

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

To

# INTEGRAL NEWS

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Free Monthly News Bulletin – for Internal Circulation

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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

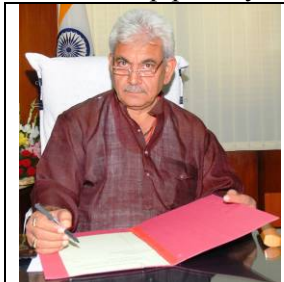
K.N.Mohan, PE/PR/S

R.Srinivasan, APE/PR/F



Shri Devaragunda Venkappa Sadananda Gowda assumed charge as the new Union Minister of Railways at Rail Bhawan on 27<sup>th</sup> May. During 2010-12 Shri Gowda was the 20<sup>th</sup> Chief Minister of Karnataka. Shri Gowda is a graduate in Science with a degree in law. He was a public prosecutor for a brief period in Sirsi in Uttara Kannada district but resigned to concentrate on his political career.

His interests lie in labour movement as he was the General Secretary of Bharatiya Mazdoor Sangh, Puttur Division and President of Sullia Taluk Auto Rickshaw Drivers and Owners Union. Immediately after assuming the office, Shri Gowda called the Chairman, Railway Board Shri Arunendra Kumar and discussed the relief and rescue operations which were under way at the Chureb station (near Gorakhpur) where a train accident had taken place on 26<sup>th</sup> May, 2014. The Railway Minister directed the Railway Administration to provide the best treatment to the injured. Later in the evening, the Minister convened a special meeting of Railway Board to discuss safety-related issues. The Railway Minister emphasized that safety and security is and will continue to be the top priority for the railway operations.

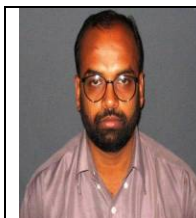


Shri Manoj Sinha has taken over as new Minister of State for Railways on 28<sup>th</sup> May. Shri Manoj Sinha is elected from Ghazipur (UP). Shri Sinha has done M. Tech. in Civil Engineering from Institute of Technology (BHU), Varanasi. In 1982, he was the President of the Banaras Hindu University Students Union. He was elected to 11<sup>th</sup> Lok Sabha and again re-elected to 13<sup>th</sup> Lok Sabha.

During 1999-2000 he was Member, General Council, School of Planning and Architecture and also Committee on Energy and Committee on Government Assurances. His interests specially lie in working in backward villages. He is an Agriculturist and social worker. He is a widely travelled person.



Shri. V.K.Gupta has taken over as new Member Engineering, Railway Board & Ex-officio Secretary to the Govt. of India on 13<sup>th</sup> May. Prior to this appointment, Shri V.K. Gupta was GM/NR. Belonging to the IRSE of 1976 batch, he graduated from Punjab Engineering College with a Bachelor's in Civil Engineering. He has held several important positions viz. GM/NCR, Secretary/RB, Advisor/Land & Amenities-RB, DRM/Ferozepur, CE/Con/N.Rly.



Shri K.Sudhir, Associate Editor of Integral News, expired on 8<sup>th</sup> May after a brief illness. Joined as App Mech in 1990, he was serving as SSE/ Shop41, Tool Room/Shell. He is survived by wife and 2 daughters aged 13 & 4. He was the winner in almost all quiz competitions held at ICF and he had been associated with Integral News since its first issue.



Anti terrorism day was observed on 21<sup>st</sup> May in which GM administered the pledge at admin building.



DEMU co-ordination meeting was held on 2<sup>nd</sup> May.



Electrical safety seminar was held on 5<sup>th</sup> and 6<sup>th</sup> May.



ISO 3834 awareness programme was held on 6<sup>th</sup> May



A talk on *proud to be an engineer* was held on 6<sup>th</sup> May.



ICF team which won the inter railway drama competition met GM and CPO on 22<sup>nd</sup> May.



The South India Kennel Club organized its 96<sup>th</sup> Obedience Test Dog Show at Govt. Arts College Ground, Udagamandalam on 09.05.2014. The RPF Dog 'SONA' of ICF had participated and secured 1<sup>st</sup> and 2<sup>nd</sup> Prizes with challenge certification points by obtaining 291 out of 300 and also two mementos in two different events. Another Dog 'TYSON' of ICF had also participated and secured two 1<sup>st</sup> prizes & one 2<sup>nd</sup> prize and three mementos in three different events. Sri. S.C. Parhi, DIG-cum-CSC/ICF and Sri.SAI C.S. SINGH, ASC / ICF congratulated the RPF Kennel Staff.



Shanmugam



K.V. Manoj

Inter-Divisional RPF Shooting Competition - 2014 was held at RPF Training Centre / Trichy from 22.05.14 to 24.05.14. Sri. Shanmugham, Con / FUR had participated in the competition and secured Silver Medal in INSAS Rifle shooting - 200 Mts. distance in kneeling position & a Bronze medal in Carbine Gun 9MM - Overall shooting. Sri. K.V. Manoj, Con / Shell had also participated in the competition and secured Silver Medal in INSAS Rifle - 100 Mt. distance in standing position. Sri. S.C. Parhi, DIG-cum-CSC/ICF and Sri.SAI C.S. SINGH, ASC / ICF congratulated the firers.

#### OFFICIAL POSTINGS

Name S/Shri/ Smt	Previous	Present
Dr Debatosh Misra	S.Rly	C.M.O
B.Rama Mohana Reddy	S.C.Rly	C.E
S.Sridhar	CEGE	CEE/QC+Comng
Debi Prasad Dash	CEE/QC+	CEGE
Dr Rajkumar	DMO	S.Rly

#### WE DEEPLY MOURN THE SUDDEN DEMISE OF THE FOLLOWING EMPLOYEES

Sl	Name S/Shri	Designation
1	Kothandaraman T S	Tech-1/Elec/28
2	Ravi Kumar S	Tech-1/Elec/35
3	Sudhir K	SSE/41
4	Gopalakrishnan P	Tech-1/Painter/54
5	Sivakumar R	Tech-1/MGL/34
6	Ashokan S	Tech-1/Carp30
7	Devanandam M.B	Shop 21

## SSLC TOP SCORERS FROM ICF FAMILY



Sneha D/o. T.V.Shajan, CMS/CMT/S: 498 in 10<sup>th</sup> which is II in state and I in district.






















U.Aafrin, D/o.M.Umar Ali, SSE/27: 497 in 10<sup>th</sup> which is III in state and II in district. Both of them received medal from the Tiruvellore district collector.

496, M, S* Bhamini Sembha. D/o.R.Padma, OS/Stores/S.	495, M, S, SS* A.Srihari S/o. A.Nirmala, OS/PB.	490, SS* Karisma, D/o. Kanailal sarkar, SrISA/Acts/Fur
489, S*Pavithra D/o.R.Sankara Narayanan. Steno, Stores	489 MS* K.Pranoy, S/o. M.Sudhakaran, SSE/24	489, S, SS* B.N.Niranjan, T.E.Nandakumar, ActAsst/S
489 M* Raghavan.T S/o. T.Thinakaran, Tech-1/26	487, SS* B.Gajesh S/o. S.Baskaran, Insp-1/42	485 B.Soorya Adhitya, S/o. B.Jayalalitha, ActsAsst/S

485 Yuvengelin. D/o.A.A.Muthu Insp/13	480, S* S.Akshay Bharadwaj S/o. C.Subramanian, ChOS/PB	479, S* S.Aravind. S/o S.Varalakshmi AA/S
477 Sangeetham D/o. D.Mohanrajan, PCO/F	475 A.Akshaya, D/o. M.Anandakrishnan, SSE29	465, S, SS* K.Praveen Raja S/o.K.Kumar, CWE/F office
463, S* Kaviya.S, D/o.S.Uma, Tech- 1/85	462 Roshini.R, D/o.P.Sugandhi, Engg Dept <small>SSLC - CBSE</small>	452 J.Janet, D/o. James V Jayaraj, OS/85.
10 G.Prasana Srinivasan, S/o.T.S.Ganesh, DyCMM/SD	10 M.Nehal S/o.Muthukumar, DyCME/SR	10 S.Ajay Madhusudan S/o.M.Subramani an, PI/PB
10 K.R.Varsini D/o.Kumaravel, SrPhysiotherapist (Author physio page)	10 Karen Annette. D/o.T.Delson Joseph, SrAFA & Jaissy Delson, Ch OS/PB	10 D.Chakradhar, S/o.ChinnaRao, SSE/40.
10 Amrutha D/o. P.Udayakumar, SSE/82	9.8. Kanish.B,S/o. C.Balamurugan, SSE/Plg/S.	9.8 P.Harini, D/o.Prabhakar, Tech-1/28.

**+2 TOP SCORERS FROM ICF FAMILY**

		
200/200 in M,P,C,CS 1175 M.Keerthana, D/o. Manimaran, Tec/39.	1180,C* H.D.Abhinand. S/o.N.V.Harikumar, SSE/MPOF	1180,B* S.Swetha D/o.A.Sivakumar SSE/Design
		
1172.Priyadarshini D/o.P.Udaya sankarn, SSE/PCF	1170 C.S.Niharika, D/o. Subramanyam C.D, SSE/40	1168R.Adhithya, S/oSeetalakshmi, Sr Steno/D&D
		
1164, Ac* Progothi, D/o. Ajay Ghosh, SSE/Engg	1159 M.Monicaraj, D/o.CK.Manickaraj Shop 39	1159,C*Kiruthika D/oM.Jagannathan JE48
		
1157 T.Damini, D/oM.Taranirajan WM/Paint/F	1156 Anusha.R, D/o.PrabhavathiR SE/IT	1156 Supraja.R, D/o.Ramesh.L, SE/IT
		
1151 R.Swathi, D/o.Ravichandran ChOS/SD	1150 K.Shivani.D/o. K.Nageswararao, CLA	1131 K.Harish S/o.N.Krishnados Tech-2/85
		
1109 V.Saravana kumar,S/o.M.Vijaya kumar, OS/P8	1109R.Sowmya D/o.Dharmambal, Plant Office	1101 C.Sathish S/o.S.Chandran, OS/P6
		
1091 Venumadhavi, D/o.D.ChinnaRao SSE40 French statel	465/500 R.Sangavi, D/oD.Ravichandran JE/74	410/500 R.Sruthe D/o.V.Ravindran SrTech/82.

**EMPLOYEES RETIRING on 30<sup>th</sup> JUNE '14**

1	Govardhanan.T	AAO.	
2	Rahamathullah.MG	Sr.Tech/MSM	10
3	Shree Govin.S	JE	10
4	Shanmugam.TM	Sr.Tech/Serang	11
5	Pandiyan.B	Tech-1/Welder	11
6	Natarajan.V	Helper	13
7	Sukumar.S	Sr.Tech/BS	14
8	Manoharan.M	Sr.Tech/Welder	14
9	Arumugam.NM	Tech-1/Welder	14
10	Natarajan.K	Sr.Tech/MGL	16
11	Prakash.R	Tech-1/Welder	16
12	Devaraj.K	Sr.Tech/Welder	18
13	Durairajan.G	Tech-3/Welder	21
14	Chandrasekaran.TN	Sr.Tech/FGL	22
15	Jayaraman.E	Sr.Tech/Welder	22
16	Anboli.RS	Sr.Tech/Serang	24
17	Ramachandran.M	Sr.Tech/FGL	24
18	Krishnaiah.P	Sr.Tech/FGL	24
19	Sreedharan.K	Sr.Tech/FGL	26
20	Kommukutty Avithodi	Tech-1/FGL	40
21	Arumugam.R	Tech-1/MTR	40
22	Prathaban.M	JE	40
23	Sekaran.K	Sr.Tech/FTR	41
24	Narayanaswamy.V	Sr.Tech/Elec	45
25	Baskaran.V	Sr.Tech/FGL	45
26	Ganesan.V	Sr.Tech/Elec	46
27	Govindaraju.S	Tech-2/Mtr Mech	48
28	Selvam.ST	Tech-2/Serang	SD
29	Devadass.H	Tech-1/MDM/RR	74
30	Venkatesan.R	Tech-1/MDM/RR	74
31	Jayaraman.AV	Hd Constable	RPF
32	Damodaran.KS	S.I.	RPF
33	Srikumar.D	Constable	RPF
34	Regunathan.J	Ch O.S.	PB/S
35	Jagadeesan.M	Sr.Tech/Carp	30
36	Elumalai.KE	Sr.Tech/Carp	30
37	Ramalingam.P	Sr.Tech/Carp	30
38	Natarajan.M	Sr.Tech/Carp	30
39	Raju.S	Sr.Tech/Carp	30
40	Sambamoorthy.N	Sr.Tech/Carp	30
41	Ramadoss.K	Tech-1/Wood Mc	32
42	Palani.K	Sr.Tech/Trimmer	34
43	Velayudham.R	Sr.Tech/Elec	35
44	Jayapalan.M	Sr.Tech/Painter	36
45	Gopinathan.O	Tech-1/Painter	36
46	Premkumar.V	Sr.Tech/Elec	39
47	Loganathan.V	Sr.Tech/Painter	54
48	Chandran.C	Sr.Tech/Painter	54
49	Manivannan.M	Sr.Tech/Painter	54
50	Sundaram.K	Tech-1/FMW	80
51	Martin Alexander.D	JE	80
52	Thirunavakarasu.K	Sr.Tech/FGL	82
53	Venugopal.K	Sr.Tech/Elec	85

*We wish them A Happy & Peaceful Retired Life*

**STAFF OUTFLOW - LAST MONTH**

SI	Name S/Shri	Design	Mode
1	Raj Kamal Meena	Tec1/Carp/30	Transfer
2	Shailendra Manker	Tec2/Carp/30	Transfer
3	Venugopal.M	Tec2/Elec/21	Med unfit
4	Ganesan.M S	Tec2/FGL71E	Med unfit



## **ABOUT ICF - Part II**

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

Ph:9003141449, rsrinivasanicf@gmail.com

### **INSPECTION & QUALITY CONTROL:**

#### **Introduction:**

At ICF, Inspection wing of Quality Control department is headed by HOD level officers separately - CME/QA for Mechanical and CEE/QC for Electrical department who are assisted by a team of Officers, Engineers and Inspectors.

- Shop 42 is Mechanical Inspection/Shell and Shop 82 is Mechanical Inspection/ Fur.
- All materials received in the factory are carefully inspected before acceptance. Rigid visual, physical and chemical tests are done on sample lots to ensure a high standard of quality.
- The factory has two well-equipped laboratories, one each in Shell and Furnishing divisions where materials are tested.
- Stage inspection, before the coach is sent out of the factory, helps to maintain a high standard of workmanship.
- There are separate sections functioning for Inspection of process and product of each shop, Receipt of Materials at stores, Final inspection of Shell and Coach, and Customer complaints etc.

#### **INSPECTION:**

- It is the activity of judging the product/ process against certain standards by comparison.
- It is an instrument for quality control and improvement and
- Art of applying tests preferable by the aid of measuring devices to observe whether a production is within the specified limits of variability or not.
- In inspection, quality of past output is emphasized.

#### **Types**

- Process inspection: It is the Inspection at work in progress before full production starts.
- Floor inspection: constant and continuous inspection at the Shop floor.
- Centralized inspection: Inspection activity at one centralized location.
- Sampling inspection: It is the Inspection from raw material to finished products - one or two samples instead of whole lot.
- Stage inspection: Inspection when each stage work is completed
- Final inspection: Inspection at the point of dispatch.

#### **INSPECTION STRATEGY:**

- Aesthetic appearance
- Dimensional check
- Performance check

#### **INSPECTION PROCEDURE**

- The following are the agencies for inspecting the materials purchased from trade by ICF.

- The Rate and Running contract items supplied by DGS&D are generally pre-inspected by its inspection wing before making supply i.e. Director of Inspection (DOI) or Director of Metallurgical Inspection (D.I.Met).
- Other than DGS&D items which are of complicated nature and which are required to be inspected at firm's works are generally inspected by RITES.
- Safety items which are under developmental stage and certain critical items have been identified for inspection of RDSO only.
- All other general stores which are regularly procured are subjected to consignee inspection at ICF. A separate Inspection Wing is functioning in ICF. For all mechanical items inspection is done by Dy.CME/Inspection. If any chemical property or ultrasonic test is required, samples are inspected by Dy.Chief Chemist and Metallurgist.
- Although items are pre-inspected by other inspection agencies, the same will be subjected to consignee inspection at ICF on receipt. The Consignee Inspection report will be final.

#### **Various Inspection Agencies:**

- ICF, RITES, RDSO
- All the Items are categorized as I, II, and III.
- Category I – RDSO or RITES or ICF
- Category II – RDSO only.
- Category III – RDSO or RITES or ICF

#### **Inspection for shop-manufactured items:**

- Self-inspection for machine shop
- Inspection of first piece by operator in all stages every shift, Verification by production supervisor

#### **Inspection plan for purchased items:**

- Items categorized as SAFETY, CRITICAL & OTHERS
- SAFETY: inspection and testing at ICF though it is done and passed at RDSO/RITES
- CRITICAL:
- Pre-inspected items affecting reliability of stock are categorized as critical.
- Pre-inspecting agency to submit inspection certificate including chemical (Metallurgical, physical etc...)
- ICF will check with detailed inspection, one lot each supplier /year and all the other time visual check as per sampling plan.
- Others are those not classified as safety or critical
- Just visual check for description/drawing.

Lot size: sample size = 50:3, 100:5, 500:7, >500:13

#### **SINGLE SAMPLING PLANS**

- The number of sample items inspected shall be equal to the sample size given by the plan.
- If the no. of non-conforming items found in the sample is equal to or less than the Acceptance no., the lot shall be considered acceptable.
- If the number of non-conforming items is equal to or greater than the Rejection no., the lot shall be considered not acceptable.

### DOUBLE SAMPLING PLAN.

- The no. of sample items first inspected shall be equal to the first sample size given by the plan.
- If the no. of non-conforming items found in the sample is equal to or less than the acceptance no., the lot shall be considered acceptable.
- If the number of non-conforming items is equal to or greater than the rejection no, the lot shall be considered not acceptable.
- If the no. of non-conforming items found in the first sample is between the first acceptance no. and the rejection nos., a second sample of the size given by the plan shall be inspected.
- The no. of non-conforming items found in the first and second samples shall be accumulated.
- If the cumulative no of non – conforming items is equal to or less than the second acceptance no, the lot shall be considered acceptable.
- If the cumulative no. of non-conforming items is equal to or greater than the second rejection no. the lot shall be considered not acceptable

### QUALITY:

- It is defined as the composite product characteristics of Engg and manufacture that determine the degree to which the product in use will meet the expectation of the customers.
- Simply “fitness for intended use”
- Totality of features and characteristics of a product or service that bear on its ability to meet the stated or implied needs.

### FACTORS CONTROLLING QUALITY:

- Men, money, material, machines, method, management, working conditions, market research.

### QUALITY CONTROL:

- It is the function or measure taken to make the things rather than checking.
- It is the function of assuring that the quality attributes of a product conform to certain prescribed standards
- Quality control is concerned with defect detection by using post-production inspection procedures.
- Statistical quality control techniques are used while inspecting the finished goods.
- Main focus is on the product – i. e., what is wrong with the product (or part)

### QUALITY ASSURANCE:

- Quality Assurance systems aim to produce as per design specifications and emphasize defect prevention.
- Quality is built into the system (that produces the product) by using production and operation management’s principles.
- Statistical process control techniques are used to monitor the process by allowing random variations and eliminating non – random variations.
- Main focus is on the process-i. e., what is wrong with the process adopted for manufacturing the product.

### Quality system standards (such as ISO 9000)

- Are adopted to assure quality in the process.
- ISO 9000 is an international systems standard which shows how an organization can establish, document and maintain an effective quality system.
- It helps demonstrate to the customer that the organization is committed to quality and has the ability to meet their requirements.
- The main theme here is to document (with well-defined procedures) what you do and do what you document.

### QUALITY SYSTEM IN ICF

Organization:

CME/ QA → Dy.CME/ QC → SME/I →  
SSE/Inspn → JE/Inspn → Inspectors

### RESPONSIBILITY:

- Quality of shop-manufactured components, sub and major assemblies.
- Quality of purchased components and sub assemblies.
- Customer complaints redressing, co- ordination
- Quality rating of vital purchased items.
- QMS is guided by Quality manual which spells sub-activities / processes of various departmental areas in the form of process module.
- Process module refers to relevant work instructions, fundamental guidance to carry out a particular activity.

### MECHANICAL INSPECTION AREA QUALITY SYSTEM:

#### DOCUMENTS

- Process module for inspection for purchased items
- Process module for inspection for Shop-manufactured items
- Process module for inspection of Customer complaints
- Process module for inspection of Shop complaints redressal
- Process module for inspection of Quality rating of vital items
- Work Instructions,
- Check list forms at each section.

- (to be continued)

#### Scholarship for higher studies

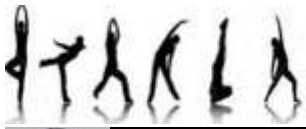
If the student has scored 95% in +2, studied in a Pvt School or 90%, studied in a Govt school, scholarship up to Rs1 lakh per year is given for 4 years in case of Engg and 5 years in case of Medicine, 3 years in case of arts & science. Similarly, students who have passed 10<sup>th</sup> standard with 90%/95% marks get scholarship of Rs.5000/-.For further details pl contact **V.Ramesh 9003149462**

Awards are being given for first 3 ranks in X, +2 both state board and CBSE students. Last date for submitting application for award from SBF = 30.06.14

#### New Trains

<b>Tr No</b>	<b>Departure</b>	<b>Arrival</b>
16354	NCJ 08.10 Tue	KCG 14.00 Wed
16353	KCG 16.00 Wed	NCJ 21.10 Thu

Southern Railway has decided to mark every first working day of May all over SR as ‘SWATHI DAY’.



## PHYSIO PAGE



MOVE... TO REMOVE...!

Physio.Kumaravel.M

9003149269.physio.kumaravel@ymail.com



### BACK EDUCATION HOME WORK AND BACKPAIN



#### SUSTAIN STATIC POSTURE:

If a person holds the body or assumes a certain position such as sitting, standing and sleeping for longer periods, it is known as sustained static posture. The most common cause for back pain is sustaining a poor posture. Prolonged poor posture can lead to stiffness in the spinal joints and other problems as follows:

❖ **Muscle imbalance:** Prolonged static posture - not only at housework, but also in leisure activities which result in the imbalance of the back muscles - exerts uneven forces causing misalignment of spinal column (Back).

❖ **Muscle fatigue (feeling of tiredness):** Static posture for a longer period requires sustained muscle contraction. When a muscle is contracted for a prolonged period, inter muscular forces rise. This pressure compresses the blood vessels within the muscle. It may hamper the blood circulations to the muscles and accumulation of lactic acid which in turn may result in fatigue.

❖ **Trigger pain:** Group of muscle fibers that are in constant state of contraction. They feel like a hard knot. It may be caused by postural unevenness. It may produce pain in the back with stiffness.

❖ **Disc degeneration (deterioration of back bone):** Alternate compression and relaxation is needed to stay in good health. Sustained contraction in the spinal stabilizing muscles reduces the nutrition to the discs (back bones) and increases the pressure between the back bones (intra disc pressure↑) which results in degeneration of backbones.

#### Remedies for sustained static posture are...

- ✓ Change the daily work nature.
- ✓ Aware of habits like shifting weight from side to side while doing housework in standing position.
- ✓ Avoid chronic sustained sitting housework which can contribute development of shortened muscle structures, hip muscles (flexors) and abdominal muscles. Hence stretching exercises have to be done as described in the previous issues (Exercises for Low back pain) to minimize the excessive arch in the low back.
- ✓ In sleeping position, keep the small pillow under the knees to posteriorly tilt the pelvis, thereby keeping the low back near to neutral. While sleeping on the side place a pillow between the knees and use a pillow for head to keep the head and neck in line with the spine (Pl.. see the pictures in earlier issue).
- ✓ Don't lie on your stomach, which can arch the low back excessively & twist the neck too.

**NOTE:** Sustained/Prolonged position, even if proper, causes postural irregularity & stiffness. Hence avoid

doing the work in sustained static posture. Have a small break and do short and swift stretching exercise such as integrated stretches of calves, hip flexors, abdominals, upper back and shoulder. Trigger point massage may help to rejuvenate the muscles.

#### PSYCHOLOGICAL & PSYCHOSOCIAL FACTORS

A current study analyzed and measured the relationship between low back pain and psychosocial factors induced by housework. Factors playing an important role in the development of low back pain are...

- Work demand
- Decision or attitude
- Mood and emotions
- Symptoms of stress
- Emotional distress and
- Depressive disorders

The above said factors may also influence biomechanical activities such as lifting, static postures & repetitive trunk motions. Psychological factors and its underlying mechanism, which definitely has an impact on the causes of the LBP, are not well understood, because of the inconsistent results. But some chronic back pain is due to psychological factors only.

#### **MANAGEMENT:**

Alleviate Low back pains by beating psychological distress with smile...

- ✓ By providing family & social support, Spouse relationship etc.,
- ✓ Development of positive coping styles and home work satisfactions.
- ✓ Find a relaxation technique that works for you and practise it daily.
- ✓ Learn to balance rest and activity.
- ✓ Get all nutrients through a healthful diet.
- ✓ Get adequate sleep.

**RECAP:** The cumulative effect of doing house work can damage muscles, supportive soft tissue structures and deteriorate backbone. To avoid/minimize back pain caused by home work follow the followings...

- ✓ Maintain good posture in **3S** (i.e. sitting, standing and sleeping)
- ✓ Don't become obese! Maintain optimal body weight.
- ✓ Never skip meals! Eat a plenty of bone-preserving, nutrient- rich diet.
- ✓ Do regular exercise to cope with the housework.
- ✓ Workout in the morning or combine your workout with housework.
- ✓ Use the right equipment to ease your home work.
- ✓ Plan the routine activities.
- ✓ Don't do high intensity house hold activities. Know your limits.
- ✓ Don't work for longer period without rest. Have a small break between the activities.
- ✓ Avoid rushing yourself to complete the work.
- ✓ Remember - slow and steady will save your back.
- ✓ Beating the blues with smile, buildup yourself physically and have a pain-free back.

**Wait for further steps to move.....**



## **Open Contracting – From Transparency to Participation**

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### **How did it start?**

The “Open Contracting” initiative is based on the idea that citizens should be able to scrutinize and debate both the contracts that their governments enter into with the private sector and the ways these agreements are awarded and implemented.

The embryonic idea for this global movement was developed during a multi stakeholder meeting that took place in June 2010 during an event focused on improving the governance of the extractive industries in Africa called “Getting a Good Deal for Africa”. On the final day of the meeting, when considering how they could address some of the key challenges, a group came up with the concept of “contract monitoring”. From that seed idea, the Open Contracting initiative began to develop. The core group of stakeholders evolved into a steering group that co-hosted the launch of Open Contracting in South Africa – GIZ, CoST, Integrity Action, Oxfam America, the Philippines government, Transparency International, and the World Bank Institute (WBI).

The initial design meeting took place from May 29-May 30, 2012 outside of Washington, DC. It brought together 40 key practitioners and addressed the potential scope of work, challenges, and outstanding questions for advancing the open contracting agenda by advancing the work streams.

The first global meeting of Open Contracting took place on October 24th-26th, 2012 in South Africa. This was a global event, seeking to address common challenges faced across sectors and across regions.

On the 31st October and 1st November 2013, London hosted over 1,000 delegates from civil society, business and government at the Open Government Partnership (OGP) annual summit.

At the summit, 37 governments made ambitious new commitments to open government, covering a wide range of priorities, including commitments to

1. Open Data: Radically open up government data to boost entrepreneurship, growth and accountability
2. Government Integrity: Open up their governments further to fight corruption and strengthen democracy
3. Fiscal Transparency: Greater fiscal transparency to ensure taxpayers can follow their money
4. Natural Resources - Extractives: Work towards a common global reporting standard for natural resource transparency, ensuring that payments for extractives and natural resources are transparent and used for public benefit
5. Empowering Citizens: Further empower citizens, transforming the relationship between people and their governments

### **Objectives of Open Contracting**

In order to fully realize the promise of open contracting, the following objectives must be achieved:

- Increased number of contracts that are publicly disclosed.
- Improved quality of publicly available information on contracting
- Enhanced accessibility to contracting data
- Increased and more strategic use of contracting data
- Increased opportunities and mechanisms for participation throughout all phases of contracting
- Increased number of citizens participating in contracting processes
- More timely and effective follow-up actions based on citizen monitoring feedback
- More and better equipped champions promoting open contracting, by capacity building

### **Benefits of Open Contracting**

#### **Benefits for the Governments**

- Enhanced performance and increased effectiveness in development outcomes, through more streamlined procurement/contracting processes & practices.
- Increased credibility with citizens through civil society monitoring and transparency / accountability
- More collaborative engagement with non-state actors
- Opportunities for knowledge-sharing through Connection with other countries
- Be a part of growing international movement on Open Government and Open Development.

#### **Benefits for the Citizens and other Stakeholders**

- Better service delivery for all, especially the poor, by Increased transparency / accountability and decreased corruption, benefit citizens
- Increased trust and credibility between actors, as evidenced through civil society monitoring and transparency/accountability
- More collaborative engagement with governments, based on a more robust two-way conversation.
- Open contracting process aids open market & thus better competition resulting in less cost & better quality of service delivery / project execution.

- (to be continued)

#### **Change of Train Numbers (Conversion of Mail/Exp to superfast)**

Description	Train Number		W.E.F.
	Existing	Revised	
West Coast Express	16627	22637	13.7.2014
West Coast Express	16628	22638	13.7.2014
MAS-Alleppey Exp	16041	22639	13.7.2014
Alleppey-MAS Exp	16042	22640	13.7.2014
Shalimar Express	16323	22641	12.7.2014
Shalimar Express	16324	22642	13.7.2014
ERS–Patna Express	16309	22643	14.7.2014
Patna–ERS Express	16310	22644	17.7.2014
Ahilyanagari Express	16325	22645	14.7.2014
Ahilyanagari Express	16326	22646	12.7.2014
Korba-TVC Express	16327	22647	16.7.2014
TVC-Korba Express	16328	22648	14.7.2014
Yercaud Express	16669	22649	13.7.2014
Yercaud Express	16670	22650	13.7.2014
MAS – Palani Exp	16001	22651	13.7.2014
Palani – MAS Exp	16002	22652	13.7.2014