

A DEDICATED WOMEN'S MAGAZINE

SHE CAN

SHINE THROUGH

JANUARY, 2023

EDITION 03



SHINING THROUGH THE DARKNESS OF MEDIOCRITY



**CANARA BANK
OFFICERS' ASSOCIATION**



CANARA BANK OFFICERS' ASSOCIATION (REGD.)

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CONTENTS

EDITORIAL

FROM THE DESK OF GENERAL
SECRETARY

LET'S REVIEW THE YEAR, 2022

"GIRL POWER" - ARTICLE

HEALTH & FOOD

NEW YEAR - CANPAL ACTIVITY
GLIMPSES

RISE AGAIN - ARTICLE

ART CORNER

IN THE SHOES OF A WOMAN BANKER -
NAINA LAL KIDWAI



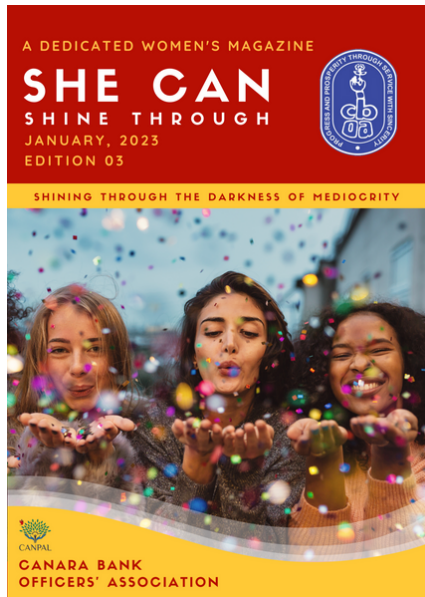
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EDITORIAL

SHE CAN - SHINE THROUGH

— AN E-MAGAZINE FROM THE WOMEN'S WING —



EDITION : JANUARY 2023

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"They fought war crimes, protested religious dictatorship and decided elections. Without the efforts of women, 2022 would have been an even more distressing year" - Deutsche Welle

The year 2022, has been the genesis to a rising force of women across the world and our mother land in various platforms. The emergence of a new wave of ideologies based on the principles of better opportunities, equity & equality has chanted a dawn to an up rise of a formidable regiment of economically and emotionally strong women.

While Russia may continue to wage war in Ukraine, putting their regime critics to death, when the world was relaxing at the comfort of their homes, sighing at the situation - but amid such strife, this year, the "Ukrainian" women waged their own war against these oppressors and were fighting a War Crime. The women of "Iran" revolted against the Mullahs which grew into a nationwide movement and "Brazil" voted out a 'misogynist' rule of president and the "Palestinian" territories resisted out rightly to the military violence. The World is brewing a new era of up rise in the women cadres, across continents, nations, cultures and genres; and there is more to come in the ensuing years.

This special edition has been conceptualized to welcome the New Year and bring glad tidings to everyone, a unique initiative of unveiling the brewing talents of Women and to be abreast with the latest happenings in the industry level propelled by a platform which is created, moderated, created, designed and edited by our Women Canpals. We place on record our special gratitude to our vibrant core team who have marvellously gathered and composed the contents for this edition through their valuable articles and poems.

We hope you enjoy reading this special New Year edition essentially curated by us. Since we love to hear from you, please send your comments/ feedback/ inputs on cboashecan@gmail.com.

FROM THE DESK OF GENERAL SECRETARY



**THE NEW YEAR IS A PAINTING
NOT YET PAINTED; A PATH NOT
YET STEPPED ON; A WING NOT
YET TAKEN OFF! THINGS HAVEN'T
HAPPENED AS YET! BEFORE THE
CLOCK STRIKES TWELVE,
REMEMBER THAT YOU ARE
BLESSED WITH THE ABILITY TO
RESHAPE YOUR LIFE!"**

– MEHMET MURAT ILDAN

THE YEAR OF GLORY AND GROWTH

It has been a year of milestone achievements, global accolades and with the launching of the new 'Ail App', our Bank with its zest and zing has been experiencing an unparalleled and incredible prominence in the world wide industry.

The theme of our CBOA being, "The Year of Glory & Growth" under the Mantra of "Flaw-free Banking and Fraud-free Banking", let us pledge to protect ourselves and our Mother Bank from the frauds through quality vigil and work with the motto of "Upsurge in Low Cost Deposit! Upsurge in Net Profit" towards the key focus area determining good profitability and a significant push in CASA ratio fueled by the quality and continuous innovations like our very own in-house developed App, "*Canara Ail Super App*", let us push our Bank towards the zenith of glory.

This new year, let us continue to build upon our achievements. Together, we can strive for higher goals and reach new heights. I am confident that with our collective efforts, we can make this year even more successful than the last.

I wish you all a wonderful, prosperous and glorious New Year 2023! May it be filled with joy and jubilation!

Let's review the Year, 2022

– India's Mini Microscope

Organisation of various Schemes of the Ministry into three verticals- Saksham Anganwadi & Poshan 2.0, Mission Shakti and Mission Vatsalya



Anganwadi workers provided with 11.22 lakh smart phones; 12.65 lakh Growth Monitoring Devices procured by States/UTs.

9.84 crore beneficiaries onboarded on POSHAN Tracker; close to 85.63% beneficiaries registered on the "Poshan Tracker" successfully Aadhar seeded



Migration facility for pregnant women and lactating mothers from one AWC to another within and outside a State facilitated for the first time

5th Rashtriya Poshan Maah celebrated with Gram Panchayats as the focal point of all the activities; More than 15 crore activities conducted under the various themes, across the country



Under Pradhan Mantri Matru Vandana Yojana 2.79 Crore beneficiaries benefited with a total payment to a tune of Rs. 12,241 Crores



Let's review the Year, 2022

– India's Mini Microscope

Assistance provided to over 88 lakh women through 730 One Stop Centers or Sakhi Centers across 36 States/UTs



Juvenile Justice Model Amendment Rules, 2022 notified on 1st September 2022 and Adoption Regulations, 2022 notified with effect from 23rd September 2022

Ministry of WCD launched "Stree Manoraksha Project" in collaboration with NIMHANS Bengaluru for psycho social training for staff and counselors of One Stop Centres



Nari Shakti Puraskar-2020 and 2021 conferred to 29 outstanding Women achievers
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**Santhoshima R
Kurnool, Vijayawada**

Girl Power: Women who empower girls to walk in their purpose

"A strong woman stands up for herself; A stronger woman stands up for everyone else"

To look back at the women who were at the forefront of change, is not celebrating these spectacular women by crediting them with honorary awards and medals, by posting them in whatsapp for one day, sharing their images with some random quotes, none of the above could do justice to their sublime accomplishments. These women did not merely wake up one day and decided to change the system, born in a day and age where the phrase 'women must be seen and not heard,' was often purveyed about and used as an excuse to topple the true potential of women. These women were not one to allow society to dictate their entire existence, They set out to write their own destiny, in the process breaking many barriers in the field of politics, science, medicine, legislation and religion. Not only did these trailblazers do exceedingly well for themselves in every endeavor they undertook, they also paved the way for the generations of women who came after Sarojini Naidu, the Nightingale of India, the first woman President of India, a great leader who returned her Kaisar-i-Hind medal in protest of the Jallianwala Bagh massacre(1919), did not only live an exemplary life as a role model to generations of women, she was a great writer, poet and freedom fighter.

Dr. Muthulakshmi Reddy had many firsts in her personal and professional life, the first woman to ever get admitted to the Madras Medical College, the first Indian woman to obtain an University Medical Degree, the founder of Adyar Cancer Institute, the first Indian woman member of a Legislative Council and so many more merits to her name. She was also the prime mover behind the legislation that abolished the Devadasi system and played a keen role in raising the minimum marriage age for women in India.



Savitribai Phule, the pioneer of India's feminist movement. She played a crucial role in women's empowerment with the support of her husband, Jyotirao Phule. Savitribai Phule also broke the shackles of patriarchy by becoming the first Indian woman to become a teacher at a time when girls were not allowed to attend schools. In 1848, Savitribai and her husband established one of the first modern Indian girl's schools in Pune at Bhide Wada.

Justice Anna Chandy, the first woman Judge of India (also the first woman judge of the Commonwealth countries) who then became the first Indian woman and only the second woman in the world to ever serve as the High Court Judge in 1959. She inspired many young women to pursue their careers in law. She also promoted the cause of women's rights through 'Shrimati', a magazine she both founded and edited. It is the twenty-first century, we do not live in the same time as these incredible women, we can only imagine their hardships and sacrifices but we should be thankful to have had them. If it wasn't for them, women empowerment and gender equality would seem unrealistic today, we still need a long way to go in achieving gender equality but they made it easier for our mothers, sisters and daughters. The modern day women are still facing gender inequality, unequal pay and marginalization of women but it has become more subtle that we have started to let it slide, more so often with the fear of getting named as over-emotional or coming off too strong. Let us see how some of these women have inspired the modern day women.

Sudha Murthy, the chairperson of Infosys foundation, an educator, writer, philanthropist and founder of several orphanages. The list of accomplishments and philanthropies of Mrs. Murthy is almost endless and yet she is one of the most humblest human beings you would ever know. In one of her essays, "Gender Bias" Mrs. Murthy narrates her first encounter with gender bias and stigma. At the age of 72, Mrs. Murthy continues to be the advocate of young women and the under-privileged with her soft spoken yet stern words.

Let us not forget the women in Banking, Banks seem to be minting more CEOs in India than any other country. From Chanda Kochar, Arundhati Bhattacharya, Kalpana Morparia, Shikha Sharma to our very own A Manimekhalai, these women have accomplished greatness while overcoming every hurdle that life has thrown in their way. These women not just motivate young girls but they thrill them, inspire them and challenge them to be great because Empowered women, empower women.



NEW YEAR CANPAL ACTIVITY



SANKRANTHI CELEBRATIONS





EXCLUSIVE BRANCH VISITS BY WOMEN ACTIVISTS



RISE AGAIN...

THE PHOENIX BLOOD

Rohini R K
Indore, Bhopal Circle

Though I have dreams that never blossomed,
Though life seems to be just a failure,
Though I just want to cry myself to sleep,
STILL.....

My heart resonates "Rise, rise again from the ashes
of fear and deep despair"

For the journey is too short to ponder upon,
Soon one will vanish as dust just as dew at dawn,
When thoughts die down and one never knows
where to head on,

Before it's too late and all seems gone,
My heart beats "Rise, rise again from the ashes of
fear and deep despair"

When my hustle is tough and sufferings real,
When I fail miserably to bring life together,
When my priorities are set but boundaries unclear,
When the soul fights for no reason and self is in
tears,

My heart resonates "Rise, rise again from the ashes
of fear and deep despair"

For blessed I am to be able to fight my fear and
find my courage,
for the gallant efforts to pull myself back together,
To find light in the darkness, to breath, to pause, to
live, to wonder and to fly

Through the ashes of my fear and deep despair,
Into the universe, to the limitless sky.

To all the women blazing through the world,

My heart says ,
" Yes you can and yes you will...
rise again, rise through the ashes
of fear and deep despair"



FOOD CORNER...

THE BAKING HOUR !!!!

BHAVANI, VIAYAWADA

Ingredients : :

Ravi flour: 1/2 cup
Wheat flour: 1/2 cup
Maida : 1/4 cup
Samoline: 1/4 cup
Jaggery powder: 1 cup
Baking powder: 1 1/2 tsp
Baking soda: 1/2 tsp
Milk: 1 1/2 cup
Curd: 1/2 cup
Vanila essence: 1 tsp
Melted butter: 1/2 cup

1. Take jaggery powder and melted butter, curd and mix well.
2. Take all the dry ingredients and mix them in a bowl now add the jaggery powder paste step 1 and required milk to make a batter.
3. In the mean time u can heat the cooker without water inside closed list ,without whistle.
4. Grease the mould with oil and dust it with little flour. Now transfer the batter into the mould and keep in the cooker and bake it for 40 mints at medium flame.
5. Check after 30 mints. Once it's cooked transfer to a plate and decorate with chocolate chips and nuts.



We generally love cakes and we prepare cakes at home.

Now let's try a little healthy way with taste. We make the cake batter with Maida which is not good for health, replace half portion of maida flour with Ragi flour, i e while using one cup maida - Use half cup maida and half ragi flour. Thus reducing maida content.



HEALTHY MIND & BODY

VIDHI JATANIYA, RAJKOT



Today we are endowed with innumerable comforts in modern times. What we have to battle with is alarming health issues, tension, obesity, back pain, chronic disease in young age, heart diseases, arthritis etc. A host of diseases like blood pressure, heart diseases, diabetes, hyper tension are begging to rear their ugly head in modern times that are making us sick, frail and leading to early demise.

It's said Health is wealth and Covid pandemic gives us the lesson that Health is the First Wealth. Strong Body stays in happy mind.

In the race of life, we embrace short cuts and occasionally eating fast food, junk food and all these unhealthy habits making our bodies a den of diseases. Let's take a look at some of Healthy tips.

Exercising: Find the time for some exercise. You can do Exercise, Yoga, Pranayam, walking etc. No need of doing tough exercise, you can just walk also. Walking is the best exercise. Make it a habit of regular or at least once in a week of doing exercise. You will set the most benefits from exercise if you do it regularly.

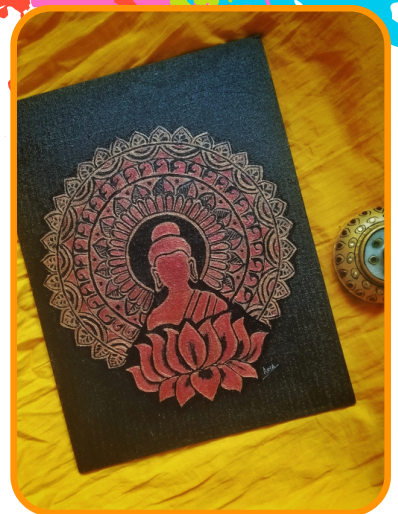
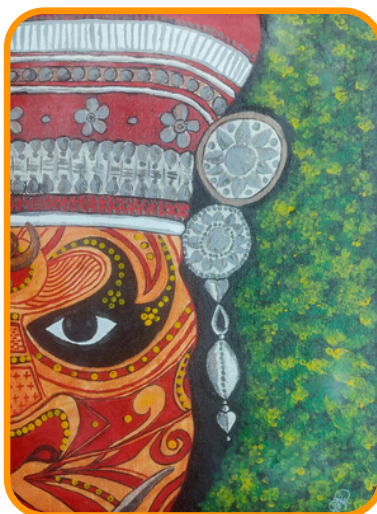
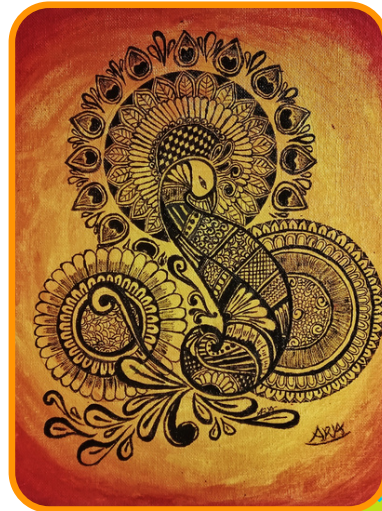
Eating Right: Eat the food which gives you right nutrients. Eat home made food, just occasionally you can take market food not regularly. Avoid eating fast food and junk food regularly. You can plan a regular healthy diet for yourself.

Be Happy!!! It's said, Laughter is the best medicine. Keep smiling and also spread smiles. Don't compare yourself to others. God has given talent to each one, if someone is the best at one, other is the best at other talent. Experts say that comparing yourself to others can be damaging to you. So be happy with what God has given to you. Value yourself that you are an incredible and you are unique.

ART CORNER

PAINTING IS JUST ANOTHER WAY OF KEEPING A DIARY

Arya Krishnan
Malappuram, Trivandrum



In the shoes of a Woman Banker..

NAINA LAL KIDWAI, CEO, HSBC INDIA

Sushma, Karnal Circle

Naina Lal Kidwai is a pioneering figure in Indian banking and finance, and a trailblazer for women in leadership roles. She has achieved numerous milestones in her career, and has inspired countless other women to pursue their own professional goals.

Kidwai began her career in banking in 1982, when she joined ANZ Grindlays Bank. She went on to hold senior positions at other major financial institutions, including Standard Chartered Bank and HSBC. In 2002, she became the first woman to lead a foreign bank in India when she was appointed as the CEO of HSBC India. She later became the Country Head and Group General Manager of HSBC India, and played a key role in the bank's growth and expansion.

Throughout her career, Kidwai has been a vocal advocate for gender diversity and inclusion in the workplace. She has been a member of various committees and task forces that have worked to promote women's rights and equal opportunities in India. She has also been involved in several charitable causes, including education and rural development.

Kidwai's achievements have earned her numerous accolades and recognitions. In 2007, she was named one of the "50 Most Powerful Women in Business" by Fortune magazine. She has also been recognized by Forbes magazine and The Economic Times, and has received several awards, including the Padma Shri, one of India's highest civilian awards.

But perhaps Kidwai's greatest legacy is the inspiration she has provided to other women. Through her leadership, advocacy, and hard work, she has shown that women can succeed in traditionally male-dominated fields, and can make a significant impact on the industry. She has inspired countless other women to pursue their own professional goals, and has paved the way for future generations of female leaders in India and beyond.

Kidwai's story is a testament to the power of determination, hard work, and a commitment to excellence. She has shown that with these qualities, women can achieve great things in their careers, and can inspire others to do the same. Her legacy will continue to inspire and empower women for years to come.





She - Can
...shine through