MAAP PRESIDENT'S MESSAGE

I feel pleased when I look at the little progress being made in the field of Science and Technology in Pakistan. In the last decade Pakistan progressed in producing more publications than ever before. I share with you the publications made till Dec. 2009 in following figure Source: ISI web of knowledge (2010).

The purpose of sharing this information is that many of MAAP alumni have played major role in either producing some of these important papers or were on the helm of affair where such publications were produced. But with all this development scientists are worried on two accounts that the growth in the gene-synthesis industry may produce hazardous toxins and genes, such as pieces of deadly viruses and bacteria. Therefore, we all have the responsibility now to have a check on “dual use education”, and should get training in bio-security and bio-safety etc. Secondly, such achievements must translate in economic prosperity which is a weak link in our society. Compulsory academic courses in life sciences could focus on dual-use consequences of bioresearch. The courses could cover issues such as the risk of misuse of research results in relation to biological terrorism and warfare and professional responsibility as well as liability.

On a positive note, however, an international group is already planning something ambitious a 10,000 genomes project. The initiative, called Genome 10K, aims to tackle thousands of vertebrate species. Scientists have also identified the main genetic switch that causes excessive mucous in the lungs, a discovery that one day could ease suffering for people with chronic lung diseases like asthma and cystic fibrosis, or just those fighting the common cold. To conclude, we MAAP expect the scientists to contribute in reducing sufferings of the humanity and not support people who are the cause of the sufferings. So, let's pledge that we all be working towards achieving this goal.

Zabta K. Shinwari
President (MAAP)

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VISITING SUMO WRESTLERS
DR. MUJAHID ALAM

All the peoples, who visited Japan and stayed there, are familiar to word SUMO. SUMO is an ancient Japanese wrestling, may have originated in Japan 1,500 years ago. In SUMO one can see two big men facing each other in the ring. They rubbed their hands together like washing before battle, clapped once to alert the gods. They opened their palms to show that there are no hidden weapons. They leaned forward and touched the knuckles of both hands to the ground and waiting for the signal from the gyoji (referee) to start the fight.

SUMO is a very peaceful wrestling that is its beauty. A wrestler must push his opponent out of the ring or make him touch the ground to win a match. No punches or kicking are allowed, but slapping and tripping are permitted. Here I am not going to say what is SUMO, its rules and so one, I just want to share my personal expressions and observation with you. I am sure that most of foreigners have at least seen the SUMO on television in Japan. Not only this but some have seen the whole tournament to know who is the winner. In 2003-04, my last period of study, me and my friends anxiously watch the SUMO when Mongolian based Mr. Asashoryu becomes the 68th YOKOZUNA after a sensational fighting competition.

Watching SUMO is very common but for me the most interesting is visiting the SUMO training school (BEYA) in Tokyo during reunion 2010. It is like a boarding school where the sumo wrestlers stay and get trained by teaching rules, etiquette, basic techniques and the history of Sumo. Their training is very strict and always supervised by the retired wrestler (RIKISHI). It was a moment of great pleasure to see them so closer and have a lunch with them. I have seen their training session and have observed many things as well. I have taken few pictures during their exercise and fighting that you can see here.

![SUMO Exercising](image1)
![SUMO in Action](image2)

Really they are much disciplined. A wrestler has to wake up around 5am for morning training. They go directly to the training room with an empty stomach that is a trick to gain weight. They take their meal after this training and their favorite food is CHANKO. I have asked one wrestler that how much they are eating. He replied, by indication towards a rice bowl, ten bowls twice a day.

I have also observed that they respect their instructor / senior too much and follow them. There is a specific and strictly enforced ranking even within a training school. It was very surprise for me that instructor is giving them symbolic punishment with a piece of wood.
PAKISTANI FOOD STALL
AT AZUMA MATSURI, TSUKUBA, JAPAN
DR. SHAKEEL AHMAD

I would like to share some moments of Pakistani food (Qeema channey) prepared and presented by members of parent teacher association (PTA) of Azuma Sho Gakko, Tsukuba, Japan. PTA of the said school is an active group involved in various voluntary activities. Every year they set food and various stalls during Azuma Matsuri. In 2006, during the PTA meeting on the recommendation of Ms Tasse san, a Pakistani dish (Qeema channey) was approved to be presented at Azuma Matsuri.

Initially a lady Tasse san was kindly associated by PTA to teach Japanese language to my Wife. During her visits occasionally she used to try Pakistani foods cooked in our house. Among these she liked qeema channey very much. On the basis of her likeness, she recommended this dish for Azuma matsuri.

On July 23, 2006 it was the day of Azuma matsuri. PTA hired a kitchen facility in an hotel in Tsukuba center, where different members of PTA cooked the dish and prepared several hundreds Roti or Chapati (Peta Bread). They took more than five hours to prepare all this stuff. Meanwhile other members of PTA set food stall with Pakistan's flag. Pakistani dish was liked very much and we ran out of all roties very quickly and had to arrange bread. My daughters, Aayla and Zushma liked it very much. The income generated through this activity was donated for the strengthening school library.
FACE BOOK OF MAAP EXECUTIVE

Mr. Sultan Sikandar Khan studied at the University of Chiba (Japan) as a MEXT Scholar from 1963-1965. Later graduated from the University of Tokyo in 1968, from the Department of Nuclear Engineering. On return he joined the Pakistan Atomic Energy Commission where he was engaged in Scientific Research and Development. Dr. Khan was also trained in USA, UK, Germany and Italy. Dr. Khan retired from Atomic Energy Commission as Director Scientific Information and Public Relations. He has co-edited one book--CTBT and Its Implications and published a number of scientific papers and reports. He traveled widely in the Middle East and Europe and South East Asia. Dr. Khan was Vice-President of Pakistan Nuclear Society (PNS). He was editor of PNS Newsletter and co-edited PINSTACH News and Views. He edited the MAAP Newsletter for almost ten years. Mr Khan was Vice President of the MEXT Alumni Association of Pakistan (MAAP) from 1996 to 2003, and then President 2003 to 2006. Presently He is Advisor to MAAP.

CALENDAR EXHIBITION

Japanese culture is very fascinating, the beautiful scenery and remarkable technology is worth seeing. The Japanese calendars exhibition that is held every year provides us to refresh our memories of Japan and provides a window for others those have not visited Japan in person. This year the exhibition was thematic where calendars were placed under different themes and very much enjoyed by visitors. It was held at the National Art Council, Islamabad.
IKEBANA TRAINING, COMPETITION AND EXHIBITION

Ikebana; Japanese style of flower arrangement, a centuries old art which literally means “flowers kept alive” is now practiced all over the world, including Pakistan. Today there are approximately 3,000 ikebana schools in Japan, with 15 million to 20 million students, mostly women between the age of 18 to 26. The most popular styles of flower arrangement in Japan are the Sogetsu, Ikenobo and Ohara. A workshop was organized by the Japanese Embassy from 26th Feb. 2010 to 3rd March 2010 at Nation art gallery, Islamabad. Ikebana trainer and demonstrator was Mrs. Asifa Ataka. At the end the certificate award ceremony was held and awards were distributed among the participant the Ambassador of Japan.

Dignitaries visiting ikebana exhibition

Ikebana training competition certificate ceremony

JAPANESE LANGUAGE PROFICIENCY TEST (JLPT)

Japanese Language Proficiency Test (JLPT) was jointly organized by MAAP and Cultural division of Japanese Embassy on 6th Dec. 2009. Students of various levels (Level 1-4) from different part of the country appeared in the test. More than 70 students appeared in the test at Islamabad. In its 2nd phase MAAP selected two students; Mr. Faisal Shah and Ms. Shaheen Khan from Islamabad and Karachi respectively for participated in the Japanes Speech contest in India. This speech contest arranged by the South Asian Foundation of Japanese University Alumni Association (SAFIUAA).

Students striving in JLPT examination hall
JAPAN CHILDREN ART COMPETITION AND SPEECH CONTEST

MAAP and cultural division of the Japan Embassy jointly organized an English speech contest on Japanese culture for children of various school of Rawalpindi and Islamabad. There were more than 90 students who participated in Japan Children Art Competition and Speech Contest on 10th February at the National Art Gallery. The Judges were Ms. Musarrat Naheed, Director PNCA, Ms. Fauzia Minallah, renowned writer and publisher, Ms. Shabnum Riaz, English News caster, and Ms. Sofia Shahid, renowned TV anchor and Dr. Zabta Khan Shinwari, President, MEXT Alumni Association of Pakistan. The Ambassador of Japan Mr. Chihiro ATSUMI distributed prizes and certificated among the all winner of the contest.
LET'S CELEBRATE HAPPY NEWS

Promotions of MEXT scholars working at NARC, Dr Naeemullah, Dr Ashiq Rabbani, Dr Sadar Uddin Siddiqui (IABGR), Dr. Muhammad Munir Ahmad (WRRI), Dr Jalaluddin (Plant Physiology) working at NARC were promoted to Principal Scientific Officer. Definitely the contribution of their study and research in Japan has a reflection in their carrier.

LET'S PRAY FOR THE DEPARTED SOUL

Dr Iftikhar Azim Niaz/ Joint Secretary's Father departed. We the MAAP community condole our brother and pray for the departed soul, may Allaah rest his soul in peace, and give courage to our brother and his all family members to bear this tremendous loss, Aameen.

Note: Previously published Newsletter in year 2008 may be read as Volume 11 No 2.

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