

दक्षिण मध्य रेलवे



South Central Railway

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HUM-DUM *An internal newsletter of SCRIans* Vol. II Issue III Quarterly Newsletter *July, 2012*



● Health ● Management ● Office Working ● Events on SCR ● Sports ● Humour



Page 04

Monsoon is the season to get rejuvenated for all the living things. It's a refreshing season that makes you feel good. However, as the intermittent showers pour high, you may notice some uneasiness. Proper healthcare is a must to enjoy the beauty of this season.



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Shri G N Asthana, General Manager, released the Southern Zone Time Table on June 30, 2012 at Rail Nilayam. This Time Table, which was got designed and printed by South Central Railway, provides detailed timings on all the Train services run on SCR, SR, SWR and Konkan Railway.



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Many of us know that we could manage our time more effectively, only if we correctly identify the mistakes that we make. Read about the Top10 most common Time Management mistakes we commit and know how we could improve.

From Chief Editor's Desk

'Well begun is half done'. This adage can aptly be applied to SCR's first quarter performance as the Zone had a smooth take-off in the new FY 2012-13. Taking forward the momentum of the previous year, SCR has delivered an impressive output during the period April to June 2012. Read the details on page 3.

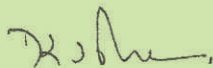
Railway week this year was celebrated in a jubilant manner by all the **SCRians**. The mood was upbeat as seven All-India level Efficiency Shields were awarded by Railway Board in recognition of SCR's sterling performance last year. It is a record of sorts in the history of SCR, achieved under the able captainship of our General Manager, Shri G N Asthana. This inspiring saga has been featured as our cover story.

Three noteworthy events on the Zone in the last three months - Visit of Shri K H Muniyappa, Hon'ble MoSR, to Tirupati in April; Commissioning of Jaggayyapeta-Mellacheruvu New line by Hon'ble CM of AP in May and release of New Southern Zone Public Time Table by General Manager in June- figure as our other lead stories in the center pages.

The glimmer of **Hum-Dum** is getting enhanced by each issue what with an encouraging and positive feedback from the readers. In tune with the spirit of **Hum Dum** to present a wide array of useful articles on issues of contemporary interest, the copy in your hands too offer a lot of leisure reading. Health care during the Monsoon season; a travelogue on lesser known but important holy places in this region; tips to make work effortless and effective time management techniques are some of the interesting articles, which are sure to catch your attention inside this issue.

Team **Hum-Dum** solicits active contribution from the readers to make it more participatory with scope for expanding the range of topics for publication.

Wishing you all a joyful and healthy season of vibrant monsoon ahead.....



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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.

57th Railway Week Celebrations



National Celebrations

Indian Railways celebrated the 57th Railway Week from 10th to 16th April, 2012 in commemoration of the first train run on Indian soil. The Central Function of the Railway Week was held in New Delhi on April 16, 2012 during which the coveted Railway Minister's 57th Railway Week Awards were presented.

SCR bagged the prestigious **Govind Vallabh Pant Shield** (jointly with WR) for the overall best performance among all the Zonal Railways. In addition, the Zone was awarded Six more Efficiency Shields in the following disciplines:

(i) **Traffic Transportation** (ii) **Civil Engineering** (iii) **Mechanical Engineering** (iv) **Stores** (v) **Level Crossing & Road Over Bridge Safety Works** (vi) **Running Room**

17 Officers and Staff of South Central Railway were honoured with the prestigious Minister of Railway's Award in recognition of their exemplary performance during the previous year. Amongst the Individual Awardees were 7 Gazetted Officers, 8 Group 'C' Staff and 2 Group 'D' Staff.

Officers and Staff who are the recipients of the 57th Railway Week Minister of Railway Award-2012

- | | |
|-------------------------------|---------------------------------|
| 1. Shri G.V.Mallikarjuna Rao | - Sr.DEE/ELS/LGD/SC |
| 2. Shri S.Vishnuvardhana Rao | - Dy. CE/C/HX/GTL |
| 3. Shri T.S.Manavalan | - DOM/GTL |
| 4. Shri S.Sudhakar | - DSC/RPF/HYB |
| 5. Shri Bhukiya Bal Singh | - Private Secretary, DRM/SC |
| 6. Shri P.Srinivasulu Reddy | - CVI (Engg), SDGM/O/SC |
| 7. Shri Salan Sanga | - SSO, Sr.DFM/O/SC |
| 8. Shri Zakir Hussain | - LP(M&E), KZJ/SC |
| 9. Shri P.Veera Bhadra Rao | - SE, BDCR/SC |
| 10. Shri N.Nagaraju | - Tech-I, DLS/GY/GTL |
| 11. Shri M.Odhelu | - SM, KZJ/SC |
| 12. Shri K.V.S.R.K.Ravi Varma | - SSE (Tele)/GNT |
| 13. Shri Mallaiah Iylaiah | - Sr. Trackman, SSE/PWay/LPI/SC |
| 14. Shri G. Pydi Raju | - Asst. Pointsman, AKP/BZA |
| 15. Shri D.Seran Senguttuvan | - Sr. DMM/BZA |
| 16. Shri K.R.V.Ramana | - SMM, Scrap Depot/RYPs/BZA |
| 17. Shri Vijender Bahadur | - OS, CoS/O/SC |



Railway Minister's Medal for RPF Inspector

Shri N Ashwini Kumar, Inspector/RPF, Internal Vigilance Group of Headquarters, Secunderabad has been awarded with Railway Minister's Medal for second best investigation for the year 2011.

Shri N Ashwini Kumar while working as Inspector/RPF/Nampally Station on June 24, 2010 received a theft report of 262 cell phones valued at Rs.6,00,000 booked in Luggage Van of Dakshin Express. He obtained IME numbers of stolen cell phones and traced them with the help of Department of Telecom, Hyderabad and various service providers. He gathered valuable information about the location of the stolen cell phones successfully arresting two notorious criminals and 9 Railway employees and recovered 53 cell phones. The above case is unique of its kind. The RPF Inspector intelligently utilized the latest available technology to detect the crime and located the criminals.



Zonal Celebrations

South Central Railway celebrated its Zonal Level 57th Railway Week on April 12, 2012. 187 Staff & Officers from Headquarters, Divisions, Workshops and Schools were awarded General Manager's Individual Merit Awards during the function held at Rail Kalarang, Secunderabad in recognition of their commendable services during the last financial year.

56 Performance Efficiency Shields were also presented by the Chief Guest, Shri G N Asthana, General Manager to the Divisions & Workshops who have shown exemplary results in various disciplines during the last year.

Similarly, in the Divisions and Workshops also, individual Merit Awards to meritorious staff were distributed by the respective DRMs and CWMs at the functions held at their Headquarters during the later part of the week.

Secunderabad Division bags GM's Overall Efficiency Shield

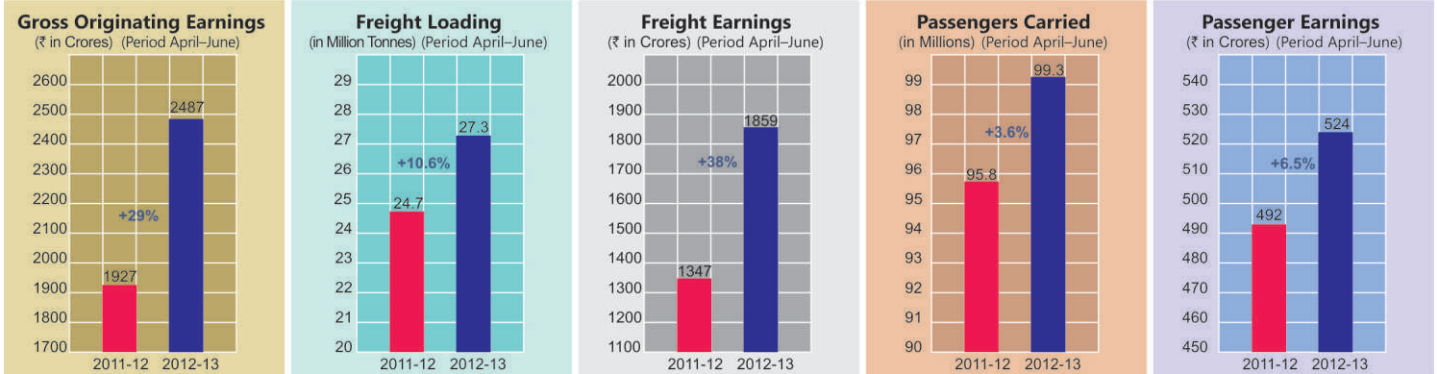


Secunderabad Division bagged General Manager's Overall Efficiency Shield for the best performance among the Six Divisions during the financial year 2011-12.

Shri G N Asthana, General Manager presented the "General Manager's Overall Efficiency Shield" to Shri Sanjeve Roy, DRM, Secunderabad Division.

At a Glance: Performance of South Central Railway in the First Quarter of 2012-13

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



Traffic Volume and Earnings

- Gross Originating Earnings improved by an impressive 29% to ₹2487 Crores (Cr) compared to ₹1927 Crs last year. SCR earned ₹560 Crs of additional revenue during the first quarter of the current fiscal.
- During this period SCR carried 99.3 Million originating passengers with a growth rate of 3.6%
- 2.6 Million Tonnes (MTs) of incremental Freight Loading has been achieved in this period (27.3 MTs as against 24.7 MTs last year)

Safety & Security

- SCR has handled smoothly the situation arising out of various bandh calls during this period.
- In view of the recent cases of train robberies, close coordination is being maintained with state police to ensure passenger security. 301 number of RPF Personnel have been put on escort duty of 95 trains on vulnerable sections.
- No major incident affecting passenger safety was reported in this period.
- Safety audits and frequent surprise inspections are being carried out by senior officials to ensure all safety systems are being followed in the field.
- Towards achieving 'No unmanned level crossing' by 2015, 24 such crossings have been eliminated during April to June 2012 as against the targeted 202 this year.

Passenger Amenities

- Around ₹42 Crs have been spent during this period towards strengthening passenger amenities for the comfort of passengers at stations.
- The works related to commissioning of lifts and escalators have been speeded up. So far 19 Lifts and 2 Escalators have been commissioned till end of June 2012 at 8 stations.
- Works for providing 16 more Lifts and 30 more Escalators are under progress.

Passenger Services

- 92% punctuality has been achieved during April to June 2012. Close monitoring of functioning of assets is being done to further enhance the punctuality.
- Special Drives have been taken up to popularize ATMs and JTBS through wide publicity campaigns so as to reduce the queues at Ticket Counters.
- PRS system has been provided at 3 Post Offices during this period.
- SCR has successfully faced the challenge of huge passenger rush in the recent summer. During April-June 2012, around 1.5 lakh passengers have been carried on 38 special trains.
- The system of monitoring the waitlist and attaching the extra coaches on a day-to-day basis has earned appreciation from Public. During April-June 2012, 2.20 lakhs of waitlisted passengers have been cleared through extra coaches attached to popular trains. On an average, 40 extra coaches per day were augmented.



Capacity Augmentation/New Projects

- SCR carries forward the momentum in record commissioning of New Lines and ROBs in the recent past to this year also.
- Hon'ble Chief Minister of Andhra Pradesh has commissioned 21 kms of New Line on Jaggayapeta-Mellacheruvu Section on May 3, 2012.



Experience **MONSOON** Magic the right way...

Monsoon is the season to get rejuvenated for all the living things. It's a refreshing season that makes you feel good. However, as the intermittent showers pour high, you may notice some uneasiness. Proper healthcare is a must to enjoy the beauty of this season.



To be Healthy during Rainy Season, follow these tips:-

Be careful about the intake of **food and water**. During rainy season, our digestion becomes weak. The infections during monsoon reduce the natural resistance level of the body.

A few of the very common diseases during this season are cough, cold, flu, poor digestion, jaundice, typhoid and dysentery.

Skin related problems such as abscess, prickly heat, and eczema are also very common during monsoon. Skin becomes dehydrated



during monsoon which is why you must moisturize it regularly. You need to be extra careful about cleansing your skin without stripping it of its natural moisture. The cleansing agent should be gentle and yet should be strong enough to remove every trace of dust and dirt from your skin.



Wash hands with soap and disinfected water before eating or handling edible items.

Diet: Wash all fruits and vegetables thoroughly, particularly leafy vegetables and cauliflower, which not only contain larvae and worms, but also collect dirt from the streets.



Garlic, pepper, ginger, asafoetida, jeera powder, turmeric and coriander help enhance digestion and improve immunity. Consume them on regular basis.

Clothes: One should wear loose cotton clothes, as it is skin friendly. Use talcum powder that are anti-fungal in areas more prone to fungal infections. Avoid wearing clothes which do not dry immediately.

Diabetics need to take extra care for foot during rainy days. Please do not walk bare foot. Avoid wearing wet shoes.

Safety: Stagnant water accumulated after rains is a breeding place for mosquitoes. Drain all standing water and empty water from outdoor items such as old tyres, cans and flower pot bases, etc.



Protect yourself with an appropriate insect repellent. Malaria and jaundice are common due to stagnant water and contaminated food. Use mosquito repellants, creams and nets.



Exercise: Exercise must be an important part of your monsoon healthcare regime as well. It's very essential to look at different options to regularly do physical exercise to stay active, fit and healthy. There are multiple exercise options you can try, if you're comfortable working out indoors.



1. Make peace with your past so it doesn't spoil your present.
2. What others think of you is none of your business.
3. Time heals almost everything. Give the time, some time.
4. No one is the reason of your happiness, except yourself.
5. Don't compare your life with others, you have no idea what their journey is all about.
6. Stop thinking too much, it's alright not to know all the answers.
7. Smile, you don't own all the problems in the world.

7 Lovely Logics



Chairman, Passenger Services Committee Visits SCR

Shri Joachim Buxla, Chairman, Passenger Services Committee, Ministry of Railways, New Delhi, visited Secunderabad and Necklace Road Railway Stations on May 15, 2012 and inspected the Passenger Amenities provided at these stations. Shri M Sundar Ram, Chief Commercial Manager; Shri Sanjeev Roy, Divisional Railway Manager, Secunderabad Division and other senior officials accompanied him during the inspection.

At Secunderabad Station, Shri Joachim Buxla inspected Platform No. 1 and 10. Shri Sundar Ram briefed him on the provision and maintenance of Passenger Amenities and new amenities planned to be provided such as lifts and escalators. Shri Joachim personally checked the working of Current Day Reservation Counter, Display of Current Train Status, working of Automatic Ticket Vending Machines (ATVM), Passenger Operated Enquiry Terminals (POET), Train fare



Display Boards, Cafeterias, Waiting Halls, Water taps and cleanliness of the station etc. He also interacted with the passengers to know their views on the amenities at the station and expressed his happiness over the amenities provided and upkeep of the station. After inspecting Necklace Road Station, he found that the passenger amenities at that station also are satisfactory.

Later, Shri Joachim met Shri G N Asthana, General Manager at Rail Nilayam, and discussed on the issue of Passenger Amenities on SCR.



Railway Central Hospital, Lallaguda performs Record Number of Surgeries



The special surgeries include Joint Replacement, Neuro Surgery, Cancer Surgery, Laparoscopic Surgery and Endo Urological Procedure etc among others.

The Railway Central Hospital, South Lallaguda, Zonal Headquarters Hospital of South Central Railway successfully performed a record number of 159 Special Surgeries during the year 2011-12. Apart from special surgeries, the Hospital carried out 2023 other surgeries during the year.

These surgeries were carried out free of cost with utmost care by a team of highly qualified Doctors deploying latest special equipment. Each surgery would cost about ₹3 to ₹6 lakh if done at any corporate hospital. The patients expressed happiness over the fine treatment offered at the Railway Hospital.

SCR observes 121st Birth Anniversary of Dr. B R Ambedkar

The 121st Birth Anniversary of Dr. B R Ambedkar was observed by South Central Railway at Rail Nilayam, Secunderabad on April 14, 2012. Shri G N Asthana, General Manager, Chief Guest lighted the lamp and garlanded the portrait of Baba Saheb Dr. B R Ambedkar in the presence of Shri PSN Murthy, Assistant Director General, Unique Identification Authority of India and Shri Sessa Sai, Chief Personnel Officer/SCR.

Shri PSN Murthy during his keynote address said that Indian Railways has brought about geographical integration in the country. He reiterated the need for building a casteless society so that we can attain true equality among the various sections of the people. He stressed the need for better education and character building to overcome the scourge of untouchability to attain a really integrated India.



Shri G N Asthana in his address stated that the Birth and Death anniversaries remind us of the teachings of great personalities. Dr. Ambedkar's ideals and works have inspired many to make India a caste-free society, giving equal opportunity to one and all in every sphere of life. On this occasion, he exhorted all to salute the indomitable spirit of Baba Saheb Ambedkar.

Earlier, Shri Sessa Sai welcomed the gathering. Shri V V Naik, President/SC & ST Association, Shri Ch. Shankar Rao, General Secretary/SCRMU and Shri Muthu Krishnan, President/SCRES also spoke on the occasion.

Awareness Programme on 'Graceful Ageing' conducted by Health Unit, Moula Ali

An awareness programme on "Graceful Ageing" was organized by the Health Unit, Moula Ali at Railway Institute, Moula Ali on May 19, 2012. Shri S K Sharma, Chief Medical Director, SCR was the Chief Guest on the occasion.

Dr. S K Sharma lighted the lamp to mark the inauguration of the programme. Dr. K Dayamanthi, Scientist, National Institute of Nutrition spoke on the nutritional benefits of various types of food which are to be



taken by the senior citizens to continue to lead a healthy life.

Several Officers, Retired Railway employees and staff of the Health Unit participated in the programme. Dr. V Sarada Devi, Additional Chief Medical Superintendent proposed the vote of thanks.

How to do *Work* in an *Effortless* manner

Sometimes work can be a drag. We get caught up in trying to be more productive and suddenly our life turns into a series of to-do lists. We gauge our measure of success by how much we accomplish. We spend a lot of time trying to find ways to be more productive, to do things faster, better, cheaper and spend our time more effectively. But instead of just doing more in less time, maybe we should focus on actually enjoying the work we're doing.



Here are 8 ways to make work seem like less of a chore and more like a gift:



1. **Follow your natural rhythms.**

A lot of time we resent working because we're trying to force ourselves to do something we don't feel like doing. Naturally there will always be some things we're not crazy about doing. But how often do we force ourselves to work more, when we really want to relax?

When we force yourself to work when you've promised yourself a break, you'll likely just end up distracting yourself with other things and put off working. Then you get stressed and end up resenting work. Instead, follow your natural rhythms. When you feel like working, work. When you don't, don't. Don't over complicate things.

2. **Do, don't think.**

Stay true to this point and not think about writing something elaborate on 'Plans' to do work. Just do, stop thinking about it. Fail, make corrections later.



3. **Don't put unwanted sugar in your body.**

It doesn't make sense to fill your body up with unhealthy fuel. If you don't have the energy to get the work needed to be done, you feel as if the work is forced on you.

4. **Remove hidden roadblocks.**

What's making you avoid working? What's making your work seem like drudgery rather than joyful? It might have something to do with your beliefs about yourself. Maybe you believe you're not good enough, smart enough or don't have enough experience. Question your beliefs about what you can and can't do.

5. **Only do your best.**

Work can easily become a chore when you're trying to constantly be perfect. The truth is, some of your ideas might not be so great. Others will be mind blowing. If you can accept that and just do your best, you stop judging yourself. It feels extremely liberating. It feels like you can actually enjoy your experience, rather than worrying about how everything is going to turn out. That is working effortlessly.

7. **Act from your gut.**

When you think you have a great idea, believe it. Follow it. Chase it until you're out of breath and can barely hold yourself up. Because if you don't trust yourself, you'll regret it later. The best way to live is to follow your intuition and trust life. If nothing else, trust yourself. Because if you can't trust yourself, how can you trust your mistrust?

8. **Refuse to do what you don't want to do.**

People often avoid working because they're trying to do things they think they "should do." eg. I think I should work on this project because it will be good for my resume. Forget what you think you should do.



6. **Focus on what matters.**

Our minds are constantly pulling us in different directions. We have a tendency to follow what's urgent instead of what's important. In order to get the important things done, we have to be ruthless at removing distractions. Remove all distractions to your work so that you can focus on the important things.

Do what you want to do. Other people will understand. In fact, they'll probably envy you.

Tarangini – Musical Nite to mark SCRWWO, Secunderabad Division's Annual Day



The South Central Railway Women's Welfare Organisation (SCRWWO), Secunderabad Division celebrated its annual day at Railway Sports Complex Grounds, Secunderabad on April 19, 2012. Shri G N Asthana, General Manager/SCR, Chief Guest on the occasion, inaugurated Annual Day Celebrations by lighting a ceremonial lamp. Smt. Manjulika Asthana, President/SCRWWO was the Guest of Honour. Smt. Nidhi Roy, President/SCRWWO/SC Division presided over the function. Office bearers and Members of SCRWWO, Senior Railway officials and Staff joined the celebrations.

Shri Asthana while addressing the gathering, lauded the lofty services of SCRWWO in the field of health & education to the needy especially to the differently-abled children of railway employees. The standard of society is gauged not by the sky

scrappers we build but by the quantum of help & care to the needy that we extend, he added. Shri Asthana released multi-coloured souvenir, named TARANGINI on the occasion, which showcased creative works of Railway Staff and their family members.

Smt Manjulika Asthana exhorted the members of the organization to extend their services to all with great love and care. Smt. Ganga Srinivas, Secretary/SCRWWO/SC Division presented the Annual Report.

As part of the celebrations, SCRWWO staged 'Tarangini', a Musical Nite programme. Famous musicians from various parts of the country including playback singers Ms. Geeta Madhuri, Sri Krishna, Shayz Billoo, Madhavi Shrivastav under the direction of Flute Nagaraju enthralled the audience with their performance.

SCR took Pledge on Anti-Terrorism Day for Observance of Non-Violence



Shri G N Asthana, General Manager administered Pledge on observing Non-Violence to Officers and Staff working at Rail Nilayam on May 21, 2012.

The pledge was also administered by Principal Heads of all Departments and Divisional

Railway Managers of all the Divisions to their officers and staff at their respective offices.

Anti-Terrorism Day is observed on May 21 with the objective of weaning the people especially the youth away from the culture of terrorism and violence.

Seminar conducted on 'World No Tobacco' Day

Railway Hospital, Vijayawada Division organized a seminar on the occasion of World 'No Tobacco' Day on May 31, 2012 at the Railway Institute,



Vijayawada. Shri Anurag, Divisional Railway Manager was the Chief Guest. Dr. G Krishna Reddy, Oncologist and bone marrow transplant specialist delivered keynote address elaborating on the indications of cancer and procedures available to treat the cancer patients. The awareness seminar was conducted in association with The Hindu daily and Manipal Hospital.

Speaking on the occasion, Shri Anurag stated that growing influence of tobacco can be reduced by effective campaigning against the menace.

New Obstetrics & Gynaecology Ward and Neonatal Intensive Care Unit inaugurated at Railway Central Hospital



Dr. V K Ramteke, Director General, Railway Health Services, Railway Board inaugurated the newly established Obstetrics & Gynaecology (O&G) Ward and Neonatal Intensive Care Unit (NICU) – for Mother & Child Care and launched the 'Medical Stores Inventory Management System' Software at the Railway Central Hospital (RCH), Secunderabad on May 25, 2012. Shri G N Asthana, General Manager, Dr. S K Sharma, CMD, Dr. B Sudhakar, MD, Shri Pradeep Kumar, PCE, Shri Margoob Hussain, DRM/HYB and Railway Officials & Hospital Staff were present on the occasion.



On the occasion, Dr. Ramteke said that the RCH is one of the efficient Railway Hospitals on Indian Railways and hailed the addition of O&G Ward and NICU as landmark improvements.

Shri G N Asthana, GM lauded the Officials concerned for having established the O&G Ward and NICU with elegance and modern equipments. He exhorted the Railway Medical Officers to raise up to tackle the challenges posed by issues related to complicated prenatal and post-natal care and care in old age.

Shri S K Sharma, CMD while addressing the gathering informed that Railway Board had sanctioned the construction of a 80 bedded ENT and Geriatrics (for old age) Ward at RCH. Shri B Sudhakar, MD and Dr. Nagasundari, Head of the Gynaecology Department also spoke on the occasion.

Treading the path less travelled... in search of Bliss



The romance of Indian Railways is forever encompassing, touching each heart that has travelled its course, offering a window side panorama of the history, culture, crafts, nature and people of this diverse but integral expanse.

South Central Railway, the gateway to the south, is privileged to offer a mix of experiences to the rail travelers, giving them the opportunity to seek a slice of life, both in terms of places worthy of sight seeing as well as pilgrim spots that arouse sublime divinity. On SCR, there exist a host of lesser known pilgrim spots covering a holy mix, which bring about solace and fulfillment to those who reach out to them. Here's a glimpse of a few of these –



Chilkur Balaji Temple –

Just about 25 kms from Hyderabad is the temple dedicated to Sri Venkateswara Balaji, abutting the placid banks of Osman Sagar

in Chilkur Village. Set in very sylvan surroundings, the temple built half a millennium ago has grown in stature to attract pilgrims in droves all through the year. "108 Pradakshinas" is what a devout has to make in return for a wish fulfilled. Untouched by hands of power and authority, the temple is well served by a hereditary trustee whose mission is just to serve God. Over time, the belief has grown by leaps and bounds that a prayer made before an exam or seeking a visa is sure to be granted by the Deity here.

Ameen Peer Dargah –

Kadapa, the nerve centre of Rayalaseema on the Chennai-Mumbai trunk rail route hosts the "Ameen Peer Dargah" established by a sufi saint Peerullah Hussaini about three centuries back. The place, also known as Pedda Dargah, signifies communal harmony at its best, with people cutting across religions making a beeline to seek blessings at the shrine. A galaxy of politicians, sports persons and film personalities are regulars here.



Sikh Guru, made a visit to this region in the 16th Century and

at the request of the locals performed a miracle which resulted in a spring of water, denoting the name "Jhira Saheb". Till this day one can witness crystal clear water flowing from this spring. A Guru-ka-Langar, caters to the food requirements of people across caste and creed for free.



Infant Jesus Church –

Phirangipuram, situated at the foot of a beautiful hill, 22 kms from Guntur is one of the earliest centres of Roman Catholicism in

Andhra Pradesh. True to its status, the little bustling town hosts the Infant Jesus Church, a massive gothic structure, built in 1891. For over a century, Christmas is celebrated with fascinating festivity by people of different faiths here. On the hill is a church built in the name of Mother Mary and a thousand steps have to be climbed to reach the place. Come July, the hill hosts the Feast of Mount Carmel, celebrated with pomp as "Konda Meeda Panduga", the festival on the hills.



Kolanupaka –

Aler town is situated on the busy Kazipet-Secunderabad rail route. Stationed about 6 Kms from here is a fusion of history and religion, the Jain Pilgrim Centre, Kolanupaka. The 2000 year old Jain temple here, with its 1.5 metres high image of Mahavira is of great religious importance to the Jains, as well as to the followers of Lord Shiva. This sacred site has got many

generations of temples built upon it. It's interiors showcase some remarkable images made in Green Jade of various Jinas, the achievers of ultimate knowledge.

Gurudwara Nanak

Jhira Saheb – Bidar, the historical town of North Karnataka about 164 Kms from Hyderabad on the Vikarabad-Parli Rail Route, boasts of one of the holiest Sikh Shrines, Gurudwara Nanak Jhira Saheb. Guru Nanak, the revered



General Manager Releases Southern Zone Public Time Table - July 2012



The release of new Railway Time Table every year is an event, eagerly awaited by the travelling Public. Shri G N Asthana, General Manager released the Southern Zone Time Table on June 30, 2012 at a Press Conference held at Rail Nilayam conference hall. This Time Table, which was got designed and printed by South Central Railway, provides detailed timings on all the Train services run on South Central Railway, Southern Railway, South Western Railway and Konkan Railway.

The layout of this issue has been designed with care to enable easy reference and access to the required information on various Passenger Services. The data has been presented colorfully in an eye-pleasing manner with maps and tables to enhance the readability. This Southern Zone Time table can serve as a one-stop guide for all the information needs of Rail Passengers in planning their journey.

This new Time Table, which

comes into effect from July 1, 2012 offers much cheer for the Passengers of South Central Railway. 15 of the 75 new Mail/Express Trains announced in the Railway Budget-2012-13 will originate from SC Railway and another 10 would pass through this Railway. Thus, 1/3rd of the total Mail/Express trains to be introduced during the FY 2012-13 would be available for the Passengers of S.C.Railway. Allotment of such high percentage of trains for SCR has

never been done in the past. These trains will be introduced in a phased manner in the current Financial Year.

Apart from New Train Services, this Time Table features the extension of 3 Originating Trains and 1 pass through Train and increase in frequency of 8 Originating / Terminating Trains and 4 pass through Trains over SCR. There will be change in the Days of operation for 5 Weekly Trains on SCR.

Summary of Salient Changes in the pattern of Train Services on SCR

Sl. No.	Item	Exp Trains Origi/ Term on SCR	Exp Trains Pass. through SCR	Passenger Trains	Grand Total
1.	New Trains	15	10	1	26
2.	Extension of Trains	1	1	2	4
3.	Increase in Frequency	8	4	—	12
4.	Change in Days of Operation	2	3	—	5
5.	Change in Complete Time Schedule of Train	4	—	—	4
6.	Change of Terminal	—	—	2	2
7.	Change in Arr./Dep. Timings at Individual Stations	4	—	8	12
8.	Change in Train Numbers	4	14	—	18
9.	Speeding up of Trains	4	4	4	12



67th Zonal Railway Users' Consultative Committee Meeting held

The 67th Zonal Railway Users' Consultative Committee (ZRUC) Meeting was held under the chairmanship of Shri G N Asthana, General Manager on June 29, 2012 at Rail Nilayam, Secunderabad. Shri J N Jagannathan, Addl. General Manager and Principal Heads of Departments of SCR were present. 15 ZRUC

Members participated in the meeting. The members were apprised of the performance of SCR and on developmental works under progress.

In his presidential address, Shri Asthana said that SCR is always in the forefront to meet the expectations of the rail users. He informed that there is no dearth of funds for construction of

ROBs/RUBs. SCR will bear 50% of the cost of such works provided State Governments come up with proposals as per the existing guidelines, he added. He stated that at present 41% of reserved tickets are being booked through Internet and called upon the members to encourage passengers to book e-tickets and also through JTBS and ATVMs to avoid long queues

at counters. SCR is taking necessary steps to improve facilities, such as Merchant Rooms, approach roads, platform surfaces and lighting facilities at freight terminals for the convenience of freight customers. Upgrading the Passenger Amenities is being given major thrust on SCR, he added.

The members appreciated the efforts of SCR and its positive response for various suggestions for service improvement. Deliberations were held in a cordial manner on various issues brought forth by the members. Shri Neelakanta Reddy, Deputy General Manager (General), SCR convened the meeting.



Jaggayya Peta Town – Mellacheruvu New Railway Line Commissioned



Shri N Kiran Kumar Reddy, Hon'ble Chief Minister of Andhra Pradesh commissioned the newly laid Broad Gauge line between Jaggayya Peta Town and Mellacheruvu at a function held at Mellacheruvu Railway Station on May 4, 2012. He unveiled a plaque and flagged off a Goods Train on the newly laid line.

Hon'ble Ministers – Smt. V Sunitha Laxma Reddy,

Capt. N Uttam Kumar Reddy and Shri Gutha Sukender Reddy, Hon'ble MP/Nalgonda were the Guests of Honour. Many public representatives, dignitaries and senior officials from South Central Railway were also present on the occasion.

Speaking on the occasion, Shri Kiran Kumar Reddy expressed his happiness over the speedy progress of Jaggayya Peta Town–Vishnupuram New Railway Line work. Stating that expectations of the people are very high, he asked the SCR Authorities to speed up all the ongoing projects in AP and assured State Government's

cooperation in all respects.

Shri Gutha Sukender Reddy, MP, in his address said that railway lines serve as the arteries of economic progress and expressed hope that the cluster of existing & upcoming industries in this area would make maximum utilization of the newly laid Railway Line to generate employment opportunities.

Shri Asthana in his welcome address thanked the State Government for their cooperation on issues related to land acquisition and cost sharing for certain new railway projects in Andhra Pradesh.



He informed that completion of new line on the entire stretch between Vishnupuram–Jaggayya Peta Town in the near future would create an alternate route between Hyderabad and Vijayawada duly reducing the distance by 40 kilometers. He assured that no stone would be left unturned to ensure early completion of the ongoing railway projects in the state of Andhra Pradesh.

Shri K H Muniyappa, Hon'ble Minister of State for Railways reviewed the ongoing Projects and other issues at Tirupati



Shri K H Muniyappa, Hon'ble Minister of State for Railways convened a meeting of Senior Officers of South Central Railway headed by Shri G N Asthana, General Manager to review the ongoing Projects and other Railway issues at Tirupati. Dr. N Siva Prasad, Hon'ble Member of Parliament, Chittoor was also present in the meeting.

Later, during a Press Conference, Shri K H Muniyappa complimented the Officers & Staff for SCR's remarkable performance during the last financial year 2011-12, during which SCR achieved a growth rate of 11.5%. He also stated that during this period, ₹94 Crs. have been spent towards improving Passenger Amenities at various Stations.

He further added that Railways have been making concerted efforts to develop Tirupati Railway Station, which is a major pilgrim hub in to a World Class Station. The Station handles 65,000 Passengers and 75 Trains on an average per day. Emphasis is being given to upgrade the Passenger Amenities at Tirupati Railway Station so as to provide a highly

qualitative service to the Passengers. During the last 3 years, several Passenger Amenity Works of worth ₹7.7 Crs were completed. Keeping in view the public demands for more number of Train Services to Tirupati, Railways have been introducing several new trains to Tirupati every year.

Red Ribbon Express on SCR



The Red Ribbon Express, a Nation-wide Mobile Awareness Project on Train, jointly organized by National AIDS Control Organisation (NACO) under the Ministry of Union Health and Family Welfare, various State Governments and Indian Railways would stop for display at 162 Railway Stations over 23 States across the length and breadth of the Country. The mission of the Red Ribbon Express is to spread awareness on prevention of HIV/AIDS, sexually transmitted diseases, reducing discrimination against AIDS victims besides providing information on infections such as tuberculosis and malaria etc.

Receiving overwhelming



response at every stop, the third phase of Red Ribbon Express was on display on South Central Railway from 31st May to 15th June, 2012 for Public viewing at Dharmavaram, Guntakal, Secunderabad, Adilabad, Kazipet, Mahbubnagar, Nalgonda and Guntur stations.

The Red Ribbon Express has seven fully air-conditioned exhibition coaches. Three

exhibition coaches have exhibits on HIV/AIDS, one coach on National Rural Health Mission (NRHM) has exhibits on Tuberculosis, Malaria, Reproductive and Child Health

Services, general health and hygiene. Two coaches are dedicated for counselling, demonstrations and conducting training of local stakeholders such as members of Panchayat Raj Institutions, Self Help Groups, health workers, youth organizations, teachers and general public personnel etc.

Shri Pankaj Diwedi, Chief

Secretary, Government of AP, opened the Red Ribbon Express, the mobile Exhibition Train, for public viewing at Secunderabad Railway Station on 4th June, 2012. Shri Rathna Kishore, Principal Secretary, Family welfare, Govt. of AP, Shri Sanjive Roy, DRM/SC and other officials from Government of AP, South Central Railway and National AIDS Control Society were present on the occasion.

While addressing the Media Personnel, Shri Pankaj Diwedi said that in the 21st century, the contagious and incurable HIV is confronting and challenging us. The control of this killer disease is mainly dependant on prevention of its spread based on awareness and precautions, he added.

Inauguration of Physiotherapy Unit at Sub-divisional Hospital, Rayanapadu



A New Physiotherapy Unit at Sub-Divisional Hospital, Rayanapadu was inaugurated by Shri S K Sharma, CMD/SCR on May 2, 2012 in the presence of Shri Anurag, DRM/Vijayawada.

Health Screening Camp Conducted at Headquarters –Rail Nilayam



A Health Screening Camp was conducted for Officers and Staff of the Headquarters at Rail Nilayam, Secunderabad from 2nd to 17th May 2012. It is a part of comprehensive health care being provided to all the staff of Rail Nilayam.

The screening camp was organized by Medical Director, CH/LGD involving Dr.Ch.Padma, Sr.DMO(SG)/H&FW, Specialists and Paramedical Staff from Central Hospital, Lalaguda and Consultant Specialists from corporate hospitals.

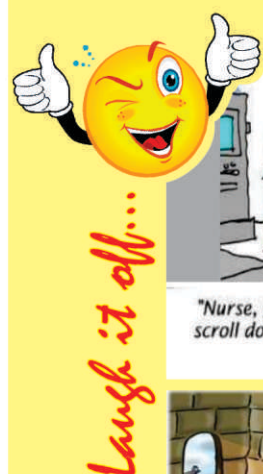
The screening included physical examination of the patients including height, weight and relevant investigations like Random Blood Sugar, ECG and BP. The screening camp was successful as it was organized at the work spot of the employees and 70% of the total strength of employees were examined.

Motivate Yourself to Exercise

You know you need to workout, but you're having trouble getting up the enthusiasm. How do you find motivation to exercise when you just don't feel like getting off your butt?

There are a million ways to motivate yourself to exercise, actually, but these are a few that can really work for you:

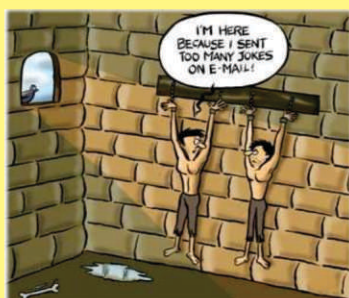
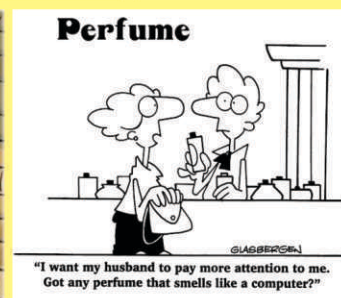
- ★ **Have fun.** If you hate running, don't go to the track for exercise. Find something you like. The list of different kinds of exercises is nearly endless. The only really important thing is to get your body moving and your heart rate up.
- ★ **How you're going to look.** Imagine a slimmer, fitter you. Now let that visualization drive you.
- ★ **Change it up.** Even if you have a routine you enjoy, mix it up from time to time. Try entirely different exercises. You can check out a CD and try yoga or kick boxing for an afternoon. This will not only keep you interested, it will break your muscles out of their routine and help produce better results.
- ★ **An exercise log/graph.** For some reason, writing it down is extremely important. Really. Do it for a week and you'll see what it means.
- ★ **Get appropriate clothing.** If you don't have the appropriate clothes for the exercise, it can be irritating, uncomfortable or even unsafe. Also be sure the clothing looks nice; if you don't like the way your clothing looks, you may feel uncomfortable, and less likely to exercise.
- ★ **Success stories.** The success stories can be incredibly inspirational. If a fitness website has success stories, sincerely always read them.
- ★ **Reward Yourself.** Have a healthy reward when you reach a goal. Buy yourself that cute pair of bike shorts. Go for a weekend hiking trip. Soak in the sauna for your 'workout' that day. Buy a new yoga video. Whatever works for you to celebrate in line with your healthy lifestyle!
- ★ **How you feel after a workout.** You must always feel great after a good workout. It's a high. And let that motivate you the next time.
- ★ **Calories burned.** If you count calories (and it's really one of the most effective ways to lose weight), you know that the more you exercise, the more calories you burn – and the bigger your calorie deficit.
- ★ **Get a buddy.** Exercising with a friend introduces a positive kind of peer pressure. You will be more likely to go to the gym if you know someone is waiting there for you. Talking and laughing while exercising will also keep you from being bored.
- ★ **Have a Goal.** What do you want to achieve? Make it specific, make it meaningful, make it obtainable. Be sure to have short-term benchmarks along the way. It's OK to change your goals if



"Nurse, get on the internet, go to SURGERY.COM, scroll down and click on the 'Are you totally lost?' icon."



"I forgot to make a back-up copy of my brain, so everything I learned last semester was lost."



😊 Dad writes on son's Facebook wall: Dear Son, How are you? All are fine here. We miss you a lot. Please!! TURN OFF THE COMPUTER & COME DOWN FOR DINNER!!!

😊 Best Friends in life are those who stand behind you during your bad times. To know who your best friends are, just look at your wedding photo album.

😊 Santa to Banta: I don't have an internet connection at home. Can you please copy the internet on this pen drive for me?

Recent Achievements of the SCR Sports Personnel



Ms. Mamatha, captain of the Indian Team has participated in the 1st World Cup Kabaddi championship at Patna from 1st to 4th March 2012 and the team secured GOLD MEDAL.

SCR Women Kabbadi team has participated in the All India 'A' Grade Kabaddi Tournament held at Salem from 6th to 10th June 2012 and secured GOLD MEDAL.

Ms. Mamatha has participated in the 3rd Asian Games at Haiyang (China) from 16th to 22nd June 2012 and secured GOLD MEDAL.

National Open Athletics Championship held at Hyderabad from 22nd to 26th June 2012



Ms. S Geetha secured GOLD MEDAL in 100mts, SILVER MEDAL in 200 mts and SILVER MEDAL in 4x400 mts Relay.

Ms. Uday Laxmi secured SILVER MEDAL in Shot-Put.

Ms. Soujanya secured SILVER MEDAL in 4x400 mts Relay.



Ms. Mithali Raj and Ms. Gouher Sultana of SCR were part of the Indian Women Cricket Team for T-20 and One Day International Series held from 21.06.2012 to 12.07.2012 in England.

Shri Ch. Sai Krishna, Cyclist of SCR has been selected for the Diploma course in National Institute of Sports.

Olympic Trivia



'The Olympic Games' is the biggest Sporting spectacle on Earth. These are currently held biennially, with Summer and Winter Olympic Games alternating, which means they occur every four years within their respective seasonal games. Originally, the ancient Olympic Games were held in Olympia, Greece, from the 8th century BC to the 4th century AD.

Baron Pierre de Coubertin founded the International Olympic Committee (IOC) in 1894. The IOC has since become the governing body of the Olympic Movement, whose structure and actions are defined by the Olympic Charter.

The Official Olympic

Flag: the Olympic flag, created by Pierre de Coubertin-founder of the modern Olympic Games, in 1914, contains five interconnected rings on a white background. The five rings symbolize the five significant continents and are interconnected to symbolize the friendship to be gained from these international competitions. The rings, from left to right, are blue, yellow, black, green, and red. The colours were chosen because at least one of them appeared on the flag of every country in the world. The Olympic flag was first flown during the 1920 Olympic Games.



The Olympic Motto: In 1921, Pierre de Coubertin borrowed a Latin phrase from his friend, Father Henri Didon, for the Olympic motto: *Citius, Altius, Fortius* ("Swifter, Higher, Stronger").

The Olympic Oath: Pierre de Coubertin wrote an oath for the athletes to recite at each Olympic Games. During the opening ceremonies, one athlete recites the oath on behalf of all the athletes. The oath was first taken during the 1920 Olympic Games by Belgian fencer Victor Boin. The Olympic Oath states, "In the name of all competitors, I promise that we shall take part in these Olympic Games, respecting and abiding by

the rules that govern them, in the true spirit of sportsmanship, for the glory of sport and the honor of our teams."

The First Opening Ceremony was held during the 1908 Olympic Games in London.

Opening Ceremony Procession Order: During the opening ceremony of the Olympic Games, the procession of athletes is always led by the Greek team, followed by all the other teams in alphabetical order (in the language of the hosting country), except for the last team which is always the team of the hosting country.

India at Olympics: India first participated at the Olympic Games in 1900, with a lone athlete (Norman Pritchard) winning two medals in athletics.

The nation first sent a team to the Summer Olympic Games in 1920, and has participated in every Summer Games since then. The 1920 team consisted of two wrestlers, two athletes and a manager. India has also competed at several Winter Olympic Games since 1964.

Indian Sports personnel have so far won a total of 21 Olympic medals, mostly in field Hockey. At one time, India's Men's Field Hockey Team was dominant in Olympic competition, winning 11 medals in 12 Olympics between 1928 and 1980, including six successive gold medals from 1928-1956.

The National Olympic Committee for India is the Indian Olympic Association, and was formed in 1927.

The 2008 Summer Olympics was the most successful Olympics ever for India with the Nation winning three Olympic medals in three different sports and also winning first individual Olympic Gold Medal by Abhinav Bindra.

The much awaited 2012 Summer Olympics are slated to be held at London this July-August. With this London gets the distinction of being the only City to have hosted 3 Olympics.

Badminton Star Rises from SCR's Ground



The rising star on the World Badminton scene, P V Sindhu has notched up another record becoming the first Indian to win the Girls' Singles title in the Asian Youth Under-19 Championship held at Gimcheon, South Korea recently.

It's a matter of pride for us that Sindhu belongs to SCR family. Her mother Smt. P Vijaya donned SCR's colours as a Volleyball player. Her father, Shri P V Ramana, who is an Arjuna Awardee, is also a Volleyball player of repute. He is currently working as Assistant Sports Officer on SCR.

The active guidance of her parents coupled with her hard work, dedication and commitment to the Sport has catapulted the sprightly player to the top league of Badminton at an early age. Her disciplined and gruelling practice sessions made her a player of class who never compromises on her goals. She is presently ranked 26th in the World.

She had her first triumph when she won RSC Junior Ranking Under-10 Singles and Doubles at Cochin and Indore in 2005. Since then it has been a series of wins for her at several prestigious National and International Championships.

Some of her recent achievements are:

- July 2012 Asian Badminton Champ'ship-2012 U-19 at Korea – Gold
- June 2012 Indonesia super series premier – Pre Quarters
- June 2012 Thailand Grand Prix Gold – Pre Quarters
- May 2012 Malaysia Badminton Open Super Series – Semi Finalist
- April 2012 India open Grand Prix at Lucknow – Quarter Finalist
- Dec 2011 Tata Indian Inter National Challenge – Gold
- Oct 2011 Swiss international Challenge 2011 – Gold
- Oct 2011 Dutch open Grand Prix 2011 at Netherlands – Silver
- Sep 2011 Youth Common Wealth Games 2011 – Gold
- July 2011 Indonesia International Challenge 2011 for Women – Gold

She is hailed by sports lovers as another Saina Nehwal in-the-making. Best wishes to Sindhu from SCRians to crown more and more glories in future.

10 Common Time Management Mistakes

TOP

Many of us know that we could manage our time more effectively, only if we correctly identify the mistakes that we make. Read

about the **Top10 Most Common Time Management Mistakes we commit and know how we could improve.**

When do we manage our time well? When we're exceptionally productive at work and when our stress levels drop. Here, we're looking at ten of the most common time management mistakes we all make and we will also identify the strategies and tips that we can use to overcome them.



No.1 - Failing to Keep a 'To-Do' List

Do you ever feel that you've forgotten to do an important work? If so, you probably don't use a To-Do List to keep on top of things.

The trick with using To-Do Lists effectively lies in prioritizing the tasks on your list. You can simplify this by using A through D (A for high priority items, D for very low priorities) or by using numbers.

If you have large projects on your list, make sure to break large tasks into specific, actionable steps - this way you won't overlook something important.

No. 2 - Not Setting Personal Goals

Do you know where you'd like to be in six months or this time next year, or even 10 years from now? If not, it's time to set some personal goals!

Personal goal is essential to manage your time well, because it gives you a destination & vision. When you know where you want to go, you can manage your priorities, time and resources to get there. Goals also help you to decide what's worth spending your time on, and what's just a distraction.

Focus on your long-term goals without overlooking your short term priorities.

No. 3 - Not Prioritizing

It's hard to know how to prioritize, especially when you're facing a flood of seemingly-urgent tasks. However, it's essential to learn how to prioritize tasks effectively if you want to manage your time better.

Understand the difference between urgent activities, and important activities. Also learn how to overcome the tendency to focus on the urgent.

Determine if a task is high-yield and high-priority, or low-value, 'fill in' work. You'll manage your time much better during the day if you know the difference.

No.4-Failing to Manage Distractions

Do you know that some of us lose as much as two hours a day to distractions? They come from emails, chats, colleagues in a crisis or phone calls. Distractions prevent us from achieving a flow, which is the satisfying and seemingly effortless work that we do when we're 100% engaged in a task.

To gain control of your day & do your best work, minimize distractions and manage interruptions effectively. Learn to improve your concentration, even when you're faced with distractions.

No. 5 - Procrastination

Procrastination occurs when you put off tasks that you should be focusing on right now. When you procrastinate, you feel guilty that you haven't started; you come to dread doing the task; and eventually everything catches up with you when you fail to complete the work on time.

Tell yourself that you're only going to start on a project for 10 minutes. Often, you feel that you have to complete a task from start to finish, and this high expectation makes you feel overwhelmed and anxious. Instead, focus on devoting a small amount of time to starting. That's all!

No. 6 - Taking on too Much

Are you a person who has a hard time saying "no" to people? If so, you probably have far too many projects and commitments. This can lead to poor performance, stress, and low morale. Taking on too much is a poor use of your time.

Learn the subtle art of saying "yes" to the person, but "no" to the task. This skill helps you assert yourself, while still maintaining good feelings within the group. If the other person starts leaning on you to say "yes" to their request, learn how to stand on your feet, and stay cool under pressure.

No. 7 - Thriving on "Busy"

Some people get a rush from being busy. The narrowly-met deadlines, the endless emails, the piles of files needing attention on the desk, the frantic race to the meeting... What an adrenaline buzz!

The problem is that an "addiction to busyness" rarely means that you're effective and it can lead to stress. Instead, try to slow down, and learn to manage your time better.

No. 8 - Multitasking

To get on top of the workload, people regularly write emails while they chat on the phone to others. However, while we think that this is a good use of time, the truth is that it can take 20-40 percent more time to finish a list of jobs when you multitask, compared with completing the same list of tasks in sequence. The result is also that both the tasks are poorly done - the emails are full of errors and the clients are frustrated by lack of concentration.

The best thing is to focus on one task at a time. That way, you'll produce higher quality work.

No. 9 - Not Taking Breaks

It's nice to think that you can work for 8-10 hours straight, especially when you're working to a deadline. But it's impossible for anyone to focus and produce really high-quality work without giving their brains some time to rest and recharge. So, don't dismiss breaks as "wasting time." Breaks enable you to think creatively and work effectively.

If it's hard for you to stop working, then schedule breaks for yourself, or set an alarm as a reminder. Go for a quick walk, grab a cup of coffee, or just sit and meditate at your desk. Try to take a five minute break every hour or two. And make sure that you give yourself ample time for lunch - you won't produce top quality work if you're hungry!

No.10-Ineffectively Scheduling Tasks

Are you a morning person? Or do you find your energy picking up once the sun begins to set in the evening? All of us have different rhythms, that is, different times of day when we feel most productive and energetic.

You can make best use of your time by scheduling high-value work during your peak time, and low-energy work (like returning phone calls and checking email), during your "down" time.

General Manager releases 'Compendium of Instructions on Railway Level Crossings'



Shri G N Asthana, General Manager released a Safety Booklet titled 'Compendium of Instructions on Railway Level Crossings' on the occasion of safety review meeting held at Rail Nilayam, Secunderabad on June 18, 2012. All Principal Heads of Departments, Divisional Railway Managers and Safety Officers participated in the

meeting and reviewed aspects related to safety in train operations with special reference to the inspections conducted by senior officers and action taken thereon.

The Booklet provides readymade information to the Officers and field staff on various matters related to safety at Level Crossings, such as Railway Board directives, Codal instructions and

check lists for maintenance and inspection of level crossings. The Compendium will be an useful tool for the staff to enhance safety at level crossings.

Though the number of accidents on SCR have shown a declining trend,

it is a matter of concern that nearly 50% of the accidents took place at Unmanned Level Crossings accounting for 100% of the casualties. To eliminate any scope of accidents at unmanned level crossings, SCR has drawn up an action plan to eliminate all unmanned level crossings by 2015 through various means.

Further, SCR is taking up several publicity campaigns for educating the road users in following the prescribed rules for safe passage across these crossings.



Divisional Railway Users' Consultative Committee Meetings



Secunderabad Division held its 151st DRUCC Meeting at Sanchalan Bhavan, Secunderabad on April 25, 2012. Shri Sanjive Roy, Chairman/DRUCC & DRM/SC welcomed the members and solicited their suggestions for further improving the services and facilities to the travelling public.

The meeting was convened by Dr B S Christopher, Secretary/DRUCC & Sr.DCM/SC Division. 20 of the 23 nominated Members were present at the meeting. A presentation was given on the performance of the Division and noteworthy developments during the last financial year. The Committee members elected Dr. M.C. Bhurat to represent Secunderabad Division in the ZRUCC.

Hyderabad Division conducted its 49th DRUCC Meeting at Hyderabad Bhavan on April 26, 2012 under the Chairmanship of Shri Margoob Hussain, DRM/HYB. Shri R G Kanakraj, Secretary/DRUCC and Sr.DCM/HYB convened the meeting, in which 14 Members of DRUCC were present.



The Chairman highlighted the performance of the Division during 2011-12 with special focus on the subject of Passenger Amenities.

The members expressed their satisfaction over the improvements made at stations and also for the introduction of additional trains. The members of the new DRUCC elected Shri Gautam Jain to represent Hyderabad Division in the ZRUCC.

Vijayawada Division's 116th DRUCC Meeting was held on April 27, 2012 at DRM's Conference Hall, Vijayawada under the Chairmanship of Shri Anurag, DRM/BZA. Shri S Ramesh Babu, Sr.DCM & Secretary/DRUCC and Divisional Heads of the Departments were present.

The Chariman elaborated on the progress made by the Division during the last financial year and informed the Members that the Division's performance at the Zonal level

yielded 13 Efficiency Shields. He further informed that betterment of Passenger Amenities is a continuous process and the Division strives to provide best of the amenities for the convenience of rail users.

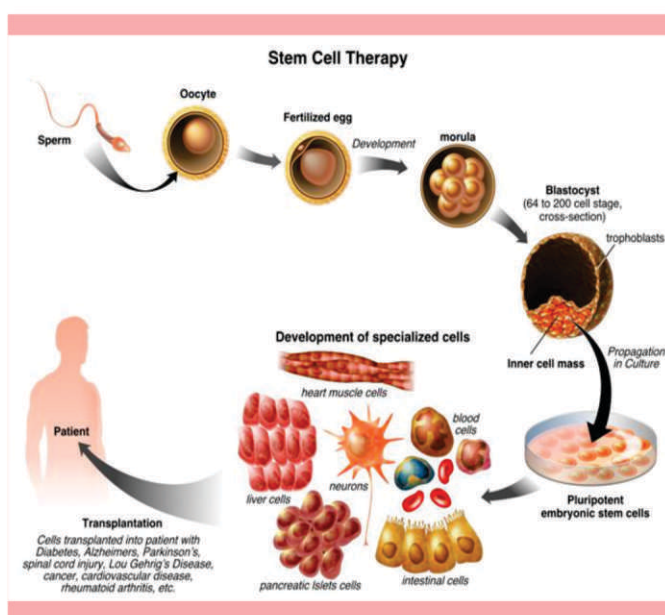
DRUCC members expressed their appreciation on the progress made by the Division and offered suggestions on further improvement of passenger amenities. Shri Dantu Surya Rao, Chairman, Kakinada Chamber of Commerce was elected as ZRUCC Member to represent Vijayawada Division.

Health is defined as a state of complete mental, physical, social and spiritual well being and the endeavor is to have the best quality of life without suffering and pain. Everyone wishes to have long life without much disease and ageing process. Medical advancements in the stem cell therapy offer new hope for patients with damaged tissue/organs.

Organ replacements are part of the normal procedure of replacing malfunctioning organs like Kidneys, Heart, Liver, and Cornea, etc. However, the availability of suitable organs and organ rejections are serious limitations. But using our own cell to regenerate our own organ for repair of damaged organ or to improve the functioning of an organ/tissue is the scope of stem cell transplant/regeneration.

Stem cells may be understood as mother cells that have potential or ability to multiply and differentiate into a more specialized cell or simply can self review to produce more stem cells.

The precise and well-designed transformation of a single cell to multi-cellular organs has been the vital step to regenerate molecular and stem cell transplant. The stem cell can become a different type of cell including nerve, muscle, blood, bone and skin when transplanted in body like an actor awaiting a casting call. Stem cells wait for signals to tell them what to transform in to.



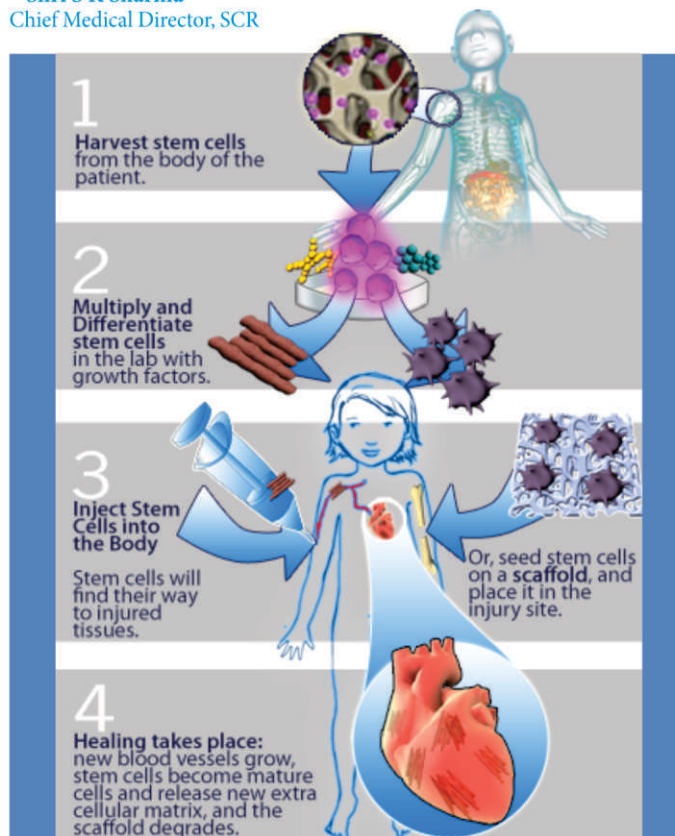
The Stem Cells are classified based on the source of origin –

- (1) Autologous – derived from the body of the same person for which it is to be used
- (2) Analogous – Derived from another person

Autologous are easy to use in view of no adverse reactions and easy acceptability and easy methodology involved. Analogous are fraught with complications, risks and likelihood of rejection also.

Stem Cells Transplant & Regenerative Medicine – A Promise for Better Health

– Shri S K Sharma
Chief Medical Director, SCR



The stem cells can be –

- (A) Embryonic stem cells which are less differentiated and have potential for rapid proliferation and differentiation in to many types of cells. They have to be used with lot of caution.
- (B) Adult stem cells comprise -
 - (i) Tissues derived from that part of the body from which only the actual recovery can be made (Unipotent) e.g. stem cells of brain
 - (ii) The centralized stem cells, which are multi-potent eg. Bone marrow, fat cells, etc.
 - (iii) Reprogrammed adult stem cells.
- (C) Three different strategies are being adopted for regenerative medicine.
 - (i) Replacing the damaged tissues by injecting cells' suspension or aggregates ie., non- healing ulcers, myocardial infraction, limbal cells in corneal diseases.
 - (ii) The transplantation of bio-artificial organs synthesized outside the body
 - (iii) In-situ regeneration.

मुख्यालय राजभाषा कार्यान्वयन समिति की बैठक का आयोजन



मुख्यालय राजभाषा कार्यान्वयन समिति की 26वीं बैठक श्री महेशचंद्र, मुख्य राजभाषा अधिकारी/ दक्षिण मध्य रेलवे की अध्यक्षता में दि.11.06.2012 को 11.00 बजे भंडार नियंत्रक सभागृह में संपन्न हुई।

श्रीमती मंगला अभ्यंकर ने कहा कि मुख्यालय स्तर की इस समिति की बैठकों में लिए गए निर्णयों पर सदस्यों द्वारा की गई कार्रवाई से ही मुख्यालय में राजभाषा की विभिन्न मर्दों में प्रगति

बैठक में समिति के अध्यक्ष एवं मुख्य राजभाषा अधिकारी तथा सभी सदस्यों के स्वागत के बाद बैठक का संचालन करते हुए उप महाप्रबंधक (राजभाषा),

संभव हो पाती है। अतः सदस्यों को अपनी ओर से पहल और प्रगति की दृष्टि से आवश्यक उपाय करने चाहिए। उन्होंने कहा कि राजभाषा हिंदी का प्रयोग बढ़ाने के लिए विभागों में विभागीय बैठकों का आयोजन अत्यंत लाभदायक होता है। अतः सभी विभागों में भी इसका आयोजन किया जाए।

समिति के अध्यक्ष, मुख्य राजभाषा अधिकारी एवं भंडार नियंत्रक श्री महेश चंद्र ने अपने संबोधन में विभागीय बैठकों तथा हिंदी में संगोष्ठियों के आयोजन पर जोर दिया। उन्होंने कहा कि संगोष्ठियों में हिंदी में अपने विचार प्रस्तुत करने से हिंदी के

प्रति शिक्षक दूर हो जाती है और कार्यालयों में हिंदी के लिए अनुकूल वातावरण बनता है। उन्होंने पिछली तिमाही में वेबसाइट पर हिंदी में अपलोड कराने के लिए शेष सामग्री का अब पूरा किए जाने पर प्रसन्नता व्यक्त की और कहा कि वेबसाइट पर सामग्री अपलोड/ अपडेट करना एक निरंतर प्रक्रिया है और इसे हिंदी में भी निरंतर सुनिश्चित किया जाए।

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

क्षेत्रीय राजभाषा कार्यान्वयन समिति की बैठक का आयोजन

क्षेत्रीय राजभाषा कार्यान्वयन समिति की 136वीं बैठक महाप्रबंधक श्री जी.एन.अस्थाना जी की अध्यक्षता में 29.06.2012 को संपन्न हुई। इस बैठक में भाग लेने के लिए रेलवे हिंदी सलाहकार समिति के सदस्य श्री सैयद हामिद अली विशेष रूप से पधारे थे।

बैठक में उप महाप्रबंधक (राजभाषा), श्रीमती मंगला अभ्यंकर ने समिति के अध्यक्ष एवं महाप्रबंधक, अपर महाप्रबंधक, रेलवे हिंदी सलाहकार समिति के सदस्य, मुख्य राजभाषा अधिकारी तथा सभी सदस्यों के स्वागत के बाद बैठक का संचालन करते हुए, पिछली बैठक में लिए गए महत्वपूर्ण निर्णयों पर सदस्यों द्वारा की गई कार्रवाई के लिए उन्हें धन्यवाद दिया।

मुख्य राजभाषा अधिकारी एवं भंडार नियंत्रक श्री महेश चंद्र द्वारा समिति के अध्यक्ष व महाप्रबंधक श्री जी.एन.अस्थाना, अपर महाप्रबंधक

श्री जे.एन.जगन्नाथ और रेलवे हिंदी सलाहकार समिति के सदस्य श्री सैयद हामिद अली का पुष्पगुच्छ से स्वागत के बाद, उन्होंने अपने संबोधन में वेबसाइट की सामग्री हिंदी में भी अपलोड कराने की दिशा में प्रधान कार्यालय तथा मंडलों में पिछली तिमाही की तुलना में हुई प्रगति पर प्रसन्नता व्यक्त करते हुए कहा कि यह एक निरंतर प्रक्रिया है और इस पर सतत निगरानी रखी जानी चाहिए। उन्होंने स्टेशनों पर प्रदर्शित इलेक्ट्रॉनिक डिस्प्ले बोर्ड और अन्य बोर्ड द्विभाषिक रूप में सुनिश्चित करने की दिशा में शेष कार्य शीघ्र पूरा करने, विभागीय बैठकों तथा हिंदी में तकनीकी संगोष्ठियों के



आयोजन पर जोर दिया।

अध्यक्ष तथा महाप्रबंधक ने अपने संबोधन में इस रेलवे पर राजभाषा का प्रयोग बढ़ाने के लिए प्रधान कार्यालय सहित सभी मंडलों और कारखानों में हो रहे अच्छे कार्य की सराहना करते हुए, स्टेशनों और शेडों में प्रदर्शित सभी सूचना और तकनीकी अनुदेशों से संबंधित बोर्डों को अंग्रेजी के साथ-साथ हिंदी और स्थानीय भाषा में भी

प्रदर्शित करने, जनसंपर्क स्थलों पर प्रदर्शित सभी बोर्ड, सूचनाएं आदि अनिवार्य रूप से द्विभाषिक/ त्रिभाषिक रूप में प्रदर्शित करने तथा वेबसाइट को और सुदृढ़ और यूजर फ्रेंडली बनाने पर जोर दिया। उन्होंने राजभाषा अधिनियम की धारा 3(3) का शत-प्रतिशत अनुपालन सुनिश्चित करने पर भी जोर दिया।

रेलवे हिंदी सलाहकार समिति के सदस्य श्री सैयद हामिद अली ने अपने संबोधन में यूनिकोड, वेबसाइट आदि के बारे में कुछ सुझाव दिए।

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

"ऊर्जा संरक्षण" पर हिंदी में तकनीकी संगोष्ठी संपन्न

दमरे के विद्युत विभाग और राजभाषा अनुभाग के संयुक्त तत्वाधान में 21.06.2012 को "ऊर्जा संरक्षण" विषय पर हिंदी में तकनीकी संगोष्ठी का आयोजन किया गया। संगोष्ठी की अध्यक्षता श्री जी.आर.अग्रवाल, मुख्य विद्युत इंजीनियर ने की। उन्होंने अपने संबोधन में कहा कि यह संगोष्ठी "राजभाषा हिंदी का प्रचार-प्रसार" और "ऊर्जा संरक्षण के प्रति सभी में जागरूकता उत्पन्न करना" इन दोनों उद्देश्यों में सफल रही। उन्होंने इस बात पर प्रसन्नता व्यक्त करते हुए कि



अधिकाधिक हिंदीतर भाषी वक्ताओं ने अपने विचार हिंदी में अत्यंत सहजता और सही उच्चारण के साथ व्यक्त किए हैं, यह कहा कि विद्युत विभाग राजभाषा हिंदी के प्रयोग-प्रसार को बढ़ावा देने में सतत अग्रसर रहेगा।

श्रीमती मंगला अभ्यंकर, उप महाप्रबंधक (राजभाषा) ने इस अवसर पर अपने संबोधन में कहा कि इस प्रकार की संगोष्ठियों का हिंदी में आयोजन करने का उद्देश्य यही है कि कार्यालयों में हिंदी का वातावरण पैदा हो और हिंदी का प्रयोग अधिकाधिक बढ़े। उन्होंने कहा कि जब विचारों के आदान-प्रदान में हिंदी का प्रयोग हो, तब फाइलों पर हिंदी आने में देर नहीं लगेगी। उन्होंने कहा कि इस संगोष्ठी में अधिकाधिक संख्या में भाग लेनेवाले वक्ता इस बात

का प्रमाण है कि इस रेलवे पर अधिकारी/कर्मचारीगण राजभाषा हिंदी के प्रयोग-प्रसार में अग्रसर हैं।

संगोष्ठी के आरंभ में "ऊर्जा संरक्षण" के संबंध में उपस्थित सभी अधिकारियों/ कर्मचारियों ने शपथ ली।

इस संगोष्ठी में विद्युत विभाग के लगभग 22 अधिकारियों/कर्मचारियों ने "ऊर्जा संरक्षण" के विभिन्न पहलुओं, जैसे ऊर्जा का स्रोत, घर और कार्यालयों में ऊर्जा की बचत के नुस्खे, रेलवे प्रणाली में ऊर्जा की बचत के उपाय आदि पर पावरपॉइंट के जरिये अपने विचार हिंदी में प्रस्तुत किए।

धन्यवाद ज्ञापन के साथ संगोष्ठी संपन्न हुई।



रिश्तों में मधुरता बनाए रखे

✖ सबसे पहले रिश्तों की जरूरतों को समझें, जो रिश्ता आप निभाने जा रहे हैं, वह आपके लिए कितना अहम् है इस बात को समझें।

✖ दूसरी जरूरी चीज यह है कि आप अपने रिश्तों को समय दें, यह काफी पुराना मंत्र है, पर है सौ फीसदी कारगर।

✖ स्पर्श का जादू... यह वैज्ञानिक तौर पर प्रमाणित हो चुका है कि स्पर्श किसी भी रिश्ते में जादू का काम करता है। अगर बच्चा बीमार है, तो डॉक्टर भी यह सलाह देते हैं कि माँ-बाप बच्चे को अपना स्पर्श दें। स्पर्श सभी रिश्तों में बहुत महत्वपूर्ण है।

✖ जब अपने मित्रों या रिश्तेदारों के साथ हों, तो औपचारिक भाषा का प्रयोग न करें। उदाहरण के तौर पर, "आप कैसे हैं?" की जगह आप पूछ सकते हैं, "बहुत दिनों के बाद आपसे मुलाकात हुई, क्या हालचाल है?"

✖ उपहार किसी भी रिश्ते में नई जान डाल सकते हैं। बिगड़ी बात बना सकते हैं। उपहार सस्ता हो या फिर महंगा, यह महत्वपूर्ण नहीं है। आप उसे किस भावना से दे रहे हैं, वो महत्वपूर्ण है।

रिश्तों के बिना जीवन की कल्पना ही नहीं की जा सकती, ऐसे में अगर इसमें अपनेपन की मिठास धुल जाए, तो जिन्दगी और भी खुशगवार बन जाती है। आईए, जाने रिश्तों में मिठास बनाए रखने के कुछ मंत्र।

✖ थोड़ा समय निकालकर अपने माता-पिता, भाई-बहनों आदि के साथ बैठकर अपने पुराने फोटो एलबम देखें। अपने सगे-संबंधियों के साथ बिताए गए समय की ये तस्वीरें आज उनसे आपके रिश्ते को जरूर मजबूत बनाएंगे।

✖ साथ खाना जरूर खाएं। बेहतर रिश्तों के लिए दिन में कम से कम एकबार साथ खाना बहुत जरूरी है। खाने के टेबल पर परिवार से जुड़ी बातें ही करें।

✖ रिश्तों में आपकी तरफ से अपेक्षाएं कम और जिम्मेदारी का बोध ज्यादा होगा, तो रिश्ते अपने आप मधुर होते जाएंगे।

✖ हफ्ते में कम से कम एक बार अपने सभी रिश्तेदारों से फ़ोन या इंटरनेट से बात करें।

✖ किसी भी रिश्ते को निभाते समय अपना अहंकार या अहम बीच में न आने दें।

✖ किसी भी परिस्थिति में रिश्तों के बीच संवादहीनता न आने दें। चुप्पी रिश्तों को खत्म कर देती है। यदि कोई रिश्ता बिगड़ रहा हो, तो उसे बातचीत से ठीक करें।

✖ किसी से बात करते समय या अपनी बात किसी के समक्ष प्रस्तुत करते समय इस चीज का खास ख्याल रखें कि हर किसी का आत्मसम्मान होता है और उसे आप गलती से भी चोट न पहुंचाएं।

✖ अच्छे श्रोता बनें। एक अच्छे रिश्ते के लिए यह बहुत जरूरी है कि सामने वाले की बातों को धैर्य के साथ सुना व समझा जाए।

✖ किसी भी रिश्तेदार से मिलते समय मन में कोई हीनभावना या किसी बात का गर्व न आने दें।

✖ आप अपने रिश्तेदारों और मित्रों को नाम से याद रखें और किसी समारोह में नाम से संबोधित करें, तो उन्हें बहुत अच्छा लगेगा।

✖ अपने सभी मित्रों और रिश्तेदारों के जन्मदिन, शादी की सालगिरह आदि की तारीख याद रखकर उन्हें बधाई जरूर दें।

✖ यदि आप समय-समय पर बड़ों को आदर और छोटों को प्यार देते रहेंगे, तो रिश्ते मजबूत होते जाएंगे।

✖ रिश्तों में क्षमादान बहुत महत्वपूर्ण है, इसलिए माफ़ करना और अपने किसी गलत व्यवहार के लिए माफ़ी मांगना भी सीखें।

✖ किसी भी रिश्ते में दोस्ती का एक रिश्ता जरूर रखें।

✖ अपने आपको रिश्ते के हर उतार-चढ़ाव और हर परिस्थिति में ढालने के लिए तैयार रखें।

✖ अपने प्रियजनों के बुरे वक्त में उनका साथ जरूर दें।

✖ आप जैसे हैं, घरवालों और रिश्तेदारों के सामने भी वैसे ही रहें। कुछ और बनने या दिखाने का प्रयत्न न करें। इससे भविष्य में आप मुश्किल में पड़ सकते हैं।

✖ अपने हर रिश्ते में पूरी ईमानदारी बरतें।

✖ दूसरों से वैसा ही व्यवहार करें, जैसा कि आपको अपने लिए अपेक्षित है। आपने वह कहावत तो सुनी ही होगी कि जैसा बोएंगे वैसा ही काटेंगे।

आयुर्वेदिक दोहे

✖ पौदीना औ इलायची, लीजै दो-दो ग्राम।
खायें उसे उबाल कर, उल्टी से आराम।

✖ मिश्री कत्था तनिक सा, चूसें मुंह में डाल।
मुंह में छाले हों अगर, दूर होय तत्काल।

✖ छिलका लेंय इलायची, दो या तीन गिराम।
सिर दर्द मुंह सूजना, लगा होय आराम।

✖ अण्डी पत्ता वृंत पर, चुना तनिक मिलाय।
बार-बार तिल पर घिसे, तिल बाहर आ जाय।

✖ रस अनार की कली का, नाक बूंद दो डाल।
खून बहे जो नाक से, बंद होय तत्काल।

✖ भून मुनक्का शुद्ध घी, सैंधा नमक मिलाय।
चक्कर आना बंद हों, जो भी इसको खाय।

✖ दो चम्मच रस प्याज की, मिश्री संग पी जाय।
पथरी केवल बीस दिन, में गल बाहर जाय।

✖ खीरे का रस लीजिये, कुछ दिन तीस ग्राम।
लगातार सेवर करें, पथरी से आराम।

✖ बैंगन भुर्ता बीज बिन, पन्द्रही दिन गर खाय।
गल-गल करके आपकी, पथरी से आराम।

✖ दाडिम (अनार) छिलका सुखाकर, पीसे चूर बनाय।
सुबह-शाम जल डाल कम, पी मुंह बदबू जाय।

✖ चूना घी और शहद को, ले सम भाग मिलाय।
बिच्छू को विष दूर हो, इसको यदि लगाय।

✖ गरम नीर को कीजिये, उसमें शहद मिलाय।
तीन बार दिन लीजिये, तो जुकाम मिट जाय।

✖ अदरक रस मधु (शहद) भाग सम, करें अगर उपयोग।
दूर आपसे होयगा, कफ और खाँसी रोग।

✖ ताजे तुलसी पत्र का, पीजे रस दस ग्राम।
पेट दर्द से पायेंगे, कुछ पल का आराम।

✖ बहुत सहज उपचार है, यदि आग जल जाय।
मींगी पीस कपास की, फौरन जले लगाय।

✖ नीम - पत्र के चूर्ण में, अजवायन इक ग्राम।
गुण संग पीजै पेट के, कीड़ों से आराम।

✖ दो-दो चम्मच शहद औ, रस ले नीम का पात।
रोग पीलिया दूर हो, उठे पिये जो प्रात।

✖ मिश्री के संग पीजिये, रस ये पत्ते नीम।
पेंचिश के ये रोग में, काम न कोई हकीम।

✖ हरड बहेडा आँवला चौथी नीम गिलाये,
पंचम जीरा डालकर सुमिरन काया होय।

✖ गाजर का रस पीजिये, आवश्यकतानुसार।
सभी जगह उपलब्ध यह, दूर करे अतिसार।

✖ रुई जलाकर भस्म कर, वहां करें भुरकाव।
जल्दी ही आराम हो, होय जहां पर घाव।

✖ आधा कप अंगूर रस, केसर जरा मिलाय।
पथरी से आराम हो, रोगी प्रतिदिन खाय।

✖ जहां कहीं भी आपको, कांटा कोई लग जाय।
दूधी पीस लगाइये, कांटा बाहर आय।

The New Look of Rail Nilayam – Draped in Green

