



Dear Pensioners

We are happy to inform that the total number of Pensioners has crossed 34745

PENSION NEWS:

- The hike in Dearness Relief (DR) has been effected from 01.08.2017 as per the chart furnished here below.

RETIRED DURING THE PERIOD	BASIC PENSION	DEARNESS RELIEF	Average Index/ Slabs Feb 17 – Jul 17	Average Index/ Slabs Aug 17 – Jan 18
01.01.1986 to 31.10.1992 (WORKMEN)	Upto Rs.1250	963.46%		
01.01.1986 to 30.06.1993 (OFFICERS)	Rs.1251-2000 Rs.2001-2130 above Rs.2130	12043.25+790.90% 17975.00+474.54% 18591.90+244.46%	6315 1429	6353 1438
01.11.1992 to 31.03.1998 (WORKMEN)	Upto Rs.2400	455.35		
01.07.1993 to 31.03.1998 (OFFICERS)	Rs.2401-3850 Rs.3851-4100 above Rs.4100	10928.40+377.29% 16399.10+221.17% 16952.02+117.09%	6315 1292	6353 1301
01.04.1998 to 31.10.2002 (BOTH WORKMEN AND OFFICERS)	Upto Rs.3550 Rs.3551-5650 Rs.5651-6010 above Rs.6010	280.08% 9942.84+233.40% 14844.24+140.04% 15348.38+70.02%	6315 1158	6353 1167
01.11.2002 to 31.10.07 (WORKMEN AND OFFICER)	NO SLABS	182.88%	6315 1007	6353 1016
01.11.2007 to 31.10.2012 (WORKMEN AND OFFICER)	NO SLABS	131.85%	6315 870	6353 879
01.11.2012 ONWARDS	NO SLABS	47.80%	6315 469	6353 478

LIFE CERTIFICATE:

- Life Certificate (LC) in respect of Pensioners of our Ex-employees / Family Pensioners is due to be obtained during the month of November every year.
- Ex-employee Pensioners / Family Pensioners may submit the LC at any of the branches of our Bank.
- The LC format is revised and contains the acknowledgement portion also. The revised LC format is enclosed with this issue and we are happy to inform all Pensioners that they shall be able to obtain the acknowledgement from the branch for submission of LC.

MEDICAL INSURANCE SCHEME

- For details of IBA Group Medical Insurance Scheme all ex-employees may visit our website under the following navigation:
www.canarabank.com
Announcements => Ex-employees

INCOME TAX

- Pensioners who have retired on or after 01.04.2017 are required to assess their income tax liability by combining the salary income INCLUDING THE SALARY ARREARS along with the pension income and make their own arrangements to remit the differential tax, if any.
- Pensioners may note that as per amendment in Section 87A of the Income Tax Act, 1967, for the FY 2017-18, tax rebate of Rs.2500/- is allowed if the total income does not exceed Rs.3,50,000/-.
- Those of the Pensioners who have already submitted IT declaration for FY 2017-18 to avail IT exemption under various sections are requested to submit the proof thereof, either hard copy by post / courier or scanned copy in pdf through email to hopenfund@canarabank.com on or before 31.12.2017 to avoid deduction of tax.
- Pensioners may note that during the months of January and February 2018, Income Tax will be deducted as per the extant guidelines considering the proof received for various investments and not merely based on the declaration submitted earlier.
- All pensioners are advised to verify their monthly pension, IT deducted if any and also the correctness of their PAN on the Bank's Website: www.canarabank.com (Navigation: www.canarabank.com > [Home](#) > Announcements > Ex-employees > Pension Disbursement details for the year 2016-17). Further, pensioners are advised to take up with Pension Fund along with a copy of PAN Card, in case of any discrepancy is noted in PAN. The pension disbursement details for FY 2017-18 may be downloaded from the website by navigating on the similar lines. However, in case of any difficulty in getting the same, they may contact us through email furnishing their staff number invariably.

WE PAY RESPECTFUL HOMAGE TO THE PENSIONERS (LISTED IN ANNEXURE I) WHOSE DEATH REPORTED IN OUR INWARD REGISTER BETWEEN 01.04.2017 AND 30.09.2017.

With warm regards

K VIRUPAKSHA
General Manager

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"Our attitude towards life determines life's attitudes towards us"

Walking is the Best Exercise

“Walking is the best possible exercise. Habituate yourself to walk very far.” - Thomas Jefferson

Scientists have known for a while that merely walking more can massively decrease the risk of heart disease and type 2 diabetes, but they haven't really known why. But now, by forcing healthy people to act like slobs, they're starting to reveal why walking is the best thing we can do for our body.

The reason it's tricky to work out why walking is so beneficial to those who live a sedentary lifestyle is because inactivity is tied up with other factors: poor diet, overweight, and plenty of other lifestyle problems. So to tease out why walking is beneficial, scientists from the University of Missouri flipped the problem on its head and took fit, active people, and sentenced them to bed rest.

In fact, the volunteers spent three days living their normal, active lifestyle and then were forced to cut their efforts by at least half. During the period, they had their blood sugar levels continuously monitored. "It's increasingly clear that blood sugar spikes, especially after a meal, are bad for you," says John P. Thyfault, one of the researchers. "Spikes and swings in blood sugar after meals have been linked to the development of heart disease and Type 2 diabetes."

Between the two periods, activity dropped from an average of over 13,000 steps a day to less than 4,300. Meanwhile, the participants ate exactly the same meals and snacks throughout.

The result? Blood sugar levels spiked more easily during the inactive days, and the spikes got more pronounced as the sedentary period went on. That's not tied up with changes in fitness, or getting fat, but is the body's natural reaction to doing less—even low-impact—exercise.

The spikes aren't hugely surprising, but they are very concerning. They suggest that even someone of a normal weight who eats a healthy diet could see dramatic spikes in blood sugar over time if they live a sedentary lifestyle—a problem that can in turn lead to early onset of type 2 diabetes and heart disease.

The moral? Move a little more: it doesn't get in the way of our lifestyles. There's a growing body of evidence suggesting that walking really is the best exercise one can do.

Benefits of a Morning Walk for Your Health and Energy

While building a healthy lifestyle has been an important habit, many people don't have the time or the interest in joining one of those national gym chains. Instead, it is found that one of the best ways to improve and maintain one's health is to simply focus on walking in the morning. Walking in the morning on a regular basis will result in multiple health benefits and it is sure to enhance not only physical health but also mental and emotional well-being.

An early stroll would help one's health, energy and overall well-being, and we have the following benefits of a morning walk.

1. Walking gives energy for the rest of the day

When we take a brisk walk in the morning, we are quickly activating our body's systems. Pulse rate rapidly increases, perspiration begins to flow, and we suddenly feel a level of alertness about ourselves and our environment. Once we begin walking in the morning, this improvement in mood may last throughout the day. In no time at all, by moving our body in the form of a morning walk, we have taken ourselves from lethargy to high energy. Circulation and hormonal balance improve while our feeling of mental sharpness and general refreshment skyrocket. The

trick is that by using energy to exercise, we actually become more energetic on a long-term basis.

2. Walking in the morning removes the “I’ll do it later” excuse.

One problem many of us face with exercise generally is procrastination, which can lead to total avoidance of the exercise we so desperately need to achieve better health. Walking in the morning creates a routine or a healthy habit that we will start to do without going through the endless mental process of questioning whether or not we “feel” like exercising. By walking in the morning, we get our exercise out of the way first thing in our day. One has no time for procrastination if one gets out of the door and do the walking soon after getting up and start the day.

3. Walking in the morning creates a positive mindset for our other important activities.

When we actually do our walking first thing in the day and finish it while the day is still young, we feel encouraged by a sense of achievement.

We feel good about ourselves once we can check the exercise box of our “to do” list. In addition, let’s not forget the feeling that exercise itself can bring. Taking a brisk walk in the morning creates an energy boost, a mental sharpness and a sort of walker’s “high” that comes with all vigorous exercise.

Once the walk is over, the “can do” attitude will carry over to the other things we face throughout the day. That morning walk actually creates a positive momentum going forward.

4. Walking in the morning promotes weight loss.

When it comes to burning calories, walking is your ally in the constant battle we all face in losing and/or maintaining weight.

Although the calorie burn from walking may not be as great as running, for example, the activity of walking does steadily burn calories that will contribute to weight loss. One should take a bottle of water to stay hydrated and at peak energy levels so that one can devote as much effort as possible into our morning walk.

If we walk in the morning consistently, we will see a gradual difference in weight and body composition. The beauty of walking in the morning is that most people feel it is a workout program they can stick to in the long term.

5. Early morning exercise is good for our heart.

Walking in the morning has tremendous cardiovascular benefits. One of the greatest threats to good health is heart disease, which affects as much as 40% of the world population.

As many of us know, one of the most effective ways to avoid heart disease is to stay physically active. While many of us think that we would have to engage in more intense exercise to fight heart disease, this is absolutely not true.

Studies show that by consistently walking in the morning at a brisk pace between three to four miles per hour, we can reduce our chances of suffering from heart disease. When we do go on a brisk walk, the activity makes our hearts work a little harder, and, as a result, this essential organ becomes fitter. Studies have shown that walking lowers the risk of a second heart attack after suffering from one. Additional benefits from walking include a lowering of blood pressure

from the improved blood circulation that walking provides. Walking is a fantastic way to address high blood pressure, hypertension, heart attack and stroke risk because the activity strengthens the heart and generally improves cardiovascular health.

6. Walking in the morning has social benefits.

One of the great aspects of walking is that it can be extremely social. Even though a brisk walk can be strenuous, it is usually possible to carry on a conversation with other people while walking.

Because we all share the need to stay healthy, walking is an excellent way to spend time with friends and family by doing something together that is good for everyone.

Forming a walking club with designated times to get together is a good idea to stay connected. Remember that by promising others we will walk with them, we also increase the chances that we will follow through and make good on our promise. This way all procrastination will be squashed and we will most likely meet our exercise goals for each and every day!

7. Morning walking gives us time to plan out the day.

The morning walk will take at least 20 minutes to as much as an hour to complete. During this time, we will have the chance to collect our thoughts about the day to come.

Many people do like to use their walking time to think through what they expect to do during the day and to prioritize what needs to be accomplished. By using the time expended while walking for day planning, many people find that they get a lot more done throughout the rest of the day.

At the end, we conclude with a quote with the following quote:

“If you're walking down the right path and you're willing to keep walking, eventually you'll make progress.”

- Barack Obama

ANNEXURE I

STAFF NO	NAME	DESIGN	DOR	DOD	LAST WORKED BR
799	K NARAYAN KAMATH	AGM	31/08/1995	20/03/2017	HEAD OFFICE BENGALURU
64751	MOHAMMED ARIF	AGM	23/04/2017	23/04/2017	ALIGARH REGIONAL OFFICE
962	K P PRABHU	AGM	30/04/1998	22/04/2017	KOLKATA REGIONAL OFFICE
771	S ANANTHA NAYAK	DM	30/06/1992	27/04/2017	MANGALURU C.O.
15564	T P RAJENDRAN	CM	31/07/2009	19/04/2017	CHENNAI MANDAVELIPAKKAM
18435	RAJU E	DM	31/01/2012	24/04/2017	MANGALURU C.O.
63607	MAHENDRA KUMAR B	DM	25/03/2017	25/03/2017	CHENNAI VADAPALANI
769	C N NAGARAJ	DM	31/05/1991	08/04/2017	HEAD OFFICE BENGALURU
23274	VIJAYARAGHAVAN K	SR.MGR	30/04/2012	11/03/2017	TRICHY TEPPAKULAM MAIN
1784	K PANDURANGA NAYAK	SR.MGR	31/01/2001	01/06/2017	MOODUBELLE
22483	ANAND MOHAN SAHAY	SR.MGR	31/10/2015	28/02/2017	GHAZIABAD VASUNDHARA
3900	C SIVAKAMINATHAN	SM	31/01/1992	01/03/2017	CHENNAI C.O.
24509	NAGENDRA NATH HANSDAH	SM	20/01/2016	20/01/2016	JUGSALAI BRANCH
9083	B SEETHARAMA SHENOY	SM	31/03/2001	13/04/2017	BENGALURU GIRI NAGAR
4883	DHARMENDRAN K	SM	31/05/2001	21/01/2017	COIMBATORE ACCOUNTS SECTION
7395	P NARASIMHA BHAT	SM	31/07/2009	28/04/2017	BENGALURU HSG FINANCE BRANCH
16477	V V L NAGESWARA RAO	SM	31/07/2009	25/02/2017	VIJAYAWADA REGIONAL OFFICE
48628	VIJOY KUMAR	SM	26/04/2017	26/04/2017	PATNA - BHOOTNATH ROAD
3191	P PATRICK BOTELHO	SM	31/05/2001	17/06/2017	MUMBAI ANDHERI WEST SB
24451	EDEN JOSEPH CHITRAKUMAR C	SM	31/05/2014	29/06/2017	PERUMALPURAM
1089	V S TRIPATHI	SM	30/09/1991	02/07/2017	AHMEDABAD BRANCH ACCOUNTS SEC
4030	T S RAMASWAMY	SM	31/01/1990	20/06/2017	MADURAI WEST AVANI MOOLA ST
9572	K CHANDRASHEKAR	SM	31/03/2001	10/07/2017	BENGALURU DEVARAJEEVANA HALLI
58718	SMT VALSA KATYAL	SM	29/10/2013	29/10/2013	MOHALI PHASE X
70614	PANKAJ KUMAR GUPTA	SM	08/12/2017	08/12/2017	MUMBAI KURLA WEST
35620	T RAMAMOCHAN RAO	SM	31/01/2016	30/06/2017	KARIMNAGAR
9353	MADANGOPAL A	SM	31/03/2001	16/08/2017	MALAPPURAM CUR CHEST
36183	J S TOMAR	SM	31/07/2016	27/07/2017	AGRA OVERSEAS BRANCH
1710	M D GURLHOSUR	SM	30/04/1996	17/08/2016	PUNE CUR CHEST
2112	Z G A SHAKIR	SM	31/03/1990	09/01/2017	THANE REGIONAL OFFICE
5165	B N BHAT	Manager	31/12/1999	12/12/2016	MUMBAI RO REGIONAL INSPECTORATE
6806	RAJARATHINAM M A	Manager	31/05/2007	17/04/2017	VIRUDHUNAGAR CUR CHEST
56748	K V RAMANA	MGR	11/01/2014	24/03/2017	KEMBHAVI
6032	KRISHNA SHANKAR RAO PADOSHI	MGR	31/03/2001	13/04/2017	BENGALURU HANUMANTHA NAGAR
1814	P SIVASANKARAN	MGR	30/06/1997	25/03/2017	CALICUT REGIONAL OFFICE
37335	B D CHAUDHARY	Manager	30/11/2013	13/11/2016	DEORIA
6771	M S BEDI	Manager	31/03/2001	29/04/2017	MUMBAI ANDHERI WEST SB
4270	GOPALAKRISHNAN B	MGR	31/03/2001	30/06/2016	TRICHY CUR CHEST
20051	H M GAIKWAD	MGR	30/09/2009	17/01/2017	ULHASNAGAR 5
27073	G CHOKKARAJA	MGR	30/06/2015	29/04/2017	HEAD OFFICE BENGALURU
37119	AMITABHA BANERJEE	MGR	09/02/2017	09/02/2017	KOLKATA HARE STREET
31313	DEVENDRA KUMAR JAIN	MGR	09/05/2017	10/05/2017	ROHTAK OUTER QUILLA ROAD BENGALURU (TOWNHALL) CUR CHEST
15109	KALARAJU	MGR	31/12/2013	09/04/2017	
2576	RAMANATHAN G	MGR	31/03/2001	08/06/2017	ERODE CUTCHERY ROAD MAIN
40375	DHINAKARAN P K	MGR	27/11/2016	27/11/2016	NASIANUR
51708	K P SINGH	MGR	30/06/2008	10/05/2017	SHAMLI
10300	B MADHAVA KAMATH	MGR	31/03/2001	30/06/2017	BENGALURU CUNNINGHAM ROAD
7383	K C DEVAIAH	MGR	09/01/1997	25/06/2017	BENGALURU NARASIMHARAJA ROAD
17453	S NAGANNA	MGR	31/03/2008	16/08/2016	HYDERABAD BASHIRBAGH
2806	G MOHANDAS SHETTY	MGR	30/09/1999	22/06/2017	KUNDAPUR
25623	MOHAMAD IBRAHIM	MGR	31/08/2013	26/06/2017	BENGALURU PEENYA

5830	D G SRINIVASA GUPTA	MGR	05/12/2001	05/07/2017	BENGALURU ACCOUNTS SECTION
36745	PONNUSWAMY M	MGR	31/08/2015	15/07/2017	COIMBATORE HQ ROAD
5929	M R BHAT	MGR	31/03/2001	04/07/2017	BENGALURU LALBAGH WEST
18097	DADAPEER	MGR	20/12/2007	29/07/2017	HEAD OFFICE BENGALURU
58747	KHAGESWAR NAIK	MGR	15/01/2015	24/05/2017	BALASORE
9171	KABIR K	OFFICER	31/03/2001	05/10/2013	CHENNAI ACCOUNTS SECTION
49634	A K JAIN	OFFICER	31/12/1995	26/09/2016	DELHI CHANDNI CHOWK
51068	K K JAIN	OFFICER	31/08/2007	04/03/2017	DELHI RANIBAGH
4428	M SHAHUL HAMEED	OFFICER	31/12/2000	19/03/2017	SHENCOTTAH
19175	JAMES J C K	Officer	10/04/2010	18/03/2017	NAGERCOIL MEENAKSHI PURAM
9101	S J SHIVALKAR	OFFICER	31/05/2001	01/02/2017	MOHONE
16804	SARYU PRASAD	OFFICER	28/02/2009	22/12/2016	PATNA BUDHMARG
49520	VINAY DUTTA	Officer	31/03/2001	09/02/2017	DELHI TAGORE GARDEN
7201	P SURESH BHAT	Officer	31/12/2007	17/04/2017	BENGALURU J P NAGAR II PHASE
9545	V V NADKARNI	OFFICER	31/03/2001	09/02/2017	AHMEDABAD REVDI BAZAR
51444	L R GOEL	Office	31/07/2008	07/01/2017	BARAUT
38906	PRADEEP KUMAR	OFFIER	05/10/2015	05/04/2017	DELHI RAISINA ROAD
50614	DHARAMVIR GOEL	OFFICER	31/03/2001	12/11/2016	FARIDABAD NEHRU GROUND MAIN
17848	E SETHUMADHAVAN	OFFICER	31/03/2001	08/07/2016	KUNNAMKULAM
19993	C G BAVISKAR	OFFICER	31-05-2010	27/11/2015	ULHASNAGAR 5
2772	K MAHADEV RAO	OFFICER	22/07/1991	19/04/2017	DOMBIVILLI WEST
6785	JEYABALAN D	Officer	31/03/2001	02/03/2017	KOVILPATTI
38982	VINAYAK M BORKAR	OFFICER	05/02/2017	05/02/2017	BENGALURU ACCOUNTS SECTION
13786	D R ESWAR PRASAD	OFFIER	31/07/2012	06/04/2017	BENGALURU C.O.
49355	S M KULKARNI	OFFICER	25/02/2017	25/02/2017	NASIK CITY MAIN
21088	VENKATESH B GADAG	OFFICER	31/05/2012	21/05/2017	HUBBALLI C.O.
53008	RAMU M	OFFICER	12/04/2017	12/04/2017	CHENNAI VADAPALANI
60493	PRAKASH DESHPANDE	OFFICER	01/05/2017	01/05/2017	HYDERABAD SOMAJIGUDA
7394	L K PANDEY	OFFICER	30/12/2008	12/10/2016	JAUNPUR
21931	T G NAGARAJA	OFFICER	12/02/2010	16/06/2017	HASSAN
12549	M K BABU RAO	OFFICER	31/03/2001	20/11/2016	SAGAR (SHIVAMOGGA DIST.)
51565	C S NEGI	OFFICER	31/03/2001	01/03/2017	KRIMCHA
46619	GOVINDAN V	OFFICER	30/06/2007	31/07/2016	CHENNAI PARK TOWN
7824	O P AGARWAL	OFFICER	31/03/2001	19/11/2016	INDORE NAULAKHA
42360	BAGESH KUMAR PANDEY	OFFICER	29/05/2017	29/05/2017	KANPUR DARSHANAPUR
50495	G K SAHNI	OFFICER	30/11/2009	23/02/2017	DELHI ACCOUNT SECTION
8919	M TRIVEDI	OFFICER	24/03/2001	26/03/2017	KOLKATA C.O.
7137	SUBBIAH T	OFFICER	31/03/2001	21/07/2017	VALLIOOR
22059	M SREERAMANJANEYA SHETY	OFFICER	30/06/1994	22/05/2017	BENGALURU RAJAMAHAL VILAS EXTN
9667	V P PARANJPE	OFFICER	31/05/2001	11/03/2017	ULHASNAGAR 3 MAIN
1502	V B NAYAK	OFFICER	30/06/1998	06/09/2017	MUMBAI BORIVLI WEST
50495	G K SAHNI	OFFICER	30/11/2009	23/02/2017	DELHI ACCOUNT SECTION
14310	SAMUEL D M SINGH	OFFICER	15/07/1995	24/08/2017	HEAD OFFICE BENGALURU
51623	R K SURI	OFFICER	31/03/2001	06/06/2017	SAHIBABAD IND. AREA
7225	D N ANDHARIA	SPL ASST	17/03/2001	14/02/2017	BHAVNAGAR
31054	P R GOPINATH	SPL ASST	31/12/2015	03/11/2017	SALEM AMMAPET
958	S V BANGERA	SA	30/06/1996	02/04/2017	MUMBAI MULUND (WEST
53895	GOPAL KRISHAN ANAND	SPL ASST	17/03/2001	27/11/2016	DELHI VIVEK VIHAR
16763	NARESH KUMAR KOCHHAR	SPL ASST	31/03/2011	09/02/2017	DELHI RANIBAGH
3645	A M SYED MOHAMED	SPL ASST	31/10/1993	05/02/2017	ERNAKULAM SOUTH
53387	M S GILL	SWOB	30/04/2013	03/03/2017	LUDHIANA BRANCH-MILLERGANJ
20851	RAMAN A	SPL ASST	31/05/2006	17/03/2017	PARAMAKUDI
11312	K SUNDARAM	SPL ASST	31/03/2010	19/05/2017	CHENNAI PERAMBUR BARRACKS ROAD
26409	SURATKAR JYOTHI PRAKASH RAO	SPL ASST	17/03/2001	19/12/2014	BENGALURU SANJAYANAGAR SSB
23704	DIVAKARAN K	SPL ASST	17/03/2001	26/03/2017	ARACHALUR
50175	SUBHASH SURI	SPL ASST	17/03/2001	15/02/2017	DELHI EAST PATEL NAGAR

5688	RAMASWAMY M K	SPL ASST	17/03/2001	29/04/2017	PALAYAMKOTTAI
4190	RAJAGOPALAN S	SPL ASST	31/08/2000	22/05/2017	THENI
6340	K M NARAYANA	SPL ASST	30/04/1998	15/12/2016	CHITTARIKKAL
7014	DAYAKAR JESURATHNA PAUL	SPL ASST	17/03/2001	04/05/2017	BAGALUR
51722	RAM CHANDER SINGH	SPL ASST	30/11/2011	12/06/2017	GOILA
24117	M ANANDA RAO	SPL ASST	17/03/2001	10/07/2017	WARANGAL STATION ROAD MAIN
15918	S SUJATHA BANGARAMMA	SPL ASST	17/03/2001	31/07/2017	NARAKODUR
51069	SATPAL KAPOOR	SPL ASST	30/06/2000	30/03/2017	JALANDHAR SME BRANCH
11605	K NARAYANA MURTHY	SPL ASST	17/03/2001	07/08/2017	NANDYAL
51722	RAM CHANDER SINGH	SPL ASST	30/11/2011	06/12/2017	GOILA
41310	CHANDER KUMAR	SWOA	14/02/2004	14/02/2014	LUCKNOW P & S SECTION
42392	G NAYAK	SWOA	02/02/2017	02/02/2017	PATRAPUR
62485	RAM KISHORE THAKUR	SWOA	19/12/2016	19/12/2016	KHAGAUL
62274	GEETA G NAIK, W/O GANESH R NAIK	SWOA	16/03/2003	25/9/2016	RIPPONPET
24575	MARKENDEYA RAJU N	SWOA	28/02/2015	02/10/2017	BENGALURU TINDLU
40924	SHEELA K N	Comp Op	17/03/2001	04/09/2016	BENGALURU D V G ROAD
44820	KESHAV DEV	SWOA	13/01/2017	13/01/2017	AGRA BODLA
34521	SIKHAR CHANDRA KHILLER	SWOA	28/02/2017	28/02/2017	ANGUL
9371	BALADEV SINGH M	SWOA	17/03/2001	19/02/2017	MANDYA
2744	SHAMANNA D V	SWOA	31/07/1995	11/02/2017	BENGALURU AVENUE ROAD BENGALURU KORAMANGALA LAYOUT
40925	PADMANABHA	SWOA	17/03/2001	20/10/2016	
45555	V V DAMODARAN	SWOA	12/07/2016	12/07/2016	NILAMBUR
56970	KISAN POSHA SHAHIR	SWOA	27/12/2016	27/12/2016	MUMBAI SION WEST
17212	ARUMAIRAJAN A	SWOA	31/05/2010	20/01/2017	MANOOR
4475	R GOVINDARAJU	SWOA	01/11/1996	14/01/2017	TRICHY CUR CHEST
53504	KIRPAL SINGH	SWOA	31/03/2015	16/07/2016	JAIPUR ST.ANGELO SOPHIA SCHOOL MUMBAI GOREGAON EAST CUR CHEST
4631	S A KOTIAN	SWOA	17/03/2001	27/03/2017	
1178	S J KAMATH	SWOA	30/06/1997	11/02/2017	MUMBAI KANDIVLI WEST
22712	SHIVKUMAR	SWOA	17/03/2001	12/02/2014	HATHRAS NAYAGANJ
55373	A R JALAJA	SWOA	02/07/2016	02/07/2016	OACHIRA
25720	A HARIDAS SHENOY	SWOA	17/03/2001	27/12/2016	CANNANORE CAMP BAZAAR MAIN
40543	S JEROME	SWOA	30/06/2005	23/03/2017	KOVALAM
34247	R JANARDHANAN	SWOA	12/02/2017	12/02/2017	SALEM FORT MAIN
57912	C MURUGESAN	SWOA	20/11/2015	20/11/2015	PUVANUR
53387	M S GILL	SWOB	30/04/2013	03/03/2017	LUDHIANA BRANCH-MILLERGANJ
38746	SATISH CHANDRAN M R	SWOA	30/10/2015	27/12/2016	BENGALURU MICO BRANCH
15910	M PRABHAKARA RAO	SWOA	17/03/2001	25/12/2010	HYDERABAD KUNDANBAGH
19744	V T APPUTTI	SWOA	31/08/2013	20/12/2016	KUNNAMKULAM
56724	PARADESI A	SWOA	31/12/2014	20/01/2017	KEERANUR
17514	RENUKAIAH	SWOA	30/04/2007	27/03/2017	BENGALURU ASSET REC MGMT BR
34773	LEWIS JOSEPH RODRIGUES	SWOA	19/03/2017	19/03/2017	MUMBAI N S E BRANCH
52873	IRUDAYA RAJ R	SWOA	30/06/2010	07/05/2017	MADURAI PUDUR
26609	PALANICHAMY S K	SWOA	01/09/2009	11/12/2016	SIVAKASI
57023	THIPPESWAMY K	SWOA	17/10/2016	17/10/2016	CHANNAGIRI
56606	NAGARAJA N	SWOA	26/05/2017	26/05/2017	BENGALURU BYATARAYANAPURA
23679	RANJIT SINGH MEHRA	SWOA	04/05/2017	04/05/2017	CHANODA
61223	SATISH S KUDVA	SWOA	24/04/2017	24/04/2017	MUMBAI MAZAGAON
36743	THIRUNAVUKKARASU AR	SWOA	20/09/2016	20/09/2016	KANDANUR
26664	PALLAVI M SHANBHAG	SWOA	03/01/2012	12/10/2016	HARIHAR (MAIN)
21527	A N BALGI	SWOA	30/04/2011	17/06/2017	MUMBAI GHATKOPAR WEST
28542	KAJA MOHIDEEN K	SWOA	17/03/2001	18/11/2016	NAGERCOIL MEENAKSHI PURAM
39204	C G RAMTEKE	SWOA	30/11/2013	02/06/2017	NAGPUR CENTRAL AVENUE
34846	V SARASWATHI	SWOA	13/07/2005	26/06/2017	CHENNAI THIRUVOTTIYUR
43053	S A UPADHYE	SWOA	07/05/2007	07/05/2007	PUNE ACCOUNTS SECTION
40084	S.RAJASEKARAN	SWOA	30/06/2007	28/06/2017	SALEM CUR CHEST
59085	UMESH DEULKAR	SWOA	12/09/2016	12/09/2016	INDORE DEWAS NAKA

21473	A JAYARAJAN	SWOA	31/10/2012	07/02/2017	CHENNAI POONAMALLEE
32947	SHRI CHAND	SWOA	31/05/2011	02/01/2017	DELHI KAMLANAGAR BIRLA MILLS
31378	A M NEMLEKAR	SWOA	30/06/2017	06/07/2017	MUMBAI FORT MARKET
41853	RAVIKUMAR N V	SWOA	01/06/2017	01/06/2017	BENGALURU NARASIMHARAJA RD
25618	B SUDHIR KUMAR	SWOA	11/07/2017	11/07/2017	MANGALURU CUR CHEST
7532	N N SREENIVASAN	SWOA	17/03/2001	10/03/2017	KODUNGALLUR
23367	KRISHNA MURTHY L V	SWOA	31/01/2011	19/07/2017	NAGAMANGALA
6943	VASANTH SUVARNA	SWOA	17/03/2001	17/06/2017	MUMBAI JVP SCHEME
21319	PAPANNA A K	SWOA	31/08/2014	23/06/2017	DAVANAGERE VINOBA NAGAR
30034	YUDHISTHIR BAGDI	SWOA	31/12/2013	31/05/2017	RAIGRAM
29063	CH BHASKARA RAO	SWOA	31/07/2015	27/05/2017	KOMATINENIVARIPALEM
49824	RAM CHARAN	SWOA	30/11/2015	09/08/2016	DELHI ACCOUNT SECTION
39746	R C KUREEL	SWOA	31/08/2014	09/07/2017	KANPUR SWAROOP NAGAR
27434	M B SINGH	SWOA	12/07/2015	12/04/2017	FAIZABAD KAUSHALPURI
2601	R P MENON	SWOA	30/06/1995	09/03/2017	MUMBAI FORT MKT CUR CHEST
3710	S KALIAPPAN	SWOA	31/08/1988	30/03/2016	MADURAI CUR CHEST
46819	A SELVI	SWOA	31/10/2016	14/06/2017	CHENNAI PERAMBUR
30112	SMT.SAROJ RANI GUPTA	SWOA	26/07/2016	01/04/2017	DELHI GANDHINAGAR
21473	A JAYARAJAN	SWOA	31/10/2012	07/02/2017	CHENNAI POONAMALLEE
74911	E MAGESH	SWOA	20/06/2017	20/06/2017	CHENNAI ARUMBAKKAM
43876	GURUSAMY C	SWOA	24/02/2017	24/02/2017	TALAVADY
1453	P ACHUTHAN	SWOA	31/07/1993	19/07/2017	PALGHAT CUR CHEST
64599	SIKANDER ROUT	DAFTARY	24/11/2016	24/11/2016	RAXAUL
32312	BHARATBHUSHAN A MAYEKAR	Daftary	20/08/2014	18/02/2017	BHAYANDER (WEST)
53791	MANJIT KUMAR KOHLI	DAFTARY	31/03/2011	18/04/2016	DELHI SHAKTINAGAR
66036	VENKATESH L	DAFTARY	07/03/2017	07/03/2017	BENGALURU CHANDRA LAYOUT
44594	CH KRISHNA MURTHY	DAFTARY	02/04/2017	02/04/2017	KHAMMAM
51647	BHOOP SINGH YADAV	DAFTARY	31/10/2007	11/01/2017	HATHRAS NAYAGANJ
44567	BASANNA	DAFTARY	11/02/2017	11/02/2017	KARATGI
61537	NIBAR BARAN PAL	DAFTARY	18/02/2017	18/02/2017	ANDAL
50230	AMAR DEV	DAFTARY	31/10/2014	01/03/2017	DELHI(NEW) SSB@ SAKET
49867	RAM KUMAR	Daftary	31/12/2013	04/12/2016	DELHI NAJAFGARH
50482	RANBIR SINGH	Daftary	29/12/2016	29/12/2016	ROHTAK SME
37288	SUBRAMANIAM R	Daftary	31/07/2016	22/12/2016	METTUPALAYAM
67311	MOHANAN K G	DAFTARY	26/03/2017	26/03/2017	PERUMPILAVU
32705	K A GANAVE	DAFTARY	31/05/2015	27/05/2017	MUMBAI MATUNGA EAST
72763	MAHADEV B KARABI	DAFTARY	05/07/2016	05/07/2016	MANAGULI
70075	SADASHIVA B	DAFTARY	11/06/2017	11/06/2017	MANGALURU BEJAI
64291	T DEVE GOWDA	DAFTARY	02/07/2017	02/07/2017	KOGAR
59878	SURESH M THOMBRE	DAFTARY	06/12/2017	06/12/2017	MUMBAI CO
43515	SEKAR L	DAFTARY	17.02.2017	17/02/2017	DHALAVOIPURAM
69845	DILEEP KUMAR K MORE	HKP	08/07/2016	08/07/2016	KAMALAPUR
28527	P K RAGHAVA	Peon	31/03/1997	22/09/2016	MADIKERI MAIN
53348	INDERJEET	Peon	17/03/2001	03/12/2016	TIBBER VILLAGE
13681	G D VAGHELA	HKP	31/07/2013	21/04/2016	AHMEDABAD BHADRA MAIN
63001	DAYANAND	PEON	12/09/2016	12/09/2016	BAHADURGARH
23623	P K SIVARAJ	PTE	30/04/2006	21/02/2017	PULPALLY
23939	K RAMAKRISHNAN	PTE	30/06/2006	29/09/2016	PERINTHALMANNA
72196	PALANIRAJ G	PEON	08/03/2017	08/03/2017	THENI
40410	V JAYAMMA	HKP	30/11/2013	12/01/2017	HEAD OFFICE BENGALURU
50441	PARKASH SINGH	Peon	17/03/2001	04/04/2017	MANDI
71342	KAKA	HKP	24/05/2017	24/05/2017	KARNAL
59331	S R PATHARIA	PEON	30/06/2015	04/01/2017	MUMBAI MATUNGA WEST
62976	E SREENIVASAN	PEON	17/11/2016	17/11/2016	BALUSSERY
62143	JAGDISH	HKP	04/03/2017	04/03/2017	BHAINPUR
33594	RAJU P M	HKP	13/03/2017	13/03/2017	BENGALURU DEVARAJEEVANA HALLI
49799	SIRI CHAND	PEON	17/03/2001	08/12/2016	DELHI(NEW) DD MARG CUR CHEST

40394	P P THANGAPPA KURUP	PEON	28/02/1997	01/06/2017	TIRUNELVELI CUR CHEST
29621	NARASIMHARAJU K V	ATTENDER	30/06/2007	27/11/2016	KUNIGAL
68915	KIRAN MONDAL	ARMED GUARD	30/11/2014	14/03/2017	PANJWARA
55179	DHARAM SINGH	ARMED GUARD	31/01/2003	13/11/2016	LUDHIANA RAJPURA ROAD
60583	K J SAGAR	ARMED GUARD	31/03/2013	24/05/2017	AHMEDABAD REVDI BAZAR
18663	M S GAIKWAD	ARMED GUARD	31/05/2008	31/05/2017	MUMBAI ANDHERI EAST
55869	P MALLESHAM	ARMED GUARD	31/05/2007	20/05/2017	HYDERABAD GANDHI NAGAR
55584	TARA SINGH	ARMED GUARD	31/05/2010	22/11/2016	LUDHIANA OVERSEAS BRANCH
55956	T S KAWTHEKAR	ARMED GUARD	16/06/2016	01/07/2017	LATUR
9047	P N AGHAV	ARMED GUARD	29/02/1996	25/06/2017	VADODARA RAOPURA MAIN
61811	ONKAR CHAND	ARMED GUARD	30/09/2009	29/06/2017	DELHI KAMLANAGAR BIRLA MILLS