

## **COUNSELLING CONSULS**

Hi friends,

The response to our proposal of organising COUNSELLING CENTRES is immense and it has encouraged us to formalise the structure of such centres in the interest of our officers undergoing untold stress.

**The structure will be as follows:**

The counsellors are identified volunteers from among the retired / serving executives, retired officers and Office bearers of the CBOA.

The names and the details of the counsellors for both the residential and online counselling will be made available through our CBOA website and will be updated on receipt of willingness from such volunteers periodically.

There would be two types of counselling process:

**1. Residential counselling**

**2. Online counselling**

**Residential counselling:**

The counsellors would be available on a pre fixed day weekly in predetermined place at pre decided time to give personal counselling.

Initially it is introduced in Chennai, Bangalore and Madurai.

On every Thursday counsellors will be available by 5.30 pm at the CBOA office of Chennai, Bangalore and Madurai.

**Residential counsellors and availability :**

The counsellors can be met at the mutually agreed places too besides on Thursdays.

**CHENNAI:**

**R ASOKAN, AGM ( RETD)**

**09444916819**

**S NAGARAJAN DGM (RETD)**

**09994962284**

## **BANGALORE:**

<b>A N KRISHNAMURTHY, CHAIRMAN, CBOA.</b>	<b>09663388388</b>
<b>K B BALLUR, FORMER PRESIDENT, CBOA</b>	<b>09481101106</b>
<b>M N SUNDARAM, FORMER PRESIDENT, CBOA</b>	<b>09449463246</b>

## **MADURAI:**

<b>M DEVARAM, DIVISIONAL MANAGER,( RETD).</b>	<b>09994911889</b>
<b>S RAJAGOPAL, AGM (RETD).</b>	<b>09443734322</b>

## **Online Counselling:**

The officers can contact the counsellors over phone, email and through any type of communication tools available with the volunteered counsellors.

The counsellors available on line are listed below:

<b>MR RAGHUNATHA RAO GM RETD</b>	<b>91 080082 58500</b>
<b>MR R R SHARMA GM RETD.</b>	<b>91 099716 44446</b>
<b>MR PRASAD GM HO</b>	<b>91 099805 30303</b>
<b>MR MAHESH GM HO</b>	<b>91 081059 11855</b>
<b>MR SHYAMALENDU SAHA GM RETD</b>	<b>91 085850 24728</b>
<b>MR SANTHANAM GM RETD</b>	<b>91 099002 38548</b>
<b>MR RENGARAJU GM RETD</b>	<b>91 097318 05400</b>
<b>MR IYER GS ED UCO BANK</b>	<b>91 070440 93564</b>
<b>MR R K AVASTHI FORMER GS CBOA</b>	<b>91 098105 71359</b>
<b>MR M V SUBBARAO FORMER JGS CBOA</b>	<b>91 094408 76543</b>
<b>MR SUDHAKARAN FORMER JGS CBOA</b>	<b>91 098951 93228</b>
<b>MR J VANANGAMUDI VP CBOA</b>	<b>91 094433 64184</b>

Excellent response to our counselling arrangements.

Now our Former General Manager and Former Executive Director, Andhra bank **SRI ANIL GIROTRA +91 7838-594915** volunteered to be the counselors and available for discussion.

Now two of our former women executives volunteered to join in the novel program.

1. Mrs **LALITHA LAKSHMANAN, CGM ( RETD)**      **91 094868 06037**
2. Mrs **BHANU RAMAN**      **91 099020 27300**  
    **FORMER CHIEF VIGILANCE OFFICER**      **visaiyer2008@gmail.com**
3. **SMT MYTHILI KRISHNAMURTHY,Former CGM**      **099-45-399553**

As the issues need to be counselled are personal and personality oriented, we don't expect the details of any such counselling is shared with us and we request the counsellors also to keep such details confidentially.

We request all our officers and members to utilise this facility.

**MANIMARAN G V**