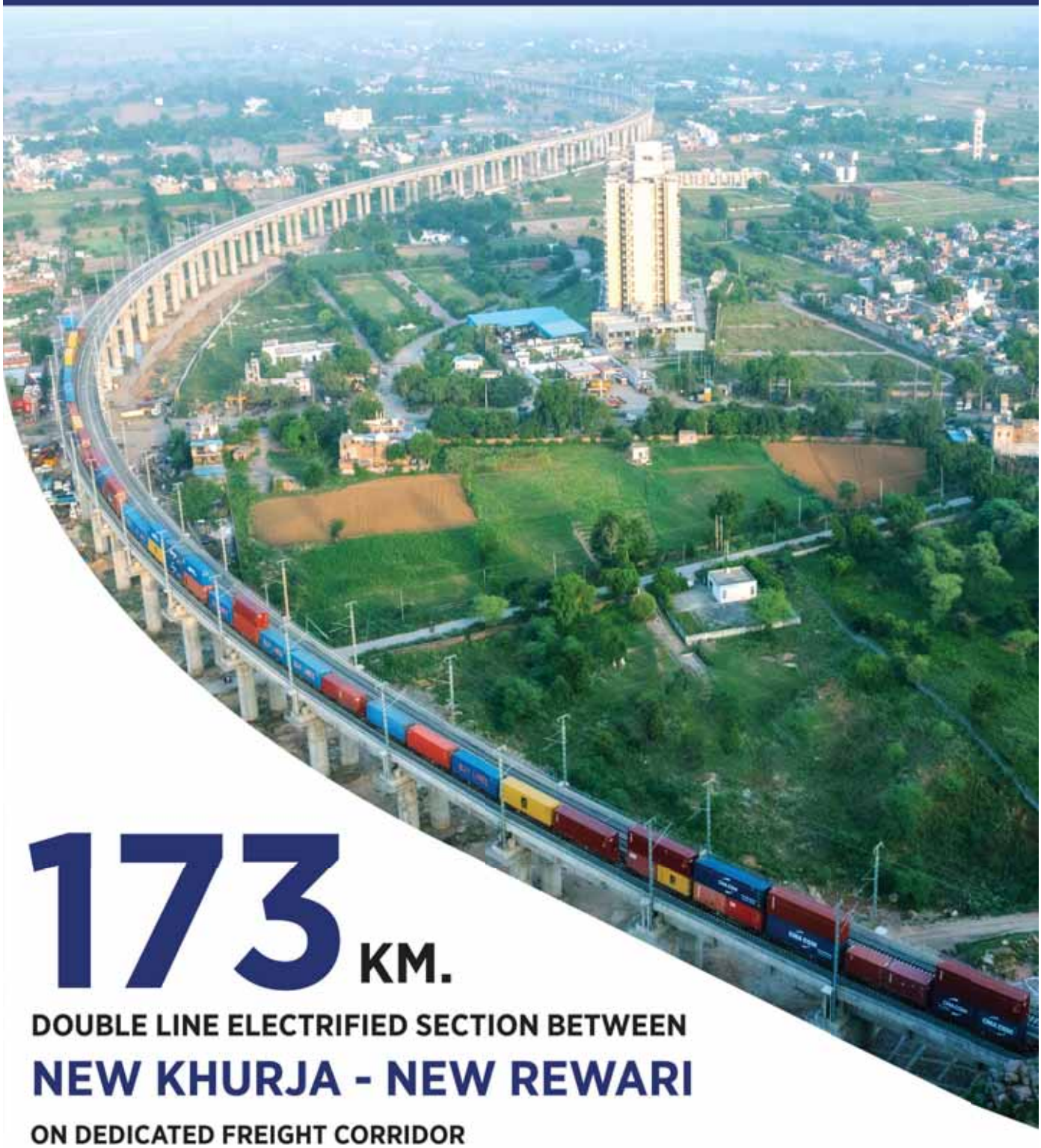
INDIAN RAILWAYS

FEBRUARY 2024

PRICE ₹ 20

TRANSFORMING TRANSPORTATION



173 KM.

DOUBLE LINE ELECTRIFIED SECTION BETWEEN

NEW KHURJA - NEW REWARI

ON DEDICATED FREIGHT CORRIDOR



The Railway Employees' Co-operative Credit Society Limited,

Ashok Vihar Complex, Old Zoo Road, (Near Central Railway Station) Chennai - 600 003.

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Dr.N. KANNIAH, Ph.D.,
Chairman

Started in the year 1907 and successfully serving the members for the past 116 years

Any Railway Employee who has completed Three months of regular service can join as a member and can avail Loan, after receipt of 3 CMTD recoveries through salary.

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General Loan

❖ upto Rs.24.00 Lakhs ❖upto 108 EMI
❖ One Surety

Marriage Loan

❖ upto Rs. 9.00 Lakhs ❖upto 108 EMI
❖ One Surety

Education Loan

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❖ International Tour for Member & family
❖ upto 108 EMI ❖One Surety

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❖ upto Rs.4,00,000/- ❖ upto 60 EMI
❖One Surety ❖for Festival & Family Functions

Gold Loan

❖ upto Rs. 5.00 Lakhs
❖ upto 108 EMI
❖ One Surety
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50 Grams Silver Coin
Stylised Laxmi Ganesh
Colour Coin Capsule Type



10 gm - 24 Ct Gold Coin



20 gm - 24 Ct Gold Coin



Member Welfare Schemes :

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All our Branches are Computerised, Loan Applications received upto 12.00 noon at the branches will be processed and the payment will be arranged on the following day itself, subject to eligibility. All loans, Schemes etc., are as per the rules, regulations, Byelaws and MSCS Act 2002.

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For enquiry Contact
08148387240, 08148387241, 08148387242, 07418148957

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Chief Executive

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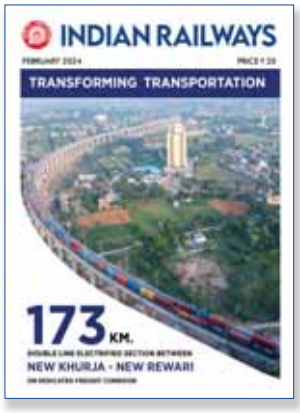
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Editorial

Dedicated Freight Corridor Corporation of India Limited (DFC) As the name implies, this network is entirely dedicated to freight transportation. This ambitious rail project of Indian Railways is in the final stages of completion. Currently, freight trains are running on 88.40 percent of the tracks, while the target is to run freight trains on 96 percent of the track by March 2024 and 100 percent by December 2024. This project will bring a new revolution in the field of freight transport in the country and also will improve the operations of passenger trains.

DFC aims to provide a high-speed freight corridor network connecting major ports and industrial hubs of the country. DFC is committed to achieving 40% model share of Railways in freight traffic and meeting Indian Railways mission target of 3000 MT.

DFC is divided into two parts Western and Eastern. Out of these two, work has been completed on Eastern DFC. Recently, the Hon'ble Prime Minister dedicated to the nation the 173 Km long double line electrified section between New Khurja - New Rewari on Dedicated Freight Corridor (DFC) by flagging off goods trains from the two stations through video conferencing. This new DFC section is important as it establishes crucial connectivity between the Western and Eastern DFCs. Further, this section is also known for its remarkable feat of engineering. It has a 'one kilometre long double line rail tunnel with high rise electrification', which is the first of its kind in the world. This tunnel is designed to seamlessly operate double-stack container trains.

Freight trains are being operated at speeds up to 100 kmph on the DFC sections that have been commissioned. This is not only saving time but also reducing the logistics cost. Along with a significant increase in the average number of passenger trains, punctuality of trains is improving.

The project is expected to attract new investors and create thousands of jobs in the logistics sector. This will reduce the logistics cost in the country to a great extent. DFC will provide a seamless and efficient freight transport network, which will boost economic growth and create new opportunities.

DFC is expected to offer reduction of more than 450 million tons of CO2 in first 30 years of operation leading to reduced green house gas emissions in transport sector in India.

Over Indian Railways, DFC is implementing DPR for development of three new corridors namely East-West Corridor (from Bhusawal to Kharagpur, Dankuni), North South Corridor (from Itarsi to Vijayawada), and East Coast Corridor (from Kharagpur to Vijayawada). Study will be completed soon.

It can be said that DFC will prove to be a game-changer for the Indian logistics sector.

Please share your feedback with us. We shall be waiting.....

Hon'ble President Conferred Arjuna Award, 2023

Hon'ble President, Smt. Droupadi Murmu conferred the Arjuna Award on 9th January, 2024 at Rashtrapati Bhawan on Indian Railways players Ms. Ritu Negi, Ms. Pukhrambam Sushila Chanu, Ms. Parul Chaudhary and Shri Sunil Kumar



Ms. Ritu Negi (Kabaddi)

Ms. Pukhrambam Sushila Chanu has won:

- One Bronze Medal in the 19th Asian Games held in Hangzhou, China in 2023.
- One Bronze Medal in the 22nd Commonwealth Games held in Birmingham, United Kingdom in 2022.
- One Gold Medal in the FIH Nations Cup held in Valencia, Spain in 2022.



Ms. Parul Chaudhary (Athletics)

Shri Sunil Kumar has won:

- One Bronze Medal in the 19th Asian Games held in Hangzhou, China in 2023.
- One Bronze Medal in the Senior Asian Championship held in Astana, Kazakhstan in 2023.
- One Gold Medal in the Senior Asian Championship held in New Delhi, India in 2020.

Ms. Ritu Negi has won:

- One Gold Medal in the 19th Asian Games held in Hangzhou, China in 2023.
- One Gold Medal in the South Asian Games held in Kathmandu, Nepal in 2019.



Ms. Pukhrambam Sushila Chanu (Hockey)

Ms. Parul Chaudhary has won:

- One Gold Medal and one Silver Medal in the 19th Asian Games held in Hangzhou, China in 2023.
- One Gold Medal and one Silver Medal in the Asian Athletics Championship held in Bangkok, Thailand in 2023.
- One Bronze Medal in the Asian Athletics Championship held in Doha, Qatar in 2019.



Shri Sunil Kumar (Wrestler)

President's Police Medal
for Meritorious Services Awarded to RPF/RPSF Personnel

On the occasion of Republic Day 2024, the Hon'ble President of India has awarded President's Medal for Distinguished Service (PSM) and Medal for Meritorious Service (MSM) to the following officers and staff of RPF/RPSF:



President's Medal for Distinguished Service (PSM)
Shri Ranveer Singh Chauhan, Principal Chief Security Commissioner, Banaras Locomotive Works
Medal for Meritorious Service (MSM)
Shri Vivek Sagar, Deputy Inspector General, Railway Protection Special Force
Shri Maheshwar Singh, Deputy InspectorGeneral/Projects/NR, Railway Board
Shri Rajeev Kumar, Assistant Security Commissioner, Northern Railway
Shri Dasrath Prasad, Inspector/North Eastern Railway
Shri Ramesh Chandra, Inspector/6BN RPSF
Shri Sushant Dubey, Sub-Inspector, East Central Railway
Shri Bijendra Kumar Rai, Sub-Inspector, JJR RPF Academy
Shri Kundan Lal Verma, Sub-Inspector, JJR RPF Academy
Shri Rakesh Kumar Singh, Assistant Sub-Inspector, North Eastern Railway
Shri Ramesh Chand Singh, Assistant Sub-Inspector, North Eastern Railway
Shri Kuldip, Assistant Sub-Inspector, Western Railway
Shri Muhammad Sajid Siddiqui, Head Constable, North Eastern Railway
Shri Alamgir Hossain, Head Constable, Eastern Railway
Shri Manoj Lohara, Head Constable, Eastern Railway
Shri Satbir Singh, Constable, Barber, 12BN RPSF



Hon'ble Vice President of India, Shri Jagdeep Dhankhar, presented the SCOPE Eminence Award to RailTel on 18th January, 2024. Shri Sanjai Kumar, Chairman and Managing Director received the Award. The company won the award in Institutional Excellence (Miniratna I & II) Category for overall outstanding performance during the year 2019-20.

Hon'ble Prime Minister Visited Trichy and Unveiled Five Railway Projects worth ₹3000 cr. for Tamil Nadu



Shri Narendra Modi, Hon'ble Prime Minister unveiled five railway pojects alongwith Shri R.N. Ravi, Governor of Tamil Nadu, Shri M.K. Stalin, Chief Minister of Tamil Nadu, Shri Jyotiraditya Scindia, Union Minister Civil Aviation and Steel, Dr. L. Murugan, Union Minister of State of Fisheries, Animal Husbandry and Dairying

Hon'ble Prime Minister Shri Narendra Modi, visited Trichy visited Trichy in Tamil Nadu on 2nd January 2024 and unveiled five railway projects worth ₹2,917 cr. which are part of ₹20,000 cr. multiple projects relating to rail, road, highways, shipping and gas sectors benefiting the state of Tamil Nadu.

Among the railway projects, Hon'ble PM dedicated two doubling projects for the state of Tamil Nadu.

Salem – Magnesite Jn. – Omalur – Mettur Dam Doubling : The Doubling of 41.4 km Salem–Magnesite Jn–Omalur–Mettur Dam section has been commissioned at a cost of ₹448 cr. The line connects Salem, a major city in Tamil Nadu with Omalur, a town located about 15 km of east of Salem and further connects with Mettur, a town situated on the banks of the River Cauvery. The section has 5 block stations and 1 halt station, 6 ROBs and 10 RUBs. This project will significantly ease the movement of coal for Mettur Thermal Power Station, also raw materials and finished products for other industries located in the Mettur region in Tamil Nadu. The increased speed of goods train will improve the turnaround of the rakes and bring about increased revenue to Railways.

Madurai - Tuticorin Doubling : The doubling of Madurai-Tuticorin (160 km) was completed at a cost of ₹1,890 cr. Madurai-Tuticorin Railway line runs through the districts of Madurai, Virudhunagar and Tuticorin districts of Tamil Nadu and serves as an important transporation link for both passengers and freight. The section has 17 stations including 3 halt stations, 19 major bridges and 197 minor bridges. This project will enhance railway line capacity and pave the way for operation of more train services for the Southern districts of Tamil Nadu. Paving the way for economic development, the line facilitates the transportation coal, fertilisers, and other industrial products, to and from the port of Tuticorin, which is one of the major ports on the east coast of India.

Railway Electrification Projects : The Electrification projects of Tiruchchirappalli- Manamadurai-Virudhunagar (217 km) completed at a cost of ₹221 cr., Virudhunagar-Tenkasi Jn (122 km) completed at a cost of ₹161.13 cr. and Sengottai-Tenkasi Jn-Tirunelveli-Tiruchendur (141 km) completed at a cost of ₹197.38 cr. all single line sections will immensely benefit the people of Southern districts of Tamil Nadu. ■

Hon'ble PM Flagged off EMU train from Uran to Kharkopar



Shri Narendra Modi, Hon'ble Prime Minister flagged off the inaugural run of the EMU train from Uran railway station to Kharkopar. Also seen are Governor of Maharashtra, Shri Ramesh Bais, Chief Minister of Maharashtra, Shri Eknath Shinde, Shri Raosaheb Patil Danve, Minister of State of Railways and other dignitaries

The Hon'ble Prime Minister, Shri Narendra Modi dedicated railway projects worth about ₹2000 cr. to the nation on 12th January, 2024. These include the dedication of 'Phase 2 of Uran-Kharkopar railway line' which will enhance connectivity to Navi Mumbai as suburban services running between Nerul/Belapur to Kharkopar will now be extended to Uran. PM also flagged off the inaugural run of the EMU train from Uran railway station to Kharkopar. Other rail projects that were dedicated to nation include a new suburban station 'Digha Gaon' on the Thane-Vashi/Panvel Trans-harbour line and the new 6th Line between Khar Road and Goregaon railway station. The projects will benefit the daily commuters in Mumbai.■



Hon'ble Prime Minister Dedicated 173 km long Double line Electrified section between New Khurja - New Rewari on Dedicated Freight Corridor

Hon'ble Prime Minister Shri Narendra Modi, on 25th January, 2024 dedicated to the nation the 173 Km long double line electrified section between New Khurja - New Rewari on Dedicated Freight Corridor (DFC) by flagging off goods trains from the two stations through video conferencing. This new DFC section is important as it establishes crucial connectivity between the Western and Eastern DFCs. Further, this section is also known for its remarkable feat of engineering. It has a 'one kilometre long double line rail tunnel with high rise electrification', which is the first of its kind in the world. This tunnel is designed to seamlessly operate double-stack container trains. This new DFC section will help in improving the operation of passenger trains due to the shifting of goods trains on the DFC track. The Hon'ble Prime Minister also dedicated to the nation the fourth line connecting Mathura - Palwal section & Chipiyana Buzurg - Dadri section. These new lines will improve the rail connectivity of the national capital to Southern Western & Eastern India. Governor of Uttar Pradesh, Smt Anandiben Patel, Chief Minister of Uttar Pradesh, Shri Yogi Adityanath, Deputy Chief Minister of Uttar Pradesh, Shri Brajesh Pathak, and Union Minister of State of Road Transport and Highways of India, Gen (Retd) V K Singh were also present on the occasion.■

Lok Sabha Speaker Inspected the Redevelopment Works of Kota and Dakaniya Talav Stations

Speaker of Lok Sabha and MP, Kota-Bundi, Shri Om Birla inspected the progress of the ongoing redevelopment construction work at Kota and Dakaniya Talav railway stations with state-of-the-art passenger facilities on world-class lines on 12th January, 2024 and took stock of the progress. 17 stations of West Central Railway, Kota Division are being upgraded with upgraded passenger amenities at a total cost of ₹356.85 cr. Redevelopment of Kota and Dakaniya Talav railway stations on world class lines is being undertaken at a rapid pace at a cost of ₹207.63 cr. and ₹111.18 cr. respectively. Shri Om Birla, took stock of all aspects of the model and layout plan of the ongoing redevelopment work at Kota and Dakaniya stations. During the inspection, Shri Om Birla also interacted with the passengers present at the station about the passenger amenities available at the said two stations.



Speaker of Lok Sabha and MP Kota-Bundi, Shri Om Birla inspected the progress of the construction work at Kota and Dakaniya Talav Railway stations

Newly Constructed Railway Road Over Bridge at Jagiroad Inaugurated



ROB at Jagiroad Railway station

The new Road Over Bridge at Jagiroad station constructed by Northeast Frontier Railway was opened for the use of common public on 24th December, 2023. The ROB was inaugurated by Chief Minister of Assam Dr. Himanta Biswa Sarma in presence of local MLA and other dignitaries. The newly constructed ROB will replace Level crossing gate no. ST-27 at Jagiroad station yard. To ensure safety of both rail as well as road users this ROB (No. 85A) was constructed by Northeast Frontier Railway at a total cost of ₹85.96 cr. Total length of the ROB is 344 meters having a Bow String Arch Steel Girder of 74 meters length. The height of the Bow String Arch Steel Girder is 12.85 meters and weight is 730 MT. This new ROB has newly constructed 3 (three) lane road of 11 meters width connecting NH 24 and NH 715A with viaducts on both sides. Two stair-cases on either side of the Bow String Girder have been provided for the pedestrians to cross the railway track with safety.

Interim Union Budget FY 2024-25

Railways Allocated ₹2,52,000 cr. for Capital Expenditure for FY 2024-25



Shri Ashwini Vaishnaw, Minister of Railways addressed a Press Meet after the Interim Union Budget.



With the 'mantra' of 'Sabka Saath, Sabka Vikas, and Sabka Vishwas' and the whole of nation approach of 'Sabka Prayas', the Union Minister for Finance and Corporate Affairs Smt. Nirmala Sitharaman presented the Interim Union Budget FY 2024-25 in Parliament on 1st February, 2024. announced that:

Three major economic railway corridor programmes will be implemented. These are:

- Energy, mineral and cement corridors,
- Port connectivity corridors, and
- High traffic density corridors.

The projects have been identified under the PM Gati Shakti for enabling multi-modal connectivity. They will improve logistics efficiency and reduce cost.

The resultant decongestion of the high-traffic corridors will also help in improving operations of passenger trains, resulting in safety and higher travel speed for passengers. Together with dedicated freight corridors, these three economic corridor programmes will accelerate our GDP growth and reduce logistic costs.

Forty thousand normal rail bogies will be converted to the Vande Bharat standards to enhance safety, convenience and comfort of passengers.

After the Union Budget, while addressing a Press Meet organised at Rail Bhawan, the Minister of Railways, Shri Ashwini Vaishnaw said that he was thankful to the Hon'ble Prime Minister Shri Narendra Modi for allocating ₹2,52,000 cr. for capital expenditure for the FY 2024-25.

Shri Vaishnaw said 'Ten years back, despite having a separate budget, the thought process was always to add new trains or extend a particular train but there was no focus on increasing capacity or improving safety but in the last ten years, Hon'ble Prime Minister, Shri Narendra Modi has changed the paradigm and put entire focus on creating new capacity, getting new technology and prioritizing safety. As a result of this, in last ten years 26,000 km track has been added, ₹1,08,000 cr. has been invested in Safety System and Automatic train protection system (Kavach) has started, new generation of trains are being developed and many of them are already running and are very popular.'

The Minister of Railways further stated that 'In this budget, a big focus has been put on creating additional capacity through three corridors. First is Energy, mineral and cement corridors which will help reduce pollution of roads and ensure reduction

in cost of logistics. Second is port connectivity which will provide seamless connectivity to the ports through Railways in a multimodal 'Gati Shakti' way and third is 'Amrit Chaturbhuj' which will be akin to golden quadrilateral on Railway network on high density traffic routes. Overall, through these 3 corridors, about 40,000 km of new track will be laid which will significantly increase railway capacity and reduce pollution as railway can save up to 90% CO2 emissions in a cost effective manner. This will bring a big transformation in the country's economy in an efficient, productive and sustainable manner.'

Talking about the second big announcement, the Minister said 'The success of 'Vande Bharat' and 'Amrit Bharat' trains has led to the fact that now we can upgrade all the 40,000 conventional coaches. The work to increase capacity is happening on multiple fronts.

Last year we added 5,200 km of new tracks which is equivalent to entire rail network of Switzerland. This year we are adding 5,500 km. From 4 km per day in 2014, we are now adding about 15 km per day in new tracks. With the capital investment envisaged in today's budget, we are at ₹2,52,000 cr. CAPEX for FY 2024-25. Current year, we have already achieved 82% of CAPEX budget by end of January, 2024 which is significant. So, there is a clear focus on increasing capacity, passenger experience and infrastructure. Hon'ble PM's focus on Railways is very clear and it is helping bring more capacity and once these 3 corridors are completed we will have enough capacity to end the waiting list problem.'

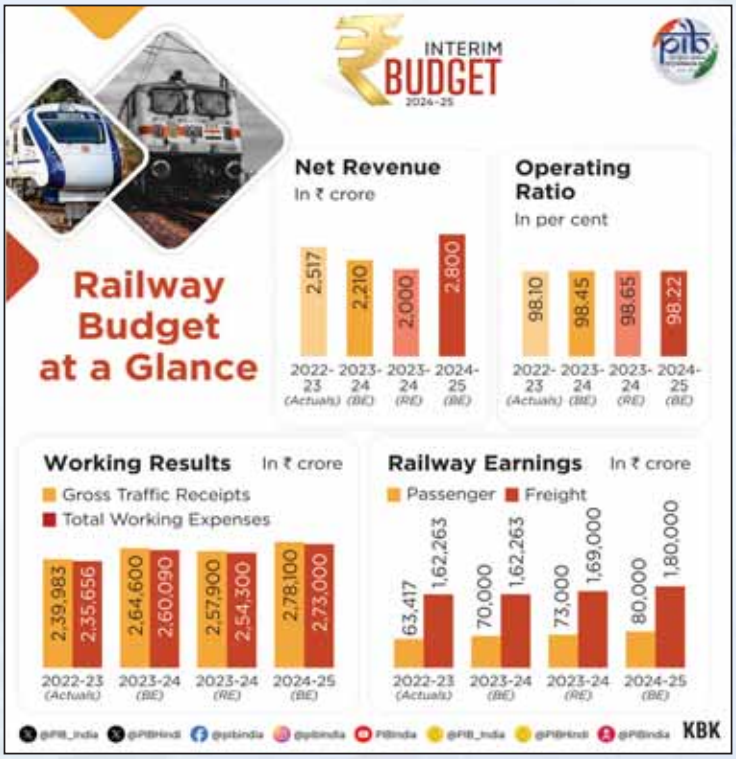


"In the Budget, it has been announced to manufacture 40,000 modern 'Vande Bharat Standard' coaches and induct them in regular passenger trains. This will enhance the experience of comfortable travel for millions of passengers on different railway routes across the country."

— Hon'ble Prime Minister
Shri Narendra Modi

Hon'ble Prime Minister, Shri Narendra Modi, has lauded the Interim Budget as an inclusive and innovative Budget that carries the confidence of continuity and will empower all four pillars of 'Viksit Bharat' - youth, the poor, women, and farmers. The Hon'ble Prime Minister said 'In the Budget, it has been announced to manufacture 40,000 modern 'Vande Bharat Standard' coaches and induct them in regular passenger trains. This will enhance the experience of comfortable travel for millions of passengers on different railway routes across the country.'

As part of the strategy for 'Amrit Kaal', these three major economic railway corridor programmes have been identified under the PM Gati Shakti for enabling multi-modal connectivity. They will improve logistics efficiency and reduce cost. The resultant decongestion of the high-traffic corridors will also help in improving operations of passenger trains, resulting in safety and higher travel speed for passengers. Together with dedicated freight corridors, these three economic corridor programmes will accelerate GDP growth and reduce logistic costs.■



Interim

RAILWAY BUDGET 2024-25

UNPRECEDENTED BUDGET ALLOCATION

Indian Railways



ANDHRA PRADESH



9,138 CRORES

886 CRORES — 10x* — AVERAGE OUTLAY 2009-14

TOTAL OUTLAY 2024-25

Allocation 2024-25 is *931% more than the avg. of 2009-14

*Approx.

BIHAR



10,032 CRORES

1,132 CRORES — 9x* — AVERAGE OUTLAY 2009-14

TOTAL OUTLAY 2024-25

Allocation 2024-25 is *786% more than the avg. of 2009-14

*Approx.

CHHATTISGARH



6,896 CRORES

311 CRORES — 22x* — AVERAGE OUTLAY 2009-14

TOTAL OUTLAY 2024-25

Allocation 2024-25 is *2,117% more than the avg. of 2009-14

*Approx.

DELHI



2,577 CRORES

96 CRORES — 27x* — AVERAGE OUTLAY 2009-14

TOTAL OUTLAY 2024-25

Allocation 2024-25 is *2,584% more than the avg. of 2009-14

*Approx.

GUJARAT



8,587 CRORES

589 CRORES — 14x* — AVERAGE OUTLAY 2009-14

TOTAL OUTLAY 2024-25

Allocation 2024-25 is *1,358% more than the avg. of 2009-14

*Approx.

HARYANA



2,861 CRORES

315 CRORES — 9x* — AVERAGE OUTLAY 2009-14

TOTAL OUTLAY 2024-25

Allocation 2024-25 is *808% more than the avg. of 2009-14

*Approx.


HIMACHAL PRADESH
2,681
CRORES
108
CRORES
25x*
AVERAGE OUTLAY 2009-14
TOTAL OUTLAY 2024-25
Allocation 2024-25 is *2,382% more than the avg. of 2009-14
*Approx.


JAMMU & KASHMIR
3,677
CRORES
1,044
CRORES
3.5x*
AVERAGE OUTLAY 2009-14
TOTAL OUTLAY 2024-25
Allocation 2024-25 is *252% more than the avg. of 2009-14
*Approx.


KARNATAKA
7,524
CRORES
835
CRORES
9x*
AVERAGE OUTLAY 2009-14
TOTAL OUTLAY 2024-25
Allocation 2024-25 is *801% more than the avg. of 2009-14
*Approx.


KERALA
2,744
CRORES
372
CRORES
7x*
AVERAGE OUTLAY 2009-14
TOTAL OUTLAY 2024-25
Allocation 2024-25 is *637% more than the avg. of 2009-14
*Approx.


MADHYA PRADESH
15,143
CRORES
632
CRORES
24x*
AVERAGE OUTLAY 2009-14
TOTAL OUTLAY 2024-25
Allocation 2024-25 is *2,296% more than the avg. of 2009-14
*Approx.


MAHARASHTRA
15,554
CRORES
1,171
CRORES
13x*
AVERAGE OUTLAY 2009-14
TOTAL OUTLAY 2024-25
Allocation 2024-25 is *1,228% more than the avg. of 2009-14
*Approx.


NORTH EAST
10,369
CRORES
2,122
CRORES
5x*
AVERAGE OUTLAY 2009-14
TOTAL OUTLAY 2024-25
Allocation 2024-25 is *388% more than the avg. of 2009-14
*Approx.


ODISHA
10,536
CRORES
838
CRORES
12x*
AVERAGE OUTLAY 2009-14
TOTAL OUTLAY 2024-25
Allocation 2024-25 is *1,157% more than the avg. of 2009-14
*Approx.


PUNJAB
4,933
CROORES
225
CRORES
22x*
AVERAGE OUTLAY 2009-14
TOTAL OUTLAY 2024-25
Allocation 2024-25 is *2,092% more than the avg. of 2009-14
*Approx.


RAJASTHAN
9,782
CROORES
682
CRORES
14x*
AVERAGE OUTLAY 2009-14
TOTAL OUTLAY 2024-25
Allocation 2024-25 is *1,334% more than the avg. of 2009-14
*Approx.


TAMIL NADU
6,331
CROORES
879
CRORES
7x*
AVERAGE OUTLAY 2009-14
TOTAL OUTLAY 2024-25
Allocation 2024-25 is *620% more than the avg. of 2009-14
*Approx.


TELANGANA
5,071
CROORES
2,420
CRORES
2x*
AVERAGE OUTLAY 2021-22
TOTAL OUTLAY 2024-25
Allocation 2024-25 is *109% more than the avg. of 2021-22
*Approx.


UTTAR PRADESH
19,575
CROORES
1,109
CRORES
17x*
AVERAGE OUTLAY 2009-14
TOTAL OUTLAY 2024-25
Allocation 2024-25 is *1,665% more than the avg. of 2009-14
*Approx.


UTTARAKHAND
5,120
CROORES
187
CRORES
27x*
AVERAGE OUTLAY 2009-14
TOTAL OUTLAY 2024-25
Allocation 2024-25 is *2,638% more than the avg. of 2009-14
*Approx.


WEST BENGAL
13,810
CROORES
4,380
CRORES
3x*
AVERAGE OUTLAY 2009-14
TOTAL OUTLAY 2024-25
Allocation 2024-25 is *215% more than the avg. of 2009-14
*Approx.


JHARKHAND
7,234
CROORES
457
CRORES
16x*
AVERAGE OUTLAY 2009-14
TOTAL OUTLAY 2024-25
Allocation 2024-25 is *1,483% more than the avg. of 2009-14
*Approx.

Minister of Railways Unveiled
Indian Railways Construction Manual 2023



Minister of Railways, Shri Ashwini Vaishnaw unveiled the 'The Indian Railways Construction Manual, 2023' in New Delhi alongwith Ms. Seema Kumar, Member (Operations and Business Development) Shri Satish Kumar, Member (Traction & Rolling Stock), Ms. Roopa Srinivasan Member (Finance) and Shri Roop Narayan Sunkar, former Member (Infrastructure)

The Minister of Railways, Shri Ashwini Vaishnaw on 9th January, 2024 unveiled 'The Indian Railways Construction Manual, 2023' in New Delhi. Addressing the gathering after launching the manual, Minister of Railways, said, 'The construction manual will help in many activities including land acquisition, forest clearance, bridge design, contract management, tunnel construction, road flyover/under bridges. This manual would help us to achieve to become the world's fastest growing rail network'.

Shri Vaishnaw further said, 'It is a real pleasure that the construction manual is now in a new form and in tune with our time. Since Hon'ble Prime Minister, Shri Narendra Modi has taken charge, Railway has been his focus including construction of new tracks and stations and in this mission, this manual will play a key role as the previous version of the manual was old (around 1960) and now new reforms have been incorporated including EPC contracts, bridge construction, execution of signaling, electrical and non-interlocking works etc. which have now been standardized through the new manual'.

The Minister also appreciated the work done by Shri Roop Narayan Sunkar, former Member (Infrastructure), Railway Board and the entire team in preparing this manual. Indian Railway Institute of Civil Engineering and the team of construction officers of different zonal railways have prepared this manual. This manual is an important milestone in the efforts of Indian Railways to equip the construction officials with the required knowledge for execution of construction projects at a faster pace.

As per the National Rail Plan, Indian Railways has to develop capacity by year 2030 that will cater to the growing demand up to year 2050. To achieve this, Indian Railways has to increase its pace of building its infrastructure i.e. commissioning of super critical and critical projects, construction of new lines; completion of gauge conversion, multi-tracking, automatic signaling and traffic facility works etc.

To guide construction officials, a need was therefore felt to have a manual covering various aspects of construction. The manual has been prepared in the simple language which can be understood easily by field officials.

Minister of Railways Visited Indian Railways Pavilion at the 10th Vibrant Gujarat Global Summit



Minister of Railways, Shri Ashwini Vaishnaw visited the Indian Railways, Pavilion at the 10th Vibrant Gujarat Global Summit, 2024 in Gandhinagar, Gujarat alongwith Shri Ashok Kumar Misra, GM of Western Railway

The Minister of Railways, Shri Ashwini Vaishnaw attended the 10th Vibrant Gujarat Global Summit – 2024 in Gandhinagar on 11th January, 2024. He also visited the Indian Railways' Pavilion which has been set up by Western Railway. MR was accompanied by Shri Ashok Kumar Misra, General Manager of Western Railway and other senior railway officials.

Shri Ashwini Vaishnaw visited the Indian Railways' Pavilion and was impressed by the grandeur of the Pavilion which was based on the theme of Ayodhya Dham Jn. Railway station. Shri Vaishnaw appreciated the immersive content and infographics about developments on Indian Railways displayed through creative panels and dynamic screens designed by WR. He was equally impressed with various sections of the pavilion which havd engaging content, interesting infotainment including the exhibits of Chenab Bridge, Ajni Bridge models and running train models. He also enjoyed the VR experience of Vande Bharat and the 'Press to Accelerate' section at the pavilion.



Shri Ashwini Vaishnaw, Minister of Railways visited the state-of-the-art Operation Control Centre of DFCCIL in Ahmedabad

Minister of Railways, Shri Vaishnaw also visited the Pavilion of National High Speed Rail Corporation Ltd. (NHSRCL) at the Summit. Thereafter, he went to the Operation Control Centre (OCC) of Dedicated Freight Corridor Corporation of India Ltd. (DFCCIL) located at Sabarmati, Ahmedabad. Due to the Dedicated Freight Corridor, the cargo trains are now being run on this corridor while the passenger carrying trains are run on the regular conventional network. As on date, around 300 to 350 freight trains are plying daily over both Western and Eastern Dedicated Freight Corridors which has enhanced the logistic efficiency by reduction in transit time by around 50% - 70%.■

Minister of Railways Flagged Off Gopinathpur Nilgiri-Balasore New MEMU Train Service



Minister of Railways, Shri Ashwini Vaishnaw flagged off Gopinathpur Nilgiri - Balasore new MEMU train service from Gopinathpur Nilgiri Railway station of Odisha

Shri Ashwini Vaishnaw, Minister of Railways, flagged off Gopinathpur Nilgiri - Balasore new MEMU train service and dedicated to the nation the new Balasore-Gopinathpur Nilgiri passenger line at a function held at Gopinathpur Nilgiri Railway Station on 13th January, 2024. Shri Pratap Chandra Sarangi, MP and Shri Sukanta Kumar Nayak, MLA were present at the inaugural function held at Gopinathpur Nilgiri.

Later, at a function held at Betnoti station, Shri Ashwini Vaishnaw, Minister of Railways laid the foundation stone for subway at Betnoti station. The subway will be constructed as a part of providing more passenger amenities. It will ensure smooth entry and exit of passengers and free movement of local people. He also inaugurated the New PRS Counter at Betnoti Station. The newly opened PRS Counter will provide convenient and time saving ticket booking facility for the local residents.

Shri Bishweswar Tudu, Union Minister of State for Jal Shakti and Tribal Affairs, Shri Pratap Chandra Sarangi, MP and Shri Sanatan Bijuli, MLA and Shri Anil Kumar Mishra, General Manager, South Eastern Railway were present during the function held at Betnoti.■



Shri Ashwini Vaishnaw, Minister of Railways alongwith Shri Anil Kumar Mishra, GM/SER on the platform of the station

Minister of Railways flagged off New Daily Express between Balurghat - Sealdah



Minister of Railways, Shri Ashwini Vaishnaw flagged off new daily express between Balurghat - Sealdah via video conferencing. GM of NFR, Shri Chetan Kumar Shrivastava also joined the program through video conferencing.

Shri Ashwini Vaishnaw, Minister of Railways, flagged off a new daily express between Balurghat and Sealdah through video conferencing from New Delhi on 1st January, 2024. It will further boost the railway connectivity of the South Dinajpur district with its state capital, Kolkata. Railway Minister termed this new service as a 'New Year gift' for the people of the state, especially North Bengal districts.

Railway Minister also mentioned that ₹633 cr. is also to be invested for the new railway line project between Balurghat and Hilli stations. Railway Minister also mentioned about massive upgradation of various passenger amenities by addition of foot over bridges, lifts, escalators etc. in various stations of the state. Dr. Sukanta Kumar Majumdar, MP of Lok Sabha from Balurghat along with other senior official from Railways were present at Balurghat station. Dr. Ashok Kumar Lahiri, MLA of Balurghat and the General Manager of NFR, Shri Chetan Kr. Shrivastava joined the program through video conferencing.



Shri Raosaheb Patil Danve, Minister of State of Railways reviewed the ongoing construction works under North Frontier Railway in Guwahati on 28th January, 2024.

MoSR Inspected the Vasai Road–Dahanu Road Suburban Section



Shri Raosaheb Patil Danve, Minister of State of Railways inspected Vasai Road-Dahanu Road suburban section

Shri Raosaheb Patil Danve, Minister of State of Railways conducted inspection of Vasai Road–Dahanu Road suburban section of Western Railway on 15th January, 2024. He was accompanied by Shri Rajendra Gavit, Member of Parliament and senior officials of Western Railway.

MoSR discussed the issues related to Vasai Road – Dahanu Road section and reviewed the progress of the ongoing infrastructural works with the concerned senior officers of Western Railway. He discussed with Mumbai Rail Vikas Corporation (MRVC) officials the plans and progress of the quadrupling work being carried out between Virar to Dahanu Road section. Shri Danve also visited the site of Dedicated Freight Corridor work being undertaken at Palghar station and reviewed the progress of the work between Sachin and Vaitarna section. Shri Danve assessed the existing passenger amenities, including lifts and escalators over WR's suburban section and enquired about the future plans for additional lifts and escalators.

At Dahanu Road station, Shri Danve inaugurated the 'One Station One Product' stall selling semi/ processed food products like tilgul laddu, chikki, etc. He appreciated the quality of the products on sale and encouraged everyone to purchase products from such stalls.■

Go Green Initiatives in Indian Railways

Ministry of Railways, with a goal of transforming Indian Railways into Green Railways by 2030, has taken a number of major initiatives towards mitigation of global warming and combating climate change. Railway Electrification, improving energy efficiency of locomotives and trains and fixed installations, green certification for installations/stations and switching to renewable sources of energy are parts of its strategy of achieving net zero carbon emission.

Solar power: Non-traction + Traction: Total Installed Capacity is 216.36 MW

155.98 (rooftop)

56.7 (land based)

3.68 (2004-2014)

Capacity Commissioned (MW)

2014-2023

During 2023, 71.37 MW solar power (21.37 on rooftop+ 50 MW on land) was provided.

Indian Railways has undertaken some major initiatives to Go Green. The details of the areas/ activities identified and their present status are as under:

Wind power: Total Installed Capacity is 103.4 MW

92.9

10.5 (2004-2014)

Capacity Commissioned (MW)

2014-2023

As part of commitment to reduce carbon footprints, a Memorandum of Understanding (MoU) was signed between Indian Railways, Government of India and United States Agency for International Development/India (USAID/India) on 14th June, 2023 for collaboration on Renewable energy and Energy efficiency.■



Inaugurations done by Different Union Ministers, Ministers of State and MPs



Shri G. Kishan Reddy, Minister of Culture and Tourism, Development of North East Region flagged off extension of three train services in Andhra Pradesh region on 12th January, 2024 from a function held at Guntur Railway station. The extended train services are – Train No. 22701 /22702 Visakhapatnam – Guntur – Visakhapatnam Uday Express; Train No. 17225/17226 Narsapur – Hubballi – Narsapur Amravati Express and Train No. 07284/07285 Nandyal – Renigunta – Nandyal Special train. Simultaneously, functions were also held at Renigunta and Narsapur Railway stations to witness the flagging off program in the presence of dignitaries and respective divisional Railway officials.■



Shri Shantanu Thakur, Minister of State for Ministry of Ports, Shipping and Waterways of India visited Kanchrapara Workshop on 29th December, 2023. Shri Sumit Sarkar, AGM/ER, ADRM (Infra)/Sealdah, Chief Workshop Manager, Kanchrapara and other divisional officers accompanied him during his visit. Shri Thakur also held a meeting with the officers of Kanchrapara Workshop, wherein Shri Sarkar, AGM/ER provided valuable suggestions aimed at enhancing the efficiency of Workshop activities.■



On 13th January, 2024, Union Minister of State for Steel & Rural Development and MP Mandla, Shri Faggan Singh Kulaste flagged off Train No. 11271/11272 Itarsi-Bhopal-Itarsi, Vindhyachal Express from Belkheda station in a ceremony held at Belkheda station of Jabalpur Railway Division.

In another programme held on 13th January, 2024 at Shridham Station of Jabalpur Railway Division, Shri Faggan Singh Kulaste flagged off the new stoppage of Train No. 12187/12188 Jabalpur-Chhatrapati Shivaji Maharaj Terminus-Jabalpur Garib Rath Express. MLA Gotegaon, Shri Mahendra Nagesh and other dignitaries along with Railway officials and staff were present in both the events.■



Shri Radha Mohan Singh, Chairperson and other members of Parliamentary Standing Committee on Railways held a meeting with Shri P Uday Kumar Reddy, General Manager of Metro Railway, Shri Amar Prakash Reddy, General Manager, Eastern Railway, Shri Anil Kumar Mishra General Manager, South Eastern Railway, Shri Yatish Kumar, Chairman and Managing Director, Braithwaite and Company Limited senior Railway officers in Kolkata on 27th December, 2023.

Shri Mukesh Rajput, MP (Lok Sabha), Shri Ramesh Chandra Kaushik, MP (LS), Shri Gopal Jee Thakur, MP (LS), Shri Sumedhanand Sarwaswati, MP (LS), Shri Narhari Amin, MP (RS), Dr. Prashanta Nanda, MP (RS), Dr. Sumer Singh Solanki, MP (RS) were also present in the meeting. Members of Parliamentary Standing Committee on Railways gave their valuable suggestions and advised for improvement in services. Members of the Committee have also expressed their willingness to support Railway's efforts for the sake of ensuring more convenience for commuters.■



Shri Nishikant Dubey, MP flagged off Patna – Hatia Patliputra Express from its new stoppage at Mathurapur station of Asansol Division on 26th December, 2023. With new stoppage of Train No. 18621/18622 Patna – Hatia – Patna Patliputra Express at Mathurapur station, the inhabitants of this area will be greatly benefitted by having a direct train connectivity with the capitals of two adjacent states – Jharkhand and Bihar. This will also improve inter-state connectivity between Jharkhand and Bihar.■



The new halts of Majhgawan, Jaitwar, Turki Road, Baghai Road, Unchehra, Maihar and Jukehi stations were inaugurated on 15th January, 2024 at Majhgawan Railway Station under Jabalpur Division. On this occasion, Shri Ganesh Singh, MP, Satna flagged off Train No. 13201/13202 Patna-Lokmanya Tilak Terminus-Patna Janta Express from Majhgawan Railway Station.■



Additional stoppage for two minutes has been provided to train no. 13247/13248 (Kamakhya – Rajendra Nagar - Kamakhya) Capital Express at Aluabari Road station. MP of Raiganj, Shri Debasree Chaudhuri flagged off the Capital Express with new stoppage at Aluabari Road station on 27th December, 2023. Senior railway officials from division and other dignitaries were present on the occasion.

On the same day in another programme, Shri Debasree Chaudhuri laid the foundation stone for raising the height of the platform and construction of RBG room at Kanki Railway Station. On this occasion, local MLA along with senior railway officers of the division and other dignitaries were present.■



On the first day of the run of Agartala – Anand Vihar Tejas Rajdhani Express via Malda Town, the train was flagged off from Malda Town station on 16th January, 2024 by Shri Khagen Murmu, Member of Parliament, Smt. Srirupa Mitra Chowdhury, Member of Legislative Assembly (MLA) and Shri Gopal Chandra Saha, MLA.

The Rajdhani Express, now traversing a new route via Malda Town-Bhagalpur, promises not only enhanced connectivity but also commercial stoppages at crucial stations such as Malda Town, Bhagalpur, Jamalpur, and Patna in both directions. ■

Gorakhpur Junction railway station's 'Foundation Day' ceremony was organized as 'Station Mahotsav' on 15th January, 2024 at Gorakhpur Jn. station. Member of Parliament, Gorakhpur Shri Ravi Kishan Shukla inaugurated the function by lighting the lamp and also opened the photo exhibition on the heritage and developmental journey of the Gorakhpur station. He saw the model of proposed Gorakhpur Junction station and participated in the Signature Campaign.■





Member of Parliament of Misrikh, Shri Ashok Kumar Rawat inaugurated the new stoppage of 14151 Kanpur Central-Anand Vihar Terminal Weekly Express at Bilhaur station of Izzatnagar division on 17th December, 2023 by flagging off the train at a function organized at Bilhaur station. He said that this stoppage would be very useful for the people of the area and now they will get direct connectivity to Kanpur, Farrukhabad and Delhi.■

READERS

are requested to send their

SUGGESTIONS/FEEDBACK

editorindianrailways@gmail.com

MoU Signed between Indian Railways and CII to Promote and Facilitate Green Initiatives



Indian Railways (IR) has signed an MoU with Confederation of Indian Industry (CII) to reduce energy and water consumption lowering GHG emissions. IR and CII have renewed their MoU for third consecutive term.

The MoU was signed and exchanged on 4th January, 2024 between Shri Shailendra Singh, Principal Executive Director/ME (EnHM and Project), Railway Board and Smt. Seema Arora, Deputy Director General, CII in the presence of Smt. Jaya Varma Sinha, Chairman and Chief Executive Officer, Railway Board, board members and other senior officers.

CII has been actively partnering with IR since July 2016 to promote and facilitate green initiatives over Indian Railways. First MoU was signed in the year 2016 for 3 years and upon its expiry another MoU was signed in year 2019 for further 3 years.

Significant progress has been made so far under above 2 MoUs in achieving:

- **Energy efficiency in manufacturing facilities and railway workshops :** This initiative resulted in energy savings of 210 lakh kWh, and monetary savings of ₹16 crores and resulted in significant GHG emissions reduction of around 18,000 tons of CO2.
- **GreenCo rating :** This initiative has been implemented in 75 Railways units (workshops and manufacturing facilities) and has improved their environmental performance substantially.
- **Green Railway Stations :** Around 40 stations have achieved green certificate and have demonstrated significant improvements by saving 22 million KWh energy and 3 billion litres of water annually.
- **Green buildings, hospitals, schools and colonies :** Over 40 building facilities, including administrative buildings, hospitals, schools and colonies have been facilitated to achieve green certification.
- **Capacity building and skill development :** More than 20 new technology suppliers have been introduced, with around 150 IR officials have been exposed to the 6 best energy efficient private sector plants in India. Also, around 900 IR officials trained on different aspects of energy efficiency.

Smt. Jaya Varma Sinha, Chairman and Chief Executive Officer, Railway Board expressed optimism about the renewed collaboration, stating, Indian Railways has consistently demonstrated its commitment to sustainable practices. This renewed MoU with CII-GBC marks a significant step towards our collective goal of achieving Net Zero Carbon Emissions. She emphasized that Green is the most desirable option, incorporated as fundamental in 'Planning, design, development and operations' of Indian Railways.

Under this MoU, besides initiatives already being undertaken, CII will collaborate in bringing new/ relevant technologies and its implementation, assistance for achieving ISO 50001 certification of workshops/production units, development of Net-Zero Energy Railway station framework and an information dashboard will also be created to highlight the advancement in Green initiatives throughout the year taken jointly by IR and CII.■

Chairman & CEO, Railway Board held Review Meeting on Overall Safety Performance at WCR



Smt. Jaya Varma Sinha, Chairman & CEO, Railway Board visited West Central Railway, Jabalpur on 9th January, 2024 and chaired a review meeting of safety issues and ongoing infrastructure works related to the entire WCR. The meeting was attended by GM/WCR, Smt. Shobhana Bandopadhyaya, Director General (Safety) & Member Infrastructure, Railway Board, Shri Braj Mohan Agrawal and other senior officers. Smt. Sinha inspected the passenger amenities available at Jabalpur Railway Station, Integrated Crew Lobby, Railway Yard at Itarsi end of Jabalpur and Coaching Depot. Smt. Sinha also took feedback from safety track maintainers, Loco Pilots, Assistant Loco Pilots, Loco Inspectors etc. During the review meeting held at GM Office, Smt. Sinha was apprised of various ongoing projects and development works by Railway officials. The redevelopment layout model of Jabalpur Railway Station was reviewed by Smt. Sinha under Amrit Station Scheme. After this, she inspected the 'Namah waiting room' located on platform number 1 of Jabalpur station and took stock of the facilities and interacted with the railway passengers present in the waiting room.

Smt. Sinha inspected the Integrated Crew Lobby at Platform No. 01 of Jabalpur Station and interacted directly with Loco Pilots, Assistant Loco Pilots, Train Operators, Train Managers and Safety System. She reached the coaching depot at Jabalpur and saw the maintenance work of the coaches inside the depot.■

Ms. Seema Kumar took charge as Member (Operations and Business Development), Railway Board

Ms. Seema Kumar has taken over the charge of the post of Member (Operations and Business Development) on 5th January, 2024.

Prior to this, Ms. Seema Kumar was Additional Member (Tourism and Catering), Railway Board. She also held the additional charge of AM(Traffic), AM (Marketing and Business Development) and also of CMD of IRCTC at various intervals.

Ms. Seema Kumar joined Indian Railways Traffic Service (IRTS) in 1988. She is a Gold Medalist in M.Sc. (Physics) from Meerut University and M. Tech. from IIT Delhi. Throughout her long career, Ms. Seema Kumar has worked in diverse capacities She also worked as General Manager (PRS) in Centre for Railway Information System (CRIS).

During her tenure as AM (T&C), two new innovative schemes i.e. Bharat Gaurav Trains and One Station One Product were successfully launched. During the tenure at CRIS, she played a pivotal role in the design and development of Unreserved Ticketing System and Next Generation e-ticketing System.



Ms. Seema Kumar has also completed Leadership Programme from SDA Bocconi Institute, Milan, Italy and Leadership Management Executive Programme from Indian Institute of Management, Bangalore. She is the recipient of various prestigious awards like Platinum Award for Web-based Citizen Services in the year 2009, Silver Award for e-Governance 2010-2011 under the category 'Innovative Use of ICT by PSUs for Customer's Benefits' and National Tourism Award 2014-2015 for showcasing Cultural Heritage and Local Talent.■

Shri Satish Kumar took over as Member (Traction and Rolling Stock), Railway Board

Shri Satish Kumar, has taken over the charge of Member (Traction and Rolling Stock) in Railway Board in the Ministry of Railways on 5th January, 2024. He is from 1986 batch of Indian Railway Service of Mechanical Engineers. Shri Kumar joined Indian Railways in March, 1988 and has a rich experience of 34 years. Before joining as MTRS, Railway Board, he worked as General Manager, North Central Railway.

Earlier, Shri Kumar had worked in Jhansi Division and BLW (Diesel Locomotive Works, Varanasi), NER, Gorkahpur, Patiala Locomotive Works in various capacities. He was trained in Total Quality Management, under UNDP programme in 1996 and has handled many projects in his career.

He had also worked as Divisional Railway Manager, Lucknow Division of Northern Railway from April, 2017 to April, 2019. A large number of infrastructural works were accomplished during his tenure as DRM, Lucknow.



Ms. Aruna Nayar took over as Secretary, Railway Board

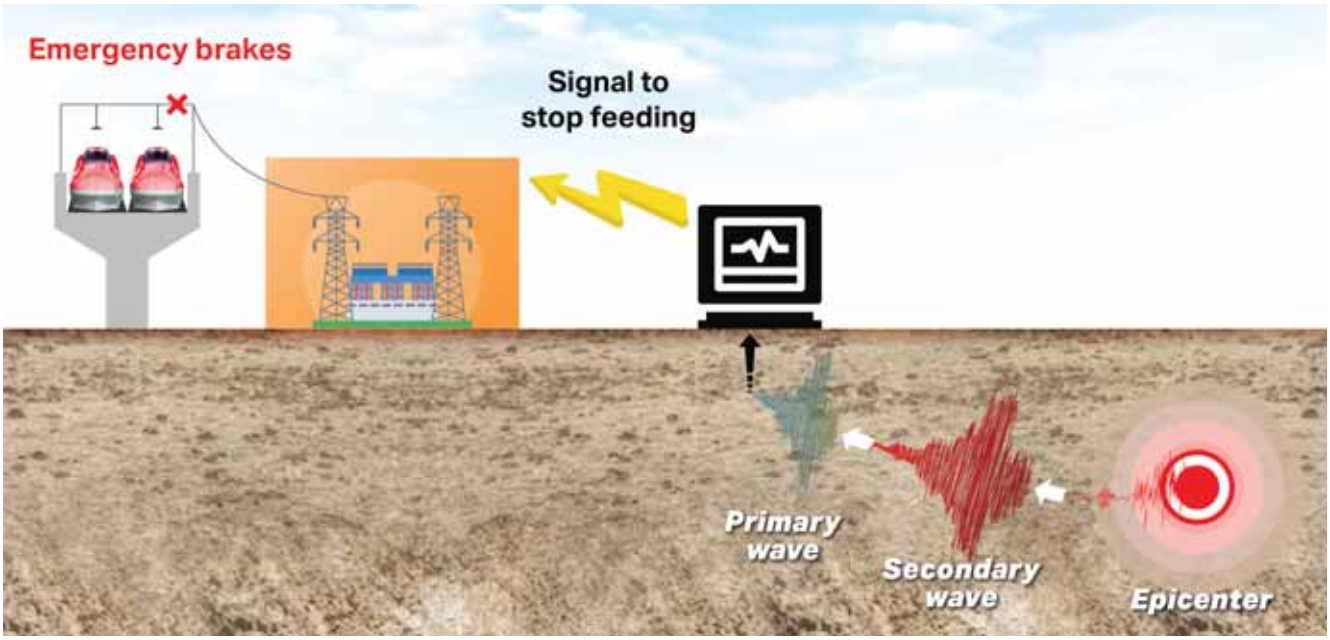


Ms. Aruna Nayar, Indian Railway Personnel Service (IRPS) Officer of 1987 Batch and Level-16 empanelled IRMS officer has been appointed as Secretary, Railway Board and taken over charge on 6th January, 2024. She was earlier functioning in Railway Board as Additional Member, Staff since May, 2023 and as PED/Staff, Railway Board from February, 2022 to May, 2023. The Appointments Committee of Cabinet on 5th January, 2024 appointed her as Secretary, Railway Board in IRMS Level-16. Ms. Nayar is also the first IRPS officer to be empanelled in IRMS in Level-16.

Ms. Aruna Nayar has vast experience in various capacities in Railways and worked as Principal Chief Personnel Officer (PCPO) in Eastern Railway, Dy. CPO, Metro Railway/Kolkata, PCPO in Southern Railway and in other capacities in Railway Recruitment Board (Chennai), Railway Divisions of Chennai and Palghat and Golden Rock Workshop and Division at Tiruchirapalli. Ms. Nayar had also worked as Director (Pers), in Department of Information Technology, Ministry of Communications and IT under Central Staffing Scheme from 2005 to 2009.

Ms. Aruna Nayar has done her Bachelors from St. Stephens College, Delhi University and Masters from Delhi University and Masters in Public Policy from Australian National University in 2009 as part of in service training.

First Time in Bharat 28 Seismometers for 'Early Earthquake Detection System' in Bullet Train Project

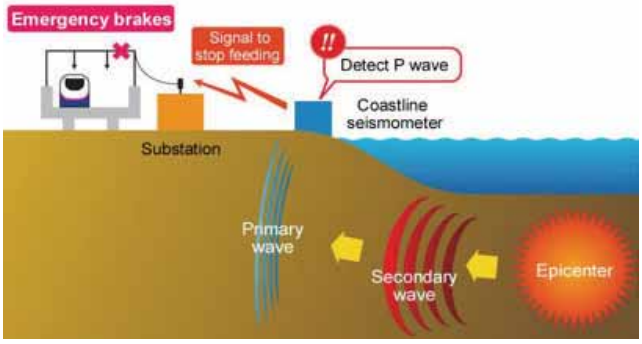


Twenty-eight (28) seismometers will be installed for the Bullet Train project (Mumbai-Ahmedabad High-Speed Rail Corridor) to ensure the safety of passengers and critical infrastructure during earthquakes.

This Early Earthquake Detection System, based on Japanese Shinkansen technology, will detect earthquake-induced tremors through primary waves and enable an automatic power shutdown. Emergency brakes will be activated when the power shutdown is detected and the trains running in the affected area shall stop.

Out of the 28 seismometers, 22 will be installed along the alignment. Eight will be in Maharashtra—Mumbai, Thane, Virar, and Boisar—and fourteen will be in Gujarat—Vapi, Bilimora, Surat, Bharuch, Vadodara, Anand, Mahembadad, and Ahmedabad. Seismometers will be installed in Traction Sub-Stations and Switching Posts along the alignment.

The remaining six seismometers (termed as inland seismometers) will be installed in earthquake-prone areas—Khed, Ratnagiri, Latur, and Pangri in Maharashtra, and Adesar and Old Bhuj in Gujarat. The areas near the MAHSR alignment, where earthquakes greater than 5.5 magnitudes have occurred in the past 100 years, were surveyed by Japanese experts. After a detailed survey and soil suitability study through a micro tremor test, the above sites were selected.



KIND ATTENTION

AUTHORS/WRITERS contributing articles for the magazine are requested to restrict their articles to a reasonable size. Ideally an article should not exceed 1000 WORDS.

In view of the space constraints of the magazine, sometimes it becomes difficult to include longer articles. All are requested to appreciate our problem and co-operate.

Indian Railways Provisioned 19,742 Fog Pass Devices to Ensure Smooth Rail Operations During Foggy Weather

Every year, during foggy weather in the winter months, a large number of trains are affected especially in the northern parts of the country. To ensure smooth rail operations, Indian Railways have provisioned 19,742 Fog Pass Devices during the foggy weather. This initiative marks a crucial step in improving the reliability of train services, reducing delays, and enhancing overall passenger safety.

Fog Pass Device is a GPS based navigation device that helps the Loco Pilot to navigate during dense fog conditions. It provides on-board real-time information (display as well as voice guidance) to Loco Pilots regarding location of fixed landmarks such as Signal, Level Crossing gate (Manned and Unmanned), Permanent Speed Restrictions, Neutral Sections etc. It displays approach indications of next three approaching fixed landmarks in geographical order accompanied with voice message approximately 500m on approach.

General features of Fog Pass Device:

- Suitable for all types of sections like single line, double line, electrified as well as non-electrified sections.
- Suitable for all types of electric and diesel locomotives, EMUs/MEMUs/ DEMUs.
- Suitable for train speeds up to 160 kmph.
- It has built-in re-chargeable battery back-up for 18 hrs.
- It is portable, compact in size, light in weight (not more than 1.5 kg including battery) and of robust design.
- Loco Pilot can carry the device easily with him to the locomotive on resuming his duty.
- It can be easily placed on the cab desk of locomotive.
- It is a standalone system.
- It is unaffected by weather conditions like fog, rain or sunshine.



Details of Fog Pass Devices provisioned to Zonal Railways are as under:

Zonal Railways	Number of Devices Provisioned
Central Railway	560
Eastern Railway	1,103
East Central Railway	1,891
East Coast Railway	375
Northern Railway	4,491
North Central Railway	1,289
North Eastern Railway	1,762
Northeast Frontier Railway	1,101
North Western Railway	992
South Central Railway	1,120
South Eastern Railway	2,955
South East Central Railway	997
South Western Railway	60
West Central Railway	1,046
Total	**19,742**

Indian Railways Achieve 6,577 Route Kilometers Electrification in the Calendar Year 2023



With a vision of providing eco-friendly, faster and energy-efficient mode of transportation, Indian Railways is marching ahead towards 100% electrification of Broad Gauge tracks. During the calendar year 2023, Indian Railways has achieved 6,577 rkm electrification. Total broad gauge (BG) network of 61,508 rkms have been electrified upto December, 2023 which is 93.83 % of total broad gauge route (65,556 rkm) of Indian Railways. Until 2014, 21,801 km of broad gauge network was electrified.

Railway Electrification offers benefits like:

- Reduced operating cost.
- Haulage of heavier freight trains and longer passenger trains due to higher haulage capacity of Electric Locomotives; leading to increased throughput.
- Increased sectional capacity by eliminating detention on account of traction change.
- Environment friendly mode of transport.
- Reduced dependence on imported crude oil thereby saving precious foreign currency.

Indian Railways Achieved 1,154.67 MT Freight Loading till December, 2023

On cumulative basis from April-December 2023, freight loading of 1,154.67 MT was achieved against last year loading of 1,109.38 MT, an improvement of 45.28 MT over last year's loading for the same period. Railways have earned ₹1,25,106.2 cr. against ₹1,20,479.3 cr. over last year which is an improvement of ₹4,626.92 cr. as compared to the same period last year.

During the month of December, 2023 originating freight loading of 138.99 MT has been achieved against loading of 130.66 MT in December 2022, which is an improvement of 6.37% over last year. Freight revenue of ₹15,097.61 cr. has been achieved in December 2023 against ₹14,574.25 cr. freight earnings in December, 2022 thereby showing an improvement of about 3.59% over the last year.

Indian Railways achieved loading of 69 MT in Coal, 16.54 MT in Iron Ore, 6 MT in Pig Iron and Finished Steel, 7.23 MT in Cement (Excl. Clinker), 5.07 MT in Clinker, 4.26 MT in Foodgrains, 5.77 MT in Fertilizers, 4.33 MT in Mineral Oil, 7.70 MT in Containers and



9.76 MT in Balance Other Goods during December, 2023.

Following the Mantra, 'Hungry For Cargo', Indian Railways has made sustained efforts to improve the ease of doing business as well as improve the service delivery at competitive prices. The customer centric approach and work of Business Development Units backed up by agile policy making helped Railways towards this significant achievement.

Indian Railways 'Startups for Railways' Initiative Gains Momentum

Indian Railways has taken an important initiative in the field of innovation through participation of startups and other entities. 'Startups for Railways' initiative was launched by Ministry of Railways on 13th June, 2022. As part of this initiative, Indian Railways Innovation Portal is available at https://innovation.indianrailways.gov.in/.



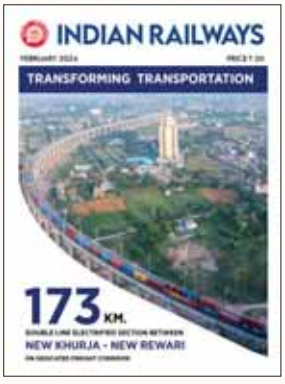
The objective is to leverage innovative technologies developed by Indian Startups/MSMEs/Innovators/Entrepreneurs to improve operational efficiency and safety on Indian Railways. Ministry of Railways aims to address quality, reliability and maintainability-related issues of the Indian Railways. Under the policy, the Startup/MSME/Innovator/Entrepreneur will have exclusive ownership of Intellectual Property Rights (IPR) created in the project.

The value of 23 awarded projects is approx. ₹43.87 cr.

Total entities registered on Innovation Portal-1251

- Startups- 248
- Individual Innovators- 671
- MSMEs-142
- R and D organizations/Institutes-58
- Proprietorship/Partnership firms/Company/LLP/JV/Consortium-47
- NGOs-19
- Others-66

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RPF Recovered Stolen Railway Property Worth ₹12.48 cr. with Arrest of 12,099 Offenders in 2023



The Railway Protection Force (RPF) was constituted under the RPF Act, 1957 by Government of India under the Ministry of Railways, for better protection and security of Railway property, to remove any obstruction in the movement of Railway property and to do any other act conducive for better protection and security of Railway property. RPF is empowered to deal with cases of crime against railway property under the provisions of Railway Property (Unlawful Possession) Act, 1966 [RP (UP)Act]. RPF has also been entrusted with the responsibility of security of Railway passenger area and Railway passengers since 2004. The Force carries on an unrelenting fight against criminals in protecting railway passengers, passenger area and railway property, facilitate passenger travel and security, remains vigilant to prevent trafficking of women and children and take appropriate action to rehabilitate destitute children found in Railway areas. The force has the distinction of the central force with largest share of women (9%) in its ranks.

Achievements by RPF during 2023 :

Operation "Rail Suraksha" – Under this operation, as per the mandate to safeguard Railway property, RPF took legal action against crime involving Railway property. During the year RPF registered 6312 cases of theft of railway property in which recovery of stolen Railway property worth ₹12.48 cr. was made with the arrest of 12,099 offenders.

Action against touts under Operation 'Upalabdh'- Procurement of Railway tickets for reserved accommodation has been a very tough task for the common man as the tickets were being cornered in bulk by the touts. Use of illegal software for cornering confirmed Railway reservations online had adversely affected the availability of confirmed tickets to the common man. RPF has been undertaking intensive and continuous action against persons involved in touting (unauthorized carrying on of business of procuring and supply of railway tickets). Under this operation, 5544 touts were arrested and 5207 cases registered against them. This included more than 990 authorized agents of IRCTC using illegal means in cornering reserved tickets.

Rescue of children under Operation Nanhe Farishtey-RPF undertakes the noble cause of identifying and rescuing children in need of care and protection who are lost/separated from their family due to various reasons. RPF has played an important role in reuniting the children lost/separated due to several reasons from their family and rescued Children in need of care and protection who came in contact with Indian Railways. In this regard, an intensive drive viz. 'Nanhe Farishtey' is being run on Indian Railways to rescue children in need of care and protection found in trains/Railway station and this is showing remarkable results. During the year

11,794 such children were rescued by RPF personnel.

Action against Human Trafficking under Operation AAHT– RPF, being the sentinels of the national carrier with a pan India reach, has its task cut out in nation's fight against Human Trafficking. The force has launched an operation against Human Trafficking called "Operation AAHT". In order to have an effective mechanism to avert the attempts of the Human traffickers, as per standard operating procedure issued in 2022, Anti Human Trafficking Units of RPF were made operational at the post level (Thana level) at more than 740 locations over the Indian Railways. During the year 1048 persons were rescued from the clutches of traffickers with arrest of 257 traffickers. RPF has signed an MoU with Association of Voluntary Action (a foundation of Nobel Laureate Shri Kailash Satyarthi) also known as Bachpan Bachao Andolan on 6th May, 2022 for association in capacity building of RPF and Railway men raid, rescue and sharing of information on Human Trafficking.

Mission 'Jeevan Raksha' - There are incidents wherein passengers in hurry try to board/de-board a moving train, slip and fall with the risk of coming under the wheels of train. There are other instances where people under distress try to commit suicide by deliberately coming in front of a running train. Under this operation RPF personnel risking their own lives tries to rescue the lives of others. During the year, 3,719 precious life were saved by RPF personnel.

Operation 'NARCOS' - Narcotics not only destroys the health of the youth, but they also damage the economy and wellbeing of the nation. RPF has been empowered to conduct search, seizure, and arrest under NDPS Act in 2019. In order to give focused attention to the drive against smuggling of Narcotics through rail, RPF has launched operation and succeeded in recovery of NDPS valued about ₹40.32 cr.

Luggage Retrieval and handover under Operation 'Amanat' – Many passengers forget to take all their belongings in a rush to board the train or leave the train/station. Under this operation RPF personnel help in securing such belongings and restore them to the rightful owner. Under this operation, RPF retrieved approximately 39091 luggage valued more than ₹54.43 cr.

Operation 'WILEP' - Smuggling of wildlife, animal parts and forest product is crime against nature. RPF has been alive to the issue and has taken stringent action under this operation against the smugglers involved in illegal trade of wildlife through Railways. During the year 13 cases of illegal trade of restricted wild life were detected with arrest of 16 persons. RPF is continually working with WCCB and other stake holders in this area.

Operation 'Yatri Suraksha' - RPF is on a relentless mission to secure passengers and their belongings. Operation Yatri Suraksha was launched in 2022 to bring focus and urgency into the efforts of RPF in this direction. It is not only addressing security related grievances of passengers in real time by improving emergency response, but also work together with GRP for prevention and detection of passenger related offences.

Emergency Response -

Under this initiative, RPF provides special attention towards the security and safe travel of passengers through the Railways. RPF is also available on call through Toll Free number 139 (integrated with Emergency Response Support System No. 112) and other social media forums i.e. Facebook, Instagram, Koo etc.) round the clock to receive and resolve security and other grievances of passengers. During the year RPF attended to more than 2 lakh calls of persons in need of real time security related assistance during their journey.

Prevention and Detection of Passenger Crime -

Under this Operation, RPF provides special attention towards the security and safe travel of passengers through the Railways. Cases detected and persons arrested in cases of passenger related crime under IPC by RPF are handed over to GRP/Police for further legal action.

Security of Women under Operation Mahila Suraksha – 'Meri Saheli Initiative' launched across Indian Railways network from October 2020 was further fine-tuned. The objective of this initiative is to provide safety and security to lady passengers, travelling alone or with minors in long distance trains for their entire journey from originating station to terminating station. Dedicated teams of lady RPF personnel have been formed across all zonal railways for its implementation. Presently, on an average, 230 teams are being deployed for this purpose covering more than 419 trains on an average daily across Indian Railways. In order to empower these Meri Saheli teams, a Meri Saheli IT

module was operationalized in 2022 to help these teams identify target group of women passengers needing security and reassurance.

Safety and security of women passengers has been an important concern of Indian Railways. Other preventive measures have also been implemented to ensure security of lady passengers like train escorting by mixed crew of male and lady RPF staff, CCTV system at 866 stations and about 8057 coaches, lady escorts in ladies' special suburban trains, regular drives against unauthorized passengers in ladies' coaches etc.

Providing help to pregnant women in child birth under Operation 'Matrishakti' – RPF personnel, especially ladies RPF personnel, go out of the way to help pregnant women who go into labour during their train journeys, in childbirth under operation Matrishakti. During the year, lady personnel of RPF assisted in 206 such child births.

Assistance to sick, injured, specially abled persons under Operation 'SEWA' - Under this operation RPF personnel assist the elderly citizens, women, physically disabled and sick/injured persons in their travel through trains and services associated therewith i.e. providing other amenities like wheel chairs, stretcher, medical help, providing ambulance, medicine and infant food etc. During the year, more than 57,079 such persons were assisted by RPF.

Efforts to enhance safety of rail operations under Operation 'Sanraksha'-

This operation is launched for enhancing the safety of passengers. Action is being taken against the criminals involved in pelting stones on the moving train, carrying inflammables or crackers in train etc. During the year 2,898 cases of stone pelting on moving trains were registered by RPF followed by arrest of 1,233 persons. Several awareness drives are being made by RPF using different means to educate the residents near to railway track. In this drive more than 370 persons carrying inflammables/ crackers in trains were also arrested.

Deployment during assemble elections under Operation 'Janaadesh'-

RPF contingents deployed in the states of Rajasthan, Madhya Pradesh, Telangana, Chhattisgarh and Mizoram assisted in ensuring free and fair elections and to stop any unfortunate incidents during assembly/parliamentary elections.



Rescue of adults in need of care and protection under Operation Dignity

Under this operation, rescue of adults including women in need of care and protection who come in contact with Railways like run aways, abandoned, drug addict, destitute, abducted, left behind, missing, those needing medical assistance, fallen down, mentally disoriented is being done. During 2023 approx. 3,492 such persons were rescued.

Providing assistance to state police and other Law Enforcement Agencies in apprehending suspects making good their escape by trains under Operation Rail Prahari

RPF personnel have distinct and unique advantages due to their strategic positioning at major stations, their pan India reach to the nook and corner of the country through the rail network, unity of their command and supervision and quick response to emergency. This comes in handy when state police of a particular state finds its suspects escaping through trains currently moving through some other state. Further, many suspects escaping the long arm of law get trapped in the net of RPF during their routine checking protocol. Under Operation Rail Prahari, RPF uses its USP in assisting other police forces/Law Enforcement Agencies nab suspects fleeing by trains. During 2023, 493 such suspects were apprehended by RPF and handed over to concerned agencies for offences committed by them outside railway area.

Railway Protection Force is not only working hard to secure the Railways from criminals and forces inimical to the nation, but works hard to fulfil its mission of "सेवाहीसंकल्प" helping those in need to realize its motto of "यशोलाभस्य" or "Attain honour". The Force will continue to use new methodology, technology, tools and practices to enhance its reach and effectiveness for the cause of the security of the nation and its citizens.■

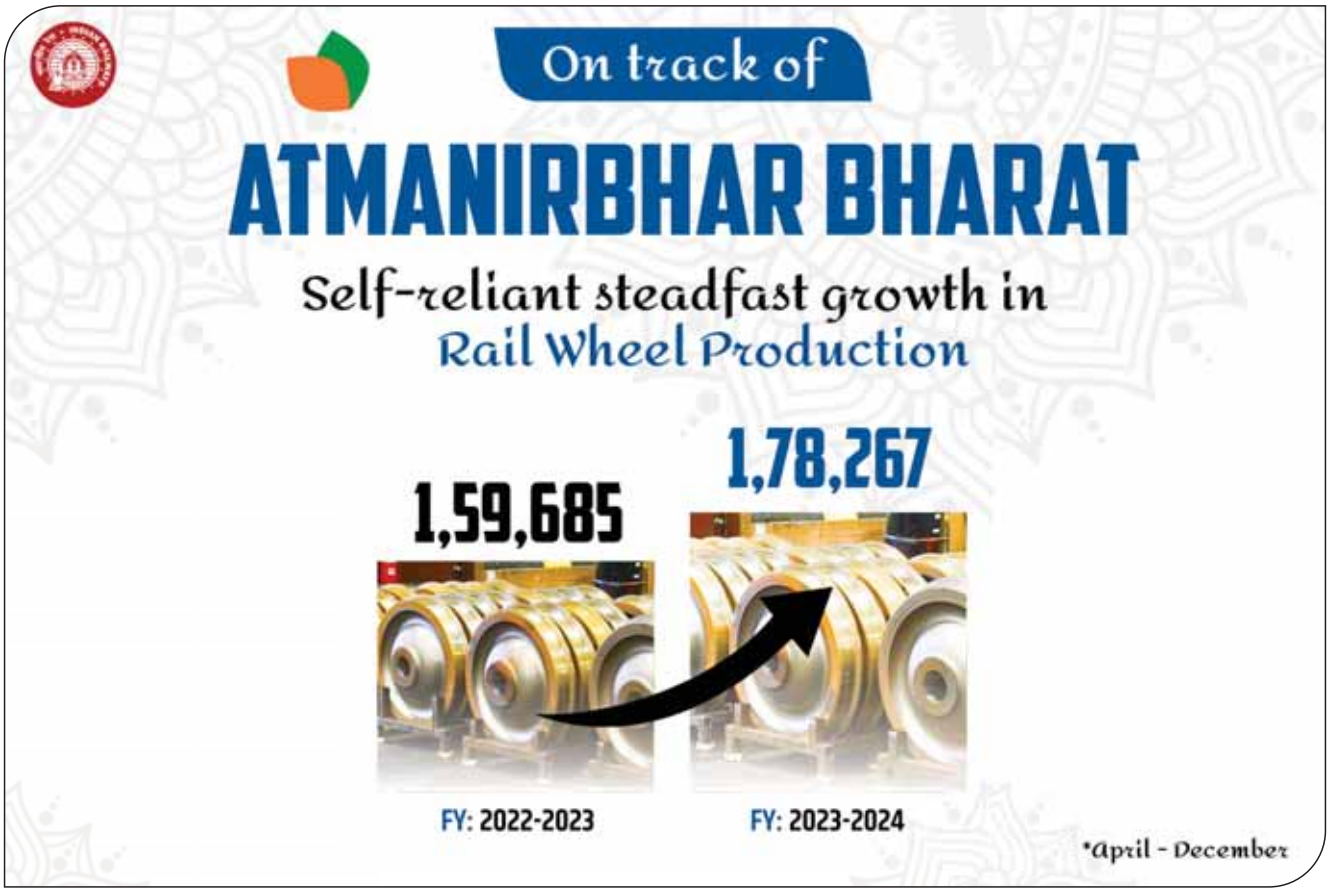
Indian Railways Witnesses highest ever Capex Utilization in the 9 Months During 1st April to 31st December, 2023

Indian Railways has witnessed approx. 75% Capital expenditure utilization (highest ever) in the first nine months of this Financial Year till December 2023. Indian Railways has made an expenditure of ₹1,95,929.97 cr. till December 2023 which is approx. 75% of total capex (₹2.62 lakh cr.) of Railways during this financial year.

During the same period in December 2022, Indian Railways had witnessed Capex Utilization of ₹1,46,248.73 cr. This year, Capex Utilization is approx. 33% more in comparison to the last year's corresponding period.

This investment is seen in various infrastructure projects like New Lines, Doubling, Gauge Conversion and enhancing passenger amenities. Safety of the passengers is paramount in Railways. Significant sum has been invested in enhancing the safety related works.





Bharat Gaurav Trains

(Year : 2023)

Bharat Gaurav
192

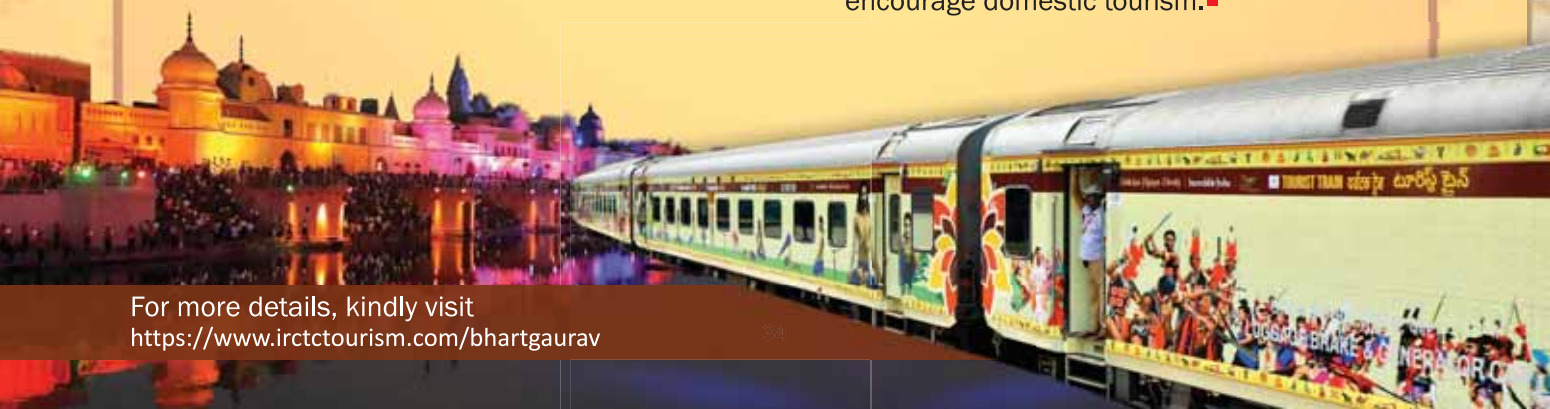
Tourists
96.49

Cover
spread in **24** States and
Union Territories

Major Tourist Circuits

These Trains have covered major tourist circuits like Shri Ram-Janaki Yatra: Ayodhya to Janakpur; Shri Jagannath Yatra, 'Garvi Gujarat' tour, Ambedkar Circuit and North East tour.

- Indian Railways introduced the concept of operating tourist trains on theme-based circuits under the banner of 'Bharat Gaurav' Tourist Trains. These theme-based tourist circuit trains aim to showcase India's rich cultural heritage and magnificent historical places. During 2023, total 172 trips of Bharat Gaurav Trains carrying 96,491 tourists have been operated covering various tourist destinations across the nation, spread in 24 States and Union Territories. These trains have covered major tourist circuits like Shri Ram-Janaki Yatra: Ayodhya to Janakpur, Shri Jagannath Yatra, 'Garvi Gujarat' tour, Ambedkar Circuit and North East tour.
- The journey undertaken on these trains are offered in the form of comprehensive tour packages wherein services like off-board travel and excursions by buses, stay at hotels, tour guides, meals, travel insurance etc are provided along with comfortable train journey and allied onboard services.
- Ministry of Railways has given a concerted thrust for promotion of domestic tourism through provision of rail-based tourism with better quality coaches under Bharat Gaurav Train scheme. This is also in line with the Government of India initiatives 'Ek Bharat Shreshtha Bharat' and 'Dekho Apna Desh' to encourage domestic tourism.



For more details, kindly visit
https://www.irctctourism.com/bhartgaurav

CENTRAL NEWS

597 Railway Stations made Divyangjan friendly by providing either Lifts or Escalators

Total 1287 escalators at 372 stations provided upto December 2023

Total 1292 lifts at 497 stations provided upto December 2023



Indian Railways is committed to make its railways stations and trains accessible for Divyangjans as part of "Sugamya Bharat Mission" or Accessible India Campaign of Government of India. Improvement/ augmentation of amenities including those for Divyangjans is a continuous process at Railway stations. In order to facilitate easy movement of elderly, sick and Divyangjans and for smooth access to platforms of major railway stations and for ease of movement, lifts/escalators are being provided as part of 'Sugamya Bharat Abhiyaan'.

There are total 597 stations where either lifts or escalators are provided.

Escalators Status:

	Provided (in Nos.)	Remarks
Provided till March 2014	143	Total 1,287 escalators at 372 stations provided
Provided during 2014-23	1144	
Total	1287	

During calendar year 2023, 128 escalators were provided.

There are total 597 stations where either lifts or escalators are provided.

Lifts Status:

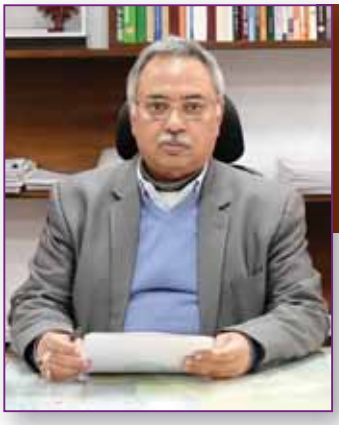
	Provided (in Nos.)	Remarks
Provided till March 2014	97	Total 1,292 lifts at 497 stations provided
Provided during 2014-23	1195	
Total	1292	

During calendar year 2023, 227 lifts were provided.

Indian Railways has been consistently trying to improve passenger amenities at various stations. Provision of escalators and Lifts at the railway platforms would facilitate improvement at exit/entry of passengers and is a further step to improve passenger safety as well.



News of Zonal Railways and Production Units



Shri Ravinder Goyal took over the charge of General Manager North Central Railway

Shri Ravinder Goyal took over the charge of General Manager/North Central Railway. on 7th January, 2024.

He is from 1987 batch of Indian Railway Traffic Services. He started his career in Railways from Mumbai Division, Western Railway as Area Officer, Valsad and thereafter has very wide and rich experience of serving for 34 years in various capacities at distinct locations over Indian Railways. Before joining GM/NCR, he worked as Additional Member/Commercial at Railway board and looked after the commercial functioning of Indian Railways.

WCR Workshop Bhopal awarded with Five Star Diamond Award



Safety Council Bhopal (Madhya Pradesh), on 10th January, 2024 awarded 'Health, Safety and Environment (Five Star Diamond)' category award to West Central Railway for outstanding work done in the field of health, safety and environment in the FY 2023-24. The award was presented to Shri G. R. Bhindiya, Chief Safety Officer and Mr. Digvijay Uchariya, Safety Officer of the factory at the Safety Awards function organized by the Safety Council. The award was presented by the Safety Council Madhya Pradesh for the remarkable work done in the field of health, safety and environment in the factory.■

New Jalpaiguri Railway Station of NFR Achieved 'Eat Right Station' Certification



The New Jalpaiguri Railway Station under Katihar division of N. F. Railway has been awarded 'Eat Right Station' certification by FSSAI (Food Safety and Standards Authority of India) in recognition of providing high-quality, nutritious food to passengers. The station has been able to qualify the guidelines established by FSSAI and becomes the eighth railway station in N. F. Railway to get this status. This certification has been awarded for the period from 29th December, 2023 to 28th December, 2025.

The 'Eat Right Station' certification is granted by FSSAI to railway stations adhering to standard food storage and hygiene practices. This certification is awarded by FSSAI to railway stations that set benchmarks in providing safe and wholesome food to passengers. The station is awarded a certificate upon a conclusion of an FSSAI-empanelled third-party audit agency.■


NEW JALPAIGURI RAILWAY STATION

is certified as

Eat Right Station

as per guidelines established by
Food Safety and Standards Authority of India

for the period of 29 December, 2023 to 28 December, 2025

Western Railway Celebrated the Rich Legacy of Headquarters Building

To mark the historic occasion of the completion of 125 years of Western Railway's Headquarter building, a month-long celebration was held in January 2024 which included various events such as exhibitions, heritage walks, release of Coffee Table Book, cultural programmes, etc. As part of this grand celebration, WR showcased the rich past of this majestic building and history of Western Railway through an enthralling Light and Sound Show titled 'Virasat ke Rang'.



The Light and Sound Show is a first of its kind over Western Railway. It showcased the rich cultural legacy and history of Bombay Baroda and Central India Railways (BBandCI), the formation of Western Railway and the important milestones over the years. The first show was held on 2nd January, 2024 which was attended by several dignitaries. The representatives from the media fraternity also attended and witnessed the grand show.

WR undertook the renovation and restoration of the magnificent Headquarter building, including the Heritage Gallery located at the Ground Floor. The precincts and surroundings have been beautifully enhanced, with landscaping and soothing illumination. The Heritage Gallery has been also renovated aesthetically. In addition to this, Western Railway also renovated the area below the central dome of the building and restored it back to its old heritage charm and beauty. This area has been now beautified and opened as a Heritage Museum Gallery.

The Coffee Table Book traces the genesis of the HQ building in the year 1899 as the Headquarters



of the erstwhile Bombay Baroda and Central India (BBandCI) Railway and thereafter as the Headquarters of Western Railway, since its formation in 1951 after Independence. This building has been witness to myriad events of the bygone era and also encapsulates the vibrant present. This book is a visual journey through time showcasing different hues of this masterpiece, where each image unveils the rich heritage and the glorious past of this iconic building.

A Heritage Walk was organised on 5th January, 2024 which encapsulated the explanation of the architectural features and marvels of the Headquarters building along with a tour down memory lane in the Heritage Gallery at Ground Floor and the new Heritage Lounge on the Third Floor. The guides explained the interesting story of how the building came into existence and also the importance of statues, domes, minarets, etc. designed into the building. An interesting object in the Gallery is a 100-year-old trophy in the shape of a trumpet that was presented to the Officers Mess of BBandCI Railway in 1923 which can still be played. The Gallery also contains numerous heritage photographs of the then-Colaba station building and the rail lines connecting it with Churchgate. The heritage walk lasted for around 40-45 minutes.

INDIAN

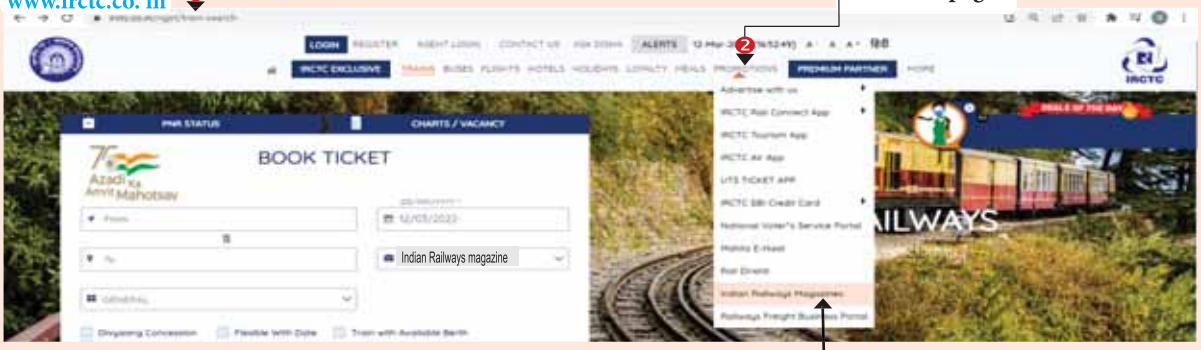
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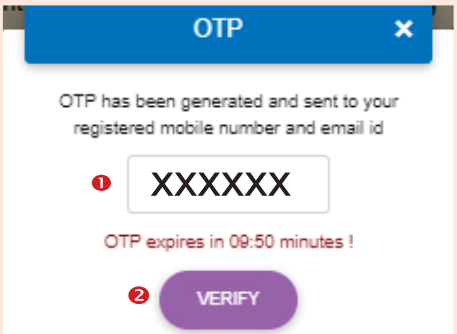


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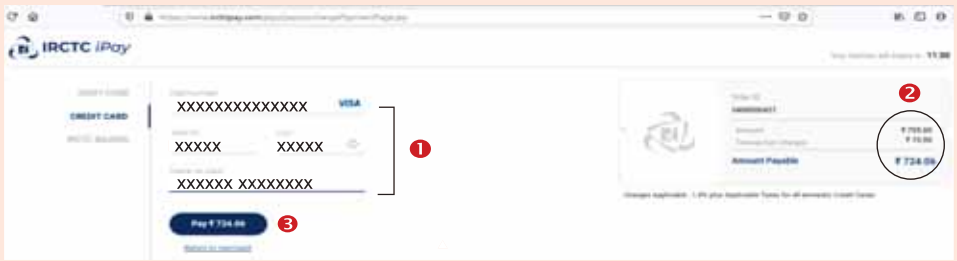
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Sports News

Metro Railway's Lady Table-Tennis Player won Gold Medal



Metro Railway's lady Table Tennis player has won the Gold medal in the 85th Senior National and Inter-State Table Tennis Championships-2023 held at Panchkula, Haryana from 16th to 22nd December, 2023. Ms. Poymantee Baisya, representing RSPB has won Women's Singles category. Poymantee teaming up with Sutirtha Mukherjee also won Women's Doubles final. They, representing Railway Sports Promotion Board (RSPB), defeated Kaushani Nath and Prapti Sen of West Bengal Shri P Uday Kumar Reddy, General Manager, Metro Railway congratulated Ms. Poymantee Baisya for this great achievement.■

Golf Tournament Organized in Chittaranjan Locomotive works



A golf tournament was organized by CLW Sports Organization on 10th January, 2024 at Golf Course Sunset Avenue, Chittaranjan. Shri Hitendra Malhotra, GM and patron CLW Sports Organization was the Chief Guest. The attendees participated enthusiastically in various categories. Separate competitions were also organized for non-golf participants in the men's and women's categories also. In this tournament the winning and runner-up participating players were felicitated by the guests. Among golfers, Mr. Sahil Krishna Singh and Mohammad Amjad Khan were the winners in 0-9 and 10-18 categories respectively. Lady golfer Miss Ananya Roy was also felicitated. In the tournament, the winner in the non-golfer (women) category was Smt. Namita Malhotra. President/ CLWWWO and the winner in the non-golfer (male) category was Shri Hitendra Malhotra, GM.■

NCR Gymnast won 6 medals in Senior National Artistic Gymnastic Championship



The Indian Railways team became the overall champion in the Senior National Artistic Gymnastic Championship held in Bhubaneswar from 2nd to 4th January, 2024 and won 06 Gold, 4 Silver and 3 Bronze medals. Out of total 6 players of this team, 3 players were from North Central Railway. Out of total 13 medals won by Indian Railways, 6 medals were won by NCR's gymnast. Among the medals winners from North Central Railway, Siddharth Verma won two Gold and two Silver Medals whereas Abhilekh and Ankur got 1 Gold medal each. The team called on General Manager, NCR, Shri Ravindra Goyal in his office and apprised him about the achievements.■



For the first time NER Greco Roman Wrestling team got the first place in All India Railway Men's Wrestling Championship (Free Style and Greco Roman) held at Agra from 13th to 15th December, 2023. Team NER performed excellently and scored 175 points and became champion for the first time in Greco Roman. Manish, Ashu, Sagar, Ram Singh won Gold Medals and Arshad, Rohit, Yashpal won Bronze Medals in their respective weight categories.■

Indian Shooting Team won Silver Medal in 50m 3P team event at Asian Championship Rifle/Pistol held in Jakarta. Akhil Sheoran and Swapnil Kusale are proud members of Railway family. Akhil Sheoran won gold in 50m 3P individual event.





Indian Railways Men and Women Cycling Teams emerged champions at 28th Senior National Road Cycling Championship held in Vijayapura, Karnataka.





The Indian Railways Ball Badminton team won the finals of the Sr. National Ball Badminton Championship 2023, with straight sets of 35-26, 35-20, held in Gadchiroli, Maharashtra.





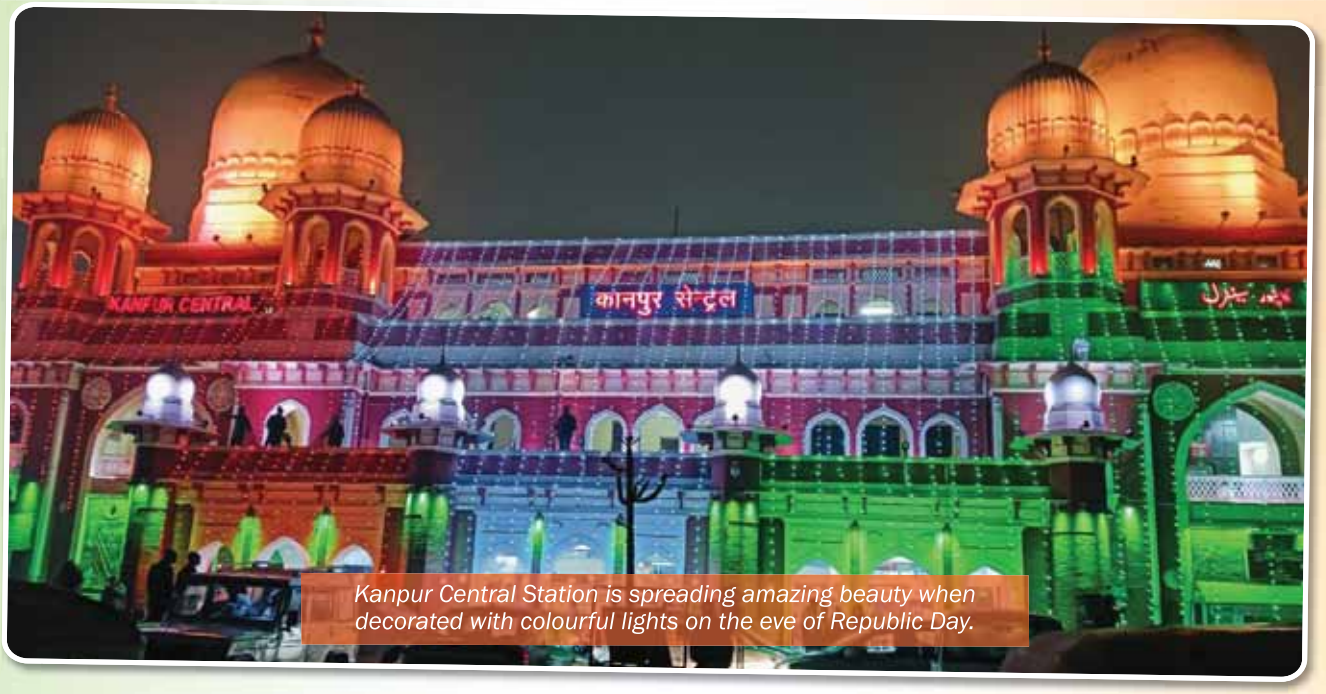
The Indian Railways Women's and Men's Cross Country Teams won Gold and Silver Medals respectively at the 58th Cross Country Championship held in Gaya, Bihar.





Indian Railways Men's Gymnastic team won the Senior Artistic Gymnastics National team Championship with their enthralling performance held in Bhubaneswar.

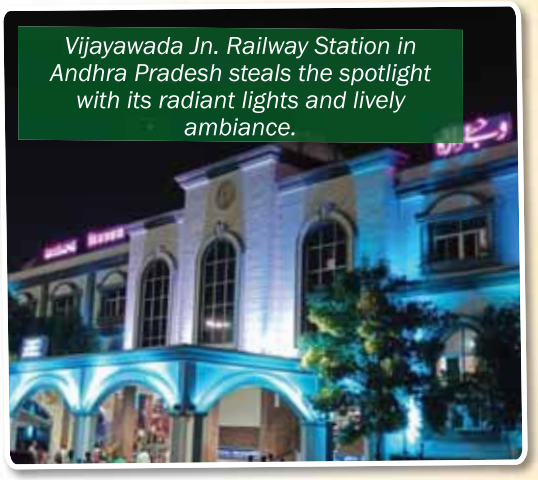
Indian Railways Glows Up with Mesmerising Lighting at Night



Kanpur Central Station is spreading amazing beauty when decorated with colourful lights on the eve of Republic Day.



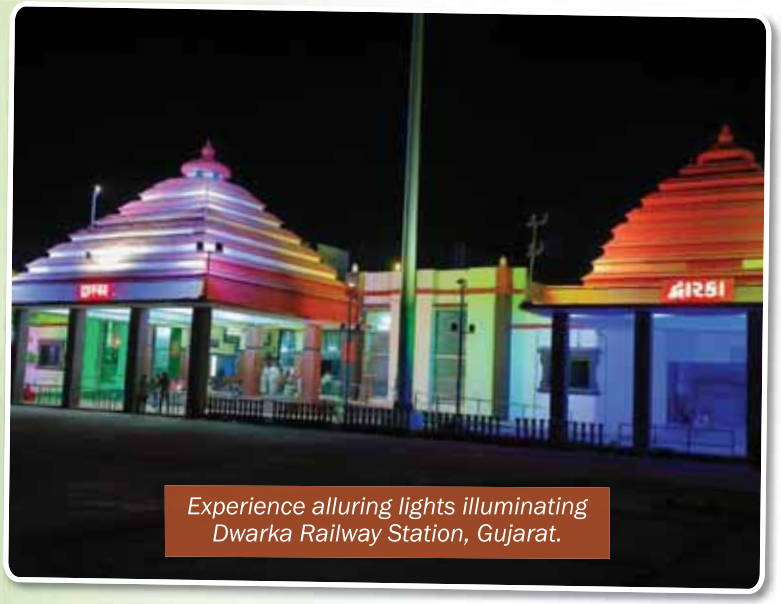
Vibrant and vivid Howrah Jn. in West Bengal displays prismatic attire with an illuminated setup.



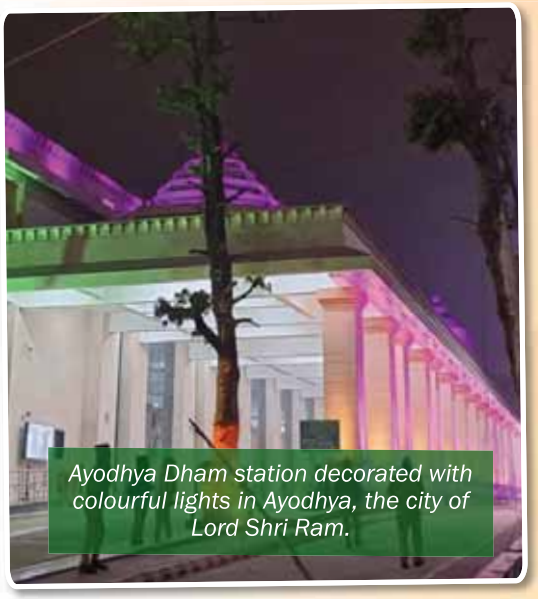
Vijayawada Jn. Railway Station in Andhra Pradesh steals the spotlight with its radiant lights and lively ambiance.



West Bengal's Sealdah Railway Station lit up with patriotism



Experience alluring lights illuminating Dwarka Railway Station, Gujarat.



Ayodhya Dham station decorated with colourful lights in Ayodhya, the city of Lord Shri Ram.



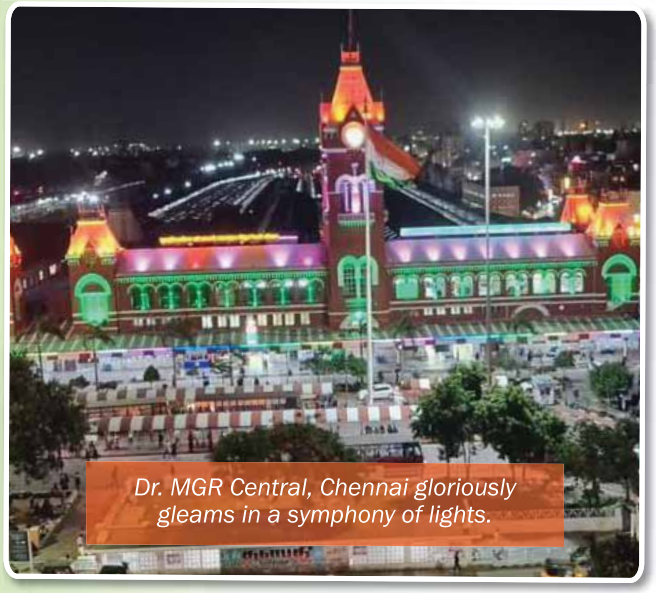
A captivating Ujjain Junction, Madhya Pradesh, embraces Tricolor lights on the occasion of Republic Day.



Rail Nirman Nilayam, South Central Railway's headquarters, draped in dazzling lights, on the occasion of 75th Republic Day celebrations.



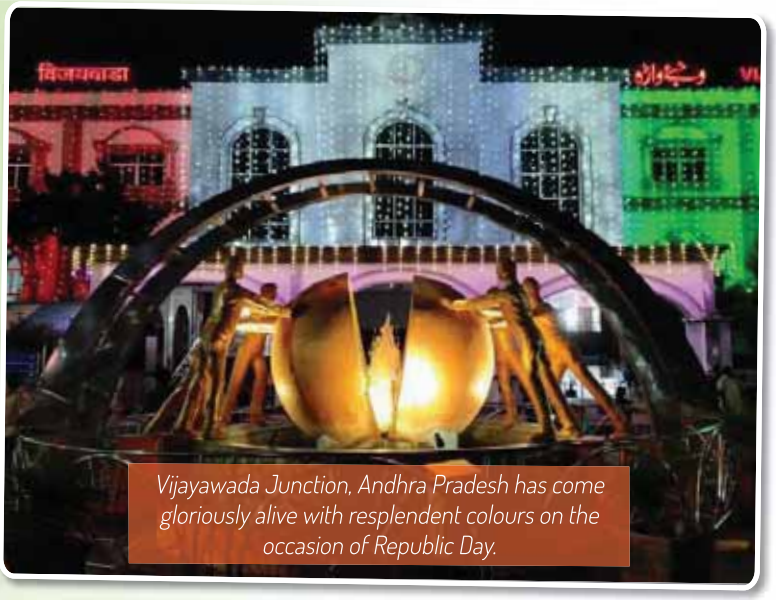
Metro Rail Bhawan in West Bengal glowing elegantly in joyous fervour marking the 75th Republic Day.



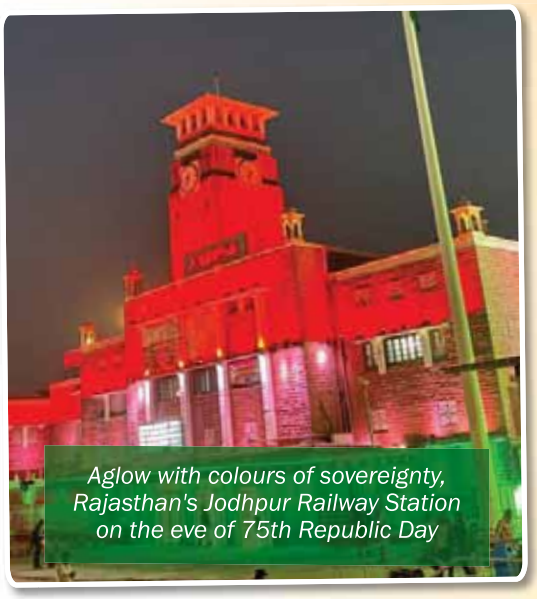
Dr. MGR Central, Chennai gloriously gleams in a symphony of lights.



Morbi Railway Station, Gujarat, awash with colours shines brightly in the night sky. Republic Day.



Vijayawada Junction, Andhra Pradesh has come gloriously alive with resplendent colours on the occasion of Republic Day.



Aglow with colours of sovereignty, Rajasthan's Jodhpur Railway Station on the eve of 75th Republic Day

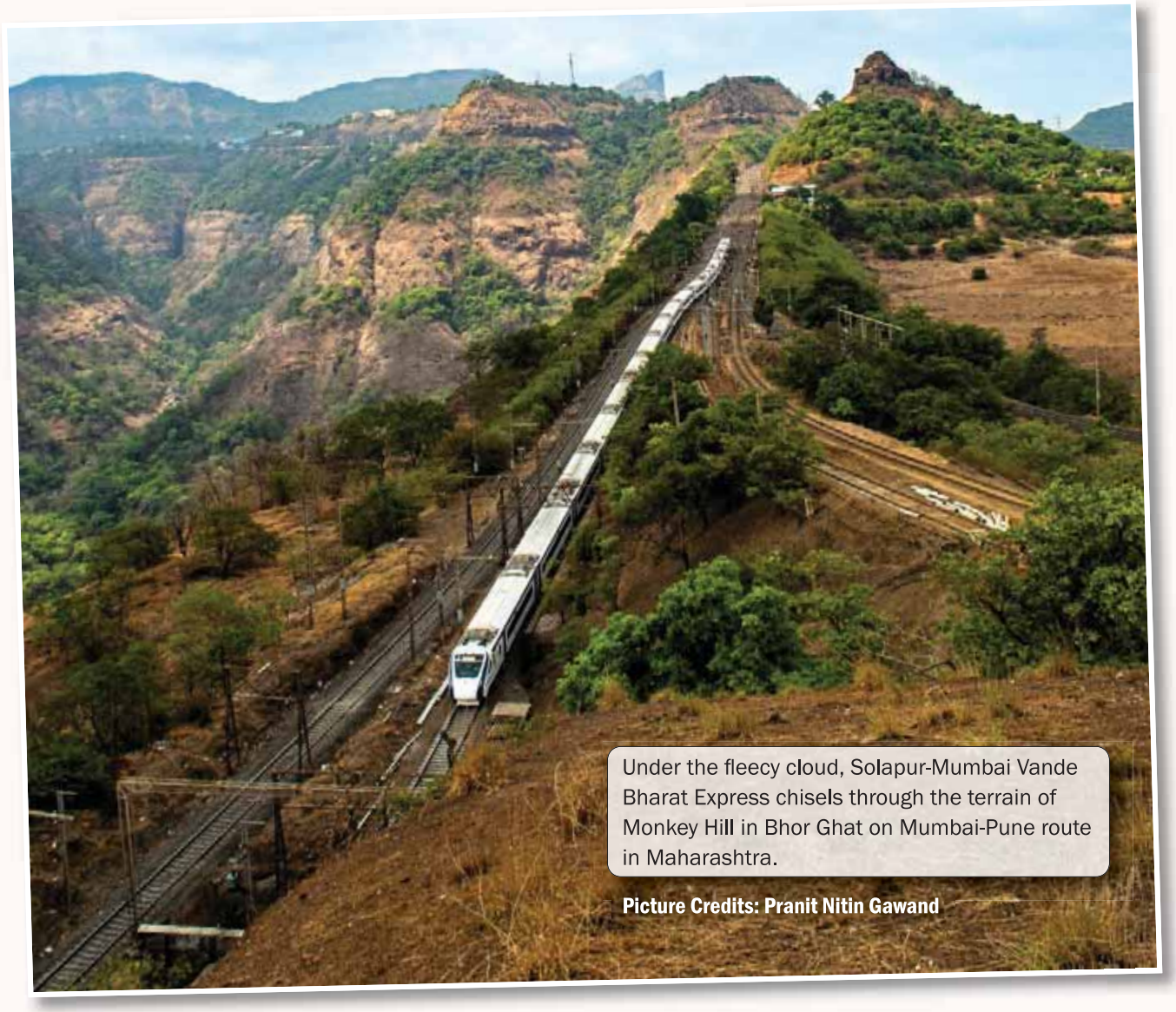


Dipped in a golden glow CSMT, Maharashtra, dazzles in the breathtaking grandeur of lights.



Rajahmundry Railway Station, a picturesque display of colours, awaits the arrival of 75th Republic Day.

Photo Gallery

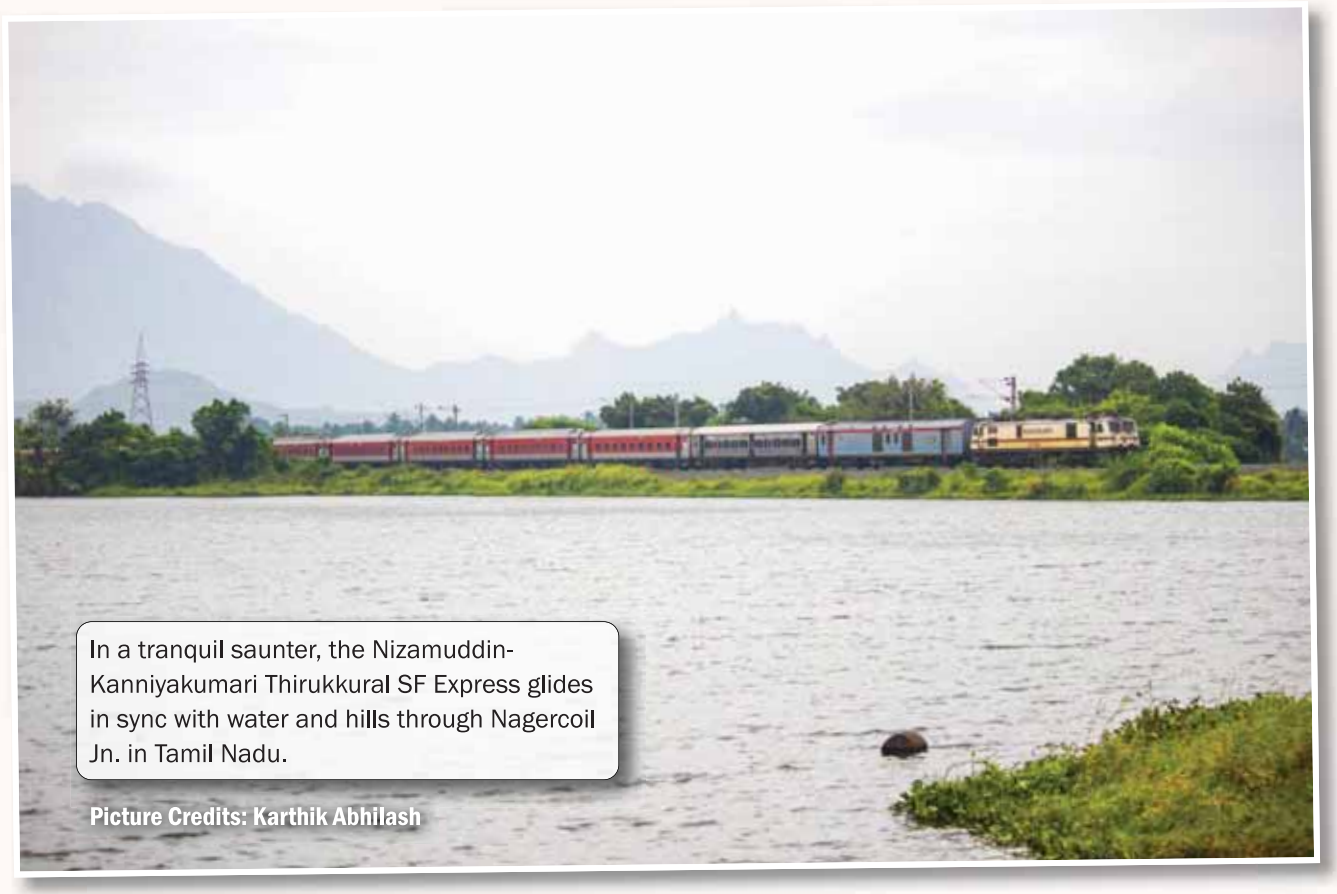


Under the fleecy cloud, Solapur-Mumbai Vande Bharat Express chisels through the terrain of Monkey Hill in Bhor Ghat on Mumbai-Pune route in Maharashtra.

Picture Credits: Pranit Nitin Gawand



Cradled by nature's embrace, Kangra Railway station in Himachal Pradesh welcomes a train set as it embarks to explore the valley's breathtaking vistas.



In a tranquil saunter, the Nizamuddin-Kanniyakumari Thirukkural SF Express glides in sync with water and hills through Nagercoil Jn. in Tamil Nadu.

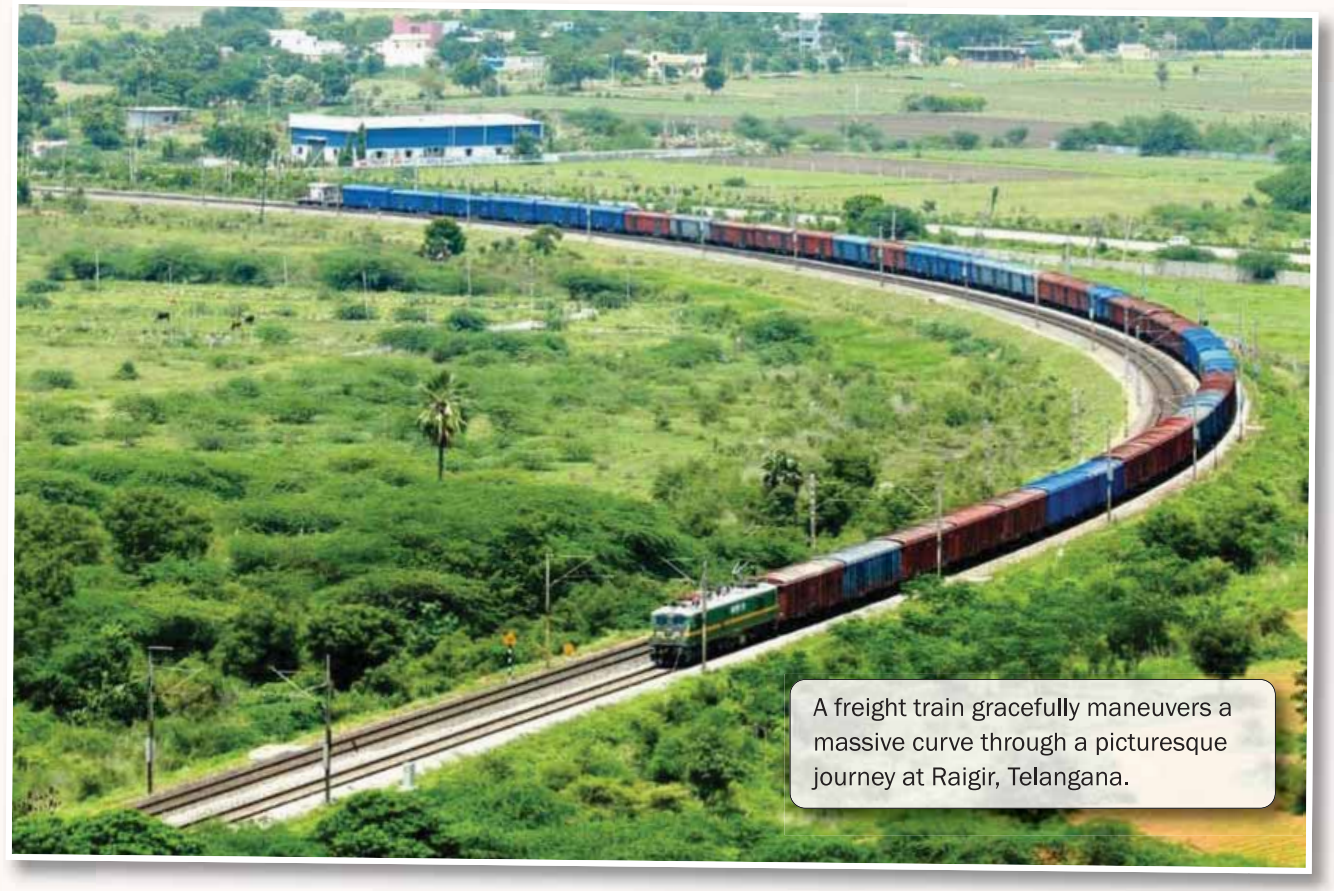
Picture Credits: Karthik Abhilash



Drenched in nature's abundance near Chitrapur Halt Station, Karnataka, a train progresses towards its destination.



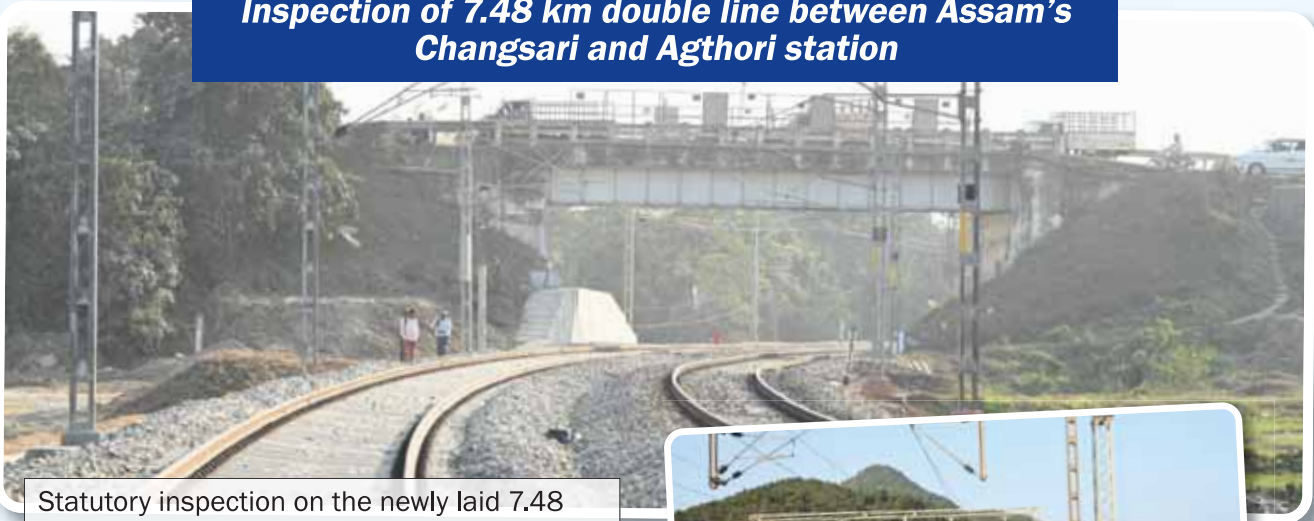
Vande Bharat Express in motion, nestled amidst the enthralling Karjat-Lonavala Ghat in Maharashtra.



A freight train gracefully maneuvers a massive curve through a picturesque journey at Raigir, Telangana.

Progress Report

Inspection of 7.48 km double line between Assam's Changsari and Agthori station



Statutory inspection on the newly laid 7.48 km double line between Assam's Changsari and Agthori station, (part of 142.97 km long New Bongaigaon – Agthori via Rangiya Doubling project) was completed. It will reduce congestion and enhance movement of trains.



10th January, 2024

Rail connectivity between North and South Bihar



5th January, 2024

To further strengthen the rail connectivity between North and South Bihar, the construction work of a new rail bridge between Barauni-Mokama on the Ganga river parallel to the old Rajendra Bridge is going on at a fast pace.

The maiden trial run on Taratala- Majerhat stretch of Joka-Esplanade Metro Corridor has been conducted smoothly



The maiden trial run on Taratala-Majerhat stretch of Joka-Esplanade Metro Corridor has been conducted smoothly. The AC trial rake (MR-417) started from Taratala station at 12.16 hrs. and after covering 1.25 kms reached Majerhat station at 12.19 hrs.

13th January, 2024

The successful launch of the full span girder on NH 360 in Billimora Taluka, Navsari District, Gujarat showcases seamless progress and innovation for MAHSR corridor.



The Bilaspur-Jharsuguda Fourth Railway Line Project





Under the Bilaspur-Jharsuguda Fourth Railway Line Project, the construction of a rail bridge over the Mand River between Robertson-Bhupadevpur is being done at a fast pace. After its construction, rail operations will become more convenient in both up and down directions.

18th January, 2024

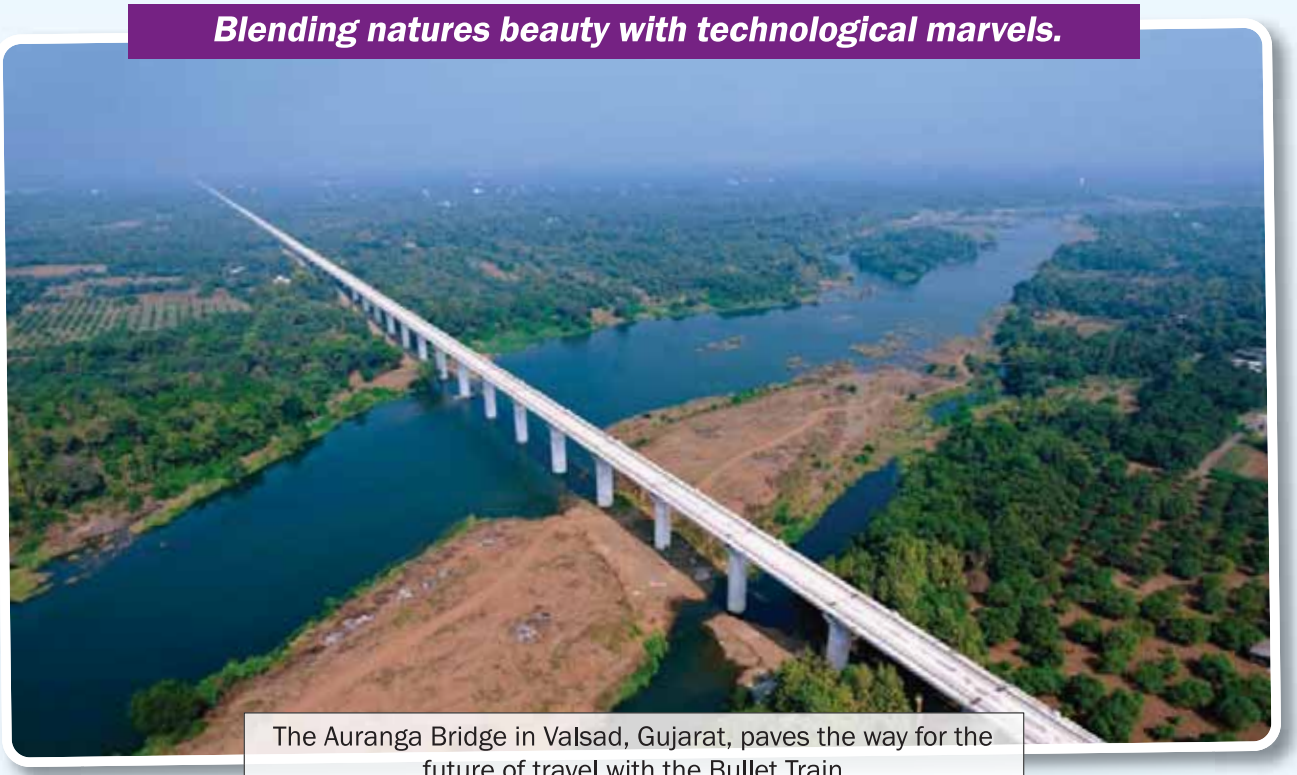
West Bengal's Howrah Railway Station has earned the esteemed 'Platinum Rating' as a Green Railway Station



West Bengal's Howrah Railway Station has earned the esteemed 'Platinum Rating' as a Green Railway Station by the Indian Green Building Council (IGBC), leading the charge for eco-friendly transportation.

21st January, 2024

Blending natures beauty with technological marvels.

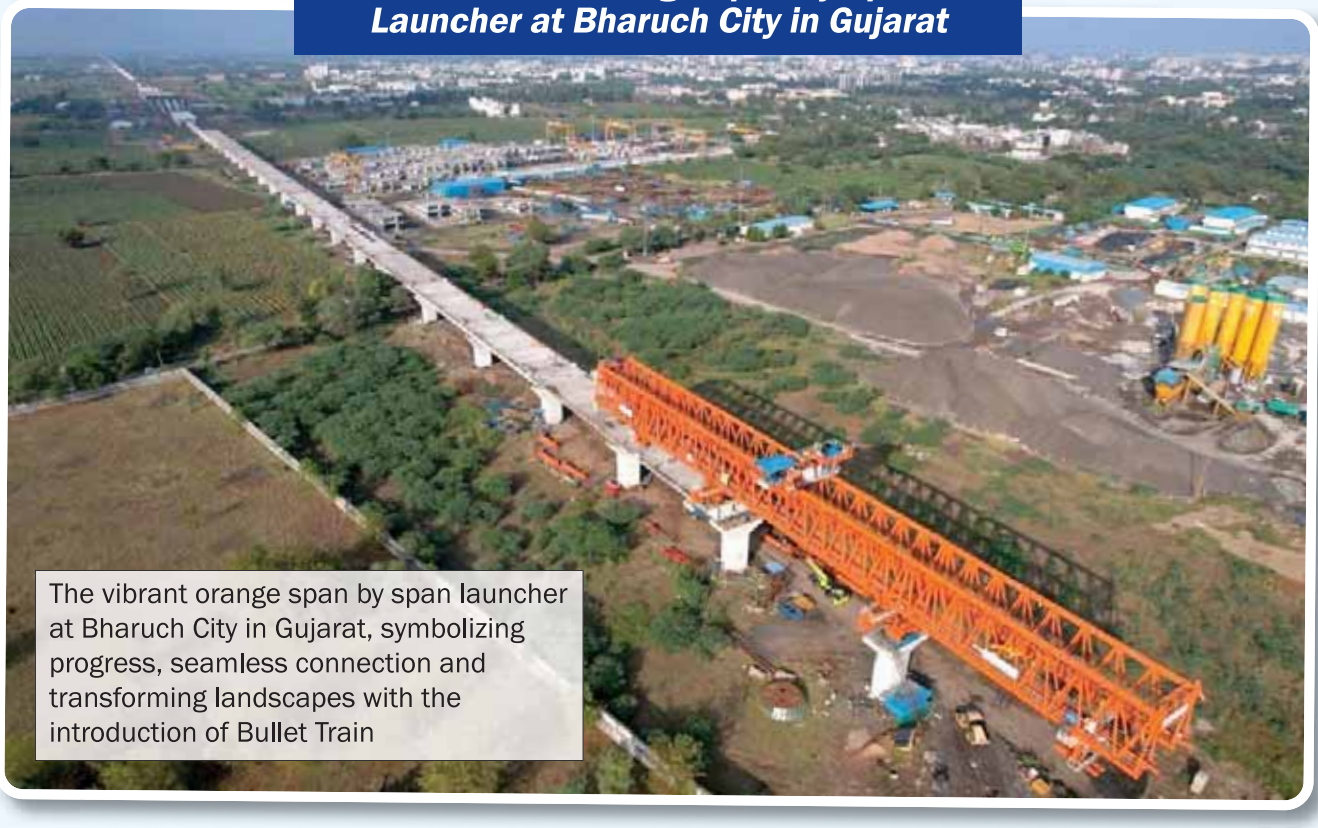


The Auranga Bridge in Valsad, Gujarat, paves the way for the future of travel with the Bullet Train

Indian Railways staff working in the Kashmir valley are now fitted with sub-zero gear for the first time, akin to the one used by the Indian Army to brace Siachin's climate, delivering duty in the face of cold.

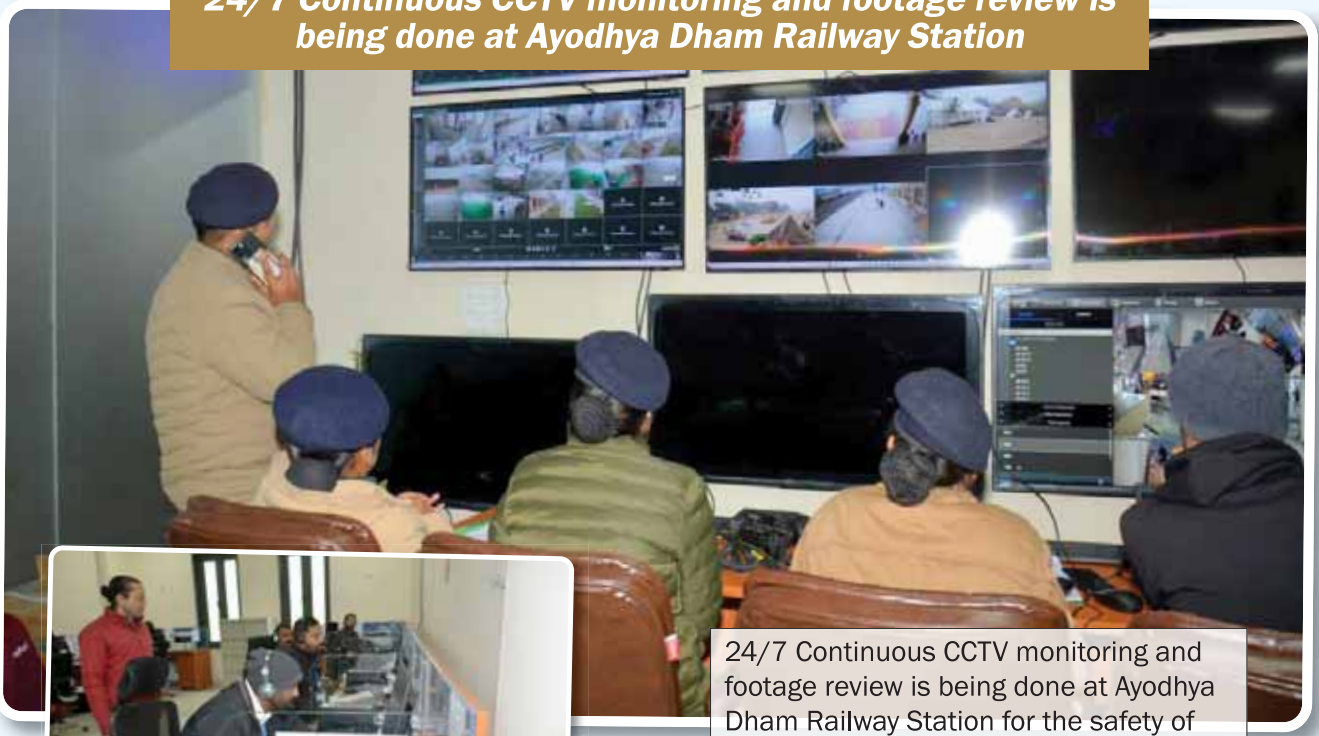


The Vibrant Orange Span by Span Launcher at Bharuch City in Gujarat



The vibrant orange span by span launcher at Bharuch City in Gujarat, symbolizing progress, seamless connection and transforming landscapes with the introduction of Bullet Train

24/7 Continuous CCTV monitoring and footage review is being done at Ayodhya Dham Railway Station



24/7 Continuous CCTV monitoring and footage review is being done at Ayodhya Dham Railway Station for the safety of passengers. Your safety is of utmost importance to us.

28th January, 2024

Trial runs with Automatic Train Operation (ATO) mode were successfully conducted



Nearing final stretches before operation, trial runs with Automatic Train Operation (ATO) mode were successfully conducted between Salt Lake Sector V and the Sealdah stretch of Green Line, ensuring efficiency in performance.

29th January, 2024



Munch on traditional snacks of Tamil Nadu at the OSOP outlet of Mambalam station and support regional products creating income opportunities for local vendors.

Redevelopment of Stations





The transformation of Bihar's Shivnarayanpur Railway Station is on fast track. Upon completion, station will offer modern comforts and luxurious passenger amenities.





Redevelopment works under Amrit Stations at Narengi Station in Assam: Construction of waiting room, entrance boundary wall, improved circulating area and entrance pillars in progress.





Revamping at fast pace to enhance travel experience
Jangipur Road Railway Station, West Bengal.





The redevelopment work for Mansa Railway Station in Punjab is making swift strides toward a modern makeover.





Redevelopment work is progressing swiftly.
Bijnor Railway Station, Uttar Pradesh



SPAD: Contemporary Analysis and Suggestive Measures in the Context of Indian Railways

Smt. Shrima Srivastava
Scientific Supervisor/Psycho
RDSO

Abstract: SPAD is viewed as the greatest potential threat to safety, which essentially stems from alertness issues on the part of Loco Pilots along with few other pertinent factors, like, asset failures. Railways should aim to prevent it to the maximum possible extent through various measures to attain higher level of safety. The reason for lapses leading to accident may be single or several, but its consequence may turn out to be detrimental for both life and property as it is a compromise on safety in train operations. Studies on SPAD cases have been conducted by the directorate from time to time and the reasons for occurrence of incidences have been analysed in details employing various psycho-metric techniques and in-depth interviews of SPAD involved Loco Pilots. It has been observed that lack of alertness occurs due to a combination of factors at personal, organisational, incidental and health level of a Loco Pilot. Delving deep into these factors led to the formulation of focussed intervention techniques aimed at addressing the issues responsible for SPAD and aiding in alleviating such incidences as far as possible in the context of Indian Railways.

1. Introduction

SPAD is defined as an incident when a train passes the signal at danger without any authority or when the movement of a train is restricted beyond the signal through stop indication and still the train passes it. Though many SPADs have little or no potential to cause harm, since they result from minor misjudgments of distance or braking capability, or they occur at low speed during shunting operations, yet in view of the fact that it is due to complete disregard of the most obvious instruction, SPAD is a matter of concern and is considered as a serious lapse on the part of a driver. This is so because the job of driving a train is typically a routine one, stopping at stations and travelling sections of track that have been passed many times before. Familiar surroundings and well-practiced sequences of actions minimize the need for effortful attention on the part of the driver which may sometimes lead to lack of alertness and agility resulting in such instances.

SPAD incidences are normally an indicator of judgment error on the part of drivers which in turn may be due to a combination of factors that come into play leading to such incidences. Such type of error is classified as a skill-based slip that typically occurs during routine action sequences like the job of train driving.

2. Aspects of human failure in accident causation:

Human failure is attributed to two aspects i.e. errors and violations.

a) Error

Every human being, regardless of knowledge, experience or training, is at some point of time prone to error depending on various factors. Since SPAD incidences are a result of interplay of many factors operating at various levels, usually there is a chain of causes, and it is more the result of a social judgment to attribute an accident to human error rather than an objective search process. Error should be considered as the result of mismatched conditions within a socio-technical system. Further, in dynamic environments, human behaviour cannot be termed error without taking into account the history of the person and context. All the behaviours and ways of interacting should be considered

together with the task requirements and resources available at that particular time to define an error.

In the recent years, a consensus has appeared to consider error as a symptom rather than a cause. Psychologists define human error as the failure of a planned action to achieve the desired outcome-without the intervention of some unforeseeable event (Leplat, 1985; Reason, 1990).

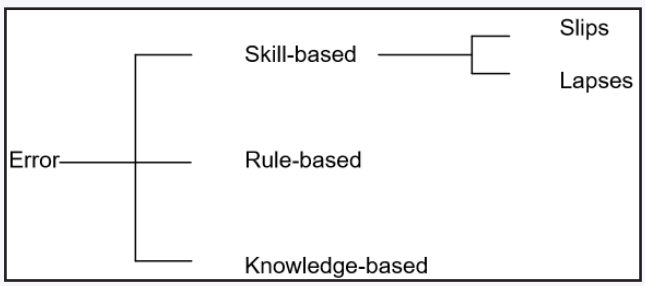
With respect to the technical approach, which defines error as the violation of a rule or standard, and since human beings can voluntarily violate a prescribed procedure, this would not be considered as an error by the cognitive psychologist (Reason, 1990).

Influenced by the development of cognitive sciences, psychologists have looked farther in an attempt to discover more generic error types accountable for human failure. The concept of hierarchical structure of action was first used by Rasmussen (1982) to analyse errors in the field. Reason (1982b) developed a taxonomy that differentiates between skill-based, rule-based and knowledge-based errors.

At the skill-based level when one carries out routine, highly practiced tasks in an automatic way, slips and lapses occur when the actions fail to go as planned but the plan is adequate. Slips are more observable actions while lapses are more internal events.

At the rule-based level, when we apply learned rules of the kind 'if – then', mistakes can occur when wrong decisions are made in the assignment of plans i.e. misapplication of good rules, application of bad rules or failure to apply good rules.

At the knowledge-based level, when we resort to slow and effortful thinking after the failure of the pre-existing solutions, mistakes can occur when there is a lack of knowledge about the facts linked to the tasks and the tools to carry out these tasks. Errors often occur because the information processing capacity is limited.



Classification of human error

b) Violations

Along with the human error, violations also form an important aspect of human failures that may or may not result in incidents or accidents. Errors involve performance detriments (e.g. intended goals have not been achieved), but result from unintentionally inappropriate actions for a given situation. Violations are deliberate deviations from rules, procedures, instructions or regulations which exist for safe and efficient operation and equipment maintenance. The most important point of consideration for a violation is that the act must be deliberate where a person knowingly takes shortcuts, thwarts or just does not apply safety rules.

Violations may not always result in performance error, but they do serve as signals of impending danger and probability of incidences or accidents. Violations may occur for a range of reasons, for example, poorly designed systems/procedures/ time pressures, conflicting objectives, acceptance of rule breaking, poor safety culture, personal reasons etc.

While violations are deliberate rather than unintentional deviations from safe practice, most violations are motivated by a desire to carry on with the job and/or complete a task in less time. Very rarely are they malevolent acts of sabotage or vandalism.

It is often difficult to establish the distinction between an error and a violation. Careful consideration should be given to the available task information and expert opinion from Subject Matter Experts (SMEs), such as Loco Pilots themselves and Loco Inspectors etc., when deciding if a task could be subject to a violation.

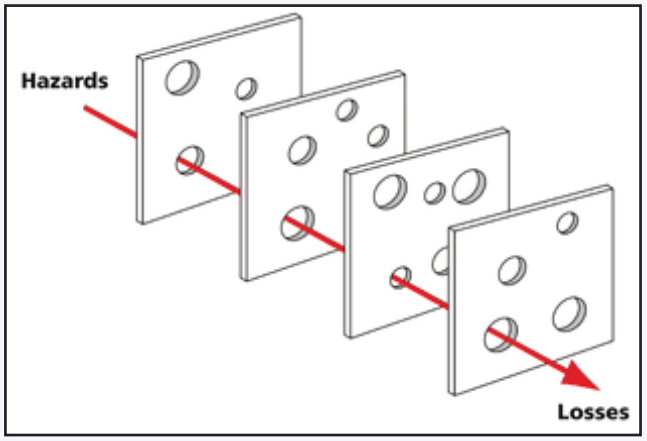
3. Model of accident causation

As cause of incidences of SPAD or any accident for that matter cannot be viewed in isolation or it cannot be attributed to one particular error, it becomes imperative to understand the concept of accident causation given by James Reason known as the Swiss cheese model of accident causation.

The Swiss cheese model illustrates that, although many layers of defence lie between hazards and accidents, there are flaws in each layer that, if aligned, can allow the accident to occur.

Reason hypothesized that most accidents can be

traced to one or more of four failure domains: organizational influences, supervision, preconditions, and specific acts. For example, in Railways, preconditions for unsafe acts include fatigued crew or improper communication practices. Organizational influences encompass such things as improper distribution of work or excessive work load for the crew operating trains. Fatigued crew also may pose to be threat to safe driving which results from successive shift works.



Reason's Swiss cheese model of accident causation

In the Swiss cheese model, an organization's defences against failure are modelled as a series of barriers, represented as slices of cheese. The holes in the slices represent weaknesses in individual parts of the system and are continually varying in size and position across the slices. The system produces failures when a hole in each slice momentarily aligns, permitting (in Reason's words) "a trajectory of accident opportunity", so that a hazard passes through holes in all of the slices, leading to a failure.

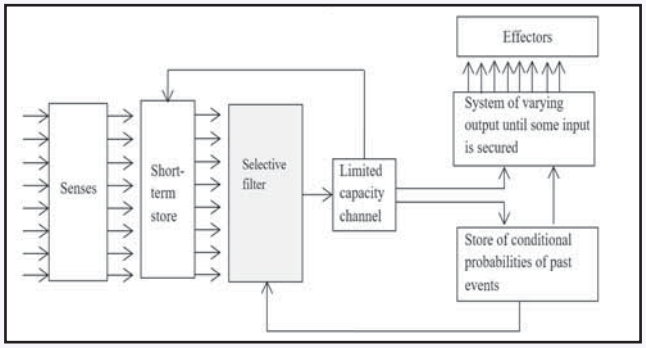
The model includes both active and latent failures. Active failures encompass the unsafe acts that can be directly linked to an accident. Latent failures include contributory factors that may lie dormant for days, weeks, or months until they contribute to the accident. Latent failures span the first three domains of failure in Reason's model.

4. Potential causes of SPAD

The most important and conclusive of the reasons for SPAD is lack of alertness. In fact, research has consistently found that a decrement occurs over the first 20-35 minutes of vigilance depending on the task being performed, (Parasuraman, 1986; Craig, 1985) cognitive issues including expectancies or the filtering of incoming information. Other studies have examined the effects of experience (Bisseret, 1981); age (Davies and Parasuraman, 1981); noise (Hancock, 1984); extremes of cold and heat (Davies and Parasuraman, 1981); time of day (Folkard and Monk, 1985); and alcohol (Horne and Gibbons, 1991) on vigilance decrement. The psychological process involved in alertness is explained through the theories of attention.

Earlier theories of attention believed that we take steps to block processing of unattended channel i.e. we shut out the information we don't want or we shield ourselves from potential distracters by erecting a filter and the desired information is not filtered, so it goes on to receive further processing (Broadbent, 1958). Current evidences suggest that we do have capability of shutting out distracters. In this way, we can take action that specifically blocks the processing of unwanted inputs (Anderson and Spellman, 1995; Milliken and Tipper, 1998; Reisberg, Baron and Kembler, 1980). Other evidences suggest that filtering is not the only thing that happens, we are also able to promote the processing of desired stimuli.

The phenomenon of inattentional blindness (Mack and Rock, 1998) suggests that there is a failure to see or perceive stimuli, if a person is not alert for them. Studies reveal the fact that targets are visible only if one is looking for them and "there is no perception, more precisely, no conscious perception, without attention or being alert". In other words, in absence of attention or alertness there is no perception of the desired stimuli. Further, human beings are not just 'passive detectors" of stimulus, we analyse and interpret what we see, and this requires blocking the unwanted stimulus and promoting the processing of desired stimulus (Rensink, O'Reganand Clark, 1997).



Information flow diagram

Decrement in alertness level is caused by several factors, some of which are enumerated below.

a) Stress

It has also been identified as one of the prominent reasons for decrement of alertness level through various studies. Stress may be defined as a real or interpreted threat to the physiological or psychological integrity of an individual that results in physiological and/or behavioral responses (McEwen, 2000), with chronic and acute stress producing different responses. Stress has an impact on sustained attention task performance (Hancock and Warm, 2003). Modern theories of stress essentially argue that people will only experience stress if they perceive the demands on them to outweigh the resources they have to cope. This means that when two people are in very similar work situations, one might experience stress, while the other will not. The reasons for the different experiences are not determined by the actual situation as such, but by the individuals' perception of that situation (i.e. the demands being made on them) and their perception of their ability to meet those demands (i.e. their skills, experience, time, support, intellectual/emotional capacity, other commitments, etc). The situations and pressures that cause stress are known as stressors. Stressors are usually thought of as being negative, such as an exhausting work schedule as in the case of Loco Pilots. There are certain well-established potential stressors in the work place like physical stressors (e.g. noise, vibration, crowding, inadequate light/ ventilation, heat, etc.), accident/incident history, some shift patterns, workload (overload and underload), time pressures, organizational culture, poor team working, monotony, excess complexity job insecurity; lack of career progression; feeling undervalued, lack of control, harassment, poor relationships with colleagues/supervisors/senior management, etc. and personal circumstances, e.g. family/financial problems or life events such as marriage, divorce, house moving, birth, bereavement, etc.

Given that Loco Pilots are in isolation for the greater part of the time, this will allow them to dwell on issues, compounding the problem. The usual effect of stress will be to increase the arousal level or general activation of an individual. The level of arousal will influence the scanning pattern and hence the perception of information by an individual. For instance, a driver during a quiet period of the route, when his arousal level may be low, will not scan the instruments as frequently as he will during the approach to a station when his arousal level will be at a significantly higher level. Under conditions of high stress and arousal, the sampling rate may be increased, but the pattern of sampling will be reduced to a narrower range of stimuli as a consequence of attention being restricted to the primary task (e.g. 'narrowing of attention'). This can lead to the undesirable situation of important information required in an emergency being missed by an operator because his stress response to the situation caused his attention to be restricted to the primary source of the problem. While some workplace stress is normal, excessive stress can interfere with one's productivity and performance, impact one's physical and emotional health, and affect one's relationships and home life. It can even determine the difference between success and failure on the job.

b) Sleep and rest

It impacts alertness. Negative effects of sleep deprivation on alertness and cognitive performance suggest decline in brain activity and function, primarily in the thalamus, a sub cortical structure which is involved in alertness and attention, and in the prefrontal cortex, a region also related with alertness, attention, and higher-order cognitive processes and performance. Inadequate sleep leads to decrement in cognitive performance especially complex tasks such as driving which involves information processing, decision making and action based on decision.

c) Shift work and lifestyle issues

Shift work creates problems when the body's natural clock is disrupted and works or sleep patterns conflict with the known peaks and lows in alertness. Humans are designed to wake at dawn and to fall asleep during the evening when it gets dark. Shift-work sleep problems, often attributed to the custom of having workers change shifts against their natural circadian rhythms, have been linked to increased accident rates, increased absence from work due to illness, and lowered productivity rates (Folkard and Tucker, 2003). Shift work inevitably results in reduced sleep duration and sleep disturbances which can have an impact upon safety. Firstly, as fatigue increases, the individual is more likely to fall asleep easily without intending to and therefore compromise safety. Secondly, as stated above, high

levels of fatigue are likely to result in impaired performance, decision-making and judgment. In addition, lapses of attention where the driver fails to recognize a signal for what it is, or fails to respond to it appropriately, are more likely to occur in fatigued individuals.

d) Situational awareness

A number of SPAD investigations by Railways have reported that drivers 'losing concentration' and not attending to information, have led to a number of SPAD incidents. Developing ways to improve driver attention and awareness is therefore an important element of tackling this problem. Understanding how drivers see, comprehend and predict what is happening around them is core to helping ensure that drivers are able to decide on the best course of action. The concept of situation awareness has been used to understand how drivers acquire route knowledge and identify what information is used while driving. Aircraft pilots and Formula 1 drivers, where excellent reliability and control are essential, are trained and practiced in improving their situation awareness to improve performance. Therefore understanding how information is acquired and used from signaling, cab warnings, and other sources is the first step to help tackle problems where drivers lose attention. Evidence indicates that those who have a high level of awareness of what is going on around them can better anticipate what will happen and what risks will emerge. Being able to anticipate what is about to happen improves risk perception and is a key part of professional driving and feeling in control. Having a high level of situation awareness can be trained and can turn a good driver into an excellent driver. Anticipating what is about to happen and making decisions requires considerable effort. It is not enough to use one's expectations about what might happen; one needs to look harder, question what one is seeing, consider all reasons for what is happening and combine observations to decide what to do.

e) Motivation

Motivation also impacts attention as found through studies. Subjects who are uninterested in the environment or apathetic will not be as vigilant as those with high motivation. Performing a task with a high financial reward for performance will engage the attentional system stronger and with longer duration than performing the same task with no overt reward for performance. Conceptually, effort (Kahneman, 1973) and motivation are related.

5. Studies on SPAD conducted by the directorate and their findings

Several studies have been conducted by the directorate on SPAD. In one of the earlier studies conducted on SPAD by the directorate, (A personality study of Western and Central Railway drivers passing signals at danger during 1971-73- A clinical approach) personality profiling with a clinical approach was done to locate the psychological deficiencies and mal - adjusted reactions gripping train drivers in their work matrix, identified various factors leading to such incidences. With respect to the personality factors aiming at specific individuals involved in SPAD, it was found that strong inhibitions, anxiety, depression, weak ego-strength are all personality traits of the unsafe drivers. It has also been found that patients with personality and psychoneurotic disorders had higher rates of accidents.

It was also observed that the drivers were either semi-literate or had inadequate education which in turn led to feelings of inadequacy getting compounded with negative attitude and harsh behavior of supervisors generating syndromes of neurotic behavior, mental strain, depression and emotional instability — a psychic state undesirable for safe and efficient discharge of duties.

Age also seemed to be playing a significant role in further deteriorating their mental capabilities and enhancing vulnerability to lapses.

In another study (An analytic study of ALPs involved in SPAD) environmental factors too along with the personal and psychological factors were assessed. It was observed that 85% of the drivers involved in SPAD were worried about their family liabilities related to schooling of their children, safety and security of their family along with the health issues of their spouse and parents.

The weather and time of the occurrence of SPAD was also found significant factor as it was observed that in winters due to dense fog maximum incidences occurred.

Study also found that maximum number of SPAD cases was reported in morning and the cause behind it could be tiredness, lack of concentration, sleep deprivation and morning sickness.

Further there is psychological pressure to run train on time which affects attention and concentration leading to errors.

Work overload also seemed to play a significant role in such incidences. Work overload occurs when job demands exceeds human limits and people have to do too much, in too little time, with too few resources. When work overload is a chronic condition and not an occasional emergency there is little opportunity to recover, rest and restore balance which in turn relates to not only the amount of work but also the capacity to do work.

In the recent studies conducted by the directorate, comparative analysis between SPAD free and SPAD involved LPs/ALPs was done on cognitive (attention, perception and vigilance abilities), Psycho-motor, Neuropsychological and personality domains.

The findings of the study suggest that SPAD free drivers are better in Cognitive (Speed Perception, Vigilance) and Neuropsychological abilities. In terms of psycho-motor and perception abilities SPAD involved drivers have performed satisfactorily. On the ability of selective attention both the SPAD free and SPAD involved drivers were found to have same level of capabilities which suggests that due to momentary lack of alertness and other pertinent external factors, SPAD took place and not due to inabilities at the cognitive, psycho-motor or neuropsychological levels. The study also revealed that a positive correlation exists between personality domains of Emotional Stability, Conscientiousness and Openness with tests of cognitive abilities comprising of perception, selective attention and vigilance.

6. Reasons of SPAD based on recent study in IR context

In-depth analysis on the basis of tests administered on LPs/ALPs involved in SPAD suggested that the reason for such incidences is a combination of organisational, personal, health and incidental factors as illustrated in the figure no. 4.

a) Organisational factors

They consist of various issues like management of safety margin, shortage of staff, operational exigencies, training and communication, training of trainers and lack of team work among crew. Safety management encompasses the roles and responsibilities of every staff directly involved in the safe running of the train. The supervisors need to ensure that the task designated to every individual is rendered perfectly so there is no compromise on safety aspects.

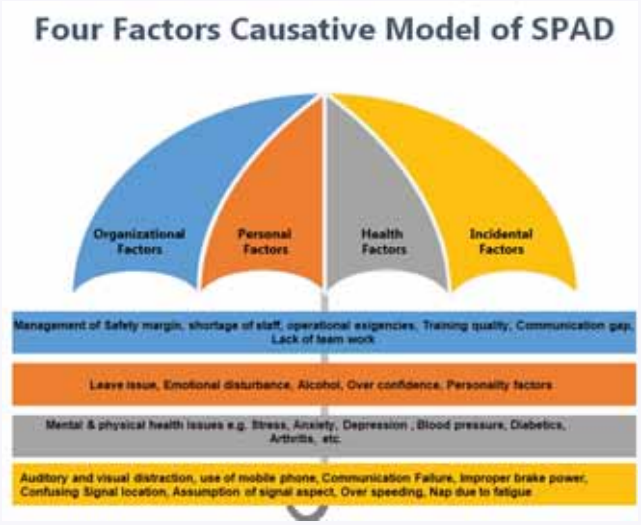


Figure No. 4

b) Personal factors

Certain personal issues also distract them from their duties due to stress. Sometimes they require leave to resolve the issues but it is denied due to shortage of staff. This may lead to emotional disturbance as their personal goal is not achieved and may be a reason for lack of attentiveness during duties as their mind is preoccupied. Personality trait, like being over confident is also very detrimental for the lob of a Loco Pilot as they do not go for checking the facts every time and go with notions. This happens because of the expectancy related to familiar routes which creates a mental model based on past experiences failing drivers to notice any change in aspects of signal or its placement. Certain personality factors like emotional stability, openness and conscientiousness are helpful in better performance at work.

c) Health factors

It consists of both physical and mental health issues which are detrimental to safety. Many times hours of Loco Pilots are stretched beyond limitations which results into fatigue, lack of sleep and stress. Also mental health issues like stress, anxiety, depression etc. impact their attentiveness leading towards lifestyle diseases like diabetes, blood pressure etc. hampering their required alertness and attentiveness during duties and leads to momentary

lack of alertness. Influence of medication, drugs or alcohol may also play a significant role in performing the task with safety.

d) Incidental factors

These consist of auditory, visual or mental distractions which are common while driving but sometimes may lead to incidences concerning safety of the train. Misjudgement of signal due to non-standard location is also such factor where the driver assumes the signal aspect for his train while it is actually meant for train on adjacent track and leads to SPAD.

With an effective management of all these four factors, SPAD may be prevented to a great extent in context of Indian Railways.

7. Intervention techniques for mitigation of SPAD incidences

The futuristic model on the basis of findings of the study was also developed as intervention techniques comprising of six pertinent suggestions as shown below:



All the above intervention techniques may be summarised as below:

- A personality test should be introduced with the Aptitude test to select the best job fit.
- An exclusive mobile application may be used for learning, training and assessment of Loco Pilots.
- Psycho and medico intervention programme should be incorporated in training modules to maintain physical and mental fitness.
- A Computerized Alertness test of 03 to 05 minutes duration should be introduced in the lobby prior to signing on of the crew.
- Reliable communication device should be used by the crew members.
- A CCTV camera in the cab should be installed to maintain alertness level of the Loco Pilot.

Taking proper care of the various risk factors that contribute to the occurrence of incidences may aid in mitigating SPAD cases. Also, if the above mentioned intervention techniques are applied SPAD cases may be minimized to a large extent which will eventually maximise the safety performance on Indian Railways.

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The Value of Handwriting

Shri N.Subramanian
Retd.OS/Southern Railway.



Once a layman requested a clever man to write a letter on his behalf to his friend at 'X' place. The clever man responded that he had no time to go to 'X'. When the layman told him that he only wanted a letter to be written, the clever man clarified that he clearly understood the request but because his handwriting was so bad and no one could read it except himself, the layman's friend on receiving the letter would surely ask him to come to his place 'X' and read it out to him and hence he told him initially that he had no time to go to 'X' place. While in service, few of my colleagues were having very bad handwriting though they were undoubtedly brilliant enough. When they passed a written examination, we just commented that the person who corrected their papers would have awarded full marks purely under the presumption [or rather given the benefit of doubt? that their answers were correct, though their handwriting could not be read clearly.

A few years ago, there was a news item on this topic—a case was filed by a school student that his Public Examination papers were not correctly valued. In the Court, when asked by the Judge, the student himself was not able to read his own handwriting as it was too bad to check the answer status and as such, the case was to be dismissed with a great laughter.

Anyway, it is a different matter that the style of letters are changing now and then if we compare the writings of olden days on paper documents, on palm leaves and the letters carved on stones. In the olden days, a fixed mark was allotted in our school education system for the neat 'handwriting'. This aspect is not taken care of nowadays. Likewise, till three decades back, it was mandatory to write the job applications in our own handwriting. Our handwriting speaks for us and about us too. Those gifted with good handwriting were/are always appreciated.

Setting aside all these pros and cons of good or bad

handwriting, let us recall its charm in many other ways. I have a golden treasure with me by way of preserving the handwritten letters from my children [besides their few school/college notebooks] who used to maintain the habit of writing letters before computers and phones occupied our day to day life. Being a fragile octogenarian, it is the only option left to me to ruminate the past reminiscence in the present, as there is very little or no hope of future. Naturally, it gives me immense pleasure by taking back to old memories while reading them often.

Writing a letter by hand always holds its significance in the perfect form of true expression in one's own special style and as such it remains "EVER GREEN". The feelings of touching and reading them can only be experienced to bring the related episodes into our mind. And words are not just words but the feelings from the bottom of our heart written by hand fingers are always unique. Undoubtedly the moment we recognize the handwriting of our known person, not only a smile flashes on our face but also we will be able to guess the message in it. The personal touch of a hand-written letter gives us an intimate feeling as if the person is in front of us and we do not hesitate to hug the letter with our heart and give a loving kiss. There is a personal touch for the letters with love from parents to children and vice-versa. Yes, it is a jotting down of emotions on paper. By touch on any day later, it would always be an intimate form of communication. The moment you touch, it will spread a positive vibration in you to give a personal touch of the person who has written it to you. The feeling will always be a refreshing one at any point of time, whenever you touch it.

Invitation for holy functions and good events are preserved with due sanctity as long as possible and however old it becomes or we become. Handwritten letters are always the most fascinating one and certainly in an intimate way. They serve as a sort of archive of memories. It is certain that neither the Whats-App, nor the SMS nor the e-mails can replace the pleasure of writing or waiting for a written message and then reading it repeatedly. Unfortunately all these lovely aspects are not being understood in this day of digital communication and it is the misfortune of the present generation who will have nothing to reserve and reminisce about later in their twilight years. It is a "Paradise Lost" forever to them. Alas! There shall be only "Mind Voice"?.■

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Yoga: An Ancient Practice

Smt. Mona Singh



Yoga, an ancient practice, has become increasingly popular in today's busy world. For many people, Yoga provides a retreat from their chaotic and busy lives. The word Yoga comes from the Sanskrit word Yuj, which means to Join or Unite, it is joining or integrating all the aspects of the individual — body with mind and mind with soul — to achieve a happy, balanced and useful life. Yoga offers physical and mental health benefits for people of all ages. Yoga develops inner awareness. It focuses your attention on your body's abilities at the present moment. It helps develop breath and strength of mind as well as body. Yoga uses asanas (postures), focused concentration on specific body parts, and pranayama (breathing techniques) to integrate the body with mind and mind with soul.

The eight limbs are as follows:

Yama: rules for successful living in a society.

Niyama: techniques for managing and purifying self.

Asana: posture techniques for physical and mental balance (what most people think of as yoga).

Pranayama: breathing techniques for physical and mental balance.

Pratyahara: techniques for detaching the mind from the senses for mental balance and calm.

Dharna: concentration techniques for mental balance and calm.

Dhyana: meditation techniques for mental balance and calm.

Samadhi: ultimate advanced meditation techniques and psychic procedures attained after regular practice for universal consciousness

Branches of Yoga

There are six branches of Yoga. Each branch represents a different focus and set of characteristics.

Raja Yoga: the path of wisdom to self-realization and enlightenment. Raja yoga is a systematic approach that has been practiced for thousands of years by yogis who have attained great levels of spiritual awareness.

Hatha Yoga: the path of physical techniques to try to preserve and channel vital force. Hatha yoga places special emphasis on controlled breathing and posture.

Gyana Yoga: the path of knowledge. The concept of gyana yoga was first described in the BHAGAVAD GITA, an ancient Hindu text which focuses on liberation from suffering.

Bhakti Yoga: the path of devotion. Bhakti yoga is a practice of selfless devotion and recognition of the sacred or divine in everything.

Karma Yoga: the path of action. Karma yoga is the spiritual practice of selfless action performed for the benefit of others.

Tantra Yoga: the path of Yoga that weaves together many different techniques, such as mantra meditation, visualization, mudras, pranayama and initiation to study the inner-universe through our human body.

The Benefits of Yoga

Some of the commonly known benefits of practicing yoga:

1. Improves flexibility and balance: Yoga poses and stretches help to increase mobility and enhance the range of motion in various joints in the body.
2. Reduces stress and anxiety: Yoga practices such as deep breathing, meditation, and certain poses help to calm the mind and reduce stress.
3. Improves overall health: Yoga has been linked to reducing high blood pressure, improving heart health, easing chronic pain, and strengthening the immune system.
4. Enhances mental clarity and concentration: Yoga practices promote mindfulness and focus, leading to improved clarity and concentration.
5. Promotes better sleep: Yoga practices can help to reduce anxiety, stress, and physical tension, leading to improved sleep quality.
6. Increases strength and tone: Yoga poses and sequences challenge various muscle groups, leading to improved strength and muscle tone.
7. Boosts self-awareness and self-esteem: Yoga practices help to increase self-awareness and self-esteem by promoting self-reflection and self-acceptance.

It is important to note that the benefits of Yoga vary from person to person and depend on various factors such as the type of Yoga practice, frequency of practice, and individual health conditions.



General notes for the practitioners

1. Wear comfortable clothes and take a blanket or mat, since many poses are performed sitting or lying down.
2. Allow enough time between eating and attending a Yoga class.
3. Always tell your Yoga teacher if you have a specific complaint (i.e., pain or discomfort), so they can advise against any asanas that may aggravate your problem or refer you to an allied health professional for further guidance.
4. Always tell your Yoga teacher if you are pregnant, have had a recent injury, illness, surgery, high blood pressure, heart problems or osteoporosis.
5. Avoid talking during the class because it may disturb your own quiet focus and that of others in the class.

About Author

Ms Mona Singh is a Yoga Therapist based in Bangalore. She is trained in Asthanga as well as Hatha Yoga and has conducted classes in Delhi, Bangalore and Jamalpur in various offices, schools etc. She was also a yoga faculty in Army Public School, Dhaula Kuan, New Delhi. She can be contacted on mailmona@gmail.com. Her Yoga YouTube Channel is www.youtube.com/@monayogashaala.

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Test Your Knowledge

1 How many players of Indian Railways were honoured with Ajuna Award by Hon'ble President on 9th January, 2024?

(a) 4 (b) 8 (c) 12 (d) 0

2 Recently, the Hon'ble Vice President honoured which Mini Ratna of Indian Railways with 'Scope Eminence Award'?

(a) CONCOR (b) RVNL (c) RailTel (d) IRCON

3 How many railway stations are there in the country named 'Ram'?

(a) 751 (b) 354 (c) 101 (d) 51

4 Where is the junction of Eastern and Western DFC?

(a) Nadiad (b) Rewari (c) Mumbai (d) Dadri

5 In which section of DFC is the one kilometer long double line rail tunnel?

(a) Sanand -Makarpur (b) New Karja-New Rewari (c) Dadri-Sanand (d) Vaitaran-JNPT

6 What is the total length of New Kharja-New Rewari section of DFC?

(a) 173 km (b) 220 km (c) 30 km (d) 120 km

7 In which railway project are 28 'Early Earthquake Detection Systems' being installed?

(a) Pamban Bridge (b) Rishikesh-Karnprayag (c) Ahmedabad-Mumbai High Speed Rail (d) Udhampur-Baramulla Rail Project

8 In which city is the headquarters of Western Railway situated?

(a) Mumbai (b) Nagpur (c) Nashik (d) Ahmedabad

9 For how many hours is the platform ticket valid?

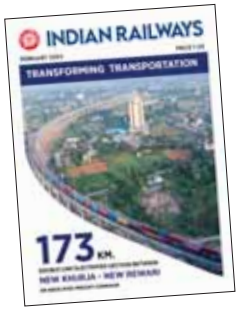
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10 From which website online subscription of 'Indian Railways' and 'Bhartiya Rail' magazines can be obtained?

(a) CRIS (b) RailTel (c) IRCTC (d) RVNL

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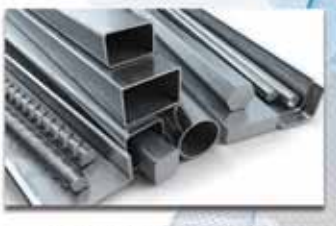
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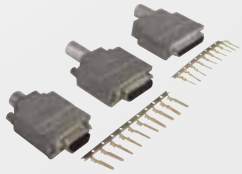


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