



**DEDICATED TO  
THE CAUSE OF  
PENSIONERS  
SINCE 1991**

# **PENSIONER'S RAIL SAMPARK**

**(QUARTERLY BULLETIN)**

## **RAILWAY SENIOR CITIZEN WELFARE SOCIETY (RSCWS)**

(Estd. 1991, Regd. No. 1881 under Registration of Societies Act)

**H.O. B-406, Rail Vihar, MDC Sect-4, Panchkula-134114**

Website: [www.rscws.com](http://www.rscws.com)

**IDENTIFIED BY DOP&PW - UNDER PENSIONERS' PORTAL GOVT. OF INDIA**

Former Member, SCOVA (Standing Committee for VOLUNTARY Agencies)

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April-June, 2024

**FOR FREE CIRCULATION TO RSCWS MEMBERS**

### **OUR NEW SECRETARY GENERAL**



Er. SAT PAL SINGH (FIE) an EC member of this society has been elected as our new Secretary General w.e.f. 20th April 2024 on the day of ECM when Sh. HARCHANDAN SINGH, the then Secretary General RSCWS resigned on health grounds.

Er. SAT PAL SINGH is an Electrical Engineer pass out from AMU/Aligarh and has served for LIC, NDMC, RE, IR, RITES Ltd, ITI Mankapur, BEE, EESL, DMRC and DFCCIL at different roles and responsibilities. He has work experience of more than 45 years. He has expertise to give sustainable solutions through designing a system and process for smooth working. He is presently freelancer as consultant Chartered Engineer for Energy Audit, Project management for construction projects, ISO 9001, 14001 and 45001 for Audit/Implementation for Quality Management system and HSE. His presence with present leadership, RSCWS will go on the firm footing laid by Sh. Harchandan Singh.








RSCWS Executive committee members honoured Sh. Harchandan Singh outgoing Secretary General. In recognition of his tireless working and dedication towards pursuit of our collective mission to provide help, guidance and resolving post retirement issues of railway fraternity, on collective as well as individual bases, specifically over Medical Care and post retirement Pension matters, we are proudly appreciate contribution of Sh HARCHANDAN SINGH, with deep heartfelt thanks. RSCWS wishes Sh Harchandan Singh, Smt Jagjit Kaur & family, HAPPY, HEALTHY times ahead and their continuous association with RSCWS.

### **NOTICE**

Subscription of the members of RSCWS (except life members) is due from April'2024 for the year 2024-25 They are requested to pay the same at the earliest and get your ID renewed. Please bring your Membership Cards for renewal stamp from authorised office bearer after paying the Subscription. To avoid every year payment and renewal stamp on membership ID, members may convert their yearly membership to Life membership.

**Secretary General/RSCWS**

**WELCOME TO NEW MEMBER JOINED RSCWS between APRIL TO JUNE-2024**

D.O.J.	SR. NO.	NAME SARV SHRI/ SMT & RES. ADDRESS	DOB	PREVIOUS DES./STN	RECEIPT	WHATSAPP NO.	DATE OF JOINING
4-5-2024	401	<b><u>HAKAM CHAND VERMA.</u></b> 478, GILLCO VELLY, SEC-115, KHARAR- 140 301  REGN NO. H-10	23-10-1963	Ch. OS/ TI/ PTK	3565	97792-31860	
4-5-2024	402	<b><u>KEWAL KISHAN. [LM].</u></b> 126, PARADISE HOMES, BADALA ROAD. KHARAR. DISTT. MOHALI- 140 301  REGN NO. K-24	09-06-1963	JE/ MECH RCF/ KXH	3582	98884-80141	
4-5-2024	403	<b><u>DILBAG RAI. [LM].</u></b> 478, GILLCO VELLY. SEC-115, KHARAR-140 301  REGN NO. D-09	08-03-1964	CTO/S&T RCF/KXH	3583	76960-73801	
4-5-2024	404	<b><u>RITA SODHI. [LM].</u></b> 752, PH-4, SEC-59. MOHALI-160 059  REGN NO. R-18	12-03-1961	OS/C/ CDG	3584	98786-04753	
7-5-2024	405	<b><u>ONKAR SINGH.</u></b> 690, SECTOR-25. PANCHKULA-134 116  REGN NO. O-07	10-10-1938	Sr. PROF. IRIEEN/ NASIK	3496	74984-43677	

**OBITUARY**

We are saddened to inform that Shri TARIT KUMAR SEN, took his last breath on September-2023 at the age of 85. He joined the RSCWS family as an Annual Member on July 17th, 2023. He was retired from Railway service on October 31st 1996 from New Jalpaiguri and he was residing with his daughter Ms. Ruchira at MJ-702, IISER, Sector-81, Mohali. Family of Sh. TARIT KUMAR SEN did not inform of his demise to RSCWS due to lack of awareness.



While verifying his address for new directory of members, his daughter with heavy heart informed that, her father is no more alive now. We the members of RSCWS extend our deepest condolences to the family behind Late Shri TARIT KUMAR SEN. May his soul rest in peace & Almighty God give his family enough strength to bear this irreparable loss.

**OM SHANTI**

**List of office bearers nominated for renewal of membership and issue of RSCWS ID Cards.**

SN	Name Of Member	Area not limited to	Address	Mob. No.
1	Sh. Sat Pal Singh.	Rail Vihar , Panchkula & nearby Area	B-406, Rail Vihar, MDC, Sec-4. Panchkula-134114.	98884-48063
2	Sh. C.P. Singh.	Zirakpur & nearby Area	Flat No. 351, Savitri Towers-I, VIP Road. ZIRAKPUR.	98880-54477
3	Sh. Jaspal Singh.	Chandigarh & nearby Area	Flat No. 1020/1, Sector-45/B, CHANDIGARH.	98760-92040
4	Sh. G.P. Singh.	Mohali & nearby Area	E-203, Rishi Apartment. Sector-70. MOHALI.	97795-82475
5	Sh. Anup Kumar	Baltana & Chandigarh	House No. 73, Vikas Nagar, BALTANA - 140604	98724-56933

1. Subscription for Membership of the RSCWS residing in Chandigarh, Mohali, Panchkula, Zirakpur or their outskirts shall be Rs. 400/- per annum OR Rs. 3500/- as Life Membership.(Subject to revision)
2. Subscription for the Members of the Society residing outside Chandigarh, Mohali, Panchkula, Zirakpur or outskirts shall be Rs. 150/- per annum OR Life Membership shall be Rs.1500/-.(Subject to revision)
3. New Members are require to submit their Membership Form (available on RSCWS website (www.rscws.com) duly filled and signed with due subscription, photocopy of PPO/ Medical card and one extra stamp size photos each of self & spouse for issuing ID Cards.
4. Members who paid their subscription ON LINE are requested to send the screen shot of receipt/ message with name, mobile no. date of payment and amount paid thereof to any one of the RSCWS members on their given WhatsApp mobile numbers bellow for information and to updating the records.
5. New membership form, subscriptions can also be handed over at registration counter made operative at every AGM/ GBMs of RSCWS.

**LIST OF PVT HOSPITALS EMPANELLED BY RAILWAYS IN THE TRICITY As On 1-7-24 FOR :-**

1. CASHLESS TREATMENT OF RAILWAY MEDICAL BENEFICIARIES (EMPLOYEES & RELHS OPTTEES) WITH UMID CARDON REFERRAL BY CMS NR UMB OR IN EMERGENCY ON APPROVAL OF CMS WITHIN 24 HOURS
2. Provision of cashless OPD consultation & related investigations for RELHS beneficiaries aged 75 years & above up to 31-10-2024

S.No.	Hospital Name	SPECIALITY	VALADITY OF CONTRACT	CONTACT DETAILS
1.	Homi Bhabha Cancer Hospital New Chandigarh	Cancer Hospital & Research Centre (A Unit of TMC)	25-10-2025	Keshavsharma821@yahoo.com New Chandigarh 9780404158
2.	Indus Hospital (Mohali)	Super Specialty Hospital	07-07-2024	Coorporateih1@indushospitals.com Sector 55, Mohali 9915005393
3.	Amar Hospital (Mohali)	Super Specialty Heart Centre	12-03-2024	amar_hosp@yahoo.com Sector 70, Mohali 966007034
4.	IVY Hospital (Mohali)	Super Specialty Health Care	15-12-2024	corporate@ivyhospital.com Sector 71. SAS Nagar Mohali 9855323212
5.	Grecian Hospital (Mohali)	Super Specialty Health Care	26-08-2024	esihp@grecianhospital.com Sector 69, SAS Nagar Mohali 9891997768
6.	Max Hospital (Mohali)	Super Specialty Health Care	18-2-2025	Manees.Kumar@maxhealthcare.com Phase 6, Sector 56, Mohali 8800171105
7.	Mukut Hospital (Chandigarh)	Super Specialty Heart Care	15-10-2024	insurancemukat@gmail.com Sector 34-A, Chandigarh 9872048149
8.	Eden Hospital (Chandigarh)	Multi-Specialty Hospital	06-08-2024	edenmarketingchd@gmail.com Chandigarh 8872761777
9.	Indus International Hospital (Derabassi)	Super Specialty Health Care	07-08-2025	international@indushospital.in UMB-CDG Highway, Derabassi 8699160801



10.	Drishti Hospital Panchkula (Haryana)	Ophthalmology (eye)	14-12-2024	agdrishtiag@gmail.com Plot No. 209, Sector 10, Panchkula (Haryana) 8284948888
11.	Paras Hospital Panchkula (HR)	Health Care Pvt. Ltd.	Sanctioned MOU Under Process	Sector 23, Panchkula (HR) 9815840167
12.	Spiral LAB Sector 44, CDG	CT & MRI		Sector 44, CDG. 0172 4064555 98142-52733
13.	LAB, Atulaya Health Care	Diagnostic		Sector 8-C and Sector 11, CDG 0172-4558888, 9779599499 & 97795-99499

**HOSPITALS EMPANELLED WITH RSCWS IN THE TRI-CITY FOR TREATMENT AT CGHS RATES ON CASH PAYMENT IN OPD, IPD & DIAGNOSTICS, FOR RSCWS MEMBERS ON PRODUCTION OF UPDATED/VALID MEMBERSHIP CARD OF RAILWAY SENIOR CITIZENS WELFARE SOCIETY (RSCWS) and any one out of UMID Card/RELHS ID/Card & PPO**

S.No.	Name of Hospital	EMPANELLED for services	CONTACT DETAILS
1.	FORTIS MULTI-SPECIALITY HOSPITAL, SECTOR-62, PHASE-VIII, MOHALI	All available Specialties	Mr. Krishan Kumar: M; 6280173155 Mr. Rahul Rai : M: 9569146660
2.	IVY MULTI-SPECIALITY HOSPITAL, SECTOR-71, MOHALI	All available Specialties	Mr. Abhishek: M: 86999-99914 Dr. Ajinder Singh: M: 7009538112
3.	MUKAT MULTI -SPECIALITY HOSPITAL, SECTOR-34 A, CDG	All available Specialties	0 172-4344444 98720-48149
4.	OJAS Multispecialty Hospital, Sector 26, Panchkula.	All available Specialties	Mr. Parveen Kumar M: 9779992668
5.	SHALBY HOSPITAL, Sector 63, SAS Nagar Mohali	All available Specialties	MR. Rohit Maini Mob 8264481581
6.	OSCAR HOSPITAL, Sector 25, Panchkula	All available Specialties	Mrs. Inderjit Kaur Mob 9888853047
7.	Paras Multispecialty Hospital, Sector 25, Panchkula – 134116	All available Specialties	Navdeep Singh M: 8968744922

### Northern Railway

L No – 140/MED/Empanelled Pvt. Hospital/UMB/2024  
Dated:-15.05.2024

Office of the  
CMS/NRDH/UMB

### Managing Director

(1) Max Hospital Mohali	(12) MMIMS & Mullana Hospital
(2) Ivy Hospital Mohali	(13) Saksham Hospital SRE (UP)
(3) Drishti Eye Hospital Panchkula	(14) Amar Hospital Mohali
(4) Indus Hospital Derabassi	(15) Healing Touch Hospital Ambala
(5) Neelam Hospital Rajpura	(16) Aneja Hospital UMB
(6) Homi Bhabha Cancer Hospital CDG	(17) Indus Hospital Mohali
(7) Homi Bhabha Cancer Hospital Sangrur	(18) Adesh Hospital Mohri
(8) Eden Hospital CDG	(19) Grecian Hospital Mohali
(9) Mukat Hospital CDG	(20) Rotary Cancer & General Hospital UMB
(10) MAX Hospital Bathinda (Punjab)	(21) Adesh Hospital Bathinda (Punjab)
(11) M.M.Medical College and Hospital Solan (HP)	(22) Medigram Hospital Saharanpur (UP)

**Subject** – Cashless treatment to Railway beneficiary serving/Rtd in emergency at Pvt empanelled Hospital on the basis of valid UMID Card.

**Reference** – No. 2024-4/RSCWS/CHD/Memo-DGRHS/Dated:-06.05.2024

In reference to above, the above mentioned all private hospitals empanelled with Ambala Division are here by given following instructions to implement with immediate effect-

1). As per Clause 4, of MOU signed between above mentioned hospitals & CMS/UMB " In emergency the hospital will not refuse admission or demand an advance payment from the Railway beneficiary or his family members and will provide credit facilities to the patient whether the patient is a serving employee of railway or a pensioner availing facilities, on production of a valid Railway Medical Identity Card (UMID)."

In this situation hospital will intimate through Email to Northern Railway Divisional Hospital Ambala Cantt with in 24 hours of admission & will seek on line approval for treatment. The Railway Authorities will give on line approval if agrees with the emergency condition of the patient.

2). The Empanelled Hospital will put up a display board near entry gate and clearly mentioned that this hospital is empanelled with Ambala Division Northern Railway and on production of valid UMID Card cashless emergency treatment will be given to all railway beneficiaries.

Please comply all the above mentioned instructions so that unpleasant situation can be avoided.

This has the approval of CMS/UMB.

  
Addl. Chief Medical Supdt  
NRDH/Ambala Cantt.

Copy to:-

1. DRM/UMB
2. Sh. Harchandan Singh  
Secretary General/RSCWS
3. Satpal Singh, Secretary General  
FIE Ex. Sr. DGM/RITES  
PH. 9888448063

### **"STAY SAFE DURING RAIN"**

1. STAY AWAY FROM ELECTRICAL INSTALATIONS, such as poles, transformers and substations during rain.
2. Use SURGE PROTECTORS to safeguard electrical home appliances from lightening surge.
3. DO NOT LEAVE open plug sockets or connected extension boards unattended.
4. INSTALL AN EARTH LEAKAGE CIRCUIT- BREAKER (ELCB 35mA) AS ELECTRICAL SAFETY Devise at main distribution board with MCBs of adequate current capacity and type for each circuit to avoid shocks, overload tripping & short circuiting etc.
5. ALWAYS KEEP A "TESTER" AT HOME. do not touch any open/broken wire without ensuring electric current by an electric "tester" if found live, switch off mains & call your electrician.
6. MAINS SWITCH should be switched off if INGRESS OF WATER is observed in meter cabin.
7. DON'T ALLOW CHILDREN TO PLAY OR SWIM IN FLOODED AREA'S.
8. CAUTION CHILDREN for NOT TO PLAY near electricity installations, even if it is barricaded.
9. Avoid PLAYING IN PARKS when THOSE ARE WATERLOGGED.
10. UNPLUG YOUR ELECTRONIC GADGETS like TV, Computer etc in case of heavy thundering.
11. DRIVE SLOWLY IN RAIN as brake pads go wet and brakes fail to stop your vehicle.
12. AVOID WALKING under large trees during lightening.
13. Ensure all power and light load sockets are properly earthed and so your appliances.

JASPAL SINGH  
9876092040

## **Brief of Government/Railway Board Orders Concerning Pensioners and RSCWS representation for Betterment of Pensioner**

- ❖ F. No. 1012/26/2023-Ad./VA, Government of India, Ministry of Finance, Department of Revenue Central Board of Indirect Taxes & Customs Dated 01-12-2023  
Sub: - Clarification on the effect of pension cut on the amount of family pension in case of death of retired government servant during the currency period
1. Kindly refer to Rule 50(2) of CCS (Pension) Rules 2021 governing the amount of family pension payable to the family of deceased government servants. In this regard, doubts have been expressed on whether the penalty of pension cut would affect the quantum of family pension in case of death of retired government servant during the currency of the Penalty.
  2. In this connection, the nodal department. i.e., the Department of Pensions and pensioners, welfare has clarified that the penalty of pension cut imposed on a government servant under Rule 8 of CCS (Pension) Rules, 2021 is not applicable for payment of family pension. The family pension has to be paid at a uniform rate of 30% of the last basic pay, subject to a minimum of Rs 9000/- per month. However, in case the family pensioner is entitled to enhanced family pension; the amount of family pension will not exceed the pension authorized on retirement from government service.
  3. All the offices under CBIC are hence directed to bring this to the notice of all the officers dealing with pension matters for strict compliance.
- ❖ Ministry of Finance GOI, Department of Expenditure F. No. CPAO/Co-Ord/B-DN/Misc.(03)/2023-24 Dated 20/28-02-2024  
Sub: - issuance of Pension Slip by Pension Disbursing Banks on monthly basis,  
Ref:- DP&PW's O.M. No. 1(4)/2021-P&PW(H)-7223 Dated 22nd June, 2021 and O/o CGA's O.M. No. TA-3-61112020-TA-III-Part(I)/es-2184/57 dated 19th January, 2024  
Vide which CPPCs have been instructed to invariably issue pension slip to the pensioners after credit of pension on their registered Mobile Number through SMS/WhatsApp and e-mail. Pensioners to ensure that Pension pay slip is received by them else contact your bank to update your contact Number.
- ❖ Memorandum No. 140-Med/Empanelled Hospital/UMB/23 Dated 14-12-2023 of CMS/NRDH/UMB  
Sub: - Provision of cashless OPD consultation & related investigation for RELHS beneficiaries aged 75 years & above from specialists of Private Hospitals empanelled by Railway- As a Pilot Project for One Year From 01-11-2023 to 31-10-2024.  
In reference to above all empanelled hospitals are advised to make necessary provisions to provide facilities on cashless basis at CGHS rates to Railway beneficiaries aged more than 75 years as mentioned in attached letters. This facility is available for only those aged 75 years & above and RELHS beneficiaries can avail this facility if they are eligible for OPD consultation at Railway Hospitals/Health Units. This facility is not available to beneficiaries having UMID card with FMA.  
Private Hospitals shall submit the bills to the Railways for payment along with copy of UMID card, copy of prescription/Reports and declaration form signed by the beneficiaries and duly endorsed by the competent authority of the empanelled hospitals.  
Railway beneficiary availing this facility need to submit a Declaration form with details of patient at Railway Empaneled Hospital.
- ❖ P&PW GOI office memorandum No. 28/03/2024-P&PW (B)/Gratuity/9559 dated 30.05.2024  
Sub: - Enhancement of Maximum limit of Gratuity to Central Government employees on reaching the Dearness Allowance rate to 50% (Implementation of recommendations of the Seventh CPC)  
On enhancement of DA rates from 46% to 50% of the basic Pay with effect from 1<sup>st</sup> January 2024 vide OM No. 1/1/2024-E-II(B) dated 12.03.2024, payment of Gratuity under National Pension System Rule 2021 would be increased by 25% i.e. from Rs. 20.00 Lakh to Rs. 25 Lakh with effect from 1<sup>st</sup> January 2024.  
Formal Amendment to the CCS (Pension) Rules, 2021 and the CCS (Payment of Gratuity under under NPS) Rules, 2021 will be notified separately.  
For details please look order copy at RSCWS website.

"RSCWS do not have permanent office space causing constrains to work efficiently. We have perused matter with DRM/UMB to find & allot suitable office accommodation preferably at Mohali Railway Station. Office bearers have appraised matter with DRM/UMB, ADRM/UMB, Sr.DEN/UMB & Sr.ADEN/CDG and Secretary General had meeting with Sr.ADEN/CDG as the case has been marked to him for suitable recommendations.

**LIST OF EXECUTIVE COMMITTEE MEMBERS FOR 2023-2025**

MODIFICATION APPROVED IN GENERAL BODY MEETING HELD ON 04-05-2024 ON RECOMENDATIONS IN ECM HELD ON 20-04-2024 and resignation of Sh. Harchandan Singh from Position of Secretary General.

Sl.N	Name S/Sh/Smt	Designation	Mobile No.	Address/e-mail id
1	N. P. Mohan	Patron & Advisor	94178-70544	G-64, Ground Floor, Harsh Path. Shyam Nagar. Jaipur-302019 npmohan34@gmail.com
2	D.S. NIGAH	Advisor	98884-38217	347, Sect. 71, Mohali dsnigah@gmail.com
3	T. S. Kalra	Chairman	98761-73490	1577, Phase 3 B-2, Sec-60, Mohali-160059 tejkalra@gmail.com
4	K.P. Singh	President	98119-22222	3005, Sector-28/D, Chandigarh. kpsingh.railways@gmail.co.in
5	Sat Pal Singh	Secretary General	98884-48063	B-406,Rail Vihar, MDC Sector-4, Panchkula-134114 spsbharaj@gmail.com
6	H.S. Sachdeva	Working President & Sr. Auditor	98769-34244	320, Sector 46 A, Chandigarh micromeg@micromeg.co.in
7	Punkaj Gupta	Working President	94227-53822	145, First Floor, Sector-9. Panchkula. pg.punkaj@gmail.com
8	B.B. Sharma	Sr. Vice President & Auditor	98156-94534	3046, Sector 21-D, Chandigarh. bharatbhushan2109@yahoo.in
9	R.K.Datta	Vice President	94175-02030	2355, Goodwill Enclave, Sec- 49/C, Chandigarh. rajinderdatta142@gmail.com
10	Desh Rattan	Jt. Secretary Genl.1	98962-58192	308, Exotic Heights, Trishla Road, Peer Muchalla, Zirakpur, Mohali- 140603 desh_rattan1955@yahoo.co.in
11	G.P. Singh	Jt. Secretary Genl.2	97795-82475	E-203, Rishi Apartment, Sector-70, Mohali gp_singh_2007@yahoo.co.in
12	C.P.Singh	Treasurer	98880-54477	351, Savitri Tower-I, 2 <sup>nd</sup> Floor.VIP Road Zirakpur. S.A.S. NAGAR-140 603. cpsingh.18feb@gmail.com
13	Jaspal Singh	Finance-Secretary	98760-92040	Flat No. 1020/1, [First Floor], Sec-45/B, Chandigarh. jaspalsingh_saggu@yahoo.com
14	Anoop Kumar	Secretary	82846-69827	# 73, Vikas Nagar, BALTANA-Mohali-140604. nupi1957@gmail.com
15	Harchandan Singh	Ex officio Member	93161-31598	32, Phase-6, Mohali-160055 (Ph: 0172 2228306) harchandan_chd32@yahoo.co.in
16	Mohinder Singh	Joint Secretary	98145-64191	319-C, Sector-51/A, Chandigarh
17	Jaswant Singh	Joint Secretary	94787-10932	159/1, DesuMajra Colony, Near Gurdwara, Kharar, Mohali jaswantsinghsaini832@gmail.com
18	T.L. Gupta	Joint Secretary	98724-56933	Flat no. 93/B, Metro Town, Peer Mochalla. Zirakpur. Tarsemlalgupta123@gmail.com
19	Ashwani Kumar	Member	98720-05055	Flat No. B-1/501, Rail Vihar, VIP Road; Zirakpur-140 603. mdczrk@gmail.com
20	Charan Singh	Member-	98884-97655	V&PO, Bhankarpur, DeraBassi. SAS Nagar.
21	Labh Singh-1	Member	93566-99888	37/B, Aman city, Kharar, Mohali singh9990.ls@gmail.com
22	R.K. Verma	Member	88516-13938	3938,Sector-47-C/ Chandigarh rkvermadmw@gmail.com
23	Vinod Batra	Member	92155-25701	Flat No. 811, Tower-C. Escon Arena Society. Nagal Road. Zirakpur. Batra1028@yahoo.com
24	S.K.Baweja	Member	94160-03719	#B-8/102,Rail Vihar VIP Road, Zirakpur-140603 dearsuraj1953@gmail.com



**LIST OF DONORS TO SOCIAL WELFARE FUND/ RSCWS IN 2024-25**

S.N.	Receipt No.	Dated	NAME & ADDRESSES OF MEMBERS SARV SHRI/ SMT.	Donation Amt. Rs.
1	3489	07-04-2024	PIARA SINGH BIRHA, MIG-4545-A, SEC-70, MOHALI	600
2	3493	02-05-2024	GURPREET SINGH GREWAL, [LM], 1168, SEC-48/B, CHANDIGARH.	500
3	3557	04-05-2024	GURDARSHAN SINGH. 1429, SEC-64, PH-10, MOHALI.	500
4	3564	04-05-2024	ROOP LAL CHOPRA. [LM], 223/7, ACME HEIGHTS EXT-2, SEC-117. KHARAR	500
5	3567	04-05-2024	JAGDISH MAGO. [LM]. 3543, SEC-46/C, CHANDIGARH.	500
6	3569	04-05-2024	SURINDER SINGH. [LM], 1437, PH-3/B-2, SEC-60. MOHALI	10,000
7	3570	04-05-2024	DES RAJ SHARMA. 199/5, TOWER-7/E, SBP HOMES, KHARAR	600
8	3572	04-05-2024	MAYANK BHATNAGAR. 302/16, BLISS ORRA, MOTIA ROYAL CITY, ZIRAKPUR.	600
9	3573	04-05-2024	ASHOK BHANDARI. [LM], J-1/102, SEC-105, EMAAR THE VIEW, MOHALI	500
10	3574	04-05-2024	SUBHASH CHANDER KAUSHAL. [LM], 11/B, FRIENDS ENCLAVE, DAKOLI, ZKP.	1,000
11	3576	04-05-2024	AJIT SINGH WALIA. 1028, SEC-46/C, CHANDIGARH.	600
12	3577	04-05-2024	MOHINDER SINGH, 319-C, SEC-51/A, CHANDIGARH.	500
13	3581	04-05-2024	MAST RAM. [LM], D-102, IVORY TOWER, SEC-70. MOHALI	1,000
14	3495	06-05-2024	TARLOK SINGH TULI. [HM]. 392/D, BRS NAGAR, LUDHIANA	1,000
15	3500	13-05-2024	O.S. DOGRA. [LM]. E-62, GH-3, SEC-5, PANCHKULA.	2,100
16	3503	20-05-2024	KRISHAN LAL VAID, SEC-21, [LM]. 172, SEC-21/A, CHANDIGARH	1,000

## सतपाल सिंह रेलवे सीनियर सिटीजन वेलफेयर सोसायटी चंडीगढ़ के बने प्रधान सचिव

चंडीगढ़ (जगमार्ग न्यूज)। रेलवे सीनियर सिटीजन वेलफेयर में सोसाइटी की एग्जीक्यूटिव कमेटी की फोर्टिस हॉस्पिटल में मीटिंग हुई। निवर्तमान प्रधान सचिव हरचन्दन सिंह की सेहत ठीक न होने के कारण उन्होंने अपने पद से इस्तीफा दे दिया था। मीटिंग की अध्यक्षता के. पी. सिंह ने की। हरचन्दन सिंह को रेलवे सीनियर सिटीजन वेलफेयर सोसाइटी का मार्गदर्शन करते रहेंगे। हरचन्दन सिंह इस संस्था के संस्थापक हैं और सुचारु रूप से अब तक चला रहे थे। इस अवसर पर ए डॉक्टर सोनिया गांधी डाइरिजियन फोर्टिस हॉस्पिटल ने सीनियर क सिटीजन के लिए जरूरी न्यूट्रिशन के बारे में बहुत महत्वपूर्ण जानकारियां दी। इस दौरान उन्होंने विस्तार से समझाया कि इस बढ़ती उम्र में स्वस्थ रहने के हमें क्या खाना और क्या नहीं खाना मे चाहिए।



मदरलैंड संवाददाता, चंडीगढ़। रेलवे सीनियर सिटीजन वेलफेयर सोसाइटी चंडीगढ़ की जनरल बॉडी मीटिंग शेफी सिंह प्रेसीडेंट की अध्यक्षता में फोर्टिस हॉस्पिटल मोहाली में संपन्न हुई। सेक्रेटरी जनरल श्री सतपाल सिंह ने मीटिंग का सफल संचालन किया और बताया कि आज नए मेंबर्स भी सोसाइटी से जुड़े। सभी एग्जीक्यूटिव कमेटी के पॉइंट्स को जनरल बॉडी ने बहुमत से पास कर दिया। मीटिंग के दौरान महिलाओं ने गीत, कविता पाठ, भजन गायन में बढ़ चढ़कर हिस्सा लिया और माहौल को खुशनुमा कर दिया। मीटिंग में अंबाला डिवीजन के एडीआरएम श्री हनुमान प्रसाद जी मुख्य अतिथि एवं डॉक्टर नीति निशा डीएमओ चंडीगढ़ अतिथि के रूप में उपस्थित रहे। मुख्य अतिथि ने फोर्टिस हॉस्पिटल के डॉक्टर धर्मेन्द्र अग्रवाल द्वारा प्रोस्टेट कैंसर के बारे में मेडिकल सेमिनार का लेकर बहुत धैर्य से सुना और सराहा।

**Abstract from Medical Seminars conducted for RSCWS and Health tips on the subjects:**

1. **"Spine injuries and preventive measures" by Dr. Shiva Kumar Bali (Spine Surgeon), an expert of technological advances in spine surgery at Shalby Hospital.**

Dr Bali discussed inside details of Spine and gave tips for taking care of spine 24x7 through doing controlled exercises and Yoga on regular basis, sitting in right posture. He advised to remain in your



physical limits while working, sitting, lifting shifting loads, running, walking and doing workout. Never ever push yourself beyond your capacity without professional guidance and protection.

He suggested every male above 60 years of age and females after menopause to get Bone Mineral Density (BMD) test as routine check-ups for timely detection of osteoporosis. On detection of osteoporosis, one should start with hormonal replacement (teriparatide) for period of 2 years to prevent life threatening spine and hip fractures. Frequency of bone scan during follow-up may be once in two years till your T score is normal (+2.5 to -2.5).

For any pain in leg, back, neck and hands avoid self-medication take rest for day or two. Visit to a Doctor if pains are not reduced. Any abnormality/sudden pain/ disorder in functions while resting/ sleeping/ awaking/ walking, talking, eating, dysfunctions in passing urine and constipation must be consulted with specialist to get due medication as preventive measures. Otherwise one may land into bigger problem with the spine which may become permanent disability.

## **2. Dementia by ' Dr.Sachin Bindal minimally invasive surgery expert Neurosurgeon at Shalby Hospital Mohali**

Dr.Sachin Bindal expert Neurosurgeon trained from prestigious institute PGI Chandigarh, discussed about preventing Dementia. He said with increasing life expectancy Dementia is becoming one of the biggest challenging disease crippling life of people and their family members. Dementia not only makes sufferers life miserable but also makes family members life pitiable.

He pressed upon early diagnosis and treatment as the only option in preventing this morbid brain problem. He explained that our Brain is the CPU of our body and it controls all the functions of our body. As CPU is important for proper functioning of a computer, proper functioning of our brain is important for us to live independent and happy life. But It's important to note that unlike a computer any damage to the brain is permanent and once deterioration occurs beyond certain level it is not possible achieve any repair/recovery/regeneration. He mentioned that, just like Heart any damage to Brain of Human body is irrecoverable. Any loss/damage occurred will be permanent for rest of life. Therefore timely prevention is the only option.

Dr. Bindal discussed about early warning symptoms of this brain problem and advised to immediate consult your doctor to take you on a few medications after some tests so that further damage/decay is stopped.

These basic warning symptoms at initial stage are forgetting names / places/ events of your recent activities. Just like once a hard disc is full, you cannot save new record unless overwriting by erasing old data, this symptom in human brain lead to problem called "Dementia", when u find difficulty remembering new thing though u may remember all ur old memories quite well.

Most important early sign is not able to recollect the name of known faces and unable to recollect location of kept items at home.

If these signs are noticed in you it's advisable to consult us as early as possible to prevent further deterioration.

Dr.Bindal advised general ways for preventing early onset dementia these days. Most important is to remain calm, control your unnecessary involvement on petty issues and take good balanced diet. Take adequate rest for better health of your Brain. Train your body for keeping calm in difficult situations.

Take away Message from medical seminar is "Timely Prevention and Treatment is the only option".

Poems / Kavita / Geet / Lekh Section

॥ਔਰਤ ਦੀ ਅੱਖ॥

ਪੁਰਸ਼ ਅਗਰ ਔਰਤ ਦੀ ਅੱਖ ਨਾਲ ਦੁਨੀਆਂ ਦੀ ਹਰ  
ਔਰਤ ਨੂੰ ਦੇਖਦੇ ਤਾਂ, ਉਹਨਾਂ ਨੂੰ ਪਤਾ ਚਲਦਾ ਕਿ ਹਰ  
ਪਾਸੇ ਉਹਨਾਂ ਦੀ ਮਾਂ, ਭੈਣ, ਬੇਟੀ, ਬਹੁ ਭਾਬੀ, ਪਤਨੀ,  
ਸਾਰੀਆਂ ਕੱਲ ਵੀ ਪਿਸ ਰਹੀਆਂ ਸੀ, ਉਹ ਅੱਜ ਵੀ ਪਿਸ  
ਰਹੀਆਂ ਹਨ॥

ਇਹ ਗੱਲ ਵੱਖਰੀ ਹੈ ਕਿ,

ਪੁਰਸ਼ ਸ਼ਾਸਿਤ ਸਮਾਜ ਦੀ ਸੋਚ ਵਿੱਚ ਕਾਫੀ ਫਰਕ ਪਿਆ  
ਹੈ ਸ਼ਾਇਦ, ਪੁਰਸ਼ ਸੋਚਦਾ ਹੈ ਕਿ,  
ਅੱਜ ਦੀ ਔਰਤ ਹੁਣ ਪਹਿਲੇ ਤੋਂ ਜਿਆਦਾ ਆਜ਼ਾਦ ਹੈ।  
ਉਹ ਅੱਜ ਪੜ੍ਹ ਲਿਖ ਕੇ ਕੰਮ ਕਾਜ ਵੀ ਕਰਦੀ ਹੈ।  
ਪਰਿਵਾਰ ਨੂੰ ਖੁਸ਼ਹਾਲ ਬਣਾਉਣ ਲਈ ਘਰ ਆਪਣੀ  
ਕਮਾਈ ਵੀ ਲਿਆਉਂਦੀ ਹੈ। ਜਿਸ ਦੀ ਵਜਹ ਨਾਲ  
ਆਦਮੀ ਤੇ ਔਰਤ (ਪਤੀ ਪਤਨੀ) ਦੋਵੇਂ ਕਮਾਉਂਦੇ ਨੇ ਤੇ  
ਘਰ ਦੀਆਂ ਜਰੂਰਤਾਂ, ਬੱਚਿਆਂ ਦੇ ਚਾਓ, ਹੋਰ ਬੱਚਿਆਂ  
ਦੀ ਅੱਛੀ ਪਰਵਰਿਸ਼ ਦੇ ਨਾਲ ਨਾਲ ਉਹਨਾਂ ਦੀ ਅੱਛੀ  
ਸਕੂਲਾਂ ਵਿੱਚ ਪੜ੍ਹਾਈ ਲਿਖਾਈ ਕਰਾਉਣ ਦੇ ਲਾਇਕ ਹੋ  
ਜਾਂਦੇ ਨੇ।

ਦੂਸਰਾ ਪਹਿਲੂ ਤੀਸੀ ਆਦਮੀ ਦੀ ਕਮਾਈ ਦਾ ਨੁਕਸਾਨ  
ਅਕਸਰ ਬੱਚਿਆਂ ਦੀ ਪਰਵਰਿਸ਼ ਤੇ ਪੁੱਠਾ ਪੈ ਜਾਂਦਾ ਹੈ।  
ਜਿਸ ਦਾ ਦੋਹਾਂ ਨੂੰ ਬੜੀ ਦੇਰ ਬਾਅਦ ਪਤਾ ਚੱਲਦਾ ਹੈ।  
ਸੱਚ ਤਾਂ ਇਹ ਹੈ ਕਿ ਪਹਿਲੇ ਦੀਆਂ ਔਰਤਾਂ ਬੰਧੂਆ  
ਮਜ਼ਦੂਰ ਦੀ ਤਰ੍ਹਾਂ ਕੇਵਲ ਘਰ ਦੀ ਚਾਰ ਦੀਵਾਰੀ ਵਿਚ ਹੀ  
ਪਿਸਦੀਆਂ ਸੀ,

ਪਰ ਅਜ, ਉਹ ਘਰ ਦੇ ਅੰਦਰ ਤੇ ਬਾਹਰ, ਦੋਨੋਂ ਪਾਸੇ ਹੀ  
ਪਿਸਦੀਆਂ ਹੈ॥

ਸਤਪਾਲ ਸਿੰਘ  
9888448063

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- **Educate Others:** Raise awareness about the environmental impact of plastic bags and the benefits of alternatives like paper bags.
- Contribute to global efforts to reduce plastic pollution by not throwing any plastic waste mixed with other waste from your HOME. Promote sustainable environment friendly practices around you. These observances remind us of the importance of making conscious choices to protect our environment for future generations.

G.P.SINGH SANDHU  
Mob: 97795-82475



GLIMPSES OF ECM OF RSCWS AND MEDICAL SEMINAR HELD ON 20-04-2024 AT FORTIS HOSPITAL MOHALI



GLIMPSES OF GBM OF RSCWS AND MEDICAL SEMINAR HELD ON 04-05-2024 AT FORTIS HOSPITAL MOHALI



GLIMPSES OF ECM OF RSCWS AND MEDICAL SEMINAR HELD ON 08-06-2024 AT SHALBY HOSPITAL MOHALI





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