

Mumbai Meri Jaan



Forward This To All - And All Forward - Together

Editorial

Mumbaikars break the chain of covid-19 infection

While infections in Maharashtra are the highest in the country, Mumbai too which was highest for last few months, now has been under control and is below 4000 for the last couple of days. But this does not mean we are free to lead our normal pre-pandemic days.

We, Mumbaikars, can help greatly in controlling this pandemic, while the State does its duty. Now how can we help in this?

First and foremost, we should as far as possible, stay at home and go out only if it is essential, not otherwise. While being at home we should practice washing hands often, and sanitize



them. Whenever anyone comes home, use your face mask and sanitize the visitors' hands.

If you need to go out for some essential work, do not forget to wear your mask. Also do not join in a crowd. Keep safe distance from others.

All the above will ensure that you, your family, your friends and neighbours (importantly) are SAFE!

If by chance you were positive to the Covid-19 virus and have recovered, you can still be very useful by donating Plasma and help those presently infected get well soon.

DONATE YOUR BLOOD PLASMA

Have the privilege to save a life

WHO CAN DONATE:

- Covid recovered males between 18 & 60 yrs age
- Covid recovered females between 18 & 50 yrs age and who have never conceived
- Had been Covid + in last 1- 4 months and completed at least 28 days post recovery

WHO CANNOT DONATE:

- Should presently not have underlying conditions like Diabetes, thyroid, hypertension etc
- Should not have taken the vaccine
- Should not have received Plasma themselves during their Covid treatment
- Uncontrolled Blood Pressure
- Cholesterol

SHOULD HAVE NOT HAD ANY OF THESE IN THE LAST 1 YEAR:

- Typhoid / Dengue
- Malaria
- Jaundice
- Chikangunya

SHOULD HAVE NOT HAD ANY OF THESE IN THE LAST 6 MONTHS:

- Tatoo
- Piercing
- Dog Bite
- Root Canal

Finally, vaccination is the only protection against the infection. However, by having got vaccinated even with a second dose, do not stop following the SOP discipline. Covid-19 is here to stay for months maybe even years and you should continue to follow the SOP and thus BREAK THE CHAIN OF COVID-19 INFECTION!

MMJ

Earth Day 2021



The theme of Earth Day 2021 was "Restore Our Earth". Virtual events took place over three days from 20 April to 22 April 2021, with up to one billion people participating and pledging to protect the planet.

The global youth summit consisted of panels, speeches, discussions, and special messages with today's youth climate activists including Greta Thunberg, Alexandria Villaseñor, and Licypriya Kangujam.

The 'We Shall Breathe' virtual summit was a digital event that examined climate and environmental justice, connecting the climate crisis to issues of pollution, poverty, police brutality, and the Covid 19 pandemic, all within a racial justice framework.

Life on this planet during pandemic

Never have I seen such a mess in life.

The air is pure but wearing a mask is mandatory.

Roads are empty but it is impossible to go on long drive.

People have clean hands but there is a ban on shaking hands.

Friends have time to sit together but they cannot get together.

The cook inside you is crazy, but you cannot call anyone to lunch or dinner.

On every Monday.. the heart longs for the office but the weekend does not seem to end.

Those who have money have no way to spend it.

Those who don't have money have no way to earn it.

There is enough time on hand but you can't fulfill your dreams.

The culprit is all around but cannot be seen.

A world full of irony!!!

So be positive but test negative.

Cheers to so called "Life on this Planet". Which we Humans totally messed up..

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The global education summit focused on the crucial role that educators play in combating climate change and why the world needs transformative climate education now. Discussions covered natural processes, emerging green technologies, as well as innovative thinking that can restore the world's ecosystems. This multilingual virtual summit spanned several time zones and featured prominent activists from every continent, focused on the crucial role that educators play in combating climate change and why we need transformative climate education now.

Other topics like Reforestation efforts, Regenerative agriculture, equity and environmental justice, Cleanups were discussed.

World climate leaders, grassroots activists, nonprofit innovators, thought leaders, industry leaders, artists, musicians, influencers, and the leaders of tomorrow gathered to push us towards a better world so "we shall breathe"

Let us do our bit in our own localities. Let's rethink waste and litter.



Lillian Pais is AGNI Coordinator, H/West Ward

MMJ

Monsoon preparation in Ward 69

👉 Zahida Banatwala

Even as Covid 19 and shortage of vaccines play a dominating role in our lives, at grassroots level life has to carry on. While our elected representatives and BMC are grappling with the situation, they are also ensuring that all that needs to be done is carried out to have a smooth monsoon.

Daily news and updates are shared with citizens of the area on which Nallah is cleaned and



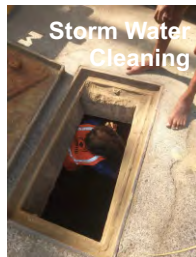
area wise storm water drains are cleaned. Attention is paid to areas of chronic flooding. Tree



trimming where ever requested and required is being carried out. Beach cleaning and monitoring is followed up. Since Corona cases are rising drastically, the BMC and elected representatives are giving it their best. Meetings



are held at K West war room and contact details are shared with all. The municipal dispensary (health center) has been very useful. It's a clean environment and friendly



staff have been very supportive. RT PCR tests and Antigen test all done at no cost. Getting gaothans and slums regularly fumigated and sanitized, so also distribution of masks and sanitizers is now the new norm. Helping with food packets and rations is an ongoing exercise.

To help seniors with the vaccine our Councillor Ms Renu Hansraj is personally present at R. N. Cooper Hospital.

Zahida Banatwala is AGNI Coordinator, K/West Ward.

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Taking all precautions controls pandemic spread

👉 Nishad Neelambaran

Members of Veer Mahal Housing Society in Lalbaug, made sure that all necessary precautions were taken immediately to tackle the spread of Covid-19 in their society.

Nagesh B. Tawde, chairman says "We installed hand sanitizer peddling machines and had disinfectant spray used for household goods except vegetables at the main gate. Besides, the society purchased oxymeters and infrared guns too".

The society tried to cover every aspect to ensure the safety of its members. "Since no one was allowed to go out, society had collaborated with nearby vendors for groceries. Additionally,

pharmacy numbers were shared on the society's WhatsApp group and on the notice board. Vegetables and fruit vendors were called near the society gate once a week, keeping in mind the social distancing norms", he shares.

Tawade also states that the members came together to help citizens and others. "To help senior citizens, society made sure that all the basic amenities were delivered at their doorstep. Additionally, society had special tie-up with Doctors to provide 24x7 medical services whenever required".

To make sure the security guards do not get infected, the society arranged for

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BMC to rope in two road consultants for utility duct study across Mumbai

Once a road is built there should be no need to dig it up unless the road itself is being repaired. However, designing ducts will be the biggest challenge, since they will have to accommodate the needs of every department. For example, the lines of piped natural gas and electricity cannot be next to each other. They have to be at separate levels. Also, BMC's own water department will face an issue as the water mains will have to be carefully placed. If a pipeline bursts, it can flood the duct. The ducts will have to be constructed in several directions to ensure services reach users.

In fact, as mentioned in the Voice of Wadala (VOW) (a publication which preceded MMJ) in 2002, the then Municipal Commissioner, Mr. Karun Srivastava, gave a green signal to laying these ducts. At that time, to begin with, it was to be on Dr. Ambedkar Road at Sion. Last year too, in August, it was again decided to have six ducts, two each in the city, Eastern and Western suburbs.

With the present decision, it appears the two above mentioned projects do not seem to have seen the light of day. Hope the BMC this time at least is serious and proceeds with the ducts and thus saves roads and pavements from digging and damage. Way back in 1995 the Voice of Wadala, had suggested ducts like those in Dubai should be constructed in India where sand is filled over the utilities, but no action was taken. Digging of roads affects the upper layers and leads to water seepage which damages the roads.

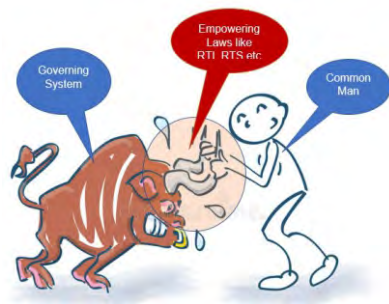
A senior civic official from the roads department said, "Most of the time, utility agencies dig up roads without permission, in the wake of an emergency. This

leads to deterioration of roads. We realised that ducting of these utilities is essential so that if they have to be repaired, the roads will not have to be dug up." As per the terms of the contract, the consultants will undertake a preliminary exercise of mapping the existing utilities, preparing designs and drawings for trench-free pavements with utility ducts, and preparing estimates of the project. The contract is for a period of five years. They will suggest priority locations where the mapping of utilities can be done on a pilot basis.

There are 36 different utility agencies that dig up Mumbai's roads – the highest in any Indian city – for repairing or maintaining lines of electricity, telephone, internet connections and cooking gas. The agencies dig up roads to lay their cables or for repairs, but when the time comes to fill them up, they do a shoddy job or leave it unattended for days. Several western countries have proper ducts for underground utilities that have entry points at regular intervals. The BMC is planning to have similar ducts across the city. Nikhil Desai, AGNI Coordinator said, "It is a good idea to shift all the utilities to ducts, but why can they not do this when they take up road repair works. It is the same with footpaths where two different agencies work on roads and adjacent footpaths at different times, leading to uneven construction."

The design consultants have been assigned a set of 54 roads across the city to map utilities. These include some major roads like P D'Mello Road, Walkeshwar Marg, Belasis Road, Senapati Bapat Marg, Juhu Versova Link Road, Carter Road, SV Road and Malad Link Road.

Contd. on Page 4



Take the Bull by the Horns How to make the Governing System work for Citizens - 7

..... Contd from previous issue

Shrikant Soman

Police and rights of citizens

Generally, there is a fear with the common law-abiding citizens about the Police. Having a police officer visiting any home is itself taken as a stigma in our society. The stories of police harassment and rampant corruption add fuel to this mass fear psychosis. But this is only a partial truth. Our lawmakers and judiciary in their wisdom have made ample provisions of checks and balances about the functioning of our guardians of law. Unfortunately, the citizens are mostly ignorant of these provisions. Our effort at AGNI is to make the citizens aware of their rights. This is the first step towards our objective of having a robust governing system.

Last month, we covered a few of the legal provisions for protecting citizens' rights against police. This month, we add some more.

1 Calling a woman to police station

As per *Section 46 (4) of CrPC*, a woman cannot be called to the police station between 6 pm to 6 am unless there is a prima facie evidence of a serious crime. Even in that case, a **written approval from a First Class Judicial Magistrate** is needed. Moreover, the woman has to be escorted by a female police officer.

2 Written summons is needed to summon the witness to the police station. As per *Sec 160 of CrPC*, a person is not bound to appear before a Police Officer investigating a case without an **order in writing** by such officer. Disobedience of mere verbal order is not punishable.

3 Statement NOT to be signed
Statements made by any person to any police officer during the course of any investigation should not be signed as per the express provision of *Sec 162 of*

CrPC. It is **NOT** admissible as **evidence against the accused.**

4 Power of Arrest

As per *Sec 41B of CrPC*, every police officer while making an arrest shall

- (a) bear an accurate, visible and clear **identification of his name** which will facilitate easy identification;
- (b) prepare a memorandum of arrest which shall be
 - (i) **attested by at least one witness, who is a member of the family** of the person arrested or a respectable member of the locality where the arrest is made;
 - (ii) countersigned by the person arrested; and
 - (c) inform the person arrested, unless the memorandum is attested by a member of his family, that he has **a right to have a relative or a friend named by him to be informed** of his arrest.

Secondly, whenever Police intends to arrest any person, they must ensure following legal provisions

- 1 They have to clearly **inform the person to be arrested about the offence** he is alleged to have committed (*section 50 of CrPC 1973*)
- 2 The Police are obliged to immediately inform any friend or relative of the arrested person about the arrest of that person and the place of his custody. (*section 50-A*)
- 3 If the offence / offences alleged is/are defined as bailable offences, then, Police must inform the accused person about **his right of immediate release** on furnishing of Bail (Surety) (*section 50-A*) or by executing a Bond (*Section 441 of CrPC, 1973*) in lieu of Bail.

..... to be continue in next issue
Shrikant Soman is AGNI's Coordinator of R/North

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Beat the heat

We tend to enjoy the comfort of an air conditioned room to keep us physically cool but our body which comprises 60-70 percent water needs to be replenished for the water loss during summer.

Ways to cool off, add nutrients to nourish the skin and boost energy:

Water is the most common nutritional deficiency. Drinking 8-10 glasses of water is the most important way to hydrate. Adding a tablespoon of chia seeds in water gives added benefit of soluble fibre, protein and omega 3.

Coconut water: A good balance of electrolytes, helps in quenching thirst and is low on calories.

Buttermilk: Good coolant for the body. It aids digestion and a source of calcium and protein.

Nimbu pani: Lemon a source of Vitamin C helps revitalise, keeping you refreshed by flushing out toxins and improves digestion.

Aam panna: A seasonal delight made of steamed raw mango, mint, black salt and jaggery, a respite from heat prevents



dehydration and provides energy.

Jamun cooler: Deseeded jamuns with ground cumin, black salt, water and mint, blended to give you the antioxidant boost.

A good choice for diabetics.

Sattu sherbet: Summer cooler made from roasted gram flour, cumin, mint leaves and black salt is an excellent way to add nutrients, protein and hydrate.



Fruit popsicles: An exciting way to add fruits for children. Puréed mango with curd or a kiwi and watermelon blend set in molds, a fun option to cool off.



Gulkand shake: A thick paste of sun dried rose petals with jaggery. Adding a tablespoon to milk or water helps detoxify, rejuvenates the skin and is a natural coolant.

Solkadhi: A blend of soaked kokum, grated coconut, cumin, black salt, garlic, rich in antioxidants, promotes digestion when had after a meal, works as a natural cooling agent.

MMJ

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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A VERY BIG THANK YOU
for Donations received

in the month of April 2021:

Ms. Pheroza Godrej Rs.35,000/=

Mr. D. M. Sukthankar Rs.25,000/=

Ms. Gool Mistri Rs.10,000/=

A B Nair Road ALM Assn. Juhu Rs.5,000/=

Covid-19 Management

We may have to live with Covid-19 for months or years. Don't deny or panic. Don't make your life a misery. Let's learn to live with this reality.

2. You can't destroy the Covid-19 virus that has penetrated the cell walls, by drinking litres of hot water - you'll just be going to the bathroom more often.

3. Washing your hands and maintaining a physical distance is your best method of protection.

4. If you do not have a Covid-19 patient at home, there is no need to disinfect your home.

5. Grocery bags / plastic bags, gas stations, shopping carts and ATMs do not cause infection. Wash your hands, live your life

as usual.

6. Covid-19 is not a food infection. It is associated with infectious droplets such as flu. There is no demonstrated risk that Covid-19 is transmitted by ordering food.

7. You can lose your sense of smell by using a lot of anti-allergies and viral infections. These are only non-specific symptoms of Covid-19.

8. Once you get home, you don't need to change clothes immediately and take a shower! Cleanliness is a virtue but not paranoia!

9. The Covid-19 virus does not fly through the air. This is a respiratory drop infection that requires close contact.

10. The air is clean, you can walk to parks and public places

(just wear a mask and keep your physical distance for protection)

11. Just use regular soap against Covid-19, no need for anti-bacterial soap. These are viruses, not bacteria.

12. You don't have to worry about your food orders. But you can heat everything in the microwave, if you want.

13. The possibility of bringing the C19 home in your shoes is like being struck by lightning twice a day. I've worked against viruses for 20 years - drop infections don't spread like that!

14. You can't be protected from viruses by consuming vinegar, sugarcane juice and ginger! It's just for immunity not medicine.

15. Wearing a mask for a long time interferes with your breathing and oxygen levels. Wear it only in crowded places.

16. Wearing gloves is also a bad idea; the virus can accumulate in gloves and is easily transmitted if you touch your face. Better to just wash your hands regularly.

17. Immune system gets very weak by always living in a sterile environment. Even if we are taking immune-boosting supplements / medicines, please regularly leave your house to the park / beach or anywhere else.

*Immunity is increased by EXPOSURE TO PATHOGENS, not by sitting at home and consuming fried/spicy/sweet foods & fizzy drinks.

MMJ

Taking all precautions

Contd. from Page 2 their accommodation and were provided with proper food and other basic facilities.

The society also made sure they received timely salaries without any deduction. Even those who were told not to come were compensated. We continued with housekeeping services", he adds.

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BMC to rope in two road consultants for utility duct

Contd. from Page 2 Rais Shaikh, Samajwadi Party MLA and group leader in the BMC, said, "This is a very important project and ducting of utilities has been a long-pending demand. I will be demanding a proper presentation to be given

to the standing committee on the entire project and it should not be cleared without thorough scrutiny."

The BMC looks after about 2000km of the city's roads, for which it takes up repair works every year. In its budget, the

civic body had increased its allocation for road works by 25% this year. It made a provision of ₹1,520 crores for more than 300km of road works. If road repairs are done in a systematic manner it will benefit the city hugely.

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

AGNI Ward Coordinators

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