

BHARAT PENSIONER

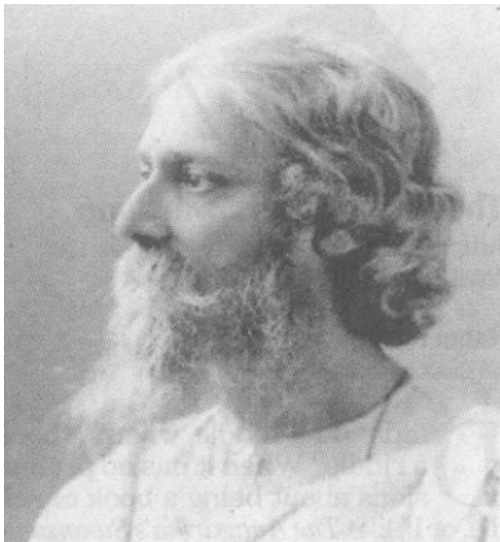
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OFFICIAL MONTHLY ORGAN OF THE BHARAT PENSIONERS SAMAJ, NEW DELHI - 110 014
(Federation of All India Pensioners' Associations)
(MEMBER, INTERNATIONAL FEDERATION ON AGEING, TORONTO, CANADA)
DIRECT SUCCESSOR TO "PENSIONER" ESTABLISHED IN 1955

Rabindranath Tagore : 1861 - 1941

Throughout the ages, civilised communities have contained groups of nameless people. They are the majority—the beasts of burden, who have no time to become men. They grow up on the leavings of society's wealth, with the least food, least clothes and least education, and they serve the rest. They toil most, yet theirs is the largest measure of indignity. At the least excuse they starve and are humiliated by their superiors. They are deprived of everything that makes life worth living. They are like a lampstand bearing the lamp of civilisation on their heads: people above receive light while they are smeared with the trickling oil.



GURUDEV : 150th Birthday
07.05.2011
BHARAT PENSIONER

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**PENSIONERS' UNITY ZINDABAD
LONG LIVE BCPC !
BCPC ON THE MARCH**

As you would kindly recall, in the last issue of BHARAT PENSIONER (04/2011), we inform that conjunction with the Confederation of Central Govt Employees & Workers and other Federations of Central Govt serving employees, Bharat Central Pensioners Confederation (BCPC) would hold a big March / Dharna before the Parliament in August or September, 2011 during the Monsoon Session of Parliament, It was, however, decided that this programme should be carried out jointly and in consultation with the Confederation of Central Govt Employees & Workers Confederation and other Federations of Central Govt Employees. We had promised to publish the CHARTER OF DEMANDS next month, i.e., May, 2011.

However, some items for revision/inclusion therein have yet to be received despite tele reminders. We now hope that the CHARTER OF DEMANDS would be published in June, 2011 Issue. However, if the required items are received by us earlier, the same shall be circulated to members of the Governing Council either by post or courier accordingly.

We have already contacted the Confederation for fixing a common day for this programme.

We again appeal to all the Pensioners' Federations and Associations all over the country to discuss this programme in their executive bodies and start making preparations right now.

Shyam Sunder, Secy Genl, BCPC

FLASH NEWS

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Group home page:

[http://in.groups.yahoo.com/group/](http://in.groups.yahoo.com/group/BPS1955)

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Group email address:

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Also visit:

<http://scm-bps.blogspot.com/>

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Rezwana Choudhury : Bangladeshi singer with a Tagore legacy



A MUSICAL TRIBUTE : *Rezwana Choudhury will be part of the celebrations on the 150th birth anniversary of Rabindranath Tagore*

One of the best known singers of Rabindra sangeet across the border, Rezwana Choudhury "Bannya" is one of the many Bangladeshi artistes who are participating in the celebrations commemorating the 150th birth anniversary of Rabindranath Tagore.

'Gurudev' serves as one of the strongest cultural links between the two Bengals as aficionados on either side of the border are equally serious about preserving the cultural legacy left by him. Rezwana's father, once an official with the Bangladesh Road Transport Corporation, was a great admirer of Tagore. She shares her nick-name Bannya (flood) with Labannya, one of the main characters in Tagore's 1928 novel, Shesher Kabita. When she auditioned for BTV (Bangladesh Television) in 1975, she was advised to tack Bannya to Rezwana Choudhury "It's easier that way," she says.

In the same year, 1975, she moved to Santiniketan to study Rabindrasangeet, the first woman of her family to study outside Bangladesh. Her parents supported her decision; grandparents and other members of the extended family were

not so sure. "Music was not considered viable as a career option. It's not a regular subject," she explains. She had to promise her father she'd complete her degree in economics — she'd studied it for three months — when she got back. "In Santiniketan, I realized that wasn't going to happen," she says. Rezwana, now 54, returned only after collecting her master's degree in 1981. The move to Santiniketan, that too on a scholarship, wouldn't have been all that smooth if Bangladesh hadn't been liberated. "Before 1971, there were many restrictions. It wasn't impossible to perform at or attend a Rabindrasangeet concert, but those doing either would be marked," she says.

The Bangladesh War of Independence had, however, interrupted her music training. She and her siblings had to stop going to regular school; music school was out of the question. After Bangladesh became independent, there was nothing to stop Tagore's popularity from soaring. "Communication with India became easy and the Indian government even offered scholarships' to Bangladeshi students. I had always dreamt of studying in Santiniketan but my dream came true because of liberation," she says.

Tagore, Rezwana feels, serves as a very strong cultural link between the two countries. Sections of his writing are part of the curricula in educational institutions; the national anthem — 'Amar Sonar Bangla' — is by Tagore and every musical programme will feature at least one Tagore song. Performing abroad, she routinely shares stages with Indians, Rabindrasangeet exponents from West Bengal. The audience, too, is usually a mix of Bengalis from West Bengal and Bangladeshis. "I perform more often in Kolkata than in Dhaka," she says laughing. On the occasions when she performs for foreigners, she carries translations of the songs. She'd done that for a recent performance in Sri Lanka.

"Rabindrasangeet is a blend of poetry, melody and emotion. If you don't get the lyrics, your enjoyment of the songs is instantly halved," she explains. There is plenty of concert activity at home, too. "The positive thing is that there are many performers and every one is buss," she says.

Courtesy : Tol (Sunday Times), ND

MAY DAY, 2011 Commemorating 125 Years of Workers' Uprising in Chicago

by *NIRMALYA BISWAS*

The author is an Associate Professor of Commerce, Bankim Sardar College affiliated to the University of Kolkata

It all happened on a Saturday; 125 years have passed since then. In those days people had to work for ten to twelve hours a day. But on that Saturday they broke the rule. They set aside their fear and strife, and left work. With an indomitable spirit they dared to raise their voice and make a start. Together they dreamt to change the world. "Eight hours for work, eight hours for rest and eight hours for what we will" was what they decided as something non-negotiable.

Workers in thousands marched down the streets of Chicago on May 1, 1886. Chicago was a city where they worked in large factories. What else could give the slaves of the factories more confidence and greater courage than work stoppage *en masse!* What was important about May 1, 1886 was that people were demonstrating not only as US citizens, but as citizens of the world, the larger world-community of workers leading the struggle for justice and freedom.

The tragic Haymarket massacre had enormous consequences for what happened in the history of the labour movement thereafter. The workers' movement in Europe grew strong. The significant development of this movement occurred at the International Workers' Congress in 1889. It was resolved in the Congress that the workers all over the world would go for stoppage of work and demonstrate together on May 1, 1890 in support of the demand for eight-hour working day. No one had any idea of a repeat of the programme of cease work on May 1 in the coming years. The lightning effect of the movement which was initially planned by the Congress to be a one-time programme gained the support of the working classes who decided to commemorate May 1 every year.

May Day raised the demand for introduction of an eight-hour day 125 years ago. But even after

their demand was recognised universally, the working class commemorates May Day every year in a befitting manner. As long as the workers' struggle against exploitation by the ruling class continues, May Day will be observed by them vibrantly. To them it is a historically significant day to organise themselves against all sorts of exploitations and oppressions. Humanity will always celebrate May Day with dignity acknowledging the workers' great sacrifice and indomitable endurance in the past.

Courtesy : Mainstream Weekly, New Delhi - 49

Lokpal Bill (Govt version)

1. The Lokpal will have jurisdiction only over the Prime Minister; Ministers and MPs
 2. The Lokpal will not have suo motu power to initiate inquiry or even receive complaints of corruption directly from the public. The complaints will be forwarded to it by the presiding officer of either House of Parliament
 3. It is purely an advisory body and can therefore only give recommendations of the Prime Minister on complaints against Ministers and to the presiding officer of either House on complaints against the Prime Minister and MPs
 4. Since it has no police powers, the Lokpal cannot register an FIR on any complaint. It can only conduct a preliminary enquiry
 5. Anybody found to have lodged a false complaint will be punished summarily by the Lokpal with imprisonment ranging from 1 year to 3 years
 6. The Lokpal will consist of three members, all of them will be retired judges
 7. The committee to select Lokpal members will consist entirely of political dignitaries and its composition is loaded in favour of the ruling party
 8. If a complaint against the Prime Minister relates to subjects like security, defence and foreign affairs, the Lokpal is barred from probing those allegations
 9. Though a time limit of six months to one year has been prescribed for the Lokpal to conduct its probe, there is no limit for completion of trial, if any
 10. Nothing has been provided in law to recover illgotten wealth. After serving his sentence, a corrupt person can come out of jail and use that money.
- Courtesy : AMITY Monthly, New Delhi - 110 001
(Last month, we published the JanLokpal Bill sponsored by the civil society : Anna Hazare & others
..... Editor - BP)*



Cartoon courtesy : Hindustan Times, ND

What Anna Hazare Has Achieved

by Sumit Chakraborty

Early April it is the success of Gandhian social activist Anna Hazare's crusade against corruption that has hogged the headlines. On receiving a Government of India Gazette Notification regarding the constitution of a joint committee comprising members from the government and civil society for preparation of the draft Lokpal Bill, Anna broke his indefinite fast Saturday (April 9) but not before he had offered juice to all those who were on hunger strike in solidarity with him. There were rapturous scenes at New Delhi's Jantar Mantar, the venue of the fast and celebrations instantly broke out in the Capital and across the country among the countless people who had gathered in various places in support of the antigraft struggle. Indeed the all-out mass response to Anna's crusade was literally unprecedented in recent times and the spontaneous participation of the youth in this mass movement was most striking, to say the least. The outcome of networking conducted by the distinguished Right to Information activist, Arvind Kejriwal, was visible before one's very eyes.

As far as the UPA Government was concerned, it initially sought to ignore the Anna phenomenon

but when it found on close scrutiny that the movement was snowballing into a veritable mass upsurge, it could not but launch the exercise of reaching a compromise.

Despite the initial feet-dragging the Government eventually did what was expected of it —hold negotiations with Anna's team. Obviously due to Sonia Gandhi's intervention. Sonia understood that procrastination by the ruling dispensation over the matter would be most damaging for the Congress in particular what with the unearthing of a series of scams in which several leading lights of the principal ruling party and its allies in the UPA have been directly implicated. On the other side the civil society members backing Anna Hazare did not display any rigid approach. Initially they wanted Anna to lead the joint panel. When the government refused to accept the proposal they agreed to the idea of co-chairmen. That was indicative of their flexibility. In return the government finally acceded to their demand for an official notification of the joint panel. Now the joint panel is to be headed by both Pranab Mukherjee (from the government side) and Shanti Bhushan (from the side of the civil society), and Anna will be a member of the panel.

For the civil society activists the primary task is to ensure that a strong and effective Lokpal is in place as soon as possible.

Now the Government's seriousness in strengthening the power of the ombudsman {Lokpal} so as to make it effective in the anti-corruption drive will be tested. What Anna Hazare has achieved is to unleash a movement capable of enhancing the people's vigil over the government's functioning. Don't we all know that eternal vigil is the price of liberty?

S.C. is the Editor, MAINSTREAM Weekly, New Delhi - 110 049

The views expressed by the author are personal

Truth can stand by itself

It is error alone which needs the support of government. Truth can stand by itself

THOMAS JEFFERSON

The undressed is vulgar - the nude is pure

ROBERT GREEN INGERSOLL

USAID, IMF & WORLD BANK TO-DAY

The revolt in the Arab world is not merely against a resident dictator but a worldwide economic tyranny designed by the US Treasury and imposed by the US Agency for International Development, the IMF and World Bank, which have ensured that the rich countries like Egypt are reduced to vast sweatshops, with half the population earning less than \$ 2 a day. The people's triumph in Cairo was the first blow against what Benito Mussolini called corporatism, a word that appears in his definition of fascism.

How did such extremism take hold in the liberal West? *"It is necessary to destroy hope, idealism, solidarity, and concern for the poor and oppressed,"* observed Noam Chomsky a generation ago, *"[and] to replace these dangerous feelings with self-centred egoism, a pervasive cynicism that holds that [an order of] inequities and oppression is the best that can be achieved. In fact, a great international propaganda campaign is under way to convince people—particularly young people—that this not only is what they should feel but that it's what they do feel."*

Like the European revolutions of 1848 and the uprising against Stalinism in 1989, the Arab revolt has rejected fear. An insurrection of suppressed ideas, hope and solidarity has begun.

In the United States, where 45 per cent of young African-Americans have no jobs and the top hedge fund managers are paid, on average, a billion dollars a year, mass protests against cuts in services and jobs have spread to heartland states like Wisconsin. In Britain, the fastest-growing modern protest movement, UK Uncut, is about to take direct action against tax avoiders and rapacious banks. Something has changed that cannot be unchanged. The enemy has a name now.

Courtesy : Cotinterciirreitts - Internet

THE 5TH WORLD LANGUAGE

Although Hindi ranks fifth among the world's languages, it is the language of only one third of India's population.

FREE MOBILE HOME - CALLING WITH BSNL

On the occasion of Diwali the minister of State for Communications and I T Sachin Pilot launched a unique plan, combining landline and mobile services of Bharat Sanchar Nigam Limited (BSNL).

Its landline customers of BSNL can now take a free SIM card and can make unlimited free local calls to the landline number. The customers can also call two BSNL local numbers at a reduced rate of 20 paise per minute and one BSNL number anywhere in India at a reduced rate of 30 paise per minute, a BSNL press statement said.

INDIAN SPICES THAT WILL BOOST UP YOUR HEALTH

1 Cinnamon: A staple in all sorts of desserts and similar dishes, this spice is a natural warmer that helps fight cold and is also good for your stomach. Soak it in water and have it along with lemon and honey for weight loss.

2 Asafetida: It's high in mineral, calcium, and iron. A small quantity dissolved in wafer helps fight diseases such as asthma and stomach ailments. It is also used to aid digestion and is smeared on the abdomen in an alcohol or water tincture known as mahahing.

3 Cumin: It's very rich in iron, calcium, potassium and even vitamin A and B. Roast and have it with gur. Boil cumin seed in water and drink it like tea to get rid of acute stomach problems.

4 Clove: It has an excellent warming effect and is also an aphrodisiac. Chew it whenever you have tooth ache. Clove buds are also known to have very effective anti-oxidant properties and can also be used as an oil for curing hypotonic muscles, including multiple sclerosis

5 Saffron: You can call it the wonder herb. There has been documentation of saffron's use over the span of 4,000 years in the treatment of some 90 illnesses. It's a purifier and has a cooling effect. Dissolve it with goat milk and drink it for purifying blood.

(WITH INPUTS FROM CHEF MONISH GUJRAL)

Courtesy : Hindustan Times, New Delhi

BIG METRO MAKE ONE LONELY*by Anu Kumar****As our metros become more urbanised,
there's little place for people who don't
conform to its new rules***

Stories of starvation deaths that appear in newspapers usually emerge from the severely malnourished, poorer parts of our country. Not from cities. And so the story of the two Bahl sisters found in a starving disturbed state in their Noida home was shocking. It also sounded terribly familiar. Their story echoed line by line that of the Bali sisters found in a similar state in their Kalkaji home four years ago. The stories once again made for the same explanations of loneliness, social neglect and apathy. The sisters had been on their own, unable to sustain themselves because of unemployment and lack of other support systems. But the similarities and the too easy explanations require a deeper examination. In 2007, the youngest of the Bali sisters, Neeru, was 30. She had died of starvation when the police made a forced entry into the home. But the other two were in their 40s, as the Bahl sisters. Noida and Kalkaji, like most suburbs of the National Capital Region, are witness to continuous change. Neighbourhoods transform swiftly familiar places alter within weeks and the city soon appears totally unrecognisable to longtime residents. This is a story that rings true across most Delhi suburbs and sectors in the wake of the Commonwealth Games, which have witnessed rapid modernisation. Arguably, most of our cities now cater to short-term residents — the itinerant travellers, the occasional visitors—than to the long-term resident. So there are more takeaways, more hotels and residences, but no libraries, old age homes or even recreational centres. Even the local 'dhaba' feels threatened by the malls, despite the fact that the latter may offer viable discounts but doesn't 'home deliver'.

If the Bali and Bahl sisters didn't step out of their homes it was perhaps because the world around them had changed too much. Another sweeping statement made soon after the Bahl sisters were taken to a hospital attributed their "depressive psychotic state" to the recent loss of

their parents. Both sets of women were in their 40s, single and isolated. Did they, as single women, run out of options to live by? Was it also a 'depression', if at all, driven by a poor self-image? The belief that there can be only a few ways to live for women — to be married or be successful in some way — and that these sisters fell through the cracks concludes that they were 'failures'?

The story also speaks to us about social apathy; systems like the police checks of isolated people, which are in place for the elderly, are actually failing. But apart from the vital need to establish and maintain connectivity between citizens, cities, in a way; have deprived us of the equally important need for solitude.

Cities are now greedy living entities, where life must be lived out in the open — in malls, restaurants and public transport systems. To live in a city now stands for living among crowds — even the nightlife has its own meaning, its own crowds. Solitude is a word viewed with suspicion.

In the wake of this tragedy, we need to look anew at reasons for isolation; why solitude becomes unbearable for some, and in a city can we still be happy in our own, perhaps different, selves, living simultaneously with many other selves? We need to ask why and when loneliness became a bad word.

*Anu Kumar is a Singapore-based writer***Rid the sufferings of the
oppressed & the unhappy**

"ना त्वं ह कामये राज्यं, न स्वर्गं पुनर्भवम् ।
कामये दुःख तप्तानां, प्राणि नामति नाशनम् ॥

(अर्थात् न मुझे राज्य की चाह है, न स्वर्ग की, न ही मोक्ष की, मेरी कामना है कि मैं दुःखी व पीड़ित व्यक्तियों के कष्ट दूर करता रहूँ।)

I don't demand a kingdom,
Nor do I converge for the paradise
Not even liberation from birth cycle
My only wish is to rid the sufferings of the
oppressed & the unhappy

*Courtesy : Rabindra Nath Gupta, Pensioners &
Sr Citizens Welfare Trust, Roorkee*

HOW TO WORK IT : AN EFFECTIVE WEIGHT LOSS ROUTINE

1. **Never copy anyone's fitness plan:** There can be no 'one size fits all approach' to weight loss. "Every person's exercise program is customised after complete lifestyle and structural evaluation", says fitness expert Vilayat Hussain.
2. **Have six meals a day:** Instead of three heavy meals, divide your meals into six parts. "The energy that you give your body in the form of breakfast at 9 am is consumed by 12 pm. Your body starts demanding food again. Now, if you don't eat anything, you use up the stored protein in your body and your energy levels go down. This eventually reduces your muscle composition and increases fat in your body. Therefore munching something light like a small portion of salad every 2-3 hours is a good idea," says Hussain
3. **Say no to food with complex carbohydrates post 7pm:** Many people believe that chucking out carbohydrates from their meal in the night will help them reduce weight. You should only avoid complex carbohydrates found in things like bread, roti, rice, pasta, idli or dosas. Replace these items with salads, sauteed vegetables, a small portion of fish or chicken," advises the expert.
4. **Don't skip meals:** Every time you skip a meal, you give your body the opportunity to use stored protein in your body. When you eat your next meal, your body gives a signal to store as much fat as possible from the meal.
5. **The right diet:** Have fresh food items instead of processed ones. Lentils, beans and sprouts are a great source of protein. "Brown rice and oats give you carbohydrates. The serving size per meal must not be larger than your fist," says Hussain.
6. **An ideal exercise programme should include:** Warm up with a focus on mobility drills, core training that includes static core exercises like prone planks and side planks with antiextension exercises like Swiss ball rollouts and strength exercises that include at least 2 pulling exercises for every 1 pushing exercise, says Hussain.

Courtesy : Hindustan Times, New Delhi

WELLBEING FOR ALL High drug prices: Not a healthy sign, say experts

by Chetan Chauhan

The Government's bid to provide Healthcare to all may not work, if the prices of drugs continue to rise at the present. A study done by a group formed by Prime Minister Manmohan Singh to prepare a road map for providing health-care to all citizens by 2020 has said the prices of drugs and medicines have increased 170% compared to 70% for other commodities since late 1990s.

The high cost of medical facilities has resulted in 28% of ailments in rural India, whereas 20% of population in urban areas goes untreated. And, of those who get hospitalised, 47% in rural India and 31% in urban India have to sell their assets to pay for medical expenses.

The National Sample Survey Organisation has found that on average an Indian spends 78% of the medical costs on medicines alone. "It is a serious problem," said K Shrinath Reddy, who heads the expert group. "Domestic production of medicines has fallen as many companies are being taken over by MNCs ."

The way forward, suggested by the group, is to **infuse investment in public sector pharmaceuticals and revive old PSUs** to augment production. For the private sector, the group said the foreign direct investment (FDI) in pharmaceutical sector should be reduced from 100% to 49%.

Congress MP Jyoti Mirdha, a doctor by profession, wanted regulation of FDI in health sector saying automatic route for FDI was making basic health service out of reach of aam aadmi. CPM MP PK Biju said there were huge variations in prices up to 1,000 times in anti-cancer drugs manufactured by MNCs and Indian firms and urged the Centre to bring them under the drug price control policy.

The group has asked the government to set up retail outlets on contract basis, where the drugs should be supplied through a centralised procurement.

Courtesy : Hindustan Times, New Delhi

**FREQUENTLY ASKED FEW
QUESTIONS & ANSWERS TO THEM**

PREPARED BY D GOPALAKRISHNAN

Q.1. Who is the Pension Sanctioning Authority for IDA pensioners?

Ans. BSNL is the Pension Sanctioning Authority for the BSNL IDA retirees.

Q.2. What should an employee in BSNL do to claim his pension?

Ans. The BSNL employee is required to furnish certain information such as joint photo with spouse, family details, name of the branch of the authorised Bank / PO through which he desires to draw his pension etc. to his head of office in the prescribed form No 5 and his family details in Form 3 along with nomination "... for life time arrears etc :sbt months before his date of retirement The head of the office will prepare the pension proposal along with required documents along with service book and sent to CCA office to process the case.

Q.3. I am drawing my pension through a nationalised bank. My branch office does not pay me relief on pension at revised rates in time, for the obvious reason that they have not received Deptt orders in this regard. What should I do?

Ans. As and when the Dearness Relief rates in IDA are revised, the relevant Govt orders are invariably circulated by the concerned CCA office of Territorial Circles/CPAO to the link branches of the respective Nationalised Banks and the Postal Accounts office of the concerned HPOs. You can also advise the officer incharge of the branch to visit CA website and download DR orders.

Q.4. I am BSNL pensioner. Am I eligible for fixed medical allowance of Rs 100/- per month. If not, what are my entitlements on this?

Ans. You are not eligible to draw allowance of Rs. 100/- per month w.e.f. 01.03.2003. The BSNL management has arranged a comprehensive health cover to all retired /existing personnel of BSNL. Accordingly, you may approach BSNL authorities where you last served to get yourself enrolled and avail the same.

Q.5. As a BSNL pensioner can I get a pensioner's Identity Card?

Ans. Yes. The Administrative Authority of the office from where you retired will issue the I. D. Card.—

Q.6. Whether DR is calculated on gross pension or on the net pension i.e. residual pension after commutation?

Ans. DR is always calculated on gross pension.

Q.7. When is the commuted portion of pension restored?

Ans. 15 years from the date of payment of commuted value.

Q.8. Whether family pension is also authorised in the Pension Payment Order in retirement cases?

Ans. Yes. It is authorised in favour of spouse only.

Q.9 I am BSNL pensioner and retired on superannuation. Whether my pension is calculated on 10 months average emoluments or 50% of the last pay drawn?

Ans. Pension is calculated based on the 50% of the last 10 months of average emoluments or 50% of the last pay drawn whichever is beneficial to the employee W. E. F. 01.01.2006 onwards.

Q.10. Whether the family can be given the benefit of 40% commutation if a pensioner dies before exercising option?

Ans. No. The family is not entitled for commutation.

Q.11. Does restoration of commuted portion of pension after 15 years require any sanction from the Pension Sanction Authority?

Ans. No. Restoration of commuted portion of pension after 15 years is to be made automatically by the Pension Disbursing Authority on receipt of application in prescribed proforma from the eligible pensioner.

Q.12. Whether retirement gratuity / death gratuity and commuted value of pension are taxable?

Ans. Retirement gratuity / Death gratuity and lump sum amount of commuted value are not taxable under Income Tax Act.

Q.13. Is Family Pension is payable to a spouse judicially separated?

Ans. Yes. Family Pension is payable to a spouse judicially separated but not to a spouse judicially separated on the ground of adultery.

Q.14. Whether family pension may be sanctioned to a handicapped child during lifetime of a pensioner who has no wife or any other children?

Ans. No family pension in this case may be sanctioned only when the "contingency" arises. However, a note of such child will be kept in record in the RO/HO and PSA.

Q.15. What is the maximum ceiling of Retirement gratuity to IDA pensioner?

Ans. Rs. Ten lakhs w.e.f 01.01.2006.

Q.16. Are the employed family pensioners and the reemployed pensioners entitled to their Family Pension/Pension?

Ans. Yes, w.e.f. 18.07.1997 onwards.

Q.17. I am a BSNL employee retired after completion of 25 years of Qualifying Service. Whether I am eligible for full gratuity?

Ans. Even though the pension is calculated for full amount, the DCRG will be calculated for the no. of completed six monthly periods.

Q.18. What is minimum pension for the BSNL pensioners?

Ans. 50% of the minimum of the IDA pay scales. Now the minimum of the IDA pay scale is ₹ 4000/-. Therefore the minimum pension works out to ₹ 2000/- + D.P.

Q.19. Whenever pay is revised whether I am eligible to get revised pensionary benefits automatically?

Ans. The revised pension will be authorised on receipt of revised pension proposal from the BSNL.(as per 15.03.2011 DoT orders now.)

*Courtesy : BSNL PENSIONERS VOICE (2010),
TVM - 695018*

WHAT IS WIKILEAKS AND Just who is Julian Assange?

He uses encrypted cell phones to stay in touch, travels under false names, wears disguises, uses cash instead of credit cards, and stays out of touch for days, has trysts with beautiful women, but instead of being in Her Majesty's Secret Service, like James Bond, he is lodged in Her Majesty's Prison, Wandsworth, Britain's largest.

Why is he in prison? Because the judge refused him bail, in spite of support from a raft of celebrities that included Jemima Khan, former wife of Pakistani cricketer-turned-politician Imran Khan, well-known journalist John Pilger and filmmaker Ken Loach. They may not have met

him, but wanted to show solidarity with the 39-year-old Australian, as do so many the world over.

Like Ian Fleming's character, women seem to be Julian Paul Assange's Achilles' heel and led to his arrest in London where he is being held, pending extradition to Sweden. Two women he had dated while in Sweden earlier alleged that he sexually assaulted them. According to one version, the women wanted to get in touch with him after the event, but couldn't, and then finally went to the police. Others dismiss the whole thing as a conspiracy to shut up WikiLeaks and its founder.

Assange does not deny the encounters, but claims they were consensual, and points out that the two women continued to interact with him. No formal charges have been filed, but he is wanted for questioning by the police in Sweden. According to Swedish law, a sexual encounter can begin as a consensual act but can become "non-consensual" if the woman objects at any point of time. Then, there is the issue of use of force and two charges of unprotected sex without a condom, despite the women's insistence that he use one. The Swedes are known for having a tough attitude towards sexual crimes and have broader definition of what constitutes such crime. The world waits, and so do many governments, to see if WikiLeaks will release embarrassing documents in retaliation. He has already significantly undermined the credibility of the American diplomatic efforts by releasing, for the past two weeks, thousands of classified messages from US embassies around the world. Significantly, WikiLeaks has more than two-and-a-half-lakh messages in its kitty, and is leaking out dribbles just yet.

It is entirely appropriate, and in some ways understandable, if the man who founded WikiLeaks has a mysterious past. It's not clear where the surname Assange comes from, although it is said to have a Chinese origin. However, his maternal ancestors emigrated to Australia from Scotland and Ireland. He did not attend school, although he studied at University of Melbourne later, and his childhood was certainly different from the norm, Julian Paul Assange had to move home 37 times before he was 14 years old, and he still has no home

address, since he keeps on moving frequently. So does his website, WikiLeaks, which has recently been hopping from one server to another, as it is chased and attacked by various "forces of establishment".

Assange was born in 1971 in Townsville, Australia, spent most of his childhood with his mother, Christine, and schooled at home, actually, many homes. In the exhaustive interview with him, published in The New Yorker, he romanticised his early childhood and said it was spent like Tom Sawyer, the character made immortal by Mark Twain. Said he: "*I had my own horse, I built my own raft and I was going down mines and shafts....*" His parents also led a nomadic life, with his father, who was a theatre director, taking the show from one place to another. His mother remarried when he was only eight, but separated from her abusive husband three years later.

He was bright in maths, and his mother was supportive enough to buy him a Commodore 64 computer in 1987. Since it was the pre-www era, the naturally curious Assange started exploring the networks around him, and thus started a lifelong hide-and-seek in cyber space. He married when he was 18 and has a son Daniel, but his wife and son left him in 1991 when police raided their house and accused him of hacking into the computer system of Nortel, a telecommunication company. He was arrested and convicted, but did no jail time. Assange also did a course in physics and maths at Melbourne University.

He started WikiLeaks in 2006. In one of the essays on it, he wrote: "*To radically shift regime behaviour we must think clearly and boldly for if we have learned anything, it is that regimes do not want to be changed. We must think beyond those who have gone before us and discover technological changes that embolden us with ways to act in which our forebears could not.*"

WikiLeaks became a place where anonymous whistleblowers could send in information with the conviction that it would be shared with the world, and the anonymity of the sources would be protected. The organisation is voluntary and it is run with funds provided by donations, and like many others, Assange is an unpaid volunteer,

Assange is a lonely and rest-less soul. He has lived a crowded life, having motorcycled across Vietnam, camped in Iceland to complete projects for WikiLeaks in secrecy and delivered lectures all over the world. WikiLeaks has documented extra-judicial killings in Kenya. It published a report on toxic waste dumping on the African coast, and revealing documents like Church of Scientology manuals and Guantanamo Bay procedures.

It exposed a video taken by a US Apache helicopter in 2007 that showed it shooting civilians in Iraq. The video evoked tremendous response and caused much embarrassment to the US establishment. WikiLeaks received more than two lakh dollars in donations after the video was released.

Assange calls himself Editor-in-Chief of WikiLeaks and an Internet activist. He was given the International Media Award in 2009 by Amnesty International. Ironically, much of his life remains private, as does the functioning of WikiLeaks. In July last year, it published 90,000 secret documents about the war in Afghanistan. In October, WikiLeaks exposed the Iraq War, as seen through classified documents, and then came the 2.5 lakh diplomatic cables.

The US has declared war on WikiLeaks, and US politicians say that WikiLeaks should be designated a terrorist organisation; and its founder be charged under the Espionage Act. There are hardly any takers internationally for such an extreme position, but WikiLeaks is being examined with a microscope and powerful forces are creating hurdles in its functioning.

As yet, it has emerged triumphant in the cat-and-mouse game it is playing with authorities worldwide, in spite of persistent attacks, both technical and financial.

Assange is a complex man, brilliant and unconventional, according to everyone who has met him. His arrest in London is just one chapter in the life of a man who has the world at the edge of its seat, wondering what he can unleash, which secrets he can expose and who he is going to embarrass next. The world waits for further revelations even as Wikileaks threatens to change the way governments, media and diplomats function.

Courtesy : Amity Monthly, New Delhi - 110 001

Our 7 deadly sins**Stop playing games with ourselves.****The Vice squad : A cold hard look**

by Pavan Verma, IFS

As I see it, this is not about the Commonwealth Games. The far more important challenge is to stop playing games with ourselves. For that, the only instrument required is the courage to be honest. To my mind, our Seven Deadly Sins are:

Individualism

One of the consequences of a complex civilisation in evolution for 5,000 years is that it has produced an individualism which militates directly against team spirit, coordination and planning. Our motto is to work for our individual moksha. At the bathing ghats of Varanasi, a devotee will side-step the filth and excreta, take a dip in the Ganga and pray for his or her individual salvation, without giving any thought to what exists around him or her. It is such a milieu that makes personal egos far more important than public goals.

Corruption

This is not the monopoly of India. However, we need to be worried because of our attitude towards it. Our problem is that we condemn it when someone else is the beneficiary and condone it when we ourselves are. This dysfunctional link between the espousal of public morality and the acceptance of private collusion has led to a despicable hypocrisy.

Nepotism

This is the revered sister of corruption. We are forever willing to be 'accommodating' on account of kinship, caste, region or religion. This misguided 'benevolence' directly militates against the creation of a meritocracy. Public organisations then become a means to perpetuate personal networks. So long as our own are being looked after, we care a damn about the larger interests of the institution.

Hierarchy

We are the product of an incorrigibly stratified society, which has produced, in spite of the social changes of the last decades, a mentality that rarely questions those in authority, especially if our personal interests are likely to be hurt. This, in turn, has defied a 'deference factor' that revels

in servility and sycophancy. Public flattery of authority, and very often, the private subversion of its credentials, is one of our distinguishing traits. The consequence is the absence of effective interrogation, and the even greater absence of fearless, frank and objective advice.

Shoddiness

This is not an intrinsic trait of Indians. Our civilisation has seen remarkable peaks of refinement and creativity. One has only to look at the Kailash temple at Ellora or the Taj Mahal to understand what I am talking about. There are also enough examples today of excellence which is internationally recognised. It is, however, undeniable that a great deal of what we do is severely debilitated by a general 'chalta hai' attitude. Perfection is not always possible; but our acceptance of mediocrity in so many of our endeavours is just unacceptable.

Acceptance of Filth

The question here is not about the varying standards or hygiene. The issue, quite simply, is that in absolute terms we have an appalling lack of tolerance to filth. Stinking urinals, mounds of garbage, and overflowing drains live happily even in affluent environs. What is worse is that we can be very conscious about the cleanliness of our own persona or borne but absolutely oblivious to the muck around us. In fact, the greatest amount of filth can often be seen next to our most important temples.

Lack of Balance

We oscillate between over the top euphoria when things appear to be good, and extreme recrimination when they appear to be less so. In the process, we lose the very important anchorage of perspective, which is the first sign of a confident nation.

*For each of these weaknesses, we have our strengths. But unless we take stock of the sins that be set us, we will never be able to fully exploit the potential of the virtues that are also our legacy. (Pavan K. Varma is the author of **The Great Indian Middle Class, Being Indian, and Becoming Indian**. He is currently Ambassador of India in Bhutan.*

Courtesy : Amity (Monthly) New Delhi - 110 001

1947 Partition Riots Amazing Disclosures After 64 years TIME TO BUILD CBMs NOW

by G.D. CHANDAN, GURGAON - 122 002

Terrible communal riots had broken at the partition time (1947) when the cummingly diplomatic British rulers left after transferring power to the remaining India and the newly created Pakistan. There were then sudden mass migrations involving heart-rending human tragedies.

After 64 years now, the attitude of our people appears to be altogether different. It tends to indicate that those stories were perhaps politicized and tendentious.

A group of three writers and journalists of Haryana who recently went to Pakistan to visit their ancestral homes have brought very warm accounts of hospitality. The poet of Haryana who recently retired as Principal of Ramjas College, Hissar; 76-year old Urdu writer of Ambala, Mohinder Partap Chantl and 55-year old S.K. Jain, a Hindi Journalist of Hissar. Of them, the spokesman, M.P. Chand told us that as the rioters were then roving in various streets, a Sikh neighbour, Sardar Gurmukh Singh, came forward to protect a friendly Muslim neighbour and facilitated him to lie in his sick wife's bed, shielded and protected, in her long blanket.

During the present visit, his young son came to them and informed about his father's death one year ago who left them a firm "advice" that his family should always be kind to the Sikhs as their "respected uncle Gurmukh Singh saved his life". M.P.Chand further informed that in 1947 riots, local Muslim Thanedar (Police sub-Inspector) came to them and assured "safe transit". Soon he brought a group of local "Dhobies" (Washermen) along with their donkeys and carried intact their chosen belongings to the boarder. All three members of the Indian Group gleefully acknowledged that all their old signs and sign boards along with their languages were there in Laiyyah (Multan) in the position they left.

The Indian visitors further intimated that several local Pakistan VIPs including some senior Urdu writers and poets, had arrived along with their children to greet them. Furthermore,

representatives of leading Urdu Dailies "Nawai Waqt" (Khalid Behzad Hashmi) and "Khabren" (Razish Liyaqal Puri, who had there dainty offices in Multan, the cradle of ancient Siraiki language). Again, editor of reputed Urdu Journal "Chaharsu" Gulzar Javed, which takes a keen interest in Indian Urdu Writers, had come all the way from Karachi to Multan and joined all their Nishasts (meetings) and Mushairas (poetic symposium).

The gathering urged the two Governments that in order to establish the noble principle of C.B.M.(Confidence Building Methodology), they should have an annual programme for people above 60 to visit their old homes in each of the two states without any Visa restrictions. Immediately, they should announce suitable revision of present high and unpopular postal rates between the two countries.

54% Indians paid bribe last year

One person in four worldwide paid bribe during the past year while 54 per cent Indians said they greased the palms of authorities to get things done, says a study released recently to mark International Anti-Corruption Day. "Corruption has increased over the last three years, say six out of 10 people around the world, and one in four people report paying bribes in the last year," the Berlin-based non-governmental agency. Transparency International (TI), said. Releasing the findings of the 2010 Global Corruption Barometer, a worldwide public opinion survey on corruption, TI said it showed that in the past 12 months one in four people paid bribe to one of nine institutions and services, from health to education to tax authorities.

The police are named the most frequent recipient of bribes, according to those surveyed, with 29 per cent of those who had contact with the police reporting that they paid bribe. The biggest number of reported bribery payments in 2010 is in Afghanistan, Cambodia, Cameroon, India, Iraq, Liberia, Nigeria, Palestine, Senegal, Sierra Leone and Uganda where more than 50 per cent of people surveyed paid bribe in the past 12 months. In India, 54 percent of users of services said they paid bribe to receive attention from service providers.

Courtesy : Amity (Monthly) New Delhi - 110 001
BHARAT PENSIONER

DEPOSITORS' RIGHTS Be aware of benefits of nomination facility

by PUSHPA GIRIMAJI

In June 2005, the banking regulator issued detailed instructions to banks on how to simplify and expedite claim settlement, following the death of a depositor. The Reserve Bank of India in its circular said: "*Banks are advised to adopt a simplified procedure for repayment to legal heir(s) of the depositors, keeping in view the imperative need to avoid inconvenience and undue hardship to the common person.*"

Six years hence, '*expeditious and hassle-free procedures*' continue to elude claimants. The RBI circular says in the event of the death of the depositor, banks should allow premature termination of deposit accounts without any penal charges and this should be stated in the account opening form itself. It also states that where the account holder had made use of the nomination facility or where the account was opened with the survivorship clause ('either or survivor' or anyone or survivor' or 'former or survivor' or 'latter or survivor'), insistence on production of legal representation is superfluous and unwarranted and only serves to cause avoidable inconvenience to the survivors and would invite supervisory disapproval.

Don't ask for Succession Certificate : It also reiterates that banks should desist, in such cases, from insisting on production of succession certificate, letter of administration or probate, etc, or obtain any bond of indemnity or surety from the survivor or nominee. Even where the deceased depositor has not made any nomination, banks should adopt a simple procedure that eliminates harassment to the claimant. The circular advises banks to provide guidance to depositors on the benefits of nomination facility and also the survivorship clause. Depositors should also be made aware of the fact that in the event of the death of one of the joint account holders, the right to the deposit proceeds does not automatically devolve on the surviving joint deposit account holder unless there is a survivorship clause, the regulator says. *Courtesy* : Hindustan Times

COULD U AVOID STRESS & TOXINS ?

by Henryk Skolimowski

How to live in impossible times?

All times have been impossible. How to live in times fraught with new impossibilities? You must first try to understand the nature of "*new impossibilities.*" What appears to you as "*impossibilities*" are simply constraints imposed on you which you don't like. These constraints are imposed on you with your tacit acceptance. How can you avoid them? You can avoid the traps if you understand the nature of the traps. By understanding the meaning of new traps, awaiting you, you understand the nature of "*new impossibilities.*" Quite simple.

Can you avoid stress, which is omnipresent?

Yes, if you understand the situations leading to it; yes, if you understand the allurements of these situations; yes, if you can resist the allurements of the situations; yes, if you have the will power to choose the peace of mind over the benefits these allurements can bring to you. All is connected in this holistic world.

Can you avoid the hazards to your health in our present hectic and unhealthy world?

Yes, if you choose the right diet; yes if you choose clean life-styles — free of toxins. What are the right strategies of living aright in our times? Avoid the toxins as much as possible — including the human toxins and toxic contacts and toxic media. Avoid the noisy media, which disturbs your peace and treats your mind as a garbage container. Your acting today and what you eat today will; determine who you will become tomorrow, and what will be your ultimate destiny.

Making the right choice is an art, which requires some wisdom. The more crowded is your space — by external objects which cry for your attention — the more difficult to cultivate wisdom. You must, thus, work out some strategies, which enable you to cultivate your wisdom — to maintain your well-being and to make right choices. Some of the strategies may be First thing first, the second thing never; when in doubt, cut it out; time is my friend; rushing is against grace.

Courtesy : Hindustan Times

Above Poverty Line Elderly in India: Invisible Majority

Govt of India has made several efforts to deal with the challenges posed by population ageing to ensure income, health and emotional security. Various State governments have also taken steps to ensure the same in the respective States. Some relevant questions: is it enough? Is it just the beginning? Is it the right approach? Is it reaching the most disadvantaged of the population segment? But the million dollar question is: what is the responsibility of the State with respect to the ageing population. A segment that is considered 'unproductive' and 'dependent' by policy makers; a segment that is likely to be 1/5 of the total population in the year 2011

Let us start at the basic level and understand the perception of the State and Society on the matter of ageing. It is not too different. Both seem to be in a state of denial. 2050 seems too distant to the State similar to any individual to whom old age seems to be too far to be worried about! Elderly are considered as homogenous segment with almost similar needs and capabilities. This understanding is reflected in the policies adopted by the government and the attitude of society. The National Policy was adopted by the Central Government in the year 1999 and is currently under review. The Policy is only a model policy as it could not be directly implemented by the Central Government. The State governments had to adopt to make it functional in their respective areas.

In the last decade not many State governments adopted it and very few took steps to deal with the issues concerning elderly. The only benefits available are: non-contributory pension to destitute / poor elderly and income tax benefits for middle income groups. Health insurance to poor elderly under various schemes, CGHS for middle income and recently introduced health insurance schemes like Varishtha Medicaclaim for Senior Citizens and Health of Privileged Elder (HOPE).

The Maintenance and Welfare of Parents and Senior Citizens' Act 2007 made provision for enabling disadvantaged senior citizens to claim

maintenance from the children and those inheriting their property; government supported old age living units underprivileged elderly and geriatric wards in hospitals.

A careful analysis of the above mentioned schemes and law shows that all the efforts are directed at the below poverty line and middle and high income elderly. If one goes by the estimates, the below poverty line population is about 30% and those in middle and high income about 10%. In other words the government is aiming to provide benefits to only the 40% of elderly population.

What happens to the remaining 60% who are neither poor nor rich, neither destitute nor with children who can afford to pay maintenance? Those who are literate, working as casual labourers in farm and non-farm sector, with no income security, no health benefits in productive as well as old age; those who are not on the margins but can very well be on it with one or two shocks / calamities in life whether in the form of disease or any other.

Whose responsibility are these unfortunate older persons who fall into neither category that can influence government or policy? Should they suffer in silence? Should they blame their own fate? Should they try to influence the system? The answer to the second & third questions is of course No. That leaves us with the last question and if the answer to that is Yes, then what should be done so that their voices be heard?

Since we are living in a world that only understands the language of evidence, efforts should be made by the academic bodies in the field of social science to take up research on the condition of the 'above poverty line' elderly segment of the population. The activists should take up these issues and do serious advocacy work to sensitize the policy makers and implementers. The senior citizens' associations in various cities in the country can play the role of catalyst in this regard and bring out the concerns of their less fortunate brethren. This should only be the first stage as there should be simultaneous efforts to build the capacity of the so called "above poverty line" older persons to aggregate and articulate their concerns in the public domain.

(Continued on p34)

Pre - 2007 Pensioners to get Pension Revision wef 1.1.2007 - Govt Order since issued on 15.03.2011 - Arrears for 51 months

Circular letter no BPS/S-BSNL/PSU dt 17.02.2011 from Pre - 2007 Pensioners to get Pension Revision wef 1.1.2007 - Govt Order since issued on 15.03.2011 - Arrears for 51 months.

Dear Friends,

We understand from reliable sources, that our demand for Pension Revision (on IDA pattern) for the BSNL retirees (between 1/10/2000 and 31/12/2006), has been approved by the government. We are thankful to Govt. of India for the same.

Brief History - The working employees of BSNL got merger of 50% IDA in their basic pay.

There after, their pay scales were also revised w.e.f. 1/1/2007 (which was called second pay revision.) The DOT retirees got the benefit of the D.A. merger in their basic pension w.e.f. 1/4/2004. The 6th Pay Commission also gave rise in pension to our former colleagues from D.O.T. w.e.f. 1/1/2006. But the claim of those, who retired from BSNL - before 1/1/2007 - was not accepted. There was widespread unrest among these retirees. Their demand of 50% IDA merger was not being considered, even though the IDA crossed 100%.

Efforts Made - We pursued this case with DOT, BSNL, Minister of Communications & Prime Minister also. Our Secretary along with other colleagues visited New Delhi on 16-17 Feb 2009, to expedite this demand. More than 300 letters were sent to P.M. by our members. Our arguments and representations did not bear any fruit. The door was locked from in-side and we were pushing from out-side.

Some 20 members from all over Maharashtra visited Delhi in Dec. 2009. At this time our adviser, Shri, B.C. Deshmukh, former Cabinet Secretary of Central Govt. gave us a ray of hope. Taking into account the unrest among the members and denial of justice, we were the first to approach Telecom Directorate New Delhi. Our Secretary, S.V.Deshpande met Shri Thomas, Secretary DOT, on 12/1/2010 and discussed the issue of 50% IDA merger. The question of pension revision

on IDA pattern was also discussed for the first time with him. He again visited New Delhi in March, July & August 2010, We left no stone unturned. We also approached M.Ps. (Shri Sadashivrao Mandlik, Smt. Nivedita Mane) and Ministers (Shri Vilasrao Deshmukh, Shri Prithviraj Chavan & Shri . Sharadrao Pawar) for this cause. In this struggle, the officers in New Delhi also gave good response. Not only they gave us time for meeting, but listened and helped us. Officers to be mentioned here are Member Services Shri Misra, Under Secretary Shri. Rawat, Dy. D.G. Shri. Das are few of them. We are thankful to all of them.

Since the BSNL organization was new, there was no particular theory to solve the problems. We at Pensioners Association were also new. The members / pensioners were few and scattered. There was no spirit to fight, as all were old and contented. There was no way to organize, educate & mobilize them. On this background, it was very, very difficult to consolidate them. Trips to a far place like Delhi were costly, time consuming & tiring for old pensioners. Different groups of BSNL pensioners' organizations had emerged. Although the mission was clear and one object was to be achieved, they were not ready to consolidate.

Struggle was going on for more than two years. In this struggle all the members backed us whole heartedly and gave mental strength as well as financial help. Special mention should be made of Shri S B Sonalkar from Kolhapur and Shri P A Joshi from Dombivli, as both were with the Secretary, all the time, mentally & physically. Finally we are thankful to all the members, for giving their full support, for this cause.

But remember, the struggle is not yet over. We are now in contact with directorate to increase the minimum pension or family pension from Rs. 1275/- or 2000/- to Rs. 3880/-. Some pensioners, who retired within first 10 months of forming of BSNL, have put up part of their service in D.O.T. Due to this, they are getting less pension. This anomaly is also to be settled. Increase in medical allowance, and better indoor Medical treatment, are some more cases to be settled.

Pension Calculations: (as we understand)

**Medical Facilities in
Non - CGHS Areas**

Letter No. 4/5/2011-P&PW-(D) dt 08.04.2011 from Deptt of Pension & PW, New delhi - 110 003 to Ram Prakash Gharu, Genl Secy, Central Govt. Penrs Assn, Panchkula 1479, Sector-4, Panchkula-134112

Sub: - Indoor medical treatment expenses to non-CGHS pensioners - request for

Sir, Please refer to your letter dated 14/3/11 on the above subject.

2. The CS (MA) Rules, 1944 are as such not applicable to pensioners. The issue of extension of these rules to pensioners as per 5th CPC recommendation was not accepted by the Govt.

3. The Govt is considering Health Insurance Scheme for Central Govt. employees/ pensioners for taking care of such needs of its beneficiaries. Once this scheme is operational your concern would be addressed to:

4. Ministry of Health and Family Welfare is the nodal Ministry for this scheme. For any further details you may visit Ministry of Health and Family Welfare web site or the Ministry itself.

Yours faithfully, Amitabh Dwivedi, Under Secy to the Govt of India. # 011-2464 4636

Letter No.250/2011-MS dt 10.04.2011 from Ministry of Health & FW, New Delhi -110108

[Email: so2ms-mohfw@nic.in @ 011-23061313] to R P Gharu, Genl Secy, CGPA, Panchkula

Sub : Reimbursement of indoor medical treatment expenses to non-GHS penrs under CS(MA) Rules, 1944

I am directed to refer to your representation dated 14.03.2011 on the above subject and to say that as far as CS(MA) Rules, 1944 are concerned, the retired Government servants are not covered under these rules. These rules are applicable only to serving Government employees. The Ministry of Finance has not agreed to the extension of CS(MA) Rules, 1944, to the pensioners in view of the huge financial implication involved. It is also mentioned that the Government of India is in final process to introduce a health insurance scheme to provide relief to pensioners in non-CGHS areas for their medical treatment.

Yours faithfully, JAI PRAKASH, Under Secy to the Govt of India. Tele: 2306 1881

Editor's Note : - Keeping in view keeping in view the difficulties being faced by the pensioner CGHS beneficiaries residing in non-CGHS covered areas, the Govt has since issued orders dt 27.04.2011 liberalising the CGHS Rules with regard to pensioner CGHS beneficiaries and serving employees to enable them to avail medical facilities for in-patient treatment and post-operative follow-up treatment These are being published below.

OM No: S.11011/7/99-CGHS (P) dt 27.04.2011 from Deptt of Health & FW Nirman Bhawan, New Delhi 110108

Sub: Medical Facilities for inpatient treatment and post-operative follow-up treatment to CGHS Beneficiaries in Non-CGHS areas.

The undersigned is directed to invite attention to the Office Memorandum of even number dated 30th September, 1999, issued by the Ministry of Health & Family Welfare on the above subject and to state that keeping in view the difficulties being faced by the pensioner CGHS beneficiaries residing in non-CGHS covered areas, it has now been decided to liberalise the CGHS Rules with regard to pensioner CGHS beneficiaries and serving employees, as below, to enable them to avail medical facilities for in-patient treatment and post-operative follow-up treatment:

a) (i) CGHS pensioner beneficiaries (and their dependent and eligible family members), who are holding a valid CGHS Card and are residing in a non-CGHS areas shall be eligible to obtain treatment from Government hospitals (Central Government / State Government / Local self Government / hospitals recognised under Central Services (Medical Attendance) Rules, 1944 / hospitals and clinics empanelled under Ex-Servicemen Contributory Health Scheme (ECHS) and submit the medical reimbursement claim to the Additional Director / Joint Director of CGHS of the CMO in charge of CGHS Wellness Centre, where the CGHS is registered.

(ii) In case of non-emergency treatment from hospitals approved under Central Services (Medical Attendance) Rules, 1944 and Ex-Servicemen Contributory Health Scheme (ECHS),

it is necessary to obtain prior approval from CMO in charge of concerned Wellness Centre where the CGHS card is registered.

(iii) In case of medical emergency, treatment may be obtained from any hospital and medical claim shall be submitted to Additional Director / Joint Director, CGHS of the concerned city through CMO in charge of the Wellness Centre, where the CGHS card is registered.

(iv) Reimbursement shall be limited to the CGHS rates of the city where the card is registered and as per the ceiling rates and ward entitlements or as per actuals, whichever is lower.

(v) CGHS pensioner beneficiaries / serving Central Government employees (and their dependant and eligible family members) and holding a valid CGHS Card and on a visit to non CGHS covered area may obtain treatment under emergency from Government hospitals (Central Government / State Government / Local self Government / hospitals recognised under Central Services (Medical Attendance) Rules, 1944 / hospitals and clinics empanelled under Ex-servicemen Contributory Health Scheme (ECHS) and the medical claim shall be submitted to Additional Director / Joint Director, CGHS of the - concerned city through CMO in charge of the Wellness Centre, where the CGHS card is registered, in case of pensioners, etc., and to the concerned Ministry / Department/ office in case of serving employees.

(vi) Reimbursement shall be limited to the CGHS rates of the city nearest to the place, where treatment is obtained and as per the ceiling rates and ward entitlements or as per actuals, whichever may be less.

b) (i) CGHS pensioner beneficiaries (and their dependant and eligible family members), who are holding a valid CGHS Card and residing in a non-CGHS areas shall be eligible to obtain post operative follow-up treatment from Government hospitals (Central Government / State Government / Local self Government / hospitals approved under Central Services (Medical Attendance) Rules, 1944 / hospitals and clinics empanelled under Ex-servicemen Contributory Health Scheme (ECHS) in follow up cases of Renal Transplant surgery, Knee and Hip Joint

Replacement, Cancer treatment, Neuro-surgery and cardiac surgery. However, prior permission is to be obtained from the CMO in charge of the concerned Wellness Centre, where the CGHS card is registered.

(ii) Permission shall be issued for 3 to 6 months at a time and may be extended based on medical requirement. Reimbursement for consultation, procedures and investigations shall be limited to CGHS rates of the city, where the card is registered and as per the ceiling rates and ward entitlements or as per actuals, whichever may be lower. OPD medicines shall be obtained from the concerned Wellness centre for a maximum period of 3 months at a time.

c) Wherever treatment is obtained from a hospitals approved under Central Services (Medical Attendance) Rules, 1944 / ECHS approved hospital, the beneficiaries (as in (a), (b) & (c) above) shall submit a certificate from the hospital that they have not charged more than the approved applicable hospitals approved under Central Services (Medical Attendance) Rules, 1944 / ECHS rates.

d) This Office Memorandum supersedes the earlier OM of even number dated Soⁿ1 September 1999.

e) This arrangement is provisional and would be in place till such time the proposed Health Insurance Scheme for Central Government employees & pensioners is brought into effect.

f) These orders will come into effect from the date of issue.

R Ravi, Director Tel: 2306 3483

यास्मिन् जीविन्त दीनां मित्राणिबान्धवः, सफल
जीवितं तस्य हयात्यर्थंको न जीवित ।

उनका ही जीवन सफल है, जो दूसरों के लिए जीते हैं,
अपने बंधु बांधवों, साथियों एवं दीनों को खुशिया बांटते
हैं, जो सिर्फ अपने लिए ही नहीं जीते हैं ।

Those men, who live for others &
who freely distribute happiness,
really enjoy a fruitful and happy life.

**FP : U/M, WDD / DIVORCED
DAUGHTER / DEPD SIBLING**

OM No.1/13/09-P&PW(E) dt 28.04.2011 from Deptt of Pension & PW, New Delhi - 110 003
Subject: Extension of scope of Family Pension to widowed/divorced/unmarried daughter and dependent disabled siblings of Central Government servants/pensioners - Clarifications-reg

The undersigned is directed to state that as per the existing provisions of CCS (Pension) Rules, 1972 as amended from time to time, the son/daughter of a Government servant/Pensioner is eligible for family pension upto the date of his/her marriage/remarriage or till he/she starts earning or till the age of 25 years, whichever is earlier. Further, a disabled son/daughter of a Government servant/Pensioner suffering from any disorder or disability of mind, including mentally retarded, or who is physically crippled or disabled, is eligible for family pension for life subject to the fulfillment of certain conditions. Subsequently, orders were issued vide this Department's O.M. No.45/86/97-P&PW(A) dt. 27.10.97 and No.1/19/03-P&PW(E) dt. 30.8.2004 making divorced/widowed daughters eligible for family pension even after attaining the age limit of 25 years subject to the fulfillment of certain conditions. It was subsequently clarified vide this Department's O.M. No.1/19/03-P&PW(E) dt. 11.10.2006 that family pension to widowed/divorced daughters is admissible irrespective of the fact that the divorce/widowhood takes place after attaining the age of 25 years or before.

2. Further, orders have been issued vide this Department's O.M. No.1/19/03-P&PW(E) dt. 6th September, 2007, whereby an unmarried daughter of a Government servant/Pensioner beyond 25 years of age, has been made eligible for family pension at par with the widowed/divorced daughter subject to fulfillment of certain conditions. However, family pension to the widowed/divorced/unmarried daughters shall be payable in order of their date of birth and the younger of them shall not be eligible for family pension unless the next above has become ineligible for grant of family pension. Further, the family pension to widowed/divorced/unmarried daughters above the age of 25 years, shall be payable only after the other

eligible children below the age of 25 years have ceased to be eligible to receive family pension and that there is no disabled child to receive the family pension.

3. Subsequently, orders have been issued vide this Department's O.M. No.1/15/2008-P&PW(E) dt. 17.8.2009 whereby dependent disabled siblings of a Government servant/pensioner have been made eligible for family pension for life subject to the fulfillment of certain conditions.

4. Representations have been received in this Department from various quarters (i.e. Pensioners' Associations, etc.) to the effect that the claims for family pension of widowed/divorced/unmarried daughters and dependent disabled siblings are not being entertained by certain Ministries/Departments on the plea that their names do not appear in the details of family members submitted by the Government servant/Pensioner to the Head of Office from where he/she had retired. Besides, in cases where a Government servant/Pensioner had expired prior to the issue of above referred orders by this Department, the claims of widowed/divorced/unmarried daughters, etc. for family pension are not being entertained by Ministries/Departments on the plea that they were not eligible for family pension at the time of retirement/death of the Government servant or death of the Pensioner. This Department has been requested for issue of appropriate clarificatory orders in the matter so as to settle the family pension claims of the aggrieved widowed/divorced/unmarried daughters, etc. of the Government servants/Pensioners.

5. The matter has been considered in this Department in consultation with Department of Expenditure, Ministry of Finance. It is hereby clarified that subject to fulfillment of other conditions laid down therein, the widowed/divorced/unmarried daughter of a Government servant/Pensioner, will be eligible for family pension with effect from the date of issue of respective orders irrespective of the date of death of the Government servant/Pensioner. Consequently, financial benefits in such cases will accrue from the date of issue of respective orders. The cases of dependent disabled siblings

of the Government servants/Pensioners would also be covered on the above lines.

6. All Ministries/Departments are requested kindly to settle the family pension claims of widowed/divorced/unmarried daughters and dependent disabled siblings accordingly on priority. They are also requested to bring these orders to the notice of their attached/subordinate organizations for compliance.

7. This issues with the concurrence of the Ministry of Finance, Department of Expenditure vide their U.O. No.97/EV/2011 dated 06.04.2011.

8. In so far as their applicability to the personnel of Indian Audit and Accounts Department is concerned, these orders are being issued in consultation with the C&AG of India vide their U.O. No.65-Audit (Rules)/14-2010 dt. 26.4.2011.

K.S. Chibb, Director Tele: 24635979

Annexure - I

Pay Scale Non- Executive

	Pre revised	Revised	Min revised	Pension
NE1	4000-120-5800	7760-13320	3880	
NE2	4060-125-5935	7840-14700	3920	
NE3	4100-125-5975	7900-14880	3950	
NE4	4250-130-6200	8150-15340	4075	
NE5	4550-140-6650	8700-16840	4350	
NE6	4720-150-6970	9020-17430	4510	
NE7	5700-160-8100	1 0900-20400	5450	
NE8	6550-185-9325	12520-23440	6260	
NE9	7100-200-10100	13600-25420	6800	
NE10	7800-225-11175	14900-27850	7450	
NE11	8570-245-12245	16370-30630	8185	

Executive

E 1A	9850-250-14600	16400-40500	8200	
E 2A	11875-300-17275	20600-46500	10300	
E3	13000-350-18250	24900-50500	12450	
E4	14500-350-18700	29100-54500	14550	
E5	1 6000-400-20800	32900-58000	16450	
E6	17500-400-22300	36600-62000	18300	
E7	18500-450-23900	43200-66000	21500	
E9	23750-600-28550	62000-80000	31000	
E 9A	25000-650-30200	62000-80000	31000	

ANNEXURE - II

Form of information by the Pension Disbursing Authority to the CCA and Concerned Communication Accounts Officer regarding consolidation of pension in terms of DoT. OM No.40-17/2008-Pen(T)Vol.III dt15-3-2011

BHARAT PENSIONER

1. Name of the IDA Pensioner/ Family Pensioner:
 2. PPO No.:
 3. Date of Birth / age :
 4. Date of retirement / Death (in case of family pension):
 5. Savings Bank Account No.:
 6. Name of the Bank / Paying Branch :
 7. Bank Code No.:
 8. Computation of consolidated IDA pension / family pension :
- Pension / Family Pension (at enhanced rate)
Pension/ Family Pension / Enhanced Family Pension

- A) Existing basic pension (inclusive of commuted portion)
- A) Existing basic Family Pension / Enhanced family pension.
- B) Dearness Relief up to 68.8% of Basic Pension
- B) Dearness Relief upto 68.8% of Basic Family Pension
- C) 30% of (A) + (B) above
- C) 30% of (A) + (B) above
- D) Consolidated Pension (A+B+C)
- D) Consolidated Family Pension (A+B+C)

Note:

- a) The final revision of IDA pension in respect of pensioners of BSNL will be done by the CCA & Accounts Officer concerned.
 - b) The final revision of IDA Family Pension will also be done by the CCA & Accounts Officer concerned.
- (* If not applicable draw a line across)
9. Whether consolidated IDA pension / family pension is final or allowed as immediate relief.
 10. Remarks, if any.

SIGNATURE OF PENSION DISBURSING AUTHORITY,

- i) CCA concerned, Ministry of Communications & I. T.
Department of Telecommunications

- ii) Concerned Communications Accounts Officer

[DoT's OM No.40-17/2008-Pen(T)Vol.III dt 15-3-2011 already published in BP - 04/2011@ pp 22 - 24]

Full pension after 20 years

Letter No. 40-31/2008-Pen(T) dated 16th August 2010 Deptt of Telecom to all CCAs/Jt CCAs, CMD

With reference to this office letter of even number dated 12th August 2009, it is clarified that provision of admissibility of full pension on completion of 20 years of qualifying service, which was earlier applicable from 2-9-2008 in terms of Deptt. of Pension and Pensioners' Welfare's O M No. 38/37/2008-P&PW(A) dated 2-09-2008 has since been revised vide DoP&PW's OM No. 38/37/2008-P&PW(A) dated 10-12-2009, is now admissible with effect from 1-1-2006. This amendment in CCS (Pension) Rules with regard to admissibility of full pension on completion of 20 years of qualifying service is also applicable to absorbed employees of BSNL.

Proportionate pension on completion of 10 years combined service with Govt. and BSNL taken together and also on superannuation. Applicability of revised rules of CCS (Pension) Rules, 1972 consequent to VI CPC and extension thereof to Govt. employees absorbed in BSNL.

Dep. of Telecom No.40-31/2008/Pen(T) dated 8th September 2010 to the Joint CCA, Bangalore.

With reference to your letter No. KTK/CCA/IDA/CR/CGMT dated 16-7-2010 on the above subject, it is intimated, Sub-rule 11 (A) of CCS (Pension) Rules, 1972 lays down as under:

"Permanent Government servant absorbed in a Public Sector Undertaking/ Autonomous Body or a temporary/quasi-permanent Government servant who has been confirmed in the Public -Sector Undertaking/ Autonomous Body subsequent to his absorption therein, shall be eligible to seek voluntary retirement after completing 10 years of qualifying service with the Govt. and the Autonomous Body/ Public Sector Undertaking taken together and he/she shall be eligible for pro-rata pensionary benefits on the basis of combined qualifying service."

Hence, as per the aforesaid rule position, Government employees absorbed in BSNL are eligible to seek voluntary retirement on completion of 10 years combined service with the Government

and the BSNL taken together and are eligible for pro-rata pension.

2. Rule 49(2) lays down as under:

(a) *In case of a Government servant retiring in accordance with the provisions of these rules after completing qualifying service and not less than thirtythree years (now 20 years as per DoP&PW's OM No. 38/37/08 P&PW(A) dated 2-9-2008), the amount of pension shall be calculated at fifty per cent of average emoluments received during the last 10 months or 50% of the emoluments whichever is more beneficial to him subject to a maximum of four thousand and five hundred rupees (now 45 thousand rupees as per DoP&PW's OM referred above) per mensem.*

(b) *In the case of a Government servant retiring in accordance with the provisions of these rules before completing qualifying service of thirty three years (now 20 years as per DoP & PWs OM No. ,38/27/08-P&PW(A) dated 2-9-2008), but after completing qualifying service of ten years, the amount of pension shall be proportionate to the amount of pension admissible under Clause(a) and in no case the amount of pension shall be less than Rupees three hundred and seventy five {now Rs. 3500/- as per DoP&PW's OM referred above) per mensem.*

3. Further, on implementation of recommendations of VI CPC, the Department of Pension & Pensioners' Welfare, vide their OM No. 38/37/08-P/PW(A) dated 2-9-2008, withdrew the benefit of adding years of qualifying service for the purpose of computation of pension as granted under rules 29, 29-A, 30, 48-B, and 48-C of the CCS (Pension Rules) 1972. The DoP&PW has again reiterated this point vide their OM No. 7/7/200S-P&PW(F) dated 13th February 2009 indicating therein "Linkage of full pension with 33 years of qualifying service should be dispensed with. Once an employee renders the minimum pensionable service of 20 years, pension should be paid at 50% of the average emoluments received during the past 10 months or the pay last drawn, whichever is more beneficial to the retiring emmployee. Simultaneously, the extent of benefit of adding years of qualifying service for

the purpose of computing pension-related benefits should be withdrawn as it would no longer be relevant”.

4. In view of the rule position explained above, it is advised that the pension cases of the retired officers/officials absorbed in BSNL, who retired voluntarily before completing 20 years of qualifying service after 1-1-2006 may be settled by granting them pro-rata pensionary benefits as per sub-rule 11A of rule 37-A of CCS (Pension) Rules, 1972 or granting them the amount of pension arrived at on calculating it proportionately based on their actual qualifying service as provided in clause (b) of rule 49(2) of CCS (Pension) Rules, 1972, as the case may be.

O.M. No. S-11011/23/2009-CGHS D II/Hospital cell (part I) dated 7th February 2011 from Min of Health & FW, New Delhi - 110 108

Referral of CGHS beneficiaries to empanelled Super-Speciality Hospitals

With reference to the subject mentioned above, the undersigned is directed to state that several representations have been received from CGHS beneficiaries regarding problems faced by them in obtaining permission to undergo treatment at Super-Speciality Hospitals. The matter has been reviewed and it has now been decided to simplify the procedure for obtaining treatment from CGHS empanelled Super-Speciality Hospitals. Attention is drawn to para 6.2 of Office Memorandum of even number dated 17th August 2010, wherein it was stated that:

“CGHS beneficiaries have, so far, been given the option to get themselves treated in any hospital of their choice. However, in view of the increased outgo on getting treatment in Super-Speciality Hospitals, it has now been decided that CGHS beneficiaries desirous of getting treated in Super-Speciality Hospitals, in non-emergency conditions, prior approval of the concerned Additional Director, CGHS would have to be obtained.”

The above mentioned procedure is modified to read as follows:

“CGHS beneficiaries have, so far, been given the option to get themselves treated in any hospital of their choice. However, in view of the increased

outgo on getting treatment in Super-Speciality Hospitals, it has now been decided that CGHS beneficiaries desirous of getting treated in Super-Speciality Hospitals, in non-emergency conditions, prior approval of the concerned Chief Medical Officer-in-Charge of ‘ the CGHS Wellness Centre would have to be obtained.”

RBI Guideline regarding Agency Commission on the pension transaction

[DGBA, GAD.No.13034/31.12.2010(c))/2006-07 dated February 27,2007]

Agency banks would be eligible to claim agency commission for pension transactions at the rate of Rs.60/- per transaction, only when the entire work relating to disbursement of pension including pension calculation is attended to by the concerned Government Department / Treasury and the bank branches are required only to credit the amount of pension to the pensioners' accounts maintained with them by a single debit to Government Account. Transaction to be categorised under “other than pension payment” refers to DCRG, Commutation etc. would be eligible for payment of agency commission @ 9 paise per Rs.100/- turnover.

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

O.M.No. 40-19/2010-Pen(B) dt. 1-12-2010 from DoT, New Delhi

This is in continuation of 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 PRO 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 paper 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., Forms 58.7 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 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 PPO by CCA office expeditiously (Annexure not printed)

Office of the Accountant General (Audit) Delhi, AGCR Building, IP **Estate**, New Delhi
Corrigendum, No. AG (A) Delhi/PAO/PN/Corrigendum/10-11 dt 00-06-2010

Kind attention : Pre 1-1-2006 IA & AD Pensioners

Consequent upon the replacement of New Pay Scale for Pr. AG/DG by Ministry of Finance OM dt 21-7-2009 and in r/o posts of Sr. AO, AO, AAO & SO as per the clarification of para 4.2 of 6th CPC made by DOPT OM dt 11-2-2009, the respective minimum basic pension and family pension would be as under :

Sl. No.	Designation	Pay Band	Revised Pay Band	Grade Pay	Monthly Basic Pension	Family Pension
3.	Pr. AG/DG	37400-67000	67000-7900	Nil	3350	2010

8. Sr. AO	15600-39100	9300-3480	540	735	441
9. AO	9300-34800	9300-3480	480	705	423
10. AAO	9300-34800	9300-3480	460	695	417
10. SO	9300-34800	9300-3480	420	675	405

2. The details in respect of other posts and other conditions mentioned in this office advertisement No. DAVP 15103/11/0002/08-09 dt 18-12-2008 shall remain unchanged.

Accountant General (Audit) Delhi

Advertisement vide DAVP 15103/11/0001/1011 published in Times of India 23-1-2011 Mumbai issue, Serial No. 3 in the above statement the revised Pay Band 67000/79000 is not in any Pay Band. It is out of Pay Band A and is a separate pay scale 67000/79000 with 3% annual incement. - Editor, BP

Letter No 96010/Q/DDGCS dt 16.11.2010 from Umed Singh, S O, Canteen Services, Integrated HQ MOD (Army) Dte Gen, QMG's Branch New Delhi-110 001 to Sh Pooran Lal, Secy, BPS, New Delhi - 110 014

Sub : CANTEEN FACILITIES TO RETIRED DEFENCE CIVILIAN

1. Reference your letter BPS-FED/BSNL - PSUs/2010 dt 29.09.2010, received through MoD

2. The issue of extension of CSD facilities to the retired Defence Civilians employees was discussed again during the 79th Executive Committee (EC) of Board of Control Canteen Services (BOCCS) held on 17th March 2010 under the Chairmanship of Addl Secy (M) MoD. It was decided in the meeting that holistic view on the subject will be undertaken.

3. In view of the above.it was decided to constitute a Study Group under the Chairmanship of DDGCS with members of appropriate status representing the three services HQ, to review the subject matter. First meeting of the Study Group was held on 06 Aug 2010.

4. Outcome of the same will be intimated to all concerned as and when decision is arrived at. Tele 23092563

मंहगाई राहत 45% वित्तनिर्देश:10/2011

छत्तीसगढ़ शासन वित्त एवं योजना विभाग दारु कल्याण सिंह भवन, मंत्रालय, रायपुर द्वारा प्रेषित पत्र संख्या क्र.:93/293/वित्त/नियम/चार 2011 दिनांक 30 मार्च 2011 प्रति, शासन के समस्त विभाग / अध्यक्ष, राजस्व मंडल बिलासपुर / समस्त विभागाध्यक्ष / समस्त क्षेत्रीय विकास आयुक्त / समस्त कलेक्टर / छत्तीसगढ़ विषय: छत्तीसगढ़ राज्य के पेंशनरों को पेंशन पर मंहगाई राहत स्वीकार करने के संबंध में ।

वित्त विभाग के परिपत्र क्रमांक 330/293/वित्त/नियम/चार/2010, दिनांक 21 अक्टूबर 2010 द्वारा राज्य शासन के पेंशनरों / परिवार पेंशनरों को मूल स्वीकृत की गई है।

राज्य शासन द्वारा अब निर्णय लिया गया है राज्य शासन के पेंशनरों / परिवार पेंशनरों को निम्नानुसार दर से मंहगाई राहत स्वीकृत की जाये। वृद्ध पेंशनरों को देय अतिरिक्त पेंशन पर भी मंहगाई राहत देय होगी—

अवधि जब से देय है दिनांक 01.04.2011 (माह अप्रैल 2011 की पेंशन / परिवार पेंशन जो मई 2011 में देय होगी।)	मंहगाई राहत की दर प्रतिमाह पेंशन/परिवार पेंशन का 45 प्रतिशत
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2. उपरोक्त मंहगाई राहत अधिवाषि की (Superannuation) सेवानिवृत्त (Retiring) असमर्थता (Invalid) तथा क्षतिपूर्ति (Compensation) पेंशन पर देय होगी। सेवा से पदच्युत या सेवा से हटाये गये कर्मचारियों को स्वीकार किये गये अनुकम्पा भत्ता (Compassionate Allowance) पर भी इस मंहगाई राहत की पात्रता होगी तथा परिवार पेंशन तथा असाधारण पेंशन प्राप्त करने वाले पेंशनरों को भी उक्त मंहगाई राहत वित्त विभाग के ज्ञापन क्रमांक एफ.बी.6 / 43 / 76 / नियम-2 / चार, दिनांक 5.10.76 के प्रतिबंधों के अधीन देय होगी। ऐसे मामलों में जहां पेंशन / परिवार पेंशन भोगी राज्य शासन या किसी स्वाशासी संस्था में नियुक्त / पुनर्नियुक्त है, वहाँ पेंशन पर मंहगाई राहत की पात्रता नहीं होगी। कोई व्यक्ति यदि उसके पति / पत्नी की मृत्यु के समय सेवा में है और उसे अनुकम्पा के आधार पर सेवा में नहीं रखा गया है तो पति / पत्नी की

BHARAT PENSIONER

मृत्यु के कारण देय परिवार पेंशन पर उसे मंहगाई राहत की पात्रता होगी। यदि किसी व्यक्ति को उसके पति / पत्नी की मृत्यु के कारण अनुकम्पा के आधार पर से सेवा में रखा गया है तो ऐसे मामलों में परिवार पेंशन पर मंहगाई राहत की पात्रता नहीं होगी। इस संबंध में वित्त विभाग के ज्ञापन क्रमांक एफ.बी.6 / 10 / 77 / नि-2 / चार, दिनांक 27.07.76 सहपठित ज्ञापन क्रमांक एफ.बी.6 / 10 / 77 / नि-2 / चार, दिनांक 27.07.2009 की और ध्यान आकर्षित किया जाता है।

3. ऐसे पेंशनर्स जिन्होंने अपनी पेंशन का एक भाग सारांशीकृत (Commute) कराया है, उन्हें मंहगाई राहत उनकी मूल पेंशन (सारांशीकरण के पूर्व की पेंशन) पर देय होगी।

4. यह आदेश राज्य शासन के ऐसे सेवानिवृत्त कर्मचारियों को भी लागू होंगे, जिन्होंने उपक्रमों / स्वशासी संस्थाओं / मंडलों / निगमों आदि में संविलियन पर एक मुश्त राशि आहरित की है और जो वित्त विभाग के ज्ञापन क्रमांक 144/97/वित्त/चार/2007, दिनांक 05.06.2007 के अन्तर्गत पेंशन के एक तिहाई हिस्से के प्रत्यावर्तन के पात्र हो गये हैं।

5. मंहगाई राहत के भुगतान पर होने वाले रूपये के अपूर्ण भाग को अगले रूपये में पूर्णांकित किया जायेगा।

6. राज्य शासन के समस्त कोषालय अधिकारियों/उप कोषालय अधिकारियों/पेंशन वितरणकर्ता अधिकारियों को निर्देशित किया जाता है कि वित्त विभाग के पृ.क्र.ई-4/1-83/नि-5/चार, दिनांक 29 जनवरी 1983 के अनुसार छत्तीसगढ़ कोष संहिता भाग-1 के सहायक नियम 347 के संशोधित प्रावधानों को ध्यान में रखते हुए राज्य शासन के सिविल पेंशनरों को उपरोक्त अनुसार स्वीकृत मंहगाई राहत का शीघ्र भुगतान करें। भुगतान उपरान्त पूर्वानुसार महालेखाकार, छत्तीसगढ़ रायपुर से प्राधिकार प्राप्त होने पर मंहगाई राहत की राशि का मिलान कर लिया जाये। यदि कोई विसंगति दृष्टिगोचर होती है तो उसका समायोजन आगामी माह के भुगतान में कर लिया जाये।

छत्तीसगढ़ के राज्यपाल के नाम से तथा आदेशानुसार

एस.के.चक्रवर्ती, उपसचिव
छत्तीसगढ़ शासन, वित्त विभाग

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination".

Jimmy Dean

**[For the benefit of our esteemed
Affiliated Associations]
THE ART OF MODERN
LEADERSHIP**

The traditional models of leadership can prove dishearteningly simplistic for the current reality. As the world redefines itself so does leadership. The art of leading is less about authority and position of power, and more about **authenticity and personal power**.

The leader actually guides a set of people, each of whom are enormously knowledgeable in their respective verticals. Unbridled authority can choke the functioning of an organisation - hence the need for empowerment. Leadership is first an individual commitment, then a team one. It is a decision **to lead oneself** before **being led by another**.

The idea is to examine one's strengths and opportunities and move on them while collaborating with the team.

Current leadership trends

The balance has shifted from *leaders with followers* to **leaders who lead other leaders**. Therefore, one wants to believe that this churn will invigorate our thinking. Yogesh Agiwal, GM-talent transformation, Wipro Ltd, says, "I envision two aspects of India's leadership need. One, leaders must balance growth and sustainability. Second, they should 'ad a clean life asdJwHaU MO thy U Ap f quicii cuoeocs. It is imperative to stay anchored to principles at all times, including the most turbulent and defining moments of one's career. We all need to learn from the mistakes that many leaders have already made in chaos." Dr Kaila shares his findings; "*The current leadership trend successfully being tried across organisations is the bottom-up approach. We need to involve people from the bottom levels. After all, they are the ones who execute decisions. I have tried this approach with behavioural safety in our country across organisations, and it produced very positive results.*"

Essential qualities of a leader

So, how can a leader today be successful and authentic? Jha believes, "Leaders are

supposed to see the invisible—that which is not obvious, but definitely approaching — and ensure that the organisation is ready to benefit from that change. The leader has now evolved into a coach, talent-spotter, and a talent-developer."

Agiwal says: '**Always lead by example**. Inspire others and stay inspired with a die-hard positive attitude. Remember to embrace change, and **keep learning from everyone around**." One can't help wonder about the practicality of this heady mix of qualities. Dr Kaila suggests, "First, **listen** with an open mind. Second, **involve people** to whom the decision matters, and third, **avoid forcing your own ideology on others**." Such qualities are more personal and intrinsic and less well-defined, trainable skills.

Look for great leaders and practices that emerge from chaos, organically and indigenously. Jha summarises aptly, "If you have **integrity and sincerity**, are **capable and competent and willing to share** this in the organisation then you are a leader, irrespective of your level."

The intriguing idea of leadership has changed from practical, conventional and hierarchical to passionate, creai and harmonious. This might be the best time to unearth unconventional and uninhibited leadership we might all be capable of.

The author is an independent leadership coach.

Courtesy : Hindustan Times, (Section : SHINE)

MAGIC AND BEAUTY

"The apperance of things change according to the emotions, and thus we see magic and beauty in them, while the magic and beauty are really in ourselves."

Kahlil Gibran

HARD - WORKING ? LIVE LONGER !

Are you a carefree and cheerful kind of person ? If yes, take note of a new study which suggests that the prudent and hard-working types live longer than easy-goers. PTI

THE BEST MANGO !

The Alphonso is the Alphonso,
the best mango in the universe

by Sidharth Bhatia

Oh to be in Mumbai, now that summer is here. This is the song on the lips of all those who once lived here but now reside somewhere else, for while the summer brings heat and humidity it also brings that most famous visitor to Mumbai — the Alphonso.

The Alphonso, or hapoos as it is locally called, is universally called the 'King of Mangoes' and anyone who has tasted it knows that this is not a hyperbolic tag-line invented by some smart alec from the advertising industry. This is the absolute truth.

So devoted are Mumbaikars to this fruit that they shed their reputed cosmopolitanism and switch to a jingoistic mode. Nothing — not Marine Drive, Bollywood or even Sachin Tendulkar — can evoke such hyper-chauvinism in a Mumbai wallah (and he/she may have left the city years ago) as the Alphonso.

No one from the city will even countenance the possibility that other varieties of mango — safeda, langda, chausa and several other strange sounding names — come even close to the Alphonso in taste, texture and smooth elegance. The 'payri' is considered acceptable, but only to make 'aamrus', a puree that is often eaten as part of the meal. Nevertheless, it cannot hope to aspire to a higher ranking and must know its place. The rest, of course, simply do not matter.

The Alphonso, probably the only mango in the country with a proper name, has the ability to bring people together. Families sit together and eat it with the requisite respect, in silence and stopping only to pick up another succulent slice. A friend from Mumbai whose Delhi-bred husband insisted she at only the local variety was contemplating filing; complaint about mental cruelty and incompatibility. It was only when a carton was air-dashed from Mumbai with the requisite supplies of Alphonso that she was pacified. Indeed, flights out of Mumbai during summer are full of boxes of Alphonso being carried by friends and families. When former US President George Bush made a friendly gesture by allowing mangoes to be imported into the US, it was the Alphonso that was sent.

Every April families go into a huddle to get their hands on the best Alphonsoes and call up their regular suppliers. The first flush is usually expensive but prices settle down soon enough and then boxes upon boxes arrive in the house, all timed for ripening at scheduled intervals. The season is a short one after all and no one wants to be caught short.

What is it about this noble fruit that makes it so sought after? Why do Mumbaikars, normally such a chilled-out lot and open to new ideas and influences, sneer at all other varieties and are ready to pick up a fight? I can go on and on about how wonderful it tastes, but frankly I cannot bring myself to get into an argument. The Alphonso is the Alphonso — that is it. So here it is, said baldly and truthfully once again — the Alphonso is the best mango in the universe. *Sidharth Bhatia is a Mumbai-based writer.*

Courtesy : Hindustan Times

ASSEESSEES BEWARE ! Cyber crime on the rise

It has been reported in the Hindi Daily 'Amar Ujala' dated 23.03.2011 that Cyber crimes are taking place for the refund of Income tax to individuals. Fake e-mails are being floated by a few hackers for the refund of tax or those who are willing for refund. At the closing of financial year, these hackers are contacting the Income Tax assessee, who is furnishing online Income Tax return and asking them to access their website. (which is very much identical to the website of Income Tax Deptt. In this site the assessee is asked to furnish his personal financial transactions. After obtaining this information the criminals empty the account of the Tax Payer from his credit card or from his Bank Account.

Hence furnishing information through internet to unauthorised persons is always dangerous/risky. Income Tax Department has clarified that they are not at all sending any e-mail concerning refund or seek any online information pertaining to personal banking details pensioners/senior citizens are advised to be careful in future with such type of e-mails.

V K TANEJA, Secy (PR) BPS

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AHMEDABAD: Gujarat Pensioner Samaj – Silver Jubilee Year was celebrated on 23.02.2011. Dolarray Vasudeva, eminent lawyer was the Chief Guest D J Shukla, President and K C Pathak, Treasurer welcomed the Chief Guest and other dignitaries – Dr A Choksi of Krishna Heart & Super Speciality Institute, P Sharma, Chief Manager BOB and APS Aggarwal, Zonal Manager of Central Bank Of India. President gave a brief account of Samaj and remembered the services of Founder Members.

BELEMATH ; Fulia : C G P A – 18th AGM was held on 14.03.11. About 80 members attended the meeting. Annual Report was read out by the Gl Secy. Annual Accounts were presented by the Org Secy. Various problems of pensioners were discussed. A new committee was formed for the year 2011.

CHANDIGARH : D A P W A - GB meeting was held on 03.04.2011. Members informed that Central Health Minister has been requested to extend CSMA Rules 1944 to the CG pensioners residing in non-CGHS Areas for indoor medical treatment. They were also told that anomalies in pay fixation having consequential effects on pension were being vigorously pursued with the Govt.

CHANDIGARH: H G P A – AGM was held on 30.03.11. Minutes of the previous meeting were read out and confirmed. 4 members (80+) were

honoured. It was resolved to request Haryana Govt to accept long pending demands of pensioners -

- (i) increase in FMA to Rs. 1200 pm
- (ii) additional pension at 5% / 10% of pensioners – 65 / 75 yrs
- (iii) supply life saving drugs through Govt Hospitals
- (iv) merger of 50% DR with BP.

GUWAHATI : Assam Provincialised Retd Teachers & Employees Assn – Management Committee meeting was held on 15.03.11. AR De, Gl Secy welcomed the members and extended warm greetings for RONGALI BIHU. He mentioned that the Assn, besides working for improving conditions of members, is devising ways and means for all-round development of education and creating general awareness of citizens and students. He observed that as 'Sixth Pay Commission of Assam' could not fulfill genuine demands of serving employees and pensioners, agitational programme was launched and a memorandum was also sent to the Hon'ble PM by the Assn.

GUWAHATI : NFRPA (Rest Camp, Pandu) – AGM was held on 26.03.11. More than 100 members attended. They expressed deep concern over the anti-people PFRDA Bill introduced in Parliament. A M Roy, Wkg President, J M Biswas, Gl.Secy and S M Kanjilal, Jt Secy vehemently protested against the introduction of this Bill and observed that a memorandum had already been sent to the Hon'ble PM for withdrawal of this bill. BK Das, Br Secy presented the Activity Report along with Accounts for 2010 and House accepted these reports.

HYDERABAD: Gs Offices Pensioners Association – 12th Annual Day celebration of AGOPA were held in Feb' 11. Secy welcomed the President and the distinguished serving Accountants General. He told the gathering that the AGOPA was established in 1998 with 20 members and that its present membership is around 1250. He added that publication of AGOPA News every month has been acclaimed by all

concerned. He made a special mention of the orders of Principal AG (A & E) to revise the pension of all pre-2006 pensioners. He also appreciated the services of Treasurer G Srirama Murthi who single-handedly identified and contacted all pre-2006 pensioners.

NELLORE: AP Govt REA – Get-together was held on 20.03.11. President informed the gathering that the ID cards would be useful for free medical treatment. Laminated ID cards would be now distributed and subsequently health cards would also be issued to pensioners. Sri Ravindra Babu, President AP NGOs Assn praised the services of Nellore REA. Secy gave a brief account on the activities of the association. President conveyed Birth Day Greetings to members born in March and presented gifts to them.

SATNA : BPS – VK Taneja, Secy (PR) visited Satna on 01.04.2011. He had a meeting with the Patron, President and GI Secy of this unit at Circuit House. All issues relating to the welfare of pensioners were discussed with them. They are having an independent office with a telephone in the compound of Collectorate. This was constructed through MP's fund. Nearly 2900 pensioners are members of this branch. Every year on 17th December they are celebrating Pensioner's Day with fan and fare. They deserve appreciation for their excellent work towards the cause of pensioners. Janab Shafique Ahmed Welfare Commissioner (Retd) and Dr. Mukhtar Ahmad, CMO, CHS (Retd) gave logistic support to the Secy (PR), BPS for his visit to Chitrakoot Dham on 02.04.11. [V K Taneja]

VIZIANAGARAM (AP) : Postal & Telecom PA– This Assn is having more than 200 members. Present office bearers are – President: PJ Naidu, Secy: R Dharma Rao, Treasurer: Muthannasetty. Accounts Officer TV Ramana Murthy did his best for the revision of all pre-2006 pensioners. Monthly meeting was held on 05.04.11. 50 members attended the meeting. Members demanded settlement of long pending issues- increase in FMA, 50% merger, etc.

आगरा – भारत पेंशनर्स समाज – मासिक बैठक रविवार दिनांक 13 मार्च 2011 को केन्द्रीय तारघर परिसर में बी.सी.वर्मा की अध्यक्षता में आयोजित की गई। महासचिव पूरनलाल ने सदन में प्रगति विवरण प्रस्तुत किया, जिसमें अधिकतर परिवार पेंशन वाली महिला सदस्यों के मामले संगठन द्वारा संबंधित कार्यालय/अधिकारियों को संदर्भित करने की सूचना दी गई। रक्षा विभाग के कई पेंशनरों को एफ.एम.ए. का लाभ न दिया जाने के मामलों में जानकारी दी। सदस्यों ने भारत संचार निगम लिमिटेड से दिनांक 01.01.2007 से पूर्व सेवानिवृत्त होने वाले कर्मचारी/अधिकारियों के पेंशन पुनरीक्षण दूरसंचार विभाग द्वारा आवश्यक कार्यान्वयन आदेश (नोटिफिकेशन) जारी किये जाने में हो रहे अनावश्यक विलम्ब की भर्त्सना की और शीघ्र ही आदेश जारी किये जाने की माँग की।

रक्षा विभाग से सेवानिवृत्त असेनिक कर्मचारियों को सी.एस.डी. कैंटीन सुविधा न दिये जाने का मामला उच्च स्तर में उठाया गया। रक्षा मंत्रालय के आश्वासन बाद दो वर्ष अवधि बीत जाने पर सुविधा बहाल नहीं की गई। कार्यकाल में सुविधा दिया जाना और सेवानिवृत्ति पर बंद कर दिया जाना अमानवीय व्यवहार है।

नत्थीलाल अग्निहोत्री (रेलवे) ने शास्त्रीय होली गायन कर सदन को आनन्दित कर दिया। उपाध्यक्ष आर. एस.अग्रवाल के धन्यवाद ज्ञापन के उपरान्त राष्ट्रीयगान के साथ बैठक का समापन किया गया।

आगरा – आल इण्डिया आर्गनाइजेशन ऑफ पेंशनर्स द्वारा 20 मार्च को नागरी प्रचारिणी सभा भवन में अध्यक्ष राधेश्याम लवानिया के नेतृत्व में होली मिलन समारोह का आयोजन किया। सी.एल.जयंत ने उपाधि वितरण की। महामंत्री दीक्षित ने सबको होली की बधाई दी। सभी ने स्वल्पाहार किया। भारत पेंशनर्स समाज दिल्ली से आए समाचारों को पढ़ा गया और जय हिन्द घोषणा के साथ सभा का समापन हुआ।

इन्दौर – वी.पी.भोरस्कर को आर.टी.आई का जवाब मिला पेंशनरों के स्वास्थ्य के लिये नहीं है संसाधन मध्यप्रदेश हाई कोर्ट ने सी.जी.एच.एस. की माँग को मान्य किया डिस्पेन्सरी खोलने की घोषणा तो कर दी गई पर इन्दौर में न खोलकर जम्मू में खोली गई। इन्दौर में लगभग 17 हजार सेवानिवृत्त

कर्मचारी रहते हैं उज्जैन, खंडवा, देवास के कर्मचारी भी सी.जी.एच.एस. का लाभ उठा सकते हैं। डिस्पेंसरी खोलने का खर्च मात्र एक करोड़ है।

उज्जैन: मध्य प्रदेश सेन्ट्रल कमेटी ऑफ पेन्शनर्स एसोसिएशन (अपेक्स बाडी) गुना: शासकीय पेन्शनर्स संघ — प्रादेशिक वरिष्ठ नागरिक एवं पेंशनर्स के अधिवेशन (सम्मेलन), जो म.प्र. के गुना में दिनांक 15 व 16 मार्च 2011 को शासकीय पेंशनर्स संघ, गुना के आतिथ्य तथा प्रदेश स्तरीय पेंशनर्स एवं वरिष्ठ नागरिक महासंघ भोपाल के सहयोग से आयोजित किया गया। इसमें पारित हुए प्रस्तावों की प्रति आपके अवलोकनार्थ एवं केन्द्र / राज्य सरकार के विभिन्न विभागों / मंत्रालयों से देश / प्रदेश के पेंशनर्स एवं वरिष्ठ नागरिकों (यथास्थिति) के हितों एवं कल्याण को बढ़ावा देने तथा इनकी समस्याओं तथा कठिनाईयों के निराकरण कराने हेतु प्रेषित की गई।

नई दिल्ली — केन्द्रीय श्रम सेवा अधिकारियों ने आन्धा भवन नई दिल्ली में श्रम कल्याण आयुक्त नौ सेना मुख्यालय श्रीमती मेरी जयकर के सेवानिवृत्त होने पर भावभीनी विदाई दी। सफदरजंग अस्पताल के पी.आर.ओ.एस.एन. मकवाना ने पुष्प गुच्छ देकर सम्मानित किया। भारत पेंशनर्स समाज के जन संपर्क सचिव विजय तनेजा ने उनके अच्छे स्वास्थ्य एवं दीर्घायु की कामना की और संदेश दिया की—

उम्र का बढ़ना तो दस्तूरे जमा है, महसूस न करो तो बुढ़ापा कहां है। डेंगू से बचने के बारे में विस्तार से चर्चा की कूलर सप्ताह में पानी निकालकर सुखा लें फिर दोबारा भरें नहीं तो एक चम्मच पेट्रोल या मिट्टी का तेल डालें पानी के बर्तन ढक कर रखें, मच्छरदानी का प्रयोग करें। बीमार पड़ने से बेहतर है सावधानी बरत कर स्वस्थ रहें। अंत में, ईश्वर, ईमानदारी, वफादारी, शराफत, अनुशासन को हमेशा याद रखने को कहा।

मुजफ्फर नगर — गवर्नमेंट वेलफेयर आर्गेनाइजेशन — 13-3-2011 को मासिक बैठक वेद प्रकाश सिंहल की अध्यक्षता राव ई.डी.पी.जैन महामंत्री के संचालन में सम्पन्न हुई। सभा का शुभारम्भ सामुहिक राष्ट्रीयगान से किया गया।

गत माह की कारवाई की पुष्टि के बाद वरिष्ठ कोषाधिकारी मुजफ्फरनगर से परिवारिक पेंशन पुनः रिशारा कर लगाने की मांग की गई। सत्य प्रकाश सिंहल द्वारा

छात्रवृत्ति मद में 11000/- ₹ देने पर उनका धन्यवाद किया गया। ब्रजपाल सिंह, श्रीमती महेन्द्री देवी पत्नी रमेश चन्द राव, श्रीमती बीना कुमारी पत्नी सरदार सुच्चा सिंह के निधन पर दो मिनट का मौन रख कर श्रद्धांजली देकर सभा का विसर्जन हुआ।

बैठक के बाद होली मिलन कार्यक्रम सम्पन्न हुआ।

रायपुर छ.ग. : डीओटी बीएसएनल पेन्शनर्स वेलफेयर एसोसिएशन — आम सभा दिनांक 27.03.

2011 को निरीक्षण गृह के सभाकक्ष में साथी ए.पी.मिश्रा, अध्यक्ष की अध्यक्षता में हुई। जिसमें भारी संख्या में सदस्यों ने अपनी उपस्थिति दर्ज की। सचिव द्वारा 01.01.07 के पूर्व पेंशनर्स की पेंशन रिवीजन के संबंध में दिनांक 15.03.2011 को जारी आदेश के संबंध में विस्तृत जानकारी दी गई। पेंशन के संबंध में अधिक विश्लेषण एस एन राम से नि मुख्य लेखाधिकारी ने दिया। एस के शर्मा से नि सतर्कता अधिकारी ने मांग की कि सेवानिवृत्त केन्द्रीय पेन्शनर्स को जिस प्रकार पेंशन वितरण अधिकारियों को अधिकार प्रदत्त किये गये वही प्रक्रिया इसमें भी अपनानी चाहिए। डीओटी द्वारा जारी निर्देश के तहत कर्मचारियों को लाभ 6 माह में मिलेगा। केन्द्रीय अस्पताल की स्थापना एवं जो डीओटी निवृत्त कर्मचारी पोस्टल डिस्पेंसरी का लाभ नहीं ले पाते उन्हें उसका नगद भुगतान मिलना चाहिए, इस संबंध में सर्वसम्मति से प्रस्ताव पास कर संचार मंत्री, स्वास्थ्य मंत्री को भेजा गया। सभा में पेंशन रिवीजन के संबंध में किये गये प्रयासों के लिए साथी रामनकुट्टी त्रिवेन्द्रम, भारत पेंशनर्स समाज नई दिल्ली के बीएसएनएल सचिव साथी एवं श्रीपाद देशपांडे पेंशनर्स ऑफिसर्ज एसोसिएशन के साथी बसू को साधुवाद प्रेषित किया।

दिनांक 7 अप्रैल 11 को 01.01.2007 पूर्व एवं उसके पश्चात् सेवानिवृत्त कर्मचारियों के पेंशन सेटलमेंट एवं भुगतान के संबंध में साथी एस एम चिलमवार, सचिव एवं साथी एच पी साहु ने गोपाल कृष्ण पाढ़ी, नियंत्रक, दूरसंचार लेखा (सी.सी.ए. डीओटी सेल) से चर्चा की। छत्तीसगढ़ परिमंडल में 01.01.2007 के पूर्व के कर्मचारियों की संख्या करीब 500 तक होगी। 01.01.06 से 01.12.06 के दरम्यान सेवानिवृत्त कर्मचारियों की कमुटेशन तथा डी.सी.आर.जी. में

फायदा होगा। चूंकि 6वें वेतन आयोग के अनुसार पेंशन के लिए अंतिम वेतन (वेतन + मंहगाई भत्ता) को लिये गणना की जानी है।

रूड़की : गवर्नमेण्ट पेंशनर्स वैलफेयर आर्गेनाइजेशन उत्तराखण्ड — 6 मार्च 2011 को

20वें पेंशनर्स दिवस समारोह में उपस्थित मुख्य अतिथि डा0 हरीश कुमार वर्मा उप-निदेशक आई. आई. टी. रूड़की एवं विशिष्ट अतिथि डा0 आपगा सिंह राज्य प्रमुख (हैल्पएज इंडिया) उत्तराखण्ड तथा प्रदीप बत्रा अध्यक्ष नगर पालिका परिषद् रूड़की, और उपस्थित समस्त पेंशनर्स बन्धुओं का हार्दिक स्वागत किया गया। रूड़की शाखा की स्थापना वर्ष 1987 में हुई थी। माह नवम्बर 2000 में उत्तराखण्ड राज्य का गठन हो जाने के फलस्वरूप रूड़की शाखा उ0 प्र0 के साथ-2 उत्तराखण्ड गवर्नमेण्ट पेंशनर्स वैलफेयर आर्गेनाइजेशन, हरिद्वार से भी सम्बंधित हो गई। यह शाखा जनवरी 2007 से "भारत पेंशनर्स समाज" नई दिल्ली की भी सदस्य बन गई है। रूड़की शाखा के पदाधिकारी निम्न प्रकार से हैं : **संरक्षक**— राम रिछपाल, **अध्यक्ष**— यशपाल गुप्ता, **उपाध्यक्ष**— महावीर प्रसाद गुप्ता, **महामन्त्री**— कृष्ण देव गुप्ता, **कोषाध्यक्ष**— हरफूल सिंह राठी, **मंत्री**— मदन पाल शर्मा, **प्रचार मंत्री**— नरेन्द्र कुमार जैन, **उप प्रचार मंत्री**— राम अवतार यादव, **सम्प्रोक्षक**— रबीन्द्र नाथ गुप्ता, **महिला संयोजिका**— श्रीमती उर्मिला जैन। पेंशनर्स महिला संगोष्ठी अपनी त्रैमासिक बैठक करती है तथा पारिवारिक पेंशनर महिलाओं की समस्याओं के निराकरण में सहयोगी है। इस संगोष्ठी की संयोजिका— श्रीमती उर्मिला जैन पत्नी नरेन्द्र कुमार जैन है।

पेंशनर्स दिवस : 12 वरिष्ठ सदस्यों को सपत्नीक सम्मानित किया गया। उनके नाम निम्न प्रकार से हैं :-

(अ) 80 वर्ष आयु पर (द्वितीय बार) : 1. किशन लाल अग्रवाल एवं श्रीमती राम किशोरी अग्रवाल 2. शोभा राम 3. आनन्द कुमार मैत्रेय 4. ओमप्रकाश माथुर एवं श्रीमती सुशीला माथुर।

(ब) 70 वर्ष आयु पर (प्रथम बार) : 1. मुंशी राम अरोड़ा एवं श्रीमती स्वर्ण लता अरोड़ा 2. रामसिंह सेनी 3. कैलाश चन्द गुप्ता एवं श्रीमती राजेन्द्री गुप्ता 4. श्रीमती संतोष गर्ग 5. सोम प्रकाश अग्रवाल एवं श्रीमती सुधा अग्रवाल 6. हरफूल सिंह

राठी एवं श्रीमती उर्मिला देवी 7. सोम प्रकाश सिंघल एवं श्रीमती कमलेश रानी 8. योग राज सिंघानी एवं श्रीमती ममता सिंघानी।

प्रमुख समस्यायें : उत्तराखण्ड व उत्तर प्रदेश सरकार से निवेदन :-

(i) उत्तराखण्ड राज्य गठन नवम्बर 2000 से पूर्व के सेवानिवृत्त पेंशनर जो उत्तराखण्ड राज्य में निवास कर रहे हैं और उत्तराखण्ड के कोषगारों से पेंशन प्राप्त कर रहे हैं उनको उत्तराखण्ड का ही पेंशनर मान कर पूर्ण सुविधा दी जाए। उत्तराखण्ड सरकार ने 26 मई 2010 को एक शासनादेश कर उ0प्र0 वाले पेंशनर्स को अन्तर्राज्य पेंशनर मान लिया। जिससे उत्तराखण्ड के लगभग 40,000 पेंशनर्स को भुगतान आदि में कठिनाई उत्पन्न हो गई। क्योंकि अन्तर्राज्य पेंशनर्स हो जाने के कारण उ0प्र0 का प्रत्येक आदेश महालेखाकार उ0प्र0 व उत्तराखण्ड के माध्यम से आना अनिवार्य हो गया। अतः 26 मई 2010 का शासनादेश तुरन्त निरस्त किया जाये।

(ii) चिकित्सा व्यय की प्रतिपूर्ति में कठिनाई है उसका सरलीकरण किया जाये तथा 500/- रू0 प्रति माह चिकित्सा भत्ता भी दिया जाये।

(iii) दि0 01.01.06 से पुनरीक्षित पेंशन / पारिवारिक पेंशन का प्राधिकृत पत्र प्रत्येक पेंशनर को उपलब्ध कराया जाये।

(iv) रेलवे के समान राजकीय बसों के किराये में छूट हो।

सतना (म.प्र.) : भारत पेंशनर्स समाज (जिला)

— हरी प्रकाश गोस्वामी नव निर्वाचित अध्यक्ष (निर्वाचन दिनांक 17 दिसम्बर 2010) ने कार्यकारिणी की घोषणा निम्नानुसार की है : **संरक्षक** : लाल बहादुर सिंह, **अध्यक्ष** : हरी प्रकाश गोस्वामी, **उपाध्यक्ष** : श्रीमती सुभाषिनी डेनियल, **आर बी चतुर्वेदी** व 5 अन्य, **पदेन उपाध्यक्ष** : तुलसीदास उर्मलिया व 11 अन्य, **महासचिव** : के.पी.सिंह, **सचिव** : प्रो. आर.के.श्रीवास्तव, **कोषाध्यक्ष** : बट्टी प्रसाद गुप्ता, **संयुक्त सचिव** : इन्जी.के.एल.रूसिया व 4 अन्य, **संगठन सचिव** : नरेन्द्र सिंह बघेल व 4 अन्य, **प्रचार सचिव** : गोरखनाथ अग्रवाल, **दयाराम वर्मा**, **कार्यालय सचिव** : जगदीश प्रसाद गौतम, **बृजबिहारी तिवारी** कार्यकारिणी सदस्य : श्रीमती मुक्ता तिवारी, **चन्द्रशेखर गौतम** व अन्य

हरी प्रकाश गोस्वामी, अध्यक्ष : भारत पेंशनर्स समाज, जिला सतना – कार्यालय–नवीन कलेक्ट्रेट परिसर, धवारी, सतना द्वारा प्रेषित पत्र क्रमांक / भा.पे.स. /2011 दिनांक 22.04.2011

आदरणीय महामंत्री जी, सादर अभिवादन! श्री तनेजा जी सतना पधारे हम सब उनसे मिलकर प्रसन्नता का अनुभव करते रहे। उन्होंने कार्यालय का भी अवलोकन किया। पेंशनर्स पत्रिका मार्च 2011 की प्राप्त नहीं हुई है। अनुरोध है कि मार्च की पत्रिका पुनः भिजवाने की कृपा करें। कृपया सूचित हों। सादर

FCI : तृतीय लाभ के रूप में पेंशन की माँग रद्द भारतीय खाद्य निगम मुख्यालय 16–20, बाराखम्बा लेन, नई दिल्ली–110001, द्वारा अवर सचिव एफ0 सी0–III भारत सरकार, खाद्य एवं सार्वजनिक वितरण मंत्रालय, खाद्य विभाग, कृषि भवन, नई दिल्ली को प्रेषित पत्रांक सं0: ई.पी. 46(1)/2009/खंड–1 दिनांक 30.03.2011

विषय: बैंको की तर्ज पर तृतीय लाभ के रूप में पेंशन प्राप्त करने के बारे में प्राप्त अभ्यावेदन के विषयक।

संदर्भित पत्र : 19012–1–2010 एफ0 सी0–III दिनांक 19.10.2010 श्री श्याम सुंदर–महासचिव भारत पेंशनर्स समाज जंगपुरा नई दिल्ली द्वारा प्रेषित अभ्यावेदन के संबंध में।

महोदय, उपरोक्त विषय पर खाद्य मंत्रालय से प्राप्त सभी प्रार्थियों के उल्लिखित अभ्यावेदनों / अभ्यावेदन का संदर्भ लें जिनके द्वारा भा0 खा0 निगम के कर्मचारियों को भी भारतीय स्टेट बैंक व पंजाब नेशनल बैंक एवं इलाहाबाद बैंक की तर्ज पर 1995 की पेंशन योजना को संशोधित करने के बाद प्रदान करने की मांग की गई है।

उपरोक्त संबंध में यह अवगत कराया जाता है कि भा0 खा0 निगम में केवल उन्हीं पूर्व केन्द्रीय कर्मचारियों को पेंशन की सुविधा उपलब्ध है जो कि निगम में खाद्य निगम एक्ट 1971 की धारा 12–ए के अंतर्गत समाहित किये गये थे तथा जिन्होंने निर्धारित समय सीमा में पेंशन प्राप्त करने का विकल्प दिया था। अन्य सभी कर्मचारियों को निगम में प्रचलित नियमों के अनुसार भविष्य निधि अंशदान की सुविधा प्राप्त है। अतः उन्हें बैंको की तर्ज पर तृतीय सुविधा के रूप में पेंशन सुविधा देने का कोई भी प्रावधान नहीं है।

प्रतिलिपि आवेदक (को प्रेषित): श्री श्याम सुंदर, पोस्ट बाक्सन. 3303, जंगपुरा एक्सटेंशन, नई दिल्ली – 14

उसके मुहँ पे तो उसे कुछ नहीं कहते कि 'फ़िराक'
दोस्त है आपका, पर आदमी अच्छा भी नहीं
(‘फ़िराक’ गोरखपुरी)

**An expression of modesty by
the great 'Firaq' Gorakhpuri**
We don't deprecate him on his face
Of course, he's your chum
But is he a good, virtuous fellow ?

**Shamsher Bahadur Singh :
Born - 1911**

The emotions that we had for weared away by whichever movement. These greetings are for friends but clinched fists for foes put us to dust but, Ah, drive the dust to particles The body could, of course, be covered by cotton threads When the grain is ripe but we do need to cover our shame fool of the poor, lightning destroys Today Life's heart is devoid of emotion but my soul sheds tears only for the common man.

अमन का राग

भाव थे जो शक्ति–साधन के लिए,
लुट गए किस आंदोलन के लिए!
यह सलामी दोस्तों को है,
मगर मुट्टियाँ तनती हैं दुश्मन के लिए!
धूल में हमको मिला दो, किंतु, आह,
चालते हैं धूल कन–कन के लिए!
तन ढँका जाएगा धागों से,
परंतु लाज भी तो चाहिए तन के लिए!
नाज पकने पर खुले आकाश से,
बिजलियाँ गिरती हैं निर्धन के लिए!
संकुचित है आज जीवन का हृदय,
व्यक्ति–मन रोता है जन–मन के लिए!
कवि शमशेर बहादुर सिंह : अमन का राग
(1911–1993)

NEW MEMBERS - Annual

A - 0913 :	Santokh Singh	Delhi - 18	03/12
A - 0914 :	Kirori Mal Gupta	Delhi - 18	03/12
A - 0917 :	Asha Khilnaneey	Delhi - 24	03/12
A - 0918 :	I L Dawar, IAS (Retd)	Chandigarh	03/12
A - 0920 :	Raghu Nath Bansal	Bathinda	03/12
A - 0921 :	P S Shrotriya	Tundla	03/12
A - 0922 :	Rabindra Nath Jha	Darbhanga	03/12
A - 0923 :	Mool Chand	Raebareli	03/12
A - 0924 :	B Panneer Selvan	Chennai	03/12
A - 0925 :	R C Gupta	Bathinda	03/12
A - 0926 :	S M Parashar	Delhi - 59	03/12
A - 0927 :	Smt Anjali Das	Jalpaiguri	03/12
A - 0928 :	Suman Dhingra	Ferozepur City	03/12
A - 0929 :	P Chathu Kutty	Hebbal	03/12
A - 0932 :	A C Bhadiya	Dehradun	03/12
A - 0933 :	K Ram Lal Ngam	Hyderabad	03/12

NEW MEMBERS - Triennial

A - 0915 :	Rajaram J Phatak	Bhusawal	03/14
A - 0931 :	Pradeep K Asthana	Hardoi	03/14

AFFILIATED ASSOCIATIONS (New)

A - 0916 :	A I R M Fedn (A/CS)	Jalandhar	03/12
A - 0919 :	P & T Penrs W Assn	Anakapalle	12/11
A - 0930 :	Rly Penrs Assn	Hebbal	03/12

**SCPC FUND Donations
MARCH / APRIL, 2011**

M - 7350	C G Penrs Forum	Secundrabad	15,000
L - 2284	Shyam Sunder	Delhi - 14	8,000
L - 2673	(Smt) P K Goswami	Delhi - 14	5,700
L - 2905	Joginder Singh,ex-CBI	Delhi - 75	1,500
Non-Mem	Jodh Singh Sandhu	Jagadhri	1,100
L - 9334	Vijay Kumar Taneja	Delhi - 05	1,100
L - 9135	Smt Urmil Kumra	Delhi - 14	1,000
L - 9185	B N Singh	Bhopal	500
M - 6891	K K Sethi	Delhi - 59	300
L - 2910	Tirth Ram Sharma	Kangra	300
A - 0115	J N Johri	Udaipur	251
L - 9272	Swaran Singh	Gurdaspur	200
A - 0584	P S Pagare	Nasik	150
A - 0236	Harinath B Shirali	Bangalore	100

AFFILIATED ASSOCIATIONS (RENEWAL)

M - 6607/01	S E C Rly Penrs Assn	Chhindwara	01/12
A - 0474/08	A P Rtd T & E Assn	Guwahati	08/12
M - 8979/05	BPS & P&TPW Assn	Visakhapatnam	05/12

M - 7517/08	Bharat Penrs Samaj	Imphal	08/12
M - 6634/03	C R (IT) Retd O Assn	Jaipur	03/12
A - 0337/03	C G Penrs Assn	Nadia	03/12
M - 6966/05	Rly Penrs Fedration	Bobbili	05/12
M - 6659/04	C Govt Penrs Assn	Konnagar	04/12
M - 7350/05	C Govt Penrs Forum	Secunderabad	05/12
M - 6590/01	Bharat Penrs Samaj	Durg	01/12
M - 4342/02	NF Rly Penrs Assn	Cooch Behar	02/12
M - 0340/04	C G Penrs Assn	Krishananagar	04/12
M - 8527/11	B C Retd Off Assn	Andheri (W)	11/11
M - 3607/07	C Govt Penrs Assn	Kharagpur	07/11
M - 7407/04	S O welfare Society	Dehradun	04/12
M - 8022/03	Bihar Penrs Samaj	Makdhumpur	03/12
M - 3984/05	Rly Pensioners Assn	Renigunta	05/12
M - 6942/04	Rtd C G E & F W Orgn	Chanditola	04/11
M - 8047/04	P & T Penrs Assn	Vizianagram	04/12
M - 0540/04	Govt Penrs Assn	Maynaguri	04/12
M - 8586/01	Govt Penrs W Assn	Roorkee	01/12
M - 5987/04	U P C G Penrs Assn	Hoogly	04/12
M - 1438/06	C G Penrs Samaj	Barasat	06/10
M - 1586/05	Rly Pensioners Assn	Nandyal (RS)	05/12
M - 3988/05	Retd Rly Emplys Assn	Ferozepur City	05/12
M - 3890/08	A&/DD Penrs Emplys	Jalandhar	08/11

RENEWAL - Annual

M - 8931/04	R S Bhatnagar	Noida	04/11
M - 6947/04	O P Arora	Delhi - 85	04/12
M - 8910/03	P S Ramchandra Murti	Visakhapatnam	03/12
M - 8872/02	Tribawan Kaul	Delhi - 24	02/12
A - 0600/02	B N Thakur	Ghaziabad	02/12
M - 7704/04	Makhan Lal Kak	Delhi - 92	04/12
M - 8904/03	R S Kanwar	Delhi - 26	03/12
A - 0655/04	Mange Ram Singhal	Delhi - 33	04/12
M - 8871/02	N K Bhalla	Delhi - 88	02/12
M - 8360/04	Raghuvansh Bahadur	Delhi - 87	04/12
M - 6850/01	I S Rekhi	Delhi - 65	01/12
M - 8883/03	Tapan Kumar Ghosh	Buincha	03/12
M - 8055/04	P S R Kumar Sinha	Bhimavaram	04/12
M - 5574/10	B R Agnihotri	Delhi - 92	10/11
M - 8145/08	C B Aggarwal	Delhi - 87	08/11
M - 7771/06	Padmini Mathur	Delhi - 57	06/12
A - 0331/03	Baldev Singh	Noida	03/12
M - 8079/05	Dr B N Sinha	Bangalore	05/12
M - 8054/04	Dev Datt Talwar	Noida	04/12
M - 4266/03	Mahanbir Singh	Patiala	03/12
A - 0683/04	Arun Kumar Sen	Kolkata	04/12
M - 5150/03	P C Chawla	Delhi - 14	03/12
M - 6927/03	G L Sharma	Amroh	03/12
M - 0896/04	J C Adwarya	Rajkot	04/12
M - 7360/03	K K Vashist	Lucknow	03/12
M - 3682/03	SUB B B Bhowmik	Gaya	03/12
A - 0597/02	V N Khalkar	Nasik	02/12
A - 0389/06	Capt P B R Murthy	West Godavari	06/11
A - 0634/03	N A Netto	Chennai	03/12
M - 8335/02	Ambalal K Dave	Mehsana	02/12

M - 6648/03 Kanai Lal Poddar	Sapatgram	03/12
A - 0676/04 M R Sharma	Nirmand	04/12
M - 8867/02 M Pandu Ranga Rao	Tenali	02/12
M - 6967/05 H N Soni	Bhopal	05/12
M - 5157/03 A K Biswas	Bhatpara	03/12
M - 4677/03 Vir Singh	Amritsar	03/12
M - 5956/03 Hasmatrai G Sahita	Mumbai	03/12
M - 6391/04 Ram Narayan Pathak	Ferozabad	04/12
M - 4823/03 V V R Panth	Hyderabad	03/12
M - 8103/06 T S Krishan Prasad	Secunderabad	06/11
M - 8689/05 Rabindra Ch Bown	Chandan Nagar	05/11
A - 0628/03 Lilaram Jhangiani	Ahmedabad	03/12
M - 7628/12 K Yagapa	Visakhapatnam	12/12
M - 8945/04 Sukumar Chakraborti	Kharagpur	04/12
A - 0317/03 H L Aneja	Noida	03/12
M - 6843/02 J D Bhatia	Noida	02/12
A - 0679/04 Surinder Singh Lamba	Ferozpur City	04/12
M - 0976/05 Amiya Bhushan Nath	Katihar	05/12
A - 0490/09 K N Rao	Bilaspur	09/11
A - 0296/02 R R Banik	Jalpaiguri	02/12
M - 8320/02 Sharad Kr V Sarang	Nasik	02/12
M - 8385/05 Shivprasad K Dave	Thangadh	05/12
M - 6383/04 Nandganesh M Mehta	Vadodra	04/12
M - 8667/04 Mohan Prakasha Anand	Delhi - 18	04/12
A - 0528/11 R K Srivastava	Delhi - 64	11/11
M - 8939/04 R R Dobhal	Dehradun	04/12
M - 4370/05 Balbir Singh	Yamuna Nagar	05/12
A - 0235/01 Col N K Malhotra	Delhi - 24	01/12
A - 0682/04 Siya Ram Roy	Vaishali	04/12
A - 0681/04 Dhruva Narayan Roy	Hooghly	04/12
A - 0137/09 V D Gulve	Bhusawal	09/11
M - 4727/05 Hans Raj Saluja	Bandikul	05/12
M - 3668/04 D N Banerjee	Kolkata	04/12
M - 7715/04 D L Bholal	Mumbai	04/12
M - 8690/05 Raghbir Arora	Delhi - 85	05/12
A - 0650/04 C P Kohli	Delhi - 17	04/12
M - 7465/06 K L Batra	Ambala City	06/12
M - 8663/04 L N Gupta	Indore	04/12
A - 0010/06 P Krishnan	Nagpur	06/12
M - 8923/03 N Chittibabu	Hyderabad	03/12
A - 0615/02 Pritam Singh	Amritsar	02/12

Biennial

A - 0630/03 S S Gill	Delhi - 85	03/13
M - 6984/12 K C Verma	Patiala	12/13
A - 0434/07 R Janakiraman	Chennai	07/12
A - 0421/06 S K Barman	Kolkata	06/12
M - 8926/03 AVJ Murty	Jagadhari	03/13
M - 7356/03 Ajit Singh	Delhi - 85	03/13
M - 8316/02 S C Saha	Lucknow	02/13

Triennial

M - 8942/04 S C Meeran	Bangalore	04/14
M - 4796/07 Daljit Singh Basi	Kamalpur	07/14
M - 7182/01 Mool Singh	Delhi - 03	01/13

(Continued from page 16)

1 Basic Pension (SayJ)	A	10,000
2 I.D.A.@ 68.8% (as on 1/1/2007) on A	B	6,880
3 Total of A+B	C	16,880
4 Fitment Waitage 30 % on C	D	5,064
5 Revised Pension on 1/1/2007 C+D	E	21,944

1. The Dearness relief (IDA) will be Zero % on 1/1/2007. It will increase quarterly as per new rates. It will be 43% w.e.f. 1/1/2011.

2. The revised family pension will also be calculated and arrived at by the same above mentioned formula.

3. The commutation amount will be same as before and will be deducted from the total pension.

4. The revised pension can also be arrived by multiplying Old Basic Pension Multiplied by 2.1944.

5. The approximate arrears up to 1/1/2011 can be arrived at by multiplying Old Basic Pension Multiplied by 28.22.

5, The arrears will be calculated month wise from 1/1/2007 till the date new pension is given effect to.

The orders (as well as official calculation table) is expected to be issued soon,

Thanking you all,

Secretary (BSNL/PSUS)

Bharat Pensioners Samaj, New Delhi - 110 014
Pune - 411 030, M - 09422002219

APPEAL : Contribute only 1% of ARREARS (Minimum ₹ 1,100) TO BPS & BE DOUBLY BLESSED ! Long Live BPS!

LONG LIVE PENSIONERS' UNITY !

S V Deshmukh Shyam Sunder K C Pipal
Secy Secy Genl President

LOW BP, LOWER FAT : ANAAR ! MERA YAAR !!

A glass of pomegranate juice daily can help lower your blood pressure and cut risk of a beer belly, a study says. University of Edinburgh researchers found the juice not only cuts high blood pressure, but also reduces fat stored in stomach. PTI

PASS OR FAIL

By failing to prepare, you are preparing to fail.

BENJAMIN FRANKLIN, American statesman

NUCLEAR KAMIKAZE

Japan is headed towards a possible radiation catastrophe with radiation levels reaching 400 millisieverts per hour near Fukushima Daiichi site. Chronology of events:

FUKUSHIMA DAIICHI NUCLEAR PLANT

Reactors
Power plants

Tuesday: Reactor 4
Building catches fire, radiation level spikes, water injection ordered

Monday: Reactor 3
Concrete building destroyed but reactor container still intact

Tuesday: Reactor 2
Explosion reported. Fuel rods were fully exposed on Monday, meltdown was feared

Sat: Reactor 1
Concrete cover destroyed

Reactor 5 and 6
not in drawing

Reactor 5 and 6: Cooling of the reactors now appears not to be working properly, with slight rises in temp recorded.

Effects of radiation

- Skin:** Caught in roots of body hair causes skin cancer
- Eye cataracts
- Thyroid gland** is susceptible to radioactive iodine which can destroy it
- Lung cancer, breast cancer
- Stomach:** Damage to intestinal tract lining causes nausea, bloody vomiting and diarrhoea
- Reproductive system:** Damage to ovaries and eggs in women and damage to prostate and testes in men
- Blood system:** Loss of white blood cells leaves victim more susceptible to infection
- Bone marrow** damage leading to leukemia or aplastic anaemia

Symptoms after moderate exposure:
Fever, hair loss, vomiting and diarrhoea

Understanding radiation

- Even small radiation doses, as low as 100 millisieverts, can slightly raise cancer risk
- Exposure to 1,000 millisieverts is estimated to increase risk of fatal cancer by about 5%
- Half of those exposed to between 4,000-5,000 millisieverts die in a month

Quake epicentre
Sendai
Tokyo
Pacific Ocean
JAPAN

Around 1,40,000 people to be evacuated from near Fukushima N-plant

D R FOR PENSIONERS

	Oct-10	Nov-10	Dec-10	Jan-11	Feb-11	Mar-11
All India CPI (IW) Base 2001=100	181	182	185	188	185	185
% age Increase	49.80	50.81	51.97	53.33	54.41	55.49

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



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