

From
ICF Staff Club
AG129/18,VII Main Rd
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To

INTEGRAL NEWS

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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



Shri Mallikarjun Kharge assumed charge as the Union Minister of Railways on 19th June. Prior to this, he was Union Minister of Labour and Employment. He is a Member of Parliament (Lok Sabha) from Gulbarga constituency in Karnataka. Shri Kharge is an advocate, social worker and agriculturist. He was Member, Karnataka State Assembly for nine terms from 1972 to 2009. From 1979 he has served as Cabinet Minister, Government of Karnataka in various departments in varying spells.



LHB shed was inaugurated by Shri Abhay K Khanna, GM/ICF on 27th June.



Shri Pankaj Kumar, CME, releasing the first copy of “ABOUT ICF Part-I Production shops-Shell & Fur” and Shri N.Ram, Director-The Hindu, receiving the same in the presence of GM, officers and staff at AWTI/ICF on 26th June.

The members of the Integral News team are very much thankful to Shri Abhay K Khanna, Retd.GM, for his encouragement and cash award to Sri R.Srinivasan, APE/PR/F for his article “About ICF” which was published by the administration as a book and Sri K.Ravi, Chief Editor, for compiling “Integral News”. We also thank all the staff for their support and information provided to write the article “About ICF”.



Office accommodation for Supervisors' institute for supervisors of GP4200 & above was opened by Shri Abhay K Khanna, GM/ICF on 28th June.



IVRS system was inaugurated by GM on 17th June to help the vendors (261471 61/ 62) know the details of supplied materials and the status of the bills submitted by them. This facility also provides easy access for employees (261471 63/ 64) to know the Provident Fund balance, PF loan application status and status of leave.



GM Visited all shops of Shell and Fur on 28th June. A grand farewell was given by all staff in every shop.



SBI-ATM card was introduced for imprest cash on 17th June.



GM inaugurating "E-learning" system at ICF SJ HS School on 26th June.



One-day seminar on implementation of ERP at ICF was held on 25th June. Modules developed by ICF "HELP DESK" inaugurated by GM and "WEB BASED PURCHASE SYSTEM" by COS.



An MoU was signed between ICF and NID for technological improvement of coaches on 18th June to redesign sleeper, II AC and AC chair car coaches. From interior panels to lighting to toilets, all the elements will be redesigned to cater to the changing needs of passengers with special focus on safety.



A grand farewell was given to GM on 27th June by IRTSA.



Officers' Guest House annexe was inaugurated by GM on 26th June.



“SEPIA-IMPRINTS OF ICF”, a photo exhibition about past historical events of ICF, was inaugurated by Sri N.Ram, Director- The Hindu in the presence of GM/ICF on 26th June at AWTI. During the function the book “About ICF” was released by CME and “Golden Moments” (Visitors’ book) was released by GM.



“Rail Tech” gallery was opened by GM at RRM on 27th June.

✓ICF & S.Rly officers met the Standing Committee on Railways on 19th June.

✓Pensioners lounge was opened at ICF hospital on 7th June.

✓World environment day was observed on 5th June by taking pledge and plantation of trees.

✓Diabetic screening and prevention programme was inaugurated by GM on 27th May at AWTI. All ICF employees will be screened for Diabetes in a phased manner in the next four months. Camps will be held at different locations to cover the respective staff.

Railway Women's Welfare Central Organization has donated Rs.10 lakh to Prime Minister's National Relief Fund for extending help in the rehabilitation of the flood victims of Uttarakhand. The Minister of Railways, Sri Mallikarjun Kharge, received a cheque of Rs.10 lakh from Smt Poonam Mittal, President, RWWCO, on 30th June.

A paper titled ‘Organisational Communication’ authored by Shri K.S.Sridharan, PE/PL/S, was presented at 3rd Annual International Conference on “Innovation Management and Business Prospects” organised by “SMBS India & SMBS Canada” held on 15-16 June 2013 at Haridwar.

ICF has been declared winner of 'Golden Peacock Environment Management Award' for the year 2013. The Award will be presented on 19/07/13 by Sri.M.Veerappa Moily, Hon’ble minister for petroleum and natural gas.

Officers with additional charges wef 1st July

Name S/Shri	Post held	Addl charge
Arunendra Kumar	Member Mechanical	Chairman Railway Board
Kul Bhushan	Member Electrical	Member Traffic
Rajendra Kashyap	A.M-Budget	Financial Commissioner
Rakesh Mishra	GM/SR	GM/ICF

OFFICIAL POSTINGS

Name S/Shri/ Smt	Previous	Present
J.S.P.Singh	CEE	S.Rly
S.Sridhar	CEGE	+ CEE
S.Rangarajan	Leave	CME/QA
D.K.Tete	CME/QA	S.Rly
S.K.Paswan	CWE/F	CWE/S
K.S.Jain	CWE/S	CWE/F
Jagadish Prasad	CMM/Proj	CMM/S
K.Shanmugaraj	CMM/S	CMM/F
R.Veeraraghavan	DyCME/QC	DyCME/F-2
M.C.Jolly	DyCME/Prod	DyCME/QC
A.Venkatachalam	DyCC&M	AED/M&C/RDSO
M.S.Anbalagan	DyCMM/M/F	DyCMM/E/F
A.Annadurai	DyCMM/E/F	DyCMM/M/F
C.W.Charles Thomas	SMM/M/F	SMM/E/F
Rajkumar Regar	SMM/E/F	SMM/M/F
J.Sidhanandan	SMM/MRVC/S	SMM/Steel
N.Sundararajan	AMM/M-1/F	SMM/MRVC/S
V.Pugazhendhi	AMM/P/S	SMM/P/S
S.Senthamarai Kannan	PE/PR/S	WM/Prod/S
K.Kanaharaju	Asst L.O	Sr L.O
S.Narendran	APE/PR/S	APE/PL/F
HanumanPrasadMeena	S.Rly	APE/PR/S
Bharat Bhushan Harit	S.Rly	AWM/A1/F
N.Kamaraj	AWM/A-1/F	AWM/Plant/S
K.Thiyagarajan	CDMS/SD	AMM/M1/F
S.Jayaprakash	CDMS/FD	AMM/P/S
M.Rajendran	ChOS/Stores	AMM/FD

WE DEEPLY MOURN THE SUDDEN DEMISE OF THE FOLLOWING EMPLOYEES

Sl	Name S/Shri	Designation
1	B.Arumugam	SrTech/20
2	K.Moses	Tech-1/25
3	R.Jayakrishnan	Tech-3/24
4	R.Sampathkumar	Tech-3/24
5	S.Sundaravadivelu	Helper/24
6	G.Santhanakrishnan	Helper/39
7	C.Mahendran	SrTech/30
8	K.Murali	Tech-1/30

+2 -CBSE TOP SCORERS

		
477 R.S.Veeraraghavan S/o.S.Bhooma, SSO/SF/S	469 R.Krithivasan S/o.Hema Ramesh OS/PB/S	451 M.R.Prahaladh S/o. M.R.Raghupathi Tech-1/16
	476 A.Abhijith, S/o A.Manikandan, AME/D, has got selected for the fellowship award under "KVPY" scheme. He has secured all India rank 2321 and state rank 148 in JEE main exam. He was also qualified in JEE advanced with all India rank of 9425. He has qualified in Kerala Engg. Entrance examination with rank of 166.	

X- Std TOP SCORERS FROM ICF FAMILY

		
494 D.Kavya, D/o.G.Dayalan, Tech-1/40	493 R.J.Harini, D/o. R.Jayashankar, OS/SD	493 T.M.Dhiana D/o.T.S.Mujeebur Rahman, SSE/21
		
493 R.Swetha, D/o. K.Raghupathi, Protocol Inspector	492 B.Lokesh, S/o.S.Boopathy, Tech-1/54	491R.Haripriya, D/o.J.Prakash, Tech-1/37
		
491 B.Banupriya D/o.M.Bhaskar, Tech-1/54	490 J.Devika, D/o. K.G.Radhakrishna Nair, SSE/82	489 Athulya Tessa Mathew D/o P.C. Mathai.ChOS/P7

		
488 C.Revathy D/o N.Chandramohan Act Asst	487 Titus Manohar S/o. A.Prabhukumar SSE22	487 Sarveswarisri D/o.K.Neerazhagan SkTrainee/30
		
486 S.Janaki, D/o. V.S.Sreedharan, SSE/D&D	486 J.Sharaj S/o. N.Jagadeesan JE/Plg/F	485 L.Vamshinaath S/o.R.Lakshmi Narayanan, SSE40
		
484 N.Kirthika Amalya Mol, D/o M.P.Nanda kumar, Tech-2/36 & Gracy SrClerk,O/oCWEF	483 M.Devamanish Rajbabu, S/o. P.Kumari bagavathi OS/Stores/S	482 S.Yogesh kumar, S/o. R.Sathishkumar DMS/SD
		
481 R.Rohitraj S/o. R.Rajthilagam, Tech-1/80	480 A.Rahul S/o.S.Ashokkumar, Progman./PlgF	479 S.Kalaivani D/o.G.Sukumar, SrTech/36
		
476 S.Nithya Priya D/o. R.Somasundaram Tech-1/88	476 R.Manishaa D/o. R.Ramesh, DMS/SD	473 M.Sundheep S/o.S.Mohan Inspector/87

		
473Rajarajeswari D/o.K.Rajasekar, Tech-1/26	472 Praveenkumar S/o.P.Prabhakar, IT centre	470 NithinSatheesh S/o.LekhaSatheesh Sr Clerk/PB
		
469 Syed Hamida D/o.Syed Shafiullah Shah, JE/54	465 Soundarya D/o. Chithra, P.S & Sunil kumar, Raj Bhasha Supdt	451 M.Anish Raj S/o.M.Manickaraj, SrTech/81
		We are what our thoughts have made us; so take care about what you think. Words are secondary. Thoughts live; they travel far. -Swamy Vivekananda
445 S.Harishkumar S/o.G.Saravanan, Helper/81	443 R.Hari S/o. R.S.Raghavan, Tech-1/80	

X -CBSE TOP SCORERS- 10/10

		
L.Saravanakumar S/o.C.Loganathan, DyCMM/P/S	Y.Vijayaraj S/o. Y.Rajasekar banerjee, SSE41	K.Manumitran S/o.K.Sathyabama Steno/TTC
		
R.Heerthivasan S/o.D.Ravikumar, JE/11	A.V.S.Vaishnavi D/o. A.Srinivasarao SSE/Plg/Shell	9.8K.V.S.Sashanka sekhar, S/o. K.Gouri Sankara Prasad, SSE/PC/S

An article about "Electrical Energy Conservation" written by Sri H.V.Ramakrihnamurthy, AEE, has been published in "Indian Railway Technical Bulletin" Published by RDSO.

+2 TOP SCORERS FROM ICF FAMILY (Contd)

		
1165 M.Dhiviya D/o.E.Muralidaran, Tech-1/28	1160 T.Shalini D/o.B.Tamilarasan Tech-1/30	1137 B.Manojkumar S/o.M.Bakthavatch alam Tech-1/Engg
		
1131 G.Subalakshmi D/o.T.S.Ganesh DyCMM/SD	1105 A.K.Lekhasree D/o. A.N.Kulothungan JE/48	1094 Jaya Gayatri D/o.P.Venkatesalu, JE/32



Basketball summer camp was organized at ICF Colony in which 100 boys and 50 girls participated. Sri J.C.D.Prabhakar, MLA/Villivakkam, distributed the medals and certificates. A friendly match was held between USA Ambassadors team and ICF team headed by Sri M.K.Shahul Hammed in which USA team won.

STAFF OUTFLOW – LAST MONTH

S1	Name S/Shri	Design	Mode
1	P.S.Arunkumar	JrClerk/PB	Depn-RRC
2	P.S.Arunkumar	S.B.Peon	Transfer
3	Barun Barman	Helper	Transfer
4	Vikram Meena	Vendor	Resigned

Prime Minister Shri Manmohan Singh inaugurated the 18-km long Banihal-Qazigund section of the J&K mountain railway on 26th June. The Banihal-Qazigund section, which reduces the 35 km distance by road to half, was constructed at a cost of about Rs 1,700 crore. The Udhampur-Katra-Banihal section, which will connect the Kashmir valley with the rest of the country's rail network, is expected to be completed by 2017.

ABOUT ICF-Part II

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

(For soft copy of part-I, please contact **9003141449**)

ELECTRICAL SHOPS:

The Electrical portion of Furnishing activities is carried out by Electrical Production shops such as Shop 28, Shop 29, Shop 35 and Shop 39.

SHOP 28

This Shop is identified as Electrical Shop for Conventional Non A/C coaches. This is situated at the Western end of Main assembly shed. This shop deals with all non A/C Conventional coaches like GS, SCN, SLR and SDC etc.

Sections:

There are Four Sections such as Roof wiring, Under frame wiring & preparatory, Fan & Light fitting and finally Testing.

- Roof wiring section takes care of all the activities like Main wiring, Branch wiring, Cubicle wiring, EFT (Emergency Feed Terminal) and Alarm indicator wiring.
- Under frame wiring section carry out the activities such as
 - Loading of Under frame equipments like Battery box , Regulator Rectifier, Charging terminal box and cable junction box
 - Laying of Conduit pipe , Wiring
- Fan & Light fitting section fixes all the switches, Fans, Light fittings, Mobile Charger etc.
- Fans of 110 v DC or BLDC (Brushless Direct Current) type, 27 Nos used for GS and SCN coaches.
- Light fitting of 110 v DC FL(Fluorescent Lamp) 24 Nos for Compartment side
- 11 w CFL type for Lavatory and Gang way.
- Modular type switches
- Testing section carries out the Performance testing all the Equipment and Checking of Overall IR value (Insulation Resistance) and the allowed value is 1Mega Ohms.
- As all the Conventional coaches are working on 110v DC, the wiring is of Light Duty and it is not subjected to any special Tests like High Voltage test.

SHOP 29.

This shop is also situated in Main assembly shed of Furnishing division. This Shop deals with all types of EMUs, DMUs, METROs and Self Propelled Vehicles.

Sections:

Shop 29 has various sections like Roof Wiring, Under frame Wiring, End wall Wiring, Cab work, Bogie work and Finishing.

- Roof wiring section carries out the Roof wiring work such as Installation of Conduits, Cable laying, Light , Fan and Display items loading.
- Above Roof Wiring section

The Electrical Components above Roof like Pantograph, VCB (Vacuum Circuit Breaker), LA (Lightning Arrester, Insulators and Cable lead etc are provided.

- HT section carries out the assembly of Conservator tank, Inductive shunt, Air panel, baby Compressor, terminal board etc.
- Under frame section does the Loading of all Under frame equipment, Tray setting, Cable laying etc.
- End wall section carries out the Electrical wiring works on the End walls.
- Cab section does the loading of all Cab equipments and wiring.
- Bogie: TM (Traction Motor) assembly is done by this section.

Shop 87- Electrical Inspection and testing:

All the Inspection & Testing of Electrical aspects of Furnishing is carried out by Shop 87.

- Inspection and Testing plays a very important role in each and every stage work and continuing of the mechanical work is inter dependent on Electrical clearances.
- Roof ceiling clearance is given after inspection and testing of Roof wiring work. Then End wall clearance given duly checking the end wall electrical works.
- Continuity checking is done. HV (High Voltage) test is carried out by applying 2 times the working voltage plus 1000v for 1 Minute.
- Traction Motor is subjected to Power continuity check, HV test and TRASH. It is run for some hours and Sleeve bearing Temp is measured.
- LT (Low Tension) sequence is checked with 110 v DC.
- Test for safety interlock are carried out.
- Finally taken to Test Track where 25 kV supply will be given.

SHOP 35

This Shop deals with all types of Air Conditioned (AC) coaches like FAC, FACCW, ACCW, ACCN, ZAC, Tourism coaches and Export coaches. This shop is situated in the Shop 36 shed.

Sections:

This shop has sections like Under frame work ,Roof work and Cubicle.

- Trough floor section carries out the work of Conduit setting, Clamping and Cable laying and for EOG coaches Conduit Earthing is done.
- Roof wiring works such as Conduit setting, Clamping, Cable laying and Cable termination is carried out by the Roof work section.
- All the equipment needed are loaded by the Under frame section.
- Cubicle section carries out the loading of Power cubicles.
- Termination is the process of cutting the wire to the required length, fixing the end leg piece.
- Previously conduits were of RVH (Reinforced Vinyl Hose) type and now they are replaced by PMA (polyamide) type.

SELF GENERATING COACHES (SG)

- Power required for the coach is produced by its own Alternators.
- Electrical load reflects on pulling the Engine.
- More gross wt due to heavy electrical equipment.
- Less speed.

Function:

- Two nos. of Alternators mounted on Bogies for power supply while running and recharge batteries.
- Two axle mounted pulleys connected to alternator by set of V Belts (endless).
- When train stationary, supply through 110 V DC battery sets.
- Set of battery consists of 56 Lead acid cell of 2 V each connected in series housed in two battery boxes mounted in U/F.

END ON GENERATION :(EOG)

- Power received from Separate POWER CAR at the END.
- Electrical load does not reflect on pulling the Engine.
- Less weight and more speed.

Function:

- Power supply for Air Conditioning, lighting, fans, obtained by tapping from one of two feeders 750V, 3 Phase 50 Hz from the separate POWER CAR.
- For obtaining 415 V for A.C equipment and Lighting transformer, 750/415, 50 KVA step down transformer used.
- 110 AC for lamps and fans, provided by 415v/110v 3 phase step down transformer.

EQUIPMENT:

(i) Alternator:

- It converts mechanical energy into Electrical energy like Generator.
- For Air conditioned Caches, 25 kW-2 nos used.
- V belt size C 122, 24 nos used.

(ii) Inverter:

- For converting DC to AC. 25 kVA capacity 2 nos used.
- Input- 90 to 140 v DC, 200 Amps , Output – 3 ph AC 415 V, 50 Hz, power 25 kVA.

(iii) Pre cooling Transformer- 1 no.

(iv) Regulator cum Rectifier – 2 nos of 25 KW cap.

(v) Air Conditioning Unit:

- Previously ICF had under slung A/C unit of split type. Condenser and Compressor were Under frame-mounted and prone to ballast hitting, clogging of dust and frequent maintenance problems. Evaporator was Roof-mounted.
- Presently all the three as a Modular, compact unit at Roof. It is called Roof Mounted Packaged Unit – A/C system (RMPU).
- Two Compressors of Hermetic type with each 3.5 TR(Ton of Refrigeration) capacity.

- All motors are Alternative Current with direct on line starting.
- R-22, more eco friendly, 5.5 kg/ plant.
- RMPU requires less Copper pipes and in turn are less prone to leakage and failure.
- Neither Ballast hitting nor clogging of dust.

A/C coach Testing:

- Under frame HV test :
 - All the Under frame Cables including Inverter supply, External supply to Pre cooling are connected together and 1.8 KV is applied with respect to EARTH to check the Insulation Resistance.
- Roof HV test:
 - Similarly all the roof Lights and Fans are connected together and 1.2 KV applied w.r.t EARTH to check the Insulation Resistance.
- Air Leak Test:
 - After all the Ducting work is over and Fresh Air filter & Return Air filter are installed, Light, Fan and Blower switched ON and working, the leakage of Air is checked with Anemometer.
- Air delivery test:
 - After all the leakage is arrested, air delivery test conducted to check the velocity of Fresh air & Exhaust air. For ideal condition both to be equal, but for no reason the Exhaust air permitted to be more than the Fresh air. Air volume requirement is 0.35 m³ min per passenger.
- Duty cycle test:
 - No load duty cycle
 - RMPU is switched ON and after stabilization A/C performance is checked for Thermostat CUT IN and CUT OUT, and also to check the compressor working, Shortage of Refrigerant etc.
 - Load duty cycle:
 - With RMPU switched ON in Auto mode, temp setting at 240C and compensating Electrical load, the no.of Plants ON/OFF cycle per hour is recorded. It is permitted to be min 12 and max 20. During that time Temp at different locations is measured to check whether it within the permitted level of 10C gradient.
- Pre cooling test:
 - Inside temp is increased to 450C by heaters, RMPU is switched in Auto mode with temp set at 260C, the Time taken to reach the set temp is measured. Normally it has to be 35-40 min when ambient temp is 30-350C and Relative Humidity is 60-70%.
- Generation test:
 - The Coach is placed over Generation pit, Alternators Belts provided, Voltage and Current readings of Alternator & Battery are taken for different loads. At any load the difference between two alternators current value to be within 30 Amps. If anyone is overloaded, that alternator belt reduced proportionally.

SHOP 39

This shop is situated in one portion of Shop 33 shed. This shop is referred to as Elec Lighting and detail shop. It is one of the important shops in Electrical department where almost all the detail items are made.

Activities:

1. Manufacturing of Pre wired Panel board for A/C, EMU and Metro coaches
2. Assembling of Couplers for EMUs and Metros
3. Assembly of Fluorescent lamps, Switches, Holders, Junction boxes and MCB panels (Miniature Circuit Breaker)
4. Charging Batteries of all coaches
5. Manufacturing of Battery chargers for Railways
6. Assembly of Pantograph for EMUs
7. Preparation Aluminium Conduit pipes.
8. Development and Testing of any Electrical equipment.

BATTERY SECTION

Cell: It is a single unit to store/ Discharge electrical energy having two terminals, one +ve and other - ve. Capacity is in terms of Volts.

It is of two types- Primary and Secondary

In primary cell EMF generated by chemical reaction. Once used and cannot be recharged.

In Secondary cell, Electrical energy is stored in the form of Chemical changes, and these can be Recharged.

Battery: It is the combination of two or more cells connected. Its capacity is defined in terms of Ampere Hour (AH).

Types of Batteries in Coaches: two types used.

(i) Flooded (ii) VRLA (Valve Regulated Lead Acid)

Flooded type:

- This kind of batteries require regular topping of fluid, used vertical position only, high self discharge(4%/week), require initial charging, and more weight.

VRLA:

- No topping up and no initial charging.
- Can be used in horizontal position also.
- Self discharge is 0.5 to 1%/week only.
- Less weight.

Note:

- In Lead Acid battery Anode (+ve) is of Lead Peroxide(PbO₂) and Cathode(-ve) is Lead(Pb) and Electrolyte is Sulphuric Acid(H₂SO₄).
- Instrument used to measure Specific Gravity of H₂SO₄ is Hydrometer.
- The Batteries are charged by Constant Voltage method or Constant Current method.

- (to be continued)

EMPLOYEES RETIRING on 31st July '13

1	VARADARAJAN.S	Tech-1/FGL	14
2	NAGARATHINAM .M	Sr.Tech/MSM	18
3	SUBRAMANIAN.M	Sr.Tech/FGL	20
4	SEGARAN .M	Sr.Tech/Welder	21
5	SAMPATH.S	Sr.Tech/FGL	22
6	RAMDAS.MK	Sr.Tech/FGL	26
7	KADIRVELU .E	Tech-1/MTR	40
8	RAMAMURTHY .K	Sr.Tech/FTR	41
9	GANAPATHY .S	Sr.Tech/MTR	41
10	DURAIRAJI.M	JE	45
11	SANGARAN.D	Sr.Tech/MDM/RR	48
12	YASSIN.S	OS	Stores
13	VANAVENI.R	Mali	Engg
14	KARMEGARAJ.V	Sr.Tech/Elec	28
15	TUKHARAM.G	Tech-1/Elec	28
16	VIJAYAKUMAR.V	Tech-1/Carp	30
17	ANANDAN.I J	Tech-1/FGL	30
18	WILLIAM SCUDDER.S	Tech-2/Carp	30
19	KOTHANDARAMAN.R	Sr.Tech/Carp	30
20	MANOHARAN.D	Sr.Tech/Carp	32
21	RAGHU .S	JE	80

We wish them A Happy & Peaceful Retired Life

Winners of 122nd Ambedkar B'day elocution contest



Elocution contest

I: K.Krishnan, SSO/Exp/S II: P.Sigamani, JE(Trg)/88

Quiz:

I: Dhanakumar SSE/PlgF+ Srinivasan SSE/PlgF+ Sambandan SSE/D&D

II: K.Jayaraman, Prabhakaran & Ramadoss JE Trainees

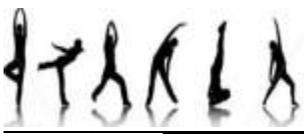
Winners of 121st Ambedkar B'day elocution contest

I: Ayyappan, Sh22, II: Dhanakumar, SSE/PlgF

III: J.Anandakumar, SSE/42

• In an attempt to curb incidents of fire that originates in pantry cars, Northern Railway has introduced induction-based cooking stoves. As a pilot project, induction stoves have been installed on the Dibrugarh Rajdhani and will be installed in 26 more trains.

• Konkan Railway has taken a major step towards bio-degradation of night soil (human mull) by installing bio-toilets on its route. Konkan Railway is the first railway in the country to have Bio-Toilets on railway station platforms. As a beginning, the Bio-Toilets have been installed by Konkan Railway at Chiplun and Kankawali stations on its route. While a conventional toilet would cost about Rs 1 lakh, the Bio-Toilet can be erected in only about Rs 30,000.



PHYSIO PAGE

MOVE... TO REMOVE...!

Physio.Kumaravel.M

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Exercises for LOW BACK PAIN (LBP)



GENERAL INSTRUCTIONS

This article will give a clear account of various exercises (**Level one**) commonly taught in the treatment of LBP. But it is **always better to consult the doctor before starting any exercise program.**

- Exercise program is not common to all. It should be tailored depending upon the causes of the pain, severity of the symptoms, the age of patients and other associated problems. Hence consult the physiotherapist for specific exercise program.
- Don't do any exercise in acute pain.
- Begin the exercise after the pain start to subside.
- Avoid exercise immediately after taking food. Start your exercise only after 2-1/2 hours of your food.
- Start gently and gradually increase the intensity of the exercise as per guidance of a competent physiotherapist.
- Strengthening exercises 5 - 10 -15 times and stretching exercises 3 to 5 times.
- Never try to overdo any exercise.
- Avoid doing exercise as soon as you get up early morning.
- Always do warm up prior to exercise and warm down after exercise.
- The exercise must be regular, i.e. daily or at least five days in a week.
- **If you want any clarification contact the author. You are always welcome.**

EXERCISE NO1: PELVIC TILT



- Lie down on your back with knees bent and feet flat on the floor.
- Keep the hand below the back curve and press down the back.
- Hold the posture for 5 to 10 counts.
- Then relax for some time and repeat.
- No of repetitions: 10 to 15 times.

VARIATION:

- Same starting position.
- Keep a towel pad under the back curve and press it or just push your low back in to the floor and flatten the back.
- Hold the posture and number of repetition as above.

EFFECTS AND USES:

- Tightening of the abdomen muscles.
- Facilitate low back mobility nicely.
- Useful for beginners for core muscle strengthening.

EXERCISE NO2:

FOR LOWER ABDOMINAL MUSCLES



- Lie down on your back with the palm flat on the floor.
- Slowly raise the right leg as high as comfortable.
- The left leg should remain straight and in contact with the floor.
- Hold the posture for 5 to 10 counts.
- Then slowly lower the leg to the floor and relax for some time.
- Now raise the left leg as above.
- No of repetition 5 to 10 times for each leg.

PROGRESSION:

This may be repeated by raising both legs together without strain. Beware this is a more strenuous practice. Hence do this after mastering in the previous exercise and pain has subsided. Gradually increase the range 30 deg-60 deg-90deg.



EFFECTS AND USES:

- Strengthen the lower abdominal muscles.
- Stretch the low back muscles and lengthen the leg muscle.

• **EXERCISE NO 3: FOR UPPER ABDOMINAL MUSCLES**



- Slowly raise the head and shoulder and see the toes.
- Remain in the position for 5 counts.
- Then relax the body for some time.
- No of repetition 5 to 10 times.

VARIATION:

Interlock the fingers and keep the hand behind the head and lift head and shoulder should be off from the floor and hold the posture for 5 counts. Then relax.



EFFECTS AND USES:

- Strengthen the upper abdominal muscles

EXERCISE NO 4: FOR UPPER AND LOWER ABDOMINAL MUSCLES



- Lie down on your back with knees bent and feet flat on the floor.
- Interlock the fingers and keep your arm over the chest.
- Crunch your upper body and bring your shoulder blades just off the floor.
- Remain in the posture for 5 to 10 counts.
- Slowly lower down the original start position and repeat.
- No of repetition 5 to 10 times

VARIATION:



- Lie on your back with your knee bent and feet flat on the floor.
- Stretch your arms straight out over your head.
- Crunch your upper body forward and bring your shoulder blades just off the floor and hand touch the top of the knee joints.
- Remain in the posture 5 to 10 counts.
- Return to start position slowly and repeat after some time.
- No of repetitions 5 to 10 times.

NOTE:

It is a more strenuous exercise. Hence start to do this after mastering the previous group of exercises.

EFFECTS AND USES:

- Strengthen the abdominal muscles and relieve the tension on the back.
- Tighten mid section and flatten the stomach.

Wait for further Steps to Move

- Southern Railway has introduced a daily Express train named as 'Chemmozhi' express service between Mannargudi and Coimbatore from 11th June. MQ Dep 20.10, CBE Arr 05.00, CBE Dep 23.55, MQ Arr 07.55.
- Kacheguda-Madurai weekly Express. 17615 Dep KCG Sat 06.05, Arr MDU Sun 06.45, 17616 Dep MDU Sun 12.50, Arr KCG Mon 14.05.
- On 28th June, Railway Minister, Sri Mallikarjun Kharge launched an SMS-based ticketing system aimed at improving customer convenience.
- Those, whose income is above 5 lakh under the heading salaries in form-16, have to file IT returns online. For details check rail net-personnel-announcements-a brief on e-filing procedure.
- ✓ One DEMU Power Car (DPC) of Shakurbasti Diesel Shed has been converted to CNG-diesel dual-fuel mode and is running successfully for the last few years. Three contracts have been awarded for CNG conversion of 50 numbers of DPCs. The expenditure of conversion works has been slow on account of non availability of spare power car for conversion. Now, it has been decided to provide CNG-diesel dual-fuel mode at ICF, on new DPCs being manufactured, so that making available DPCs for conversion is not a bottleneck.

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

by Sri G.Loganathan, DyCMM/P/S

5. Debriefing and Bid Challenge Procedure

Unsuccessful bidders to IR's tenders are not notified of the reasons for rejection of their bids. The competent authority does not disclose the reasons for failure of the bid, even if it recorded on file, which is not the case most often. The details of successful bids leading to contracts awarded, even though published for high value contracts, are not intimated to the individual bidders who had participated in the bidding, owing to which a channel of redressal to the unsuccessful bidders to challenge the bids is absent. "Bid challenges are an important self-monitoring and self implementing mechanism" as they allow those most affected by the failure to apply national procurement laws to access redressal, thereby ensuring that problems in the procurement system are identified and addressed quickly and efficiently.

Every decision of the procuring entity, in excluding bids for reasons as provided for, need to be communicated to the concerned bidder in writing and shall also be exhibited in the Central Public Procurement Portal, as per clause 22 of the bill. IR doesn't inform the bidders about exclusion of their bids, hitherto, for whatever reasons it is excluded. This provision of the bill will bring about complete transparency in dealing with the bids, particularly the lower bids which are overlooked for whatever reasons. Similarly, the procuring entity is supposed to intimate the reasons for cancellation of the procurement process, at any stage, to all the bidders who had participated in the bidding process. Further, the details of the successful bidder shall also need to be communicated to all the bidders participated in the bidding process. To implement this provision of the bill, the institutional capacity of the IR procuring departments may have to be enhanced, as additional work load is involved not only in intimating the reasons for exclusion to the bidder but also to handle the further correspondences connected to publication of such information.

6. Restricted Bidding to Registered Vendors

The most restrictive of the tendering practices is that of maintaining a list of 'Registered' vendors, as pointed out by several reports of experts, including the Dhall Commission report, 2011. Though the original purpose of such a list was to establish "reliable sources for procurement of goods commonly required for government use", the system is by and large being implemented to limit competition.

The Railways, for example procures goods only from approved vendors registered with its Research, Development and Standardisation Organisations (RDSO) or its production units like DLW, CLW, ICF, RCF etc. The process of registration itself is tedious and subjected to a detailed scrutiny and inspection. Even after such detailed scrutiny, a firm may be classified as a developmental source, making it eligible only for 5% of

the quantity procured. Only in most deserving cases, the firms are classified as Part-II (entitling to 20% of the procured quantity) and Part-I (without any restriction in the ordered quantity). The transition from Development to Part-II to Part-I status takes years at times. The combined effect of the limited number of registered vendors, the time taken in registration and the very volume of supply allowed to a newly registered vendor makes for a situation that does not lead to adequate development of new vendors so as to encourage competition, economy and effectiveness.

Even though, the restrictive tendering is justified in low value procurements (less than Rs. 10 lakhs) adopted by IR, inclusion of clauses like "only RDSO approved firms to quote", "bulk orders will be placed only on ICF approved sources" in high value procurements through open tenders, defies the very purpose of open competition. Any new firms, which has both technical and financial capacity to supply, may only be considered for a smaller quantity order of 5% at best, which may not be economically viable. Further, the decision to split the procurable quantity on more than one bidder, to ensure continuity of supply, may also act as a deterrent to genuine bidders who have the capability and capacity to meet the entire requirement.

Though the RDSO and the Production Units (CLW, DLW, ICF & RCF) keep updating their registered vendor list, either annually or bi-annually, it is mostly on the basis of vendors approaching these organisations and not on the basis of pro-active approach to expand the registered vendor base. This is quite apparent from the very restricted number of registered vendors for many products/items. This has also led to complaints like "The Railways buys from pre-approved vendors. After getting approved, the vendors take advantage and form cartels and quote exorbitant prices. They dictate prices and this problem is known to all. But due to kickbacks involved or perhaps more due to normal bureaucratic apathy, nothing fruitful is done," said Atul Kumar, IRSS Officer – NDTV report dated 12th September 2010.

The bill, vide its clause 14(2), provides for the procuring entity to invite offers from prospective bidders by giving wide publicity by way of Request for Expression of Interest, calling for bidders to get themselves registered.

7. Conducting Negotiations

Negotiations are permitted with the lowest suitable bidder in IR, in special circumstances, as per the guidelines of CVC. In the past negotiations with any bidder was permitted, which was restricted by CVC guidelines in '98, to limit it only to the lowest responsive bidder, in order to curb the instances of collusion and corruption. These instructions have been working successfully for the past 14 years now. As per clause 23 of the bill, no price negotiation shall be held, except for single source procurements. In the event of high rates quoted by L1 responsive bidder, there will not be any other option, but to go for re-bid.

To be continued-

✓The new Salem-Namakkal-Karur BG track was opened for passenger services on 25th May.

General Subjects placed by E.Ramesh in the staff council meeting on 14.06.13

1. Penal interest to be charged only from the staff who fails to produce the relevant purchase documents of the Scooter/Car/PC within the stipulated period.
2. Updated CUG telephone directory has to be published.
3. To claim all the pending unpaid bills and make the payment to the concerned employee as a onetime measure.
4. Posting of RPF security to AWTI gate to prevent unlawful entry of persons to AWTI on working hours.
5. As per the revised training module for Civil Engineers (P.Way) DR quota SSE & JEs have to be deputed for training at Zonal Training Institute.
6. Posting of Environmental Engineers for both Shell & Fur division.
7. Form 10-E may be generated for Mr.Muthukumar SSE/12, Emp No:795296 who had received an arrears of Rs.357218 during the year 2012-13.
8. Posting of one material clerk and one office clerk to AWTI to relieve SSEs from the work of arranging materials and doing ministerial work.
9. Internet connections have to be provided at least to one computer of each section of all production shops, Planning office, MPO and Designs.
10. Scooter stand to be constructed in RRM.
11. Disposal mechanism for Canteen wastes (both food and other wastes) have to be evolved.

General Subjects placed by K.V.Ramesh

- 1.Procedure order may please be issued for posting of App.JEs and SSEs well within the completion of training.
- 2.Grant of special cash award to the senior supervisors who have attended duty on holidays in recognition of their contribution towards outturn.
- 3.To reintroduce the SMS facility by suitably negotiating with the service provider.
- 4.Providing CUG SIM cards to all SSE&JE.
- 5.A comprehensive ERP plan should be spelled out duly adhering to procedures given in the work shop manual and required training also given to the supervisor.
- 6.A clear cut procedure shall be formulated on lodging the police complaint in case of accident inside the factory after the approval of competent authority.
- 7.ICF/RH OP counters are managed by specialty doctors, which results in wastage of their timings. Instead OP counters shall be posted with MD/General which will be useful to patients.
- 8.In ICF Kalyanamandapams Fan speed is low, Fan rod is short, insufficient dustbins, replacement of gas stove, Provision of pedestal fan on the stage need to be attended
- 9.Civil work of SSE office of new wheel shop kept pending for years, which may be completed immediately.

- 10.Basic Pay of Apprentice JEs may be fixed with their existing pay in the pay band and the Grade Pay applicable to this post which is Rs.4200.
- 11.School fee revision done by the school authorities without consulting any member of the school committee including secretary school committee and no meeting held so far.
12. Opening of newly constructed office buildings in shop-26 and shop-41.
- 13.Women supervisors' lunch room in Shell factory & IT centre.
14. Relieving of SSE (one each) to AWTI, TTC & RITES.

CIRCULARS

- AC17: Reconstitution of complaints committee re sexual harassment of women at workplace.
- AC18: vacancy notification for the post of Hostel warden Ex-cadre at IRISSET, Secunderabad.
- AC19: DA revised from 72% to 80% wef 01.01.13.
- AC20: Rates of Night Duty allowance wef 01.01.13.
- AC21: List of public information officers & appellate authority of various departments of ICF.
- AC22: Last date for submitting apln for children education allowance= 30.06, 30.09, 24.12 & 31.03.
- AC23: Revised rate of travelling allowance and daily allowance.
- AC24: Clarification on Children Education allowance/Hostel subsidy.
- Election to the managing committees for workers canteens of shell and fur will be conducted on 3.8.13.



Selvi V.V.Uthra,
D/o.V.R.Viswanathan
SSE/PCO/F had secured 466/500 in X std last year and got 4th rank in ICFSJHS.School. She appealed for re-totaling of marks in social science and got +5 marks. As a result her total marks are 471 and has become the school topper.

She is also a classical dancer and cultural secretary of the school.

✓To know the number of LPG cylinders consumed on your account till date in FY 2013-14, Visit petroleum Ministry's web site <http://petroleum.nic.in/>, click LPG Portal on top right, click Indane/ Bharatgas/ HP Gas on bottom right, enter State, City and Distributor name, consumer number.

Last date for submission of applications:

Cash award from SBF to meritorious students
31.07.13

Just for Information: LG Fridge/MW/TV with minor scratch (Factory seconds) under 30% discount available at Deepa Refrigeration, 49, Valluvar st, Arumbakkam.