

Hyderabad

MESSIAH FOR THE FOUR-LEGGED

- SHIKHA DUGGAL

This week, for the edition of the Community Wise, *The Pioneer* brings to you about the AWBP Trust, a group of like-minded people, working towards the betterment of the animal communities, in the most trendiest way.

The founder of AWBP Trust, Lakshman Molleti has recently found out how urbanisation is the new selective force that is changing the composition of animal communities in our city.

He figured out from the statistics that the Hyderabadi population is increasing beyond numbers in the metropolis and when he visited the rural villages around the corner with his team, what he saw was exemplary.

There was no harm to the sustainable development and the health of the animals, instead, they were rejoicing. It's called co-existence.

This inventiveness has made him conscious to such a level that he took the help of the trendiest path by releasing a song on the effect of urbanisation on animals, penned by him. Looks like an activist has just turned into a lyricist. And when he revealed who is going to launch it, it was even more hearty for us to know that it was none other than the recent sensation Naga Babu.

In conversation with us, he says, "This theme was important for us, as we can see during the process of urbanisation some animals are disappearing from the newly urbanised habitat. There is a negative impact on animals that we are witnessing on a daily basis in our city. This threat is causing habitat loss, through an increase in roads and buildings, so where will the animals reside? Under the cars? That's not where they live."

Talking about their recent bourg experience, he recalls, "When we visited those hamlets, we couldn't believe the way humans and animals were co-existing happily. There was no man-made stress there. It was spreading positivity, that vision. We also noticed there was no compromise on their appetites too. No traffic fumes means no consequences for animals. But when you return to the social reality, here animals are being ignored fully. There is no prey availability for them now."

But, what was the need for the team to visit 200kms away to a village? Well, the founder explained, "We know villages are being turned into real-estate fields. The green habitat was available for the cattle, I am glad, at least the villagers didn't turn away from their responsibility unlike us. There is no waste that's polluting the landscape there. There were fresh water lakes. I remember feeding stray animals and a crowd of bullies turning against me in Hyderabad city. That's the kind of mindset we are imbibing here."

It's evident, that the city contains large amounts of impervious surfaces that do not allow water to infiltrate the ground. Much of the rainwater that does fall here quickly runs off into rivers and streams, bringing all of the pollutants that were present on these surfaces with them into waterways in turn affecting the life

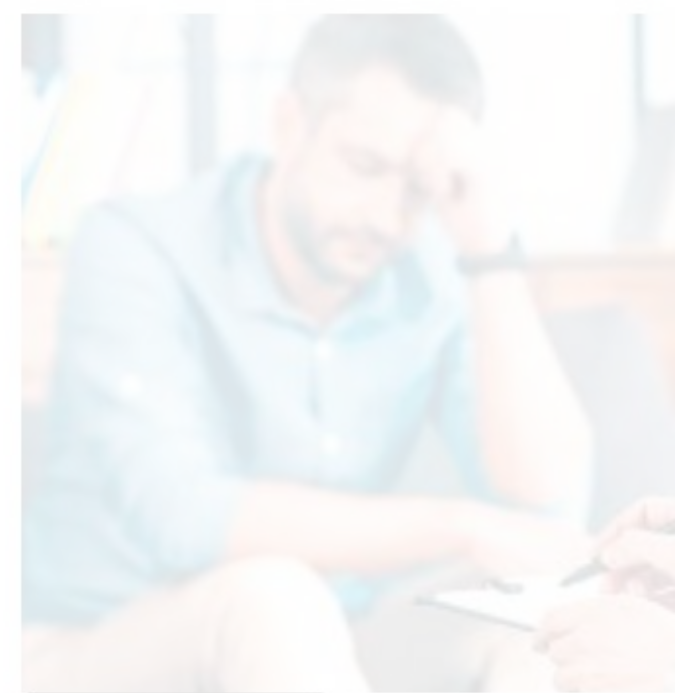
in water bodies too.

He continued talking about the upcoming release, "We chose this title so that citizens understand the depth of damage they have caused to the kind creatures. In the musical song, you'll see an animation of animals singing to us, interesting right. Chasing naga babu for months, we finally convinced him to launch the song in the Telugu language and he's the most happening person down south. Interestingly, he even turned vegan which enticed us more towards him."

As urban development continues across the landscape, animal habitats are increasingly being isolated from one another. This habitat fragmentation impacts these organisms' capacity to reproduce and reduces the genetic diversity that

is present within the remaining populations. It also reduces the suitable habitat that is needed for their survival. So, these are the concerns that Lakshman is trying to spread awareness for.

He concluded, "With this release, we are trying to match the standards of a cinematic experience on a whole, I have been listening to it on loop too. Working for animal welfare is my permanent lifestyle now because I have seen them suffering. The landowners cultivating with cattle enjoying by their side is one vision I can never forget in life. In fact, they were eating together. That's the environmental balance. Back in cities, even if a dog barks at midnight, they are ready to come out of their duplexes and harass them. This is the difference we want to show."



Addressing mental health in c

The state of mental health amongst employees in corporates is rather discouraging, to say the least.

According to a global report, 18% of global depression cases emanate from India. Another survey reports that about half of the professionals suffered from extreme stress at work. The survey suggested that India Inc. may rank 1st in the incidence of mental disorders. While the pandemic has been the major contributor to increased stress levels, anxiety and social isolation, most employers feel long working hours is the top aspect leading to mental health issues.

Indroneil Mukherjee, an accomplished Bach flower therapist and psychotherapist, approved by IPHM, recommends a few tips to improve mental health amongst employees in corporates.

Prevention is better than cure

Mental illnesses do not happen overnight. They develop over time following one or more sudden or sustained traumatic triggers. Be it project failures, appraisal gone wrong, adverse feedback, toxic manager, long

hours of work, among others, are the many work-factors that can set depression, anxiety, stress. Periodic health check-ups, such events lead to adverse mental conditions.

Encourage expression of emotions

If negative emotions arising in an individual does not find expression, they are twice manifested in chronic conditions, including depression, anxiety and complications. Sessions allowing employees to uninhibitedly express their anger, resentment, guilt, fear, fatigue and likes, is very therapeutic.

Embrace h

Working out, and even hata yoga, good for physical and may even make you feel emotionally due to secretion of stress hormones. That work on melatonin, a natural body chemical that regulates sleep and mood. Dr. Bach's flower essences, address the whole-being balance. Healing individuals from the emotional healing must be in mental health.

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www.awbptrust.org

