

**Activities of Central Government Pensioners' Welfare Association, J&K, Jammu, During 1<sup>st</sup> Quarter 2016-17 (April - June, 2016)**

**Highlights of Activities** of Central Government Pensioners Welfare Association, J&K, and Jammu during the 1<sup>st</sup> Quarter 2016-17 are summarized hereunder:

- **Weekly Meetings/CGHS Wellness Centre Jammu Advisory Committee Meetings/National Pensioners' Day Meeting:**

- **At Jammu:** The Association continued to hold weekly meetings during I - Quarter 2016-2017 every Monday morning at 10.30 hrs. (summer timing) at its office at Jammu Olympic Association Building Parade Ground Jammu - 180001; in pursuance of its activities.

The dates of 13 Nos. Weekly Meetings and the number of members in attendance are tabulated below:

<u>Date of Weekly Meeting</u>	<u>Number of Members in Attendance</u>
<u>04.04.2016</u>	<u>33</u>
<u>11.04.2016</u>	<u>32</u>
<u>18.04.2016</u>	<u>32</u>
<u>25.04.2016</u>	<u>28</u>
<u>02.05.2016</u>	<u>35</u>
<u>09.05.2016</u>	<u>33</u>
<u>16.05.2016</u>	<u>31</u>
<u>23.05.2016</u>	<u>31</u>
<u>30.05.2016</u>	<u>31</u>
<u>06.06.2016</u>	<u>32</u>
<u>13.06.2016</u>	<u>28</u>
<u>20.06.2016 (Yoga Day)</u>	<u>25</u>
<u>27.06.2016</u>	<u>25</u>

- Discussions/interactive consultations were held in the meetings as per agenda with recording of the minutes and registration of attendance of the members present in the Association Minute Register.
- **At Srinagar:** Weekly meetings on every Monday were also held at Srinagar Branch of the Association.
- ***In the weekly meeting all issues pertaining to the problems of pensioners and operation of Pensioners' Portal in resolving the issues, as and when necessary, are taken up as a routine matter. The participants were given copies of latest circulars uploaded on the Pensioners' Portal for their use and for dissemination of useful information to other pensioners/family pensioners.***

- **Free Orthopaedic Medical Camp under Sankalp on 22<sup>nd</sup> April, 2016:**  
Under Sankalp, a voluntary philanthropic initiative of the Association, a Free Bone Density Test cum Orthopaedic Camp for the benefit of senior citizens in particular, was organized on 22<sup>nd</sup> April, 2016 at its Day Care Centre, Exhibition Ground Complex, Jammu. The camp was held in collaboration with Meyer Organics Pvt. Ltd and JK Physiotherapy & Rehabilitation Clinic, Gandhi Nagar, Jammu. Over 100 patients were examined with free consultation in the day long camp.
- Periodical medical check-up camps like this go a long way to ensure timely diagnosis of many ailments which otherwise are not normally attended to. Congenial and friendly environment of the camp was an added advantage and attraction for the senior citizens.
- **CGPWA Holds 21st Annual General Body Meeting on 23<sup>rd</sup> April, 2016**
- 21st Annual General Body Meeting (AGM) of Central Government Pensioners Welfare Association (CGPWA) J&K Jammu was held here at Jammu Club, Jammu on 23.04.2016 (Saturday) with Dr. Ashok Aima, Vice Chancellor Central University Jammu as the Chief Guest. Over hundred CGPWA members attended the AGM; besides special invitees comprising distinguished senior citizens and social activists.
- Shri J.K.Vaid, General Secretary of the Association conducted the proceedings and presented the Annual General Report for the year 2015-2016. He also briefed the house on the latest Govt. orders for the welfare of pensioners, including operation of Pensioners Portal for on-line redress of the pensioners grievances, on the initiative by Govt. of India (DoP&PW) - SANKALP for voluntary service by the pensioners in their chosen fields, thus utilizing their skill and experience for the welfare of the civil society and on the latest Memorandum on seeding of Aadhaar Number in the Pension Accounts of the pensioners for availing the facility of biometric registration of Annual Life Certificate to the Banks from their homes. Facility of self downloading of CGHS Smart Cards has also been provided by the government from 31<sup>st</sup> March, 2016.
- CGPWA J&K, representing 33 central services as on date, has been notified by Govt. of India as Nodal Association for central pensioners of J&K State and is one of the 43 Central Govt. Pensioners Associations in the country to get such recognition for operating Pensioners Portal under National e-Governance Plan (NeGP).
- Shri S.S.Wazir, President in his welcome address greeted the Chief Guest, special invitees and the members fraternity and briefly touched upon the welfare activities being pursued by the Association

- in service of the civil society, in general and the pensioners and their families, in particular.
- Shri K.B.Jandial, IAS (Retd) and a noted journalist gave an impressive power point presentation on Communal Harmony & Good Governance. He supported his talk with well researched facts and figures. The house gave thundering applause to the speaker who delved in detail on the very relevant issue.
  - Shri V.P.Sharma, Patron in his observations gave a brief historical account of the Association which was founded in 1994 and registered as Non Governmental Organization in July 1995. He also briefed the house on the major achievements of the Association, current strength of which has risen to 278 registered members (as on 31.03.2016).
  - PensionersqJournal 2016 of the Association was released by the Chief Guest along with the Office Bearers. Copies of the Journal were distributed to all those present.
  - Honouring Senior Members: In pursuance of the high traditions of the Association, one very senior member Maj. Gen. B.N.Dhar, PVSM (1926 born) was honoured with *Sreshth Vrishth Nagrik Award* on attaining 90 years of age and 2 other senior members of the Organization; Shri D.K.Sharma GSI & Sardar Saran Singh IFS were honoured with *Jeishth Vrishth Nagrik Awards* on attaining 80 years age with presentation of mementoes by the Chief Guest.
  - The Chief Guest in his address appreciated the activities of the Association in service of the pensioners and senior citizens and in creating a healthy vibrant paradigm forum which serves as a motivational role for the younger generations.
  - The function culminated with vote of thanks by Shri B.K.Raina, Vice President of CGPWA.
  - Resolution: The House unanimously passed a Resolution for CGHS Empanelment of recently inaugurated Shri Mata Vaishno Devi Narayana Super Speciality Hospital at Katra (Kakryal) to facilitate the CGHS Card Holders of the State.
  - The Resolution was framed for presentation to Shri N.N.Vohra Hon'ble Governor J&K and Chairman SMVDSB for kind sympathetic consideration
  - Yoga Day Celebrations: 2<sup>nd</sup> International Yoga Day (falling on 21<sup>st</sup> June, 2016) was observed by the Association on 20<sup>th</sup> June, 2016 at Jammu. 25 members undertook Yoga Asanas under expert guidance of Dr. N.K.Sharma, a noted Naturopath & Yoga Expert. He also briefed the members on useful health tips prevalent in Naturopathy.
  - Token Donation to The Institute of Nature Hygiene: A token donation of Rs. 5000/- to the Institute of Nature Hygiene, a noted NGO with which Dr. N.K.Sharma is associated, was announced by the Patron, as a token assistance to the NGO which is engaged in very useful social work in the

field of Naturopathy and Yoga. The cheque was subsequently handed over to Prof. Ved Kumari Ghai, the founder President of the NGO.

- **At CGHS Wellness Centre Jammu:** CGHS Advisory Committee Meetings were held once every month by a team of Executive Committee of the Association to sort out problems pertaining to the Centre to facilitate the stakeholders. 37<sup>th</sup> Advisory Committee Meetings at Wellness Centre Jammu during the Quarter were held on 9<sup>th</sup> April, 2016 and 38<sup>th</sup> Meeting on 14<sup>th</sup> May, 2016. Meeting during June could not be convened due to unavoidable reasons.
- **Report on Swachh Bharat Pakhwada by Central Government Pensioners' Welfare Association, J&K, Jammu**

Swachh Bharat Pakhwada was observed by the Association with great enthusiasm during 16<sup>th</sup> May to 31<sup>st</sup> May, 2016. The highlights are summarized below along with select photographs.

- Swachhta Pledge by Association Members: Observance of Swachhta Pakhwada (Cleanliness Fortnight) was initiated on 16<sup>th</sup> May by the members by taking Swachhta Pledge in the Weekly Meeting. Copies of the Pledge were given to members for taking the campaign forward by organizing meetings in their localities. 31 members present participated in the Pledge Ceremony.



- Shri B.K.Raina, Vice President of the Association, organized Swachhta Pledge Meeting of Morning Walkers at Rajinder Park, Canal Road, Jammu on 18<sup>th</sup> May, in which more than 50 morning walkers including ladies took part. He also organized picking of littered waste by the Sunday picnickers in their presence to educate them. The result of the innovative exercise was very encouraging.



- Shri K.B.Jandial, IAS (Retd) & Shri Prem Gupta, IPS (Retd) organized Swachh Bharat Pledge by Morning Walkers of Green Belt Park Gandhi Nagar Jammu on 19<sup>th</sup> May.



- Shri V.S.Sambyal, IPS (Retd) organized Swachhta Pledge by students of different school attending Yoga Classes at Channi Himat Jammu on 26<sup>th</sup> May, 2016.





- Swachh Bharat Pakhwada observed by the Association culminated with Swachhta Pledge by Specially Abled (Hearing/Speech Impaired) children of J&K Samaj Kalyan Kendra Jammu on 31<sup>st</sup> May by sign language. More than a dozen members of the Association are pro-actively associated with J&K Samaj Kalyan Kendra rendering voluntary service in the Organization as per SANKALP initiative of DoPPW. J&K Samaj Kalyan Kendra is a noted NGO of the J&K State running free educational cum vocational school for the unfortunate hearing & speech handicapped children.



- The letter pertaining to Swachh Bharat Pakhwada was uploaded in the Association website for general awareness and action.

**Appeal:** The Association appealed to all the citizens of the State and Country to download the guidelines from Association website: [www.cgpwajk.in](http://www.cgpwajk.in) including

Pledge (available in Hindi and English) and undertake the campaign of cleanliness in their respective areas in a mission mode.

Activities of the Association pertaining to Swachh Bharat Pakhwada have been uploaded in the Association website for general awareness and motivation of the civil society. The website launched on **14<sup>th</sup> September, 2015** is receiving encouraging response from public and pensioners.

All interested are invited to visit the Association website: [www.cgpwajk.in](http://www.cgpwajk.in)

- **Registration & Activities in SANKALP Programme:**

The Association has got itself registered in SANKALP Programme launched by DoP&PW for undertaking feasible Voluntary Service Projects in addition to its normal annual programmes and activities.

One Project of Free Orthopedic Medical Camp was organized under SANKALP during 1<sup>st</sup> Quarter.

A Core Group of 15 Members of the Association are rendering free voluntary service in the noted Non Governmental Organizations at Jammu viz. J&K Samaj Kalyan Kendra running free Educational cum Vocational Higher Secondary School for Hearing & Speech Handicapped Boys & Girls, Home for the Aged & Infirm, SOS Home etc. These members are playing key role in these Social Charitable Organizations in the capacity of Life Members and Honorary Office Bearers. It is commendable service by the Association to the needy and hapless segments of the society.

- **Registration of Grievances on CPENGRAMS:**

17 Nos. of New Cases of Grievances was registered in CPENGRAMS online in the PensionersqPortal by the Association during the Quarter. Earlier Grievances registered on the Portal have been disposed off.

Current Pending Cases = 4 Nos.

- **Registration of Members of the Association:**

There has been consistent increase in the number of registered members of the Association. This progress is shown in the Table as follows:

<b>No. of Registered Members</b>	<b>As on</b>
<b>101</b>	<b>March 2011</b>
<b>124</b>	<b>March 2012</b>
<b>164</b>	<b>March 2013</b>
<b>218</b>	<b>March 2014</b>
<b>248</b>	<b>March 2015</b>

<b>267</b>	<b>September 2015</b>
<b>271</b>	<b>December 2015</b>
<b>278</b>	<b>March 2016</b>
<b>293</b>	<b>June 2016</b>

15 new members have joined the Association during the Quarter.

- **Day Care Centre for Older Persons/Pensioners:**

- The Association has made a Day Care Centre for Pensioners/Older Persons functional. It is located opposite to CGHS Wellness Centre Jammu at Exhibition Ground Complex Jammu. More facilities are planned to be added to the Centre in due course of time.
- J&K Police Department has sanctioned the essential infrastructural facilities/item under Civic Action Plan for the Day Care Centre. The items include Split A.C. . 1.5 tons, LED TV, Refrigerator-180 Lts, Inverter and 4 Tables. The same are expected to be put in place at the Centre soon.

- **Media Coverage of Activities:**

- The activities and the events observed by the Association are given wide publicity through print and electronic media which include Local Dailies, Local TV Channels and Radio Kashmir Jammu/Srinagar (AIR) for dissemination of general awareness and for the benefit of civil society in general and the pensioners & senior citizens, in particular. Important events are also covered with photography for documentation and record.
- **Association Website:** The website of the Association launched on 14<sup>th</sup> September, 2015 has been received very well by the stakeholders. Many pensioners who are not even registered members of the Association are viewing the site for useful information, latest Government Orders and weekly updates on activities of the Association. Useful links viz. DOPPW, india.gov.in, Bharat Pensioners Samaj, Income Tax Department & J&K Government have been provided on the site home page.
- **The website** has received 004769 hits till date which is quite encouraging for the nascent site: [www.cgpwajk.in](http://www.cgpwajk.in)

Sd/- 11.07.2016  
(J.K.Vaid, Rtd.Director GSI)  
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