

ADDRESS OF THE (NEWLY ELECTED) PRESIDENT SHRI T S KALRA

AT THE 2ND VIRTUAL GENERAL BODY MEETING OF RSCWS,

HELD FROM 8TH TO 10TH SEPTEMBER, 2020

Shri Gurcharan Singh Sethi President of this Virtual GBM, and fellow sisters & brothers of Railway Senior Citizens family:

You have 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 O P 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.

SGHS i.e 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 your RSCWS. Without repeating those items, I'll, however, add a few more:

- i) We are trying to get medical services for railway pensioners on the pattern of CGHC, ECHS(Defence), CSIR etc**
- ii) Chandigarh Health Unit needs to be upgraded and its location should be shifted towards the main side of Chandigarh Railway station.**
- iii) Twice or thrice a week, the Health Unit should be operated from Mohali station.**
- iv) For chronic diseases, medicines should be issued for minimum 3 months.**
- v) For referrals to empanelled hospitals, the condition for getting it done by visiting Ambala Divl hospital, should be totally abolished.**
- vi) Some separate arrangement should be set up in Ambala divn for making UMID cards.**
- vii) Efforts are also continued for getting the revised PPOs.**

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 Pr CMD 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 alongwith 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 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!!