a state of positive emotion and when we are hopeless, we move towards a state of negative emotion.

Also Vedabhyas, here I would like to state that we should learn to discern between true hope which is based on reality and false hope which is based on distortions in reality. It is important that we remain grounded in reality as when we start expecting things which are actually illusions and unreasonable we get entrapped in the realm of false hopes.

Vedabhyas: Munazah, this is a very important dimension for all of us to ponder, self-reflect and self-introspect that the hopes and dreams that we have should be based in reality and not get swayed away by unreasonable things. Notwithstanding this fact about false hopes, we should focus on our ingenuity, dedication, perseverance and utmost sincerity on the true hope that we have set for ourselves. The life of the famous astrophysicist, known for his seminal work on cosmology and theories of space, Prof Stephen Hawking underlines this aspect of hope. Though he was suffering from a motor neuron disease, it did not dampen his spirits and for millions of people across the world, he was a symbol of hope, inspiration, strength and will power. He was definitely a symbol of victory of human perseverance over helplessness and defeat.

Munazah: Vedabhyas, I think each one of us must remember that life is a never-ending struggle to grow. The lives of great people like Helen Keller and Stephen Hawking suggests that the incredible power to overcome all obstacles and ensure transformation of a barren wasteland to a beautiful field which contributes to humanity – the amazing power of hope actually resides right in our heart. This is for us to realize it. I can tell hope is definitely like a magician's wand and it can help us in the realization of our dreams.

We would like to conclude this conversation with these beautiful words of peace scholar, Dr Daisaku Ikeda who said, “No matter how long the cold, bleak days of winter may continue, winter always turns to spring. This is the law of the universe and the law of life. As long as we hold on to hope, spring is sure to come.”

Definitely as Dr Ikeda says spring will come, so do not deter from all the negatives around you and get entrapped into it. Come out of it with courage and positivity with true hopes for a better future not only for yourself by enhancing your personhood but also how you will contribute to the promotion of human values. Undoubtedly, hope is an important catalyst for our well-being. It contributes to our inner peace and is a great motivator.



Let us conclude with these beautiful lines of Gurudev Rabindranath Tagore from his poem, Our Voyage is begun:

Our voyage is begun. Captain, we bow to thee!

The storm howls and the waves are wicked and wild, but we sail on.

The menace of danger waits in the way to yield to thee its offerings of pain, and a voice in the heart of the tempest cries:

'Come to conquer fear!'

Let us not linger to look back for the laggards, or benumb the quickening hours with dread and doubt.

For thy time is our time and thy burden is our own and life and death are but thy breath playing upon the eternal sea of Life.

Let us not wear our hearts away picking small help and taking slow count of friends.

Let us know more than all else that thou art with us and we are thine forever.


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

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










# SUCCESS STORY

**Round Table Discussion**

**BUDDHISM & LIFE MANAGEMENT**

**13<sup>TH</sup> JANUARY 2024 | SATURDAY | 6.30 pm**  
Live on **You Tube & Facebook** **Society for Empowerment**

<b>MODERATOR</b>	<b>Key Address</b>	<b>Special Address</b>	<b>Inaugural Address</b>
 <b>Professor S Narayan</b>	 <b>Prof. Krishna Raj</b>	 <b>Dr. A. K. Pandey</b>	 <b>Dr. Jyoti Bindal</b>



Human individuals are by nature an artist, a creator, who feel ourself as part of the worlds; and experience the whole which is aim of the humanity.  
Great men like Buddha, Confucius, and Gandhi made internal experimentation with Truth. The compassion of Buddha, the intelligence of Cofucious, and the truthfulness of Gandhi were all directed towards building a educated humcan society.  
Proper educational system should be established to promote humaneness and moral wisdom. The right education will endow students with noble hearts and make them complete human beings.

A Deliberation From

- Leading Doctor
- Eminent Environmental Economist
- Seasoned Bureaucrat
- Gandhian Anthropologist
- Bio-Medical Anthropologist

Society For Empowerment organised an online Round Table discussion on the **“BUDDHISM & LIFE MANAGEMENT”** on 13.01.2024, which was presided by Professor emeritus Dr. S. Narayan and the key speakers on the occasion were Professor Krishna Raj from Centre for Economic Studies and Policy-Bangalore and Dr. A.K.Pandey Retd.IAS.





## YOGA CLASSES RUN BY SOCIETY FOR EMPOWERMENT- AHMEDABAD



**Ms . Kantaben**



**Ms. Shailaben Paleja**



**Ms. Raiben Patel**



**Ms. Shailaben Paleja**

Pl contact Dr. Malti Dave - A1-104, Aakruti Elegace, Near Godrej Garden City,  
Tragad road, Behind Nirma University, Off S.G.Highway, Ahmedabad – 382470 M- +91 94265 09946



# PRESS COVERAGE

औरंगाबाद, रविवार, 14 जनवरी 2024

2

## बौद्ध धर्म ने अहिंसक तरीके विकसित किए जिससे जीवन में शांति मिले : डॉ एस नारायण

वृत्तविहार टाइम्स ब्यूरो

पटना। सोसाइटी फॉर एम्पावरमेंट ने शनिवार को 'बौद्ध धर्म और जीवन प्रबंधन' पर एक ऑनलाइन गोलमेज चर्चा का आयोजन किया जिसकी अध्यक्षता प्रोफेसर एमेरिटस डॉ. एस. नारायण ने की। इस अवसर पर मुख्य वक्ता सेंटर फॉर इकोनॉमिक स्टडीज एंड पॉलिसी-बैंगलोर के प्रोफेसर कृष्ण राज और डॉ. ए.के. पांडे सेवानिवृत्त आईएएस थे। प्रसिद्ध गांधीवादी मानवविज्ञानी डॉ. एस. नारायण ने कहा कि हिंदू धर्म और बौद्ध धर्म दोनों कर्म, धर्म और मोक्ष के कानून को स्वीकार करते हैं और पुनर्जन्म के चक्र में विश्वास करते हैं। हिंदू धर्म का मानना है कि ब्रह्मांड में सब कुछ अपरिवर्तनीय, सर्वशक्तिमान आध्यात्मिक शक्ति का हिस्सा था जिसे ब्रह्मा कहा जाता है। सबसे महत्वपूर्ण देवता ब्रह्मा,

निर्माता, संरक्षक और संहारक है। हिंदू धर्म में बुद्ध को एक अवतार के रूप में अपनाने की तरह, बौद्ध धर्म के दिग्गजों ने भी अपनी जातक कथाओं में कृष्ण को अपनाया। उन्होंने आगे कहा कि बौद्ध धर्म इस बात पर भरोसा करता है कि आंतरिक शांति की महत्वपूर्ण भूमिका है और यहां सत्य, विश्वास, अहिंसा की भूमिका जीवन और जीवन प्रबंधन में सबसे आगे आती है। उन्होंने यह भी कहा कि बौद्ध धर्म ने लालच, घृणा, अज्ञानता आदि जैसी अशुद्धियों को दूर करके शांति प्राप्त करने के लिए विभिन्न अहिंसक तरीके विकसित किए जो दैनिक जीवन में शांति स्थापित करने में मदद कर सकते हैं। डॉ. ए.के.पांडेय ने कहा कि मोक्ष प्राप्ति में धम्म, दर्शन और दान की मजबूत नींव की बहुत महत्वपूर्ण भूमिका है।

## सोसाइटी फॉर एम्पावरमेंट ने 'बौद्ध धर्म और जीवन प्रबंधन' पर की आनलाइन गोष्ठी का आयोजन

संतोष कुमार मिश्रा

पटना। सोसाइटी फॉर एम्पावरमेंट ने 'बौद्ध धर्म और जीवन प्रबंधन' पर एक ऑनलाइन गोलमेज चर्चा का आयोजन किया, जिसकी अध्यक्षता प्रोफेसर एमेरिटस डॉ. एस. नारायण ने की।

इस अवसर पर मुख्य वक्ता सेंटर फॉर इकोनॉमिक स्टडीज एंड पॉलिसी-बैंगलोर के प्रोफेसर कृष्ण राज और डॉ. ए.के. पांडे सेवानिवृत्त आईएएस थे।

प्रसिद्ध गांधीवादी मानवविज्ञानी डॉ. एस. नारायण ने अपनी प्रारंभिक टिप्पणी में कहा कि हिंदू धर्म और बौद्ध धर्म दोनों कर्म, धर्म और मोक्ष के कानून को स्वीकार करते हैं और पुनर्जन्म के चक्र में विश्वास करते हैं।

हिंदू धर्म का मानना है कि ब्रह्मांड में सब कुछ अपरिवर्तनीय, सर्वशक्तिमान आध्यात्मिक शक्ति

का हिस्सा था जिसे ब्रह्मा कहा जाता है। सबसे महत्वपूर्ण देवता ब्रह्मा, निर्माता, संरक्षक और संहारक हैं। हिंदू धर्म में बुद्ध को एक अवतार के रूप में अपनाने की तरह, बौद्ध धर्म के दिग्गजों ने भी अपनी जातक कथाओं में कृष्ण को अपनाया।

उन्होंने कहा कि बौद्ध धर्म ने लालच, घृणा, अज्ञानता आदि जैसी अशुद्धियों को दूर करके शांति प्राप्त करने के लिए विभिन्न अहिंसक तरीके विकसित किए जो दैनिक जीवन में शांति स्थापित करने में मदद कर सकते हैं।

डॉ. ए.के.पांडेय ने कहा कि मोक्ष प्राप्ति में धम्म, दर्शन और दान की मजबूत नींव की बहुत महत्वपूर्ण भूमिका है। सिंधु नदी के पार रहने वाले प्राचीन ऋषियों, संतों ने शाश्वत आध्यात्मिक सत्य का सहज ज्ञान प्राप्त किया।



उन्होंने उन मूल सिद्धांतों की कल्पना की जो दुनिया को नियंत्रित करते हैं जिससे प्रत्येक जीवित प्राणी की भौतिक और आध्यात्मिक प्रगति होती है जिसे धर्म के रूप में जाना जाता है। प्रत्येक हिंदू दार्शनिक का लक्ष्य मुख्य रूप से दृश्यमान दुनिया और पारलौकिक वास्तविकता से उनके संबंध की व्याख्या करना है।

प्रोफेसर कृष्ण राज ने कहा कि बौद्ध धर्म का शांति दर्शन सभी प्राकृतिक आपदाओं के लिए रामबाण है। उन्होंने कहा कि जब हम शांति की बात करते हैं तो हम संसाधन के संरक्षण, संसाधन के बंटवारे, अधिशेष स्थान से अभाव स्थान पर संसाधन के स्थानांतरण की बात करते हैं। सादा जीवन और उच्च विचार ही जीवन दर्शन होना चाहिए जो इस बात का प्रतीक हो कि आओ हम पृथ्वी को बचायें और पृथ्वी हमें बचाये। उन्होंने कहा कि जीवन प्रबंधन हमारी सामाजिक संरचनाओं में निर्मित होता है न कि व्यक्तिवाद में। हमें समाज से सीखना चाहिए, यही बुद्ध ने उपदेश दिया है। बुद्ध ने अपने पूरे जीवन में कड़ी मेहनत और निरंतर सीखने और ज्ञानोदय का मार्ग अपनाया। एक इंसान के रूप में हमें यही आकांक्षा करनी चाहिए।



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**Be smart- stay safe while using free Public Wi-Fi**

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Be cautious when connecting to any public network at airport, hotel, train/bus station, cafe, and other public places.

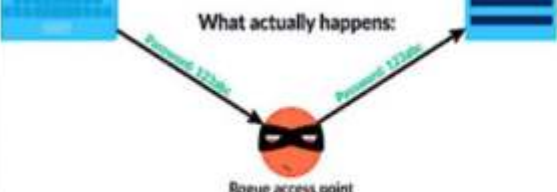
**Client**



**What the client thinks happens:**



**What actually happens:**



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**Safety Tips: -**

- Choose Networks wisely:**  
Only connect to trusted, reputable, Wi-Fi networks. Avoid networks with generic names or no password protection.
- Disable Automatic Connections:**  
Turn off automatic Wi-Fi connections on your device to prevent it from connecting to unsecured networks without your consent.
- Avoid Sensitive Transactions:**  
Refrain from accessing sensitive data, such as online banking or electronic transaction, when connected to public Wi-Fi. Perform these tasks using secure, private connections.
- Verify Secure Websites:**  
Ensure websites use "https." in their URLs, signifying encrypted connections, before entering personal information.
- Forget the Network:**  
After using public Wi-Fi, disconnect and make your device forget the network to prevent automatic reconnections.
- User personal mobile hotspot**  
When dealing with confidential information, consider using your mobile data, which is generally more secure.



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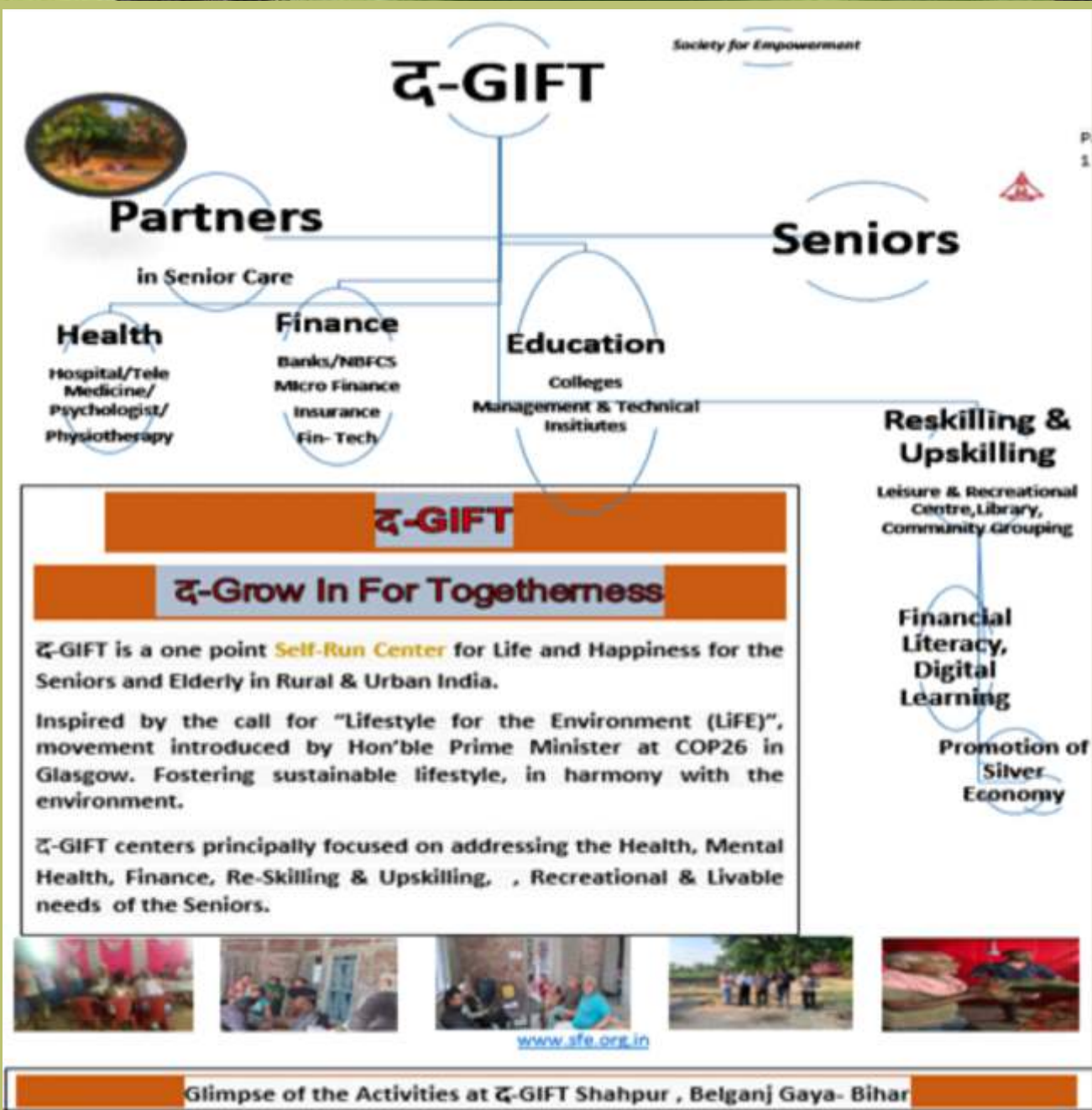
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