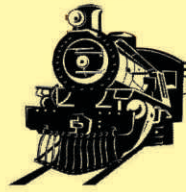


दक्षिण मध्य रेलवे



South Central Railway

हम दम सफर रेलवे



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



● Health ● Management ● Lifestyle ● Events on SCR ● Sports ● Humour



Page 04

Summer is the time people are prone to fall sick due to the vagaries of heat. Dehydration, sun-stroke, energy loss, etc. can tire you down. Summer also gives rise to

viral infections, mostly water-borne. A few simple precautions can keep us away from ill-health. Follow them and enjoy your summer.



Page 10

Estimates Committee, the Committee on Science & Technology, Environment & Forests and the Committee on Finance.

A host of Parliamentary Committees visited SCR during the last Quarter. While the Parliamentary Standing Committee on the Railways visited Tirupati, Hyderabad was host to the

**KAIZEN
IN RAILWAYS**

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The philosophy, although not much tested in our country can be given a try in Railways!

Kaizen, the Japanese term for 'Improvement' denotes a lot in terms of making an organisation evolve its productivity and show a significant improvement through small incremental steps.

From Chief Editor's Desk

We had a very hectic and challenging last Quarter, during which it was a virtual race for all to maximize the output and surpass targets. In this process, SCR had its proud moment on 24th March, 2012 when it crossed the prestigious milestone of 100 million tonnes of freight loading in a financial year. The dynamism of our General Manager, Shri G N Asthana, was to the fore as he took the lead to get the best out of SCRians towards achieving this exemplary performance. Our cover story captures the summary of accomplishments of SCR in last year with focus on the freight record.

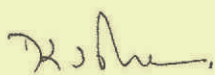
The team SCR lead by our General Manager has faced the visits of four Parliamentary Committees in the last Quarter, during which the fast-track performance of SCR on various fronts in the recent past was well appreciated. Our centre spread tracks the story.

The last two issues of 'Hum-Dum' in its new 'avatar' received good amount of applause from our valued readers for its attractive design, varied content and vibrant presentation. It is heartening that our General Manager has shown immense interest in 'Hum-Dum' to further enhance its appeal to reach out to a larger section of SCRians. We are grateful to him for his valuable advice to shift the focus from events based news items to special features/articles on various issues of topical interest. It would be a sure way to catch the attention of more number of readers and also to afford some benefit to them out of its reading.

While important events/news items on SCR have found their place in this issue to foster a sense of oneness, the content goes beyond and encompasses varied subjects viz. Health, Lifestyle, Environment, Sports, Humour, Personality Development and Management etc., We are hopeful that the readers will like this initiative to reorient 'Hum-Dum' in a visually appealing and refreshingly informative style with improved practical utility.

As the new financial year sets in, let us resolve ourselves to raise further the bar of performance on SCR and set the pace for an excellent, result-oriented beginning so as to keep the momentum of growth coasting us through the entire year.

Wishing Happytimes. And Happy Reading too!



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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.

SCR crosses a milestone



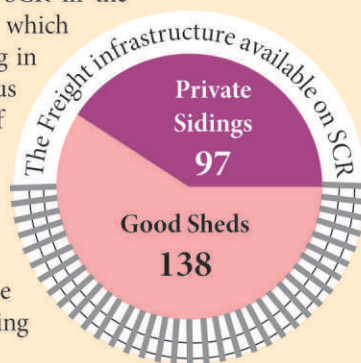
During the FY 2011-12, SCR reached 103.2 Million Tonnes (MTs) of Originating Freight Loading as compared to 96.2 MTs in FY 2010-11 with a growth rate of 7.2%, despite several disturbances due to Rail Roko/Strike affecting Freight movement and Coal Loading from Singareni Collieries.

SCR thus proudly joined the prestigious '100 Million Tonnes Plus' Loading league of Indian Railways which at present consists only three Zonal Railways - South East Central, East Coast and South Eastern Railways. On this occasion, Shri G N Asthana, General Manager, South Central Railway hailed the achievement and has congratulated the Officers & Staff.

The Freight Traffic growth on SCR in the recent past has been phenomenal, which grew sharply from 73.8 MTs Loading in 2008-09 to 103.2 MTs in 2011-12. Thus the Zone could load 29.4 MTs of additional traffic in just three years, posting one of the highest growth rates in Freight Loading on Indian Railways.

Freight Earnings constitute approximately 70% of the Originating Earnings of SCR.

Commodity-wise comparative growth in Loading & Earnings in FY 2011-12 vis-a-vis 2010-11 is detailed below:



	Loading (MTs)			Earnings (₹ in Crs)		
	2010-11	2011-12	% Growth	2010-11	2011-12	% Growth
Coal	48.74	53.41	9.6	2003	2258	12.7
Cement	24.03	24.71	2.9	1523	1678	10.2
Food Grains	6.29	7.38	17.4	502	598	19.1
Fertilizers	6.11	6.60	8.0	469	561	19.6
Others	11.03	11.07	0.3	647	715	10.4
Total	96.20	103.17	7.2	5144	5810	12.9

– 100 Million Tonnes of Originating Freight Loading in a Financial Year

Coal constitutes around 52% of the total Loading on SCR. Cement, fertilizer and food grains are the other major constituents.

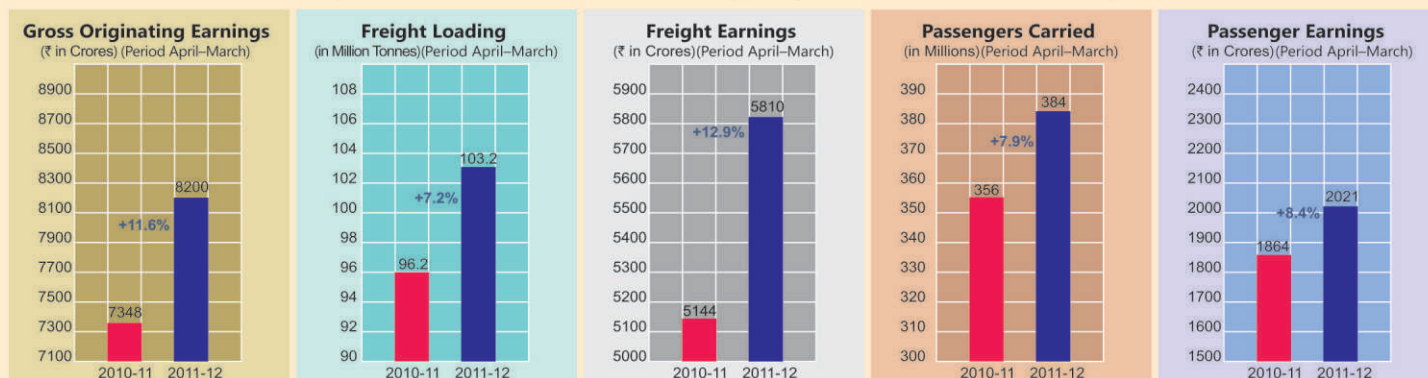
In terms of number of rakes, South Central Railway loaded an average of 85 Rakes per day in 2011-12 (mainly, Coal – 37 Rakes, Cement – 22 Rakes, Food grains – 7 Rakes and Fertilizers – 7 Rakes), compared to an average of 77 Rakes per day during last year. Thus, SCR loaded an additional 8 Rakes everyday in comparison to last year.

The Freight Loading of SCR got a critical impetus from the Traffic offered at the two Ports on Eastern Coast of the Zone, viz., Krishnapatnam and Kakinada. Imported Coal, Imported Fertilizers and Granite are the major constituents of Rail-borne traffic from these Ports.



At a Glance: Performance of South Central Railway in 2011-12

SCR has shown remarkable performance on various fronts during the year 2011-12. Some of the highlights are furnished below:



Traffic Volume and Earnings

- During last fiscal, SCR achieved Gross Earnings of ₹8200 Crs., registering a growth of 11.6%.
- Highest-ever freight loading of 103.2 Million Tonnes (MTs) was recorded during last fiscal, with a growth rate of 7.2% over last year.
- In the Passenger segment, SCR carried 384 million passengers with an average of around 10.5 lakh passengers per day.

Safety & Security

- Highest priority is being accorded to safety in Train working. Focus is on systemic improvements to eliminate any scope for untoward incidents. During FY 2011-12, 159 Unmanned road crossings have been removed.
- Security has been beefed up in trains by deploying 277 RPF Personnel on escort duty in 87 identified Trains in sensitive routes.



Passenger Services

- Zone has achieved 94% punctuality in running of trains.
- During 2011-12, 15 new train services were introduced apart from 10 additional MMTS Services. 36 new generation MMTS coaches have been inducted.
- PRS System has been extended to 13 Post Offices and 3 New Stations in the previous year. In addition, 64 Smart Card based Automatic Ticket Vending Machines have been setup at all MMTS Stations.

Passenger Amenities

- During 2011-12, works worth ₹94 Crs. were completed towards modernization of Passenger Amenity infrastructure.
- 30 stations have so far been developed as Adarsh Stations. Works at 13 more are under active progress.
- 13 Lifts have been commissioned last year. 18 more Lifts and 30 Escalators will also be provided shortly.

Capacity Augmentation/New Projects

- In the last fiscal, new lines on 132 Kms., and ROBs at 25 locations have been commissioned which is highest on Indian Railways.



South Central Railway Celebrates 63rd Republic Day with Gaiety



South Central Railway celebrated 63rd Republic Day with gaiety and patriotic fervour at Railway Sports Complex Grounds, Secunderabad on January 26, 2012. Shri G N Asthana, General Manager, SCR unfurled the National Flag and received the Guard of Honour presented by various contingents. He extended his warm greetings to Railway employees and rail users.



Addressing the huge gathering comprising of Senior Railway Officials and Staff, Shri Asthana

highlighted that SCR was all set to join the '100 Million Tonnes Plus' Club of Zonal Railways this year. He stated that the three focus areas of SCR were ensuring safety in train operation, improving financial performance and provision of passenger amenities.

He reaffirmed SCR's commitment to 'Zero-Compromise' Policy on Safety. SCR was consciously taking several steps to further enhance Safety in train operations such as elimination of un-manned Railway Level Crossings; technical up-gradation and refined maintenance practices to increase asset reliability.

Security has been strengthened in trains by deploying RPF Personnel to escort identified Express trains on sensitive routes. Towards

further strengthening the security apparatus, Integrated Security System would be established soon at 3 high passenger density stations Viz. Secunderabad, Hyderabad and Tirupati in addition to setting up of Close Circuit Security Surveillance System at several major stations.

Shri Asthana further highlighted that upgradation of Passenger amenity infrastructure continue to receive priority. An action plan has been drawn to upgrade onboard passenger amenities in the coaches of 6 identified rakes under a new concept called "Model Trains".

In order to meet the future traffic potential on SCR, enhancing the capacity on the congested trunk routes and various De-bottlenecking works were being given major thrust.

Works on infrastructure projects such as new lines, doubling, electrification, ROBs, RUBs and traffic facility works etc., were being monitored closely for their expeditious completion. Shri Asthana advised the railwaymen not to become complacent on the present achievements but to strive hard to reach still greater levels of performance with dedicated efforts and constant

innovations to meet the challenges and expectations of the rail users.



RPF personnel performed adventurous acts in display of their valour and vigil. Students from Railway Colleges and Schools rendered patriotic songs and cultural programs on the occasion. The splendid cultural show by RPF team showcased the oneness of the Indian People kindling patriotic spirit. In appreciation of the performances, the General Manager announced cash awards to the participating teams, parade contingents and organizers.



First-ever Woman Loco Pilot Independently Drives Matribhoomi MMTS Train



As a step towards expanding and strengthening the role of women in Railways, South Central Railway deployed the first-ever woman Loco Pilot to drive



independently a passenger carrying train from March 8, 2012, aptly coinciding with the celebration of International Women's Day.

Smt. S Satyavathi got the distinction of being the first-ever woman Loco Pilot to independently handle the running of passenger carrying train on SC Railway and now works as the Loco Pilot on Falaknuma-Lingampalli MMTS Sector raising cheer among the fraternity of women.

She initially joined as Assistant Loco Pilot at Bangalore in 1999 and later got transferred to Secunderabad Division. She was promoted as Loco Pilot (Goods) on September 1, 2005. From the day of promotion, she has been working in shuttling duties on goods trains in and around Hyderabad area.

Due to her zeal and commitment, Smt Satyavathi was considered for running MMTS Trains. After successfully clearing her training on January 19, 2012 she had been given the exposure to live-handling and requisite track-learning of the section and was found fit to run MMTS Trains in the suburban sections in Twin Cities as an independent MMTS Loco Pilot. She has also taken Track learning in Hyderabad-Tandur section and aspires for running Main Line Passenger Trains too.

Secunderabad Division has four more woman Asst. Loco Pilots who are also being groomed for taking higher responsibility of Loco Pilots in future.



Maintain Good Health during Summer

The onset of summer is not a healthy season with several people prone to falling sick in summer due to heat. Sudden change in temperature is the major cause of several diseases and infections and calls for proper attention.

The most common ailment found in summer is dehydration, leading to body aches, headaches, energy loss and even high fever. Summer is the time when you must consciously consume liquid foods. Besides water, an adequate intake of *nimbu pani*, juices, watermelons, butter milk, tender coconut water & salads is very important.

Summer also gives rise to several infections and water-borne diseases. Throat and viral infections are very common in summer. It happens mainly due to the sharp change in temperature levels.

People working in air-conditioned offices must not step out in the heat suddenly. It is safer to stand in the shade for a few minutes before exposing the body to high temperature.

Summer diseases, of course can get worse. Jaundice, Typhoid and gastroenteritis are quite common in this weather. One must be careful about eating out.

Water contamination is high in summer and hence, it's not a good idea to eat at random places. It could lead to a case of stomach infection. There is also a tendency to have a lot of chilled milk products from outside to beat the heat. If the freezer is not in its proper condition, it could lead to a case of salmonella typhi (form of typhoid). Sugarcane juice taken outside is likely to cause jaundice. So, watch your diet in summer!

Common Ailments

- ➔ Acute dehydration leading to headaches, fever and body aches
- ➔ Heat stroke, sun burns, heat hyper pyrexia heat exhaustion
- ➔ Stomach infections (gastroenteritis)
- ➔ Oral diseases, mostly cold, cough and even respiratory ailments
- ➔ Jaundice and Typhoid

What should you do ?

- ➔ Increase your liquid intake
- ➔ Be fully-covered in the sun
- ➔ Avoid eating out at unhygienic places
- ➔ Avoid drinking water/juices outside



How to effectively handle Sunstroke/Heat Issues

- 1 Get out of the sun! Use Umbrellas to avoid hypersensitivity to Sunlight, wear white cotton shirts
- 3 Lower your body temperature by putting a cool, wet rag on the back of your neck. This will cool you down faster than just putting the cloth on your face.
- 3 Remove any extra clothing like a hat or shoes and socks to aid in the cooling process.
- 5 Lie down and put a cool, damp cloth over your forehead and raise your feet a few inches.
- 5 Drink (sip) cool water slowly. Too much too fast can induce shock.
- 6 Start on any lemon water (*Sherbath*)
- 7 If flu-like symptoms persist, consult the doctor immediately.

Dr. Subimal Bhattacharjee
Additional Chief Health Director

Live Status of Train Arrivals/Departures at Secunderabad Railway Station hosted on SCR Website and 'Facebook' Page of Secunderabad Division launched



Shri G N Asthana, General Manager, SCR launched Live Status of Train Arrivals/Departures at Secunderabad Railway Station on the SCR website 'www.scr.indianrailways.gov.in' and the 'Facebook' account of Secunderabad Division on March 6, 2012 for the benefit of travelling public.

Going one step further in cornering the potential of Information Technology towards improving customer services, South Central Railway has given public access to the real-time display of the live status of train arrivals / departures at Secunderabad Railway Station on its website.

Secunderabad Division, the biggest Division on SCR, launched an interactive

Facebook account to disseminate information and the real-time display of the live status of train arrivals / departures at Secunderabad Railway Station through the popular medium of social networking website. The information as available on the train display boards in Secunderabad station are made available online through SCR's official website and also on the Facebook page of Secunderabad Division for the convenience of passengers.

With this facility, passengers can now directly view the information for themselves about the arrival / departure timings and the nominated platforms of their trains at Secunderabad Station without need for separate enquiry calls.



SCR introduces New Train Services

As announced in the Railway Budget 2011, South Central Railway has introduced the following trains during March 2012.



Guntakal – Tirupati – Guntakal Passenger Train

Shri Ananta Venkatrami Reddy, Hon'ble MP/Anantapur flagged off Train No. 57478/57477 Guntakal-Tirupati-Guntakal Passenger Train at Guntakal Station on March 10, 2012. Shri Madhusudan, Hon'ble MLA/Guntakal and other senior Railway officials were also present on the occasion.

Jalna-Nagarsol-Jalna DEMU
Passenger Train

Train No. 77683 / 77684 Jalna-Nagarsol-Jalna DEMU Passenger Train was introduced on March 17, 2012 from Jalna Railway Station by Shri Raosaheb Patil Danve, Hon'ble MP/Jalna in the presence of other dignitaries and senior Railway Officials.

Falaknuma-Medchal DEMU
Passenger Train

Shri Asaduddin Owaisi, Hon'ble Member of Parliament flagged off the DEMU Passenger train between Falaknuma-Medchal from Falaknuma Railway Station on March 24, 2012 in the presence of Shri Ahmad Bin Abudula, Hon'ble MLA/Malakpet, several other public representatives and Railway Officials.

Kacheguda-Nizamabad DEMU
Passenger Train

The inaugural run of Kacheguda-Nizamabad DEMU Passenger Train was flagged off by Shri M. Anjan Kumar Yadav, Hon'ble MP/Secunderabad on March 25, 2012 at Kacheguda Railway Station in the presence of Shri G Kishan Reddy, Hon'ble MLA, other dignitaries and Railway Officials.

Falaknuma-Bhongir MEMU
Passenger Train

South Central Railway introduced Falaknuma-Bhongir-Falaknuma MEMU Train Services w.e.f March 31, 2012. Train No. 67290 Falaknuma-Bhongir MEMU was flagged off by Shri Asaduddin Owaisi, Hon'ble MP/Hyderabad on March 31, 2012 at Falaknuma

Railway Station in the presence of Shri Rajagopal Reddy, Hon'ble MP/Bhongir; Shri Mohamed Majid Hussain, HW Mayor, Hyderabad; other public representatives, dignitaries and senior Railway Officials.

WRONG
is **WRONG**,
even if *everyone*
is doing it.

RIGHT
is **RIGHT**,
even if *no one*
is doing it.

THOUGH NO ONE CAN
GO BACK AND MAKE A
BRAND NEW START,
ANYONE CAN START
FROM NOW AND MAKE
a brand new ending.



When life gives you
more than you
can stand...



Kneel

Love the people
God gave you
because He will
need them back
one day.

IF YOU WANT TO FEEL RICH
just count all of the things
you have that money cannot buy

Either you control your mind, or it controls you.
When you control your thoughts,
you control your life.

God's plans for your
life far exceed the
circumstances
of your day.

The happiness
of your life
depends on the
quality
of your thoughts.



*Better to
light a candle,
than curse the
darkness.*

~Chinese proverb~

It's the
little things
that make
life wonderful



Never regret
If it's good,
it's wonderful.
If it's not,
it's experience.

Shri J N Jagannath takes over as Additional General Manager



Shri J N Jagannath took over charge as Additional General Manager, South Central

Railway on January 11, 2012. As Additional General Manager he will also be the Director of

Public Grievances, SCR.

Shri Jagannath did MSc in Electronics from Osmania University and joined the Indian Railways Traffic Service (IRTS) in 1976. Earlier, he worked in various capacities on South Central Railway like Divisional Railway Manager, Vijayawada; Chief Operations Manager; Chief Commercial Manager

(Systems) and also in the Traffic Directorate of Railway Board.

He also worked on deputation with Singareni Collieries as Executive Director (Marketing) and with APGENCO as Advisor (Coal & Transportation). Prior to joining as AGM, SCR, he was the Additional General Manager, Southern Railway in Chennai.

Yoga Camps



A mobile Yoga camp was organized by Engineering Department for improving creativity, efficiency, enhanced productivity, stress free living, joyful relationships and also to improve the memory and decision-making capability among the field staff.

As a part of this program one Trackman from each Division has been trained and sent to various stations of the Division for conducting the Yoga Camp at field level.

The camp was conducted for a period of one week each at all Headquarters of PWIs and ADENs on the Divisions.

World Cancer Day Program observed in Guntakal Division

Guntakal Division observed World Cancer Day on February 4, 2012 at Raichur, Gooty and Kadapa Health Units.

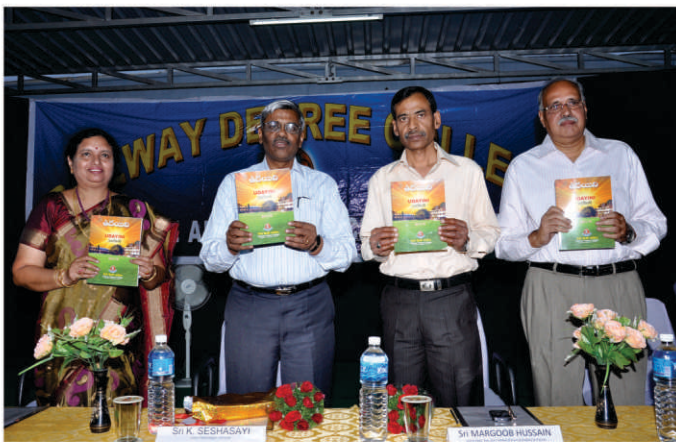
Doctors explained about Cancer, types of Cancer, causes, clinical manifestations, diagnosis and its management.

Installation of Anemometer

Vijayawada Division, being on East Coast, is vulnerable to high velocity winds during occurrence of cyclones. Many major and important bridges are existing in the Division along the coast line. It is very risky to run trains on such long bridges during heavy winds. As per para 717 of IR Bridge Manual, trains should not be permitted on nominated long bridges when wind velocity

exceeds 72 kmph due to likelihood of capsizing. In this connection, Anemometers have been installed at 9 selected stations close to important long bridges. These give a warning bell in Dy.SS Room when the wind velocity exceeds 72 kmph. This is a simple, high-end electronic gadget which is of great help to ensure safety during heavy winds.

Annual Day Celebrations at Railway Degree College & Railway School



Railway Degree College (RDC), Secunderabad celebrated its Annual Day on February 23, 2012. Shri K Seshasayi, CPO/SCR& Chairman/RDC was the Chief Guest. Shri Margoob Hussain, DRM/Hyderabad was the Guest of Honour.

Speaking on the occasion, Shri Seshasayi said that RDC played a commendable role in imparting higher education to its students enabling them to face the future with confidence.

Shri Margoob Hussain in his address said that RDC offers best academic education added with extracurricular facilities and



carrier guidance for the overall development of students.

Dr. D V Nalini Devi in her Annual Report narrated the efforts taken to improve the academic standards of the students. Shri Seshasayi and Shri Margoob gave away awards with certificates to the best students and released "Udayani" the Souvenir.



Annual Day Celebration of Railway school, Purna was held on February 22, 2012 with pomp and gaiety under the chairmanship of Shri B Chalapathi Rao, Sr.DPO/Nanded. Shri S S Soin, DRM/Nanded was the Chief Guest On this occasion.

A exhibition on science, rangoli, drawing and computer, was also organized. A Malkham demonstration was also organized by school children.

Prizes were distributed by the Chief Guest to the winning students for their excellent performance. A colorful cultural programme was also organized by school children. Shri A R Tavar, Head Master of the School read out the Annual Report.

Blood Donation Camp held at RPF Training Centre



A Blood Donation Camp was held at RPF Training Center, Moula Ali, Secunderabad. The programme was organized by RPF Training Center, Moula Ali & Railway Central Hospital, Lallaguda in coordination with Medical Department, Hyderabad Division on March 2, 2012.

During the Camp, 18 RPF trainees donated blood. Pamphlets and posters were displayed at auditorium to create awareness about donating blood and its importance. Fruits and juice were given to the donors. All the 18 units of blood collected were taken to Central Hospital, Lallaguda, where they would be utilised for railway beneficiaries. Certificates were distributed to the donors.

Union Budget –2012 : *How it affects your Income Tax?*

Direct and Indirect Taxes are the main sources of revenue to the Government for the welfare of the general public.

The Income Tax Act, 1961, came into effect from April 1, 1962 applicable throughout India except Jammu & Kashmir. Agriculture income is totally exempted from Tax under Section 10 of IT Act, 1961.

The budget of a government is a summary or plan of the intended revenues and expenditures of that Government.

In the Union Budget 2012, the main proposals related to Income Tax are as follows:

1. Enhancement in the Tax exemption limit up to Rs.2 Lakh
2. Income Tax Slab increased from Rs.8 Lakh to Rs.10 Lakh
3. Exemption from the interest accrued in the Savings Account in the bank up to Rs 10,000 per annum.

The basic exemption of Income in case of a person i.e. Individual, Hindu undivided family and women taxpayer is up to Rs. 2 Lakh and in case of Senior Citizen (age 60 years and above) it is to the extent of Rs.2.5 Lakh and Rs.5 Lakh in case of very Senior Citizen (age 80 years and above)

The following are the Tax Rates for the Assessment Year 2013-2014. (Previous Year 2012-2013.)

Tax Rates for Individuals/ Association of Persons/ Men and Women Taxpayers

Income (in Rs.)	Tax Rates (in %)
Up to Rs.2 Lakh	Nil
> Rs.2 – 5 Lakh	10%
> Rs.5 – 10 Lakh	20%
> Rs.10 Lakh & above	30%

Tax Rates for Senior Citizen in India (60 years and above)

Income (in Rs.)	Tax Rates (in %)
Up to Rs.2.5 Lakh	Nil
> Rs.2.5 – 5 Lakh	10%
> Rs.5 – 10 Lakh	20%
> Rs.10 Lakh & above	30%

Tax Rates for Senior Citizen in India (80 years and above)

Income (in Rs.)	Tax Rates (in %)
Up to Rs.5 Lakh	Nil
> Rs.5 – 10 Lakh	20%
> Rs.10 Lakh & above	30%

The Education cess is 3 percent on the total tax.

Dr. Sopan Kasinath

Associate Professor, Railway Degree College, Secunderabad



For the Assessment Year 2013-14, the qualified Savings up to Rs.1.2 Lakh (1,00,000+20,000) will be deducted from the Gross Total Income under Section 80C, CC&F provided the stipulated savings are from the income of the previous year, in order to arrive at Total taxable income.

The stipulated Savings included in the purview of Rs 1 Lakh are as follows:

1. Employee's contribution in statutory Provident Fund/Recognized Provident Fund, Public provident fund and Voluntary provident fund.
2. Education Tuition Fees of the children.
3. Principal Amount towards the self-occupied Housing Loan
4. The Annual Premium paid or 20% of the LIC policy, whichever is the least. However, the LIC policy should be confined to the members of the family only.
5. The contribution of the employee in the superannuation fund and CGIS
6. The contribution of the employee in Equity Linked Insurance Scheme.
7. Investment in National Savings Certificate VIII issue.
8. The contribution in Tax Saving Mutual Funds
9. Fixed Deposits in Banks provided the lock in period is 5 years and above
10. Pension Fund and the other Savings as per Section 80C to 80CCC

The taxpayers are benefited up to Rs 22,660 on account of the enhancement in the tax exemption limit and the slab being increased to Rs 10 lakhs. Thus, there is cheer for the individual Income Tax payers in the Union Budget 2012.



Shri G N Asthana, General Manager, SCR held a Press Meet on March 14, 2012 at Rail Nilayam, Secunderabad in connection with the Railway Budget 2012-13.

The GM stated that this Railway Budget is exceptionally good as this will improve Railway's financial position and generates surplus for developmental works.

Salient Features of the Railway Budget 2012

Pertaining to South Central Railway

New Trains

Originating–16
Pass Through–10

New Line Projects

Sanctioned–2
Sent to Planning Commission–11

Extension

Originating Trains–3
Pass Through Trains–1

Doubling Projects

Sanctioned–1
Sent to Planning Commission–2

Increase in Frequency

Originating Trains–4
Pass Through Trains–2

Railway Electrification

Project Sanctioned–2
Surveys Sanctioned–2

MMTS Phase II Sanctioned at an estimated cost of ₹632 Cr

Doubling : 60 Km
Third Line 12.2 Km
New Line : 15.6 Km
No. of Stations : 27 (New–9)



Staff Welfare

- ★ Expanding the scope of Liberalized Active Retirement Scheme for Guaranteed Employment for safety category staff.
- ★ Extending medical facilities to both dependent father & mother.
- ★ Increasing the scholarship for girl child of group-D employees to Rs.1,200 pm.
- ★ Setting up of Railway Vidyalaya Prabandhan Board.
- ★ Provision of 20 Road Medical Vans.
- ★ 20 additional hostels for children of railway employees to be set up.
- ★ Separate Sports cadre to be created.

System Improvements & Innovations on South Central Railway



Sliding type Boom at Level Crossing Gates – Hyderabad Division developed an innovative interlocking arrangement for Railway Level Crossing Gates. This innovation incorporates provision of Sliding type boom at interlocked LC Gates which can be used to close the gate even when the main boom breaks or gets damaged. The advantage of this arrangement is that the Signals can still be taken off thereby avoiding Piloting of trains. This sliding boom is provided at 15 LC gates on the Zone, adopted by other Zones and recognized by the Railway Board.



Automatic Retro-reflective Interlocked Banner Flag – Retro-reflective interlocked banner flag has been introduced at Manned Level Crossing Gates by Secunderabad Division on SCR. In this system, when lifting barrier is opened to road traffic, the banner flag automatically comes across the track to stop the movement of the train. Since the banner flag is retro-reflective, provision of hand lamp post is not necessary during night time.



Special Reflectors to enhance Visibility of Signals – Special Reflectors have been developed by the Electrical Department of Hyderabad Division for eliminating bright background in the visibility field of starters and advanced starters to Loco Pilots of approaching train. This system enables the LPs & ALPs to see only the signal in black background even though the complete station is lit. It aims to provide comfortable, stress-free environment to LPs & ALPs while working, so that human failure is avoided.



Mobile Stainless Steel trolleys to carry food-items inside the Coaches – With a view to ensure enhanced standards of hygiene, cleanliness and better appearance, Mobile Stainless Steel trolleys for carrying food-items inside the coaches have been introduced on – Train Nos. 12702/12701 Hyderabad-Mumbai CST-Hyderabad Hussainsagar Express and Train Nos. 17016/17015 Secunderabad-Bhubaneswar-Secunderabad Visakha Express.



Automatic Volume Control of PA System – S&T Department of Hyderabad Division has commissioned an Automatic Volume Control facility the Public Announcement System at Stations, which automatically sets the volume basing on the time and rush at the railway stations so as to keep the volume of the PA System within required limits to avoid unnecessary noise level/disturbances to the Public. This system works with the help of Light Dependent Resistor (LDR), Controlling Relay, additional Potentiometer and the Time-Delay Unit (TDU). During night time the controlling relay drops through LDR, which in turn triggers the TDU, which connects the auxiliary volume control thereby reducing the volume of the PA System.



'Rakshak', a Wireless Handset to Keymen – For the first time on Indian Railways, Secunderabad Division has given 'Rakshak', a wireless handset to the keymen/patrolmen. This equipment will be connected to the Last Stop Signal of the block section. Once the signal is taken off, Rakshak will alert the keymen/patrolmen by means of LED indication with audio beep and vibration with separate colour indication for Up and Down lines.



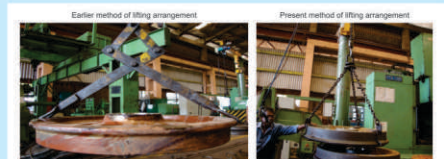
High-rise Stacking System – The Stores Department of SCR came up with an innovative high-rise stacking system for making optimum use of the vertical space in storage wards. This stacking system has been installed at major depots on the Zone at Rayanapadu, Mettuguda and Tirupati which resulted in better ambience and enhancement of storage capacity.



Automatic SMS Alerts during Point Failures – The S&T Department of Secunderabad Division has started a pilot project of generating & sending of automatic SMSes to the staff concerned during point failures. This helps in instantly alerting the maintenance staff and in reducing train detentions.



Drop Pit Arrangement at Loco Shed – For expeditious replacement of defective wheel sets, an in-house 'Drop Pit Arrangement' has been fabricated in Vijayawada Electric Loco Shed. The arrangement will avoid need of mechanical, electrical and pneumatic disconnection between loco body and traction motor and thus reduces the time to 3-4 hours as against 10-12 hours per locomotive, increasing the vital loco availability apart from saving precious man-hours.



Lifting Arrangement for Servicing of Wheel Discs – The Wagon Workshop at Rayanapadu developed a three-legged chain sling with lifting brackets for loading discs on vertical turret lathes and to transport discs to wheel presses. These brackets are so designed that they match with the profile of the wheel tread. The three-legged chain slings with lifting brackets are clamped to the wheel discs on circumference at an equal angle of 120° to enable sharing of load equally. This arrangement facilitates not only handling, but helps in marking the limiting groove on Vertical Turret Lathes in one setup. The complete arrangement has been fabricated in-house with available materials in the Workshop itself.

Parliamentary Committees visit SCR to review performance on various fronts



Parliamentary Committee on Estimates Reviews Implementation of Railway Projects on SCR

The Parliamentary Committee on Estimates visited Hyderabad on January 21, 2012 and held a review meeting with South Central Railway Officials on Planning & Implementation of Railway Projects on the Zone. The Committee, headed by Shri Francisco Sardinha, Chairman of the Committee and Hon'ble MPs interacted with Shri G N Asthana, General Manager/SCR and other Senior Officials.

Shri Asthana welcomed the Chairman & Members of the committee and made a detailed presentation on the implementation of various Railway Projects on SCR. He appraised them on the performance of SCR and also on budgetary outlays and expenditure involved for various Works.

Shri Francisco Sardinha, Chairman, advised that the works shall be categorized in such a fashion that the works of Public importance are completed early to avoid cost overrun and wastage of manpower.

Parliamentary Standing Committee on Science & Technology, Environment & Forest holds Meeting with SCR Officials



The Parliamentary Standing Committee on Science and Technology, Environment and Forests chaired by Shri T.Subbarami Reddy, Hon'ble MP (Rajya Sabha) visited Hyderabad and held a meeting with various departments including

South Central Railway on 18th and 19th January 2012.

Addressing the SCR Officials led by Shri G N Asthana, General Manager, the Chairman of the Committee appreciated the initiatives of SCR in leveraging technology towards conservation of resources and reduction in pollution. He suggested various measures to negate pollution on Railways.

Shri G N Asthana, General Manager, made a detailed PowerPoint presentation on the steps taken by SCR towards environmental protection and curbing of pollution.

Parliamentary Standing Committee on Finance reviews status of Coal Transportation on SCR

The Parliamentary Standing Committee on Finance headed by Shri Yashwanth Sinha, Hon'ble MP visited Hyderabad and held a meeting with Officials of SCR and Railway Board led by Shri G N Asthana General Manager, SCR on February 2, 2012 at Hyderabad.

Shri Yashwanth Sinha mentioned that the loading of Coal into rakes is a matter of concern at the local level of the coal mines and suggested that the end user may be advised to take care of this activity for expeditious evacuation of coal.

The members in general expressed concern on non-availability of sufficient number of rakes for coal loading and also on slow evacuation of coal from pitheads. The members suggested close co-ordination between Ministry of Railways, Ministry of Power and Coal India Officials for streamlining transport of Coal.



Parliamentary Standing Committee on Railways visits Tirupati

The Parliament Standing Committee on Railways led by Shri K Selva Ganapathy, In-charge Chairman visited Tirupati on February 27, 2012 and held a meeting with South Central Railway Officials. The Committee visited Tirupati to analyse the standards of Passenger Amenities at Tirupati Railway Station and review plans for its development as a World Class Station.

The Hon'ble Members interacted with the Divisional Railway Manager, Guntakal Division, Shri T P Singh and other Officials and made an intensive study on various aspects of Railway working.

During the course of the meeting, a detailed Power Point presentation was made by DRM/Guntakal on the "World Class Station Project for Tirupati".

Eat, Drink and be Merry...

Have a gala time folks, because hard work pays later and laziness pays now.

Eat, drink and be merry, because tomorrow you may die.....err.....it.... diet. Though doctors love to run down dieticians, saying that the latter's theories and practices are sans scientific basis, you might have noticed that docs themselves have a limited understanding of the factors that make us put on weight. Media overdose of medical news and views keeps constructing and deconstructing diet mythologies day in and day out. The upshot; the society is saddled with the menacingly multiplying tribe of hypochondriacs.

So, for the fitness-freaks and calorie-conscious, who make a fetish of their figure, here is a regimen evolved after prolonged research, clinical tests and repeated trials in the field.

So why not jump on to the bandwagon and savor the success without going through the grueling gym and health clubs, or inflicting pains of self-denial and deprivation.

So, take your pick. Here they are-

(a) 0-100 calories:

Beating around the bush (75 cal); Swallowing your pride (50 cal); Passing the buck (25 cal); Hitting the nail on its head (50 cal); Balancing the books (25 cal); Tooting your own horn (25 cal); Pulling out the stops (75 cal); Wrapping it up at the day's end (20 cal); Opening a can of worms (50 cal); Setting the ball rolling (50 cal); Going over the edge (25 cal); Counting the eggs before they hatch (10 cal); Calling it quits (2 cal); Jumping to conclusions (100 cal); Throwing your weight around (100 cal).

(b) 101-200 calories:

Climbing the walls (150 cal); Dragging your heels (150 cal); Bending over backwards (175 cal); Adding fuel to the fire (160 cal); Jumping on the bandwagon (200 cal).

(c) Above 200 calories:

Pushing your luck (250 cal); Wading through paper work (300 cal); Running around in circle (350 cal); Eating crow (225 cal); Climbing the ladder of success (750 cal); Picking up the pieces after (350 cal); Putting your foot in your mouth (300 cal); Making mountains out of mole hills (500 cal).

Friends, I have learnt the hard way and I hope you too would, that to succeed in today's world, it has become necessary to rise above one's principles. Let me make the confession that I have stolen the foregoing regimen from many persons. This is a respectable vocation called research. Had I stolen them from one person, it would have been an act of plagiarism. So go ahead and keep climbing the ladders of success.

Remember folks; health is the slowest possible rate at which one can die. Adults beware, especially those who have stopped growing at either end, but growing in the middle. Mind you, I am not making mountains of a molehill!

Just laugh it away. (S)he who laughs last, laughs the best. And (s)he who laughs, lasts. So don't mind putting your foot in your mouth. Dieting is wishful shrinking. Hence, let's eat, drink and be merry.

Humour in Office Working



70th All India Railway Hockey Championship for Men



SCR Sports Association hosted the league phase for Group 'A' & 'D' of the 70th All India Railway Hockey Championship 2011-12 for Men from 12th to 17th March, 2012 at Gachibowli Stadium, Hyderabad.



The Group 'A' Teams comprised the host SCR, SR, ECoR, RWF and WR. The Group 'D' comprised of CR, ER, DLW, SER and RB. SCR and SR from Group 'A' and CR and DLW from Group 'D' qualified for the knock out phase of the tournament

which was held in Bengaluru from 3rd to 6th April 2012.

Putting up a sterling display, SCR wrested the championship beating the tough rival RCF in the finals. In semifinals SCR prevailed over CR and in quarterfinals it beat DLW.

49th All India Railway Cycling Championship

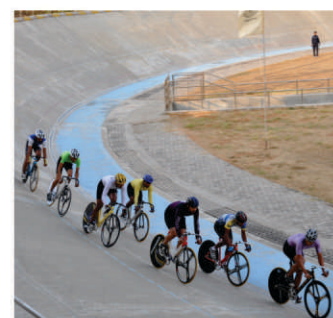


The 49th All India Railway Cycling Championship was held from 28th to 31st March 2012, at Osmania University Cycling Velodrome under the aegis of the South Central Railway Sports Association (SCRSA). Shri J N Jagannath, Additional General Manager, South Central Railway was the Chief Guest, who inaugurated the Championship.

8 teams i.e. NR, CR, ER, NFR, NWR, SR, SWR and host SCR vied for honours. The strong lineup consisting of international cyclists – Amandeep Singh, Hardeep Singh and Amrit Singh of CR ensured that it bagged the championship pushing SWR and ER to a joint second spot. SR and SCR followed the rankings.

Other stars on view included Inder Kumar and Rakesh of ER, C Rajesh and Prince of SR and Sabu Rajender of NWR.

Shri Pradeep Kumar, President/SCRSA gave away the prizes.



SCR hosts Group 'A' League Matches of the 68th All India Railway Football Championship 2011-12 for Men



South Central Railway Sports Association hosted the Group A League Matches of the 68th All India Railway Football Championship for Men at the Railway Sports Complex Grounds, Secunderabad from 5th to 12th February 2012.

Shri G N Asthana, GM inaugurated the Championship on February 5, 2012. SCRSA. In his inaugural speech, Shri Asthana exhorted



the football teams to put up a spirited fight with team coordination. Football being one of the popular games, Indian Railways is doing its best to produce meritorious Football players, he added.

In the Group 'A' League Matches at Secunderabad five teams Viz. South Central Railway; South East Central Railway, Northern Railway; North Central Railway, and Central Railway participated. The 23 teams

which participated in this Tournament were made into four groups and the finals on knock-out basis were to be held at Varanasi.

High Level Coordination Meeting of RPF and GRP Personnel Held



Shri G N Asthana, General Manager, SCR chaired a high level co-ordination meeting on March 19, 2012 attended by the Chiefs of Railway Protection Force (RPF) and Government Railway Police (GRP) having jurisdictions over SCR.

Shri G N Asthana in his address reiterated the need for having frequent coordination meetings of RPF and GRP officials to ensure enhanced security to passengers, freight and railway assets. The General Manager told the RPF and

GRP officials to adopt innovative measures and share their experience/intelligence to tackle the crimes in trains and railway premises.

Shri B Mohan, (IG&CSC)/SCR narrated through a PowerPoint

presentation the efforts of RPF to protect railway properties and bring down crime against passengers. Shri Koumudi, IPS Addl. Director General Police/Railways/Govt. of AP in his presentation explained various crime control measures being taken against theft, robbery and dacoity in trains.

The meeting discussed the areas where more coordination between RPF and GRP officials is required such as registering a complaint, joint escorting of vulnerable express trains, joint patrolling of sabotage prone areas, combined training course to RPF & GRP personnel and strengthening the GRP setup in Railway stations etc.

Cycle Rally by Scouts and Guides



Bharat Scouts and Guides of Vijayawada organized a cycle rally on March 15, 2012 to educate the public to protect environment and reduce pollution.

Shri Subba Rao, ADRM, Vijayawada advised the public to walk or use bicycles for short distances to reduce pollution and improve health. Since pollution creates imbalance in the environment, it is time to encourage cycling, he added. 50 boys and girls took part in the cycle rally.

Combined Armoury for RPSF & RPF Training Centre Inaugurated



Combined Armoury for 7th Battalion, Railway Protection Special Force (RPSF) and Railway Protection Force (RPF) Training Centre, SCR was inaugurated by Shri J N Jagannath, Addl. GM/SCR in the presence of Shri B Mohan, IG/RPF /SCR and Shri Margoob Hussain, DRM/Hyderabad in the RPSF Campus, Moula Ali on March 30, 2012. The

armoury was constructed imbibing the latest security precautions and new norms with a view to handle with the present security scenario in the region.

Shri Jagannath also opened a Mess for Gazetted Officers in the same premises. Speaking on the occasion, he said that the new and modern armoury will be of immense use since arms & ammunitions can be stored in a fully secured manner.

How to Increase Your Energy Levels *Naturally*

Everyday we hear the same complaints from the same people about how tired they are, how stressed they are etc. with no solution in sight! The key is to correct the situation instead of just accepting it. Learn to increase your energy naturally! By adjusting your eating, sleeping and exercise habits, you can boost your energy the natural way and settle into a self-sustaining rhythm.



Drink Water –

Keep your body hydrated throughout the day. The first sign of dehydration is fatigue. Your body can't function at

capacity without that good old H₂O. A steady supply of water will naturally keep things flowing—including your energy.

Improve Sleeping Habits – A small adjustment in your sleeping habit can do wonders for your energy levels.

★ **Lying in bed is not sleeping:** Don't go to bed if you are not sleepy and end up lying in bed pondering and stressing. If you are drifting off at the computer, while reading, or watching TV, it's time to get to bed. Your bedtime should and will vary from night to night. Let your body tell you when to sleep as opposed to following the 8-hour rule.

★ **Rise and Shine:** Put an alarm and get up at the same time every day.

★ **Sleepy at Noon?:** Try a power nap of 20 minutes in a quiet place.

Experiment and find out what your optimal sleep levels are.



Yoga, Exercising & Stretching – By expending energy on a regular basis, you actually earn more of it. The key is to set up

a fairly regular schedule—about three times a week—and push to the point that you feel refreshed, not exhausted. Don't overdo it. It may take a couple of weeks to get into the natural rhythm, so have patience and higher energy levels will follow.

Deep Breathing – Another great way to re-energize your body is with a quick deep breathing exercise. Sit on a chair with a straight back and breathe deeply while you focus on your breath going in – going out. At the same time use a powerful affirmation to rejuvenate your mind and body.



Eliminate Energy-Sappers –

Have more fruits and vegetables. Avoid excess sugar and coffee as they lead to lower blood sugar levels—and less energy—after they give you an initial kick.

Pack some almonds and nuts for a quick and convenient protein snack.



CANCER

Causes & Control

Cancer is a generic term for a large group of diseases that can affect any part of the body. Other terms used are malignant tumours and neoplasms. One defining feature of cancer is the rapid creation of abnormal cells that grow beyond their usual boundaries, and which can then invade adjoining parts of the body and spread to other organs. This process is referred to as metastasis. Metastases are the major cause of death from cancer.

Cancer is a leading cause of death worldwide and accounted for 7.6 million deaths (around 13% of all deaths) in 2008. The main types of cancer are:

- Lung
- Stomach
- Liver
- Colorectal
- Breast
- Cervical

About 70% of all cancer deaths occurred in low- and middle-income countries. Deaths from cancer worldwide are projected to continue to rise to over 13.1 million in 2030.

What causes cancer?

Cancer arises from one single cell. The transformation from a normal cell into a tumour cell is a multistage process, typically a progression from a pre-cancerous lesion to malignant tumours. These changes are the result of the interaction between a person's genetic factors and three categories of external agents, including:

- Physical carcinogens, such as ultraviolet and ionizing radiation;
- Chemical carcinogens, such as asbestos, components of tobacco smoke, aflatoxin (a food contaminant) and arsenic (a drinking water contaminant); and
- Biological carcinogens, such as infections from certain viruses, bacteria or parasites.

World Health Organisation, through its Cancer Research agency, International Agency for Research on Cancer (IARC), maintains a classification of cancer causing agents.

Ageing is another fundamental factor for the development of cancer. The incidence of cancer rises dramatically with age, most likely due to a build up of risks for specific cancers that increase with age. The overall risk accumulation is combined with the tendency for cellular repair mechanisms to be less effective as a person grows older.

Modifying and Avoiding Risk Factors

More than 30% of cancer deaths could be prevented by modifying or avoiding key risk factors, including:

- Tobacco use
- Being overweight or obese
- Unhealthy diet with low fruit and vegetable intake
- Lack of physical activity
- Alcohol use
- Sexually transmitted HPV-infection
- Urban air pollution
- Indoor smoke from household use of solid fuels.

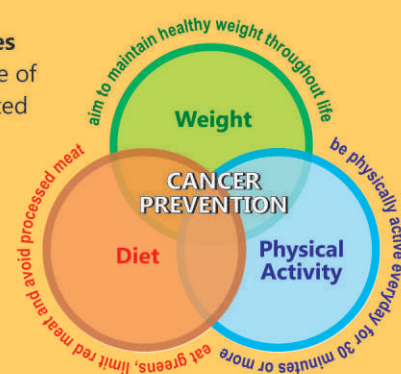
Tobacco use is the single most important risk factor for cancer causing 22% of global cancer deaths and 71% of global lung cancer deaths. In many low-income countries, up to 20% of cancer deaths are due to infection by HBV and HPV.

Do you know?

- About 30% of cancer deaths are due to the five leading behavioral and dietary risks: high body mass index, low fruit and vegetable intake, lack of physical activity, tobacco use and alcohol use.
- Tobacco use is the most important risk factor for cancer causing 22% of global cancer deaths and 71% of global lung cancer deaths.

Prevention strategies

- Increase avoidance of the risk factors listed above.
- Vaccinate against Human Papilloma Virus (HPV) and Hepatitis B Virus (HBV).
- Control occupational hazards.
- Reduce exposure to sunlight.



Dr. C Ravindra Sharma
Dy. Chief Medical Director (H&FW)

KAIZEN IN RAILWAYS

It doesn't take a dramatic leap forward every two or three years to keep the organization ahead of the pack – quite the reverse. It's those little incremental steps that the Japanese are so good at, that make all the difference.

The most important feature of successful Japanese organizations is the existence of a Kaizen culture.

'KAIZEN' literally means 'improvement', but in Japanese it also carries the connotation of organization wide, on-going, incremental improvement involving every one in the organization.

The beauty of **KAIZEN** philosophy is that it can benefit any kind of process or service. As a matter of fact, its application to public utility services like Railways is as relevant and much easier.

The philosophy of **KAIZEN** embodies all the notions of Total Quality Control (TQC), Continuous Process Improvement (CPI), Zero Defect (ZD) and Just in Time (JIT).

While the concepts of ZD and JIT are more relevant to the manufacturing units and workshops concepts of TQC and CPI are applicable to the entire gamut of processes performed by all the departments including those performing staff functions like Personnel, Accounts, Stores, Medical and Security in the Railways.

The philosophy of **KAIZEN** takes a holistic approach to identify opportunities for improvement and implement them without large-scale capital investments.

Awareness among the Rail users has been growing and their demands for improvement in delivery of services provided along with their desire to have a say in how the services are designed and delivered, have been on the rise.

On the other hand, there could be reasons for Railways to find themselves under growing pressure to rise to the tall expectations of the rail users due to lack of corresponding growth in the human and material resources.

KAIZEN could be seen as a powerful tool to understand users needs in a phased, incremental manner and fulfill them through planned leverage of available resources resulting in small but sensitive improvements that are visible to rail users and are of value.

If service improvement technologies like process simplification e.g. cutting down waste or non-value adding activities, level jumping, decentralization of powers, reviewing the archaic rules and procedures, reorganizing the

work methods and processes, benchmarking of the best practices, capacity building, etc. are adopted, the service delivery mechanism would get simpler and speedy.

These small improvements, which can be formulated and implemented at all levels and which do not call for significant investments, but for a change in the attitude and mindset of the employees, if deployed as a continuous process in the organization could go a long way in making the service delivery system further efficient and effective.

However, it would not be out of place to mention that change for the sake of which do not have desired positive effect on the working and which would have a negative impact on the working should be avoided consciously.

Further, some aspects of **KAIZEN** like CPI might be in practise in various departments. But, to have a tangible and visible impact, **KAIZEN** could be adopted in an intergrated, systematic and scientific manner.



A culture of **KAIZEN** could help the officers and supervisors to map the various sub-processes and sub-systems within the department that deliver the final service product to the customer, identify the weakest link in the chain of constraints and initiate minor possible changes in terms of redeployment of staff, office automation, skill enhancement of the dealing staff, mentoring etc. to facilitate bits and pieces of change on a continuous basis.

Various Government departments and undertakings like BHEL have been able to reap enormous benefits by successfully deploying **KAIZEN**.

The opportunity for **KAIZEN** is longer in railways once it is understood that any process or operation, which does not add value to the product or service delivered is a waste and should therefore be eliminated.

The **KAIZEN** philosophy can be adopted at all levels and in all departments in the Railways and monitored periodically to ensure that employees at all levels are committed to its introduction and implementation.

Hail KAIZEN!

Dr H Srinivas, IRPS
Dy. Chief Personnel Officer/MPP&IT

(The views expressed by the author are his personal.)

Cell Phone Etiquette

Cell Phones seem to make everyone ruder—but it doesn't have to be that way. A few simple tips on etiquette will make you a well-mannered person.

1. Lower your voice when talking in public
2. Avoid personal topics when others can hear you.
3. Avoid taking calls when you're already engaged in a face-to-face conversation. *If you do take a call, ask permission of the people with you.*
4. Avoid texting during face-to-face conversations.

5. Put your phone's ringer on silent mode in theaters and restaurants.
6. Don't light up your phone's screen in a dark theater.
7. Hang up and drive. *Any given time, a good percentage of people driving are simultaneously talking on their phones.*
8. Don't use Call Screening application with family and close friends.
9. Don't blame the other for a dropped call. *If you make 100 calls per week, you can expect to experience between 2-4 dropped calls each and every week. Saying "I think your phone must have dropped the call" sounds petty and can actually make people feel bad.*
10. Avoid looking things up on your phone during a conversation.
11. Avoid inappropriate profile pictures. *Many higher quality phones show your picture on the screen when you call.*
12. Be mindful about facebook tagging. *A good rule of thumb is to get permission to tag someone else's photo - or at least never tag a photo unless you're sure that person wouldn't mind showing it to his mother, boss and children.*

13. Keep distance from persons around when talking on a cell phone, so as not to disturb them or get disturbed.
14. Choose your ring tone wisely *(no annoying or vulgar tones please)*

Establish Phone-free times or Zones where your phones are out of mind. This can free us from the temptation of wondering if that important text message has arrived.



3 Secrets of Happiness

We all know that money can't buy happiness... but many times we think if we would be much happier if we had more money. We are conditioned to want to be rich (when we know the rich aren't happy either); we are trained to want the latest gadget or style that television tells us to want; we want to earn more money because then we'll have the good life! But none of that will bring us happiness.

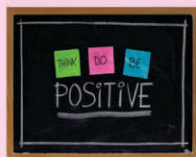
So what will bring us happiness? Luckily, it's three things that don't cost a thing. Here they are, the Three Secrets to Happiness:

1. Good relationships. We need to be close, intimate with other human beings. Having good, supportive friendships, a strong marriage or close & loving relationships with our family members will make us much more likely to be happy.



Action steps: Spend time with your loved ones, tell them what they mean to you, listen to them, and develop your relationship with them.

2. Positive thinking. Positive thinking is the best way to achieve our goals, but it turns out that it can lead to happiness too. Optimism and self-esteem are some of the best indicators of people who lead happy lives. Happy people feel empowered, in control of their lives and have a positive outlook on life.



Action steps: Make positive thinking a habit. Squash all negative thoughts and replace them with positive ones. Instead of "I can't" think "I can".

3. Passion in Work. The state of being completely focused on the work before us, so much so that lose track of time. Having work and leisure that gets us in this state, will undoubtedly lead us to happiness.



Action steps: Find work or hobbies that you're passionate about. Turn off the TV, get outside and do something that truly engages you.

You've been given the Three Secrets to Happiness. Don't waste them!

Re'Cycle' for Fresh Air

M. Samson Sundeep
Senior Workstudy Officer

Everyday hundreds of new motor vehicles are landing on our roads. More fuel is being burnt causing more pollutant environment. Possessing a motor vehicle and zooming past the lesser fortunate people appears to be the order of the day of young and ambitious, unmindful of the consequent hole in the pocket and more importantly, the ozone layer.

In the thick cloud, emitted by the ever-increasing vehicles, the foresight of this generation appears to be lost in the thin air. The pollution levels are alarmingly rising high, pushing the health graph of the people, to the zenith. It's time, due attention is paid by the think tank of both the government and non-government agencies. There is hardly a noticeable effort to address problem in a serious sense.

The fast emerging 'Oxygen Bars and Oxygen Centres' in the cities mirror the need for a fresh and fair look at the climate prevailing around us. Affordable and perhaps gullible few are being attracted to visit such places to purchase, what is termed as fresh air. Such commercial exploitation of natural air, speaks volumes about the need for corrective measures.

We deserve a clean and lungful of fresh air. It is time, we put our best foot forward to peddle a bicycle instead of a motor vehicle to save ourselves and our children from a host of hazardous pollution related problems including cancer, respiratory problems, skin diseases etc.

It is time we help ourselves by moving on a lesser dangerous path and voluntarily opt for disengaging from usage of motor vehicles, at least once in a week or fortnight or a month. Government must intervene and design a workable blueprint, to shun the usage of motor vehicles on nominated days, which can be called 'green days'. Non-government agencies can step in and mobilize more public support from the cross section of the society by



launching people friendly publicity campaigns. However, the essential services should be permitted to ply on the green days.

We will be able to breathe fresher air at least during the 'green days'. All able persons should be encouraged to use bicycles on the 'green days'. Awareness about health, instilling sense of pride in participating in such environmentally positive programmes should be vigorously campaigned by both the Government and the NGOs.



We will be able to enjoy better traffic movement on roads, notice lesser number of accidents, preserve the depleting and expensive fuel, and above all saving the Ozone layer for better and greener future. Bicycles or any non-conventional energy vehicles like solar energy driven vehicles only should be encouraged to be used on roads surely.

We will be able to leave behind us, a lesser polluted world to the posterity. We can think innovatively and make use of or create new lung spaces within our precincts, by landscaping the naturally available and ignored spaces around us in our localities and public places.

Hopefully one day or some day we should all say, walking is passé. Peddling is in. Next time when you step out of your house, look for the peddle of a bicycle, not the throttle of your motor bike nor the accelerator of your car. Use bicycles for a win-win situation. Imagine, on green days, all bicycles on the road, with smiles radiating on the people's faces breathing fresh air all the way. "Ride a bicycle and drive away pollution". Walk over to the wheels for a wave of Fresh Air.

क्षेत्रीय राजभाषा कार्यान्वयन समिति की बैठक का आयोजन



दक्षिण मध्य रेलवे के प्रधान कार्यालय, सिकंदराबाद में क्षेत्रीय राजभाषा कार्यान्वयन समिति की 135वीं बैठक श्री जी.एन.अस्थाना, महाप्रबंधक/ दक्षिण मध्य रेलवे की अध्यक्षता में 29 मार्च 2012 को महाप्रबंधक सभागृह में संपन्न हुई।

बैठक के प्रारंभ में उप महाप्रबंधक (राजभाषा), श्रीमती मंगला अभ्यंकर ने समिति के अध्यक्ष एवं



महाप्रबंधक, अपर महाप्रबंधक, मुख्य राजभाषा अधिकारी और सभी सदस्यों का स्वागत किया।

समिति के अध्यक्ष व महाप्रबंधक और अपर महाप्रबंधक का पुष्पगुच्छ से स्वागत

किए जाने के बाद, मुख्य राजभाषा अधिकारी एवं भंडार नियंत्रक श्री महेश चंद्र ने अपने संबोधन में इस बात पर प्रसन्नता व्यक्त की कि वेबसाइट पर प्रदर्शित सामग्री को हिंदी में भी सुनिश्चित करना, स्टेशनों पर प्रदर्शित इलेक्ट्रॉनिक डिस्प्ले बोर्ड और अन्य बोर्ड, स्टेशन संचालन नियमों का हिंदी रूपांतर स्टेशनों पर सुनिश्चित करना आदि मदों में पिछली तिमाही की तुलना में प्रगति हुई है। उन्होंने शेष कार्य भी शीघ्र पूरा करने तथा अधिकारियों द्वारा स्टेशनों/ कार्यालयों का नियमित निरीक्षण किए जाने पर जोर दिया।

अध्यक्ष तथा महाप्रबंधक ने अपने संबोधन में प्रधान कार्यालय, मंडलों/ कारखानों में समय-समय पर आयोजित कार्यक्रमों का उल्लेख करते हुए कहा कि हमारा उद्देश्य अपने दैनिक सरकारी काम में हिंदी का प्रयोग बढ़ाना है। अतः सभी सदस्य इस दिशा में सजग होकर प्रयास करें। उन्होंने कहा कि अधिकारीगण अपने निरीक्षणों में हिंदी की कुछ मदों का अवश्य निरीक्षण करें। उन्होंने चाहा कि स्टेशनों और शेडों में प्रदर्शित सभी सूचना और अनुदेशों से संबंधित बोर्ड अंग्रेजी के साथ-साथ हिंदी और स्थानीय भाषा में भी प्रदर्शित किए जाएं। उन्होंने कहा कि हिंदी के प्रचार-प्रसार के लिए एक कवि-सम्मेलन का आयोजन किया जाए।

अपर महाप्रबंधक ने दैनिक सरकारी कामकाज में सरल हिंदी के प्रयोग पर बल दिया, जिससे दक्षिण मध्य रेलवे जैसे 'ग' क्षेत्र में हिंदी का प्रयोग आसानी से बढ़ सकेगा।

मुख्यालय राजभाषा कार्यान्वयन समिति की बैठक का आयोजन



दक्षिण मध्य रेलवे के प्रधान कार्यालय, सिकंदराबाद में मुख्यालय राजभाषा कार्यान्वयन समिति की 25वीं बैठक श्री महेशचंद्र, मुख्य राजभाषा अधिकारी/ दक्षिण मध्य रेलवे

की अध्यक्षता में 21 मार्च 2012 को भंडार नियंत्रक सभागृह में संपन्न हुई।

उप महाप्रबंधक (राजभाषा), श्रीमती मंगला अभ्यंकर ने समिति के अध्यक्ष एवं मुख्य राजभाषा अधिकारी तथा सभी सदस्यों का स्वागत किया। उन्होंने बैठक का संचालन करते हुए इस बात पर जोर दिया कि प्रधान कार्यालय में राजभाषा के कार्यान्वयन में प्रगति मुख्यालय राजभाषा कार्यान्वयन समिति के सदस्यों द्वारा की गई पहल और ठोस कार्रवाई से ही संभव होती है। अतः सभी सदस्य यदि राजभाषा कार्यान्वयन की मदों में प्रगति की दृष्टि से स्वयं पहल करके और रुचि लेकर कार्य करें तो इस दिशा में अच्छे परिणाम मिल सकते हैं।

मुख्य राजभाषा अधिकारी एवं भंडार नियंत्रक श्री महेश चंद्र ने अपने संबोधन में कहा कि कार्यशालाओं में प्रशिक्षित कर्मचारियों से हिंदी में और अधिक काम करवाया जाए। उन्होंने कहा कि प्रधान कार्यालय में राजभाषा का कार्यान्वयन ऐसा होना चाहिए, जो मंडलों/कारखानों/अन्य यूनिटों के लिए अनुकरणीय हो। उन्होंने बैठक में लिए गए निर्णयों पर कार्रवाई करने, अपने-अपने विभागों में विभागीय बैठकों के आयोजन और सभी विभागों में वेबसाइट पर सामग्री हिंदी में अपलोड करने का कार्य शीघ्र पूरा करने पर जोर दिया।

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



सफलता की कुंजी

तू ज़िंदा है,
तो ज़िंदगी की जीत पर यकीन कर,
अगर कहीं है स्वर्ग,
तो उतार ला जमीन पर...

1. हर परिस्थिति में अपना आत्मविश्वास बनाए रखें। हर काम की शुरुआत इस सोच से करें कि आपकी सफलता निश्चित है।
2. विश्वसनीय बनें। लोगों को ऐसा विश्वास हो कि आप जो कहते हैं, वो करते हैं।
3. सफलता के लिए सबसे ज़रूरी कदम है अपनी कार्यक्षमता और योग्यता का सही-सही मूल्यांकन करना।
4. अपनी योग्यता व रुचि के अनुसार लक्ष्य निर्धारित करें। सफलता प्राप्ति के लिए लक्ष्य के प्रति एकाग्रता और मेहनत ज़रूरी है।
5. समय के महत्व को समझें। समय के प्रबंधन और सदुपयोग की कला सफलता प्राप्ति के लिए अति आवश्यक है।
6. अपनी बात सरल, स्पष्ट व असरदार रखें।
7. अपने लक्ष्य की तरफ योजनाबद्ध तरीके से बढ़ें।
8. असफलता को धैर्यपूर्वक स्वीकार करें।
9. सफल लोगों की आत्मकथा पढ़ें। इससे आपके इरादों में मज़बूती आएगी।
10. सभी से मधुर संबंध बनाकर रखें। किसी के प्रति मन में बुरा भाव न रखें।
11. आपके संबंध जितने अच्छे होंगे, आप उतनी ही जल्दी सफल होंगे।
12. अपनी असफलता की जिम्मेदारी खुद लें, उसके लिए किसी परिस्थिति, भाग्य या व्यक्ति को न कोसें।
13. अपने विचार सकारात्मक रखें। विपरीत परिस्थितियों में भी सकारात्मक सोच रखने से आप जल्दी ही उससे उबर जाएंगे।
14. अपने मूड के गुलाम न बनें, मूड को अपना गुलाम बनाकर समय से हर काम पूरा करें व अनुशासित बनें।
15. अपने कार्य में रचनात्मकता का समावेश करें।
16. ईमानदारी का गुण विकसित करें। अपने काम के प्रति व दूसरों के प्रति ईमानदार रहें।
17. अपने कार्य व व्यक्तित्व में मौलिकता लाएं, क्योंकि नकल की हुई चीज़ ज्यादा प्रभावशाली नहीं होती।
18. अपनी सफलता की तुलना दूसरों की सफलता से न करें। अपनी सफलता की कसौटी खुद तय करें।
19. प्रशंसा उत्साहित करती है, अतः खुले दिल से दूसरों के प्रयासों की प्रशंसा करें।
20. जीवन में अपना दृष्टिकोण ऐसा रखें कि जीवन में सुख-दुख आते-जाते रहते हैं।
21. अपना जीवन व सोच सरल रखने का प्रयास करें।
22. सटीक निर्णय लेने की कला, जिम्मेदारी उठाने की ताकत और काम में निरंतरता - ये तीनों गुण सफलता के लिए बेहद ज़रूरी हैं।



रामबाण दवा - त्रिफला

त्रिफला चूर्ण बनाने की विधि : सूखा देशी आंवला, बड़ी हरड़ व बहेड़ा लेकर, इसकी गुठली निकाल दें. तीनों समभाग मिलाकर महीन पीस लें. कपड़े से छानकर काँच की शीशे में भरकर रखें.

- त्रिफला के गुणगुने काढ़े में शहद मिलाकर पीने से मोटापा कम होता है. त्रिफला के काढ़े से घाव धोने से एलोपैथिक-एंटीसेप्टिक की आवश्यकता नहीं रहती. घाव जल्दी भर जाता है.

एक अध्ययन से पता चला है कि त्रिफला का सेवन रेडियोधर्मिता से भी बचाव करता है. प्रयोगों में देखा गया है कि त्रिफला की खुराकों से गामा किरणों के रेडिएशन के प्रभाव से होने वाली अस्वस्थता के लक्षण भी नहीं पाए जाते हैं. इसीलिए त्रिफला चूर्ण आयुर्वेद का अनमोल उपहार कहा जाता है.

संयमित आहार-विहार के साथ त्रिफला का सेवन करने से हृदय रोग, उच्च रक्तचाप, मधुमेह, नेत्र रोग, पेट के विकार, मोटापा आदि होने की आशंका नहीं होती. यह 20 प्रकार के प्रमेह, विविध कुष्ठ रोग, विषम ज्वर व सूजन को नष्ट करता है. अस्थि, केश, दांत व पाचन -

त्रिफला तीन फलों का मिश्रण है. आयुष्य को स्थिर रखने वाला आंवला, रक्षा करने वाला हरड़ व शरीर को निर्मल करने वाला बहेड़ा. यह सेहत संबंधी सभी समस्याओं की रामबाण दवा है.

ये तीनों फल एक ही चूर्ण में मिलकर शरीर को कई प्रकार से लाभ पहुँचा सकते हैं.



संस्थान को बलवान बनाता है. इसका नियमित सेवन शरीर को निरामय, सक्षम व फुर्तीला बनाता है और असमय बुढ़ापे को दूर रखता है. यह हर आयु वर्ग के लिए उपयुक्त है.

- पाचन सुधारता है.
- कोलेस्ट्रॉल कम करता है.
- रक्तसंचार बेहतर करता है.
- ब्लड प्रेशर नियंत्रित होता है.
- लीवर की कार्यक्षमता बढ़ाता है.
- जलन शांत करता है.
- इसमें एंटी बैक्टीरियल और एंटीसेप्टिक गुण होते हैं. शरीर में जमा कफ को बाहर निकालता है.

औषधि का प्रयोग :

- **नेत्र प्रक्षालन :** एक चम्मच त्रिफला चूर्ण रात को एक कटोरी पानी में भिगोकर रखें. सुबह कपड़े से छानकर उस पानी से आंखें धो लें. यह आंखों के लिए अत्यंत हितकर है. इससे आंखें स्वच्छ व दृष्टि सूक्ष्म होती है. आंखों की जलन, लालिमा आदि तकलीफें दूर होती हैं.
- **कुल्ला करना :** त्रिफला रात को पानी में भिगोकर रखें. सुबह मंजन करने के बाद इस पानी से कुल्ला करने पर दांत व मसूढ़ें वृद्धावस्था तक मजबूत रहते हैं. इससे अरुचि, मुख की दुर्गंध व मुँह के छाले नष्ट होते हैं.

- संयमित आहार-विहार के साथ इसका नियमित प्रयोग करने से मोतियाबिंद, कांचबिंदु-दृष्टिदोष आदि नेत्र रोग होने की संभावना नहीं होती.
- मूत्र संबंधी सभी विकारों व मधुमेह में यह फायदेमंद है. रात को गुणगुने पानी के साथ त्रिफला लेने से कब्ज नहीं रहती है.

विटामिन 'सी' - दूर करता है बीमारी



शरीर को रोगमुक्त और ऊर्जावान बनाए रखने के लिए

तथा वैज्ञानिक मानव शरीर पर इसके प्रभावों और महत्व को लेकर शोध करते रहे हैं.

विटामिन सी एंटी आक्सीडेंट की तरह काम करता है और आक्सीडेटिव स्ट्रेस से बचाव करता है. विटामिन सी शरीर में रोग पैदा करने वाले विषाणुओं से लड़ने की ताकत पैदा करता है और शरीर में इसकी

संतुलित मात्रा बने रहने से रोग प्रतिरोधक क्षमता मजबूत रहती है.

हरी सब्जियों और नींबू, संतरे जैसे खट्टे फलों में यह खूब पाया जाता है.

इन्हें अपने रोजमर्रा के खानपान का हिस्सा बना लीजिए और शरीर में विटामिन सी की कमी न होने दीजिए.

शरीर को पर्याप्त मात्रा में विटामिन सी नहीं मिलने से स्कर्वी के अलावा हृदय रोग, रक्त अल्पता, कैसर और मोतियाबिन्द जैसी बीमारी भी हो सकती है.

विटामिन सी का आवश्यकता से अधिक सेवन (हजारों मिलीग्राम में) नकारात्मक साबित हो सकता है और इससे डायरिया तथा अपच जैसी समस्याएं हो सकती हैं.

तमाम तरह के अवयवों की जरूरत होती है, लेकिन इनमें भी विटामिन सी एक ऐसा अवयव है जिसके बिना शरीर को रोगमुक्त रखने की कल्पना ही नहीं की जा सकती. यह शरीर की रोग प्रतिरोधक क्षमता को मजबूत करता है.

विटामिन सी की पहचान 4 अप्रैल 1932 को हुई थी और तभी से चिकित्सक



Glimpses of Vintage Rail History


**Nizam VII with Staff on the
 Nampally Railway Station
 Platform during visit of
 Lord and Lady Willington
 to Hyderabad Deccan. (1933)**





**Arrival of Lord & Lady Linlithgow
 at Nampally Railway Station
 during their visit to
 Hyderabad Deccan. (1938)**



**Pandit Jawaharlal Nehru,
 the then Prime Minister of India
 along with Shri J Mathan, Head of
 Secunderabad Division (to Nehruji's Right)
 and Shri Neelam Sanjiva Reddy,
 the then Chief Minister of
 Andhra Pradesh (1963)**