



**CBOA**  
CANARA BANK OFFICERS' ASSOCIATION

# *Mettle & Minds*

Leadership Training Programme  
for women

*Testimonials*



CBOA LEARNING  
CENTRE, VIJAYAWADA



14<sup>TH</sup> & 15<sup>TH</sup>  
MARCH, 2026



## VINNY MARTIS MENDONCA

MUMBAI



I extend my Heartfelt gratitude to CBOA and in particular to our beloved GS Shri Ravi Kumarji for organising such an enriching women Leadership Skills Training program. The gesture of getting us trained under the esteemed faculty and making us realize our worth in CBOA is hearttouching and inspiring. The opportunity to visit the GS office and getting trained at our own Learning centre gave me immense pride and joy. Receiving a certificate from XLRI made me feel proud, valued, and motivated to strive for excellence.

This program also gave us the wonderful opportunity to connect with women leaders from across India, which was both empowering and memorable.

A special note of gratitude to our respected Sr Vice President/ Principal Shri P Ramaprasad sir and the entire Vijaywada team for the excellent arrangements for travel, food, and accommodation. Your thoughtful planning and warm hospitality made us feel truly special throughout the program.

Thank you once again for this meaningful and empowering experience and definitely this initiative will improve our leadership skills to work towards CBOA vision unitedly and in one spirit.



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## SURABHI SHARMA

### MORADABAD

"Great leaders are not born in comfort — they are shaped through learning, courage, and the opportunity to grow."

I feel truly grateful and honoured to have been part of the "Mettle & Minds" Training Programme — a unique and inspiring initiative dedicated to empowering women leaders.

This wonderful programme was thoughtfully envisioned and initiated by \*our beloved General Secretary, Shri K. Ravi Kumar Sir\*, along with the valuable guidance of the \*Senior Vice President and Principal of the Learning Centre Sh Ramaprasad Sir\*.

Their vision to nurture leadership among women members is truly commendable.

The programme brought together 55 women leaders from across the country and was exclusively designed to strengthen leadership qualities, confidence, and perspective.

The sessions conducted by the esteemed faculty from XLRI, especially Dr. Ayatakshee Madam, were truly outstanding. Her experience, deep insights, and powerful guidance made every session highly engaging, meaningful, and inspiring.

A special appreciation to our wonderful \*women coordinators Madam Bhavani, Madam Lavanya, Madam Prathyusha Madam, Madam Bindu, Madam Sireesha, Madam Anuja & Team Vijaywada\* — for their excellent coordination and the flawless arrangements that made the entire programme so smooth and memorable.

Once again, my heartfelt thanks to \*our beloved General Secretary Shri Ravi Kumar Sir\* for giving us this remarkable opportunity to learn, grow, and strengthen ourselves as women leaders.

"When women are given the opportunity to lead, they don't just break barriers — they build stronger organizations and brighter futures."



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## V S ANURADHA

### CHENNAI

“A woman with a voice is, by definition, a strong woman.” — Melinda Gates-\*

I extend my heartfelt thanks to our beloved General Secretary, Shri Ravikumar K, Senior Vice-President and Principal, CBOA Learning Centre, Shri Rama Prasad Sir and our CCO Shri Prabhu D for giving me the opportunity to be part of the two-day leadership program “Mettle & Minds.” a one of its kind training that was an eye-opener for all of us.

These two days have been truly memorable and enriching. I sincerely appreciate my wonderful daughters from Vijayawada, Smt Bhavani, Ms Sireesha, Smt Pratyusha, Smt Hima Bindu, Smt Anuja and Smt Lavanya for organising the entire program with such dedication, warmth and care. Your arrangements and hospitality made everyone feel welcome and appreciated.

I am also grateful to all the participants for being such a wonderful batch. Your encouragement, your energy and the affection you showed meant a lot to me. I will always cherish the special moment of celebrating my birthday in Vijayawada, surrounded by such warmth and affection.

I truly enjoyed the insightful and intellectually stimulating sessions by our mentors Ms. Ayatakshi Ma'am and Shri RSS Sharma Sir, whose guidance helped all of us reflect, learn and grow. We were also honoured to receive a Certification jointly from XLRI, one of India's most prestigious B-Schools, and the CBOA Learning Centre, which made this learning experience even more meaningful and memorable.

This session was unlike any other training programmes that I have been a part of, the insightful group exercises, psychometric tests and tasks were impressive, it felt like we were learning at a prestigious B-school.

What made this experience even more meaningful was the opportunity to meet my sisters and daughters from across the nation. The love, respect and support I received from all of you touched my heart deeply.

I strongly believe that more women should step forward and take up leadership roles, especially under our beloved GS Shri. Ravikumar's leadership. CBOA is creating opportunities for women to grow, learn and lead; and it is up to us to come forward with confidence and take these responsibilities.

When more women participate actively, both CBOA and Canara Bank will grow stronger.

Once again, my sincere thanks to our GS Shri. Ravikumar and my CCO Shri. Prabhu D, both of whom had the confidence in me for the past decade and to each one of you, for your affection, encouragement and support.



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## PRIYA YOGESH GHORPADE

PUNE



It is said.....

"It isn't enough to think outside the box....thinking is passive....Get used to acting outside the box....."

These words so aptly convey the deeds of our beloved General Secretary Shri. K. Ravikumar. On the eve of this year's International Women's Day when a mundane leadership will think of doing a celebration but our leader thought of equipping the lady comrades with weapons. Weapons of knowledge and skills. He not only thought out of the box but ensured his thoughts were brought into action and arranged a two days Leadership Development training programme of "Mettle and Minds" for women leaders across the country at CBOA Learning and Development Centre, Vijaywada.

The training programme was delivered by esteemed faculties Smt. Ayatakshee Sarkar from XLRI and Shri. RSS Sarma.

On this occasion a heartfelt thanks to Shri Rama Prasad Senior Vice President and Principal of Learning Centre for being a mentor who keeps inspiring all the youngsters across the country.

A sincere thanks to our CCO Shri. Sachin Waikar for being our guiding light always and always motivating us in all the assignments.

The programme was an all women comrade managed programme and proved that when it comes to shouldering responsibilities we women are nothing less than anyone. Kudos to CBOA Women's Team Vijaywada for all the extra ordinary efforts.

We are simply blessed to be a part of CBOA under the able leadership of our leader of leaders, our General Secretary Shri. K. Ravi Kumar. He ensures every minute of his is spent in the welfare of the cadre.

God bless him and god bless our CBOA....



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## RACHNA KASHYAP

### BENGALURU



\*Mettle & Minds - Women Leadership - A Dream Coming True\* - Rachna

We feel extremely pride on realizing the \*Life changing Leadership program\*.

\*Gratitude to Beloved General Secretary, Sri RAVI KUMAR K, for providing The Exceptional Opportunity\*. This can happen only in his visionary leadership-adding Professional Weightage to our profile.

\*Sincere thanks to Respected Sr Vice President and Principal of LnD Center Vijayawada, Sri RAMAPRASAD Sir\*. His Fatherly guardianship strengthened our Confidence to lead as The 1st Batch

The \*Highly Qualified\* Faculties

- \*Madam Ayatakshee Sarkar - XLRI\*
- \*Sir R S S Sharma - SASU\*

Brought back the Cerebral Confidence, Decision Makings, Intellectual Thinking, in us, which we women tend to forget while giving priorities to everything other than own self.

Not only \*The training to illuminate Conscious & Subconscious Mind\*, a Thought Provoking, Rejuvenating program , but also

\*Certification from XLRI\*

\*the highest and the Heaviest document\* decorating our profession.  
My Family Felt Proud on me

\*Kudos to SHero team Bhavani, Lavanya, Pratyusha, Bindu, Shreesha, Anuja , Vidyulatha of CBOA Vijayawada\* - who ensured successful organization of the program. \*The Batchmates are #unforgettable\*

Truly - SHE CAN 🙌

\*Proud to be CBOA The Best\*



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## GOUTAMEE GHOSH

### KOLKATA

Mettle and Minds – An Exclusive Leadership Training Programme For Women

“A woman with a voice is by definition a strong woman. But the search to find that VOICE can be remarkably difficult.”–Melinda Gates, Philanthropist

I extend my sincere gratitude to our Visionary General Secretary, the beloved SRI RAVI KUMAR ANNA (The VOICE), for realizing our dreams of an exclusive leadership program for women representatives from various parts of India. I also wish to express my heartfelt thanks to our Learning and Development Center, Principal Respected Sri Ramaprasad Sir, and our beloved JGS Ujjwal Da for providing me with the opportunity to participate in the inspiring and incredible "METTLE & MINDS" Exclusive WOMEN leadership program, held on March 14th and 15th, 2026, in Vijayawada, the Capital City of CBOA.

The content was exceptionally relevant and well-structured, and the delivery by exemplary faculty from XLRI, Smt. Ayathakshi mam and Shri. Sharma ji, made complex concepts easy to grasp and apply. In the behavioral class, we learned that in the service sector, our emotions are not liabilities but assets, and we should invest in them positively.

I have already begun implementing several key takeaways in my daily workflow and am enthusiastic about the positive impact they will have on performance.

Receiving a certificate from XLRI JAMSHEDPUR is like a dream, and all 53 women representatives achieved this solely due to our charismatic GS Ravi Anna.

Over these past two days, I have accumulated many precious memories. We extend special thanks to the Vijayawada team, especially my wonderful sisters Bhavani, Pratyusha, Sireesha, Anuja, Lavanya, and Bindu, for their warm welcome, incredible arrangements, and exceptional hospitality, which exemplified sisterhood. I also thank respected Jeevan Sir, respected Rakesh Sir, and all my brothers from the Vijayawada team.

My thanks also go to my Kolkata CBOA team for their unwavering support.

OUR VOICE RAVI ANNA  
CBOA ZINDABAD



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## NEHA AAFREEN

### HYDERABAD

\*“Mettle & Minds”\* leadership program, an awakening initiative, began with a novel and revolutionary thought from our \*beloved General Secretary, K Ravi Kumar sir\*. While many speak of empowerment, he architected it through the standard of "She Can". I owe a debt of gratitude to him for his faith and confidence in my potential.

The atmosphere at the Learning Centre was reminiscent of the world's most elite B-schools. Under the brilliant mentorship of \*Ms. Ayatakshee Sarkar\* and \*Mr. RSS Sharma\*, each one of us explored our own potential.

Through rigorous psychometric tests and intellectually stimulating exercises, we peeled back layers of doubt to find the leaders within. By bringing together leaders from across the nation, the program created a "Neural Network" of support.

Earning a certification from the XLRI Gold Standard, a titan of Indian education, alongside the CBOA Learning Centre, has elevated us to an elite tier and makes this milestone truly prestigious.

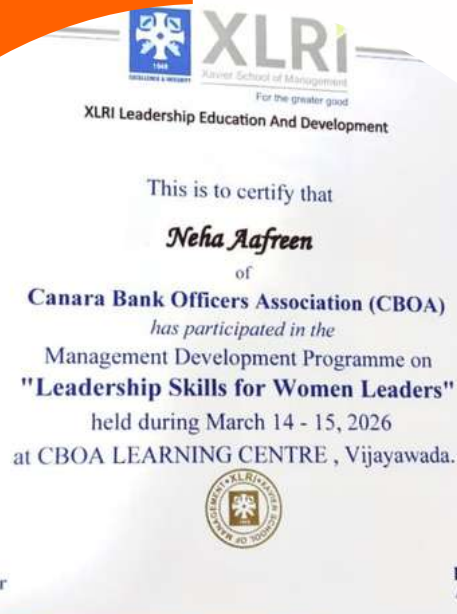
From the moment we arrived, we were wrapped in the warmth of a sisterhood that felt like home. My deepest thanks go to:

\*Co-ordinators:\* Bhavani, Sireesha, Pratyusha, Hima Bindu, Anuja, and Lavanya madams.

\*Volunteers:\* Siva Kumari, Indraja, Sireesha, Swathi, Vidyulatha, Smrithi, and Sindhura madams.

Finally, I thank \*Sri M Jeevan Satya Prakash sir\* (Vice President) and \*Sri Rakesh Sure sir\* (OGS) for the warm reception and hospitality. Special thanks to our fatherly figure \*Sri P Rama Prasad sir\*, Senior Vice President & Principal of the CBOA Training Centre.

With deepest gratitude.



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## SUSHMA

### KARNAL

*\*What a wonderful leadership programme specially designed for women, by women.\**

I am truly thankful to our *\*General Secretary Ravi Sir\** for having such a progressive thought process for the empowerment of women. Because of this initiative, women leaders from all over India got the opportunity to come together, interact, and share their experiences with each other.

*\*This is what real empowerment looks like\** — creating platforms where women can learn, grow, and support each other. This programme helped in building confidence and bridging the confidence gap among women leaders.

I would also like to express my heartfelt gratitude to our *\*Senior Vice President, Shri Rama Prasad Sir,\** who stood like a strong wall for all of us. From 7:00 in the morning till late at night, he ensured that every woman participant was comfortable, had dinner, and safely reached her room. His care and guidance felt like that of a father and mentor, and it is deeply appreciated.

My sincere thanks also go to *\*Jeevan Sir, Rakesh Suri Sir,\** and all the male leaders of Vijayawada Circle, who were there day and night to support us and ensure everything went smoothly. Your presence, care, and encouragement truly made us feel safe, respected, and supported throughout the programme.

A special thanks to my *\*CLO Sandeep Batra Sir\**, who has always supported and encouraged me. His constant guidance has played a big role in motivating women leaders from Karnal to come forward and take leadership responsibilities. I am also thankful to the other women leaders from *\*Karnal Circle\** who always stand together with strength and unity.

*\*The spine of this programme was our amazing Vijayawada women comrades,\** who managed the event from start to finish with perfection.

*\*Bhavani Ma'am, Pratyusha Ma'am, Sireesha Ma'am, Tanuja Ma'am, Lavanya Ma'am, and Bindu Ma'am\** — all of you were present day and night, ensuring that everything ran smoothly. Because of your warmth and dedication, we never felt that we were away from home.

We truly loved attending the training sessions conducted by *\*Ayatakshi Ma'am and RSS Sarma Sir\**. Their guidance, knowledge, and insights will surely help us in our everyday leadership journey.

The positive energy we experienced here is something truly special — a never-ending memory.

Last but not least, to all the *\*women leaders who were part of this programme\** — it truly felt like we were sisters from one joint family. Sharing experiences, learning from each other, and spending these two days together has been an unforgettable journey.

*\*These two days will remain one of the most cherished memories of my life.\**



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## SUCHITRA B

### BENGALURU

"Travel far enough, so you meet yourself."

These words have stayed with me throughout this journey. Leadership is about the distance we travel outside our comfort zones and \*discover ourselves\*.

Today, we stand as proof of a chance taken that has paid off beautifully.

Our deepest gratitude goes to our beloved \*General Secretary, Shri Ravi Kumar Sir,\* for your belief in us. By giving us such a wonderful platform for this two days learning program on leadership, you didn't just support the CBOA SHE Force, you gave us endless opportunities to grow together. Thank you for creating such a space where women from across India can learn and bridge the confidence gap together.

We thank our Vice president & HO Laision -Shri.Manjunath sir, our OGS & HO Laision - Shri.Srikanth Kulkarni sir, Our Bengaluru- Circle Co ordinator & OGS- Shri.M S Swamy sir for their constant support and encouragement.

We appreciate the facilitators, \*Smt. Ayatakshee ( XLRI- Leadership education and development) and Shri R.S.S. Sarma\* , for their exceptional leadership training program. Their sessions has inspired us to rethink and refine our professional approach, importance of respecting diverse perspectives and identifying our core strengths.

A special thanks to our \*Senior Vice President, Shri Rama Prasad Sir (Nanna)\*. You looked after every daughter and sisters with the care of a father and a mentor. From ensuring our comfort ,personally overseeing our meals from morning till late night.

\*Vice President Shri Jeevan Sir, OGS Shri Rakesh Sir, and all the leaders of Vijayawada\* , thank you for being there for us. Your wonderful hospitality and support made us feel deeply respected.

To the entire team who took care of our travel from pick-up to stay and drop-off, thank you for everything.

To the \*incredible women\* - Madam Smt. Bhavani, Madam Smt. Pratyusha, Madam Smt. Sireesha, Madam Smt. Lavanya, Madam Smt. Anuja, Madam Smt. Bindu and all other women's , you managed this event with such grace.

Of all, my fellow beautiful souls from across the country, these two days have turned colleagues into sisters.

We moved beyond digital screens to a \*soulful face to face connection\* . The positive energy we shared is a memory I will cherish for a lifetime.

\*Let's continue to take the chances that scare us and make us feel WoW .\*

Because, we can proudly say, \*WE ARE CBOA SHE CAN!!!\*

\*CBOA LONG LIVE!!!\*



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## SHRADHA PURUSHOTTAM CHOURASIA

### NAGPUR

#### THE METTLE & MINDS\*

"\*Visionary leadership is not about words, but about impact—and this initiative speaks volumes."\*

The Women Leadership training Program was an experience that was not just structured, but truly transformative. It went beyond learning, shaping both professional excellence and personal growth, and leaving a lasting impact on every participant.

This visionary initiative by our \*General Secretary Ravi Kumar K\* is not just a program—it is a pathway to empowerment. His relentless efforts in creating meaningful platforms are opening new doors for growth, confidence, and leadership.

Heartfelt gratitude to Ravi Anna for this exceptional and inspiring initiative.

Strong guidance and support from Senior Vice President & Principal, L&D Centre Vijayawada, \*Sri Ramaprasad Sir\* played a crucial role in the successful launch of this inaugural batch. His encouragement truly strengthened our confidence and made this journey even more impactful.

We were privileged to learn from eminent faculty like \*Ayatakshee Sarkar Mam(XLRI) and R. S. S. Sharma Sir,\* whose insightful sessions enhanced our leadership thinking, decision-making abilities, and intellectual confidence—skills essential for today's dynamic world.

This program was not just about knowledge—it was about self-discovery.

The recognition through XLRI & CBOA Certifications added immense value and motivation, making this journey even more special.

A huge appreciation to the CBOA Vijayawada Team for their flawless execution and heartfelt hospitality. Special thanks to our amazing sisters \*Bhavani Mam, Lavanya Mam, Pratyusha Mam, Bindu Mam, Shreesha Mam and Anuja Mam\* —every detail, from reception to stay and arrangements, was simply outstanding.

Beyond learning, the program built a strong bond of sisterhood between us all.

I also extend my sincere gratitude to CCO Shri Sachin Waikar Sir and JGS Shri Deorao Chapparghare Sir for giving me this valuable opportunity.

Truly, the best gift from CBOA on this Women's Day!!!

CBOA ZINDABAD!Ravi Anna ZINDABAD!



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## V RAMYA

### THANKAVUR



Showered with the blessings of \*Ma Sri Kanaga Durga\*, With the exemplary support from our \*Dynamic Leader of Leaders Shri. Ravikumar sir\*, with the love and affection of Our \*Shri. Ramaprasadh Garu\*, and the Esteemed Faculties from \*XLRI Smt. Ayathakshi mam and Shri. Sharma ji\*, I have attend the cognitive training session \*Mettle & Minds @ our CBOA learning centre, Vijayawada\*.

Across the world women's day have been celebrated in various ways & for various reasons. Our Dynamic \*General Secretary Shri. Ravikumar sir\*, have celebrated women's day by imparting the values and knowledge within every women. Which is truly an unforgettable women's day celebration ever in my life.

I admire every sessions handled by the Faculties which not only impart knowledge and curriculum but more of life values.

I am into the world of unbelievable dreams come true. Our \*GS\* truly set an Industry standard on how truly women should be honored and celebrated. Even tons of thanks from the bottom of my heart is not sufficient to submit my gratitude. I would also like to extend my heartfelt thanks to my \*circle liason Shri. Sundararajan, JGS- CNT-CCO, for nominating me for such a wonderful leadership development program\*

The best wealth that one can give to another is knowledge. Which our GS have given to us.

I am moved, speechless. My dream came true today by receiving such an certificate from XLRI from our esteemed Faculties.

I pray God, that all our women cadres should get such divine opportunity through our CBOA, that can be done only with our GS Shri. Ravi Anna.

Thank you sir.



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## ATHIRA R CHANDRAN

KOZHIKODE



METTLE

Workshop on leadership

The Mettle and Minds Leadership Program (14-15 March) at Vijayawada Training Centre wasn't just an event—it was a revolution in motion!

Over 52 fierce, fearless women leaders from every corner of India united, rose, and roared under the visionary fire of our beloved General Secretary Sri Ravi Kumar – the guiding force who believes in our limitless potential!

Massive, thunderous applause to the Women Force of Vijayawada for igniting this exclusive powerhouse gathering exclusively for us – proving once again that when women come together, mountains move!

Deepest respect to the brilliant minds who lit the spark: Dr Ayatakshee Sarkar from XLRI and Shri RSS Sharma – your sessions weren't just informative; they were electric, alive with activities that awakened our inner warriors and made us truly LIVE our leadership!

Shoutout to every frontline leaders from Vijayawada who poured heart and soul into making it flawless, and an extra roar of gratitude to Shri Giljith OGS and CCO Kozhikode Circle for reminding me that true leaders don't just lead... they lift others to lead alongside them.

Dear Ladies...

You walked out not just stronger—but unbreakable, unstoppable, and ready to lead with fire in your hearts and steel in your souls!

CBOA ZINDABAD



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## INDUMATHI THANGE H S

### BENGALURU



The spirit of International Women's Day was reflected on 14.03.2026 and 15.03.2026 through the METTLE & MINDS – Leadership Development Workshop at the CBOA Training Centre. Leadership may be inborn, but it must be refined to meet evolving professional standards. This initiative offered that opportunity.

My sincere gratitude to Sri K Ravi Kumar sir, our beloved General Secretary of CBOA, the visionary behind this programme, whose thoughtful efforts—from organising the sessions to extending flight reimbursements and awarding certificates. My respects to Sri P Rama Prasad sir, Senior Vice President & Principal of the CBOA Training Centre.

Grateful to Sri Manjunath B, Senior Vice President and HO Liaison; Sri Srikanth Kulkarni sir, OGS and HO Liaison; and Sri MS Swamy Sir, OGS & CCO Bengaluru Circle for their encouragement.

Special Thanks to Dr. Ayatakshee Sarkar from XLRI and Sri RSS Sharma for their engaging sessions while training 52+ women leaders of CBOA.

My thanks to Sri M Jeevan Satya Prakash sir, Vice President and Sri Rakesh Sure sir, OGS, RS, along with the Vijayawada team for their warm hospitality. Special appreciation to the She Can Team of Vijayawada — Bhavani ma'am, Pratyusha ma'am, Sireesha ma'am, Hima Bindu ma'am, Lavanya ma'am, and Anuja ma'am for their flawless arrangements.





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## LAVANYA PATNANA

### VIZIANAGARAM



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Under the Dynamic Leadership of our beloved \*General Secretary Shri K Ravi Kumar Anna\* and \*Senior Vice President as well as The Principal of the Learning centre Shri P Ramaprasad sir\* I got the privilege to attend the Leadership skills for women Training Programme conducted on 14.03.2026 and 15.03.2026 .

The training programme was especially designed for only women leaders .It's honor to be a part of this training programme with all women and also meeting more than 50 women leaders across the country in single platform really amazing.

The sessions for the two days were taken by Smt \*Ayathakshee \*and Shri \*Sharma Sir\* were truly Inspiring and Motivating.The sessions are incredibly Insightful particularly those focusing on \*Emotional Intelligence,Resilient Leadership and case studies made the sessions highly engaging and practical\* .I am so proud to receive a certificate from \*XLRI\* as well as from \*CBOA\*.

My special appreciation to my \*Team Vijayawada especially women Team ,volunteers and also support extended by our brothers\* resulted the programme successful and meaningful with all our meticulous planning.This success is a true testament to our collective teamwork.

My Heartfelt thanks to our beloved \*General secretary Ravi Kumar Anna\* for his constant support and guidance towards women leadership growth in organization.CBOA women team will work collectively towards growth and success of organization.I look forward to apply these skills in my role and participating in future initiatives.

Thankyou from the bottom of my heart



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## TANGALA BHAVANI

### VIJAYAWADA



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\*“An empowered woman is never created in isolation , she is shaped by encouragement, trust, and the strength of those who stand beside her\* .”  
At CBOA, we are not just growing in our roles,we are strengthened by guidance, uplifted & evolving as leaders.

With deep gratitude and heartfelt respect, I sincerely thank our Ravi sir the visionary leader who doesn't just lead us from the front, but stands behind every woman as a silent force, transforming potential into power and dreams into direction. Your belief in us is the foundation of our confidence and courage.

With heartfelt reverence, I express my sincere gratitude to Ramaprasad Sir, Senior Vice President and Principal of Learning Centre . The driving force behind 'Mettle & Minds' a mentor who inspires growth, a guide who shapes our path, and a constant source of strength and reassurance.

It is truly a matter of pride for our Vijayawada Women team to host this prestigious program and also being part of the Leadership Development Program for Women , was not just an opportunity it was an awakening, a transformation and a defining moment in my journey.

A special note of gratitude to Ayatakshee madam from XLRI and RSS Sarma Sir. Your sessions were not just lessons but you transformed our thinking and elevated our vision.

My heartfelt thanks to Jeevan Sir, Rakesh Sir, and our entire RC Team Vijayawada. Their constant guidance, encouragement and support made every moment meaningful and sucess.

A special thanks to all our incredible women team members and volunteers. Your teamwork,commitment, and unity were truly the strength behind its success and made this event truly remarkable.

Heartfelt thanks to all the wonderful women leaders for your enthusiastic participation and for making this workshop truly meaningful.

Once again sincere thanks to our beloved Ravi sir for giving us this incredible opportunity. This experience will always remain as a cherished and unforgettable milestone.



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## ANKITA KANDARI

### HARIDWAR



I would like to express my heartfelt gratitude to our beloved General Secretary, Ravi Anna, and Shri Rama Prasad Sir, Principal of the CBOA Learning Centre, Vijayawada, for giving me the precious opportunity to be a part of the \*Mettle and Minds Women Leadership Training Programme\*.

The sessions were truly inspiring and empowering. Every moment was filled with meaningful learning, encouragement, and motivation. It was not just a training programme, but a beautiful journey of self-discovery, confidence, and growth—both personally and professionally.

One of the most delightful surprises was receiving the certification from XLRI, which made the experience even more memorable and special.

These two days also gave us a wonderful opportunity to bond, connect, and share experiences with incredible women from across the country. Listening to their journeys, learning from their experiences, and celebrating our collective strength made the entire programme deeply enriching and unforgettable.

A special note of thanks to Women Force Vijayawada and the entire team for their warm hospitality, thoughtful arrangements, and the care with which everything was organized.

Thank you for creating such a meaningful and enriching experience. The memories, lessons, and connections from these two days will remain in my heart and will be cherished forever.



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## ANTONY MARIA ANITHA J

### COIMBATORE



*\*“Wisdom comes not from age, but from education and learning.”\**

— *\*Anton Chekhov\**

I write this message to express my overwhelming Gratitude to our Leader of Leaders GS Mr Ravikumar Anna for initiating this State of the art *\*“Mind & Mettle”\** Leadership skills for women leaders Training program.

This program is one of many initiatives of our Beloved GS Ravi Anna to Empower & Motivate Women to take up & succeed in leadership roles.

The sessions were handled by *\*Ms. Ayatakshee mam and Mr. RSS Sharma\* sir* who are faculties of renowned institutions. The Session was very informative and useful which touched upon various aspects of leadership.

I also express my Heartfelt Gratitude to our Principal & Senior Vice President Mr Ramaprasad Sir, JGS Mr Jeevan Sir, OGS Mr Rakesh Sir and the entire team of coordinators from Vijayawada Ms Bhavani Ms Sireesha, Ms Pratyusha, Ms Hima Bindu, Ms Anuja, Ms Lavanya & All my brothers who assisted us with Warm Hospitality & Care.

I also extend my Sincerest Gratitude to JGS CNT CCO Mr Sundarajan & AGS Mr Athreyah for giving me this opportunity.



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## DARSHAN C SHIGIHALLI

BELAGAVI

TEAM VIJAYAWADA



\*METTLE AND MINDS\*

\*-LEADERSHIP DEVELOPMENT WORKSHOP\*

With heart filled gratitude to our beloved GS Sri Ravikumar sir, principal of learning center/Sr Vice president. Sri Ramaprasad Sir,

Thank you for providing us this platform where we could know each other, exchange our thoughts and feelings towards CBOA.

This 2 days training have motivated us, strengthened us, made us strong for wider exposure. We would surely pass this knowledge what we have acquired in building strong foundation.

I sincerely thank our team vijaywada lead by our beloved General Secretary Sri Ravikumar sir, Sr Vice president Sri Ramaprasad sir, CLO Sri Jeevan sir, Sri Rakesh sir for your loving hospitality, caring, stay, food, and transportation all the arrangements were very wonderful no words to express, we enjoyed every moment of these 2 days, it was a memorable event, we all of us were together.

I had faced some issues to reach vijaywada, I remember the way pratyusha mam, Lavanya mam, suresh sir and kishore sir who have taken care of me till I reach Vijaywada,

Thank you all very much



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Officers Association*



## KASTHURI R

### CHENNAI



**CANARA BANK OFFICERS' ASSOCIATION  
CBOA LEARNING CENTRE VIJAYAWADA**



*\*\_Mettle & Minds\_ Leadership Development Skills Training for Women\**

I am very much thankful to our \*GS Sri Ravikumar sir & our CCO Vice President Sri Prabhu Sir\* for nominating me to the very first women's leadership programme at Vijayawada, with our wonderful \*Chennai women leaders Smt. Anuradha (DGS & Women Representative) and Miss Santhoshima (District Secretary, Thiruvallur Region)\* on behalf of the Chennai women team.

Good leaders create followers & Great leaders create leaders. Only CBOA thinks beyond boundaries. Thoughtful initiative to create more women leaders and nurture women's strength. The two day programme energized and triggered our leadership qualities. A most comfortable stay, grand reception, international-standard trainers, grand hospitality, wonderful women co-participants, and certification from a premier B-school (XLRI), Certificate from CBOA , what more could a great leadership training ask for? CBOA takes all of us to the next level of training, moulding us.

We assure that we will implement the valuable learnings in our association activities and in our everyday work at our mother bank and encourage and motivate our fellow members and colleagues to achieve the vision of our beloved General Secretary.

Thanks to all from bottom of my heart



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## MAHALAKSHMI P

### COIMBATORE



As per the guidance of our great visionary leader, our Ravikumar Anna,

As part of Women's Day celebrations, the competition was conducted successfully In Our CBOA...

We are extremely happy and proud of WINNERS

With the support of JGS/CNT Sundarrajan sir, our Madurai Circle has produced the highest number of entries across the country.

In recognition of this, we received a letter of appreciation from our Leader of Leaders, GS Ravikumar Anna.

I also wish to congratulate each and every member who contributed their own money to the CANPAL activity.

Special thanks to GS Ravikumar Anna for giving us the great opportunity to participate in the 2-day "XLRI" training program with certification, and to our CBOA office bearers, SHE CAN Team, and CNT Team.



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## PATIL SARITHA

### ANANTHAPUR

Empowered Women Empower Women butterfly 🦋

I am truly grateful to be part of the comprehensive Mettle & Minds Women Leadership Training Program, thoughtfully designed to ignite and elevate the leadership qualities in every woman leader among us.

These two days were not just about learning, they were about shaping the evolution and transformation of future leaders. The program equipped us with valuable insights and practical tools to lead boldly, resiliently, and inclusively. It was not a one-size-fits-all seminar; instead, it was a deep and enriching journey into the essence of true leadership.

We explored the core qualities that define impactful leaders, emotional intelligence to inspire and unite teams, resilient decision making under pressure, inclusive communication that amplifies diverse voices, and the ethical courage required to drive meaningful change.

I express my heartfelt gratitude to our beloved GS Sri Ravi Sir and our Senior Vice President & Principal Sri Ramaprasad Sir for organizing such an inspiring and empowering program. I truly feel blessed to have been part of this wonderful learning experience.

A special appreciation to the incredible and beautiful women comrades of the SHE CAN Team of Vijayawada

Smt Bhavani, Smt Sireesha, Smt Pratyusha, Smt Hima Bindu, Smt Anuja, and Smt Lavanya for their inspiring presence and wonderful coordination.

My sincere appreciation to Sri Jeevan Sir and Sri Rakesh Sir for their gracious presence and encouragement, which made all of us feel valued and motivated.

I also extend my heartfelt thanks to our CCO & CLO Sri R. Himateja Reddy for providing me with this opportunity to participate in such a beautiful and enriching two day training program.

This experience has strengthened our belief that when women rise, they lift many others along the way.



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## AYUSHI MALVIYA

### BHOPAL



*\*Mettle & Minds\** - Leadership Development Skills Program for Women Empowerment

This program has provided us the opportunity to learn and grow by knowing ourselves first and then using these strengths to motivate and lead our surroundings.

This program was a very thought provoking initiative introduced by our Visionary *\*General Secretary Ravi Kumar Sir\**.

The program was well designed aiming towards building confidence, dealing various situations effectively and enhancing leadership skills resulting in personal and professional growth.

My Heartiest gratitude to beloved *\*GS Ravi sir\** for providing me this opportunity to be part of the very first batch attending this amazing training program.

My heartfelt gratitude to *\*Shri Rama Prasad Sir\**, Senior Vice President and Principle of CBOA learning centre for ensuring the best learning along with all comfort for all his daughters and sisters.

This is possible only because of CBOA, we got certification from XLRI.

I want to thank *\*Jeevan sir, Rakesh sir\** and all the other male members of Vijayawada who extended their full support during the training session.

Special thanks to *\*CBOA Vijayawada SHE CAN\** team *\*Madam Pratyusha, Madam Bhavani, Madam Sireesha, Madam Bindu, Madam Lavanya and Madam Anuja\** for their wonderful planning and execution of the entire program right from receiving all the participants till their departure.

This will not be possible for me to attend this specially designed training program without the support and belief of our Beloved *\*K K Tripathi\** sir who provided me this opportunity to learn and grow through this program.



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## BANDLAMUDI SIREESHA

### GUNTUR



"Learning together not only builds knowledge but also creates bonds, inspiration, and memories that last a lifetime."

Some meetings are truly meaningful, productive, and leave behind beautiful memories. The *"Mettle & Minds" Training Programme* was one such unique and inspiring experience.

This wonderful initiative was thoughtfully envisioned and planned by our beloved General Secretary, *\*K. Ravi Kumar Sir\**, along with the *\*Senior Vice President and Principal of the Learning Centre\**. It is indeed a remarkable and first-of-its-kind training programme in any union, and a proud moment in the history of CBOA. The programme brought together *\*55 women leaders\**, exclusively designed to strengthen leadership qualities and help us navigate both our professional responsibilities and day-to-day life with confidence and clarity.

The sessions conducted by the esteemed faculty from *\*XLRI\** were truly outstanding. Their experience, insights, and powerful lectures were deeply inspiring, offering us profound perspectives and valuable lessons that made us reflect on our own journeys in life and leadership.

A special appreciation to our wonderful women team — *\*Bhavani Madam, Lavanya Madam, Prathyusha Madam, Bindu Madam, and Anuja Madam\** — for their excellent coordination. Every arrangement and gesture of hospitality was thoughtfully planned and executed with great care and dedication.

It was a joy and privilege to be part of such a wonderful group. My heart and mind are filled with cherished memories, meaningful learnings, and beautiful connections. Meeting each one of you, understanding your unique qualities, and sharing such a warm bond has truly been a memorable experience.

Once again, my heartfelt thanks to our beloved *\*General Secretary Ravi Sir\** for organizing this remarkable and inspiring training programme. We are truly grateful for this opportunity to learn, grow, and cherish such wonderful moments together.



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## DEEPALI AWASTHI

DELHI



I feel truly privileged to have attended the \*Mettle & Minds – Leadership Development Program\* organized by the \*Canara Bank Officers' Association\* under the visionary leadership of our respected \*General Secretary Ravi Anna\* . My sincere thanks to him for initiating such a meaningful program aimed at empowering and developing leadership among women officers.

I would like to express my heartfelt gratitude to \*Senior Vice President and Principal, CBOA Learning Centre Shri Rama Prasad Sir\* for his valuable guidance and for ensuring a wonderful learning environment throughout the workshop.

Special thanks to \*Jeevan Sir, Rakesh Sir, and the CBOA Vijaywada Team\* for their constant support and efforts in making the program a great success.

A warm note of appreciation to the \*CBOA Vijayawada SHE CAN Team – Pratyusha Mam, Bhavani Mam, Sirisha Mam, Bindu Mam, Lavanya Mam, and Anuja Mam\* for their excellent coordination and hospitality during the workshop activities.

Lastly, my heartfelt thanks to \*Respected Shiv Shankar Sir\* for encouraging me, believing in me, and giving me the opportunity to be part of this wonderful program.

Grateful for the learning, experience, and inspiration gained through this initiative.



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## DEEPIKA KHAPATE

### BENGALURU

Behind every successful man there is a woman. This is a general saying.

\*In CBOA behind every successful woman, there is a man standing behind us as a rock solid support.\*

And it's none other the our forward thinking leader, \*Sri K RAVIKUMAR SIR .\* who, always believes in empowering and engaging the people with developmental activities.

Protector, provider, teacher, mentor, disciplinarian, emotional anchor and our beloved Guru garu Sr vice president and principal of learning centre \*METTLE AND MINDS\* \*SRI RAMAPRASAD SIR\*

I express my sincere gratitude for the opportunity to attend the exclusive leadership program -on leadership development skills for women on 14th and 15th march 2026.

Participating in this workshop was a transformative experience, particularly in the context of international women's day.

The sessions were incredibly empowering. I Specifically appreciate \*Madam Ayatakshee and Sri RSS sarma sir.\* Faculty from XLRI. for their authentic teaching. Which gave me actionable insights into navigating complex challenges. And building executive presence.

These two days left me with the feeling of more confident, motivated and supported by a talented network of trailblazing woman.

I thank my leaders from Bengaluru Sri Manjunath sir, Sri Shrikanth Kulkarni sir, Sri Swamy M S sir (CCO). Sri Rghavendran sir, Sri Anil sir and my RS Sri Vaibhav Karni. for this unconditional support.

\*We were there because you were there.\* I thank Sri Jeevan Satya Prakash sir. Rakesh Sure sir- and the entire team of CBOA Vijaywada for the amazing hospitality.

I also thank all the She force team. Madam Bhavani, madam Pratyusha, madam himabindu, madam Lavanya, madam Anuja, and madam Sireesha. For you amazing work.



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## HENU MADHAN

### BENGALURU

\*Mettle & Minds\*

"A Wonderful Leadership Development Program, True Growth Starts From Within"

I Feel Really \*Blessed\* , \*Fortunate\* , And \*Grateful\* To Have Received This Wonderful Opportunity To Attend This Training.

Heartfelt Thanks To Our \*Dearest GS Sir\* @Ravi Anna Gulbarga For This Opportunity. Sir, You Have Redefined Leadership For All Of Us. Your Ideology And Vision Serve As A \*Magnificent\* Example.

Truly, No Adjectives In Any Language Are Sufficient To Describe The True \*Greatness\* Of \*Our Leader\* , \*Our GS.\* I Am \*Deeply\* \*Indebted\* And \*Grateful\* For Giving This Wonderful Experience.

This Training Served As A Powerful Reminder That \*Leadership Is A Journey Of Self-Discovery. I\* Realized That Self-Awareness Is The Foundation To Leading Others Effectively. True Growth Starts From Within. It Was Truly A Wonderful Session Filled With Profound Learnings And Self-Realizations.

Thanks A Lot To Our Brilliant Faculties, \*Madam Ayatyakshee Sarkar\* And \*Sir RSS Sharma\* , For Guiding Us With Their Wisdom And Showing Us New Ways To Explore Ourselves.

Big Thanks To Our Fantastic \*She Can Vijayawada Team\* —Bhavani, Pratyusha, Sireesha, Bindu, And Anuja—For The Wonderful Arrangements And Your Incredibly Warm Welcome.

Hats Off To You All! A Grand Salute!

Thank You She Can Vijayawada Team

Thank You To Our Principal and Mentor \*Rama Prasad Sir\*

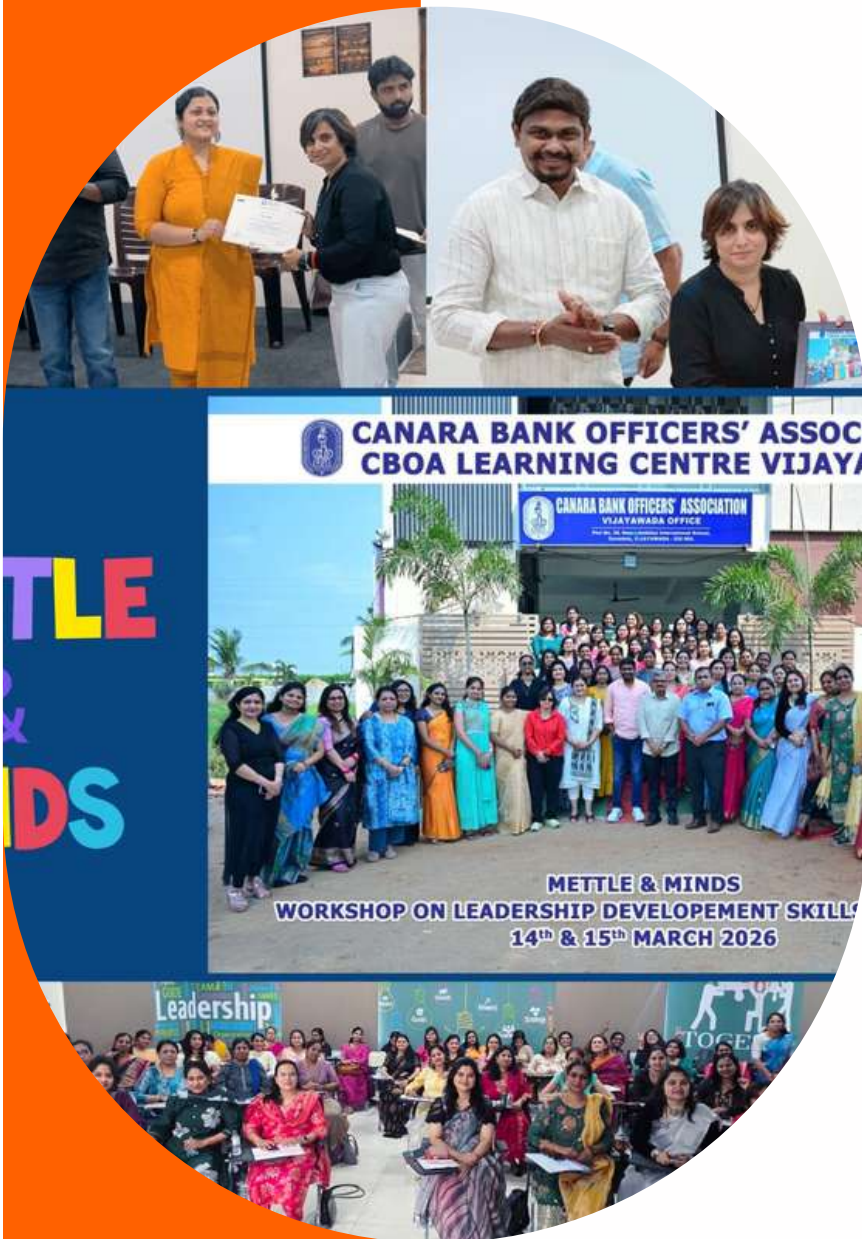
Thank You \*Vijayawada Team.\* .

Thank You To All My Dear \*Madams & Friends\* For Creating Such Beautiful Memories Together.

I Extend My Gratitude To My Senior Leaders Of Bengaluru: \*Manjunath Sir\* (VP & HO Liaison), \*Kulkarni Sir\* (OGS & HO Liaison), \*Ragavendra Sir\* (OGS), And \*Swamy Sir\* (CCO-OGS) For Supporting My Participation In This Wonderful Training.

Once Again, Thank You \*Ravi Sir\* For Believing In Me And For Providing This Incredible Platform.

I Promise To Implement The \*Essence\* Of This Training In My Daily Life And Inspire Others By Passing It On.



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## KALLAM ASWINI PRATYUSHA

### VIJAYAWADA

**\*\*From Tensions to Triumph\* \*The Mettle & Minds Journey\*\***

When the exclusive women's training was first announced a month ago, a whirlwind of emotions took over. Being part of the women hosting team, for the first time, my mind was racing—

Can we do perfectly? What if something goes wrong? How will we manage?

And finally the day arrived ...Those first few minutes stepping into the room were heavy with the natural tension of wanting everything to be perfect. But as the inauguration began, that tension transformed into high-octane energy.

\*What started as a nervous beginning turned into a two-day flash that resonated across the country.\*

\*We the Women didn't just host We set a benchmark for the best-ever hosting of its kind.\*

The training sessions under the mentorship of our esteemed faculty \*Ms. Ayatakshee Sarkar\*\* and \*Mr. \*RSS Sharma\* were a revelation. Our mentors didn't just teach, they nurtured us by stepping into our shoes, addressing our practical problems and the real-world hurdles we face. We walked in with the confidence that we knew everything, but realized how much more there was to self imbibe. It was a journey of self-discovery as much as it was professional growth.

Celebrating International Women's Day alongside our GS was the heart of the event—a moment of true empowerment we will always cherish. And to hold that XLRI Certification along with CBOA Certification in our hands?

That is a moment of pure pride and a testament to the greatness of this initiative.

\*Two days flashed by in what felt like a heartbeat, but they left behind a lifetime of "lastings":\*

- \*Lasting Lessons & Memories\*
- \*Lasting Friendships & Relations\*
- \*Lasting Bonds & Sisterhood\*

We are indebted and grateful for our \*beloved GS, Shri Ravi anna\* for visionary leadership that believes an empowered woman is an enlightened force.

A heartfelt thank you to our Senior Vice President, \*Shri\* \*Ramaprasad\* \*Sir\*, for the invaluable guidance that helped us navigate in this journey.

I also extend my deepest thanks to our \*CCO Shri Jeevan Satya Prakash\* sir for his guidance, and \*OGS Shri Rakesh\* sir for his continuous support all the way in achieving success

\*Finally, a huge salutes to the entire RC Team Vijayawada...  
Brothers, your presence behind us was our strength throughout this entire event....



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## K SOWJANYA

### HUBBALLI

Most respected General Secretary \*Sri. Ravi Kumar Sir\* and Principal Learning Centre CBOA, \*Sri. Rama Prasad Sir\*, \*our CLO & JGS Sri. Uday Kumar Mahale sir\*, CCO Jeevan Satya Prakash Sir, My friend Sri. Rakesh Sir, Madam Bhavani, Madam Prathyusha, Madam Sireesha, Madam Lavanya, Madam Anuja, Madam Himabindu, all the team Vijayawada

My heartfelt gratitude to everyone of you for making this 2 days the most valuable not only today for the rest of my life

For this I should specially thank my \*CLO & JGS Sri Uday Kumar Mahale sir\* for selecting me as women Representative for the prestigious Hubballi Circle, \*the GS's very own circle\* which gave an opportunity to be part of this prestigious Mettle & Minds Leadership Program organised by the CBOA Learning Centre, Vijayawada.

When GS asked everyone, how is your CLO, is he taking care of you all, I was feeling proud. Our CLO was continuously calling me and guiding us through out since I got into train to till I reach home back in Hubballi. My sincere thanks and gratitude to my CLO for always encouraging me and motivating me for taking leadership roles and to move forward in taking responsibility.

The curriculum designed was a life lesson which makes us a better person rather than a better employee/ better union leader, enriching sessions by Madam Ayatakshi and RSS Sharma sir enlightened us to look within ourselves, recognise our strengths, acknowledge our concerns and to take decisions in difficult moments.

It was not just a training program but a journey of self reflection and growth. It was also a wonderful opportunity to connect with women leaders from across the country, especially our pride, Senior Vice-President Smt Vinny Martis Ma'am, Energy box Smt. Anuradha Mam, all the 52 leaders who is leading the home, bank and association with the same grace and pride,

It felt truly special that our General Secretary Ravi sir envisioned this program exclusively for women officers in the month of March, the month that celebrates the spirit and strength of women. His belief that women should not just participate but lead is something that inspires many of us every day.

A heartfelt appreciation to the wonderful women of CBOA Vijayawada, Smt Bhavani Ma'am, Ms Sireesha, Smt Pratyusha, Smt Hima Bindu, Smt Anuja, Smt Lavanya and the entire team of women leaders, who organised this program entirely by themselves. Your care, dedication, thoughtful arrangements and warm hospitality made every participant feel welcomed and valued.

Sincere thanks to Shri Rama Prasad Sir, Principal, CBOA Learning Centre, for guiding this initiative with great commitment. Thanks also to Vice-President Shri Jeevan Sir, OGS Shri Rakesh Sir and CBOA Vijayawada for their support and gracious hospitality.

I am once again deeply thankful to our General Secretary Shri Ravi Kumar Sir for his constant encouragement to women officers to grow and glow as leaders. His presence amongst us, celebrating Women's Day, sharing his words of motivation made the 2 days even more special and memorable

Proud to be part of CBOA, a trade union that truly believes in the strength, dignity and leadership of women. I look forward to carrying the thoughts and lessons from these two days into our work and life and sharing them with many more colleagues.



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## PARNITA KESHRI

### BHOPAL

*\*Empowering Women Through Knowledge and Leadership\**

Women's empowerment is not achieved through symbolic gestures alone; it truly flourishes when women are provided with the right platforms and equipped with knowledge, confidence, and opportunities to grow.

With this inspiring vision, our beloved General Secretary, *\*Ravi Anna\**, initiated a first-of-its-kind Women-Centric Leadership Training Program at Vijayawada. This thoughtful initiative aims to empower women employees to understand their strengths, build confidence, and excel in their roles—both personally and professionally.

On the occasion of International Women's Day, this two-day leadership program was indeed the most meaningful gift for all the 53 participants. I express my heartfelt gratitude to our beloved GS Ravi Anna for this visionary initiative.

The esteemed faculty members from XLRI guided me through insightful sessions on self-awareness as women, stress management, and self-compassion. The discussions and learnings from these sessions will undoubtedly bring positive transformation in my life.

The entire training program was meticulously structured and coordinated under the guidance of *\*Shri Rama Prasad Sir\**, Principal of the Learning Centre, whose efforts ensured a truly enriching learning experience for all the participants.

I also feel immensely proud and fortunate to receive *\*certification from XLRI\**, one of the most prestigious institutes in the country—an opportunity made possible only through CBOA.

What made this program even more special was that it was organized by women, for women. Heartfelt appreciation to *\*Madam Pratyusha, Madam Bindu, Madam Anuja, Madam Bhavani, Madam Sireesha, and Madam Lavanya\** for their tireless efforts—from meticulous planning to flawless execution, managing travel arrangements, and ensuring comfortable accommodation for all participants.

Finally, my sincere gratitude to our beloved *\*GS Ravi Anna, Principal of Learning Centre Shri Rama Prasad Sir, Jeevan Sir, and Rakesh Sir\** for organizing such a remarkable initiative. It was truly a privilege to be a part of this transformative program.

Beyond learning, these two days also helped to build new friendships. Let us continue to stay connected and support each other in this journey of growth and empowerment.

Special thanks to our beloved *\*Tripathi Sir\** for giving me the opportunity to represent CBOA Bhopal at such a prestigious forum.



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## TRIVENI BOTU

### WARANGAL



#### Mettle and Minds – Women's Empowerment & Leadership Programme

What an inspiring initiative — a leadership programme created *\*FOR WOMEN , TO WOMEN AND BY WOMEN.\**

My heartfelt gratitude to *\*General Secretary Ravi Anna\**, whose progressive vision gave women leaders from across India the chance to connect, share, and grow together. This is what empowerment truly means — building platforms where women can learn, support one another, and close the confidence gap.

A special thanks to *\*Senior Vice President Shri Rama Prasad Sir\**, who stood by us like a pillar of strength. From early morning till late night, he ensured every participant's comfort and safety. His care felt like that of a father and mentor — deeply reassuring and unforgettable.

I sincerely appreciate Jeevan Sir, Rakesh Sir, and all the male leaders of Vijayawada Circle. Your constant presence, encouragement, and respect made us feel valued and secure throughout the programme.

#### *\*The Backbone – Our Women Comrades\**

The true spine of this event was our incredible Vijayawada women comrades — *\*Bhavani Ma'am, Pratyusha Ma'am, Sireesha Ma'am, Anuja Ma'am, Lavanya Ma'am, and Bindu Ma'am\**. Your dedication, warmth, and flawless coordination made us feel at home and ensured everything ran seamlessly.

To all the women leaders who participated — these two days felt like being part of one big family. We laughed, learned, and lifted each other up. The positive energy we created together will remain a cherished memory forever.

Finally this journey was more than a programme — it was a celebration of strength, unity, and sisterhood. These two days will always hold a special place in my heart.



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*Canara Bank  
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## VIDHI CHANDRAKANT JATANIYA

### VADODARA

*\*Empowering Women Through Leadership Excellent Training\**

Women's Empowerment can not be achieved only through celebration of Women's day or gestures of gifts; it truly needs the equal opportunities, right platforms and renew the energy of them.

With this Great Vision, *\*Our Versatile General Secretary Ravi Sir\** initiated *\*Mettle & Minds Workshop on Leadership Development Skills for Women\**. We all are Very Much thankful to Our Versatile GS Ravi Sir for this Best Idea for us.

I would also like to express my gratitude to *\*Our Best Guru Our Senior Vice President Shri Rama Prasad Sir\** who is always available from early morning to late night for Caring and Inspiring all of us. Sir Hats off to Your dedication for CBOA.

Thank You to *\*Our Always Active Jeevan Sir\*, \*Vibrant Rakesh Sure Sir and all the male leaders\** who made Our Training, Stay and food arrangements very comfortable for us.

Hearty Congratulations to *\*Our Vibrant Vijaywada She Can Team, Bhavani Mam, Pratyusha mam, Sireesha mam, Lavanya mam, Anuja mam and Indu mam.\** You all done great job. Truly Women Empowerment by Our CBOA Vijayawada Team as Training is Specially designed For Women and By Women. Nari Shakti Zindabad.

Thank you to *\*Our all Enthusiastic and dearest Women leaders who are part of this training\* with me - Really Great Experience with you all. These two days are the Best days for me and the memories we made will remain life time memories. Really Proud moment to Visit Our Own GS office and getting trained at Our Learning Centre. A Big Thank You Ravi Anna for encouraging us through \*Special CBOA certificate and XLRI Certificate\* which made us more valued and Best Motivation.*

Excellent training and Best Arrangements. Kudos to Our CBOA. It is the Best that CBOA always gives the Best, Training in real sense was the Best and We all heartily rededicate ourselves for Our CBOA.

Special Thank You to *\*Richhariya Sir, Milind Sir and my Gujarat Best Team\** for giving me this Amazing Opportunity of CBOA training.

CBOA ZINDABAD Ravi Anna Zindabad



**CANARA BANK OFFICERS' ASSO  
CBOA LEARNING CENTRE VIJA**



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## DIVYA OGIRALA

### PUNE

Some experiences stay with you not because they were grand, but because they touched your heart. Mettle and Minds was one such beautiful experience for me.

These two days were filled with warmth, learning, laughter and meaningful conversations. It was truly inspiring to see so many women leaders come together and support one another.

I sincerely thank our beloved \*General Secretary Ravi Kumar Sir\* for envisioning and creating such a thoughtful platform exclusively for women. His initiative gave us an opportunity to connect beyond our workplaces and realise the strength that comes from standing together.

My heartfelt gratitude to \*Senior Vice President Shri Rama Prasad Sir\* for his constant guidance and encouragement throughout the programme. His supportive presence ensured that every participant felt comfortable and valued.

I would also like to thank \*Jeevan Sir, Rakesh Sir\* and the male leaders of Vijayawada Circle for their encouragement and for standing with us in making this initiative successful. Their support truly reflects the spirit of collective growth.

A very special appreciation to the wonderful CBOA Vijayawada Women Team Pratyusha Ma'am, Bhavani Ma'am, Sireesha Ma'am, Bindu Ma'am, Lavanya Ma'am and Anuja Ma'am. From warmly receiving every participant to ensuring a smooth and memorable programme till the very end, their dedication and care were clearly felt by all of us.

I also wish to express my sincere gratitude to \*Neha Ma'am\*, whose belief in me made me a part of the \*SHE CAN\* team. Because of her encouragement and support, I received the opportunity to attend this specially designed leadership programme and learn from such an inspiring platform. On behalf of the \*SHE CAN\* family, I extend my heartfelt thanks.

What I will carry back from this programme are not just the sessions and discussions, but the beautiful connections and friendships that were formed. Meeting women from different places, listening to their stories and sharing our thoughts created a bond that felt like sisterhood.

Mettle and Minds was truly a celebration of confidence, unity and the incredible strength of women supporting women. I feel grateful and proud to have been part of this journey.



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## E SAHITHYA

### HANAMKONDA

“Opportunities do not come often; when they do, they must be embraced with courage and used to their fullest potential.”

“Mettle and Minds” workshop — an exclusive leadership development program for women — held on 14th and 15th March 2026 at the Learning Center, Vijayawada, was truly a rare and enriching opportunity for me.

It was also my first visit to the General Secretary Office at Vijayawada, and I could genuinely feel that even every brick there works with dedication for the welfare of each and every member.

Nearly 50 women participants from across India were given the privilege to be part of this remarkable program, and I feel blessed to be one among them.

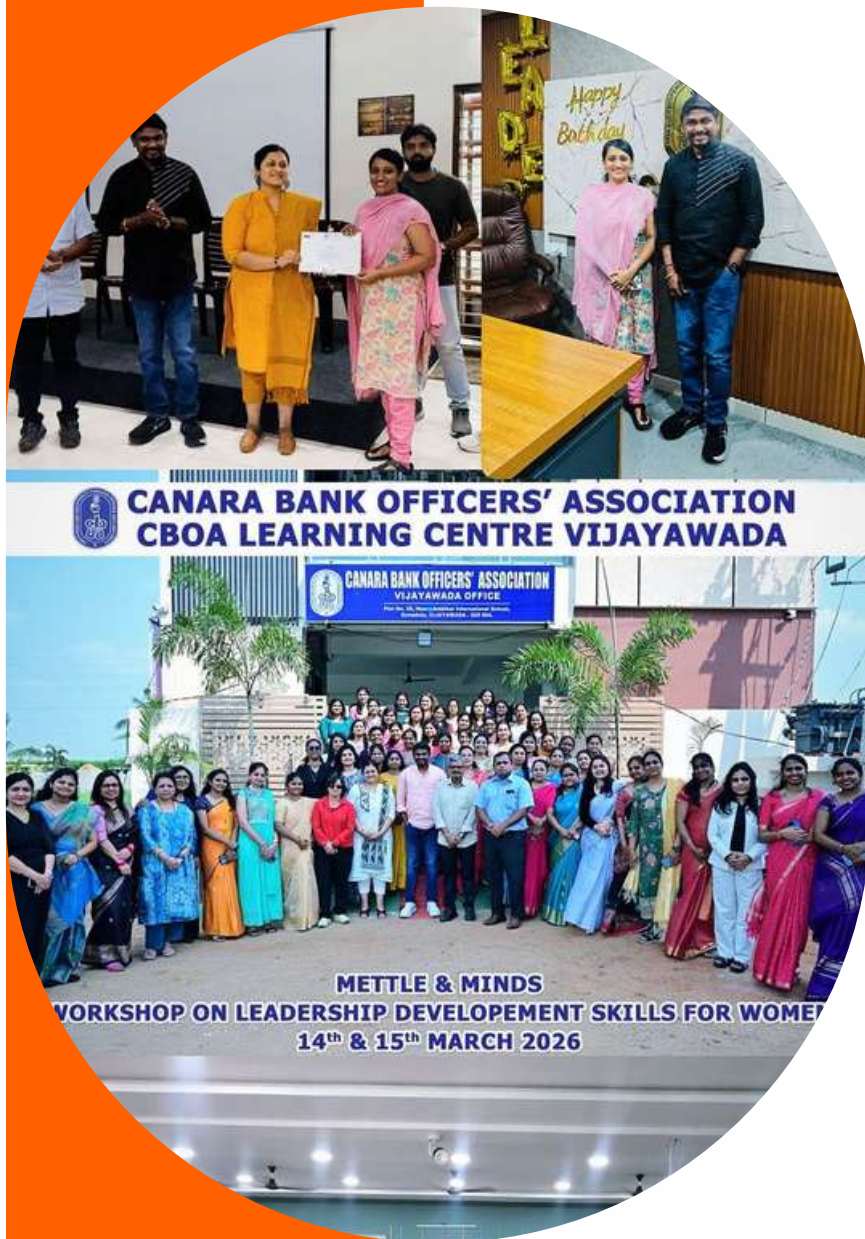
The sessions were conducted by Professor Dr. Aayatakshee and Mr. R.S.S. Sharma from XLRI, one of the oldest and most prestigious B-schools in India, were highly insightful and engaging. Through interactive discussions, case studies, and leadership assessment tools, they helped us explore the essence of core leadership skills, self-awareness, and team dynamics. I am confident that this training will bring out the best in every participant and strengthen our leadership capabilities, ultimately contributing to the collective growth and success of our association.

I express my heartfelt gratitude to our respected General Secretary Shri K. Ravikumar Sir, Senior Vice President Shri B Linga Reddy Sir, OGS Shri Ravi Keloth Sir, and my Regional Secretary Shri Vikram Sir for recognizing me and giving me the opportunity to be a part of this wonderful learning experience.

My special thanks to Principal of learning centre, Shri Rama Prasad sir, Vice president Shri Jeevan sir, OGS Shri Rakesh sir and to the Vijayawada Women Team — Bhavani Ma'am, Pratyusha Ma'am, Anuja Ma'am, Sirisha Ma'am, and Lavanya Ma'am, Bindu mam — for their warm hospitality and care, which truly made us feel at home.

I sincerely assure that I will utilize the knowledge, insights, and inspiration gained from this workshop to the best of my abilities and skills, for the welfare of every member and for the greater strength of our association.

CBOA Zindabad!  
Ravikumar Sir Long Live!



**TESTIMONIALS**



## FARHANA BEGUM

### HYDERABAD

#### \*METTLE & MINDS - LEADERSHIP DEVELOPMENT WORKSHOP\*

A complete two-day training exclusively for women, held in March in honor of International Women's Day. This is the second fortunate batch at the CBOA Training Centre.

Heartfelt gratitude to \*Sri K Ravi Kumar sir, our beloved General Secretary of CBOA - the man behind this wonderful idea\* of extending a hand and giving us the opportunity to grow further and to our fatherly humble figure \*Sri P Rama Prasad sir, Senior Vice President & Principal of the CBOA Training Centre\*

Special thanks to our \*Sri B Linga Reddy sir, Senior Vice President and CCO of Hyderabad, Sri VVP Chand sir, OGS and Sri Kotha Ravi Kiran sir, DGS\* for believing in me, pushing me forward, and giving me the opportunity to be an active part of this beautiful association.

Deepest gratitude to \*my dearest sister Smt. Neha Aafreen, AGS\* for hand-holding me since my induction into RC and always being there for me with her invaluable guidance & support at all times.

Thanks to the faculty, Dr. Ayatakshee Sarkar from XLRI and Sri RSS Sharma, who enlightened us with their insights. The workshop \*awakened our inner selves\* and helped us identify areas for improvement that we had wrongly thought were strengths.

This was also an opportunity to socialize with a powerful group of \*52 inspiring women leaders from CBOA\* across the country.

Huge appreciation to the wonderful \*She Can Team of Vijayawada\* - Bhavani ma'am, Pratyusha ma'am, Sireesha ma'am, Hima Bindu ma'am, Lavanya ma'am, and Anuja ma'am. From reception to safely reaching home, the arrangements and support were flawlessly ensured by our brilliant sisters.

Finally, I thank Sri M Jeevan Satya Prakash sir, Vice President and Sri Rakesh Sure sir, OGS for the warm reception and hospitality.

I feel proud and honored to be part of this CBOA training - one that is more than just an association. This initiative is a movement where every success becomes an inspiration, not a competition.

Looking forward to carrying this same spirit in this incredible journey.





Canara Bank  
Officers Association

## SANTHOSHIMA R

### CHENNAI

“There is no limit to what we, as women, can accomplish.” — Michelle Obama.

With a heart full of gratitude, I thank our beloved GS Shri Ravi Anna, Senior Vice-President Shri Rama Prasad Sir, Vice-President and CCO Shri Prabhu Anna, for giving me the opportunity to be part of the prestigious \*Mettle & Minds Leadership\* Program organised by the CBOA Learning Centre, Vijayawada.

It was truly special that our General Secretary Ravi Anna envisioned this program exclusively for women officers during the month of March, celebrating the spirit and strength of women and encouraging us to grow as leaders.

The two days were deeply enriching. The sessions by \*Ms Aytasakahi Ma'am and Shri RSS Sharma Sir\* helped us reflect on ourselves, recognise our strengths and vulnerabilities and build the confidence to take decisions in challenging moments. It was also wonderful to connect with women leaders from across the country, especially our pride, \*Senior Vice-President Smt Vinny Martis Ma'am.\*

A heartfelt appreciation to the wonderful women of CBOA Vijayawada — Smt Bhavani Ma'am, Ms Sireesha, Smt Pratyusha, Smt Hima Bindu, Smt Anuja, Smt Lavanya and their team, who organised this program with great care and warm hospitality.

Sincere thanks to Shri Rama Prasad Sir for guiding this initiative and to Vice-President Shri Jeevan Sir, OGS Shri Rakesh Sir and CBOA Vijayawada for their support.

Special thanks to my CCO and Vice-President Shri Prabhu Anna, DGS Smt Anuradha Maa and my Regional Secretary Shri Praveen Sir for always motivating and encouraging me.

I remain deeply thankful to our General Secretary Shri Ravi Anna for constantly encouraging women officers to grow as leaders. His presence, his words of motivation, and the opportunity he gave me to recite my poem made this experience even more memorable.

Proud to be part of CBOA, the trade union that truly believes in empowering women and nurturing leadership.



**CANARA BANK OFFICERS' ASSOCIATION  
CBOA LEARNING CENTRE VIJAYAWADA**



**METTLE & MINDS  
WORKSHOP ON LEADERSHIP DEVELOPEMENT SKILLS FOR WOMEN  
14<sup>th</sup> & 15<sup>th</sup> MARCH 2026**



TESTIMONIALS



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**SUPRAJA K**

**PALAKKAD**



The Mettle and Minds- Women Leadership Training Programme organized by our CBOA under the inspiring leadership of beloved general secretary Shri Ravi Kumar Sir on 14th and 15th March was truly extraordinary. The sessions were enriched by excellent faculties whose depth of knowledge and ability to connect left a lasting impact on our minds.

A heartfelt thanks to Ayatakshee Madam and Sarma Sir for their insightful and meaningful sessions which were immensely helpful for leadership development as well as personal wellbeing as bankers.

We were a group of 52 handpicked from every nook and corner and this platform significantly strengthened our connection, bonding, and shared vision.

My sincere gratitude to our beloved Principal Ramaprasad Sir, Jeevan Anna, Rakesh Sir, and everyone who worked tirelessly behind the scenes to ensure the smooth conduct of the programme.

Special thanks to my dearest friends Bhavani, Pratyusha, Bindu, lavanya and Anusha Madam, who stayed connected from the day the programme was announced until our safe return, your care and support meant a lot.

Once again heartfelt thanks and gratitude to our beloved General Secretary for creating history with this wonderful Women Leadership Programme in connection with Women's Day.

“Empowered women empower the world.”



**TESTIMONIALS**



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## VRUSHALI ASHOK MANE

PUNE

The Journey of Rediscovery...METTLE & MINDS LEADERSHIP PROGRAMME

I want to congratulate CBOA and our beloved GS for successfully conducting such a fabulous Mettle & Minds Leadership Programme, the first-ever programme exclusively designed and executed by women officers.

I feel that this brilliant idea was the best gift I had on the occasion of Women's Day ever, rather than the regular women empowerment talks and just a day of jargons.

I would like to thank our GS for ideating this revolutionary concept and its fantabulous execution in every aspect. The structure and contents of the programme were perfectly relevant to our day-to-day challenges faced on various fronts of our lives. They were very well blended with activities and thorough explanations by both the esteemed faculties, making the sessions even more insightful. The two days were truly filled with learning in a fun way—helping us understand our own selves with confidence, recognising our strengths as well as our vulnerabilities.

We were privileged to earn such an elite certification along with a new vision towards ourselves and greater confidence to take decisions in challenging situations.

I would also like to congratulate every participant of this programme for being part of such a wonderful initiative and for earning this elite certification. Its implementation will definitely help each one of us in various ways positively.

Our energy was multiplied just by being together for these two days—it felt like quickly revisiting our college days.

The CBOA Vijayawada team, under the guidance of our CBOA father and our esteemed Principal Ramaprasad Sir, worked unitedly and tirelessly day and night for our comfort in every possible way. Hats off to the team, especially the women team, who managed everything—from early mornings till late nights—covering snacks, lunches, rooms, travel, and all arrangements with such warm hospitality.

Thank you CBOA for giving me the opportunity to become a part of such an elite group. And as guided by our GS, I will surely implement these learnings for myself as well as for our CBOA members around.

Like rightly said: "There is no limit to what we, as women, can accomplish."



# TESTIMONIALS



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Officers Association

## ANUJA KONDRU

### VIJAYAWADA

*\*The Journey of Rediscovery\* \*METTLE AND MINDS TRAINING\**

The Mettle and Minds exclusive women's training was a journey of shedding what we thought we knew to discover what we are truly capable of. proud of being the hosting team from GS Office, Vijayawada. Two days flew by, but the empowerment remains—a testament to the depth of the knowledge and experience.

Under the expert mentorship of *\*Ms. Ayatakshee Sarkar\** and *\*Mr. RSS Sharma\**, each one of us was guided to look inward and confront our own potential. Through their synergies testings and stimulating exercises, we inherited limitations to find the leaders within.

By bringing together high-caliber faculty from across the nation, the program created a vibrant energy and a buzz that resonated far beyond the classroom. The synergy of diverse perspectives made every discussion a masterclass in itself.

Earning a certification from XLRI, in collaboration with CBOA, has elevated us to a new professional heights . This milestone is not just a credential, it is a prestigious recognition of our readiness to take on the future of the industry.

This transformative experience was made possible by the vision and dedication of our beloved GS *\*Shri Ravi Anna\** , Thank you anna for your constant support and belief on us.

Thankful to our *\*Ramaprasad Sir\** for the wisdom that challenged and refined our thinking.

Very much thankful to shri Jeevan Sir and Shri Rakesh Sir for their leadership and guidance.

Finally thanks to the RC Team Vijayawada for the seamless coordination and support throughout.

I am immensely proud to be part of a vision that doesn't just talk about change but actively puts women at the forefront of the national narrative.



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## ANURADHA DASH

### CUTTACK

*\*Mettle & Minds: Organised by Women, Inspired by Vision\**

I would like to extend my heartfelt gratitude to our beloved *\*General Secretary Shri Ravi Anna, Senior Vice-President Shri Rama Prasad Sir, and the entire Women's Team\** of Vijayawada for organising the prestigious Mettle & Minds – Women's Leadership Development Programme. I feel truly grateful and proud to have been part of this meaningful initiative visioned by our respected GS Ravi Anna, especially designed for women officers during the month of March, *\*symbolising the spirit of women empowerment\**

I would also like to express my sincere thanks to *\*our beloved Ravi Anna\** for constantly supporting and encouraging us at every moment of life, guiding us with his great vision. His assurance of *\*extending 75% of the flight fare as TA made it easier\** for women members, clearly reflecting his thoughtful concern and commitment to empowering women.

I would also like to express my deep appreciation to *\*Senior Vice-President Shri Rama Prasad Sir\** who took personal care of each and every lady participant. From being present early morning at the Learning Centre to late night at the hotel, he ensured that everything—from the sessions to the food and overall arrangements—was comfortable and well taken care of for all of us.

I sincerely appreciate *\*Jeevan Sir, Rakesh Sir, and all the male leaders of Vijayawada Circle\** for their presence, support made us feel valued and secure throughout the programme.

The two days were filled with learning, reflection and meaningful discussions on leadership. The sessions by *\*Ms. Aytasakahi and Shri RSS Sharma Sir\** encouraged us to look within ourselves, understand our strengths, and develop the confidence required to take decisions in challenging situations.

A very special appreciation to the wonderful women comrades of *\*CBOA Vijayawada — Smt. Bhavani Ma'am, Ms. Sireesha, Smt. Pratyusha, Smt. Hima Bindu, Smt. Anuja and Smt. Lavanya\** who organised the entire programme with great dedication.

Most importantly, it was inspiring to *\*interact with women leaders from different regions, share experiences, and build a strong bond of learning, unity and sisterhood\**

*\*CBOA ZINDABAD\**

*\*RAVI ANNA ZINDABAD\**



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## ARTHIKA S

### COIMBATORE



With a heart brimming with gratitude and joy, I extend my heartfelt thanks to our most beloved and ever-cheerful leader, Ravi Anna, for envisioning and bringing to life the remarkable \*Mettle and Minds Leadership Development Programme\*. This truly stands as an extraordinary initiative by our respected GS Anna, and I feel immensely proud and fortunate to be a part of such a meaningful journey.

Ravi Anna has always been a guiding light who consistently champions the cause of women empowerment in every initiative he undertakes. This programme is yet another shining milestone in that inspiring path. More than a training programme, it felt like a warm and joyful reunion—bringing together hearts and minds, allowing many of us to finally meet and connect with colleagues whom we had only known from afar.

I extend my sincere gratitude to our respected senior leader Ramprasad Sir, whose guidance and unwavering support added immense value to this entire experience.

I would also like to express my sincere gratitude to Sundarajan Sir, JGS, Madurai, for his kind facilitation from Madurai and for being a pillar of support.

My heartfelt appreciation also goes to Athreya Sir, AGS, Coimbatore, who always keeps motivating us and stand behind with supporting hands to enrich and empower in all ways, and moreover his tireless coordination and careful planning ensured that this memorable journey was smooth, safe, and truly enjoyable for all of us.

A very special note of thanks to my dearest Anitha Madam, RS Coimbatore, for believing in me, selecting me, and giving me the wonderful opportunity to be part of this enriching programme. Your encouragement means a great deal to me.

My sincere thanks to Our Vijayawada team..... They extended due care right from departure from home till return to home

What made this experience even more special is that today happens to be my birthday. Being able to recognize and receive wishes from each and every one of you—from different corners of our country—filled my heart with immense happiness. It truly felt like a celebration of togetherness. Behind this unforgettable experience stands the one and only visionary—our dear GS, Ravi Anna.

This programme will remain a cherished memory, one that brought learning, laughter, friendship, and inspiration together under one beautiful experience.



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## CHANDRAKANTI MOHANTY

### BHUBANESHWAR

\*The Mettle & Minds\*

The Women Leadership Program has emerged as a powerful initiative in advancing women's leadership through a structured and immersive learning experience. Designed to nurture professional excellence and personal growth, the program has left a lasting impact on its participants, marking a significant step toward inclusive leadership development.

The initiative reflects the visionary approach of \*General Secretary Ravi Kumar K\*, whose continued efforts to create meaningful platforms have opened new avenues for capacity building and career advancement. His leadership has been instrumental in ensuring that such programs go beyond conventional training and deliver tangible value to participants. I express my heartfelt gratitude towards my General Secretary for such a beautiful initiative.

Strong institutional support also came from \*Senior Vice President and Principal of the Learning & Development Centre in Vijayawada, Sri Ramaprasad Sir\*, whose guidance enabled the successful launch of the inaugural batch. I am indebted to him for his encouragement which played a key role in fostering confidence among participants as they embarked on this transformative journey.

The program featured engaging sessions led by eminent faculty, including \*Ayatakshee Sarkar of XLRI and R. S. S. Sharma of SASU\*. Their sessions focused on enhancing leadership competencies, critical thinking, and decision-making abilities, while also strengthening intellectual confidence—skills essential in today's dynamic professional environment.

All the participants were outstanding, noted the learning extended beyond technical knowledge, encouraging deeper self-reflection and a better understanding of both conscious and subconscious aspects of leadership.

More than a conventional training module, the program offered a holistic and thought-provoking experience, enabling participants to rediscover their potential and refine their leadership approach. The recognition in the form of certifications from XLRI and CBOA further added to the program's credibility, providing participants with valuable professional credentials.

I express my gratitude towards our Senior Vice President \*Mr P K Mohanty and Mr S N Tripathy sir\* for constantly encouraging and supporting us.

The successful execution of the initiative was made possible through the dedicated efforts of the organizing team from CBOA Vijayawada. I would fail in my duties if I do not mention the meticulous planning and flawless execution done by our sisters \*Bhavani, Lavanya, Pratyusha, Bindu, Shreesha, Anuja, and Vidyulatha\*. Starting from the warm reception, the comfortable stay, the delicious food, the hospitality all was top class.

Equally significant was the sense of camaraderie built among participants, fostering a collaborative learning environment that enriched the overall experience. The program stands as a strong testament to the growing commitment toward empowering women and building a new generation of confident, capable leaders.

The Best gift received from CBOA on Women's day



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## HIMABINDU POTHINENI

### VIJAYAWADA

“The path to leadership is paved by the layers we shed to reveal the power we already possess.”

Being part of the hosting team for such a monumental event filled me with an incredible sense of enthusiasm and pride from the very start. Witnessing this vision of Exclusive Women Training in Vijayawada truly set the stage for what became a profound journey of transformation.

The Mettle and Minds exclusive women’s training was a powerful exercise in unlearning—a process of stripping away old certainties to uncover our untapped potential. Though the two days passed in a flash, the empowerment remains deeply rooted.

Under the expert guidance of Ms. Ayatakshee Sarkar and Mr. RSS Sharma, each of us embarked on a path of self-discovery. Through intensive psychometric assessments and intellectually demanding exercises, we deconstructed layers of self-doubt to reveal the latent leaders within. By gathering high-caliber professionals from every corner of the country, the program generated a nationwide momentum that is truly inspiring.

Reaching this professional milestone is made even more prestigious by the certification from XLRI in partnership with CBOA, a recognition that transitionally elevates our career trajectories to the next level.

This transformative experience was made possible through the unwavering support and visionary role of Shri Ravi Anna, alongside the invaluable wisdom of Ramaprasad Sir, which completely reshaped our thinking.

I am also deeply grateful for the steady mentorship provided by Shri Jeevan Satya Prakash Sir and Shri Rakesh Sir, as well as the tireless efforts of the RC Team Vijayawada in ensuring this event was a resounding success.

I am immensely proud to stand with a movement that doesn’t just support women but actively positions them at the forefront of leadership.



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## IRA SAXENA

AGRA



Two beautiful days filled with learning and laughter. From virtual conversations to friendships that will last a lifetime... long travels, unforgettable moments, and memories to cherish forever. I had started this journey with a small fear of feeling left out, but I'm returning with a huge family in my heart.

This learning went far beyond classroom notes and lectures. It has the power to transform my thought process, influence my lifestyle, and change the way I perceive the world and the people around me.

I m truly at a loss for words to express the gratitude I feel. A heartfelt thank you to Ravi Sir, Rama Prasad Sir, Team Vijayawada, and all the wonderful ladies who started as my peers on day one and have now become family.

I m returning with a heart filled with joy and a renewed commitment to my association an association that is not merely focused on increasing its number of members, but on nurturing and creating leaders.

Ravi Sir, I never imagined this session would be such a perfect blend of professionalism and heartfelt emotions filled with warmth, love, and joy. My sincere thanks to the faculty whose teaching has truly left a lasting mark, not only on our minds but also on our souls.

Thanku for all I said n for many other which I cud not express...



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## KIRTI SINGH

### LUCKNOW



👤 "Mettle & Minds" 👤 --- A training for \*HER\* growth, which begins from the inner self , from the soul.

A training session where the *"SHE"* can be grown intellectually , where we were taught how to deal with the pressure ,how to cope up with difficulties and be resilient enough with courage and spirit.

My heartfelt gratitude to our *\*Respected Leader GS RAVI ANNA\** for always gracing us with his vision , his support for being thoughtful to gift with the best Women's Day for making us resilient women and fostering our self growth. This session not only imbibed us with deep knowledge about the inner self , but it also made us learn the importance of Sisterhood, it made us create bonds and develop new relations and carry their warmth further.

My Immense gratitude to our most caring *\*Fatherly Figure Rama Prasad Sir\** for his consistent care , looking around for our physical security, emotional warmth & well being. His presence around us not only made our stay homely but essenced us with the surroundings of warmth and care.

“A heartfelt thank you to our wonderful mentors : *\*Ms. Atyakshree Ma'am and RSS Sharma Sir\** for being the light in guiding us to understand our emotions, nurture our inner growth, and place our well-being at the center of our lives. You taught us that strength is not only in achievement but also in kindness, balance, and Self compassion. We are deeply grateful for your presence, your patience with us all ,your guidance and time”

*\*"When women stand shoulder to shoulder, our combined strength becomes an unbreakable bond of love, support, and unstoppable power".\**

This quote complementing the Core Host team :: *\*THE SHE CAN TEAM OF VIJAYAWADA-- Smt. Bhavani Ma'am, Ms. Sireesha Ma'am, Smt. Pratyusha Ma'am, Smt. Hima Bindu Ma'am, Smt. Anuja Ma'am and Smt. Lavanya Ma'am\**--Kudos to your hard work, ur unwavering dedication, support and the way you hosted the event making our stay comfortable and turning the training into a memorable one. Thank you for the care, warmth, and effort you all poured.”

My warm thanks to the *\*whole team of VIJAYAWADA-- Jeevan Sir, Rakesh sir\** and all the team members, volunteers who ensured our safe and comfortable stay and a beautiful execution of the 2 day programme.

Lastly and most importantly, I am deeply grateful to our *\*CLO and Senior Vice President Mr. Dhananjay Singh Sir\** for his guidance, support and for his belief in me by making me a part of this wonderful association and giving me the opportunity to be part of this enriching training session

Additionally , I am also gratified to all my *\*REGION LEADERS\** who always guide and support me, those exceptional *\*Female Leaders And She Can Team Members\** who gave me a chance to be a part of this incredible training session

Thank you *\*CBOA\** and *\*RAVI ANNA\** for everything.

*\*And d most joyful thing - now we are proudly XLRI Certified students, Thank you CBOA\**



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**RACHITA V**

**BENGALURU**



**ETTTLE &  
MINDS**



*\*Mettle and minds - leadership development program\**

It is to create *\*The INNOVATORS of tomorrow\**. Special thanks to our inspiration and visionary leader our beloved General Secretary, *\*Shri K. Ravi Kumar Sir\**. Thanks to *\*Shri Rama Prasad Sir\** Senior Vice President & Principal of our CBOA Learning Centre.

I thank our Bengaluru leaders Vice-President & HO Liaison Shri Manjunath B Sir, OGS & HO Liaison Sri Srikanth Kulkarni sir & OGS & CCO Shri M S Swamy Sir for their unconditional support.

I extend my sincere thanks to Professor *\*Dr. Ayatakshee Sarkar madam\** from XLRI and *\*Sri R. S. S. Sharma sir\**, MD of SASU Academy, Hyderabad, who shared valuable insights on leadership development and personal growth.

Gratitude to the team for this incredible opportunity! *\_\*Opportunity never knocks again\_\**

Proud to be part of Mettle and Minds, focusing on leadership, personality, and mental strength. Kudos to CBOA Vijayawada especially the ladies, for their dedication and warmth!



**TESTIMONIALS**



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**RASHMI KUMARI**

**PATNA**



\*“Strength and growth come only through continuous effort and struggle.”\*

Feeling incredibly inspired after completing the “Mettle & Minds” Training Programme!

This wasn't just a training session; it was a journey of \*self-discovery and empowerment\*

A huge thank you to Our Beloved General secretary Ravi Anna & our Beloved Sr vice president Ramaprasad Sir for believing in the potential of women leaders and providing us with this prestigious opportunity.

The sessions led by Dr. Ayatakshee (XLRI) were a masterclass in leadership. \*Her energy and wisdom left a lasting impact on all 55 of us\*

\*Special thanks to our amazing coordinators—Madam Bhavani, Madam Lavanya, Madam Prathyusha, Madam Bindu, Madam Sireesha, Madam Anuja, and the Vijayawada team\*—for making us feel so supported throughout the program.

\*When we grow together, we rise together!\*

Thanks Anna



**TESTIMONIALS**



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## R G GEETHA

### COIMBATORE



Its my immense pleasure being part of the well organised \*Leadership Development Skills for Women\* Programme by our Respected Beloved GS Ravi anna , Nor like other training programme which will focus on individual this programme is mainly to nuture strong \*culture and values\* among individual inturn reflecting and inculcating the same to our entire \*team\*.

I feel as an individual i have not attended, representing as frontline members I have attended... and the training content is very focussed one side \*Understanding OurSELF(ves) ( HR) by Dr Ayatajshee mam and other side \*Improving Leadership Qualities\* by \*RSS Sharma sir\* , the activities we did really gave a clear picture the ways to handle \*hard core situations\*

Like word \*Intrensic growth\* and \*business growth\* this get-together training programme created a \*intrinsic bonding\* among us friends from various parts of the country who contacted only through messages so far and now seeing face to face , exchanging lot of love ,respect ,a mixed feeling carrying lot of lovable memories will will last for ever . Really a \*Heartcore feeling\* no words to express .

My heartfelt gratitude to our beloved \*Shri K Ravikumar ANNA General Secretary CBOA\* , Most repected \*Shri Ramaprasad\* \*sir\*,Senior Vice President and Principal of CBOA Learning Centre, all leaders who stands with us always by encouraging us , special thanks and our deepest gratitude to all \*men staffs of Vijayawada team\* as the time we land late night till we reach our place the care they shown on us is such a brotherhood feel which we will feel only with our CBOA , the accommodation arrangement, delicious food served by our lovable brothers all means a lot to us

Our \*love\* and \*huge applause and appreciation\* to our \*Women sisters of Vijayawada team Bhavani mam, pratyuksha mam, sireesha mam ,Lavanya mam, Bindu mam, anuja mam and all dear ones who worked in shadow for the successful of the training, start from planning\* till the \*complete execution no words mam hats off to your entire SHE CAN TEAM VIJAYAWADA\*

What we take away from these two days and implement in our place is the result of the training what i feel , and we will sure for that , Thank you all once again from the bottom of my heart

Lots of love and respect



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## NARMADHA G U MADURAI



\*A leader who uplifts women empowers a nation. True strength lies in lifting others up.\*

Our General Secretary, Ravi Anna, launched a pioneering Women-Centric Leadership Training Program in Vijayawada, with a vision to empower women through knowledge, confidence, and opportunities. This initiative aimed to equip women employees with the skills and mindset needed to excel in their personal and professional lives.

The 2-day program, held on International Women's Day, brought together 53 participants who benefited from insightful sessions led by XLRI faculty. Topics like self-awareness, stress management, and self-compassion resonated deeply, promising to bring about a positive transformation in their lives.

The program's success can be attributed to the meticulous planning and execution under the guidance of Shri Rama Prasad Sir, Principal of the Learning Centre. I'm grateful to Ravi Anna for this visionary initiative and to the XLRI faculty for sharing their expertise. Receiving certification from XLRI, a prestigious institute, was a proud moment for me. The fact that the program was organized by women, for women, made it even more special – a true testament to women empowering women.

I extend my heartfelt appreciation to Madam Pratyusha, Madam sireesha and the entire women team for their tireless efforts in making this program a success. Their attention to detail, from planning to execution, ensured a seamless and enriching experience for all participants. I'm also thankful to our leaders, including Principal Shri Rama Prasad Sir, Jeevan Sir, and Rakesh Sir, for their support and guidance.

The program was more than just a learning experience – it was a catalyst for growth, empowerment, and connection. I'm grateful to have been part of this transformative journey and look forward to continued support and collaboration among women. The memories and learnings from this program will undoubtedly stay with me forever .



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## NEHA KUMARI

LUCKNOW



I wish to express my deepest gratitude to our beloved \*GS Ravi Anna\*, our father figure, and our respected Principal, \*Sh. Ramaprasad Sir\*, for organizing the \*Mettle & Minds Women Leadership Training Program.\* Celebrating Women's Day by investing in our growth and empowerment truly reflects your vision for us.

A special thank you to the \*entire Vijayawada team\* —especially our dedicated \*She Can Women Force\*—for their exceptional hospitality. Your efforts ensured our comfort and the seamless execution of the entire program.\*You made us feel right at home!\*

This training was more than just a learning session, it gave us the chance to bond, interact, and learn from the incredible experiences of leaders across the board. A special thank you to our faculties, \*Madam Ayatakshi and Sharma Sir\*, for their deeply insightful sessions.

I feel blessed to be part of this training journey & Proud to be part of the \*CBOA family\*— \*always empowering\*, \*always encouraging\*



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## NEHA KUMARI

### DHANBAD



Some journeys are not only about travelling to a new place, but also about discovering a new confidence within yourself. Being part of the “\*Mettle & Minds – Leadership Development Training Program\*”, organised by CBOA under the guidance of our \*respected GS Ravi Anna\*, was truly a special and memorable experience for me.

This wonderful initiative shows the strong commitment to encourage and empower women. It is not just a training program, but a platform that helps women believe in themselves, understand their inner strength and move forward with confidence.

One of the best parts of this program was meeting inspiring women leaders from different parts of the country on one platform. Spending two days together - learning, sharing our experiences, exchanging ideas and motivating each other was truly a beautiful experience. It created a strong feeling of connection and encouragement among all of us. When women rise together, strength becomes unstoppable.

I sincerely thank our Senior Vice President \*Shri Rama Prasad Sir\* for his continuous encouragement and guidance. I also express my heartfelt thanks to the wonderful Vijayawada team, \*Jeevan Sir, Rakesh Sir, Lakshmikant Sir, Kiran Sir, Pratyusha Ma'am, Bhavani Ma'am, Sireesha Ma'am, Bindu Ma'am, Lavanya Ma'am and Anuja Ma'am\* for their warm welcome and excellent hospitality.

From the beginning of my journey from Ranchi till my departure from Vijayawada, they stayed connected and ensured that everything was well arranged and comfortable.

The session by \*Ms. Ayatakshee Ma'am\* was very inspiring. Her words encouraged us to think about our inner strength and personality, and reminded us of the power every woman has within herself. Receiving the Women Leadership Programme certificate from XLRI Jamshedpur was a proud and memorable moment for me. I also thank Shri RSS Sharma Sir for motivating us to keep improving our leadership qualities.

Receiving the “Mettle & Minds” Training Certificate from CBOA during the Women’s Day celebration made the experience even more special.

My heartfelt gratitude to our \*charismatic and leader of leaders Ravi Anna\* for starting such a meaningful initiative and for creating this platform for women leaders across the country. The well-planned travel arrangements and comfortable stay showed his care and concern for every participant and made us feel respected and valued.

Visiting the CBOA Training Centre and meeting \*Ravi Anna\* personally was another wonderful moment of this journey. His warmth and simplicity made us feel very comfortable.

Finally, I sincerely thank \*Senior Vice President Mr. Shailesh Tripathi\* and Regional Secretary \*Mr. Anil Kumar Mallick (Dhanbad Region)\* for trusting me and giving me this valuable opportunity.

Being part of the “\*Mettle & Minds – Leadership Development Training Program\*” will always remain a special milestone in my journey of learning, confidence and leadership. I look forward to more such opportunities in the future to gain greater exposure and continue developing my leadership skills.



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## TRUPTI A SHENOY

### MUMBAI



**CANARA BANK OFFICERS' ASSOCIATION  
CBOA LEARNING CENTRE VIJAYAWADA**



It was truly a wonderful experience attending the highly enriching training session at the CBOA Learning Centre, Vijayawada. I also felt proud to have had the opportunity to visit the GS Office and the CBOA Learning Centre as part of this program.

My sincere thanks to Ravi Anna and Ram Prasad Sir for providing us with this valuable and rare opportunity.

I would also like to extend special appreciation to the dedicated Vijayawada team — Jeevan Sir, Rakesh Sir, Bhavani, Pratyusha, Bindu, Anuja, Sireesha, and Lavanya — for their exceptional hospitality. From receiving all of us at the airport to ensuring a comfortable stay and serving delicious food, every arrangement was thoughtfully planned and executed. Everything was truly perfect.

The sessions conducted by Ms. Ayatakshi and Mr. RSS Sharma were engaging and insightful. The topics covered were highly relevant and provided valuable perspectives on leadership qualities, along with the traits and skills required to navigate day-to-day situations while managing stress. I am sure all of us gained new insights and a refreshed approach to dealing with existing challenges and interpersonal situations.

This training will certainly help us continue contributing meaningfully to the growth of our wonderful organisation, CBOA. The feather in the cap was receiving the XLRI Jamshedpur certification, which was truly unexpected and a dream come true for many of us.

Thank you once again for giving me the opportunity to attend this memorable program. I will always cherish these moments. The chance to meet dynamic women leaders from across the country was truly a special experience.

I would also like to extend my sincere thanks to my CNT, CLO, and Senior Vice President Vinny Ma'am for giving me the opportunity to participate in this enriching program.



# TESTIMONIALS

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Grateful to the visionary leadership of our beloved GS Shri Ravi Kumar who believes an empowered woman is an enlightened force and that enlightened woman brings a blend of "mettle" (resilience) and "mind" (intelligence) that balances professional excellence with human empathy.

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*Compiled by***Kallam Aswini Pratyusha**

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