



टाटा मूलभूत अनुसंधान संस्थान
TATA INSTITUTE OF FUNDAMENTAL RESEARCH

भारत सरकार के परमाणु ऊर्जा विभाग की स्वायत्त संस्था एवं समविश्वविद्यालय
(An autonomous institute of the Department of Atomic Energy,
Government of India, and a Deemed University)

सर्वेक्षण संख्या 36 / पी, गोपनपल्ली गांव, सेरिलिंगम्पल्ली मंडल, रंगारेड्डी जिला, हैदराबाद - 500 107
*Survey No.36/P, Gopanpally Village, Serilingampally Mandal, Ranga Reddy District,
Hyderabad - 500 107*

दूरभाष / Telephone: 040 - 20203100 / 3101

वेबसाइट / Website : www.tifrh.res.in

फैक्स / Fax: 040 - 20203105

ईमेल / Email: director@tifrh.res.in

Ref: TFR/ADM/CD Office/

March 17, 2020

Additional Precautions Against COVID-19 Coronavirus

Increased number of COVID-19 / Coronavirus infection cases are causing severe anxiety in the community in general. As an institution, we need to take precaution to protect ourselves and others. The key is social distancing.

A. General Decisions:

1. All external seminars are cancelled.
2. All LTC's and other travel, within the country should be postponed. In case of travel necessitated by an emergency please inform Mr. Hari Prasad / Office. Regarding international travel new guidelines by MHA / DAE to be followed (see links provided below in section 'E').
3. Internal seminars may be conducted with the TMC and the student concerned.
4. Instructions regarding hygiene and awareness of the virus situation have been given to all our support staff.
5. We shall be having sanitizers or equivalent in key spots.
6. Anyone coming back from outside Hyderabad, within India, needs to be self-quarantined for five days and from outside India, for fifteen days.
7. Transport options will be increased from Indus Crest to the Institute. Please see annexure for details.
8. Except for emergency situations, external vendors / contractors will not be allowed inside the campus. Security will inform the concerned section / person for any action.

B. General Hygiene:

1. Clean your hands often. Wash your hands often with soap and water for at least 30 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
2. Avoid touching your eyes, nose, and mouth with unwashed hands.
3. Clean your workplace regularly.
4. Water point instructions: Before you refill the water bottle for drinking water, please wash your hand and the bottle thoroughly. Place the water bottle away from the drinking water outlet for refill. Do not touch the mouth of the bottle to the outlet of drinking water. Elbow can be used to operate the water outlet (faucet, basin etc.) wherever it is possible. Please help and correct if you find anyone around you who does not know how to use it correctly.
5. Keep everyday use items clean. Such items should include your bags, backpacks, shoes, laptops, cell phones, headphones, watch etc.

6. Do not make any place, including the canteen, crowded. Please maintain a social distance of at least 1 meter at any circumstances including eating and travelling by the shuttles. The canteen hours are extended by an hour each to enable staggering.
7. If you are expecting food (Swiggy, Zomato etc.) or courier delivery, do not ask them to come inside the Institute premises. The items should be picked up from the outside gate. Minimize contacts while you are receiving the materials and refer to points #1 and #2, after you have picked it up.

C. Medical Assistance:

1. Please remember that people may be sick because of common flu as well. Don't panic.
2. However, avoid close contact with people who are sick. Report to your PI/Institute officials, without delay, if you find somebody sick.
3. General coronavirus symptoms are fever, tiredness, dry cough, and breathlessness.
4. All TIFR -H members are requested to keep a close check on their own health for these symptoms.
5. If you are sick with any of these symptoms, please report to your PI/Institute officials, without delay and report to a hospital.
6. Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
7. Kakatiya Hospital is designated as our primary health center for one report (up to April 15 2020). This hospital is open 24/7. All TIFR-H members can visit this hospital on a cashless basis by production of their ID card.
8. TIFR-H members can also avail other hospitals. Costs incurred will be reimbursed (up to April 15 2020) as per CHSS beneficiaries.

D. Travel Regulations:

1. Minimize your travel. Do not travel within and out of Hyderabad unless it is an emergency. Please inform Mr. Hari Prasad / Office if you are travelling. Please see point #2 in General Decisions. Avoid visiting crowded places and eating outside.
2. Institute is taking measures to protect our community. If the spread of infection in India increases, the institute may decide to impose further measures including reduction of activities within the Institute.
3. If you know you were in close contact with a COVID-19 infected person, go for self-quarantine and immediately inform the Institute about it.
4. Similarly, if you have gone out of Hyderabad, you are advised to go for self-quarantine for five (5) days and immediately inform the institute about it.
5. Self-quarantine: In self-quarantine, an individual restricts his/her social interactions and stays at a separated place, for a period of time to diminish the risk of transmitting the virus. Self-quarantine should be imposed for at least 5 days for domestic travel or if you feel sick and at least 15 days for those who have travelled internationally, or come in contact with someone who travelled internationally.
6. Please refer to the MOHFW guidelines for home quarantine:
<https://www.mohfw.gov.in/Guidelinesforhomequarantine.pdf>

E. General Information and useful web links:

- a) **Ministry of Health and Family welfare:** <https://www.mohfw.gov.in/>
- b) **CDC website:** <https://www.cdc.gov/>
- c) **NCBS:** <https://www.ncbs.res.in/content/blisc-ncbs-instem-c-camp-responses-covid-19>
- d) **Bureau Of Immigration:** <https://boi.gov.in/content/advisory-travel-and-visa-restrictions-related-covid-19-0>
- e) **DAE:** <https://www.niser.ac.in/healthcentre/sites/default/files/638%20Travel%20abroad%20by%20DAE%20personnel%20and%20foreigners%20visit%20in%20view%20of%20COVID-19.PDF>

Please go through some important resources to educate yourself and others in the community about the COVID-19 / Coronavirus infection.

How It Spreads:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/transmission.html>

How to Protect Yourself:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

Manage Anxiety and Stress:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Sd/-
(V. Chandrasekhar)
Centre Director

All the faculty, students, staff and short term visitors.

ANNEXURE**Regular transport schedule to TIFR and back - MONDAY - SATURDAY**

DEPARTING TIME From Aparna to TIFR	DEPARTING TIME From Induscrest to TIFR	Type of Vehicle	Vehicle allotted
From APARNA to TIFR @ 07:15 hrs	-	4 Seater	Car 1
From APARNA to TIFR @ 07:40 hrs	-	4 Seater	Car 2
From APARNA to TIFR @ 08:00 hrs	-	4 seater	Car 1
From APARNA to TIFR @ 08:20 hrs	-	4 seater	Car 2
From Chandanagar @ 08:20 hrs via APARNA @ 08:40 hrs to TIFR	-	12 seater	Winger 2
From APARNA to TIFR @ 09:30 hrs	-	4 seater	Car 1
From APARNA to TIFR @ 11:00 hrs	-	4 seater	Car 2
From APARNA to TIFR @ 12:30 hrs	-	4 seater	Car 1
From APARNA to TIFR @ 14:00 hrs	-	4 seater	Car 2
From APARNA to TIFR @ 15:30 hrs	-	4 seater	Car 1
From APARNA to TIFR @ 17:00 hrs	-	4 seater	Car 2
From APARNA to TIFR @ 18:30 hrs	-	4 seater	Car 1
From APARNA to TIFR @ 20:00 hrs	-	4 seater	Car 2
-	From Induscrest to TIFR @ 07:30 hrs	30 seater	BUS
-	From Induscrest to TIFR @ 08:00 hrs	12 seater	Winger 1
-	From Induscrest to TIFR @ 08:30 hrs	30 seater	BUS
-	From Induscrest to TIFR @ 09:00 hrs	12 seater	Winger 1
-	From Induscrest to TIFR @ 09:30 hrs	30 Seater	Bus
-	From Induscrest to TIFR @ 10:00 hrs	12 seater	Winger 2
-	From Induscrest to TIFR @ 10:30 hrs	30 seater	BUS
-	From Induscrest to TIFR @ 11:00 hrs	12 seater	Winger 1
-	From Induscrest to TIFR @ 11:30 hrs	30 seater	BUS
-	From Induscrest to TIFR @ 12:00 hrs	12 seater	Winger 2
-	From Induscrest to TIFR @ 12:30 hrs	30 seater	BUS
-	From Induscrest to TIFR @ 13:00 hrs	12 seater	Winger 1
-	From Induscrest to TIFR @ 13:30 hrs	30 seater	BUS
-	From Induscrest to TIFR @ 14:00 hrs	12 seater	Winger 2
-	From Induscrest to TIFR @ 14:30 hrs	30 seater	BUS
-	From Induscrest to TIFR @ 15:00 hrs	12 seater	Winger 1
-	From Induscrest to TIFR @ 15:30 hrs	30 seater	BUS
-	From Induscrest to TIFR @ 16:00 hrs	12 seater	Winger 2
-	From Induscrest to TIFR @ 16:30 hrs	30 seater	BUS
-	From Induscrest to TIFR @ 17:00 hrs	12 seater	Winger 1
-	From Induscrest to TIFR @ 17:30 hrs	30 seater	BUS
-	From Induscrest to TIFR @ 18:00 hrs	12 seater	Winger 2
-	From Induscrest to TIFR @ 18:30 hrs	30 seater	BUS
-	From Induscrest to TIFR @ 19:00 hrs	12 seater	Winger 1
-	From Induscrest to TIFR @ 19:30 hrs	30 seater	BUS
-	From Induscrest to TIFR @ 20:00 hrs	12 seater	Winger 2
-	From Induscrest to TIFR @ 20:30 hrs	30 seater	BUS
-	From Induscrest to TIFR @ 21:00 hrs	12 seater	Winger 1
-	From Induscrest to TIFR @ 21:30 hrs	30 seater	BUS
-	From Induscrest to TIFR @ 22:00 hrs	12 seater	Winger 2
-	From Induscrest to TIFR @ 22:30 hrs	30 seater	BUS

DEPARTING TIME From TIFR to Aparna	DEPARTING TIME From TIFR to Induscrest	Type of Vehicle	Vehicle allotted
-	From TIFR to Induscrest @ 07:00 hrs	30 Seater	Bus
-	From TIFR to Induscrest @ 07:30 hrs	12 seater	Winger 1
-	From TIFR to Induscrest @ 08:00 hrs	30 Seater	Bus
-	From TIFR to Induscrest @ 08:30 hrs	12 seater	Winger 1
-	From TIFR to Induscrest @ 09:00 hrs	30 Seater	Bus
-	From TIFR to Induscrest @ 09:30 hrs	12 seater	Winger 2
-	From TIFR to Induscrest @ 10:00 hrs	30 seater	BUS
-	From TIFR to Induscrest @ 10:30 hrs	12 seater	Winger 1
-	From TIFR to Induscrest @ 11:00 hrs	30 seater	BUS
-	From TIFR to Induscrest @ 11:30 hrs	12 seater	Winger 2
-	From TIFR to Induscrest @ 12:00 hrs	30 seater	BUS
-	From TIFR to Induscrest @ 12:30 hrs	12 seater	Winger 1
-	From TIFR to Induscrest @ 13:00 hrs	30 seater	BUS
-	From TIFR to Induscrest @ 13:30 hrs	12 seater	Winger 2
-	From TIFR to Induscrest @ 14:00 hrs	30 seater	BUS
-	From TIFR to Induscrest @ 14:30 hrs	12 seater	Winger 1
-	From TIFR to Induscrest @ 15:00 hrs	30 seater	BUS
-	From TIFR to Induscrest @ 15:30 hrs	12 seater	Winger 2
-	From TIFR to Induscrest @ 16:00 hrs	30 seater	BUS
-	From TIFR to Induscrest @ 16:30 hrs	12 seater	Winger 1
-	From TIFR to Induscrest @ 17:00 hrs	30 seater	BUS
-	From TIFR to Induscrest @ 17:30 hrs	12 seater	Winger 2
-	From TIFR to Induscrest @ 18:00 hrs	30 seater	BUS
-	From TIFR to Induscrest @ 18:30 hrs	12 seater	Winger 1
-	From TIFR to Induscrest @ 19:00 hrs	30 seater	BUS
-	From TIFR to Induscrest @ 19:30 hrs	12 seater	Winger 2
-	From TIFR to Induscrest @ 20:00 hrs	30 seater	BUS
-	From TIFR to Induscrest @ 20:30 hrs	12 seater	Winger 1
-	From TIFR to Induscrest @ 21:00 hrs	30 seater	BUS
-	From TIFR to Induscrest @ 21:30 hrs	12 seater	Winger 2
-	From TIFR to Induscrest @ 22:00 hrs	30 seater	BUS
From TIFR to Aparna @ 07:40 hrs	-	4 Seater	Car 1
From TIFR to Aparna @ 08:00 hrs	-	4 Seater	Car 2
From TIFR to Aparna @ 09:15 hrs	-	4 Seater	Car 1
From TIFR to Aparna @ 10:45 hrs	-	4 Seater	Car 2
From TIFR to Aparna @ 12:15 hrs	-	4 Seater	Car 1
From TIFR to Aparna @ 13:45 hrs	-	4 Seater	Car 2
From TIFR to Aparna @ 15:15 hrs	-	4 Seater	Car 1
From TIFR to Aparna @ 16:45 hrs	-	4 Seater	Car 2
From TIFR to Aparna @ 17:30 hrs	-	4 Seater	Car 1
From TIFR to Chandanagar via Aparna @ 18:15 hrs	-	12 seater	Winger 2
From TIFR-Aparna-Chandanagar @ 19:15 hrs	-	12 Seater	Winger 1
From TIFR to Aparna @ 19:45 hrs	-	4 Seater	Car 2
From TIFR to Aparna @ 20:00 hrs	-	4 Seater	Car 1
From TIFR to Aparna @ 21:30 hrs	-	4 Seater	Car 4
-	From TIFR to Induscrest @ 22:30 hrs	4 Seater	Car 3 OR Car 4
-	From TIFR to Induscrest @ 23:30 hrs	4 Seater	Car 3 OR Car 4
-	From TIFR to Induscrest @ 00:30 hrs	4 Seater	Car 3 OR Car 4
-	From TIFR to Induscrest @ 01:30 hrs	4 Seater	Car 3 OR Car 4
-	From TIFR to Induscrest @ 02:30 hrs	4 Seater	Car 3 OR Car 4

Regular transport schedule to TIFR and back - SUNDAY

DEPARTING TIME From Aparna to TIFR	DEPARTING TIME From Induscrest to TIFR	Type of Vehicle	Vehicle allotted
From APARNA to TIFR @ 08:00 hrs	-	12 seater	Winger 1
From APARNA to TIFR @ 08:30 hrs	-	4 Seater	Car 1
-	From Induscrest to TIFR @ 08:30 hrs	30 seater / 12 seater	Bus / Winger 1 & 2
-	From Induscrest to TIFR @ 09:30 hrs	30 seater / 12 seater	Bus / Winger 1 & 2
-	From Induscrest to TIFR @ 10:30 hrs	30 seater / 12 seater	Bus / Winger 1 & 2
-	From Induscrest to TIFR @ 12:00 hrs	30 seater / 12 seater	Bus / Winger 1 / 2
-	From Induscrest to TIFR @ 14:30 hrs	30 seater / 12 seater	Bus / Winger 1 & 2
-	From Induscrest to TIFR @ 16:30 hrs	30 seater / 12 seater	Bus / Winger 1 / 2
-	From Induscrest to TIFR @ 18:30 hrs	30 seater / 12 seater	Bus / Winger 1 / 2
From APARNA to TIFR @ 17:45 hrs	-	4 Seater	Car 1
From TIFR to Aparna @ 18:30 hrs	-	4 Seater	Car 1
-	From Induscrest to TIFR @ 20:30 hrs	30 seater / 12 seater	Bus / Winger 1 / 2
-	From Induscrest to TIFR @ 21:30 hrs	30 seater / 12 seater	Bus / Winger 1 / 2
-	From Induscrest to TIFR @ 22:30 hrs	30 seater / 12 seater	Bus / Winger 1 / 2
-	From Induscrest to TIFR @ 23:30 hrs	30 seater / 12 seater	Bus / Winger 1 / 2
-	From Induscrest to TIFR @ 00:30 hrs	30 seater / 12 seater	Bus / Winger 1 / 2
-	From Induscrest to TIFR @ 01:30 hrs	30 seater / 12 seater	Bus / Winger 1 / 2
-	From Induscrest to TIFR @ 02:30 hrs	30 seater / 12 seater	Bus / Winger 1 / 2
-			
DEPARTING TIME From TIFR to Aparna	DEPARTING TIME From TIFR to Induscrest	Type of Vehicle	Vehicle allotted
From TIFR to Aparna @ 14:00 hrs	-	4 Seater / 12 Seater	Car 1 / Winger 1
-	From TIFR to Induscrest @ 09:00 hrs	30 seater / 12 seater	Bus / Winger 1 & 2
-	From Induscrest to TIFR @ 10:00 hrs	30 seater / 12 seater	Bus / Winger 1 & 2
-	From Induscrest to TIFR @ 11:30 hrs	30 seater / 12 seater	Bus / Winger 1 & 2
-	From Induscrest to TIFR @ 14:00 hrs	30 seater / 12 seater	Bus / Winger 1 & 2
-	From Induscrest to TIFR @ 16:00 hrs	30 seater / 12 seater	Bus / Winger 1 & 2
From TIFR to Aparna @ 17:30 hrs	-	4 Seater	Car 1
-	From Induscrest to TIFR @ 18:00 hrs	30 seater / 12 seater	Bus / Winger 1 & 2
From TIFR to Aparna @ 18:15 hrs	-	4 Seater	Car 1
From TIFR to Aparna @ 19:00 hrs	-	4 Seater / 12 Seater	Car 1 / Winger 1 / 2
From TIFR to Aparna @ 19:40 hrs	-	4 Seater	Car 1
-	From TIFR to Induscrest @ 20:00 hrs	30 seater / 12 seater	Bus / Winger 1 & 2
-	From TIFR to Induscrest @ 21:00 hrs	4 Seater	Car 3
-	From TIFR to Induscrest @ 22:00 hrs	4 Seater	Car 3
-	From TIFR to Induscrest @ 23:00 hrs	4 Seater	Car 3
-	From TIFR to Induscrest @ 00:00 hrs	4 Seater	Car 3
-	From TIFR to Induscrest @ 01:00 hrs	4 Seater	Car 3
-	From TIFR to Induscrest @ 02:00 hrs	4 Seater	Car 3

*** KIND ATTENTION:**

- ▶ Every Saturday / Sunday there will be only one 4 seater available for every one hour from 21:00 hrs to 02:00 hrs.
- ▶ Every 1st, 3rd and 5th Week of Sundays there will be only one 30 seater BUS available.
- ▶ Every 2nd, 4th Week of Sundays there will be two 12 seater WINGERS available.