

From
ICF Staff Club
AG129/18,VII Main Rd
AnnaNagar,Chennai-40

To

INTEGRAL NEWSST

Issue# 118

Free Monthly News Bulletin – for Internal Circulation

August 2015

Email: integralnewsicf@gmail.com

Contact: 900 314 1464, 9539, 9659, 9731, Rly 46490, 47661

Chief Editor: K.Ravi, SSE/Shop80

Associate Editors:

M.A.Jaishankar, SSE/Proj

A.R.S.Ravindra, SSE/Proj

Treasurer: R.Mehalan, SE/IT

Shell Offices: R.Thilak, Tech Trainee

S.K.Satishkumar, SSE/Proj

K.Sekar, Ch.OS/Engg

N.Jeganivasan, Stores Inspector

N.Ganesh, SSE/MPO/S

S.Ghatikachalarao, SSE/WS

N.Devaraju, SSE/Plant

V.Sasikala, OS/PB

B.Jayalalitha, Accts Asst

Shell Shops: P.Baskaran, SSE/40

A-shed: R.Nagarajan,, SSE/10

B-shed: A.V.Gopalakrishna, SSE/22

Shop 24,25,26: N.Ravikumar, SSE/26

D&L-shed: P.T.Sreevalsan, SSE/13

40,J,E: R.Lakshminarayanan, SSE/40

48,RPF: R.Senthilnathan, SSE/48

11,23,41,TS: R.Jegathiswaran, SSE/41

Insp: J.Ananthakumar, SSE/42

Progress: P.K.Panda, SSE/PCO

CMT: G.Sivakumar, CMS-1

Electrical: D.T.Vijayaraj, SSE/45

Stores : K.Sundar, OS/RB1/SD

Fur Offices: Harikumar.NV, SSE/MPO

Accts: Sudharsan.MN, SSO/Accts

PlgF, TS: G.V.Ramesh, SSE/TS/F

Stores: V.Annamalai, OS/P7

Fur Shops: R.Sundarrajan, SSE/30

30: Bipinkumar Karn, SSE/30

32,34: P.Sathyanarayanan, SSE/PC32

33: D.R.Suresh, SSE/33

37, 82 : P.Udayasankaran, SSE/56

80,81: D.Santhakumar, SSE/80

88,CCO: K.S.Rajakumar, SSE/88

Elect,CMT,IOW: M.Devaraj, SSE/85

36,54: R.M.Chandrasekar, SSE/54

Progress: D.Baskar, SSE/PCO

RRM, Colonies : A.Srivijayan, SSE/54

TTC: J.Selvakumar, SSE/TTC

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

Hospital: Raju Balaji, Ch.OS

Web: P.Krishnakanth, Webmaster/IT

74, Tele, Union: D.N.Ramesh, SSE/Proj

Advisors:

S.Muthukumar, Dy CME/SR

B.Chandrasekaran, SME/D-II

K.N.Mohan, PE/PR/S

R.Srinivasan, APE/PR/F



We deeply mourn the sudden demise of former president of India Bharat Ratna Dr A.P.J.Abdul Kalam, who passed away on 27th July, while addressing the students at Shillong. The entire Indians felt sad as if one of their family members is lost. Everyone stood as an Indian forgetting their religion, caste, status, political party to which they belong etc. This generation has never seen such a great leader who was loved by one and all.



On 6th July, 50000th coach of ICF was flagged off by Honourable Minister of Railways through video conferencing. On the same occasion, he also dedicated the LHB Manufacturing Unit to the nation.



Shri Ashok K Agarwal, GM/ICF and Shri Prabhat Sahai, CMD/MRVC, flagging off the 1st EMU rake of MRVC phase II on 16th July



Shri Vashishta Johri, GM/Southern Railway, met GM/ICF on 9th July.



GM/ICF inaugurated the lift at Furnishing Admin office on 23rd July.



Shri Sanjay Mookerjee, DG/NAIR visited ICF on 13th July.



GM and officers paying tribute to Late Shri Abdul Kalam at Admin building on 30th July.



Meeting of MRVC officials and ICF officials was held on 16th July at ICF.



In The 20th USIC- Tennis (World Railways) Championship held at Nuremberg, Germany from 31st May, 2015 to 6th June, 2015, Sri V.Udayakumar, Tech-3/Shop 30, represented Indian Railways team. He was felicitated by GM/ICF.



***** Rating for the Administrative Building of ICF has been awarded by the Bureau of Energy Efficiency. Shri Ashok K Agarwal, GM/ICF, unveiled the 5 star rating shield at the Administrative Building lobby.



Drawing competition was held on 1st Aug

Shift timing for outdoor staff changed as 08.30 to 12.30, 13.30 to 17.30



FA&CAO distributed prize to the ICF colony under 12 boys team, winners of the state level basketball ARISE trophy tournament held at ICF South Colony.



Selvi K.Ratna Priya, D/o.S.Kumaravel, Tech-2, shop-18, has won second prize under 8 category, in the state level open chess tournament conducted at Saveetha Engineering College. Nearly 600 players participated in which she scored 6 points out of 9 games played.



Sri R.Surya, S/o S.Ravi Shankar, SrTech/Shop18 secured II prize in age category 15-17 yrs in the 5th state level yoga competition conducted by Vedha Yoga Academy.

STAFF OUTFLOW - LAST MONTH

Sl	Name S/Shri	Design	Mode
1	Vaijayanthimala	PS-II	VR
2	Gobre Naick.M	CDMS	VR
3	Sripathy.S	SrTech/30	VR
4	Raghavan.N	Tech-1/71E	VR

Last date for submission of applications:

Accountant in Ministry of Home Affairs 31.08.15
 Staff & Welfare Inspectors: 20.08.15
 On the spot drawing/ painting and essay competition for children of age 7 to 13years: 31.08.15



Award from SBF was distributed to meritorious students of ICF family on 1st August by CE and CPO.

OFFICIAL POSTINGS

Name S/Shri/ Smt	Previous	Present
O.P.Khare	S.W.Rly	C.O.S
B.B.Mishra	DIG/RPF	Railway Board
Arindam Lai	S.Rly	DyCMM/SD
T.S.Ganesh	DyCMM/SD	S.Rly
R.Sundararajan	Leave	SrEDPM
V.Jayapragash	WM/A1/F	SME/MRVC/F
Bharat Bhusan Harit	WM/Plant/F	EDPM
R.Rajasekaran	EDPM	WM/Bogie
R.Ravichandran	Training	PE/PL/S
Ran Vijai Pratap	PE/PL/S	WM/Plant/F
K.Panneerselvam	ACMT/S	ACMT/F
R.Shanmugasundara	ACMT/F	ACMT/S
I.Athishtanathan	AME/I/S	AWM/A1/F
R.Ravindran	SSE/82	AME/I/S
Abdul Hameed	AEE/MPO/F	AEE/Planning
K.Ezhilarasu	AWM/E2	AEE/MPO/F
K.Sidarthan	AEE/Liasion	AWM/E2
R.Faridbabu	SSE/TTC	AEE/Liasion
M.Rajendiran	Training	AMM/E/F
Sunny Philip	AMM/E/F	Leave

We deeply mourn the sudden demise of Sri M.Manoharan, SrTech/39

Shri Kundan Sinha, Additional Member (Traffic Transportation), has assumed additional charge of the post of Member Traffic, Railway Board w.e.f. 01/08/2015.

Shri Ganga Ram Agarwal, an officer of the Indian Railway Services of Electrical Engineering (IRSEE), has been posted as the new Secretary of the Railway Board.

Shri Neeraj Kumar, SG/IRPS, Director/Estt Non Gaz-II is nominated as liaison officer to look after the reservation matters of OBCs.

113th birthday of former Chief Minister Shri Kamarajar was celebrated by AIOBC Association

HRD Ministry has sanctioned 12 new Kendriya Vidyalayas, including one at GOC.

ixigo, has launched a PNR prediction feature for train travellers. For any given train's wait-listed status, ixigo is now able to show the near accurate probability with which the ticket will confirm, so that travellers may decide whether or not to book a waitlisted ticket



ABOUT ICF - Part III

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

Ph:9003141449, rsrinivasanicf@gmail.com

DESIGN & DEVELOPMENT :

Definition:

Design :

- Design is the first stage where the creative thinking is put into reality by way of drawings and sketches, the detailed specification of a manufactured item's parts and their relationship as a whole.
- A product design needs to take into account how the item will perform its intended functionality in an efficient, safe and reliable manner. The product also needs to be capable of being made economically and to be attractive to targeted consumers.

Development:

- Development is the shaping of the product or process continuously to achieve the better new one.
- The creation of products with new or different characteristics that offer new or additional benefits to the customer.
- Product development may involve modification of an existing product or its presentation, or formulation of an entirely new product that satisfies a newly defined customer want or market niche.

Introduction:

- Design and Development department, shortly known as D&D, is the Brain Centre of any engineering/manufacturing industry.
- At ICF, Design & Development wing is playing a very vital role and has contributed to the Indian Railways and Nation with more than 300 varieties of coaches.
- From the inception of ICF it was functioning as a separate department in the third floor of Administrative building with Drafter and Drawing boards.
- Due to the growing technological demand of using CAD, and testing facility, a separate D&D centre project was implemented during the year 2003-04.

D & D Organisation of ICF:



- It is the Brain of ICF, having the Expertise built up over the years with 200 qualified Engineers.
- It has both Mechanical and Electrical Design each headed by Chief Design Engineers, and supported by

Deputy Chief Engineers, Sr Engineers, Asst Engineers, Sr. Section Engineers & Junior Engineers.

- Initially it was having all the Hardware, Software to support in 2D.
- Railway Board sanctioned the work for procurement of hardware & Software for enhancing the capabilities of Design Office from 2D to 3D during the year 2006-07.
- Shifting from 2D to 3D for having
 - ✓ better Product Visualization,
 - ✓ Superior Parametric Design,
 - ✓ Quicker FE Analysis,
 - ✓ Least revisions
 - ✓ Physical Prototype Elimination
 - ✓ Instantaneous Bill of Materials generation
 - ✓ Achieving Zero Defect Design

Hardware facilities:

- High End Workstation: 3 Nos for Finite Element Analysis
- CAD Workstations (64 bit): 22 Nos for 3D Modeling
- CAD Workstation : 15 Nos for 3D Modeling
- Drafting Workstation : 45 Nos for Preparing 2D Drawings
- Server : 4 Nos for Managing Network
- Network Attached Storage : 1 No. For Storing Data

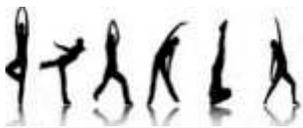
Software Licenses :

- Solid Modeling & Product development: SolidWorks 33 Nos, CATIA – 2 Nos
- Stress analysis - I-DEAS – 1 No
- Vehicle Dynamics for accessing ride characteristics - ADAMS/Rail
- Product Data Management - SmarTeam – 55 Nos
- Drafting - AutoCAD

SmarTeam – the Product Lifecycle Management (PLM) software

- SmarTeam – the PLM software has been customized and implemented at D&D/ICF
- ICF is first unit to implement SmarTeam PLM in Govt. sector as well as in Indian Railways.
- Key features of SmarTeam PLM:
 - ✓ Centrally store, integrate and manage all product data in a secured vault
 - ✓ Searching drawings and other data based on predefined attributes
 - ✓ Automate revision and version control
 - ✓ Management of design process through work flow.
 - ✓ Linking of Non CAD document (Doc, Xls or Tiff files) with CAD drawings
 - ✓ Viewing capability of all documents (CAD and non CAD)
 - ✓ Gateway to ERP and other enterprise applications
 - ✓ Product Data Management (PDM)
 - ✓ CAD and Non-CAD document management
 - ✓ Document vaulting and storage with user defined attributes
 - ✓ Differentiate released and work in progress documents
 - ✓ CAD integration provided with SolidWorks, CATIA and AutoCAD.

✓To be continued...



PHYSIO PAGE



MOVE... TO REMOVE...!

Physio.Kumaravel.M, Sr.Physiotherapist/ RH/ICF
9003149269, physiokumaravel.m@gmail.com



BACK EDUCATION

FAQs from Readers and Patients



POSTURE CONTINUES....

POSTURE DEVIATION: CORRECTION CUM PREVENTIVE EXERCISE



FLAT BACK: Pelvis tucked in and lower back is straight instead of normal low back curvature (lordotic) and head is little forward.

Cause: Shortening of back thigh muscle, tight abdominals and weak hip bending (flexor) , buttocks , and low back cum neck muscles.

Correction Exercises: stretching the thigh and abdominal muscles , strengthening the hip, back cum neck muscles

The occupation which requires constant sitting (desk workers) all day long, has constantly contracted hamstrings, as the thigh is constantly flexed. If a muscle is maintained in the same posture, the consistency of the muscle changes over the years. As use of the muscle in the opposite direction is avoided, it cause stiffness, which results in reduction of normal lower back curvature and flatten the back.

Hence, these are primarily corrective exercises .The exercise narrated here is comfort cum effective stretching technique without stressing the back.

Therapeutic Note: Before commencing this exercise, do the deep breathing exercise for 2-3 minutes. In addition movements synchronize with breathing will give more benefits.

Back thigh muscle(Hamstring) stretching exercise



Starting position:
Lie on your back with buttocks closer to a door way or near to a pillar.

steps :

- ✓Lift the leg you want to stretch and rest the heel on the wall/entrance door frame.
- ✓Keep the other leg resting on the floor of the doorway
- ✓Keep the leg straight and slowly move your heel up the wall until you feel comfortable stretch as far as without pain.
- ✓Retain in this position as in the picture on for 5- 10- 15 counts.

- ✓Then bend the knee to relieve the stretch and return back to origin position.
 - ✓Repeat the same procedure with the other leg on the other side of the door way.
- No of repetition 3-5 times on either side, twice or thrice for a day.

Progressive arching exercises:

Exercise for beginners :



Starting position:

Lie face down with your arms bent and palms flat on the bed/floor.

Steps:

- ✓Keep the lower half of the body relaxed and Lift yourself on your elbows gradually lift up head & neck and chest.
- ✓Feel the muscle work at low back and stay for 5-10 counts.
- ✓Relax and repeat the procedure 3-5 times twice or thrice a day.
- ✓Practice this posture 2 weeks then go for intermediate level.

Intermediate level :



Starting position:

- Same as above.

Steps:

- ✓Do as the level one steps first .
- ✓Now press on the palms and gradually raise the trunk further and arch the back.
- ✓Stretch your arms until you feel the comfortable stretch over the abdominals and tightness at low back muscles.
- ✓Gently tilt the head back ward and the back of the neck is compressed.
- ✓Hold for 5-10-15 counts in mind and return back to relaxed position.
- ✓Number of repetition 3-5 times, twice or thrice a day.

Level: 3



starting position :

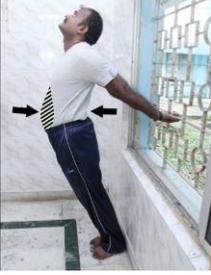
- Stand with the feet shoulder width apart and arms at sides.

Steps:

- ✓Keep the palms over the low back as shown in the picture.
- ✓Bend the head and then the trunk slightly backward slowly and gradually to elicit inward (curvature) arch and feel the stretch of the abdomen.
- ✓Stay in stretched standing position 5-10-15 counts in mind.
- ✓Practice regularly it 3-5 times twice or thrice a day.

You can do This stretch work out in your health break at desk site too. Feel confident on your practice then do the level 4 as below.

Advanced Level :

	<p>Steps:</p> <ul style="list-style-type: none"> ✓ Hold the window firmly and keep the feet touching the wall (see the picture). ✓ Gently arch the back gradually as feel comfortable stretch over the abdomen. ✓ Stay in stretched position 5-10-15 counts in mind. ✓ Return to the relaxed position and repeat after a brief period. ✓ Number of repetitions 3-5 times twice or thrice a day.
<p>Starting position :</p> <ul style="list-style-type: none"> • Stand with the feet shoulder width apart and arms at sides. 	

Butt muscle stretching Exercise:

	<p>Steps:</p> <ul style="list-style-type: none"> ✓ Fold one leg and across over the thigh of opposite leg. ✓ Keep the hand over the bent leg and maintain position. ✓ Bend down, lowering chest towards the thigh. ✓ Feel the comfortable stretch over the folded leg buttocks region (shown in arrow). ✓ Retain for 5-10-15 counts and reverse to origin. ✓ Repeat the same steps on opposite leg. ✓ Number of repetitions 3-5 times on each side twice or thrice a day.
<p>Starting position:</p> <ul style="list-style-type: none"> • Sit comfortably on a stool 	

Hip Bending muscle (Hip Flexors) strengthening exercises:

Level 1 :Cycling Exercise

	<p>Steps:</p> <ul style="list-style-type: none"> ✓ Slowly bend one leg and bring your knee towards the chest as far as possible. ✓ Slowly return to starting position, simultaneously bend the opposite leg. ✓ Repeat bending and straightening the both legs 5-10 times twice or thrice a day.
<p>Starting Position:</p> <ul style="list-style-type: none"> • Lie on your back comfortably 	

Level 2 :

	<p>Steps:</p> <ul style="list-style-type: none"> ✓ Slowly lift the straight leg to 45° ✓ Hold it for 5-10-15 counts in mind ✓ Do the same procedure with other leg ✓ No of repetition 5-10-15 times
<p>Starting position:</p> <p>Lying on your back with one leg straight and one leg bent.</p>	

Butt muscle strengthening exercise

	<p>Steps:</p> <ul style="list-style-type: none"> ✓ Raise the right leg as much as possible ✓ Hold for 5-10-15 counts and feel the tightness at butt region. ✓ Then lower down to the starting position. ✓ Repeat 5-10-15 times on this side. ✓ And then roll over to other side. ✓ Repeat the procedure with the other leg, for the same number of times.
<p>Starting position:</p> <ul style="list-style-type: none"> • Lie on one side with bent leg on the bed/floor 	

Spinal mobilisation exercise:



Starting position:

Kneel to Crawling position comfortable way as the knees slightly separated to be aligned with hips ,the hands should be in line with knees.

Steps:

- ✓ Raise the head, sag down the belly and depress the low back so that it becomes concave as in the picture like a cat and stay for a few counts.
- ✓ Return and relax for a brief period.
- ✓ Then lower the head between the arms and gradually arch the back as in the picture like a camel and stay for few counts.
- ✓ Repeat the round 5-10 times twice or thrice a day.

NECK EXERCISE:



Starting position:

Sit on a stool in a comfortable straight position.

Steps:

- ✓ Slowly and gradually arch the neck backwards looking the ceiling.
 - ✓ Retain for 5-10-15 slow counts in mind and feel the stretch of front neck muscles.
 - ✓ Come back and relax for a brief period.
 - ✓ Slowly bend the neck forward and try to touch the chin over chest.
 - ✓ Stay for 5-10-15 slow counts and feel the stretches back of neck muscles.
- Repeat the cycle 5-10 times twice or thrice a day

Relaxation cum inward curvature initiation posture:

	Steps: ✓ Raise the upper trunk and rest the chin in the palms of the hand and on your elbows, as in the picture. ✓ Retain in the relaxed back posture as long as is comfortable (max 1- 2 minutes). ✓ After some time gradually, smoothly come back to the starting position.
	Starting position: • Lie down on your tummy.

Note:

Modern society requires sitting for longer periods to perform the occupation and even while relaxing and reading. Spending longer periods sitting causes tight thigh and other core muscles, pulls the pelvis down and tilts it backward, which results in reduction of normal lower back curvature. Loss of lumbar lordosis (lower back curvature) is also one of the cause of many cases of chronic low back pain. Hence, in order to avoid or minimize the occurrence

- ✓ Don't sit over at the same place for a long period. Frequently, switch over to alternate position.
- ✓ Don't sit in a stick – straight posture. Maintain normal curvature as much as possible.
- ✓ Do the systematic exercises regularly as far as possible.
- ✓ Do the basic stretches during health break.
- ✓ Be active! Be in a good posture!! Be healthy and maintain a pain-free back!!!

	Shows the region of muscle stretching
	Shows the region of tightening of muscle

Q from a reader :

There is a common question that in the exercises narrated some requires 3-5 times and some requires 5-10 times repetitions .Why such difference ?

Ans: Naturally stretching exercises are minimal in numbers {3-5 times} and strengthening purpose exercise are a little more in repetitions {5-10times}. Exercise is also a medicine ! Do the exercise as prescribed by your physio similar to medicine dosage as prescribed by doctor to avoid untoward complications like muscle sore, wear & tear of soft tissues structures and muscle fatigue.

* Some more corrections to come....

Wait for further steps to move...

Indian Railways train passengers can contact helpline number 138 through their mobile phones in case of medical emergency.

Some NGOs have represented that an express train from Rameswaram, the birthplace of the late President, A.P.J. Abdul Kalam, should be named as 'Kalam Express'.

For the first time in seven years, the Indian Railways' operating ratio has surpassed the 2014-15 Budget target by improving to 91.3% against the target of 92.5%

Railway Minister has written to chairman of the pay commission, seeking higher pay scale for the posts of Chairman of the Railway Board and General Managers (GM) of zonal railways. In the letter, he has strongly endorsed to make the GM's post equal to that of a state's chief secretary in pay and to give the CRB the same pay scale as that of the Chief of Army Staff, Cabinet Secretary. Earlier, pay scales of GMs of zonal railways were higher than top bureaucrats in states like chief secretary, DGP. But over the years, while other services rose their pay scales, that of the GMs, who are ex-officio additional secretaries to the government, remained unchanged. A railway GM's jurisdiction spreads across multiple states. There are regular coordination issues in which he has to speak to multiple chief secretaries and DGPs.

TTC has reached 1060+ volunteers for blood donation since 2011. Everyday at least one student is saving the life of others. The figure is based on the records of donors who had been sent to RH/ PER & ICF since 05.01.2011. This data is excluding staff and donors sent outside apart from our hospitals.

EMPLOYEES RETIRING on 31st August '15

1	Sritharan.K	SrTech/FGL	13
2	John Prabhudoss.P	SrTech/MGL	15
3	Dorai.M	Tech-1/MGL	15
4	Kesavan.P	SrTech/Welder	22
5	Minraj.N	SrTech/FGL	23
6	Appan Sridhar.	JE	40
7	Soundararaj.P	SrTech/FMW	48
8	Anusuya K.	Accts Asst	Acts F
9	Kamaraj.G	ProgMan	PCOS
10	Gracy Kutty V.D.	Hd Constable..	RPF
11	Ganesapandian.S	CDMS..	FD
12	Krishnan.G	Tech-1/Ele	29
13	Purushothaman.D	SrTech/Carp	30
14	Paul.N	SrTech/Carp	30
15	Sekar .R	SrTech/FGL	30
16	Muthuswamy.KR	Tech-1/Welder	37
17	Sampath.M	SrTech/Paint	54
18	Chakrapani.R	SrTech/FMW	88

We wish them A Happy & Peaceful Retired Life

The movement of trains, which have stayed paralyzed over the last month due to a major fire at the Route Relay Interlocking (RRI) chamber at Itarsi railway station, is back to normal from July 21, more than 48 hours before the targeted date.

The current issue of Southern Railway Timetable & Trains at a Glance – pertaining to 01.09.14 to 30.06.15 – will remain valid till 30th September, 2015.

From 1st sep, there will be no need to furnish photocopy of proof of identity while booking Tatkal ticket from computerised reservation counter or to indicate its number at the time of booking of Tatkal ticket at the counter or through internet.

Minister of Railways Shri Suresh Prabhakar Prabhu flagged off the 50000th Coach manufactured by ICF, on 6th July and dedicated the New LHB Coach Manufacturing Unit in ICF itself to the nation. ICF has achieved the distinction of being the only coach manufacturer in the World to have manufactured 50000 coaches. ICF coaches have moved India for the last about 60 years and will continue to do so for many years to come. The programme was conducted between Rail Bhawan, New Delhi and ICF factory premises Chennai through Video Conferencing. The persons present on Rail Bhawan side included CRB Shri A. K. Mital and other Railway Board members. The persons present on the Chennai side included Shri V. K. Saraswat, Member NITI Aayog, Shri Hemant Kumar, Member Mechanical, Shri Ashok K. Agarwal, General Manager, ICF.

Speaking on the occasion, The Railway Minister Shri Suresh Prabhu said that it is a proud moment for Indian Railways when the 50,000th coach manufactured by ICF has been released. He said that when in future we release 1,00,000th coach, we expect it to be the most modern coach going even beyond our present imagination. He said that we need to setup Global Standards in manufacturing rolling stock. He said that Indian Railway has already signed an MOU with National Institute of Design (NID) to improve internal design of the coaches for better comfort and convenience of the passengers. He said that now dustbins are being provided even in non AC coaches. Regarding LHB coaches, the Minister pointed out that Indian Railways will accelerate production of these modern coaches which have better safety features, higher ride comfort, superior passengers' amenities and high speed potential. Referring to the quality, The Railway Minister said that there is a need to focus on materials and hence Indian Railways is collaborating with academic institutions like IITs, BHU, Mumbai University etc. to undertake research on these matters and consequently come out with appropriate solutions. Referring to improvement in Loco technology, the Minister said that we should develop triple fuel locos like electricity, Diesel and CNG. The Minister also said that Indian Railways soon will roll out Solar Powered Passengers Coaches.

The Chairman Railway Board Shri A. K. Mital in his address said ICF, set up in 1955 ranks amongst industrial temples of modern India. The variety of coaches manufactured by ICF is astounding. It ranges from General second class coaches to latest air-conditioned coaches, air-conditioned EMUs, MEMUs, High Horse power DEMU Train sets etc. One of the current prestigious challenges before it is to produce a 160 kmph AC DEMU train sets which would be upgradable to 200 kmph. First train set is expected in the year 2016-17. Developing new products and ideas has been its strength. ICF is today capable of manufacturing about 1700 coaches a year, putting it amongst the majors in the World. ICF has not only supplied coaches to Indian Railways but also exported to other countries like 20 DEMU stainless steel train sets to Sri Lanka and built a brand for itself.

In his welcome address, Member Mechanical Shri Hemant Kumar said that ICF has produced 50,000 coaches since its inception in 1955 in approximately 500 different designs. ICF has turned out a record outturn of 1704 coaches during the year 2014-15 consisting of 44 variants involving high technological inputs, meticulous planning and execution.

Advisor Mechanical Railway Board Shri G.C. Agarwal, proposed vote of thanks.

ICF is credited with introducing several innovations over the years like provision of Braille signages in the coaches for the benefit of visually challenged persons, provision of CCTV cameras in the coaches, provision of bio-toilets in the coaches etc. ICF is also a fully green coach manufacturer as its entire power requirement is generated by its windmills located in Tuticorin. In fact it has a surplus power balance.

A new LHB manufacturing unit has been established at ICF for a cost of about Rs. 252 crore to manufacture LHB type stainless steel coaches. This unit is equipped with the most modern machines like Laser cutting and welding machines, Welding robots and fixtures and different types of CNC machines, some of which only exist at this unit in the Country. This unit is a major contribution by Indian Railways in the "Make in India" drive. The new unit has a capacity to manufacture 300 LHB coaches per annum. The first LHB coach was turned out in Sept. 2014 and the plant is now fully stabilized and ready for enhancing its production over coming months. It is planned to completely switch over to LHB type coaches within next four to five years. LHB coaches provide world class features including safety, higher ride comfort and superior passenger amenities.

Inv#2519 Double column planner was re-comissioned at ICF Shop 11/ 23 in the year 1999. The M/C has served for its codal life at Mumbai Lower Parel workshop. From 1999 till date it is being maintained by shop 40/NBFS. Last month the bearings of main shaft were found broken in to pieces. The bearing is not available anywhere, since it is not being manufactured nowadays. But, M/c is made ready for production on 3.7.2015 at 12.45hrs. The above Bearings inner Gauge racer of Russian USSR # 8220 was designed & manufactured in-house at shop 40 and mounted. The machine is now working smoothly.

LHB roof end part has been manufactured successfully for the first time in ICF in shop18.

ICF Administration Building has got BEE (Bureau of Energy Efficiency) 5 Star Rating. A green building is one which uses less water, optimises energy efficiency, conserves natural resources, generates less waste and provides healthier spaces for occupants, as compared to a conventional building.

Madras High Court has said that a diabetic is eligible for appointment in government posts as there is no scientific proof to show such a person would not be able to discharge his duties.