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To



INTEGRAL NEWS

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Email: integralnewsicf@gmail.com

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

Chief Editor: K.Ravi, SSE/Shop80

Associate Editors:

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A.R.S.Ravindra, SSE/Proj

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Advisors:

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B.Chandrasekaran,SME/D-II

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The 67th Republic Day celebrations were held at ICF Stadium on 26.01.2016. **Shri Ashok K. Agarwal, General Manager, ICF**, unfurled the National Flag and inspected the parade by ICF Railway Protection Force contingents, NCC cadets, Scouts & Guides, Apprentices of ICF Technical Training Centre, and students of ICF schools.



Sri K.Rajandran, CPO, has been awarded MR's Rajbhasha silver medal by Rly Board, for commendable contribution in Rajbhasha implementation in ICF.

To view/ download integral news from internet use the link

<http://www.icf.indianrailways.gov.in/works/uploads/File/in%281%29.pdf>



A friendly cricket match was held on 31st January, among officers. GM-XI team won the match.



Flood relief materials were issued by Smt. Sudha Agarwal, President ICFWFO, to the staff and students of Karuna school on 08.01.16.



'Heartfulness meditation' class was conducted at AWTI auditorium on 05.01.16



Pongal was celebrated at D&D Centre on 20.01.16



Pongal was celebrated at Karuna school on 13.01.16



First train of Kochi Metro flagged off by Sri Venkaiah Naidu at 13.30 hrs on 2.1.16 at Sri city facility of Alstom.



Wax-polished exterior of Mysore- Tuticorin Exp, brand train of Mysore divn.



Pulse Polio Immunization was administered to children in all colonies and ICF hospital on 17th Jan.



Reunion of ICF Nursery School LKG Batch 1971 with Teachers was held on 24th Jan. 12 of them are ICF staff.



P.N. Raovshyl (s/o Smt.P.Shylaja Rao, OS/shop 33 Fur), a state championship Gold medalist, has been selected for Indian team to participate in World freestyle championships to be held this year.

He represented Tamilnadu state as a captain for inline freestyle skating team in 53rd National roller skating championships held at Pune on 19th and 20th January 2016 conducted by Roller skating Federation of India and achieved **Bronze medal** in inline freestyle skating speed slalom race in senior men category. He also represented India in 3 world championships at USA, France and China conducted by Federation international de roller sports and one Asian championship at China conducted by confederation of Asian roller sports in Inline skating hockey and inline free style skating events. He has been coached by his father Mr. P.N.V. Rao, a snow skier and skater at Shenoy Nagar skating rink.



K.Ratnapriya, daughter of Sri S.Kumaravel, Tech2, Shop 18, has bagged second place in under 9 category, National school chess championship held at Nagpur, by scoring 8 points in 9 rounds.



J.Pavithra, D/o. Sri P.Jaishankar, Tech-1, Shop-80, studying +2 in ICFSJMSS, has secured school second rank in state level young Ramanujar award, a maths speed test conducted by Dr Ramanujar Maths Club of Dhaanish Ahmed College of Engineering .

EQ procedure

Timings 09.15 to 17.45 hrs

For trains leaving on the same day from 15.00 hrs to 24.00 hrs , drop request in white box till 11.00hrs

For trains leaving on the next day from 00.00 hrs to 15.00 hrs drop request in orange box

For trains leaving on Sunday, and Monday up to 15.00 hrs drop request in orange box

Late request drop request in Green box

Request should be signed by a gazette officer, should mention name and telephone number, cell phone number.

Name, address and cell phone number of any one of the passengers should be mentioned.

For Emergency Pass/ PTO:

K.Saravana Murthy SSE, 60/1 East Colony
S.Dillibabu, OS, 102/2, West Colony
G.M.Srikant, JE/IT, 257/A1, North Colony,
A.Mariadas, SSE, 590/3, South Colony
E.Kannan, OS, 472/2, South Colony

International women's day celebrations

Quiz 25.02.16, 14.00 hrs at AWTI

Games 26.02.16, 14.00hrs at TTC

Main function 08.03.16 at Dr Ambedkar Arangam

EMPLOYEES RETIRING on 29th February '16

1	Palani.T	SrTech/FGL	11
2	Sekar.PV	SrTech/Welder	14
3	Soundara Rajan.D	SrTech/FGL	22
4	Sambasivam.C	SrTech/Welder	22
5	Sivalingam.M	SrTech/Welder	23
6	Anumuthu.M	Shunt Mast	26
7	Govindaraj.P	SrTech/FGL	26
8	Raju.E	Tech-1/P.WAY	Engg
9	Babu.T	Ch.OS	PB
10	Krishnaveni.G	JPM	PCOS
11	Subramani.V	Sub-Inspector..	RPF
12	Jayanarayanan.	SrTech/Carp	30
13	Subbarayalu.K	SrTech/MGL	30
14	Madhanagopal.E	SrTech/Carp	30
15	Delhi .B	SrTech/Carp	32
16	Jayanthi.K	Tech-2/FGL	34
17	Mahalingam.R	SrTech/Ele	39
18	Muthuvelu.R	SSE	54

-We wish them A Happy & Peaceful Retired Life

CIRCULARS

AC23: Schedule for payment of salary/ wages and incentive bonus for the year 2016.

AC24: submission of representations directly to other authorities bypassing prescribed channel of communication, has to be viewed seriously.

AC24: list of holidays for the year 2016

A newly constructed Rail Kalyana Mandapam at Varadaraju street, Egmore, Chennai -8 (Behind Hotel Dasprakash) has been inaugurated by GM SR on 6.1.16, for the use of railways employees. Hall capacity: around 500. Dining room capacity: 150. Ample parking space. Rent 30000. Booking started.

OFFICIAL POSTINGS

Name S/Shri/ Smt	Previous	Present
V.D.Meharkure	DyCC&M	C.Rly
J.Chandra sekhara rao	SCR	CMT/ICF
V.Jayapragash	SME/MRVC/	Study leave
V.Selvaraj	XEN-2 (Fur)	XEN-1
V.Lakshmikanthan	AEN-Shell	XEN-2
P.C.Mathai	AMM/SD	VR
V.Gandhimathi	PS-2	PS

➤Shri G.Anbarasu, Emp.No.843833, Helper Gr.II, has represented Indian Railways and secured SILVER Medal in the Senior National Weightlifting Championship held at Patiala from 25.12.2015 to 29.12.2015.

➤Shri R.R.Laxman, Emp.No.839033, Chief Office Superintendent, secured FIRST place in the Karur Open FIDE rated All India Chess Tournament held at Karur from 28.12.2015 to 31.12.2015.

➤ICF Hockey Team secured THIRD place in the Chennai Super League Hockey Championship held at Chennai from 21.12.2015 to 29.12.2015.



ABOUT ICF - Part III

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

Ph:9003141449, rsrinivasanicf@gmail.com

DESIGN & DEVELOPMENT :

1400 HP CNG DEMU

Brief Background

- Indian Railways have come up with an ambitious plan for use of Alternate Fuels: CNG in DEMU operations.
- For this Indian Railway Organisation for Alternate Fuels (IROAF, Northern Railway) had various reviews with Cummins India Limited and conducted the Pilot CNG Dual-fuel Project.

Compressed Natural Gas (CNG) Definition:

- CNG is essentially methane (CH_4), which has a calorific value of 900 kJ/mol.
- This burns with oxygen to produce 1 mole of CO_2 and 2 moles of H_2O . By comparison, petrol can be regarded as essentially benzene (C_6H_6) with a calorific value of about 3,300 kJ/mol, which burns to produce 6 moles of CO_2 and 3 moles of H_2O .
- From this, it can be seen that per mole of CO_2 produced, CNG releases more than 1.6 times as much energy as that released from petrol (said another way: for the same amount of energy, CNG produces nearly 40 percent less CO_2). The corresponding figures are 78 and 25.8 grams, respectively, for nitrogen oxides.

Advantages:

- Reduction in diesel usage for cost saving.
- Reduction in emission for eco-friendly environment.
- CNG-powered vehicles have lower maintenance costs than other hydrocarbon-fuel-powered vehicles.
- CNG fuel systems are sealed, preventing fuel losses from spills or evaporation.
- Increased life of lubricating oils, as CNG does not contaminate and dilute the crankcase oil.
- Being a gaseous fuel, CNG mixes easily and evenly in air.
- CNG is less likely to ignite on hot surfaces, since it has a high auto-ignition temperature (540°C), and a narrow range (5–15 percent) of flammability.
- Less pollution and more efficiency.
- CNG emits significantly fewer pollutants (e.g., carbon dioxide (CO_2), unburned hydrocarbons (UHC), carbon monoxide (CO), nitrogen oxides (NO_x), sulphur oxides (SO_x) and PM (particulate matter) than petrol.

Salient Features :

- DPC is similar to 1400hp DEMU Power car except for provision of CNG (Compressed Natural Gas) cascade consisting of CNG cylinders and its control system
- Works on eco –friendly fumigation technology for mixing Diesel with CNG to power the Duel Fuel Engine
- No Emission of toxic and carcinogenic gas pollutants

- Cost of CNG is approximately 60% less than diesel for generating equal amount of power
- Consumes less lube oil and reduces wear and tear of engine parts, less noisy engine
- Abundant, underused resources of CNG are available in many developing countries including India. CNG is an inherently safe fuel

Main detail items:

CNG cascade:

- CNG gas filled cylinders of 40 nos are arranged as cascade.
- CNG gas of 3000 litres with pressure 230 bar can be filled.
- The pressure gauge fitted in front of the cascade gives the reading.
- Gas pressure regulators are installed upon the cascade.

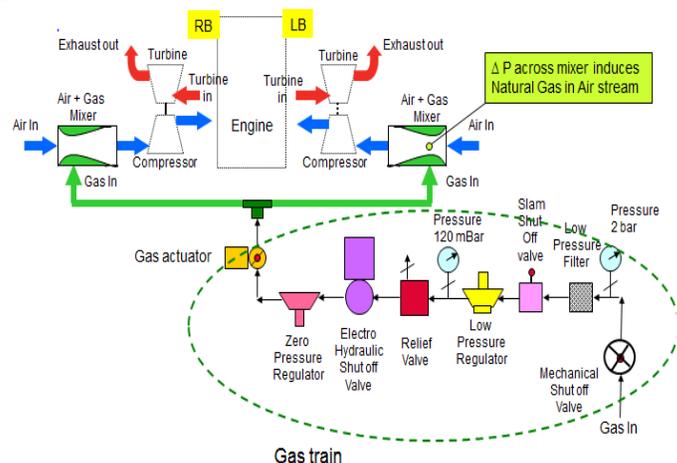
Gas train system:

- Consists of Valves, Regulators, Filters and gauges.
- There are 2 HPR (High Pressure Regulator) to regulate 230 bar pressure to 13 bar and then to 3 bar in two stages.
- Hot water line provided to keep the HPR in hot condition.
- Gas after reduction in pressure passes through Filter.
- After the Filter assy, Safety Shut Off valve to sense and shut off the flow in case the regulator pressure exceeds the permissible limit.
- LPR (Low pressure Regulator) reduces the 3 bar pressure to 100 milli Bar and then Gas enters Manual valve and then Solenoid valve.
- ZPR (Zero pressure governor) to regulate the pressure to Zero (equal to atmospheric pr).

Air –Gas handling system:

- Further to ZPR gas will enter into Woodward gas actuator, this actuator while running on dual mode control the amount of gas as per notch/load condition.
- Air and gas Mixer- Fitted between engine air filter and turbo suction and due to differential pressure across mixer induces natural Gas in air stream and there onward mixture of gas and air will enter into engine by turbocharger.

Schematic Diagram of Air –Gas system:



- Woodward governor has been used for Dual fuel system, governor receives various inputs from switches and sensors and control dual fuel system.
- Woodward Governor can be connected with PC (with the help of specific software) to calibrate it, to monitor operational parameters, and is very helpful for Troubleshooting because there is facility for data logging to analyze the problem.
- Selector switch for dual mode and diesel mode: We have to select dual mode or diesel mode operation, In case of any problem in dual mode, we can select diesel operation to run DPC on diesel mode.

Safety system of dual fuel DEMU

- Gas leakage sensor/detector: As the natural gas is flammable, odourless, it is necessary to provide safety system in dual fuel DPC.
- In CNG cascade cabin 3 gas Detectors have been installed on different location, detector will detect CNG whenever there is leakage of gas for any reason in cascade Cabin and gives signal to gas detection system to generate warning alarm as well as hooter which is installed in driver cabin will also activated
- Installed flameproof electric bulb and flameproof ventilation fan to provide safety from electrical spark CNG cascade room.
- Gas monitoring system gets input from gas detectors and generate warning alarm if gas leaking at their area.
- Hooter connected with gas monitoring System, It will be activated when gas leakage is detected by gas monitoring system

Safety guidelines for dual fuel DEMU:

- Not to fill CNG in cascade above 220-230 bar pressure.
- Stop the engine while filling gas. Battery switch also should be kept in off condition.
- Gas leakage should be checked on joints of gas train by soap solution after filling of gas and once in a week.
- Gas pressure setting should be checked before turn on in dual mode.
- Before operation on dual mode, ensure that the monitoring system is working correctly.

1400 HP DEMU with Air Conditioned Trailer Coaches :

- In order to improve passenger comfort in DEMU trains, AC Trailer Cars are now introduced.
- The DEMU trains are provided with two AC trailer cars out of the total eight cars in the formation. These AC coaches are positioned in the middle of the train.

Rake formation

DPC	TC V	TC G	TC AC	TC AC	TC G	TC V	DPC
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DPC- Driving Power Car
 TC V - Trailer car with Vendors compartment
 TC G - Trailer car
 TC AC - AC Trailer car

- The AC Trailer Car has comfortable reclining cushion seats for individual passengers arranged in 2 x 3 rows with a capacity to seat 73 passengers.

- The interiors are arranged in a similar fashion to that of intercity AC express train coaches.
- The ends of the coaches have toilets fitted with Bio-tanks.
- The train is fully connected with vestibule.
- AC compartment is separated with inter-communication doors from the non-AC area.
- ICF rolled out 4 DEMU train sets each provided with two AC Trailer Cars. Further manufacture of these trains will be based on feedback from Users.

--- To be continued...

Last date for submission of application:

- Best innovations on Indian Railways: 10.03.16
- RPF women constables selection: 01.03.16
- BMRC EE & Dy CE on contract basis: 20.02.16
- Lucknow Metro Rail DGM, SSE,AM : 15.02.16
- NFR Cultural Quota: 15.02.16
- Indian railway cultural competition 15.02.16
- Toy train driver: 22.02.16
- Tech, JE, SSE for Bogie mfg plant, Yadgir 10.05.16
- Haj assistant 15.02.16
- Stores inspector 2UR, 1SC: 25.02.16

The fixtures required for the in-house manufacture of Sidewall & Roof of 1600HP DEMU/DPC were manufactured utilizing the materials available on shop floor, saving Rs.70 lakh. The Fixtures were made in record time and facilitated commencement of production of Side Wall and Roof Assemblies for 1600HP DEMU Rake during December. For the first time LHB type roof has been made in ICF, in rotary jig. It was made from scratch including design to final stage in 14 working days - A new product & concept in record time. The efforts of Design, J&T, Planning, Tool room and Shops 10, 11, 13 & 21 are praiseworthy.

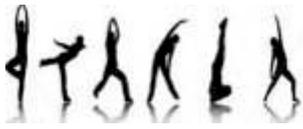
The Automatic Door Open/Close Mechanism is going to be provided on 100 Coaches. The Door-open/close mechanism is to be operated from Guard's compartment for the entire Rake.

ICF turned out a cumulative number of 1343 Coaches during the Current year, till December as against 1250 Coaches turned out during the corresponding period of previous year, which is an increase of 7.44% and also the highest ever outturn achieved by ICF during the first nine months of any year.

From 15th Feb, Passengers can change the boarding point, online, till 24hrs prior to train departure.

A new webpage for integral news with easy user interface has been created by IT Centre. It can be accessed through the link: ICF Railnet website> important links under main menu > integral News. It can also be accessed through web page address: <http://10.53.4.11:8080/inews/html/index.php>. It is also made available in the Kiosks installed on shop floor.

There is a net reduction of 11.71 Lakh units in electrical consumption in ICF factories due to implementation of various energy conservation measures during the year 2015-16 upto December 2015 in comparison with 14-15.



PHYSIO PAGE



MOVE... TO REMOVE...!

PHYSIO.KUMARAVEL.M,

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



BACK EDUCATION

FAQs from Readers and Patients



Question: THANK YOU for a lengthy narration on Low Back Pain in all aspects for the last three years. Write something about older people's back pain too.

My 72 year-old-father often asked himself and me that even though he is doing the exercises prescribed by the Doctors the back pain reoccurs frequently. Why?

Please answer and suggest some low impact exercise for old people like my father.

First of all, thank you and your father, for your interest in keeping fit, even at old age and eagerness to get rid of pain by doing exercises.

First let me answer your second question to respect the senior citizen first.

Frequent back pain even after exercises, occurs not only to your father but also to many elders. The Reasons are...

- ✗ Not performing all recommended exercises regularly.
- ✗ Not devoting enough time to their exercise programme.
- ✗ Not having the thorough understanding of how their exercises should be performed to bring about the desired benefits.
- ✗ Doing severe twisting stretches beyond their limit.
- ✗ Performing exercise on their own after reading some manuals and other exercise programme shown in some media without personal and prompt guidance.
- ✗ Not sticking on the lifestyle requirements based on the problems and their age.

Now answer to question number one

Geriatric (ELDERLY) low back pain a glance...

Low back pain is the most frequently reported musculo skeletal problem of people with the age over 70 years. Our Physiotherapy Department's daily statistics too show that 10 out of 6 elders come with back pain symptoms. It is a fact that older people are experiencing more disabling low back pain than youngsters.

causes:

Back pain can be caused by a number of factors. It may be due to degeneration, trauma, muscle weakness, infections, posture inflammation and others. Other than mechanical and pathological reasons, psychological reasons like depression, anxiety etc. are also contributing to back pain. Overall degeneration of joints is a more common cause for back pain in older people.

Clinical features :

Most of the elders come with the following lines...

- Sudden onset of pain after unaccustomed strainful activity.
- Gradual onset after unusual strenuous activity.
- Constant or intermittent pain on low back.
- Stiffness of back when waking up.
- Coughing and sneezing increases the pain.
- Pain may increase on movement and reduces on rest.
- Most often Pain at lower back some times with radiating down to one or both legs.
- Interrupt sleep often.
- Sensation impairments.
- Feeling of muscle weakness.
- Limping on affected side.
- Localised tenderness.

Treatment:

Depending upon the patient specific diagnosis and level of pain, therapeutic cum rehabilitation programme may vary from person to person. Hence it is so important to consult medical professionals for correct form of therapeutic approach.

- ✓ Medical management.
- ✓ Physiotherapy -Exercise with lifestyle modification.
- ✓ Surgery.

Medical management:

Pain medications (NSAID-Non Steroid Anti Inflammatory Drugs) to elder patients are entirely different from younger ones. To avoid the risk of side effects, even though there are a number of safe pain relievers for older people, doctors often start the lowest recommended dose and then increase the amount of medication if necessary. There is also a risk that any medication may interact with other medications that are already on.

Physiotherapy –Exercise with life style modification:

Role of physiotherapy plays a vital part in elders low back pain management to overcome the problem with drugless therapy. Here it is important to note that before beginning physiotherapy it is necessary to consult the back expert to ensure effective cum speedy relief !

Aims of physiotherapy in elders' low back pain management:

- To reduce the pain.
- Minimise the risk of recurring pain.
- Minimise the drug therapy to avoid adverse effects.
- Minimise the chances of surgical management.
- Make them return to normal functioning in daily activities as earlier.

Physiotherapy treatment:

Depending upon the causes, severity of the pain and other accompanying problems, the following physiotherapy treatment can be given in conjunction with medical management and rest.

- ❖ Pain relieving modalities such as cryotherapy/ deep tissue heat therapy or medium frequency electrotherapy.
- ❖ Traction
- ❖ Exercises with lifestyle modification.

Low impact Exercise for Elders' back pain: next issue.

Wait for further steps to move....



REGIONAL RAIL MUSEUM

by Sri **D.RAVIKUMAR SSE/RRM,**

Ph:9003141491, rhvb151@gmail.com

Come and Enjoy the Aura of the Decades-long Journey of Indian Railways Heritage Values.

Regional Rail Museum was inaugurated by the then Railway Minister Shri. Nitish Kumar on 31/03/2002 and opened to public from 16/04/2002. It is located within the campus of the ICF Furnishing division at Villivakkam and spread over 6.25 acres of land, which focuses on the rail heritage of Indian railways. This unique museum has a fascinating, wide-varied and exotic collections of rare and antique steam locomotives, carriages, saloons and other railway artifacts from the British colonial era. It has both live exhibits of over 41 rolling stocks including a tiny two feet N.G Loco of Darjeeling Himalayan Railways, Nilgiri Mountain Railway Locomotive and galleries namely Diamond Jubilee, Railtec & Indoor galleries which consist of static scale models, Olden day signalling equipment, historic photographs, antique furniture, historic photographs and its related literature as well as 3-tier running model. Apart from these, a ride in the joy train is the most exciting experience for all, especially children. **Loco Park and Diamond Jubilee Gallery are the recently added crowns to the RRM's milestones.**

The exhibits in the RRM are arranged in two major groups. (a) Outdoor exhibits and (b) Indoor Exhibits. Outdoor exhibits consist of live models of railway vehicles like locomotives, carriages, wagons etc. The indoor exhibits include models, equipment used in railways, scale models of coaches and locos, photographs with write-ups.

Further, video shows depicting the operation of Railways system are arranged at RRM. Also, RRM has a vast green park with trees and flowering plants. Further, for young children there are two play areas available. A food court is also available on the RRM Premises.

Thus a visit to the RRM is worthwhile for both railway enthusiasts and general public.

The details of the exhibits at RRM are given below.

IN DOOR EXHIBITS	OUTDOOR EXHIBITS
Diamond Jubilee gallery	Locomotives
Railtec Gallery	Carriages
Indoor Gallery	Self Propelled Vehicles
	Non Railway Vehicles
	Bogies

DIAMOND JUBILEE GALLERY:

This gallery is situated on the ground floor of the RRM office building. This gallery was dedicated to the "JOURNEY OF ICF - 60 YEARS" (1955-2015). It was opened by Member Mechanical/RB on 01/10/15 as part of Diamond Jubilee celebrations of ICF. It consist of photos which depict the milestones crossed by the ICF which show the growth of various stages of ICF during this sixty years since its inception in 1952. It also contains the photos of various awards received by ICF.

All the photos are neatly attached with velvet cloth fastened to display frame. The Gallery also contains a cut-away model of MRVC phase II EMU with all interior fittings and various types of static coach models (from yesteryear coach to latest LHB models).

The photographs indicating laying of foundation for the first machine by Shri Lal Bahadur Shastri, the then Railway minister on 20 Jan 1952, various landmarks like inauguration of ICF Shell division by Pandit Jawaharlal Nehru on 2nd Oct 1955, inauguration of Furnishing division on 2nd Oct 1962, the visits of various foreign dignitaries, the views (both exterior and exterior) of various types of passenger coaches since inception and up to the latest.

RAIL TECH GALLERY (FIRST FLOOR):

It consists of various static scale models of export coaches (Vietnam, Tanzania etc.), Palace on wheels, EMU coaches - both motor and trailer coaches, First class coaches, Old type AC executive chair car, DETC, MRVC coaches, Kolkata Metro Coach etc.,

It also consists of various Signal equipment like Semaphore signal arm, Manual signaling system, Manual signal lights, Neal ball token instruments, various Measuring instruments etc.,

The star attraction of this gallery is an Audio - video show which consists of various topics viz., ICF corporate, motivational video, TGV Speed record -574.8 kmph, Journey of Fairy Queen, the golden age steam trains and various learning cartoons for KG Children.

INDOOR GALLERY:

The interior view of the gallery, the scale models, 3-tier running models are shown below:



In the centre of the museum, there lies an indoor gallery containing various types of wooden static scale models such as Fairy Queen engine, old type double Decker coach, 18th century primitive coach, I/III class coach to the latest type coaches like LHB Coaches, Sri Lanka DEMU, Kolkata metro coach, ARTV etc.,

It has priceless collections of rare black and white photographs, paintings, monuments with their related synopsis depicting the growth and development of Indian Railways. It also has logos of erstwhile railways, olden days ticket vending machine, physical balance, still running old clocks (of 1878 by Smith's made in England) & dignitaries register which contains visits of various countries' premiers to ICF and their comments etc., Heritage furniture used in the waiting rooms of Railway stations and a convertible Ladder – cum – Chair are still astonishingly intact.

The star attraction of this gallery is a 3 - tier running scale model layout with signal circuiting , in which three locos runs at three levels of stepped platforms. The pantograph of the loco receives power from the overhead copper wire which runs the motor inside the engine that rotates the wheel.

■To be continued ..

We deeply mourn the sudden demise of the following staff

1	N.Sivakumar	Tech-1/Elec/39
2	M.Jothi	SrTech/Carp/30
3	K.Angamuthu	SrTech/FGL/37
4	M.Muthupandiyaraj	Tech-1/Paint/54
5	R.Pandurangan	Tech-1/Paint/54

In Dec, 16 Graduate App, 2 C&MA Gr-1 have joined in TTC. 4 DSK-3 trainees have joined in Stores.

Free Varmam wokshop on 21.02.16 at Ramlakshmi Paradise, Mathavaram, Chennai. Ph 9442 146611/646611.

5 days intensive Hindi wokshop by CHTI, Dept of OL, at Newdelhi will start on 15/2, 7/3, 4/4, 9/5, 6/6, 11/7, 25/7, 8/8, 5/9, 19/9, 3/10, 7/11, 21/11 and 5/12.

All tenders above 2 lakhs should be only etender from April 1.

WC 94408 GS Coach is fitted with Solar Panel for charging 110 V. The lights and Fans will run with the same. It is running in Train no. 51701 in JBP Division. Cost of Panel: Rs. 3.75 lakh. Based on feedback, all Coaches will be fitted with Solar Panel. Energy saving expected: 12705 Kwh./year.

From 15th Feb, only a maximum of 6 tickets can be booked online by an individual user in a month on IRCTC website.

From 1st Feb, In order to prevent misuse of senior citizen concession and quota, passengers who have declared wrong age will be treated as without tickets. Now, Misusing senior citizens quota and concession, some people book ticket by giving wrong age and in case they are detected they give the difference of fare. They also get the lower berth under senior citizen quota.

Railways will manufacture five dual-mode locomotives (Diesel + Electric) of 4500 horse power (HP) capacity each at DLW as a pilot project.

RCF, Rae Bareli has been renamed as Modern Coach Factory (MCF), Rae Bareli.

A Central Railway (CR) employee, who recently had a child through surrogacy, enjoys the same benefits of maternity leave as any other working woman, under the Child Adoption Leave and Rules, the Bombay High Court has ruled.

RWF has achieved tapping and processing of 28 heats on 29.01.16 which is an all-time record

Smt Latha Sundaram, 53-year-old ,Accts Asst, S&T Workshop, Pothanurm, Southern Railway has won the award for her contribution to "Access to justice and protection of women and their rights" in the #100 women contest to recognize women who are the pride of the nation. MR has congratulated her. Latha is the first railway employee to win the award.

The Minister of State for Railways Shri Manoj Sinha released a book "Objective Railway Engineering - Track, Works & Others" at a function on 14th Jan.

Indian Railway has selected colour scheme 'Vitality' inspired by cheetah, created by the National Institute of Design, for the coaches of the semi-high speed trains to be launched. The coaches will be painted in grey and navy blue with yellow border.

ICF has sent proposal for construction of 250 quarters on out of turn basis. These quarters are likely to be constructed on silt type. Drainage systems in colonies are also likely to be modified to avoid water stagnation during heavy rains.

Validity of ID card is 5 years from the date of issue, even if it is not mentioned. If expired, new id can be obtained from ID card issuing section without paying any money.

Railway Minister on 30.12.15, dedicated the 26 MW wind mill plant installed at Jaisalmer to the nation and also flagged off the first Rajdhani-12952 New Delhi-Mumbai with Head on Generation (HoG) system from the New Delhi railway station. In the HoG system of power supply, the power for train lighting and air-conditioning in coaches is taken from overhead power lines and supplies to coaches instead of power taken from power cars in End on Generation (EoG) system. The advantage of this system is there is no noise pollution due to power cars on platforms. Trials of Head on Generation (HoG) arrangement have been successfully done in Shatabdi trains between New DelhiKalka (13 coaches) and Chandigarh (17 coaches) routes.

Chartered accountants' apex body Institute of Chartered Accountants of India (ICAI) is closely working with the Indian Railways to help migrate its accounting system to the more transparent "accrual" format.

Renovated National Rail Museum was inaugurated and dedicated to the Nation on. 5th Jan, by the Minister of Railways. On this occasion National Rail Museum website, E-Book and a Mobile App were also launched. Also, a smart card system for museum ticketing has been launched on that day.

"AMMA CALL CENTRE PH 1100" was inaugurated by CM/TN on 19.01.16. People can convey their grievance on this toll free number, which will be available 24x7.