



सहयोग

サハヨク



SAHYOG

JICA ALUMNI ASSOCIATION OF INDIA

Website : www.jaai.co.in

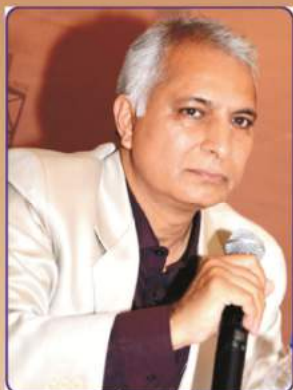
20th ANNUAL ISSUE

2019



CHILD HEALTH CARE

EDITORIAL BOARD



CHAIRMAN
Dr. O. P. Dewal



GENERAL SECRETARY
Dr. Pradeep Gupta



MEMBER
Dr. Sumathi Muralidhar

सहयोग 2019

CONTENTS

1. Message from Ambassador of Japan	03
2. Message from Chief Representative, JICA India office	04
3. Message from JAAI President	05
4. Secretary's Report	06
5. Urban Environmental Mgt in Japan	09
6. Japan Diary	11
7. परम पिता का अदृश्य प्रेम	13
8. Japan Visit	14
9. Chennai Regional Chapter	16
10. Sayonara, Sachiko San	17
11. Ahmedabad Regional Chapter	19
12. The Driving Force Within	20
13. Kyoto Protocol	22
14. Congratulations	23
15. Editorial	24

For internal circulation only

Published by :
JICA Alumni Association of India
JICA India Office
16th Floor, Hindustan Times House
18-20, Kasturba Gandhi Marg
New Delhi- 1100 01 INDIA
Website : www.jaai.co.in
e-mail : jicaalumniindia@gmail.com

Disclaimer: The views & opinions expressed in **Sahyog** are those of the authors & contributors & do not necessarily reflect those of the publisher or editor.

Message from Ambassador of Japan



It is my great pleasure to extend this message to the readers of "Sahyog" magazine. JAAI has been enriching Japan-India relations for over half a century, connecting a number of JICA training program alumni since 1968. I am grateful to all the diligent and enthusiastic government and civilian talents for coming to Japan and bringing back what they learned to India. JAAI has been a vehicle to enhance the value of such over 50-year experiences. I was privileged to witness the bonds JAAI has nurtured among participants when I hosted a reception commemorating the 50th anniversary of JAAI at my residence last year. Many congratulations.

I am delighted that the Japan-India relationship has further deepened and expanded in various spheres throughout the previous year. The culmination was Prime Minister Modi's visit to Japan in October. We made significant progress in security and defense, as exemplified by the launch of a Ministerial "2+2" Meeting and the commencement of negotiations on the Acquisition and Cross-Servicing Agreement (ACSA). The Japan-India relations, which earlier tended to be focused on economic cooperation, have achieved a new height.

Of course, economy continues to be a pillar of our relationship. The Bilateral Swap Arrangement of USD 75 billion was agreed in the summit meeting, signifying the trust between our two countries. As you are fully aware, Japan has a long history of assisting India through Official Development Assistance (ODA). India is the largest recipient of Japanese ODA loans. In FY 2017, the Japanese ODA loan commitment to India reached the all-time high of 384.1 billion yen. Furthermore, the amount has already reached 422.0 billion yen for FY 2018. Our cooperation is painting a dramatic future for India as you can imagine from Mumbai-Ahmedabad High Speed Rail (MAHSR) project. Japan is also supporting better lives of Indian people. Most importantly, ODA nurtures bonds among our people. The members of JAAI are true assets for us.

Indeed, people-to-people exchanges are at the core of the Japan-India partnership. While the relationship between Japan and India has progressed significantly, there still exists vast potential for further exchanges in the fields of tourism, education, research, and sports. At the outset of this year, India-Japan Friendship Forum (IJFF) was launched for this purpose with the participation of Mr. Taro Kono, Minister for Foreign Affairs of Japan. IJFF aims to promote mutual understanding through arts, culture and intellectual exchanges, enhance understanding, and encourage more people-to-people exchanges between Japan and India. I hope JAAI members, with their first-hand experience of Japan, will cooperate on IJFF and continue their invaluable roles to promote the friendship between Japan and India.

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, likely of Kenji Hiramatsu.

Kenji Hiramatsu
Ambassador of Japan to India

Message from Chief Representative JICA India Office



Dear Readers

I am very much grateful to and proud of JAAI, which was established in 1968 and celebrated its Golden Jubilee last year. JAAI has played an important role to strengthen the ties between the people of India and Japan. It is heartening to note that JAAI organizes a variety of activities for networking among the members as well as to promote friendship between the two countries.

In this fiscal year, JAAI has been successful in launching its second Regional Chapter in Southern India in the city of Chennai. The first Regional Chapter was launched in Western India last year in the city of Ahmedabad. A Seminar on Child Health was held in Chennai which enabled the ex-participants of JICA programs in and around Chennai to attend the same. JICA has strongly supported this initiative of JAAI recognizing the value of expanding the network of JAAI across India.

JICA Knowledge Co-Creation Programs has provided an opportunity of capacity building and the participants have contributed to social and economic development in various sectors. We appreciate JAAI members as being the most important JICA friends and its contribution to the growing Indo-Japan relationship.

On this occasion, we at JICA India Office extend our heartiest congratulations to JAAI for the long way it has come through. We humbly request JAAI to continue its support to the task of experience-sharing and friendship - building.

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

松本勝男
(Katsuo Matsumoto)

Chief Representative
JICA India Office

Message from President JAAI



Dear Readers,

Greetings from the JAAI Executive Committee.

I am delighted to present to you, the 20th edition of JICA Alumni Association's annual magazine "Sahyog" which 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.

JICA Alumni Association of India is to maintain foster and develop friendship and better understanding among its members. 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.

Last year, in the Golden Jubilee year of establishment of the JAAI, we launched our first Regional Chapter in the western region at Ahmedabad. This year, continuing the tradition, we have launched another Regional Chapter in the southern region at Chennai.

Maintaining cordial relations with JICA and other Japanese establishments is the back bone of our efforts in fostering and furthering friendship and greater understanding between the people of these two great nations. As a token of friendly gesture and continued support to the activities of JAAI, H.E. Mr. Kenji Hiramatsu hosted last year's annual convention at the Ambassador's residence. It was a matter of privilege for all the members to participate in a reception organized with such a personal touch. Our heartfelt thanks are also due to the Chief Representative of JICA, Mr. Katsuo Matsumoto, for supporting and encouraging JAAI activities all along.

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. 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', with a long horizontal line extending to the left.

Dr. O. P. Dewal

President JICA Alumni Association of India

SECRETARY'S REPORT :

ANNUAL CONVENTION 2018

Being Golden Jubilee Year of JAAI, Annual Convention 2018 of JICA Alumni Association of India (JAAI) was hosted by HE Mr. Kenji Hiramatsu, Ambassador of Japan to India on 24th February, 2019 at his residence. Mrs. Deepa Gopalan Wadhava, IFS, Former Ambassador of India to Japan was the Chief Guest. Mr. Pradeep Gupta, Secretary JAAI introduced all the dignitaries on the dais including Mr. Takema Sakamoto, Chief Representative of JICA India Office, officials from JICA India office and Embassy of Japan, JAAI members and their spouses.



Dr. O. P. Dewal, JAAI President delivered the Welcome Address. All JAAI activities organized by JAAI in coordination with JICA India office were enumerated. 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, welcomed and congratulated all JAAI members on the occasion of Golden Jubilee Year of

JAAI. In his address, he highlighted the progress on JICA funded projects in India. Cultural and technical cooperation is visible in JAAI activities, he emphasized. Accomplished, on-going and up-coming industrial and infrastructure projects will change India's position globally, he opined.

JAAI's annual magazine "Sahyog" 19th issue was released on this occasion.

Mrs. Deepa Gopalan Wadhava, IFS, Chief Guest at JAAI Convention, highlighted the achievements with the help of Japan in all the fields. All existing and upcoming projects with Japanese assistance, as he said, have been need-based and are going to contribute significantly to India's development.



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.

Finally, His Excellency, Mr. Kenji Hiramatsu, Ambassador of Japan to India 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 2018 was followed by dinner and informal interactions between JAAI Members and Japanese Friends.

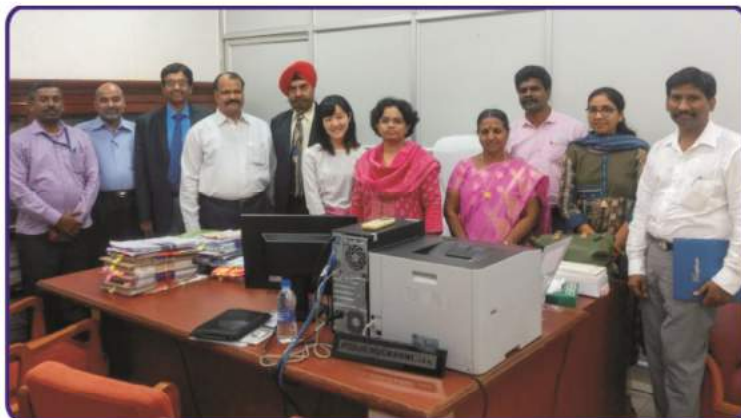
Opening of JAAI Regional Chapter (Southern Region):

It has been a long cherished dream of JICA Alumni Association of India (JAAI) to have its Regional Chapters across the country; to democratize and diversify activities and to provide a feeling of inclusion and ownership to all the JAAI members who are stationed outside Delhi.

We are pleased to report that we have been able to initiate this process in the year 2017 and made a humble beginning with the opening of first JAAI Regional Chapter (Western region) at Ahmadabad.

In continuation of above, for exploring the feasibility of other regional chapter, a five member team (2 from JAAI and 3 from JICA India office) went to Chennai to interact with the JAAI members / ex JICA participants there. After elaborate discussion and assessing the opinion of the available members of the region and after discussing the issue with JICA India office, it is declared as under :-

JAAI hereby declares the opening and establishment of its second **Regional Chapter (Southern Region)** at Chennai. It will cater to



all the members residing in the southern part of India i.e. Tamilnadu, Andhra Pradesh, Telangana, Karnataka, Kerala, Pondicherry, Lakshadweep, Andaman and Nicobar Islands. The following office bearers have been elected to manage the activities of this Regional Chapter :-

**Ms. Pooja Kulkarni, IAS -
Chairperson of the Chapter**
**Ms. M. Divyasri -
Secretary of the Chapter**

Origami and Indian Folk Dance :



Origami and Indian Folk Dance Program was scheduled on 24th February, 2019. This was an Indo-Japan Culture program where in JAAI members along with their families enjoyed "Origami" the Japanese art of paper folding and Indian Folk Dance at Garden Restaurant, Buddha Jayanti Park, New Delhi. Dr. S.S. Gupta along with his daughter Ms Anshika Gupta and Japanese Volunteers explained the technique of paper folding which was practiced by all the present members. Ms Priyanka and Ms Muskan presented Indian Folk Dances. Entire audience praised the show with huge round of applause. Some interesting children games were also organised and prizes were also given away to the winners.

JAAI members with their spouse and kids felt happy in the pollution free environment of green covered area of Buddha Jayanti Park. All the members had also enjoyed Delicious lunch. Event was successfully anchored by Mr. Pradeep Gupta.

JAAI Annual General Body Meeting (AGM) 2018-19 :

JAAI Annual General Body Meeting (AGM) 2018-19 was held on 24th February, 2019 just after the Indo Japan Cultural Exchange Program at Buddha Jayanti Park, New Delhi. Dr. O.P. Dewal, President, JAAI welcomed all members of JAAI. Mr. Pradeep Gupta, General Secretary, JAAI updated about the activities of JAAI held during the year. Mr. M.A. Khan, Treasurer, JAAI told about the accounts / financial status of JAAI and same was approved by the general body. Mr. T.P.S. Oberoi proposed Vote of Thanks and AGM was concluded with a Cup of Tea.

Urban Environmental Management in Japan: The True Spirit of Sustainability

I had attended a 15-day JICA training Course on Urban Environmental Management during November- December 2014. It is well-known that Japan is a world leader in this field of study, and I as a City and Regional Planner, was very interested in knowing how quality of environment is maintained in Japanese cities at given the relatively high densities, limited land area and abundance of industrial activity.

The course was organized by the JICA Chubu International Center, Nagoya and conducted by International Center for Environmental Technology Transfer at Yokkaichi. The course was an eye opener for me, both in terms of my exposure to Japan and also in terms of the subject knowledge imparted.

From the course, I learnt that Japan was not always the clean and tidy country it is today. After the World War II, Japanese economy was in shambles and an effort was made to invite industry to revitalize the economy and create jobs for people. The post-war recovery period saw the rapid growth of key industries like electricity, iron & steel, heavy machinery and petrochemicals. In the process, the environmental concerns were neglected, causing very major adverse impacts in the form of land, air and water pollution and deteriorating of life for citizens, so much so that health of the people was affected. The case of mercury poisoning at Minamata caused by the release of methyl mercury in the industrial wastewater resulting in severe neurological disease and the case of sulphur gas pollution released by petrochemical complex in Yokkaichi resulting in respiratory diseases (notorious by the name of Yokkaichi cough) are some prominent examples. I visited Yokkaichi and stayed there for 15 days, and was taken for site visits, and I am happy to report that today, pure steam is being released into the air, and all forms of water pollution have been controlled as well. The transformation took place through a process of citizen action and government legislation and strict implementation of laws.

A series of citizen activism and litigations followed, resulting in legislation at local, prefectural and national levels.

The national Government of Japan, being sensitive to such adverse environmental impacts and deteriorating quality of life, undertook a series of legislation to safeguard human health, combat serious industrial pollution and to preserve the natural environment. These enactments have not been static, rather each has been revised from time to time keeping up with the changing needs and technologies.



In order to solve environmental issues and enable sustainable development, the national Government of Japan enacted the Basic Environmental Law in 1993. This law and its revisions have created the framework for sustainable development and is implemented at different levels by national, prefectural and local governments, citizens and businesses.

The Basic Environment Plan was drawn up in December 1994 based on the Basic Environment Law, which outlines the general direction of Japan's environmental policies. The Basic Environment Plan is designed to engage all sectors of the society in a concerted effort to protect the environment. The Plan maps out the basic approach of environmental policies with the mid-21st century in view and identifies four long-term objectives. It also sets the direction of measures to be implemented by the early 21st century for achieving these objectives.

The Central Environment Council is the agency that monitors the progress of the Basic Environment Plan annually to ensure that the plan is implemented steadily.

Anjali Pancholy,
Associate Town & Country Planner,
TCPO, Ministry of Housing
and Urban Affairs, Govt of India

JAPAN DIARY



The golden opportunity of my life is the course oriented training in Japan related to the knowledge co-creation in the field of **Seismology** from **2nd October, 2016 to 16th September, 2017**. During this period, I have been fortunate to make many new friends from various countries. The Professors and the coordinators of the course were very compassionate and they did all the efforts to make this time very informative and comfortable. It gives me immense pleasure when I memorize the time that I spent over there in such a super developed country having rich culture and values. The entire year of my stay in Japan gave me the chance to observe all the seasons out of which the most beautiful are the autumn leaves and **Sakura** that cherish the aesthetic appeal and memorable scenic beauty spread by spring. The

nature is given the utmost respect in Japan and it is obvious to find that everything from architecture to culture and living style to food plays into an overall respect of the nature. The stunning **Mount Fuji** gets superfluous esteem and hence has been the most astonished site in Japan being the largest volcano. I saw this amazing natural beauty from various locations and found it the extremely overwhelming experience. The complete blend of **modern architecture** and **Zen temples** gives a mix feeling of the contemporary and the ancient old era. A famous spokesperson said that Travel is the best way to be lost and found all at the same time. This is very true when I traveled Japan because whenever I saw the beautiful and well managed country sides I was certainly lost but on the same time I found richness of culture, respect and obedience everywhere. Japan has a longstanding reputation of politeness and more evidently we may easily find the people at the market, convenience stores and the train stations giving energetic bow in responding the thankfulness.

The astonished riding to the **Shinkansen** is a marvelous and spectacular life time experience. In Japan I wondered to find the people following the rules very strictly. For example, the Japanese people wouldn't throw garbage on roads but they take all the trash to their homes. I didn't found them to act rudely with the strangers but they respect all people from all the countries. The most exciting is in the train stations where the people stand in left side leaving the right side for moving persons. On roads also I found the people obeying the traffic rules in result of that the traffic jams on the roads are minimal in Metropolitan city of Tokyo. This is also to mention here that in Japan the **punctuality** is not simply the obedience



to the clock time, rather, it is a form of respect for each other. Through out my stay there, I realized the **appreciation of food** which is prepared and served with deep sense of gratitude & respect. The renowned **soba noodles** served with the soup is purely blend with the Japanese culture in north and south parts of the country. If I see myself being a vegetarian is not a problem in Japan

because I got every time the tempting vegans and even the Indian food easily accessible. The **green tea** of Japan is now has become my favorite whether it is any form, hot or cold.

In Japan I managed to travel many sites like **Skytree, Asakusa, Imperial Palace, Kamakura, Yokohama, Nikko, Tokyo dome city, Odaiba, University of Tokyo** and many more in and around Tokyo Metropolitan. Apart from that I got the chance to travel many other cities like **Tohoku, Nigata, Kobe, Kyoto, Kumamoto** etc as a part of the curriculum. Also I tried and wore the traditional Japanese dresses **Kimono & Yukata** and captured the shots to remember forever. But beyond that, the knowledgeable training offered in Seismology also shown the Japan's another side to stand with the most deadly disaster i.e. earthquakes. The **disaster preparedness** and the actions taken in favour of the society and the reconstruction process demonstrate the **strong community bonding**. The advancement of the technology helps to stand along with the disasters and the government with the public partnership sustain in the case of deadly disasters which gives a lesson to the entire world. Overall, the thrilling experience to stay in Japan for almost one year is a mesmerizing experience for which I am thankful to **JICA and Govt. of India** for giving me this opportunity to have the knowledge both of the subject and the 'country of rising sun' on a whole. **Arigato Gozaimasu !!**

Dr. Babita Sharma,
Scientist 'D'
National Centre for Seismology
Ministry of Earth Sciences,
New Delhi

परम पिता का अदृश्य प्रेम

परम पिता से प्यार नहीं,
शुद्ध रहे व्यवहार नहीं ,
इसलिए आज देख लो,
सुखी कोई परिवार नहीं ।

अन्न, फूल-फल और मेवाओं को
समय-समय पर देता है ।
लेकिन है आश्चर्य,
नहीं कुछ बदले में वे लेता है ।
परम पिता से प्यार नहीं,
शुद्ध रहे व्यवहार नहीं ,
इसलिए आज देख लो,
सुखी कोई परिवार नहीं ।

जल, वायु और अग्नि का
लेता नहीं कोई किराया है,
सर्दी, गर्मी और वर्षा का
अति सुन्दर चक्र चलाया है ,
लगा नहीं दरबार कहीं कोई,
सिपे और सालार नहीं,
कर्मों का फल दे सभी को,
रिश्वत की सरकार नहीं ।
परम पिता से प्यार नहीं,
शुद्ध रहे व्यवहार नहीं ,
इसलिए आज देख लो,
सुखी कोई परिवार नहीं ।

सूर्य, चंद्र और तारों का
न जाने कहाँ बिजलीघर बना हुआ,
पल भर को न धोखा देते,
कहाँ कनेक्शन लगा हुआ,
खंबे और तार नहीं,
खड़ी कोई दीवार नहीं;
एसे शिल्पकार का,
हे नरदेव, करता कोई विचार नहीं ।
परम पिता से प्यार नहीं,
शुद्ध रहे व्यवहार नहीं ,
इसलिए आज देख लो,
सुखी कोई परिवार नहीं ।

* शिवराम

मन से भी कभी बुरा न सोचना

बुराइयों को कभी भी मन में अपनाना नहीं चाहिए ।
यह मीठा जहर है, इसे खाना नहीं चाहिए ।
बुरी संगत हो जहाँ, वहाँ कभी जाना नहीं चाहिए ।
जहाँ सत्संग हो वहाँ जाने में,
हिचकिचाना नहीं चाहिए ।
बुराइयों को कभी भी मन में अपनाना नहीं चाहिए ।
यह मीठा जहर है, इसे खाना नहीं चाहिए ।

लगे फल वृक्षों पर, ज्यों ही झुके सब डलियाँ ।
यहाँ ऐश्वर्य को पाकर एतराना नहीं चाहिए ।
बुराइयों को कभी भी मन में अपनाना नहीं चाहिए ।
यह मीठा जहर है, इसे खाना नहीं चाहिए ।

निरादर से अगर दौलत मिले जमाने की,
तो मत छुना ।
मिले प्रेम से तो उसे ठुकराना नहीं चाहिए ।
बुराइयों को कभी भी मन में अपनाना नहीं चाहिए ।
यह मीठा जहर है, इसे खाना नहीं चाहिए ।

अगर कुछ दे नहीं सकते तो कह दो,
बाबा माफ कर,
माँगते को कभी दुत्कार कर लौटाना नहीं चाहिए ।
बुराइयों को कभी भी मन में अपनाना नहीं चाहिए ।
यह मीठा जहर है, इसे खाना नहीं चाहिए ।

कोई कितने भी बड़े परिवार का,
या धन वाला क्यों न हो,
जहाँ सम्मान ही न हो, वहाँ जाना नहीं चाहिए ।
बुराइयों को कभी भी मन में अपनाना नहीं चाहिए ।
यह मीठा जहर है, इसे खाना नहीं चाहिए ।

सोना जब पड़ा भट्टी में तो ही वह बन पाया कुन्दन,
इसलिए प्रभु जब कष्ट दें तो घबराना नहीं चाहिए ।
बुराइयों को कभी भी मन में अपनाना नहीं चाहिए ।
यह मीठा जहर है, इसे खाना नहीं चाहिए ।

* शिवराम

प्रेषक :-
महेश कुमार
मोबा. 9971879738

Japan Visit- Experience, Learning & Sharing



My Japan Visit through JICA Program on “ Construction Technology introduced and or/ applied to developing Countries” in May 2012. Under this I had an Opportunity to Visit /Travel different areas of Japan. This Leads to learning of Various Civil Engineering aspects to advance level of Technology and its Field Application.

- Pavement Technology evaluated in Pavement Field test by Pavement Research team of PWRI (Public Works Research Institute) at Tasukuba method of conducting prior test for material to be Used in Construction of Pavement through repetition of loaded trucks without driver moving on a standard track is enough and strong

reason for mind set of designer, controller and people for basis of strong decisions.



- New Construction Management system creates construction data from design date to manage shape and quality control data using GPS for Controlling Machines through software to avoid mishappening at Construction sites also.
- High strength concrete by flow value and also continuous monitoring for Water content by Radio Isotopes moisture meter to produce good quality concrete further cyclic loading Seismic Performance evaluation and dynamic test of Reinforced Columns. Also full scale earthquake testing facility (Nicknamed “ E-Defense”). It develop confidence of builder, enhance reliability in mind of User.
- Various Plants Used for recycling of Dismantled material such as Concrete & Bitumen to save natural resources. The Recycled material are used after modifying properties by construction industry.
- Rehabilitation of Hiroshima after destruction by Atomic bomb It indicates advancement of Technology & dedication of Citizen of Japan.
- Canal gate Across Arakawa river constructed to save Tokyo from flood & of course on Sailing gives understanding of panama Canal.
- Seto-Ohashi Bridge, Tokyo wan Aqua –Line Yokohama Land mark & Sky tree tower in Tokyo are Live Example of Civil Engineering Structure.

In Order to develop & firm the mind set up of Employee Shimizu Corporation encapsulated corporate slogan as heritage to children is “ Today's Work-Tomorrow Heritage”

I still remember Closing Ceremony & Luncheon given to all Participant by YIC (Yokohama International Centre) director general YOSHIMA SHING. Moreover to share memories still in contact with different participants including member Director training through Telephone and Email.

Hoping to visit again Japan after Superannuation hopefully in 2020 Olympics.

P. R. Chandak
JAAI Member

CHENNAI REGIONAL CHAPTER

SEMINAR ON CHILD HEALTH CARE – INAUGURAL EVENT OF JAAI'S CHENNAI REGIONAL CHAPTER :

JAAI's second Regional Chapter at Chennai was opened in December last year with Ms. Pooja Kulkarni, Spl. Secretary, Deptt. of Finance, as its Chairperson, and Ms. Divyasri, working with Airports Authority of India, as Secretary. This Southern Regional Chapter organized its first event, a Seminar on 'CHILD HEALTH CARE' on February 16, 2019 at Institute of Child Health Care. Mr. TPS Oberoi, Vice President, and Mr. MA Khan, Treasurer, had the privilege of representing JAAI and **Mr. Toru Uemachi**, Senior Representative and Mr. D. Shekar were present on behalf of JICA India Office in this Seminar.

Welcome Address was given by Mr. Oberoi with a brief on JAAI activities held during last over four decades in perfect coordination with and support from JICA India Office. Mr. Toru briefed participants about the completed, ongoing and forthcoming infrastructure projects of JICA in India. Ms. Pooja Kulkarni, Chairperson, JAAI's Southern Regional Chapter, inaugurated the Seminar and thanked JICA India Office and JAAI for holding the first event at Chennai.

There were two technical sessions, namely "**Neonatal Care - Nature Vs Nurture**" by **Dr. Mangalabharathi, Associate Professor, Neonatology** and "**Facilities and Performance of JICA OPD block and Emergency Services at ICH**" by **Dr.T.Murali, Senior Asst. Professor**. Both the speakers shared their expertise and entire audience enjoyed these lively presentations. Vote of thanks was given by Ms. Divyasri, Secretary of JAAI's Chennai Regional Chapter. JICA and JAAI representatives visited the Child Care Emergency Block set up by JICA India Office and all the doctors and staff present greatly appreciated JICA's help by providing the best available medical equipment for child care.



SAYONARA, SACHIKO SAN !



Mankind can never know all the answers ! Life has this inexplicable way of throwing up reminders every now and again, to emphasise upon us the fleeting nature of our existence. The recent, sad demise of Sachiko san, my good friend and neighbor, and an ex-JICA employee, has been one such tragedy, that has left me saddened and has prompted me to pen this in her memory.

I first met Sachiko san sometime in early 2005, when we had just moved into our new apartment in NOIDA. She too had moved into our complex recently. Her demure, yet friendly, smile instantly attracted me to her and we exchanged pleasantries and introduced ourselves. Over the next fourteen years, we had several brief encounters- running into each

other in the lift, greeting each other during our evening walks around the apartment complex, interacting during celebrations organized by our Residents Welfare Association etc. She always had a ready smile and some cheerful words to say!

Like most Japanese, Sachiko san was a very private person, and did not mingle readily, especially with people from a foreign land. She was soft spoken and polite. Yet, she made every effort to blend in with the Indian lifestyle she adopted, by virtue of her marriage to an Indian. She would often be seen in an elegant saree at parties and get-togethers, and there certainly was no awkwardness evident in her day-to-day brush with Indians.

Whenever we met, she seemed to sense my eagerness to hone my limited Japanese language skills with her, and would reciprocate encouragingly, everytime I hailed her with a "Konbanwa" (good evening) or "Ohayo gozaimus"(good morning).

On a couple of occasions, she hosted us for dinner at her home. She played the perfect hostess, and took care of not only the spread of food on the table, but also the ambience and music and every minute detail, to make our experience memorable. She called me a few days before the dinner date, to ask about my food preferences and choices. Only a Japanese can display such thoroughness in everyday activities, which might seem mundane to others !

In 2013, my Japanese friend of ten years, Ms. Ayako Kurosawa (fondly called Sho), visited India for the first time, and I invited her home for dinner one evening. I invited Sachiko san too,



and she graced the occasion with her husband. Her pleasant presence was a joy to behold that day! She too seemed very happy to meet Sho and interact in Japanese, with a fellow countryman.

Sachiko san did her best to mix with the residents of our apartment complex, by attending several celebrations- be it Diwali, Holi, Republic Day or Independence Day. It must have really been a Herculean task for her to adjust to life in a country as diverse as India- our food habits, customs, languages, beliefs, religions.....and what not!

In the untimely passing away of Sachiko san, not only is her family bereaved, but all we residents miss her gracious presence. Yet, the fragrance of this sweet soul will linger on for a long time to come!

Fare thee well, Sachiko san! Sayonara ! Ichi-go, Ichi-e !

Dr. Sumathi Muralidhar
Professor & Consultant
Microbiologist
VMMC & Safdarjung Hospital
New Delhi

AHMEDABAD REGIONAL CHAPTER

Ahmedabad Regional Chapter Activities Report :

Dear all,
Namaskar,

We are thankful to JAAI president Mr O. P. Dawol and his team as they have accepted the thought of dynamic, jaai(wr) chairperson Mr sanjeev Mehta for establishing regional chapters for spreading JAAI activities in main stream of our great nation India.

JAAI – WR CHAPTER OPENING CEREMONY

JAAI and JICA members visited Ahmedabad and a meeting was held at Gateway Hotel Ahmedabad. JAAI and JICA declared JAAI – WR Chapter. Shri Sanjeev Mehta was elected unanimously as the first President of JAAI-WR and Shri Paritosh Kumar Sarkar was bestowed with the responsibility of Secretary of JAAI – WR. Wide media coverage marked the occasion a great success story.



TECHNICAL WORKSHOP

JAAI – WR conducted a technical workshop on New and Renewable Energy and Energy Conservation at EDI Ahmedabad ON 21 January 2018. There were a lot of technical presentations on the subject from the veterans in the industry. We had also excellent presentations from JICA and Metro railway. Almost 100 participants from the industry at senior levels made the workshop a great success.



VISIT OF JICA CHIEF REPRESENTATIVE

MR TAKEMO SAKOMOTO AT AHMEDABAD.

To inform the activities of JICA Mr Takema Sukomoto(chief representative india-JICA) visited Ahmedabad. A lecture was organized in AMA Ahmedabad. JAAI (WR) PRESIDENT Mr Sanjeev Mehta, Japan-india foundation president Mr Mukesh Patel graced the function. They also visited METRO TRAIN project.



Indo-Japan TRADITIONAL CULTURAL PROGRAMME.

Under the leadership of JAAI(WR) president Mr Sanjeev Mehta, an Indo-japan traditional cultural program was organised. Gujarat Sangeet-natak akadmi government of Gujarat specially deputed an international folk dance group-shree Ambavadi kalavrund, Jamkhambhaliya, d. Jamnagar. All loved this fantastic performance. In the opening ceremony jaai chairperson Sanjeev Mehta captured the audience through a poem of Respected SADGURU**. In this way JAAI-WR conducted a graceful Indo- Japan traditional cultural medley that made the audience spell-bound and glued to the seats for more than 4 hours at AMA Ahmedabad on 16 February 2019. Traditional Japanese cultural dress, tea ceremony, dance and quiz were conducted so elegantly by the Japanese Young pretty and sweet volunteers. It was a great opportunity for all us to understand such great traditional cultures of Japan where humanity is depicted to its highest level. We could show the performance of a short Garba flavour of traditional Gujarati folk dance which has now reached to the international level that connect all humanities with the best of human heart and love for all. Excellent media coverage marked the function to a larger forum. Dignitaries from different forum highlighted the Indo-Japan cultural activities lead towards VASUDEVAI KUTUMBAKAM.



** JAPANI

If you are not a japani
for sure your car could be
if not, your television is
if not, your motorcycle definitely is
at least check your phone
or maybe the stereo. Ah, now
your footwear-joothi. That is it.
You may never have been to japan
no matter where you live, japan
has entered your life.

These gentle people, so unassuming,
humble and delicate in stature
and conduct. How do they manage
to invade everyone's lives.

Their stoic silence is not of the
weak, their gentleness for sure
not weakness. Determined, Dogged
and Dignified. They stand in
Silent strength.

Anyone who wants to be a member of

JAAI – JICA ALUMANI kindly contact 9376977261

Sanjeev Mehta, Chair Person, E-mail : sanjeev.mehta@gmail.com, M. 9825037123

P. K. Sarkar, Secretary, pksarkar@amul.co.op, M. 93769 77261

FUTURE PLAN.....

1. to establish indo-japan club in all schools, colleges and appropriate area.
2. online teaching of Japanese to Hindi and Hindi to Japanese.
3. To encourage various exchange programs of business delegation etc.
4. To help Japanese companies in India.

Regards
P K Sarkar, secretary

THE DRIVING FORCE WITHIN



Change is the law of nature. Everything in this universe, seen or unseen is gradually changing. Physics explains this in terms of force & pressure, Chemistry through reactions, Biology through metabolism & evaluation and Math's in terms of equations.

Human beings are gifted with a treasure – the mind, which regulates not only the body but also the thoughts.

Thoughts are like the waves on a beach. In fact, the powerful mind is the driving force of the human body.

Thoughts in the mind are like the waves “Vikalpas” A perfect blend of all good thoughts shapes into a “strong will”. The “Sankalpa” will power results from thoughts focused on a goal and the urge/passion too makes us directional.

Richness doesn't come by amassing wealth but in having zero desires/wants. The indicator of richness is zero desire.

Many a times we fall on easy prey to discontent. But everything has its own place. All is well and wisely put.

Not a pebble on the sea swept ashore, is out of place
Not a star in the deep blue yonder is out of place
But we are not content; perhaps our discontent too, is not out of place

When weighed down by discontent, we tend to sink, but this discontent will then into a driving force. If we have the patience & courage to hold on and stay focused.

Teenagers are prone to conflicting thoughts which rise and fall like the ebb & flow of a tide. The consciousness speaks aloud but remains inaudible. But this confusion too can gain momentum by focusing on our facilities and if handled fact fully can assume the role of a unique driving force.

Fear is a four lettered word, is a hurricane of thoughts left uncontrolled can transform into a negative force. It can be overcome by strong faith in us and complete surrender to the divine force.

The present/younger generation – the teenagers are prone to the above mentioned driving forces. If these driving forces are left unbridled they may have disastrous consequences but if they are channelized in the right direction they shape into positive energy. This can be used for improvement/betterment.

It is rightly said in Vedas “मनूएवंमनुष्याणामुकारणमबंदमोक्षयो” Mind is responsible for bondage/liberation. The state of our mind is the driving force. Moral strength is the need of the hour. Morality & adherence to values will enable us to use our mind judiciously.

Diversion, no hate principle, contemplation, introspection, prayer, faith in oneself are the powerful weapons to be used in times of crisis - “Turmoil of the Mind”. Just as shadows disappear with the coming of light, the “divine force within” can be attained by staying focussed with positive energy. Preconceived motions or thoughts will result in stumbling or imbalanced walking. Perceptions and focus are interlinked. They help us to walk steadily.

Our thought process can be easily controlled by Pranayama – regulation of breath. Let us not talk about normal breathing which is essential for existence. It's time to ponder over the “slow & regulated breathing” which helps us to lead a quality life. Let us pause, assess, then try to restart & reinvent our breathing process because the speed of breathing is related to the flow of thoughts.

Thoughts radiate energy. Noble thoughts give rise to positive energy. Let us follow the Triratna - Right thought, Right word, Right action. This will help us to reform our thought process.

If god appears before us and grants us a boon, a fool would ask for solutions to his problems, but the wise would ask for problems to solve and then evolve.

One who has the will & courage to face problems boldly starts utilizing his strengths, remains fearless, sharpens his mind, plans alternative ways and finally kisses success. One who shrinks problems succumbs to fear and failures and is far away from his goals.

Let's follow the golden words.

Arise, Awake & stop not till the goal is reached.

S. Sreenivasa Raja
Principal,
Kendriya Vidyalaya Waltair,
Visakhapatnam
(Visited Japan in 1997)

KYOTO PROTOCOL



In last few years, several countries walked-out of KYOTO Protocol which was agreed upon in the year 1997 but no country was feeling compelled to meet its 2020 emission reduction target. Even there was no demand for Carbon credit inspite of the fact that India, China & Brazil have accumulated huge amount of Carbon credit. Hence in Dec. 2015, 195 countries made history when they agreed to the world's most ambitious pact to limit carbon emissions. The Paris Agreement, so named, was a land mark accord, setting the World on course to keep global surface temperature from rising 1.5 °C above the level they were before the Industrial Revolution. India's target was to lower the CO₂ emission by 30% by 2030.

On Gandhi Jayanthi Day, honorable Prime Minister formally ratified the Paris agreement marking a mile stone for World Treaty. This treaty binds nations to take action to reduce green-house gas emission so that threat of global warming at-least due to human activities can be avoid. India is world's 3rd largest emitter of green-house gases after USA and China.

Out of total emission energy sector accounted for 73% industrial processes and products. The six greenhouse gases which are cause of climate change with maximum presence of CO₂(76%) are as:

• Carbon-dioxide	CO ₂	76%
• Methane	CH ₄	13%
• Nitrous oxide	N ₂ O	6%
• Hydrofluorocarbon	HFCs	5%
• Perfluorocarbons and	PFCs	
• Sulphur hexafluoride.	SF ₆	

Energy efficiency is the key to achieving these target with Industrial sector offer immense scope in the direction. One of the flagship program of Govt. of India is PAT (Perform Achieve and Trade) through Bureau of Energy Efficiency delivers substantial gain from large industrial segment.

Dr. P. P. Mittal

Certified Energy Auditor
423, Sec-2A, Faridabad
Mob.: 9811402040

CONGRATULATIONS !!



Haryana Govt. recognized outstanding performance
Dr. Prem Prakash Mittal on Republic Day i.e. 26-Jan 2019.
Honorable Speaker of Vidhan Sabha Awarded **"Merit Certificate"**



मथुरा में आयोजित एक साहित्यिक कार्यक्रम में डॉ. प्रदीप गुप्ता को
सम्मानित किया गया

EDITORIAL

India is a young nation with nearly forty percent of its population below the age of five. This being the case, it is but natural that due attention is paid to the welfare of its child population. In the year gone by, Child Health was the apt theme chosen by JAAI to work on and contribute in a small, yet significant, way.

There is a lot that can be done for the betterment of child health in India. One such activity is the school health check, which helps in early diagnosis of common nutritional deficiencies and other ailments that can be easily cured if treated well in time. There are health programs by both Government and NGOs that provide nutritional supplements and Mid Day Meals to school going children to ensure their good health during the growing years.

Catering to the health of children should not be confined to their physical well being alone. In order to ensure wholesome growth and all round development of the child, it is also very important to pay heed to their mental well-being. This can be done through several activities including art, music and dance. Such activities not only hone the motor skills of the child, but also instill in them the interest to pursue some healthy hobbies, which eventually pave the way for a well-groomed personality in adulthood. Children who engage in creative activities, grow up to be happier and healthier adults. It is easier to build strong children than to repair broken men!

Towards this end, JAAI has attempted a laudable contribution in 2018.

As they say- "There can be no keener revelation of a society's soul than the way in which it treats its children".

PROFORMA FOR EX-JICA PARTICIPANTS TO BECOME JAAI MEMBER :

1. Name of Participant:
2. Designation:
3. Name of Office/ Organization:
4. Address of Office/ Organization:
Telephone / Fax No. (office):
5. Residential /Mailing Address:
Telephone No. (Residence):
6. Mobile No.:
7. E-mail Address:
8. JICA Training Course(s)/ Seminar attended
(copy of the certificate to be enclosed)
A. Subject:
B. Period: From
To
9. Details of Payment:
10. Cheque/ DD
No.:.....Date.....
11. Bank:.....
Amount: Rs.....
12. Other Information (if any):

13. Date:

14. Signature

Note:

Membership Fees :

- (a) Registration fee is Rs. 500/- (to be paid by New Members); **plus**
- (b) Life Membership fee is Rs. 2,000/- (i.e. a total of Rs 2500/- for life membership).
- (c) Payment should be made by DD/ Local Cheque in favour of **JICA Alumni Association of India** payable at New Delhi (outstation cheques will not be accepted).
- (d) Please indicate your name and ID no. (Applicable to old members) at the back of DD/Cheque.
- (e) Please attach 02 passport size colored photos
- (e) Please inform change in address and e-mail (if any)

Membership Campaign

JAAI requests all ex-JICA training participants who have not yet joined JAAI, to enrol for membership.