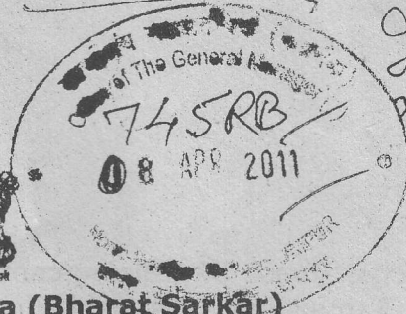




Government of India (Bharat Sarkar)
Ministry of Railways (Rail Mantralaya)
(Railway Board)



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RBE No.32/2011

No. E(MPP)2010/3/59

New Delhi, dated 09.03.2011

JWR
The General Managers,
All Indian Railways including Production Units

Sub: - Analysis of causative factors for human error
during train accidents

31

Based on a study by RDSO on "Analysis of causative factors for human error during train accidents", among other things, practicing yoga, meditation and Physical Training are some of the behavioural techniques to improve agility and concentration level of running staff like drivers as well as ASMs. It may be mentioned that yoga has already been introduced vide Board's letter No. E(MPP)2000/19/1/Pt/Meditation dated 23.11.2001(RBE No.231/2001) as amended from time to time.

Board have now decided to introduce Physical Training(PT) for the railway staff in the morning hours as under: -

- Railway employees attending training may be given the option of either choosing Physical Training (PT) or Yoga with a view to improve their fitness agility and level of concentration;
- To begin with, Physical Training(PT) should be imparted in the 83 training centres as per the list attached irrespective of the fact whether they cater to safety or non-safety category of staff;
- PT classes may be divided into two age group i.e. 20-40 years and 41-55 years and the intensity and level of physical training may appropriately be decided by the persons taking PT classes keeping the age of the group in mind;
- These 83 training Centres will arrange PT classes by engaging local agencies or RPF/railway employee who are qualified in the subject of Physical Training;
- The persons taking PT classes will be paid honorarium @ ₹.75/- per hour per day subject to maximum of ₹.2500/- per month for taking PT classes.
- These 83 training centers would be required to engage 1 person taking PT classes for each group, i.e. one person taking PT classes will conduct classes for the age Group of 20-40 years and another will conduct classes for the age Group of 41-55;

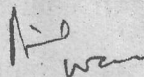
...2/-

: 2 :

- (g) Each of these 83 training centres would be required to have a panel of 3 qualified persons taking PT classes, to avoid disruption of classes, in case one is on leave/sickness etc; and
- (h) Railways will have to make available necessary budgetary provision to these training centres to meet the expenditure incurred on engaging 2 persons taking PT classes, through suitable re-appropriation within General Manager's powers.

This issues with the concurrence of the Finance Directorate of the Ministry of Railways.

DA: above

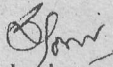

(Anil Wason)
Dy. Director(MPP)
Railway Board

No. E(MPP)2010/3/59

New Delhi, dated 9.03.2011

Copy to:

- (i) Dy. Comptroller & Auditor General of India(Railways), New Delhi with 40 spares.
- (ii) The FA&CAOs, CR, ER, ECR, ECoR, NR, NCR, NER, NFR, NWR, SR, SCR, SER, SECR, SWR, WR & WCR.

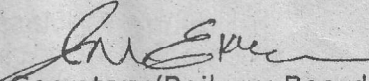

For Financial Commissioner/Railways

No. E(MPP)2010/3/59

New Delhi, dated 9.03.2011

Copy to:

1. The General Secretary, AIRF, 4, State Entry Road, New Delhi, with 35 spares.
2. The General Secretary, NFIR, 3 Chelmsford Road, New Delhi, with 35 spares.
3. The Secretary General FROA, Room No.256-A Rail Bhavan New Delhi with 5 spares.
4. The Secretary General, IRPOF, Room No.268 Rail Bhavan New Delhi with 5 spares
5. The Secretary RBSS Group 'A' Officers Association, Room No.462, Rail Bhavan
6. All Members, Departmental Council and Secretary Staff side National Council 13-C, Ferozeshah Road, New Delhi with 90 spares
7. The General Secretary, AIRPF Association, Room No,256 Rail Bhavan New Delhi with 5 spares.


For Secretary/Railway Board

List of Training Centres where PT instructors is required

CF

1. Zonal Railway Training Institute/Bhusawal/CR
2. S&T Training Centre/Byculla/CR
3. Electrical Training Centre/Thakurli/CR
4. Drivers/Assistant Drivers Training Centre/Ajni/CR
5. Motorman Training Centre/Kalyan/CR
6. Motorman Training Centre/Kurla/CR

ER

1. Zonal Railway Training Institute/Bhuli/ER
2. Supervisors' Training Centre/Kancharapara/ER
3. S&T Training Centre/Liluah/ER
4. S&T Training Centre/Malda/ER
5. Electrical Training Centre/Asansol/ER
6. Diesel Drivers' Training Centre/Jamalpur/ER
7. Diesel Traction Training Centre/Andal/ER
8. Diesel Traction Training Centre/Burdwan/ER
9. Diesel Traction Training Centre/Howrah/ER
10. Diesel Traction Training Centre/Malda/ER

ECR

1. ZRTIMuzzafarpur/ECR
2. Diesel Traction Training Centre/Patratu/ECR
3. Diesel Traction Training Centre/Mugalsarai/ECR
4. Electric Traction Training Centre/Mugalsarai/ECR

ECOR

1. Diesel Training Centre/Visakapatnam/ECOR

NR

1. Zonal Railway Training Institute/Chandausi/NR
2. Supervisors' Training Centre/Lucknow/NR
3. Civil Engineering Training Centre/Kanpur/NC
4. S&T Training Centre/Ghaziabad/NR
5. Electrical Training Centre/Ghaziabad/NR
6. Diesel Traction Training Centre/Alamb agh/Lucknow/NR
7. Diesel Traction Training Centre/Ludhiana/NR
8. Diesel Traction Training Centre/Shakur Basti/Delhi/NR
9. Diesel Traction Training Centre/Tuglakabad/Delhi/NR

NCR

1. Supervisors' Training Centre/Jhansi/NCR
2. Electrical Training Centre/Kanpur/NCR
3. Indian Railway Track Machines Training Centre/Allahabad/NCR

NER

1. Supervisors' Training Centre/Gorakhpur/NER
2. S&T Training Centre/Gorakhpur/NER
3. Electrical Training Centre/Gorakhpur/NER
4. Diesel Traction Training Centre/Gonda/NER

NFR

1. Zonal Railway Training Institute/Alipurduar JN./NFR
2. S&T Training Centre/Pandu/NFR
3. Supervisors' Training Centre/New Bongaigaon/NFR
4. Diesel Traction Training Centre/Guwahati/NFR
5. Diesel Traction Training Centre/Siliguri/NFR

NWR

1. Zonal Railway Training Institute/Udaipur/NWR
2. Supervisors' Training Centre/Ajmer/NWR
3. Diesel Traction Training Centre/Bhagat-ki-koti/Jodhpur/NWR

SR

1. Zonal Railway Training Institute/Trichy/SR
2. S&T Training Centre/Podanur/SR
3. Civil Engineering Training Centre/Tambaram/SR
4. Electrical Training Centre/Avadi/SR
5. Diesel Traction Training Centre/Ponmalai/SR
6. Diesel Traction Training Centre/Tondiarpet/SR
7. Traction Training Centre/Tambaram/SR

SCR

1. Zonal Railway Training Institute/Maula Ali/SCR
2. Supervisors' Training Centre/Secunderabad/SCR
3. Civil Engineering Training Centre/Kacheguda/SCR
4. Civil Engineering Training Centre/Guntakal/SCR
5. S&T Training Centre/Maula Ali/SCR
6. Electrical Training Centre/Vijayawada/SCR
7. Electrical Training Centre/Lallaguda/SCR
8. Diesel Traction Training Centre/Kazipet/SCR
9. Diesel Traction Training Centre/Guntakal/SCR
10. Diesel Traction Training Centre/Rajmundry/SCR

SER

1. Zonal Railway Training Institute/Sini/SER
2. Supervisors' Training Centre/Kharagpur/SER
3. S&T Training Centre/Kharagpur/SER
4. Civil Engineering Training Centre/Kharagpur/SER
5. Electrical Training Centre/Tatanagar/SER
6. Diesel Training School/Rourkela/SER
7. TRD Training Centre/Chakradharpur/SER

SECR

1. Diesel Traction Training Centre(NG)/Nagpur/SECR
2. Divisional Loco Training Centre/Bilaspur/SECR
3. Divisional Loco Training Centre/Bezonbagh/SECR
4. Electrical Training Centre/Bilaspur/SECR

SWR

1. Supervisors' Training Centre/Bangalore/SWR
2. Electrical Training Centre/My sore/SWR

WR

1. S&T Training Centre/Sabarmati/WR
2. Electrical Training Centre/Vadodara/WR
3. Electrical Training Centre/Mahalaxmi/WR
2. Diesel Traction Training Centre/Sabarmati/Ahmedabad/WR
3. Diesel Traction Training Centre/Mahalaxmi/WR
4. Diesel Traction Training Centre/Bandra/WR
5. Diesel Traction Training Centre/Ratlam/WR
6. Diesel Traction Training Centre/Abu Road/WR

WCR

1. Diesel Training Centre/Itarsi/WCR
2. Diesel Traction Training Centre/New Katni/WCR

भारत सरकार
रेल मंत्रालय (रेलवे बोर्ड)

आरबीई सं. 32/2011

सं. ई (एमपीपी)2010/3/59

नई दिल्ली, दिनांक: 9.03.2011

महाप्रबंधक,
सभी भारतीय रेलों और उत्पादन इकाइयां।

विषय: गाड़ी दुर्घटनाओं के दौरान मानव चूक के लिए जिम्मेदार कारकों का विश्लेषण।

"गाड़ी दुर्घटनाओं के दौरान मानव चूक के लिए जिम्मेदार कारकों के विश्लेषण" पर अ.अ.मा.सं. द्वारा किए गए अध्ययन के आधार पर, रनिंग कर्मचारियों जैसे ड्राइवरो और सहायक स्टेशन मास्टरो की फुर्ती तथा एकाग्रता स्तर में सुधार लाने के लिए अन्य बातों के साथ योग, ध्यान का अभ्यास करना तथा शारीरिक प्रशिक्षण देना कुछ व्यावहारिक तकनीक हैं। यह उल्लेखनीय है कि बोर्ड के दिनांक 23.11.2001 के पत्र सं. ई(एमपीपी)2009/19/1पार्ट/मेडिटेशन (आरबीई सं. 231 /2001) जिसे समय-समय पर संशोधित किया गया है, द्वारा योग की पहले ही शुरूआत कर दी गई है।

बोर्ड ने अब यह निर्णय लिया है कि रेलवे कर्मचारियों को सुबह के समय निम्नानुसार शारीरिक प्रशिक्षण दिया जाए:-

- (क) प्रशिक्षण में भाग लेने वाले रेलवे कर्मचारी अपनी शारीरिक फुर्ती तथा एकाग्रता के स्तर में सुधार लाने की दृष्टि से शारीरिक प्रशिक्षण अथवा योग का विकल्प दें;
- (ख) शुरूआत में, संलग्न सूची के अनुसार 83 प्रशिक्षण केन्द्रों में इस तथ्य पर ध्यान दिए बिना शारीरिक प्रशिक्षण दिया जाए कि क्या वे संरक्षा अथवा गैर-संरक्षा कोटि के कर्मचारियों को सेवित करते हैं;
- (ग) शारीरिक प्रशिक्षण कक्षाएं दो आयु ग्रुपों अर्थात् 20-40 वर्ष तथा 41-55 वर्ष में बांटी जाएं तथा शारीरिक प्रशिक्षण लेने वाले व्यक्तियों द्वारा आयु ग्रुपों को ध्यान में रखते हुए शारीरिक प्रशिक्षण की प्रबलता तथा स्तर के बारे में उपयुक्त रूप से निर्णय लिया जाए;
- (घ) ये 83 प्रशिक्षण केन्द्र स्थानीय एजेंसियों अथवा शारीरिक प्रशिक्षण विषय में अर्हक रेलवे सुरक्षा बल/रेल कर्मचारियों की नियुक्ति करके शारीरिक प्रशिक्षण कक्षाओं का प्रबंध करेंगे;

- (ड.) शारीरिक प्रशिक्षण की कक्षाएं लेने वाले व्यक्तियों को ₹ 75/- प्रति घंटा प्रतिदिन की दर पर मानदेय का भुगतान किया जाएगा। जो शारीरिक प्रशिक्षण की कक्षाएं लेने के लिए अधिकतम ₹ 2500/- प्रति माह होगा;
- (च) इन 83 प्रशिक्षण केन्द्रों को शारीरिक प्रशिक्षण कक्षाओं के प्रत्येक ग्रुप के लिए एक व्यक्ति नियुक्त करना अपेक्षित होगा अर्थात् शारीरिक प्रशिक्षण कक्षाएं लेने वाला एक व्यक्ति आयु ग्रुप 20-40 वर्ष के लिए कक्षाएं आयोजित करेगा तथा दूसरा आयु ग्रुप 41-55 के लिए कक्षाएं आयोजित करेगा;
- (छ) इन 83 प्रशिक्षण केन्द्रों में से प्रत्येक को शारीरिक प्रशिक्षण कक्षाएं लेने वाले 3 अर्हक व्यक्तियों का एक पैनल बनाना होगा ताकि यदि इनमें से कोई एक छुट्टी पर हो/बीमार हो तो कक्षाओं में कोई बाधा न पड़े; तथा
- (ज) रेलों को महाप्रबंधक की शक्तियों के भीतर उपयुक्त पुनर्विनियोग के माध्यम से शारीरिक प्रशिक्षण कक्षाएं लेने वाले 2 व्यक्ति नियुक्त करने पर होने वाले खर्च को पूरा करने के लिए इन प्रशिक्षण केन्द्रों के लिए आवश्यक बजटीय व्यवस्था उपलब्ध करानी होगी।

इसे रेल मंत्रालय के वित्त निदेशालय की सहमति से जारी किया जा रहा है।

(अनिल वासन)

(अनिल वासन)
उप निदेशक (एमपीपी)
रेलवे बोर्ड

सं. ई (एमपीपी)2010/3/59

नई दिल्ली, दिनांक: 9.03.2011

प्रतिलिपि सूचना प्रेषित:

1. भारत के उप नियंत्रक एवं महालेखा परीक्षक (रेलें), कमरा नं. 224, नई दिल्ली को 40 अतिरिक्त प्रतियों सहित प्रेषित।
2. वित्त सलाहकार एवं मुख्य लेखा अधिकारी, सभी भारतीय रेलें।

(गौरी)
कृते वित्त आयुक्त/रेलें।