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BHARAT PENSIONER

भारत पेंशनर



OFFICIAL MONTHLY ORGAN OF THE BHARAT PENSIONERS SAMAJ, NEW DELHI - 110 014

(Federation of All India Pensioners' Associations)

(MEMBER, INTERNATIONAL FEDERATION ON AGEING, TORONTO, CANADA)

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L to R : S C Maheshwari, Dr K R Gangadharan & Shyam Sunder



**R N Mital, Prez, AISCCON
addressing the BPS Convention**



**V Bhagyavathi, Secunderabad
addressing the Convention**



**J M Biswas, Genl Secy, NFRPA addressing
the BPS Rly Convention on 29.03.12**



**Miss Kavita Mukherji from Kolkata addressing
8th Biennial Conference of NFR Pensioner's Assn**



**The choreographed VANDE MATRAM
by grand-daughters**

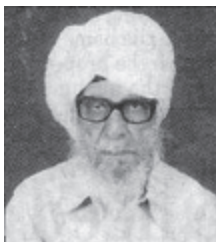


**The Cultural Evening by the
Young Generation**

FLASH

MOU SIGNED BETWEEN BPS & AISCCON

To strengthen the fight for the rights of retirees in India. Bharat Pensioners Samaj (BPS), New Delhi & All India Senior Citizen Confederation (AISCCON), Navi Mumbai have joined hands through a memorandum of understanding (MOU) signed between the two organizations.



OBITUARY

AH! Mahindar Singh!

Bharat Pensioners Samaj mourns the sad demise of its seniormost Whole Life member (WL - 2655), on May 09, 2012. He was born in 1916. He was one of the earliest members of The Indian Foreign Service when it was constituted after India achieved Independence. He wrote extensively on geriatrics and contributed frequently to BHARAT PENSIONER. He regularly attended our AGMs & was always liberal with donations.

MAY HIS SOUL REST IN PEACE!

Shyam Sunder, Secy Genl

OBITUARY

Shri Pramod Ranjan Karmakar

[Bharat Pensioners Samaj] 3rd National Convention of Rly. Pensioners Associations in Jalpaiguri

OBITUARY : Late Shri Pramod Ranjan Karmakar

We are sorry to inform that Shri Pramod Ranjan Karmakar who had a massive heart attack at the 3rd NC expired on April 03, 2012. His departure is a great loss to the pensioners' movement in the North East.

S K KANJILAL, Asstt Secy Genl,
NFR Pensioners Assn, Guwahati

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FLASH

It has been decided to hold the next AGM of Bharat Pensioners Samaj @ New Delhi on the 11-12th October, 2012.

Shyam Sunder, Secy Genl

BHARAT PENSIONERS SAMAJ, NEW DELHI

(Federation of All India Pensioners' Associations)

MEMBER, INTERNATIONAL FEDERATION ON AGEING, TORONTO, CANADA

2/13-A, LGF (Backside), Jangpura - 'A', Hospital Road, New Delhi - 110 014

President : Contact him directly at :

K C Pipal, 15-MIG, Nehru Enclave, Agra -28 2001
T : 0562 - 248 0777 M : 09412269177

Sr Vice-Prez : Send Hindi news DIRECT to R N Tripathi,
L-21, Laxmi Nagar, Delhi - 92 T : 011 - 2241 2731

Secy Genl : Shyam Sunder
011 - 2437 6642 (O), T : 011 - 2437 8583 (R)
e-mail : bps.shyamsunder@gmail.com

Secy (Defence) : Reg Defence matters. contact directly:
K S Bhardwaj, Lt Col (Retd) E - 50 Kapil Vihar,
Sector - 21-C, Faridabad - 121 001
T : 0129 - 242 4515 M : 98710 19512

Secy (Postal & Ors) : Reg Postal & other matters. Contact:
M Chandra Mowli, Plot- 21, P&T Colony, Gandhi Nagar,
Hyderabad - 500 080 T : 040 - 2406 9142

Secy (Rly Pnsnrs) : For Rly matters, contact directly :
S C Maheshwari, 490-A/16, Gurdwara Road,
Civil Lines, Gurgaon - 122 001 Fax : 0124-230 0423
T : 0124 - 230 2262 M : 098684 88199
e-mail : maheshwariscrrewa@yahoo.co.in

Secy (BSNL/PSUs): Shreepad V Deshpande, Pune
Tel - 020-2447 3757, M : 09422002219

Secy (P R) : V K Taneja 27-B, Pusa Road, New Delhi - 05
Tel : 011 - 2578 9203

Editor : D Jayaraman, Send (English) News directly:
23, Rashi Apts, Plot - 3, Sector - 7, Dwarka,
Delhi - 110 075 T- 011 2508 8062

Jt Secy General : P N Sharma
T : 011 - 2701 8811 M : 092102 04078

Asstt Secy Genl : K L Malhotra, F - 10, Rail Vihar,
GZB-12 T - 0120269 8625, M - 098182 97181

Treasurer : Rameshwar Kumar DLH-88 M - 09654892289

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Contact Time : 11.00 - 3.00 pm only

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Contact each of them directly at :

Vice-Prez (North Zone):

Harchandan Singh, Chandigarh
T : 0172 - 222 8306 M : 093161 31598

e-mail : harchandan_chd32@yahoo.co.in

Vice-Prez (East Zone):

R N Dutta, 12 - E, Shakuntala Park,
Baidyabati - 712 222 -08

T : 033 - 2632 6070 M : 098742 47912

Vice-Prez (West Zone):

J Narayana Rao, 207 Kailash Apts,
Kamptee Road, Nagpur - 440 017

T : 0712 - 265 2335 M : 094217 03511

Vice-Prez (South Zone):

M Somasekhara Rao, 12-11-1411,
Buddhanagar, Secunderabad - 500 061

T : 040 - 2707 8848 M : 099490 52609

Vice-Prez Th Yaisukul Singh, (N E Zone):

Irawat Bhawan, Imphal (Manipur)-795 001
T: 0385 - 244 3738

Members, Managing Committee

1. P K Goswami (Smt) DLH - 14 0112437 8583
2. S Kodwani (Smt) DLH - 24 0112984 1621
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4. G S Asiwai BPL - 32 0755266 5545
5. C L Vij DLH - 64 0112812 4469
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8. S N Gupta RWR - 01 0127422 4573
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11. Parkash Chand DLH - 18 092105 15470
12. O P Kumar GGN - 01 099116 61300
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15. Asis Ranjan De GUW - 12 036125 71852
16. D A N Sarma VZG - 16 092475 37961
17. Lajpat Rai DLH - 09717496027

Hon Legal Consultant : G S Lobana

Advocate, CAT Pr Bench & High Court, C-207,
Anand Lok Society, Mayur Vihar-I, Delhi - 110 091
Tel. : 011 - 2275 5422 Mobile : 098102 38999
(For any reply, a stamped ₹ 5 envelope a must)

MODIFIED PARITY CASE IN DELHI HIGH COURT : 04.05.12 & 07.05.12

Note: Union of India & Ors vs Central Government SAG & Ors – WP (C) No 1535/2012

Brief: Note of the proceedings before Court No. 3 (Division Bench) of the Delhi High Court on 04.05.2012

(Prepared by Adv Vasav Anantharaman for Mrs. Minakshi Arora Sr Adv. BPS)

The above captioned petition was called out for hearing today. For the Petitioner, Senior Advocate A.S. Chandhioke appeared, while Senior Advocate Mr. Nidhesh Gupta appeared for the Respondent.

Mr. Nidhesh Gupta made only one statement, in the initial absence of Mr. Chandhioke, wherein he stated that the clarificatory notification dated 03.10.2008 could not be held valid inter alia on the ground that such clarification was issued by a Junior officer, without any approval. It was further contended by Mr. Gupta, and appreciated by the Hon'ble Court, that such clarification, if required to be issued, could have been issued only by either the same authority who issued the first notification dated 01.09.2008, or someone of equivalent or higher authority.

At this juncture, Mr.A.S. Chandhioke appeared, and began his arguments.

Arguments on behalf of Mr. A.S. Chandhioke, Counsel for the Respondents :

1. At the outset, Mr. Chandhioke stated that his arguments would be restricted to the OM's issued prior to the clarificatory OM dated 03.10.2008 only i.e. he would address and interpreting only the Notification dated 29.08.2008, and subsequent OM's dated 01.09.2008 and 02.09.2008.

2. Mr. Chandhioke underlined that two crucial dates to the Hon'ble Court for the purpose of the present petition, i.e. 31.12.2005, and 01.01.2006.
3. As per 6th Pay Commission, the concept of 'Pay Scale' was modified to the concept of 'Pay Band'. As a result of the same, the pay was calculated as per the Pay Band, which was fixed, in addition to which a Pay Grade was provided. He submitted that there was no dispute between the parties as to the concept of 'pay grade'.
4. Mr. Chandhioke further emphasized that as a result of the cut-off date of 01.01.2006, two broad categories of persons were created i.e. persons who retired 'Pre-2006', and thus were only connected to the Government Dept. for the purpose of 'pension', and persons who continued 'Post-2006', and thus included people who remained employees.
5. On the basis of the above, Mr. Chandhioke raised a query as to whether the two broad categories of people mentioned above, i.e. 'Pre-2006' and 'Post-2006', are at par?
6. Mr. Chandhioke proceeded to lead to Hon'ble Court through the impugned judgment of the CAT para-wise.
7. Re: Para 8, 9 - Mr. Chandhioke submitted that as per these paras, Pensionary benefits to pre-2006 and Post-2006 persons cannot be the same.
8. Re: Para 12 – Mr. Chandhioke laid emphasis that at the CAT referred to 'Clarificatory OM's' (Plural), and thus referred to both OM's dated 03.10.2008 as well as 14.10.2008.
9. Re: Para 13 – Mr. Chandhioke submitted that as per recommendation and decision of the Govt., there is no dispute that the persons pre-2006 have been not been put on par with persons Post-2006. Mr. Chandhioke laid emphasis on the following sentence at Para 13 which states - "*This is consistent with the fitment benefit being allowed in case of the existing employees*".

10. Mr. Chandhioke further submitted that as per the recommendation, there had been an increase of 2.26 times in the pension of the Pre-2006 retirees.

11. Re: Para 13 – Mr. Chandhioke further submitted that as per S. No. 12 (stated at Para 13 of the impugned order of CAT), the phrase 'The fixation of pension will be subject to the provision that the revised pension, in no case, shall be lower...' indicated that first, the pension was to be calculated as per the method of calculation provided for in the first half of S. No. 12, and if the amount arrived failed to equivalent or more than the amount calculated as per '50% sum of the minimum...' method, only then would the second half of S. No. 12 come in consideration.

Mr. Chandiooke further submitted that Cl. 4.1 of the OM dated 01.09.2008 provided for method for fixation of pension. If pension, as calculated as per Cl. 4.1 + 2.26 times would be less than Rs. 37, 400 (provided in PB-4), then it shall be hiked to the minimum amount provided as per Cl. 4.2.

12. Mr. Chandhioke proceeded to submit:

- **Fixation of pay differs from fixation of pension.**
- **By virtue of OM dated 14.10.2008, the minimum 'Pay in the Pay band' of the 'existing employees', as on 01.01.2006, , was fixed at Rs. 44, 700/-.**
- **As per requirements in the impugned order of the CAT, the basic pay in the pay band, for the purpose of calculation of pension for Pre-2006 pensioners was also be taken as Rs. 44, 700/-.**

13. It was further submitted by Mr. Chandhioke that two different classes of pensioners were created by the two OM's dated 01.09.2008 and 02.09.2008 respectively, and the same was upheld in the impugned order by the CAT.

14. Mr. Chandhioke proceeded to make the following submission : A '*higher pay*' can be fixed for an existing employee vis-à-vis a retired employee, by virtue of that fact that he is an existing employee on the date, and actively working for the employer, and that such fixation of a higher pay for the existing employee has no bearing or effect on those employees who have already retired.

15. At this juncture, the Hon'ble Court made an observation that *fixation of the pay of an existing employee, Post-2006 in the present case, may have an effect on the pension of a person who has retired Post-2006.*

16. Re: Para 16 – Mr. Chandhioke pointed out that the observation of the CAT that "*The use of the words 'sum of', 'and' and 'thereon' leaves no doubt that both minimum of pay in the pay band and the grade pay have to correspond to the pre-revised pay scale.*" was incorrect.

The Hon'ble Court agreed with Mr. Chandhioke, and noted that the above sentence did not make sense, and was incorrect.

17. The Hon'ble Court proceeded to note that the case of the Pre-2006 retirees is that the pension should be calculated using the formula – 50% of (44, 700 + 10, 000), and not 50% of (37, 400+10000).

18. Mr. Chandhioke pointed that the amount of Rs. 44, 700 was 'Pay fixed' within the pay band. He further submitted that if the pension for the Pre-2006 retirees was granted as per the prayer as noted by the Hon'ble Court, then as an effect, a person who retires after 01.01.2006 will not get the pension as per the formula of 50% (44, 700+10000), and instead his pension shall be calculated as per 50% of (37, 400+10000).

19. The Hon'ble Court posed the question as to whether an increase of pay to Rs 44, 700 within the pay band would result effectively in modifying the basic pay band itself, i.e. 37, 400 – 67000?

20. Mr. Chandhioke proceeded to conclude by placing the following submissions:

- **Fixation of pay to existing employees cannot change or affect the pensionary benefits available to retired employees.**
- **That as per the resolution, fitment benefit has been given at par with existing employees, and thus parity has been achieved.**
- **That there is a difference between 'Pay band' and 'fixation of pay' (being the amount of Rs. 44, 700).**

21. The Hon'ble Court raised the following issue for determination – What will be the minimum pay in the pay band i.e. whether it shall be the starting/minimum amount stated in the Pay Band (i.e. Rs. 37, 400), or whether it shall be the minimum pay 'fixed' within the pay band (i.e. Rs. 44, 700)?

22. The Hon'ble Court fixed the next date of hearing for 07.05.2012, and stated that the statement of the counsel for the Respondent in order dated 19.03.2012 that they shall not be pressing the contempt application before the Tribunal till the next date of hearing shall continue to remain in effect.

* Note: - Union of India and Anr vs.
Central Government SAG and Ors. –

PROCEEDINGS DATED 07.05.2012

Mr. Nidhesh Gupta, Senior Advocate, commenced his arguments for the Respondent, and submitted the following points:

1. Mr. Gupta stated that he had two broad submissions:
 - a. Reading of the 6th Pay Commission Recommendation, as accepted by the Central Govt, would show that the order of the CAT is correct.
 - b. Supreme Court has held in various cases that classification based on "Pre-Post Date of Retirement" is bad in law.

2. Mr. Gupta submitted that only 'modified parity' was sought by the pre-2006 pensioners, and not absolute parity.
3. Mr. Gupta submitted that Post-2006 'Serving' employees will benefit and get much more after implementation of the CAT order, and that it does not affect them adversely.
4. With reference to the notification dated 29.08.2008 and page 121 of the Paper-book, Mr. Gupta submitted to the Court that as per the recommendation of the 6th Pay Commission, the pay-band recommended for S-24 was 15, 600-39, 100. However, the Central Government placed S-24 in the band (37, 400 – 67,000).
5. Mr. Gupta submitted that only with reference to S-28 and S-29, the Pay Commission had recommended 'More than 37, 400-67000), but the Central Government placed S-28 and S-29 in the band (37, 400-67,000).
6. Thus, by the above submission, Mr. Gupta sought to show the Court that S-28 and S-29 were clearly prejudiced and were placed in a category lower than that which was recommended, whereas the Post/Grades below S-29, (S-24 onwards) have been upgraded, and given more than that which was recommended.
7. Mr. Gupta proceeded to show the Hon'ble Court that the terms used in Para 5.1.47 of the Resolution dated 29.08.2008 were "...shall in no case be lower than 50% of the sum of the pay in the pay band and the grade pay thereon corresponding to the prerevised pay scale from which the pensioner had retired."
8. Mr. Gupta proceeded to emphasize that the term "Minimum of the Pay in the Pay Band" is not the same as "Minimum of the Pay Band", as was the effect of the clarificatory notification struck down by CAT.
9. Mr. Gupta stated that the term "Minimum of the Pay in the Pay Band... corresponding to the pre-revised pay scale from which the

Pensioners had retired” would necessarily mean the ‘Minimum Pay’ given in the pay band, i.e. Rs. 44, 700/-, and thus the pre-2006 pensioners would be entitled to use Rs. 44, 700/- in the formula for calculation of pension provided. Mr. Gupta submitted that this would form ‘modified parity’, as defined by the Pay Commission, as a post-2006 person continuing after 01.01.2006, would in any case be entitled to a minimum pay of Rs. 44, 700/-, and if and when he/she would retire, his/her pension would be calculated on the pay last drawn by him, which shall necessarily be equal to or more than Rs. 44, 700/-. Thus, the parity achieved would be ‘modified parity’.

10. Mr. Gupta submitted that even the Govt. realized that the interpretation of OM dated 01.09.2008 will lead to the above interpretation, and thus issued the ‘clarificatory OM’, to rectify their mistake.
11. Mr. Gupta bolstered the above argument by stating that the Pay Commission had never recommended ‘37, 400’ for S-29 level, and had instead recommended ‘39, 200’ in the first place.
12. Mr. Gupta argued that the term “Minimum Pay in the pay band” would correspond to Rs. 44, 700/- and the same thus must be used in the formula provided.
13. Mr. Gupta referred to the submission of Mr. Chandhoke that the OM was pertaining to ‘Fixation of Pay’ and not ‘Fixation of Pension’. Mr. Gupta rebutted the above submission by stating that the fixation of Pension for even Pre-2006 pensioners has been worked out on the basis of the same OM pertaining to ‘Revision of Pay’, and thus it was applicable to Pre-2006 pensioners as well.
14. The Hon’ble Court, before adjourning the matter to the next date of hearing, observed that the word ‘corresponding’ as used in 5.1.47 of the notification dated 29.08.2008 and 4.2 of the OM dated 01.09.2008 were only used to

determine the pre-revised scale, and not the ‘pay’ in that pre-revised pay scale.

15. The Hon’ble Court ordered that the contempt application of the Respondent before the CAT shall remain as not pressed till further orders.

Mr. Nidhesh Gupta shall continue his submissions on 21.05.2012.

CORRIGENDUM / ADDENDUM

BHARAT PENSIONERS SAMAJAT NEW HEIGHTS

In Bharat Pensioner - 04/2012-p.5, Please add the following Editor

3rd National Convention of Railway

Pensioners Associations a grand success with largest ever gathering

Pre - lunch session ended with a mass rally of retirees.

In the second session after Lunch :

Sr. Vice President BPS R.N.Tripathi, President south Somashekhar Rao, Vice President East R.N.Dutta, Vice President North Harchandan Singh, Vice President West J.N.Rao, General Secretary NFRPA Biswas, Shaktimay Kanjilal Joint Genl. Secy. NFRPA, Working President, reception committee Bimalendu Chakraborty expressed their views, then speaker after speaker from the House endorsed and discussed the issues raised in the Discussion Paper. Shyam Sunder, Secy. Genl, BPS, who presided the event, summed up after the day long deliberations & put the discussion paper to vote which was unanimously adopted by the House with the direction to give it the shape of resolutions for onward transmission to the Govt. of India.

The session ended with the singing of National Anthem.

The evening was made memorable with unique cultural programme presented in the honour of retired persons by the daughters, daughters-in-law & grand children of retirees of West Bengal & Assam.

Er. S.C.Maheshwari

**IIIrd National Convention of
BPS - Sponsored Rly
Pensioners Associations @
NJP on 29.03.2012 Address
by Dr K R Gangadharan,
Vice-Prez (East Asia) IFA,
Toronto @ Hyderabad, India.**

Respected Mr. Shyamsunder, the veteran's veteran who has been managing the BPS over several years, Mr. Mital, President, AISCCON, Mr Dutta, Mr. Tripathi, Mr. A M Roy and other VIPs, distinguished ladies, pensioners and senior citizens,

I am grateful to the organizers of this major event - 3rd National Convention of Railway Pensioners Associations under the aegis of BPS in this beautiful New Jalpaiguri - to have invited me to speak on this occasion - in the third National Conference of the representatives of Railway pensioners associations. I thank the local organizers for the hospitality extended - receiving me at the airport, escorting us to the guest house and to take me back to the airport soon. I am indeed very happy for I was born in the Railway Hospital at Hubli, Karnataka.

I acknowledge Mr. Maheshwari who is instrumental in maintaining communication with me over the past many months that despite my hectic schedule I am here.

The days when the oldest dictated the family life is fast disappearing due to globalization and industrialization and plenty of older parents are responsible for encouraging their children to migrate for better life. Today we witness globe trotting parents and grand parents who spend months in the western world. Most of the senior citizens live in the country with no such opportunities. Often senior citizens are branded as "cynical citizens" as they grumble about everything in life around them.

Recently 'Parents in India and Children Abroad' associations have come up and very soon a federation of them will emerge. We truly demonstrate our rights to form an association under the Indian constitution.

Identity of senior citizens is at a loss as is evident - Golden Oldies, elderly, old folks, cronies, older persons, elderly, seniors and many more are the titles they carry for themselves. UN adopted thirty years ago "older person as those who have crossed 60 years" - the chronology being the determinant. Geriatricians refer to old age as the time when one's body starts degenerating.

The pensioners were the ones to start associations decades ago but over the years, associations for elderly came into existence in India. The senior citizens advocacy is gaining momentum - 1995 - very little except grant-in-aid for old age homes but today it is altogether a different ball game - NPOP in place and it was reviewed - many State Governments are yet to respond to - MWPS Act 2007 - implementation is very tardy - I can use the word, they are indifferent.

Some officers take interest while others never - so also the Ministers - this is how the democracy in the country works.

2010's Protest Day indeed was an eye - opener for the movement which is otherwise well grouted in Maharashtra. The event was well publicised under the leadership of Dr. Siva Raju of TISS. The Architect of this effort is Mr. Mital who is in our midst as Guest of Honour.

Now the pensioners are joining hands with the movement - may be a small proportion but it is a consolidating affair. It is good for the population as the number they are projected to possess is likely to be 300 million by 2050.

IFA is a body of membership organizations from all over the world - BPS and AISCCON being associate members from India while US based AARP with a membership of 36 millions, Age UK, DanAge Denmark, COTA Australia are some names - we draw strength from such membership

spread over 70 countries. We are reaching out to Middle East and African countries - for some time major events of international impact are being organized and we expect the membership from countries to cross over 100. The number is huge - the projection is over 2000 million during the next four decades.

We need to invest in the future - often we are unlikely to reap the benefits - most of the Governments all over the world are not actively involved in Ageing. The movement can leap forward if we move ahead with either some or all of the following:

1. Need to professionalize the associations - begin with at the national level and gradually move downwards. This indeed is a great challenge but all of us must put our heads together and we will the right answers.
2. The senior citizens problems are extremely complex. Income security to those unfortunate ones who cannot get a square meal, pensioners in the bottom of the pyramid, healthcare - inaccessibility (national programme for healthcare of the elderly) - this year's World Health Day Theme is "Ageing and Health" - let us celebrate this in a big way all over the country - move the Governments - 100 units are established across the country. Utilize NPHCE by making sure that service delivery is adequate: Sub centre, Primary Health Centre, Community Health Centre, District Hospital and eight regional geriatric centers including one in Assam in east India
 - 100 year old man registered for Ph D in Assam University in 2010
 - 70 - odd year old couple got their child in UP after their adult son died in road accident
 - Tanzanian, Kenyan old women learn Karate to fight youngsters who attempt to rape them
 - Witch hunting in African villages
 - Older people left in trains and railway stations uncared by children

Abuse of elderly is growing in the world - human rights commission have found plenty of violations

in Europe, particularly in UK, where older persons are killed by administering injections as the nurses consider them painful and nuisance.

3. Differences amongst the senior citizens have kept them indifferent to each other - ego is the primary cause - shed this ego, instead set targets and one of the management principles while resolving conflicts is to focus on the problem and not on the person. At the same time, it is said when you dig deep into the problems, you will find a human being there. Conflict resolution must be learnt by each of the members of the pensioners' leadership.
4. Be a community resource - do not claim that you should be respected because you are old, instead earn your respect by your contributions to nation building - you need to be active physically and mentally. Do not feel that your children are using you always - instead take this as a blessing in disguise - volunteering is a big subject all around the world and I read that more than 200000 older adults are involved in delivering food to those in the USA who are food deprived. Same is the case in Australia. Sydney Olympics had the maximum number of older volunteers.
5. The Government's indifference must not demotivate us - we must remain independent - at the same time keep advocating. That has been the case of trade union movement, women empowerment, child rights and soon the elders. We must keep remembering that the movement is in its infancy and we have to grow to adulthood.
6. The society must see us as true wisdom holders - actions alone speak louder - I quote Kofi Annan's "library"!

Statement by

KOFI ANNAN, United Nations Secretary-General:

In Africa, it is said that when an old man dies, a library vanishes. That proverb may vary among continents, but its meaning is equally true in any culture. Older persons are intermediaries between the past, the present and the future. Their wisdom and experience form a veritable lifeline in society.

We meet today to pay tribute to the contribution of older people, and to formulate a strategy to help them lead the safe and dignified lives they deserve. In that sense, this is an Assembly for them.

Wish you and your family a very healthy life and Jai Hind!

Long live pensioners and senior citizens movement!

Trustee, Heritage Foundation
Director, Heritage Medical Centre,
37 Kamalapuri Colony Phase III
Hyderabad 500 073 India
www.heritagehealthcareindia.com

New Booklet from BPS

1-2. **Compendium of FAQs**
(Deptt of Pension & PW + RBI)

3-4. **Rly Passes & RELHS**

5. **Pension Adalat**

This new booklet has been published by BHARAT PENSIONERS SAMAJ, New Delhi-110 014 (with MO form (₹60/-) attached for special donation)

Available on request only

1. from individual Members (indicate name, Tele/Mob. No)
2. from Associations. They may place bulk orders to :- (indicate name, Tele/Mob. No)

**Secy Genl, BHARAT PENSIONERS SAMAJ,
2/13-A, (Back side), Jangpura - 'A',
New Delhi - 110 014**

NB : Since the booklet would be sent thru courier, Tele/Mob No. is a MUST on the address Slip.

संकल्प

गर समन्दर ने ठानी है, ज़मीं को बहा ले जाने की
तो हमें भी ज़िद् है, वहीं पर आशियाँ बनाने की

MY DETERMINATION

If the sea waves have decided
to wash away the earth;
Then we too are determined
to build our nest at that very spot!

N.F. Railway Pensioners' Association

Hd. Qrs. Pandu, Guwahati - 12 (Assam)

(Affiliated to Bharat Pensioners' Samaj (NDLS),

AICCPA & AIRRF (Secunderabad).

8th Biennial (25th Annual) Cental General Body Meeting of N F Railway Pensioners' Association at New Jalpaiguri on 30th & 31st March, 2012

Welcome Address of the Chairman, Reception Committee 30/03/2012

Respected guests, beloved delegates and dear friends,

I welcome you all on behalf of the Reception Committee, N F Rly Pensioners' Association. I thank you all for your gracious presence in New Jalpaiguri Railway Community Hall today and for your kind participation in the 8th Biennial central General Body Meeting.

I dare say, many of my friends present in the audience will remember how 12 yrs back, on 3rd and 4th April, 2000. The 2nd Biennial (14th Annual) Central General Body Meeting of N F Rly Pensioners' Association was held in this very hall, though it was then known as NJP Rly Institute.

Friends you all know that NJP made its entry on the map of Indian Railways in the later half of the previous century. To be more specific, it was in 1960 that a Broad Gauge Construction Project was taken up in an area that was initially named 'New Siliguri' because of its proximity to Siliguri but later came to be known as New Jalpaiguri as the area fell in the district of Jalpaiguri.

It is a common knowledge that New Jalpaiguri, along with Siliguri, is the gateway not only to the seven sisters of the North-East India but also to the Himalayan State of Sikkim, the Kingdom of Bhutan and Bangladesh. Here we need to remember that till 1964 it was only through Siliguri Junction Station that all metre gauge trains ran to different destinations in Assam, Meghalaya, Nagaland, Arunachal, Mizoram, Manipur and Tripura. Here, mention also must be made of the narrow gauge track from Siliguri to Darjeeling that catered to the needs of the tourists and the daily commuters alike.

The host branch, i.e. N F Rly Pensioners' Association/NJP also has its own history of development. It was set up in 1996 in a small house behind the fruit market at Gate Bazaar, NJP with 50 members only. It was indeed a very humble beginning. But over a small span of time the tiny sapling of that day has grown into a plant today and at present it is striving to become a robust tree along the passage of time. Now, we are proud to tell you that N F Rly Pensioners' Association, NJP has its own office building in central colony, Gate Bazaar, NJP, courtesy, generous donations from both the retired and serving Rly employees. This branch office has BSNL telephone connection besides Rly telephones, we are aspiring to have internet connection too, banking on the sagacity of the central office of N F Rly Pensioners' Association.

Friends, now on a different note - we all here are aware that the present general body meeting is being held at a time when the global economy is passing through a deep crisis and to save themselves from ruination the developed countries of the world are penetrating into the economy of the developing countries like India through Foreign Direct Investment and the most alarming thing is that in the recently introduced Pension Fund Regulatory and Development Authority Bill in the parliament, the multinational companies have been invited by our government to make 26% FDI in pension Fund. I earnestly hope in the ongoing General Body Meeting, an in-depth discussion on the evil effects of the above-mentioned bill will be held and I anticipate - no, I am confident - that after thread-bare analysis you will surely reject the bill altogether as antinational and anti-pensioner.

Friends, I think it is high time I confess, that though we have tried our level best to make your stay here comfortable, because of lack of experience and want of sufficient resources all our efforts may fall short of your requirements. On behalf of the Reception committee I apologise to you for all our inadvertent shortcomings.

At the end, let me take the opportunity of the present occasion to acknowledge the kind

co-operation extended by the N F Rly Officials and their staff. Here I would like to convey my heartiest thanks specialty to the DRM/KIR, CMS/NJP, ADEN/NJP, Area Manager/NJP, APO/NJP, and SM (G) NJP.

We also want to express our gratitude to the leadership of N F Rly Mazdoor Union, N F Rly, Employees Union and AIREC of New Jalpaiguri branch, all of whom have stretched their helping hand to make today's celebration a grand success.

The reception committee too heartily wishes allround success to the central general body meeting today. With best regards and greetings, Long live pensioners' unity!

Long live Rly Pensioners' Association.

Yours Sincerely

Dr. Keshab Ranjan Chakraborty
Chairman, Reception Committee

NEWS FLASH

ONE INCREMENT GRANTED

w.e.f. 01.01.2006 in pre-revised scale.

5th January, 2012

Dear Comrades,

The meeting of the National Anomaly/committee was held today as scheduled. 28 items were subjected to discussions. The next meeting of the Anomaly Committee will finalize the left out items.

In the meantime we are to inform you that the Government has today agreed in the Anomaly Committee meeting to grant one increment on 1.1.2006 in the pre-revised scale of pay for all those whose increment falls between 1st Feb and 30th June 2006. This is applicable only for those who were in service as on 1.1.2006. They will draw their next increment in the new Pay Band on 1st July 2006.

Comradely Yours,

K K N Kutty, Secy Genl

Confederation of Central Govt Employees & Workers

UHC PANEL GUARANTEED HEALTH COVERAGE FOR ALL

It will be offered as National Health Package for all common conditions.

by Aarti Dhar

Strongly recommending a reconfiguration of the entire health system where the government will have a major role to play, a high level expert group on Universal Health Coverage (UHC) has proposed making health care an entitlement to every citizen.

2. The group suggested that health care be offered as a National Health Package (NHP) covering all common conditions and high impact health care requirements, including inpatient and out-patient care, free of cost.
3. Describing general taxation as the most viable option for mobilising resources to achieve the target of increasing public spending on health and creating mechanisms for private protection, the group favoured a surcharge on salaries or taxable income to pay for the UHC and offer cashless health care to all sections.
4. According to the panel, the health care services would be made available through the public sector and contracted in private facilities (including non-governmental organisations and non profit groups). These service providers would not be allowed to accept any additional payments from individuals or through privately purchased insurance policies for non NHP services. **Private providers opting for inclusion in the universal health coverage system would be reimbursed at standard rates as per levels of services offered to the population, and their activities appropriately regulated and monitored.**
5. Financing the proposed scheme will require public expenditure on health to be stepped up from around 1.2 per cent of the gross domestic product (GDP) now to 2.5 per cent by 2017 and to 3 per cent of GDP by 2022. *“Increased public expenditures, in our estimate, will lead to a sharp decline in the proportion of private out-of-pocket spending on health from 73 per*

cent at present to 33 per cent by 2022”, according to the draft report submitted to the Planning Commission.

‘No distinction’

6. *“We have made no distinction between the poor and the rich as that would have brought down the quality of health care as the rich or those who make and implement policies would have no stake in it. On the other hand, the participation of the rich will be ensured by taxing them to fund the health coverage,”* K Srinath Reddy, President of the Public Health Foundation of India, said. Dr. Reddy chairs the expert group that has also suggested integration of all government funded insurance schemes with the UHC system; replacement of all insurance cards with the National Health Entitlement Cards and removing conditionalities, specifically or two child norms for maternity or other benefits, from all health programmes so as not to punish women and girls for behaviour over which they have little or no control.

User fee

7. The group has suggested that the user fee of all forms be dropped as a source of government revenue for financing health. While such fee has, in some instances, helped to a limited extent in deterring consumption of excessive and unnecessary medical care, it has not proven to be an effective source of resource mobilisation.
8. Drawing attention to inequities in resources among the States, the expert group has suggested introduction of specific purpose transfers to equalise the levels on health across different States as a way to offset the general impediments to resource mobilisation and to ensure that all citizens have an entitlement to the same level of essential health care.
9. Also, it has said that the Centre should adopt a fiscal transfer mechanism that allows for flexible and differential financing to the States to help meet their diverse requirements.

Availability of free medicines

10. Calling for ensuring availability of free essential medicines by increasing public spending on procurement, the report pointed out that low public spending on drugs and non-availability of free medicines in government health care facilities are major factors discouraging people from accessing public sector health facilities.
11. The group wanted the Ministry of Health and Family Welfare strengthened by bringing the drugs and pharmaceutical companies within its purview that would in turn strengthen the drug regulatory system.
12. Envisaging a major role for primary health care in the UHC system, the report has suggested earmarking at least 70 per cent of public expenditures, both in the short run and over the medium term, for preventive promotive and primary health care.
13. The district hospitals, would be strengthened to take care of the major disease burden.

Courtesy : Hindu 25.9.11 Delhi Edition.

GREEN TIPS

- Dry your clothes out in the sun.
Instead of drying clothes in the machine, dry it in the sun it will save electricity and will increase the life of your clothes.
- Use environment friendly bags.
High time we started avoiding those plastic bags. They cause irreparable damage to the surroundings. Use eco-friendly bags.
- Do not keep your TVs on standby mode.
Many of us are in the habit of switching off the TV with the remote. This mode also consumes power. Avoid it.
- Use bucket instead of shower.
Taking shower waters a lot of water. Using a bucket will help you save gallons of water in the long run.
- Service your Car Scooter and Bike regularly.
It doesn't take much effort to service your car does it? OK, what if you knew that it can significantly save your fuel and maintenance costs in the long run.

Courtesy : Times of India

MOST STUDIES TO DATE HAVE ASSOCIATED COGNITIVE BENEFITS WITH RUNNING AND OTHER AEROBIC ACTIVITIES THAT INCREASE

But it was the ineffable effect that exercise had on the functioning of the newly formed neurons that was most startling. Brain cells can improve intellect only if they join the existing neural network, and many do not, instead rattling aimlessly around in the brain for a while before dying.

Exercise, on the other hand, seems to make neurons nimble. When researchers in a separate study had mice run, the animals' brains readily wired many new neurons into the neural network. But those neurons didn't fire later only during running. They also lighted up when the animals practiced cognitive skills, like exploring unfamiliar environments. In the mice, running, unlike learning, had created brain cells that could multitask.

WIRED FOR THOUGHT

Just how exercise remakes minds on a molecular level is not yet fully understood, but research suggests that exercise prompts increases in something called brain-derived neurotrophic factor (BDNF), a substance that strengthens cells and axons, fortifies the connections among neurons and sparks neurogenesis. After workouts, most people display higher BDNF levels in their bloodstreams.

Whether any type of exercise will produce these desirable effects is another unanswered and intriguing issue. A limited number of studies in the past have found cognitive benefits among older people who lifted weights for a year and did not otherwise exercise. But most studies to date, and all animal experiments, have involved running or other aerobic activities.

In effect, the researchers concluded, the walkers had regained two years or more of hippocampal youth. Sixty-five year olds had achieved the brains of 63 year olds simply by walking, which is encouraging news for anyone worried that what we're all facing as we move into our later years is a life of slow (or not so slow) mental decline.

***Courtesy : THE NEW YORK TIMES
thru Hindustan times***

Continued from April, 2012 Issue

ANNEXURE - OM DT 11.11.11

List of New Hospitals empanelled under CGHS. Bhopal

GENERAL PURPOSE				
S. No	Name of the Hospital	Approved for	Whether accredited by NABH	Whether already on the panel of CGHS and if yes, facilities approved for
1.	LBS Hospital 73, Opp. Motiya Talab, Bhopal. w.e.f. 21st February 2011	General Purpose	No	No
2.	Chirayu Medical Collage & Hospital, Indore Bhopal Highway, Near Bairagarh, Bhainsakhedi, Bhopal. Tel. No. 0755-6679000. w.e.f. 1st November, 2011	General Purpose	No	No
3.	Career Institute of Medical Sciences, Career Collage Campus, Opp. Dushehara Maidan, Govindpura Bhel, Bhopal - 462023. Tel. No. 0755-2488680. w.e.f. 1st November, 2011	General Purpose	No	Yes : for General purpose and indoor treatment and diagnostic purposes except radiology.
4.	Mayo Hospital, SBI Square Sultania Road, Bhopal - 462001. Tel No. 0755-2548094 w.e.f. 1st November, 2011	General Purpose	No	Yes : for General purpose and indoor treatment only.
5.	Choudhary Hospital, Guru Nanak Pura, Near Capital Petrol Pump, Raisen Road, Bhopal -462023. Tel No. 0755-4003210 w.e.f. 1st November, 2011	General Purpose	No	No
6.	Peoples Hospital, By Pass Road, Bhanpur, Bhopal. w.e.f. 1st November, 2011	General Purpose	No	No
7.	J.K. Hospital & Medical Research Centre, J.K. Town, Sarvadharm "C" Sector, Kolar Road, Bhopal. (M.P.) Tel. No. 0755- 408700012 w.e.f. 1st November, 2011	General Purpose	No	No
SPECIALITY (SELECTIVE)				
1.	Narmada Trauma Centre Pvt. Ltd., E-3/23 Arera Colony, Near Habibganj Railway Station, Bhopal w.e.f. 21st February 2011	Orthopaedics	No	Yes : Orthopaedic surgery including Arthroscopic surgery and Joint replacement.
SUPERSPECIALITY				
	NIL			
CANCER HOSPITAL				
1.	Navodaya Cancer Hospital & Research Centre, Bhopal	Cancer Treatment	No	No

2.	Jawaharlal Nehru Cancer Hospital and Research Centre, IDGAH Hills, Bhopal - 462001. Tel. No. 4255608 w.e.f 16th November 2011	Cancer Hospital	No	Yes : for Super speciality (Comprehensive oncology including surgery, chemotherapy and radiotherapy).
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EYE CARE CENTRES

1.	Vision Care and Research Centre	Eye & Dental only	No	No
2.	Ajwani Eye Hospital, 115, Berasia Road, Sindhi Colony, Bhopal. Tel No. 0755 - 2745700 w.e.f. 1st November, 2011	Eye Care Centre	No	Yes : for Super-speciality Eye Care [Cataract/ Glaucoma, Retinal- Medical & Vitreo - retinal surgery except corneal transplant, strabismus, Oculoplasty & Adnexa and other Specialized treatment].

DENTAL CLINICS
Nil
DIAGNOSTIC AND IMAGING CENTRE

1.	Venus Scan and Resrech Center(P) Ltd. 41, Malviya Ngr, Opp. Apex Bank, Nr, 56, Bhog Bhopal w.e.f. 12th July, 2011	MRI only	NR	
2.	Manoria Heart Care Centre, 54 MLA Quarter, Jawahar Chowk, Bhopal. Tel No. 0755 - 2422299 w.e.f. 1st November, 2011	Radiology	No	Yes : for Cardiology Diagnostic Services (ECHO, ECG, TMT, Diagnostic Angiographies, Holter Carotid, Peripheral and Renal doppler and USG/ Colour Doppler).

List of New Hospitals empanelled under CGHS. BHUBANESWAR

1.	HI-TECH Medical College & Hospital, Pandara, Bhubaneswar. Tel. : 0674-2371406, 2371407 w.e.f. 21st February 2011	General Purpose	No	Yes : General incl. Haemodialysis, laparoscopic surgery, IOL Implant
2.	Quality Care. Plot No. 329/1929 (P) Near Municipal Kalyan Mandap Chandra-sekharpur, Bhubaneswar - 751014 Tel : 0674-3053200 w.e.f. 21st February 2011	General Purpose	No	No
3.	Apollo Hospital Sachivalaya Marg, Gajapati Nagar, Bhubaneswar Tel. : 0674-6661016 / 6661066 w.e.f. 21st February 2011	General Purpose	No	No
4.	Institute of Medical Sciences & Sum Hospital, Sector - K8, Kalinga Nagar, Bhubaneswar - 751003. Tel. : 0674-2386292 w.e.f. 1st November, 2011	General Purpose	No	No

SPECIALITY (SELECTIVE), SUPER SPECIALITY, CANCER HOSPITAL, EYE CARE CENTRES, DENTAL CLINICS
Nil (ALL)

List of New Hospitals empanelled under CGHS. CHANDIGARH

1.	Silver Oaks Hospital, Phase -IX, SAS Nagar, Sector -63, Mohali, Punjab-160063. Tel. No. 0172-2211303 w.e.f. 27th July, 2011 and 1st November, 2011	Genl Purpose including Cardiology, Cardiovascular & Cardiothoracic Surgery and Joint Replacement	No	Yes : for General and Specialised purpose (Renal transplantation, Haemodialysis, laproscopic surgery, TURP, Joint Replacement) and Super Specialty in (Cardiology, Cardiovascular and Cardiothoracic surgery) and diagnostic services (laboratory, X-Ray, USG).
SPECIALITY (SELECTIVE)				
1.	Mukat Hospital & Heart Institute (A Unit of City Clinic Pvt Ltd). w.e.f. 30th December 2010	Cardiology & Cardiothoracic, Orthopedic & Endoscopy	No	Yes : Genl purpose Cardiology, Cardiothoracic and Cardiovascular surgery. Orthopaedic surgery (including Arthroscopic surgery and joint replacement), Oncology (Medical and surgical) and Endoscopic surgery.
SUPER SPECIALITY				
1.	Fortis Hospital, Mohali, Chandigarh w.e.f. 27th July, 2011	Super speciality Hospital	Yes (JCI + NABH + NABL)	
CANCER HOSPITAL				
	NIL			
EYE CARE CENTRE				
1.	Grover Laser Eye & ENT Hospital, # 140, Sector 35A, Chandigarh w.e.f. 5th July, 2011	Eye Care	No	No
2.	J.P. Eye Hospital, 35, Phase VII, Mohali-160061 Tel: 0172-2266613/2227502. w.e.f. 27th July, 2011	Eye Care	No	No
DENTAL CLINICS				
	NIL			
DIAGNOSTIC AND IMAGING CENTRE				
1.	Chandigarh Clinical Lab. Pvt. Ltd., SCF 9, Sector 8C, Chandigarh w.e.f. 5th July, 2011	Diagnostic Lab	NABL	No
2.	Dr. Shamer Singh Memorial Radiodiagnostic Centre, Chandigarh w.e.f. 12th July, 2011	Radiology	NR	
3.	Superb MRI & CT Scan Centre (owned by CT Scan Research Centre P. Ltd), Chandigarh w.e.f. 12th July, 2011	BMD and MRI	NR	
4.	Dr. Shamer Singh Memorial Radio Diagnostic Centre, Chandigarh . w.e.f. 27th July, 2011	Maging-MRI, CT Mammography, USG/ Color Doppler, X-ray, Dexa Scan	NABL	Yes
5.	Prime Diagnosic Centre, SCO -49-50, Sector -8C, Madhya Marg, Chandigarh -160008. Tel. No. 0172-2545111 w.e.f. 1st November, 2011	Qualified as Color Doppler and Ultra Sound Centre.	No	Yes : for Diagnostic center (USG/ Colour Doppler, ECHO, TMT, Holler & ABPM, Polysonography and ECG).

**OM No. S-11 011/38/2011-CGHS(P)
dt 7.10.2011 from Ministry of Health &
Family Welfare, Deptt of Health and
Family Welfare, New Delhi**

**Sub : Extension of CGHS facilities to retired
employees of Autonomous Bodies &
Statutory Bodies of the Government of
India. - regarding**

The undersigned is directed to invite reference to this Ministry's OM No. H-11013/02/2006-CGHS(P) dt 17.02.2011 vide which the decision of the competent authority was conveyed for extension of CGHS facilities, on their retirement, to all those Central Government employees who have proceeded to Statutory Bodies (SB)/Autonomous Bodies (AB) of Central Government either on deputation initially and then got absorbed in the SA/AB, or proceeded to SB/AB on absorption basis, subject to the condition that they are in receipt of Central Civil Pension. The contributions to be made were to be decided by the Grade Pay that they would have now drawn in the Government in the post held by them but for their absorption in SB/AB.

2. In this context, it is clarified that all those government employees who are on deemed deputation to Autonomous Bodies (ABs)/ Statutory Bodies (SBs) of the Central Government and retiring while on such deemed deputation to ABs/SBs will be eligible for CGHS facility, provided they are receiving Central Civil Pension and are not availing the medical facility provided by the ABs/SBs after their retirement. The contributions to be made will be decided by the Grade Pay that they would have now drawn in the Government in the post held by them but for their absorption in SBs/ABs.

JOGGING

Jogging is beneficial. It's good for your legs and your feet. It's also very good for the ground.
It makes it feel needed

by Charles Schulz

GOVT OF INDIA, CENTRAL PENSION
ACCOUNTING OFFICE, Deptt of Expenditure,
Ministry of Finance, Trikot-2,
Bhikaji Cama Place, New Delhi

NOTICE FOR PENSIONERS

CPAO has set-up a Toll Free Call Centre for registration and redressal of grievances of all Central Civil Pensioners (Ministries except Railways, Post & Telecom, and Defence)

Toll Free Telephone Number: 1800-11-77-88
(MTNL, BSNL & TATA TELE USERS ONLY)

You may call at the above number to register any grievance with CPAO and obtain the registration number. The Toll Free Call Centre will be operational from 9.00 AM to 5.30 PM on all working days.

YOU may also register your Grievance on the Web-site www.cpao.nic.in or send it through e-mail at cccpao@nic.in

Ajay S. Singh, Controller of Accounts

**OM No. 1/2/07-P&PW(E) dt 2.09.2011,
Govt. of India, Ministry of Personnel, PG &
Pensions Deptt of P & P Welfare, Lok
Nayak Bhawan, New Delhi.**

**Sub : Grant of family pension to dependent
parents of a deceased Government
employee**

The undersigned is directed to refer to this Department's O.M. No. 45/86/97-P&PW(A)-Part 1, dt 27.10.1997, whereby the definition of family for the purpose of grant of family pension was extended to include, inter alia, "parents who were wholly dependent on the Govt servant when he/she was alive provided the deceased employee had left behind neither a widow nor a child".

2. It has been observed that Ministries/Departments have been interpreting this to mean that parents are eligible for family pension when the deceased employee is survived by them only. In case the deceased employee is survived by a widow and/ or one or more children, the parents are not considered eligible to receive family

pension subsequent to such widow and/ or children becoming ineligible to receive family pension or ceasing to survive.

3. It is hereby clarified that in case the deceased government servant is not survived by a widow/widower or a child, the dependent parents become directly eligible to receive family pension. In cases where a deceased Government servant is survived by a widow/widower or a child, and the position changes subsequently because of death or re-marriage of the spouse and/or death or ineligibility of child/children, including a disabled child, the dependent parents become eligible for family pension. However, in terms of this Department's O.M. No. 38/37/08-P&PW(A) dt 02.09.08, a childless widow, subject to dependency criteria, is entitled to the family pension even after her re-marriage. In such an event, the parents of the deceased employee become entitled to the family pension only after the childless widow dies or when her independent income from all other sources becomes equal to or higher than that prescribed for dependency criterion under the Rules.

4. This issues with the concurrence of Ministry of Finance, Department of Expenditure vide. U.O. No.248/E.V/2011, dt 2 September, 2009*.

K.K. Mittal, Director

* As per clarification from Deptt of Pension & P W.....*Editor.*

IT : ₹ 5 Lakh limit for Old Sr. Citizens (above 80) : NOT YET

Memo F. No. 148/12/2012-SO(TPL) dt 03.04.2012 from Ministry of Finance, Department of Revenue (CBDT), New Delhi.

Sub : Information under RTI Act, 2005.

We have received a copy of your application dated 30th January, 2012 through the Department of Pension and Pensioner's Welfare with regard to provide information on point No. 11 of the representation dated 14.12.11 of Bharat Pensioners' Samaj.

2. In this regard, it is to inform that point No. 11 of the Resolution adopted by the 56th Annual Conference of Bharat Pensioners' Samaj on 4th November 2011 pertains to this division. Point No. 11 of the resolution is as follows:

"Raising of income tax exemption limit to ₹5,00,000/- p.a and graded relief for higher age."

3. In this regard, it is to inform you that the above mentioned resolution is a proposal/ suggestion to be considered during the Budgetary Exercise and such proposals are considered by this division during the Budget Exercise as a Pre / Post Budget Memorandum. The decision of the Government on these proposals is reflected in the form of Annual Finance Act.
4. Your suggestion has been included in the list of Pre Budget Memorandums and has been considered while framing Finance Bill 2012. The final decision in this regard shall be reflected as Finance Act, 2012.

Circular No : S.110011/23/2009-CGHS D.II/ Hospital Cell (Part IX) dt 20.12.2011 from Ministry of Health and Family Welfare Department of Health & F W, Nirman Bhawan, New Delhi-110 108

Sub : Guidelines regarding referral letters and settlement of bills of Empanelled Hospitals / Diagnostic Laboratories / Imaging Centres through UTI-ITSL

With reference to the above mentioned subject the undersigned is directed to state that in response to several queries received by Ministry seeking clarifications regarding settlement of hospital bills through UTI-TSL, it has been decided to issue the following guidelines for the Empanelled Hospitals / Diagnostic Laboratories / Imaging Centres, CGHS and UTI-ITSL:

2(A) INSTRUCTIONS TO EMPANELLED HOSPITALS / DIAGNOSTIC LABORATORIES / IMAGING CENTRES

1. The empanelled Hospitals / Diagnostic labs / Imaging Centres will honour permission letters (Referral letters) duly signed and stamped with

proper issue number. Wherever the permission letters have been issued through computers, any manual corrections should be duly countersigned and stamped.

2. The Hospital shall not undertake treatment of referred cases in specialties for which it is not empanelled, But it shall provide necessary treatment to stabilize the patient and transport the patient safely to nearest recognized hospital under intimation to CGHS authorities. However in such cases the Hospital shall charge as per the CGHS rates only for the treatment provided.
3. The Hospitals / Diagnostic labs / Imaging Centres should provide treatment only for the procedures / investigations for which they are empanelled. If any inadvertent permission letter has been issued for other procedures for which they are not empanelled, the Hospital / Diagnostic lab / Imaging Centre will inform the beneficiary accordingly and refer him / her back to the dispensary, except in emergency condition.
4. In case of procedures like Chemotherapy / Radiotherapy / Dialysis and follow-up treatment procedures where the permission is valid for 3-6 months and a copy of the permission letter is enclosed with the hospital bill for the second and
5. subsequent admissions, hospitals will indicate the ID No. of the Claim wherein original permission letter had been enclosed.
6. CGHS Cards / Plastic cards are valid in all CGHS cities, irrespective of the city where the CGHS card is registered. In case any verification regarding the photocopies of Plastic card / CGHS card is required the details of the individual may be ascertained by accessing the data online at <http://cqhs.nic.in/welcome.jsp> by entering relevant details. A print out of the same may be enclosed. The beneficiary will not be asked to submit a colour photo copy of CGHS / Plastic Card.
- 6.1 In case of implants and coronary stents the bills must be accompanied by a copy of the relevant invoices pertaining to the procurement of the stents / implants by the hospitals. In addition to this, the outer pouch of the Stent packet along with the sticker on it on which details of the stent are printed

shall also be enclosed with the medical bill for claiming reimbursement. In case of medicines, a consolidated list with relevant batch numbers and cost must be enclosed.

- 6.2 The empanelled hospital shall also submit a self certified undertaking that the hospital has not charged the CGHS / CS(MA) beneficiary more than the rate at which stent / implant / medicine has been procured by the hospital and in case of any detection and establishment that the hospital has overcharged the hospital shall be removed from the list of hospitals empanelled under CGHS without any further notice.
7. In case of serving employees admitted under emergency, the hospitals shall ensure that the details pertaining to the office where the patient is employed are entered in records.
8. In case of indoor treatment/ routine investigations are included in the package. However, if any special investigations are performed, reports of such special investigations should be enclosed and reimbursement shall be considered on merits of each case.
9. ICU - package includes – accommodation charges in ICU, Monitoring and ECG. Other investigations cost of medicines and disposables and '2' consultations charges per day are reimbursable as per applicable norms in addition to the package rate of ICU, Cost of ventilator and oxygen if, any are reimbursable as per applicable norms. In selected cases, where opinion of other specialists is necessary, only one consultation by a specialist per day may be considered necessary. Reports of Investigations should be enclosed along with the opinion of the other specialist.
10. In case of emergency treatment wherein a CGHS beneficiary has been admitted for more than 10 days detailed summary of reports of all the Investigations shall be closed.
11. In case of CAG / Angioplasty / CABG, the bills should be accompanied by the findings of Coronary angiography test of the beneficiary.
12. In case of pensioner CGHS beneficiaries on a visit to another city and treatments taken under

medical emergency or with prior permissions, hospitals / diagnostic centres will send hospital bill through UTI- ITSL to CGHS of City, where the hospital / diagnostic centre is located, irrespective of the CGHS city, where the card is registered.

13. The rates and guidelines for Exclusive cancer hospitals are applicable only for Exclusive Cancer hospitals / units approved under Exclusive Cancer hospitals.

2(B). INSTRUCTIONS TO UTI-TSL

1. UTI-ITSL shall have to thoroughly scrutinize the physical bills submitted by hospitals before they are accepted. This is to ensure that the hospitals receive provisional payments within 10 days of submission of the physical bills.
2. UTI-ITSL shall seek clarifications/ if any, within a maximum of '3' days of receipt of the physical bill- all clarifications in one go.
3. UTI-ITSL shall submit physical bills to CGHS in small bundles and ensure that they are acknowledged by CGHS.
4. UTI-ITSL and CGHS shall ensure that reconciliations of the payment of bills with Pay & Accounts Officer is undertaken regularly.
5. UTI-ITSL shall inform the details of deductions made including TDS.
6. UTI-ITSL shall ensure that recoveries, if any are made from subsequent bills of hospitals.

2(C). INSTRUCTIONS TO ADs / JDs / CMOS I/C

1. Permissions shall be issued only for eligible persons and against approved hospitals and diagnostic centres. It is the responsibility of the CMO i/c to ensure that permissions are issued only for approved centres and listed procedures.
2. Permission letter should be specific for the treatment / investigation to be undertaken.
3. In case of Chemotherapy / Radiotherapy and Haemodialysis, the permission letters shall clearly mention the number of cycles of Chemotherapy / Radiotherapy planned and how many dialyses are to be undertaken in a week.
4. CMOS i/c shall ensure that permission letters are issued on the same day, if a beneficiary applies for the same before 11AM.

5. Addl Directors / Joint Directors shall not return the bills in original (RIO) to UTI-ITSL without specifying valid reasons or indicating the deficiencies or the amount to be adjusted in subsequent bills.

6. ADs / JDs shall indicate to UTI-ITSL, the details of deductions made in claimed amount - bill wise - online through an excel sheet.

7. ADs / JDs shall hold review meetings with (representatives of UTI-ITSL and hospitals and diagnostic centres on a regular basis.

3. These instructions will be applicable from 26/12/2011.

4. Old settled cases shall not be reopened.
5. These instructions shall supercede the earlier decisions taken during the meeting held on 5th, 6th and 7th of September 2011 in the office of Addl. Director, CGHS(HQ), New Delhi.

UTI-ITSL, ADs including AD (HO) / JDs of CGHS/ Empanelled Hospitals / Diagnostic Laboratories/ Imaging Centres shall comply with these instructions & guidelines.

V.P. Singh, Deputy Secy to Govt of India

Parliamentary Standing Committee on Finance : Wants ₹ 3 Lakh IT Exemption Limit

With barely a week left for the budget, the parliamentary standing committee on finance on Friday (09.03.12) recommended raising the income tax exemption limit to ₹3 lakh from the existing ₹1.8 lakh. The committee, headed by BJP leader and former finance minister Yashwant Sinha, also recommended a major rejig in the tax slabs. It favoured 10% tax for those in the income bracket of ₹3-10 lakh, 20% for ₹10-20 lakh and 30% for income beyond ₹20 lakh. At present, income between ₹ 1.8-5 lakh is taxed 10%, that between ₹ 5-8 lakh is taxed 20% while income above ₹8 lakh attracts 30% tax. The panel that submitted its report on the Direct Taxes Code Bill to the Lok Sabha speaker on Friday has also recommended a higher exemption limit for women.

Courtesy : Hindustan Times

O.M. No. S. 11011/23/2009-CGHS D.II/ Hospital Cell/Part IX, dt 23.2.2012 from Ministry of Health & F W, New Delhi.

Sub : Fresh empanelment of private hospitals and diagnostic centres and revision of package rates applicable under CGHS, Mumbai, Dehradun and Jaipur

The undersigned is directed to invite reference to this Ministry's Office Memoranda of even number, dt the 8.12.2010, 19.01.2011 and 14.11.2011 *vide* which continuous empanelment scheme has been initiated under CGHS, **Mumbai, Dehradun and Jaipur**, for treating CGHS beneficiaries. The CGHS rates applicable have already been notified and are available on CGHS website. Three rates were notified, one for super-speciality hospitals, the second for hospitals that were accredited with the NABH and the third for hospitals not accredited with the NABH.

2. The undersigned is directed to enclose further list of hospitals and diagnostic centres, under the categories mentioned in the application for continuous empanelment and tender document

that have conveyed their acceptance of the CGHS rates notified under different CGHS Cities and have signed the Memorandum of Agreement with CGHS and have also furnished the appropriate performance bank guarantee. These hospitals and diagnostic centres are now taken as included in the list of approved hospitals for empanelment under CGHS, **Mumbai, Dehradun and Jaipur**. It has now been decided that in the list of hospitals and diagnostic centres enclosed, and have now been approved under the fresh empanelment procedure and have now signed the fresh Memorandum of Agreement and submitted the appropriate performance guarantee will be eligible to treat CGHS beneficiaries and charge at the revised rates with effect from the date of issue of this Office Memorandum. **The empanelment shall be for a period of one year or till next empanelment, whichever is earlier.**

3. This Office Memorandum and the rates applicable under CGHS for hospitals and diagnostic centres can be downloaded from the website of CGHS, <http://msotransparent.nic.in/cghsnew/index.asp>.

1. MUMBAI

S. No	Name of the Hospital	Approved for	Whether NABH/ NABL accredited	Whether already on the panel of CGHS and if yes, facilities approved for
1.	Bombay Hospital and Medical Research Centre, 12, New Marine Lines, Mumbai - 400 020. Tel. No. 022-088323	General Purpose	No	No
SUPERSPECIALITY				
2.	Shah Life Line Hospital and Heart Institute Pvt. Ltd., Geeta Nagar Phase-VII, Mira Bhayandar Road, Near Flyover Vridge, Mira Road, East Thane - 401 107 Tel. No. 022-28131125	Urology including Dialysis and Lithotripsy and Neurosurgery	No	No
DENTAL CARE CENTRE				
3.	Surana Sethia Hospital and Research Centre, Suman Nagar, Sion Trombay Road, Chembur, Mumbai - 400 071 Tel. No. 022-25299006	Dental Care Centre	N/R	No

DIAGNOSTIC AND IMAGING CENTRE				
4.	Dr. Vaidya's laboratory Satyam Apartmensts, Near Telephone Exchange, Mahatma Gandhi Road, Naupada Thane (West), Thane - 400 604 Tel. No. 022-61513200	Laboratory Services	No	No
5.	Surana Sethia Hospital and Research Centre, Suman Nagar, Sion Trombay Road, Chembur, Mumbai - 400 071 Tel. No. 022-25299006	CT Scan, Ultrasound, Colour Doppler, X-ray only.	No	Yes
6.	Surana Hospital and Research Centre, Tank Road, Next to Skywalk Tower, Near Orlem Church, End of Shanker Lane, Mumbai - 400 064 Tel. No. 022-28022121	Ultrasound only.	No	No

2. DEHRADUN

DIAGNOSTIC AND IMAGING CENTRE				
1.	Dr. Ahuja's Pathology and Imaging Centre, 7-B, Astley Hall, Dehradun. Tel. No. 135-2659700	Laboratory Services and Imaging Services (CT Scan, Mammography, Ultrasound, Colour Doppler and Bone Densitometry.	No	Yes : for Diagnostic Centre (Clinical Pathology Bio-chemistry, Microbiology, Mammography, USG / Colour Doppler).

3. JAIPUR

EXCLUSIVELY CANCER HOSPITAL				
1.	Bhagwan Mahaveer Cancer Hospital and Research Centre, Jawaharlal Nehru Marg, Jaipur - 302 017 Tel. No. 0141-2700107	Exclusive Cancer Hospital	No	Yes

Motivation : the Mool Mantra

Release from Sorrow or Slumber

Motivation is the zest to be persistent in pursuit of our goals. This definition presupposes consistency of efforts despite foreseen or unforeseen obstacles. So, regardless of the storms, travails and pitfalls of life, one should expend time and energy to go ahead. Just do not give in to people or circumstances. Perseverance is the "*mool mantra*".

FAST-TRACK TO BRAIN HEALTH

Periods of stopping virtually all food intake for one or two days a week can delay the onset of conditions affecting the brain, including Alzheimer's, Parkinson's, stroke, among others. Cutting daily food intake to around 500 calories - which amounts to little more than a few vegetables and some tea - for two days out of seven had clear beneficial effects, found researchers at the National Institute on Ageing in Baltimore

Scientists have known for some time that a low-calorie diet is a recipe for longer life. **Rats too** have shown an increased lifespan on restricted diet.

OM No. F. No.1(1)/2011/TA/292 dt. 31.03.2012
from Ministry of Finance, Deptt of Exp,
Controller General of Accounts, New Delhi.
Sub: Payment to Government servants other
than salary etc. through e-Payment from
1st April 2012

The Central Government Account (Receipts and Payments) Rules, 1983 have been amended, inter alia, to provide for issue of Payment advices to the bank for direct credit by electronic transfer to the specified bank account of the payee. As per the amendments, the Government servants are, permitted to receive their salary by direct credit to their bank accounts through payment advices, at their option. Further, the amendment also provides that all payments to government servants other than salaries exceeding the limits as specified from time to time, shall be through payment advices.

2. In accordance to the above, with effect from 1st April 2012, all Ministries/Departments of the Government of India are directed to make all payments to government servants, other than salary, above Rs. 25,000, by issue of payment advices, including electronically signed payment advices.
3. Further in accordance to the amended rules, with effect from 1st April 2012, all Ministries/ Departments of the Government of India are directed to make all payments towards settlement of retirement / terminal benefits such as gratuity, commuted value of pension, encashment of leave salary, CGEGIS, withdrawals from General Provident Fund, etc. by issue of payment advices, including electronically signed payment advices.
4. All Ministries/ Departments and Heads of Accounting Organisations are requested to ensure the compliance of above instructions by Pay & Accounts Offices/ Accounts offices and other payment units under their control.
5. Separate orders have been issued in respect of payments to private parties such as Suppliers, contractors, grantee, loanee institutions etc.

Soma Roy Burman, Joint Controller
General of Accounts

NON RECEIPT OF BHARAT PENSIONER

Regd. Letter No. L3/CO CPT/Digs/11-12
dated at Hyderabad 80 the 08/12/2011 from
Sr. Supdt. of Post Offices Secunderabad
division, Hyderabad - 500 080 to
The Sr. Postmaster, Secunderabad HO,
The Postmaster, Trimulgherry HO/
Vikarabad HO and All SPMs of Delivery
SOs in Secunderabad Division

Sub : Non Receipt of Bharat Pensioner
Monthly Magazine by its Subscribers-Reg
Ref : CO Lr.No.CPT/SSRM Hyd Stng Dn-01/
2011-12 dated 29/11/2011

The PMG, Delhi Circle, New delhi 110001 vide letter dated 21/11/2011 communicated through CO letter cited under reference intimated that a number of complaints are being received from the subscribers of M/S Bharat Pensioner Samaj Monthly Magazine, residing in Hyderabad/ Vijayawada, regarding non delivery of the said Magaine posted from Delhi Circle and requested for causing necessary action for proper delivery of Bharat Pensioner Samaj Monthly Magazine.

In this connection, you are here by instructed to ensure timely delivery duly impressing date stamp on the said magazine in future.

Copy to

1. The Asst. Director (PG&LC), O/o the CPMG, A.P.Circle, Hyderabad-500001 for favour of information w.r.t letter cited under reference.
2. The SSRM, Hyderabad Sorting Division, Hyderabad for information and necessary action.
3. All Sub Divisional Heads and All PRI (P)s in the Division for information and necessary action

न जायते म्रियते वा कदाचि-

त्रायं भुत्वा भविता वा ना भूयः।

The soul has no birth or death. It has no being and hence will never cease to be.

Letter No. 55(6)/2012-P&PW(C) dt 28.03.2012 from Ministry of Personnel, P.G. and Pensions, Deptt of Pension & PW, New Delhi to the President / Secretary of 28 Identified Pensioners' Associations (As per list attached).

Sub : Modifications in spending pattern of funds under Grant-in-Aid sanctioned to identified Pensioners Associations under the Pensioners' Portal.

Sir, The Department of Pension & Pensioners' Welfare have been sanctioning Grant-in-Aid @ Rs.60,000/- per annum, per Association to identified Pensioners' Associations, (identified for implementation of scheme of Pensioners' Portal, including helping/ assisting pensioners to file online grievances) to defray expenditure on various components as per the following details

Telephone	Rs. 7200 @ 600 p.m.
Internet connection	Rs. 8400 @ 700 p.m.
Stationary	Rs. 18000 @ 1500 p.m.
Water/Electricity	Rs. 24000 @ 2000
AMC	Rs. 2400
Total	Rs. 60,000

2. This Department had been receiving suggestions from various pensioners associations regarding inclusion of some other components which should be eligible for seeking reimbursement of expenditure by various associations. The matter was considered in this Department and it has been decided to make following modifications in the Scheme of Grant - in - Aid to be sanctioned to identified Pensioners' Association for the Financial Year 2012-13 onwards:-

- The amount of maximum Grant-in-Aid to be sanctioned to individual identified Pensioners' Association is being raised from the existing Rs.60,000/- to Rs.75,000/- per annum.
- The maximum permissible amount on the individual component eligible for reimbursement in the form of Grant-in-Aid will be as follows:

(i) Telephone + Internet connection	Upto Rs. 15,000 per annum
(ii) Stationery	Upto Rs. 18,000 per annum @ Rs.1,500 p.m.
(iii) AMC/ Battery replacement etc	Upto Rs. 3,000 per annum
(iv) Subsidy towards Rent of building / water / electricity	Upto Rs. 27,000 per annum @ Rs. 2,250/- p.m.
(v) Data Entry Operator (part time)	Upto Rs. 12,000 per annum @ Rs. 1,000/- p.m.

Total Upto Rs. 75,000 per annum

- Depending upon their individual needs the Pensioners' Associations will, however, have flexibility on spending on various approved items of components as mentioned above within the overall sanctioned amount. This flexibility will be to the extent of 25% on higher/ lower side of individual component subject to overall spending within the sanctioned grant.
 - The above modifications in the spending pattern will be permissible from the F.Y. 2012-13 (commencing from 01.04.12).
 - The expenditure incurred prior to 01.04.12 will be regulated on the basis of sanctions for Grant - in - Aid issued earlier in favour of individual Pensioners Associations.
3. It is observed that the Pensioners Associations submit their Audited Accounts to this Department very late and in most of cases towards the end of the Financial Year. This late submission of accounts leads to delay in the release of Grant-in-Aid to the Pensioners' Associations. It is, therefore, requested that the audited accounts in respect of utilization of Grant-in-Aid may be submitted at the earliest to enable the Department for timely release of Grant-in-Aid to Pensioners' Associations.

Tripti P. Ghosh, Director, Tel. No. 2462 4802

**Rly Bd's Letter No.F(E)I/2011/AL-28/26/
PC-VI No. 284/RBE No. 19 dt 14.02.2012**
**Sub : Travelling allowance rules- Journey on
Transfer / Retirement**

In terms of Board's letter No.E(W)2004 PS 5-9/1 dt 01.08.2011, personal effects upto the specified weight limits and/or conveyance up to the prescribed scale/rates as prescribed under Board's letter No. E(W)2004 PS 5-9/1 dt 17.06.2009 were permitted to be transported by road on reimbursement basis in lieu of Kit Pass to the place of posting on transfer/place of settlement after retirement. The reimbursement on account of transportation of personal effects/conveyance was to be regulated as prescribed in Board's letter of even number dated 01.09.2011.

2. In terms of para II of the said letter, if transportation of personal effects is made by road between places connected by rail, reimbursement of actual expenditure by road limited to presumptive railway freight would be admissible.
3. However, doubts have been raised by one of the railways regarding methodology to be followed in calculating presumptive railway freight. The matter has been examined in Board's office and it has been decided that rates per km for transport by road as prescribed in Board's letter No F(E)I/2008/AL-28/15 dt 29.12.2010 would be applicable to transportation of personal effects made by road between places connected by rail also. Therefore, there would no longer be any distinction in rates of transportation of personal effects by road between places connected by rail or not connected by rail.
4. Accordingly, in partial modification of Board's letter of even number dated 1.9.2011, para II of the said letter may be modified to read as under:

"II. Transportation of Personal effects on Transfer/ settlement after retirement:

(i) If the transportation of personal effects is made by rail :-

Rates prescribed in terms of Board's letter number F(E)I/2008/AL28/15 dated 29.12.2010 and revised vide Board's letter No.F(E)I/2011/AL-28/18 dated 13.06.2011 would be applicable for transportation of personal effects by Road from the place of residence to the Railway Station at the old headquarters and from Railway Station to the place of residence at the new headquarters.

(ii) If the transportation of personal effects is made by road :-

Reimbursement of actual expenditure by road limited to rates prescribed in terms of Board's letter number F(E)I/2008/AL28/15 dated 29.12.2010 and revised vide Board's letter No.F(E)I/2011/AL-28/18 dated 13.06.2011

5. All other provisions given in Board's letter dt 1.9.11 shall continue to be applicable.
6. These orders shall take effect from 3rd June, 2011 i.e. date of effect of Board's letter No. E(W)/2004/PS 5-9/1 dated 01.08.2011.

SONALI CHATURVEDI,
Director Finance (Estt)

WALKING KILLS DEPRESSION

Walking can play a vital role in fighting depression, according to a study recently published in the journal, Mental Health and Physical Activity.

Courtesy : PTI

Rly Bd's Letter No. E(W) 2007/PS 5-1/9
R.B.E.No. 41/2012 dt 26.03.12

Sub : Extending the validity of full/half sets of Privilege Passes, Post Retirement Complimentary Passes, Widow Passes and Privilege Ticket Orders (PTOs).

Instructions were issued vide Board's letter of even number dt 10.7.2008 raising the validity period of half set of Privilege/Post Retirement Complimentary/Widow Passes to four months from the date of issue as in the case of full set passes. Further, in terms of instructions issued vide Board's letter No. E(W)2010/ PS 5-17/1 dt 3.6.2011, Privilege Pass/PTO/Post Retirement Complimentary Pass in the next year's account should not be issued more than 100 days in advance of beginning of the next year.

2. Consequent upon the decision of the Board to enhance the period of advance reservation from 90 days to 120 days vide Commercial Circular No. 12 of 2012 dated 6.02.2012, the issue regarding enhancing the validity period of passes and PTOs was under examination in Board's Office with a view to facilitate securing confirmed reservations on such Passes and PTOs. After careful consideration by Board, it has been decided that the validity period of full / half sets of Privilege/Post Retirement Complimentary/Widow Passes and PTOs shall be one month more than the Advance Reservation Period, in general. Hence, the validity of such Passes/PTOs shall be Five months instead of Four months, at present. However, if advance reservation period is reduced in future, the validity of Pass/PTO will not be less than four months period. Accordingly, Item 3 (iv), (v) & (xiv) of Schedule-II under heading "General Rules", item No. (i) under Column 4 of Schedule-IV and item Nos. 11 & 12 under Annexure 'C' of Railway Servants (Pass) Rules, 1986 (Second Edition, 1993) should be revised as per Advance Correction Slip No. 73.

3. This issues with the concurrence of the Finance Dte. of the Ministry of Railways.

**Debasis Mazumdar, Joint Director
Estt (Welfare)**

BHARAT PENSIONER

Advance Correction Slip No. 73 to the Railway Servants (Pass) Rules, 1986 (Second Edition, 1993)

Item 3 (iv) (v) and (xiv) of Schedule-II under heading "General Rules relating to Privilege Passes/PTOs" of Railway Servants (Pass) Rules, 1986 (Second Edition, 1993) may be amended as under :-

(iv) : A half set or one set of Privilege Pass shall be valid for one month more than the Advance Reservation Period, i.e. five months at present, in general, from the date of issue irrespective of whether the inward journey is for the same station or any other station.

(v) : Privilege Ticket Order (PTO) shall be valid for one month more than the Advance Reservation Period, i.e. five months at present, in general, from the date of issue.

(xiv) : When an employee has availed all passes due to him/her in a calendar year, one set of passes and/or one set of PTO may be issued to him/her for journeys commencing in the next year only and the Pass/PTO may be debited to the next year's pass account. Such advance issue of Pass/PTO should not exceed one month more than the Advance Reservation Period i.e. five months at present, of the current year, in general, from the date of issue.

2. Item (i) under column 4 "other facilities" of Schedule-IV, Post Retirement Complimentary Pass of Railway Servants (Pass) Rules, 1986 (Second Edition, 1993) may be amended as under:-

(i) :- A retired Railway Servant may be issued on his/her request one set of Complimentary Pass one month more than the Advance Reservation Period i.e. five months at present, in general, in advance of the current calendar year from the date of issue for journeys commencing in the next year duly debiting such issue of Complimentary Pass in the next year's account.

3. Item Nos. 11 & 12 under Annexure 'C' of Railway Servants (Pass) Rules, 1986 (Second Edition, 1993) may be amended as under :-

- (11) Incorrect issue of a Pass by pass issuing authority for a period exceeding one month more than the Advance Reservation Period, i.e. five months at present, in general, and its use by a Railway Servant or his family after the period of availability.
- (12) Correct issue of Pass by the pass issuing authority for a period not exceeding one month more than the Advance Reservation Period, i.e. five months at present, in general, and its use by a Railway Servant or his family after the period of availability.

(Authority : Railway Board's No.E(W) 2007 PS 5-1/9 dated 26-03-2012)

Reply under RTI Act from Deptt of Pension & Pensioners' Welfare, New Delhi vide Lr. No. 42/18/2012-P&PW(G), dt 5th March, 2012
Sub:- Information under RTI Act, 2005.

Please refer to your letter dt 23.2.2012 on the above subject.

2. As requested by you in your letter dt 23.2.2012, note portion of the file No.41/22/2008-P&PW(G) containing guidelines for selection of the pensioners associations as members in the SCOVA is enclosed herewith (kindly see sub para (B) and (C) of para 3 at enclosed p.11/N and 12/N).

In addition to the guidelines at p.11/N and 12/N of file No 41/22/2008-P&PW(G), two minor changes were made in the guidelines with the approval of competent authority which are as under:

i) Addition of the provision to the effect that "the Government will have the power to associate such official members as may be considered necessary from time to time with the work of the Committee."

II) Addition of the provision to the effect that "SCOVA will meet at least once in a year."

3. In case you are not satisfied with the above information, you may appeal to the First Appellate Authority Ms. Tripti P. Ghosh, Director (PP), Deptt of Pension & Pensioners' Welfare, Room No.343, 3rd Floor, Lok Nayak Bhavan, Khan Market, New Delhi -03.

Encl.: As above.

S P KAKKAR, Under Secretary

The notes pre-page may be perused.

The constitution of Standing Committee of Voluntary Agencies (SCOVA) for the next two years period is proposed on this file.

2. The Pensioners Associations have been expressing their dissatisfaction over the selection / identification process of SCOVA as there was no systematic guidelines for picking up the Pensioners Associations for SCOVA. The names of the Pensioners Associations were called for from various Departments/Ministries and the names were selected therefrom keeping in view that various departments / regions are represented in SCOVA. In the process some of the Pensioners Associations continued to represent repeatedly and some did not find place at all despite their good work for pensioners or having larger membership of pensioners.

3. There is a need to have re-look at the process of selection of the names of Pensioners Associations for SCOVA in the wake of above said concerns of the Pensioners' Associations. In order to ensure realistic representation of Pensioners Associations in the SCOVA, the selection process needs to be thoroughly streamlined. For this purpose, following guidelines for constitution of SCOVA are proposed:

(A) The size of SCOVA may be increased from the present 12 members to 15 members. Many Pensioners Associations did not get opportunity to represent on SCOVA due to its present small size. A larger size of SCOVA would pave way for the entry of new Pensioners Associations as members.

(B) The 15 Pensioners Associations would be grouped in the following two categories:

(a) Standing Group (5 Associations) and

(b) Rotating Group (10 Associations)

Standing Group (5 Associations):-

(i) 5 Pensioners' Associations would be those which have national character viz. Federations Confederations etc. and have many Pensioners Associations as their members.

(ii) This group would be known as Standing Group.

(iii) In order to give continuity to the business of SCOVA, these 5 Pensioners' Associations would serve for 3 terms (one term is of 2 years) or till the pleasure of the Chairman of the SCOVA whichever is earlier.

(iv) 2 Pensioners Associations' of this group would be replaced by new ones after having served their term or till the pleasure of the Chairman whichever is earlier.

Rotating Group (10 Associations):-

(v) The remaining 10 Pensioners' Associations would represent various Ministries/ Departments; regions/states etc.

(vi) This group would be known as Rotating Group.

(vii) These Associations would serve for one term and would be eligible for re-selection for one more term.

(viii) 5 Pensioners Associations of this group would be replaced by new ones each year in order to give space for new/more Pensioners Associations in the SCOVA.

(C) While selecting all the 15 Pensioners Associations, it would be ensured that there is proportionate representation of the Ministries/Departments/Regions/States etc.

4. Based on the above guidelines, the next SCOVA is also proposed comprising of 15 Pensioners Associations.

5. The proposal is put up to MOS(PP), being Chairman of SCOVA, to seek approval on

(a) increasing the size of the SCOVA;
(b) the proposed guidelines for selection of the Pensioners Associations as members in the SCOVA; and

(c) Composition of next SCOVA for the period upto December 2010.

For kind approval **M P Singh, Director (PP)**

PENSIONERS' ADVOCATE, Chennai
(AIFPA, Chennai - 600 015, has published the following Review which is duly acknowledged with thanks).....*Editor, BP*

BHARAT PENSIONER

Review on "Compendium of Frequently Asked Questions" with

The following Book Extracts of Rly Pass & RELHS Rules for Rly Pensioners has been published in PENSIONERS' ADVOCATE - 04/2012 published by AIFPA, Chennai - 600 015

Bharat Pensioners' Samaj, New Delhi has published a compendium covering frequently asked questions on Central Government Pension, Pension Disbursing Authority, Reserve Bank of India Circular on Pension related issues, Post retirement Pass rules, Reservation on Rly Passes, RELHS- 97 etc.,

The book is well compiled and will be useful for employees who are due to retire and also to pensioners. This book is a treasure for all Pensioners of Central Govt and the Railways' as well as Pensioners' Associations. The book can be obtained from the Bharat Pensioners' Samaj, 2/13-A, LGF (Back side), Jangpura - New Delhi - 110 014 (Phone 011 - 24376642) on Payment of a donation ₹ 60/- (Rupees Sixty only).

NB : – In case you ORDER a copy (copies) of the Book, please intimate your full postal address with contact Tele/Mob No.

(Contd. from p.34)

As I visit this extraordinary country in the last week of April, I am full of optimism and great confidence. It is an exciting time to be in India – the world's largest democracy, an increasingly global leader that uses its influence to support progress at home and peace abroad. The fact that India has achieved (or is close to achieving) the MDGs in some parts of the country is an eloquent sign of hope for the future. New progress on women's and children's health will only add to the country's dynamism. If it achieves the success in this realm that it did with polio, the sky is India's only limit.

Ban Ki-moon is UN Secretary-General

*The views expressed by the author are personal
Courtesy : UN News, N D - 110 003*

CHEQUES

May 2012

पूर्वोत्तर सीमा रेल

N.F. Railway

 **B.L. Patil**
भुषण पाटील

Divisional Railway Manager
North-East Frontier Railway
मंडल रेल प्रबंधक, पू०सी० रेल, कटिहार
Ph & Fax (06452) 230555 (BSNL)
44000 (Rly)

सं० जेड/290/1/के

दिनांक : 26.04.2012

आदरनीय श्री श्याम सुन्दर जी

सादर प्रणाम

विषय : रेलवे पेन्शनर्स एसोसिएशन की तृतीय राष्ट्रीय सम्मेलन।

संदर्भ : आपका पत्र सं० बी०पी०एस०/एस०जी०/IIIrd एन०सी/ 2के12

आपने जो मुझे आशिर्वाद दिया है उसके लिए मैं शतशह अभारी हूँ।

प्रार्थना करता हूँ कि ईश्वर आपको स्वस्थ रखें और लंबी आयु दें।

(भुषण पाटील), मंडल रेल प्रबन्धक, कटिहार

श्री श्याम सुन्दर, महासचिव, भारत पेन्शनर्स समाज

2/13-ए, एल०जी०एफ०, जंगपुरा 'ए', नई दिल्ली - 110014

ATTENTION : Payments by Cheque

Dear Esteemed Members,

You are requested to write your Name/M. No / Tel. No. at the back of the cheque to help us credit it into the correct Account. A scanned copy of Syndicate Bank, New Delhi - 18 Cheque No. 038940 dated 07.03.2012 is published below for favour of indentifying the sender. Thanks!

Rameshwar Kumar, Treasurer

Payee *07.3.2012*
BHARAT PENSIONER SAMAJ
सं. / Date
रुपये Rupees *Two Hundred only* या धारक को or Bearer
अदा करें रु. Rs. *200/-*
खाता सं. *9091.2018764* ब.प. *MSIL* Txn. No. *9091* आक्षर *MSIL*
सिंडिकेट बैंक Syndicate Bank
विकासपुरी, नई दिल्ली - 110 018
VIKASPURI, NEW DELHI - 110 018
MSIL

038940 1100251121

10

Letter No. 1/4/2000-3FPPC/1219 dt 19.10.2011 from Govt of Punjab Deptt of Finance, Finance Pension Policy & Coordinator Branch, Chandigarh.

Sub : Grant of benefit of Travel Concession to the family pensioners of Punjab Government.

Sir/Madam, I am directed to invite a reference to the instructions contained in para 9 of the Government letter No. 1/15/89-1FP/8078, dated the 31st August, 1989, as amended from time to time, on the subject cited above and to say that the Governor of Punjab is pleased to decide that the benefit of Travel Concession admissible to the Punjab Government pensioners shall be admissible to the family pensioners also subject to the following conditions:-

- (a) The amount of Travel Concession payable under these orders shall be equal to one month's basic family pension.
- (b) In the case of those family pensioners, who were in receipt of family pension on or before the 1st January, 2010, the block of two years shall commence from the 1st January, 2010 and the payment of Travel Concession will be payable to them in January, 2012. Thereafter also, the Travel Concession will be payable to them in the month of January after the completion of every block of two years.
- (c) In the case of those family pensioners who start receiving family pension after the 1st January, 2010, the block of two years shall continue to be determined in the same manner as was determined in the case of the deceased pensioner.
2. The other conditions already notified for grant of Travel Concession to pensioners shall remain the same and shall apply mutatis mutandis in the case of family pensioners also.
3. The orders shall come into force with immediate effect.
4. Necessary amendment(s) in the rules will be made in due

Usha Sehgal, Joint Secretary Finance

BHARAT PENSIONER

Letter No. 3/23/09-3FPPC/1402, dt 22.12.2011 from Govt of Punjab Deptt of Finance, Finance Pension Policy & Coordinator Branch, Chandigarh.

Sub : Grant of Old Age Allowance to the Pensioners/family pensioners

Sir/Madam, I am directed to invite a reference to Government letter No. 3/23/09-3FPPC/879, dated 17 August, 2009, on the subject cited above and to say that the Governor of Punjab is pleased to decide that the quantum of pension available to the old pensioners/family pensioners, shall be further increased as under:-

Age of pensioner/ family pensioner	Additional quantum of pension/family pension
From 65 years to less than 70 years	5 per cent of revised basic pension/family pension
From 70 years to less than 75 years	10 per cent of revised basic pension/family pension
From 75 years to less than 80 years	15 per cent of revised basic pension/family pension
From 80 years to less than 85 years	25 per cent of revised basic pension/family pension
From 85 years to less than 90 years	35 per cent of revised basis pension/family pension
From 90 years to less than 95 years	45 per cent of revised basic pension/family pension
From 95 years to less than 100 years	55 per cent of revised basic pension/family pension
100 years or more	100 per cent of revised basic pension/family pension

2. These orders shall come into force with effect from 1st December, 2011. The enhanced rates shall be applicable prospectively and there shall be no element, whatsoever, of retrospectivity in this regard and there shall be no question of payment of arrears or of notional benefits from any previous date.

3. The other terms and conditions regarding grant of pension and other retirement benefits shall remain unchanged.

4. Necessary amendments in rules shall be made in due course.

Usha Sehgal, Joint Secretary Finance

**Notification No.F.15(2)FD(Rules)/97
dt 23.02.2012 from Govt of Rajasthan,
Finance Deptt, Rules Division, Jaipur
Sub:- Amendment in the Rajasthan Civil
Services (Pension) Rules, 1996.**

In exercise of the powers conferred by the proviso to Article 309 of the Constitution of India, the Governor of Rajasthan hereby makes the following rules further to amend the Rajasthan Civil Services (Pension) Rules, 1996 namely:-

1. These rules may be called the Rajasthan Civil Services (Pension)(Amendment) Rules, 2012
2. These rules shall come into force, with immediate effect.
3. In the aforesaid rules -
 - (i) In the existing clause (b) of sub- rule (3) of Rule 143, the existing word and figure "₹50,000/- shall be substituted by the word and figure "₹1,00,000/-.
 - (ii) The existing sub-rule (4) of Rule 143 shall be substituted by the following, namely:-

"(4) The amount of arrears of pension exceeding ₹1,00,000/- but upto ₹5,00,000/- shall be paid with the previous sanction of the Joint Director, Pension and Pensioner Welfare Department, Regional Officer and amount of arrears exceeding ₹5,00,000/- shall be paid with the previous sanction of the Director, Pension and Pensioner Welfare Department Rajasthan."
 - (iii) The existing sub-rule (1) of Rule 145 shall be substituted by the following namely :-

"(1) The arrears of pension of a deceased pensioner may be paid to the heirs of the deceased, without the production of the usual legal authority to the extent of ₹1,00,000" under the orders of the Treasury Officer / Treasury Officer (Pension) after such enquiry into the rights and title of the claimant as may be deemed sufficient. The amount of arrears exceeding ₹1,00,000 but upto ₹5,00,000/- may be paid under the previous orders of the Joint Director, Pension and Pensioner Welfare Department, Regional Offices and the amount

of arrears exceeding ₹5,00,000/- may similarly be paid under the previous orders of the director, Pension and Pensioner Welfare Department, Rajasthan as the case may be, on execution of an indemnity bond, with such sureties as he may require, if he is satisfied of the right and the title of the claimant, in any case of doubt, payment should be made only to the person producing legal authority.

***By Order of the Governor,
Akhil Arora, Secretary to the Govt,
Finance Budget***

**(PUBLISHED IN PART I SECTION 1
OF GAZETTE OF INDIA)**

**Resolution No F.No. 5(1)-B(PD)/2011 dt
19.03.2012 from Govt of India, Ministry of
Finance, Deptt of Economic Affairs, New Delhi**

It is announced for general information that during the year 2011 -2012, accumulations at the credit of subscribers to the General Provident Fund and other similar funds shall carry interest at the rate of 8% (Eight per cent) for the period from 1.4.2011 to 30.11.2011 and 8.6% (eight point six percent) with effect from 1.12.2011, The funds concerned are:—

1. The General Provident Fund (Central Services).
 2. The Contributory Provident Fund (India).
 3. The All India Services Provident Fund.
 4. The State Railway Provident Fund.
 5. The General Provident Fund (Defence Services).
 6. The Indian Ordnance Department Provident Fund.
 7. The Indian Ordnance Factories Workmen's Provident Fund.
 8. The Indian Naval Dockyard Workmen's Provident Fund.
 9. The Defence Services Officers Provident Fund.
 10. The Armed Forces Personnel Provident Fund.
2. Ordered that the Resolution be published in Gazette of India.

Brajendra Navnit, Deputy Secretary (Budget)

INVITATION FROM IFA, TORONTO



INTERNATIONAL FEDERATION ON AGEING

Global Connections

19 January 2012

Mr Shyam Sunder

Secretary General

Bharat Pensioners' Samaj

All India Federation of Pensioners' Associations

Post Box 3303 Jangpura Extn.

New Delhi, 110 014

India

INTERNATIONAL FEDERATION ON AGEING

Castleview Wychwood Towers

351 Christie Street

Toronto, Ontario, M6G 3C3 CANADA

Tel +1 416 342-1655 : Fax: +1 416 392-4157

E-mail : ifa@ifa-fiv.orgIFA Web: www.ifa-fiv.orgConference Web: www.ifa2012.org

Dear Mr Sunder,

Re Your IFA Membership 2011/2012 - Individual Member ID: 1261

On behalf of the IFA and its Board of Directors, thank you for your membership support for the 2011/2012 financial year. Payment of \$USD75.00 is acknowledged. Your renewal will fall due in January 2013.

Over the past year we have consolidated our position as one of the pre-eminent not-for-profit global federation of thought leaders and agencies on issues associated with ageing. The IFA is an information centre and connector through which professionals such as yourself -researchers, policymakers, business executives- are able to share and access information on policy, best practice, elder rights, age-friendly cities, mature workers, and health, well being and care for older adults.

During the past year the IFA has embarked on a number of initiatives, including a 3 year project in partnership with Mt Sinai Hospital on "Addressing the needs of unpaid caregivers -A collaborative approach training program for families and caregivers to maintain persons with dementia in the community"; two projects in support of World Elder Abuse Awareness Day 2010 with one focused towards youth and the other the wider community; and we have worked in collaboration with INPEA, ILC-US, IAGG, IAHSa, GAA, AGE UK, HAI and AARP to produce a publication, "A UN Convention on the Rights of Older Persons is necessary to ensure that older women and men can realize their rights" to strengthen understanding and -awareness of the need for a Convention on the Rights of Older Persons. It aims to provide the arguments and tools for engaging stakeholders across the globe in debate about older people's rights and the role of a convention.

In closing I invite you to review the IFA website as we are updating material on a regular basis and for you to also consider contributing to the IFA eNews where we can profile your initiatives and achievements to our global community. Please help build our network by recommending others to subscribe to the IFA eNews. Please take the opportunity to review the website for the IFA 11th Global Conference on Ageing to take place in Prague, May 2012.

Yours sincerely

Dr Jane Barratt
Secretary General

BHARAT PENSIONER

SECURING THE FUTURE

A decade ago, four out of every five cases of polio worldwide were in India. Thanks to a determined effort to eradicate the disease, there has not been a single case for more than a year.

This achievement deserves global attention. First, because it serves as a model for other countries where polio remains endemic. Second, because it gives hope for similar success in tackling other major health challenges. Among these, none is more important than improving the health of the world's women and children.

That need is particularly great in India, host to the world's highest incidence of maternal and child mortality. Each year, an estimated 1.7 million children under the age of five die from largely preventable causes. More than 60,000 women die during pregnancy and childbirth. To be sure, these mortality rates have fallen steadily with the country's dramatic economic and social advances. Yet India is still not on track to meet key Millennium Development Goals (MDG) by the target date of 2015 – most specifically, those related to reducing child and maternal mortality and access to universal reproductive health care.

India is by no means alone. Worldwide, approximately seven million children under five die each year from preventable causes. Roughly 3,50,000 women lose their lives from complications in pregnancy and childbirth. That is why, two years ago, I launched Every Woman Every Child. In that short span, it has become a genuinely global movement, backed by billions of dollars in concrete financial commitments from an unprecedented array of private and public partners united behind the goal of saving the lives of 16 million women and children. Every Woman Every Child recognises that each woman and child on the planet is an individual of value. Each belongs to a family and an increasingly global community.

As I see it, protecting their health is an investment in our common future.

India was among the first to support this great and noble cause. In the last 18 months, we have seen that commitment implemented through determined and innovative action on a national and

local scale. The Indian government has committed to spend more than \$3.5 billion annually to improve health services. A substantial portion of that will go to women's and children's health, with special focus on regions where the incidence of death is highest.

As it grapples with these difficult issues, India has become a stand-out in pioneering new social programmes. Thanks to the creative use of cash incentives, for example, it is encouraging more and more women to give birth in health facilities, where free care is available to mother and child. An ambitious new programme sponsored by the ministry of labour and employment aims to extend health insurance benefits to the entire population living below the poverty line – 300 million people – by 2013. This will be a remarkable achievement, and one that other countries should emulate.

India is also using technology in creative new ways. Example: mobile phones. India has one of the highest usage rates in the world. With nearly 97% of the population expected to own a cell phone by 2014, it is exciting to see how new public-private partnerships are being used to deliver vital health information – and, increasingly, remote health care – to new and expectant mothers.

Like never before, India's private sector is coming together to support programmes that advance women's and children's health. These include practical initiatives to reduce the high incidence of diarrhoea (which takes so many young lives) by improving water supplies and making oral rehydration salts and zinc tablets available to a broader population. More than 2,00,000 children die each year from this affliction; nine out of 10 could be saved if they received these basic treatments.

There is, of course, a lot more to do. The solutions are in our hands. Together, we can ensure that infants reach a healthy birth weight; that pregnant women receive the right clinical care at the right time; that sick baby girls receive the same quality of care and attention as sick boys. We can prevent malaria and tuberculosis and help free a new generation from HIV. Our collective efforts must also promote women's equality and empowerment – starting by meeting their needs for family planning and extending through equal opportunity for education and employment.

(Contd. on p.29)

BHARAT PENSIONER

NEW MEMBERS - Annual

A - 1218	T N Kapoor	Greater Noida	03/13
A - 1219	M L Aneja	Ambala City	03/13
A - 1220	Shanti Bhagchandani	DL - 24	03/13
A - 1221	G Shankar Sharma	Mathura	03/13
A - 1222	Sher Singh	DL - 85	03/13
A - 1223	Ram Krishna	DL - 85	03/13
A - 1224	M B Usgaonkar	Goa	03/13
A - 1225	S A Kalayani	Rajkot	03/13
A - 1226	L G Parmar	Rajkot	03/13
A - 1227	Gurbachan Singh	DL - 63	03/13
A - 1228	M K Sharma	DL - 92	03/13
A - 1229	C L Arora	DL - 24	03/13
A - 1230	Raj Pal Sharma	DL - 24	03/13
A - 1233	Ravi Partap	Ambala City	03/13
A - 1234	S S Bhatia	Ambala City	03/13
A - 1235	Ramesh Mulkalwar	Chandrapur	03/13
A - 1236	B M L Nayyer	Kapurthala	03/13
A - 1237	Bansi Lal	Chandigarh	03/13
A - 1238	Satlal Bhat	Jammu	03/13
A - 1239	Rattanlal Bhat	Jammu	03/13
A - 1240	Som Nath Kaul	Jammu	03/13
A - 1241	Gurdass	Kasauli	03/13
A - 1243	B L Mehdiratta	Panchkula	03/13
A - 1244	Ramesh K Talwar	Ambala City	03/13
A - 1245	L A Dahatonde	Pune	03/13
A - 1246	Jaspal Sharma	Bhatinda	03/13
A - 1247	C S Sankarav	Vellore	03/13
A - 1248	Brij Mohan	Kapurthala	03/13
A - 1251	Vinay Kapoor	DL - 05	03/13
A - 1252	M L Soneja	DL - 18	03/13
A - 1253	Dr. Anil K	Chandigarh	03/13
A - 1254	T C Chawla	DL - 29	03/13
A - 1255	P Mohan Rao	Hyderabad	03/13
A - 1256	G S Nanithlamana	Kerala	03/13
A - 1258	C Sarvatham Rao	Hyderabad	03/13
A - 1259	T Rajan Sharma	Imphal	03/13
A - 1260	N Juge Singh	Imphal	03/13
A - 1261	P Radhakanta Singh	Imphal	03/13
A - 1262	M Yaikul Singh	Imphal	03/13
A - 1263	S Komal Singh	Imphal	03/13
A - 1264	The Branch Secretary	Satara	03/13
A - 1265	R P Gaur	DL - 32	03/13
A - 1266	Sohan Lal	Haridwar	03/13
A - 1267	Jagdish Prashad	Faridabad	03/13
A - 1269	D Subba Rao	Hyderabad	03/13
A - 1271	S K Chopra	Jhansi	03/13
A - 1272	Bhomi Taygi	Muradnagar	03/13
A - 1273	Royee V Ganj	Madurai	03/13
A - 1274	Sandip Kumar Das	Gorakhpur	03/13
A - 1275	P Shankar Wakare	Amode	03/13

NEW MEMBERS - Biennial

A - 1231	Jagjit Singh	DL - 65	03/14
A - 1232	Kripal Singh	Ambala Cantt	03/14
A - 1249	Arjun Ahuja	DL - 58	03/14
A - 1257	Amarendra Rao	Jalpaiguri	03/14
A - 1268	R Chandra Sena	Secunderabad	03/14

NEW MEMBERS - Triennial

A - 1250	M K Seth	DL - 05	03/15
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NEW AFFILIATED ASSOCIATIONS

A - 1242	Partap Nagar Assn	Rawat Bhata	03/13
A - 1270	N R Penrs W Assn.	Ludhiana	03/13

NON MEMBER OF LEGAL FUND

S.Mahabubjan	Madurai	100/-
P.K Astunrengan	Madurai	100/-
S.Gopalkrishna	Madurai	100/-
A.P Pandiorajan	Madurai	100/-
S.Kadambavana Sundaraw	Madurai	100/-
S.Chinaasany	Madurai	100/-
R.Edwin	Madurai	100/-
V.Kumaresan	Madurai	100/-
Teekaram	Madurai	50/-

LEGAL FIGHTING FUND Donations APRIL, 2012

A - 0655	Mange Ram Singhal	DL - 33	5200/-
M - 8277	S C Maheshwari	Gurgaon	5000/-
A - 0939	Delhi Govt P Assn	Faridabad	3600/-
M - 5105	Rly. Pensioners Ass	Mehsana	3150/-
M - 1586	N James, Secy	Nandyal	2000/-
A - 0720	Mohinder Singh	Patiala	2000/-
M - 7092	M L Narsimha Rao	Vijayawada	1800/-
WL - 2943	Dr Hari Dev Goyal	DL - 75	1500/-
M - 5566	S K Routh	Lumding	1050/-
A - 1014	S V Seshagiri Rao	Hyderabad	1000/-
M - 8338	Ved Prakash Mittal	DL-91	1000/-
M - 8269	Y C Dixit	Dharwad	1000/-
M - 6098	AICG P Assn	Amritsar	1000/-
M - 1586	N James, Secy	Nandyal	1000/-
A - 1006	S Ramanan	Chennai	1000/-
M - 7105	W S Bhome	Pune	1000/-
A - 1177	Dr.V Parsi	DL-92	1000/-
A - 1210	Narpal Singh	Rajender Ngr	1000/-
WL - 2709	Madan Mohan Kapur	DL - 05	1000/-
WL - 2719	T N Ghosh	DL - 05	1000/-
WL - 9309	E Vaikuntam	DL - 91	1000/-
M - 5890	N R Sharma	Ambala City	700/-
WL - 2732	P Sharan Gupta	Gurgaon	550/-
WL - 9030	Surinder Kumar	DL - 05	500/-
M - 5063 :	R N Dutta	Baidyabati	500/-
M - 8737	M Veereswara Rao	Hyderabad	500/-
A - 1207	Sh. Ram Kishan Ahuja	DL-85	500/-
M - 3967	Ex Hav Sardara Singh	Ludhiana	500/-
A - 0731	D G Maydeo	Maharashtra	500/-
M - 4093	Sri K Chalamaiiah	Tenali	500/-
M - 7140	V D Ahuja	Rajender Ngr	500/-
M - 8483 :	A H Joshipura	Rajkot	500/-
A - 1275	P Shankar Wakare	Jalgaon	500/-
WL - 9328	N N Gangopadhyay	Mumbai	500/-
WL - 2451	S L Duggal	Samana	500/-
WL - 2597	Brij Mohan Lal	Faridabad	500/-
WL - 9185	B N Singh	Bhopal	500/-
WL - 2834	V M Kotak	Bhavnagar	500/-
WL - 9136	Chittaranjan Basuli	Darjeeling	400/-
WL - 9037	M V Srinivasan,	DL - 96	300/-
WL - 2999	P P Gupta	Ratlam	200/-
M - 5813 :	D Mohan	AP	200/-
M - 6586	P Paul Peter	Madurai	200/-
M - 8610	M Satyanarayana	Hyderabad	100/-

RENEWAL

May 2012

A - 0727	B H Prajapati	Mehsana	100/-
A - 1136	M P Kulkarni	MH	100/-
WL - 2561	P L Chawla	DL - 59	100/-

SCPC FUND Donations APRIL, 2012

WL - 9272	Swaran Singh	Gurdaspur	225/-
WL -2638	Prem Lal Behl	Faridabad	200/-

AFFILIATED ASSOCIATIONS (RENEWAL)

M - 6607	S E C Rly Penrs Assn	Chhindwara	01/13
M - 1836	P & T & C G P Assn	Ahmedabad	03/13
M - 3984	Rly Penrs Assn / RU	Renigunta	05/13
M - 8586	Govt Penrs W Assn	Roorkee	01/13
M - 4217	P A & A Penrs Assn	Nagpur	02/13
M - 5284	A P S G R Emp Assn	Nellore	06/13
M - 5105	Rly Pensioners Assn	Mehsana	02/13
A - 0547	A I Org of Penrs	Lucknow	12/12
M - 5987	Uttar Para C G P A	Bhadrakali	04/13
A - 0939	NCT, Delhi Govt P A	Faridabad	04/13
M - 6645	R R Karamchari Samiti	Bareilly	03/13
M - 5566	N F R P Assn	Lumding	10/13
M - 5610	M Gopalan, Secy	Durg	11/12
M - 6926	D Krishna Moorthy	Dandigul	03/13
M - 0197	The Secretary	Bhilwara	03/13
M - 3145	Rly Pensioners Assn	Rajahmundry	04/13

RENEWAL - Annual

A - 0956	L S Bhatnagar	Beawar	05/13
M - 6931	S Mukherjee	Kolkata	04/13
M - 7669	B P Khare	Lucknow	02/13
M - 7314	K Srinivasan	Chennai	03/13
M - 7717	P N Gopalakrishnan	DL - 48	04/13
A - 0860	G S Srivastava	DL - 68	12/12
M - 6906	P S Vijay Kumar	Madurai	03/13
M - 0726	A D Silva	Kota	10/12
A - 0945	V Bhai B Mehta	Surendra Ngr	04/13
M - 8373	R Ganesh	DL - 17	04/13
M - 7714	K K Ramrakhani	Vadodara	04/13
M - 3682	Bakul B Bhowmik	Gaya	03/13
A - 0722	Anil K Murde	Indore	06/12
A - 0622	P L Deshmukh	Nagpur	02/13
A - 0450	K Chandrashekar	Mangalore	08/12
A - 0679	S Singh Lamba	Ferozpur City	04/13
M - 7417	S N Roy	Jabalpur	05/14
M - 8700	S Ranjan Saha	Hijiguri	05/13
M - 8317	S D Sharma	Amritsar	02/13
A - 0720	Mohinder Singh	Patiala	05/13
A - 0327	N L Shrimali	Udaipur	02/13
M - 8068	V K Tewari	Jabalpur	04/13
M - 7132	G A Baloch	Jamnagar	12/12
M - 6967	H N Soni	Bhopal	05/13
M - 8014	S R Dewan	DL - 09	02/13
A - 0236	Harinath B Shirali	Bangalore	01/13
M - 0896	J C Adwarya	Rajkot	04/13
M - 8889	Adiki Siva Rao	Machilipatnam	03/13
A - 0370	Chhote Lal	Patiala	04/13
M - 8488	Balwant Rai	Patiala	09/13
A - 0628	Lilaram Jhangiani	Ahemdabad	03/13
M - 7426	O P Kapoor	Agra	05/13
A - 0282	Hazi Md Jasimuddin	Muneer Town	02/13

M - 5149	K L Chitkara	DL - 34	03/13
M - 8929	J Singh Padan	Nagpur	04/13
A - 0154	N Ganguly	Santiniketan	10/12
M - 5672	Sudhir Chand Dutta	Hoogly	03/13
A - 0143	Arun Rajurkar	Pune	09/13
M - 7338	R Sham Prasad	Bazardeha	03/14
M - 8878	S C Shukla	Valsad	03/13
M - 6648	Kanai Lal Poddar	Sapatgram	03/13
A - 0570	N Krishna Rao	Tuni	01/13
A - 0404	P K Mahate	Betul	05/13
M - 8910	P S R Murti	Vskptnm	03/14
M - 8394	J K Ahuwalia	Saharanpur	05/13
M - 4733	S S Virdhi	Dewas	05/13
M - 5150	P C Chawla	DL - 14	03/13
M - 8680	S Chander Sharma	DL - 32	04/13
M - 8079	Dr B N Sinha	BG	05/13
A - 0636	Vikrant Singh Dodia	Indore	03/13
A - 0880	Sohan Lal Gupta	Faridabad	01/13
A - 0548	K P Kulshreshtha	Agra	12/12
M - 5821	NVSSS Prakasarao	S'bad	02/13
A - 0782	P C Jain	DL - 32	08/12
M - 4637	Rattan Lal Mittal	Ludhiana	02/13
M - 8904	R S Kanwar	DL - 26	03/13
M - 7807	K D Dutt	Pathankot	01/13
M - 7687	Amulakh B Shah	Vadodara	03/13
M - 7519	Ram Pher	DL - 62	08/13
M - 8029	S P Kohli	DL - 09	03/13
A - 0787	M L Shorya	DL - 07	09/13
M - 8667	Mohan Prakash Anand	DL - 18	04/13
M - 8734	VK Kapoor	DL - 48	03/13
A - 1210	Narpal Singh	GZB	02/13
M - 7140	V D Ahuja	GZB	12/12
M - 8382	Dr D R Verma	Kunihar	04/13
A - 0086	Amarbhai Kanabar	Rajkot	08/13
M - 6290	J N Trivedi	Ch Kheda	12/13
A - 0650	C P Kohli	DL - 17	04/13
M - 8939	R R Dobhal	Dehradun	04/13
A - 0944	I Jayarama Murthy	Hyderabad	04/13
M - 5221	R C Gupta	Jagadhri	03/13

Biennial

M - 6696	K S Ramanathan	Hyderabad	05/14
M - 8694	Yogendra Prasad Roy	Darbhanga	05/14
A - 0330	Bawa Jaigopal Singh	DL - 24	02/14
A - 0363	R D Saklani	Dheradun	04/14
A - 0652	J D Mangla	Ghaziabad	04/14
M - 6410	A K Ghosh	Darjeeling	05/14
A - 0326	M B Sharma	KOT	02/14
M - 7338	R Sham Prasad	Bazardeha	03/14
M - 8910	P S Ramchandra Murti	VSK	03/14

Triennial

A - 0638	Avijit Chakroborty	Malda	03/15
A - 0386	Shri Manjit Singh	DL - 70	05/15
M - 8663	L N Gupta	Indore	04/15
A - 0359	M L Nandwani	DL - 21	03/13
A - 0253	S K Varma	Naya Nangal	02/15
M - 7405	K B Nanda	DL - 24	04/15
M - 8922	S P Vedi	DL - 65	03/15
M - 0631	R K Rajpal	DL - 27	03/13

AAP AUR HUM

ACTIVITY REPORTS FROM OUR AFFILIATES

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AGRA: BPS- Monthly meeting was held on 08-04-12. A large number of members attended this meeting. They expressed their resentment over the attitude of the Govt. for not enhancing the FMA and not granting CSD facility to Civilian Pensioners. Following new office bearers were elected. President – B C Verma, Gl Secy – Pooran Lal, Treasurer – Shanker Lal. Besides this, 7 VPs, 6 Secretaries, 1 each Jt. Gl. Secy, Org. Secy, Auditor and Legal Advisor were also elected.

AHMEDABAD: BSNL & DOT Pensioners Assn- Dt. Conference of Mehsana Telecom was held on 11-03-11. All GC Members of BDPA felicitated Mr. & Mrs. DD Mistry on Golden Jubilee of their marriage. J.B. Kumpavat & A.N. Patel spoke on achievements of this assn. D.D. Mistry spoke on various burning issues. M. L. Chaudhary, B.C. Trivedi and B.N. Oza were elected as President, Secy and Treasurer respectively of Mehsana Dt. DD Mistry has intimated that The Fourth Bi-Yearly Annual General Body Meeting of the “BSNL & DOT Pensioners assn, GUJARAT Circle, AHMEDABAD” would be held on 25-06-12.

AIZAWL: MIZORAM CIVIL PENSIONERS ASSN.- Shri J. Narayana Rao, VP, BPS visited

this office on 03-04-12 and held discussions regarding pension with office bearers of this assn. He spoke about the danger and bad effects of nuclear explosion. He also lauded the services rendered by the BPS, New Delhi.

38th AGM was held on 26.04.12. 604 members attended this meeting. The Secy presented Annual Report for 2011-12. Accounts for 2011-12 and Budget for 2012-13 were passed unanimously. Following Office Bearers were elected for 2012-14. President: H. Raltawna, VP L.T. Hluana and Treasurer: B.L. Liankaia.

BARSOI (Distt Katihar): GPA (Rly) – AGM was held on 12-02-12. Following office bearers were elected. President: B. Lall, Secy S. L. Jaiswal, Cashier: B. Lall. Besides this, 1 each Wkg President, VP and 2 each jt. Secretaries and org. Secretaries and 2 EC members were also elected.

BARASAT (WB): North 24 Pgs CGPA- AGM was held on 23-02-12. Shri R.N. Dutta, VP, BPS was the Chief Guest and he delivered a speech on current problems of Pensioners. Minutes of the previous AGM, Annual Report and Audited Accounts were read out and passed unanimously. Sr. Members (80 plus) were felicitated with mementoes. Following office bearers were elected. President- A.B. Biswas, Secy A.K. Bhattacharjee, Treasurer- T.K. Chakraborty. Besides this, 2 each VP, Asst. Secy. and Org. Secy. and 1 Auditor were also elected.

JHANSI (U.P.) BPS- AGM was held on 02-04-12. Chief Guest and Sr. Members (75 Plus) were honored with shawls and garlands. Annual Report and Audited Accounts were presented and approved. Following office bearers were elected. President: O.P. Srivastava Secy: M. Azeem, Treasurer D.D. Mishra. Besides this 2 Patrons, 3 VPs, 1 each Asst. Secy., Org. Secy, Auditor and 11 EC members were also elected. Members demanded for merger of 50% DA with Basic Pension, increase in Income Tax ceiling upto 5 lacs for pensioners, Addl. Pension on attaining 75 years of age, FMA of Rs 1000 p.m., Appointment of 7th CPC in time etc.

NELLORE AP: Govt. R E A- Meeting was held on 15-03-12. President extended a warm welcome to all members and conveyed Telugu New Year Greetings. He also thanked Govt. of AP for releasing DR @ 5.992%. 6 Sr. members (75 Plus) were felicitated with shawls, garlands and fruits. Birthday Greetings were conveyed to members born in March.

PUNE (Maharashtra): Sewa Nivrutta Sanghatana – This unit is having 400 members (mostly Central Govt. Pensioners). In 2011-12, they received 3 family pension cases from CDA (P) Allahabad- 2 for unmarried daughters and 1 widowed daughter. Office bearers devote 2 hours on each Sunday to solve the problems of pensioners.

EATING LESS, NOT EXERCISE, WAY TO CURB OBESITY

MELBOURNE: Those wishing to shed some pounds should simply eat less rather than doing exercise, a leading surgeon has claimed.

Lord McColl of Dulwich comments came despite the scientifically proven fact that regular exercise results in a lower risk of many chronic diseases - including heart disease and type 2 diabetes. And his view also flies in the face of research that shows it can also boost self-esteem, mood, sleep quality and energy - as well as reduce risk of stress, depression, dementia and Alzheimer's disease. "We are in the middle of the most serious epidemic to have hit this country for 100 years -the obesity epidemic. The cure is free - you just have to eat less," the Daily Mail quoted him as saying.

Asian News International

(On his 151st Birthday)

Gitanjali

Leave this chanting and
singing and telling of beads!
Whom dost thou worship in this
lonely, dark corner of a temple with
doors all shut? Open thine eyes and
see thy God is not before thee!
He is there where the tiller is tilling
the hard ground and where the
pathmaker is breaking stones.
He is with them in sun and in
shower, and his garment is
covered with dust.
Put off thy holy mantle and
even like him come down on
the dusty soil! Deliverance? Where
is this deliverance to be found?
Our master himself has
joyfully taken upon him the
bonds of Creation;
he is bound with us all forever.
Come out of thy meditations and
leave aside thy flowers and incense!
What harm is there if thy clothes
become tattered and stained?
Meet him and stand by him in toil
and in sweat of thy brow.

— **Rabindranath Tagore**

D R FOR PENSIONERS

	Oct-11	Nov - 11	Dec-11	Jan-12	Feb-12	Mar-12
All India CPI (IW) Base 2001=100	198	199	197	198	199	201
%age over 01.01.06	63.35%	64.56%	65.43%	66.15%	67.16%	68.31%

7% increase wef 1.1.12. Orders

Contributed by : J N Uppal, Dy Director (Retd), CSO,
Min of Statistics and Programme Implementation.

C-26, Amar Colony, Lajpat Nagar-IV, New Delhi - 110 024 - Tel : 2644 8938 (R)

1. **फगवाड़ा :-** सेन्ट्रल गवर्नमेंट पेंशनर्स वेलफेयर एसोसिएशन की बैठक 6 मई को पी.सी. बांगर की अध्यक्षता में सम्पन्न हुई। सोहन लाल शर्मा 22 अप्रैल को भारत पेंशनर्स समाज केन्द्रीय कार्यालय में आकर महामंत्री श्याम सुन्दर से भेंट की और समस्याओं से अवगत कराया। संस्था की कार्य प्रणाली देख कर एवं श्याम सुन्दर के त्याग व तपस्या से प्रभावित होकर 1500/- रुपये सहयोग राशि वी.पी. एस को दिया और दस हजार लीगल फाइटिंग फंड के लिए देने का वादा किया। सरदार तरसेम सिंह महामंत्री ने सभी पेंशनरों से खुले दिल से लीगल फाइटिंग फंड के लिए धन देने की अपील की और विशेष चर्चा का विषय था डी.आर.एम. फिरोजपुर कार्यालय से पत्रों का उत्तर न देना। डी.आर.एम आफिस ने क्या समझा है, क्या माना है, यह तो वह जाने पर हमें अपना दर्द और दुःखड़ा हर हाल में उन्हें बताना है, हल क्या हो, यह वह जाने। 4 मई के कोर्ट केस पर भी व्याख्या की गई। अंत में सरदार जी ने कहा :-
 “तकाजा है वक्त का तूफां से जूझो, कहां तक चलोगे किनारे किनारे।”
 तमाशाई न बनो आगे आओ सब मिलकर, एक और नेक बनकर एक दूसरे के काम आएँ कहीं ऐसा न हो:-
 साहिल के तमाशाई हर डूबने वाले पर -
 अफसोस तो करते हैं, इमदाद नहीं करते।
 आप सभी का धन्यवाद!!
2. **मऊगंज :-** भारत पेंशनर्स समाज की शाखा ने सद्भावना मिलन समारोह 30.04.12 को मनाया। बाल प्रभाकर त्रिपाठी विशिष्ट अतिथि थे डा. राम सजीवन शर्मा की अध्यक्षता, विष्णुकुमार मिश्र के संचालन में कवि सम्मेलन, सुंदरकाण्ड पाठ, परशुराम जयन्ती पर प्रकाश डाला गया। राम निश्चय मिश्र, जवाहर लाल चन्द्रमा प्रसाद, शीतला प्रसाद आदि का सहयोग सराहनीय रहा। डा. राम सजीवन शर्मा, अवध नरेश तिवारी ने मरणोपरांत शरीर दान की घोषणा की।
3. **नई दिल्ली :-** रेलवे पेंशनर्स वेलफेयर एसोसिएशन अध्यक्ष एन.सी. गुप्ता ने जन संपर्क अभियान के द्वारा “हम आप के सदा साथ हैं” नारा देकर सभी पदाधिकारियों से निवेदन किया कि लीगल फाइटिंग फंड ज्यादा से ज्यादा एकत्रित करें ताकि भारत पेंशनर्स समाज सुप्रीम कोर्ट तक केस की पैरवी कर सके। गीता कालोनी में कार्यकारी मंत्री ए.सी. वेदी ने एस. एल छावड़ा के निवास पर 20.04.12 तथा 06.05.12 को न्यू माडल शाहदरा, आर.पी. गौड़, के संयोजन में तथा 08.05.12 को वसुंधरा में के.एल. मल्होत्रा के नेतृत्व में बैठक आयोजित की गई। 13.05.12 को नई दिल्ली में चेम्सफोर्ड रोड पर बंगला नं. 12 में सभा होगी। महामंत्री सरदार अमृत सिंह ने 18.04.12 की बैठक को संबोधित कर शिमला गए और वहां भी संगठन को सशक्त बनाकर प्रण किया है दस हजार

रुपया लीगल फाइटिंग फण्ड के लिए देना है। रोशन लाल, के.एन. पुष्करना, के.आर. सागर, पी.एन. मित्तल, के.एल. खन्ना, वी.के. पुरी, सी.एल. सहगल, आर.एस. भाकरी तथा आर. एन. बनर्जी का सहयोग सराहनीय रहा।

4. **आगरा :-** आल इण्डिया आर्गनाइजेशन आफ पेंशनर्स के अध्यक्ष आर.एस. लवानियां ने 18.03.12 को होली मिलन समारोह मनाया मुख्य अतिथि श्रीमती मधु भारद्वाज केनरा बैंक अधिकारी थी। हास्य कवियों ने कविता पाठ किया। ए.के. शर्मा ने मंच संचालन किया आर. के. दीक्षित ने रसिया गाए। लगभग 300 सदस्य उपस्थित थे।

5. **मुजफ्फर नगर :-** गवर्नमेंट पेंशनर्स वेलफेयर आर्गनाइजेशन का 27वां महाधिवेशन एवं पेंशनर्स दिवस समारोह 1 अप्रैल को मनाया गया महामंत्री ई.डी.पी. जैन ने वार्षिक प्रतिवेदन पढ़ा और उपलब्धियों की व्याख्या की। संगठन का परिचय योगदान, पौधा रोपड़, वरिष्ठों का सम्मान सभी स्तरों पर समस्याओं के निदान का प्रयास बताए। अंत में सभी का धन्यवाद इन पंक्तियों के साथ:-

“सद्गुण का दर्पण लिए चल तू सच्ची राह पथिक दिखेंगे सभी तुझे पकड़े तेरी बांह”

6. **सीधी :-** भारत पेंशनर समाज शाखा मध्य प्रदेश का वार्षिक सम्मेलन के अवसर पर स्मारिका छपाकर वितरित किया है। अध्यक्ष देवराज सिंह सदा सेवा को तत्पर हैं इनके नेतृत्व

में प्रत्येक मास के 16 तारीख को कार्यकारिणी की बैठक होती है। सीधी शाखा प्रगति पथ पर अग्रसर है।

7. **हमीर पुर :-** हिमाचल पेंशनर्स कल्याण संघ ने 16वां स्थापना दिवस वी.डी. शर्मा के नेतृत्व में 26.03.12 को मनाया। महासचिव टी.डी. ठाकुर ने विवरण प्रस्तुत किया। मांगों की ओर अनदेखी के कारण संघर्ष का रास्ता अपनाया है 20.04.12 से जिला स्तर पर धरना प्रदर्शन किया जायगा। मंच संचालन ठाकुर ने किया और सभी का आभार व्यक्त किया।

8. **गाजियाबाद :-** उत्तर प्रदेश डिप्लोमा इन्जीनियर्स महासंघ ने 12.02.12 को पेंशन दिवस मनाया। सदस्यों की उपस्थिति 175 थी 17 प्रस्ताव पारित कर निस्तारण हेतु संबंधित अधिकारियों को भेज दिया। अध्यक्षता जे.के. जैन ने की।

"Orgnization is Power and Secret of that is Obedience"

9. **रियांबड़ी :-** भारत पेंशनर समाज उपशाखा अध्यक्ष उमरदराज खान ने 13.04.12 को कार्यकारिणी के सदस्यों को घोषित किया जिनमें गुलाव चंद, ब. उपाध्यक्ष, वी.एल. पुरोहित सचिव, हाजी ताज मोहम्मद कोषाध्यक्ष के अतिरिक्त 21 उपाध्यक्ष, 2 संगठन मंत्री एक महिला मंत्री श्रीमती प्रेम कंवर तथा 11 कार्यकारिणी सदस्य हैं।

Jogging with brain

GET MOVING : *Exercise bulks up the brain just as it does other muscles and prevents its physical shrinkage as you age*

by Gretchen Reynolds

The value of mental-training games may be speculative, but there is another, easy-to-achieve, scientifically proven way to make yourself smarter. Go for a walk or a swim. For more than a decade, neuroscientists and physiologists have been gathering evidence of the beneficial relationship between exercise and brainpower.

But the newest findings make it clear that this isn't just a relationship; it is the relationship. Using sophisticated technologies to examine the workings of individual neurons - and the makeup of brain matter itself - scientists in just the past few months have discovered that exercise appears to build a brain that resists physical shrinkage and enhance cognitive flexibility. Exercise, the latest neuroscience suggests, does more to bolster thinking than thinking does.

The most persuasive evidence comes from several new studies of lab animals living in busy, exciting cages. It has long been known that so-called "enriched" environments - homes filled with toys and engaging, novel tasks - lead to improvements in the brainpower of lab animals. Last year, researchers at the Beckman Institute for Advanced Science and Technology at the University of Illinois, put four groups of mice into four distinct living arrangements.

OF MICE AND MEN

One group lived in a world of sensual and gustatory plenty, dining on nuts, fruits and cheeses, all of it washed down with variously flavoured waters. Neon-hued balls, plastic tunnels, nibble-able blocks, mirrors and seesaws filled other parts of the cage. Group 2 had access to all of these pleasures, plus they had small disc-shaped running wheels in their cages. A third group's cages held no embellishments, and they received standard, dull kibble. And the fourth

group's homes contained the running wheels but no other toys or treats.

All the animals completed a series of cognitive tests at the start of the study. Then they ran, played or, if their environment was unenriched, lolled about in their cages for several months.

At the end of the study, Rhodes's team found that the toys and tastes, no matter how stimulating, had not improved the animals' brains. "Only one thing had mattered," Rhodes says, "and that's whether they had a running wheel." Animals that exercised, whether or not they had any other enrichments in their cages, had healthier brains and performed significantly better on cognitive tests than the other mice. Animals that didn't run, no matter how enriched their world was otherwise, did not become smarter.

BUILDS TO LAST LONGER

Why would exercise build brainpower in ways that thinking might not? The brain, like all muscles and organs, is a tissue, and its function declines with underuse and age. Beginning in our late 20s, most of us will lose about 1% annually of the volume of the hippocampus, a key portion of the brain related to memory and certain types of learning.

Exercise though seems to slow or reverse the brain's physical decay, much as it does with muscles. Although scientists thought until recently that humans were born with a certain number of brain cells and would never generate more, they now know better. In the 1990s, using a technique that marks newborn cells, researchers determined during autopsies that adult human brains contained quite a few new neurons. Fresh cells were especially prevalent in the hippocampus, indicating that neurogenesis - or the creation of new brain cells - was primarily occurring there. Even more heartening, scientists found that exercise jump-starts neurogenesis. Mice and rats that ran for a few weeks generally had about twice as many new neurons in their hippocampi as sedentary animals. Their brains, like other muscles, were bulking up.

Courtesy : Hindustan Times

Autumn Love: Is it Time to Think Differently to Deal with Loneliness in Old Age?¹

14 senior citizens find for themselves live-in partners at match-making meet

This news item appeared in Times of India on 20th November 2011. In recent past, many of you must have heard or read about similar efforts in other places as well for older people. Unfortunately, such news items do not get the response they deserve. These are treated as entertainment news with very limited shelf life or with scepticism and at worst with contempt! Most people in the society do not see this as the emotional need of an old and lonely individual trying to find solace in the company of another like minded person. This, if seen in the light of increasing longevity, decreasing family support and increasing individualistic ethos; would make perfect sense. If you look around you will find many older persons in your family, community and neighbourhood who have lost their spouse, whose adult children and their families are busy in their own lives. They are retired with adequate pensions; but with, increasing frailty which is inevitable with age and emotional void in life, do you think it is easy for an individual to live happily for the last two decades of his/her life (given the average longevity of 17-18 years at the age of 60 years) without any formal or informal support, with nobody to look after him / her and nobody to take care of? It would be mere physical existence without any meaning. Who would accompany you to the health clinic? Who would go shopping with you even for daily necessities? Who would remind you to take medicine on time? Who would share your joys and sorrows? Who would you tell tales of your childhood and youth? They say (Hu) man does not live by bread alone and rightly so. Human beings need more than that and increasing longevity and decreasing family support and individualistic ethos have created new challenges

for our society. Human beings are now living much longer and families have become so small and spatially spread that they are unable to provide the emotional and other support to the older members. The older members are no longer content with living a life of self denial and spiritual purification awaiting death. The older persons are more demanding and would like to live like any other member of our society. They have all the feelings and failings that Nature has bestowed in ordinary mortals.

Conventionally efforts are made by society, NGOs, schools and families to promote intergenerational bonding. Efforts are made to integrate children with older persons assuming that this would be the best way to provide emotional support and care to them in old age. This is certainly a potent way to deal with the challenge; but certainly not the only way. It would be good to develop social sensitivity in children to provide care, love and affection to the older persons; but, with drastic changes in the population pyramid and increasing burden of care on younger people in society, it would be sagacious for us to develop and encourage multiple channels of support for the older persons.

We need to be a little more tolerant to the idea that older persons are also as human as any other member in our society and has the right to fulfil his / her legitimate needs.

**[Editorial in Helpage India - R & D Journal,
New Delhi - 110 016 - 01/2012]**

Relief from pesky calls, SMSes from Sept 27, 2011

(if you register with NCPR onwards)

All telephone subscribers who have registered with the National Customer Preference Registry, earlier known as 'Do Not Call Registry', would get relief from all commercial communications from September 27, the Telecom Regulatory Authority of India said.

Courtesy : PTI

BHARAT PENSIONER



**Smt Deepti Chakraborty
addressing the Convention**



**K Srinivasan, NFRPA, Palghat / Chennai
addressing the Convention**



**S C Maheshwari, Shyam Sunder,
A M Roy & J M Biswas on the dais**



**S K Kanjilal addressing the 8th Biennial
Conference of NFR Pensioner's Assn**



**M Somasekhara Rao, Vice Prez (South Zone) -
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May 2012

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e-mail : bps.shyamsunder@gmail.com

Editor (for the purpose of the Act) : Y C Rai.