

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

To

# INTEGRAL NEWS

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May 2015

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TTC: J.Selvakumar,SSE/TTC

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

Hospital: Raju Balaji, Ch.OS

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74,Tele,Union: D.N.Ramesh,SSE/Proj

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Shri Ashok K Agarwal, GM/ICF and Shri Pankaj Kumar, CME/ICF receiving Best Production Unit award from Hon'ble Minister for Railways on 13<sup>th</sup> April



60<sup>th</sup> Railway Week was celebrated on 15<sup>th</sup> April at ICF stadium. Shri Ashok K Agarwal, Chief Guest and GM/ICF, gave the Railway Week awards to the recipients and distributed prizes to the winners of competitions held.



Shri Ashok K Agarwal, GM/ICF, distributed sweets to the employees on 1<sup>st</sup> April, for having produced a record 1704 coaches in 2014-15.



Shri S.P.Piplani, AM/Stores, visited ICF on 4<sup>th</sup> April.



Smt Sudha Agarwal, President, ICFWO, distributed prizes to the winners of drawing and painting competitions on 11<sup>th</sup> April.



EDs of Rly Board visited ICF on 13<sup>th</sup> April regarding grant of allowances in lieu of bangalow peon.



GM garlanding Dr.Ambedkar's statue in ICF as part of 124<sup>th</sup> birthday celebrations



Skating rink was inaugurated at ICF Institute by GM on 15<sup>th</sup> April.

Canteen was inaugurated at LHB shop (Shop 19) by CPM and CPO on 13<sup>th</sup> April.



Shri T.S.Ganesh, DyCMM/SD and Sri V.Venugopal, WM/A/F, receiving award from Hon'ble Minister for Railways.



GM and officers at the handicraft exhibition held at TTC on 30<sup>th</sup> March.



Shri Pankaj Kumar, CME/ICF, addressing during Railway week CME's level award function.



Shri L.C.Trivedi, CPM, addressing the gathering during de-addiction camp conducted on 27<sup>th</sup> April.



Essaywriting competition in Rajbhasha was conducted on 20<sup>th</sup> April.

To link voter id with Aadhaar card just sms ECILINK (space) voter id number (space) Aadhaar card number to 166.



ICF has won the best scout district out of 11 districts of Southern Railway consecutively for the 10<sup>th</sup> year.



VOC group receiving the best group award among ICF scouts and guides.



IRTSA conducted cricket match as part of golden jubilee celebration of IRTSA. Five teams of SR and seven teams of ICF participated. Shri S.G.Hundekari, CEE, presented cups to the winners.



ICF Cricket team got promoted from 2<sup>nd</sup> division to 1<sup>st</sup> division of TNCA.

**RAILWAY WEEK AWARD WINNERS: Additional list**

1	N.Sundara Rajan	SMM	
2	Dr A.Kavitha devi	DMO	
3	K.Palani	Tech2	23
4	M.Rajendran	Tech1	12
5	R.Anandkumar	Tech2	22
6	V.Hariharan	Tech2	22
7	R.Padma	OS	60A
8	S.Raju	Sr.VI	70B



On 11/04/15, K.G Graduation day was celebrated by ICF SJ Nursery and Primary School. During this function Rs 1 lakh cheque was handed over to Dr Shanta, Chairman-Adayar Cancer Institute, which was collected by the school students. Shri D.P.Dash, Chairman, presided over the function.

**EMPLOYEES RETIRING on 31<sup>st</sup> May '15**

1	Shanmugam.K	SSE/MSM	10
2	Ravikumar.B	SrTech/MGL	12
3	Devan.K	Tech-2/Elec	12
4	Munirathinam .M	SrTech/FGL	13
5	Lurdu Mary.A	Helper	15
6	Muthumani.S K	SSE CSU	15
7	Janakiraman.VD	SrTech/MGL	16
8	Ramalingam.J	SrTech/FGL	21
9	Anbalagan.G	JE CSU	21
10	Natarajan.M	SrTech/Weld	22
11	Babulal.K	Tech-1/FMW	40
12	Sivalingam.R	Tech-2/FGL	40
13	Paul Raj.M	Tech-1/Elec	45
14	Raja.NG	SSE/E	45
15	Pandurangan.E	SrTech/FLTD	48
16	Rani .K	Sr.San.Mistry..	CHI
17	Raji.A	Hd Constable	RPF
18	Mathialagan.P.	ASI	RPF
19	Ellappan.M	Tech-1/Elec	29
20	Ekambaram.K	Sr Tech/Carp	30
21	Mohan.R	Tech-1/FGL	30
22	Mohan.M	Sr Tech/Carp	30
23	Rajendran.T	Sr Tech/Carp	30
24	Ragupathi.V	Sr Tech/Carp	30
25	Rajendran.R	Sr Tech/Carp	32
26	Sekar.V	Sr Tech/Carp	32
27	Shanmugam .M	Sr Tech/Carp	32
28	Chandrasekaran.V	SrTech/MGL	33
29	Ambedkar.N	SrTech/FGL	33
30	Sundaresan.N	Sr Tech/Elec	35
31	Upakaran.W X B	Sr Tech/Elec	35
32	Damodaran.S	SrTech/Paint	54
33	Nazimudeen.M	SrTech/FMW	80
34	Santhanam.R	SrTech/MTR	80
35	Jayakumaaran Nair.MR	Tech-1/MTR	81
36	Jayaraj .MA	Sr Tech/Elec	85
37	Kuppan.N	Tech-2/Elec	85
38	Peter Jayachandran.E	SrTech/MMV	88
39	Chrispin Sobanaraj.I	Tech-2/FLTD	88

*We wish them A Happy & Peaceful Retired Life*

## **CIRCULARS**

AC05: Last date for submission of declaration of assets and liabilities by railway servant is 30<sup>th</sup> April.

AC06: Validity of passes/PTOs extended to 5 months.

•ICF Cultural Association ICFA has been formed and will function from 5<sup>th</sup> May. For free enrollment, forms are available at Welfare Centres.

•General/ GK books for competitive/entrance exams are available at ICF institute library for the use of members.

### **Last date for submission of applications:**

Ch Instructor/Mech at IRIMEE on deputation : 30.05.15

Tech-3, QSE quota FGL, Elec, Welder : 11.06.15

Inter Railway cultural competition in drama 21.05.15

Inter Railway cultural competition in dance 19.05.15

Asst Manager/Vigilance at DFCCIL 20.05.15

System & Data base admin at ICF hospital 20.05.15

Clerical staff for diesel loco component factory, Dankuni and Bogie manufacturing factory Budge Budge : 31.05.15

### **OFFICIAL POSTINGS**

Name S/Shri/ Smt	Previous	Present
K.S.Jain	CWE/F	CME/QA
Shashi Bhushan	CME/QA	CWE/S
Shishir Dutt	CWE/S	CWE/F
Ankur Chauhan	DyCMM-Adhoc	DyCMM-Regular
P.Sivaraman	DyCME-2/F	S.Rly
R.Sundararajan	S.W.Rly	DyCME-2/F
J.Nagesh	S.Rly	DyCME/QC
Varghese Joshua	DyCME/QC	Leave
R.Ravichandran	WM/A2/S	PE/PR/F
Sanjay Angothu	WM/A-1/S	WM/A2/S
Atul Prakash Yadav	AWM/A-1/F	AWM/A-1/S
S.Jayaprakash	Leave	AMM/M-1/F
K.Thiyagarajan	AMM/M-1/F	Leave

ICF has achieved the best ever production of 1,704 coaches, surpassing the target of 1,696 coaches, in 2014-15. The coaches consisted of 44 varieties and required high technological inputs. The target was exceeded thanks to meticulous planning and execution, and continued harmonious industrial relations and motivated workforce, said a press release from ICF. The highlights of the production include manufacturing of 239 DEMUs, 283 AC coaches, 65 LHB coaches, 693 sleeper coaches and 170 SLR coaches. ICF has been selected as the best Production Unit in the Indian Railways for the best overall performance in 2014-15, and the award was given by the Railway Minister at Central Railway Week function at Guwahati on April 13. ICF is bagging this award for the second consecutive year.

The Department of Environment, Gov of TN, distributed cloth bags to the public as an alternative to plastic bags through NGC and Eco Club students from across the State. As part of the initiative the VOC Bharath Scouts & Guides unit of ICF along with Chennai District NGC conducted a rally with Scouts and Guides students inside the ICF colony. Cloth bags and Pamphlets on the ill effects of plastics were distributed to passersby.

ED/Mech-PU re-designated as ED/Mech-Environmental and housekeeping. ED/Mech-Workshops will look after the duties of ED/ PU and M&P.

Declaration of assets and liabilities under Lokpal by Railway Employees – Last Date extended to 15th October 2015 as per DOPT order RBE No. 40/2015

Now, you can simply approach a Travel Ticket Examiner and get your tickets booked with the help of a 'Hand Held Machine'. This machine will be directly connected to the Passenger Reservation System server which will keep updating it with the number of vacant seats in train. Earlier, TTE only used to have reservation charts, but now he will be updated with the seats available in train. The facility will be really helpful to passengers travelling in emergency. This service has been first started in 'Garib Rath' on trial run basis and will soon commence in other trains as well.

The Indian Railways will set up its own Railway Design Centre on the campus of the National Institute of Design (NID) in Ahmedabad.

RPF arrested a man in Koparkhairane, Navi Mumbai, after he was caught using a new software called RoboForm, which allows a person to book as many as four to five Railway tickets online in one go.

Mrs Mithali Raj, Captain of Indian Railways Cricket team, has been awarded Padma Shri Award by Hon'ble President Shri Pranab Mukherjee. She is Captain of Railways Women Cricket team and Indian Women Cricket team. She is working as Ch OS in SCR. She is also the proud recipient of Arjuna Award in 2003.

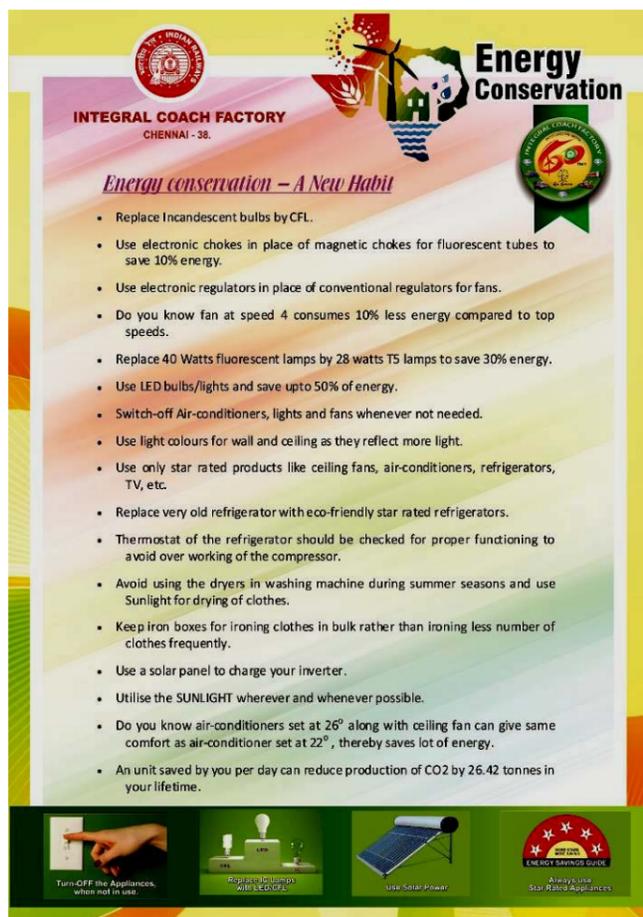
Railways will now give the passengers a "wake-up alarm call" and "destination alert call". The service, which is available for a nominal fee, is now available to those passengers who opt for it. In the "destination alert", the passenger will be called half-an-hour before the actual arrival of the train, while in the "wake-up alarm", the passenger can set a wake-up call for a station of his or her choice. To set the "destination alert" call 139 and select option 7 on IVRS or through assistance from customer care executive by calling 139 or by sending an SMS on 139. SMS service is not available for "wake-up alarm".

Bangalore City Railway Station will hence be called Krantivira Sangolli Rayanna Railway Station.

Noting that women form only 6.7 per cent of the total workforce of over 13 lakh employees the Parliamentary Committee on Empowerment of Women has urged the Indian Railways to explore the possibility of conducting a special recruitment drive to induct more women.

The CVC has decided that departments can close vigilance cases at their own levels if a vigilance angle is not indicated prima facie. The current rules prescribe that all cases against Group A Officers must go to the CVC for closure. Whereas the vigilance inspector can initiate a case against anybody, closure could be done only at the level of the CVC. This gross asymmetry has been done away with as per a new circular from the CVC.

A class XI student from Chhattisgarh, Hemtripti Sahu, has developed a wind energy-based toilet model to support PM's Swachh Bharat Abhiyan. The invention has also been selected for a science seminar in Japan too. This model will work on the basis of the speed of the train which means, if it is a fast speed train the door below the toilet will automatically open and the excreta will fall out.



## CONSERVATION: IT DOESN'T COST. IT SAVES. :- N.Sathesh babu, SSE/46

### INTRODUCTION:

In today's modern world, electricity has become mandatory for all the activities of human beings and its production depends mainly upon coal, oil and gas. A prediction is that the future generation of power will be nearly doubled as its need rises. But the energy resources will not last for several decades. So it is important to conserve energy for ourselves and for our future generation as the natural resources are exhausting at a rapid pace.

### BE A CONSERVER, NOT A MISER:

In spite of the awareness about energy conservation and methods to save energy, we should be smart in acting this way. It is always right to save our pockets from electricity boards without sacrificing our comforts. Following all the measures for sustaining energy by renouncing our physical and psychological ease is just wasting our breath. For example, it is not wise to sleep by switching off the air conditioners in the night of summer and keeping the windows open. Energy conservation is always the conscious way of using our surroundings studiously.

Abundant information and knowledge is available in the world of internet for all the global seekers. Various ideas can be accessed through web which can splash out numerous representations for our thinking. Surfing about energy conservation can give us uncountable information about them but implementing / adopting are based on the organization limitation.

So unambiguously, the only core of energy conservation is to self-realize through oneself and grasping the view that conserving energy in workplace and home

paves the way to nourishing not only his personal needs but also the environment and society.

Seriously, if we are really into energy conservation in our personal and official areas, then the most comprehensive way of energy conservation is to **accomplish it with the accessible infrastructure.**

### Suggestion / Views on Energy Conservation:

Involving your staff in your energy action plan is not only essential for your energy efficiency policy to be successful, it is also a very effective way to motivate them. Indeed, as long as you explain to your staff that energy efficiency is part of your environmental strategy, most of them will be happy to contribute to your efforts.

### NO-COST, LOW-COST MEASURES AT WORKPLACE:

- Conducting an Energy Audit either internally or through an external agency on energy usage must be carried out at defined timelines and their findings / recommendation shall be implemented.
- A drive might be launched to check that any appliances/Machinery load / Power tools devices etc., in usage are acknowledging the specification as per the name plate details listed by the manufacturer i.e the wattage / current consumption is consumed. The variation or deviation may be justified based on their codal life.
- The above drive may be carried out at household's appliances. By this one can be sure of how much his daily consumption is based on the usage and also predict his monthly/ bi-monthly EB bill. **An Energy meter** may also be provided with pre-programmed settings which trigger an alert to user before it crosses the TNEB slab tariff. By this one can save money for himself and save energy for others.
- Little stickers/notes should be put up in specific areas to remind staff. For example, put up a note that reads "switch off all equipment after use" in the main machinery or production areas.
- Encourage them to participate in suggestion schemes that would help save water and energy.
- Educate about what he is contributing to organization and to the external world by conserving energy.

### CONCLUSION:

ICF is going to adopt ISO 50001 standards and get certified. This would be another milestone for ICF. The standard will help you meet your environmental and carbon reduction targets as part of improved energy performance. As like Safety Cell, IMS Cell etc., an Energy Cell may be formed and it would be responsible for getting certification and maintaining the system.

Electrical power is used as an energy source for heating, cooling, ventilating, lighting, etc. As the cost of producing electrical energy continues to rise, searching for ways to limit the maximum rate of energy consumption is mandatory. Organization can come up with the plan for setting up the targets / goals for conservation of energy for the concerned persons in every department. Finally to conclude, Organization shall reward their employee by recognizing their efforts/ contribution towards conservation with predetermined Yardstick / benchmark laid.

**+2 TOP SCORERS FROM ICF FAMILY**

					
1188 Eco, BM, Ac* N.Sanjana, D/o. V.B.Narayanan SSE/21	1180, Act, BM* Sai Nishanthi D/o. Sundaresan ChOS/PB	1179, M,B* J.Sabareesh, S/o.K.Jagadesh kumar,SrTech/28	1143, M* D.Kavya, D/o.G.Dayalan, SrTech-1/40	1141, Act, BM* S.Krithika, D/o. V.Subramanian OS/TO/30	1125 R.Manishaa Rathna, D/o.R.Ramesh, CDMS/SD
					
1178,M* RJ.Harinie D/o.R.Jayasankar, OS/P6	1177 C,M* G.Krishna Ananadan S/o.K.Ganesan, SE/IT	1176, Eco, Com, Ac, M,L* N.Sandhya, D/o. V.B.Narayanan, SSE/21	1123, M* D.Parsuvanathan, S/o.M.Devaraj, SSE/85	1113 N.Sarveswari,D/o K.Neerazhagan Tech-3/30	1113, M* K.Kripa, D/o.V.Kalaiselva n, JE/IT
					
1173, L* A.K.Mrinalini, D/o. P.T.Sreevalsan, SSE/WS/S	1172, M,Bio* R.S.Mythili, D/o.N.R.Srinivasan, OS/P7	1169 CS,M* S.Tishan, S/o. A.Sarveswaran	1097, Akshaya, D/o.Deepasri, JE/IT	1086, M.Indhuja, D/o. L.Markanteyan, SSE/TS/S	1064 A.Rashmika D/o.R.S.Asokan, SrTech/54
					
1168, CS,M* Athulya Tessa, D/o. P.C.Mathai, AMM/SD	1165, Com, Act* Akilandeswari,D/o MS.Panchanathan OS/P1	1164, M* L.Vamshinath, S/o.R.Lakshmina rayanan, SSE/40	1058 R.Rohitraj, S/o. R.Rajathilagam, Tech-1/80	1055 B.Banupriya, D/o.M.Bhaskar, Tech-1/54	1043 S.Pavan S/o. C.I.Sivanandam, SrTech/36
					
1162 B.Lokesh, S/o.S.Boopathy, Tech-1/54	1161 T.M.Dihana, D/o. T.S.Mujeebu rahman, SSE/PlgS	1160 P.Munekka, D/o.B.Bhoopalan OS/P6	1038 S.Nithyapriya, D/o. R.Somasundaram, Tech-1/88	1012, S.Varsha, D/o. R.Shanmugam SSE/19	987, S.Mirunalini, D/o.S.Sighamani, JE/88
					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
1159, L* A.K.Pranav, S/o. A.R.S.Ravindra, SSE/Proj	1149, S.Yogesh kumar, S/o. Satheeshkumar, CDMS/S	1148, S.Gracia Angeline D/o. V.Selvamurugan, OS/TO/21	931, N.Jaghun, S/o.K.Natarajan, Tech-1/80	875 R.Hari S/o. R.S.Raghavan, Tech-1/80	



MOVE... TO REMOVE...!  
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**BACK EDUCATION**



**FAQ's FROM READERS&PATIENTS**

**POSTURE CONTINUES.....**

<b>NORMAL CURVATURE OF BACK</b>	
	<p>The back column is made up of small bones (vertebrae) along with discs, one on top of another. A healthy back bone has 4 curves as in the picture.</p> <p><b>Function Of curvature:</b> It helps to:</p> <ul style="list-style-type: none"> <li>✓ Absorb the Shock</li> <li>✓ Minimise the stress</li> <li>✓ Protect the supporting structures.</li> <li>✓ Balance the body and</li> <li>✓ Movement</li> </ul> <p><b>Deviation of curvature:</b></p> <p>Altered body alignment and curvature of spine due to various reasons results in many back problems and fixed deformity in later life.</p> <p>Maintaining good alignment while at work and even in rest for better back and good health.</p>
<b>✓GOOD POSTURE</b>	<b>✗BAD / POOR POSTURE</b>
<p><b>ACTIVE POSTURE</b></p> <p><b>Standing:</b> To know about a better posture, assume an imaginary line from your ear to your shoulder, to your hip to your ankle when your body is in perfect posture.</p> <p><b>Perfect standing posture:</b></p> <ul style="list-style-type: none"> <li>✓ <b>Head:</b> keep in neutral position; don't tilt it forward or backward or sideways. The head should sit direct on the neck &amp; shoulders.</li> <li>✓ <b>Shoulder:</b> Relaxed and held well in back. Don't bring it forward /drooped/elevated.</li> </ul>	<p><b>ACTIVE POSTURE:</b></p> <p><b>Standing:</b> An imaginary line would not perfectly align with all joints. Here some bad posture is due to various causes.</p> <p><b>Hollow back:</b>                  Exaggerated inward curve in the lower back is called "Hollow/saddle back"(hyper lordosis). It is more common in obese people with sagging abdomen and pregnant ladies. Also seen in people wearing high heels footwear.</p> <p><b>Flat back:</b>                  Low back is straight instead of with normal low back curvature with tilted pelvis and head is little forward.</p>

<ul style="list-style-type: none"> <li>✓ <b>Trunk:</b></li> <li>✓ Arms equidistant from waist.</li> <li>✓ No protrusions, depression of the chest. Umbilical in middle line pulled abdomen.</li> <li>✓ <b>Hips:</b> Same and are equal level.</li> <li>✓ <b>Legs:</b> Equal in length straight and relaxed.</li> <li>✓ <b>Knee:</b> should be an inch apart.</li> <li>✓ <b>Feet:</b> keep the feet in hip distance and balance body weight on both legs.</li> </ul>	<p><b>Hunched back</b> Abnormally rounded upper back is due to occupational/habitual practice in later life turned to 'hunch back' (Kyphosis).</p> <p><b>Leaning back:</b> Sideways curve of the back is called as 'leaning back' (scoliosis). The curve is often 'S' or 'C' shaped.</p>
<p><b>SITTING</b></p> <p><b>Nachemson's research</b> on pressure on back (Disc) in various positions reveals that sitting increases the disc pressure approximately 40% more when compared with standing. To avoid or postpone the back problems, maintaining good posture as much as possible is an essential one for a healthy back.</p> <p>To achieve a good posture while sitting:</p> <ul style="list-style-type: none"> <li>✓ Choose a correct chair either adjustable or non adjustable (if the height is optimal) which allow both the foot on the floor.</li> <li>✓ Sit back well supported in the chair. If not so, keep a pillow for better back support.</li> <li>✓ Keep the knee level with your hips.</li> <li>✓ Keep the shoulders well relaxed, not elevated or drooped.</li> <li>✓ Get into the habit of working elbows are on arm rest.</li> <li>✓ Head towards the ceiling and tuck the chin slightly.</li> </ul>  <p><b>Note:</b> Don't sit in a stick-straight posture. Even though you are working in an optimal way maintaining normal back curvature, avail frequent micro health breaks to avoid fatigue back and to minimise pressure over the discs.</p>	<p><b>SITTING</b></p> <p>Most of the back problems are due to static sitting in a bad posture. It is because we are living in forward facing world. i.e using computer more, driving long, bearing back pack. Here are the problems more common due to poor posture in sitting ...</p> <p>✗ <b>Rounded upper back:</b> This rounded upper back posture may be habitual and most probably due to work in computers, hunching over the keyboard which results in shortening of neck and shoulder muscles and pain over the upper back and shoulder. This poor back posture will turn to a fixed deformity 'kyphosis' in later life.</p> <p>✗ <b>Forward head and rounded shoulder:</b> Working with poking chin forward to look up the monitor for a long time results in upper back and neck pain with tightness over there. This typical poor posture most probably habitual and uneven exercises particularly neglecting upper back muscles.</p> <p>✗ <b>Slouching back:</b> Resting over a chair without low back support which may yield feeling of comfortable temporarily but put more pressure over discs and create strain over low back.</p> 
<p><b>DYNAMIC POSTURE</b></p> <p><b>WALKING :</b></p>  <ul style="list-style-type: none"> <li>✓ Start with good standing position!</li> <li>✓ While walking don't lean forward or lean back. Leaning puts strain on the back muscles.</li> <li>✓ Avoid slouching when walking, keep neck and shoulder relaxed &amp; chin up parallel to the ground so that it will reduce the strain on neck and back</li> <li>✓ Take smaller steps rather than longer steps and avoid over striding</li> </ul>	<p><b>WALKING :</b></p>  <ul style="list-style-type: none"> <li>✗ Don't walk either in military /robot walking nature or hunchback position.</li> <li>✗ In military type low back spine are hyper extended and back muscles are easy exhausted.</li> <li>✗ In hunchback, neck in extended position, upper back is bent and low back flattened.</li> </ul> <p>The first one may be occupational and the later is most probably habitual. Continuing these for a longer period will result in detritions of back and neck bones plus ageing look a little earlier. (hunching back)</p>

General Managers of Zonal Railways have been given the power to declare sleeper class coaches as unreserved or second sitting on certain trains, if the demand on such trains is below normal.

The first CNG DEMU train (on dual fuel mode) has been launched on the Rewari-Rohtak section in Haryana.

A Rail Coach Factory will be set up in Haryana on the public-private partnership (PPP) model.