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Initiative By **ठाणेवैभव**

KYT

Know Your Town

The Inframman

Mr. Suhas Mehta,
SMC Infrastructures Pvt. Ltd.

Home Sweet Home

Rutu Richmond

Mr. Aambavane

“ I have been staying on rent in Kalwa for many years. I always had the dream of having my own home. The search for a new home began a couple of years back. I saw close to 150 flats but did not like any. From one of the flats that I had visited, I saw this Rutu Richmond City project. I decided to pay a visit to Rutu and the moment I saw the sample flat I knew that I wanted to buy a home here. I booked my flat immediately. Basic amenities like modular kitchen and chimney were provided by Rutu. Also there is a gallery each for living room, bedroom and kitchen. It feels good to be home.



Mr. and Mrs. Dalvi

“ For the last 15 years we have been staying in Dombivli. Just a couple of years back we decided to move to Thane. We were looking out for homes and after seeing about 15-20 projects, we zeroed down on Rutu Richmond City. The homes offered by Rutu are spacious. There are a lot of amenities like garden, lawn, gazebo, gym and club house. Apart from these, there is ample space for parking. After we bought a home in Rutu, there was a sense of satisfaction.



Mr. Dharam

“ At Rutu Richmond City, we have a state of the art security system in place. We use the MyGate app in our society. Even when my wife and I are at the office and my mother is alone at home, we feel secure because of this security system. Only when I give permissions on my phone can the visitor come to my place. Also, the builder has provided for a safety door. I love the security aspect the most of Rutu. Additionally, the homes are spacious, airy and well lit. We have beautiful gardens and lawns where we can enjoy our walks.



Rutu City Richmond
Near De Mart, Kavesar, Ghodbunder Road,
Thane (W) 400607 | Contact: 7666310360/8655944999


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Editor's Note



WIZARDS OF URBANIZATION

The development of the city is mainly attributed to planners and the team of engineers who get the projects executed. This side of any civic body normally is away from public glare and the silent army of these unsung heroes is confined to academics which unfortunately has no place in the hurly burly of politics that run the roost. Having said that, there is one more arm which actually makes things happen. They are scholars and experts with a degree in their pocket and acumen to put the plans on paper into reality. Our cover story is on one such person who has masterminded many a development blueprint giving an incredible facelift to many cities. The company run by Mr. Suhas Mehta is making wonders with a slew of projects under its belt. They step in where the government machinery needs their support. They are involved in specialized jobs, at times very critical and challenging as well. It is here that experience converges with accountability and quality. The much hyped opposition to privatization is buried when silent

workers like Mr. Mehta are putting their skills to work.

In the days of smart cities and mega projects that are undertaken, city development has taken up an altogether different dimension. Urbanization has taken a huge leap in the last two decades and continues to take stride by every passing day. The outcome is an equally huge demand for civic amenities which unfortunately are proving abysmally inadequate. The deficit of infrastructure is becoming disastrous and beyond the capacity of the government machinery. It is here that private infrastructure agencies have come into picture and are doing their job to keep pace with urbanization. Our cover page story is highlighting this well planned deviation of the government and the role of people like Mr. Mehta. Laying of water pipelines or constructing bridges and metro lines are all part of the new age infrastructure. The skyline of the cities is fast changing and the stars are undoubtedly technocrat wizards like Mr. Suhas Mehta.

Best Wishes,

Milind Ballal

Editor, Know Your Town

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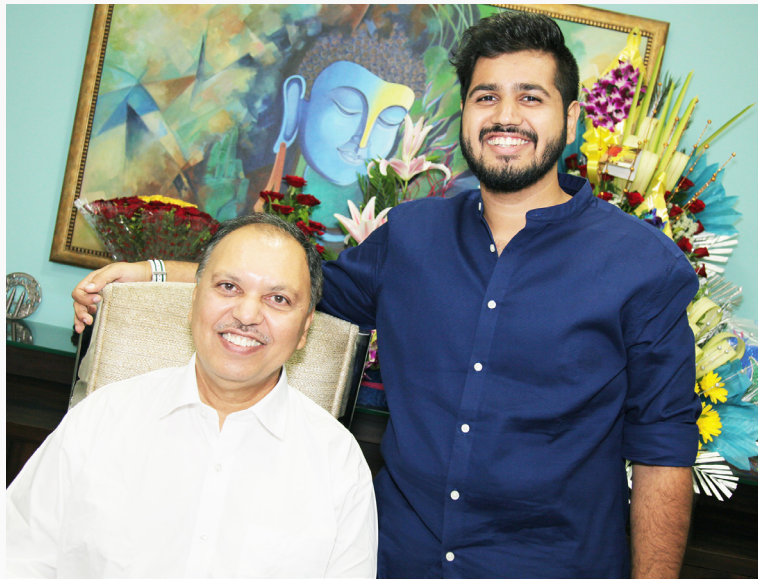
Sewage Treatment Plant at RCF, Chembur, largest in India based on MBR and followed by RO developed by SMC

The Inframan: Suhas Mehta

Nikhil Ballal | Lakshmi Nadkarni

NO TASK IS TOO SMALL, AND NO CHALLENGE IS TOO BIG for Mr. Suhas Mehta. With this ideology, Mr. Mehta has come a long way from his humble beginnings in the 10*10 residence in his birth town Mahad to the prestigious IIT Bombay, from where he pursued civil engineering, and finally to his present company, SMC. Today, SMC boasts of a turnover of Rs. 1000 crore with more than 4500 employees working for it in India, the Middle East, and Africa. Mr. Suhas Mehta is simply unstoppable. His love and passion for infrastructure continue to grow year after year.

Hailing from a small town but born to very humble and intelligent parents, Mr. Suhas Mehta was brilliant in academics. He always topped in his class and eventually secured admission to India's most prestigious engineering college, the IIT Bombay. The boy who had never heard of IIT till his board exams was recently felicitated by IIT Bombay as a Distinguished Alumnus, an award conferred to only around 150 out of 60,000 IITians who have passed out from IIT Bombay. It was a massive cultural shift for a young lad from a small town to come to an engineering college in a big town. There is always the fear of ragging. But his adjusting



Mr. Suhas Mehta attributes his success to his biggest support system: his family, especially his wife Nilima, who managed his family and her own business. Behind every successful man stands a strong and supportive family. His son Ameya has also joined him in the business, following in his father's footsteps.

and friendly nature saw him sail through it. He feels that a certain amount of ragging makes one smart, and IIT and its hostel life help one stay grounded and broaden one's horizons. Had it not been for the IIT, he feels his engineering career would not have

flourished to such an extent.

Another noteworthy feature of Mr. Suhas Mehta is that, though he wanted to become a Chartered Accountant, he still went by the career choice made by his family and made the best of it to become a Civil

Engineer instead!

Business has always been a part of his career plan, and he chose Civil Engineering so that it would involve less investment in the initial stages. To gain experience, he first took up a job in a private company that gave him one-fourth of the fat salary of the Government job offered to him in a campus interview. He held this job for one and a half years, accumulated a great learning experience, which included the construction of the new wing at KEM Hospital, wherein he shouldered the responsibility of the RCC Structure.

Before starting the job, he wanted to understand the working style of the top Parsi companies in the infrastructure business. Working with one such top company made him understand the importance of quality and planning, which are the main prerequisites of the infrastructure business.

After gaining some work experience, Mr. Mehta decided to commence his own business at the age of just 25. He joined hands with his friend, Mr. Prashant Mahagaokar. The duo's affable nature helped them bag their first sub-contract of making a railway overbridge at Mahim, a fabrication work.

When quizzed about how SMC happened, he tells KYT that SMC was



Airoli Katai Naka Tunnel, inaugural blast by Shri Eknath Shinde, UD Minister for Government of Maharashtra



India's one of the finest Municipal Solid Waste Management Plants in Goa developed by SMC



Southbound Flyover on EEH at AGLR Junction



Core team of SMC

originally Sheth and Masurkar Company. Mr. Arun Sheth was one of the partners, who offered Mr. Mehta to do one bridge project. When Mr. Mehta completed the bridge, he was immediately offered a partnership by Mr. Sheth, and thus the SMC journey for Mr. Mehta began. SMC has come a long way from a turnover of a few crores to a turnover of 1000-crore. It has spread its wings across India, the Middle East, and Africa.

Initially, they were mainly in the pipeline/water distribution system business. Later they diversified into many new verticals with their zeal to explore different fields. They started taking on large projects. One of them was the rehabilitation work of most of the flyovers and bridges around Mumbai.

A very noteworthy feature of Mr. Suhas Mehta that draws one's attention is that instead of competing with his community people who were into similar business, he preferred to lookout for specialized work and opportunities in newer markets that lay outside Maharashtra. It was a challenge to work outside and out of his comfort zone. However, he took that challenge in his stride. He believes that challenges bring out the best in a person and adds to the experience. Moreover, the business relationship that turned into a friendship that he enjoys with almost all top companies in this field in India helped him take this leap. He believes that working in a comfort zone leads to complacency, and complacency is the biggest enemy of one's career.

Infrastructure business is too risky as it involves many stakeholders, he says. He recalls an incident in Odisha when he was working on the Brahmani River. The poverty-ridden, furious workers who were paid a daily wage of a meager sum of Rs.10 threatened to burn the excavator that cost him a sum of Rs. 25 lakhs then.

His affable nature came to his rescue, and one of his IITan friends Rajeev from Gaya, helped him by providing him with top-level security. This



Inauguration of SMC's RCF STP by Shri Mansukh Mandaviya, Union Minister of State for Shipping (Independent Charge), and Chemicals & Fertilizers, Government of India.

Asia's biggest water treatment plant located in Bhandup is also one of their milestone projects, an opportunity provided by Degremont (now Suez). SMC accepts every opportunity that comes its way. Mr. Suhas Eklahare (Mr. Mehta's friend from IIT-B) has recently taken over a Noise Barrier Company. After the takeover, the under-performing unit's turnover increased from Rs. 4 crores to Rs. 91 crores. Significant noise barriers in Mumbai, Thane, and other metro cities have been installed by this company. Noise barriers are a need of the hour today.

incident led him to believe that building an extensive network is far better than building a significant net worth. This could be an important lesson for some millennials who think otherwise.

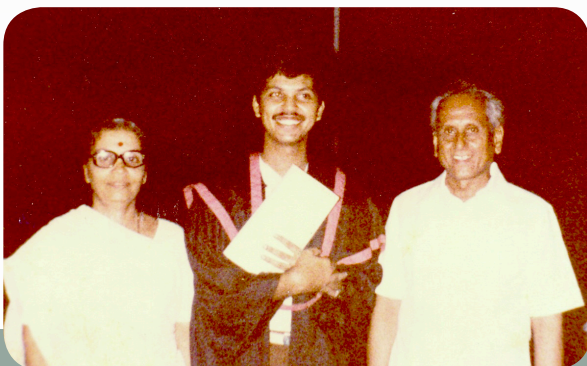
SMC's work in Naxalite areas of Warangal taught

him that the Infrastructure business demands a high level of secrecy and specific protocols wherein they were asked not to disclose their journey plans to their workers and supervisors.

SMC has played a pivotal role in the development of Thane. One of its prominent projects—SATIS (Station Area Traffic Improvement Scheme), taken up by SMC, was the first of its kind project in India, which segregated the city's traffic. It bagged many awards eventually. SATIS Bridge which connects Thane railway station (which also happens to be the busiest railway station in Mumbai suburbs), was an arduous project. There were many amendments, changes, and restrictions due to which SMC incurred losses. But such losses have never deterred Team SMC, led by Mr. Suhas Mehta. Instead, it was treated as a learning experience and eventually used to earn profits by showcasing it and bagging similar other projects. The work of SATIS was completed in 30,000 accident-free hours, primarily working at night since it was a challenge to work during the day in the station area which attracts a huge footfall. It was only possible due to the assistance provided by TMC and the Police authorities.

The other prominent projects handled by SMC in Thane are Kausa Stadium, water treatment plant, water pumping stations, water distribution network, the first UTWT road (road building technology), and MSRTC Bus stand project. The projects in the pipeline include SATIS at Kopri, Bridge for new Thane railway station, K villa Bridge, Airoli-Katai naka tunnel road which will bring Thane, Navi Mumbai and Kalyan cities close, Mumbra Y junction flyover, Shilphata Kalyanphata flyovers, among others.

Mr. Suhas Mehta loves diversification. He says, "Change in work de-stresses me and makes me active and feel fresh. Another reason behind diversification is that the company remains financially stretched. Financial discomfort helps keep the company bonded." He believes in simplicity and keeping his



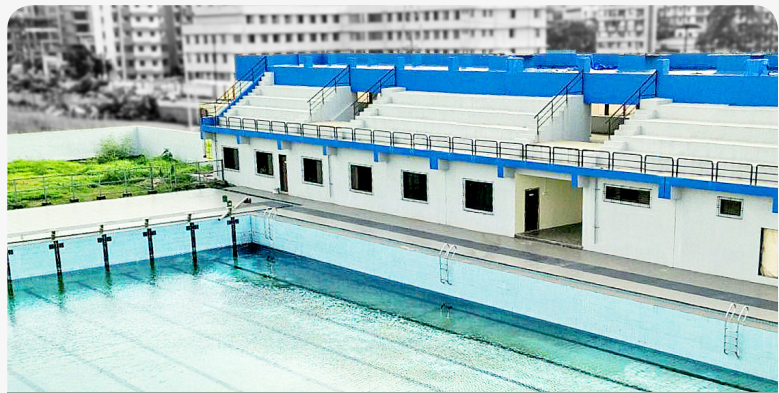
Mr. Mehta conferred with B. Tech degree in Civil Engineering by IIT Bombay



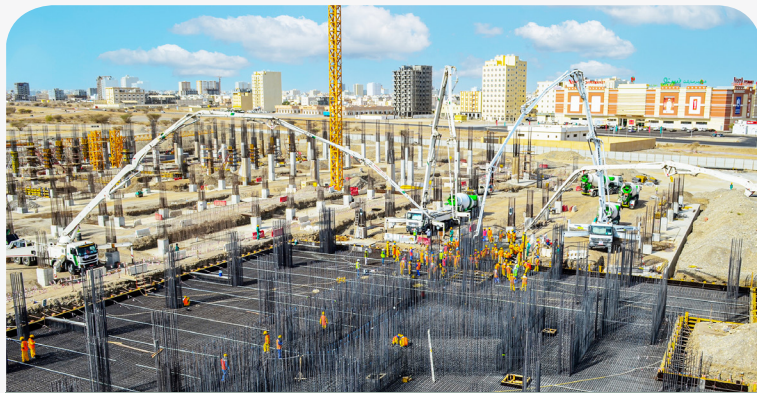
Mr. Mehta with his mother, father and sister



Mr. Suhas Mehta with his wife Nilima, daughter Arya and son Ameya



TMC's state of the art Sports Complex developed by SMC in Mumbra



SMC's Mall of Muscat which is also known as the Biggest mall in Oman

lifestyle in tune with his teammates, which helps in keeping everyone grounded. He believes excess money is the root cause of trouble. The attrition rate of his company is almost 0%, and he shares a great rapport with all his employees, which is also the reason they have been with him for more than three decades.

Over a period of time, SMC has diversified. The opportunities keep bumping into Mr. Mehta through his friends. He has an inherent knack for grabbing the good ones. For example, the LED manufacturing unit at Baramati, whose unique model has helped the Municipal Authorities save on energy consumption, was the brainchild of Mr. Rajan Gulgule.

Similarly, Goa's Municipal Solid Waste treatment plant was a joint project developed by Mr. Mehta and his senior at IIT Bombay, Mr. Sandeep Asolkar. The then Chief Minister of Goa – Late Shri Manohar Parrikar had thrown this as a challenge and the project was completed successfully by SMC. They created one of the nation's finest waste treatment plants in North Goa that treats 300 tons of waste daily and generates 26 thousand units of energy which has caught the eye of our Hon. Prime Minister. Many state heads have visited it personally.

SMC has also done tremendous work in Oman. At one point in time, their business in the Middle East was more than India. SMC constructed Oman's biggest Mall of 32 lakh square feet in a record-breaking time. They constructed two lakh square

SMC has played a pivotal role in the development of Thane. One of its prominent projects-SATIS (Station Area Traffic Improvement Scheme), taken up by SMC, was the first of its kind project in India, which segregated the city's traffic. It bagged many awards eventually.

feet a month. SMC has also been doing projects in Maldives and Africa. It's a running joke that the SMC staff complains that our boss takes us to work when people go on vacation.

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Mr. Mehta has genuinely adopted the green initiative by tackling water and wastewater treatment, Municipal Solid Waste treatment, saving

on conventional energy using LEDs, and curtailing the often overlooked noise pollution.

Being an Infrastructure person, when quizzed as to what, according to him, are the essentials for the development of any city, he prioritizes and emphasizes good water supply, education, recreation areas, and roads. He lives by the words, money may bring comfort, but relations will keep you away from discomfort. Mr. Mehta is not only well versed in engineering, taxation, and finance but also has a plethora of knowledge on history, books, sports, and travel. He has often been the guiding light to the new generation and his friends and colleagues.

Mr. Suhas Mehta attributes his success to his biggest support system: his family, especially his wife Nilima, who managed his family and her own business. Behind every successful man stands a strong and supportive family. His son Ameya has also joined him in the business, following in his father's footsteps. His daughter Dr. Arya still remembers how he always gave quality time to his family, friends, and relatives during his busy formative years of business.

Mr. Suhas Mehta's SMC is entrusted with the work of beautification of Thane City. Soon you will see this lake city more beautiful and elegant. As the yawning gap between people's expectations and the deliverance of amenities increases by the day, people like Mr. Suhas Mehta bridge it. In the era of smart cities, Mehta has become crucial. Hence S'MC (Smart Mehta city)!



Mr. Mehta along with SMC Staff at Thane office



Mr. Mehta with his grand daughter

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A nutritious diet, exercise, adequate sleep, and low stress can keep lifestyle disorders at bay: Dr. P.S. Menon

The World Health Organization compiled a list of which health issues in 2018?

71% of all deaths worldwide are due to non-communicable diseases. So, what are non-communicable diseases? While measles, chickenpox, and viral diseases are all communicable, which means they are contagious, non-communicable diseases include lifestyle-related and other disorders. Most of the non-communicable diseases are found in the age group of 30 to 69. 85% of the patients suffering from non-communicable diseases are from economically weaker sections of society.

Cardiovascular diseases account for 7.9 million, cancer 9 million, and diabetes 1.6 million of the total annual deaths. Respiratory disorders claim about 80% of premature deaths. Tobacco use, physical inactivity, excessive alcohol consumption, and an unhealthy diet are some of the factors that contribute to the spread of non-communicable diseases. The number of deaths and incidents of such non-communicable diseases is increasing daily. These diseases are also called lifestyle diseases



Dr. P.S. Menon
Jupiter Hospital

because they are directly related to our lifestyle.

Which are the L. S. T. (Lifestyle) disorders?

Obesity, diabetes mellitus, hypertension, heart diseases, varying lipid levels in human blood, liver disorders, arthritis, insomnia, cancer, and reproductive system-related disorders such as infertility and PCOD are some of the L.S.T. (Lifestyle) disorders.

What do all these lifestyle ailments have in common?

Heredity is a common factor in all of these lifestyle disorders. Therefore, we can consider blood pressure, diabetes, and heart disease as genetic. If a mother or father has diabetes, their children are 30% more likely to have diabetes, and if both parents have diabetes, their children are 99% more likely to

have diabetes.

Overall, heredity is important. No special genetic tests are available to diagnose such genetic diseases. Because there are endless genes worldwide, we can say that nature has given us this birth package. Whether we can change this is something to consider. We cannot say with certainty that there is only genetics behind all these disorders because the prevalence of diabetes was not so high 40 years ago.

If genetics are linked to factors like pollution and radiation, these disorders can be fixed on us. What matters is what we can change. The elements of our daily life can be called environmental factors. You can easily change them. The components are as follows: 1) Nutritious diet: You can change your daily diet by including the food items that provide the essential nutrients. 2) Exercise is very important. Simple things like climbing stairs and walking small distances instead of taking an auto-rickshaw or scooter can do good. 3) Regular and adequate sleep. 4) Ensuring peace of mind by controlling stress. These four things can help us keep lifestyle disorders at bay at least at an early age.

Please send your questions to the doctors at majhedoctor@gmail.com or WhatsApp them at +91 7045550171

TMC makes provision of Rs. 2Cr to provide playgrounds for children in the city

The Thane Municipal Corporation (TMC) has proposed to allocate funds of Rs. 2 crores to provide playgrounds for children across the city. Though there are many open spaces or grounds under Thane civic body, very few are solely used to play. The TMC wants to have the playgrounds strictly for the use mentioned above.

It is seen that most of these open spaces are rented for



political events, weddings, and cultural functions. Also, the rapid urbanization has led to open grounds vanishing in the city. Children are forced to look for alternative spaces. Some open areas are used for organizing events and ceremonies in the evenings, making fewer places available for children to run around and play outdoors. Hence, plans are being made to make playgrounds available for children in the next few months.



Soak yourself in the beauty of nature at Radisson Blu Resort & Spa Karjat

Are you looking to unwind from the mundane routine you have been following for years? If yes, there is a perfect place for you that will help you to charge your exhausted batteries and rejuvenate you to the core. It is none other than Radisson Blu Resort & Spa in Karjat.

Situated in the foothills of beautiful Sahyadri mountains, Radisson Blu is the perfect weekend getaway with family or friends. Having proximity to Mumbai and Pune, it is one of the hot favourite destinations of people living in and around these cities. The resort is blessed with natural beauty as it has the serene Ulhas river flowing on one side and stunning Sahyadri mountains on the other. A nature retreat, Radisson Blu, with its picturesque surroundings, can take you on a magical ride to reach your destination of peace and



tranquillity.

"Radisson Blu Resort & Spa Karjat spreads across a sprawling 19 acres and houses 102 rooms, including superior rooms, deluxe rooms, business class rooms,

suites, two-bedroom villas, and row houses to tailor to all its clients' needs. All the rooms boast state-of-the-art facilities such as comfortable beds, Wi-Fi, air conditioners, refrigerator,

television, and tea and coffee facilities, to name a few", says Santanu Guha Roy, General Manager at Radisson Blu Resort & Spa Karjat. Roy has been with the Radisson Group in the past and has been the General Manager at their Varanasi, Alibaug, and Ranchi properties.

The comfort does not end in the room. It goes to an altogether different level when you step out of your room. Radisson Blu Resort & Spa Karjat has an exquisite spa that is a classic coalescence of Thai and Balinese architecture with mesmerizing therapies. Apart from the spa, there is an outdoor swimming pool. While you take a dip in the pool, your family can enjoy some food and drinks at the Poolside Bar & Grill. The spa and swimming pool are complemented by lush green lawns, where you can walk barefoot to release all your tension, a fitness center,



outdoor badminton court, cricket turf, bowling arena, table tennis, and air hockey. There is a dedicated indoor play area for children, where there are activities like rock climbing, rope climbing, and the like in the 10,000 square feet gaming zone area. There are meeting spaces that can easily accommodate 500 guests for business use. From a board meeting for 12 to a conference for 500, event spaces at the Radisson Blu can ace it all.

While this five-star facility is a massive hit for personal leisure and business outings, it also has the reputation of hosting big fat weddings. The spacious wedding hall has a beautiful décor that can make your wedding day memorable. Creative multi-cuisine menus add to the wedding experience. With Ulhas river and Sahyadri mountains around, Radisson Blu makes up for a picturesque wedding destination. Apart from the indoor wedding



ceremony, an outdoor function is also possible as Radisson Blu has big lawns.

Any hospitality property is incomplete without its staff. At Radisson Blu, the staff is very warm, cordial, and helpful. They leave no stone unturned to

provide their clients with utmost happiness and satisfaction. Radisson Blu's room service is arguably second to none.

Roy shares, "We plan to make some expansions here in the future. We are looking to add another 65 rooms, a 250-cover

restaurant, and upgrade the gaming zone by introducing games that will take our clients back to their childhood."

Recently, Radisson Blu launched a Tea Lounge at the hands of Master Tea Sommelier Rajiv Lochan. Roy adds, "We serve more than 50 varieties of tea here. At our property, we are focusing on wellness, so we decided to open a Tea Lounge where the visitors get to experience the most cherished beverage: tea. This was something new that we wanted our customers to experience. Apart from this, to share a long-lasting bond with our customers, we organize food festivals to celebrate the festivals of different communities like Marathi, Gujarati, Punjabi, etc."

With all the boxes ticked for a rejuvenation outing, do you want to take a break from the hustle and bustle of your city life and visit Radisson Blu Resort & Spa Karjat? Radisson Blu would be more than happy to host you.





NGO Rnisarg celebrates International Menstruation Day on May 28

On the eve of International Menstruation Day that is celebrated on May 28, Rnisarg Foundation, organized MeSakhi Contest. Since the last two years, Rnisarg has been celebrating this day by organizing MeSakhi Contest. This contest aims at creating awareness on

women towards a greener, safer and healthier menstrual cycle.

Rnisarg through its initiative of MeSakhi has educated over 10,000 women about menstruation hygiene and successfully convinced more than 2000 women to use sustainable menstrual products like menstrual cups.



the subject of menstrual health, menstruation hygiene and sustainable menstrual products, through various media. The primary goal of Rnisarg is to empower

Menstrual hygiene has been a cause of concern especially in slum and tribal areas. If proper care is not taken during the menstrual cycle, then a female can contract



© Amod Ghaisas

diseases which may or may not have a cure. It is therefore of paramount importance to maintain menstrual hygiene in order to stay away from any kind of infections.

This year, MeSakhi Contest was organized at the IMA Hall in Sahayog Mandir, Thane, in collaboration with IMA, TOGS, AMOGS and FOGSI. The event was supported by the Thane Municipal Corporation. During

the programme, more than 2000 women from slums were donated menstrual cups to ensure their menstrual hygiene. The women who have made the shift to sustainable menstrual products and are the beneficiaries of MeSakhi were appreciated and acknowledged. Apart from this, to make the event lively, there was a ramp walk competition judged by celebrity judges.



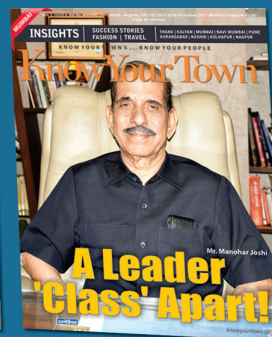
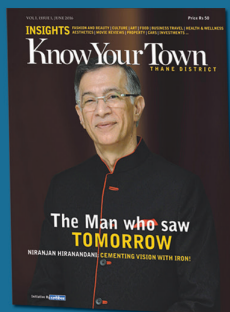


GP Parsik Janata Sahakari Bank Celebrates its Golden Jubilee

Gopinath Patil (GP) Parsik Janata Sahakari Bank celebrated its Golden Jubilee on May 21 at Gadkari Rangaytan. Central Minister Shri. Kapil Patil and state Housing Minister Dr. Jitendra Awhad graced the event. GP Parsik Bank's Chairman Shri. Narayan Gawand addressed the function. Directors Shri. Ranjit Patil and Shri. Dashrath Patil were also present. Dignitaries released a book (Smarnika) covering the bank's 50-year.



Inspiration is always a better alternative to perspiration



200

eminent Indians already interviewed



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