

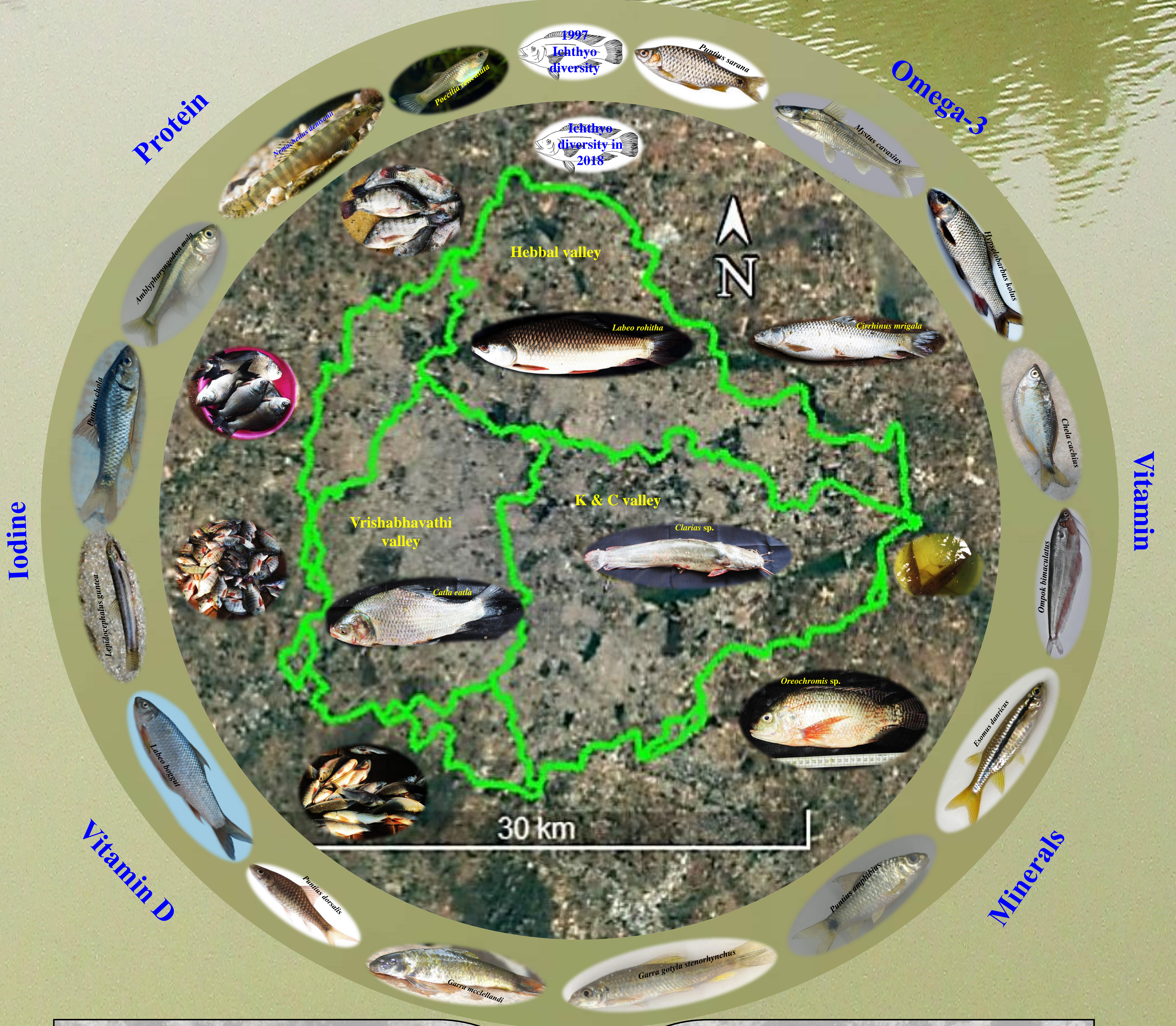
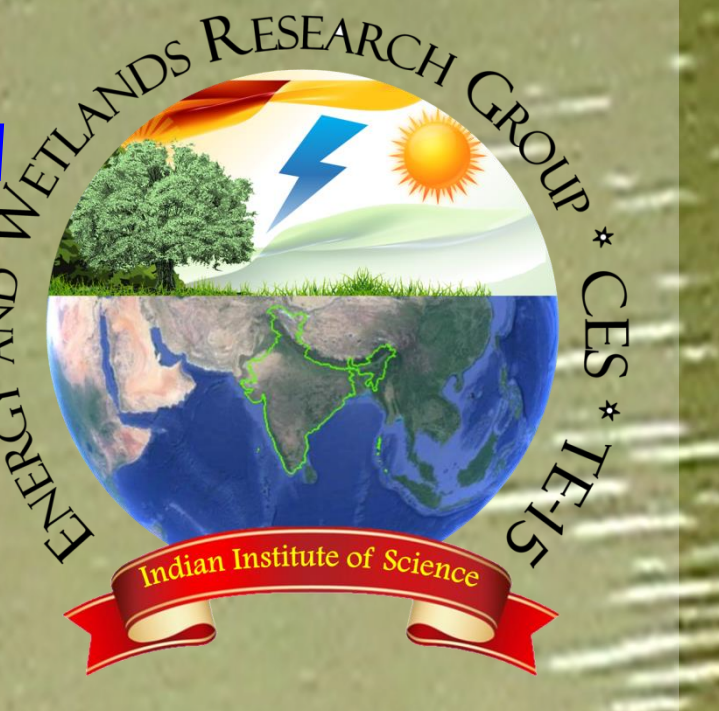


# FISH IN NAMMA BENGALURU KERE

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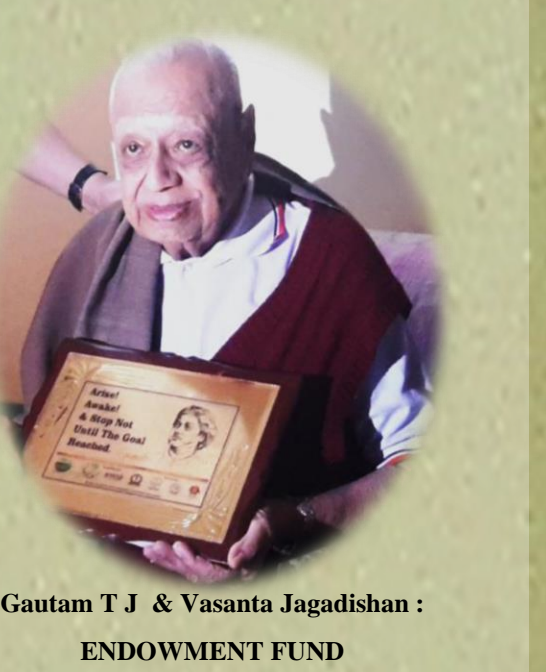
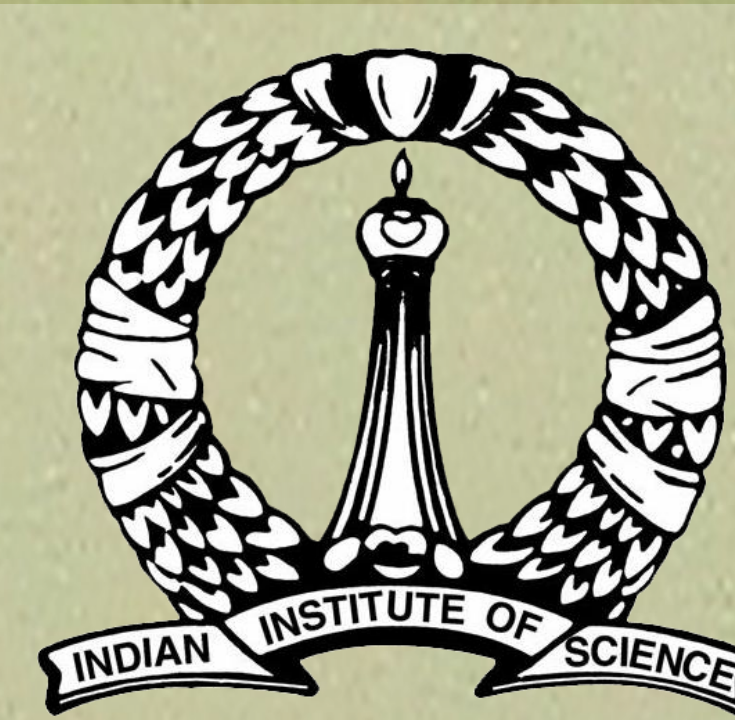


### Importance of Fish Diet

- Eat 1 Fish a day, keep depression away ;
  - Eat 2 Fish a day, prevents Asthma, Arthritis, etc.;
  - Eat 3 Fish a day, improves your Vision;
  - Eat 4 Fish a day, have healthy Heart.
- A fish dish every day keeps your brain active.

### Conservation measures to maintain fish biodiversity includes:

- ❖ do not harvest the fish during the spawning period,
- ❖ do not harvest juveniles,
- ❖ do not allow the introduction of invasive species such as tilapia, mosquito fish and guppies into lakes
- ❖ educate locals about the life cycles of freshwater fish & negative impact of pollution with sewage, fertilizers, pesticides, anthropogenic activities.



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