Breathe Mumbai is a field-based handbook that addresses the city's growing problem of construction-related air pollution. Developed after months of on-site research and community engagement, and over a year of experimentation and reflection on the issue, it brings together real data, local observations, and global best practices to make air quality management practical and accessible.

The handbook takes what is often seen as a complex, technical issue and breaks it down into clear actions that anyone - from residents to builders - can follow. It explains how dust and nanoparticle emissions can be reduced through simple measures, how communities can monitor pollution more effectively, and how regulations can be implemented in everyday construction practices.

Every section of *Breathe Mumbai* is written to be usable in the real world. It's designed for the people most affected by pollution, helping them protect themselves while also giving developers practical ways to build responsibly.

At its core, **Breathe Mumbai** demonstrates that development and public health can move forward together. With awareness and data, the city can continue to grow while making the air a little safer to breathe.