

Dear Comrades,

Greetings from SBIOA CC Chennai Module 1

“Leadership is about inspiring people to do things they never thought they could” -Steve Jobs

I am extremely happy to write to you as the Regional Secretary of our Chennai Module-I. We are releasing the Trumpet after a break.

I hope you are all aware that our association has become more vibrant and active ever since Com.A V Joseph has taken over as General Secretary. Let us all vow to work with more vigilance and care and safeguard ourselves by protecting the Asset Quality of the Bank.

Take care of your physical health which will in turn help us maintain good mental health.

Comradely



J Ravi Kumar

Regional Secretary

SBIOA CC - Chennai Module 1



Com. A.V. JOSEPH TAKING OVER General Secretary of SBIOA (CC)



ZONE I BRANCH VISIT



Branch Visit Vellore zone



Unit Meeting at OSB Chennai Unit

UNIT MEETING AT LHO

MAY DAY CELEBRATIONS



Our Regional Secretary Com. J. Ravikumar congratulated DGM, SAMB Chennai Shri Bavani Sankaran on his elevation to GM along with D.R.S. Com. N. Suresh, Com. V.J. Cheriyan and Z.S. Com. Rajagopal on behalf of Chennai - I module, SBIOA CC



Our Regional Secretary Com. J. Ravikumar congratulated DGM, IFB Chennai Smt. Vidhya Raja on her elevation to GM along with Z.S. Com. Rajagopal and unit secretary Com. Swaminathan on behalf of Chennai - I module.



Our Regional Secretary Com. J. Ravikumar congratulated DGM, CAG Chennai Shri. Munish Kumar Chandna on his elevation to GM along with D.R.S. Com. N. Suresh and Z.S. Com. Rajagopal on behalf of Chennai - I module, SBIOA CC.

SBIOACC Long Live. Our Unity Long Live.

Thanksgiving



AGM K Ramasamy thanks giving function at SAMB branch today at 5.30 pm



Thanks giving function to Shri Prabakaran P, MGR, CAC VELLORE. We wish him a very happy and healthy retirement life

Thanks giving function of Com. P.Nalla perumal Pillai, president SBIOACC, AGM FI Chennai North, held at our AO North Conference hall.

Health Corner

INFERTILITY

Infertility is of great concern since it has been raising rapidly in the past few decades and one in six couples today face the problem of infertility. Infertility affects men and women and there are various factors which contribute to it.

Causes of infertility in:

Women

- > Ovulation disorders
- > Damaged fallopian tubes
- > Endometriosis
- > Uterine problem

Men

- > Varicocele
- > Infection
- > Tumors
- > Ejaculation issues
- > Undescended testis



Risk factors include

- ❖ Age:- With passing age, the quality and quantity of eggs or sperms begin to decline. Especially after the mid-thirties, conception usually become quite difficult.
- ❖ Activities:- Like smoking or drinking will increase the risk of infertility.
- ❖ Lifestyle:- Leading a sedentary life style and excessive stress and poor diet are the major rising causes of infertility.

How to manage:

- ✓ Avoiding stress, especially physical stress at work.
- ✓ Focusing on a healthy & well balanced diet.
- ✓ Developing healthy habits like yoga, exercise etc.
- ✓ Avoid prolonged working hours



This is a small advise from my side as a sportsman and international footballer and now a professional football coach for our young officers who is under tremendous work pressure in office..

Always keep your fitness level to get the energy for your routine work .. Please make time for your daily fitness. make sure you get up early morning for a walking habit at least 45 minutes.

Do some stretching exercises.. A few minutes of simple Yoga with breathing exercises..

Definitely this will give an added benefit for your body to work smoothly.

Also play some physical games like football, Volleyball, basketball .



Com. Gandupalli Rohit Branch Manager, Janapanchatram Branch (7207113709) has been nominated as the Youth Representative of Chennai Module-1, in the SBIOACC Executive Committee held on 13-05-2023.



Com. Vimaladevi G.M Dy. Manager (94426 40081) has been nominated as the Lady Representative for Chennai Module-1, in the SBIOACC Executive Committee held on 13-05-2023.



Com. Preetam Kumar Verma, Manager, IFB Chennai, donated blood on 12.06.2023 at a needy hour to support a major surgery to our retired official. Thank you comrade.

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