



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

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

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

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KARNATAKA POSTS AND TELECOMMUNICATIONS PENSIONERS' ASSOCIATION HAS BEEN RENOMINATED TO THE STANDING COMMITTEE OF VOLUNTARY AGENCIES (SCOVA), UNDER "ROTATING GROUP" FOR A CONSECUTIVE 2 YEAR TERM 2015-17

Items/Issues suggested by Karnataka Posts & Telecommunications Pensioners' Association, Bengaluru, for inclusion in the Agenda items to be discussed in the 27th Meeting of Standing Committee of Voluntary Agencies (SCOVA) scheduled to be held on 13-10-2015

1. Modification to the format of Life Certificate - Issue of acknowledgment to Pensioners submitting Life Certificate

As per Reserve Bank of India notification No. RBI/2014-15/587 dated 7th May, 2015, it is mandatory for the Pension Paying Banks to issue an acknowledgments to Pensioners when they submit Life Certificate every year in November for continuance of pension. After the recent relaxation of the procedure for submission of Life Certificate, Pensioners can submit Life Certificate in any branch of the Bank from which they draw their pension. Pension Paying Banks are required to update

their master data with CPPC and the updated master data is required to be sent to CPAO in 1st week of December every year. Several instances of stoppage of payment of pension by CPPCs have been reported citing non receipt of Life Certificate, even though, the Pensioners had submitted their Life Certificates to the Bank due to misplacement of the Life Certificates at the Bank branches concerned. Instances of some Pension Paying Banks not accepting Life Certificates given to them by Pensioners and directing Pensioners to submit the Life Certificate to CPPC have also been reported causing great inconvenience to

Pensioners, which results in either stoppage of payment of pension or delay in payment of pension.

Hence, it is suggested that the format of Life Certificate may be suitably modified to include a part in the format to provide for issue of acknowledgement, which can be detached and given to the Pensioner by the receiving Bank.

Revision of the present format of Life Certificate as suggested above will, to some extent, alleviate the hardship being faced by the Pensioners in this regard, and will ensure that an acknowledgement is invariably given to the Pensioner by the Bank concerned after accepting the Life Certificate in physical form and will also instil seriousness in updating Bank's master data.

2. Extension of Central Government Health Scheme (CGHS) or any other Medical Facility to the Pensioners/Family Pensioners of Statutory bodies like Coffee Board, Central Silk Board, Kendriya Vidyalaya Sangathan, National Council of Science Museum, Khadi & Village Industries Commission, Rubber Board, Spices Board, Tea Board, Tobacco Board, Indian Institute of Management, Indian Institute of Science, etc.

Retirees of the Statutory /Autonomous bodies listed above are governed by the CCS (Pension) Rules, 1972 and the modifications to Pension Rules introduced consequent upon implementation of the recommendations of successive Central Pay Commissions have also been extended to them. But, they have been deprived of the Medical Facilities which are available to other Central Government Pensioners.

Even among the Pensioners of Statutory/ Autonomous bodies, while some have been extended CGHS facility, others are denied the same, thereby discriminating one set of Pensioners from the other. More striking disparity lies in denial of (1) CGHS facility to Pensioners of a Statutory body whereas the

Serving employees of the same Organisation are provided CGHS benefits and (2) Pensioners of the same Organisations residing in different places are discriminated against. To cite a few examples, CGHS facility has been extended to the Pensioners of Autonomous Bodies like Indian Council of Agriculture Research, New Delhi, Indian Agricultural Research Institute, New Delhi, Council of Scientific and Industrial Research, New Delhi, Indian Council of Medical Research, New Delhi and NCERT, New Delhi. Recently, in May 2015, Government has extended CGHS benefits to the Pensioners of Kendriya Vidyalaya Sangathan in Delhi/NCR, whereas the Pensioners who retired from the same Organisations but residing in places outside Delhi are denied the facility. Central Government employees, who were permanently absorbed in Statutory / Autonomous bodies and retired from such bodies, are eligible for CGHS, whereas the employees of the same Statutory bodies are denied the facility after retirement.

The demand of the Pensioners of Statutory bodies for provision of either CGHS or any other medical facility on par with Central Govt. Pensioners has been pending since several years and there is an urgent need to bring them under a Health Scheme to cater to their medicare needs, especially in their old age. It is therefore requested that the demand for extension of CGHS facility or any other medical facility to all Pensioners of Statutory bodies may be considered sympathetically and on a priority basis.

3. Revision of the amount of Minimum Pension from Rs. 3,500 to Rs.3,665

As per OM No. 38/37/08-P&PW(A) dated 28-1-2013 & the concordance table annexed thereto, for Pay Band No. 1 (PB-1) of Rs.5,200-20,200 the Minimum Pension as indicated in column No. 9 of the table is Rs. 3,665/- (being 50% Rs. 7,330/-, the sum of minimum of the Pay in Pay Band and Grade Pay).The provisions of OM dated 28-1-2013 which were given effect from 24-9-2012, have now been

implemented from 1-1-2006 itself consequent upon issuance of DoP&PW OM of even number dated 30-7-2015.

Under 6th CPC, all Group-D posts have been converted to Group- C and have been placed in PB-1 .The Minimum Basic Pay (Pay in Pay Band + Grade Pay) as indicated in columns No. 8 of the concordance table is Rs. 7,330 and the minimum pension is Rs. 3,665/- as per column No.9

Thus, from 1-1-2006 with the up gradation of all Group-D posts to Group-C and their placement in PB-1, the Minimum Pay is Rs. 7,330/-. Therefore the Minimum Pension needs to be raised from the existing Rs. 3,500/ to Rs. 3,665/-. Increase in the amount of Minimum Pension & Family Pension will go a long way in helping the low paid Pensioners in Grades S-1, S-2, S-2A, S-3 and Family Pensioners in Grades S-1 to S-6. Hence, this deserves a sympathetic consideration.

4. Family Pension to disabled sons and daughters even after their marriage

As per Department of Pension & Pensioners' Welfare OM No. 1/33/2012-P&PW (E) dated 16th January 2013, mentally/ physically disabled children **who drew, are drawing or may draw** family pension are allowed to continue to draw family pension even after their marriage

To make this provision more explicit, it requires to be clarified whether the children who become physically disabled / develop mental retardation **after their marriage** are eligible for grant of family pension.

Note 1: The above clarification is needed since the provisions of OM dated 16-1-2013 may be construed to be applicable to only those children who were disabled **before their marriage and were in receipt of family pension on the eve of their marriage**.

Note 2: It is clear from the provisions of OM dated 16-1-2013 that "Marriage" is not a bar for grant of family pension to disabled children. Since Disability, physical or mental,

can occur at any age - either before or after marriage -, the sole criterion for consideration for grant of family pension must be the dependency factor and not the time of occurrence of disability.

It is requested that necessary clarification may please be caused to be issued at the earliest.

5. Extension of the benefits of DoP&PW OM No.38/37/08-P&PW(A) dated 28-1-2013 read with OM dated 30-7-2015 to pre-2006 Pensioners with less than 33 years of service and to Pensioners who retired from Upgraded posts

The modified parity in pension between pre-2006 & post-2006 Pensioners recommended by the 6th Central Pay Commission in para 5.1.47 of its report , stands implemented partially, consequent upon issuance of O M No.38/37/08-P&PW(A) dated 30th July, 2015 by the Department of Pension and Pensioners' Welfare. However, the recommendation needs its implementation in its letter and spirit by further liberalisation of the provisions of OM dated 28-1-2013 by extending the benefit to pre-2006 Pensioners with less than 33 years of service & also to Pensioners who retired from Upgraded posts.

5.2. The Pay Commission had recommended that " in order to maintain the existing modified parity between present and future retirees,..... The fixation..... will be subject to the provision that the revised pension, **in no case**, shall be lower than 50% of the sum of the Minimum of the Pay in the Pay Band and the Grade Pay thereon corresponding to the pre revised Pay Scale from which the Pensioner had retired .The DoP & PW, in its OM dated 1-9-2008 did incorporate the recommendation on modified parity - verbatim - in para 4.2. But, the clarificatory Orders issued subsequently vide OMs dated 3-10-2008 and 14-10-2008 were in variance with the recommendation of 6th CPC.

5.3. The Central Administrative Tribunal, Principal Bench, New Delhi, in OA 655/2010,

in its order passed on 1-11-2011, quashed and set aside DoP&PW O.M. dated 3-10-2008, clarificatory O.M. dated 14-10-2008 and O.M. dated 11-2-2009, and directed the Government to re-fix pension of all pre-2006 retirees w.e.f. 1-1-2006 based on the resolution dated 29-8-2008. The issue attained finality with the dismissal of SLPs by the Hon'ble Supreme Court on 17-3-2015 and the DoP&PW issuing OM No.38/37/08-P&PW(A) dated 30th July, 2015 ordering implementation of the provisions of its OM dated 28-1-2013 from 1-1-2006 itself instead of 24-9-2012. Thus the revision of pension and family pension as envisaged in para 4.2 of OM dated 1-9-2008, issued in implementation of the recommendations of 6th CPC, stands partially complied with, since the condition of the requirement of 33 years of service for computation of revised pension in terms of para 4.2 has not been removed. Further, the modified parity benefit has not been extended in full to the pensioners who retired from upgraded posts and they have been allowed modified parity with reference to the pay scale corresponding to the pay scale from which they retired.

5.4. It is requested that the issue of grant of modified parity in pension between pre and post 2006 Pensioners may please be reviewed in its entirety and the provisions of OM dated 28-1-2013 read with OM dated 30-7-2015 may please be further liberalised and modified to extend the benefit to all pre-2006 Pensioners irrespective of the number of years of service and irrespective of placement of the post from which they retired in a higher pay scale subsequent to their retirement, either from 1-1-1996 under 5th CPC or from 1-1-2006 under the 6th CPC. It is to be noted here that several posts were placed in Higher Pay Scales under 5th and 6th CPCs and the Pensioners who retired from the same posts prior to their up gradation have been denied the benefit of modified parity in pension with reference to the Upgraded Pay Scale on par with those who retired from the Upgraded Posts.

6. Withdrawal of Ministry of Health & FW OM No. S-11011/46/95-CGHS-D11/CGHS (P) dated 1-8-1996 which barred P&T Pensioners from availing CGHS Facility

Ministry of Health and Family Welfare vide its OM cited above had stated that “ **P&T Pensioners who were not participating in CGHS while in service are not to be extended this facility**”

Hence, P&T Pensioners, who were not Beneficiaries of CHGS at the time of their retirement, were denied this facility even if they were living in areas covered under CGHS. Some P&T Pensioners filed applications before CAT, Bangalore, which were allowed by the CAT. In its Judgement delivered on 20-11-2001 in OA No. 304/2001, CAT held the MoH OM dated 1-8-1996 as “discriminatory, arbitrary, unjust, and against the principles of law and violative of Article 14 & 16 of the Constitution”. Writ petition filed by the Govt. before High Court of Karnataka was dismissed. Supreme Court refused to grant stay on the Orders of the High Court.

Consequently, even though CGHS facility is being extended to P&T Pensioners in compliance with the Orders passed by the CAT (as upheld by the High Court) in view of the Supreme Court having refused to grant stay against the lower Courts' Orders, **only temporary cards are being issued to them, necessitating their periodical renewals. This position is being continued for more than 10 years** and issue of “**Permanent Smart Cards**” is being denied, as the Order dated 1-8-1996 (OM No.S-11011/46/95CGHS.D11/CGHS (P)) of the Department of Health, which made P&T Pensioners ineligible for CGHS facility is still current on record, having not been withdrawn.

The Government of India approached the Supreme Court with Petitions for Special Leave to Appeal (C) No. S: 10109-10121/2010. These SLPs came up for hearing finally on **22-8-2014** and the Hon'ble Supreme Court has **dismissed** all the Special Leave Petitions.

As it is now one year past since the case was disposed by the Apex Court and as no further move has also been initiated by the Government with further course of legal action, available if any, it has to be concluded that the **legal proceedings in the case have attained finality.**

In view of the facts stated above, It is requested that MoH & FW may kindly cause withdrawal of its OM dated 1-8-1996 at the earliest, which would pave the way for issuance of **Permanent CGHS Cards to P&T Pensioners on par with other Central Government Pensioners.**

7. Smart Card facility for outdoor treatment to old Pensioners under RELHS

Old Pensioners, especially those who are 80 years and above, are extremely vulnerable to problems of ill health and very often need medical attention and treatment. Hence, it is requested that under the cash-less smart card scheme, outdoor consultation and treatment in Private Recognised Hospitals / Diagnostic Centres may be provided to RELHS Beneficiaries who are 80 years and above. The matter regarding issue of Smart Cards which is pending for more than 3 years may kindly be expedited.

8. Role of Pensioners' Associations in Pension Adalats

8.1. The Department of Pension & Pensioners' Welfare, vide its O.M No. 44013/2/2010-Coord, dated 25-03-2011 has, for the first time, laid down guidelines for holding "Pension Adalats"

and circulated the same among all Ministries and Departments of Government of India and Banks. Pensioners' Associations are grateful to the Department of Pension & Pensioners' Welfare for having met this long pending demand raised in previous SCOVA meetings. 8.2. However, the role of Pensioners' Associations in Pension Adalats has been limited to assist only the Illiterate Pensioners, Widows and Minors to present their grievances, when permitted (vide para. 6.4). Though Representatives of Pensioners' Associations may be invited to attend the Pension Adalats, they are not permitted to present the grievances of the Pensioners. (Vide, para. 6.3)

8.3. The 5th Central Pay Commission has recommended, vide para-139.17 of its report that "Pensioners should be allowed to present their cases before such Adalats through any other Person/Representative of Pensioners' Association, as they themselves may not be conversant with the Rules". Hence, it is requested that Pensioners' Associations may be permitted to present the grievances of their Pensioner Members before Pension Adalats, if such assistance is sought for by Pensioners.

| ALL INDIA CONSUMER PRICE INDEX | | | | |
|---------------------------------------|-------------------|------------------|--------------|------------------------|
| Month | CPI Base 2001=100 | 12 Months' Total | Monthly Ave. | % increase over 115.76 |
| Jan. 15 | 254 | 2980 | 248.33 | 114.52 |
| June 15 | 263 | 3064 | 255.33 | 120.57 |

By. K.B. Krishna Rao

Banks to remain closed on second and fourth Saturday of every month

(Ministry of Finance (Department of Financial Services) notification dated the 20th August, 2015)

S.O. – (E) In exercise of the powers conferred by section 25 of the Negotiable Instruments Act, 1881 (26 of 1881), the Central Government hereby declares the second and the fourth Saturday of every month as public holiday for Banks in India, whether or not such Banks are Included In the Second Schedule to the Reserve Bank of India Act, 1934 (2 of 1934), with effect from the 1st day September, 2015. (F. No. 4/1/7/2015-IR]

Sd/-
(Mohammad Mustafa)

Joint Secretary to the Government of India

CSD Canteen Facilities to Retired Defence Civilian Employees

(Integrated HQ of MoD (Army) Quartermaster General's Branch, Dy. Dte Gen, Canteen Services, Army Head Quarters, New Delhi, Letter No. 96301/Q/DDGCS/Policy dated 12th August, 2015)

2. Government of India has decided to extend the CSD Canteen facilities to the Retired Defence Civilian Employees vide MoD letter No. F.No. 8(14)/2015-D (Mov) dated 31st July 2015.

3. Eligibility: Retired Defence Civilian Employees of following Departments who were not entitled to avail CSD facilities will now be entitled for CSD facilities:-

(a) Ministry of Defence including those working in their respective attached Offices and those working in lower military formations (b) Defence Audit Department (c) Executive Officer Cantonment Board (d) Hindustan Aeronautics Ltd. Personnel retired from Air Force Station, Hyderabad, Jorhat, Air Force Academy, Dundigal (Hyderabad) and Air Force Station, Yelahanka, Bangalore. (e) Indian Defence Accounts Services (f) Secretariat Border Roads Development Board and HQ Director General Boarder Roads (g) Retired employees of Canteen Stores Department who are getting pension from CSD Fund (h) MES Employees

4. Entitlement: They will be entitled for only **Grocery Stores**. No Liquor will be authorised

5. Validity: The Cards will have a validity of 10 years from the date of issue and will be renewed every year.

6. Process for applying for Retired Defence Civilian Employees Card: All Retired Defence Civilian Employees will apply for the Smart Card to the URC through which they want to avail the Canteen facilities after authentication of the application.

7. Authentication: The application form will be authenticated for its correctness by the Department from which the employee has retired. The form will be countersigned by an Officer not below the rank of Under Secretary or equivalent.

8. Documents to be submitted to Dependent URC: The following attested documents will be submitted to the URC:

(a) Application for Canteen Smart Card duly countersigned by the Competent Authority (b) Govt. Order for Retirement (c) Copy of Pension Payment Order (PPO) (d) Address Proof and copy of PAN Card (e) Payment of Rs. 135/- to the URC

9. Guidelines for Authenticating Authority (10) Guidelines for URC (11) Guidelines for SCL

- Not Extracted -

12. The application form (Blue Colour) for Retired Defence Civilian Employees attached as Appendix will be made available in the URCs at the earliest by M/s Smart Chip Ltd.

- Application form not printed -

13. This letter be given wide publicity by displaying at prominent places like URCs, Station HQs, CAO, and other controlling HQs

Sd/-

M P Verghese,
OIC Smart Card Cell,
Canteen Services

**New Chief Postmaster General
Smt. USHACHANDRASEKHAR,
has assumed charge as CPMG,
Karnataka,
Vice SRI M.S.RAMANUJAN,
posted as Member Postal Services Board**

**Central Government Holidays in
Oct 2015: (1) 2-10-2015 Friday,
Mahatma Gandhi's Birthday,
(2) 22-10-2015 Thursday,
Mahanavami and
(3) 24-10-2015 Saturday, Muharram**

Revision of time limit for submission of final claims-Reimbursement of Medical expenses under CS(MA) Rules, 1944

(Gol, Ministry of Health and Family Welfare, Department of Health & Family Welfare, O.M. No. S.14025/19/2015-MS, dated 27th May, 2015)

Revision of time limit for submission of final claims - Reimbursement of Medical expenses under CS (MA) Rules, 1944

The undersigned is directed to refer to OM No. F. 29-40/68-MA dated 15.10.1968 in which it was laid down that submission of final claims for reimbursement of medical expenses of Central Government servants in respect of a particular spell of illness should ordinarily be preferred within 3 months from the date of completion of treatment.

2. A representation was received from National Council (Staff Side) to extend the time limit for submission of such medical bills from 3 months to 6 months. The matter was examined in the

Ministry and it has been decided that the period of 3 months for submission of medical claims be revised to 6 months. Henceforth, only the cases in which the bills are submitted after 6 months from the date of completion of medical treatment/discharge of the patient from the Hospital are required to be taken up for condonation. The power of condonation of such delays and other terms and conditions would be same as enumerated in the OM No.S.14025/8/99/-MS dated 25.05.1999.

3. This issues with the approval of the Competent Authority.

(Sunil Kumar Gupta)

Under Secretary to the Govt. of India

Source : mohfw.nic.in

CGHS

To the attention of CGHS Beneficiaries

We have been informed that Plastic Cards in respect of all the Beneficiaries, who had submitted applications for Cards, have been printed and sent to the concerned Wellness Centres in Bangalore for distribution.

Thousands of Plastic Cards are reportedly, remaining unclaimed in Wellness Centres

The Beneficiaries are advised to contact the staff of their Wellness Centres to get their Cards.

The Paper cards are likely to lose their validity shortly. Hence, Beneficiaries, in their

own interest, must ensure possession of Plastic Cards (Smart Cards) as early as possible.

Beneficiaries, who had submitted applications earlier, but whose Plastic cards are not found in the WCs and such of those Beneficiaries, who have not yet submitted applications for Plastic Cards, are advised to submit fresh applications immediately. The Additional Director, CGHS, Bangalore has assured that Plastic Cards would be issued within 2 months of submission of applications to all fresh applicants.

BSNL

Merger of 78.2% of IDA with pension - Status

Department of Expenditure has asked DoT to supply a number of data.

DoT asked BSNL Corporate Office to provide some data about BSNL staff retired before 1-1-2007 and those retired after 1-1-2007 but before 10-6-2013.

In turn, on 26-3-2015 Corporate Office asked the Circles to provide the information called for. Many circles did not respond. Reminders sent to circles on 17-4-2015, 10-6-2015 and on 4-9-2015. No response yet.

Source: BSNL Pensioners Welfare Association

PENSIONERS' CHAMPION

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SEPTEMBER 2015

Aadhaar based Digital Life Certification System for Pensioners – Jeevan Pramaan

'Jeevan Pramaan', the Aadhaar-based Digital Life Certification System, for Pensioners

The Government has asked Banks to achieve weekly targets set for the purpose of enabling "Jeevan Pramaan" – an "Aadhaar-based Digital Life Certification System for Pensioners so as to cover at least 50% in next 2-3 weeks. Pensioners can approach their paying branches with the PPO, Aadhaar Card and Bank pass book for trouble-free seeding of Pensioners' Aadhaar number in their Bank account.

Various steps are being taken by the Government to sensitize Pensioners and Bank branches to link up the Aadhaar number, PPO number and Bank account number. All Pension Disbursing Banks observed 1st to 7th August, 2015 as 'Aadhaar Seeding Week for Pensioners.' All through the week, priority was given to Pensioners visiting the Bank branches for seeding Aadhaar number in their Bank account. Besides, five camps were organised from 13th to 17th July, 2015 at different locations covering Delhi, Noida and Faridabad to facilitate seeding of Aadhaar number in the Bank accounts of Pensioners. All Banks participated in these camps. Facility was also provided by UIDAI for on-the-spot registration for Aadhaar numbers.

Conventionally, Pensioners are required

to give a Life Certificate to the Pension Disbursing Authority in November, every year – either by presenting themselves before the Branch Manager or by means of a Certificate issued by a Gazetted Officer or other Designated Authorities.

The "Jeevan Pramaan" – an "Aadhaar-based Digital Life Certification System, with an objective to facilitate on-line submission of Life Certificate by Pensioners, was launched by the Prime Minister Shri Narendra Modi on 10th November, 2014. This facility is in addition to the other existing methods of submitting Life Certificates. It is hoped that all Pensioners who have Aadhaar numbers will make use of this additional facility of biometric life certification.

With "Jeevan Pramaan" the Pensioners and Family Pensioners need not visit the Pension Disbursing Agency or Gazetted/ Designated Authority for submission of Life Certificates. The Life Certificates may be submitted from personal computers and laptops at home or by visiting a conveniently located Common Service Centre or the nearest branch of any Pension Disbursing Bank. There are about 55,000 branches of Pension Disbursing Banks and 40,000 Common Service Centres throughout the Country. Submission of Digital Life Certificate also ensures authenticity of pension payments.

Payment of Arrears of Pension to pre-2006 pensioners for the period from 1-1-2006 to 23-9-2012

Postal Pensioners

It is learnt that some HPOs have paid the arrears before 31-8-2015 and some other HPOs in 1st and 2nd week of September, 2015. The matter is being pursued with the HPOs who are yet to pay the arrears.

DoT Pensioners

Sri P.Gangadhara Rao, President, Sri Changappa, Circle Secretary, BSNL Pensioners' Welfare Association, Karnataka and Sri K.B.Krishna Rao, Secretary, K P&T PA, met the Jt. Controller of Communication of Accounts, DoT, on 25-8-2015 and requested him to initiate immediate action to ensure payment of arrears to DoT pensioners. The Representatives were assured that necessary advice would be sent to the Pension paying Banks & Post Offices as quickly as possible.

Status: It is learnt that office of CCA has initiated action and the work is in progress.

Legal Matters

1. CGHS Facility to P&T Pensioners who were not participating in CGHS while in service

SLPs 10109 to 10121 of 2010, filed by the Govt. before the Supreme Court were dismissed on 22-8-2014. Extract of the Supreme Court's Order and details of the case are furnished in page 15 of Pensioners' Champion, July 2015 issue.

In pursuance, K P&T PA, has submitted a Memorandum to Sri Jagat Prakash Nadda, Hon'ble Minister for Health & Family Welfare, Govt. of India, seeking his kind intervention in the matter to ensure withdrawal of OM dated 1-8-1996 by which P&T Pensioners were denied CGHS facilities.

Issue was taken up with the Additional Director, CGHS and discussed in the meeting of Central Government Employees Coordination Committee held on 10-9-2015.

Status: MoH&FW has initiated action. DoE, MoF, has reportedly called for some data from MoH &FW

2. Modified parity in pension - implementation of DoP&PW OM dated 28-1-2013 from 1-1-2006.

OA 655/2010, with MA 3857/2014 of Principal Bench New Delhi – The case which came up for hearing on 19-8-2015 was adjourned to 7-10-2015 for non-availability of Bench. Though, the case is still pending before CAT, with the dismissal of all the SLPs by the Hon'ble Supreme Court on 17-3-2015 and the DoP&PW issuing OM No.38/37/08-P&PW(A) dated 30th July, 2015 implementing its OM dated 28-1-2013 from 1-1-2006 instead of 24-9-2012, modified parity recommended by the 6th CPC, stands implemented from 1-1-2006 and the case is closed

3. Grant of full pension to pre-2006 Pensioners who had retired with 20 years of qualifying service

OA 1165/2011, OA 2165/2011 and OA 247/2012 with MA 265/2015 & 2353/2014, before CAT Principal Bench, New Delhi.— Application allowed on 21-4-2015 - Extract of relevant paras given in page-11 of Pensioners' Champion, May 2015 issue.

DoP&PW has not issued any Order in implementation of the CAT Order dated 21-4-2015. Three months time given by CAT has since expired

Status

In the meantime it is learnt that, Two Cases of pre- 2006 retirees, with more than 10 years but less than 20 years of service, filed vide OA 2165/2011 & 247/2012 were clubbed with OA 1165/2011 filed by Sri Pratap Narayan with 20 years of service. But CAT, PB, N Delhi, in its Common Order pronounced on 21-4-2015, while allowing all the three applications, did not deal with the cases of the Applicants with less than 20 years of service and passed an Order in respect of the case of 20 years only. A Review Petition has since been filed in CAT New Delhi to decide the cases of less than 20 years as well.

RA 165/2015 & RA 172/2015 came up for hearing on 9-9-2015 & adjourned to 30-9-2015 on joint request

4. BSNL

Anomaly in fixation of pay of BSNL employees who retired between 1-10-2000 and 31-7-2001 ie. within 10 months of formation of BSNL

O.A.NO.2173/2014 before CAT, Principal Bench, Delhi. Came up for hearing on 12-8-2015, adjourned to 8-10-2015

5. Complete parity in pension between pre-2006 & post- 2006 retirees.

OA.937/2010 filed by All India S-30 Pensioners' Association & OA 2101/2010 were allowed by a common Order passed by CAT, Principal Bench, New Delhi, on 20-11-2014. Extract of the Order given in page 4 of Pensioners' Champion- December 2014.

Review Application No. RA 10/2015 filed by the Government came up for hearing on 16-9-2015 before the CAT Full Bench. **Order Reserved.**

**COORDINATION COMMITTEE OF
CENTRAL GOVERNMENT PENSIONERS' ASSOCIATIONS, KARNATAKA (R)**

(Regd. under the Karnataka Societies Registration Act 1960: Regn. No. 1070/98-99)

212, "Kaveri", 7th 'A' Main, Hampinagar, Bengaluru-560 104. E-mail: cccgpabangalore@gmail.com

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| K.B. Krishna Rao, Chairman ☎ 23230545 M. 9483467750 | S. Radhakrishna General Secretary ☎ 9448880921 | O.M. Bhaskaran Treasurer ☎ 23451578 |
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Proceedings of the Annual General Body Meeting of CCCGPA held on 6-9-2015

The Annual General Body Meeting of CCCGPA was held at 'Udayabhanu Kala Sangha, Gavipuram Extension, Bengaluru-560019 on 6.9.2015 at 11.00 hrs. First of all, one minute silence was observed to pay respects to the departed souls of Shri Abdul Kalam, former President of India and Shri S.K.Vyas, Secretary General, Bharat Central Pensioners Confederation (BCPC) and the Secretary General of National Coordination Committee of Pensioners' Associations (NCCPA).

The Gen. Sec. Shri S.Radhakrishna, welcomed the gathering. Shri N.Bhaskaran, former General Secretary and Permanent Advisor was present. As part of the AGB, a guest lecturer on 'Eye Donation' by Shri Krishna, retired Regional Manager, State Bank of India was arranged. Shri Krishna is actively involved in eye donation and organ donation for the past 25 years.

Shri Krishna's lecture was very interesting and informative. He gave detailed information about eye donation. Briefly, he said that anybody, irrespective of age, gender etc., can donate their eyes after death. India is considered the capital of the blind with 1/5 of the world blind population living in the Country. Explaining further, he said that there are different types of eye defects like blindness, visual correction (short and long sight), cataract, glaucoma etc. The type of defect called 'corneal blindness', which can be corrected by donated eyes, is caused by vitamin A deficiency, in-relation marriage, Madras eye (of severe type), injury due to accident or fire etc. He said that "one eye donated can cure 3 corneal defects and a pair can give sight to maximum of six people". The shelf life of a cornea is 170 years. So, a person of 90+ years can also donate

eyes. Even a person with cancer can also donate eyes as the cornea works with oxygen and not blood. It is the only part of the body which does not need blood circulation.

He gave his phone number 9449842902 and asked the audience to call him anytime when needed. He requested everyone present to donate their eyes and give wide publicity among their family and friends. The registration for eye donation is not mandatory. After death, relatives can decide to donate the eyes. It should be done within 6 hours of death. It is totally free of cost. Shri Krishna said that he also works for organ donation cause and can be contacted for that purpose also. Shri Krishna answered all the questions. His discourse was listened to with rapt attention by all.

Shri Radhakrishna thanked Shri Krishna. Then the agenda items were taken up.

1. The minutes of the last AGB Meeting dated 13.9.2014 were approved.
2. Accounts for the year 2014-15 were also adopted.
3. A cheque for a sum of Rs.10,000/- was handed over by Shri N.Bhaskaran to Shri Narasimha President, Udayabhanu Kala Sangha as CCCGPA's contribution towards their Building Expansion Fund. Shri Narasimha, thanked the Committee for its contribution.
4. Affiliation of the new Associations viz., 1) Ex-Servicemen BSF Welfare Association, 2) Defence Accounts Department Pensioners Association and 3) ISRO and Dept of Space Pensioners Forum, was ratified unanimously. The Chairman welcomed the new Affiliates.
5. Shri S.Radhakrishna, GS, explained about the latest developments with regard to 7th CPC. He informed that its term has been

extended by 4 months and therefore, the Pay Commission has time up to 31.12.2015 for submission of its report.

6. Shri K.B.K.Rao, Chairman, explained in brief about the CCCGPA's role in submission of Memorandum to 7th CPC, and in CGHS matters.
7. Shri Ashok S. Kololgi, Secretary, KCGPA, said that there is a need to educate the pensioners residing in non CGHS Cities about CGHS and other medical benefits admissible to them.
8. Shri T.V.Suraprakash, Secretary, Coffee Board Pensioners' Association, expressed his concern about lack of medical facilities for the Pensioners of Autonomous Bodies and stated that either CGHS or some other Medical Facility should be extended to them
9. Shri Kololgi suggested that guest lecturers should be avoided in AGBs as, though very useful, they cause delay to other business of the meeting. It was agreed to and decided that guest lectures will be arranged only on 'Pensioners' Day'.
10. Sri R.G.Dabade, Secretary, AICGPA, Bijapur, stated that Circle Pension Adalat has not been held by the Dept of Posts since 2014 and suggested that the matter may be taken up with CPMG, Karnataka
11. The General Secretary requested all Affiliate Associations to use email invariably and give their e-mail id so that information can be sent quickly and expenditure on paper and postage can also be saved.
12. The Chairman complimented Shri T.V. Suryaprakash for evincing keen interest in pursuing the issue of extension of medical facilities to Pensioners of Autonomous bodies and for taking up the issue at different levels. The Chairman thanked him for making all the arrangements for the AGB.
13. Central Excise & Customs Pensioners' Association volunteered to host the next Management Committee Meeting to be held in December 2015.

14. Shri T.V. Suryaprakash, Joint General Secretary, proposed vote of thanks and the meeting ended at 1400 hrs with lunch.

CGHS Advisory Committee Meeting

A Meeting of the CGHS Advisory Committee was held on 17th August, 2015 at the O/o the Income Tax Employees Federation, Bangalore at 10-30 a.m. Sri K.B.Krishna Rao, Chairman, CCCGPA presided. Sri Hemanthkumar Sarangi, Principal Income Tax Commissioner and Secretary, Central Government Employees' Welfare Coordination Committee, Karnataka & Goa, was the Chief Guest. Sri B.Sadashiva Rao, Advisor, CCCGPA, Management Committee Members and Nominees of CCCGPA for the CGHS Advisory Committee of all Wellness Centres attended the meeting.

After introduction of the Chief Guest and welcome speech by Shri S.Radhakrishna, G S, CCCGPA, the following issues were taken up for discussion.

(1) Appointments with Specialists in Polyclinic (2) CGHS facility to P&T Pensioners who were not participating in CGHS while in service (3) Streamlining the procedure for consultation with MOs at WCs by Beneficiaries aged 80 years and above (4) preferential treatment for aged Beneficiaries at Pharmacy Counters in WCs (5) Referral System (6) Shifting of WC No. 9- Gangenahally to HMT Bhavan.

The following participated in the discussions:

- Shri B.Sadashiva Rao: On CGHS facility to P&T Pensioners
- Prakash H Adnur: Shifting of WC # 9, Gangenahally to HMT Bhavan.
- Vijayaraghavan: On problems encountered by Beneficiaries at the Polyclinic
- M.Hoogar: On lack of space and other facilities at Gangenahalli WC and the innumerable problems faced by the Beneficiaries and on revision of working hours of WCs

- B B Poddar: On issue of medicines at the Pharmacy Counters
- K.B.Krishna Rao: On appointments with Specialists in Polyclinic, Streamlining the procedure for consultation with MOs at WCs by Beneficiaries aged 80 years and above and preferential treatment for aged Beneficiaries at Pharmacy Counters in WCs.
- S.Radhakrishna: On empanelment of Private Hospitals, Package rates, Working Hours, revision of SIU standards for sanction of posts of Doctors

Sri Hemanth Kumar Sarangi, Principal Income Tax Commissioner and Secretary, CGEWCC, the Chief Guest, assured all help from CGEWCC in finding solutions to the problems faced by CGHS Beneficiaries.

News from the Affiliates

1. Coffee Board Pensioners' Association.

The Association held its AGB on 12-9-2015 at the Auction Hall of Coffee Board Building. Sri A.N.Balaram, President of the Association presided. Sri K.B.Krishna Rao, Chairman, CCCGPA, Karnataka was the Chief Guest. The meeting was attended by the Representatives of Tamil Nadu and Kerala Units of the Coffee Board Pensioners' Associations. About 200 Members of the Association attended.

Sri T.V.Suryaprakash, Secretary presenting the Annual Report gave a detailed account of the activities of the Association during the year 2014-15 and the problems faced by the Pensioners of Autonomous bodies, especially with regard to lack of Medical Facilities. Sri K.N.Murthy, Treasurer, presented the Annual accounts.

Several Octogenarian Members were honoured. Meritorious children/ grand children of Pensioner Members of the Association were felicitated and cash awards were given away.

Sri K.B.Krishna Rao, in his address dealt at length on the issues facing the Pensioner

Community. He explained the demands included in the Memorandum submitted to the 7th CPC and hoped that the Pay Commission will consider several issues placed before it by the Associations and a favorable report may be submitted to the Govt. He gave details of the cases pending before Courts.

2. Karnataka IA and AD Pensioners' Association, Bangalore

The Fifth Annual General Body Meeting of Karnataka IA and AD Pensioners' Association was held on 12th September, 2015 at the Recreation Club Hall, O/o The Accountant General (A&E), Bangalore. About 300 Members had attended the Meeting. The Meeting took important decision of suspending sending of journal "Pensioners' Dhvani" to the Subscribers from January 2016, if they have not paid subscription for the year 2015 and appealed to all Subscribers to renew their subscription for 2016 before March 2016.

The Open Session which commenced at 11a.m. was inaugurated by Shri B.K. Mukharjee IA&AS, Accountant General, O/o Accountant General (E&RSA) Bangalore. The Secretary, in his brief report stated that the Association which started with 110 Members on 31 March 2010, has grown in strength and as on 31st July 2015, the strength of Membership is 850. He also mentioned that the Association is taking up many charitable and social activities for the welfare of society. 18 Members of above 80 years were felicitated in the Open Session. Inaugurating the 'Open Session' Chief Guest said that when he joined as IA&AS probationer as trainee in National Academy Shimla, then DG at Academy had mentioned that IA & AD not only means Indian Audit & Accounts Department but also means Indian Anti Ageing Department and seeing the enthusiasm and active participation of Members in the AGM, he feels the statement of DG is completely true. He assured all help to the Association. There was a festive mood and it looked like a family get together. It was pleasure for everyone to meet their old friends and colleagues and recollect the pleasant past and discuss their present activities.

International Elders' Day

A Beneficiary friendly initiative by CGHS, Bangalore, for Senior CGHS Beneficiaries

1st October is celebrated world over as International Elders' Day. As a prelude to it, CGHS, Bangalore in collaboration with NIMHANS, Bangalore, held a one day Interactive Session on 22nd September, 2015 at Shruthi Auditorium, Kendriya Sadan, Koramangala, Bangalore, for Senior Citizen Beneficiaries of CGHS. Interactive Sessions on Memory, Sleep & Healthy Life Style were held. The resource persons for the sessions were from NIMHANS & CGHS.

Karnataka P&T Pensioners' Association and Karnataka IA & AD Pensioners' Association gave wide publicity to the event in their Journals *Pensioners' Champion*, & *Pensioners' Dhavani* respectively and also made announcements in their General Body Meetings. About 80 Senior Beneficiaries participated in the Interactive Sessions.

The session was held as a result of the initiative taken by Dr. Rajendra P Joshi, CMO In charge, CGHS Wellness Centre-7, Koramangala assisted by Dr.Smita Rawat of WC 6, Jayanagar. A host of Professors and Doctors from NIMANS - Specialists in 'Geriatrics' and 'Psychiatric problems in old age' added semblance of an 'authority' to the discussions and the interactive sessions that ensued after formal inauguration of the event by Dr. Vatsala, Additional Director, CGHS by lighting the traditional lamp. Dignitaries on the dais Dr. Anjali Rao, CMO (HQ), CGHS, Dr. N.Girish, Additional Professor of Epidemiology, Centre for Public Health, NIMHANS, Dr. Srikala Bharat Prof .of Psychiatry, Consultant- Adult & Geriatric Services, NIMHANS and Sri K.B.Krishna Rao, Secretary Karnataka P&T Pensioners' Association joined the inaugural function.

Dr. Rajendra P Joshi, delivered his lecture along with a power point presentation of the subject "what is health & life style

management" which was both educative and informative. He touched upon relation between health and life management. He said that health is not merely the absence of disease or infirmity, but a complete physical, mental and social wellbeing. He advised the audience to avoid preventable illnesses; enjoy life in the present tense; avoid premature death by leading life carefully. He described symptoms of some common old age ailments like diabetes, hypertension (BP) and other serious diseases like kidney failure, paralysis and cancer. He emphasized on importance of stress management after 60 years of age and implored upon the elderly not to give credence to the "myths of old age"(a) of being a burden on the family, (b)of being unable to start anything new etc.. Concluding his speech Dr. Joshi said "Compare only with yourself; not with Others" "Aim to improve Oneself not to overtake Others" "healthy ageing , a Reality and not a Dream".

Dr. N.Girish, Additional Professor of Epidemiology, Centre for Public Health, NIMHANS, in his speech explained the importance of being physically active after 60 years of age and said that ageing is a Natural, Physiological and Continual process. He explained the benefits of walking and remaining physically active."Walking" he said, is the best form of physical activity and gave several tips to the elderly on pace of walking, and posture while walking. He recommended formation of groups of friends or family members for walking and utilisation of walking paths in public places like parks and play grounds. Emphasising on the absolute need of physical activity like walking for healthy living, he ended his speech saying in kannada " Ondu thuthu kammi, Ondu hegga Jasthi".

Dr. Srikala Bharath, Prof of Psychiatry, Consultant- Adult and Geriatric Services

NIMHANS, delivering her lecture in the Session on Memory & Ageing said "Age does not make you forgetful". She gave a vivid description of the kinds of Memory and advised the Senior Citizens not to get unduly perturbed if they cannot instantly recall some event of the recent past .It is important to know that what applies to young does not apply to the aged. Though, memory of an aged person may be good, the speed at which retrieval happens may be slow and therefore they cannot compete with the young in completing a given task on memory and they should simply accept this reality. For improving memory, Prof Srikala, suggested multi tasking activities, reading, indulging in group discussions on current events, making notes on things to do etc. In the end, in her interaction with the audience, she answered many questions on the subject.

Dr. Preethi Sinha, Assistant Professor of Psychiatry, NIMHANS, in the Session on Sleep, at the outset, wanted to know what some among the audience would do, when they do not get sleep, which elicited answers from many participants. Her speech generated a good deal of discussion with many members of the audience seeking information on sleep. The answers given by the prof. to several queries were:

- ☞ Have your food and relax at least two hours before going to sleep

- ☞ Do not use bed for activities such as reading, working on your laptop etc.
- ☞ If you do not get sleep, have a plan say like reading a book, listening music
- ☞ Go to bed when you get sleep
- ☞ Our body usually gets accustomed to a time for sleep
- ☞ Five hours of sleep is enough
- ☞ Stop worrying if you don't get sleep
- ☞ Take care of noise at home which disturbs sleep
- ☞ You need worry only if you do not get sleep for weeks together
- ☞ Medication on your own to induce sleep is not good –consult a doctor
- ☞ Even if you get sleep late, wake up at the usual hour

Sri K.B.Krishna Rao, Secretary Karnataka P&T Pensioners Association, in his address, appreciated the Pensioner/ Senior CGHS Beneficiary friendly measure taken by CGHS and thanked the A.D. CGHS, & Dr.Joshi for associating Pensioners' Associations in the interactive session arranged in connection with International Elders' Day and assured support & assistance of the Associations in all of its future endeavours in the cause of welfare of CGHS Beneficiaries.

The Session ended with a vote of thanks proposed by Dr. Ramaprasad.

The Term of 7th Central Pay Commission extended by 4 months

*(Ministry of Finance (Department of Expenditure), New Delhi,
Resolution No. 1.1.2013-E. III (A) dated the 8th September, 2015).*

The Government of India have decided that the Para 5 of this Ministry's Resolution No. 1.1.2013-E. III (A) dated 28.2.2014 shall be modified as under:-

"The Commission will make its recommendations by 31st December, 2015. It may consider, if necessary, sending reports on any of the matters as and when the recommendations are finalized".

Ratan P. Watal,
Finance Secy.
Ministry of Finance (Department of Expenditure)

Donation to the Association

An Appeal to Members who get arrears of pension

Some Members of the Association, whose pension was stepped up from 24-9-2012, are getting / have got arrears of pension from 1-1-2006 to 23-9-2012 (For 80 months, 23 days). In some cases, the amount of arrears payable is substantial. The Association appeals to such Members to donate liberally which would help the Association to improve its financial position.

The donation may please be paid by crossed cheque drawn in favour of "**Karnataka P&T Pensioners' Association**" and sent to

Sri K.R. Anantha Ramu,

Treasurer,

No. 1158, 7th Main, 7th Block, HMT Layout,
Vidyaranya, Bangalore-560097

Subscription for Pensioners' Champion

1. Members who have not yet renewed their subscription for our journal for 2014-15 are requested to renew
2. Validity of subscription can be ascertained from **Sri B.L. Channappa**, Executive Committee Member on **Ph: 080-23236405**

| Donations received for Association | | |
|---------------------------------------|------------------------|---------|
| LM/ALM | Name (Smt./Sri) | Rs/- |
| 747 | V.J. Vidyasagar | Rs.1640 |
| 1808 | A.V. Chidambara Murthy | Rs.500 |

OBITUARY

Sri M.Muniswamy, LM -1785, ret'd. SSO, BSNL, BG TD, expired on 4-9-2015 at the age of 75 years. He leaves behind his wife, one daughter and 2 sons

Our heartfelt condolences to the bereaved.

Regd. Journal

If undelivered, please return to:
**Karnataka Posts and Telecommunications
Pensioners' Association (R)**
165, 4th Main, 3rd Block, 3rd Stage,
Basaveshwaranagar, Bengaluru-560 079.

To

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