

दक्षिण मध्य रेलवे



South Central Railway

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



From Chief Editor's Desk

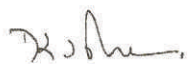
The Dawn of a New Year, while bringing in its wake new hopes and aspirations, also reminds us of the unfulfilled promises of yesteryears. It is an apt occasion for everybody to introspect and redesign oneself to move forward in life, despite the challenges that abound. May this New Year 2013 lead us to a conscious pursuit of excellence in all spheres of our activity and make our journey more meaningful and fulfilling...

Under the inspiring leadership of Shri G N Asthana, our beloved General Manager, SCR carried the momentum of its record achievements of last year into the current financial year also. Our performance in the first 9 months of this fiscal has so far been very promising, as detailed on page 3. However, we need always to be alive to the surge in the expectations of the Public and the limitless possibilities on SCR to meet them.

The Zone had the privilege of our Hon'ble Railway Ministers visiting various stations recently. We have presented a brief profile of our new Ministers and also the details of their visits in the lead story. We have chronicled some of the important events on SCR in the year gone by (2012) and displayed them as a gallery of pictures in the centre spread. Sure, it would make you feel nostalgic.

In tune with the spirit of HUM-DUM, this issue also features interesting and useful articles on various facets of our work and life, like – 'Get rid of mental stress', 'Walking for weight loss', 'RRC Gym is calling...' and 'Secrets of effective listening' etc. inside. In addition, the readers can get to know nuggets of information on all major happenings on SCR during the last Quarter (Oct-Dec 2012), put forth here in an engaging capsule. Hope, all this will find the readers updated themselves on everything that mattered most on SCR.

The readers are earnestly requested to convey their feed back/ suggestions and actively contribute articles so as to make HUM-DUM truly OUR magazine. As the present Quarter (Jan-Mar 2013) will be very crucial in reaching our set targets for the current fiscal, Best Wishes to all SCRians to accomplish the best possible pace in this last mile run.



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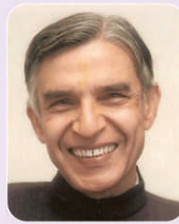
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Know Our Hon'ble Ministers



Shri Pawan Kumar Bansal assumed charge as the Union Minister of Railways on October 29, 2012. Prior to this, Shri Bansal was Union Minister of Parliament Affairs and Water Resources. He is a Member of Parliament (Lok Sabha) from Chandigarh constituency.

Shri Bansal is a law graduate from Punjab University, Chandigarh and is Advocate by profession. He was elected as Member, Rajya Sabha (RS) in 1984 and served as Member of the Committee on Subordinate Legislation, RS during 1984-86, Member on Panel of Vice-Chairmen, RS and Member, Consultative Committee, Ministry of HRD from 1985-87. He was elected to the 10th Lok Sabha (LS) in 1991, and re-elected to 13th LS in 1999 and 14th LS in 2004.

He took interest in various social and welfare activities which included Youth Camps, Medical Aid camps, Legal Aid programmes, National Integration and Communal Harmony programmes, Education, Environment and Electoral Reforms. Shri Bansal was leader and Member of various Indian delegations and participated in various international conferences.



Shri Kotla Jaya Surya Prakash Reddy has taken over as Minister of State for Railways on October 29, 2012. Shri Reddy is a Member of Parliament (Lok Sabha) from Kurnool (Andhra Pradesh) constituency.

Born on September 18, 1951 in Hyderabad (AP), Shri Reddy did his graduation from Nizam College, Hyderabad. Shri Reddy was elected to the 10th Lok Sabha in the year 1991 and re-elected to the 14th Lok Sabha (second term) in the year 2004. He was re-elected to 15th Lok Sabha (third term) in the year 2009.

Shri Reddy has served as Member of various Parliamentary Committees which included Committee on Estimates, Committee on Agriculture, Committee on Water Resources, Committee on Government Assurances. He was also Member, Consultative Committee, Ministry of Petroleum and Natural Gas. He was also Member, Indian Council of Agricultural Research and visited various countries abroad.

Shri Reddy took part in various social, cultural and welfare activities. He takes keen interest in sports also.



Shri Adhir Ranjan Chowdhury has taken over as Minister of State for Railways on October 29, 2012. Shri Chowdhury is Member of Parliament, Lok Sabha from Berhampur (West Bengal) constituency.

Born on April 02, 1956 in Berhampur, Distt. Murshidabad (West Bengal), Shri Chowdhury was Member, West Bengal Legislative Assembly from 1996-1999. In 1999 he was elected to 13th Lok Sabha (LS). In the year 2004 & 2009 he was re-elected to 14th & 15th LS.

In addition, Shri Chowdhury has been member of various committees of the Parliament which included, Committee on Information Technology, Railway Convention Committee, Committee to review the Rate of Dividend Payable by the Railway Undertaking to the General Revenues, Committee on Estimates, Committee on Transport, Tourism & Culture. He was Member, Consultative Committee, Ministry of External Affairs and Ministry of Food Processing.

He takes part in social and cultural activities like rendering service to the poor in the form of blood donation, flood relief and drought relief by setting up a club for the purpose and runs a public library. He also takes active participation in sports like Cricket and Football.

Shri Pawan Kumar Bansal, Hon'ble Minister of Railways visits Tirupati



Shri Pawan Kumar Bansal, Hon'ble Minister of Railways visited Tirupati Railway Station on November 20, 2012. He was accompanied by Shri Kotla Jaya Surya Prakash Reddy, Hon'ble Minister of State for Railways.

Shri G N Asthana, General Manager, South Central Railway, briefed the Hon'ble Ministers on the Performance of South Central Railway and various developmental activities taken up at Tirupati through a Power Point Presentation. Later, Shri Pawan Kumar Bansal inspected Tirupati Railway Station and checked the Passenger Amenities provided at the station along with Shri Kotla Jaya Surya Prakash Reddy and Shri G N Asthana. Shri K Bapiraju, Chairman, Tirumala Tirupati Devasthanam (TTD) was also present.



Shri Kotla Jaya Surya Prakash Reddy, Hon'ble MoSR inspects Stations on SCR

Shri Kotla Jaya Surya Prakash Reddy, Hon'ble MoSR inspected Secunderabad, Kacheguda and Hyderabad Stations on December 21, 2012. He was accompanied by Shri G N Asthana, GM; Shri Sushant Kumar Mishra, DRM/SC Division; Shri Rakesh Aaron, DRM/HYB Division and other senior officials of SCR.

At all the three Stations Hon'ble MoSR had a thorough look at the station buildings, cleanliness, waiting halls, works under progress pertaining to lifts/escalators, drinking water, catering, toilets, cloak rooms and booking counters on these platforms.



At Secunderabad he held discussions on the plans to further enhance the amenities. He advised to display the details on coach indication boards in Telugu Language also. He inspected sleeper class coaches of Falaknuma Express and personally interacted with on-board passengers. He later visited the Coaching Depot and inspected the cleaning

and maintenance of coaches at Pit Lines.

At Kacheguda Railway Station Hon'ble MoSR was appraised of the facilities under construction like additional station buildings. He boarded the AP Sampark Kranti Express and inspected the on-board facilities.

He completed his inspection with a visit to Hyderabad Station. Apart from checking the passenger amenities, Hon'ble Minister inspected the apron works on platform nos. 4 & 5. He also interacted with the local commuters on the services being provided by Railways at Hyderabad Station.

The Hon'ble Minister expressed his satisfaction on the cleanliness, the scale of provision and maintenance of various passenger amenities at these three stations.

While addressing the media personnel at Secunderabad, Hon'ble MoSR said that

Railways accords top priority to provide the best possible passenger amenities in coaches and at stations for the convenience of passengers. He said that as per the categorisation and importance of Stations, all the requisite passenger amenities would be upgraded to meet the needs of passengers. On MMTS Phase II,

the General Manager informed that the final location survey is completed and the process for calling tenders will be initiated in January, 2013 by Rail Vikas Nigam Ltd.



Shri Kotla Jaya Surya Prakash Reddy, Hon'ble MoSR undertook inspection on Secunderabad-Vijayawada section from Secunderabad to Errupalem Railway stations of SC Division on December 26, 2012. He was accompanied by Shri S K Mishra, DRM/SC Division and other senior officials.

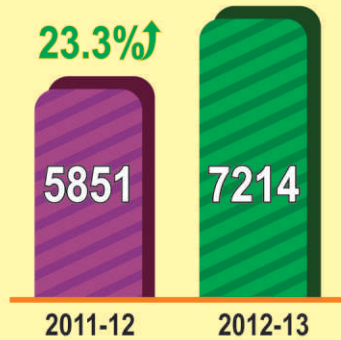
During the course of inspection, Hon'ble MoSR checked a Railway Level Crossing Gate near Naskhal, inspected the

upgraded passenger amenity works at Kazipet & Khammam Railway Stations and the Station building at Errupalem. The Minister stopped at Dornakal Railway Station and received representations from public representatives of the area.

Shri Mallu Bhatti Vikramarka, Dy. Speaker of AP Assembly, Shri Ramreddy Venkata Reddy, Hon'ble Minister, Govt. of AP were amongst the dignitaries who met him during this visit.



Gross Originating Earnings (₹ in Crores) (Period Apr-Dec)



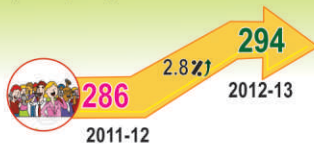
Freight Loading (in Million Tonnes) (Period Apr-Dec)



Freight Earnings (₹ in Crores)



Passengers Carried (in Millions) (Period Apr-Dec)



Performance of South Central Railway at the end of Third Quarter of 2012-13 (April-December 2012)

SCR has shown remarkable performance on various fronts for the period April to December 2012. Some of the highlights are furnished below:

Traffic Volume and Earnings

- The Gross Originating Earnings on SCR have shown a significant growth of 23.3% during the first three quarters of the current fiscal i.e. April to December 2012. The Zone has earned an incremental revenue of ₹1363 Crs with Gross Originating Earnings of ₹7214 Crs in this period, as compared to ₹5851 Crs last year.
- In the Freight segment, SCR has done an incremental Freight loading of 6.2 million tonnes in this period, with a growth rate of 8.3% compared to the loading of 74.4 million tonnes during the same period of last year.
- During this period, SCR carried 294 million originating passengers with a growth rate of 2.8%. At present, SCR carries around 10.7 lakhs of originating passengers on an average per day.

Safety and Security

- Close coordination is being maintained with State police for providing safe and secure travel to Passengers. 299 RPF personnel have been deployed by 93 Trains in addition to 155 Government Railway Police by 101 Trains on escort duty.
- Safety audits and frequent surprise inspections are being carried out by Senior Officials to ensure all safety systems are being followed in the field and deficiencies noticed are rectified on priority.
- Towards achieving 'No Unmanned Level Crossing' by 2015, 34 such crossings were eliminated during April-December 2012.
- An ingenious 'Train Collision Avoidance System' for IR was successfully carried out on Secunderabad Division recently.

Passenger Amenities

- An amount of ₹72.4 Crs have been spent so far to during the current fiscal to enhance the Passenger Amenities at stations and on Trains for the comfort of Passengers.
- By the end of December 2012, 21 lifts at 10 stations and 2 escalators at 1 Station have already been commissioned and the work related to commissioning of 14 lifts at 6 stations and 30 escalators at 10 stations are under progress.
- New building of Kakinada Port Station with all modern amenities has been dedicated to the Public on December 9th, 2012.

Passenger Services

- **Punctuality:** The Zone has achieved 93% punctuality in running of Mail/Express trains during the period April –December 2012.
- **New Train Services:** Till December end, 9 new Trains were introduced. During the third quarter, two new Trains were introduced.
 - (1) Tr.No.12770 Secunderabad–Tirupati Express (Bi-weekly) via Kurnool Town, Dhane, Gooty, Dharmvaram, Piler and Pakala flagged off by Shri N Kiran Kumar Reddy, Hon'ble Chief Minister of AP at Secunderabad on December 8, 2012.
 - (2) Tr.No.12775 Kakinada–Secunderabad AC Express (Tri-weekly) flagged off by Shri M M Pallam Raju, Hon'ble Minister for HRD, Govt. of India at Kakinada Town on December 9, 2012.
- Special Drives and Publicity Campaigns were launched to educate the passengers about E-Tickets and to popularize 139 Call Centre services.
- To clear the extra rush during April-Dec'12 SCR operated 407 Special trains and attached 8303 Nos. of extra coaches to different Trains, benefitting 8.1 lakh passengers.

Capacity Augmentation

- Newly constructed Railway lines between Mellacheruvu-Jagayyapeta for a distance of 22 Kms, and between Vishnuparam and Janpahad for a distance of 11 Kms were opened for goods traffic.
- The electrification works between Vikarabad – Wadi Section have been completed.
- The final location survey of MMTS Phase-II in Twin Cities has been completed and field works will start in a few months.

Get Rid of Mental Stress

Routine seems comforting, but you are at no peace at work amid meetings, never-ending deadlines, house chores and least of all while commuting. And just like that, stress builds into our lives. While a little stress may be helpful, too much of it can have a severe effect on you. To help you ease out, we give you a few techniques, which will help you reduce stress, the smart way.



Wake up, brush, bathe, have breakfast, commute, attend office/business, eat lunch, work again, commute, eat dinner and sleep. This is the normal lifestyle of almost everybody today which leads to mental stress. Here are some techniques to tackle it.



BREATHE: When you feel too stressed out; take 10-15 slow, deep breaths. Inhale slowly from your nose and exhale through your mouth, this will help you to relax and give you a good frame of mind.

NOOOOO!

Once you let go of negative people, Positive ones appear.

SAY 'NO': By saying 'No', you are simply being assertive while respecting your own boundaries, and to some extent, your relationship with the person you say no to. You need to think about yourself. Helping people is great, but always agreeing with everything will create havoc for yourself as well as for others.

AVOID NEGATIVE PEOPLE: If you are in the company of pessimistic people, you will never be able to live positively. Change your group; be in the company of optimistic people; as they say, it is the company that matters.



EXERCISE: Make exercise part of your lifestyle because even a bit of exercise is good for your health. Exercise helps to reduce tension and increase blood flow to the brain.



LISTEN TO MUSIC: Music is medicine for your heart and mind. Listening to your favourite, or soothing, music is a great way to bust stress.

HAPPINESS DEPENDS UPON OURSELVES.

Aristotle

STOP CRIBBING: Accept what you can't change. Though acceptance is difficult, you can't keep cribbing about what has happened. If you're unable to change the things that are bothering you, take it up as a challenge and face it.



CRY IT OUT: Let your tears come out, if you want to cry. Crying is nature's way of releasing toxins from your body and easing stress.

Turn Me OFF!

STAY OFF THE NEWS: Your life already has loads of drama in it. Watching or reading sentimental news can make you angry sad or upset. Hence whenever you come across such news while you are working, switch it off to avoid unnecessary distraction.



TAKE A BREAK: Many studies have revealed that even a small 10-15 min break will help improve performance and alleviate stress. But a break doesn't mean getting hooked to Facebook or other sites. Get out of the everyday mundane activities and experience something new.



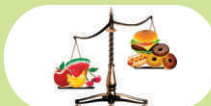
BE A CHILD: Kids are great examples of living life without worries. They think about the present without bothering about the future or the past. So, act like a kid; being mature 24x7 is no fun at all!



LAUGH: Laughter is a great way to kill stress. Go laugh out loud, join a laughter club or watch your favourite comedies, and laugh as if there is no one watching you.



SPIRITUAL ACTIVITY: Whether religion is your cup of tea or something else like respect for nature gives you inner peace, find the anchor you seek. Everything from music to chants, hymns and nature appreciation can help you fight stress.



BALANCED DIET: Cultivate in healthy eating habits consciously, as they will help you stay focused, and feel less stressed in your daily life.

Maha Sramdan by RPSF

Officers and Jawans of Railway Protection Special Force (RPSF), 7th Battalion, Moula Ali, organized Maha Sramdan on November 30, 2012 at Central Railway Hospital, Lallaguda, Secunderabad under the supervision of Shri K K Ashraf, Sr. Commandant 7th Battalion, Moula Ali and Dr. T Anjaiah, Medical Director, Central Hospital/SCR, Lallaguda Secunderabad.



The RPSF, the elite force under the control of Ministry of Railways, is providing Special Protection to Railway installations at North Eastern area, Jammu & Kashmir, Jharkhand and other sensitive areas. The Jawans cleaned in and around Railway Hospital, Lallaguda, which was appreciated by the local people.

Shri B Mohan, IG-Chief Security Commissioner, RPF/SCR also appreciated the Jawans and Officers who participated in the Sramdan.

Railway Boys High School Celebrates Annual Day



Railway Boys High School, North Lallaguda, Secunderabad celebrated its 118th Annual Day on December 5, 2012. Shri Rakesh Aron, DRM/Hyderabad Division was the Chief

Guest and Shri T Murahari Rao, Manager & Correspondent, Rly. Schools & Sr.DPO/Hyderabad Division presided over the function. Shri Mohd. Saber, Gaz. Headmaster of the School convened the celebrations.

While addressing the gathering, Shri Rakesh appreciated the excellent performance of the School and exhorted students to strive for excellence in their studies. He gave away academic excellence Awards, Sports Awards and extra curricular activities awards to Students. Earlier, Shri Rakesh Aron visited Science Exhibition, Arts & Craft Exhibition and appreciated the students.

Shri Mohd. Saber presented the Annual Report. He said that the school secured 81% results in SSC Public Exams held in March, 2012.

Special Health Checkup Camp

Wellness Programmes are being organized throughout the Zone by the Medical Department. A comprehensive health check-up camp was organized exclusively for the officers working in Rail Nilayam, Secunderabad from 3rd to 10th October, 2012 at the Office of the Chief Medical Director.

A total of 202 Officers from various departments of South Central Railway working in Rail Nilayam underwent medical check up. Doctors, Para Medical and technical staff of Central Hospital, Lallaguda have rendered their services and carried out various tests such as Blood Sugar, Lipid Profile, Blood Pressure, ECG, Bio-Mass Index, Bone density etc.

Shri Vinay Mittal, Chairman, Railway Board visits SCR and reviews performance



Shri Vinay Mittal, Chairman, Railway Board reviewed the performance of South Central Railway with Shri G N Asthana, General Manager and other senior officials at Rail Nilayam on October 16, 2012.



While appreciating the performance of SCR on several fronts, the Chairman, Railway Board directed SCR authorities to continue the intensive drives against ticketless travellers. He also directed to launch focused campaign and joint checks by Railway Protection Force and Government Railway Police against carriage of fire crackers /

inflammables in the trains, in the interest of passenger safety.

Shri Vinay Mittal, along with Shri Kul Bhushan, Member Electrical, Railway Board, Shri G N Asthana and Shri V Ramachandran, Director General, Research Designs & Standards Organization, Lucknow inspected the ongoing trials of Train Collision Avoidance System (TCAS) between Tandur – Mantatti – Nawandgi Station Sections on Secunderabad – Wadi Section of the Zone on October 16, 2012.



SCR Observes Mahaparinirvan Diwas



SCR organized a function to observe Mahaparinirvan Diwas of Bharat Ratna Dr. B.R. Ambedkar on December 6, 2012 and paid homage to mark his 56th death anniversary. Shri Mahesh Chandra, Addl. GM & Controller of Stores/SCR, the Chief Guest on the occasion, lighted a ceremonial lamp.

Shri Mahesh Chandra remembered the tremendous contribution of Dr. B R Ambedkar towards developing a

classless egalitarian society in the country especially by up-lifting the down-trodden.

Shri T P V S Shekar Rao, Chief Personnel Officer (Industrial Relations) in his address said that SCR is

implementing all relevant directives of Government of India to ensure that there is no discrimination committed against employees.

Shri Ch. Shankar Rao, General Secretary, SCR MU and Shri V V Naik, President, SCR SC & ST Employees' Association also spoke on the occasion.

Shri Yesu Padam, Deputy Chief Personnel Officer, convened the function.

Walking For Weight Loss Is Different

Most people start walking not for weight loss but for weight control. If you feel that you have really bloated up lately and need to stop putting on weight, then you start walking. Nobody expects to lose weight fast by just walking every day.

When they want some substantial weight loss, they go for more vigorous aerobic exercises like running, swimming etc. On the whole, people choose walking as a exercise very casually. That is why they do not get enough weight loss by walking.

However, a brisk walk for 30 minutes every day can burn upto to 150 calories a day. So you can lose up to 1 pound every week just by walking and controlling your diet!



The catch here is that you have to take up walking as a exercise seriously. A stroll in the gardens is not going to make you slimmer.



Here are certain rules that you must follow when you are walking for weight loss.:

-  **Walk Alone** You might have seen groups of friends walking together in the morning. Their giggling is more of an exercise than walking! When you are walking for weight loss, then you must walk alone so that you can walk at your own pace.
-  **Speed Up** Walking does not have to become trotting. But you need to push yourself that extra inch to walk faster. Moreover, you need not walk at break-neck speed constantly. You can slow down and pace up again during the course of your walk.
-  **Choose Higher Terrains** Walking on a uphill terrain will put pressure on your lipid cells to burst. It will also tone up your calf muscles. It makes walking a complete exercise where you not only lose weight but also shape up your muscles.
-  **Walk Regularly** If you are walking to lose weight fast, then a walk by the moonlight once in a while will not help. You need to walk regularly and preferably at the same time. It should become a part of your routine. Regularity is important for any kind of exercise to show results.
-  **Walk On The Beach** Walking may lead to weight loss initially. This is because your body is not used to any kind of exercise at all. But as your body gets used to walking, the weight loss will slow down. At this point you need to try out new and more difficult kinds of walking like walking on sand or on a raised slope etc.
-  **Walking Diet** Let's face it, walking is not the most vigorous form of exercise. But if you can control your intake of calories, then it might help you. Follow a very lean diet, when walking is your only form of exercise.

To sum it up, you cannot expect magical results from walking but it does help you get in shape. Have you lost weight by just walking?

'Imprest Cards' introduced on Vijayawada Division



A specially designed Imprest Card to facilitate the payment of imprest cash in Vijayawada Division was introduced by Shri Pradeep Kumar, Divisional Railway Manager/Vijayawada on December 28, 2012 in the presence of Ms Hanna Rachael Mani, DGM/State Bank of India. The co-branded Imprest Card carries Indian Railways and SBI logos.

Speaking on the occasion, Shri Pradeep Kumar stated that the cards would enable hassle-free payment of imprest recoupment. He also stated that introduction of Imprest Card

facility avoids cash handling of up to ₹30 lakhs/month, resulting in saving time and resources for staff. He thanked the SBI authorities for their co-operation.

Ms. Rachael Mani stated that SBI has a long association with Indian Railways as their lead bankers and thanked the Railways for being their partners in development.

Shri S Subbarao, ADRM/BZA; Shri C Srinivasa Rao, Sr.DFM; other Senior officers of Railways and SBI were also present on the occasion.

First Ever Refrigerated Container Train flagged off from Sanathnagar Inland Container Depot



Shri Sushant Kumar Mishra, Divisional Railway Manager, Secunderabad Division flagged off the first ever Refrigerated Container Train (REEFER) from Sanathnagar Container Depot on November 7, 2012 in the presence of Shri V Kalyana Rama, Chief General Manager and R Dhananjayulu, GGM, Container Corporation Of India Ltd. (CONCOR), Sanathnagar Depot.

CONCOR in association with South Central Railway, has launched a scheduled train service to carry REEFER loaded with Pharma products meant for export.

Speaking on the occasion, Shri Sushant Kumar Mishra, DRM/SC Division said that REEFER services from Hyderabad will boost the export of Pharmaceutical products which helps the expansion of Pharma Industries in and around Hyderabad and generation of employment opportunities.

Speaking on the occasion, Shri V Kalyana Rama said that REEFER service is a new initiative which would boost the transport of High Value Goods which need Refrigeration. He expressed hope that Refrigerated Container Service will attract fruits and meat products etc., apart from Pharma goods.

Indian Railways Institute of Signal Engineering and Telecommunication (IRISET), Secunderabad celebrated its 55th Annual Day on November 24, 2012. Shri Kul Bhushan, Member (Electrical), Railway Board was the Chief Guest. Shri G N Asthana, General

Manager/SCR presided over the celebrations. Shri A K Misra, Addl. Member (Telecom), and Shri M Suresh, Addl. Member (Signal), Railway Board were the Guests of Honour. Principal Heads of Departments from several Zonal Railways and other Senior Officials from RDSO, Lucknow and Faculty & Trainees of IRISET participated in large number.

Speaking on the occasion, Shri Kul Bhushan appreciated the

IRISET Celebrates 55th Annual Day



hard work and dedication of officials from S&T Department of Indian Railways in coping up with the technological upgradation in the field in the wake of ever increasing freight and passenger transport. He exhorted Railwaymen to keep abreast of the latest technology in order to ensure safety, security and punctuality in train operations. Further, he informed that Indian Railways will spend an amount of 8000 crores for overall modernisation of S&T

sector including Train Collision Avoidance system, Automatic Train Protection System and Wi-Fi system in Rajdhani/ Shatabdi/ Duranto Express trains, etc. Earlier he inaugurated a new shuttle court, automatic signal model and laid foundation stone for construction of a laboratory building. He released "GYANDEEP", the anniversary technical magazine of IRISET and Master Plan-2020 for IRISET.

Addressing the gathering,

Shri G N Asthana said that IRISET is a vibrant organisation which plays a vital role in the transformation process of Indian Railways. He appreciated IRISET for having introduced interactive e-learning system. He hoped the future vision of IRISET will propel Indian Railways to achieve higher performance.

Shri Satyender Kumar, Director, IRISET, while presenting the Annual Report said that IRISET has introduced e-learning module on anywhere anytime basis through its web site and also connected its class rooms to all Zonal S&T training centres on Indian Railways via video conferencing.

Shri A K Misra, Addl. Member (Telecom) and Shri M Suresh, Addl. Member (Signal), Railway Board, also spoke on the occasion. Later, 21 awards for academic excellence were presented to trainees.



RRC (Railway Sports Complex) offers an excellent ambience to encourage you to walk. In RRC all sporting facilities like Football, Volleyball, Basketball, Hockey, Cricket,

Badminton and, Lawn Tennis grounds etc are available in one complex.

When I was a small boy, my grandmother used to tell me "Early to Bed, Early to Rise Makes a Man Healthy, Wealthy and Wise". However, she never insisted upon me what I should do, after getting up early in the morning.

During my college days, as I used to burn the midnight oil, there was no scope for getting up early in the morning. After joining Railways, sleeping hours were mostly based on issues related to train running, it being a field job. Only recently, after joining the Headquarters of SCR, I started to get up early in the morning, may be my grandmothers' teachings came to my mind or perhaps it was due to the age factor.

After getting up early, you can't switch on the lights or TV or the computer as the Madam may still be sleeping. In Hyderabad, it being the City of Nawabs, the news paperwala also drops in leisurely. Thus, the only way left is to move out of the house and go for a walk.

While walking, the presence of various sportsmen around you will boost up your motivation. There are two paths available for walking – one inside the ground (Approx. ½ km) used mainly by the sports personnel and another around the main ground (Approx. 1 km). Walking on the outer path covered by trees on both sides, with many ups and downs gives you a feeling of walking on a hilly forest road. Also a small temple enroute offers you an opportunity to bow to the almighty in the early morning hours. The rising sun creates different hues wherein lies the real charm to make you go for the walk every day.

On this outer path lies our Railway Gymnasium with state-of-art machines to give you a full body workout like

- Electric Cross Trainer ZX 200
- Four Station Multi-Gym

RRC Gym is Calling...

- Leg Extension and Curl Machine
- Adjustable Abdominal Bench
- Plain Abdominal Board
- Abdominal Crunch Machine
- Bench Press
- Huck Squat
- Twister (both sitting & standing)
- Cable Cross Over
- Biceps & Triceps Machine
- Dumbbells and various Weights for Weight Lifting.

This Gym was remodeled during 2010 and made fully air-conditioned. Recently, one additional Cross Trainer was also added. It also has an Electronic Weighing Machine to keep track of our weight at regular intervals. This machine weighs in grams and the accuracy is ± 20 grams.

Shri S Khader Basha (Coach for the Railway Weight Lifting and

Power Lifting Gym) is available daily in the morning hours with a smiling face eager to train you. It's a real pleasure to get coaching from a coach who is a Diploma holder from the NIS, Patiala, and also a Junior National Record Holder in 62 Kg category in the year 1998 and All India Railway Medalist.

I know a colleague of mine, who goes to a private gym. When I asked him as to why he is paying thousands of rupees when such a state-of-art facility is available in our own railway premises, a simple answer he gave was that unless he paid a hefty sum, he could not get serious about going to the gym daily.

Since I do not have such convictions, every morning when I get up, as per my grandmother's teachings, I feel the RRC Gym is calling me. Is it calling you too?

Vikram Gupta
Dy.CE (TP)/Hqrs



General Manager visits flood affected areas and inspects bridge over Tandava river at Tuni



Shri G N Asthana, General Manager visited the Flood affected areas of Vijayawada Division on November 8, 2012 along with Shri Pradeep Kumar

Divisional Railway Manager and other Branch Officers & staff. He halted at Vijayawada and inspected the Electric Traction Training Centre and commended

the upkeep of the Training Institute. Then he went to Samalkot and inspected the Railway Station and various passenger amenity works. He announced a Cash Award of ₹20,000 for the Station in appreciation of the good maintenance.

Later, the General Manager visited the Flood affected Bridge over Tandava river near Tuni. He also visited the residents of the Railway Colony at Tuni Railway Station and made enquiries about their well being. He distributed provisions and clothes to about 184 families which were donated by the Commercial Department of the Division.

Shri L S R K Sastry, Sr. DCM/ Vijayawada initiated the drive to collect the provisions.

The General Manager emphasised the need for keen vigil during floods and natural calamities. He announced a Cash Award of ₹50,000 to Shri P C Sahu, Station Manager/Tuni for being alert during the flood situation and rendering timely help to the families at Tuni Railway Colony.



January 21, 2012



Parliamentary Committee on Estimates headed by Shri Francisco Sardinha, Hon'ble MP reviewed the progress of Projects on SCR.

February 9, 2012



Meeting of General Manager/SCR and other Senior Officials with Hon'ble Chief Minister of Andhra Pradesh and Hon'ble MPs on Railway related issues.

February 15, 2012



Meeting of Shri Dinesh Trivedi, Hon'ble Minister of Railways and Shri N Kiran Kumar Reddy, Hon'ble CM of AP with Hon'ble MPs for discussion on proposals for Railway Budget.

March 8, 2012



The first woman Loco Pilot of SCR, Ms. Satyavathi, drove independently MMTS train from Falaknuma to Lingampalli.

March 14, 2012



Large number of new trains announced for SCR in the Railway Budget 2012-13. GM/SCR addressed a Press Conference on Railway Budget.

March 19, 2012



High level co-ordination meeting of Railway Protection Force (RPF) and Government Railway Police (GRP) personnel held under the chairmanship of GM/SCR

March 24, 2012



Shri Assaduddin Owaisi, Hon'ble MP flagged off the Falaknuma-Medchal DEMU Suburban Train.

March 25, 2012



Shri Anjan Kumar Yadav, Hon'ble MP flagged off the Kacheguda-Nizambad DEMU Train.

March 28, 2012



SCR crosses 100 million tonnes of originating freight loading in a financial year for the first time ever.

March 31, 2012



Falaknuma-Bhongir MEMU Passenger Train was flagged off by Shri Assaduddin Owaisi, Hon'ble MP and Shri K Rajagopal Reddy, Hon'ble MP.

April 11, 2012



57th Railway week celebrations were held at Raikalarang in a glittering ceremony. Shields and Awards were presented by General Manager to meritorious staff.

April 16, 2012



General Manager/SCR received the prestigious "Govind Vallab Pant Shield" awarded by Railway Board, New Delhi for the over all best performance on Indian Railways during the year 2011-12.

May 5, 2012



Shri N Kiran Kumar Reddy, Hon'ble CM of AP commissioned the newly laid Railway Line between Jaggaiahpet and Mellacheruvu.

June 4, 2012



Red Ribbon Express, an Exhibition Train was opened at Secunderabad station by Shri Pankaj Dwivedi, Chief Secretary, Govt of AP.

June 29, 2012

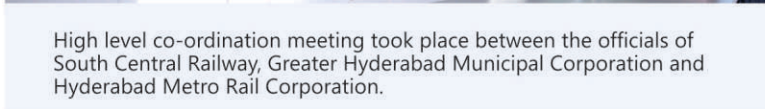
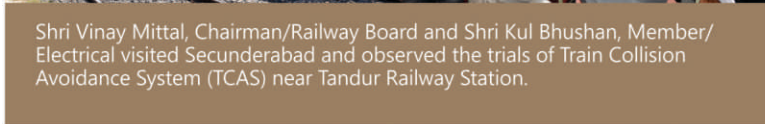
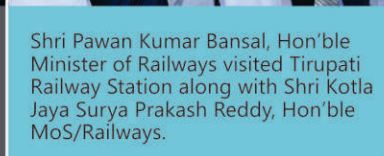
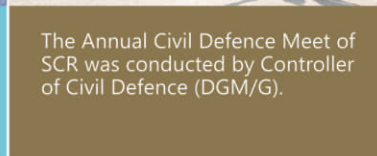
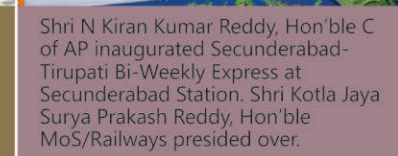


The 76th Zonal Railway Users' Consultative Committee Meeting of SCR was held at Rail Nilayam, chaired by General Manager/SCR

June 30, 2012



The New Southern Zone Railway Time Table - July 2012 issue was released by General Manager/SCR, followed by a Press Conference.



SCR Observes 'Vigilance Awareness Week'



South Central Railway observed 'Vigilance Awareness Week' from 29th October to 3rd November 2012. Theme of this year's Vigilance Awareness Week was 'Transparency in Public Procurement'.

SCR's Vigilance Branch organized several programmes during this week to spread awareness against corruption and malpractices duly involving the staff at Headquarters, Divisions and Workshops.

Vigilance Awareness Week was commenced with all the employees taking the Integrity Pledge on October 29, 2012 to be honest in discharging their duties and desist from indulging in corrupt practices. At Headquarters, this

pledge was administered by Shri G N Asthana, General Manager. Later, in the forenoon, a special programme was organized at Rail Nilayam, presided over by Shri G N Asthana. Dr. E Sreedharan, Principal Advisor, Delhi Metro Rail Corporation delivered the keynote address on 'Ethics in Management – Lessons from the Corporate World'.

Punctuality, Integrity, Professional Competence and Social Responsibility were the four cardinal pillars of the unique work culture of DMRC, which would bring success to any organization in the country, he added.

Shri G N Asthana emphasized the need for developing core values in the organization in order to make it more vibrant and efficient. He said the ethical deficit will greatly harm any organisation and also will affect the growth of the country. He called upon the railway officials to practice the principles of honesty and efficiency and to harness technology towards eliminating any scope for malpractices.

The team of Vigilance Officers led by Shri K Swaminathan, Chief Vigilance Officer visited Divisions and held Workshops on Vigilance Management. The objective was to combat Corruption in Railways by awakening the conscience of Officers and staff.

Thrust was given to generate public and staff awareness to enable prompt reporting against corruption when they come across such instances and not to be a party or mute witness to malpractices attempted at any level.

On this occasion, Vigilance Department has taken steps to popularize the Telephone numbers of Vigilance Branch including a mobile No. 9701370053 to enable to contact any time through SMS/MMS. This is being done by displaying posters in Railway premises, especially at Public contact areas.

Display of important Public Information duly updated on SCR Website, is another area of emphasis in this awareness campaign.

Divisional Railway Users' Consultative Committee (DRUCC) Meetings Held on SCR



Vijayawada: 118th DRUCC meeting was held on December 22, 2012 under the chairmanship of Shri Pradeep Kumar, DRM/BZA. All the DRUCC members attended the meeting. Several items relating to Passenger Amenities were discussed in detail. The meeting was organized by Shri L S R K Sastry, Sr.DCM/BZA.

Hyderabad: The 51st Divisional Railway Users' Consultative Committee Meeting of Hyderabad Division, South Central Railway was held on December 22, 2012 at DRM's

Conference Hall, Hyderabad Bhavan under the chairmanship of Shri Rakesh Aron, DRM. Shri M Krishna, Secretary and Sr.DCM, ADRM and other branch officers of Hyderabad Division attended.

10 members attended the meeting. In the welcome address, Chairman highlighted the performance of the Division.

The chairman assured the members that their proposals / representations would be examined within the guidelines / norms in force.



Nanded: 10th DRUCC meeting was held on December 22, 2012 under the chairmanship of



Shri S S Soin, DRM/NED. All the DRUCC members attended the meeting. Various items relating to Railways were discussed in detail. The meeting was organized by Shri U Satyam Babu, Sr.DCM/NED and all the Branch Officers attended the meeting.

Secunderabad: 153rd DRUCC meeting was held on December 27, 2012 at Conference Hall

of DRM's Office at Sanchalan Bhavan. The meeting was chaired by Shri Sushant Kumar Mishra, Chairman/DRUCC and DRM/SC Division. Dr. B S Christopher, Secretary/DRUCC and Sr.DCM/SC Division convened the meeting.

15 DRUCC members were present at the meeting. The members have given their valuable suggestions on various issues. Chairman and Secretary assured the members that their suggestions will be given due consideration.



SCR bagged Gold Medal at All India Railway RPF Boxing and Weightlifting Championship



Shri. Sd. Habeeb Mustafa, Constable, Railway Protection Force, working in

Vijayawada Division of South Central Railway, clinched the "Gold Medal" in Boxing Middle Weight Category at the All India Railway RPF Boxing and Weightlifting Championships 2012 held at Railway Sports Stadium, Parel, Mumbai from 26th to 28th September 2012.

Railway Junior College Bags Team Championships for Boys at the 58th Inter Junior Colleges Athletic Meet



Railway Junior College, Lallaguda, emerged the Champions at the 58th Inter-Junior Colleges

Athletic Meet for Boys, organized by the Hyderabad District Schools/ Junior Colleges Games Federation.

The meet was held at Government College of Physical Education, Gagan Mahal, Hyderabad.

Similarly, the girls team of the same College clinched the Runners Up Team Championship at the meet. Master G Sairam has bagged the Individual Championship by emerging as winner in 100Mts, 200Mts and 400Mts running races etc.

A team of 13 Students, 7 Boys and 6 Girls have been selected to represent in the State level Athletic Championships to be conducted by Andhra Pradesh State School Games Federation/ Junior Colleges at Kurnool.

SCR Women's Team Bags Gold Medal at All India Railway Kabaddi Championships



The South Central Railway Women's Kabaddi Team, which bagged the 36th Women All India Railway Kabaddi Championship held at Chakradharpur called on Shri G N Asthana, General Manager, South Central Railway on November 27, 2012 at Rail Nilayam, Secunderabad. The General Manager complimented the team for its excellent performance.

Shri P C Gajbhiye, Chief Mechanical Engineer/SCR and President, SCR Sports Association (SCRSA), Shri Siva Prasad, CPTM/SCR and Secretary, SCRSA, Shri A K Singh, Secretary (Public Grievances) & Secretary/ Kabaddi, SCRSA, Shri Mohd.

Naeem, Sports Officer, SCR, Shri Danam Reddy, Chief Coach and Shri Narsing Reddy (Manager) of the Kabaddi Teams were also present on the occasion.

The championship was held from 22nd to 25th November 2012 in which 7 Teams participated. The Final match was held between SCR and NR. SCR women's team won by 4 points (27-23) and bagged Gold Medal.

V Tejaswani Bai of SCR has been awarded with Best All Rounder title in the championship. Mangala Desai (Captain) led the Team.

SCR Men's Team stood at third place in the All India Railway Kabaddi Championship.

XXII All India Railway Protection Force Athletic Duty Meet – 2012

South Central Railway hosted the XXII All India Railway Protection Force Athletic Duty Meet-2012 for Men & Women at Railway Protection Force Training Centre, Moula Ali from 27th to 29th November 2012.

Shri S K Mishra, DRM/SC Division, Chief Guest inaugurated the Meet on 27th November 2012 and declared the meet open. About 175 athletes from all the Zonal Railways including the host South Central Railway participated in the meet in various disciplines.

SCR bagged the following honours in various events:

- 1st Prize in 1500 m
- 1st Prize in 3000 m
- 1st & 6th Place in 5000 m
- 2nd & 3rd Position in 110 Hurdles
- 6th Place in 4x100 m Relay



- 4th Position in 4x400 m Relay
- 2nd & 3rd Place in Shot-put
- 3rd Position in Discus
- 5th in Hammer
- 1st & 6th in Decathlon

Scoring a total of 58 points, SCR secured an overall 4th place while Southern Railway bagged the overall team championship title with 98 points.

Shri G N Asthana, General Manager/SCR was the Chief Guest for the closing ceremony on 29th November 2012 and distributed the prizes along with Shri B Mohan, Inspector General and Chief Security Commissioner/SCR.

Shri S.Sudhakar, Divisional Security Commissioner/HYB Division proposed the vote of thanks. Shri K K Ashraf, Sr.Divisional Security Commissioner/SC Division was the Organizing Secretary for the meet.

10 Secrets of Effective Listening

Whether it's our husband or wife, our kids, or with a potential customer or our employer, one of life's great challenges is learning how to be a good listener. Many times, we are tempted to think about our response rather than listen with the intent to understand. Or, we think we already know what the other person is going to say, so we simply interrupt or wait impatiently for our turn to speak.

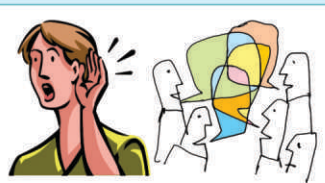
Learning how to be a good listener and really listening, with our whole being, is a skill and one of the greatest gifts we can give another human being. The following 10 "steps" will teach you how to be a good listener.

1. Stop Talking! It is difficult to listen and speak at the same time.

2. Put the other person at ease. Give them space and time and "permission" to speak their peace. How we look at them, how we stand or sit, makes a huge difference. Relax, and let them relax as well.

3. Show the other person that you want to hear them. Look at them. Nod when you can agree, ask them to explain further if you don't understand. Listen to understand them and their words, rather than just for your turn.

4. Remove distractions. Good listening means being willing to turn off the TV, close a door, or stop reading your mail. Give the speaker your full attention, and let them know they are getting your full attention.



Every good conversation starts with good listening.



5. Empathize with the other person.

Especially if they are telling you something personal or painful, or something you intensely disagree with, take a moment to stand in their shoes, to look at the situation from their point of view.

6. Be patient. Some people take longer to find the right word, to make a point or clarify an issue. Give the speaker time to get it all out before you jump in with your reply.

7. Watch your own emotions. If what they are saying creates an emotional response in you, be extra careful to listen carefully, with attention to the intent and full meaning of their words. When we are angry, frightened or upset, we often miss critical parts of what is being said to us.

8. Be very slow to disagree, criticize or argue. Even if you disagree, let them have their point of view. If you respond in a way that makes the other person defensive, even if you "win" the argument, you may lose something far more valuable.

9. Ask lots of questions. Ask the speaker to clarify, to say more, give an example, or explain further. It will help them speak more precisely and it will help you hear and understand them more accurately.

10. STOP TALKING! This is both the first and the last point, because all other tools depend on it. Nature gave us two ears and only one tongue, which is a gentle hint that we should listen twice as much as we talk.

Appreciation received from Passengers on SPCSS (SMS based Passenger Complaints & Suggestions System) on 8121281212



Passenger Grievance received date & time :
8:35 hrs 23.01.2013

Passenger Grievance : Train No.12970 Jaipur-Coimbatore Express Coach B3. No Water in Toilets. We Suffer. Take Action Please. Urgent.

Passenger's Reply date & time : 10.32 hrs 23.01.2013

Passenger's Reply : Thank you Railways. My complaint rectified. Please affix Notice Boards in the Coaches to alert about this Service. Thanks Once Again for the response!

Passenger Grievance received date & time :
20.03 hrs 13.01.2013

Passenger Grievance : We are travelling in Charminar Express to Chennai. We are in S10. One person boarded with family and he is totally drunk making noise. Please help urgently.

Passenger's Reply date & time : 20.50 hrs 13.01.2013

Passenger's Reply : Thanks for the help. Railway police took this guy from S10. you may please close my request.

Passenger Grievance received date & time :
12.08 hrs 11.12.2012

Passenger Grievance : Fan is not working in Train No.12792 Coach No. S-7

Passenger's Reply date & time : 14.04 hrs 11.12.2012

Passenger's Reply : Thanks for attending my complaint.



Passenger Grievance received date & time :
18.41 hrs 23.09.2012

Passenger Grievance : POET not working in Tuni Railway Station. Remove glass windows & arrange grills 2 reservation counter. It helps for easy communication between public & clerk.

Passenger's Reply date & time : 6.56 hrs 24.11.2012

Passenger's Reply : Thanks for arranging a new POET at Tuni Railway Station.

Secunderabad - Tirupati Bi-Weekly Express Train Flagged Off



Train No.12770 Secunderabad-Tirupati bi-weekly Express was flagged off by Shri N Kiran Kumar Reddy, Hon'ble Chief Minister of AP and Shri Kotla Surya Prakash Reddy, Hon'ble Minister of State for Railways on December 8, 2012 at

Secunderabad Railway Station. The train will run via Kacheguda, Kurnool Town, Dhone, Gooty, Dharmavaram, Piler and Pakala.

Speaking on the occasion, the Hon'ble CM complemented SCR

for introducing the Train which will immensely benefit the people of Mahabubnagar, Anantapur and Chittoor districts.

Hon'ble MSRK in his address stated that Railways happen to be the cheapest mode of transport meeting the public needs. He assured that every step will be taken to optimize safety standards. He

acknowledged the AP Government's cooperation in sharing costs of Railway Projects in the State. The MMTS Phase-II works in Hyderabad will be taken shortly, the Minister added.

Earlier, Shri G N Asthana, General Manager/SCR in his welcome address said that all the 16 Trains announced in the Railway Budget this year on SCR will be introduced during the current financial year. On the performance front, the General Manager expressed confidence that SCR will achieve 110 Million Tonnes of freight loading during the current fiscal.

Dr. J Geetha Reddy, Hon'ble Minister, Govt. of AP, Shri Anjan Kumar Yadav, Hon'ble MP, Smt. Jayasudha Kapoor, Hon'ble MLA also spoke on the occasion. Shri Mukesh Goud, Shri Danam Nagendar, Hon'ble Ministers, Govt of AP and Shri K R Amos, Hon'ble MLC were amongst the dignitaries present.

Kakinada - Secunderabad AC Express Flagged Off & Kakinada New Port Station Building Dedicated to People

Shri M M Pallam Raju, Hon'ble Union Minister for Human Resource Development flagged off the newly introduced tri-weekly fully air-conditioned Train No. 12775/12776 Superfast express between Kakinada Town & Secunderabad and dedicated the Kakinada New Port Station Building to the people on December 9, 2012 at Kakinada Railway Station. Shri Thota Narsimham, Hon'ble Minister, Govt of AP, Shri K Bapiraju, Hon'ble MP & Chairman/TTD, Shri D Chandrasekhar Reddy Hon'ble MLA were amongst



those present. Shri M M Pallam Raju also unveiled a plaque to mark the dedication of Kakinada New Port Station to the People. Speaking on the occasion, he had a word of praise for the Railways and expressed

happiness that the people of Kakinada and other adjoining areas are getting another train, an AC service which will meet the rail travel requirements of the local people.

Shri K Bapi Raju and Shri Dwarampudi Chandrasekhar Reddy also spoke on the occasion.

Earlier, Shri Subba Rao, Addl. DRM/Vijayawada Division welcomed the gathering and briefed on the Railway Developmental activities in Kakinada area. Other Senior Divisional Railway Officials were also present.

Keeping in view the regional sentiments, this Express Train was christened 'Cocanada Express' on December 14, 2012.

Express Train Between Karimnagar and Tirupati Flagged Off



Train No. 02762 a Special Express Train between Karimnagar and Tirupati was flagged off on October 20, 2012 by Shri Ponnam Prabhakar, Hon'ble Member of Parliament at a function held at Karimnagar Railway Station in the presence of Shri G Kamalakar, Hon'ble MLA/Karimnagar, Shri S Devaiah, Hon'ble

gathering and detailed the salient features of new train and the developmental activities in progress at Karimnagar Railway Station. Shri G V Ramana Reddy, Addl.DRM, Dr. B S Christopher, Sr.DCM were also present on the occasion.

MLA/ Choppadandi and Shri N Laxman Rao, Hon'ble MLC and a host of other public representatives.

Shri S K Mishra, DRM/SC Division welcomed the

Jammikunta inaugurated as Adarsh Station



Shri Ponnam Prabhakar, Hon'ble MP inaugurated Jammikunta as 'Adarsh Station' on October 20 2012 in the presence Shri S K Mishra, DRM/SC. Senior Railway Officials and local public representatives were also present on the occasion.

ZRTI Celebrates Ruby Annual Day



The Zonal Railway Training Institute (ZRTI), Moula Ali celebrated its 40th Annual Day on December 20, 2012 at its premises. Shri G N Asthana, General Manager/SCR was the Chief Guest and Shri Sunil Kumar Agarwal, Chief Operations Manager/SCR and Shri M Sundar Ram, Chief Commercial Manager/SCR were the Guests of Honour.

Speaking on the occasion, Shri G N Asthana lauded the commendable role of ZRTI in

training the new recruits for service in Operations and Commercial Departments. The contribution of this Institute is noteworthy in the area of training the staff for safe operation of trains. Earlier, Shri Asthana released the half-yearly Newsletter of the institute "Rail Prashikshan Samachar" and inaugurated Inquisitive Computerized Quiz meant for trainee Loco Pilots, Station Managers, Guards etc., and a newly developed Shuttle

Badminton Court and Ex-Principals Gallery. He also felicitated the Ex-Principals of the Institute and gave away the awards comprising medal & cash to the toppers among the trainees in the year 2012.

Shri Sunil Kumar Agarwal while addressing the participants exhorted the new recruits to imbibe the whole content of the training as it would serve as a strong foundation for their entire service. He informed that the Institute trained 750 newly recruited Loco Pilots in 2012.

Shri D Satyanarayana, Principal/ZRTI in his annual report, said that knowledge is important for train operations but right attitude is important for delivering quality service to the customers. Every year, the institute organises

around 200 courses such as initial, promotional, refresher and special courses and imparts training to over 5000 Railway employees. A computerised Control Room is opened in this Institute for on hand training of Train Controllers. The training for Ministerial staff selected under LDCE quota which is normally held at Jodhpur is now being conducted at ZRTI, he added.

The cultural programme staged by the trainees of the institute added colour to the celebration and enthralled the audience.



SCR Holds Seminar on "Energy Conservation"



As part of observation of Energy Conservation Week from 14th to 21st December, 2012 SCR held a Seminar on "Energy Conservation" at Rail Nilayam Auditorium, Secunderabad on December 18, 2012 focusing on conservation of electrical energy.

Speaking on the occasion, the Chief Guest, Shri G N Asthana, General Manager/SCR said that energy is the source for all developments in the world. Conservation of energy is very crucial since the production cost of coal and fossil fuel based

energy is becoming costlier day by day. He appreciated the achievements of Electrical Department of SCR in energy conservation in the traction and non-traction fronts. Conservation of Energy is the need of the hour and there is still huge scope for energy conservation in railways, he added.

Shri Mahesh Chandra, Addl. GM/SCR while addressing the participants said that SCR (Railway Hospital, Guntakal) bagged the National Energy Conservation Award for the Year

2012 in Hospital sector for consumption of less than 10 lakh units/year which was presented by the Hon'ble President of India, Shri Pranab Mukherjee. He appealed to the railway officials to concentrate more on conservation of energy by using 3 star and above rated electrical equipments.

Shri Gangaram Agarwal, Chief Electrical Engineer/SCR, while welcoming the delegates elaborated on the energy conservation measures adopted in SCR. The Specific Energy Consumption (SEC) for Electric Traction on SCR has gone down from 4.32 in March 2011 to 3.90 in March, 2012 generating a saving of ₹8.30 Crores during the year 2011-12, he added.

In the technical session that followed, Shri S K Agarwal, Chief Electrical General

Engineer presented his paper on "Energy Conservation in SCR"; Shri R K Sharma, Sr. Divisional Electrical Engineer (Maintenance),

Hyderabad Division on "Energy Maintenance"; Shri Thippesha Akki, Regional Manager, Philips Electronic India Ltd, on "LED Lighting Solutions" and Shri Kishore, Country Manager, Sky Shades India on "Optic Fiber Lighting System". Various Divisions of SCR and Corporates organised an Exhibition and showcased the latest electrical / electronic appliances used for energy conservation. Employees of Electrical Loco Shed, Lallaguda staged a skit on Energy Conservation.



मुख्यालय राजभाषा कार्यान्वयन समिति की बैठक का आयोजन



मुख्यालय राजभाषा कार्यान्वयन समिति की 28^{वीं} बैठक श्री महेशचंद्र, मुख्य राजभाषा अधिकारी/ दमरे की अध्यक्षता में 20 दिसंबर 2012 को भंडार नियंत्रक सभागृह में संपन्न हुई। बैठक के आरंभ में सदस्य-सचिव एवं उप महाप्रबंधक (राजभाषा) ने समिति के अध्यक्ष एवं मुख्य राजभाषा अधिकारी श्री महेश चंद्र और उपस्थित सभी सदस्यों का स्वागत किया। उन्होंने राजभाषा के कार्यान्वयन में मुख्यालय में हुई अब तक की प्रगति में सहयोग के लिए सदस्यों को धन्यवाद देते हुए अपने संबोधन में कहा कि इस समिति की बैठकों में प्रगति की दृष्टि से लिए गए निर्णयों को कार्यान्वित करना सभी सदस्यों की जिम्मेदारी है। उन्होंने प्रसन्नता व्यक्त की कि पिछली तिमाही

में 7 विभागों में विभागीय बैठकों का आयोजन किया गया, जिनमें राजभाषा की प्रगति की विभागीय स्तर पर समीक्षा की गई। कुछ विभागों में हिंदी में संगोष्ठियों का भी आयोजन किया गया। अन्य विभाग भी इस दिशा में पहल करें। उन्होंने सदस्यों से अनुरोध

किया कि बैठक में दिए गए आशवासनों पर वे समय रहते ही कार्रवाई करें, ताकि अगली बैठक तक प्रगति संभव हो सके। उन्होंने कहा कि कुछ विभागों में राजभाषा संबंधी मदों पर विशेष ध्यान देने की आवश्यकता है, ताकि धारा 3(3) जैसे महत्वपूर्ण मदों में कोई उल्लंघन न हो। सरकारी कामकाज में राजभाषा हिंदी का प्रयोग बढ़ाने में सहायता करने के लिए राजभाषा संगठन सदैव तैयार है। तथापि, सदस्यों को इस दिशा में पहल अवश्य करनी होगी। उन्होंने आशा व्यक्त की कि सभी सदस्यगण अपने-अपने विभागों में हिंदी का प्रयोग बढ़ाने के लिए विशेष रुचि लेकर कार्रवाई करेंगे।

श्री महेश चंद्र ने अपने संबोधन में

हिंदी कार्यशाला में प्रशिक्षित सभी अधिकारियों से अपने-अपने विभाग में हिंदी का अधिकाधिक प्रयोग करने और अपने अधीनस्थ कर्मचारियों से भी हिंदी में काम करवाने को कहा।

उन्होंने प्रसन्नता व्यक्त की कि इस तिमाही में विभिन्न विभागों में हिंदी में संगोष्ठियों और विभागीय बैठकों का आयोजन किया गया। अन्य सदस्य भी अपने-अपने विभाग में इनका आयोजन अवश्य करें। वेबसाइट पर सामग्री अंग्रेजी-हिंदी दोनों भाषाओं में सुनिश्चित करना एक ऐसी मद है, जिस पर सतत निगरानी रखने की आवश्यकता है। जब कभी अंग्रेजी में सामग्री तैयार की जाए तो उसे अनिवार्यतः हिंदी में भी किया जाए।

इसे द्विभाषिक रूप में सुनिश्चित करने के लिए प्रत्येक विभाग में चेक-पाईट स्थापित किए जाएं। उन्होंने इस बात पर जोर दिया कि धारा 3(3) का शत-प्रतिशत अनुपालन एक सांविधिक बाध्यता है और इसका कड़ाई से अनुपालन आवश्यक है। उन्होंने आशा व्यक्त की कि सभी सदस्य राजभाषा हिंदी का प्रयोग अधिकाधिक बढ़ाने में अपना पूर्ण योगदान देंगे।

इसके बाद, बैठक की मानक कार्यसूची की मदों पर विस्तार से चर्चा की गई। तत्पश्चात् सदस्यों से सुझाव व आशवासन लिए गए।

उप महाप्रबंधक (राजभाषा) के धन्यवाद प्रस्ताव के बाद यह बैठक समाप्त हुई।



परिचालन विभाग में तकनीकी संगोष्ठी का हिंदी में आयोजन



दक्षिण मध्य रेलवे के प्रधान कार्यालय में 14 दिसंबर 2012 को परिचालन विभाग तथा राजभाषा विभाग के संयुक्त तत्वावधान में परिचालन विभाग से संबंधित और सामान्य विषयों पर हिंदी में एक संगोष्ठी का आयोजन किया गया। इस संगोष्ठी की अध्यक्षता श्री अरुण कुमार राठौड़, उप मुख्य परिचालन प्रबंधक (फॉयस) ने की और इस संगोष्ठी में श्रीमती मंगला अभ्यंकर, उप महाप्रबंधक (राजभाषा) मुख्य अतिथि के रूप में उपस्थित थीं। संगोष्ठी के प्रारंभ में, श्री अरुण कुमार ने सभी अधिकारियों और कर्मचारियों

का स्वागत किया। इसके बाद उन्होंने 'व्यक्तित्व-विकास' पर अपना पेपर, पावरपाइंट के माध्यम से प्रस्तुत किया, जिसमें आज के मशीनीयुग में हमारे प्राचीनकाल के जीवनमूल्यों जैसे क्षमा, दया,

संयम, धैर्य, सहनशीलता आदि को आत्मसात् कर जीवन को संतुलित बनाने के उपाय बताए गए, जिससे कि आज के इस व्यस्ततम जीवन के तनाव से छुटकारा मिल सके।

इस संगोष्ठी में 'दमरे पर कोचिंग सेवाएं', 'दमरे पर वर्ष के दौरान परिचालन विभाग की स्थिति', 'क्षेत्रीय रेल प्रशिक्षण संस्थान की संरचना और कार्यकलाप', 'परिचालन विभाग में पावर अनुभाग का योगदान' आदि जैसे विषयों पर भी वक्ताओं ने अपने-अपने विचार हिंदी में प्रस्तुत किए।

इसके बाद, श्रीमती मंगला अभ्यंकर ने प्रवक्ताओं को हिंदी में पेपर प्रस्तुत करने के लिए बधाई देते हुए कहा कि भाषा अभिव्यक्ति का माध्यम है और हम अपने विचारों को सरल हिंदी में और बोलचाल की भाषा में आसानी से व्यक्त कर सकते हैं। उन्होंने कर्मचारियों से कहा कि वे अपने दैनंदिन सरकारी काम में भी हिंदी का प्रयोग बढ़ाएं। उन्होंने कहा कि संगोष्ठी के आयोजन का उद्देश्य यही है कि राजभाषा हिंदी का प्रयोग केवल फाइलों तक ही सीमित न रहे, बल्कि विचारों के आदान-प्रदान में भी अधिक से अधिक बढे। उन्होंने संगोष्ठी में पेपर

प्रस्तुत करने वाले प्रवक्ताओं से कहा कि उन्हें संस्कृतिनिष्ठ हिंदी में अपने पेपर प्रस्तुत करने की आवश्यकता नहीं है। वे बोल-चाल की सरल व सहज हिंदी में अपने पेपर प्रस्तुत कर सकते हैं और इसमें उन्हें शिक्षक के आवश्यकता नहीं है। उन्होंने कहा कि ऐसे कार्यक्रमों के आयोजनों से इस रेलवे पर राजभाषा के लिए अनुकूल वातावरण बनता है।

संगोष्ठी में उपस्थित श्रोताओं ने इस संगोष्ठी को अत्यंत लाभदायक व जानवर्धक बताया। धन्यवाद प्रस्ताव के बाद संगोष्ठी समाप्त हुई।



सर्दी-जुकाम के घरेलू नुस्खे



बदलते मौसम के साथ ही शारीरिक समस्याएं बढ़ जाती हैं। ठंड के मौसम में सर्दी-जुकाम की समस्या आम है। यदि सर्दी-जुकाम का उपचार उसके लक्षण नजर आते ही कर लिया जाए तो शरीर को अन्य दूसरी बीमारियों की परेशानी नहीं झेलनी पड़ती है। नीचे दिये गये घरेलू उपचार से हम सर्दी-जुकाम से छुटकारा पा सकते हैं :-



थोड़ा अदरक, अजवाइन (1 चम्मच), लौंग (5), काली मिर्च (3), मैथी (1 चम्मच), तुलसी और पुदीना पत्ती (10 प्रत्येक) इन सबका काढ़ा

बनाकर, खांडसारी मिलाकर दिन में दो बार आराम होने तक लेना चाहिए.

• 10 ग्राम लहसुन को 1 कप दूध में ½ कप होने तक उबालें. इसे शाम को सोते समय या नाश्ते से पहले लें.



• 1 चम्मच प्याज का रस बराबर मात्रा में शहद

मिलाकर दिन में तीन बार लें.

• हल्दी और सौंठ के चूर्ण का लेप बनाकर कपाल पर लगाएं.



• काली मिर्च जलाकर उसका धुआं सूंघने से बंद नाक खुलती है.

• अदरक के टुकड़ों का काढ़ा 20 मि. ली. से 30 मि.ली. दिन में तीन बार लेने से



सर्दी से आराम मिलता है.

• भिंडी का 50 मि.ली. काढ़ा दिन में तीन बार लेने से गले की खराश और सूखी

खांसी में आराम मिलता है.

• एक गिलास गरम पानी में चुटकीभर नमक, चुटकीभर खाने का सोडा मिलाकर दिन में दो-बार तथा सोते समय गरारे करने से गले की खराश में आराम मिलता है.



हरा खाओ, आँखें बचाओ



हरी पत्तेदार सब्जियों के फायदों के बारे में कई बार कई तरह से बताया जाता रहा है.

अब विशेषज्ञ इसके एक और फायदे की पुष्टि कर रहे हैं. एक रिसर्च के अनुसार हरी पत्तेदार सब्जियों में मौजूद कैरोटिनॉइड 'ल्यूटिन' जो कि एक एंटी ऑक्सीडेंट होता है, आंखों की सेहत के लिए लाभदायक होता



है. खास बात यह कि इस एंटीऑक्सीडेंट की उपस्थिति कम्प्यूटर स्क्रीन से उत्सर्जित होने वाली हानिकारक किरणों से भी आपकी आँखों की रक्षा करती है.

आजकल कम्प्यूटर केवल प्रोफेशनल जीवन का ही हिस्सा नहीं रहा है. निजी जीवन में भी इसकी जरूरत तथा दखल बढ़ गया है. दफ्तर जाने वाले पुरुष और महिलाओं के अलावा, स्कूल-कॉलेज के छात्र तथा गृहिणियाँ भी



कम्प्यूटर पर काम करते हैं.

ऐसे में रोजाना भोजन में हरी पत्तेदार सब्जियाँ शामिल करने से आपकी आँखें लंबे समय तक सेहतमंद बनी रह सकती हैं.



कुल मिलाकर जमाना कोई भी हो साग-भाजी खाना हमेशा ही फायदे का सौदा बना रहेगा.

ठंड के दिनों में त्वचा की देख-भाल

सुंदर, कोमल और बेदाग त्वचा पूरी बॉडी का परिचय देती है. त्वचा के बारे में दिलचस्प तथ्य यह है कि इसका विकास अंदर से बाहर की ओर होता है. यही



कारण है कि मौसम की शुरूआती ठंडक त्वचा पर विपरीत असर पहुँचाती है जिससे त्वचा खुरदुरी, भद्दी और साँवली होती जाती है. अतः ठंड के दिनों में त्वचा की सुंदरता को बरकरार रखने के लिए कुछ उपाय फायदेमंद साबित होंगे.

त्वचा की सफाई - सबसे पहले चेहरे व गर्दन की त्वचा को कच्चे दूध से भीगी रुई के फाहे से अच्छी तरह साफ कर लें. दूध प्राकृतिक क्लिंजर की

तरह काम करता है. जो रोमकूपों में समाकर त्वचा पर जमी हुई ना दिखाई देने वाली धूल-मिट्टी को पूरी तरह से साफ कर देता है. चेहरा साफ कर लेने के पश्चात साफ पानी से धो लेना चाहिए.



त्वचे की मालिश - इसके पश्चात काँच के प्याले में 2-3 चम्मच बादाम, एरंड आदि कोई भी हर्बल ऑइल लेकर गरम पानी में प्याले को कुछ देर रखकर कुनकुना कर लें.

इस तेल से चेहरे व गर्दन पर करीबन 10 मिनट तक मालिश करें. यह मालिश हाथों की गति चेहरे पर ऊपर से नीचे की ओर होनी चाहिए. तेल त्वचा को नमी



प्रदान करने के साथ-साथ सूक्ष्म रोम कूपों में प्रवेश कर उन्हें कसावट देता है.

न देने वाला मन

एक भिखारी सुबह-सुबह भीख मांगने निकला। चलते समय उसने अपनी झोली में जौ के मुट्ठी भर दाने डाल लिए। टोटके या अंधविश्वास के कारण भिक्षाटन के लिए निकलते समय भिखारी अपनी झोली खाली नहीं रखते। थैली देख कर दूसरों को लगता है कि इसे पहले से किसी ने कुछ दे रखा



है। पूर्णिमा का दिन था, भिखारी सोच रहा था कि आज ईश्वर की कृपा होगी तो मेरी यह झोली शाम से पहले ही भर जाएगी।

अचानक सामने से राजपथ पर उसी देश के राजा की सवारी आती दिखाई दी। भिखारी खुश हो गयी। उसने सोचा, राजा के दर्शन और उनसे मिलने वाले दान से सारे दरिद्र दूर हो जाएंगे, जीवन संवर जाएगा। जैसे-जैसे राजा की सवारी निकट आती गई, भिखारी

की याचना करने लगे। भिखारी को समझ नहीं आ रहा था कि क्या करे। अभी वह सोच ही रहा था कि राजा ने पुनः याचना की। भिखारी ने अपनी झोली में हाथ डाला, मगर हमेशा दूसरों से लेने वाला मन देने को राजा नहीं हो रहा था। जैसे-तैसे कर उसने दो दाने जौ के निकाले और उन्हें राजा की चादर पर डाल दिया।

शाम को जब उसने झोली पलटी तो उसके आश्चर्य की सीमा न रही



की कल्पना और उत्तेजना भी बढ़ती गई। जैसे ही राजा का रथ भिखारी के निकट आया, राजा ने अपना रथ रुकवाया, उतर कर उसके निकट पहुंचे। भिखारी की तो मानो सांसें ही रुकने लगीं। लेकिन राजा ने उसे कुछ देने के बदले उलटे अपनी बहुमूल्य चादर उसके सामने फैला दी और भीख

। उसकी झोली में जो जौ थी, उसके दो दाने सोने के हो गए थे। उसे समझ में आया कि यह दान की ही महिमा के कारण हुआ है। वह पछताया कि काश! उस समय उसने राजा को और अधिक जौ दी होती, लेकिन वह दे नहीं सका, क्योंकि देने की आदत जो नहीं थी।

राजा ने भिखारी को कुछ देने के बजाय उलटे अपनी बहुमूल्य चादर ही उसके सामने फैला दी।

दक्षिण मध्य रेलवे के प्रधान कार्यालय में अधिकारियों के लिए हिंदी कार्यशाला संपन्न



दक्षिण मध्य रेलवे के प्रधान कार्यालय में अधिकारियों के लिए दिनांक 20 से 22 नवंबर 2012 तक तीन दिवसीय हिंदी कार्यशाला का आयोजन किया गया। इस कार्यशाला में विभिन्न विभागों में कार्यरत 22 अधिकारियों ने बड़ी सक्रियता से भाग लिया।

कार्यशाला के उद्घाटन-सत्र में श्रीमती मंगला अभ्यंकर, उप महाप्रबंधक (राजभाषा) ने हिंदी कार्यशाला के आयोजन का उद्देश्य स्पष्ट करते हुए

अधिकारियों को राजभाषा हिंदी के कार्यान्वयन में उनके दायित्व से भी अवगत कराया। इस कार्यशाला में अधिकारियों को राजभाषा नीति व नियम, हिंदी में टिप्पणियां/पत्राचार, फाइलों पर आदेश/पृष्ठान्कन हिंदी में देना

और कंप्यूटर पर हिंदी में कार्य आदि के संबंध में आवश्यक मार्गदर्शन दिया गया।

समापन-सत्र में संबोधित करते हुए श्री महेश चंद्र, मुख्य राजभाषा अधिकारी और भंडार नियंत्रक ने इस बात पर प्रसन्नता व्यक्त की कि अधिकारियों ने बड़े उत्साह और सक्रियता से इस कार्यशाला में भाग लिया है। उन्होंने अधिकारियों से कहा कि वे इस कार्यशाला का लाभ उठाते हुए अपने



दैनंदिन कार्य में हिंदी का अधिकाधिक प्रयोग करें और अपने अधीनस्थ कर्मचारियों को भी इसके लिए प्रेरित करें।

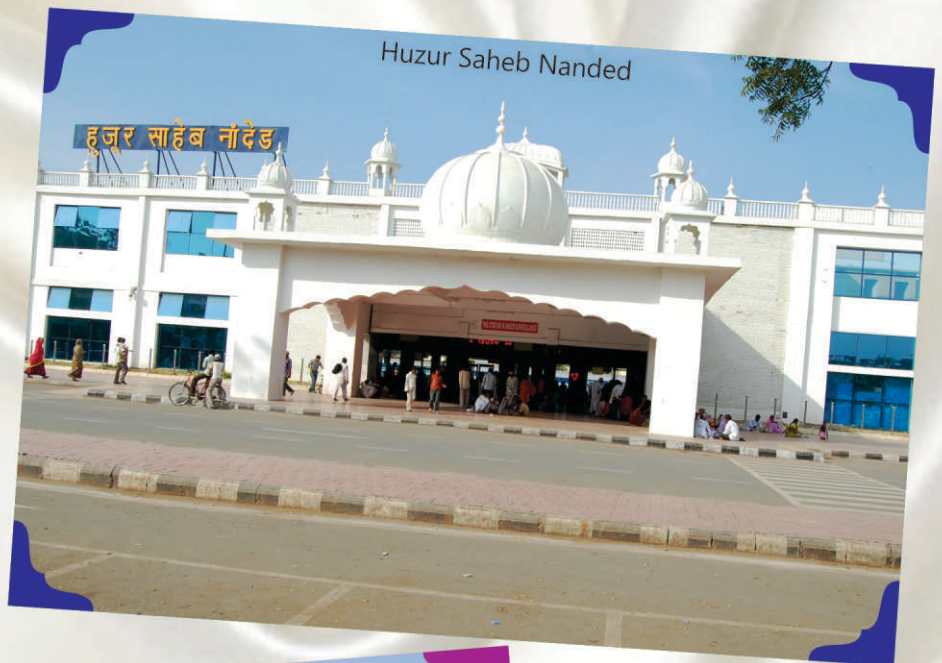
इस कार्यशाला में भाग लेनेवाले अधिकारियों को मुख्य राजभाषा अधिकारी ने अपने कर-कमलों से प्रमाण-पत्र प्रदान किए।



Kacheguda



Huzur Saheb Nanded



*Marvels in
White*

Vijayawada

