

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

To

INTEGRAL NEWSST

Issue# 95

Free Monthly News Bulletin – for Internal Circulation

September 2013

Email: integralnewsicf@gmail.com

Contact: 900 314 1464, 9539, 9659, 9731

Chief Editor: K.Ravi, SSE/Shop80

Associate Editors:

M.A.Jaishankar, SSE/M&P

A.R.S.Ravindra, SSE/WS

K.Sudhir, SSE/Shop41

Treasurer: R.Mehalan, SE/IT

Shell Offices: V.Ramesh, SSE/Project

S.K.Satishkumar, SSE/M&P

K.Sekar, Ch.OS/Engg

N.Jeganivasan, Stores Inspector

N.Ganesh, SSE/MPO/S

S.Ghatikachalarao, SSE/WS

N.Devaraju, SSE/Plant

S.N.Vivekanandan, Ch.OS/P9

Shell Shops: P.Baskaran, SSE/40

A-shed: R.Nagarajan,, SSE/10

B-shed: A.V.Gopalakrishna, SSE/22

Shop 24,25,26: P.Chandran, SSE/42

D&L-shed: R.Shanmugam, SSE/13

40,J,E: R.Lakshminarayanan, SSE/40

Stores: K.Damodaran, CDMS/SD

RT,RPF: R.Senthilnathan, SSE/48

11,23,41,TS: R.Jegathiswaran, SSE/41

Insp: J.Ananthakumar, SSE/42

Progress: M.Saravanan, SSE/PCO

CMT: G.Sivakumar, CMS-1

Electrical: D.T.Vijayaraj, SSE/45

Fur Offices: Harikumar.NV, SSE/MPO

Accts: Sudharsan.MN, SSO/Accts

PlgF, TS: G.Muthukrishnan, SSE

Stores: V.Annamalai, OS/P7

Fur Shops: R.Sundarrajan, SSE/30

30: Bipinkumar Karn, SSE/30

32,34: P.Sathyanarayanan, SSE/PC32

33: D.R.Suresh, SSE/33

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, Telph, Assn: 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



The Independence Day was celebrated at ICF on 15.08.2013. Shri Rakesh Misra, GM, unfurled the National Flag and inspected the parade. During his speech he mentioned that ICF would start manufacturing AC EMU coaches for Mumbai suburban network this year. This is the first time ICF would be making such coaches for suburban trains. The three-phase AC EMU coaches for MRVC phase-II have been designed for the first time on LHB platform with SS body. Two prototype rakes each having 12 coaches are under manufacture. ICF had produced 20 fully furnished LHB EOG coaches and planned to manufacture 45 more coaches in the current year. Last year, ICF manufactured 1,620 coaches, an all-time record. ICF received the Golden Peacock Environment award for the year 2013 for several green initiatives at the factory.



Farewell function was organized by IRTSA to honour Dr Ramprakash, CMD on 27th Aug in which officers and leaders of other unions also participated.

On the occasion of Independence Day, 2013, the Hon'ble President awarded President's Police Medal for Meritorious Service to Shri G.Yuvaraj, inspector, RPF/ Egmore Railway Station, A Sridhar, inspector, RPF/ Training Centre at Trichy, and B Karthikeyan, head constable, RPF crime intelligence branch.

Children of ICF-Karuna school run by ICF Women's Organisation have won 9 Gold medals, 4 Silver medals and 6 Bronze medals in the 2013 sports meet which was organised by Special Children Sports Academy/Chennai on 29th August at Perambur Railway Stadium.



Independence Day was celebrated inside Furnishing Factory at shop 37. Sri M.E.Srinivasan, DyCME/Fur, hoisted the flag.



Shri B.Selvam, SSE/M&P/ BBQ of Southern Railway has been selected for the Shram Veer award for the year 2012.

CIRCULARS

AC26: Seminar cum meditation retreat programme will be held at Mt.Abu from 27.9.13 to 01.10.13.

AC27: Railways are free to decide minimum seniority marks for promotion to post classified as “selection awaiting marks for seniority”.

▪ Essay writing competition for children of ICF/Rly employees will be held on 22nd at 10.00 hrs at ICF SJ School. Drawing & Painting competition will be held on 15th Sep at 10.00 hrs.

▪ N.Sundararajan, SMM/MRVC/S and Dr K.Satyababu, SrDMO, are nominated as Members of Safety Committee.

▪ Sadbhavana Diwas was observed on 20th Aug. CME administered the pledge to the staff at the lawn of shell admn building at 11.00 hrs.

▪ The Subject placed by E.Ramesh IRTSA-SCM in the 3rd meeting of the XVIII Staff Council for conducting basic Tamil course for Non-Tamil speaking staff was accepted by the administration and circular has been issued. Classes will be from 15.00 to 16.00 Hrs at the meeting room of Shop41 & shop54, Mon-Friday.

▪ Rajbhasha Utsav will be celebrated on 14 -21st Sep.

▪ Audiometry test for staff will be conducted at shop30 from 11th to 23rd sep except 15,16&22.

Last date for submission of applications:

SBF Scholarship for Degree/Diploma course =31.10.13

Non gaz posts in RCT/SBC 7.9.13

Rajbhasha Utsav competition 13.09.13

Officers for KMRL = 10.09.13

RCF Scouts Quota = 09.09.13

NER Sports quota = 17.09.13

NCR Scouts & Guides Quota = 16.09.13

RailTel Field Supervisors = 13.09.13

RITES A.M/S&T, JGM/DGM-Finance = 4.09.13

OFFICIAL POSTINGS

Name S/Shri/ Smt	Previous	Present
Meera Nageswaran	FA&CAO	S.Rly
Bhuvanewari.K	FA&CAO/Proj	+FA&CAO/ICF
Sarvagya Bairava	DyCME	RWF
Z.Azizudeen	XEN	S.Rly
K.Vijayabhaskar	AWM/SM/S	AWM/A2/S

WE DEEPLY MOURN THE SUDDEN DEMISE OF THE FOLLOWING EMPLOYEES

Sl	Name S/Shri	Designation
1	Paul Lawrance Selvakumar	SrTech/Paint/54
2	Nagaiah.P	Tech-1/FGL/23
3	Nagaratna.S	Helper/25

STAFF OUTFLOW – LAST MONTH

Sl	Name S/Shri	Design	Mode
1	Dhanavelu.T.M	SSE/30	Deputation
2	Souriya Segar.T	JrSteno/PB	Transfer
3	Ramawatar Meena	Peon/Store	Transfer
4	Paramanandhan.T	Tech1/71E	Med unfit
5	Anbumani.M	Tech1/99A	Med unfit
6	Haadhan Mandal	San cleaner	Resigned
7	Maya.A	Peon/D&D	Resigned
8	Gopal.M	Helper77H	V.R

EMPLOYEES RETIRING on 30th September'13

1	Dr. S. Lalitha.	CMD..	
2	Venkatesan.E	Tech-1/Serang	10
3	Rajasekaran .M	SrTech/FGL	11
4	Varadan.K	SrTech/FGL	12
5	Sivaraman .P	Sr.Tech/Weld	14
6	Vedagiri .S	Tech-1/FGL	14
7	Bhagyalakshmi.K	Helper	21
8	Kothanda Ramaiah.MV	Tech-2/FGL	21
9	Guran Pandit.	Tech-2/FGL	21
10	Jayakumar.S	Tech-2/FGL	21
11	Seenu.S	SrTech/Elec	22
12	Jaleel Ahmedkhan .J	Sr.Tech/Weld	26
13	Manoharan.M	SrTech/FTR	41
14	Shanmugam.M	Tech-1/Paint	48
15	Srinivasan.C	Sr.Tech	Engg
16	Dayalan .B	Tech-1/Elec	28
17	Suriaprakasa Rao.P	SrTech/Carp	30
18	Krishnan .M	Tech-1/Carp	30
19	Premanandam.G	Tech-3/Paint	36
20	Ramaswamy.R	Helper	54
21	Govindaswamy .V	Tech-1/Paint	54

We wish them A Happy & Peaceful Retired Life

Scholarship for higher studies

If the student has scored 1140 in +2, studied in a Pvt School or 1080, studied in a Govt school, scholarship up to Rs1lakh per year is given for 4 years in case of Engg and 5 years in case of Medicine, 3 years in case of arts & science. Similarly, students who have passed 10th standard with 475 marks get scholarship.

For further details: **9940254121-S.Sigamani, JE/88**

Voluntary contribution of Rs.100 from the reader is accepted. It may be deposited in **ICF STAFF CLUB** account No **016010100255745** of **AXIS BANK**, Chennai AnnaNagar Branch, IFSC: UTIB0000016.

On 31.08.2013, IRTSA SCMs along with JS/Staff Council represented the issue of providing Air-Conditioning throughout the year for the Administrative Blocks of Shell & Furnishing to Shri Rakesh Misra GM/ICF at his chamber. After patiently hearing, GM immediately visited his own office, then Accounts section and finally Planning/ Shell. During his visit, he himself experienced the warm & poor office environment and assured to extend the A/C provision by a few more months. –Ramesh & Ramesh.

IRTSA has represented in the HQ Safety Committee meeting to provide convex mirrors at the junction of shop floor roads to indicate to the road user, the presence or absence of a moving or stationary vehicle and/or pedestrian, and the same has been agreed.

Stepping up of the basic pay of seniors can be claimed in the case of those cadres which have an element of direct recruitment and in cases where a directly recruited junior is actually drawing more basic pay than the seniors. In such cases, the basic pay of the seniors will be stepped up with reference to the basic pay of the juniors. Stepping up will be applicable from the date junior direct recruit is actually drawing higher basic pay than the senior. –K.V.Ramesh, SCM

ICF school 76-77 alumni association has sponsored 20 students of VI to VIII, for their EDUCATION AID by giving Annual fees, Note books, Stationery, Uniform-2 sets, School bags.

The Madras High Court has imposed a cost of Rs 25,000 each on two writ petitioners for filing a false affidavit in support of their case against the Railways. “The petitioners, who are the successors-in-interest of land grabbers, unnecessarily dragged the Railways to litigation. Therefore, the petitioners are liable to pay cost to the Railways,” Justice KK Sasidharan said on 21st August. The judge was dismissing a writ petition from P Arunodhayam and N Kasturi, who sought to restrain the Tahsildar, Purasawalkam-Perambur Taluk, and the GM/ICF from claiming any right over their land in Villivakkam by virtue of land acquisition. In all, a little over 100 cents was alleged to be acquired from the petitioners for establishing ICF. Claiming that the patta land belonged to their predecessors and later to them as successors, the petitioners filed the present writ petition.

After going through the records and documents produced by the Revenue Department, Railways and ICF, the judge found that the claim of the petitioners was wrong. They wanted a blanket order to restrain the Railways from enjoying its own land. The petition was clearly misconceived. The predecessor-in-interest succeeded in getting the *patta* with the active assistance of railway officials. They now wanted to enjoy the benefit of such fraud. Since the property was acquired by the government and possession was handed over to the ICF, there was no question of restraining the latter from enjoying its property. “I do not find any merit in the contentions raised by the petitioners in the writ petition,” the judge said.

Subjects placed in Staff Council on 20.08.13

E.Ramesh: IRTSA-Fur: Agenda Subjects:

- The tenure of the post of Safety Officer should be defined. Safety officer posts to be filled up through proper selection after issuing notification. The Safety Officer Training may be imparted to the panel of supervisors who are selected based on the notification.
- Whenever selection was conducted to fill up the Jr.Progressman posts, staff have not volunteered for the same resulting in posts of Jr.Progressman remains vacant for the past 7 years. About 70 posts are remaining unfilled. One of the reasons behind this is those who are getting selected for the post of Progressman/Jr.Progressman are not eligible for incentive. It is represented that the vacant posts of the Jr.Progressman be upgraded as JEs.

E.Ramesh: IRTSA-Fur: General Subjects:

- To blacklist the “Incompetent Vendors” and develop new vendors to maintain dispatch schedule and quality of work.
- Frequent changes in the product-mix adversely affect the inventory control and dispatch schedule of ICF. Staff Council objection should be conveyed to Board
- D&D is the only section in ICF where a group of SSEs are directly reporting to two DyCEEs without any intermediate officers. It is requested to post an AEE/SEE to allocate the work for these staff in order to avoid multiple instructions from higher officials.
- About 10 supervisor and 38 artisan posts are lying vacant in Civil Engg. They have to be filled early.
- Employees of different shops / trades to be imparted shop floor training on “Right practice of working” in order to update the newer technologies and to improve the quality of work. Importantly, such training should be imparted inside the workshop.
- Provide motorized rolling shutters in place of 6 manual operated in shop39 since they are used daily.
- Posting of a material clerk to Shop 85.
- Full amount of RCT charges (ie., Rs.1000) to be reimbursed to the employees and/or to identify the sources who perform RCT procedure for Rs.700.
- Use of a lot of cables and tangled wirings will be avoided if the WiFi-Railnet connectivity is established in ICF. By wireless connectivity, substantial cost savings will be achieved in terms of cost of wires, its installation and its maintenance.
- Yard master post is vacant for a long time against BOS of Shop 26. Since movement of coaches has increased multifold in Fur, the yard master posts may be filled immediately and transferred to Fur. division.
- Immediate posting of a Pediatrician in ICF hospital.
- Inducting a design faculty in TTC by duly transferring a SSE/Designs post to TTC in order to impart training on design aspects of ICF build coaches.
- Liaison teams of Shell division to be provided with portable welding sets to attend minus work at Fur.



Selvi B.Varsha, D/o.M.Bhoopala Shankar, Constable/RPF/ICF, has won GOLD in 1000 Mtrs (3:39:07 sec) and GOLD in Medley Relay (2:33:17 sec) in the 28th Chennai District Junior Athletic Championship (under 16 category) held at YMCA, Nandanam on 11th to 13th of July 2013 in. She has won BRONZE in 400 Mtrs (1:04:9 sec) in the Tamilnadu Junior Inter district Athletic championship held from 2nd to 4th August at Thiruvannamalai. She has also won BRONZE in 400 mtrs and 200 mtrs in the Hon'ble Chief Minister Puratchi Thalavi Rolling Cup Conducted by Corporation of Chennai on 4th July 2013.

Solar powered Reservation chart light and Coach number indication board, developed by Sri S.Rajendran, Tech-1/85 (details published in last issue) are fitted on trial basis on blue mountain express.

ICF has developed the specification for integrated Braille signage in coaches in consultation with associations of Blind people. The Braille stickers would be in the form of metallic base with printed characters embedded on it. The first prototype coach is expected to be turned out from ICF in October 2013 for feedback. The Braille stickers can be used by both a person with normal vision and visually impaired person. The stickers would be of superior quality, the embedded picture or characters would not get defaced easily even on repeated use. Being made of flexible metal foil base and adhesive backing, the stickers would be easy to install on flat as well as on curved surfaces of the coach.

S.Rly has joined hands with leading medical care providers to set up **Free Emergency Medical Assistance Centres** at railway stations. MS and MAS centres are run with tie-up of SRM Hospitals, TBM with tie-up of Global Hospitals and Salem with Vinayaka Mission Hospital. The facility includes Round the clock free emergency medical care/First-aid to passengers in need, service of qualified medical staff including Doctors, Free Ambulance facility to transport passengers to nearby hospitals for further treatment, if necessary, Availability of medicines and equipment for Trauma/emergency care, Availability of wheelchairs and stretchers and Conducting of periodical health camps and Medical awareness programmes.

The following wards of ICF staff have been given **cash award** from **SBF** for their performance in **X&XII** exams.

X- Matriculation- I Prize Rs4000 (494/500Marks)
D.Kavya, D/o.G.Dayalan, Tech-1/40

X- Matriculation- II Prize Rs3000 (493/500 Marks)
Shwetha, D/o. K.Raghupathy, Protocol Inspector
T.M.Dhiana, D/o. T.S.Mujeebu Rahman, SSE/22
R.J.Harinie, D/o. R.Jayashankar, OS/Stores

X- Matriculation- III Prize Rs2000 (492/500 Marks)
S.Gracia Angeline, D/o.V.Selvamurugan, OS/TO/S
B.Lokesh, S/o. S.Bhoopathy, Tech-1/54
S.V.Swetha, D/o. K.Vasuki, C&MS

X- CBSE- I Prize Rs4000 (All A1)
Aditya D Baradwaj, S/o. K.S.Das, Tech-1/37
S.Smruthi, D/o. S.Sridhar, Tech-1/37
H.Swaminathan, S/o.K.Hariharan, OS/Stores
Nirmal B Pillai, S/o.A.Briju, Tech-1/40
M.Hema, D/o.Manda Yohan, Helper/30

X- CBSE- II Prize Rs3000 (All A1-1)
S.Devaprasanth, S/o. P.Sreetharan, JE/54
S.Kaviya, D/o.V.Swaminathan, Safety Officer
R.Heerthivasan, S/o.D.Ravikumar, JE/11
K.Yuvanesh, S/o.N.Kabilan, Tech-1/37
B.Aishwarya, D/o/B.Bakthavatchalam, Tech-3/27
A.V.S.Vaishnavi, D/o.A.Sreenivasarao, SSE/PlgS
K.Manumitraan, S/o.K.Sathyabama, Steno/TTC

X- CBSE- III Prize Rs2000 (All A1-2)
A.Manu Avarthika, D/o.R.Adhibagavan, Stores Insp
D.Parsuvanathan, S/o.M.Devaraj, SSE/85
K.Lakshmi Priya, D/o.Chithra Kannan, SSO
Y.Vijayaraj, S/o. Y.R.S.Benarjee, SSE/PlgS

XII- Matric I Prize Rs4000 (1182/1200)
V.N.Sabarish, S/o.V.B.Narayanan, SSE/21

XII- Matric II Prize Rs3000 (1174/1200)
M.Durga Harika, D/o.M.V.L.Narasimha Rao, OS/PB

XII- Matric III Prize Rs2000 (1173/1200)
J.K.Lakshmi Divya, D/o.J.Gopal Krishna, SE/IT

XII- CBSE I Prize Rs4000 (484/500)
S.M.Harieswar, S/o.S.Muthukumaravelu, Tech-1/37

XII- CBSE II Prize Rs3000 (482/500)
P.Swetha, D/o.T.C.Purusothaman, Tech-1/48

XII- CBSE III Prize Rs3000 (477/500)
R.S.Veeraraghavan, S/o.S.Bhooma, SSO

Reserve Bank of India (RBI) has notified that the Aadhaar Card is a valid proof for opening of a bank account under the Know Your Customer (KYC) scheme. RBI vide its circular dated 28.09.2011 has advised banks to accept the Aadhaar letter issued by Unique Identification Authority of India (UIDAI) as an officially valid document for opening bank accounts without any limitations applicable to small accounts. Further, the RBI has also advised the banks that if the address provided by the account holder is the same as that on Aadhaar letter, it may be accepted as a proof of both identity and address.

Office bearers of ICF OBC Employees Welfare Assn

Post	Name	Designation
President	R.Dharmaraj	Tech-1/40
Gen. Secretary	K.Ramamurthy	Tech-1/88
W.President	S.Anbukumar	Tech-1/26
Working GS	S.Ramesh	Tech-1/48
Treasurer	M.Thangavelpandian	Tech-1/FD
Vice President	D.Ramesh	Tech-1/14
	V.Parthasarathy	Tech-1/14
Asst.General Secretary	V.S.Umapathy	Tech-1/36
	V.Arivazhagan	Tech-2/30
Org. Secretary	V.K.Ebrahim	SrTech/Engg
Propaganda Secretary	K.Hemachandran	Tech-2/16
	R.Rajendiran	JPM/F
Secretary	H.Hambi	Tech-1/29

Residents of ICF colonies who have already got Aadhaar card should get their NPR number entered failing which the Aadhaar card will be invalid.

Soon, solar power will be used to cool air conditioned train coaches. ICF has kicked off a project in association with IIT Madras to design coaches that will draw power from the sun for interior lighting and cooling. This is the first time the railways is attempting to tap solar power. If the project is successful, the railways may be able to dispense with power cars. ICF has already turned to renewable energy to meet its needs and has set up a few wind mills to generate power in the southern districts of the state. The power is now being supplied to the grid.

A pilot project of ticketing through non-internet based mobile phones has been launched by IRCTC on 1st July 2013. The salient features are:-

1. There is no need of internet at any stage, viz. booking, payment, cancellation etc.
2. The user gets ticket details through SMS instantly.
3. SMS along with Photo Identity Card in original can be used to travel
4. No need to print the ticket

Former Railway Board Chairman Shri Vinay Mittal has been appointed as member of Union Public Service Commission (UPSC). He was appointed on August 8 for a period of six years or until he attains the age of 65 years, whichever is earlier. He is the eighth member in the Commission.

Hon'ble Minister of Railways Shri Mallikarjun Kharge has called upon all Zonal Railways to ensure 'Zero Tolerance to Accidents' on Indian Railways. In his message to the GMs of all Zonal Railways, Shri Kharge said Safety culture is essential for any organization to achieve good safety results. With sustained efforts in the last decade, Indian Railways have reduced the number of accidents per million train kilometers from 0.44 in 2003-04 to 0.13 in 2012-13. Further effort is required to make Indian Railways free of accidents. A Policy of 'Zero Tolerance to Accidents' is to be adopted at all levels. This has to be achieved through a combination of improved technological aids and high quality training to improve skills of the employees.

During the period of rescue operations in the flood affected areas of Uttarakhand in the recent past, in addition to considerable number of available regular trains, 10 special trains were run and about 100 additional extra coaches were attached to regular trains from 20.06.2013 to 25.06.2013 for important destinations for the convenience of passengers.

Further, stranded passengers/pilgrims whose status was authenticated by various State governments through their Resident Commissioners were allowed to travel in the second class by the following means:-

- (i) Special relief trains attached for the purpose of evacuation of stranded passengers.
- (ii) Special relief coaches attached/earmarked by regular trains for clearing stranded passengers.

Besides the above, relief materials were carried free of cost by coaching trains from any station of Indian Railways to any station of Uttarakhand for distribution among the cloudburst affected population of Uttarakhand for the period from 25.06.2013 to 08.08.2013.

One platoon of Railway Protection Special Force (RPSF) was deployed at Haridwar Station for Bandobast Duty. Railway Protection Force (RPF) staff had been deployed to assist the Uttarakhand flood victims to board their respective destination at Dehradun and Haridwar railway stations under the supervision of superior officers.

The Minister of Railways Shri Mallikarjun Kharge inaugurated the 79th Railway Athletics Championship 2013 being organised by Railway Sports Promotion Board (RSPB) in New Delhi on 8th August. Shri Kharge announced a cash award of Rs. 5 lakh to Shri Devendra Kumar Jhajharia of SECR who got gold medal in the Javelin throw event at World Paralympic Championships held last month in Lyon, France. Speaking on the occasion, the Chairman, Railway Board Shri Arunendra Kumar said that the Railway Minister Shri Kharge himself is a hockey player and his presence at the athletic championship will inspire all railway sportspersons in a big way.

It is the first time in the history of Indian Hockey that Women's Junior Hockey Team had a Bronze Medal winning performance in the FIH Junior Women's World Cup, held recently at Monchengladbach, Germany. It is a matter of pride that as many as eight players in the squad are from Indian Railways. The coach of the team, Ms. Helen Mary, is also from Indian Railways. The best player Ms. Rani is also an employee of Indian Railway.

Tr.16183/16184 MS-TJ-MS **Uzhavan Express** (Daily) will be introduced on 1.9.2013 from both ends. Dep at MS 23.30 hrs, Arr at TJ 07.15 hrs. Dep at TJ 20.45 hrs, Arr at MS 04.55 hrs

Tr.12605 MS-TPJ Pallavan Express will be extended to Karaikkudi from 1st Sep. Tr No.12606 will start from Karaikkudi from 2nd Sep. Dep at MS 15.45 hrs, Arr at TPJ 21.20 hrs and KKDI 23.25hrs, Dep at KKDI 04.30 hrs, Arr at TPJ 06.15 hrs and MS 12.10 hrs.

ABOUT ICF-Part II

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

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

SHOP 80

It is the Mechanical maintenance shop of Furnishing division and is usually referred as Millwright shop. The main office is situated between Shop 81 and shop 88.

- It has different sections like 32MW, 33MW, 54MW, Erection, Compressor, Crane & Jack, Equipment, Machine, and Progress.
- It maintains 427 nos of Conventional, Pneumatic, and Hydraulic machines.

Erection Section: It takes care of

- The Erection work of all small and medium size machines whose scope of Erection is with ICF.
- All re-erection and relocating of all machines.
- Coordination with Civil Engg dept and firms in Erection-related matters.
- Re-locating of machines, uprooting of condemned machines and sending to scrap ward, Loading / unloading of bogies from/to shell and other railways, Turning of bogies for alternator testing, loading / unloading of coaches from/to other railways.
- Proper fastening of coaches in ships for export.
- Restoration of Derailed Coaches within Fur division.
- Fixing/ dismantling and providing frames for alternator load testing device.

Compressor section:

- Compressor section takes care of Operation and Maintenance of 16 Air compressors.
- Apart from main compressors, 12 Portable compressors are maintained and used for supply of compressed air in isolated areas like LHB shed, RRM, contractor's shed etc.
- New lines are designed, manufactured and erected to cater to the needs of production (shop36 7th line, shop30 despatch shed etc)
- The total air line is maintained like daily water draining, monthly bowl checking, quarterly valve cleaning etc.

Equipment section:

- This section does the manufacturing and repairing work/POH & fitness checking of all types of equipment such as Trolleys, Tool boxes, Canteen equipment, Trailers, Bins, Racks, Cupboards, Jacks, Dip lorries, Ladders of various models and any fabricated components including that for coaches in case of trade failure.
- Also equipment like D&D strain gauge testing are maintained

Progress Section:

- This is one of the very important sections where all the records are maintained.
- It maintains Machine History cards, Manuals, Drawings, ISO documents, POH schedules of machines and other documents.

Crane & Jack section:

- This section maintains Cranes, Traversers, Hoists, Chains, Wire ropes and Lifting Tackles.
- It takes care of Coach lifting jacks used in shop 30, 36, 54, 33 and D&D building.

ROAD TRANSPORT

- For manufacturing coaches of different types, the amount of raw materials required is enormous. It is not at all possible to keep everything nearer to the manufacturing area when the details are manufactured or purchased directly.
- Road Transport shop(RT) plays a vital role of material handling to cater to the daily requirement of raw materials and manufactured items of all shops of ICF,
- SHOP 48 is referred as RT shop in Shell Division and SHOP 88 is referred as RT shop in Furnishing Division.

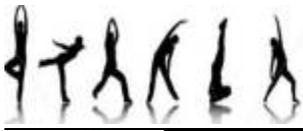
SHOP 48

- This Shed is situated just adjacent to workers' gate of Shell division. This shop maintains not only the Material handling equipment but also the Staff Cars.
- This shop has two important sections viz. FLT and Staff Car.
- Various types of equipment used for Material handling are Mobile Cranes, Fork Lift Truck(FLT), Platform Truck(PFT).
- There are 3 Mobile Cranes of 8 ton, 12 ton, and 16 ton capacity available.
- There are 49 FLTs of various capacities such as 2 ton, 3 ton, 5 ton, 8 ton and 10 ton to handle different weight and size of materials. Out of these 3 ton FLT are 39 nos and are the most used since most of the materials are below 3 ton wt.
- There are about 27 PFT of 2 ton capacity are used to transfer the loose and small items. All are Battery-operated except one which is Diesel-operated. All these are three wheeler type except two, which are Four wheeler type.

ACTIVITIES:

- Main activity is movement of raw materials, finished items from Stores to various Shops and from one Shop to another.
- Loading and unloading of materials from Lorries, Containers, trucks and wagons.
- Handling of all scraps and wastes from shops and stores.
- Loading and unloading of raw materials and components in certain machines where the other facilities are not available.
- Loading of sub-assemblies like buffers, couplers in Shell.
- Releasing of derailment of bogies and dip lorries inside the Shell division.
- Maintenance of all these material handling equipment.
- Maintenance of all type of ICF-owned staff cars.

- (to be continued)



PHYSIO PAGE

MOVE... TO REMOVE...!

Physio.Kumaravel.M

(Ph: 9003149269)



Exercises for LOW BACK PAIN (LBP)



EXERCISE NO. 9: GLUTEAL (BUTTOCK) TIGHTENING



- Lie down on your Stomach and relax.
- Bring close the buttocks & tighten it.
- Hold it for 5 to 10 counts (count mentally).
- Relax for a little time and then repeat.
- No. of repetitions: 10 to 15 times.

EFFECTS AND USES:

- Primary exercise for back strengthening.
- This isometric exercise useful for the beginners.

EXERCISE NO.10: HALF PUSH UP



- Lie down on your stomach with the forehead resting on the mat.
- Bend the arm and place the forearm on the mat with the palm downward on each side of the head and relax well.
- Raise the head & shoulders and chest by bringing the upper arm to the vertical position (see the picture).
- The elbows, forearm and the palms should remain on the mat.
- Retain the posture for 5 – 10 counts. Then slowly lower the body.
- Relax for a little time in the base position and repeat the procedure.
- No. of repetition 3 to 5 times.

NOTE: Practice this procedure for some period. If you feel comfortable in this exercise go to the next progression.

EFFECTS AND USES:

- It is very good for stiff back as well as strengthens the shoulder and arm muscles.
- Help to correct the hunching of upper back too.

EXERCISE NO.11: PUSH UP



- Lie in the same starting position as in half push up (previous exercise) and relax.
- Slowly raise the head & shoulder and chest.
- Straighten the elbows to raise the body and arch the back.
- Gently stretch your arm completely as much as possible (see the picture)
- Stay in this posture for 5 to 10 counts. (count in mind)
- Gradually return to the base position and relax.
- Repeat the procedure for 3 – 5 times.

NOTE: Don't tilt the head backward if you have giddiness. Never do this exercise if you have back pain due to Spondylolisthesis.

EFFECTS AND USES:

- Stretch the entire abdomen muscle and front hip muscles, relieving tension over them.
- Help to keep the spine supple.
- Increase the hip and spine mobility.

EXERCISE NO. 12:

FOR LOWER BACK MUSCLES



- Lie flat on the stomach and keep the arm on sides.
- Slowly raise the left leg as high as possible.
- Keep the other leg straight and remain contact with the mat as in the picture.
- Retain the posture 5 to 10 counts without strain.
- Lower the leg and relax for little time.
- Repeat the same movement with the right leg.
- Repeat the procedure 5 to 10 times gradually without strain.

NOTE: Don't tilt or twist the pelvis while lifting the leg backwards. Equal no. of counts may be done on both the legs.

GENERAL REMINDER: Choose the exercise programme as per the Doctor's advice & guidance of physio.

wait for further steps to move.....

Konkan Railway's Skybus project, after lying in limbo for 9 years, is finally being scrapped. The 1.6-km-long test track placed at about 10 metres above the ground at Madgaon in Goa was pulled down and sold as scrap.

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

by Sri G.Loganathan, DyCMM/P/S

14. Professionalization

(Chapter-III, Institutional Mechanisms – Part-C)

The Central Government may prescribe professional standards to be achieved by officials dealing with procurement matters under this Act and specify suitable training and certification requirements for the same (clause 43). World Bank in its Country Procurement Assessment Report (2003) has commented that “The creation of a competitively recruited class one cadre of procurement specialists in the Railways and Department of Supply in the early fifties has contributed to comparatively higher professional standards in both organisations, and needs emulation in other ministries and sectors. Creation of such cadres fosters professional growth, pride in the profession, cross-fertilization of ideas etc. Alternatively, professionals belonging to these services should be entrusted with the procurement activity in all ministries.”

The procurement of goods is handled by professionals belonging to the Indian Railway Stores Service (IRSS), whereas the procurement of works and services is being handled by professional belonging to various other services of the IR viz. Indian Railway Services of Engineers (IRSE), Indian Railway Service of Electrical Engineers (IRSEE), Indian Railway Service of Signal Engineers (IRSSE) and others. These professionals undergo rigorous training of more than one year in various central training institutes of IR, in handling the procurement activities. They also undergo various mid carrier procurement-related trainings at different points of time. However, they do not undergo any certification like CIPS, CPSM etc. This provision of the bill therefore, will require these professionals to acquire these or similar certifications. As there are international certifications and there is no credible national level certification for procurement, the Central Government may have to authorise third party professional institutes like Indian Institute Materials Management (IIMM) to undertake the task of certifying public procurement professionals.

With a view to professionalizing the function of Public Procurement, it is important to institute an elaborate system for capacity building and training in all aspects of public procurement. While there are sporadic courses in some IIMs on contract management / procurement; India still does not have a dedicated national institute that would offer required courses. This would be the first step in meeting the 'knowledge gap' as far as the latest developments in procurements are concerned. The training would not be confined to mere knowledge of extant rules and procedures applied mechanically but also to basic principles and concepts of public procurement, writing of specifications, qualification and evaluation criteria and contract terms etc. The government should seek co-operation of

professional training institutes in capacity building of procurement officials.

15 Offences, Penalties and Debarment

The Bill has also laid down provisions for offences and penalties relating to public procurement. This is significant since hitherto, malpractice by officials of the procuring entity has been mostly subject to administrative sanction. Under the Bill, however, punishment can extend to imprisonment, which should serve as a more effective deterrent.

Any Railway official found accepting any gratification or any valuable, in connection with any procurement issue for showing favours shall be taken up under the Discipline and Appeal Rules of IR, apart from punishments applicable under Indian Penal Code and the Prevention of Corruption Act. The Public procurement bill provides for punishments with imprisonment not less than six months which can extend up to 5 years and shall liable to be fined. This punishment provisions not only apply to the Railway Official, but also to anybody else who interferes with the procurement process with an intention of securing any wrongful gain, undue advantage, unfair disadvantage, unduly restricting fair competition, engages in bid-rigging, collusive bidding or anticompetitive behaviour and breaches confidentiality. They shall be punishable with imprisonment up to 5 years and shall also be liable for a fine of up to 10% of the assessed value of procurement. As per the present legislations, acts of such persons shall attract punishment under the Prevention of Corruption Act, 1988 and the Indian Penal Code. The Act doesn't stop at this and goes to the extent of providing for punishments in the form of 5% fine to all those who make vexatious, frivolous or malicious compliant with the intention of delaying or defeating any procurement, or causing loss to any procurement entity or any other bidder. The bill also provides for debarment of bidders, up to 3 years, if they have been convicted of any offence under the Prevention of Corruption Act, 1988 and the Indian Penal Code. This is not possible as per the existing rules and regulations of IR. Debarment can also be done by the procuring entity, up to a period of 2 years, if the bidder has breached the code of integrity provided for in the bill or premature withdrawal of the bid, after giving reasonable opportunity to them to represent against such debarment.

The penalties provided for in the bill are stringent and seems to be over ambitious. The bureaucracy at present is already paralyzed by fear on account of prosecutions that followed recent scams. The proposed provisions may therefore adversely affect the procurement process by restricting the honest procurement officials in taking bold decisions.

- (to be continued)

For the first time on Indian Railways, WR has installed a GPS-based automatic lighting system in the parcel compartment of August Kranti Rajdhani Express to prevent instances of accidental fire due to short-circuit. In this system lights in the parcel van get switched off as soon as the train gains a speed of 20 kmph.