



# INTEGRAL

Internal Circulation

## News

February-2018



The Prestigious  
Global Green  
Award - 2014



Railway Minister's Shield  
"Best Production Unit"  
2015



National Energy  
Conservation Award  
- 2014 & 2015



Greenco  
Silver Rating  
Award - 2017

Issue# 148

ICF OFFICIAL MONTHLY NEWS BULLETIN

### Chief Editor:

K.Ravi, SSE / Shop-80

### Associate Editors:

M.A.Jaishankar, SSE / Shop-15

A.R.S.Ravindra, SSE / Project

R.Mehalan, SE / IT

Physio.M.Kumaravel

R.Thilak, Tech-III / Shop-80

### Advisors:

S.Muthukumar, Sr. DME / SA

B.Chandrasekaran, Dy. CME / P<sub>g</sub>

K.N.Mohan, PE / PR / S

R.Srinivasan, APE / PR / F

**Shri. Ashwani Lohani**, Chairman Railway Board, visited ICF on 19<sup>th</sup> and 20<sup>th</sup> Jan'18. He visited LHB shed, Furnishing, Shell, Colony, Lake park and CRM. He took group photo with staff and also met staff representatives.

The 69<sup>th</sup> Republic Day celebrations were held on 26.01.2018 at ICF stadium. **Shri. S.Mani**, GM/ICF, unfurled the National Flag and accepted the guard of honour given by RPF contingent, NCC cadets, Scouts&Guides, Apprentices of TTC/ ICF and Children of ICF schools, which was followed by colourful cultural programmes.

**Shri. D.K.Gayen**, Member (Staff) Railway Board, visited ICF on 24.01.2018. Member (Staff) / Railway Board visited CRM, Furnishing, ICF Colonies, ICF Institute, Shell, Heritage Gallery and inspected Integrated Waste Management system. He also held discussions with Sr. Officials and Staff representatives.

**Shri. Sudheer Kumar**, Principal Executive Director Transformation, Railway Board, visited ICF on 23.01.2018 and inspected improvements done in ICF and appreciated.

### Shri. Ashwani Lohani, CRB' Visit to ICF



### Republic Day Celebration

#### From GM's Republic Day speech on 26.01.2018

ICF has a lot of achievements to its credit last year. ICF has manufactured 1668 coaches till December 2017, which is time high for the first nine months in a production year. ICF has rolled out many special coaches like DETC, Kolkata Metro with 3 phase propulsion system, Deen Dayalu, Antyodaya, Military Langer, Vistadome for IRCTC, First fully indigenous LHB coach, 1600 HP DEMU for Jammu and Kashmir, etc. Anubhuti Luxury LHB Coaches rolled out by ICF earned widespread appreciation from passengers for its comfort level. In the arena of sports, ICF Team won All India Inter-Railway Volleyball Championship for the 4<sup>th</sup> consecutive year, All India Inter-Railway Chess Championship for the 3<sup>rd</sup> consecutive year and ICF body builder won World Title at Mongolia.



In its thirst to achieve more laurels, ICF has many ambitious plans under execution. ICF will soon be rolling out OMS cars on LHB platform, Tejas high-speed LHB premium coaches, Underslung Power Cars with 500 KVA DA set and 1600 HP DEMUs with underslung electrics and fully suspended Traction motors, modernized EMU/MEMU with advanced features like underslung electrics, sealed gangways, air-conditioned, automatic doors, etc. ICF will be manufacturing 15 coaches for Nilgiri Mountain Railway, 565 coaches for MUTP Phase III and improved rakes for Kolkata Metro. ICF has bagged orders for exporting 78 three phase DEMUs to Sri Lanka with exteriors and interiors of world class standard.

With an aim to "Make in India" best in class train sets for Indian Railways, ICF will be manufacturing train set with 160 kmph speed, called "Train 18". This will have 3 phase under slung propulsion equipment, sealed gangways, air-conditioned, continuous windows, automatic plug doors, seamless wifi facility and state of the art comfort facilities for passengers.

Adding one more feather to our cap, **Mr. Ashwani Lohani**, Chairman, Railway Board, after his recent visit, appreciated ICF by stating that "Amazing work has been done at ICF not only in the matter of production but in improving morale, infrastructure and building pride amongst the staff. What I have witnessed cannot be described in mere words but can only be experienced".

### Member (Staff) Visit to ICF



### PED (Transformation) Visit to ICF







Improved Fitness Centre and Gymnasium was inaugurated on 05.01.2018 at ICF Stadium by **Shri. D.Akilan**, International Weightlifter and Ch.OS/Sports, in the presence of ICF's Team of Officers and Staff.



Boxing Training Centre was inaugurated on 06.01.2018 at ICF Stadium by **Shri. V.Ravikumar**, National Gold Medalist (Boxing) and OS/Shop-23, in the presence of ICF's Team of Officers and Staff.



Renovated GM Secretariat was inaugurated on 08.01.2018 by **Shri. P.Subramaniam**, OS/Publicity/GM's Office, in the presence of ICF's Team of Officers and Staff.



Visitors Management System was inaugurated on 08.01.2018, in the presence of ICF's Team of Officers and Staff.



Storage area in LHB shed was inaugurated on 08.01.2018 by **Shri. M.Rajan**, Sr.Tech/Shop-19, in the presence of ICF's Team of Officers and Staff.



ICF Officers Holiday Home and ICF Subordinates Holiday Home at Kanniyakumari was inaugurated on 10.01.2018 by **Shri. G.Ramasubramanian**, SSE/Drawing, in the presence of ICF's Team of Officers and Staff.



Ladies Locker Room at LHB shed was inaugurated on 10.01.2018 by **Smt. N.D.Ramani**, Tech-III/Shop-19, in the presence of ICF's Team of Officers and Staff.



Improvements to ICF Silver Jubilee Nursery & Primary School was inaugurated on 11.01.2018 by **Ms. S.Sudha**, Asst HM and **Ms. Sugatha Prem**, Teaching Asst, in the presence of ICF's Team of Officers and Staff.



Renovated AMM Office and meeting room at Furnishing Factory was inaugurated on 17.01.2018 by **Smt. K.Valarmathi**, Ch.OS/P7 Section, in the presence of ICF's Team of Officers and Staff.



RO Plant in Shop-54 was inaugurated on 17.01.2018 by **Shri. K.Vasudevan**, Tech-I/Shop-54, in the presence of ICF's Team of Officers and Staff.





Project Saksham (Training for PB staff) was conducted from 17.01.2018 to 19.01.2018 at **Dr. Ambedkar Arangam**.



Prakash Vanam was inaugurated on 18.01.2018 by **Shri. V.Prakash**, Sr.Tech/Shop-20, at Korattur, in the presence of ICF's Team of Officers and Staff.



The last passenger coach of ICF design was flagged off on 19.01.2018 by **Shri. P.Bhaskar**, Sr.Tech/Shop-30, in the presence of **Shri. Ashwani Lohani**, CRB and Team ICF.



CRB visited Heritage Hut at Furnishing Factory.



High Rise Rack and Pallet system was inaugurated on 19.01.2018 by **Shri. J.Jabbarulah Khan**, Sr.Tech/Shop-12, in the presence of **Shri. Ashwani Lohani**, CRB and ICF's Team of Officers and Staff.



New paint booth and shed at Shop-54 was inaugurated on 19.01.2018 by **Shri. K.Nethaji**, Tech-I/Shop-54, in the presence of **Shri. Ashwani Lohani**, CRB and ICF's Team of Officers and Staff.



CRB visited ICF Colony.



Integrated Waste Management system (First of its kind on IR) for ICF colonies was launched on 19.01.2018 by **Shri. M.C.Rajendran**, Sr.Tech/Shop-33, in the presence of **Shri. Ashwani Lohani**, CRB and ICF's Team of Officers and Staff.



CRB visited Chennai Rail Museum on 20.01.2018.





CRB visited Shell Factory and interacted with Officers and Staff on 20.01.2018.



Familiarization workshop on Indian Railways for journalists was organized by ICF for the media people on behalf of Railway Board from 18.01.2018 to 20.01.2018 at ICF. The workshop ended with an open session with CRB.



CRB visited ICF Lake View Park on 20.01.2018 and had breakfast with the Officers, Staff and Staff Representatives.



Visitors lounge of CWE/Fur office was inaugurated on 25.01.2018 by **Shri. S.Mohan**, OS/CWE/Fur office, in the presence of ICF's Team of Officers and Staff.



Additional track at LHB Unit was inaugurated on 25.01.2018 by **Shri. G.Damodaran**, SSE/Shop-42, in the presence of ICF's Team of Officers and Staff.



GM hosted a "**High Tea**" on 26.01.18 to ICF Staff in Level 5 who are retiring in the next 6 months at ICF House (GM's Bungalow).



Café extension at CRM was inaugurated on 28.01.2018 by **Shri. V.Viswanadhan**, Artist, Chalamandal Artist Village, in the presence of ICF's Team of Officers and Staff.



Lake Jetty and Band stand at ICF lake was inaugurated on 28.01.2018 by **Smt. Rajalakshmi Ravikumar**, Retd. Financial Commissioner/RB, in the presence of ICF's Team of Officers and Staff.



Pulse Polio Immunization was administered to children in all colonies and ICF hospital on 28.01.2018



Martyrs' day was observed on 30.01.2018 in memory of those who sacrificed their lives during the freedom struggle. Silence was observed in ICF from 11.00 to 11.02 hrs.





**“Move to Remove”,** a book on back pain by **Shri. M.Kumaravel**, Sr. Physiotherapist, ICF Hospital, was released by **Dr. M.Ravikumar**, CSS/RH/PER, on 30.01.2018 at ICF Hospital conference room. **Shri. L.C.Trivedi**, PCME/ICF, received the first copy.



**Shri. V.P.Pathak**, GM/CLW and **Shri. Raveendra Gupta**, PCME/ER, visited ICF on 30.01.2018. They visited CRM, LHB, South Colony, North Colony, Dr. Ambedkar Arangam, SJ Primary School and Shell factory.

#### PERSON OF THE MONTH - DECEMBER 2017



**Shri. R.Aneesh,**  
JE/Shop-12 / Shell



**Shri. S.Radhakrishnan,**  
SSE/Shop-80 / Fur



**Grand Master R.R.Laxman** has won 10<sup>th</sup> Chennai open Grandmaster Chess Tournament held from 18<sup>th</sup> to 25<sup>th</sup> Jan.



Mother India Crochet Queens have made their Hat-trick Guinness world record in making the largest number of sculptures (58917) at SRM university on 21<sup>st</sup> Jan' 18. ICF Staff **Smt. Girija Saravanam**, Steno/PB and **Smt. Biji Rajan** OS/PB have participated in all the three events and received Guinness record certificates.



Subash scouts distributed pamphlet in South Colony on 21.01.2018 to segregate waste as wet waste and dry waste, so that it can be recycled. If the waste is segregated and kept outside, it will be collected by the agency appointed for this purpose.

#### OFFICIAL POSTINGS

Name Shri/Smt	Previous	Present
N.K.Gupta	S.Rly	PCEE
Shishir Dutt	CME/Plg	S.Rly
Saibal Kumar Bose	Training/Leave	CME/Plg
M.Ramanathan	Dy.CEE/C&D	+Dy.CEE/Constn
J.Nagesh	Dy.CME/QC	Dy.CME/Bogie
Varghese Joshua	Dy.CME/Bogie	Dy.CME/QC
P.Balasundar	Dy.CME/Plg&I	SAG/E.Rly
B.Chandrasekaran	Dy.CME/DSD	Dy.CME/Plg&IE
M.E.Srinivasan	Dy.CME/Fur-1	Dy.CME/DSD
Sanjay Angothu	WM/A-2/S	Dy.CME/Fur-1
P.R.Subramanian	SME/Dev	VR
Hanuman Prasad Meena	WM/LHB	WM/Shell incharge
K.Sudalaimanai	AWM/LHB	WM/LHB
Aranipadam Subramanian	SSE/TTC	AWM/LHB
Milind Rao Chimurkar	APE/PL-2/S	APE/PR-2/S
R.Rajagopalan	APE/PR-2/S	APE/PL-2/S
C.Santhos Kumar	AEE/M-2	AWM/E-2+Plg
E.Harikumar	AEE/E-2	AEE/E-3
Abdul Hameed Kuniyil	AEE/E-3	AEE/M-2

**Shri. I.P.Meena**, CECE, is nominated as the Mukhya Rajbhasha Adhikari vice **Shri. Shishir Dutt**, CME/Plg.



On behalf of ICF fraternity, we welcome **Shri. N.K.Gupta**, who has taken charge as PCEE on 31.01.2018.



**Shri. P.K.Ramachandran**, OS/CMM-Furnishing office, received best commentator award from **Shri. Sebastin Xavier**, Sr. Sports Officer, and **Shri. M.S.Anbalagan**, Dy.CMME/Fur, during the recent all India Inter Railway Volleyball Championship held at ICF.

#### Do You Know?



- 1) There are 4 dogs in ICF Dog Squad
- 2) ICF has rolled out 3 Vistadome Coaches so far

## ICF CIRCULARS

### ♦ PB/LW/323/AEBAS dt 13.01.18 & 19.01.2018:

The flexible timings for bio-metric attendance for workshops:

Division	I-Shift	Middle Shift	II-Shift
Shell: Mon-Fri	0700-0830	1230-1330	1700-1800
Fur: Mon-Fri	0745-0830		1730-1800
Shell: Sat	0700-0830	1230-1330	1230-1330
Fur: Sat	0745-0830		1230-1330 1730-1800*

\* (Paint shop & Pitline)

Since the Bio-Metric System is introduced for the first time for the factory employees, the same will be on trial basis from 18.01.2018 onwards and not linked to the existing system of attendance through G.A. Card.

### ♦ PB/LW/112/Misc dt 12.01.2018:

A dining hall facility has started functioning in **Dr. Ambedkar Arangam** for utilisation by employees and outsiders. The rental charges, security charges, maintenance, GST are being revised and cleaning charges are included as given in this circular.

### ♦ PB/LW/172/HH/Vol-II dt 03.01.2018:

Allotment of ICF holiday home at Kanniyakumari.

### ♦ PB/CBS/Incentive Bonus dt 08.01.2018:

Incentive bonus to SSEs for the year-2018. Monthwise actual working days:

Dec-20, Jan-23, Feb, Apr, Aug, Sep, Oct-24, Jun, Nov-25, Mar, May, Jul-26.

### ♦ PB/LW/257/Vol.XI dt 12.01.2018:

Schedule of payment of salary/ wages and incentive bonus for the year-2018.

31/01, 28/02, 02/04, 30/04, 31/05, 30/06, 31/07, 31/08, 29/09, 31/10, 30/11, 31/12.

### ♦ PB/LW/34/R/3A/F/Vol.IV dt 27.01.2018:

**Shri. Sanjay Angothu**, DyCME/F-1, is nominated as Manager/Furnishing Factory and the area of responsibility are Shops-30, 32 & 37.

### ♦ PB/DAPJ Inst./338/Vol-I dt 31.01.2018:

Badminton-Doubles (Shuttle) tournament at **Dr. APJ Abdul Kalam** Institute from 10.02.2018 to 17.02.2018.

### Last Date for submission of application:

**19.02.2018:** Vigilance Inspector/Stores/S.E.C.Rly on deputation.

**19.02.2018:** Re-engagement of retired railway employees for the post of AEE, SSE/Works, Pharmacist, Asst. Cook, Stock verifier.

### We deeply mourn the sudden demise of the following staff

Sl. No.	Name Shri/Smt	Designation	Pay Unit Shop / Office
1.	S.Seshadri	Dy.CEE	-
2.	K.Gopalakrishnan	Tech-III/Elec	Shop-35
3.	B.Venkatesan	Sr.Tech/Carp	Shop-30

## EMPLOYEES RETIRING on 28<sup>th</sup> February 2018

Sl. No.	Name Shri/Smt	Designation	Pay Unit Shop / Office
1	Raja.U	JE	10
2	Mohandoss.A	Sr.Tech	12
3	Udayakumar.TR	Sr.Tech	21
4	Subramanian.K	Tech-I	22
5	Sekar Nirmalraj.DP	Sr.Tech	25
6	Vijaya.M	Tech-I	25
7	Raja Rao.K	Sr.Tech	40
8	Arone.A	Tech-II	41
9	Deivasigamani.C	SSE	42
10	Perichiyappan. S	SSE	TTC
11	Piruthivirajan.V	Ch.OS	PB
12	Kannan.M	Ch.S&WI	PB
13	Sarala Chakravarthi	Ch.OS	PB
14	Menaka.R	Sr. San. Mstry	Engg
15	Muralidharan.V	Tech-I	29
16	Selvaraju.V	SSE	30
17	Gopi.T	Sr.Tech	30
18	Arulsundaram.M	Tech-I	30
19	Rajendran.M.C	Sr.Tech	33
20	Charles.S.C	Ch.OS	33
21	Punna Moorthi.M	JE	54
22	Janakiram.C	Sr.Tecn	81

*We wish them A Happy & Peaceful Retired Life!*

**PB/ICF has developed an application for Android phones. Now it is being used on a trial basis.**

**The following officers/ supervisors received award from CRB on 20.01.2008 for their outstanding performance.**

Sl. No.	Name Shri/Smt	Designation
1.	D.Kumar,	Tech-I/Shop-39
2.	S.Jeyakumar,	AEN
3.	R.Ramakrishnan,	SSE/Shop-19
4.	Renna Prakash,	Ch Lab supdt/Hospital
5.	K.Raja,	Ch S&WI
6.	J.Gopi,	CDMS
7.	Chhailendra Dixit,	Constable/RPF
8.	M.Murugan,	EDPM/Stores
9.	K.Rajan,	Protocol Inspector

## Quizz Corner

- 1) What is the name of the online market hosted by Government for the procurement of common use goods and services by Ministries & Departments?
- 2) To which state the provisions of Section 6 and 7 of the OL Act 1963 shall not apply?
- 3) Who is the principal employer from Civil Engineering Department?
- 4) What is the major infrastructure project to be executed by ICF after Complete Switchover Project Phase-I and Phase-II?
- 5) What is the new name of ICF Diamond Jubilee Community Hall?

**Answer in next edition**

### Previous issue Quizz answers.

- 1) CWE/Fur
- 2) 2250 per month
- 3) Indian Railway Service of Electrical Engineers
- 4) Tejas train
- 5) C Region



## RAILWAY BOARD CIRCULARS

### ♦ RBE 157/2017:

Charter of commitments on various activities on establishment matters – Timeline thereof.

### ♦ RBE 203/2017:

Revised training modules for human resource/ personnel departments of Indian Railways.

### ♦ RBE No.206/2017

Grant of Extra Work Allowance (abolition of existing Library Allowance).

### ♦ RBE 04/2018:

Digitalization of service records of employees before 31.03.18

### ♦ RBE 11/2018:

Recruitment of staff in level-1 of 7CPC – criteria for Physical Efficiency Test (PET).

### ♦ RBE 15/2018:

Revision of the rates of Hospital Patient Care Allowance (HPCA) and Patient Care Allowance (PCA) to Railway employees working in Railway Hospitals/ Health units/ clinics-wef 01.07.2017.

### ♦ RB.E(G)2017/AW/172 dt 20.12.2017:

Railway Minister's English Essay Competition: Last date 22.02.18

### ♦ RB- 2017/Trans Cell/Process Reform/Estt dt 29.12.2017

Retention of Railway quarters in education grounds.

### ♦ RB- Office order 101 of 2017 dt 20.12.2017

Correct expansion for MR & MoSR

MR = Minister of Railways

MoSR = Minister of state of Railways

Indian Railways has decided to make changes in the reservation forms from "viklang" to "divyang" to indicate the people with special needs. The word 'blind' be replaced with persons with visual impairment with total absence of sight, 'deaf and dumb' be replaced with persons with hearing and speech impairment, and 'physically-challenged' as persons with disabilities (divyangjan) w.e.f 01.02.2018.



## PHYSIO PAGE



**MOVE... TO REMOVE...!**

**Physio. Kumaravel. M**

Sr Physiotherapist, RH/ICF

physiokumaravel.m@gmail.com, 9003149269

## JOINT PAIN

### CLASSIFICATION OF JOINTS

There are many types of joints in our body. They are classified in two ways,

1. On the basis of their **function**

2. On the basis of their **structure**

#### Functional classification of joints

Joints are classified by "movement". They are,

**1. Immovable Joints:** e.g. : Skull sutures.

**2. Slightly Movable Joints:** e.g. Joint between Pubic

bones.[Pubic symphysis] slight movement possible at the time of pregnancy

**3. Freely moveable Joints:** e.g. All synovial joints.

#### Structural classification of Joints

Joints are classified into three groups, depending on the material (tissue) which holds the bone ends.

1. Fibrous Joints

2. Cartilaginous joints and

3. Synovial Joints

#### FIBROUS JOINT

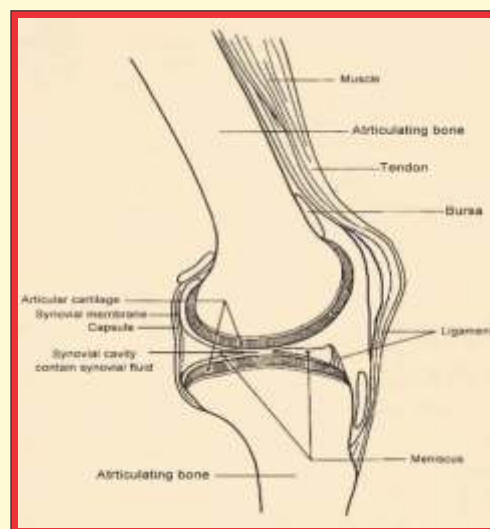
In this type, articulating bone ends are connected by fibrous tissue. Depending upon length of the connecting tissue there may be little movement or no movement at all.

#### CARTILAGINOUS JOINTS:

In this type bone ends are connected by cartilage tissue. These are slightly moveable joints.

#### SYNOVIAL JOINTS

These specialized joints are more moveable and most common ones. These joints are very much prone to pain due to injuries or common wear and tear.



#### COMPONENTS OF SYNOVIAL JOINT

Joints are composed by followings,

1. **Articulating (joint) bones:** There are minimum 2 bones which meet and form the joint.

2. **Joint cavity:** The space between the articulating bone ends are termed as Joint space or joint cavity which contain slippery fluid.

3. **Synovial fluid:** A viscous, non - resistonian fluid secreted by synovial membrane, found in the cavities of joint. This lubricating fluid reduces the friction between the articular ends and supplies nutrients as well as removes metabolic waste.

4. **Synovial membrane:** A very thin membrane which lines the inner surfaces of the joint capsule. Its function is to secrete as well as absorb the lubrication (Synovial) fluid.

5. **Capsule:** It is a dense irregular connective tissue sac, which envelops the entire structure of joint. It has two layers: an outer fibrous membrane and inner synovial membrane. Function of the capsule is flexibility and resists the dislocation of the joint.

6. **Cartilage:** A typical tissue cushioning pad (Hyaline cartilage) that covers the surfaces of a bone end at joint. It helps reduce the friction and absorb shocks within joint.

7. **Ligaments:** A short and Strong elastic band of collagen connective tissue which attaches the bone to bone around the joint. Since it is viscoelastic in nature, it defines the range of movement (ROM) of a joint and protect the joint.

8. **Tendons:** A tough band of connective tissue on each side of a joint that connects the muscle to bone. It carries forces from muscle to bone and control the movement of a joint.

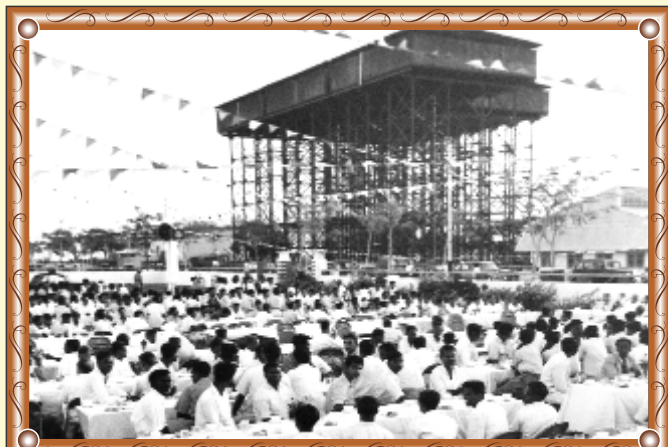
9. **Bursa:** A synovial fluid-filled sac, that provides gliding surface for adjacent structures and reduces the mechanical friction between the bones.

10. **Articular disc:** In some synovial joints shock absorbing fibro cartilage pads called articular disc are (menisci) present between articular surfaces.

**Note:** Any injury or disease to any of the above components of joint is causing joint pain.

*Wait for further steps to move...*

### An Epoch Memory



Republic Day Celebrations in 1954

### RECENT IMPROVEMENTS IN ICF COACHES

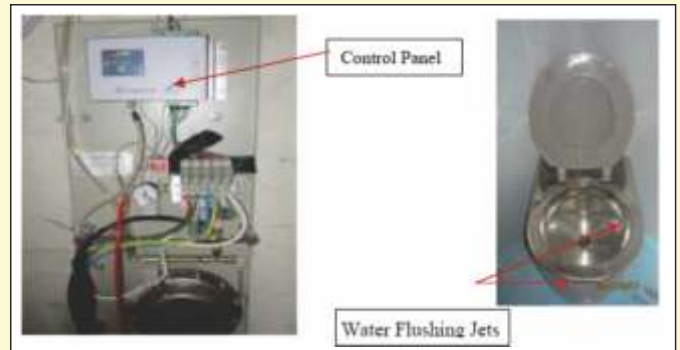
#### Vacuum Evacuation System on Bio Toilets of LHB Coaches

In order to improve flushing and to present clean toilets in trains, vacuum toilets are introduced. This toilet system hermetically seals the bio-tank from the passenger area and ensures availability of residual water in the pan/

commode when the toilet is not in use.

Trial fitment of vacuum evacuation system has been done successfully by four firms viz Amit Engineers (Make EC Engineers/ Poland), Faiveley Transport (Make Semvac/ Denmark), Jain vinimay (Make Rolen/ Spain) and Perfect Techno (Make Glova Rail/ Denmark).

Regular fitment of vacuum toilets will commence from February 2018 on LHB AC Coaches.



Presently, small PU foam ladder is provided in LSCN coaches and it is found difficult to climb. Hence, improved design Stainless Steel ladder giving adequate support has been developed.



### CANCER

#### EARLY DETECTION; BETTER CURE

Cancer is when abnormal cells divide in an uncontrolled way and may eventually spread into various tissues.

Most common forms of cancers are:

In female - breast cancer

In male - prostate cancer

Seven warning signals of cancer can be abbreviated as

#### CAUTION.

1. Changes in bowel or bladder habits
2. A sore that does not heal
3. Unusual bleeding or discharge from any part of the body
4. Thickening or a lump in the breasts, testicles or elsewhere
5. Indigestion or difficulty in swallowing
6. Obvious change in size, colour, shape or thickness of a mole or a mouth sore
7. Nagging cough or hoarseness of voice

If you experience any of the above signals for a year, consulting a doctor is a must.

**-Suseela Chandrasekaran / Ch.Matron**