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JES Thought :

Courage does not always roar, sometimes courage is the quite voice at the end of the day saying.....I will try again tomorrow.

चतुर्थ राष्ट्रीय अधिवेशन में भाग लेने वालों का अतिउत्साह

जेस का चतुर्थ राष्ट्रीय अधिवेशन औरंगाबाद में दिनांक २४ से २६ जनवरी को होने जा रहा है जिसमें सभी चेप्टर्स के दम्पती सदस्य बड़ चढ़कर भाग ले रहे हैं। साथ ही साधारण सदस्य जो किसी चेप्टर के सदस्य नहीं हैं, वे भी अपने परिवार के साथ भाग लेने हेतु रजिस्ट्रेशन करवा रहे हैं। अधिवेशन के सभी कार्यक्रम औरंगाबाद जिमखाना क्लब परिसर में रखे गये हैं एवं साठ कमरे बाहर से आने वाले परिवारों के लिये रिजर्व किये गये हैं जो पहले आवे पहले पावे के आधार पर दिये जा रहे हैं। साथ ही निकट के होटलों में भी कमरे रिजर्व किये गये हैं। रजिस्ट्रेशन कमेटी के चेयरमैन इंजी. रूपेश टोले जैन ने बताया कि पुछताछ के लिये सदस्यों के फोन एवं ई-मेल उन्हें मिल रहे हैं। इंजी. जैन ने बताया कि सदस्य अपना बावोदाया एवं रजिस्ट्रेशन शुल्क चेक अथवा डी.डी. "जैन इंजीनियर्स सोसायटी औरंगाबाद चेप्टर" के नाम से निम्न पते पर प्रेषित कर सकते हैं-

इंजी. रूपेश टोले जैन

विशाल ट्रेडर्स, वर्धमान कॉम्प्लेक्स,
जफर गेट, स्टील मार्केट, औरंगाबाद,
मेल नं. ०६४२२२ ०५१६३

ई-मेल- ननचभौ/मजबाबदण्वदण्वद

औरंगाबाद चेप्टर के अध्यक्ष इंजी. राजेश पाटनी ने बताया कि निम्नलिखित कमेटियां जोरशोर से तैयारी में जुटी हुई हैं-

- १ अधिवेशन एवं चेप्टर स्थापना
- २ सेमिनार
- ३ भ्रमण एवं तीर्थ दर्शन
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राजेश पाटनी - अध्यक्ष - ०६३७००६८६०९

चेतन टोले - सचिव - ०६८२२७६९०२०

जेस फाउण्डेशन के चेयरमैन इंजी. आर.के.जैन (रानेका) ने सभी चेप्टर्स के सदस्यों का आह्वान किया है कि वे अधिक से अधिक संख्या में भाग लेकर इस अधिवेशन को सफल बनावें।

जेस भोपाल चेप्टर का स्नेह मिलन कार्यक्रम सम्पन्न

दिनांक २६-११-२००९ को जैन इंजीनियर्स सोसायटी, भोपाल चेप्टर का केरवा डेम स्थित म.प्र.पर्यटन विकास निगम के नव निर्मित रेस्टोरेंट चवदपव /टीवर्चस पर स्नेह मिलन कार्यक्रम सम्पन्न हुआ।

कार्यक्रम का शुभारम्भ श्रीमती कल्पना जैन द्वारा मंगलाचरण गाकर किया गया। सभी सदस्यों एवं परिवार जनों का विस्तृत परिचय हुआ।

कोषाध्यक्ष इंजी. एस.सी.जैन द्वारा विवाह की वर्षगांठ पर स्मृति चिन्ह प्रदान किये गये।

ग्रुप के सचिव इंजी. शरद सेठी एवं सह सचिव इंजी. अमिताभ मनियां द्वारा औरंगाबाद में आयोजित होने वाले राष्ट्रीय अधिवेशन की विस्तृत जानकारी दी गई तथा अवगत कराया गया कि लगभग ५६ सदस्यों के भोपाल से जलगांव एवं जलगांव से भोपाल के (ट्रेन की यात्रा के आने जाने के) रजिस्ट्रेशन हो चुके हैं। श्री मनियां द्वारा उक्त जानकारी का विस्तृत चार्ट भी सभी सदस्यों को उपलब्ध कराया गया।

श्रीमती प्रिंति तामोट द्वारा पर्यावरण संरक्षण पर कई महत्वपूर्ण टीप एवं जानकारी दी गई, उनके द्वारा बताया गया कि हम जो फल-सब्जी आदि का सेवन करते हैं उनके बीज हमें संग्रहित कर, रख लेना चाहिये तथा भ्रमण के दौरान उन्हें जंगलों में इधर-उधर बिखेर देना चाहिये एवं यदि समय/साधन उपलब्ध हो तो गड्ढा कर वो देना चाहिये, जिससे निश्चित ही कुछ बीज अवश्य अंकुरित हो कर पेड़-पौधों का रूप धारण कर लेंगे।

कार्यक्रम का संचालन, सचिव इंजी. शरद सेठी द्वारा किया गया एवं मनोरंजन कार्यक्रम भी हुये। तत्पश्चात सदस्यों ने स्नेह भोज एवं केरवा डेम भ्रमण का भी लुप्त उड़ाया।

ग्रुप के अध्यक्ष इंजी. शरद चन्द्र सेठी द्वारा सभी सदस्यों का आभार व्यक्त किया गया।



□ इंजी. शरद सेठी
सचिव, भोपाल चेप्टर

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झील का स्वच्छ जल

एक बार गौतम बुद्ध अपने कुछ शिष्यों के साथ एक गाँव से दूसरे गाँव जा रहे थे। बीच सफर में उनके मार्ग में एक झील पड़ी। बुद्ध ने अपने एक अनुयायी को कहा कि उन्हें बड़ी प्यास लगी है और वो झील से पानी ले आए।

शिष्य चल कर झील तक पहुँचा। तभी उसने देखा कि एक बैलगाड़ी झील पार कर रही थी जिसके कारण झील का पानी बहुत मैला एवं कीचड़युक्त दिखाई पड़ रहा था। शिष्य ने विचार किया कि ऐसा पानी ले कर वो बुद्ध के पीने के लिए कैसे ले कर जा सकता था? वो पलट कर बुद्ध के पास आ गया और उनसे कहा, 'भगवन्, झील का पानी कीचड़ वाला है और आपके सेवन के योग्य नहीं है।' विश्राम करते-करते कुछ समय बीता तथा एक बार पुनः बुद्ध ने उसी शिष्य को पानी के लिए भेजा। शिष्य आज्ञा का पालन करते हुए झील तक गया और उसे सुखद आश्चर्य हुआ, यह देख कर कि झील का पानी एकदम साफ-स्वच्छ था। कीचड़ झील की सतह में बैठ चुका था तथा पानी पीने योग्य था उसने अपने पात्र में जल भरा और बुद्ध के पास पहुँच गया।

बुद्ध ने पहले पात्र के जल की ओर देखा, उसके पाश्चात् दृष्टि उठा कर शिष्य की ओर देखने लगे। उन्होंने कहा, 'तुमने देखा कि क्या हुआ? तुमने उस पानी को वैसे ही छोड़ दिया, तो कीचड़ धीरे-धीरे बैठ गया और तुम्हें साफ पानी प्राप्त हुआ। हमारा मस्तिष्क भी ऐसा ही कुछ है। जब वो अशांत हो या उसमें अधिक उथल-पुथल हो तो उसे वैसे ही छोड़ दो। उसे थोड़ा बकल दो। तुम देखोगे कि कुछ समय बाद वो स्वतः ही स्थिर हो जाएगा। मन की शांति करने के लिए अपनी ओर से अतिरिक्त प्रयास करने की कोई आवश्यकता नहीं।' यह गौरतलब है कि 'मन की शांति' पाना कोई कठिन कार्य नहीं है। यह तो एक स्वाभाविक, सहज रूप से होने वाली प्रक्रिया है।

बुद्ध ने आगे कहा, 'यह भी सदैव याद रखो कि तुम बहुत ही सुरम्य और शांत वातावरण में रहते हुए भी यह महसूस कर सकते हो कि या तुम्हारा अन्तर्मन बहुत अशांत है। ऐसी स्थिति में वातावरण की सुन्दरता तुम्हारे किसी काम की नहीं। वहाँ तुम्हें कुछ भी अच्छा नहीं लगेगा। तुम्हें मन से शांत रहना है तो शांति को अपने अन्दर की गहराई में उतारना होगा। उसे तुम्हें तुम्हारे अस्तित्व से मन तक और मन से बाहरी परिवेश में लाना होगा। जब शांति अपने अन्दर होती है तो वह बाहर भी प्रस्फुटित होने लगती है। वह तुम्हारे चारों ओर फैल जाती है और संपूर्ण वातावरण को शांतिमय बना देती है। उसका असर दूर-दूर तक देखा जा सकता है। अतः मन जैसा है उसे वैसे ही रहने दो, धीरे-धीरे वो स्थिर हो जाएगा और तुम्हें एक सुखद अनुभूति से भर देगा।'



□ साभार - स्वयं उद्धान, इन्दौर
प्रेमक: इंजी. दसमुखलाल पंचोली

For Diabetic Patients-

Lot of Home Remedies for the treating of Diabetes very useful as mostly all the below given can be found in your kitchen.

1. Boil 15 fresh Mango leaves in 1 glass of water. Leave overnight. Filter this water and drink first thing in the morning. It is an effective home remedy for diabetes.

2. Mix 1/2 teaspoon of ground bay leaf and 1/2 teaspoon turmeric in 1 tablespoon aloe vera gel. Take this mixture two times a day before lunch and dinner. It is also good diabetes mellitus treatments.

3. Drink a watery juice of a small Bitter Gourd (remove seeds) every morning. It is one of the best home remedies for diabetes.

4. Add 3-table spoon of cinnamon to 1 litre of boiling water. Simmer for 20 minutes in a low flame, and then strain the mixture. Drink this mixture daily to cure diabetes.

5. Eat tender curry leaves (fresh) twice a day to reduce sugar.

6. Take the juice of crushed fish-berry (amruth) soaked in water for a day first thing in the morning.

7. Prepare a mixture by adding equal quantities of turmeric powder and dried gooseberry powder with honey or drink equal quantities of gooseberry juice and fresh turmeric juice in an empty stomach daily.

8. Eat garlic regularly as it regulates sugar level.

9. Dalchini ((Cinnamomum zeylancium)) is also an effective herbal remedies for diabetes.

10. Bitter melon is wonderful herb in treating diabetes mellitus.

11. Prepare a mixture by adding equal quantities of turmeric powder and dried gooseberry powder with honey or drink equal quantities of gooseberry juice and fresh turmeric juice in an empty stomach daily.

Bitter gourd is very useful herb in treating diabetes. The bitter gourd seeds help in reducing the sugar in the blood.

Cinnamon is also a useful herb that not only increases the flavor of food, but also very effective in bringing the blood sugar level to normal, helpful in curing appetite loss, and acidity.

Another useful herb in reducing blood sugar level is fenugreek. It can suppress the excretion of sugar through the urine. It is commonly used in lowering sugar level.

Bael is an effective remedy for diabetes. The bael leaves have anti-diabetic properties. Their extract must be consumed, preferably with a pinch of black pepper in it.

Garlic is another natural herbal remedy for diabetes. It contains allicin, which helps in reducing the sugar level in the blood. it also brings about the disintegration of cholesterol in the body.

Onion is also used in treating diabetes. It has hypoglycemic (i.e. low sugar) properties. It is natural and is effective herb to lower blood sugar level.

The Indian plum (Jamun) is also very useful in diabetes cure. It has a specific action on the pancreas, which controls the conversion of starch to sugar. Jamun seeds have better effects than the pulp.

Turmeric is another useful natural remedy for diabetes. it works more effectively if taken along with amalaki (indian gooseberry).

Curry leaves also controls diabetes. Chew 8-10 curry leaves in an empty stomach. This will be very effective in bringing the sugar level in urine and blood to normal. It is also beneficial to hereditary diabetic patients.

Prepare a fine powder of dry amalaki. Put this powder in water and let it stand for some time. Then filter the solution and squeeze lemon juice in it. Take this early in the morning. It is very beneficial in controlling diabetes.

You can also prepare a fine powder of amalaki, turmeric and fenugreek taken in equal amounts. Take this powder with honey every morning, afternoon and evening. It will help in lowering diabetes within about two months.

□ Er Rajesh Shah . Mumbai Chapter

DRINKING WATER ON EMPTY STOMACH

It is popular in Japan today to drink water immediately after waking up every morning. Furthermore, scientific tests have proven its value. We publish below a description of use of water for our readers:

For old and serious diseases as well as modern illnesses, the water treatment had been found successful by a Japanese's medical society as a 100% cure for the following diseases:

Headache, body ache, heart system, arthritis, fast heart beat, epilepsy, excess fatness, bronchitis, asthma, TB, manin gitis, kidney and urine diseases, vomiting, gastritis, diarrhea, pile, diabetes,

Das and Lessons for Corporate India

A month ago, many of us heard about the sad demise of Ranjan Das from Bandra, Mumbai. Ranjan, just 42 years of age, was the CEO of SAP-Indian Subcontinent, the youngest CEO of an MNC in India. He was very active in sports, was a fitness freak and a marathon runner. It was common to see

What killed Ranjan him run on Bandra's Carter Road. Just after Diwali, on 21st Oct, he returned home from his gym after a workout, collapsed with a massive heart attack and died. He is survived by his wife and two very young kids.

It was certainly a wake-up call for corporate India. However, it was even more disastrous for runners amongst us. Since Ranjan was an **avid marathoner** (in Feb 09, he ran Chennai Marathon at the same time some of us were running Pondicherry Marathon 180 km away), the question came as to why an exceptionally active, athletic person succumb to heart attack at 42 years of age.

Was it the stress?

A couple of you called me asking about the reasons. While Ranjan had mentioned that he faced a lot of stress, that is a common element in most of our lives. We used to think that by being fit, one can conquer the bad effects of stress. So I doubted if the cause was stress.

The Real Reason

However, everyone missed out a small line in the reports that Ranjan used to make do with 4-5 hours of sleep. This is an earlier interview of Ranjan on NDTV in the program 'Boss' Day Out':

Here he himself admits that he would love to get more sleep (and that he was not proud of his ability to manage without sleep, contrary to what others extolled).

The Evidence

Last week, I was working with a well-known cardiologist on the subject of 'Heart Disease caused by Lack of Sleep'. While I cannot share the video nor the slides because of confidentiality reasons, I have distilled the key points below in the hope it will save some of our lives.

Some Excerpts:

- Short sleep duration (<5 or 5-6 hours) increased risk for high BP by 350% to 500% compared to those who slept longer than 6 hours per night. Paper published in 2009.

As you know, high BP kills.

- Young people (25-49 years of age) are **twice as likely to get high BP** if they sleep less. Paper published in 2006.

- Individuals who slept **less than 5 hours a night had a 3-fold increased risk of heart attacks**. Paper published in 1999.

- Complete and partial lack of sleep increased the blood concentrations of **High sensitivity C-Reactive Protein (hs-cRP)**, the strongest predictor of heart attacks. **Even after getting adequate sleep later, the levels stayed high!!**

- Just **one night of sleep loss** increases very toxic substances in body such as Interleukin-6 (IL-6), Tumour Necrosis Factor-Alpha (TNF-alpha) and C-reactive protein (cRP). They increase risks of many medical conditions, including **cancer, arthritis and heart disease**. Paper published in 2004.

- Sleeping for **<=5 hours per night leads to 39% increase** in heart disease. Sleeping for **<=6 hours per night leads to 18% increase** in heart disease. Paper published in 2006.

Ideal Sleep

For lack of space, I cannot explain here the ideal sleep architecture. But in brief, sleep is composed of two stages: REM (Rapid Eye Movement) and non-REM. The former helps in **mental consolidation** while the latter helps in **physical repair and rebuilding**. During the night, you alternate between REM and non-REM stages 4-5 times.

The earlier part of sleep is mostly non-REM. During that period, your pituitary gland releases growth hormones that repair your body. The latter part of sleep is more and more REM type.

For you to be mentally alert during the day, the latter part of sleep is more important. No wonder when you wake up with an alarm clock **after 5-6 hours of sleep**, you are mentally irritable throughout the day (**lack of REM sleep**). And if you have slept for **less than 5 hours**, your body is in a complete physical mess (**lack of non-REM sleep**), you are tired throughout the day, moving like a zombie and your immunity is way down (I've been there, done that ☺)

Finally, as long-distance runners, you need an hour of extra sleep to repair the running related damage.

In conclusion:

Barring stress control, Ranjan Das did everything right: eating proper food, exercising (marathoning!), maintaining proper weight. But he missed getting proper and adequate sleep, minimum 7 hours. In my opinion, that killed him.

If you are not getting enough sleep (7 hours), you are playing with fire, even if you have low stress.

I always took pride in my ability to work 50 hours at a stretch whenever the situation warranted. But I was so spooked after seeing the scientific evidence last week that since Saturday night, I ensure I do not even set the alarm clock under 7 hours. Now, that is a nice excuse to get some more sleep. ☺

Unfortunately, Ranjan Das is not alone when it comes to missing sleep. Many of us are doing exactly the same, perhaps out of ignorance. Please forward this mail to as many of your colleagues as possible, especially those who might be short-changing their sleep. If we can save even one young life because of this email, I would be the happiest person on earth.

☐ Forwarded by Er Ravish Jain

constipation, all eye diseases, womb, cancer menstrual disorders, ear, nose and throat diseases.

METHOD OF TREATMENT:

As you wake up in the morning before brushing teeth, drink 4x160ml glasses of water.

- 1 Brush and clean the mouth but do not eat or drink anything for 45 minutes.
- 2 After 45 minutes you may eat and drink as normal.
- 3 After 15 minutes of breakfast, lunch and dinner, do not eat or drink anything for 2 hours.
- 4 Those who are old or sick and are unable to drink 4 glasses of water at the beginning, may commence by taking little water and gradually increase it to 4 glasses per day.
- 5 The above method of treatment will cure diseases of the sick and others can enjoy a healthy life.

The following list gives the number of days of treatment required to cure/control/reduce main diseases:

- 1 High blood pressure (30 days)
- 2 Gastric (10 days)
- 3 Diabetes (30 days)
- 4 Constipation (10 days)
- 5 Cancer (180 days)
- 6 TB (90 days)
- 7 Arthritis patients should follow the above treatment only for 3 days in the 1st week, and from 2nd week onwards daily.

This treatment method has no side effects, however at the commencement of treatment, you may have to urinate a few times. It is better if we continue this and make this procedure as a routine work in our life. Drink Water and Stay healthy and active.

This makes sense.. The Chinese and Japanese drink hot tea with their meals .. not cold water. May be it

is time we adopt their drinking habit while eating !!! Nothing to lose, everything to gain...

For those who like to drink cold water, this article is applicable to you.

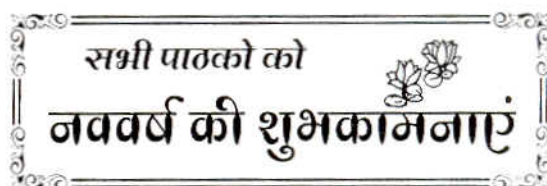
It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this "sludge" reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine.

Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal. A serious note about heart attacks:

Women should know that not every heart attack symptom is going to be the left arm hurting.

- 1 Be aware of intense pain in the jaw line.
- 2 You may never have the first chest pain during the course of a heart attack.
- 3 Nausea and intense sweating are also common symptoms.
- 4 60% of people who have a heart attack while they are asleep do not wake up.
- 5 Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know, the better chance we could survive...

Forwarded by Er Shailendra Katariya □



Sad Demise

Late Shri. Lal Chand Sah. Born on Oct'04-1928, in Jaipur, Belonging to a Jain family of humble means. The conditions prevailing did not encourage higher education. Being the eldest in the family he faced strong peer pressure to get married and start earning a livelihood at a young age. A visionary that he was, he resisted all such pressures and chose the path of education over all else. He graduated in Engineering from BITS Pilani as a Mechanical Engineer.

Started his career from Jaipur Metals and then went on to be selected in BHEL. Was amongst a select few to go in for intense practical training in UK and Germany. On return he continued in BHEL.

He took it upon himself to ensure a sound education for his 5 brothers and sister. He enforced strong discipline in the family for this.

Never a blind follower, he as an engineer challenged age old superstitions and traditions and never followed customs irrationally. He ensured that no person in his family took or gave dowry and fought against this tradition.

He lost his wife in his forties. He chose not to remarry for the sake of his three sons, who all are well qualified and settled.

A workaholic and man of strong will power he surmounted all odds and was known for his positive approach and never say die spirit

A true Engineer to the core. He was reverend father

Er Anil Shah, Secretary of Jaipur Chapter

इस पत्र में प्रकाशित समस्त लेखों, संकलन एवं विचारों के लिए लेखक/प्रेषक/संकलनकर्ता स्वयं उत्तरदायी हैं, सम्पादक एवं सम्पादक मण्डल का उनसे सहमत होना आवश्यक नहीं है। पत्रव्यवहार के लिए पता- जैन इंजीनियर्स सोसायटी, 7-डायमंड कॉलोनी, अग्रवाल स्टोर्स के पीछे, एम.जी. रोड, इन्दौर-452 001 (भारत)
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