

Veterans Mitran

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VOICE OF VETERANS

Handshakes 66

GOD AND SOLDIERS ARE REMEMBERED IN CRISIS ONLY

This issue is dedicated to all those martyred armed forces brave hearts, disabled, and their families. Veterans Mitran salutes them

QUOTE OF THE MONTH

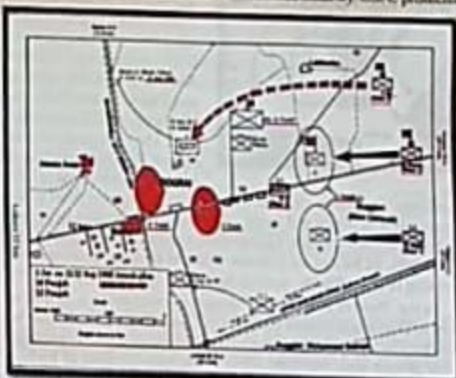
"Theirs not to make reply, Theirs not to reason why, Theirs but to do and die."

(The Charge of the Light Brigade, By Alfred, Lord Tennyson)

Dear All Armed Forces Veterans and Veterans,

THE BATTLE OF DOGRAI (1965 INDO-PAK-WAR)

Dograi was a township that remained on the East bank of the Ichhogil Canal on the edges of Lahore. The waterway itself was a solid safeguard potential for the Pakistan Army and had hurt Indian interests. This waterway had solid concrete, bunkers built by USA, protected.



Lt Colonel Desmond Hayde MVC

Lahore from Indian hostile pushes. Great Trunk (GT) Road, connecting Amritsar and Lahore, cutcrosswise over Ichhogil canal close to Dograi. Dograi is one of the numerous open doors India has had since Independence to enter to capture Lahore. However each time, Indian Army needed to return.

In the 1965 Indo-Pak war, the capture of Dograi was essential to Indian Army to overrun Lahore. On September 6, 1965, 3 Jat crossed the international border north of Wagah, moved toward Gosal-Dial and cleared all adversary obstruction by 0700 hrs that day, killing in excess of 35 soldiers and accepting numerous as detainees. Pakistan Air Force (PAF), in any case, was striking GT Road, making critical damages to 3 Jat hold echelons. Yet, regardless of the setbacks, the legion progressed up to Ichhogil canal and occupied its East Bank by 1130 hours. The unit at that point headed towards the South and caught the town of Dograi and were only a couple of miles from the edges of the city of Lahore.

To capitalize on the accomplishment of 3 Jat, two units captured Batapore and Attioke Awan subsequent to repelling for counterattack. In spite of scoring an astounding success, 3 Jat was under enormous

pressure as the adversary was getting additional reinforcements from Chamb segment in Jaams. In the mean time, IAF was showering bombs. Absence of radio communication with the 3 Jat and absence of calculated help, whatever had been accomplished by 3 Jat on September 6, slipped from their hands as they were requested to withdraw from Batsapur. Atoko Awan and Dograi and pull back to Gosal Didi, which they did by 1715 hrs on September 6. 1965 A brilliant opportunity to move to then undefended Lahore was unfortunately lost. A splendid achievement was permitted to disappear unexploited. Indian troops needed to pull back on the grounds that reinforcements couldn't reach in time. A few attempts were made by Indians to catch Dograi up to September twelfth; however the Pakistan armed force, in the wake of getting strengthened, countered all assaults. In the interim, IAF made the progress of the Indian warriors troublesome.

The evening of Sept twentieth and 21st, 3 Jats walked 8 kilometres from their trenches to Dograi, where the Pakistan armed force had dug in itself. Lieutenant Colonel Desmond Hayde made just two requests on his men: "Eek hbi nohmi piche nahin istrage" (Not a solitary man will run back!) The second: "Zinda ya marha, Dograi mein milna hai" (In any condition, we need to meet in Dograi!) Pakistanis, by September 20, had fortified Dograi totally. Dograi and methodologies prompting it, were firmly held with two coyas a Mile 13 and another two at Dograi, containing troops of 16 Punjab, 3 Baluch, 8 Punjab and 18 Baluch. Indians intended to dispatch an attack in two stages, the evening of 21/22 September. In Phase I, 13 Punjab was given the undertaking of catching Mile 13 by 2359 hours September 21. In Phase II, 3 Jat was to make a wide defiling makeshift route of 6000 yards to take Dograi from the North. 13 Punjab scored an incomplete achievement which wasn't sufficient to execute the plan of Phase II

Painted by Late MF Hussain



A hard-champed, simple, mysterious Anglo-Indian officer of Irish extraction who was the encapsulation of Naam, Namak, Nihani, an inflexible CO. Lt Col Desmond Hayde, propelled 3 Jat assault at 0150 hrs on 22 Sep 65, with 550 men. Col Hyde had tough officers and durable, bold Jat troops whose precursors had deathless chivalry in their DNA since they crushed Alexander the Great at Mung and Ilibera on the Hydaspes (Jhelum) in 552 overcame them. The contingent went up against 16 Punjab, twofold in estimate with the help of tank

squadrons. First came the clash of pillboxes, impressive solid points, impenetrable to bombs and shells, which poured explosives from covered programized weapons through steel openings. At that point came the shelters, all located for common help and all down-pouring down wrecking fire in enfilade.

In the "Bend of FIRE" from Pakistan, our men got post, as well as raced to Dograi and cleared the Ichhogli Canal. Every pillbox must be taken truly by hand. The explosive hurled through the window-openings. A few Jawans were murdered while in the demonstration of hurling their projectiles, their bodies falling crosswise over piece of the window opening. This made a blind side for the foe which was used by Jawans to rush forward and completed the activity. The determined martyring jawans before the steel openings of the dugouts to make a blind side to the foe to deny him the sight of our jawans, can't be composed in words **What an awesome Human spirits our Jawans exhibited.**

"We will catch Dograi or bite the dust there" said Lt Col Desmond Hayde, roared, to his men, the evening of the attack. "Look for me in Dograi", he went on. "You will find me there alive or dead."

That is the great convention in which these Jats went to fight. After the pillboxes and shelters, came the house-to-house in battling. Dograi must be taken road by road, and gully by gully, and it was safeguarded inch by inch. It was battled with firearms and projectiles, at that point with knives, lastly with a wild hand-to-hand fight. The stowaway diversion was played in the abandoned places of Dograi in which it was hard to separate amongst individual and aggressors on the dull night of September 21/22, 1965, between the fighters of the Indian Army's 3 Jat and Pakistan's 16 Punjab. By day break, the Pak protectors were on the run. The rest lay dead, on roads, on roofs in slender back roads and in the fields around Dograi. Indian troops 13 Punjab trampled and wiped out the Pakistani organization and constrained them to

surrender by 0300 hours. Dograi was recovered, 86 Indians and 308 Pakistani soldiers lost their lives. By September 22, Dograi was overwhelmed. The fight settled throughout the night. By sunrise it was our own 13 Punjab had anchored their destinations the goal was anchored by 0530 hours on 22 Sep 1965 and pockets of obstruction were cleared in Dograi. The leader of Pakistan 16 Punjab Col Gulawala was caught alongside his Battery Commander, two more officers, five JCOs and 108 troopers alive, notwithstanding killing 308 Pakistani warriors.

The township of Dograi looked as though a tornado had cleared over it twice in 24 hours. Every building had scars set apart with shell-gap—projectile and mortar. Immense expanding gaps were from each standing buildings. The trees were scorched and skeletal. The Battle of Dograi, one of the bloodiest fights in Indian military history. Equal in numbers, crude guts and shock, turned into the winning factor. Dograi was the great infantry fight which, will be educated in the Military Academies of the world, however likely never in Pakistan. History does not record a number of cases when an Infantry Battalion Group had crossed enemy's "Canal Crossings" twice within two weeks; the two times effectively and against a determined and all around prepared, hitherto very much organized foe. The 3 JAT Group under Hayde did only that.

Lieutenant Colonel Desmond Hayde was adorned with Mahavir Chakra. No 3 Jat was the one of the most decorated regiments of the 1965 War. The fierceness of the fight can be comprehended by the chivalry medals won by 3 Jats for their heroes. The unit got four Mahavir Chakras, four Vir Chakras, seven Sena Medals, 12 Mention in Dispatches and 11 COAS Commemoration Cards. The sacrifices made by our jawans unequalled in this war. Jawans martyred themselves to make a heap of their bodies before Steel openings of the Bunkers to deny the view of the progress our jawans. Oh! The truce became effective on September 23. Yet, much like September 6, whatever was accomplished by the Jats on the war zone, was given back by the Indian Establishment in Tashkent as per Cease Fire settlement.

Veterans Mirror salutes those Jawans who made incomparable sacrifices in this fierce fight battled in the Military history of Indian Army.

SUBSCRIBERS / SPONSORS – September 2018:

Veteran Brig Pani TS	Vellore	Rs 15000
Veteran SG Chandrasekaran	Coonoor	Rs 200
Veteran SGT Kumarasamy N	IAF Avadi	Rs 200
Veteran SGT Sobraamasan N	Kalaripatti	Rs 1000
Veteran SGT Indrayaraja	Tanjore	Rs 500
Veteran SGT Joseph Stanislaus	Trichy	Rs 200
Veteran MWO Devalashanm Y	IAF Avadi	Rs 300
Veteran SGT Padmanaban K	Trichy	Rs 200
Veteran Ganapathiappan VS	Perungalathur	Rs 300
Veteran WO Ponnappan G	IAF Avadi	Rs 500
Veteran HFL Chandrasekaran TG	Pondicherry	Rs 300
Veteran SGT Peter Soubhrajagan M	Avadi	Rs 200
Veteran SGT. Gurusathan Aa	Mannargudi	Rs 1000
Veteran JWO Santhana Gopalan V.	Alangudi	Rs 500
Veteran HFL Anthony Augustine	Salem	Rs 1000
Veteran SGT Selwyn Vasanthakumar	Pattalathirum	Rs 1000
Veteran Cpl. Thomas MG	Pudur	Rs 500
Veteran HFO Muthuraja Subbiah	Kabalipattai	Rs 150
Veteran SGT Govindarajan T	Khajamalai	Rs 100
Veteran SGT Jayakannan K	Thanjavur	Rs 500
Veteran SGT Marugesan N	Trichy	Rs 1000
Veteran SGT Kumarasam M	Madurai	Rs 200
Veteran SGT Jayakannan K	Coimbatore	Rs 2000
Veteran SGT Murthy Iyengar DK	Araisar	Rs 1000
Veteran SGT Ibrahim	Pavalanthangal	Rs 500
Veteran SGT Ramaswamy S	IAF Avadi	Rs 200
Veteran SGT Tharmarajan K	Paramakudi	Rs 500
Veteran Wg Cdr Sudhama A	Annamangal	Rs 1500
Veteran Lt Col Sunetra S	Thiruvanniyur	Rs 1000
Veteran JWO Krishnan E	IAF Avadi	Rs 500
Veteran Gp Capt Sivaraman J	Sholingalur	RS2500
Veteran Gp Capt Sivaraman J	Sholingalur	RS 1000
(Stamps)		

REGULAR SUBSCRIBERS / SPONSORS – AUGUST 2018

Veteran SGT Walfred AG	IAF Avadi	Rs 200
Veteran SGT Senthil Maragan A	Annamangal	Rs 100
Veteran SGT Viswanathan M	Coonoor	Rs 500
Veteran SGT Eric Renato	Coonoor	Rs 200
Veteran SGT Johnson J	Pakkam	Rs 100



MITRAN SPEAKS

Kerala Floods

1. Veterans Mitran joins millions of Indians to sympathise with Kerala People who suffered the ravages of the unprecedented floods. More than 300 people lost their lives. The damages to the houses, roads and hard earned belongings are unprecedented. About 11 districts out of 14 districts were flooded.

As for the media, the Kerala govt. managed the situation creditably. But reconstruction of their houses and rehabilitation of Kerala people are a Herculean task. Even as far away as, Punjab, people came and opened larges. It is the duty of every Indian to contribute their mite to help the Kerala Govt to reconstruct Kerala and rehabilitate Keralites. Veterans Mitran is collecting locally contributions for Kerala Chief Ministers Distress Relief fund. There is an "apps" created by Kerala Govt. to easily contribute your donations. The money received is acknowledged and receipt is available immediately online. When considerable amount is collected, I shall deposit it to Chief Ministers Distress Relief Fund and the receipt will be published in VM

IMPORTANT DAYS FOR VETERANS IN A YEAR

2. For Veterans, July reminds Kargil day -September, Indo-Pak War 1965, October, Air Force Day, December, Navy Day, Flag Day, Bangladesh Liberation Day and in January Army day. In addition we celebrate Independence Day and Republic day. These are the days we mark in our calendars to pay respect to our Armed Forces Veterans. These days are unique for us. Mitran will publish articles and stories appropriate to such months. A short digression.

During Indo - Pak War, I was SATCO, Halwara, in the rank of Fl Lt. This base endured maximum Pakistani Bombing. The F86 Sabre air craft and F-14 Star Fighter Aircraft strafed at day time. The bombers came in the night only. The solace was that the bombers would come over Halwara Air Base after the moon came up in the sky. Till the moon came up in the Sky, we could move about freely without looking for security in the trenches. In the event that the moon was up at 1000 hrs one day and on the following day it would up at 1045 hrs with a difference of 45 minutes. We could foresee their bombardment time. It was fascinating. Since we didn't have night fighters, Pak bombers could come over without fear. But there were adequate L70 Guns located everywhere throughout the Air Field to fire at the enemy planes. I would keep my encounters of the 65 war for some other issue.

WIFE'S NAME IN PPO & JOINT ACCOUNT

3. Again I am reminding the veterans to guarantee that your wife's name is in the PPO. I request to make your pension accounts shared service with your wife. This is vital. In the event that her name is in the PPO, you will realise that your darling spouse gets acceptance and acknowledgement from the Services. If you have her name in the joint account, the bank perceives and acknowledges her as your beloved wife. At the point when the Services perceive and acknowledge your wife through PPO for family pension and also the bank perceives and acknowledges your better half whose name specified in the Pension Joint record, the bank pays the family benefits without hassles. The spouse requires not running in circles for family pension. This is a straightforward method of demonstrating your appreciation and duty to your wife.

Whoever not supported spouse's name in the PPO, please file forms for endorsement of wife's name for Family pension. You can get these forms from AFA (Avadi Chapter). Please file it at the earliest. I come across many Veterans resent that their husband had not done this simple service to them. Please ensure for all the services, love and affection shown by your wives, a joint account must be opened for her.

SOME GUIDELINES

- 4. Please follow these guidelines below to ease my work
 - I) Please ensure your name, in the text sent to me by the SMS
 - II) You have been very kind to extend financial support by Money orders, and Cheques
In both, please ensure your address with Mob No. to acknowledge of the receipt of your Support.
 - III) The Veterans Mitran Account NAME, is the Paper Names itself, that is "VETERANS MITRAN" No other Name please
 - IV) If you have not received VM by 20th of any month, please send an SMS with address. Again and Readers Register No. above the address on the right corner. Easy to locate you.

- V) Advise these New entrants also to give their Mobile Number. There is no need to be a Member of any association. There is no compulsory subscription.
- VI) Lot of VM remain especially from Pondicherry, Thanjavur and Madurai I have been Requesting AFAs, and Army associations to send the latest updated veterans list. Please permit me to say, the associations are not helping me by not providing the latest Addresses of their members. Please appreciate lot of Veterans Mitran are wasted.
- VII) Those who greet the Veterans on their B/W days, many times get embarrassed due to the fact either the Veteran is not meet (First of kin naturally Gens. awayed), or the house without information, the occupants consider our greeting calls as disturbance or suspect Our calls as fake calls
- VIII) Please do not switch off your Mobile phones on your B/W days. We are trying to greet you.
- IX) The readers should be responsible to inform us when they change their addresses
- X) Similarly when there is change of Telephone number or when 8 digits to 10 digits please inform us. Many calls are wasted by three or four of us while greeting the veterans
- XI) Please consider, are we not punished while carrying out this exercise of greeting veterans At wrong numbers or at numbers do not exist.

VM IS A NON-PROFIT Organisation.

5. I am further embarrassed as a veteran reminded me that he had paid to AFA for LMC and VM should publish his birthday. Another veteran by an SMS found fault with me that his Birthday was not published though he had paid an amount as sponsor ship. Such statements disturbed me. This News letter is not an off shoot of any Association or Ex-servicemen association or any welfare association. It is an independent Registered Newspaper, to create awareness among Veterans. Such a Monthly news paper is not available for veterans all over India. We are not listing B/W days for money sake. They are published to help the veterans to trace their colleagues. It is happening. It is not a profit making organisation. Just to bring to the notice such readers, I may mention here, out of 2000 readers only 180-200 readers only are supporting its yearlong publication. All the money belongs to the VM only. The balance sheet is published in April in all these years. Have been repeatedly informing the readers, that we like to publish your B/W days to get you to know your friends. If your name has not appeared last year, this year also it will not appear till our soft ware is fully operational. I request such veterans to remind us to include their name with details at least one and half months earlier. This much simple help the veterans can extend.

6. Veteran SGTs GET CPLs Pension

There were many Veterans who were SGTs by rank but getting Cpl Pension as per PPO. But some of them similarly placed, are getting Sgts' Pension. I request such SGTs who are getting CPL Pension but got sanction for SGT pension subsequently thru correspondence with DAV, please contact me. I may become wiser to guide such Sgts by Rank but Cpl by PPO. I shall be grateful.

7) DISCONTINUE VM FOR SOME READERS

VMs are returned by postmen as the addressees are either left, or are no more. We do not want to deny any veteran VM. Hence we take the initiative to ring up to the veterans residences if MOB numbers are available. If there is no response we discontinue sending VM and remove their names from computer mailing list. Similarly if there is no response for the mobile numbers we have for B/W days Greetings. Such mobile numbers are removed from VM. You will agree that every VM is prepared after a lot of effort on our part, costs and should not be wasted

8) I was invited to attend the 7th Anniversary of AFA Thanjavur Integrated Chapter. As I was not well for some time, I had to deny myself the pleasure of being there on that very happy occasion. I seek the indulgence of the President, the Members of the AFA Integrated Thanjavur Chapter.

Veteran Social and Literary Activist SGT Rajamohan

9) Veteran 237096 SGT RajaMohan has been an active social worker with literary bent of mind. He is extending his services to Veterans and Veterans in around Jambavanadai and Muthupettai at the south east corner of Tamilnadu near Nagapattinam. He is a big support to AFA Integrated Thanjavur Chapter. He is regularly observing important days for veterans like Republic days, Kargil Victory days, freedom fighters days like Bharathiyar, VO Chidambaram pillai, Independence days etc.

He regularly conducts literary meetings inviting Tamil Scholars even from far off places. For Kerala Chief Minister's distress relief fund he collected substantial amount and forwarded to them. He enjoys keeping touch regularly with his veteran friends. He observed on 26th July, Kargil day with a silent candle light procession with veterans from three services and civil govt officials. Again he organized an elaborate function to celebrate 72nd independence day. His speech was aired by All India Radio, Trichy on the Independence Day. He is well informed about the details of freedom struggle. VM appreciates his social work to Veterans community in and around Madhapur. His patriotic fervour, his commitment to spread the details of freedom struggle and his literary pursuit are praiseworthy. He can be contacted at Mob no 9442232221.

10. There are many such social activities among Veterans. VM likes to publish activities of such social workers. Please come forward.
Not all of us can do great things, but we can do small things with great focus

VETERANS MITRAN CAN BE VIEWED AT THE FOLLOWING SITES.

- <http://indianveterans.blogspot.com>
- <http://www.vetmitran.in> - link to the above (Thanks to Veteran SGT. Muthukrishnan)
- www://afa-avadi.in

9% DA from July 2018:

DA from July 2018 is confirmed to be 9% in 7th CPC. 2% increase in 7th CPC DA.

Employees who are in revised 7th CPC pay structure will get 9% Dearness Allowance from the month of July 2018 as per consumer price index.

REFUND OF ECHS CONTRIBUTION FOR PRE JAN. 1996. RETIREES

Tel: 011-25664847
Central Organisation ECHS
Adjutant General's Branch
ASCON: 36832
HQ: 011-25664946
1HQ of MoD (Army)
Maade lines
Delhi - 110 010
Jun 2018
FA of MoD (Navy ECHS (N))
Air HQ (NB)/DPS

- All pre 01 Jan 1996 retirees are exempted from paying one time contribution for getting ECHS membership vide Co. MoD ID No 17 (10) OG/US/WC/O/Rex dated 13 Apr 2007 (Copy att)
- It is observed that some of the pre 01 Jan 1996 retirees have deposited their one time contribution erroneously through MRO though it was exempted for them. They can get this excess remittance refunded by the concerned PCDA/CDA on receipt of a pre receipted contingent Bill Duty connection ref Para 27 of Odo CGDA New Delhi letter No ATY/4807/ECHS dated 29 Oct 2003 (Copy attached)
- Henceforth, all Regional centres / Station Headquarters to process all those cases of re-imbursment of their end. The above policy will also be given wide publicity.
- This has approval of the MD ECHS.

Sd/-
(BS Shroada)
Col. Dir (ops & Coord)
For MD ECHS

WHERE ARE YOU MY DOST?

Veteran 268311 SGT. AG Winfred WOM II. 67 Entry and WOM I. 107 Entry, wishes to know the address of his Veteran companion 268297 SGT Thiagarajan, same WOM II, Entry 67 and WOM I Entry 107. The readers who know Veteran Thiagarajan's address, please help Veteran Winfred whose contact number is 9941843578 or advise Veteran Mitran's office Veteran HFL R. Vinayagam Mob 9962704435.

Veteran 271162 SGT Peter Soundarajan M. AF /Fit. Intake 71 and Entry 93 wishes to know the where about of Veteran SGT V. Palraj, Eng. Fitter whom he met last at Air Force station, Hakimpet in the year 1969. He has settled down either at Chennai or Bodinayakanur. The pursuers who know Veteran PALRAJ's address, please help Veteran Peter Soundarajan whose contact number is 9176688899 or inform Veteran Mitran's office Veteran HFL R. Vinayagam Mob 9962704435.

AFA TAMILNADU BRANCH 38TH ANNIVERSARY CELEBRATIONS

(Message from the Secretary of AFA (TN Branch)
At 10.00 hrs. on Sunday the 30 th September 2018. AFA TAMILNADU BRANCH is celebrating its 38 th anniversary in the

Air Force station, Tambaram. As a part of the anniversary celebrations, AFA is awarding 43 scholarships and Six grants, under various categories to the deserving wards of Air Veterans and Veterans who are members of AFA. The details of the Scholarship schemes & Grants were published in the last issue of Veterans Mitran. In addition - Bhuvaneshwari grants and scholarships, instituted by Veteran SGT KS Sethuraman are published in this issue. Continuing with the traditions, AFA is also honouring Octogenarians and Nonagenarians who are members of AFA.

As usual, two vehicles are arranged to transport veterans and Veterans to the venue, one from Tambaram RJY station another from Madambakkam area. The registration fee is Rs 150 per head. Refreshments and lunch are provided. Further clarifications can be obtained from AFA Tamil Nadu Branch office at Air Force Station, Tambaram (Ph No 044-2233 2540). The Veterans, their wives and Veterans who are members of AFA, are cordially invited.

Message From AFA (Avadi Chapter):- For the convenience of all Veterans and Veterans attending the 38 th Anniversary at Tambaram, an Air Force Coach is arranged with the kind courtesy of AOC, IAF Avadi. The coach will leave on Sunday the 30 th September 2018, by 0815 hrs. on dot. It will follow the route as given: from IAF Avadi via MES Office, Bharathi Nagar, Shantri Nagar, Hindu College, Avadi Bus Depot, then taking a U-turn, passing the Check Post, Pattabhiram and taking the bye-pass road to Madichur in Tambaram. The members desirous of attending the Anniversary celebrations, may give their names to **Veteran HFL R. Vinayagam (9962704435) or Veteran SGT M. Saleem Moideen (9840028572)**. Please do not wait for our reminder. Veterans are requested to hand over the registration fee of Rs 150/- direct to the volunteers at the venue (Tambaram).

Bhuvaneshwari Grants and Scholarships

Air veteran SGT KS Sethuraman had donated a corpus to award Grants and scholarships in the name of his congenitally blind & mentally retarded daughter Ms. Bhuvaneshwari, beginning this year. The list of grants and scholarships limited to a total amount of Rs. 40,000/- is appended below giving the order of priority.

The grants and scholarships would be awarded to the wards of AFA members in the order of priority as given below:-

- An annual grant of Rs.10,000/- to any child who is both congenitally blind and mentally retarded.
- An annual grant of Rs.10,000/- to any child who is congenitally blind.
- An annual grant of Rs.10,000/- to any child who is mentally retarded.
- A Scholarship of Rs.10,000/- to a college going child who is differently abled.
- Two scholarships of Rs.5,000/- each to two school going children who are differently abled.
- A scholarship of Rs.10,000/- to a college going student of Air veteran who has lost both parents.
- A scholarship of Rs.10,000/- to a school student of Air veteran of XI th / XII th Std who has lost both parents.
- Two scholarships of Rs.5,000/- each to two school going children of IX th standard & below and who have lost both parents.
- An annual grant of Rs.10,000/- to the dependant child of a demised Air Veteran who is awaiting sanction of Family pension.
- An annual grant of Rs.10,000/- to the spouse of a demised Air Veteran who is awaiting sanction of Family pension. The spouse should have no other income from any other source and should have children who are studying school/college.
- A scholarship of Rs.10,000/- to the girl child who is studying a professional course of Engineering/Medicine/Law of a demised Air Veteran.
- A wedding grant of Rs.10,000/- to the daughter of a demised Air Veteran.

The applications to reach by 20 Sep this year.

The readers of Veterans Mitran are proud of the generosity of Charity of Veteran Sethuraman. His boundless love and affection for his daughter Bhuvaneshwari prompted him to institute this "grants and scholarships" to remind us that her life has its significance. This generous charity will certainly help such "God's own children", to benefit from it. Her name will be permanently etched in the records of Air Force Association Tamilnadu Branch. May God be with this family.

ADJUTANT GENERAL OFFICE - INDIAN ARMY

29 December 2017

Revised rates of ECHS Contribution to be paid by fresh Ex

Service men applicants, have been approved and sanctioned by Government of India. Orders effective from 29th December 2017.

Govt (Mod) Approves Revised Rates Of Echs Voluntarily Contribution Wef 29 Dec 2017 Post Seventh Pay Commission

Revised Approval Approves Three Slabs Of Payment And Aligns The Same With Three Slabs Of Warbs, Payment And Ward Entitlement Fully Aligned.

Has/And Below Equivalent Will Now Pay Rs 30,000/- With Entitlement Of General Ward

Join Of All Categories (Including Maj & Honorary Ranks) Will Pay Rs 67,000/- With Entitlement Of Semi Private Ward, While all Offrs irrespective Of Rank Will Pay Rs 1,20,000/- With Entitlement Of Private Ward.

FINANCIAL ASSISTANCE FOR EX-SERVICEMEN/ VEERNARIS IN PENURY

(This information may be given wide publicity as it provides financial help to veterans and especially Veernaris with out defence Pension)

Background:

The financial support to Ex-Servicemen (ESM) who were discharged from the services but not getting pension, living in a condition of penury, began in year 1981 with a meagre Rs 100/- every month at a time of two years. From that point, it was increased to Rs 500/- per till 2007 and after that changed into onetime grant of Rs 30,000/- The Management Committee of the Armed Forces Flag day Fund in Oct 2011 amended the rules to give Rs 1000 PM to such veterans/Veernaris. Now it increased to Rs 4000/-

Aim: The aim of this grant is to provide a small measure of relief from total penury to a non pensioner ESM up to rank of Hav/Equivalent and their widows.

Financial Assistance: For Penury it is provided at the rate of Rs.4000/- per month (Applicable from 01 Apr 2017) per head for life time from AFFD Fund.

Eligibility Conditions: The eligibility criteria are to be met to avail financial assistance under this scheme are as follows:-

- Must be a non-pensioner ESM or his widow
- Should be of rank Hav/Equivalent from the Navy/AF and below.
- Should be above age of 65 years.
- Should be recommended by respective Zilla Sainik Board and Rashtriya Sainik Board
- Details of bank account (in SBI/PNB only) and IFS Code.

Application Form: Application should be made in given form with recommendation of respective Zilla Sainik Welfare Officer & Secretary, RSB on it. Application are available with Zilla Sainik board. The following documents are to be submitted.

- Service Document/Discharge Book of ESM.
- Age proof, if date of birth not given in the Service Document/Discharge Book.
- Identity Card of ESM/Widows issued by ZSB
- Details of Bank A/c No (in PNB/SBI only) and IFS Code.

Channel of Application: Applications are required to be put together by qualified ESM to respective Zilla Sainik Board by 31 Mar or 30 Sep every year. Zilla Sainik Board Welfare officer will examine these applications and if found eligible, forward them in duplicate to the concerned RSB and in turn to Kendriya Sainik Board.

Processing of Applications: On receipt of applications at the KSB Sect, these shall be processed by its Welfare Section in order of the date of their receipt.

Payment Procedure: The Jt Dir (Welfare) will display payment status of the approved applications on website (www.dsw.gov.in).

Subsequent Grant: The Penury Grant, once awarded by the Competent Authority, remains for life of the endorsed person ESM with out pension. Anyway recipient must present a "Life Certificate" through particular ZSB once a year. It might be noticed that this grant is non-transferable and will stop, when the recipient is no more It is the obligation of individual ZSWO to inform the KSB Sect with respect to death of the recipient ESM.

VETERAN ADVOCATE SIKDAR LEGAL CORNER

This will be a regular feature in VETERAN MITRAN

Veteran Sgt. Sikdar MK is a popular lawyer in IAF AvadL, successfully defended many cases of veterans at Armed Forces Tribunal, Chennai. You may all remember, about three years back, he secured pension for Veterans of JWQ rank as per the rank held whereas pension was sanctioned to them from Sep 2012 onwards as per the rank mentioned in the PPO which was SGT.

Veteran Sikdar has kindly agreed to spare the judgement copy of

each case he handled. It has been decided to publish regularly excerpts from such court judgements under this column. Veteran Sgt. Haridasan has kindly agreed to compile excerpts from the court judgements in the AFT cases for the use Veterans in their advantage in their service related cases. Also they can be useful to brief the lawyers. VM is grateful to Veteran Sikdar and Veteran Haridasan.

THE CASE. A veteran was invalidated by the medical board due to the disease of NEUROSIS (mild mental illness) at 30% for life time. Veteran Sikdar defended his case at AFT, Chennai and pleaded that the Disease was attributable to the stress and strain of Military service and on account of the Disease; the Veteran could not support his family. Veteran Sikdar prayed for grant of Disability Pension with the benefit of Broad Banding and relied on the following

- COURT OBSERVATIONS
 - Case of Dharmvir Singh Vs union of India, GI-07-2013.
 - Case of Union of India & Anr Vs Rajee Singh, in JT 2015 (2) w-392
 - Medical related cases "The Service Medical Board is to follow the guidelines laid down in the Guide to Medical (Military Pension), 2002-
- A member is presumed to have been in sound physical and mental condition upon entering service, except as to physical disabilities noticed or recorded at the time of entrance.
 - In the event of discharge from service on medical grounds at any subsequent stage it must be presumed that any such deterioration in his health which has taken place, is due to such military service
 - The onus of Proof is not on the claimant (Employee). The corollary is that the onus of Proof that the condition of Non-entitlement is with employer. A claimant has a right to derive benefit of any reasonable doubt and is entitled for pensionary benefits more liberally.
 - If medical opinion holds that the disease, because of which the individual was discharged, could not have been detected on medical examination prior to acceptance of service, reasons for the same shall be stated"

Broad Banding

The issue relating to the grant of rounding off benefit of the disability element of pension is no longer an untouched subject, in view of the order passed by the Hon'ble Supreme Court in Union of India & Ors. Vs. Ram Avda case whereby the Hon'ble Supreme Court has directed the respondents to grant the said benefit also to the personnel who have not only been invalidated out from service but to other categories too.

Accepted percentage of disability	Percentage to be reckoned for computation of Disability element
20% or more but less than 50%	50%
Between 50% to 75%	75%
Between 76% to 100%	100%

Court Judgement

The court concluded if any disability is not recorded at the time of enrolment then, it must be presumed to have been caused subsequently by the Military service and the affected individual has to be compensated by granting disability pension with the benefit of Broad Banding for life.

LETTER FROM MD ECHS ON ACTIONS IN EMERGENCY

Dear All veterans

- In an emergency, an ECHS patient can directly report to a Service Hospital / nearest Empanelled Hospital / non-Empanelled Hospital.
- It is the responsibility of the ECHS Member to intimate to the Officer in Charge of the Parent Polyclinic, within 48 hours of an Emergency Admission, settle the Hospital Expenses and submit re-imbursment claim at Parent Polyclinic within 30 days of discharge from the Hospital.
- Re-imbursment will only be allowed for the ACTUAL EMERGENCY at the CGHS rates or the actual claim whichever is less irrespective of amount spent by the ECHS Member.
- Onus of proving that the treatment was taken for an Emergent Condition lies on the ECHS Member.
- "EMERGENCY" means a condition which might result into loss to life/limb if not treated timely. These conditions are as follows:-
 - Acute Cardiac Conditions/Syndromes including Myocardial Infarction, Unstable Angina, Ventricular Arrhythmias, Paroxysmal Supraventricular Tachycardia, Cardiac Tamponade, Acute Left Ventricular Failure/Severe Congestive Cardiac Failure, Accelerated Hypertension, Complete Dissection.
 - Vascular Catastrophes including Acute Limb Ischemia, Rupture of

Anurysms, Medical and Surgical shock and Peripheral Circulatory Failure.

- (f) Cerebro-Vascular Accidents including Strokes, Neurological Emergencies including Coma, Cerebro-Meningeal Infections, Convulsions, Acute Paralysis, Acute Visual Loss.
- (g) Acute Respiratory Emergencies including Respiratory Failure and Decompensate Lung Disease.
- (h) Acute Abdomen including Acute Obstetrical and Gynaecological Emergencies.
- (i) Life Threatening Injuries including Road Traffic Accidents, Head Injuries, Multiple Injuries, Crush Injuries and Thermal Injuries.
- (j) Acute Poisoning and Snake Bite.
- (k) Head Strike and Cold Injuries of Life Threatening Nature.
- (l) Acute Renal Failure.
- (m) Severe Infections leading to Life Threatening Sequelae including Sepsicemia, Disseminated Military Tuberculosis.
- (n) Acute endocrine emergencies including diabetic ketoacidosis.
- (o) Any other condition in which delay could result in loss of life or limb. In all cases of Emergency, the onset of proof lies with the ECHS member.

6. The following documents in Original are required to be submitted along with two sets of xerox copies of the original documents at Parent Polyclinic for Verification, processing and re-imburement-

- (a) Individual Application
 (b) Emergency Information Report filed at Parent ECHS Polyclinic
 (c) Copy of Smart Card
 (d) Discharge Certificate
 (e) Emergency Certificate from the Hospital
 (f) Summary of treatment, bills in original (g) Investigation Report
 (h) Contingent Bill
 (i) Original Receipts as proof of payment to hospital
 (k) All hospital documents should be initialled by hospital authority on each page.

Regards,
 Maj Gen Ashok Kumar

RBI directives on pension payment

Are you a government pensioner wondering if you can receive your pension in a joint account or do you have to open a separate account to receive family pension? Did you know that banks have been asked to record the Pension Payment Order (PPO) number on the bank account passbook and that you can ask them to issue pension slips?

To ensure that senior citizen pensioners of the government do not have to run from pillar to post to get their pension-related issues sorted, the Reserve Bank of India (RBI) has issued various directives to pension-disbursing banks via a master circular on this subject. The master circular was released on July 2, 2018.

Knowledge of these instructions may help in getting your pension-related problems resolved faster. Let us look at five issues commonly faced by pensioners

1. Credit of pension in a joint account

Government employees who are about to retire or those who have already retired can have their pension credited to a joint account. However, this joint account must be operated with the spouse in whose favour an authorisation for family pension exists in the PPO. This means that you (i.e., the pensioner) cannot receive your pension in any other jointly held bank account except for the one held with your spouse whom you have nominated to receive family pension after your death.

The savings bank account can be operated either on 'Former or Survivor' or 'Either or Survivor' based on the following terms and conditions:

- (i) After the credit of pension in the pensioner's bank account, the government or bank will not be liable for wrongly withdrawn amount by the spouse.
- (ii) The bank must be informed of the death of the pensioner within a month. If any excess pension has been credited to the joint account post the death of the pensioner, then it shall be recovered from the joint account or any other account held by the pensioner/spouse either individually or jointly. Even the legal heirs, will be liable to refund any amount wrongly credited.
- (iii) If any arrear of pension is pending, the same will be credited to the joint account with the pensioner's spouse.
- (iv) In case of death of the pensioner, the bank cannot insist that the spouse open new a bank account for the credit of family pension. The spouse can opt to receive family pension in the existing joint account.

2. Recording PPO in the bank's passbook

RBI has advised pension paying banks to record the PPO number in the bank accounts of pensioners and family pensioners in which pension is credited. This will help pensioners avoid many problems which are generally faced in case of loss of the original PPO.

PPO is an important document because government pensioners, including family pensioners, are required to mention this number while submitting life certificate in November every year. Non-submission of life certificate to the pension paying branches can result in your pension being stopped.

Other common problems include transfer of pension account from one bank/branch to another, commencement of family pension in case of demise of pensioner, and so on. Therefore, in case your PPO number is not recorded in your bank account, you can ask the pension-disbursing bank to do the same.

3. Update on of PPO and issue of pension slips

Whenever there is change in the basic pension and/or dearness allowance (DA) to be credited to the pensioner's family pensioner, the same must be intimated to them. The central bank has asked banks to call back and record the changes in the PPO held by the pensioner indicating the amount of changes and effective date.

This means that whenever there is increase in DA, you can visit your bank and ask them to record and reflect the same changes in the PPO copy held by you. This will help you to know when and by how much the total amount of pension was increased.

In addition to that, to keep pensioners updated regarding the change in the quantum of pension, the central government including defence and railways and state governments have decided to issue pension slips in this regard. Pensioners can request these slips from their pension paying branches.

These pension slips can help you keep a track record of the pension received by you, as well let you know from when you have received the benefit of higher pension either due to hike in DA or age benefit after the age of 80 years.

4. Nomination to receive pension arrears

Government pensioners are required to nominate their heir(s) who will receive the arrears of pension from the government, if any, in the event of their death. To make the lives of pensioners easier, the central bank has advised bank branches to accept the nomination in Form A or B, as the case may be.

Form A is used by the pensioner to make a fresh nomination request. On the other hand, any modification in the existing nomination can be made via Form B as per rules governing nomination in this regard on the Ministry of Personnel, Public Grievances & Pensions website.

Further, the RBI has also advised the pension paying banks that nomination made in this regard must also be printed on the front page the passbook of your bank account. These rules are also applicable to those receiving family pensioners.

5. Reducing the time lag to pay higher dearness relief

To provide the benefit of higher dearness relief (DR) to the pensioners at the earliest, RBI in its master circular has given instructions to banks to reduce the time lag between the issue of order and payment of it. This will come as a relief to those senior citizen pensioners who would generally have to wait long - usually five to six months or sometimes even more to receive higher pension.

According to the master circular, the central bank has advised all authorised banks dealing with government pensioners, to take necessary actions as mentioned in the various central and state government notifications in this regard without awaiting further instructions from them.

The circular states that the pension paying bank branches should act on the copies of the orders supplied by government to the head offices and/or regional offices of the authorised banks. It has further instructed head offices of the banks to closely monitor and supervise timely correct disbursement of government pension to eligible pensioner

Veterans Mitran wishes all the below Veterans celebrating their Birthdays with, "Continued Good Health, Happiness, Success and Wisdom all through".



615098	Veteran Sjt KS J Paniker	13-Sep	97467 21821 (Kottayam)
246003	Veteran CPL KP Somachandran	15-Sep	94966 04203 (Shoranur)
678329	Veteran SGT S. Jeevanandan	16-Sep	99629 49681
650366	Veteran SGT M. Vijayakumar	17-Sep	94425 36607 (Vellore)
736868	Veteran SGT Ambly	17-Sep	96593 10733 (Coonoor)
245481	Veteran CPL S. Ananthairudhan	18-Sep	94880 22341 (Tanjore)
6912170	Veteran HAV A. Selvam	18-Sep	9962327333
631918	Veteran CPL A. Vengalil	18-Sep	84894 05471 (Karaiikal)
205240	Veteran HFO K. M. Rajaram	18-Sep	99429 82015 (Madurai)

JC 6408	Veteran SUB V. Ponnusamy	20-Sep	94430 89061 (Namsakkal)
229000	Veteran SGT J. Senthilnan	22-Sep	94875 08234 (Thiruvallur)
252935	Veteran HFL K. Radhakrishnan	22-Sep	97819 04148 (Coimbatore)
877232	Veteran SGT G. Ralavolu	22-Sep	94439 43306
293135	Veteran SGT Cherian Thomas	22-Sep	98842 08773
670770	Veteran SGT S. Sivanandam	23-Sep	94425 36496 (Vellore)
622884	Veteran SGT V. B. Narasimhan	24-Sep	99625 48822
235791	Veteran SGT D. Murugeswaran	25-Sep	99430 54136 (Madurai)
262639	Veteran WO P. Dharmaraj	25-Sep	98402 58223
255252	Veteran HFO S. Subbarayan	26-Sep	94413 27679
15318367	Veteran HAV A Dymon	26-Sep	98405 79649 (Puducherry)
646487	Veteran SGT B. Narasimhan	27-Sep	91782 07419
JC 83871	Veteran HCAPT D. Sathisivan	30-Sep	94432 83871 (Vellore)
248463	Veteran CPL Budigi Venkateshwaru	01-Oct	94425 31943
299053	Veteran SGT V. Rangaraj	01-Oct	94425 81423 (Madurai)
637003	Veteran HFL Ponnusamy	01-Oct	99946 80516 (Namsakkal)
JC 121284	Veteran SUB G. Parasubothan	01-Oct	94088 04825 (Mannargudi)
JC 74898	Veteran HCAPT C. Venkatesan	01-Oct	94436 23648 (Vellore)
48799	Veteran WO M. Krishnamoorthy	02-Oct	94432 31349 (Madurai)
287849	Veteran HFL A. K. Datta	02-Oct	83294 46511
612356	Veteran JWO C. Karunakaran	03-Oct	94430 96209 (Vellore)
13489	Veteran GFCAPT R. Dorairaj	03-Oct	94424 12136 (Vellore)
228912	Veteran CPL G. Rajendran	03-Oct	962523483
721458	Veteran SGT N. Eshwar	04-Oct	98849 96055 (Mannargudi)
223306	Veteran SGT R. Joseph	05-Oct	96295 93701 (Tiruvallur)
615652	Veteran CPL M. R. D. Chandrasekhar	05-Oct	91780 32433
618187	Veteran SGT E. Pavaiyal	05-Oct	94436 30617
629970	Veteran SGT K. Kumar	05-Oct	96005 50405 (Nagarcot)
947777	Veteran MWO P. Vadivelu	05-Oct	98848 82752
645401	Veteran SGT Chandran Praveethalingam	06-Oct	94430 73996
270740	Veteran CPL G. Shanmugam	07-Oct	97306 60047 (Tanjore)
726799	Veteran SGT Ravindra Prasad	07-Oct	95400 85526
249749	Veteran SGT M. Ekambaram	08-Oct	96659 78242/04366
			233713 (Kollamangudi)
274465	Veteran JWO A. Thiragarajan	08-Oct	99945 54378 (Coimbatore)
615646	Veteran JWO Balakrishnan	08-Oct	99769 46039 (Madurai)
271420	Veteran SGT R. Murugesan	08-Oct	94424 60749 (Thiruvallur)
622593	Veteran SGT Dayanidhi	08-Oct	94453 03047
145957	Veteran HSUB V. P. Ramakrishnan	08-Oct	94005 37086 (Madr)
602279	Veteran CPL D. Dorairaj	09-Oct	94427 41573 (Nandambalam)
256278	Veteran HFO S. Balasubramanian	10-Oct	94484 79831 (Nandambalam)
250472	Veteran JWO C. K. Lakshminipathi	11-Oct	96000 70016
200196	Veteran SGT Narayana Swamy	11-Oct	76298 77679 (Nagapattinam)
245546	Veteran WO Harindran Singh Puri	12-Oct	98726 67723 (Ludhiana)
248570	Veteran CPL V. Rajagopalan	12-Oct	82205 33700
697602	Veteran JWO A. K. Ravichandran	12-Oct	98949 72848 (Vellore)
633356	Veteran WO Vadivelu Mohan Raj	13-Oct	93081 79641
213821	Veteran HFL P. B. Durgandan	13-Oct	93813 84422 (Kanchipuram)
9626	Veteran WG CDR Velutha Prasad Kapoor	15-Oct	99623 76290
273096	Veteran SGT Rajamohan	15-Oct	94422 32221 (Jambhavanthi)
285073	Veteran WOP. Sankar Narayanan	18-Sep	81482 98989 (Cantonment)

- Bitter gourd is bitter in taste, stimulates gastric fire, light for digestion, warm, purgative, soothing and conducive to digestion. They are excellent appetizer and cure cough, windiness, blood impurities, fever, worms, bile, anorexia and leucoderma.
- Bitter gourd juice taken purifies blood. It is an excellent appetizer. It stimulates the worms thriving in the intestine. It gives relief to piles. As it is diuretic, it relieves the burning in the kidneys. It dissolves kidney stones. Bitter gourd is advantageously effective in the cases of diabetes. A glass of bitter gourd juice taken on an empty stomach is beneficial to the patients suffering from arthritis and jaundice.

SHARPEN YOUR MIND

- What colour symbolises peace?
- What crop is famously grown in the region of Darjeeling?
- What islands are a part of the country of India?
- Which African nation is famous for chocolate?
- Who is the founder of Microsoft?
- Which country does the company 'Sony' come from?
- Which are the cities common as capital to two states?

Answer are given below (after Homage to departed)

HOMAGE TO THE DEPARTED

28554S SGT. M.MOHAN MTD

Veterans Mitran shares with the readers with grief the passing away of Veteran 28554S SGT. M. Mohan MTD, 70 years of age, on 05 Aug 18 at his residence, Valsaravakkam, Chennai. The Veterans Mitran conveys its condolences to his wife Smt Subanthra, daughter Smt Vimala and son Karthikeyan.

Veteran Mohan joined IAF on 17Apr 57. He served at Bangalore, Baroda, Pathankot, Sullur, and Andaman Nicobar. He got released on 30 Apr 82 after serving for 25 years in IAF. May God grant to Smt Subanthra, Smt Vimala and son Karthikeyan to bear this irreparable loss and misfortune and give peace to the departed noble soul. May he recognize as long as the IAF he served and the country he honoured exists.

Dignified last rites were conducted with the help of IAF Avadi. His family can be reached at no 12, 1st cross road, Valsaravakkam, Chennai 87. Their Mob No 7092312 478-80724 76986

72511R A SGT. K. GOVINDARAJAN ACH/GD

With deep grief, Veterans Mitran, informs the readers, the demise of Veteran 72511R SGT. K. Govindarajan Ach/GD on 22 Jun 18, due to massive Heart Attack. On behalf of the readers, VM conveys its heartfelt condolences to his wife Smt DaVita, the only son Rajesh Kumar. Late Veteran Govindarajan joined IAF in the year 1987. He served mostly in Helicopter units and Signals units. His last posting was no 1 Wing IAF. He got discharged from No 2 wing in April 2007.

Dignified rites could not be conducted. Unfortunately there was no intimation to AFA Avadi Chapter or IAF Avadi from the family. On coming to know the demise of SGT Govindarajan recently, AFA (Avadi Chapter) secretary, visited his wife at their residence to help her to complete the formalities related to Death Intimation, Death Grant Insurance claim, ID card etc.

May God give the strength to Smt Kavitha, his son Rajesh Kumar to bear this irreparable loss and eternal peace to the departed Noble soul. His services to IAF will be remembered as long as the Air Force Served and the Nation be honoured exist. His family may be contacted at 68/4, Ganesh Colony, Mettu Street, Ayyanavaram Chennai 23 and Mob: No 98402 56807

ANSWERS TO SHARPEN YOUR MIND:-

1. White 2. Tea leaves. 3. Andaman and Nicobar and Lakshadweep Islands 4. Ghana 5. Bill Gates 6. Japan 7. Chandigarh & Hyderabad

MIRACULOUS SURVIVAL OF A MIG PILOT

(A True Story by Veteran JWO K.S. Raju Wpn/Fit)

It was in the year 1986, I was serving in Pathankot Air Base. The weather on that morning was clear, we could call it a brilliant blue sky. Two of our Squadron pilots, Squadron Leader, S K Mehta and Flyin officer Ranbir Singh took off in Two Mig-21 (Bis) aircraft for a cross country exercise. Air force pilots are trained to fly fast at a low level to escape from the eyes of enemy radar and fire. Though it is ear breaking to hear the sudden roaring of aircraft flying overhead but it is very enticing to watch them flying close proximity for a few seconds before it flows away fast and disappears into the sky.

The ground crew wishes safe landing to the pilots before take-off and eagerly wait to receive them safely after the completion of the sorties or missions. Unfortunately on that day Gf Offr Ranbir Singh aircraft did not come back. It was a cause for great worry for the squadron. After some time, I heard the sad news that his Mig had crashed at a sugarcane field near a village in Gurdanpur district (Punjab).

Now the next course of action was to rush to the crash site. I was also included in the Court of enquiry team as an armament expert. When we saw on the site was the damaged top roof of a house and the crashed aircraft at a distance of 2 to 3 kms away from the house. It is clear that the low flying aircraft had hit the roof of the house and for a distance of 2 to 3 kms, the aircraft had maintained a very low level forward most



Mitran wishes all the below Veterans and their Spouses, "A Continued Happy Married Life with Lots of Good Health and Happiness Forever"...

259868	Veteran JWO R. Sabarethnam	15-Sep	94881 10850 (Vidyanayam)
285296	Veteran SGT K. Saleem Mohideen	16-Sep	98400 28572
298790	Veteran WO K. Ganesh	16-Sep	98846 32011
249815	Veteran JWO Sagarwasi Subramanian	16-Sep	94871 71197 (Tiruvallur)
JC 142307	Veteran HON/CAPT P. Abraham	16-Sep	94424 11289 (Villupuram)
728934	Veteran JWO Raja Srivivasan	16-Sep	96296 59666 (Namsakkal)
667234	Veteran SGT Sethuramalingham	16-Sep	98403 90676 (Perungudi)
287776	Veteran JWO M. Ananthagan	17-Sep	99946 23218
665659	Veteran AC K. Kotayewaan	22-Sep	98409 65776
269944	Veteran SGT J. Shalal Hamid	24-Sep	98405 28598 (Tanjore)
1428396	Veteran NK. Irusan Samuel	26-Sep	99448 03827 (Chengalpattu)
250186	Veteran HFL Soosai Arul	30-Sep	99418 44220
1832641	Veteran HON LT M. Munirathnam	30-Sep	91506 86980 (V.V.Kappan)
220224	Veteran WO Thulasi Raman	06-Oct	98418 82885
636175	Veteran SGT P. Rajendran	11-Oct	98401 13885 (Jambhavanthi)
631265	Veteran SGT Haridasan Moviloth	15-Oct	98472 10070 (Madr)

HEALTH TIPS OF THE MONTH

Every Month It is intended to publish about one health vegetable juice. Last month the juice made out of Tulsi leaves and their usefulness was published.



BITTER GOURD (Karela)

- A Glass of bitter gourd juice taken on an empty stomach is immediately beneficial to health.



up to the final crash site where it went into flame.

While chasing the leading aircraft, Fg Offr Ranbir Singh's aircraft had come very low and firstly hit the roof top of the house. The centre portion of the roof collapsed inside the house. Luckily the house owner his wife and their child escaped with minor injuries. In the direction of aircraft movement there was a pond, with rows of acacia/peepal trees at both sides. If the aircraft had hit the pond or even the trees on its sides it would have been the crash site and would have made huge loss to life and property. Luckily, the aircraft crossed over both the pond and the trees before making the second impact on the ground. The lower side aircraft parts like drop tanks, missile launchers, ventral drop tank pylon and some other parts were shattered from the aircraft during this impact. It was certain that the aircraft had number of times climbs and descends, because wherever the aircraft hit the ground some parts were disintegrated and scattered over the area. After making the third impact in the field, the aircraft was moving by the fuselage (belly) in the sugarcane field until it had a severe hit on the road which was on a higher level. Luckily there were no travellers passing at that time. Most of the aircraft parts got disintegrated here in this fourth impact and thrown away. The ill-fated aircraft crossed the road without tail plane and canopy and again hit the ground fifth time on the field. After moving forward for a certain distance, the sixth and seventh impacts of the aircraft were on an uneven ground and the aircraft went into flame. The last two impacts happened in the close proximity. The whole movement was like frog jumping.

Fg Offr Ranbir Singh concentrated to save the aircraft, and cause minimum damage to the life and property of the civilian population. In doing so, he never thought of his personal safety or attempted ejection from the ill-fated aircraft. Due to number of impacts, the ejection seat lock was broken and the seat was free on the guide rails to move up and down due to impact made the canopy also to be thrown away from the cockpit. The total weight of the ejection seat along with the pilot is 205 Kg approximately. The heavy ejection seat had landed in an inverted condition. The soft ground absorbed shock of impact. This soft ground saved the pilot from severe personal injuries. Then the pilot was taken to the village hospital by a motor bike and was given first aid. Then the pilot was air lifted by a helicopter to the Pathankot Chakki Bank Military Hospital.

Flying Officer Ranbir Singh's survival from the crash was unbelievable. The ejection seat can provide the crew a safe and efficient escape from the aircraft. The seat is propelled from the aircraft by an ejection gun which is assisted by a rocket motor. While the ejection seat is propelled out of the aircraft, the seat carries the pilot with it. Normally this explosive charge or the rocket motor goes off with such heavy impact. Sometimes depends on the attitude of the aircraft it may fall ahead of the aircraft, or it may go up straight. In Ranbirsingh's case such things did not happen. That is the miracle. In his case even after 7 impacts with the ground that Rocket or explosive charge did not go off. His courage, resoluteness and almighty God's invincible hands played big roles in this miraculous escape of our Fg Offr Ranbir Singh.

7th ANNIVERSARY OF INTEGRATED AFA THANJAVUR CHAPTER

AFA integrated chapter (Thanjavur-Tiruvannamalai-Nagapattinam) celebrated its 7th Anniversary on Sunday the 12th August 2018 with usual gaiety combined with serious business.

About 400 Veterans with their families from all over the three districts participated in the celebrations. They were welcomed by the Vice President of the Chapter HFL P. Arumogan and the Secretary CPL. P. Rangarajan. Wg Cdr. M. Balakrishnan Presided over the function. He conveyed the greetings of the President Of AFA TamilNadu Branch Veteran Air Marshal S. Varthaman PVSM/AVSM, VM, VSM



and the greetings from AFA, Tambaram Chapter. In his address he listed out various welfare measures available and their families. He specially brought to the notice of the several Scholarships available with AFA Branch, TamilNadu, AFA Central, New Delhi, KSI and AF BA.

The Chief Guest was Gp Capt Prajwal Singh VM, the commanding officer of Air Force Station, Thanjavur. The chief guest appreciated the services rendered by this chapter by reaching out to veterans in far flung areas of these three districts. He assured all assistance and cooperation at any time to the chapter. Wg Cdr Subash Sen Works officer and Sqn Ldr BG Reddy, Sen. Adjutant also addressed the gathering.

The Chapter considered it a privilege to honour a few Octogenarians on this auspicious occasion. The Chief guest presented each one a shawl. An Elai Sappadu with sumptuous lunch was organised for the veterans which brought down the curtains on the anniversary function.

CHENGALPATTU EX-SERVICEMEN FORUM

This forum is blessed as it is entrusted with the maintenance of 1971 war memorial by the Chengalpattu Municipality and an Ex-servicemen Park by the High ways Dept. This war memorial and the park are located at Kaicheppuram Road junction near old Bus stand and New Railway over bridge. The war memorial has a majestic ornamental pillar with inscriptions on it in the centre with pictures of three services activities around in a garden. The High ways dept. gave a barren land for ESM Forum of Chengalpattu for an ESM Park. It is developed into nice Garden with a proud wall with Pictures of Param Veer chakra heroes. They celebrate Republic days and Independence days elaborately but with solemnity. They observe Kargil Diwas, and Vijay Diwas. The collector, RDO, Police officials, Municipal chairmen, MPs, MLAs, Rotarians, Lions club members attend the function.

Air Force Association (TN) branch President, Veteran Air Marshal S Varthaman, PVSM/AVSM/VM/VSM appreciated this forum's Services and has been attending the Republic day and Independence day celebrations with his office bearers at this war memorial. This year the national flag was hoisted by RDO Sri Muthu Vadivel on the independence day. Veteran Air Marshal S. Sukumar, PVSM/AVSM/VM/VSM was the Chief guest. He released a brochure brought out on the occasion. Senior Air Veterans Abdul Subhan (89 yrs) and Balaji Rao (88 yrs) were honoured with shawls and mementos.

The president of the forum is veteran CS Sripada Rajan. Vice president Veteran D. Rajasekaran and Secretary veteran D. Samuel and Treasurer Veteran Irusan Samuel. Veteran Sripadarajan and his executive members are doing a great job to keep the flame of patriotism and of the love for Armed Forces burning bright at Chengalpattu the armed They can be contacted, no 32 Radhakrishnan Street, TKM Road, Chengalpattu 603001 Mob. No 9677473250 The motto of this forum is "United Hands can achieve Anything. We live once to inspire the Generations.

VM requests the veterans who ever pass through Chengalpattu, please visit this war Memorial and ESM Park to pay homage to our war heroes and as symbol of appreciation of the splendid work by the ESM Forum, Chengalpattu VM wishes Ex-servicemen forum, glorious years in the service of Veterans fraternity.

JAHND
Yours Sincerely,

Wg Cdr K. Parthasarathi VSM (Retd)

Information, Inspiration, Integration

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