

MUMBAI MERI JAAN

THE MONTHLY NEWSLETTER OF AGNI

Action for good
Governance &
Networking in
India
AGNI

Editorial

The most citizen friendly Police Commissioner Mumbai has ever had!

The first thing the new Commissioner of Police, Mr. Sanjay Pandey, did was to send a message to all Mumbaikars where he shared his personal WhatsApp mobile number, Facebook and Twitter handles etc (very rarely do government officers share their personal numbers as they are afraid of being disturbed), so that anyone could contact him on any social messaging platform for redressal of their grievances.



Another new initiative was to ensure that senior citizens in Mumbai were secure. He issued orders that the Mumbai Police would have to take care of the elderly. To address this problem efficiently, he asked Beat Officers to list the senior citizens who lived alone in their jurisdictions. The Beat Officers were ordered to visit the elderly in their area once a week and enquire about their welfare. Elderly women had to be visited every week by Women Police Officers. Further, he said the police officer in-charge of every police station must do a surprise check to find out whether his officers were working properly or not.

The Police Commissioner also launched the "Sunday Street" initiative as a permanent feature every Sunday. For this several roads in Mumbai will be shut for traffic for four hours on Sunday mornings from 6.00 am to 10 am to allow local residents to indulge in activities like yoga, cycling, walking, skating etc. The initiative is aimed at encouraging Mumbaikars to step out of their homes to relax and engage in fun, sporting and wellness. Since its launch on March 27, Mumbaikars have been enjoying their Sunday morning doing whatever they want without any fear of traffic.

To curb violations of traffic rules, the Commissioner ordered that violators should be shown videos about the effect of their violation at the police stations after paying fines.

He also started reporting every week the result of his initiatives as he feels he is accountable for the safety and security of Mumbaikars.

Thank you Police Commissioner! Hope this will continue even after he retires or gets transferred!

MMJ



More pictures on page 4

Meeting the new police commissioner Mr Sanjay Pandey

Jennifer Shetty, AGNI's A Ward Coordinator



It was a pleasure to meet our new Commissioner of Police, Mr. Sanjay Pandey. He is a dynamic person with a citizen-centric approach. He listens carefully to grievances, is accessible with quick decision-making skills. He also has a great sense of humour!

We approached him with reference to the implementation of the Hawkers Livelihood Act as the police is one of the stakeholders. He understood the problem and saw the necessity to act immediately, which he did. He also addressed the issue of

vagrancy which is an escalating plague and a blot on the city of Mumbai.

As responsible citizens and activists, I urge every Mumbaikar to participate in governance and ensure that a passionate and competent police commissioner like Mr. Pandey to bring about long-term changes in the police department so that helpless citizens can benefit from such changes.

Since he is open to suggestions, please reach out to him via social media. This is your chance to set things right, DON'T MISS IT!!!

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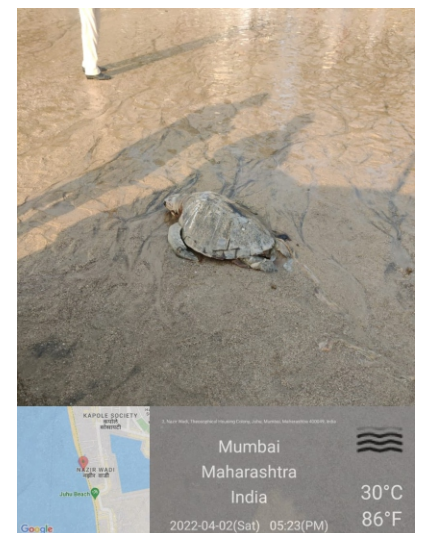
Save marine life and humanity at Juhu beach

Zahida Banatwala, AGNI Trustee

The last few days have seen many dead marine species on Juhu beach. It is surprising that it has gone unreported by the media. I suppose the rising fuel prices are consuming the headlines.

It was the beach cleaning agency that drew our attention to the death of these species. It is shocking, painful and can be prevented. Untreated sewage is being

contd. on Page 4



AGNI's H/West Ward meeting with Police Commissioner

 Mario Fishery, MMJ Editorial Board member & H/W JAAG

Mumbai Netizens these are the current trending Hashtags on Social media #AmchiMumbai #SafeMumbai #आमचीमुंबई #सुरक्षितिमुंबई #SundayKeFunday #MumbaiMoments #मुंबई_पोलीस #आपले_पोलीस #NirbhayaSquad #RemoveKhatar #WrongSideDrive #MumbaiFirst #AskCPMumbai #CyberSafety and its not only marketing jargon but actual

ACTION BEEN TAKEN by our new Commissioner of Police, Mumbai Mr. Sanjay Pandey.




We had the honour of meeting Mr. Sanjay Pandey at Khar Gymkhana which was organised by Mrs. Anandini Thakoor, Managing Trustee, Khar Residents Association. Mr. Sanjay Pandey also met with members of the Salsette Society and Bandra Gymkhana to share his vision for a safer Mumbai. [\(Watch the LIVE Recording\)](#)

Here are some key takeaways from his speech:

Traffic: If you violate Traffic Laws, we will act as per Rules.
On FIRS: If there is an offence, it has to be registered !
Our Role as Police : Maintain Law & Order, Through Street Patrolling, Prevent/ Investigate Crime :For All offences, Registration of FIRS is a must
Senior Citizens: No senior citizen to go to the police station for verification of passport. The police will go to the residence of senior citizens If there is a law like POC SO to protect children there should be one to prevent abuse against senior citizens. Police
Rescue : Dial 100. But sometimes there might be no immediate response. Very often, citizens come to the

rescue. You must make your own groups. Make your own ALMS. There are no joint families anymore. We can at least have joint communities.
Hawkers: If Hawking Zones are clearly demarcated, there should be no problem. There is a Right to Livelihood which has to be addressed. We should prioritize. Message to the Government We need Livlihoods. We need Homes. It is for the govt to work on this.
Cyber Crimes : A package of solutions, soon, on HOW to deal with them. (Senior Citizens are the main victims of cyber crimes.

Overall citizens welcomed the new proactive approach and **action taken** by the Police Commissioner and his team and look forward to partnering with the police to make Mumbai a happy and safe city for everyone. 



Very interesting articles. Happy to see Powai ALM work progress.
- Prabha Krishnan, Ex-AGNI Coordinator

Interesting tidbit about Malad street anti-hawking drive. But if I am not mistaken, it was a Supreme Court decision several decades ago that prevented the BMC from evicting hawkers from Bombay's sidewalks. Under what authority can ordinary citizens physically prevent a hawker frm occupying sidewalk space?
N MN Sachitanand

Trash for Cash

 Lillian Pais, AGNI's H/West Ward Coordinator

In the current climate crisis, it is of utmost importance that we become mindful of our consumption patterns and engage in sustainable practices to try to solve the waste and recycling challenges in a city. However, there are many reasons to be optimistic about the future.

Presently, India has one of the highest PET recycling rates in the world. According to a report, India recycles or reuses over 90 percent of all the PET that's manufactured in the country and this is primarily thanks to rag pickers. Rag pickers are the pillars of the recycling industry. They have been exchanging trash for cash from generation to generation to earn a livelihood. This informal sector prevents 62 million tons of waste from reaching the landfill annually in India. If it was not for them, we would probably have a land fill in every suburb. Several NGOs working in waste management employ rag pickers giving them a dignified life.


The recent introduction of Solid Waste Management reservations in the Development Plan 2034 is another positive step forward. This reflects that the administration has identified that there is a problem of waste and it needs to be managed. Even though at ground level Municipal authorities are struggling to incorporate waste management practices, their CSR Department is looking at putting up waste to energy plants in the city through CSR budgets. Once these efforts bear fruit, the disposal of the city's waste will be decentralised, cost effective, timely and hopefully will reduce our dependency on landfills.

Tetra Paks are recycled into end products like cardboard, egg cartons, paper towels, roofing tiles, plastic crates and furniture. They're continually



working to expand markets for these recycled materials. The lockdown has produced numerous start-ups who are offering various end-to-end solutions for waste; from waste segregation at household level to its disposal through recyclers and composting. The Thrift store concept for fashion and manufacturing gifting articles by recycling bottles among other home businesses has become popular. People have not only understood the value of waste through recycling but also the positive impact on the environment. Over the next ten years if we make consistent efforts to improve our waste management and recycling efforts, we will be able to work our way out of this global crisis.

However, we need to keep in mind that this problem cannot be solved by the administration, environmentalists or start-ups alone. The solution lies primarily in the waste generator which is you and me. We need to pull up our socks and change the way we think, shop and live. Unless we think twice before shopping and make sure our purchases are environmentally friendly, we cannot make a difference. Waste when segregated, definitely has more value.

With this new outlook of waste as a resource, we will be able to move mountains of trash (landfills) for cash. 

WHO's World Health Day: 10 ways to stay fit

 Neha Ghosh

From regular sleep to exercise.... easy ways in which you can be in the pink of your health



This year, in the face of the Covid pandemic, a polluted planet and an increasing incidence of diseases, the theme for World Health Day 2022 is '**Our Planet, Our Health**'. The WHO website said: "In the midst of a pandemic, a polluted planet, increasing diseases like cancer, asthma, heart disease, on World Health Day 2022, WHO will focus global attention on urgent actions needed to keep humans and the planet healthy and foster a movement to create societies focused on well-being. This World Health Day, here are different ways you can adopt to stay fit and healthy.

1. Sleep: Sleep has an effect on your physical and mental health tremendously and that's the reason why you should get enough of sleep. A lack of sleep adversely affects metabolism, concentration, mood, memory, motor skills, stress hormones, the immune system and cardiovascular health. Sleep **helps** the body to heal, repair and rejuvenate itself, while you are at it. Getting enough sleep

for at least 8 hours is necessary to stay fit and healthy.

2. Kick your bad habits: Bad habits that you should be quitting are smoking, drugs, alcohol, unsafe sex and other unhealthy addictions. To lead a healthy life, you need to maintain a healthy lifestyle, which includes doing yoga, meditation and having the right kind of foods. Quit eating unhealthy foods like fast foods, alcohol, and refined sugar. Eat them once in a while but not daily.

3. Go in for regular check-ups: You should go visit your physician once in every 3 to 4 months to make sure you are fitter. Getting medical check-ups once in a month benefits you because if there is something awry in the body, you will be aware of it. Do breast or testicular check-ups and get suspicious moles checked. If there is something abnormal in the body, you will get to know early and it can be treated quickly.

4. Exercise: Exercise is important for being fit and healthy. Cardiovascular exercises aid in strengthening the heart and lungs, strength-training helps to strengthen the muscles and stretching exercises aid in reducing the risk of an injury by increasing flexibility. Exercise on a daily basis improves circulation and body awareness and can help

combat depression. Take out 10 minutes from your daily schedule and enjoy a walk a few times a week.

5. Drink water: Hydration is needed by the body to function properly. Most foods contain fluids that will help to keep your bodies hydrated and fresh. Fruits such as cucumbers, watermelon, mangoes, etc., contain water in them. These fruits will help cleanse the organs and your digestive system, thus maintaining a healthy body. Being hydrated is vital for the brain as well as for eliminating the toxins out from the body.

6. Eat your breakfast daily: Start your day with a healthy breakfast, as it sets up your mood and energy for the day. A proper healthy breakfast will fuel your body for optimal mental and physical performance. Eating breakfast aids in maintaining stable blood sugar levels and healthy weight because you are less likely to overindulge later on in the day.

7. Eat healthy foods: Include as many as fresh fruits, vegetables and whole grains in your diet as possible. Consume lean sources of protein like poultry, fish, beans and tofu. Try to eat balanced meals, but make sure that you don't overeat. Snack on whole foods such as nuts, vegetables and fruits, and avoid highly processed foods that contain artificial sweeteners, or

colours or excessive sugar.

8. Reduce stress: Stress can lead to many health problems from heart trouble to digestive problems. To manage your stress levels, exercising, meditation, yoga, doing what you love, being around in nature, etc., can help you decrease the harmful effects of stress on the body. Don't overwork your body, take breaks in between like a vacation or a day off and surround yourself with people who support you.

9. Express yourself: Expressing your emotions to the people you care for or love is important. Keeping your emotions bottled up inside your body can cause mental and emotional stress as well as physical symptoms. You might have unexpressed feelings that might lead to sleep problems, depression, eating disorders and even physical pain. You can also write down your thoughts and feelings, this also helps to express your feelings.

10. Consistency and moderation: In order to maintain a healthy lifestyle, it's necessary to have some consistency. Making changes one at a time, and not having the same old bad habits can significantly change your life. Make healthy choices as a part of your daily life. Exercise in moderation and follow moderation when it comes to fitness and food.

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An appeal for donations

AGNI is a movement managed and run by volunteers. Being a voluntary movement, AGNI needs the support and contribution of every citizen to continue its work. Citizens are invited to contribute their indispensable ideas, time, effort and financial support. Send Cheque / DD in favour of "AGNI" to any of our Ward Coordinators as listed on Page 4 or to AGNI Office: Chadha

Bldg, 1st Floor, Plot No. 95, Wadala (West), Mumbai 400 031
Bank Details for donations transferred electronically:

Account Name: AGNI,
SB A/c No.: 000710210000005
Bank of India, Breach Candy Branch, Mumbai 400 026.
NEFT/IFSC: BKID0000007

AGNI is a Charitable Trust. Donations are eligible for exemption under 80G of the Income Tax Act.

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AGNI's Coordinators meeting at Juhu K/West

After two years we had a physical coordinators meeting on 9th April.





Save marine life and humanity at Juhu beach

contd. from Page 1 discharged unchecked into the sea. Is it then surprising that one sees dead tortoises and dolphins washed ashore?

For years there has been a need to set up sewage treatment plants and prevent the contamination of the seas but no one seems to pay any heed to these demands. Due to vote bank politics all the banks of the nullahs are occupied by slums. The slum dwellers throw garbage, shoes, mattresses, milk bags, toothpaste tubes etc into the nullahs which in turn throw them back on the beach during the monsoons. Plastic is the biggest enemy of all. That microplastics have been



detected in human blood samples is ample proof of ocean contamination. May we request the concerned authorities to please look into this crucial issue urgently.

Save marine life and humanity. Every year there is a huge budget for improving infrastructure, should building sewage treatment plants not be one of them?

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Email: mmj.agni@gmail.com
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agni.mumbai99@gmail.com
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www.agnimumbai.in

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To volunteer in AGNI or to form Advanced Locality Management (ALM) contact your respective Ward Coordinators below

AGNI Ward Coordinators

WARD NAME	AREAS	AGNI COORDINATOR	PHONE	EMAIL
A	Churchgate, Colaba, Cuffe Parade, Fort, SCT	Jennifer Shetty	9223415069	jenniferagni@gmail.com
D	Malabar Hill, Mahalaxmi, Opera House, Girgaum	Theo D'Souza	9820303940	theomdsouza@gmail.com
F/North	Sion, Wadala, Matunga(E), Dadar(E), Antop Hill	Nikhil Desai	9819930405	n.c.desai2012@gmail.com
G/North	Mahim, Dadar(W), Matunga(W), Dharavi	Bulu Saldanha	9920323831	Bulu_saldanha@yahoo.com
H/East	Bandra(E), Khar(E), Santa Cruz(E), Kalina	Reuben Dias	9930569225	Reuben6947@gmail.com
H/West	Bandra(W), Khar(W), Santa Cruz(W)	Lillian Pais	9920663748	Lillianpais66@gmail.com
K/East	Vile Parle(E), Andheri(E), Jogeshwari(E)	James John	9324086140	K_james_john@hotmail.com
K/West	Vile Parle(W), Andheri(W), Versova, Jogeshwari (W)	Sandra Alex	9820602521	sandraalex2357@gmail.com
L	Kurla, Nehru Nagar, Chandivli	Nutan Bhalla	9819171015	Nutsie59@gmail.com
N	Ghatkopar, Vikhroli	Kishor K. Chudasama	9821051346	Kishorkc_shantu@rediffmail.com
P/South	Goregaon(W)	Anthony Dias	9821291660	diasapvoice@gmail.com
R/South	Kandivli (East & West), Charkop	S. K. Nangia	9322258038	Sknangia2004@yahoo.com
R/North	Borivli, Dahisar (East & West), IC Colony	Willie Sirsat, Shrikant Soman, Glenda Almeida	9820213392 9324228946 9820291563	Shirshatwillie382@hotmail.com Shrikant.soman@gmail.com Glenda.almeida@commerzbank.com
M/East	Deonar, Mankhurd, Govandi	Ashish Kumar Thakur	9820346359	Asisthakur1941@gmail.com
M/West	Chembur	Krantikumar Sherkhane	7039030255	Krantikumars@gmail.com
S	Bhandul, Kanjurmarg, Powai	Pamela Cheema	9820150748	pamelacheema@gmail.com
T	Mulund	Laxmidas Thakkar	32911966	l.thakkar@yahoo.co.in