

दक्षिण मध्य रेलवे



South Central Railway

॥ हम दम ॥ सफर रेलवे



Vol. II Issue I Quarterly Newsletter

HUM-DUM

January, 2012

An internal newsletter of SCRians



P04

COVER STORY

SCR won Six All-India Level Performance Efficiency Shields and 16 Individual Awards for the year 2010-11 at the 56th Annual Railway National Awards Presentation Function held at New Delhi on November 21, 2011.



Centre Spread

Shri Dinesh Trivedi, Hon'ble Minister for Railways visited Secunderabad on a day's tour on December 26, 2011 – his first ever visit to South Central Railway. The Hon'ble MR reviewed the performance of SCR and inspected Secunderabad Railway Station during his visit.

Special Features

**Ponder over...
Promise
Yourself**

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**'Heart'y Facts..
..for a
Healthy Heart**

**New Year
Resolutions
Why & How?**



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A new Domestic Container Terminal of CONCOR was inaugurated at Nagalapalli near Hyderabad on December 7, 2011. Shri G N Asthana, GM/SCR and Shri Anil Kumar Gupta, MD/CONCOR participated at the inaugural function & flagged off the first Container Train.



P12

SCR bagged the National Energy Conservation Award for the year 2011 in recognition of its achievements in the arena of energy conservation. Shri Shushil Kumar Shinde, Hon'ble Union Minister of Power presented the Award to Shri G R Agarwal, CEE/SCR on December 14, 2011.



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SCR Sportsmen & women have shown unparalleled performance in various All India Railway Championships and won several shields. A remarkable feat being winning Gold Medals in both men's and women's Kabaddi for the first time, beating formidable opponents.

From Chief Editor's Desk

The advent of New Year is not meant merely to pass resolutions but an occasion to chart a new course to 'deliver' meaningful results by stretching our performance to the Maximum as this period is the critical last lap of the financial year. South Central Railway is indeed privileged to have Shri G N Asthana as the new General Manager at the helm at this juncture. Under his able leadership, SCR is poised to surpass 100 MT of Loading this year and geared to scale new peaks of performance on various fronts within the matrix of available resources.

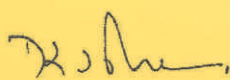
The peppy design and vibrant features of the previous issue of 'Hum-Dum' elicited good response from the readers. Added to this, the encouragement given by the General Manager spurred us to publish it once in a Quarter to reach out to the *SCRians* more frequently with an assortment of fresh news and special features.

The commendable growth of our Zone in recent times resulted in bagging Six All India Efficiency Shields, apart from 16 Individual MR Awards at the 56th Annual Railway Awards Programme held in last November at New Delhi. Our Cover Story tracks this event. However, this success should not make us self-satisfied as there are new challenges to face and promises to keep.

The highlight of the last quarter has been the maiden visit of Shri Dinesh Trivedi, Hon'ble Minister of Railways to Secunderabad. The Hon'ble MR had a word of praise for SCR's performance and he infused a new sense of urgency and direction to prioritize on Safety and Financial performance. He underscored the need to constantly innovate, keeping the 'customer' in focus. Our centre spread covers his inspiring tour.

We hope our readers will benefit from the three special articles featured in this issue – making authentic New Year resolutions; simple principles to enrich life and advise for a healthy heart.

Our hearty gratitude to Shri G N Asthana, General Manager who evinced keen interest and gave valuable suggestions to make 'Hum-Dum' an interesting read with relevant news and useful articles. We believe there is no end to improvement and sincerely seek the views from the *SCRians* to make our very own 'Hum-Dum' all the more trendy, yet with practical utility value.



(K. Sambasiva Rao)
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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.

Message

from

Chief Patron &
General Manager



Dear *SCRians*,

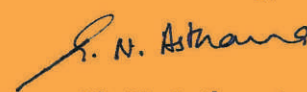
I am pleased to note that starting from January 2012 issue, 'Hum-Dum', the in-house Journal of SCR will be brought out more frequently – once in three months. This newsletter has got the potential to serve as an open, internal communication platform with scope for all Officers/Staff of SCR to share their views/suggestions on matters of organizational interest.

In my view, there can't be a better stimulant to any Organization than a committed and synergetic work force, strong-willed to excel in their field of activities. In a Multi-department System like Railways, a sense of oneness amongst all the staff is a critical factor to attain common goals.

I am sure, 'Hum-Dum' will be a small step forward in this direction and will strive to foster Unity and Camaraderie amongst all the *SCRians* by bringing to the fore the performance highlights, news on various events/happenings on the Zone and useful special features in an attractive capsule.

As Year 2012 dawns, my warm greetings to all members of SCR Family and am hopeful that together, we deliver the best possible performance so as to reach the set targets in this year and also meet the Service expectations of our valued Customers.

Yours Sincerely,

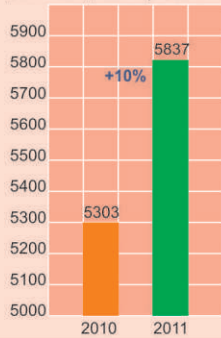


(G. N. Asthana)

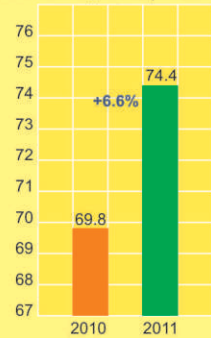
At a Glance – Performance of South Central Railway

South Central Railway has shown remarkable performance on various fronts during the first three quarters (April to December, 2011) of the current fiscal year 2011-12. Some of the highlights are furnished below:

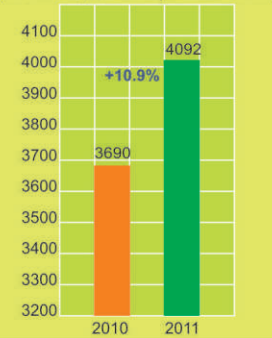
Gross Originating Earnings
(₹ in Crores) (Period April–December)



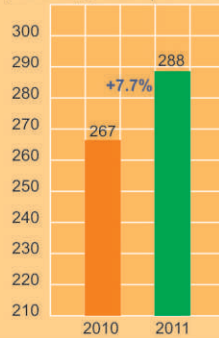
Freight Loading
(in Million Tonnes) (Period April–December)



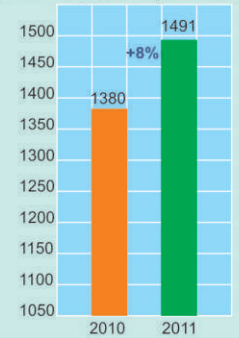
Freight Earnings
(₹ in Crores) (Period April – December)



Passengers Carried
(in Millions) (Period April – December)



Passenger Earnings
(₹ in Crores) (Period April – December)



Traffic Volume and Earnings

1. South Central Railway has registered considerable growth in the volume of traffic handled both in the freight and passenger segments and also the Gross Earnings during the period April–December, 2011 of the current financial year.
2. For the above period, SCR achieved a Gross Earnings of ₹5837 Cr. compared to ₹5303 Cr. for the same period of last year showing growth of 10%.
3. The major earning source is freight loading, which contributes around 70% of the SCR's earnings. In the freight segment, for the period Apr-Dec'11, the Zone has loaded 74.4 Million Tonnes, which is 6.6% higher compared to last year for the same period. The freight earnings registered a considerable growth of 10.9% over the corresponding period of previous year with an earnings of ₹4092.87 Cr.
4. In the passenger segment, SCR carried 288 million passengers during the period from Apr-Dec '11, i.e., above 10 lakh passengers per day on an average, registering a growth rate of 7.7% over the corresponding period of the previous year.
5. The passenger segment posted earnings of ₹1491 Cr. during the period from Apr-Dec'11 compared to ₹1380 Cr. for the corresponding period of the previous year, which is 8% higher.

Safety & Security

- Utmost importance is being given to safety and security of passengers. Towards this several focused initiatives have been taken like safety related technical improvements works, elimination of level crossings, surprise inspections by officers, safety seminars, safety drives, ambush checks and mock drills, etc.
- To avoid accidents at unmanned level crossing gates, SCR has taken up the task of eliminating the unmanned LCs by limited height subways/RUBs/ROBs/suitable diversions/closure, etc. by 2014. During the current year, it is planned to eliminate 235 nos. of unmanned LCs.
- To strengthen the security at three high passenger density stations – Secunderabad, Hyderabad and Tirupati, Integrated Security System is being established at a cost of ₹6.04 Cr. The system includes various security features like CCTV surveillance, access control, baggage scanning and bomb detection / disposal systems etc. The works are under progress and are targeted to be completed during this financial year.
- Security has been beefed-up in trains by

deploying 337 RPF Personnel to escort 98 Express trains on sensitive routes.

Passenger Services

(i) Punctuality: As Punctuality of Services is given prime importance, the Zone achieved 94 % punctuality in running of trains, which is among the best performances on Indian Railways.

(ii) New Train Services: In the Railway Budget 2011, a large number of new train services have been announced over SCR System – 18 originating trains and 11 passing through train services. Out of these, the following 8 originating services have already been introduced till December end –

1. Tr.No.22855/22856 Tirupati–Santragachi–Tirupati Weekly Superfast Express w.e.f 17.05.2011
2. Tr.No.12729/12730 Pune–Huzur Saheb Nanded – Pune Bi-weekly Express w.e.f 01.07.2011
3. Tr.No.17213/17214 Narsapur–Nagarsol–Narsapur Bi-weekly Express w.e.f 01.07.2011
4. Tr.No.17005/17006 Hyderabad–Darbhanga–Hyderabad Weekly Express w.e.f 07.07.2011
5. Tr.No.12026/12025 Secunderabad–Pune–Secunderabad Shatabdi Express w.e.f 13.11.2011
6. Tr.No.77678/77675 Miryalaguda–Kacheguda–Miryalaguda DEMU Passenger w.e.f 14.11.2011
7. Tr.No.77676/77677 Miryalaguda–Nadikudi–Miryalaguda DEMU Passenger w.e.f 14.11.2011
8. Tr.No.12765/12766 Tirupati–Amaravati–Tirupati Bi-weekly Superfast Express w.e.f 09.12.2011

(iii) MMTS Services: Honouring the Public demand for additional MMTS services in Twin Cities, 10 new MMTS Services have been introduced besides augmenting the carrying capacity with 36 New Generation MMTS Coaches from July 1, 2011.

(iv) Ticketing System: To ease queues at the Ticketing Counters PRS system has been extended to 14 Post Offices, 8 stations and 75 Smart Card based ATMs have been installed at all MMTS stations this year.

A novel scheme – 'Mushkil Asaan' – bringing the tickets to the doorstep of the Public through Mobile Ticketing Vans is planned to be rolled out at Secunderabad and Rajahmundry shortly.

Passenger Amenities

- Passenger amenity infrastructure like facelift to station buildings; improvements to circulating area, waiting halls and retiring rooms; advanced lighting facilities; provision of platform shelters and information display boards and setting up modern

catering outlets etc. continue to receive priority.

- Apart from the already existing 25 Adarsh Stations, works are underway at 16 more stations to upgrade them as Adarsh Stations.

- 13 stations on SCR have been identified for provision of Multi-functional complexes – one will be developed by IRCON (Hyderabad) and one by RITES (Guntur) and 9 by Rail Land Development Authority. The works at Aurangabad and Rajahmundry are being taken up by SCR. Works at Aurangabad are completed and works at Rajahmundry are nearing completion.

- Action plan has been drawn up to upgrade all on-board passenger amenities in the coaches of 6 identified rakes under a new concept – 'Model Train'.

- To provide best quality linen to the AC Class passengers, SCR took up the initiative of departmental handling and commissioned two modern Mechanized Laundry facilities at Kacheguda and Secunderabad.

Lifts and Escalators

- To take care of the needs of senior citizens/ differently-abled passengers, etc., SCR has embarked upon the provision of lifts and escalators in a big way at all major stations.

- 6 lifts are completed during current financial year. Work is in progress for another 25 lifts at Vijayawada, Nellore, Bhimavaram Town, Gudur, Tenali, Samalkot, Chirala, Secunderabad, Kacheguda, Guntakal and Aurangabad stations.

- Action has been initiated for installing 30 escalators – 7 at Secunderabad, 2 at Hyderabad, 3 at Kacheguda, 3 at Vijayawada, 3 at Nellore, 2 at Rajahmundry, 2 at Tenali, 4 at Tirupati, 1 at Guntur and 3 at Nanded stations.

Capacity Augmentation / New Projects

- Electrification works would be completed this year on two main sections of SCR on Mumbai Route, viz., Secunderabad–Wadi and Renigunta–Guntakal Section.

- During the year 2010-11, 169 Kms of new lines have been completed and a major gauge conversion work between Dharmavaram and Pakala was commissioned. During this year it is targeted to complete 123 Kms of new lines and 25 Kms of doubling.

- During 2011-12, it is targeted to complete 25 ROBs/RUBs. In order to speed up the execution of project works, joint review meetings are being held with State Government for close coordination.

Shri G N Asthana takes over charge of the post of General Manager, SCR



Shri G N Asthana has taken over the full-fledged charge as General Manager, South Central Railway on November 9, 2011.

A Mechanical Engineering Graduate from University of Rourkee, Shri G N Asthana belongs to Indian Railways Service of Mechanical Engineers (IRSME) – 1975 Batch. He held several important posts on Indian Railways and has rich experience of working as General Manager, West Central Railway; Additional Member (Mechanical Engineering); Adviser (Mechanical Engineering); Adviser (Projects); Adviser (Workshops); Executive Director ME (Workshops); Divisional Railway Manager, Vadodara, Western Railway and Joint Director, RDSO, Lucknow.



Appreciation from Passenger for SMS based Passenger Complaint & Suggestion System

From M. V. Ramana Murthy (via E-mail)

Incident 1

"It happened few months back. We were travelling and I and my family were waiting in the A/C waiting room at Secunderabad Station. The attached bathroom was not clean and was giving bad smell. Added to this discomfort, the bathroom door was not closing tight, and I also observed that shutter was not closing tight because of faulty door closer. I complained to the attendant.

I also sent an SMS "The bathroom of A/C waiting room on platform No 1 of Secunderabad Station is dirty and stinking. Please arrange cleaning. Also the door is not closing properly".

After few minutes we left the waiting room as our train arrival was announced. Within few minutes I received text reply from Railways, giving an ID No and that action will be taken. After few hours I received a message that the bathroom has been cleaned. After ten days I received another message that the faulty door has been repaired and thanking me."

Incident 2

"Recently on 24th October I and my wife were travelling by Hyderabad Ajmer Express on our Rajasthan trip. Next day morning, I noticed there was no water in the bathroom and the taps are all dry, whereas our journey will continue and we will be reaching our destination (Bhilwara near Ajmer) after another 18 hours. I was worried that it is going to be a miserable time to travel without water. Water or No water, people will continue to use the bathrooms and the stink will become unbearable. I complained to the

Conductor. I also sent a SMS "Travelling in the A1 Compartment of Hyderabad Ajmer Express Train No 12720. No water in the bathrooms. Please arrange. Also replace leaking valves else problem repeats."

Pat came the reply "Your Reference ID is 1110250019. For status visit www.scr.indianrailways.in or SMS as STATUS to 8121281212. Thanks for registering complaint". After about 20 minutes I received message that water will be filled at the nearest Railway station having water filling facility. At Itarsi station water was filled and we had no problem. After about a week I received another message that the faulty valves have been replaced. It was amazing. I am thankful to the Railway authorities for introducing a system where one can complain from a running train and doubly grateful that they have acknowledged the complaint

and attended.

I collected this help line number from the Railway waiting room! Many times while travelling by train we are put to unexpected inconvenience, we react by cursing and criticizing. No other response. Of course once we reach our destination we just forget.

There is no use in cursing the darkness around you, do light a candle however small it be, it gives an inspiration and ten more candles will be lit. The process continues reducing the darkness.

The Railway Helpline Number named SMS based Suggestion or Complaint System (SPCSS) to which you can SMS is 8121281212. Please pass on this message to your friends and it may help someone in need including you."

Smart / e-way to lodge complaint / suggestion SMS based Passenger Complaint & Suggestion System (SPCSS)

Objectives

1. To get complaints/ suggestions from customers through SMS for aligning railway resources and priorities to customers' aspirations and expectations
2. To reduce the gap between the customers' expectations and railway's performance
3. To help railways prioritize focus areas
4. To foster greater participation of customers in railway services



Salient Features

1. Complaint/ suggestion can be registered at 8121281212 by sending an SMS
2. In response, an automated acknowledgment with a unique ID will be sent as an SMS
3. With the unique ID, passenger can know the status of the complaint by sending SMS:-

"STATUS <SPACE> <REFERENCE ID>" to 8121281212 or by logging on our website – www.scr.indianrailways.gov.in

4. Final reply will be sent through an SMS and will also be available on our website – www.scr.indianrailways.gov.in



SCR bags Six All-India Level Performance Efficiency Shields at 56th Annual Railway National Awards Programme



The 56th Annual Railway National Awards Presentation Function was held at Baroda House Lawns, New Delhi on November 21, 2011. Shri Dinesh Trivedi, Hon'ble Minister for Railways was the Chief Guest; Hon'ble Ministers of State for Railways – Shri K H Muniyappa and Shri Bharatsinh Solanki were Guests of Honour. Various Performance Efficiency Shields as well as Individual Awards were presented on the occasion.

South Central Railway won Six Performance Efficiency Shields at All-India Level for the year 2010-11, viz:

1. **Civil Engineering Shield** (jointly with Northeast Frontier and South Eastern Railways)
2. **Mechanical Engineering Shield**
3. **Traffic Transportation Shield** (jointly with South East Central Railway)
4. **Running Room Shield - Dhane Running Room of Guntakal Division** – (jointly with Kota Running Room of Kota Division, West Central Railway)
5. **Commercial Shield**
6. **Passenger Security Shield**

The above Shields were presented by Shri Dinesh Trivedi, Hon'ble Minister for Railways and were received by Shri G.N.Asthana, General Manager, South Central Railway along with the Principal Heads of the Department concerned. In addition to the above Shields, sixteen employees of South Central Railway received Railway Minister's Individual Awards in recognition of the meritorious work done by them during the year.

Minister for Railways Individual Awardees – 2011 at the 56th Railway Week Celebrations

1. **Late S Govinda Rajulu**
Dy. CMM/GP&S/SC, COS/SC
2. **Mulagaleti Umashankar Kumar**
Sr.DSTE/M/SC, SC Division
3. **Raju Kancharla**
Dy.FA&CAO/G, FA&CAO/SC
4. **Amandeep Kapoor**
Sr.DME/DSL/MLY, HYB Division
5. **Anand Chekkila**
Sr.DEE, ELS/BZA
6. **G Srinivasu**
DEN/Track, SC Division
7. **T Sambasiva Rao**
Traffic Inspector, GM/O/SC
8. **B Swetha**
Sr. Commercial Clerk, GM/O/SC
9. **M Ramalingam**
AA/Books/HQ, Sr.DCM/O/BZA
10. **K Srimannarayana Murthy**
Divl. Commercial Inspector,
Sr. DCM/O/BZA
11. **G Mohan Rao**
Loco Pilot/Mail, CCC/TRSO/BZA
12. **D Komaraiah**
Sr.Trackman, SSE/P Way/BPA
13. **G Kesava Rao**
Loco Pilot/Mail,
CCC/KCG/HYB Division
14. **R Adinarayana**
Constable, Warangal Post
15. **S Swamy, DMS-I**
Stores Department
16. **N Nagaraju**
DMS-III, Stores Department



Smt. Sridevi, w/o Late Shri S Govinda Rajulu,
Dy.CMM/GP&S/SC receiving the award.

Scintillating Civil Defence Demonstrations by Volunteers

Civil Defence Volunteers, belonging to South Central Railway, staged a scintillating Civil Defence demonstration at Rail Nilayam premises on December 7, 2011 as part of observance of Civil Defence Week. Around 100 Civil Defence Volunteers demonstrated relief and rescue operations in which they were trained to be carried out during emergencies arising out of disasters, external aggression, internal strife and unrest.

The demonstrations showcased how the Volunteers would save the lives of injured civilians and shift the casualties during a bomb attack by an enemy Nation causing severe damage to many high rise buildings, modes of transport and power supply. Many injured persons on the streets were quickly given First-Aid and shifted to Hospitals by Ambulance service. Several injured persons including children, trapped in multi-storied building, were rescued by using Civil Defence rescue methods since there was no crane or lift. The relief operations demonstrated included First-Aid, bomb defusal, fire fighting and radiation control. The rescue methods included Chair Knot, Ladder Hinge, Sliding Jack, Stretcher lashing, flying box and sliding box etc.



The Volunteers received thunderous applause when they rescued an injured lady from the terrace of Rail Nilayam (8th floor) using a single rope and a stretcher which was



slid at an angle of 45 degrees to the ground

Shri R Vijaya Mohan, Addl. General Manger, SCR announced a group cash award of ₹20,000 to Civil Defence volunteers in appreciation of their thrilling demonstrations. Speaking on the occasion, Shri Vijay Mohan said that the service of Civil Defence

Organisation will be very useful in case of war, violence, major accidents or natural calamities. He recalled how the Civil Defence volunteers had risen to the occasion by extinguishing the fire in two coaches of Narsapur Express, and saved a person who had fallen into a man-hole recently. He appealed to railway employees to join the Civil Defence Organisation in large number to serve the country in emergencies.

Shri Neelakanta Reddy, Dy. General Manager (General) & Controller of Civil Defence, SCR, while welcoming the gathering, said that Civil Defence is functioning under the guidance of Ministry of Home Affairs and it is a Defence of civilians, by the civilians and for the civilians. Saving the lives of civilians, minimizing damage to properties, maintaining continuity of production in order to keep up morale of the public high during war and internal strife were the objectives of Civil Defence. There are 5500 trained Civil Defence Volunteers in SCR and they were subjected to regular, intensive and refresher training to maintain high preparedness to swing into action at short notice, he informed. Further, he stated that Civil Defence include 12 services Viz., Headquarters, Communication, Warden, Casualty, Fire fighting, Rescue, Depot & Transport, Supply, Salvage, Welfare and Corpse Disposal.

International Day for 'Elimination of Violence against Women'

SCR observed 'International Day for Elimination of Violence against Women' all over the Zone. As a part of it, a seminar on 'Elimination of Violence against Women' was conducted at Rail Nilayam Auditorium, Secunderabad on November 25, 2011. A large number of women employees and office bearers of Organized Unions were present on the occasion.

Welcoming the gathering, Shri Manoj Pande, CPO explained the importance of the day, which is meant to protect the interests of women. He elucidated the provisions of various Acts enacted by the Government for the welfare of women. Dr. Pauline Mary Domingo, Associate Professor (English), Railway Degree College (RDC) spoke on the detailed the provisions incorporated in the Law for the protection of rights of women.

Smt. M Venkateswari, Senior Advocate, High Court of AP emphasized that women should be educated first, so that they can understand various safeguards available for them.

Dr. Indira, Principal, Railway Junior College, Secunderabad made a presentation on the violent incidents occurred against women in the recent past. A skit was presented by the students of RDC, Lallaguda.



Vijayawada Division

also organized a Seminar at Railway Institute on the same day. Shri Anurag, DRM was the Chief Guest. Speaking on the occasion, Shri Anurag informed that, research results are

indicating women as better managers because of their compassion and empathy towards staff. Dr. Keerthi said that present society is providing better educational opportunities for girls but not teaching them about how to live without fear of social subjugation.



Nanded Division

organized a Seminar under the chairmanship of Shri S S Soin, DRM at Railway Institute, Nanded. Shri B Chalapathi Rao, Sr.DPO mentioned the objectives for constituting a special

committee and requested the women employees to bring their complaints to the notice of this committee. In his presidential address, Shri S S Soin stressed the importance of voluntary organizations in assisting the helpless women and bringing awareness amongst women.

World Diabetes Day observed



In observance of 'World Diabetes Day' on November 14, 2011 a diabetes diagnosis and treatment camp was organized at Nanded Division under the Chairmanship of Dr. Anil Shelar, CMS/NED in association with SCRES. Dr. Malpani, Diabetes Specialist also attended and explained in detail the causes, symptoms of diabetes and its cure through PowerPoint presentation. Dr. B T Kolhe, DMO (Ophth), NED explained the effect of diabetes on eyes. In Guntur Division also, a Health Check-up Camp was organized by inviting renowned Diabetologists Dr. Rama Kumar and Dr. P Padmavathi of Guntur. Kidney functioning, lipid profile, ECG tests were done for Railwaymen and their families.

Ponder over... Promise Yourself

Promise Yourself To Be So Strong That Nothing Can Disturb Your Peace Of Mind.



Promise Yourself To Look At The Sunny Side Of Everything And Make Your Optimism Come True.



Promise Yourself To Talk Health, Happiness And Prosperity To Every Person You Meet.



Promise Yourself To Be Just As Enthusiastic About The Success Of Others As You Are About Your Own.



Promise Yourself To Make All Your Friends Feel That There is Something Special in Them.



Promise Yourself To Forget The Mistakes Of The Past And Press On To The Greater Achievements.



Promise Yourself To Be Too Large For Worry, Too Noble For Anger, Too Strong For Fear And Too Happy To Permit The Presence Of Trouble



Promise Yourself To Wear A Cheerful Countenance At All Times And Give Every Living Creature You Meet A Smile.



Promise Yourself To Give So Much Time To The Improvements Of Yourself That You Have No Time To Criticize Others.



Lets Thank GOD for this good life and forgive us if we do not love it enough.



1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay "them".



5. Laugh often, long and loud. Laugh until you gasp for breath.



9. Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.



2. Keep only cheerful friends. The grouches pull you down.



6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.



10. Tell the people you love that you love them, at every opportunity.



3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop."



7. Surround yourself with what you love, Whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Let your home be your resort.



And Always Remember :
Life is not measured by the number of breaths we take, but by the moments that take our breath away !!!



4. Don't make life complex. Keep it simple; Enjoy the simple things in everyday life.



8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.



Try these sayings and make life a Meaningful & Joyful existence.

39th Annual Day Celebrations of Zonal Railway Training Institute



The Zonal Railway Training Institute (ZRTI), Moula Ali, Hyderabad celebrated its 39th Annual Day on December 7, 2011. Shri Sunil Kumar Agarwal, Chief Operations Manager, SCR was the Chief Guest on the occasion. Shri B Karna, Chief Traffic Manager, SCR presided over the function.

Speaking on the occasion, Shri S K Agarwal stated that ZRTI was one of the finest Institutes imparting training to the trainees both in Commercial and Train Operations. He exhorted the trainees to work hard towards ensuring safety & punctuality. He stressed on the need to strive to maintain highest

standards of efficiency and provide safe and comfortable journey to our passengers. He appreciated Zonal Railway Training Institute in rising to meet the challenges of imparting a meaningful training for the frontline staff. He said that the Railways will provide the necessary infrastructure and equip the trainees with the best learning tools to achieve the desired results. In appreciation of the excellent coaching being imparted to the trainees, the Chief Guest announced cash award to the Principal and staff of the ZRTI.

SCR's Senior Officers honoured with Railway Minister's Rajbhasha Medal



The Railway Board honoured three senior officers of South Central Railway with the 'Railway Minister's Rajbhasha Medal' for their commendable contribution in the implementation of Official Language, Hindi.

The officers are Shri B Jayaraj, Additional Divisional Railway Manager, Vijayawada Division, (now working as Chief Commercial Manager/Passenger Marketing); Shri Anil Kumar, Chief General Engineer (now working as Chief Engineer/ Construction) and Shri T P Singh, Divisional Railway Manager, Guntakal Division.

Shri A K Vohra, Member Staff, Railway Board presented the medals to the officers at a function held at Railway Board, New Delhi on November 9, 2011.

26th Pension Adalat on South Central Railway



In compliance with the Ministry of Railway's directions, South Central Railway conducted the 26th Pension Adalat on December 15, 2011 all over its jurisdiction. The objective of conducting the Pension Adalat is to examine the grievances of Pensioners and redress the same immediately.

Addressing the Pensioners, Shri R Vijaya Mohan, Addl. General Manager, the Chief Guest said that SCR would do the needful to look-after the welfare of its 1,10,000 Pensioners in recognition of their hard work while they were in service. He further stated that the grievances of the Pensioners would continue to be redressed all through the year and not just during the Adalat. He also released

a tri-lingual booklet titled 'Know Your Retirement Benefits' on the occasion.

Shri Manoj Pande, Chief Personnel Officer, said that in all 721 representations have been received in response to a notification on Pension Adalat issued in leading Newspapers in August 2011. Out of these, 538 have been cleared and balance are under various stages of examination and processing. In all, an amount Rs. 29.596 Lakh has been disbursed during the

Adalat held at Secunderabad, Vijayawada, Guntur, Guntakal and Nanded.

Smt. A Rajyalaxmi Venkateswar, FA&CAO said that all efforts are being made to ensure that Pensions reach the retired employees in time. Dr. S K Sharma, Chief Medical Director, gave tips to the Pensioners on maintaining their health. Shri Y N Sastry, President, All India Retired Railwaymen's Federation and Shri M L Gupta, President, Retired Railway Officers Association also spoke on the occasion and applauded the efforts of SCR administration in ensuring the welfare of the pensioners and for bringing out the book.



Vijayawada Division – The Adalat was held at Railway Institute, Vijayawada. Shri S Subba Rao, ADRM, Shri P Srinivasulu, Sr. DPO, Shri C Srinivasa Rao, Sr. DFM participated in the programme. Sr.DPO informed that in response to the notification issued 334 representations have been received of which 164 cases were cleared. Remaining cases are under process for clearance. On the day of 26th Pension Adalat, 180 cases have been registered which would be attended in due course.

Guntur Division – Shri M P Reddy, ADRM presided over the function and Shri Anand Mathur, DRM was Chief Guest. All the 54 cases accepted for Pension Adalat were cleared. Members of Pensioners' Association expressed satisfaction on the grievance redressal.



Domestic Container Terminal of CONCOR inaugurated at Nagalapalli



A new Domestic Container Terminal of the Container Corporation of India (CONCOR) on South Central Railway was inaugurated at Nagalapalli near Hyderabad on the Hyderabad-Mumbai Rail Route on December 7, 2011. Shri G N Asthana, General Manager, South Central Railway was the Chief Guest on the occasion and unveiled the plaque to mark the inauguration of the Terminal and flagged off the first Container Train bound for New Delhi from here. Shri Anil Kumar Gupta, Managing Director, CONCOR presided over the function.

Speaking on the occasion, Shri G N Asthana praised CONCOR for having lived up to the expectations that the Railway Ministry had while it was set up in 1988. Elaborating on the significance of Container Traffic, he said that global trade has been revolutionized by the advent of Container Transportation which suits the need of both rail and road traffic. The General Manager assured of all support from the Railways for CONCOR.

Shri Anil Kumar Gupta in his address said that the new Domestic Container Terminal at Nagalapalli is one of the fully-planned facilities of CONCOR in the country and is likely to be one of the biggest logistics hubs in the hinterland. Elaborating on the growth of CONCOR, Shri Gupta said that there are 18 International Container Depots, 14 Domestic

Container Depots and 30 Combined Depots totaling to 62 including the newly opened Nagalapalli Terminal. CONCOR has handled 2.5 Million Tonnes of freight in the previous year which is expected to increase further in the current year. On the whole, about 75% of container freight traffic in the country is catered to by CONCOR, he added. Shri Gupta also informed that the Domestic Container Terminal at Nagalapalli will be developed in due course as a Multi Modal Logistics Park.

Shri V Kalyana Rama, Chief General Manager, CONCOR, South Central Region in his Welcome Address briefed on the salient features of the New Terminal at Nagalapalli and said that it has been developed at a cost of Rs. 26 Crores in an area of 16 acres. This facility is meant to decongest the Sanathnagar Container Terminal to begin with and will eventually cater to the entire Domestic Container Traffic from and to Hyderabad area. Initially, the Hyderabad-Delhi Stream of Domestic Container Traffic will be operated from Nagalapalli, which has full length rail siding capable of handling a full container rake in single placement. Once the facility becomes a fully developed Multi Modal Logistics Park, for which an additional land of 64 acres is under acquisition, this Terminal is expected to cater to export – import traffic also along with the domestic traffic.

Medical & Nephrology Ward inaugurated



Shri G N Asthana General Manager, SCR inaugurated the renovated Medical & Nephrology Ward at Central Hospital, (SCR), Lallaguda, Secunderabad on November 17, 2011. He inspected ICCU, Department of Pathology, Children Ward and Female Ward.

Later he visited an exhibition showing the activities of the Hospital through Out-Patient Department, In-Patient Department, Operations and special achievements by the Hospital. He also discussed on the developments required to be done for these units and issued necessary instructions for expeditious completion of the sanctioned works.

He announced a Cash Award of ₹15,000 to Central Hospital, Lallaguda and ₹15,000 to Hyderabad Division for their meritorious work.

Two DEMU Passenger Trains introduced



South Central Railway introduced two new DEMU Services at Miryalaguda on November 14, 2011. The DEMU Passengers viz. Train Nos. 77678/77675 Miryalaguda-Kachiguda-Miryalaguda Passenger and Train Nos. 77676/77677 Miryalaguda-Nadikudi-Miryalaguda Passenger, were announced by Hon'ble Minister for Railways in the Railway Budget 2011-12. These trains fulfil the public demand to enhance the rail connectivity to the capital for the people of Miryalaguda-Nadikudi Section.

SCR Andhra Lalitha Kala Samiti organized 'Aap aaye bahar aaye'

The SCR Lalitha Kala Samithi organized a grand live musical feast coupled with a Ghazal treat in honour of Shri G N Asthana, GM/SCR on his taking over as the Head of the Zone.

The programme 'Aap Aaye Bahaar Aaye' was held on December 8, 2011 at Rail Nilayam Auditorium, Secunderabad. The programme began on a sedate note with a fusion comprising of Guitar and Tabla, following a solo Flute performance by Nagagraju and a Flute & Violin combo. As the evening enlivened up, Ustad Saber Habeeb, a noted Ghazal exponent and a disciple of Ghulam Ali hummed some beautiful renditions, the high point being 'Chupke Chupke Raat Din Aasu Bahaana Yaad Hai'. The musical troupe of SCR took over and belted out peppy numbers of Kishore Kumar, Rafi, Mukesh, Lata and Asha Bhosle which made the packed audience asking for more. The culminate was 'Why this Kolaveri di', making everyone dance to the tune.

The General Manager had a word of praise for the musical talent of the Zone and appreciated the orchestra for their talent. He also announced a cash award of ₹20000 to the cultural troupe. Surely, it was a evening worth remembering for all those present.



Shri Dinesh Trivedi, Hon'ble Minister of Railways *visits Secunderabad*



Shri Dinesh Trivedi, Hon'ble Minister of Railways visited Secunderabad on a day's tour on December 26, 2011 – his first ever visit to South Central Railway.

During his visit, he held a Performance Review Meeting of South Central Railway at the Zonal Headquarters – Rail Nilayam – with Shri G N Asthana, General Manager and other Principal Heads of Departments. Shri G N Asthana made a Power Point Presentation highlighting the performance of South Central Railway for the period April to November, 2011 in various spheres of activity.

Shri Dinesh Trivedi made detailed enquiries on various performance parameters like freight loading, financial performance, safety, passenger amenities, line capacity issues and infrastructural improvements etc., as also on the steps required to further improve safety and financial performance of Railways. He reviewed the loading in various streams of freight traffic and suggested a churning in revenue mix to maximise the earnings. Shri Trivedi

appreciated the commendable performance of South Central Railway on various fronts. The Hon'ble Minister of Railways laid emphasis on two top priority issues – Safety and Earnings – where maximum thrust is to be put in by staff at all levels.

The Railway Minister instructed to adopt a 'Zero Compromise' Policy on Safety so as to ensure that no accidents take place by meticulously following the established systems and safe methods of working. He exhorted the officials to keep 'customer' as the focal point and take into account their needs before taking up any work/scheme. He emphasized on the need for more research and innovation in Railway Systems, so as to have a thorough up-gradation and modernization of infrastructure to herald railways into a new generation of reforms. He interacted with the senior officers present and had a meaningful interaction on various suggestions on further improvement of Railways.

After the Review Meeting, Shri Dinesh Trivedi inspected the Secunderabad Railway Station. He had a close look at the various passenger amenities provided on Platforms including the Passenger Information Systems, ATMs, Signage Boards, Waiting Halls and Ticket Counters, etc. He later inspected Platform No.1 to see the recently completed track apron works, cleanliness and maintenance of station premises. He also inspected the Food Plaza on the Platform, where he enquired about the quality of the food and tasted for himself the food being served there.



During the station inspection, Shri Dinesh Trivedi interacted with the Railway staff, the passengers and the Media Personnel. He expressed his happiness on various passenger amenities provided at Secunderabad Station and also on the proper upkeep, maintenance and cleanliness of the Station premises. He praised that Secunderabad Station is "Model Station one can take lessons from".

Answering questions from Media Personnel on MMTS Phase II in the twin cities, he said that the Railway Board is seized of the matter and a decision on further action will be taken soon. Two lifts and two escalators will be provided at Secunderabad Railway Station shortly

and the infrastructure will be upgraded at this station, he added.

On the issue of possible hike in railway fares, the Hon'ble Minister mentioned the fact that there has been no hike in the Railway fares in the last eight years. Keeping in view the raise in the input costs and the present financial position, Railway Ministry is thinking of various means to augment the revenue, without adversely affecting the 'Aam Aadmi', the common man.

In appreciation of the upkeep and maintenance of Secunderabad Railway Station, the Hon'ble Minister for Railways announced a cash award of ₹50,000 to the Station Staff, Secunderabad.



News from Sports Arena

SCR staff wins **Silver Medal at the First World Chess Games for Disabled**

Shri Amarnath Enagante, Junior Clerk, working in CCM/O/SC, bagged the Silver Medal at the first "World Chess Games for Disabled" held at Dresden, Germany from 24th to 30th October 2011. The championship was conducted by the World Chess Federation.

Eight Teams from various countries comprising 36 participants vied for the world championship title at the Games. Shri Amarnath emerged the runners-up and bagged the Silver Medal. Shri Amarnath clinched the National Chess Championship for Disabled in 2003 and emerged



champion at the Andhra Pradesh Open Chess Tournaments for five times.

As he got an innate desire for helping the poorest of the poor, Shri Amarnath is running a home for the homeless under the name "Nenu Unnanu" for the last 11 years, where he takes care of 15 destitute on an average at his own cost without any donations from public. He was appointed in South Central Railway under Sports recruitment quota in the year 2000.

SCR wins **Gold Medal at the All India Railway Basketball Championship for Men**



The SCR Men's Basketball Team won Gold Medal at 54th All India Railway Basketball Championship for Men, hosted by Rail Coach Factory, Kapurthala from 4th to 11th November, 2011. A total of 18 teams, formed under four groups, participated in this championship, which was conducted on league-cum-knockout basis.

T R S Rao, Captain, Liju and Murali had put up commendable performance in the defense position as well as offence side and helped the team. Liju Abraham stunned the opponents by snatching many balls from them. The contribution of Murali and Sridhar was also laudable and helped the team to clinch the Gold Medal. D Balu from the team has been nominated as one of the Selection Committee Members and he is the first Basketball player to be nominated from SCR as a member of the Selection Committee for Indian Railway's Basketball team.

SCR clinches **Gold at 57th All India Railway Men's Volleyball Championship**



SCR clinched the Gold Medal at 57th All India Railway Men's Volleyball Championship held at Nagpur from 15th to 22nd November, 2011. The team won the championship defeating East Coast Railway in the finals.

SCR prevailed over Southern Railway in Semi-finals and Western Railway in Quarter finals. It also won over Eastern Railway, South East Central Railway and Southern Railway in the League matches. A total number of 18 teams divided into four groups participated in the tournament

The entire team played as a well-knit unit with Sudhar Shah Varma, Ashok and Sudhakar excelling as the backbone of the team; Anil in setter position, Libero and Adil in defence position also played well. Their outstanding performance enabled SCR bag the Gold Medal after five years.

SCR wins **Men's and Women's Inter-Railway Kabaddi Championship**



Putting up exemplary performance against tough rivals, South Central Railway won both the Men's and Women's titles at the All India level Inter-Railway Kabaddi Championships in the finals held at Delhi on 1st December, 2011, a feat achieved for the first time in the SCR sporting history.

In the Mens Final, SCR defeated Western Railway 36-21. Kuldeep, Satish and Sivanadil have put up commendable show. In the Women's Final, SCR defeated Northern Railway 26-12, in which acclaimed performers Tejaswini, Mamata and Shiney showed good performance.



Vijayawada Division bagged the Zonal Inter-Divisional Kabaddi Championship – 2011 after a gap of 12 years in a keenly contested three-day competition. A total of six teams from Four Divisions, Headquarters, Workshop participated in the tournament.

Secunderabad-Pune Shatabdi Express Flagged Off

Shri Anjan Kumar Yadav, Hon'ble Member of Parliament, Secunderabad flagged off Train No.12026 Secunderabad-Pune Shatabdi Express on its inaugural run on November 13, 2011 at a function held at Secunderabad Railway Station. Shri V Hanumantha Rao, Shri Md. Ali Khan, Hon'ble Members of Parliament (Rajya Sabha), Shri K R Amos, Hon'ble Member of Legislative Council, Smt. Banda Karthika Chandra Reddy, Her Worshipful Mayor, Greater Hyderabad, Shri Sanjive Roy, Divisional Railway Manager, Secunderabad Division and other Senior Railways Officials were present on the occasion.

Addressing a large gathering, Shri Anjan Kumar Yadav lauded the railways for having fulfilled the promise of introducing a Shatabdi Express between Secunderabad and Pune. He also appreciated the railway authorities for improving the passenger amenities at Secunderabad Railway station and requested to start works for developing Secunderabad Station as World Class Railway station.

It is the only Shatabdi Express train running on SC Railway and consists of 7 AC Chair Car Coaches with a total seating capacity of 469 seats and one Executive AC Chair Car Class consisting of 46 seating capacity. The train covers a



distance of 597 Kms in a span of 8 hours. The fare for AC Chair Car is Rs. 780 and Executive AC Chair Car is Rs.1500 per person between Secunderabad and Pune and the fare includes catering charges also.

Shri V Hanumantha Rao, Shri Md. Ali Khan, Hon'ble Members of Parliament (Rajya Sabha) Shri K R Amos, Hon'ble Member of Legislative Council, Smt. Banda Karthika Chandra Reddy, Her Worshipful Mayor, Greater Hyderabad Municipal Corporation also spoke on the occasion.

South Central Railway bags National Energy Conservation Award – 2011



South Central Railway bagged the National Energy Conservation (Zonal Railway Sector) Award for the year 2011 in recognition of its achievements in the arena of energy conservation. Shri Shushil Kumar Shinde, Hon'ble Union Minister of

Energy Conservation Week was celebrated from 14th to 21st December 2011 by the Electrical Department of all divisions and workshops of South Central Railway. Technical seminars were organized by Electrical officials and Manufacturers on renewable energy sources and energy conservation measures. Pamphlets and stickers on Energy conservation measures have been distributed. Posters exhibiting energy conservation measures have been widely displayed.



Power presented the Award to Shri G R Agarwal, Chief Electrical Engineer, SCR on December 14, 2011 in a grand ceremony held in Vigyan Bhawan, New Delhi.

Under the dynamic leadership of Shri G N Asthana, General Manager, SCR has taken pioneering lead in adopting energy conservation measures, both in traction as well as non-traction sectors. SCR reduced non-traction energy consumption in 2010-11 by 4.3% (from 146.5 Million Units to 140.3 Million Units) as compared to last year. Electric traction energy consumption was also reduced by 5.1% and Diesel fuel consumption by 3.5% in 2010-11.

Main measures in the non-traction sector include use of energy-efficient lighting fitting viz., T-5 tube lights, LED lights and CFLs, energy-efficient star rated appliances, use of renewable energy sources like solar water heaters, solar lights and timer switches in the high masts. Similarly, considerable energy saving was achieved in the traction sector by closely monitoring traction energy consumption, use of state-of-art energy efficient 3-phase locomotives with regenerative braking, provision of dynamic brakes in locomotives, use of energy-cum-speed monitors (ESMONS), improved driving skills of crew, provision of coasting boards, caution boards and "Switching-off" of electric engines / auxiliary machines while idling for a longer period.

On **Nanded Division**, a Seminar was conducted by Electrical Branch on 'Energy Conservation' at Divisional Office Complex, Nanded on December 19, 2011. The seminar was presided by Shri S S Soin, DRM/Nanded and Chief Engineer, MSEDCL was the chief guest of the function. During the seminar benefits of energy conservation were explained. A total of 170 staff and officers from different departments attended the seminar.

In **Guntur Division** wall posters and banners were exhibited at all offices & stations and staff were counselled about the need for Energy Conservation in observance of Energy Conservation Week. A seminar was organized on December 19, 2011 where Shri Anand Mathur, DRM stressed the need for conservation of energy. A small skit was also presented by the Electrical staff highlighting the importance of Energy Conservation.



SCR observes Mahaparinirvan Diwas of Dr. B R Ambedkar

South Central Railway observed Mahaparinirvan Diwas of Bharat Ratna Dr. B R Ambedkar on December 6, 2011. Shri G N Asthana, General Manager was the Chief Guest and Shri R Vijaya Mohan, Addl. General Manager and Shri Manoj Pande, Chief Personnel Officer, SCR were the Guests of Honour on the occasion. Officers, staff & representatives of Trade Unions attended the programme in large number.

Shri Asthana lit a ceremonial lamp to mark the commencement of the event and garlanded the Statue of Dr. B R Ambedkar. Senior Railway officials and Trade Union leaders also paid floral tribute by garlanding the Statue.

In his homage, Shri G N Asthana said that Dr. Ambedkar made great contribution towards eradication of feudalism and establishing an egalitarian society in India. Dr. Ambedkar was a great Visionary, Statesman, Historian, Educationalist, brilliant orator, prolific



writer, a crusader for social justice and the messiah of down-trodden. He showed the countrymen that in-spite of many disadvantages, one can attain one's goal with determination and dedication. Rendering loyal, dedicated and honest service to our country and society would be the best way to pay tribute to Dr. B R Ambedkar, he added.

Shri Manoj Pande, paying tribute, said that Dr. Ambedkar fought relentlessly for eradication of untouchability, made

provision for reservations in education, employment and polity for Dalit communities in the Indian Constitution which really injected greater empowerment in the life of socially oppressed and downtrodden.

Shri V V Naik, Zonal Secretary, All India Scheduled Castes and Scheduled Tribes Association, said that ensuring that the constitutional benefits reach the down-trodden people would be the real tribute to Dr. B R Ambedkar.

Special Programmes on "World AIDS Awareness Day"



South Central Railway conducted two 'AIDS Awareness Rallies' and two Workshops as part of observance of "World AIDS Awareness Day" at Secunderabad on December 1, 2011.

The first Rally was flagged off by Shri R Vijaya Mohan, Addl. General Manager at Railway Sports Complex. Railway officials, Principals and Teachers of Railway Educational Institutions, Railway Doctors, Volunteers of National Cadet Corps and National Service Scheme from Railway Degree College, Railway Junior College (RJC) and Railway High Schools participated in the rally with placards/vinyl posters to create awareness on AIDS and its prevention. The Rally concluded at Hyderabad Bhavan, the Divisional Office Complex of Hyderabad Division.

Addressing the gathering Shri R Vijaya Mohan informed that, at present, there are 39 million AIDS patients in the World with an addition of 2.7 million in the last year and 1.8 million people die every

year due to AIDS. As far as India is concerned, it is a success story since our Country is able to reduce the new cases of AIDS year after year with active cooperation of Mass Media. With the relentless campaigns by various agencies involved in this field, India is on the way to achieve the motto of zero AIDS occurrence by the year 2015. Indian Railways, with 14 lakh employees and fully fledged medical department is making laudable contributions towards prevention of new AIDS cases, he added. Shri Vijaya Mohan gave away prizes to the winners of the Quiz Competition, Essay Competition and Poster Designing Competition on Prevention of AIDS. He also released a special poster on AIDS prevention.

Dr. S K Sharma, Chief Medical Director, SCR said that Medical Department of SCR conducts regular checks at work places and Hospitals to detect new cases of HIV

infection. There are 1117 HIV cases among the employees of SCR and Medical Department of SCR is striving to achieve zero occurrence of new cases, he added. Dr. S D Prasad, Chief Health Director said that modern medical measures helped to relieve the panicky situation regarding HIV/AIDS and established that AIDS is no more a danger to human existence and can be controlled and prevented.

The second 'AIDS Awareness Rally' was flagged off by Shri Sanjive Roy, DRM, Secunderabad Division from Secunderabad Station and the same culminated at Railway Health Unit, Chilalguda, followed by an AIDS Prevention Awareness Programme.

Guntur Division – An Awareness Rally was taken out from Railway Hospital to Divisional Office, through various colonies. Branch Officers, Trade Union leaders and employees participated in the programme. Pamphlets were distributed on "Awareness about HIV/AIDS" to all the residents of the colonies and to the staff of Divisional Office.



A chat with Dr. Devi Shetty, Narayana Hrudayalaya (Heart Specialist), Bangalore was arranged by WIPRO for its employees. The transcript of the chat is given below. Useful for everyone.



Q What are the thumb rules for a layman to take care of his heart?

A 1. Diet - Less of carbohydrate, more of protein, less oil
2. Exercise - Half an hour's walk, at least five days a week; avoid lifts and avoid sitting for a long time
3. Quit smoking 4. Control weight
5. Control blood pressure and sugar

Q It's still a grave shock to hear that some apparently healthy person gets a cardiac arrest. How do we understand it in perspective?

A This is called silent attack; that is why we recommend everyone past the age of 30 to undergo routine health checkups.

Q Are heart diseases hereditary?

A Yes

Q What are the ways in which the heart is stressed? What practices do you suggest to de-stress?

A Change your attitude towards life. Do not look for perfection in everything in life.

Q Is walking better than jogging or is more intensive exercise required to keep a healthy heart?

A Walking is better than jogging since jogging leads to early fatigue and injury to joints

Q You have done so much for the poor and needy. What has inspired you to do so?

A Mother Theresa, who was my patient.

Q Can people with low blood pressure suffer heart diseases?

A Extremely rare.

Q Does cholesterol accumulates right from an early age (I'm currently only 22) or do you have to worry about it only after you are above 30 years of age?

A Cholesterol accumulates from childhood.

Q How do irregular eating habits affect the heart?

A You tend to eat junk food when the habits are irregular and your body's enzyme release for digestion gets confused.

Q How can I control cholesterol content without using medicines?

A Control diet, walk and eat walnut.

Q Which is the best and worst food for the heart?

A Fruits and vegetables are the best and the worst is oil.

Q Which oil is better - groundnut, sunflower, olive?

A All oils are bad.

Q What is the routine checkup one should go through? Is there any specific test?

A Routine blood test to ensure sugar, cholesterol is ok. Check BP, Treadmill test after an echo.

Q What are the first aid steps to be taken on a heart attack?

A Help the person into a sleeping position, place an aspirin tablet under the tongue with a sorbitrate tablet if available, and rush him to a coronary care unit since the maximum casualty takes place within the first hour.

Q How do you differentiate between pain caused by a heart attack and that caused due to gastric trouble?

A Extremely difficult without ECG (Electro Cardio Graph).

Q What is the main cause of a steep increase in heart problems amongst youngsters? I see people of about 30-40 yrs of age having heart attacks and serious heart problems.

A Increased awareness has increased incidents. Also, sedentary lifestyles, smoking, junk food, lack of exercise in a country where people are genetically three times more vulnerable for heart attacks than Europeans and Americans.

Q Is it possible for a person to have BP outside the normal range of 120/80 and yet be perfectly healthy?

A Yes.

Q Marriages within close relatives can lead to heart problems for the child. Is it true?

A Yes, co-sanguinity leads to congenital abnormalities and you may not have a software engineer as a child

Q Many of us have an irregular daily routine and many a times we have to stay late nights in office. Does this affect our heart? What precautions would you recommend?

A When you are young, nature protects you against all these irregularities. However, as you grow older, respect the biological clock.

Q Will taking anti-hypertensive drugs cause some other complications (short / long term)?

A Yes, most drugs have some side effects. However, modern anti-hypertensive drugs are extremely safe.

Q Will consuming more coffee/tea lead to heart attacks?

A No.

Q Are asthma patients more prone to heart disease?

A No.

Q How would you define junk food?

A Fried food like Kentucky, McDonalds, samosas, and even masala dosas.

Q You mentioned that Indians are three times more vulnerable. What is the reason for this, as Europeans and Americans also eat a lot of junk food?

A Every race is vulnerable to some disease and unfortunately, Indians are vulnerable for the most expensive disease.

Q Does consuming bananas help reduce hypertension?

A No.



Q Can a person help himself during a heart attack?

A Yes. Lie down comfortably and put an aspirin tablet of any description under the tongue and ask someone to take you to the nearest coronary care unit without any delay and do not wait for the ambulance since most of the time, the ambulance does not turn up.

Q Do, in any way, low white blood cells and low hemoglobin count lead to heart problems?

A No. But it is ideal to have normal hemoglobin level to increase your exercise capacity.

Q Sometimes, due to the hectic schedule we are not able to exercise. So, does walking while doing daily chores at home or climbing the stairs in the house, work as a substitute for exercise?

A Certainly. Avoid sitting continuously for more than half an hour and even the act of getting out of the chair and going to another chair and sitting helps a lot.

Q Is there a relation between heart problems and blood sugar?

A Yes. A strong relationship since diabetics are more vulnerable to heart attacks than non-diabetics.

Q What are the things one needs to take care of after a heart operation?

A Diet, exercise, drugs on time, Control cholesterol, BP, weight.

Q Are people working on night shifts more vulnerable to heart disease when compared to day shift workers?

A No.

Q What are the modern anti-hypertensive drugs?

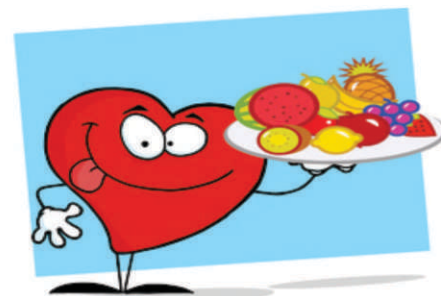
A There are hundreds of drugs and your doctor will chose the right combination for your problem, but my suggestion is to avoid the drugs and go for natural ways of controlling blood pressure by walk, diet to reduce weight and changing attitudes towards lifestyles.

Q Does dispirin or similar headache pills increase the risk of heart attacks?

A No.

Q Why is the rate of heart attacks more in men than in women?

A Nature protects women till the age of 45. (Present Global census show that the Percentage of heart disease in women has increased than in men)



Q How can one keep the heart in a good condition?

A Eat a healthy diet, avoid junk food, exercise everyday, do not smoke and, go for health checkups if you are past the age of 30 (once in six months recommended) ...

24 hour Ambulance Inaugurated at Divisional Hospital, Guntur



Divisional Hospital, Guntur has got only skeletal medical facilities and a number of urgent cases have to be referred to private hospitals. There was a long standing demand for having the facility of an ambulance for the patients. From October 13, 2011 a 24-hour ambulance has been made available in the Divisional Hospital. This has been widely appreciated by the staff and Trade Unions etc.

World Sight Day observed on Guntakal Division

The Medical Department of Guntakal Division observed World Sight Day on October 14, 2011. A Health Education programme was conducted at Railway Hospital, Guntakal on the occasion. Doctors explained about different cases of loss of vision, DM Retinopathy, HTN Retinopathy, age related vision problems etc. Eye checkup camps were also conducted at Health Units at Dharmavaram and Dhone.

Food Plaza for Staff Inaugurated at Vijayawada

A (IRCTC) Food Plaza in Vijayawada Divisional Railway Manager's Office Compound was inaugurated on November 3, 2011. This Food Plaza caters to the needs of Divisional Office staff as also the staff of field units who visit Divisional Office.

Sahayog – A Community Policing Meeting held

Sahayog – a community policing meeting, an initiative by Guntur Division, is being conducted on regular intervals. Sahayog explains the concept of community policing for prevention and detection of theft of passenger belongings, identification of criminals/anti-social elements in trains/railway premises and constant surveillance over suspicious persons and to inform RPF staff for further action etc.

Sahayog was organised at Narasaraopet, Nalgonda, Guntur and Nandyal stations during the period October to December, 2011.



Shri G N Asthana, General Manager, SCR inspected newly laid line between Vishnupuram-Janpahad on November 25, 2011 and conducted rear window inspection from Vishnupuram to Guntur.

National Cleanliness Day observed on Guntakal Division



Gandhi Jayanti – October 2, 2011 – was observed as National Cleanliness Day on Guntakal Division. A Health Education programme was conducted by the Medical Department of Guntakal Division for all Safaiwalas to counsel them maintain cleanliness at station premises, tracks, waiting halls, retiring rooms, circulating area and all other passenger related areas.

Passenger Security Awareness Programme

During the month of November, 2011 ten Passenger Security Awareness Programs were conducted over Guntakal Division. Pamphlets regarding prevention of drugging, carrying of inflammable articles etc. were distributed and road users were briefed about the need to be cautious while crossing the Railway Level Crossing gates to prevent accidents.

Well Baby Show & Cancer Detection Camp held at Kurnool

The Medical Department of Hyderabad Division conducted a Well Baby Show & Cancer Detection Camp at Health Unit, Kurnool Town on November 28, 2011. Prizes were given to first three healthy babies. Women above the age of 30 years attended the cancer detection camp.

Nutrition's Role In Lifestyle Diseases A Health Awareness Workshop Conducted at Guntakal



A Workshop on Health Awareness on Dietary Guidelines & Lifestyle Diseases was conducted at Railway Officers' Club, Guntakal on December 21, 2011. Officers and their families were addressed in the morning session while employees with their families, teachers and students attended the evening session. The concept of balanced diet and role of vitamins and

minerals along with carbohydrates and protein at all stages of life was explained in detail.

Dr. (Mrs.) Damayanthi. M.Sc. Ph.D. delivered lecture on "Nutrition and Lifestyle Diseases" and clarified doubts raised by the audience. Importance of regular exercise and health checkup was emphasized.

Simple Nutrition Tips

- ☞ Eat breakfast every day
- ☞ Use fats and oils sparingly
- ☞ Eat six meals a day
- ☞ Choose appropriate portion sizes of food
- ☞ Drink 10 glasses of water everyday
- ☞ Understand food claims and labels on the packaging
- ☞ Drink fewer calories, select fluids wisely
- ☞ Have fiber-rich cereals
- ☞ Watch and reduce sugar content
- ☞ Eat fresh fruit instead of drinking fruit juice
- ☞ Avoid crash diets
- ☞ Take dairy foods to stay strong

Don't forget to exercise at least 30 minutes a day, five times a week to supplement nutrition discipline for a Healthy Life.

New Prepaid Auto Stand inaugurated at Secunderabad



A new Prepaid Auto stand to provide hassle-free services to the travelling public was inaugurated at Secunderabad Railway Station on November 24, 2011 by Shri Botcha Satyanarayana, Hon'ble Transport Minister of Andhra Pradesh in the presence of State Government dignitaries and Railway Officials.

Safety Awareness Programme Conducted in Guntur Division

A Safety Awareness Programme was conducted at Vinukonda and Cumbum stations on 7th & 8th and 30th October 2011 respectively by showing safety films on:

1. Dangers of carrying inflammable articles in trains
2. Precautions to be taken while crossing Level Crossings
3. How to escape from emergency windows during accidents
4. Importance of using Foot over Bridges

The programme was attended by nearly 380 staff.

Battery Operated Car Service at Vijayawada Railway Station



The Battery Operated Car Service was inaugurated by Shri Anurag DRM, Vijayawada on November 26, 2011 at Vijayawada Railway Station. Free service is arranged for the convenience of differently-abled persons, senior citizens and pregnant women to move to the platforms where their Trains arrive/depart. The facility can be availed in emergency or can be booked in advance by contacting the car operator on 8985670130.

'At a Glance Coach Indication' Boards Commissioned at Secunderabad

During the month of December, 2011 'At a Glance Coach Indication' Boards were commissioned in Secunderabad Railway Station at 9 locations i.e. at middle FOB, General Waiting Hall & Platform No.3. With this 'At a Glance Coach Indication' Boards are now available at 13 locations in Secunderabad Station to facilitate the passengers to know the composition of trains and the respective position of coaches.

Cardiac Health Check-up Camp in Diesel Loco Shed, Kazipet



A Cardiac Health Check-up camp was conducted for the employees above 40 years of age in Diesel Loco Shed, Kazipet from 13th & 14th December, 2011 in collaboration with Apollo Hospitals, Secunderabad. Dr. S K Sharma, Chief Medical Director and Shri G John Prasad, ADRM(O), Secunderabad Division inaugurated the camp.

SCR's Doctor presents Paper at Asia-Pacific Conference

Dr. Savitri, Sr.DMO/SG at Railway Health Unit at Vijayawada attended Asia-Pacific Conference for Metabolic Syndrome 2011 held at Sydney, Australia on 4th & 5th November 2011.

She read a Scientific Paper on 'Prevalence of Metabolic Syndrome among female diabetic patients attending Railway Hospital, Vijayawada'. A total of 235 female diabetics were examined over the last 20 years and females suffering with Type II Diabetes with Metabolic Syndrome were examined from March 2004 to December 2006. Methods & guidelines were taken from Modified National Cholesterol Education Programme/Adult Treatment Panel III and modified WHO and IDF to identify female adults who made this criteria for the metabolic syndrome.

The results demonstrated that metabolic syndrome is prevalent in the above female adults and it increases with age; with increase in hypertension, BMI & waist circumference, waist & hip ratio. The prevalence varied as per the age.

Annual Day Celebrations of Nanded Divisional Hospital



Annual Day Celebrations of Nanded Divisional Hospital were held on October 14, 2011. On this occasion Shri S K Sharma, CMD/SC was the Chief Guest while Shri S S Soini, DRM/NED was the Guest of Honour. While applauding the progress and the system of working at the Divisional Hospital, Dr. Sharma advised to maintain the same. Shri Soini gave some suggestions for taking better care of the patients and requested to send specialist Doctors to Nanded on weekly basis. Dr. C R Sharma, Addl.CMD/SC gave information on the subject of 'patient's satisfaction'. The famous Physician Dr. Ram Madane and renowned Diabetes expert Dr. Mahesh Talegaonkar were also present on the occasion and explained in detail about cardiac arrest, reasons for diabetes and its cure etc. On this occasion all the doctors, medical staff and employees along with their families were present in large numbers. Dr. A V Pagare, ACMS/NED was convener of this programme.

Railway Doctors shine at CUTICON, Dermatology Conference



Dr. Nagasree Devi and Dr. Monisha Mohanty, two DNB Doctors from Dermatology Department, Central Hospital, Lallaguda, Secunderabad won the first position in the Quiz Competition held during the CUTICON 32nd State level Dermatology Conference held at Visakhapatnam on 5th & 6th November 2011. A total of 32 teams participated in the two day event.

This is the third time during the last 5 years that the Department of Dermatology has figured amongst the winners at State level Dermatology Conferences.



One of the biggest reasons so many of us hold disdain for New Year resolutions or abandon our original goals come February is because we tend to pick goals that aren't meaningful to us.

So what does it mean to set resolutions that stay true to you? Authentic resolutions reflect our values, our values are our unique thumb prints for fulfillment and they are perfect guides for setting authentic resolutions.

Authentic resolutions develop from our essential self – the real, genuine you, and the social self – the one worried about external validation.

As opposed to the social self, which is focused on fitting in and gaining approval from others, the essential self is the part of us that holds our unique preferences, talents and desires.

Most of our resolutions are based on the social self. So you don't ditch your initial goals because you're a failure who lacks self-control and willpower, but because your goals don't honour your values, but instead are a series of empty 'to do's.

It can be very challenging to identify our core desires. What helps is to dig deeper, ask yourself several significant questions and be open. Below are suggestions for choosing authentic goals for 2012.



1. Determine why you're choosing your goal.

Whatever resolution comes to mind, ask why you chose it, and keep asking why. Let's say you pick "I'm going to exercise five days every week." Consider "Why do I want to do this or what do I think it will give me?" You might say that you want to lose weight, have more energy or improve your health.

Keep asking why until you've hit on something that feels elemental – something that cuts way deeper than exercise. Most often, the core desire is an emotion or a state of mind like peace, joy, calm or love. This is the foundation of our authentic goals.

2. Consider if the resolution is kind and loving.

Punitive, shame-based resolutions are pointless. They don't work and only make you more miserable. Ask yourself: "Is the tone of my resolution friendly and supportive or is it fear-based and laced with 'I'm not good enough until I improve on this...?' Discard the fear-based resolutions.

3. Consider if your goal is focused on the destination or the journey.

If we focus on the path we walk, rather than the destination, chances are we'll have a much better year and a better outcome too.

4. Avoid rigid, restrictive goals.

Resolutions that focus on rigid behavior changes (like diets) or very specific outcomes (like weight loss) are likely not coming from that core place within.

The problem is that these resolutions are often about control and non-acceptance. And lasting change rarely comes from using force, willpower, restraint or external motivation.

Instead, lasting change derives from "letting go, accepting, opening, allowing, discovering... connecting to our essential selves, and ditching the whole idea of fixing ourselves."

5. Keep your goals open and broad.

"Broad, open, gentle resolutions create space for curiosity, discovery and personal evolution throughout the entire year and isn't that the whole point?"

6. Tune into your body.

Your body's response to your resolution may be telling. "When you say your resolution to yourself, you feel heavy, contracted or resistant, if this resolution is not supportive."

7. Satisfy your true hungers.

When "shoulds" become our resolutions, we ignore our true hungers. We must stop and look at what we're really hungry for, whether it can be satisfied outside ourselves, and whether our resolutions can really satiate us in the ways that we desire.

8. Remember that resolutions are optional.

Don't feel like creating resolutions this year? No problem! "If you're feeling pressure to set a goal, resolution, intention, word of the year, or whatever, get curious about where that pressure is coming from and find ways to release it."

Plus, if you're a perfectionist or self-critical, the most powerful approach might be to avoid resolutions altogether. "Create that wide open space of permission and freedom."

Still, if you'd like to set a goal but don't have one in mind, practice greater compassion toward yourself and others.



दक्षिण मध्य रेलवे, सिकंदरबाद क्षेत्रीय राजभाषा कार्यान्वयन समिति की बैठक का आयोजन



दक्षिण मध्य रेलवे के प्रधान कार्यालय, सिकंदरबाद में क्षेत्रीय राजभाषा कार्यान्वयन समिति की 134^{वाँ} बैठक श्री जी.एन.अस्थाना, महाप्रबंधक/दमरे की अध्यक्षता में 12.12.2011 को 16.00 बजे महाप्रबंधक सभागृह में संपन्न हुई। इस बैठक में भाग लेने के लिए रेलवे हिंदी सलाहकार समिति के माननीय सदस्य श्री सैयद हामिद अली विशेष रूप से पधारे थे।

बैठक के प्रारंभ में उप महाप्रबंधक (राजभाषा), श्रीमती मंगला अभ्यंकर ने सभी अधिकारियों तथा सदस्यों का स्वागत किया और दमरे पर पिछली तिमाही के दौरान हुई राजभाषा संबंधी गतिविधियों के बारे में जानकारी दी।

इसके बाद मुख्य राजभाषा अधिकारी एवं भंडार नियंत्रक श्री महेश चंद्र ने श्री सैयद हामिद अली, समिति के नए अध्यक्ष

श्री जी.एन.अस्थाना और अपर महाप्रबंधक श्री विजय मोहन का पुष्पगुच्छ से स्वागत किया। उन्होंने अपने संबोधन में सभी विभागाध्यक्षों और मंडलों के सदस्यों से अनुरोध किया कि संसदीय राजभाषा समिति के निरीक्षणों को ध्यान में रखते हुए हिंदी की कार्यान्वयन की सभी मदों पर विशेष ध्यान दिया जाए। उन्होंने प्रधान कार्यालय के विभागों सहित सभी मंडलों और कारखानों के प्रतिनिधियों से वेबसाइट की सामग्री अनिवार्य रूप से द्विभाषिक रूप में सुनिश्चित करने पर जोर दिया। उन्होंने मंडलों और कारखानों के प्रतिनिधियों से कहा कि अधिकारियों द्वारा स्टेशनों / कार्यालयों का नियमित निरीक्षण किया जाना चाहिए। उन्होंने बताया कि इस रेलवे के तीन अधिकारियों को रेल राजभाषा पदक से सम्मानित किया गया है।

अध्यक्ष तथा महाप्रबंधक ने सभी का स्वागत करते हुए दमरे पर राजभाषा पखवाड़े के दौरान आयोजित विभिन्न मनोरंजक और ज्ञानवर्धक कार्यक्रमों के लिए

राजभाषा संगठन को बढ़ाई दी। उन्होंने प्रसन्नता व्यक्त की कि इस रेलवे पर राजभाषा हिंदी के कार्यान्वयन की दिशा में अच्छे प्रयास हो रहे हैं और यहां के अधिकांश अधिकारी और कर्मचारीगण हिंदी में काम करते हैं। उन्होंने प्रधान कार्यालय सहित सभी मंडलों और कारखानों में हिंदी के कार्य के लिए अनुकूल वातावरण

बनाने हेतु सांस्कृतिक कार्यक्रमों के आयोजन पर जोर दिया। उन्होंने दक्षिण मध्य रेलवे की वेबसाइट पर उपलब्ध सामग्री द्विभाषिक रूप में सुनिश्चित करने पर भी जोर दिया। इसके बाद, बैठक की मानक कार्यसूची की मदों पर विस्तार से चर्चा की

गई।

तत्पश्चात्, श्री सैयद हामिद अली ने अपने संबोधन में कुछ सुझाव दिए, जिनमें यूनिकोड के प्रयोग के लिए कार्यशाला का आयोजन, पुस्तकालयों की उपयोगिता पर ध्यान देना, वेबसाइट का द्विभाषीकरण आदि मुख्य थे। उप महाप्रबंधक (राजभाषा) के धन्यवाद प्रस्ताव के बाद यह बैठक समाप्त हुई।



दमरे मुख्यालय राजभाषा कार्यान्वयन समिति की बैठक का आयोजन



दक्षिण मध्य रेलवे के प्रधान कार्यालय, सिकंदरबाद में मुख्यालय राजभाषा कार्यान्वयन समिति की 24वीं बैठक श्री महेशचंद्र, मुख्य राजभाषा अधिकारी/ दमरे की अध्यक्षता में 15.12.2011 को 15.30 बजे भंडार नियंत्रक सभागृह में संपन्न हुई।

बैठक के प्रारंभ में उप महाप्रबंधक (राजभाषा), श्रीमती मंगला अभ्यंकर समिति के अध्यक्ष एवं मुख्य राजभाषा अधिकारी तथा सभी सदस्यों का स्वागत किया। उन्होंने कहा कि हर तिमाही में एक बार आयोजित इस बैठक में प्रधान कार्यालय के विभिन्न विभागों और यूनिटों में राजभाषा कार्यान्वयन की स्थिति की समीक्षा की जाती है और विभिन्न मदों में प्रगति की दृष्टि से आवश्यक निर्णय लिए जाते हैं। क्षेत्रीय स्तर पर महाप्रबंधक की अध्यक्षता में आयोजित बैठकों में लिए गए निर्णयों पर कार्रवाई करने की जिम्मेदारी भी मुख्यालय राजभाषा कार्यान्वयन समिति के सदस्यों की है, क्योंकि राजभाषा कार्यान्वयन का कार्य देखने के लिए हर विभाग/ यूनिट में संपर्क अधिकारी के रूप में इन्हें नामित किया गया है। अतः सभी सदस्य राजभाषा कार्यान्वयन की

मदों पर सक्रिय होकर कार्रवाई करें, ताकि वे अपने-अपने विभाग की स्थिति अच्छी बनाए रख सकें। उन्होंने आशा व्यक्त की कि इस दिशा में उनका सहयोग प्राप्त होगा।

इसके बाद श्री महेश चंद्र ने अपने संबोधन में सितंबर के दौरान आयोजित विभिन्न कार्यक्रमों के आयोजन पर प्रसन्नता व्यक्त करते हुए कहा कि हिंदी में सहायनीय कार्य के लिए इस कार्यालय के दो अधिकारियों को रेल मंत्री राजभाषा पदक से सम्मानित किया गया है। उन्होंने सदस्यों से कहा कि संसदीय राजभाषा समिति के निरीक्षणों को ध्यान में रखते हुए हिंदी की कार्यान्वयन की सभी मदों पर विशेष ध्यान दिया जाए। उन्होंने वेबसाइट की सामग्री अनिवार्य रूप से द्विभाषिक रूप में सुनिश्चित करने पर जोर दिया। उन्होंने कहा कि केंद्र सरकार की राजभाषा नीति का पालन करना सबकी जिम्मेदारी है। अतः कार्यालयों में राजभाषा का प्रयोग बढ़ाने के लिए सदस्यों द्वारा ठोस कार्रवाई अपेक्षित है। उन्होंने कहा कि सभी विभागों में विभागीय बैठकों का अनिवार्य रूप से आयोजन किया जाए।

इसके बाद, बैठक की मानक कार्यसूची की मदों पर विस्तार से चर्चा की गई। तत्पश्चात् सदस्यों से सुझाव व आश्वासन लिए गए। उप महाप्रबंधक (राजभाषा) के धन्यवाद प्रस्ताव के बाद यह बैठक समाप्त हुई।



दमरे प्रधान कार्यालय में अधिकारियों के लिए हिंदी कार्यशाला संपन्न



दमरे के प्रधान कार्यालय में अधिकारियों के लिए 07.12.2011 से 09.12.2011 तक हिंदी कार्यशाला का आयोजन किया गया। इस अवसर पर संबोधित करते हुए श्री महेश चंद्र, मुख्य राजभाषा अधिकारी और भंडार नियंत्रक ने इस बात पर प्रसन्नता व्यक्त की कि इस कार्यशाला में विभिन्न विभागों के अधिकारियों ने बड़ी सक्रियता से भाग लिया। उन्होंने अधिकारियों से कहा कि इस कार्यशाला का लाभ उठाते हुए वे अपने दैनंदिन कार्य में हिंदी का अधिकाधिक प्रयोग करें।

श्रीमती मंगला अभ्यंकर, उप महाप्रबंधक (राजभाषा) ने प्रारंभ में हिंदी कार्यशाला के आयोजन का उद्देश्य स्पष्ट करते हुए कहा कि रेलवे बोर्ड के दिशा-निर्देशों के अनुसार समय-समय पर आयोजित विभिन्न कार्यक्रमों की श्रृंखला में इस कार्यशाला का आयोजन किया गया, जिसमें राजभाषा नीति व नियम, हिंदी में पत्राचार, आदेश/ पृष्ठांकन हिंदी में देना और कंप्यूटर पर हिंदी में कार्य आदि के संबंध में आवश्यक मार्गदर्शन दिया गया। उन्होंने कहा कि "ग" क्षेत्र में होने के बावजूद इस रेलवे पर अधिकारियों द्वारा राजभाषा हिंदी में प्रशंसनीय कार्य किया जा रहा है। हमारा यही प्रयास रहा है कि इस प्रकार के आयोजनों के ज़रिए उन्हें हिंदी में और अधिक कार्य करने के लिए प्रेरित करें।

All-India Performance Efficiency Shields won by SCR for the year 2010-11

Team South Central Railway



Sitting (Left to Right) : S. Muthukrishnan, President/SCRES; Pradeep Kumar, PCE; P C Gajbhiye, CME; Satyender Kumar, CSTE; Sunil Agarwal, COM; G N Asthana, GM; R Vijaya Mohan, AGM; Smt A R Venkateshwar, FA&CAO; Mahesh Chandra, COS; S K Sharma, CAO/C; Ch. Shankar Rao, GS/SCRMU

Standing (Left to Right) : K Swaminathan, SDGM; Dr. S D Prasadh, CHD; P N Ram, CSO; Sanjive Roy, DRM/SC; Anurag, DRM/BZA; Anand Mathur, DRM/GNT; T P Singh, DRM/GTL; Margoob Hussain, DRM/HYB, S S Soin, DRM/NED, M Sunder Ram, CCM; Manoj Pande, CPO; B Mohan, CSC; G R Agarwal, CEE