



Monthly Journal of
**KARNATAKA POSTS AND TELECOMMUNICATIONS
PENSIONERS' ASSOCIATION (R)**

(KSR Act 1960, REG. No. 1069/98-99)
(FORMERLY RMS PENSIONERS' ASSOCIATION)

Registered as "A Wholly Charitable Trust" U/S 12A of I.T. Act 1961

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Annual General Body Meeting 03-08-2024



20 Govt. School Children with cash awards presented to them by the Chief Guest Dr C.R.Chandrashekhar, Renowned Psychiatrist & Padmashree Awardee (3rd row-4th from right). Donors Sri H. V. Ramanatha and Sri H. S. Manjunatha standing 1st and 2nd from left with the children.

Three Teachers of two Schools felicitated in the AGB are flanked by Smt. N. Nagalakshmi, Vice-President and Sri G. Babu, President KP&TPA



**Arrival of the Chief Guest
Dr. C.R. Chandrashekar**



**The Chief Guest being honoured by
Sri G. Babu, President, KP&TPA**



The Chief Guest delivering his speech



**Sri N. Bhaskaran, Founder Secy. of the Assn.,
Guest of honour, being honoured by the
Chief Guest & the Secretary K.B. Krishna Rao**



**Chief Guest and
Guest of honour with
Office bearers, Advisors and others**



**Smt Amrutha, Post woman &
Sri Mohan, Postman
felicitated in the AGB for their
prompt service to the Association**



**Sri A. Narasimha Aithal and Sri V Shashidhara
of Shivamogga (Sitting 1st and 2nd from Left) &
Sri S. Rajashekhara, Mysuru (3rd from Left) felicitated
for their support & service to the Association**

Proceedings of the 29th Annual General Body Meeting of Karnataka Posts and Telecommunications Pensioners' Association held on 03-08-2024 at NGO Hall, Cubbon Park, Bengaluru 560001

The 29th Annual General Body Meeting of the association was held under the Presidentship of Sri G.Babu on Saturday the 3rd August 2024 at NGO Hall, Cubbon Park, Bengaluru 560 001. The meeting attracted a huge gathering of Pensioners. Presence of Members from far off places like Mysuru, Shivamogga, Bangarapet and Kolar, to mention only a few, brought bright colours to the annual event.

All the EC members and volunteers assembled at 8 am at the venue to make necessary arrangements. Separate help desks were arranged to assist the members. Coffee/ Tea counter was opened there to welcome the members.

On invitation by the association, representatives of Pensioners Associations, affiliated to CCCGPA Karnataka, viz. All India BSNL Pensioners Welfare Association, Survey of India Pensioners Association, Karnataka Central Government Pensioners' Association and Central Ground Water Board Pensioners Association attended the AGB.

The Auditorium was filled to its capacity, necessitating provision of additional chairs to accommodate all members, invitees, guests and family members of pensioners. The total attendance in the AGB exceeded 450.

Agenda Morning Session - 9.30 A.M.

1. Welcome
2. Confirmation of the minutes of AGB held on 12th August 2023 (The minutes were circulated through the Association's journal Pensioners' Champion, August 2023- pages 3 to 10 and 15 to 16.)
3. Presentation and adoption of the annual report for 2023-24
4. Presentation and adoption of Audited Statement of Accounts for 2023-24

OPEN SESSION - 11.00 A.M.

1. Welcome Speech and introduction of the Chief Guest by Sri K.B.Krishna Rao, Secretary
2. Inauguration of the open session by the Chief Guest Dr.C.R.Chandrashekhar, renowned Psychiatrist and Padma Shri Awardee
3. Presentation of Cash awards to the meritorious students of Government Higher Primary Schools, Yelahanka and Srirampura, Bengaluru
4. Felicitations of Chief Guest, Special invitees and members aged 75 years and above.
5. Address by the President of the Association
6. Vote of thanks by Sri V.Murugan, Joint Secretary

Afternoon session 2.30 P.M.

1. Appointment of Chartered Accountant for the year 2024-25

Discussion on:-

2. Constitution of 8th Central Pay Commission
3. Grant of notional Increment for the retirement benefits to those, who have retired on 30th June/ 31st December
4. Restoration of commutation after 12 years instead of 15 years
5. Revision of pension of BSNL pensioners from 1.1.2017
6. CGHS and FMA matters
7. Any other subject with the permission of the chair
8. Concluding remarks of by the President
9. Vote of thanks by Sri V.Murugan, Joint Secretary
10. National Anthem

MORNING SESSION:

The morning session of the AGB began at 9.30 a.m. Sri K.B.Krishna Rao, Secretary, after welcoming all, read the agenda of the day

and placed it for adoption. He mentioned that the association is honouring one Postman and one Postwoman also in appreciation of their voluntary and dedicated services to the association during the year. He said that the association wants to honour Sri K.K.Gangadharan, member of the association, who was conferred with the prestigious “Kendra Sahithya Academy Award 2023” for translation (Malayalam language to Kannada language). And also that some members of other pensioners associations will be felicitated for extending their support to the association, especially in generating DLCs and enrolling new members. The Secretary said that in spite of many efforts by Pensioners Associations, pension of BSNL pensioners is not revised in accordance with 7th CPC. This item has been notified in the agenda for discussion in the afternoon session. He has requested Sri P Gangadhara Rao, former General Secretary of AIBSNLPW to speak on the subject. He said that Sri Gangadhara Rao wanted to speak on this issue in the morning session itself and time permitting, he would address the gathering. With this information, he placed the agenda for adoption. Agenda was adopted by the House.

The President initiated discussion on the Agenda items.

2. Confirmation of the minutes of the AGB held on 12th August 2023

The Secretary informed the gathering that the minutes of the AGB have been published in pages 3 to 16 of August 2023 issue. As reading the whole report will take a lot of time and due to constraint of time, reading the same is not feasible now. However, he would brief the House about the proceedings and members may seek any clarification required. Since no suggestions or clarifications were raised, the same was taken as adopted by the house after the members present raised their hands in approval.

3. Presentation and adoption of the annual report for 2023-24

The President requested Secretary to read the annual report also. The Secretary intimated that the annual report also has been published in the journal for the month of June 2024 at pages 3 to 15. In this regard, he mentioned that Sri V.Gopal, former Jt. Secretary, helped him in preparing the draft annual report. He further said that the report runs to 13 pages and therefore it is not advisable to read the entire report due to shortage of time. However he gave a gist of the annual report mentioning the important issues therein viz.

Charitable activities

The Association is continuing its activity of giving cash awards to the meritorious students studying in 5th to 7th standard of Government Higher Primary School of Yelahanka and Srirampura Bengaluru. The Secretary said that quite a few members have donated especially for this purpose.

SCOVA Meeting

The Secretary said that he would like to inform with great pleasure that KPTPA is nominated to SCOVA (Standing Committee of Voluntary Agencies) for the 3rd term. Regarding SCOVA, he said that there are 5 associations in standing group and 10 associations in the rotating group and KPTPA is included under rotating group. It is a matter of pride that our association is nominated for the 3rd term and it is for the year 2023-25 and likely to be extended by another two years. Inclusion for the 3rd term is a great recognition for the association. Further, he informed that in the 33rd meeting held on 22.02.2024, out of 10 fresh items of the Agenda, 5 items were those suggested by KPTPA. Smt. N. Nagalakshmi, Vice President attended the meeting on behalf of KPTPA.

Digital life certificate

The Secretary intimated that, as was done in the previous years, this year also the association conducted 33 DLC camps in co-ordination with Coffee Board Pensioners Association. He reiterated that the architect of DLC camps is Sri T.V.Suryaprakash, Joint General Secretary, CCCGPA and Secretary, Coffee Board Pensioners Association. In Bengaluru itself, 27 camps were held and camps were also conducted at Mysuru, Shivamogga, Tumakuru, Hasana, Chickamagaluru, and Thirupathi. He said that, besides this, our 25 volunteers travelled widely and visited homes of hundreds of infirm pensioners, old age homes and hospitals to assist the pensioners to submit their life certificate. In addition to this, many interested pensioners were trained to generate DLC for themselves and others. In all, this year, more than 3500 DLC were generated, which is a record for any Pensioners' Association in the country. Only one or two associations in the country could generate DLCs in thousands. Further, he said that none of the volunteers accepted the conveyance charges offered either by the association or the pensioners. The amount of conveyance charges sanctioned by the GOI, DOPPW was donated to the association by the volunteers. The record, established by the association in generating DLCs in 2023, was appreciated by the Secretary Pension Department also. The members gathered appreciated this with applause.

Grievances of Pensioners

The Association is recognized under the National E- Governance Plan and can register grievances of pensioners in CPENGRAMS. It is worth mentioning that most of the grievances registered by the association were settled to the satisfaction of the pensioners.

Website

The Secretary stated that the association

has its own website www.ktpa.org. *Pensioners' Champion*, the monthly journal is being uploaded there. He requested all members to visit the website.

Journal Publication

The Secretary said that association is publishing a monthly journal titled "Pensioners' Champion". He said that, nowadays, complaints regarding non receipt of the journal are being received from many members. The issue was taken up with the Post Masters concerned. Every month, scores of copies of the journal were returned to the association with remarks "addressee not found", "incomplete address" etc. Hence, he requested members to update their postal address in case there is a change of residence/address. Further, he said that he is pleased to say that the journal is very popular across the country and there are many subscribers from outside the state also.

Subscription through QR code

The Secretary said that recently, a QR code for crediting amounts to the association's bank account has been published in the journal, which makes payments easier. Members were requested to make use of it.

Membership and Finance

The Secretary informed that the membership of the association has crossed 3500 as on 30th June 2024. He hailed the initiative taken by Sri S.Rajashekhar, retired Dy. Director, PTC Mysuru to enroll members at Mysuru; Shri V. Shashidhar and Sri A.Narasimha Aithal at Shivamogga; Sri B T Chandrashekar at Davanagere and Sri K. Anand at Kolar. The Secretary said that pensioners from other departments are admitted as associate members. He recalled that in the beginning when the association was formed it used to address the grievances of RMS and MMS pensioners only. But later on, pensioners from Postal, Telcom and BSNL were admitted as life members. Now, any Central Government Pensioner, including pensioners of Autonomous

bodies, can become a member. He said that he is sorry to note that the association, formed for postal pensioners, has only about 1700 postal pensioners as members, though there are about 17000 postal pensioners in Karnataka State. With this briefing, he placed the report for adoption and the same was adopted.

Presentation and adoption of Audited Statement of Accounts for 2023-24.

The President informed the house that audited accounts for the year 2023-24 are also published in the June 2024 month's journal at pages 16 to 21. He requested Treasurer to read the Auditor's report. Sri K.R. Anantharamu, Treasurer read the same and placed it for adoption. The Treasurer informed the house that the accounts books are available for verification by the members if they desire so. The house adopted the accounts for the year 2023-2024.

Thereafter, the President suggested taking item no. 1 of the agenda of the afternoon session for discussion, as enough time was available before the commencement of open session. This was agreed to by the house. Sri K.B. Krishna Rao informed the house that M/S GRSM & Associates have been auditing the accounts of the association for nearly 2 decades and suggested that GRSM & Associates may continue to be the Auditors for the year 2024-25 also. His suggestion was accepted by the house.

The morning session concluded with the remarks of the President and vote of thanks proposed by the Joint Secretary.

Open Session:

On arrival of the Chief Guest, Dr C.R Chandrashekar, Renowned Psychiatrist, Philanthropist and Padma Shree awardee, he was warmly welcomed by the President, Vice President, Secretary and others at the entrance and later he was welcomed to the dais. Sri Viswanatha Rao, EC Member had accompanied the Chief Guest from his

residence to the venue.

The Secretary, while delivering his welcome speech, informed the audience that Sri N. Bhaskaran, Founder Secretary, aged 92 years, is also expected to arrive shortly and invited Sri M. Ramiah, former Vice-President & Permanent Advisor and Sri H.S. Manjunatha, Legal Advisor to the dais. He also invited Sri K.K. Gangadharan, KPTPA member and Kendra Sahithya Academy awardee, to the dais.

Before commencement of the proceedings of the Open Session, the Secretary mentioned that all are deeply saddened by the devastating landslides and flash floods that swept through Waynad in Kerala during the early hours of Tuesday 30th July 2024, causing unprecedented deaths and destruction. He also mentioned about the damage caused by the torrential rains and landslide that occurred in Shirur, Karnataka, which resulted in loss of hundreds of lives.

Continuing, he said that the association had lost four former EC members and 13 members. He read the names of deceased members and requested all to observe one minute silence. One minute silence was observed to pay homage to all those, who lost their life in the natural disasters in Waynad and Shirur, the Political Leaders, Trade Union Leaders and Eminent Personalities, who expired during the year.

Sri N Bhasakaran, Founder Secretary KP&TPA, accompanied by his son Sri B. Suresh arrived at the venue. He was warmly welcomed by the President, Vice President, Secretary and all those seated on the dais. Slogans "KPTPA Zindabad" and "Com Bhaskaran Zindabad" were raised.

Then Sri Rao briefly introduced the Chief Guest Dr C.R. Chandrashekar, well known and reputed Psychiatrist, Philanthropist and the recipient of the prestigious Civilian Award "Padma Shri". He read out the list of

achievements of the Chief Guest. Some of them are:

1. Served at NIMHAS for 34 years. Retired as Senior Professor, Department of Psychiatry.
2. Founder of SAMADHANA Counseling Centre, where free counseling and treatment for mentality ill patients are being provided.
3. Contributed more than 1000 articles to various magazines
4. Authored more than 280 books in Kannada and 40 in English on mental and general health.
5. Published a compilation of literature on mental health titled 'Mano Vismaya'-wonders of mind in 4 volumes.
6. Wrote more than 70 articles on mental health in national and international mental health journals
7. Received more than 60 awards including
 - a) Karnataka Sahithya Academy award in 1980
 - b) National award of Government of India in 2002
 - c) Award from UGC (University Grants Commission)
 - d) Dr.K.Shivarama Karanth award
 - e) Kempegowda award from BBMP
 - f) Eminent Psychiatrist award from Indian Psychiatrist Society, Karnataka Chapter
 - g) Alva's Nudisiri award
 - h) Rajyothsava award from Karnataka Government in 2010
 - i) Rasarushi Kuvempu award from Karnataka Vaidya Parishath
 - j) Dr. Anupama Niranjana award for Kannada Medical Science Literature by Karnataka Government in 2012
 - k) Mahathma Gandhi Seva award by Government of Karnataka in 2022
 - l) 'Padma Shri' by the President of India in 2024

His social services are:

- * Free counseling for more than one lakh patients

- * Counseling by post for 40,000
 - * Intimate counseling for 20000 and
 - * Donated all his earnings to NIMHANS
- And much more.

After introduction of the Chief Guest, the Secretary spoke in brief about the association mentioning its formation, its progress from time to time, the welfare activities undertaken, charitable works and assisting the pensioners and family pensioners, who are confined to their home due to age factor & ill health in submitting their annual life certificate. He also mentioned about the initiative of the association in redress of the grievances of pensioners. He specially mentioned about the association having its own building at Telecom layout, constructed solely with the liberal donations made by members. He said that the association continues to receive donations every month and there is not even a single month during the past 8 years in which no donations were received. He also read the list of members, who have donated rupees one lakh and more. He read the greetings sent by leaders and members. He requested the Chief Guest Dr C.R.Chandrashekhara to inaugurate the open session and deliver his inaugural speech.

Dr. Chandrashekhara started his speech by wishing the audience well. Instead of confining himself before the podium microphone stand, the Doctor delivered his hour long speech moving around on the dais. He said that a person after attaining 60 years of age mainly requires three things (1) loving and caring family, (2) a good financial support and more importantly (3) good health. He emphasized on the need for keeping the body healthy. During his speech, he interacted with the audience, asking questions, eliciting information from them and at the same time, giving them his advice on leading a healthy life. Showing the audience a model of human brain, he told them that the human brain is the main organ in the human body and everyone should try to keep it healthy. There are billions of cells in the brain and diminishing healthy cells decreases the

functioning of the brain due to death of cells in the brain. He described some of the factors that cause weakness to human body. These are Deficiency of Hemoglobin, Vitamin B12 etc. Some standard values are prescribed for a healthy person. It is always better to undergo regular health check-ups to ensure that there is no deficiency of hemoglobin, vitamin B-12 etc. Continuing, he said that, according to the latest studies, about 30% of heart attacks and cardiac arrests are happening at the young age of 25 years. This is because of blockages in blood vessels, caused due to high levels of cholesterol in the blood. He advised the audience to undergo cholesterol tests regularly for themselves and for their family members also. Also, that nearly 30% of the population is suffering from obesity and it is due to the food habits. He advised the audience not to consume food with too much of oil contents and eat "Sathvik" food. He advised them to eat at least 2 fruits of different types, two types of raw vegetables and steam boiled food every day and the diabetic persons to eat only small quantity of mango, jackfruit and sapota, which have high sugar contents. He also said that, after attaining 60 years, our body does not require as much energy as required at the age of 30 years. He advised those above 60 years of age to decrease food intake and to consume food items that are slowly digestible like 'Ragi'-finger millet. He further advised that diabetic persons should check their sugar level at least once in three months and ensure that it is within the prescribed limits.

Dr Chandrashekhar said that another difficulty encountered by aged persons is Alzheimer's disease or Dementia, which is caused due to death of cells in the brain. This starts usually at the age of 60 years. Unlike regeneration of new cells in other organs, cells in brain will not regenerate and, unfortunately, the death rate doubles once in five years and there is no medicine for curing this disease. This disease can be avoided only by three things namely walk, talk and work. He

suggested cultivating the habit of daily walking, speaking with family members and friends, engaging oneself in some kind of work, doing Yoga, and getting busy with new learning. He explained that worrying too much acts as a kind of poison to the brain. Humans have different types of worries like hunger, poverty, old age, death and so on. He quoted that nobody knows the date and mode of birth and death of themselves. Hence everyone should overcome all such worries and lead a satisfied life. With these suggestions and advices, he concluded his speech to a big round of applause. Later, he displayed the "Padma Shree Award medallion" to all in the hall.

The President and the Secretary both thanked the Chief Guest for his valuable advice and suggestions and hailed Dr Chandrashekhar's speech as **UNIQUE**.

The Secretary informed all that the Association had completed 25 years during 2020 and it had been then decided to celebrate the 'Silver jubilee' of the association and also to give a memento to the members. The Hon'ble Mr Justice (Retd) H.N. Nagamohan Das, Former Judge, High Court of Karnataka had been invited as Chief Guest. But, due to spread of the pandemic covid-19 then, AGB couldn't be held physically. However, Justice Nagamohan Das was invited to be the Chief Guest for the AGB held on 12.08.2023, in which he delivered an enlightening speech on the "Constitution of India". In the EC meeting held in July 2024, in consideration of the suggestion made by Sri H S Manjunatha, it was decided to distribute the book written by Justice Nagamohan Das titled "Samvidhana Odi" to all members attending the AGB on 3.8.2024.

The books in English and Kannada languages were ceremoniously released by Chief Guest and Sri N.Bhaskaran. Later, the books were distributed as a gift to all members attending the AGB meeting.

Some books authored by Dr Chandrashekhara on mental and general health both in English & Kannada were made available for sale at a discounted price at the venue. All copies were sold out.

Felicitations of the Chief Guest and the Guest of Honour

Dr C R Chandrashekhara was honoured by the President, Vice president, Secretary and other EC members. Sri N Bhaskaran, Founder Secretary, the Guest of Honour, was honored by the Chief Guest, President, Vice President, Secretary and other EC members.

Felicitation of Sri K.K.Gangadharan

The Secretary informed the audience that Sri K.K.Gangadharan, a member of KP&TPA, is bestowed with the prestigious Kendra Sahitya Academy award for translation. He translated many Malayalam books of famous authors to Kannada. His book titled “ಮಲೆಯಾಳಂ ಕಥೆಗಳು” a translation of selected Malayalam Short Stories of various Malayalam writers was selected for the prize by a jury of 3 members headed by Dr M.S.Ashadevi . KKG, as he is affectionately known to friends, also writes columns for Kannada Magazines regularly. The Association is honouring him in recognition of his service to Kannada language. Sri K K G and his wife Smt. Radha were honoured by the President, Vice President, and Secretary.

Felicitation of Postmen

The Secretary said that the association, continuing the trend set in 2022, is honouring Sri Mohan, Postman Vidyaranyapura P.O and Smt. Amrutha, Post Woman Basaveswhwara Nagar P.O. in recognition of their prompt service to the association. They were honoured by President, Vice President and others.

Honouring members for their service to the association

The following members were honoured for taking initiative to enroll new members to the association in good numbers.

1. Sri S. Rajashekhara, retired Deputy Director, Postal Training Centre, Mysuru for enrolling pensioners in Mysuru and other towns near the city as members of KPTPA.
2. Sri V. Shashidhar Convenor, Shivamogga Postal Pensioners Association for enrolling pensioners in Shivamogga and nearby towns
3. Sri A.Narasimha Aithal, Member, Shivamogga Postal Pensioners Association for enrolling pensioners in Shivamogga and other towns near the City

Sri V.Shashidhar, while thanking the association for honoring him, said that he was inspired by the association's office bearers to enroll new members and to take up DLC work. He thanked the President and the Secretary KPTPA for supporting the pensioners of Shivamogga in their demand for opening of CGHS WC at Shivamogga which is likely to materialize soon.

Presentation of cash awards to Students

Cash awards were given away to 20 meritorious students of Government Higher Primary Schools from Yelahanka and Srirampura, Bengaluru by the Chief Guest. The teachers, who escorted the students to the venue were also honoured. The Secretary informed the gathering that Sri H.S. Prabhakara, Sri H.V.Ramanatha, Sri H.S.Manjunatha, Sri V. Gopal, Sri M.Ramiah, Sri H.R.Sathyanarayana and Smt. S.K. Shylaja have donated money exclusively for this purpose. Sri Ramakrishna Reddy read the names of all students. The Chief Guest and donors present in the AGB were requested to distribute the cash awards to the students.

Felicitation of members aged 75 years and above

The Secretary intimated that the association is honouring the members, who are 75 years and above as on 31-3-2024. The list of members being honoured includes names of members who were born between 1-4-1948

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Chief Guest being welcomed by the President Sri Babu



Chief Guest showing the "Padma Shree Award Medallion" presented to him by Govt of India for his distinguished contribution in Medicine.



Sri H S Manjunatha in conversation with the Chief Guest





**Sri K B Krishna Rao, Secretary
Welcoming the Chief Guest and all others**



Sri G .Babu President speaking



**Sri K R Anantha Ramu, Treasurer
presenting Annual Accounts**



**Sri P S Prasad, President COC-Karnataka
speaking on Commutation**



**Sri P Gangadhara Rao, Vice- President
AIBSNLPWA speaking on
BSNL pension revision**



**Sri V. Shashidhar Convenor, Shivamogga
Postal Pensioners Association
speaking**

Audiences



**Sri H.V. Ramanatha, Donor Presenting
Cash Awards to the Students**



Pensioners aged 75 felicitated

Pensioners aged 75 years and above felicitated in the AGB



& 31-3-1949. It also includes the names of members aged 75 and above who were admitted to the membership of the association during the year 2023-2024 (1-4-2023 to 31-3-2024). The list of such members was published in the journal for the month of April 2024 itself and members were requested to confirm their attendance. This year there were 98 members but only 28 have responded.

Sri V Gopal read their names & office from which they retired and invited them to the dais. The Chief Guest, President, Vice President, Secretary and other EC members honoured them. Volunteers and EC members assisted them in this regard.

Felicitations of Advisors to the Association and Representatives of the Affiliate Associations of CCCGPA Karnataka

Sri M. Ramiah, Permanent Advisor and Sri H.S. Manjunatha, Legal Advisor were honoured by the association. The following representatives of CCCGPA Karnataka were felicitated by the association.

- 1) Sri T. V. Suryaprakash, Secretary, Coffee Board Pensioners Association and Joint General Secretary, CCCGPA-K
- 2) Sri P. Gangadhara Rao, Vice-President, All India BSNL Pensioners Welfare Association and Vice-President CCCGPA-K
- 3) Sri P.S. Prasad, President, Confederation of Central Govt Employees & Workers Karnataka, Secretary, Central Ground Water Board Pensioners Association and Joint General Secretary, CCCGPA-K
- 4) Smt. Juliana Vincent, Secretary, Survey of India Pensioners Association and Joint General Secretary, CCCGPA-K

The open session was concluded with closing remarks by the President and vote of thanks by the Joint Secretary. Lunch was arranged for all.

Afternoon Session:

The afternoon session began at 2.30 PM after lunch.

The Secretary said that item no.1 of the agenda had already been discussed in the morning session itself. Hence other items will be taken up for discussion with the permission of the President. The President suggested taking up of item 4 and 5 first.

Item 4: Restoration of commutation after 12 years instead of 15 years

The Secretary informed that, prior to 4th CPC there was no provision for restoration of commutation. The Government took decision for restoration of commutation after the Hon'ble Supreme Court passed an order in this regard. Though the Hon'ble Court had not prescribed the period of restoration, the Government fixed the period as 15 years after computing various factors. Secretary further said that commutation of pension was found to be beneficial as rate of interest on fixed deposits was high during those days. After 2006, there is a gradual decrease in the rate of interest on F.D and hence commutation of pension is not beneficial now. This was already taken up by the association with the department of pension requesting for reducing the period of restoration from 15 years to 12 years. A copy of the letter was published in the journal for the month of July 2024. The Secretary requested Sri P.S. Prasad, Jt. Secretary CCCGPA, who has prepared a comprehensive document on the subject to speak on the issue.

Sri Prasad addressed the gathering and said that, until recently, he was not aware that a pensioner is refunding the commuted value of pension in excess of what it should be. Hence he started collecting all data namely life span of pensioners, mortality rates etc. that existed from time to time. Rate of interest offered by the banks/government organizations, lending rates etc. He said that he made a video with all the relevant details and posted it on YouTube to ensure that the matter reaches a large number of pensioners so that the issue may be strongly pursued with the Government.

Contd. on page 15

He said that the response was not that encouraging. However, as the President of COC-Karnataka, he addressed the Government to review the matter and issue orders to restore commutation after 12 years instead of the present 15 years. But the Govt. didn't agree to the request, saying that commutation is an advance of pension recoverable in installments. Sri Prasad's contention was that it was not an advance but only a welfare measure to help pensioners to meet certain expenses after retirement. In this regard, a court case was filed by the pensioners of the state of Punjab in Punjab & Haryana High Court and the Hon'ble High Court issued orders staying further recovery of commuted part of pension in cases in which commutation has been deducted for a period of 128 months. Even State Government of Haryana has issued orders to defer the recovery of commutation from all pensioners if the deduction from pension has been made for 10 years. He further said that he will supply all the documents required if any one wishes to approach CAT/Court. He said that he is very optimistic that the Government will consider the demand favourably and period of recovery will be revised to 12 years from the existing 15 years.

Item 5: Revision of pension of BSNL pensioners from 1.1.2017

Initiating the discussion, the Secretary said that he regrets to say that the demand of BSNL Pensioners for revision of pension w.e.f. 01.01.2017 is still not accepted by the Government in spite of relentless pursuit by many BSNL Pensioners' Associations. He said that KP&TPA always stands with BSNL Pensioners for settlement of their justified demands. Secretary further said that he has requested Sri P.Gangadhara Rao, former General Secretary, AIBSNLPWA and Vice President CCCGPA Karnataka, who is also the signatory to the application filed by AIBSNLPWA before the Principal Bench CAT, New Delhi to speak about the subject in the

AGB and invited Sri Rao to speak about the status of the case.

Sri Gangadhara Rao recollected that the issue started in the year 2009 itself, when it was demanded to extend benefits of 6th CPC to BSNL Pensioners also. Then, they succeeded in getting 6th CPC benefits. But, unfortunately, the benefits of 7th CPC were not extended to them. He intimated that they had appeared before the 7th Central Pay Commission to submit oral evidence along with Secretary KP&TPA. Though the Chairman of 7th CPC, after listening to the submissions made by BSNLPWA, remarked that BSNL Pensioners have a justification to claim benefits on par with other CG Pensioners, but to their surprise, BSNL Pensioner's case was not included in the report submitted by the Pay Commission. In this regard, they had met the Minister of Communication Shri Ravishankar Prasad and later, Shri Ashwini Vaishnav when they were holding the Communication portfolio. In spite of getting assurance from both the Ministers, the issue has not yet been resolved. As such, a case was filed in CAT PB, New Delhi and he himself is the signatory to the OA. Continuing, he said that he is extremely glad that the OA has been allowed and the CAT PB has ordered that the pension of BSNL Pensioners must be revised in accordance with the recommendations of the Central Pay Commissions. Unfortunately, DOT has filed a writ petition before the Hon'ble High Court of Delhi challenging the order of the CAT PB. AIBSNLPWA has filed a contempt petition before the CAT PB. The case before the High Court will come up for hearing on 8-8-2024. AIBSNLPWA hopes that the demand for revision of pension of BSNL Pensioners from 1-1-2017 will see the light of day sooner.

Item No.2: Constitution of 8th Central Pay Commission

Sri Krishna Rao gave a gist of the recommendations of all previous Central Pay Commissions and their implementation. He said that there was a gap of 13 years between

the 3rd and 4th CPCs. Only 6th & 7th CPC recommendations were implemented on time from 1-1-2006 and 1-1-2016. 8th CPC is due from 1-1-2026. Therefore, Pensioners Associations and Employees Unions have been demanding immediate constitution of 8th CPC since the Pay commissions usually take a year or two to submit their reports. He recalled that Government has clearly informed the Parliament during the question hour that there is no proposal before the Government for constitution of 8th CPC. Further, the 7th CPC has not clearly mentioned anything about constitution of the next Pay Commission but has only mentioned that periodical review of pay and pension must be made. It appears that Government is in no mood to implement this. Hence all the Employees Unions and Pensioners Associations have demanded for an early constitution of 8th CPC, so that it can be implemented from 1.1.2026. Apex bodies of Employees Union and Pensioners' Associations have conducted periodical agitation programmes like demonstrations before offices, Parliament Chalo etc. KPTPA took part in all the programmes called by NCCPA.

President Sri G Babu said that, when 8thCPC is constituted, terms of reference will be issued. A common memorandum will be submitted by the Associations after holding meetings amongst them as has been done previously, while drafting the memorandum for the 6th and 7th CPC. He suggested that it is better to wait for an announcement by the Government about constitution of 8th CPC.

Item No.3: Grant of notional Increment for the retirement benefits to those, who have retired on 30th June/ 31st December

The Secretary said that the Association had given the item for discussion in 33rd meeting of SCOVA held on 22nd February 2024 with a detailed noting, requesting for bringing an amendment to the Rules governing grant of increment so as to allow drawal of increment on the date of retirement to those employees, who retire after completion of 365 days after

the last increment and retiring on 30th June or 31st of December. The Secretary recalled that this was first suggested by KP&TPA earlier also. The same was submitted once again for discussion in the SCOVA meeting in which Smt. Nagalakshmi Vice President attended.

Smt. Nagalakshmi said that in the SCOVA meeting, the Minister asked the Secretary DOPPW to refer the case to the Attorney General of India for legal opinion regarding amendment to Fundamental Rules. She said that now, it is leant that a note has been put up to the Cabinet Secretary for consideration and hoped that our suggestion for amendment to the Rule will be decided favourably.

Continuing his speech on the subject, the Secretary said that in the meantime, the Hon'ble Supreme Court had dismissed the SLPs filed before it by the Government vide judgments dated 11-4-2023 and 19.05.23. Consequent upon the issue under reference attaining Legal Finality, several Departments of the Government of India and the Indian Railways have advised the concerned Administrative heads to implement the orders of the CAT, which were passed in favour of the pensioners of their respective Departments. In the Department of posts also, eleven circles were directed to implement the court orders. Unfortunately, Karnataka was not in the list. Association took up the case with the Chief Postmaster General and reply received from CPMG was that they are seeking further directions from the Postal Directorate in this regard. Hence the association had written to the Secretary, Dept. of Posts Sri Vinith Pandey to intervene in the matter and advise the CPMG Karnataka Circle to withdraw the petition pending before the High Court of Karnataka so that similarly placed pensioners of Karnataka can get the benefits. The Secretary said that a copy of the letter is published in journal for the month of April 2024.

Sri H.S.Manjunatha, legal Advisor suggested that the pensioners concerned may

file an application before the High Court through their advocates, praying for implementation of CAT Order now that the matter has attained legal finality after dismissal of the SLPs by the Supreme Court.

In response to a query from a similarly placed pensioner whether it is necessary to file an application before the CAT, the Secretary advised them to wait for some more time since there is a hope that of DOPT will issue a general order in this regard. Replying to another query about the Comptroller and Auditor General of India order on the subject, he clarified that those orders apply only to IA&AD pensioners.

Item No.6: CGHS and FMA matters

Sri Krishna Rao, Secretary informed all that some revised guidelines are issued for referral process in CGHS. The O M has been published in the July 2024 issue of the journal. Some salient points are that the referral issued by the CGHS Doctor is valid for three months against one month. Single referral letter is enough for consultations with three specialists and two consultations with each specialist. Now beneficiaries aged 70 and above can have direct consultation with the specialists of CGHS Empanelled Private Hospitals without any referral from CGHS Doctor. The association has been demanding opening a full-fledged Wellness Centre at Sahakaranagar instead of extension counter. Smt. Shobha Karandlaje, newly elected MP from Bengaluru North constituency, took much interest and wrote a letter to the Union Health Minister to open a full-fledged wellness centre at Sahakaranagar. Similarly Sri B.Y Raghavendra, M.P Shivamogga also wrote a letter to the Union Health Minister to consider the opening of CGHS W C at Shivamogga to the benefit of Central Government employees and pensioners residing in Shivamogga and surrounding towns. Opening of CGHS extension center at Hubballi is still to be materialized. Also it is hoped that the demand for establishment of CGHS WCs at Mangaluru and Udupi may be accepted by MOH&FW at an early date.

On a query raised regarding revision of FMA, the Secretary informed the member that demand is for Rs 3000/- but it was reliably learnt that a favourable note has gone to the Finance Ministry proposing enhancement of the FMA from the existing Rs. 1000/- and hopefully orders may be issued soon.

One of the members suggested that tokens in a different colour may be issued to the beneficiaries aged 80 and above so that they can enter the consulting room without much embarrassment. The Secretary assured that this will be taken up in the Zonal Advisory Committee Meeting.

One member complained that, to get special medicine, the beneficiary has to visit the WC twice as such medicines are supplied after placing indent. He suggested having a stock of such medicine at the WC itself to last for at least one week, so that second visit to WC can be avoided. The Secretary informed that this will also be discussed in the ZAC meeting. Suggestion also came from a pensioner that the CGHS Doctor must be advised to prescribe branded medicine instead of generic medicine. The Secretary informed him that there are strict instructions from the Government to prescribe only generic medicine in CGHS as well as in Government Hospitals.

Item No.7: Any other subject with the permission of the chair

Sri M Ramakrishna sought clarification as to whether it is necessary to file a court case for restoration of Commutation of pension after 12 years. The Secretary clarified that Punjab & Haryana High Court, in respect of the State Govt. Pensioners, has ordered only to stay further recovery of commuted part of pension from the pensioners, who have completed 128 months from the date of retirement. The case is yet to be heard on its merits. In the meantime, one Central pensioner has filed an application before the CAT Ernakulam, which is yet to be heard by the CAT. Hence there is no urgency to approach the CAT as of now.

Another member sought clarification on grant of additional pension on attaining the age of 65, 70, 75 years. The Secretary replied that fake news on this issue is being circulated in WhatsApp groups. He requested members not to believe such news. He said that the recommendation of the Parliamentary Standing Committee on this issue has already been rejected by the Government, citing huge financial implications in case the demand is accepted.

A suggestion was also made by a member to issue ID cards. Both President and Secretary said that already there are many types of I D cards issued by Government for identification and issue of a separate I D card by the association does not serve any purpose. Hence there is no need for it.

Concluding remarks of the President

The President expressed his happiness over attendance of nearly 450 pensioners in the AGB and over the manner in which the AGB was conducted. He said the speech of the Chief Guest was very educative. He thanked all for conducting AGB successfully

Vote of thanks by Joint Secretary Sri V.Murugan

Sri V.Murugan, Joint Secretary conveyed thanks on behalf of the association to Dr C.R.Chandrashekar for agreeing to be the Chief Guest, in spite of his busy schedule, and delivering an educative and enlightening speech. He thanked the Association's Founder

Secretary Sri Bhaskaran for gracing the event in spite of his old age and also his son Sri Suresh for bringing his father to the venue. He thanked Sri M.Ramiah Permanent Advisor and Sri H.S.Manjunatha, legal Advisor for attending the AGB. He also thanked the students and teachers of the Government Higher Primary School, Yelahanka and Srirampura for accepting the invitation and receiving the award. He thanked the Representatives from other pensioners associations like AIBSNLPWA, Coffee Board, Survey of India, Central Ground Water Board PWA and others for attending the AGB and accepting felicitations. He thanked the administration and staff of NGO hall for extending their co-operation to conduct the AGB successfully. He also thanked the caterers for providing delicious food and for extending good service. He thanked the family members of pensioners for bringing the senior members, who were honoured in the AGB. Finally, he thanked one and all, who contributed directly or indirectly for making the Annual General Body Meeting a big success.

Special thanks were extended to S/s V. Gopal, D. Venkatesalu, N.R. Anantha, M. Ramakrishna, N. S. Shankaranarayana, M.Nanjundegowda, K.Anand, A.R.Prakash. I.L. Ramaswamy and L M Balappa, the volunteers who toiled for 2 days along with the EC Members to ensure smooth and successful holding of the AGB.

The AGB ended at 5.00 p.m. with singing of the National Anthem in Chorus.

PAYMENTS TO THE ASSOCIATION

Payment of subscription for the journal "Pensioners' Champion" and Donations for the Association **MADE EASY.**

Money Can now be transferred to the association's Bank account through UPI Google Pay / Phone pay **by scanning the QR Code. Printed alongside.**

After entering the amount please type your membership number and name in the box "Add a note" seen below the amount credited in Google Pay and "Add a Message" seen in Phone Pay.



Feedback

Dear Comrade Krishna Rao Sir, Secretary KP&TPA, and your dedicated Committee. Yesterday's AGB was very grand and left us with a happy and fulfilling feeling..

I actually wanted to have some photos on the Dias with all of you, but it also ended with I too being felicitated. The talk by Dr Chandrasekhar was extremely useful as it touched each of our lives.

His books being sold at the Reception Counter went off like hot cakes and by the time we went there, they were sold out and unfortunately, I could not buy a copy.

I congratulate you and your Committee for the dedicated services continuously extended to one and all Pensioners and the aged in need.

We stand by you all in whatever assistance needed Comrade. With warm regards,

- Juliana R. Vincent, Secretary, SOI, Pensioners Association

Today attended P&T Pensioners Association AGB meeting at NGOs Hall. Dr C. R. Chandrashekhar, eminent Psychiatrist was the Chief Guest. He addressed very impressively about the way of Life of Senior Citizens suitable to our retired fraternity. Our gratitude to him. Dr C R's advise Talk, Walk, and Work for good health and mental stability went well with the audience.

- RKT Sastri

I am very happy to be part and parcel of this association and I am very glad to see the way in which you take interest in taking the problems to Delhi level .Service rendered by the association to pensioners for submitting their life certificate is highly appreciated. Congratulations and I am so proud to be a part of this association

- Nagarathna, Retd. ACIT, Income Tax Dept., Bangalore

ನಮಸ್ತೆ ಸರ್. ನಮ್ಮ ಶಾಲಾ ಮಕ್ಕಳನ್ನು ಗುರುತಿಸಿ ಮಕ್ಕಳಿಗೆ ಈ ಪ್ರೋತ್ಸಾಹ ನೀಡಿರುವುದು ನಮ್ಮ ಗ್ರಾಮಕ್ಕೆ, ನಮ್ಮ ಶಾಲೆಗೆ ಖುಷಿ ಕೊಡುವ ವಿಷಯವಾಗಿದೆ. ಇದಕ್ಕೆ ನಿಮಗೂ ನಿಮ್ಮ ಪರಿವಾರಕ್ಕೂ ನಮ್ಮ ಶಾಲೆಯಿಂದ ಹೃತ್ಪೂರ್ವಕ ಅಭಿನಂದನೆಗಳು, ಸರ್.

- Head Master, Govt. Higher Primary School, Srirampura, Bengaluru 560064

I had the opportunity of attending the Annual General Body Meeting held on 3.8.2024. Dr C. R. Chandrashekhar, the Chief Guest, held the audience in good humour and kept them spellbound. In his speech, he narrated various aspects of our body through illustrations and narrated the ill-effects of various diseases and how to guard against them. His health tips viz., Walk, Talk, Work, will go a long way in increasing longevity.

Even though, he has many awards under his belt, he appeared to be simple. He has the charisma of attracting his audience. He has set a noble gesture by offering free consultation on health to the needy people.

The service of our association and the volunteers in conducting the Digital Life Certificate Camps is worthy of emulation.

- C.N. Nagaraja Rao, LM 1680

Submission of Life Certificate by Pensioners in October/November 2024

Training of volunteers for generating Digital Life Certificate by making use of the "Face Identification Technology" launched by the Department of Pension and Pensioners Welfare in collaboration with UIDAI & Ministry of Electronics and Information Technology (Miety).

Karnataka P&T Pensioners Association, in coordination with the Coffee Board Pensioners Association, proposes to conduct training programme to pensioners in generating digital life certificate. Pensioners who are willing to undergo the training may please register their names with the under mentioned organisers of the programme.

Pensioners residing in major cities and towns of Karnataka are specially requested to undergo the training which would enable them to generate the life certificate of pensioners of their cities/towns in DLC camps and also by

house visits to help especially those infirm pensioners who are unable to move out of their homes for submitting life certificate.

Register your name with:

Contact by a Phone call, preferably a WhatsApp message

- 1) Sri T.V.Suryaprakash, Secretary
Coffee Board Pensioners Association :
9448375138
- 2) Sri K. R. Anantha Ramu, Treasurer,
KP&TPA : 9448477129
- 3) Sri V. Murugan, Joint Secretary, KP&TPA:
9902020537
- 4) Sri B.Nagaraju, EC Member KP&TPA:
9964440876
- 5) Sri Viswanatha Rao, EC Member
KP&TPA: 9343518849
- 6) Sri K. Nagesh, EC Member KP&TPA:
9448705268

Donation for the Building Fund - 93rd List July-August 2024

SI No.	Name Sri / Smt.	Membership No.	Amount Rs.	Receipt No.	Progressive Total of donation
1702	H.Sanjeevaiah	LM 1368	5000	6237	17000
1703	N.S.Shankaranarayana	LM 3111	3000	6364	
1704	T.T.Doddamani	LM 2783	1020	6264	2020
1705	S. Vishweshwaraiah	LM 3357	2000	6266	
1706	M.K.George	LM 1372	1000	6263	3000
1707	Somashekaraiah	LM 2284	1000	6256	14111
1708	S.K. Hidkal	LM 2724	700	5869	
1709	D.Kothandapani	LM 2657	500	6259	4500
1710	C.Harry Charles	LM 3068	500	6257	
1711	Velur Gangadhar	LM 3354	500	6218	
1712	A.Prakash	LM 1700	100	6233	2600
1713	Girish Chandra	LM 1739	320	6323	920

List of donations received up to 31-03-2024 has been uploaded to the website of the association 'kptpa.org'. Donors are requested to visit the website and check-up whether their names have been correctly mentioned and the amount donated has been correctly indicated in the list. Discrepancies, if any, may please be informed to the Secretary on Phone - 08023230545 or mobile 9141090249

Donation to Association

1	R. Gopalakrishnaiah	LM 2972	1000	6311
2	Pensioners Association, Dharwad		1000	6234
3	M. Chandrashekar Pillai	LM 3170	500	6376

BSNL IDA

IDA from 1-1-2024 - 215. 4 % (0.2 % decrease over Oct 23 rate of 215.6%)
 IDA from 1-4-2024 - 216. 8 % (1.4 % increases over January 2024 rate of 215.4%)
 IDA from 1-7-2024 -217. 8 % (1.0 % increases over April 2024 rate of 216.8 %)

Subscription received for Pensioners' Champion during July-August 2024

Rs. 180/- Smt./Sri	Rs. 180/- Smt./Sri	Rs. 180/- Smt./Sri	Rs. 200/- Smt./Sri
1756 J.Sukumaran 100	2328 G.Kalaichelvan	3100 K.Nagesh	3152 S.Sathyannarayana
3112 Swaranjit Singh 100	2378 A.B.Basavarajaiah	3112 Swaranjit Singh	3176 M.N.Reddy
2529 P.Yadunath Rao	2398 K.R.Ramachandra Rao	3116 K.V.Vijayalashmamma	3191 M.Rajendran
69 K.S.Ranganatha	2400 S.Vijaya Kumar	3208 A.Maikannan	3311 C.L.Ramesh
486 M.G.Nanjunda Swamy	2406 M.Arumugham	3216 N.K.Prabhavathi	3318 P.Mallappa
686 P.S.Panchapakesan (Mr.SIVAR)	2445 B.V.Shankaraiah	3219 A.T. Dugappa Gowda	3336 M.Muniraju
958 K.R.Ananthkrishnan	2469 N.T.Srinivasa Reddy	3237 Sanna Naik	Rs.240/- Smt/Sri
1017 P.S.Vishwanatha	2479 G.M.Halvadia	3302 R.Jagannath Rao	S-104 Jagjiwanlal Lekhi
1128 R.Chandra Babu	2481 D.Rajan	3304 G.Raghavendra	S-150 D.K.joshi
1171 R.Subramanya	2508 K.I.Sosamma	3309 K.Ananda	S-257 M.I.Madki
1318 U.B.Nandakumar Rao	2519 D.C.Venkatesh	3335 R.Janardhana Rao	x x x Harshad
1382 M.P.Parashurama Sharma	2524 B.S.Latha Bai	3339 Shankarappa	1207 K.Sunithi 250
1389 A.Narasimha Aithal	2537 C.S.Krishnamurthy	3342 B.V.Ramanathaiah Setty	Rs.360/- Smt/Sri
1456 M.S.Subramaniam	2538 H.K.Nagarajan	3345 H.S.Leelavathi	136 M.R.N.Iyengar
1457 N.Manjunath Adiga(Nanchar)	2578 K.Sripada Joshi	3346 G.N.Nadiger	669 R.Rajagopalan
1565 G.V.Venkatanarayana Shastry	2589 Channabasappa	3354 Velur Gangadhar	899 Nagarathnamma
1576 K.F.Nazareth	2681 R.Chandrashekhar	3368 L.Ganesh	953 C.Narasimhaiah
1582 Y.Seshadri	2715 K.G.Kulkarni	3407 P.Channakeshavaiah	1011 K.Seshadri
1588 K.M.Gopinathan	2728 G.S.Lakshminarasimhaiah (Mrs.Jyothi)	3430 A.Anbazhagan	1119 K.G.Shantharaja Gupta
1731 E.Santhanam	2783 T.T.Doddamani	x x x Athmaraman	1151 N.Shivashankara
1739 Girish Chandra	2791 Mrs.H.S.V.Swamy(FP)	Rs.200/- Smt/Sri	1233 Sadananda
1802 A.Sambahamurthy Rao	2803 B.H.Shiragaddi	1225 G.V.Advani	1235 Kulkarni Vadiraj.K
1813 M.Ramachandran	2829 L.Prakash	1246 N.G.Govinda Rao	1252 Madhavi
1832 R.Ramakrishnan	2837 D.Ramaswamy	1289 H.M.Manjunath	1369 H.S.Srikantaiah
1894 N. Subbaiah	2840 R.Rangamma	1320 G.V.Lakshminarayana	1471 K.R.Srikanta
2074 B.S.Balappa	2850 H.A.Nagamani	1729 V.M.Shetty	1542 K.V.Suryanarayanaiah
2098 S.Mohan Kumar	2855 A.Prakash	1804 K.S.Janardhanachary	1579 A.Narayana Swamy
2111 S.G.Hegde	2869 D.Basavaraja	1900 G.Mathiyazhagan	1629 G.S.Kumar
2135 M.Chandrasekharaiah	2898 B.R.Neelakantaiah(Dixith)	2057 A.Lawrence	1664 S.B.Hombal
2165 M.Muniswamy	2904 Venkappa Bannad	2146 K.Lakshmipathy	1970 V.Murugan
2190 R.Muddaiah	2929 K.K.Puolose	2167 M.Vijayakumar	2090 M.Madhusudhana Rao
2212 S.Jayapalan	2953 Vanita Arumugham	2234 Doddamadaiah	2155 T.R.Shankara Murthy
2226 D.Kalyan Rao	2991 S.Ramesh	2366 K.Sekhar	2236 S.Perumal
	2994 W.Vijaya Rao	2390 M.Dwarakanath	2396 M.Sathyannarayana Reddy
	3040 M.N.Rajagopal	2546 M.Munivenkatappa	2471 M.R.Hari
	3074 H.N.Lokesh	2889 G.Arivazhagan	2679 G.Gangadharaiah
	3083 M.S.Prasanna	3099 R.Ramachandran	
		3102 M.Muniyappa	

Subscription received for Pensioners' Champion during July-August 2024

Rs. 360/- Smt./Sri	Rs. 480/- Rs. 500/- Smt./Sri	Rs. 540/- Smt./Sri	Rs. 900/- Smt./Sri
2687 A.Kanikyaraju	1166 B.R.Baliga 480	1933 D.P. Anantha	1330 R.Prasad
2703 D.Shantharaj	1984 G.Prabhakar 500	Padmanabha Rao	1700 A.Prakash
2724 S.K. Hidkal	2646 Theresa	2034 K.Veerbhadra	xxx Moolky M
2844 R.Kotappa	Manoharan 500	Rao (KONANA)	xxx Raghaven
2897 K.V.Keshava Murthy	3170 M.Chandrashekar	2249 N.Gooligowda	Rs.1000/- Rs.1080 Smt/Sri
3134 M.N.Srirangappa	Pillai 500	2397 N.R.Anantha	2233 Vishwanathan 1000
3156 D.S.Ramachandraiah	Rs. 540/- Smt/Sri	2425 B.M.Gopalakrishna	2731 H.S.Shivanna 1080
3308 N.Balasubramani	838 B.L.Channappa	2701 G.L.Srikanta Sharma	Rs. 1800/- Smt/Sri
3310 A.R.Prakash	867 B.N.Mallesappa	2821 K.V.S.S.Prakasa Rao	2662 B.S.Wama
3357 S. Vishweshwaraiah	1766 M.Manickaraj	2874 S.Sathyarathi	
3431 E.Gopi	1882 K.G.Vasanthakumar	2961 M.B.Shivalingaiah	

We Welcome the Following Newly Enrolled Members

Sl.No.	Name (Smt./Sri)	Designation & Office in which last worked	Type & No.
1	Varadaraja	LSG Supervisor, Sub Record Office, Mandya	LM 3560
2	P.Venkataswamy	Sub Divisional Officer, BSNL, O/o CGMT, Halasur	LM 3561
3	N.Seetharam	Assistant Postmaster, Chikkaballapur Head Post Office	LM 3562
4	D.C.Subbarayappa	MTS, Bengaluru City RMS, Bengaluru	LM 3563
5	D.Vanaja	MTS, Bengaluru City RMS, Bengaluru	LM 3564
6	P.Radha	MTS, Bengaluru City RMS, Bengaluru	LM 3565
7	T.Venkaresh	MTS, Bengaluru City RMS, Bengaluru	LM 3566
8	G.S.Panchakshari	MTS, HRO, Bengaluru Sorting Division, Bengaluru	LM 3567
9	Prakash Rao	Sub Postmaster, Vinobanagar, Shivamogga	LM 3568
10	A.Parimala	Postmaster, Nandini Layout Post Office, Bengaluru	LM 3569
11	Mopuri Narayana	Accounts Officer, CCA Telecom Bhuvanrshwar	LM 3570
12	T.V.Srinivasamurthy	AGM, O/o DGM(N.E), R.T.Nagar Bengaluru	LM 3571
13	K.Parthasarathy	PRI(P), Jayanagar Head Post Office, Bengaluru	LM 3572
14	S.Jagadisha	Sub Post Master, Turuvanur Post Office	LM 3573
15	Revanna	MTS, Bengaluru PSO, Bg Stg Division, Bengaluru	LM 3574
16	R.Selvarani	Senior Superintendent of Post Offices, Coimbatore	LM 3575
17	P.G.Prabhavathi	Sub Postmaster, Border Secy Force Campus, Bengaluru	LM 3576

ALL INDIA CONSUMER PRICE INDEX

Month	CPI Base 2016=100	CPI base 2001=100	12 Months Total	Monthly average	7th CPC	DR due
					% increase over 261.42	
June 2023	136.4	136.4 X 2.88= 393	4587	382.25	46.22	46% from July, 2023
January 2024	138.9	138.9 X 2.88= 400	4732	394.33	50.84	50% from January 2024
June 2024	141.4	141.4 X 2.88= 407	4811	400.91	53.36	53% from July 2024

* Linking factor for conversion of the index numbers of 2016 base year to 2001 base year: 2.88

* DA/DR due from 1-7-2024 = 53% Confirmed