

# Impressions

Theme of this  
Bulletin:

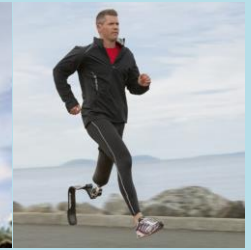
**Nirbhau- Nirvair  
(No Fear - No Hate)**

No. 23/25 – April 2023  
(Monthly e-Bulletin)  
[www.nevedac.com](http://www.nevedac.com)



Editor  
Dr. V.J.S. Vohra

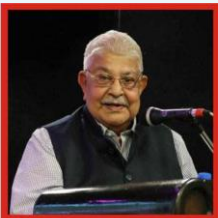
**Fear never  
builds the  
future,  
But FAITH  
does, and  
also  
HOPE does**



**Disability leads to Ability of Super Humans** YouTube

## Inside:

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Dedicated to Col DS Vohra
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Sundar Pichai



**डी एस बाली दामन**  
चौडीगढ़ के सीनियर एडवोकेट व मशहूर शायर  
9878828666

## दर गुजर

ओछी बातें दर गुजर करदो  
शुरू ज़िदगी का सफर करदो  
दाना जिस गली में रहते हों  
जीस्त अपनी वहां बसर करदो  
जो नफरत का बीज बोते हैं  
उन्हें जेर-व-जेबर करदो  
फैली हुई इस अफरा तफरी में  
ताकत से बेअसर करदो  
गुनाह सवाब जो भी हों अपने  
बस खुदा की नज़र करदो  
ख्याल, एहसास, खुलूस, दुआए दामन  
आलम को बाखबर करदो  
अपनी मेहरो वफा से अब दामन  
बुझे शोला को शरर करदो

## Rotary District 3080 Sahyog Artificial Limbs Project 7 Artificial Limbs given on 26 April 2023

[Click here](#) to see video on YouTube



On 26th April 2023, 7 Patients were discharged (6 Sponsored by PP Gaurav Ghai and one sponsored by Rotary Club Shimla Hill Queens). For 5 New Patients (2 By Rotary Club Mohali Midtown, 1 RC Mohali Silvercity, 1 RC Mohali and 1 RC Panchkula) plaster cast / measurements were taken to be provided new Artificial Limbs at Nevedac Prosthetic Clinic, Zirakpur.

Present on occasion were IPDG Ajay Madan, AG Harjeet Singh, District Secretary Parikshat Mehdudia, District Chair Sahyog PP Salil Bali, District Disability Empowerment Chair PP Dr VJS Vohra, President RC Panchkula Mukesh Aggarwal, PE Manmohan Sethi, President RC Chandigarh Periphery Vinod Manchanda, PP Ashok Puri, Secretary RC Barara Dilpreet Singh Vaid, Rtn Brig JS Sabharwal, R'Ann Indu Vohra, R'Ann Jyoti Sabharwal and Mr JS Bhalla.

Our sincere gratitude to PP Gaurav Ghai, President Ruchira Tangri, AG Harjeet Singh, PP Guru, PDG Manpreet Singh and President Mukesh Aggarwal for financially supporting the Project through their Club's resources.

We request all the Rotarians to identify deserving disabled persons and refer to us. We would appreciate if Rotary Clubs can identify donors. In case donor is not available, the project is self sustainable for financial assistance to the deserving disabled persons with sufficient donations committed by our generous donors.

# Impressions

April 2023 - 2 -

## Statutory Warning Rehabilitation Council of India



भारतीय पुनर्वास परिषद्  
सामाजिक न्याय और अधिकारिता मंत्रालय,  
दिव्यांगजन सशक्तिकरण विभाग के अधीन एक स्थायी निकाय  
**REHABILITATION COUNCIL OF INDIA**  
A Statutory Body under the Ministry of Social Justice and Empowerment  
Department of Empowerment of Persons with Disabilities (Divyangjan)



### STATUTORY WARNING

Practicing without RCI Registration  
In Govt./Non Govt. Organization and by any Private Practitioner  
is an Offence under section 13 (3) of RCI Act No. 34 of 1992

It has been observed by the Council that Children with Disabilities (Divyangjan) are being trained/ served by Quacks/Unqualified/Non-registered Personnel/Professionals.

If anyone found serving "Persons with Disabilities (Divyangjan)", without having RCI Certification, shall be prosecuted before the Court of Law under Section 13(3) of RCI Act, 1992 as under:

"Any person who acts in contravention of any provision of sub-section (2) shall be punished with imprisonment for a term which may extend to one year, or with fine which may extend to one thousand rupees, or with both".

General Public is requested to report such instances to the Council along with documentary evidence by post/fax/email to enable the Council to take appropriate action such as filing of FIR against such persons.

"This Statutory Warning is issued in public interest".

*Samir*  
14.5.2019  
(Dr. Subodh Kumar)  
Member Secretary

B-22, Qutab Institutional Area, New Delhi - 110 016  
Tel.: 011-2653 2408, 2653 2384, 2653 4287, 2653 2816 Fax: 011-2653 4291  
E-mail: rci-depdw@gov.in Website: www.rehabcouncil.nic.in

## STATUTORY WARNING

PRACTICING WITHOUT RCI REGISTRATION IN  
GOVT. / NON GOVT. ORGANIZATION / PRIVATE  
PRACTITIONERS IS ILLEGAL UNDER  
RCI ACT NO. 34 OF 1992 U/S 13(3).

It has been observed by Council that Children with Disabilities are trained/served by quacks/unqualified/ Non Registered Personnel/ Professionals.

If anyone found serving "Persons with Disabilities" without RCI Certification shall be prosecuted before the Court of Law under Section 13(3) of RCI Act, 1992.

"This Statutory Warning is issued in Public Interest".

### Non-registration can have serious consequences :

- Not eligible to work in Government or Private Sector
  - Not eligible to provide service in the field of disability Rehabilitation and Special Education
  - Cannot practice as rehabilitation professional anywhere in India
- For Registration apply through your institute from where you have qualified.

**RCI**  
is legally must.



MY RIGHT IS TO BE SERVED BY QUALIFIED PERSONNEL  
DAYS OF CHARITY HAVE GONE

For further information, please contact:



Member Secretary  
**REHABILITATION COUNCIL OF INDIA**  
(A Statutory Body of Ministry of Social Justice & Empowerment, Govt. of India)  
B-22, Qutab Institutional Area, New Delhi-110016  
Phone: 91-11-2653 2384/2653 4287; Fax: 91-11-2653 4291  
E-mail: rehabstd@nde.vsnl.net.in Visit us at: www.rehabcouncil.nic.in

Monthly e-bulletin, 'Impressions' is dedicated to late Colonel DS Vohra, Founder of Ministry of Defence **Artificial Limb Centre**, Pune and Founder of **Nevedac** Prosthetic Centre, Chandigarh, father of Dr VJS Vohra, Founder & CEO of **Nevedac Prosthetic Clinic** / Co-Founder of **Nevedac** Prosthetic Centre and Hony Prosthetic Adviser to Governments Punjab, Haryana, Chandigarh and Himachal Pradesh.



**Padma Awards**  
Ministry of Home Affairs  
(Govt. of India)

**Padma Shri (1988)**  
Col. (Retd.) Darshan  
Singh Vohra  
Social Work  
Chandigarh



Col. D.S. Vohra  
(1919-1998)



**Nevedac®**  
Prosthetic Clinic



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Ultrasound Therapy, Exercise /  
Sports Therapy and Relaxation

**Dr. VJS Vohra**

Sr. Consultant  
Artificial Limbs & Orthotics  
Rehabilitation Council of India  
Certified Prosthetic Orthotic Professional  
Regd No. RCI / AA00001

Hony. Prosthetic Adviser:  
Governments of Punjab, Haryana,  
Chandigarh and Himachal Pradesh  
Reimbursement for Govt Employees

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Head Office: 1134, Sector 44-B, Chandigarh-160047



# Impressions

April 2023 - 3 -

## Moving Meditation

### Jogging, Walking, Cycling or Swimming

#### Author



**Maj Gen Krishan Chauhan**  
Retired Army Medical Corps  
Former Additional Director  
General Medical Services  
[https://youtu.be/B\\_oLyfCqofQ](https://youtu.be/B_oLyfCqofQ)

We climbed to pay obeisance to Mata Vaishno Devi Shrine in late 1980s. At that time, the climb was mostly steep steps and concrete paths. Paths were missing at many places and one had to climb on mud trails. My father told us that when he climbed in the 1950s, they did not even have any of these steps. Devotees had to hike over and climb steep jungle trails for hours or days to reach the Goddess' temple. I have often wondered why most of our temples are at the top of hills or mountains? Could it be for security reasons? But now, I have discovered there is much more to it.

When these temples were built, the trek to the top would have taken many hours or even days. The trails were muddy and steep and snaked through trees and plants. Unlike these days, there were hardly any shops or other distractions enroute. After the initial chatter, the climbs were usually quiet. Usually pilgrims went with their problems and faith in the temple deity. After the prayers, many felt relieved and had their problems resolved, or atleast they had a plan to resolve it. How? These type of long climbs increases our body's breath rate. The serenity and stillness of the environment removed many thoughts which normally a person may have at his home or office. One could contemplate on the core issues as well as introspect. Ideas usually emerge in such state of mind. In front of the deity, a silent approval for the plan was also sought in the form

of blessings. During the long climbs, these trekkers are in a state of 'Moving Meditation'.

If you want to understand your mind, sit down and observe it, said Angarika Munindra, a meditation guru. 'Dhyana' is derived from Dhai which also means meditation. Yogic meditation is a practise of concentration, the object being God. It is generally practised by sitting in lotus position in a quiet place and repeating 'Om', the divine sound. Meditation, per se, means contemplation, mindfulness or internal reflection. Of course, many teachers worldwide have their own methods of meditation. Some yoga practitioners hypothesise moving meditation. In this, there is a shift in conscious state by simple repetitive movements. This also calms the mind and enhances self awareness.



**Cycling | Vaishno Devi trail | Walking by yourself can be a perfect form of meditation**

There have been numerous studies of the brains of runners in many countries in the last decade. MRI and brain scans have been used in these studies. Biochemical parameters have also been studied. Critical flicker frequency tests were also done. It was observed that connectivity of various portions of brain increased after half an hour of exercise. This enhances the efficiency and the ability of processing information much better. That means better utilisation of brain resources starts happening and distractions are blocked. Is this not meditation while moving? Biochemical tests reveal that there are certain chemicals released in people going into depression. Prolonged physical activities cause a certain enzyme to be released from the muscles. This enzyme neutralises some of these depression-causing chemicals resulting in an improvement in moods.

In general, Moving meditation improves the general well-being of the person. Boosts blood circulation and raises energy levels. Improves digestion. Reduces anxiety as well as alleviates depression. Reduces blood sugar and lowers high blood pressure. Person has better sleep. Improves creativity and problem-solving skills. Improves body balance which helps in preventing falls. Makes exercising enjoyable.

Most people either walk or use a two-wheeler to work or for other common outdoor activities like shopping. As per statistics, the commonest cause of death is walking or being on a two-wheeler on the road. That doesn't stop us from walking or going on two-wheelers. We all take necessary precautions. The risks and precautions of the runners, trekkers and cyclists are the same. Precautions need to be taken against wild or stray animals, noxious vegetation, sudden change in weather conditions, terrain conditions/sharp objects and thugs.

Those who want a physical activity and meditation, please choose your activity. Start slow and have incremental increases in time and speed. Check with your doctor if you have a pre-existing health condition or are above 45 years of age. I started my practise of Marathon running at age 59. The first day I could run just 100 metres. It took me 6 months to get ready for my first half-marathon. Have not stopped since then. Even a major accident couldn't deter me from running. Even more inspiring example is of my junior colleague of Army Medical Corps, Major General AVK Mohan, retired. He is a marathoner, mountaineer, adventure motor biker and a Motivational coach. He is 62 years old, sorry, young..... Age is just a number!

# Impressions

April 2023 - 4 -

**We are secular**

**Author: Major SPS Narang (Retd) in The Tribune | Shared by Prof Dr IS Dua**

Last November, I was driving back to Dehradun from Chandigarh — a fascinating four-hour journey, with the added attraction of visiting Paonta Sahib Gurdwara. I had to break on the way to give myself and my car some rest. And what better than entering the abode of the Guru. Besides the soothing kirtan, it is the langar, seated on the floor among a multitude of people from all walks of life. Some partake of all meals as they have no means to satiate their hunger.

Breaking bread with them gives an indescribable spiritual high, and to experience this, one doesn't have to belong to any one religion. I, too, enjoyed the langar and came out to get on with my journey. I stopped to buy some knick-knacks from a kiosk outside the gurdwara. Just then, I spotted a family of Gujjars (Muslims nomads who rear cattle in semi mountains and sell milk), in an intent discussion in front of a tea vendor. The family comprised an elderly couple, two middle-aged couples and four children. Three women were partially veiled. They seemed poor as the eldest gentleman (probably the father) counted coins and some crumpled notes. Undoubtedly, the issue was how much they could afford to buy. They asked for three cups of tea and four samosas (popular Indian snack). Gathering courage, I asked him, “Kya aap sab khana khayenge?” (would you all like to have food!!) They looked at one another with a mix of surprise, apprehension and a hurt self-respect. There was silence. Sometimes, silence can be loud. The innocent eyes of the kids were filled with hope. “Hum kha ke aaaye hain,” (we have eaten already) he responded. There was an instant retort, “Kahan khayaa hai subeh se kuch bhi, Abba?” (we have not eaten anything since morning, Papa!).

Hearing that, a dull ache in my chest caught me by surprise. The stern look in the eyes of the three men and the pleading moist eyes of the women said it all. I insisted that they come with me. They agreed, reluctantly. We entered the gurdwara. A good feeling descended over me as I deposited their shoes at the jora ghar (Shoe deposit room in all Gurdwaras). The elders were awed by the architectural marvel. However, there was fear in their eyes, which was understandable. They were entering a non-Islamic place of worship for the first time. But the children couldn't care less, their innocent faces single-mindedly focused on food. Some onlookers flashed strange looks from the corner of their eyes. But then I followed the children, adopting their easy attitude as they excitedly chose head wraps of different colours. (everyone is supposed to cover their heads inside a Gurdwara).

Except for the eldest member, all accompanied me inside, and emulating me, bowed their heads and touched their forehead to the floor. Many others must have noticed, as I did, that these children went through this ritual with utmost reverence. They took Parshad (offering) from the Bhaiji (The Priest) who asked them if they needed more. The children gladly nodded. We entered the Langar Hall and I took the kids along to collect thaalis (plates). They did it with joy, like only kids would. Seated opposite us was a newly-married couple. The bride, with red bangles accentuating her charm, asked the children to sit beside her, and two of them sat between them. The way she was looking after them, I could tell she would make a loving mother. Langar was served, and though I had already eaten, I ate a little to make my guests comfortable. One had to see to believe how they relished it. The initial apprehension had vanished and they ate to their fill. I have no words to describe the joy I experienced.

We had nearly finished when an elderly Sikh and a youth with flowing beard (perhaps the head granthi and sewadar-helper) sought me out. I was overcome by fear, and more than me, my guests were scared. I walked up to them with folded hands. He enquired, “Inhaan nu tusi le ke aaye ho? (Have you brought them in?).” I nodded. The next question had me baffled, “Tusi har din path karde ho? (Do you say prayers every day?).” I almost blurted “yes”, but it would have been a lie. So, with utmost humility I said “no”.

Expecting an admonishment, he surprised me, “Tuhaanu tha koi lorch hi nahin. Aj tuhaanu sab kuch mil gaya hai ji (You don't need to. Today you have got everything).” I was flabbergasted. Was it advice or sarcasm? He added, “Inha nu Babbe de ghar lya ke te langar shaka ke tusi sab kuch paa laya. Tuhaada dhanwad. Assi dhan ho gaye (By bringing them to the Guru's abode for langar, you've got everything from God. Thank you. We are blessed).” Then, with folded hands, he walked up to the elderly couple and requested them, “Aap jad bhi idhar aao to langar kha ke jaaiye. Yeh to uparwale da diya hai ji (Whenever you happen to pass through here, please come and have food. It is God's gift).”

I escorted my guests out of the Langar Hall. Just as we were about to pick our footwear, one of the children said, “Humme aur halwa do naa.” (Get us some more sweet offering). We five went in to get more parshad. Finally, as they were about to depart, the elderly lady whispered to her husband. I enquired, “Koi baat, Miyaji?” (is there any problem, Mian Ji!! Almost pleadingly, he said, “Yeh keh rahin ki, kya aap ke sar par haath rakh sakti hain? (She is saying, can she keep her hand on your head). I bowed as she blessed me with tears in her eyes. A wave of emotions swept over me. Is it my imagination, or for real, that I often feel the beautiful hand of a Muslim lady, wrapped in purity and love, on my head?

This is the reason, we are secular.

## India New Digital Capital of the World

### Author



**Ritu Singal**

**Certified Life Coach**

<https://ritusingal.com/>

Gone are the days when you had to wait for days and months in order to receive money, letters, or messages. Now, these things can be done in just a few clicks. Especially after the pandemic, there is a massive global shift towards digitalization. The quickening of the digital economy after the pandemic has made India a remarkable player. One can easily notice a huge transformation in the perceptions of India between pre covid and post covid eras. Most probably, very soon India will have a semiconductor system, however, it will take time because of unified design, manufacturing, packaging, and verification.

The Digital India program was launched by the Government of India in order to advance India in terms of education, career, and manufacturing and involves many government departments. The objective of the Digital India program is to begin a better connection between citizens and the government via e-services and provide government facilities cost-effectively and more transparently.

We can talk about India's journey from nothing to becoming the new Digital Capital of the World. The foundation for the digital economy has been laid by the profound penetration of the internet and telecom combined with the government's efforts to build digital infrastructure. Today, the Digital India Stack is a global benchmark for most countries around the globe and offers a competitive advantage for building businesses. Broad-scale acceptance of digital payments and Unified Payments Interface (UPI) by over 260 million users has empowered the formalization of the Digital Economy in India.

There are 9 pillars of Digital India includes **Broadband Highways**: Three sub-components, namely Broadband for All Rural, Broadband for All Urban, and National Information Infrastructure (NII). **Universal Admittance to Mobile Connectivity**: This initiative emphasizes network infiltration and successfully bridging the gaps in connectivity in the country. **Internet Access Programme for Public**: the two subcomponents of the Public Internet Access Programme are Common Services Centres (CSCs) and Post Offices as multi-service centers. **e-Governance**: Restructuring Government through Technology. Government Process Re-engineering utilizing IT to shorten and make government procedures more effective. Revolution must make the delivery of government services more effective across various government-associated domains. **e-Kranti**: Electronic Delivery of Services to innovate public services and streamline the process of retrieving them. For this, numerous e-governance creativities have been commenced by several State Governments and Central Ministries to escort in an era of e-Government. e-Governance in India has gradually changed from the computerization of Government Departments, greater points of Governance, such as citizen centricity, service orientation, and transparency. **Information for All**: This pillar intends to ensure the transparency and obtainability of dependable data created by the line ministries for use, reuse, and redistribution for the people of India. **Electronics Manufacturing**: Electronic manufacturing mainly concentrates on encouraging electronics manufacturing in the country. **IT for Jobs**: This pillar emphasizes offering training to the youth in the required skills for accessing employment opportunities in the IT/ITES sector. **Early Harvest Programmes**: Various short-term projects have an instant effect on the Indian digital ecosystem like IT platform for mass messaging, biometric attendance in government offices, etc.

The goal of the Digital India mission was majorly focused on providing digital infrastructure to every citizen as a source of value and looking after the digital empowerment of every Indian citizen. Digital India was established with a dream of comprehensive growth in the fields of electronic services, products, manufacturing, and job opportunities.

Influence of Digital India Drive has left a significant impact on various areas. Over 15000 rural area post office branches have been linked electronically. Electronic manufacturing in India is considerably enhanced. The Digital India plan can probably boost the GDP up to \$1 trillion by the year 2025. The healthcare and education sectors got an influential boost. Improved online infrastructure will augment the country's economy. Candidates can follow the up-to-the-minute developments in Current Affairs associated with other government schemes for their exam preparations.

Digitalization is a massive technological transformation in any country and India has attained that transformation to a greater extent. The way countries implement innovative technologies lays the footing for the future era. Connecting the whole country through digitalization allows for superior access to the paybacks and opportunities of an up-to-date economy to a greater number of citizens, thereby joining the economic divide. The digital revolution is all about advancement and adopting innovative technologies for a better present and future. India further advances strength as the Digital hub of the World. The workforce in India is expected to resolve the most intricate hitches and manage the digital front-to-back-end purposes of global corporations. It will help India transform from a technology back office to a hybrid workforce.

India has access to an open internet without any firewall between India and the rest of the world. Businesses, students, and employees all are implementing innovative technologies without any hesitation. People can do most of their errands online without visiting numerous offices right from online education to applying for a license or tax filing etc. Online shopping is another considerable example. India's digital infrastructure has advanced rapidly making it a Digital hub.

## Baisakhi and Jallianwala Bagh Massacre

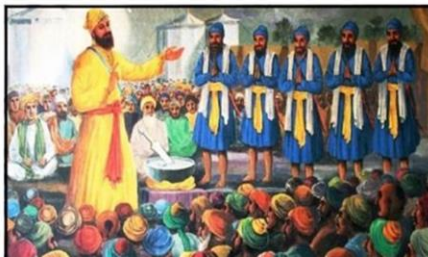


**Dr Jaswant Singh Puri**  
Doctor of Letters  
(Honoris Causa)

The festival of Baisakhi, also pronounced as Vaisakhi, is celebrated to mark the onset of spring in India. Baisakhi usually signifies the end of the harvest season. It is an occasion of immense festivity for farmers, the Sikhs and other communities also. It is celebrated on 13th or 14th of April every year. Baisakhi is known by diverse names in other parts of India like Pohela Boisakh in West Bengal, Bohag Bihu in Assam, Puthandu in Tamil Nadu, Bihu in Uttarakhand, Ugadi in Andhra Pradesh and Karnataka, Pooram Vishu in Kerala and Maha Vishuvu Sankranti in Odisha.

For the Sikhs, the Baisakhi day it marks the birth of the Khalsa Panth by the tenth Guru of the Sikhs Sri Guru Gobind Singh Ji on 13th April 1699 at Sri Anandpur Sahib. The day commemorates to sanctify the formation of Khalsa Panth after the execution of Sri Guru Tegh Bahadur Ji, the ninth Guru of the Sikhs, for refusing to convert to Islam under the orders of Mughal Emperor Aurangzeb.

The martyrdom of Sri Guru Tegh Bahadur triggered the rise of the last Guru of Sikhism, Sri Guru Gobind Singh Ji who laid the foundation of the Khalsa Panth and decided to fight violence with violence. Khalsa Panth rose as a family / group of soldier saints. Guru Gobind Singh Ji's prime mission was the concept of the ideal man as established by the first nine Gurus.



Guru Gobind Singh with Panj Pyaras



Golden Temple, Amritsar



Guru Gobind Singh



Shaheed Udham Singh

It is said that on this historical day of Baisakhi, Sri Guru Gobind Singh Ji came out of a tent with a mighty sword in his hand. He challenged and told the Sikhs that only those who were ready to die should enter the tent after him. Saying this, he went inside the tent and after some time returned with five men wearing turbans. These five were the Five Beloved Ones (Panj Pyaras). Individually, each one was called a 'Singh' (lion) and collectively they were given the name Khalsa. During the first few days of the month of April 1699, about 80000 men with the Sikh baptism joined the Khalsa Panth.

13th April, the Baisakhi day in 1919 is also associated with Jallianwala Bagh Massacre in the holy city of Amritsar. It was an infamous episode of brutality. About 20000 unarmed crowd of men, women and children were entrapped in an abandoned walled garden during a Sikh Festival of Baisakhi. Jallianwala Bagh, close to Golden Temple, crucially had only five narrow entrances. Many people were there to celebrate the Baisakhi festival peacefully. Others were there to protest against the recent imprisonment of important independent activists Saifuddin Kitchlew and Satya Pal who were arrested on April 10, 1919. In view of the protest, the Britishers banned the public gatherings. But the public was unaware of the order. The Jallianwala Bagh had only one exit point. With a motive to punish civilians for showing disobedience, General Reginald Dyer arrived at the Jallianwala Bagh and sealed off the exit point to ensure nobody could flee the place. He ordered the troops to fire on unarmed civilians. The troops continued shooting until all the rounds of ammunition had exhausted. About 1650 rounds of bullets were fired on unarmed public. Many people raised slogans of 'Inquilab Zindabad' and jumped into a well. More than 200 bodies were recovered from the well after firing. It is unclear how many people lost their lives in the bloodbath but thousands and thousands were injured. Jallianwala Bagh Massacre still remains the darkest day in Indian history. April 13, 1919 became immortal story of our freedom struggle. Their unparalleled courage and sacrifice will keep motivating the coming generations. The bullet holes in the wall are preserved.

The Jallianwala Bagh Massacre angered the Indians and Mahatma Gandhi gave a call for non-cooperation movement. The slaughter left a permanent stain on Indo-British relations and paved the way for Mahatma Gandhi's entire devotion to seek independence from the clutches of British Empire. The poet and Nobel Prize winner Rabindranath Tagore refused to accept his knighthood. The shooting was deemed 'monstrous' by Winston Churchill in 1920. General Dyer was censured for his conduct and ordered to leave the military. General Dyer was assassinated on 13th March 1940 at Caxton Hall, London by Sardar Udham Singh.

Udham Singh was an Indian revolutionary belonging to Gadhar Party and Hindustan Socialist Republican Association. He was subsequently tried and convicted of murder and hanged in July 1940 in Pentoville Prison, London, England. The Times of London called him a fighter for freedom. In 1974, Shaheed-e-Azam Sardar Udham Singh's remains were repatriated to India. He was posthumously awarded the 'Nishaan-e-Khalsa' by the Anandpur Sahib Foundation in 1999 during the tercentenary of the creation of Khalsa and the centenary of Udham Singh's birth. A museum has been dedicated to Udham Singh near Jallianwala Bagh. His ancestral house in Sunam has been converted into a museum. The official name of his ancestral town Sunam was changed to 'Sunam Udham Singh Wala', in Uttarakhand. Udham Singh's quote: "I do not mind my sentence, ten, twenty or fifty years to be hanged. I have done my duty."

Let us salute the martyrs of our country.

## Matching Rotary with Judiciary

### Author



**Dr. Balram Gupta**  
**Professor Emeritus**  
**and Sr. Advocate**  
**Director (Academics)**  
**Chandigarh**  
**Judicial Academy**

Rotary was born on February 23, 1905. We have just celebrated its 119<sup>th</sup> birthday. No ageing signs. The years and the decades have added to its strength and vitality. What is its health secret? What is its recipe? Its life story needs to be shared. It was extremely chilly evening (February 23) in Chicago. Paul Harris, a young lawyer (only 9 years into the legal profession) conceived Rotary. Three friends were invited. These four men belonged to four different countries, different faiths and different businesses and professions. All settled in USA. Paul shared his mind. He wanted to organise a group. Each one representing a different profession and a different business. To meet by rotation each week. This is how Rotary took its birth. Rotary is a global organisation of close to 12.5 million Rotarians of 36,904 clubs. Divided into 538 Rotary Districts. Spread over 172 countries. In India, Rotary has already completed its 100 years. It is growing and moving from strength to strength.

It was after the 2<sup>nd</sup> world war, in 1945, the US President, Harry Truman and British Prime Minister Winston Churchill came together to draft the UN Charter. There were 49 Rotarians on the drafting committee. Peace is Rotary's DNA. The Rotary theme for the year 2012-13 was: Peace Through Service given by RI President Sakuji Tanaka. Service beyond self. Service to humanity. UNO has completed 77 years. Rotary and UNO are partners in Peace. They are working together. Service is a formidable arsenal of Peace. The Rotary story and journey is soaked in Service to mankind.

I joined Rotary in 1977. I have enjoyed Rotary for 46 years. During these 46 years, I have been a witness to how Rotary has contributed in bringing Peace in the lives of millions of people around the globe. I was a young Law Professor at the Panjab University when I joined Rotary. The Lawyers and Judges are partners in doing justice. This is the best kind of service. Throughout my association as part of Rotary, I have connected Rotary with Legal and Judicial Coparcenary. Through my writings, Talks and memorial lectures. My entire effort was focused to spread Rotary culture in my varied surroundings: the law students, teachers, lawyers and judges.

Paul Harris, founder of Rotary was a lawyer. Rotary International President Jonathan Majiyagbe for the year 2003-2004 was a Senior Advocate of Nigeria. Rotary International President, Ron D. Burton (2013-14) was admitted to practice before the US Supreme Court. R.I. President Jennifer Jones (2022-23) holds a Doctor of Laws – LLD degree. The list is long. Former Chief Justices of India, late Justice Dr. A.S. Anand and late Justice M.M. Punchhi had been Rotarians. In India also, many lawyers, judges and law professors have been Rotarians. Rotary is a way of life which is 'service' oriented. Equally, the Legal and Judicial Coparcenary is also service oriented. Both are founded on the touch-stone of 'service'. What a blend. What a mix. What 'service' culture. The culture of this Coparcenary and of Rotary is a 'mosaic of service'.

Rotary has its 4-way test. Is it the truth? Fair to all. Will it build goodwill and beneficial to all. Judges find out the truth. Justice and Truth are twins. Truth and fairness are interwoven. When you speak the truth, you build up goodwill. Goodwill is beneficial to all. This blends both Rotary and Judiciary together.

The Rotary International Council on Legislation in 1989 provided "Rotary Code of Conduct". It laid down :

- (i) Rotarians will act with integrity and high ethical standards in their personal and professional life; and
- (ii) Rotarians will avoid behavior which reflects adversely on Rotary or other Rotarians.

This Code of Conduct fully fits into the Code of Conduct of Judges. The word *Rotarian* be substituted with *Judge*. Equally, *Rotary* be substituted with *Judiciary*. This Code of Conduct also covers the lawyers and Judges. Lawyers must act with integrity and high ethical standards in their personal and professional life. Truly, Judges and Lawyers must avoid behavior which would reflect adversely on them and on the institution of Judiciary. Rotarians wear Rotary lapel. Judges add to their name Justice or Judge. They wear their robes. Once you become a Judge or Rotarian, automatically the Code of Conduct becomes operational.

M.C. Chagla was Chief Justice of Bombay High Court from 1947 to 1958. After being the Chief Justice, he lived for another 22 years. He occupied many other positions rendering service above self. He was no more on February 09, 1981. On August 15, 1985, his statute was unveiled outside Chief Justice's Court (No.52) where he presided for 11-years. The words inscribed read: "A great judge. A great citizen. Above all, a great human being". Without being a Rotarian, he was a true Rotarian.

Nani Palkhiwala was a Court Room genius. Unique in every respect. At heart, he was a true Rotarian. His name and fame was not for the fees that he charged for his professional skills and services. Actually, he would do many cases free for good public causes. His father nurtured in him compassion and kindness for the less privileged. He created many Charitable Trusts, gave donations to Charitable Institutions. A prominent Eye Hospital in Madras needed financial help. The Director of the Hospital was invited to dinner. After the dinner, when Nani came down to see him off, he handed him a closed envelope containing a personal cheque of Rs. 25 million with the words, "If you need more, do not hesitate to ask." In 1997, Justice Kuldeep Singh of the Supreme Court of India presented Nani a citation on behalf of various Rotary Clubs of Bombay. The citation reads: "One

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feels that he is not a man of this world but someone from outside. I have many times tried to explain him as a man. But it is very difficult. One can only feel his essence and enjoy as one enjoys the fragrance of a flower or the smile of a child. He is like a cool breeze on a warm sunny day. This is Nani, the gentleman.”

Justice H.R. Khanna occupies unique position on the judicial map of India. He was born on July 3, 1912. He was no more on February 25, 2008. He played his innings for 96 years. A life of fulfillment. A life of sacrifice. A life full of service. His portrait continues to adorn Court No.2 of the summit court of the country. It is reminder of the sacrifice he made. He never came to occupy Court No. 1 as the Chief Justice of India. He was superseded because of his *Habeas Corpus* decision. He was a true embodiment of Judicial and Rotary culture. He practiced Rotary values during his entire judicial career.

Rendering justice is the best kind of service to humanity. Judges make Rule of Law inter-act with Rule of Life. Let the coparcenary of Lawyers, Judges and Rotarians work in unison. This coparcenary would weave service culture for the good of humanity. It is big comfort to know that some of the best Poetry was written by Milton. He was blind. Some of the best Music was composed by Beethoven. He was deaf. One of the greatest President was Franklin D. Roosevelt. He served from a wheelchair. Basically, they were good human beings. This coparcenary is also of good human beings. This is best recipe for building up Legal and Judicial Coparcenary.

## Cockroach Theory

A beautiful speech by Sundar Pichai - an IIT-MIT Alumnus and CEO of Google  
The cockroach theory for self-development



Sundar Pichai

At a restaurant, a cockroach suddenly flew from somewhere and sat on a lady. She started screaming out of fear. With a panic stricken face and trembling voice, she started jumping, with both her hands desperately trying to get rid of the cockroach. Her reaction was contagious, as everyone in her group also got panicky. The lady finally managed to push the cockroach away but it landed on another lady in the group. Now, it was the turn of the other lady in the group to continue the drama.

The waiter rushed forward to their rescue. In the relay of throwing, the cockroach next fell upon the waiter. The waiter stood firm, composed himself and observed the behavior of the cockroach on his shirt. When he was confident enough, he grabbed it with his fingers and threw it out of the restaurant.

Sipping my coffee and watching the amusement, the antenna of my mind picked up a few thoughts and started wondering, was the cockroach responsible for their histrionic behavior? If so, then why was the waiter not disturbed? He handled it near to perfection, without any chaos.

It is not the cockroach, but the inability of those people to handle the disturbance caused by the cockroach, that disturbed the ladies. I realized that, it is not the shouting of my father or my boss or my wife that disturbs me, but it's my inability to handle the disturbances caused by their shouting that disturbs me. It's not the traffic jams on the road that disturbs me, but my inability to handle the disturbance caused by the traffic jam that disturbs me.

More than the problem, it's my reaction to the problem that creates chaos in my life. Lessons learnt from the story: I understood, I should not react in life. I should always respond.

The women reacted, whereas the waiter responded. Reactions are always instinctive whereas responses are always well thought of.

A beautiful way to understand LIFE..... Person who is HAPPY is not because Everything is RIGHT in his Life. He is HAPPY because his Attitude towards Everything in his Life is Right..!!!

**Impressions is a monthly e-Bulletin, its theme being Nirbhau - Nirvair (No Fear - No Hate), to provide independent platform for sharing developments in Disability Empowerment - Artificial Limbs and Assistive Technology / Devices, Rotary Information of humanitarian service to advance goodwill and peace around the world, Healthcare matters, non-political and good news / topics – serious or humorous, about general interests on domestic and international fronts. The aim of this e-Bulletin is to encourage new ideas and original thinking with a positive approach.**

**Note: For advertisements in this bulletin please contact Dr VJS Vohra on Mobile / Whatsapp: +91 9814006829**