

दक्षिण मध्य रेलवे



South Central Railway

हम सफर रेलवे

HUM-DUM *An internal newsletter of SCRIans* Vol. III Issue III Quarterly Newsletter *July, 2013*



Launch of Southern Zone Time Table - 2013



2 New Budgeted Trains Flagged Off from Kurnool City on June 25, 2013

From Chief Editor's Desk

The first quarter of the new fiscal saw initiation of a series of innovative practices on various fronts in the Zone, inspired by the ideas of our General Manager, Shri D. P. Pande.

Ideate proactively to meet the requirements of customers, is the **mantra** being followed now on SCR to keep the progress and the public goodwill sustained. Expansion of Bio-toilets; supply of blankets pre-wrapped in a cloth cover; temporary/permanent augmentation of trains with additional coaches; provision of surveillance cameras in reservation offices/coaches to effectively monitor security/cleanliness; hooters to warn drivers against SPAD and massive drives to enforce guidelines on cleanliness and against ticketless travel etc. are some of the focused initiatives taken up on a big scale recently under the guidance of Shri D P Pande, which made the April-June quarter quite exciting, always abuzz with new ideas/activities.

Though the growth in the traffic volume and earnings is subdued in the last quarter, the seeds of refined work practices and systemic improvements sown in this period are sure to yield fruitful results in the remaining quarters. Hope, **SCRians** will carry our consistent growth momentum forward with gusto.

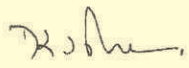
The much awaited new Public Time Tables were released in June end, bringing in a lot of cheer for the passengers on the Zone with several new train connections for the first time. Our Cover Story features this event, with the summary of changes presented in a novel, eye-catching design.

Other main events on the Zone during the last quarter – flagging off of new trains, Railway Week celebrations, Safety seminar on LC gates and several functions/inspections involving high dignitaries, etc. are also captured in colourful capsules inside.

The cultural quotient of the Zone is sure to get spiked with Shri K L Pandey taking over as our new AGM. He is an acclaimed writer in Hindi literature and also a connoisseur of arts and culture. Team **Hum-Dum** is grateful to him for his contribution titled 'प्रकृति और संगीत' (Page 18).

Our special features on – office working; inspiration; interesting facts about the ever-vibrant India and Ghazal etc., we are sure, will heighten the pleasure of reading this issue of 'Hum-Dum'. Cannot wait more to read through all this?... Please go ahead... and savour.

With best wishes for a merry monsoon season ahead...



(K. Sambasiva Rao)
Chief Public Relations Officer



General Manager released “Southern Zone Time Table” and “MMTS Pocket Time Table”



Shri D.P. Pande, General Manager, released the Southern Zone Time Table-2013 (SZTT) on June 29, 2013 at a Press Conference held at Rail Nilayam. The SZTT which is designed and printed by SCR came into force from July 1, 2013. This Time Table provides detailed timings on all the train services run on SCR, SR, SWR & Konkan Railway, and also contains useful information on a host of other issues related to Rail services.

SZTT can serve as a one-stop guide for all the information needs of rail passengers in planning their journey.

There are several firsts in this time table, especially new connections from important passenger hubs on SCR to various popular destinations for the first time fulfilling the rail travel needs of the passengers on these routes. Some of them include new express trains from Kacheguda to Mangalore; Tirupati to Pudukherri; Kakinada to Mumbai; Guntur to Shirdi; Nizamabad to Mumbai;

Nanded to Nangaldam and Visakhapatnam to Gandhidham via SCR etc.

Shri D P Pande released the “MMTS-cum-Local Trains Pocket Time Table – July 2013” issue also for the benefit of travelling public in Twin Cities. An attractive multi-colour booklet of pocket size, which can be carried along with conveniently, this Time Table can serve as a ready reference to local Rail commuters. It contains schedules of MMTS / local train services and other useful information such as system map, fare tables, list of colonies near to each MMTS station, tips for safe journey and public awareness campaign material etc and is priced at a nominal ₹5 only.

On this occasion, he said that, keeping in view the potential for further growth of traffic and in response to the requirements of public of this region, SCR is committed to expand its network and services with focus on delivering a qualitative service to its customers.

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Summary of Changes in Train Services on SCR in New Time Table

 S.F.-Super Fast
  EXP.-Express
  PASS.-Passenger
  D/M.-DEMU/MEMU

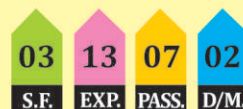
Introduction of New Trains (25)



Change in Train Numbers (5)



Change in timings at Important Stations (25)



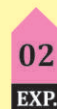
Change in Days of Service of Trains (4)



Speeding up of Trains (10)



Withdrawal of Slip Coaches (2)



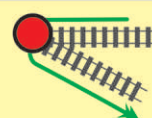
Additional Stoppages for Trains (3)



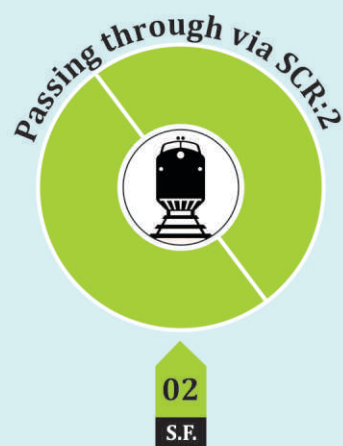
Change of Terminal for Trains (2)



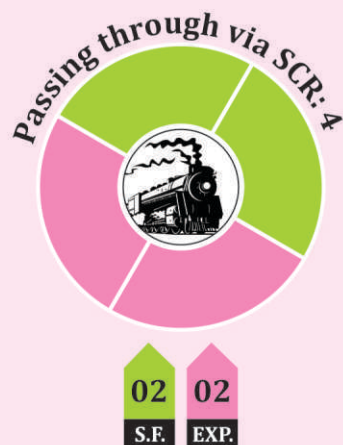
Diversion in Route for Trains (1)



Increase in Frequency (8)



Extension of Trains (10)



The details of the above changes may be seen on SCR's website: www.scr.indianrailways.gov.in

Shri K L Pandey takes over the Charge of Additional General Manager



Shri K.L. Pandey has taken over the charge of Additional General Manager on May 21, 2013. Prior to this posting, he was the Chief Operations Manager, West Central Railway, Jabalpur.

Born on November 4, 1954 in Hardoi (Uttar Pradesh), Shri K L Pandey got his MSc

(Biochemistry) in the year 1974 from Lucknow University.

Shri K L Pandey belongs to the 1977 batch of Indian Railways Traffic Service (IRTS) Officers. Earlier, during his long illustrious career, Shri

Pandey held several managerial and executive posts in various Zones of Indian Railways. He worked as Senior Divisional Operations Manager, Samastipur, North Eastern Railway; as Additional Divisional Railway Manager, Jhansi Division, Central Railway; as Divisional Railway

Manager, Vadodara Division, Western Railway; as Senior Deputy General Manager and Chief Commercial Manager, Eastern Railway, Kolkata.

Shri Pandey wrote six books in Hindi Literature - *Baansuri*, *Bheegi Hawayein*, *Dhara Rangon se Bhari* (poetry collections); *Tinke*, *Manke* (short story collection) and *Parpanchilalji ki Aatma* (a satire collection).

He received 'Maithilisharan Gupta' honour by Railway Board for *Baansuri* and 'Bharat Bharti' honour by Mahakaushal Sahitya Parishad.

He has collected about 1.5 lakh songs and rare recordings and around 2000 are old Hindi Films. His hobbies include listening to Hindustani Classical, Western Classical and Old Hindi Film music and collection of Hindi Films.

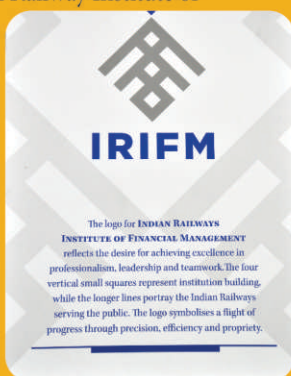


Foundation Stone Laid for setting up "Indian Railway Institute of Financial Management" at Secunderabad

Smt. Vijaya Kanth, Financial Commissioner, Railway Board, New Delhi, laid the foundation stone for setting up the Indian Railway Institute of Financial Management at Moula Ali, Secunderabad on June 3, 2013 in the presence of Shri D.P.Pande, General Manager, South Central Railway, Shri Rajendra Kashyap, Additional Member/Budget and other Senior

officers from Railway Board and South Central Railway.

Minister of Railways, in his Budget Speech for 2013-14, had announced setting up of an exclusive Centralized Training Institute at Secunderabad-Indian Railway Institute of Financial Management (IRIFM) to impart structured and professional training to finance and accounts officers of Indian Railways. It aims to equip the finance managers with necessary skills on a regular basis to enable them to face emerging challenges and tap opportunities for strengthening the finances of the organization.



Smt. Kanth in her speech hoped that the Institute will emerge as an excellent platform to promote knowledge of high order and set the highest standards of professionalism and creativity for the benefit of Indian Railways Finances.

General Manager inaugurates the First Data Centre of RailTel and Indian Railways

Shri.D.P.Pande, General Manager, South Central Railway inaugurated the Data Centre of RailTel Corporation of India Ltd. in Rail Nilayam in the presence of Shri R K Bahuguna, Chairman & Managing Director of RailTel Corporation of India Ltd..

This is the first Data Centre of RailTel as well as Indian

Railways. This Data Centre is Tier-III certified for design and facilities by Uptime Institute, U.S.A.

Through the Data Centre, RailTel will offer these services: • Co-location • Dedicated Hosting • Cloud Computing • DR site services • Other IT related services

It has world class facilities with state-of-the-art Data Centre Infrastructure Management System and Building Management System in place. All the Infrastructure in the Data Centre is concurrently maintainable due to redundancy features.



SCR Celebrates Birth Anniversary of Dr. B R Ambedkar

SCR celebrated the 122nd Birth Anniversary of Bharat Ratna Dr. B R Ambedkar on April 15, 2013 at Rail Nilayam. Shri D P Pande, GM was the Chief Guest and Shri Sessa Sayi, CPO was the Guest of Honour. Senior Railway officials, representatives of trade unions and staff attended the celebrations in large number.

Shri D P Pande, addressing the gathering on the occasion, said that Bharat Ratna Dr. B R Ambedkar fought relentlessly for an egalitarian society, equality, dignity of individuals and eradication of discrimination against down-trodden. Shri Pande said, Dr. Ambedkar was a versatile personality – a barrister, author, editor,



educationist, economist, parliamentarian and constitutionalist, etc.

Shri Sessa Sayi said that Baba Saheb is a leader not only for Dalits but for every section of the society. He drafted the Indian Constitution in such a way that it paved the way for social and economic reformation in India.

Shri Yesupadam, Dy. CPO/ Welfare proposed vote of thanks.

10 Things You Should Do at the Start of Every Work Day

The first few hours of the work day can have a significant effect on your level of productivity over the entire day—So, it's important you have a morning routine that sets you up for success.



1. Arrive on time:

This may be obvious to most people—but some don't realize

that showing up late can not only leave a bad impression, but also throw off your entire day. *Getting in on time or a little early helps your mindset for the day and helps promote a feeling of accomplishment.*

2. Start each day with a clean slate:

You may have to attend to projects or discussions that rolled over from the previous afternoon—but try to treat each day as a fresh one. Leave any thing from yesterday behind, tap into what's happening at the outset of the day.

3. Don't be moody:

You need to pay close attention to your mood and be aware of its effect on others. The first and the last thing in the day is when your emotional intelligence can have the greatest impact. So if you're not a "morning person," try to suck it up and have a positive attitude when you arrive at the office.



Your first hour at work can set your 'attitude barometer' for the rest of the day. *"One morning grump can infect an entire team and put everyone on the wrong footing."*

4. Organize your day:

The first hour of the work day is the best time to assess priorities and to focus on what you



absolutely need to accomplish. Make a to-do list, or update the one you made the previous day, and try to stick to it. However, if your boss has an urgent need, then it's OK, re-shuffle your priorities within reason.



5. Be present:

Even if you're not a morning person, you need to be awake when you get to the office. It's critical to be present, mentally and physically, and to communicate. One of the biggest office complaints heard from employees is about how their immediate supervisor just blows by them in the morning without so much as a smile.

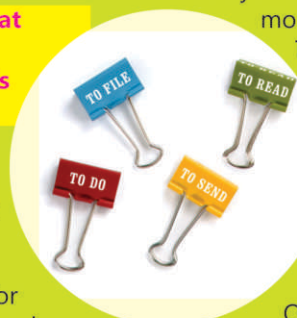
6. Check in with your colleagues:

A quick 5 to 10 minute short meeting can also be an effective way for many people to start their day. Let everyone share their top goal for the day. Doing

this helps people focus and more importantly, connects everyone. And by sharing your goals for the day publicly, the odds of achieving them rise substantially.

7. Ensure that your workspace is organized:

Clearing off the desk and creating a neat workspace sets a tone for the rest of the day. It can also help avoid confusion. Also, for many, it's difficult to think clearly, easy to forget important reminders, and just plain stressful. Ideally, you'd clear whatever you can out the night before so you can have a fresh start before you even turn on your computer in the morning. But if not, make sure clearing your desk takes precedence over things like checking e-mails and chatting with co-workers in the morning.



thing in the morning. If you do, only read and respond to messages that are urgent.

Only respond immediately to the urgent messages so that you control your morning activities. There will be time during the day to respond to the less urgent e-mails/messages.

Once you start checking e-mails, it's a click away from watching the funny video someone forwarded you, which then sucks you into the abyss: checking the sports scores online, the news headlines, the stocks, etc... and your entire schedule is already thrown off before you've even begun your day.



10. Place important calls and send urgent e-mails:

If you know you need to get in touch with someone that day, place the call or send the e-mail first thing in the morning. If you wait until midday, there's a greater chance you won't hear back before you leave the office. There's nothing more frustrating than trying to complete something and not having access or answers from people you need because your day time hours were lost on other matters.



8. Plan a mid-morning break:

This is the time to assess where you are and take time to revitalize yourself so that you can keep your momentum going.

9. Don't be distracted by your inbox:

This one is difficult for most people—but you shouldn't check your e-mail message box first

SCR Takes a Leap Forward in Providing Eco-friendly Bio-Toilets on More Trains

As part of the eco-friendly / green initiatives of South Central Railway, Bio-toilets are being retro-fitted to the existing coaches in a big way. These will be of immense use in improving the cleanliness in the railway premises.

After successful trials, 166 Bio-toilets have already been fitted to 55 coaches so far on various trains such as Hussain Sagar Express etc.

One rake of Train No. 12764/12763 Secunderabad-Tirupati-Secunderabad Padmavati Express has become the first train, running completely within the SCR circuit, to be retrofitted with Bio-toilets on all its coaches. The earlier ordinary toilets of this train, which runs with 19 Coaches, have all been fitted with Bio-toilet systems from June 26, 2013. With this, Padmavati Express gets the distinction of being the first express train on SCR with environment friendly Bio-toilets in all coaches of a train.



The design of Bio-Toilet was developed jointly by Railway Research and Standard Organisation (RDSO) and Defence Research Development Establishment (DRDE) for use on Indian Railways and the same is under trial in many of the Zonal Railways. SCR took a lead in the trials and put the Bio-Toilets into regular use in trains, strengthening cleanliness in Railway premises.

The conventional toilets in the trains, by allowing night soil to fall on the track, cause unhygienic conditions and corrosion to track and coach fittings.

With simple design, less maintenance and easier RETRO fitment on existing coaches, the environmental friendly Bio-Toilet will ensure zero discharge of night soil on the ground. They are not only environment friendly but also will contribute to preventing damage to track / coach fittings and improving the aesthetics of railway stations.

Know Our Minister

Shri Mallikarjun Kharge assumed charge as the Union Minister of Railways on June 19, 2013. Prior to this, Shri Kharge was Union Minister of Labour and Employment. He is a Member of Parliament (Lok Sabha) from Gulbarga constituency in Karnataka. Immediately after assuming the office, the Shri Kharge was briefed by the Chairman Railway Board, Board Members and senior officials on various important issues concerning the Railway Ministry including the priority areas.

Shri Kharge is a law graduate from Government College, Gulbarga, Karnataka University and is an advocate, social worker and agriculturist. He has had a long political career during which he has held several important portfolios. He was Member, Karnataka State Assembly for nine terms from 1972 to 2009. From 1979 he has served as Cabinet Minister, Government of Karnataka in various departments in varying spells. He was Cabinet Minister Revenue, Rural Development & Panchayati Raj (1990-92),

Cabinet Minister, Co-operation, Medium and Large Industries (1979), Cabinet Minister Revenue (1980-1983), Cabinet Minister Rural Development & Panchayati Raj (1990-92), Cabinet Minister, Cooperation, Medium and Large Industries (1992-94), Leader, Congress Legislature Party and Leader of Opposition, Karnataka (1996-99), Cabinet Minister, Home, Infrastructure Development and Minor Irrigation (1999-2004), Cabinet Minister, Water Resources and Transport (2004-2006), President, Karnataka Pradesh Congress Committee (2005) and Leader of Congress Legislature Party and Leader of Opposition, Karnataka (2008-09). In the year 2009, Shri Kharge was elected to



15th Lok Sabha and from May 31, 2009 onwards he was Union Cabinet Minister of Labour & Employment.

His interests lie in social and welfare activities which included introduction of Policy of backlog vacancies for weaker section for the first time in the country, to fill up the posts of teachers, several reforms in the education department, implementation of Land Reforms Act, modernization of Police Department in Karnataka, expediting Bangalore International Airport Project etc. As a widely travelled person, Shri Kharge has led various important committees.

Brave Heart SCRians

Train No.11014, Coimbatore to LTT Kurla Express, stopped between Kosigi and Iranagallu Stations (approximately 80 kms from Guntakal Junction., on Adoni-Mantralayam Section) in the wee hours at 00:30 hrs. of June 13, 2013 due to alarm chain pulling in B-3, a III AC coach.

Shri Shaik Ibrahim, Sub-Inspector /RPF/GTL, who was on security escort duty in the train, had immediately got down with his team to enquire as to what had happened. In the meanwhile, Shri P M Basha, the Guard of the train, alerted all by

shouting about the presence of some miscreants near the train at that spot. Shri Shaik Ibrahim and his team responded swiftly and alerted the passengers in sleeper coaches to close down the window shutters. The RPF team immediately rushed to the rear of the train to handle the situation. Soon, the RPF team and the Guard came under heavy stone pelting by some unidentified miscreants from the nearby bushes. Bravely facing the sudden and continuous stone pelting attack in pitch darkness, the Railway staff took cover near B-2 coach and Shri Shaik Ibrahim opened 2 rounds of fire from his service pistol in the direction of the miscreants. It deterred the miscreants from any further action and they fled away from the spot under the cover of darkness.

The train left the spot with a detention of only 10 minutes. The alertness, the presence of mind and the valour shown by the on-duty Railway personnel foiled the plans of the miscreants and prevented a possible robbery on the train.

Shri Kotla Jaya Surya Prakash Reddy, Hon'ble MoSR, has complimented the commendable action taken by the staff in time to prevent the robbery attempt by the miscreants. In appreciation of their exemplary courage, the Hon'ble Minister has duly honored them with individual cash awards of ₹10,000 to Shri Shaik Ibrahim, Sub Inspector/RPF, Guntakal and ₹5,000 each to Shri P M Basha, Guard; Shri M N Govinda Rajulu, Head Constable/RPF and Shri D Bhaskar Rao, Head Constable/RPF.

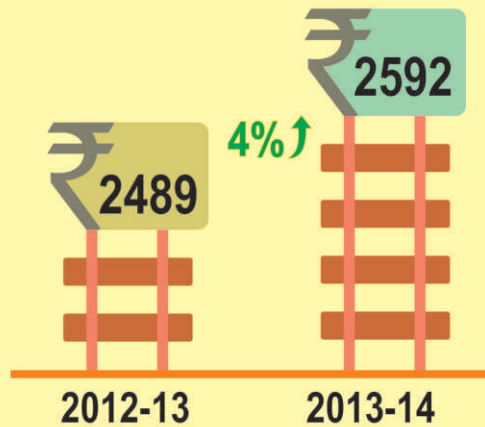


SCR's Performance during the First Quarter (April-June 2013) of the Current Financial Year 2013-14

The highlights of the performance of SCR in its traffic volume and earnings during the first quarter (April to June) of the current financial year 2013-14 are detailed below:

Gross Originating Earnings

(₹ in Crores) (Period April-June)



Coal with 14.6 MT constituted 55% of the total freight loading. Cement with 7 MT Food grains with 1.7 MT and Fertilizers with 0.75 MT constituted other major components of freight traffic loaded on SCR. The freight loading of SCR is mainly aided by Coal from Singareni Collieries and the traffic handled at the Ports of Krishnapatnam and Kakinada.

The off take of coal by Rail from Singareni Collieries stood at 7.3 MT during April-June 2013. The Rail loading at Krishnapatnam Port was 3.3 MT (+34% over the last

year) and from Kakinada Port was 1.7 MT. (+ 36 % over the last year) during this period. The commodities loaded at these Ports mainly comprised of Coal and Fertilizers.

SCR carried 97 millions of originating passengers during April-June 2013, ie. 10.6 lakh passengers on an average per day. Passenger Earnings constituted 24 % of the total earnings. They grew by 17 % in the 1st Quarter to ₹612 Cr. compared to ₹524 Cr. earned during the same period of the previous fiscal.

SCR achieved a Gross Earnings of ₹2592 Crores (Cr.) during the period April-June 2013 with an incremental earning of ₹103 Cr. over the earnings of the corresponding period of the previous year, posting a growth rate of 4%.

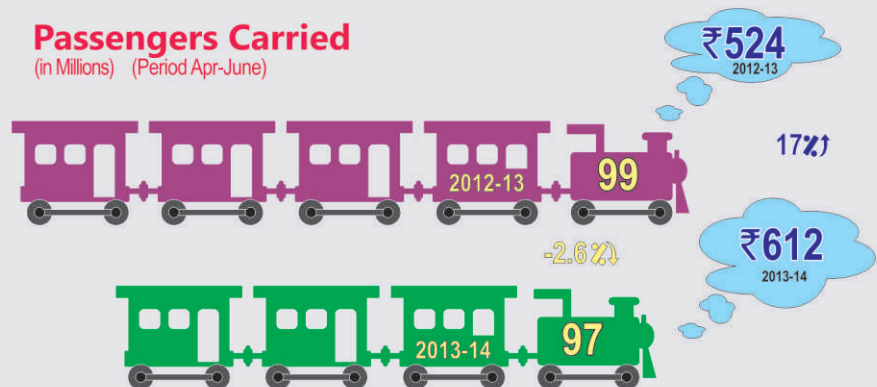
During April-June 2013, the Zone has achieved an originating freight loading of 26.6 Million Tonnes (MTs) with an earning of ₹1844 Cr. Earnings from Freight constituted 71 % of the total earnings.

Passenger Earnings

(₹ in Crores) (Period Apr-June)

Passengers Carried

(in Millions) (Period Apr-June)

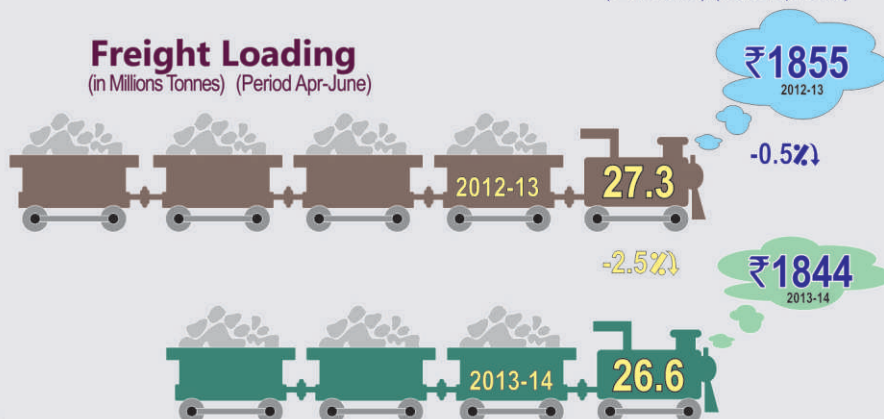


Freight Earnings

(₹ in Crores) (Period Apr-June)

Freight Loading

(in Millions Tonnes) (Period Apr-June)



During April-June 2013, SCR operated 296 special train services and carried 1.74 lakhs additional passengers.

1457 extra coaches were attached benefitting 86139 passengers. The carrying capacity of 8 Express trains has been augmented by attachment of 30 additional coaches (12 AC III Tier, 1 AC II Tier, 7 Sleeper Class and 10 General Second Class Coaches) on a permanent basis.

DRUCC Meetings Held



The 52nd Divisional Railway Users Consultative Committee (DRUCC) Meeting of Hyderabad Division was held on May 22, 2013 at

Hyderabad Bhavan under the chairmanship of Shri Rakesh Aron/ DRM. Shri M Krishna, Secretary and Sr.DCM, Shri A K Khankane/ADRM and other Branch Officers of Hyderabad Division were present on the occasion. Out of 15 nominated members of DRUCC, 9 attended the meeting.

In his welcome address, the Chairman highlighted the performance of the Division, improvements in Passenger services, running of special trains, appointment of JTB Sevaks and appointment of facilitators for ATVMs at MMTS stations. He also appraised the members about the various important passenger amenity works completed and in progress at stations. The members expressed their satisfaction and appreciation of the services provided by Railways. The chairman assured the members that necessary action would



be taken on their suggestions/ representations.

The 154th DRUCC Meeting of Secunderabad Division was held on June 7, 2013 at

Sanchalan Bhavan. Shri Sushant Kumar Mishra, DRM/SC Division (Chairman/ DRUCC) presided over and Shri S Ramesh Babu, (Secretary/ DRUCC) Sr.DCM/SC Division convened the meeting.

Out of 19 nominated members, 17 were present. Shri Mishra welcomed the members of DRUCC and briefed them on the new Passenger Amenities proposed on the Division. Shri Ramesh appraised the members of the performance and important noteworthy developments over the Division. The members gave their valuable suggestions for service improvement. Chairman and Secretary assured the members that their suggestions will be considered positively.

Guntakal DRM's Office becomes the first office in Indian Railways to be 5S Certified by "Quality Circle Forum of India."

The Divisional Railway Manager's (DRM) Office, Guntakal Division of South Central Railway



became the first DRM office on Indian Railways to get the prestigious '5S' certification awarded by the "Quality Circle Forum of India".

'5S' is a Japanese technique for workplace organization and housekeeping that uses a list of five Japanese words: *seiri*(sort), *seiton*(arrange), *seiso*(clean), *seiketsu* (Standardize), and *shitsuke*(Sustain). Transliterated or translated into English, they all start with the letter "S". It describes how to organize a work space for efficiency and effectiveness by identifying and storing the items under use, maintaining the area and items, and sustaining the new order. The decision-making process usually comes from a dialogue about standardization, which builds understanding among employees on how to do the work.

It took seven months of hard work and motivation for Team Guntakal to attain this coveted target. During the course of this process, the Division has been able to dispose of 70 tonnes of old records/files. The Division has also implemented a Software for record keeping, issuing and weeding out. This Software is developed with VB as front-end and MS Access as back end upgradable to Oracle. Any file/record in DRM office can now be fetched in 30 seconds. Housekeeping has tremendously improved not only for filing but also in other areas like, toilets, parking, gardens, notice boards, and hospitals, etc.

Visual Standards in different areas have been innovated by Team Guntakal to ensure that, "Everything has a place and Everything is in its place". Shri D P Pande, General Manager expressed happiness on the achievement of Guntakal Division and congratulated Shri T P Singh, Divisional Railway Manager, Guntakal Division and his team of Officers for their remarkable work.

GM / SCR Inspects MMTS Section, Services and Reviews MMTS Phase - II Expansion

Shri D.P. Pande, General Manager, South Central Railway inspected the MMTS Railway Section in the twin cities on April 22, 2013. He inspected Falaknuma-Secunderabad - Lingampalli MMTS Section and also the Sanathnagar - Moul-Ali - Charlapally section via chord line.

He took stock of the present line capacity situation on these routes and discussed with senior officers on the measures to be taken to enhance the throughput. He monitored the running of the MMTS Services and instructed the officials to speed up the debottlenecking works so as to run optimal number of trains. He also inspected the various amenities provided at MMTS Stations and directed the officials to expedite works related to upgradation of passenger amenities in this Section. He emphasized to launch special

drives to maintain cleanliness and to impose penalties as per existing guidelines on the passengers who dump garbage and litter the station premises. He reviewed the security arrangements for the MMTS passengers and directed the officials to strengthen the deployment of security personnel in MMTS trains/stations as required and take stringent action against offenders.

The General Manager was apprised of the MMTS Phase-II expansion Project and its progress by the Chief Project Manager, Rail Vikas Nigam Limited (RVNL), to who this work has been entrusted. The tenders for MMTS



phase-II have been invited on April 11, 2013 by RVNL in 3 separate packages for works worth ₹365 Crs in MMTS phase-II corridor. The bids were opened on June 14, 2013 and are under finalization.

H S Nanded-Amritsar Weekly Superfast Express Train Flagged Off

at H S Nanded Railway Station.

Speaking on the occasion, the Shri Bhaskarrao Patil complemented the efforts of Railway officials in

introducing the Super Fast Express Train. He also said that new train will immensely benefit the people of Maharashtra Region. Earlier, Shri Sunil Singh Soin, DRM/Nanded welcomed the gathering.

Shri Bhaskarrao Patil Khatgaonkar, Hon'ble MP/Nanded flagged off the newly introduced Train No. 12421 / 12422 H S Nanded-Amritsar-H S Nanded Weekly Super Fast Express May 15, 2013 at function held



Weekly Superfast Express between Tirupati and Karimnagar Introduced

Dr. Chinta Mohan, Hon'ble MP

flagged off Train

No.12761

Tirupati-

Karimnagar

Super fast

Express

Train from

Tirupati

Railway Station on

May 29,

2013. Shri Bhoomana

Karunakar Reddi, Hon'ble

MLA, Shri Y Srinivasulu

Reddy, Hon'ble MLC were

among the dignitaries

present on the occasion.

Speaking on the occasion,

Dr. Chinta Mohan said that

this train would provide a

faster and convenient travel

between South and North

Andhra Pradesh.

While welcoming the

gathering, Shri T P Singh,

informed that the amenities

at Tirupati railway station

are being modernized.



Shri Ponnamm Prabhakar, Hon'ble MP flagged off Train No.12762 Karimnagar-Tirupati Superfast Express Train from Karimnagar Railway Station on May 30, 2013.

Speaking on the occasion, Shri Ponnamm Prabhakar said that this Express will be a boon to the public of Karimnagar district as it provides a convenient connectivity to Tirupati. Shri S K Mishra, DRM/SC Division briefed on the priority being accorded by the Railways for meeting the public aspirations.

Secunderabad-Shalimar AC Weekly Superfast Express & Kacheguda-Madurai Weekly Express Trains Flagged off



Shri Kotla Jaya Surya Prakash Reddy, Hon'ble Minister of State for Railways and Shri M Anjan Kumar Yadav, Hon'ble Member of Parliament/Secunderabad flagged off two new Trains viz., Train No. 12774/12773 Secunderabad-Shalimar (Kolkata) AC Weekly Superfast Express and Train No. 17615/17616 Kacheguda-Madurai Weekly Express on May 28, 2013 from Secunderabad Railway Station.

Shri G Kishan Reddy, Hon'ble MLA/Amberpet was present at Kacheguda Railway Station for the inaugural of Kacheguda-Madurai Weekly Express. Speaking on the occasion, Shri Reddy said that these trains would fulfil the aspirations of the travelling public on these routes.

The Minister said that safety in running of trains is the top priority for Railways. He informed that upgradation of passenger amenities and modernization of Railway Stations would be expedited. Lifts and Escalators are also being provided at major Stations. The Minister also said that in order to ease out the pressure on Secunderabad and to avoid detention of trains short of signals, setting up of additional rail terminals will be considered.

Shri D P Pande, General Manager welcomed the gathering and expounded various measures being taken by SCR to improve train services and enhance passenger amenities.

New Trains flagged off from Kurnool City to Secunderabad and Nandyal

Shri Kotla Jaya Surya Prakash Reddy, Hon'ble MoSR flagged off two new trains viz., Train No. 17224 Kurnool City-

Secunderabad

Intercity Express

& Train No. 77696

Kurnool City-Nandyal

DEMU Passenger at a

function held at Kurnool

City Railway Station on

June 25, 2013 and addressed

the gathering. He said that

Railways is committed to

expand its network and

services to meet the

demands from the public.



A Midlife Coach Rehabilitation Workshop would be set up shortly at Kurnool, he added. Shri T G Venkatesh, Hon'ble Minister; Shri S P Y Reddy, Hon'ble MP; Shri Silpa Mohan Reddy, Hon'ble MLA also spoke on the occasion. Shri D P Pande, General Manager Railway welcomed the gathering.





The Secunderabad & Guntakal Divisions of SCR jointly bagged the General Manager's Railway Week Overall Efficiency Shield for their best performance during the year 2012-13. Shri D. P. Pande, General Manager, South Central Railway gave away the Efficiency Shield to Shri S. K. Mishra, Divisional Railway



While addressing the gathering, Shri D P Pande, congratulated the award winning Divisions, Work



Manager, Secunderabad Division and Shri T P Singh, Divisional Railway Manager, Guntakal Division at a glittering Zonal Level Railway Week Function held on April 24, 2013 at Rail Kalarang, Secunderabad. He also gave away Awards / Medals to 185 Officers / Staff, 57 Departmental Efficiency Shields to various Divisions / Workshops in recognition of their meritorious services during the year 2012-13.

Shops, Officers and Staff and called upon the Railway work force to continuously strive to surpass our present performance through systemic improvements and innovations in working. South

Central Railway moved 111.5 Million Tonnes of Freight and 387 Million Passengers and crossed a significant milestone of Rs.10, 000 Crores in Gross Earnings during the last financial year 2012-13.

All the Principal Heads of Departments, Divisional Railway Managers, Chief Workshop Managers and Staff in large number participated in the function.



58th Railway Week



South Central Railway Bags Four All India Level Performance Efficiency Shields

The Ministry of Railways has awarded four Performance Efficiency Shields to South Central Railway for the year 2012-13 at All India Level. The four Performance Efficiency Shields are -

- 1) **Traffic Transportation Shield**
- 2) **Civil Engineering Shield**
- 3) **Stores Shield**
- 4) **Comprehensive Health Care Shield.**

In addition, seventeen officers/staff of South Central Railway are awarded the prestigious Railway Minister's Award for 2013 in

recognition of their outstanding service. Besides, two personnel from the Zone have been declared winners of All India Level English Essay Competition in both Gazetted and Non-Gazetted categories. The Scrap Disposal Performance Prize for 2013 has been awarded to three employees of the Zone.

The Performance Efficiency Shields and the Individual Awards were presented by Shri Pawan Kumar Bansal, Hon'ble Minister of Railways at the Annual Railway Week Celebrations held at Mumbai on April 16, 2013.



Week Celebrations



Recipients of Railway Minister's Awards - 2013

Sl.No	Name	Designation
1	R. Gopa Kumar	Accounts Asst./Hqrs
2	Rameshwar Godara	Sr.Divisional Electrical Engineer / SC
3	G C S Rao	Loco Pilot (Goods) / Sanathnagar
4	G.P.Ranga Rao	Dy.Chief Engineer / Vijayawada
5	Ch. Chandra Sekhar	Jr. Engineer / Sanathnagar
6	A. Srinivas	Gangmate / Mahbubabad
7	Badugu Durgaiiah	Trackman / Tuni
8	P. Srinivas	Gateman / Mahboobnagar
9	Satish Alladaboina	Dy. Chief Engineer / Raichur
10	M. Srinivas	Junior Engineer / Vijayawada
11	Dustakar Nageswara Rao	Sr. Divisional Mech. Engg / Kazipet
12	Abdul Azeez Baig	Sr. Technician / Rayanapadu
13	K. Bhanu Kiran	Sr. Trans. Manager (Goods)/ Hqrs
14	G Muralidhar	Traffic Inspector, Safety / Hqrs
15	E K Anuj Kumar	Inspector, RPF Trg Centre / Moula Ali
16	Pavan Kumar Gudlavalleti	Sr. DSTE/ Guntakal
17	P Nageswara Rao	Jr. Engineer, Signal / Vijayawada
18	Suresh	SCI / Hyderabad Division
19	D Satyanarayana	Gazetted Principal, ZRTI/Moula Ali
20	A. Koti Reddy	(Non-Gaz.)Instructor, ZRTI/ Moula Ali
Scarp Disposal		
1	A Pradeep	Dy. Chief Material Manager
2	B Venkata Ramana	Depot Materials Superintendent
3	M Bhavasingh Naik	Chief Depot Materials Superintendent



Change in Mindset of All Stakeholders is the Key to Avoid Accidents at Unmanned Level Crossings – GM / SCR

As part of observing the International Level Crossing Awareness Day, South Central Railway organised a Seminar on "Safety at Level Crossing" on May 7, 2013 at Rail Nilayam, Secunderabad. Shri D P Pande, General Manager/SCR, the Chief Guest on the occasion, inaugurated the Seminar by lighting a Ceremonial Lamp.

After releasing a colourful Brochure on safety at unmanned level crossings brought out by Safety Organisation of SCR, Shri D.P. Pande, General Manager addressed the participants. He said that accidents at Level Crossings has emerged as the most vital issue being faced by railways in the light of expansion of rail and road net works in the country. He said that while SCR has done commendable work in eliminating a large number of unmanned level crossings in the recent past, it is imperative that the pace of closure of unmanned Level Crossings should be expedited in coordination with State Government authorities.

He further said that accidents can be avoided at unmanned level crossings by bringing about a change in the mindset of all stake holders such as railway authorities /staff, road users and Civil authorities. He called upon all the stakeholders to understand the seriousness of this complex issue and take urgent steps in the direction of removing all Rail-Road unmanned crossings on top priority in addition to public awareness campaigns, seminars and inspections.

There will be no level crossing in the new lines under construction / to be constructed in future, he informed. Funds are not a constraint for level crossing related works as far as the railway is concerned, he said, and directed the officials concerned to plan and speed up works like Road Over Bridge / Road Under Bridges / Limited Height Subways etc. in preference to manning of Gates.

Shri D.K. Singh, Commissioner for Railway Safety, while addressing the participants, said that as many of the road

users lack knowledge of the rules for crossing unmanned / manned level crossings, the Railways and State Government should undertake campaigns to educate the road users. He emphasized the strategy of following three 3 Es viz., Education, Enforcement & Engineering to effectively eliminate accidents at unmanned level crossings.

Shri Srihari, Principal Chief Engineer, SCR detailed the measures being taken by SCR to maintain manned and unmanned level crossings as per the rules in order to eliminate accidents. Shri Pandu Ranga Rao,

Jt. Commissioner Transport, Govt. of AP, in his address promised that all requisite help from transport department will be extended to the Railway officials in undertaking public awareness campaigns and removing unmanned level crossings etc.

Shri S P Sahu, Chief Safety Officer/SCR, also spoke on the occasion. Shri S K Misra and Shri Rakesh Aron, DRMs and others presented their papers detailing the measures to eliminate accidents at level crossings. Officers and staff related to safety category attended the Seminar in large number.



Hon'ble Minister of State for Railways conducted Inspections at Secunderabad and reviewed developmental works of SCR



Shri Kotla Jaya Surya Prakash Reddy, Hon'ble Minister of State for Railways conducted surprise inspections at Central Railway Hospital at Lallaguda, Mechanized Laundry, Catering Base Kitchen at Bhoiguda on May 3, 2013. He was accompanied by Sri D.P.Pande, General Manager, and other higher officials.

During his inspection of Central Hospital, Shri Suya Prakash Reddy visited Emergency ward, Intensive coronary care unit, Dialysis unit, Nephrology ward, Neurology ward, Maternity ward and Oncology sections. He interacted with the patients and enquired about the medical services rendered

and the facilities being provided for them. He reviewed the overall functioning of this major Hospital and discussed on the action to be taken for further improvements. The Minister announced a group cash award of ₹50,000/- to the Staff of the Hospital in recognition of their meritorious services.

Later, Sri Surya Prakash Reddy visited the Mechanized Laundry at Bhoiguda. He inspected the Linen washing, drying, iron pressing and packing activities of the Mechanized Laundry. He stressed the need for supplying hygienic and clean linen to passengers. Satisfied with the maintenance and

good upkeep of the Mechanized Laundry, Hon'ble Minister announced a group cash award of Rs. 20,000 to the Staff of the unit.

Hon'ble Minister, during his inspection of a Base Kitchen unit located at Bhoiguda, emphasized the need for providing qualitative and hygienic food for the Railway Passengers. He also reviewed the complaint redressal mechanism for catering related issues.



Interesting Facts about India

The name 'India' is derived from the River Indus, the valleys around which were the home of the early settlers. The Aryan worshippers referred to the river Indus as the Sindhu.

The Persian invaders converted it into Hindu. The name 'Hindustan' combines Sindhu and Hindu and thus refers to the land of the Hindus.

Algebra, Trigonometry and Calculus are studies, which originated in India.

The 'Place Value System' and the 'Decimal System' were developed in India in 100 BC.

The world's first university was established in Takshila in 700 BC. More than 10,500 students from all over the world studied more than 60 subjects. The University of Nalanda built in the 4th century was one of the greatest achievements of ancient India in the field of education.

Bhaskaracharya rightly calculated the time taken by the earth to orbit the Sun hundreds of years before the astronomer Smart. According to his calculation, the time taken by the Earth to orbit the Sun was 365.258756484 days.

The value of "*pi*" was first calculated by the Indian Mathematician Budhayana, and he explained the concept of what is known as the Pythagorean Theorem. He discovered this in the 6th century, long before the European mathematicians.

Algebra, Trigonometry and Calculus also originated in India. Quadratic Equations were used by Sridharacharya in the 11th century.

The largest numbers the Greeks and the Romans used were 106 whereas Hindus used numbers as big as 10^{53} (i.e. 10 to the power of 53) with specific names as early as 5000 BC during the Vedic period. Even today, the largest used number is Terra: 10^{12} (10 to the power of 12).

India never invaded any country in her last 100000 years of history.

When many cultures were only nomadic forest dwellers over 5000 years ago, Indians established Harappan culture in Sindhu Valley (Indus Valley Civilization).

India is the largest democracy in the world, the 7th largest Country in the world, and one of the most ancient civilizations.

India was one of the richest countries till the time of British rule in the early 17th Century. Christopher Columbus, attracted by India's wealth, had come looking for a sea route to India when he discovered America by mistake.

Sushruta is regarded as the Father of Surgery. Over 2600 years ago Sushruta & his team conducted complicated surgeries like cataract, artificial limbs, cesareans, fractures, urinary stones, plastic surgery and brain surgeries.

Usage of anaesthesia was well known in ancient Indian medicine. Detailed knowledge of anatomy, embryology, digestion, metabolism, physiology, etiology, genetics and immunity is also found in many ancient Indian texts.

Chess was invented in India. *Chaturanga* – Sanskrit, meaning "four members of an army" was invented in India. Now known all over the world, chess had its beginnings in India.

Yoga has its origins in India and has existed for over 5,000 years.

The largest employer in India is the Indian Railways, employing over a million people.

India has the largest number of Post Offices in the world.

The Baily Bridge is the highest bridge in the world. It is located in the Ladakh valley between the Dras and Suru rivers in the Himalayan mountains. It was built by the Indian Army in August 1982.

Martial Arts were first created in India, and later spread to Asia by Buddhist missionaries.

Varanasi, also known as *Benaras*, was called "the Ancient City" when Lord Buddha visited it in 500 BC, and is the oldest, continuously inhabited city in the world today.

The game of Snakes & Ladders was created by the 13th century poet saint Gyandev, originally called '*Mokshapat*'. Ladders represented virtues and snakes indicated vices. In time, it underwent several modifications.

The world's highest cricket ground is in Chail, Himachal Pradesh. Built in 1893 after leveling a hilltop, this cricket pitch is 2444 meters above sea level.

The Art of Navigation & Navigating was born in the river Sindh over 6000 years ago. The very word Navigation is derived from the Sanskrit word '*Navgatih*'. The word navy is also derived from the Sanskrit word '*Nau*'.

Ayurveda is the earliest school of medicine known to mankind. The Father of Medicine, Charaka, consolidated Ayurveda 2500 years ago.

Guided Media Tour Conducted to Coaching Maintenance Depot, Secunderabad



The Media Personnel from Twin Cities of Hyderabad / Secunderabad were taken on a Guided Media Tour to visit "Coaching Maintenance Depot" Bhoiguda, Secunderabad on June 11, 2013.

Shri Gagan Deep, Sr.DME (C&W)/ Secunderabad Division guided the Media persons into the Coaching Maintenance Depot and explained the various activities. The Media

personnel were first shown various maintenance activities which are carried out to make ready a train for its next run, such as Safety checks, mechanized cleaning of coaches, rodent control, replenishing passenger amenity items in the coach etc. in the pit lines. The Media personnel were also shown the state-of-the-art LHB Coaches which are being newly introduced in some identified trains and were given a first hand information about the salient features of the Coach. They were also shown the Bio-Toilets, an indigenous invention, and its working.

Later, Shri M Amarendra, Chief Rolling Stock Engineer/ SCR explained the working of Coach Maintenance Depot, Bhoiguda, salient feature of LHB Coaches and Bio-Toilets through a PowerPoint presentation and interacted with the Media personnel.

The Media team were explained that the coach maintenance activities are mainly divided into 4 phases:

- On arrival of train at the terminating station
- Rigorous maintenance schedules carried out in pit/maintenance lines
- Maintenance activities just before departure of train
- On Board House-Keeping Services

Hon'ble Minister of State for Railways Lays Foundation Stone for a Prestigious Doubling / Electrification Project



Rs.10000 Crs in gross earnings.

Priority is being accorded towards improvement in passenger amenities and "rail customer" is the focus in all activities of SCR, he said.

Shri Kanumuri Bapi Raju, Hon'ble Member Parliament, Narasapur who presided over the function acknowledged the initiative of SCR in undertaking this important Doubling & Electrification project which serves as a vital coastal rail link supplementing the Vijayawada-Visakhapatnam main line.

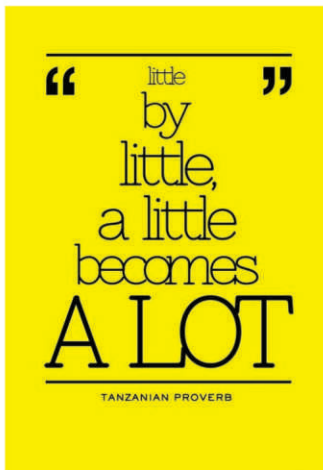
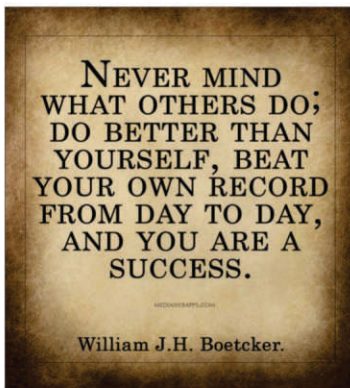
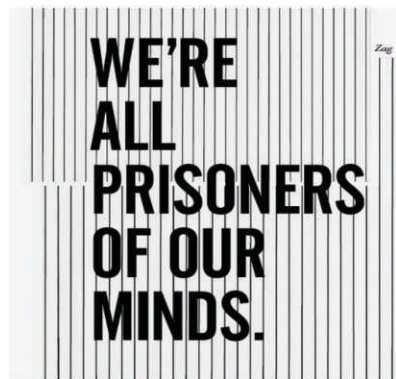
Shri Kotla Jaya Surya Prakash Reddy, Hon'ble Minister of State for Railways laid the foundation stone for Doubling / Electrification of Vijayawada-Gudur-Machilipatnam; Gudur-Bhimavaram; Narasapur-Bhimavaram-Nidadavolu branch line Sections of Vijayawada Division on April 11, 2013 at a grand function held at Bhimavaram Town Railway Station.

Addressing the gathering, Shri Kotla Jaya Surya Prakash Reddy, stated that the ambitious Doubling &

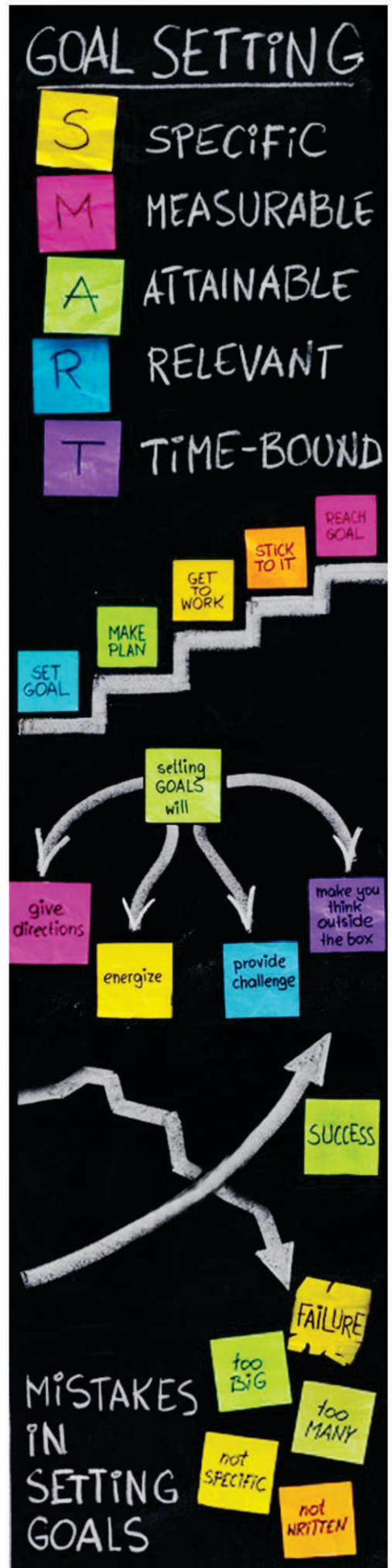
Electrification project which has been grounded heralds a new dawn in the region's Rail Transport infrastructure. The entire project is estimated to cost Rs.1500 Crs spread over 221 Kms covering 51 Railway stations, he informed. The Minister detailed the Rail Budget highlights in the current year for South Central Railway including introduction of new train services, extension of trains, increase in frequency as well as undertaking of various new projects including a Coach Mid life Rehabilitation Workshop at Kurnool.

Earlier, Shri D P Pande, General Manager, South Central Railway in his welcome address spoke on the performance of South Central Railway during the financial year 2012-13 in which the zone has registered the highest ever freight loading of 111.50 million tonnes and crossed a significant mile stone of





YOU ONLY LIVE
ONCE
SO THINK
TWICE



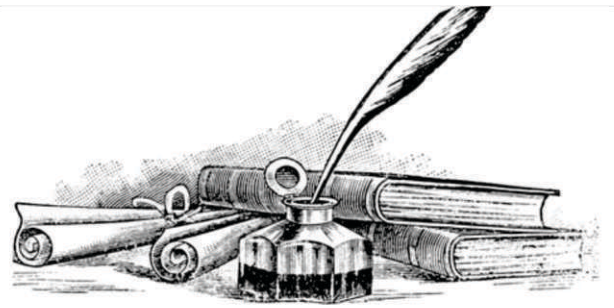
गज़ल

आज गुलाम अली, जगजीत सिंह व पंकज उधास जैसे गज़ल गायकों ने गज़ल को आम आदमी से मिलवा दिया व घर - घर पहुँचा दिया। फारसी से उर्दू में आई गज़ल आज हिंदी, मराठी आदि भाषाओं तक पहुँच चुकी है। पर काव्य की इस विधा के नियमों से हम सभी काफी हद तक अनजान हैं व जब सुनते हैं तो विश्वास से कहना मुश्किल हो जाता है कि यह गज़ल है या गीत।

किसी ने कहा है, “कम शब्दों में गंभीरता पूर्वक बड़ी से बड़ी बात को भी, नियमों में बाँधकर बड़ी सफलता और सहजता से दोहों की भाँति गहराई से कह देने में

समर्थ, गेय, अत्यधिक लयात्मक, काव्य विधा का मखमली अंग है गज़ल।” गज़ल शेरों से बनती हैं। हर शेर में दो पंक्तियाँ होती हैं। शेर की हर पंक्ति को मिसरा कहते हैं। गज़ल की खास बात यह है कि उसका प्रत्येक शेर अपने आप में एक संपूर्ण कविता

होता है। गज़ल के पहले शेर को ‘मत्ला’ कहते हैं। इसके दोनों मिसरों में यानि पंक्तियों में ‘काफिया’ होती है। काफिया वह शब्द है जो मत्ले की दोनों पंक्तियों में और हर शेर की दूसरी पंक्ति में आये। काफिया बदले हुए रूप में आ सकता है लेकिन यह जरूरी है कि उसका उच्चारण समान हो, ‘काफिये’ के बाद जो शब्द आता है उसे ‘रदीफ’ कहते हैं। पूरी गज़ल में रदीफ एक होती है। गज़ल के आखरी शेर को जिसमें शायर का नाम अथवा उपनाम हो उसे ‘मक्ता’ कहते हैं। शेर की पंक्तियों की लंबाई के अनुसार गज़ल की बहर नापी जाती है। इसे वजन या मीटर भी कहते हैं। अतः यह कहा जा सकता है कि गज़ल शेरों का वह समूह, जिसमें एक मत्ला, एक मक्ता व सभी शेर एक बहर, एक काफिया व एक रदीफ में होते हैं। काव्य की इस विधा को किसी भी भाषा में प्रस्तुत किया जा सकता है। अगर आप लेखन के शौकिन हैं तो गज़ल की प्रयास अवश्य करें। एक प्रयास आपके सम्मुख है।



सपने रोज नए दिखाती, जिंदगी जवानी के साथ ।
बस यादें, बातें रह जाती, जिंदगी चालीस के बाद ॥

खो गई मेरी महबूबा, चाँद सी, इस अमावस में कहीं ।
बच्चों की अम्मा प्राणप्यारी, जिंदगी चालीस के बाद ॥

बन्द हुआ गाना बजाना, कम्प्यूटर, टी वी सभी ।
बच्चों की पढ़ाई ज़ारी, जिंदगी चालीस के बाद ॥

गरम पकोड़े, गरम समोसे, वो गर्मागरम जलेबी ।
ये सब बस एक बीमारी, जिंदगी चालीस के बाद ॥

गर्ल्स कालेज जाने में भी अब डर मुझे लगता नहीं ।
लड़कियाँ अंकल बुलाती, जिंदगी चालीस के बाद ॥

प्रमोशन वगैरा विक्रम, अब कुछ न मुझको चाहिए ।
ट्रांसफर कितना डराती, जिंदगी चालीस के बाद ॥

— विक्रम गुप्ता

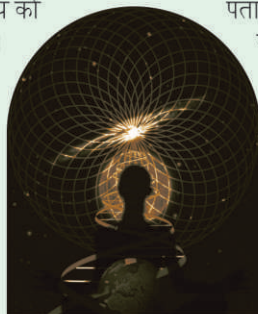
उप मुख्य इंजीनियर/रेलपथ अधिप्राप्ति/सिकंदराबाद



विज्ञान और अध्यात्म

विज्ञान वस्तु के साथ प्रयोग करता है। अध्यात्म व्यक्ति के साथ प्रयोग करता है। विज्ञान कहता है, वस्तु को हम ऐसी स्थिति में ले आये, जहाँ से सत्य उद्घाटित हो सके। अध्यात्म का कहना है, व्यक्ति को हम ऐसी स्थिति में ले आये जहाँ वो सत्य को देखने में समर्थ हो सके।

विज्ञान व्यक्ति को बदलने की कोई जरूरत नहीं मानता। विज्ञान मानता है कि आदमी जैसा है, सत्य वैसे ही जाना और पाया जा सकता है।



विज्ञान चीजों को बदलता है चीजों को तोड़ता है, विज्ञान चीजों का विश्लेषण करता है। विज्ञान कि सारी चेष्टा व्यक्ति के साथ है, अध्यात्म की सारी चेष्टा व्यक्ति के साथ है। विज्ञान का कथन है, वस्तु को हम समझ लें तो सत्य का पता चल जायेगा। अध्यात्म का मानना है व्यक्ति स्वयं को रूपांतरित कर ले तो उसे सत्य का सत्य अनुभव हो जायेगा। विज्ञान की खोज पदार्थ की खोज है, अध्यात्म की खोज चेतना की खोज है।

Nine Things I know about you

- 1) You are reading this
- 2) You are human
- 3) You cannot say the letter "P" without separating your lips
- 4) You just attempted to do it
- 5) You are laughing at yourself
- 6) You have a smile on your face and you skipped number 5
- 7) You just checked to see if there is a number 5
- 8) You laugh at this because you are a fun loving person & everyone does it too

— ए.के.सिंह सचिव (जन शिकायत)/सिकंदराबाद

जीवन सुंदर बनाए भावनात्मक बुद्धिमत्ता

अब आई.क्यू. (IQ) शब्द बहुत आम हो चला है। अधिकांश लोग "इंटेलिजेंस कोशंट" के इस संक्षिप्तीकृत उपयोग से परिचित हैं। किसी को कोई कह कर देखें कि उसका आई.क्यू. कम है तो वह फट से बुरा मान जाता है। आई.क्यू. कम है कहना अपशब्द कहने के समकक्ष हो गया है और आई.क्यू. अच्छा है तमगा। सामान्यजन भी जानते हैं कि आई.क्यू. यानी आपकी बुद्धिमत्ता का सूचकांक। आपकी बुद्धिमत्ता परखने के लिए आपके ज्ञान, जानकारी, सूझ-बूझ, विभिन्न विषयों की समझ, गणित, विज्ञान, भाषा इत्यादि को तौला जाता है। मगर ज्ञान के स्तर पर बहुत अच्छा कार्य करने वाला व्यक्ति भी कई बार भावनात्मक स्तर पर कुशलता का प्रदर्शन नहीं कर पाता। इस वजह से उसकी बुद्धिमत्ता अधूरी रह जाती है। इसीलिए आजकल कई आधुनिक संस्थानों में नए सहयोगियों की नियुक्ति के पूर्व उनकी तकनीकी, अकादमिक और सामान्य बुद्धिमत्ता के साथ ही

इमोशनल इंटेलिजेंस अर्थात् भावनात्मक बुद्धिमत्ता भी देखी जा रही है। इसके लिए बाकायदा प्रश्नावलियां भरवा कर उनकी भावनात्मक बुद्धिमत्ता जांची जाती है... यह बात और है कि असली भावनात्मक बुद्धिमत्ता का पता तो व्यक्ति से संपर्क में आने से, उससे काम पड़ने से ही चलता है। आखिर मतलब क्या है भावनात्मक बुद्धिमत्ता से? भावनात्मक बुद्धिमत्ता से मतलब है तादात्म्य बैठाने के गुण। यदि व्यक्ति अपने पेशेवर विषय में बुद्धिमान है मगर टीम के मेस्ट्री नहीं समझता तो संस्थान, साथियों और स्वयं उसको उसकी बुद्धिमत्ता का पूरा लाभ नहीं मिलेगा। सबको साथ लेकर चलने का बड़प्पन, दूसरों की सफलता में भी खुश होने की उदारता, मुसीबत में दूसरों को मदद करने की तत्परता भावनात्मक बुद्धिमत्ता की श्रेणी में आएगी। वही चीजें जिन्हें हम पहले समझदारी और परिपक्वता कहते थे आज इमोशनल

इंटेलिजेंस कहलाता है और बाकायदा परखा जाता है।

अरेंज शादियों के रिवाज वाले हमारे देश में कैसी वधू चाहिए और कैसा वर चाहिए की शब्दावली का एक रटा-रटाया पैटर्न है। सुंदर, सुशील, गृहकार्य में दक्ष, आय फला अंकों में, कद इतना, जाति बंधन नहीं, या फला समाज से हो वगैरह। मगर देखा जाए-तो किसी भी जोड़े के आपसी निबाह और उनके अपने साथी के परिवार से सही तादात्म्य के लिए सबसे अधिक जो चाहिए वह इमोशनल इंटेलिजेंस ही है। लडका और लडकी हमेशा एक दूसरे की भावनाओं को समझें। एक दूसरे के प्रियजनों की कद्र करें। प्रेमपूर्ण जीवन की खातिर ईर्ष्या, द्वेष जैसी भावनाओं पर काबू रखें। दूसरों की निजता का सम्मान करते हुए भी समूह में रहने की कला जानें।



प्रेम और धीरज का महत्व जानें आदि आदि। घर के बड़ों में इमोशनल इंटेलिजेंस भी जरूरी है। वह इसलिए है कि बांटो और राज करो की नीति न रखी जाए। यह इमोशनल चालाकी की श्रेणी में आएगा भावनात्मक बुद्धिमत्ता की श्रेणी में नहीं। समय व जमाने के हिसाब से स्वयं को ढालना, हठधर्मिताएं त्यागना भी बड़ों की भावनात्मक बुद्धिमत्ता कहलाएगी जिससे दूसरों के साथ ही उनका स्वयं का जीवन भी सुचारू एवं शांत होगा। सुनने में ये बातें उपदेश वाली लगती हैं। मगर आजमाने पर जीवन को सुंदर बना सकती हैं।

प्रेरक प्रसंग हिन्दी माँ का आंचल



एक बार महात्मा गांधी से किसी ने पूछा कि बापू आपकी मातृभाषा तो गुजराती है, अंग्रेजी भाषा में आपका अच्छा अधिकार है, तो फिर आप हिन्दी में क्यों बोलते हो?

इस पर बापू ने कहा कि हिन्दी राष्ट्र की आत्मा है। इसमें विचार प्रकट करने से माँ के आंचल में लिपटे रहने जैसा सुख मिलता है। इससे मैं अपने लोगों को अपने बहुत समीप पाता हूँ, मुझे अपनत्व का एहसास होता है।

- अभि शिवहरे

पुत्र लक्ष्मण शिवहरे
वरिष्ठ राजभाषा अधिकारी, का/शिकेंद्राबाद

कंप्यूटर से भी जटिल है हमारा मस्तिष्क

यदि मस्तिष्क कम्प्यूटर होता तो याददाश्त बढ़ाने के लिए हमें केवल रैंडम एक्सेस मेमोरी (रैम) की एक्स्ट्रा चिप की आवश्यकता होती, लेकिन ऐसा नहीं है। मस्तिष्क कम्प्यूटर से भी अधिक जटिल है, इसलिए याददाश्त बढ़ाना भी आसान नहीं है। जिस तरह पूरे शरीर को ताकतवर और मजबूत बनाने के लिए कसरतों की जरूरत होती है, उसी तरह मस्तिष्क की ताकत को बढ़ाने के लिए भी मानसिक ताकत चाहिए। तगड़ी याददाश्त के लिए मस्तिष्क भी स्वस्थ तथा ताकतवर चाहिए। याददाश्त की जरूरत सभी को होती है। खासतौर पर परीक्षाओं की



तैयारी कर रहे युवाओं और बूढ़ों का काम इसके बिना अटक जाता है। युवा सतत अभ्यास से याददाश्त को पैना कर सकते हैं। बुजुर्गों की याददाश्त को लेकर अक्सर एक कहावत कही जाती है कि बूढ़े तोते को राम-राम नहीं सिखाया जा सका। यह एक भ्रांति है, क्योंकि इंसान के मस्तिष्क की क्षमताएं असीमित हैं। इसी क्षमता को



न्यूरोप्लास्टिसिटी भी कहा जाता है। यदि सही उत्प्रेरक हों तो बुजुर्गों का मस्तिष्क भी बदलते परिवेश और माहौल के साथ सामंजस्य स्थापित कर सकता है।

आयुर्वेद मानता है कि सेहतमंद शरीर में ही

स्वस्थ दिमाग रह सकता है। सेहतमंद दिमाग के लिए नियमित कसरत और भरपूर नींद आवश्यक है। जब आप नींद से किनारा कर लेते हैं तब मस्तिष्क भी पूरी क्षमता से काम नहीं कर पाता। रचनात्मकता घट जाती है और समस्याओं को सुलझाने और विश्लेषण की क्षमता भी कम हो जाती है।

आपसी संबंधों में मिठास और खुश रहने से मस्तिष्क की क्षमता में वृद्धि होती है।

क्षेत्रीय राजभाषा कार्यान्वयन समिति की बैठक का आयोजन



दक्षिण मध्य रेलवे के प्रधान कार्यालय में क्षेत्रीय राजभाषा कार्यान्वयन समिति की 140वीं बैठक महाप्रबंधक श्री डी पी पांडे जी की अध्यक्षता में 12 जून 2013 को संपन्न हुई। बैठक के प्रारंभ में, सदस्य सचिव एवं वरिष्ठ राजभाषा अधिकारी श्री लक्ष्मण शिवहरे ने क्षेत्रीय राजभाषा कार्यान्वयन समिति के अध्यक्ष व महाप्रबंधक, श्री के एल पांडेय/अपर महाप्रबंधक, श्री महेश चंद्र/मुख्य राजभाषा अधिकारी तथा उपस्थित

सभी सदस्यों का स्वागत किया। इसके बाद श्री महेश चंद्र ने श्री डी पी पांडे जी, श्री के एल पांडेय जी तथा अन्य सभी सदस्यों का स्वागत किया।

उन्होंने समिति को बताया कि दमरे को इस वर्ष रेल मंत्री राजभाषा द्वितीय शील्ड प्राप्त हुई और मुख्य यांत्रिक इंजीनियर श्री पी सी गजभिये जी को रेल मंत्री राजभाषा पदक प्राप्त हुआ। इसके अलावा, इस कार्यालय से नियमित रूप से प्रकाशित होनेवाली गृह पत्रिका 'रेल सुधा' को इस वर्ष नगर राजभाषा कार्यान्वयन समिति, सिकंदराबाद द्वारा पुरस्कृत किया गया।

इसके बाद उन्होंने इस रेलवे पर राजभाषा के प्रयोग-प्रसार को बढ़ाने के लिए आयोजित किए जानेवाले विभिन्न कार्यक्रमों के बारे में विस्तार से जानकारी दी। उन्होंने विभागीय बैठकों के आयोजन और हिंदी में संगोष्ठियों के आयोजन पर जोर दिया। इसके बाद अपने दैनिक सरकारी कार्य में प्रयोग में लाए जानेवाले द्विभाषिक वाक्यांशों के टेबल कार्ड का महाप्रबंधक महोदय के कर कमलों से विमोचन किया गया। महाप्रबंधक महोदय ने चाहा कि यह टेबल कार्ड हर अधिकारी के टेबल पर लगा हो, जिससे कि अपने कार्य में राजभाषा का प्रयोग करने में आसानी होगी।

तत्पश्चात् श्री डी पी पांडे ने शील्ड प्राप्त करने के लिए सभी को एवं मुख्य यांत्रिक इंजीनियर को बधाई दी। उन्होंने गृह पत्रिका से जुड़े सभी अधिकारियों और कर्मचारियों को

भी बधाई दी और आशा व्यक्त की कि भविष्य में भी सभी इसी तरह हिंदी में काम करते रहेंगे और अपने अधीनस्थ अधिकारियों को भी प्रेरित करते रहेंगे।

उन्होंने निदेश दिया कि सभी अधिकारीगण अपने-अपने दौरा कार्यक्रम द्विभाषिक रूप में प्रस्तुत करें। निरीक्षणों में हिंदी मर्दों का निरीक्षण करें, स्टेशनों और जनसंपर्क स्थलों पर प्रदर्शित सभी बोर्ड, पोस्टर आदि अनिवार्य रूप से द्विभाषिक रूप में, स्टेशन संचालन नियमों और फाटक संचालन नियमों का हिंदी रूपांतर स्टेशनों और फाटकों पर उपलब्ध होना सुनिश्चित करना, धारा 3(3) के शत-प्रतिशत अनुपालन आदि पर विशेष रूप से बल दिया।

इसके बाद, बैठक की मानक कार्यसूची की मर्दों पर विस्तार से चर्चा की गई और निर्णय लिए गए। वरिष्ठ राजभाषा अधिकारी के धन्यवाद प्रस्ताव के बाद यह बैठक समाप्त हुई।

चिकित्सा विभाग में हिंदी में संगोष्ठी का आयोजन

दक्षिण मध्य रेलवे के चिकित्सा विभाग द्वारा स्वास्थ्य संबंधी विषयों पर हिंदी में संगोष्ठी का आयोजन किया गया। अध्यक्षीय संबोधन में डॉ. एस.के.गुप्ता, मुख्य चिकित्सा निदेशक ने कहा कि आज का मानव स्वास्थ्य के प्रति जागरूक हुआ है और उसके द्वारा की गयी हर क्रिया स्वास्थ्य को दृष्टि में रखकर की जाती है। इस संगोष्ठी का आयोजन स्वास्थ्य के विभिन्न पहलुओं की जानकारी देने के लिए किया गया है। इससे न केवल रेल परिवार स्वस्थ होगा, बल्कि उनकी कार्य-क्षमता में भी वृद्धि होगी।

डॉ. एन.वी.बी.के.साई, हृदय रोग विशेषज्ञ, डॉ. नरसिंहा राव, फिजिशियन ने जीवन शैलीगत बीमारी जैसे उच्च रक्तचाप और मधुमेह पर अपने विचार प्रकट किए तथा श्रोताओं के प्रश्नों का उत्तर दिया। डाक्टर द्रव्य ने दोनों बिमारियों के निदान के लिए अपनी जीवनशैली में परिवर्तन करने के लिए कहा। डॉ.ए.वी.एम.के.प्रसाद, उप मुख्य

चिकित्सा निदेशक, डॉ. सुरेखा गजभिये, अपर मुख्य चिकित्सा निदेशक भी इस अवसर पर उपस्थित थे। उन्होंने भी श्रोताओं की शंकाओं का निवारण किया।

श्री महेशचंद्र, मुख्य राजभाषा अधिकारी और भंडार नियंत्रक ने कहा कि यह रेलवे हमेशा से ही राजभाषा के प्रयोग-प्रसार में अग्रणी रही है और इस संगोष्ठी के आयोजन से इस बात की पुष्टि होती है, क्योंकि इस संगोष्ठी के लगभग सभी वक्ता हिंदीतर भाषी हैं, फिर भी उन्होंने बहुत ही सरल व सुबोध तरीके से जिस तरह विचार व्यक्त किए हैं, वह अत्यंत ही प्रशंसनीय है।

श्री लक्ष्मण शिवहरे, वरिष्ठ राजभाषा अधिकारी ने कहा कि इस संगोष्ठी के सफल आयोजन से यह साबित होता है कि हमारे रेल कर्मी राजभाषा में अत्यंत सहजता और सरलता से विचार व्यक्त कर सकते हैं। धन्यवाद ज्ञापन के साथ संगोष्ठी का समापन हुआ।

मुख्यालय राजभाषा कार्यान्वयन समिति की बैठक का आयोजन



मुख्यालय राजभाषा कार्यान्वयन समिति की 30वीं बैठक श्री महेशचंद्र, मुख्य राजभाषा अधिकारी की अध्यक्षता में 7 जून 2013 को संपन्न हुई।

बैठक के आरंभ में सदस्य सचिव एवं वरिष्ठ राजभाषा अधिकारी श्री लक्ष्मण शिवहरे ने श्री महेश चंद्र और उपस्थित सभी सदस्यों का स्वागत किया। सदस्य सचिव ने बताया कि प्रधान कार्यालय में एक अच्छा पुस्तकालय है और हर माह कई तरह की पत्रिकाएं मंगाई जाती हैं। सभी सदस्य इस पुस्तकालय का लाभ उठाएं। उन्होंने सभी सदस्यों से कहा कि वे अपने विभाग की राजभाषा संबंधी तिमाही प्रगति रिपोर्ट समय पर भेजें और इसे कंप्यूटर में फीड कर भेजने की व्यवस्था करें इसके अलावा, मुख्यालय राजभाषा कार्यान्वयन समिति की बैठकों के कार्यवृत्त पर की गई कार्यवाही की अनुपालन रिपोर्ट भी अवश्य भेजें।

श्री महेश चंद्र ने मुख्यालय राजभाषा कार्यान्वयन समिति के सभी सदस्यों का स्वागत किया। उन्होंने कहा कि सभी विभाग हर तिमाही में एक विभागीय बैठक और एक संगोष्ठी का आयोजन अवश्य करें। उन्होंने चाहा कि सभी विभागों में हिंदी कुंजीयन प्रशिक्षण का भी आयोजन किया जाए। सभी विभाग रूटीन प्रकार के द्विभाषिक टैपलेट बनवाकर उनका प्रयोग करें। उन्होंने कहा कि वेबसाइट पर सामग्री अंग्रेजी में सामग्री तैयार की जाए तो उसे अनिवार्यतः द्विभाषिक रूप में बनवाएं और द्विभाषिक रूप में अपलोड कराएं। धारा 3(3) का शत-प्रतिशत अनुपालन एक सांविधिक बाध्यता है।

इसके बाद, बैठक की कार्यसूची की मर्दों पर विस्तार से चर्चा की गई। तत्पश्चात् सदस्यों से सुझाव व आश्वासन लिए गए।

श्री लक्ष्मण शिवहरे के धन्यवाद प्रस्ताव के बाद यह बैठक समाप्त हुई।



प्रकृति और संगीत

प्रकृति और संगीत दोनों एक दूसरे से इस प्रकार जुड़े हुए हैं कि उन्हें अलग कर पाना संभव ही नहीं। अब देखिए न प्रकृति को— कैसे उस अद्भुत चित्रकार ने उसे सात रंगों से रंग दिया है। सात, जी हाँ सात ही तो। इंद्रधनुषी सात रंग, सात महासागर, सात महाद्वीप, सात आसमान, सप्ताह के सात दिन, अद्भुत सप्तर्षि मंडल, सात आश्चर्य और संगीत के सात स्वर और इन सभी से रचा बसा हमारा संसार, हमारी प्रकृति।

ज़रा सोचिए संगीत कहाँ नहीं, पवन के मंद झकोरों में, पतियों की हलचल में, नदियों की कल-कल में, झरनों की झर-झर में, सागर की लहरों में, बादलों की गड़गड़ाहट में, वर्षा की बूंदों में, पक्षियों के चहकने में या

फिर फूलों की महक से आह्लादित हृदय स्पंदन में। कैसा अनुशासित, नियमबद्ध, समयबद्ध संचालन है उस प्रणेत का, कैसे बाँध रखा है उस परमपिता ने सब कुछ।

सृष्टि में पहले स्वर आया, फिर शब्द जन्मे और तब से एक अद्भुतता के साथ जड़-चेतन के अंश-अंश में दोनों समाहित हैं। न प्रकृति पृथक् है संगीत से और न ही संगीत प्रकृति से। बस आवश्यकता है कुछ क्षणों के लिए दोनों के साथ जीने की। तो फिर देर किस बात की, लगाइए न गोते आनंद के उस महासागर में, जहाँ कुछ और पाने कोई इच्छा ही शेष नहीं रह जाती।



— के. एल. पांडेय
अपर महाप्रबंधक

टेक - टॉक: फोन पर जीपीएस

आजकल लगभग सभी स्मार्टफोनों में जीपीएस प्रणाली का फीचर दिया जा रहा है। अधिकतर फोन उपभोक्ताओं को जीपीएस के बारे में पता नहीं होता। दरअसल जीपीएस (ग्लोबल पोजिशनिंग सिस्टम) एक उपग्रह प्रणाली पर काम करता है। अब इसका इस्तेमाल आप अपने लैपटॉप या स्मार्ट फोन में भी कर सकते हैं। जीपीएस तकनीक उपग्रहों द्वारा भेजे गए संदेशों पर काम करती है। मोबाइल में जीपीएस तकनीक के प्रयोग द्वारा यूजर अपनी स्थिति का आसानी से पता लगा सकता है। मान लीजिए आप दिल्ली के कर्नाट प्लेस में हैं और आपको लाल किले तक जाना है, तो जीपीएस तकनीक की मदद से आसानी से लाल किले का रास्ता पता कर सकते हैं। जीपीएस डिवाइस उपग्रह से

प्राप्त सिग्नल से उस जगह को मैप में दर्शा देता है।

ट्रेनों, जहाजों की स्थिति, जमीन का सर्वेक्षण करने, वाणिज्यिक कार्य, वैज्ञानिक प्रयोग और सेना में काफी समय से किया जाता रहा है। जीपीएस का प्रयोग करने के लिए सबसे पहले अपने स्मार्टफोन या लैपटॉप में जीपीएस के ऑप्शन को ऑन कर दें। अब आप जिस जगह जाना चाहते हैं, उसका नाम नीचे दिए गए सर्च बॉक्स में डालें, या फिर आप अपनी लोकेशन जानना चाहते हैं, तो ध्यान से देखने पर फोन की स्क्रीन में एक बिंदू यानी ग्रीन कलर का प्वाइंट दिया होगा वो प्वाइंट जहाँ पर बना है, वही आपकी लोकेशन है। जीपीएस एकाउंट में कई अन्य सेटिंग

ऑप्शन्स भी होते हैं, जैसे - आप अपनी कुछ पसंदीदा जगहों को सेट कर सकते हैं। आप शहर के किसी भी कोने में क्यों न हों, बस एक क्लिक करते ही आपको पता चल जाएगा कि आप उस लोकेशन से कितनी दूर हैं ?



प्रेरक प्रसंग: श्रम और स्वास्थ्य



एक राजा था। उसके खजाने में अकूत धन था, फिर भी उसका स्वास्थ्य अच्छा नहीं रहता था। कई वैद्यों ने उसका इलाज

किया, फिर भी कोई लाभ नहीं हुआ। यह बात प्रजा में फैल गई। तब एक बूढ़े ने राजा के पास आकर उसका इलाज करने की इच्छा प्रकट की।

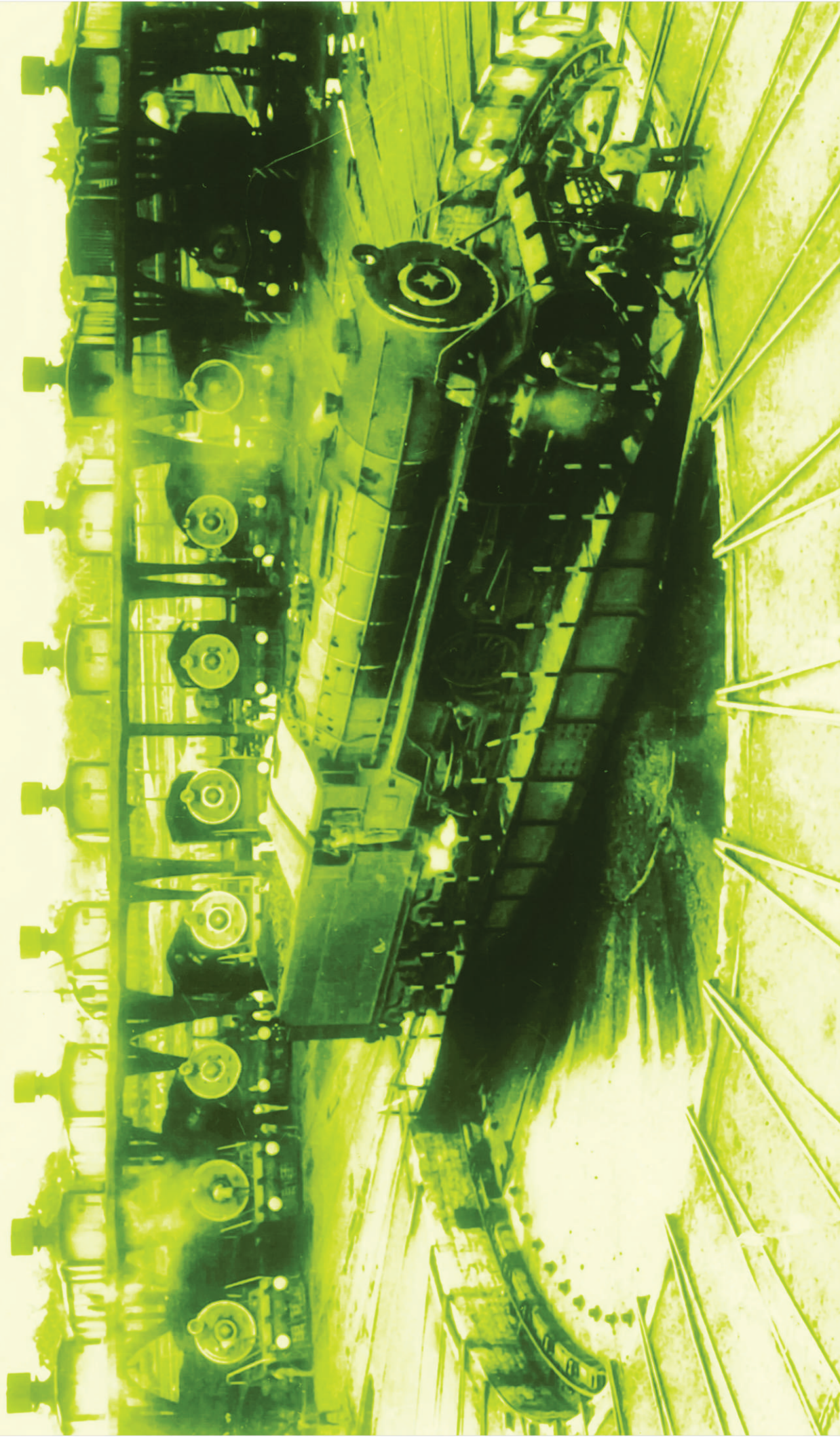
राजा की अनुमति पाकर वह बोला, 'आप किसी सुखी मनुष्य का कुर्ता पहनिए, स्वस्थ हो जाएंगे।' बूढ़े की बात सुनकर सभी हंसने लगे, लेकिन राजा ने सोचा कि इतने सारे इलाज किए हैं तो एक और सही। राजा के सेवकों ने सुखी मनुष्य

की बहुत खोज की, लेकिन उन्हें पूर्ण सुखी कोई नहीं मिला। हर किसी को किसी न किसी बात का दुःख था। अब राजा स्वयं सुखी मनुष्य की खोज में निकल पड़ा। वह एक खेत में जा पहुंचा। तपती दोपहर में एक किसान अपने काम में लगा हुआ था। राजा ने उससे पूछा 'क्यों जी, तुम सुखी हो' ?

किसान की आंखें चमक उठीं। वह मुस्करा कर बोला, 'ईश्वर की कृपा से मुझे कोई दुःख नहीं

है।' यह सुनकर राजा खुश हो गया। उसने सोचा कि किसान का कुर्ता मांग लिया जाए। पर तभी उसका ध्यान इस बात पर गया कि किसान सिर्फ धोती पहने हुए है और उसका सारा देह पसीने से तरबतर है। राजा समझ गया कि श्रम करने के कारण ही यह किसान सुखी है। उसने आराम-चैन छोड़कर परिश्रम करने का संकल्प लिया। थोड़े ही दिनों में राजा की बीमारी दूर हो गई।

The Glorious Past



Railway Turntable used for Reversing of Steam Engines at Bitragunta during earlier times.