



सहयोग

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SAHYOG

JICA ALUMNI ASSOCIATION OF INDIA

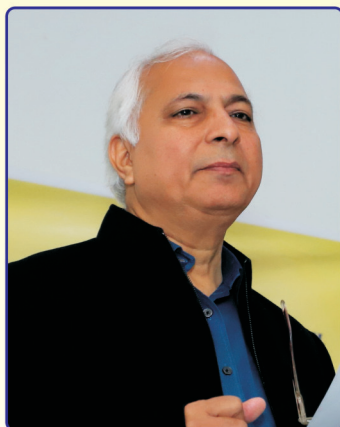
25th ANNUAL ISSUE

2024



Air Pollution - Great Concern

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सहयोग 2024

CONTENTS

1. Message from Ambassador of Japan	03
2. Message from Chief Representative, JICA India office	04
3. Message from JAAI President	05
4. General Secretary's Report	06
5. Japan Stay - Spectrum of Memories	09
6. Chapter Report- JAAI ER	11
7. Chapter Report- JAAI WR	13
8. Magic of Mathematics	16
9. French Neighbourhood in Japan	17
10. The Resilience of Japanese People	20
11. ZEN-Kaizen Garden	22
12. Tokyo Skytree	24
13. Editorial	28

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Message from Ambassador of Japan

I am delighted to extend a message to the dear readers of "Sahyog" magazine. Since its establishment in 1968, JAAI has connected graduates of JICA's training programs, fostering friendship between Japan and India. I am deeply grateful to the devoted and talented individuals from the Indian government and private sector who, leveraging their learning experiences in Japan, have not only contributed to India's development but also served as bridges of friendship between our two countries



Reflecting on the past year, I take great pride in the close collaboration between Japan and India as the G20 presidency and the G7 presidency. The maximum synergy created by the G20 and G7 became a singular driving force for global development. Last year marked Prime Minister Kishida's official visit to Delhi in March 2023, followed by Prime Minister Modi's visit to Hiroshima in May for the G7 summit, and then Japanese Prime Minister Kishida's second visit to Delhi in September for the G20 Summit. Additionally, numerous ministerial meetings were held, reaffirming Japan and India as indispensable partners.

Japan has a long history of cooperation with India, and the Official Development Assistance (ODA) stands out as its shining example. India is the largest recipient of Japanese yen loans and Japan has supported India in enhancing connectivity and industrial competitiveness through investments in power, transportation, improving the investment climate, and human resource development, among others.

JAAI strives to create networking and engagement opportunities for its members by holding annual general meetings and seminars as well as implementing cultural exchange programs. In collaboration with the JICA Alumni Associations' Forum of SAARC Countries (JAAFSC), JAAI has been actively conducting various programs. For example, JAAI recently organised a technical meeting on the critical theme of "Road Safety in India and Environmental Pollution." I am confident that the outcomes will contribute to the development of road and environmental sectors in India. Through such efforts, JAAI plays an indispensable role in advancing mutually beneficial partnership between India and Japan

This year, the QUAD summit is scheduled to take place in India. Following the achievements of last year's G20 and G7, the deepening partnership between Japan and India necessitates further expansion of people-to-people connect between the people of both countries. I hope that JAAI members will continue to act as flag bearers of friendship and cooperation between Japan and India, giving momentum for our partnership to move to new heights.

In conclusion, I sincerely wish all JAAI members continued health, much happiness and great success in their endeavors.

SUZUKI Hiroshi
Ambassador of Japan to India

Message from Chief Representative, JICA India Office

Dear Readers,



I am filled with gratitude for the unwavering support and dedication of all members of JAAI. Your active participation has been instrumental in advancing the deep-rooted Indo-Japanese relations.

Established in 1968, JAAI serves as a testament to the lasting relationship between our nations. The various efforts made by JAAI to promote networking and foster friendship between India and Japan are truly impressive.

It is essential to recognize India's remarkable stature on the global stage today. Just to name a few, hosting the G20 and achieving notable milestones in space exploration, such as successful missions to the moon and the sun, exemplify India's rising influence and significance worldwide for both political and technology spheres. The Japan-India relationship is pivotal not only for Japan's future but also holds immense diplomatic importance in shaping global

dynamics.

In recent years, Japan has been actively involved in supporting the northeastern region of India. This support includes initiatives to improve regional connectivity and promote social development. The construction of over 750 kilometers of roads demonstrates Japan's dedication to improving economic ties and promoting cooperation with neighboring countries like Bangladesh. The northeastern region, known for its stunning landscapes and diverse cultural heritage, plays a vital role in connecting India with ASEAN nations via land routes.

Moreover, various training programs have been conducted in the field and beyond, with a total of 8,556 individuals from India having participated in such programs in Japan until March 2023, from the initiation of various training programs since 1968. We eagerly anticipate the growth of JAAI membership as the end of the pandemic has seen a steady increase in training participants.

In closing, I extend my heartfelt wishes for the well-being and prosperity of all JAAI members.

Warm regards,

A handwritten signature in black ink, appearing to read 'Saito Mitsunori'.

SAITO Mitsunori
Chief Representative
JICA India Office

Message from President, JAAI

Dear Alumni,

Greetings from the Executive Committee !!

I am delighted to present to you, the 25th edition of JICA Alumni Association's annual magazine "Sahyog". It carries glimpses of all our initiatives and activities. It's a medium of interaction and communication among the alumni wherein they share valuable information through their articles, spruced up with experiences and interesting anecdotes. We also showcase our activities and events of past one year through this magazine.

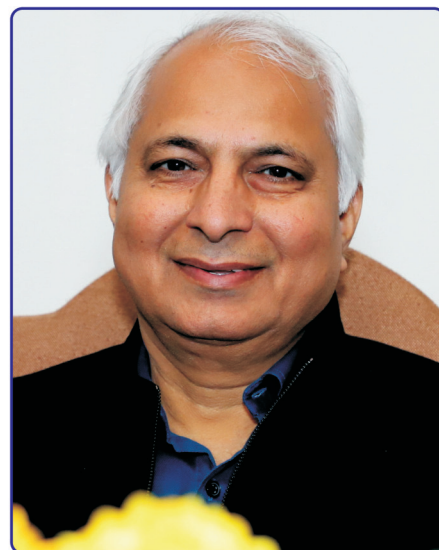
As you are aware that the main objective of the JICA Alumni Association of India is to maintain foster and develop friendship and better understanding among its members. All the activities of this association are geared towards better understanding of Japan in general and JICA in particular. We always strive to promote Indo-Japanese technical and cultural co-operation at all levels.

Last year things stabilized after the Pandemic and most of our programmes were conducted in physical mode after a gap of almost three years. We hosted an international conference in collaboration with the **JICA Alumni Associations' Forum of SAARC Countries (JAAFSC)**. The theme of the conference was **"Growth in Key Development Sectors - Health, Education, Environment and Energy: Perspectives from South Asia and the Role of JICA"**

I am proud to highlight the leading role of JAAI in all the activities of JAAFSC, where India is holding the post of presidency.

We are grateful to **H.E. Mr. Hiroshi SUZUKI** for taking keen interest in the activities of JAAI and encouraging us right from the beginning of his tenure. Our heartfelt thanks are also due to the Chief Representative of JICA Mr. **SAITO Mitsunori** and his entire team 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 strengthen 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 the same spirit in future.



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

Dr. O. P. Dewal
President,
JICA Alumni Association of India

GENERAL SECRETARY'S REPORT :

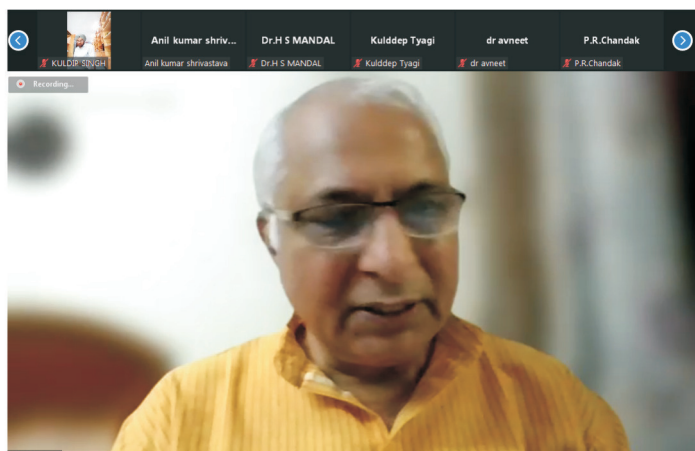


Due to COVID-19 pandemic, no physical events could take place during 2020 & 2021. Meetings of JAAI executive body and other events during the fiscal year 2020-21 & 2021-22 were held virtually online on ZOOM platform. During the fiscal year 2022-23, all felt some relief from COVID-19 and planned for physical events. However, in such a challenging situation, JAAI planned and organized virtual and physical events. Similarly this year also keeping safety first, JAAI organized events both in virtual and physical modes. All the JAAI Executive Body meeting were conducted through virtual mode.

Awareness Lecture on Common Health Concerns after 50: Enlarged Prostate:

On 3rd Sept., 2023 a lecture on "Common Health Concerns after 50: Enlarged Prostate" was organized virtually online on ZOOM platform.

Dr. Pankaj Wadhwa, Sr. Doctor from Kidney and Urology Institute, Medanta Medicity Hospital, Gurugram delivered the lecture which was appreciated a lot by the participants. Mr. Pradeep Gupta, General Secretary JAAI introduced the speaker. Dr. O.P. Dewal, President JAAI welcomed the speaker and all the participants. Dr. Pankaj Wadhwa delivered very useful and informative presentation. During the Q&A session, queries of participants were answered excellently by the speaker. Sh. TPS Oberoi, Vice President, JAAI expressed vote of thanks and gratitude to JAAI President, speaker, Officials from JICA India Office and all the participants.



Dr. O.P. Dewal, President, JAAI



Dr. Pankaj Wadhwa, Sr. Doctor from Kidney and Urology Institute, Medanta Medicity Hospital, Gurugram

Awareness Lecture on Common Health Concerns after 50: Eye Problems:

On 26th Nov., 2023 a lecture on "Common Health Concerns after 50: Eye Problems" was organized virtually online on ZOOM platform. Dr. Manjari Tandon, All India Institute of Medical Sciences (AIIMS), Jodhpur delivered the lecture which was appreciated a lot by the participants. Mr. Pradeep Gupta, General Secretary JAAI introduced the speaker. Dr. O.P. Dewal, President JAAI welcomed the speaker and all the participants. Dr. Manjari Tandon took very useful and informative session. During the Q&A session, queries of participants were answered excellently by the speaker. Sh. TPS Oberoi, Vice President, JAAI expressed vote of thanks and gratitude to JAAI President, speaker, Officials from JICA India Office and all the participants.

International Conference and 9th Annual Meeting of the JICA Alumni Associations' Forum of SAARC Countries (JAAFSC):

JICA Alumni Association of India (JAAI) and JICA Alumni Associations' Forum of SAARC Countries (JAAFSC) organized an International Conference at the Metropolitan Hotel, New Delhi on 25th of February 2023. The theme of the conference was "Growth in Key Development Sectors - Health, Education, Environment and Energy: Perspectives from South Asia and the Role of JICA". There were 10 presentations with international speakers from Bhutan, Bangla Desh, Nepal, India and Embassy of Japan etc.

The 9th Annual Meeting of the JICA Alumni Associations' Forum of SAARC Countries (JAAFSC) was held on 26th Feb. 2023. The meeting was chaired by Dr. O.P. Dewal, Chairperson of JAAFSC and the President of the JICA Alumni Association of India (JAAI). The meeting was attended by the Senior Vice-president, Vice-presidents and Executive Committee Members of JAAFSC representing respective member JICA Alumni Associations of India, Nepal, Bangla Desh, Bhutan.

Secretary General Dr. Ram Chandra Bhusal briefed the meeting about the present situation of the funding from JICA for JAAFSC activities. Reviewing the International Seminar on "Growth in Key Development Sectors - Health, Education, Environment and Energy: Perspectives from South Asia and the Role of JICA jointly Organized by JAAI and JAAFSC in association with JICA India Office held on February 25, 2023 in New Delhi India, appreciated the arrangement of the seminar and extended thanks and gratitude to all concerned for their continued efforts to making the seminar grand success.

At the end of the meeting the Chairperson Dr. O. P. Dewal thanked all the delegates for their valuable deliberation and cooperation in conducting the meeting successful.

Indo Japan Cultural Exchange Program:

Indo - Japan Cultural program was organised in association with Poorna Prajna Public School, Vasant Kunj, New Delhi on 4th November, 2023 in school auditorium.

The Grand Event was started with a colourful cultural program which began with an "Amazing India Dance" showcasing India's Unity in Diversity. Audience were thrilled with the performance of the students representing different states of India.

Next was musical Yoga presented by the students which combined the ancient practice of Yoga with power of music to create a truly mesmerizing performance.

Then came students showcasing their skills and techniques in Martial Arts. They presented the ways to defend oneself when attacked from various sides.

The program was attended by JAAI President Dr.O.P.Dewal, JICA Officer Mr. Kondo Sei, Sr. Representative JICA along with other JICA India officers, Mr. Sandeep Dahiya, school Principal, Teachers and Students, JAAI members along with their spouse and kids. Day ended with mouth watering Hot Pakoras with Tea and Coffee.

Technical Seminar by JAAI Eastern Region Chapter :

JAAI Eastern Region (Kolkata) Chapter organized a Technical Seminar on 30th Jan, 2024 at Kolkata. Detailed report is available on page- 11,12.

Activities by JAAI Western Region Chapter :

JAAI Western Region (Ahmedabad) Chapter organized various activities in Ahmedabad on 12th Feb., 2024. Detailed report is available on page-13,14,15.

Annual Convention-2023 :

Annual Convention for the year 2023 was held on 25th Feb., 2023 in New Delhi at Hotel Metropolitan. Chief Guest of the event was Mr. KAWAZU Kunihiro, Minister and Deputy Chief of Mission, Embassy of Japan in India. Convention was attended by large number of JAAI members along with their spouses, JICA India Officers and representatives from JAAFSC (JICA Alumni Associations Forum of SAARC Countries). JAAI magazine "Sahyog-2023" was released on this occasion.



Sahyog-2023 was released on the occasion of Annual Convention-23



Group photo of JAAFSC representatives from Nepal, Bhutan and Bangla Desh attended International Technical Seminar and Annual Convention-2023

JAPAN STAY: SPECTRUM OF MEMORIES



One fine morning while visiting the web site of home ministry government of India, I came to know that there was a training programme “Construction Technology introduced or applied to developing countries” through JICA in (Yokohoma), Japan from 13th may 2013 to 30th June 2012 which was fully sponsored. This programme provides opportunity to stay in Japan.

Although, I was not sure of my selection. I eagerly go through e mail. My joy had no bounds when I finally got that e mail in my inbox which confirmed my selection for training in Japan! Words cannot describe my joy being selected for such ambitious training was **Surprising memory day - 18.04.2012** on which mail received.

Landing at Narita airport in Japan through - Japan Air Line (JAL) on 13.05.2012 with a stay period of 45 days, amplified my happiness Exponentially, was **Sweetest memory day** with welcome by JICA representatives with JICA sticker at Japan Air Port.

I slept early at hostel the first night due to tiredness with all the excitement.

Next day woken up by sun rays on my eyes through glass window of my room, make me feel in reality, Japan a country of **Rising Sun memory**.

During orientation programme in Briefing room on 14.05.2012 at ICHO and Yama yuri JICA, I came to know that there were total 13 participants from 9 countries - **a memory of togetherness / a feel of “Vasudeva kutumbkum”**.

Construction of sky tree which was completed on 22may 2012 and our visit to sky tree provided **memory of Hard work and Dedication** of Japanese personnel.

Visit to Public Works Research Institute (PWRI) where loaded vehicle moving without driver for testing of pavement was an **Exciting memory** (31.05.2012).

Destructive testing of component of concrete structural member (31.05.2012) at PWRI Tsukuba was **Thrilling Memory**.

Visit to development of Hiroshima after bombardment in Aug. 1945, indicates quick pace of development and **Rehabilitation memory** of community.

Visit to Simanto river on 12.06.2012 opened eyes regarding cleanliness of the river creates **Awareness memory**.

Traveling in Sinkansen high speed bullet train on 10/06/2012 from Tokyo to Hiroshima was **Traveling memory** of Japan train.

Sailing in boat in canal across Arakawa river on 19/06/2012 was an expedite of **Learning memory** for working of Panama canal gate.

During Morning walk every day feeding to pigeon at Sea Shore in Yokohoma and the pigeon used to sit on my Palms and Shoulders, created **childhood memory** of seeing things like in **Circus**.

Genuine tea ceremony in lobby of Sankein memorial on 19.05.2012, while sitting on chair at table for gossip with green tea which was served as part of tea ceremony, was not sweet but very different in taste, was a **Taste memory**.

Participating in religious festival Ushoda shrine on 03/06/2012 to carry shrine on shoulder with special sound in procession was **Cultural participatory memory**.

Wearing kimono dresses to feel important and royal on 06/06/2012, feeling elevated and **important memory** of Japan stay.

Playing Fut -Sal in Tsubasa stadium at Yokohoma (02.06.2012) added **Playing memory in life** and playing Drum (25.05.2012) at YIC created **Musical memory**. (These games are not played in India).



Closing ceremony with luncheon to all participants was **Farewell memory** on 29/06/2012.

During my training at Japan came across different characteristics of Japanese people and society-they are calm, orderly, punctual, clean, polite and workaholic are various forms of **my memory spectrum**. Their bowing an act of Non – Verbal communication in a no – touch society. When I tell the spectrum of my memories to someone known then I receive the remark that this is **Japan Katha** of Mr. Chandak which never ends. I would like to end the spectrum of memory with Japanese well known words used in day to day

conversation like - Konichiwa (Hello) , Sayonara (See You again), Sumimasen (Excuse Me / I am Sorry / Thank You), Ganbatte kudasai (Please do your best) and Arigato Gozaimasua (Thank You).

P. R. Chandak
EXECUTIVE ENGINEER (Retd.)
 Udaipur, Rajasthan
 M: 9414736526

Chapter Report

JAAI Eastern Region : Kolkata

On 30th of January 2024, JICA Alumni Association of India (JAAI) Eastern region (with North-East) successfully conducted an International Technical Seminar on '**Rhetoric and Realities of attaining Net Zero**' at the Indian Institute of Social Welfare and Business Management in association with the Association of Energy Engineers (USA) Kolkata Chapter, IISWBM. More than 50 people participated in the event.

The Seminar started with an insightful speech by Prof Dr. Binoy Krishna Choudhury, Chairman of JAAI Eastern Region, who quoted a statement given by Swami Vivekananda “The world has never seen such a patriotic and artistic race as the Japanese, and one special feature about them is this that while in Europe and elsewhere Art generally goes with dirt, Japanese Art is Art plus absolute cleanliness. I would wish that every one of our young men could visit Japan once at least in his lifetime” and pointed out the contribution of JICA along with the counterpart in India to continue the legacy of strengthening the collaboration between the two countries for further technological advancement and mutual cooperation, increasing number of visitors and striving for global peace and prosperity.

Both India and Japan lay great emphasis on attainment of Net Zero as it's vital that we limit further temperature rise of our planet to 1.5 degrees (preferably) and to 2 degrees (positively). Attaining Net Zero by 2050 requires cutting emissions by 25-50 percent by 2030 compared to pre-2019 levels. The good news is that about 140 countries—accounting for 91 percent of greenhouse gas emissions—have already proposed or set net-zero targets for around mid-century. While Japan, European Union, USA and many developed economies (countries) have targeted to attain 'Net Zero' in GHG emission ('carbon' and 'climate' neutrality) by 2050 or earlier, some major economies, such as, China and India are trying to achieve this by 2060 and 2070 respectively. The bad news is that net-zero rhetoric does not match reality, as, most of the countries of the world are lagging even in attaining the SDGs. This event is therefore of paramount importance.

The formal welcome speech was given by the Guest of honour, Mr. Dipankar Dasgupta, Director of the Indian Institute of Social Welfare and Business Management and President of AEE Kolkata Chapter. He thanked all the members and dignitaries of AEE Kolkata Chapter as well as members of JAAI for conducting an interactive seminar on Climate Change with special importance to Net Zero. He also assured all possible support from IISWBM for further JAAI ER (with NE) activities and concluded his speech aspiring for frequent conduction of these types of events in the future.

The Chief Guest of the Seminar was Mr H.E. NAKAGAWA KOICHI, Consul general, Consulate general of Japan in Kolkata. Mr KOICHI successfully brings out milestones achieved by JAAI starting from its establishment in 1968 in association with Japan International Cooperation Agency (JICA) Ex-participants who have undergone training in Japan. At present JAAI has more than 1100 members and JAAI Eastern Region was established in 2022. The collaboration between India and Japan in various projects throughout India led to the strong bonding between two countries and he also mentioned that not only Japan has pledged to become Carbon Neutral within 2050 but it is also helping India to keep their pledge to achieve Net Zero till 2070. He mentioned the various energy policies and efforts by the Government of India towards attaining Net Zero at the National Level. He also assured all possible support for extending JAAI ER (with NE) activities at the local level.

Mr Hino Kunro, Representative JICA India Office (New Delhi), joined ONLINE. He narrated the modern trends of Indian Power sector. India is producing about 75% of Her electricity from Coal based thermal power plants because of high import dependency of crude oil. These challenges are being overcome with the help of the policies adopted by Government of India including National Energy Policy putting increasing emphasis on sustainability, energy efficiency and renewable sources' utilization. JICA's focal points and initiatives on these areas and overall operations of JICA throughout India till date was briefly discussed by him. During the interactive session, he answered to all the queries and also supported the idea of students' exchange program through JAAI -ER and would explore the possible role of JICA.

Kunro's speech was followed by that of Mr. Arup Goswami, Functional Head-Engineering and Sustainability and an auditor of Process Safety Management with over 32 years of Industry Experience. Mr Goswami one by one pointed out the advancements regarding mitigation of climate change, starting from 1997 Kyoto Protocol to 2015 Paris Summit to COP 26 at Glasgow (2021) and COP 28 (2023) and phasing down of coal. He also pointed out various energy-saving strategies that can be adopted like solar Inverter usage during night or using synchronous generator as synchronous condenser. He explained how company adopted Internal Carbon Pricing through analysis of the results obtained from Aditya Birla Group study.

Subsequently, Mr. Rajib Bedajna, Senior Manager, Finance and Accounts, WBSEDCL, pointed out the initiatives taken by WBSEDCL - 230 MW capacity of Renewable are already installed and 180 MW more are in various stages of completion. He also pointed out the intermittency of solar power due to cloud cover or changes in solar insulation throughout the country we require pumped storage plants as backup power during outages. One such plant has already been installed in Purulia and one is to be installed in Turga by WBSEDCL. Regarding the development of the Electric vehicle industry, WBSEDCL is the nodal agency for the registration of Electric Vehicles in West Bengal and the government has also taken initiatives for road taxes of EVs and various other regulations.

Followed by Mr Bedajna, Mr Prabir Kumar Raychaudhuri (Ex-PCRA) highlighted learning from his JICA Training in 2014. He mentioned improving Energy Efficiency and emphasized the need for energy conservation practices and widespread application of renewable energy toward achieving Net Zero and reducing dependence on fossil fuels.



Felicitatation of Consul General by Chairman JAAI Eastern Region Dr. B.K Choudhury



Respected Consul General Mr NAKAGAWA KOICHI addressing the audience



Welcome speech by Guest of Honour Mr Dipankar Dasgupta, Director of IISWBM



Speech and Official Vote of Thanks by Smt Choten Dhendup Lama, IAS

Finally, Smt Choten Dhendup Lama (IAS), while addressing the audience, she shared her rich and mind boggling experience of visiting Japan as part of their training program while she was posted in Durgapur. She was very much inspired by the culture and hospitality she got from Japan while she was staying at home there.

She, on behalf of JAAI Eastern Region, gave the formal vote of thanks to IISWBM for providing the facilities to hold this event.

She gave a heart-touching quote in the context of dealing with global warming and Climate Change: “We have not inherited the planet from our parents, we have merely borrowed it from our children”.

Chapter Report JAAI Western Region : Ahmedabad

JICA ALUMNI ASSOCIATION OF INDIA (JAAI)

JAAI Regional Chapter (Western India)

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JAAI –(WR) ACTIVITY REPORT

Dear All,

Namaskar !

We are thankful to JAAI Presedent Dr. O.P. Dewal Sir and General Secretary Sh. Pradeep Gupta Sir for their kind guidance to carry out various activities by JAAI- Western Region Chapter (Ahmedabad). Various activities carried out by JAAI-WR are as mentioned below -

(1) Vibrant Gujarat Global Summit :

It's theme is Gateway to the Future and there are 34 partner countries. Japan was its main country partner and 35 other countries were also partners of this event.

Japan Pavilion is main attraction point of whole event. Minimum 2.5 lacs people visited Japan Pavilion during the event. JAAIWR Chairman Shri Sanjeev Mehta visited and offer services to all Individual Japanese company for any kind of help. JETRO officials are pleased with activities of JAAIWR chapter.



(2) Workshop on Japanese Cultural Experience & Learning from JAPAN

We are connected to Japan not only by technology but also to its rich culture of spiritual traditions and Japanese values, cultures, traditions and spirituality along with technology can have high level of positive impact in the learning process of students. Japan has given to the world TQM (Total Quality management), KAIZEN, 5S and so on to sustain a life without MUDA (waste). So, it was very pertinent to take this opportunity to inculcate these Japanese values, techniques of sustainability in our young minds for their all-around mental growth and uplift their spirits with safety at high level.



We are very happy to share that JICA Alumni Association of India (JAAI), Western Chapter in association with Yuva Disha Kendra Gujarat, Ahmedabad Management Association (AMA), Japan Information and Study Centre, Japan Cultural Centre, Zen-Kaizen at AMA jointly organized a unique one-day program on 12th February 2024 on “Japanese Cultural Experience & Learning from Japan” at AMA. It was an educational program specially designed for Students based on the

learning about Japanese culture and inspiring students to connect Indian ethos and values with Japanese traditions and cultures. The objective of this initiative is to strengthen the bonds of bilateral cooperation between Gujarat India and Japan.



The program was inaugurated by Mr. Sanjeev Mehta, President, JAAI (Western Chapter); Mr. Paritosh Kumar Sarkar, Secretary, JAAI (Western Chapter); Ms. Yayoi Okada, Japanese Research Scholar from Osaka University; Ms. Amish Raval, Origami Sensei; Mr. Kiran Patel, Kaizen & 5-S Expert; and Mr. Prakash Gajjar, Japanese Ink Painting.

This unique cultural awareness program was based on the Japanese way of living inspired from Japanese management practices in everyday life for school teachers and students. The program included sessions on Origami (Paper Folding and Developing Self-discipline), Hands on Model Making and Cultural Awareness Activities, Learning Mathematics Easily through Japanese Tricks; 5-S i.e. ways of organizing self and surrounding based on Five S Philosophy; Kaizen i.e. Developing a Habit of Continuous Improvement and Quality Enhancement. These sessions facilitated learning about the organized system based on Core Values such as Self-discipline, Effectiveness and Efficiently, Punctuality, Perseverance, Quality enhancement, and Good Human relationships; Standards and a common-sense approach, Waste elimination and management and Cleanliness. The program included a screening of school life in Japan. Schools in Japan have their distinct ways of teaching and facilitating learning. Since kindergarten, children in Japan are taught the values of cooperation, punctuality, leadership, loyalty, and obedience. In Japan, students perform cleaning duties inside the classroom, i.e. scrubbing of floors and cleaning of desks. This is believed to be an important training for student responsibility and stewardship. 60 young students learned a lesson about how to keep themselves clean and how they can contribute towards cleanliness in surroundings. It was also integrated with Achhi Aadat or Good Habit Campaign of JICA India.

Chairman JAAI and Secretary JAAI Western Chapter was present throughout the program inspiring the students. They made the students understand the values of KAIZEN with practical exercises of hands lifting that made them understood that there is always a scope of change for good and hence KAIZEN must be a way of living in our habits and must be done continually using PDCA cycle (Plan Do Check Act).

We look forward to organize such programs round the year. Please see the attached photographs for glimpses of the event.

Regards

Paritosh Kumar Sarkar
Secretary

Sanjeev Mehta
President

MAGIC OF MATHEMATICS

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FRENCH NEIGHBOURHOOD IN JAPAN : KAGURAZAKA



We all know that the country **Japan**, since ancient times are very conservative (sealed the islands off from the outside world in 1603, for the fear of Christianity with Japanese people not allowed to leave and very few foreigners allowed in-during the period of **EDO** and the borders remained closed for almost three centuries until 1868) and thus the only country in the world (possibly) which has never been colonized by any other country alike many countries in the world and our country India is not an exception.

And this very policy and far sightedness of the leaders of Japan has **successfully introduced the very feeling of nationhood among the entire citizen across the country**. Say, in India or anywhere (outside Japan), if you met one Japanese and ask “May I know wherefrom you belong to?”. He/she will instantly answer **“I am Japanese and I am from Japan”**.

In our case, we (in case of a person from West Bengal) say **“I am a Bengali and from West Bengal”**. In case of other states, similar happens. **We never say in the first instance “I am an Indian”**. Japan is also subdivided into 47

prefectures under eight Regions (Hokkaido, Tohoku, Kanto, Chubu, Kinki, Chugoku, Shikoku and Kyushu-Okinawa. Each region has its own dialect, customs and unique traditional culture.

And uniquely, in today, if you visit Japan in 2024 i.e. after 500 years of liberalization which has resulted western culture has been spread widely, Christianity has recently been introduced in some southern parts of the country by the European Missionaries you will interestingly find in spite of that each Regional People of Japan till today did not forget and / or kept aside and / or feed shy in observing their own customs / rituals and speaking in their own dialects. And more interestingly, educating them in Japanese language Japan today is one of the most Developed, disciplined Country in the world having value good moral & human values and feel no shy for not being able to speak in English, even by a high officials (**they feel proud to be Japanese and speaking in Japanese**), which **in our case is considered a SHY**.

Now, I will tell a story just opposite to it. In the year 1952, with an object to make available the western knowledge to the people of Japan, Government allowed setting up a French language school **“Institut francais du Japon”** in **Kagurazaka**, a small but trendy neighborhood in Shinjuku Ward, an agglomeration of highest no of foreign residents, of which French is the highest in numbers and thus the area was called **“Little Paris”**.

In our country in West Bengal **Chandannagar** and in Tamil Nadu **Pondicherry** was the colony of French but after the independence, the very essence/culture of France has gone from Chandannagar, a little bit available till today in Pondicherry. But in **Kagurazaka (Japan)**, you will find a feeling of French, if you visit **Kagurazaka**, till today. **Here lies the difference of Japan with many others. Japanese**, when they think of French Cuisine, they imagine expensive full course meals in a fancy restaurant. But interestingly, the French restaurants in Kagurazaka also include reasonably-priced shops that offer everyday French meals and snacks.

So, if you want to see a colony of Foreigners in Japan, you have to visit Kagurazaka, where you will be welcomed by the people of Japan and French Population there.

Kagurazaka is a small area surrounding Iidabashi station at Shinjuku's easternmost part next to Chiyoda ward, in the center of the Japanese capital. It is famous for sheltering a large French community, with many typical French stores and eateries. Kagurazaka's traditional streets *yokocho* are also remains of its feudal past in relation with the Geisha of Tokyo.

Places to visit:

Kagurazaka Hills, a long avenue and heart of the neighborhood, is a good place to start the **visit**. As its English names implies, the street unfolds on a soft incline lined with a succession of restaurants and shops on about a

little bit more than one kilometer. Thanks to its low-rise buildings, the trees growing along the road and quite narrow sidewalks, Kagurazaka's area oozes pleasant provincial warmth. An **additional interesting point for pedestrians**: the street is closed to car □ traffic every day during lunchtime as well as on Sundays and holidays from noon to 8 p.m.

Midway through the street, opens the entrance of **Zenkoku-ji**, the neighborhood's Buddhist temple. It was founded in 1595 and is affiliated to the Nichiren sect. Bishamonten, a god regarded as the protector of warriors and one of the Seven Lucky Gods associated with fortune in battle is worshipped. Higher on Kagurazaka-dori, **Akagi** shinto shrine tops the area. It was completely renovated in 2010 under the direction of famous architect Kengo Kuma, and now offers its visitors a unique modern setting associating glass and wood. A small café in its grounds welcome customers for a refreshing break before continuing the exploration.



Pic-1: French Restaurant & Shop.

Regional French food on display

The neighborhood's soul is hidden in the backstreets. It would be a shame to miss them as the real interest of Kagurazaka lies in these timeless adjacent alleys. Partly thanks to the vicinity of Institut français du Japon and Omeisha French bookstore, a large French community has settled in the area. Many storefronts are appealing to French expatriates and display regional decoration or specialties. There are, among others:

§ **Lugdunum**, a small attractive eatery with a refined cuisine from the city of Lyon and an early 20th century decoration,

§ **Bretagne**, serving water-mouthing galettes (a savoury pancake made from potatoes or buckwheat) with cider, and its well-stocked delicatessen shop,

§ **Coquillage**, a small restaurant with a large array of French dishes,

§ **Maison de La Bourgogne**, a wine bistro, ideal for an aperitif with friends.

There are of course many other French shops and eateries and homesick French expatriates are welcome to further explore.

The discreet presence of Tokyo's Geisha

Kagurazaka is also one of the six *hanamachi* (Geisha districts; Geisha means Art Person, engaged in singing, dancing, art working etc) of Tokyo still in activity. The cultural tradition can be sensed in the labyrinth of narrow cobbled alleys of the area that are named *yokocho*. Old-fashioned Japanese buildings shelter *ryotei*, the luxurious traditional style restaurants where Geisha perform upon appointment. Lucky travelers may encounter Geishas at nightfall when they go their evening engagement.

Another local institution is particularly well hidden: the **Sento Atamiyu**, a neighborhood public bath renowned for its **Mount Fuji** □ mural painting that amazes its customers.

A detour in the former moats of Edo Castle

At the foot of **Kagurazaka-dori's slope**, not far from **Iidabashi station**, stop by **Canal Café**. Built on the bank of the canal (that was part of the **Tokugawas' castle** □ moats) the brasserie-restaurant spreads out its large terrace above the water on clear weather days. This type of layout is rare in Tokyo and this outdoor atypical relaxing area invites to sunbathing and enjoying a quiet moment temporarily suspended for the noises of the city.



Pic-2: Canal Cafe

The walk in the French neighborhood ends when reaching the heart of Chiyoda. Ushigome Bridge (very beautiful under the **cherry blossoms** in the beginning of **spring**) crosses the canal and connects to **Tokyo Daijingu** shrine. The place of worship is renowned for traditional Shinto weddings, and its beauty is sure to please visitors who can even attend to the many daily prayers performed by the priests.

Kagurazaka is frequented by French cuisine craving gourmets. Note that prices can be

expensive, and are naturally higher than in France. Despite an international front, the old traditional and luxurious district, a stone's throw away from the imperial power, is still discretely alive and await visitors who understand the sober refinement of authentic **Japanese façades**.

On a side note, the main neighborhood's *matsuri* (civil and religious ceremonies in Japan or the Shrine Festivals of Shinto, the place of God) is held every year in late July and includes Awa-odori dance performances.

How to go to Kagurazaka?

By train JR -- Iidabashi Station, exit B3 and ~5 minutes' walk.

By metro -- Kagurazaka Station (T05) on Tozai Line.

Best Season to visit Japan: Autumn (Mar-Apr, Cherry Blossom time).

For any further help: Contact Kanpai at contact@kanpai.com.

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The Resilience of the Japanese people- worthy of emulation!



In the landscape of human resilience, Japan stands tall as a testament to an indomitable spirit in the face of natural calamities and disasters. From earthquakes to tsunamis, from the ravages of war to the challenges of modernity, the Japanese people have shown remarkable strength, adaptability, and perseverance. Throughout history, one can unravel innumerable occasions and examples of their resilience, drawing parallels with other resilient cultures such as that of India, and uncovering valuable lessons for all of humanity.

Japan, often referred to as the "Land of the Rising Sun," has had to confront the wrath of nature time and again. One of the most poignant examples is the Great East Japan Earthquake of 2011, which triggered a massive tsunami, claiming thousands of lives and causing unparalleled destruction. Yet, amidst the chaos and devastation, the world witnessed the resilience of the Japanese people. Communities came together, strangers became heroes, and amidst the rubble, hope persisted and rose.

This show of grit and resilience is not born out of a single event, but is deeply ingrained in Japan's history and culture. The country sits on the Pacific Ring of Fire, a volatile zone prone to earthquakes and volcanic eruptions. Throughout centuries, Japanese society has adapted to this reality, constructing earthquake-resistant buildings, developing early warning systems, and fostering a culture of preparedness. In the face of adversity, the Japanese spirit remains unbroken.

Similarly, India, with its diverse landscape and myriad of challenges, shares a parallel narrative of resilience. From monsoon floods to droughts, from earthquakes to cyclones, the Indian subcontinent has weathered its fair share of natural disasters. Yet, like their Japanese counterparts, Indians have demonstrated remarkable resilience, drawing strength from their cultural heritage, community bonds, and a deep-seated sense of perseverance.

The similarities between the Japanese and Indian people extend beyond their resilience in the face of natural calamities. Both cultures value traditions, family ties, and a strong sense of community. The concept of "gaman" in Japan, which translates to enduring the seemingly unbearable with patience and dignity, finds echoes in the Indian ethos of "sahana" or endurance. Both cultures understand the importance of resilience not just as individuals but as a collective force, where the well-being of the community takes precedence over individual and personal grievances.

However, amidst the solemnity of disaster, there is also room for humour and levity. Japanese culture, known for its quirkiness and wit, often finds ways to infuse lightness even in the darkest of times. In the aftermath of the Fukushima nuclear disaster, for instance, images of "Fukuppy," the cartoon mascot of a local energy company, spread across social media, offering a surreal blend of humour and resilience amidst adversity. Similarly, Indian culture, with its rich tapestry of folklore and comedy, has a knack for finding joy in the midst of chaos.

Yet, beneath the humour lies a profound lesson for humanity. Resilience is not just about enduring hardships but also about finding moments of grace, laughter, and solidarity in the face of adversity. It is about acknowledging the gravity of the situation while refusing to surrender or despair. In times of crisis, the Japanese people have shown us that resilience is not a solitary endeavour but a collective journey, where each individual plays a part in rebuilding, renewing, and reimagining the future.

The lessons from Japan's resilience resonate far beyond its shores. In an era defined by climate change, pandemics, and geopolitical tensions, the need for resilience has never been greater. Whether it is building stronger infrastructure, investing in community resilience, or fostering a culture of empathy and solidarity, there are several ways in which we can draw inspiration from Japan's example.

As we navigate the uncertainties of the 21st century, let us remember the resilience of the Japanese and Indian people, their ability to rise from the ashes, and their unwavering commitment to building a better tomorrow. In their stories of courage and resilience, we find not just hope but also a roadmap for facing the challenges that lie ahead.

Like the cherry blossoms that bloom anew each spring, let us cultivate resilience in our hearts, knowing that even in the darkest of times, there is always a glimmer of light, or a seed of hope, waiting to be nurtured!

Dr. Sumathi Muralidhar
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Environmental Quality Standards

Air Pollutants	Air Quality Standards (AQS)	
SO₂ (Sulfur Dioxide)	Daily average for hourly values shall be 0.04 ppm or less	Hourly values shall be 0.1 ppm or less
CO (Carbon Monoxide)	Daily average for hourly values shall be 10 ppm or less	Consecutive eight-hour average for hourly values shall be 20 ppm or less
SPM (Suspended particulate matter)	Daily average for hourly values shall be 0.10 mg/m³ or less	Hourly values shall be 0.20 mg/m³ or less
O_x (Photochemical Oxidants)	-	Hourly values shall be 0.06 ppm or less
NO₂ (Nitrogen Dioxide)	Daily average for hourly values shall be within the 0.04 -0.06 ppm zone or below that zone	-
PM_{2.5} (Particulate Matter 2.5)	Annual Average values shall be 15 µg/m³ or less	Daily average values shall be 35 µg/m³ or less



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ZEN-KAIZEN GARDEN AHMEDABAD AT AMA

In Commemoration of the Hyogo-Gujarat Friendship Mission

This stunning Japanese Garden Zen Kaizen is a must see and enjoy again and again, highlighting India and Japan friendship and witnessing the State of Gujarat and Hyogo Sister State projects. Swagat will say that - बार बार देखो, हजार बार देखो ये देखने की चीज है ये जापानीज गार्डन - लव यू जापान ।

Just as every citizen of the world regularly visits Mahatma Gandhi's Sabarmati Gandhi Ashram and Sardar Patel's Statue of Unity at Ahmedabad, every Japanese and Japan lover visits this garden. You too come.

YOKOSO BONSAI

Welcome Tray at AMA in Classic Japanese Bonsai Style-

Bonsai (literally meaning 'planted in a tray') is an art form using cultivation techniques to produce small trees in containers that mimic the shape and scale of full-size trees. Bonsai refers to miniaturized, container-grown trees adhering to Japanese tradition and principles. Bonsai have come to be accepted as symbols of harmony, balance, patience, or even luck.



ZEN GARDEN

Dry Garden Landscape with Rock, Gravel, Chips & Sand

The first Zen Gardens came to be created by Buddhist Monks to encourage meditation. Using sand, rocks and pebbles, these miniature stylized landscapes recreate the essence of nature and help evoke calm, tranquility and peace. Raking the sand into swirling patterns is relaxing, and looking at the lines helps you focus. The symbolism of the stones in a Zen Garden is its key design element.

TAKI WATERFALL

Cascade of Water flowing over Rocks in a Japanese Garden

Zen Garden Waterfalls represent the flow of life. Like a river, it is ever changing but its essence remains the same. Philosophically, a Waterfall (Taki in Japanese)

symbolizes the permanent impermanence of the Universe as preached in Buddhist thought. In Zen Gardens, Waterfalls can be of water or even cascades of stone or sand suggesting the fall of water.

FUSION CHABUTRO

World Famed Amdavadi Bird Feeder in Japanese Pagoda Style

Chabutro or Bird Feeder, derived from the Gujarati word Kabutar or Pigeon, is a tower-like structure with an



artistic canopy to place grains and water for birds. Ahmedabad, acknowledged by UNESCO as India's first World Heritage City proudly boasts of this landmark and the Fusion Chabutro with its Pagoda Style top subtly symbolises Indo-Japanese Friendship and closeness of Zen to Nature and Birds.

GLORY OF TORII

Iconic Vermilion Gate to a Japanese Shinto Shrine

Torii is a traditional Japanese gate, commonly found at the entrance of a Shinto Shrine, where it symbolically marks the transition from the mundane to the sacred. According to several scholars, Torii, both etymologically and architecturally, was inspired from Torana, the free-standing ornamentally arched ceremonial gateway in the Hindu Culture.

RED BRIDGE GUZEI

Magnificent Japanese Garden Red Bridge

Guzei in Japanese meaning the 'Red Arched Bridge,' is an iconic landmark of all traditional gardens in Japan. In the language of Zen, Guzei symbolically represents the transitional journey from the Physical World to the Realm of the Spirit, with its red colour representing the sacred, as well as wisdom, enlightenment and transformation.

TORO THE HERO

Legendary Pagoda Style Japanese Stone Lanterns

Japanese Lanterns known as *Toro* were originally used in Buddhist temples to light pathways and symbolise that the teachings of the Buddha help overcome the darkness of ignorance. Made from Stone, Wood or Metal, these Lanterns are exquisitely carved and are truly elaborate pieces of art and architecture.



Sh. Sanjeev Mehta
Chairman, JAAI - WR

3DART MURAL

Iconographic Japanese Art in 3D Wall Mural

Japanese Art covers a wide range of art styles and media, including ancient pottery, sculpture, ink painting and calligraphy on silk and paper, Ukiyo-e paintings and woodblock prints, ceramics, origami, and more. The decorative 3-D Wall Mural at Zen-Kaizen, artistically showcases celebrated Japanese elements of Sakura or Cherry Blossom, national flower Chrysanthemum, Sacred Mount Fuji, Green Pheasant, Koi Fish and the Rising Sun.

TOKYO SKYTREE - PRIDE OF JAPAN



TOKYO SKYTREE is a broadcasting, restaurant, and observation tower in Sumida, Tokyo, Japan. It became the tallest structure in Japan in 2010 and reached its full height of 634.0 meters (2,080 ft) in March 2011, making it the tallest tower in the world, displacing the Canton Tower, (formerly known as **Guangzhou TV Astronomical and Sightseeing Tower** and also known as **Guangzhou Tower** a 600m, 1,969 ft tall multi-purpose observation tower in the Haizhu District of Guangzhou, China) and the second tallest structure in the world after Burj Khalifa (829.8 m/2,722 ft).

It is situated at 1 Chome, Oshiage, Sumida-ku, Tokyo. Its site area is 36900 sq. meters and building area is 31600 sq. meters with total floor area of 230000 sq. meters. It has 31 levels above ground and 3 basement levels. The main purpose of the tower is Broadcasting, exhibition hall(Observatory), commercial facilities etc. It has 13 Elevators/Lifts. The TEMBO Shuttle, Japan's fastest 40 passenger elevator, transport visitors to the Tokyo Skytree Tembo Deck (Floor 350) in about 50 seconds. It reaches a top speed of 600 meters per minute.

Led by Tobu Railway and a group of six terrestrial broadcasters headed by NHK, the tower project forms the centre piece of a large commercial development equidistant from Tokyo Skytree and Oshiage train stations, 7 km (4.3 mi) north-east of Tokyo station. One of its main purposes is to relay television and radio broadcast signals; Tokyo's current facility, Tokyo Tower with a height of 333 m (1,093 ft), no longer gives complete digital terrestrial television broadcasting coverage because it is surrounded by many high-rise buildings. The project was started on 14 July 2008 and completed on 29 February 2012, with the tower opening to the public on 22 May 2012.

The base of the tower has a structure similar to a tripod; from a height of about 350 m (1,150 ft) and above, the tower's structure is cylindrical to offer panoramic views of the river and the city. There are observatories at 350 m (1,150 ft), with a capacity of up to 2000 people, and 450 m (1,480 ft), with a capacity of 900 people. The upper observatory features a spiral, glass-covered skywalk in which visitors ascend the last 5 meters to the highest point at the upper platform. A section of glass flooring gives visitors a direct downward view of the streets below.

Earthquake Resistance

The tower has seismic proofing, including a central shaft made of reinforced concrete. The main internal pillar is attached to the outer tower structure 125 meters (410 ft) above ground. From there until 375 meters (1,230 ft) the pillar is attached to the tower frame with oil dampers, which act as cushions during an earthquake. According to the designers, the dampers can absorb 50 percent of the energy from an earthquake.

TOKYO SKYTREE has been designed in a decade of ambitious skyscraper construction projects all over the world. The architectural goal for Skytree was to build the world's tallest free-standing broadcasting tower. The height finally decided was 634 meterd. Tokyo Skytree was entered in the "**Guinness World Records**" as the "World's tallest tower" on Nov. 17, 2011.



**'TOKYO SKYTREE' standing tall with other high rise buildings.
Photo taken by author during his visit to Tokyo during Jan-Feb. 2013**

The Tokyo Skytree structure consists of two parts built independently, a steel frame tower body and a center column at the core. The centre column stabilizes the main structure to reduce swaying during high winds and earthquakes. A five story pagoda is also stabilized with a centre column. Skytree calls this damping mechanism "shinbashira vibration control."

An original color derived from Japan's traditional *aijiro*, the lightest hue used in indigo dyeing. The paint bluish white on the Tokyo Skyline has the subtle luster of a white porcelain. A "White Tower" transcending time sends messages as a friendly future city. Dressed in "SKYTREE white", the tower stand tall against the blue sky in downtown Tokyo and transcend time with eternal brightness.

Owned by 'Tobu Tower Skytree Co. Ltd.', Tokyo Skytree costs 65 Billion Yen (806 Million USD). Its top floor is at 451.2 meters and top roof is at 495 meters whereas Antenna spire's height is 634 meters.

The height of the TOKYO SKYTREE was originally specified at approximately 610m in the original project. However, it was planned from the beginning to be the world's tallest free-standing broadcasting tower. After careful discussion and research on high-rise buildings that are being built around the world, it was finally decided on 634m, to become the tallest free-standing broadcasting tower in the world.

The decision on the figure "634" for the height was based on the concept of choosing a figure that would be easy

for everyone to remember with the world's tallest tower that has also become a symbol of the area.

The sound of the number "634" when read in old Japanese numbers is "mu-sa-shi", which reminds Japanese people of Musashi Province of the past, that used to cover a large area, including Tokyo, Saitama and part of Kanagawa Prefecture.

Historically speaking, the area where the TOKYO SKYTREE stands belonged to Musashi Province. From the Observation Decks, the landscape of the old Musashi Province spreads out before you and reminds visitors of the locality and history of the area lying east of Tokyo, i.e. east of old Edo.

Main Purpose

The major role of TOKYO SKYTREE is transmission of digital terrestrial broadcasting. Digital terrestrial broadcasting has already been in use since December 2003 in the Kanto area, but due to the many tall buildings rising over 200m high in central Tokyo, it has become necessary to build a new tower higher than 600m for broadcasting transmission purposes.

When the role is totally transferred to the new tower in the 600m class, the volume of digital terrestrial broadcasting transmission will be doubled, and thus mitigate the impact of the ever-increasing number of high-rise buildings. It is also expected to widen the area of coverage for ""One Seg"", digital terrestrial broadcasting for mobile terminals that has been in operation since April 2006.



Author at Tokyo Skytree on Feb.2, 2013

Floor distribution

B 1 (basement) : Underground Parking

Floor 1 : Group Floor - Group Bus Parking, Group Ticket Counter, The Skytree shop

Floor 2-3 : Tokyo Solamachi

Floor 4 : Entrance Floor - Ticket Counter and information
Floor 5 : Exit Floor - The Skytree shop and information
Floor 340 : Skytree Cafe
Floor 345 : Sky Restaurant, The Skytree Shop
Floor 350 : Tokyo Skytree Tembo Galleria Ticket Counter, Skytree Cafe
Floor 445-450 : Tembo Galleria

Sorakara Point - A fantastic space at 451.2 meters (Floor 450), the highest point visitors can reach. The ethereal lighting and walls of mirror stir the body with sensations of floating, expansion into space and the roundness of Earth.

Tembo Galleria - A sloped 110 meter "air walk" from Floor 445 up to Floor 450 with audio effects that change with the season and weather.

Rising 350 meters above the ground, the "TOKYO SKYTREE TEMBO DECK(350m)" is covered in huge 5 meter-high glass for a 360-degree all-round view, allowing visitors to see from the foot of the SKYTREE up to 70 kilometers away in the distance. The "TOKYO SKYTREE TEMBO GALLERIA(450m)" take visitors from the "Floor 445" to SKYTREE's highest "Floor 450" via a glass tube. The "TOKYO SKYTREE TEMBO GALLERIA(450m)" convinced that visitor are walking in the sky.

Opening

As the Skytree's opening approached, people reportedly waited in line for a full week to get tickets. By the opening, trips up the tower were fully booked for the first two months of operation. The opening day drew a crowd of tens of thousands, despite rainy conditions which blocked the view from the tower's observation deck. Strong winds also forced two elevators to be shut down, leaving some visitors briefly stranded on the observation deck.

According to Tobu, 1.6 million people visited Skytree its first week. Local residents reported that the influx of visitors disturbed the peace of their community and had, so far, generated little economic benefit for the local area.

(Ref.: http://en.wikipedia.org/wiki/Tokyo_Skytree; <http://www.tokyo-skytree.jp/en>)



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EDITORIAL

Air pollution is not just an environmental issue; it's a silent killer that affects millions worldwide, with particularly devastating consequences in countries like India. The adverse effects of air pollution on human health are well-documented, ranging from respiratory ailments to cardiovascular diseases, and even premature death. In India, where rapid industrialization, urbanization, and vehicular emissions contribute to soaring pollution levels, the situation is dire, complicated by the burning of crops and flora.

Exposure to pollutants such as particulate matter (PM), Nitrogen Dioxide (NO₂), Sulphur Dioxide (SO₂), and volatile organic compounds (VOCs) can lead to a host of health problems, including asthma, bronchitis, lung cancer, and heart disease. Vulnerable populations, such as children, the elderly, and those with pre-existing health conditions, bear the brunt of this crisis.

Combating air pollution requires a multi-faceted approach involving government intervention, public awareness, and individual action. Stricter emission standards for industries and vehicles, investment in clean energy alternatives, and effective urban planning to reduce congestion and promote green spaces are essential steps. Additionally, promoting sustainable transportation options like cycling and public transit can help curb emissions and improve air quality.

The Indian government has initiated several measures to address air pollution, including the National Clean Air Programme (NCAP) and policies to promote renewable energy and electric vehicles. However, implementation remains a challenge, and collective efforts from all stakeholders are needed to achieve tangible results.

Despite the daunting challenges posed by air pollution, there is room for optimism. The growing awareness and advocacy surrounding environmental issues, coupled with advancements in technology and innovation, offer hope for a cleaner, healthier future. By working together to reduce emissions, protect our natural resources, and prioritize public health, we can pave the way for a more sustainable and resilient planet. It's time to breathe new life into our efforts to combat air pollution and ensure that future generations inherit a world where clean air is not just a luxury but a fundamental human right.

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To
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