



# प्रारंभ

लोकाः समस्ताः सुखिनो भवन्तु ।



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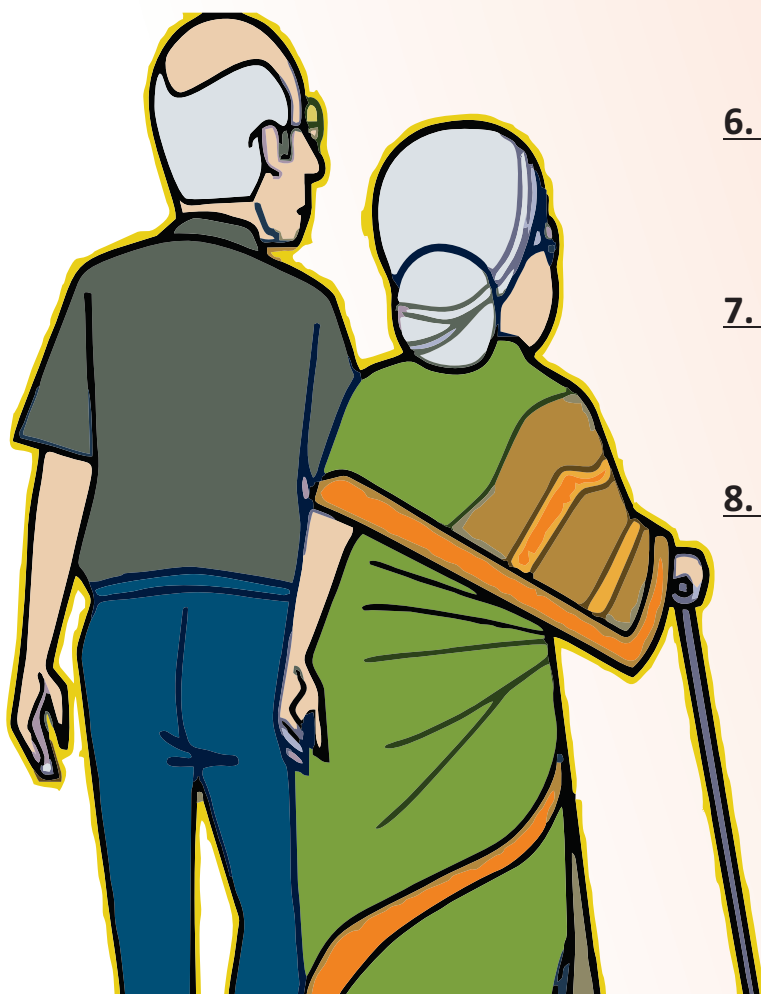
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Editorial Team-  
Editor:  
Shri N. N. Pandey  
former IAS

Associate Editor –  
Ms. Malti Dave

Assistant Editor-  
Ms. Swayamsiddha Dash  
PG Scholar Amity University

CA-  
Ashish Niraj  
Financial Advisor





# Navigating the Golden Years with Purpose and Dignity



## EDITORIAL

N. N. Pandey  
IAS Retd  
Jharkhand

Dear Readers,

Welcome to the July edition of the PRARMBH Newsletter, where we aim to enrich the lives of our senior community by providing insightful content, resources, and support.

As we progress through 2024, the landscape for senior living continues to evolve, driven by technological advancements, societal changes, and the growing recognition of the invaluable contributions seniors make to our communities. Our mission remains steadfast: to ensure that our senior citizens navigate these golden years with purpose, dignity, and joy.

In this edition, we have curated a diverse array of articles that address key aspects of senior living. We begin with an exploration of job opportunities for seniors, emphasizing the importance of continued professional engagement and the positive impact it has on mental and physical well-being. The digital future for seniors is another crucial topic, and Mansa Manushri Dash provides a compelling vision of how technology can bridge gaps and enhance connectivity for the elderly.

Ms. Savita More delves into the unique aspects of senior living in India, highlighting cultural nuances and the importance of community support. Prof. Sachindra Narayan sheds light on the challenges and experiences of elder women who migrate, offering a deeper understanding of their journeys and the resilience they display.

Sh, Vedabhyas Kundu shares a profound perspective on living with integrity, providing a mantra for a meaningful life that resonates deeply with our core values. The SFE Team's insights on senior jobs and their impact on employability among senior citizens offer a pragmatic approach to embracing the later stages of one's career.

Finally, we showcase the vibrant activities and initiatives undertaken by SFE, demonstrating our commitment to fostering an inclusive, supportive, and engaging environment for all seniors.

We extend our heartfelt gratitude to our editorial team, including Associate Editor Ms. Malti Dave, Assistant Editor Ms. Swayamsiddha Dash, Financial Advisor CA Ashish Niraj and Intern Mansa Manushri Dash for their dedication and hard work in bringing this newsletter to life. Their contributions ensure that we continue to provide valuable content that empowers and uplifts our senior community.

As you read through this edition, we hope you find inspiration, encouragement, and practical insights to navigate your golden years with confidence and grace. Together, let's celebrate the wisdom, experience, and vitality that seniors bring to our world.

Warm Regards,

**Shri N. N. Pandey**

Editor, PRARMBH Newsletter

July 2024

# Jobs 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.***

- [Director \(Plan Evaluation and Monitoring\)- North Eastern Council Secretariat, Max Age Upto 56 Years, Shillong](https://necouncil.gov.in/sites/default/files/Advt.%20Director%20%28Plan%2C%20Evaluation%20%20Monitoring%29.pdf)  
<https://necouncil.gov.in/sites/default/files/Advt.%20Director%20%28Plan%2C%20Evaluation%20%20Monitoring%29.pdf>
- [Advisor \(Forest\)- Damodar Valley Corporation \(DVC\), Max Age Upto 65 Years, Kolkata/ Ranchi](https://www.dvc.gov.in/storage/app/hr/Advertisement_for_recruitment_of_retired_employees_as_Advisor_Forest_Associate_consultant_Surveyor_in_DVC_2_(1).pdf)  
[https://www.dvc.gov.in/storage/app/hr/Advertisement\\_for\\_recruitment\\_of\\_retired\\_employees\\_as\\_Advisor\\_Forest\\_Associate\\_consultant\\_Surveyor in DVC 2 \(1\).pdf](https://www.dvc.gov.in/storage/app/hr/Advertisement_for_recruitment_of_retired_employees_as_Advisor_Forest_Associate_consultant_Surveyor_in_DVC_2_(1).pdf)
- [Director -National Insurance Academy \(NIA\), Max Age Upto 62 Years, Pune](https://niapune.org.in/uploads/career/Website%20Advt-Director-09.07.2024.pdf)  
<https://niapune.org.in/uploads/career/Website%20Advt-Director-09.07.2024.pdf>
- [Director, North Central Zone Cultural Centre \(NCZCC\), Max Age Upto 65 Years, Prayagraj](https://sczcc.gov.in/document_file/1719292982Vacancy_circular_for_the_post_of_Director_NCZCC.pdf)  
[https://sczcc.gov.in/document\\_file/1719292982Vacancy\\_circular\\_for\\_the\\_post\\_of\\_Director\\_NCZCC.pdf](https://sczcc.gov.in/document_file/1719292982Vacancy_circular_for_the_post_of_Director_NCZCC.pdf)
- [Specialists Doctors- ESIC Model Hospital, Max Age Upto 67 Years, Phulwarisharif, Patna](https://www.esic.gov.in/attachments/recruitmentfile/c138c657dd7e478eceb92933e29bc109.pdf)  
<https://www.esic.gov.in/attachments/recruitmentfile/c138c657dd7e478eceb92933e29bc109.pdf>
- [Director \(Finance\)- Grid Controller of India Limited \(GRID-INDIA\), Max Age Upto 57 Years, Dehradun](https://www.indiaoptel.in/wp-content/uploads/2024/06/ee0396c4-2732-ef11-93ac-001dd8b72d7f.pdf)  
<https://www.indiaoptel.in/wp-content/uploads/2024/06/ee0396c4-2732-ef11-93ac-001dd8b72d7f.pdf>

## SENIOR JOBS

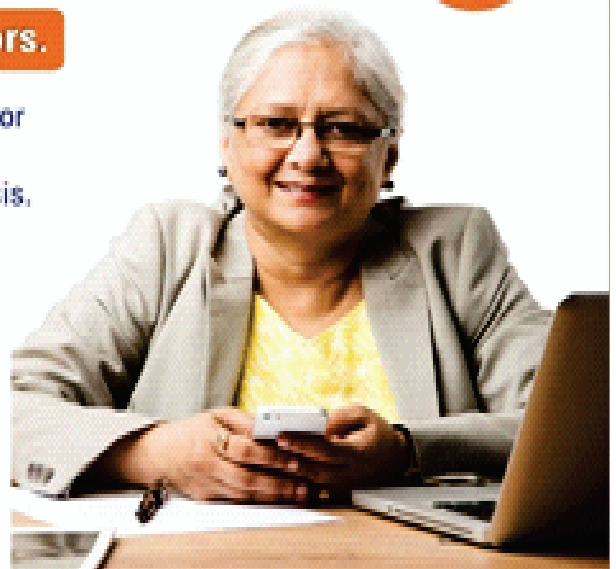


**A platform of Job Information for the seniors.**

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

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

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



**For More Latest Senior Jobs visit**  
**[https://www.sfe.org.in/job\\_search.php](https://www.sfe.org.in/job_search.php)**





# Digital Future For Seniors

Mansa Manushri Dash



Digital & Artificial Intelligence Technology helps in Senior Citizens to do their day to day activities efficiently.

The digital gadgets like mobile, computer, tablets, Laptops, Television, Service Robots, Remote Cameras, Siri, ChatGpt, Medical and Entertainment Apps play an important life partner for the seniors.

Seniors can simply use voice commands through Amazon's Alexa, Google Assistant, and Apple's Siri to get information, set reminders, play music, or control smart home devices, eliminating the need for complex typing or navigation.

Technology is continuously enhancing and is becoming much more sophisticated in today's world. To function independently and successfully tackle their environment, people of all ages need to interact with some form of technology. This helps in

- Better connectivity, better relationships
- Health and Wellbeing
- Digital interactive education

- Self-care and safety

In today's world technology is used in from of live sessions to yoga, fitness classes, education to therapeutic programs, virtual puzzles etc. Technology can also help older adults overcome many mental health issues like depression, loneliness and support their emotional well-being.

Techno Digital literacy for seniors is buzz to become self-reliant. In our endeavor, I have sorted out a few of the Senior Friendly Electronic instruments and the education learning programmes from where they can improve the digital techno ability on regular basis:

Laptop- For Seniors:

At times, purchasing a laptop computer for an older adult, a need perspective is required to be assessed:

- Vision impairment older adults opt for a larger screen and can use the accessibility settings for further assistance.
- Arthritis or hand pain users with, a laptop with



a touchscreen and a full-sized keyboard can be ideal.

- **Hearing Loss** older adults can look for sound quality in built-in speakers, along with Bluetooth availability.

Further aspect of Price, Warranty length, Display screen size and quality, Data storage, Keyboard options, Number of ports, Battery life and Product weight may be considered on the need requirement of the senior individuals.

**Senior Friendly Laptops Model**

Best Convertible Design: Acer Spin 3

Best Display: Samsung Galaxy Chromebook

Best Battery Life: Microsoft Surface Laptop 5

Best Eco-Friendly Design: Lenovo Yoga 6 2-in-1 Laptop

Best Value: Asus Chromebook Flip CM3

Best Keyboard: Dell XPS 13 2-in-1 Laptop

## **Mobiles**

Many seniors are visually impaired. Accordingly, they need a phone to have good contrast and large text.

The four cell phones to be explored by seniors are

the RAZ Memory Cell Phone, the Jitterbug Smart4, the Jitterbug Flip2, and the Consumer Cellular Link II.

The Jitterbug Smart4 is an easy-to-use smartphone, and the Jitterbug Flip2 and Consumer Cellular Link II are traditional basic cell phones: they have large buttons and easy-to-use menu systems. The RAZ Memory Cell Phone, on the other hand, is unique in that it is designed primarily for seniors with cognitive decline.

## **Online Courses Website For Seniors:**

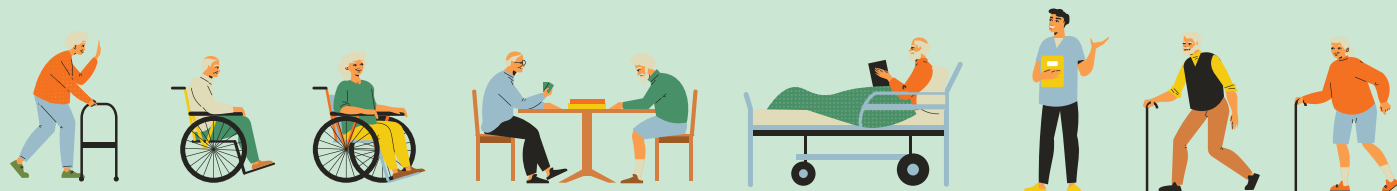
Edx- Take online courses from 260+ world-class universities and companies : <https://www.edx.org/>

Coursera : offer a range of learning opportunities—from hands-on projects and courses to job-ready certificates and degree programs. <https://about.coursera.org/>

**Duolingo** : a free online language learning platform, offers a fun way to become fluent in more than 30 languages . <https://www.duolingo.com/>

AARP offers a variety of free online classes for





seniors, including programs from the nonprofit Older Adults Technology Services. <https://local.aarp.org/virtual-community-center/>

Codecademy, If you enjoy working with computers and want to try learning coding, Codecademy can be of immense help. . <https://www.centerforasecureretirement.com/posts/5-sites-with-online-classes-for-seniors-to-keep-learning#>

Keiro Program is a comprehensive educational wellness program focused on bringing awareness to, and promoting lifestyle changes that enhance the quality of life for older adults. <https://www.keiro.org/>

Harvard Open Learning Initiative : Harvard's Division of Continuing Education, , provides their courses online for no extra cost. <https://extension.harvard.edu/online-learning/> While most of senior citizens are keen to use smartphones, computers, laptops, and other modern gadgets, they seldom get support from family members, relatives, or society on account of being slow, outdated and not participating in economic activities. Also disparity in technology access is widely observed among the English-

speaking population and natives of indigenous languages. Further, caste, creed, linguistic and cultural obstacles are experienced by users, which needs to be addressed through digital, financial literacy wherein local governments, regulators and public & private institution has to play measure role in coming times.

\*Bachelor of Management Studies Shiv Nadar Institute of Eminence & Intern in SFE; mansadash3@gmail.com

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<http://www.nordiclabourjournal.org/i-fokus/in-focus-2020/theme-humans-and-technology/article.2020-10-05.3046961517>

<http://www.nordiclabourjournal.org/i-fokus/in-focus-2020/theme-humans-and-technology/article.2020-10-05.5642194611>





# India Senior Living

Ms. Savita More



As India's population ages, the need for senior housing has become increasingly important. Senior housing provides a safe and comfortable living environment specifically designed to meet the needs of older adults. These facilities offer various levels of care, from independent living to assisted living and skilled nursing care.

In India, senior housing options are expanding to cater to the growing population of elders. These communities provide amenities such as 24/7 medical assistance, recreational activities, and communal dining areas that focus on the nutritional needs of older adults. Additionally, senior housing often ensures a secure environment with emergency response systems and accessibility features like handrails and grab bars.

Senior housing communities also focus on creating a sense of community and reducing isolation among the elderly. They often organize social events, outings, and activities to keep residents engaged and connected. These communities can have a positive impact on the mental and emotional well-being of older adults.



One key benefit of senior housing is the relief it provides to family members who may not be able to provide full-time care to their elderly loved ones. It offers a supportive environment where seniors can maintain their independence while receiving the assistance they need. This can help alleviate the stress on the families and ensure the well-being of the seniors.

It's important for families to consider various factors such as location, cost, and the specific needs of the elderly individual when exploring senior housing options. As the demand for senior housing grows, it's encouraging to see an increase in the availability of such facilities in different parts of India, making it easier for older adults to find a suitable and comfortable place to call home in their later years.

## India Senior Living Company List

- **Antara Senior Care** : [www.antaraseniorcare.co.in](http://www.antaraseniorcare.co.in)
- **Columbia Pacific Communities**:  
[www.columbiacommunities.in](http://www.columbiacommunities.in)
- **Ashiana Housing Ltd** : [www.ashianahousing.com](http://www.ashianahousing.com)
- **Paranjape Schemes (Construction) Ltd** :  
[www.pscl.in](http://www.pscl.in)
- **Covai Property Centre (I) Pvt. Ltd**:  
[www.covaicare.com](http://www.covaicare.com)
- **Primus Lifespaces Pvt. Ltd** : [www.primuslife.in](http://www.primuslife.in)
- **The Golden Estate** : [www.thegoldenestate.com](http://www.thegoldenestate.com)
- **Vedaanta Retirement Communities** :  
[www.vedaanta.com](http://www.vedaanta.com)
- **Bahri Realty Management Services Pvt.Ltd** :  
[www.bahrirealty.in](http://www.bahrirealty.in)
- **Ananya's Nana Nani Homes** :  
[www.nanananihomes.in](http://www.nanananihomes.in)
- **Athashri** : [www.pscl.in/athashri](http://www.pscl.in/athashri)





# Elder Women & Migration

**Prof. Sachindra Narayan**



**WOMEN LIVING IN RURAL INDIA** are not having regular source of income. Most of the rural women depend on agriculture on which their family is also depending. Generally agriculture is primary family occupation in which women and girl child play important role in winnowing and harvesting of farm products.

Elder Women in rural India are in constant financial constraints and agony problem and sometime to mental sickness which leads to serious mental health disorder.

They generally do not speak about their family members because in villages they are unable to have services of psychiatric or neuro physician. Then they also fear that if they speak to others then the family will be identified as mad person then the marriage of daughters and boys of the family will be very difficult, therefore they do not open their mouth on this issue. Secondly the health facility is not available for mental sickness.

Migration is yet another problem of Rural Women in Age Group of 40 years and above. It is a common problem largely because of under development. It is equally concern for poor in under developed states the magnitude of the problem is more among tribal region than rural INDIA,

Nature of problem may vary but it is very much

there. When a women migrate then her small children and sometime husband too migrate with her.

Migration has holistic impact on women, if they remain at the migration place for more than six months their language, culture, lifestyle, food habits etc. changes without any effort, in natural process. They are earning so their economic status also gets changed. Migrant women laborers get food regularly so their health status also gets changed, but the physical hardship increases day by day. The state has existing schemes but due to lack of awareness and empowerment among the elder women migrants the state has to go for a continuous capacity building and mass awareness programme.

From last 3 years society for empowerment is working in Gaya district of Bihar is working for economic and social development of elderly women in which society is giving them training in dress designing, hair and face designing, computer training and bringing work for them, their regular income has brought visible change among them.

Society for Empowerment is also organizing health camp in village Shahpur of Gaya district. Taking care of health of the economically backward women and medicines are also provided to them. As an anthropologist I feel that our programme should be provided to the women of other villages and states.



Prof Sachindra Narayan can be reached at [snarayan1946@gmail.com](mailto:snarayan1946@gmail.com)



# Living with Integrity: Mantra for a Meaningful Life

**Vedabhyas Kundu**  
Expert in Nonviolent Communication and  
Nonviolent Conflict Resolution; author and conducts workshops



Aadhrika (name changed) has been a hard-working honest worker in her office. But the hollowness of her organization which had of lately became bereft of ethical and moral values encouraged cheap and dirty politics. She became a victim of it and her own colleagues plotted her ouster. Her termination letter was a document which summarized the complete erosion of integrity, ethical and moral values not only in the organization but amongst the top management. Lies, false information and misrepresentation of truth are just a few examples where not only an individual compromises with their integrity but puts at stake the credibility and values of an institution. It is a grave crisis of our times where a large number of individuals we have been talking to express deep concern at the complete lack of integrity amongst many of their peers.

Integrity is essentially a matter of choice between the right and the wrong. There may be things we may be able to get easily but by compromising our integrity. It is something which is manifested in all our actions, our attitudes, our behavior and our thoughts. Every day we are required to act and behave in different situations, it is the very way we act whether covertly or overtly determines

whether we are a person of integrity or not.

Aadhrika was distraught and completely shattered when she saw her termination letter, not a single word in it was true. Was those involved in such a demeaning act reached the zenith of their immorality? Can and should integrity be allowed to be compromised with such ease just for the self-aggrandizement of a few individuals? These are questions which haunts many of us day in and day out.

Vedabhyas: Munazah, I think when individuals or institutions compromises with their integrity and sacrifices their basic moral values, it promotes erosion of trust, damages relationships and all moral authority. For instance, in Aadhrika's case, the trust and goodwill she nursed towards others in the organization was ruptured in no time because of the lies and complete misrepresentation of facts which her office presented to her. It has negative effects amongst other employees as they see the management as completely dishonest, having no moral compass. Besides trust deficit, individuals who promote such acts where there is no sign of integrity they lose the basic respect every person expects from others.





Whether in institutions or the society at large, repeated actions which is bereft of integrity compromises with the rule of law and the rise of those who compromises with everything. There is moral decay which leads to negative consequences for all those who are part of the institution and the society.

Munazah: I agree with you, Vedabhyas. Definitely the complete erosion of integrity undermines the very foundation of trust, ethics and human connections. There is a feeling of chaos and disconnection. It is in this context, we need to constantly strive to tune inwards and explore whether we are steadfast in our integrity or are falling apart. Vedabhyas, to my mind, integrity entails our moral principles, the core human values that all cherish, and our ethical principles.

In fact, when those in management in Aadhrika's office gave her the termination letter based on lies and false facts, they showed a very weak moral compass and complete sacrifice of all human values.

Vedabhyas : You are spot on, Munazah. Also sometimes individuals say something but their action is diametrically opposite. It also shows lack of integrity as it involves consistency between words and actions, and adherence to ethical standards and values. Those in the management position in Aadhrika's office were people with negative integrity as when we think of people with integrity, we describe them as those who consistently uphold strong moral principles, even when faced with challenges or temptations. These people were not transparent and honest in their actions and decisions. Transparency and honesty in all actions are the hallmark of people who nurture strong integrity.

Munazah, I strongly feel that integrity encompasses the ethical and moral fiber of an individual which actually reflects their commitment to be righteous and strive to do the right thing even in the most difficult

circumstances. Here I am reminded of this apt quote of Stephen Covey who pointed out, "Moral authority comes from following universal and timeless principles like honesty, integrity, treating people with respect."

Munazah : Vedabhyas, when I think of integrity, I strongly believe it is certainly more encompassing that morality and ethics. You see, morality and ethics are values which are something we are expected to adhere to societal expectations of one's conduct. But, Vedabhyas, I feel integrity is deeper and intrinsic in nature. To me, it is essentially an internal state of being; it pushes us from inside to honor the moral and ethical values. We could call it an inner driver driving us towards a life based on ethical and moral principles. Overall, I think integrity, morality and ethics are all interwoven and knitted together.

Vedabhyas: Munazah, here I would like to share on who can be described as a person with integrity. Huberts (2018) talks about eight characteristics of a person with integrity, "Wholeness and coherence; moral reflection; value(s) like incorruptibility, professional responsibility; laws and rules; moral values and norms; and exemplary behaviour."

Here let us share the example of the life and philosophy of Mahatma Gandhi. While the Mahatma was an epitome of integrity as his words and actions promoted transcendental principles like truth, nonviolence, love, goodness, morality, self-disciple, self-restraint, and humanism. However, Munazah, what we need to learn from the Mahatma besides these principles was the fact that there was absolute integrity between his ideas and practice and also between his ideas too. His underlining thrust on equal importance to both the means and the end, and the continuity and congruence of his thoughts on all aspects- whether politics, religion, social constructive work, and human nature- all reflected his strong adherence to the highest values of integrity.



Munazah: To delve further at a deeper level, Tara Singh in an interview to Robert Taylor (1986) pointed out:

We ask, “What is integrity?” Probably everyone would say they know what it is. But no one really knows integrity unless they are aware of it in their lives at this moment. Very few have that awareness of the words they use. Yet this is important. We all feel there should be peace and goodness in the world. Many with good intent have become famous by holding these as ideals. But unless their own lives are at peace, they have no integrity. Do you see?

Tara Singh further shares his idea of integrity as a much deeper construct when he says:

Probably. Mother Teresa is an example of what integrity is. When she picks up a child from the streets of Calcutta, dehydrated and eaten by ants and mice, she sees the Christ in him. And by Christ she doesn’t necessarily mean Jesus, but another kind of light that judges no one. Unless one sees this divine light in all that is created, there can be no integrity, but just an idea about integrity.

To conclude, as we picked up this conversation, we felt there are so many dimensions and perspectives to integrity. We strongly felt as we learnt from Tara Singh and from the lives of Mahatma Gandhi that integrity is definitely a deeper construct than most of us realize it to be.

As we sadly see cases and examples of falling integrity around us, let us remind ourselves of philosopher, Jiddu Krishnamurti on this concern:

Are there a group of people who are absolutely incorruptible, absolutely have integrity, incorruptibility and integrity: not say one thing and do another, believe in some kind of ideal, some kind of belief, worship an image, and then be utterly selfish in other directions? To bring about a salvage of this country there must be some people who have this sense of deep integrity, and absolute incorruptibility.

(<https://www.krishnamurti.org/transcript/what-is-the-cause-of-the-present-crisis/>)

Friends, it is the backdrop on what we could converse, we firmly believe that practicing deep integrity is of utmost importance and a critical pillar of our Joyful Talisman, the mantra to nurture human values for a joyful world.

## REFERENCES

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What it is and Why it is Important. Public Integrity. 20 : s u p 1 , S 1 8 - S 3 2 , D O I : 10.1080/10999922.2018.1477404

### 2. Living with Integrity:

An Interview with Tara Singh (February, 1986). <https://www.thesunmagazine.org/issues/123/living-with-integrity>



# Senior Jobs &

## Its Impact on Senior Citizen Employability

### SFE TEAM

Seniors in India are fast evolving. With time, they are no longer focused on basic things but are keen on living an independent life and keen on try new and different things.

Senior Jobs under the ₹-GIFT programme of the Society For Empowerment, is essentially a Mission to fulfil the pledge of, "No One To Be Left Behind".

Senior Jobs is an online platform to empower and bring the Women & Male senior citizens in the urban and areas to the mainstream of society by providing them Employment Information through Digital Employment Platform.

Senior Jobs also envisages Reskilling & Up skilling, Health & their Mental Well Being,

The collage displays four screenshots of the Senior Jobs website interface. The top-left screenshot shows the 'Job Search' page with filters for Age, Type, and Stream. The top-right screenshot shows the 'Job Detail of Latest Jobs of the Current Month' with a table of job listings and a dropdown menu for 'Select Stream'. The bottom-left screenshot shows the 'Job Search' page with a dropdown menu for 'Select age'. The bottom-right screenshot shows the 'Job Detail of Latest Jobs of the Current Month' with a table of job listings and a dropdown menu for 'Select job Type'.

## SENIOR JOBS

A platform of Job Information for the seniors.

SENIOR JOBS is an **Employment Repository** for seniors for the **Meaningful Engagement** of the Senior peoples through **Dissemination of Job Information** on regular basis.



Senior Jobs-  
Job Search by  
Age/Stream/Type/Date

\* 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



**Round Table Discussion**

## Gandhi And Conflict Management In world peace perspective

13<sup>th</sup> July 2024 | SATURDAY | 6.10 pm

Mahatma Gandhi said, "If we have no clarity, and no tolerance, we shall never settle our differences amicably and must therefore always submit to the obliteration of a third party." Many of today's conflict management techniques and resolution process have a clear shadow of what and how Gandhi had seen issues in his times.



**KEY SPEAKERS**



**Dr. A. K. Pandey**  
I.A.S Retd.



**Professor S. Narayan**

Very rarely has history produced such personalities as are relevant for all times to come. Mahatma Gandhi was one such personality who has left indelible imprint on the sands of the time.

Just like all good things Mahatma Gandhi's material existence also had a limited span. He has gone and many of stalwarts of our country kept on following his footprints and made their life meaningful. Our generation can only see his footprints and understand the path where he would have gone after he breathed his last 74 years ago.

**Live on You Tube & Facebook**  
**Society for Empowerment**  
www.sfe.org.in  
https://www.youtube.com/societyforempowerment6704/e/srma

# SFE ACTIVITIES

## Gandhi And Conflict Management in World Peace Perspective

Online Round Table Discussion

13<sup>th</sup> July 2024 | SATURDAY | 6.10 pm

You Tube link for watching the webinar:

<https://www.youtube.com/watch?v=OeRUGY8S0gQ>



Gandhi And Conflict Management in world peace perspective

To exit full screen, press [Esc]

**S. Narayan**

**Dr. A. K. Pandey**

**BREAKING** आमने-सामने **NEW**

### विश्व शांति के लिए गांधी आज भी प्रासंगिक: डॉ. एके पांडेय

#### गोलमेज वार्ता

पटना, हिन्दुस्तान प्रतिनिधि। सोसायटी फॉर इम्पावरमेंट की ओर से शनिवार को गांधी और विश्व शांति के संघर्ष प्रबन्धन में प्रभावशाली ऑनलाइन गोलमेज वार्ता का आयोजन किया। उद्घाटन प्रमुख गांधीवादी नेता सह सेवानिवृत्त आईएएस डॉ. एके पांडेय ने किया। प्रो. एमेरिटस डॉ. एस नारायण ने भारत की सांस्कृतिक महत्वाकांक्षा को एक विश्व गुरु बनने के रूप में उठाया। उन्होंने बताया कि गांधी की शिक्षा विश्वभर में गहरी छाप छोड़ रही है। उन्होंने गांधी के सत्य और अहिंसा के दर्शन की भी सराहना की। उन्होंने कहा कि गांधी दर्शन और सिद्धान्तों से आपसी सम्बंधों को मजबूत बनाने और विश्व शांति को कायम रखने में मदद मिलेगी। डॉ. एके पांडेय ने सत्य, अहिंसा और शांति को भारत का अद्वितीय योगदान बताया। उन्होंने मध्य पूर्व, यमन और यूक्रेन जैसे क्षेत्रों में चल रही वैश्विक संकटों पर ध्यान दिया। मौके पर एसएफई सचिव एसएफई शिवानी सहित अन्य लोग मौजूद थे।

**आईजीआईए**

The Society for Empowerment organized an impactful online Round Table Discussion titled "Gandhi And Conflict Management in World Peace Perspective" on 13<sup>th</sup> July 2024.



**Round Table Discussion**

## Gandhi And Conflict Management In world peace perspective

13<sup>th</sup> July 2024 | SATURDAY | 6.10 pm

Mahatma Gandhi said, "If we have no clarity, and no tolerance, we shall never settle our differences amicably and must therefore always submit to the obliteration of a third party." Many of today's conflict management techniques and resolution process have a clear shadow of what and how Gandhi had seen issues in his times.



**KEY SPEAKERS**



**Dr. A. K. Pandey**  
I.A.S Retd.



**Professor S. Narayan**

Very rarely has history produced such personalities as are relevant for all times to come. Mahatma Gandhi was one such personality who has left indelible imprint on the sands of the time.

Just like all good things Mahatma Gandhi's material existence also had a limited span. He has gone and many of stalwarts of our country kept on following his footprints and made their life meaningful. Our generation can only see his footprints and understand the path where he would have gone after he breathed his last 74 years ago.

**Live on You Tube & Facebook**  
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www.sfe.org.in  
<https://www.youtube.com/societyforempowerment6704/e/srma>

# SFE ACTIVITIES

## Gandhi And Conflict Management in World Peace Perspective

Online Round Table Discussion

13<sup>th</sup> July 2024 | SATURDAY | 6.10 pm

You Tube link for watching the webinar:

<https://www.youtube.com/watch?v=OeRUGY8S0gQ>



Gandhi And Conflict Management in world peace perspective

To exit full screen, press [Esc]

**S. Narayan**

**Dr. A. K. Pandey**

**BREAKING** आमने-सामने **NEW**

## विश्व शांति के लिए गांधी आज भी प्रासंगिक: डॉ. एके पांडेय

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# SFE ACTIVITIES

**The event commenced with an inaugural address by Dr. A.K. Pandey, a distinguished Gandhian leader and retired IAS officer, and was presided over by Peace farmer Professor Emeritus Dr. S. Narayan.**

Dr. S. Narayan, in his opening remarks, eloquently quoted Gandhi's belief that the essence of modern world politics should be harmony rather than conflict. He emphasized India's cultural ambition to be a Vishwa Guru (world teacher) and how Gandhi's teachings continue to resonate profoundly across the globe. Dr. Narayan underscored the significance of inner peace, mutual respect, and harmonious co-existence among communities as essential prerequisites for achieving sustainable global peace. He emphasized Gandhi's timeless philosophy of truth and non-violence, advocating these principles as fundamental to creating congenial environments and fostering trust and respect on a global scale.

Dr. A.K. Pandey further elaborated on India's unique contribution to the contemporary world — the message of non-violence and peace, epitomized by Gandhi. He highlighted Gandhi's lifelong pursuit of a meaningful existence

grounded in truth, honesty, and moral courage. Dr. Pandey drew attention to ongoing global crises, such as those in the Middle East, Yemen, and Ukraine, and the profound impact of violence on diverse societies. He argued passionately for the relevance of India's cultural wisdom of non-violence and harmonious co-existence in addressing these conflicts and advancing global peacebuilding efforts.

The discussion also delved into the critical issue of mental health in conflict resolution, referencing initiatives by the United Nations to integrate Mental Health and Psychosocial Support (MHPSS) into peacebuilding strategies. Dr. Pandey highlighted the importance of addressing trauma and promoting resilience and nonviolent communication skills through counselling and group therapy.

Additionally, the Society for Empowerment presented its documentary "Swarnim Bharat," which celebrates India's rich heritage of peaceful values inspired by luminaries like Buddha and Mahatma Gandhi. This documentary shall served as a powerful testament to India's enduring commitment to non-violence and its potential to inspire positive change on a global scale.

The event concluded with a poignant reflection on the nature of peace — emphasizing that true peace is not merely the absence of conflict, but rather the ability to handle conflicts peacefully and constructively. Participants left with a renewed sense of purpose and commitment to Gandhi's principles, recognizing their timeless relevance in today's complex world.

In summary, the Round Table Discussion facilitated a deep exploration of Gandhi's philosophy and its profound implications for contemporary global peace efforts. It celebrated India's cultural legacy of non-violence and harmonious co-existence while advocating for these values to guide international relations and conflict resolution strategies moving forward.





# SFE ACTIVITIES

Round Table Discussion on "Gandhi And Contemporary Global Scenario"

06<sup>th</sup> July 2024 | SATURDAY | 6.10 pm

<https://www.youtube.com/watch?v=bIXduKkdhdhc>



**Round Table Discussion**

## Gandhi And Contemporary Global Scenario

06<sup>th</sup> July 2024 | SATURDAY | 6.10 pm

Live on You Tube & Facebook Society for Empowerment



**MODERATOR**



**Professor S Narayan**

**Key Speakers**



**Sh. Sudhanshu Ranjan**

**Inaugural Address**



**Prof. Anil Prasad**



**Sh. Ravi Medhankar**

The greatest and the most unique contribution of India to the contemporary world is the message of non-violence and peace.

Gandhi was in search for a meaningful life, a life based on truth and honesty, a life that would boast of a moral courage to stand for the right and for justice, even at its own cost.

Not conflict but harmony is the watch world of the modern world politics.

Man's greatness is not in what he is, but in what he can be.



Search



Round Table Discussion on "Gandhi And Contemporary Global Scenario"



42 घंटायों की सूखी खाड़ा करते वही गोली मारकर हत्या कर दी। हुए सरकार से काबू व्यवस्था को मुख्यमंत्री के लिए ये छोटी घटनाएं

## विवाद नहीं, सामंजस्य विश्व राजनीति का सूत्रधार हो : डॉ एस नारायण

नवविहार टाइम्स व्यू

पटना। सोसायटी फॉर एम्पावरमेंट ने राजीव गांधी और समकालीन वैश्विक परिदृश्य पर ऑनलाइन गोल मंच चर्चा का आयोजन किया। इस कार्यक्रम का उद्घाटन अंतरराष्ट्रीय पीढ़ा संघ के अध्यक्ष, जापान रॉय मेथंकर ने किया और इसे अध्यक्षित किया गोपेराय साहसबहाल अध्यक्ष प्रोफेसर मान्यवर डॉ. एस. नारायण ने। डॉ. एस. नारायण ने अपने उद्घाटन भाषण में गोपेराय उद्घेष्ट का उद्घरण करते हुए कहा कि 'विवाद नहीं, सामंजस्य आधुनिक विश्व राजनीति का सूत्रधार होना चाहिए।' उन्होंने कहा कि महात्मा गांधी एक अंतरराष्ट्रीय राजनेता थे जिन्होंने अपने अहिंसा के सिद्धांत के माध्यम से शांति और अहिंसा की प्रेरणा न केवल भारतीय स्वतंत्रता आंदोलन में बल्कि अन्य

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दिल्ली, एनएचए, 08 जुलाई, 2024

दिल्ली/नोएडा/फरीदाबाद

## सोसायटी फॉर एम्पावरमेंट ने की आनलाइन गोल मंच चर्चा

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# SFE ACTIVITIES

## Yoga For Self And Society

**Ms. Malti.K Dave**

**Yoga Guru**

Society For Empowerment on the occasion of the Yoga Day organized a Yoga Camp at Aakruti Elegace, Ahmedabad. The programme was organized by SFE Governing Board Member & Yoga Guru Ms. Malti.K Dave.

### **Theme of International Yoga Day 2024**

This year's theme for International Yoga Day is '**Yoga for self and society**'. This year marks a special milestone – the 10th anniversary of International Day of Yoga.





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# SFE ACTIVITIES







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