



RAINBOW

Newsletter of Priyadarshni Academy

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Chairman's Message



At the outset, greetings and utmost good wishes for a prosperous, healthy, and joyous 2008!

The year will be a momentous one for Priyadarshni Academy as we will begin its Silver Jubilee Celebrations with the prestigious Global Awards programme on September 19, 2008 which promises to be a very, very special one. In the coming issues,

we will begin telling you why.

We are already launching some special projects to prepare for this year. One will be on the important subject of "Prevention of Lifestyle Diseases in Adulthood". "Healthy Youth for a Healthy India" will be the theme of the Project.

There are many diseases that are caused by an unhealthy lifestyle that track through childhood into adolescence to adulthood. By adopting a healthy lifestyle from childhood, especially adolescence, it is possible to prevent these diseases. Priyadarshni Academy will join hands with Dr. Swati Bhawe, Executive Director, Association of Adolescent and Child Care in India, and the Hyderabad (Sind) National Collegiate Board (HSNCB) will partner to conduct awareness sessions and workshops in colleges on this subject to mitigate the problems of adolescence. Ms. Manju Nichani, Secretary-General, HSNCB, has kindly agreed to extend all assistance to the project. The project will be long-term and programmes will be conducted periodically over a period of three or four years.

Global Warming seems to be the most alarming problem of the day and of the future. Our Academy collaborated with Chetana Foundation for Social Awareness, Research and Development and the American Center to organize the screening of a film entitled 'An Inconvenient Truth: A Global Warning' made by former US Vice President Al Gore on this subject. This brilliant film conveys a strong message and had a forceful impact on the auditorium-filled audience, so much so that there was a demand for a repeat screening. To meet the demand, the Academy organized another screening of the film, this time with an animated and meaningful discussion led by Shri Shailesh Haribakthi, Chairman of Indian Merchants' Chamber's Global Warming Committee. The discussion clearly demonstrated the concerns of the Academy members who came in large numbers to throng the auditorium.

This issue of the Newsletter carries a lead feature on this subject of vital importance. I hope you will enjoy this issue.

Sincerely yours,

Nanik Rupani
Chairman

Swati Bhawe's Column



Adolescence is defined by WHO as the period between 10-19 yrs and youth as 10-24 yrs. Today's generation of young people is the largest in history. Half of the world's population (almost 3 billion) is under the age of 25. By 2015 (the deadline for the Millennium Development Goals [MDGs] for which all the developing countries are striving), today's 12-year olds will be 20 and ready to fully take on the role as agents of

development. Throughout the next 10 years, today's adolescents will participate in achieving the Policy decisions regarding the education, health, employment and human rights of today's young people, which will also affect the next wave of 1.2 billion children who will be adolescents in 2015. Decisions taken today or opportunities missed will reverberate for generations to come.

Young people are crucial to the development of any country. It is especially important for our country where there are 225 million adolescents that include 12% in the 10-14 and 10% in the 15-19 yr. age groups (census 2001).

A large number of problems adolescents face are due to the risk taking behaviors inherent to this age, which can easily be prevented by providing appropriate information, education, preventive counseling, and anticipatory guidance. Adolescence is the most charming period of one's life and aptly termed the wonder years! But if not properly handled, it can lead to a variety of problems including mental health issues like anxiety, depression, suicide, and other stress-related problems. The risks taken in adolescence may have a life long negative impact, e.g., drunken driving, substance abuse, violent behavior and crimes, sexually transmitted diseases, internet abuse, etc.

Research world over has shown that those adolescents who have a strong family bond and have excellent communications with parents are less likely to go astray. With the breakdown of the family structure in the West, the teenage problems are increasing. In India, with modernization and aping of the West, we are going along the same negative path. The need of the hour is to re-establish family connections and improve communication between parents and adolescents.

All parents today are sending their children to various classes to learn a number of skills to improve performance. The learning may be in academics, sports, music, dancing, painting, etc. But, does any one think of sending them to classes to improve one's mental ability to cope with

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emotions that would lead to positive mental health?

EQ (Emotional Quotient) is as important as IQ (Intelligence Quotient) to be successful in life and specially to have happiness which is above all material success. Most parents today want to boast about the achievements of their child in various fields how many parents can be proud of saying that my child is a good human being ?

Psychosocial competence is a person's ability to deal effectively with the demands and challenges of everyday life. It is a person's ability to maintain a state of mental well-being and to show this in adaptive and positive behaviours while interacting with others. WHO has devised a *Life skills training program for adolescents*. Life skills are **"the abilities for adaptive and positive behaviours that enable individuals to deal effectively with the demands and challenges of everyday life"** as they contribute to personal perceptions of self-confidence and self-esteem.

Research world over has shown that if the life skill approach is used for training adolescents in all aspects of life, the programs show excellent results as it **empowers young people to take positive actions to protect themselves and to promote health and positive social relationships.**

Various types of Life Skills

COMMUNICATION AND INTERPERSONAL SKILLS

- **Interpersonal Communication Skills:** verbal/nonverbal communication, active listening, expressing feelings, giving feedback (without blaming) and receiving feedback
- **Negotiation/Refusal Skills:** negotiation and conflict management, assertiveness skills, refusal skills
- **Empathy Building:** ability to listen, understand another's needs and circumstances, and express that understanding

- **Cooperation and Teamwork:** expressing respect for others' contributions and different styles, assessing one's own abilities and contributing to the group
- **Advocacy Skills:** influencing skills and persuasion, networking and motivation skills

DECISION-MAKING AND CRITICAL THINKING SKILLS

- **Decision-making/Problem Solving Skills:** information-gathering skills, evaluating future consequences of present actions for self and others - determining alternative solutions to problems, analysis skills regarding the influence of values and of attitudes about self and others on motivation
- **Critical Thinking Skills:** analyzing peer and media influences, analyzing attitudes, values, social norms, beliefs, and factors affecting them, identifying relevant information and sources of information

COPING AND SELF-MANAGEMENT SKILLS

- **These skills give the ability to assume control, take responsibility and help bring about change in one's life:** building self-esteem/ confidence, creating self-awareness skills including awareness of rights, influences, values, attitudes, strengths, and weaknesses, setting goals, self-evaluation/self-assessment/self-monitoring skills
- **Skills for Managing Feelings:** managing anger, dealing with grief and anxiety, coping with loss, abuse, and trauma
- **Skills for Managing Stress:** time management, positive thinking, relaxation techniques



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BHAJAN SANDHYA WITH A DIFFERENCE



Shri Dilip Walse Patil, lighting the traditional lamp. Others in the picture (L to R): Shri Rajnikant Patel, Shri Rupani, Shri Joseph Massey, Shri Mohan Anand, Co-sponsor, & Smt. Jaywantiben Mehta, former Union Minister for Petroleum.



From (L to R) Shri Nihchal Israni, Chairman & Managing Director, Blue Cross Laboratories Ltd., Shri Manmohan Anand, Co-sponsor, Smt. Jaywantiben Mehta, Ms. Madhavi Vora, Prof. Nanik Shivdasani, Shri Dilip Walse Patil, Dr. Jairaj Phatak, Municipal Commissioner, Brihanmumbai Municipal Corporation, Shri Rajnikant Patel, Shri Joseph Massey.

Priyadarshni Academy organized a "Bhajan Sandhya" in collaboration with Jai Hind College on the evening of November 16 at the Jai Hind College Auditorium. While the two previous Bhajan Sandhya programmes organized presented film-based devotional songs, the one organized on November 16 was purely spiritual and based on Krishna Avtar.

Shri Shyam Jha, an accomplished singer of Bhajans and Sankirtans, conducted this spiritual entertainment program. With his rare style and high quality of singing, he got the audience involved from the very beginning, and got them to sing with him the rest of the way. The audience was visibly moved by Shri Shyam's spirituality and, with their participation, transported the gathering to another world.

The Bhajan Sandhya program was organized as part of Priyadarshni Academy's project on **National Integration Through Dance & Music**.

"The National Integration Through Dance and Music project is aimed at helping preserve Indian culture and the performing arts", stated Shri Rupani, Chairman, Priyadarshni Academy, in his welcome address. "The programme is organized annually to promote talent in Indian classical dance and music and to create greater awareness and deeper interest in India's rich cultural heritage", he added. Prof. Nanik Shivdasani, Director, Jai Hind College, addressed the audience

Shri Dilip Walse Patil, Hon'ble Minister of Energy (Excluding Non-Conventional Energy), Higher & Technical Education & Medical Education, Government of Maharashtra, was the Chief Guest on the occasion. Shri Rajnikant Patel, Managing Director and CEO, Bombay Stock Exchange Ltd., was the Guest of Honour.

Dr. Jairaj Phatak, IAS, Municipal Commissioner, Brihanmumbai Municipal Corporation, and Shri Joseph Massey, Deputy Managing Director, Multi Commodity



Shri Shyam Jha in performance



Shri Joseph Massey receiving a memento from Shri Dilip Walse Patil.

Not just business as usual.

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Exchange of India Ltd., were felicitated on the occasion for their outstanding contribution in their respective fields.

Ms. Madhavi Vora, Chairperson, Cultural Committee of Priyadarshni Academy, also spoke on the occasion.



Shri Jairaj Phatak receiving a memento from Shri Dilip Walse Patil.

Audience enjoying Bhajan Sandhya.

PRIYADARSHNI'S SUPPORTERS



Mrs. Sara Khan



Ms. Arpita Shah

Priyadarshni Academy, in partnership with CHETANA FOUNDATION FOR SOCIAL AWARENESS RESEARCH AND DEVELOPMENT (CFSARD) and the American Center in Mumbai organized screenings of the film, "AN INCONVENIENT TRUTH: A GLOBAL WARNING" AT THE AMERICAN CENTER AUDITORIUM.

The film based on the book by former U.S. Vice President Al Gore was considered in 2006, when it was produced, as the MUST-SEE documentary of the year. In the film, the former U. S. Vice President presents an eye-opening and compelling view of the future of our planet and our civilization. The film is a wake-up call that cuts through myths and misconceptions to deliver the message that global warming is a real and present danger. The film brings home Mr. Gore's persuasive argument that "we must act now to save the earth. Each and every one of us can make changes in the way in which we live our lives and "BECOME PART OF THE SOLUTION".

On public demand, the film was screened again on November 21, this time with a discussion following which was led by Shri Shailesh Haribhakti, Chairman, Global Warming Committee, Indian Merchants' Chamber. During an animated discussion, the audience discussed ways in which India can, in some measure, contribute to alleviating the problem which stares every one in the planet. The American Center auditorium was filled to capacity.

DONATIONS RECEIVED

We are thankful to Ms. Kamlesh Bakshi for donating Rs. 1,25,000/- to the corpus fund of Priyadarshni Academy for instituting an annual scholarship for medical students. It will be named as "Iqbal Singh Malik Singh Bakshi Memorial Scholarship for Medical Students".

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In Memorium

The Academy condoles the demise of Late Shri Pramod Navalkar, Sr. Shiv Sena Leader, and Former Minister of Maharashtra.

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CHAIRMAN RUPANI IN DIFFERENT SOCIETAL ROLES



Mr. Vaishnav Puri, Honorary Business Representative of Singapore, H. E. Mr. Lee Kuan Yew, the first Prime Minister and present Minister Mentor of Singapore, and Shri Nanik Rupani, at a luncheon meeting on October 30, 2007 at Hotel Hilton Towers in Mumbai. The meeting facilitated interaction between Mr. Yew and leading industrialists / businessmen.



Shri Rupani with the Honourable Gordon Campbell, Premier of the Province of British Columbia, Canada, and Mr Gary Luton, Consul General of Canada, at an interactive meeting to discuss investment opportunities in British Columbia, held at the Taj Mahal Hotel ballroom on December 6.



Shri Rupani addressed a press conference organized by I Love Mumbai to protest against the Redevelopment of Jyotiba Phule Market. The primary pitch made was that the redevelopment would further adversely affect the already inadequate vehicular traffic and infrastructure. Padmashri Nana Chudasama, Ex Sheriff of Mumbai, and President, I Love Mumbai, presided.



Shri Nanik Rupani with Shri P. Chidambaram, Union Finance minister and Shri Deepak Parekh, Chairman, HDFC, at the Interactive session organized in Mumbai by Shri Raj Shroff on 5th November at Hilton Towers.



Shri Nanik Rupani with Shri Vilasrao Desmukh on the occasion of the function to celebrate the latter completing three years as Chief Minister of the Democratic Front Govt., November 1, 2007. The programme was organized by Shri Gurudas Kamath, MP, & President, Mumbai Pradesh Congress Committee at the Dedar Parsi Gymkhana.



Shri Nanik Rupani with Dr. T. S. Reddy, Union Minister of Mines at the 4th International Diamond & Gold Convention organized by ASSOCHAM on November 2, 2007 in Mumbai.

CHAIRMAN RUPANI IN DIFFERENT SOCIETAL ROLES.



Shri Nanik Rupani addressing the convention organized under the aegis of Yuvak Biradari on December 1, at Bhaidas Auditorium, Mumbai. Shri Abhishek Bachchan, film actor, seen in the picture on the right, was the Chief Guest. On the extreme right is Shri Kranti Shah, Director, Yuvak Biradari.



Mr. Rupani, CoChairman, FICCI, Western Regional Council, welcoming the audience at the India-Spain Business meet at Hotel Taj Mahal Palace on December 13, 2007. Mr. Joan Clos i Matheu, Minister of Industry, Tourism and Trade, Govt. Of Spain, and Mr. Ion de la Riva, Ambassador of Spain to India, featured in the meet

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 Some of you may prefer to browse through it in the site.

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Global Warming ACT NOW to Save the Future

It's imperative for every one of us to focus on the subject of **Global Warming** and to do something about it. The phrase rings alarm bells for the future of the earth. Unless we act consciously and relentlessly from now onwards, with the kind of urgency we exercised when we faced such tragedies as Tsunami, 9/11, the massive floods of Mumbai and the bomb blasts, we will leave the world in a state that would be unlivable for our children. **Global Warming will have a significant impact on every aspect of the daily lives of all human beings.** The first steps towards fighting it are to make the issue a priority and enlist the help of both the civil society and the public sector. The public can be a force in helping reduce the problem.

Even though the full impact of climate change has not yet been felt, the Tsunami of 2004 and Hurricane Katrina in the U.S. in 2005 provided vivid examples of what large-scale climactic catastrophes entail.

Until a few years ago, Global Warming was an issue that was considered too technical -- best left to the scientists on earth to resolve. Not any more. The issue has garnered significant awareness in recent times and is gradually becoming one that is gripping the minds of more and more people on earth as the days tick away.

Climate is changing in many ways. Global mean temperatures have been rising steadily over the last 40 years with the six warmest years since 1860 occurring in the last decade.

Glaciers are melting at an alarming rate raising the risk of floods. Sea levels are generally rising around the world. That will flood cities and wipe coastal parts off the map. On the other hand, heat waves will give rise to droughts.

Studies suggest that the ability of the oceans to absorb carbon dioxide may be slowing. As the absorption rate declines, atmospheric build up will happen faster and climate change could speed up. If it turns out that rain and snow decline as the world warms, dwindling supplies of drinking water and fresh water for agriculture may be the next resource emergency.

Deforestation accounts for about 20% of global warming which leads to climate change. World's forests hold more carbon than in the entire hemisphere. Since trees hold carbon dioxide, conserving and increasing forest cover is a direct way of combating climate change that is caused mainly by the release of carbon dioxide into the atmosphere. Forestation helps reduce emission of carbon into the atmosphere and capture atmospheric carbon in the process. Growing trees is a potential greenhouse-gas offset, and can be done comparatively cheaply.

Many institutions and individuals are beginning to do something about Global Warming. Films are made on the subject, the print media is full of reports about its dangers,

and political leaders are placing the theme on their high priority list of areas to grapple with. Advanced technology can always help solve complex problems. Scientists, therefore, are researching to discover new ways of countering the problem through the development of new and cleaner technologies. Industrialists are undertaking R&D projects to find alternative ways of producing energy-efficient products and are putting their own environmental best-practices plans into action in their plants and factories. Some are manufacturing solar panels, wind turbines, renewable fuel, and ethanol to blend with petrol which reduces greenhouse gas emissions. NGOs and groups of individuals are in the fray creating awareness and pressing government and institutions for action. There are moves to phase out incandescent bulbs, talk about doing away with diesel, use CNGs in vehicles, stop using electricity for an hour, and similar other measures. The government needs to develop and frame norms and put them in place and enforce them soonest.

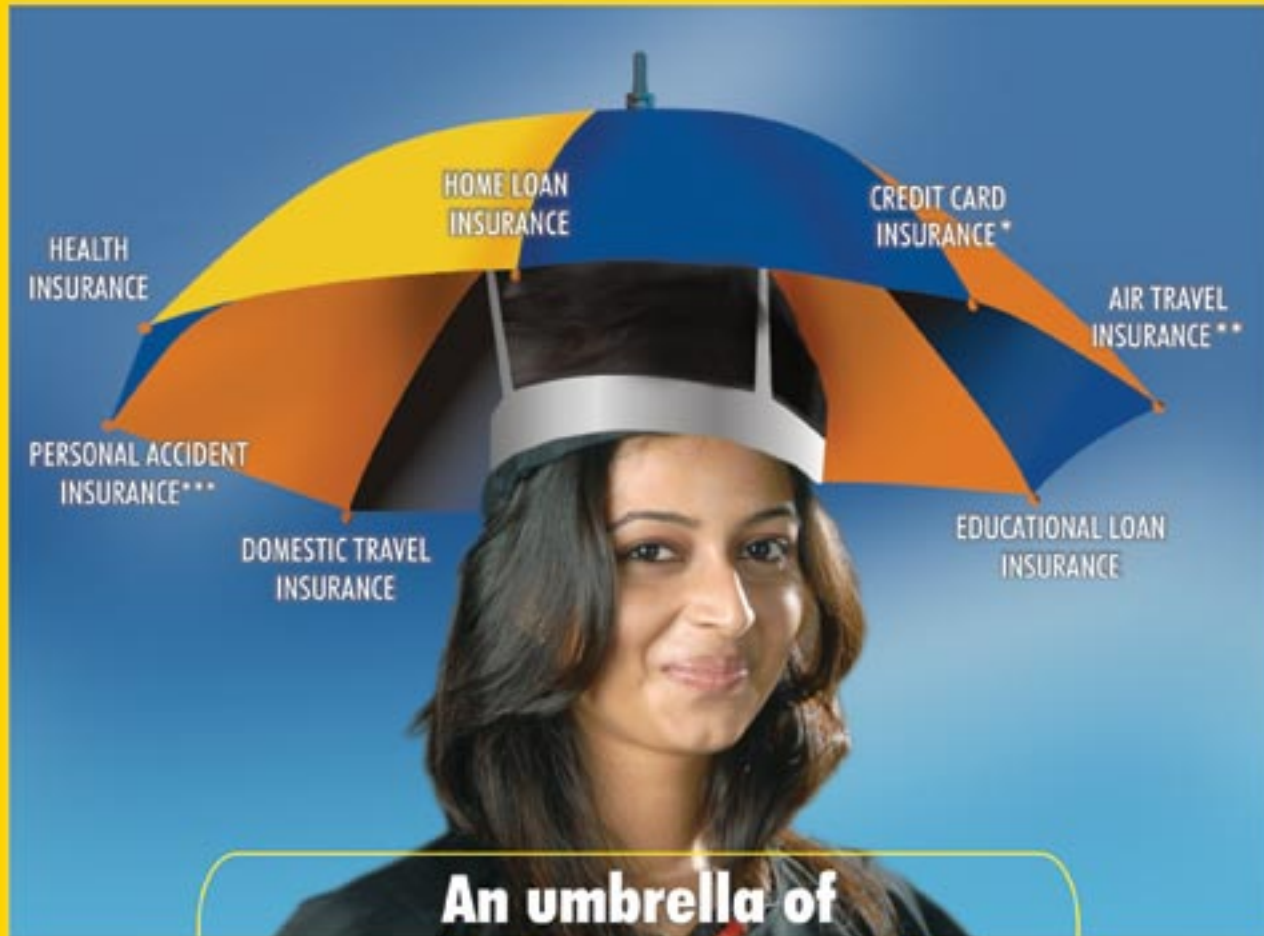
All citizens can make a contribution, however small that may be. It will have a cumulative positive impact. They can switch to energy efficient bulbs, use fuel efficient engines in cars to reduce pollution, share the use of their vehicles to reduce the consumption of energy, reduce use of electricity, and so on. **Making appropriate action a habit to help save the future of the world is a must.**

Form IV

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Gist of Mr. Rupani's speech at the Convention organized by Yuvak Biradari on December 1, 2007.

It has endeavoured to establish and promote Insaani Biradari or Universal Brotherhood and is aimed at strengthening the social fabric of India in order to realise the vision of a vibrant, prosperous and enlightened India.

I understand that the organization draws its inspiration from the Preamble of the Indian Constitution and from the thoughts and visions of Mahatma Gandhi and Rabindranath Tagore. I also understand that its prime concern is national integration.

It is heartening to know that Yuvak Biradari has nurtured 15,000 youths across India through its camps and workshops. Further more, it has undertaken a tree plantation drive in June this year on the occasion of Kabir's birth anniversary. Its Cancer Awareness drive held in July in Mumbai among the school children was an excellent project

focusing on the ill-effects of addictions like cigarettes, gutka and alcohol.

I am pleased to inform that Priyadarshni Academy's motto is also "Service to Humanity". We have undertaken innumerable projects aimed at creating awareness among the youth about the importance of preserving environment. We have associated with like-minded organizations in recent times for protecting Mangroves.

Priyadarshni Academy also believes that Mumbai is the 'Karma Bhumi' of people representing various faiths, thoughts and vocations. The soil of Mumbai has rewarded them with joy, prosperity and fame. Priyadarshni Academy is also committed to spreading the message of 'Insaani Biradari'.

- " Before you start some work, always ask yourself three questions - Why am I doing it, What the results might be and Will I be successful? Only when you think deeply and find satisfactory answers to these questions, go ahead."
- "As soon as fear approaches near, attack and destroy it."
- "The world's biggest power is the youth and beauty of a woman."
- "Once you start a working on something, don't be afraid of failure and don't abandon it. People who work sincerely are the happiest."
- "The fragrance of flowers spreads only in the direction of the wind. But the goodness of a person spreads in all direction."
- "Whores don't live in the company of poor men, never support a weak company and birds don't build nests on a tree that doesn't bear fruits."
- "God is not present in idols. Your feelings are your God. The soul is your temple."

- "A man is great by deeds, not by birth."
- "Never make friends with people who are above or below you in status. Such friendships will never give you any happiness."
- "Treat your kid like a darling for the first five years. For the next five years, scold them. By the time they turn sixteen, treat them like a friend. Your grown up children are your best friends."
- "Books are as useful to a stupid person as a mirror is useful to a blind person."
- "Education is the best friend. An educated person is respected everywhere. Education beats the beauty and the youth."
- "Even if a snake is not poisonous, it should pretend to be venomous."
- "There is some self-interest behind every friendship. There is no friendship without self-interests. This is a bitter truth."

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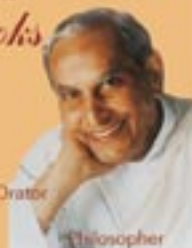
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