

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

To

INTEGRAL NEWS

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37, 82 : P.Udayasankaran, SSE/56

80,81:D.Santhakumar,SSE/80

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

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

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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:

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B.Chandrasekaran,SME/D-II

K.N.Mohan, PE/PR/S

R.Srinivasan, APE/PR/F



Smt Sudha Agarwal, President/ ICFWWO, inaugurating the annual day function of KARUNA school in the presence of Shri Ashok K Agarwal, GM/ICF on 6th Feb.



Shri S.G.Hundekeri, CEE, welcoming the General Manager to Electrical Engineers' Day function held on 7th Feb.



ICF Diamond jubilee semestrial function was held on 7th Feb at AWTI.



IRSME day was celebrated on 14th Feb.



Spring indent meeting was held on 18th Feb.



Martyrs' Day was observed on 30th Jan.



Awards for effective use of Hindi were distributed on 24th Jan.



Awards for KARUNA staff were distributed on 29th Jan



KARUNA students visited RRM on 25th Feb.



Awards distributed by Sri S.Srinivas, CDE/M, for outstanding sportspersons on 12th Feb.



ICF team won the overall shield in the Tamilnadu state weight lifting championship. Gold: G.Veeramani, Helper/13, G.Anbarasu, Helper/30, R.Mohankumar, Tech-3 Trainee, Silver: R.Dhanaselian, Tech-2/21, D.Srinivasan, Tech-3/88, Bronze: R.Manjunathan, Tech-2/80.



As part of Wemen's day celebrations, games were organized on 25th Feb and Quiz competition on 26th.

Sri S.Mohamed Malick, Tech-1, of shop 37 has made accessories for the machine in which he is working, on his own using scrap material. He has made pipe stand and safety rail for single ferrule swaging machine and a pipe vice using scrap.



ICF scout contingent won first prize in 4 out of 7 events and second prize in one event in the Indian Railway Bharat Scouts and Guides Standard Judging and Testing competition held at ECoR during 1st week of Feb.



Health Education Programme For Colony Ladies was Organised by Dr. Cheallamani. Dr.Kannan delivered a lecture about Low Back Pain. Physio.Kumaravel M has given a PowerPoint presentation on Home Exercises for Home Makers. If anyone wants the PPP, they may pl send the e-mail id.



Sri T.G.Lokesh babu, S/o.T.C.Gnanasekar, Tech-1/Shop10 has received Rashtrapati award from the President of India on 16th.



Sri V.Arivazhagan, Tech-2, Shop 30, Leader of SUBHAS scout group, receiving 1st Rakesh Misra rolling cup for the best open scout unit from Smt Manjula Misra and Shri Rakesh Misra, GM/SR on 17th Jan.



S.Kishore CUB/ICF, S/o.T.K.Kokila, Shop82 received Golden Arrow award from National chief commissioner, BSG on 22.02.15



Disaster Management Demonstration was done by SJAB on 26th Jan at ICF hospital premises in the presence of Mrs & Mr Ashok K Agarwal, GM/ICF, HODs and Medical Officers.

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As part of Swachh Bharath mission, staff of CWE/F office cleaned the area surrounding the office building on 27th Feb.



ICF SJ Nursery & Primary School had organized a campaign of "Seed Sowing" on 13th Feb, guided by Mr. Mullaivanam, Founder of "Tree Bank Environment Team". Ms. Vidyullatha, HM, Ms. Sudha, AHM, staff, parents and students took part.



ICF Silver Jubilee Nursery and Primary School conducted their 45th Annual sport meet on 25th Feb. Chief Guest Mr. V. Loganathan, world level power lifting champion, distributed cups, medals and trophies to the winners.



Sri V Jayaprakash, Tech-2, Shop34, ICF, won prize money of Rs5 lakh and the title 'Steel Man of Tamil Nadu' at the State-level Bodybuilding Competition held in Chennai on 26th Jan.

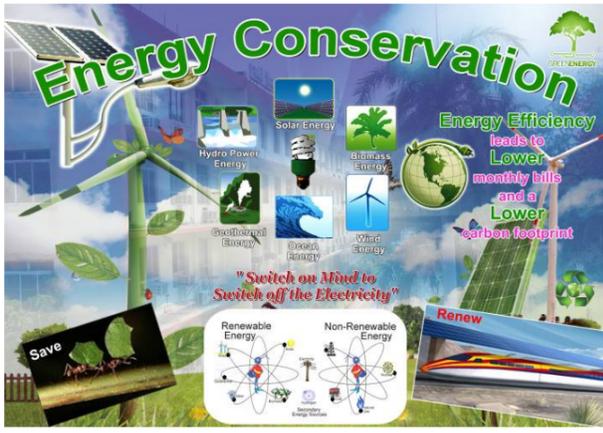


Sri Anirudh Ganapathy, S/o.Kalpagam, Accts Asst, a Graduate from IIT, is exploring the photography techniques of the 1800s. In his ongoing exhibition titled Madras at Dakshina Chitra, he has displayed around 30 prints done using, Salt Print and Cyanotype techniques. This exhibition will be available till 30th March.



Miss Swasthika, aged 5yrs, D/o. S.Kumaravel, Tech-2, Shop18, has secured fourth prize in Asian level Yoga competition held at vadapalani on 1st Feb conducted by Sri Sairam Trust.

Mix the powder of kapur (camphor) and elaichi (cardamom), keep it in a handkerchief and smell once in 2 to 3 hours. This will kill the swine flu bacteria.



Energy Conservation- Best Poster by P.Kadherulla, SSE/35.

	Best Logo by Sri K.Shanmugasundaram Photographer.
	“Switch on Mind to Switch off Electricity”
	Best Slogan- by Ms.J.Diana, Jr Clerk/PB

EMPLOYEES RETIRING on 31st March '15

1	Balasubramanian.S	JE-CSU	11
2	Sukumaran.G	Tech-2/FGL	14
3	Yesu.N	SrTech/Elec	16
4	Govindammal.K	Tech-1/Weld	20
5	Mohan.K	Tech-1/FGL	22
6	Sankar.R	SrTech/Weld	23
7	Nagaiah.A	Tech-1/FGL	23
8	Rajendran.T	SrTech/FGL	26
9	Poornajothi.J	SSE/FGL	42
10	Subramanian.A	SrTech/Elec	46
11	Jayaraman.I	Tech-1/MDMRR	48
12	Mani KR.	Div.Cashier..	Accts
13	Renganathan G .	S V.	Accts
14	Logambiran.B	SSE	Engg
15	Saraswathy.S	Hort.Misty.Gr-I..	Engg
16	Sethuraman.A	SrTech/Elec	28
17	Selvarajan.S	Tech-1/FGL	30
18	Joseph Peter.I	Tech-1/Carp	30
19	Kamala.R	Tech-2/Carp	32
20	Jaganathan.B	SrTech/GB	54
21	Franklin.J	SrTech/Paint	54
22	Balakrishnan.T S	SSE/CSU	82

*We wish them A Happy & Peaceful Retired Life
STAFF OUTFLOW - LAST MONTH*

	Name S/Shri	Design	Mode
1	K.Sampath Kumar	SSE.Paint/25	VR
2	Narendra Meena	CMS-2	Transfer
3	Amitesh Ranjan	JE.CSU/14	Transfer
4	Ibhanshu Kumar	Tech-	Transfer

We deeply mourn the sudden demise of Sri S.Raju, SrTech/ Welder/ Shop33 on 10th Feb.

Railway Board is working on things to provide e-ticket facility on Railway Passes, not agreed for reservation of Tatkal by paying difference of fare.

SC has fixed a period of 90 days for authorities to complete proceedings against an employee suspended under DAR.

1992-94 batch of welders trained in TTC celebrated their 20 years completion on Feb 11th

CIRCULARS

AC03/ICF: Amendment to rule 3 and 13 of Rly services (conduct) rules, which is about accepting gifts.

AC04/ICF: Amendment to rule 3c of Rly services (conduct) rules, which is about prohibition of sexual harassment of working women.

Commercial Circular 2 of 2015: Request for release of berth/seat from Emergency Quota should be signed by a Gaz officer with his/her name, designation, phone number. It also should have name, address and phone number of any one of the passengers.

- Employees who have not submitted Aadhar number should submit the acknowledgement of enrollment on or before 15.03.15.
- As part of Railway week celebrations painting competition will be held on 14th, quiz and wealth from waste on 18th, Music on 19th, Slogan writing on 20th March.
- The working hours of BTW/TTC staff, Artisan, Trainees and apprentices have been changed as 08.00 to 12.36, 13.30 to 17.30, 08.00 to 13.00 on sat.
- Women's day celebrations will be held on 9th March at ICF new Kalyana Mandapam at 14.00 hrs.

OFFICIAL POSTINGS

Name S/Shri/ Smt	Previous	Present
Shashi Bhushan	S.Rly	CME/QA
N.Senthamarai Kannan	Dy CME/QC	RCF
Varghese Joshua	SrV.O	DyCME/QC
Ranvijai Pratap	PE/PL/F	PE/PL/S
K.Vijayabhaskar	Leave	APE/PL2/F
K.T.Dominic	Leave	PE/PR2/S
K.N.Mohan	PE/PR1/S	Leave
Hanuman Prasad Meena	AWM/M1/S	APE/PR2/S
Ankur Chauhan	SMM/P1/S	DyCMM/P/S
K.Ramesh	AMM/LSD	AMM/M2/F
K.Damodaran	AMM/M2/F	AMM/MRVC/FD
Dr Prasanna Kumar	Trg at NAIR	ADMO
Dr S.Arun Sarvanan	Trg at NAIR	ADMO

Last date for submitting application

Stores Inspector 9.3.15

Non-Gaz posts in RCT/SBC

Insp Engineers/Elec/RITES/ER 31.03.15

Management Trainee in CONCOR 8.3.15

Group C posts in CAMTECH/Gwalior 01.04.15

ICF high school Golden jubilee celebration and old students meet held on 25th. GM/ICF was the chief guest

IRTSA organized a Seminar on 'Swachh Bharat Abhiyan' at TTC Auditorium on 18th Feb. Shri. Pankaj Kumar, CME, was the Chief Guest. Shri. Bhaskar Narang, COS, was the Guest of Honour. Shri.L.C.Trivedi, CPM, delivered Valedictory Address. A PPP was made giving a number of suggestions to RB, ICF and to Supervisors.

Railway Call centre: 138 for coach maintenance, cleanliness, pantry-related, bed, medical. 139 for General reservation train arrival dep, PNR status. 182 for Safety, crime. 1512: GRP. 9962500500-GRP Whatsapp, 08814888010- RPF commando Whatsapp,

IR have decided to implement biometric attendance for all its employees wef 1st April



Seven Habits of Highly Effective People

by Sri V. Jayapragash, SME/MRVC/F,

Ph:9003141441, jayapragash.2008@rediffmail.com

Inside-out approach

There is no real excellence in this entire world which can be separated from right living.

The author says in his more than 25 years of working with people in business, university and marriage and family settings, he had come in contact with many individuals who have achieved incredible degree of outward success, but have found themselves struggling with an inner hunger, a deep need for personal congruency and effectiveness and for healthy, growing relationship with other people.

He suspects some of the problems they have shared with him may be familiar to everybody.

“I have set and met my career goals and I’m tremendous professional success. But it has lost me my personal and family life. I don’t know my wife and children any more. I’m not even sure I know myself and what’s really important to me. I have had to ask myself- Is it worth it?”

“I have started a new diet- for the fifth time this year. I know I’m overweight and I really want to change. I read all the new information, I set goals, I get myself all psyched up with a positive mental attitudes and tell myself I can do it. But I don’t. After a few weeks, I fizzle. I just can’t seem to keep a promise I make to myself.”

“I have taken course after course on effective management training. I expect a lot out of my employees and I work hard to be friendly toward them and to treat them right. But I don’t feel any loyalty from them. I think if I were homesick for a day, they would spend most of their time gabbing at the canteen-why can’t I train them to be independent and responsible-or find employees who can be?”

“My marriage has gone flat. We don’t fight (or) anything. We just don’t love each other anymore. We have gone to counseling. We have tried a number of things but we just can’t seem to rekindle the feeling we used to have”.

These are deep problems, painful problems-problems that quick fix approach can’t solve.

The author narrates his own experience of his son.

One of his sons was having a very difficult time in school. He was doing poorly academically; he didn’t even know how to follow the instructions in the tests, let alone do well on them.

Socially he was immature, often embarrassing those closest to him. He was small, skinny and uncoordinated – swinging his baseball bat, for example, almost before the ball was even pitched others would laugh at him.

His wife Sandra and himself were consumed with a desire to help him. They felt that “success” were important in any area of life. It was supremely important

in our role as a parent. So they in their attitudes and behaviors towards him and they tried to work in him.

They attempted to psych him up using positive mental attitude techniques. “Come on son! You can do it! We know you can. Put your hands a little higher on the bat and keep your eye on the ball. Don’t swing till it gets close to you, “And if he did a little better, they would go to great lengths to reinforce him-“That’s good, son, Keep it up”.

When others laughed they reprimanded them, “Leave him alone. Get off his back. He is Just learning”. And their son would cry and insist that he could never be any good and that he didn’t like baseball anyway.

Nothing they did seem to help, and they were really worried. They could see the effect this was having on his self-esteem. They tried to be encouraging and helpful and positive, but after repeated attempts they finally drew back and tried to look at the situation on a different level.

Due to the experience of the author in various institutions and at IBM, he began to realize what they were doing to help their son was not in harmony with the way they really saw him.

When they honestly examined their deepest feelings, they realized that their perception was that their son was basically inadequate, somehow “behind”. Despite having worked on their habits and behaviors, their efforts were ineffective. Despite their words and actions, what they communicated to him was “You are not capable. You have to be protected”.

They began to realize that if they wanted to change the situation, they first had to change themselves. And first to change themselves effectively, they first had to change their “Perceptions”.

Habits will grow.....

Like call taxi, call truck is introduced in Chennai. Ph 28889999. Minimum Rs300 for one hour, 10km. Extra km Rs16 and Extra Hour Rs100.

Banks will be working full day on 2nd and 4th Saturdays. Bank staff will get hike of salary by 15%

In Mumbai, parents are maintaining passwords to avoid children being abducted in the name of relative. If any new person wants to pick up the child from school, he has to tell the password in the presence of teacher and the child should authorize the password.

Phone call charges may come down since TRAI has removed the interconnection charge, which was 20 paise that a landline service provider has to pay to the other service providers for transmitting its customers' calls.

'Sukanya Samridhi Account', a new small savings scheme, has been introduced for girl children with a rate of interest 9.1%. Contribution of up to Rs 1.5 lakh is eligible for tax deduction under 80C. Only one girl child is eligible. If Rs1000 pm is saved from 1st month till 14 years, return is expected to be Rs 6,07,128 at the age of 21.

Chennai High Court has suggested lifetime insurance for vehicles.



ABOUT ICF - Part II

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

CMT ORGANISATION

Introduction:

- Chemical & Metallurgical Testing organization normally identified as CMT (Unit no. 52), is contributing a lot for ICF in terms of the quality of materials used in manufacture of coaches.
- CMT organization is the testing department where all the materials required for coach production are tested and certified before being taken for production. All the incoming raw materials for coach production are tested at various CMT labs of Shell and Furnishing divisions.

Sections:

- The CMT organization in ICF comprises the following testing laboratories:

Mechanical Lab Chemical Lab Welding Lab General lab Paint Lab EMS / IMS cell	Main CMT building/ Shell
Spring Lab	Shop-15/Shell
NDT lab (Ultrasonic & Radiography)	Shop-23/ Shell
Main Lab & Electro Metallurgical Lab , Paints & chemical lab	Main CMT building / Furnishing

Organizational structure:

It is under the control of Chief Design Engineer/Mech. Dy.CC&M (Deputy Chief Chemist & Metallurgist) is the Controlling Officer. Below him Asst Officers , CMS and CMAs are working in various labs.

CDE/ Mech (HOD)
Dy.CC&M
ACMT (Shell) ACMT (Fur)
Chemical & Metallurgical Superintendent (CMS)
Chemical & Metallurgical Assistant (CMA)

Functions:

Brief details of activities carried out in each laboratory:

Shell Division labs:

Mechanical Lab:

- Evaluation of Mechanical Properties such as Hardness, UTS, Elongation, Yield strength, Bend Test, Load deflection, Micro & Macro analysis, etc., for all raw materials received from RB Inspection.
- Failure Investigation of customer complaints from user railways and ICF shops.

Important test equipment available :

- ✓ Hardness tester – Brinell, Rockwell & Vickers
- ✓ Micro Hardness tester.
- ✓ Universal testing machine of 60 Ton capacity,
- ✓ Metallurgical microscope.
- ✓ Sample preparation equipment:
- ✓ Bandsaw machine
- ✓ Power hacksaw m/c,
- ✓ Abrasive cutting machine,

- ✓ Centre lathe,
- ✓ Shaping machine,
- ✓ Grinder- polisher m/c.

Chemical Lab:

- Chemical Analysis of all raw materials & outsourced components (steel, Copper and Aluminium based) received from RB Inspection by Spectrometer and by wet analysis.

Test Equipment:

- Baird make Optical Emission Spectrometer: Model Spectovac 2000 DV5,
- Analytical balance.

Welding lab:

- Testing of all welding consumables procured for coach production,
- Periodical Evaluation of Performance of all welders every year. Conduct of welders trade test.
- Evaluation of Process Qualification requirements (PQR) and Process Validation for all welding Activities.
- ✓ Process Qualification Requirements (PQR) are made based on various factors such as welding process, parent metal, welding consumables, shielding gas, Current requirements.
- Functioning as technical consultant for shop complaints on welding.

Major test equipments :

- UTM of 40Ton capacity,
- Charpy / Izod impact testing machine,
- Optical profile projector,
- Ferritometer,
- Diffusible hydrogen content test apparatus,
- Electric air oven etc.
- Calibrated welding sets for MMAW, GMAW.
- Manual air Plasma cutting machine.

General lab:

- Testing of Rubber components,
- Oil & Grease used in coach Production.
- Testing of Quenching Oil, Steel Shots, Grits,
- Gloves, Safety Shoes, sleeves.

Test Equipment :

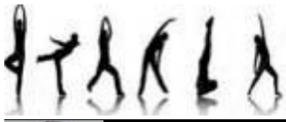
- UTM of 1 Ton capacity,
- Grease worker, flash point apparatus, melting point apparatus, viscosity measurement apparatus,
- Analytical balance with specific gravity tester

To be continued..

- Pongal day was celebrated on 27th Jan at Integral Club.
- Pulse Polio Immunization was administered to children in all colonies and ICF hospital on 22nd Feb.
- As part of Diamond Jubilee celebrations, cricket match for men was held on 4th Feb.
- GEMS school annual day was celebrated on 19th Feb.
- Fifth Customer interaction meet with officials from Zonal Railways was held on 25th Feb at ICF.

Free heart surgery for children up to 10yrs by Satya Sai institution Ph 080-28411500.

ICF proposes to manufacture 200 kmph coaches under *Make in India*.



PHYSIO PAGE



MOVE... TO REMOVE...!

Physio:Kumaravel.M

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BACK EDUCATION

Frequently Asked
Questions from Readers
and Patients



Q. Health Professionals often Say “obese persons only get back more of pain”. But why is a slim & thin person like me also getting back pain?

Yes. What Health professionals say is correct. There is a specific geometry of shape, rigidity and flexibility that determines biomechanical cause of low back pain. A healthy understanding of body geometry and its impact on Back pain is important.

In obese and protruded belly, people naturally having a sagging abdomen and weak abdomen muscles too. The sagging abdomen drags the spine forward and produces constant traction on the back muscles and creates pressure over back bones (disc pressure). That is the reason obese personalities are much more prone to back pain.

In contrast, slim people like you are also prone to back pain because naturally slender structured people have long (usually they are tall) and thin back muscles. This category of people are more flexible. Excessive flexibility is as harmful as excessive rigidity. In addition they have reduced muscle strength. That is the biomechanical reason for back pain in slim people along with other factors.

Q. May I do all the exercises as described in the article as per the sequence or as I wish?

First of all, never do exercise on your own desire. At the same time don't do all the exercise in the article which are only generalised exercise programmes and intended to prevent diseases. Therapeutic exercises are individualised and vary from person to person based on patient's age, symptoms, and other factors. If you have any back disorder, consult the doctor first and then have the guidance from a competent therapist. Regularly do the exercise which is specially tailored for you and in its sequence as advised to you.

Q. I am a chronic back pain patient; do I have to do more exercise for speedy recovery?

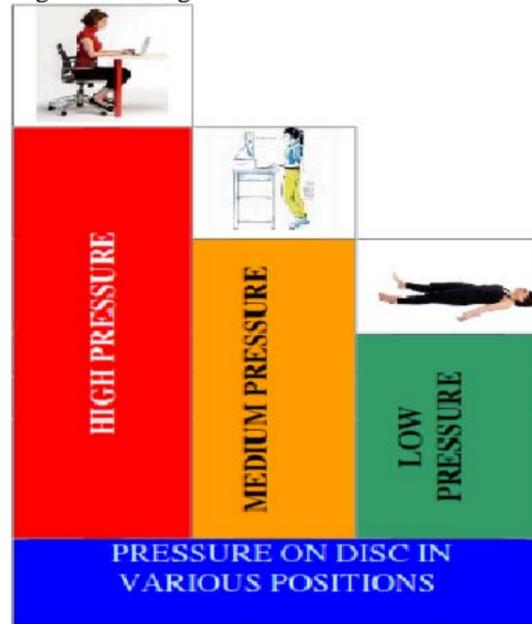
Exercise is also a medicine. Therapeutic exercise programme designed for you by a well-trained therapist is based on many factors like age, pain symptoms and others. **“Keep ever in mind that more exercise is harmful rather than no exercise”.**

Exercises for chronic back pain patients should be as per the requirement of the problem and for the required duration. Definitely, make it a regular habit.

Q. I am not doing strenuous hard work. Nature of my job is sitting only. My partner is doing intensive industrial work but often I'm only suffering with back pain. Why?

When we sit, stand or even lie down, the muscles of the back are in constant activity to maintain the posture. If a person's job needs constant sitting as in your case, certain parts of the body are overused, which leads to overstraining of the muscles and creates pressure on back bones.

Pressure on back bone (Inter Vertebral Disc) varies considerably during movement and various postures. Naturally pressure is highest in the sitting position, while it is 30% less in standing and 50% less in lying. Hence sitting for longer period is more uncomfortable than standing and walking.



To minimise desk work-induced strain, you have to maintain good posture while you are doing your work while sitting with minimal health break. In addition do some desk exercises at your table (as per the last month's issue) and follow Home Exercise Programme (HEP) as prescribed by your physiotherapist.

Please Note: Everyone should be aware that comparing the back pain of one person with another linking their nature of job may not be correct. Low back pain is due to various factors (go through the initial issue) including body composition and others too.

Q. I am nearing 40 years and a desk worker by profession. I never had any back pain so far. Have I taken your excellent medicine (exercise)?

My excellent medicine not only meant for patients. **It is for one and all.** At the age of 40 you are nearing the age of early degeneration [there may be some exceptions]. Apart from pain, several points have to be considered before starting exercise. Generally people who need consultations are those...

- 1) Above 25 years of age.
- 2) Working for a long time either sitting or standing.
- 3) People who drive vehicles a lot, especially 2 wheelers for a long distance.
- 4) You have to consider the other parameters like BP, sugar levels, your cardiac fitness and other problems like thyroid...

“BETTER LATE THAN NEVER”- start today.

Wait For Further Steps To Move....

Railway Budget

- No increase in passenger fares
 - No new trains announced
 - Advance booking period 120 days.
 - Online booking of disposable bed rolls.
 - Multi-lingual E-ticketing , UR tickets through App
 - Cell phone charging facilities in general class coaches
 - More number of charging facilities in SL coaches.
 - SMS Alert to inform updated arrival/departure time of trains at starting or destination stations.
 - SMS alert 15/30 minutes in advance of arrival of the train at the destination.
 - Hand-held terminals to TTEs for verification of passengers and downloading charts.
 - Helpline number 138 will become operational for 24×7.
 - Toll free number 182 for security related complaints.
 - Introduction of ‘Operation 5-minute’ to ensure ticketless passenger get regular ticket within five minute of entering station.
 - Speed on nine corridors to be increased from 110-130 to 160-200 kms per hour.
 - To develop 10 satellite railway stations this year
 - 800 km of gauge conversion will be commissioned
 - Digitized mapping of land records has been initiated and responsibility will be fixed on officials for any encroachments of railway land.
 - To set up an innovation council called “Kayakalp” for the purpose of business re-engineering and introducing a spirit of innovation in Railways
 - To set up ‘Malaviya Chair’ for Railway Technology at IIT (BHU), Varanasi, to help in development of new materials to be used in Railways.
 - Railways is in the process of setting up a full-fledged Railway University during 2015-16
 - To set up in 15-16 four Railway Research Centers in select universities for doing fundamental research.
 - Size of the Plan Budget has gone up by 52% from Rs. 65,798 crore in 14- 15 to Rs. 1,00,011 crore in 2015-16.
 - To install Train Protection Warning System and Train Collision Avoidance System on select routes.
 - To prevent fire in coaches and also prevent coaches from climbing over each other during accidents, RDSO has been asked to develop new systems.
 - To curb derailments, modern track structure consisting of sleepers and heavier rails are being used while carrying out primary track renewals. Better welding techniques would also be promoted. Further, analogue machines for testing of rails are being replaced with digital type machines
 - The data on costing would be available online including costs incurred on constructing, augmenting, maintaining and operating railway lines.
 - IR will digitally integrate vendors through Vendor Interface Management System to provide single window interface to vendors.
 - In the next financial year 970 ROB/RUBs and other safety-related works to eliminate 3438 level crossings at a total Railway expense of Rs. 6,581 crore have been sanctioned.
 - The operating ratio for 15-16 is fixed as 88.5% as against a targeted operating ratio of 91.8% in 2014-15.
 - Railways will also increase track length by 20% from 1,14,000 km to 1,38,000 km, and grow its annual freight carrying capacity from 1 to 1.5 billion tones
 - To procure power through the bidding process at economical tariff from generating companies, power exchanges, and bilateral arrangements. Savings of at least Rs. 3,000 crore in next few years expected.
 - EPC (Engineering Procurement Construction) system of contracting will be introduced all over IR with a view to timely completion of projects. Railways intend to improve upon the existing appraisal mechanism for the selection of projects and introduce simulation tools for project planning and decision-making.
 - High priority on skill development and to encourage self-employment, IR will promote products made by Self Help Groups, mainly of women and youth
 - To mark the 100 years of the return of Mahatma Gandhi from South Africa to India, IRCTC will promote the Gandhi circuit to attract tourist
 - Railways to Integrate Best Food Chains for E-Catering
 - Indian Railways would utilize resources from the Nirbhaya Fund for augmenting security of women passengers
 - CCTVs to be introduced in selective trains and suburban trains for women safety.
 - More general class coaches to be added in identified trains; more AC EMU services for Mumbai suburban section.
 - Four dedicated freight corridors to be completed this year; 6608 kms of track to be electrified.
 - Wagon-making scheme to be reviewed to make it easier for private investment;
 - Feasibility report of high speed train between Mumbai and Ahmedabad expected by mid-2015.
 - Regulatory mechanism to be set up for deciding on tariff and disputes: Project worth Rs 2,500 crore using BOT annuity route to be launched.
- ICF has bagged a Rs. 300-crore order from the Ministry of Defence to supply 72 specially designed (olive green) coaches, including 40 nos of 2A coaches.
- RCF has decided that all the 1600 coaches manufactured by it in 15-16 would be fitted with Bio-toilets.
- Passengers can book their food through either SMS (‘MEAL’ to 139) or by phone 1800-1034-139 (toll-free) and 0120-4383892-99 (toll).
- While submitting KYC documents please write the purpose to avoid misuse.

Indian Railways is exploring the possibility of using the ISRO's GPS-aided geo-augmented navigation (GAGAN) for safety at unmanned railway crossings.

Southern Railway zone's first rail museum established at Tiruchi

Domino's Pizza will be served in train at 12 stations which include Agra, Alwar, Ambala, Jalandhar, Mathura, Muzzafarnagar, Pathankot, Vapi, Bharuch and Vadodara. order through toll-free number 1800-1034-139.

Bombay high court has questioned that if a mother who adopts a baby can get maternity leave of about 180 days then why is there no provision for surrogate mothers?

Advance Booking of Cab and Porter, a new service called 'Concierge Services' has been introduced in many stations like New Delhi, Mysore, Secunderabad, Tirupati etc by IRCTC.

IRCTC is offering a 4N/5D package tour from Hyderabad to Thailand for the first time. Dep is from Hyderabad on Mar31 and Apr4.

WR has installed 2CCTV cameras at each gate of the coaches, located near the gate or above the washbasin, of Mumbai Delhi Rajdhani Exp. The monitor has been installed in a special cabin in the pantry car.

University of Mumbai is collaborating with the Indian Railways to set up a 'Rail Innovation and Technology Centre' to offer specialized courses to students. With a budget of Rs 143 crore set aside for the project, the centre aims to develop cutting-edge technologies in the rail-wheel interface, noise and vibration control, in the signal system, and also in building high-speed railway networks.

Shri.P.S.Rawal, IG/RPF/Crime &Intelligence is looking after the duties of DG/RPF also.

The sole bar of the 23 years old D8 coach of Bengaluru-Ernakulam Intercity Express, which derailed on Feb13, has been cut and sent to RDSO to check its strength.

Premium trains like Rajdhani, August Kranti, Shatabdi and Duronto may become more energy efficient and noiseless by the introduction of Head On Generation (HOG) technology and removing diesel generator coaches. Power from the overhead wires will be used for AC and lightings. Currently, the New Delhi-Kalka Shatabdi Express has HOG installed on it.

Lakshmi Machine Works Ltd., Periyanaickenpalayam, has come forward to renovate the Periyanaickenpalayam Railway Station.

153-year-old Jamalpur railway workshop, the first locomotive workshop of Indian Railways and the largest factory of Bihar, added a new feather to its cap by bagging a contract of Rs245 crore from Container Corporation of India (CONCOR) to manufacture about 1,000 bogie low containers (BLC) wagons. The BLC wagons are known as the 'Rajdhani' of goods train running at the maximum speed limit of 100 kmph on the existing track condition.

Prime Minister Shri Narendra Modi flagged off the first train connecting the easternmost state of the country with the national capital.

IR have sanctioned Rs 48 crore for construction of separate barracks for women RPF personnel." RPF will construct 12 barracks for its women wing

IR is moving to buy electricity from state utilities and central generation companies through open tender as well as through inter-state trading with the aim of paring its power bill by nearly a third. It is to use its 'deemed licensee' status, which allows a consumer to undertake inter-state trading in power. Railways at present pay Rs 6.5 per unit. Under the new plan, Railways can get power from surplus states such as Himachal Pradesh. Even after paying 30-40 paisa as transmission fees, IR is expected to save up to Rs 2 per unit.

The Railways have decided to implement the biometric attendance procedure for all its employees by electronic fingerprints and Aadhar card details wef 1st April.

Railways have constituted a Committee of Additional Members for evolving a new formula for productivity Linked Bonus on Indian Railways.

To beat the congestion on NH-8 between Delhi and Manesar, the road transport ministry has offered this stretch for the country's first 'Metrino' project. Under this project, small, fully automatic, driverless vehicles known as pods will travel suspended under an overhead network. The overhead network will be laid on the median of the highway stretch.

Special category awarded in "Excellence In Mega Infrastructure Works" was given to CMRL by the Governor of Tamilnadu, on 24th Jan.

The first driverless cars supported by Cable's prize fund are expected to hit the UK road this summer.

The Indian Railways plans to cut foreign exchange spend on importing components and systems for the railways by encouraging indigenization, including a part of it through global technology transfer. Around Rs.10,000 crore is spent on overseas imports per year of which nearly Rs.2,200 crore is for components

The Ministry of Railways has decided to constitute an eight member Committee headed by Shri Mohd. Jamshed, Additional Member (C&IS), Railway Board, to identify factors and issues affecting growth of traffic (Freight & Passenger) and suggest a plan of action for Traffic Optimization in short term (during 2015-16) and long term (during 2018-19).

IRCTC has formally introduced a lucky draw system from January this year for the new users who register and book at least one ticket during the week from Monday midnight to Sunday next midnight on its e-ticketing website.

MTC/Chennai has started running bus services from as early as 3 a.m.

Payment of death gratuity in respect of a minor to the extent of 20% or Rs1.5Lakhs whichever is less, may be paid to his/her guardian, in the absence of natural guardian, without the production of a formal guardianship certificate, subject to the production of an indemnity bond with sureties.

Bus route numbers of some of the Chennai MTC buses have been changed

Bheem, India's first 5500HP diesel loco, will make its maiden run between Vatva and Gandhidham. It's engine has a fully air-conditioned cabin for the driver with a toilet.

There is no point in considering a bullet train with 350 kmph on the existing Bengaluru and Mysuru Railway line as the train's potential will not be fully utilised due to short distance between the two cities, Principal Adviser of DMRC E Sreedharan said.

RPF will strengthen its women squad with 10% reservation for them

IRCTC, will launch its second full train tour to Nepal from Kerala on March 29 till April 9. The special Tourist Train starts from TVC via YPR and will cover major tourist and pilgrim destinations in Nepal, Kathmandu and Pokhara.

MR has flagged off 20 new trains on 9th, 10th, 11th and 12th Feb

ICF officers promoted to selection Grade :

Shri M.Chandrakumar, Shri D.Sivagnanamoorthy and Shri V.Kalyana sundaram.

The education loan is going to be enhanced from Rs.30000 to Rs.40000 by S.Rly society for its members wef 23.02.15.

RailYatri.in launched new feature 'Fare Calculator' to help travelers make budget travel plans.

WR have installed Auxiliary Warning System (AWS) that that can send information about the status of a signal to the motorman electromagnetically in advance, allowing him to increase or decrease the speed of the train, on all tracks between Churchgate and Virar.

Central Scientific Instruments Organisation (CSIO) here has developed an earthquake early warning system for the Delhi Metro.

MR inaugurated Mannargudi – Bhagat Ki Kothi (Jodhpur) exp (via MV, MS) by remote flagging from New Delhi on 9th Feb

Sri Radhey Shyam, GM/SCR handed over settlement papers to 55 retiring officers and staff. For the first time, from Jan'15, the settlement process has been initiated on line through "ARPAN (Advance Railway Pension Access Network)". The PPOs have also been generated through "ARPAN" and the settlement dues directly credited to the bank account of retirees electronically. All retirees have also given a brief case, a gold plated silver medal in recognition to rendering their services to the railway.

CM/UP has announced a cash reward of Rs 5 lakh to Abdul Samad, a Class X student, for preparing a model of Metro train

Following the GRP's initiative of 'Nirbhaya' squads, to curb crime against women aboard suburban local trains, RPF has also started a special squad, called 'Shakti' in Mumbai.

Now customers can book a train ticket on IRCTC website, 5 days prior to commencement of journey and pay the cash on delivery.

Friendly cricket match was conducted at ICF stadium by IRTSA on 1st March

Medicines are prescribed by doctors by brand name. For the same Ingredients medicine may be available at cheaper rate in some other brand which will serve the same purpose. Simply download HEALTHKART PLUS software on your Android device. Type the medicine name which is prescribed by the doctor. It will show the medicine company, price and Ingredients. Now CLICK ON 'SUBSTITUTE'. It will show the medicine of other manufactures with same ingredients clearly with brand name and prize.

The DK Mittal committee has recommended halving of berths that are allocated by the emergency quota.

Going paperless may cost about Rs 1,000 crore to 1,300 crore for IR to begin with and may require another 300 cr as recurring cost every year

A team of inventors of China have developed an umbrella with encased battery operated fan mechanism at the top that uses air flow instead of nylon fabric to blow the rain drops away.

Retired government employees who missed out on their promotions due to late meetings of the committees deciding on such departmental elevations will now be able to avail its post-retirement benefits.

Indian Railways is planning to rope-in NID to re-design the train coaches with an aim to provide comfortable journey to passengers.

Differently-abled persons can book e-ticket by giving details of the 'Handicap Card' number, from 29th jan.

Shri R.K. Gupta, GM/ER, unveiled a Guide Book for the Gatemen as a measure to further boost safety in train operations at Level Crossing Gates

Once a baby is born, SMS to 566778:immunize <Space> <Baby's pet name> < Space> <DD-MM-YYYY> , you will immediately get a confirmation message. You will get reminder for immunization till 12 years as per prescribed schedule.

RailYatri has launched its first pan India app for local train commuters, covering local trains at top 11 locations, including Chennai, all across India. The app shows at any time the next local train to the traveller's home/office. users can get information about more than 13000 (local + long distance) trains with one app