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HEARTY CONGRATULATIONS -

A LEADER WITH A MESSAGE OF LOYALTY AND PURPOSE



SBIPA Hyderabad Circle, extends its heartfelt congratulations to Sri S. Radhakrishnan on his elevation as Deputy Managing Director. His elevation within a short span of assuming charge as CGM, Hyderabad Circle, is a matter of pride for all of us. The Circle, known for its consistent record of successive elevations since 2015, continues its distinguished tradition through this achievement.

Sri S. Radhakrishnan is admired for his simplicity, accessibility, and close connect with people, particularly senior citizens. His humane approach and prompt, decisive actions, without seeking personal credit, reflect the essence of true leadership. His gesture of providing additional furnished space to our Association within a short time of assuming charge stands as a testimony to his concern for retirees.

At a structured meeting, he shared a thought-provoking narrative titled "A Tale of Loyalty: The Elephant's Guardians." In this allegory, the elephant symbolized our beloved State Bank of India, the "Mother Bank", strong yet burdened with immense responsibility. As it moved forward, it faced challenges from external forces and internal weaknesses.

The message was clear, the strength of the institution lies in the vigilance, integrity, and unity of its people. The "guardians" who rose to protect the elephant symbolized committed employees who safeguard the Bank by upholding values, preventing lapses, and working collectively for its growth. Their efforts restore strength, stability, and pride to the institution.

This powerful message left a lasting impression, reinforcing our shared responsibility towards the Bank. It also serves as a call to all employees to reaffirm their commitment in line with the Bank's vision and mission, striving to enhance market share, strengthen customer trust, and mobilize deposits for sustained growth.

We are confident that under his able leadership, the Bank will continue to grow stronger, further supporting the visionary leadership of our Chairman, who is relentlessly striving to bring laurels to the State Bank of India.

SBIPA Hyderabad Circle, wishes him continued success in his new role.

From the Desk of the General Secretary... ✍

ANCHORS OF HOPE

In the vast ocean of life, we often encounter moments that define who we are - not just for ourselves, but for others around us. A simple reflection comes to mind: a cork, a log, and a ship - each floating on the same waters, yet serving very different purposes.

The cork survives for itself alone. It floats, but the moment someone seeks support, it falters and sinks. The log offers temporary relief - helping a few for a while - but soon becomes overwhelmed. The ship, however, stands apart. It is built not merely to float, but to carry, to support, and to guide. It welcomes many, withstands storms, and becomes a symbol of hope.

Our Association is that ship - steadily striving to serve, support, and guide.

In today's fast-moving age, technology has become a powerful enabler. It helps us stay connected, informed, and responsive. In this regard, State Bank of India has been making tireless efforts to enhance customer and pensioner convenience.

We remain inseparable from the Bank - as customers who have entrusted our life's savings and availed loans for housing, conveyance, children's education and other needs on concessional terms.

Platforms such as MyHRMS SBI and YONO SBI are designed to provide seamless, movement-less access to a wide range of services - covering both financial and pension-related needs, and steadily evolving into one-stop solutions.

We may have retired from service, but certainly not from life. This phase brings its own responsibilities and challenges. We must periodically establish our existence, remain attentive to the finer aspects of medical insurance, plan our taxation wisely, and stay vigilant against cyber frauds that arise from unknown and unexpected corners.

We must also guard against undue expectations and misplaced trust, while ensuring that our near and dear ones are informed and prepared about what lies ahead. The importance of proper nomination in accounts and policies must be recognised, and, wherever appropriate, writing a Will is advisable to ensure smooth and hassle-free transition of our funds and assets to our loved ones.

All this calls for staying abreast of developments - understanding how systems work, knowing whom to approach, and acting with confidence and prudence.

Let us clearly distinguish between "I" and "We."

"I" limits. "We" empowers.

"I" isolates. "We" includes.

"I" hesitates. "We" acts.

In such a journey, isolation is not strength - collective support is.

In addition, the health insurance facilities such as Health Care and Health Assist extended by the Bank are being administered through FHPL TPA Pvt Ltd. Members are encouraged to make use of the mobile app-based services for a range of e-facilities, including downloading e-cards, accessing the list of FHPL network hospitals, submission of claims for reimbursement of expenses where applicable, and tracking both cashless and reimbursement claims - making the process simple and convenient.

Further, e-pharmacy services are available through the respective apps of the empanelled vendors - UrLife App, MediBuddy, and Tata 1mg - as per the option exercised at the time of enrolment under the Health Assist Policy for 2026-2027.

Anand Rathi Insurance Brokers has also provided a detailed leaflet explaining eligibility, procedures, and usage guidelines. However, it is equally true that the plethora of instructions and guidelines can sometimes make reading and understanding complex.

In such situations, a spirit of mutual interaction and collective guidance will certainly lead to better clarity and outcomes.

We must recognise that, owing to our collective effort and cooperation, the enrolment and renewal of the Health Assist Policy - Policy B was completed smoothly and successfully.

Let each one feel free to raise concerns directly, with openness and trust. Reach out to your Association - your ship - which has a place reserved for you, reserved with affection, and welcoming you wholeheartedly. You may not always find immediate resolution, but you will certainly feel the sincere and selfless efforts made on your behalf.

This Association is not merely its Managing Committee. It is the collective strength of more than 4000 members. Many more pensioners have joined us in recent months, and the movement continues to grow steadily.

Let us strengthen this bond. Let us keep our flag flying high - higher and higher - by standing united, supporting one another, and living in the hearts of our fellow pensioners as a symbol of trust, care, and hope.

Let us continue to be that ship, and further strengthen it -

- a ship of extended arms,
- a ship of selfless service,
- a ship of hope in moments of despair.

With warm regards,

D. KRISHNA KUMAR
General Secretary

ప్రధాన కార్యదర్శి గారి డెస్క్ నుండి

ఆశాకిరణాల నౌక

జీవితమనే విశాల సముద్రంలో మనం ఎప్పుడో ఒకప్పుడు, మనం మాత్రమే కాకుండా, ఇతరులకు మనం ఏమిటో నిర్ధారించే పరిస్థితులను ఎదుర్కొని ఉంటాము. ఈ సరళమైన ఉదాహరణ మనకు మార్గదర్శకం అవుతుంది. ఒకే నీటిలో వున్నా ఒక బెండు (cork), ఒక దుంగ, ఒక నౌక వున్నా వేరు వేరు అభిప్రాయాలు కలిగి ఉంటాయి.

బెండు (cork) తనకోసమే తేలుతుంది. ఎవరో దాని మీద ఆధారపడితే అది మునిగిపోతుంది. దుంగ కొంతమందికి కొంతకాలం సహాయం చేస్తుంది, కానీ త్వరలోనే అది కూడా మునిగిపోతుంది. నౌక మాత్రం అనేక మందిని మోసే శక్తితో ఆశకు ప్రతీకగా నిలుస్తుంది.

మన సంఘం ఆ నౌకే - సేవ చేయడంలో, సహాయం చేయడంలో, మార్గనిర్దేశం చేయడంలో నిరంతరం కృషి చేస్తూ ఉంటుంది.

ఈ వేగవంతమైన యుగంలో సాంకేతికత ఒక శక్తివంతమైన సాధనం. ఇది మనల్ని అనుసంధానంగా, సమాచారంతో, స్పందనతో ఉంచుతుంది. ఈ దిశగా State Bank of India మనకు సౌకర్యాలను పెంచేందుకు నిరంతరం కృషి చేస్తోంది.

మనము బ్యాంకుతో విడదీయరాని సంబంధం కలిగినవారమే - మన జీవిత పొదుపులను బ్యాంకుకు అప్పగించి, గృహ నిర్మాణం, వాహనం, పిల్లల విద్య తదితర అవసరాల కోసం రాయితీ రేట్లపై రుణాలను పొందిన కష్టమర్లముగా ఉన్నాము.

MyHRMS SBI మరియు YONO SBI వంటి Apps మనకు కదలికల అవసరం లేకుండా అనేక సేవలను అందిస్తున్నాయి - ఆర్థిక మరియు పెన్షన్ సంబంధిత ఇతర అవసరాలకు ఒకే చోట పరిష్కారం అందిస్తున్నాయి.

మనము ఉద్యోగం నుండి విశ్రాంతిపొందాము - కానీ జీవితంనుంచి కాదు. ఈ దశలో జీవిత ధృవీకరణ పత్రం సమర్పించడం, వైద్య బీమా అవగాహన, పన్నుల ప్రణాళిక, సైబర్ మోసాలపై అప్రమత్తత అవసరం.

నామినేషన్ నమోదు ప్రాముఖ్యతను మనము గుర్తించాలి. అలాగే అవసరమైతే వీలునామా (Will) సిద్ధం చేసుకోవడం ద్వారా మన నిధులు, ఆస్తులు మన వారసులకు సులభంగా బదిలీ అయ్యేలా చూడాలి.

మనము “నేను” మరియు “మనము” మధ్య తేడాను గుర్తించాలి.

“నేను” పరిమితం చేస్తుంది. “మనము” శక్తిని ఇస్తుంది.

“నేను” ఒంటరితనాన్ని కలిగిస్తుంది. “మనము” కలుపుతుంది.

“నేను” సంకోచిస్తుంది. “మనము” ముందుకు నడిపిస్తుంది.

ఆరోగ్య బీమా సదుపాయాలు FHPL TPA Pvt Ltd ద్వారా నిర్వహించబడుతున్నాయి. మొబైల్ Apps ద్వారా ఈ-కార్డులు, ఆసుపత్రుల జాబితా, క్లెయిమ్లు సులభంగా నిర్వహించవచ్చు.

UrLife App, MediBuddy, Tata 1mg ద్వారా ఇ-ఫార్మసీ సేవలు అందుబాటులో ఉన్నాయి.

Anand Rathi Insurance Brokers వారి మార్గదర్శకాలు తెలిపినా, అవి క్లిష్టంగా అనిపించవచ్చు. పరస్పర సహకారం ద్వారా స్పష్టత పొందవచ్చు.

మన అందరి సమిష్టి కృషి వలన Health Assist Policy - Policy B నమోదు మరియు పునరుద్ధరణ విజయవంతంగా పూర్తయినదని మనము గుర్తించాలి.

ప్రతి ఒక్కరూ తమ సమస్యలను స్వయంగా ముందుకు తీసుకురావాలి. మీ సంఘం - మీ నౌక - మీ కోసం సిద్ధంగా ఉంది.

ఈ సంఘం 4000కి పైగా సభ్యుల సమిష్టి శక్తి మాత్రమే కాకుండా, పరస్పర సహకారం, విశ్వాసం మరియు ఐక్యతకు ప్రతీకగా నిలుస్తోంది. ఇంకా కొత్త పెన్షనర్లు ఈ ప్రయాణంలో చేరుతూ మన బలాన్ని మరింత పెంచుతున్నారు.

మనము కలిసి ముందుకు సాగుతూ, మన జెండా ఎత్తుకు ఎగిరేలా చేయాలి.

మనము ఆ నౌకగానే కొనసాగుతూ, దానిని మరింత బలపరుచుకుందాం -

- చాబిన చేతుల నౌకగా,
- నిస్వార్థ సేవల నౌకగా,
- నిరాశ క్షణాల్లో ఆశను అందించే నౌకగా.

ఆదరణతో,

డి. కృష్ణ కుమార్

ప్రధాన కార్యదర్శి

FEDERATION NEWS

Ref.No.FSBIPA/34/2026

Date : 04-04-2026

Sri Saurav Ghosh,
The Dy. General Manager, P&PPG
State Bank of India,
Corporate Centre,
Mumbai.

Dear Sir,

Subject: Delivery of Insurance Life Cards

We are informed by our affiliates that, Insurance Policy Life cards are yet to be received by a large number of pensioners. We understand that the majority of the cards are lying in the offices of professional couriers, as they are unable to manage delivery of these cards. We feel that the cards should have been dispatched by speed post instead.

2. We therefore request you to please look into the matter and arrange for delivery of the cards without loss of further time.

With regards,

Yours faithfully,

(G.D. NADAF)
GENERAL SECRETARY, FSBIPA

CIRCULAR No.12/2026

Date : 04-04-2026

TO ALL AFFILIATES:

FAMILY PENSION SCHEME — GET BLESSINGS THROUGH PROVISION OF ELIGIBLE BENEFITS

It is known that on the representation by the All-India State Bank of India Staff Federation, the All-India State Bank Officers' Federation and some pensioners, along with the revision of pension consequent upon the revision of wage structure of Award employees/ Officer employees, a Family Pension Scheme was approved by the Central Board of the Bank, with effect from 01.01.1987.

2. Subsequently, the Family Pension Scheme was made effective from 01.01.1986 in case of members of the Imperial Bank of India Employees' Pension and Guarantee Fund and 01.01.1987 in case of members of SBI Employees' Pension Fund which would also cover pensioners who were surviving on such a date and were drawing pension.

3. The eligibility criteria and other related important conditions (including the amendments effected) are briefly as under. **(Please note to refer relative Bank's Circulars for exhaustive instructions)**

- i) The benefit of family pension is to be extended to the family of a member who dies earlier while in service after putting in a minimum pensionable service of one year, or Who dies after retirement and was on the date of death drawing pension.
- ii) Effective from 1st April 2021, the Central Board of the Bank in its meeting held on 03.11.2021 has accorded approval for revision in family pension for employees/ pensioners of State Bank of India/ erstwhile Associate Banks (e-ABs) at a uniform rate 30% of applicable Pay without any ceiling.
- iii) Effective from 1st July 2025, when an employee dies while in service after completion of 20 years' pensionable service, the family shall be eligible for payment of family pension at full rate of normal pension, for the first seven years after death or for a period upto which the deceased employee would have attained notionally the age of sixty-five years had he/she survived, whichever is less. Thereafter, the eligibility will be at the rate prescribed for family pension.
- iv) Government of India vide their letter No.4/8/6/2006-IR dated 7th December 2007 advised that family pension in SBI may be revised in line with the Family Pension Scheme in the Nationalised Bank. The Central Board in its meeting held on 29th December 2007 approved Revision in Family Pension in our Bank on the same lines as that applicable in the Nationalised Banks and as mentioned in the approval accorded by the Government of India. The revised rates were made effective from the 1st May 2005.
- v) Effective from 1st July 2025, Stoppage of Commutation deduction from the family pension after death of the Pensioner during the period while family pension at the full rate of normal pension is being paid.
- vi) Components for the calculation of family pension on last drawn 'PAY': i.e. Basic Pay + Special Pay (where applicable) + PQP (if any) + FPP (if any)
- vii) On account of refixation of basic pay after removal of anomaly of 40/50 from 10-11-2023, there is a need to refix the family pension also.
- viii) On account of sanction of additional stagnation increments in 10th, 11th and 12th Bipartite settlements, for retirees during the period, pension has to be refixed and also family pension to be re-calculated.

04. Of late, it has been observed that revision of family pension has not been given effect in many cases inasmuch as majority of the family pensioners are not aware of the amendments/ instructions relating revision of family pension. In the absence of any representation from any of the family pensioners due to unawareness, the revision of family pension has not been effected in many cases. On verification of a few representations, our Hyderabad Circle affiliate has observed errors in computation of family pension in respect of those family pensions sanctioned between 01.04.2021 and 09.11.2023. The efforts of SBI Pensioners' Association Hyderabad Circle has resulted in correction of family pension of more than forty-five family pensioners, which is commendable. The brief details were provided by our Hyderabad Affiliate in their Bulletin of March 2026, which has already been circulated in our FSBIPA What'sapp Groups, which may be referred. We also came to know that, in other circles also similar mistakes have crept-in.

05. Providing eligible benefits to the family pensioners, who are totally unaware of the Bank's instructions, is just a blessing of seniors and super-seniors. In this connection, we request all Affiliates voluntarily to chalk out plan of action to check, verify and ensure correct/eligible amount of family pension to the beneficiaries:

- a. For the purpose, please arrange to form a team of 3 or 4 interested members, who have experience in the processing of family pension (not necessarily office-bearer of the Circle Association).
- b. Lists of Family Pensioners to be obtained from PPG Department:
 - i. List of family pensions sanctioned during the period between 01.04.2021 and 09.11.2023 {To check whether 30% of the "Pay" was reckoned for calculation, particularly in respect of those employees retired/died between 01.11.1997 (Award Staff) / 01.04.1998 (Supervising Staff) and 31.10.2002}.

This is to ensure that PQP and Increment Component of FPP are taken for family pension computation.

- ii. List of family pensions sanctioned in respect of employees died while in service during the period of wage negotiations, i.e., From the starting date of salary revision and date of signing of Bipartite Agreement or Joint Note / release of arrears.
- iii. List family pensions sanctioned from 10.11.2023 to till date. This process needs to be done on monthly basis on completion of this verification exercise.

06. The management at both Corporate Centre level and Circle are very considerate and co-operative in ensuring correct payment of family pension to the eligible beneficiaries

and we sincerely thank the bank management for all the support extended to the Circle Associations as well as the Federation. We have taken up this task with the sole intention of providing the eligible benefit to the beneficiaries who are totally unaware of the instructions of the Bank. The task is in no way to be taken as a condemnation on the functioning of the PPG Department or the Bank but is aimed to overcome the practical difficulties on account of successive migration of data in HRMS/ Change of vendor, etc.

7. The lists obtained need to be checked by the Team with the records available at respective PPG Department and details may be provided to the Circle PPG Department for verification and correction at their end.

8. All affiliates are requested to complete the task, on a war-footing basis, with the sole target of providing the eligible benefit to the family pensioners without any further delay. We are sure that through the achievement of this noble task, as a responsible and responsive organisation, we would be true facilitators of the welfare scheme of the Bank, as its dutiful companion.

9. Monetary benefit, for any person, would bring happiness. But, responsible for providing the legitimate benefit, even without any representation from the beneficiary concerned, would bring satisfaction of accomplishing a greater task.

10. We once again request all the affiliates to undertake this noble task immediately, and to keep us informed of success story.

"GET BLESSINGS THROUGH PROVISION OF ELIGIBLE BENEFITS".

With Greetings,

Yours faithfully,

(G.D. NADAF)

GENERAL SECRETARY, FSBIPA



Let's work together towards

Fraud ka full stop

Dial **1930** or visit cybercrime.gov.in
to report any cyber fraud

SBI TRIBUTE – LIST OF BENEFICIARIES

Under the SBI TRIBUTE Scheme, financial assistance of ₹30,000 is being extended by the Bank to the families of deceased pensioners, as a mark of respect and gratitude for their valuable service.

Introduced on 23.07.2025, the scheme ensures immediate financial support to bereaved families with dignity and timely care.

The families benefited during period from 16-03-2026 to 15-04-2026 are furnished hereunder. Our Association has been actively coordinating with the Bank to facilitate timely processing and to reach out to the affected families.

LIST OF BENEFICIARIES

Sl. No.	Name of the Deceased	PF Number	Designation	Pension Paying Branch	Date of Death	Name of Spouse / NOK
1	P Rama Seshu	6337872	Chief Manager	Kapra	06-02-2026	P V Nagalakshmi - Wife
2	V Rajeswara Rao	6286747	Chief Manager	D D Colony	23-01-2026	V Rajeswari - Wife
3	Nandi Danam	8805539	Messenger	Mansoorabad	13-01-2026	Mariamma - Wife
4	D N B Prasad	794473	Jr. Associate	Kukatpally	14-02-2026	D varalakshmi - Wife
5	Mahaboob Kishore	8766525	Jr. Associate	Begumpet	13-01-2026	Preethi Mathur - Wife
6	Ch Veerabhadrayya	1769022	Deputy Manager	Ramachandrapuram	14-03-2026	Ch Gowri Pankajam - Wife
7	R Ambujakshi	8750521	Deputy Manager	Shanthinagar	12-03-2026	Sandeep Rathnam - Son
8	B K Rajalingam	1787594	Sr. Head Messenger	Balanagar	24-12-2025	B Lakshmi Narsamma - Wife
9	P R Raghavendra Rao	774804	Manager	New Mallepally	19-02-2026	P Sitha Lakshmi - Wife
10	J Shyamala Rao	3048217	Deputy Manager	Hyd. Main Branch	17-02-2026	Viswajyothis - Wife
11	T Chenchal Rao	8754713	Manager	Adikmet	18-12-2025	T Vijayalakshmi - Wife
12	Varada Bhagawan Dass	6286585	Manager	Venkatapur	22-10-2025	V Bhagya - Wife
13	K Raghavendra Rao	7317	Deputy Manager	Hyd. Main Branch	25-02-2026	K Ramadevi - Wife
14	T Potharaju	1775235	Manager	L B Nagar	10-02-2026	T Vasantha - Wife
15	A Rajjusingh	118516	Messenger	Hyd. Main Branch	04-10-2025	A Padmabai - Wife
16	A Raja Rao	778834	Deputy Manager	Mudfort	06-02-2026	A Manishesu - Wife
17	D Ravinder	1790757	Sr. Head Messenger	Darusalam	15-12-2025	D Lakshmibai - Wife
18	K Janakiram	1980122	Sr. Head Messenger	Hyd. Main Branch	22-02-2026	K Sainath - Son
19	N Ravindranath	1799118	Asst. Gen. Manager	Amberpet	02-03-2026	M L N Vijayakumari - Wife

20	Pemmaraju Ramarao	7372	Deputy Manager	Padmaraonagar	10-02-2026	P Umamahesh - Son
21	P Siva Sai Prasad	125970	Assistant Manager	Hayathnagar	14-02-2026	P V D Ramalakshmi - Wife
22	K Subrahmanyam	8780536	Deputy Manager	Miyapur	15-12-2025	K Hymavathi - Wife
23	P Kasi Visweswara Rao	3362744	Deputy Manager	Ashoknagar	03-03-2026	P Madhavi Latha - Wife
24	K Ramachandra Rao	139831	Assistant Manager	Yellareddyguda	25-12-2025	K Nagamani - Wife
25	Y Narasimhamurthy	8769079	Manager	Gunfoundry	12-02-2026	Y Venkata Suryam - Wife
26	M V L Narasimha Rao	105856	Manager	Secunderabad	10-02-2026	M Nagamani - Wife
27	N Satyanarayana	2757958	Deputy Manager	Secunderabad	24-12-2025	N Annapurna - Wife
28	Ashalatha	1316516	Spl. Associate (CSS)	Secunderabad	14-10-2025	Rameshlal - Husband
29	P B Rajendra Prasad	762083	Deputy Manager	Secunderabad	26-11-2025	M V Umadevi - Wife
30	Y Rajkumar	6366120	Manager	Vikarabad	12-03-2026	Y Padma - Wife
31	M S Ramachander	8828792	Jr. Associate	Secunderabad	27-01-2026	Bhagya - Wife
32	C S N Hemalatha	757306	Deputy Manager	Secunderabad	11-02-2026	Ch David Raju - Husband
33	E Sudhakar	3892085	Sr. Head Messenger	Secunderabad	04-03-2026	E Manjula - Wife
34	Sarangapani Sampath	750048	Deputy Manager	Secunderabad	21-10-2025	S Kalyani - Wife
35	K Pundarikakshaiah	750854	Deputy Manager	Secunderabad	29-12-2025	K Janakidevi - Wife
36	V Ramulamma	6375014	Sr.Hd. General Attendant	Medipally	13-03-2026	V Krishna - Husband
37	T Jagannadha Rao	7771037	Sr. Associate	SD Road, Sec'bad	02-12-2025	T Venkata Lakshmi - Wife
38	P Srinivas	3386384	Sr. Head Messenger	AOC Centre, Hyd.	12-02-2026	P Jayalakshmi - Wife
39	T Muralidhara Rao	8765391	Deputy Manager	Saroonagar	23-03-2026	T Sakunthala - Wife
40	V Janardhan Rao	8759774	Deputy Manager	Venkatapur	04-03-2026	V V Venugopal Rao - Son
41	Mohan Ananh Behera	6323936	Deputy Manager	Hyd. Main Branch	19-02-2026	Ramadevi Behera - Wife
42	D Balakrishna	4253183	Sr.Hd. General Attendant	ACB Wanaparthy	18-02-2026	D Laxmi - Wife
43	T Padmaja	6334199	Deputy Manager	NRI, Dilsukhnagar	08-04-2026	A Srinivas Rao - Husband

We place on record our sincere appreciation to the Chairman of our Bank for this compassionate initiative and acknowledge the dedicated efforts of AGM, PPG Department, Hyderabad LHO and our office bearers in ensuring smooth coordination.

NOTE : Our endeavour is to reach every unfortunate family eligible under the scheme. If any such family has been left out, members are requested to kindly bring it to our notice so that necessary assistance can be arranged.

HEALTH TIPS

SIXTEEN SIMPLE WAYS TO RELIEVE STRESS

Engaging in activities that support self-care may help reduce stress and anxiety. These can include getting more exercise, mindfulness practices, and eating a well-balanced diet.

Minimizing the chronic stress of daily life as much as possible can support your overall health. Chronic stress can increase your risk of health conditions, including : **heart disease - anxiety disorders - depression**

Certain factors may affect your vulnerability to stress. These can include: genetics - **level of social support - coping style - personality type - discrimination due to race, gender, or perceived gender, socioeconomic status, or other factors - childhood trauma - your profession.**

Stress and mental health conditions: Stress isn't the same as mental health disorders such as anxiety and depression.

Although the tips below may relieve many types of stress, they are not a substitute for treatment from a mental health professional.

1. Get more physical activity

It is recommended that 150 minutes of moderate-intensity exercise per week, as well as two days of muscle-strengthening activity. If you're currently inactive, start with gentle activities such as walking or biking. Choosing an activity, you enjoy can help increase your chances of sticking to it in the long term.

2. Eat a balanced diet

People who follow a diet high in ultra-processed foods and added sugar are more likely to experience higher perceived stress levels. Minimizing your intake of highly processed foods and beverages and eating more whole foods can help ensure your body is properly nourished, and it may improve your resilience to stress.

Whole food options can include: Vegetables - Fruits - Beans - Fish - Nuts - Seeds

Meals with whole foods: Chicken and squash bake -

Green bean salad with quinoa and feta -

Tomato, orzo, and white bean soup -

Summer roll bowls - Super foods shake

3. Minimize screen time

Several studies have linked excessive smartphone use will increase stress levels.

Screen time may also negatively affect sleep, which may also lead to increased stress levels.

4. Practice self-care

Self-care doesn't have to be elaborate or complicated. It simply means tending to your well-being and happiness. Engaging in self-care is associated with lower levels of stress and improved quality of life.

Examples of self-care include: ***going for a walk outside - taking a bath - lighting candles - reading a good book - exercising - preparing a healthy meal - stretching before bed - getting a massage - practicing a hobby - using a diffuser with calming scents - practicing yoga.***

5. Try journaling

Journaling may help reduce stress and provide a positive outlet for your thoughts and emotions. You can also try a guided journal if you'd prefer more targeted, expressive writing.

6. Reduce your caffeine intake

Consuming too much caffeine may worsen stress, according to a Source. Overconsumption may also harm your sleep, which can increase stress. Although coffee has health benefits in moderation, it's recommended to keep caffeine intake under 400 mg daily, which equals 4–5 cups (0.9–1.2 L) of coffee.

Coffee alternatives: Matcha green tea shake -
Vanilla chai tea shakes -
Chai spice shake -
Carrot ginger smoothie

7. Spend time with loved ones

Having a social support system is important for your overall mental health. If you do not have friends or family to depend on, social support groups may help. Consider joining a club or sports team or volunteering for a cause that's important to you.

8. Create boundaries and learn to say 'no'

Being selective about what you take on — and saying "no" to things that will unnecessarily add to your load — can reduce your stress levels. Creating boundaries, especially with people who add to your stress levels, is a healthy way to protect your well-being.

9. Avoid procrastination

Procrastination can cause stress, which negatively affects your health and sleep quality. You may also be more likely to procrastinate in times of stress as a coping mechanism. A Study linked procrastination to increased stress levels.

If you find yourself procrastinating regularly, it may be helpful to make a to-do list. Give yourself realistic deadlines and work your way down the list in order of priority. Sometimes, adding an item to the list may help you feel better about it, even if it doesn't get done immediately.

10. Take a yoga class

Yoga can help reduce stress and promote psychological well-being. Yoga may also help lower cortisol levels, blood pressure, and heart rate while increasing levels of gamma aminobutyric acid, a neurotransmitter that's low in people with mood disorders.

11. Practice mindfulness

Stress reduction techniques that utilize mindfulness include meditation and mindfulness-based cognitive therapy (MBCT), a type of cognitive behavioural therapy.

Meditating consistently, even for short periods, may help boost your mood and decrease symptoms of stress and anxiety.

How to hold space

Holding space is a form of mindfulness that can reduce stress. It involves allowing yourself to feel your emotions without self-criticism. Learn how to hold space for yourself.

12. Cuddle

Positive physical contact may help relieve stress. These types of contact may help release oxytocin and lower cortisol. In turn, these effects help lower blood pressure and heart rate. High blood pressure and increased heart rate are physical symptoms of stress.

13. Spend time in nature

Spending as little as 10 minutes in a natural setting may help improve psychological and physiological markers of mental well-being, including perceived stress, in college-aged people.

14. Practice deep breathing

Studies have associated diaphragmatic breathing with stress reduction. Deep breathing aims to focus your awareness on your breath, making it slower and deeper. When you breathe in deeply through your nose, your lungs fully expand, and your belly rises. This helps slow your heart rate.

15. Spend time with a pet

Having a pet may help reduce stress and improve your mood. When you cuddle or touch your pet, your body releases oxytocin — a hormone linked to positive moods.

Having a pet may also help relieve stress by: **giving you purpose - keeping you active - providing companionship.**

16. Consider supplements

Several vitamins and minerals play an important role in your body's stress response and mood regulation. A deficiency in one or more nutrients may affect your mental health and ability to cope with stress.

A note on supplements: It is important to talk to a doctor before starting any supplement, even if it is available over-the-counter.

Dietary supplements may not be appropriate for everyone, and your doctor will be able to take your individual needs into account.

(Courtesy: Healthline)

IMPORTANT: The content in the article is for informational and educational purposes only. It is not intended for medical advice. Readers should consult their own doctor or a qualified health care professional for specific health concerns and questions.

ఆరోగ్య రక్షణకై చిట్కాలు

వృద్ధులు - ఎముకల సమస్యలు నివారించడం

వృద్ధులు ఇంట్లో క్రింద పడిపోకుండా ఉండటానికి కొన్ని ఏర్పాట్లు.

- ఉదాహరణకు లైటింగ్ పెంచుకోవడం, ప్రమాద కారకాలను తీసివేయడము, పట్టుకోవడానికి కడ్డీలను ఏర్పాటు చేసుకోవడమే కాకుండా తమ శరీరపు చురుకుదనమును పెంచుకోవడం, తాము వాడే మ్యూట్మీద మెడిటేషన్ రివ్యూ చేసుకుంటూ జాగ్రత్తలు తీసుకోవాలి.
- ఇంట్లో తివాచీలు ఏర్పాటు చేసుకోవడమూ, నడిచే దారి క్లియర్గా ఉంచుకోవడమూ, సరైన ఫుట్వేర్ ధరించడమూ, నడిచే దారిలో బాత్‌రూమ్స్‌లో లైటింగ్ ఏర్పాటుచేసుకోవడము లాంటి ముఖ్యమైన చర్యలు తీసుకోవాలి.

ఇంటి భద్రతలో చేసుకోవాల్సిన మార్పులు (ప్రతి గదిలోనూ) :

నేల మరియు నడిచే మార్గాలు : నేలపై చెప్పులు, పుస్తకాలు మరియు కేబుల్స్ లాంటివి తీసేయాలి. రెండువైపుల టేప్‌చేసి వుంచబడిన తివాచీలను, జారిపడకుండా ఉండే పాడ్స్‌ను అరేంజ్ చేసుకోవాలి లేదా పూర్తిగా అన్నిటినీ తీసేవేయాలి.

లైటింగ్ : అన్ని గదులలో, నడిచే దారులలో, బాత్‌రూమ్స్‌లో వెలుతురు ఉండేలా చేసుకోవాలి. రాత్రులలో motion sensor lightను ఏర్పాటు చేసుకుంటే మంచిది.

బాత్‌రూమ్స్ : టాయిలెట్ ప్రక్కన, షవర్ ప్రక్కన Support Rods ఏర్పాటు చేసుకోవాలి. Non Slip Mats మరియు stickers కూడా షవర్స్ దగ్గర ఏర్పాటు చేసుకోవాలి.

ఫర్నిచర్ : నడవడానికి మధ్య మరింత స్పేస్ ఉండేలా ఫర్నిచర్ అరేంజ్ చేసుకోవాలి. చైర్స్, సోఫాలు మరియు ఎత్తులో ఉండే విధంగా చూసుకోవాలి.

కిచెన్ : తరుచుగా వాడే వస్తువులను అందుబాటులో ఉంచుకోవాలి. క్రిందపడినవాటిని ఎప్పటికప్పుడు శుభ్రము చేసుకోవాలి.

Stairways : రెండువైపులా హ్యాండ్ రైల్స్ (Railing) ఏర్పాటు చేసుకొని చెత్త ఏదీ ఉండకుండా మరీ లైటింగ్ మెట్లమీద బాగా ఉండేటట్లు చూసుకోవాలి.

వ్యక్తిగత ఆరోగ్య మరియు భద్రత అలవాట్లు :

శరీరాన్ని చురుకుగా ఉంచుకుంటూ Yoga లాంటివి చేసి balanced గా, బలంగా ఉండటానికి శిక్షణ తీసుకోవాలి.

మెడికల్ రివ్యూస్ : చూపు, వినికొడి పరీక్షలు ప్రతి సంవత్సరము చేయించుకోవాలి. మత్తును కలిగించే మందులను మరోసారి వాటిని తీసుకోవలసిన అవసరాన్ని ఫార్మాసిస్ట్ లేదా డాక్టర్ చేత రివ్యూ చేయించుకోవాలి.

పుట్వేర్ : ఇంట్లో తిరిగేటప్పుడు కూడా పటిష్టంగా, బాగా అమరిన షూస్నే వాడాలి. సాక్స్ తో లేదా లూజ్ చెప్పల్సో తిరుగడము మానేయాలి.

బిహేవియర్ ఛేంజెస్ : బ్లడ్ ప్రెషర్ పడిపోకుండా నిదానంగా నిలబడి ఉండడము అలవాటు చేసుకోవాలి. ఫోన్ కానీ అత్యవసరంగా ఎవరినైనా పిలవటానికి తగిన పరికరాన్ని చేతిలో ఉంచుకోవాలి.

Other Tips : ఎలక్ట్రికల్ వైర్స్ ను నడిచేదారిలో ఉండకుండా, తివాచీల క్రింద దాచి ఉంచకుండా చూసుకోవాలి.

- నేలపైన ఉన్న పలకలు, తివాచీలకు అవసరమైన రిపేర్ చేయించుకుంటూ ఉండాలి.
- ఇంట్లో పెంపుడు జంతువులు ఏవైనా ఉంటే వాటినుండి ఎటువంటివి క్రింద పడిపోయే ప్రమాదము లేకుండా జాగ్రత్తలు తీసుకోవాలి.

ముఖ్య గమనిక : పై సూచనలు అన్ని సమాచారము మరియు తెలుసుకొనుటకొరకు మాత్రమే. ఏరకంగానూ మెడికల్ advise కాదు. చదువరులు తమ డాక్టర్స్ ను లేదా క్వాలిఫైడ్ హెల్త్ కేర్ ప్రొఫెషనల్స్ ను తమ ప్రత్యేక ఆరోగ్య సమస్యల కొరకు సంప్రదించవలయును.



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To Contact : Ch. Venkatesh, Mobile : 91541 83821, 96187 83593

నీరు తాగే సరైన పద్ధతి

మనం జీవించడానికి నీరు ఎంత ముఖ్యమో మనందరికీ తెలుసు. అయితే, “తక్కువ నీరు తాగినా అది శరీరాన్ని ఉత్తేజపరుస్తుంది” అని, అదే నీటిని తప్పుగా తాగితే అనేక రోగాలకు దారితీస్తుందని మీకు తెలుసా?

1. పడుకోవడానికి గంట ముందు ఒక గ్లాసు నీరు తాగండి: రాత్రి నిద్రపోవడానికి ఒక గంట ముందు నీరు తాగడం వల్ల శరీరంలోని కణజాలం (tissues) మరమ్మత్తు కావడానికి, పేరుకుపోయిన విషతుల్యలు (toxins) తొలగిపోవడానికి సహాయపడుతుంది. అయితే, పడుకునే ముందు వెంటనే తాగకండి. గంట ముందు తాగడం వల్ల నిద్రలో మాటిమాటికీ బాత్‌రూమ్‌కు వెళ్లాల్సిన అవసరం ఉండదు, నిద్ర హాయిగా పడుతుంది.
2. రోజంతా కొద్దికొద్దిగా నీరు తాగండి: చాలామంది దాహం వేసే వరకు ఆగడం, వేయగానే ఒకేసారి ఎక్కువ నీరు తాగడం చేస్తారు. ఇది హానికరం. దీనికి బదులుగా, రోజంతా అడపాదడపా ఒకటి లేదా రెండు గ్లాసుల నీరు తాగే అలవాటు చేసుకోండి. ఇది మీ మూత్రపిండాలు మరియు గుండెపై పనిభారాన్ని తగ్గిస్తుంది.
3. చల్లని నీటికి బదులుగా సాధారణ ఉష్ణోగ్రత నీరు తాగండి: చల్లని నీరు తాగడం వల్ల జీర్ణక్రియ మందగిస్తుంది. మీరు చల్లని నీటిని తాగినప్పుడు, ఆ నీటిని శరీరం వేడి చేయడానికి అదనపు శక్తిని ఖర్చు చేయాల్సి ఉంటుంది. గోరువెచ్చని లేదా సాధారణ ఉష్ణోగ్రత వద్ద ఉన్న నీటిని తాగడం వల్ల జీర్ణక్రియ సులభతరం అవుతుంది మరియు పొట్ట దగ్గరి కొవ్వు తగ్గుతుంది.
4. భోజనం చేసేటప్పుడు నీరు తాగవద్దు: భోజనం చేసేటప్పుడు నీరు తాగడం వల్ల జీర్ణరసాల సాంద్రత తగ్గి, పోషకాలను శరీరం గ్రహించే శక్తి బలహీనపడుతుంది.
ఆహారానికి 30 నిమిషాల ముందు నీరు తాగండి.
లేదా తిన్న గంట తర్వాత మాత్రమే నీరు తాగండి.
5. మీ బరువుకు తగినట్లుగా నీరు తాగండి: అందరూ ఒకే మొత్తంలో నీరు తాగకూడదు. మీ బరువు ఆధారంగా ఈ లెక్క ఉంటుంది:
సూత్రం: మీ బరువు (కిలోల్లో) x 30 = రోజుకు మీరు తాగాల్సిన మిల్లీలీటర్ల నీరు.
ఉదాహరణకు: మీరు 70 కిలోల బరువు ఉంటే, 70 x 30 = 2100 ml (2.1 లీటర్లు).
6. వ్యాయామానికి ముందు నీరు తాగండి: వ్యాయామం చేసే మధ్యలో తాగడం కంటే, ప్రారంభించడానికి 20-30 నిమిషాల ముందే నీరు తాగడం మంచిది. ఇది కండరాల పనితీరును పెంచి, త్వరగా అలసిపోకుండా చేస్తుంది.
7. నీరు తాగడాన్ని ఒక ధ్యానంలా చేయండి: నడుస్తూ లేదా మాట్లాడుతూ నీరు తాగకండి. మనసు పెట్టి, నిలకడగా తాగండి. వేగంగా నీరు తాగడం వల్ల శరీర కణాలు నీటిని సరిగ్గా గ్రహించలేవు, దీనివల్ల శరీరంలో వాపు (bloating) రావచ్చు.
8. స్వచ్ఛమైన నీటిని మాత్రమే తాగండి: భారీ లోహాలు (heavy metals) మరియు రసాయనాలు ఉన్న నీరు మూత్రపిండాలు వ్యాధులకు ప్రధాన కారణం. ఎప్పుడూ వడపోసిన (filtered) లేదా బాగా శుద్ధి చేసిన నీటిని మాత్రమే తాగండి.

WORKSHOP FOR EMPLOYEES RETIRING DURING THE QUARTER APRIL - JUNE 2026

The PPF & G Department, Hyderabad LHO, conducted a one-day workshop for employees retiring during the April-June 2026 quarter on 16.04.2026 at the Golden Jubilee Hall, LHO, Koti, Hyderabad.

The programme, attended by around 70 retiring employees, served as a valuable platform to orient them towards post-retirement life.

Addressing the gathering, the General Secretary shared insightful perspectives on financial planning, healthcare, and meaningful engagement after retirement. He warmly welcomed the retirees to the Association, underscoring its role in providing continued care, concern, and guidance in their post-retirement journey.

He also acknowledged the generosity of the Chief General Manager, the wholehearted support of the Circle Development Officer as a guardian of staff even after retirement, and the unstinted empathy and support extended by the PPF & G Department under the leadership of the Assistant General Manager.

The workshop proved to be highly informative and beneficial, equipping participants with clarity and confidence as they prepare to enter a new phase of life.

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I, A. Ramesh Babu do hereby declare that the particulars given above are true to the best of my knowledge and belief.

Sd/-

A. RAMESH BABU

CYBERCRIME AWARENESS



Juice Jacking



Juice Jacking is a cybersecurity risk associated with compromised public USB charging stations. Hackers can exploit USB ports that charge and transfer data, using them to install malware or steal sensitive information. While no confirmed cases exist, staying vigilant is essential.

✓ Dos:

- **Carry Your Charger:** Use your own charger and cable to avoid potentially tampered public ports.
- **Verify Prompts:** Be cautious of "trust this device" prompts and accept only from trusted sources.
- **Opt for AC Outlets:** Choose standard electrical outlets whenever possible.

✗ Don'ts:

- **Avoid Public Ports:** Do not use unknown or public USB ports or cables.

Courtesy : I4C

ADMISSION OF NEW MEMBERS - MARCH 2026

We extend a warm welcome to the following retirees who are admitted provisionally as members of SBI Pensioners' Association Hyderabad Circle. We wish them a happy and a healthy retired life.

SL. No.	L.M. No.	P.F. No.	Name (Smt/Sri)	Place	Pension Paying Branch
01	19750	775304	Chittari Katighar	Secunderabad	Musheerabad 12989
02	19750A	775304	Smt. Prameela Katighar	Secunderabad	
03	19751	776041	Prakash Raju P	Hyderabad	Hyderabad 0847
04	19752	6354254	Smt. Vasundhara Devi Kasetty	Hyderabad	Ashok Nagar RC Puram 18640
05	19752A	6354254	Mastanaiah Kassetty	Hyderabad	
06	19753	4228731	Srinivasu Emani	Hyderabad	Hyderabad 0847
07	19753A	4228731	Smt. Surya Bharathi A	Hyderabad	
08	19754	6915345	Mohammed Khaleel	Hyderabad	Nampally 60146
09	19754A	6915345	Smt. Nasreen Sultana	Hyderabad	
10	19755	3880451	Shankar Dharavath	Medchal Dist	Arunodaya Nagar 21056
11	19755A	3880451	Smt. Leelavathi Dharavath	Medchal Dist	
12	19756	3872777	Smt. Shashikala Midhoddi	Secunderabad	Secunderabad Main Br. 0916
13	19757	3876861	Smt. Savithri Thunuguntla	Hyderabad	Lanco Hills Hyd. 15780
14	19757A	3876861	Umapathi Thunuguntla	Hyderabad	
15	19758	378836	Venkata Rao Avadhanula	Secunderabad	Kapra 21394
16	19758A	378836	Smt. Sarwamangala Avadhanula	Secunderabad	
17	19759	4166442	Surya Prakash Rao Godavarthi	Hyderabad	Rock Town 61242
18	19759A	4166442	Smt. Nyayapathi Sudha	Hyderabad	
19	19760	3049086	Smt. Sulochana C	Hyderabad	Old MLA Qtrs
20	19761	4254643	Prasada Rao Darla	Nalgonda	Nalgonda 6293
21	19761A	4254643	Lakshmi Darla	Nalgonda	
22	19762	2761025	Smt. Varalakshmi Dasika	Hyderabad	Nacharam 07109
23	19762A	2761025	Venkata Rao Peddiraju	Hyderabad	
24	19763	3388972	Siva Ram G.V	Hyderabad	Alkapuri 11079
25	19763A	3388972	Smt. Padmavathi G	Hyderabad	
26	19764	3054586	Smt. Jaya Bulusu	Hyderabad	Hyd. Main Br. 0847
27	19765	5855896	Bala Murali Krishna Uppaluru	Hyderabad	Prashanth Nagar 6557
28	19765A	5855896	Smt. Janaki P V	Hyderabad	
29	19766	4354265	Srinivas Varma S	Nizamabad	SBI IE Sarangapur 20117
30	19766A	4354265	Smt. Lakshmi S	Nizamabad	
31	19767	3088413	Arun Kumar Allampalli	Secunderabad	Lalaguda 7112
32	19767A	3088413	Smt. Nalini Padmavathi Allampalli	Secunderabad	
33	19768	6302343	Venkat Ramaiah Gunti	Hyderabad	Sai Ram Nagar Colony 21458
34	19768A	6302343	Smt. Sathyamma Gunti	Hyderabad	
35	19769	3386384	Smt. Jaya Lakshmi Pirogi	Hyderabad	AOC Centre 18201

SL. No.	L.M. No.	P.F. No.	Name (Smt/Sri)	Place	Pension Paying Branch
36	19770	4244737	Laxmi Narayana Malligari	Hyderabad	SBI HAL 1676
37	19770A	4244737	Smt. Bharathi Malligari	Hyderabad	
38	19771	3383083	Narasimha Sarma Modali Penchala	Secunderabad	St. Johns Road Sec'bad 6645
39	19771A	3383083	Smt. Anil Kumari Modali	Secunderabad	
40	19772	6391605	Smt. Aruna Pandiri	Bhoopalpally	Dubbalapally 21031
41	19773	6334938	Prasad P B	Hyderabad	Nizampet Road Br. 12217
42	19773A	6334938	Smt. Jayalakshmi Poluru	Hyderabad	

Note : Kindly mention your L.M. No. in all your correspondence to the Association.

ADMISSION OF BENEFACTOR MEMBERS

We extend a warm welcome to the following Benefactor Members who are admitted as members of SBI Pensioners' Association Hyderabad Circle. We wish them a happy and a healthy retired life.

SL. No.	Mem. No.	P.F. No.	Name (Smt/Sri)	Place	Pension Paying Branch
01	BM0038	7180071	Venkateshwar Rao K	Secunderabad	Bhaskar Rao Nagar 15568
02	BM0038A	7180071	Smt. Vijayalaxmi K	Secunderabad	
03	BM0039	8764328	Lakshmi Narasimha Murthy Aravapally	Hyderabad	SBI Dilsukhnagar 11746
04	BM0039A	8764328	Smt. Savithri Aravapally	Hyderabad	

TRANSFERRED MEMBERSHIP AMARAVATI TO HYDERABAD

We extend a warm welcome to the following Members who are admitted as members of SBI Pensioners' Association Hyderabad Circle from Amaravati Circle.

SL. No.	Mem. No.	P.F. No.	Name (Smt/Sri)	Place	Pension Paying Branch
01	9812	1758756	Ramakrishna Yagnamurty	Hyderabad	Cherial Br. 20153

సహస్ర పూర్ణ చంద్ర దర్శనము

సహస్ర పూర్ణ చంద్ర దర్శన భాగ్యము పొందిన ఈ క్రింది పెన్షనరు - మిత్రులందరికి, అసోసియేషను శుభాభినందనలను తెలుపుతూ, వారికి భగవంతుడు మంచి ఆయురారోగ్యములు ప్రసాదించాలని, వారి భావి జీవితము సుఖమయం కాలని కోరుకుంటున్నది.

క్ర.సం.	ఎల్ఎమ్సం	పేరు (శ్రీ / శ్రీమతి)	పుట్టినతేది	చోటు / స్థలం
01	05591	భాష వి సయ్యద్	06.04.1943	సికింద్రాబాద్
02	06650	కె. కామేశ్వరరావు	13.04.1943	హైదరాబాద్

జన్మదిన శుభాకాంక్షలు

ఈ నెలలో జన్మించిన సభ్యులందరికీ జన్మదిన శుభాకాంక్షలు

స్వగతం

భారతీయ స్టేట్ బ్యాంక్ అభివృద్ధికి ఇతోధికంగా పనిచేసి 2026, మే నెలలో పదవీ విరమణ అవుతున్న, క్రిందపేర్కొన్న సిబ్బందికి వీరి శేష జీవితము సుఖమయము కావాలని, వీరికి, వీరి కుటుంబ సభ్యులకు భగవంతుడు ఆయురారోగ్యాలను ప్రసాదించాలని యస్.బి.ఐ. పెన్షనర్స్ అసోసియేషన్, హైదరాబాదు సర్కిల్ మనస్ఫూర్తిగా కోరుచున్నది. ఈ సందర్భముగా వీరిని అసోసియేషన్ లో మెంబర్ గా చేరమని ఆహ్వానిస్తున్నాము. వీరందరికి రిటైరవుతున్న ప్రాంచి చిరునామాకు అసోసియేషన్ లో చేరుటకు అప్లికేషన్లు వ్యక్తిగతంగా పంపడమయింది. ఆయా ప్రాంత మెంబర్లు / ప్రాంతీయ కార్యదర్శులు వీరు అసోసియేషన్ లో సభ్యులుగా చేరుటకు ప్రయత్నించవలసినదిగా కోరడమయింది.

S.No.	P.F. No.	Name (Sarvashri / Smt.)	Category	Branch
LHO/CO				
01	3894177	Srikanth Angara	Supervising	Asst. General Manager(S&P)
02	6363881	Sujatha Velivela	Supervising	GSS AGM
03	3391612	Banoth Devisingh	Supervising	AGM (Any time Channel) (NW-1)
04	4226259	Gunda Durga Vara Prasada Rao	Supervising	Office Administration
05	6302491	Jayaprakash Gera	Supervising	Chief Manager (FI)
06	3383326	Subramanyam G M	Supervising	OTMS Management Cell
07	3870618	Bhoja Naik Ramavatu	Supervising	SBOSS & Special Projects
AO/BRANCHES				
08	3871207	Nampally Raghunatha Rao	Supervising	Hyd - LCPC
09	6335462	Purimitla Gopichand	Supervising	SMA & Irr Acc NPA Management
10	6354718	Venkatanarayan Reddy Seri	Supervising	RACPC, Vikarabad
11	3687961	Bhuvanagiri Sudhakara Sastry	Supervising	Chief Manger (Maintenance)
12	3382508	Girija Rani Seeram	Supervising	Meerpet
13	4231848	Rupavattam Bharadwaja	Supervising	IT Colony, Hyderabad
14	6189164	Shaik Gani Nabisahab	Clerical	Hyd - Dasusalam
15	6297323	Subramanheshwari Dasi	Clerical	Chief Manager (Agri,Ret&GSS)
16	6369359	Ganesh Mudam	Clerical	Rajampet (Nizamabad Dist)
17	6380182	Venkat Rathnam Kalakonda	Clerical	Kodad - Khammam X Roads
18	6368093	Shaik Dhuli Pasha	Clerical	Khammam
19	6335179	Surenderalal Pethamber	Clerical	Ramakrishnapuram
20	6928692	Surya Kumari Nandigama	Clerical	Hyd - LCPC
21	7446551	Viresch Pal	Clerical	Mauraharaipalli (Turkapally)
22	6405916	Balama Gudimalla	Sub Staff	Kongarakalan
23	6378048	D Yellaiah Darshanam	Sub Staff	Narsapur (G) Adilabad Dist
24	6400515	Mallaiah Ganji	Sub Staff	Mandamarri
25	4258746	Rajendra Burra	Sub Staff	Chief Manager (CR&NPAM)
26	4354338	Ramulu Paleti	Sub Staff	Uppal
27	6405177	Ramulamma Chinthakayalu	Sub Staff	Tandur
28	4243919	Vempati Ramulu	Sub Staff	Mahabubabad
29	6378854	Veknatesarlu Kanaganti	Sub Staff	RBO Khammam
30	6418716	Shaik Rafee Basha	Sub Staff	Warangal Main
31	6417590	Sheshatalpasayi Chintalapudi	Sub Staff	Khammam - Rotary Nagar
32	6413765	Srinivasulu Mallakedi	Sub Staff	Badepally
33	6446116	Venkateswara Kondala Reddy	Sub Staff	Medchal
34	4231007	Manchinela Devdas	Sub Staff	Boduppal, Hyderabad

OBITUARY

With profound grief, we report the sad demise of our members given below. May their souls rest in eternal peace.

SL. NO.	LM. NO.	NAME (SMT. / SHRI)	P.F. INDEX NO.	MOBILE / L.L. No.	EXPIRED ON	PLACE
PENSIONERS & SPOUSES						
01	00262	P. Ramachandra Sastry	0500801	9393983427	06-09-2025	Hyderabad
02	03969	P. Mahendra	0776289	9908388835	10-12-2025	Hyderabad
03	16815	K. Yadagiri	6365469	9010957463	26-02-2026	Nalgonda
04	19518	T. Padmaja	6334199	9848172232	08-04-2026	Hyderabad
05	14545A	Ch. Padmavathi (W/o. P. Chenchu Ramaiah)	0756474	9391121736	17-04-2026	Hyderabad

BENEVOLENT FUND : PAYMENTS

PAYMENTS MADE UNDER BENEVOLENT FUND FOR THE MONTH OF MARCH 2026.

Sl. No.	LM.No.	Name of the Deceased Pensioner (Smt. / Sri)	Place	Date of death	Name of the Claimant (Smt. / Sri) & Contact No.
01	3969	P. Mahendra	Hyderabad	10-12-2025	P. Kamala Kumari, 9908388835

• Details can be verified by anybody by making a reference to the record as certain columns could not be provided for want of space.

సర్వసభ్య సహాయశాసకీ, BENEVOLENT FUND కొరకు, వైద్యసదుపాయాల కొరకు సభ్యుల విరాళాలు

Sl. No.	LM. No.	Name (Smt. / Sri)	Annual General Meeting Rs.	Benevolent Fund Rs.	Medical Aid Rs.	General & Others Rs.
01	11623	D. Krishna Kumar	-	2,000	-	-
02	19332	R.G.P. Chowdary	600	-	-	-
03	13814	G. Babaiah	500	-	-	-
Contributions received at Monthly intervals						
01	10402	SAM Amrutha Rao	300	-	-	-
02	03126	G.V. Subbaiah Chetty, Hyderabad	50	50	50	-
03	01074	Kota Srinivasan, Hyderabad	-	-	101	-
04	06648	Smt. N. Seshu Latha, Hyderabad	15	30	20	-
05	04936	P.Surya Rao	-	-	54	-

OUR BANK DETAILS :

Hyderabad Circle : S.B. Account Number 10012392411 (IFSC Code : SBIN0003608) at SBI, Vidyanagar Branch, Hyderabad.

DONATIONS

- 01 12079 D. Viswanatham 2,000/-
- 02 02409 K.V. Hanumantha Rao 1,000/-

WITH GRATEFUL THANKS

We gratefully acknowledge members' contributions towards AGM, Benevolent Fund, Medical Aid, and Donations, which continue to strengthen our support to those in need.

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