

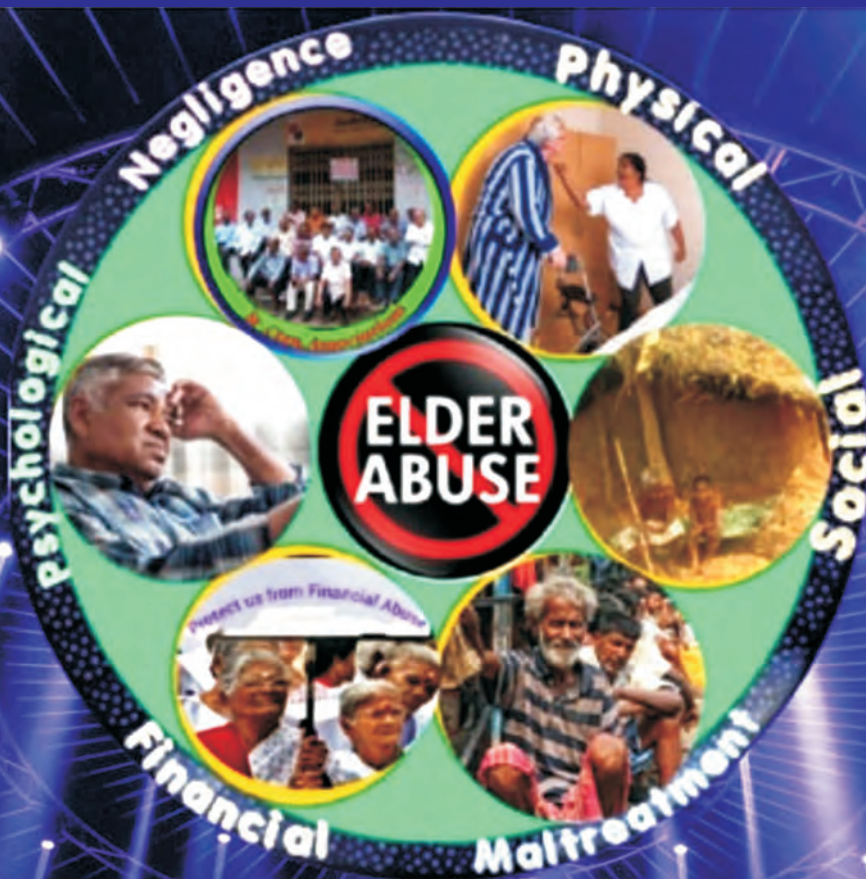
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ବରିଷ୍ଠ ବାଣୀ

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World Elder Abuse Awareness Day
15.06.2023

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**Release of
Baristha Bani of the last issue**



**Prof Tahalu Sahu, President,POBNM
falicitated by President,AISCCON.**

**Felicitation of
Prof. Tahali Sahu**



**World Elders Abuse Awareness Day, 23 celebrated by
Zilla Baristha Nagarik Sangha, Bargarh on 15.06.2023
at the Conference Hall of Panchayat College, Bargarh**

WEAAD-23, Bargarh



BARISTHA BANI

ବୟସ୍କମାନଙ୍କ ପାଇଁ ଚିତ୍ତବିନୋଦନ ଭିତ୍ତିକ ହେତୁମାସିକ ପତ୍ରିକା

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ଦ୍ଵିତୀୟ ସଂଖ୍ୟା

ଅପ୍ରେଲ-ଜୁନ୍ ୨୦୨୩

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GRATITUDE TO OUR DONER

1. Sri Bidyadhar Agarwal
2. Sri Bikram Nayak
3. Sri Suryanarayan Mohanty
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Dr. U.N. Sahu
Publisher

ସମ୍ବାଦକୀୟ

ପ୍ରଫୁଲ୍ଲ କୁମାର ମହାପାତ୍ର

ମୋ-୮୮ ୯୫ ୨୬୫ ୯୩୩

ପ୍ରତିବର୍ଷ ଜୁନ୍ ମାସ ୧୫ ତାରିଖ ଦିନଟିକୁ ସାରା ପୃଥିବୀରେ ବିଶ୍ୱ ବରିଷ୍ଠ ନିର୍ଯ୍ୟାତନା ଦିବସ ଭାବରେ ପାଳନ କରାଯାଉଛି । ଏହାକୁ ପାଳନ କରିବାର ଉଦ୍ଦେଶ୍ୟ ହେଲା ସମାଜର ପ୍ରତ୍ୟେକ ବର୍ଗର ଲୋକ ବରିଷ୍ଠ ନାଗରିକମାନଙ୍କ ପ୍ରତି ହେଉଥିବା ନିର୍ଯ୍ୟାତନାକୁ ଅନୁଭବରେ ଆଣନ୍ତୁ ଏବଂ କାଳର ଘୂର୍ଣ୍ଣନ ଚକ୍ରରେ ସମସ୍ତେ ନିର୍ଯ୍ୟାତନାର ଶିକାର ହେବା ପୂର୍ବରୁ ସଚେତନ ହୋଇଯାଆନ୍ତୁ । ବରିଷ୍ଠ ନାଗରିକଙ୍କ ପ୍ରତି ହେଉଥିବା ଅତ୍ୟାଚାର ହୃଦୟଙ୍ଗମ କରି ଜାତିସଂଘର ସାଧାରଣ ଅଧିବେଶନ ୨୦୧୧ ମସିହା ଡିସେମ୍ବର ମାସ ୧୧ ତାରିଖରେ ଏକ ପ୍ରସ୍ତାବ ଗୃହୀତ ହୋଇଥିଲା । ସେହି ନିଷ୍ପତ୍ତି ଅନୁସାରେ ସାରାବିଶ୍ୱରେ ପ୍ରତିବର୍ଷ ଜୁନ୍ ମାସ ୧୫ ତାରିଖ ଦିନଟିକୁ ବିଶ୍ୱ ବରିଷ୍ଠ ନିର୍ଯ୍ୟାତନା ସଚେତନ ଦିବସ ଭାବରେ ଆମେ ୨୦୧୨ ମସିହାଠାରୁ ପାଳନ କରି ଆସୁଅଛେ । ଏଥିପାଇଁ ଏକ ଚିହ୍ନ ମଧ୍ୟ ରଖାଯାଇଛି । ତାହା ହେଉଛି ବାଇଗେଣି ରଙ୍ଗର ଏକ ରିବନ୍ ଫିଟା । ଏହି ରଙ୍ଗ ରାଜକୀୟ ମର୍ଯ୍ୟାଦାପୂର୍ଣ୍ଣ ଓ ସମ୍ମାନର ପ୍ରତୀକ । ଜଣେ ବରିଷ୍ଠ ନାଗରିକ ଏହିପରି ଭାବେ ବଞ୍ଚିବାର ଅଧିକାର ଥିବାରୁ ଉକ୍ତ ରଙ୍ଗଟି ସୁନ୍ଦର ଭାବରେ ବଛାଯାଇଛି ।



ଆମେ ସମସ୍ତେ ଭଲ ଭାବରେ ଜାଣିଛେ, ବରିଷ୍ଠ ନାଗରିକମାନେ ପ୍ରାୟ ପ୍ରତିଦିନ ଶାରୀରିକ, ମାନସିକ, ଆର୍ଥିକ ଏବଂ ଯୌନ ନିର୍ଯ୍ୟାତନାର ଶିକାର ହେଉଛନ୍ତି । ଏହି ଶ୍ରେଣୀର ନାଗରିକମାନଙ୍କୁ ସବୁବେଳେ ସମାଜରେ ଅଣହେଲା ପ୍ରଦର୍ଶନ କରାଯାଉଛି । ପ୍ରତ୍ୟେକ ନାଗରିକମାନଙ୍କ ଭଳି ବରିଷ୍ଠ ନାଗରିକମାନଙ୍କର ମଧ୍ୟ ସମ୍ମାନର ସହ ବଞ୍ଚିବାର ଅଧିକାର ରହିଛି । କିନ୍ତୁ ଯାହା ଦେଖାଯାଉଛି ଏମାନଙ୍କୁ ଗଣେ ଖାଇବାକୁ ମିଳୁନାହିଁ, ଏମାନଙ୍କର ଜରାଜୀର୍ଣ୍ଣ ସ୍ୱାସ୍ଥ୍ୟ ଅବସ୍ଥା ଯାହା ସେସବୁକୁ ନକହିଲେ ଭଲ । ସେମାନେ ସମାଜରେ ଯେପରି ଏକ ଅଲୋଡ଼ା ମଣିଷ ପାଲଟି ଯାଇଛନ୍ତି ।

ଏକ ଅନୁଧ୍ୟାନରୁ ଜଣାପଡ଼ିଛି, ପ୍ରାୟ ୭୦ ଭାଗରୁ ଅଧିକ ବରିଷ୍ଠ ନାଗରିକ, ଗୃହ ଭିତରେ ରହି ସେମାନଙ୍କର ପରିବାର ଦ୍ୱାରା ନିର୍ଯ୍ୟାତିତ ହେଉଛନ୍ତି । କେଉଁଠାରେ ନିଜ ପୁଅ ବୋହୂ, ଆଉ କେଉଁଠାରେ ନିଜର ପ୍ରିୟ ପରିଜନ । ଅଜାଗା ଘା ଅନ୍ୟକୁ ନଦେଖାଇ ପାରିବାପରି ସେମାନେ ମୃତ୍ୟୁ ପର୍ଯ୍ୟନ୍ତ ଯନ୍ତ୍ରଣା ଭୋଗ କରିଚାଲିଛନ୍ତି । କେନ୍ଦ୍ର ଓ ରାଜ୍ୟ ସରକାର ଏହାର ନିରାକରଣ ପାଇଁ ବିଭିନ୍ନ ଆଇନ୍ ପ୍ରଣୟନ କରିଥିଲେ ସୁଦ୍ଧା ଏଗୁଡ଼ିକର କଡ଼ାକଡ଼ି କାର୍ଯ୍ୟକାରୀତା ଉପରେ କାହାର ଧ୍ୟାନ ନାହିଁ । ବେସରକାରୀ ସ୍ତରରେ ଅନେକ ସଂସ୍ଥା ଏଥିପାଇଁ କାର୍ଯ୍ୟକରୁଛି । ମାତ୍ର ଯେ ଯାହାର ଫାଇଦା ଉଠାଇବାରେ ତତ୍ପର ଅଛନ୍ତି । ଏତଦ୍ୱ୍ୟତୀତ ବରିଷ୍ଠ ନାଗରିକମାନଙ୍କର ସୁରକ୍ଷା ପାଇଁ ପୋଲିସ୍ ଅଧିକାରୀମାନଙ୍କୁ ଏକ ଗୁରୁ ଦାୟିତ୍ୱ ତୁଲାାଇବାକୁ କୁହାଯାଇଥିଲେ ମଧ୍ୟ ଏହା କାଗଜ କଳମରେ ସୀମିତ ହୋଇ ରହିଯାଇଛି । ପ୍ରତ୍ୟେକ ଆନରେ ସହାୟତା କେନ୍ଦ୍ର ଖୋଲି ସେମାନଙ୍କୁ ସମସ୍ତ ପ୍ରକାର ସାହାଯ୍ୟ ଯୋଗାଇ ଦେବାକୁ ନିର୍ଦ୍ଦେଶ ଆଇ ସୁଦ୍ଧା ଏହାର ସୁଫଳ ବରିଷ୍ଠ ନାଗରିକମାନେ ପାଇପାରୁ ନାହାନ୍ତି ।

ତେବେ ଆସନ୍ତୁ ଆମେ ସମସ୍ତେ ମିଳିମିଶି ଆନ୍ଧମାନଙ୍କର ଅଭାବ ଅସୁବିଧା ଦୂରପାଇଁ ଆଜିର ଦିନରେ ନିଜର ସ୍ୱର ଉତ୍ତୋଳନ କରିବା ଏବଂ ଆଗାମୀ ସମୟ କିପରି ସୁଖରେ କଟିବ ସେଥିପାଇଁ ଯତ୍ନବାନ ହେବା ।



ସଭାପତିଙ୍କ କଲମରୁ

ଇଂ. କୃଷ୍ଣଚନ୍ଦ୍ର ସାହୁ

ମୋ-୯୪୩୭୦୭୫୬୨୫

କଥାରେ ଅଛି ଦୁଇଟି ହାତ ଏକାଠି ନହେଲେ ତାଲି ବାଜେନା। ଠିକ୍ ସେହିପରି ବରିଷ୍ଠ ନାଗରିକମାନଙ୍କ କ୍ଷେତ୍ରରେ ଯେଉଁ ନିର୍ଯ୍ୟାତନା ସବୁ ଘଟୁଛି ସେଥିପାଇଁ ଜଣକୁ ଦାୟୀ କରାଯିବା ଉଚିତ ନୁହେଁ। ମଣିଷର ସ୍ବାଭାବ ଜନ୍ମଗତ। ତାହା ଶେଷ ଜୀବନ ପର୍ଯ୍ୟନ୍ତ ଦେହରେ ଗୁଡ଼ାଇ ହୋଇ ରହିଥାଏ। କଥା ଛଳରେ ବହୁତ ଉପଦେଶ ଆମେ ଦେଉ। ଅନେକ ଉଦାହରଣ ଦେଇ ବୁଝାଇବାକୁ ଚେଷ୍ଟାକରୁ। କିନ୍ତୁ ପ୍ରକୃତ କଥା ହେଲା ଜଣକୁ ବଦଳାଇବା ସବୁବେଳେ ସମ୍ଭବ ହୋଇ ନଥାଏ। ଏହାହିଁ ବରିଷ୍ଠ ନାଗରିକମାନଙ୍କ ନିର୍ଯ୍ୟାତନା ଭୋଗ କରୁଥିବା କାରଣ ମଧ୍ୟରୁ ଏକ ବଡ଼ କାରଣ।



ଏ ବିଷୟରେ ଚର୍ଚ୍ଚା କରିବା ବେଳେ ଜଣେ ନାଗରିକଙ୍କ କଥା ମନେପଡ଼େ। ତାଙ୍କର ବୟସ ବେଳେ ପିଲାମାନଙ୍କୁ ଆୟାମାନଙ୍କ ଦ୍ଵାରା ଲାଳନପାଳନ ଭାର ନ୍ୟସ୍ତକରି ସେମାନଙ୍କୁ ମାତୃପିତୃ ସ୍ନେହରୁ ବଞ୍ଚିତ କରିଥିଲେ ଯାହାରି ସମାନ ପ୍ରଭାବ ବୃଦ୍ଧ ଅବସ୍ଥାରେ ସେମାନଙ୍କୁ ଭୋଗ କରିବାକୁ ପଡ଼ିଥିଲା। ଆଉ ଜଣେ ନିଶାସକ୍ତ ସରକାରୀ କର୍ମଚାରୀ ପିଲାମାନଙ୍କ ବାରଣ ସତ୍ତ୍ୱେ ନିଜର ରୋଜଗାର ଗର୍ବରେ କାହାକୁ ଖାତିରିରେ ନଆଣି ଚାଲିଥିଲା ବେଳେ ପରବର୍ତ୍ତୀ ସମୟରେ (ଅବସର ପରେ) ପିଲାମାନଙ୍କ ଦ୍ଵାରା ଅଣହେଳାର ଶିକାର ହୋଇଥିଲେ। ଏହାର ସରଳ ଅର୍ଥ ହେଉଛି ଆପଣ ଯେପରି ବୁଣିବେ, ଅମଳ ମଧ୍ୟ ସେହିପରି ଭାବରେ ଆଦାୟ କରିବେ। ଅନେକ ସମୟରେ ଆମେ ମଧ୍ୟ ଦେଖିବାକୁ ପାଉ, ପିତାମାତାମାନେ ଖଳ ପ୍ରକୃତିର ଥିବାବେଳେ ସେମାନଙ୍କର ପୁଅବୋହୁ ନିଜନିଜର ଉଦାର ପଣରେ ଏହାକୁ ଖାତିରି ନକରି ବାପାମାଆଙ୍କ ସେବାରେ କେବେ ଅଣହେଲା ପ୍ରଦର୍ଶନ କରି ନଥାନ୍ତି ଯେହେତୁ ପିତାମାତାଙ୍କୁ ଭଗବାନଙ୍କର ଏକ ଅପୂର୍ବ ରୂପ ବୋଲି ସେମାନଙ୍କର ମନରେ ବସାବାନ୍ଧି ରହିଥାଏ। ଅନ୍ୟପକ୍ଷରେ ଅନେକ ଗୁଣୀ ବାପାମାଆ ସେମାନଙ୍କ ଅମାନିଆ ପୁଅବୋହୁଙ୍କ ଯୋଗୁ ଅନେକ ଦୁଃଖ ଭୋଗ କରନ୍ତି। ଏ ସଂସାର ବଡ଼ ବିଚିତ୍ର। କେତେବେଳେ ଆମେ କହୁ, ମାତୃ ଦେବୋ ଭବ। ପିତୃ ଦେବୋ ଭବ। ଆଚାର୍ଯ୍ୟ ଦେବୋ ଭବ। ଅତିଥି ଦେବୋ ଭବ। ତା ସହିତ ପିତା ଧର୍ମ, ପିତା ସ୍ଵର୍ଗ, ପିତା ହିଁ ପରମ ତପ। ପିତରି ପ୍ରୀତିମାପନ୍ନେ ପ୍ରିୟନ୍ତି ସର୍ବଦେବତା। ଆଉ ମଧ୍ୟ ବେଳଆସେ ଏମାନଙ୍କୁ ନାନା ଅଶ୍ରାବ୍ୟ ଭାଷାରେ ଗାଳିଦେଉ। ମଣିଷ ବଡ଼ ସ୍ଵାର୍ଥପର। ସ୍ଵାର୍ଥ ଆଗରେ କେହି ବଡ଼ ନୁହନ୍ତି। ଏହି ଆଧାରରେ ଯେଉଁମାନେ ଚାଲିଥାନ୍ତି, ଅନେକ ଭଲରେ ଆଆନ୍ତି, ଅନେକ କଷ୍ଟ ଭୋଗ କରନ୍ତି। ତେବେ ସବୁଠାରୁ ବଡ଼କଥା ହେଲା, ଏ ସମାଜକୁ ବଦଳାଇ ଏପରି ଏକ ନୂତନ ସମାନ ଗଠନ କରିବାକୁ ପଡ଼ିବ ଯେଉଁଠାରେ କି ସମସ୍ତଙ୍କର ସ୍ଵାର୍ଥ ସୁରକ୍ଷିତ ହୋଇ ରହିବ। ଏପରି ହୋଇପାରିଲେ ସମାଜରେ ପରସ୍ପର ପ୍ରତି ସ୍ନେହ, ଶ୍ରଦ୍ଧା, ଭକ୍ତି ଆପେ ଆପେ ଚାଲି ଆସିବ। ଆମ ଗଣତନ୍ତ୍ର ରାଷ୍ଟ୍ରରେ ଯେଉଁମାନେ କର୍ଣ୍ଣଧାର ଅଛନ୍ତି, ସେମାନଙ୍କର ଚିନ୍ତା ଓ ଚେତନା ଯଦି ଏ ଦିଗରେ ନ ଆସେ ସମାଜ କେବେବି ବଦଳି ପାରିବ ନାହିଁ। ନିର୍ଯ୍ୟାତନା କାଳକାଳକୁ ଅଳ୍ପେ ବହୁତେ ରହିଥିବ।

ଆମେ ଯେତେ ବରିଷ୍ଠ ନାଗରିକ ଅଛେ, ସର୍ବପ୍ରଥମେ ଆମର ଅହଂଭାବକୁ ବହୁ ପରିମାଣରେ ଦୂରେଇ ଦେବାକୁ ପଡ଼ିବ। ପିଲାମାନଙ୍କ ସୁଖ ଦୁଃଖରେ ଭାଗିଦାର ହୋଇ ସେମାନଙ୍କୁ ଆପଣାର କରିପାରିଲେ ତାହାରି ଭିତରୁ ଆମେ କିଛିଟା ସୁଫଳ ପାଇପାରିବା। ଆମ ସ୍ଵାର୍ଥରୁ କିଛି ଛାଡ଼ିବାକୁ ହେବ ଯଦ୍ଵାରାକି ସେମାନେ ତାଙ୍କ ସ୍ଵାର୍ଥରୁ କିଛିଟା ତ୍ୟାଗ କରିବାକୁ ଆଗଭର ହୋଇ ଆସିବେ। ତେବେଯାଇ ସମସ୍ତଙ୍କର ମଙ୍ଗଳ ସାଧନ ହୋଇପାରିବ।



Copy of Grievances from a Sr. Ctzn. Assn. submitted to Sj. Naveen Patnaik. Honorable Chief Minister, Odisha. to consider and take appropriate measures to ensure a dignified and comfortable life for senior citizens.

NO. SCF / 11

Date 02.06.2023

To

**Sj. Naveen Patnaik .
Honorable Chief Minister, Odisha.**

Subject: Application highlighting grievances of senior citizens

Respected Sir,

I hope this letter finds you in good health and high spirits. I am writing to bring to your attention the numerous grievances faced by senior citizens. We believe that the government's attention and intervention are essential to resolve the following pressing issues.

1. It is our pride that our great leader Sj. Naveen Patnaik had come out with a very well-considered Maintenance and Welfare of Parents & Senior Citizens Rules-2009 and **Odisha State Policy for senior citizens in 2016** to ensure a dignified and comfortable life of this community. Any policy, however, will make a change in the lives of senior citizens only if it is implemented. Unfortunately no concrete action plan for implementation of this noble rules/policy which were drawn out except for some formal official orders. The implementation should be monitored across the state with true intention.
2. We, the senior citizens through our Associations/ NGOs have committed ourselves to increase awareness at the ground level and increase the number of sustainable initiatives, with or without Govt. funding, for improving the quality of life by engagement through **Day Care Centers**, establishing **Physiotherapy Centers**, organizing various conferences etc. Since there is no accommodation facilities to officiate, necessary land with required funding should be provided to our government registered Associations /NGOs.
3. We request the government to strengthen the activities of senior citizens' associations by forming a **State Senior Citizen Council** as per the provision of National Senior citizen Council, **Maintenance and Welfare of Parents & Senior Citizens Rules-2009 and Odisha State Policy for senior citizens in 2016** with top priority.
4. Senior citizens are vulnerable to various forms of abuse, including physical, emotional, and financial exploitation for which June 15th. is observing every year across the globe as **Elder Abuse Awareness Day** to raise awareness about the mistreatment & neglect to elderly community. We urge the government to raise the old age pension to '1.2000/-pm which will help them to survive and live a minimum acceptable standard.
5. Senior citizens often face challenges in accessing quality **healthcare** services. There is a need for improved healthcare infrastructure, including geriatric care

units, specialized clinics, and mobile medical units to cater specifically to the needs of the elderly population. Additionally, affordable and accessible healthcare insurance schemes would greatly alleviate the financial burden on senior citizens.

6. **Elder-Friendly Infrastructure:** Public spaces, parks, and buildings should be designed and modified to be elder-friendly. Provision of adequate seating, ramps, handrails, and accessible toilets would enable senior citizens to move around with ease and participate in social activities.

We understand the numerous challenges faced by the government in addressing these grievances. However, we believe that with your leadership and support, Odisha can become a model state for senior citizen welfare. We request you to kindly consider these issues and take appropriate measures to ensure a dignified and comfortable life for our senior citizens.

Thank you for your time and attention to this matter. We eagerly await your response and look forward to working together towards a more inclusive and caring society for our senior citizens.

With Regards

Yours faithfully

Dr. U.N.Sahu

Memo NO. SCF / 12

Date 02.06.2023

Copy submitted to the **Principal Secretary , Social Security & Empowerment of Person With Disabilities Department , Government of Odisha** for favour of information and necessary action.

Dr. U.N.Sahu

President, Senior Citizens' Forum,
Laxmisagar. , Bhubaneswar

ଆନୁଷ୍ଠାନର ଆଭିମୁଖ୍ୟ

ଜୀବନର ଅନ୍ତରାଳୀ ଯାତ୍ରା ସ୍ରୋତରେ ଦିଗହରା, ନିଃସଙ୍ଗ ଓ ଅସମର୍ଥ ବୟସ୍କ ବନ୍ଧୁମାନଙ୍କୁ ଏହି ଅନୁଷ୍ଠାନ ମାଧ୍ୟମରେ ପରସ୍ପର ଭାବ ବିନିମୟର ସୁଯୋଗ ମିଳିପାରିବ । ଚିତ୍ତବିନୋଦନ କ୍ଷେତ୍ରରେ ବରିଷ୍ଠ ନାଗରିକମାନଙ୍କ ହୃଦୟରେ ଖୁସିର ମହକ ଖେଳାଇଦେବା ପାଇଁ ଏହା ଏକ ସେବୁ ସଦୃଶ । ସମସ୍ତ ଅନୁବନ୍ଧିତ ସଦସ୍ୟବୃନ୍ଦଙ୍କ ଅବଦାନ ଅତୁଳନୀୟ । ନୂତନ ବନ୍ଧୁମାନଙ୍କୁ ଏହି ଅନୁଷ୍ଠାନରେ ଆକାଂକ୍ଷିତ ସଦସ୍ୟ (ଏକ ହଜାର ଟଙ୍କା ସହଯୋଗ ରାଶି ସହ) କିମ୍ବା ପୃଷ୍ଠପୋଷକ ସଦସ୍ୟ (ଦଶ ହଜାର ଟଙ୍କା / ତତୋଧିକ ସହଯୋଗ ରାଶି ସହ) ହୋଇ ଏପରି ମହତ କାର୍ଯ୍ୟରେ ପରୋକ୍ଷ ହେଉ କିମ୍ବା ପ୍ରତ୍ୟକ୍ଷ ଭାବେ ଅଂଶୀଦାର ହେବାକୁ ସାଦର ସ୍ୱାଗତ । ପ୍ରତିବଦଳରେ ଅନୁଷ୍ଠାନ ତରଫରୁ ପ୍ରକାଶିତ ତ୍ରୟମାସିକ ପତ୍ରିକା “ବରିଷ୍ଠ ବାଣୀ” ବିନା ମୂଲ୍ୟରେ ପ୍ରେରଣ, Daycare Service, ଲାଏବ୍ରେରୀ ଓ ଚିତ୍ତବିନୋଦନ କାର୍ଯ୍ୟକ୍ରମରେ ଯୋଗଦାନ ସହ ଅନୁଷ୍ଠାନର ସମସ୍ତ କାର୍ଯ୍ୟକ୍ରମଗୁଡ଼ିକରେ ପ୍ରାଥମିକତା / ରିହାତି ଇତ୍ୟାଦି ଉପରେ ଗୁରୁତ୍ୱ ପ୍ରଦାନ କରାଯାଏ ।

ସଭ୍ୟଭୁକ୍ତ ପାଇଁ ଆଗ୍ରହୀ ବନ୍ଧୁମାନେ ନିମ୍ନ ଆକାଉଣ୍ଟରେ ସହଯୋଗ ରାଶି ଜମା କରିବାକୁ ଅନୁରୋଧ ।

Elder Recreation Activities Trustର

ବ୍ୟାଙ୍କ ଖାତା - **S.B. A/C - 513310210000012 &**

IFSC Code BKID0005133 MICR Code 751013027,
Bank of India, Chakeisiani Branch, Bhubaneswar

Administrative Annual Report for 2022-23



Regd. No. 41081913621/19

www.eraindia.org.in

Email- eraindianet@gmail.com



91 +9438081 006

**Office address- Niharika Apartment,
Puri-Ctc. Rd, Bhubaneswar-751006**

LEGAL STATUS :

a) **Elder Recreation Activities Trust (ERA)** is a community centre of the Elders, for the Elders, by the Elders which acts to empower them to lead a life of dignity and respect. It endeavors to assist senior citizens to move surely but steadily from helplessness and self pity towards - Confidence, Respect & Mutual Caring.

ERA is a statutory body constituted by Indian Trust Act 1882 with registration number 41081913621/2019 having 109 number of Life Members including 7 no. of Patrons Members & 9 no. of Institutional Members as on 31st. March'23 and managed by an effective & thriving Management Team expertise in this field .Details including addresses, phone number etc. of these Members are available on website www.eraindia.org.in

The whole amount of Rs. 1,72,000/- collected as members fees so far was preserved in the bank fix deposit of Rs. 2,00,000/- in order to create a corpus fund. All other expenses including non-recurring expenses were born by few members voluntarily as well as from out sources. The financial position is mentioned below :

BALANCE SHEET AS ON 31.3.2023

<u>General Fund</u>	
Current year	48,570.60
Balance B/F from previous year	<u>1,62,910.79</u>
Total	2,11,481.39

<u>Cash & Bank Balance as on 31.03.2023</u>	
Cash in hand	3,360.35
Bank Balance in SB a/c	8,121.04
Fixed Deposit in Bank	<u>2,00,000.00</u>
Total	211481.39

b) ERA obtained registration certificate vide No.OR/2020/0264465 under **DARPAN** (Digital Advancement of Rural Post Office for A New India) maintained by NITI Aayog , a platform that provides space for interface between VOS/NGOs and key Government Ministries/Departments/Government Bodies for any assistance/grant which is mandatory for all NGO.

c) ERA enrolled under **Ministry of Social Justice and Empowerment**, Govt. of India vide id.OR/00023031.

d) ERA enrolled under Dept of Social Security and Empowerment of Persons with Disabilities ,(**SSEP**) Govt. of Odisha vide 111342/2020.

e) ERA enrolled under many other **Agencies** in national & international level for generating wide instant contact with them.

f) ERA achieved recognition for its newsletter-Baristha Bani by the Registrar of Newspapers for India (**RNI**) under the Press and Registration of Books Act, 1867 vide RNI NO.ODIBIL/2022/83062 .

g) ERA is also affiliated unit of All India Senior Citizens' Confederation (**AISCCON**).

h) *In addition, ERA has all other required certificates for return of income tax as per rules. These include **PAN** , **12A** for exemption of income tax and **80G** for 50% tax relief to Donner for giving any donation to ERA.*

WHAT ERA HAS DONE & ACHIEVED YET :

1. **General developmental features** : ERA is functioning on its own office furnished

with all amenities located at Bhubaneswar vide address mentioned above.

2. **Public Relations & Awareness program:**

The PR strategies of ERA are used to create awareness about aims and objectives and to campaign social attention with following pattern :

a) The quarterly newsletter -"**Baristha Bani** " has been publishing regularly since January'2020 without intermission to share relevant and valuable

information as per guidelines of Registrar News paper of India holding RNI no.ODIBIL02893 and distributing to doorstep of its members free of cost. Copies of all editions of Baristha Bani can be available for download on our website, www.eraindia.org.in



b) Use of WhatsApp and chatbot for ERA has an vital power on the social impact. Most people are member of several categories WhatsApp groups created for common areas of interest, affinity or purpose. This communications pattern allow participants to reach every person on a broad scale and in various creative ways.

c) ERA has its own website (www.eraindia.org.in) with a well-optimized and mobile friendly webpages alongwith Facebook account, YouTube channel for providing an easier way to handle customer service because it can be reached people any where they are. Potential customers doing a Google search on common problems related to ERA will be more likely to find it. Plus, after they read it's blog articles, they'll see how helpful it can be to them

3. Welfare Activities :

Loneliness, as well as isolation, is unquestionably a matter of principal concern among elderly because of lack of companionship which lead to continuous depression and other mental complications. So the prime objectives of ERA is to provide recreational activities which relieve stress along with supportive services as mention below :

a) ERA provides recreational activities in its **Day Care Service** program in which during day time the members have



opportunity to get out of their residence to receive both mental & social stimulation by participating in various recreational activities like indoor games ,reading different types of books / magazines available in its library located at its office premises

b) ERA arranged **group tour to different spiritual places** of India to develop a strong sense of the divine power which can boost strong immune system during pandemic. Such program to Puri Dham was arranged for darshan to Lord Sri Jagannath as well as for relaxation at the splendor of golden beach. Arrangements are in progress for a group spiritual tour to other places,common refreshment with snack & tea including other recreational entertainment.



c) **Package group foreign tour** for senior citizen guided with professionally sound tour manager is a gift to those who have an ambition to visit foreign countries in their lifetime but unable to get physical & moral support. As such foreign group tour to Thailand , Malaysia & Singapore with 44 & 38 participants respectively have been completed by ERA and new foreign tour will be scheduled in near future.



Arrival at Suvarnabhumi airport

Bangkok Arrival at Changi Airport, Singapore

A get-together dinner at Kuala Lumpur, Malaysia

d) ERA arranged **family picnic & local recreational tour** during favourable weather .

e) During pandemic ERA created a new way by providing free access through its **VIRTUAL CLUB** with different agenda/topics to stay connected with one another for reducing isolation and improve health outcomes and also participants can be



Dalijoda dense forest-7.1.23

well acquainted with virtual event which is essentially required for healthy lifestyle . More than 80 number of such virtual meet guided by eminent speakers were held.

f) **Free health camps including naturopathy, sidha** were held under the guidance of experts. Sidha chikischha camp is going on every sunday at office of ERA . Arrangements of frequent health check , eye scanning, distribution of heath cards from local corporate hospitals have been done. Free distribution of mask to needy elderly people was done during covid epidemic period.



g) It is negotiated with **Ms.R & R SERVICES, Bhubaneswar** to give 24 hour emergency services for all types of electrical, plumbing and other domestic repairs at a fixed fee for local senior citizen. Its toll free helpline number 180891935 or its WhatsApp 6371197427 can be contacted for above services (www.rservicesodisha.com)

h) It is also negotiated with **M/s Local Ambulance** who will provide emergency services in which one can speak to a doctor immediately on the phone, and then be transported to the desired hospital in its own critical care (CCU and ICU) equipped ambulance. For communication one can call its toll free helpline number 18005474001. (www.localambulance.com)

i) It is also negotiated with **M/s. Ascension (funeral)** who will provide freezer boxes, embalmers and cremation, cremation, ten karma, death anniversary, Ashti Visharjan, Gayashradha etc. and also arranges the necessary funeral arrangements. For communication, one can contact its toll free helpline number +91 9937 255912 or toll free 9437505560. (www.swargayatra.com)

j) **Digital safety tutorial :**

A practical interactive live free Digital Safety tutorial class for senior citizens with the support of HelpAge India was done at office of Elder Recreation Activities-era

What ERA to do in near future

1. **Digital Literacy** has become need of the hour especially for the vulnerable elderly

population which often leads to them being socially isolated. To coup this acute problem , a digital literacy tutorial for older people under title “Digital Pathasala” is under process for implementation.



2. ERA is preparing to provide **supportive services/ consultancy to NGOs** for their legal status, registration of new society/trust , various services for Government grants under NGO Darpan, CSR fund, tax exemption i.e. 12A , 80G from the Income Tax Authority and many more. Web related consulting services will be provided to NGOs.

3. ERA will provide supportive services by providing supply of personal assistant , drivers for needy members, support during any emergency like hospitalization.

An appeal :

These operational processes will undoubtedly serve us well for many years to come. We are proud of these achievements and grateful to the extraordinary people working for ERA. We welcome all like minded interested person whether young or old, to participate in the developmental programs of ERA. Your kindness, as well as love, will be the support to ERA . Digitally sound person also welcome to join as Volunteer to spare their skills especially on digital sector to serve elders. Your noble donation in shape of cash or kind (computer for Day care,

Smart phone for Digital literacy class) will help us to create a better platform for the neglected and less privileged elderly community. Once you donate, we will grant the receipt with required certificate for exemption of tax as applicable under 80G Income tax Rules.

Here are the ways you can make a donation:

Make a donation online at our website www.eraindia.org.in

Call us at phone number 91+ 9438081006

Bank Transfers / Electronic Funds Transfer (EFT) / Send a check in favour of **ELDER RECREATION ACTIVITIES TRUST** payable at Bhubaneswar with following details:

**Bank Name:- Bank of India,
Chakeisiani Bhubaneswar Branch
SB .Account. No.:-513310210000012
SB. IFSC Code:- BKID0005133
(No cash, please!)**

Dr.U,N.SAHU

Chairman

Elder Recreation Activities Trust



ATTENTION

Sidha chikischha / Naturopathy consultancy is operating in every Sunday at 4 pm to 6pm at office of the Elder Recreation Activities-era located at Niharika Appartment, adjacent to Satyanagar over bridge, Ctc.road, Bhubaneswar. Any interested person can attend free of cost.

NEWS FLASH

AI Tech. for Senior Citizens

A new Era of Digital world - AI (Artificial Intelligence) was launched on 29.5.23 by Government of Odisha to raise public awareness & to enable citizens to take their first step towards AI.

So let us know what is AI technology & how it will help Senior Citizens

AI, or artificial intelligence, is a type of technology that allows machines to learn and make decisions like humans do. It's like having a computer brain that can process information and make decisions based on that information. It refers to the development of computer systems that can perform tasks that typically require human intelligence.

Overall, AI technology is designed to make our lives easier and more efficient by automating tasks and providing personalized experiences. While it may seem complex, it's important to remember that AI is simply a tool that we can use to improve our daily lives. When it comes to senior citizens, AI can provide various benefits and support. Here are a few ways AI is helping senior citizens:

- **Voice Assistants:** It can be used to interact with smartphones or smart devices using voice commands. Senior citizens can ask questions, set reminders, make phone calls, or control smart home devices just by speaking, eliminating the need for complex smartphone interactions.

- **Health Monitoring:** AI-powered wearables and smart devices can monitor seniors' health conditions and provide timely alerts in case of any anomalies. For example, wearable devices can track heart rate, blood pressure, sleep patterns, and activity levels, providing valuable insights and promoting healthy habits.

- **Medication Management:** AI-enabled devices can assist in medication management by sending reminders to seniors to take their medications at the right time. Some devices even offer automated pill dispensers that organize and dispense medications according to the prescribed schedule, ensuring seniors take their medications.

- **Remote Monitoring:** AI-powered remote monitoring systems can enable family members or caregivers to keep an eye on seniors' well-being from a distance. These systems can detect falls, monitor activity levels, and even track wandering behaviors to ensure the safety and security of seniors.

- **Virtual Companionship:** AI-powered virtual assistants and chatbots can provide companionship to seniors by engaging in conversations, answering questions, or simply providing emotional support. These virtual companions can help reduce feelings of loneliness and isolation.

It is important to note that while AI technology can provide valuable

assistance to senior citizens, it should not replace human interaction and support. Human involvement, such as family members, caregivers, or healthcare professionals, remains crucial for ensuring the well-being and quality of life for seniors.

Let's walk through a simple example to help you understand how AI works

Imagine you want to draft a rental agreement of your house or put any queries under ChatGPT. So many Apps are available in Google play store. But these are not so reliable. So it is preferable to always navigate to the ChatGPT section of the website. Visit www.chat.openai.com, sign up/login with your mail id and type in your query or question in the chat window.

Wait for ChatGPT to generate a response

Read the response and evaluate whether it answers your question or not. If the response is not satisfactory, you can ask a follow-up question or rephrase your original query. If the response is helpful, save a copy and close the chat window. If you ask questions in local language including odia you can visit www.forefront.ai / GPT-3.5 and follow as above.

Remember, ChatGPT is a language model designed to provide helpful responses to your queries. However, it may not always have the most up-to-date information or be able to answer every question. If you need more detailed or specific information, you may

need to consult other sources or seek the advice of a human expert.

Senior citizen most commonly broken the traffic rules unknowingly

You may not even be aware of it. That is, the challan of your vehicle must have been deducted, but you are not aware of it. In such a situation, if e-challan has been issued for your vehicle, then it can be checked online. If the e-challan remains pending for a long time, then trouble can be more for you. So below is a guide how to check and fill the e-challan.

How to check e-challan status

To check e-challan, you have to go to www.echallan.parivahan.gov.in website. Here you have to click on Challan Details. Now follow the further process by entering the challan number / vehicle number / driving license number in the window that will open. If you enter the vehicle number, then you will also have to enter the chassis number or engine number of the vehicle. After this, after filling the captcha, you will get the details of the e-challan.

Online Process of Filling E-Challan

To fill the online e-challan, you have to visit the same website www.echallan.parivahan.gov.in. Here you will get the option of Pay Online. Click here for payment. Now a form related to the challan details will open. In this form you will get the options of challan number, vehicle number and DL number. Select any one according to your convenience. You can make online e-payment by Credit Card / Debit Card / Net Banking / UPI.

Senior Citizens Travel By Air Under Madhya Pradesh's Free Pilgrimage Scheme

Madhya Pradesh is the first state to provide the air travel facility to senior citizens for pilgrimage. This is the first time that beneficiaries of the Mukhyamantri Tirth-Darshan Yojana in MP are travelling by air, as per government officials.

Under the first phase of the air travel facility, senior citizens from MP will travel by air in different batches till July this year from various airports of the state.

What facilities are available to senior citizens when traveling?

Facilities at the airport

Under the provisions of the Aircraft Act and Indian Penal Code, airlines and airports must offer air travel assistance to seniors that includes assistance in boarding, deplaning and making connections to their next flight.

According to the Directorate General of Civil Aviation (DGCA), airports, Indian carriers and foreign airlines operating in India are liable for penal action if they fail to facilitate senior citizens, expectant mothers, passengers with a disability and first-time travellers. As all passengers are very important, valued and esteemed customers, any incident of a misdemeanour, discourteous behaviour and harassment shall be dealt with by the airline/airport operator on a top priority basis and shall be reported to DGCA," the aviation regulator says in its guidelines.

According to the DGCA, airline/airport operators are supposed to

ensure the provision of automated buggies free of charge for all senior citizens, expectant mothers and persons with disabilities in the terminal building to facilitate their access to boarding gates located beyond a reasonable walking distance at all airports having annual aircraft movements of 50,000 or more.

Similarly, airport operators are expected to provide small trolleys after security checks for the carriage of hand baggage up to the boarding gate. Airport operators are also required to display information regarding the availability of automated buggies and small trolleys in terminal buildings.

Airlines and airport operators are also expected to display the contact details of their contact person for passenger grievance redressal.

Airlines/airport operators shall ensure that all the complaints are acknowledged immediately to the complainant and redressed at the earliest but not exceeding one month," the DGCA's rules state. The ground staff of airlines and airports are also expected to be polite and courteous towards travellers and are expected to render all assistance to facilitate the travel of elderly citizens.

Medical facilities available at airports

According to the DGCA, it is mandatory for all airports in India to have a first aid center and doctor on call, and in case of any emergency, ambulance service to the nearest hospital.

ASSOCIATION NEWS

Elder Recreation Activities-era **released its quarterly magazine "Baristha Bani"** at its Bhubaneswar office in the presence of esteemed guests. Initially, the chairman Dr. U.N. Sahu, gave a welcome speech and explained that ERA is publishing its newsletter since last 3 years without intermission and achieved new milestone toward recognition under the Press & Registration of Books Act 1867 by THE REGISTRAR OF NEWSPAPERS FOR INDIA-RNI vide Registration no. ODIBIL/2022/83062 . President Er. K.C. Sahoo drew the attention of the government to give importance to various supportive services for the elderly. General Secretary Mr. Sitanath Sahu provided brief information about the upcoming programs of the institute. Mr. Krupasindhu Sahoo, Founder President of Federation of Senior Citizens of Odisha and Chief Advisor of Elder Recreation Activities-era, gave a detailed discussion about the various problems of senior citizens. Mr. Jagdananda, Civil Society Leadership, attended as the chief guest and presented many useful facts about the elderly and gave advice on giving importance to various service-oriented programs. At the end, Mr. Narendra Kishore Mishra, Advisor, gave a vote of thanks. Treasurer Mr. Sarat Chandra Mohanty and other Members participated in the said program.

Digital safety tutorial :

A practical interactive live free Digital Safety tutorial class for senior citizens with the support of HelpAge India was done at office of Elder Recreation Activities-era located at Niharika Apartment, adjacent to Falcon house Puri-Cuttack Road Bhubaneswar. 40 senior citizens joined the tutorial class.

କାନପୁର ୩.୪.୨୦୨୩

କାନପୁର ବରିଷ୍ଠ ନାଗରିକ ମଞ୍ଚର ସମୀକ୍ଷା ବୈଠକ ଗତ ଏପ୍ରିଲ ଚାରି ତାରିଖରେ ସଭାପତି ଶ୍ରୀଯୁକ୍ତ ବସନ୍ତ କୁମାର ସାହୁଙ୍କ ସଭାପତିତ୍ବରେ ଅନୁଷ୍ଠିତ ହୋଇଥିଲା । ପ୍ରାରମ୍ଭରେ ମଞ୍ଚର ସକ୍ରିୟ ସଭ୍ୟ ତଥା ସ୍ଥାନୀୟ ଶ୍ରୀ ଚୈତନ୍ୟ ମଠର ତତ୍ତ୍ୱାବଧାରକ, ଅବସରପ୍ରାପ୍ତ ସୈନ୍ୟ ବିଭାଗ ର ଦତ୍ତ ଚିକିତ୍ସକ ସୁବେଦାର ହରିହର ସାହୁଙ୍କର ବିରୋଗରେ ନୀରବ ପ୍ରାର୍ଥନା କରାଯାଇଥିଲା । ମଞ୍ଚର ବିଭିନ୍ନ କାର୍ଯ୍ୟପଦ୍ଧତି



ସମାକ୍ଷା କରି ନିମ୍ନଲିଖିତ କେତେକ କ୍ଷେତ୍ରରେ ଜରୁରୀ ପଦକ୍ଷେପ ଗ୍ରହଣ କରାଯାଇଛି ।

୧. ପ୍ରତ୍ୟେକ ମାସର ଶେଷ ରବିବାର ହେଉଥିବା ବୈଠକରେ ସମସ୍ତ ସଭ୍ୟ ସଭ୍ୟାମାନେ ଆଲୋଚନାରେ ଅଂଶଗ୍ରହଣ କରି ସେମାନଙ୍କର ମତାମତ ଉପସ୍ଥାପନ କରିବାକୁ ଅନୁରୋଧ କରାଯାଇଥିଲା ।
୨. ସରକାରଙ୍କଠାରୁ ମଞ୍ଜୁରୀ ପାଇଥିବା ଜମି ଉପରେ ମଞ୍ଚର ଅଧିକ ଗୃହର ନିର୍ମାଣ ନିମନ୍ତେ ଜରୁରୀ କାଳୀନ ଭିତ୍ତିରେ ପଦକ୍ଷେପ ନେବାକୁ ପ୍ରସ୍ତାବ ଗ୍ରହଣ କରାଯାଇଥିଲା ।
୩. ବର୍ତ୍ତମାନ ମଞ୍ଚର ଭଡା ଘରେ ତେ-କେୟାର କାର୍ଯ୍ୟକ୍ରମଗୁଡ଼ିକୁ ପ୍ରତେକ ଦିନ କାର୍ଯ୍ୟକ୍ଷମ କରିବାକୁ ବ୍ୟବସ୍ଥା କରିବାକୁ ପ୍ରସ୍ତାବ ଗ୍ରହଣ କରାଯାଇଥିଲା ।
୪. ଅନ୍ୟ କେତେକ କାର୍ଯ୍ୟକ୍ରମଗୁଡ଼ିକ ଉପରେ ଆଲୋଚନା ହୋଇ ଆବଶ୍ୟକ ପଦକ୍ଷେପ ଗ୍ରହଣ କରାଯାଇଥିଲା ।

ଉକ୍ତ ବୈଠକରେ ମଞ୍ଚର ସାଧାରଣ ସମ୍ପାଦକ ଶ୍ରୀଯୁକ୍ତ ରବି ଶଙ୍କର ରଣା, ଉପଦେଷ୍ଟା ଶ୍ରୀଯୁକ୍ତ ଅଲେଖ ଚନ୍ଦ୍ର ସାହୁ ଓ ଅନ୍ୟ କର୍ମକର୍ତ୍ତାଗଣ ଯୋଗ ଦେଇ ଆଲୋଚନାରେ ଅଂଶଗ୍ରହଣ କରିଥିଲେ ।

ଅଗ୍ରଣୀ ସିନିଅର ସିଟିଜେନ ଫ୍ରେଣ୍ଡସ୍ ଆର ଫୋରମ, ବମିଖାଲ, ଭୁବନେଶ୍ୱରର କାର୍ଯ୍ୟକାରୀତା ବୈଠକ ସ୍ଥାନୀୟ କର୍ପୋରେଟର ଶ୍ରୀ କୁମାରେନ୍ଦ୍ର ମହାପାତ୍ର(ରାଜା)ଙ୍କ ଉପସ୍ଥିତିରେ ଓ ସଭାପତି ଶ୍ରୀଯୁକ୍ତ ସୁଶୀଳ କୁମାର ନନ୍ଦଙ୍କ ଅଧ୍ୟକ୍ଷତାରେ ଅନୁଷ୍ଠିତ ହୋଇ ଫୋରମର ବିଭିନ୍ନ ସମସ୍ୟା ସମ୍ପର୍କରେ ଆଲୋଚନା ହୋଇଥିଲା । ଅନୁଷ୍ଠାନ ର ନିଜସ୍ୱ ଗୃହ ନଥିବାରୁ ସଭ୍ୟ/ସଭ୍ୟାମାନେ ଏକାଠି ବୈଠକ କରିବାରେ ସକ୍ଷମ ହୋଇ ପାରୁନାହାନ୍ତି ଯାହାଦ୍ୱାରା ଅଧିକାଂଶ ସମୟରେ କାହାର ଆତିଥ୍ୟ ନେଇ କିମ୍ବା ବମିଖାଲ ଛକ କଲଭର୍ଟ ଉପରେ ଏକତ୍ରୀତ ହୋଇ ଆଲୋଚନା କରିବାକୁ ବାଧ୍ୟ ହେଉଛନ୍ତି । ତେଣୁ ଏହାର ପ୍ରତିକାର ନିମନ୍ତେ ସ୍ଥାନୀୟ କର୍ପୋରେଟରଙ୍କ ମାଧ୍ୟମରେ



ସରକାରଙ୍କ ଦୃଷ୍ଟି ଆକର୍ଷଣ କରାଯାଇ ଖୁବ ଶୀଘ୍ର ସରକାରୀ ସ୍ୱୀକୃତି ପ୍ରଦାନ କରିବାକୁ ଅନୁରୋଧ କରାଯାଇଛି । ଏହା ବ୍ୟତୀତ ଅନାମ୍ୟ ସମସ୍ୟାଗୁଡ଼ିକ ଉପରେ ଆଲୋଚନା ହୋଇଥିଲା । ଉକ୍ତ ଆଲୋଚନାରେ ଫୋରମର କାର୍ଯ୍ୟକାରୀ ସଭାପତି ଶ୍ରୀ ଅଦ୍ୱୈତ ଚରଣ ବିଶ୍ୱାଳ, ଉପସଭାପତି ବଙ୍କିମ ଚନ୍ଦ୍ର ତୋଳା, ସମ୍ପାଦକ ଶ୍ରୀ ଉକ୍ତବନ୍ଧୁ ଦାସ ତଥା ଅନ୍ୟ କାର୍ଯ୍ୟକାରୀ ସଦସ୍ୟ ବୃନ୍ଦ ଭାଗ ନେଇଥିଲେ ।

ନବରଙ୍ଗପୁର, ୨୨/୪/୨୦୨୩, ନବରଙ୍ଗପୁର ବରିଷ୍ଠ ନାଗରିକ ସଂଘର ଆୟୋଜିତ ଏକ ସମାବେଶରେ ସଂଘର ସଭାପତି ଶିକ୍ଷାବିତ ଡ. ରାଧାନାଥବେହେରା ଅଧ୍ୟକ୍ଷତା କରିଥିଲେ । ସାଧାରଣ ସମ୍ପାଦକ ରାମମୂର୍ତ୍ତି ପଟ୍ଟନାୟକ, ଉପସଭାପତି ଚନ୍ଦ୍ରକୁମାର ଆଚାର୍ଯ୍ୟ, ସମ୍ପାଦକ ଲକ୍ଷ୍ମୀକାନ୍ତ ମିଶ୍ରଙ୍କ ସମେତ ପୂର୍ବତନମନ୍ତ୍ରୀ ତମ୍ବୁଧର ମାଝୀ ଓ ଉମାକାନ୍ତ ତ୍ରିପାଠୀଙ୍କ ସମେତ ଶତାଧିକ ବରିଷ୍ଠ ବ୍ୟକ୍ତି ଓ ମହିଳା ଯୋଗ ଦେଇଥିଲେ । ବରିଷ୍ଠ ନାଗରିକଙ୍କ ରହିଥିବା ସମସ୍ୟା ସମ୍ପର୍କରେ ବିଷୟ ଆଲୋଚନା କରାଯାଇଥିଲା ।

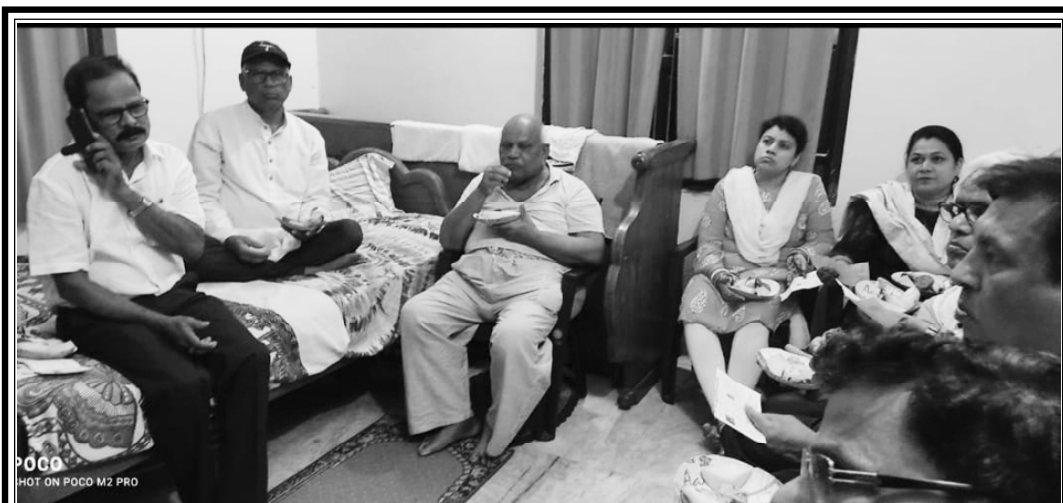
ନବରଙ୍ଗପୁର ସହରରେ ବୟସ୍କଙ୍କ ପାଇଁ ଏକ ଗୃହ ଯୋଗାଇ ଦେବାକୁ ପ୍ରଶାସନ ନିକଟରେ ଦାବି କରାଯାଇଥିଲା । ଜୟପୁରରୁ ନବରଙ୍ଗପୁରକୁ ରେଳପଥ ନିର୍ମାଣରେ ବିଳମ୍ବ ନେଇ ଉଦ୍‌ବେଗ ପ୍ରକାଶ ପାଇଥିଲା ।

ବରଗଡ଼, ୨୧.୪.୨୩ - ପଶ୍ଚିମ ଓଡ଼ିଶା ବରିଷ୍ଠ ନାଗରିକ ମହାସଂଘର ପ୍ରତିଷ୍ଠା ଦିବସ

ବରଗଡ଼ ବିକାଶ ସ୍କୁଲ ଅତିଚୋରିୟମରେ ୧୦ଟି ଜିଲ୍ଲାର ବରିଷ୍ଠ ନାଗରିକଙ୍କୁ ନେଇ ମହାସଂଘର ସଭାପତି ଚନ୍ଦ୍ରଲୁ ସାହୁଙ୍କ ଅଧ୍ୟକ୍ଷତାରେ ଏକ ବିରାଟ ସାଧାରଣ ସଭା ଅନୁଷ୍ଠିତ ହୋଇଥିଲା । ବରଗଡ଼ ସାଂସଦ



ସୁରେଶ ପୂଜାରୀ ମୁଖ୍ୟ ଅତିଥିଭାବେ ଯୋଗଦେଇ ମା' ସମଲେଶ୍ଵରୀଙ୍କ ଦୀପ ପ୍ରଜ୍ଵଳନ କରି କାର୍ଯ୍ୟକ୍ରମ ଆରମ୍ଭ କରିଥିଲେ । ସମ୍ମାନିତ ଅତିଥି ଭାବରେ ବିକାଶ ସ୍କୁଲ ଅଧ୍ୟକ୍ଷ ଡ. ମୁରଲୀ କ୍ରିଷ୍ଣା ଯୋଗ ଦେଇଥିଲେ । ବରିଷ୍ଠ ନାଗରିକମାନଙ୍କ ବିଭିନ୍ନ ସମସ୍ୟା ସମ୍ପର୍କରେ ଆଲୋଚନା କରାଯାଇ ସେଗୁଡ଼ିକର ପ୍ରତିକାର ପାଇଁ ବିଭିନ୍ନ ପଦକ୍ଷେପ ନିଆଯାଇଥିଲା । ବିକାଶ ଅନୁଷ୍ଠାନ ପକ୍ଷରୁ ବରିଷ୍ଠ ନାଗରିକଙ୍କୁ ସ୍ଵାସ୍ଥ୍ୟ କ୍ଷେତ୍ରର ସମସ୍ତ ପ୍ରକାର ସୁବିଧା ଯୋଗାଇଦିଆଯିବା ସହ ପ୍ରତ୍ୟେକ କ୍ଷେତ୍ରରେ ବିକାଶ ଅନୁଷ୍ଠାନ ବରିଷ୍ଠ ନାଗରିକଙ୍କ ସହ ଅଛି ବୋଲି ଡ. ମୁରଲୀ କ୍ରିଷ୍ଣା କହିଥିଲେ । ବରଗଡ଼ ଜିଲ୍ଲା ବରିଷ୍ଠ ନାଗରିକ ସଂଘ ସଭାପତି ପ୍ରମୋଦ ଝାଙ୍କର, ଉପସଭାପତି କେଦାର ମିଶ୍ର, ସମ୍ପାଦକ ପ୍ରହଲ୍ଲାଦ ମହାପାତ୍ର ମଞ୍ଜୀସୀନ ଥିଲେ । ବଲାଙ୍ଗିରରୁ ବିକ୍ରମ ବହିଦାର, ସମ୍ବଲପୁରରୁ ତତ୍ତ୍ଵର ସୁରେଶ ଚନ୍ଦ୍ର ଦାନି, ସୋନପୁରରୁ ତତ୍ତ୍ଵର ଜ୍ୟୋତିରଞ୍ଜନ ବହିଦାର ଝାରସୁଗୁଡ଼ାରୁ ଚନ୍ଦ୍ରଲୁ ସାହୁ, କାଳାଚରର ମଲ୍ଲବୌଦ୍ଧରୁ ବିଶ୍ଵନାଥ ମିଶ୍ରପ୍ରମୁଖ ଆଲୋଚନାରେ ଅଂଶଗ୍ରହଣ କରିଥିଲେ ।



୧୫.୦୬.୨୦୨୩ରେ ବରିଷ୍ଠ ନାଗରିକ ପରିଷଦ, ଚକେଇସିଆଣୀ ତରଫରୁ ଶ୍ରୀ ନନ୍ଦକିଶୋର ଜେନାଙ୍କ ବାସଭବନରେ ଏକ ସ୍ଵାସ୍ଥ୍ୟବର୍ଦ୍ଧକ ଉଦ୍ଭିଦ ସମୂହୀୟ ଔଷଧ ବ୍ୟବହାରଯୋଗ୍ୟ ଖାଦ୍ୟ ସମ୍ବନ୍ଧରେ ଆଲୋଚନାଚକ୍ର ଆୟୋଜନ କରାଯାଇଥିଲା । ମଞ୍ଜେଶ୍ଵରସ୍ଥ Herbal Life Centre ତରଫରୁ ଶ୍ରୀଯୁକ୍ତ ବିବେକ ରଞ୍ଜନ ମହାରଣା ତାଙ୍କ ଚିକିତ୍ସା ପ୍ରଣାଳୀ ତଥା ଏହାର ଉପକାରୀତା ସମ୍ପର୍କରେ ସଭ୍ୟମାନଙ୍କୁ ବୁଝାଇଥିଲେ ।

Influence of Natural Colours of Fruits & Vegetables on Health

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Natural color of fruits and vegetables

is an important factor for choosing a healthy diet which affects consumers decision to purchase that product . Are some better for you than others? Why does it matter, what colors they are?

Essentially, the darker the colour of a food, the higher the contents of antioxidants and nutrients will be, and the healthier the food. Take a look at natural colour of fruits and vegetables which have different health benefits as mention below :

1. Red fruits and vegetables, such as tomatoes, strawberries and red beans, are packed with vitamin C, vitamin A, potassium and antioxidants .Red fruits and vegetables are rich in lycopene, a powerful antioxidant that may reduce the risk of certain cancers and promote heart health. They also contain almost 11 times more beta-carotene than green ones and have one and a half more times vitamin C.They lower the risk of developing different types of cancer, including prostate cancer and protect against heart diseases and improve brain function. A one-half-cup serving of red bell pepper (Capsicum) provides 95 milligrams of vitamin C, which is about 25 milligrams more than a medium orange

2. Yellow/orange fruits and vegetables, including carrots, peaches, squash and pineapple, are also loaded with vitamin C, vitamin A and potassium. Orange-colored fruits and vegetables are high in beta-carotene, a precursor to vitamin A. Beta-carotene supports eye health, immune function, and skin health. They can also boost the immune system , enhance vision and protect nervous system. They also play an important role in maintaining skin health, and helping build strong bones.

3. White fruits and vegetables like mushrooms, bananas, onions etc. are good for the heart and help to control bad cholesterol levels. Nutrients found in white fruits and vegetables minimize the risk of colon, prostate and breast cancer as well. White fruits and vegetables provide beneficial compounds like allicin (found in garlic) and quercetin (found in onions) that have antioxidant and anti-inflammatory properties. They can also support heart health and immune function.

4. Green means lots of heart-protective potassium and vitamin K, which aids the blood clotting process. Green fruits and veggies also help to maintain vision health, strong bones , teeth and have the

highest concentration of antioxidants and fiber.

Green leafy vegetables also contain folic acid which is very important for pregnant women as it reduces the risk that their baby will develop a birth defect.

5. Blue/purple fruits and vegetables, including such favorites as cranberries, purple grapes, raisins and brinjals, boost urinary tract health and memory function and promote healthy aging.

Purple coloured food is good for body as it has high levels of antioxidants like anthocyanin and flavonoid.

Each fruit and vegetable has its unique combination of nutrients, and their vibrant colors often indicate specific health benefits. Here are some common colors of fruits and vegetables along with their associated health benefits:

Yellow vs green Bananas-

Yellow bananas have higher levels of vitamin C and beta-carotene than green ones. However, they contain less fiber, iron, calcium, and magnesium. The resistant starch and pectin in green bananas can provide a number of health benefits, including improved blood sugar control and better digestive health . If you are watching your diet and trying to avoid food high in sugar content, **green bananas** might be one of the healthiest food options for you.

Purple vs green Grapes -

Dark red & purple are higher in antioxidants than green or white

grapes. The antioxidants found in grapes can help protect your cells from free radicals, which are a natural byproduct of your body's biological processes. If you're concerned about carbohydrates, then **green grapes** are the best choice because they contain slightly less sugar. A diabetic person can eat grapes everyday but the recommended serving size for diabetics is 15 small grapes (1/2 cup) which provides 14 grams of carbohydrates and 58 calories, 1 gram of protein and fiber, along with other vitamins and minerals.

Green vs red Apple -

Green is a better source of vitamin A, vitamin B, vitamin C, vitamin E and vitamin K as compared to its counterpart. Moreover, it contains more iron, potassium and protein than the red apple. One red apple contains about 130 calories, whereas one single green apple contains 52 calories, which is roughly one-third of a red apple's calorie content, thus making green apples a rather beneficial choice for weight loss. Green also have 63% more protein, slightly more fiber, more potassium and iron. Red is higher in beta carotene and in antioxidants. The only major difference in nutrition is that green apples have almost twice as much vitamin A than red apples.

Green vs purple brinjal -

Green are generally contain a sweeter, milder, and less bitter flavor than purple. The White brinjal is less

bitter & acidic than the purple one . It is much denser and creamier than the purplebrinjal .Thebitter taste is a close relative of the tobacco plant, and like tobacco contains nicotinoid alkaloids. However, the amount of nicotine consumed by eating **brinjal** is negligible. Actually, nine kilograms of **brinjal** contain the same amount of nicotine as a cigarette.

Red vs orange Carrots (Gajar)-

Xanthophylls give the yellow carrots their golden hues and have been linked with good eye health. Red carrots contain lycopene, a type of carotene also found in tomatoes that's believed to guard against heart The red carrots definitely have extra antioxidant. But orange carrots too loaded in vitamins A, E and K.

Red vs green Capsicum: -

Red are high in vitamins A, C, manganese and fibre. Yellow are high in vitamins A, C, B6, potassium and fibre. Green are high in vitamins A, C and E, iron and zinc.Red capsicums contain more antioxidants – about seven times more beta-carotene (and other carotenoids), as well as more vitamin C and E.”

It's important to note that while the colors of fruits and vegetables can provide an indication of their nutritional benefits, it's still essential to consume a diverse range of produce to ensure a well-rounded intake of nutrients. Incorporating a rainbow of colors into your diet will help you obtain a broad spectrum of vitamins, minerals, fiber, and phytonutrients, promoting overall health and well-being



ବରିଷ୍ଠବାଣୀ'ର ନିୟମାବଳୀ

● ଏହି ପତ୍ରିକାଟି ବୟସ୍କମାନଙ୍କ ଚିତ୍ତବିନୋଦନ ପାଇଁ ଉଦ୍ଦିଷ୍ଟ । ● ବ୍ରହ୍ମମାସିକ ପତ୍ରିକାଭାବେ ଏହା ବର୍ଷକୁ ୪ ଥର ଯଥା: ମାର୍ଚ୍ଚ, ଜୁନ, ସେପ୍ଟେମ୍ବର ଓ ଡିସେମ୍ବର ମାସରେ ପ୍ରକାଶ ପାଇବା ପାଇଁ ନିର୍ଦ୍ଧାରିତ । ତେଣୁ ପ୍ରକାଶ ପାଇଁ ଲେଖା ମାର୍ଚ୍ଚ-ଜୁନ-ସେପ୍ଟେମ୍ବର ଓ ଡିସେମ୍ବର ମାସର ୧୫ ତାରିଖ ସୁଦ୍ଧା ପହଞ୍ଚିବା ଆବଶ୍ୟକ । ● ଲେଖାଗୁଡ଼ିକ ବରିଷ୍ଠ ନାଗରିକ ଜନିତ ଖବର, ରୋଚକ ତଥ୍ୟ, ଜୀବନଧାରଣ ଯୋଜନା ଇତ୍ୟାଦି ବିଷୟରେ କାର୍ଯ୍ୟାଳୟ ଠିକଣାରେ ପରିଷ୍କାର ଭାବେ ଡି.ଟି.ପି. କରି ମେଲ eraindianet@gmail.com କିମ୍ବା WhatsApp-୯୪୩୮୦୮୧୦୦୬ ମାଧ୍ୟମରେ ପଠାଇବାକୁ ଅନୁରୋଧ । ● ଲେଖା ପ୍ରକାଶିତ ନହେଲେ ଫେରସ୍ତ କରାଯିବ ନାହିଁ । ● ପତ୍ରିକାକୁ ସରସ ସୁନ୍ଦର ପ୍ରକାଶନ ପାଇଁ ପାଠକମାନଙ୍କ ମୂଲ୍ୟବାନ ମତାମତ ସାଦର ସ୍ୱାଗତ । ● ପତ୍ରିକା ପ୍ରତି ଖଣ୍ଡର ମୂଲ୍ୟ ଟ.୨୫.୦୦ ବାର୍ଷିକ ଗ୍ରାହକ ଦେୟ ଟ.୧୦୦.୦୦ ଏବଂ ଆଜୀବନ ଗ୍ରାହକ ଦେୟ ଟ.୧୦୦୦.୦୦ ଧାର୍ଯ୍ୟ କରାଯାଇଛି । ଇ-ମେଲ ଠିକଣା ଇତ୍ୟାଦି ସ୍ପଷ୍ଟଭାବେ ଲେଖି ଧାର୍ଯ୍ୟ ଅର୍ଥ ନିମ୍ନ ଜମା ଖାତାରେ (S.B. A/c.) ପଇଠ କରି ତାହାର ନକଲ ଉପରୋକ୍ତ ଇ-ମେଲ କିମ୍ବା WhatsApp ରେ ପଠାଇବାକୁ ଅନୁରୋଧ ।

Bank Details : Favour of Elders Recreation Activities Trust
S.B. A/c. No. 513310210000012, IFS Code - BKID0005133,
Bank of India, Chakeisiani Branch, Bhubaneswar.

Millets for change in our lifestyle

Er. Basanta Mishra

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Generally, our food used to be more of rice, wheat, and meat. No doubt we take pulses, vegetables, and fruits. The fibre content in these meals are zero as most of them are refined/ or processed, all of it converts to sugar and builds up in blood. We have forgotten an ancient grain” Millets” that was part of most of the people in India.

Millets strengthen the beneficial effect on managing and controlling the Diabetes. It can also be used for non-diabetic people as a preventive approach. So, selecting the appropriate millets is very important in managing diabetes. Millets should be included in the regular diet for better results.

- Millets have enormous health benefit. It is high in proteins.
- Highly Nutritious: Rich in dietary fibre and abundant in micronutrients, proteins, phytochemicals, and antioxidants.
- Naturally Gluten-free: Ideal for those who are gluten-intolerant.
- Easy to Digest: Easily digestible, millets are a great substitute for rice or wheat to make healthier recipes.
- Millet is rich in potassium—a mineral that supports healthy

kidney and heart function. Potassium also plays a role in nerve signal transmission, which is how your brain and muscles communicate.

A better way to reverse diabetes is not about compromising your favourite foods but choosing nutritionally balanced meal plan aimed at maintaining blood sugar levels within range and supporting a healthy weight. It should be included as part of a regular diet if one wants to have long-term success in managing diabetes.

Due to the presence of high fibre content and antioxidants, it reduces insulin spikes gradually and eases digestion for diabetics. Most importantly, Millets are the major source of complex carbohydrates which provides satiety thus initiating weight loss and reduces blood sugar spikes.

Millets proved to be life changing, it takes a longer time for the body to metabolise and break down millets due to their low glycaemic load. They are absorbed more slowly into the blood stream and requires less insulin. Glycaemic index, Glycaemic load and C/F ratio control our blood sugar level. it is categorized into 3 types, i.e., Negative, Neutral, and positive.

Negative Millet Grains

Negative millet grains have a dietary fibre of less than 2%. They are less beneficial for the body and difficult to digest by the body. Examples are rice (C/F395) and wheat (C/F 53.5). Avoid them.

Neutral Millet Grains

Neutral millet grains have dietary fibre between 3% and 6%. They have fewer health benefits than positive ones but do not harm the body anyway. Examples are Pearl Millet (Bajra), Finger Millet (Ragi), Proso Millet, and Sorghum (Jwar) **Millet**. (C/F=20.1-56.9)

Positive Millet Grains

Positive millet grains have dietary fibre ranging from 8% to 12.5%. Positive millets have numerous health benefits like controlling diabetes, rheumatism, and thyroid problem, as they have the highest dietary fibre. Examples are Foxtail millet (Kangni), Barnyard millet (Sanwa), Brown top millet (Korale/Chhoti Kangni), Kodo millet (Kodera), and little millet (Kutki).

Benefits of Millets for Diabetes:

- Millets have a low glycaemic index (GI) which means it slows down the

absorption of sugar in the blood of the human body instead of rushing quickly as in the case of rice.

- It takes more time for digestion due to presence of high dietary fibres as a result, sugar enters the blood stain slowly, lessening the risk of blood sugar spike.
- It keeps satiated for a longer time and doesn't feel a hunger pang between meals.

With millets, we can make lot of recipes starting from breakfast to desserts. For breakfast, there are many options in our hands. We can make Millet Idly, Millet Dosa, Millet Porridge, Millet Upma, Millet Pongal, and many more. For lunch and dinner, you can make Millet Khichdi, Millet Pulao, and Millet Rotis. You can find in U Tube videos regarding Millet recipes.

Millet is a versatile grain and easily accessible. Needs to be soaked overnight for eight hours, for breakdown of phytic acid, consume not more than 25 grams per meal. Add a lot of veggies for a balanced meal.

Sl.No.	Types of Millets	Carbohydrates	Fibre	C/F Ratio
1.	Barnyard Millet	65.6	13.6	4.82
2.	Brown top Millet	61.37	12.5	4.90
3.	Foxtail Millet	60.2	6.7	8.98
4.	Kodo Millet	66.2	5.2	12.73
5.	Little Millet	65.6	7.6	8.63

Millets are available at online grocery mart, make sure they are not polished with preservatives or chemicals. (Or at the Advasi product store at Jagmara, Bhubaneswar and at "Adisha" near IDCOL building) ●●●

ଆମ ସମାଜର ଏକ ନିଜ୍ଜକ କାହାଣୀ

ନନ୍ଦକିଶୋର ଜେନା

ମୋ. ନଂ.- ୯୭୭୭୩୧୩୨୦୯

ସାଗର ଜଣେ ଉଦାୟମାନ ଘୁବକ । ନାମଟି ତା’ର ଯେପରି ହୃଦୟଟି ମଧ୍ୟ ସେପରି । ଖୁବ୍ ସୁନ୍ଦର ଗୋରା ତକତକ୍ ଚେହେରା । ସୁନ୍ଦର ସୁଠାମ ଶରୀର । ଯେକୌଣସି ଝିଅ ଦେଖିଲେ ପ୍ରେମରେ ପଡ଼ିଯିବେ । ପୁଣି ମଧୁର ସ୍ଵରକୁ ଉତ୍ତମ ବ୍ୟବହାର । ଖୁବ୍ ପରୋପକାରୀ । ମାର୍ଚ୍ଚିକ ପଦ୍ମିନୀ ଠାରୁ ଜଣେ ସହପାଠିନୀ ତାର ଉତ୍ତମ ବନ୍ଧୁ । ଦୁଇ ଜଣ ଶେଣୀରେ ପଥମ ଦ୍ଵିତୀୟ ହୁଅନ୍ତି । ପ୍ରଥମେ ଖାତା ଦିଆନିଆ, ପରେ ପରେ ଚିଠି ଦିଆନିଆ ହେଉ ହେଉ ମନ ଦିଆନିଆ ହୋଇଗଲା । ଶେଷରେ ଦୁଇଜଣ ପରସ୍ପର ବିବାହ କରିବାକୁ ସ୍ଥିର କଲେ । ସାଗର ମଧ୍ୟ ରାଜି କିନ୍ତୁ ପରିବାର ଲୋକେ ଅମଙ୍ଗ କାରଣ ସହପାଠିନୀ ତରଙ୍ଗ ଏକ ଗରିବ ପରିବାରର ଝିଅ । ସାଗର ଭଲ ଜମିଦାର ଘରର ପୁଅ ତାକୁ ବିଭାହେଉ ପରିବାରରେ କେହି ଚାହାନ୍ତି ନାହିଁ । ଶେଷରେ ସାଗରକୁ ଏକ ଧନୀ ଘରର ଝିଅ ସାମୁକା ସହ ବିବାହ କରାଇ ଦିଆଗଲା । ତରଙ୍ଗ ଦୁଃଖରେ ଭାଙ୍ଗିପଡ଼ିଲା । ସମାଜକୁ ଗାଳିକଲା, ଇଚ୍ଛନୀତ ଭେଦଭାବ ସତେ କେତେ ନିଷ୍ଠୁର ! ସେମାନଙ୍କର ପ୍ରେମ ଓ ଭଲ ପାଇବାରେ ପୂର୍ଣ୍ଣ ଛେଦ ପଡ଼ିଗଲା । ସମୟାନୁକ୍ରମେ ତରଙ୍ଗ ଏକ ଗରିବ ପରିବାରରେ ବିବାହ କଲା । ବିବାହର ବର୍ଷକ ପରେ ତାର ଏକ ସୁନ୍ଦର ପୁଅଟିଏ ଜନ୍ମହେଲା । ସ୍ଵାମୀ ସ୍ତ୍ରୀ ଖୁବ୍ ଖୁସୀ କିନ୍ତୁ ସେ ଖୁସୀ ବେଶୀ ଦିନ ରହିଲା ନାହିଁ । ତା’ର ସ୍ଵାମୀ ଗାଡ଼ି ଦୁର୍ଘଟଣାରେ ଆରପାରିକୁ ଚାଲିଗଲେ । ଦୁଃଖର ପାହାଡ଼ ମୁଣ୍ଡ ଉପରେ ଲଦି ହୋଇଗଲା । ପୁଅକୁ କିପରି ମଣିଷ କରିବ । କ’ଣ ଖାଇବ ? କିପରି ଚଳିବ ଚିନ୍ତା । ଶେଷରେ ତରଙ୍ଗ ସିଲେଇ କାମ କରି ପୁଅକୁ ମଣିଷ କଲା । ଏପଟେ ସାଗର ଓ ସାମୁକାର ମଧ୍ୟ ଦୁଇଟିକରି

ସନ୍ତାନ । ବେଳେ ବେଳେ ସାଗର ତରଙ୍ଗକୁ ଆର୍ଥିକ ସାହାଯ୍ୟ କରେ । ଘରୁ ଚାଉଳ, ପରିବା ଓ ଦୋକାନ ସଉଦା କିଣି ଦିଏ । ତାର ସ୍ତ୍ରୀ ହାତରେ ମଧ୍ୟ ଥରେ ଦୁଇଥର ଧରା ପଡ଼ିଛି କିନ୍ତୁ ଅନାଥ ଆଶ୍ରମ ନାଁ କହି ଖସିଯାଇଛି । ନିଜର ନୂଆ ପିନ୍ଧା ଫ୍ୟାଶ୍ ଓ ସାର୍ଟ ତରଙ୍ଗର ପୁଅକୁ ଦେଇଛି । ଏସବୁ ତାର ସ୍ତ୍ରୀ ସାମୁକା ଜାଣିପାରିନାହିଁ । ତରଙ୍ଗ ଏ ସାହାଯ୍ୟରେ ସନ୍ତୁଷ୍ଟ ନୁହେଁ । ପ୍ରତିହିଂସାରେ ସେ ଜଳୁଛି । ଯାହାକୁ ଦିନେ ବିବାହ କରିବାକୁ ନିଜକୁ ତା ନିକଟରେ ସମର୍ପି ଦେଇଥିଲା ସେ ଚାହିଁଲେ ତାକୁ ରଖି ପାରିଥାନ୍ତା । କିନ୍ତୁ ସେ କା ପୁରୁଷ । ସମାଜ ଓ ପରିବାରର ଦ୍ଵାହି ଦେଇ ତାର ଆଶାରେ ଧୂଳି ଦେଇଛି । ହଠାତ୍ ତାର ସ୍ଵାମୀର ମୃତ୍ୟୁ ତାକୁ ଶୋକରେ ଜର୍ଜରିତ କରିଛି, ମନ ଭିତରେ ରାଗ, ପ୍ରତିଶୋଧ ନେବ ହିଁ ନେବ । ତାର ପରିବାରକୁ ଛାରଖାର କରିଦେବ । ତରଙ୍ଗ ସବୁ କଥା ତାର ପୁଅ ଆକାଶକୁ କହିଲା । ପୁଅ ମା’ର ଦୁଃଖରେ ସମଦୁଃଖୀ ।

ସବୁଦିନ ସ୍ତ୍ରୀ ସହ ସାଗର ମର୍ଷ୍ଟ୍ୟାଂଶୁରେ ଯାଏ । ଘର ନିକଟରେ ଏକ ପାର୍କ । ସେଠାରେ ସାଗର ଓ ସାମୁକା ସାଙ୍ଗ ହୋଇ ବୁଲନ୍ତି, ଚା ଖାଇ ଘରକୁ ଫେରନ୍ତି । ଏକଦା ତରଙ୍ଗର ପୁଅ ଆକାଶ ସେଠାରେ ପହଞ୍ଚି ସାଗରକୁ ବାପା ବୋଲି ସମ୍ବୋଧନ କଲା । ସାଗର ଓ ତାର ସ୍ତ୍ରୀ ସାମୁକା ଏହା ଦେଖି ଆଶ୍ଚର୍ଯ୍ୟଚକିତ ଓ ହତବାକ୍ । “ମୋର ତ ଦୁଇ ଝିଅ ଏ କିଏ” ? ସାଗର ମନରେ ଝଡ଼ ସୃଷ୍ଟି ହେଲା । ତୁମେ ଭୁଲ୍ କହୁଛ ? ଚିହ୍ନିବାରେ ତୁମର ଭୁଲ୍ ହୋଇଛି “ମୁଁ ତୁମର ବାପା ନୁହେଁ” । ଆକାଶର ଏକା ଯିଦ୍ ତୁମେ ମୋର ବାପା । ତୁମେ ଅନେକ ଥର ଆମ ଘରକୁ ଆସିଛ । ଏ ଜାମା ପ୍ୟାଣ୍ଟ ତୁମେ ମୋତେ ଦେଇଛ । ବୋଉକୁ ତୁମେ

ଡାଲି, ଚାଉଳ, ଅଟା ଦୋକାନ ସଉଦା ଅନେକ ଥର ଦେଇଛ ଏ କ’ଣ ମିଛ । ସାମୁକା ଏକଥା ଶୁଣି ଯେପରି ମୁଣ୍ଡକୁ ରକ୍ତ ଚଢ଼ିଗଲା । ସଙ୍ଗେ ସଙ୍ଗେ ପୂର୍ବକଥା ସାମୁକାର ମନେ ପଡ଼ିଗଲା ଅନାଥ ଆଶ୍ରମକୁ ନେବା ମିଛ ବାହାନା । ପାଟିରୁ ବାହାରି ଆସିଲା ଅଶ୍ଳୀଳ ଶବ୍ଦ । ଲମ୍ପଟ, ଚରିତ୍ରହୀନ ମୋତେ କ’ଣ ପାଇଁ ବିଭା ହେଉଥିଲା ? ଅନ୍ୟଆଡ଼େ ସ୍ତ୍ରୀ ଓ ଭେଣ୍ଟିଆ ପୁଅ ଛି, ଛି ନିୟମ କରୁଛି ତୁମ ମୁଁହକୁ ଲାଜ ସରମ ନାହିଁ । ସାଗର ଯେତେ ସଫେଇ ଦେଲେ ମଧ୍ୟ ସ୍ତ୍ରୀ ବୁଝିବାକୁ ନାରାଜ । ଆକାଶ କଥାଟିକୁ ଆହୁରି ସଫା କରିବା ପାଇଁ ତା ବୋଉ ନିକଟକୁ ଫୋନ୍ କଲା । ତରଙ୍ଗ ଉତ୍ତରରେ କହିଲା “ସାରର ମୋତେ ଲୋକହସା କରନା, ଆକାଶ ତୁମ ପୁଅ” । ମୁଁ ତୁମର ସ୍ତ୍ରୀ ତରଙ୍ଗ । ସାମୁକା ଏକଥା ଶୁଣିବା ପରେ ଜୋତାରେ ୫/୬ ପାହାର ସାଗର ମୁଁହରେ କଷିଦେଲେ । ସାର୍ବ କଲର ଧରି ବିଧା ଗୋଟିଆ ଦେବାରେ ହେଲା କଲେ ନାହିଁ । ତୁମ ଭଳି ଚତିତ୍ରହୀନ ପୁରୁଷଠାରେ ମୋର କୌଣସି ସମ୍ପର୍କ ନାହିଁ । ତୁମେ ମଲେ ମୋ ଆତ୍ମା ଶାନ୍ତି ହେବ । ସାଗର ଯେତେ

ନେହୁରା ହୋଇ ସ୍ତ୍ରୀକୁ ବୁଝେଇବାକୁ ଚେଷ୍ଟା କଲେ ମଧ୍ୟ ସ୍ତ୍ରୀ ବୁଝିବାକୁ ନାରାଜ । ସାଗରର ହସ ଖୁସୀ ସଂସାର ଭାଙ୍ଗି ରୁରମାର ହୋଇଗଲା । ତରଙ୍ଗ ଓ ତା ପୁଅ ସାଗରର ପ୍ରତିଶୋଧ ନିଆଁରେ ସେ ଜଳି ପୋଡ଼ିଗଲା । ତହିଁ ପରଦିନ ସାଗର ସମୁଦ୍ର କୂଳରେ ମରି ପଡ଼ିଥିବା ଦେଖିବାକୁ ମିଳିଲା । ସମୁଦ୍ର ତରଙ୍ଗ ସାରରର ମଲା ଦେହକୁ ଠେଲୁଥିଲା । ସାମୁକା ପ୍ରକୃତ କଥା ବୁଝିଲା ବେଳକୁ ନେତିଗୁଡ଼ କହୁଣୀକୁ ଚାଲିଯାଇଥିଲା । ବିଚରା ବୃଦ୍ଧ ବାପା ଓ ମା’ ଏକମାତ୍ର ପୁଅର ଏ ଅବସ୍ଥା ଦେଖି ଦୃଃଖରେ ଭାଙ୍ଗିପଡ଼ିଲେ । ସେମାନଙ୍କର ଏକ ଭୁଲ୍ ନିଷ୍ପତ୍ତି ଯୋଗୁଁ ଆଜି ସେମାନଙ୍କୁ ପୁତ୍ରହରା ହେବାକୁ ପଡ଼ିଲା ବୋଲି ଖୁବ୍ ଅନୁତାପ କଲେ । ଜଣେ ବରିଷ୍ଠ ନାଗରିକ ହିସାବରେ ବାପା ଏକ କଠୋର ନିଷ୍ପତ୍ତି ନେଇ କହିଲେ, ଆକାଶ ହିଁ ସାଗର ମୁହଁରେ ନିଆଁ ଦେବ ଏବଂ ତାର ସମସ୍ତ ଅତ୍ୟେଷ୍ଟ କ୍ରିୟା ସମାପନ କରିବ । ଉଭୟ ତରଙ୍ଗ ଓ ତାର ପୁଅ ଆକାଶ ଏହି ଗୃହରେ ରହି ସମସ୍ତ ସମ୍ପତ୍ତିର ଅର୍ଦ୍ଧେକ ଭାଗ ପାଇବେ ।



AN APPEAL Elders Recreation Activities (ERA)

Quarterly Magazine “Barishtha Bani” (Free to Members)

1. Patron Member – Rs. 10,000/- 2. Life Member – Rs. 1,000/-

Application Form for Individual/ Association

1. Name : _____
2. Detail Postal address : _____
3. Mobile/ WhatsApp No. _____
4. Date of Birth : _____ Blood Group : _____
5. Amount Paid : Rs. _____ (Paid through Bank Transfer)

To be deposited in favour of Elders Recreation Activities Trust SB A/C No. **513310210000012**

IFSC Code- **BKID0005133**, Bank of India, Chakeisiani Branch, Bhubaneswar

Above details with copy of Bank Receipt may be sent to Sri K C Sahoo,
WhatsApp No. 943775625 / 7008927372

ଭବଦୀୟ ଚୋର

ଆଡ଼ଭୋକେଟ୍ ନରେନ୍ଦ୍ର କିଶୋର ମିଶ୍ର

ମୋବାଇଲ - ୯୪୩୭୦୩୩୬୧୧

ଶ୍ରୀ ପ୍ରମୋଦ କୁମାର ଆଚାର୍ଯ୍ୟ ମହାଶୟ ଶିକ୍ଷକ ପଦରୁ ସେବାନିବୃତ୍ତ ହେଲେ । ସେ ଓ ତାଙ୍କ ପତ୍ନୀ ଭୁବନେଶ୍ୱରରେ ଏକ ନାମୀ ଆପାର୍ଟମେଣ୍ଟରେ ରହନ୍ତି । ଦଶହରାରେ ଉଭୟ ସ୍ୱାମୀ ସ୍ତ୍ରୀ ସିମଲା ଓ ମାନାଲି ଯିବାର ଯୋଜନା କଲେ ।

ବାହାରକୁ ଯିବା ପୂର୍ବରୁ ଆଚାର୍ଯ୍ୟ ମହାଶୟ ଭାବିଲେ କି ଯଦି ତାଙ୍କର ଅନୁପସ୍ଥିତିରେ କୌଣସି ଚୋରପଶିଲା, ତେବେ ଘରର ସବୁ ଆସବାବପତ୍ର, ଆଲମାରୀ ଓ ବାସ୍ତ ଭଙ୍ଗାରୁଜା କରିଦେବ, କାରଣ କିଛି ନଗଦ ରକମ ମିଳିବ ନାହିଁ । ଏସବୁଦୃଷ୍ଟିରୁ ଘରକୁ ବରବାଦିରୁ ବଞ୍ଚାଇବା ପାଇଁ ଆଚାର୍ଯ୍ୟ ମହାଶୟ ଏକ ଉପାୟ ଚିନ୍ତାକଲେ । ଟେବୁଲ୍ ଉପରେ ଏକ ହଜାର ଟଙ୍କା ରଖିଦେଲେ ଏବଂ ଏକବାର୍ତ୍ତା ଛାଡ଼ିଗଲେ, ଯେଉଁଥିରେ ଲେଖାଥିଲା -

“ଆହେ ଅଜଣା ବ୍ୟକ୍ତି, ଆମର ଘରକୁ ପ୍ରବେଶ କରିବା ପାଇଁ ଆପଣ ଅଜସ୍ର କଷ୍ଟ ଉଠାଇ ଥିବାରୁ ଆପଣଙ୍କୁ ମୋର ହାର୍ଦ୍ଦିକ ଅଭିନନ୍ଦନ । କିନ୍ତୁ ଅବଶେଷ ସହିତ କହିବାକୁ ପଡୁଛି କି, ଆମର ଆଦ୍ୟରୁ ହିଁ ମଧ୍ୟବିତ୍ତ ବର୍ଗର ପରିବାର ଅଟେ ଏବଂ ମୁଁ ସ୍ୱଳ୍ପ ବେତନଧାରୀ କର୍ମଚାରୀ ରହି ଆସିଛି । ନେତା ଓ ବଡ଼ ଅଫିସରଙ୍କ ଭଳି ଆମକୁ ପେନସନ୍ ମିଳେନାହିଁ । ନା ଆମର କିଛି ଉପୁରି ଆମଦାନୀ ମଧ୍ୟ ଅଛି । ଆମର ପରିବାର କୌଣସିମତେ ଚଳିଯାଇଥାଉ । ଏଣୁ ଆମର କିଛିହେଲେ ଅତିରିକ୍ତ ନଗଦ ଅର୍ଥ ନାହିଁ । ମୋତେ ବହୁତ ଲଜା ହେଉଛି କି ଆପଣଙ୍କ ପ୍ରୟାସ ଓ ବହୁମୂଲ୍ୟ ସମୟ ନଷ୍ଟ ହୋଇ ଯାଉଛି । ସେହି ହେତୁ ଆପଣଙ୍କ ପଦଧୂଳିକୁ ସମ୍ମାନ ଜଣାଇ ଅଳ୍ପକିଛି ପଇସା ଟେବୁଲ୍ ଉପରେ ରଖିଦେଇଛି । କୃପାକରି ତାହାଗ୍ରହଣ କରିବେ ।

ଆଉ ମୁଁ ଆପଣଙ୍କର ବୃତ୍ତି ବଢ଼ାଇବା ପାଇଁ ଆପଣଙ୍କୁ କିଛିଟା ଉପାୟ ବତାଇ ଦେଉଛି । ଆପଣ ତାହା ଚେଷ୍ଟାକରି ପାରନ୍ତି, ସଫଳତା ପାଇବେ । ମୋର ପ୍ଲଟ୍ ସାମନାରେ ଆଠ ମହଲାରେ ଏକ ପ୍ରଭାବଶାଳୀ ମନ୍ତ୍ରୀ ରୁହନ୍ତି । ଏକ ସୁନାମୀ ପ୍ରପର୍ଟି ଡିଲ୍ ସାତ ମହଲାରେ ରହନ୍ତି । ସହକାରୀ ବ୍ୟାଙ୍କର ଅଧ୍ୟକ୍ଷ ଛଅ ମହଲାରେ ରୁହନ୍ତି । ପାଞ୍ଚ ମହଲାରେ ଜଣେ ପ୍ରମୁଖ ଉଦ୍ୟୋଗପତି, ଚତୁର୍ଥ ମହଲାରେ ଏକ ନାମୀ ମହାରାଜ ଏବଂ ତୃତୀୟ ମହଲାରେ ଆଉଜଣେ ଭ୍ରଷ୍ଟ ରାଜନୈତିକ ନେତା ରହୁଛନ୍ତି । ଏ ସମସ୍ତଙ୍କ ଘର ଗହଣା ଓ ନଗଦ ଟଙ୍କାରେ ପରିପୂର୍ଣ୍ଣ ଅଟେ । ମୁଁ ନିଶ୍ଚିତ ଭାବରେ କହିପାରେ ଯେ, ଆପଣଙ୍କ ବ୍ୟବସାୟିକ ସଫଳତା ସେମାନଙ୍କର କୌଣସି କ୍ଷତି ପହଞ୍ଚାଇବ ନାହିଁ ଏବଂ ସେମାନଙ୍କ ମଧ୍ୟରୁ କେହି ହେଲେ ପୋଲିସରେ ରିପୋର୍ଟ କରିବେ ନାହିଁ ।”

ଯାତ୍ରା ସମାପ୍ତ କରିସାରି ଯେତେବେଳେ ଆଚାର୍ଯ୍ୟ ମହାଶୟ ଓ ତାଙ୍କ ପତ୍ନୀ ଘରକୁ ଫେରିଲେ, ଟେବୁଲ୍ ଉପରେ ଥିବା ଏକ ବଡ଼ ବ୍ୟାଗ୍ ଓ ତସ୍କାଲଗ୍ ଏକ ପତ୍ର ସେମାନଙ୍କୁ ପ୍ରାପ୍ତ ହେଲା, ଯାହା ଦେଖି ଆଚାର୍ଯ୍ୟ ମହାଶୟ ହଜରାଣ ହେଇଗଲେ । କାରଣ, ବ୍ୟାଗ୍ ଭିତରେ ନଗଦ ଦଶ ଲକ୍ଷ ଟଙ୍କା ଥିଲା ଏବଂ ପତ୍ରରେ ଲେଖାଥିଲା - “ଆପଣଙ୍କର ନିର୍ଦ୍ଦେଶ ଓ ଶିକ୍ଷା ପାଇଁ ଅଶେଷ ଅଶେଷ ଧନ୍ୟବାଦ, ସାର୍ । ମୋର ବହୁତ ଅବଶେଷ ହେଉଛି କି, ମୁଁ ପ୍ରଥମରୁ କାହିଁକି ଆପଣଙ୍କ ସଂସ୍ପର୍ଶରେ ଆସିପାରିଲି ନାହିଁ । ଆପଣଙ୍କ ନିର୍ଦ୍ଦେଶାନୁସାରେ ସମସ୍ତ କାର୍ଯ୍ୟକ୍ରମ ମୁଁ ସଫଳତା ସହିତ ସମ୍ପନ୍ନ କଲି । ଏହି ଛୋଟ ରାଶିଟି ମୁଁ ଆପଣଙ୍କୁ ଗୁରୁଦକ୍ଷିଣା ସ୍ୱରୂପ ଛାଡ଼ି ଦେଇଯାଉଛି । ଆଶା, ସ୍ୱୀକାର କରିବେ । ଭବିଷ୍ୟତରେ ମଧ୍ୟ ମୁଁ ଆପଣଙ୍କ ଆଶୀର୍ବାଦ ଓ ମାର୍ଗଦର୍ଶନର କାମନା କରୁଅଛି ।”

“ଭବଦୀୟ ଚୋର”

ସିନିୟର ସିଟିଜେନ୍

ଶ୍ରୀଯୁକ୍ତ ଶକ୍ତି ସ୍ବାଇଁ

ମୋ. ୯୯୩୭୧୪୩୦୦୫

ଜଣେ ବଂଧୁ ହଠାତ୍ ଦିନେ
ରାସ୍ତାରେ ମୋର ଦେଖା ହୋଇଗଲେ ।
କହିଲେ, ମୁଁ ତୋ ଲେଖା ଓ ବହି ପଢ଼େ ।
ସିନିୟର ସିଟିଜେନ୍ ହାଟସ୍ଥାପନ ଗ୍ରୁପରେ
ତୋ କବିତା ପ୍ରାୟ ସବୁବେଳେ ଆସେ ।
ହେଲେ, ମୋତେ ତୁ କହ
ତୁ ଏ ବୟସରେ ରୋମାଣ୍ଟିକ୍ କବିତା
ଲେଖିପାରୁଛୁ କେମିତି ?
ମୁଁ ଗାଡ଼ିଟିକୁ ସାଇଡ଼ କରି
ରାସ୍ତାକଡ଼ରେ ଥିବା କଲର୍ଜର୍ ଉପରେ
ତାକୁ ବସିବାକୁ କହିଲି ।
ଆରମ୍ଭ କଲି,
ମୁଁ ସିନିୟର ସିଟିଜେନ୍ ସତ
କିନ୍ତୁ ମୁଁ ଯେତେବେଳେ
ଷ୍ଟଡିଓର ଝରକା ଖୋଲି
ଲେଖା ଟେବୁଲ ଉପରେ
କଲମ ଧରି ବସେନା,
ସେତେବେଳେ ମୋତେ ଲାଗେ

ମୁଁ କଲେଜ ପଢ଼ିଆରେ ସେହି ବରଗଛ
ତଳ ଚଉତରା ଉପରେ ବସି
ମଲା ଅଳକା ନଈକୁ ଚାହିଁଛି ।
ବରଷାରେ ଭିଜି ଭିଜି ସାଧବ ବୋହୁମାନଙ୍କୁ
ବାଲିରୁ ବାହାର କରି
ହାତରେ ଧରି ଗେଲ କରୁଛି ।
କୃଷ୍ଣଚୂଡ଼ାର ରଙ୍ଗରେ ରଙ୍ଗାୟିତ ହୋଇ
ହୁତହୁତ ଗରମରେ
କାଳବୈଶାଖୀର ଖୋଜରେ
ମଲା ଅଳକା ନଈର ତାତିଲା
ବାଲିର ଧାରେ ଧାରେ
ଡେଇଁ ଡେଇଁ ଗୋଡ଼ ଫୋଟକା କରିଦିଏ ।
ଅଦିନିଆ ଅସରାଏ ବର୍ଷାରେ
ଚକ୍ରବାକୀର ବିଳାପିତ ରାଗିଣୀର ସ୍ଵର
ତୋଳି ଧରେ ।
ନିଦାସ ଦାଉରୁ ରକ୍ଷା ପାଇଁ
ନାୟିକାଟି ହାତରେ ରଙ୍ଗବେରଙ୍ଗ ଛତା ଧରି
ସେହି ଅଳକା ନଈର ସରୁବାଲିରେ

ଧୀର ମନ୍ତ୍ରର ଗତିରେ ପଦଚାଳନା କଲେ
ମୋତେ ନୃତ୍ୟରତା କେକା ପରି
ପ୍ରତୀକ୍ଷାମାନ ହୁଏ ।
ବିଭିନ୍ନ ପ୍ରସାଧନ ସାମଗ୍ରୀ
ଓ ଦାମୀ ପରଫ୍ୟୁମର ବାସ୍ନାରେ
ମୋ ଅର୍ଦ୍ଧଚେତନ ମନଟା
ଯେମିତି କଦମ୍ବ ଫୁଲର ସୁବାସ,
କେତକୀର ବାସ୍ନା, ମଲ୍ଲୀ ମାଳତୀର
ମନମତାଣିଆ ସୁଗନ୍ଧରେ
ବିଭୋର ହୋଇଉଠେ ।
ହଠାତ୍ ଝରକା ପାଖ ବଉଳ ଗଛରୁ
କୋଇଲିର କୁହୁ ତାନ ଶୁଣି ମୁଁ ଚମକିପଡ଼େ ।
କିଛି ସମୟ ପରେ ଶ୍ରୀମତୀଙ୍କ ଚା ପାଇଁ
କବାଟ ଠକ୍ ଠକ୍ ଶବ୍ଦରେ
ମୁଁ ପ୍ରକୃତିସ୍ଥ ହୋଇଯାଏ ।
ଚାଲିଗି ବର୍ଷ ତଳକୁ ଫେରି ଆସିଥିବା ମନଟା
ଭର୍ତ୍ତୃମୁଖୀ ହୋଇ ପୁଣି ସିନିୟର ସିଟିଜେନ୍
ଅବସ୍ଥାକୁ ଫେରିଆସେ । ●●●

Best Wishes for Birthday of Members of ERA for period July to Sept.2023

JULY			
S I	Name of Members	Place	Contact
1	Sri Sithikant Sarangi	Bhubaneswar	9437014724
2	Mrs. Laxmi Suna	Rourkela	8895500557
3	Sri Nrusingh Ch Rout	Bhubaneswar	9438134796
4	Sri Naresh Ku. Mohapatra	Bhubaneswar	9338206814
5	Sri Biren Kumar Sahoo	Bhubaneswar	8249546078
6	Sri Bikram Nayak	Bhubaneswar	9437134434
7	Sri Satyananda Mohapatra	Bhubaneswar	9439302263
8	Sri Prafulla Kumar Mohapatra	Bhubaneswar	8895265933
AUGUST			
9	Smt. Narayani Chakraborty	Bhubaneswar	9861275171
10	Sri Suryanarayan Mohanty	Bhubaneswar	8249568007
SEPTEMBER			
11	Sri Mihir Kumar Das	Bhubaneswar	9437086749
12	Sri Pradipt Kumar Kar	Bhubaneswar	9431378774
13	Sri Suprio Basu	Bhubaneswar	9437007387
14	Kanpur Baristha Nagarik Mancha	Cuttack	
15	Dr Tatwamasi Bharadwaj	Bhubaneswar	9930170058

LIST OF MEMBERS (ERA)

Sl.	Name of the Member	District	Contact No.	Sl.	Name of the Member	District	Contact No.
<u>PATRON MEMBER</u>				<u>LIFE MEMBER</u>			
1	Dr. Udaynath Sahoo	Bhubaneswar	9337221866	34	Smt. Kalyani Chakraborty	Bhubaneswar	9439646200
2	Er. Krushna Ch. Sahoo	Bhubaneswar	9437075625	35	Sri Bansidhar Barik	Bhubaneswar	9937006967
3	Er. Rabindranath Behera	Bhubaneswar	8763334064	36	Sri Nishakar Dash	Bhubaneswar	9438623188
4	Er. Basant Kumar Mishra	Bhubaneswar	9437000452	37	Sri Pramod Ch. Pattnaik	Bhubaneswar	9437232129
5	Sri Narendra Kishore Mishra	Cuttack	9437033611	38	Smt. Shantilata Dash	Bhubaneswar	9777183643
6	Dr. Tatwamasi Bharadwaj	Bhubaneswar	9178762486	39	Sri Debaprasad Mohanty	Bhubaneswar	9437018611
7	Mr. Sarat Kumar Malu	Bhubaneswar	9337100223	40	Sri Somnath Mishra	Cuttack	9861045976
<u>LIFE MEMBER</u>				41	Sri Bansidhar Mahakul	Bhubaneswar	8763123884
1	Khandagiri B N Sangha	Bhubaneswar	9437000452	42	Dr. Surendranath Dash	Bhubaneswar	9437011125
2	Sr. Citizens Forum, Laxmisagar	Bhubaneswar	9337221866	43	Sri Nilamani Sahoo	Bhubaneswar	9937399086
3	Indian Oil Retired Off. Assn.	Bhubaneswar	9437002217	44	Sri Pravakar Mishra	Bhubaneswar	9238990556
4	Sr. Citizens Forum, Chakelsiani	Bhubaneswar	9437075625	45	Sri Gangadhar Sahoo	Bhubaneswar	9438421841
5	B N Sangha, Khariar Rd.	Nawapara	9437076474	46	Mrs. Shailabala Pattnaik	Bhubaneswar	9437287521
6	Kalinga Cardiac Rehab Centre	Bhubaneswar	9090054199	47	Sri Padmanav Parida	Nayagarh	6371994577
7	Kanpur B N Mancha	Cuttack		48	Sri Bhubaneswar Pradhan	Nayagarh	8895303003
8	B N Mancha, Balikhand	Balasore	6370079121	49	Dr. Siba Prasad Behera	Balangir	9437151347
9	Zilla B N Sangha, Rayagada	Rayagada	9437215201	50	Prof. Nimai Ch. Swain	Bhubaneswar	9777968562
10	Sri Subash Chandra Sahoo	Bhubaneswar	9437073555	51	Sri Sithikant Sarangi	Bhubaneswar	9437014724
11	Dr. Srikanta Mohanty	Cuttack	9437337168	52	Sri Parsuram Nayak	Bhubaneswar	8114963130
12	Sri Prafulla Ch. Pattnaik	Berhampur	8763468707	53	Sri Suryanarayan Mohanty	Bhubaneswar	8249568007
13	Sri Prafulla Kumar Mohapatra	Bhubaneswar	8895265933	54	Sri Pravakar Mishra	Balangir	9437194919
14	Dr. Rama Ch. Pradhan	Sambalpur	9437564080	55	Sri Chandrasekhar Patra	Bhubaneswar	9439713963
15	Sri Tribhuban Das	Balasore	9437976593	56	Sri Bichitra Kumar Mishra	Bhubaneswar	9674474717
16	Sri Subash Ch Senapati	Aska, Ganjam	9438662036	57	Smt. Gayatri Mishra	Bhubaneswar	9674474717
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23	Sri Nanda Kishore Jena	Bhubaneswar	9777313209	64	Sri Banka Bihari Rout	Balasore	8093672395
24	Sri Arjuna Kumar Patra	Bhubaneswar	9337522215	65	Sri Abhay Ku. Samantray	Bhubaneswar	9437105118
25	Sri Ramesh Chand Gupta	Bhubaneswar	8260275030	66	Er. Artatran Nayak	Dhenkanal	6370022993
26	Sri Bidyadhar Agarwal	Bhubaneswar	9337703623	67	Sri Dibakar Gochhi	Cuttack	9437032141
27	Dr. Sushil Kumar Nanda	Bhubaneswar	9437196720	68	Sri Keshab Ch. Dash	Cuttack	9437061538
28	Sri T R M Subudhi	Rambha, Gm	6371412898	69	Sri Akhaya Ku Mishra	Bhubaneswar	9437131830
29	Sri Nrusingh Ch Rout	Bhubaneswar	9438134796	70	Sri Ramesh Ch. Pattnaik	Bhubaneswar	9437001193
30	Sri Bipin Mansingh	Bhubaneswar	9338200606	71	Smt. Susama Swain	Bhubaneswar	8328885260
31	Sri Pramod Sahoo	Bhubaneswar	9437011087	72	Sri Batakrushna Nayak	Bhubaneswar	9439755300
32	Sri Rajkishore Sahoo	Bhubaneswar	9438363455	73	Sri Sankarnarayan Patra	Bhubaneswar	9437058111
33	Smt. Narayani Chakraborty	Bhubaneswar	9861275171	74	Sri Brajendra Kumar Behera	Cuttack	9437069244

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Sl.	Name of the Member	District	Contact No.	Sl.	Name of the Member	District	Contact No.
<u>LIFE MEMBER</u>				<u>LIFE MEMBER</u>			
75	Sri Gokul Mohan Mohanty	Cuttack	9438133308	99	Sri Biren Kumar Sahoo	Bhubaneswar	8249546078
76	Sri Ashok Kumar Mohanty	Cuttack	9437164745	100	Sri Prakash Chandra Baral	Bhubaneswar	9937016315
77	Sri Chittaranjan Das	Bhubaneswar	9437306782	101	Sri Debadatta Panda	Bhubaneswar	9437306647
78	Prof. Paresh Nath Sahu	Bhubaneswar	90786 75970	102	Sri Abanikant Pattjoshi	Bhubaneswar	9437300276
79	Sri Kshirendranath Sahoo	Bhubaneswar	9853141517	103	Sri Bhagirathi Bhoi	Bhawaniapatna	9777050768
80	Sri E Tejeswar Rao	Ganjam	9437016555	104	Sri Chandrasekhar Swain	Bhubaneswar	9338010664
81	Sri T Shibji	Maharashtra	7588700808	105	Sri Rajkishore Samantray	Bhubaneswar	8249672021
82	Sri Purna Ch. Panda	Bhubaneswar	9692490909	106	Sri Ramkrishna Patra	Parlakhemundi	8260522044
83	Sri Suresh Ch. Das	Bhubaneswar	8984117030	107	Sri Sadhu Charan Behera	Bhubaneswar	9437482231
84	Sri Bikram Nayak	Bhubaneswar	9437134434	108	Sri Abhimanyu Das	Bhubaneswar	9178509111
85	Er. Mrutyunjaya Mishra	Bhubaneswar	7848840894	109	Sri Rabi Narayan Sahoo	Bhubaneswar	9937299701
86	Sri Naresh Ku. Mohapatra	Bhubaneswar	9338206814	110	Sri Pradipta Kishore Pattnaik	Bhubaneswar	9937469703
87	Sri Kalyan Ku. Pati	Bhubaneswar	9437438891	111	Dr. Kausik Mishra	Bhubaneswar	8260415486
88	Mrs. Laxmi Suna	Rourkela	8895500557	112	Sri Shaila Madhab Jena	Bhubaneswar	9573365078
89	Sri Gadadhar Panda	Bhubaneswar	9437500567	113	Sri Bhagaban Sahoo	Bhubaneswar	9437124591
90	Sri Adwit Ballabh Pattnaik	Bhubaneswar	9937058154	114	Sri Narayan Samal	Bhubaneswar	7008745997
91	Sri Radhaprasad Tah	Cuttack	8093706730	115	Sri Suchit Kumar Tripathi	Bhubaneswar	7008591799
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OBITUARY

13.05.2023

We, Members of Elder Recreation Activities-era, Bhubaneswar are shocked & deeply aggrieved on the demise of a wonderful doctor Prof. Annapurna Devi, whose enormous contributions to the area of healthcare. Patients will never forget to the loss of doctor Prof. Annapurna Devi.

We pray to the Almighty to give peace to the departed soul and give strength to the bereaved family members, especially to her husband, Prof. Dr. Krupasindhu Panda, President, Federation of Senior Citizens Associations of Odisha to bear this irreparable loss.

* With the deepest condolences *

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