



THE SHIELD

A Monthly Magazine from

State Banks' Staff Union (Chennai Circle)



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Dear Comrades,

It is indeed my pleasure to write my thoughts down for our in-house e-magazine "The Shield". April month is named after the Greek goddess of love, Aphrodite. For us, April marks a start of Sunny months. World Health Organisation (WHO) has declared 7th of April as "World Health Day". On account of its 75th anniversary, the World Health Organization has chosen

"Health for All" as the theme for this year. "Health for All" is indeed the need of the hour. Our Union has always encouraged our members to be active and take care of their health. However, it is disheartening to hear our comrades neglect health and fall prey to disease conditions like Diabetes, Hypertension, Depression, Vitamin deficiency etc. Lets pull up our socks and focus on being healthy. I request our comrades to cultivate healthy habits like walking, jogging, performing yoga, eating healthy food and to sleep adequately. Health is Wealth says a proverb. Healthy individuals perform well and shine everywhere. "Self Care" is the goal that's achievable only when we prioritize and take a step towards a better health condition.

April month also marks the start of a new Financial Year. We can say it is a New Year for Bankers like us. Let this Financial Year be more prosperous and successful one. I wish each one of you a Happy Tamil New Year.



**Com.G.KRIPAKARAN
GENERAL SECRETARY**

**Com.G.KRIPAKARAN
GENERAL SECRETARY**

INTERNATIONAL WOMEN'S DAY CELEBRATION 2023

Women are known for delivering multiple roles effortlessly, and thus, they are considered the backbone of every society. They excel in a wide range of roles such as caring mothers, loving daughters, and capable colleagues. To honour our vibrant Lady comrades, Our SBSU (CC) celebrated the International Women's Day on 11th March, 2023 at The Residency Towers, Chennai. The colourful celebration became more remarkable by the presence of our Chief Guest Dr (Smt.) Tamilsai Soundararajan, Honorable Governor of Telengana and Honorable Lt. Governor of Puducherry. Com.V.Sridharan, our President presided over the meeting. Com. G. Kripakaran, General Secretary delivered the Welcome address. Special Guest of the event, our beloved Chief General Manager Shri.R. Radhakrishna rendered the women's day message. Shri. Govind Narayan Goyal General Managers (NW II), Shri. Debashish Mishra, General Manager (NW I), Shri. Ananda Ganesan General Manager (CCGRO) along with Shri. Vijayakumar T, Assistant General Manager (HR) and Shri. Sriramkumar Ramakrishnan Chief Manager (IR) graced the occasion.



The event witnessed the grand launch of “SBSU Cares” (an initiative to help the needy and destitute of the society) by our Chief Guest Dr (Smt.)Tamilisai Soundararajan, Honorable Governor of Telengana and Honorable Lt. Governor of Puducherry. Later our Chief Guest, galvanized with her exuberant speech. She emphasised the importance of being healthy and insisted our comrades to practise Yoga regularly. Our lady comrades enthralled the audience by their graceful dance performance. An “On the Spot Quiz” event was hosted to engage and energize the audience. Our Vice-President (HQ) Com. Khaja Fakrudeen delivered the vote of thanks. International Women's Day Celebration 2023 was organised in an exemplary manner and it turned out to be a grand success.





SBSU CARES - A SOCIAL INITIATIVE

Social Responsibility is deeply ingrained in the culture of our State Banks' Staff Union (CC). We have been conducting various social activities since our inception. In tune with this, we have formed a separate trust named "SBSU Cares" to help the needy and destitute in the society. A minimum of Rs.100 is voluntarily contributed annually by each member. The amount so collected, would be spent for social causes throughout the year on various occasions. Our Union is privileged to launch this scheme by our Honourable Governor Dr.(Smt.) Tamilisai Soundararajan. On the launch of this scheme, we have donated, Iron Box, Sewing Machine, Wheelchair and Hearing Aid to the needy.



SCHEMES RUN BY OUR UNION

GOLDEN JUBILEE MERITORIOUS AWARD SCHEME (GJMAS)

Golden Jubilee Meritorious Award Scheme (GJMAS) was started at Tirupur in 1997 to commemorate 50 years of formation of our SBSU(CC). Meritorious wards of our members are honoured with a scholarship of Rs. 1000/- for scoring highest percentage of marks in final exams of Standard XII. 50 wards were honoured each year under this scheme. During the Diamond Jubilee Celebrations in 2007, the scheme was extended to cover Standard X students as well. Also, the number of meritorious students honoured was increased to 60.

PLATINUM JUBILEE MERITORIOUS AWARD SCHEME (PJMAS)

Platinum Jubilee Meritorious Award Scheme (PJMAS) was started to commemorate 75 years of formation of our SBSU(CC). Under this scheme staff and wards of the staff who excel in extracurricular activities at State/ National/ International levels are honoured.



PJMAS AWARDEE – Com. R. Ramesh, Vellore Branch – Athletics

An athlete with passion ran many marathons across length and breadth of our country. In the year 2022, he has participated in 5 International Marathons and clocked best timings. He won the Silver medal in the 5000 meters event in the 40th Tamil Nadu State Masters Athletics Championship 2023.



PJMAS AWARDEE – Ms. Preetha Lakshmi – Fine Arts

Ms. Preetha Lakshmi d/o Com. Akhila Lakshmanan is a self trained Realistic Pencil Portrait Artist. Her “Life like Portraits” were selected and exhibited at the Los Angeles art exhibition USA.

INTERNATIONAL WOMEN'S DAY CELEBRATION AT TRICHY MODULE

International Women's Day Celebrations 2023 was organized by our Trichy Module on 5th of March, at Cauvery Hall, A.O. Trichy. Com. Krishnamurthy D, Deputy General Secretary delivered the welcome address. Com. Ananthakrishnan N, Vice-President, Com. Andrews Paul Raj J, DGS and Com. Ohm Prakash P, Assistant General Secretary have arranged a grand gala for the lady comrades of Trichy City. Chief Guest of the event was “Kavignar. NANDHALALA”. He spoke on the practices like SATI, Jauhar etc. that challenged women's plight and their life in those days. He described the journey of women in achieving Gender Equality and the present status of modern women. Lady Comrades participated enthusiastically in events like Singing Competition, Mehendi, Chess, Brick walk and water filling that were conducted on the occasion.



INTERNATIONAL WOMEN'S DAY CELEBRATION AT MADURAI MODULE

International Woman's Day Celebration was organised at Madurai Module on 11th March at A.O. Madurai by Deputy General Secretaries Com. R. Barathan, Com. M Senthil Kumar and Assistant General Secretary Com.Muthukaruppan C. The Celebration took off with the conduct of sports events like Carrom and Badminton for the lady comrades. Group events like Lemon and Spoon, Anthakshari, Passing the Ball, Bursting Balloon and Lucky Dip were also organised. The day was truly dedicated to spending quality time in sports and other activities that displayed the talents of the Lady Comrades.



EVENTS

MEMBERS' MEET @ PERAMBALUR BRANCH

Members' Meet of staff working in and around Perambalur area was held on 09.02.2023 at Perambalur Branch. Com. S. Muralidharan Deputy General Secretary (Br) presided over the meeting. Com.N.Emmanuel Elaventhana Deputy General Secretary (HQ) who is also the President of our SBI Staff Co-operative Society Ltd. briefed the gathering on the benefits of the credit society. Our General Secretary Com. G.Kripakaran interacted with the comrades and responded to their queries. The meeting was organized deftly in less than 4 hours by Perambalur Unit Secretary Com. Rajarajan. Members from nearby branches congregated to listen to our General Secretary. As soon as a call was given, the members flocked to the venue with love and affinity towards our organization.



MEMBERS' MEET (ZONE X) @ THANJAVUR

A Members' Meet of Zone X was conducted at Thanjavur (Trichy Module) on 26.03.2023. Our General Secretary Com. G. Kripakaran addressed the gathering and interacted with the members and encouraged them to actively participate in Trade Union activities. Com. C. Manohar Deputy General Secretary (HQ), described the efforts taken by our General Secretary for the recruitment of Clerical staff and Armed Guards in our Bank. Tiruchirapalli Module Office Bearers Com.N.Ananthakrishnan, Vice- President Deputy General Secretary Com.D.Krishnamurthy, Deputy General Secretary(Br) Com. M.Pandi, Assistant General Secretary Com.P.Ohm Prakash, Sub Staff Committee member Com. K. Thangamani participated in the meeting. Assistant General Secretary (Zone X) Com. R. Vijayarajan organized the meeting in an excellent way in a very short notice.



ANNIVERSARY MEETING OF FORMER COUNCIL MEMBERS



The 13th Anniversary Meeting of Former Council Members of All India SBI Staff Federation was held on 05.03.2023 at Hyderabad. Com. R. Sriram, General Secretary SBISU Hyderabad Circle inaugurated the meeting. Com. L. Chandrasekar, General Secretary S B I S U Amaravathi Circle was the Guest of

Honour. Our General Secretary Com. G. Kripakaran was the Chief Guest and delivered a reverberating speech where the hall was occupied with the stalwarts. He emphasized the importance of Pension updation and other issues related to pensioners.



AISBISF EXECUTIVE COMMITTEE MEETING @ MINICOY ISLANDS, LAKSHWADEEP

The Executive Committee of our All India State Bank of India Staff Federation (AISBISF) met at Minicoy Islands, Lakshadweep on 17.03.2023. The Executive Committee comprises of the President, General Secretary, and four Senior Vice Presidents of AISBISF and President, General Secretary of all the 16 Circles along with additional nominated executives. This meeting is held every quarter at Federation level to discuss issues pertaining to all the circles at the apex level.



CO-ORDINATION COMMITTEE MEETING

Co-ordination Committee comprises of our Staff Union, Officers Association and Pensioners Association. The Co-ordination Committee meets every quarter to discuss issues related to the Pensioners and to take it up at the appropriate authorities. The Meeting of the Co-ordination Committee of SBSU (CC), SBIOA (CC) & SBIPA (CC) met at Chennai on 1st March 2023. The committee discussed various issues related to pensioners like Medical facilities, other Welfare issues and the pension related issues. It was unanimously resolved to urge the Apex level leaders of AISBIOF, AISBISF and AISBIPF to revive the Co-ordination forum to discuss all the above issues with a view to take it forward to the Top Management at Corporate Centre for timely and smooth resolution.



PUNCTUALITY

Punctuality is the characteristic of being able to complete a required task or fulfill an obligation before or at a previously designated time. "Punctual" is often used synonymously with "on time". Punctuality is an etiquette which encourages us to complete our work in a timely fashion. It also makes us realize the importance of time. A person who is punctual will always know how to respect their time and other's as well. In a professional environment, being punctual involves planning ahead and making arrangements to ensure that you can fulfill your obligations on a strict schedule.

Why Punctuality is Important?

- Being punctual strengthens and reveals your integrity.
- Being punctual shows you are dependable.
- Being punctual builds your self-confidence.
- Being punctual assures you are at your best.
- Being punctual builds and reveals your discipline.
- Being punctual shows your humility.



"PUNCTUALITY IS THE THIEF OF TIME" - Oscar Wilde

Our SBSU (CC) has always been insisting our comrades to be punctual in attending office as well leaving on time. **If it is required to sit late to complete work, inform the concerned official and mark attendance accordingly.** Sitting late not only causes health hazards, it paves a way of unemployment to others. From Preventive Vigilance point of view also sitting beyond working hours is dealt with seriously. **"REGULATED WORKING HOURS"** is a **"FOUGHT AND GOT RIGHT"** of the Union, which should not be vitiated. Hence staff are requested to adhere to time norms (i.e.) be punctual and leave the branch/office on time.

Refrain
yourself
from being
a part of
any
official
group
using
**"PERSONAL
MOBILE
OR SIM"**

LAURELS AND ACCOLADES

Com. Bharatham S, Associate (L.H.O. Chennai) received **"CGM CLUB AWARD"** for the year 2021-22 from our Chief General Manager Shri. R.Radhakrishna under special mention category for his contribution in the development of **"DIGI TOOL KIT"**, an in house developed application using Microsoft Office 365 Power Platform for Lead tracking, Activity Tracking and Campaign Tracking for branches.



Com. Kumudini Venkatachalapathy, Senior Associate (Karaikal ADB branch) received an appreciation from a customer. As a mark of acknowledgment, her service was recognized and a Letter of Appreciation was awarded to her by our Chief General Manager Shri.R.Radhakrishna. The Letter was handed over to her by Deputy General Manager (B&O) Trichy, Shri. Naveen Kumar.

HEAT WAVE

Heat wave conditions can result in physiological strain, which could even result in Heat Stroke. The following measures may be adopted to minimize the impact during the heat wave and to prevent serious ailments:

Do's:

- Drink sufficient water and as often as possible.
- Use coconut water, lassi, lemon water, buttermilk to rehydrate the body.
- Wear light weight, light colored, loose and porous cotton clothes.
- Use protective goggles, umbrella, hat, shoes or chappels while going out in sun.
- Increase the frequency and length of breaks during outdoor activities.

DONT'S:

- Avoid going out in the sun, especially between 12.00 noon and 3 pm.
- Avoid wearing dark, heavy or tight clothing.
- Avoid strenuous activities when the outside temperature is high.
- Avoid high protein food.
- Recognize the signs of heat stroke, heat rash or heat cramps such as weakness, dizziness, headache, nausea, sweating and seizures. If you feel like fainting or fall sick, consult the doctor immediately.



Dr. Suvarchala S.B. M.B.B.S., M.D.,
Bank Medical Officer,
A.O. South, Chennai

By Dr. Suvarchala S.B.

OBITUARY

COM. S. RAJU



Former Assistant General Secretary, Erode Sub office, Com. S. Raju passed away on 09.03.2023. Com. Raju was very active Unit Secretary of Erode and contributed a lot to the Union. We dip our banner

as a mark of respect to Com Raju. We pay our homage to the departed soul.

COM. K. VASUDEVAN



With deep regret we inform the sudden demise of Com.K.Vasudevan, Former Vice President Tiruchirapalli Sub Office on 20.03.2023. He was instrumental in getting compassionate appointment for many of our comrades. We dip our banner as a mark of respect.

May the departed soul attain the lotus feet of Lord Almighty.