Manufacturing activity of Train 18 was launched on 09.02.18. The first underframe production was started in the new in-house manufacture underframe jig at LHB Unit. The first rake is planned to be rolled out by June 2018.

CRM organized an Art & Sculpture Camp, ICF in Statuary & Sculpture “An Art Assay with Train Metals” Sixth in the Art Camp Series, on 10.02.18. Nine renowned Sculptor artists created metal sculptures out of scrap materials from ICF Factory for Indoor and Outdoor exhibits of CRM. As part of Art Camp, Shri S. Sakthivel, Senior Artist, guided the Children’s ‘Wall Graffiti’, where children from ICF Family painted a mural. The Camp concluded with a closing ceremony in the evening. Kalaimamani Smt. Uma Murali, Eminent Bharatanatyam & Kuchipudi Dancer, Smt. Meena Dadha, Founder of Prakrit Art Gallery & Mukthi Foundation, Shri. S. Paramasivam, an art exponent, Cholamandal Artists Village were the dignitaries who graced the occasion.
“Trains Wall” near ICF Bus Terminus was inaugurated by Shri. N. Ravikumar, Head Constable/RPF in the presence of ICF’s team of Officers and Staff on 01.02.18.

High Speed Diesel Storage Facility was inaugurated on 03.02.18 by Shri. C. Janakiram, Sr.Tech/81, in the presence of ICF’s team of Officers and Staff near Shop 88 at Furnishing Division.

Demonstration for “How to do CPR” was conducted in shop 30 and Shop 19 on 06.02.18.

Contractors Staff Rest Areas (3 Sheds) were inaugurated by Shri. M. Punniampoothi, JE/54, in the presence of ICF’s team of Officers and Staff on 07.02.18 at Furnishing Division.

Improved Bogie Assembly Shop was inaugurated by Shri. L. Selvan, Tech-I/24, in the presence of ICF’s team of Officers and Staff at Shell Division on 07.02.18.

Manufacturing activity of Train-18 was launched on 09.02.18 by Shri. R. Shanmugam, SSE/19, in presence of Officers, Staff and Supervisors of ICF. The first underframe production was started in the new in-house manufacture underframe jig at LHB Unit. The first rake is planned to be rolled out by June 2018.

Solar Power Plant of 15 KWp On-Grid Rooftop at Integral Club was commissioned on 12.02.18 by Shri. P. Nagesh, Former Indian Railways. Football Captain, in the presence of ICF’s team of Officers and Staff at South Colony.

Solar Power Plant of 20 KWp ON – Grid Rooftop at Mahakavi Bharathi Institute was commissioned on 10.02.18 by Smt. K. Gandhimathi, Tech-II/45, in the presence of ICF’s team of Senior Officers and Staff.

Employees and Officers of ICF Furnishing Factory took a pledge on 12.02.18 on improving the quality and cleanliness under the leadership of Smt. A. Sentharamai, Technician Gr-I and Shri M. Arul Sundaram, Technician Gr-I.

ICF Multi Sports Complex was inaugurated on 12.02.18 by Shri. P. Nagesh, Former Indian Railways. Football Captain, in the presence of ICF’s team of Officers and Staff at South Colony.
A team of Officers from Transformation Cell visited ICF on 23.02.18 to study the improvements and transformation brought about by ICF during the last one year.

ICF has signed an MOU with SRM Institute of Science & Technology, Chennai, on 24.02.18 to develop Fuel cell based train Prototype. This is a first-of-its-kind initiative to make use of Fuel Cell Technology in India.

Ravichandra Reddy Vanam at South Colony was inaugurated by Shri. T. Ravichandra Reddy, SrTech/30, in the presence of ICF’s team of Officers and Staff on 14.02.18.

Renovated Tailoring Institute was inaugurated by Smt. S. Samundeeswari, Instructor and Smt. M. V. Radha, Instructor, on 15.02.18 in the presence of ICF’s team of Officers and Staff at TTC.

A seminar on LHB Coach, Air Brake Operation, Maintenance & Troubleshooting was held at AWTI Auditorium on 15.02.18 in the presence of ICF’s team of Officers and Staff.

Two attractive synthetic turf tennis courts named as Main Tennis Courts were inaugurated by Padma Shree Somdev Kishore Devvarman, Arjuna Awardee, Former Indian Davis Cup Player, in the presence of ICF’s team of Officers and Staff on 27.02.2018 at East Colony.

Ladies Locker Room at Shop 30/Furnishing Division was inaugurated by Smt. K. Govindammal, Technician Gr. I, in the presence of ICF’s team of Officers and Staff on 22.02.2018.

V. Selvaraju Grove was inaugurated at West colony by Shri. V. Selvaraju, SSE/30, on 23.02.2018 in the presence of ICF’s team of Officers and Staff.

Special decorative LED lighting at Kambar and Tholkappiar Marriage Halls was inaugurated by Shri. J. Jaisankar, Ch.OS/PB, in the presence of ICF’s team of Officers and Staff on 14.02.18.

Commercial operation of 2 MWp solar plant at LHB/FD was started on 19.2.2018.
Acupuncture Walking Path was inaugurated by Shri. K. Ravi Prasad Rao, Senior Technician, in the presence of ICF’s team of Officers and Staff on 28.02.2018 at South Colony.

Anna Nagar Sports Complex was inaugurated by Shri. V. Udayakumar, World Railways Tennis Player & Technician Gr. III, on 28.02.18, in the presence of ICF’s team of Officers and Staff near Anna Nagar Railway Station.

The Integral Man sculpture was unveiled by Shri. Moses Ber idi, Liaison Inspector, in the presence of ICF’s team of Officers and Staff near ICF Bus Terminus on 28.02.2018.

ICF Basketball Team secured Runners (II place) in the All India Basketball Tournament for the Mulki Sunder Ram Shetty Trophy conducted by Vijaya Bank at Bangalore from 31.01.18 to 04.02.18. Shri. Anto Bethle of ICF was adjudged as Player of the Tournament. Shri. Nazar Ch.OS/CWE’s Office/S is the coach.

Stage 2: Certification audit at ICF for 5S was conducted and recommended for certification by M/S IRCLASS Systems and Solutions Pvt Ltd, Chennai, in closing meeting. ICF team committed to improve further in this area.

Selvi K.ratnapriya, D/o. S.Kumaravel, Tech-I, Shop 18, has secured silver medal in U-11 girls category, in the 7th National School Chess Championship held from 28 Jan - 1 Feb, 2018.

OFFICIAL POSTINGS

<table>
<thead>
<tr>
<th>Name</th>
<th>Previous</th>
<th>Present</th>
</tr>
</thead>
<tbody>
<tr>
<td>S.Kumar</td>
<td>S.Rly</td>
<td>Dy CMM/HQ</td>
</tr>
<tr>
<td>Arun Devraj</td>
<td>Curator/CRM</td>
<td>S.Rly (SAG)</td>
</tr>
<tr>
<td>V.Pugazhendi</td>
<td>SMM/M/F</td>
<td>SMM/MD</td>
</tr>
<tr>
<td>Akash Singh</td>
<td>AMM/MD</td>
<td>SMM/M/F</td>
</tr>
<tr>
<td>R.Srinivasan</td>
<td>APE/PR/F</td>
<td>WM/A/S</td>
</tr>
<tr>
<td>A.R.Suthakaran</td>
<td>APO/G</td>
<td>SPO/G</td>
</tr>
<tr>
<td>K.Madhusudana Pillai</td>
<td>AMM/LSD</td>
<td>AMM/MRVC/SD</td>
</tr>
<tr>
<td>V.V.Mahadevan</td>
<td>AMM/MRVC/SD</td>
<td>AMM/LSD</td>
</tr>
<tr>
<td>Milind Rao Chimurkar</td>
<td>APE/PR-IUS</td>
<td>AME/Training</td>
</tr>
<tr>
<td>A.Baranibas</td>
<td>SSE/93B</td>
<td>APE/PR/F</td>
</tr>
</tbody>
</table>

1) To which state the Official Languages Rules, 1976 are not applicable?
2) Name the official web portal of Indian Railways for procurement of goods, works and services.
3) Who is the Principal Employer from Stores Department?
4) Manufacture of ICF design coaches has been discontinued. When was the last ICF design coach turned out?
5) In which shed, 2mw rooftop Solar Plant is provided?

Previous issue Quizz answers.
1) Government E Market place(GeM)
2) Jammu & Kashmir  3) PCE  4) 2750 Coach Project
5) Thiruvalluvar Kalyana Mandapam

Answer in next edition

PerSOn Of tHe MOntH - JANUAry 2018

Shri. C.Sugumaran, Tech-Gr-I, S-26/S
Shri. S.Selvaraj, SSE, S-30/Fur
ICF CIRCULARS

• AC01/2018: Allotment of frequently vacated quarters.
• AC02/2018: Reconstitution of internal complaints committee to redress complaints on sexual harassment of women at workplace.

Name Shri/Smt  Designation  Status in Committee
A.Rajeswari  Addi CMS/RH/ICF  Chair person
Rajalakshmi Udayashankar  Sr.EDPM  Member & Convener
P.Viswanathan  Dy CPO/WS  Member
Regi  Sr Executive, Help-age India, Chennai.  Co-Opted Member

• PB/LW/323/AEBAS dt 10.02.18:
The flexible timings for bio-metric attendance for all offices with working hours from 09.30 to 17.30 hours.

<table>
<thead>
<tr>
<th>Day</th>
<th>In Punch</th>
<th>Out Punch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon to Fri</td>
<td>09.30 to 09.40 hrs  17.30 hrs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>09.41 to 10.00 hrs  17.41 to 18.00 hrs</td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td>09.30 to 09.40 hrs  12.25 hrs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>09.41 to 10.00 hrs  12.36 to 12.55 hrs</td>
<td></td>
</tr>
</tbody>
</table>

• PB/RI/2/III dt 20.02.18:
Placement committee for electrical artisans, supervisors and Ex-cadre posts in Elec dept: SPO/WS, SEE/Commng and XEN/I. Approving authority: CEGE.

• PB/LW/Safety Comm/Vol.I dt 12.02.18:
Shri. K.M.Alexander, WM/A-I/S, is nominated in the administrative side for safety committee/Shell in place of Shri. Sanjay Angothu promoted as DyCME/F-I.
Shri. Shanthos Kumar, AWM/E-II, is nominated in the administrative side for safety committee/Fur in place of Shri. E.Harikumar, AWM/E-III.

• PB/P/107/7/Vol.IV dt 24.02.18:
Emergency pass issuing authority from 01.03.18

| East colony 16/2 | K.Chandran, SE/IT | Ph 9176498755 |
| West colony 102/2 | S.Dilli Babu, OS | Ph 9003149950 |
| North colony 258/4 | J.Maheswaran, SSE | Ph 9003149333 |
| South colony 737/2 | V.Sivaguru, SSE | Ph 9003149193 |

Now ICF pensioners can apply for pass from their house and view ICF circulars and all PB related information. Please try by typing the IP address 103.66.78.143 on the internet. Now it is under trial, mostly by next month domain name will be ready and hence this IP address need not be remembered.

ICF Silver Jubilee Matriculation Higher Secondary School is awarded Platinum Rating under CII IGBC Green School Rating System. This is first Railway school to get Platinum certificate. The first feasibility survey was done in December 2017. Platinum certificate within two months indicates super effort made by the team.

Last Date for submission of application:
02.04.18: Investigating Inspector/Vig/RB
04.04.18: VI/Stores/SECR, Bilaspur.
06.04.18: Asst Traffic Costing Officer-I/RB

EMPLOYEES RETIRING on 31st March 2018

<table>
<thead>
<tr>
<th>Name Shri/Smt</th>
<th>Designation</th>
<th>Pay Unit Shop / Office</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Ganesh</td>
<td>Tech-2/Welder</td>
<td>Shop23</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name Shri/Smt</th>
<th>Designation</th>
<th>Pay Unit Shop / Office</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Rengasamy.K</td>
<td>Tech-1</td>
<td>16</td>
</tr>
<tr>
<td>3. Thiruchitrambalam.G</td>
<td>Tech-1</td>
<td>16</td>
</tr>
<tr>
<td>5. Muniammal.N</td>
<td>Tech-1</td>
<td>20</td>
</tr>
<tr>
<td>7. Adam.G</td>
<td>Sr.Tech</td>
<td>21</td>
</tr>
<tr>
<td>11. Muthuvel.A</td>
<td>Tech-1</td>
<td>41</td>
</tr>
<tr>
<td>13. Shiva Prasad.S</td>
<td>SSE</td>
<td>D&amp;D</td>
</tr>
<tr>
<td>14. Raju Balaji.</td>
<td>Ch.OS</td>
<td>Hosp</td>
</tr>
<tr>
<td>15. Ravikumar.N</td>
<td>Hd Constable</td>
<td>RPF</td>
</tr>
<tr>
<td>16. Sekar.V</td>
<td>Hd Constable</td>
<td>RPF</td>
</tr>
<tr>
<td>17. Ravi.A</td>
<td>Hd Constable</td>
<td>RPF</td>
</tr>
<tr>
<td>18. Rajasekar.C</td>
<td>Prog.man</td>
<td>PCO/F</td>
</tr>
<tr>
<td>20. Selvaraj.K</td>
<td>Tech-1</td>
<td>30</td>
</tr>
<tr>
<td>22. Mohan.N</td>
<td>Sr.Tech</td>
<td>30</td>
</tr>
<tr>
<td>23. Ramesh.V</td>
<td>Sr.Tech</td>
<td>30</td>
</tr>
<tr>
<td>24. Shaik Mastan.</td>
<td>E</td>
<td>30</td>
</tr>
<tr>
<td>25. Soundararajan.K</td>
<td>Sr.Tech</td>
<td>34</td>
</tr>
<tr>
<td>26. Parthasarathy,S</td>
<td>Sr.Tech</td>
<td>36</td>
</tr>
<tr>
<td>27. Devaraj.S</td>
<td>Sr.Tech</td>
<td>36</td>
</tr>
<tr>
<td>28. Rajagopal V.</td>
<td>Tech-1</td>
<td>54</td>
</tr>
</tbody>
</table>

Railway Board Circulars

• RBE 05/2018: Admissibility of HRA in the event of non-acceptance or surrender of railway residential accommodation
• RBE 07/2018: Recording of higher academic/educational qualification in the Service Record of employees recruited through RRBs
• RBE 08/2018: Extension of the period of retention of Railway accommodation at the previous place of posting in favour of officer/staff posted to E.C. Railway
• RBE 10/2018: The annual ceiling fixed for reimbursement of children education allowance for differently abled children of government employees is now Rs54000 w.e.f 01.07.2017.
• RBE 12/2018: Extension of benefit of Grade Pay of Rs. 4200 (Non - Functional) to staff working in the cadre of Pharmacist in case of transfer on own request.
• **RBE 13/2018:**
  Revision of Pension of Pre-2016 retired running staff

• **RBE 22/2018:**
  Employees of Level-1 of operating department with 5 years of service may be made eligible to appear in 25% general Selection Quota for the post of Station Master.

• **RBE 23/2018:**
  Recruitment of persons with disabilities from open market on Railways.

• **RBE 24/2018:**
  Filling up of the posts of CMA and CMS of CMT Dept.

• **RBE 25/2018:**
  Three years relaxation above the prescribed upper age limit in open market recruitment for all Non-Gaz posts.

• **RBE 26/2018:**
  Grant of HRA to Railway employees posted to new zones/ new divisions.

• **RBE 28/2018:**
  Revision in cadre restructuring and staffing pattern due to merger of TC, CC and ECRC.

• **RBE 29/2018:**
  Providing opportunity for submitting representation to the employees who have awarded below Very Good Grading in their last three years APARs (for the purpose of MACPs).

• **RBE 30/2018:**
  Modification in the AVC for promotion to Goods Guard in Grade Pay Rs. 2800/- (Level-5).

• **RBE 31/2018:**
  Minimum educational qualification for recruitment from open market in Level-1 of the pay matrix of 7th CPC in CEN No. 02/2018 issued by RRB.

• **RBE 32/2018:**
  Risk Allowance.

• **RB- 2008/H-1/2/15 dt 22.02.18**
  Removal of age limit of 25 years for medical facilities of dependent children of serving employees and pensioners

• **RB-2017/Trans/01/Policy/Pt.1 dt 17.01.18**
  Filling of Posts in Para - Medical categories in Group - C On Contract basis and by Re-employment of retired employees in exigencies of services

• **RB-PC-VII/2018/R-U/3 dt 13.02.18**
  Dress Allowance for nurses

• **RB- O.o 26 of 2018**
  All orders, policy circulars, instructions, Notifications issued by different directorates of Board’s office should invariably in the first instance be uploaded on railnet and Indian Railway official website.

**Do You Know?**

1. ICF is the world’s largest Coach Manufacturing Unit.
2. There are 14 heads in Staff Benefit Fund which will promote Staff welfare.

**RECENT IMPROVEMENTS IN ICF COACHES**

**VINYL WRAP ON LHB COACHES**

Vinyl Wrap has been provided on exterior of LHB coaches in lieu of paint. This shall improve the finish of the coach and reduce lead time of painting.

**PROVISION OF VACUUM DISCHARGE TOILET**

Vacuum Discharge toilet has been provided for the first time in LWACCN Coaches. Two out of four toilets (one western and one oriental) were provided.

(Coach No. ECR 18108 and NFR 17157)

**PHYSIO PAGE**

**MOVE... TO REMOVE...!**

Physio. Kumaravel. M
Sr Physiotherapist, RH/ICF
Physiokumaravel.m@gmail.com, 9003149269

**JOINT PAIN**

**Types of synovial Joint:**

On the basis of shape and structure of the joint as well as permissible movement, synovial joints are further classified as follows...

**Hinge joint**

These joints are as similar as hinge of a door. It consists of slightly rounded end of one bone that fits into a slightly hollow end of the other bone.

**Eg: Elbow joint**

**Movement:** This uniaxial joint allows movement only in one direction in transverse axis. No sideways movement. Flexion and extension only possible i.e bending and straightening.

**Pivot joint**

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**Trends in Coaches**

- ICF is the world’s largest Coach Manufacturing Unit.
- There are 14 heads in Staff Benefit Fund which will promote Staff welfare.
This variety of joint permits pivotal movement of the parts of the body this joint connects. It possesses rounded end of one bone fitting into a ring formed by the other bone. Eg: Neck joint (Atlanto axial joint)

Movement: It’s also a uniaxial joint, which permits limited rotational movement in vertical axis.

Condyloid Joint

These types of joints Comprise an oval shaped end of one bone fitting into a similar oval shaped hollow of another bone. Because of the structure, this type called an ellipsoid joint. Eg: Wrist

Movement: These biaxial joints allow angular movement along two axes.

Saddle joint

Articular end of the bones in this variety resembles a saddle with concave and convex portions that fit together. E.g.: Thumb joint.

Movement: These too are biaxial joints which allow movement in two planes but move more freely than condyloid joints but greater in range.

Ball and socket Joint

As the name suggests, these joints are comprised of ball shaped head of bone end fit into cup-like cavity of another bone. E.g.: Shoulder joint.

Movement: These Poly axial joints allow free movement in all directions i.e., forward, backward, sideways and rotating movements.

Plane joint

These joints forming bone surfaces are flat and allow slight gliding movement. Hence it is called Gliding joint too. E.g.: Hand palm bones joints (Joint between Carpal bones).

Movement: These are also poly axial kind, but permit slight gliding movement in all directions.

Let us discuss each type of Synovial joint pains and their remedies in the coming issues...

Wait for further steps to move...

Most of the intercity and long distance passenger traffic of Indian Railways moves by Locomotive-hauled train services, while the sub-urban and short distance traffic moves by Multiple Units - DEMUs (Diesel Electric Multiple Units) and EMUs (Electric Multiple Units). Multiple units (MUs) with distributed traction allow for a more efficient utilisation than locomotive-hauled trains. The Multiple units have number of Motor Coaches distributed across the train formation resulting in uniform power and load distribution and are scalable as per demand. This is advantageous due to less turn-around time, faster acceleration/ deceleration including improvement in energy efficiency.

ICF has now embarked on manufacture of World Class Train sets in India at half the cost. ICF is planning to make one such Train set in 2018 and this project is code named as Train-2018.

The Train-2018 will be a Semi-High Speed (160 Kmph) Multiple Unit Train set with quicker acceleration and contemporary passenger amenities. It will offer both comfort and pace to the passengers and in the long run, will replace existing intercity express trains. All coaches will be Chair Car type for day travel. The most prominent feature will be that all coaches will be interconnected by Fully Sealed Gangways so that passengers can move from one coach to another with ease. This is achieved by shifting all Propulsion equipment from Onboard to Underslung. The Train set will be provided with Automatic Plug Type doors with retractable Foot step which will open and close automatically at the stations. To make the travel more a joyful ride, all coaches of the train will be provided with On board Wi-fi, infotainment and GPS-based Passenger Information System (PIS) which will keep the passengers informed about the travel status. The train will have plush interiors and diffused LED lighting. The toilets of these coaches will be fitted with Vacuum system, Zero Discharge Bio tanks and touch free fittings.

To keep the jerks and vibrations at bay, Train 2018 will be equipped with improved centre couplers and new generation bogies with fully suspended traction motors, Pneumatic secondary suspension and anti-roll bar. The Brake system will be Electro Pneumatic with brake discs mounted directly on wheel discs, which will help to reduce the braking distance, so that full speed potential of the train can be harnessed.

The Train-2018 will have many modern features which will debut for the first time on Indian Railways. Train 2018 will be a Landmark improvement in Passenger Travel.

Some of the salient features are given below...
Configuration -

- Train18 consists of Four Basic Units of four coaches each. The configuration of End Basic unit is as follows:
  - DTC+MC+TC+MC
- The Configuration of middle Basic Unit is as follows:
  - NDTC+MC+TC+MC

- **DTC**: Driving Trailer Coach
- **MC**: Motor Coach
- **TC**: Trailer Coach
- **NDTC**: Non-Driving Trailer Coach

- Motor Coach will be equipped with Four Fully Suspended Traction Motors.
- Train-18 has 50% Powering, i.e. every alternate coach will be powered.
- All Propulsion equipment will be underslung, leaving the on-board space for passengers.
- All coaches are chair-car type (Executive Class as Well as Second Class)
- All Coaches are Air-Conditioned including Driving Cab.

Features of Car body -

- The Car body will be equipped with Continuous Window Glasses for contemporary modern look.
- The Driving coach will have Aerodynamic Nosecone for reduced Air Drag and for improved aesthetics.

- All coaches will be equipped with Automatic Plug Type Sliding doors with sliding Foot Step.
- All coaches are interconnected by Fully Sealed Gangways with flexible sidewalls.
- Exterior Fairings for the inter coach gangway giving a flushed look for the Train set.

Improved Interiors-

- The Executive Class will have rotating seats which can be aligned in the direction of travel.
- Modular Toilets with Bio-Vacuum system.
- Modular Luggage rack with glass bottom
- Plush Interiors • Comfortable seating

- Fully sealed Gangway with inner flexible walls for seamless movement of passengers.
- On-board Infotainment system with Wi-Fi Streaming

- Details on underslung equipment and Train-18 bogie in the next issue...

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**An Epoch Memory**

**View of the SHELL Entry Gate - 1955**

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**CANCER**

**EARLY DETECTION; BETTER CURE**

**AETIOLOGY & EPIDEMIOLOGY**

There are 5 main causes for cancer

1) Genetic factors  2) Gender   3) External factor 
4) Infection   5. Exposures

**GENETIC FACTOR**

- Approximately 7 million deaths worldwide can be attributed to malignancy each year.

**TUMOUR SUPPRESSOR GENES**

- This genes function is lost during carcinogenesis.
- This can be in breast, lung, pancreas

**PROTO-ONCOGENES**

- This genes function becomes enhanced in carcinogenesis (formation of cancer where by normal cells are transformed in to cancer cells)
- Mutation (changes) are implicated and 30% of cancers including melanoma, lung, pancreas.

**DNA REPAIR GENES**

- Genes whose function is to carry out DNA repair.
- DNA repair genes accelerate the accumulation of Tumor Suppressor Genes(TSG)+ protogenes.
- Cancer with modest effects may interact with environmental factors.

- Suseela Chandrasekaran/Ch.Matron