



IBOA CONNECT



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International Women's Day

On the occasion of International Women's Day 2020, our Association conducted an Essay Writing Competition for our women officers on the topic:

"We would agree that sustained reading is and should be an essential part of our life. Is there a challenge for working women to be able to spend enough and quality time for reading? How can this be overcome?"

A total of 26 officers participated in the competition. The entries were evaluated by a panel consisting of Ms.Aruna, Deputy General Manager, CO:RA&D and Ms.Hemamalathi, Assistant General Manager, CO:RMD. We congratulate and convey our Best Wishes to all the participants. We thank our executives who consented to our request to be the members of the panel and evaluated the entries.



First Prize
Com. Abisheka
Vembakkam



Second Prize
Com. J. Jayapriya
CO: HRM



Third Prize
Com. Ruby Fathima
Thillai Ganga Nagar

1st Prize Winning Essay by Com.Abisheka, Vembakkam Branch.

Topic: *We would agree that sustained reading is and should be an essential part of our life. Is there a challenge for working women to be able to spend enough and quality time for reading? How can this be overcome?*

Introduction:

I begin by introducing myself. I'm Abisheka, working for almost 4 years. I am a passionate reader since childhood. I grew up on a lower middle class family down south Tamilnadu. During my childhood, reading books was one of my main activities that I used to do every day, even though I didn't understand the value of it while reading books. Unlike the 2K kids, we didn't have the luxury of watching satellite channels or playing with mobiles, hence the only pressure buster we had was to read books. I enjoyed the small comic books that used to come along with the Tamil Daily news paper. The name of that book is சிறுவர்மலர். It used to come on every Friday of the week. The content of the book was very well curated for small kids. It used to have a few short stories, a few long episodes that used to run on every week and also has some quizzes. I feel that, those short stories help the kids to finish reading it one sitting. The short stories normally has a moral angle to it, which help the readers to be a better human being in future. The long stories that runs in every episodes help kids to improve their memory power and quizzes to improve their analytics. I honestly didn't know the above values, when I started reading it.

As I started growing, my choice of reading and the purpose of reading was very well aligned to be better everyday in all aspects of life. I strongly believe on this

"Today's Readers are Tomorrow's Leader"

Challenges:

A day of 24 hours is just not enough:

One of the main challenges for working women is time constraint. Though we legally bounded to work only for 8 hours, every day we may extend the work to 9 hours due to work commitments. I am not blaming any one here, but I am putting the facts straight here. We must

take 8 hours of sleep everyday for maintaining a healthy mind and body. Hence the 17 hours is fully utilized and cannot be taken for reading.

A research study says a well organised Working women spend an average of 4 hours for cooking for her and also for her family. Hence we now left with just 3 hours. Hence we only get this 3 hours, where we can use it for reading along with other less constraint jobs like chat chatting with family members, helping children with their homework.

Incorrect perception for reading :

Many of us have an incorrect perception about reading. We always perceived reading as a leisure time activity. Due to this, mobile, video games, television and movies had replaced the reading habit from us. According to a research, since 1984, the percent of 13-year-olds all over the world who are weekly readers went down from 70% to 53%, and the percent of 17-year-olds who are weekly readers went from 64% to 40%. The percent of 17-year-olds who never or hardly ever read tripled during this period, from 9% to 27%. Analyzing, above mentioned statistics it is clearly seen that lack of reading habits is considered to be one of the biggest problems in the world nowadays.

Married women:

In India, men do not share on most of the household chores, it is women who have to cook, clean the house, do the dishes, wash clothes, get their children ready for school etc. Men just took care of few chores that are to be dealt outside the house. So the major burden of running the family is on the shoulders of women. It was alright for women to handle all the chores as long as they were homemakers. Now with their increasing need for getting some income for the family, they have to work all the more harder. They have to take up 9 hours of working in office plus handle all the household chores that they handled as a homemaker. Men's role never changes before or after marriage. It is very difficult to play an all rounder role, who does everything and anything for home and family. To cope up with all expectations, we need to have a lot of time and patience.

For many women, life gets drastically changed after marriage. We tend to forget our hobbies and our regular activities that we used to do before our marriage. If at all we need to have a regular reading habit on top of this much of workload and commitments then we must have a certain drive within ourselves.

Solution:

Well organized women:

As we cannot identify the 25th hour for a day, it is our responsibility to do the time management efficiently. We need to be well planned and execute our activities as scheduled. I strongly recommend women to take use of some popular mobile apps that help you to plan our day efficiently. I have attached one screen shot for your reference that I am personally getting benefitted.

You can install apps like any Do, dailyTask etc. These apps will continue to remind you, when you fall behind your plans. Hence create a plan for yourself where you commit yourself to read some hours of every day and push yourself to read a few books for every month.

Socialize your reading habits:

I often feel that women are doing a thankless job. We work so hard to manage both work and also being a strong pillar to run our family. However we never get appreciations from our family for what we do. Don't you feel that if someone pat on our back and encourage, we always outperform us everyday. Hence I recommend you to be socialize a little bit, and share your activities via what's app status, Facebook post etc. Never ever feel shy to share what you had cooked, any recipe that you want others to try, your tailoring activities and also your reading activities. Trust me, you will surely be applauded by your friends or relatives. As time goes, your husband and in-laws might also send you some appreciations. We all brought up in a culture where we don't appreciate face to face due to shyness. These appreciations will motivate you to continue invest time in reading and as well manage all your work efficiently. Hence don't feel shy in socializing your reading habits with others. You might inspire your friends and get them involved in reading every day.

Choice and purpose of reading:

As I said earlier, reading shouldn't stand only as a hobby.

Reading is not just a hobby, but it is an escape to an alternate universe. If you consider reading a hobby then it becomes unproductive. When you perceive reading as a part of life, then it becomes productive. As you read more and more, your choices and purposes of reading becomes very mature and it helps you to transform as a better Mother, Guide, Mentor, Philosopher and be a Super Mother for your kids. The purpose of reading is to connect the ideas on the page to what you already know. If you don't know anything about a subject, then pouring words of text into your mind is like pouring water into your hand. You don't retain much. However if you read time and again, you will Develop a broad background, Broadens your background knowledge by reading newspapers, magazines and books. This makes you to be interested in world events.

Improve your reasoning:

Your reasoning skills will be improved and you always question and analyse and take a wider decision than before.

Anticipate and Predict:

When you become a good reader, you tend to anticipate and predict the story line of the author. The same skills will help you to anticipate and predict what life has next for you????

Good Speaker:

A good speaker must be a good reader. I always get enthusiastic when someone delivers a good speech. It's a great art to develop. I am not forcing everyone to be a good speaker. However when you communicate better you can win arguments at work and home. How many times we had felt that our word was never heard by our colleagues at work or rather family members at home. The reason was we were never been a good speaker. We didn't know how to articulate our ideas or points with real world examples and use cases. When you read a lot, you can always draw many influences and inspirations.

I would like to conclude by restating one statement again

"Today's Readers are Tomorrow's Leader"

2nd Prize Winning Essay by Com. J.Jayapriya, CO:HRM

What was the last present we bought for our daughter, sister, mother or friend? A new phone, some jewellery, clothing? Can we recall when was the last time that we bought a hard copy of a book as a present, or have we even bought one for our self recently? Hard to recall right?

Reading is an art of living in dreams with your eyes wide open. Turning through the pages of a book will unravel a new world. It helps you to improve your analytical skills, increases memory and concentration, gives you inner peace, enhances your knowledge and expands your vocabulary. Such is the power of simple act of reading. All you need to inculcate this simple art in your life is - passion for reading and dedicated time.

Sowing the seed

Many studies show girls always are voracious readers when compared to boys. They reach their milestones much before boys. They learn to read and interpret text at a very young age, many learning the alphabet before kindergarten. Most of the girls truly enjoy reading at this stage in life - yet when does this turn awry? When can one pinpoint the moment they found reading a chore? Was it when she graduated from leisure libraries to serious results oriented classrooms? Or maybe, it was even before that. Maybe it was when she began to have to read text as an assignment and not as enjoyment. Anything assigned most likely loses its ability to be thought-provoking and fun at a young age. Hence the seed sown that grew into tree fails to yield any fruit.

The "Me" time for reading

It's no easy job for a girl to pursue her interest in reading once she reaches adulthood. Marriage and career marks a palpable shift not only in the life of women, but also in the way they view their priorities. One of the examples is that her passion or hobbies moves down from first to last place. Indian women have pristine clarity towards what they value most in life with career and husband becoming their top priorities. Survey conducted by jeevanshaathi.com has revealed that post marriage, Indian women hardly spend time on their hobbies like reading.

Passion for reading dies once she starts playing the role of a mature working professional or a wife. This is something that majority of women complain about after she starts shouldering responsibilities of her family or her in laws family. Personal space and time is very necessary for the overall development of a person's character. But working woman hardly gets time and space to be on her own or do the things she likes. Her routine mainly is- taking care of the husband, his family members, the household chores, any professional commitments and so on. We do see many working

women eating their breakfast on the go while traveling to their workplace in bus or train. Such is the pathetic situation where she puts those around her first before her health. Personal space and time to spend on her own- she cannot even think about it. Life after marriage / career does leave a woman with very little me time.

Female Guilt

Too often, happiness comes with a twinge of guilt—but women especially those working are probably doing a disservice by giving in to it. It is a taboo for women in our society to think about their individual happiness. Every girl is brought up to believe that it is her duty to think of the wellbeing of those around her, and only when she succeeds to do so, does she have the right to be happy. The compulsion to appease everyone, an impossible task naturally, means that women live with this constant knot in their stomach, fearing how they may end up upsetting anyone around them with their actions. When the focus is on keeping others happy, individual needs and desires take a backseat.

The act of reading a book requires undisturbed time for herself. It requires full concentration so that she will be able to travel into the imaginary world that the book offers and emote with the characters in the book. But no working women can even imagine herself in a world far away from her family even if it's imaginary. The moment she does so, the guilt of having failed to complete her duties as a mother, wife will take over. She has put her happiness first before the requirements of her family- what a selfish act! She is an unfortunate creature already cursed for leaving her kids behind and chasing her career. This society demands that whatever time she has left after returning from work should be dedicated to her family exclusively in order to make up for the time she spends at office. There is no place for her time for herself.

Stress – The silent killer

Living in a complex society where it is so easy to get distracted by visual ads, technology has unfortunately shifted away one of the main processes that are crucial for the professional and personal development of an individual: reading. Indeed, caught in the middle of a busy day at work or at school, with many tasks to be done, and constantly distracted by the digital devices, working women finds it harder to sit and dedicate a couple of hours a day to reading. As we tend to perform many tasks at the same time, while browsing online to get updated with the latest news, without us realizing, our brains are being trained to shorten our attention span. This means simply that we think we are reading while actually we are NOT!

Let's face it: The corporate world is a stressful place. Chances are, even by the time working women leave office they'll be thinking about that report that's due on Tuesday or the impending meeting or household chores. The result is that as years go by, working women grow increasingly dissatisfied with their lives. The emptiness, resentment and sheer joylessness of life bewilders them. I am doing everything by the rule book...I keep everyone around me happy. But then why does happiness elude me? A research published by the Indian Journal of Psychiatry has pointed out the prevalence of mental health issues among women in our country, which often go unnoticed. According to it, symptoms of depression, anxiety and unspecified psychological distress are 2-3 times more common among women than among men. This is where reading helps. A good fantasy novel or even a historical biography can transport women away from the present and take her to another world. These few moments, while short-lived, will provide an all too necessary distraction from the stress of work.

Who is to be blamed?

Reading is a simple act which offers so many benefits. It's free entertainment. But still we do not find many working women having a sustained reading habit. So who is to be blamed for this unfortunate situation? Should we blame the society for casting its strict rules on a working woman and making her deprived of simple pleasures like reading? Should we blame the parents who bring up their daughters with belief that it is her duty to think of the wellbeing of those around her and only when she succeeds to do so, does she have the right to be happy? Or is the woman herself is to be blamed for having failed to expand her knowledge and confining herself in a small world in spite of having acquired education and made a career for herself? The answer in my viewpoint would be the woman herself.

It's time for women to come out of her shell and speak for herself. After all that is what education is for. With self esteem and self confidence she should voice her likes and dislikes. As Madeleine Albright, first female United States Secretary of State said " It took me quite a long time to develop a voice, and now that I have it, I am not going to be silent".

Knock out the obstacles and Speak up

If the working woman feels that she is being overpowered by her family or workplace and she does not get time for herself then she has to speak up. If it's office, then there should be defined working hours and if it's home then she should put her foot down and make it clear to her family members that 1 or 2 hours a day would be exclusively for herself. It's time for her family members to be independent and let the lady enjoy her book with cup of coffee. But this change will not happen overnight. None in the house could imagine the woman folks of the house reading a book happily

when they are struggling to complete the chores. Everyone should understand reading is the most simple and relaxing hobby one can possess. A small book can enrich us so much with knowledge which can be passed onto generations. It's no waste of time.

Read with your kids

Reading is contagious especially if women have kids at home. If your kid is addicted to electronic gadget, then seeing their mother read will create curiosity to explore the habit of reading. After all children do what we adults do. Working women who always feel that they do not spend enough time with kids can have reading session with kids. A new report suggests that reading out loud to kids through their early schooling inspires them to become frequent readers in their adulthood. In turn, they are more likely to inspire their own kids to become readers as well.

Reading - part of Corporate Social Responsibility

How many of us talk or have a small debate about the latest book we read? Times have changed where organizations are conducting events to relieve employees of their work pressure. But how many events are based on reading. May be a speech competition may force an employee to read through books for reference, Quiz will make them read newspapers to get updated. Otherwise most of the events do not have books anywhere in their radar. Organizations should start promoting reading by encouraging employees to share their views on books or articles that they read in open forums. A small debate would do so many wonders pulling employees into the magical world of reading. Such activities will benefit all irrespective of gender. Libraries should definitely be part of the organization's infrastructure. Women may find it much easier to pick up their book while going from office than having to travel exclusively to a private library. Also reading can be instilled in corporate social responsibility activities wherein women can be encouraged to read to kids of government aided schools. After all it's a very good symbiotic activity.

Be an eReader

Working women can use Amazon kindle on the go and revive their passion to read. eBooks are instant and portable, can be accessed on the go, environment friendly and are here to stay. They make reading easier and more enjoyable. It doesn't matter how we choose to read. The important thing is that we keep reading.

Conclusion

As Donna Meagle would say "Treat yo' self!" There is nothing wrong with treating yourself, regardless of the reason. We work hard in our everyday lives taking care of family, friends and others and many times we forget to take care of ourselves. Put your feet up and take out your favourite book because sometimes a little self indulgence is exactly what you need.

3rd Prize Winning Essay by
Com. Ruby Fathima, Thillaiganga Nagar

நூல்கள் வாசித்தல்

முன்னுரை:

நூல்களை படிப்பது வாழ்வில் இன்றியமை யாதது, அதற்காக நாம் ஒதிக்கிடும் நேரம் நம் வாழ்வில் நமக்கு நாமே கொடுக்கும் வரம். ஆனால் வேலைக்கு செல்லும் பெண்களுக்கு அது எட்டாக்கணி. நூல்கள் வாசிப்பதை நம் வாழ்க்கை நெறியென மாற்ற என்னுள் உதித்த சில சிந்தனைகளை என் கட்டுரையின் வாயிலாக பதிவிட உள்ளேன்.

நூல்கள்:

நூல்கள் என்பது “சூரிய பழத்தையும் சந்திர கணியையும் சாறு பிழிந்து சேர்த்து வைத்திருக்கும் சரித்திர ஜாடி. நெருப்பிலே இழை பிரித்து நெய்யிலே ஊரவைத்து நெஞ்சுத் தறியிலே நெய்யப்பட்ட காலப்பெட்டகம்”.

நூல்களை வாசிப்பது புலனெறி வழக்கம் என்பர். வாசிக்கும் பழக்கம் மனதை இலகுவாக்கும், வாழ்வை வளமாக்கும். இந்த கணினி யுகத்தில் இணையத்தில் உலவும் இந்த சமூகம் இழந்த சொர்க்கம் வாசிக்கும் பழக்கம்.

பெண்களின் வாழ்க்கை:

வாழ்க்கை பயணத்தில் ஆண்களுக்கு உறுதுணையாக நிற்கும் ஒவ்வொரு பெண் ணுக்குள்ளும் பல திறமைகள் பொதிந்து இருக்கின்றன. பெண்களின் பலகட்ட போராட்டங்களில் குடும்பத்தினரின் எதிர்ப்பு, கலாச்சார மற்றும் மத கோட்பாடுகள், ஆண்களின் ஆதிக்கம், பொருளாதார பற்றாக்குறை ஆகிய பல காரணிகள் பங்கு வகிக்கின்றன. இவ்வனைத்து தடைகளையும் உடைத்தெறிந்து பயணிக்கும் அத்துணை பெண்களும் சாதனையாளர்கள்தான்.

குடும்பத்திலும் சமுதாயத்திலும் தங்கள் உரிமைகளை நிலைநாட்டவும் புரிந்து செயல்படவும் கல்வி மற்றும் பொது அறிவு பெரிதும் உதவுகிறது. கல்வியறிவு பள்ளி மற்றும் கல்லூரிகளிலும் பொது அறிவு அவர்கள் வாசிக்கும் புத்தகம் மூலமாகவும் கிடைக்கும்.

வாசித்தல் ஒரு சவால் :

முன்பெல்லாம் கையில் புத்தகங்களுடன் செல்வதை பெருமையாக கருதுவார்கள் ஆனால் அந்த இடத்தை இப்போது நமது கைபேசியும் மடிக்கணினியும் பிடித்துள்ளது. இதன் விளைவு புத்தகம் வாசிப்பது இல்லாத ஒன்றாகிவிட்டது. வேலைக்கு செல்லும் பெண்களுக்கு அவர்களுக்குக்கென கிடைக் கும் நேரம் மிக குறைவு, அதிலும் பிறருக்காக உழைத்தும் களைத்தும் இருப்பார்கள்.

வாசித்தலை மேம்படுத்துதல்:

ஆண் பெண் என்று வேறுபாடு இல்லாமல் இறைவன் அருளியது நாள் ஒன்றுக்கு 24 மணி நேரம். அதில் பெண்கள் பயனற்று செலவிடும் நேரம் தொலைக்காட்சி மற்றும் கைபேசியில்தான். அவ்வாறு பயனற்று செலவிடும் நேரங்களை குறைத்து அதை புத்தகம் வாசிக்கும் பொன்றேரமென மாற்ற லாம். அது மட்டும் அல்லாது வேலைக்காக பயணிக்கும் நேரங்களில் புத்தகம் வாசிக்கலாம். எங்கே சென்றாலும் நம்மோடு பயணிக்கும் நல்ல நண்பன் நம் கையில் இருக்கும் புத்தகம் மட்டுமே.

முடிவுரை:

ஒருவன் எவ்வளவு சிறந்தவன் என்பது அவன் வாசிக்கும் புத்தகங்களை வைத்து சொல்லலாம். புத்தகங்கள் நம் அனைவரது வாழ்வில் முக்கிய பங்கு வகிக்கிறது. ஒரு சிறந்த புத்தகம் ஒரு நல்ல ஆசானுக்கு நிகர். புத்தகங்கள் நம் வாழ்வின் வழிகாட்டிகள். வெள்ளை காகிதமென இருக்கும் நம் வாழ்வில் வண்ணங்கள் பூசுவது நாம் வாசிக்கும் புத்தகங்கள்தான்.

நல்ல நூல்களை படித்தால் சாதனை பல படைக்கலாம். சரியான முடிவு எடுக்கலாம். புதிய முயற்சிகள் செய்ய தன்னம்பிக்கை பிறக்கும். ஆகவே புத்தகங்களை வாசிப்பதை நம் வாழ்வில் அன்றாட கடமையாகவே மாற்ற வேண்டும்.

நன்றி! வணக்கம்!

Wedding Bells

Selvan V. Naveen Raja

(Son of Com D. Vijayaraja, Senior Manager,
Indian Bank, Zonal Office, Vellore)

Married to

Selvi U. Jeevapriya

On 07.02.2020 @ Chennai

Selvi C Rejina

(Asst. Manager, Krishnagiri)

Married to

Selvan J Vikram

On 07.02.2020 @ Chennai

Selvi Agna Sebi

(Asst. Manager, North Usman Road Branch)

Married to

Selvan Vinu

On 09.02.2020 @ Thuravoor.

Selvi Pon Gomathi P

(Asst. Manager, Musiri Branch)

Married to

Selvan Namachivayam

On 14.02.2020 @ Madurai

Selvi Sharanya

(Daughter of Com L Devaraj (Retd. Manager, CO:RTGS)

Married to

Selvan Ajay

Reception held on 19.02.2020 at
Chennai

Selvi A Sutha

(Asst. Manager, Vellore)

Married to

Selvan J Bobsir Eugin

On 21.02.2020 @ Agateeswaram,
Kanyakumari Dist.

Selvi D Precilla

(Asst. Manager, TVS Nagar Branch)

Married to

Selvan Himanshu Kumar

On 24.02.2020 @ Tirunelveli

Selvi Dr. T Deepika

(Daughter of Late. P Thalappathi, Ex Secretary
IBOA (TN & P))

Married to

Selvan B. Vijay Anand

On 26.02.20 @ Trichy

IBOA (TN&Pondy)

Wishes a Very Happy

Married Life to the

Newly Wedded Couple.

RETIREMENTS

Sl.No.	Name	Designation	Branch
1	Com PASUPATHY R	Senior Manager	Ramnagar
2	Com KUBENDRAN M S S	Senior Manager	Royapettah
3	Com JAYARAMAN K	Manager	Thuraiyur
4	Com EZHILARASI K	Manager	Vivekananda ngr
5	Com RAVICHANDRAN M	Manager	Corporate Office
6	Com DASS K	Manager	Madipakkam
7	Com CHANDRAN P	Manager	Neyveli block 17
8	Com BHAGYAVATHY RITA RAMESH	Asst. Manager	Madhavaram
9	Com PARAMESWARAN V	Asst. Manager	Pattabhiram
10	Com PARTHASARATHY U	Asst. Manager	Senneerkuppam

IBOA (TN & Pondy) Wishes the above Comrades a Very Happy, Healthy and Peaceful Retired Life.

ESSAY WRITING COMPETITION 2020 - LIST OF PARTICIPANTS

We convey our Congratulations and Best Wishes to all the Participants for enthusiastically participating and giving their views on the Topic.

Name	Branch
Com Sangeetha M	Ashok Nagar
Com Mazzini	KTC Nagar
Com Ruby Fathima	Thillai Ganga Nagar
Com Dayani Christo	Bangalore Rd, Hosur
Com Revathi P	Gummidipoondi
Com AndrajuAnusha	ERA Puram
Com Maya H S	ZO: Erode
Com Abisheka	Vembakkam
Com CharulathaChandrasekar	CO: RMD
Com Geetha K	Srimushnam
Com Lekshmi A R	ZO: Poonamallee
Com Sakthi Devi R	Pudupatti
Com AnshuKatiyar	Vaniyambadi

Name	Branch
Com Nithiya V	Shoolagiri
Com Rashmi	Neelankarai
Com Jayapriya J	CO: HRM
Com Rajarajeswari J	Pudur, Madurai
Com Jayasri G	Vakkadai
Com Janani C V	Avadi
Com Suganthi C	Zuzuwadi
Com Archana	Pottipuram
Com Krishnapriya S	Trichy Road
Com Srirampriya C	On Sabbatical Leave
Com Subha G	Melur, Tirunelveli
Com Aiswarya V	Madipakkam
Com Sandhya	Perunagar

Members Meet



Kancheepuram



Salem



Karaikudi