

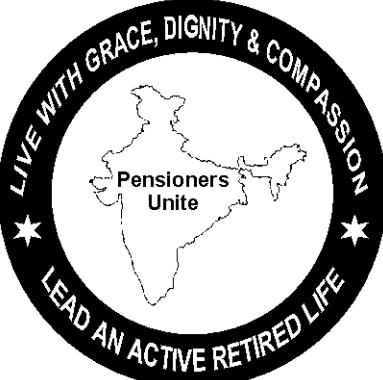
JULY 2011
July 2011 Vol. VI No. 7
RECD No. DELBIL/2006/17678
web site : www.bharatpensioner.org

Single Copy : Rs. 15

e-mail : bps.shyamsunder@gmail.com

BHARAT PENSIONER

भारत पैन्शनर



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)

DIRECT SUCCESSOR TO "PENSIONER" ESTABLISHED IN 1955



Shyam Sunder, Secy Genl, BPS & BCPC addressing while Com S K Vyas and others sitting on the dais of the 10th Biennial Conference, CGPA, Kerala State (Open Session : 28.05.11)
BHARAT PENSIONER

**Secy Genl, BCPC & BPS SHYAM
SUNDER @ Palakkad (Kerala)
CGPA State Conference - Palakkad. –
27 and 28 of May 2011**

The Tenth biennial conference of CGPA Kerala was held at Municipal Town Hall Palakkad on 27th and 28th of May 2011. The conference was inaugurated by Shri V S Achuthanandan (former Chief Minister) Opposition Leader, Kerala on 28th Com. SK Vyas (AICCPA) and Shri **Shyam Sunder (BCPC)** also attended.

On 27 evening a Seminar on "New Pension Bill and Welfare Measurers" was conducted. Com. Chandran, MLA, and State Secretary CITU, who presided was the Moderator. Com. S. K. Vyas presented the subject. S/Shri **Shyam Sunder (BCPC)**, N. Muralidharan Nair (State President AITUC), N. Mohankumari (Distt President BMS) spoke. Shri T.I. Sudhakaran welcomed the gathering. Shri P.S. Ravindranathan, Working Chairman, delivered vote of thanks.

On 28th morning, the Association flag was hoisted by Shri M. Abdul Karim (President Distt Committee, Palakkad) and the Conference started Com. M.B. Rajesh, MP. (Chairman R/Committee) welcomed the delegates. Shri S.K. Vyas presided over the function.

Com Achuthanandan in his inaugural speech requested the pensioners to stand with the agitating section who fight against the Anti workers policy and the New Pension Bill etc.

Shyam Sunder (BCPC), K. Sreekumaran (President - Confederation) K. Mohanan (Circle Secretary BSNL E U Kerala) K.P. Ramakrishnan (Distt Secretary KSSPU) greated the conference Shri T.S. Parameswaran (General Convenor) delivered vote of thanks. 761 delegates from all Distt of Kerala participated (including State Committee members), the following three members of CGPA Palakkad where honoured by who crossed 90 years of age with Ponnada

1)	Shri P.K. Rajagopala Menon	93
2)	Shri K. Raghavan Nair	92
3)	Shri M. Balachandran Nair	91

The Conference also released a book of poems written and published by a CGPA member Shri KUTTERI AZEEZ (Member from NILAMBUR Branch (Malappuram District) S/shri Sreedevi (Retd. HC Justice), T.I. Sudhakaran and D. Chandran were elected as President, Gnl. Secretary and Treasurer. A State Committee of 38 members was also elected as office bearers for the next two years.

T.S. PARAMESWARAN, Distt Secretary, CGPA, Palakkad

Letter to Govt - Convening 20th SCOVA meeting

Pensions (For the kind attention of Sh. R.C.Misra)
Regarding : Convening 20th SCOVA meeting

Sub: Convening 20th SCOVA meeting

Reference : Minutes of the 19 th meeting of SCOVA held on 20.09.2010

Please refer to item 3 of the minutes of 19th meeting of SCOVA wherein the Minister had desired to hold next SCOVA in the first quarter of the next financial year 2011-2012.

The 1st quarter referred to in the said minutes is now nearing its end.

It is therefore requested that honouring the then Minister's words, the date for the 20th SCOVA meeting may be notified w/o further delay, ensuring that the representatives of all the concerned departments especially the Ministry of Health & family welfare attend the said meeting. With regards, Truly yours, Shyam Sunder, Secretary General, Bharat Pensioners Samaj

NON-RECEIPT OF your beloved BHARAT PENSIONER ?

Complaints of non-receipt of BHARAT PENSIONER may be made to us, only after the 30th / 31st of the month. It is also reiterated that members need **NOT** send stamps etc worth ₹ 4 for a replacement copy as per a decision of the Managing Committee some time back. **S.S.**

MONSOON JOINT DHARNA POSTPONED

The postal strike has been, it is understood, postponed indefinitely. However we have still no option but to postpone this PROGRAMME for the present to hold DHARNA @ Jantar Mantar, Parliament Street, New Delhi during the Monsoon Session of Parliament by the Bharat Central Pensioners Confederation (BCPC) in conjunction with (and the active participation) of serving Central Govt employees, led by the Confederation of Central Govt Employees & Workers (CCGE&W), When a new DATE for the JOINT DHARNA @ Parliament, during a subsequent session, is decided upon, all concerned shall be informed accordingly.

BCPC Zindabad !

Pensioners Unity Zindabad !

Employee - Pensioner Unity Zindabad !

Shyam Sunder,

11.07.11

Secy Genl, BCPC & BPS

FLASH :

Vinay Mittal takes over as Chairman, Railway Board

New Delhi : Vinay Mittal took over as the Chairman, Railway Board and ex-officio Principal Secretary to the Government of India on Thursday, replacing Vivek Sahai.

Corrigendum - I

In BP - 05/2011@ p32-col2, kindly read as under: "The emotions that we had for strengthening the people's power were weaned away for whatever movement" in place of the first sentence in the English version.

(2) Delete the heading both in the beginning as well as at the end of the Hindi version.

Corrigendum - II

In BP - 05/2011@34 - col 2 (top), read (Continued from p 17) instead of the existing figure. Also @ p16-Col 2

Corrigendum - III

In BP - 05/2011@ Title page, read "JUNE" in place of "MAY".

The inconvenience (due to lapses on our part) is highly regretted Shyam Sunder

1. Hum Aur Aap :	
(i) Secy Genl @ Palakkad CGPA	2
(ii) Convene SCOVA early	2
(iii) Non-receipt of your beloved BHARAT PENSIONER	2
(iv) Monsoon Joint Dharna postponed indefinitely	3
(v) FLASH : Vinay Mital now CRB	3
(vi) Corrigenda - I, II & III	3
2. BCPC : Certificate of Registration (13.05.11)	5
3. Queue Kyon ?	6
4. An Old Story of "Civil Society"	7
5. Secular India..... Lala Lajpat Rai	8
6. CAT DECISION :	
18.05.10 Ahmedabad - Compassionate Appt: Adopt 'Benchmark' of DoT	9
7. HIGH COURT JUDGMENT :	
12.03.10 Delhi : Reimbursement with 18% interest	10
8. LOKPAL : Left wants PM "in" but Judiciary 'Out'	12
9. Philosophy : Classical Samkhya	12
10. GOI ORDERS :	
04.05.11 Pers & Trg : Increase of 25% in certain Allowances after DA crosses 50% (wef 01.01.11)	13
01.10.10 PCDA : Old Age Pension @ 80 & above14	
01.10.08 RBI : What & How of CPC ?	15
15.02.11 Posts : A revolutionary step : P&T Pensions thru Bank - One HO each in two Circles of DLH / MH	16
26.02.11 Posts : A revolutionary step : P&T Pensions thru Bank - GPO, Bangalore in KNTK Circle	17
11. Visit Kashmir till October	18
12. PRICE PUNCH : Double - digit inflation	18
13. RJ High Court : Don't make retirees run from pillar to post	19
14. POSTURE PERFECT	19
15. 5 steps to a Slimmer Body	20
16. The Flame of Life	20
17. National Committee on Pensioners Welfare - Proceedings : 04.07.11	21
18. Pre - AISCCON Meeting of CGPF - AP @ Hyderabad : 03.07.11	22
19. ASHA BHOSLE @ 78	23
20. ECHS - An Update & A Praise	24
21. Poet Kedar Nath Agrawal (Hindi)	25
22. Consumer Protection Act : Hospitals	27
23. Poet Kedar Nath Agrawal (English)	28
24. Fenugreek & Sex Life	29
25. The Sad Story of a Defence Civilian	30
26. Aap Aur Hum	31
27. Thanks	33
28. Renewal	34
29. Graceful Exit	34
30. For Assns : Emulate the Good Leader	35
31. The Pride of India : Maqbool Fida Husain	35
32. DR for Pensioners	35
33. AISCCON @ Hyderabad : 04.07.11	36

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 Chandramowli, 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
T : 0124 - 230 2262 Fax : 0124 - 230 0423
M : 098684 88199

Secy (BSNL/PSUs);Shreepad V Deshpande, Pune
Tel - 020-2447 3757, M : 094220 02219

Secy (P R) : V K Taneja T : 011-2578 9203

Editor : D Jayaraman, Send (English) News directly:
23, Rashi Aptts, 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

REG : CIRCULATION / SUBSCRIPTIONS —
Office :— 011-2437 6642

Contact Time : 10.00-2.00 pm

Membership Rates wef 1.1.09 - (Individual)

One year	₹ 200	(Foreign)	\$ 50
Two years	₹ 380	Three years	₹ 550

**Life Membership : (Available for Office-bearers
& Mg Committee members only)** ₹ 1,000
Annual Affiliation Fee (Assn/Institution etc) : ₹ 450
[Pl prepare drafts/cheques (NOT Out-station)/ecs
only in favour of BHARAT PENSIONERS SAMAJ]

SBI Jangpura Br Code : 01274
BPS Account No 10825178380
For ecs Add ₹ 25
as Inter Branch Transfer fee

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 Aptts,
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
M - 09436033765 T: 0385 - 244 3738

Members, Managing Committee

1. P K Goswami (Smt) DLH - 14 0112437 8583
2. S Kodwani (Smt) DLH - 24 0112984 1621
3. Jagriti Nagpaul (Ms) DLH - 08 098688 46367
4. G S Asiwal BPL - 32 0755266 5545
5. C L Vij DLH - 64 0112812 4469
6. M M Kapur DLH - 05 093508 47712
7. Pooran Lal Agra - 01 095364 61904
8. S N Gupta RWR - 01 0127422 4573
9. R C Srivastava GZB - 02 0120275 2554
10. B D Dhyani DLH - 14 099103 17318
11. Parkash Chand DLH - 18 092105 15470
12. O P Kumar GGN - 01 099116 61300
13. S P Bhargava GGN - 01 0124232 5674
14. Y P Sawhney DLH - 52 0112712 7129
15. Asis Ranjan De GUW - 12 036125 71852
16. D A N Sarma VZG - 16 092475 37961

Hon Legal Consultant : G S Lobana
Advocate, CAT Pr Bench & High Court, C-207,
Anand Lok Society, Mayur Vihar-I, Delhi - 110 091
T : 011 - 2275 5422 M : 0 - 98102 38999
(For any reply, a stamped ₹ 5 envelope a must)

**PENSIONERS UNITY ZINDABAD
BHARAT CENTRAL PENSIONERS' CONFEDERATION (BCPC)
is now a legally registered society**



**CERTIFICATE OF REGISTRATION
Under Societies Registration Act XXI of 1860**

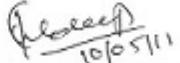
Regn. No. S/ 478 /Distt. South/2011

I hereby certify that **BHARAT CENTRAL PENSIONERS' CONFEDERATION** located at 2/13-A, (Basement), Jangpura-A, New Delhi-110014 has been registered under Societies Registration Act 1860.

Given under my hand and seal at Delhi on this 13 day of May Two thousand Eleven

Fee of Rs. 50/-




(KULDEEP SINGH)
REGISTRAR OF SOCIETIES
SOUTH DISTRICT
GOVERNMENT OF NCT OF DELHI

This document certifies registration under the Society Registration Act, 1860. However, any Govt. department or any other association / person may kindly make necessary verification (on their own) of the assets and liabilities of the society before entering into any contract / assignment with them.

QUEUE KYON ? BUT, KYON ? THE UBIQUITOUS QUEUE CRASHERS

The best one I recall is at an ATM - this guy touched the '*sentimental chord*' by claiming he wanted to withdraw money urgently for his close relative's funeral !

by Sunder Viswanathan

There are many things that are peculiar to Indians, which we consciously or unconsciously ignore as we get along with everyday life in the country.

While some of those may be dismissed as stereotyped images of one region or community, or even of the whole nation in the eyes of westerners, there is one behaviour that is irrefutably Indian. One that binds us all across age and gender, rich and poor, educated and illiterate, caste and region, India Shining and not, you name it. No, it is not our love for the movies or for cricket or even politics — **but our utter disregard for the queue**. Q-crashers are legion at every public place.

There was this guy at the post office the other day, '*overtaking*' three of us standing in line and bending over the counter. When challenged he innocently replied that he 'just' wanted some stamps! (What noble intent indeed, and that too at a post office, I thought to myself). Likewise, we have people at clinics deftly entering the doctor's room claiming that the accompanying patient is '*very sick*'. (Again, not sure if anyone visits clinics to play video games with the doctor.)

The internet has increasingly deprived me of the experience of Qs at Railway booking counters, Bill payment centres, Cinemas, Banks, etc., but there are new '*breeding*' grounds — ATMs, Shopping centres. I do not grudge our love for money, but can't comprehend the seeming urgency for money at ATMs. The best one I recall is at an ATM — this guy touched the '*sentimental chord*' by claiming he wanted to withdraw money urgently for his close relative's funeral!

Not sure if the Republic's Constitution has been amended accordingly, but persons with just 2-3 items to buy at shopping malls and stores, seem to have automatic rights over others with trolley loads standing in line to pay.

No respite at private events either. You just have to watch everyone when the climax is announced — food is served. The scenes will make one wonder if it was a function or a flood relief camp.

Queue kyon? seems to be the average person's attitude!

Perhaps it is a primal natural trait. A genetic disposition. A conditioned reflex. A Darwinian response. A mix of all these and more? Nobody knows but one thing I know for sure — I am not at all alone. We are all like that only.

Courtesy : THE HINDU, Chennai

WHAT IS RTI ? WHAT'S RTI PORTAL ?

Right to Information Act 2005 mandates timely response to citizen requests for government information. The RTI portal is meant for quick search of information on the details of the first appellate authorities and PIOs amongst others, besides access to RTI related information or disclosures published on the web by authorities.

AN OLD STORY OF 'CIVIL SOCIETY'

by Gopalkrishna Gandhi, ex - Governor, Bengal
 In 1948, political and civil society leaders came together to discuss the problems that India faced. Why can't we have a similar meet today to discuss corruption?

Sevagram swung suddenly into my brain this week, triggered by two very different reasons. The first was the prevailing talk of 'civil society'. I was reminded of what, Jawaharlal Nehru, barely a few months into office as prime minister, said at a meeting of political and constructive workers or what may, today, be called 'civil society'. It took place at Sevagram in March 1948. Immediately after death of the Mahatma had planned this meeting to discuss the post-Independence equation between those who had entered public life through the portal of elections and those who were doing 'constructive work' January 30, 1948.

Rajendra Prasad as president of the Congress and of the Constituent Assembly, and Union minister for agriculture, was then foremost among the elected representatives. Vinoba Bhave, was the pre-eminent representative of the spirit of Gandhi outside politics. Those attending the first and last meeting of its kind included Jayaprakash Narayan, the economic thinker JC Kumarappa, the scholar and reformer. Kakasaheb Kalelkar, the teacher Ashadevi Aryanayakam, the balladeer Tukdoji Maharaj, the expert on tribal affairs AV Thakkar, the intrepid rescuer of abducted women during Partition, Mridula Sarabhai, the Gandhian leader from Andhra, Konda Venkatappaiya, the khadi pioneer, Srikrishnadas Jaju.

Nehru inaugurated the meeting, Rajendra Prasad presided over it and Maulana Azad made the keynote speech. Representing government, they were about the only 'elected' representatives of the people or 'politicians' present. But it was the non-elected, the 'constructive' group that really powered the proceedings, identifying the issues to which the three leaders from Delhi responded. There were many subjects under discussion but underlying them all was the question: 'Gandhi is gone: Who will guide us now?'

Speaking on the new equations between political and non-political field work, Nehru observed: "My thoughts on all these issues are

BHARAT PENSIONER

not clear and I feel quite perplexed in my mind. Whenever I have managed to get a few free minutes to myself, I have thought over this year and a half that we have been in government, and of how we have done some things but left a great deal undone... When I look back at it all I am not happy... I am part of the government. I live in Delhi. And night and day I have to live under guard... This is more of an imprisonment for me than Ahmednagar or the other jails were..."

Later the same day, addressing an open session he introspected on the period prior to the traumatic episodes pre-Partition and said: "Why, ultimately, did India get out of control? There are many reasons. As far as Congress is concerned, the Congress leaders got so bound up in election arguments and in running their own governments that they had no time for serving the people. A wall came up between the people and ourselves, and Congress increasingly lost stature — even if a few individuals retained their influence and standing. Conspicuous squabbles between Congress people came under the public gaze."

Asking the gathering to establish a new connection with each other in order to give India the direction it needed, he employed a splendid Hindustani phrase that captured the essence of his thought: "... savalon ko phirse nayi fiza ki roshni mein sochna hoga (... these issues will have to be reconsidered in the light of a new fiza). Fiza means atmosphere. Nayi fiza invokes a fresh breeze, an altogether new ambience. The 1948 meeting discussed many burning issues — security, war, refugees, terrorism, communalism, industry, agriculture etc — but not corruption. That was not an issue then. Today, all those issues remain with us, urgent and pressing, plus corruption.

Is it impossible for a Sevagram 1948-type meeting to be convened by the equivalents of those who organised that meeting to discuss corruption? Is it inconceivable that they can be inspired to gather for a meeting chaired by the Congress president, inaugurated by the PM and addressed by representatives of the 'unelected' to discuss corruption?

The views expressed by the author are personal
 Courtesy : Hindustan Times, New Delhi

SECULAR INDIA

By THE LION OF PUNJAB*

: Lala Lajpat Rai

At the present stage** of its development, India requires more of rationalism and toleration than orthodoxy and bigotry.

I must, however, say frankly that unity is a dream never to be realised unless Hindus and Muhammadans, Sikhs and Christians, make up their minds to be more liberal and rational in their religious and social life than they at present** are.

The narrow religious atmosphere which at present dominates Hindu and Muhammadan and Sikh communal life is fatal to the idea of a united India, and the sooner the leaders of all these communities realize this truth the better for us all. I cannot subscribe to the proposition that either Hinduism or Islam is so narrow as to make it impossible for the followers of the two religions to become politically united.

To be frank, we will have to follow Europe in this matter if we really desire political freedom. Religion must be divorced from politics. Social life must be broadened and political life based only on broad national policy. I don't mean to say that religion should be divorced from our lives or that our political structure be divorced of religious influences in the higher sense of the term.

Healthy religious influences are undoubtedly necessary for the development of character, personal as well as national. I say nothing against religion or Dharma in this sense, but I do mean that ceremonial aspect of religion should only be the concern of individuals or of communities and should not be permitted to create barriers or political distinctions between the following of different religions or between different religious communities as such.

The first article of our future constitution of India must provide absolute religious liberty to all religious denominations subject only to such restrictions as are inevitable for the general maintenance of law and order. To this must be added the absolute religious neutrality of the future

State. In this latter respect we have gone even further than the present Government***. According to our ideas, the future Swarajya Government should not be at liberty to use public funds for any religious or denominational purpose whatsoever, in a land of many religions and many cults. This, to my view, is the best safeguard against religious or denominational partisanship. With this provision the risks of the majority rule are very much lessened.

After all we cannot build a nation without mutual trust and faith, without the desire to live in peace and harmony, without readiness to forget and forgive each other's faults and without unflinching in the principle that "*united we stand and divided we fall*". Our immediate task, therefore, is to set about finding ways and means of coming together in an atmosphere of friendship and mutual trust.....

* Undivided Punjab, ** 3rd decade of the 20th century, *** The British Viceroy of India.....Editor, BP

COMPASSIONATE APPTT

The consideration of a case for Compassionate Ground Appointment is to be purposeful laying down an appropriate bench-mark. In the Telecommunication Department, weightage-point system for assessment of the indigent condition of the family taking into account the number of dependants, unmarried daughters, amount of terminal benefit received, etc., by the deceased has been laid as bench-mark to assess the need for grant of Compassionate Appointment. Such an appropriate assessment has to be laid down in Postal Department also.

Facts: The Applicant herein earlier filed an O.A. No. 711 of 2005 which was disposed of on 31-10-2006 with a direction to re-consider his Compassionate Ground Appointment. In that OA, it was said that the request for Compassionate Ground is to be done categorizing the categories in order of preference for grant of the benefit as per OM of DoP&T., dated 5-5-2003. On reconsideration of the case of the Applicant herein, as directed by the Tribunal, his case was

rejected by letters, dated 30-3-2007 and 17-7-2009, which are challenged in this OA. Even though in the earlier OA. it was directed by the Tribunal to reconsider the case of the Applicant keeping in mind the direction given in O.A. No. 178 of 2005, D.B. Parmarv. Union of India, the case was rejected. The Applicant also relies on the Hon. High Court of Gujarat order in case of Diptiben Jadhav v/s State of Gujarat [SCA 4729 of 2007], wherein it was held that retiral benefits cannot be a ground for rejection.

The Respondents in their reply stated that the deceased was a Postman who died in harness on 21-8-2003 after rendering about 25 years of service leaving behind his widow and four sons. The Applicant received a benefit of ₹ 3,29,362. The Applicant and his brothers are earning varying between ₹ 10,000 to 6,000 a month apart from getting a pension of ₹ 2,595 (pre-revised). The case was considered as per the decision of Tribunal in O. A. No. 711 of 2005 and O.M., dated 5-5-2003 adopting a suitable bench-mark. The Applicant possesses adequate financial condition and hence he cannot demand the appointment as a matter of right. The Respondents also relied on earlier judgments of the Apex Court. The case of the Applicant was considered on relevant parameters which was produced along with the reply and the request hence was rejected.

The case was considered. Compassionate Ground Appointment is to relieve the burden of the family due to death of the earning member. The principle to be followed has been indicated by Apex Court in the case of Umesh Kr. Nagpal v/s State of Haryana [1994 (2) SLR 677]. It was said that the appointment only to a destitute family of the deceased left in lurch should be considered on point.

Considering the re-consideration of the Respondents as per the direction in the earlier orders, it was held:

Held: "The direction in O.A. No. 178 of 2005 had specifically stated that the Committee before coming to the conclusion that the Applicant is not in indigent condition should have evolved some bench-mark to ascertain as to who should be considered indigent. From the information

available to the Tribunal now in reply to this OA, it appears that although the Committee has considered several relevant factors such as the number of dependants, earnings of the family members, retiral benefits, etc., no bench-mark appears to have been evolved as to who should be considered as indigent. In a recent matter concerning the DoT, a sister Department of the present Respondents, this Tribunal came across a weightage-points system for assessment of the indigent condition of the family [O.A. No. 20 of 2009] decided on 3-5-2010 which has been adopted by that Department. The said weightage-points system gives various weightage points to parameters such as number of dependants, unmarried daughters, amount of terminal benefits received, ownership of house, etc. Then: is also a cut-off point above which the Applicant is further considered for Compassionate Appointment. The adoption of such a system could have ensured complete objectivity and legal sustainability under Article 14 of the Constitution which is what the Tribunal intended the Department should do."

As the direction as above was not considered, the case is now remitted back to the Department for reconsideration on those lines. In view of the above, the rejection Letters, dated 30-3-2007 and 17-7-2009 were set aside and a further direction was given to reconsider the case of the Applicant on the basis of an objective bench-mark on the lines indicated above and communicate the decision in four months' time.

[Abdul Lalif Abdul Rashid Nizam v/s Secretary, Deptt of Posts and others-Ahmedabad-Bench-O.A. No. 396 of 2009 date of judgment:18-5-2010]

Courtesy : SwamyS News, Chennai

Inqilab

Zamana kya dekhiye - dikhaye, na jaane kya
Inqilab Laaye !

Mulk ke tewar hain khashmgeen se, Zameen
ke dil mein ghubar sa hai !

Just wait & see, what change hidden in time's
womb be ?

The times are in rage, a volcano inside ?

Urdu couplets -

Courtesy : Sister Razia Naqvi, Akola (MH)

**DELHI H C GRANTS
REIMBURSEMENT
WITH 18% INTEREST**

1. By the present petition filed under Article 226 of the Constitution of India, the petitioner seeks directions to direct the respondents for reimbursement of the medical expenses incurred by the petitioner.
2. A conspectus of facts as set out by the petitioner relevant for W P (C) No.889/2007 Page 2 of 7 deciding the present petition are that the petitioner was serving as District Employment Officer, North-West, Kirby Place, Delhi Cantt and retired on 30th April, 2001. On 2.4.2005, the petitioner got a heart attack and was admitted in Amar Leela Hospital, Janak Puri, New Delhi and was discharged on 7.4.2005. The petitioner had paid Rs 18,000/- to the said Hospital on his discharge and had also spent Rs 1274/- for the purchase of medicines. But, yet again on 8.4.2005 the petitioner suffered severe chest pain and breathlessness and was admitted to Sir Ganga Rarn Hospital, New Delhi and underwent a by pass surgery on 9.4.2005 and paid an amount of Rs 1.25.032/- towards the bill raised by the said hospital. On 2.5.2005, the petitioner filed an application with the respondent no,2 requesting them to issue medical facility card and an amount of Rs. 9000/- was deposited by the petitioner towards subscription money. Thereafter, the medical facility card was issued to the petitioner and on 5.7.2005, the petitioner moved an application to the District Employment Officer (NW) for reimbursement of his medical bills which vide order dated 29.8.2005 was rejected. Again, on 17.3.2006 the petitioner moved an application which was disallowed vide letter dated 28.7.2006, and yet again on 22.8.2006, the petitioner moved an application which was dismissed vide letter dated 9.11.2006. Hence feeling aggrieved by the aforesaid circumstances, the petitioner has now approached this court for reiief by way of filing W P. (C) No, 8897 2007 Page 3 of 7 of the present petition.
3. On the fast date of hearing, Ms Sonia Sharma, counsel appearing for Govt. of NCT of

Delhi took an adjournment on the ground that the respondent shall pay the necessary amount towards the medical reimbursement of the petitioner before the next date. Ms Sonia Sharma today submits that such instructions were given to her by Mr Vijay Sharma, Employment Officer, employed with respondents No. 2 and 3. Today, Mr Umrao Singh, Employment Officer and Mr A K Sharma, Superintendent with respondent No 1 submit that under the relevant rules, the respondents are not obliged to grant the medical reimbursement to the petitioner. Ms Sonia Sharma, counsel further submits that under the revised scheme announced by the Delhi Government vide office memorandum dated 25th October, 2007 it was for the petitioner to have opted for the scheme and once having not become a member of the said scheme, the petitioner is not entitled to the medical reimbursement Counsel further submits that the scheme is prospective in nature and the same would be effective once an employee becomes a member of the scheme and not otherwise. The contention of counsel for the respondent is that since the petitioner on his retirement failed to opt for the said scheme, therefore, he is not entitled to the benefit of the same.

4. On the other hand, counsel for the petitioner placed WP(C) No.889/2007 reliance on the judgment of this Court in the case of V.K. Jagdhari vs Union of India & Ors. 125(2005) DLT 636. The petitioner also placed reliance on the judgment of the Division Bench of this Court in Government of NCT of Delhi a Ors Vs Som Dutt Sharma 118 (2005) DLT T44(DB) ancTS K Sharma vs Union of India and Apr 2002(64)DRJ620.

5. I have heard counsel for the parties.

6. The issue is no more res Integra as in the case of S K Sharma (supra), this Court clearly held that the petitioner after getting retired cannot be denied the benefit of the medical reimbursement simply because of the fact that he did not opt for the said scheme. In this case also the claim of the employee was rejected on the ground that he was not covered under the CGHS Rule not being a part of the scheme but still a retired Central Government employee residing in non-CGHS area can make a CGHS card for himself and his

dependent family members from the nearest centre where CGHS is functional. Further placing reliance on some authoritative pronouncements of the Apex Court, this Court in the above case took a view that the petitioner cannot be discriminated against, merely because he is not a member of the CGHS scheme as he was staying in a non-CGHS area. In this case also the employee had applied to become a card holder later in the period. W.P.(C) No.889/2007

7. In the case of V K Jagdhari (supra) which has been relied by the petitioner, a similar question arose before the Court and objection was taken that since the employee had opted for the CGHS card after his surgery, therefore, he was clearly disentitled to the claim of reimbursement. Answering the said question in negative, the Court clearly held that the pensioner cannot be discriminated against merely because he has not opted for CGHS scheme or he resides outside a non-CGHS area. Taking into consideration the ratio of the judgments in the S K Sharma (supra) and Som Dutt Sharma {supra} case, this court consolidated the legal position and held that; The position emerging from various decisions of this Court may be summarised as follows;

- 1) Even if employee contributes after availing medical facilities, and becoming member after treatment, there is entitlement to reimbursement (DB)Govt of NCT vs SS Sharma:118(2005)DLT 144
- 2) Even if membership under scheme not processed the retiree entitled to benefits of Scheme-Mohinder Pal vs UOI: 117(2005)DLT204.
- 3) Full amounts incurred have to be paid by the employer; reimbursement of entire amount has to be made. It is for the Government and the hospital concerned to settle what is correct amount. Miiap Sigh Vs UOI : 113(2004)DLT91 ; Randeep Kumar Rana vs UOI : 111(2004)DLT473
- 4) The pensioner is entitled to full reimbursement so long the hospital remains in approved list P N Chopra vs UOI, (111)2004DLT190
- 5) Status of retired employee not as card holder: S K Sharma vs UOI : 2002(64)DRJ620 ; W P (C)No 889/2007
- 6) If medical treatment is availed, whether the employee is a cardholder or not is irrelevant and full reimbursement to be given, B R Mehta vs UOI: 79(1999)DLT388.

7) The status of a retired Govt Employee was held to be independent of the scheme and rules in so far as the entitlement to medical treatment and/or CGHS benefits were concerned (ref V K Gupta vs UoI, ; 97(2002)OLT337). Similarly in Narender Pal Sigh vs Union of India, : 79(1999)DLT358, this Court had held that a Govt was obliged to grant ex-post facto sanction in case an employee requires a specialty treatment and there is a nature of emergency involved.

8) It is quite shocking that despite various pronouncements of this Court and of the Apex Court the respondents in utter defiance of the law laid down have taken a position that the pensioner is not entitled to the grant of medical reimbursement since he did not opt to become a member of the said health scheme after his retirement or before the said surgery undergone by him. It is a settled legal position that the Government employee during his life time or after his retirement is entitled to get the benefit of the medical facilities and no fetters can be placed on his rights on the pretext that he has not opted to become a member of the scheme or had paid the requisite subscription after having undergone the operation or any other medical treatment. Under Article 21 of the Constitution of India, the State has a constitutional obligation to bear the medical expenses of Government employees while in service and also after they are retired. Clearly in the present case by taking a very inhuman approach, these officials have denied the grant of medical reimbursement to the W P (C) No 889/2007 petitioner forcing him to approach this Court. The respondents did not bother even after the judgment of this Court was brought to their notice and copy of the same was placed by the petitioner along with the present petition.

10. The respondents are directed to pay the said medical claim of the petitioner along with 18% interest from the date of submission of his bill. The said payment shall be made by the respondent within one month from the date of this order. Additional costs of Rs. 10,000/- is also imposed on the respondents for causing delay in making the said payment to the petitioner.
[Kishan Chand vs Govt of NCT of Delhi & Ors - Delhi High Court - WP(C) No 889 / 2007-Date of Judgment : 12.03.2010]

LEFT WANTS PM IN, BUT JUDICIARY OUT OF LOKPAL AMBIT

Left proposes judicial panel beyond purview of anticorruption body; plans July protests. Excluding him (PM/under Lokpal) would mean exclusion of atleast one-third of entire govt.

AB BARDHAN. CPI

The Left on Monday (20.06.11) announced a nationwide agitation in July to demand an effective Lokpal bill to fight corruption. Though it favoured bringing the Prime Minister within the ambit of the antigraft ombudsman, but the Front wants the higher judiciary out of it.

The four Left parties - CPM, CPI, RSP and Forward Bloc — have decided to picket central government offices across the country, hold demonstrations, dharnas and rallies between July 15 and 21, just ahead of the monsoon session of Parliament, said a joint statement by the Left parties. The Left decided to demand adoption of an effective Lokpal legislation and establishing a separate National Judicial Commission outside the purview of the anticorruption ombudsman to curb corruption in the higher judiciary.

"A separate and independent institution is required to probe allegations against judges," said the CPI General Secretary AB Bardhan. "We are for jurisdiction of the Lokpal on the Prime Minister and the Prime Ministers Office (PMO), because excluding him on any ground would mean exclusion of at least one-third of the entire government," Bardhan said.

"Works of various departments and ministries are monitored by the PMO. There are directions given by the PMO on many issues, like the recent alleged scam involving the allotment of high-security S-Band spectrum by the Department of Space which fell under the PMO," Bardhan said.

The Left Front is the only political formation, which has made its stand clear on the Lokpal bill and the bringing the PM under its purview.

Courtesy : Hindustan Times, New Delhi

Classical Samkhya Interpretation of its History and Meaning

BY GERALD JAMES LARSON

The tradition of Samkhya is one of the oldest and most influential in the intellectual history of India. The fundamental notions of Samkhya, namely *prakrti*, *purusa*, *buddhi*, *ahamkara*, *manas* and the three *guna-s*, provided the conceptual framework in which much of Indian philosophizing occurred.

This edition of Classical Samkhya traces the history of the Samkhya not only in the Indian intellectual tradition but also in the traditions of historical criticism. The book also offers a new interpretation of the philosophical significance of the Samkhya with special reference to the classical interpretation, of the interaction or *prakrti* and *purusa*.

For this edition the author has also included a Chart of the twenty-five basic principles of the Samkhya, a Glossary of Samkhya terminology, an additional Appendix which surveys recent scholarly works in the area of Samkhya together with a discussion of Samkhya in the Puranas and a revised Bibliography.

The original text of Samkhya Karika in Roman script together with a nice translation is given as an appendix. Glossary of technical terms, a chronological chart; bibliography and index make the work a highly, useful one both to the Western and Eastern students of philosophy and research scholars for further studies.

-B Kutumba Rao, Triveni, July-September, 1984

The special contribution of the book consists in showing Samkhya, as system of religious thought which seeks to understand the world and man's place in the world from the perspective of the fact of consciousness.

-The Weekly-Madras, October 28, 1979

₹ 350 (PB); Delhi, 2011. Pp. xvii
315, abbrev., gloss, append., biblio., index
Available from : - MOTILAL BANARSIDASS
40, U.A., Bungalow Road, Jawahar Nagar, Delhi
- 110 007 Tel - 2385 1985, Fax - 011 - 2385 0689
email - mlbd@mlbd.com

GOVT ENHANCES ALLOWANCES BUT REFUSES TO MERGE 50% DA/DR

OM No. 12011/01/2011-Estt (Allowance) dt May 4, 2011 from Ministry of Personnel, PG and Pension, Deptt of Personnel & Training, New Delhi

Sub: Clarification on increase in certain allowances by 25% as a result of enhancement of Dearness Allowances w.e.f. 1.1.2011

On the above mentioned subject, it is stated that consequent upon enhancement of Dearness Allowance payable to Central Government employees @ 51% w.e.f 1st January, 2011 vide Ministry of Finance, Department of Expenditure O.M. No. 1(2)2011-E-II (B) dated 24th March, 2011, the following points are clarified:

- a) The annual ceiling limit for reimbursement of Children Education Allowance shall be Rs 15,000/- per child. Accordingly, the quarterly claim could be more than Rs 3750/- in one quarter and less than Rs.3750/- in another quarter subject to the annual ceiling of Rs.3500/- per child and Hostel Subsidy shall be Rs.3750/- per month per child;
- b) The rates of Special Allowance for Child Care with disabilities stands revised to Rs. 1250/- per month; and
- c) The annual ceiling for reimbursement of education allowance for disabled children of Government employees shall be revised as revised to Rs.30,000/- per annum per child and the rate of Hostel Subsidy for disabled children of Government employees shall be increased as revised from Rs. 6000/- per child per month to Rs.7500/- per child per month,

2. These revisions are applicable with effect from 1st January, 2011.
3. These revisions shall be subject to other terms and conditions mentioned in this Department's O.M. No. 12011/03/2008-Estt (Allowance) dated 2.9.2008

Vibha Govil Mishra, Deputy Secretary,
Telefax: 23092483

Dearness Allowance from Jan-2011:-

The first additional installment of Dearness Allowance for this year from Jan-2011 has been announced today by the Union Cabinet.

As per the announcement, the Dearness Allowance is increased by 6% from 45% to 51% to Central Government Employees and Pensioners. The decision would also change the allowance structure.

There is no recommendation in 6th CPC that the Dearness Allowance crosses 50% would merge with basic pay. But some allowances and advances will be increased by 25% on crossing of Dearness Allowance by 50%.

Here we have compiled the table of Allowances and Advances to be raised by 25% from 1.1.2011. Here we have once again compiled the rates of Allowances and Advances, that would be revised by 25% on existing rates...

S. NO.	Name of the Allowances & Advances	Existing	Revised
i.	Children Education Assistance & Reimbursement of Tuition Fee	Rs. 12,000 (Per Year - Per Child)	Rs.15,000 (Per Year - Per Child)
2.	Advances for purchase of Bicycle Advance, Warm clothing Advance, Festival Advance, Natural Calamity Advance	Rs. 3,000	Rs. 3,750
3.	Special Compensatory Hill Area Allowance	Rs. 600 / Rs. 480	Rs. 750 / Rs. 600
4.	Special Compensatory Scheduled / Tribal Area Allowance	Rs. 400 / Rs. 240	Rs. 500/ Rs. 300
5.	Project Allowance	Rs. 1,500 / Rs. 1,000	Rs. 1,875/ Rs. 1,250
6.	Special Compensatory (Remote Locality) Allowance	Rs. 2,600/ Rs. 2,100/ Rs. 1,500/ Rs. 400	Rs. 3,250/ Rs. 2,625/ Rs. 1,875/ Rs. 500
7.	Cycle Maintenance Allowance	Rs. 60 (PM)	Rs. 75 (PM)
8.	Mileage for road journey all components of daily allowance on tour	Rs. 500 / Rs. 300 / Rs. 200/ Rs. 150/ Rs. 100	Rs. 625/ Rs. 375/ Rs. 250/ Rs. 190/ Rs. 125
9.	Rates of Fixed Conveyance Allowance under SR-25 (Motor Car)	Rs. 1,120/ Rs. 1,680/ Rs. 2,070 / Rs. 2,430 / Rs. 3,000	Rs. 1,400/ Rs. 2,100 / Rs. 2,590 / Rs. 3,040/ Rs. 3,750
10.	Rates of Fixed Conveyance Allowance under SR-25 (Other modes)	Rs. 370/ Rs. 480/ Rs. 640/ Rs. 750/ Rs. 850/ Rs. 60	Rs. 470/ Rs. 600/ Rs. 800/ Rs. 940/ Rs. 1,070/ Rs. 25
11.	Washing Allowance		

GOI ORDERS

July 2011

12. Split Duty Allowance	Rs.200	Rs.250
13. Spl. Allowance for Child Care for Women with Disabilities and Education Allowance for disabled children	Rs.1,000 PM	Rs.1,250 PM
14. Cash Handling Allowance	Rs. 600 / Rs. 500 / Rs. 400 / Rs. 300 / Rs. 150 DOPT	Rs. 750 / Rs. 625 / Rs. 500 / Rs. 375 / Rs. 190 12.3.2009
15. Risk Allowance	21012/1/ 2008-Estt. (Allowance)	
16. Postgraduate Allowance	Rs. 1,000/ Rs. 600	Rs. 1,250/ Rs. 750
17. Desk Allowance	Rs. 600	Rs. 750
18. Bad Climate Allowance	Rs. 400 / Rs. 240	Rs. 500 / Rs. 300

ARMED FORCES: OLD AGE PENSION @ 80 & ABOVE

Circular No.441 dt 01.10.2010 from THE PCDA (PENSION'S), DRAUPADI GHAT ALLAHABAD

Sub : Implementation of Government's decision on the recommendations or the Sixth Central Pay Commission - Revision of Pension of Pre 01.01.2006 Armed Forces Pensioners / Family Pensioners - Payment of additional pension of 80 years of age and above.

Ref- GOI MOD letter No, No. 17(4)/2008(1)/D (Pen/ Policy) dated 11.11.2008 and this Office Circulars No. 397 dated 18.11.2008

This Office Circular No 417 dated 02.09.2009 (Available on the Website of this office www.pcdapension.nic.in)

A copy of Government of India, Ministry of Defence letter No.1 (ii) 2009/ D (Pen /Policy) dated 18.08.2009 regarding methodology to be adopted for payment of additional pension to old pensioners/family pensioners, in cases where the date of birth is not available in the PPO as well as in the office records of Records Offices /Service Hqrs was forwarded for necessary action at your end vide this Office Circular No. 417 dated 02.09.2009 quoted above.

2. The matter is clarified as follows:—

(i) If the exact date of birth is available in the of your records, the PDA release enhanced percentage of pension from the 1st day of the

month in which his / her date of birth falls. In case only age is mentioned in the PPO / Office records, the additional pension will start from 1st January of the year following the years in which the pensioner/family pensioner has completed the age of 80 years etc Government letter does not indicate the need to issue Corr PRO, hence no Corr PPOs are required to be notified in these cases.

(ii) If the exact date of birth / age is not indicated in the PPO/Office record, but the pensioner submits - PAN card / Matriculation certificate/ Pass Port/ECHS Card/Driving License/Election ID Card, then the PDAs will start the additional pension based on the date of birth / age as mentioned in the above 6 (six) documents provisionally for six months and simultaneously send the above documents to the ROs for notifying Corr PPO's through the PSAs concerned.

(iii) In case the pensioner/family pensioner is unable to submit any of the 06 documents mentioned above, but claims additional pension based on some other documentary evidence, such cases will be submitted by the PDAs to MOD through concerned Record Offices (For PBOR) and through Service Hqrs (For Commissioned Officers). Additional pension will not be released by the PDAs in these cases until the Corr PPO's are issued by the PSAs as per the decision taken by the MOD in this regard. The decision of the MOD in this regard will be final.

2. The original Discharge Certificate issued by the RO, Descriptive Roll which is in the possession of the PDAs and the original Pension Certificate issued by the PSAs can be treated as office records. All other documents submitted by the pensioners in support of date of birth will require notification of Corr PPO's for payment of additional pension.

3. All the Pension Disbursing Agencies are impressed upon to keep in view the above decisions while disposing of the cases of payment of additional pension/family pension and take suitable action in accordance with the above instructions/guidelines.

4. This circular has been uploaded on PCDA (P) website www.pcdapension.nic.in for being disseminated across the defence pensioners and PDAs. R K SAROJ, Dy. C.D.A. (PSD)

RLYS : MEDICARE - INCOME LIMIT

Rly Bd's No H/12 letter No.2010/H-I/2/21 dt 07.06.2011

Sub: Grant of Medical Facilities to dependent relatives - Raising the income ceiling

Consequent upon implementation of Govt's decision on the recommendations of the Sixth Central Pay Commission regarding revision of minimum family pension to ₹3500/-, it has been decided that a dependent relative in relation to a Railway servant as defined in para 601(6) of the Indian Railways Medical Manual, 2000 shall be considered eligible for entitlement of Medical facilities if his/her income does not exceed minimum pension/family pension i.e. ₹3500/- and Dearness Relief thereon or 15% of the basic pay of the Railway Servant, whichever is more.

Accordingly, in exercise of the powers conferred by the proviso to Article 309 of the constitution, the President is pleased to direct that the proviso below Para 601(6) of the Indian Railway Medical Manual, 2000 may be amended, as per 'Advance Correction Slip No. 2 enclosed.

Advance Correction Slip No. 12, to the Indian Railway Medical Manual, 2000

The proviso below 601 (6) may be substituted with the following: -

"Provided that the above are wholly dependent on and reside with the Railway employee. The words "*wholly dependent*" mean a person who does not have independent income more than 15% of the emoluments of the Railway servant concerned or ₹3500/- plus dearness relief thereon, rounded off to the nearest ten rupee figure, whichever is more." (Authority : Railway Board's letter No. 2010/H-1/2/21 dated 07.06.2011)

Pfr. B WAnnigeri
Executive Director Health (G)

WHAT & HOW OF CPPC

Establishment of Centralised Pension Processing Centre (CPPC)

Letter No. DGBA, GAD, No. H.3078/45.01,001/2008-09 dated 1-10-2008 from Reserve Bank of India to the Chairman & Managing Director of All agency Banks)

The Committee on Customer Service (Prabhakar Rao Committee) set up recently by Reserve Bank of India has recommended setting up of Centralised Pension Processing Centres (CPPCs) by the agency banks. While State Bank of India have established and operationalised Centralised Pension Processing Centres (CPPCs) to undertake pension related back-office work, most of the agency banks are planning to set up CPPCs for their banks.

2. To streamline the pension payment arrangements in the Government Departments and also in banks, it would be necessary to establish and operationalise the CPPCs at an early date. The arrangement for disbursement of pension through the CPPCs would entail following advantages:

(i) A centralised pension cell in a bank would be in a position to (a) focus exclusively on pension matters, (b) acquire expertise in payment and calculation matters, (c) interact as a single window with the Government Departments and (d) ensure accuracy and speedy payments every month and thus avoid innumerable complaints from the pensioners,

(ii) In a core banking environment the start of the Centralised Pension Processing Centre would be inevitable in application of modernised systems and technology to the sensitive part of customer transactions,

(iii) CPPC would have additional benefit of enabling every bank to have a centralised and easily accessible data base of pensioners so that all the matters including those relating to transfer of pension accounts from one branch to another, from one location to another or even from one bank to another could be easily managed.

3. Simultaneously, the following pensioner friendly measures may also be taken by the banks to provide hassle free service to the pensioners:

(i) Consequent on establishment of the CPPCs, pension-paying branch would not have any pension related papers and, therefore, would not be able to settle pensioners' complaints directly, Banks, while setting up CPPCs, should evolve a system so that the pensioners have a regular forum for interaction and settlement of grievances.

(ii) At locations outside the CPPC, there should be designated Nodal Officers for pension related complaints who should be easily accessible to the pensioners and who should hold regular meetings at different locations in their jurisdiction on the lines of Pension Adalat.

(iii) Each bank should establish a toll free dedicated pension line manned by trained persons with access to the database to answer queries, note down and redress complaints, etc.

(iv) Bank's internal inspections of its branches should include specific points such as, delays in the start of pension, payments of Dearness Relief, correctness of pension / family pension, etc.

(v) Nodal officers / inspection officers should randomly contact the pensioners who visit the branch during inspection and check on the quality of service provided or any problem faced by the pensioner.

(vi) The internal inspection / audit should during inspection / audit randomly call the pensioners whose phone numbers would be available with bank branch to enquire about their satisfaction with pension related service.

(vii) Regular training sessions for bank personnel dealing with pension matters may be organised in consultation with the concerned Government Department.

4. In view of the foregoing, and considering the advantages of disbursement of pension through CPPCs to all the stake holders, you are advised to establish/ operationalise the Centralised Pension Processing Centres (CPPCs) and implement the above mentioned pensioner-friendly measures at the earliest in your bank.

A REVOLUTIONARY REFORM : PAYMENT OF P&T PENSIONS THRU PSU BANKS (by ecs)

No. 54-3/20n-Tech dt: 15.02.2011 from Ministry of Comms & IT, Deptt of Posits. (Technology Division) Dak Bhavan, New Delhi - 110116
The Chief Postmaster Genl, Delhi / Msharashtra.

Sub: Disbursement of Pension of Departmental Pensioners through Public Sector Bank in place of Post Offices.

This is regarding payment of Pensions of retired departmental officers/officials through Public Sector Bank. Most of the departmental Pensioners hold accounts in Bank and may like to avail the facility of payments of pension through banks reduction of last mile for pensioners will considerably ease their pension withdrawal and payments of bills online.

In view of the above, the competent authority has decided to disburse pension through Public Sector banks selected by the pensioner. In the new system, pension can be continued to be drawn at the concerned Head post Office, and a pension account (Singly operated account) can be opened for this purpose at post office by the pensioner concerned, pension can be transferred to this account in posr office and thereafter this can be transferred 10 a Public Sector bank through Electronic Clearing Service (ECS). This ECS transfer shall be on standing instruction of the In order to assess practical difficulties, if any, it is decided to introduce the new system of disbursement of pension through Public Sector Bank on a trial basis in one Head Post Office each from ..Delhi and Mumbai Cricle. The trial may be commenced from payment of pension for the month of February 2011 paid in March, 2011.

In this connection, it is requested to select one Head Post Office in your circle where the number of departmental pensioners is more. The departmental pensioners may be apprised of the new system for openiigof singly operated account in the Post Office and also to provide the account details of the bank selected by them to avail of the facility. Necessary action/arrangement in this regard may be completed in advance at the selected Head Post Office to effect the disbursement through Public Sector Bank from 01 .03.2011.

Since most of the pensioners receive their pension during the first week of a month, the difficulties faced by them in the new system and that on the part of the Post Office may be communicated to Technology Division of Postal Directorate by 18.03.2011.

B Tripathy, Asst Dir (Tech)

No. S4-3/2011-Tech dt 28.02.2011 from Ministry of Communications & IT Department of Posts {Technology Division) to the Chief Postmaster General, Karnataka.

Sub: Disbursement of Pension of Departmental Pensioners through Public Sector Bank in place of Post Offices,

This is regarding payment of Pension of retired departmental officers/officials through Public Sector Bank. Most of the departmental Pensioners hold accounts in Bank and may like to avail the facility of payments of pension through banks; reduction of last mile for pensioners will considerably ease their pension withdrawal and payments of bills online.

In this connection both Delhi Circle and Maharashtra Circle have already been addressed on February 15, 2011 to have a trial at one Head Post Office in the Circles to assess practical difficulties, if any. A copy of the letter dated 15.02.2011 is enclosed.

The competent authority has now decided to introduce the new system of disbursement of pension through Public Sector Bank on a trial basis in Bangalore GPO also. A trial may be commenced immediately and the difficulties faced by the pensioners in the new system and that on the part of the Post Office may be communicated to Technology Division of Postal Directorate by 10.03.2011.

All (IPOS) pensioners having pension from Bangalore GPO may be intimated about this new system.

B Tripathy, Asst Dir (TECH)

A good initiative of Deptt of Posts

by B Sadashiva Rao, Prez, Karnataka

P&T Pensioners Association, Bengaluru

[For the attention of pensioners receiving pension from Bangalore G.P.O.]

Department of Posts has decided to introduce the system of payment of pension to those who receive it from Bangalore GPO through Public sector Banks of their choice. The scheme was introduced on trial basis at one Head Post Office each in Delhi and Maharashtra Circles in February/March 2011 and has been extended to

Karnataka Circle for implementation in Bangalore GPO. The object is reduction of last mile for pensioners in pension withdrawal and payment of bills online.

2. Following is the procedure to be followed, in brief:-

i) The pensioner has to open a pension SB account (singly operated account) in the GPO after giving a Letter of Authority and undertaking in the prescribed proforma in favour of the Chief Postmaster to receive his monthly pension for credit to his pension SB account along with pensioner's half of the PPO. The CPM will make a suitable note of the pension SB account on both halves of the PPO (disbursed's as well as pensioner's half) and return the pensioner's half to the pensioner.

The pensioner will have to open a SB account in a Public Sector bank situated nearest to his residence or convenient for the purpose of transactions (if he does not have one already) and furnish details to the CPM Bangalore GPO, giving simultaneously a letter of standing instruction for transferring the pension amount to the pensioner's bank account. The amount of pension will thereafter be credited to the pensioner's bank account, every month through ECS (Electronic Clearing Service)

3. The advantages are the following :

i) The pensioner does not have to traverse the distance from his residence to the GPO every month,

ii) Money can be drawn on the last - working day of every month (except the month of March) or as and when required from the bank instead of coming all the way to GPO. We recommend that pensioners may avail the benefit of this scheme. B. Sadashiva Rao, President, K P&T PA and Chairman, CCCGPA, Karnataka

OLD AGE & MEMORY

Finding it difficult to remember things as you get older ? Just engage in a conversation with someone you know, as this simple exercise can help boost your memory. scientists say.

Courtesy : Hindustan Times, New Delhi

Visit Kashmir till October

- The best time to visit Kashmir is during the months of March to October. During this period, the weather condition in Kashmir is at its best. While there, do visit:
 - The Mughal Gardens with terraced lawns, cascading fountains, paint-box-bright flowerbeds with the panorama of the Dal in front of them. Nishat Bagh, situated on the banks of the Dal Lake, with the Zabarwan Mountains as its backdrop.
 - Hazratbal Mosque, the white mosque that is breathtakingly beautiful.
 - Ziarati Hazrat Youza Asouph in the Khanyar area is about 150 m NW of Dastgir Saheb mosque and shrine. This tomb, also known as Roza Bal, is believed by some to be the tomb of Jesus (part of the larger theory that he survived the crucifixion and made his way to Kashmir where he lived until at-least the age of 100).
 - Shankaracharya Mandir. It is a Hindu temple dedicated to Lord Shiva, and is situated on a hilltop. It can be reached by a car or taxi.
 - Also, don't miss Parl Mahal, which offers breathtaking views of the city.

Courtesy : Hindustan Times

THE PRICE PUNCH

Double-digit inflation looms over economy

KNOCK-ON EFFECT : Headline number based on wholesale prices may go up by 1 percentage point as fuel hikes hit home

The steep hike in auto and cooking fuel prices will pinch household budgets India's inflation rate in May : 9.06%

DOMINO EFFECT : High diesel prices will push up over all inflation as cost of ferrying goods across locations will go up. Higher kerosene and cooking gas prices will pinch household budgets, besides making eating out costlier.

India's expected inflation rate in July, after the secondary effects of fuel hike fully play out across all sectors percentage UOU Point : 11 - 13%
Inflation is set to surge to worrisome double-digit levels as costlier diesel and cooking fuel cascade

through the broader economy, making most goods and services dearer.

The hike in diesel prices alone will add 0.30 percentage points to the overall inflation rate that was 9.06% in May. Fuel, power and lighting carry a weight of 14.91% in the wholesale price index (WPI) — India's most followed inflation index.

Besides, the knock on effects of costlier fuel likely to add at least another one percentage points to inflation. "Due to the hike, inflation could be close to, 10% by July," said C Rangarajan, chairman of Prime Minister's Economic Advisory Council.

The government on Friday raised diesel, kerosene and cooking gas prices by 3 a litre, 2 a litre and 50 a cylinder — a move that is bound to have a domino effect on most expenses, from transport to food.

These steep hikes, which comes barely a month after a steep 5 a litre hike in petrol prices, will pinch household budgets — already pummelled by soaring prices of food and other essential commodities.

This is reminiscent of June 2008, when the government had increased petrol, diesel and LPG prices by 5, 3 a litre and 50 a cylinder respectively. Inflation rate had then shot by nearly three percentage points from 8.11% to 11.08% as secondary effects of the costlier fuel cut through the economy.

A lot will still depend on an adequate monsoon. The Met department has forecast a normal monsoon, crucial for the summer-sown crop that accounts for more than half of India's annual food output. Even though abundant rain-fall will shore up food supplies, costlier diesel would imply that cost of ferrying from farms to retail vendors and outlets will get that much costlier. According to India Foundation of Transport Research and Training, freight rates on the Delhi-Mumbai route would increased by about 4% as' transporters jack up prices after the increase in diesel prices.

Inflation of non-food articles has been in the range of 20-25% over the past many weeks and higher diesel prices will only knock up prices of most of these goods.

Courtesy : Hindustan Times (Business)

Rajasthan HC: Don't make retirees run pillar-to-post for retirement dues

Jaipur, May 4 (PTI) The Rajasthan High Court has criticised the bureaucratic approach of Government officials in releasing retirement benefits. The single judge bench said the benefits must be given timely, without making the retirees run from pillar to post. Justice Ajay Rastogi in a detailed order said the typical bureaucratic mindset of government officials needs to change.

The order came on a writ petition filed by Shakuntla Sharma, wife of a former Chief Engineer-cum-Additional Secretary who retired from the service in 1969. The officer stopped getting pension after September, 1971 without any reason. "The Government failed to show why the pension has been stopped and only lame excuses have been given which shows that the Government officials who are in service have no respect for retired persons," observed Justice Rastogi.

The Court added a note of caution, observing, "**those in service today must remember that they will also retire in time to come...this Court records its displeasure with this bureaucratic approach of not granting due benefits.**"

The Court directed the State Government to release the pension of the deceased husband of the petitioner from October 1971 with an interest of 9 per cent per annum.

Source PTI

Courtesy : S Bedekar, Bengaluru

POSTURE PERFECT

SLOUCH NO MORE : Sit up straight and walk tall to stave off back and neck pain

A GOOD POSTURE HELPS YOU LOOK BETTER, BREATHING EASIER AND HELPS STAVE OFF BACK AND NECK PAIN NOT TO MENTION THE DREADED DOWAGER'S HUMP OF OLD AGE.

By Lesley

Alderman

Everyone wants to avoid back trouble, but only few of us manage to escape it. Up to 80% people experience back pain at some point in their lives, and each year 15% of all adults are treated for

BHARAT PENSIONER

problems such as herniated discs, spinal stenosis or lumbar pain.

But back pain is notoriously difficult, and expensive, to remedy. Some back problems, of course, can't be avoided. Over time, spinal vertebrae naturally degenerate and spinal facets become inflamed, causing stress and discomfort. *"But majority of back pain is the result of muscle and ligament strain or weakness, and can often be prevented by developing core strength and proper posture,"* said Dr Daniel Mazanec, associate director of the Center for Spine Health at the Cleveland Clinic. Maintaining good posture not only helps you look better (there's a reason inept people are called slouches), it improves muscle tone, makes breathing easier and is one of the best ways to stave off back and neck pain, not to mention the dreaded dowager's hump, of old age.

Good. Here's some advice that will help you make it a daily habit and stave off expensive back problems to boot.

THE D I Y APPROACH First, try correcting your slouching habits on your own. Stand up and lift your chin; slightly; align your ears over your shoulders and your shoulders over your hips. Place your hands on your hips and pitch forward about two inches. There should be a slight inward curve in your lower back, an outward curve in your upper back, and another inward curve at your neck. Maintain this posture and sit down.

When you are sitting or driving for long periods of time, place a cushion or rolled-up towel between the curve of your lower spine and the back of your seat. Supporting your lower back will maintain the natural curve of your spine; when the back is supported, the shoulders more naturally fall into place

A CUBICLE CURE : If you sit at a desk all day, you can make some adjustments yourself. The centre of your computer screen should be at eye level, and the desk height should allow your forearms, to rest comfortably at a 90-degree angle. Work with your feet flat on the floor and your back against the chair. Get up and stretch every 30 to 60 minutes. It helps break bad patterns and allows your muscles to return to neutral. Stand up and place your hands on your lower back, as if you were sliding them into your back pockets.

Gently push your hips forward and slightly arch your back. Sit back down and circle your shoulders backward, with your chin tucked, about 10 times.

AN EXERCISE PLAN : Habits are hard to break. A physiotherapist can show you how to align your spine and provide you with exercises to both strengthen your core and loosen up stiff neck, back, arm and leg muscles.

Moral: *Sitting pretty yields immediate, not just long-term, benefits.*

Courtesy : NEW YORK TIMES thru Hindustan Times, New Delhi

Five Steps to a Slimmer Body

by Rujuta Diwekar

Stick to these five steps and you'll be flaunting an envy-inducing waistline:

1. Make friends with food: Healthy people feel hungry and sick people lose their appetite. Eat more often and in the right quantities.
2. Include healthy fats in your diet: Switch to filte-red oil as it retains nutri-ents. Try homemade ghee on your roti or rice for a change. Eat peanuts — they are available locally and are rich in both Omega-3 and -9 fatty acids, which keep the heart healthy and reduces the risk of turning diabetic.
3. Eat carbs for dinner: Include rice/roti/bhakri in your dinner. Eat dinner at the right time. The value of food is also dependent on time. Carbs are a source of energy and fibre, prevent overeating, acceler-ate fat-burning and lead to restful sleep.
4. Relax! It decreases waist circumference. Sleep helps you rec-over from the wear and tear of daily life, both physically and emotionally. Stress or lack of sleep leads to bloat-ing and gas. Take regular breaks—do nothing at least once every three months.
5. Commit yourself to regular exercise: Start out by exercising once a week and gradually work your way up to three times a week. Weight training, yoga and cardio all have benefits to offer and lead to fat-burning. Remember, consistency is the key.

Nutritionist Rujuta, Diwekar's latest book is called Women and the Weight Loss Tamasha.

The flame of life

by M N Kundu

Waves of the sea arise from the sea and dissolve into the sea. Similar is the case of birth and death. There is neither birth nor death but a mere flow of phenomena in which we observe birth and death through self-consciousness or ego.

According to the Vedanta, there is neither creation nor annihilation but constant transformation and manifestation amidst cosmic delusion. When the Absolute is observed through the delusive time, space and causation, the creation is manifested. Nothing is created or destroyed. When the observer self, the observed reality and the act of observation are merged into oneness, we go beyond eternalism and nihilism.

When the flame is extinguished, it is not annihilated; it only awaits further appearance under appropriate conditions. Not exactly the same flame, as nothing remains the same in two consecutive moments. Birth cannot mean creation out of nothing; death cannot mean dissolution into nothingness. Everything is in a continuous process of transformation and hence transitory.

Our body-mind complex functions like a television set which does not produce the channels but only manifests the same under appropriate conditions. Similarly, our consciousness is manifested or operated through the body-mind mechanism.

Any concept of birth, death or reincarnation centres on the continuity of consciousness. Actually, we continue with separate sense of existence in consciousness alone. Innumerable cells of the body die and are born every moment. Likewise, we are reborn again and again with fresh inspiration and renewed aspiration towards enlightenment.

Courtesy : Hindustan Times, New Delhi

THE PARENTS' TREE

*Ai Zia ! Maan-Baap Ke se ki, beqadri
Dhoop Kategi bahut jab yeh shajar Kat jayega !*

O Light Don't his respect the extant shadow of the Parents! The Hot Sun would bite U hard when these shadowy trees are unfortunately gone!

Courtesy : Sister Razia Naqvi, Akola (MH)

Proceedings of the National Committee on Pensioners Welfare meeting on 4th July 2011

National Committee on Pensioners Welfare, headed by Sri SC Maheshwari, which has been set up by AISCCON, met on 4th July in Lions Bhavan Hyderabad. Following were on the dais: Sri R N Mital, S C Maheshwari, Sri AG Gholap, Sri M B Kulkarni. S C Maheshwari presided. About 30 persons representing senior citizens organisations and Pensioners Welfare organisations participated. Following points were discussed.

Welcome Address by Prof Vishwesariah [Vice President, All India Senior Citizens Confederation (AISCCON)]. He welcomed the participants to the first meeting of this Committee and explained the motive behind setting up of four National Committees .

Sri R.N.Mital, [President, AISCCON], in his short address explained the purpose of setting up the National Committee on Welfare of Pensioners under the Chairmanship of S C Maheshwari who being the Secretary of Bharat Pensioners' Samaj, is highly knowledgeable and well informed about their problems. He emphasized that we were fortunate in having him as the Chairman of this Committee and Mr Ananth Gholap, [Vice President AISCCON], as the Convener and stressed that Pensioners constitute more than 50% of the literate segment of Senior Citizens which is a very significant number. Therefore, their problems and concerns are our problems. He further stressed that many of the anomalies in payment of pensions and provision of facilities to different sectors of pensioners, fell within the definition of violation of Human Rights and amounted to gross injustice. He emphasized that AISCCON at national level will fight against such disparities shoulder to shoulder with Bharat Pensioners' Samaj.

Presidential Address by S C Maheshwari - Sri Maheshwari in his Presidential address appreciated the remarks of Sri Mital and stressed that the purpose of this meeting, being the first, is rather exploratory; to identify the problems of

different sectors of Pensioners based on the complaints and representations received by AISCCON during the last six months or so. In addition to identifying the problems, he said the focus of our discussion will be the apparent injustice shown towards the PSU/KVS retirees and the denial of health care facilities to them.

Introductory remarks by Sri Ananth Gholap – Sri Ananth Gholap in his address explained the problems faced by Pensioners and said that in many cases they caused severe hardship. It was a complex situation and to remedy it joint action by AISCCON and various Pensioners' associations was called for. He then explained the Agenda and how it will be handled.

Agenda Point 1] Additional Old Age Pension for Maharashtra State Pensioners at par with CG pensioners. - Sri Gholap highlighted that 80+ pensioners in Central Government are given 20% extra while this is denied to State pensioners in Maharashtra. It was decided that FESCOM will take it up with the State Government and the Committee would follow up.

Agenda Point 2] CGHS facilities for KVS pensioners. - A detailed note was presented by Sri V Satyanarayana. CGHS facilities which were extended to KVS pensioners was suddenly stopped in 2003. Though CAT had decided fully in favor of KVS pensioners that this must be continued, Central Govt went in appeal (despite a caveat in place) and got permanent stay; unless this stay is vacated nothing can be done. Efforts must be made to get the stay vacated and then AISCCON and BPS can step in.

Agenda Point 3] Enhancement of Pension under EPS95 scheme. Sri PL Menon explained that several thousands of employees have been getting meager amounts of Rs 600 to Rs 800 as pension as a part of EPF. This has to be increased. Finance Ministry and Labour Ministry have to be approached. Dr. P. Vyasa Moorthy was asked to give a detailed note

Agenda Point 4] Enhancement of Ex Gratia to C.G retirees who did not opt for Pension. - Sri Somasekhara Rao described the difference between optees and non-optees in the case of CG retirees in Railways. He suggested that entire pension fixation should be based on

certain broad principles like minimum pension, periodic revision etc.

Agenda Point 5] Parity in pension of pre 2006 Pensioners - Sri Chandramouli explained the problems of pre 2006 retirees and after that cut off date. Matter is being pursued at various levels.

Agenda Point 6] Facilities to pensioners in Banks, Post offices etc like separate counters etc: Sri Chapke said that RBI has issued guidelines in this regard; State level associations need to pursue this problem with banks concerned.

In the end the Chairman invited some senior members in the audience to express their views on this subject. **Sri R.N.Dutta, Vice President BPS, Sri M.B.Kulkarni, Sr.Vice President AISCCON, and Sri S.C. Sharma, Vice President AISCCON spoke**

AISCCON also decided to co-ordinate with BPS & to devote one full session to retired persons issues during their AGM at Vishakhapatnam on 21st & 22nd Nov.2011

The meeting concluded with a proposal of vote of Thanks and National Anthem.

(Photos @ p - 36)

PRE-AISCCON MEETING OF CGPF @ HYDERABAD ON 03.07.2011

Shri S C Maheshwari, Secretary (Railway Pensioners) Bharat Pensioners Samaj, New delhi addressed a largely attended meeting of Central Govt Pensioners at Hyderabad on 03.07.2011. The meeting called by Central Govt Pensioners Forum: AP was presided over by its President Shri D Prabhakar Rao.

Shri Maheshwari told the gathering that the Bharat Pensioners Samaj had been vigorously pursuing various issues of Central Govt Pensioners with concerned authorities. He said BPS will resort to legal action, if necessary, on the issue of same fitment benefit to pre 2006 pensioners on par with serving employees with effect from 01.01.2006. He explained the efforts being made by the BPS

regarding revision of ex gratia rates of pre 1986 CPF/SRPF retirees and their families, reopening of RELHS-97, admission to RELHS secondary family pensioners, etc and hoped that there would be early favorable results on these issues. He also demanded revision of basic pensions and family pensions w.e.f 01.01.2011 as DR crossed 50% as on that date and pensioners were not recommended any alternative benefit by the VIth CPC. Maheshwari also said that it was the demand of BPS that FMA should be raised to Rs.1200/- p.m and appealed to all other pensioners organizations also to make similar demand. He also welcomed the initiative of all India Senior Citizens Confederation to espouse the cause of pensioners and retired employees and the first meeting of "National Committee of Pensioners Welfare" constituted by the confederation being held at Secunderabad on July 04th 2011 would decide upon a suitable course of action to highlight problems of pensioners and retired employees in various sectors with a view to securing justice for them at the hands of respective employers.

Earlier, welcoming the gathering, Shri M Somasekhara Rao, Vice-President (South Zone), BPS and General Secretary CGPF/AP said that the Central Govt Pensioners' movement in the country needs to be strengthened further and to take it at a still higher level. He deplored long delays in settling cases of pensioners at various levels and demanded a monitoring mechanism to expedite action by the concerned authorities.

S/Shri R N Dutta, Vice President (East Zone), BPS Calcutta, S Rama Rao, K Mallikarjuna Rao, P Chakrapani Rao, M Ramkoteshwar Rao, D Subba Rao, S Krishna Prasad and N L Narsimha Murthy also addressed the gathering highlighting the problems of C G Pensioners and Family Pensioners. The meeting ended with a vote of thanks from Shri Shaik Mahaboob, Treasurer of the Forum.

M Somasekhara Rao

**ASHA BHOSLE:
'Acting debut at 78? Why ever not,
111 be myself'**

Asha Bhosle has rarely been conventional. She tells Bharati Dubey about what it's like being Asha Bhosle. Excerpts:

Why have you cut back on playback singing?

- I don't really like today's compositions; that's why I am keeping away from the "Munnis", and focusing on my private albums and shows. I recently performed at HT, and was quite surprised to see the entire crowd singing along with me. And at this juncture of my career, I want to be associated with all things good. Good yes, but not mainstream?

You are making your acting debut with "Maae". You play the title role. How important was your mother to your life?

- In fact, the title "Maae" is the reason that I was instantly attracted to the project. I used to address my mother as 'maee'. She wanted us to continue our father's legacy, and encouraged us all to sing. She didn't mind if we missed school, but singing was compulsory. She would always tell us that we were the most beautiful girls in the world. She even told Lata tai (Mangeshkar) that she's more beautiful than Madhubala, which helped us gain confidence. She made us feel beautiful.

Was it as easy to act as to sing for the industry's leading ladies?

- It was at Anand's (my son's) behest that I decided to do the film. He would keep telling me "Mom, you've done everything, even faced the cameras. Just take the plunge." But I did have one condition—I should be allowed to be myself. I'll not be mouthing dialogues that don't suit my personality.

You like taking up challenges, don't you?

- Every day of my life has been a challenge—from singing a song that is not my type to being asked suddenly to sing a classical song with no practice. But the biggest challenge was when I decided to marry Bhosle, a man of my choice. Twelve years of my life went into making it work.

How did the family react to that?

- My mother was progressive in her thinking. She

hugged me and said, "Live your life the way you want to. The world will talk for some time and then go silent." Even my sister Lata and other members were okay with me. There were some who didn't like it, but my mother stood by me and told me to focus on my life.

You were one of the few artistes who demanded a higher price to sing?

- During those days I used to earn about Rs 500 for a song; sometimes it would go up to Rs 800. But for the "Rajkumar" song, I told producer FC Mehra that I wanted Rs 3000. That upset him and the rest of the unit, except Shammi Kapoor. He supported me and said "the song could only be sung by her and so she deserved to get that money".

What was it like being Lata Mangeshkar's sister?

- It was more of a disadvantage. There would be comparisons. People would often say Lata is better. I fought and made a place for myself. Many say that marrying Bhosle was a big mistake, but I am Asha Bhosle because of him. He kept a tutor for me and made me sing. The reason could have been money but I'm Asha Bhosle because he helped me become one.

Did she feel threatened by you?

- I didn't know about it the first 12 years as I was away. No one could touch a singer like her, while I was a singer known to do *utt-patang* songs. We never got into a scrap over our songs directly.

You own a chain of restaurants across the world. What made you start them?

- My work would force me to be out of the house most of the time. When I used to come back, the children would be all praise about the neighbour's food. After that I made sure that I cooked for them whatever they liked. I would come back from recording and go straight into the kitchen. My son told me one day "Mom let's start a restaurant," and I agreed. Today we have about 10 restaurants—three in Dubai, Abu Dhabi, Kuwait, Bahrain, Doha, Muscat and London. We are planning to open one in Manchester and Egypt also.

I have learned to make various kinds of dishes from various people. Majrooh Sultanpuri's wife taught me to make kebabs, which I've named after her.

Courtesy : Sunday Tol, New Delhi

**HEALTH FOR VETERANS:
ECHS UPDATE REPORT**

from: brig sateesh kuthiala
<kuthiala27@hotmail.com> Date: 25.04.2011

I had a discussion with the MD today. A meeting is scheduled with the Def Secy today to progress the case for Addl manpower and outsourcing of Claims and Reimbursements etc. This is the TPA proposal. As you may know the UTI has already been shortlisted for this purpose and is in posn for the CGHS. The MOD is taking longer than the other Ministries for unknown reasons. Outsourcing for sup of medicines which is the other maj bugbear will still take some time. The TAG is now formally out and is no longer reqd. If some polyclinics are still creating impediments then it is should be reported. But you must clarify that NO TAG does not mean issue of unlimited qty of medicines. Polyclinics other than parent will give limited medicines unless you ask for change in dependancies. All PCs do not yet have cmprts so there will still be slippages. Have to bear till situ actually improves on grnd. 147 out of the nearly 300 new polyclinics will be in posn by Oct 2011.

The pt with regards to problems in Mumbai is known. Whereas Mumbai has a peculiar longitudinal stretch, the population of ESM is not very large. New PCs come up based on ESM strength. For eg Delhi is getting 8 new PCs but Mumbai is getting only one because of str. Permitting ESM in Mumbai direct access to empanelled hosps due to this peculiarity is not acceptable.

In Noida, the AFC and AWHO accn has been vacated and will in due course be given to the Polyclinic. 90 days medicine has been accepted by all incl DGAFMS based on Drs assessment. I brought up the problem specific to Noida - undue delays etc. One reason was the frequent dislocation due to 'hung' cmprts. MD informed that they had carried out an enquiry and discovered that one of the wires of the main server seems to have been deliberately pulled out. I suggested that for high pressure stas like Noida they should take a deliberate decision to issue 90 days medicines as a norm. If staggered over three months Issue

of CT medicines which was the heaviest load on all polyclinics will get spread over three months and after the initial spurt in medicine requirement in the first three months would get reduced by 33%. The known problem of space for stocking of three months sup would get resolved once the AFC and AWHO accn was handed over to the polyclinic.

The case of a veteran's Mother not being attended to in Pune was a one-off deviation and was not appreciated by anyone. He is getting the hearing aids problem in Dehradun investigated. On the face of it, this problem is not as clear as it sounds in the cmplnt. Brig Rawat of UESL will also let me know in a few days. He was all praise for the oil Polyclinic in Ddun and was surprised.

*Courtesy : Prem Prakash Batra,
Commodore (Retd)*

IN PRAISE OF ECHS

Dear Prem,

As you know, I have been following your comments and, mostly, criticisms of ECHS. I am sorry to find that you have now taken a definitive view towards junking the system. This is a pity. My wife, I, and several other veterans living in Jalvayu Vihar have benefitted from the ECHS system. My wife and I have had good treatment at NOIDA, Delhi (R&R), Bangalore and Kolkata. Therefore your unsatisfactory experience appears a surprise.

Since you appear to have had experience with the CGHS system, you will know that at one time it was very unsatisfactory and a corrupt organisation. I have experienced and been involved in overseeing the improvement to the fledgling ECHS organisation from the time Gen. Vij opened the first polyclinic at NOIDA, and also interacted with Adm Bhatia and Air Marshal Rai who have been active participants. IESM has set up an ECHS section and has asked volunteers to help oversee and do whatever possible to improve the system. I would request that you get involved in this exercise. Regards, Hirak Nag.
email dt 23.06.2011 from Cdr Hirak Nag to Prem Parkash Batra <batra.prem@gmail.com>

केदारनाथ अग्रवाल की जीवन दृष्टि

राजेन्द्र राजन

जन्म शताब्दी के अवसर पर हम केदारनाथ अग्रवाल को याद कर रहे हैं। यह प्रेरक है कि इस बहाने समय की चुनौतियों के सामने रुबरु होने की हम हिम्मत जुटा रहे हैं। वर्ष 1911 ने एक साथ ही अनेक वरिष्ठ एवं महत्वपूर्ण होने वाले साहित्यकारों को जन्म दिया था। वर्षाकाल हरियाली साथ लाती है। लगाये, बिन लगाये पौधे—लतायें धरती को हरीतियां प्रदान करती हैं। सौ साल पहले का काल स्वतंत्रता के उद्घोष का निनाद का था। राजनीति खाने—पकाने की नहीं, कुर्बानी की थी। साहित्य कैसे अलग रहता। यही कारण है कि 1911 में पैदा हुए केदारनाथ अग्रवाल, शमशेर बहादुर सिंह, नागार्जुन, और अज्ञेय समय की पुकार के सर्जक बने।

नागार्जुन समय का दस्तावेज बने। शमशेर का व्यक्तित्व एवं कृतित्व कसौटी बन गई। अज्ञेय—शून्य का अनंत यात्री बनकर जिए। केदारनाथ अग्रवाल परिवर्तन के निमित्त आस्था और विश्वास का धुवतारा कहलाये। यह सर्वोपरि स्थान उन्हें अपनी सुस्पष्ट जीवन दृष्टि से मिली। स्वयं उन्होंने लिखा है— "मैंने ऐतिहासिक भौतिकवाद का दर्शन पढ़ा था। इस दर्शन के बल पर मैंने दुनिया के तमाम ताम—झाम को सही परिप्रेक्ष्य में समझा। इस समझ से एक दृष्टि मिली जो मुझे तब तक कहीं से, किसी भी दर्शन से ना मिली थी। ना कोई पंडित या महापंडित मुझे इस सब प्रपंच के बारे में संतुष्ट कर सका था। पूछ—पूछ कर हार गया था। दिन—प्रतिदिन जग और जीवन से विमुख होता था और दिमाग से विचलित रहता था। 'होने ना होने का', 'जीने ना जीने का' रहस्य मथे डालता था। लेकिन पल्ले कुछ नहीं पड़ता था"।

इसी गहन जीवन दृष्टि के कारण वह लिख सके—
 "मैं हूँ अनास्था पर लिखा
 आस्था का शिलालेख
 नितान्त मौन

किन्तु सार्थक और सजीव

कर्म के कृतित्व की

सूर्यभिमुखी अभिव्यक्ति

मुत्यु पर जीवन के जय की धोषणा।"

केदारनाथ अग्रवाल ने लंबी आयु प्राप्त की थी। जीवन, समय और समाज में उतार—चढ़ावों को सूक्ष्मता से देखा था। अंग्रेजी राज और आजाद भारत के शासकों और शासित प्रजा के अन्तर्विरोधों को भी देखा था। घनघोर, घटाटोप अंधकार के बीच भी वह कभी निराश नहीं हुए थे। कम्युनिस्ट आंदोलन के विभिन्न काल के सही गलत नीतियों और कार्यों को भी उन्होंने नज़दीक से अध्ययन किया था। सबों को देखने का उनका दृष्टिकोण वैज्ञानिक सोच यानी, मार्क्सवादी दर्शन से निश्चित होता था, इसलिए विचलन का वे कहीं शिकार नहीं हुए। तभी तो वह 'पुकार' शीर्षक कविता में लिखते हैं—

"रोटी तुमको राम ना देगा।

वेद तुम्हारा काम न देगा।

जो रोटी के लिए लड़ेगा।

वह रोटी को आप वरेगा।"

अपने समय की जर्मीदारी प्रथा का वित्रण वह करते हैं—

"सौ हाथों के एक बल बहुत बड़ा है

हम पहाड़ को भी

चखाड़कर रख सकते हैं

जर्मीदार यह अन्यायी है

काम काज सब करवाता है

पर पैसा देता है छै ही।"

संघर्ष के लिए प्रेरित करता हुआ कवि केदार कह उठता है—

"ऐ इन्सानों।

ओस न चाटो।

अपने हाथों पर्वत काटो।

पथ की नदियों को लहराओ।

जीवन की कट्टु प्यास बुझाओ।"

शमशेर और नागार्जुन से केदारनाथ अग्रवाल का अभिन्न संबंध था। एक दूसरे के बारे में जो उन दिनों इन तीनों ने लिखा है— वह वर्तमान पीढ़ी के साहित्यकारों के लिए सीख है। आज तो अपने सिवा कोई नजर नहीं आता है। अगर कोई दीख भी पढ़े तो दुश्मन की तरह। शमशेर ने लिखा है— "केदार जिस खोज की तरफ बढ़ा है— वह है— समाज का सत्य और प्राकृति का सूक्ष्म नैसर्गिक सौन्दर्य। अन्याय के खिलाफ और मेहनत के पक्ष में बेझिझक वह बोलता है। उसके व्यंगय में दोहरी—तिहरी धार नहीं, सीधी एक धार। मगर यही एक बहुत काफी है।" उदाहरण स्वरूप निम्न पंक्तियों को देखें—

"समाजगाद हो गया भारत भाग्यविधाता
आम आदमी हो गये अनुशासित
सिर पर लिए संसद और संविधान
अंततोगत्वा देश के लिए
होम में हविष्य हो गए।"

तत्कालीन प्रधानमंत्री इंदिरा गांधी ने आपात्काल के दौर में संविधान में 44 वें संशोधन द्वारा जनतंत्र को कमज़ोर बनाने के लिए जो कदम बढ़ाया था, उसके विरुद्ध ये स्वर हैं। केदारनाथ अग्रवाल की समाज चेतना और युग कर्म की गहराई हम निम्न पंक्तियों में देखकर विभोर हो उठते हैं—

"मार हथौड़ा कर—कर चोट
लाल हुए काले लोहे को
जैसा चाहे वैसा मोड मार हथौड़ा
कर—कर चोट लोहू और पसीने से ही
बंधन की दीवारे तोड़।"

केदारनाथ अग्रवाल पेशे से वकील थे। इज्जत और प्रतिष्ठा भी थी। सुखी—सम्पन्न जीवन वह जी सकते थे, लेकिन समाज की असमानता से वे विद्रोही बन गये थे। समाज के वैष्यय को वह मिटाना चाहते थे। कवितार्कम से वह इस दायित्व का निर्वाह कर रहे थे।

स्वयं लिखा है— "इसलिए मैं सन् 36 में बने प्रगतिशील लेखक संघ की ओर उन्मुख हुआ। मैंने अपने को और अपनी कविताओं को उसी ओर ले जाना श्रेयस्कर समझा"। आगे वह लिखते हैं। "जब प्रगतिशील लेखक संघ से इस तरह जुड़ रहा था तब तत्कालिन राजनितिक पारिवेश यह था कि जीवन दर्शन को नकारते रहा जाये। साहित्य में भी इस दर्शन के प्रति सक्रिय विरोध का भाव था। पढ़े लिखे नौजवान भी मार्क्सवाद के रूसी जीवन दर्शन से जोड़ हुए थे। और यह कहते थे कि यह भारत के लिए कदापि उपयुक्त नहीं है। यह विदेशी है। हमारी चिन्तन पद्धति के सर्वथा विपरीत है इसके आरोपण से आध्यात्मिकता का विनाश होगा। तब ऐसा ही—बड़ा ही— हल्ला होता था। ऐसे ही वातावरण में प्रगतिशील काव्यधारा को संघर्ष करके प्रवाहित होना पड़ा था। मैं भी उस प्रवाह में ही था। मुझे भी लोग अपने विरोध का निशाना बनाते थे और मेरी कविताओं को नकारते थे और कहते थे यह तो नारेबाजी है... कविता नहीं है। मैं इन सब से आहत होकर भी अनाहत बना रहता था और बार—बार उस जीवन दर्शन को मनोयोग से पढ़ता, उस पर चिंतन करता और अपनी भारतीयता और राष्ट्रीयता को टटोलता था कि क्या वास्तव में यह जीवन दर्शन अमानवीय है? मानववाद का विरोधी है? क्या यह आध्यात्मिकता का भंजक है? क्या मानवीय चेतना का विध्वंसक है? और क्या यह समता और न्याय का निरूपण करता ही नहीं? मैं ऐसा चिंतन करता और नगर के जीवन को प्रदेश के जीवन को गहराई से पकड़ता। कचहरी में, लगातार आदमी के चरित्र की, उसकी ईमानदारी की, उसके व्यवहार की परख करता और दिन—प्रतिदिन इसी निष्कर्ष पर पंहुचता कि तथाकथित आध्यात्मिक कहलाने वाले लोग, धार्मिक संस्कारों से बंधे—बंधाए लोग, जीवन जीते हुए लोग व्यवहार में आदर्शों का पालन नहीं करते... स्वार्थ में लिप्त, अपनी सुख—सुविधा की सुरक्षा में ही लगे रहते हैं"।

'मूर्ति' शीर्षक कविता में केदार नाथ अग्रवाल ने कमाल का व्यंग्य चित्र साकार किया जो—

"छोटी सी देव मूर्ति
आले में रक्खी थी

बे चारी औचकही
 चूहे के छकके से
 दांसा के पत्थर पर
 नीचे गिर टूट गई
 ताज्जुब है मुझको तो
 करुणा के सागर में
 अन्तर की एक बूँद
 भूमि पर न छलकी"
 और भी तीखे स्वर में वह कहते हैं।
 युग की गंगा चट्टानों को तोड़े गी
 तथा वह प्राचीनता को डुबोएगी
 युग की गंगा सब प्राचीन डुबोएगी ही

कवि केदार के शब्द, दुश्मनों के लिए कैसे हथियार बन कर हमारे हाथ में हैं, देखें—

"जब—जब देखा लोहा देखा
 लोहा जैसा तपते देखा
 गलते देखा ढलते देखा
 मैंने उसको गोली जैसा
 चलता देखा।"

शमशेर के शब्दों को उधार लेकर कहना चाहता हूँ—आज के साहित्य की नकारात्मक नैराश्यपूर्ण फिजा में केदार का स्वर एक ऐसे सजग मध्यवर्गी बुद्धिजीवी का है जिसे श्रम से, कर्मठता से, किसान और श्रमिक की अन्ततोगत्वा एकजुट जीवंतता से—जो प्रकृत्या कभी हार नहीं जानती और साथ ही शक्तिगर्भ प्रकृति के सौंदर्य और बंधुत्व से इन सबसे उपलब्ध दुर्दनीय आशावाद से जीने की प्रेरणा ले रहा है और दूसरे को दे रहा है।

केदारनाथ अग्रवाल परिवर्तन को अवश्यम्भावी मानते हैं। तभी तो वह लिखते हैं—

"एक हथौड़े वाला घर में और हुआ
 हाथी से बलवान जहाजी
 हाथों वाला और हुआ
 दादा रहे निहार
 सवेरा करने वाला और हुआ
 हथौड़े वाला घर में और हुआ।"

Consumer Protection Act 1986 Consumer Court say:Negligent Govt Hospitals can be penalized

by Rosy Kumar

Q. I am a govt servant and a member of CGHS. she was administered wrong medicines resulting in her being paralyzed for life. I want to file a consumer complaint but my lawyer says that no complaint under Consumer Protection Act lies against the hospital which provides free medical services. Is it so?

Answer: Medical services were brought within the purview of the Consumer Protection Act by the Supreme Court in 1995 in Indian Medical Association vs. V P Shantha 1995 CTJ 969 (SC) (CP). While doing so the apex court also held that if the medical services were provided generally free to all the patients by a hospital or a doctor, the patient availing such free services will not be a consumer within the meaning of its definition in Section 2(1) (d) of the Act. It appears that on the basis of the aforesaid ruling, your lawyer advised you about the non-maintainability of your complaint under the C P Act. But same judgment had also laid down that where a person receives free treatment under a contract of service or under an arrangement of his employer with the hospital, the patient would still be treated as a consumer. In a later judgment by the S C in Laxman Thamappa Kotgiri vs G M, Central Rly & ors-2006 CTJ 1076 (SC) (CP) it has been elaborated that where medical service is rendered to a person as part of the terms of his service, his treatment in a government hospital would not amount to free service but would be a paid service for the purpose of the C P Act, 1986. This line of approach is now being adopted by the consumer courts and therefore, the National Consumer Disputes Redressal Commission has in the case of Smt Lad Kanwar vs Dr R.M. Singhavi 2011 CTJ 506(CP), held that a govt servant receiving free medical services in a govt hospital can validly file a consumer complaint against the hospital for medical negligence.

CGHS-Medical facilities for inpatients and post operative follow-up treatment to CGHS beneficiaries. MOH & FW order dated 27.4.2011 now available on www.rrewa.org link <http://www.rrewa.org/Circulars/59I/CGHS-27.4.II.pdf>

Courtesy : Hindustan Times

THE LIFE VISION OF KEDAR NATH AGRAWAL

We are remembering Kedar Nath Agrawal on the occasion of his Birth Centenary. This indicates that on the pretext we are preparing to face the challenges of today. The year 1911 produced several senior and significant poets and literatures. The grass shoots, whether planted, or wild provide greenery to the earth. A hundred years ago, Politics meant sacrifice, and not the rat race for a business - oriented life, as at present. How could literature stand aloof ? That is the reason Kedar Nath Agrawal, Shamsher Bahadur Singh, Nagarjun and Agyeya became the creators of the voice of the times.

Nagarjun became the documentation of the age. The personality and creativity of Shamsher Bahadur Singh became the touchstone of the times. Agyeya spent his life as the eternal traveller of the vacuum. Kedar Nath Agrawal was called the lodestar of the change-oriented convictions and faith. He himself wrote: "I had studied the philosophy of dialectical materialism. In the light of this philosophic vision, I tried to understand the entire gamut of the world in the correct perspective."

"This philosophy gave me a vision which I hadn't so far got from anywhere, any philosophy. Neither any pundit nor a super scholar had been able to satisfy me in this regard. My entire questioning had been fruitless. Every day I was becoming disillusioned with life and the world. My mind became totally restless. The mysteries of 'being and non-being' and of 'life & death' remained unravelled. But I couldn't make head or tail of it."

Owing to this profound philosophy alone, he could write thus: I am the manuscript of faith / Written on the plank of doubt / Ever silent / But meaningful and live / Sun-lit expression of the produce of labour / Victory of the pronouncement of life over death.

Kedar Nath Agrawal lived a long life. He had minutely observed the ups and downs of life, times & society. He had seen too the British Raj and the contradictions between free India's rulers and the ruled. He was never disappointed even was

sailing through severe storms. He had closely studied the right and wrong policies of the various phases of the communist movement.

Thus, his outlook for observing all the phenomena was determined by scientific thought, that is, the Marxist philosophy. Hence, he never became a victim of indetermination. That's why he wrote in the poem "THE CALL":-

Ram would not provide you bread / Your Vedas would not give you a job. / He alone would win the bread who fights for it. / He depicts the landlord system of his time thus. "The strength of a hundred hands is so great that / We can lift even a mountain. / This landlord is unjust / He gets his work done. / But shells out only six pice for this." The poet Kedar while inspiring people for struggle speaks out: "O Men ! / Don't lick the dew / Tear down the mountains with your hands. / Make the wayside streams dance. / Let's quench the bitter thirst of life."

The poet Kedar Nath Agrawal had an unbreakable relationship with Shamsher and Nagarjun. Whatever they wrote during those days about each other is a lesson for today's generation. Today nobody can see or talk about anyone else. We can't recognize anyone else except as an enemy..... Shamsher wrote: "The discovery towards which Kedar marched is the truth about the society and the subtle beauty of nature. He spoke against injustice and on behalf of labour and workers. His style is totally straight edge of sword. But this is exactly what was required".

"Socialism has become the lodestar of India's destiny. / Common men have been disciplined / Carrying the load of Parliament & the Constitution over their heads / Finally burnt down in the sacrificial fire of the future of the Country".

But these words expressed the poet's reaction to Emergency move of the then Prime Minister, Indira Gandhi to weaken the democracy by means of the 44th Amendment. Kedar Nath Agrawal's social consciousness, and the depth of call to action related to the times, is expressed to the delight of the reader :-

"Strike the hammer, With each blow / Mould the red-hot (molten) black iron into any shape of your choice. / Strike the hammer & with each

blow / Break the walls of the prison-house with your blood & sweat"

We are roused by the conviction and call of those times

Kedar Nath Agrawal was a lawyer by profession. He had respect and prestige. He could afford to live a happy and prosperous life. But he had become a rebel after seeing inequalities in the society. He wanted to erase the contradictions & inequities in the society. He was discharging this responsibility through his poetry. He wrote: "I was attracted to the Progressive Writers Association (PWA) formed in 1936. I thought to move myself and my poetry in that direction.." Further he says "At the time when I was drawing myself toward the PWA, the current political atmosphere was such as to negate this live philosophy. In literature too, there was active opposition to this philosophy. Even the educated youth considered Marxism to be linked with the Russian life philosophy. The so called spiritual people, the people chained by the religious traditions, the people living high life, do not observe their ideals in their practical life. Engrossed in their selfishness, they are just engaged in the protection of their worldly comforts.

In his poem "The Statue", Kedar Nath Agrawal portrayed a beautiful picture, through irony, at its highest: "A small statue of god / was kept in the wall-hole / the poor thing fell down with the push of mice / over the paved stone and was broken into pieces. / Wonder of wonders, to me at least not even one drop fell out on the earth from the ocean of compassion. In a still more stern voice, he says: The Ganges (Ganga) of this age would break the rocks / And would drown the ancient conformism. / The Ganga of this age would drown all the ancient dirt.

Let us see how the poet, Kedar's words become weapons in our hands against the enemies:-

Whenever I sought, I found the iron Melting down and Moulding up / I saw it moving like a bullet.

If you allow me to borrow terminology from Shamsher in today's negative atmosphere of despair. Kedar's voice is that of a class conscious middle class intellectual who is inspired by labour, by devotion, by the ultimate liveliness of the

BHARAT PENSIONER

peasants and the workers which never admits its defeat. At the same time, it is inspired by the optimism generated by the energy filled nature enrolling its beauty and love and distributing it to others.

Kedar Nath Agrawal believes in the permanence of change. Hence, he writes:- Another hammer bearer in born in the house. / More powerful than the elephant with stout saillike hands, / Adds another number (to the labour force). / The grandpa is happily welcoming. / Another harbinger of optimism of the morn is born. / Another hammer bearer is born in the house. (English rendering by Shyam Sunder : forgive me for all my short coming & weaknesses.)

FENUGREEK (METHI)* SPICE UP SEX LIFE

Press Trust of India

LONDON: For centuries, many herbs have been claimed to boost people's sex drive. Add one more to the list — fenugreek, a bean-like plant (METHI) which grows in India and other Asian countries, and used in curries, say researchers. In fact, India is said to be the largest producer of fenugreek herb in the world with Maharashtra, Rajasthan, Gujarat, Uttar Pradesh, Uttarakhand, Madhya Pradesh, Haryana and Punjab being the major producing states.

A new study by the Centre for Integrative Clinical and Molecular Medicine in Brisbane has found that fenugreek, used in curries, can spice up men's sex life by boosting male libido to a good extent. Fenugreek seeds contain compounds called saponins and it is thought these stimulate **male** sex hormones including testosterone, say the researchers.

Courtesy : PTI

U BETTER THAN U ONLY

I don't believe you have to be better than everybody else. I believe you have to be better than you ever thought you could be.

Ken Venturi

THE GRIEVANCE (SAD STORY) OF A CIVILIAN PENSIONER

<onkarsinghriar@yahoo.com>

Honourable Sir,

I am a Defence Services Civilian Pensioner drawing pension from Defence Services Estimates. My bio-data is as under:

- a) From 1-3-1954 to 14-6-1956 served as Civilian School Master in lieu of Combatant in Border Scouts Bn. under Ministry of Defence.
- b) From 14-6-1956 to 28-2-1991 served in the clerical / administrative cadres of the Military Engineer Services under Ministry of Defence.
- c) I have been awarded 'SAMAR SEVA STAR' for the 1965 Indo-Pak war.

According to **Government of India, Ministry of Personnel, P G & Pensions, Deptt of Personnel & Training No. 36034/5/85-Estt (SCT)** dated 14 April 198 "An 'ex-serviceman' means a person, who has served in any rank whether as a combatant or non-combatant in the Regular Army, Navy and Air Force of the Indian Union and who retired from such service after earning his / her pension.

The word 'WHETHER' used therein is of wide amplitude. It makes it lucid that being combatant is not the basic condition for being eligible for the status of ex-serviceman. All personnel who have served the Armed Forces and are getting pension from Defence Services Estimates are eligible for the status of ex-serviceman. It is imperative that legal opinion of the scope of the definition needs to be obtained.

I had submitted application on proper Proforma to the District Sainik Welfare Officer Jalandhar; Director Sainik Welfare Punjab and Kendriya Sainik Board for the issue of Ex-serviceman card. The ESM card has been withheld by the Kendriya Sainik Board unauthorisedly and unjustly stating the following personal opinion by Lt Colonel Umesh Singh vide their No 2104/Policy/ DGR/Emp-2 dated 28 Mar 2011:

- a) Personnel surviving in the GREF have been excluded from the Army as they retire at the age of 58 years.
- b) Definition of ex-serviceman contained in letter

dated 14-4-1987 is applicable to personnel who retire after earning pension. Kendriya Sainik Board personally feels that "*It clearly indicates that the definition applies to uniformed personnel only*".

c) According to the personal opinion of the Kendriya Sainik Board "*Civilian Officers drawing civil pension do not come under the definition of ex-servicemen*".

It is submitted for deep consideration that:

- a) GREF has been excluded from the Army but it does not mean that Department of Military Engineer Services has also been excluded from the Army.
- b) Definition of ex-serviceman contained in letter dated 14-4-[87] is applicable to all those have served the Armed Forces. Opinion of the KSB that the same is only applicable to uniformed personnel is not tenable in law.
- c) I am drawing Pension from Defence Budget and not drawing civil pension. Contention of KSB is based on wrong premises/conjectures/surmises.

It is humbly prayed that:

- i. ESM may kindly be got issued to me and also,
- ii. Orders may kindly be passed for the issue of the same to all Defence Services Civilian Pensioners who are eligible as per definition in vogue at the time of their retirement,
- iii. Grant me personal hearing if my plea is not acceptable.
- iv. The above – stated grievance has been registered with the Ministry of Defence (Jt Secy, Estt & PG), Room No 97, South Block, New Delhi – 110 001
- v. Email address :<jse@nic.in>

at Regn No MODEF/E/2011/00389

The views expressed by the author are personal.

Editor : BHARAT PENSIONERS

WHO IS A LEADER ?

When you are aspiring to the highest place, it is honorable to reach the second or even the third rank.

Cicero

ON TOP ?

The top of the hill is
but the bottom of the mountain.

YATRI ! CLIMB ON !

AAP AUR HUM ACTIVITY REPORTS FROM OUR AFFILIATES

RENEWAL: Please remember to renew your subscription (Rs.450) whether due this month or the next.

SEND DIRECT: Please send your reports (in English) direct to the Editor, BPS – D Jayaraman, Flat no-23, Plot no-3, Sector 7, Dwarka, New Delhi -110075.

Please send your reports (in Hindi) to: R N Tripathi, Sr VP, (BPS), L-21, Lakshmi Nagar, Delhi-110092.

Add ID: Please quote your ID (mailing number and pin code number) while writing to BPS, New Delhi (Reports received without your ID, mailing no/ Pin code no may not be taken up for publication).

CHANDIGARH: H G P A – Monthly meeting was held on 05.06.11. Minutes of the previous meeting were read out and confirmed. While thanking the Haryana Govt for sanctioning ADA of 6%, it was resolved to request again the State Govt for acceptance of long pending demands of pensioners viz., increase in FMA to Rs 1200/-pm, grant of additional pension @ 65/75 years, merger of 50% DR with basic pension etc. It was again stressed to members about the benefits of the nomination. Book 'Niyati' – a set of poems on different aspects of life written by Shri R Malhotra, Member was released with great applause.

DANAPUR: E R P Brotherhood – In the meeting held on 12.06.11, minutes of the previous meeting and Accts were read out and confirmed. Members were informed about the decision to renew the FD lying with SBI on its maturity.

KANPUR: Pensioners Samaj – HOLI MILAN SAMAROH was celebrated on 27.03.11. About 350 persons (both ladies and gents) attended the function. Chief Patron R J Tripathi lit the holy

lamp in front of the portrait of Bharat Mata. Chief Patron and other distinguished guests addressed the gathering.

KAPURTHALA: P & T Audit & Accts and Other C G Pensioners Assn – Monthly Meeting was held on 26.06.11 with Shri B S Kalhar, President in the Chair. Secy extended a warm welcome to members. Minutes of the previous meeting were read out and confirmed. Birthday Greetings were extended to 4 members and gifts presented to them. The meeting concluded with National Anthem.

NADIA: C G P A – 41st AGM was held on 27.03.11. Resolutions were passed unanimously demanding – (i) Scrapping of NPS/ withdrawal of PFRDA Bill, (ii) Restoration of commuted portion of pension after 12 years, (iii) increase in FMA, (iv) extension of CCS (MA) Rules, 1944 for all pensioners in Non-CGHS areas, (v) full parity in pension for pre- 01.01.06 pensioners, (vi) Sanction of 50% concession in Rail and Air fare for all Central Pensioners.

NELLORE: AP Govt R E A – A meeting was held on 20.06.11. The Secy informed members that the Govt appointed committee would give its report on Arogyasri within 2 months. Members thanked the State Govt for release of DR w.e.f. 01.01.11. Vice President informed members about the present status of HLP Case. Secy briefly narrated the activities of assn. Birthday Greetings were conveyed and gifts presented to those born in June. The President distributed certificates to life members enrolled in June. The meeting concluded with National Anthem.

SHILLONG: C G P A, Meghalaya – AGM was held on 18.06.11. Following office bearers were elected: President – A B Paul, Secy – G C Bhattacharjee, Treasurer – S K Biswas. Besides this, 1 each VP and Auditor, 2 Jt Secretaries, 5 Advisors and 9 EC members were also elected. Secy in his report highlighted the activities of the assn. It was unanimously resolved to request the Central Govt for expeditious issue of Plastic Cards to all CGHS beneficiaries.

देहरादून : गवर्नरमेन्ट पेन्शनर्स एसोसिएशन—

29 मई 2011 : ऑफीसर्स व्लव यमुना कॉलोनी के सभागार में द्विवार्षिक अधिवेशन ले.कर्नल (से.नि.) डा अचलानन्द जाखमोला की अध्यक्षता में सम्पन्न हुआ। मुख्य अतिथि डा आर.एस.टोलिया, आई.ए.एस. पूर्व मुख्य सचिव एवं सूचना आयुक्त उत्तराखण्ड थे। महासचिव एन.डी.डोबरियाल ने कार्यकारिणी द्विवार्षिक रिपोर्ट तथा कोषाध्यक्ष टी. आर. नागपाल ने आय-व्यय का विवरण प्रस्तुत किया। मंच का संचालन संयुक्त सचिव (राज्य) ई.पी.के.खत्री ने किया।

मुख्य अतिथि ने अपने सारगर्भित उद्बोदन में एसोसिएशन द्वारा किये जा रहे कार्यों की सराहना की और आश्वासन दिया कि आवश्यकता अनुसार एसोसिएशन की सहायता के लिए वे तत्पर रहेंगे। अस्सी वर्ष से अधिक आयु के सात सदस्यों का मुख्य अतिथि द्वारा सम्मान किया गया। अधिवेशन में सात प्रस्ताव पारित किये गये। सर्वसम्मति द्वारा अगले दो वर्षों के लिए एसोसिएशन के निम्न पदाधिकारी निर्वाचित किया गये। अध्यक्ष—जे.सी.डंगवाल, उपाध्यक्ष—ले.क. (से.नि.) प्रभात कुमार सकलानी, महासचिव—एन.डी.डोबरियाल, संयुक्त सचिव (केन्द्र)—के.एस. बत्वाल, संयुक्त सचिव (राज्य)—ई.पी.के.खत्री, प्रचार सचिव—हरदयाल सिंह, कोषाध्यक्ष—टी.आर. नागपाल, लेखा निरिक्षक—एम.एम.मलिक।

स्वास्थ्य सेवाओं के विस्तार की मांग की गयी।

नगर के विभिन्न क्षेत्रों में चार अन्य डिस्पेंसरिया खोलने, वर्तमान डिस्पेंसरी में मिनी लैब की व्यवस्था, देहरादून, ऋषिकेश एवं हरिद्वार स्थित यूनानी, होम्योपैथिक, आयुर्वेदिक व सिद्ध औषधालयों को चिकित्सा सुविधा के लिए प्राधीकृत करने, डेटल, ग्यानोकोलोजिस्ट, कार्डियोलोजिस्ट व ईएनटी, विशेषज्ञों को अंशकालिक उपचार के लिए प्राधीकृत करने, लंबित प्रतिपूर्ति बिलों का अविलम्ब भुगतान, 2006 से पूर्व व बाद में सेवानिवृत्त पेंशनरों की पेंशन में एकरूपता, वन रैंक, वन पेंशन, राज्य सरकार के पेंशनर्स के लिए कैशलेस हेल्थ कार्ड की व्यवस्था और परिवहन निगम की बसों में 50 प्रतिशत छूट की मांग रखी गयी।

हमीरपुर : हिमाचल पेन्शनर्स कल्याण

संघ— द्विवर्षीय चुनावी सम्मेलन (समय अवधि 2011-13) देवसदन ढालपुर कुल्तु में सम्पन्न हुआ। जिसकी अध्यक्षता संघ के प्रदेशाध्यक्ष बी.डी.शर्मा ने की। इस सभा में प्रदेश के सभी जिला अध्यक्षों महासचिवों एवं प्रतिनिधियों के अतिरिक्त सैकड़ों सदस्यों ने भाग लिया। वित्त सचिव जगदीश रांगड़ा ने आय-व्यय का ब्यौरा प्रस्तुत किया जिसे सदन ने करतल ध्वनि से पास कर दिया। महासचिव पी.एन.रांधरा ने वर्ष 2009-11 की अवधि की उपलब्धियों का ब्यौरा पढ़ा। अध्यक्ष महोदय ने पेन्शनरों की समस्याओं, सरकार के व्यवहार और संघ की कठिनाईयों का ब्यौरा दिया तथा कुछ प्रस्ताव सदन में सरकार को भेजने हेतु रखे जिन्हें भी सदन ने पास कर दिया। कार्यकारिणी के पदाधिकारीयों के लिए प्रदेशाध्यक्ष के लिये नाम मांगे जाने पर सदन ने एक स्वर में बी.डी.शर्मा को आठवीं बार प्रदेशाध्यक्ष के पद के लिये सर्वसम्मति से चुना। सदन ने महासचिव पद के लिये टी.डी.ठाकुर एवं जगदीश रांगड़ा जी को वित्त सचिव के लिये एक स्वर से स्वीकृति प्रदान कर दी तथा अन्य कार्यकारिणी सदस्यों को मनोनीत करने का अधिकार नवर्निमित कमेटी को दे दिया।

तत्पश्चात् नवर्निवाचित अध्यक्ष, महासचिव एवं वित्त सचिव ने सदन का उनमें विश्वास व्यक्त करने के लिये हार्दिक धन्यवाद किया। सदन में मुख्य रूप से सर्व श्री सतपाल कालियां, विष्णु दत्त शर्मा, रमेश भारद्वाज, कुलदीप शर्मा, कुलदीप कटोच, लाल सिंह ठाकुर, रोशन लाल, गोविन्द शर्मा, भगतराम आजाद, टी.डी.ठाकुर, प्रताप सिंह ठाकुर, रत्नचन्द शर्मा, दिलदार अलिशाह, सी.एल.कश्यप, डाक्टर सुरेश कुमार, योग राज शर्मा, देस राज मेहता एवं पृथ्वी सिंह पटियाल ने सदन की कार्यवाही में भाग लिया।

WHERE'RE THE ROOTS ?

Wages of neo-liberalism are corruption and loot of public resources. The govt has been acting as handmaiden and facilitator of this process.

Prakash Karat, CPM leader on credibility of the UPA government *Courtesy : Hindustan Times*

July 2011

THANKS !

NEW MEMBERS - Annual

M - 7487/07 S E Rly Penrs Assn Nagpur 07/11

A - 0954 :	Anonymous (V Prez, CGPA - Kerala)	Palakkad	05/12
A - 0955 :	M K Gulati	Delhi - 85	05/12
A - 0956 :	Laxman S Bhatnagar	Beawar	05/12
A - 0957 :	P Velayudhan	Nilambur	05/12
A - 0958 :	L B Singh	Satna	05/12
A - 0959 :	S I H Kazmi	Jammu	05/12
A - 0960 :	B K Mandal	West Midnapur	05/12
A - 0961 :	Ntnl Fed of Rly Penrs	Palakkad	05/12
A - 0962 :	Zubedaben K Mogal	Jamnagar	05/12

RENEWAL - Annual

M - 8380/05 R R Idurkar	Dharwad 05/12
M - 6460/07 S K Gupta	Delhi - 18 07/12
M - 8851/02 R D Malhotra	Delhi - 14 02/12
M - 7432/05 B L Setia	Faridabad 05/12
A - 0728/06 Anil Kumar Setia	Ambala Cantt 06/12
M - 8960/05 V K Gupta	Faridabad 05/12
M - 7672/02 A K Banga	Delhi - 14 02/12
M - 5351/07 S K Vasishta	Ghaziabad 07/12
A - 0406/06 Ved Prakash Taneja	Delhi - 85 06/12
M - 4733/05 S S Virdhi	Dewas 05/12
M - 5296/06 M G Rao	Secunderabad 06/12
M - 3710/09 D P Sachdeva	Ambala Cantt 09/12
A - 0001/06 Lakhwanti S Kherra	Dhuri 06/12
M - 4756/06 Sher Singh	Ludhiana 06/12
M - 0573/05 C D Krishnaswami	Jabalpur 05/12
M - 3413/07 B B Singh	Balaghat 07/12
A - 0392/05 Bijoy Kumar Bose	Mayurbhanj 05/12
A - 0417/06 P Singh	Dehradun 06/12
M - 8975/05 Onkar Singh Pathania	Bangoli 05/12
M - 8618/02 A S Tyagi	Delhi - 48 02/12
M - 3531/06 V B Pande	Indore 06/12
M - 8395/05 D K Moitra	Inda 05/12
A - 0773/08 H S Ahiraokar	Surendranagar 08/12
M - 5376/07 K L Vig	Jagadhari 07/12
M - 6003/05 R Vasudeva Rao	East Godawari 05/12
A - 0420/06 Vishwa M Sawhney	Ghaziabad 06/12
A - 0388/06 Gulam Hussain	Chittorgarh 06/12
M - 8117/07 B S Kang	Patiala 07/12
M - 6457/06 K K Awasthi	Delhi - 48 06/12
M - 6728/07 R K Singh	Sonbarsaraj 07/11
M - 7755/06 K L Gehlani	Vadodara 06/12
M - 7366/03 Ramnath Singh	Daltonganj 03/12
M - 6700/06 K G Kulkarni	Mumbai 06/12
A - 0727/06 B H Prajapati	Mehsana 06/12
A - 0703/05 D S Mehta	Delhi - 18 05/12
M - 8990/05 W R Sundaram	Renigunta 05/12
A - 0740/06 K V Govindan	Calicut 06/12
M - 8374/05 S R Bhalla	Chandigarh 05/12
M - 4581/06 K R Mandal	Kharagpur 06/12
M - 6453/06 M Duraiswamy	Trichy 06/12
M - 8578/01 Prithivi Raj Wadhwa	Delhi - 60 01/12
A - 0039/07 S C Laul	Delhi - 17 07/11
M - 5402/07 P C Bose	Delhi - 64 07/12
M - 7020/07 S Krishnamachari	Delhi - 91 07/12
M - 8328/02 S P Chanana	Delhi - 34 02/12
A - 0717/05 K D Shukla	Lucknow 05/12
M - 7426/05 O P Kapoor	Agra 05/12
M - 7764/06 Mahesh Chand Mehta	Meerut 06/12
M - 5409/07 K R A Narayanan	Coimbatore 07/12
M - 6972/05 Satya N Chaudhari	Raebareli 05/12
M - 3543/07 M W Sane	Dombivali(E) 07/12
M - 7435/05 R B Singh	Khagaul 05/12

AFFILIATED ASSOCIATIONS (RENEWAL)

M - 6725/07 Ctrl Govt Penrs Assn	Santipur	07/12
A - 0364/04 G I Penrs Assn (WZ)	Mumbai	04/12
A - 0340/03 BSNL&DOT P Assn	Ahmedabad	03/12
M - 5946/03 Wardha P&T P Assn	Wardha	03/12
M - 6098/07 AICG Penrs Assn	Amritsar	07/12
M - 7394/04 Nagaland Penrs Assn	Kohima	04/12
A - 0678/04 BSNL Penrs Assn	Bhopal	04/12
M - 8712/06 C & State Penrs Orgn	Vijayawada	06/12
M - 8115/07 S E C Rly Penrs Assn	Nagbhir	07/12
A - 0647/03 C & Rly Penrs Assn	Chittoor	03/12
M - 7757/06 Railway Penrs Assn	Farrukhabad	06/12
M - 8980/05 C & S G Penrs Assn	Bairatiguri	05/12
M - 1822/04 NFRPA / TSK Branch	Tinsukia	04/12
M - 7023/07 Rtd Persons W Assn	Delhi - 15	07/12
M - 5878/02 N Rly Penrs Forum	Ambala Cantt	02/12
M - 8426/07 T Z Penrs & Sr C Assn	Thane (W)	07/12

RENEWAL

July 2011

M - 6884/02 T N Shukla	Betul	02/12
M - 6452/06 J Sri Dharan	Chennai	06/12
A - 0697/04 O P Sharma	Delhi - 92	04/12
M - 8936/04 O N Khanna	Delhi - 48	04/12
M - 7776/07 H S Rastogi	Delhi - 95	07/12
M - 8992/06 O P Mehta	Delhi - 96	06/12
M - 3993/07 P S Sudassanavarma	Puttur	07/12
M - 5382/07 G Venkataswaran	Bangalore	07/12
M - 8408/06 V Krishnamurty	Cuddalore	06/12
M - 3873/06 A Sen Gupta	Nabhapalli	06/12
M - 8679/04 Balbir Singh	Delhi - 78	04/12
M - 6692/05 V A C Pillai	Kochi	05/12
M - 7787/07 D V Oberoi	Delhi - 85	07/12
A - 0004/06 S K Jain	Delhi - 89	06/12
A - 0708/05 R K Bijoysana Singh	Manipur	05/12
A - 0709/05 N Achou Singh	Imphal	05/12
A - 0710/05 K Ratan Kumar Singh	Imphal	05/12
A - 0711/05 Th Yaikul Singh	Imphal	05/12
M - 5474/08 M S Desai	Mumbai	08/12
M - 5412/07 Vinay Kumar	Sangrur	07/12
A - 0757/07 V Guru Rajan	Trichirapalli	07/12
M - 8101/06 T R Gope	Nainpur	06/12
M - 5404/07 A Krishnamurthy	Bangalore	07/12
M - 5336/06 Pedru B Tellis	Angadi	06/12
M - 8401/06 Gulab Chand Sahni	Gorakhpur	06/12
M - 7632/01 K K Sinha	Muzzaffarpur	01/12

Biennial

A - 0125/09 Bahadur Singh	Delhi - 91	09/13
M - 4778/07 P S Sastry	Vijaywada	07/13
M - 8415/06 V W Kanhere	Nasik	06/13
M - 8962/05 S N Thakar	Goa	05/14
A - 0657/04 Sirtaj Bahadur	Delhi - 17	04/13
M - 5400/07 R M Kansal	Delhi - 05	07/13
M - 8452/08 S M Prashar	Delhi - 58	08/12
M - 7969/05 Shamim U Ahmed	Delhi - 87	05/13
M - 8271/12 B J C Gupta	Jaipur	12/13
M - 8901/03 K K Mitra	Delhi - 58	03/13
A - 0467/08 C S Subramanian	Nagpur	08/13
M - 7019/07 J K Shah	Mumbai	07/13

Triennial

A - 0191/11 A K Sahdev	Delhi - 24	11/13
M - 4715/05 Raj Kumar Sodhi	Jind	05/14
M - 8672/04 S C Gupta	Delhi - 70	04/13
M - 8698/05 S C Khurana	Delhi - 17	05/12
M - 8922/03 S P Vedi	Delhi - 48	03/12
M - 8348/03 Gorakh Nath	Delhi - 88	03/13
M - 6708/06 N Ramaswami	Delhi - 19	06/14
A - 0025/07 Prem Kumar Pamnani	Delhi - 60	07/14

A GRACEFUL EXIT

AK Bhargava

Death comes to everyone. When does it shift into the neighborhood and when it plans to drop in any time for a courtesy visit, one never knows. Everyone knows death is a certainty an event that cannot be avoided by anyone. Still, we do not like to think about it and prepare ourselves for this event that is sure to happen.

The important thing is that when it is time to go, it should be a graceful event. One should start preparation for this journey much in advance. Since we do not know when death knocks on the door, we should always be ready to put our best foot forward. We know that if our desires are not fulfilled, we shall get a new body to fulfill them. Hence, to avoid the next birth, one has to get rid of all desires.

Death is the soul or *Atman* merging with *Parmatma*. The merger can take place only if one gets enlightened; gives up the ego of I, me and mine, pleasure and sorrows of senses and putting our mind and intellect in *Parmatma*. Get detached from the world; soul is then no longer chained to the body and its bondage.

However, in reality when death knocks on our door, we are least prepared for it. We are not yet ready to go although all pleasures in life have gone and only the pain remains. We have not planned for it as yet. We plan for lots of things which are uncertain to happen but never for the event which is certain to happen. I have come across an octogenarian worried about the damage to his boundary wall by the ball of children playing outside his house. I am ready to receive my neighbour with grace.

Courtesy : Hindustan Times

FOR ASSNS : EMULATE THE GOOD LEADER

No doubt, good leader can turn average workers into top performers. But, just one lazy person at workplace can drag down an entire high performing team, says a new study.

Courtesy : PTI

DID U KNOW THAT ?

The brain transmits messages @ 100 metres per second.

Courtesy : PTI

THE PRIDE OF INDIA : MAQBOOL FIDA HUSAIN

by Khushwant Singh

Maqbool Fida Husain and I were of the same age— both of us were born in 1915. I got to know him during my stint in Bombay. He had already earned a name for himself as a modern artist and established a personal trade mark going bare-footed and carrying a two-yard long paint brush. He was a tall, well-built, handsome man with a beard. His infatuation for Hollywood stars, particularly Madhuri Dixit were bazaar gossip.

No one knows how his family and six children took his philandering with women because they never spoke about it to outsiders.

Husain supported the imposition, of Emergency by Mrs Gandhi. He printed a large triptych showing chaos in the country, ending in Mrs Gandhi triumphantly riding a tiger. Mrs Gandhi had it put up in Parliament House. It was removed when Mrs Gandhi lost the elections. I don't know where it is now. He drew a small sketch for me in my office. I had it framed and I have it in my mantelpiece. He got into serious trouble when



he painted a picture of Mother India and Hindu goddesses in the nude. Shiv Sainiks, Bajrang Dalis destroyed them. They filed criminal cases in different courts and had

warrants of arrest issued against him. He quoted Ghalib in his defence: *Ya Rabb, voh na samjhey hain, na samjheyggy meri baat Dey aurdil unko, yaa dey mujhko zubaan aur* (Dear God, they have not understood, nor will ever understand what I am trying to say. Either give them a new heart, or give me a different tongue.) He fled the country and settled down in Qatar. By then each one of his paintings were fetching crores of rupees. He did not know what to do with money. He bought six expensive cars. The reason why his death got massive media coverage was due to the sense of guilt that we had not stood by him when he needed us most.

I wish they would have brought his body to India to be buried in the soil of his homeland.

Courtesy : Hindustan Times

D R FOR PENSIONERS

	Dec-10	Jan-11	Feb-11	Mar-11	Apr-11	May-11
All India CPI (IW) Base 2001=100	185	188	185	185	186	187
% age Increase	51.97	53.12	54.20	55.28	56.43	57.51

Contributed by J N Uppal, Dy Director (Retd), CSO, Min of Planning
C-26, Amar Colony, Lajpat Nagar-IV, New Delhi - 110 024 - Tel - 2644 8938 (R)



R N Mital, Prez AISCCON addressing the NCOPW @ Hyderabad with S C Maheshwari, Secy BPS, A G Gholap & M B Kulkarni on the dias



M Somasekhara Rao, Vice Prez (S) - BPS, addressing the NCOPW meet
(Report @ p 21)

BHARAT PENSIONER : Registered with Registrar of Newspapers for India vide
No. R. N. DELBIL/2006/17678

BOOK POST/PRINTED MATTER : Posted at N.D.P.S.O., Com. Indrajit Gupta Marg, New Delhi -110 002 on 15 / 16 July, 2011

If undelivered, please return to : BHARAT PENSIONERS SAMAJ Post Box No. 3303, Jangpura P.O., New Delhi - 110014

Printer & publisher : Shyam Sunder for Secy Genl, Bharat Pensioners Samaj.
Printed at CompuData Services, 42, DSIDC Shed, Scheme-I, Okhla-II, New Delhi - 110 020 (printers) from
(place of publication) 2/15-B, Hospital Road, Jangpura-A, New Delhi - 110 014

36 bps.shyamsunder@gmail.com

Editor (for the purpose of the Act) : BHARAT PENSIONER