



NFIR

National Federation of Indian Railwaymen

(Affiliated to Indian National Trade Union Congress)
(Affiliated to International Transport Worker's Federation (ITF) London)
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Esc No. : 90-A/Covid 19

Date : 29.06.2020

To
The Principal Chief Medical Director,
Southern Railway,
Chennai.

Sir,

Sub : Supply of tablets to boost Immunity Power.

The Covid 19 virus is rapidly spreading in Chennai, Madurai, Trichy also districts of CGL, CJ, TRL, AJJ, etc. The lockdown has further extended to 31st July 2020. The employees are maintaining Railway assets and infrastructure efficiently and running Special trains, Shramik Special trains, Parcel trains, Freight trains, etc., for meeting the requirements of our nation.

Considering rapid spike in Covid 19, the Tamilnadu Government had taken measure to contain the spread suggested to the public to take the following medicine to boost the immunity power (copy enclosed for ready reference).

- 1) Supply of Vitamin C – 500 mg or Multivitamin tablet daily, 1 to 10 days.
- 2) Kabasura Kudineer / Nilavembu – Medicinal Powder.
- 3) Zinc 150 mg Tablet daily, 1 to 10 days.
- 4) Arsenicum Album 30 (daily 4 tablets for 3 days).
- 5) Chavanprash – 10gm daily.

We NFIR / SRES therefore request you to kindly arrange to supply the same to our Railway workers and their family to contain the spread of Covid 19 please.

Thanking you,

Yours faithfully,

(P.S.Suriyaprakasam)
JGS/NFIR & GS/SRES