



UCOBANK RETIREES' ASSOCIATION KARNATAKA (Regd)

(Regd as S.No: 699/97-98 Dated 20/01/1998 with the
Registrar of Societies, Karnataka)

Regd Office: C/o UCOBank, 3rd Floor, 13/22, Kempegowda Road,
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UBRA-KAR/CIR/29/2014-2017

30/12/2015

To All Members of our Unit.

Dear Comrades,

GREETINGS FOR THE NEW YEAR 2016

On behalf of our Executive Committee please accept our greetings for the ensuing New Year 2016. We wish all our members **Good Health, Peace** and all possible **Happiness** in the future for themselves and their families. Let all their aspirations and prosperity be fulfilled during the year.

The year 2015 has brought a mixed bag of happiness and satisfaction. Our Association lost two of our members namely Com S R Krishnamurthy and Com. Maribasayyanavar. Some of our comrades have lost their spouses. Our condolences to their families. Many happy occasions have brought us together. Many of members have got their children married and seen that they are settled comfortably. In life one needs to take all situations in our stride. Almost of our members are senior citizens and have seen it all in their long career and lifetime experience(s). At our age we need to accept situations as they emerge and face them with equanimity and serenity.

On this occasion, let me share some of my thoughts with you.

Increasingly these days we are being faced with a society that is being technology driven. It feels all of a sudden that we belong to a different time and age. We feel that we have become irrelevant to today's time. Technology is moving beyond the realm of transforming our activities. It is starting to push us to re-imagine how we contemplate or just how we perceive things. Technology did not change what we do but "who we are". It is changing not only the way we "connect" with each other but also how we connect with ourselves. We are so near to people yet so far. It is a paradox that while human beings are becoming lonelier even as the world is getting more interconnected and interwoven than ever before. Never before has it become more vital to discover who we really are and how we relate to everyone around us.

The next gen is riding on the prosperity created by us for them. Many of us may have experienced that we are relevant to them to the extent of meeting their needs. Else, we are a hinderance to their hectic lives guided by western life-style and culture. We feel left out by their irreverence to the values we hold dear and also doubt our ability to reconcile to the present situation. It reinforces the dilemma of "who we are".

World Health Organisation in a study has concluded that depression is a global crisis. Loneliness is the most dreaded disease of our times. Social isolation and emptiness is killing us. Many of us are searching for escapist route(s) as we do not wish to face the issues in our lives. This, apparently is caused by the undeniable fact that some deep seated need of ours is not being met or fulfilled by the life we lead. Our multi-tasking life is a dangerous trend in our society. It is becoming our dominant way of living our daily lives. We are unable to give our full attention to anything thereby reducing our effectiveness. All our problems come from our inability to sit quietly in a room alone and contemplate our priorities. It is only by easing our daily restlessness that we hope to get close to the answers that makes us what we are. This is the greatest challenge of our times.

We are what we do every day, how much and how you react to day to day situations, respond and reject. This is based on our social conditioning. It is a programmed reflex action based on what we have been taught, what we have seen and what we think we know. The destiny of all things is to **Change**. Nature never stands still even for an instant. This applies to the humans as well. The underlying philosophy of life for the individual is to march from good to better by one conscious determined effort.



A Unit of All India UCOBank Pensioners' Federation, Kolkata
Affiliated to All India Banks' Pensioners' and Retirees' Confederation



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The pursuit of happiness is always bound to fail if there is a pursuit of this mirage. The idea of material possessions like that home, that luxury car, that jewelry is perceived to bring happiness. We always assume that it is somewhere outside and that it is something to be pursued. But, happiness comes from within. We need to realise the futility of such pursuit and look inwards.

There is a moral code of the Universe by which the entire Universe lives and works. It our choice to learn from it, appreciate it and play by it or not. The Universe by itself has always worked on the harmonious code of natural balance and keeps everything functioning and always will. It is for us to traverse that journey. We are connected to this Universe as we are a part of the atoms that come from the stars. We are a participant in the goings on in the Universe and events around us. Being alive to every single moment of your life you become a part of this universe nay, the Universe itself.

The Karmic cycle is not about letting go and being defeatist but about taking responsibility for your actions, realising that while you do have a Karmic cycle, you can with exemplary action change that Karma. The responsibility of the way your life shapes up is finally in your hands not in the lines of your palm but your action. Your actions positive or otherwise, determine your destiny. What determines your success and spiritual elevation is your determination and devotion to your chosen path.

The purpose of life is not merely to be Happy. The purpose of life also is to be useful, to be responsible, to be honourable, to be compassionate. It is above all to matter, to be counted, to stand for something that you strongly believe in and to have it make some difference that you lived at all. See life as it can be not the way it appears now.

Concluding let me quote Saint Francis of Assisi:(AD: 1182-1226)

Lord make me an instrument of Peace.
Where there is Hatred let me sow Love,
Where there is Injury, to Pardon.
Where there is Doubt, instill Faith
Where there is Despair, kindle Hope
Where there is Sadness, bring Joy
and
Where there is Darkness, provide Light

Om. Sarve janah sukhino Bhavantu: Sarve santu niramayah:
Sarve Bhadrani paschantu: Ma kaschid Dukh Bhaga bhavet.
Om Shanti Shanti Shanti

Om: May All become Happy: May All be Free from Illness.
May All See what is Auspicious: May no one Suffer.
Om: Peace, Peace, Peace.

Let us all unitedly work towards the well being of our Comrades. We need to interact more and connect frequently. Let us serve our Association by any means we can and make it stronger and relevant. We can start by subscribing to the Jeevan Raksha Scheme. We need not be distracted by the developments around us. Life is unpredictable and short. Let us share our joys and sorrows. Let us make our Association a large UCORetirees family that cares for each other.

Once again wishing all our Comrades a very satisfying and fruitful New Year 2016

Yours faithfully,

for and on Behalf of the
Executive Committee



Ravindra Krishna
Honorary Secretary