



Bilingual (Kannada and English) 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" Under the Income Tax Act 2025

Registered Office: Pensioners' Bhavan, Telecom Layout, Srirampura Phase II Bengaluru-560064

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VOLUME XXVII

ISSUE 9

SEPTEMBER 2026

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STRUGGLE AGAINST

**"Validation of the Central Civil Services (Pension) Rules"
Passed in Lok Sabha as Part IV of Finance Bill on 25.3.2025**



**Coordination Committee of Central Government Pensioners'
Associations Karnataka (CCCGPA) organised MARTYRS DAY and
STATE LEVEL DHARNA on 19.09.2026 at Bengaluru**

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MARTYRS DAY & STATE LEVEL DHARNA 19.09.2026



Com K.B. Krishna Rao, President CCCGPA, speaking on Martyrs Day



Com S. Radhakrishna. G.S. speaking on the agitation programmes and 8th Central Pay Commission



Com M.G. Kodandaram, Secretary, CE&C Pen. Association speaking



Com Jayaprakash Javli, Coordinator, SNPWA, speaking



Com Muddaiah, Circle Secretary, AIBDPA speaking on BSNL Issues



Com V. Murugan, Vice President K P&T PA raising slogans



MARTYRS DAY & STATE LEVEL DHARNA : 19.09.2026

In response to the call of the National Coordination Committee of Pensioners Associations (NCCPA) & the Forum of Civil Pensioners' Associations (FCPA), MARTYRS DAY & STATE LEVEL DHARNA - being the second phase of the current agitation programmes, were organised by the Coordination Committee of Central Government Pensioners' Associations Karnataka (CCCGPA -K) on 19th, September, 2026 in the premises of the office of BSNLEU, Telephone House, Lok Bhavan Road, Bengaluru at 11.00 a.m.

A very good number of Pensioners from several Pensioners' Associations, affiliated to CCCGPA Karnataka, participated in the agitation programme.

The meeting hall was filled to its capacity forcing many Pensioners to stand and participate in the proceedings of the meeting held before the Dharna and Demonstration held in front of the BSNLEU Office thereafter.

The meeting was presided over by Com K.B.Krishna Rao, President CCCGPA - K and the proceedings were conducted by Com S. Radhakrishna, General Secretary.

Presidents, Secretaries and members of several Affiliate Pensioners' Associations of CCCGPA-K attended the programmes.

Com Radhakrishna G S, in his opening remarks, explained the circumstances under which CCCGPA was compelled to hold the Dharna only on one day ie. on 19th September, 26 instead of 3 days ie. on 17th, 18th and 19th as called for by the Executive of NCCPA/ FCPA.

He explained that in spite of the best efforts made by the President and himself to secure a proper venue for holding the Dharna on all the 3 days, either at a single venue or at different venues, proved completely futile since the Authorities who were approached by

them were reluctant to allow the Dharna being held in front of their respective offices.

Com Radhakrishna, GS, made his best efforts to hold the Dharna at a public place in the City viz. Freedom Park on Seshadri Road, Bengaluru, the only venue in the City where public meetings are permitted. But, he was informed by the Jurisdictional Police that the venue is already booked for an event on 19-9-2026 and he may choose some other date for holding the proposed Dharna. Left with no other option, CCCGPA had to decide on holding the Dharna at a venue wherever it was possible.

Com Muddaiah, Circle Secretary, AIBDPA, Karnataka could finally, through his constant efforts, secure a meeting hall for holding a meeting and a place for the Dharna at BSNLEU Office.

Com Radhakrishna spoke in detail about the significance of the Day - 19th September, and paid rich tributes to the late lamented Trade Union leaders who had sacrificed their lives in the cause of welfare of the Employees and Pensioners.

Continuing, Com Radhakrishna spoke about the Validation of Pension Rules, case before the Hon'ble Supreme Court and the 8th CPC.

Com K B Krishna Rao, President CCCGPA, in his address, said that when CCCGPA was forced to hold the agitation only on one day instead of 3 days, it decided to hold the Dharna on 19th September, which is considered as the Red Letter Day in the annals of the history of Trade Union movement in the country. He said that it is only because of the sacrifices made by the leaders of the past and present, the working condition, salary and pension have improved over the years. He mentioned the names of National Leaders like Com VAN Namboodiri, advisor NCCPA, and

State Leaders like the late Comrades P. R. Chabaque, of the Survey of India, well-remembered for his dynamic leadership as the convenor of the Joint Action Committee in Bangalore during the historic nationwide central government employees' strike on 19.9.1968, Com A. Raghothaman, Com N. Bhaskaran and Com C V Ananda of the RMS Employees Unions of Karnataka Posts who led the struggles of the CG Employees and Pensioners for decades facing the wrath of the Authorities who imposed severe punishments on them for leading Strikes.

He recalled his personal experience during the one day strike on 19.09.1968 when he, along with his 40 colleagues, was charged under Section 5 of the Essential Services Maintenance Act for participating in the strike on 19-9-1968 and produced before the Magistrate .

Com Krishna Rao spoke about the Validation of Pension Rules, the Writ petition before the Hon'ble Supreme Court and the visit of the 8th CPC to Bengaluru on 7th -8th October 26.

Informing about the next agitation, he requested all the Affiliate Associations to send at least 2 of their members to participate in the "Parliament Chalo" on 25th November 2026 to ensure that CCCGPA and Karnataka are well represented in the Delhi agitation.

He also appealed to all other Pensioners Associations in the State to get affiliated to

CCCGPA-K to further strengthen the organisation of 35 Affiliate Associations to champion the cause of Pensioner Community.

Com Muddaiah, Circle Secretary, All India BSNL- DOT Pensioners Association, Com M .G. Kodandaram, Secretary, Central Exercise and Customs Pensioners Association, and Com Jayaprakash Javli, Circle Coordinator, Sanchar Nigam Pensioners Welfare Association, Karnataka addressed the gathering.

Com Muddaiah and Com Javli spoke about the long pending demand of pension revision of BSNL Pensioners and sought the support from all, especially in view the latest developments with regard to their demand for revision of pension of BSNL Pensioners not being considered by the Government.

Com Kodandaram, while speaking about the present agitations being conducted by the Pensioners Associations in the country, said that his Association extends its whole hearted support to further strengthen the movement.

After the meeting, all Pensioners assembled before the building housing the BSNLEU Office and raised slogans in support of the demands of the Pensioners which are being strongly pursued by them for more than a year now by holding several types of demonstrations throughout the country which includes the demand for inclusion of revision of pension of the existing pensioners in the Terms of Reference of the 8th CPC.

The following are the demands

1. Scrap the draconian Validation of Pension Rules
2. Modify the retrograde Terms of Reference of 8th CPC to ensure pension revision of pre 2026 pensioners.
3. Grant Interim Relief
4. Merge 50% DA/DR with pay/pension
5. Revise the pension of BSNL/MTNL absorbed pensioners due from 1-1-2017.
6. Updation of Bank pension.
7. Extension of 8th CPC benefits and CGHS to Autonomous Bodies.
8. Restoration of Commutation after 10 years and 8 months.
9. CGHS and Health related issues.
10. Ensure Parity in pension between Pre and Post 2026 Pensioner

Submission of Digital Life Certificate through the “Face Authentication Technology”

All the pensioners/family pensioners are required to submit their Life Certificate to the Pension Disbursing Authority every year in November before 20th of the month.

Pensioners aged 80+ can submit their life certificate either in October or November.

During the last year, KP&TPA volunteers visited residences of 1478 aged infirm pensioners to help them to submit their life certificate from the confines of their homes/ Old age homes. The Association, in coordination with other Pensioners' Associations, organized 53 Digital Life Certificate Camps, 36 in Bengaluru and 17 in other places like Mysuru (2), Nanjanagudu, Chamarajanagara, Virajapet, Ponnampet, Kolar, Chikkamagalur, Shivamogga, Davanagere, Chitradurga, Hassan, Tumakuru,

Robertsonpet, Bangarapet, Mulabagilu and Tirupathi.

In 2025 they helped a record number of 3892 pensioners/family pensioners to submit their digital life certificate making use of the “Face Authentication Technology” launched by the Department of Pension and Pensioners Welfare in collaboration with UIDAI & Ministry of Electronics and Information Technology (Miety).

Similarly, during this year 2026, in association with Coffee Board Pensioners' Association, IA&AD Pensioners' Association and some other affiliates of CCCGPA Karnataka, KP&TPA will conduct DLC Camps and the volunteers will also visit residences of aged pensioners who register their names with us.

* * *

Volunteers (Smt./Sri)				
T V Suryaprakash (TVS) 9448375138	M Ramakrishna (MR) 9480108025	N M Hegde (NMH) 9448510480	K R Anantha Ramu (KRA) 9448477129	A N Desai Hubballi 9448823475
M B Shivalingaiah(MBS) 9964144731	S N Hiremani (SNH) 9449848102	K Anand (KA) 9449018299	B Nagaraju (BN) 9964440876	D Kalyan Rao Kalaburgi 9880064680
A Prakash (AP) 9449002952	H S Ramesh Babu(HSR) 9740929913	Dr. D Venkataraman (DVR) 9448657229	N R Anantha (NRA) 9481487557	Khleel Ahmed Kalaburgi 9663928791
K Nagesh (KN) 9448705268	V Murugan (VM) 9902020537	D Shivaiah (DS) Mysuru 9448283658	H R Suresh (HRS) Kolar 9844756546	Ramachandra Yadav Yadgiri 948424047
H R Shamasundar(HRS) 9986520345	B T Chandrashekhar(BTS) Davanagere 8310204605	R S N Murthy(RSN) 9731663662	Vishwanath Rao (VR) 9343518849	Manjunath Chitradurga 8310184904
H S Rajendra (HSR) Cikkamagalur 9449066507	S Radhakrishna (SR) 944880921	S Rajashekara (SR) Mysuru 9013348224	R Jagannath Rao (RJR) 6360665007	Virupakshappa Chitradurga 9449848840
B A Suryaprakash (BAS) 9449016336	N Prakash (NP) Mysuru 7022444490	L M Balappa (LMB) 9620237788	K V Anantha Ramu (KVR) 9480887347	
B R N Dixith (BRN) Kolar 9964128159	S Kasirajan (SK) 9535145054	Iranna Hanji (IR) 9844855933	Ashok Hachadad (AH) Hubballi 9448831555	
K B Krishna Rao (KBK) 9483467750	R Anjaneya (RA) 9845119939	N Prakash (NP) 7975168070		

Submission of Digital Life Certificate through the “Face Authentication” Technology Tentative Schedule

Digital Life Certificate Camps being organised during November 2026

Date	Camp Venue	Volunteers to be contacted
01-11-2026 Sunday 09.30 AM	Sahakaranagar, Ganesha Temple Premises, A Block, Sahakaranagar Contact: Sri B Nagaraju, Mobile No. 9964440876	KRA/NB/HSR/BAS/RSN/VM/KA/ Anjaneya R/MR & others
01-11-2026 Sunday 10.00 AM	Poornapragna Layout Suvarna Bhavana at Vishnuvardhan Circle, Uttarahalli- Kengeri Road Contact: Sri Shreesha Rao Mobile No. 9900118351	KN/TVS/VR/NRA/VG/AP
01-11-2026 Sunday 2.30 PM	Konankunte Srinidhi Sabha Bhavana Lions Club Contact: Sri Vishwanath Rao Mobile No. 9343518849	VR/KN/VG/NRA
1-11-2026 Sunday 10.00 AM	HPO & RMS Layout,, Shakthinagar, Mysuru, Contact: Sri Jagadish Mobile No. 97395 38929	SR/NP
1-11-2026 Sunday 10.00 AM	Sadvidya Educational Institutions, No.7, Narayana Sastry Road, Mysuru 570024 Contact: Sri P.M. Parameshwaraiah Mobile No: 9449621314	KA/MBS/SR/NP
02-11-2026 Monday 10.00 AM	Rama Mandira Temple,Coffee Board Layout, Hebbal, Kempapura, Bengaluru Contact: Sri R. Anjaneya Mobile No. 9845119939	VM/TVS/RA/DR.DVR/RSN
02-11-2026 Monday 09.30 AM	Havyaka Bhavana, 11 th Cross, Malleswaram Contact: Sri N.M.Hegde Mobile No. 9448510480	NMH/KRA/BN
02-11-2026 Monday 02.30 PM	Judicial Layout, Sahakaranagara Contact: Sri H.S.Ramesh Babu Mobile No.9740929913	BN/KRA/HSR/NMH
02-11-2026 Monday 10.00 AM	A.G's Office Layout Arehalli, (Near Uttarahalli) Contact: Sri B V Ramesh Mobile No.9880596436	KN/VBN/NRA/VG/AP

02-11-2026 Monday 10.00 AM	Kolar Head Post Office Contact: Sri K Ananda Mobile No.9449018299	KA/HRS/Dixit
02-11-2026 Monday 10.00 AM	Tumkuru Contact: Sri K V Anantha Ramu Mobile No. 9480887347	MBS/HRS
02-11-2026 Monday 3.00 PM	R T Nagar Head Post Office Contact: Sri V Murugan Mobile No. 9902020537	VM/RA
02-11-2026 Monday 3.00 PM	Ullal Upanagar, Near Kengeri Upanagara, Contact: Sri T R Shankaramurthy Mobile No. 9449851517	VR/KN/NRA
03-11-2026 Tuesday 10.00 AM	Railway Pensioners Association, Wheel & Axle plant Yelahanka, Contact: Sri Indra Shekar Mobile No 9483965754	KRA/B N/HSR/NMH/
03-11-2026 Tuesday 9.30 AM	Pensioners' Bhavan, Telecom Layout Near Jakkur, Contact: Sri.S.N. Hiremani 9449848102 Balappa LM 9620237788	LMB/SNH/Iranna Hanji/RKR
03-11-2026 Tuesday 10.00 AM	DRDO Township Phase-I, NGO Hall, Opp.to SBI, C V Raman Nagar. Contact: Sri. Desikan Mobile: 944805557, 8618870957	TVS/VR/VG/NRA/AP/KA/VM/RSN
04-11-2026 Wednesday 10.00 AM	Basaveshwaranagar Senior Citizen Forum, Kirtloskar Colony. Contact: Sri. H R Shamasundar Mobile No.9986520345	HRS/VR/KN/NRA/AP//RJR/KBK/Suma
04-11-2026 Wednesday 10.30AM	Seetharamanjaneya Temple, Hassan Contact: Sri H N Srinath Mobile No. 9480392660	TVS/KRA/BN/VM
04-11-2026 Wednesday 10.30am	Robertsonpet Post Office Contact: Sri.K Ananda Mobile No. 9449018299	KA/Janakiram
05-11-2026 Thursday 10.00 AM	Vijayanagar : Mrs Anuradha's Residence, Near Police Station & Metro Station, 16 th Main Contact: Sri K Nagesh Mobile No. 9448705268	VR/KN/NRA/RJR/VG/HRS/AP/Suma
05-11-2026 Thursday 10.00 AM	AMCO Layout, Sahakaranagar Contact: Sri.N M Hegde Mobile No.9448510480	NMH
05-11-2026 Thursday 4.00 PM	Rajarajeshwarinagar, Anand Sevashrama, Ideal Home Colony, R R Nagar Contact: Sri K Nagesh Mobile No 9448705268	KN/AP/VR/NRA/MBS

05-11-2026 10.30 AM Thursday	Chikkamagaluru Head Post Office: Contact: Sri. K Ramaiah Mobile No.9663104325	TVS/KRA/BN/VM
05-11-2026 Thursday 10.00 AM	Nanjangud; Vishwakarma Bhavan Behind JSS College Contact: Sri. Nanjundaswamy Mobile No.7259489352	MBS/KA/SR/NP
05-11-2026 Thursday 10.00 AM	Sr.Citizen Association, Hindi Prachara Sabha, Kalaburgi Contact: Sri.D Kalyan Rao Mobile No.9663928791	DKR/KA
06-11-2026 Friday 10.00 AM	Shivamogga, Prasanna Ganapathi Temple, Ravindranagar Contact: Sri.V Shashidhar Mobile No. 9448839884	TVS/KRA/BN/VM/KA
06-11-2026 Thursday 10.30am	JP Nagar 7 th & 8 th Phase, Gowravnnagar Contact: Sri. Vishwanath Rao Mobile No.9343518849	VR/NRA/AP
06-11-2026 Thursday 4.00 PM	Padmanabhanagar: Near Devegowda Petrol Bunk. Contact: Sri K Nagesh Mobile No. 9448705268	KN/AP/NRA
07-11-2026 Saturday 9.30 AM	Vidyaranyapura : Senior Citizen Forum Contact: Sri K R Anantharamu Mobile No. 9448477129	KRA/BN/HSR/NMH/VM
07-11-2026 Saturday 10.30 AM	Surya Prakash Residence, No.369, 16 th A Main, Jayanagar 4 th T Block Contact: Sri.T V Suryapraksh Mobile No. 9448375138	VR/TVS/VG/NRA/AP/
07-11-2026 Saturday 10.00 AM	Tirupathi Contact: Sri Kashirajan Mobile No. 9635145054	KR
	Chitradurga Davanagere Chamarajanagar will be notified later	VR
8-11-2026 Sunday 11.00 AM	Konanakunte Century Apartment Premises Kanakapura Main Road Contact: Sri. Vishwanath Rao Mobile No.9343518849	VM/ME
09-11-2026 Monday 10.00 AM	Kaval Byrasandra, P&T Quarters Contact: Sri.V Murugan Mobile No. 9902020537	VM/

09-11-2026 Monday 3.00 PM	Lingarajapura : E Mathiazhagan's Residence Contact: Sri. V Murugan Mobile No.9902020537	BN/KRA/MR/HSR/NMH/BAS
11-11-2026 Wednesday 9.30AM	Sahakaranagar Union Office Building, A Block, Sahakaranagar Contact: Sri.M Ramakrishna, M: 9480109025 B Nagaraj Mobile No. 9964440876	BN/KRA/NMH/HSR
11-11-2026 Wednesday 10.30 AM	Jigani : VLN Prabhudalaya Contact: Mrs. Manjusha Mobile No. 9739396500	VM/TVS/VR/NRA/AP/RSN
12-11-2026 Thursday 10.00 AM	Koramangala Residents Welfare Association, Koramangala 6th Block Contact: Sri V Gangahanumaiah Mobile No. 9448375138	NMH/KRA/BN
12-11-2026 Thursday 10.00 AM	Havyaka Bhavana, Hubballi Contact: Sri A N Desai Mobile No. 9448823475	NMH/KRA/BN
12-11-2026 Thursday 3.00 PM	Head Post Office, Hubballi Contact: Sri Ashok Hachadad Mobile No. 9448831555	KRA/BN/NMH/VM/HSR
13-11-2026 Friday 10.00 AM	Vidyaryanapura, Saibaba Temple Contact: Sri.K R Anantha Ramu Mobile No. 9448477129	KRA/BN/HSR/TVS
14-11-2026 Saturday 10.00 AM	Nemmadi Vishranthi Dhama, Andhrahalli, Vidyamanyanagar, Contact: H S Ramesh Babu Mobile No. 9740929913	KRA/HSR/BN
15-11-2026	Dementia Centre, Yelahanka Contact: H S Ramesh Babu Mobile No. 9740929913	BTC/Virupakshappa
	Davanagere Head Post Office Contact: Sri. B T Chandrasekhar Mobile No. 9480472130	

CGHS – Empanelment of New HCOs

Office Memorandum File No. Z/28015/CGHS/BNG/EMP/2025

Dt: 28.08.2026 of the Additional Director, CGHS, Bengaluru

S.No.	Name of HCO	Address	Accreditation	City Classification
1	Gleneagles BGS Hospital (A Unit of Gleneagles Healthcare India Pvt. Ltd)	# 67, Uttarahalli Main Road, Sunkalpalya, Kengeri, Bangalore -560060	NABH (Valid Up to 06/03/2027) Multispeciality	Bengaluru, Tier 1
2	Narayana Hrudayalaya Ltd., NISC & MSMC	#258/A, Bommasandra Industrial Area, Hosur Main Road, Anekal Taluk, Bengaluru- 560099	NABH ((Valid Up to 09/06/2028) Superspeciality	Bengaluru, Tier 1

Subscription received for Pensioners' Champion during August-September 2026

Rs.180/- Smt./Sri	Rs. 180/- Smt./Sri	Rs. 360/- Smt/Sri	Rs. 540/- Smt/Sri
847 S N Krishnamurthy 1439 K Ramadevi 2045 B V Srinivasa 2427 N Ganesh Babu 2430 S. Devapala 2431 MAM KameshwarRao 2485 S.Lakshmi 2517 G B Hanumanthappa 2858 Vageesh Varada	3210 K T Annapurna Devi 3584 J D K Sheshagiraiah xxxx Srinivas (2.9.2026) xxxx Vatsala (12.9.2026) Rs. 240/- Smt/Sri S-343 R Ramadurai S-357 B.R.R. Singh 825 P. Ramanatha 360/-	899 Nagarathnamma 2283 V Lakshminarayana 2370 KM Joshi 2755 K V Suryanarayana Rao 2766 B G Renukprasad 2802 Pasala Lazer Nirmal Kumar 3253 K. Sudhir Kamath 3758 S.Chandrashekhara	7 M S Narayanamurthy 1650 B B Poddar 2741 K Gundu Rao 3187 H M Sathyavathi Rs. 800/- to Rs. 900/- Smt/Sri 502 R Krishnan 805/- 3000 Dr. M. Ramachandran 900/-

Donation for the Building Fund August-September 2026

SI No.	Name Sri / Smt.	Membership No.	Amount Rs.	Receipt No.	Progressive Total of Donation
1	B B Poddar	1650	1460	7546	6460
2	V. Lakshminarayana	2883	1000	7047	
3	S N Krishnamurthy	847	500	7542	
4	J D K Sheshagiraiah	3584	320	7548	

WE WELCOME THE FOLLOWING NEWLY ENROLLED MEMBERS

Sl.No.	Name (Smt./Sri)	Designation & Office in which last worked	Type & No.
1.	S B Bellary	Basket Ball Chief Coach, Sports Authority Of India	ALM 3866
2.	K V Lakshminarayana Murthy	Postman, Kalyananagar Post Office Bengaluru	LM 3867
3.	R Panchakshari	Head Sorting Assistant, Davanagere RMS	LM 3868
4.	Rama Ramanujam (FP)	Lower Division Clerk, CQAL, Bengaluru	LM 3869
5.	H.N. Ramakrishna	Sorting Postman, JP Nagar, P.O. Bg	LM 3870

ALL INDIA CONSUMER PRICE INDEX

Month	CPI Base 2016=100	CPI Base 2001=100	12 Months Total	Monthly average	7th CPC % increase over 261.42	DR due
Dec. 2025	148.2	427	5030	419.16	60.34	From January 2026 60%
June. 2026	151.9	437	5137	428.08	63.75	From July 2026 63%
July. 2026	153.2	441	5156	429.66	64.35	

* DR from 01-07-2026 : 63% Confirmed : Orders expected

BSNL IDA

IDA from 1-10-2025	-	233.2 %	(6.1 % increase over July 25 rate of 227.1%)
IDA from 1-01-2026	-	236.7 %	(3.5 % increases over Oct. 2025 rate of 233.2%)
IDA from 1-04-2026	-	238.3 %	(1.6 % increases over Jan. 2026 rate of 236.7%)
IDA from 1-07-2026	-	241.7 %	(3.4 % increases over April- 26 rate of 238.3 %)

Construction of a Meeting Hall on the 2nd Floor of "Pensioners Bhavan"- Appeal for Donation for the Building Fund

The Executive Committee of KP&TPA with a view to honour the wishes of the founders of the Association has decided construct a big meeting hall on the 2nd floor of Pensioners Bhavan.

The Architect and the Contractor who were invited to the meeting, after having a look at the space available on the terrace, suggested that we may go in for construction of an Office Room, 2 Rest Rooms, a pantry and a big hall for holding the meetings. The approximate cost of construction would be Rs.80,00,000/- (Rs.Eighty lakhs). Efforts are being made for amalgamation of the Khathas of the 2 buildings for facilitating construction of the 2nd floor.

We appeal to our members to liberally donate to the building fund, especially those who have not so far paid their contribution. Generous donations by members would facilitate construction of the meeting hall. Donations may be credited to the Association's Bank Account No. 36418697411 (IFSC: SBIN 0009045) SBI NTI Layout Branch, Vidyaranyapura, Bengaluru 560097. Account Holder: Karnataka P&T Pensioners' Association may be paid by scanning QR Code.

INCOME TAX EXEMPTION: 50% of the amount of donation made to K P&T PA, is eligible for deduction in the gross total Income of the Assesse under Income Tax Act 2025.

PAYMENTS TO THE ASSOCIATION

Payment of subscription for the journal "**Pensioners' Champion**" and Donations for the Association **MADE EASY.**

Money Can now be transferred to the association's Bank account through UPI Google Pay / Phone Pay **by scanning the QR Code printed alongside.**

After entering the amount please type your membership number and name in the box "Add a note" seen below the amount in Google pay and "Add a Message" seen in Phone Pay.



Renewal of Subscription for the Journal "PENSIONERS' CHAMPION"

Many Members/Subscribers have not yet renewed their subscription for the years 2025-26 and 2026-27 (July to June). The association is spending huge amounts every month for printing and posting of the journal, especially when colour photos are inserted. All are requested to renew their subscription to continue to receive the journal. Amount of subscription- Members - Rs.180/- Subscribers- Rs.240 per year. Amount may be credited to the Association's Bank Account No. 36418697411 (IFSC: SBIN 0009045) SBI NTI Layout Branch, Vidyaranyapura, Bengaluru 560097. Account Holder: Karnataka P&T Pensioners' Association. May also be paid by Scanning the QR Code.

OBITUARY

Sri K. Chandran, LM 2775 Retd. Sorting Assistant, RMS BG Stg Dn, expired on 29-5-2026 at the age of 67 years.

Sri P.Ramadeva Holla, LM 2447, Retd. Postmaster, Jayanagar HPO, expired on 18-8-2026 at the age of 86 years.

Sri C.S. Nagaraja Rao, LM 3019 Retd Assistant Foreman, CQAL, DGQ & A, Bangalore, expired on 28-8-2026 at the age of 82 years.

Sri M. Raghavendra, LM 3378 Retd. Superintendent of Post Offices, Chikkamagaluru Dn. expired on 31-8-2026 at the age of 68 years.

Sri Purandara Hebbar, LM 2940, Retd. LSG SA, RMS 'Q' Dn, Shivamogga, expired on 24.09.2026 at the age of 71yrs.

The Executive Committee, KP & TPA expresses its heartfelt
condolences to the members of the bereaved families

Report on the Annual General Body Meeting of the Coordination Committee of Central Government Pensioners' Associations, Karnataka, (CCCGPA) held on 08-08-2026

The Annual General Body Meeting of the Co-ordination Committee of Central Government Pensioners' Associations, Karnataka, was held on 8th August 2026 in Udayabhanu Kalasangha, Gavipuram, Bangalore – 560 019. Dr.C.R.Chandrashekhar, Renowned Psychiatrist and Padmashree Awardee was the Chief Guest

About 120 representatives from various Affiliate Pensioners' Associations were present. The meeting commenced at 10:30 AM under the President ship of Com K B Krishna Rao. Com Radhakrishna, General Secretary (GS) warmly welcomed President Com K B Krishna Rao, and also all the Affiliates and participants present. The GS then read the agenda which was adopted by the House. Items of the Agenda were taken up for discussion.

Condolences: General Secretary placing the condolence resolution mentioned that Shri N.Bhaskaran, founder of CCCGPA-K and Karnataka P&T Pensioners' Association (KP&TPA), a Veteran P&T Trade Union Leader of Karnataka, passed away on 31-12-2025 at the age of 94 years. He was the General Secretary of CCCGPA from 1996 to 2014. He said that CCCGPA in coordination with KP&TPA held a condolence meeting on 9th January, 2026 and paid respectful homage to Shri Bhaskaran.

Respectful homage was paid to the Trade Union Leaders and eminent personalities who passed away during the year. CCCGPA also expressed its heartfelt condolences to all the departed members of its affiliated organizations during the year.

President Shri Krishna Rao in his brief tribute recalled the services of the Late Bhaskaran to the pensioners' movement in Karnataka. The house observed a minute's silence to pay homage to the departed and

also floral tributes were paid to Com N. Bhaskaran.

Agenda items were later taken up for discussions

2. Confirmation of Minutes of the Annual General Body Meeting held on 2 August, 2025.

The General Secretary informed that the Minutes of the AGB held on the 2nd August 2025 had already been circulated to all the affiliates and also published in the journals published by the affiliates. He said that no amendments to minutes have been received and if house approves, minutes can be taken as approved. The House unanimously approved the Minutes.

3. Annual Report and Audited Statement of Accounts for the year 2025-26.

General Secretary, placing the annual report mentioned that the case filed by constituents of FCPA which also includes KPTPA and Coffee Board PA in the Supreme Court against "validation of Pension Rules" passed by the Parliament with the Finance Act 2025 is admitted and case is likely to come up for hearing on 25th August 2026. He further informed that in the meetings of NCCPA and FCPA held in Chennai it was decided to continue with agitation programmes in addition to the legal process initiated.

The NCCPA and FCPA in the meeting held on 18th and 19th July 2026 adopted to pursue the following demands:

1. Scrap the draconian Validation of Pension Rules
2. Modify the retrograde Terms of Reference of 8th CPC to ensure pension revision of pre 2006 pensioners.
3. Grant Interim Relief
4. Merge 50% DA/DR with pay/pension

5. Revise the pension of BSNL/MTNL absorbed pensioners due from 1-1-2017.
6. Updation of Bank pension.
7. Extension of 8th CPC benefits and CGHS to Autonomous Bodies.
8. Restoration of Commutation after 10 years and 8 months.
9. CGHS and Health related issues.
10. Parity in pension.

In the physical meeting of the Forum held at Chennai on 19-7-206, it was decided to organise the following programmes of action in pursuance of the pensioners' demands.

1. Call attention day at all levels on 19-08-2026.
2. Three days Dharna at State capitals on 17th, 18th and 19th September 2026.
3. Parliament March on 25-11-2026

The annual report was adopted unanimously.

The Treasurer, Shri Krishna Murthy placed the audited accounts for the year 2025-26 and also requested all the affiliates to remit the subscription for the year at the earliest. The accounts were also adopted unanimously.

As the Chief Guest arrived, it was decided to continue the discussions later and inaugural session was commenced..

5. Inaugural Session

President, Com. Krishna Rao, welcomed Chief Guest Dr, C.R. Chandrashekhar, the renowned Psychiatrist and Padmashree awardee. Com. Radhakrishna, while extending a warm welcome to the Chief Guest, recalled that during the AGM of KPTPA in the year 2024 and in the AGM of KIAADPA in the year 2025, Dr. Chandrashekhar was the Chief Guest and invited him to inaugurate the Open session and address the pensioners.

The Chief Guest inaugurated the open session and wished the Audiences well. Dr. Chandrashekhar, through a power point presentation, assisted by Com Radhakrishna, started his speech moving around the dais instead of confining himself before the podium

microphone stand. In his hour long inspiring and eloquent speech, the famous Psychiatrist, quoting various anecdotes, and even quoting from the great Epic "Mahabharatha" and drawing instances from his experience said that a person after attaining 60 years of age mainly requires three things (1) loving and caring family, (2) a good financial support and more importantly (3) good health. He emphasized on the need for keeping the body healthy. During his speech, he interacted with the audience, asking questions, eliciting information from them and at the same time, giving them his advice on leading a healthy life. Showing the audience a model of human brain, he told them that the human brain is the main organ in the human body and everyone should try to keep it healthy. There are billions of cells in the brain and diminishing healthy cells decrease functioning of the brain due to death of cells in the brain. He described some of the factors that cause weakness to human body. These are Deficiency of Haemoglobin, Vitamin B12 etc. Some standard values are prescribed for a healthy person. It is always better to undergo regular health check-ups to ensure that there is no deficiency of haemoglobin, vitamin B-12 etc. Continuing, he said that, according to the latest studies, about 30% of heart attacks and cardiac arrests are happening at the young age of 25 years. This is because of blockages in blood vessels, caused due to high levels of cholesterol in the blood. He advised the audience to undergo cholesterol tests regularly for themselves and for their family members also. Also, that nearly 30% of the population is suffering from obesity and it is due to the food habits. He advised the audience not to consume food with too much of oil contents and eat "Sathvik" food. He advised them to eat at least 2 fruits of different types, two types of raw vegetables and steam boiled food every day and the diabetic persons to eat only small quantity of mango, jackfruit and sapota, which have high sugar contents. He also said that, after attaining 60 years, our body does not

require as much energy as required at the age of 30 years. He advised those above 60 years of age to decrease food intake and to consume food items that are slowly digestible like 'Ragi'-finger millet. He further advised that diabetic persons should check their sugar level at least once in three months and ensure that it is within the prescribed limits.

In a rare gesture by a Chief Guest, Dr. Chandra Shekhar felicitated pensioners aged 80 + who were present in the meeting.

Dr. Chandrshekhar was honoured by the President, Vice President and the General Secretary, CCCGPA.

6. Continuing the deliberations on the Agenda Items, Com Krishna Rao informed that based on the questionnaires set by the 8th CPC, CCCGPA has prepared the memorandum and submitted to the 8th CPC on line. Unlike earlier CPCs, 8th CPC wanted that memorandum must be in a structured format and in the form of answers to the 9 questions prepared by the CPC.

The President said that Question 9 dealt with pension issues. Initially, CPC had not included Pension as one of the topics under question 9. After the issue was taken up by staff side JCM and Pensioners Associations topic of pension was included. Even then revision of pension of existing pensioners was not covered under question 9 as TOR has included the subject of pension only. However in the memorandum submitted by JCM and pensioners Associations, pan India, revision of pension of existing pensioners was included. He further stated that the draft of the memorandum was prepared by Com P.S. Prasad, Joint General Secretary of CCCGPA and President Karnataka Unit of Confederation. He appreciated the efforts of Prasad and also thanked him.

7. Latest position of writ petition by Forum of Civil Pensioners Associations in the Supreme Court against Validation of the Central Civil Services (Pension) Rules

passed by the Parliament as part IV of Finance Act 2025:

The President informed that 19 Associations, including NCCPA, KPTPA and Coffee Board Pensioners Association filed writ petition challenging the Validation of Pension Rules on 25th November, 2025. Shri Vikas Singh, senior Advocate is handling the case. The petition was admitted and the Government has filed detailed counter to the petition and our advocate has filed detail rejoinder. The case is listed for hearing on 25th August 2026.

8. Health care-CGHS, Non-CGHS areas and Pensioners of Autonomous & Statutory bodies.

Com S. Radhakrishna informed that CGHS extension counters at Hubballi and Shakarnagar have been upgraded to full-fledged WCs and have started functioning. Further three more WCs at Shivamogga, Mangaluru and Udupi have been sanctioned. In all the three places buildings have been finalised and once interior work is completed it is expected that these new WCs may become operational before the end of the year. He further mentioned that as the package rates have been revised in October 2025 more HCOs are likely to be empanelled. He also said that in the memorandum submitted to 8th CPC detail suggestions have been given for improving the health care and also to cover Pensioners of Autonomous and Statutory bodies under CGHS.

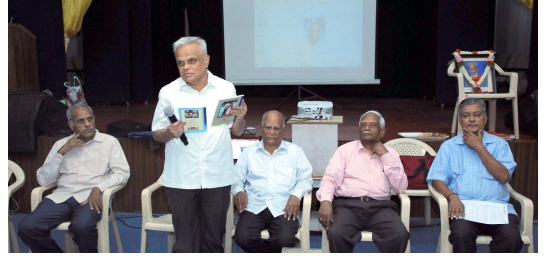
As there was no other subject, the President thanked all the affiliates for their cooperation and their support to CCCGPA in its functioning. He also informed that Karnataka unit of All India BSNL-DOT Pensioner's Association has been affiliated to the CCCGPA. With this new unit, there are 35 affiliated Associations to the CCCGPA. He also thanked the authorities of Udayabanu Kalasangha for providing the auditorium and extending all the facilities for conducting the AGM.

The meeting concluded at 2.15 PM.

CCCGPA Karnataka - AGB 8.8.2026



Sri K B Krishna Rao, President CCCGPA,
welcoming DR Chandra Shekhar



Sri S Radhakrishna, General Secretary,
delivering Welcome address



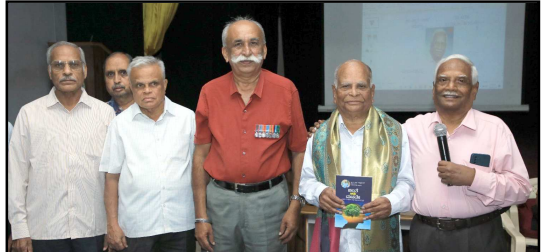
Sri Krishna Murthy, Treasurer, presenting Annual Accounts



Chief Guest, Dr. Chandra Shekhar honoured



Pensioners aged 80+ honoured by Dr. Chandra Shekhar



Sri K B Krishna Rao honoured by Dr. Chandra Shekhar



Dr. Chandra Shekhar, speaking on health issues



PENSIONERS' CHAMPION



SEPTEMBER 2026

Actor Ananth Nag honoured with Dadasaheb Phalke Award



Ananth Nagarkatte, popularly known as **Ananth Nag**, a versatile actor in Kannada Films, has been conferred with the prestigious Dadasaheb Phalke Award for the year 2024, the highest National honour in Indian cinema, in recognition of his outstanding and invaluable contributions to the cinema world, particularly Kannada cinema.

Ananth Nag has acted in over 300 films which include over 250 Kannada films and few films in Hindi, Telugu, Tamil, Marathi, Malayalam and English languages. He has featured in theatre plays, and Television shows



Ananth Nag was awarded the Padma Bhushan, India's third highest civilian award, in 2025 by the Government of India.

Ananth Nag is the second recipient of the Dadasaheb Phalke Award in Kannada Cinema after the Legendary Hero of the Kannada Cinema the late Dr Rajkumar who was crowned with this award in 1995

Karnataka Posts and Telecommunications Pensioners' Association, Bengaluru extends its heartiest congratulations to the Veteran Actor Sri Ananth Nag.

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