



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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Silver Jubilee Year 2019-2020
25 years in the Service of Pensioners

25th Annual General Body Meeting of the Association and the Silver Jubilee Celebrations, which were scheduled to be held on 14th June, 2020 have been put off indefinitely as a result of the lockdown imposed in the country to combat spread of Corona Virus- COVID-19, which restricts assembly of more than 50 people in an event.

OUR MONTHLY JOURNAL

We regret that we could not publish March, April, and May 2020 issues of our association's monthly journal since Bangalore City was under LOCKDOWN thereby restricting movement of the people and vehicles in the city. The Press did not work. Post Office at which we mail our journals was in a containment zone and it was almost either closed or worked with limited staff. Work connected with the publication of the journal is managed by seniors who are advised to stay home. Delivery of postal articles was also suspended for some

period. Movement of mails from Bangalore to other places was also initially disrupted due to suspension of train and bus services. Therefore, delivery of the journal to all of our readers was not assured. June 2020 journal is a combined issue of March, April & May 2020 issues.

We had sent messages (SMS) regarding non publication of the journals for March, April & May, to all whose mobile phone numbers are available with us.

(contd. P-2)

A REQUEST: When we wanted to send messages (SMS) to our members to inform them about non dispatch of the journal, we found that we did not have the mobile phone numbers of many of them. Membership numbers of those whose mobile phone numbers are wanted are furnished below. We request them to share their mobile phone number on **9483467750** either through SMS or WhatsApp message or through email: pensionersbhavan@gmail.com

1	1924	1373	976	235	2030	1465	1044	604	2394	1705	1243	899
138	1971	1414	1009	461	2185	1508	1091	674	2497	1757	1282	930
318	2009	1449	1036	542	2257	1542	1125	751	2583	1799	1321	968
406	2164	1487	1077	597	2347	1601	1160	796	2675	1855	1365	992
524	2250	1526	1118	663	2458	1688	1192	838	2837	1916	1398	1026
580	2333	1595	1141	746	2557	1748	1224	879	127	1963	1444	1055
632	2439	1673	1178	786	2637	1787	1257	917	268	1990	1476	1105
696	2503	1732	1221	826	2779	1830	1298	963	367	2119	1522	1137
776	2625	1778	1250	864	2957	1899	1352	986	498	2209	1569	1170
812	2718	1821	1292	912	99	1948	1384	1017	553	2300	1641	1205
856	2906	1882	1343	952	165	1983	1437	1046	616	2416	1706	1244
906	32	1925	1374	980	335	2081	1468	1092	677	2498	1758	1287
932	147	1972	1422	1010	463	2199	1510	1128	767	2586	1800	1322
969	322	2017	1456	1038	543	2286	1543	1163	798	2692	1860	1370
1000	428	2169	1491	1081	598	2359	1616	1198	849	2840	1918	1400
1028	527	2252	1529	1119	665	2463	1690	1237	891	135	1965	1445
1064	594	2335	1597	1154	747	2560	1753	1271	921	293	1996	1477
1110	652	2449	1681	1179	790	2643	1788	1299	964	401	2113	1523
1138	724	2531	1733	1222	828	2784	1838	1358	987	521	2233	1585
1171	780	2627	1779	1252	872	2961	192	1388	1018	562	2303	1644
1207	821	2736	1828	1293	914	106	1954	1440	1052	620	2418	1721
1247	858	2940	1884	1350	953	179	1986	1469	1100	678	2499	1774
1288	909	68	1938	1382	981	349	2087	1513	1130	770	2613	1804
1323	947	155	1974	1428	1011	466	2203	1545	1164	802	2711	1865
1372	971	323	2021	1461	1042	544	2294	1619	1200	850	2861	1921
1409	1003	446	2184	1493	1082	599	2362	1702	1240	897	136	1969
1446	1034	529	2256	1537	1123	669	2488	1757	1276	926	314	1997
1478	1065	595	2342	1598	1158	750	2580	1792	1310	967	405	2160
1525	1117	656	2453	1684	1181	795	2650	1849	1361	989	523	2238
1590	1139	735	2547	1739	1223	831	2808	1910	1395	1025	574	2313
1661	1172	781	2631	1781	1254	877	113	1962	1442	1053	629	2436
1731	1213	824	2770	1829	1296	916	193	1987	1475	1102	694	2500
1775	1249	862	2952	1885	1351	958	351	2107	1518	1135	775	2614
1813	1289	910	81	1939	1383	985	486	2207	1568	1166	805	2717
1880	1336	949	163	1981	1429	1016	551	2297	1630	1201	851	2881

Association goes virtual- holds its Executive Committee Meeting through Video conferencing

KPTPA, for the first time in 25 years of its history, conducted its Executive Committee Meeting through a Video Conference on 10th June, 2020, at a time when the Nation is facing extremely hard times with regard to providing Health care facilities and on economy owing to the Pandemic Covid-19, spreading across the land with no hopes of the infectious disease vanishing soon.

The meeting, which turned out to be a marathon, lasting for over 2 and half hours, was attended by all the Advisors to the association, the President, Vice President, EC Members and patrons of the association.

Held in a cordial atmosphere in the evening of 10th June, joined by all the participants from the comforts of their homes, the meeting turned out to be a success with useful discussions being held on the items of the Agenda with the Advisors, President and

every other participant making their invaluable contributions which helped in taking unanimous decisions on all the issues that came up for discussions in the meeting.

The Association is grateful to Sri TV Suryaprakash, Joint General Secretary, CCCGPA & Secretary, Coffee Board Pensioners' Association, a patron of KPTPA, for providing the association not only the technical knowhow of conducting virtual meetings but also helping by providing a Zoom App link for conducting the meeting without any time limit or the limit on number of participants. Grateful thanks to the President G. Babu for presiding over the meeting, Advisors for sitting through the duration of the meeting and for their guidance on several issues that came up for deliberation. Thanks to Sri K R Anantha Ramu, Treasurer, for hosting the virtual meet.

Combating Corona Virus – COVID-19

AN APPEAL

DONATE LIBERALLY TO KARNATAKA CHIEF MINISTER'S RELIEF FUND THROUGH KARNATAKA P&T PENSIONERS' ASSOCIATION

Donations may please be remitted by *crossed cheque* payable to "Karnataka P&T Pensioners' Association" or by crediting the amount to the Association's bank account.

Bank:

State Bank of India

Branch: NTI Layout branch, Vidyanarayapura, Bangalore

Current Account No.36418697411 IFSC:SBIN 0009045

Cheques may please be sent by speed post to:

K.R.Anantha Ramu, No 1158, 7th Main,
7th Block, HMT Layout, Vidyanarayapura, Bangalore-560097. (Mob: 9448477129)

Please do inform us if the amount is credited to the bank account.

**Freezing of
Dearness
Relief**

*Gol, Ministry of Finance, Department of Expenditure,
OM No.1/1/2020-E-II(B) Dated 23rd April,2020.*

Freezing of Dearness Allowance to Central government employees and Dearness Relief to Central government pensioners at current rates till July 2021

The undersigned is directed to say that in view of the crisis arising out of COVID-19, it has been decided that the additional instalment of Dearness Allowance payable to Central government employees and Dearness relief to Central government pensioners, due from 1st January ,2020 shall not be paid. However, Dearness Allowance and Dearness Relief at current rates will continue to be paid.

2. As and when the decision to release the future instalment of Dearness Allowance and Dearness Relief due from 1st July, 2021 is taken by the Government, the rates of Dearness

Allowance and Dearness Relief as effective from 1st January 2020 ,1st July2020, and 1st January 2021 will be restored prospectively and will be subsumed in the cumulative revised rate effective from 1st July 2021

No arrears for the period from 1st January 2020 till 30th June 2021 shall be paid.

3. These orders shall be applicable to all Central government employees and Central government pensioners.

(Annie George Mathew)
Additional Secretary to the Government of India)

Freezing of DA and DR w.e.f. 01.01.2020 – Delhi High Court dismisses the plea filed against the Govt. Order

A plea was filed in Honourable Delhi High Court against MoF, DoE, OM dated 23-04-2020 ordering freezing of DA and DR at 17% for 18 months from January 2020 to June 2021. The Honourable High Court has dismissed this plea as the Court didn't find any merit in this petition.

Honourable High Court in its Judgement, dated 01-06-2020, vide W.P.(C)3308/2020 while dismissing the plea against freezing of DA and DR, made the following observations:

Central Government has the Power to postpone the DA and DR hike.

Increase in DA / DR is not taken away, it is just postponed

That power resides with the Central Government, by virtue of Rule 3 of the All India Services (Dearness Allowance) Rule, 1972, since the Central Government is empowered to take the decision to make payment of Dearness Allowance/Dearness Relief, subject to such conditions as the Central Government may specify from time to time.”

No statutory rule to enhance the Dearness Allowance or Dearness Relief at regular intervals

These statutory rules have been framed by the Central Government after consultation with the Government of the States concerned in exercise of powers conferred by Sub Section (1) of Section 3 of All India Services Act, 1952. Rule 3 of the said Rule is relevant.

There is no vested right in the Central Govt Employees and Pensioners to receive higher DA and DR on Regular Intervals

There is no obligation in Law upon central Government to disburse the increase in DA and DR within time bound manner

So far as the right to receive the increase of Dearness Allowance/ Dearness Relief already declared by the Government with effect from 01.01.2020 is concerned, it falls well within the domain of the Central Government to decide as to when to disburse the said increase

KPTPA writes to the Finance Ministry on Freezing of DR

No. KPTPA/Pen/2020

dated at Bangalore

the 30-04-2020

The Secretary, Ministry of Finance
Department of Expenditure
North Block, New Delhi 110001

Subject: Freezing of Dearness Allowance to Central government employees and Dearness Relief to Central government Pensioners at current rates till July 2021

Reference: OM No.1/1/2020- E -II (B) dated 23rd April, 2020

Dear Sir,

1. We would like to invite your kind reference to the O M cited above where by it has been ordered that the Dearness Relief to Central Government Pensioners due from 1st January 2020 shall not be paid and the additional instalments of DR that will become due from 1st July 2020 and 1st January 2021 shall also not be paid. Whereas the present alarming economic situation in the country arising out of the outbreak of the dreadful Corona Virus Covid-19, might have prompted the Government to find ways and means of containing expenditure, the decision to freeze Dearness relief to Pensioners for 18 months, has generally hit the Pensioners hard and has come as a bolt from the blue specially to the low paid Pensioners and the Family Pensioners who constitute a majority of about 65 lakh Central Government Pensioners.

2. Decision to freeze payment of even the 4% increase in Dearness Relief which had become due for payment from January 2020 and which had already been approved by the Central Cabinet on 13th March 20, came as a rude shock to the Pensioners since they were eagerly awaiting payment of revised DR at 21% of their pension from April 2020 along with the arrears for the period from January to March 2020.

3. We, therefore, strongly urge the govt. to reconsider its decision on freezing Dearness relief on pension and order commencement of payment of DR at 21% from the month of May 2020.

4. We suggest that the arrears of DR for 4 months from January to April 2020 becoming due consequent to increase in DR from 17 % to 21% from January 2020, may be paid in 4 instalments commencing from the month of May 2020 to tide over the strain on fiscal position that may be caused if the arrears for 4 months is paid in one lump.

5. It is also seen from the order dt. 23-4-2020 that apart from freezing the D R due from January 2020, it has been decided to withhold payment of additional instalments of Dearness Relief due from 1st July 2020 and 1st January 2021. The order states that the increase in DR from January, July 2020 and January 2021 will be subsumed in the percentage of DR due w.e.f 1st July 2021 which in effect denies 3 additional instalments of DR to pensioners during the period of 18 months causing substantial monetary loss to them.

6. It may not be out of place to mention here that many individual pensioners and Pensioners' Associations have voluntarily donated to PMCARES/ PMNRF Funds and State Chief Minister's Relief Fund and some Pensioners' Associations are in the process of collecting donations from their members.

7. The Hon'ble Prime Minister in his address to the nation had also called upon the Employers not to cut wages of their employees citing reasons of losses due to reduced production or sales. The PM, while emphasising on the need to give importance to the economy in the fight against Covid-19, is also reported

to have informed the Chief Ministers in the Video Conference held on 27-4-2020 that the country's economy is robust and had asked them not to worry about resources.

7. We appeal to your good self to view the matter in its entirety taking into consideration the submissions made by us in the fore going paragraphs and strongly urge that the order dated 23-4-2020 on freezing of Dearness Relief to pensioners may please be rescinded keeping in view the financial hardship that the

order would cause to pensioners in the evening of their life. We fervently hope that our request will be considered favourably and a decision is taken in the matter at the earliest in the interest of Central Government Pensioners. Thanking you Sir

Yours Faithfully
K.B.Krishna Rao
Secretary Karnataka Posts and
Telecommunications Pensioners' Association
Bangalore 560079

CGHS

*Gol, Ministry of Health & Family Welfare, Directorate General of CGHS
OM No. F.No. 1-212020/CGHS/ADHQ/29 Dated the 16th June, 2020.*

Reimbursement of cost of 'Pulse Oximeter' for the family of COVID-19 Positive CGHS Beneficiary under Home Care

A pulse oximeter is a small, lightweight device used to monitor the amount of oxygen carried in the body."

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

2. In this regard, an Advisory on the subject Tele Home Care of COVID positive CGHS beneficiaries has been issued by this Directorate. As measuring of oxygen saturation level is one of the most important parameters for monitoring the health of COVID 19 patients, it has been decided to reimburse the cost of pulse oximeter purchased by the beneficiaries as per the following conditions:

- i) CGHS beneficiaries, who have been tested positive for COVID-19 Infection, are permitted to purchase one Pulse Oximeter per family. In other words, in case there are more than one COVID positive cases in a family of CGHS beneficiary, they can claim reimbursement only for one Pulse Oximeter;
- ii) The reimbursement shall be claimed as per actual cost of Pulse Oximeter, subject to a ceiling of Rs. 1200/-;
- iii) The claim for reimbursement of cost of such Pulse Oximeter shall be submitted as per prescribed norms enclosing therewith a copy of the COVID-19 Test report, to CGHS in case of Pensioners, ex-MPs, etc., and to Rajya Sabha Secretariat / Lok Sabha Secretariat as the case may be in respect of Hon'ble Members of Parliament; and
- iv) In the case of serving beneficiaries, such claims shall be submitted to the concerned Ministry / Department and to concerned Autonomous Body in respect of beneficiaries of Autonomous Bodies.

3. This OM is applicable from date of Issue.

4. This issues with the concurrence of Integrated Finance Division, Min. of Health & Family Welfare vide Concurrence Diary No. 572 Dated 16/06/2020.

(Dr. Sanjay Jain)
Director CGHS

PENSIONERS' CHAMPION

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MARCH-JUNE 2020

COVID 19 - An initiative by the Department of Pension and Pensioners' Welfare

Department of Pension and Pensioners' Welfare had organised a Webinar (Video Conference) on 9.4.2020, from 11 AM to 1 PM under the leadership of Dr. Jitendra Singh, Hon'ble Minister of State (Independent Charge), Personnel, Public Grievances and Pensions with a view to create awareness amongst pensioners on COVID-19 related issues. Secretary, Joint Secretary, Director, Deputy Secretary and other officers of DoPPW were present.

DoP&PW had invited Pensioners' Associations, which have been identified on its Pensioners' Portal, under the National E governance Plan (NeGP) and had requested each of them to nominate their at least five representatives to participate in this Video Conference. Accordingly, from Karnataka P&T Pensioners' Associations, five of its representatives, Viz: Sri K.B. Krishna Rao, T.V. Suryaprakash, V Gopal, N. Nagalakshmi and K R Anantha Ramu, participated. As per the information received from DoP&PW, around 100 pensioners from 22 cities participated and interacted with the Doctors and asked many questions especially with regard to the precautionary and remedial measures to be taken by the Senior Citizens on account of Corona Virus outbreak which the entire World is facing, today.

Dr. Randeep Guleria, Director, and Dr. Prasun Chatterjee, Associate Professor, Geriatric Medicine, All India Institute of Medical Sciences, New Delhi, addressed the representatives of Pensioners' Associations, and deliberated, in detail, on spread of Corona virus, present health Scenario, Do's and Don'ts and with regard to precautionary and remedial measures to be taken, especially by senior citizens. During the Question and Answer sessions, questions of many pensioners from different Associations were elaborately

addressed by the Doctors. The Q&A in a nutshell:

- * Elderly 80-plus are the most vulnerable, followed by 60-plus with diabetes, lung problems or kidney disease. Next are the patients of any age group with TB, cancer or HIV.
- * Main symptoms for COVID-19 are fever, cough (dry and persistent) and shortness of breath, not due to a known chronic disease like COPD (Chronic Obstructive Pulmonary Disease), bronchial asthma or heart failure. The other atypical symptoms could be headache, sore throat, diarrhoea, muscle pain or joint pain, nausea or vomiting, nasal congestion. Approximately, 90 percent of patients have more than one symptom, and 15% of patients have fever, cough, and dyspnoea.
- * *Higher mortality rate among elderly-* Possible explanations for the observed higher morbidity and mortality rates among older patients due to COVID--19 include the following:
 - a. Low physiological reserves due to the biologic changes that accompany aging.
 - b. Frequent presence of multi-morbidity (presence of more than two chronic diseases)
 - c. Fading immune system. The number of white blood cells that find and help eliminate infections can decline. When there is a challenge by the virus, an older person's immune system faces a higher chance of an overreaction known as Cytokine Storm. Cytokines are proteins that serve as signals to the body to mount its infection-fighting machinery.
- * How can the elderly boost their immune system?

Any infection can weaken your immune system and make your body prone to catching viral infections. To keep your immune system in robust shape, take plenty of fresh fruits,

vegetables, and foods containing Vitamin C. Even though there is not enough evidence, all these foods will definitely strengthen your immune system to deal with infections. This is applicable for people of all age groups.

Besides, while we continue to face the threat, it's advisable for people to workout at

home, yoga, meditation and do cognitive stimulation (playing Sudoku, solving crossword puzzles). And while the lockdown continues, socialise through digital platforms.

**BE SAFE AND KEEP OTHERS SAFE
BY STAYING AT HOME**

CGHS

*Gol, Ministry of Health & Family Welfare, Department of Health and family Welfare
OM No. No.Z.15025/35/2019/DIR/CGHS/CGHS(P) Dated the 29th May, 2020*

Consultation from Specialists at CGHS empanelled hospitals in respect of CGHS beneficiaries aged 75 years and above

With reference to the above mentioned subject the undersigned is directed to state that the matter related to relaxation of consultation norms in respect of elderly CGHS beneficiaries was under consideration of this Ministry and it has now been decided that hereinafter, CGHS beneficiaries aged 75 years and above shall be permitted to seek direct OPD Consultation from Specialists of private hospitals empanelled under CGHS without referral from CGHS Wellness Centre.

2. If any investigations / procedures are advised and are required in emergency no other authorization is required and the same may be undertaken. However, in non-emergency conditions approval of competent authority is required if any non-listed investigations / procedures are advised. Medicines prescribed are to be procured from CGHS Wellness Centre.
 3. Private hospitals empanelled under CGHS shall provide such facilities on cashless basis at CGHS rates to pensioners, ex-MPs, Members of Parliament and such other Categories of CGHS beneficiaries, who are eligible for treatment /investigations on credit basis. More than 75 year old dependents of serving CGHS beneficiaries who are otherwise not eligible for Cashless treatment shall claim the reimbursement from concerned Ministry Department. Beneficiaries of Autonomous Bodies/Statutory Bodies covered under CGHS shall claim reimbursement from the respective organization.
2. These orders are in supersession of the earlier guidelines on the subject.

Dr. Mano Jain, Additional Director (HQ) CGHS

CGHS

*O/o the Additional Director, CGHS, Bengaluru,
Office order No.19-3/2019/ADMIN(129)/945 dated 19/03/2020*

Withdrawal of Anand Diagnostic Laboratory from the list of empanelled HCOs under CGHS Bengaluru

Anand Diagnostic Laboratory, No.54 , Bowring Hospital Road, Shivajinagar, Bengaluru 560001, which was empanelled vide OM No.19-3/2014/ADMIN(129)/672 dated 17/02/2016 has requested for de-empanelment vide email dated 09/03/2020.

Accordingly their name stands removed from the list of empanelled HCOs under CGHS Bengaluru with effect from 01/04/2020.

Additional Director CGHS, Bengaluru

Purchase of OPD Medicines

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

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

2. In this regard the undersigned is directed to draw attention is the OM of even number dated 27.3.2020 and 29.4.2020 vide which an option has been provided to CGHS beneficiaries getting medicines for Chronic diseases to purchase medicines based on the prescription held (prescribed by CGHS Medical Officers/CGHS Specialists/other Govt. Specialists/Specialist of empanelled hospital) till 31st May 2020 irrespective of Non-Availability certificate from CGHS or otherwise. However several representations are received in the Ministry seeking extension of the period in view of the continued 'Lock Down'.

3. The matter has been reviewed by the Ministry it is now decided that CGHS beneficiaries getting medicines for Chronic diseases shall be permitted to purchase medicines based on the prescription held (prescribed by CGHS Medical Officers/CGHS Specialists/other Govt. Specialists/Specialist of empanelled hospital) **till 31st July 2020** on the same conditions as per the earlier OM dated 27.3.2020. It is also clarified that the CGHS Wellness Centres are functional and CGHS beneficiaries also have the option to collect medicines through CGHS Wellness Centres as per normal practice, instead of purchasing from market.

4. Issued with the approval of Integrated Finance Division, MoHFW vide CD No. 430 dated 29.5.2020.

Dr. Sanjay Jain, Director, CGHS

Fresh empanelment of NABH/ NABL accredited Health care organizations through continuous empanelment scheme under CGHS Bengaluru

After following the due process, the **Mediclu Diagnostics & Speciality Centre** (a unit of Vijayalakshmi Diagnostics Pvt Ltd) No.79, Kendra Upadyayara Layout, Nagarabhavi Circle, Bengaluru 560072, an exclusive Diagnostic Centre (Non- NABH & NON-NABL), has accepted the CGHS 2014 rates, signed MOA and has executed performance Bank Guarantee and has also given undertaking to abide by all the orders issued by the Directorate in addition to the terms and conditions mentioned in MOA and shall be extending all the facilities available in the HCO to CGHS and other categories of CGHS/ Central government beneficiaries.

Accordingly, this HCO is empanelled with effect from 13/04/2020 and shall be considered as included in the existing list of hospitals notified by this office vide OM dated 13/11/2014 at the same terms and conditions for a period up to 30.6.2020 or till the date extended by the Directorate, whichever is later.

Additional Director, CGHS Bangalore

For the attention of Members

Suspense account – Building fund

A sum of Rs.5,000 was transferred (by someone)to the association's account in SBI Vidyananyapura in October 2019 by NEFT from the account of "Belakawadi-Nanjangudu". A receipt for the amount bearing No.4301 was also passed on 15-10-2019. Donor was requested to intimate the name and membership number to enable the association to send the receipt- vide page 15 of the journal for October 2019. But we have not received any response so far. We request the donor concerned again to immediately intimate the details.

Advisory for CGHS Wellness Centres / Units in view of the Corona Virus (COVID-19) Infection.

Gol Ministry of Health & Family Welfare, Directorate General of CGHS,
No.Z.15025/18/2020/ DIR/CGHS/Dated the 10 June, 2020

Reiteration of Advisory in view of the Corona Virus (COVID-19) Infection- Guidelines to be followed at CGHS Wellness Centres/Units.

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

2. Guidelines for maintaining social distancing between individuals have already been issued by the Government earlier vide Office Order of even number dated the 15th April 2020. In the spirit of above the under signed is directed to reiterate the following guidelines to be followed strictly at CGHS Wellness Centres/ Units in view of the prevalent COVID-19 infection:

1. The CMO in Charge of the Wellness Centres shall keep themselves updated with the guidelines issued by the Ministry of Health & Family Welfare through the official Website of Ministry of Health & Family Welfare and CGHS and disseminate the correct information to the staff as well as CGHS beneficiaries.
2. CMO in charge in consultation with Addl. Director shall procure the protective gear for the staff like Face Masks, Gloves, sanitizer, etc.. CMO in charge shall ensure their availability and ensure that they are used rationally.
3. Separate Fever Clinic shall be organized at Wellness Centres within the constraints of resources and one Medical Officer shall be designated specifically for the fever clinic for 14 days by rotation. He / She shall not examine any other patients. He / She shall be provided with Protective gear like Face cover, Gloves, N-95 Masks. etc., Prophylaxis with Hydroxy-Chloroquin (HCQ) as per the guidelines of MoHFW shall be provided.
4. Every CGHS beneficiary / CGHS Staff Member entering Wellness Centre shall be screened with Thermal Scanner by the MTS/ Security Staff.
5. Any CGHS beneficiary / Staff member with raised temperature shall be directed to Fever Clinic without registration. Registration number is generated in the module of the Medical Officer of Fever Clinic. The beneficiary shall be examined by the designated Doctor in the Fever Clinic and if, there is suspicion of COVID-19 Infection, the beneficiary shall be advised rt PCR Test for COVID-19 Infection as per prevalent ICMR guidelines. Positive cases shall be referred to the Local Health Centre notified for the COVID-19 by the State Government /Local Authorities and intimate the concerned Authorities.
6. Hand held Pulse Oximeters shall be used as a routine tool for initial assessment of all the patients coming to CGHS OPDs with fever and with or without difficulty in breathing, as part of the revamping of the facilities at CGHS Wellness Centres. There are some reports that early oxygen saturation levels of $\leq 91\%$ in setting of fever or otherwise indicate compromised Cardio-pulmonary function, necessitating early hospitalization.
7. Suspected cases of COVID -19 infection with Oxygen saturation of 91% or less shall however, be referred to the Local Health Centre notified for the COVID-19 by the State Government /Local Authorities and intimate the concerned Authorities without any rt PCR test for COVID-19
8. CMO in charge shall maintain the contact numbers of Nodal Centre for COVID-19 cases and the Local Public health authorities.

9. Those who are performing duty in the Fever clinic shall be provided Prophylaxis with Hydroxy-Chloroquin (HCQ) as per the guidelines of MoHFW.
10. CMO in charge shall procure requisite quantity of Hydroxy Chloroquin (HCQ) in the Wellness Centre and shall ensure that the drug is used strictly as per the guidelines of Ministry of Health & Family Welfare

11. CMO in Charge shall arrange for sanitization in co-operation with Local Health Authorities.

Addl. Directors, CGHS of Cities/Zones shall take necessary action to ensure the implementation of the guidelines.

(Dr. Sanjay Jain)
Director, CGHS

CGHS **rt PCR Test for COVID 19 : Clarification by CGHS that test can be done in accordance with ICMR Guidelines and on cashless basis in respect of Pensioners.**

*Government of India, Ministry of Health & Family Welfare
Directorate General of CGHS, No. Z 15025/1212020/DIR/CGHS, Dated the 10th June, 2020.*

Clarification regarding rt PCR Test for COVID 19

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

2. In this regard CGHS beneficiaries are advised to download 'Aarogya Setu' App on their mobile Phones and self-assess themselves by uploading their health status on the mobile application. If the CGHS beneficiary is unwell or shows any symptoms of COVID-19 – i.e., Fever, Cough or, Breathlessness, etc., – he/she may contact any Government Hospital/Centre / Medical Officer of CGHS/ Private empanelled hospital

and if advised rt PCR test for COVID 19 as per the prevalent ICMR protocols, the same may be undertaken from any Government / approved Centre empanelled under CGHS.

3. CGHS empanelled centres shall perform the test on Cashless basis in respect of pensioners, etc., and submit the bills to CGHS through UTI-ITSL. The reimbursement for the cost of expenditure on the test at approved rate shall be reimbursed by concerned Ministry / Department / Organization in respect of serving employees and beneficiaries of Autonomous Bodies.

(Dr. Sanjay Jain)
Director, CGHS

CGHS **Advice from CGHS Bangalore to Pensioners**

Pensioners are requested to avoid visiting CGHS WCs as far as possible. For collecting repeat medicines, they can send a representative for the purpose. CMOs of all the WCs have been instructed to give medicines for 3 months instead for one / two months. Routine investigations may please be avoided as far as possible. If visiting WC becomes inevitable, keep some distance from others. Medicals Officers will try to attend to pensioners in 5 or 10 minutes. In case of any difficulty at the WC, pensioners may please contact Dr. Ravindra at the O/o the Additional Director on his phone 9483531748.

**BSNL IDA:
1.4.2020**

*Gol, Ministry of Heavy Industries & Public Enterprises, Department of Public Enterprises
OM No. W-02/0002/2014-DPE (WC)-GL-VI /2020 dated 3 rd April, 2020*

**Board level and below Board level posts including
non-unionised supervisors in Central Public Sector Enterprises (CPSEs)-
Revision of scales of pay w.e.f. 01.01.2007 - Payment of IDA at revised rates.**

In modification of this Department's OM of even No. dated 03-01-2020, the rate of DA payable to the executives and non-unionised supervisors of CPSEs (2007 pay revision) is as follows

- a) Date from Which payable: 01.04.2020
- b) Average AICPI (2001=100) for the quarter Dec, 2019 – Feb, 2020
- | | | |
|------------------------|---|--------|
| Dec 2019 | = | 330 |
| Jan 2020 | = | 330 |
| Feb 2020 | = | 328 |
| Average of the quarter | = | 329.33 |
- c) Link Point: 126.33 (as on 01-01-2007)
- d) Increase over link point: 203 (329.33 minus 126.33)
- e) DA Rate w.e.f. 01.04.2020: 160.7 % [(203/126.33) x 100]

2. The above rate of DA i.e. 160.7 % would be applicable in the case of IDA employees who have been allowed revised pay scales (2007) as per DPE O.Ms. Dated 26.11.2008, 09.02.2009 and 02.04.2009.

3. All administrative Ministries/ Departments of the Government at India are requested to bring the fore goings to the notice of the CPSEs under their administrative control for necessary action at their end.

Naresh Kumar, Under Secretary

**BSNL
IDA**

**Freezing of Dearness Allowance/ Dearness Relief: DoT
clarifies that no orders on freezing of Industrial DA/DR**

*Gol, Ministry of Communications, Department of Telecommunications
OM No. 1/Misc/Pen/Issue/BSNL/DDG(Accounts)/2019-Part-11585-1615, Dated 26.05.2020*

Ref: OM. No. 1/Misc/Pen/Issue/BSNL/DDG(Accounts)/2019-Part-1/1407-1439 dated 28.04.2020 (copy enclosed)

Kindly refer to this office O. M. No. 1/ Misc/ Pen/ Issue/ BSNL/ DDG(Accounts)/ 2019-Part-1/ 1407-1439 dated 28.04.2020 on the subject of Industrial Dearness Relief for Central Government pensioners.

The matter has been reviewed and on account of no orders on freezing of IDA/ IDR, it has been decided that in partial modification of previous order under reference all pension related benefits be released as per rate of Dearness Relief as per latest extant order from DPE i.e. @ 160.7%.

S. N. Mishra, Director (DFU)

PENSIONERS' CHAMPION

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MARCH-JUNE 2020

BSNL

Allowing the outdoor medicals claims with the latest prescription available due to COVID-19 Lockdown. Prescription should not be older than 6 months.

File no.BSNLCO-Admn/12(12)/1/2020-admn
Bharat Sanchar Nigam Limited
Corporate Office
PHA Section Admin Branch
Bharat Sanchar Bhavan
Janpath, New Delhi-110001 Dated: 02/06/2020

Regarding allowing the outdoor claims with the latest prescription available which are not older than six months due to Covid-19 lockdown.

In view of the ongoing Covid-19 pandemic and considering the difficulty being faced by the employees in getting the latest prescription for their other ongoing treatments due to lockdown, approval of the competent authority is hereby conveyed for allowing outdoor medical claims with latest prescriptions available which are not older than six months. Outdoor treatment claims with vouchers may be settled accordingly.

This is issued with the approval of the competent authority.

(Rajeev Kumar Sharma)
Dy. General Manager (Admn.)

**BSNL
MRS**

BHARAT SANCHAR NIGAM LIMITED

(A Govt. of India Enterprise)

Corporate Office

Admin & PR Branch No. BSNL/Admn.1/15-12/18 Dated: 08.05.2020

Office Order

**Procedure for Outdoor medical claim for BSNL Employee
(Serving / Retired)**

The approval of competent authority is hereby conveyed for the following modifications in the procedure for outdoor medical reimbursement to BSNL employees (Serving/Retired):

1. Serving Employees

The ceiling for outdoor medical claim with voucher in a financial year shall be 15 days (basic pay + DA). Remaining terms and conditions same as mentioned in O.M. No. BSNL/Admn. 1/15-12/18 dated 19.07.2018 with Basic Pay +D.A. as on 01.04.2020. The Basic Pay + D.A. as on 01.04.2020 will remain the basis of calculation till further orders.

2. Retired Employees

The following three options are allowed:

- C.G.H.S
- 15 days pay with vouchers (Basic Pay + D.A. on date of retirement)
- Without Vouchers flat Rs. 1000/-(one thousand) per month.

(Rajiv Kumar Sharma)
Dy. General Manager (Admn.)

PENSIONERS' CHAMPION

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MARCH-JUNE 2020

BHARAT SANCHAR NIGAM LIMITED*(A Govt. of India Enterprise)***Corporate Office***Admin & PR Branch No. BSNL/Admn.1/15-12/18 Dated: 10.06.2020***Office Order****Cut-off date for exercising one options for outdoor Medical Claim for BSNL Retired employees-Regarding****This office letter of even no. Date. 8.5.2020**

Please refer this office letter under reference dated 8.5.2020 wherein certain modifications were issued in the outdoor medical claim to BSNL employees (Working/Retired)

As per this order BSNL Retired employees have been given following three options for their outdoor medical claims.

- CGHS
- 15 days pay with vouchers (Basic Pay + DA on date of retirement)
- without Vouchers flat Rs. 1000/- (one thousand) per month

In this regard it is clarified that the cut-off date for choosing any option out of the above three options has been decided as 30.6.2020. Retired employees may give their option to the concerned authority latest by 30th June 2020. All unit heads/circles may ensure to call the options online as far as possible.

This is issued with the approval of Competent Authority

Donation for the Building Fund - 43rd List - June 2020

SI No.	Name Sri/Smt.	Membership No.	Amount Rs.	Receipt No.	Progressive Total of donation
1410	M.T. Rangarajan	1974	30,000	4596	60000
1411	K.S.Ramanathan	1805	20000	4576	75000
1412	M.S.Venkataramaiah	442	10001	4549	30002
1413	R.Raghu	1961	10000	4555	
1414	B.Surendra Naik	2718	8000	4557	13000
1415	Attavar Yoganand	644	5000	4561	40100
1416	Narasimha Holla	2503	5000	4569	
1417	K.R.Shankar	1387	2500	4552	
1418	K.S.Sridhara	1958	1000	4545	
1419	Y.V.Narasimham	2080	1000	4559	3000
1420	K.Venkataramana	2613	1000	4556	
1421	L.V.Nagarajan	1459	750	4544	1250
1422	K.S.Manjunatha	2410	550	4570	1550
1423	S.V.Kanthamma	1614	510	4550	510
1424	Srikanta Karaba	2813	500	4560	
1425	S.Vasudeva Rao	2985	500	4592	

Our Readers Write

"Our Senior most member", who turns 100 years in August 2020, writes about the Association entering into its 25th year in service of pensioners, its building and its functioning

ATTAVAR YOGANAND, Pune
(ALM 644)

Tel:020-25871665
Mob: 99755 82761

To
All Members of KPTPA,
Respected Members,
SAPREMA NAMASKARA

At the outset, I heartily wish all of you and families a Happy New Year 'UGADI' on 25th March 2020. May the NEW YEAR bring PEACE, HAPPINESS, GOOD HEALTH and PROSPERITY! Let us all pray together to the ALMIGHTY to eradicate the Carona Virus prevailing on earth.

I am immensely pleased to understand that our Association has completed 25 years of Service to pensioners. It is indeed a Red-Letter Day for all of us.

I have been a Member of this august Association since 1998-99. In 1944, I migrated from Hassan to Mumbai and came to Pune in 1960, where I have settled down after retirement from Central Service. I am now stepping onto my Hundredth year (as per horoscope) in August this year.

It is because of the hard work of all of you that the dream to have our own building, to house our Association has come true. But for your sacrifices and valuable cooperation; this would not have seen the light of the day. It is also a happy coincidence that the Government has announced a 4% increase in D.R. from January 2020

We have to complete the unfinished task of having a Conference hall, a lift, furniture, CCTV and P. A. System. In this connection, as one of the most senior Members, I take the liberty of appealing to all of you to generously contribute the arrears of D R payable to you for 3 months from January 2020 to March 2020 which, I am sure, will go a long way in enabling the association in providing a lift to 'Pensioners' Bhavan"

It is my earnest desire to see this good gesture from you all, I shall deem your donating this amount as a *personal* gift to me from each one of you.

I thank you all in anticipation of your noble gesture; may God bless you!

Yours sincerely
Attavar Yoganand

KP&TPA wishes Sri Attavar Yoganad, happy, healthy and long life

Karnataka P&T Pensioners' Association, under your able guidance has been rendering yeomen service. I sincerely appreciate the work being done by the Association and hence decided to give a donation of Rs.30,000/- for the Building fund and have also decided to renew my subscription to the journal Pensioners' Champion. Cheques are sent.

M T Rangarajan, IA&AS(Retd) Ex Dy. Accountant General, ALM1974

Our Readers Write

After completion of more than 38 years of service in BSNL, BG TD, I retired from the post of Senior Telephone Supervisor on 31-8-1991 .

In April 2018, when 7th CPC arrears was paid to pensioners, I got only Rs.7908/- whereas several of my former colleagues got about Rs.79,000/-.

I thought that something was wrong in fixation of my pension and therefore, requested the Secretary, KP&TPA to checkup whether fixation of my pension done by CCA was correct. As advised, I sent copies of the PPOs issued to me at the time of retirement and in March 2018. While the pay scale was not indicated in the PPO issued in 1991, in the revised PPO issued in March 2018, the pay scale was shown as Rs.1600-2660 (Scale S-9) and the last pay as Rs.2100.7th CPC pension was fixed at Rs.21,150/-.

Secretary, KP&TPA, after thorough verification of my pension fixation, informed me that since the amount of pension sanctioned on my retirement was Rs.1188/-, the last pay could not have been lesser than Rs.2375/- and the pay scale should have been Rs. 2000-60-2300-75-3200 (grade S-12) and not as indicated in the revised PPO issued in March 2018. A representation drafted by him was sent to CCA with all the relevant details requesting for a review of my pension case. KP&TPA registered a grievance with CPENGRAMS, Department of Pension & PW and pursued the case with the concerned authorities.

Finally, as a result of the efforts of KP&TPA, my pension was revised from Rs.21,500 to Rs.23,100/- w.e.f 1-1-2016 and arrears of pension due to me was also paid in February, 2020.

I am grateful to the Secretary of our association. Long live KP&TPA

Mrs. Theresa Manoharan, LM 2646

I am very much thankful to you for your approach and efforts in mitigating the grievances of pensioners, whether they are pensioners of Dept of Posts or of other Departments including Railways. Thank you for pursuing my pension revision case with the Financial Advisor and Chief Accounts Officer, South East Central Railway, Bilaspur, Chhattisgarh consequent to increase in grade pay of pre-2006 S-12 retirees. Your calm and vivid explanation of the subject given to me over the telephone is highly appreciated.

Y V Narasimham ALM-2080

APPEAL FOR DONATIONS FOR THE BUILDING

We appeal to our **Members who have not yet paid** their contribution to the building fund please to consider remitting their donation to facilitate provision of a lift to the new building. 43rd list of donations is published in this issue.

Amount may please be remitted by *crossed cheque* payable to "Karnataka P&T Pensioners' Association".

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

OBITUARY

Sri B S Gopalakrishna Setty, LM 517, Senior DDG, DoT, New Delhi, expired in November 2016 at the age of 88 years.

Sri V Prahlad Rao, Sorting Assistant, B'City RMS LM 46, expired on 29-9-2019 at the age of 84 years. He is survived by his wife and a son

Sri S R Nagaraj LM 1930, Retired Postmaster, Nanjangudu HPO expired on 2-12-2019 at the age of 91 years. He is survived by his wife and a son

Sri V R Sambu Kumar ALM 1051, Retired Senior Accounts Officer, O/o, A G Karnataka, expired on 9-2-2020 at the age of 82 years.

Smt. Elizabeth Prema, LM 1876 retired Senior Telephone Supervisor, Mysore TD expired at the age of 82 years.

Sri S R Joshi, LM 2945 Retd. Divisional Engineer, BSNL, Chikkamagaluru expired on 3-3-2020 at the age of 78 years. He is survived by his wife and a son.

Sri A S Fazlur Rahaman, LM 1260 retired HMM Bangalore City RMS, expired on 4-3-2020 at the age of 75 years. A veteran NFPE trade union leader of Karnataka Postal Circle, held many positions in the All India RMS & MMS Employees Union MG&MM at Branch, Divisional and Circle levels. He was elected as the Asst General Secretary of AIRMSEU MG&MM, CHQ in the year 2000. In the passing away of Com Fazlur Rahaman, AIRMS&MMS EU, and Karnataka has lost one of its former leaders.

Sri Vinayakumar Hoysal, LM 1622, Retired Postmaster, Training Command IAF, Bangalore expired on 6-3-2020 at the age of 81 years. He is survived by two sons and a daughter.

Sri S Krishnan LM-24, retired LSG Supervisor, Bangalore City RMS, one of the founder members of the association and a member of the first Executive Committee, expired on 11-3-2020 at the age of 94 years. He is survived by 3 sons.

Sri N C Joga Rao, LM 723, Retd Office Supdt. O/o PMG, Karnataka, expired on 15-3-2020 at the age of 85 years.

Sri B Shivaswamy LM 2663, Retd BCR Stg Asst. RMS 'Q' Dn, Bangalore, expired on 16-3-2020 at the age of 74 years. He is survived by a daughter and a son.

Sri R Gopalakrishna, LM 84, Retd HSG HSA, BG TD Stg, expired on 21-3-2020 at the age of 84 years. He is survived by wife, 2 daughters and a son.

Sri B.N. Rao, LM 544, Retd Postmaster, Kulshekar Head Post Office, Mangalore, expired on 25-3-2020 at the age of 92 years. He is survived by two sons and two daughters. The late Sri Rao, is the elder brother of Sri B Sadashiva Rao, former President and Advisor to KP&TPA.

Sri M S Raghavan, Retd. Member, Postal Services Board, New Delhi and former SSRM RMS'Q" Dn, Bangalore, LM -511, expired on 31-3-2020 at the age of 85 years.

Sri K H Jagadisha, LM 2470, Retd LSG Supr Bangalore City RMS, expired on 25-4-2020 at the age of 76 years. He is survived by two daughters.

Smt. Pushpawathi Jawale LM- 2507, Retd Section Supr O/o CPMG, Karnataka Circle, B'lore, expired 21-5-2020 at the age 63 of years. She is survived by her husband.

The Executive Committee, KP&TPA conveys its heartfelt condolences to the bereaved families.

We Welcome the Following Newly Enrolled Members

	Name (Smt./Sri)	Designation & Office in which last worked	Type & No.
1	Usha Nanjundaiah (FP)	W/o. the Late Nanjundaiah, Subedar, APS	LM 2967
2	V.Krishnappa	HSG-I Postmaster, Kolar Head Post Office	LM 2968
3	V.Sriramappa	Postmaster Grade I, Malur LSG Sub post Office	LM 2969
4	Anantha Sathyanarayana	Sub Postmaster, Kantharaj Urs Road PO Mysuru	LM 2970
5	Chandramathi	Asstt. Accouts Officer, O/o DA(P), Bangalore	LM 2971
6	R.Gopalakrishnaiah	Asstt.Chief Postmaster(Accts), Bangalore GPO	LM 2972
7	L.Leomoses	Accountant, HRO(Accts), RMS Sorting Division, Bangalore	LM 2973
8	Ramachandra.N.Bhat	BCR Sorting Assistant, Bangalore City RMS	LM 2974
9	K.M.Ramachandra Reddy	Superintendent, Postal Store Depot, Hubballi	LM 2975
10	M.V.Nagaraj	Asstt.Commissioner of Customs, Bangalore Zone	ALM 2976
11	Dr.P.Shantharaje Urs	Marketing Executive, O/o SSPOs, Mysuru Divi. Office, Mysuru	LM 2977
12	Cheluvswamy	MTS, Postal Stores Depot, Bengaluru	LM 2978
13	Anjanamma (FP)	W/o. the Late G. Narayanaswamy MTS, Postal Stores Depot, Bengaluru	LM 2979
14	Ganapathy Acharya	Deputy Manager, A/cs, Business Post Centre, Manipal	LM 2980
15	N.Dwarakanath	Assistant Chief Postmaster, HSG- II, Bangalore GPO	LM 2981
16	Mylarappa	Deputy Postmaster, HSG II, Saraswathipuram HPO, Mysuru	LM 2982
17	K.V.Shankar	Postman, Malleswaram Post Office, Bangalore	LM 2983
18	N.Vijayalakshamma	Sorting Assistant, Bangalore Sorting Division, Bangalore	LM 2984
19	S.Vasudeva Rao	Scientist 'C', DRDO, LRDE, Bangalore	ALM 2985
20	G.S.Puttanna	LSG Postal Assistant, Koppa Head Post Office	LM 2986
21.	N.V. Bhat	Dy. General Manager(Finance), DoT, MTNL, Mumbai	LM 2987

LM: Life Member

ALM: Associate Life Member

ALL INDIA CONSUMER PRICE INDEX					
Month	CPI Base 2001=100	12 Months' Total	Monthly % increase Ave.	7th CPC % increase over 261.42	DR due
June 19	316	3673	306.08	17.08	17% from July 2019
Dec 19	330	3809	317.41	21.42	21% from Jan 2020 (Frozen)
Apr 20	329	3887	323.92	23.90	

DA/DR wef 1-1-2020 : 21% - **FROZEN** Vide MoF, DoE, OM dated 23-4-2020 Order in page- 4

BSNL IDA

From 1-4-2020 160.7 % (3.4% Increase over January 2020 rate of 157.3%)
IDA Order in Page-12

PENSIONERS' CHAMPION

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MARCH-JUNE 2020

Subscription received for Pensioners' Champion During March, April, May & June 2020

Rs.150/- Smt./Sri	Rs.150/- Smt./Sri	Rs.300/- Smt./Sri	Rs.500/- Smt./Sri
4 B.Sadashiva Rao	2327 K.Ranganath	1524 M.F.Karim	2257 K.Mahananda Reddy
205 L.Narayana	2355 S.V.Seshadri	1542 K.V.Suryanarayanaiah	2356 H.K.Ramanna
220 C.B.Puttaswamy Setty	2387 H.Sitharam Bhat	1832 R.Ramakrishnan	2410 K.S.Manjunatha
249 K.Basappa	2485 S.Lakshmi	1924 N.Chandrapal	1426 B.Mohan
293 B.L.Suryanarayanaiah	2615 S.Purushothaman	1974 M.T. Rangarajan	1938 T.Sridhar
298 Nagarathna	2623 D.D.Khavasi	1999 B.S.Narayana Swamy	2263 K.S.Mani
599 G.Shanmugha Vadivelu	2784 Mrinal Kanti Palit	2093 H.T.Govinda Gowda	2602 P.Kaladharan
735 K.Gururajachar	2813 Srikanta Karaba	2095 K.Chandran	Rs.600/- Smt./Sri
967 M.B.K.Nair	S-201 Daulet Beley	2157 V.Gopal	746 S.Srinivasan
1022 M.Vasudevan	S-283 B.M.Kulkarni	2225 P.Venkatesetty	1227 V.S.Bhandari
1102 G.Madhava Murthy	Rs.200/- Smt./Sri	2287 Y.Venkataramana Rao	1272 Venkatagiriappa
1131 K B Krishna Rao	2080 Y.V.Narasimham	2475 Dr. T.K.Gundu Rao	1428 C.L.Lingiah
1291 V.T.Jayachandran	2606 R.B.Bhaskari	2480 V.Sujatha	1517 K.M.G.Warrier
1322 M.M.Devappa Indiramma	S-311 K.Sanjeeva Rao	2675 Indira Bhat	1578 G.N.Sortur
1395 M.D.Mahadev	S-350 B.Veerawamy	Rs.375/- Smt./Sri	1782 J.Dheerendra
1457 N.Manjunatha Adiga	S-351 H.S.Narayana Murthy	2544 C.N.Upendra Rao	1853 V.R.K.Iyengar
1569 T.Ramakrishnappa	Rs.250/- Smt./Sri	Rs.400/- Smt./Sri	1942 S.N.Joshi
1683 C.Ramakrishna Reddy	2185 Rathnamma	2788 P.R.Amashi	1958 K.S.Sridhara
1693 V.N.Deshapande	Rs.300/- Smt./Sri	Rs.450/- Smt./Sri	2087 Manikarnika Devi
1730 V.Gopinath	594 K.B.Kamath	608 Suguna Sampath	2229 A.Arunaprakash
1742 K.C.Savinarayana	595 T.S.Lakshmikanthan	782 D.R.Balaram Gupta	2337 H.N.Subbaramaiah
1813 M.Ramachandran	721 S.Vedagiri	871 H.Thejappa	Rs.750/- Smt./Sri
1826 L.Periaswamy	783 B.R.N.Gupta	1149 R.Krishna Murthy	637 P.R.Tantri
1877 S.N.Gogi	909 M.C.Marena	1174 N.Ramaiah	848 K.V.Sathyanarayana
1894 N.Subbaiah	947 P.Kothandaraman	1296 M.S.Lalitha	929 K.V.Lakshminarayana
1956 G.L.Shivaswamy	1034 V.Sambasiva Rao	1387 K.R.Shankar	1166 B.R.Baliga
1966 V.R.Joshi	1065 V.Shankar	1527 T.Mani	1234 Dr.J.Jagadish
1970 V.Murugan	1288 B.S.Sethuram	1604 Subba Rao	1271 Jayashankar Rao
1997 D.N.Jagadeesh	1361 N.S.Suryanarayana Iyer	1722 A.N.Bhat	1458 B.R.Nagaraja
2017 N.Nadarajan	1363 S.R.Arjungi	1725 R.R.T.Lavi	1477 S.Gurumurthy
2063 S.M.Hadagalagiri	1369 H.S.Srikantaiah	1749 M.Pari	1550 A.Poobalan
2107 S.Vijayagopal	1459 L.V.Nagarajan	1787 R.P.Leela Nair	1714 K.Radhakrishnan
2153 R.Shivashankar	1461 A.H.Veeraiah	1861 M.N.Narasimhan	2306 D.Varadarajulu
2159 P.V.Kulkarni	1485 P.R.Balakrishna	1879 L.M. Niranjana Murthy	Rs.900/- Smt./Sri
2206 M.Elangovan	1488 M.S.Krishna Murthy	1882 K.G.Vasanthkumar	1347 Dr.L.G.Sumitra
2223 N.Gopalakrishna	1504 M. Govinda	1943 A.Radhakrishna	1600 S.V.Sridhara Murthy
2294 N.L.Raghava	1522 B.Raghothama Rao	2028 D.Srinivasa Reddy	Rs.1000/- Smt./Sri
		2077 G.Venkataraman	644 Attavar Yoganand
		2225 D.Kalyan Rao	

Form IV

1. Title of Newspaper : Pensioners' Champion
2. Place of Publication : Bangalore
3. Periodicity of its publication : Monthly
4. Printer's Name : N. Bhaskaran
5. Whether a Citizen of India : Yes
6. Address : # 1397, 23rd Main, Banashankari 2nd Stage,
Bangalore-560 070.
7. Publisher's Name : N. Bhaskaran
8. Whether a Citizen of India : Yes
9. Address : # 1397, 23rd Main, Banashankari 2nd Stage,
Bangalore-560 070.
10. Editor's Name : N. Bhaskaran
11. Whether a Citizen of India : Yes
12. Address : # 1397, 23rd Main, Banashankari 2nd Stage,
Bangalore-560 070.
13. Name and Address of Individuals who own the Newspaper : Wholly owned by
Karnataka P&T Pensioners' Association
14. Address : # 1397, 23rd Main, Banashankari 2nd Stage,
Bangalore-560 070.

I, N. Bhaskaran, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Bangalore
27-06-2020

Sd/- (N. Bhaskaran)
Publisher

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.

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