

NOVEMBER 2024

VOLUME VIII



SHE CAN

...SHINE THROUGH



FROM THE DESK OF GENERAL SECRETARY



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Compassionate Appointment

(Y)our CBOA has consistently encouraged women's leadership, setting new benchmarks for empowerment. The CBOA's resolute commitment to advancing women's careers, in harmony with organizational goals, has significantly contributed to cultivating a culture of gender equality.

This November, 2024 publication is designed to inform, inspire, and empower, offering a wealth of knowledge and insights on a range of topics, from financial literacy to legal framework. It is our hope that this resource will equip you with the tools and knowledge you need to thrive.

Our compassionate efforts in facilitating the appointments of the families of our departed colleagues has been a unique and fulfilling initiative. We also applaud the exceptional achievements of our athletic team, who represented Canara Bank with their sportsmanship bringing honor to the Bank while inspiring us all.

Our deepest gratitude and a small tribute to the legendary Late Ratan Tata, a visionary leader whose contributions to Indian industry and society will be remembered for generations to come. His legacy of innovation, philanthropy, and ethical business practices continues to inspire us to strive for excellence.

K RAVI KUMAR



INTERVIEW WITH THE CHAMPIONS



Canara Bank Athletic Team girls participated in All India Public sector athletic championship held at Dehradun, Uttarakhand from 16th to 18th October 2024

01.

MG PADMINI

DESIGNATION : OFFICER

BRANCH : HM & L Section,
HR WING



MAJOR ACHIEVEMENTS

- Asian Athletics Championship (China) 4*100mtr: 4th place
- Asian Grand Prix (Thailand) 4*100mtr relay: Bronze
- Asian Grand Prix (Thailand) 4*100mtr relay: Bronze
- All India Public Sector: 100mtr : Bronze, Shot put : Bronze, 4*100mtr Gold , 4*400mtr: Gold

• Can you share your initial reaction upon winning at the All India Public Sector Athletic Championship?

It was my 1st Competition after giving Birth to baby girl & am happy with my performance and our Canara Bank women's athletics team as performed well in each events and we won several medals along with over all runner up championship as well as Winners in Track Events.

• What does your training routine look like, and how do you manage your time effectively?

As being a athlete we do lot of practice in the Morning & Evening . We maintain very good fitness as well as good diet too, we do lot of workouts like drills, strengthening, endurance , speed.

• How has your experience in athletics impacted your professional life at the bank?

Being a professional Athlete doing practices in the morning/Evening & maintaining fitness is very much important. Even though by engaging in day to day work life & getting pressurised workflow will impact on our performance.

02.

INCHARA N S

DESIGNATION : OFFICER

BRANCH : Resources Section,
Resources Wing



MAJOR ACHIEVEMENTS

- Secured Gold Medal at Karnataka state level competition
- Secured gold and bronze medal in Mixed Relay and 4*400 mtrs at Open National Athletic Championship held at Bangalore 2022
- Secured silver medal in 200mts at Indian Grand Prix-Viheld at Panchakula. 2019
- Secured silver medal and bronze in mixed relay and 4*400mts at 36th National games held at Gujrat 2022

• What legacy do you hope to leave for future generations of women athletes at Canara Bank?

One of the most special things about women's sport is the heart, the humanness, the bravery, the community and the passion. There's nothing quite like the determination of someone who's trying to prove people wrong and achieve their dream. I can only begin to wonder how powerful this could be in a limitless world, where opportunity and creativity have free reign.

It's no small task to create a new version of the world we know. A system that is oppressive, discriminatory, and rigid. But by starting a new, we can break free from those limits and dream about the future of women's sport in a way that we've never dared to. We owe that to ourselves, to those who dreamed before us, to those who created change, and to those who will come after us

• What are your future goals in athletics? Are there specific competitions you're aiming for?*

My future goal in athletics is to represent India at International competition

• What support have you received from Canara Bank in pursuing your athletic goals?

We are encouraged for all our tournaments , we are provided enough leave for practice, tournaments and for recovery



03. ANJU N S

DESIGNATION : OFFICER

BRANCH : NPA Management Section,
RL&FP Wing

MAJOR ACHIEVEMENTS

- Achieved National Gold medal



- **How do you plan to inspire other employees to engage in sports and physical activities?**

I used to encourage my colleagues to do some activities like jogging, games, gym and all. The Bank is giving such a nice opportunity for all the staff to do the marathon is the best.

- **Looking back at the championship, what do you think was the key to your success as a team?**

The sportsman spirit was the key to success and the togetherness. Actually one of our athletes miss HM Jyoti got injured while running but for the team championship again she ran the relay with the injured leg. This shows the spirit and others all of us were there to help her and motivate her

- **How do you prepare mentally for competitions, especially in high-stakes events like the championship?**

Mentally should be very strong before the competition. I used to be very confident during the last sessions of practice before the competition.

04.

H M JYOTI

DESIGNATION : SENIOR MANAGER

BRANCH : HM & L Section, HR Wing

MAJOR ACHIEVEMENTS

- Asian Game (China Nov 2014) 4x100 mtr.: 5th place
- Common wealth Games (Oct 2010): 4x100 mtr.: Bronze Medal
- IAAF World Challenge (Beijing 2016) 4x100 mtr.: National Record
- Asian Grand Prix (China May 2009) 100 mtr.: Bronze Medal



- **How important do you think recognition and support from management is for athletes in the workplace?**

Recognition and support from management are incredibly important for athletes in the workplace. They can significantly boost morale and motivation, showing that the organization values employees' multifaceted talents. Supportive management can provide resources for training and competition, which helps athletes balance their professional and athletic commitments. Recognition, whether through awards, public acknowledgment, or flexible work arrangements, fosters a positive culture that encourages everyone to pursue their passions.

- **How do you think participating in sports has shaped your character and skills?**

Participating in sports can significantly shape character and skills in various ways. It fosters discipline, as consistent training requires commitment and focus. Team sports build collaboration and communication skills, teaching how to work effectively with others towards a common goal. Additionally, facing challenges and setbacks in competition cultivates resilience and adaptability. Sports also instill a sense of sportsmanship and respect for opponents, which translates into personal and professional relationships.

- **How do you support each other as teammates, both in sports and in your professional roles?**

Supporting each other as teammates in both sports and professional roles is vital for building a strong, cohesive environment. In sports, this can mean encouraging one another during training, celebrating achievements, and providing constructive feedback. Off the field, maintaining open communication and being there for each other during challenges fosters a sense of camaraderie. Sharing tips for managing work-life balance and supporting career growth can strengthen those bonds.

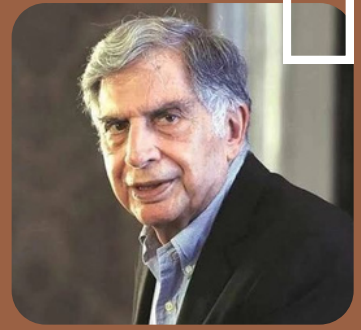


Homage to Sri. Ratan Naval Tata

The Ratan Tata Legacy – Shaping India's Economy

In a nation as diverse and vast as India, there are few individuals whose contributions transcend industries, touch lives, and leave an indelible mark on the country's fabric.

Sri. Ratan Tata is a name that echoes not only in boardrooms but also in the hearts of millions. As a Business Titan, visionary leader, philanthropist, and icon of integrity, his influence goes far beyond economic success. This homage celebrates the legacy he has left behind.



A New Era: Ratan Naval Tata

When Ratan Tata took charge of the Tata Group in 1991, both the company and the country were undergoing significant transformations. He not only restructured the conglomerate but also set it on a path to global prominence. His bold moves, such as the acquisition of Jaguar, Land Rover and Corus Steel, brought global recognition to Indian business. Under his leadership, Tata Consultancy Services became a global leader in IT, and Tata Motors transformed into a global automobile player.

The Heart of Tata's Legacy

Ratan Tata's success, however, cannot be measured merely by economic indicators or profit margins. His true legacy lies in the values he espoused and the lives he transformed. Through the Tata Trusts, which hold a controlling stake in Tata Sons, Ratan Tata ensured that the fruits of corporate success were plowed back into society. During the COVID-19 pandemic, the Tata Group pledged over ₹1,500 crores for relief efforts, demonstrating a commitment to the nation's welfare. From healthcare initiatives and rural development projects to education funding and disaster relief, the Tata Trusts have become synonymous with philanthropy in India.

Beyond Business

He believed in empowering young minds and nurturing fresh ideas, he invested in as many as 40 new-age Indian startups across sectors. These include Lenskart, Firstcry, Urban Company, and Moglix. Beyond business, he deeply valued companionship and friendship. From establishing a pet care hospital to creating Goodfellows—a platform designed to connect generations and provide companionship to the elderly—he spared no effort in making a positive impact.

Ratan Tata's impact extends beyond the corporate world. His advocacy for innovation, affordable technology, and opportunities for India's masses reflect his desire to uplift the country as a whole. The Tata Nano, was a bold statement about affordable mobility for the common man. It demonstrated his commitment to using business as a tool for societal progress.

A Visionary Leader

Ratan Tata's guiding principles are rooted in ethics and integrity. He stood firm against corruption and rejected deals that compromised his values, cementing his reputation as a leader who valued principles over profit. His decision to make affordable cars, such as the Tata Nano, showcased his dedication to innovation for the common good.

His legacy also lies in changing how the world views India. By turning Tata into a global conglomerate, Ratan Tata redefined Indian entrepreneurship's image on the international stage. Even after stepping down in 2012, his influence endures, guiding the Tata Group toward new horizons in emerging sectors.

A Tribute to Nation-BUILDER

Ratan Tata's journey from a cautious successor to a global industry leader symbolizes the power of ethical and visionary leadership. His story is not just about building businesses but about uplifting a nation. His legacy will inspire generations of Indians, proving that true success lies in serving society and leading with integrity.



COURTROOM DRAMA

Prabha Tyagi v. Kamlesh Devi, (2022) 8 SCC 90, The court stated that Section 17 of the Domestic Violence Act provides every woman in a domestic relationship the right to reside in a shared household, irrespective of experiencing domestic violence

Issue Raised:

The case of Prabha Tyagi v. Kamlesh Devi centres around the interpretation of Section 17 of the Protection of Women from Domestic Violence Act, 2005. The Supreme Court emphasized that every woman in a domestic relationship has the right to reside in a shared household, irrespective of whether she has experienced domestic violence.

Broader Themes:

This case touches on the themes of women's rights, the right to residence in a shared household, and gender equality within the institution of marriage and domestic relationships. It raises significant legal questions about the protection and security of women in domestic relationships.



Petitioner:

The petitioner, Prabha Tyagi, was a woman seeking her right to reside in a shared household, asserting that her rights under Section 17 of the Domestic Violence Act, 2005, were being violated. She argued that the act guarantees her right to stay in the shared household, regardless of any ongoing or previous domestic violence incidents.

Respondent:

The respondent, Kamlesh Devi, contested the petitioner's right to reside in the shared household, raising issues related to the ownership of the house and emphasizing the absence of any ongoing domestic violence. The respondent asserted that since the petitioner was not facing current violence, her right to reside could be questioned.

CONTENTIONS OF THE PARTIES

Petitioner's Contentions:

- Right to Reside Under Section 17:** The petitioner contended that the law provides her with the right to reside in a shared household regardless of any domestic violence occurrence.
- Security and Protection of Women:** She emphasized that the provision under the Domestic Violence Act is meant to ensure that women are not deprived of their residence due to domestic disputes or ongoing litigation.
- Precedents in Support of Women's Right to Residence:** She argued that the courts have, in earlier judgments, supported women's rights to reside in a shared household.

Respondent's Contentions:

- Ownership Rights:** The respondent claimed that since the house did not belong to the petitioner, she had no right to reside in the property.
- No Ongoing Domestic Violence:** The respondent contended that the petitioner was not facing any current domestic violence, and thus, the need for residence protection under the act was questionable.
- Legal Misuse of Domestic Violence Act:** The respondent argued that the petitioner was misusing the provisions of the Domestic Violence Act to assert residence rights despite no violence being inflicted upon her.

BACKGROUND:

The Protection of Women from Domestic Violence Act, 2005, was enacted to provide protection to women from violence and ensure their rights within domestic relationships. Section 17 specifically grants women the right to reside in a shared household, irrespective of ownership or title, recognizing that women in domestic relationships require security and protection even in the absence of physical violence.

LANDMARK JUDGMENT:

The Supreme Court, in its landmark judgment, ruled in favor of the petitioner, reiterating that under Section 17 of the Domestic Violence Act, a woman in a domestic relationship has the right to reside in the shared household, regardless of the occurrence of domestic violence. The court held:

- Right to Reside is Absolute:** The judgment clarified that the right to reside in a shared household is not contingent on experiencing domestic violence.
- Protection of Women's Rights:** The court underscored the significance of protecting women's rights in domestic settings, ensuring they are not deprived of their homes due to legal or property disputes.
- Equality and Security in Domestic Relationships:** The ruling further stressed the need for security and equality in domestic relationships, supporting the intent of the Domestic Violence Act to safeguard women from being left without residence.

IMPLICATIONS OF THE JUDGMENT:

The ruling has broad implications for the protection of women's rights in domestic relationships. It reinforces the principle that women, irrespective of property ownership or violence occurrence, are entitled to reside in the shared household. This judgment is significant in ensuring that women are not left homeless or marginalized due to domestic disputes or power dynamics in marriage.

- Empowerment of Women:** The decision empowers women, providing them legal security and the right to residence within a shared household.
- Gender Equality:** It promotes gender equality by protecting women's rights in marital and domestic settings, irrespective of their role as property owners or dependents.
- Strengthening Domestic Violence Act Provisions:** The ruling strengthens the provisions of the Domestic Violence Act, ensuring that the act is used as a tool for securing women's rights, even when physical violence is not a factor.

CONCLUSION:

The judgment in Prabha Tyagi v. Kamlesh Devi sets a crucial precedent in protecting women's rights under the Domestic Violence Act. It affirms the principle that women have the right to reside in a shared household, independent of domestic violence occurrences, fostering security and gender equality in domestic relationships. The ruling has far-reaching effects on family law and the interpretation of women's rights in India, ensuring they are not deprived of their homes due to legal, property, or ownership disputes.



REVITALISE & REJUVENATE



PARENTS



PARENTS are the ultimate role models for children. Every word, movement and action has an effect. No other person or outside force has a greater influence on a child than a parent.

Children are like sponges, soaking up behaviours and habits from those around them especially their parents.

Even when you think they are not paying attention, they are observing your behaviour, attitudes and reactions. Here are few things kids will observe which can shape their development and world view

How you treat others

Kids observe how you interact with everyone, from family members to strangers. They notice acts of kindness, respect or impatience and are likely to mirror this behaviours. Being mindful of your interaction with others can set a strong example for developing empathy and social skills.

Your self-care habits

Kids observe whether you take time for yourself, such as engaging in hobbies or practicing self-care routines. By seeing you prioritize self-care, they learn that it's essential to look after their own well-being and develop a positive self-image.

Approach to health and fitness

Children are aware of how you take care of your body, whether you prioritize exercise, eat nutritious food, skip meals and neglect physical activity. Showing a balanced approach to health and fitness encourages them to adopt a healthy lifestyle as they grow.

How to resolve conflicts

When parents argue or disagree, kids pay close attention. They observe whether disagreements are resolved with shouting or respectful conversations. Demonstrating healthy conflict resolution techniques teaches children the importance of communication and compromise in relationships.

How you manage stress

Kids are highly perceptive when it comes to their parents' emotional states. They notice how you react to stress, whether it's with patience or frustration. Children often mimic these responses, so displaying healthy coping mechanisms like deep breathing or calmly addressing problems can teach them how to handle their own emotions.

Your work-life balance

Children notice how you balance your professional life and personal time. If they see you constantly stressed about work or unable to spend quality time with family, they might associate work with negativity. Showing a healthy work life balance can help them understand the importance of prioritizing family and personal life.

Your relationship with money

Whether you are openly discussing financial concerns or practicing budgeting, children take note of your attitude towards money. They learn how to handle finances based on your behaviour, so demonstrating responsible habits, like saving and budgeting can help instill positive financial values in them.

Your attitude for learning

If they see you embrace new skills or hobbies with enthusiasm. They are more likely to view learning as a positive experience. This sets the foundation for a growth mind-set and encourage them to be curious and open minded.

“ The best inheritance a parent can give their children is their time each day ”



CBOA'S COMPASSION IN ACTION

A LIFELINE FOR A GRIEVING FAMILY

A New Dawn After the Storm

Mrs. Gayatri Lenka, the widow of the late Sameer Ranjan Patra, joined the Salepur Branch on July 25, 2024, through a compassionate appointment. This appointment marked a significant turning point in her life, offering hope and a renewed sense of purpose.

Devastating Heartache

Mr Sameer Ranjan Patra, a dedicated Manager in Canara Bank, was posted in Harirajpur Branch under Cuttack Regional Office in Bhubaneswar Circle. On 9th June 2021 he left the world, leaving behind his parents, his wife and a 3 year son. His stroke of death left his wife, Mrs Gayatri Lenka in penury and without any means of livelihood. Most pathetic thing is that his wife was 8 moths pregnant at the time of death. Losing her spouse at this early age created a hole in her life that she didn't know what to do with.



A Beacon of Hope

In the face of such immense grief, the CBOA emerged as a beacon of hope. Their unwavering support and compassion have been instrumental in helping Mrs. Lenka rebuild her life. The organization's commitment to its members is truly commendable.

As the saying goes, "A friend in need is a friend indeed," and the CBOA has proven to be just that.

Words of Gratitude

Mrs. Lenka expresses her sincere gratitude to CBOA General Secretary Sri Ravi Sir, CBOA Odisha Leader Sri P K Mohanty Sir, Sri S N Tripathy Sir, Sri Bibhuti Sir, and the entire CBOA family for their unwavering support and assistance during this difficult time. She acknowledges that their compassionate gesture has not only provided financial relief but has also offered emotional solace and a sense of belonging.

A New chapter begins

As Mrs. Lenka embarks on this new chapter of her life, she carries with her the strength and resilience instilled by the CBOA. With their support, she is confident in facing the future with renewed hope and determination. As the famous quote goes, "Hope is the power of the soul as the sun is the power of the day," and the CBOA has ignited that hope within her.

SHE CAN...shine through



CBOA'S COMPASSION IN ACTION

A LIFELINE FOR A GRIEVING FAMILY



Kamlesh Kumar Singh, a respected Senior Manager at Bilaspur RO under the Bhopal Circle, was renowned for his steadfast dedication, infectious optimism, and unyielding helpfulness.

Tragically, Kamlesh Kumar Singh succumbed to a brain hemorrhage on December 30, 2022, leaving behind a legacy of hard work, a jovial spirit, and a helpful demeanor that endeared him to his colleagues. His untimely passing on January 1, 2023, left a significant void in the hearts of his family and colleagues.

CBOA's Resolute Support:

A Pillar of Compassion in the Face of Tragedy

The Canara Bank Officers' Association (CBOA) once again demonstrated its unwavering commitment to its members during this difficult time. Under the compassionate leadership of General Secretary Shri Ravi Kumar, CBOA swiftly intervened to provide crucial support to Kamlesh's grieving family.

Recognizing the immense hardship faced by Kamlesh's wife and their young daughter, CBOA tirelessly advocated for a compassionate appointment within Canara Bank. Through their resolute efforts, they secured a Single Window Operator (SWO) position for Kamlesh's wife at her preferred location in Noida. This compassionate appointment offered a lifeline to the family, providing a sense of stability and hope during their darkest hour.

CBOA's unwavering support serves as a symbol of their unwavering dedication to the well-being of their members. Shri Ravi Kumar's leadership has consistently inspired the association to go above and beyond, offering solace and assistance to those in need. Kamlesh's story underscores the far-reaching impact that CBOA's compassionate initiatives can have on the lives of its members.

Singh's passing is a deep loss for the organization and for those who knew and worked with him. While Kamlesh Kumar Singh may no longer be with us, his legacy of kindness, hard work, and camaraderie will forever be cherished. The unwavering support provided by CBOA ensures that his family can move forward with the knowledge that they are not alone in their grief.