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₹558 Cr Contract to Clear Dumpyard



he BMC will soon clear the swelling Mulund dumpyard after it has identified a contractor who will clear the site using a procedure known as 'biomining' in five years for ₹558 crore. The method comprises breaking down the 7,000 million-ton accumulated mountain of waste by using biomining of solid waste, making it possibly the country's largest such exercise to clear a large dumping ground.

If successful, 60 acres of land will be freed for a space-starved Mumbai. The project will also safely capture

the methane trapped in organic waste, which can be used generating energy. Biomining makes use of micro-organisms to extract metals from soil and rocky substance and has been in use especially in Chile for mining copper from low-yield ores. It is also used on a much smaller scale for waste processing in Bangalore, Trimbakeshwar and Nandurbar. It is also widely used in South Korea, Germany and the US.

"The Mulund issue was studied by a committee consisting of an IIT professor and NEERI's director, along with an expert in the field of public-

Staff Correspondent private partnerships (PPPs). The IIT expert had the dump bored to know the height of the garbage pile. The contract has been awarded to the lowest bidder, who will employ the biomining technique," said additional municipal commissioner Sanjay Mukherjee. The company has been identified as Prakash Constrowell, which had undertaken a similar projectin Nashik. project in Nashik.

"It will help shore up property prices in the surrounding area," said a civic officer. The contractor will get the rights to sell the energy, gas and recycled products like brick blocks, which will be generated from the biorganic and debris and plastic waste. The bricks can be used for construction or for landfills. A senior BMC official said that the plan will soon be placed before the civic standing committee and following it's approval, a work order will be issued.

Mumbai generates 7,100 tons of waste a day, which is dumped at the Deonar and Kanjurmarg grounds. Mulund still gets a portion of the garbage, though its closure had been decided on years ago. "This is for the first time that biomining is being used at such a large scale (to treat garbage) anywhere in the world," Mukherjee said.



The Early Bird Gets the Worm

T his is an old saying which all of us have heard countless times. The way we live is different from our parents because of the opportunities before us and on account of the fact that there are no liabilities at a personal level which stop us in grabbing the same.

What are the key things that we need to keep in

- . Mobility has increased on account of increased opportunities and hence one also needs to have liquidity from a savings perspective to make it work.
- On account of the fact that liabilities are limited one tends to spend more on experiences than things
- Lifelong learning has become mandatory to be effective.
- The right question then is the importance for us to ensure a balance between not compromising on our desires and saving and investing wisely.

Let's start with the bucket list

- Have a Fun plan: Unless there is a plan one does not know where one stands. It is important to see what you would like to spend during the year, whether an overseas Holiday/An adventure trip like Everest base camp is more fun with friends or the latest iphone gives greater satisfaction.
- Automate your savings: If you are working for a corporation by and large the Salary is fixed. You can start a sip in debt funds which can be a cushion for emergency expenses or festivals like Diwali /Christmas/Id which are major spending occasions. You can also create a cushion for your future by way of equity related bonus/incentives. related investments through your
- · Focus on liquid assets: It is important to have assets which are liquidated faster as that can aid mobility. One of our clients stays on rent in a well furnished apartment in Worli. When asked the reason for not buying the house, he says "My mobility becomes limited and I will not be able to live in the current location I am living in".
- Invest in yourself: You are your biggest asset. Like a well maintained Ferrari one needs to: F-Focus on the purpose; E-Enhance one's skills; R-Take rest; R-Build recreation in your schedule; A-Adapt to circumstances; R-Have a rich thought process-value adding thought process; I-Internalise the above

If this is done maybe you might become the monk who will buy the Ferrari.

This is a 12 series column by Anirudh Gupta. The author is a wealth management and financial planning professional based in Mumbai. He can be reached at anirudh@ashianafinserve.com

A Mediterranean diet is not just good for the heart, it protects the liver too!

good for the heart - it may also boost the health of the liver, a aboost the health of the liver, a study suggests. Adopting the diet, loaded with fruit and veg, whole grains, olive oil and fish, lowers the risk of hospitalisation in patients with cirrhosis.

The deadly condition, scarring of the liver caused by long-term damage, kills one million people across the world each year, figures show. There is currently no cure and treatment revolves around slowing its progression, before it leads to the ed for a liver transplant or even

But the new research, out of Virginia Commonwealth University, suggests following a Mediterranean diet could boost the outcome of cirrhosis patients. The trial, branded 'important', adds to the growing body of evidence that shows the benefits of the healthy diet. Scientists found the diet, which contains only a small amount of red meat, improves the gut microbial diversity of cirrhosis

The discovery, derived from nearly 300 adults, adds to a growing body of evidence that highlights a diverse microbiome can halt of the

Some 157 Americans and 139

Turkish adults took part in the study. They were either healthy, or had a form of cirrhosis. The volunteers had their dietary habits analysed and a sample of stool tested to assess how diverse their gut microbiota was.

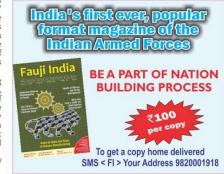
Scientists followed the patients for three

months to assess
the risk of
hositalizations, caused by hositalizations, caused by complications such as jaundice and gallstones. Researchers, led by Dr Jasmohan Bajaj, uncovered a striking difference between the gut microbiota of the Turkish and American adults. The US population tended to follow a Western diet, while the Turkish cohort often consumed a the Turkish cohort often consumed a Mediterranean-style diet.

An analysis of stool samples revealed the Turkish participants had a significantly greater diversity in their gut microbiota.

However, the researchers discovered there was a significantly higher number of hospitalisations in the US population. Dr Bajaj said: 'It is the first study to confirm a link between diet, microbial diversity and clinical outcomes in liver cirrhosis.' The findings were presented at the International Liver Congress in Paris last week. Professor Annalisa Berzigotta, a board member of The European Association for the Study of the Liver, described the study as 'important'.

She said: [It] adds to the existing evidence indicating a robust, pleiotropic beneficial effect of following a "Mediterranean-style diet" on human health.' The new study, she added, shows that an antioxidant-rich Mediterranean diet has a protective effect in the early and has a protective effect in the early and advanced phases of liver disease



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