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News



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ICF OFFICIAL MONTHLY NEWS BULLETIN

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Shri Rajesh Agrawal, Member (Rolling Stock) / Railway. Board., visited ICF on 21.05.2019.

He administered a pledge on "Anti-Terrorism Day" to the ICF team of Officers and Staff at GM's Administrative Building lawns.

He inspected Self Propelled Inspection Car (SPIC). The 60,000th coach (a Self Propelled Inspection Car) was rolled out of ICF in the presence of Shri Rajesh Agrawal, Member (Rolling Stock). Shri K. Venkateswaralu, senior most retiring employee of ICF, flagged off the same for Southern Railway.

Shri Rajesh Agrawal, Member (Rolling Stock), addressed the media persons and mentioned that it is a matter of pride that ICF has rolled out 3262 coaches last year (2018-19) and appreciated the efforts by ICF in turning out coaches for prestigious Vande Bharat Express. He said that in the current year, ICF will take up the design, development and production of Train 19, a sleeper version of Train 18 in the lines of Rajadhani Express. Later, he held discussions with the Senior Officials and Staff Representatives of ICF. He also presented awards to the meritorious staff during the occasion.

Member (Rolling Stock) has announced an award of Rs. 1 Lakh for the good work done by ICF.

VISIT OF MEMBER (ROLLING STOCK) / RLY. BRD.





Workshop on energy efficiency and capacity building in Indian Railways was held at AWTI Auditorium on 02.05.19.



Electrical Safety Week was observed from 02.05.19 to 08.05.19. A lecture on "Electrical Safety" was given at D&D Auditorium by Industrial experts from M/s ABB Chennai Limited. Various safety aspects followed in industries and preferred electrical equipment which are safe to be used were discussed during the occasion.



Town Official Language Implementation Committee (Offices), Chennai, (TOLIC) conducted Rajbhasha Antakshari on 10.05.2019 at Mini Movie Theatre at Chennai Rail Museum. Shri Birendra Kumar, Principal Chief Security Commissioner/ S.Rly. & Mukhya Rajbhasha Adhikari / S.Rly., was the Chief Guest during the occasion. The winners of the competition were awarded in 58th TOLIC meeting held at AWTI Auditorium on 17.05.19 in the presence of Chairman, TOLIC & GM/ICF&S.Rly. Swarna Deepika/E-Patrika, an e-magazine, was also released during the occasion.



Air conditioned EMU 2nd rake with BHEL Electrics was flagged off by Smt. S. Gajavalli, Technician Gr. I/Sh 32, in the presence of ICF team of officers and staff along with BHEL team at Furnishing Division on 17.05.19.



Integral Coach Factory and Southern Railway jointly organized a Vendor Meet on 20.05.2019 at AWTI Auditorium with focus on induction of new vendors and enhancing product range of existing vendors. Shri O.P.Khare, Additional Member Railway Stores/Rly.Brd. was the Chief Guest and inaugurated the meet. A booklet containing information about Indian Railways and critical items for which there are limited number of sources was released during the occasion. Such items were displayed during the occasion. About 482 vendors participated in the meeting.



Summer camp on Philately held at HPO, Anna Road. 4th batch from 14 - 16, May 2019. Sri P.Sreetharan, SSE/Shop-48, gave a lecture on "How to collect Postage stamps".

PERSON OF THE MONTH



April/2019-Shell
R. Vijaysekar,
Asst (Workshop)/Shop-16



April/2019-Fur
D. Devadoss,
Tech. Gr. I/Shop-81

TOP SCORERS FROM ICF FAMILY Contd..



SSLC-TN 487,
Miraclin Fredrisha
D/o . K.J. Johnson
Tech-1/ Shop 30



HSC-TN 578,
R.Damodharan,
S/o. S.Raja,
Tech-1, Shop30.

RECENT IMPROVEMENTS IN ICF

- Pneumatic cylinders of fume extraction system attached to CNC laser cutting machine of Shell division failed and the OEM gave a quotation of Rs 22 lakh and longer duration for repair. This work was taken up internally by Millwright staff due to urgency and completed in a record time of 2 days at a cost of Rs 1.3 lakhs.
- The Control Circuit of vacuum pressure transducer for Trumpf Laser cutting machine – Automatic sheet loading/unloading equipment (Inv.No.1415) failed and has been modified by in-house team.
- Central Application Portal software has been upgraded by modifying software so that customer complaint details are sent to the firm immediately through SMS and Email from April 2019 onwards for early redressal.
- A Discussion Room at D&D Building equipped with Over Head Projector (OHP) and Digital Network System was thrown open to regular use by all sections. Five welding procedure specifications (WPS) were prepared and uploaded in the Railnet for usage by shop floor staff concerned.

The following staff were awarded by MRS during his visit on 21.05.19:

Sl. No.	Name S/Shri	Emp. No.	Designation	Department
1.	K. Saravanamurthy	823322	AWM/Elec.-I	Elec. Prodn.
2.	G. Rajaputthar	796539	Tech. Gr. I/Shop-30	Mechanical
3.	C. Pradeep	870284	SSE/Shop-19	Mechanical
4.	L. Panduranga Rao	794031	SSE/Design	Mechanical
5.	Pulikonda Niranjan	875579	Jr. Engineer/74	Electrical
6.	P. Murali Krishna	654127	CDMS/G/Fur.	Stores
7.	Satish Kumar Himanshu	879351	Jr. Accts. Asst.	Accounts
8.	S. Jeyakumar	713588	XEN/ III	Engineering
9.	A. Lawrence	697549	Ch. Office Supt.	Personnel
10.	S. Vasanthi	820607	Chief Pharmacist	Medical
11.	R.R. Rajendran	871519	Sub Insp./RPF	Security

ICF CIRCULARS

PB/LW/322/MHC/Vol-II dt 02.05.19:

Annual Wellness Assurance checkup from 02.05.19

PB/LW/115/AOC-MC dt 13.05.19:

Shri P.Alagukaruppasamy, Ch SWI, has been nominated as Secretray for AOC/Fur and Shri Sista Agnihotra Sarma, SWI, as Secretary for Workers canteen/Fur.

PB/LW/313/SRC/Vol-I dt 13.05.19:

Shri A.Jagan, SWI, has been nominated as Asst Secretray for Dr APJ Abdul Kalam Institute Managing Committee.

PB/LW/34/R/3A/F/Vol-V dt 22.05.19:

Nomination of Managers for Furnishing Factory

Shri D.Sivagnanamoorthy, DyCME/F2 for shops 27 & 56

Shri R.Rajendran, WM/A-II/F for Shop 32

PB/LW/109/SMC/Vol-V dt 23.05.19:

Shri C.M.Rao, CDE/Mech, has been nominated as Chairman/ ICF Schools Manging committee.

PB/LW/112/Vol-VI dt 23.05.19:

Shri K.Venugopal Rao, CMM/Project, has been nominated as President of ICF Mahakavi Bharathi Institute Manging committee.

PB/LW/332/Yoga dt 25.05.19:

Celebration of International day of Yoga on 21.06.19 at Dr APJ Abdul Kalam Institute from 09.30 to 10.30 Hrs for all officers and employees of Shell & Fur including administrative office, TTC,AWTI, D&D and Hospital.

PB/LW/34/WO/Vol-I dt 31.05.19:

Shri D.Srinivasulu, Ch SWI, has been nominated as Asst Welfare Officer of Furnishing Factory.

Consequent on Rly.Bd. ltr dt 21.05.2019, SSE/ChOS/CDMS and Asst.Officers are requested to write "Reviewing Authority"(RA) at bottom of APAR format for level-2(Rs.1900/-GP) and get it signed from RA concerned.

Head stock section activities of shop 18 is merged with shop 16 and 28 posts have been transferred from shop 18 to shop 16.

The Mumbai Railway Vikas Corporation (MRVC) plans to adopt the double discharge design at various railway stations, the Financial Express reports. The double design discharge uses two landings on the platform and is famously used in France. The upper landing would be equipped with an escalator and the lower deck would consist of a staircase with a little horizontal space in between them. The model can only be implemented at bridges which have an upper deck of minimum 10 m width and a connection to the top floor via an internal staircase.

WE DEEPLY MOURN THE SUDDEN DEMISE OF THE FOLLOWING EMPLOYEES

SI	Name S/Shri	Designation
1	G.Raghuramiah	Tech-1/Carp/Shop-30
2	M.Jothiprakash	JE/Elec/Shop-29
3	T.G.Valayapathi	SSE/Shop-40
4	Umachandran	OS/Shop-54
5	Yuvaraj	Tech-2/Car/Shop-30
6	Sivakumar	Asst (Depot Stores)/ SD

Last Date for submission of application:

30.06.19: Executive Asst/ DEOs/ DOAs on contract basis
24.06.19: RCF- Recruitment under sports quota.

OFFICIAL POSTINGS

Name S/Shri/ Smt	Previous	Present
N.K.Nandanwar	RCF	CWE/LHB
Amlan Tirkey	+CME/QA	CPM
Shyamadhar Ram	CME/QA	ECR
Sanjay Verma	Leave	CMM/G
I.P.Meena	Leave	CEGE
J.Maran	DyCEE/Insp	DyCEE/D-2*
R.B.Parashar	DyCEE/Design	DyCEE/D-1*
S.Lakshmanaswamy	DyCEE/C&D	DyCEE/QA*
M.E.Srinivasan	DyCME/DSD	Principal/TTC
K.Thiagan	Principal/TTC	DyCME/ERP& Prodn
K.N.Mohan	DyCME/ERP& Prodn	DyCME/Fur-1
Febin Thaha	SMM/Steel	DyCMM/DC
M.S.Anbalagan	DyCMM/DC	RWF
M.Taranirajan	Leave	DyCME/Proj
Varghese Joshua	DyCME/Proj	Retired
K.T.Dominic	SME/Plg	WM/S*
C.V.Govindan	WM/A-II/S	WM/Plant/F
S.Narendran	WM/Plant/F	Leave
R.Ravichandran	PE/PL/S	XPLE-1*
K.Vijaya Bhaskar	PE/PL/F	XPLE-2*
R.Baskaran	AME/MPO/F	APLE-I*
I.Thirumalai Ramanan	AEE/MPO/F	APLE-II*
N.Ilamparithi	AME/MRVC/F	AWM/Progress
Milind Mahadev Rao		
Chimurkar	AWM/Trg	AWM/V/F
K.Pandian	AWM/A-II/S	AWM/A-II/F
A.Chinnusami	AME/DPD	Leave
Vijay Namdeo Nikhar	AWM	Leave
R.Balachandran	Leave	AMM/UP/S
K.Damodaran	AMM/UP/S	Leave
Chitra	PS-1 to CMM/Proj	PS-1 to PCMM

*- Designation revised

ICF in association with Southern Railway, conducted Vendors Meet at Coimbatore on 09.05.19 and cochin on 10.05.19.

Stalls at the above venues exhibited various items for which Railways seek new/ additional Vendor base. Organisations such as FICCI, ASSOCHAM, CII, other local industries including large industrial houses were specially invited to participate in the Vendors Meet, 2019. The Vendors Meet had exclusive Q&A sessions and one-on-one interaction with vendors.

In an endeavour to strengthen Railways' supply chain, Indian Railways has planned to conduct Vendors Meet Pan-India at regular intervals. The focus area of the Vendors Meet was primarily on –

- Induction of new vendors in Railways' supply chain
- Broad basing of product range of Existing Railway Vendors to include high value items in their product mix
- Handholding of new vendors by displaying sharing information on –
 - a. Specification/drawing and other facilities required for manufacturing
 - b. Annual requirement of Railways, present rates, existing suppliers
 - c. Item-wise vendors approving agencies and approved vendors
 - d. Vendor approval process/criteria/methodology, etc.,
 - e. Ease of doing business in Railways Supply Chain in Railway digital supply chain
 - f. Open house discussion on issues related to Vendor development.

Other Zonal Railways, Production units and PSUs of Railways are also conducted Vendors Meet during the month of May, 2019 at important locations.

EMPLOYEES RETIRING ON 30TH JUNE 2019

1	Dhanabakkiam.A	Tech-1	10
2	Lenin.S	Sr Tech	13
3	Jayagopi.T	Sr Tech	16
4	Elumalai.A	Sr Tech	16
5	Sivaprasad.E	Sr Tech	16
6	Mani.M	Sr Tech	16
7	Sekar.D	Tech-1	16
8	Sundarraaj.TS	Tech-1	16
9	Alagarasan.M	Sr Tech	18
10	Manohar.S	Sr Tech	20
11	Sandipogu John Sundaram	Sr Tech	20
12	Sundar.R	Sr Tech	21
13	Anbarasan.M	Sr Tech	21
14	Prabhakaran.A	Sr Tech	21
15	Rajendran.S	Tech-1	21
16	Selvam.S	Tech-1	21
17	Kirubakaran.MK	Sr Tech	22
18	Dhayalan.T	Sr Tech	22
19	Dayalan.R	Sr Tech	23
20	Meiganamoorthy.S	Sr Tech	25
21	Vennila.J	Tech-1	25
22	Madurai Manivannan.M	Sr Tech	26
23	Siva.R	Sr Tech	26
24	Natarajan.E	Tech-1	26
25	Baskaran.K	Tech-1	26
26	Balan.T	Sr Tech	40
27	Ashok.G	Sr Tech	41
28	Packirisamy.N	Tech-1	41
29	Balu.G	Tech-1	41
30	Mallika.P	Tech-1	45
31	Vasanthi.R	Accts Asst	Accts/S
32	Ravi Sundar.K	Sr ISA	Accts/S
33	Krishnan.K	SSO	Accts/S
34	Rajendran.C	SSE	D&D
35	Anto.T I	SSE	D&D
36	Nanthinee.J S	Ch OS	Engg
37	Premavathi.S	House keep	Engg
38	Selvarani Samuel.	Ch.Nur.Supdt	Hosp
39	Kandaswamy.S	Ch OS	PB
40	Kandavelu.K	ASI	RPF
41	Venkataiah.N	SI	RPF
42	Ponmani.T	OS	Stores
43	Edward.P	Sr Tech	28
44	Rajarathinam.B	Sr Tech	30
45	Raghunath.M	Sr Tech	30
46	Sundaram.KA	Sr Tech	30
47	Eugin Kulandairaj.I	Sr Tech	30
48	Sarma.D S K	SSE	30
49	Damodaran.D	Tech-1	30
50	Gajavalli.S	Tech-1	32
51	Mathivanan.P	JE	39
52	Ramanujam.A	Tech-1	54
53	Nagarajan.P	Tech-1	80
54	Selvakumar.P	SSE	82
55	Sivakumar.P	C&MS	84
56	Nantha Kumar.P	Sr Tech	88

We wish them A Happy & Peaceful Retired Life

RAILWAY BOARD CIRCULARS

- RBE 61/2019:** Reviewing the existing mechanism of psycho test on the basis of multiple cut-off for ALPs.
- RBE 66/2019:** Revision of Refresher Course for Supervisor/SSEs/(P. Way) of duration of 3-weeks (17 days) at SSETW/Pune
- RBE 68/2019:** Posting of husband and wife at the same station.
The guidelines dated 02.02.2010 were issued in the context of at least one of the spouses being a Railway Servant. To remove any ambiguity/confusion regarding its applicability, it has been decided that the phrase "all India service" appearing in parenthesis in the title of para 3(e) of Board's letter ibid should be treated as deleted. All other content of the said letter remains unchanged.
- RBE 69/2019:** Preparation and Maintenance of Annual Performance Appraisal Reports(APARs) of Non-gazetted Railway servants
- RBE 70/2019:** Minimum rates of wages and variable dearness allowance w.e.f. 01.04.2019.
- RBE 71/2019:** 7th Pay Commission accepted by the Government - Qualification Pay renamed as Railway Accounts examination Allowance
- RBE 72/2019:** General Departmental Competitive Examination – Reservation for Persons with Benchmark Disabilities and Economically Weaker Sections (EWS) who are serving employees' reg.
- RBE 74/2019:** Filling up non-gazetted posts on Railways- Classification of posts as Safety Categories in Signal & Telecommunication Department. the following posts have been classified as the Safety category in the said Department:
1. SSE/ JE(Signal);
2. Technician/Signal, including Blacksmith(Signal);
3. SSE/JE(Workshop) (Axle Counter production and Inspection, Production & Overhauling of relays Tokenless Block instrument Testing) (only those posts which require field visits for installation, testing and measurement);
4. SSE/JE(Tele);
5. Technician (Tele);
6. Assistant (S&T) attached to Technician (Signal) and Technician (Tele).
Terms and conditions regulating filling up of Safety category posts continue to remain in force.
- RBE 75/2019:** Upper age relaxation to Course Completed Act Apprentices(CCAAs) applying for Non-Gazetted posts on Railways.
- RBE 76/2019:** Promotional prospects of Pointsmen category.
- RBE 77/2019:** GDCE- reiteration of the instructions and one time dispensation for Sr clerk inclusion.
keeping in view the large number of qualified serving staff available in the lower categories, a onetime dispensation is hereby accorded for filling up 25% of the DR quota vacancies in this category also by GDCE
- RBE 78/2019:** Scheme of LDCE for filling up 20% vacancies of OS-II and 13.33% vacancies of Sr Clerk.
It has been decided that the LDCE for both the OS-II and Senior Clerks may be decentralized, by holding the exam at the Divisional level by clubbing the vacancies of all the departments. This decentralization will be in respect of Divisionally controlled cadres/ seniority units for these posts
- RBE 79/2019:** Filling up the posts of Instructors in recognized Training Institutes – Uniform Guidelines.
- RBE 80/2019:** Filling up the posts of Chemical and Metallurgical Assistant (CMA) and Chemical and Metallurgical Superintendent (CMS)
- RBE 81/2019:** Eligibility criteria for appearing in selection to the post of OS, PB-IIGP 4200, against 20% LDCE quota
- RBE 82/2019:** Educational qualifications for recruitment of TGT/PGT- Physical Education
- RBE 83/2019:** Introduction of provision for writing of APAR of Railway employees working in PB-1, GP of Rs. 1900/- , Level-2
- RBE 84/2019:** Revision of rates of Uniform Allowance, Kit Maintenance Allowance and Washing Allowance for RPF/RPSF personnel
- RBE 85/2019:** Pay element in Running Allowance in the Railway Services (Revised Pay) Rules, 2016 and revised rates of Kilometrage Allowance and Allowance in lieu of kilometrage
- RBE 86/2019:** MACPs for the Railway employees- Benchmark regarding. It has been decided that APAR grading "Good" for the period prior to 25-7-2016 i.e. the date from which the new Benchmark was made applicable, may be treated as "Very Good" while considering those cases of MACPS in which APARs for the said period are required to be taken into account
- RBE 88/2019:** Extension of the scheme of hiring of para-medical categories in Group 'C' on contract basis
- RBE 90/2019:** Grant of compassionate appointment to spouse / ward/dependent of deceased trainee employees
- RBE 92/2019:** Re-engagement of retired staff on daily remuneration basis for the post of ALP (Both Diesel and Electrical Drivers)
- RBE 93/2019:** Compensation for non-deposit or delayed deposit of contribution under National Pension System during 2014-12 -reg
- No.PC-VII/2018/I/7/5/6dt 28.05.19:
Railway Order -Revised rates of one/two additional increments (non-absorbable) to the Nursing Staff under 7th CPC pay structure

Shri Piyush Goyal takes charge as Minister of Railways

Shri Piyush Goyal took over as the Minister of Railways in Rail Bhavan on 31st May, 2019. In addition to Railways, he has also been assigned the portfolio of Minister of Commerce and Industry. Shri Suresh Angadi Channabasappa, new Minister of State of Railways, Shri V.K.Yadav, Chairman, Railway Board & other Board Members were also present on this occasion.

Speaking on the occasion, Minister of Railways Shri Piyush Goyal said, "Under the able leadership of Shri Narendra Modi, in last 5 years, a series of transformational steps have been taken in Passenger services and various aspects of Railways. In next five years, the focus will be to augment Railways with high speed, swift improvements in passenger convenience so that the entire experience of train journey and freight movement maybe further enhanced. We will work with same verve and enthusiasm to improve Railways."

During Shri Goyal's previous tenure as Minister of Railways & Coal, Indian Railways have witnessed a series of reforms. Indian Railways achieved best ever safety figures. India became Power & Coal surplus for the first time ever. Also transformative growth in Power resulted in net capacity addition of renewable energy which exceeded that of conventional power while also achieving record low tariff in this sector.

Brief Profile of Shri Piyush Goyal



Shri Piyush Goyal is currently a Member of Rajya Sabha (he was first elected to Rajya Sabha in 2010 & re-elected in 2016) and was earlier the National Treasurer of the Bharatiya Janata Party (BJP). He was part of the publicity and manifesto committees of the Bharatiya Janata Party for the 2019 general elections.

He has had a brilliant academic record- all-India second rank holder Chartered Accountant and second rank holder in Law in Mumbai University. He was a well-known investment banker and he has advised top corporates on management strategy and growth. He earlier served on the Board of India's largest commercial bank, the State Bank of India and Bank of Baroda.

During his 35 year long political career, he has held several important positions at different levels in the BJP and is in the National Executive of the Party. He had the privilege of being mentored by stalwarts such as Shri Atal Bihari Vajpayee, former Prime Minister of India. He was also nominated by the Government of India to the prestigious Task Force for Interlinking of Rivers in 2002.

Link of twitter: @PiyushGoyal

Facebook: https://www.facebook.com/PiyushGoyalOfficial/?ref=br_rs

Shri Suresh Angadi Channabasappa takes charge as new Minister of State of Railways

Shri Suresh Angadi Channabasappa took over as new Minister of State of Railways on 31st May, 2019. Shri V.K.Yadav, Chairman, Railway Board & other Board Members were also present on this occasion.

Brief Profile of Shri Suresh Angadi Channabasappa



Shri Suresh Angadi Channabasappa, a leader of the Bharatiya Janata Party in Karnataka, is elected from Belgaum in 17th Loksabha elections. He has taken the charge as Minister of State of Railways.

He was born to Somawwa and Chanabasappa Angadi and completed his graduation from S.S.S. Samithi College of commerce in Belgaum. Later, he also graduated in Law from the prestigious Raja Lakhamgouda Law College, Belgaum.

A member of Bharatiya Janata Party, he became the vice president of the party's Belgaum district unit in 1996. He continued in that office till 1999. In 2001 he was nominated as the president of the district unit and continued to hold that post until he was nominated as the party's candidate for the Belagavi Lok Sabha constituency in 2004. He was re elected to a second term as Member of Parliament in the 2009 General Elections. He was elected for a third consecutive term in 2014.

Facebook: <https://www.facebook.com/public/Suresh-Angadi>

Twitter: @AngadiMp

60,000th Coach flagged off from ICF in the presence of Member (Rolling Stock) / Railway Board

ICF being a pioneer of Railway Coach Production has turned out a large number of coaches in various designs including self propelled passenger coaches, luxury coaches and semi high speed train sets such as Vande Bharat Express. The 60,000th coach (a Self Propelled Inspection Car) was rolled out of ICF in the presence of Shri Rajesh Agrawal, Member (Rolling Stock) on 21.05.19. Shri K. Venkateswaralu, senior most retiring employee of ICF flagged off the same for Southern Railway.

Shri Agrawal also inspected the coaches that were under manufacture at ICF for export to Sri Lanka Railways. Later, he addressed the media persons. He hoped that in the next year itself, ICF will break its own record by producing more than 4000 coaches.

He also appreciated the efforts by ICF in turning out coaches for prestigious Vande Bharat Express which is running to its full capacity

between New Delhi and Varanasi, since its inception. He said that in the current year, ICF will take up the design, development and production of Train 19, a sleeper version of Train 18 in the lines of Rajdhani Express. He said ICF is also going on full steam to manufacture more number of Vande Bharat Express train sets and 40 such train sets will be rolled out from ICF in the immediate future. To improve the safety of Train 18, in the event of cattle crossing, it has been planned to fit the driver cabin crash guard with aluminium design in place of FRP.

As regards manufacturing of metro coaches with the Standard gauge, he said that efforts were being made with State Government and Ministry of Housing and Urban Affairs because ICF has turned out the first Metro coaches in the nation way back in 90's.

For answering a question on export of Train 18 trainsets, he said that some South East Asian and South American nations have evinced interest for import of such coaches. However, after fulfilling the needs of Indian Railways, the same will be considered, he added. He further stated that about Rs. 2500 crore infrastructure improvement projects are being planned for coach production units of Indian Railways, of which Rs 500 crore planned to be spent for ICF.

When asked about air conditioned suburban trains at ICF, he said that 12 rakes are planned to be rolled out of ICF. As far as Southern Railway is concerned, the matter will be discussed at Board level and supply of rakes will be finalized. He further added that another Rail Coach Factory at Lattur is now getting ready and likely to be commissioned this year, he concluded.

Earlier, Member (Rolling Stock) administered a pledge on "Anti- Terrorism Day" to the ICF team of Officers and staff. Later, he presented awards to meritorious staff and held discussion with Senior Officials and Staff Representatives of ICF.



PHYSIO PAGE

MOVE... TO REMOVE...!
Physio. Kumaravel.M
 Sr Physiotherapist, RH/ICF
 physiokumaravel.m@gmail.com, 9003149269

JOINT PAIN

Life style modifications to prevent and overcome OA knee

Osteoarthritis is the number one cause for movement limitation. Some traditional misconceptions about osteoarthritis persist. Most of medical practitioners too shrug their shoulders and says, "Osteoarthritis is practically inevitable". It is a normal part of the ageing process. Wear and tear joint disease cannot be halted or reversed.

Recent studies explore that osteoarthritis is not inevitable. Advances in

understanding of cartilage (sponge cover at bone end) year of experiences with numerous patients have shown that it is definitely possible to slow, halt or prevent the degeneration of cartilage.

Prevention /restriction of progression in OA Knee

Preventive approaches for OA knee may vary person to person. It will depend on risk factors for Osteoarthritis and stages of the condition.

Stages of the OA Knee:

Osteoarthritis of knee progress in stages are minor, mild, moderate, and an advanced stages. In earlier stages of OA knee we can self repair and prevent the deterioration through prophylactic, preventive and promotive care program. Advanced stage of OA knee may need surgical intervention.

Risk factors for OA knee are...

Obesity, previous Trauma in and around joint stabilizing structures, other predisposing joint diseases, over use of joint, weakness of muscle, over use of intra articular steroid injections, genetic factors and increasing age.

People with one or combination of above factors, are very much prone for risk of developing OA knee. It is necessary to start the preventive program as early as possible. It requires some knowledge on the subject, a little time and over all strong determination to keep the knee joint healthy and strong

Here are some tips for lowering the risk from osteoarthritis degeneration ...

DOs	DON'Ts
Eat healthy and balanced diet for bone and joint preserving	Avoid junk foods, particularly fat contain foods
Maintain ideal body weight – staying slim is mainstay to decrease the risk of osteoarthritis significantly	Don't be obese. Excessive weight can put excessive pressure on the weight bearing knee joint
Consult the doctor if you notice any joint problem in the early stage itself - to prevent / control.	Don't self diagnose your joint problem and don't do a self treatment. Don't delay in consulting the Doctor
Do proper Exercise regularly – for strong and flexible joints	Don't do high impact exercises. Particularly don't do exercise on your own if have any OA problems
Prevent injuries for healthy joint forever	Avoid injuries to your joints to prevent secondary osteoarthritis
Ensure proper recovery when you are injured. Take special care of injured joints and their supporting structures to repair and rehabilitate well	Don't resume normal day-to-day activities until you recover completely after suffering an injury. Stressing an injured joints early or again and again may lead to long term damage to joint
Improve the biomechanics to counteract stress towards joints	Improper alignment or incorrect use of muscles, bones, tendons, ligaments and joints leads to wear and tear which leads to injury and detritions of joints later.
Undergo posture and gait analysis to optimize biomechanics as mentioned above	Don't ignore the early stages symptoms and misalignment changes occur after the early OA knee
Maintain positive attitude towards your condition. Positive thinking can energizing and lead to recovery	Don't be obsessed with your condition. Depression may worsen and delay the recovery

Wait for further steps to move....

IR - GOOD WORK

Work with Fun which is an all-in-one test bench and portable battery charger

Detailed Description : An all-in-one test bench and portable battery charger simulating the condition of DPC/ SPART (700, 1400 and 1600 HP) has been prepared using in-house material except old cycle frame. Any person can charge, paddling the device with more than 1100 rpm generation for both Lead Acid & Valve Regulated Lead Acid Batteries.

Impact/Benefits: 1. A 24 Volt Auxiliary Alternator with maximum 50 Ampere current, can be tested any time. 2. LA (conventional) and VRLA (Sealed LA) batteries having voltage range from 6 to 110 V can be charged at vehicle (Loco/DPC) itself, without detachment from its base. 3. From this a person can visualize pulse rate, time taken and distance covered, digitally. This FUN-n-FROLIC innovation will not only help the user to stay fit & healthy but also contribute in preserving/ conserving Energy.

IR RECENT UPDATES

- Indian Railway Station Development Corporation (IRSDC) entered in a Tripartite Agreement with French Railways (SNCF) & AFD, a French Development Agency here today. On this occasion, Shri Suresh Angadi, Hon'ble Minister of State of Railways and H. E. Mr. Jean Baptiste Lemoyne, Minister of State, Ministry of Europe and Foreign Affairs, Government of France, H.E. Mr Alexandre Ziegler, Ambassador of France in India & senior officers were present from both side.

Under this agreement, AFD a French Development agency, has agreed to provide in-kind grant financing up to 7,00,000 EURO, through French National Railways (SNCF)-Hubs and Connexions as a Technical Partner to IRSDC to support capacity building for the Railway Station Development Program in India. This will impose no financial liability on IRSDC or Indian Railways.

Speaking on this occasion, Shri Suresh Angadi, Minister of State said, "India and France have a strong and long standing prosperous partnership in the Railway sector. French Railways (SNCF) in the past has been associated with Indian Railways in conducting speed upgradation study for Delhi-Chandigarh section and station development of Ludhiana & Ambala stations. I am sure that this effort will go a long way in further strengthening Indo-French cooperation and will help Indian Railways in positioning its stations to world class standards.

- N.R.has introduced chartering of individual seat in Jharoka, RA-100 Self Propelled Train Coach & Rail Motor Car from 13.06.19 to 10.09.19. Now passengers can buy tickets on chartered seat basis on these services plying on breathtaking Kalka-Shimla Heritage Hill Rail Section.
- The Bhaupur and Khurja section of the dedicated freight corridor in Uttar Pradesh will be open by November and it will reduce pressure on the saturated trunk route of the North Central Railway between Kanpur-New Delhi. <https://t.co/QoHe7J9Orn>



Shri Gajanan Mallya, General Manager, South Central Railway (SCR) felicitated Ms.GS Lakshmi, employed on the rolls of SCR, on her appointment in the ICC International Panel of Match Referees, the first women to make it to panel. Lakshmi called on the General Manager on Wednesday at SCR Headquarters, Rail Nilayam, Secunderabad.

Expressing his happiness that a sports person from SCR has made it to the select list at international level, the General Manager opined that this is the outcome of discipline and dedication towards the game, which takes the sports persons ahead on the path of success. He expressed confidence that Lakshmi will be able to perform exceedingly well in the task assigned to her and bring laurels to the nation and Indian Railways.

Lakshmi joined Railways in the year 1989 in sports quota as a cricketer and represented SCR for several years. She later went on to play for Indian Railways before making it to the Indian Women's Team which toured England in 1999. After retiring from active cricket in 2004, she picked up the coaching assignment for the Hyderabad Cricket Association (HCA) and Women's Cricket Team of SCR. She was also a member of HCA Women's Selection Committee, South Zone.

When the concept of women match referee was introduced by the Board of Cricket Control in India (BCCI) in 2008, she was one amongst the five cricketers who were on board. In 2014, she cleared the Match Referee examination conducted by BCCI. She officiated as the Match Referee in all the four matches of the recently held Vivo IPL Women T20 Challenge at Jaipur.

She has officiated as Match Manager under remote match referee Graeme LaBrooy in bilateral series of India Women vs Sri Lanka Women T20 & ODI Series; India Women vs Australia Women T20 and India 'A' Women vs Australia 'A' Women T20 Series played between 2012-2018. She has officiated as a referee in various other tournaments in the domestic circuit including the women challenger trophy matches.

Lakshmi is presently working as Chief Office Superintendent in the Public Relations Department of SCR.

