

STATE BANK OF INDIA OFFICERS' ASSOCIATION

(BENGAL CIRCLE)

(Registered under Trade Unions Act 1926-Regd. No. 6908)

1, STRAND ROAD, KOLKATA-700 001.

Phone: 2213-0663, 2213-0154, 2213-0665 (after 5.30 P.M.), Fax : (033) 2210-1684



e-mail: sbioabengalcircle@gmail.com
www.sbioabengal.com

Circular No. 75/2026

Date: 25.03.2026

To All Members (Please Circulate)

“ DAKTAAR BABU - ONLINE ” **“STRESS MANAGEMENT AND LIFE BALANCE”**

Dear Comrades,

The next programme under “**Daktaar Babu - Online**” will be held on **28th March, 2026 (4th Saturday)** from **6:00 pm to 7:00 pm** on the topic “**Stress Management and Life Balance**”.

02. **Dr. Neelanjana Paul, MBBS, DPM, MD (Psychiatry) at Peerless Hospital, Kolkata**, has agreed to join the programme and advise us accordingly. Participants will have the opportunity to interact directly with the doctor with their relative queries. The ‘link’ of the online programme (**through Google Meet App**) will be shared in different WhatsApp groups well in advance.

03. We, therefore, invite all our members and seniors to participate along with their families, relatives, and friends to avail the opportunity of this programme. **All members are requested to ensure success of the programme by their active involvement.** Any suggestion in this regard is welcome to make the initiative more meaningful and effective.

04. For any queries/ issues regarding access in **Google Meet App**, all are requested to contact **Comrade Anjanabha Ray**, Convenor of Medical Wing of the Circle Association on his mobile no. **9674758849/ 6290931658**.

With greetings,

Shubhajyoti Chattopadhyay
(General Secretary)

Shubhajyoti Chattopadhyay
General Secretary
Mobile : 9434551152