



DEDICATED TO
THE CAUSE OF
PENSIONERS
SINCE 1991

PENSIONERS' RAIL SAMPARK

QUARTERLY BULLETIN OF

RAILWAY SENIOR CITIZENS WELFARE SOCIETY (RSCWS)

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

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FOR FREE CIRCULATION TO MEMBERS RSCWS

President's Message

Tejinder Singh Kalra



Our quarterly bulletin is being published since 2006 and has primarily been in the form of a very informative newsletter, focused on Railway Pensioners' issues and allied matters. While it has served its purpose well, let us try to make it more inclusive and interesting for all the members of our big retired railway family.

Members may contribute small write-ups on interesting anecdotes during their working railway careers. Likewise some happy, memorable happenings before and after retirement, some comic/ humorous events , some tips on healthy ageing, some quotes for the elderly and knowledgeable articles in general, which could be of interest to others, would also be welcome. But these have to be brief so as to accommodate maximum entries, along with small size photographs, in the *Rail Sampark*. You may also send your suggestions to Secretary General. To start with I am myself giving an article at page 11.

Oct 1, is the international day of older persons, but this time it could not be celebrated due to Covid-19 restrictions. Still we can display an aura of importance for ourselves - senior citizens, wherever we go or interact with, by asserting that Oct is the special month , designated by WHO for us, the plus 60 ones.

That reminds that this Corona spread may last, say, for another four to six months or so till a proven vaccine is established to fight and smother it out. We, the senior citizens, being very vulnerable, must take all the mandated precautions like social distancing, wearing masks, repeated hand washing, steam inhaling & saline gargling in case of the slightest viral infection of any kind, plus of-course developing good immunity by ayurvedic means , yoga & pranayam, nutritious well- digestible diet, along with tolerable physical fitness exercises and above all keeping a 'charhdi kalaa'(high spirits) attitude.

The festival season is starting in a few days. We should prepare ourselves to celebrate and enjoy to the extent possible. There is no reason to withdraw and keep aloof but must observe the basic anti-Covid safety protocol..

We are in the midst of a vicious *toofaani* (stormy) period but '*toofaan jo aayaa hei, aakar chaley jaana hei; baadal jo chhaayaa hei, usko dhal jaana hei; jeewan ka matlab to chaley hi jaana hei*'. So face the storm with determination, be contended, stay Healthy, have a pleasing festival season, interact with friends, children & grandchildren, face to face, if possible, or virtually through WhatsApp, Webinars, Zoom and other electronic/digital means.

May God bless you all !

ON OTHER PAGES

1. Re-organization of Railway Board	P - 2	7. Memos to DRM UMB RB & and MOH&FW	P 4 & 6
2. Rules relaxed for divorced daughters & Handicapped Children to get Family Pension	P - 2	8. Information under the Right to Information Act	P - 7
3. RSCWS marches on with "Virtual Meetings"	P - 3	9. Minutes of Virtual General Body Meeting of RSCWS	P – 8-9
4. Extension of period for submission of Life Certificate till December 2020.	P - 3	10. Pvt. Hospitals by Rlys. in CHD, PKL & MHL	P – 10
5. Reimbursement of cost of OPD Medicines till 31st December 2020.	P- 4	11. Hospitals empanelled with RSCWS at CGHS rates	P - 10
6. CGHS rates for treatment at private empanelled hospitals in view of COVID-19	P - 5	12. Open Forum: In God Almighty's court	P - 11

Re-organization of Railway Board on functional lines

Copy of DoP&T order No 23/39/2020-EO(ACC), Dated 02-09-2020

The Appointments Committee of the Cabinet (ACC) has approved the following

(i) Re-organization of Railway Board on functional lines as per the decision of the Union Cabinet as under

i)	Chairman & Chief Executive Officer(CEO)	Shri Vinod Kumar Yadav, IRSEE Railway Board
ii)	Member (Infrastructure) Railway Board	Shri Pradeep Kumar, IRSSE
iii)	Member (Traction & Rolling Stock (T&RS))	Shri P.C Sharma, IRSS Railway Board
iv)	Member (Operations & Business Development (O&BD), Railway Board	Shri P.S Mishra, IRTS
v)	Member (Finance), Railway Board	Ms. Manjula Rangarajan, IRAS

(ii) Re-designation of Shri Rajesh Tiwari, IRSEE, Member (Traction) as Officer on Special Duty (OSD) (Safety) by utilizing the existing vacant post of Director General (Safety) in apex scale as an interim measure for adjusting him till superannuation of Shri P.C. Sharma, IRSS on 30.09.2020

(iii) Appointment of Shri Rajesh Tiwari, IRSEE as Member (Traction & Rolling Stock(T&RS)) on superannuation of Shri P.C. Sharma, IRSS (proposed for re-designation as Member, Traction and Rolling Stock (T&RS) on 30.09 2020 vice Shri P.C. Sharma, IRSS

(iv) Surrender of three apex level posts i.e. Member (Staff), Member (Engineering) and Member (Materials Management) in Railway Board and utilization of the post of Member (Rolling Stock) for creation of the post of Director General (HR) in apex grade as per Cabinet decision.

Rules relaxed for divorced daughters & Handicapped Children to receive Family Pension, Banks to collect Life Certificate from DOORSTEP of Infirm Pensioners: Dr. Jitendra Singh MOS

Rules have been relaxed for divorced daughters to receive Family Pension and now a daughter will be entitled to receive the Family Pension even if the divorce had not finally taken place but the divorce petition had been filed by her during the lifetime of her deceased parent employee/pensioner. Earlier Rule provided for Family Pension to a divorced daughter only if the divorce had taken place during the lifetime of deceased parent pensioner or his spouse. Orders have also been issued for grant of Family Pension to a *Divyang* child or sibling even if the Disability Certificate is produced after the death of the pensioner parent but the disability had occurred before the death of the parents. Similarly, to bring ease of living for the *Divyang* pensioners, Dr Jitendra Singh said, the Attendant Allowance for the helper has been increased from Rs.4,500 per month to Rs.6,700 per month.

Disclosing this while briefing the media about some of the important reforms brought in by the Department of Pension and Pensioners' Welfare, Union Minister of State (Independent Charge) MoS PMO, Personnel, Public Grievances, Pensions, Dr Jitendra Singh said, **one of the most noteworthy initiatives taken by the Pension Department is with regard to the Digital Life Certificate. Keeping in view the difficulty faced by the senior citizens who have gone and settled abroad with their children after retirement, he said, circular has been brought out on Consolidated Instructions on Life Certificate and commencement of Family Pension for those living abroad vide which the concerned Bank Branch abroad and the Indian Embassy/Consulate/High Commission have been instructed to provide Life Certificate and commencement of Family Pension there itself.**

At the same time, Dr Jitendra Singh said, all Pension Disbursing Banks have been instructed to provide doorstep Life Certificate to those pensioners who are unable to visit the bank.

MEMBERS OF RSCWS PLEASE PAY YOUR SUBSCRIPTION @ RS.300/- PA OR LIFE MEMBERSHIP RS.2500

DONATIONS & SUBSCRIPTIONS MAY BE deposited in the Bank account of RSCWS in favour of

"Railway Senior Citizens Welfare Society" in Punjab & Sindh Bank, Sector 7, Chandigarh,

SB Account No. 08561000100242, IFSC Code PSIB 0000856 OR

MAY PLEASE BE PAID TO SH. C.P. SINGH. TREASURER RSCWS, 351, SAVITRI TOWER S 1, VIP ROAD, ZIRAKPUR (PB)-140603

OR SH. C.P. SINGH. TREASURER RSCWS @ O/O ACCOUNTANT, GURDWARA, SECTOR 8 D, CHANDIGARH

(PHONE NO. OF SH C P SINGH 9888054477)

PRESIDENT & SECRETARY GENERAL, RSCWS

RSCWS MARCHES ON WITH VIRTUAL MEETINGS

Lockdown due to COVID 19 had brought down almost the whole world to a standstill due to the social distancing essentially required to prevent the spread of the Corona pandemic. It took the world some time to resume even the essentially required activities but the social inter-action was still not possible and the entire Official and Business activities had come to a standstill and so were the Manufacturing, Rail, Road & Air Transportation etc. Thanks to the Internet, Mobile, WhatsApp and other means of communication, inter-action was resumed fast, followed by Work-from-Home and relaxing of the Lockdown in phases. But meetings and gatherings were still a far cry. The idea of "Virtual Meetings" and "Video Conferencing" soon picked up fast in almost every area requiring human inter-action.

RSCWS also took an initiative in that direction and held 4 "Virtual Meetings of the Executive Committee" (VECM) and 2 "Virtual Meetings of General Body" (VGBM) on the WhatsApp instead of "Video Conferencing" – managing which would have been more difficult for the elderly senior citizens.

Important decisions were taken in the Virtual Meetings of EC and GBM of RSCWS with large number of members recording their views and giving their consent to important issues raised in the agenda as well as giving suggestions on other issues as in the physical meetings, but maintaining the social distance.

It may take time for the situation to get normal. We may have to continue to hold Virtual Meeting this year and possibly for some time more. But other activities of RSCWS will continue as usual, including representations to all concerned about the grievances of the Pensioners, strive for better health care facilities, publication of the journal "*Pensioners Rail Sampark*" and updating of RSCWS website <https://rscws.com>.

We wish the members the best of health and invite suggestions to furthermore activate RSCWS.

Harchandan Singh, Secretary General RSCWS

Copy of OM No.18/1/2020-P&PW(C)-6681 Dated: 11th September, 2020 ,

GOI, Ministry of Personnel, Public Grievances & Pension (DOP&PW, New Delhi,

Subject: - Extension of period for submission of Life Certificate from October 2020 till December 2020.

Every Central Government pensioner has to submit life certificate in the month of November for further continuation of his/her pension. It has been observed that a large number of Central Government pensioners physically visit bank branches for this purpose.

2. Earlier, as a measure to enable additional dedicated time to very senior pensioners, this department, vide its OM No. 1/20/2018-P&PW(E), dated 18.07.2019, allowed the pensioners in the age group of 80 years and above, to submit Life Certificate from 1st October onward instead of 1st November, every year.

3. In view of the ongoing Covid-19 pandemic and keeping in view of the vulnerability of elderly population to Corona Virus, it has now been decided to extend the existing timeline for submission of Life Certificate. This year, all Central Government pensioners may submit Life Certificate from 1st November, 2020 onward, till 31st December 2020. However, the pensioners in the age group of 80 years and above can submit Life Certificate from 1st October, 2020 onwards, to 31st December, 2020. During this extended period, the pension will be continued to be paid by the Pension Disbursing Authorities (PDAs) uninterrupted.

4. Further, in the line of RBI notification no. RBI/2019-20/138, dated January 9, 2020, which permits Video based Customer Identification Process (V-CIP) as a consent based alternate method of establishing the customer's identity, PDAs may also explore the said methodology for obtaining a Life Certificate from the pensioner, to the extent permitted by RBI guidelines, in order to avoid rush at the branches.

5. The above measures are expected to avoid rush at branches and maintain social distancing, while obtaining Life Certificates from the elderly this year. PDAs shall also ensure proper arrangements and social distancing measures at the branches and prevent overcrowding.

6. All Pension Disbursing Authorities are requested to take note of this OM for compliance and give wide publicity to the same amongst the pensioners.

This issues with the approval of the competent authority.

PENSIONERS! VISIT RSCWS WEBSITE <https://rscws.com>

FOR VITAL INFORMATION OF INTEREST TO THE PENSIONERS, COPIES OF RELATED ORDERS & COMPENDIUM OF MEDICAL FACILITIES FOR RETIRED RAILWAY EMPLOYEES – A HANDBOOK

<https://www.rscws.com/pdfdocs/Compendium-of-Medical-Facilities-for-Retired-Railway-Employees-RELHS-Guide.pdf>

FOR EXCERPTS FROM I. R. MEDICAL MANUAL & ALL ORDERS, INSTRUCTIONS & FORMS

Copy of MOH&FW OM No.Z 15025/12/2020/DIR/CGHS dated 30th Sept., 2020

Reimbursement of cost of OPD Medicines: Special Sanction in view of COVID-19 till 31st December 2020

In view of the Corona Virus Disease (COVID-19), all out efforts are made by the Government to contain its impact by instituting measures at community as well as at individual level.

2. In this regard the undersigned is directed to draw attention is the OM of even number dated 27.03.2020, 29.04.2020, 29.05.2020 and 24th August 2020 vide which an option has been provided to CGHS beneficiaries getting medicines for Chronic diseases, to purchase medicines based on the prescription held (prescribed by CGHS Medical Officers/CGHS Specialists /other Govt. Specialists/ Specialist of empanelled hospital) till 30th September 2020, irrespective of Non-Availability certificate from CGHS or otherwise. However, several representations are received in the Ministry seeking extension of the period in view of the continued 'Lock Down'.

3. The matter has been reviewed by the Ministry and it is now decided, in continuation of the earlier OM on the subject, that CGHS beneficiaries getting medicines for Chronic diseases shall be permitted to purchase medicines based on the prescription held (prescribed by CGHS Medical Officers/CGHS Specialists /other Govt. Specialists/ Specialist of empanelled hospital) till 31st December 2020 on the same conditions as per the earlier OM dated 27.03.2020. It is also clarified that the CGHS Wellness Centres are functional and CGHS beneficiaries also have the option to collect medicines through CGHS Wellness Centres as per normal practice, instead of purchasing from market.

4. Issued with the approval of Integrated Finance Division, MoH&FW vide CD No 1558 dated 30.09.2020.

REPRESENTATIONS BY RSCWS ON PROBLEMS OF PENSIONERS

Copy of Memorandum No. RSCWS/No. RSCWS/HO/CHD/2020-10 Dated: 23-9-2020

Sub: Reimbursement of cost of OPD Medicines: Special Sanction in view of COVID-19

Reg.: 1. Request to extend the Sanction till 31st December, 2020 pending normalization of COVID conditions & development of a reliable Vaccine for the same.

2. Issue List of Chronic Diseases covered under the Special Sanction.

Reference: MOHFW OM No.Z 15025/12/2020/DIR/CGHS dated 27-3-2020, 24-8-2020 & 3-9-2020

1.1 Please refer to MOH&FW OMs cited above vide which CGHS beneficiaries were allowed Reimbursement of cost of OPD Medicines for Chronic diseases – as a Special sanction in view of COVID-19 till 30th September, 2020.

1.2 COVID-19 conditions continue to grow from bad to worse and the rate of its spread is now faster than before – with a larger proportion of population affected by it. Senior citizens are more vulnerable and worst affected with no one to look after them in many cases. Conditions of self-lockdown continue especially for those above 65 years of age.

2. No list of Chronic diseases covered by the above order has been issued by the Ministry of Health GOI Department of CGHS. Absence of such a list is causing harassment and hardship to the affected beneficiaries of the above cited orders - as submitted by us in our letter No. RSCWS/HO/CHD/Memo-MOHFW / 2020-6 Dated: 16th June, 2020.

3. It is therefore requested that:

a) The Special Sanction for Reimbursement of OPD Medicines in view of COVID-19 be extended upto 31st December, 2020 – in view of fast spread of pandemic as of now, till normalization of COVID conditions and pending development of a reliable vaccine for it.

b) A list of Chronic Diseases may please be issued so that the beneficiaries do not have to face any hardship and a uniform practice is followed by all concerned.

NOTE: MOH&FW (*vide orders dated 30-9-2020*) has accepted our demand in Para 3 a) above that “*The Special Sanction for Reimbursement of OPD Medicines in view of COVID-19 be extended upto 31st December, 2020*”, the demand for List of Chronic diseases is being pursued through RTI etc..SG RSCWS.

IT'S TIME FOR FILING TAX RETURNS

Govt. has extended the time limits for filing Tax Returns as under in terms of a Notification issued by the Income Tax Department (CBDT) on 24th June, 2020

1. Original and revised income tax returns filing for financial year 2018-2019 is extended to 31st Oct., 2020.
2. Income tax return filing due date for the financial year 2019-2020 is extended until 30 November 2020.
3. Self-assessment tax payment due date for small and middle-class taxpayers whose self-assessment tax liability is within Rs.1 lakh is extended to 30 November 2020. However, there is no due date extension for those taxpayers whose self-assessment tax liability exceeds Rs.1 lakh. That is you must pay the self-assessment tax by the due date specified in the Income Tax Act. Any delayed payment will attract interest.

Copy of OM No. 6-52/CGHS/GR.CELL/2020//DIR/CGHS Dated the 10th July, 2020

GOI, Ministry of Health & Family Welfare Directorate General of CGHS Nirman Bhawan, New Delhi
Sub: CGHS rates for treatment at private healthcare organizations empanelled under CGHS—in view of the COVID-19 Pandemic

With reference to the above mentioned subject the undersigned is directed to state that In view of the current Corona Virus Disease (COVID-19) Pandemic this Ministry is in receipt of representations seeking clarifications and guidelines regarding rates applicable for treatment in private healthcare organizations empaneled under CGHS. This matter has been reviewed by the Ministry and it is now decided to issue guidelines and rates for treatment / investigations at private healthcare organizations empanelled under CGHS as per the details given under:

2. a) CGHS rates for treatment for COVID-19 in private empanelled hospitals in respect of CGHS beneficiaries in a City shall be as per the package rates prescribed by the concerned State Government. In case no such rates have been prescribed by the State Government in any CGHS City, the rates prescribed by Govt. of NCT Delhi shall be applicable, till rates are notified by the concerned State Government.
- b) For non COVID related treatment in private hospitals empanelled under CGHS the Normal CGHS package rates shall be admissible. CGHS beneficiary shall undergo COVID-19 test as per the approved rate before elective treatment procedure.
- c) For treatment, under emergency — the patient shall be treated in Isolation ward till the COVID-19 test results is not available and rates as per isolation ward rates for one day shall be applicable.

If the beneficiary is COVID-19 negative, he/she shall be shifted to normal wards and normal CGHS rates will be applicable and if COVID-19 positive, he/she shall be under treatment in COVID ward and prescribed rates shall be applicable.

- d) COVID test shall be permitted as per ICMR guidelines, and CGHS rate shall be as per the rates fixed by concerned State Government or actual, whichever may be less. If State Government has not notified such rates in any CGHS City, the rates prescribed by ICMR are applicable till rates are notified by State Government.
3. It is once again reiterated that all CGHS empanelled hospitals, which are notified as COVID-Hospitals by State Governments shall provide treatment facilities to CGHS beneficiaries as per the CGHS norms and as per the rates prescribed above, for all COVID related treatments.

Similarly, it is again reiterated that all the CGHS empanelled hospitals, which are not notified as COVID Hospitals shall not deny treatment facilities / admission to CGHS beneficiaries and shall charge as per CGHS norms, for all other treatments.

Suitable action shall be taken in case of violation of the guidelines.

CGHS empanelled healthcare organizations shall perform the treatment / test on Cashless basis in respect of pen: loners, etc., and submit the bills to CGHS through UTI-ITSL. The reimbursement for the cast of expenditure on the test at approved rate shall be reimbursed by concerned Ministry / Department / Organization in respect of serving employees and beneficiaries of Autonomous Bodies.

These orders

A BRIEF STUDY OF MEDICAL FACILITIES UNDER CGHS

Courtesy Shri P. S. Bedi, Ex-DIG BSF

REFERRAL SYSTEM UNDER CGHS

1. Till a few years ago, the CGHS card holders were required to obtain prior approval of CGHS medical Officers for consultation with specialists of govt. hospitals. Only those CGHS beneficiaries, with last pay drawn above a certain limit at the time of retirement were allowed direct consultation with govt. Specialists. We had cardboard CGHS Cards, and this was endorsed on the card itself. This is now history.

2. Now, the CGHS beneficiaries have been issued SMART CARDS, which are valid throughout India, vide CGHS OM dated 16 March, 2011.

All CGHS Cardholders are allowed direct consultation with specialists of govt. hospitals (State/ Central etc.). However, for consulting specialists of Private empanelled hospitals we have to obtain prior approval of the CGHS MOs / CMO in charge CGHS Wellness Centre. (CGHS OM dated 09 Nov, 2017-attached)

3. The CGHS beneficiaries above the age of 75 years and above have been permitted, consultation with specialists of empanelled private hospitals directly. (CGHS OM dated 25 May, 2019-attached)

4. The treatment prescribed by the specialists of CGHS Empanelled hospitals has to be endorsed by the CGHS MOs / CMOs, except emergency cases, where diagnoses / treatment can be undertaken.

5. Other instructions on consultation/treatment issued by CGHS are contained in OMs dated (i) 15-01-2018, (ii) 29-05-2018, (iii) 31-07-2018, (iv) 10-12-2018.

Copy of Memorandum No. RSCWS/CHD/HC/Memo-DRM UMB /2020-9 Dated: 22.09.2020

To DRM UMB from President RSCWS with copies to HQ office

Sub: Issue of medicines for chronic cases to pensioner patients by Chandigarh Health Unit

For chronic cases, medicines are issued for a maximum period of one month, as per the current practice. That causes avoidable hardship to pensioner patients because they have to visit the Chandigarh Health Unit twice every month to collect their medicines; first to report to the ADMO for getting the medicines and then again to collect the medicines after those are procured in about a week's time through local purchase from Ambala. The Health Unit is located far away (15 to 20 Kms from the city) across the Chandigarh yard and is not covered by any public transport.

It would be in the interest of the patients as well as the medical department to procure and issue the medicines for at least three months at a time. This is the practice followed in CGHS.

In the CSIR Health Unit, located in the heart of the city in sector 30, medicines are issued for upto six months at a time depending upon the time assessment of the treating doctor, for the chronicity of the ailment to continue. Furthermore, CSIR has issued a list of approved chemists in the city from whom medicines can be procured, without payment, as per the prescription of the treating doctor; the approved chemists collect their payments later on from the administration. These precedents of CGHS and CSIR are quoted here to illustrate the patient friendly attitudes of these administrations.

Railway's medical department can take a leaf from CGHS/CSIR practices and issue medicines for at least three months at a time or for longer periods of time, depending upon the time assessment of treating the individual senior citizen patient with chronic ailment and without any expected revision required in the prescribed medicines schedule.

Submitted for favourable action.

Copy of Memorandum No. RSCWS/CHD/HO/P/Memo-Medical/9/2020-11 Dated 28-09-2020

To DRM UMB from President RSCWS with copies to HQ office

Sub: Referrals to empanelled private hospitals in Chandigarh Tricity

1. In case of requiring consultation and treatment from specialist doctors in chronic/serious cases, the Chandigarh Tricity based, RELHS opted, railway pensioners, normally consult empanelled or even other specialist hospitals, of their own, and thereafter approach the ADMO/Chandigarh for further course of treatment/referral.

2.1 But, the ADMO has no powers of his/her own for the necessary referrals to one of the empanelled hospitals in Chandigarh Tricity. In a few ,very serious cases, the present ADMO, off late, has been helpful by way of taking telephonic permission of the CMS to start treatment of the patient at the empanelled hospital but still a visit to Ambala divisional hospital is compulsory for getting the formal referral letter from the CMS.

2.2 In any case, the patient, in most cases, him/herself or his/her attendant has to personally visit Ambala Divisional hospital, with all the medical papers, to get the needful done.

2.3 So many times some lacunae are pointed out in the medical papers, so that a second visit to Ambala is called for. And at Ambala Divisional hospital no physical examination of the patient is done; only medical papers are scrutinized

3. The pensioner couples, in their sixties to eighties are generally living all by themselves- the two of them, with their children mostly posted at outstations, even abroad in quite a few cases. Imagine one of the spouses getting seriously sick; how do you expect his/her aged partner to travel to Ambala, some 60-70 Kms away from different parts of the city and spend the day running between different officials and doctors to get the referral papers completed, with no one to look after the patient at CHD tricity in her/his absence.

4.1 All this harassment can be avoided, and time saved if the ADMO/ Chandigarh is authorized to permit referrals to the empanelled hospitals. Telephonic approval of the CMS Ambala may be taken followed by digital approval of CMS, directly to the concerned empanelled hospital or through FAX etc..

4.2 ADMO Chandigarh can also pass on his/her observations regarding medical condition of the patient, telephonically or by other electronic means to the nominated doctor at Ambala , entrusted to deal with such referral cases. The reply permitting referral, should come back electronically on the same day with CMS's approval so that treatment of the patient can be started without any delay.

5. People are very reluctant of visiting the HU/ Chandigarh which is located far off at a forlorn place across the Chandigarh railway yard. Even visit to the HU can be avoided if adequate procedure for digital dealings is established.

6. It is, therefore, requested that the very tough, rather tortuous condition of personally visiting Ambala Divisional Hospital for obtaining the referral papers to empanelled hospitals, may kindly be scrapped and in the present era of e-governance , the needful got done through telephonic intimation of the case and digital approval of the CMS/UMB, by ADMO Chandigarh.

7. Submitted for favourable early action please.

Information under the Right to Information Act, 2005

Information asked from Chief Public Information Officer (RTI), CSIR / CSIO, Chandigarh

By Sh. Harchandan Singh, Vide RTI Application Dated: 24-9-2020

The undersigned hereby requests the following particulars of information

Subject matter: Supply of Medicines to Employees & Pensioners – Procedure & Policy –

- i. Copies of Rules & Orders Reg. Procedure & Policy for Cashless supply of prescribed Medicines by (empanelled) Chemists to Employees & Pensioners of CSIO/CSIR.**
- ii. Copy of the prescribed (format)/Conditions of Contract with Chemists for Cashless supply of prescribed Medicines by (empanelled) Chemists to Employees & Pensioners of CSIO/CSIR.**
- iii. Copies of related orders of Government of India / MOH&FW on the subject, on which the said orders of CSIO/CSIR are based.**
- iv. Copies of the Noting & Orders of CSIO/CSIR on the said orders of Government of India / MOH&FW on the subject**
- v. Copies of procedure orders for empanelment of chemists for cashless supply of medicines.**
- vi. List of such chemists empanelled in the tricity so far.**

Information asked from Chief Public Information Officer (RTI), Railway Board, New Delhi

By Sh. Harchandan Singh, Vide RTI Application Dated: 24-9-2020

The undersigned hereby requests the following particulars of information

Subject matter: Supply of Medicines to Railway Beneficiaries for Chronic illness

- i. Copies of Rules & Orders Reg. Supply of Meds to Railway Beneficiaries for Chronic illness.**
- ii. Copy of Orders reg. procedure and period for which the medicines are to be supplied at a time to the Railway Beneficiaries / Pensioners for Chronic Diseases**
- iii. Copies of related Orders of Railway Board issued in respect of the Instructions of Government of India / MOH&FW on the subject, issued vide OM No. S-11011/8/99-CGHS(P) Dated 13-10-1999, prescribing a period of 3 months at a time against valid prescription for supply of medicines for Chronic illness in order to “alleviate the hardship being faced by such CGHS beneficiaries.**
- iv. Copies of the Noting & Orders of the Railway Board on the said orders of Government of India / MOH&FW on the subject.**

Information asked from Chief Public Information Officer (RTI), MOH&FW, GOI, New Delhi

By Sh. Harchandan Singh, Vide RTI Application Dated: 28-9-2020

Subject matter: Reimbursement of cost of OPD Medicines: Special Sanction in view of COVID-19

Reg.: 1. Request to extend the Sanction till 31st December

2. Issue of List of Chronic Diseases

i) a) Whereas, Railway Senior Citizens Welfare Society (RSCWS), Chandigarh, which is an identified Association by the DOP&PW under the Pensioners Portal for redressal of Pensioners grievances, had submitted 2 Memorandums No. RSCWS/HO/CHD/Memo-MOHFW / 2020-6 Dated: 16th June, 2020 and No. RSCWS/No. RSCWS/HO/CHD/2020-10 Dated: 23-9-2020, addressed to the Secrerarry, MOH&FW, which inter-alia sought for the Reimbursement of cost of OPD Medicines: Special Sanction in view of COVID-19 Reg.:

1. Request to extend the Sanction till 31st December, 2020 and

2. issue of the List of Chronic Diseases which were intended to be covered under the orders of the MOHFW OM No.Z 15025/12/2020/DIR/CGHS dated 27-3-2020, 24-8-2020 & 3-9-2020, so that the beneficiaries do not have to face any hardship;

b) And whereas no reply has as yet been received by the said Society;

ii) Now, therefore, I, hereby, seek the following information under the RTI Act:

a) As per record of the MOH&FW, when were the above said memorandums of RSCWS received in the MOHFW;

b) Copies of the Noting and orders passed by the concerned authorities on the said memorandums in respect of the 2 demands raised therein and as cited above in the subject

MINUTES OF VIRTUAL GENERAL BODY MEETING OF RSCWS HELD FROM 8TH TO 10TH SEPTEMBER, 2020

1. Sh. G.S. Sethi, Working President RSCWS presided over the meeting.
2. Opening address by the Secretary General RSCWS Sh. Harchandan Singh:
 "I welcome all the Members of RSCWS to this 2nd Virtual General Body Meeting of RSCWS. This meeting has been called in view of the resignation of Sh. NP Mohan as Chairman and Sh. OS Dogra as President RSCWS due to their personal reasons and age-related problems. We have tried to persuade them to continue on their posts but they have expressed their inability to do so. As such, the Executive Committee RSCWS has agreed that their resignations be accepted by the General Body. You are, therefore, requested to consider and accept the same and to approve the other proposals agreed to by the EC regarding filling up of the consequential and existing vacant posts in the EC, and other related issues on the agenda.
 "Meanwhile, all steps are being taken by us for improvement in the health care facilities for the Railway Beneficiaries, easing referral system to specialized private Hospitals, empanelment of more private Hospitals by Railways and covering of treatment of COVID patients on CGHS rates by empanelled hospitals etc. At present, Ivy Hospital Mohali, Mukat Hospital Sec 34 CHD, Ojas Hospital Sec 26 PKL and Sri Guru Harkrishan Sahib Hospital, Sohana are empanelled by the Railways for Cashless treatment on referral by CMS NR Ambala or in emergency (with approval of CMS within 24 hours). We are trying for empanelment of some more Hospitals – including revival of empanelment of Fortis and MAX Hospital, Mohali.
 "Please record your views on the Agenda items. Wish you all the best of health. Thank you."
3. a) General Body approved the proposal of the Executive Committee (EC) to accept resignation of Sh. NP Mohan from the post of Chairman, Sh. OS Dogra from the post of President RSCWS and Mrs. Rama Dogra as Member EC RSCWS, on grounds of age-related problems.
 b) General Body thanked Sh NP Mohan, Sh OS Dogra and Mrs. Rama Dogra for their long dedicated and valuable services to RSCWS.
4. a) General Body approved the proposals of EC for appointment of Office Bearers to the posts of Chairman & President and other vacant posts in Executive Committee RSCWS as mentioned below:

1	Chairman	Shri G.S. Sethi
2	President	Shri T.S. Kalra
3	Working President	Shri T.S. Chawla
4	Working President	Shri K.P. Singh
5	Sr. Vice President-Cum-Sr. Auditor	Shri H.S. Sachdeva
6	Sr. Vice President	Shri Kapil Dev
7	Vice President-Cum-Auditor	Shri B.B. Sharma
8	Vice President	Shri Mohinder Singh (Sec. 50)
9	Member Executive Committee	Shri D.S. Nigah

- b) General Body authorized the President / Executive Committee RSCWS to fill up other resultant & vacant posts.

5. a) OPERATION OF BANK ACCOUNT: General Body approved the following Resolution:

"Bank Accounts of the Society in the name of Railway Senior Citizens Welfare Society be operated jointly by two Office Bearers of RSCWS – one from amongst (Sh) G.S. Sethi, Chairman or (Sh) T.S. Kalra, President or (Sh) Harchandan Singh, Secretary General and one from amongst (Sh) C.P. Singh, Treasurer or (Sh) Jaspal Singh, Finance Secretary, RSCWS".

b) To appeal to the Members to pay their Subscription and Social Welfare Fund for 2020-21, through Net Banking / NEFT or credit to Bank Account of RSCWS through bank transfer in the Bank account of RSCWS, in favour of "Railway Senior Citizens Welfare Society", in Punjab & Sind Bank, Sector 7, Chandigarh, SB Account No. 08561000100242, IFSC Code PSIB0000856 followed by a message to the Treasurer or may be paid directly to the Treasurer Sh. C.P. (Mob: 9888054477).

6. Address of the (newly elected) President Shri T S Kalra:

"Shri Gurcharan Singh Sethi and fellow sisters & brothers of Railway Senior Citizens family:

You have all given the responsibility of our society's presidentship to me, Tejinder Singh Kalra, for which I convey my thanks. I'll try my best to discharge my duties in a most befitting manner.

First of all we offer our sincere felicitations to the outgoing Chairman Shri NP Mohan and President Shri O S Dogra for the valuable contributions made and guidance provided by them in the past. Hope they will continue to guide us in future also as members and as '*margdarshaks*'/patrons.

Secretary General Sh Harchandan Singh has been putting in a lot of efforts in the working of our RSCWS. In his introductory address, he has given a briefing of the past and current activities as well as obstacles faced in the working of RSCWS. Without repeating those items, I'll, add a few more issues before us:

- i) To get medical services for railway pensioners on the pattern of CGHS, ECHS (Defence), CSIR.
- ii) Chandigarh Health Unit needs to be upgraded and its location should be shifted towards the main side of Chandigarh Railway station.
- iii) A Railway Dispensary should be provided at Mohali station and to begin with, the health Unit should be operated on alternate days at Chandigarh and Mohali stations.
- iv) For chronic diseases, medicines should be issued for minimum 3 months.
- v) For referrals to empanelled hospitals, the ADMO HU CHD should be empowered, in telephonic consultation with Ambala hospital and condition for getting it done by visiting CMS Ambala. Hospital should be scrapped.
- vi) Arrangement at Divisional level for making UMID Cards (as in Head Quarter Office)
- vii) Continued efforts for getting the revised PPOs for left out Pensioners & Family Pensioners.

Letters are being written repeatedly to the Divn. and HQ office on these issues.

I personally also keep contacting DRM, ADRM Ambala.

And we also try to get in touch with GM and PrCMD at HQ office as & when the necessity arises, or opportunity comes up.

I'll also request you to keep sharing with us your problems, grievances along with suggestions. Contributory efforts at your personal levels are also welcome to help other colleague pensioners. Please keep in touch through WhatsApp, e-mail or even directly on phone.

Once again, this is to remind you to pay your annual subscriptions and contributions to our/your society's social welfare fund.

We are presently passing through difficult times because of Covid-19 pandemic. As per today-Sept 10 news, there has been a record COVID surge in the Tricity in last 24 hours; 782 tested positive, 12 casualties; total count of Tricity so far has surpassed 15,000 numbers.

As senior citizens we are very vulnerable because of less immunity due to the aging factor. We have to be very cautious and strictly observe the well-publicized COVID related safety protocol; no scope of any laxity in this respect; generally, we are advised to remain home bound unless very necessary to move out. Alongside we need to boost our immunity through different means, like *Yoga, Pranayaam*, physical exercises, good diet, Ayurvedic means etc. Neither we need to feel depressed. Invoke God Almighty's blessings that-

"Dil dai to is mizaaj kaa, parvardigaar dai; jo ranjh ki gharhi bhi khushi mein guzaar dai." Let us keep our spirits high and face the corona caused challenges with determination.

In the end, wishing you all safe, healthy & cheerful days, I'll like to share with you the following *shalokaas*:

Sarve Bhavantu Sukhineh | Sarve Santu Nir-aamayaah | Sarve Bhadraanni Pashyantu | Maa Kashchid-Duhkha-Bhaag-Bhavet ||

Nanak Naam Charhdi Kalaa, Tere Bhaaney Sarbat Daa Bhalaa ||

God bless you all."

7. Address by Sh. GS Sethi the (newly elected) Chairman RSCWS:

"Dear Members, I thank you all for electing me as the new Chairman of RSCWS and for participating in this meeting in such large number. We shall try to serve the cause of Pensioners to the best of our ability with the cooperation of you all.

I wish you all the best of health and spirits"

8. Vote of thanks by the Secretary General RSCWS:

"Respected Sh. GS Sethi, Sh. TS Kalra and Members of RSCWS.

"I thank you all for your participating in this Virtual Meeting of GBM and for unanimously approving the proposals on the agenda. I also congratulate and thank Sh. GS Sethi, Sh. TS Kalra and other Office Bearers for accepting and for being elected to new assignments in the Executive Committee. I am sure that with the cooperation of you all, we shall be able to pursue the objectives of the RSCWS effectively for the welfare of the Pensioners. I wish the best of health and happiness for you all and for all the members of your families. Jai Hind. Long Live RSCWS."

List of empanelled Pvt Hospitals by N. Railway in CHD, MHL, PKL As on 15-9-2020

- For Cashless treatment of Railway employees & RELHS Optees

For all available Specialties except COVID-19 which is not covered under CGHS

On Referral by CMS NR UMB or in Emergency on approval of CMS within 24 Hours

Sl.No.	Hospital Name	Contract upto	Contact No.
1.	IVY Super Specialty Hospital Sector 71, Mohali	December, 2020	9988823456 (Abhishek: 8699999914)
2.	Max Super Specialty Hospital, Near Civil Hospital, Phase VI, Mohali	<i>Renewal of empanelment - Under Process</i>	
3.	Indus Super Specialty Hospital, Opp. D.C. Office, Phase 1, Mohali	07-07-2021	0172-5044944, 5044945
4.	Sri Guru Harkishan Sahib Eye & multispeciality Hospital, Sohana, Sector 77, SAS Nagar, Mohali	10-07-2021	0172-2295000
5.	Amar Hospital, Super Specialty & Heart Centre, Sector 70, SAS Nagar, Mohali-1	12-03-2021	0172-5037683
6.	Mukat Hospital & Heart Institute, Sector 34-C, Chandigarh	15-10-2020	9872048149
7.	Grecian Super Specialty Hospital, Sec. 69, Mohali	26-08-2021	9899649020
8.	Fortis Multi Specialty Hospital Sector 68, Mohali	Renewal of empanelment not applied for due to pending Bills by NR UMB.	
	LAB/DIAGNOSTIC CENTERS AT CHD EMPANELLED BY NR UMB		
1.	Atulya Healthcare/CHD	15-1-2021	
2.	Spiral CT & MRI/CHD	20-12-2020	

ENTITLEMENT OF WARDS (as per 7th CPC Pay):

General Ward: Upto Rs.47600; Semi-Private Ward: Rs.47601 to 63100; Private Ward: 63101 & above

HOSPITALS EMPANELLED WITH RSCWS IN THE TRI-CITY

- FOR TREATMENT ON CGHS RATES IN OPD, IPD & DIAGNOSTICS, FOR RSCWS MEMBERS
- ON PRODUCTION OF MEMBERSHIP CARD OF RAILWAY SENIOR CITIZENS WELFARE SOCIETY (RSCWS)

Sl. No.	Name of Hospital	EMPANELLED FOR THE PURPOSE.	Contact No
1.	FORTIS MULTI-SPECIALITY HOSPITAL, SECTOR-62, PHASE-VIII, MOHALI	Cardiology, Cardio-thoracic and vascular surgery, Joint replacement Surgeries, Surgical Oncology, Medical Oncology, Radiation Oncology, Kidney transplantation, Urology, Endocrinology Nephrology with dialysis, Paediatric Urology, Bariatric surgery, Liver Transplant, Critical medicine and anaesthesia care, Laparoscopic Surgery, Trauma centre.	0172-4692222. 0172-5021222 9872170582 (Dr. Ajinder S.)
2.	IVY MULTI-SPECIALITY HOSPITAL, SECTOR-71, MOHALI	Cardiology & Cardiovascular and thoracic Surgery Oncology (Medical, Surgical and Radiation Oncology), Neurosurgery, Neurology, Obstetrics & Gynecology, Orthopaedics (including joint and Hip Replacement), Urology, Nephrology (including dialysis and Kidney transplant), Gastroenterology, Gastro Surgery Plastic Surgery, ENT, Endocrinology, Radiology.	0172-7170000, 0172-5044333/ 0172-5044347 (Abhishek: 8699999914)
3.	MUKAT MULTI-SPECIALITY HOSPITAL, SECTOR 34 A, CHD	All Available specialties	0172-883853047

OPEN FORUM**IN GOD ALMIGHTY'S COURT –*****A satirical write-up -*****by Tejinder Singh Kalra**

Looking to the continued fierce strife, rivalry, acrimony and even bloodshed amongst followers of different religions and faiths, across different countries and within the same country, God Almighty called an urgent emergency meeting, somewhere in the heavens, of all religions' propagators, gods and ruling deities of all faiths. Giving them a dressing down, he said "I had assigned you sacred solemn duties to spread my message of universal brotherhood, oneness of God, spiritual, moral values and wellbeing of one and all, and look what you – my god messengers have done".

"Your noblest Almighty, Sir", they all replied in chorus, "we exactly did as ordained by Your highest honour, but our approaches to the common divine goals had to be slightly different from place to place, depending on the local topography, weather and living conditions in different parts of the world and accordingly we prescribed different religious treatises and dresses for our followers."

"But these human beings, particularly the religious fanatics and local politicians, have really messed up things. They have divided themselves into different hostile - caste, creed, ethnic & region wise patriotic groups, based on varied beliefs of religions and owing uppermost allegiance to their respective nations. They are indulging in all types of dogmas and rituals. They are spending huge sums on producing weapons of mass destruction and are always ready to fight and sacrifice themselves for their religions and countries. They say but do not practice the axiom '*vasudeva kutumbakam*' – the world is one family."

"But, with a single common pursuit, they all worship You, Sir, the one and common supreme God of all and strive to reach Your heavens as their ultimate goal." "My worship!, O, come on; they worship you- my god messengers, much more than Me. In any case, all these religious practices, these worships are primarily meant for disciplining the mind and body and attaining spiritualism. But what is the end result - so much acrimony, terrorism and bloodshed in the name of your religions".

"We are, so very sorry, Sir and we ourselves feel so bad about this situation on Your planet Earth", they replied apologetically.

God Almighty said "Such pitiable is the condition of one single planet under you-gods' charge. There are several other planets and galaxies which I have created. Everywhere there is peace, prosperity and harmony, except on this, otherwise, most beautiful planet Earth."

"Your noblest honour, Sir, we'll make a study tour of other planets, pick up their pattern of honest, moral and spiritual living and introduce the necessary modifications & amendments in the religions of our Earth so as to ensure harmony and peace amongst one and all". God Almighty reacted admonishingly, "Just don't talk of study tours like these politicians and councilors do on Earth. You are already competent enough to collectively deliberate upon and take immediate, corrective action; otherwise I know ways and means to set things right through drastic actions of nature's calamities and bring people together for a common cause."

"I have already let loose coronavirus in your world and see people of all faiths & countries, irrespective of their religious and nationalistic groupings, are working unitedly. Likewise they have been doing for cancer. And don't you forget the looming specter of nuclear warfare." Thereupon lord Narad Muni intervened and begged mercy from almighty God on behalf of all religious and nationalist heads.

Under his advice an SIT is constituted of reputed gods, prophets, deities, saints, scholars and other holy men but strictly without any politicians and nationalists. They are assigned the task of investigating the cause of religious and nationalistic acrimony and finding the means to achieve '*vasudeva kutumbakam*'. They got closeted together and prepared a draft on the following lines for all human beings to follow religiously:

"God almighty, the Creator of this universe, including the planet Earth, is One and only One. For him all living beings are his own children. He had sent His gods and prophets in different parts of the world to lay down codes of conduct for harmonious, peaceful and progressive living of all His creations. They set up different religions to guide all, lead virtuous, disciplined, harmonious lives and remain in contact with their supreme Creator whom they gave different names. All religions are equally good if these are practiced righteously. Any religion is a means to an end, not an end in itself. Religious practices are not to be flaunted and flouted to hurt others, rather respect them equally well.....".

The supreme God Almighty accepted the initial draft and gave the SIT three six months time to work out the details and strike an action plan to achieve '*vasudeva kutumbakam*'- one universal family of supreme God Almighty , on planet Earth.

Members are invited to send their articles for publication in this "OPEN FORUM";

To the Secretary General by email to: rscws1991@gmail.com Or to the President by Email to: tejkalra@gmail.com

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- Ophthalmology
- Dentistry / Oral Sciences
- Ear/Nose/Throat
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