

“પ્રારંભ”



SOCIETY FOR
EMPOWERMENT



Keep our Earth
GREEN & CLEAN



!! માતા ભૂમિ: પુત્રોઽહં પૃથિવ્યા: !!

ISSUE No. 03
20 June 2023



Editorial

1. Employment Opportunities For Seniors
2. Schemes and Programmes of Government of India for The Welfare of Elderly Persons
3. Finance- Post Office Monthly Income Scheme - India Post
4. Hobby - Kitchen Waste
5. Distribution Sex Wise of Elderly Population In India
6. Percentage of Literate Among Elderly Population Over Years
7. Income Tax Slabs for Senior Citizens and Super Senior Citizens for Ay 2023-2024
8. SFE Story

Editorial Team

Editor - Shri N.N. Pandey former IAS

Associate Editor - Malti K. Dave

Assistant Editor - Ms. Swayamsiddha Dash

Financial Advisor - CA Ashish Niraj



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

The summer of 2022 was India's hottest ever, with record-breaking temperatures of up to 45.9° Celsius. Moreover, 11 of the 15 warmest years on record were between 2007 and 2021. Such heat waves will become even more frequent and intense, and by 2030, over 160-200 million people across India could be exposed to lethal heat waves annually. The world is now searching for ways to address climate change and the related threats to the natural environment.

With age, the body of people becomes less effective and becomes less able to compensate for the effects of environmental hazards. Older adults are more likely to have health conditions that make them more vulnerable to any change, especially climate change. It is said that the elderly groups are more vulnerable to climate change and will bear a disproportionate burden of its impacts (IPCC, 2007).

It is also on the other hand is a fact that the older persons possess vast reserves of knowledge, experience and resilience, making their participation, inclusion, and leadership key to global efforts to adapt to and mitigate the adverse effects of climate change.

Demographically, India median age of its population at 27 years in 2015 which is expected to increase to 38 by 2050. The population of the elderly – or those aged 60 and above – is expected to increase by ~200 million by 2050, logging a CAGR of 2.9%. Indians have traditionally relied on family support in post-retirement years – a phenomenon termed as pillar zero in the World Bank's five-pillar pension framework.

But this cushion is withering away as families go nuclear. Also, elderly population in urban areas and in rural areas are partially dependent on others. Proper retirement planning during working age, along with supportive government policies, is key to ensuring maintenance of lifestyle and providing for health related expenses through a steady flow of income.

The present issue focuses on impact of the Environmental changes on the Seniors and also the Government measures in the budget 2023-24 for the Senior Citizens (60 to 80 years of age) and Resident Super Senior Citizens (aged more than 80 years).

We have also tried to present the applicable income tax rates for the seniors and the prevalent postal financial schemes which is a definitely a deserving inputs sought by the seniors.

The newsletter "Prarmbh" of Society For Empowerment in a short span of time has successfully established a footprint among the seniors. The editorial team of the Prarmbh deserves kudos for it. We will try to bring in more vibrant issues to the newsletter in the near times.

Shri N. N. Pandey

Editor

June 20th 2023



EMPLOYMENT OPPORTUNITIES FOR SENIORS

1. Filling up of one post of the Deputy Director (Finance) (Rs. 15600-39100+GP 6600) (corresponding scale as per seventh pay commission) in the National Tiger Conservation Authority-reg. Max Age – 56
<https://moef.gov.in/wp-content/uploads/2023/06/NTCA-Advt-DyDir.pdf>
2. Vacancy Circular for inviting nominations for appointment of IFS Officers in the National Authority of Compensatory Afforestation Fund Management and Planning Authority at the level of Joint CEO (IGF) and Deputy CEO (DIGF), on deputation basis
<https://moef.gov.in/wp-content/uploads/2023/05/Vacancy-Circular-Jt-CEO-Dy-CEO.pdf>
3. Engagement of Consultant on contract basis (01 Post) in IRO, Raipur
<https://moef.gov.in/wp-content/uploads/2023/05/Env-Consultant.pdf>
4. Bharatiya Beej Sahakari Samiti seeks to appoint Managing Director, Max 55 years
<https://www.ncdc.in/documents/career/4815290523Managing-Director.pdf>
5. Head Cooperation / Co-operative Relation- Age limit: 62 years maximum as on 30-04-2023
<https://sahakarbeej.in/wp-content/uploads/2023/05/Head-Cooperation-3.pdf>
6. Bharatiya Beej Sahakari Samiti seeks to appoint Head – Marketing -Maximum age 55
<https://sahakarbeej.in/wp-content/uploads/2023/05/Head-Marketing.pdf>
7. Advertisement for filling up position of Senior Consultants/ Consultants on contract basis in NDMA- Max Age - 62
https://ndma.gov.in/sites/default/files/PDF/Jobs/Consultant_EQ_June2023.pdf
8. Advertisement for filling up positions of Project Coordinator on contract basis in NDMA- Max Age - 62
https://ndma.gov.in/sites/default/files/PDF/Jobs/PC_AM_Jun2023.pdf
9. Advertisement for filling up position of Financial Specialist on contract basis in NCRMP- Lead Consultant - Max Age - 62
https://ndma.gov.in/sites/default/files/PDF/Jobs/Financial_Specialist_NCRMP.pdf
10. Advertisement for filling up position of SOCIAL MANAGEMENT SPECIALIST on contract basis in NCRMP- - Lead Consultant -Max Age - 62
https://ndma.gov.in/sites/default/files/PDF/Jobs/SOCIAL_MANAGEMENT_SPECIALIST_NCRMP.pdf
11. National Centre for Polar & Ocean Research (NCPOR), invites application or engagement as “Consultant” in the office of NCPOR -Max Age - 65
[https://ncpor.res.in/upload/recruitments/Full%20Consultant%20%20Adv%20No%20NCPOR%2007%202023%20\(1\).PDF](https://ncpor.res.in/upload/recruitments/Full%20Consultant%20%20Adv%20No%20NCPOR%2007%202023%20(1).PDF)
12. Filling up of post of Secretary in the Competition Commission of India on deputation/promotion basis.- Max Age -62
<https://www.cci.gov.in/images/career/en/filling-up-of-post-of-secretary-in-the-competition-commission-of-india-on-deputationpromotion-ba1686113375.pdf>
13. Recruitment for 10 posts of Sr. Specialist/Specialist in Flexi Pool, NITI Aayog.- Max 56 Yrs
<https://niti.gov.in/sites/default/files/2023-05/Vacancy-Circular-for-10-posts.pdf>
14. Vacancy circular for the post of Member (Non-Official), Commission for Agricultural Costs and Prices (CACP).
[http://agricoop.nic.in/Documents/Recruitment/English_Vacancy_Circular_Member_\(Non_Official\)_CACP_0.pdf](http://agricoop.nic.in/Documents/Recruitment/English_Vacancy_Circular_Member_(Non_Official)_CACP_0.pdf)
15. Filling up of 05 (Five) posts of Judicial Member and 05 (Five) posts of Technical Members in the National Company Law Tribunal (NCLT) - inviting online applications for
<https://www.mca.gov.in/bin/dms/getdocument?mds=gIXHsFWrAc8nCnI6WWbHHg%253D%253D&type=open>
16. District Legal Services Authority, Kaimur at Bhabua, applications are invited from eligible lawyers Chief Legal Aid Counsel, Deputy Chief Legal Aid Defense Counsels and Assistant Legal Aid Defense Counsel,
<https://districts.ecourts.gov.in/sites/default/files/Advertisement%20Notice%20No.01%20LADCS%202023.pdf>
17. District Legal Services Authority, Darbhanga, applications are invited from eligible lawyers Chief Legal Aid Counsel, Deputy Chief Legal Aid Defense Counsels and Assistant Legal Aid Defense Counsel,
https://districts.ecourts.gov.in/sites/default/files/Advertisement_139.pdf
18. District Legal Services Authority, Gopalganj, applications are invited from eligible lawyers Chief Legal Aid Counsel, Deputy Chief Legal Aid Defense Counsels and Assistant Legal Aid Defense Counsel,
https://districts.ecourts.gov.in/sites/default/files/LADCS_01_2023_2.pdf
19. Advertisement For Engagement Of Professionals On Fixed Term Contract Basis in Yantra India Limited (YIL) a Defence Public Sector Enterprise (CPSE)
https://www.yantraindia.co.in/career/12_YIL_Career_Document_2023-06-10.pdf
20. Notice for recruitment on Deputation Basis for the post of FA, CE®, SE®, EE®, AEE(C), AEE(E), DM, Sr. Manager, DAO & Manager dated 24-05-2023
<https://www.dsiidc.org/dsidc/24052023recruitment-depu-advert6.pdf>
21. State Bank of India invites online application from Indian citizen for engagement of retired officers of SBI, erstwhile Associates (e-ABs) of SBI, other PSBs including RRBs to the following posts on contractual basis. Min.60 & Max.63 age
Candidates are requested to apply online through the link given on Bank's website <https://bank.sbi/careers> <https://www.sbi.co.in/careers>
<https://sbi.co.in/documents/77530/36548767/150620231114-ADVT+FLC.pdf/bbab2e95-3c77-f822-58c1-83649ad02a64?t=1686809072151>
22. Advertisement for the post of Adviser (Transport and Communication) on deputation (including short term-contract) plus promotion.
<https://necouncil.gov.in/sites/default/files/Advt.%20Adviser%20%28T%26C%29.pdf>

Schemes and Programmes of Government of India for the Welfare of Elderly Persons



Elderly: Elderly or old age consists of ages nearing or surpassing the average lifespan of human beings. The boundary of old age cannot be defined exactly because it does not have the same meaning in all societies. Government of India adopted, National Policy for Older Persons in January, 1999. The policy defines senior citizen "or elderly" as a person who is of age 60 years or above.

I. National Policy on Older Persons (NPOP) 1999:

The Policy envisaged State support to ensure financial and food security, health care, shelter and other needs of older persons, equitable share in development, protection against abuse and exploitation, and availability of services to improve the quality of their lives. The primary objectives were to:

- encourage individuals to make provision for their old age;
- encourage families to take care of their older family members;
- enable and support voluntary and non-governmental organizations supplement the care provided by the family;
- provide care and protection to the vulnerable elderly people;
- provide adequate healthcare facility to the elderly;
- promote research and training facilities to train geriatric care givers and organizers of services for the elderly; and
- create awareness regarding elderly persons to help them lead productive and independent life.

II. Maintenance and Welfare of Parents and Senior Citizens Act, 2007

The Maintenance and Welfare of Parents and Senior Citizens (MWPSA) Act was enacted in December 2007 to ensure need based maintenance for parents and senior citizens and their welfare. The Act provides for:-

- Maintenance of parents/ senior citizens by children/ relatives made obligatory and justiciable through Tribunals;
- Revocation of transfer of property by senior citizens in case of neglect by relatives;
- Penal provision for abandonment of senior citizens;
- Establishment of Old Age Homes for Indigent Senior Citizens; and
- Adequate medical facilities and security for Senior Citizens

III. National Action Plan for the Welfare of Senior Citizens (NAPSrC)

This Plan takes care of the top four needs of the senior citizens viz., financial security, food, health care and human interaction/life of dignity. It also includes the facets of safety/protection and general wellbeing of the elderly beginning from awareness generation and sensitization of the society.

The National Action Plan for the Welfare of Senior Citizens (NAPSrC) is an umbrella scheme, effective since 1st April 2020, has four sub-schemes under it, namely

- Scheme of Integrated Programme for Senior Citizens (IPSrC):
- State Action Plan for Senior Citizens (SAPSrC):
- Convergence with Initiatives of other Ministries/Departments in Government of India in the field of Senior Citizens Welfare (CWMSrC):
- Media, advocacy, capacity building, research and study, pilots and any other project aimed towards the welfare of the senior citizens and falling under the scope and coverage of the NAPSrC through NISD (NISDSrC):

IV. National Awards for Senior Citizens-Vayoshreshtha Samman

The Scheme of National Awards for senior citizens was notified in the Gazette of India on 22.01.2013. The awards named „Vayoshreshtha Samman" are conferred on the 1 st October every year on the occasion of International Day of Older Persons (IDOP).

V. Rashtriya Vayoshri Yojana (RVY):

Scheme for providing Physical Aids and Assisted-Living Devices for Senior Citizens

VI. Senior Citizens Welfare Fund A Senior Citizen Welfare Fund (SCWF) was established on 18.3.2016 as per Rule 3 of the Senior Citizens" Welfare Funds Rules, 2016 published in the Gazette of India (Extra Ordinary) dated 18.3.2016.

VII. National Council of Senior Citizens A National Council for Older Persons (NCOP) was constituted in 1999. In 2012, the NCOP was reconstituted in order to encourage more participation from every region and renamed as National Council of Senior Citizens (NCSrC). The NCSrC advises Central and State Governments on the entire gamut of issues related to welfare of senior citizens and enhancement of their quality of life.

*Laughter is timeless.
imagination has no age.
and dreams are forever.* Walt Disney



Post Office Monthly Income Scheme - India Post

• **The Post Office Monthly Income Scheme (MIS)** is a type of term deposit account offered by India Post. The MIS scheme pays interest each month and is suited for those who seek regular or supplementary income from their investments. This is a type of investment plan that is offered by the Department of Posts (DoP), also known as India Post. Those who would like to invest in Post Office monthly income schemes can do so at any post office in their respective locality. As of April 2023, the interest rate offered on the Post Office Monthly Income Scheme is 7.50% p.a for an investment period of 5 years.

- **Low risk:** Safe investment that offers guaranteed returns after the maturity period. The risk-level in this scheme is almost 0%.
- **5-year lock-in:** Comes with a mandatory lock-in period of 5 years. Investors can also re-invest in the same scheme after the maturity period if they wish to.
- **Premature withdrawal:** Can be made after paying a penalty fee.
- **Regular Payouts:** Regular payment of interest makes this scheme an attractive investment option for those looking to earn income at frequent periods of time.

The eligibility criteria to open a Post Office MIS account are as follows:

- You must be a resident of India.
- Minors aged 10 years and above can open an account in their names.
- A guardian can open the account on behalf of minors below 10 years of age.
- A joint account can be opened with a maximum of three individuals.
- A guardian can open the account on behalf of an individual of unsound mind.

The documents required to open a Post Office MIS account are listed below:

- Application form
- Proof of identity: Aadhaar card/Voter ID/Passport etc.
- Proof of address: Latest utility bills/Passport/PAN card etc.
- Passport size photographs
- To open a monthly income scheme, one will have to pay a visit to the nearest post office. Ask for the application form, fill in details and submit identity and address proof documents. The interest rate offered is fixed at a given rate. Guaranteed returns. No TDS.
- These rates are reviewed every quarter, with the last review being March 31, 2023.
- This new rate applies solely to new deposits from that date, not to already existing ones.
- While MIS rates of interest are open to being revised every quarter, these changes will not apply to already-enrolled investors. New rates of interest only apply to newer investors of a particular quarter.
- The maximum investment amount in MIS is Rs. 9 Lakh lump sum amount individually.
- or. The total investment cannot exceed Rs. 9 Lakh across all your accounts in this scheme.
- You get interest on a Monthly basis, after your first investment @Subject to prevailing rate

Kaushik Kamal Shankar Dave
is a retired government employee and financial advisor
for Seniors and can be contacted on M- +91 94265 09946



Senior Citizens and Super Senior Citizens for AY 2023-2024



Resident Senior citizens (60 to 80 years of age)

Resident Super senior citizens (aged more than 80 years)

Super Senior citizens can file their Income Tax Returns (ITR) for AY 2023-24 and beyond both under the Old Tax Regime or the New Tax Regime. As per the Government's announcement, both options will be available to super senior citizens when they go for filing ITR for Assessment Year 2023-24. However, New Tax Regime will appear as the default regime on the e-filing website. Super senior citizens will have to change the default regime to Old Tax Regime if they want to claim the benefits of deductions under the Old Regime.

New Tax Regime Slabs and Rates for Super Senior Citizen ITR Filing in AY 2023-24 (FY2022-23)

- 0 to Rs 2.5 lakh: NIL
- Rs 2.5 to Rs 5 lakh: 5% above Rs 2.5 lakh
- Rs 5 lakh to Rs 7.5 lakh: Rs 12,500 + 10% above Rs 5 lakh
- Rs 7.5 lakh to Rs 10 lakh: Rs 37,500 + 15% above Rs 7.5 lakh
- Rs 10 lakh to Rs 12.5 lakh: Rs 75,000 + 20% above Rs 10 lakh
- Rs 12.5 lakh to Rs 15 lakh: Rs 1,25,000 + 25% above Rs 12.5 lakh
- Above Rs 15 lakh: Rs 1,87,500 + 30% above Rs 15 lakh

Old Tax Regime Slabs and Rates for Super Senior Citizen ITR Filing in AY 2023-24 (FY2022-23)

- Up to Rs 5 lakh: Nil
- Rs 5 lakh to Rs 10 lakh: 20% above Rs 5 lakh
- Above Rs 10 lakh: Rs 1,00,000 + 30% above Rs 10 lakh

New Tax Regime Slabs and Rates for Senior Citizen ITR Filing in AY 2024-25 (FY2023-24)

- 0-Rs 3 lakh: Nil;
- Rs 3-6 lakh: 5%
- Rs 6-9 lakh: 10%
- Rs 9-12 lakh: 15%
- Rs 12-15 lakh: 20%
- Above Rs 15 lakh: 30%

Sex-wise Distribution of Elderly Population (Aged 60 Years & Above) in India



Table 5.1: Percentage of literates among elderly persons over years

Place of residence	Sex	Census 1991	Census 2001	Census 2011	NSS 2017-18
Rural	Male	34	45	51	45.6
	Female	8	13	18	17.0
	Person	21	29	34	31.6
Urban	Male	66	75	80	79.5
	Female	31	42	53	53.1
	Person	49	58	66	66.0
Rural + Urban	Male	41	53	59	55.5
	Female	13	20	28	27.8
	Person	27	36	44	41.9

Source: Office of the Registrar General, India; NSS 75th Round (July 2017-June 2018); Household Social Consumption on Education in India.

Join the Race to Make the World a Better Place.

Toward a Clean, Green & Resilient Villages
27th May 2023 | SATURDAY | 6.00 pm
 Live on **You Tube & Facebook** Society for Empowerment

Key Speakers **In Chair** **Key Address**

				
Professor S Narayan Gandhian Anthropologist	Ar. Saurav Choudhury IGBC	Dr. Debabrata Samanta Assistant Professor Chandragupta Institute of Management, India	Dr. A.K. Pandey Retd. I.A.S	Dr Chandrashekar Hariharan Economist Chair, Bangalore Chapter, Senior Fellow IGBC

Creating a village for the future of our children, which is lush and green with nature's bounty, using renewable energy, clean, protecting environment and climate resilient

Initiative of Society For Empowerment - Kasturba Gandhi Learning Centre

Society For Empowerment organized a Round Table Discussion on “Toward a Clean, Green & Resilient Villages” on 27th May 2023, which was presided by Dr.A.K.Pandey Retd. I.A.S and participated by Dr Chandrashekar Hariharan, Dr. Debabrata Samanta: Assistant Professor Chandragupta Institute of Management, Ar. Saurav Choudhury, Green Building Professional, at the CII- IGBC and Professor S Narayan; Gandhian Anthropologist.

Green
INDIA
should be
our dream India.

Gandhian Communication Principles in the Age of New Media
04th June 2023 | SUNDAY | 8.00 pm
 Live on **You Tube** & **Facebook** Society for Empowerment

Thematic Note	Special Address	Key Note	In Chair	Programme Moderator
 Anand K.	 Rosaline, A. Obah	 Munazah Shah	 Professor S Narayan	 Dr. Vedabhyas Kundu

In this age of the new communication media where messages can be amplified, constructed, and sent in seconds worldwide, a challenge is to communicate with Peace, Love, Trust, Brotherhood and Non-Violence. The Gandhian communication principles need to be promoted and assimilated so as to minimize the influence of those who use the media for NOISE purposes.

- Rosaline A. Obah is National President Young African Women Congress (YAWC) Network Cameroon Chapter.
- Ms. Munazah Shah, is a Senior News Anchor with News 18
- Anand K. is a full time Ph. D. Research Scholar.

Initiative of Society For Empowerment - Kasturba Gandhi Learning Centre

To commemorate the launch of Indian Opinion by Mahatma Gandhi on June 4, 1903, the Society for Empowerment organized a round table on Gandhian Communication Principles in the Age of New Media on 04th June 2023, which was chaired by Professor S Narayan an eminent Gandhian Anthropologist. The Programme was moderated by Dr. Vedabhyas Kundu noted Gandhian expert. Rosaline A Obah, the National President of Young African Women Congress Network, Cameroon Chapter in her special address shared her own experience on promoting nonviolent communication.



आने वाली पीढ़ियों के लिए हरा-भरा और स्वस्थ वातावरण बनाएं : डॉ सचिंद्र नारायण सोसाइटी फॉर एम्पावरमेंट ने आयोजित किया वातावरण संरक्षण पखवाड़ा

सचिंद्र नारायण सोसाइटी ने 27 मई से 31 मई तक वातावरण संरक्षण पखवाड़ा का आयोजन किया। इस पखवाड़े में वातावरण संरक्षण और स्वस्थ वातावरण को बढ़ावा देने के लिए विभिन्न कार्यक्रमों का आयोजन किया गया। इस अवसर पर डॉ. सचिंद्र नारायण ने वातावरण संरक्षण और स्वस्थ वातावरण के लिए आवश्यकताओं को समझाया और वातावरण संरक्षण के लिए आवश्यकताओं को समझाया।

डॉ. सचिंद्र नारायण ने वातावरण संरक्षण और स्वस्थ वातावरण के लिए आवश्यकताओं को समझाया और वातावरण संरक्षण के लिए आवश्यकताओं को समझाया।

Press Coverage 27 May 2023

विश्व पर्यावरण दिवस पर गोलमेज का आयोजन

विश्व पर्यावरण दिवस पर गोलमेज का आयोजन

विश्व पर्यावरण दिवस पर गोलमेज का आयोजन

विश्व पर्यावरण दिवस पर गोलमेज का आयोजन

Press Coverage 05 June 2023

न्यू मीडिया के युग में गांधीवादी संचार सिद्धांतों पर गोलमेज चर्चा आयोजित

एक समाज को पूर्ण गणतंत्र होना आवश्यक : प्रो. नारायण

राष्ट्रीय स्तर

पटना : सोसाइटी फॉर एम्पावरमेंट ने 4 जून 2023 को न्यू मीडिया के युग में गांधीवादी संचार सिद्धांतों पर एक गोलमेज चर्चा आयोजित की। इस अवसर पर डॉ. सचिंद्र नारायण ने गांधीवादी संचार सिद्धांतों पर एक गोलमेज चर्चा आयोजित की।

डॉ. सचिंद्र नारायण ने गांधीवादी संचार सिद्धांतों पर एक गोलमेज चर्चा आयोजित की।

Press Coverage 04 June 2023

स्वच्छ, हरे और लचीले गांवों की ओर विषय पर गोलमेज चर्चा आयोजित

राष्ट्रीय स्तर

पटना : सोसाइटी फॉर एम्पावरमेंट ने 12 जून 2023 को स्वच्छ, हरे और लचीले गांवों की ओर विषय पर एक गोलमेज चर्चा आयोजित की। इस अवसर पर डॉ. सचिंद्र नारायण ने स्वच्छ, हरे और लचीले गांवों की ओर विषय पर एक गोलमेज चर्चा आयोजित की।

डॉ. सचिंद्र नारायण ने स्वच्छ, हरे और लचीले गांवों की ओर विषय पर एक गोलमेज चर्चा आयोजित की।

Press Coverage 12 June 2023

Clean INDIA Developed INDIA!

DEVELOPMENT AND BIODEGRADATION
05th June 2023 | MONNDAY | 6.00 pm
 Live on **You Tube** & **Facebook** Society for Empowerment




- System of Environmental Economic Accounting (SEEA) for estimation of Green GDP.
- Carbon-neutral cities to reduce its ecological footprint through energy efficiency and replacing fossil fuels and by creating offsets in the bioregion.
- Energy Conservation (Amendment) Act, 2022; to facilitate the achievement of COP-26 goals and introduce concepts such as mandated use of non-fossil sources and carbon credit trading to ensure faster decarbonisation of the Indian economy.
- Traditional Water Management Practises /Utility-backed demand-side education for water-users/Decentralised Waste Management system is viable option to treat reuse water efficiently (community level/gross root level)

In Chair



Professor S Narayan

Professor S Narayan is leading Gandhian Anthropologist. Former Special Rapporteur of NHRC & Scientist in Space Application Centre, ISRO.

Key Note



Sh. Dinesh Suna

Mr Dinesh Suna is based at Geneva, Switzerland and is Coordinator of the Ecumenical Water Network of World Council of Churches (WCC).

Initiative of Society For Empowerment -Kasturba Gandhi Learning Centre

To commemorate the World Environment Day, the Society for Empowerment organized a round table on “DEVELOPMENT AND BIODEGRADATION”, on 05 th June 2023, which was chaired by Professor S Narayan an eminent Gandhian Anthropologist.

The Key Note was given by Mr Dinesh Suna a Geneva, based Coordinator of the Ecumenical Water Network of World Council of Churches (WCC).

Society for Empowerment Promotes Environmental Conservation and Sustainability During Environment Fortnight (May 27th till June 10th, 2023)

The fortnight was marked by a series of activities aimed at promoting environmental conservation and sustainability. A notable event during the fortnight was a successful plantation drive organized at the Kasturba Gandhi learning centre in Shahpur Village, Gaya District, on June 7th, 2023.







Kitchen Waste Management

Ms. Swayamsiddha Dash



There are four elements to be kept for a Kitchen Waste Management i.e. a balance of Nitrogen, Carbon, Oxygen and water in handling the kitchen wastes for making compost. Nitrogen comes from the peels of the kitchen waste such as vegetable peels, fruit peels etc. All cooked wastes should not be added as a part of the compost. Also non-vegetarian stuff should not be added in your compost.

In many cases, egg shells are also added in a compost, but the egg shells work properly in a compost only when they are added in a right way in the compost. If we make a powder of the egg shells then the egg shells will do a great job for the compost. Peels of citrus fruits are not good for compost because they end up slowing the process of decomposition.

As far as carbon is concerned, dried leaves, saw dust, wooden chips, peanut shells, newspaper, cardboard pieces, straws that are given as food to the animals contain carbon and so these things mentioned above can be added in the compost. Most of the materials that contain carbon are brown in color that is why they are often called brown material. The reason why we need dry materials in our compost is to control the excess amount of moisture produced by nitrogen.

To ensure that our decomposition process takes place, we need aerobic bacteria. This bacteria is also called friendly bacteria. If a good amount of friendly bacteria is not produced then a lot of bad smell will start coming from the compost. To maintain oxygen in the compost aeration is required. For this one good option is to use mud utensils for making our compost.

We need to ensure that to draw out excess amount of moisture, we should draw a hole in the lower area of the mud/plastic utensil. Always make sure that your compost is not dry. And if it is then sprinkle water on it whenever possible.

The first layer in the compost is to add compost. Then we will add kitchen waste on the carbon material. Again we need to put another layer of carbon material. But before adding another layer of carbon, we will add something called compost starter. Now this can be a part of already made compost, vermi compost, and if these two are not available then we can add a layer of soil instead. Some things that can create a good amount of bacteria in the compost are curd, and jaggery.

Again we will add a layer of kitchen waste, add some pieces of cardboard, if some kitchen waste did not get composted previously, then you can add them also.

Now cover it up. The compost bin is ready, put the compost in a shady area where there won't be a lot of sunlight. If you feel insects, and flies are around your compost then start spraying vinegar solution around your compost once in every while.

The most asked question that comes in everyone's mind is how long does it take for waste to become compost then the answer is almost three months, during summer and, 5-6 months during winter. But in many cases if you have added compost starters properly then you will surely get your compost ready within 1-2 months.

Do strain your compost properly and add the leftover materials in the compost in your next compost project. In some cases we will see maggots in our compost but they are no harm to our compost in any way.



**Certificate
Course**

Exploring Nonviolent Communication for Holistic Coexistence

Nonviolent communication is a holistic communication ecosystem which, when we practice in our daily lives, helps in harmonious coexistence, emotional bridge building and strengthening of relationships. It contributes to our well-being and happiness. To promote nonviolent communication and make it part of our daily practice, the Society for Empowerment is launching the 16-week Certificate Course.

Key Highlights:

- The course is practical oriented.
- The course will be conducted by senior practitioners who have experience in conducting similar courses.
- Extensive use of case studies during the classes.
- The last session will entail presentation by participants based on a small activity- based dissertation which will be given to the students.
- Total 16 Weeks Programme
- Classes : Every Week 1.00 hr for one day
- Evening Classes – 8.00 – 9.00 pm
- Online final exam with Multiple Choice Questions- 100 marks; 50 questions
- On Successful Completion Certificate to Participants shall be given

Programme Mode : Online

Online Platform : Google Meet

Faculty : National & International Gandhian Academicians and Peace Professionals

Study Material : The participants shall be provided hard copy of the study material.

**Programme
Fees:**

Rs. 1500/-

For More Information visit

www.sfe.org.in

Interested candidates to fill the Google Form

<https://forms.gle/ExveVv7ot663TUvw6>

ussocietyforempowerment07@gmail.com;

sfetraining2@gmail.com

snarayan1946@gmail.com

Call us on mobile no: +91- 9431878983



“

Life has many wonderful surprises waiting for you, especially when you grow old.”



YOGA CLASSES

RUN BY
SOCIETY FOR EMPOWERMENT- AHMEDABAD

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



Skill Development Centre

Kasturba Gandhi Learning Centre- Skill Development Centre
Vullage Shahpur, Block Bela, District Gaya Bihar , India



Society For Empowerment

Patna – Bihar – India

Email Editorial: snaryan1946@gmail.com

Subscription & Advertisement: societyforempowerment07@gmail.com

Phone- 7488316679

www.sfe.org.in

DISCLAIMER

Every effort is made to provide accurate and complete information in "प्रारंभ" newsletter. We also make no claims, promises or guarantees about the accuracy, completeness, or adequacy of the contents of the newsletter and expressly disclaims liability for errors and omissions in the contents of this newsletter.

Design by

RAMA
your own ad agency
9825419936 | 9879419936