

Make way for ventilation

With more number of buildings being constructed close to each other, chances of good ventilation are becoming scarce. Sangram Bhoite opens up some useful measures

Good ventilation ensures that the air you breathe contains lots of vital oxygen, and removes indoor air pollutants like cooking odours, smoke, and carbon dioxide. This is particularly important if members of your family suffer from breathing problems like bronchitis and asthma, or have certain allergies. A well-ventilated home can also have a positive effect on your mentality, with poor air quality having previously been shown to impair concentration levels. A poorly ventilated house creates a damp and suffocating atmosphere. Ventilation is necessary mainly to dilute the inside air to prevent vitiation of body heat and odours. At the same time, it is necessary to reduce the products of combustion and remove any contaminants in air.

TYPES OF VENTILATION

Proper ventilation brings freshness and liveliness in the house. It can be obtained by either natural or artificial ways. Natural ventilation is one in which ventilation is effected by the elaborate use of doors, windows, ventilators and skylights, etc. It is suitable for residential buildings and small houses. Artificial ventilation is one in which some mechanical arrangements are made to increase the rate of airflow. This system is more useful for large buildings. It involves some mechanical equipment

offering effective air circulation. Many residents may think of opening windows as part of their ventilation strategy, but most people only open windows in the summer—if at all. Open windows don't guarantee good air exchange. For natural ventilation the inlet opening in the building should be equipped for effective air circulation. It is applied where natural ventilation is unsatisfactory in respect of quality, quantity and controllability. The system is costly but improves conditions of working. Exhaust machines are amongst the most commonly used air ventilation mechanism. It is more useful in removing smoke, dust, odours, etc from kitchen and toilets.

IMPORTANCE OF EXHAUST

Architect Amey Benare says, "Usually in the home, ventilation is poor in toilets and washrooms, thus buildings should have a mechanical exhaust on the terrace. Along with that, special ducts made with mechanical exhausts can also be used. Small exhaust fans can as well be put in individual toilets. Another way in which there can be air circulation in toilets is making small doors. Doors should always be at least an inch above the ground so that air circulation can happen."

Another system used these days is Plenum system in which fresh air is forced into the room and the ventilated air is allowed to leave through ventilators. Air is passed through a fine gauge screen by means of a blower fan. Thus, all the impurities are removed from the air.

BETTER TO BE NATURAL

Natural ventilation occurs by stack effect when air inside a building is at a different



temperature than air outside. Thus, in buildings where hot processes are carried on, the outside air will tend to enter through openings at lower level and warm air will tend to leave through openings at higher level. The amount of outside air entering by natural infiltration through doors or windows and other openings depends on direction and velocity of wind outside. As per experts, artificial ventilation is an alternative but natural ventilation is always preferred. The grill sizes should not be so

big that it restricts air circulation. Nowadays, most of the houses have only one-side windows, which is anti-air circulation. So, when the door is closed, cross ventilation is barred thus most people use safety doors with windows. Considering the rate of growth and closeness of buildings, Mumbai and nearby areas will start suffocating if proper ventilation is not provided soon. Taking the abovementioned small measures on an individual basis will certainly lead us to a better healthy tomorrow.

The Rent Realty of Mumbai

A recent property report by a research agency stated that even people with handsome salaries are finding it difficult to purchase a house of their choice in prime locations in Mumbai, making renting the preferred option. Suraj Uchil gets expert and common man view

If you are a resident of Mumbai, you would know that living in a house where the name plate reads your initials is a dream for everyone. Owning a house in the maximum city is on everybody's bucket list. People spend years toiling and working to save up the money to buy their perfect home in the city. But, in recent years, this dream has started to remain one for many people in the middle class segment, especially due to the steep rise in the property prices. A recent property report by an research agency stated that

Rs20-25 lakh per annum are finding it difficult to purchase a house of their choice in prime locations in Mumbai. As such, people are finding renting as a suitable option for themselves. Renting a property serves as a great alternative to buying a flat. Buying a flat also brings a lot of other responsibilities that one does not necessarily have while renting. For working professionals, renting a flat is often a convenient option. Sancheth Suvarna, a live sound engineer from Powai explains, "For me, affordability becomes the main question while deciding whether to buy a flat or to rent one. For any good property in Mumbai, the EMI will not be less than Rs 30,000-40,000 per month. Plus, the maintenance cost that comes up due to the various amenities provided by the

builders also becomes an added expense. In the case of renting, the monthly rent would definitely be very less when compared to the EMIs." **NO COMPROMISE ON LIFESTYLE** Another major reason why people are shifting to the renting culture is their lifestyle. Many of them don't want to give up on their lifestyle or even compromise it in order to get a property. When one goes to buy a loan for a property, a lot of thought goes along with it. Taking a loan for twenty years can have glaring effects on one's lifestyle. To get your dream house, one has to give up on a lot of things. For them, renting becomes a hassle-free solution as they get a good property of their choice with all the amenities they require, and also

the monthly rent is also not so much as to make them compromise on their style of living. "When I sat down to calculate how much I would have to shell out every month in case of a loan as compared to renting out a flat, I realised that monthly installments would be almost 75% more than my monthly rent. As I didn't want my lifestyle to get hampered in anyway, I opted out for renting than to sit with the additional burden of the loan for the next twenty years or so", explains Vipul Rungta, an IT professional from Navi Mumbai.

RISE IN PRICE

The whole renting phenomenon isn't new to the real estate market. This trend has been going on for quite some time now. As Sandeep Sadh, CEO of Mumbai Property Exchange Pvt. Ltd, explains, "The rise in the lease market has been going on for quite some years now. Earlier, buying a property was the most important thing to do for any individual working in the city. But, with the steep rise in the property rates, especially in the city areas, customers have now branched out and are looking at renting as the better alternative. Another reason for this trend is the miscalculation on both the builders and the buyers' part. The builder puts up a price on a property and offers maybe a 10% discount on it. But, the buyer might have an eye for the same property but with a wish of getting close to 20-25% discount due to his budget constraints or any other circumstance. This difference is what leads to the flat being unsold and the customer preferring to stay on rent rather than buying a property."

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Dealing with electro stress



Most of the gadgets in our home emit what is referred to as 'Electro Smog'. Dr. Tushar Yashwant Savdavar explains how to handle the stress

Cell phones base stations, cordless phones, GSM mobile phones, UMTS, Bluetooth and many other devices are responsible for 'Electro Smog'. Esmog Spion is a German device which un.masks nearly every electromagnetic and environmental pollution automatically. It's capable of measuring electric, magnetic and

electromagnetic energy fields, individually. This device works on sounds from the machine to differentiate energy faults. The Electro Smog Detector is another unique hand-held device, which has three functions in a single machine. It can scan alternating electric fields, and can be very easily visible using the LED traffic light principles. It is advisable to reduce the amount of exposure to electromagnetic pollution particularly while sleeping. Some even become quite fanatical about this, removing as many electrical appliances as possible from their homes. Many of my clients have found that they sleep better if they either stop using an electric blanket or at least unplug it at the socket at night. Many people have electric clocks and tea making

machines very close to their heads while they sleep, and this may be inadvisable for susceptible people. It is very simple to check whether removing these for some time makes any differences to your health in general and to your sleep patterns in particular. There are also lots of devices in the market offering personal protection against electromagnetic pollution. For example, pulsars, EMF life Transformers, portable neutralisers and portable genomics may be helpful. Some essences have been designed to counteract problems with electromagnetic pollution. The Alaskan Essences, a guardian remedy, can be used to counter EMF problems. Crystals are probably used more frequently than any other artifacts. Lepidolite is a very

calming crystal that can soothe an overstressed nervous system. It absorbs negative energies in a room, and has a high vibratory rate. Fluorite crystal healers can be used as a stone of purification and protection. Computer screens emit is filtered by the screens, but this radiation can make you feel lethargic and sore. If you are suffering from any of these symptoms, fluorite crystal can help. This stone is strongly protective, and it will remove any existing negative energies. You can place a stone next to your computer. If you want to do away electromagnetic stress which is generated from your mobile, keep a special mix of carefully chosen de-stressing crystal. This can give you protection from negative vibrations.

(Dr. Tushar Yashwant Savdavar is Ph. D. in Vastu & Astrological Sciences)

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