



आंकलन और कार्य निष्पादन मूल्यांकन परिषद

COUNCIL FOR ACADEMIC AND PERFORMANCE APPRAISAL (CAPA)

*A Public Charitable Trust*

### How a senior citizen can contribute to CAPA

Senior citizens can contribute to CAPA in various meaningful ways, leveraging their experience, skills, and time. Here are some ways in which senior citizens can contribute to CAPA:

**Volunteering:** Senior citizens can volunteer their time and expertise to support the activities and initiatives of CAPA. This could involve assisting with administrative tasks, event planning, fundraising efforts, outreach programs, or providing mentorship to younger volunteers.

**Professional Skills:** Many senior citizens have valuable professional skills and experience that can benefit CAPA. They can offer their expertise in areas such as accounting, marketing, legal affairs, project management, IT support, or strategic planning to help the organization operate more effectively.

**Advocacy and Awareness:** Senior citizens can advocate for the causes championed by the CAPA within their communities and networks. They can raise awareness about social issues, participate in advocacy campaigns, and engage in public education efforts to promote positive change.

**Mentorship and Training:** Senior citizens can serve as mentors and trainers for younger volunteers or staff members within the CAPA. They can share their knowledge, wisdom, and life experiences to help others develop their skills, confidence, and leadership abilities.

**Supporting Fundraising Efforts:** Senior citizens can contribute to fundraising efforts by making financial donations, hosting fundraising events, or reaching out to their social circles to solicit donations. They can also provide guidance on donor stewardship and cultivation strategies.

**Community Outreach:** Senior citizens can engage in community outreach activities on behalf of the CAPA, such as organizing workshops, support groups, or informational sessions for vulnerable populations. They can also provide emotional support and companionship to individuals in need.

**Storytelling and Documentation:** Senior citizens can share their personal stories, experiences, and insights to help amplify the impact of the CAPA's work. They can contribute to storytelling initiatives, write articles or blog posts, or participate in oral history projects to document the organization's history and achievements.

**Inter-generational Engagement:** Senior citizens can foster inter-generational connections and understanding within the CAPA by participating in joint activities or mentorship programs with younger volunteers or beneficiaries. This can create opportunities for learning, mutual support, and collaboration across age groups.

**Policy Advocacy and Research:** Senior citizens with expertise in policy advocacy or research can contribute to the CAPA's efforts to influence public policy, shape legislation, or conduct research on relevant issues. They can provide valuable insights, analysis, and recommendations to inform advocacy strategies and campaigns.

Overall, senior citizens have a wealth of knowledge, skills, and life experiences that can enrich the work of CAPA and contribute to positive social change. By actively engaging with CAPA, seniors can continue to make meaningful contributions to their communities and society as a whole.