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ICF Staff Club
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To

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80,81,37:D.Santhakumar,SSE/80

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

Elect,CMT,IOW: M.Devaraj, SSE/85

36,54: M.Ganesan,SSE/54

Progress:D.Baskar, SSE/PCO

TTC: J.Selvakumar,SSE/TC

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

Hospital: Raju Balaji, Ch.OS

Web: K.Chandran, Webmaster/IT

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

Advisors:

S.Muthukumar, Dy CME/TPTY/SCR

B.Chandrasekaran,SME/D-II

K.N.Mohan, WM/A/S

R.Srinivasan, APE/PR/F



Shri Arunendra Kumar took charge as Chairman, Railway Board (Ministry of Railways) and ex-officio Principal Secretary to Government of India on 16th Oct. Prior to this he had been holding additional charge of CRB since 1st July besides his regular posting as MM. He became MM on 1st May. Prior to this he was GM/SECR from 9th Nov'11 to 30th Apr'13.

An officer belonging to 1976 batch of Indian Railways Service of Mechanical Engineers (IRSME) (Special Class Railway Apprentice Examination 1971), Shri Arunendra Kumar has been in charge of maintenance of a variety of locomotives, coaches and wagons over a career of more than 35 years both in Workshops and open line. He has several innovations to his credit in the area of locomotive and coaching maintenance. He has displayed great leadership qualities and managerial skills which has enabled him to deliver results in crisis situations and has won several awards and accolades for meritorious performance during his 3 ½ decade long career.

As General Manager, SECR, he managed the heaviest freight operation in the Country. As Divisional Railway Manager, Mumbai Central, he successfully managed maintenance and operation of all trains and infrastructure over Mumbai Division.

He has contributed significantly in various policy formulation at Railway Board Level while working as Advisor (CC) & Additional Member Production Units during his earlier stints at Railway Board. He has attended advanced management and training programmes abroad. He is an outstanding athlete and excellent player of Badminton. He has featured on National Geographic Channel in the serial "Seven Mega Cities of the World" and holds a record of longest Live TV Interview by a Railway Officer on National TV Channel.



Shri Rakesh Misra, GM/ICF and Shri Rakesh Saksena, CMD/MRVC, flagging off the first 12-car Electric Multiple Unit for MUTP Phase-II at ICF on 1st Oct



Shri Rajendra Kashyap took charge as the Financial Commissioner of Indian Railways and ex-officio Secretary to the Government of India on 21st Oct. Prior to this, he was holding the additional charge of F.C. from 1st July in addition to his own duties as A.M/Budget.



Shri Alok Johri assumed the charge of Member Mechanical/ Railway Board and ex-officio Secretary to the Government of India on 5th Nov. Prior to this posting, he served as GM/NCR since June, 2012 and under his leadership, NCR won the prestigious Govind Vallabh Pant Shield for best performing Zone.



DyCME/Fur, CME & CWE/Fur at the Ayudha Pooja celebration at shop 30.



Ayudha Pooja was celebrated in a grand manner in all the shops/ offices of ICF on 12th Oct. The wards of the staff gave their performance to grace the occasion. Officers attended the function in the respective shops.



GM/ICF and CME/ICF during moving gauge test of MUTP Phase II coach at Furnishing.



Officials of the World Bank visited ICF on 7th Oct and discussed with CME and officers of ICF.

Vigilance Awareness Week was observed from 28th Oct to 2nd Nov at ICF. On 28th pledge was administered by CME at Admn Building, CME/QA at Fur and CDE/M at D&D. On 29th a lecture was given by Sri S.Adaikalam, Dy Chief Enquiry Officer/S.Rly. On 31st Quiz was conducted (by M.Subramanian, S&WI) in the FN and a special lecture was given by Sri S.Rangarajan, CME/QA in the AN. Also Essay and slogan writing completions were held. Prizes were given to the winners of Quiz, Essay & Slogan writing.



Winners Essay writing: J.Subhadra, OS/PB & P.Chandrasekaran, ChOS/Stores/P7. K.Vedaganesh, M.Sangeetha & Pawankumar, Act App. M.Pushparaj, ICF High school, S.Aajma Ansari, ICFSJMHS School.

Best Slogan: “*Stop to conquer greed but never stoop to be conquered by Greed*” by M.Subramanian, Ch S&WI, “*Corruption is equal to stealing the future of younger generation*” by R.Mangayarkarasi, SrClerk/ CWE/F office.

Quiz winners:

K.Purusotham Reddy, OS/GM's office	C.R.Parthasarathy, SSO/Accts
J.Subhadra, OS/PB	S.Veeramani, Accts Asst
Dhanasekar, Steno/PB	Bhupendra kumar, SSE/Plgs
G.Vijayasimha, OS/PB	G.Jaishankar, SSE/Project
Biji Rajan, OS/PB	J.Ramesh, SSE/D&D
M.Srividhya, OS/Stores	M.Chandrasekaran, SSE/D
M.Shanthi, OS/Stores	N.Ilamparithi, SSE/D&D
R.Rajakumar, OS/Stores	M.S.Narasimhalu, SSE/D
K.Hariharan, OS/Stores	V.Gurusamy, JE/D&D
L.Muthukrishnan, Steno/Accts	R.Mangayarkarasi, SrClerk/ CWEF office
K.Raghupathy, Steno/E	Thangaraj, RPF
	Prais Mathew/RPF

CIRCULARS

AC34: It has been agreed to allow reimbursement of exam fee as part of children education allowance.

AC35: Fixation of pay on functional promotion where feeder and promoted posts are placed in same pay band and GP.

AC36: DA enhanced to 90% wef 01.07.13

Committee nominated to manage **workers' canteen**

	Shell	Fur
Chairman	K.T.Dominic, SME/I/S	V.Jayapragash, SME/I/F
Member/ Finance	V.Alamelu, SrAFA	P.J.Radharamanan, SrAFA
Secretary	Annie D Suthar, WI	C.P.Nandhini, WI
Member	R.Venkatraman, SSE40 S.Jeyakumar, SSE/Works	D.Baskar, SSE/PCOF
SCMs	B.Rajendiran R.Maran S.G.Jeevagan M.Ravikumar K.Ramesh	V.Swaminathan S.Sevagaperumal A.Ravi G.Ganesh

❖ Election for ICF Institute managing committee will be held on 30th Nov. Date for filing nomination = 13 & 14.

❖ Articles are invited for the magazine "Rail Ranjani"

❖ ICF employees who have received demand notice from Income Tax dept may submit their reply to I.T. dept by quoting the e-TDS reference.

❖ Election of office bearers to AI SC/ST Rly Employees Association – ICF Zone will be held on 27th Nov.

Last date for submission of applications:

Part time librarian for Hindi library = 20.11.13

Nomination for Hindi classes = 20.11.13

E.Rly Gr-D posts = 15.11.13

Kathak Dancer 2 posts in ECR = 2.12.13

Technical Director BMRCL = 30.11.13

DGM, Manager, Asst Manager/ RITES = 26.11.13

Civil Engineers / RITES = 28.11.13

Group-D Sports Quota of RWF = 25.11.13

✓ Mrs Sonia Gandhi laid foundation stone of a forged wheel plant at the Railway Coach factory in Rae Bareilly on 8th Oct.

✓ Shri Rajendra Kashyap, Financial Commissioner (Railways) inaugurated the newly developed software "E-Rail Lekha Portal" at Rail Bhawan, New Delhi on 25th Oct. The software facilitates quick and accurate compilation of financial data through RAILNET from all the railway field units across the country. Implementation of this software would help in generation various MIS statements in time for quality decision making.

✓ After 14 years, the menu and rates for Rajdhani/ Shatabdi/ Duronto trains have been revised from 17th Oct.

OFFICIAL POSTINGS

Name S/Shri/ Smt	Previous	Present
A.RatnaRaju	S.C.Rly	CMM/Project
K.Shanmugaraj	CMM/Project	Leave
Dr Renuka Sridhar	Addl CMS	+ CMO
P.Sivaraman	DyCME/QC	DyCME/Bogie
D.Sivagnanamurthy	DyCME/Bogie	DyCME/Plant
M.C.Jolly	Training	DyCME/QC
A.Manickavasagam	DyCME/D1	DyCME/Prodn
P.Balasundar	DyCME/Prodn	DyCME/Shell
K.Veerasekaran	DyCME/Shell	DyCME/D1
K.T.Dominic	SME/I/F	SME/I/S
V.Jayapragash	SME/I/S	SME/I/F
A.Selvaraj	AEN/S	XEN/F
V.Swaminathan	AsstSecy to GM	Dy Secy to GM
Yemula Sriteja	S.Rly	AEE/MRVC/F
K.Jagadeeswaran	Leave	APE/PL/S
K.Vijayabhaskar	APE/PL/S	AWM/A2/S
K.M.Alexander	AWM/A2/S	AWM/Project

*CMD/ICF hospital has been re-designated as CMO.

STAFF OUTFLOW – LAST MONTH

Sl	Name S/Shri	Design	Mode
1	N.Jaiganesh	JrClerk/PB	Deputation
2	D.Porus	JrClerk/PB	Deputation
3	Ramji lal meena	Trackman	Transfer
4	Kalu ram meena	Trackman	Transfer
5	Vinesh kumar meena	Trackman	Transfer
6	Prasadi lal meena	Trackman	Transfer
7	Ram kishore meena	Trackman	Transfer
8	Sahadeb mallik	Tech-2/20	Transfer
9	G.Kubera	SrTech/30	Med unfit
10	D.Jaganatha rao	Tech-1/20	Med unfit
11	C.Mohankumar	SSE/D&D	V.R
12	D.Natarajan	SSE/PlgS	V.R
13	D.T.Ramakrishnan	Tech-1/88	V.R
14	A.Rajkumar	Tech-1/41	V.R

WE DEEPLY MOURN THE SUDDEN DEMISE OF THE FOLLOWING EMPLOYEES

Sl	Name S/Shri	Designation
1	A.Devendra Rao	Tech-1/21
2	K.Gnana Soundararajan	Tech-2/26
3	K.Madanagopal	Tech-1/45
4	V.Ravikumar	Tech-1/30
5	D.Balakrishnan	Tech-1/36
6	K.Veeraraghavan	OS/PB

✓ The passenger fare has been revised from 00.00 hrs of 7th Oct and freight tariffs from 00.00 hrs of 10th Oct linking it with Fuel Adjustment Component (FAC). No increase in either Second Class Ordinary (Suburban) or Second Class MST fares; Fares for Second Class Ordinary (Non-Suburban) would go up by a maximum of Rs. 5/- in select distance slabs, while in the other distance slabs there would be no change in existing fares; In all other classes, the revised fares would be only about 2% higher than the existing fare; An across-the-board increase of about 1.7% in freight rates.

ABOUT ICF - Part II

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

(For soft copy, pl contact rsrinivasanicf@gmail.com)

So far Integral News 'About ICF' has brought out the details and activities of Production and Service shops of Shell and Furnishing division. ICF coach production cannot function without the assistance of the supporting departments. The functioning of these supporting departments are being discussed from now.

PLANNING:

- Planning is simply defined as the process of listing out various method and activities of production and it is carried out well in advance of the actual production.
- Each and every activity requires advance Planning, otherwise it will lead to delay and loss of resources such as Men, Materials, Machines, and Money etc.
- At ICF Planning shall be classified into Production Planning, Material Planning, Process Planning and Manpower Planning.

Production Planning :

- It is the process of planning the overall coach and shell production of ICF.
- At ICF it is carried out by Dy.CME/Plg&IE office. It has Work Study Cell and Export Cell.
- The Export orders of coaches & spares and Domestic Non-Railway orders are dealt by Export cell.
- Initially the Work study Cell has been set up at ICF in order to
 - improve / standardise the work culture
 - improve the existing methods of working
 - improve the productivity.
- Of late, preparation of Production programme has become the core work of Work Study Cell.
- ICF's Production Programme is based on Railway Board's Production Programme which in turn is based on Rolling Stock Programme (RSP).
- At ICF on behalf of GM and CME, the Dy.CME/Plg &IE is the nodal officer to communicate with Rly Board for preparing the ICF Production Programme .
- ICF Production Programme has RSP coaches and also Non RSP coaches (if there is any export or direct order).
- Export-related works would be included in the production programme as and when the contracts are finalised for supply of coaches to Non-Railway Customers.
- On completion of coach outturn, monthly reports regarding the coach production would be sent to Railway Board by Dy.CME/Planning & I.E

ROLLING STOCK PROGRAMME:

- Rolling stock means Locomotives, Coaches and Wagons which are running on rails
- RSP is a follow up of five years of plan of IR

- FIVE YEAR plan is discussed and finalized by steering groups consist of various Ministries and Plg. Commission
- Under the aegis of Planning commission, each Ministry including Rlys set up working groups.
- Ministry of Railways is the convener of Working Group on Freight travel projections, Passenger traffic and formulation of Railway development programmes.
- The Working Groups, after taking into consideration the total freight and passenger traffic likely to be carried in plan period on the basis of sectoral analysis, fix the traffic targets and then examine it in exercising to determine the approximate requirement of the rolling stock in respect of Wagons, carriages, and locomotive.
- The draft plan is prepared for detailed discussion and adjustment made depending upon the financial resources available. The final plan thus emerged is subject to periodical reviews based on the growth of expected traffic.
- Provisions for new rolling stock in the annual rolling stock programme is made at least three years in advance in the case of locomotives and TWO YEARS ADVANCE in the case of WAGONS AND CARRIAGES to match the requirements in each year of the plan period and to provide lead time in arranging supply of imported and indigenous items of components for manufacturing of rolling stock .
- The provisions required to be made in the rolling stock programme on replacement account is arrived at by projecting the likely condemnation in the period for which the plan is made.
- The Chief Operating Manager of Zonal Railways should therefore prepare a programme showing the additions and renewals of Locomotives, Carriages and Wagons, which he considers necessary to be carried during the second succeeding financial year in order to meet transportation requirements, adequately giving the reason for each item in the programme and submit this to Chief Mechanical Engineer, for including any items before finally submitting it to the General Manager for his approval.
- Rolling stock should be divided into the following classes,

Class –Particulars.

- Class 1 to 3 are Locomotive of Steam, Electric and Diesel respectively.
- 4.Coaching stock (sub urban, motor units)
 5. Coaching stock, self propelled.
 6. Motor Trailers
 7. Saloons
 8. Tourist cars and restaurant car.
 9. Coaching stock, upper class, including all vehicles in which air conditioned or first class accommodation is provided
 10. Coaching stock, including brake, luggage and postal in which second or third class accommodation is provided.

11. Other coaching vehicles including brake, luggage, postal, motor, fruit, fish, poultry, duck, vans, and horse-boxes in which no passenger accommodation is provided.

12. Officer's carriages.

13. Service coaching vehicles, including stores vans, tool vans, breakdown vans and subordinate inspection carriages.

- Rly. Board prepares final Rolling Stock Programme. The General Managers of Production units are called for discussion to allot the requirement of Rolling stock based on their unit's capacity and material availability. In case of Coaches it issues tentative programme and then final programme to ICF, RCF and other units.
- Different types of coaching stock, distributed over the months to be manufactured and dispatched to concerned Rlys are sent by RB to ICF.
- Accordingly ICF prepares the Annual Internal Production Programme, which shows the month-wise requirement of each type of build for shells as well as coach keeping in mind the capacity, availability of the materials etc
- This is signed by CWE /S, CWE/F and CEE and COS.

PRODUCTION PROGRAMME

Tentative Production Programme:

- Based on the RSP advised by Railway Board, a tentative production programme is formulated by Dy.CME/Plg&I.E. taking into consideration the production shops capacity and the manpower availability, and CME's/GM's approval is obtained.
- This programme is followed in Shell and Fur. Divisions for procurement of materials only.
- Long lead PMs (Procurement Memo) and Bulk PMs are issued as per this programme.

Final Production Programme:

- Final production programme is prepared by Dy. CME/Plg. & I.E. on receipt of Programme approved by Railway Board's Finance Directorate.
- The target for Shell and Furnishing divisions are shown separately month-wise.
- After approval of this programme by CME, CWE/Shell, CWE/Fur., this programme is circulated to all the departments viz. Planning, Purchase, Production to follow.
- A chart number is assigned to this programme.
- Eg. For 2013-2014 Production Programme the chart no. is ICF-PP-2013.
- If the programme is revised the chart no. will be ICF-PP-2013 REV.I. - (to be continued)

❖ On 6th Oct, Gorakhpur became the world's Longest Railway platform, after inauguration of the remodelled Gorakhpur Yard. It is 1366.33 metres long with ramp and 1355.40 metres without it. Previously, Kharagpur had the longest platform of 1072.5 metres.

ELECTRIC MULTIPLE UNIT FOR MUMBAI SUB-URBAN WITH IGBT BASED 3 PHASE PROPULSION SYSTEM

by Sri B.Chandrasekar, SME/D-2, 9003141407

ICF has achieved yet another milestone, adding a new chapter to its glorious past. The First AC EMU train for Mumbai sub-urban under MUTP phase-II project has been designed and manufactured at ICF. This newly designed train will be added to the existing sub-urban fleet of Mumbai. These trains have improved interior passenger amenities and will also provide better travelling experience for the sub-urban commuters.

The first of 72 new 12-car electric multiple-units being procured by MRVC for Mumbai suburban services has been flagged off from ICF on 1st Oct. The EMUs are being made under Phase-II of the Mumbai Urban Transport Project, which is being funded by the World Bank. 129 EMU rakes were supplied under Phase I, which increased the fleet capacity by 36%. While the Phase-I units were provided with Siemens electrical equipment, the three-phase traction package for the Phase II has been supplied by Bombardier. This includes IGBT drives, asynchronous motors and regenerative braking. The microprocessor-based control system allows data to be downloaded via a mobile communications gateway.

INNOVATIVE PASSENGER AMENITIES OF MUTP PHASE-II RAKES

- First of its kind stainless steel coach designed with Stainless Steel Straight Sidewall and Stainless Steel Fluted Panel for roof
- Aluminium composite interior panelling for Side Wall, End Wall and Roof
- Aerodynamic profile of driving cab for better aesthetics and energy conservation
- Roof Mounted Forced Ventilation System which will supply 16000 cubic m/hr fresh air to add to comfort of passengers
- Passenger Information System with Double Sided Displays for enhanced visibility of on-board passenger information
- Ergonomically profiled PU foam Cushioned First class seats with Stainless Steel frame
- Ergonomically profiled Injection Moulded Polycarbonate Second class seats with Stainless Steel frame
- Stainless Steel Tubular frame structure with Honeycomb panelling on doorway and compartment partitions
- Stainless steel handholds with Polycarbonate grab handles
- Stainless Steel luggage racks with user-friendly improved profile.
- Central duct with light fitting on both sides for better illumination and aesthetics.
- Wider windows with Polycarbonate Louvers for panoramic view
- Exterior painting scheme and Signage with enhanced aesthetic standards

**INNOVATIVE TECHNICAL FEATURES OF
MUTP PHASE-II RAKES**

- Estimated 35% Regeneration of Electrical Energy during braking reducing energy consumption and Carbon Footprints for the nation.
- Use of state-of-the-art Three-Phase drive with IGBT based converter-inverters and maintenance-free & high power Squirrel Cage induction motors.
- Microprocessor-based control system with built-in fault diagnostics for smoother control, facilitating trouble shooting and easy maintenance.
- Modular end wall control panels with user-friendly locks
- Easy to slide, lightweight sliding doors with imported sliding mechanism having user-friendly locks/ latches and maintenance free rollers.
- Stainless Steel brake piping with Double Ferrule Fittings
- Inclusion of ADD (Automatic drop device) and ORD (Overreach detection) in pantograph to prevent damage to OHE and pantograph in case of unusuals.
- Downloading of diagnostic data of TCMS through MCG (Mobile Communication Gateway)
- Availability of 100% traction in the motor coach even in case of failure of Auxiliary Converter.
- Redundancy of train control through MVB and IP.
- Provision of Air Spring failure indication in HMI on the driver's desk.
- Provision of LED based Cab Spot Light, Emergency Light and Step Light for ladder.
- 110VDC operated Electrical Wiper system to improve reliability

KEY TECHNICAL FEATURES OF THE TRAIN

Track gauge	1676 mm
Maximum speed	110 Km/h
Starting Acceleration	0.54 m/s ²
Deceleration: Max speed to 50 km/h	0.76 m/s ²
Deceleration: 50km/h to 0 km/h	0.84 m/s ²
AC mode Range	19kV to 27.5kV
Occasional Maximum	30 kV
Instantaneous Minimum	16.5 kV

PASSENGER LOADING

	Sitting	Standing	Total
Motor Coach (B)	86	349	435
Trailer (C)	112	449	561
Driving Trailer (D)	89	433	522
HC Trailer (DHC)	99	402	501
Per 12 car train	1168	4862	6030

12 CAR RAKE FORMATION

D+B+C+DHC+B+C+DHC+B+C+C+B+D

EQUIPMENT DETAILS

Transformer

Rating (kVA) 1216
Nominal Voltage (Primary) 22.5 kV
Nominal Voltage (Sec) 833V (2 windings)

Line converter module (AC input)

Nominal voltage 2 X 925 V
Rated current 2 X 700 A
Max. switching frequency 300 Hz

Line Converter module (DC output)

Rated voltage 1650/1800 V, Nominal current 460 A

Motor converter module (DC input)

Rated Voltage 1650/1800 V, Nominal current 310 A

Motor converter module (AC output)

Output voltage(rms, phase to phase)0.... 1400 V

Nominal current 450 A

Max. switching frequency 1000 Hz

Auxiliary converter module (DC input)

Rated voltage 1800V, Nominal current 102 A

Auxiliary converter module (AC output)

Output voltage (phase to phase, rms)850 V

Nominal current (rms) 84 A

Maximum switching frequency 3000 Hz

Battery chopper Module (DC input)

Rated voltage 62 V, Nominal current 430 A

Battery chopper Module (DC output)

Output voltage 77.....137 V

Nominal current 280 A

Traction motor

Cont. Rating 247 kW

Rated Voltage 945 V

Rated Current 177A

Gear Ratio 111/25(4.44)

Rated Speed 1460 rpm

Insulation Class 200

Compressor 1000 lpm

Control battery 90 Ah, 110 V.

Design specifications of the AC luxury class 'Anubhuti' coaches with 56 seats, first of which is likely to be included in the Chandigarh Shatabdi train, are being finalised at ICF. It has been proposed to keep the fare 60 per cent higher than the prevailing executive chair car in Shatabdi trains. Anubhuti, the first of its kind modern LHB coach with ergonomically designed cushioned seats, LCD screens, modular toilets and world class interiors, is estimated to cost about Rs 3.25 crore, Rs 60 lakh more than the regular LHB coach.

EMPLOYEES RETIRING on 30th November'13

1	Radhakrishnan Nair.K G	Asst.Prot.Inspr	Admn
2	Raghavan.V	SSE	PCOS
3	Swaminathan.G	Sr.Tech/MGL	10
4	Xavier Arputharaj.R	JE	13
5	Gunasekaran.D	Tech-1/FGL	14
6	Sundersekar.C	Sr.Tech/FGL	20
7	Chandran.A	Sr.Tech/Welder	22
8	Arumugam.K	Tech-1/FGL	22
9	Jagadeesan.P	Tech-1/Painter	25
10	Veerabadhran.A	Tech-1/FTR	41
11	Rajan.KR	Sr.Tech/Elec	28
12	Benjamin Prabhudoss	Sr.Tech/Elec	28
13	Soundara Rajan.TK	Tech-1/FGL	30
14	Panneerselvam.AB	JE	30
15	Gangadharan.V	Tech-1/Carp	30
16	Kondaiah.R	Sr.Tech/Carp	32
17	Gopalan.K	Tech-1/Painter	54
18	Sandaji.R	Sr.Tech/MMV	88

We wish them A Happy & Peaceful Retired Life



PHYSIO PAGE

MOVE... TO REMOVE...!

Physio.Kumaravel.M

(Ph: 9003149269)



Exercises for LOW BACK PAIN (LBP)



Ex: 15 Back Thigh Muscle (Hamstring) Stretching



- Lie flat on back and relax.
- Lift the left leg slowly without bending the knee.
- Interlock the fingers and clasp the hand around the leg just above the left knee level.
- Pull the straighten leg towards the chest by the hand until you feel stretch in the back of the upper leg (See the picture).
- Let the other leg remain straight on the mat.
- Stay in the stretching posture 5-10 -15 counts (Count in mind & gradually increase the stretching period).
- Then return to the starting position.
- Relax for little time and repeat the same for other (right) leg.
- Repeat the performance 3 – 5 times.

NOTE. Number of repetition should be equal on both sides.

VARIATION:



- Sit in a long sitting position comfortably.
 - Gradually bend forward.
 - Initially place the hand on the thigh and move the hand gradually towards the feet.
 - Hold in the maximum stretched position (without pain) for 5-10-15 counts.
 - Come back to basic posture and relax back.
 - Then repeat the same procedure without strain.
 - No of repetitions 3-5 times.
- NOTE:** Start this little difficult exercise only after the acute constant pain has subsided.

EFFECTS AND USES:

- Relieves the tension on the back thigh muscles.
- Improve the flexibility of the spine.
- Helps to correct the anterior pelvic tilt or pelvis.
- Reduces the exaggerated forward spine curvature (lordosis).
- Prevents the knee flexion deformity too.

Ex: 16 For Hip Muscle (Piriformis) Stretching.



- Lie on your back with knees bent & feet flat on the mat.
- Lift the right leg and place the ankle over the left leg.
- Interlock the fingers & hold the left knee and pull the legs towards the chest as in the picture.
- Hold the stretching posture 5-10 -15 counts (count mentally & gradually increase the holding time) as feel as comfortable.
- Now slowly release and uncross your legs.
- Return to relaxed position and then repeat this stretch using your other leg.
- 3 Repetitions twice a day.

NOTE:

- Obese patients: better to use long towel to pull the legs.

EFFECTS & USES:

- Effective stretching exercise for Buttocks & Hip muscle.
- Compression on the sciatic nerve (longest nerve which runs over the backside of the leg) reduced.
- Useful exercise for prolonged sitting persons to avoid entrapped nerve pain.

EXERCISE NO: 17 SPINAL TWIST.



- Lie flat on the back & relax.
- Bend the left leg and place the foot beside the right knee.
- Place the right hand on top of the left knee and push it gently towards the mat (see the picture) on the left side as far as possible.
- Right hand on the left knee and left hand should remain on the mat. Never turn your upper body too.
- Hold the stretching posture 5-10- 15 counts (count mentally and gradually extend the holding time) as much as comfortable.

- Return the base position & relax for some time, then repeat the same
- Procedure for right side.
- Practice once on each side is enough.

NOTE: patients with hip joint problems should avoid doing this exercise. This stretching exercise should be performed after the spinal exercises only.

EFFECTS & USES

- Relieves tightness and tiredness especially on the low back muscles.
- Relieves rigidity on side hip muscles & thigh muscles too.
- Reduces nerve tension in the legs.

Ex18: Back Straightening Muscles Stretching



- Kneel on the mat with knees closed, lower the buttock over the feet & Place the palm on the thighs.
- Arms outstretched above the head & bend the trunk forward.
- At the end of movement the head, forehead should rest on the floor.
- Retain the posture 5 - 10 - 15 counts (count in mind & gradually increase the counts) as long as you feel comfortable.
- Then return to the base position and relax for a little time.
- Number of repetition 3 to 5 times.

VARIATION:



- Same starting position keep the clasped hands over the low back. Then bend the trunk forward gradually till the forehead touches the mat.
- No of repetitions 3 to 5 times.

NOTE:

- ❖ Back pain due to slip disc patients should avoid this.
- ❖ Patients with hip, knee & ankle pain (arthritis) don't do this procedure.
- ❖ Obese patients also should avoid doing this exercise.
- ❖ If you are unable to sit in kneeling position use a small pillow.

EFFECTS AND USES.

- This Namaz posture stretches the entire back muscle.
- Separate the vertebrae from each other & release pressure on the discs.
- Help to improve the tone of pelvic muscles.

GENERAL NOTE:

- Get prior advice from the doctor before starting these exercises.
- These exercises are a little difficult and should be done after one is well-versed with other spinal exercises described in the previous issues.
- The above mentioned special stretching exercises must be done under the supervision / guidance of a competent physio.

wait for further steps to move.....

- ❖ India and Japan have signed an MoU to undertake a joint feasibility study to prepare a feasibility report of High Speed Railway system on the Mumbai-Ahmedabad route with speed of 300-350 kmph. The cost of the study will be shared 50:50 between India and Japan.
- ❖ The fares of AC classes of Duronto Express have been revised at par with Rajdhani-Shatabadi Express for comparable classes from 10th Oct. There shall be no change in the fares of sleeper class and non-AC chair car classes of Duronto Express.
- ❖ In commemoration of 160 years of Indian Railways, Southern Railway is organising a chain of various events month-wise. As part of the celebrations, RPF Band party was held at Chennai Central on 26th Oct 18.00 hrs. to 19.00 hrs. A lot of Passengers enjoyed the Patriotic songs and light music played.
- ❖ Rail Tel Corporation of India Ltd. (RAILTEL), one of the leading telecom infrastructure providers in the country, celebrated its 13th Annual Day on 17th Oct.
- ❖ Tr#22351 Dep:Patliputra 20.05 hrs on Fri, Via MAS 14.40 hrs. on Sun, Arr: Yesvantpur 20.55 hrs on Sun. Tr#22352 Dep: 09.55 hrs on Mon, Via MAS 16.10 hrs on Mon, Arr: Patliputra 10.00 hrs on Wed.
- ❖ Sri B Selvam, SSE/BBQ, has won the Prime Minister's Shram Vir award for 2012 for design of fumigation chamber to eradicate pests from coaches. This award carries Rs. 60,000/- in cash with certificate.
- ❖ Ram Kishan, a technician of N.Rly, was awarded GM's Safety and Excellence award for averting a major accident. A suspected short-circuit had started fire in pantry car of the moving Dibrugarh Rajdhani on 15th Oct at 4am when Kishan was inside the pantry car. He noticed the flames and immediately tried to douse the flames using fire extinguisher, with the help of his colleagues. However, the fire soon got out of control. Kishan had the presence of mind to immediately drop the pressure of front power car of the train. About 15 catering and other staff members sleeping in the pantry car were told to move to the passenger coaches. They detached the rear portion of the rake including the first AC coach to avoid spreading of fire to passenger coaches. The pantry car was completely burnt but no harm occurred to any other coach and also, no casualty or injury was reported to passengers.
- ❖ Tatkal scheme is going to be introduced in reserved classes (2A, 3A, 3A Economy, CC, SL and 2S) of passenger trains also. Zonal Railways will issue train specific notification and date of effect of this scheme at their own level.