



NEWS LETTER

Hon'ble Minister for Industries inspection

The Honorable Minister for Industries Thiru M.C Sampath inspected the on-going underground works of Saidapet Metro Station, AG-DMS and Central Metro Station of Phase 1 of Chennai Metro Rail Project on 01-02-2018. The Honorable Minister instructed CMRL to complete the construction and final finishing works swiftly for opening the stretch from Nehru Park to Central Metro for passenger services. Thiru Pankaj Kumar Bansal, I.A.S., Managing Director along with Director (Systems & Operations), Director (Projects), CGM (UGC) and other officers were present during the the inspection,



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CHAIRMAN

**Thiru Durga Shanker Mishra, I.A.S.,
SECRETARY
MINISTRY OF URBAN AFFAIRS
GOVT. OF INDIA**

**Thiru Pankaj Kumar Bansal, I.A.S.,
MANAGING DIRECTOR
CHENNAI METRO RAIL LIMITED**



"Healthy Life Style - Diet & Stress Management"

"Healthy Life Style - Diet & Stress Management" conducted by Dr. U. Uthara, Chief Dietician, SIMS Hospital at CMRL Auditorium on 24.02.2018 (Saturday), 11:00 hrs.

The following topics were covered during the session:

1. Need for a healthy lifestyle, in view of the rising globosity and prediabetes rates.
2. How to identify that we are not eating the right diet
3. Selecting the various food groups - carbohydrates, proteins, fats, vitamins, minerals, fibre
4. Need for proper hydration and sleep pattern
5. Permitted foods for diabetes, hypertension, obesity and cardiac diseases
6. Exercise- its importance and recommendations
7. Stress - coping with it in healthy ways
8. How to calculate your ideal body weight and BMI
9. Basic information on caloric value of sugars and oils
10. Managing hypertriglyceridemia



"Horn Not Ok Please"

Chennai Metro Rail Limited in association with Seva Sadan School along with CII Yuva Volunteers on 14-02-2018 conducted an awareness activity outside CMRL office on creating awareness titled "Horn Not ok Please".

The Awareness mainly focused on reduction in Noise Pollution and its ill effects. Post completion of the awareness campaign, the students were taken on a train ride from Koyambedu Station to Airport and de-boarded at Shenoy Nagar Station.

A total of 300 students participated along with teachers and volunteers.



SFA Motorcycle Rental at Metro Stations

SFA Motorcycle Rental operates in Chennai over last 8 years over 6 different branches, offering pickup and delivery all over the city. They have over 200 bikes & renting more than 60 models including Scotty Pep plus, Honda Activa, Hero Splendor, Bajaj Pulsar, Yamaha R15, KTM Duke 390, Royal Enfield and Harley Davidson bikes.

Recently Bike Rental services have been launched in Thirumangalam & Airport Metro Stations.

It can be done through booking or last minute decision to catch up any tardy appointment or friend meet up!



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