

MD's Corner

Dear Colleagues,

I am delighted to see the unveiling of this incredibly special 'October 2020' edition of the Maha-Metro CONNECT. This edition aptly captures the essence of the pursuit of the excellence that has become engrained in everything that the team Maha-Metro now habitually does.

This essence of excellence has resulted in high level of appreciation by Hon'ble Shri Ajit Pawar, Deputy Chief Minister, Maharashtra of the project execution work by the Pune team. Such appreciation is immensely gratifying, humbling and encouraging. Also, it is this zeal and commitment of the team that has seen first tunnel breakthrough in record ten months of 1.6 km underground tunnel work at Pune using Tunnel Boring Machine (TBM). I am also happy to see the showcasing of "Floating Track Slab at Nagpur Zero Mile Station to Control Vibration" in the Innovation Corner section. Such floating track slab on the viaduct has been executed for the first time in a metro project in the country. I am confident that this latest innovation is part of the journey of Maha-Metro team's continued pursuit of innovations and creation of new benchmarks and milestones at Nagpur and Pune.

We continue to live in the new-normal era of COVID-19. In recent weeks, the rate of COVID-19 infection has slowed down, but the risk persists. There are reasons why we must remain always at guard in the fight against the virus: increased activities at our work sites and the onset of the festive season are two important reasons. It is in this backdrop that the first hand experiential and inspirational stories of "Learning from Maha-Metro COVID-19 Warriors" assumes significance. A special four page spread-out of their experience of showing high level of grit, courage and perseverance in conquering COVID-19 infection in this edition provides a lesson for all of us for both undertaking precautionary measures as well as for handling the unlikely event of COVID-19 infection to self or family members.

Also, this edition has another special insertion - "A graphic illustration of benefits of commuting by Nagpur Metro" by a young member of Maha-Metro family Madhura (daughter of a senior Nagpur Metro official). I congratulate her on her ingenuity and I encourage all Maha-Metro officials, staff and their family to contribute to the future editions.

Lastly, I wish a happy and healthy festive season to all.



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Benefits Illustration

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RECOGNITION FOR PUNE METRO

Hon'ble Shri Ajit Pawar, Dy. CM Maharashtra Appreciates Pune Metro Work

Visit on 18th Sep 2020

I inspected Pune Metro work today. The city of Pune-Pimpri-Chinchwad was in dire need of a high capacity urban transport system like Metro. Maha Metro Pune is constructing Metro Rail in Pimpri-Chinchwad city at rapid pace with quality. It is noteworthy that the stations have been designed and are being constructed keeping in view the historical, cultural and industrial heritage of Pune. The Government of Maharashtra has been providing all possible assistance in construction of the Pune Metro Project. Best wishes to all the officers, employees and workers of Metro.

Visitors Book			
Date	Name / Address / E-Mail	Phone / Fax	Remarks
18-9-2020	अजित पवार उपमुख्यमंत्री, महाबाबू बाज मंत्रालय, मुंबई		आज येथी पुणे मेट्रो कामाची पहिली केली. पुणे-पिंपरी-चिंचवड शहरात मेट्रो स्वारख्या जास्त शीतलेच्या आहारी वहातूक चालवणे अत्यंत गरजेची होती. महा मेट्रो पुणे-पिंपरी-चिंचवड शहरात मेट्रो रेलवेचे बांधकाम अत्यंत वेगाने व गुणवत्तापूर्वक चालत आहे. विशेषतः महानगर मेट्रोची स्थाने बांधण्याची पुण्याच्या ऐतिहासिक, सांस्कृतिक व औद्योगिक, कार्यालयीन किचकट घडून आल्याकडे नोंद घेऊन आले आहे. महाबाबू बाजाने पुणे मेट्रो प्रकल्माची बांधकामात बांधणीची स्वास्थ्य चालत आहे आहे. मेट्रोच्या सर्व अधिकारी, कार्यवाही व कामगार यांना मनापूर्वी शुभेच्छा. 18-9-2020

Visit on 25th Sep 2020

Today, I inspected Pune Metro underground metro work at Agriculture College, the Car Depot at Kothrud and the work at the Pune Railway Station. Metro has planned multi-modal integration of Railway, City Bus (PMPML) and MSRTC bus with the metro stations, this will provide quality facilities to the commuters. This is for the first time such a large underground work is being done in Pune city. Pune Metro has completely transformed the waste depot at Kothrud, Kachra to Kanchan is a reality. A commercial complex would also come up at Kothrud, this will generate additional revenue for Pune Metro. Best wishes to all the officers, employees and workers of Pune Metro.

Visitors Book			
Date	Name / Address / E-Mail	Phone / Fax	Remarks
25-9-2020	अजित पवार उपमुख्यमंत्री, महाबाबू बाज मंत्रालय, मुंबई		आज येथी पुणे मेट्रोच्या मुंबई महाविद्यालय येथील शुभारंभ मेट्रोचे काम, कोथरुड येथील कार डेपो व पुणे रेल्वे स्थानक येथील कणाची पहिली केली. मेट्रोने अत्यंत निर्माणपूर्वक मेट्रो स्थानके व रेल्वे स्थानके तसेच मेट्रो मॉडेल व प्लॅनची तसेच स्थानके यांचे मॉडेल मॉडेल शिष्टाचार केले आहे, त्याचप्रमाणे योजनेचे शुभेच्छा उपलब्ध शीतले शुभारंभ कामाचे काम अत्यंत निर्माणपूर्वक चालत आहे. पुणे शहरात प्रथमच या प्रकारचे मोठे शुभारंभ काम होत आहे. कोथरुड येथील कणाची डेपोचे पुणे मेट्रोने पूर्णतः स्वयंसेवा केले आहे. कणाची व कणाची ही विशेषता प्रत्यक्षात आणली आहे. कोथरुड येथील कार डेपोमध्ये व्यापारी तसेच स्थानक उभारण्यात येणार आहे. त्याचप्रमाणे मेट्रोला अतिरिक्त आयुक्त मिळेल. पुणे मेट्रोचे सर्व अधिकारी, कार्यवाही व कामगार यांना मनापूर्वी शुभेच्छा. 25-9-2020

COVID VIRUS WARRIORS



“Learning from the experience of Maha Metro Corona Warriors”

Sudhakar Urade General Manager (O & M), Nagpur

During August first week, I felt very mild symptoms like sneezing, throat pain, sweating, and uneasiness. My wife too felt throat pain and uneasiness. During the inspection of the Airport station, I felt uncomfortable and decided to get tested, to protect me, my family and our old mother with heart and lung related illnesses.

Me and my wife got tested positive, on 10th August. I informed my bosses who encouraged me to stay calm. I also informed my team who had come in contact with me to get tested.

Immediately I consulted Dr. Sawai of NMC, who advised me not to get panic and take immunity boosting medicines like Vitamin C, Zinc Sulphate tablets, etc. Then I rushed to Ram Nagar Medical Stores for buying the medicines as I could not afford to miss any dose of medicine.

The next day, my mother and kids were tested and found negative which was a great relief. Besides the above medicines, I also brought tulsi ark and other ayurvedic medicines and continuously monitored oxygen levels. We also did pranayam and light exercise twice a day at least for 30 minutes as well as focused on Kaadha, steam, and more intake of citrus fruit, etc.

NMC allowed home quarantine for me and my wife to remain in the same isolated room from other family members which didn't give us a feeling of mental loneliness or other negative thoughts.

Post COVID-19 experience I have felt fatigue and weak for about a month and also lost weight of about 3-4 kgs.

The takeaway from my COVID story is 'Health is wealth'.

'Early detection was the key to getting cured early without much damage to self and others'.

'Mask is Must' + 'Stay Motivated' + 'Boost Immunity'

Devendra Ramtekkar ED (Procurement), Nagpur

"I was COVID-19 positive, and I didn't know from where"

The situation around us is funny. We are behaving as if the new normal is nothing, but the normal that we have always known. More and more people are going largely unapologetic about not wearing masks. Traffic is back to normal and people can be seen everywhere.

When unlocking was announced I too began to feel COVID was no longer a big deal. Till I got tested COVID positive and I accepted the inevitable. Symptoms initially were slight fatigue, low-grade fever followed by the loss of smell, and taste. Test result indicated positive for Covid 19 infection. As I had no comorbidity, based on the doctor's advice I opted for home quarantine and thus began my covid journey.

Luckily, my doctors (a neighbor and a friend, an expert of lung disease and another a radiologist who monitored my CT scan of lungs) prescribed multi-vitamins, Hydroxychloroquine, and antibiotics for a period of 5 days. The paracetamol only when fever touched 100 degrees Celsius which never happened.

In addition, family and friends put me on a strict regimen of old Indian herbal medicines. Luckily my symptoms were short-lived, fever was gone in a couple of days, and fatigue in a week. With no symptoms whatsoever, no further test was done as per the advice of doctors.

Post-COVID once I joined work I would get few bouts of headaches. Screen time for my office work got me extremely tired. But I started getting better in about two weeks' time and can hopefully say that am back to (almost) normal now.

Coronavirus can't be taken lightly - that's the biggest lesson from my entire coronavirus sojourn and you should take that home too.

COVID VIRUS WARRIORS

“Learning from the experience of Maha Metro Corona Warriors”

Naresh Gurbani ED Track & Reach 1, Nagpur

Unprecedented COVID-19 pandemic could not dampen the spirit of the Maha-Metro team which resumed work with full COVID time protocol once, we got approval to resume work. I was working with full precautions, but on 10th Sept, was detected COVID +Ve with fever as initial symptom. I isolated myself at home to ensure the safety of family members, took prescribed medicines, ate healthy meals and took adequate rest. When after seven days of medication, the fever did not subside, I was given additional medicines and slowly my life resumed to normal and I resumed work on 25th Sept. During the COVID-19 period, my family and friends provided physical and emotional support. From the office, Director Project and MD Sir regularly enquired and motivated me. I strongly suggest all to strictly follow the COVID-19 protocol such as the use of masks, social distancing, regular washing of hands, etc. to remain protected.

Mr. Rahul Kumar SSE Traction, Nagpur

On 16 Sep 2020, I realized that I was feeling weak and feverish. As a precaution I voluntarily went for COVID test; I was tested positive. The doctor at NMC advised me home quarantine and prescribed medicines. I isolated myself in my house, started cooking my meals, and doing all my daily chores. I took total rest and maintained a healthy and stress-free routine at home. Sometimes my friend would send dinner for me. I resumed duty on 01 Oct 2020. I would advise all to get yourself tested for the safety of self and others.

G C Paunikar ED (ELECT./TRD), Nagpur

My son was having fever for which he took online treatment, but the fever didn't subside. Also, my wife contracted fever. Alarmed, I took both for the COVID test on 23 Aug; both were detected positive. My son recovered soon but my wife needed hospitalization for breathlessness. Her condition deteriorated soon and she was diagnosed with COVID-induced pneumonia. I was told to take her to a bigger hospital. I had to shift her to a hospital with facilities of high flow oxygen and ventilator support. To my horror all hospital beds were full. It was a day-long pillar to post struggle to get her shifted to a suitable hospital. To our luck, we did get one past midnight where she was admitted. She was hospitalized for 17 days. I got exhausted due to exertion and my health deteriorated. I too was tested positive and was admitted to another hospital in ICU from where I was shifted to a normal ward after two days. I was finally discharged on the 6th day and advised 14 days home quarantine.

While I was going through all this, my 95 years old bedridden mother too was detected COVID positive. Fortunately, I found help of a housemaid to look after her while I and my wife were hospitalized. It is her sheer willpower that she sailed through these demanding times.

By God's grace, we all recovered and are doing well now. I request all to please follow COVID protocol and never lower guard to fight this pandemic.



COVID VIRUS WARRIORS



“Learning from the experience of Maha Metro Corona Warriors”

Ms. Poonam Sindhav DGM (Finance), Pune

COVID-19 has played havoc in my family. Me, my parents, sister, niece were all declared positive on the same day. Having noticed that my father was unusually coughing, my mother, sister, and niece had headaches and fever and I also was sapped of energy, I immediately rushed to the doctor on 2nd Sept. He advised the COVID test for all and to my horror all tested positive. He prescribed quarantine and medicines. We followed the doctor's nostrum and shut us away from the world totally. We all had different symptoms like headache, fever, joint pain, and loss of taste & smell. We supported each other in daily chores and followed a strict regime of diet. The doctor monitored the oxygen level and temperature daily. The post quarantine period is equally painful as one feels extremely weak. However, I have resumed the office. I recommend all to strictly follow all the protocols of COVID 19 prevention & see a doctor immediately if in doubt.

Gorakhnath Bhavsar Sr DGM, Safety, Pune

On 01st Sep 2020 on noticing symptoms of dry-throat, fever, and feeling always thirsty, I visited a doctor the next day who prescribed the COVID-19 test, CT Scan, and blood test. Despite having no breathing problems, I was detected COVID +Ve with infections having reached the lungs. I was immediately hospitalized, was there in hospital for seven days and on discharge felt very weak and exhausted. I was advised home quarantine under medication for 10 days and was told to take complete rest. I was again advised by the doctor to undergo all tests including CT Scan and the results were normal this time. I resumed duties only after consulting the doctor. I would recommend all to be very careful and see the doctor in the first instance of doubt. Timely detection and medication can save lives.

Ms. Reshma Ranaware Sr Asst., HR Dept., Pune
(Outsourced staff from Great Wall)

In spite of taking all precautions of wearing a mask, social distancing repeated washing hands with soap water and use of sanitizer, etc., I was detected COVID positive on 04/09/2020. I was asymptomatic; however, I consulted a doctor and underwent his treatment. I am grateful that I was detected early, and this helped me seek necessary medication. I was advised to eat more fruits, have a complete meal, and take adequate rest. I self-quarantined myself for 14 days, in isolation cut off from the world. I did meditation to drive away loneliness and focused to get well soon.

Mr. Raj Kumar Mitra Chief Finance Expert,
General Consultants, Pune

It all started with symptoms like influenza viz. heavy head and chest, body aches, no fever but fatigue, and unusual sweating while doing physical work or while standing a little longer. It continued for more than five days. My energy level hit rock-bottom, I could not talk properly and was gasping for energy. Besides oxygen saturation level dropped to 96. The test detected Covid -19 positive.

Remaining unperturbed and keeping cool is the first requirement. Next, admit yourself to the hospital or stay in home quarantine as advised by the Doctor. I remained home quarantined. Besides medicine, drinking warm water frequently helps to maintain energy levels. Oxygen support was not necessary in my case. However long and slow inhale and exhale helped to keep mind and body cool.

During Home Quarantine, I remained completely isolated and used separate utensils. My appetite increased and started regaining energy. Post-Covid -19 one needs adequate rest and a balanced diet to normal health.

COVID VIRUS WARRIORS



“Learning from the experience of Maha Metro Corona Warriors”

Ms Pooja Dabke Sr. SE Rolling Stock, Pune

When I was tested positive for COVID-19 on 2nd September, it was no surprise for me as I already had symptoms like throat pain and the difficulty in breathing. On the 2nd day, I had fever and weakness also. Day by day, I experienced more symptoms like dry cold, cough and it lasted for 9-10 days. During these days I also had loss of taste and smell. I was home quarantined for 14 days on the recommendation of a doctor. My medical treatment consisted of anti-flu and multivitamin tablets with regular home remedies like taking steam, drinking warm water, etc. I must say that the medication dose was a bit heavy. I did test negative after 17 days and then the real difficulty started after the end of medication. I was working from home for some days after the isolation period and then started attending office. As I resumed my work after recovery, I was getting tired even if I was doing a few activities. Now it has been a month after recovery, still, I feel weakness sometimes. My take is to take all possible preventive measures as “Prevention is always better than cure”. And yes, I am blessed to have family, friends, and colleagues who helped me & always kept me positive throughout my recovery period, and of course thanks to the doctors and medical staff who took care of me during these adverse times.

Mr Rahul Bhutkar Security Guard, Pune

On 21st August, I was detected COVID positive during the COVID test conducted by Pune Metro. I immediately went home and isolated myself from my family, in one room in my house. As I did not have any symptoms, I went to PMC COVID Centre at Kharadi, Pune and got myself tested again. The test result was negative. Notwithstanding this, I went into quarantine for 14 days and continued to stay isolated from my family.

We followed a strict regime and protocol of COVID-19 prevention. All members used mask even at home and followed all COVID precautions in true earnest. During this period of quarantine, I used to wash my own clothes, clean my room and perform daily chores ensuring strict isolation from my family members. I was served meals and refreshments with precautions only by my wife. My children were not permitted to come anywhere in the close vicinity of my room. Worried about the good health of family and friends I didn't meet anyone during this period. I resumed duty after the quarantine period of a total of 14 days at a stretch.





TUNNEL BREAKTHROUGH



Pune Metro achieves tunnel breakthrough at North end of Civil Court

Five kilometres of Pune Metro project passing through the dense city areas is underground. This portion achieved a significant milestone on 28th September when the first tunnel breakthrough was made at the North end of Civil Court interchange station thereby completing the tunnelling work in the Range Hill - Shivaji Nagar - Civil Court stretch. The breakthrough happened 150 meter inside the NATM section of Civil Court underground Station. This breakthrough of 1.6 km tunnelling was completed in 10 Months using one of the two TBMs that were being used in the project. This accomplishment in record time was achieved with meticulous planning and adept execution in spite of the challenges brought in by the COVID-19 pandemic.



INNOVATION CORNER

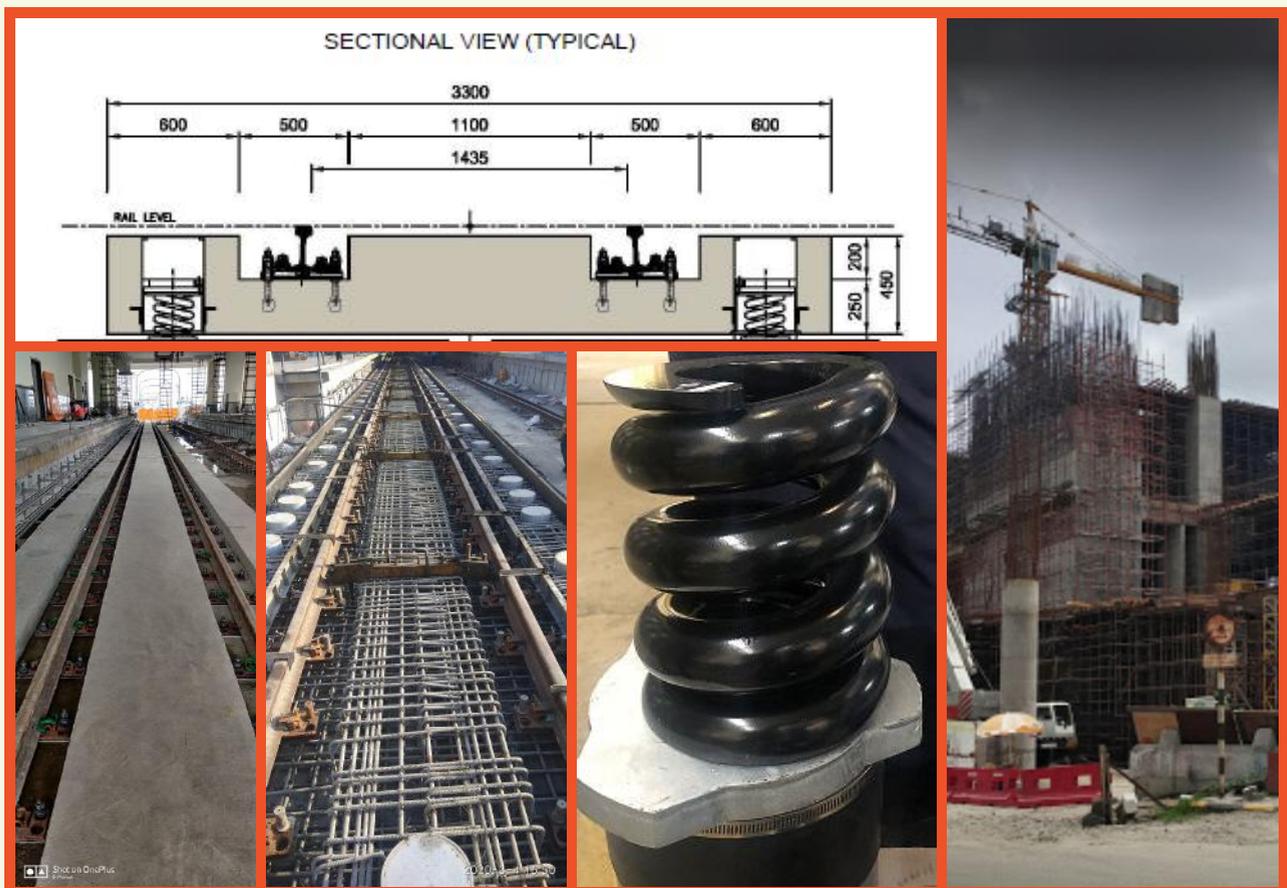
Floating Track Slab at Zero Mile Station to Control Vibration

Maha Metro Nagpur has installed a unique Mass Spring System (MSS) at Zero Mile Station for mitigation of vibration that was caused due to train movement. Such a floating track slab on the via-duct has been executed for the first time in a metro project in the country. The system absorbs any vibration and thus reduces it from being passed on to Metro Station building.

As the track structure is passing through the building structure at Zero Mile station, vibrations generated from the train wheels rolling on the tracks are directly transmitted to the building structure. At Zero Mile Station, track is on the fifth floor and is an integral part of the station building which is not the case with other Metro Stations. Hence this innovation was conceptualised there.

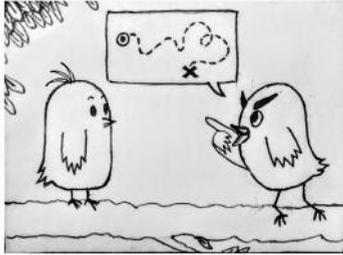
The track structure at the Metro station has been specially designed as a Floating slab (30 mm above Station slab) supported on 176 numbers of Chrome Alloyed Steel Spring system isolators. The Track Slab of 135 meter length, covers full length of Platform on both UP & DOWN lines and has been concreted in single pour on each track slab without any expansion joint.

The chrome alloyed steel spring system absorbs the vibrations created during train movement. The MSS Track Slab System is a Maintenance free system having a designed life of 75 Years. The Zero Mile station is a Multi Storied Commercial Building. The building has multi-level underground parking with a concourse level below the Platform level.

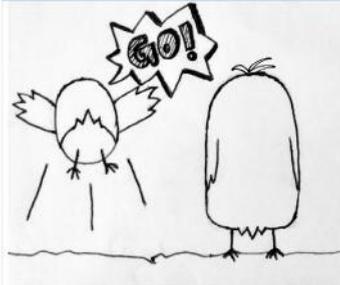


FROM THE EYES OF A YOUNG ARTIST

Metro Commuting Benefits Illustrated by a Budding Artist.



Two Buddies at Lokmanya Nagar decided to reach Birdie (Sita Buldi 🐣) for shopping



With no second thought, one left for Birdie by his routine path



On the route, he faced the severity of the hot sun... besides harsh air and sound pollution from road vehicles



And oh it started raining too



In haste, he also crashed a tree



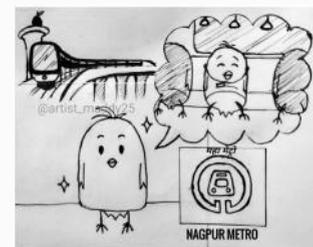
So he took shelter and waited till the weather conditions improved



When he reached Birdie, he saw the other one already waiting for him



Upright and Alright...
But how?



He had smartly chosen Nagpur Metro Rail Services

Not only this, I was amazed by the station facilities like lifts, escalator, baby care room, wheelchairs, clean and sanitised restrooms and parking lot. Amazed with the Covid-19 precautions like social distancing and the regular sanitizing and cleaning of common touch areas inside train and stations... A truly safe journey in all

I smartly chose Nagpur Metro Rail Services which is safe, economical, pollution free, convenient, comfortable and faster. The fare is even cheaper than that of shared auto rickshaws. I used Maha Card for Safe, easy and seamless way of Metro Travel with 10% discount



ILLUSTRATION BY
Madhura Sudhakar Urade

Appearing 12th Science & Preparing for
National Institute of Design, Ahmedabad



Follow Her on Instagram @artist_maddy25

COVID-19 : STAY SAFE THAN BE SORRY LATER



Ministry of Health and Family Welfare
Government of India

NOVEL CORONAVIRUS (COVID-19)



Help us to
help you

There is enough of everything, everyday for everyone
Don't Panic | Don't Rush | Don't Overstock



Maintain at least 1 metre distance in market places, medical stores, hospitals, etc.



Have patience and keep calm while shopping for essential goods/medical supplies



Avoid frequent trips to the market to buy groceries/medical supplies



Avoid shaking hands and hugging as a matter of greeting



Avoid non-essential social gatherings at home



Don't allow visitors at home or visit someone else's home

Observe social distancing at all times

If you have symptoms like cough, fever or difficulty in breathing, avoid any kind of exposure and immediately call the helpline numbers

For information related to COVID-19

Call Ministry of Health and Family Welfare, Government of India's 24x7 Control Room Number 1075 (Toll Free) | 011-23978046 , Email at ncov2019@gov.in , ncov2019@gmail.com

Together we will fight COVID-19



mohfw.gov.in



@MoHFWIndia



@MoHFW_INDIA



mohfwindia

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Social Media Engagement

Citizens Love
Maha Metro!

Social media engagement of Pune & Nagpur Metro far exceeds its other counterparts in the country. Pure testimony of 'Maazi Metro'



NAGPUR METRO

Average acquisition of FB followers per month **11,945**

f 5,80,880 **ig 11,970**

yt 4,47,770 **tw 13,574**

Average Reach 12,530



PUNE METRO

Average acquisition of FB followers per month **8,900**

f 5,74,465 **ig 12,100**

yt 1,177,933 **tw 21,228**

www.mahametro.org