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TIMES CITY

THE TIMES OF INDIA, BANGALORE | FRIDAY, JANUARY 9, 2009

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SATYAM AFTER-DEVELOPMENT S

While bad architecture is raising city temperature, people have to cope with extra chill this winter

Bangalore has turned into a heat island

Jayashree Nandi | Two

Bangalore: Bangalore is witnessing an alarming depletion of wetland areas and vegetation cover, according to a recent study by the Centre for Ecological Sciences of the Indian Institute of Science. It shows an increase of 1 to 1.5 degrees in temperature in certain pockets of Bangalore that have seen intense urbanisation.

According to lead researcher T V Ramachandra, there is almost an increase of 46% of building area or paved surface in the past three years and that is not allowing water to percolate through the soil. CC 200 tanks present in 1985, only 17 survive today, which means that the wetland area has decreased alarmingly. "The vegetation and amount of water bodies in a city have a direct relationship with local temperature. Bangalore is an urban heat island. The increase in emissions from transport, faulty architecture, lack of vegetation and wetlands are leading to these temperature changes," he said.

However, he did not attribute the chilly mornings this winter to the same phenomenon. "I checked the records and the winter temperature is almost the same, swinging around 12 degrees. But other issues like humidity and sudden heat waves could be a reflection of the increasing temperature or global warming," he added.

The report also points out that there has been an increase in flooding. Reclamation of lakes for various developmental activities has resulted in the loss of inter-connectivity in Bangalore district, leading to higher instances of floods even during normal rainfall.

LAKE LOSS

The decline in the number of water bodies in Bangalore is mainly due to unbridled and intense urbanisation. Many lakes were encroached for illegal buildings (54%). Field surveys (during July-August 2007) show that nearly 66% of lakes are sewage fed, 14% surrounded by slums and 72% showed loss of catchment area. Lake catchments were used as dumping yards for either municipal solid waste or building debris.

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Blame cloudy weather on low pressure

TIMES NEWS NETWORK

Bangalore: Cloudy weather with spells of rain kept the gloomy atmosphere on Thursday. According to the meteorological department, a trough of low pressure was created at the sea level over south-west Bay of Bengal and Arabi-

an Sea resulting in cloudy weather. The city recorded minimum 18 degree Celsius with 73% humidity at 6 km per hour accompanied by light rain on Friday.

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Gulnaar Mirza Khan | Two

CHEER UP, don't be a SAD case

Bangalore: Do you feel sad and out of sorts when the winter sky goes grey, the sun loses heat and jackets and woollies are out? Is there an urge to cuddle up in bed with a hot cuppa and hook? Or does it go further — to stay in bed and succumb to this overwhelming depression? You've definitely a classic case of the winter blues.

A prolonged spell of this depression year after year could be termed a mood disorder, which psychiatrists pin down to a cycle between the brain and body. Set off by a person's sensitivity to sunlight, it is called the Seasonal Affective Disorder (SAD), says Dr Sanjeev Jain, professor in department of psychiatry NIMHANS. Psychologists have studied it for years, but only recently it's been given a name.

The sensitivity upsets a person's circadian cycle, which determines the day-night rhythm of the body. The symptoms are a marked

change in behaviour: the person becomes inactive and sleepy, and craves sweets and starchy foods throughout the spell.

While depression hogs down patients in winter, their condition is exactly the opposite in spring — hyperactive and happy.

Patients know when a bout of depression is coming on. Jain says one patient said he would start feeling ill by Diwali, and got better when Holi arrives. Another described the depression period as the season when the mango tree flowers, so when the fruit appears. Cloudy Day Disorder is a full-blown episode, where a feeling of illness accompanies the regular symptoms, said Jain, who has researched the subject.

This disorder is more pronounced in cold regions like England, Wales and Scandinavian countries. India, lying close to the equator, has many nations in the northern parts. In Bangalore, which has sunny winters, the percentage of patients is small.

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- COM: Car change, Mood, Med, consult after d, in m, inter, so, sun, Holl, prese, Sure, behind. SAD: Doctor, hibern, clima, sleep, summer.



ARUNODAYA
KPCI's Solar Powered Electricity for Farmers
Empowering of Rural Community - Firm Steps by Government
Foundation Stone Laying Ceremony of State's First ever 3 MW Solar Photovoltaic Project
Date: 09.01.2009, Friday Time: 5.00 PM
Venue: Solar Photovoltaic Project Plant Area, Yalesandra Village, Bangalorepet Taluk, Kolar District

Spurned dead eve

TIMES NEWS NETWORK

Bangalore: On July 10, 2007, the was shocked by the murder of event manager in his Indiranagar flat. Nearly 18 months later, the police have stumbled upon the killer. A husband, who had an event management business, was found d

INDIRANAGAR MURDER

with two bullets in his body. Of manager Sanjana Muthanna told police she'd seen two men enter his office around 6.30 pm and kill by 7 pm. When she entered his room he was lying dead. The investigation hit a dead end after police failed to establish the three, especially after it turned on