

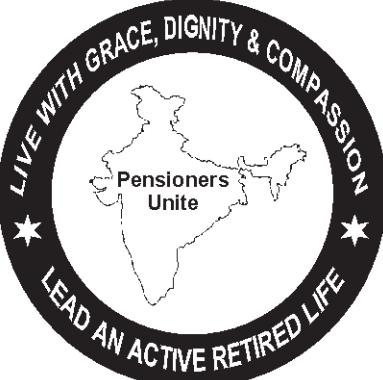
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BHARAT PENSIONER

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



2nd NATIONAL CONVENTION OF BPS-affiliated Rly Pensioners Associations
13.02.2011 @ Secunderabad : A grand view of the audience

RLY CONVENTION

March 2011



J Narayana Rao, Genl Secy, C R Pensioners Assn,
Nagpur & Vice Prez (W), BPS @ Nagpur



Bimlendu Chakraborty Jt Secy Genl, NFR Pens Assn,
Guwahati at the mike with R N Dutta, Vice Prez (E)

A Funny (?) SAMVAD !

Grandson : *Grandpa, are'nt you the Allmighty, the All knower of ancient Shastras who can't ever tolerate what U perceive as any challenge to ur wisdom & authority?*



Dada ji : No, no, no ! Doesn't my name itself fully indicate my power & authority to vanquish any one coming in my way, Bachcha ?



G : *Hello dada ji ! You've always boasted to be the biggest ! Isn't it?*

D : Why do you doubt, sonnie ?

G : *Oh dadaji ! What's big in you ?*

D : Don't you see my height, the bright one ?

G : *Ha..Ha..! Dadaji, haven't heard KL Sehgal "Bada Huya to kya huya, jaise ped khajoor Panthi ko chhaya nahi, Phal lage ati door"*
 [So What, if U are tall like a palm tree ?
 No shade for traveller, the fruit out of reach !]

D : No No! I'm recognized to be so by the Govt.

G : *For example ?*

D : The Rly Board itself !

G : *Oh dadaji, don't joke.! They have categorically denied it more than once. And Dadaji, not only this, 'tis also said that you managed to get laudatory letters by befooling some junior officers which are now admitted to have been issued without ascertaining a base or any verification.*

But, Dada ji, uncle says you are just tom-tom-fooling simple persons like GM of ur home Rly !

D : No, no, it is a conspiracy against me, no one can ever match my following! I'm the Master of all I survey !

G : *Oh dadaji ! You are joking again ! Didn't you witness uncle's following even in ur own citadel ?*
 Dada ji : Rude boy, I don't want to talk to you ?

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BHARAT PENSIONERS SAMAJ, NEW DELHI

(Federation of All India Pensioners' Associations)

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(For any reply, a stamped ₹ 5 envelope must)

The beginning of a new awakening

IIInd National Convention of Railway Pensioners Associations Under the aegis of Bharat Pensioners' Samaj A grand success Secunderabad (AP) 13.02.2011

750 delegates from every nook & corner of the country, rising above caste, creed, religion & regionalism and defying old age, gathered at Secunderabad to show solidarity not only to fight for their legitimate rights as Senior Citizens & Pensioners but also to blow the 'Begul'(clarion) for war against corruption by those in power.

The rhythmic singing of "Vande Matram" by 95-60 yrs young oldies stirred the atmosphere & sent the nerves of every one present throbbing!

Sh. D.Prabhakar Rao, Chairman, Reception Committee, while welcoming the Delegates raised the Slogan :

**"I am the 'I' in India
& won't let it get polluted"**

Even before coming to their own Grievances, the House showed deep concern & anger against rampant corruption by those in power & vowed that, as part of the great Indian Civil Society, they won't tolerate it any more!

Explaining in brief the basic purpose of the Convention, Shyam Sunder Secretary General BPS who chaired the event, in his opening remarks, roared "we have gathered here to awaken the Pensioners' community in general & the 12 lac of Railway Pensioners in particular and to impress upon them the need to unite under one banner throughout the country to achieve their goals."

Thereafter, S.C. Maheshwari Secy. (Railway) BPS presented the discussion paper detailing the grievances & areas of deficiencies (for viewing complete document go to link: <http://rrewa.org/currentIssues.aspx>)

M.Somasekhara Rao, the soul & the main organizer of the Convention explained in Telugu the significance of the convention. Following presentation of main approach paper of the Convention . R.N.Mital President AISCCON (All India Senior Citizens Confederation), who was first

BHARAT PENSIONER

to speak, strongly supported the cause of pensioners. He called upon the Sr Citizen community to build pressure to compel the Government to bring back the Indian black money stashed in foreign Banks. Shri Mital called upon the pensioners to contribute for the development of the country through CIVIC activism. He also stressed the need to take advantage of the knowledge of the Pensioners by the government. There after, following delegates offered their views on the ways and means of quickly and fully securing the genuine and legitimate demands of Railway Pensioners. Messer's R.N. Tripathi (Delhi), Harchandan Singh (Chandigarh) R. N. Datta (Kolkata), K. Srinivasan (Zonal Secretary NFRP Palghat @Chennai), J. Narayana Rao (Nagpur), Kanjilal, (Guwhati), B. Chakravarthy (New-Jalpaiguri) G.V. Kumar & S.K. Bose (Bhubaneswar),K.P. Ghosh, Madhupur, E.Railway, P. Narasimham(Eluru) K. Natarajan(Pakala) R.S. Lavania(Agra) B. Ramulu (Vizag), P.V. Kurulkar, Secretary, AIRROA, SC, D. Venkateswarlu, D. Subba Rao, M. Nageswara Rao , B.K. Singh & S.S. Hussain RREWA, SHIMOGA (Karnataka)

Besides, Family Pensioner Dr. Saroja Arya, Ph.D., Clinical Psychologist, formerly Dir. National Institute of Mentally Handicapped , Hyderabad , also spoke on the occasion and pledged her services free of cost for elderly.

The above leaders pressed for early redressal of following demands.

- Restoration of commuted portion of pension after 12 years as recommended by earlier pay commission.
- Parity in pension between past and present pensioners.
- Minimum pension to be equal to last pay drawn.
- Revision of pension on the same basis recommended by VI CPC, applicable to serving employees.
- FMA to be raised to Rs.1200/-pm.
- Removing distance restrictions for payment of FMA, and treating it as transport allowance.

- Easy reimbursement of medical expenses incurred by pensioners for emergency treatment in corporate hospitals.
- RELHS- should be open ended.
- Grant of ex-gratia to pensioners once in a year on par with bonus to serving employees.
- Pre 1986 SRPF(C) retirees and their families drawing ex-gratia be granted minimum pension/family pension.
- Since VI CPC has done away with Group D services all past Group D pensioners be granted benefits on par with Group C pensioners with immediate effect.
- Early issue of revised PPOs as per VI CPC.
- Revision of pension once in a year.
- Immediate merger of DR, on reaching 50% of basic pension.
- Provision to carry companion in same class to which pensioner is eligible.

After detailed deliberations, the 13 resolutions were unanimously adopted. (for viewing complete document go to link: <http://rrewa.org/currentissues.aspx>)

Nintyfive (95) senior pensioners and family pensioners from all over the country were honoured on the occasion.

The Convention decided to hold the IIInd National Convention of Railway Pensioners in the beginning of the year 2012 in the North East i.e. either @ New Jalpaiguri or Gauhati. The IIInd National Convention concluded, after passing the 'vote of thanks' proposed by M. Somasekhara Rao, Secretary of the Reception committee & singing of the National Anthem.

Immediately after the Convention the BPS National Advisory Council for Railway Pensioners met and finalized the action plan to achieve the goals and to take the movement forward.

To view complete documents go to : <http://scm-bps.blogspot.com/>. & <http://rrewa.org/currentissues.aspx>

Er.S.C.Maheshwari, Secy (Rlys) BPS

Letter No.RPS/MAS/474 dt 9/2/2011 from K Srinivasan, Genl Secy, Rly Pensioners Samaj, # 8, IIInd St, Sundaram Colony, Chennai – 600 047 to Hon' Prime Minister of India, New Delhi 110 001

Sub:Grave injustice to pre 1996 Railway Pensioners in VI CPC

Ref: Rly Bds letter No F(E)III/2008/PN1/12 of 18/ 3/2010

We submit that our repeated Representations to Ministry of Railways and Dept. of Pension & Pensioners' Welfare (DOP & PW) have not yielded any results so far. Hence this Appeal to Hon' Prime Minister, seeking justice.

1. In VI PC, only two classes of pensioners exist i.e. pre and post 2006. The words "pre 1996" do not find mention anywhere. But, Ministry of Railways (MOR) have chosen to further bifurcate pre 2006 Railway pensioners into Pre 1996 and post 1996, to the detriment of those retired prior to 1/1/1996.

2. Pension of Members of Parliament was raised from Rs. 8000 to Rs. 20,000 in 2010, with effect from May 18, 2009. All past M.Ps, irrespective of year of membership, are eligible to get enhanced pension Rs. 20,000, No cut-off date.

3. As per MOR, for a Head Clerk retired in 1995, min. pension Rs. 4000 in PB 1 + GP Rs. 2800, whereas, for a Head Clerk, retired in 1996, min. pension Rs. 6750 in PB 2 + GP Rs. 4200. MOR, arbitrarily fixing a cut off date (1/1/1996), has resulted in differential and discriminatory treatment of equals in the matter of Revision of pension with effect from 1/1/2006.

4. Is it justified for MOR to adopt two different VI CPC pay scales to arrive at min. pension for a pensioner, one from 1/1/1996 and another from 1/1/2006 ? How is MOR is empowered to downgrade a pay scale, in existence from 1/1/1996 ?

From 1/1/1996 to 31/12/05 Scale of pay Rs. 5000-8000

From 1/1/06 Scale of pay Rs. 4500-7000

5. Wrong application of pay scales, has resulted in substantial reduction in pension, drawn for more than 14 years. Is this not utter violation of Railway Services (Pension) Rules 1993 (Rule 90) ?

We request Hon' PM to direct Ministry of Railways & DOP & PW to redress the grievances of these hapless pensioners, aged 75/80, at the earliest.

RESOLUTIONS ADOPTED BY 2ND NATIONAL CONVENTION OF RAILWAY PENSIONERS

Held on 13th February. 2011 at Secunderabad (Under the aegis of Bharat Pensioners Samai New Delhi).

Resolution No. 1 : Equal fitment benefit to pensioners at par with employees by adding 50% of Grade Pay:

There was no reason for the VI CPC to give a different fitment benefit to the pre-2006 retirees other than what was given to serving employees especially when VI CPC Report 5.1.47 talk of granting equal fitment benefit to serving employees and pensioners.. Adding 86% DR to their, basic pensions did not amount to giving the same fitment benefit to the pensioners. While grade pay benefit given to employees ensured equal benefit to all those coming under each grade pay, the same was not the case with the pensioners since pensioners retired at various stages in pre-revised pay scales. This glaring anomaly in the matter of fitment benefit recommended to pre-2006 pensioners was not properly dealt with by the VI CPC while making the recommendation. The Government also has not come forward to do justice to pensioners considering that different fitment benefits given to pensioners and serving employees resulted in further widening of disparities in pensions/family pensions of pre and post 2006 pensioners/.family pensioners. Further, the benefit is not uniform at all levels in as much as the increase in basic pension was 2.26 times upto certain levels(PB III), it was much more at higher levels(upto 3.4) leaving a trail of deep sense of frustration and injustice at the lower levels. This convention therefore appeals to the Government to do justice to all the pre-2006 pensioners and family pensioners by giving them same fitment benefit as given to serving employees w.e.f. 1-1-2006 i.e. Basic pension + 86% DR + 50% of Grade Pay as allotted to the post from which they retired w.e.f. 1-1-2006 and uniform multiplication factor of i.e. Existing Pension x 3.4 be adopted to arrive at the minimum guaranteed pension.

Resolution No. 2 : Complete parity to pre 2006 Pensioners with post 2006 Pensioners :

The Fifth Central Pay Commission had in Para 137.21 of their report enunciated a principle for future revision of pensions. According to this, "complete parity should normally be conceded up to the date of last pay revision and modified parity (with pension equated at least to the minimum of the revised pay. scale) be accepted at the time of each pay revision. The enunciation of this principle would imply that at the time of the next pay revision, say, in the year 2006, complete parity should be given to past pensioners as between pre-1996 and post 1996 and modified parity be given between the pre-2006 and post-2006 pensioners. The VI CPC did not recommend carrying forward this already accepted principle for implementation of 'parity' between pre and post 1996 pensioners. They had abandoned this salutary principle on the untenable plea that cent percent neutralization of price-rise was given to all levels w.e.f. 1-1-96. While making this observation, the VI CPC ignored the fact that 'parity' as recommended by V CPC was not linked to cent percent neutralization of price rise. Cent percent neutralization of price rise was there upto certain levels even prior to 1-1-96 and the 'parity' principle is meant to progressively bridge the gap in pensions of those retiring under different Pay Commission scales of pay. By not carrying forward this salutary principle, the VI CPC did grave injustice to pre 1-1-96 pensioners and family pensioners. The commission also utterly failed to make any recommendation to eliminate wide disparities and bring about parity in pensions of past and present pensioners and present and future pensioners and to provide a uniform multiplication factor for revision of pension with respect to the existing pension. Thus, the commission dealt severe blow to the principle of parity in pensions. The Government of India which had earlier accepted this principle and implemented it to pre 1986 pensioners and family pensioners completely abdicated its moral responsibility to its past employees and their families. This only speaks of the anti-pensioner attitude of the Government of India.

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Similarly with regard to implementation of modified parity, the recommendation of the VI CPC was deliberately distorted and misinterpreted to deny the benefit of 'stepping up' to a large number of pre 2006 pensioners and family pensioners. The V CPC enunciated modified parity to ensure that the past retiree in a post would get not less than 50% of the minimum of the revised pay scale at the time of revision and 30% in the case of family pension. Introduction of pay bands and grade pays have been taken advantage of to deny the above benefit to pre-2006 pensioners and family pensioners.

The benefit of modified parity would accrue to all pre-2006 pensioners and family pensioners only if the pay in the pay band corresponding to the minimum pay of the pre-revised* pay scale in which the pensioner retired with grade pay thereon is taken for this purpose. In implementation of the Government's orders in this regard, a large number of those who retired in various pre-revised pay scales have been deprived of this benefit and denied equal treatment. The manner in which the modified parity was implemented under VI CPC recommendation amounted to gross discrimination and violation of Article 14 of the Constitution of India. In spite of this glaring irregularity being pointed out by individual affected pensioners as well as C.G. Pensioners' Organizations across the country, the Government of India has turned a deaf ear to all their pleas.

This distorted interpretation of the recommendation and its implementation in the manner explained above has the effect of widening the gap between the pensions of pre and post 2006 pensioners and family pensioners and this gap continues to widen with sanction of every additional installment of DR and also when additional quantum of pension/family pension relating to age is granted. Unfortunately, the authorities have been ignoring these glaring irregularities and the recurring monetary loss to many pre-2006 pensioners and family pensioners. While the Government could do justice to pre-2006 pensioners and family pensioners in the above regard by issuing suitable modified instructions, it is unfortunate, that the aggrieved

pensioners and family pensioners are being made to go from pillar to post in the evenings of their lives at great expense and physical and mental strain to them hardly becoming of an enlightened and model employer which the Central Government is expected to be.

This National Convention therefore urges on the government of India to concede full parity up to 1-1-96 and implement modified parity as on 1-1-2006 in a manner that would do equal justice to all those who retired in pre-revised scales of pay and also to provide irrespective of pre retirement official status, a uniform multiplication factor for revision of existing Pension.

Resolution No. 3 : Medical attendance, treatment & preventive health care :

Medical attendance & treatment as well as preventive health care, is a fundamental right of a retired employee which the employer is obliged to provide in compliance with Hon'ble Supreme Court the judgment in the case of Consumer Education & Research Centre & Others v/s UOI & Others in writ petition (C) No.206 of 1986 {AIR 95 Vol. 82 Page 922 This convention therefore, urge upon the Government of India Ministry of Railways to :-

3 (a) Declare RELHS as an open ended scheme: To declare RELHS as an open ended scheme without any restriction of qualifying service & lockin period and also to make it available to all categories of retirees & Family pensioners without any distinction & discrimination.

3 (b) To issue 'Smart Card' (on CGHS Plastic card pattern) to all RELHS beneficiaries throughout the country, with all India 5 years' validity, for Medical attendance & treatment, in any Private empanelled Hospital in case of a medical emergencies , without prior referral by the authorized medical attendant.

3 (c) Revise Fixed Medical allowance to Rs 1200 PM & Removal of distance criteria :
Further, imposition of distance restrictions for grant of Fixed Medical Allowance is irrational in as much as non members of any health scheme, and members of RELHS suffering from specified chronic diseases are also eligible for this allowance in addition to OPD treatment for the

said chronic diseases from Railway Hospitals/ Health Units since FMA is only meant to cater for day today minor ailments which affects all pensioners without consideration of distances.

As such, this conference urges that, in order to do equal justice to one and all,

- a) Distance restriction for the grant of FMA may be removed altogether for all those foregoing OPD treatment for non- chronic diseases from Railway/ CGHS/ECHS hospitals/dispensaries.
- b) Fixed Medical Allowance raised to Rs. 300/- P.M. w.e.f. 1-9-2008 is too inadequate in the present context of high consultation charges and cost of medicines FMA be related to market* conditions and may please be raised to ₹ 1200/- P.M. to make it realistic as has been done by the Ministry of Labour & Employment, Government of India, in case of EPFO retirees.

Resolution No. 4 : Wage & Pension revision every five years :

In view of the phenomenal progress that the country has been making in economic and other spheres with a high growth rate as well as the constant high inflationary pressures on the country's economy ever pushing up prices of essential commodities, the wages and pensions become irrelevant over short periods and hence their frequent revisions are necessary to update them in consonance with the changing trends. Fifth Central Pay Commission have recommended pay and pension revision on annual basis. The revisions take place at more frequent intervals under State Governments and in PSUs and Banks, but they take place once in 10 years under Central Government. Wage & pension revisions have also to take place under Central Government at least once in 5 years. It is to be noted that various steps being taken by the Government have not made any dent on the inflationary situation and it is predicted that in the next Five Year Plan, the situation is going to be still difficult with heavy investments planned on infrastructure and in other factors.

Next revision should, therefore, take place w.e.f. 1-1-2011.

Resolution No. 5 : Merger of 50% Dearness Relief with Pension :

The V CPC recommended merger of DA/DR with basic pay/pension when they reach 50% and further grant of DA/DR on such consolidated basic pay/ pension. This was recommended to serve as a mid-revision. The VI CPC recommended against this without suggesting a suitable alternative, in case of working employees their allowances automatically go up by 25% whenever DA touches 50% but there is no compensation to pensioners as they do not get any allowances. This conference therefore urges on the Government to come forward with necessary measures in the above regard.

Resolution No. 6 : Ex-gratia optees VI CPC has not considered revision of ex-gratia rates of pre 1986 CPF/SRPF(C) retirees.

Ex-gratia rates of pre-1986 SRPF(C) retirees were revised marginally w.e.f. 1-11-2006 by the Ministry of Railways but this revision did not cover even the families of deceased SRPF beneficiaries who continue to get ex-gratia at old rates. Further, minimum pension and family pension have been raised to Rs. 3500/- P.M. w.e.f 1-1-2006 by the VI CPC. The families of these beneficiaries have been getting 8% less DR w.e.f. 1-11-97 which is discriminatory and the same should end forthwith to do them equal justice. Ex-gratia benefit needs to be extended to voluntary retirement and retirement on medical invalidation cases also to do them justice and to end their suffering. The CPF/SRPF(C) beneficiaries and their families getting ex-gratia should be extended the benefit of FMA as denial of the same to them is unjust and discriminatory. The benefit of ex-gratia should be extended to their dependent unmarried widowed and divorced daughters above 25 years of age. Payment of additional ex-gratia, on attainment of 80 yrs and above, on the lines of other Pensioners/Family pensioners, deserve due consideration. This convention therefore urges the Government to favourably & sympathetically consider the following - on humanitarian grounds:

- i) Revise ex-gratia rates of all pre 1986 CPF/SRPF(C) beneficiaries and their families.
- ii) Raise minimum ex-gratia payment to Rs 3500
- iii) FMA & medical aid to CPF/SRPF(C) beneficiaries, their families and dependents.

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iv) Sanction additional ex-gratia to CPF/SRPF(C) beneficiaries on attainment of 80 yrs & above.

Resolution No. 7 : Anomaly in the case of JAG (S 21 to S 23)

Once an employee from Departmental Channel is inducted into Group 'A' cadre, he/she is interpolated into Group 'A' seniority & become member of homogenous Group 'A' services for further benefits and if the duties responsibilities do not differ he/she should not be discriminated against in the matter of pay fixation -

(Supreme court decision reported as 1987(1) SCC 582 Telecommunication Research Centre Scientific Officers (Class-1) Association & Ors. vs. UOI & Ors)

In all departments of the Central Government including Railways. A Non Functional Selection Grade (NFSG Rs 14300—18000 'Vth CPC scale') is provided in the JUNIOR ADMINISTRATIVE GRADE (JAG) to prevent stagnation. It constitutes 30% of the total Functional Junior Administrative Grade. (5th CPC Scales S.21 to 23) The designation, duties, Schedule of Powers, (Disciplinary and Financial) and responsibilities are the same for JAG as well as NFSG. In any case NFSG is not a promotional grade. Railway Board's letter RBE 135/2000 of 14-07-2000 which clearly spells out that "NFSG is segment of JAG" and that "it will not be treated as a Promotion".

But while implementing 6th CPC recommendations the said existing Scale 24 has been placed in PAY BAND 4 leaving behind JAG in PAY BAND 3. This has resulted higher pay packet to the erstwhile S 24 than JAG (S21-23) though the duties & responsibilities remain identically the same This is an anomaly which is adversely affecting the minimum guaranteed pension of pre 2006 retirees & need be set right early. This convention urge that the disparity be rectified and the said recommendations for modified parity be implemented in true spirit thereof.

Resolution No. 8 : Improved grades and higher grade pay :

Certain categories of staff on account of higher responsibility were allotted higher scales of pay w.e.f. 1-1-1996, but while revising pension/family

pensions; these improved grades are not being taken into consideration for the purpose of stepping of pension & family pension to 50% & 30% respectively of the minimum pay of the improved grades. Similarly, higher grade pays have been allotted for certain posts w.e.f. 1-1-2006 and these grade pays are not being taken into account for the purpose of 'stepping up¹ in respect of pre-2006 pensioners who retired in corresponding posts. Apart from being discriminatory, this has resulted in further widening the gap between pre and post 1-1-2006 pensioners & Family pensioners and this injustice to them will continue for ever. This action of the Government violated the letter and spirit of V CPC recommendation regarding modified parity wherein they had clearly laid down that revised Pension should not be less than 50% of the notional pay in the revised scale applicable to the post from which one retired. Similarly, the revised family pension should not be less than 30% of the notional pay of the revised scale applicable to the post from which one retired. This convention urge that the disparity be rectified and the said recommendations for modified parity be implemented in true spirit thereof.

Resolution No. 9 : Disturbance of existing relativities due to Bunching of Scales:

While introducing pay bands in place of pre-revised pay scales and bunching a number of Pay Scales in each of the four Pay Bands, the VI CPC overlooked previously established relativities of several cadres, thereby giving better dispensation to some and denying equal justice to some others. Apart from causing monetary loss. This has lead to serious humiliation in the ranks of aggrieved, especially to those who retired from service prior to 1-1-2006 because of big disparity in the increased benefit in basic pension of those retired after implementation of 6th CPC accepted/modified recommendations. The Government is urged to look into the above and initiate early remedial measures to set right the above discrepancy to ensure equal justice to one and all & to give full satisfaction to pre.2006 pensioners who retired in various pre revised scales of pay.

Resolution No. 10 : Grant of HRA and Transport allowances to pensioners.

The housing problem is acute in the entire country. Even in rural, the cost of vacant land is going up abnormally. The house rents have been ever increasing. Realising this fact, the VI CPC made recommendations in respect of HRA to serving employees.. Unfortunately, however, they ignored the case of pensioners for House Rent Allowance even though the pensioners are also equally exposed to the high cost of housing. This convention therefore* appeals to the Government to take a break from the past and grant HRA to the pensioners.

Resolution No. 11 :

Post retirement Complimentary passes

11(i) Entitlement of Class of Passes:

Post-retirement Complimentary Passes are issued to Railway servants subject to the same conditions as applicable to Railway servants in service. Thus it would not only be logical but also fully justified to extend the same revised entitlement of Passes as per Rly Board's recent orders vide their No E (W)2008/PS 5-1/38 RBE No 03/2011 dt 06-01-2011 to all retired Railway personnel w/o any cut off date.

11 (ii) School passes :

a) Post retirement spouse is recognized for sanctioning of Family Pension as well as for widow Pass, but post retirement School going dependent children are not entitled to School Passes which a discrimination against children & need to be rectified.
 b) Similarly many retired employees/deceased employees have school and college going children. Recognizing right to education of these children, eligible school and college going children of retired/deceased employees may be granted the facility of School passes & the benefits of Children Education Allowance and Hostel Subsidy on par with those of serving employees.

11 (iii) Pre 2006 retired Group 'D' staff :

After implementation of the recommendations of 6th CPC Group 'D' has been eliminated. *Pre 2006 retired Group 'D' staff, therefore, be treated at par with the serving Group 'C' employees, in respect of number of post retirement complimentary passes and class of eligibility.*

11 (iv) Physically handicapped retired employees:

Physically handicapped retired employees may please be considered for being provided with companion facility in the higher eligible class as a gesture of goodwill from the Railway Administration to the retired Physically Handicapped employees

11(v) Qualifying length of service for post retirement Complementary Passes (PROP) :

At present to become eligible for PRCP (Post retirement Complementary Passes), the minimum qualifying length of service for Group A, B & C Railway staff is 20 years while for Group 'D' staff it is 25 years. But after implementation of 6th CPC minimum length of qualifying service for Pension is 10 years for all categories of staff. So in conformity with eligibility for Pension, the minimum qualifying length of service for PRC passes, be revised to 10 years uniformly for everybody, instead of 25 years for Group "D" staff and 20 years for others.

11 (vi) Widow Pass:

(a) In widow passes the dependent relatives are not entitled to be included except for the dependant widow mother of the deceased Railway employee. This is too harsh a rule for a widow who is emotionally, financially & socially shattered and left alone with the liability of caring not only for her own dependent children but also the parents of her late husband. Widowed mother-in-law is included as her family member, but not her own dependent Children. This indiscreet attitude towards widows needs to be set right w/o delay. They may be allowed to include dependent relatives in their passes as per the entitlement of their late Husbands. Also minimum number of widow pass be increased to one set per year as against present one set every alternate year in case of erstwhile group 'D'.

For Group A & B Widow Passes should be raised to 2 (Two) sets per year as against present one & a half set

11(vii) P.R.Passes to Family pensioners other than the spouse :

i.e. Complimentary passes for the Unmarried/ Widow/ Divorced Daughters and Handicapped Children:

RESOLUTIONS

March 2011

At present the above category of children are entitled to get family pension on the event of death of their both the parents. But they are not eligible for Railway passes individually though they used to avail the pass facility along with their parents 'when alive. So, the above category of children be granted with at least ONE Set of Pass per year.

11(viii) Companion in 1Ind class Post retirement Passes:

Pensioners are a homogenous group, and as such variation in 'Age' related privilege within the same organization, is discriminatory and needs to be rectified. Ministry of Railways is therefore requested to allow the facility of Companion in the Second Class & Second 'A' Post retirement passes for those above 65 years of age.

Resolution No. 12 Constant Attendance Allowance :

Constant Attendant Allowance is granted only to those who are sanctioned pension for total disability while in service. This allowance needs to be extended to the retired employees who suffer total disability for any reason after retirement.

Resolution No. 13 Guidelines for sanction of Family pension to widowed/divorced daughter :

At present, in the absence of standard laid down procedure to be followed, for sanctioning

P.P. to widowed/divorced daughters, various Railway Administrations are adopting their own methods insisting the claimant to produce unnecessary documents/certificates such as solvency certificate & the original PPO from Bank, resulting in undue delay and harassment. Railway Board is therefore requested to issue suitable instructions, including procedure to be followed in case of non-availability of service records of the deceased pensioner.

Resolution No. 14 : Railway Pensioners Grievance Redress Mechanism

a) Pension Adalat presently conducted once a year by Divisions/Zonal Railways, may be conducted every 3 months at Divisional level as per existing instruction of the Board & twice a year at zonal Rly, in view of mounting grievances encountered by pensioners/family pensioners.

The representatives of the concerned Banks & representatives of SCIOVA members should be associated as per existing provisions of the Master circular.

b) Creation of a separate "Pension Grievance Cell" in each of the Divisions/Zonal Railway Headquarters, under the control of APO/SPO will go a long way in quick disposal of pensioners problems. PG Cell presently functioning in Zonal Rly Headquarters is not so effective in this regard.

FORM IV (SEE RULE 8) : BHARAT PENSIONER

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6. Name and address of individuals who own the newspaper and partners or share-holders holding more than one percent of the total capital	Bharat Pensioners Samaj, a Society registered under the Societies Registration Act, 1960

I, Shyam Sunder, hereby declare that the particulars given above are true to the best of my knowledge and belief.

28.02.2011

SHYAM SUNDER
(SIGNATURE OF PUBLISHER)



Office of the
Director of Income Tax (E),
3rd Floor, Aaykar Bhawan,
District Centre Laxmi Nagar, Delhi - 110092
Tel. No. 011-2055545, 22054777

NQ.DIT (E) I / DEL - BE22452 - 07032011 /2619 Dated 07/03/2011
NAME & ADDRESS: BHARAT PENSIONERS SAMAJ
 2/15-B JANGPURIA 'A' NEW DELHI 110014
Legal Status : Society
PAN NO : AAATB5736C
GIR NO : B-518

Sub:-ORDER UNDER SECTION 80G (5)(vi) OF THE INCOME TAX ACT, 1961

On verification of the facts stated before me/hearing before me, I have come to the conclusion that this organization satisfies the conditions u/s 80G of the Income Tax act, 1961. The institution/Fund is granted approval subject to the following conditions:-

- (i) The Donee institution shall forfeit this benefit provided under the law, if any of the conditions stated herein is not complied with/abused/whittled down or in any way violated.
- (ii) This exemption is valid for the period from **A.Y.2011-12** onwards till it is rescinded and subject to the following conditions

Conditions:

- (i) You shall maintain your accounts regularly, and also get them audited to comply with sec. 80G (5)(iv) read with section 12A(b) and 12A(c) and submit the same before the assessing officer by the due date as per section 139(1) of the Income tax Act 1961.
- (ii) Every receipt issued to donor shall bear the number and date of this order and shall state the date up to which this certificate is valid from **A.Y.2011-12** onwards till it is rescinded.
- (iii) No change in the deed of the trust/association shall be affected without the due procedure of Law and its intimation shall be given immediately to this office.
- (iv) The approval to the institution/fund shall apply to the donations received only if the fund/institution, established in India for charitable purpose, fulfills the conditions as laid down in section 80G(i), (ii), (iii), (iv) & (v) of the Income Tax Act 1961.
- (v) This office and the assessing officer shall also be informed about the managing trustees or Manager of your Trust/Society/Non Profit Company and the places where the activities of the Trust/Institution are undertaken/likely to be undertaken to satisfy the claimed objects.
- (vi) You shall file the return of income of your fund/institution as per section 139(1)/(4A)/(4C) of the Income Tax Act, 1961.
- (vii) No fee or any other consideration shall be received which comes under the proviso to section 2(15) of the Income Tax act



Copy to:

- 1. The applicant as above
- 2. The Assessing Officer

(P.V. RAO)

Director of Income Tax (Exemption)

DELHI

आयकर नियेशक (दिल्ली)

आयकर भवन, जिला कार्यालय,

लक्ष्मी नगर, दिल्ली-110092

(Satendra Kumar)

Income Tax Officer (Exemption) (Hqrs.)

For Director of Income Tax (Exemption) DELHI

Income Tax Officer H.O. (E)
Aaykar Bhawan, 3rd Floor, Dist. Centre,
Laxmi Nagar, Delhi-110092

GUIDELINES

March 2011

Guidelines for Pensioners on Income Tax Calculation & Filing Return

**For the Income of Financial Year 1.4.2010 to
31.03.2011**

The Income Tax, for the F Y 2010-2011 (i.e. Assessment Year 2011-2012) is to be calculated, and return filed, before 31.7.2011. Every individual having income from Salary /Pension / Income from more than one house has to furnish the return for his income, if his Gross Total Income, as arrived at in col. 4 of Saral -II ITR-1 form, exceeds (i) Rs. 1,60,000/- in case of men below 65 years of age, (ii) Rs. 1,90,000/- in case of women and (iii) Rs. 2,40,000/- in case of men and women who are of the age of 65 years or more, at any time during financial year 2010-11.

INCOME

Col 1 Income from Salary /Pension is to be filled in by adding Pension, Dearness Relief, 6th CPC Arrears, D R Arrears, Medical Allowance and pay, if received, during 2010-11

Col 2 Income from house property :- The rent received by letting house , is to be reduced by

(i) Municipal Taxes and
(ii) Maintenance charge upto 30% of the balance.The net result is to be shown as income from "House Property"

Col 3 Income from 'Other sources' (a) if a person is Receiving Family Pension, the amount of such pension is to be reduced to the extent of 1/3rd of Pension or Rs. 15,000/- whichever is lower (b) Interest received on Fixed Deposits, including post office monthly income scheme Sr Citizen savings scheme, and savings Bank accounts in Bank.

Col 4 Gross Total Income (1+2+3)

DEDUCTION

Col 5 Deduction under chapter VI –A (Section) Deposit or payments made during 1.4.10 to 31.3.11

(a) 80 C - LIC, PPF, NSC, Tax Saving Mutual Funds, Bank Deposit, Scheme 2006 for 5 years,

Post Office, Time Deposits for 5 years, ULIP, Sr.Citizen savings scheme.

(b) 80 CCC - Deposit in annuity plan of LIC and other.

(c) 80 CCD - Pension Scheme of Central Govt. Aggregate amount of permissible deduction under section 80C, 80CCC AND 80 CCD Rs 1,00,000/- © 80 CCF Deduction upto Rs. 20,000/- in addition to Rs. 1,00,000/-, can be claimed for deposit in notified long term, infrastructure Bonds.

(d) 80-D - Medical Insurance Premium upto Rs. 15,000/- For Senior Citizen Rs. 20,000/-

(e) 80 DD - Medical Treatment of disabled dependent.

(f) 80 DDB- Medical Treatment [Sub-sections (e) to (l) mostly not applicable]

(g) 80 E - Interest on loan for higher Education. (Govt, notification may be referred.)

(h) 80 G – 50 % of Donation to recognized Charitable Funds.

(i) 80 GG - Rent paid -mostly not applicable

(j) 80 GGA-Donation to scientific / Rural Dev- Fund:

(k) 80 GGC-Contribution to Political Parties

(l) 80 – U-Mostly not applicable

Col 6 Deductions (Total from 5 (a) to 5 (l))

Col 7 Total Income Col.- 4 (-) Col. 6

INCOME TAX

Col 8 Tax payable on Total Income as in col. 7 The calculation of Income Tax on total Income,

1. Upto 1,60,000 Income Tax : Nil

2. 1,60,001 to 5,00,000 Income Tax : 10%

3. 5,00,001 to 8,00,000 Income Tax : 20%

4. Above Rs. 8,00,000 Income Tax : 30%

For Women: Tax up to Rs. 1,90,000/- NIL

For Senior Citizens –Tax upto Rs. 2,40,000/- Nil and on the balance at above rates

The total of (2),(3) and (4) as applicable is the **Income Tax** on Total Income.

Col 9 (a) Secondary Education **cess @ 2%** and Higher Education **cess @ 1%** on Income Tax (Total 3%)

Col 10 Total Tax and Education Cess payable (8+9)

Col 11 Relief under Section - 89 (Mostly not applicable) *When a pensioner receives pension in arrears, it may happen, that he becomes liable*

to pay more Tax. To mitigate this hardship, section 89 of the Act provided for allowing the Tax relief. But it may not be advantageous this year because the tax rates are decreased in comparison to earlier years.

Col 12 Relief under Section - 90/91
(Mostly not applicable)

Col 13 Balance Tax Payable [10- 11-12]

Col 14 Total Interest payable
u/s 234 A/ 234 B / 234-C

Col 15 Total Tax & Interest Payable (13 + 14)

Col 16 Taxes Paid (a) Advance Tax (from column

25) Details of advance tax paid and (c) Self assessment Tax paid is to be taken from col 25, If the tax liability for the year exceeds ₹10,000/- the Advance Tax is to be paid in 4 instalments, failing which interest becomes payable and the same is to be mentioned in col. 14.

c) Self Assessment Tax (from Col. 25) is the amount of tax, due to be paid, after finalizing calculation This amount (Tax) is to be paid in any authorized nationalized Bank through chalan No. 270 and the particulars mentioned in col. no. 25. b) TDS : Tax Deducted at source from pension (Col. 23) and from interest etc. is to be detailed in col. 23 and 24, and the amount to be shown against (16 (b))

Col 17 Total Taxes paid (16a + 16b+16c) :

Col 18 Tax Payable :

At this stage it should be NIL, because the difference between total Tax payable Col 15 and Tax Paid in Col.No.16 is paid by us as "Self Assessment Tax" and shown in col. 25.

Col 19 Refund :If tax paid 17 is greater than 15, then only some Refund will be due

Col 20 Enter your bank account in case of any refund being due

Col 21 If the refund is sought by cheque, it should be ticked accordingly.

Col 22 If No refund is due : In col. No. 19 to 22 'No refund' may be written.

Col 23 Mostly not applicable

Col 24 Other Information :The details of Transaction entered during 2010-11 are to be written. If :

Code 005 Payment of one lakh or more for shares issued by company

002 Payment of two lakh or more against bills of Credit Card.

003 Payment of two lakh or more for purchase of Mutual Funds Units

004 Payment of Five lakh or more for debentures of company.

008 Payment of Rs. Five lakh or more in R.B.I. Bonds.

001 Cash Deposit of Rs. Ten lakh or more in Bank S.B. A/C.

006 and 007 Payment Rs 30 lakhs or more for Sale / Purchase of immoveable property.

(Refer instructions in the of Income Tax Return form if necessary.)

Col. 25 Exempt income, for reporting purposes (from Dividend, Capital Gains etc.)

Col. 28 and 29 mostly not applicable

The return should be prepared in duplicate duly signed one copy presented to Income Tax Deptt. and the other copy kept on record, with fill details, and accompaniments for future reference.

Note:- Form 15 H to be given by Sr.Citizen and 15 G by others to avoid Tax Deducted at source every year. The column nos have reference to income tax return for the Assessment year 2010-2011

Pune dated :24/1/2011 S. K. Deshpande

(PH 020- 2543 3900) CAO (Retd)

AICG, Pensioners' Association

Pune Br, 1735, Sadashiv, Pune- 411 030
09422526655

THE TRUE FRIEND

Iron turns into rust if it seeks the company of soil. It glows, softens and takes on useful shapes, if it enjoys the company of fire. Dust can fly if it chooses the wind as its friend. It has to end as slime in a pit, if it prefers water. It has neither wing nor foot, yet it can fly or walk, rise or fall, according to the friend it selects.

Sathya Sai Baba

ORGANIC VS NATURAL FOOD

Organic fruits and vegetables seem to have little or no nutritional benefits compared to the the normally-grown produce. Eatables grown using modern and artificial means are tastier and more nutritious than crops grown organically. PH

RESTORE SEC 80C CONCESSION

Letter No BPS/SG/Budget/2K11 dt 06.03.2011 from Shyam Sunder, Secy Genl BPS, New Delhi to Hon Finance Minister, New Delhi-110001

Sub: Prayer to rectify the additional tax burden on Senior Citizens/Pensioners consequent on short-term tax savings instruments not finding a place in the D T C as at present known

Respected Sir, While welcoming the goodwill gesture of reducing Sr. Citizen Classification age from 65 years to 60 years & creating the category of Senior senior citizens aged 80 years & above, which in fact should have started from age 70 years & above. Bharat Pensioners Samaj which is one of the largest organization of Central Government Pensioners in India, herewith submits an humble prayer outlining the adverse affects of the Direct Taxes Code on Senior citizens, consequent on short-term tax saving instruments at present available to them under present section 80C not finding a place in the new Direct Taxes Code proposed to be implemented w.e.f 01.04.12.

Three Tables are attached to indicate how they are affected. A brief note is also appended herewith.

Surely, it is not the intention of Government to rope in even those assessees/senior citizens, who avail at present of 80 C short-term tax saving instruments and who at present have no or less tax liability further into the tax net, after the DTC comes into effect

BPS, humbly pray that you may be pleased to sympathetically consider this prayer and recommend that senior citizens may please be spared from having to incur additional tax liability after DTC comes into effect, by adopting either of the suggestions given below:

To remedy the situation, at the present level of Taxation, it is suggested that:

(i) In the case of senior citizens only, short-term tax saving instruments as at present in section 80C may be continued and included in the DTC.

OR

(ii) The exemption limit in the case of senior citizens may be fixed at Rs.3.5 lakhs, at least to restore the status quo in their case.

Thanking you, Yours faithfully

A brief note on adverse implications of Direct Taxes Code for Senior citizen pensioners

In the budget presented on 28.2.2011 the Finance Minister has announced that the exemption limit for ordinary citizens will be increased to Rs.1.8 lakhs, that persons who are sixty and above will become senior citizens and that very senior citizens of the age of 80 and above will be exempt up to Rs.5 lakhs total income. He has further stated that these changes would entail a great revenue loss for the Government.

If one were to read the fine print of the Direct Taxes Code as known at present, it will be seen that in the absence of short-term tax saving instruments with the repeal of present section 80C of Indian Income-tax Act, once the Direct Taxes Code comes into effect, those assessees who at present avail of investment in short-term tax saving instruments and get an exemption of Rs.1 lakh from their total income for tax purposes, and who may not be in a position to avail of investment in long-term tax saving instruments provided for in the Direct Taxes Code, will be deprived of the same once the Direct Taxes Code comes into effect, since short-term tax saving instruments do not find a place therein. The tables given will indicate how such assessees will be adversely affected despite the Finance Minister's announcements, and indeed there will be a revenue gain for the Government and not revenue loss per each such assessee.

As regards revenue loss consequent on senior citizens of the age of 80 and above having an exemption limit of Rs.5 lakhs, since the number of such persons will be very small, the loss may not be significant.

Tables are given below to indicate how additional tax liability will have to be borne by all such assessees below 80 years of age, ranging from ₹1030 to ₹ 9270 per assessee as shown therein.

To remedy the situation, it is suggested that:

(i) In the case of senior citizens only, short-term tax saving instruments as at present in section 80C may be continued and included in the DTC.

OR

BHARAT PENSIONER

(ii) The exemption limit in the case of senior citizens may be fixed at Rs.3.5 lakhs, at least to restore the status quo in their case, at the present level of Taxation.

TABLE I

Tax liability in the case of ordinary assessees below the age of 60

(* The figures are with education cess of 3 %)

Total income	Tax in Fin. Year 2010-11		
	With no short-term Tax saving instruments	Tax with benefit of 80C	Tax under DTC with Rs.2 lakhs basic Exempt limit
1.6 lakhs	—	—	—
1.7 lakhs	1030	—	—
1.8 lakhs	2060	—	—
1.9 lakhs	3090	—	—
2.0 lakhs	4120	—	—
2.1 lakhs	5150	—	—
2.2 lakhs	6180	—	—
2.3 lakhs	7210	—	—
2.4 lakhs	8240	—	—
2.5 lakhs	9270	—	—
2.6 lakhs	10300	—	1030
2.7 lakhs	11330	—	2060
2.8 lakhs	12360	—	3090
2.9 lakhs	13390	—	4120
3.0 lakhs	14420	—	5150
3.1 lakhs	15450	—	6180
3.2 lakhs	16480	—	7210
3.3 lakhs	17510	—	8240
.....
5.0 lakhs	35020	24720	25750

The figures in bold letters indicate how ordinary assessees who at present avail of 80 C benefits will be adversely affected once the DTC in its present form as known comes into effect, in the absence of short-term tax saving instruments since they will have to pay additional tax of Rs.6180 per assessee, which indeed is a revenue gain for Government.

TABLE II

Tax liability in the case of assessees between ages of 60 and 65

(* The figures are with education cess of 3 %)

Total income	Tax in Fin. Year 2010-11		
	With no short-term Tax saving instruments	Tax with benefit of 80C	Tax under DTC with Rs.2.5 lakhs basic Exempt limit
2.4 lakhs	—	—	—
2.5 lakhs	1030	—	—
2.6 lakhs	2060	—	1030
2.7 lakhs	3090	—	2060
2.8 lakhs	4120	—	3090
2.9 lakhs	5150	—	4120
3.0 lakhs	6180	—	5150
3.1 lakhs	7210	—	6180
3.2 lakhs	8240	—	7210
3.3 lakhs	9270	—	8240
3.4 lakhs	10300	—	9270
3.5 lakhs	11330	—	10300
3.6 lakhs	12360	—	11330
3.7 lakhs	13390	—	12360
3.8 lakhs	14420	—	13390
.....and so onand so onand so onand so on
5.0 lakhs	26780	16480	25750

	80C	of 80C	lakhs basic Exempt limit
1.6 lakhs	—	—	—
1.7 lakhs	1030	—	—
1.8 lakhs	2060	—	—
1.9 lakhs	3090	—	—
2.0 lakhs	4120	—	—
2.1 lakhs	5150	—	—
2.2 lakhs	6180	—	—
2.3 lakhs	7210	—	—
2.4 lakhs	8240	—	—
2.5 lakhs	9270	—	—
2.6 lakhs	10300	—	1030
2.7 lakhs	11330	1030	2060
2.8 lakhs	12360	2060	3090
2.9 lakhs	13390	3090	4120
3.0 lakhs	14420	4120	5150
3.1 lakhs	15450	5150	6180
3.2 lakhs	16480	6180	7210
3.3 lakhs	17510	7210	8240
.....
5.0 lakhs	35020	24720	25750

The above table indicates that even persons in the age range 60 to 65 who at present avail of 80C tax saving instruments will have to pay an additional Rs.1030 as tax per assessee, which again is a revenue gain for the government.

TABLE III

Tax liability in the case of assessees between ages of 65 and 80

(* The figures are with education cess of 3 %)

Total income	Tax in Fin. Year 2010-11		
	With no short-term Tax saving instruments	Tax with benefit of 80C	Tax under DTC with Rs.2.5 lakhs basic Exempt limit
2.4 lakhs	—	—	—
2.5 lakhs	1030	—	—
2.6 lakhs	2060	—	1030
2.7 lakhs	3090	—	2060
2.8 lakhs	4120	—	3090
2.9 lakhs	5150	—	4120
3.0 lakhs	6180	—	5150
3.1 lakhs	7210	—	6180
3.2 lakhs	8240	—	7210
3.3 lakhs	9270	—	8240
3.4 lakhs	10300	—	9270
3.5 lakhs	11330	1030	10300
3.6 lakhs	12360	2060	11330
3.7 lakhs	13390	3090	12360
3.8 lakhs	14420	4120	13390
.....and so onand so onand so onand so on
5.0 lakhs	26780	16480	25750

The above table indicates that even persons in the age range 65 to 80 who at present avail of 80C tax saving instruments will have to pay an additional Rs.9270 as tax per assessee, which again is a revenue gain for the government.

Surely, it is not the intention of Government to rope in even those assessees/senior citizens, who avail of present 80 C short-term tax saving instruments and who at present have no or less tax liability into the tax net, after the DTC comes into effect.

To remedy the situation, it is suggested that:

- (i) in the case of senior citizens only, short-term tax saving instruments as at present in section 80C may be continued and included in the DTC.

OR

- (ii) the exemption limit in the case of senior citizens may be fixed at Rs.3.50 lakhs, at the present level of Taxation, at least to restore the status quo in their case.

Shyam Sunder, Secy Genl, BPS

Never forget his lines

by Dr K K Paul

Many of us, hooked on a diet of cricket, politics and more cricket, didn't remember the great poet Sahir Ludhianvi on his 90th birth anniversary on March 8. Perhaps, this has something to do with his poetry being more resonant in post-Independence India of the 50s and 60s rather than in these 'optimism only please' times. Whatever be the case, Ludhianvi deserves to be feted by us today.

Sahir's first collection, *Talkhian*, published in 1944 while he was still in college, brought him instant recognition, the poems casting a spell on contemporary Hindi and Urdu literature. He tried his hand at editing two literary journals, *Preet Lari* and *Shak rah*, from Delhi, but was unable to resist the call of the world of movies and moved to Bombay in 1948.

The initial reception of the film industry, unsurprisingly, was rather cold. But Mohan Segal, a well-known film producer also from Ludhiana,

took him to meet SD Burman. This would be the beginning of an all-time great partnership. Sahir and SD came together for the first time in *Naujawan* (1951) with the song '*Thandi hawayen lehra ke aayen*', a favourite of Lata Mangeshkar. The duo then took the country by storm in the Guru Dutt-directed, Dev Anand-starring *Baazi* (1951). But this partnership wasn't without its hiccups. The famous '*Tadbeer se bigdi hui taqdeer bana le*' from *Baazi* was written in a ghazal style by Sahir. But Burman composed a peppy tune suited for a 'cabaret-type' scene. Guru Dutt brokered a compromise. When released in 1951, the film was an instant hit with Geeta Roy's (later Geeta Dutt) husky voice enchanting a whole nation.

Sahir reached his creative heights in the 1957 classic, *Pyaasa*, again hooking up with the SD Burman-Guru Dutt team. The youthful rebel in Sahir and his portrayal of emotional dilemmas faced by the poor and the anguished often led people to identify him with Leftists. A crusader against society's false and hollow values, he continued to write with his trademark heightened realism. While most of his Urdu poetry revolved around women, beauty and wine, Sahir addressed the fundamental problems of the human condition and injustice — whether in society or in love. He is known to have had at least two intense relationships, dying a bachelor. The famous '*Chalo ek bar phir se ajnabe ban jayen hum dono...*' (Come, let the two of us become strangers again) from *Gumrah* (1963) was supposedly written when he found a woman he loved getting engaged. Sahir wrote for *Kabhi Kabhi* (1976): "*Main pal do pal ka shayar hun... Masaruf zamana mere liye kyon waqt apna barbad kare*", (I'm a poet for a second or two... why would the bus) world waste its time on me). This pretty much summed up his approach to life.

Dr KK Pauls former Delhi Police Commissioner
Courtesy : Hindustan Times, New Delhi

LONELINESS

You cannot be lonely if you like the person you're alone with.

Wayne W Dyer

NAC PROCEEDINGS

Circular letter No.AIRF/NAC/2011 dt: 16.02.2011 from Shiva Gopal Mishra, Genl Secy, AIRF, New Delhi to General Secretaries, All Affiliated Unions,

Sub: Feedback on the 3rd meeting of the National Anomaly Committee

Dear Coms, 3rd meeting of the National Anomaly Committee was held yesterday, i.e. on 15th February, 2011 under the chairmanship of Secretary(R), DoP&T(Govt of India), wherein the following deliberations' were made. Though we know that no substantial relief has been given, but we hope for some outcome in the meetings likely to be held in future.

Two issues which are very important from our point of view - one is increment from January for those whose DNI falls between February and June was virtually rejected by the Ministry of Finance (Expenditure) but yesterday we again raised this issue, and after prolonged discussions, the Secretary, DoP&T had agreed to review the matter. An indication has also been given that if Staff Side agrees for one time exemption, then the issue can be resolved.

We also raised the issue of MACP Scheme, particularly abolition of GP Rs.2000. The Jt. Secretary (Estt.) stated that they would hold another round of discussions before finalizing the issues related to MACP Scheme,

I raised the issue of early realization of items of Departmental Anomaly Committee which are pending with the MoF(Exp). I stated that the DAC of Rlys had sent unanimous recommendations on various items to MoF(Exp). More than nine months have passed and these issues are still pending with the MoF and the Railwaymen are feeling lot of frustration and therefore these need immediate redressal.

Though orders for Cadre Restructuring have been issued by the DoP&T vide OM No.35Q34/9/2010-Estt.(D) dated 10th February, 2011, we raised the issue that Matching Savings is not possible in the case of Railways. The President/ AIRF and Secretary, NC/JCM{Staff Side} also

emphasized on the issue and stated that in the Safety Categories, Railways cannot give Matching Savings. Therefore, for Cadre Restructuring, Matching Savings should not be insisted upon. It has been agreed by the Jt, Secretary(Pers.) that if reference comes from the Railways, that would be considered favourably, Apart from the above issues, we also discussed agenda items which were not discussed so far in the NAC.

Item No.11: Grant revised allowances w.e.f. 1.1.2006 -

Item No.12 & 13: Transport Allowance -

Item No.14: Revision, of existing allowances which are to be withdrawn and replaced by new schemes-

Item No.20: Daily Allowance on tour -

Item No.28: Grant of GP Rs.540Q in PB-2 for Asstt. Accounts/Audit Officers - Will be taken-up separately with the Jt Secy (Pers) and (Estt.)
Item No.29 and 30: Revision of Base Index for DA and Benchmark in AICPI Scheme for grant of DA/DR w.e.f. 1.1.2006 on CPC VI level pay / pension restructuring - Staff Side will give list which will be examined by the Jt. Secretary (Pers.).

Item No.31: Child Care Leaves in respect of Central Government Women Employees as a result of Sixth Pay Commission report -

Item No.37: Waiver of recovery of higher DA/PR drawn during the period from 1.1.2006 to 31.8.200
-Not Agreed.

Item 38: Anomaly in fixing grade pay - Deferred,
item No.39: Anomaly due to not applying uniformly the multiplication factor of 1.86 in fixing the minimum pay in all the revised pay bands applying different -
Unresolved

Item No.40: Grant of notional increment as may be due on the first day of July following the superannuation/death in service for computation of emoluments/average emoluments for pensioner benefits -
Not Anomaly.

Item No.41: Fixation of pay on promotion to a post carrying the same grade pay -

Item No.43: Anomaly in the pay scale/pay band and grade pay of Library Information Assistants -
Already finalized

Item No.44: Before the 6th Pay Commission, there were 3 HAG scales of pay -
Under review.

COMPASSIONATE APPTT

Decision of the Tribunal, in this case grant of Compassionate Appointment, cannot be permitted to be by-passed by circumventing the decision of the Tribunal / Court to deny the benefit to the litigant

Facts: The Applicant, who was a minor when his father working in the Postal Department died on 6-11-1985, applied for Compassionate Appointment on 21-12-1995, when he became major. He filed earlier two OAs. In both the OAs, the Tribunal analyzed the case and directed the Respondents to consider his case in accordance with law. His request for compassionate ground appointment were rejected in both the times. Hence he filed this OA for the relief of considering his case for Compassionate Appointment with an MA for condoning delay in filing this OA.

The MA was allowed as the delay is beyond his control and he has a meritorious case for consideration.

The Respondents contend that the family had survived for over 24 years and hence their decision to reject his request is in order. They relied on three earlier decisions of the Apex Court to state so.

The Tribunal considered the submissions of both sides. It took note of the case of Collector, Land Acquisition, Anantnag vs Mst. Katiji [AIR 1987 SC 1353], wherein it is said that meritorious claim should not be rejected on account of delay. In the case of APSRTC vs G Srinivas Reddy [2006 (3) SCC 674], it was held that **if the process of decision making authorities is erroneous and an order is given to consider the case afresh**, the authorities have to consider and decide the matter in the light of the findings and observations of the court. In the case of K.A. Ansari and another vs Indian Airlines Ltd. [2009 (1) SCC (L&S) 363], it was said that **the decision of the court is to be implemented** and in case any ambiguity exists in that order, court should be approached for clarifications. **The order should not be circumvented.**

In the present case, the Tribunal has recorded categorical findings in the earlier two occasions and the authorities should act as per those decisions without circumventing it to reject the

case of the Applicant. The earlier decisions had been upheld by the High Court and attained finality in view of the subsequent decision of Apex Court. In the case of Ansari (supra), it has been said that authorities cannot circumvent the decision of a Court / Tribunal. Hence the orders passed by the Respondents are quashed and set aside. As the authorities relied only on their earlier grounds to reject his case for appointment, the Tribunal directed the Respondents to appoint the Applicant forthwith. Cost of ₹ 2,000 is quantified payable by Respondents.

[Annirudhsinh M. Zala vs Director of Postal Services and another - Ahmedabad Bench - O.A. No. 389 / 2008 with M.A. No. 467 / 2008 - Date of judgment 22-9-2009.]

Continued from p-19

Item No.45: Anomaly in pension of those in receipt of stagnation increments in pre-revised pay scales
- Official Side agreed to consider the cases where someone had stagnated beyond one year in the pre-revised scale,

Item No.46 and 49 - Disparity in pay scales and status of officers in stenographers cadre and Anomalies in the matter of pay scales of stenographers - Will be examined.

Item No.50: Anomalies in the pay scales of official language staff -

Item No.51: Assigning higher grade pay of Rs.4600 to Administrative Officer Gr. III and Private Secretary in Subordinate Offices - Resolved
Shiva Gopal Mishra, Genl Secy

Editor's NOTE : Some of the items listed above pertain to serving employees while some relate (or appear to relate) to both pensioners and those in service while replies (as drafted by GS / AIRF) in r/o the former have been omitted, those belonging to the latter have been printed (*in italics*)

The Company You Keep

You will have to live with people who are blissful, so that you can have a little whiff, a taste. You will have to live in satsang. You will have to look into the eyes of someone who has arrived, so that you can have a little taste - a little sweetness enters into your being, and you can see. ***Osho***

TREATMENT OF MSP ON RE-EMPLOYMENT

OM.No 3/1 9/2009 Estt. Pay II dated the 8th Nov. 2010 from Ministry of Personnel, P G & Pensions, Deptt of Personnel & Training, New Delhi

Sub: Fixation of pay of re-employed pensioners
Treatment of Military Service Pay

The undersigned is directed to refer to the orders issued vide OM dated 5.4.2010 on fixation of pay of re-employed pensioners. These orders inter-alia lay down that on re-employment in civilian organizations, Military Service Pay shall not be admissible. However, the benefit of MSP given to all retired Defence Forces officers/personnel by reckoning it at the time of calculation of their pension (notionally in the case of pre - 1.1.2006 pensioners) should not be withdrawn. Accordingly, while the pension of such re-employed pensioners will include the element of MSP, they will not be granted MSP while working in civilian organizations.

In the instructions issued by the Ministry of Defence vide their letter No. 1/69/2005/ D (Pay/ Service) dated 24th July 2009, Pre-retirement pay has been defined as under: (i) In respect of re-employment taking place on/or after 1.1.2006 pre-retirement pay for those who retired after 1.1.2006 means the pay in the pay band plus grade pay but inclusive of Non-Practicing Allowance (NPA) if any, last drawn before retirement.

(ii) In case of officers who retired before 1.1.2006 and also those who retired after 1.1.2006 in the pre-revised pay scales without opting for the revised pay scales promulgated on or after 1.1.2006 the pay will be basic pay including stagnating increment and Rank pay plus the Dearness pay and Dearness allowance drawn at the time of retirement.

As per these orders, for pre-2006 retirees rank pay is included as a part of pay but for post -2006 retirees, the MSP is not reckoned in the pre-retirement pay for the purposes of pay fixation on re-employment. However, for pension purposes the reckonable emoluments are -basic pay + grade pay + MSP + NPA wherever admissible. Therefore, while MSP is not taken into

consideration for the purposes of pay fixation on re-employment, the element of MSP in pension is deducted.

It has been decided in consultation with the Department of Expenditure, that since the element of MSP is not reckoned in the pay fixation on re-employment, it need not be reduced from the pension either. Hence, in respect of all those Defence Officers/ personnel, whose pension contains an element of MSP, that need not be deducted from the pay fixed on re-employment.

O.M. No 3901 1/12/2009-Estt.(B) dated 16th Nov. 2010 from Ministry of Personnel, Public Grievances & Pensions (Department of Personnel & Training), New Delhi

Sub : Departmental proceedings against Government servants - consultation with the Union Public Service Commission for ..

The undersigned is directed to say that the existing instructions issued by this Department provide that the disciplinary proceedings taken against Government servants should be processed and completed expeditiously. Occasionally, the charged officers approach the Courts to quash the disciplinary proceedings and in many such cases the Courts give direction to the Government to complete the proceedings within a time limit prescribed by the Court. In certain instances the Government seeks further time from the Court and in certain other instances, the petitioners file contempt petitions for not having completed the proceedings as per the Court orders. In many of such cases, the UPSC has to be consulted as per the existing regulations, before final orders are issued.

2. The UPSC has brought to the notice of this Department that in the above cases, some Ministries/Departments have stated in the affidavit filed before the Court that the matter has been pending with the UPSC and the delay in completing the proceedings was due to the delay in receipt of advice from the UPSC although such cases had been returned by the Commission to the Administrative Ministry to rectify the deficiencies noted by it. In this connection, attention of Ministries/Departments is drawn to this Department's OM of even number dated

10.5.2010 and 14.9.2010 in which it has been reiterated that the Commission generally takes 3-4 months to render its advice after the complete case records have been received by the Commission and that the Ministries/Departments should ensure that the prescribed proforma for sending the case records to the UPSC is filled with due care and attention to avoid any back reference by the Commission to rectify the deficiencies. A case may not be taken as delayed on the part of UPSC if the Commission has returned the same to the Administrative Ministry to remove deficiencies.

3. All Ministries/Departments are requested that in cases where the Courts are being apprised the time taken in finalizing a disciplinary proceeding through affidavit, information in regard to the pendency of the matter before the Union Public Service Commission may be correctly projected.

OM No. S.1 101 1/23/2009-CGHS D.II/Hospital Cell (Part I) dated 16th Nov. 2010 from Ministry of Health & Family Welfare, Department of Health & Family Welfare, New Delhi

Sub: Clarification regarding Primus Ortho & Spine Hospital, Chandra Gupta Marg, Chanakya Puri, New Delhi - 100 021

The undersigned is directed to invite reference to the Office Memorandum of even number dated 20th October 2010 on the above subject, and to clarify that Primus Ortho & Spine Hospital, Chandra Gupta Marg, Chanakya Puri, New Delhi-110 021 would continue to be on CGHS, Delhi panel at old (pre-revised) rates till the matter is decided by Hon'ble High Court of Delhi as per the directions of Hon'ble High Court of Delhi in WP (C) No. 6720 of 2010 filed by Delhi Hospital Society Regd, Vs Union of India and Others.

15 CGHS CITIES : Continuous empanelment

OM No.S.11011/23/2009-CGHS D.II/Hospital Cell (Part IX) dated 8th Dec, 2010 from Ministry of Health & Family Welfare, Department of Health & Family Welfare, New Delhi - 110 108

Sub: Continuous empanelment of private

hospitals and Diagnostic Centres under CGHS

With a view to ensuring comprehensive health care to CGHS beneficiaries, CGHS has been, apart from the Government Hospitals, empanelling private hospitals and diagnostic centres by floating tenders periodically. The latest tender process in this context commenced in the second half of 2009. Even the already empanelled hospitals /diagnostic centres under CGHS were required to submit the bids under this tender process. Through this process, package rates for different treatment procedures and investigations have been notified in 2010. As a part of this process, certain hospitals and diagnostic centres which have accepted these rates and also signed MOAs with CGHS have also been notified in some of the CGHS cities.

2. However, it has been noticed that the number of hospitals and diagnostic centres notified in some cities through the current tender process is not adequate to provide a satisfactory level of healthcare to CGHS beneficiaries in all areas in these cities. Also, there has been no or little response in certain other cities, with the result a situation has arisen where CGHS is not in a position to provide to its beneficiaries the requisite healthcare due to lack of adequate number of hospitals and diagnostic centres in different cities.

3. Accordingly, it has become necessary to introduce 'Continuous Empanelment Scheme', under which more hospitals and diagnostic centres could be empanelled to take care of inadequacy in the current tender process. In this background, it has been decided to invite hospitals and diagnostic centres to come forward and apply for empanelment under CGHS if they are willing to fulfil! the same terms and conditions and accept the rates notified by CGHS in the latest tender process.

4. The continuous empanelment scheme will not cover, for the present, the following cities, as the tender process initiated in these cities is yet to be completed: (i) Bhopal (ii) Bhubaneshwar, (iii) Meerut, (iv) Nagpur, and (v) Patna.

In addition, continuous empanelment scheme is not being extended, for the present,

to Delhi (including NCR), Allahabad, Kanpur and Jaipur.

5. The continuous empanelment scheme will cover, for the present, the following cities.

1. Mumbai
2. Kolkata
3. Chennai
4. Bengaluru
5. Hyderabad
6. Ahmedabad
7. Chandigarh
8. Dehradun
9. Guwahati
10. Lucknow
11. Jabalpur
12. Pune
13. Ranchi
14. Shillong
15. Thiruvananthapuram

6. The continuous empanelment scheme would be in force initially for a period of six months, i.e., upto 31st May, 2011.

7. The application form for the continuous empanelment scheme can be downloaded from the website of CGHS, www.mohfw.nic.in/cghsnew/index.asp

WHOLE LIFE PLASTIC CARDS

OM No. Misc. 6024/2007/CGHS(HQ)/CGHS(P) dated 22 Dec, 2010 from Ministry of Health & Family Welfare (Department of Health), New Delhi

Sub: Issue of Individual Plastic Cards to each CGHS Beneficiary - guidelines to pensioner beneficiaries

The undersigned is directed to draw attention to the office memorandum of even number dated 30th December 2009 and to clarify that in response to representations received from pensioner CGHS beneficiaries, it has now been decided to partially modify para E (2) of the said memorandum.

Para E (2) of the Office Memorandum of even number dated 30th December 2009, which reads as

"The Plastic Cards (which are identity cards) are issued for a maximum period of Five years or till entitled for CGHS benefits, whichever may be earlier. The actual validity of CGHS Card for availing services shall be as per records available in CGHS Data base. In case of CGHS pensioners who have paid for 'Rest of Life' facilities a new plastic Cards shall be issued after 'Five years' without any additional contribution. However the beneficiaries would not be denied CGHS facilities, if there is any inadvertent delay in procurement of new plastic cards after five years, provided the beneficiary is entitled for CGHS benefits."

- is replaced by the modified paragraph which reads as follows:

Para E (2) The Plastic Cards (which are identity cards), would, hereinafter, be issued with validity till the pensioner beneficiary is entitled for CGHS benefits. In respect of pensioner CGHS beneficiaries, who have paid CGHS contribution for 'Rest of Life' ; CGHS facilities, the Plastic cards would, hereinafter, be issued for 'Rest of Life'.

The Plastic cards already issued with a printed validity of five years to pensioner beneficiaries, who had paid CGHS contribution for 'Rest of Life' CGHS , would be taken as valid for use for "Rest of Life". However, such CGHS pensioner beneficiaries have the option to obtain new plastic cards after five years, if they choose to do so.

The other contents of the Office Memorandum of even number dated 30th December 2009, remain unchanged.

PENSIONER CGHS CARD : PROMPT ISSUE

OM No: 37-1/2009-C & P/CGHS (P) dt 23.2.2011 from Ministry of Health and Family Welfare Department of Health & Family Welfare New Delhi 110108

Sub: Issue of pensioner CGHS Cards to Central Government servants before retirement

Central Government servants on their retirement from service are entitled to CGHS facility, if they retire from office Ministries / Departments / Offices covered by CGHS. For availing CGHS facility, if eligible, after retirement from service, pensioners are required to fill up the requisite form and deposit the appropriate amount [lump sum amount equivalent to one year's contribution for availing CGHS facility for one year (which can be extended on an annual basis on payment of the appropriate contribution as applicable at the time of renewal) or pay in lump sum equivalent to ten years' contribution for availing CGHS facility with life-time validity]. The process of issuing of pensioner CGHS cards starts only after the Government servant retires from service and only after the Pension Pay Order (PPO) and Last Pay Certificate (LPC) are issued by the Ministry / Department / Office. The completion of the formalities takes two to three months, which puts pensioners in a problematic condition for getting treatment from the date on

which they retire from service and the time when a pensioner CGHS card is issued to them.

2. The Ministry of Health & Family Welfare has received representations from retired Central Government servants and from officials due for retirement within the next few months with the request that the policy regarding issue of pensioner CGHS cards be simplified so that they are in a position to get the pensioner CGHS card a day after their retirement from service.

3. The matter has been examined by the Ministry of Health & Family Welfare in consultation with CGHS and it has been decided that the following course of action will be taken in respect of officials who are entitled to avail CGHS facility after his / her retirement from Government service:

All Ministries / Departments will, alongwith pension papers, give the application for issue of pensioner CGHS cards to the official three months before the due date for retirement of the official; The official, if he / she is interested in availing CGHS facility after his / her retirement, will:

- a. Fill up the form for issue of pensioner's card;
- b. affix stamp sized photographs of the family members entitled to avail CGHS facility in the proforma for issue of pensioner's card;
- c. enclose Demand Draft / Pay Order for the appropriate amount with reference to his / her decision to get CGHS card with life-time validity (the amount will be equal to ten years' contribution) or with validity for one year (the amount will be equal to one year's contribution). For obtaining the card in Delhi, the Demand Draft / Pay Order will have to be made payable to

"Pay & Accounts Officer (CGHS), payable at Delhi" and for obtaining card in a CGHS city outside Delhi, the Demand Draft / Pay Order will have to be made payable to "Additional Director or Joint Director (as the case may be) of the CGHS city, payable in that city";

- (iii) The Ministry / Department will add a certificate of pay, grade pay, etc., drawn by the applicant to the application form and also mention the entitlement of ward (Private ward / Semi-Private Ward / General Ward) at the time of retirement of the official;

- (iv) The Ministry / Department will forward the

application complete in all respects to the Additional Director in the concerned CGHS city after verifying the particulars furnished by the applicant six weeks before the date of retirement of the official;

(v) CGHS pensioner cell in the concerned CGHS city will initiate action to get the pensioner card prepared;

(vi) The validity of the pensioner card will start from a date after the last day of service of the official;

(vii) If the beneficiary, while in service, has been issued plastic card, then the beneficiary identification number (Ben ID No.) will not be changed at the time of preparation of pensioner card and the same Ben ID number will be carried forward in the pensioner card;

(viii) The pensioner card will be handed over to the retired official only after the date of superannuation / retirement from service; and

(ix) Before the pensioner CGHS card is issued to the beneficiary, the plastic CGHS cards issued to all the members of the family will be surrendered.

4. Alt' Ministries / Departments are requested to give wide publicity to the contents of these instructions.

R Ravi, Director

Casualty Pensionary Awards : Rationalization

Letter No 17(4)/2008(1)/D (Pen/Policy)/ - Vol-V dt 15.02.2011 from Ministry of Defence, Deptt of Ex-Servicemen Welfare . Sena Bhavan, New Delhi To, The Chief of Army Staff/

The Chief of Naval Staff/

The Chief of Air Staff

Sub: Rationalization of casualty pensionary awards for the Armed Forces Officers and Personnel Below Officer Rank (PBOR) - Special benefits in cases of death and disability in service prior to 1.1.2006 - reg

The undersigned is directed to refer this Ministry letters No 17(4)/2008(1)/ D(Pen/Policy) dated 11.11.2008 and No 16(6)/2008(I)/D(Pen/Policy) dated 4.5.2009, issued in implementation

of the Government decision on the recommendations of Sixth CPC for revision of Disability / Liberalized Disability / War injury pension and Special family pension / Dependent pension (Special) / Liberalized family pension / Dependent pension (Liberalized) / 2nd life award (in case of PBOR) for the Armed Forces Officers and Personnel Below Officer Rank (PBOR) retired / discharged / died / invalidated out from service prior to 1.1.2006.

2. The question of grant of modified parity between pre-2006 and post-2006 Armed Forces pensioners drawing pension under casualty pensionary awards has been under consideration of the Government for quite some time. The President is pleased to decide the following provisions mentioned in succeeding paragraphs for revision of pension / family pension for pre-2006 Armed Forces pensioners / family pensioners drawing pension under casualty pensionary awards-Special Family Pension

3. The special family pension revised in terms of this Ministry's letter dated 11.11.2008 read with letter dated 4.5.2009, shall not be less than 60% of the minimum of the pay in the pay band plus Grade pay, Military Service pay, 'X' Group pay where applicable / minimum of pay in case of HAG and above pay scales, in the revised pay structure introduced from 1.1.2006 corresponding to the pre-revised scale held by the deceased Armed Force personnel at the time of death, subject to a minimum of Rs. 7,000/- per month Dependent Pension (Special)

4. The dependent pension (special) revised in terms of this Ministry's letter dated 11.11.2008 read with letter dated 4.5.2009, shall not be less than 50% of the special family pension worked out based on 60% of the minimum of the pay in the pay band plus Grade pay, Military Service pay, 'X' Group pay where applicable / minimum of pay in case of HAG and above pay scales, in the revised pay structure introduced from 1.1.2006 corresponding to the pre-revised scale held by the deceased Armed Force personnel at the time of death, subject to a minimum of Rs. 3,500/- per month.

Second Life Award_ (Special Family Pension) in respect of PBOR including Non Combatants Enrol 5. The second life award (special family pension) revised in terms of this Ministry's letter dated 1 1.1 1.2008 read with letter dated 4.5.2009, shall not be less than 50% of the special family pension worked out based on 60% of the minimum of the pay in the pay band plus Grade pay, Military Service pay, 'X' Group pay where applicable in the revised pay structure introduced from 1.1.2006 corresponding to the pre-revised scale held by the deceased Armed Force personnel at the time of death, subject to a minimum of Rs. 3,500/-per month liberalized Family pension

6. The liberalized family pension revised in terms of this Ministry's letter dated 11.11.2008 read with letter dated 4.5.2009, shall not be less than the minimum of the pay in the pay band plus Grade pay, Military Service pay, 'X' Group pay where applicable / minimum of pay in case of HAG and above pay scales, in the revised pay structure introduced from 1.1.2006 corresponding to the pre-revised scale held by the deceased Armed Force personnel at the time of death.

6.1 In case where child/children of an Armed Force personnel is in receipt of Liberalized family pension, the revised pension of all children together in terms of this Ministry's letter dated 11.11.2008 read with letter dated 4.5.2009, shall not be less than 60% of the minimum of the pay in the pay band plus Grade pay, Military Service pay, 'X' Group pay where applicable / minimum of pay in case of HAG and above pay scales, in the revised pay structure introduced from 1.1.2006 corresponding to the pre-revised scale held by the deceased Armed Force personnel at the time of death subject to a minimum of Rs. 7,000/-per month Dependent Pension (Liberalized).

7. The dependent pension (liberalized) revised in terms of this Ministry's letter dated 11.11.2008 read with letter dated 4.5.2009, shall not be less than 75% (in case both parents are alive) and 60% (in case of single parent / dependent brothers) and sister(s)) of the minimum of the pay in the pay band plus Grade pay, Military Service pay, 'X' Group pay where applicable / minimum of pay in case of HAG and above pay scales, in

the revised pay structure introduced from 1.1.2006 corresponding to the pre-revised scale held by the deceased Armed Force personnel at the time of death.

Non Second Life Award Liberalized Combatants Enrol

8. The second life award (liberalized family pension) revised in terms of this Ministry's letter dated 11.11.2008 read with letter dated 4.5.2009, shall not be less than 60% of the Liberalized family pension worked out based on the minimum of the pay in the pay band plus Grade pay, Military Service pay, 'X' Group pay where applicable / minimum of pay in case of HAG and above pay scales, in the revised pay structure introduced from 1.1.2006 corresponding to the pre-revised scale held by the deceased Armed Force personnel at the time of death.

Disability Pension

9. The disability element revised in terms of Para 2.2 of this Ministry's letter dated 4.5.2009, shall not be less than 30% of minimum of the pay in the pay band plus Grade pay, Military Service pay, 'X' Group pay where applicable in the revised pay structure introduced from 1.1.2006 corresponding to the pre-revised scale held by the Armed Forces personnel at the time of retirement / discharge / invalidment for 100% disability.

9.1 For disability less than 100%, the disability element shall be proportionately reduced as per the period and degree of disability already accepted.

9.2 In cases where permanent disability is not less than 60%, the disability pension (i.e. total of service element revised in terms Para 2.1 of this Ministry's letter dated 4.5.2009 plus disability element) shall not be less than 60% of minimum of the pay in the pay band plus Grade pay, Military Service pay, 'X' Group pay where applicable / minimum of pay in case of HAG and above pay scales, in the revised pay structure introduced from 1.1.2006 corresponding to the pre-revised scale held by the Armed Force personnel at the time of retirement/discharge/invalidment, subject to minimum of Rs. 7,000/- per month.

Liberalized Disability Pension

10. The disability element revised in terms of Para 2.2 of this Ministry's letter dated 4.5.2009, shall not be less than 30% of minimum of the pay in the pay band plus Grade pay, Military Service pay, 'X' Group pay where applicable / minimum of pay in case of HAG and above pay scales, in the revised pay structure introduced from 1.1.2006 corresponding to the pre-revised scale held by the Armed Force personnel at the time of retirement / discharge / invalidment for 100% disability.

10.1 For disability less than 100%, the disability element shall be proportionately reduced as per the period and degree of disability already accepted. However, in no case the revised liberalized disability pension (i.e. aggregate of service element revised in terms Para 2.1 of this Ministry's letter dated 4.5.2009 plus disability element) shall be less than 80% of minimum of the pay in the pay band plus Grade pay, Military Service pay, 'X' Group pay where applicable / minimum of pay in case of HAG and above pay scales, in the revised pay structure introduced from 1.1.2006 corresponding to the pre-revised scale held by the Armed Force personnel at the time of retirement/discharge/invalidment.

War Pension

11. The rates of war injury element revised in terms of Para 2.3 of this Ministry's letter dated 4.5.2009, shall not be less than 100% in case of invalidment and 60% in case of retirement/ discharge, of minimum of the pay in the pay band plus Grade pay, Military Service pay, 'X' Group pay where applicable / minimum of pay in case of HAG and above pay scales, in the revised pay structure introduced from 1.1.2006 corresponding to the pre-revised scale held by the Armed Force personnel at the time of retirement / discharge / invalidment for 100% disability,

11.1 For disability less than 100%, the disability element shall be proportionately reduced as per the period and degree of disability already accepted.

11.2 However, the aggregate of service element (revised in terms Para 2.1 of this Ministry's letter dated 4.5.2009) and war injury element shall not exceed the minimum of the pay in the pay band plus Grade pay, Military Service pay, 'X' Group pay where applicable / minimum of pay in case of HAG and above pay scales, in the revised pay structure introduced from 1.1.2006 corresponding to the pre-revised scale held by the Armed Force personnel at the time of retirement/discharge/ invalidment. The ceiling on aggregate of war injury pension with reference to minimum of the pay in the revised pay structure, applicable from 1.1.2006, as stated above shall stand removed with effect from 1.7.2009.

12. All other terms and conditions for revision of pension /family pension in respect of pre-2006 Armed Forces pensioners/family pensioners drawing pension under casualty pensionary awards which are not affected by the provisions of this letter will remain unchanged.

13. The actual benefit accrued on account of these orders shall be payable with effect from 1.1.2006.

14. All Pension Disbursing Agencies (PDAs) handling disbursement of pension to the Defence pensioners are hereby authorized to pay revised disability / liberalized disability / war injury pension / special / liberalized family pension to the existing pensioners under these orders without any further authorization from the concerned Pension Sanctioning Authorities. However, PCDA (Pensions) Allahabad will issue further suitable implementation instructions while circulating these orders to all the PDAs concerned. Action as prescribed in Para 16.4 of this Ministry's letter dated 11.11.2008 may also be taken by the PDAs in the cases covered under these orders.

15. This issues with the concurrence of Finance division of this Ministry vide their UO No 553/Fin/ Pen/2011 dated 15.02.2011 .Yours faithfully

Malathi Narayanan, Under Secretary
(Pen/policy)

Good Company

No road is long with good company.

Turkish Proverb

No 17 (4)/2008(I)/D(Pcn/Policy) - Vol.VI dt 18.01.2011, from Ministry of Defence Deptt of Ex-Servicemen Welfare New Delhi

The Chief of the Army Staff / The Chief of the Naval Staff / The Chief of the Air Staff

Sub: Implementation of Government decision on the recommendations of Sixth Central Pay Commission - Revision of Pension of Pre - 2006 Armed Forces Pensioners/Family Pensioners of Territorial Army and EC/SSC officers retired on or after 1.1.1996 but before 31.12.2005

Sir, The undersigned is directed to refer to this Ministry's letter No 17(4)/ 2008(1)/D(Pen/Policy) dated 11.11.2008 as amended vide this Ministry's letter of even number dated 11.12.2008, dated 20.1.2009, dated 20.5.2009 and dated 21.5.2009 on the above subject matter. The rates of minimum guaranteed pension/family pension in terms of Para 5 of this Ministry's above said letter dated 11.11.2008 for commissioned officers and PBOR have been provided in Annexure-II, IIA and Annexure-III of said letter dated 11.11.2008 as amended, respectively. The rates of minimum guaranteed pension/ordinary family pension in respect of Pre - 1996 EC/SSC pensioners/family pensioners, have also been issued under this Ministry's letter No 1(1)/2007-D(Pen/Policy) dated 3rd September 2009. A number of references are being received in this Ministry regarding applicability of above said rates of minimum guaranteed pension in respect of pre-2006 officers and PBOR pensioners of Territorial Army and Post - 1996 but Pre - 2006 retiree Emergency Commissioned/Short Service Commissioned officers.

2. The matter has been carefully considered in this Ministry and it is conveyed that since rates of minimum guaranteed pension/ordinary family pension provided under Annexure-II and Annexure-III of this Ministry's above said letter dated 11.11.2008 as amended are inclusive of rank weightage applicable to regular commissioned officers and PBOR, the same shall not be applicable to the officers and PBOR pensioners of Territorial Army and Post - 1996 but Pre - 2006 retiree Emergency Commissioned/Short Service Commissioned officers. Tables showing rates of

minimum guaranteed pension and ordinary family pension in respect of Territorial Army Officers who retired / died prior to 1.1.2006 and Emergency Commissioned/Short Service Commissioned officers who retired / died between 1.1.1996 and 31.12.2005 are enclosed to this letter which may be treated as Annexure - IIB and Annexure - IIC respectively to this Ministry's above quoted letter dated 11.11.2008. However, in case of PBOR pensioners of Territorial Army, Pension Disbursing Agencies (PDAs) shall revise pension/family pension of such pensioners/family pensioners only in terms of Para 4.1, read with Annexure-I, of this Ministry's above said letter dated 11.11.2008. Thereafter, PDAs shall refer these cases to the respective Pension Sanctioning Authorities (PSAs), in the enclosed Annexure, for determining and authorizing the entitlement of minimum guaranteed pension/family pension, if found beneficial in terms of Para 5 of this Ministry's above said letter dated 11.11.2008. PSAs shall also inform to the PDAs in cases where the entitlement of minimum guaranteed pension/family pension is found not beneficial. A copy of such authorization/ communication may invariably be endorsed to the pensioners concerned for their information.

3. This issues with the concurrence with Finance Division of this Ministry vide their UO No 195/F/P/II dated 14.01.11.

Malathi Narayanan,
Under Secy to the Govt of India

Circular No.452 dt 21.02.2011 from OFFICE OF THE PCDA (PENSIONS), DRAUPADI GHAT, ALLAHABAD

Sub: Implementation of Government decision on the recommendations of Sixth Central Pay Commission - Revision of Pension of Pre - 2006 Armed Forces Pensioners/Family Pensioners of Territorial Army and EC/SSC officers retired on or after 1.1.1996 but before 31.12.2005.

Reference :- GOI, MOD letter No 17(4)/2008(I)/D(Pen/Policy) dated 11.11.2008 and this Office Circular No. 397 and 398 dated 18.11.2008, No. 401 dated 18.12.2008, No. 403 dated 02.02.2009, No. 412 dated 26.05.2009 and No. 428 dt. 19.2.2010.

Copy of MOD letter No. 17(4)/2008(1)/D (Pen/Policy) Vol - VI dated 18.01.2011 on the above subject is forwarded herewith as Annexure for further necessary action at your end.

2, In this context kindly refer to the Ministry of Defence letter. No 17(4)/ -2008(1) /D(Pen / Policy) dated 11.11.2008 as amended vide Ministry's letter of even number dated 11.12.2008, dated 20.1.2009, dated 20.5.2009, dated 21.5.2009 and dated 20.01.2010 on the above subject matter which have been circulated vide this office circulars quoted under reference. The rates of minimum guaranteed pension / family pension in terms of Para 5 of MOD letter dated 11.11.2008 for commissioned. Officers and PBOR have been provided in Annexure-II, IIA and Annexure-III of said letter dated 11.11.2008 as amended, respectively. The rates of minimum guaranteed pension / ordinary family Pension in respect of Pre -1996 EC/SSC pensioners/family pensioners, have also been issued under this Ministry's letter No 1(1)/2007/ D (Pen/Policy) dated 3rd September 2009. A number of references are being received by the Government regarding applicability of above said rates of minimum guaranteed pension in respect of Pre-2006 officers and PBOR pensioners of Territorial Army and Post -1996 but Pre -2006 retiree Emergency Commissioned / Short Service Commissioned officers.

3. Since rates of minimum guaranteed pension/ ordinary family pension provided under Annexure-II and Annexure-III of Ministry's above said letter dated 11.11.2008 as amended are inclusive of rank weightage applicable to regular commissioned officers and PBOR, the same shall not be applicable to the officers and PBOR pensioners of Territorial Army and Post -1996 but Pre -2006 retiree Emergency Commissioned/ Short Service Commissioned officers. Tables showing rates of minimum guaranteed pension and ordinary family pension in respect of Territorial Army Officers who retires/died prior to 1.1.2006 and Emergency Commissioned / Short Service Commissioned officers who retires/died between 1.1.1996 and 31.12.2005 are enclosed to MOD letter dated 18.01.2011 under transmission which may be treated as Annexure -II B and Annexure -

II C respectively to Ministry's above quoted letter dated 11.11.2008.

4. In case of PBOR pensioners of Territorial Army, Pension Disbursing Agencies (PDAs) shall revise pension/family pension of such Pensioners/family pensioners only in terms of Para 4.1, read with Annexure-I, of MOD letter dated 11.11.2008. Thereafter, PDAs shall refer these cases to this office in the enclosed Annexure to the MOD letter dated 18.01.2011, for determining and authorizing the entitlement of minimum guaranteed pension/family pension, if found beneficial in terms of Para 5 of MOD letter dated 11.11.2008. This office shall inform to the PDAs in cases where the entitlement of minimum guaranteed pension/family pension is not beneficial. A copy of such authorization / information will invariably be endorsed to the pensioner by this office.

5 The cases may be submitted to this office by name to Shri Jagdish Prasad, Officer Incharge RP Cell office of the PCDA(P),Draupadi Ghat, Allahabad -211014 in the enclosed Annexure to the MOD letter dated 18.01.2011.

6. As evident from the above it is reiterated that Tables enclosed with the MOD letter dated 18.01.2011 showing rates of minimum guaranteed pension and ordinary family pension in respect of Territorial Army Officers is applicable in respect of those who retires/died prior to 1.1.2006 and Emergency Commissioned / Short Service Commissioned officers who retires/died between 1.1.1996 and 31.12.2005,

7. All other subsidiary payment instructions will be the same as already circulated vide this office circulars quoted under reference. The cases for revision as per these orders may please be reviewed at your end. The affected cases may be revised accordingly.

S N ROY, ACDA (P)

RAIL FINANCES

But railway finances continue to cause concern, as the operating ratio (an indicator of the organisation's financial health) continues to hover around the mark.

Against an operating ratio— sum spent against 100 earned — of 92.1% last year, the figure has been anticipated at 91.1% next year.

No.Grants/Tech/0165/XXI from THE PCDA (PENSIONS), DRAUPADI GHAT ALLAHABAD

Circular No- 453

Sub : Implementation of Government's decision on the recommendations of the Sixth Central Pay Commission-Revision of Pension of Pre-2006 Armed Forces Pensioners/Family Refererfce: - GOI, MOD letter No. 17(4)/2008(1)/D(Pen/Policy) dated 11.11.2008 and this Office Circular No. 397 and 398 dated 18.11.2008, No. 401 dated 18.12.2008, No. 403 dated 02.02.2009, No. 412 dated 26.05.2009, No. 428 dated 19.2.2010 and No. 452 dated 22.02.2011

Copy of MOD letter No. 17(3)/2010/D (Pen/Policy) dated 15.11.2010 is forwarded herewith as Annexure for further necessary action at your end.

2. The table showing rates of minimum guaranteed pension and ordinary family pension for pre 01.01.2006 in respect of commissioned officers, MNS retiree officers and PBOR were circulated with their amendment from time to time as Annexure - II, IIA, IIA (Revised) and III to MOD letter No. 17(4)/2008(1)/D (Pen/Policy) dated 11.11.2008 vide circular mentioned under reference. Due to difference in weightage allowable to different ranks for computation of pension the pro-rata pension in certain lower ranks had been more as compared to higher ranks with same qualifying service. This anomaly has been considered by the Government and it has been decided that where the amount of pension indicated in the above said annexure - II, IIA, IIA (Revised) and III of a senior rank happens to be less than the pension of a lower rank (and group in case of PBOR) with same qualifying service, the pension of senior rank shall be stepped up to the lower of junior counterpart. Accordingly, three tables showing rates of minimum guaranteed pension and ordinary family pension of pre 01.01.2006 Commissioned Officers (other than MNS), Commissioned Officers of MNS and Personnel Below Officers Rank are annexed as annexure II (Revised), Annexure IIA (Revised) and Annexure III (Revised) to the Ministry's above quoted letter dated 15.11.2010 which may be

treated as Annexure II (revised), Annexure II A (Revised) and Annexure III (Revised) to the Ministry's letter dated 11.11.2008.

3. There shall be no change in the entitlement of the rates of minimum guaranteed family pension for the rank of Lt Col (TS) / Lt Col (S) which had already been notified as \square 15420/- pm under VI CPC vide MOD letter dated 21.05.2009 and circulated vide this office circular No. 412 dated 26.05.2009.

4. As per existing rule, pension of TS Naik / Hony NK and Hony Havildar is \square 1/- less than pension admissible for NK and Havildar for the same length of qualifying Service and group of pay in which he was last paid respectively. It is, therefore, clarified that the rate of pension shown in Annexure III (Revised) for PBOR of Army and equivalent rank in Navy and Air Force indicating the changes in pension of the affected PBOR will also be applicable for TS Naik, Hony Naik and Hony Havildar reducing pension by \square 1/-

5. The pension of Havildar granted Hony rank of Nb Subedar and retired prior to 01.01.2006, their revised pension as per the orders of improvement in pension in respect of PBOR vide this office circular No. 350 dated 19.05.2006 may be consolidated under Annexure I of MOD letter 11.11.2008 circulated vide this office circular No. 397 dated 18.11.2008. In this connection it is further clarified that under modified parity of pension, the affected revised rates of pension to Havildar granted Hony rank of Nb Subedar and retired prior to 1.1.2006 may also be admissible to Hony Nb Subedar as provided in para 9(ii) of this office circular No.403 dated 02.02.2009

6. In order to facilitate the PDAs to consider and revise the rates of minimum guaranteed pension and ordinary family pension for pre - 01.01.2006 wherever the same is beneficial, a chart showing the changes which have taken place due to the revised Annexures is as follows:-

Annexure - II (Revised)

Commissioned Officers - Army and equivalent in Navy and Air Force. (other than MNS)

Major	- 10 to 24 years.
Brigadier	- 10 to 27.5 years.
Major General	- 10 to 29 years.

Annexure - II A (Revised)

Officers of Military Nursing Service (MNS)

Major	- 10 to 26 years.
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Lt Colonel	- 10 to 27 years.
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Major General	- 10 to 29.5 years.
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Annexure - III (Revised)

Personnel Below Officers Rank - Army and equivalent in Navy and Air Force

Naik Group VV/X'	- 12 to 20.5 years
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Naik Group W to XH' B'	
------------------------	--

to 'E'/V to 'ZVY'	- 15.5 to 20.5 years
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Hav Group VV/X'	- 12 to 22.5 years
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Hav Group 'B' to 'H' / 'B'	
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to 'E'/V to 'Z'V	- 15.5 to 22.5 years
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7. All other subsidiary payment instructions will be the same as already circulated vide this office circulars quoted under reference. The cases for revision as per these orders may please be reviewed at your end. The affected cases may be revised accordingly.

S ACDA (P)

Grants/Tech/0165/XXI dt 22.2.2011

Letter No.17 (3V2010/D (Pen/Pol) dt 15.11.2010 from Ministry of Defence Department of Ex-servicemen Welfare

To The Chief of Army Staff / The Chief of Naval Staff / The Chief of Air Staff

Sub : **IMPLEMENTATION OF THE GOVERNMENT DECISION ON THE RECOMMENDATIONS OF THE SIXTH CENTRAL PAY COMMISSION -REVISION OF PENSION OF THE PRE-1.1.2006 ARMED FORCES PENSIONERS/FAMILY PENSIONERS**

The undersigned is directed to refer to Annexure - II, DA & HI attached to this Ministry's letter no. 17(4)/2008(1}D (Pen/Pol) dated 11.11.2008 on the above subject as amended indicating amount of minimum guaranteed pension and ordinary family pension in respect of Commissioned officers of three services, commissioned officers of MNS and Personnel Below Officer Rank respectively, in terms of provisions contained in Para 5 of this Ministry's letter dated 11.11.2008 cited above. Due to difference in weightage allowable to different ranks for computation of pension the pro-rata pension

in certain lower ranks has been more as compared to higher ranks with same qualifying service. The said anomaly has been considered by the Government and the President is pleased to decide that where the amount of pension indicated in the above said Annexure- II, HA & 111 of a senior rank happens to be less than the pension of a lower rank (and group in case of PBOR) with same qualifying service, the pension of senior rank shall be stepped up to the level of their junior counterpart. Accordingly, three tables showing rates of minimum guaranteed pension and ordinary family pension of Pre- 1.1.2006 Commissioned Officers of three services, Commissioned Officers of MNS and Personnel Below Officer Rank are annexed to this letter which may be treated as Annexure-n (Revised), Annexure-UA (Revised) and cure-III (Revised) to this Ministry's above quoted letter dated 11.11.2008. This issues with the concurrence of the Finance Division of this Ministry vide their dated 04.11.2010.

Yours faithfully, Malathi Narayanan
Under Secy to the Govt of India

CGHS : New Set-up @ Hqs

OM F.No A 48013/Z009-E.I dt : 19.11.2010 from
Ministry of Health & Family Welfare, New Delhi

The administrative control of the CGHS will be with the newly created post of AS&DG (CGHS) and will include the following :

- i. The Full administrative control of the all officers and staff of CGHS will vest in AS &DG (CGHS)
- ii. All the sanctioned posts and the existing incumbents at different levels for CGHS in DGHS will be under the AS & DG(CGHS)
- iii. Until the separate sections for cash, budget, parliamentary matters etc, are established, the present working arrangement ,may continue in the concerned sections in the DCHS .
- iv. The CGHS will be given a separate budget head/ line from the Fiscal 2011-12. Until such time this is done, the present budget head of DCHS may continue
2. In all technical matter AS&DG(CGHS) will consult and route files through the DGHS before

circulating the files to secretary (HFW) and Minister of Health & Family Welfare .

3. DGHS will continue to be the Chairman of the Committee for examining requests of high value claims of treatment abroad

4. A Central Government Health Care Scheme Board has been constituted and will comprise the following member:

- Secretary (HFW) - Chairperson
- DGHS - Member

Representatives of 3 Penrs

Assns as nominated by

Secy (HFW) Secy DOP & T -

Member

Representative of Secy (Exptr) -

Member

AS&FA, - Member

MOHFW - Member

AS&DG (CGHS)- Secretary

5. The terms of reference of the Board will be as follows:

- The approval of the recommendations to the Government on policies related to Central Government Employee & Pensioners Health Care Scheme (CGE&PHCS) subject to rules regulations;
- Approval of annual operational plans for implementation of the scheme
- Approval of budget proposals;
- Approval of reallocation of funds between components
- Approval of the appointment of Consultants and outside agencies;
- Coordination with other Ministries/ Departments wherever necessary in regard to expansion of the scheme
- Matters related to Insurance for CGHS
- Overall supervision of the CGE&PHCS
- Any other matter related to improving the functioning and incremental efficiency of the scheme for the welfare and benefit of the beneficiaries

6. The Board shall meet at least four times every financial year

7. The issues with the approval of the Minister of Health & Family Welfare

Joint Secretary to the Govt. of India

Circular letter No 40-19/2010-Pen(B) dt 01-12-2010 from BHARAT SANCHAR NIGAM LTD, PENSION SECTION, New Delhi

Sub: Processing of papers related to retirement benefits of un-absorbed/absorbed BSNL employees - regarding streamlining of procedure for early settlement of pensionary benefits.

This is in continuation this office letter of even number dated 19.8.2010 with regard to timely settlement of retirement benefits of un-absorbed/absorbed BSNL retirees. As you would be aware, the CCA offices in the field release pension orders and other retirement benefits after receipt of pension papers complete in all respects from concerned BSNL units. Needless to emphasize, if the pension papers are incomplete and or vigilance/disciplinary clearance not submitted, the issue of PPO and other final benefits get delayed in CCA office which causes great inconvenience to the pensioners.

2. It is requested that before the 1st of January of each year, a print-out of all officials due for retirement in forthcoming year be taken out from HRMS system. This facility is available under the Staff module Reports Retirement Profile year wise. Each such official may be approached by administration for filling up his pension papers by giving appropriate set, well in time and the same be got submitted by the individual to Head of Office not later than eight months prior to the date of retirement.

3. The Head of office, not later than 6 months of the date of retirement of the BSNL absorbed & un-absorbed employee should forward to A.O., Form 5 & 7 duly completed with a covering letter in Form 8 along with service book of the employee duly completed upto date, and any other documents relied upon for the verification of service. He should also prepare the "Pension Calculation Sheet" in the prescribed Form in triplicate and forward it to Communication Accounts Officer of the concerned DOT Cell / CCA Office.

4. A check list has been attempted which will help the concerned Pension Branch of Circle Office to cross check that the pension papers are in order before sending to CCA office. A copy of check list is enclosed as ANNEXURE, It is expected that this will also facilitate the issue of PRO by CCA office expeditiously.

Sheo Shankar Prasad, AGM (Pers-V)

CGHS GRIEVANCES/ ADVISORY COMMITTEE, CHANDIGARH

The Grievances/Advisory Committee for CGHS, Chandigarh has been reconstituted in terms of Dte Gen Health Services, CGHS, New Delhi O M No 4-27/2005-CGHS/C&P/Pt 1 dated 27 Feb, 2010.

Following have been nominated as members of the Committee by the CMO i/e Wellness Center, Sector - 45, Chandigarh

(1) Raghbir Singh, Formerly Addl Secy, Min of H & F W (IA&AS) # 70, Sector 40 A, Chandigarh (M-099144 49191)

(2) P S Bedi, DIG (Retd) BSF- Sr Vice Chairman, CCCGPA, Chandigarh, # 2186 Sector 35 C, Chandigarh. (Tele - 0172-261 5048, 260 4002)

(3) G S Bhogal, Genl Secy, Senior Citizens Forum, Zirakpur # F-23, Panchsheel Enclave, Zirakpur. (M-098726 39304)

(4) M C Arya, Genl Secy, Defence Accounts Pensioners Welfare Assn, 210, Swastik Vihar, Patiala Road, Zirakpur (M-094174 95648)

(5) D D Sharms, Astt Surveyor. Survey of India, Sector 32, Chandigarh (Rep of employees) - (M-094171 98412)

(6) One representative of the local chemist - M/s Goya! Medicos, Industrial Area, Phase II, Chandigarh.

Courtesy : Pensioners Coordinator, Chandigarh -August, 2010



SMT CHAMP RANI

We send our heartfelt condolences to Sh K L Bhagotra, a veteran Pensioner Activist, who lost his beloved wife, Smt Champ Rani sometime back. Sh Bhagotra has been associated with BHARAT PENSIONER SAMAJ for over 2 decades. He has donated ₹ 1,000/- in her sacred memory. THANX !

*Shyam Sunder
BHARAT PENSIONER*

9 Easy Steps to Complete Health & Well Being

by Bindya S Singh, MD, FAAP □ - 250

Nature has endowed each one of us with a complete blueprint for health, progress, and harmony. The recipe for this, however, eludes many of us as we struggle with the challenges of life. Every bit of information about health we look at appears to be a piece of a jigsaw puzzle. This book is a unique and magnificent blend of modern science and traditional philosophy that provides a comprehensive analysis on the essentials for mental, physical, and spiritual health. Presented herein are simple and easy steps for complete health and well-being. (An extract from the book)

FOOD: THE BUILDING BLOCKS

The food that we eat is essentially a combination of protein, fat, or carbohydrates as major molecules. Food provides calories that can be converted into energy needed for all kind of body activities. The amount of energy that can be released from a food product is dependent on its composition. Fat provides the most calories per gram (9.3 kcal/g) in comparison to carbohydrates and protein (approximately 4 kcal/g). These calories, if not consumed, are stored as fat in the body. Food also serves as the building blocks for our body. Fats, when broken down, furnish fatty acids, while proteins form amino acids. Carbohydrates are broken down into simple sugars, which circulate in the blood or get stored in the liver as complex sugars.

After extensive research, the U.S. Department of Health and Human Service recommends a certain combination of food products to serve as a balanced diet, and with good reason. They suggested the pyramid model to show that there should be a large intake of grain, vegetables, and fruits. The narrow tip, however, depicts the very small amount of fat and sweets that should be consumed. More recently, the food pyramid has been modified as a three-dimensional picture symbolising personalisation, gradual improvement, physical activity, variety, and moderation of different food categories.

Therefore, in meal composition, paying close

attention to include the following items throughout the day would go a long way toward attaining and maintaining good physical health:

- 3 ounces of whole grain cereal/bread/rice
- Plenty of dark green, orange, and other vegetables
- Variety of fruits n fresh, frozen, or dried *Low fat milk/milk products, or a calcium-rich diet if lactose intolerant
- *Low-fat meat or poultry, beans, peas, nuts, and seeds Minimal intake of sweets or fatty foods, such as desserts and butter

This should roughly provide the needed calories, proteins, and essential elements of your body. An estimate of the serving size can be acquired by keeping the serving size within the size of your palm. Again, keeping on the low side where fat is concerned, drinking plenty of water, and keeping physically active will help you maintain a healthy weight. Keep in mind the importance of eliminating hidden and unnecessary calories and fat. For example, eating salads is great, but it's no good if your dressing has fourteen grams of fat in a tablespoon! Eggs are excellent sources of complete protein and should be an integral part of a healthy diet as long as their yolks (rich in cholesterol) are not consumed with the same zest as their whites! Following is a listing of some common food items and their compositions so that you can recognise what you are ingesting.

Some Special Food Products

It would be an oversight not to mention some of the amazing health benefits that selected food products offer. Although the list here is not complete, there are certain food products that deserve special mention because of their constitution. Inclusion of these in our diet, even in small quantities, can be beneficial. However, it is prudent to mention that not all mentioned benefits have been scientifically proven by clinical studies. Some of these selected foods include the following:

- Yogurt
- Fish
- Nuts
- Tea
- Spinach
- Broccoli, Tomatoes & Carrots
- Banana, Berries & Apples
- Soy
- Honey

AAP AUR HUM

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BHATPARA: C G E A – AGM was held on 20.02.11. Annual Report and Accts were presented by the Secy and the Treasurer respectively. They were passed. Following office bearers were elected. President: M K Bhattacharya, Secy: A K Biswas, Treasurer: T N Bannerjee. Besides this, one each VP, Asst Secy & Auditor and 12 EC members were also elected.

CHANDIGARH: Defence Accts PWA – Monthly meeting was held on 06.02.11. Three resolutions were passed. (i) thanking the Central Govt for allowing Income Tax Limit upto 5 Lakhs in respect of Senior Citizens (80+), (ii) requesting the merger of Dearness Relief of 50% with basic pension at par with serving employees who are likely to be permitted to merge 50% of New DA with their basic pay, (iii) requesting CGHS Authorities in solving problems faced by the CGHS beneficiaries at Chandigarh and the adjoining 2 cities.

CHANDIGARH: HGPA – Meeting was held on 02.01.11. Minutes of the previous meeting were read out and confirmed. Members were apprised about the resolutions adopted at the 55th AGM of BPS held on 20.11.10. The participants expressed their gratitude to the BPS for taking up all these important issues and pursuing them with the concerned authorities. Hon'ble CM, Haryana was again requested to accept long-pending demands

including grant of addl pension for pensioners of 65/75 yrs of age.

DANAPUR: E R P Brotherhood – In the meeting held on 09.01.11, minutes of the previous meeting & Accounts for Dec'10 were read out and confirmed. Pension Adalat of Danapur Division was held on 15.12.10. Problems of pensioners were discussed and necessary action taken by the Rly Authorities. Pensioners' Day was celebrated on 17.12.10. Members were apprised about the importance of this Day.

DELHI: Pensioners Samaj, Shakur Basti – 225 members attended the AGM held on 26.12.10. After welcome address by the President, Secy Gl, read out the Annual Report. 23 members (75+) were felicitated with shawls and garlands. Following office bearers were elected - President: R K Nijhawan, Secy Gl: S K Sharma, Cashier: P N Mudgil. Besides this, one each Chairman, Secy, and Jt Secy, 3 Patrons and 5 EC members were also elected.

FARUKKABAD & FATEGARH: R P A – Following office bearers were elected: President: R D Dwivedi, Gl Secy: R A Farooqui, Treasurer: S K Sharma. Besides this, 1 each Wkg President, Secy, Org Secy & Mahila Secy and 2 each VP's and Jt Secretaries were also elected.

GONDIA: S E C R P A – AGM was held on 21.01.11. J Narayana Rao, Divl Secy of SECRPA, Nagpur and VP of BPS (West Zone) was the Guest of Honour. Narayana Rao explained the activities of the Assn, Banks and Railways. Accts of 2010 were presented and passed unanimously. Following office bearers were elected – President: ASN Murty, Secy: M L Chube, Treasurer: Narayan Singh. Besides this, one each Wkg President, VP, and Org Secy, 2 Asst Secretaries and 8 EC Members were also elected.

HOOGLY (WB): C G P A – The AGM was held on 25.01.11. S/Shri R N Dutta, VP (Eastern Zone) of BPS, R N Samanta of FCGPO, Kolkata and V P Majumdar, Secy, Bally-Belur, CGPA were Chief Guests. Accts for 2009 & 2010 were read out by the Genl Secy and accepted by the House. Following office bearers were elected for 2011 and 2012 – President: S N Mukherjee, Wkg President: G S Das, Gl Secy: A K Bhattacharyya, Treasurer: H Chakraborty.

HUBLI: R P A – Pensioners' Day was celebrated on 20.12.10. N R Goodwala, Rtd District Judge of Hubli was the Chief Guest. Members were apprised about the importance of this Day. Long-Pending demands of the pensioners including increase in FMA @ Rs. 1000/- pm, appointment of dependent wards of Rly Pensioners in Railways and full parity for pre-2006 pensioners were highlighted.

JAGADHRI (HARYANA): R R E A – Following office bearers were elected – President: P K Wadhawan, Gl Secy: H K Arya, Cashier: T Singh. Besides this, 2 each Patrons and Co-ordinating Secretaries, 3 VP's, 1 each Accts officer, Office Secy, Jt Secy, Propaganda Secy, Press Secy & Auditor and 5 EC Members were also elected.

JAGRAON: The Ludhiana District Telecom P W A – Pensioners Day was celebrated with great fanfare. It was attended by a good number of pensioners. Y P Jhanji, Gl Secy highlighted the importance of the day. 3 Sr Members were honoured with gifts. Pre-2007 BSNL pensioners are greatly agitated regarding non-revision of their pension. Members were also apprised of the resolutions adopted by the BPS, New Delhi in their 55th AGM.

Editor's NOTE : GOOD NEWS ! On 22.01.11, the Cabinet approved revision. Finance has since approved Draft ORDERS. Likely to be issued before 15.03.11.

KAPURTHALA: P & T Audit and Accounts & other CGPA – AGM was held on 17.12.10. Charter of long pending demands were discussed and resolutions passed on various demands including increase in FMA @ Rs. 1200/- pm, full parity of pension for pre-2006 pensioners, full revised ex-gratia pension, improvement and expansion of CGHS, RELHS and ECHS, grant of CS Medical Attendance Rules to all pensioners in non-CGHS areas and scrapping of Central Health Insurance Scheme & New Pension Scheme.

KHARAGPUR: IIT & Other C G P A – 27th AGM was held on 17.12.10. Following office bearers were elected – President: D P Sen, Secy: A K Kumar, Treasurer: D K Ghoshal. Besides this, 2 each VP's and Asst Secretaries and 12 EC members were also elected.

MANGALAGIRI (AP): Rly & C G P A – The 10th AGM was held on 26.01.11. Annual Accts for 2010 were presented and approved. Following office bearers were elected – President: P R Murthy, Secy: N Solomon. Besides this, one each Honourary President, Wkg President & Jt Secy and 3 VPs were also elected.

NELLORE: A P State Govt R E A – Pensioners Day was celebrated on 17.12.10. The President briefed the members about the importance of this day. The Secy read out the Annual Report. 20 Sr members were felicitated with shawls and garlands. The next meeting was held on 20.01.11. The doctors who came from Vasan Eye Care Centre highlighted eye problems and informed the members that they would get free consultation upto 20.02.11. Secy briefed the members about the activities of the assn. Birthday Greetings were conveyed to the members born in January.

NEW DELHI: R P W A, Vikas Puri – Meeting was held on 05.12.10. Shri J N Kohli, retired Members, Rly Bd, was the Chief Guest. Dr B N Sinha was the Guest of Honour. Calender 2011 was distributed to the members. Directory 2010 was also released. Bulletin No.65 was also distributed to all members. Resolutions adopted by the BPS, New Delhi in their 55th AGM held on 20 and 21.11.10 appeared in the bulletin.

RAJKOT: RPA - 15th AGM was held on 22.12.10. Around 200 members attended the function. Genl Secy briefed the members about the activities of the association. President presented the annual accounts and the same was unanimously passed. 40 Platinum Age Brotherhood members (75+) were honored with shawls and garments. Resolutions were passed unanimously demanding (i) travel of the companion in the same coach without insisting on 1/3rd difference of the fare. (ii) enhancement of FMA @ 500 p.m & (iii) allotment of office accommodation for association with minimum facilities – light, water & phone.

REWARI: RPA - AGM was held on 20.12.10. Shri. B.K Bajan, Chief Manager, Syndicate Bank, Rewari, was the Chief Guest. He donated Rs. 2100 to the Association. He was honoured with a memento. Following office bearers were elected on 20.01.11. President: R.K. Gupta, Genl Secy

cum Treasurer: S.N. Gupta. Besides this, one each Office Secy, Org. Secy, Sr. Org. Secy. and 2 EC members were also elected.

RENIGUNTA: RPA – Pensioners' Day was celebrated on 19.12.10. The President briefed the members about the importance of the day. Secy. read out the annual report and treasurer presented the annual accounts. Senior members (75+) were felicitated.

SRI GANGANAGAR: CGPA – In the meeting held on 02.01.11, the main issue of increase in FMA @ Rs. 1200 pm was discussed. It was stressed that the Ministry of Labour has sanctioned to their employees @ Rs. 1200 p.m. It was decided to take up this matter with the Govt. of India. It was also decided to request the Govt again to allow 50% concession in Rail travel to male senior citizens also at par with ladies. A very important decision of the CAT – employees not entitled to the benefit of promotion during their service get actually entitled to such promotion (but after retirement) they can be given such benefit even after their retirement – was welcomed by the members. (This decision was announced by the Hon'ble Court on the appeal of Rtd Employees of Commerce Deptt Workers.) 5 Resolutions adopted by BPS as published in 'Bharat Pensioner' (Dec 2010) were welcomed by all members. In the meeting held on 05.02.11, letters written by BPS to the GOI on various problems of the pensioners were very much appreciated by all members. Members suggested that we should take up again with the Govt sanction of addl pension right from 75 years of pensioners.

Editor's NOTE : Congratulations! The demand for raising the rail concession (@40%) has been conceded by the Govt wef 1.4.11

THANE: Zilla Pensioners' & Sr Citizens' Welfare Assn – The President has sent a communication for information of Maharashtra Pensioners drawing pension away from Maharashtra – Govt of Maharashtra while accepting recommendations of the SCPC had earlier ordered that arrears would be paid in cash in 5 installments. Now in their order dated 02.02.10, they have ordered payment of arrears in the month of June every year from 2010. They have also sanctioned Dearness Relief to Pensioners/Family Pensioners @ 35%

w.e.f. 01.06.10 (instead of 01.01.10 as sanctioned by GOI.) They have also decided payment of DR @ 45% w.e.f. 01.11.10 (instead of 01.07.10 as sanctioned by GOI.) The MH Pensioners Assn, Pune has filed a writ petition in the Bombay High Court demanding – (i) addl pension for 80 years and above, (ii) minimum pension of Rs. 3500/- pm instead of Rs. 2882/-, (iii) arrears of pension/family pension be paid to pensioners in 2 installments instead of 5 installments. The Govt of MH has filed an affidavit regretting their inability to accede to these demands in view of financial constraints.

VIJAYAWADA: Welfare Assn of The Telecom and BSNL Pensioners – Pensioners Day was observed on 17.12.10 by arranging food to Orphanage House (around 100 members). Woolen sweaters & fruits were also distributed to them.

SENIOR CITIZENS : FOUR BASIC PROBLEMS

Dear Mr Shyam Sunder / Mr Maheshwari,

As I discussed with you when you were here on Feb 13, pensioners particularly those who retired from Departments other than those of Central and State Governments, are having lot of problems. There appear to be four basic types of problems,

- 1) Disparity in payment of pension [this issue we have represented to FM]
- 2) Disparity in facilities
- 3) Low interest rate on EPF
[indications are this may be increased]
- 4) Disparity in Gratuity calculation.

We are getting number of complaints and representations. But taking piecemeal action on them will not be effective. We should work out a unified approach and then approach the appropriate authority.

I propose to arrange a meeting with you and the Pensioners' Welfare Committee of AISCCON, in APRIL when we will invite persons who are well informed in this regard. I request you to kindly give me a date in this month [preferably second or third Sunday] when we can organise this meeting. Best regards,

R.N.Mital, President, AISCCON @ Hyderabad

1. आगरा :- आल इंडिया आर्गेनाइजेशन आफ पैशनर्स द्वारा पैशनर्सडे का आयोजन 17.12.10 को मानस भवन में किया गया। अध्यक्ष आर.एन. जेटली एवं मुख्य अतिथि जी. सी. गुप्ता की उपस्थिति में सभा का शुभारम्भ हुआ। मुख्य अतिथि द्वारा मां सरस्वती पर माल्यार्पण कर दीप प्रज्वलन किया एवं डा. शशि तिवारी ने सरस माधुर्य कविता का पाठ किया। आर.सी. शर्मा, एफ.सी. शर्मा अतिथियों ने पैशनर्स एकता पर बल देते हुए कहा “पैशन हमारा अधिकार है भौख नहीं” यहां मंत्री आर.के. दीक्षित ने वार्षिक विवरण व उपलब्धियां प्रस्तुत की। सभा संचालन ए.के. शर्मा ने किया। 16 गोल्डन एज सदस्यों को शाल व बैंट भेंटकर सम्मानित किया अन्य वरिष्ठ सदस्यों को सरोपा दिया गया अंत में सभी के लिए भोजन व्यवस्था की और वरिष्ठ उपाध्यक्ष आर.एस. सवानियां के धन्यवाद प्रस्ताव पश्चात सभा का समापन हुआ।

2. इटारसी :- आल इंडिया रिटायर्ड रेलवे मेंस फेडरेशन ने 17.12.2010 को मराठी शाला में पैशनर्स दिवस मनाया। के. एन. पांडे ने अध्यक्षता की। ए.सी. शेड के मंडल इंजीनियर अजय माथुर मुख्य अतिथि, अंविका प्रसाद शुक्ला तथा रवि जायसवाल विशिष्ट अतिथि थे। 300 पैशनरों की उपस्थिति में 80 वर्ष से अधिक आयु वालों को श्रीफल, शाल, पुष्पमाला एवं सिक्का देकर सम्मानित किया गया। अध्यक्ष पांडे जी ने पैशनरों की समस्याओं का विस्तार से विवरण दिया और जिला कांग्रेस कमेटी अध्यक्ष शुक्ला जी ने पैशनरों को चिकित्सा कराने में आर्थिक सहयोग देने का आश्वासन दिया, सभी वक्ताओं ने अपने विचार रखे एवं समस्या समाधान का आश्वासन दिया। अल्पाहार के बाद शाखा अध्यक्ष जे.पी. तिवारी ने आधार प्रदर्शन किया।

3. कटनी :- आर्गेनाइजेशन आफ रेलवे पैशनर्स का वार्षिक अधिवेशन एवं पैशनर्स डे 26.12.2010 को मनाया गया। ए.एस.० गरचा अध्यक्ष ने अपना पदभार एम.पी. आनंद को

सौंप दिया। महामंत्री श्री राम गुप्ता ने वार्षिक प्रतिवेदन आय व्यय 2010 का व्यौरा प्रस्तुत किया। मुख्य अतिथि शिवनाथ गुप्ता ने वरिष्ठ पैशनर आनंद का श्रीफल, शाल, पुष्पहार से सम्मानित किया। महिला पैशनरों को श्रीफल, पुष्प गुच्छ देकर सम्मानित किया गया। डा. श्री राम गुप्ता ने पैशन के बारे में विस्तृत व्यौरा दिया, 2011 का संकल्प पत्र पढ़ा, संगठन की एकता, सहभागिता पर बल देते हुए सभी उपस्थित सदस्यों के प्रति आभार व्यक्त कर समापन की घोषणा की। “मैं अकेला चला था मंजिले मक्सूद मगर लोग साथ ज़ुड़ते गए और कारवां बनता गया।”

4. देहरादून :- उत्तरांचल विद्युत पैशनर्स कल्याण समिति की बैठक 24.01.2011 को राम किशोर महेन्द्रा की अध्यक्षता में श्याम सिंह बिष्ट ने संचालित किया। सभा में सर्व सम्मति से निम्न प्रस्ताव पारित किए गए। कुछ पैशनर तथा पारिवारिक पैशनर अभी तक पैशन एरियर का भुगतान नहीं प्राप्त किए हैं शीघ्र भुगतान किया जाय। 80 वर्ष से ऊपर वाले पैशनर्स को अतिरिक्त पैशन का भुगतान भी नहीं हुआ है। अतिरिक्त पैशन 80+ के बजाय 70+ पर दी जाए। पंजाब, गुजरात, मध्य प्रदेश की तरह उत्तराखण्ड शासन बस किराए में छूट देने की कृपा करे। पैशन खाता संयुक्त (पति-पत्नी) दोनों के नाम हो। चिकित्सा भत्ता पुनरीक्षित बेतनमान के आधार पर दिया जाय।

5. मऊगंज म.प्र. :- 17 दिसम्बर 2010 को भारत पैशनर्स समाज मऊगंज के तत्वावधान में पैशनर्स दिवस एवं आठवां वार्षिक अधिवेशन मनाया गया मुख्य अतिथि सेवा निवृत प्रो. गणेश प्रसाद गुप्ता थे। संस्था के अध्यक्ष वाले प्रभाकर त्रिपाठी ने अतिथियों एवं उपस्थित पैशनरों का स्वागत एवं धन्यवाद किया। सात यशस्वी पैशनरों को श्रीफल, शाल, गीता एवं प्रशस्ति पत्र प्रदानकर सम्मानित किया। समाज के उपाध्यक्ष आर.एन. मिश्र ने अपने जादुई करतब से सभी का मनोरंजन किया।

6. मुजफ्फरनगर :- गवर्नर्मेंट पेंशनर्स वैलफेयर आर्गेनाइजेशन की मासिक बैठक 13.02.2011 को गंगानहर खंड परिसर में संस्था के महामंत्री ई0डी0पी0 जैन के संचालन में संपन्न हुई। पारिवारिक पेंशन की बढ़ी हुई राशि देना छठे वेतन आयोग ने 10 वर्ष कर दी है जो पहले (7 या 5 वर्ष थीं) अर्थात् पेंशनर्स की मृत्यु के बाद उसके 65 वर्ष आयु होने तक पुरी पेंशन दी जाती थी। उत्तर प्रदेश पेंशनर्स विभाग वही पुराना रूपाया चलाकर मात्र पांच वर्ष का लाभ देकर पेंशन स्वीकृत कर रहा है। मंहगाई की 50 प्रतिशत राशि मंहगाई पेंशन में शामिल किया जाए। श्रीमती अरुणा बंसल, हर्ष देव गुप्ता, महेश चन्द गौतम के निधन पर श्रद्धांजलि दी गई। अध्यक्ष वेद प्रकाश सिंहल ने सभी को धन्यवाद देकर सभा विसर्जित की।

7. नई दिल्ली :- केन्द्रीय श्रम सेवा अधिकारियों ने 24वां स्थापना दिवस 3 फरवरी 2011 को आंध्र भवन नई दिल्ली में बड़े उत्साह के साथ डी0एम0 धी वाल की अध्यक्षता में मनाया। सभी सेवा निवृत अधिकारीण आमंत्रित थे। भारत पेंशनर्स समाज के जन संपर्क सचिव विजय तनेजा ने सभी का धन्यवाद दिया और सरकारी संस्थानों में औद्योगिक संबंध मधुर रखने के लिए तथा सर्विस के उज्ज्वल भविष्य के लिए मंगल कामना की।

8. फरावाड़ा :- सेन्ट्रल गवर्नर्मेंट पेंशनर्स वैलफेयर ऐसोसियेशन की मासिक बैठक सोहन लाल शर्मा की अध्यक्षता में संपन्न हुई। गतमाह की कार्यवाही की पुष्टि के बाद महामंत्री सरदार तरसेम सिंह ने कहा केवल मांग प्रस्तुत करते जाना और समाज और राष्ट्र को कुछ नहीं देना उचित नहीं है। हम सब पेंशनर संगठित होकर सर्व प्रथम पेंशनरों में जागरूकता लाएं, सामाजिक बुराइयों, कुरीतियों को दूर करने का प्रयास करें तथा सामाजिक एकता समरसता फैलाएं अपने स्वास्थ का ध्यान रखते हुए राष्ट्र के स्वास्थ का भी ध्यान रखें, भ्रष्टाचार, रिश्वतखोरों, बढ़ती महगाई के राक्षस को

मारने में सहभागी बनें। स्वस्थ वातावरण के लिए बृक्षारोपण करें जल संचयन करें। डठो, जागो, आगे बढ़ों नारे के उद्घोष के बाद सभी का धन्यवाद कर सभा समाप्त हुई। अंत में “अगर चुप रहे आप और हम, बढ़ता चला जाएगा घोटालों का कदम बी.पी.एस. के आह्वान पर धरना देने दिल्ली चलें, छपे खबर भारत पेंशनर के कालम में आप और हम।”

9. सतना :- भारत पेंशनर्स समाज जिला सतना ने 17 दिसम्बर 2010 को एल.वी. सिंह संरक्षक बी.पी. एस की अध्यक्षता तथा बी.पी. सोनी चेयरमैन आर.जी.आई के मुख्य अतिथ्य में सम्पन्न हुआ। पेंशन जागरण पत्रिका का विमोचन हुआ। यहां सचिव प्रो. आर.के. श्रीवास्तव ने स्वागत भाषण वार्षिक प्रतिवेदन एवं आय व्यय का ब्यौरा प्रस्तुत किया। 42 पेंशनर्स 80 वर्ष के ऊपर आयु प्राप्त को श्रीफल, शाल “पेंशनरल” प्रतीक चिन्ह भेट किया गया। श्रीमती कमला देवी पांडे ने अपनी पेंशन राशि से जिला अस्पताल को 7 पलांग (मूल्य 18 हजार रुपये) भेटकर अनुकरणीय कार्य किया है। उन्हें भी सम्मानित किया गया। 1500 पेंशनर्स की उपस्थिति से प्रसन्न होकर मुख्य अतिथि सोनी ने अध्यक्ष गोस्वामी और उनके साथियों की प्रशंसा की। सभाध्यक्ष ने पेंशनर्स दिवस पर विस्तार से प्रकाश डाला। हरी प्रकाश गोस्वामी पुनः अध्यक्ष निर्वाचित हुए। सामूहिक भोज, निःशुल्क स्मारिका वितरण पश्चात गोस्वामी के आभार प्रदर्शन के बाद सभा विसर्जित हुई।

10. सागर :- सेन्ट्रल गवर्नर्मेंट पेंशनर्स ऐसोसियेशन का वार्षिक अधिवेशन 01.01.11 को श्री. दक्षिणामुखी हनुमान मंदिर में संपन्न हुआ। ओ.पी. अवस्थी वरिष्ठ सदस्य का सम्मान शाल, श्रीफल व पुष्पहार से किया गया। डी.एल. चौबे अध्यक्ष, बी.एम. नायक सचिव, पी.एन. श्रीवास्तव कोषाध्यक्ष के अतिरिक्त दो उपाध्यक्ष एक सहसचिव संगठन सचिव, लेखा परीक्षक एवं 3 सदस्य चुने गए।

RELHS : Extend Cashless Services

Letter No.II/13-A. dt 07.02.2011 from M Raghavaiah, Genl Secy, NFIR to the Secretary (E), Railway Board, New Delhi.

Sub: Cashless services for RELHS Card holders to avail treatment in recognized Hospitals in emergency - extension of scheme for covering all the beneficiaries - reg

Ref: Railway Board's letter No.2007/H/28/I/RELHS/Smart Card dated 29.2.2008.

The Railway Board had introduced a scheme to provide cashless services to the RELHS Card holders to take treatment in the recognized private hospitals in emergency. For the purpose of availing this facility "Smart Cards" are to be issued to the beneficiaries. This scheme was introduced as a pilot project on the Northern Railway vide Railway Board's letter No. 2007/H/28/I/RELHS/ Smart Card dated 24.7.2008.

The NFIR desires to convey to the Railway Board that the said scheme has generated great satisfaction among the beneficiaries who became entitled to avail the service of the recognized private hospitals in emergency. This scheme needs to be extended to all the beneficiaries of Indian Railways.

The NFIR therefore urges upon the Railway Board to issue orders early so as to facilitate all the RELHS beneficiaries to avail the scheme.

[Our Esteemed Members would recall that this DEMAND was first raised by BPS in the 1st National Convention of BPS-affiliated Rly Associations at New Delhi on 05.07.2010. It has also been reiterated in the 2nd National Convention @ Secunderabad on 13.02.2011.

S C Maheshwari, Secy (Rly Penrs) - BPS]

"What about humanity surprises the most?"

"Man"

Because he sacrifices his health in order to make money Then he sacrifices his money to recuperate his health And then he is so anxious about the future that he doesn't enjoy the present, And as a result he doesn't live in the present or the future And he lives as if he's never going to die, and then he dies having never really lived.

The Dalai Lama

*Courtesy : Harchandan Singh, Chandigarh
BHARAT PENSIONER*

NEW CPI SERIES OUT, RETAIL INFLATION AT 6% IN JANUARY

NEW DELHI: The government on (18.02.11) Friday launched a new consumer price index (CPI) aimed at better reflecting actual changes in cost of living that would aid macroeconomic managers to prescribe policies based on more appropriate data.

According to the latest data, CPI-based inflation for January stood at 6%, but in the backdrop of high inflation. Inflation, as measured by the WPI, stood at 8.23% in January.

Experts caution the new index only sets the ground for future perspectives and the measurement should not be construed as a decline in the rate and it will take a while for the new system to take effect.

The index incorporates the price of several key services including telephone bills, education and recreation to mirror current day lifestyles. Central banks across the world rely mostly on CPI data to decide monetary policy, unlike the Reserve Bank of India (RBI), which uses the Wholesale Price Index (WPI) as the key inflation index.

While CPI, according to new series, has increased to 106 in January this year from a base of 100 in 2010, last year's inflation has not been mentioned making a yearly comparison difficult.

Courtesy : Hindustan Times, New Delhi

'SAFETY' FIRST - SERVICE LATER

In order to fight terror and crime Delhi Police has advised to get the servant's verification done through police. a servant who is reluctant to get himself / herself verified may have malafide intentions. Hence all the pensioners and Senior Citizens are advised to get their servant verification done through the police for their safe and secure future.

Servant verification form can be downloaded from website : www.delhipolice.nic.in

V K Taneja, Secretary (PR)

BOOK REVIEW

A History of Indian Philosophy

Volume II
by SURENDKANATH DASGUPTA

The present attempt is mainly intended to give an exposition of Indian thought strictly on the basis of the original texts and commentaries. Occasionally, however, the author has sometimes discussed and borrowed the views of other writers in the assessment of chronological /acts. Often the ground covered has been wholly new and the materials have been obtained by a direct and first-hand study of all available texts and manuscripts.

The work appears in five volumes. Vol. I comprises Buddhist and Jaina Philosophy and the six systems of Hindu thought, viz., Samkhya, Yoga, Nyaya, Vaisesika, Mimamsa and Vedanta. Vol. II provided complete studies in the Sankara School of Vedanta. It also contains the philosophy of the Yogavasishta, the Bhagavadgita and speculations in the medical schools. Vol. III contains an elaborate account of the principal dualistic and, mi. pluralistic systems such received the A\ll as the philosophy of the shawl, memento an Pancaratra, Bhaskara, Secreta: Yamuna. Ramanuja, Nirnbarka, Vijnanabhiksu and philosophy speculations of some of the selected puranas. Vol. IV deals with the Bhagavata Purana, Madhva and his School, Vallabha, Caitanya Jiva Gosvami and Baladeva Vidyabhusana. Vol. V treats the southern schools of Saivrsm, viz., Saiva Siddhama, Vira Saivism, philosophy of Srikantha, Saiva Philosophy in the Puranas and in some important texts.

"The collection of data, editing and interpretation of every school of thought is a feat unparalleled in the field of history of philosophy."

The Oxford Journal

Delhi, (6th reprint). 2010 xi, 620p., notes, index.
Price : ₹ 425 (PB) (Set) : ₹ 1500 (PB)
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Bungalow Road, Jawahar Nagar, Delhi - 110 007

Yoga to keep yourself warm

The following yoga exercises if performed regularly help in keeping the body warm, removing toxins and maintaining good health, says yoga guru Surakshit Goswami

Warm Yog

- Block your left ear with a pad of cotton wool.
- Keep your ears covered and warm when you wake up in the morning
- Massage your body with rmustard oil for five minutes every day before taking a bath

Suryabhedi pranayam: sit cross-legged with eyes closed. Perform the pranayam mudra with your right hand and block your left nostril with your thumb. Exhale slowly from your right nostril, then inhale deeply. With the same nostril hold your breath and exhale slowly through the left nostril. Repeat it 8 to 10 times.

Bhastrika pranayam: Sit in sukhasana with your back straight and eyes closed. Form the gyan mudra and place your hands on your knees. Exhale to the maximum capacity through both the nostrils and then inhale with full force. Caution: Do not practise these if you have high BP or acidity.

Benefits: Supplies maximum pran vayu to the body and removes toxins, thus purifying the blood; balances vata, pitta and kapha; and improves concentration.

Surya mudra: Sit with your back and neck straight Join the tip of your ring finger with the root of your thumb in both the hands and press with the thumbs. Keep the other fingers straight Place your hands on your knees with palms facing upwards. Put pressure on your palm.

Advantages: It helps in keeping your body warm and ' in controlling weight.

If you have a question to ask from Surakshit Goswami, log on to www.speakingtree.in

Courtesy : Tol, New Delhi

NEW MEMBERS - Annual

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A - 0879	Ram Lal Khanduja	Delhi - 19	01/12
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A - 0249/02 Tele Rtd Emplys Assn	Patiala	02/12
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RENEWAL - Annual

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A - 0349/04 Gambhir Singh	Bhavnagar	04/12

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M - 8633/02 C M Malhotra	Jind	02/13
A - 0326/03 M B Sharma	Rawatbatla	03/12
M - 7668/02 K L Birdhi	Delhi - 34	02/13
M - 4412/11 A N Ahuja	Delhi - 18	11/12
M - 7671/02 C Mishra	Patna	02/13

Triennial**Long live A K HANGAL !**

Yesteryears' actor A.K. Hangal, who has entertained us in over 125 films, including as Rahim Chacha in Sholay, is struggling for life with kidney disease. The 95-year-old actor's medicine bill alone amounts to ₹ 15,000 pm and is in a dire situation to meet the requirement and the only family member left to look after him is 74-year-old son, Vijay, a retired photographer.

A K Hangal is the national President, INDIAN PEOPLES THEATRE ASSN (IPTA)

Shyam Sunder is Pres, Delhi Chapter of IPTA
Contribute liberally for the long life of the Octogenarian A K Hangal. Contributions can be deposited in local branch of DENA BANK @ A K Hangal acc no 10810002666 or DD/Cheq in his favour : # 3, Saraswati Mansion, 4th Road, Santacruz (E), Mumbai - 400 055

Tel : 0222106024, Son - Vijay - 09833363830

Triennial

M - 8651/03 Mohinder Singh Sethi	Delhi - 60	03/13
A - 0287/02 Vishnu Ganesh Pol	Indore	02/14
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Base 2001=100						
% age Increase	47.50	48.65	49.80	50.81	51.97	53.33

Increase wef 1.1.11 : 6% (Govt orders awaited)

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March 2011

RLY CONVENTION



R N Mittal, President, AISCCON (Hqs) @ Hyderabad addressing the Convention



D Prabhakar Rao, Prez CGPF, S'bad, (2nd from left), with others, presenting shawl to a Family Pensioner



K Srinivasan, Genl Secy, Penrs Samaj, Chennai & Secy, NFRP, Palakkad



Leaders on the dais releasing the SOUVENIR

February 2011

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Shyam Sunder, Secy Genl, BPS, addressing the National Rly Convention



S C Maheshwari, Secy (Rlys), BPS addressing the National Rly Convention

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