

SAHYOG  
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JICA ALUMNI ASSOCIATION OF INDIA

*Celebrating Golden Jubilee Year*

19th ANNUAL ISSUE

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2018

Fight Against Cancer  
...Begins with Awareness



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It is my great pleasure to extend this message of felicitations to all of the readers of "Sahyog" magazine, published by the JICA Alumni Association of India (JAAI). My heartfelt appreciation goes to JAAI, which has supported numerous Indian participants in various JICA training programs since 1968 to nurture and maintain close relations with Japan. This year, JAAI celebrates its 50th anniversary. For the long period of 50 years, India has sent diligent and enthusiastic government and civilian talent to Japan, which has greatly contributed to promoting interaction between Japan and India. I am convinced that JAAI will continue to play a symbolic role as a bridge between Japan and India.

Last year was characterized by the historic visit of Prime Minister Abe to Gujarat in September, and by the visible increase in people-to-people exchanges on the occasion of the Year of Japan-India Friendly Exchanges.

Prime Minister Abe's visit to India was truly remarkable. I realized just how close our relationship had become in recent years, and how much this friendship was cherished by the people of both countries. This relationship was possible due to the contributions of the continuous long-term activities run by organizations such as JAAI that connect Japan and India. I would like to express my deepest appreciation to all of you. With the bond of trust between Prime Minister Abe and Prime Minister Modi, Japan and India have dramatically expanded their scope of cooperation, and broadened their ties politically as well as economically.

Many Indians developed an affinity towards Japan through the various events we organized last year to celebrate the Year of Japan-India Friendly Exchanges. However, we will not stop our efforts here; we will continue and bolster them further to encourage even more people-to-people exchanges through tourism, youth exchanges, sports, and Japanese language education. JAAI consists of members who have first-hand experience of Japan and have been contributing to augmenting the friendship between Japan and India. In this regard, I would like to encourage JAAI members to continue to play an important part in our joint endeavors to boost exchanges between the two countries.

Japan has a long history of assisting India through ODA. The Japanese ODA Loan commitment to India reached 371.3 billion yen in FY2016. It was the all-time high, and India was the largest recipient of Japanese ODA Loans in FY2016 as well as FY2015.

On the 14th of September, 2017, we celebrated the historic first step of the Mumbai-Ahmedabad High-Speed Rail (MAHSR) project as it was inaugurated in the presence of both Prime Ministers and the Railway Minister, Mr. Goyal, in Gujarat. The MAHSR project is a symbol of the solid and stable partnership between Japan and India through ODA, and I hope this project will become a catalyst for further innovation, not only for Indian Railways, but also for India's economy and society overall.

I am deeply honored to be able to welcome this wonderful milestone of the 50th anniversary of JAAI, and I would like to express my best wishes to all members of JAAI. I hope that JAAI will continue to be an important player in deepening the economic, cultural and people-to-people ties between our two countries.

A handwritten signature in black ink, appearing to read 'Kenji Hiramatsu'. The signature is fluid and cursive, written over a horizontal line.

**Kenji Hiramatsu**  
Ambassador of Japan to India



Dear Readers

At the outset, I would like to extend my heartfelt appreciation to all the members of the JICA Alumni Association of India (JAAI). I would also like to congratulate JAAI on entering its Golden Jubilee year. Almost 3 years have passed since I assumed office as Chief Representative of JICA's India office. During my tenure, I have been fortunate to have had many opportunities to interact with JAAI members, especially the President and other board members. Whenever I interact with them, I am left impressed by how deeply and fondly they understand Japan and support JICA's operations.

JAAI plays a very important role in building trust between India and Japan. JAAI members are skilled and have made a huge contribution to connect JICA's achievements with the benefits they bring to India. In its Golden Jubilee year, JAAI organized its first Regional Chapter seminar in Western India in Ahmedabad, Gujarat, in January 2018. The seminar was organized to expand JAAI's network and to enlarge the scope of its functions and contributions.

Additionally, JAAI members attended the International seminar of JICA Alumni Associations Forum of SAARC (South Asian Association for Regional Cooperation) Countries, which was hosted by JAAB (JICA Alumni Association of Bangladesh) in Dhaka, Bangladesh in October 2017.

JICA strongly supports these initiatives. JAAI has made considerable effort to help disseminate the expertise that JICA has been sharing with Indian society and help deepen trust between Japan and India.

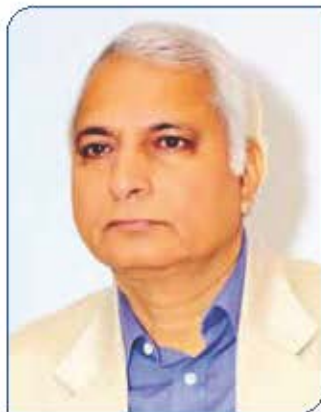
This fits perfectly in line with JICA's vision, "Leading the world with trust." JICA, with its partners, would like to forge bonds of trust across the world, aspiring for a free, peaceful and prosperous world, where people can hope for a better future and explore their diverse potentials, and in this context, we acknowledge JAAI as one of the most reliable and closest partners of JICA India.

This year, the Annual Convention, followed by the 50th Anniversary Reception, is scheduled to take place at the residence of the Japanese Ambassador to India, with full support of the Embassy of Japan. This reflects the high expectations of the Government of Japan from JAAI. JAAI members are leaders in economic, social and human development fields in India. As JAAI expands its network and strengthens its functions, I see huge potential for its growth.

JICA is mobilizing a wide range of schemes that contribute to the sustainable development of India and is working to establish a Win-Win partnership between India and Japan. JICA would continue its strong coordination with JAAI for much more effective output, and for a brighter future of India and Japan.

Finally, I wish good health and prosperity to all members of JAAI.

**Takema Sakamoto**  
Chief Representative  
JICA India Office



Dear Readers,

Greetings from the JAAI Executive Committee.

In the Golden Jubilee year of establishment of the JAAI, I am delighted to present to you, the 19th edition of JICA Alumni Association's annual magazine "Sahyog".

Year 2017-18 has been a very eventful year for the JAAI and you will find glimpses of all our initiatives and activities in this magazine. "Sahyog" continues to act as a medium of interaction and communication among the alumni wherein they share their experiences, articles and interesting anecdotes. We also showcase our activities and events of past one year through this magazine.

As you are aware, the motto of JICA Alumni Association of India is to maintain foster and develop friendship and better understanding among its members. It has been our long cherished dream to establish regional chapters of the association. We sincerely felt that most of our activities are Delhi based and therefore outstation members are not able to participate in it. In the 50th year of its formation, finally we are able to launch our first Regional Chapter in the western region. The first activity of the chapter was a seminar on the theme of Renewable Energy and Energy Efficiency. The event was very successfully organized at Ahmedabad, having a presentation of the JICA India Chief himself, who was also the Chief Guest of the Seminar. This event was also very well covered by the local Press and electronic media. All the activities of this association are geared towards better understanding of Japan in general and JICA in particular. We always strive to promote Indo-Japanese technical and cultural co-operation at all levels. As an important academic initiative, we organize a technical seminar every year on any current issue of common interest. This year we chose a very pertinent topic of 'Cancer Awareness' for our international technical seminar and eminent speakers from India and Japan addressed the issue from various perspectives. The presentations followed with a very lively interaction between the speakers and participants.

We are grateful to H.E. Mr. Kenji Hiramatsu for his friendly gesture, continued support and encouragement given in promotion and development of activities of JAAI. It is his initiative that this year we are having our annual convention at the Ambassador's residence. Apart from a nice change, it's a matter of privilege for all the members to participate in a reception organized with such a personal touch.

I implore you to provide strength to JAAI by your active participation in all spheres of activities and make it instrumental for strengthening India-Japan friendship and collaboration. Our heartfelt thanks are due to the Chief Representative of JICA Mr. Takema Sakamoto for supporting and encouraging JAAI activities all along.

I would like to thank all the members of JICA Alumni Association of India for their continued support to the association and request you to continue with the same zeal in future as well.

A handwritten signature in black ink, appearing to read "Dr. O. P. Dewal". The signature is fluid and cursive, with a long horizontal stroke extending to the left.

**Dr. O. P. Dewal**  
President, JAAI

## SECRETARY'S REPORT: 2017-18

### ANNUAL CONVENTION 2017

Annual Convention 2017 of JICA Alumni Association of India (JAAI) was held on 4th March, 2017 at Hotel Metropolitan, New Delhi. HE Mr. Kenji Hiramatsu, Ambassador of Japan to India was the Chief Guest. Dr. O.P. Dewal, JAAI President in his Welcome Address, enumerated all activities organized by JAAI in coordination with JICA India office. He thanked all JAAI members and their family members for heartily appreciating and actively participating in all JAAI activities.

His Excellency, Mr. Kenji Hiramatsu, Ambassador of Japan to India, gone through the pictures of JAAI activities displayed in the hall and admired the efforts in organizing the cultural exchange programmes by JAAI. In his address, he highlighted the progress on JICA funded projects in India. He said that cultural and technical cooperation is visible in JAAI activities.

JAAI's annual magazine "Sahyog" 18th issue was released by Ambassador of Japan in India, His Excellency, Mr. Kenji Hiramatsu along with other dignitaries presented on the dais.

Mr. Takema Sakamoto, Chief Representative, JICA India Office, summed up the ongoing JICA-funded projects and appreciated JAAI's role in bringing together cultures of India and Japan by organizing a number of events.

Mrs. Imoto Sachiko, Sr. Representative of JICA India Office, proposed a 'Toast' a call to gathering of people to raise their glasses and drink together in honour of friendly relationship of Japan and India and success of infrastructural sector projects of Japan in India.

Annual Convention 2017 was followed by dinner and informal interactions between JAAI Members and Japanese Friends.



**DR. PRADEEP GUPTA**



### REVIVAL OF JICA ALUMNI ASSOCIATIONS FORUM OF SAARC COUNTRIES (JAAFSC)

A revival meeting of JAAFSC was held at Dhaka on 28th Oct., 2017. Dr. O.P. Dewal, JAAI President represented JAAI at Dhaka. A new executive committee has been formed for further two years. Dr. O.P. Dewal has been elected as Vice President of the forum and Mr. Pradeep Gupta and Mr. M.A. Khan were nominated as member of the Executive Committee of the forum.

### LAUNCH OF FIRST REGIONAL CHAPTER OF JAAI

It had been a dream of JAAI members to have its Regional Chapters across the country to have a feeling of inclusion and ownership to all the JAAI members who are stationed outside Delhi.

After exploring the feasibility of regional chapters, a four member team (2 from JAAI and 2 from JICA India office) visited Ahmedabad on 25th Nov., 2017 to interact with the JAAI members there. After elaborate discussion and assessing the opinion of the available members of this region and after discussing the issue with JICA India office, JAAI declared the opening and establishment of its first regional chapter (West) in Ahmedabad. It will cater to all the members residing in the western part of India i.e. Maharashtra, Gujarat, Madhya Pradesh, Rajasthan and Goa. The following office bearers were elected to manage the activities of this Regional Chapter :

Shri. Sanjeev Ambrish Mehta, Chairperson of the Chapter and Shri. P. K. Sarkar, Secretary of the Chapter

### DRAWING AND PAINTING COMPETITION ON "ENVIRONMENTAL POLLUTION"

JAAI organised Drawing and Painting Competition on the theme "Environmental Pollution" on 16th Dec., 2017 at Andhra Education Society (AES), near ITO, New Delhi. Approx. 200 students of various branches of AES participated in the competition with full of zeal and energy. Drawing sheets, Colours/pencils/pens etc were provided to students by JICA. Drawing sheets of all the participant students were judged by a panel of officers of JICA and JAAI and winners of competition were declared.

On this occasion, Dr. Manoj Kumar Patairiya, Director, CSIR-NISCAIR delivered a very informative and useful lecture on "Environmental Pollution". Mr. Toru Uemachi, Sr. Representative, JICA India along with Dr. O.P. Dewal, President, JAAI distributed the prizes to winner students of competition.



### TECHNICAL SEMINAR AT AHMADABAD ON "RENEWABLE ENERGY AND ENERGY EFFICIENCY"

JAAI regional chapter (West) organised its first event as Technical Seminar on "Renewable Energy and Energy Efficiency" on dt. 21st Jan., 2018 at Ahmadabad, Gujarat. Dr. O.P. Dewal, JAAI President delivered the welcome address. Mr. Takema Sakamoto, Chief Representative, JICA India Office addressed the audience as Chief Guest and one of the speaker of seminar. Mr. Anil Kumar Bayati, GM- AmulFed Dairy attended the program as Guest of Honour. Other speakers of seminar were Mr. P.K. Sarkar and Mr. Yogesh Kairnar. The seminar was attended by approx. 80 persons which includes Dr. O.P. Dewal, JAAI President, Mr. Pradeep Gupta, JAAI Secretary, Mr. Sanjeev A. Mehta, Chairperson JAAI Regional Chapter, Mr. P.K. Sarkar, Secretary, JAAI Regional Chapter. Seminar concluded with healthy interaction among audience and the eminent speakers. All queries raised were satisfactorily responded. Mr. Pradeep Gupta, JAAI Secretary, appreciated the richness in expertise of all the speakers. Mr. P.K. Sarkar, Secretary, regional chapter proposed Vote of thanks and invited all for a delicious lunch.

## SECRETARY'S REPORT: 2017-18



### INTERNATIONAL TECHNICAL SEMINAR AT DELHI

International Technical Seminar was organised at Hotel Metropolitan, New Delhi on 10th Feb., 2018 on the theme "Cancer Awareness & Health Care". The eminent speakers of the seminar were Padmashree Prof. P. K. Julka, Senior Director, Oncology, Max Hospital, New Delhi; Prof. SVS Deo, Head, Surgical Oncology, All MS, New Delhi; Mr. Koji Suzuki, Managing Director, Rohto Pharma (India) Pvt. Ltd.; Mr. Toru Uemachi, Senior Representative, JICA India Office. All the speakers delivered very useful and informative presentations. During the Q&A session, queries of audience were answered by speakers.



### ANNUAL GENERAL MEETING 2017-18

JAAI's Annual General Meeting for the year 2017-18 was held at Hotel Metropolitan, New Delhi, 10th Feb., 2018 and was attended by JAAI members. Dr. O.P. Dewal, President, JAAI, welcomed all members and thanked JICA India Office for their continued support. Mr. Pradeep Gupta, Secretary, JAAI, shared details of events held during the year in Secretary's Report.

Elections for JAAI Executive Body for the years 2018-20 were conducted by Mr. Shekar Devasagayam, Training Program Officer, JICA India Office, who was appointed as Election Officer. President, Vice-President, Secretary, Jt. Secretary and Treasurer and six members were elected unanimously. New JAAI Executive Body elected for the next two years, 2018-19 and 2019-20 is as under:

**President** : Dr. OP Dewal, **Vice President** : Mr. TP S Oberoi, **General Secretary** : Dr. Pradeep Gupta, **Jt. Secretary** : Mr. K.M. Manikfan, **Treasurer** : Mr. MA Khan, **Members** : Mr. K Sitaraman, Mr. Kuldeep Singh, Dr. H.S. Mandal, Ms. Shikha, Mrs Anjali Pancholy and Dr. Jagan Nath Das





## **DINDOLI TO YOKOHAMA, JAPAN : “LIFE TIME MEMORIES”**

### **MR. P R CHANDAK**

I belong to a small village called Dindoli which is located in Mewar Region of Rajasthan State. The history of this land revolves around legendary warriors and stories of heroic acts, which inspire its inhabitants. I always dreamed big and aspired to accomplish something for my village. In order to achieve my dreams, I studied hard and secured admission in Civil Engineering branch at Malviya Regional Engineering college, Jaipur (now renamed as MNIT). After passing my B.E. (Hons), I continued to pursue my dreams by joining the Public Works Department (P.W.D.) Government of Rajasthan (GoR).

I always kept my dreams alive and tried to excel in whatever work is assigned to me. As Assistant Engineer I was in charge of Sevashram Railway over bridge Package - ADB funded project in Udaipur city (City of Lakes). I overcame several problems and successfully completed my project, leading to an enhancement of my designation in my department.

One fine morning, while visiting the website of Home Ministry, Government of India, I came to know that there was a training programme on “Construction Technology introduced or applied to developing countries” through JICA in (Yokohama), Japan which was fully sponsored. I aspired to apply and my application reached JICA India office after passing through a long channel of Government offices.

Although I was unsure of my selection, I eagerly scanned my e mail. My joy knew no bounds when I finally got that e mail in my inbox which confirmed my selection for the Training programme in Japan! Words cannot describe my joy in being nominated for such an ambitious training!

All my family members were filled with joy and curiosity about my travelling to Japan with a stay period of 45 days i.e. 14th May 2012 to 30th June 2012 at Yokohama Japan.

Landing at Narita Airport in Japan through Japan Airline (JAL) on 13.05.2012 amplified my happiness exponentially, and was a dream come true ! . During my travel from Narita airport to Yokohama international Centre (YIC), I was mesmerized with the infrastructure and highest level of development in the city and the YIC hostel was a state of the art structure made to perfection, in my impressionable eyes.

I slept early the first night at the hostel, due to my tiredness with all the excitement. Also, I wanted to rise early and be ready in time for the next day's programme, provided to me by the front desk. I was woken up by the sun in my eyes the next morning. At first I was shocked, thinking I was late and it would be inappropriate to be late in Japan, where people are known for their punctuality! Soon, my eyes fell on the clock and I realized that it was only 7.30 AM and I had ample time to get ready. I reached in time at the orientation room “ ICHO and Yamayuri” for briefing session on day 1.

During briefing I came to know that in all, total 13 participants from 9 countries were enrolled in my course. The briefing session was completed with the help of Kuroda Kengo, our Training coordinator. The programme was well tailored with lectures discussion, observation and practical sessions with some meetings, with week end day off. I also had the opportunity to learn Japanese Language through a class room teaching after regular schedule in the evenings which was very helpful during my stay in Japan at every step. Technical Visits to various sites with observation were the highlights of my learning sessions.

### **VISIT TO SETO-OHASHI BRIDGE (SETO-CHUO EXPRESS WAY) - PERFORMING TEST FOR HIGH GRADE CONCRETE**

Construction of sky tree was completed on 22 May 2012 and the visit to it provided a feeling satisfaction, with continuous hard working dedication and was the and mark event of Technological Advancement course.

Visit to Public Works Research Institute (PWRI) on 31st May 2012 in Tasukuba was full of surprise for me where I saw that a loaded truck moving without driver, for testing material used in pavement construction, prior to use in actual road construction to perform number of repetitions on 31st May, 2012. This event was for utmost surprise for me.

Canal gate Across Arakawa river constructed to save Tokyo from Flood and Sailing through it was like experiencing and



understanding of Panama Canal System on June 11, 2012. It is too important to mention to about the dedication of the engineer, Aakira Aayoma in construction of the gate.

I was completely in awe when I observed the clean water of Simanto river on June 15, 2012 during my visit to various bridges across the river and smart city of Simanto.

Rehabilitation and development of Hiroshima after bombing on 8th Aug 1945 at 8:15 AM opened the eyes of visitors toward team work of people living in Japan.

I will not be doing justice to my notes if I do not mention here about infrastructure development in form of seto-ohashi bridge (Seto-Chuo express way), Tokyo wan Aqual-line and Yokohama land mark tower. With Historic harbour and civil engineering structure. Observation and discussion at different construction sites are very useful in my future work life.

During my training I came across different characteristics of Japanese people and society - they are calm, orderly, hard working, punctual, clean, polite and convenient, safe & workaholics. Their bowing is an act of non verbal communication in a no-touch society.

I do hope and look forward to visiting Japan again in 2020 Olympics, to check out for more advancements in Technology, Heritage and Culture...!



## CONGRATULATIONS !!



*Dr. Pradeep Gupta, Secretary JAAI was recognized by 'Association of Energy Engineers' (AEE, Atlanta, USA) for his contribution in Energy Conservation and awarded as "Energy Manager of the Year -2017" of Asia Subcontinent Region. The awards were given away at 40th World Energy Engineering Congress.*

## INDO-JAPANESE RELIGIOUS BELIEFS- A DEEP CONNECT !

### DR. SUMATHI MURALIDHAR

Professor and Consultant Microbiologist, VMMC & Safdarjung Hospital, New Delhi

I had the good fortune to visit the Sanjusangen - Do Zen temple in Kyoto, way back in 2002, when I visited Japan as a JICA participant. This 900 year-old Buddhist temple was built in 1164 CE and reconstructed in 1266 after a fire episode. As I ventured in and admired the centuries old gold plated idols, I could not help but draw a comparison between the idols in this Buddhist temple and our Hindu deities in India. My curiosity and awe got the better of me, and prompted me to delve a little deeper into the history of the idols in this temple. Here's what my research yielded -

The huge temple has 1000 armed, human sized statues of Kannon (Goddess of compassion), 500 on either side of the main deity, Sahasrabhuja-Arya-Avalokitesvara. There are 28 larger guardian deities in front of these, which are of Indian origin from Hindu Gods. In ancient Japanese Buddhism, Hindu Gods were revered and preserved. The blend of Buddhism and Hinduism brings harmony, respect and a deep understanding of evolving spiritual streams.

Shintoism, the original indigenous religion of Japan, teaches that everything in Nature consists of a spiritual essence, called Kami. Kami resides in all things. Primary Kami is Amaterasu or Goddess of Sun. This is similar to the Hindu Suryavanshi, the descendants of Sun God. The ancestors are also considered as Kami (energy) and hence worshipped in Japan, drawing parallels to the Gotra system and worshipping of ancestors among Hindus in India.

There are several deities in this temple that speak of a Hindu past -



- a. Naraen Kengo- the equivalent of Lord Narayan or Vishnu, the God of preservation of all creation.
- b. The city of Nara in Japan has seven prime temples, much akin to the Tirupathi temple in India, where the Lord of the seven hills resides. The number seven denotes the seven heads of Adishesha, the serpent that holds up creation, and on whom Lord Vishnu reclines.
- c. Raijin, the thunder God, is very similar to 'Varuna' the God of rain and thunder in Hinduism.
- d. Basusenin- similar to Vasu which could mean God of all the elements in creation, very similar to Japanese Shintoism, wherein they recognize about eight million gods of various elements called Kami.
- e. Nanda Ryu-o is comparable to Nanda Naga Raja the snake of Lord Shiva, who resides in the Nanda devi mountain in the Himalayas. The snake became denoted as a dragon through the Chinese influence over time. Buddhism is said to have reached Japan through China and Tibet.
- f. Fujin is the Air God, which in Hinduism is called as Vayu.
- g. Birubakusha in Japanese denotes the deity with many eyes and a wider vision. This is very similar to Virupaksha, one of the names for Lord Shiva, who has a third eye on his forehead. The weapon shown on this deity is also similar to Lord Shiva's weapon, the trident.
- h. Karura is the deity with a bird's head, much like the Garuda bird of Hindu mythology.
- i. Mawara-nyo is the deity with feminine energy which is also decisive. This is the MahaBala of the Hindus, also called as Durga Devi.
- j. Daibenkudoku-ten is the deity of prosperity, just as Sreedevi or Lakshmi augurs prosperity to the Hindus.
- k. Taishaku ten - Akin to the heroic deity, Indra, in Hinduism.
- l. Daibon ten- Similar to the highest Hindu God, the creator of the Universe, Maha Brahman. The equivalent deity among the Buddhists is Taishaku-ten. The combination of Maha Brahman and Taishaku-ten is the deity of Daibon-ten in this temple.

From all of the above details, it is evident that there is an intricate and age-old link between the belief systems of the ancient Hindus in India and the Japanese people of yore. A link so resilient and strong that it has survived through the march of time and distance. It is truly heartening to note that in both these countries, Nature was worshipped and revered from time immemorial, and has molded the very existence of civilizations and people.

Let us pledge to continue this tradition and work towards preservation of our world, by caring for Nature and our environment. Here's to a greener and better world!

## INDO-JAPAN FRIENDSHIP STRENGTHS AFTER SIXTY YEARS

**Mr. TPS OBEROI**, Vice-President, JAAI

In 2016, our Prime Ministers (from Japan and India) met in Japan and agreed to mark 2017 as 'Year of Japan-India Friendly Exchanges' to further enhance people-to-people exchanges between our two countries. The year 2017 also marked the Sixtieth Anniversary since the Cultural Agreement which came into force in 1957. Commemorative cultural events were held in both our countries. We wish our friendly relationship will be further strengthened in the years to come and with this, mutual exchanges in various levels and fields will be deepened, resulting in promotion of our understanding.

India and Japan are globally recognized leaders and on the completion of SIXTY years of our friendship, these two countries are going to further strengthen this friendship in the decades to come. Stronger Indo-Japan ties are not only important for technologically advanced India but also stability of Asia and the world. Apart from over seventy infrastructure projects spread in all corners of our country, Japan last year agreed to build the ambitious Mumbai-Ahmedabad bullet train route. Metro train routes are expanding in all cities and have greatly supplemented our environment friendly public transport system. Japan's heavy investment with advanced technology in various sectors is expected to grow more and India is going to greatly benefit in its development plans with Japanese cooperation in the fields of (I) Civil Nuclear Deals, (II) High Speed Railways, (III) High Technology Skill Development, (IV) Defense Procurement, (V) Foreign Direct Investment and Trade, (VI) Cooperation in Security & Combating Terrorism and (VII) Expeditious Reforms in the United Nations including the UNSC to make it more legitimate, effective and representative. This will bring in contemporary realities of 21st century.

Our friendship inherited for decades is also visible with alphabetical order closeness in succession of our country names - I(India) J(Japan). Looking at Official Logo, "2017 the Year of Japan-India Friendly Exchanges", we are proud to share with our Japanese friends that in India we write 'JI' after name as a mark of respect - here again we are maintaining closeness as is practiced in Japan. JICA Alumni Association of India (JAAI) has been including rich Japanese culture in the events organized for over three decades. For last few years, we have been combining Indian and Japanese cultural programs and this, supplemented with Indian delicacies, have been enjoyed by our Japanese friends.

## CONGRATULATIONS !!



*Dr. P.P. Mittal, life member of JAAI was honored by Sh. Gian Chand Gupta, MLA, Cabinet Rank of Haryana Govt. on 26th January 2018 Republic Day Ceremony for his contribution in Energy Conservation. Dr. Mittal also received Privilege Certificate of Distinct Honor and praise on date 11-11-2017 for contribution in the field of Green Building & Electricity saving from Indian Record Holder at World Stage.*

## GREEN TRAVELS AS INNOVATIVE MEASURES IN JAPAN

**Dr. Pawan Kumar**, Town and Country Planning Organization,  
Ministry of Housing and Urban Affairs, Govt. of India, New Delhi

An environmentally sustainable transport is vital for better, safe, comfortable and efficient mobility in any town or city. It needs selection of suitable modes of public transport and their promotion, technology updating, reduction of motorized vehicles, strategies to reduce number of trips, planning and policy intervention for integrated multi modal transport system, etc. In this connection, green travel behaviors of commuters and residents have a significant role in reduction of vehicular emission and level of pollution, improvement of public health, and moreover, to make a city more healthy and walkable. Therefore, public awareness and campaigns are necessary to encourage individuals, families, communities and society as a whole, to adopt "Green Travels". "Active Travels" adopt various measures for daily travel options along with operations of transport services and optimal usages of transport infrastructure. Similarly, "Green Travels" reduce the needs of travel as well as make travel less polluting and damaging. Such travels as innovative measures may be adopted at individual and city level.

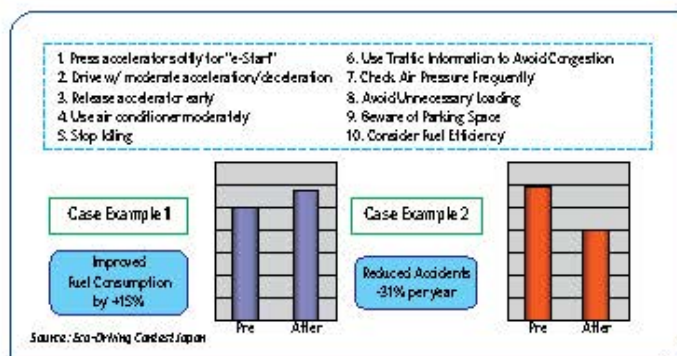
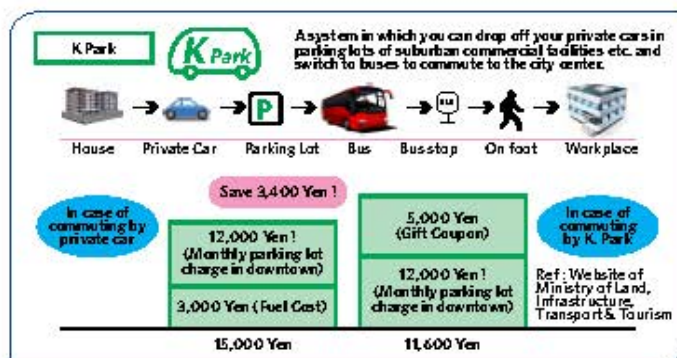
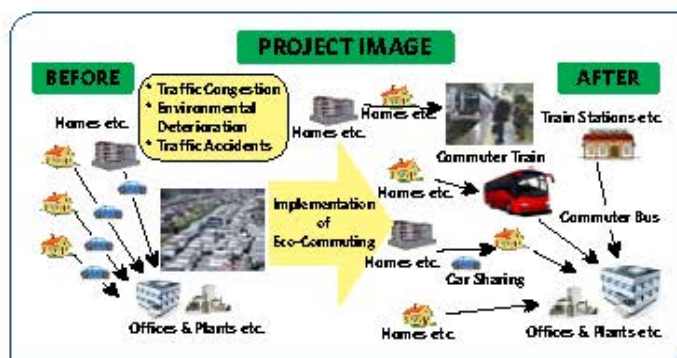


In Japan, the Govt. initiatives have been taken to create a favorable transport environment for both individuals and society by promoting voluntary shift to green travels for avoiding excessive use of vehicles. Some of the examples of green travels are as follows:

i. Eco-commuting is an effort to promote shift in the means of transport from private vehicles to public transport and bicycles. It is imperative by appointing a person in each company to be in-charge of considering the ideal means of transport to commute, providing timetables and route maps for buses and trains, and reviewing commuting allowances, etc. According to the Ministry of Land, Infrastructure, Transport and Tourism, Govt. of Japan, almost 840 corporations nationwide implemented Eco-commuting projects. As a result, carbon dioxide emission has reduced by 11%. Figure 1 illustrates the implementation of eco-commuting as apart of mobility managements in Japan.

ii. The Park and Ride facility is one of the measures to reduce personalized vehicles to move on the road. In Kanazawa city, a Park & Ride system known as "K.Park" is implemented in which commuters drop off from private cars in parking lot of sub-urban commercial facilities etc. and switch over to buses to commute city centre. During holidays, temporary parking lots are provided near interchanges of highways and shuttle buses are provided in order to alleviate traffic jams. Figure 2 illustrates various steps involved in K.Park system and emphasizes economic advantages as saving of 3,400Yen (plus gift coupon of 5,000 Yen) for commuting by K.Park compared to private car.

iii. The Eco-friendly driving (Eco-Drive) is promoted with the collaboration of various ministries which have formulated "Ten Eco-Driving Tips". The month of November is designated as "Eco-Drive Promotion Month". Figure 3 illustrates 10 tips of Eco-drive as well as reduction in accidents and saving of fuel due to eco-drive.



iv. In Japan, organized space for non-motorized transport particularly for pedestrians and bicyclists is provided in all parts of the city. This civic sense makes road space more vital and humane. The bike sharing and locations on main road encourage young people to use the same for short trips. The parking facilities of bicycles at different locations are provided which also encourage using the same in day to day activity.



### Learning Experience

- Eco-commuting Project is one of the initiatives to curb global warming by reducing carbon-mono and carbon-dioxide emissions by restraining commuting by cars. It encourages commuting by walk, bicycles and public transport for a certain number of days based on distance to work. Such practice is green in nature and healthy in practice.
- The "K.Park System" in Kanazawa city is an interesting idea to encourage people to shift from private car to public transport through rewards/gifts. Such initiative holds good to create awareness and modal shift to public transport. Such travels in small and medium towns/cities improve the efficacy of public transport for comfortable mobility.
- The eco-friendly driving (Eco-Drive) is collective efforts to save fuels, increase engine efficiency, reduce emissions, prevent accidents, etc. In fact, it is an innovative measure to save the environment and society by optimal and efficient use of vehicles. Such travels fulfil the social responsibility of the transport sector for making the city more livable.
- Space allocation for pedestrians and bicycles shows high degree of civic sense of the society. Individual concern and contribution in environment protection makes the city more green, healthy and livable. The choice between public and personal transport is an individual decision but green travels are very effective to provide smart and safe mobility. Further, green travels respect environmental laws, vehicle laws, pollution laws, etc. and therefore the same may be promoted and encouraged through public participation.

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## MEMORIES OF JAPAN TRIP

**Dr Renuka Taneja**, Chief Medical Officer Incharge (H), Central Govt Health Scheme, New Delhi



I attended Knowledge co-creation program on "Life Style Related Diseases and Prevention" in Japan, from May to June 2016. This trip was really a lifetime experience which left a deep impression in my mind. The training gave me an insight into techniques of the LSRD and its prevention, with special focus on Japan's LSRD Prevention program. Besides this, I also learned so much about the country- Japan. I had heard a lot about life in Japan, and its management skills, from so many people and was eager to know if they really work their talk.

During this whole visit, we stayed at three places in Japan: JICA Chubu, Ache Health Plaza and Kyoto. From airport to final destination, representatives from JICA were waiting with a signboard. The officials from JICA Headquarters were too good, nice, and cooperative. The greetings which Japanese offer are also very special. They bend two to three times at their waist and exchange greetings. Later I learned that "Konichwa" is synonym for Namaste and "Arigato Gozimus" means thank you.

Japanese people are famous for punctuality where "timing is everything". It was very clearly mentioned in the handout given to us on day one of the training i.e. the "10 minutes earlier practice". It is their routine and is being practised by every Japanese. To my surprise all of us also practised the same during the whole period of stay in Japan.

Since it was health related training, every participant's assessment of health was done through blood tests and exercise protocol. All participants were given pedometer which was very exciting because it would daily tell us as to how many foot steps we took and also how much of calories were burnt. Every week the winner of highest footsteps was announced.

Another thing which I really appreciated was the concept of "leader of the day" during the training. It was on rotational basis and this way everyone got a chance to become leader of a particular day and leaders would help the co-ordinator in organizing and streamlining the work of the whole day hence everyone would become the monitor of the training class, turn by turn. Interesting part of this was that next day's charge of leader would be handed over to the other group in a ceremonial way called as "handing over and taking over ceremony". This inculcated leadership values.

Japanese people are very dedicated to work. Everyone involved with the training was dedicated to his or her work and made sure that everyone is fully involved and giving his 100% - both the co-ordinators as well as the trainees. Daily deadlines were given and trainees would sit to complete the work according to the deadlines and submit the work.

Another important thing to note was that people in Japan are very health conscious and their average life expectancy is around 83 yrs (highest in the world). During my whole period of stay we visited so many different places from universities to schools, health care centres to hospitals and to different offices (Denso, Nippon, Omron) and, to my surprise, I did not see any overweight or obese person. Each and everyone whom I met was lean and thin.

The training also included cooking classes whereby every participant prepared a dish of his/her native place. This was very interesting as everyone learned about the cuisines from all over the world. Another highlight of the training program was TV conference with past participants and their report presentation whereby the previous batch participants would explain how he/she completed their action plan in their respective countries after coming back from Japan. I also completed my action plan in India and participated in TV Conference for the next year batch. It was meaningful experience presenting my action plan to current participants.

In the last week of training we visited a school where I was shocked to see that there were no janitors in school. Instead, students in grades 6-12 meet in teams once or twice a week to clean assigned areas. For 30 minutes after lunch, students sweep, mop, take out the trash and even clean the bathrooms — but responsibilities rotate so no one is stuck scrubbing toilets more than two or three times a year. The school still has maintenance staff for the difficult or dangerous work but for the most part, students handle the daily upkeep. This is something which I believe helps the children to cultivate good habits for life and is a good way to get them to learn personal and social responsibility.

During our training and moving from one place to another, I observed that the traffic rules were being followed rigorously. Zebra crossing can be taken as a litmus test cars were following traffic signals religiously be it big city or a small place.

Also, respect for pedestrian and priority to them could be seen everywhere.

Vending machines were seen everywhere and anyone can take beverage from it by inserting cash into the machines. Automation is a part of life in Japan which can be seen almost everywhere. The gates at the hotel and other important premises were opening automatically without fail whenever we crossed them. Even toilets were advanced smart toilets. Another important technological aspect of Japan is their bullet trains which offers an experience like no other. We travelled in Shinkansen from Nagoya to Kyoto. The ride in bullet train was not only quiet, but smooth as well. It was an awesome experience in the train with very high speed and always in time.

Besides professional development, living in Japan gave me an amazing cultural and social experience, which I will carry forever in my personal and professional life. This opportunity gave me an unforgettable experience.

Finally, in the end, I would like to thank Government of India and JICA for all their support, and for giving me the opportunity to attend such a wonderful life experience. I will certainly look forward to another opportunity to visit Japan.

## OHAYO GOZAIMASU!!

**Ms. Jacinta Gunjiyal**, JPN Apex Trauma Centre - AIIMS, New Delhi

I am one among the many privileged professionals who had this golden opportunity to be trained under this banner "Knowledge Co-Creation Programme on Infectious Diseases Control through Strengthening of Community Health System" held from 26th July 2017 to 16th September 2017 under the technical Co-operation Programme of the Government of Japan.

Japan is a beautiful country and more so are the people. Among the many exciting experiences of cultural and academic feast of 50 days, I would like to highlight a few overwhelming memories which I still cherish and will cherish forever through this medium.



It was an absolutely mesmerizing opportunity to visit this beautiful land of the Rising Sun and experience first-hand its warmth and its beauty in simplicity. It was a lifetime experience and "Ichariba Chode" (Once we meet, we are brothers and sisters for life)

One of the things that impressed me most was their eye for detail to execute any activity or action regardless of the gravity of the process. Their commitment and ownership towards community welfare in every aspect and the transparency of their feedback process make them outstanding. The National Data Banking System is commendable.

Their discipline is highly commendable. For instance, we visited a school in Izena Island. Quite surprisingly, there is no school bell system in the schools. The students display highest standards of discipline and abide with their schedule without being prompted to or reminded. The values of self-discipline, punctuality and respect are ingrained in students' hearts from the youngest of age.

We also visited Ishinomaki, the second-largest city in Miyagi Prefecture, one of the municipalities hardest hit by the tsunami of March 2011. It has proved itself as one of the most resilient communities in the wake of the disaster, thanks in large part to the indefatigable commitment of the residents. The ICIC was established in 2015 to inform and educate visitors from near and far about the tsunami and the progress of post-disaster reconstruction. Through literature, exhibits, and explanations in Japanese and English, the center helps disseminate information about Ishinomaki and share important lessons in emergency preparedness.

I would like to extend my sincere thanks to my parent institute- JPN Apex Trauma Centre, AIIMS-New Delhi, Government of Japan, Government of India, JICA, JAAI, the resource personnel and fellow student who have made this learning experience truly memorable and enjoyable.

Arigato gozaimasu (Thank You)



## भारत-जापान के सुदृढ़ होते सम्बन्ध

श्री कुलदीप कुमार / Mr. Kuldeep Kumar

M/o Micro, Small & Medium Enterprises, Government of India



भारत और जापान के सम्बन्ध हमेशा से काफी मजबूत और स्थिर रहे हैं। जापान की संस्कृति पर भारत में जन्मे बौद्ध धर्म का स्पष्ट प्रभाव देखा जा सकता है। भारत के स्वतंत्रता संघर्ष के दौरान भी जापान की शाही सेना ने सुभाष चंद्र बोस की आजाद हिन्द फौज को सहायता प्रदान की थी। भारत की स्वतंत्रता के बाद से भी अब तक दोनों देशों के बीच मधुर सम्बन्ध रहे हैं।

भारत - जापान संबंधों में सद्भाव के ऐसे उदाहरण भरे पड़े हैं। भारत की मैत्री की अभिव्यक्ति इंडियन नेशनल आर्मी (आई. एन. ए.) की सहायता करने के लिए जापान के प्रति इसका आभार थी। जापान ने इंडियन नेशनल आर्मी के गठन में सहायता के लिए सुभाष चंद्र बोस के अनुरोध पर भारत के युद्ध कैदियों को रिहा कर दिया था, जो सिंगापुर,

बर्मा एवं उत्तर पूर्व भारत में जापान के साथ-साथ लड़े थे। इफाल में युद्ध शमशान, जहां भारत एवं जापान के सैनिकों का एक साथ अंतिम संस्कार किया गया था, इस बलिदान का साक्षी है। 1960 के दशक में प्रधानमंत्री पंडित जवाहरलाल नेहरू ने जापान को भारी मात्रा में खनिज की आपूर्ति करने के लिए भारत के लौह अयस्क के निर्यातकों को प्रेरित किया ताकि जापान के इस्पात उद्योग के पुनर्निर्माण में सहायता प्रदान की जा सके। यह ऐसा समय था जब आस्ट्रेलिया एवं अन्य देशों से लौह अयस्क प्राप्त करना जापान के लिए कठिन कार्य था। जापान के राजनेता 1989 में सम्राट शोवा (हीरोहितो) के निधन के समय भारत में राष्ट्रीय शोक की घोषणा का बड़े अच्छे से उल्लेख करते हैं। तथापि, 1960 से 1980 के दशकों के बीच घनिष्ठ संबंधों की यह गति थोड़ी कमजोर पड़ी थी। जापान के प्रधानमंत्री हयातो इकेडा ने 1981 में भारत का दौरा किया था परंतु जापान के किसी प्रधानमंत्री द्वारा अगली यात्रा लगभग दो दशक बाद प्रधानमंत्री यसुहीरो नकासोने द्वारा 1984 में हुई। प्रधानमंत्री राजीव गांधी ने 1988 में टोकियो का दौरा किया, जिससे स्थायी राजनीतिक संपर्कों के पुनरुद्धार की शुरुआत हुई।

जापानी प्रधानमंत्री शिंजो आबे के आर्क ऑफ फ्रीडम सिद्धांत के अनुसार यह जापान के हित में है कि वह भारत के साथ मधुर सम्बन्ध रखे खासतौर से उसके चीन के साथ तनाव पूर्ण रिश्तों के परिप्रेक्ष्य में देखा जाय तो। भारत की ओर से भी चीन के साथ रिश्तों और वैश्विक परिप्रेक्ष्य में जापान को काफी महत्व दिया गया है। वर्तमान प्रधानमंत्री नरेंद्र मोदी ने भारतीय उपमहादीप से बाहर किसी द्विपक्षीय विदेश यात्रा के लिए सर्वप्रथम जापान को चुना।

जापान की कई कम्पनियाँ जैसे कि सोनी, टोयोटा और होंडा ने अपनी उत्पादन इकाइयाँ भारत में स्थापित की हैं और भारत के आर्थिक विकास में योगदान दिया है। इस क्रम में सबसे अमृतपूर्व योगदान है वहाँ की मोटर वाहन निर्माता कंपनी सुजुकी का जो भारत की कंपनी माफ़ति सुजुकी के साथ मिलकर उत्पादन करती है और भारत की सबसे बड़ी मोटर कार निर्माता कंपनी है। होंडा कुछ ही दिनों पहले तक हीरो होंडा (अब हीरो मोटोकॉर्प व होंडा मोटर्स) के रूप में हीरो कंपनी के पार्टनर के रूप में कार्य करती रही है जो तब दुनिया की सबसे बड़ी मोटरसाइकिल विक्रेता कंपनी थी। जापान ने भारत में अवसंरचना विकास के कई प्रोजेक्ट का वित्तीयन किया है और इनमें तकनीकी सहायता उपलब्ध करायी है। इनमें सबसे महत्वपूर्ण रूप से उल्लेखनीय है दिल्ली मेट्रो रेल का निर्माण। दिल्ली मेट्रो के निर्माण में जापान के योगदान तथा दर्जनों अन्य शहरों में इसी तरह की परियोजनाओं में इसकी सहायता सर्वविदित है, जैसे कि दिल्ली - मुंबई औद्योगिक कोरिडोर परियोजना तथा मुंबई - दिल्ली तथा दिल्ली - हावड़ा मार्गों पर समर्पित फ्रेट कोरिडोर परियोजनाओं में जापान की सहायता।

जापान के अर्थव्यवस्था, व्यापार और उद्योग मंत्री, योइची मियाजावा ने प्रधानमंत्री श्री नरेन्द्र मोदी से मुलाकात की। उन्होंने प्रधानमंत्री से कहा कि वे शीर्ष व्यापारिक नेताओं के एक प्रतिनिधिमंडल के साथ आये हैं और निकट भविष्य में भारत में 3.0 अरब अमेरिकी डॉलर का निवेश करने की उनकी योजना है। उन्होंने कहा कि यह भारत में जापानी निवेश को बढ़ाने, खासकर प्रधानमंत्री के 'मेक इन इंडिया' मिशन को सहयोग देने के लिए प्रधानमंत्री अवे और प्रधानमंत्री मोदी की साक्षात् प्रतिबद्धता को ध्यान में रखकर किया गया है।



श्री मियाजावा ने कहा कि पिछले साल सितंबर में टोक्यो में प्रधानमंत्री अवे के प्रधानमंत्री मोदी को अगले पांच वर्षों के लिए 3.5 खरब येन तक के वित्तपोषण और निवेश के आश्वासन को ध्यान में रखते हुए उनकी सरकार भारत के विनिर्माण और बुनियादी ढांचे के विकास में सहयोग देने हेतु लंबी अवधि के वित्त पोषण के लिए प्रतिबद्ध है। उन्होंने पिछले पांच दशकों में प्रदर्शन और सुरक्षा में शिकनसेन के उत्कृष्ट रिकॉर्ड का हवाला देते हुए कहा कि जापान भारत में उच्च गति रेल के विकास में सहयोग किया। भारत ने मुंबई-अहमदाबाद मार्ग पर बुलेट ट्रेन के लिए जापान को चुना है। इसके साथ ही यह दिल्ली-मुंबई गलियारे के लिए भी अध्ययन कर रहा है।

नेशनल हाई स्पीड रेल कॉर्पोरेशन लिमिटेड, अहमदाबाद और मुंबई के बीच हाई स्पीड ट्रेन कॉरिडोर की परियोजना को कार्यान्वित कर रहा है। हाई स्पीड रेलवे कॉरिडोर की कुल लंबाई 508.17 किमी प्रस्तावित की गई है। मुंबई अहमदाबाद हाई स्पीड रेल का रूट दो राज्यों (महाराष्ट्र और गुजरात) और एक केंद्र शासित प्रदेश (दादरा एवं नागर हवेली) से गुजरते हुए जाएगा। प्रस्तावित कॉरिडोर पश्चिमी रेलवे क्षेत्र में स्थित है। यह मुंबई में बांद्रा कुर्ला कॉम्प्लेक्स से शुरू होगा और अहमदाबाद के साबरमती रेलवे स्टेशन के नजदीक समाप्त होगा।



इस हाई स्पीड ट्रेन की आधारशिला भारत के प्रधानमंत्री श्री नरेन्द्र मोदी व जापान के प्रधानमंत्री श्री शिंजो आबे ने अहमदाबाद में 14 सितम्बर 2017 को रखी। जापानी प्रधानमंत्री शिंजो आबे ने इस अवसर पर जब [JAI - JA(Japan) + I(India)] का नारा दिया। तथा भारत व जापान के मध्य एक नए युग की शुरुआत है।



## KNOWLEDGE CO-CREATION PROGRAMME FOR YOUNG LEADERS (DISASTER RISK REDUCTION COURSE) BUILD BACK BETTER (BBB) APPROACH

Ashiq Hussain Rather, [1ashu1968@gmail.com](mailto:1ashu1968@gmail.com)

Japan, the land of rising sun, experiences 20% of the earthquakes of magnitude 6 and higher that occur in the world, and this land of rising sun is geographically exposed to a number of natural disasters like typhoons and active volcanoes. The earthquakes are a usual phenomenon in Japan. Japan thus has a long history of awareness of the importance of disaster risk reduction inbuilt in its culture of disaster preparedness and disaster mitigation.

Japan has taken a lead in fostering the culture of disaster risk reduction with the developing and developed countries of the world and has accumulated its knowledge in cooperation with the developing countries to train the personnel and to enhance the research in this field. It will ultimately lead to the dissemination of the culture of disaster risk reduction and economic growth in the affected countries.

The Knowledge Co-Creation Programme for Young Leaders on Disaster Risk Reduction, in which I participated, has been a part of this initiative of the Government of Japan through the Japan International Cooperation Agency (JICA), wherein 15 Disaster Management Professionals were selected from India. These personnel acquired a thorough knowledge on the efforts being taken by the JICA in this field.

The Japan Governmental and Non-Governmental Organizations are working on the concept of Build Back Better after any earthquake or tsunami, of any magnitude, strikes there. Today, Japan is one of the few countries in the world where proactive measures for disaster risk reduction are widespread. Japan's history shows that disaster risk reduction must become a cultural norm in every society to minimize disaster-related damage. The culture of disaster risk reduction varies from country to country.

In India, efforts are being made in this field and the desired results of applying the culture of Disaster Risk Reduction by implementing the disaster preparedness, mitigation, awareness generation, timely forecasts and evacuation to safer places have been achieved to a certain extent. However, the culture of Build Back Better it is still a distant dream.

Japan has learned, through hard experience, the importance of investing in disaster preparedness, and the lessons learnt are being used to help other countries. We hope that such a Knowledge Co-Creation Programmes will continue in future wherein different countries of the world come under one umbrella of Disaster Management.



## EDITORIAL

Everything in life has to be in perfect balance and moderation. Anything in excess spells disharmony, disease or disaster- be it excess work, excess eating or excess thinking (worry). Such is the law of Nature! One such excess in the human body, which can wreck havoc on its well-being, is the excessive or unlimited multiplication of unwanted cells in the body, what we call and dread today as Cancer or Malignant tumour. Most of us have known/or know someone who has Cancer, or has succumbed to this malady.

There are over 200 types of cancers in humans which claim around 8.8 million lives a year. The 4th of February 2018 was celebrated as 'World Cancer Day'. It was to encourage people to raise awareness and funds, to deal with this dreaded disease.

How does one combat cancer? Are there ways to prevent or avoid cancers? These and several other such questions were addressed and answered during the International Technical Seminar organized this year by JAAI, with the important theme of 'Cancer Awareness and Healthcare'. It is one of the most relevant topics for today's jet-set age population, with its fast-and-furious lifestyles!

Mankind would do well to heed the warning signs of various malignancies and change its ways to a healthy living, both physically and mentally.

Don't we all know - To be forewarned is to be forearmed !

### Editorial Board

"Sahyog"

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