

From
ICF Staff Club
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To

INTEGRAL NEWS

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Stores: V.V.Mahadevan, OS/P8

Fur Shops: R.Sundarrajan, SSE/30

30: Bipinkumar Karn, SSE/30

31,32,34: P.Satyanarayana, JE/34

33, CMT, 38: D.R.Suresh, SSE/33

80,81,37: D.Santhakumar, SSE/80

88: K.S.Rajakumar, SSE/88

Elect: M.Devaraj, SSE/85

36,54: A.Srivijayan, SSE/54

Progress: D.Baskar, SSE/PCO

TTC: J.Selvakumar, SSE/TC

D&D: Sabapathinathan.M, SSE/D&D

Hospital: Raju Balaji, Ch.OS

Web: K.Chandran, Webmaster/IT

Advisors:

S.Muthukumar, Dy CME/TPTY/SCR

B.Chandrasekaran, SME/D-II

K.N.Mohan, WM/A/S

R.Srinivasan, APE/PR/F

ICF has produced 1620 coaches in the year 2012-13 against the target of 1601.



Sri J.S.P.Singh, CEE, Mukhya Rajbhasha Adhikari, received "Rail Mantri Rajbhasha Shield for Best Hindi Work" on 26th March at New Delhi.



ICF received a prestigious SAP ACE award for its implementation of SAP HR module. Recently ICF made history by implementing the SAP ERP modules, the first of its kind, for a Production Unit of Indian railway. The award was given to CRIS-ICF by SAP under public services category for "Best Run in HR & Payroll". This achievement was possible by the proactive planning, enduring efforts and high technical competence of the IT Centre team. The project is implemented by ICF through CRIS (Centre for Railway Information System) and M/S L&T InfoTech.



The first MUTP-Phase-II shell was flagged off by Sri Abhay K Khanna, GM/ICF, on 18th March.



Hydraulic Baling Press to compress the steel scrap was inaugurated by GM/ICF on 20th March at Shell Depot.



As part of Women's Day celebrations, 'best woman award' was given to six women employees by Smt. Sandhya Khanna, President/ICFWWO.



Sri Arjun Rakshit, Addl Member (Finance)/Railway Board, visited ICF- Shell, Fur and RRM on 15th March and discussed with GM/ICF & Officers.

✓ Cash award was given to top scorers of ICF wards in 10th & +2 by CPO/ICF on 23rd March.



Sri Rakesh Saxena, MD/MRVC Visited ICF on 20th March.





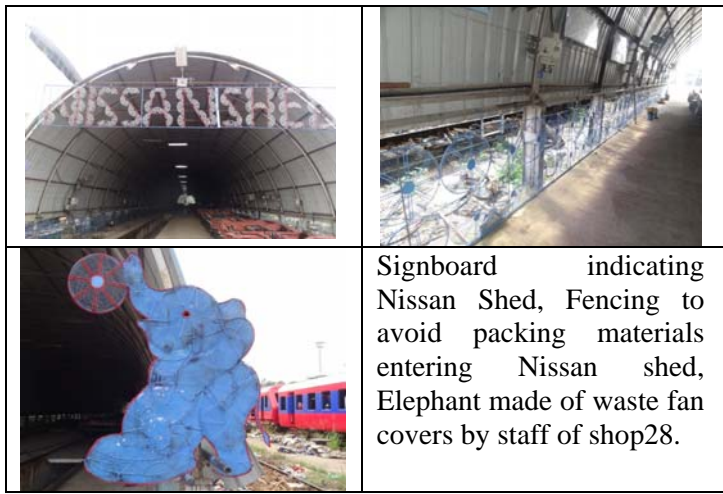
Moving Display System was inaugurated at shell B-shed by GM/ICF on 18th March.



Golf driving range and putting-green at ICF Sports complex was inaugurated by GM/ICF on 20th March.

Person of the Month

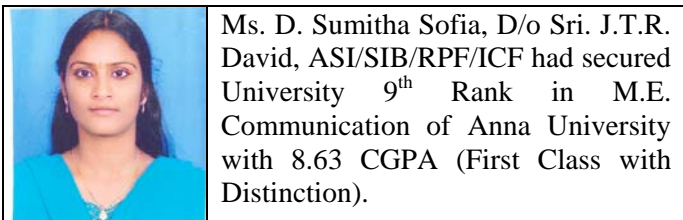
	
Dec '12: Shell J.Baskaran, Tech-1/11	Dec '12: Fur D.Mohanarajan, Helper/32
	
Jan '13: Shell S.Velayudhan, Tech-1/21	Jan '13: Fur P.Udayasankarn, JE/37



Signboard indicating Nissan Shed, Fencing to avoid packing materials entering Nissan shed, Elephant made of waste fan covers by staff of shop28.



There were lots of defective rejected fans accumulated over a period of time at Shop 39. These unusable fans were condemned and handed over to Stores. Sri S.Muthu, SrTech, P.Rajendran, Tech-1, L.Gowreeswaran, Tech-2 of shop28 under the guidance of Sri Stanley Chelladurai, SSE/28 and as per the advice of DyCEE, used the fan covers effectively.



Ms. D. Sumitha Sofia, D/o Sri. J.T.R. David, ASI/SIB/RPF/ICF had secured University 9th Rank in M.E. Communication of Anna University with 8.63 CGPA (First Class with Distinction).



Selvi I. Abirami, D/o. Sri E. Inian, Sr Clerk, Fur-Depot, Studying in XI std had participated in the young scientist programme and demonstrated her invention of Electrical net to attract and destroy mosquitoes. She received II prize from Dr Mayilsami Annadurai in a function at VIT.



Master S. Vishal, S/o. Sri A. Srivijayan, SSE/54, studying in VIII std, has won many prizes in Science Projects at his school level and also at inter-school level. Now he has won a cash prize of Rs.5000 called INSPIRE awarded by Department of Science and Technology, Government of India.

This was given in appreciation of his involvement in the field of Science and also to encourage new innovations and to make more exhibits. The award was given on 18.03.2013 at Birla Planetarium, Chennai.

✓In the railway week celebration, 'benevolent donor award' has been introduced to encourage the blood donors.

CIRCULARS

AC12: Railway Board has decided to double the existing rates for payment of Hospital Patient Care Allowance / PCA to all eligible Group C&D employees working in Railway Hospitals and Health units/Clinics, w.e.f. 01.09.08. The HPCA/PCA will be raised by 25% whenever DA goes up by 50%.

✓Handicraft exhibition will be held at TTC from 9th April 2013. The concepts are: Safety in daily life/ energy conservation power crisis/ life style diseases - causes and remedies / green earth. ICF employees can visit the exhibition with family on 10th and 11th April from 09:00 hrs to 18:00 hrs.

✓Payment of advances for Motor car, Motor cycle, Personal computer, house building will be made through ECS/NEFT to the bank where the employee draws salary. The employees have to submit the cash receipt and RC book to CBS within 30 days/ 60 days respectively.

✓Sri K.Kannan, ChS&WI, Qtrs No 225/01, North colony, has been nominated in place of Sri P.C.Mathai, ChOS, for issue of Privilege passes/ PTOs in case of emergency on holidays and outside office hours.

EMPLOYEES RETIRING on 30th April '13

1	Prabu.R	Inspector	RPF
2	Leela Baby.	Chief Matron	Hospital
3	Shanmugam.M	Sr.FPE.	Accts/S
4	Nirmalkumar.PN	J.E	10
5	Kandan.V	SrTech/Welder	14
6	Kalidass.M	Tech-3/FGL	14
7	Ramanji.G	Helper	16
8	Viswanathan.T	SrTech/Welder	20
9	Nithyanandam.P	Tech-1/FGL	21
10	Palanimuthu.V	Tech-3/Welder	21
11	Pappathi.P	Tech-2/Painter	25
12	Manoharan.M	SrTech/Welder	40
13	Sabapathy.C	Tech-1/Mason	40
14	Sasidharan Achary.KK	SrTech/FTR	41
15	Kandasamy.A	SrTech/MTR	41
16	Jayavel.S	Tech-1/FTR	41
17	Rosari.B	Tech-1/Elec	45
18	Manohar.S	SSE	PCOF
19	Jalendiran.V	SrTech/Elec	28
20	Mohd Haroon.J	Tech-1..Elec	29
21	Gopalakrishnan.N	SrTech/Carp	30
22	Muninathan.K	Tech-1/Carp	30
23	Ponnan.N	Tech-2/Carp	30
24	Ponnuswamy.S	Tech-1/Carp	32
25	Venkatesan .TE	SrTech/Elec	35
26	Krishnamurthi.N	Tech-2/Elec	39
27	Nallamuthu.M	SrTech/FMW	80
28	Sridharan.V	SrTech/FLTD	88

Integral News wishes them A HAPPY AND PEACEFUL RETIRED LIFE.



CWE/F giving safety award to a winner
Winners of safety award – Fur Division

J.Ramakrishnan, 28/6089	N.Sureshkumar,36/6023
P.Nandagopal, 26/6024	P.Kalaiivanan, 37/6011
J.Shaji, 30/7038	R.Gajendran,54/6165
C.Narayanan,30/7524	S.Perumal, 54/6109
Mangrakachap,30/7024	P.Sundar, 80/7016
S.Kathirvelu,30/6109	N.Shanmugam, 81/6006
A.Elayaraj,32/7030	P.Yuvaraj, 88/6088
V.R.Mahesh, 32/6044	M.Narayanan, 88/1125
J.Stephen,33/2042	K.Venugopal, 85/0158
P.S.Rajadurai,33/6023	V.Klaivanan, Trackman
M.Dhusthakeer,34/2007	J.Md Faezen, Helper/FD
B.Viswanathan,35/6046	



CWE/S giving safety award to a winner
Winners of safety award – Shell Division

A.John Mecklalain, Helper/10	R.Ragupathy, JE/22
Manthiramurthy, Tech2/11	R.Chellam, SrTech/22
R.Selva Perumal, Tech2/12	M.N.Binukumar, Tech2/23
C.Jagadeesan, Tech1/13	R.Karunakaran, SrTech/24
P.G.Santhosh, Tech2/14	S.Ethirajulu, Tech2/25
N.Radha Krishnan, Tech1/14	K.Yesudoss, Tech1/26
K.A.Charles Jeyaraj, Tec1/15	G.Sivakumar, SSE/40
Mankena Prasad, Tech1/16	P.Doraibabu, Tech1/41
SarillaStanleyWilliams, T1/18	P.Thillaivillalan, Insp/42
N.Dhanasekar, Tech2/20	Sethuraman, Tech1/45
A.Kuppuswami, Tech1/21	K.SureshKumar, Tech1/48
R.Ravikumar, Tech3/21	N.Pichaimani, ProMan
JamesAdward Surin, Tec1/21	C.Marappan, Helper/SD
M.Jeya Chandran, Tech2/21	M.Raghu, SrTech/Engg
N.Akilan, Tech2/21	B.Venshree, Tech3/48

Safety Quiz Competition-Fur

I-Prize: P.Yokesh, S.Shnmugam, S.Sangeetha, K.Sridhar & J.Mathew Gnana Sekar of shop30.

II-Prize: P.Devarajan, P.Damodaran, A.Thulasi Kumar, A.Basheer Ahamed & S.Velmurugan of shop 30.

III-Prize: S.Uma, A.Iyyappan, P.Rajasekar, C.Rajasekaran & P.C.Jayan of shop 85.

Safety Quiz Competition-Shell

I-Prize: C.Muthuraj, Shop23, P.Sanjaykumar, S.Ajit Kumar, V.Muralidaran of Shop10 & C.Satish of shop40.

II-Prize: C.V.Sasibharathi, S.Chandrasekaran, A.Sankar, Venkatachari Kangati & M.N.Binukumar of Shop23.

III-Prize: L.Peter, R.Mathivanan, D.Udayakumar, T.V.Umasankar & E.Gnanaprakasam of shop 16.

✓42nd National Safety Day celebration was held at 4th bay of B-Shed at Shell and at shop 36 entrance at Fur on 4th March.

Best Women award by ICFWWO for the year 2012-13

Smt Kavitha Vijayaraghavan, OS/CEE Office

Smt M.Ganga, Tech-2/Shop 10

Smt L.Kanthimathi, SrClerk, PB/LW Section

Smt B.Jayalalitha, Accts Asst/ XF/S

Smt Prabhavathy Muthuraman, OS/P2/Stores/S

Smt M.Vishalatchi, OS/P6/Stores

Mrs Leela Baby, Ch Matron, has been selected for award by the Central RWWO in recognition of her special care in comforting, caring and counselling cancer patients. She has saved many lives due to her knowledge, skill and dedication.

WOMEN'S DAY SPECIAL EVENTS

1) Balloon blowing

I Prize S.Lakshmi, Peon/CWE/S office

II Prize K.Mariamamma Varghese, JrClerk/CME's Office

Consolation R.Shirely, Sr Clerk/Stores/S

2) Glass and Ball

I Prize K.Mariamamma Varghese, JrClerk/CME's Office

II Prize V.Sivasankari, JrClerk/CWE/S office

Consolation I.Shanthi, Accounts Asst/S

3) Ball throwing

I Prize V.Sivasankari, JrClerk/CWE/S office

II Prize I.Shanthi, Accounts Asst/S

Consolation Usha Kumararaja, Stores Insp/S

On 6th March, ICF employees staged a protest against the Railway Board's reported move to issue ICF drawings to a few non-railway government enterprises. It was later withdrawn on the assurance of GM/ICF to highlight the grievance at appropriate level

✓The son of an Italian railway worker in Argentina, Sri Cardinal Jorge Mario Bergoglio, has been selected as the new Pope of over 1 billion Roman Catholics on 13th March.

✓Railway Board has permitted usage of DP/ Privilege Pass/ PTO/PRCP on Duranto exp on the pattern of Rajdhani/ Shatabdi exp.

ABOUT ICF

by Sri R.Srinivasan, APE/PR/F, 9003141449

SHOP 30 - MAIN ASSEMBLY SHOP

The shells from Shop 54, after completion of Painting work, are taken in for Furnishing at Shop 30, Main Assembly Shop. It is the longest shed in Furnishing with 247 m length and 84 m width. It has a covered area (I to VIII Lines) of 20748 sq.m. The Shop has an assembly line concept of Product Layout. The unfurnished Shells are fed from Eastern end of the Shed and fully furnished coaches are taken out from western end of the Shed.

From the beginning the Shop was having 7 lines with each line used for a different build (type) of coaches. During recent modernization 4 more lines have been added to increase the Production capacity. (8th line is formed adjacent to Shop 30 and 9th, 10th & 11th lines are provided in the next adjacent shed)

LINE I & II : Conventional BGGs(Broad Gauge Second Class), SCN (Sleeper),SLR (Brake & Luggage Van) etc

LINE III & IV : DEMU/EMU TRAILERS or ANY OTHER. Also called Universal line

LINE V : EMU MOTOR COACHES

LINE VI & VII : EMU / DEMU TRAILERS

LINE VIII : AC COACHES

LINE IX to XI: SPECIAL COACHES like LHB/ KOLKATTA METRO/ IGBT

Various sections and activities in coach Furnishing:

PREPARATORY

After the coach enters the assembly shed for furnishing work in the form of the skeletal structure, the preparatory i.e preparing the shell for further activities, are carried out in this section such as fixing of Entrance Handrail, Shell door rectification work, step rail fixing, alarm wire fixing, Air Duct fixing & welding, fixing and welding of lavatory inlay, welding of back pieces, Gas cutting of protruding members and cutaways, pre-window drilling, and shell defects / design deviation works, etc..

FLOORING

The Flooring of a Coach has undergone a lot of design changes from wood & Decolite to ordinary Plywood material. At present Compreg Plywood as per RDSO Specification which has very little water absorption capacity is used. The thickness varies according to the type of Coach (8 mm for Conv & EMU, 12 mm for AC coaches). The Plywood is marked, cut to size, drilled at required locations and fitted to the Trough floor of the coach with screws.

WIRING

At wiring stage all the conduits of Aluminum for Roof and PVC for side wall are provided with clamps. Electrical wires (3/20) from Junction boxes to the electrical fittings like fan, tube light, emergency lamp, night lamp, speakers, etc., are arranged. These wires are connected from the Alternator on Bogies to the rotary switches in the cubical panel to draw the 110V DC current.

PVC pasting

After getting the Electrical clearances, 2 mm thick PVC (Poly Vinyl Chloride) sheets as per RDSO specification C 8515 which have high flexibility, Resistance to indentation, Ply adhesion and resistance to spread of flame are pasted to plywood flooring by using non-flammable aqueous adhesive. The sheet pasting is carried out with due care by using rollers to avoid waviness, air trap. The gap between two edges of adjacent sheets is filled with 3mm PVC wire and welded by using HOT AIR Welding.

PANELLING

It is the process of covering the Side wall, End wall, Roof of entire passenger compartment & Lavatory area. Panels of different materials, different thickness, size and colors and according to the type of coach are selected. For Side wall, Endwall and Partition area LP (Laminated Plastic sheet) as per RDSO specification which has good resistance to Impact strength, resistance to spread of flame are used. For Roof NFTC (Natural Fibre Thermoset Composite) as per RDSO specification are used. These are marked and cut according to the dimensions and holes are drilled in the back pieces of the side walls and Roof Ceiling and screwed properly. During Side wall Panelling work window fixing is done.

After Side wall, End wall and Roof paneling is over, the panels for the partitions, and cubicles are done. Then Doors, Vestibule bellows, Rolling Shutters and other fittings such as magazine bag, Bottle holder, mobile pouch, etc. are fixed. The Plumbing activity of arrangement of Water tank, pipes and cocks is carried out before finishing the Lavatory panels.

MOULDING:

In Moulding activity, the gaps between the panel sheets of Compartment & Lavatory area are covered with the help of different types of moulding strips . They are made of Aluminum, Mild steel, FRP with the cross sectional shape of Flat, Angle, J- base, Channel, etc.

In the compartment area some of the electrical fittings like tube lights, fans, emergency lamps, inverters, batteries and other electrical fittings are done.

SEATS AND BACKRESTS

Previously the GS coaches were fitted with metal frame and plywood strips seats. Presently even the GS coaches are fitted with Cushioned seat (Recron covered with Rexene) and backrests to provide comfort for unreserved passengers. The luggage racks of Stainless steel make are fitted. According to the type of coach Berths , Ladders , 3/2 seater seats, arm rest, sliding doors, Chute & Discharge Pipe, Collapsible gate, conductor berth are fitted.

PITLINE INSPECTION

Finally the coach is brought to Pit line for finishing of left over work and to do final inspection. Water is filled in the tanks and all important parameters like buffer height are checked. After the coach is cleared from Pit line it will be brought to Despatch line. Final painting and thorough cleaning of Coach is done to keep ready for dispatch.

The above listed activities are for Conventional coaches and for AC coaches RMPU (Roof Mounted Package Unit) loading and wiring for AC unit are carried out additionally.

Inspection is very important and there are Inspection checklists available for each and every activity such as Under slung Water tank fitment, Vestibule fitment, Inlay fitment, Flooring, Painting, arrangement of Wheeling, Draw gear equipments, Buffers etc. The points observed are presented in F002 Quality control format and those will be attended and cleared by Production dept.

TESTS CARRIED OUT IN COACHES:

Roof leak test – The coach is taken to the testing area where water is splashed like rain flow over the Roof to find out any leak in Roof.

Alarm test – Functioning of Alarm is tested for its application and satisfactory releasing at 5 kg pressure.

Air Brake test - Functioning of brake equipment, timing for Application and release.

Generation test – Functioning of Alternator

High Voltage (HV) test – Insulation of electrical cables are checked for its continuity by flash with 750v for 1 min time.

AC test – For AC coaches Air Flow, Pressure intake, Temp gradient between bays, cut-off temperature, Pre-cooling are tested by running the AC for 100 hrs.

Gas leak test – for Pantry cars leakage in pipe line are tested.

Furnishing with LINE concept:

From the inception of Fur division Shop 30 Sections were working with ‘Line’ concept. In this each line is used for each type of coach, the Supervisors and Technicians attached to that particular line are responsible for entire activities i.e all the 10 stages, from Flooring to Pitline working and dispatch.

New concept with Stage-wise grouping:

Recently in the Furnishing division Shop 30 a new concept of working in STAGE-wise group is introduced and its pros and cons are being analysed. In this the activities are divided into 7 stages such as

Stage I : Preparatory and Flooring

Stage II : Side panel and Window fixing

Stage III : Partition panel and Vestibule

Stage IV : Compartment moulding and Fitting

Stage V : Lavatory moulding and Plumbing

Stage VI : Seats & berth

Stage VII : Finishing and Pit line work.

The Shop 30 working depends on materials and items from stores, in-house manufactured components from Shop 32, Shop 33 and Shop 34.

Stage-1	Stage-2	Stage-3	Stage-4	Stage-5	Stage-6	Stage-7
Prep& Flooring	Side Panel& Window fixing	Partition panel 7 Vestibule	Compartment Moulding & Fitting	Lavatory moulding & Plumbing	Seats & Berths	Finishing & PIT
Line-8						AC
Line-7						EMU Trailer
Line-6						EMU Trailer
Line-5						EMU-B
Line-4						DEMU-TC&EMU-B
Line-3						DEMU-TC
Line-2						Conv Coaches
Line-1						Conv Coaches

(-- to be continued)

STAFF INFLOW - LAST MONTH

Sl	Name S/Shri	Design	Shop
1	Abdul Salam KK	C&MA	52A
2	Thirumurugan.C	AppMech	TTC
3	Sekar.K	DMS-Trainee	61A
4	Rajesh Babu.S	OS	71C
5	Nidhishan.T	Trainee	TTC
6	Geetha.I	Trainee	TTC
7	Rakhi Rajput	JrClerk	61A
8	Manishkumarsingh	SB Peon	60A
9	Dhanalakshmi.M	Tech3	20
10	Ravishankar.G	Tech3	40
11	Kirubanandhan.C.S	Tech3	80
12	Ajitabh Patel	Mali	77F
13	Vetriselvan.V	Helper	88
14	Magesh.I	Helper	611
15	Jansirani.E	Helper	611
16	Arumugam.B	Helper	611

OFFICIAL POSTINGS

Name S/Shri/ Smt	Previous	Present
P.K.Banerjee	S.E.Rly	COS
S.Rangarajan	S.Rly	CME/QA, Leave
Rajkumar Regar	SMM/E/F	+Duties of AMM/FD
Pragati Kumar	AMM/FD	N.E.Rly

STAFF OUTFLOW - LAST MONTH

Sl	Name S/Shri	Design	Mode
1	Girilal.VS	SSE/99C	Transfer
2	Haridasan.PV	Helper/82	Transfer
3	Baskaran.S	Tech2/74	Med unfit
4	Abdul Rahiman.M	SrTech/30	Med unfit
5	Sekar.P	Tech1/99A	Med unfit
6	Prabhu Shankar.M	Helper/611	Resigned

WE DEEPLY MOURN THE SUDDEN DEMISE OF THE FOLLOWING EMPLOYEES

Sl	Name S/Shri	Designation
1	Veeraraghavan.M.S	SrTech/15
2	Rajendran.E	Tech1/21
3	Krishnamurthy.N.P	Tech1/30
4	Gurunathsharma	Helper/88
5	Nagarajan.K	Dresser/Hosp

Last date for submission of applications:

Tech-3 in 9 trades = 11.04.13

OS/PB, Stores, Engg = 19.04.13

Jr Clerk = 08.04.13

Intermediate App Mechanic/Mech= 06.04.13

Liaison Inspector/Kolkata= 18.04.13

Scouts & Guides Quota/ICF = 08.05.13

Insp Engr/Elec/RITES/NR = 15.05.13

Asst Manager/Sr Executive (Elec) – RVNL = 11.04.13

CPRO, DyCPO/ KRCL = 14.05.13

Various posts in RITES/Project Divn = 08.04.13

JE (Civil)/ DMRC = 25.04.13

Various posts in Kochi Metro = 10.04.13

DGM/Finance/ IRCTC = 29.04.13

The Public Procurement Bill 2012 **and Indian Railways**

by Sri G.Loganathan, DyCMM/P/S

The Public Procurement Bill, 2012

The objective of the Public Procurement Bill 2012 is *“to regulate public procurement with the objectives of ensuring transparency, accountability and probity in the procurement process, fair and equitable treatment of bidders, promoting competition, enhancing efficiency and economy, maintaining integrity and public confidence in the public procurement process and for matters connected therewith or incidental thereto”*.

The Bill seeks to ensure “transparency, accountability and probity” in public purchases, codifies basic norms governing public procurement and places statutory obligations on procuring entities and bidders to comply with these norms. In an area characterised by a disparate/ fragmented regulatory framework, this codification under a single overarching law is itself highly significant. The main objective of the Bill is to serve the twin goals of “ensuring transparency, accountability and probity...” on the one hand, and promoting “fair and equitable treatment of bidders, promoting competition, enhancing efficiency and economy” on the other. The concern with both competition and probity issues makes the Bill unique.

Following are some of the representative objectives in public procurement, which the bill tries to address:

- Get the best value for money.
- Provide access to all eligible bidders.
- Promote competition.
- Ensure transparency and openness.
- Build in accountability.
- Reduce scope for corruption and abuse.
- Develop domestic economy.
- Compliment other public policies.
- Be a model purchaser and employer.

The provisions in the Bill, once becomes an Act, will apply to all procurements estimated to value more than INR 5 millions or higher (approximately US\$ 100,000), but for emergency procurements necessary for the management of any disaster and/or procurements for the purpose of national security. All procurements made by any Ministry or Department of the Central Government or any Central Public Sector Enterprise or Undertaking owned and controlled by the Central Government or any company in which more than fifty percent of the paid up capital is held by the Central Government or any body established under the Constitution whose expenditure is met from the Consolidated Fund of India or any corporation/society/trust established under an Act of Parliament etc shall come under the purview of this legislation. It will not only regulate the procurement of goods but also the works and services, including the Public Private Partnerships (PPP).

The Bill is a welcome step towards streamlining and regulating public procurement in India. It is a credible move towards checking the instances of and potential for malpractice and corruption in government procurement.

The introduction of an enactment on the subject of public procurement fulfils a long-perceived need to bring order to the chaos prevailing in the Indian procurement scenario, which, till date, is regulated only by executive instructions in the form of General Financial Rules (GFR), which do not have the force of law, and where there are marked differences in the practices being followed across ministries and organisations, some of which are at odds with the GFR.

Indian Railways

Indian Railways (IR) is one of the world’s largest rail networks with 64,460 route kilometres of route lengths. It is the world’s second largest railway passenger transport organisation, carrying 7,651 million passengers and 921.73 million tonnes of revenue earning freight traffic, annually. It employs 1.328 million (Indian Railways Year Book - 2010-2011) and is one of the world’s largest employer, contributing about 1% of the country’s GDP.

With its more than 150 year old history, IR is a state-owned public utility of the Government of India under the Ministry of Railways. As a national common carrier transporting passenger and goods over its vast network, Indian Railways has always played a key role in India’s social and economic development. It is a cheap and affordable means of transportation for millions of passengers. The Indian Railways is the biggest state-owned enterprise and the largest procurer in India. It performs an important function because an efficient transport system is of vital importance to the economic development and social welfare of a country. It performs the fundamental function of stimulating the development of the national economy by transporting goods and passengers at economical cost. The railway services not only aid in transporting goods and people across the country but also contribute immensely in employment creation. Thus the rail transport industry in India is of utmost importance for the economic development of the country.

The size of procurement by the Indian Railways can be gleaned from its size and asset base. During 2010-2011 16,638 wagons, 527 locomotives, 3,660 coaches, 40 MEMUs, 93 DMUs and 703 EMU coaches were acquired by IR. 975 route kms. of track were electrified and 709 kms. of new lines constructed. Double/multiple lines were provided on 769 kms. while 3,465 kms. of track was renewed and 837 kms. of lines converted from MG/NG to BG. As on 31.03.2011, the route length of Indian Railways covered 64,460 kms. with running track length of 87,040 kms. The total trackage including yards, sidings etc. stood at 113,993 kms. The size of IR’s fleet as on 31st March, 2011 consisted of 43 steam, 5,137 diesel and 4,033 electric locomotives, 229,381 units of wagon fleet and 59,713 passenger coaching stock.

(-- to be continued)



PHYSIO PAGE

MOVE... TO REMOVE...!



Physio.Kumaravel.M



LOW BACK PAIN



Low back pain (**LBP**) or pain in the lower part of the back is a muscular skeletal problem. According to **NIH** (National Institute of Health), 80% of people in modern industrial society experience back pain at some time during their lifetime. It has become a very common second only to common cold.

FEATURES OF BACK PAIN

- Most of the pains are due to significant trauma (a major or minor injury)
- Pain usually located more in low back
- Pain may be localized/diffused/radiating down on legs
- Sometimes, Pain may be associated with neurological deficit (nerve problem)
- Pain is maximum at the beginning and then it gradually subsides over days or weeks
- Most of the back pains are worsened by activity and relieved by rest.
- Occasionally, it will get better on its own.

CAUSES

The specific reasons for most of the back pains are not clear. However, it is necessary to identify the causes of **LBP** before initiating the prompt treatment. Some causes of Back pain are listed below.

Common causes

- Functional back pain- Sedentary life style & jobs that require heavy lifting, etc...
- Postural back pain – Occupational bad posture , Habitual bad posture
- Obesity & Protuberant abdomen(Pot-belly)

Mechanical causes/ Traumatic causes

- Sprain, strain – Due to sudden unaccustomed activities & improper postures
- Spinal fractures
- Prolapsed disc

Pathological Causes.

Inflammatory

- Tuberculosis (TB)
- Ankylosing spondylitis (Disease of spine)&etc...

Degenerative diseases (deterioration due to ageing process)

- Osteoarthritis
- Spondylolysis

Non inflammatory

- Tumour (swelling /Mass of abnormal tissue)
- Metabolic diseases – Osteoporosis (Reduction of bone tissue density) & others.
- Circulatory disorders - vascular insufficiency disorders like varicose vein, etc...

Congenital causes (by birth defect)

- Spina bifida (Developmental defects in back bone)
- Spondylolisthesis/ slipping spine& other congenital bony malformations...

Psychogenic causes

- Tension, Anxiety, stress etc due to family problems/trouble at work.

Referred pain (pain referred from other organs)

- Gynecological, uro-genital diseases etc.

ASSOCIATED SYMPTOMS:

The following associated symptoms may point to the cause of back pain:

- Stiffness of the back muscles
- Limitations of chest expansion
- Pain in other joints
- Neurological symptoms like numbness, weakness, some abnormality of sensation etc...

INVESTIGATIONS

Radiological examinations:

- X-rays - useful in diagnosing inflammatory, metabolic and other conditions. X- Ray should be made after preparation of the bowel with laxatives and others.
- If necessary C.T Scan/others should be made to reveal the bony &soft tissue problems.
- Note: Repeated/unnecessary radiological exposures harmful to the body.

Blood investigations:

- Necessary investigations should be carried out if you suspect any infections /metabolic disorders/tumors etc..

TREATMENT : PREVENTION IS BEST:

To prevent back pain adopt some changes in your day-to-day habits. Here are some suggestions recommend for your wellness...

- Improve your general health.
- Maintain healthy body weight.
- Improve your muscle tone by regular and wise exercises.
- Maintain proper posture while sitting, standing, walking & even when you are sleeping.
- While Lifting/Handling heavy objects follow proper methods.
- Avoid works/sports with twisting motions.
- Don't forget necessary warm-up before play/any other activities.

Wait for further Steps to Move