



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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**PENSIONERS' DAY 17TH DECEMBER 2018**



**Dr C N Venkatesh, the Chief Guest (extreme left) on the dais with the Management Committee Members , CCCGPA**

**Greetings and Best Wishes to all our members, subscribers and well wishers for a Happy New Year 2019.**

**PENSIONERS' DAY PHOTOS**



**Sri S Radhakrishna G S , addressing**



**Sri T V Suryaprakash Jt. G S addressing**



**Dr.Venkatesh, speaking on Yoga for Senior Citizens**



**Dr.Venkatesh, honoured by Krishna Rao, Chairman, CCCGPA**



**PENSIONER'S CHAMPION**



**Audiences**

## Pensioners' Day on 17.12.2018

Like every year, 'Pensioners' Day' was celebrated under the aegis of the Coordination Committee of Central Government Pensioners' Associations (CCCGPA), Karnataka on 17.12.2018 at Udayabhanu Kala Sangha, Gavipura, Bengaluru 560019. The Management Committee meeting was also held on the same day. Dr.C.N.Venkatesh, Senior Anaesthetist and a Yoga teacher, was the Chief Guest. It was well attended.

2. The function started as 10.30 a.m. Shri K.B.Krishna Rao, Chairman presided over the function. Shri Radhakrishna, General Secretary, welcoming the gathering, explained the significance of Pensioners' day. Shri Krishna Rao said that an article by Shri B.Sadashiva Rao, Ex-Chairman and presently the Permanent Advisor of CCCGPA, on Pensioners' Day has been published in the November 2018 issue of Pensioners' Champion, the monthly journal of K P&T PA, an *affiliate*. The author has not only traced the origin of the day of celebration, but also has explained in brief the present scenario with regard to implementation of several Court judgements passed recently which are of interest to the Pensioners' community. He requested pensioners to read the article. Shri Radhakrishna, in his welcome address also briefly touched upon the famous 'Nakra Judgement' of 17.12.1882, which is known as the 'Magna Carta of Pensioners' and which has found a place in the Guinness Book of World Records. As a result of this judgement, from 1986 (4<sup>th</sup> CPC), Central Government pensioners are getting their pension re-fixed every time the salary of the serving employees is revised. Subsequently, the Government is liberalising pension rules with every Pay Commissions on demand from Pensioners Associations. As an expression of gratitude and to commemorate the delivery of this historic judgement, every year, the day is celebrated

as 'Pensioners' Day' throughout India.

3. Shri Radhakrishna introduced Dr.C.N.Venkatesh, the Chief Guest, to the audience and extended a warm welcome to him to the function. He narrated briefly the achievements of the Doctor in his profession and the social services he is engaged in. Dr.Venkatesh is involved in the activities of 'Art of Living', founded by Shri Shri Ravishankar.

4. **Profile of Dr Venkaesh** : A Senior anaesthetist with more than 35 years of experience. Was with the reputed institutions like the St.Johns Medical College and Hospital. Practiced anaesthesia in hospitals outside the country as well. In the last decade, he has dedicated his services to provide better anaesthesia services to the remote areas of south India. In his journey, he has spread the message of Sri Sri Ravishankar Guruji founder of 'Art of Living' –" STRESS FREE BODY AND A STRESS FREE MIND"

4.1 **Social Activities**: (1) School Health Programme – adopted a cluster of 12 Govt Schools for 2 years (2) Conducted weekly interactions on yoga with children of a small village 'Sravaneri' near Sravanabelagola.(3) Conducted Health Programmes in Sullia town of Dakshina Kannada District (4) Work shop on Diet, Yoga and basic life support at Srinivasa Institute of Technology, Magaluru.

5. Dr.Venkatesh gave a demonstration lecture with power point presentation on '*Yoga for Senior Citizens*'. He explained that the word 'Yoga' is derived from 'Yuj', which means 'to unite or integrate'. Yoga is 5000 year old and is a contribution of India to the world. It is taught and practised throughout the world today. Yoga is all about harmonising the body with mind and breath through the means of various breathing exercises, poses (asanas) and

meditation. Yoga is explained in Bhagavadgita, the ancient Indian text, in the form of dialogue between Lord Krishna and Arjuna. Sage Patanjali is credited with codifying Yoga in the present form, even though yoga was being practised before him. Dr.Venkatesh explained that the difference between other forms of exercise and yoga is that yoga is not merely a body exercise but it creates harmony between body and mind. Breathing is very important in yoga. While referring to 'Ashtanga Yoga' he informed that 8 limbs of Asthanga yoga are: Yama, Niyama, Aasana, Pranayama, Prathyahara, Dharana and Samadhi. The first five are of Bahiranga Shuddhi and the last three are for Antharanaga Shuddhi. Asana means posture. Ayama is stretch, extend and restrain.

6. Dr.Venkatesh went on to explain the many benefits of Yoga for seniors. He said that Yoga helps keep the joints steady and flexible; helps maintain healthy bones and muscles; improves digestion and clears bowel movements and regulates blood pressure. Perhaps one of the best things about Yoga for seniors is the chance to mingle and bond with others, which results in keeping the mind engaged and happy and alleviates depression and loneliness. He said that the general barriers for yoga practice are – have not practised Yoga before, time, place and fear of committing mistakes - and advised the audience to overcome these barriers. He told the audience to enjoy yoga at any age, keeping in mind some guidelines like-

Substitute warm-ups with brisk walking.

Practise Yoga under a trained teacher and discuss your ailments with him/her.

Focus on repeating poses rather than holding any pose.

Rest adequately with each pose.

Make sure that your body has adjusted to your daily yoga routine before trying out new aasanas.

7. Dr.Venktesh showed slides of various Aasanas and made the audience practice with him pranayama and some of the simple aasanas for the beginners, which the audience enjoyed. He also explained the benefits of regular meditation viz., free from stress, better sleep, increases metabolism, increases immunity etc. He asked them to visit the website [www.artofliving.org](http://www.artofliving.org) for more information. He also showed slides of Yoga poses to control Diabetes, Asthma and on Spine care. He quoted Abe Lincoln - "And in the end, it's not the years in your life that count. It's the LIFE in your YEARS". He concluded his speech with an advice to everybody to practice Yoga and enjoy its manifold benefits. He thanked the Co-ordination Committee for giving him an opportunity to interact with the Pensioners.

8. Shri Radhakrishna thanked Dr.Venkatesh for the interesting and informative speech, which everyone enjoyed and hoped that it would inspire many with taking up Yoga. Shri K.B.Krishna Rao, Chairman honoured Dr.Venkatesh by presenting him a bouquet, shawl and fruit basket.

9. The Management Committee Meeting of CCCGPA was also held simultaneously and various agenda items were discussed. The function ended at 1.00 PM with lunch.

## Central Government Holiday in JANUARY 2019

1. Makara Sankranthi / Pongal 15th January, Tuesday

2. Republic Day 26th January, Saturday

**APPEAL FOR DONATION  
CONSTRUCTION OF AN ANNEXE TO PENSIONERS' BHAVAN**

*The association still needs help for payment of the final bill presented by the Contractor*

We, therefore, appeal to our Members, **many of whom have not yet paid their contribution** to the building fund to consider remitting their liberal donation to facilitate payment of the final bill to the contractor. 28th list of donations is published in this issue.

**Income Tax exemption:** 50% of the amount of donation made to K P&TPA, is eligible for deduction in the Gross total Income under Section 80-G of Income Tax Act.

Donation to be remitted by **crossed cheque** payable to "Karnataka P&T Pensioners' Association". (Not KPTPA or KP&TPA)

Cheques may please be sent to: K.R.Anantha Ramu, No 1158, 7th Main, 7th Block, HMT Layout, Vidyanarayapura, Bangalore-560097. (Ph: 080 23642466 Mob: 9448477129)

Note: Cheques are not to be drawn in the names of either the Secretary or the Treasurer

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**For the attention of Postal pensioners**

Pension Adalat is scheduled to be held in the O/o the Chief Postmaster General, Karnataka Circle, Bangalore in February 2019.

Pensioners/Family pensioners who have retired from the Department of Posts, Karnataka Circle, and have any grievances regarding their pension matters may submit representations to The Assistant Accounts Officer, Accounts & Budget, O/o the Chief Postmaster General, Karnataka Circle, Palace Road, Bangalore 560001, so as to reach on or before 31 st January 2019.

**For the attention of RMS & MMS Pensioners**

Annual get-together of RMS & MMS Pensioners will be held on the 1<sup>st</sup> Sunday of the new year 2019 on 6-1-2019 at 10.00 a.m.

Venue:

**Raghothaman Smaraka Bhavana,**  
R M S Colony, RMV II Stage, Bangalore 560094  
ALL RMS & MMS Pensioners are invited to attend  
K K Gangadharan , Convenor  
Mobile: 9945976401

**Appeal by KP&TPA**

RMS & MMS Pensioners who are not members of Karnataka P&T Pensioners' Association are requested to enrol themselves as members of the association. Application forms will be made available at the venue of the get-together. RMS & MMS Pensioners who are members of the association are requested to renew their subscription for the associations' journal *Pensioners' Champion* by paying their subscription at the venue.

## New Additional Director of CGHS Bangalore

Dr. Kishore Kumar C.S has assumed charge as the Additional Director, CGHS, Bengaluru vice Smt. Anajali Rao. Karnataka P&T Pensioners' Association extends a warm welcome to the new Addl. Director and hopes that under his stewardship CGHS Bengaluru will see all round development and more beneficiary friendly initiatives will be taken especially with regard to the pensioners welfare.



## Simplification of Referral System

*GOI, Ministry of Health & Family Welfare, Department of Health & Family Welfare  
OM No. Z 15025/117/2017/DIR/CGHS/EHS Dated the 10th December, 2018*

### Revision of guidelines regarding simplification of referral system under CGHS

With reference to the above mentioned subject the undersigned is directed to state that this Ministry has been receiving representations for simplification of procedure for undergoing treatment/investigations at private hospitals empanelled under CGHS. In this regard attention is drawn to the guidelines issued under Office Memoranda No. Z.15025/117/2017/DIR/CGHS/EHS, dated 15.01.2018 and S.1045/40/2012/CGHS/HEC/CGHS (P), dated 22.02.2013 and to state that the matter has been reviewed by this Ministry and it has now been decided to revise the guidelines for consultation and treatment at CGHS empanelled private hospitals as per the details given under:-

- i) Referral from CGHS Medical Officer / CGHS Specialist for consultation with Specialists at Private Hospitals empanelled under CGHS shall be valid for 30 days in the same hospital.
- ii) Referral shall be valid for consultations up to 3 times in the same hospital within 30 days.

- iii) Similarly referral shall be valid for consultation with a maximum of 3 different Specialists, if required during a single visit.
- iv) Advice of the CGHS Medical Officer / CGHS Specialist for listed investigations shall be valid for a period of 30 days.
- v) Advice of the CGHS Medical Officer/CGHS Specialist for listed treatment procedure shall be valid for a period of 3 months.
- vi) If any listed investigation advised by Specialist of empanelled hospital is required urgently as a medical emergency and certified as such, may be undertaken at the same hospital
- vii) Hospitals are empanelled under CGHS for the Specialists available and not by the name of Specialists.
- viii) The Referral of CGHS Medical Officer/ Specialists may be issued through Computers or even manually with proper stamp of referring doctor.

2. The other terms and conditions as prescribed on the above referred OMs shall remain unchanged.

Rajeev Attri,  
Under Secretary to Government of India

### Flash News

**33 Postal Dispensaries functioning in the following Cities are merged with the CGHS. MoH&FW OM dated 21st December 2018.**

Agra, Ajmer, Aligarh, Ambala, Amristar, Bareilly, Berhampur, Chappra, Cuttuck, Darbhanga, Dhanbad, Dibrugarh, Gaya, Gorkahpur, Guntur, Jalandhar, Jalpaiguri, Jodhpur, Kota, Moradabad, Muzaffarpur, Nellore, Rajpur, Rajahmundry, Saharanpur, Silchar, Tirunelveli, Truchirapalli, Vadodara, Varanas, Vijayawada & Visakhapatnam

# NATIONAL PENSION SYSTEM (NPS)- NEGATION OF NAKRA JUDGMENT

S Radhakrishna, General Secretary, CCCGPA, Karnataka

## Introduction

Pensioners in India celebrate December 17 as Pensioners' Day. This was the day in the year 1982, the Constitution Bench of Supreme Court headed by then Chief Justice Chandrachud delivered judgment in the famous case known as "Nakra Case" on the goals of pension scheme which stated that:

- \* A pension scheme consistent with available resources must provide that the pensioner would be able to live
- i. Free from want and with decency, independence and self-respect
- ii. At standard equivalent at the pre-retirement level
- \* Pension is neither a bounty nor a matter of grace depending on the sweet will of the employer and that creates a vested right subject to statutory rules;
- \* Pension is not an ex-gratia payment, but it is a payment for the past service rendered;
- \* It is a social welfare measure rendering socio-economic justice to those who in the heyday of their life ceaselessly toiled for the employer on an assurance that in their old age they would not be left in the lurch;
- \* Pensioners form a class by themselves and this class is not divisible for purposes of entitlements and payment of pension to those who retire 'before' and those who retire 'after' a certain date arbitrarily fixed for the purpose.

This judgment resulted in pay commissions starting from IV CPC onwards looking into the pensionary benefits of those who had already retired and making recommendations. As a result of the judgment, today the pensioners have periodical revision of pension including revision of pension on notional pay as and when pay scales of serving

employees are revised. While we celebrate Pensioners Day, we have to find an answer to the question: *By introducing contributory pension system under National Pension System from 1-1-2004 whether the Nakra judgment has been negated in letter and spirit?* Analysis of NPS provisions gives answer to this question as YES.

## Civil Service Pension

The concept of pension as old age security in India dates back to the 3<sup>rd</sup> century. According to *Sukraneethi* which lays down guidance for kings in management of State affairs, a king had to pay half of the wages for people who had completed forty years of service. Initially Civil service pension in India was in the nature of contributory pension. In 1881 the civil establishments under British colonial rule, for retirement benefits, employees were contributing 4 percent of their salary. But this scheme was confined only to European employees in the establishments. From 1<sup>st</sup> January 1920 for these employees option was given to switchover to retire on a pension proportionate to their service and practice of contribution towards pension was abolished and provident fund scheme was introduced to non-European employees. Commutation of pension up to fifty percent of the pension was also granted in 1924. Provisions of pension benefits were further strengthened in the Government of India Act 1935. The civil servant pension system in India originated on the lines of the UK system. After independence, the pension was further liberalized based on the recommendations of first CPC when age of retirement was fixed uniformly to all employees at 58 years and pension was fixed 1/80 of emoluments for each year of service subject to a maximum of 35 years. This was further liberalized based on the III CPC to a maximum of 33 years of service and calculation of average emoluments was reduced from 36

months to 10 months from 29-2-1976. This was further liberalized from 1-4-1979. Slab system of calculation of monthly pension was introduced. This was further liberalized from 1-1-1986 when 50 percent of average emoluments as pension was introduced but linkage with 33 years of service for full pension were retained. Based on VI CPC recommendations from 1.1.2006, linkage of service for full pension was abolished and 50 percent of last pay drawn as pension was introduced. All these changes in pension system are for those who are governed by CCS (Pension) Rules 1972. The Government has introduced 'New Contributory Pension Scheme' for those who joined central civil services after 1-1-2004. Thus reforms in pension which started in 1920 has come a full circle and Government has reverted back to contributory pension scheme which was in existence and abolished from 1-1-1920. Contribution from employees has been increased, with no guarantee of any minimum pension or any commitment to pay pension by Government.

### **National Pension System:**

India was facing one of the worst economic crises in 1990 with balance of payment crisis resulting in our gold reserve being deposited in Bank of England. To overcome the crisis the Government introduced new economic policies popularly known as Globalisation, Liberalisation and Privatisation policy. The Government entered into an agreement for soft loan with international funding agencies which had imposed various conditions for granting loan. One of the conditions was reformation in then existing pension schemes and extending social security pension network. On the basis of the decision taken in the Eleventh Conference of State Finance Secretaries held in the Reserve Bank of India (RBI) during January 2003, a Group was constituted by the RBI in February 2003 to study the pension liabilities of the State Governments and make suitable recommendations. This group was headed by BK

Bhattacharjee former Chief Secretary of Government of Karnataka. The group submitted its report in October 2003. The report recommended introduction of Contributory pension scheme to avoid steep increase in pension liability. It also recommended creation of "Pension Fund" to be kept completely outside the States' Consolidated Fund and the Public Account. The Govt. introduced contributory pension scheme called New Pension Scheme for all those who joined service from 1-1-2004 onwards in Government, Autonomous, and Statuary Institutions. Subsequently different State Governments opted for the scheme on different dates. As of date, all State Governments except West Bengal are under this scheme. The scheme got statutory backing by notification of PFRDA Act in the Gazette on 13 September 2013. It is now known as National Pension System.

### **NPS Resulted in Negation of Nakra Judgment**

1. One of the important aspects of Supreme Court judgment in DS Nakra case is Pensioners' form a class by themselves and this class is not divisible for purposes of entitlements and payment of pension to those who retire 'before' and those who retire 'after' a certain date arbitrarily fixed for the purpose. By introducing NPS two classes of pensioners have been created by Government as pensioners who had joined service prior to 1-1-2004 and those who joined service after 1-1-2004. Those who joined service prior to 1-1-2004 and retired are now getting minimum pension of Rs.9000 plus DR per month. But those who joined service after 1-1-2004 and retired are not getting minimum pension. Many of the Grameen Daksevakhs who were regularised after 1-1-2004 and retired after 10 to 14 years of service are not getting minimum pension of Rs.9000, and in many cases it is less than Rs.1000 or around Rs.1000 to Rs.1500. Those GDS who were regularised prior to 1-1-2004 are getting pension much higher than Rs.9000 but definitely not less than Rs.9000 plus DR.



2. As a result of Supreme Court judgment and continuous pressure by pensioners and serving employees Assn., 7th CPC recommended parity between past pensioners and those who retired after 1-1-2016. Government accepted the recommendation with modification of notionally fixing the pay in revised scale at the stage in which one retired. As a result of this decision pay of all those who had retired/died before 1-1-2016 was notionally re-fixed in the revised pay structure and pension/family pension was revised from 1-1-2016. This benefit has not been granted to those who joined service after 1-1-2004 and retired. This is another aspect where Supreme Court judgment has been negated.

3. Supreme Court stated that pension is a social welfare measure rendering socio-economic justice to those who in the heyday of their life ceaselessly toiled for the employer on an assurance that in their old age they would not be left in the lurch. The NPS has totally annulled this principle. The NPS does not provide any explicit or implicit assurance of benefits except market based guarantee mechanism to be purchased by the subscriber [Section 20(2)(e) of PFRDA Act]. On retirement or exit from NPS at the age of 60, subscriber has to invest 40% of the accumulated fund in annuities and if exit is prior to 60 years, 80% of the fund has to be invested in annuities. Based on the market performance of these annuities, the pension amount is determined. If the returns on annuities is not very good then pension amount would also be less. In present market trends net asset value of annuity of Rs10 is around Rs.7. Pension dependent on the market performance means that there is every possibility of a pensioner being left in the lurch without any pension. Thus in spirit and letter DS Nakra judgment has been negated in case of those who are governed by NPS.

### **Future Task**

The question before us is can we allow a system where a person who has put in best part of his life in the service of Government,

after retirement in the evening of his life, be allowed to be in anxiety of no pension or very small pension? The answer is obviously no. Initially when the scheme was introduced there was doubt in certain sections of employees' organisations that NPS may be more beneficial than defined pension scheme. With the experience of those who retired under NPS now every section of employees organisations have realised that they have to fight back to reverse the NPS and restore old pension system (OPS). At present about 20 lack out of 32 lack central Government employees and about 37 lack of State Government employees are under NPS. The enormity of problem is now being realised. As a result employees of both State Governments and Central Government are coming under common platform to fight for restoration of OPS. As a result of pressure by employees State Governments of Kerala, Punjab and Andhra Pradesh have constituted committees to review the scheme. Karnataka Government has also announced that they will constitute a committee. Delhi Government has adopted a resolution favouring restoration of OPS and forwarded it to Central Government. Confederation of CGEs has called upon all Central Government employees to join the General strike of workers on 8 and 9 of January 2019 on 10 point charter of demands, of which scrapping of NPS is a main demand. The confederation is also planning for indefinite strike with only one demand of scrapping of NPS. Pensioners who are enjoying the benefit of defined pension cannot be silent when future generation of employees are fighting for restoration of OPS. If the spirit of Nakra judgment is to be restored pensioners have to extend full support to the struggles of serving employees for restoration of OPS. Joint intensive struggle will definitely bring positive results. Let us encourage and involve in the struggle of workers for honourable retirement benefits as enunciated in Supreme Court judgment. While celebrating Pensioners' day let us take a pledge to support the struggle of employees for restoration of OPS.

## Submission of life certificate – CPAO instructions

Gol, Ministry of Finance, Department of Expenditure Central Pension Accounting Office, New Delhi  
O M No. CPAO/IT&Tech/Life Certificate/2 Vol-V/2018-19/147 dated 23-10-2018

### Submission of 'Life Certificate'

It has been observed that the Authorized Banks are not adhering to extant rule regarding submission of life certificate issued vide OM No. CPAO/Tech/Life Certificate/ 2014-15/31-72 dated-30.01.2015 and subsequent OM No. CPAO/Tech/Life Certificate/ 2 Vol-V/2017-18/178 dated-08.01.2018 (Copies Enclosed). At present following three options are available with pensioner/family pensioner to authenticate his/her life:

- I. By presenting himself/herself to the authorised bank officer to record the life certificate.
- II. According to Para 15.2 of the "Scheme for Payment of pension to Central Civil Pensioner" which states that "In case a pensioner is unable to obtain a life certificate from an authorised Bank officer on account of serious illness/incapacitation etc., an intimation to this effect supported by a medical certificate from a registered medical practitioner about his inability to appear in person may be sent to officer-in-charge of the paying branch so that the latter may nominate an officer to visit the pensioner at his/her residence/hospital for the purpose of recording the life certificate". Further, vide Correction Slip No. 14 of

"Scheme for payment of pension to Central Government Civil Pensioners by Authorized Banks" (Copy Enclosed), a pensioner who produces a life certificate in the prescribed form in Annexure-VII signed by any person specified in the said Correction Slip, is exempted from personal appearance.

- III. Moreover, as a part of Prime Minister's Mission "Digital India" and with the development of software application by Deptt. of Information Technology circulated as per Correction Slip No. 22 to the "Scheme for payment of pension to Central Government Civil Pensioners by Authorized Banks" (Copy Enclosed) the pensioner can prove their existence through Aadhaar based authentication of Life Certificate.

In spite of above provisions some banks are insisting on appearing physically in the banks causing inconvenience to the pensioners. All Heads of CPPCs/Government Business Departments are advised to ensure that all the above options are honoured by the respective branches of Authorized Banks.

(Md. Shahid Kamal Ansari)  
(Asstt. Controller of Accounts)

*(Editors Note: Copies of orders referred to are not extracted)*

**BSNL**

### Pension revision

DoT, so far, has been linking pension revision with the pay revision of the employees. However, in the meeting held with the Secretary, Telecom on 2-12-2018 and also in the meeting with the Hon'ble Minister on 3-12-2018, All Unions & Associations of BSNL(AUAB) was informed that pension revision is now delinked from pay revision .....

Courtesy: BSNL EU

Dept of Telecom has issued the official minutes on the talks held between the AUAB leaders and Shri Manoj Sinha, Hon'ble Minister of State for Communications on 3-12-2018. Regarding Pension Revision to BSNL retirees w.e.f 1-1-2017 it is stated in the Minutes :-

**"Minister emphasized that follow up action should be expeditiously taken..."**

Though there is no commitment on the fitment formula or anything related to that, there is a positive welcome change in the views of the DOT on pension revision.

Courtesy: AIBSNLPWA

## **Recognition of all CGHS empanelled Hospitals and Diagnostics Centres for referral of Railway medical beneficiaries**

*Gol, Ministry of Railways, Railway Board NO. 2018/Trans Cell/Health/CGHS dated 26-10-2018*

To

The General Manager, All Indian Railways/  
PUs, NF (Con), CORE

The DG/RDSO/Lucknow, DG/NAIR/Vadodara  
CAOs, DMW/Patiala, WPO/Patna, COFMOW/  
NDLS, RWP/Bela, CAO/IROAF

### **Recognition of CGHS empanelled Hospitals & Diagnostic Centres for Railway Medical Beneficiaries and Referral & Domiciliary care of Railway Medical Beneficiaries for Physiotherapy, Occupational Therapy and Speech Therapy.**

Reference: 1. Department of Health & Family Welfare OM no- 5.11011/24/2011-CGHS (P) dated 01.06.2011

2. Railway Board's letter no. 2014/H-1/19/3/PNM dated 05.10.2015.

3. Railway Board's letter no. 2016/H-1/11/69/Hospital Recognition dated 23.12.2016.

With reference to the above subject, Board (MS, FC & CRB) have approved the following:

1. Recognition of all CGHS empanelled Hospitals and Diagnostics Centres for referral of Railway medical beneficiaries

1.1 Board have approved the recognition of all CGHS empanelled Hospitals, exclusive Eye Hospitals/Centres, Exclusive Dental Clinics, Cancer Hospitals, Diagnostic Laboratories and Imaging Centres for referral of Railway beneficiaries at CGHS rates of the City.

1.2. The MD/CMS/CMO/ACMS-incharge of the Railway Hospital will sign the MOU with the concerned CGHS empanelled Hospitals, exclusive Eye Hospitals/Centres, Exclusive Dental Clinics, Cancer Hospitals, Diagnostic Laboratories and Imaging Centres.

1.3. In case the hospital(s) is derecognized by CGHS or the recognition is not extended for any reason, then, unless and until specifically allowed by the Railways, the Railway

recognition shall stand withdrawn.

2. Referral of Railway Medical Beneficiaries for Physiotherapy, Occupational Therapy and Speech Therapy and adoption of same Guidelines on Railways issued for CGHS beneficiaries 'For Domiciliary rehabilitation, medicine intervention for reimbursement)

2.1. A Railway Medical Beneficiaries may be referred for rehabilitation health services (physiotherapy, occupational therapy and speech therapy, etc), not available at the Railway hospital, at recognized Government Hospital/Private Hospital at CGHS rates or at CGHS approved Hospital at CGHS rates.

2.2. For these services, Zonal Railways are empowered to empanel the Government or Private Hospitals/Centres for referral at par with empanelment of other specialty hospitals at CGHS rates for referral to Railway beneficiaries.

2.3 Adoption of Guidelines in Railways for domiciliary (home care) rehabilitation medicine intervention for reimbursement to CGHS beneficiaries issued by Ministry of Health and Family Welfare vides OM No. S.11011/24/2011-CGHS (P) dated 01.06.2011, as it is and as modified from time to time, for Railway beneficiaries (copy enclosed).

3. The List of Hospital(s) recognized by Railways and CGHS empanelled shall be displayed at the railway hospital(s) and also on the websites indicating the specialties available in the hospital for wide publicity and awareness of Railway medical beneficiaries.

4. Other rules & guidelines as issued from Board shall remain unchanged and as modified from time to time.

This issues with the concurrence of Associate Finance of Transformation Cell of Railway Board.

## Our Members Write

Respected Sri Sadashiva Rao Sir,

Congratulations to your good self in tracing the history of “*Pensioners’ Day*” observed on 17<sup>th</sup> December and its importance. The achievements of pensioners through assiduous and persevering efforts made by you and the associations like ours are worth celebrating. It is with the profound knowledge at your command on judicial pronouncements on pension matters that you have dwelled deep in to the subject matter which updates and reminds those of us who are not aware of the ‘history of pension revision’, except perhaps of the name “Nakra Judgement”

Kudos to your Sir, for the painstaking job that you and the office bearers of our association have done.

With profound regards

**B.Mohan ALM-1426**

### Holidays to be observed in Central Government Offices in Karnataka During the year 2019

S.No.	Holiday	Date	Day
1	Makara Sankranti (Pongal)	15th January	Tuesday
2	Republic Day	26th January	Saturday
3	Mahavir Jayanti	17th April	Wednesday
4	Good Friday	19th April	Friday
5	Buddha Purnima	18th May	Saturday
6	Idu’l Fitr	5th June	Wednesday
7	Idul Zuha (Bakrid)	12th August	Monday
8	Independence Day	15th August	Thursday
9	Ganesha Chaturthi	2nd September	Monday
10	Muharram	10th September	Tuesday
11	Mahatma Gandhi’s Birthday	2nd October	Wednesday
12	Dussehra (Maha Navmi)	7th October	Monday
13	Dussehra (Vijayadashami)	8th October	Tuesday
14	Deepavali/Naraka Chaturdashi	27th October	Sunday
16.	Milad-Un- Nabi (Birthday of Prophet Mohammad)	10th November	Sunday
17	Guru Nanak’s Birthday	12th November	Tuesday
18	Christmas	25th December	Wednesday

## Retirement on 30th June – grant of increment

### Implementation of Judgement on grant increment for pensionary benefit to employees retiring on 30th June – Government's reply in Lok Sabha to a question on the subject

GoI, MINISTRY OF PERSONNEL, PUBLIC GRIEVANCES AND PENSIONS LOK SABHA

UNSTARRED QUESTION NO: 427

ANSWERED ON: 12.12.2018

ASADUDDIN OWAISI

Will the Minister of PERSONNEL, PUBLIC GRIEVANCES AND PENSIONS be pleased to state:-

- whether the Hon. Madras High Court ruled that employees retiring on 30 June are entitled for increment on 1st July of that year for pensionary benefit as they retire after completion of that year's full service;
- if so, the details thereof;
- whether Hon. Supreme Court has dismissed the petition filed against the Madras High Court's above judgement;
- if so, whether the Government has issued orders regarding granting annual increment to those employees who are retiring on 30th June after completion of one year of service;
- if so, the details thereof and if not, the reasons there for; and
- the time by which such orders are likely to be issued in this regard?

#### ANSWER

MINISTER OF STATE IN THE MINISTRY OF PERSONNEL, PUBLIC GRIEVANCES AND PENSIONS AND MINISTER OF STATE IN THE PRIME MINISTER'S OFFICE

(DR. JITENDRA SINGH)

- & (b): No, Madam. High Court of Madras in Writ Petition No. 15732/2017 has granted relief personal to the petitioner.
- Yes, Madam.
- to (f): As the judgment is in persona and contrary to the personnel policy of Government of India, the question of issuing a general order does not arise.

**Grant of grade pay of Rs.4,600 instead of Rs.4,200 to Pre- 2006 pensioners retired from Pay Scale Rs.6,500 -200-10,500 (Grade S-12)**

(Reference: Matter on the subject published in page 13 of October issue of the journal and in page 15 of the November issue)

**STATUS:** Approval of the Comptroller & Auditor General of India (CAG) is awaited.

#### BSNL IDA

From 1-10-2018 : 135.6% (7.6% increase over April 2018 rate of 128%)

#### ALL INDIA CONSUMER PRICE INDEX

Month	CPI Base 2001=100	12 Months' Total	Monthly Ave.	% increase over 261.42	% increase over 115.76
				7th CPC	6th CPC
July 18	301	3462	288.5	10.35	149.22
Oct 18	302	3509	292.42	11.86	152.60

7th CPC: DA/DR w.e.f. July 2018: 9% (2% increase over Jan-2018 rate of 7%)

## Donation for the Building Fund - 28th List

SI No.	Name Sri/Smt.	Membership No.	Amount Rs.	Receipt No.	Progressive Total of donation
1233	R.C.Hanumantha Rao	696	15000	3880	40100
1234	L.S.Narang	1139	5100	3898	
1235	M.G.Ramesh	Well wisher	5000	3876	5001
1236	M.Narayana Sharma	930	3000	3895	
1237	Y.Sitaram	1705	3000	3885	10000
1238	G.Sathyamoorthy	2717	2040	3910	8000
1239	S.M.Sreerama Setty	368	2000	3879	
1240	M.B.Kulkarni	1224	2000	3904	3000
1241	A.V.Chidambara Murthy	1808	2000	3915	
1242	Y.V.Narasimhan	2080	2000	3891	3000
1243	S.A.S.Iyengar	2351	1000	3903	
1244	Jivuben N. Makwana	Well Wisher	1000		

### Subscription received for Pensioners' Champion in NOVEMBER-DECEMBER 2018

Rs.120/- Smt./Sri	Rs.150/- Smt./Sri	Rs.300/- Smt./Sri	Rs.500/- Smt./Sri
2540 K.S.Parameshwara Bhat	2487 G.Suresh	1372 M.K.George	2503 Narasimha Holla
2309 G.Rajanna	2499 R.Krishna Murthy	1694 T.N.Sonwalkar	<b>Rs.600/- Smt./Sri</b>
<b>Rs.150/- Smt./Sri</b>	2536 K.Jayapal	1808 A.V.Chidambara Murthy	2513 D.N.Ramamohan
541 Bandigaiah	2550 Santhu Peter	2293 Sunanda.N.Pai	<b>Rs.750/- Smt./Sri</b>
1533 V.Shivasubramanyam	2716 Malathi R. Pai	2347 M.R.Seshachar	1657 S.Subramani
1933 Ananthapadmanabha Rao D P	S-334 A.P. Saiyad	2351 S.A.S.Iyengar	<b>Rs.900/- Smt./Sri</b>
2017 N.Nadarajan	B.K.Narasimha Mudaliar	2717 G.Sathyamoorthy	2526 R.Krishnamoorthy
2131 Subhadra.J.Shenvi	<b>Rs.200/- Smt./Sri</b>	<b>Rs.360/- Smt./Sri</b>	<b>Rs.2000/- Smt./Sri</b>
2141 N.Krishnappa	1672 A.C.Shekar	1572 K.Gopalakrishnan	1224 M.B.Kulkarni
2349 Y.Venkateswaralu	1705 Y.Sitaram	2553 P.Madhava Rao	<b>Rs.5000/- Smt./Sri</b>
2466 Ramakrishna.M.Karkal	2459 B.G.Mehta	<b>Rs.450/- Smt./Sri</b>	147 Mirza Abdulla
2479 G.M. Halwadia	S-276 N.Kanakasabhapathi	7 M.S.Narayana Moorthy	
	507 C.K.N.Murthy	1139 L.S.Narang	
		2463 K.Jayaram	

## OBITUARY

**Sri C.G. Krishnamurthy**, Retd OS, GTRE, expired on 18-10-2018 at the age of 81 years.

**Sri Mahabalaiah**, Retd. Postman Vinobanagar PO Shimoga expired on 29-10-2018 at the age of 67 years.

**M Amarnath**, ALM 1738, Retd.Supervisor Accounts, O/o CDA Bangalore expired on 4-11-2018 at the age of 78 years

**Sri M T Basappa**, Retd. Supr, Bg Stg Office expired on 14-12-2018 at the age of 77 years.

We convey our heartfelt condolences to the bereaved families.

**Coordination Committee of Central Government Pensioners'  
Associations, Karnataka (R)**

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

No. 212,"Kaveri", 7th 'A' Main, Hampinagar, Bengaluru-560104

**News from Affiliates / Observance of Pensioners' day**

**POSTS AND RMS PENSIONERS ASSOCIATION KALABURAGI-1**



**Pensioners day celebrations at Kalaburagi on 17.12.2018**

The Association celebrated Pensioners day on 17.12.2018 in the premises of Lions club of Kalaburagi. Sri.B.R.Nanajagi, Sr.Suptd. of Post offices, Kalaburagi inaugurated the celebrations and Dr. K.Purushotham Rao was the Chief Guest, and Sri.Ashok Guruji a social reformer was the Guest of Honour. Dr. K.Purushotham Rao,Chief guest addressed the gathering on "How to manage the health and life after 60 yrs of age". Sri Ashoka Guruji in his speech said that we should give back to the society the benefits that we had got from it by engaging ourselves in social activities. Very senior citizens should be treated with love and should be taken care of by their children without driving them to old age homes. Sri.D.Kalyan Rao, Retd.SSPOs in his presidential address advised the pensioners to take care of their health which was very important. He implored up on them to engage themselves in the service of those people who are in need of help.

Sri.S.N.Yewoorker, Secretary briefed about the importance of the Pensioners' day. Sri.S.S.Bali, Vice President and Sri.D.M.Kulkarani Treasurer were also present. Sri Aktar Ali Mudgul org. secretary proposed vote of thanks. Report on the celebration appeared in most of the leading dailies.

### Newly Enrolled Members

Name (Smt./Sri)	Designation & Office in which last worked	Type & No.
1 D. Shantharaj	Sub Postmaster, Lakshnipuram PO, Mysuru	LM 2703
2 K.G. Krishnamurthy	Assistant Engineer, CPWD, New Delhi	ALM 2704
3 Bhagavan	Deputy Postmaster, HSG I, Hassan HO	LM 2705
4 D.M. Vittoba Rao	Sub Postmaster, BCR, Jagaluru PO.	LM 2706
5 C.A.V. Murthy	Wing Commander, Air Force Technical College, Bangalore	ALM 2707
6 S. Gurprasad	Admn. Officer, Central Instt of Coastal Engg & fisheries	ALM 2708
7 K.R. Nagarathna	Sr.TAOS, BSNL, Channamanakere Tel exchange Bangalore	LM 2709
8 K. Jayanthi	Office Asst. O/O SSPOs, Bangalaoe East Division	LM 2710
9 S. Nagaraja Rao	Sub Postmaster, Domlur PO, Bangalore	LM 2711
10 T.N. Seetharamaiah	Asst.Chief Postmaster, Bangalore GPO	LM 2712
11 G. Padmanabhan	Postman, Bangalore General Post Office	LM 2713
12 S.K. Gopalakrishna	Sr.Accountant, O/o Director of Accounts(P), Banngalore	LM 2714
13 K.G. Kulkarni	Sorting Asst, HSG I, Bangalore City RMS	LM 2715
14 Malathi.R.Pai	Chief Telephone Supervisor, Tel Exchange Davanagere	LM 2716
15 G. Sathyamoorthy	Chief Postmaster, Bangalore GPO	LM 2717
16 B. Surendra Naik	Chief Technical Supervisor, Tel Exchange, Mangalore	LM 2718
17 K. Amrith Rao(FP)	Postal assistant, Gandhinagar Post Office, Bangalore	LM 2719
18 M.V. Shantha Vijaya	Junior Technical Assistant, Registrar of Companies	ALM 2720
19 A. Shekarappa	Postmaster, Davanagere	LM 2721

LM: Life Member

ALM: Associate Life Member

#### Correction:

**Donation-27th List-Nov 18 : Delete SI No.1229 G M Halwadia**

#### 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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