

दक्षिण मध्य रेलवे



South Central Railway

॥ हम
सफर



दम
रेलवे ॥

HUM-DUM *An internal newsletter of SCRians* Vol. II Issue IV Quarterly Newsletter *October, 2012*



● Sports

● Health

● Management

● Relationships

● Events on SCR

From Chief Editor's Desk

It has been an Year since the revival of **Hum-Dum** in its new avatar. During this eventful journey, we have brought out five issues of our House Journal which won appreciation from one and all. It is our continuous endeavour to improve upon each issue, publishing the right blend of SCR based events and articles of general utility for our readers. We are grateful to Shri G N Asthana, our beloved General Manager, who is the inspiration and guiding force in reshaping this Magazine in an attractive capsule.

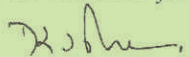
The first half of the current fiscal has seen South Central Railway scaling new peaks of performance across the board under the stewardship of our General Manager. Read the highlights at page 3. One of the noteworthy features in the last Quarter is the introduction of 8 new originating trains, a record 4 being introduced on a single day at a time from Secunderabad. Our centre spread features the colorful flagging-off ceremonies of these new Services. Get to know at page 4 about our stars from the Sports arena, whose stellar performance got them coveted Arjuna awards.

Details on a host of other interesting events during the Quarter, July-September 2012, like – Independence Day Celebrations; Exhibition of Science Express; various Seminars & Medical Camps and Rajabhasha Fortnight etc. have also been presented inside.

Winter chill has just set in. Read some useful tips on Health and Nutrition to be followed during this misty season at page 13. The new age Management mantra being 'Work the Smart Way', take a note at page 12 on the rules of working smart for efficient output. Flip the pages further and you find several interesting special articles – on how to make a happy family, eco-friendly Diwali, money management and association of the Railways with the Mahatma and the Mother etc. which, we are sure, offer a delightful reading.

Hum-Dum would be more exciting if the readers can send their views and contribute write-ups on useful topics. Hope to get response from you on this in a big way.

As the festive season gets under way, sparkling wishes from Team **Hum-Dum** to all **SCRians** for a joyous time ahead...


(K. Sambasiva Rao)

Chief Public Relations Officer

Editorial Assistance

Shakeel Ahmed

Public Relations Officer-I

B Anil Kumar

Public Relations Officer-II

M Pradeep Kumar

Chief Commercial Inspector, CPRO/O/SC

Rajbhasha Section

Mangala Abhyankar

Deputy General Manager (Official Language)

Design and Layout

Nusrat Mandrupkar

Production Assistant, CPRO/O/SC

For Communication:

Chief Public Relations Officer

South Central Railway Phone: 040 – 2782 0583
3rd Floor, Rail Nilayam Rly. Phone: 86481
Secunderabad - 500 071 Email: cpro.scr@gmail.com

Readers are requested to give their feedback, comments and suggestions for further improvements in the issue and also to send us their contributions on various issues of topical interest.



South

Central Railway

celebrated the

66th Independence Day on

August 15, 2012 at Railway Sports Complex

Grounds, Secunderabad with gaiety. Shri G N Asthana,

General Manager, Chief Guest on the occasion unfurled the

Tricolour. He received the Guard of Honour presented by various

contingents including Railway Protection Force, National Cadet

Corps, Scouts & Guides etc in the presence of Railway Officers,

staff and students from Railway educational institutions.

Shri G N Asthana in his Independence Day Message said that it was an occasion for remembering all those freedom fighters who sacrificed their lives to secure freedom and shape the destiny of this great Nation.

Elaborating on the performance of SCR, the General Manager said that there was a 25% growth in Gross Earnings for the period April-July 2012, which rose to ₹3200 Crs. SCR achieved 35.8 Million Tonnes of Originating Freight Loading during the same period, which was about 8% higher over last year. SCR carries 10.7 lakhs of Originating Passengers on an average per day, he stated.

66th Independence Day Celebrations



Further, he said that emphasis was being laid to offer a convenient and comfortable travel service to our valued customers. Several initiatives have been taken in this direction like mechanized cleaning of coaches and station premises, modern laundries for supplying quality linen, hygienic catering services and LED-based passenger guidance boards etc. He added that 19 Lifts and 2 Escalators have so far been commissioned at 10 stations. In addition, 16 more Lifts and 30 Escalators would also be provided at major stations shortly.

Shri Asthana expressed his condolences to the family members of the deceased and deep sorrow to the injured in the recent Tamilnadu Express Fire Accident. Though loss of life cannot be compensated by any means, SCR made best possible efforts for rescue and relief. In this regard, the GM

stated that highest priority is being accorded to provide a safe and secure travel to the passengers. Focused attention is being given to ensure fool-proof functioning of safety systems at various levels. Towards this, frequent safety inspections, special drives and safety audits by senior officers are being regularly carried out. Technical upgradation and strengthening of the assets are being given major thrust. Other measures taken to enhance safety include-elimination of unmanned level crossings; track patrolling and security escorts on trains etc., he added.

The RPF Commandos exhibited their skill through their drill and students of Railway Junior/Degree college and Railway mixed high school enthralled the audience with various cultural programmes depicting national integration.

SCR's Performance At a Glance

SCR has shown remarkable performance on various fronts during the first half of 2012-13. Some of the highlights are furnished below:

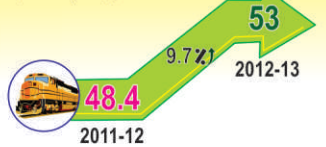


Traffic Volume and Earnings

- The gross originating earnings of SCR during the first half of the financial year have registered an impressive growth of 25.3% with ₹4679 Crs compared to ₹ 3734 Crs during the same period of last year, with an additional revenue of ₹945 Crs.
- The freight earnings have shown a significant growth of 32% with an additional revenue of ₹840 Crs as compared to last year. The freight loading has increased by 9.7% over last year to 53 Million Tonnes.
- In the passenger segment, SCR carried 193.8 millions of originating passengers with a growth rate of 2.3% and posted earnings of ₹1071 Crs compared to Rs. 988 Crs for the corresponding period of the previous year.

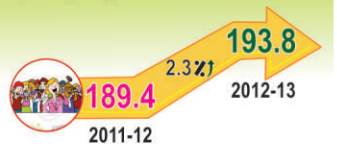
Freight Loading (in Million Tonnes)

(Period Apr-Sept)



Passengers Carried (in Millions)

(Period Apr-Sept)



Passenger Amenities

- During the current financial year, by the end of September 2012, an amount of ₹57.78 Crs have been spent towards strengthening of Passenger Amenities at Stations and on Trains.
- 21 Lifts at 10 Stations and 2 Escalators at one station have already been commissioned till the end of September 2012. The works related to 14 Lifts at 6 Stations and 30 Escalators at 10 Stations are under progress.



Passenger Services

- **Punctuality:** The Zone has achieved 93% punctuality in running of trains during the period April-September 2012.
- **New Train Services:** 16 originating trains and 10 passing through trains over SCR system have been announced in the Railway Budget-2012. Out of this, 8 originating train services and 5 passing through trains have already been introduced by the end of September 2012.
- PRS system has been provided at 7 Post offices during the period from April to September 2012.
- ATVM facilitators have been appointed to help the passengers in getting their tickets through ATVMs.
- Special drives and publicity campaigns were launched to educate the passengers about E-Ticket frauds and to popularize ATVMs and JTBS.
- To clear the extra rush SCR, operated 219 special trains and attached 6231 no. of extra coaches to different trains clearing 3.67 lakh additional Passengers.



Safety & Security

- Utmost importance is being given to strengthen these areas, to provide a safe and secure travel to passengers.
- In view of the recent tragic fire accident at Nellore, security by trains is further strengthened by deploying 307 RPF personnel by 94 Trains along with 144 Govt Railway Police by 83 Trains on escort duty.
- Special publicity campaign has been launched to create awareness and to advise the passengers not to carry inflammable articles by Trains.
- Frequent Safety drives/inspections and safety audits by Senior Railway Officers are being taken up and deficiencies noticed are rectified on priority.
- Towards achieving no unmanned level crossing by 2015, 30 such crossings have been eliminated by the end of September 2012.



Stars of South Central Railway

Know our illustrious Sports personnel who have won laurels at various National/International events, donning the colours of South Central Railway and were conferred with the prestigious Arjuna award.



Ms. Neeta Dadwe (Ch.OS/CME/SC) Kabaddi 1995-96

- ★ Secured Gold Medal in the Sr. National Championship

Shri P V Ramana (ASO/CPO/SC) Volleyball 2000-01

- ★ Asian Games Bronze medal in the year 1986
- ★ World Railway games Bronze medal in the year 1987



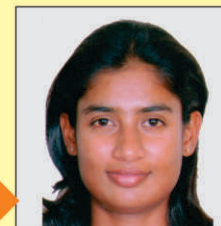
Shri Ravikanth Reddy (Ch.OS/Sr.DEN/SC) Volleyball 2001-02

- ★ Captain of the Indian Jr.Volleyball team in the Jr.World Cup and secured second place.
- ★ Captain of the India team for the Asian Games in the year 2000.R
- ★ Represented Indian Railways and Gold Medal in the year 1998.



Ms. Mithali Raj (Ch.OS/PCE/SC) Cricket 2003-04

- ★ ICC World Ranking No.1
- ★ Captain of the India Cricket team in the world cup and runners-up.
- ★ Double Century in the Test Cricket.



Ms. J J Shobha (OS.Sr.DPO/SC) Athletics 2004-05

- ★ Gold Medal in the Asian Games
- ★ Double Olympian in the year 2004 & 2008
- ★ National Gold Medalist

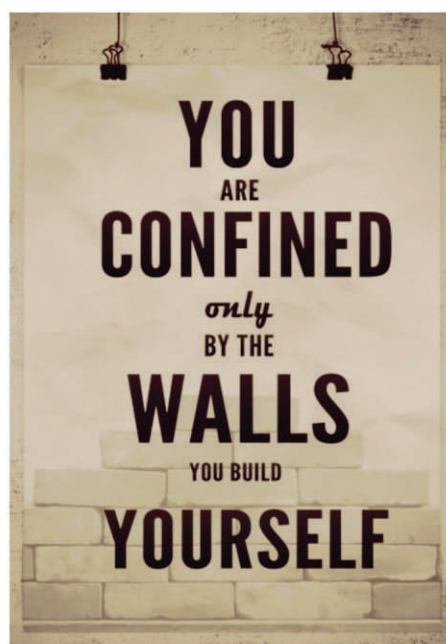
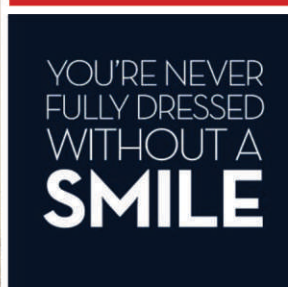
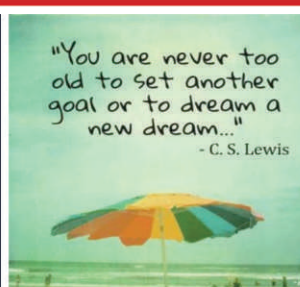
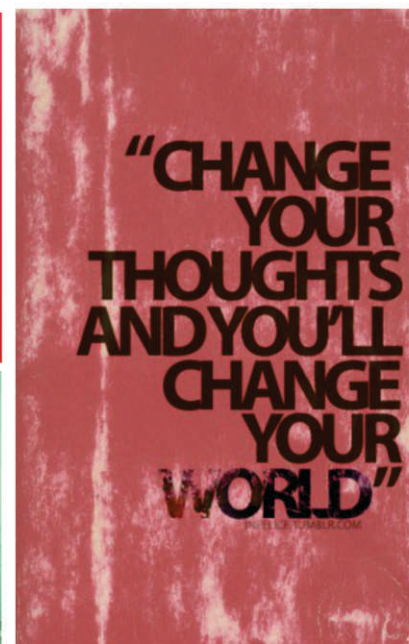


Ms. Tejaswani Bai (Ch.OS/Dy.CSTE/PRS/SC) Kabaddi 2010-11

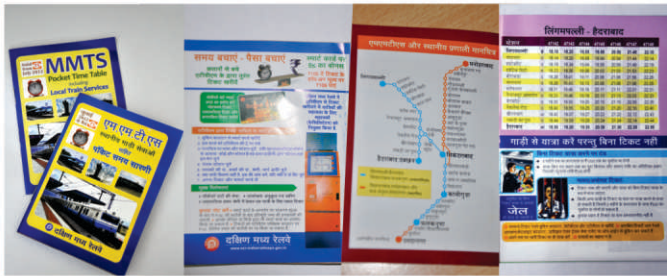
- ★ Indian Team Captain and Asian Games gold medalist in the year 2010-11
- ★ Represented Indian Railways and secured Gold Medal



MOTIVATIONAL QUOTES



MMTS-cum-Local Trains Pocket Time Table Released



South Central Railway has released "MMTS-Cum-Local Trains Pocket Time Table - July 2012" for the benefit of travelling public. This year the Time Table is published in English, Hindi and Telugu.

An attractive multi-colour booklet of pocket size, this time table will serve as a ready reference travel guide to commuters / passengers as they can carry it along conveniently with them.

This time table contains schedules of MMTS services on Umdanagar-Secunderabad-Lingampalli; Falaknuma-Secunderabad-Hyderabad; Hyderabad-Lingampalli Sections and schedules of Local Trains on Secunderabad-Manoharabad and Manoharabad-Secunderabad / Hyderabad / Kacheguda / Falaknuma Sections.

The number of MMTS Train services increased from 98 to 121 and so did the MMTS commuter traffic from 1.20 lakhs to 1.60 lakhs on an average per day during the last financial year. Similarly, the demand for MMTS-Cum-Local Trains Pocket Time Table has also gone up. Hence, South Central Railway has printed this pocket time table for sale through Booking Counters at all MMTS Stations. This time table is priced at a nominal price of ₹5 only.

This Pocket Time Table also contains other useful information such as MMTS & Local Trains System Map, Fare Table, list of colonies near to each MMTS Station, tips for happy journey & safe crossing of railway tracks, details on SMS based Passenger Complaints & Suggestion System and how to use ATVM to purchase ticket for MMTS and ordinary Passenger trains etc.

Dental Clinic Inaugurated at Divisional Hospital Nanded



A new Dental Clinic was inaugurated at Divisional Railway Hospital, Nanded by Dr. S K Sharma, Chief Medical Director/SCR on August 14, 2012.

Now, Dental treatment will be available to all railway

beneficiaries with the help of a new Dental Chair Unit which has the facility of X-Ray during treatment itself. Shri S S Soin, DRM/NED, Dr. Anil Shelar, Chief Medical Superintendent/NED, Doctors, Officers and paramedical staff participated in the event.

Singareni Collieries Company Limited Pays Rs. 6.38 Crores to SCR for the Bhadrachalam Road – Sattupalli New Railway Line



Shri Sutirtha Bhattacharya, Chairman & Managing Director, The Singareni Collieries Company Limited (SCCL) called on Shri G N Asthana, General Manager, South Central Railway (SCR) at Rail Nilayam on August 6, 2012 and presented a cheque to SCR for Rs. 6.38 Crores towards conducting the final location

survey for the Bhadrachalam Road – Sattupalli New Railway Line.

The Bhadrachalam Road – Sattupalli New Railway Line is an important Project mainly planned to facilitate smooth movement of coal from Singareni Collieries.

Two RPF Inspectors bag Indian Police Medal

Shri B. Satish Prabhu, Inspector, Special Intelligence Branch, Head Quarters, South Central Railway and Shri M. Janardhan Chowdary, Inspector, Kacheguda Railway Station are awarded with Indian Police Medal-2012 in appreciation of their meritorious service.



Shri B Satish Prabhu was appointed as Sub-Inspector, Railway Protection

Force in the year 1992 and worked in several important RPF Posts over South Central Railway.

Shri B Satish Prabhu played an important role in detection of the Gautami Express Sabotage case in 1995 and while on deputation with CBI, took up many high profile cases including the Passport Forgery case of Abu Salem. In his previous years of service, he was

awarded two GM's Awards and DG's insignia.

Shri M Janardhan Chowdary is working at present as Inspector, at Kachiguda Railway station.

Previously, while working at Anantapur as Inspector, he busted the gang of 10 drugging offenders in Karnataka Express. Further, while working at Tirupati post, he rescued many run away children and handed them over to their parents and destitute homes. He also arrested about 1200 touts and thereby the malpractices in Railway ticketing was controlled at Tirupati. While working as Inspector/Kadapa Post, he proved his mettle by nabbing notorious gangs involved in the theft of bridge channels and their purchasers.



Celebrate Eco-Friendly Diwali

The "**festival of lights**" "Diwali" is a contraction of "Deepavali" (Sanskrit: दीपावली *Dīpāvalī*), which translates into "row of lamps". Diwali involves the lighting of small clay lamps (*dīpa* in Sanskrit: दीप) filled with oil to signify the triumph of good over evil. It is celebrated by all irrespective of caste, creed and religion. For Hindus, Diwali is one of the most important festivals and is celebrated in families by performing traditional activities together in their homes. For Jains, Diwali marks the attainment of 'Moksha' or 'Nirvana' by Mahavira in 527 BCE.



Do you know?

Diwali is an Official Holiday in India, Nepal, Sri Lanka, Myanmar, Mauritius, Guyana, Trinidad & Tobago, Suriname, Malaysia, Singapore, and Fiji.

Do you know?

Pollution levels go up by 50-100% during Diwali every year.

Encourage one and all to light up lives by celebrating an eco-friendly diwali.

Earlier, Diwali celebration meant house cleaning and decoration, performing traditional Lakshmi pooja, lightening of diyas in the evening and family get-together.



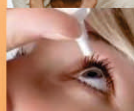
But with the changing times, the style of celebrating Diwali has also changed drastically. Now Diwali celebrations mean electric illumination and bursting noisy fire crackers. This change in the celebration style has imposed many negative effects on the environment like:

- Undue air pollution
- Excessive noise pollution
- Soil pollution
- Extreme electricity consumption



Diwali, if not celebrated properly, may lead to various health hazards. Some of them are listed below:

- Hearing loss
- High blood pressure
- Sleeping disturbances
- Asthma
- Headache
- Irritability
- Skin allergies
- Fatigue
- Eye related problems
- Respiratory problems



Let's make this Diwali a meaningful celebration and an eco-friendly one!

Here's what you can do to tackle common problems during Diwali:

- 👍 **Prefer community celebration.** With the increasing trend of gated-community, all families of the community can celebrate Diwali in the common space. This ensures reduced cost of celebration; paper pollution in a limited space and as compared to individual celebration, it will cause less air and noise pollution.
- 👍 **Time Limit Yourself.** Even while celebrating commonly, make sure that your celebrations last for a maximum of 3 to 4 hours only.
- 👍 **Opt for Open Ground.** Select a common community celebration place far away from hospitals and public places. Preferably opt for an open ground.
- 👍 **Go for eco-friendly crackers.** Eco-friendly crackers are made up of recycled paper and the sound produced by these crackers is under the decibel limit defined by the Pollution Board. These crackers produce paper fluffers and different color lights instead of sound on bursting.
- 👍 **Light up diyas.** Instead of electric illumination, go for traditional lighting of earthen lamps or *diyas*. This will not only enhance the beauty of your house but will also cut down the electric consumption. Though earthen lamps need oil, the quantity is less and it gives light for at least 3-4 hours.
- 👍 **Reduce Consumerism.** Cut down your shopping list and avoid purchasing unwanted and unnecessary things. Excess consumerism is directly related to the consumption of raw material used to manufacture those things and increases the undue pressure on natural resources.
- 👍 **Recycle-Reuse.** Instead of buying "one-time use" items, go for recyclable things. While cleaning your home for Diwali instead of disposing things, it is better to give it to the needy. Make your own gift wraps by painting interesting designs on newspapers to save paper. Save the diyas and repaint them to use next year.
- 👍 **Celebrate Diwali with a different meaning.** You can celebrate this Diwali with poor and under-privilege children. Share your Diwali crackers, sweets and happiness with poor children. It surely, will enhance your joy.

Health Checkup and Cancer Screening Camp for Women Employees of Secunderabad Division



South Central Railway Women's Welfare Organization (SCRWWO), Secunderabad Division conducted a Cancer Screening Camp and Health Checkup Camp for Women Employees of Secunderabad Division in coordination with Railway Medical Unit, Chilakalaguda and Yashoda Hospital, Secunderabad on July 4, 2012 at its office in Secunderabad.

Shri S K Sharma, Chief Medical Director/SCR attended the camp and announced that Mammography test would be introduced in future in the Health Screening Camp.

The health checkup included checking for lifestyle modified diseases such as Hypertension, Cardiac diseases, Anemia and screening for Cancer. Around 200 female employees were the beneficiaries of this camp, of which 14 were detected with

hypertension, 12 with uncomfortable diseases, 6 had infection of crevice of uterus, 3 had cardiac diseases and 4 were found to be diabetic.

Smt. Nidhi Roy, President/SCRWWO, Smt. Ganga Sreenivas Rao, Secretary/SCRWWO, Shri Sanjive Roy, DRM/Secunderabad Division were the Guests of Honour. Shri G John Prasad and Shri Vijay Kitke, ADRMs/SC Division, Dr. Ramana Reddy, CMS/SC Division also attended the Camp and addressed the gathering. Dr. Prashanthi, Gynaecologist/HU/Chilakalaguda made a PowerPoint presentation on this occasion.

The medical facility of the Camp were organized by Dr. B Subba Rao, Addl.CMS/HU/Chilakalaguda with the co-operation of Yashoda Hospital, Secunderabad.

SCR introduces "Book Your Meal" Scheme in Trains



South Central Railway has introduced "Book Your Meal Scheme" for the benefit of passengers for the trains having Train Side Vending (TSV) facility.

Passengers can book the meals soon after boarding the trains through an SMS or phone call to the respective contractor.

The food would be served at the time and station opted by the passengers. The contractor would supply the food to passengers at their berths or seats and price of the meals and breakfast are fixed by the terms and conditions of the contract.

'Science Express' – Biodiversity Special Exhibition Train on SCR



Science Express is an innovative and unique mobile exhibition mounted on a specially designed 16 coach AC train, travelling across India since October 2007.

The current decade (2011-2020) has been declared as the United Nations Decade on Biodiversity and United Nations Decade for Deserts and Fight against Desertification. The Science Express therefore is based on the theme 'Biodiversity' which is a collaborative initiative of Ministry of Environment & Forests and Department of Science & Technology, Government of India.

This train travels to over 50 locations across India from June, 5 to December 22, 2012. At each location, it would usually halt for 3-5 days during which the exhibition will be open to visitors and the entry is free.

The exhibition aboard the train hosts interactive exhibits, models and audio-visual displays. The train has 13 exhibition coaches and showcases the following:

1. Eight coaches host exhibition on Biodiversity. It highlights biodiversity found in different bio-geographical regions of India and various facets of marine, coastal, forest, microbial, agro biodiversity and its significance. It also highlights biodiversity and its linkages with livelihoods besides challenges for conservation.
2. Three coaches have exhibits on Climate Change, Energy and Water conservation.
3. Legacy of Science express showcasing the most popular exhibits from the previous phases has been exhibited in one coach.
4. The Joy of Science (JOS) Lab is housed in another coach in which students can perform various experiments and activities to understand concepts in biodiversity, climate change, environment and science.
5. A conference room-cum-training facility is also provided in a coach primarily for capacity building of teachers.

"Science Express-Biodiversity Special" was stationed at SCR for public viewing on Vijayawada (3rd to 6th August), Nellore (7th to 10th August), Kazipet (4th to 8th October) and at Secunderabad (9th to 19th October)

Several sections of the Public, especially the school and college students / teachers visited the exhibition and enjoyed learning about the cutting-edge research in science, explained through interesting audio-visual exhibits and interactive tools.

Families are the essential building blocks of any society and happy families make a happy society. Everyone wants to live in a happy family as family is the place where human beings find the accomplishment of life. Modern families often face multiple relationship issues which have emerged as contribution of the changed lifestyle and less intense relationships.

Living in a happy family is important to mould each and every human being into responsible social beings. Home and families are places where kids and elders live with a feeling of security and



also places of sharing, love, care and concern. Mutual understanding, adjustments and love creates the unbreakable bond between family members and if taken care of certain aspects, any family can be made a happy family.

Making a happy family is no magic as it requires just an extra strained nerve, to nurture love, to facilitate communication and to make each feel contented and secure. Let us see few of the inevitable building blocks that make a happy family.

1. Be There for Each One in the Family.

Presence or availability is the most essential bonding factor that enhances the family relationship. Parents should be available for kids in each of their needs and similarly the couples each other. It should be with the family that each of the family members spends most of their time. Never take the work stress or other unwanted tensions home. As you step into the home, the prior concern should be home only.

Find time to talk to each of the members and arrange activities for the entire family to take part. Family prayers, cooking, watching television, outing etc., are perfect family activities to make a happy family. Family should not be considered a place to just rest after the work and eat the food.

2. Express the Affection and Warmth.

Many people say that they love the family and when it comes to the action they remain unexpressive and quite. Express your affection and attachment towards other members in family with gestures, action and words. Telling just the three words 'I love you' makes others understand the depth of your concern for them.

Do not miss an opportunity to be affectionate with the spouse and kids. Encouragement is another important aspect that boosts the happiness and affection in the family. Be lavish enough to encourage the family members in all their attempts and even for the minute successes.

3. Communicate Frequently and Effectively.

Communication is the key to build a jovial family. Be positive in your communication within the family and truly, the positive communication is the language of love. Talk to each other in the family frequently and



designating family together times every day is helpful to this purpose. Even between the spouses, talking eases the tensions and promotes the attachment. Never argue or shout at each other unnecessarily. Family should be a place everyone wants to be with always.

4. Rituals of affection and honour.

Family rituals are mandatory to maintain the relationships. Weekly outdoor dinners, monthly pleasure trips, family songs, visiting relatives, family cooking day etc., are some of the family rituals that are helpful to bind the entire family with the strings of affection. These are also called rituals of honour as they help each of the family members to understand each other and learn to honour them.

5. Fights, Blames and Anger are Destructive.

Parents should be cautious to not fight before the children and blame each other for mistakes. When one of the family members makes the entire family life worse with such negative expressions, others may feel family as a disliked place to be. When parents fight before the kids, they are, in fact, teaching the kids with a wrong lesson of communication. Children of fighting parents may become rebels and antisocial in the future life.

6. Equality is the Best Quality.

Considering each of the family members equal and not being partial to anyone is one of the best qualities a family member can possess. When everybody is considered equal, it not only boosts the confidence but also builds feeling of security and affection. Accept the opinions of everyone in the family when family related decisions are taken.



Facilitate mutual respect among family members if you wish to convert your family into a happy family.





Tirupati-Mannargudi Tri-weekly Express

Tirupati-Mannargudi Tri-weekly Express was inaugurated on July 3, 2012 at Tirupati Railway Station by Dr. Chinta Mohan, Hon'ble Member Parliament, Tirupati. The train was Flagged off by the Hon'ble MP at its scheduled departure time i.e. 10.40 hours. Shri T P Singh, Divisional Railway Manager/Guntakal Division and other Senior Railway officials were present on the occasion.

Shri N Kiran Kumar Reddy, Hon'ble Chief Minister of Andhra Pradesh flagged off 4 New Express Trains on July 11, 2012 from Secunderabad and Hyderabad at a grand function held at Secunderabad Railway Station, in the august presence of Shri K H Muniyappa, Hon'ble Minister of State for Railways.

Secunderabad – Visakhapatnam Durgonto Tri-weekly Express and **Secunderabad – Darbhanga Bi-weekly Express** were flagged off from Secunderabad. **Hyderabad – Bellampalli Intercity Daily Express** and **Hyderabad – Ajmer Weekly Express** were flagged off from Hyderabad Station via Remote Video Link.

Dr. D Purandeswari Hon'ble Minister of State for Human Resource Development/Govt. of India; Dr. J. Geetha Reddy, Hon'ble Minister of Major Industries, Sugar, Commerce & Export Promotion/Govt. of AP; Shri M Anjan Kumar Yadav, Shri Sarve Satyanarayana, Dr. G Vivekanand, Hon'ble MPs; Shri Mohammad Majid Hussain, HW Mayor, GHMC; Shri M S Prabhakar Rao, Hon'ble MLC; Smt. Jayasudha Kapoor, Hon'ble MLA were also present on the occasion. Shri G N Asthana, General Manager/SCR welcomed the gathering and Shri Sanjive Roy, DRM/ Secunderabad Division proposed vote of thanks.

Train Inaugurations



Secunderabad-Visakhapatnam Durgonto Tri-weekly Express



Secunderabad-Darbhanga Bi-weekly Express



Bidar-Hyderabad Intercity Express



Shri K H Muniyappa, Hon'ble Minister of State for Railways flagged off the new Intercity Express Train between Bidar and Hyderabad on September 10, 2012 at Bidar Railway Station in the presence of Shri N Dharam Singh, Hon'ble Member of Parliament & Ex. Chief Minister of Karnataka.

Shri Sunil Wallayapure, Hon'ble Minister/Govt. of Karnataka; Shri Rajendra Varma, Hon'ble Chairman, Dr. Babu Jagjeevan Ram Leather Industries Development Corporation; MLAs and MLCs, public representatives were amongst those present at the glittering function attended by a large gathering of local public.

Shri G N Asthana, GM/SCR welcomed the gathering and spelt out SCR's plans for developing rail transport infrastructure in parts of Karnataka under its jurisdiction. Later, the new train was welcomed at Zaheerabad Railway Station by Dr. J Geetha Reddy, Hon'ble Minister/Govt. of AP, Shri Nandi Yellaiah, Hon'ble MP (RS) and Shri Suresh Kumar Shetkar, Hon'ble MP (Zaheerabad). Shri K H Muniyappa and Shri N Dharam Singh also joined them. Responding to the plea of public, Shri Muniyappa, announced that the train would also stop at Kohir Station.



Secunderabad-Porbander (W) Express

The Secunderabad-Porbander-Secunderabad Weekly Express train, which was announced in the Railway Budget 2012-13, was introduced by Western Railway on July 11, 2012. On SCR the Train will halt at Tandur and Begumpet stations in both directions.

Adilabad-Nanded (D) Express



Adilabad - Nanded Intercity express train was inaugurated by Shri Ramesh Rathod, Hon'ble MP/Adilabad on July 14, 2012 in the presence of Shri Jogu Ramaiah/ Hon'ble MLA, Shri S S Soini, DRM/Nanded Division and other Senior Railway officials.

Tirupati-Bhubaneswar (SF) Express

Train No. 22871 Bhubaneswar-Tirupati Super Fast Weekly Express Train was flagged off on July 14, 2012. from Bhubaneswar by Hon'ble Members of Parliament Shri Pyarimohan Mohapatra and Shri Baisnab Parida, along with Bhubaneswar Lok Sabha Member Dr Prasanna Kumar Patasani.

Hyderabad-Ajmer Weekly Express



Hyderabad-Bellampalli Intercity Express



High Level Coordination Meeting Between SCR, GHMC and HMRL Held on Various Developmental Works



A high level co-ordination meeting has taken place between South Central Railway, Greater Hyderabad Municipal Corporation and Hyderabad Metro Rail Limited at Railnilayam today, 30th August 2012. The meeting was chaired by Shri G.N.Asthana, General Manager, SCR and attended by Shri M.T. Krishna Babu, Commissioner, GHMC, Shri N.V.S.Reddy, Managing Director, HMRL and Shri T.Stanley Babu, Ex.Advisor, Govt of AP along with senior officials.

The joint meeting was

conducted to discuss and sort out different issues between the various agencies on development projects involving Railways in the twin cities. Detailed deliberations were held on the subjects of MMTS Phase - II; progress on widening of existing RUBs; construction of new ROB/ RUBs; road widening on the inner ring road (Sangeeth Junction to Tarnaka) and various issues related to the ongoing Metro works on this stretch.

Shri G N Asthana, General Manager said that SCR has been providing all necessary help,

where ever required in a proactive manner for taking up various public utility works in Twin cities. He added that SCR would continue to strive for early completion of various public infrastructural works like MMTS Phase-II and ROB/RUB works in close coordination with GHMC / State Government.

Regarding MMTS Phase-II, the Final Location Survey has already been commenced. The actual field works can start after approval of the detailed estimates and finalization of Agency following due process in

this regard. The progress of widening / construction of each of the sanctioned ROB/ RUBs has been reviewed and it has been decided to have a joint inspection at the site where ever required by the officials from Railways and GHMC for expeditious clearance of pending issues.

It has been jointly decided that senior officials from Railways and GHMC would meet at regular intervals and monitor all matters related to MMTS Phase-II and ROB/ RUBs to accelerate the progress of works.

Seminar on 'Continuous Medical Education' organised in Nanded Division

CME (Continuous Medical Education) Seminar was organised on August 25, 2012 at Divisional Hospital, Nanded on embalming of Dead body. Dr. P Adhyapak, ADMO/NED gave an Audio-Visual presentation to the Railway beneficiaries about the procedure of embalming, chemicals used, legal procedures etc. Dr. Anil Shelar, CMS/NED, Doctors and paramedical staff participated in the seminar. Several Railway employees & family members were present on the occasion.

Mega Safety Seminar conducted on Guntur Division



Seminar. All the doubts raised by participants were addressed and clarifications were given by speakers. Safety posters, pamphlets were released and distributed to participants. This effort towards the Safety was hailed by everybody including Media and Unions.

Guntur Division conducted a Mega Safety Seminar on a grand scale on August 22, 2012. It was attended by 400 staff from field units directly related to safety. Shri P N Ram, Chief Security Officer was the Chief Guest and Shri N K Prasad, DRM/Guntur Division was the Special Guest for this

Inter-Divisional Cultural Competitions 2012 in Music and Drama Held

South Central Railway Inter-Divisional Cultural Competitions were held in Music & Dance on 23rd and 24th August, 2012 at Rail Nilayam Auditorium, Secunderabad. Railway Employees and Wards of Railway employees from all Divisions and Zonal Headquarters participated in the events. The winners will participate at the Inter-Railway Cultural competitions.

The professional experts from All India Radio/Hyderabad and Shri Thyagaraya Government College of Music & Dance, Hyderabad were the Judges at the event. Shri Seshasayi, Chief Personal Officer/SCR was the Chief Guest on the occasion. Shri K Yesupadam, Dy.CPO (Welfare & Reservation) organized the cultural competitions.

Following is the list of winners:

Classical Music Vocal (Solo) – Kum. Vasundha Sundar, D/o. Shri N Sundar, SO/Electronic Data Processing Centre/Secunderabad

Light Music Vocal (Solo) – Kum.Praneetha, D/o. Shri P Srinivas, Accounts Assistant, Account Department Zonal Office/Secunderabad

Instrumental Music (Solo) – Shri M S Pavan Kumar, Senior Commercial Clerk, Commercial Department, Secunderabad Division

Dance (Solo) – Kum. G Likhitha Priyanjali, D/o. Shri G Srinivas Rao, Loco Pilot/Kazipet, Secunderabad Division

Mimicry – Shri S M Basha, Technician, Electric Loco Shed, Vijayawada

Mono Action – Shri P Durga Rao, Sr.Technician, Electric Loco Shed, Vijayawada

- 1 Effective, not neat.
- 2 Clutter free and clean.
- 3 Handle paper once.

smarter not harder.

These three rules - plus 10 more on working smart - can make you more productive and effective.
One more: Beware the lure of perfection. That's not smart work.

Aim for effectiveness, not neatness. Neatness as an end in itself can even be risky: Putting things away just to clear off your desk can cause you to lose or forget them. Clutter is rarely caused by insufficient space or time. The culprit is usually indecisiveness. So be selective about what you bring into your office and home. If you know what you value and what your goals are, being selective is not hard. That maxim, "Handle each piece of paper only once," is too extreme to be realistic. But it contains a grain of truth.

- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13

Schedule appointments with yourself to get things done. Appointments aren't only for business lunches or seeing your doctor. They're for you, too.

Do not use your entire desk surface as a giant In-box. Instead, determine your next action on every piece of paper and file accordingly. Action Files must be kept close at hand.

Do buy more of things you use continually. Frantic last-minute shopping trips can be averted by purchasing things before your supply runs out.

Often **we are our own worst enemies**, interrupting ourselves by jumping from one half-finished task to another. Stop doing "the desktop shuffle" - moving papers aimlessly around on your desk. Every time you handle an item, take an action towards completing it.

Have a place for everything. Open your mail in the same place everyday so it doesn't get strewn everywhere. Put unpaid bills together, separate from paid bills. Store all office supplies together to prevent duplicate purchases.

Learn to say "No". You could live to be a hundred and still not have time to do everything you want---that's the curse and blessing of being intelligent and having high expectations of yourself.

Beware of perfectionism. Most routine work doesn't need to be done perfectly. Ask yourself - Is your effort disproportionate to the value of the task?

Use your day planner to help clear your desk. If you avoid filing things out of fear you'll forget to follow up, jot down a reminder in your appointment book or computer software.

Beware of stuff. The more stuff you have, the more you must find a place to put, and the more you'll have to clean, repair, and eventually replace.

Don't save paper that you're not willing to spend time filing. If you don't file it properly, you either will forget you have it, or you won't be able to find it when you need it.



No!



Tips on Health Care during Winter

Some simple tips to strengthen your body's immune system during the ensuing winter season are:

- 1. Drink the optimal amount of water.** With the winter season here, it's more important than ever to consume the right amount of water for your health. Avoid chilled beverages/cold water in this season.
- 2. Keep stress to a minimum.** High stress levels will make a person more susceptible to catching colds and flu. Minimize your stress by working reasonable hours at your job.
- 3. Eat a healthy diet.** Maintaining a good healthy diet full of fresh fruits & vegetables and minimal amounts of organic meats is another way to keep your body clean and in good working order. Try eating an extra piece of fruit or veggie every day too!
- 4. Exercise regularly.** It is important to exercise regularly, even if only for 15 minutes a day! Get out and take a short walk and enjoy the cool weather.
- 5. Get the right amount of sleep every night.** An average person needs 6-8 hours of sleep per night. If you're not getting enough sleep, your body is extremely vulnerable to illness.
- 6. Wash your hands regularly.** Keep the bacteria & viruses off your hands, out of your mouth and eyes. Keep a bottle of hand sanitizer close-by for those instances where you can't get to soap and water.
- 7. Don't smoke.** Smoking significantly weakens your immune system!
- 8. Avoid too much of sugar.** This includes not only the obvious kinds like cake, cookies, ice-creams but bread, pasta, and packaged fruit juices. Although these are made with different ingredients your body still converts them to sugar, which compromises your immune system etc.

Winter Nutrition for You

When the days are colder you need more warmth from your food.

Now in these days of air conditioning and central heating and travelling by car from door to door we may need this less than in the past but the principles are the same. This is also not an excuse to throw all your summer healthy eating out of the window just because it's cold outside. The same principles apply but just adapted to take advantage of all the seasonal vegetables available.

Good Winter Foods – Vegetables which are fantastic winter foods include *Sweet potatoes, Pumpkin, Squashes, Turnips, Swedes and Parsnips*. All of these are high in Vitamins A and C which will help build the immune system and ward off illness.

Garlic is another good vegetable to eat at this time of year as it has proven anti-viral and anti-fungal properties and could just help you stave off that cold. For warming grains go for *Oats, Quinoa and Wheat*. Other grains are more cooling so if you are making or buying bread try not to make it the staple of your winter meals. Add on *pulses*, really any pulse will do! They have been called the "perfect health food" Low in fat, high in protein and complex.



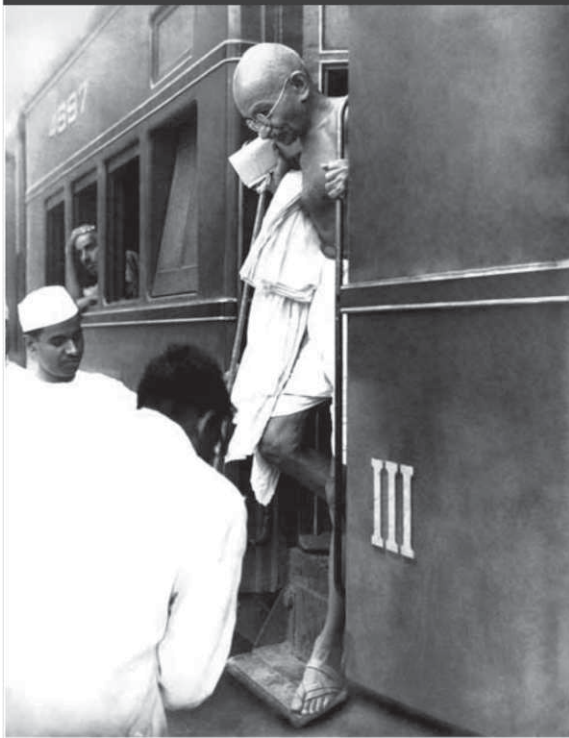
Other system boosts – You may find that you are feeling a little down as the nights draw in. Do try to get outside, especially in the mornings as the sun comes up. Natural light will help your pineal gland to switch off its night-time melatonin production and act like a natural caffeine boost.

Artificial light is not full frequency light and as such is not as powerful as sunlight at switching off the Pineal and this why you might feel sleepier in the winter time.

Just because it is cold and you might feel more inclined toward hot drinks, don't forget your body still needs at least *1.5 liters of water a day*. Drink water at room temperature - it is more rehydrating that way anyway as the body doesn't have to expend energy heating it to body temperature. If you want a heated drink try a *herbal tea* instead of regular tea or coffee.



Things to avoid – Avoid eating too much dairy produce. In general these are mucous forming and won't help if you are prone to colds or chesty coughs. You can still get good quantities of calcium from *Tofu, Beans, dark green vegetables* or by sprinkling some poppy seeds on your food



To Serve is not as simple as it sounds. The commitment, dedication and strong determination to serve emanates in individuals only if the desire to do so is inspired by the Divine force. The Mahatma and the Mother Theresa need no introduction. Both are household names, world over. India is indeed a blessed nation to have these angels of peace and love, who influenced the minds and lives of millions by their selfless service.

It is astonishing to know that train compartment is the place where these two great visionaries appear to have decided to take up the most challenging missions of their lives.

The Mahatma

The young Mohandas Karamchand Gandhi, during the year 1893 was performing his train journey duly purchasing a valid First Class ticket from Durban to Pretoria in South Africa. Travelling Ticket Examiner, a White, entered the coach and started checking the journey tickets of all the passengers. When the Official entered the cabin in which Mahatma was seated, he could not tolerate an Indian travelling by First Class and said that non-Whites cannot travel by First Class. Mahatma informed him that he possessed a valid ticket. But the agitated TTE forced Mahatma to get out of the train.

Perhaps, this incident deeply stirred the strong feelings of calm but courageous Mahatma to begin the fight for freedom from the racial discrimination. Back home, he extensively travelled by Rail across the length and breadth of the Akhand Bharath to motivate people of all walks of life... Eventually the peace and non-violence mantra that Mahatma professed and practiced gave us the independence and deliverance from the bondage of the Whites in India.

The Mother

On September 10, 1947, the young lady Agnes Gonxha Bojaxhiu was travelling by a train in India. She was travelling to Darjeeling to make her yearly retreat. Again it was a train compartment that was transformed into a holy place where Lord Jesus spoke directly to an young lady who accepted the challenge and commissioned a great mission to serve the poorest of the poor.

She was prompted to establish an institute and work among the dying destitute. The smile that God put on Mother's face never faded and is still shining among several Sisters dedicated to serve. Several poor persons have been helped, consoled or simply were enabled to die in dignity and gracefully in God's love.

and The Railways

Yes, the two great souls continue to occupy the minds and hearts of the millions across the globe among the Nations of the world. Generations to come will remember the sacrifice and the service of the Mahatma and the Mother. The Father of the Nation is still the guiding light to many a Nation and the Mother continues to light up the lives of the lesser fortunate masses.

Railways salute the great duo for honouring the high call for the noble cause.

Shri. M. SAMSON SUNDEEP, Sr. Work Study Officer/Hqrs.

Saving money can be easy if you adapt frugal lifestyle and accept it as a challenge. The following easy and effective money saving tips will be helpful in easing the burden of your financial burden:

- 1) **Track your spending:** By keeping track of your spending you will get an idea of where and how much you are spending. There may be times when you are spending unnecessarily like for example you may be paying a monthly membership fees for a gym but actually you may not be using it, So look at all the places where you are spending money and try to save as much as possible.
- 2) **Save from your monthly paycheck:** This habit will go a long way in increasing your savings. Do not use your entire paycheck for groceries and bills, try to put aside some amount of money in your savings account every month. **If you get bonus or a raise add that money to your savings instead of spending it.** Start saving from an early age to reap the amazing benefit of compounding effect.
- 3) **Use investment and saving plan:** Just keeping the money in your saving account is not sufficient, it will not earn enough interest. You must invest the saved money into good investment plans or savings plan which will earn you good interest and your money will be saved till retirement. Choose a plan which requires money to be deposited every month as this will compel you to save money.
- 4) **Restrict the use of credit cards:** If most of your purchases are made using credit cards then you will not be able to save money. Credit cards must be used for emergencies or major purchases. Also pay your credit card bills on time.
- 5) **Learn smart shopping tips:** Find out ways where you can shop for clothes or groceries or vegetables or anything at cheap rates. Visit shops when there is a sale or they are offering discounts. Buy daily necessities on wholesale rates, make list of all the things you want to buy and avoid impulsive buying.



Money Management



- 6) **Save on utilities:** Save on energy while using electric appliances. Review offers for new connection of telephone or cable connection, this may reduce your cable and telephone bills.
- 7) **Save on car and travelling:** When traveling to office use public transport or car pooling. Find out lower gas prices in your area, maintain your car properly as this will avoid unnecessary repairs.
- 8) **Teach saving to family members:** It will not benefit if you are the only member in the family who is interested in saving money. Teach the habit of saving to all the people in your family. Discuss good spending habits and ways of saving with everyone.
- 9) **Pay off your loans on time:** If at all you have taken a loan for a car or a house then make sure you make the repayment on time. By doing this you will save on the interest charges or penalty charges.
- 10) **Save on entertainment:** This is one area where most of your money is spent unnecessarily. Try to eat home cooked food and eat outside food only on special occasions. Do not spend money on buying expensive gifts; Try to find better ways of presenting gifts. Cancel the gym or club membership if you are not using it. Watch movies at home on a DVD rather than spending money on watching it in theatres which is very expensive. Remember... a penny saved is a penny earned.



जिन्दगी खुश रहने का नाम है



और खुश रहना इतना मुश्किल भी नहीं.

Just try these ways:

1. एकमात्र इंसान जो आपको सच्ची खुशी दे सकता है वो आप खुद हैं. इसलिए खुशी के लिए दूसरे पर depend रहना छोड़ दीजिए.
2. खुशी आपको भूल जाए पर आप खुश रहना कभी मत भूलिए - Always keep smiling.
3. बिना शर्तों के प्यार कीजिए- Love Unconditionally.
4. जो आपके पास है उसे celebrate कीजिए, जो नहीं है और आप पाना चाहते हैं उसके बारे में केवल Positive thoughts रखिये. One day you will get those things.
5. कभी-कभी आपके emotions बाहर आने दीजिए. Humans have them for a reason.
6. अपने comfort zone से बाहर कदम रखिए, आप सच में खुद को जिंदा महसूस करेंगे.
7. जब आपको किसी से jealousy हो या किसी के लिए नफरत महसूस करें तो इसे तुरंत रोक दीजिए, क्योंकि ऐसा करके आप सिर्फ खुद को hurt कर रहे हैं.
8. "Black & white", "Right or Wrong", "One way or Another" संसार सिर्फ

यही नहीं है. चीजों को ज्यादा से ज्यादा Point of Views से देखने की कोशिश कीजिए.

9. अगर आप चाहते हैं लोग सोचें that you are amazing तो सबसे पहले आप खुद भरोसा कीजिए कि आप amazing हैं और तब लोग भी करने लगेंगे.
10. अच्छा या बुरा जो भी हो रहा है उसे होने दीजिए बस आप निरंतर चलते रहिए क्योंकि अच्छा या बुरा कुछ भी स्थाई नहीं है.
11. Gossip, Past की Problems, Negative Thoughts और घटनाएँ जिन पर आपका Control नहीं है, इन्हें समय देना समय को व्यर्थ गँवाना है.
12. महँगी, आकर्षक, नयी चीज़ें आपको ये महसूस करवा सकती हैं कि आप बेहतर इंसान हैं पर दुख, भय या जब आपको ज़रूरत है तब ये आपको सुन नहीं सकती, आपका साथ नहीं दे सकती. इसलिए प्राथमिकताओं का निर्धारण सोच समझ कर कीजिए.
13. अपनी खुशियों की तुलना दूसरों की खुशियों से करना छोड़िए, जो आपके पास है उसमें खुश रहिए. Because "Relative Happiness" is fake.
14. किसी और के चेहरे पर मुस्कराहट लाइए वह दोगुनी होकर आपके चेहरे पर खिलेगी.

वर्ष के 12 महीनों के नाम तो हम सब जानते हैं, लेकिन क्या आप जानते हैं कि ये नाम कैसे पड़े? किसने इनका नामकरण किया? आइये, जानते हैं इनका राज



जनवरी - रोमन देवता "जेनस" के नाम पर वर्ष के पहले महीने जनवरी का नामकरण हुआ। मान्यता है कि जेनस के दो चेहरे हैं, एक से वह आगे तथा दूसरे से पीछे देखते हैं। इसी तरह जनवरी के भी दो चेहरे हैं, एक से वह बीते हुए वर्ष को देखते हैं तथा दूसरे से अगले वर्ष को। जेनस का लैटिन में जैनअरिस कहा गया। जेनस जो बाद में जेनुअरी बना, जो हिन्दी में जनवरी हो गया।

फरवरी - इस महीने का संबंध लैटिन के फैबरा से है। इसका अर्थ है "शुद्धि की दावत"। पहले इसी माह में 15 तारीख को लोग शुद्धि की दावत दिया करते थे। कुछ लोग फरवरी नाम का संबंध रोम की एक देवी फेब्रुएरिया से भी मानते हैं। जो संतानोत्पत्ति की देवी मानी गई है। इसलिए महिलाएँ इस महीने इस देवी की पूजा करती थी ताकि वे प्रसन्न होकर उन्हें संतान होने का आशीर्वाद दें।

मार्च - रोमन देवता "मार्स" के नाम पर मार्च महीने का नामकरण हुआ। रोमन वर्ष का प्रारंभ इसी महीने से होता था। मार्स मार्टिअस का अपभ्रंश है जो आगे बढ़ने की प्रेरणा देता है, सर्दियाँ समाप्त

होने पर लोग शत्रु देश पर आक्रमण करते थे इसलिए इस महीने को मार्च नाम से पुकारा गया।

अप्रैल - इस महीने की उत्पत्ति लैटिन शब्द "एस्पेरायर" से हुई। इसका अर्थ है खुलना। रोम में इसी माह में कलियाँ खिलकर फूल बनती थीं अर्थात् बसंत का आगमन होता था इसलिए प्रारंभ में इस माह का नाम एप्रिलिस रखा गया। इसके पश्चात् वर्ष के केवल दस माह होने के कारण यह बसंत से काफी दूर होता चला गया। वैज्ञानिकों ने पृथ्वी के सही भ्रमण की जानकारी से दुनिया को अवगत कराया तब वर्ष में दो महीने और जोड़कर एप्रिलिस का नाम पुनः सार्थक किया गया।

मई - रोमन देवता मरकरी की माता "मइया" के नाम पर मई का नामकरण हुआ। मई का तात्पर्य "बड़े-बुजुर्ग रईस" हैं। मई नाम की उत्पत्ति लैटिन के मेजोरिस से भी मानी जाती है।

जून - इस महीने लोग शादी करके घर बसाते थे। इसलिए परिवार के लिए उपयोग होने वाले लैटिन शब्द "जेन्स" के आधार पर जून का नामकरण हुआ। एक अन्य मतानुसार जिस प्रकार हमारे यहां इंद्र को देवताओं का स्वामी माना गया है उसी प्रकार रोम में भी सबसे बड़े देवता जीजस हैं एवं उनकी पत्नी का नाम है जूनो। इसी देवी के नाम पर जून का नामकरण हुआ।

जुलाई - राजा जूलियस सीज़र का जन्म एवं मृत्यु दोनों जुलाई में हुई। इसलिए इस महीने का नाम जुलाई कर दिया गया।

अगस्त - जूलियस सीज़र के भतीजे आगस्टस सीज़र ने अपने नाम को अमर बनाने के लिए सेक्सटिलिस का नाम बदलकर अगस्टस कर दिया जो बाद में केवल अगस्त रह गया।

सितम्बर - रोम में सितंबर सैप्टेंबर कहा जाता था। सैप्टेंबर में सेप्टे लैटिन शब्द है, जिसका अर्थ है सात एवं बर का अर्थ है वां यानी सैप्टेंबर का अर्थ सातवां किन्तु बाद में यह नौवां महीना बन गया।

अक्टूबर - इसे लैटिन "आक्ट" (आठ) के आधार पर अक्टूबर या आठवां कहते थे किन्तु दसवां महीना होने पर भी इसका नाम अक्टूबर ही चलता रहा।

नवंबर - नवंबर को लैटिन में पहले "नोवेम्बर" यानी नौवां कहा गया। ग्यारहवां महीना बनने पर भी इसका नाम नहीं बदला एवं इसे नोवेम्बर से नवंबर कहा जाने लगा।

दिसंबर - इसी प्रकार लैटिन डेसेम के आधार पर दिसंबर महीने को डेसेंबर कहा गया। वर्ष का 12 वां

राजभाषा कार्यान्वयन समितियों की बैठकों का आयोजन



मुख्यालय राजभाषा कार्यान्वयन समिति की 27^{वीं} बैठक श्री महेशचंद्र, मुख्य राजभाषा अधिकारी की अध्यक्षता में 21 सितंबर 2012 को संपन्न हुई।

श्रीमती मंगला अभ्यंकर उप महाप्रबंधक (राजभाषा) ने बैठक का संचालन करते हुए बताया कि हिंदी दिवस के उपलक्ष्य में प्रधान कार्यालय में विभिन्न प्रतियोगिताओं, कार्यक्रमों का आयोजन किया गया है। उन्होंने सभी सदस्यों को इनके सफल आयोजन में सहयोग देने के लिए धन्यवाद दिया देते हुए आशा व्यक्त की कि आगे भी सभी सदस्यों का सहयोग प्राप्त होगा। श्री महेश चंद्र ने अपने संबोधन में उप

महाप्रबंधक (राजभाषा) को इन कार्यक्रमों के सफल आयोजन के लिए बधाई दी। उन्होंने विभागीय बैठकों तथा हिंदी में संगोष्ठियों के आयोजन पर जोर दिया। उन्होंने प्रसन्नता व्यक्त की कि पिछली तिमाही में चार संगोष्ठियों का आयोजन किया गया। उन्होंने वेबसाइट पर सामग्री को द्विभाषिक रूप में सुनिश्चित करने के लिए कहा।

बैठक की मानक कार्यसूची की मर्दों पर विस्तार से चर्चा की गई और निर्णय लिए जाने के बाद सदस्यों से सुझाव व आश्वासन लिए गए और धन्यवाद प्रस्ताव के बाद बैठक समाप्त हुई।

क्षेत्रीय राजभाषा कार्यान्वयन समिति की 137^{वीं} बैठक श्री जी एन अस्थाना, महाप्रबंधक की अध्यक्षता में 27 सितंबर 2012 को संपन्न हुई।

बैठक में श्रीमती मंगला अभ्यंकर, उप महाप्रबंधक (राजभाषा) ने बैठक का संचालन करते हुए बताया कि महाप्रबंधक महोदय राजभाषा पखवाड़े के दो कार्यक्रमों में उपस्थित थे और उन्होंने इन कार्यक्रमों को उच्चस्तरीय कहते हुए उनकी सराहना की थी। इसके लिए उन्होंने महाप्रबंधक महोदय का विशेष रूप से आभार व्यक्त किया। श्री महेश चंद्र, मुख्य राजभाषा अधिकारी ने अपने संबोधन में राजभाषा पखवाड़ा में आयोजित कार्यक्रमों व समीक्षाधीन तिमाही में आयोजित संगोष्ठियों के लिए प्रसन्नता व्यक्त की

और चाहा कि आगे भी ऐसे आयोजन किए जाएं। उन्होंने स्टेशनों पर प्रदर्शित इलेक्ट्रॉनिक डिस्प्ले बोर्ड और अन्य बोर्ड द्विभाषिक रूप में सुनिश्चित करने के लिए कहा।

महाप्रबंधक, श्री अस्थानाजी ने राजभाषा पखवाड़ा कार्यक्रमों और रेलसुधा के प्रकाशन के लिए राजभाषा संगठन को बधाई दी। इसके बाद केंद्रीय अस्पताल के मुख्य चिकित्सा निदेशक, उप मुख्य चिकित्सा निदेशक और डॉक्टरों ने स्वास्थ्य संबंधी विषयों पर, पोषक आहार के बारे में सभी सदस्यों को जानकारी दी।

बैठक की मानक कार्यसूची की मर्दों पर चर्चा-निर्णयों के बाद, धन्यवाद प्रस्ताव के साथ बैठक समाप्त हुई।



दक्षिण मध्य रेलवे के मुख्यालय में हिंदी दिवस के उपलक्ष्य में 3 से 14 सितंबर 2012 तक राजभाषा पखवाड़ा मनाया गया। इस दौरान विभिन्न प्रतियोगिताओं और कार्यक्रमों का आयोजन किया गया।

3 सितंबर 2012 - हिंदी श्रुतलेखन व हिंदी टंकण प्रतियोगिताएं - प्रधान कार्यालय के कर्मचारियों के लिए

4, 5 व 6 सितंबर 2012 - हिंदी गीत अंताक्षरी - मुख्यालय स्तर पर तथा क्षेत्रीय स्तर पर आयोजित इस अंताक्षरी में प्रधान कार्यालय सहित विभिन्न मंडलों, यूनिटों व कारखानों के कर्मचारियों ने उत्साह से भाग लिया। इसमें मुख्य परिचालन प्रबंधक श्री. एस के अग्रवाल, मुख्य अतिथि के रूप में पधारे थे।

7 सितंबर 2012 - हिंदी गीत अंताक्षरी - सिकंदराबाद क्षेत्र के अधिकारियों के लिए आयोजित इस अंताक्षरी में जे ए ग्रेड विभागाध्यक्ष स्तर के अधिकारियों ने बढ़-चढ़ कर भाग लिया। इसमें मुख्य अतिथि के रूप में श्री जी एन अस्थाना, महाप्रबंधक पधारे थे। उन्होंने अपने संबोधन में कहा "यह एक उच्च-स्तरीय कार्यक्रम है। इस प्रकार के कार्यक्रमों से हमारे अधिकारियों और कर्मचारियों की प्रतिभा उजागर होती है।" उन्होंने इसके लिए राजभाषा संगठन को बधाई दी। श्री महेश चंद्र, मुख्य राजभाषा अधिकारी ने कहा कि इस प्रकार के कार्यक्रमों के आयोजन से राजभाषा के प्रयोग-प्रसार को बढ़ावा मिलता है, हिंदी के लिए अनुकूल वातावरण बनता है। श्रीमती मंगला अभ्यंकर, उप महाप्रबंधक (राजभाषा) ने कार्यक्रम का संचालन

करते हुए कहा, 'हिंदी गीत अंताक्षरी में सिकंदराबाद, हैदराबाद के अलावा, विजयवाड़ा, गुंटकल, गुंटूर जैसे पूर्णतया अहिंदी भाषी क्षेत्र के कर्मचारियों ने बड़े उत्साह से भाग लिया, जो हिंदी के प्रति उनके रुझान का द्योतक है।'

10 सितंबर 2012 - हिंदी में संगोष्ठी - चिकित्सा विभाग की ओर से आयोजित इस संगोष्ठी में मुख्य चिकित्सा निदेशक डॉ. जे. स्वाई, उप मुख्य चिकित्सा निदेशक डॉ. प्रसाद और केंद्रीय रेलवे अस्पताल के डॉ. साई ने सामान्य स्वास्थ्य संबंधी विषयों पर, हृदय रोग से बचने के पूर्वोपाय, पोषण और मधुमेह जैसे समसामयिक विषयों पर पावरपॉइंट के जरिए अपना वक्तव्य दिया। इस संगोष्ठी में विशेष अतिथि के रूप में श्री महेश चंद्र, मुख्य राजभाषा अधिकारी थे। श्रीमती मंगला अभ्यंकर ने इस संगोष्ठी के आयोजन की सराहना करते हुए कहा कि संगोष्ठी के वक्ताओं ने बहुत ही सरल और सहज हिंदी में महत्वपूर्ण जानकारी दी और यह संगोष्ठी अत्यंत लाभदायक रही।

11 सितंबर 2012 - हिंदी प्रश्न-मंच (खुला सत्र) और गृह मंत्रालय पुरस्कार वितरण समारोह - प्रधान कार्यालय स्तर पर आयोजित रोचक और ज्ञानवर्धक प्रश्नमंच में राजभाषा नीति, नियम, अधिनियम, राजभाषा संबंधी संवैधानिक प्रावधान से संबंधित प्रश्नों के साथ-साथ सामान्य ज्ञान के प्रश्न भी पूछे गए। इस प्रश्नमंच में कर्मचारियों ने अत्यधिक उत्साह से भाग लिया। उत्तर देनेवालों को



राजभाषा

तत्स्थान पुरस्कार प्रदान किए गए। तत्पश्चात् गृह मंत्रालय पुरस्कार योजना के अंतर्गत हिंदी में सराहनीय काम करनेवाले कर्मचारियों को पुरस्कृत किया गया।

इस समारोह के आरंभ में श्रीमती मंगला अभ्यंकर ने कहा कि केंद्र सरकार के अधिकारी और कर्मचारी होने के नाते सभी को राजभाषा नीति-नियमों का ज्ञान होना आवश्यक है, ताकि वे राजभाषा संबंधी संवैधानिक प्रावधानों का अपने सरकारी काम-काज में पालन कर सकें।

मुख्य अतिथि के रूप में मुख्य कार्मिक अधिकारी, श्री के शेषसाई उपस्थित थे। उन्होंने अपने संबोधन में कहा कि इतने बड़े स्तर पर हिंदी प्रश्न-मंच का आयोजन करना एक सराहनीय बात है। उन्होंने कहा कि हिंदी में काम करना शुरू करने पर शिक्षक अपने आप मिट जाएंगे और भाषाएं सीखने से हमारे ज्ञान में वृद्धि ही होगी। समारोह के अध्यक्ष श्री महेश चंद्र ने भी पुरस्कार विजेताओं को बधाई देते हुए आशा व्यक्त की कि ये पुरस्कार विजेता आगे भी हिंदी में काम जारी रखेंगे।

हिंदी में तकनीकी संगोष्ठीयां संपन्न



12 जुलाई 2012 को प्रधान कार्यालय में यांत्रिक विभाग और राजभाषा विभाग के संयुक्त तत्वावधान में हिंदी में तकनीकी संगोष्ठी आयोजित की गई। इस संगोष्ठी के अध्यक्ष श्री पी सी गजभिये, मुख्य यांत्रिक इंजीनियर और मुख्य अतिथि श्री महेश चंद्र, मुख्य राजभाषा अधिकारी थे। संगोष्ठी में यांत्रिक विभाग द्वारा स्नेहन तेल व ईंधन की खपत, ऊर्जा की बचत, दुर्घटनाओं की रोकथाम के उपाय आदि विषयों पर पावर पॉइंट के जरिए

पेपर प्रस्तुत किए गए। इस कार्यक्रम में कई अधिकारियों तथा कर्मचारियों ने भाग लिया।

13 जुलाई 2012 को सुरक्षा विभाग द्वारा रेल सुरक्षा बल प्रशिक्षण केंद्र, मौलाअली में 'हिरासत में लिए गए व्यक्ति के मानव-अधिकार' विषय पर हिंदी में संगोष्ठी आयोजित की गई।



इस संगोष्ठी की अध्यक्षता रेल सुरक्षा बल प्रशिक्षण केंद्र के प्रिंसिपल श्री बी की मिश्रा ने की। इस अवसर पर मुख्य अतिथि के रूप में प्रधान कार्यालय से श्रीमती मंगला अभ्यंकर, उप

महाप्रबंधक (राजभाषा) उपस्थित थीं। रेल सुरक्षा बल प्रशिक्षण केंद्र के अधिकारियों व कर्मचारियों तथा प्रशिक्षणार्थियों ने इस संगोष्ठी में भाग लिया।

श्रीमती मंगला अभ्यंकर ने इस अवसर पर कहा कि संगोष्ठी के आयोजन का उद्देश्य यह है कि हिंदी का प्रयोग केवल फाइलों तक ही सीमित न रहकर विचारों के आदान-प्रदान में भी हो। उन्होंने इस बात की सराहना की कि संगोष्ठी के 9 वक्ताओं ने मूल रूप से हिंदी में अपना वक्तव्य सरल व सहज भाषा में दिया। श्री मिश्रा ने कहा कि रेलवे पर सुरक्षा बल की भूमिका महत्वपूर्ण है। इस प्रशिक्षण केंद्र में सभी क्षेत्रों से प्रशिक्षणार्थी आते हैं। अतः यहां राजभाषा हिंदी का प्रयोग सार्थक है। उन्होंने अपने कर्मचारियों से अधिकाधिक कार्य हिंदी में करने के लिए कहा।

18 जुलाई 2012 को इंजीनियरी विभाग और राजभाषा विभाग के संयुक्त तत्वावधान में हिंदी में तकनीकी संगोष्ठी आयोजित की गई। इस संगोष्ठी के अध्यक्ष श्री प्रदीप कुमार, प्रमुख मुख्य इंजीनियर और मुख्य अतिथि श्री महेश चंद्र, मुख्य राजभाषा अधिकारी थे। इस संगोष्ठी में इंजीनियरी विभाग से संबंधित विषयों के साथ-साथ, सूचना अधिकार अधिनियम, पूंजी निवेश योजना और स्वास्थ्य संबंधी विषयों पर अधिकारियों द्वारा पावर पॉइंट के जरिए पेपर प्रस्तुत किए गए। इस कार्यक्रम में कई अधिकारियों तथा कर्मचारियों ने भाग लिया।





पखवाड़ा

12 सितंबर 2012 - नृत्य-नाटिका व पुरस्कार वितरण समारोह - इजीनियरी विभाग के श्री संजय जोशी और परंपरा नृत्य अकादमी टीम द्वारा 'सप्त-सप्ती' नामक एक नृत्य-नाटिका का प्रदर्शन किया जिसमें यह दर्शाया गया किस तरह सूर्य की सात किरणें गहन अंधकार को दूर कर मानव को स्वास्थ्य, समृद्धि और संपन्नता प्रदान करते हैं। लेकिन मानव अपने स्वार्थ सिद्धि के लिए इस सकारात्मक ऊर्जा को नकारात्मक

ऊर्जा में बदल रहा है। इसमें सूर्य की महिमा को दर्शाते हुए, इन्द्रधनुष के सात रंगों में छिपे गूढ़ अर्थ को उजागर किया गया, जो सरहानीय था। श्रीमती मंगला अभ्यंकर ने कहा कि यह एक उच्च स्तर का प्रदर्शन था और इसने दर्शकगण को मंत्रमुग्ध कर दिया। हिंदी में काम करनेवाले और हिंदी में सराहनीय योगदान देनेवाले कर्मचारियों को प्रोत्साहन पुरस्कार योजना के अंतर्गत और विभिन्न प्रतियोगिताओं में विजेता घोषित

कर्मचारियों को पुरस्कार प्रदान किए गए।

13 सितंबर 2012 - विशेष राजभाषा संपर्क अभियान - इसमें राजभाषा संगठन के कर्मचारियों ने सभी विभागों के कर्मचारियों से संपर्क किया और हिंदी में काम करने के लिए उन्हें आवश्यक मार्गदर्शन दिया।

14 सितंबर 2012 - राजभाषा पखवाड़ा का मुख्य समारोह व पुरस्कार वितरण समारोह - हिंदी दिवस के अवसर पर यह भव्य रूप से मनाया गया। इस समारोह में मुख्य अतिथि के रूप में महाप्रबंधक, श्री जी एन अस्थाना उपस्थित थे और समारोह की अध्यक्षता श्री महेश चंद्र ने की। इस अवसर पर श्रीमती मंगला अभ्यंकर ने माननीय गृह मंत्री श्री सुशील कुमार शिंदे तथा रेल मंत्री श्री मुकुल रॉय के 'हिंदी दिवस संदेश' का पठन किया।

इसके बाद मुख्य अतिथि द्वारा राजभाषा संगठन की गृह पत्रिका 'रेल सुधा' का विमोचन किया गया, जिसमें छपी रचनाओं से रेलवे अधिकारियों और कर्मचारियों की लेखन-प्रतिभा उजागर होती है।

तत्पश्चात् महाप्रबंधक पुरस्कार योजना के अंतर्गत वर्ष के दौरान, हिंदी में सराहनीय काम करनेवाले अधिकारियों और कर्मचारियों को पुरस्कृत किया गया। इस अवसर पर दमरे के कर्मचारियों द्वारा 'रेल की भाषा, मेल की भाषा' नामक हिंदी नाटक का मंचन भी किया गया। इस नाटक में यह दर्शाया गया

कि जिस तरह रेलें अलग-अलग प्रांतों के लोगों को आपस में मिलाती है, उसी तरह हिंदी भाषा अलग-अलग भाषा-भाषियों को एक सूत्र में पिरोती है। हिंदी न केवल देश की राष्ट्रभाषा है, बल्कि संपर्क भाषा भी है, इसलिए हिंदी भाषा और भारतीय रेल एकता का प्रतीक है। उप महाप्रबंधक (राजभाषा) द्वारा लिखित और निर्देशित इस नाटक में भाग लेनेवाले सभी कलाकार अहिंदी भाषी थे। इस नाटक की अतिथिगणों और दर्शकों ने बहुत प्रशंसा की। महाप्रबंधक ने कार्यक्रम के सफल व सुंदर आयोजन के लिए राजभाषा संगठन को बधाई दी। उन्होंने कहा कि राजभाषा संगठन द्वारा आयोजित इन कार्यक्रमों को 'ए' ग्रेड में रखा जा सकता है, इस प्रकार के आयोजनों से हिंदी के प्रयोग-प्रसार को अवश्य बढ़ावा मिलता है। उन्होंने आशा व्यक्त की कि इन कार्यक्रमों से प्रेरित होकर हमारे अधिकारी व कर्मचारी अपना अधिकाधिक काम हिंदी में करेंगे। समारोह के अध्यक्ष श्री महेश चंद्र ने अपने संबोधन में पखवाड़ा के दौरान आयोजित विभिन्न कार्यक्रमों की सराहना करते हुए कलाकारों को बधाई दी।

कार्यक्रम का संचालन करते हुए श्रीमती मंगला अभ्यंकर ने हिंदी के प्रयोग-प्रसार के लिए किए जा रहे प्रयासों का उल्लेख करते हुए 'हिंदी दिवस' के महत्व को रेखांकित किया।

अध्यक्ष श्री महेश चंद्र ने पुरस्कार विजेताओं को बधाई दी। श्रीमती मंगला अभ्यंकर के धन्यवाद प्रस्ताव के साथ कार्यक्रम समाप्त हुआ।

ईश्वर का दिया हुआ जिंदगी का यह तोहफा अनमोल है। इसे सहेजकर रखना इन्सान के अपने हाथ में है। जीवन के आनंद का स्रोत अपने अंदर ही है और उसे अपने अंदर से ही दूढ़ निकालना होगा। कुछ बातों को जानकर और अपनाकर हम अपनी जिंदगी को सार्थक बना सकते हैं और जीवन का सही आनंद उठा सकते हैं। क्या हैं वे ?

1. अपने-आप में मनुष्यत्व का विकास करें, अपना अधिकाधिक समय मानवीय गुणों को संगठित करने में ही व्यतीत करें।
2. अहंकार चुंबक की तरह हमेशा एक ही चीज़ का निर्देश करता है, स्व का। अतः अहंकार से परे रहें।
3. आत्मविश्वास ही है वह अद्भुत, अदृश्य और अनुपम शक्ति, जिसके बल पर आप अपने लक्ष्य की ओर अग्रसर होते हैं। वही आपका पथ-प्रदर्शक है। अतः इसे कभी ना खोयें।
4. याद रहें कि केवल उपभोग ही जीवन नहीं। भगवान ने शरीर के साथ मनुष्य को आत्मा भी दी है। शरीर की प्रत्येक वासना को इस आत्मा के बंधन में रखना जरूरी है। इसलिए हमेशा अपनी आत्मा को जागृत



जीवन के आनंद का स्रोत

5. अपनी इच्छाओं और शक्तियों के बीच की खाई की चौड़ाई को जान लें, ताकि गिरने की नौबत ना आयें।
6. निराशावाद एक भयंकर राक्षस है, जो हमारे विनाश की ताक में बैठा रहता है। अतः सदैव आशावादी रहें और आगे बढ़ें।
7. गांधी जी ने कहा था "मनुष्य को अपनी ओर खींचनेवाला यदि जगत् में कोई असली चुंबक है, तो वह केवल प्रेम है।" अतः प्रेम दें और प्रेम लें।
8. अपने जीवन का ध्येय बनायें और अपनी सारी शारीरिक और मानसिक शक्ति उसमें लगा दें।
9. व्यवहार वह दर्पण है जिसमें प्रत्येक का प्रतिबिंब देखा जा सकता है। अतः अपना आचरण सही रखें।
10. दूसरों के गुण और अपने अवगुण दूढ़ें। याद रहें कि अवगुणों से उबर कर ही हम जिंदगी की सही राह पर चल सकते हैं।

