

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

To

INTEGRAL NEWS

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

Progress:D.Baskar, SSE/PCO

RRM, Colonies : A.Srivijayan, SSE54

TTC: J.Selvakumar,SSE/TTC

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

Hospital: Raju Balaji, Ch.OS

Web: K.Chandran, 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



Shri Ashok K Agarwal, GM/ICF, addressing at the 66th Republic Day celebrations.



Shri. A.K.Mital has been appointed as new Chairman, Railway Board & Ex-officio Principal Secretary to the Govt. of India. Prior to this appointment, he was Member Staff, Railway Board and ex-officio Secretary to the Government of India.



Shri Navin Tandon has been appointed as new Member Electrical, Railway Board & Ex-officio Secretary to the Govt. of India. Prior to this appointment, he was GM/SECR. Earlier, he was working as Additional Member (Electrical), Railway Board.



Shri Pradeep Kumar has been appointed as new Member Staff, Railway Board & Ex-officio Secretary to the Govt. of India. Prior to this appointment he was GM/NCR along with additional charge of GM/NR.



Shri Hemant Kumar has been appointed as new Member Mechanical, Railway Board & Ex-officio Secretary to the Govt. of India. Prior to this appointment he was working as GM/WR.



A Grand farewell was organized for Shri Rakesh Mishra, GM/SR, at ICF on 19th Jan. He has retired from service on 31st Jan 2015.



Mrs Rashmi Chowdry, ED/Gaz/RB, visited ICF on 13th Jan.



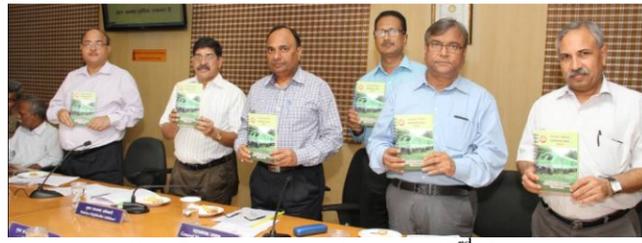
In the officers' cricket match held on 11th Jan, GM's XI team won the match in the women's match team led by Mrs Sudha Agarwal, President/ ICFWFO won.



A new 3-bay file racking system to accommodate 3600 files was inaugurated by Shri Bhaskar Narang, COS, on 24th Dec at Stores P2 section and on 7th Jan at P4 section.



CME and other officers planted trees at D&D building on 13th Jan to keep environment green.



OLIC meeting was held on 23rd Dec.



On 66th Republic day function, ICF SJ Nursery & Primary School had flag hoisting ceremony and released their newsletter named "NEWS WAVES". Chairman Shri. D.P. Dash, CEGE, released the 1st issue and manager & correspondent shri. V. Selvaraj, XEN, Headmistress Smt. V. Vidyullatha and parents received copies.



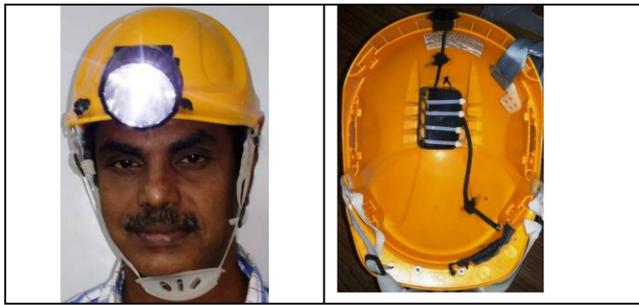
Sri Ashok K Agarwal, GM, inaugurated Pongal day celebrations at ICF South Colony.



Pongal day was celebrated at TTC by supervisors, staff & apprentices on 9th Jan. CME/QA, Dy.CME/QC, SCMs participated in the celebrations.

Pulse Polio Immunization was administered to children in all colonies and ICF hospital on 18th Jan.

ICF Admin building, D&D, AWTI, GM's bungalow have been fitted with LED multi-coloured light for good illumination at night and also low power consumption.



Shri S.Rajendran Tech-1/Sh85, has fitted LED focus lamp on the safety helmet with compact rechargeable battery.



Sri V.GOPAL SSE/TTC, receiving GOLD MEDAL for having secured FIRST RANK in M.E Manufacturing Engineering, Anna university.



Sri S.Muthukumar, DyCME/Wagon, CW/PER is awarded DG's Medal for standing first with distinction in MDP-02/14 conducted by NAIR, Vadodara..



Sri V.V.Mahadevan, AMM/ICF is awarded DG's Medal for standing first with distinction in Gr-B Foundation programme BFP-04/14 conducted by NAIR, Vadodara.



Shri M.Satheesh, spouse of Smt Lekha, OS/PB, working as Head Master in Kerala Vidyalaya Matric Hr Sec School, has received Best Headmaster award from Chennai collector during the 66th Republic Day function.



Mrs Charanya Kannan, DGM in an MNC, D/o Usha Kannan, Ch.OS/PB has won the PGP Joyeria Mrs.Chennai title for being a woman of substance, beauty and talent.



Sri Kapilesh S/o Smt. Hema Ramesh, Ch. OS/PB, has won NUS student achievement award for representing National University of Singapore in international competitions and making significant contributions to the university outside academics.



Miss N.Mounisha, D/o.K.Narayanan, Tech-2/Shop74, has won the U ll girls India no 1 Ranking winner Trophy in the Handard Deltron seerian Squash open 2015 held at New Delhi from 15 to 19 Jan. She is studying in 5th std in the Montfort School in Santhome.



Sri.S.Hemant Kumar, S/o. Saravana Kumar.M, Tech-1, Shop29, was commissioned to Indian Army Corps of Engineers during a colourful passing out parade at IMA, Dehradun, on 13th Dec. Lt. S.Hemant Kumar, is an alumnus of NDA.

OFFICIAL POSTINGS

Name S/Shri/ Smt	Previous	Present
L.C.Trivedi	CPM-SAG	CPM-HAG
Bhaskar Narang	COS-SAG	COS-HAG
S.K.Paswan	CME/QA	S.Rly
C.Ramayan	DyCE-Adhoc	DyCE-JAG
G.Loganathan	DyCMM/P/S	Foreign Service
S.Rajendran	Curator/RRM	IRIMEE
D.Sivagnanamurthy	DyCME/Plant	Curator/RRM
K.S.Sridharan	Principal/TTC	DyCME/Plant
N.Senthamaraikannan	DyCME/QC	+Principal/TTC
K.Veerasekaran	DyCME/D2	Retired
T.Dilipkumar	DyCME/Prod	DyCME/D2
U.Karunakumar	WM/Plant/S	DyCME/Prod
P.Balasundar	DyCME/S	DyCME/Plg&IE
Arun Devraj	DyCME/Plg&I	DyCE/Project
V.Kalyanasundaram	DyCME/Proje	DyCME/LHB
M.Chandrakumar	DYCME/LHB	DyCME/S
P.K.A.Nazeer Iqbal	AME/BD	SME/BD
R.Ravichandran	AWM/A1/S	WM/A2/S
A.Anbalagan	WM/Plant/F	SME/M&P
K.Thiagan	SME/M&P	WM/Plant/F
K.T.Dominic	PE/PR2/S	Leave
Ranvijay Pratap	Leave	PE/PL/F
Hanuman Prasad	Leave	AWM/M1/S
K.M.Alexander	APE/PR2/S	AWM/Plant/S
Anshukumar	AWM/SM/S	AME/Dev
Bharat Bhushan Harit	AME/Dev	APE/PL/F
K.Vijayabhaskar	APE/PL/F	Leave
Mahendra Kumar	S.Rly	AWM/SM/S
K.Ramesh	Leave	AMM/LSD
K.Madhusudhanapillai	AMM/LSD	Leave
K.P.Ravindran	S.Rly	Rajbhasha Adhikari
V.Lakshmikantan	AEN/F	AEN/S
Ajay Ghosh	SSE/Works	AEN/F
S.Krishnan	PS2 to GM	PS1 to CME

EMPLOYEES RETIRING on 28th February '15

1	Nambikkai Dass.G	SrTech/MSM	10
2	Chenniappan .V	SrTech/Welder	20
3	Chockalingam.A	Tech1/FGL	21
4	Loganatharaju .V	SrTech/Welder	22
5	Gopi .S	SrTech/Welder	23
6	Manoharan.S	SSE/CSU	24
7	Arumugam.S	SrTech/FMW	45
8	Ramakrishna.B	Ch.OS	GM's off
9	Ranganathan.R	Dresser	Hosp
10	Kulasekaran K .	Hd Constable	RPF
11	Navaneetha Krishnan.A	CDMS	Stores
12	Rajan .R	Sr Tech/Elec	29
13	Murugaiya .S	Tech1/Carp	30
14	Damodaran.A	SrTech/Carp	30
15	Satyavathi.N	Tech1/Elec	35
16	Pasupathi.E	SrTech/paint	54
17	Tamil Selvan.M	SSE/FGL	82
18	Sundar.SA	SSE/Elec	87
19	Ruthamma.G	Rec Supplr	CWEF
20	Pannerselvam.R	Jr Prog man	CWEF

We wish them A Happy & Peaceful Retired Life

Last date for submitting application

APO- PQ : 16.02.15

Sr Scale post in RDSO :31.03.15

17000 RPF vacancies : 31.03.15

The 66th Republic Day celebrations were held at ICF Stadium. Shri Ashok K Agarwal, GM/ICF, unfurled the National Flag and inspected the parade by RPF, NCC cadets, Scouts & Guides, apprentices of TTC and children of ICF schools. During his speech GM has mentioned that ICF has turned out the highest ever 1622 coaches during the last production year and more than 49000 coaches so far, since its inception. Overall performance of ICF during 2013-14 has resulted in Railway Board awarding ICF the "BEST PRODUCTION UNIT" shield. ICF was also awarded First Prize in the National Energy Conservation Award in Dec for the second consecutive year for its energy conservation initiatives. Hon'ble MR has launched ICF-built CNG train by flagging off the train on the Rewari-Rohtak section on 14th Jan. For the first time ICF manufactured three variants of LHB EOG shells in 2013-14. ICF has planned to turn out 67 LHB coaches in 2014-15 and 300 coaches in 2015-16.

CIRCULARS

AC01: one time relaxation in rules for leave encashment during service.

AC02: Introduction of biometric attendance system.

RBE 138/2014: the websites are listed for verification of caste / communities belonging to SC/ST

- The fixed medical allowance for railway pensioner/ family pensioner has been enhanced from Rs300 to Rs500/- p.m. wef 19.11.14.
- The last date for declaration of assets and liabilities has been extended to 30th April 15.
- Aadhar-enabled biometric attendance system is going to be introduced in Shell & Fur admin buildings, D&D, Hospital, TTC & AWTI within one month. Staff have to register morning IN and evening OUT.
- Staff authorized to issue emergency pass/PTO: S/Shri V.Karthikeyan, SE/IT, 5/3 East, M.Sudhakar, SSE, 129/3 West, M.Chandramohan, OS, 279/4 North, A.Baranibas, Safety Officer, 766/3 South, P.Elenchezian, SSE, 770/1 South colony.
- Ministries of Govt of India can recruit meritorious sportspersons within 50% of DR quota in a year.
- SSEs working in PCO will get PCO allowance @ 7.5% of their basic pay (MACP pay) wef 1.7.14
- Writing of APAR for all Non-gazetted Railway servants working in Gr-C in GP Rs. 1900 & above to be introduced in Railways. For those in GP of Rs. 1800/-, the working reports as and when required will be called.
- The App SHORTEST PASS ROUTE has been created for the benefit of IR employees. <http://www.appsgeyser.com/1452227>
- Full powers have been delegated to GMs and DGs as tender authority for acceptance of Works and Stores tenders. In respect of Stores and Works tenders which are to be invited solely by Railway Board, for tenders upto Rs. 500 crore, Tender Committee will consist of concerned EDs and will be accepted by AM/RB. For more than Rs. 500 crore, Tender Committee will be at AM level and Accepting Authority will be the concerned Board Member.

STAFF OUTFLOW - LAST MONTH

	Name S/Shri	Design	Mode
1	Nimma Shankar	JE/87	Transfer
2	Selvakumar	JE/87	Transfer
3	I.Amalraj	SrTech/12	VR
4	S.Sridhar	Tech-1/14	VR

WE DEEPLY MOURN THE SUDDEN DEMISE OF THE FOLLOWING EMPLOYEES

Sl	Name S/Shri	Designation
1	H.K.Suresh	Helper/Shop-23
2	L.Ravikumar	SrTech/Shop-40
3	J.Sridhar	SrTech/Shop-22
4	R.Sivakumar	Tech-1/Shop-30
5	K.Selvanathan	Tech-1/Shop-40

Sri K.V.Ramesh, Sr Jt GS/IRTSA, has suggested that by extending the facility of cabins in 2A, 3A and SL coaches without any change in coach layout, by providing light weight aluminium doors in two bays, IR can earn Rs.523.55 cr pa.

IRCTC has submitted a proposal to manufacture 'international standard' railway coaches with glass roofs to ICF, to attract high-end and NRI tourists, corporate groups and the like for patronage on these special coaches, which will be attached to trains running on select routes that link important tourist locations.

- Hon'ble Railway Minister, Shri Suresh Prabhu, flagged off the first two CNG-based trains from Haryana's Rewari station to Rohtak and Bikaner on 14th Jan.
- MR flagged off SC-VSKP AC Express (w) and Nanded-Aurangabad Exp (w) at Secunderabad on 19th Jan.
- MR flagged off MAS-VSKP Exp (w) at MAS on 18th Jan.
- The Minister of Railways has released a book "Carbon Capture, Storage and Utilization (CCSU)" which deals with climate change due to emission of carbon dioxide.
- MR flagged-off three pairs of Express trains from Anand Vihar Terminal station to Malda Town, Santragachi & Saharsa cities respectively.
- Railway minister has demanded an additional grant of Rs 20,000Cr to eliminate Unmanned Level Crossings.
- Railway Minister has sought inputs from experts on ways to bring down the energy bill by 20-25%
- MR has asked senior officials to submit a list of unproductive staff in each department.
- MR has said that railway stations that cater to few trains and attract scanty footfalls can be used for skill development activities.
- Based on email received from an RTI activist, MR has asked CR officials to conduct an enquiry and take action against RPF officials who rented out the Railway Ground at Mulund for private functions, collected rent.
- Hon'ble MoSR, Shri Manoj Sinha, flagged off Manduadih- Ghazipur- Chhapra DMU train through video conferencing from Ghazipur City Railway Station.

➤Russia is set to build the world's longest high speed train from Moscow to Beijing- 7000km in just 48 hours, which now takes seven days.



Habits of Highly Effective People

by Sri V. Jayapragash, SME/MRVC/F,
Ph:9003141441, jayapragash.2008@rediffmail.com

LACK OF LIFE BALANCE:-

Life in our cell phone society is complex, demanding, stressful, monotonous, and absolutely exhausting. For all our efforts to manage our time, do more, be more and achieve greater efficiency through the wonders of modern technology. Why is it we increasingly find ourselves in the “thick of the thin things” –subordinating health, family and many of the things that matter most to our work? The problem is not our work, which is the sustaining engine of life. It is not the complexity (or) change. The problem is that our modern culture says, “Go in earlier, stay later, be more efficient, live with the sacrifice for now-but the truth is that balance and peace of mind are not produced by these, they follow the person who develops a clear sense of his (or) her highest priorities and who lives with focus and integrity towards those priorities.

WHAT’S IN IT FOR ME?

Our culture teaches us that if we want something in life, we have to “look out for number one”. It says, “Life is a game, a race, a competition and you better win it.” Schoolmates, colleagues, even family members are seen as competitors – the more they win the less there is for you. Of course we try to appear generous and cheer for others’ success, but inwardly, privately, so many of us are worried when others achieve.

True greatness will be achieved through the abundant mind that works selflessly-with mutual respect, for mutual benefit.

THE HUNGER TO BE UNDERSTOOD

Few needs of the human heart are greater than the need to be understood – to have a voice that is heard, respected, and valued – to have influence. Most believe that the key to influence is communication getting your point across clearly and speaking persuasively.

In fact if you think about it, don’t you find that while others are speaking to you, instead of really listening to understand, you are often busy preparing your response? The real beginning of influence comes as others sense you are being influenced by them- when they feel understood by you- that you have listened deeply and sincerely, and that you are open.

However, the principle of influence is governed by mutual understanding born of the commitment of at least one person to deep listening first.

CONFLICT AND DIFFERENCES:-

People share so much in common, yet are so magnificently different. They think differently, they have different and sometimes competing values, motivations and objectives. Conflicts naturally arise out of these differences. Society’s competitive approach to resolving the conflict and differences tends to centre on “winning as much as you can”. Though much good has come from the skillful art of compromise, where both sides give on their

positions until an acceptable middle point is reached, neither side ends up truly pleased. What a waste to have differences drive people to the lowest denominator between them. What a waste to fail to unleash the principle of creative co-operation in developing solutions to problems that are better than either party’s original notion.

The author elaborates personal stagnation as follows.

Human nature is four dimensional - body, mind, heart and spirit. Consider the differences and fruits of the two approaches.

Body:

Cultural tendency: Maintain lifestyle; treat health problems with surgery and medication.

Principle: Prevent diseases and problems by aligning lifestyle to be in harmony with Established, universally accepted principles of health.

Mind:

Culture: Watch television, “entertain me”.

Principle: Read broadly and deeply, continuous education.

Heart:

Culture: Use relationships with others to forward your personal, selfish interests.

Principle: deep, respectful listening and serving others brings greatest fulfillments and joy.

Spirit:

Culture : succumb to growing secularism and cynicism

Principle: Recognise that the source of our basic need for meaning and of the positive things we seek in life is principle- which natural laws he personally believe to their source in God.

As you commence reading 7 habits of highly effective people, I promise an exciting experience and learning adventure. Share with your loved ones, what you are hearing. And most important, that starts applying what you are learning. Remember to learn and not to do is really not to learn. To know and not to do is really not to know.

The author says “I have personally found living the 7 habits a constant struggle – primarily because the better you get, the very nature of the challenge changes, just like skiing, playing golf, tennis, or any sport does. Because I sincerely work and struggle every day at living these principles embodied habits, I warmly joint you in this endeavor”.

Habits will grow.....

22801 Dep VSKP 1900/Fri, Arr MAS 0935/Sat. 22802 Dep MAS 0910/Sat, Arr VSKP 1130/Sun.

Tr.66047 MAS D09.50 – Tirupati A13.30 & Tr.66048 Tirupati D17.20 – MAS A21.05 MEMU re-introduced from 15th Jan

Tr.66001 MMC – Avadi EMU will leave at 23.00 hrs. instead of 09.15 hrs and reach Avadi at 23.45 hrs

RITES will supply 120 BG coaches in next 24 months to Bangladesh Railway with Indian funding.

IOCL has lost to RIL the contract for supplying diesel to IR.



ABOUT ICF - Part II

by Sri R. Srinivasan, APE/PR/F,
Ph:9003141449, rsrinivasanicf@gmail.com

Delivery Time

- 25 Calendar days for lots value up to Rs.3 lakh.
- 50 Calendar days for lots value above Rs.3 lakh.
- Ground rent at the rate of 0.5% of the value of the lot quantity/portion not removed per day subject to a minimum of Rs.100/- will be charged from the date of expiry of the delivery date.

Other Conditions

- If the balance sale is not remitted within the due date ICF reserves the right to forfeit the EMD.
- ICF also reserves the right to forfeit the EMD/Sale value either full/part if the sold material is not removed within the delivery period.
- Delivery date extension may also be given at the discretion of ICF.

Delivery

- Delivery of scrap will be made only against Sale order/Delivery order after remittance of sale amount.
- Sale delivery point/s should be booked by the purchaser with the Depot concerned in advance.
- Depot will prepare a Sale Delivery program one day in advance and send it to ISA & IPF for deputing staff for witnessing. A copy will also be marked to Vigilance as per the extant procedure.
- On the day of delivery the truck/s will be weighed for taking tare weight in the presence of witnessing officials viz. DMS/CDMS, SV, RPF & Party.
- Materials will be permitted to load in to the truck from the sold lot in the presence of witnessing officials.
- Final weighment will be taken to get the net weight for entering the quantity in the sale issue note and gate pass which will be signed by the witnessing officials, scrap ward DMS and the Depot officer.
- On completion of the SO/DO completion report will be sent to sale section for record.

INVENTORY CONTROL:

INVENTORY:

- Different items of stores held in stock are collectively known as Inventory, measured in terms of total money value.
- Different items include raw materials, components, consumables, semi finished, finished products required for operational smoothness.

INVENTORY CONTROL:

- Method by which inventory holding is regulated within the predetermined limits stipulated by the management from time to time.
- Modern tool of planning, forecasting storing and distributing

Objective:

- To keep down the investment on the inventory, inventory carrying cost and obsolescence occur due to sophisticated and modern items in the passage of time.
- Helps in maintenance of Inventory at the optimum level.

INVENTORY CARRYING COST:

Includes

- Cost of warehousing of inventory (labour, overheads like elec , water maintenance and material handling equipments)
- Interest on locked up capital
- Opportunity cost is the locked up capital that could have been used profitably otherwise)
- Cost of loss due to shrinkage, evaporation, handling pilferage, deterioration, depreciation, obsolescence
- Generally inventory carry cost is 30 % of inventory value

INVENTORY TYPES:

- Production, maintenance, WIP, finished products.

Essentials of inventory control:

- Proper care for forecasting of demand
- Proper care on provisioning
- Identification of surplus stores and this disposal
- Variety reduction
- Care in introduction of new items
- Disposal of overstock , scrap
- Make or buy decision

MODERN TECHNIQUES:

ABC analysis:

- Based on Pareto's law of "Vital few Trivial many techniques".
- Stocked items are classified in to 3 types as A,B&C
- A category: 5 % of total no of items which consumes 70 % of annual usage value of total consumption
- B category: 15 % of total no items value for about 20 % of annual usage value
- C category: Remaining 80 % items value for just 10 %
- Purpose is to identify and separate the predominant few items cost from the others
- A high level of control
- B medium level of control
- C not much of control

Over / excess stock

- A category – exceeding 6 months
- B category – exceeding 12 months
- C category – exceeding 24 months

FSN Analysis: FAST, SLOW , NON MOVING

- Based on rate of consumption
- Kept in mind while recouping
- More stock for fast moving
- Least stock for slow moving
- Alternate for non – moving

VED Analysis: Vital, essential , desirable

- Based on stock out cost and thin service level requirement
- Vital: Non availability of these items will immediately stop the equipment e.g : fuels, maximum service level
- Essential: non-availability will not stop immediately but in future e.g. Lubricants, Medium service level
- Desirable: Despite non-availability of these items the equipment will continue to work with the same efficiency e.g: fans, mirror, Minimum service levels.

HML analysis: HIGH, MEDIUM, LOW.

- ABC for total consumption
- H Category to have highest level of control

SDE: Scare, difficult, easy:

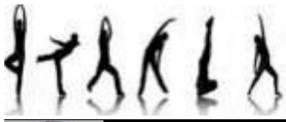
- According to availability in the market
- Scare- more stock
- Difficult - average stock
- Easy- low stock

SOS : Seasonal , off seasonal

GOLF: Government , Ordinary, Local , Foreign.

To be continued

- ✓ Hon'ble Prime Minister Shri Narendra Modi has launched 'Beti Bachao Beti Padhao' (save daughter, educate daughter) campaign to tackle dwindling number of girls.
- ✓ 'Sukanya Samridhi Account', a new small savings, has been introduced for girl children with higher rate of interest. For 2014-15 it is 9.1%. Contribution of upto Rs 1.5 lakh is eligible for tax deduction under 80C.
- ✓ Once a baby is born, SMS to 566778:immunize <Space> <Baby's pet name> < Space> <DD-MM-YYYY>, you will immediately get a confirmation message. You will get reminder for immunization till 12 years as per prescribed schedule.
- ✓ The union budget will be presented on Feb 28 and Railway budget on Feb 26.
- ✓ From May 3rd user can go to any state, and switch his telecom company, without changing his mobile number.
- ✓ DoPT has clarified that travel by premium trains is not permissible on LTC.
- ✓ Kolkata will become the country's first fully wi-fi enabled metro city in the next two or three months.
- ✓ Depositing subsidy for LPG cylinders in bank account of customers has been started from Jan1.
- ✓ Aspirin, Clopidogrel and Atorvastatin combination is called loading dose to save the life, in case of heart attack and all above 40yrs are advised to keep it in pocket always for self/ to help others.
- ✓ AXIS bank permits 10 transactions in ATM free for salary power premium accts (SAPPM) and 5 transactions free for salary power privilege acct (SAPPR).
- ✓ With effect from 1st May, 2009, NPS has been provided for all citizens of the country including the unorganised sector workers on voluntary basis. Under [Swavalamban Scheme](#), the government will contribute a sum of Rs.1,000 to each eligible NPS subscriber who contributes a minimum of Rs.1,000 and maximum Rs.12,000 per annum. The subscriber will be allotted a unique Permanent Retirement Account Number (PRAN).
- ✓ Announcing that the Centre will set up four railway universities in the country, PM has said that these would be directly linked to jobs in the Railways.
- ✓ The Ministry of Overseas Indian Affairs is operating a 24x7 helpline to provide need based information to emigrants and their families through a toll free number 1800-11-3090 and +91-11-40503090
- ✓ The Government has replaced Planning Commission with a new institution named NITI Aayog.
- ✓ China has signed a deal to build a 480 km railway link between Kenya's Mombasa and the capital Nairobi.
- ✓ 18 km long Jaffna-Kankasanthurai rail track in Sri Lanka was inaugurated on 2 Jan by Sri Lanka's Transport Minister by flagging off the famous Yal Devi Exp. The restoration work has been completed by IRCON.
- ✓ Housekeeping of "A" and "B" class stations in Tiruchi railway division has been outsourced.
- ✓ New all India security helpline of railways is 182
- ✓ The Railways is expected to set up a traction motor factory in Vidisha and a wagon workshop in Visakhapatnam.
- ✓ CRRI has been appointed to study the impact of Metro & Monorail systems on Mumbai
- ✓ The Bombay High Court has directed the CR & WR to allot 14 seats for Sr citizens in suburban trains by 15Apr.
- ✓ ECR has introduced free pass for all students upto X-Std.
- ✓ Defence Minister rolled out the 750th metro car manufactured by BEML for DMRC on 17th Jan.
- ✓ The Railway Board has sanctioned a loco simulator for the upcoming Rail Museum in Tiruchi.
- ✓ Shri DK Mittal committee has recommended to allow corporate houses brand trains and stations such as Amul Shatabdi/Railway Station, by which railways can raise around Rs 8,000 crore.
- ✓ CBI have arrested 5 railway officials for fixing the mean commencing date in the tender wrongly to enable the contractor to run his contract for 4 years against the allotted 3 years and awarding without SD.
- ✓ A low-cost, water-based, ready-to-coat, and easy-to-use flame-proof coating developed by the ISRO to protect the fuel tanks of the PSLV may soon safeguard railway coaches, buildings and vehicles.
- ✓ DMRC has launched its first bicycle-sharing scheme on Jan 8. The bicycle shelters are provided at residential areas and metro stations with 18 cycles each. Commuters can hire any cycle and then ride it to the station/ residence and leave it at the shelter.
- ✓ A research centre on developing bullet train technology will be ready at IIT-Kharagpur by the end of this year.
- ✓ Single window system introduced in RB for receiving disciplinary cases of non gaz servants wef 1.1.15.
- ✓ The proposed Road Transport and Safety Bill makes it mandatory for every driver to stop the vehicle and ensure no train is approaching before crossing the tracks
- ✓ Chennai metro received 18 of 42 metro rail sets of 4 coaches each. Four coaches supplied by Alstom for CMRL have developed leaks in their roofs.
- ✓ Former CAG, Shri Vinod Rai, has joined as an honorary advisor to suggest measures to bring in transparency and improve efficiency in the functioning of Indian railways.
- ✓ NCR has decided to use Braille signage in 250 coaches.
- ✓ Western Railway has decided to replace all fluorescent tube lights with LED ones. 500 LED tube lights have already been installed at Mahalaxmi car shed.



PHYSIO PAGE



MOVE... TO REMOVE...!

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BACK EDUCATION

Frequently Asked Questions from Readers and Patients



Q15. I play 2 roles as a home maker and desk worker. I am unable to find time do exercise regularly .Give some tips to find a way to live with minimal strain in desk work /home work?

I agree a little that it is a tough task for many people like you, to find time for regular exercises. But first of all for exercising you need mind rather than time. Each bit of efforts helps you, and after a while, it can become habit forming.

Ok! Here are some tips to minimise the strain back for busy people like you!

1. Maintain good posture as much as possible while doing home/office work.
2. Maintain ideal body weight.
3. Establish proper office ergonomics (Working environment) and healthy back home environment.
4. Lift the things, either small or big, in a safe way. (See earlier issue Dos & Don'ts). If you need help don't hesitate to get it.
5. Avoid sitting /standing for extended periods.
6. Have frequent little walk, either desk to desk or at least around your desk.
7. Along with your coffee break have a small health break once in couple of hours and do some stretching exercise at your desk as in pictures. Number of repetitions 1-3.

1. Back muscle stretching



- ✓ Come to the front of the seat and sit comfortably.
- ✓ Bend over the thigh slowly.
- ✓ Stay for 5-10-15 counts gradually in mind.
- ✓ Come back, relax and repeat.

2. Arch the back



- ✓ Sit comfortably on a chair.
- ✓ Keep both the palms over the low back.
- ✓ Bend backwards and extend the neck and back comfortably.
- ✓ Stay for 5-10-15 counts
- ✓ Back to beginning, relax and repeat.

Variation: standing position

- ✓ Stand up and place your both palms on your low back.
- ✓ Gently push your hips forward and arch your back slightly.
- ✓ Stay for 5-10-15 counts and return to normal posture.
- ✓ Relax little and repeat.

1. Leg muscle stretching.



- ✓ Sit at the edge of the seat.
- ✓ Stretch one leg with straight knee & heel resting on the floor.
- ✓ Flex the foot upwards in the direction of the upper body
- ✓ Hold it for 5-10 -15 counts and then return to relaxed position.
- ✓ Repeat same with other leg.

Progression:

- ✓ Sit stable as above.
- ✓ Stretch one leg with straight knee.
- ✓ Slowly bend at waist and touch the toe.
- ✓ Stay for 5-10-15 counts.
- ✓ Come back; repeat on the other side.

3. Hip Muscle stretching:



- ✓ Sit comfortably on your seat.
- ✓ Fold left leg across right knee and rest over the right leg.
- ✓ Bend forward from waist gradually dropping the chest towards the thigh & crossed leg.
- ✓ Try to reach the relaxed hands as much as possible to the floor.
- ✓ Retain for 5-10-15 counts and Return back to relaxed sitting.
- ✓ Repeat the same procedure on right leg.

4. Rotational stretch



- ✓ Sit on a chair with backrest, with your sides against it.
- ✓ Hold the top of the backrest with hands.
- ✓ Twist the upper back and turn towards the back rest.
- ✓ Hold it for 5-10-15 counts and then relax.
- ✓ Repeat the steps on other side.

Caution Note: Don't do the above exercises in a moving chair. If it is so, place the chair against the wall.

Variation: If you have privacy, get down on the floor and do this one at your work place or do at your home at the end of the office day (Picture 2).

- ✓ Lie down crook lying (bent knee position).
- ✓ Roll your bent knees to right position until you feel stretch on side muscles.
- ✓ Hold it for 5-10-15 counts.
- ✓ Return to starting position.
- ✓ Relax & repeat on left side.

Caution Note:

Muscles have visco-elastic property. Hence be aware and don't overstretch so as to prevent intra muscular sore. At the same time don't under stretch for better therapeutic effect.

General Note: Desk site stretches minimise the work strain only! Core muscle strengthening exercises (Go through Earlier issues) also have to be practiced at home at least weekly thrice to cope with the day-to-day desk and home work!

Wait For Further Steps To Move....