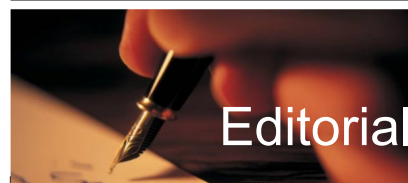


Mumbai Meri Jaan



Forward This To All - And All Forward - Together



Editorial

The Digital MMJ

It is now 25 years since the Internet was established in our country. Since then technology has leapfrogged and become a dominant aspect of our lives today. Earlier we had desktop computers, then arrived laptops and now we have every feature of a computer on our smart phones. Nowadays due to Covid-19 many are working from home and technology has helped people to work from anywhere in the world. This trend is increasing with seminars and conferences also being held online without the need to step out of the home. Thanks to the mindboggling jump in technology.

MMJ was published only as a print edition since its inception. Later we started circulating the pdf of the print edition through emails and WhatsApp to reach out to most Mumbaikars. The print edition had four columns to a page, with four pages comprising an issue of the newsletter every month. Many readers did draw our attention to the fact that it was difficult to read MMJ with four columns on a mobile phone. The only solution to this was to bring out a **digital edition** along with the print edition.

Thanks to Rodney D'Souza, a former AGNI member, we prepared a digital edition of the August MMJ issue as a trial. Having succeeded, we decided that henceforth we will publish both the print as well as the digital edition. While the digital edition is easy to read on mobile phones, the print edition appeals to the reader because of its attractive layout.

Thus from this month onwards readers will receive both versions and can choose which one to read.

MMJ

Project Mumbai receives United Nations award – An interview with Shishir Joshi

Pamela Cheema

Unprecedented times evoke unprecedented responses and solutions. In a pandemic which has returned after a century and viciously shaken the world to its foundations, there have been innumerable courageous interventions to mitigate the unspeakable distress and agony of the people. Whether NGOs or civil society members who contributed in an almost unstoppable flow to alleviate the misery of the people, indefatigable efforts have been made in this crisis to uplift, even if it is only in a small way, those marginalised sections of our society which are the backbone of the Indian economy.

One such significant effort is Project Mumbai, a non-profit which received on July 17 the United Nations Sustainable Development Goals (SDG) Action Solidarity Award 2020 for its humanitarian work

during the Coronavirus crisis. “Three non-profit



organizations received this award from India,” says Shishir Joshi, the founder and CEO of the organization. “Ours was the only non-profit which was selected from the western region.” The United Nations has chosen 50 such organizations across the world for their exemplary humanitarian work in this crisis. “There was no jury member from India on the committee which selected the award winners. Nor do we know if we will receive any citation or cash award,” says Joshi.

Shishir Joshi has worked for non-profits for 11 years and was the youngest CEO of the well-known NGO, Bombay First. His **Contd. on Page 4**

Bharat Utthan Sangh strives for the poor

The affable soft spoken Rajesh Juhukar who runs New Reliable Medical Store in Juhu is more than just the friendly neighborhood go-to guy who helps you with your daily medical supplies. He is



also a concerned Juhu citizen who interacts with local authorities on a variety of urgent issues and is committed to helping the needy.

Rajesh is actively involved with the Bharat Utthan Sangh headed by Advocate Rakesh Singh, also a Juhu resident. The Bharat Utthan Sangh (BUS) team has been proactively working for more than 15 years on a variety of projects like helping needy students, senior citizens, keeping Juhu beach safe and clean, working for the betterment **Contd. on Page 4**

Any work from home, ideas to help Mumbaikers?

Ajit Balakrishnan

As the world, and all of us in Mumbai struggle to come to terms with the new reality of Working from Home imposed on us by Covid-19, my thoughts turn to AGNI and my connection with Mumbai.

After collecting my degree from the Indian Institute of Management Calcutta in 1971, I boarded a train (third class sleeper) and headed for "Bombay" determined to be an entrepreneur. Within a year or so of my arrival in Bombay I, with two other friends founded Rediffusion, an ad agency that succeeded instantly.

Mumbai (that's what Bombay

had by then become, I guess in an attempt to shrug off its colonial origins) is also where I founded Rediff.com in 1995, as the first internet website on the South Asian sub-continent.

Often when I speak at tech conferences I am asked where I am from, I instinctively answer, "Bombay". Seconds later, wanting to be truthful, I correct myself and say that I was born and spent my early years in a small town call Kannur on the Malabar coast (incidentally, Kannur was where Vasco da Gama first arrived, the event which heralded the first contact between the West and



the East). Equally, I often wonder why I have come to think of Bombay as my hometown. Arithmetically speaking, it is true: I have lived in Bombay 47 years and in Kannur only 20-odd. I guess because it was for me, like for many others, the city that helped me **contd. on Page 4**

Juhu in Covid times

 Zahida Banatwala

The Covid-19 pandemic is being witnessed by people across the world for the first time in their lives. Mumbai, which has experienced riots, floods, bomb blasts and many other natural and man-made calamities is faced with yet another. But citizens have risen to the occasion and one has heard of help pouring in from every corner of the city to strengthen the government.

In Juhu, particularly K(West) constituency 165, positive cases were reported in large numbers. While the BMC was busy organising quarantine centres, testing slum pockets, sanitizing various areas, the elected representatives had the difficult task of managing ration kits, medical equipment, cooked food, etc. Most citizens would have liked to help, but given the lockdown situation, they did not know whom to approach and where to begin.

It was at this crucial juncture that our MLA, Ameet Satam, appealed for donations from the public and was able to garner a substantial amount in just four days. The money collected paid for ration kits for several hundred families. Our Councillor, Renu Hansraj, without wasting time, reached out to the people of Ward 69 and provided beds for Covid Care Centres, sponsored by Decor. Help poured in from every quarter with, among others, 18,000 immunity boosting homeopathic medicines donated by Temple Packaging, a community kitchen which was run for 90 days by Utpal Sanghavi School and Phantom Films, the Rotary Club of Mumbai, Divas, the residents of JVPD and the trustees of Jamnabai Narsee School pitching in generously to mitigate the distress of the people.

Be it fashion designers, hotel owners or business houses, people came forward unhesitatingly to ease the



situation. Through these kind donors' rations were provided to Gurudwaras where meals were cooked and supplied throughout the area so that no one went to sleep hungry.

Renu Hansraj personally donated money to run a community kitchen, along with sevaks of the Gurudwaras, to provide 1000 food packets daily for 90 days. Help poured in as citizens knew that they were donating money as well as supplies to responsible and committed elected representatives.

While battling Covid 19, the BMC and our elected representatives continued monitoring all civic activities like solid waste management, cleaning of storm water drains as well as maintaining Juhu beach. On August 15 our MLA inaugurated a CCTV project for all arterial roads at 100 locations with four cameras at each location. This has been a well-thought out project to reduce crime in the area.

It is heartening to note that there is so much compassion and generosity amongst us.

Zahida Banatwala is AGNI's Coordinator in K(w) ward

MMJ

IMPORTANT NOTE
Due to Covid lockdown
there will be no Print
Edition of Mumbai Meri
Jaan September 2020
issue,
only a digital Edition

Independence Day Flag Hoisting At IC Church

 Willie Shirsat

IC parish has regularly organized Independence Day celebrations for the last two decades. This year it was also organized jointly with the Bombay Catholic Sabha. Father Oniel was the commentator while Father Harry Vaz was the Chief Guest. I escorted him to the dais where he delivered a rousing speech.

Father Harry recalled India's ancient history and civilization, its famous epics like the Ramayana and the Mahabharat, the enlightening philosophy of the Upanishads and the great and visionary social reformers and freedom fighters who struggled selflessly for India's freedom like Mahatma Gandhi, Lokmanya Tilak, Jyotirao Phule,

Dadabhai Naoroji, Maulana Azad, etc.

Paying the deepest tributes to Mahatma Gandhi, he also recalled passionately Jawaharlal Nehru and his famous 'Tryst with destiny' speech soon after the country won its independence, Annie Besant and a whole host of freedom fighters of diverse cultural backgrounds, religion and education who by contributing to the struggle for independence, retrieved the soul of India.

Father Harry concluded his speech with an invocation and the Vote of Thanks was given by Lenny of the Bombay Catholic Sabha.

Willie Shirsat is AGNI's Coordinator in R (North)

MMJ

Celebrating Independence Day at Aarey

 Nutan Bhalla

My country, my flag and I was all set to join the flag hoisting ceremonies, but since Covid-19 looms over all our activities I joined a group of volunteers to walk the trails of Aarey forest dispersing roundels of organic mud.

Seed bombing, as they refer to it, is an initiative of the NAATA foundation and Rotary District 3141, in the tribal villages of Aarey.

NAATA since its inception in 2003 is dedicated to the upliftment of tribals in the area. NAATA also has a presence in Sanjay Gandhi National park and Goregaon. Seed balls are prepared using red soil, cow dung, cow urine, chickpea flour and jaggery, into which one or multiple seeds are ingrained, based on their size. Since the germination time span is a year and the survival rate is 8 out of 10 seeds the possibility of a large number of seeds flourishing into saplings is high. Each seed ball costs Rs 2 and the money collected is used for



tribal welfare.

A total of 5000 seed bombs of various types like Bamboo and Shami were dispersed in various padas of Aarey, on the occasion of the 74th Independence day celebration. They hope to disperse 10,000 seed bombs in the near future.

Returning home from Aarey awakened a hope that all is not lost and much as concretisation and so-called modernisation, have surged ahead, it's not long before the Green Revolution will take over and nature lovers will rule the day.

Nutan Bhalla is AGNI's coordinator in L ward

The fight against Covid-19

 **Anil Jain, Wadala (West) Citizens' Forum**

We have been receiving calls from several members saying that they are constantly afraid of contracting corona virus despite taking due care.

We would like to assure you from the reports we have been receiving that Coronavirus is just like any other influenza and gets cured by just doing some basics and can be very effectively prevented if we do these basics on a regular basis.

1. Steam inhalation to be done once or twice daily even if you are not infected. Gargling with hot water in case of slightest throat discomfort.

2. Take enough Vitamin C preferably from natural sources like citrus fruits. Also Zinc which is found in nuts.

3. Aayush kadha once daily. Alternately "Hunza" tea. Use of Ginger, turmeric, pepper, etc. to be done.

4. Homeo medicine "Arsenic alb 30" or "Camphora 1M" to be taken, if not already done so.

5. Most importantly, a 15-20 minutes' exercise of "Diaphragmatic Slow Deep Breathing", will take care of your respiratory system which is the main target of corona virus. It will keep you oxygenated, relax your mind and give a good sense of well-being, thereby making your immune system strong enough to counter any kind of infection.

It is only in cases of comorbidity or aggravated symptoms that one needs to be hospitalized.

So all please do not have any undue fears and at the same time follow social distancing and sanitizing as is needed.

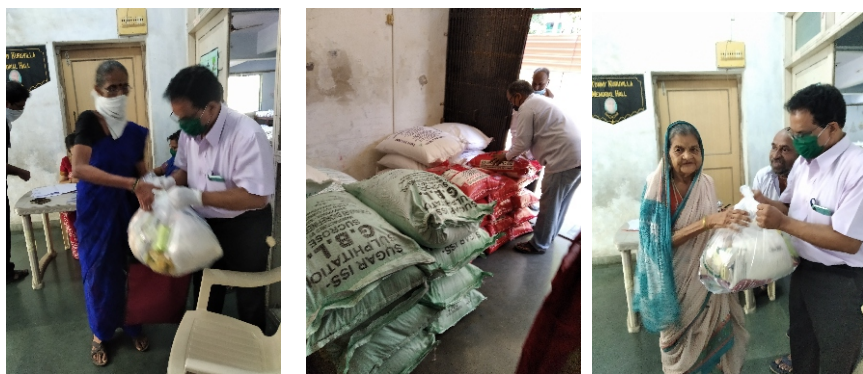
Also, there is a drastic fall in the number of new cases in F/North ward, thanks to our administration and Amey Goel, BMC's Health Committee Chairman and Corporator of 178, who is doing a great job. The recovery rate is about 80% which is phenomenal.

Stay Safe Stay Healthy

MMJ



Distribution of groceries & medicine to the marginalized by Cedric Miranda at OL of Sea Madh



Event conducted by Celine Patil distributing Food/ groceries to the MIGRANTS & marginalized

Nature—the Supreme Teacher

 **Sunanda Nadkarni**

Nobody knows why God has created Nature
But definitely by learning from it, people can change their nature.

Every flower waves on the tree in bliss
Not bothered whether it gets a kick or a kiss.
Why can't people remain in bliss

When saints say that God has created people to enjoy bliss.
In spite of hurdles rivers flow to the ocean keeping in mind their goal

Then why is it that people are totally unaware of their goals.

Rivers merge in the ocean in great numbers without limit
Yet the ocean never crosses its limit

Then why can't people remain in their limit
And try to fulfill all that they commit.

Trees give fruits without any discrimination

Why do people always think in terms of aggrandizing.

Daily the sun rises and sets, but it still does not cry.

But on thinking about death why do humans cry.

It is nice to see how crows eat

They call their friends, share with them and then eat.

If we want, we can learn a lot from Nature

But alas, unfortunately, it is not in human nature.

MMJ

NEWS IN PICTURES in R/North

Events conducted by Nelson D'souza R/North



AWARENESS IN SOCIETY on Covid'19 prevention



Ganesh Mandal felicitating for Covid'19 awareness



Corporator/ MLA providing medicines



Door to door Covid'19 testing Camp

A VERY BIG THANK YOU
for Donations received

in the month of August 2020:

Mr. D. M. Sukthankar Rs.10,000/=

Mr. Vijay Menon Rs. 8,000/=

Jennifer Shetty Rs. 500/=

Jennifer Amanna Rs. 500/=

Project Mumbai receives United Nations award – An interview with Shishur Joshi

Contd. from Page 1 present non-profit, Project Mumbai, is less than 20 months old but his selfless and dedicated work has won him so many admirers that “in the last four months we have raised over 30 crores,” says Joshi proudly. “If an organization like AGNI which has so much grassroots support can give us a substantial donation, then it says something about us. We used that donation to buy PPE kits for doctors in the Holy Spirit Hospital at Andheri (E). Incidentally, we have donated 200,000 PPE kits for doctors and health care workers.”

Project Mumbai's work spans a substantial spectrum of humanitarian work. The organization has made deep inroads into possibly every sphere of social activity from focusing on mental healthcare of senior citizens to its Khaana Chahiye initiative which provides cooked meals to over 70,000 people every day, its One Million Meals Mission which ensured that no migrant

worker would return home hungry and its collaboration with MCGM in six of the 24 wards of Mumbai city for the distribution of food grains, groceries and vegetables during the present Coronavirus crisis. While these are just a few of the remarkable initiatives for which the non-profit is noted, Project Mumbai has also signed an MOU with the BMC to establish a call centre for home quarantine patients. The call centre began its work on July 9th 2020.

It has also collaborated with Western and Central Railway to paint all the railway stations on both the Lines with images of Covid warriors in a vividly appreciative artistic gesture to those professionals who have saved our lives. Joshi expects the project to be completed in a couple of months.

Shishir Joshi deeply believes that “my work is like a relay effort from which people must learn and move ahead in the years to come.”

Pamela Cheema is AGNI's Coordinator in S ward MMJ

Any work from home, ideas to help Mumbaikers?

Contd. from Page 1 realize my dreams...the City of Dreams!

What's the magic that Mumbai has that has made it India's premier business centre? I guess a respect that Mumbaikers have for risk-taking and entrepreneurship and a city whose residents are always willing to try new ideas.

Supporting AGNI, in the small ways that I have done over the years is for me a way to thank Mumbai for all that it has done for me.

Once again, as it happens

once every few years, this time thanks to the Covid-19 crisis, life for many in Mumbai has been turned topsy-turvy. Can we (AGNI, you, me) think deeply and come up with ideas that will create Work from Home entrepreneurial opportunities for the many hundreds of thousands of Mumbaikers who have lost their jobs during the past few Covid months?

Ajit Balakrishnan (ajitb@rediffmail.com) is an Internet entrepreneur From

Bharat Utthan Sangh strives for the poor

Contd. from Page 1 of women etc.

When the pandemic began the team provided lakhs of food packets and meals to the needy. The second initiative started by BUS is to supply groceries and rations to families who have slipped into poverty due to the current dismal economic situation. From April onwards BUS has provided 16,000 ration kits of rice, wheat flour, pulses, salt, sugar, biscuits, soap, sanitary

towels etc. to poor families. And the work goes on.

The motto of Advocate Rakesh Singh is a simple one "no one should sleep hungry". And he and his team are working tirelessly to make that happen. Juhu is fortunate to have these Covid Warriors! MMJ



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