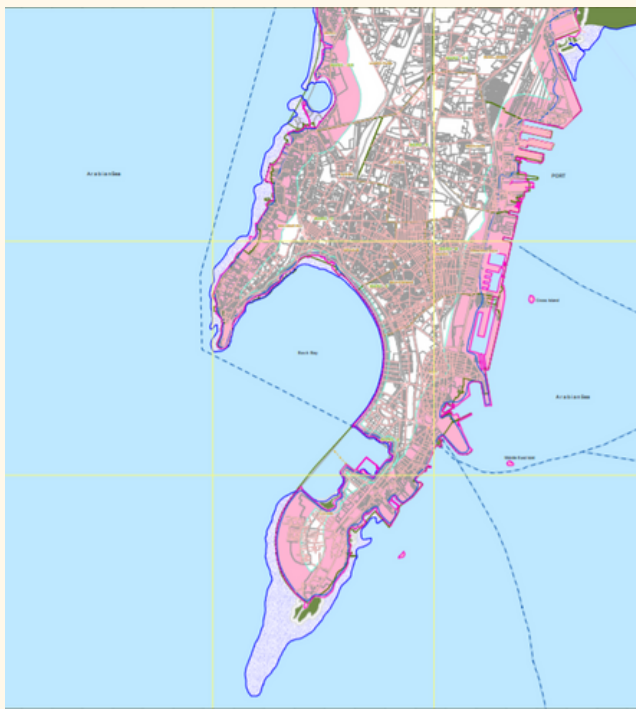


**Ideal Mumbai
Public Health Manifesto**

BMC ELECTION 2022



**DEC
2021**

First & Foremost



CHAIRMAN'S ADDRESS

Dear Friends,

We have been passing through unprecedented times and trust you and your families are well and safe. In the year gone by, the pandemic has dominated our lives since day one. We hope the New Year will be different and wish you and your families, a Happy and Healthy Year ahead.

Our offices started functioning from October 2021, after being closed for nearly 18 months. During this period, our staff worked from home and despite the various constraints, managed to carry out a large number of relevant activities.

The challenges amplified or brought about by the pandemic, are expected to be even more serious after health emergencies have passed. We need to take multiple initiatives to ensure that lives, livelihoods and business ecosystem, can be protected from the ongoing crisis.

We renew our commitment to protecting Mumbai's environment and coastal regions against the threat of climate change. As the various international reports have time and again, warned us, that our city is amongst those coastal cities that are very vulnerable to the threats of rising sea levels and erratic climatic events. Focusing our collective action on advocating for sustainable practices in urban regeneration is the need of the hour. In line with these thoughts, we brought together eminent experts in the field of climate financing in a webinar titled "Post-Pandemic Urban Recovery Climate Change Climate Finance - Tale of Asian Cities". To bring attention to Mumbai's ecologically fragile coastline, we held a panel discussion where eminent experts discussed the impact of changing coastal regulations that allow development and construction on the coast.

In continuation of our various initiatives under the "EU-Mumbai Partnership", we organized workshops for various government agencies on "Bankable Projects in Urbanisation, Mobility and Waste Management." We also joined hands with CSIR - NEERI and organized a three-part online webinar series on 'Indoor Air Quality.' We also organised a 'Roundtable Discussion on Mental Health' as part of its Mental Health Initiative and various other programs, details available in the ensuing pages.

The recently concluded United Nations Climate Change Conference (COP26) in Glasgow discussed various actions that need to be taken, to meet the challenges, the world faces due to climate change. It is, however ironic, that while the world leaders were discussing in Glasgow, how to deal with climate-related challenges, we amended our existing Coastal Regulation Zone Act, which will open large parcels of land for building developments. This is unfortunate, but regrettably, nothing can be done to reverse this now. However, Mumbai First would strongly advocate, that there should be no haphazard developments, and the threats faced by climatic disasters, must be kept in mind. A number of forward-looking policy initiatives and investments are required to enable Mumbai to confront the challenges of climate change. I would like to compliment and applaud the untiring efforts of the government, municipal corporations, and our healthcare workers in dealing with the challenges presented by the pandemic.

If the last year was hopelessly bad, the New Year must be hopefully good!

Once again, my very best wishes for the New Year. Take care and stay safe.

Regards,

Narinder Nayar

Chairman, Mumbai First





CEO SPEAKS

Dear Mumbaikars,

As the city continues to battle the uncertainty of a new Covid-19 variant, we can look towards the increasing rate of vaccination as a sign of hope. Mumbai has fared well in keeping the number of cases low, offering its citizens some relaxation in lockdown restrictions. However, it is still crucial that all citizens continue masking and inoculating themselves against the virus.

The pandemic experience has revealed how local administrations at the municipal level can efficiently handle a crisis if they are empowered to do so. The MCGM played a key role in triaging patients, allocating precious resources and providing efficient healthcare services on the ground level.

In light of this experience, the upcoming municipal elections are crucial to the future of the city. These elections, tentatively scheduled to take place in early 2022, would be the first municipal election for the city in the post-COVID world. The aspirations of the city are changing and reforming to suit a post-COVID world. Any future government needs to focus on the issue of physical and mental health. To push for a wider conversation around the health needs of the city, Mumbai First in collaboration with Praja Foundation has released a 'Mumbai Public Health Manifesto.' This manifesto document is an attempt to reflect Mumbai's current primary healthcare needs, identify the gaps and make relevant recommendations to the future government. Through a lengthy consultation process, we have compiled the recommendations of city NGOs working on the ground in the field of health. I urge all political parties to acknowledge our non-partisan efforts to improve the status of the health sector in the city and adopt these suggestions as a part of their party manifestos.

Lastly, I would like to extend the season's greetings to all Mumbaikars. May the new year bring fresh energy to make our city a better place to live, work and invest in.

Regards,

Dr. Neville Mehta

CEO, Mumbai First

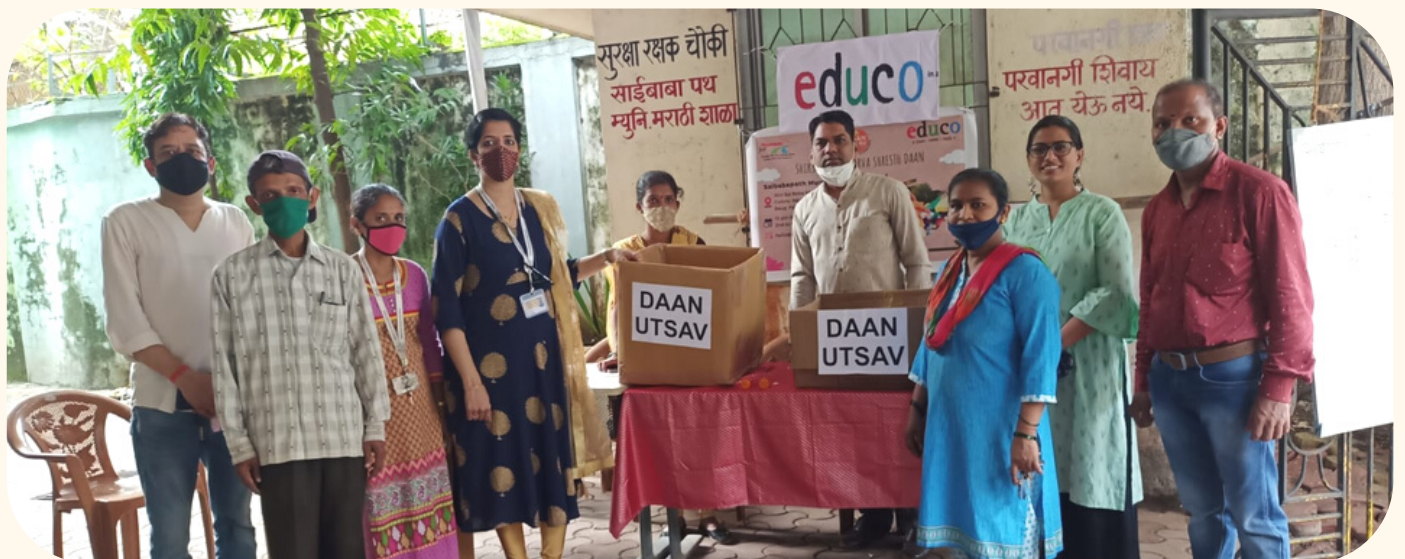
As part of our ongoing webinar series about Mumbai's recovery in a post-pandemic scenario, we organized a panel discussion with eminent experts in the field of Climate Financing and Climate change to explore how cities can be economically resilient in the face of crises. Post Covid-19, cities tend to rely on stimulus spending, forcing them to make difficult choices and tradeoffs, including forestalling climate change action. There is a real risk of high greenhouse emissions and human vulnerability pathways becoming "locked-in" if long-term development and climate considerations are not integrated into recovery efforts from the start. The webinar attempted to highlight this often ignored aspect of pandemic recovery.



Key Highlights

- The pandemic recovery opened a once-in-a-generation opportunity to build sustainable, inclusive, clean, and green cities that are fit for an unprecedented wave of urban growth. Power generation, design and transport, mobility design and infrastructure design will be crucial in determining how we achieve sustainable development goals or targets set in the Paris agreement.
- Cities must tailor early warning systems to meet the needs of vulnerable populations, map city services and access to amenities, build long-term resilience into infrastructure and planning, and promote an inclusive culture.
- Early data has shown that Mumbai is highly vulnerable to climate risks- meaning comprehensive risk assessment and preparatory plans will be indispensable to resilient, long-term, sustainable planning.
- We see resistance in investment towards climate action in India due to the wide variation in the results of climate models(both mitigation and adaptation). A lot more needs to be done when it comes to downsizing global climate models to suit local requirements, i.e. say, a specific region of the Mumbai Metropolitan Region.

For this year's Joy of Giving week, Mumbai First, in collaboration with Educo, came together for our city's children and organised an extensive collection drive to support the communities in Lalbaug, Parel, and Sewri. We reached out to our extensive network of organisations, individuals, and corporates to encourage donations in kind that could be useful to school students. The donations included books, stationery, sports equipment, art & craft supplies, stationery, apparel, shoes, electronic items, etc. The collection of the materials was organised at the Educo-run school during the joy of giving week, i.e. 2nd Oct – 8th Oct. Acts of generosity from across the city and the country contributed to the joy of learning and played a responsible role in our children's future.



Mumbai First and CSIR-NEERI jointly organized a three-part online webinar on Indoor Air Quality. The second such webinar was on design, infrastructure, and strategies for containment of COVID-19 in indoor air. The session focused on indoor air quality problems and recognized them as significant risk factors for human health in both low- and middle-income and high-income countries. The webinar also recommended strategies to improve the indoor air quality of various building structures at the design and maintenance stage.



Key Highlights

- A growing body of research shows that the virus can spread from person to person through the air, and poor ventilation can contribute to the spread.
- Understanding and controlling building ventilation can improve air quality and reduce the risk of indoor health concerns.
- Indoor Air Quality is more about 'engineering' rather than 'disinfection.' Fogging and fuming alone cannot help with tackling airborne pathogens as a whole. Our focus needs to be on the real-time solutions and implementations of the same.
- Poor IAQ can adversely affect health leading to immediate effects like irritation of eyes, nose, and throat, headache, and dizziness. Longer-term effects can include respiratory, heart diseases, or cancer. Designing a building keeping IAQ in mind is possible during the planning stage, where we can look into aspects like daylight, indoor air, lighting, and pollution.
- Special focus is required in addressing the air quality in offices as most use centralized air conditioning. When a building is not designed correctly (sick building syndrome), it results in poor IAQ.

Mumbai First held a panel discussion among the prominent real estate developers, government functionaries, environmentalists, and other civil society actors to deliberate the recently approved Mumbai coastal management plan and its impact on coastal development, economy, livelihood, and ecology. The Coastal Regulatory Zone (CRZ) rules permit the development in the creek and bay areas of Mumbai up to 50m from the high tide line, instead of the earlier 100 m. The approval has opened up land parcels along the city's coast for real estate and construction activities while also raising concerns about protecting the coast.



Key Highlights

- The positive impacts of the guidelines are that more areas are available for real estate development and tourism. In contrast, the negative effects of climate change are not considered in the CRZ notifications. The construction is allowed without taking care of the safeguards eco-sensitive areas.
- The binary in popular news media is "Environment" vs "Development". Instead, we should consider it as "Environment" and "Development". We are at an inflection point where we should not limit our view to the environment but include the scope of ecology as the center point in all the developments.
- Developers believe that the notification reduces uncertainty in the sector, and they would like to be a part of solutions to complex problems in coastal development.
- The discussion ended on a positive note, inviting diverse expertise on the environment, ecology and real estate to focus on how to make development more sustainable, with minimal impact on ecology and people living in Mumbai.

Mumbai First organized a roundtable discussion as a part of its Mental Health Initiative. The pandemic and lockdowns have exacerbated the mental health crisis in the city. However, our public health system is not adequately prepared to deal with this crisis. Through our initiative, we bring together various experts from medical, non-medical fields, social workers, counselors, policy experts, civil society organizations to ideate on what more can be done for institutionalizing mental healthcare in the city.

Expert contributors at the roundtable discussion: Dr. Swati Rane (VP, Clinical Nursing Society); Geetanjali Jha Chakraborty (President, Apnalaya); Jagruti Bhatia (Partner, Aarka Consultants); Prakash Borgaonkar (Director, Helpage India); Farheen Rashid (Mental Health Social worker); Dr. Gustad Daver (Medical Advisor, Reliance Foundation); Dr. Shubhangi Parkar (Former HOD, KEM Hospital); Dr. Natasha Kate (Psychiatrist, Masina Hospital); Dr. Prem Narasimhan (Geriatrician); Brinelle D'souza (Chairperson, Centre for Health and Mental Health, TISS); Suchismita Bose (Clinical Psychologist); Saumya Pathak (Public Health Consultant)

Dr. Daksha Shah, Deputy Executive Health Officer, Public Health Department at MCGM also addressed the group about areas where the municipal department requires assistance and collaboration from the city's non-profit, academic, and corporate players.

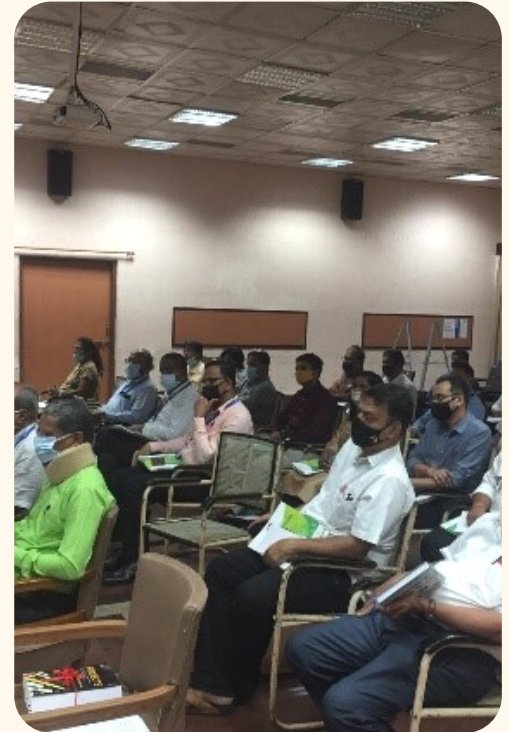
Key Highlights

- Gaps Identified:
 - ▶ Data gap: we do not have city-wide morbidity data or disease-burden data for mental health Issues.
 - ▶ Knowledge gap: there is a lack of awareness among the common public and health care professionals about mental health disorders.
 - ▶ HR & funding gap: there is a lack of qualified professionals and intermediaries who can care for people experiencing mental health issues. There is also a lack of funding for mental for people experiencing mental health issues. There is also a lack of funding for mental health under NRHM, and the city needs an advocacy group to push for increased funding.
- Need to strengthen mental health service delivery at PHC level
- Need to combat the stigma around mental illness
- Developing a community-based model for healthcare delivery
- Creating a directory of all mental health services available in the city
- Creating a shared network of mental health professionals
- Providing Emergency response/care services
- Mental health services for frontline healthcare workers
- Conduct outreach to schools & colleges on common mental health issues



Consistent with cooperation agreements between the European Union (EU) and India since 2004; and in Specific, the EU-Mumbai Partnership established (2013) and the EU-India Joint Declaration on a Partnership for Smart and Sustainable Urbanization (2015-2019), with the aim of building a long-term cooperation platform between the EU, Mumbai agencies, EU Member States, cities, regions and businesses, in order to address the challenges of urbanization in Mumbai and MMR.

Mumbai First in collaboration with the European Union and AETS, a French consultancy, recently implemented the European Union (EU) funded 'India-EU Urban Partnership' (IEUP) support project with the aim to strengthen Mumbai – EU cooperation under the EU's urban diplomacy and leadership in the context of the implementation of the New Urban Agenda and the Paris Agreement.



Workshop with MBPT on Redevelopment of Darukhana and surrounding area



Under this project, we organized 3 one-day workshops with 25-30 participants from government organizations like MCGM, MbPT, and CIDCO. The thematic areas covered by the workshops included metropolitan planning, urban mobility, and solid waste management. The overarching theme was assessing of bankability of projects through the training provided under the IEUP project.

The workshop's objective was to sensitize the participants working on large infrastructure, mobility, and solid waste management projects, to the concept of "bankability" of the assets designed, developed, or operated by them. Further, the focus was to mainstream some of this understanding in their day-to-day work regarding formulating new projects for capital expenditure – whether as own source funded projects or as public-private partnerships



Following the workshop, a Project Information Memorandum (PIM) and a user-friendly guide, "Developing Bankable Projects: A Toolkit" will be developed and shared with the participating organizations.

Workshop with MCGM on development of Construction & Demolition waste processing system within Municipal Corporation of Greater Mumbai area

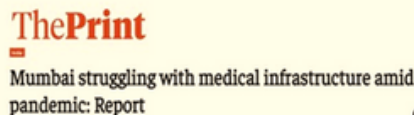


Workshop with CIDCO on Turbhe Kharghar Tunnel Road within Navi Mumbai



Mumbai Public Health Manifesto is a unique collaborative document prepared by Mumbai First & PRAJA Foundation in consultation and collaboration with a large group of NGOs and individuals who are dedicated to protecting and promoting the Mumbai public's health and wellbeing. The purpose of this Manifesto is to advise on the most pressing public health challenges for today and the future, and how any future Government should champion public health in Mumbai. With the upcoming BMC election fast approaching, we call for all political parties to adopt the policies outlined in this Public Health Manifesto in their respective election manifesto for the BMC election 2022.

Contributors



The Civil Registration
System (CRS) :



Real time data available on Cause of Death and other indicators. This can ensure effective identification of diseases that contribute to major deaths registered in Mumbai and allow for the government to create targeted interventions.

Implementation of Clinical
Establishment Act:



This would be a formal method to acquire the relevant private healthcare data for planning policies for health. This makes it mandatory for all private hospitals to provide accurate data to the BMC.

Decentralized Data:



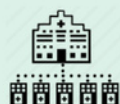
Availability of an open e-platform where raw health data sets are made available. Public Health Surveillance (Health Information System) needs to regularly collect accurate health data real time.

Ensure Unified
Data:



All Health Data collected across agencies for all relevant disease should be made available to the stakeholders to avoid duplication of data collated.

10



• **Increase the number of local dispensaries:** To ensure for all citizens' basic healthcare needs, both preventive and primary, the point of access becomes the local dispensary.

• **Improve the timings of dispensaries:** To make dispensaries more accessible, it should be open in early morning and evenings as well, from 8am to 10pm.



• **More doctors and staff to be allocated:** This can be done by not only allocating more than one general doctor per dispensary but also having visiting specialist doctors.

• **Upgrading Equipment:** To ensure that the dispensary is well-equipped and to strengthen schemes such as Aapli Chikitsa which would provide diagnostic services at dispensary level.

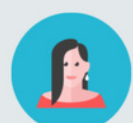
11



• **Focus needs to be laid on the adolescent health component under RMNCHA+ which has not been covered by most schemes.**

• **The School Health Scheme should carry out add gender and sexuality counselling as well as a mental health component for school children.**

• **Create safe and secure spaces in hospitals, schools, etc. to promote and educate young women on menstrual hygiene and for them to voice their problems without any fear or stigma.**



• **Promotion of gender equality and greater male participation in the Urban Reproductive and Child Health.** The program needs to be implemented, by promoting of male contraceptive methods that are much safer and easier to use.

• **There needs to be a comprehensive and unified policy that looks at all aspects of maternal health and prevention of maternal mortality.**

12



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11



WATER WARRIOR OF MUMBAI - ABID SURTI



In the quiet suburbs of Mumbai, this one-man NGO goes house-to-house, fixing leaking pipes and saving precious water. Abid Surti, a young at heart octogenarian, wears many hats of a painter, cartoonist, award-winning author, playwright, and now the 'water warrior of Mumbai city. Mr. Surti's project to save dripping water by fixing leaking pipes for free began in 2007 as a Sunday experiment. Today, it has been replicated all across the country by responsible citizens, and his NGO 'Drop Dead Foundation' has received global recognition and accolades.

Where it all began

Mr. Surti recognized the value of water early on in his life. As a child raised on the streets of Mumbai, he witnessed the violent struggle to access a few buckets of water. Years later, while visiting friends, he would notice leaking pipes that remain unfixed. A common refrain was the difficulty of finding a plumber for a small task; plus, does one drop of water really make any difference? Mr. Surti believes it does and has the calculation to support it. "In one second if 1 drop of water drips from a pipe, in one month, a 1000 litres of water goes down the drain - a complete waste."

Drop Dead Foundation (DDF) works on a simple idea with straightforward implementation. Throughout the week, flyers signaling the importance of water are distributed to all flats in a housing society. Then, on Sunday, armed with a smiling volunteer and a plumber wearing DDF t-shirts, Mr. Surti visits each house to fix the leaks and replace washers if needed.

Many households insist on paying Mr. Surti for his services, yet he has steadfastly refused each offer. “If you do social work with sincerity and transparency, God becomes your fundraiser. Each time my work has stumbled, benefactors show up to help me out, either in the form of some unexpected support from the government or from private citizens.”

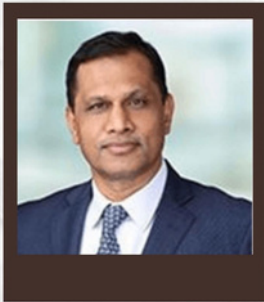
When people closed their doors to strangers during the lockdown, Mr. Surti never stopped his work. “We would visit government offices on Sunday and fix water leakages there.”

Mr. Surti has spearheaded many other water-related projects and initiatives, working with young people and children in raising awareness on excessive water usage. He has also posted verses from religious scriptures on the walls of religious places, urging people to reflect on their water usage. His efforts in Mira Road’s masjids have already shown promising results. “If I can have an impact with my small mission in Mira Road, this initiative when taken up on a global scale, can make a huge difference.”

How can other Mumbaikars join Mr. Surti in his mission? “If you see an open tap or water leaking from any pipe, in a public or a private space, make sure you close the tap and fix the leak. By doing this much, you have joined my mission.”

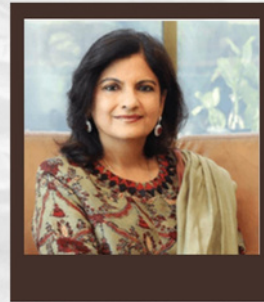


NEW EXECUTIVE BOARD MEMBERS



Mr. Sanjay Ubale

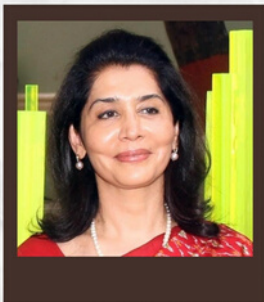
Ex IAS, Ex Director Bill & Melinda Gates Foundation, Ex MD Tata Realty & Infrastructure.



Mrs. Radhika Nath

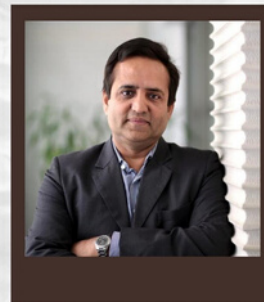
Executive Board Member, Mumbai First Head, Synergies division, Mahindra Group.

NEW GOVERNING BOARD MEMBERS



Mrs. Tasneem Mehta

Managing Trustee & Honorary Director Dr. Bhau Daji Lad Museum



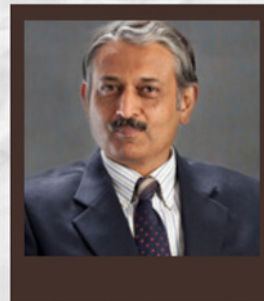
Dr. Shirish Sankhe

Senior Partner - McKinsey & Company



Mr. Jayant Banthia

Former Chief Secretary, Government of Maharashtra



Dr. Gustad Daver

Medical Advisor, Reliance Foundation.
Consultant Surgeon, Vascular, General & Thoracic Surgery, Masina Hospital

» A New Way Of Bus Travel

CHALO APP

Chalo is a free app that allows passengers to live track their bus and tells them at what time the bus will reach the desired stop. Besides, travelling with a mobile bus pass is more convenient than paying cash.

Facilitating effortless and convenient bus travel, the smart card will allow BEST passengers to recharge, purchase and renew BEST bus tickets and passes, respectively, through an e-wallet.



» Inspiring Regional Leadership

Maharashtra has been awarded the Inspiring Regional Leadership Award from Under2 Coalition for Climate Action. It is the only Indian state to win one of the three awards by U2 in Scotland.



» A boost to Maharashtra's tourism.

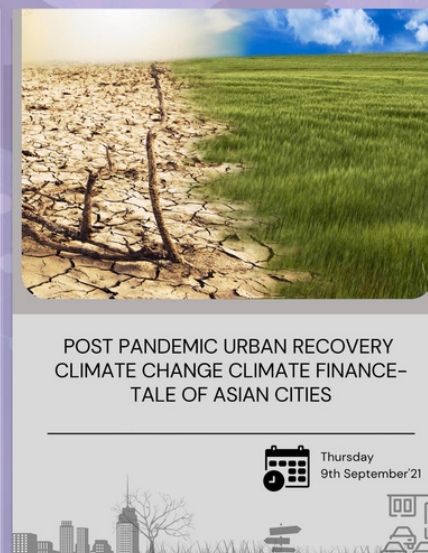
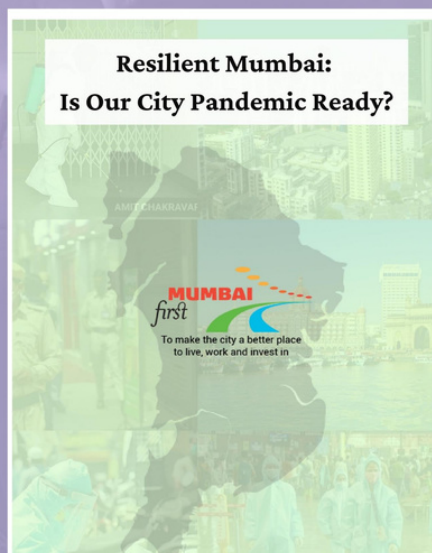
MAHARASHTRA INNOVATIVE CARAVAN TOURISM POLICY

- Develop tourism at offbeat destinations.
- Cater to seasonal & festive demand of accommodations.
- Low investment option with Govt. incentives.
- Govt, PPP & Pvt. investment to develop Caravan parks.
- Facilitation, promotion & publicity through tourism directorate.



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MUMBAI FIRST WISHES YOU
& YOUR FAMILY A HAPPY AND HEALTHY 2022


HAPPY NEW YEAR!


Please share any ideas
you may have to make **Mumbai**
the city of your dreams

Write to us at- info@mumbaifirst.org


Connect with us  @MumbaiFirst  @MumbaiFirst  @MumbaiFirst  MumbaiFirst



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