




# ಜೆನ್‌ಶನರ್ಸ್ ಮ್ಯೂಸಿಂಗ್ಸ್ PENSIONERS' MUSINGS

NEWSLETTER OF SBI PENSIONERS' ASSOCIATION (KARNATAKA)

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ಸಂಪಾದಕೀಯ...

## ಹಬ್ಬಗಳ ಸಾಲು

ಪ್ರತಿ ವರ್ಷ ಸೆಪ್ಟೆಂಬರ್ ಬಂತೆಂದರೆ, ಹಬ್ಬಗಳು ಸಾಲುಸಾಲಾಗಿ ಬರುತ್ತವೆ. ಈ ವರ್ಷವೂ ಸಹ ಈ ತಿಂಗಳಿನಲ್ಲಿ ಗೌರಿ-ಗಣಪತಿ, ತಿರು ಓಣಂ ಮತ್ತು ಈಡ್ ಮಿಲಾಡ್ ಹಬ್ಬಗಳನ್ನು ನಮ್ಮೆಲ್ಲ ಸದಸ್ಯರು ಮತ್ತು ಕುಟುಂಬದವರು ಸಂಭ್ರಮ, ಸಡಗರಗಳಿಂದ ಆಚರಿಸಿದ್ದಾರೆ. ಎಲ್ಲೆಡೆ ಗಣಪತಿ ಪೂಜೆಯನ್ನು ಸಂತಸ, ಸಂಭ್ರಮ ಹಾಗೂ ಸಡಗರದಿಂದ ಆಚರಿಸಿದ್ದಾರೆ. ಕೇವಲ ಮನೆಗಳಲ್ಲಿ ಮಾತ್ರವಲ್ಲದೆ ಹಲವೆಡೆ ನಡೆದ ಸಾರ್ವಜನಿಕ ಪೂಜೆಯಲ್ಲಿಯೂ ತಮ್ಮನ್ನು ತೊಡಗಿಸಿಕೊಂಡಿದ್ದಾರೆ. ಹಲವಾರು ಕಡೆ ಗಣೇಶನ ಮೆರವಣಿಗೆಯನ್ನೂ ವಿಜೃಂಭಣೆಯಿಂದ ನೆರವೇರಿಸಲಾಗಿದೆ. ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮಗಳಲ್ಲೂ ಪಾಲ್ಗೊಂಡಿದ್ದಾರೆ.

ಕೆಲವು ಸದಸ್ಯರು ತಿರುಓಣಂ ಹಬ್ಬವನ್ನು ಸಡಗರದಿಂದ ಆಚರಿಸಿದ್ದಾರೆ. ಇದರ ಅಂಗವಾಗಿ ಹಲವಾರು ಕಡೆ ಪುಷ್ಪಗಳಿಂದ ರಂಗೋಲಿಯನ್ನು ರಚಿಸಿ ತಮ್ಮ ಕಲೆಯನ್ನು ಪ್ರದರ್ಶಿಸಿದ್ದಾರೆ. ಕೇರಳದ ಕಲಾ ಸಂಸ್ಕೃತಿಯೂ ಮೇಳೈಸಿದೆ.

ನಮ್ಮ ಸದಸ್ಯರಾದ ಮುಸ್ಲಿಂ ಬಾಂಧವರು ಶ್ರದ್ಧಾ, ಭಕ್ತಿ ಹಾಗೂ ಸಂಭ್ರಮದಿಂದ ಈಡ್ ಮಿಲಾಡ್ ಹಬ್ಬವನ್ನು ಆಚರಿಸಿದರು. ಕೆಲವೆಡೆ ಧಾರ್ಮಿಕ ಸಭೆಗಳು ನಡೆದವು.

ಗಣಪತಿ ಹಬ್ಬ, ಓಣಂ ಮತ್ತು ಈಡ್ ಮಿಲಾಡ್ ಹಬ್ಬಗಳಂದು ನಮ್ಮ ಎಲ್ಲ ಸದಸ್ಯರು ಮತ್ತು ಅವರ ಕುಟುಂಬದವರು ಪರಸ್ಪರ ಹಬ್ಬದ ಶುಭಾಶಯ ವಿನಿಮಯ ಮಾಡಿಕೊಂಡರು.

ಈ ಹಬ್ಬಗಳನ್ನು ಆಚರಿಸುವುದರ ಮೂಲಕ, ನಮ್ಮ ಸಂಪ್ರದಾಯ, ಸಂಸ್ಕೃತಿ, ಆಚರಣೆ, ಪದ್ಧತಿಗಳನ್ನು ಪರಸ್ಪರ ಹಂಚಿಕೊಳ್ಳಲು ಅವಕಾಶವಾಗುತ್ತದೆ. ನಾವೆಲ್ಲರೂ ಪರಸ್ಪರ ಸೌಜನ್ಯ ಹಾಗೂ ಸೌಹಾರ್ದತೆಯಿಂದ ಇರಲು ಸಹಕಾರಿಯಾಗುವುದರಲ್ಲಿ ಯಾವುದೇ ಸಂಶಯವಿರುವುದಿಲ್ಲ.

ಈ ಹಬ್ಬಗಳ ಸಾಲಿಗೆ, ಮುಂದಿನ ತಿಂಗಳುಗಳಲ್ಲಿ ನಾಡಹಬ್ಬ ದಸರಾ ಮತ್ತು ದೀಪಾವಳಿ, ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ ಹಾಗೂ ಕ್ರಿಸ್ಮಸ್ ಹಬ್ಬಗಳ ಸೇರ್ಪಡೆಯಾಗಲಿದೆ. ಈ ಹಬ್ಬಗಳನ್ನೂ ಸಂಭ್ರಮದಿಂದ ಆಚರಿಸೋಣ.

ಈ ರೀತಿ ನಮ್ಮ ಕುಟುಂಬಗಳೊಂದಿಗೆ ಆಚರಿಸುವ ಹಬ್ಬಗಳ ಜೊತೆಗೆ ರಾಷ್ಟ್ರೀಯ ಹಬ್ಬಗಳಾದ ಗಣರಾಜ್ಯೋತ್ಸವ, ಸ್ವಾತಂತ್ರ್ಯೋತ್ಸವಗಳನ್ನೂ ಸಂತಸದಿಂದ ಆಚರಿಸುತ್ತೇವೆ. ನಮ್ಮ ದೇಶದ ಬಗ್ಗೆ ಅಭಿಮಾನ ವ್ಯಕ್ತಪಡಿಸುತ್ತೇವೆ.

ಇವುಗಳ ಜೊತೆಗೆ, ನಮ್ಮ ಸಂಘಟನೆಯ ಕೆಲವು ಚಟುವಟಿಕೆಗಳನ್ನು ಹಬ್ಬದ ರೀತಿಯಲ್ಲಿ ಆಯೋಜಿಸಿ, ಭಾಗವಹಿಸಿ, ಆಚರಿಸುತ್ತೇವೆ. ಪಿಂಚಣಿದಾರರ ಸಂಘದ ಸಭೆ, ಸಮಾರಂಭಗಳು, ಸಮ್ಮೇಳನಗಳು, ವಾರ್ಷಿಕ ಸರ್ವ ಸದಸ್ಯರ ಸಭೆ ಮೊದಲಾದವುಗಳನ್ನು ಆಚರಿಸಿದಾಗ ಸಂಭ್ರಮದಿಂದ ಪಾಲ್ಗೊಳ್ಳುತ್ತೇವೆ.

ಸೆಪ್ಟೆಂಬರ್ 24ರಂದು ಪೂನಾದಲ್ಲಿ ನಡೆದ ಅಖಿಲ ಭಾರತ ಸ್ಟೇಟ್ ಬ್ಯಾಂಕ್ ಪಿಂಚಣಿದಾರರ ಸಂಘಗಳ ಒಕ್ಕೂಟದ 38ನೇ ಸರ್ವ ಸದಸ್ಯರ ಸಭೆಯಲ್ಲಿ, ಕರ್ನಾಟಕದಿಂದ ಐವರು ಪದಾಧಿಕಾರಿಗಳು ಪ್ರತಿನಿಧಿಗಳಾಗಿ ಭಾಗವಹಿಸಿದ್ದರು. ಸರ್ವ ಸದಸ್ಯರ ಸಭೆಯ ಕಲಾಪದ ಸಂಕ್ಷಿಪ್ತ ವರದಿಯನ್ನು ಅಕ್ಟೋಬರ್ ಸಂಚಿಕೆಯಲ್ಲಿ ಪ್ರಕಟಿಸಲಾಗುವುದು.

ಶ್ರೀಮತಿ ಜೂಹಿ ಸ್ಮಿತಾ ಸಿನ್ಹಾ ಅವರು ಭಾರತೀಯ ಸ್ಟೇಟ್ ಬ್ಯಾಂಕ್ ಬೆಂಗಳೂರು ವೃತ್ತದ ನೂತನ ಮುಖ್ಯ ಪ್ರಧಾನ ವ್ಯವಸ್ಥಾಪಕರಾಗಿ ಇತ್ತೀಚೆಗೆ ಅಧಿಕಾರ ಸ್ವೀಕರಿಸಿದ್ದಾರೆ. ಅವರಿಗೆ ಶುಭ ಕೋರೋಣ.

ಎಲ್ಲರಿಗೂ ದಸರಾ ಹಬ್ಬದ ಶುಭಾಶಯಗಳು.

*Article on M.K. Krishna, Senior Member of SBIPA(K) was published in Deccan Herald daily.*

## **POOR RESPONSE TO EYE DONATIONS IN CITY**

**A long-time campaigner says one pair of eyes can treat upto four people**

**Barkha Kumari- Team Metrolife**

Daily eye donations in Bengaluru remain as low as 12-20, says M K Krishna, a long-time campaigner of the cause. He sensitises people to corneal blindness, considered the most common treatable form of blindness, and spreads awareness about how it can be reversed with timely cornea donations.

The National Eye Donation Fortnight 2024 is underway and will be on until September 8. Eye donation often involves recovering tissue from the cornea of a deceased person. The corneal tissue extracted from a pair of eyes can restore vision of up to four blind persons.

"India requires 1 lakh cornea donations a year. But superstitions get in the way. People believe one will be born blind in their next life if they have their eyes removed after death," says Krishna. He is honorary director, Dr Rajkumar Eye Bank, Narayana Nethralaya, and ex-chairperson, Eye Bank Association of India, south zone.

Professionally, he is a banker. He now holds classes on financial planning at educational institutions,

corporate offices, and old age homes all over Karnataka. "At the end of my class, I say 'I don't need a vote of thanks. Give me those three minutes to talk about eye donation instead'. Gifting vision is like giving life and I would like it to become an act of Cultivated Social Responsibility," says Krishna.

His journey with eye donation began with his father's death in 1996. "We donated his eyes. Two years later, when my mother passed away, we donated her eyes too. My immediate and extended family has donated 23 pairs of eyes. It's become a family tradition," says the 72 year old resident of Malleswaram.

He has seen the transformative power of eye donation. "A boy was 14-15 years old when he got the transplant. He went on to study engineering and is now employed. I have seen a family's happiness when their toddler was able to see them for the first time," he recalls.

Due to a shortage of donated corneas, young children or persons with blindness in one eye are given priority for transplants.

**TO REGISTER AS AN EYE DONOR  
GIVE A MISSED CALL TO 8884018800**

### **FACT FILE**

- Corneal blindness occurs because of changes in corneal transparency or structure, injury and infection.
- Success rate of the transplant is 98-99%.
- Cornea must be donated within 6 hours of a person's death and transplanted at the earliest.
- No charges for cornea removal or to avail of donated cornea.
- Age and blood group no bar to donate. Cataract, diabetes and blood pressure patients can also pledge, as can blind persons with intact cornea. "People with above neck cancers or infections like HIV/AIDS are exceptions," Krishna clarifies.

## OUR NEW CHAIRMAN'S MESSAGE

Dear Colleagues,

As I take up my role as Chairman of this distinguished organization today, I am reminded of a scene from my childhood in our village.



Our academic year began with the monsoon rains. For the new students, their first lesson wasn't from a textbook, but a practical one, imparted by senior students or many times, the teachers themselves.

During this season, our rubber slippers were no match for the combination of a cascading rain and the thick, black cotton soil that covered the rice fields on way to school. Our initial, unforgettable lesson was to master the art of walking on the slippery bunds bordering the muddy fields without skidding or losing balance.

We were told to press our right toe into the mud first, find a firm foothold before taking the next step. This simple yet crucial technique ensured we could make our way safely, step by cautious step, I fondly recollect.

This early, rustic lesson has stayed with me till now, much like the foundational experiences I have had at SBI. Just as those first steps on the bunds were essential practice for navigating the path ahead, the initial stages of our career shape us and provide us the grounding to build our own future.

SBI, an iconic national institution, has been instrumental in training me on those vital first steps, moulding me from someone raw and unprocessed, into the person I am today.

Over the past three decades, much has changed within our organization, and we have evolved together. I recall the saying, "No man ever steps in the same river twice, for it is not the same river and he is not the same man." This philosophy encapsulates the essence of our journey.

Today, as I embark on this new voyage as your Chairman, I realise that I am not the same person I was

when I started. Nor is our Bank. We have both grown, adapted, and transformed.

It is the greatest of honours to be chosen to lead such a dynamic and resilient organization. I am committed to navigating our path forward with the same care and Consideration as those of my early steps. Together, we will continue to evolve, innovate, and achieve new heights.

We are fortunate to be living at a time when our motherland is evolving from being a "developing" to a fully developed country - with deep structural changes in the nature of our economy, financial markets maturing fast and resultantly, India achieving a pole position in the comity of nations. This is India's decade and I want it to be SBI's decade too.

My predecessors, with help from all of you, have laid a strong foundation for our Bank. As of today, we proudly serve over 50 cr customers, with market leadership positions across products and have achieved 1% RoA on arguably the country's largest balance sheet. Since the start of this decade, our global rank among banks has moved up 35 positions from 52 to 17 in terms of market capitalization.

It is now our turn to build on this foundation, to grow SBI into the "Best Bank" in the Country. We have to strive to become the most valued financial institution, increase our net profit to reach new milestones, reinforce our image as the Banker to Every Indian, touching lives all-round, achieve service excellence, strategic leadership and be an employer of choice.

Over the course of the next few weeks and months I, alongwith the entire top management, shall be visiting many of you across our entire network.

It will be my endeavor to meet you personally, understand your ambitions and career aspiration and discuss how we can jointly achieve the vision we have laid down for SBI. Thank you for your unwavering dedication and support.

I am excited to embark on this journey with all of you will continue to build on our legacy of excellence.

Wishing you and your families the best!

**- Challa Sreenivasulu Setty**

**28th August 2024**

## ಹಳೆಯ ಗೆಳೆಯ(ರು)

### WORTH READING AND WORTH FOLLOWING

ಎಲ್ಲ ಮಿತ್ರರೂ ಮುಪ್ಪಾಗುತ್ತಿದ್ದಾರೆ  
ನಿಧಾನಕ್ಕೆ ನಡೆಯುತ್ತಿದ್ದಾರೆ  
ನನ್ನ ಹಾಗೇ?

ಹರೆಯದಲ್ಲಿ ಮಿಂಚುತ್ತಿದ್ದ  
ಪಟ್ಟುಗಳೆಲ್ಲ ಈಗ  
ಮಾಯವಾಗಿವೆ.

ಯಾರಿಗೋ ಬೊಜು ಬಂದಿದೆ  
ಇನ್ನಾರಿಗೋ  
ಕೂದಲು ಹಣ್ಣಾಗುತ್ತಿವೆ.

ಎಲ್ಲರ ತಲೆಯ ಮೇಲೆ  
ಜವಾಬ್ದಾರಿ ಎಲ್ಲರಿಗೂ  
ಸಣ್ಣ ಪುಟ್ಟ ಅಜಾರಿ..

ಯಾರಿಗೋ ದೇಹದ ನೋವು  
ಯಾರಿಗೋ ಮನದ ಅಳಲು

ದಿನವಿಡೀ ಓಡುತ್ತಿದ್ದವರು  
ಈಗ ನಡೆಯುವಾಗಲೂ ದಣಿವಾರಿಸಿಕೊಳ್ಳುತ್ತಿದ್ದಾರೆ.

ಯಾರಿಗೂ ಸಮಯವಿಲ್ಲ  
ಎಲ್ಲರ ಕಣ್ಣಲ್ಲೂ ನೋವಿನ  
ಛಾಯೆ ಛಾಯೆ?

ಎಲ್ಲರಿಗೂ ಅನ್ನಿಸುವುದು  
ಅಪ್ಪನನ್ನು ಇನ್ನಷ್ಟು ಆರೈಕೆ ಮಾಡಬೇಕಿತ್ತು!!  
ಕೊನೆಯ ದಿನಗಳಲ್ಲಿ  
ಅಮ್ಮನ ಸೇವೆ ಮಾಡಬೇಕಿತ್ತು!!  
ಕೆಲವರಿಗೆ ಪಶ್ಚಾತ್ತಾಪ..

ಹೆಂಡತಿಯನ್ನು ಇನ್ನೂ ಪ್ರೀತಿಸಬೇಕಿತ್ತು..  
ಅವಳೊಂದಿಗೆ ಹೆಚ್ಚು  
ಸಮಯ ಕಳೆಯಬೇಕಿತ್ತು ?

ಮಕ್ಕಳಿಗೆ..  
ಸಮಯ ಕೊಡಬೇಕಿತ್ತು  
ಮಿತ್ರನೊಂದಿಗೆ ..  
ಜಗಳ ಮಾಡಬಾರದಿತ್ತು  
ಎಂಬ ಏನೇನೋ ಹಳೇ ನೆನಪು ಕಾಡುತ್ತವೆ!?.

ಅಂತೂ ಇಷ್ಟಾದರೂ ಸಾಧಿಸಿದೆನಲ್ಲ  
ಎಂಬ ನೆಮ್ಮದಿಯೂ ಇದೆ..!!!

ಹಳೆಯ ಭಾವಚಿತ್ರಗಳ  
ನೋಡಿ, ನೋಡಿ, ನೋಡಿ.. ಈಗಲೂ ?  
ಮನಸ್ಸು ತುಂಬಿ  
ಬ ರು ತ್ತ ದೆ .

ಈ ಸಮಯವೂ  
ಎಂಥ ವಿಚಿತ್ರ ನೋಡಿ!  
ಹೇಗೆ ಸವೆದು ಹೋಗುತ್ತದೆ !?!

ನಿನ್ನೆಯ  
ನ. ವ. ಯು. ವ. ಕ .  
ನನ್ನ ಮಿತ್ರ  
ಇಂದು ವೃದ್ಧನಂತೆ ಕಾಣುತ್ತಾನೆ.

ಒಂದೊಮ್ಮೆ (ಮರೀಚಿಕೆ)  
ಕನಸು ಕಾಣುತ್ತಿದ್ದವರು  
ಗತಿಸಿದ ದಿನಗಳಲ್ಲಿ  
ಕಳೆದು ಹೋಗಿದ್ದಾರೆ  
(ಹೋಗುತ್ತಲೂ ಇದ್ದಾರೆ)..

ಆದರೆ ಇದು ಪರಮ ಸತ್ಯ ! ಸತ್ಯ.  
ಎಲ್ಲಾ ಮಿತ್ರರೂ ನೋಡ ನೋಡುತ್ತಲೇ  
ಹಣ್ಣಾಗುತ್ತಿದ್ದಾರೆ.! ಕೆಲವು ಹಣ್  
ಹಣ್

ಕೂಡ ಆಗ್ತಾ ಇದ್ದಾರೆ..!!!

ಮಿತ್ರರೇ ,  
ಮುಂದೆ ಸಮಯದ ಲಯ  
ಇನ್ನೂ ತೀವ್ರವಾಗಲಿದೆ. ! ?  
ಈಗ ಉಳಿದ ಬದುಕೇ ಒಂದು ದೊಡ್ಡ  
'ಬ ಹು ಮಾ ನ'

ಆದ್ದರಿಂದ,  
ಮಾಡುವುದನ್ನು ಮಾಡಿ ಮುಗಿಸಿ  
ಕೊಡುವುದನ್ನು ಕೊಟ್ಟು ಮುಗಿಸಿ  
ಮನಸಿನ ಆಸೆಗಳನ್ನು  
ಬಚ್ಚಿಟ್ಟು ಕೊರಗದಿರಿ  
ನಿರಾಳ ಮನಸ್ಸಿನಿಂದ ಬದುಕಿ!!

ಪ್ರತಿಯೊಬ್ಬ ಹಳೆಯ  
ಮಿತ್ರನೂ ಒಂದು  
ಕೊ ಹಿ ನೂ ರ್ ವಜ್ರ!!!  
ಹಳೆಯ ಮಿತ್ರರೊಂದಿಗೆ  
ಬದುಕಿನ ಕೊನೆಯ ತುಣುಕು  
ಸದಾ ಮೆಲುಕುತ್ತಾ  
ನಗು ನಗು ನಗುತ್ತ ಕಳೆಯಿರಿ.

ಎಲ್ಲಾ ಮಿತ್ರರಿಗೂ ಸಮರ್ಪಣೆ.....

ವಾಟ್ಸಾಪ್ ಸಂಗ್ರಹ :  
ಟಿ. ರಮೇಶ್ ರಾವ್

**URLIFE SBI RETIREE PROGRAM**  
**DEDICATED NUMBER FOR PLACING ORDERS FOR SBI RETIREES**  
**18003096155**

**I) Call to Place an Order - 18003096155**

**1. Initiate the Call**

- ◆ Dial the number 18003096155.

**2. Provide Necessary Information**

- ◆ Clearly state your query or order placement request to the agent.
- ◆ The agent will request you to share your prescription through WhatsApp.

**3. Send Prescription and Details**

- ◆ You will receive a WhatsApp message from a business account "Apollo SBI Retirees Program."
- ◆ Share your prescription in the chat.
- ◆ Include additional details such as delivery address.
- ◆ The agent will place your order based on the provided details.

**4. Prescription Verification**

- ◆ If any clarity or additional information is needed, the prescription verification team will contact you.

**II) OR Whatsapp to Place Order- 18003096155**

**1. Send a Message**

- ◆ Send a "Hi" message followed by your prescription to the WhatsApp number 18003096155.

**2. Receive Confirmation Call**

- ◆ After sending the message, you will receive a confirmation call from the Apollo team within 10 Minutes.

**3. Provide Prescription and Additional Information**

- ◆ Provide the required details, including your prescription and delivery address.
- ◆ Your order will be placed by the team.

**4. Prescription Verification**

- ◆ If any clarity or additional information is needed, the prescription verification team will contact you

**EDITORIAL COMMITTEE**

Sri M. G. Venkatesha Murthy	Editor	Sri G. D. Nadaf	Member
Sri T. Ramesh Rao	Member	Sri Raghavendra A. Choudhry	Member
Sri A. L. Ramaswamy Rao	Member	Smt. Renuka Desai	Member

## A BEAUTIFUL WRITEUP FROM MRS. SUDHA MURTHY

### I FEEL.....

"Barely the  
Day Started  
and... it's  
Already six in the evening.

Barely  
Monday Arrived.....  
And it's  
Already Friday.....

Before we could Realise.....  
The Month is  
Already Over.....

And, And....  
The Year is Almost Over.

As of now.....  
Already  
40, 50 or 60+  
Years of Our Lives have  
passed.....

... And Suddenly  
We Realise  
that  
we  
Lost our  
Parents...  
Friends.....  
and some  
Beloved Ones.....

And then we Realize it's  
Too Late to Go Back.....

So...  
Despite Everything.....

Let's Try.....  
To  
Enjoy the Remaining  
Time.....

Let's keep looking for Activities  
that we like...

Let's put some Colour in our Grey (if we  
aren't Bald yet).....

Let's Smile at the  
Little Things in Life  
that put  
Balm in our Hearts.....

And despite  
Our Physical Discomfort.....

Lets continue to  
Enjoy with Serenity the Time Left in Us....

Basically the implied meaning of this  
Message is

That  
Let's try to  
Eliminate  
The Afters...

I'm Doing it After...  
I'll Say After.....  
I'll Think about it After.....

Yes.....  
We are habituated to Leave everything to  
Postponing....

High time we understand  
?? After?? is  
" Never Ours".....

Aren't We Aware.....

Afterwards Means,  
The Coffee gets Cold...

Afterwards Means,  
Our Priorities tend to Change.....

Afterwards Means, the Charm is  
Broken.....

Afterwards Means Health Passes...

Afterwards Means...  
The Day becomes  
The Night...

And  
Suddenly Afterwards Life Ends.....

So...  
Let's Leave Nothing for Later.....

If we continue to  
Harp on  
Afterwards / Later Syndrome.....

We will Lose the  
Best Moments....  
Best Experiences....  
Best Friends.....  
Best Time with Family...

Lets Wake Up.....  
Realise  
The Day is Today...  
The Moment is Now....

Lets Face Stark  
Reality .....

We are  
No Longer  
at the  
Age  
where we can  
Afford to Postpone....

Hope You have  
Time to Read  
this Message and Share it with  
Like Minded  
Similar Aged Persons who  
No Longer  
Have Luxury  
To Postpone.....

(Or maybe you'll leave it for... ??  
Later"...  
And you'll never Share it....).

## APPEAL TO ALL OUR MEMBERS FOR DONATION

To strengthen our Federation/Circle Association , we appeal to all the pensioners who are benefitted with increase in pension. In lieu of the basic being changed from 40% to 50% and also who have got a fixed amount as Exgratia w.e.f 01/11/2022 on account of 12th BPS/9th Joint Note understandings to contribute a minimum amount as mentioned below which will help our Federation and Circle association to go a long way .

- a) **For those whose basic changed from 40% to 50% minimum Rs.3000/-.**
- b) **For those who were paid ex-gratia minimum of one month Exgratia.**

The amount can be credited to our association account No. 36301300122, IFS Code SBIN 0000813 maintained at our Bangalore Branch and a message can be sent indicating your membership no. or your PF no. to mobile no. 9448994148 or through cheque fvg. SBIPA(K) or cash.

### SPECIAL APPEAL TO OUR MEMBERS WHO RETIRED DURING THE PERIOD OF 12TH BIPRTITE AND 9TH JOINT NOTE

We appeal to all our member who retired on or after **01/11/2022 but before 31/05/2024** to contribute a sum as per below as a one time measure.

- 1) Officers benefitted with **9th joint note** Rs.5000.00
- 2) Award staff benefitted with **12th bipartite** Rs.3000.00

The above contributions are purely voluntary.

The above decision was taken in the Managing Committee meeting held during April and June 2024

### POSITIVE RESPONSE

We are happy that our members are responding positively to our appeal for payment of Donation on account of increase in Basic Pay 40% to 50% and one month ex-gratia received by them recently.

## RESOLUTIONS

**Resolutions passed by the Managing Committee of SBIPA(K) and the General Members at the 39th Annual General Body Meeting held at Bangalore on 18th December 2023.**

- 1) It was resolved to stop sending Pensioners Musings for the Members who have not paid the Annual Membership and Annual Magazine Subscription continuously for a period of 2 years instead of existing 3 years.
- 2) Sending Birthday Greetings by post will be stopped from 01-04-2024. Instead of the wishes of the Birthday of Members falling every month will be published in Pensioners Musings.
- 3) **Resolved to collect a lump sum of Rs.1000/- as one time measure from the Members with Membership Number 1 to 1891 towards Membership Subscription.**
- 4) As regards the suggestion by Members to stop the payment of Death Relief, the Managing Committee at its Meeting held on 04-01-2024 decided to continue with the exiting rule.



# A LETTER FROM ORTHOPAEDIC DOCTOR TO ALL ELDERLY PERSONS

I don't advocate determination of bone density anymore, because the elderly will definitely have osteoporosis, and with the increase of age, the degree of osteoporosis will definitely become more and more serious, and the risk of fracture is bound to get bigger.

There is a formula:

The risk of fracture = external damage force / bone density.

The elderly are prone to fractures because the denominator value (bone density) is getting smaller and smaller, so the risk of fractures will definitely increase.

Therefore, the most important measure for the elderly to prevent fractures is to do everything possible to prevent accidental injuries.

How to reduce accidental injuries.

There are the twelve major characters of the so-called secret that I summed up, which is:

"Be careful, be careful, be careful again!"

## Specific measures include:

1. Never stand on a chair or stool to get something.
2. Try not to go out on rainy days.
3. Take special care when bathing or using the toilet, to prevent slipping.
4. The most important, especially for women - don't wear underwear in bathroom, taking support of wall or other things. The commonest cause of slipping and fracture of hip joint. After bath, come back to your changing room. Sit comfortably on either a chair or on your bed and then put on underwear.
5. While going to toilet, ensure that bathroom floor is dry and not slippery. Use only commode and at the same time, fix a hand rest to hold on to, while getting up from the commode seat. Same is true while taking a bath sitting on bath stool.
6. Be sure to clean up the clutter on the floor of the house before going to bed, and take double care when floor is wet.
7. When getting up in the middle of the night, sit on the bed for 3-4 minutes before standing up, be sure to turn on the light first, and then get up.

8. At least in night or even during day time (if feasible), please do not close toilet door from inside. If possible, have an alarm bell fitted in toilet, and press it to summon help from family members etc in case of any emergency.
9. Seniors must sit on a chair or a bed to wear pants etc.
10. In the event of a fall, you must stretch out your hands to get support from the ground. It is better to fracture the forearm and wrist than to fracture the femoral neck at the hip joint.
11. I strongly advocate exercise, at least walk, to the extent possible for you.
12. Especially for women be very very serious to keep your weight in permissible limits. Diet control is the most important key. Feed leftovers to stray cows. Keeping your weight in control is absolutely in your head and your mind, " always better to stop eating with half stomach full, rather than eat till have a satiety for having full stomach.

Regarding increasing bone mass, I also advocate dietary supplements (dairy products, soy products and seafood, especially small shrimp skins, which are high in calcium) rather than medicinal supplements.

The other is to do outdoor activities properly, because sun exposure (under UV light) converts the cholesterol in the skin into vitamin D.

It is beneficial to promote intestinal absorption of calcium and osteoblast activity which has the effect of delaying osteoporosis.

Pay special attention to the non-slip floor of the bathroom. When going up the stairs, use the handrails and don't fall. Everyone, take care.\*

Therefore, the elderly must pay attention to anti-skid and anti-fall measures.

One fall will cost ten years of life. Because the bones and muscles may break. So, be careful.

\*Avoid standing for too long\*

The message may look long, but it's worth reading it especially for the seniors, and those taking care of seniors.

**Dr. Shrujal Shah**  
Orthopaedic and joint replacement surgeon

**AO WISE/DISTRICT WISE CONTACT PERSONS FOR ISSUES RELATED TO  
MEDICAL BILLS – MEDIASSIST (TPA) & ANANDRATHI (BROKERS)**

ADMIN OFFICE	NAME OF THE DISTRICTS COVERED	NAME OF THE CONTACT PERSON MOBILE NO	EMAIL ID
1 & 2 BANGALORE SOUTH & BANGALORE NORTH	BANGALORE RURAL, BANGALORE URBAN, RAMNAGARA,KOLAR, CHIKKABALLAPURA	SRI.N SRINIVAS MOBILE NO : 6366764845	n.srinivasan@mediassist .in
3 KALBURGI	KALBURGI,BIJAPUR, YADGIR, BIDAR, RAICHUR, BAGALKOT	SMT.LAXMI REDDY MOBILE NO: 6366764737	laxmi.reddy@mediassist.in
4 BALLARI	BALLARI,TUMKUR, VIJAYANAGARA, DAVANGERE, CHITRADURGA	-do-	-do-
5 MYSORE	MYSORE,MANDYA, CHAMRAJNAGAR	SRI.GOVINDRAJU .V MOBILE NO: 6366764738	govindraju.v@mediassist.in
6 MANGALORE	DAKSHINA KANNADA, UDUPI,HASSAN, KODAGU, SHIVAMOGGA, CHIKMANGALURU	-do-	-do-
7 HUBLI	DHARWAD, BELGAVI, GADAG, KARWAR, KOPPAL,HAVERI	SMT.LAXMI REDDY MOBILE NO : 6366764737	laxmi.reddy@mediassist.in

**Members may please note to contact the names mentioned as per list against each  
AO/Districts where they are residing for any queries/assistance with regard  
to their Medical Bills related issues.**

BROKERS FOR STATE OF KARNATAKA	ANANDRATHI INSURANCE BROKERS SRI.SRIDHARA M 9886904646	sridharam@rathi.com
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Greetings from Medi Assist! Hope, you are safe and healthy. For your convenience, we would like to share the contact details of local representative. Please call for any query and assistance related to SBI Retiree Policy. You may use the What's App number: 7026669449 to download E-card, to check the claim status, to Search the network hospital, Claim form and address of Medi Assist. Contact Details:

## ADMISSION OF NEW MEMBERS

The Following were admitted as Members of Pensioners Association during AUGUST 2024

SI.No	MEM NO	NAME	MOBILE NO
1	6150	Jane Theresia Pais	9980252868/9880981122
2	6151	P V Mathad	9449019910
3	6152	Ramesh B Nijampure	7680916833
4	6153	K Munirathnam	8152953450/9591480757
5	6154	Geetha Dhanavanthy R	9480634994/25513595
6	6155	H N Uma	9448957956
7	6156	Raghavendra Acharya K	9880821964
8	6157	B R Indumathi	9449886456
9	6158	Renuka G M	9902069511
10	6159	Parameshwarappa M	9739835607
11	6160	Kumar D C	9945585436
12	6161	Savitha Ananth	9343638090
13	6162	Sarojini Shet	8277531558
14	6163	Manasursab Inamdar	9632078633
15	6164	Indira Karthigeyan	9449751072
16	6165	Pralhad S Sunkapur	9449729572
17	6166	Mallikarjun B Hadgi	9482677767
18	6167	Naina G Shetty	9959284139
19	6168	Thomas Peter Dsouza	9448160501
20	6169	Shanaz Y Shaikh	9448609790
21	6170	Rajesh Kumar	9973363151
22	6171	C Narasimhamurthy	9448969673
23	6172	Ranganatha Rao	9448993038/8867322478
24	6173	Bharati R Shetti	9481126698
25	6174	Sanjeeva Shetty B	9446297197
26	6175	Nanda L Patil	8277194733
27	6176	Bharathi Hegde	9741703090
28	6177	N Chandrashekharaiiah	9739824371
29	6178	Shreemathi Ramachandra	9482208912
30	6179	Ravikiran K Shirali	9880545265
31	6180	A B Murthy	7337747605

**We extend a warm welcome to all members to the SBI Pensioners Association (K)**

## DONATIONS RECEIVED FROM MEMBERS ON ACCOUNT OF PENSION REVISION

Sl. No.	MEM NO	NAME	AMOUNT	Sl. No.	MEM NO	NAME	AMOUNT
1	2478	P RAGHAVENDRA RAO	3000	37	4850	VENUGOPAL M	700
2	1749	T N RAGHAVENDRAN	1100	38	4833	DAISY N BARETTO	1500
3	2088	G L BHAT	3500	39	5318	SUMEDHA BEKAL	1100
4	2297	A N KULKARNI	3000	40	5421	ROOPA K KOPPALKAR	1000
5	3767	GANGAPPA D TOTAD	3000	41	5556	MEERA S UCHIL	1100
6	682	VISHWANATH K	3000	42	5818	PRAKASH JOGI	3000
7	769	N S KIRTHIKUMAR	6700	43	5694	GOURI U BHAT	1100
8	857	M KESHAVACHANDRA	5000	44	3770	RADHAKRISHNA K	1400
9	1100	NAVINCHANDRA	3000	45	5998	MARCEL M DSOUZA	4600
10	1033	ALLEN FERNANDES	5000	46	6168	THOMAS P DSOUZA	6000
11	1572	S PRABHAKAR RAO	3000	47	1542	JOHN MORAS	5000
12	1324	HARISHCHANDRA K SHETTY	1500	48	NON MEM	R J SHENOY	3000
13	2326	H SATISH SHENOY	5500	49	3834	DIVAKARA HEGADE	1800
14	2296	KRISHNA K POOJARI	5600	50	2888	RAMESH KURUGODU	4600
15	2385	DEVADAS ULLAL	2500	51	2015	N GURUDUTT	1400
16	2458	CHANDRAHAS B SHETTY	3000	52	4679	RAMDAS SHENOY	2000
17	2474	M L PAI	5700	53	4669	VIJAYAKUMAR Y SOMAN	1000
18	2624	M B RAJA	500	54	3115	S PRABHAKARA	5000
19	236	SANTHOSH KUMAR	4700	55	1140	A R KULKARNI	2000
20	2764	H S MENDON	4600	56	3310	G S SRIDHAR	1500
21	2897	SHASHIDHARA HEBBAR	1350	57	1504	MOHAN G AGADI	3000
22	2994	S JAYAPRAKASH	1500	58	507	K RAMAMURTHY	3000
23	3047	VASU NAIK C H	1500	59	2419	DATTATREYA M JOSHI	3000
24	3248	DIVAKAR SHETTY	1100	60	1953	K KRISHNAMOORTHY	2400
25	3495	H SUDHIR KUMAR	1400	61	1047	JOSEPH LOBO	3000
26	3635	JAYANTH KUMAR C P	1500	62	1584	E JEEVA	1900
27	3801	JEEVAN DAS	2000	63	2760	A V SWAMINATHAN	1400
28	3849	DAMODAR MARLA	2100	64	5248	K N N PRASAD	1100
29	3910	SHOBHA V NAYAK	1400	65	1917	C S HARIHARAN	3400
30	4203	M RAGHAVENDRA KINI	1000	66	3407	C CHALUVAIAH	1000
31	4385	GANGADHAR K	1100	67	128	V SOUNDRARAJAN	3000
32	4397	RAVINDRA PAI B	1100	68	4106	J VENKATACHALAM	3500
33	2935	K SHREERAMA	1300	69	3217	JAGADISH KUMAR P N	5000
34	4596	YASHAWANTH NAYAK	1200	70	4064	K S BHANDRKAR	3000
35	4502	SUDHAKAR S	1100	71	294	S SRIDHARAN	5000
36	4792	DINESH P	4600	72	2224	SUNIL SAGAR	2000

SI. No.	MEM NO	NAME	AMOUNT	SI. No.	MEM NO	NAME	AMOUNT
73	5116	MUSHLARI A	3000	110	2909	JYOTHIPRAKASH MANTRI	3000
74	1843	S M LAXMESHWAR	3000	111	3144	T D GUGGARE	1000
75	1989	K BABURAYA BHAT	3000	112	3741	LAXMISH PRASAD	1300
76	1543	ASHOK BABU RAO K	3000	113	2669	K UMAPATHI	3000
77	4841	GEETHA S K	1100	114	1858	M V SEKHARAI AH	2100
78	2903	H G SREEDHAR	3000	115	FP-754	RATNAMALA	3000
79	3235	SURESH Y ANDHARI	1500	116	437	T V JANARDHANA	3000
80	3326	S S KOLLI	1000	117	5468	H HANUMATHARAYA	3000
81	2148	K HANUMANTHAPPA	2500	118	3554	K K PATIL	1000
82	2834	ASHOK S PATIL	1600	119	2379	RAJAN A V	5500
83	2460	R R KURBET	3000	120	3964	PRAKASH RAO M	2100
84	3187	N B JOSHI	2500	121	5728	MAHADEV R ANAGAL	1100
85	3202	RAJENDRA N G	1400	122	1697	RAMACHANDRA MARUTI MORE	2500
86	4977	CHANDRASHEKHAR B	1100	123	4928	R LAKSHMI	900
87	4687	B C PADMANABHA MAIYA	1501	124	2323	AJAYAKUMAR V BAADKAR	3000
88	3986	VINOD R JOSHI	1300	125	2332	S M RAGHURAM	3000
89	3429	V C KANTI	1500	126	2723	JAGADISHKUMAR A BHUJANG	1400
90	FP-729	NIRMALA P KULKARNI	1200	127	4424	OBALESH S	1100
91	5145	S M KORI	700	128	3598	MONAPPA D KAMBLE	1600
92	5213	KASHIRAYA B Y	1100	129	5137	ARAVIND KOLHAPUR	3000
93	FP-632	MEENAKSHI DEVI	1100	130	3207	PALAKSHA H	1200
94	FP-668	MANGALA S V	1300	131	4004	NANDKISHOR G BHONDE	1100
95	FP-727	RASOOL BEE	2800	132	3701	APPANNA T KIVADI	1400
96	FP-560	SUNANDA M SANKAR	1100	133	FP 556	SUVARNA D KORALLI	1200
97	3463	T D BOGDALKAR	1600	134	3546	VEERSHETTY K HEGNE	1600
98	5709	S VENKATESHWARA	3000	135	776	MD ABDUL HAMEED	2300
99	5272	KRISHNA NAIK K	1100	136	FP612	YITTA BAI	500
100	4857	SHARAD B K	1000	137	4937	D S SURYAVANSHI	700
101	3464	FELIX D CRUZ	4600	138	2801	MD RASOOL	1400
102	5891	SUBRAY N BHAT	3000	139	3638	MOHD ABDUL QANUM	1400
103	1759	SAKHOO BAI	2100	140	3044	PRABHU C TONNE	800
104	3112	G K KULKARNI	1300	141	3637	BHANUDAS L KURNE	400
105	1447	S M BHAVIKATTI	3000	142	FP557	TARABAI B PAWAR	900
106	5221	SHASHIDHAR SRIRAMULU	1000	143	3612	SUDARSHAN RAO	4600
107	4756	V S SADALGEKAR	1000	144	3546	V K HEGNE	3000
108	2778	N S ZALKI	3000	145	2689	K MAHENDRAJI	3000
109	899	G D KARIKATTI	3000	146	4132	G VENKATESH	1500

SI. No.	MEM NO	NAME	AMOUNT
147	5380	SANDHYA SOMESHWAR	5000
148	5641	PRABHU S	1100
149	4346	USHA RAMESH	1000
150	2581	T B SHADAKSHARA ARADHYA	800
151	3019	B RAMESH ANGYA	3019
152	4973	SREENIVASA MOORTHY	800
153	2405	VIDYA SHANKAR	3000
154	2392	V K KULKARNI	5500
155	5545	GANESH RAO H	1100
156	1841	MISHRIKOTI B F	3000

SI. No.	MEM NO	NAME	AMOUNT
157	4816	B S KULKARNI	1100
158	5267	UDAY V KULKARNI	1000
159	1796	S D MAGDUM	2500
160	1026	C B GIRASAGAR	3000
161	5881	UMA RAMACHANDRA	2200
162	4744	SOMAPPA A	2100
163	1984	M K KODAGALI	3000
164	4134	JAGADISH M BHAT	1100

#### CORRIGENDUM

M. No. 1951 N. SUNDARA MURTHY (Erroneously printed as K.N. Sundara Murthy in August Magazine)

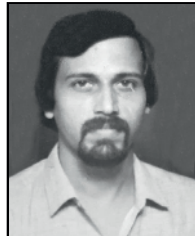
*We acknowledge with thanks the Donation received from the above members.*



## OBITUARY



Dakshinamurthy G M



B.A. Manohar Kumar

MEM. NO.	NAME	Date of Death
918	Sri.Suresh G Lokhande	22-08-2024
1372	Sri.Dakshinamurthy G M	22-08-2024
1444	Sri.B.A. Manohar Kumar	22-08-2024
917	Sri.M K Mithare	09-09-2024
Fp 196	Smt.Shantha Harihar	17-08-2024
1543	Sri.A B Kalkundrikar	10-09-2024
1731	Sri.Chandrakant B P Rao	11-09-2024
1927	Sri. Achyut G. Nadiger	16-03-2022
1550	Sri.M P Manoharan	05-08-2020

**'Pensioners Musings' conveys its condolences to the bereaved family and prays the Almighty to bestow strength and courage on them to bear the loss. May the souls rest in peace.**

### DEATH RELIEF FUND (Rs.5,000/- EACH) PAID SINCE LAST REPORT

SI.No	Mem.No	NAME OF THE DECEASED Pensioner/Family Pensioner/ Associate member	AMOUNT PAID TO
1	2421	Sri. Ramarao G Ganganpalli	Smt. Mallamma Ganganpalli
2	552	S Narasimhamurthy	Smt. S Lalitha

## MEMBERS OF AWARD STAFF/OFFICERS OF THE BANK RETIRING DURING SEPTEMBER 2024

Sl. No.	Name of the Employee	Branch Name	Designation	Mobile Number
1	HAMSAVINODINI SREENIVASAMURTHY	RASMECCC MYSORE	CHIEF MANAGER	8762719624
2	RAWI CECIL NAG	LHO BENGALURU	CHIEF MANAGER	7204065675
3	PARVIN KUMAR AGARWAL	LHO BENGALURU	CHIEF MANAGER	7766908523
4	MANJUNATH BANGALORE RAMALINGAIAH	LHO BENGALURU	CHIEF MANAGER	9449067964
5	PRABHU RAM JAGANNATHAN	SARC, BANGALORE	MANAGER	9845305112
6	ROHIT KUMAR LAL	LHO BENGALURU	MANAGER	7870382007
7	USHA RANI T.R.	LHO BENGALURU	MANAGER	8277899206
8	GANESH SRINATH GADDIKERI	MYSORE MEDICAL	CHIEF ASSOCIATE	9449612599
9	PADMAVATHI K	ANCHEPALYA	CHIEF ASSOCIATE	9731860620
10	USHA KIRAN MANKAME	BHATKAL	SPL. ASSOCIATE	9481110527
11	SURENDRANATH . C.R.	B'LORE MAIN BR.	SPL. ASSOCIATE	9901059355
12	MEENAKSHI.S SRINIVASA KUMAR.H.N.	SADASHIVANR, B'LORE	SPL. ASSOCIATE	9731801820
13	VIJAYALAKSHMI M KRISHNANAIAK A	ARYASAMAJ RD, M'L	SPL. ASSOCIATE	7259534609
14	BHANUMATHY N	BSK VI, B'LORE	SPL. ASSOCIATE	9886038162
15	GANGA RAJU H.G	HOLAVANAHALLI	SPL. ASSOCIATE	9741261444
16	MAHESH M.	HULIYAR	SPL. ASSOCIATE	9900962478
17	VIJAYALAKSHMI S. KUMAR	RACPC, ST.MRKS RD	SPL. ASSOCIATE	9902070973
18	RAJU VENKATAPPA MADIWALAR	RAJNAGAR	SR. ASSOCIATE	9449109648
19	RAJA NARAYAN SUBBUMANE	BHATKAL	ASSOCIATE	9480271830
20	KRISHNA MURTHY SAMETHANAHALLY VENKATACHA	JAYANAGAR 8TH BLK.	SR. HEAD MESSENGER	9880056289
21	SUBBALAKSHMI	HOODI, BANGALORE	HEAD MESSENGER	9972880972
22	SHIVAPPA.H. BARIKER HANMANTHAPPA	HAVERI	W& WARD SR.HEAD CAT	9449356715
23	PARASHURAMAPPA G.H.	NAGARABHAVI	SR. HEAD MESSENGER	9845542683
24	S .ANANTHARAMAN S.R. SRIKANTAIYER S ANANTH	KUVEMPUNAGAR	SR. HEAD MESSENGER	9380935069
25	MANJUNATH M.	SHIVARATHRESWAR	SR. HEAD MESSENGER	9380179711
26	C.K. PUTTEGOWDA	CAC BR, TUMKUR	SR. HEAD MESSENGER	9945191265

**We wish all the above Comrades a happy retired life and welcome them to become members of  
SBI Pensioners Association(K)**

## FOR THE KIND ATTENTION OF ALL OUR MEMBERS

IN OUR AUGUST MUSINGS WE HAD PUBLISHED THE BIRTHDAY LIST OF AUGUST AS THAT OF SEPTEMBER BY OVERSIGHT. THE ERROR IS REGRETTED. HOWEVER WE WISHED ALL OUR MEMBERS WHOSE BIRTHDAY FELL IN THE MONTH OF SEPTEMBER THROUGH BIRTHDAY CARDS. WE NOTE TO BE MORE CAUTIOUS.

BIRTHDAY LIST OF SEPTEMBER AND OCTOBER IS PUBLISHED IN THIS ISSUE.

### BIRTH DAY OF MEMBERS DURING SEPTEMBER MONTH

Sl. No.	Mem. No.	Name	Date of Birth	Mobile	Sl. No.	Mem. No.	Name	Date of Birth	Mobile
1	311	Lokare G B	1	9880/766330/ 9880717113	30	1246	P.V.MAIYA	3	9845345311
2	420	Devaraj M	1		31	1519	A Divakar	3	9845483357
3	565	Mehboobi Neksal Patan	1		32	2645	Raghavendra Kallurkar	3	9845697995
4	1445	Mukund N Kulkarni	1	9902061179	33	3647	Damodar Rai. K	3	9902604945/ 9845320490
5	2003	Nijalingayya S. Hiremath	1		34	4969	Vajendra R Desai	3	9449054123
6	2891	Manjunath Sherugar. D	1	9886183157	35	5013	Chitra S	3	9844274515
7	3198	Uday Sambhatt Chikodi	1	9481402600	36	389	Bhaskar M	4	
8	3200	Shankar N. Naik	1	9449010403	37	458	Nadakarni C V	4	
9	3203	Mallikarjun Bhalke	1	9880962200	38	1695	Anantha Ramu B. S	4	9449032024
10	3241	Mahadeva. M	1	9611671674	39	1998	Madan Ramachandra Deshpande	4	9986067742
11	3583	Basavaraj. M. Javalgi	1	9845457845	40	2877	Rajagopal K	4	9480257471
12	3987	Suresh Shantaram Gavade	1	9449480411	41	2952	Hanumanthappa. M	4	9483533715
13	5204	Shanthappa G Pattanashetti	1	9880855153	42	4051	K. Murali	4	9901121984
14	5254	Hanumanth B H	1	9880412416	43	4806	Pralhad R Navalgund	4	9591846731
15	5276	Mohan Kumar	1	7795171503	44	5567	Vidyacharan Chetty	4	9482213591
16	1098	Jayashree Gopal	2		45	5996	Arun Kumar B	4	9967747591/ 9845108545
17	1518	Pramod Anant Hunswadkar	2	9481306427	46	5998	Marcel M D'Souza	4	9741540085
18	1520	Neelakantan N S	2		47	158	Nanjappa G T	5	
19	1590	Shama Sunder Medayhal	2	9449622979	48	422	Muniswamy M	5	
20	2712	Ashok. D. A	2	9448984192	49	1191	Santhoji Rao M	5	
21	2898	Prakash. A. S	2	8123423456	50	1398	Rudrappa D Gadiyappanavar	5	9945391926
22	2902	Ashok. Y. Chandavari	2	9449435628	51	2132	Daniel Dinkar Bailey	5	9886515541
23	3393	Gurudath. K. N	2	7259356557	52	2451	Prabhat Kumar Shetty. P	5	9731195969
24	4130	P. K. Narayanamurthy	2	9845981781	53	3265	Ramachandra N Kittur	5	9448693267
25	5056	Ramakrishna S Bhat	2	9449542859	54	3580	Lalsingh. H. Thakur	5	9742790335
26	5343	Uma Nadiga Ramaswamy	2	8277076948	55	4088	V. Periyasami	5	9902062044
27	FP-292	Sharadha	2		56	4958	Shamji Shivappa Patil	5	7338375797
28	676	Kagalkar K K	3		57	5387	Selvi Loganadan	5	9900940864
29	1181	Bhoja R Karkera	3						

Sl. No.	Mem. No.	Name	Date of Birth	Mobile
58	908	Chandra Nagarajan	6	9845013348
59	1227	Mallayya D Mathpati	6	
60	1610	Shivappa Huchappa Shambewad	6	
61	2013	Padmanabha	6	9886608481
62	2326	Sathish Shenoy.H	6	9901184859
63	2329	Raja Gopal. P	6	9741589204
64	2483	Krishnaji G Dixit	6	9900072339
65	2880	Rajagopal.P	6	9448802462
66	3232	Siddaramaiah Ningaiah	6	9972616818
67	3935	Dayanand Lande	6	9448960857
68	4395	Manohar.P.N	6	9945265340
69	4950	Raja M	6	9449351692
70	5045	Anilkumar S Jahagirdar	6	9480692049
71	5532	Pawan Kumar Agarwal	6	7070140942/ 9480811763
72	FP-605	Nalini Jayanthi	6	
73	1512	D N Ramesh	7	9480383979
74	2016	Amarnath .K	7	9448413490
75	2204	Ramachandra Rao .P	7	9449047670
76	3929	Ganapathi Sheshagiri Naik	7	9035131748
77	4103	Dharanendra Kumar.A	7	8884557180
78	6003	Dhananjay S Hegde Bhandi	7	9448990274
79	489	Narayanan R L	8	8660019040
80	2325	Parashuram R.Bagade	8	9481725301
81	2692	Ranganath.B.S.	8	8884113664
82	2960	Balakrishna.V.Kulkarni	8	9731491632
83	3234	Balasubramanyam.B.A	8	9901057367
84	3275	Venugopal C.R.	8	9980479933
85	3743	Krishna Ganapati Bhat	8	9663465927
86	4329	Anup Manjunath Gokarn	8	9448981515

Sl. No.	Mem. No.	Name	Date of Birth	Mobile
87	4342	Parameshwar G Bhat	8	9449004279
88	5565	Paranthaman.G	8	9886773447
89	1829	Ganapati K Kadam	9	9945799361
90	2053	Vishwanath.G.K.	9	9845320335
91	3235	Suresh Y Andhari	9	8722886644
92	3560	Ganapathi.D.Bandi	9	9945799366
93	4984	Gopal Krishna Deshak	9	9886543515
94	5917	Balakrishna T	9	9448319724
95	FP-294	Sujatha Ashok	9	
96	329	Shamsuddin P K	10	
97	1009	Ajit P Manjrekar	10	9448040675
98	1550	M P Manoharan	10	9448031595
99	1880	Venkatesan.K.S.	10	9448790077
100	2181	Kagalkar.A.N	10	9449058120
101	2193	Rajeswari Kumaraswamy	10	9945623299
102	2595	Vasudevacharya T.Joshi	10	8762334246
103	4357	Pralhad Y Balolgidad	10	9886157655
104	4691	Kashinath S Kedari	10	9538090554
105	FP-514	Minnie .e	10	
106	834	Adiga P B N	11	
107	1112	Vishwanath Vinayak Chhatre	11	9742840361
108	2030	Sreenivasa H.R.	11	
109	4687	B C Padmanabha Maiya	11	9449935911
110	4745	Rajashree S Karanth	11	9449055030
111	4995	Bhola Prakash S	11	9449862948
112	5894	Chandrakant S Bhat	11	9449782435
113	5934	Pushpa V Joshi	11	9632462954
114	576	Golande R T	12	
115	2665	Uma J	12	9741964436
116	2670	Kumara Raj,D	12	9449417112

Sl. No.	Mem. No.	Name	Date of Birth	Mobile
117	2881	Leelavathi.A.S	12	9740091209
118	3887	K.L. Madhava Rao	12	9448130598
119	309	Madappa C B	13	9886761709
120	537	Belchada T L	13	
121	1091	Krishna Murthy T	13	
122	1508	Vijay Kumar Jain	13	9880822184
123	1728	Madhavi M Bandekar	13	9945490035
124	1835	Kalyani. K.	13	9880846527
125	3225	Veeresh Basavaraj Kuntoji	13	9481704931
126	3888	Bellary Nagaraj	13	9480722131/ 9483520496
127	5200	Sudha Subbarao	13	9845567127
128	5905	Nagaraj S	13	9591600844
129	2660	Anil Kumar.S.V.	14	9483534835
130	2914	Nalavade. S.V.	14	9448960504
131	3311	Arun Kumar Babu Kolkar	14	7760381486
132	3921	Prahlad.B.N	14	9916545137
133	4964	Asha Rani K R	14	9482252854
134	3249	Channakeshav Hanumantrao Hirekeruru	15	9901669102
135	3570	Rakesh Saxena	15	9896609666
136	3624	Sadanand Gopal Shanbhag	15	9480017424
137	3947	Shankar u Dalbanjan	15	9449010041
138	4383	Sudhir Kumar Khanna	15	9430387154
139	4416	M.S.Rao	15	9449815427
140	4485	J B Chandradhara	15	
141	4700	Geetha Prabhakar	15	9449840030
142	4782	Laxman	15	9900635343
143	5561	Ganapati D Todurkar	15	9916820024
144	5854	G.Satyanarayana	15	9880782726
145	5899	Jayasri R	15	9900029067

Sl. No.	Mem. No.	Name	Date of Birth	Mobile
146	5902	Gokuldas Prabhu K	15	9945723745
147	460	Subramaniam T B	16	
148	929	Narmada B P	16	8277472693
149	2662	Mohan Raj D	16	9243435851
150	2878	Seshagiri Achar.B	16	9448512001
151	2935	Shreerama.K	16	9480571434
152	3886	Nagaraja.P.S.	16	9900520130
153	3896	N.S.Umesh Rao	16	9482790586
154	4334	S.K.Ganesh	16	8197348252
155	4683	Vadiraja	16	7349511101
156	5321	Shashikant Mane	16	9448783881
157	5573	Rajendran Elappa	16	9902554077
158	817	Jai Prakash S V	17	9945202400
159	984	Kalyani Sridhar Rao	17	9886020156
160	1521	Ramachandra .R. Desai	17	9480370283
161	2454	Paul.C.P	17	8892201066
162	2516	Kathrikolly K.Rajakumar	17	9448974805
163	2896	Ganesh Upadya, H	17	9481566328
164	3968	V.Narayanachari	17	9901628630
165	4674	Devappa	17	9481974733
166	5001	Mahadev B Torgal	17	9620678798
167	FP-207	Vasanth V	17	
168	958	Ananth Shet H	18	
169	2107	Majid Allabux Sayyad	18	
170	2354	Anjali Surendra,	18	9341279003
171	2897	Shashidhara Hebbar	18	9449041235
172	3917	N.Ramani	18	9845666514
173	4078	Dattatreya.G.S	18	8050566061
174	5297	Padmini K Ubhayakar	18	9632949709
175	FP-56	Nalini P K	18	

Sl. No.	Mem. No.	Name	Date of Birth	Mobile
176	FP-240	Shantha K	18	
177	FP-153	Pamela V	18	
178	463	Srinivasa Raghavan P	19	
179	717	Swarna Subramanyam	19	
180	2668	Nagaraja Rao S	19	9448480448
181	3586	Kunhikrishnan. T.V.	19	9483506604
182	4963	Kamalakara Babu	19	9449842998
183	5269	V Sivaraman	19	9448377761
184	5860	James Christopher Karkada	19	94481919705
185	5906	Anand R Padaki	19	9972843434
186	533	Kulkarni M D	20	
187	1409	Chandra Sekhar V	20	9886069919
188	1694	Nagamani A.K	20	
189	1891	Sridhara.H.	20	9448971831
190	2014	Sarojamma	20	9900993065
191	2879	Ramamurthy.P	20	9901912962
192	3238	Gopal .P.V.	20	9900483409
193	3254	Arun Kumar.D.S.	20	9449007535
194	3294	Prasanna Kumari.V	20	9483959458
195	3642	Pauline Texeira	20	9538997940
196	4967	Ramesh Jairao Kulkarni	20	9880930869
197	5789	Asha R Deshpande	20	9480419649
198	6061	Sujata R	20	9845494321
199	239	Viswanathan N S	21	9845039959
200	394	Prabhu. B.S.	21	9900153621
201	835	Divakar C Joshi	21	9480751433
202	942	Prasad B N	21	
203	1886	Gururaj.B	21	9632244426
204	3231	Vinayak N Kulkarni	21	9986701901
205	3247	Madhava Rao Padubidri	21	9964279518

Sl. No.	Mem. No.	Name	Date of Birth	Mobile
206	3552	Rajendra Hosabettu	21	9980310364
207	4710	Y.Sudarshan	21	9448994153
208	4719	Shrigandhi	21	9886602379
209	4765	Dilip S Joshi	21	9448993844
210	4991	Pramod R Raidurg	21	9449045991/ 9620145990
211	1725	Ashok M Kamble	22	
212	1730	Vijayendra K Karjol	22	
213	2184	Dr.B.N.Gopinath	22	9741084285
214	2331	Gupta M.V.S.	22	8762662278
215	3250	Ramadevi G Kulkarni	22	9880170255
216	3318	Sanjeev R Belavadi	22	9482563954
217	3572	Suryanaryana S.Hegde	22	9448557201
218	3901	Arbind Kumar Mishra	22	9480811717
219	5005	H Y Waddar	22	9739823695
220	FP-28	Kantha G B	22	
221	FP-213	Rathna C R	22	
222	1090	Ramesh Babu B B	23	
223	1114	Bailur S M	23	8026647359
224	1522	Sheena Mathur	23	9448138286
225	1740	Doddamany B.Y	23	9980529205
226	2015	Gurudutt .N	23	9886608481
227	2208	Vasudev K. Pawar	23	
228	2651	Chandrashekar M.G	23	9901850725
229	2959	Kurber Narasimhalu Linganna	23	9483201945
230	4688	Giridhar R	23	9482189493/ 6366066036
231	5599	Sheena B M	23	9686917795
232	967	Kazi Shameem Fatima Sayed NaZim	24	

Sl. No.	Mem. No.	Name	Date of Birth	Mobile
233	1434	Prabhakar rao M	24	9740082836/ 9740082830
234	1969	Radha Krishna Setty. P.S.	24	9959896601
235	3946	Arun Kumar Anantharao Konaje	24	9945940226
236	4333	Gururaj V Kulkarni	24	9449031944
237	4929	Sheela N Kamath	24	9449833062
238	186	Pai M S	25	9449351013
239	295	Malathi R S	25	
240	1555	Surendar C K	25	9035504343
241	1782	Suresh.P.Nair	25	9845114975
242	1875	Sitharam C.K.	25	9741454246
243	2327	Bhavana.K	25	9844601951
244	3261	Prabhu. U.D	25	9448133098
245	3385	Jeevanna V Badami	25	8277385481
246	4230	P.N.Karunakara	25	9448270891
247	FP-38	Mythili N	25	
248	FP-652	Valsala A K	25	
249	208	Thomas D'Silva	26	9845494141
250	959	Shamalamba J	26	9886606408
251	1076	Padmanabha R.K	26	
252	1623	Irappa .B.Chadichal	26	7259361955
253	2031	Mathi Alagesan.M	26	9845694292
254	2182	S Sudarshan Rao	26	9449809315
255	3918	Shanmugam Vasudevan	26	9632775258
256	4076	G.B.Nagaraj	26	9845814878
257	5065	Aparna R Vorkady	26	9449640244
258	5256	H R Ananthapadmanabha	26	9242786112
259	5287	Chandrasekaran T	26	8454049898
260	5290	M Lakshmi Narayan	26	9731332266

Sl. No.	Mem. No.	Name	Date of Birth	Mobile
261	5610	Sudha Stephen	26	9591209975
262	FP-231	PUSHPARANI	26	
263	1559	Padmamma M V	27	
264	2918	Bantara G.Narayana	27	9880807131
265	4396	B.R.Sethuram	27	9900150243
266	804	Rishi Kumar M	28	9845301389
267	3111	Balu.G.M.	28	9901200339
268	3578	Rukma Baira D	28	9449220499
269	3897	Venkata Ramanan.S	28	9902799500
270	5572	Ranjini E John	28	9844097947
271	5988	Srividya S	28	9449544978
272	FP-196	Shantha Harihar	28	
273	1222	Adiga I S	29	9845135315
274	3464	Felix D'cruz	29	7760581100
275	3746	Shivaling A Kinagi	29	9448752435
276	4774	C R Venkatesh	29	9845009909
277	4786	B K Chandra Kanth	29	9845574901
278	5517	Ashok S Somanagoudar	29	9449362262
279	5893	Narayana C	29	8861552552
280	5961	S M H Kirmani	29	9845078665
281	1309	Vijaya Kumar V	30	9986047994
282	1353	Muralidhar M Joshi	30	
283	1809	Mulla M.A.	30	9880545476
284	2125	Surendra K Rayakar	30	9448970031
285	3242	Vadiraj R Koulgi	30	9845541086
286	4717	K Gururaja	30	9448989184
287	4979	Vijaykumar A Shingri	30	9740721001
288	5728	Mahadev R Anagal	30	9480736790
289	5886	Sasidhara Rao K	30	9449492444

**SBI Pensioners Association(K) wishes all the above Comrades on their BIRTH DAY**

## BIRTHDAY OF MEMBERS DURING OCTOBER MONTH

Sl. No.	Mem. No.	Name	Date of Birth	Mobile	Sl. No.	Mem. No.	Name	Date of Birth	Mobile
1	160	Chandavarkar D S	1	9845041459	31	719	Lakshmi S Beedu	2	
2	476	Deshpande S N	1		32	755	Jayanthi manohar	2	9980047080
3	597	Bhandari H P S	1		33	970	Sathyanarayana B N	2	9980902293
4	857	Mulki Keshava Chandra	1	9880063595	34	1914	Frederick Blazey	2	9739145366
5	1525	Quadrath Ulla Shariff	1	9945712382	35	2200	Mallesha.S.A	2	9480612971
6	1603	Nirmala Shastri	1		36	2463	Doodappa L Naik	2	9448980882
7	2050	Srinivasa Murthy.S..V.	1	9901188388	37	2902	Ashok.Y.Chandavari	2	9449435628
8	2286	Shivaraju.K	1	9844552747	38	2921	Yagnanarayana Itala	2	9886073569
9	2336	Ranga.U	1	9901157443	39	3270	Swathi s Kamat	2	9743904224
10	2911	Uma Ravichandran	1	9886414985	40	3551	Lakshmi Ram Singh	2	9480631386
11	3028	Radha Devadasan	1	9886295293	41	5062	Mrutyanjayya .Hiremath	2	9481569696
12	3251	Ramakrishna Nayak	1	9535915009	42	5492	Vasudevan Arunapuram	2	9448876985
13	3258	Manohar Ambaji Mahavarkar	1	9482665951	43	790	Gurappa Bharamji Hongal	3	9242392159
14	3729	Nagaraja.S	1	9742740875	44	921	Kodanda Maindan	3	
15	3813	Ananda Rao.K	1	9480101062	45	1411	Narasa Hanumaiah	3	
16	4172	S.Siddeswara	1	9901765682	46	1476	Krishnamoorthy Rao B	3	9663049590
17	4235	Karmv Kumar Mangal	1	9438036991	47	1614	Krishnaiah Setty G R V	3	8088227544
18	4356	M.D.Chinnappa	1	9902426729	48	1738	Gangadhar T.K	3	9845617097
19	4686	Molkere Rajanna	1	9482264198	49	1755	Munihalappa.P.Kamatagi	3	
20	4694	Y D Kotnikall	1	9448968088	50	2037	Manohar.Virupaxappa Wali	3	
21	4703	C. Nagaraj	1	9448868514	51	2203	Anantha Ram.H.C.	3	9448993137
22	4781	Mukund M Deshpande	1	9482057922	52	2899	Raghavendra.B.Jahagirdar	3	9945308348
23	5226	Anuradha T A	1	9980557710	53	2922	Sadashiva Naik.M	3	9448746466
24	5279	Ramesh B Achaiah	1	9632241340	54	2942	Ramesh Srikantacharya Ferozabadkar	3	9900825130
25	5482	Parashuram C Patil	1	9845273155	55	3587	Uday Bandodkar	3	9945824876
26	5563	Kasturi Obulesh	1	9448994110	56	3654	Manjunatha .P.K.	3	9901389446
27	5620	Suresh A Jadhav	1	9845315560	57	3957	Sathyavathi.S	3	9449015012
28	5885	Jayaraj K Kalgutkar	1	9449734302	58	4758	Narayan T Naik	3	8105234008
29	5973	Gomathi Mala V	1	9902799115	59	5280	Satish Babu S	3	9844041345
30	FP-33	Kamala A P	1						

Sl. No.	Mem. No.	Name	Date of Birth	Mobile
60	FP-684	H P Nagamma	3	
61	FP-689	Chavan Sireesha Devi	3	
62	FP-141	Theresa Tellis	3	
63	79	Poojari G.C	4	
64	464	Deviah B M	4	
65	847	Suvarna S A	4	
66	1789	Nagaraja B K	4	9886082840
67	2464	Ashok L Desai	4	9449924834
68	3605	Suryamurthy.N.S.	4	9480566123
69	3915	Padmini.S	4	9731374345
70	3978	Raghavan.C	4	9746123601
71	4417	S.Bhavani Narayan	4	9845590863
72	5584	Meera Shekar	4	9538966620
73	FP-704	Laxmi Bhau Patil	4	
74	1096	Narayan .K. Padasalgi	5	
75	1148	Nagendra M	5	
76	1879	Hubert.P.Nappalli	5	
77	2945	Madhusudhana.H.R	5	9916674213
78	4364	H R Krishna Kumar	5	9448808472
79	4756	Vinod S Sadalgekar	5	8762402963
80	5672	Marie Pinto	5	9449695040
81	685	Anandhi V	6	
82	727	SathyaPrema S	6	
83	1008	Govindaraju S K	6	9141520466
84	2491	Govind B Deshpande,	6	9448181342
85	2680	Panchappa T Kuri	6	9886415461
86	2697	Pandurang R Bhopale	6	9448861910
87	2825	Vamayya. U	6	9480401016
88	3592	Sudhakar Sharma.G	6	9483651842
89	3756	Sudha Sivan	6	9819930025
90	3805	Srinivasa	6	9449640414

Sl. No.	Mem. No.	Name	Date of Birth	Mobile
91	3920	Mariswamy	6	9900048941
92	5012	K K Subramaniam	6	9448015744
93	5037	Purandara G N	6	9480019268
94	5574	V A Aruna	6	9008141248
95	5697	Ananth S Halyal	6	8867245782
96	FP285	I Vanisree Naidu	6	
97	589	Anthony Rosario	7	
98	590	Gangodkar S G	7	
99	855	Patil E G	7	9845351787
100	1325	Meenachi Sundaram M	7	9980558816
101	1527	Gopalkrishna	7	
102	5644	Anuradha V	7	9880067149
103	5952	Elizabeth Chandy	7	8762401724
104	760	Arun Kumar R	8	
105	775	Umakanth Keshavrao T	8	9481492534
106	951	Sudha V	8	
107	1047	Joseph Lobo	8	9742016362- 9538838034
108	1910	Kumaraswamy.P.K.	8	9148894878
109	2654	Viswanath.S	8	9844337153
110	2923	Arun Narayan Naik	8	9449031954
111	3271	Pralhad H Kulkarni	8	9448691636
112	3651	Ramayya Nagesh Shanbhag	8	9482503075
113	3914	Purttaswamy Gowda	8	9844485620
114	4167	Mala Prasad	8	9880596597
115	4345	Dr.Dinakar P S	8	9742777701
116	4409	T.A.Vanitha	8	9483932801
117	4718	G.Narayanappa	8	9945846360
118	4982	DevKumar N Vankudre	8	9449021152
119	5009	Mallikarjun S Hosmani	8	8792909221
120	5016	P Narasimha	8	9980642563

Sl. No.	Mem. No.	Name	Date of Birth	Mobile
121	5590	P.Shivashankar	8	9902084989
122	652	Adiga S V	9	9986324299
123	701	Naik H S	9	9481760478
124	828	Chandra Prabha Lalu	9	
125	1149	Kundapur Mohamed Mansoor	9	
126	1882	Nagaraju.V.	9	9739360199
127	307	Ramchand H	10	9845434101/ 9844042482
128	457	Padasalagi R K	10	9481734131
129	633	Krishnamoorthi Rao K	10	9740836197
130	825	Sathyanarayana G S	10	
131	915	Rajamani R Rao	10	
132	1335	Balsubramaniam S	10	9448479831
133	1885	Madhav Lingappa Bendigeri	10	9448590991
134	1923	Gururaj Narla	10	9632690150
135	2470	Santhana Krishna	10	9980696801
136	2694	Radhakrishna Gowda	10	9480231231
137	3594	Ramachandran.P	10	9743237549
138	3848	Dhananjaya.K.Joshi	10	9449142953
139	4427	Ethirajulu.G	10	9980691778
140	5582	Dinesh K	10	9964071204
141	5613	Sharada M S	10	9886511948
142	5704	Bibi	10	8147846216
143	6002	R Subramanian	10	9740807173
144	6132	C Thimmappa Pai	10	7349172258
145	FP-320	Shantha S J	10	
146	763	Surekha N	11	9620721297
147	813	Govindaraj N	11	9880436446
148	2041	Keshav Prasad Rao	11	9449044234
149	4727	Girija L	11	9686759111
150	1389	Muthukrishnan R	12	

Sl. No.	Mem. No.	Name	Date of Birth	Mobile
151	2196	Nanjundiah.C	12	
152	2665	Uma J	12	9741964436
153	3591	Saraswati Suresh Chavan	12	9886790422
154	4708	Revansiddappa N Gachchi	12	9900053567
155	4978	K B Mallesh	12	9449911746
156	5042	Shamala J	12	9741594456
157	5301	Girijakumari N	12	9741009353
158	5889	M.Sheshagiri Kamath	12	9449842850
159	452	Ramachandran T N	13	
160	745	Shivarudrappa K	13	
161	1714	Ramchandra N Patil	13	9448852115
162	1750	Ambalatharasu	13	9845363248
163	1889	Sukumaran.P.D.	13	9008027013
164	2027	Girija Basavaraj	13	9845822828
165	3344	Ambadas .R.Ghanti	13	9448994195
166	3377	Jaiprakash Ranoji Patil	13	9449410859
167	4003	Meena Mangesh Nadkarni	13	9945610092
168	4755	Virupakshappa Bankapur	13	9986589489
169	5272	Krishna Naik Kolya	13	9481973745
170	FP-39	Radha Pillai	13	
171	698	Vijayakumar V L	14	9880069633
172	1913	Balaraman.R.	14	9945425214
173	2022	Shubhangi Tukaram Raodaskar	14	9880020168
174	2475	Guruswamy M.B	14	9886693164
175	2913	Ashok Irapa Undi	14	9742283219
176	2933	Appaji Rao.B	14	9483533883- 8217343139
177	2974	Shrikant Ganapati Bhomkar	14	
178	3290	Vijaya Kumar.T.S.	14	9880627239
179	3302	Vijayalakshmi.B.A.	14	9901043159
180	4773	T V Dakshinamoorthy	14	9886674821

Sl. No.	Mem. No.	Name	Date of Birth	Mobile
181	5265	Sridhar Hubbare	14	9008066909
182	5594	V Nanjunda Murthy	14	8951226386
183	2946	Suhas C.Swami	14	9449047321
184	1324	Harishchandra K Shetty	15	9880005715
185	1401	Satyanarayana D V	15	
186	1542	John Baptist Moras	15	9448680071
187	1607	Karappan K C	15	
188	1631	Raghavendra Rao P.V	15	9980946453
189	1888	Krishnamurthy.B.S.	15	9980744690
190	2186	Bharati Rao	15	9986037482
191	2224	Sunil Sagar	15	9620984580-9611850162
192	2238	Madival Gajanan Vithoba	15	9886708687
193	3278	Ashok .M.Deshpande	15	9900412185
194	3593	Muralidhar.D	15	9880167057
195	3927	Subrao Kallappa Jagadev	15	9845770834
196	3963	Shivanagappa.R	15	9964321497
197	4347	Xavier Rodrigues	15	7259976418
198	4354	R.Vasudeva Rao	15	9884794427
199	4752	Arunakshi Attavar	15	9739500926
200	4753	B E Ramesh	15	9845539270
201	4985	Ramesh Mallappa Amble	15	9686205858
202	5678	Pramila S	15	9880901769
203	5947	Mangala S Devali	15	8105726699
204	FP-11	Cynthia D'souza	15	
205	257	Seemanthini Jayant Abhaynkar	16	
206	453	Balarama Gupta P V	16	9845061615
207	642	Hegde S S	16	9741824509
208	1226	Neelakantan T S	16	9845343250
209	2679	Viswanath. M	16	9738686892
210	2917	Srivatsa. K.R.	16	9482039273

Sl. No.	Mem. No.	Name	Date of Birth	Mobile
211	2924	Chidananda Mayya	16	9480229622
212	3418	Chandrasekharasetty Medam	16	9900935314/ 9900935314
213	3555	Laxman Mukund Kanade	16	9845383459
214	4035	Padmasri.S	16	9972422169
215	4339	M.Victor Mascarenhas	16	9448793716
216	4361	Uma V Narayan	16	9900500556
217	4722	Shashikala S Prabhu	16	9448868597
218	5321	Shashikant Mane	16	9448783881
219	6139	Sathyanarayana G	16	9980524175
220	FP-678	Rajashri L Kerur	16	
221	893	Geeta Srinivasa	17	
222	1059	Vijay Yeshwantrao Ijare	17	
223	1536	Konganda Mandanna Kaveriappa	17	9740697507
224	2688	Shivaram S Kalgai	17	9448573203
225	3581	Ashok.M.B.	17	9844028302
226	3817	Margaret Mary Nazareth	17	9902468456
227	3913	Vijayakumar Venkataswamy	17	9916738191
228	4372	Shashidhara N	17	9448390140
229	5019	Sunanda B K	17	9886824224-6361526518
230	5271	Anusuya Bai S L	17	9742699872
231	FP-690	P V Muthanna Y	17	
232	FP-76	Shailaja G D	17	
233	950	Savithri R	18	
234	2919	Madhav D Sampgaonkar	18	9886252733
235	3320	Narayana. M.V	18	9448994546
236	3611	Ramesh Babu Billava	18	9448359272
237	3945	Chintamani Dattatraya Joshi	18	9448831647
238	3975	Harinarayan D.Patil	18	9448653223
239	4016	K.M.Muniyappa	18	9448901289

Sl. No.	Mem. No.	Name	Date of Birth	Mobile
240	5311	Dayanand L Jattayan	18	9880562915
241	1380	Marie Theresa Albuquerque	19	9844818847
242	5123	Jagadeesh Y Painter	19	9880037669
243	86	Apsingekar V N	20	9740082040-9886093781
244	513	Sharada Nagaraj	20	9449787064
245	1909	Venkatesh. H.V.	20	9632549264
246	2040	Ahobala.C.K.	20	9945475547
247	2189	Sunder Raj G.N.	20	9986006679
248	2916	Ananda Murthy.S	20	9900095293
249	2954	Shivanna. M	20	9448811322
250	3579	Moululmiya Chandsab	20	
251	4392	B.N.Keshava	20	9448993154
252	4724	Mohammed Fakrulla	20	9986227296
253	5641	Prabhu S	20	9900089670
254	1048	Narayan Bhimrao Mansur	21	
255	2485	Narasimha Murthy S	21	9900994462
256	2709	Dinesh.K	21	9448994185
257	2947	Subhadra Madhura Dharwadkar	21	9480020099
258	3538	Manik tumba	21	8095027405
259	3822	George.K.I	21	9481031972
260	3937	Ashok Kumar.K	21	9035808636
261	4764	Ragini S Kordale	21	8277195418
262	5677	Sharschandra P Datar	21	9449046260/6366324950
263	5907	Lakshamana L	21	8884256870
264	5956	Uma Shivaramkrishnan	21	9448017106
265	2720	Shivanand Parameshwar Kolamba	22	9448991903
266	2905	Krishna Swaminathan	22	9449071798
267	370	Kusuma Mallesh	23	
268	2848	Nirmala Venkataramaiah	23	9886815999
269	2904	Prabhu Kumar. B.S.	23	9844536909

Sl. No.	Mem. No.	Name	Date of Birth	Mobile
270	2955	Uday V N Bhat	23	9448546373
271	3329	Sharada Subhash Angadi	23	9448989530
272	4079	N.S.Krishna Murthy	23	9686282119
273	4832	Srinivas Venkatachalam	23	9449083181
274	202	Mathai A P	24	
275	527	Indira Reddy	24	
276	829	Katti S V	24	
277	1496	Shantha Karanth	24	
278	2045	Gretta Mascarenhas	24	9972485579
279	2165	Narayana Devanga Ramappa Setty	24	7795970289
280	3268	Narayanaswamy C.	24	9986574974
281	3723	Nagaraj.N.V.	24	9916846131
282	5061	Dandin Mohan	24	9448783482
283	5895	Rathna Shekhar Kotian	24	9482624294
284	5900	Shankar Kumar Dutta	24	9978917523
285	FP-411	Shakuntala K	24	
286	FP-251	Nayanatara	24	
287	FP 691	K S Rama	24	
288	2019	Peter Dsa	25	9845093088
289	2043	Basavaraj B.G.	25	9886787523
290	2092	Vittal Murthy T.K.	25	9886836634
291	2669	K. Umaphathi	25	9480712762
292	2901	Nanjunda Nayak	25	9739595616
293	3907	Rajeshwari Natarajan	25	8277645884
294	4340	Hariprasad.M A	25	9611763373-9902319732
295	5060	Ravishankar N S	25	9844029533-9945154193
296	5063	G Lakshmi	25	9480434513
297	5898	Ramesh A	25	9449485410
298	177	Kamalaksha K	26	

Sl. No.	Mem. No.	Name	Date of Birth	Mobile
299	762	Sreekantaiah B	26	
300	969	Vasanthamma K.R	26	
301	2083	Mani.P	26	9880789545
302	2255	Ramasubramanian. S	26	9448075830
303	2335	Jayaprakash.K.C.	26	9886236208
304	2492	Saroja S.Singh	26	9986113036
305	2906	Katti.H.S.	26	9483443084
306	2915	Kumara Swamy.P.K	26	9945559870
307	3571	Asha Shivashankar	26	7829910072
308	3930	Samiran Raghavendra Katti	26	9880527225
309	4146	Dilip.M.Sreshta	26	9731562424
310	1711	Sureshchandra Malpe	27	
311	1948	Madan Venkatesh Kulkarni	27	9448849901
312	2194	Chanabasappa A.Gudadinni	27	
313	5274	Nandini Kiran	27	9845390567
314	5328	Neena Coelho	27	9845614811
315	5679	Padmaja P	27	9448607966
316	6117	Ramachandra A Deshpande	27	9731491994
317	1812	Chellappa K.V.	28	9900460069
318	2927	Nonayya Devadiga	28	9448951620
319	2950	Suresh. D.G	28	9448994191
320	3259	Rachappa Shankarappa Medi	28	9731490043
321	3608	Vittal Udupi Achar	28	9686144041
322	4376	Rajeswari Gundmi	28	8050023329
323	5028	Bharati Ravindra Shivamoggi	28	9480232751
324	5278	Kumar B S	28	9986189379
325	5298	Som Shekhar setty	28	9480360400
326	5428	Geetha Manjula Kinni	28	9343873306
327	5911	D.Kousalya	28	9448024507
328	FP527	Shantha	28	

Sl. No.	Mem. No.	Name	Date of Birth	Mobile
329	FP-650	Kalpana R	28	
330	900	Belgaumkar Vasanth Rao Prahlad	29	9448171859
331	1549	Sridevei M R	29	
332	2345	Umesh Beerappa Naik	29	8095611554
333	2980	Thippeswamy. H.B.	29	7625031771
334	4027	M.N.Srinivasa	29	9980642178
335	5003	A N Vijaya Kumar	29	9591815501
336	5286	Sanjeeva Dnnu Maistry	29	9483928651
337	5587	Bheemappa	29	9448973606
338	5591	Sudheendra Ramdas	29	7259118939
339	640	Sadanand M	30	
340	646	Shivanand C Sheelvant	30	9916390081
341	3004	Sridhar.B.S.	30	9483508132
342	4406	Usha S	30	9986292832
343	5021	Shuja M N	30	9986681802
344	5958	Sally David	30	9902339531
345	FP-750	Savita G Kulkarni	30	
346	1216	Narayan P K S	31	
347	1900	Mukund kumarji.M.R.	31	9845497127-9902139042
348	2337	Bhat. M.R.	31	9886726365
349	2661	Sandhya Niranjan	31	9448840327
350	3257	Shilpachary.H.C.S.	31	9449721188
351	3601	Kalyanshetty. A.G.	31	9008022989-6364302225
352	3936	Pramod.R.Kulkarni	31	8494979666
353	3986	Vinod Raghunath Joshi	31	9481855666
354	4346	Usha Ramesh	31	9901996425
355	4381	Shrinivas P Dhanavanti	31	9449930046
356	4728	Ravindra M Suvarna	31	9449048412

**SBI Pensioners Association(K) wishes all the above Comrades on their BIRTH DAY**

## HRMS URL change

Dear Seniors,

We like to bring to your notice that as a part of rebranding ourselves and for more security Bank has moved many of its applications to SBI domain.

Existing HRMS Application uses **onlinesbi.com** domain. This domain was procured / owned by Internet Banking Department. Now as Internet Banking Department has moved their domain to .sbi, we are migrating HRMS Portal URL to new domain.

Old URL: <https://hrms.onlinesbi.com>

New URL: <https://hrms.sbi>

Users trying to login using old URL will be displayed with message to use <https://hrms.sbi>.

New URL will be effective from 13.10.2023.

There will be no change in any functionality or rights available earlier to users in HRMS Portal.

## **\*DO YOU KNOW?\***

- ❖ Both the legs together have 50% of the nerves of the human body, 50% of the blood vessels and 50% of the blood is flowing through them.

### **Walk**

- ❖ It is the largest circulatory network that connects the body.

### **So Walk daily**

- ❖ Only when the feet are healthy then the convention current of blood flows , smoothly, so people who have strong leg muscles will definitely have a strong heart. Walk

- ❖ Aging starts from the feet upwards.

### **Walk**

- ❖ As a person gets older, the accuracy & speed of transmission of instructions between the brain and the legs decreases, unlike when a person is young.

### **Please Walk**

- ❖ In addition, the so-called Bone Fertilizer Calcium will sooner or later be lost with the passage of time, making the elderly more prone to bone fractures.

### **WALK**

- ❖ Bone fractures in the elderly can easily trigger a series of complications, especially fatal diseases such as brain thrombosis.

### **Walk**

- ❖ Do you know that 15% of elderly patients generally, will die max. within a year of a thigh-bone fracture !!

### **Walk daily without fail**

- ❖ Exercising the legs, is never too late, even after the age of 60 years.

### **W A L K**

- ❖ Although our feet/legs will gradually age with time, exercising our feet/ legs is a life-long task.

### **Walk 10,000 steps**

- ❖ Only by regular strengthening the legs, one can prevent or reduce further aging.

### **Walk 365 days**

- ❖ Please walk for at least 30-40 minutes daily to ensure that your legs receive sufficient exercise and to ensure that your leg muscles remain healthy.

### **KEEP WALKING**

**You should share this important information with all your 50+years" friends & family members, as everyone is aging on a daily basis.**

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**STATE BANK OF INDIA PENSIONERS' ASSOCIATION (K) UNIT: D. K. UNIT  
SBI PENSIONERS' MEET HELD ON 03-08-2024 AT MANGALORE BRANCH.**

Sri. K K Poojary, President of D K Unit presided over the meeting. Sri. Vishwanath K, Honorary President of D K Unit was the Chief Guest.

Sri. K K Poojary welcomed the members and commenced the meeting. A minute's silence was observed in memory of those pensioners/family pensioners who left for eternal abode.

Sri. K K Poojary introduced Sri. Nagaraj Bhat, representing SEVA BHARATHI (R), MANGALORE, an NGO looking after special children/ running schools for them. Sri. Nagaraj Bhat explained in detail various activities conducted by their organisation. He asked the pensioners who are free and willing to assist them as volunteers. He also said any financial help is appreciated.

Later in the business session, Sri. Ravindra Pai, Secretary of the D K Unit informed the members about the unexpected and sudden death of Sri. Ganesh Pai on 07/06/2024. His death is a great loss to our organisation. Sri.

K Vishwanath, Vishwanath Kotekar, Smt. Dayavathi Mendon, Gowri Bhat expressed their feelings about Mr. Ganesh Pai.

Sri. Ravindra Pai explained in detail about various issues concerning the pensioners like ex-gratia, medical insurance, commutation recovery, deduction of commutation amount after the death of pensioner during compassion period etc. He also appealed to the members to send the donation amount as decided by the Parent Association.

Clarifications were given by the secretary for the doubts raised by the members. It was decided to co-opt Sri James Karkada as committee Member.

86 Pensioners/Family pensioners attended the meeting. Meeting ended with vote of thanks by the Secretary. Next meeting will be held on 25-10-2024.

03-08-2024  
Mangalore.

**Secretary  
(Ravindra Pai B)**

**Edited, Printed & Published By :**

**Sri T. Ramesh Rao**

President

on behalf of State Bank of India

Pensioners' Association (Karnataka)

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