



RAINBOW

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Chairman's message



Dear Reader,

Greetings!

I am pleased to inform you that in spite of the economic meltdown, Priyadarshni Academy has continued to do well in terms of its activities. We had a number of interesting programs and are already stepping up and diversifying our agenda. We organized a fine lecture on "Opportunities for Entrepreneurs in Today's Global Meltdown and Corporate Social Responsibility" by Mr. Suhas Gopinath, CEO & President, Globals Inc., on February 6. Mr. Gopinath was recognized as the youngest certified professional web-developer at the tender age of 14, as the world's Youngest Entrepreneur, and the world's Youngest CEO (see inside for brief report).

We held our Silver Jubilee Literary Awards Educational Scholarships program on March 31. A major feature of this event was the inauguration of Priyadarshni Academy's Youth Wing in the hands of our Sheriff

Dr. Indu Shahani who gave a star address to a jam-packed audience. The Youth Wing will be headed by

Mr. Samyak Chakrabarty and his colleagues from Jai Hind College who have already put together a busy agenda of activities for this year. The Youth Wing will help the Academy focus on the development of its top priority audience — the youth. At the function, we presented a record number of educational scholarships (see report).

We also organized a couple of 'Life Skill Education' workshops for the benefit of students of Elphinston College and the Sophia Polytechnic.

We extended our wings by entering the art arena in a significant manner. I was invited to inaugurate an exhibition of works by young artists in Aurangabad following which we decided to give ten scholarships of Rs.10,000 each to selected budding artists from the Aurangabad area. We have subsequently decided to co-sponsor an art exhibition by young artists in Mumbai. Details of these are in the process of being worked out. We will be assisted in this effort by our good supporter and art connoisseur, Mr. Manoj Israni, Director of Blue Cross Laboratories Ltd.

Nanik Rupani
Chairman



Dr. Indu Shahani, Hon'ble Sheriff of Mumbai addressing the Silver Jubilee Literary awards and Scholarships function. On the dais are: Mr. Dewang Neralla, Director, Financial Technologies (India) Ltd., Mr. Yogesh Lohiya, Chairman & MD, General Insurance Corporation, Mr. Nanik Rupani, Chairman, Priyadarshni Academy, Mr. Nihchal Israni, CMD, Blue Cross Laboratories Ltd., Mr. Murli Adnani, Co-Chairman, and Dr. Ram Tarneja, Member, Scholarships Committee.

Lecture by Mr. Suhas Gopinath, 'World's Youngest Entrepreneur'

Priyadarshni Academy, in collaboration with K. C. College, organized a lecture by Mr. Suhas Gopinath, CEO & President, Globals Inc., at the Rama Watumull Auditorium of the K. C. College on February 6. The lecture was on "Opportunities for Entrepreneurs in Today's Global Meltdown and Corporate Social Responsibility". Mr. Gopinath spoke from his personal experiences as a young entrepreneur and as a responsible corporate leader. He recounted his life from early childhood and gave an account of his phenomenal growth to success at such a young age. The lecture was followed by a brief question-answer session. The program was attended by over 200 personalities including young people.

Mr. Suhas Gopinath was presented with a memento on the occasion.

Mr. Jignesh Shah, Chairman & Group CEO, Financial Technologies Group, was the Guest of Honour and addressed the occasion briefly.

Mr. Rupani gave the welcome address and Prof. Manju Nichani, Principal, K. C. College, also spoke. Mr. R. K. Vishwanathan, Advisor to Priyadarshni Academy, proposed a Vote of Thanks.

Mr. Gopinath was recognized as the youngest certified professional web-developer through his project coolhindustan.com at the tender age of 14. As the laws in India did not permit him to set up a company at that age, he set up a company in San Jose, U.S., in 2000. Two years later, he was recognized by CNBC as the world's Youngest Entrepreneur. In 2003, at the age of 17, he was acclaimed the world's Youngest CEO by the international media including BBC and Washington Times.



Mr. Suhas Gopinath, CEO & President, Globals Inc., addressing

"Life Skills Education" program

Priyadarshni Academy organized two two-day "Life Skills Education" program, one at Elphinstone College on January 28-29 and the other on January 30-31 at the Sophia Shree B. K. Somani Memorial Polytechnic. The program was conducted by Dr. Swati Bhawe, Executive Director of Association of Adolescent and Child Care in India. The programs were of immense benefit to the students and were well appreciated by attending faculty of the colleges. Following the program at the Sophia, Sr. Fleurette D'Souza, Dean of Students, Sophia, who helped organize the event, stated in a letter, "Thank you for the wonderful opportunity offered to our students to become better citizens and to work for positive change in society. Sr. Celia Remedios, our Directress, sends appreciation for your generosity and concern for youth."

Volunteers of Global Awardees Awarded Certificates

Priyadarshni Academy awarded Certificates of Appreciation to the students of HR College who had served as Volunteers for the Priyadarshni Academy Silver Jubilee Global Awardees last September. Mr. Rupani thanked the principal, Dr. Indu Shahani, and the students for their wonderful support to the awards function and related an incident where he met a young student who had benefited immensely from his experience servicing as a volunteer to a celebrity from Singapore. Mr. Nayan Patel, Vice-Chairman of the Academy, talked about his experience training the students to be successful in fulfilling their responsibilities as volunteers. Dr. Shahani stated that it was a great opportunity for the students to interact with such important personalities and urged the students to maintain their relationship with the latter. The students who received certificates spoke about their experiences, especially about their discovery that the important leaders they met were very humble and down-to-earth.

SILVER JUBILEE LITERARY AWARDS, SCHOLARSHIPS, AND YOUTH WING

Priyadarshni Academy's Silver Jubilee Literary Awards and Educational Scholarships program was held on March 31, 2009 at the Walchand Hirachand Hall of the Indian Merchants' Chamber. The program had an important addition – the inauguration of the Academy's Youth Wing.

Dr. Indu Shahani, Hon'ble Sheriff of Mumbai, was the Chief Guest. Mr. Dewang Neralla, Director, Financial Technologies (India) Ltd., Mr. Yogesh Lohiya, Chairman & MD, General Insurance Corporation, and Mr. Nihchal Israni, CMD, Blue Cross Laboratories Ltd., were Guests of Honor.

LITERARY AWARDS :

Shri Kisharam Lekhraj Rupani Memorial Award for Hindi Literature was presented to Mr. Ved Rahi; Geeta Israni Memorial Literary Award for Marathi Literature to Mr. Thambi Durai (Mr. Shrikant Bojewar), and Prof. Ram Panjwani Memorial Award for Sindhi Literature to Mr. Thakur Chawla.

The awards were presented by Dr. Shahani, Mr. Israni and Mr. Neralla respectively. The awards carried a cash prize of Rs. 25000/- each and a glittering trophy.

Mr. Ved Rahi, recipient of the Hindi literary award, has served the All India Radio in Jammu, and the Information Department of the Government of Jammu & Kashmir, as Editor of YOJANA (monthly magazine). He was Member of the Film Censor Board and the Hon. General Secretary of the Film Writers Association. His

biographical novel entitled "Lal Ded", depicting the spiritual journey of a Kashmiri poetess was published recently by the National Book Trust. He has also been honored with the Sahitya Academy Award and the Maharashtra Gaurav Award.

The Marathi literary award winner, Mr. Tambi Durai, is the Assistant Editor of Loksatta and a well-known Marathi Journalist, famous columnist, and storywriter. He has authored a number of books and has been a script, dialogue, and storywriter for many films. In the past, he has been honored with Atre Pratishthan Puraskar, Patralekhak Sangh Puraskar, Bhave Puraskar, and many other awards.

Mr. Thakur Chawla, Editor of Hindwasi, was awarded for



Literary awardees, Mr. Ved Rahi, Mr. Thakur Chawla and Mr. Thambi Durai receiving awards from Dr. Shahani, Mr. Neralla and Mr. Israni, respectively

SILVER JUBILEE LITERARY AWARDS, SCHOLARSHIPS, AND YOUTH WING

his literary work and for the services he has rendered to the Sindhi community. He has written a number of short stories and travelogues. He is the Member of the Maharashtra State Sindhi Sahitya Academy, Trustee of Prof. Ram Panjwani Cultural Centre, and Member of the Sahitya Academy in Delhi.

EDUCATIONAL SCHOLARSHIPS

117 scholarships, a record in the history of the Academy, were given in the field of engineering, IT, architecture, medicine, pharmacy, education, art, yoga, financial management, etc. The major scholarships were for Rs.10,000 each and were selected from across the country on the basis of merit and financial need.

After brief speeches by Mr. Rupani and the Guests of Honor, Dr. Shahani spoke about the importance of the program to the beneficiaries. She said that, in her opinion, "the educational scholarships program is the best program of the Academy" because it aims at helping students who are deserving. They give opportunities to students who are in need of them and are a great encouragement to pursue education. These are opportunities which they will cherish lifelong. Speaking about the literary awards, she said "irrespective of the number of awards people may have won, additional

awards are always welcome. People can never get tired of appreciation and reward."

YOUTH WING

It was a proud moment for the Academy when Mrs. Indu Shahani inaugurated the Youth Wing. The Academy, right from its inception, has focused on the development of the youth through educational scholarships and special projects which are beneficial to the youth. In order to sharpen this focus, it was decided to form the Youth Wing which will reach out to young people nationally and internationally through youth-oriented activities. The Youth Wing will be headed by Mr. Samyak Chakrabarty, MD, Electronic Youth Media Pvt. Ltd. He will be assisted by core team members, Mr. Arjun Chugh and Mr. Siyong Park. The Academy plans a major performing arts event involving the youth on September 19, 2009 to herald its Silver Jubilee year. The team will use the Priyadarshni Academy website, www.priyadarshniacademy.com & www.youthportal.in to communicate information about its activities.

The program was attended by a jam-packed audience. Mr. Murli Adnani, Co-Chairman of Priyadarshni Academy, proposed a Vote of Thanks.



A view of the jam-packed audience

PRIYADARSHNI ACADEMY SUPPORTS IMPORTANT EVENTS

- I. Priyadarshni Academy contributed one lakh rupees as sponsorship money to help organize the Global Youth Millennium Development Goals (MDG) Summit in Mumbai, November 7-11, 2008. The Jai Hind College and the World Federation of United Nations Associations (WFUNA) were co-organizers of this Summit. The Summit brought together young people from around the world to study and take action on the Millennium Development Goals of the United Nations. At the end of the Summit, eight 5-minute films and eight action plans were produced. These films would be showcased at an event at the United Nations Headquarters in New York. The summit focused on the problems faced by India such as poverty, illiteracy, women empowerment, diseases, etc. For details, please see website, www.globalmdgsummit.org.

The inauguration took place at the Turf Club, Mumbai. Most of the sessions were held in Jai Hind College.
- II. Priyadarshni Academy contributed Rs.25,000 for an Interdisciplinary National Seminar on "India on the Move, Different Faces of Brand India: Last Two Decades of Transition" held at the Jai Hind College on February 6-7, 2009.
- III. Mr. Rupani was the Guest of Honor at the Inauguration of Students' Annual Day & Brainwaves-2009 of Hope Foundation's Finolex Academy of Management & Technology in Ratnagiri on February 27 when the inauguration of the Mechanical & Chemical Engineering Block of the Academy also took place.
- IV. The Department of Sindhi, University of Mumbai, and the National Council for Promotion of Sindhi Language, Ministry of H.R.D., Government of India, organized an international seminar on "Sindhyat, Essence of Secularism" on January 22, 2009 at the Marathi Bhasha Bhavan in the University of Bombay's Kalina campus. The seminar covered various aspects of the contributions made by the Sindhi community. Shri S. C. Jamir, Governor of Maharashtra, inaugurated the seminar. Mr. Ram Jethmalani was the Chief Guest. Mr. Rupani, Chairman, Priyadarshni Academy, and Mr. Niranjan Hiranandani, Vice Chairman, were the Guests of Honor and shared views on the subject of the seminar.
- V. Mr. Rupani was Guest of Honor at the V.J.T.I. Alumni Association's Alumni Meet 2008 held on December 21, 2008 at the institute's campus. Mr. Dilip Walse-Patil, Finance Minister, Govt. of Maharashtra, was the Chief Guest.

Mr. Jayantrao Patil, Home Minister, Govt. of Maharashtra, an alumnus of the Institute, also spoke on the occasion. Dr. Kirit Parikh, Member, Planning Commission, spoke on "Energy Challenges of India." Priyadarshni Academy gave 10 scholarships of Rs.10,000 each to the toppers at the institute who were also financially in need.
- VI. Mr. Rupani inaugurated Shlok 2009 on April 10 at the WelcomHotel Rama International in Aurangabad. The inauguration consisted of screening of art depictions, an exhibition of art works and were followed by prize distribution to artists. Shlok is an initiative by Lokmat to create a platform for budding local talent. It recognizes local artists and gives them a platform to showcase their work. The initiative gives artists valuable opportunities to interact with art connoisseurs and audiences and gives them encouragement. Priyadarshni Academy gave 10 scholarships of Rs.10,000 each to selected artists who were in need of financial support.
- VII. Mr. Rupani was a speaker at a panel discussion on "e-waste" for the purpose of forming an association of stakeholders for establishing an environment-friendly and sustainable system for management of e-waste. The program was organized by CLEAN-Sweep Forum and was co-sponsored by the Maharashtra Pollution Control Board and the Indian Merchants' Chamber.

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Dr. Swati Bhave's Column



(continued from previous issue)

Lose Weight in a Healthy Way

Very few people become obese overnight. If you have a medical problem, especially an endocrine problem, obesity may come very rapidly. Otherwise, in majority of cases, obesity creeps in slowly and gradually as you put on 2-4 kg every year till suddenly one day you realize that you have crossed 10-40 kg beyond your weight when you were in your college days.

Most girls who are in the 35-40 kg range reach 60-80 kg within 10-20 yrs of marriage till, one day, they suddenly awaken, for whatever reason – they start getting teased, the family members express concern, or they get a medical problem.

This makes them suddenly want to loose all the kgs in a matter of 2-3 months and there are enough ads that promise this goal! What is gained over the years has to be shed gradually over months or at least a year if you want to maintain the weight loss.

If you shed weight rapidly by abnormal dieting, it will rebound, as no human being (unless you are in the glamour profession and your income depends on your figure) can maintain the diet of protein supplements and salads and soups for a long time and so within a short time, one gains back the lost weight. Also, remember that the first 2-4 kg that you lose with such diet programs is due to fluid loss (the powders given often contain diuretics that remove water from the body) and fecal loss due to the laxatives given. This gives you a false sense of weight loss.

So, when you decide to reduce weight you must have a goal of 0.5-1 kg a week, i.e. 2-4 kg a month at the most. This is especially important for people who are above the forties. Even if you start losing only 0.5-1 kg a month and sustain this, it will amount to a 6-12 kg a year which is excellent and you can shed around 12- 24 kg in two years. But in this era of quick fixes, who has the patience and time to work out for so long!

An ideal way to lose weight is by eating healthy food and not starving, combined with an exercise program which is appropriate for your age, gender and physical capacity. This will be covered more in detail in a subsequent article

Some tips to reduce weight :

- Increase physical activities: jog, run or walk, climb stairs, do skipping or spot jogging,

cycling, aerobics, dancing

- Exercise or engage in some sport, daily for 30-60 minutes. Physical activity for at least one hour daily can also be done in bits of 10-15 minutes each to make a total of 30-60 minutes if there is no time for a long workout.
- Cut down sedentary activities involving TV, computer, video games, etc.
- Ensure healthy diet using the food pyramid eating plenty of fresh fruits, vegetables, whole grains. Know the caloric and fat and sugar content of what you are eating. Read useful charts. Avoid junk food, heavy greasy or fried food.
- Refrain from smoking, alcohol consumption and substance abuse.

Daily diet should include omega-3 fatty acids. Fish oil contains docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), nuts (English walnuts) and vegetable oils (canola, soyabean, flaxseed/linseed, olive) contain alpha-linolenic acid (ALA). All these three fatty acids are important and are now available in capsule form also.

Recommended daily amount lowers triglycerides, reduces the risk of death, heart attack, dangerous abnormal heart rhythms, and strokes in people with known cardiovascular disease, slows the buildup of atherosclerotic plaques ("hardening of the arteries"), and slightly lowers blood pressure.

Dangers of too much Dieting

It is good to reduce weight, but caution has to be exercised as sometimes teens, specially girls, and young women become obsessed with losing weight and land up in a psychiatric disorder of eating called Anorexia Nervosa.

This is a condition where an obese girl starts dieting and exercising to acquire an ideal weight. But once she has done that, she just cannot stop as she still feels that she is fat and continues even when she is pencil-thin and is having medical problems due to excess dieting and weight loss. Many famous personalities have this problem.

These disorders can also occur in healthy teens, who see models of BMI < 18 or the current size zero in the media advertisements and perceive themselves as fat when they are normal and can also end up with this syndrome. More about this will be covered in future articles.

It is heartening that recently, models below <18 BMI have been banned from walking the ramp on International fashion shows as they are bad role models for teenage girls.

Ms. Bijal Doshi's Column

If We Had Just Some More \$, €, £, Rs., ¥ To Change The World



As I sat on my chair and reached for the pen on the writing desk to write my next article for Priyadarshani Academy's Newsletter, I wondered what kind of matter, stories, or facts our faithful members would want to read and the answers started rolling in mentally. They love to read a mix....a blend of everything.... Just like a Bollywood movie has a bit of it all.

Yes, Yoga has gained a lot of popularity all over the world. But then, you have also seen it all on TV, paid up for various classes and read enough about Asanas, Prayanam, Mudras, etc. So this time, I want to share with you all about this lady who touched my heart.

On my flight back home from Chicago, I learnt about this crazy friend of the columnist of the inhouse magazine of American Airlines. Her name is Sandy. She decided she could change the world with just \$15,500 a year, with India as the start of the target, figuring that five figures would not go too far in the United States. The choice of India was no coincidence for Sandy since, as a banker in the 1980's, she had become familiar with the micro credit movement and Muhammad Yunus long before he won his Nobel Prize. After serving her time as a business woman and raising four children as a single mother, Sandy spent four months travelling cheap to see the 'Real India'. She spent volunteer stints in the Israeli army, took off for Africa and visited 80 countries in five years and turned her travel experiences into an educational non-profit organization in Dallas to teach kids about their heritage. By 2000, she had some strong opinions about the connectiveness of the world and \$5000 left in her bank account. Then Sandy's mother passed away and left her a stipend in a family foundation. She did not sit on her desk in Dallas, but got on to a plane to India and interviewed 100s of NGOs and Non-Profit Organizations. Everybody wanted her money, they just didn't want accountability. One day, driving through Rajasthan, she spotted a 13-year-old girl carrying a baby and holding a toddler's hand. You guessed it, the two children were the 13-year-olds. She decided what she was going to do with the \$15,500 that was important to her in this lifetime. It had to be something that would help women, educate their kids and make them self sufficient... those women who had no chance of getting out of poverty and illiteracy — all on \$ 15,500. Bill Gates she was not.

She started with helping women and children in a dump—literally. Shaheed Nagar where Delhi dumps its garbage and barefoot children rag-pick to support their families, most of them headed by women was what she decided to support.

The great thing is Sandy isn't alone. There are so many philanthropists who are visiting India and looking for

opportunities to help and serve the underprivileged and the suffering mankind — just like Sandy who then started a grocery store with the locals and later two more schools in Amroha in the rural village of Habatpur.

We don't have to dig a well in India and tell everybody to take a drink....nor do we need to run pillar to post to look for a chance to help.....we all have those chances at our doorsteps. We often hear the phrase "I'll do it all when I make it big in life"..... But let's remember that if we have made it till here, then we now need to pat ourselves and get going. Let's help someone today! As Sandy and millions of others have proved, we don't have to be rich to make a difference.

My friend Dina was told at 21 that teaching special children was a service to God. At Asha Sadan Remand Home, I have found Dina working relentlessly till date for 45 years during which she never looked back. Another friend and dietician, Naini Satelwad, quietly goes to the jopad pattis to explain about nutrition to the residents. We have Mr. Nanik Rupani (read his book to find out more) himself as an example. Bob Goff helped Indian girls trapped in the sex trade. The Purpose Prize presents awards to people over 60 who tackle problems ranging from poverty to pollution, racial reconciliation, health care and homelessness.

We travel endlessly marveling and appreciating the beaches and the oceans. We are overawed by the heights of mountains, the paths of rivers as we go boating, rafting or canoeing. We go on a cruise enjoying the view and the waves in the luxury of the awesome cruise liners. We jump from heights during thrilling rides like paragliding or sky diving. We visit the wonders of the world, but we pass by without wondering. So let's take some time out now to introspect. A different quality of people is now once again seen. We know it! I see it in my Yoga classes, how beautifully they shared the endless benefits of Yoga and how it made a difference in their health and their lives.

Let our profound thoughts and ideas turn into actions. It's now or never.

My father-in-law (he too is not Bill Gates), started a Kanyashala in his Mother's name in Ghatkopar and a hospital in Kandawadi to fulfill his dream. It wasn't easy to raise the moneyhe managed. Today, both are one of a kind in our country.

Each one of us are the lights in the world. Let's listen to the word within us, try our best and leave the rest. The 23- Sutra in Maharishi Patanjali's Yoga Sutras only says "Ishwarparidhan". So, leave the rest to God and trust that he will take over. Let us be fearless because we have him to fall back on and let us be homes for the weak, the starved, the deprived and the fearful, just like a tree is a home for the birds and the bees. Do not take your blessings for granted, we are not the only ones doing good deeds....yet, we make a difference out there.

PRIYADARSHNI ACADEMY YOUTH WING

By 2012, India will be the youngest country in the world. Our youth will be critical to resolving pressing issues of national and international importance such as climate change, poverty, hunger, and illiteracy, among others. The most important factors shaping the lives of today's youth are: globalization, communications technologies, population growth, and environmental degradation. They contribute to the way the young live, communicate, and see the future.

Efforts to resolve some of the issues require a platform that facilitates convergence of new ideas, exchange of experiences, and motivation to achieve results. Priyadarshni Academy has always encouraged new and emerging young leaders in every field. It has always believed in the power and potential of the youth. It is because of this strong belief that the Academy has established a Youth Wing this year. The Youth Wing will strive to live up to the benchmarks set by Priyadarshni Academy and grow in the years to come.

Young citizens from varied backgrounds and geographical origins have become more socially aware and actively concerned about the issues cited and have geared up to be a part of the initiatives aimed at bringing about positive change. Imagine an ideal scenario where young India with all its diversities is united and integrated. Achieving this scenario will be the very aim of our efforts.

This year, we have planned to reach out to various schools and colleges across Mumbai and work with students on a variety of

projects. The Youth Wing will draw on the creativity, enthusiasm, flexibility, and innovativeness of young people. Our projects will be aimed at effectively channelising the energy of young people to be more socially conscious and productive, emphasizing the value of volunteerism, and using new technologies such as the Internet and Mobile to help make our world a better place to live in. Today's youth are tomorrow's leaders. It is crucial that we become conscientious, hardworking, and responsible citizens.

Interestingly, from this year on, we will add the "Youth" factor to the Academy's constant efforts towards national integration through the promotion of the arts, literature, and culture. We are even planning to start an "E-organization" of the Youth Wing in order to make optimum use of the Internet Media for connecting young citizens from all over India.

Under Mr. Nanik Rupani's enthusiasm, experience, and leadership we are confident of achieving the aims and objectives of the Youth Wing. In conclusion, I quote Mr. Ban-Ki-Moon, U.N Secretary General: "We need youth participation more than ever. Their energy and idealism can help make up for lost ground and achieve our development goals in full and on time"

Samyak S. Chakrabarty

President

Priyadarshni Academy Youth Wing



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