

# Impressions

Theme of this  
Bulletin:

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

No. 23/24 – March 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

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## PDG Shaju Peter visits Sahyog Artificial Limbs project

[Click here - https://youtu.be/InNlk4C93FU](https://youtu.be/InNlk4C93FU)



Inspiring address  
and valuable  
advice by PDG  
Shaju Peter



Rotary members with beneficiaries of Sahyog project

PDG Shaju Peter visited Rotary District 3080 Sahyog artificial Limbs project at Nevedac Prosthetic Clinic, Zirakpur, Chandigarh on 20th March 2023. He appreciated the work being done for the disabled persons who have been provided high quality artificial limbs at subsidized rates. He complimented Chair Sahyog PP Salil Bali for his wonderful initiative to empower disabled persons. PDG Shaju Peter congratulated PP Dr VJS Vohra for his expertise in prosthetics and for carrying on the legacy of his late father, Col DS Vohra, a pioneer in the profession of prosthetics and orthotics.

PDG Shaju said Sahyog is a great project and it needs to expand in a big way to serve the needy disabled persons.

In presence of PDG Shaju Peter, plaster cast and measurement was taken of six new patients (5 sponsored by PP Gaurav Ghai, 1 by Rotary Club Shimla Hill Queens through PP Parikshat Mehdudia) and one patient discharged with prosthetic leg (sponsored by YES Panipat through PP Assem Grover).

Those present were President Dr Sanjay Kalra, Sahyog Counselor PP Gaurav Ghai, Sahyog Chair Salil Bali, PP Dr Rita Kalra, PP Ashok Puri, R'Ann Sudha Puri, Rtn Brig JS Sabharwal, R'Ann Jyotie Sabharwal, District Chair Disability Empowerment PP Dr VJS Vohra, R'Ann Indu Vohra and their daughter Ita and granddaughters Ananya and Anushka.

Immense gratitude to all Rotarians and the big supporters of Sahyog Project - PP Gaurav Ghai, PP Parikshat Mehdudia and PP Aseem Grover, for their continuously sponsoring the patients under Sahyog Project.

PP Rtn Anil Puri from Rotary District 5020 (USA) visited Sahyog Project on 5th March 2023. He was highly impressed with the high class prosthetic limbs being given to needy disabled persons.



President Dr Sanjay Kalra said  
Sahyog will create big record



PP Salil Bali and PP Dr VJS Vohra having interesting  
interaction with PDG Shaju Peter

# Impressions

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## Statutory Warning Rehabilitation Council of India



भारतीय पुनर्वास परिषद्  
सांघातिक न्याय और अधिकारिता मंत्रालय,  
दिव्यांगजन सशक्तिकरण विभाग के अधीन एक स्थायिक 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-depwd@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)



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**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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# Impressions

March 2023 - 3 -

Shri Kartarpur Sahib, Pakistan



Rotarians from India and Pakistan met at Shri Kartarpur Sahib Gurudwara in Pakistan on 4th March 2023. Shri Kartarpur Sahib Gurudwara is huge, beautiful, peaceful and well maintained complex, where Guru Nanak Dev Ji lived for 18 years until his death on 22 September 1539.

The reception area or the Darshani Deorri, was a joyful meeting place for Rotarians of India and Pakistan. They were hugging each other, shaking hands, taking photos, exchanging club flags, Twin Club certificates and sweets. Indian Rotarians exchanged message of goodwill and peace with Rotarians from Lahore, Islamabad, Rawalpindi and Faisalabad, including Past District Governor (PDG) Shehzad Ahmed, PDG Anthony Richards, DGE Masrur Sheik, Deputy Governor Abdul Haleem and AG Raheel Anwar Qureshi, Presidents, Past Presidents and many other Rotarians and Anns of Pakistan.

The twinning of clubs from India - District 3080 with clubs from Pakistan were in process, twinning for 8 clubs from Chandigarh, Mohali, Shimla and Parwanoo with clubs from Lahore and Faisalabad.

Goodwill meet at Kartarpur Sahib created a great opportunity for international peace and understanding for Rotarians of India and Pakistan, to interact in person with each other, in true Rotary spirit and making new bond of friendship and fellowship. This was initiated and conceived by directors of the Indus Peace Park Society PDG Madhukar Malhotra from Chandigarh and PDG Shehzad Ahmed from Pakistan, also Director from Delhi Rtn Anil Ghai. Coordinated by AG Rtn AP Singh, District

3080 from India and Deputy Governor Rtn Abdul Haleem, District 3272 from Pakistan. Thanks to Rtn Sartaj Lamba of Chandigarh for help in registration and the formalities.



From Rotary Club of Chandigarh Midtown, PP Rtn Ajit Gulati with R'Ann Bir Gulati, PP Rtn Prem Anand with R'Ann Indu Anand, PP Rtn RTPS Tulsi with R'Ann Ranjana Tulsi, Rtn Brig JS Sabharwal with R'Ann Jyotie Sabharwal, Rtn Surjit Mann, Rtn Kulvinder Singh Chhatwal with R'Ann Raspal, daughter Careena and son Sukhdeep visited Shri Kartarpur Sahib. These Rotarians had a wonderful interaction in Punjabi with Rotarians of their twin club, Rotary Club of Lahore Midtown, led by PP Rtn Maqbool (Max) Babri. They promised to serve humanity globally and will also do projects together. They will also explore the possibilities to visit each other and also share home hospitality.

## Metabolic Syndrome

### The X factor in Indians

#### 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)

Indians love knowing about their future. No wonder all newspapers have a separate section for 'Forecasts'. TV forecasters are celebrities. Palmists, Tarot card readers and even coffee cup readers mint money. No marriage can take place without the consultation of the family religious preacher or astrologer. Very few amongst us like to know about the future of our health.

More and more Indians, living in India or abroad, are falling prey to Cardiovascular disease (CVD) including Hypertension and Type II Diabetes Mellitus (DM). There is a need to know early, whether one is at risk of developing these diseases. Four decades ago, a group of risk factors were identified in people who later on developed Hypertension, DM or other CVDs. These were clubbed together and named, X Syndrome.

Studies conducted in the US found that a higher percentage of migrant Indians than other ethnic or racial groups had the X Syndrome. Studies in India confirmed this fact that around 25% Indians were having this Syndrome. Other South Asians were also at high risk. With better understanding, X Syndrome was renamed Metabolic Syndrome, written as MetS in this article.

Presence of any three of the five risk factors described below constitutes the presence of Metabolic Syndrome:

- A large waist. Waist larger than 80 cm in women and 90 cm in men.
- Elevated Blood Pressure (BP). Systolic BP higher than 130 mm of Mercury or Diastolic BP higher than 85 mm of Mercury.
- Elevated Blood Sugar. A fasting Blood sugar higher than 100 mg/dl.
- Higher Blood Triglycerides. Triglycerides, a type of fat, their value higher than 150mg/ dl.
- Lower levels of HDL (good cholesterol) or High Density Lipoprotein. HDL value higher than 40 mg/dl in men and 50 mg/dl in women.

Caution. Individually seen, presence of any one of the risk factors may or may not require treatment and the individual need not be alarmed. However, an opinion of the treating Physician should be taken if 3 or more are present. If MetS is confirmed, it should requires correction in the lifestyle of the individual.

The overall prevalence is estimated to be 6.5%. In a few studies in adults, women were found to have 42.5% and men around 24%. Above the age of 65 years, the chances of having MetS are as high as 65%. These persons may or may not have DM or Hypertension or CVD, but they are at higher risk of getting these diseases and so, they should take pre-emptive measures.

Ideally a yearly medical examination should be carried out under the guidance of a physician. However, younger adults tuned in to Google can also measure their own waist at the umbilicus, their own Blood Pressure with a machine and get the 3 blood tests described above. It is advisable to get the opinion of a physician if any of the 5 parameters is not in the range described above.

If one has MetS and none of the diseases associated with it, one must feel extremely lucky. At least, the person can take action to prevent the diseases. Else, drugs and restrictions would be the norm. Seek medical advice to know about the risk and specific changes in behaviour, if required. It will depend on the physical condition of the person. The physician will also determine if there is a specific disease and hence would commence treatment accordingly.

Try to get at least 40 minutes of Activity a day in either one or two spells. Add 10 minutes of stretching (yoga or any other) and alternate it with muscle strengthening exercises. Keep one day of rest, but remain active. Food and snacks are equally important. Have fresh fruit, salads and dried fruits / seeds (neither fried nor salted) should be taken as snacks. in place of junk food and fried snacks. A balanced diet with high fibre content is good for the body. Try adding millets in any meal, at least twice a week. Green tea, buttermilk, fresh lime or even sattv can replace the colas or packaged 'fruit' juices. Intake of saturated fats should be reduced, and trans-fats, intoxicants like alcohol, recreational drugs and tobacco should be stopped.

Chronic or long term high stress causes many diseases. Stress is needed to keep one sharp, but one must know how to deal with it. Meditation, chats with friends / relatives or music can reduce stress.

So, next time you read or hear about your future forecast, remember, the predictive value of MetS. Also, start thinking of making healthy choices to ward off MetS.

## High Altitude Cold Desert

### Author



**Dr Swaranjit Singh**  
FAMI, FNABS, FSAB, FNESA  
Director, SAS Free Polyclinic  
Mohali, Punjab

Like the Pamir Knot, the cold and high altitude desert of Leh & Ladakh is also referred to as the “Roof of the world”. Surely, it is the roof of the world with the world’s highest motorable Pass – the Kardungla Pass also popularly known as the ‘K –Top’ at a mighty height of 18400 feet above sea level. It was snowing like a hale storm when I went up in June 2005. My digital thermometer showed -4°C. At night the temperature drops to -10°C to -40°C. The cold winds blowing make it biting cold. The army personnel advice the people not to stay there more than half an hour as apart from the extreme cold the oxygen concentration is just 40-60% of the normal concentration.

Wise are those who take complete rest on their first day as only then they can do their work on the second day onwards efficiently. I did exactly this so that I adapt to the low oxygen and cold high altitude. I took a lot of fluids like water, juice and hot soup that was very welcome in the cold evenings. I had planned to collect soil and water samples for research investigation of this unique niche located in Northern India. I carried around two iceboxes in my car to store the important samples I had collected from the surface, below the surface, under the ice and from different water sources. The driver who used to accompany me really helped me and now he is an expert in scientific collection of samples from unusual places. I made it a point to record the temperature, humidity and altitude of the sampling point.

The highest collection point was K-Top. As I have interest in petroleum hydrocarbons I collected soil from a Bulldozer parking shed located at very high altitude. A lot of oil had spilled around on the snow soil mixture for years. From this precious mixture I will isolate microorganisms that degrade toxic components of oil in cold conditions. The other point I would specially like to mention was Pengong Lake. It consists of salty water and fine granules. Two army persons accompanied me to fill up the small plastic bottles with the brackish water. I collected water from the Indus River, from the backyard of a Monastery. I was also looking for cyanobacteria, also known as blue green algae.

On my return I was asked by a security person, “are you carrying soil in your baggage?” I showed my Identity Card. Presently we are isolating microbes for study and applications in diverse fields. A genomic (DNA) library is also being made that will be useful for further understanding the novel and diverse microbial diversity of this area. I noted that the cold desert had barren soil that was composed of small pebbles and very big stones. Fertile spots in patches were developed by farmers and the Agriculture Department. The Leh berries and juice is a Leh product. A food industry unit is exploring the potential products of the area. The women society of Leh is very active and has set up an outlet of fresh food and juice products at nominal prices. I had a refreshing drink at this place. I was really impressed not to find plastic bags there. As a result the streets are very clean. I purchased some china tea bowls that were wrapped in the non-polluting eco-friendly paper bag and walked out with a smile thinking that this is a good point that we too should adopt.

Many people looked black which is due to the environment of the area. During the day the sunrays are very intense which results in blackening of the people. People cover their faces with a cloth to avoid this expose. At night the sky is very clear due to less polluting dust. An Indian Astronomical Observatory is located about 250 Kms away from Leh to observe and study the heavenly bodies clearly. The famous palace, a distinguished monument and a historical building is having nine floors built in the 17th century by illustrious ruler of Ladakh, Sengge Namgyal. It is in ruins now. The building in grand Tibetan architecture had inspired the famous Potala of Lahasa, built half a century later. Namgyal Tsemo, the peak overlooking the town are the ruins of the fort built by the king Tashi Namgyal in the 16th century, as a royal residence.

People buy vegetable and fruits kept on truck backs coming from Srinagar. Another interesting point near Leh is heavy vehicles in neutral gear and engines off drift towards the magnetic hill. The Pangong Lake is about 150 kms. Southeast of Leh, part of it is in India while the other part is in China. It is a most beautiful natural lake around 120 Kms in length and nearly 5 Kms. in width. Army controls the vehicular traffic. Many tourist tents are seen in the periphery of the lake. Enroute the lake is the Changla Pass that is 17800 ft. above sea level. The snow clearance is by the bulldozers. The car drivers go in convey and if they get stuck up the others would help. Many Police and army check posts have to be crossed that check the permit issued by the District Magistrate, Leh. The army people are very hospitable and offer first aid, toilet and refreshments. The highest training center of the scouts is located there (11050 ft.) and so is the highest airport.

It is a real sight to see the meeting point of the river Indus and the river Zangskar. The Indus appears green but when it meets Zangskar the water turns muddy and eventually flows to Pakistan via the Kargil region. The monasteries are very big and old and one can see so many Stupas. I had taken a torch on my father’s suggestion to see the intricate paintings on the walls.

The visit was a real once in lifetime experience for me that is very unique as the people of that area are very warm and helpful. I carried the sweet memories back with me and captured some snaps. At times I listen to the Ladakhi cassette I purchased from a shop in the outskirts of Leh.

## How literature and law are twins

### Author



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

I have been the consumer of legal writings: Judgments, law books, memorial lectures, legal orations, autobiographies, biographies of lawyers and Judges and a variety of other legal writings. Every legal writing would not qualify as good legal literature. Certainly, many legal writings would rank as good legal literature. Some legal writings would be comparable with the best of literature. There are two aspects. One, the richness of the words of the language. Two, the weaving of thoughts and ideas into an enduring contribution. This is a recipe for any good literature.

Many judges love to soak their judgments in literature. Equally, many others produce good legal literature. The richness of legal literature is evident from the fact that we have a book of legal quotations “evocatively portraying” the thoughts and minds of Judges of the summit Court. It has been described by Justice Dipak Misra, former Chief Justice of India in its foreword – ‘artistically woven’ spread over a period of five decades. It is a ‘treasure house’ of ‘judicial wisdom’. The thought behind this compilation is to ‘acquaint the generation of lawyers’ with the ‘authors of judgments’ to ‘ignite their thinking’. This compilation of quotations contains the wisdom of the Judges of the Indian apex court. What a treasure.

My autobiography-cum-essays, My Journey with Law & Justice, released on January 29, 2022, also carries an essay titled ‘Blending Law with Literature.’ Prof. Upendra Baxi described it “the most lucid autobiography written in Biblical style (usually attributed in law to Lord Denning).” Law and Literature are twins. Law cannot be devoid of literature. Legends in Law penned by V. Sudhish Pai not only describes 42 great men of law but also the best of legal literature. Connecting the past with the present and the future, it is a must-read for academic and professional lawyers and judges. It is a book which teaches you that the legal coparcenary is a mix of good human beings.

Let me illustrate this with some real life stories. Kanhaiya Lal Misra appeared in the Indian Civil Service Examinations of 1926. He scored 150 out of 150 marks in his English essay paper but he was not selected for ICS as he had joined the nationalist movement. Sir Arthur Quillar, a well-known professor of English Literature who had examined Misra’s paper and given him full marks, wrote a personal letter to Misra’s Professor in Allahabad University, Professor Dunn. He wrote: “It is the Englishmen who conquered India, but it is only K.L. Misra who conquered English!” Misra later opted to be an advocate and rose to the position of Advocate General, UP. He was a great lawyer. A lover of English language and literature. Chief Justice Earl Warren of US Supreme Court said, “I, as a judge of the Supreme Court of America should not be emotional, but I must confess that though I have travelled all over the globe but never I was moved more emotionally than by the speech of the learned Advocate General of Uttar Pradesh Mr. K.L. Misra today.”

Misra was offered Judgeship of the Supreme Court in 1957 when he was 54. He refused. Nani Palkhivala, the courtroom genius, became a lawyer by accident. He did his B.A. with honors in English literature and wanted to be a lecturer in a local college. But a lady was selected. He was not. He wanted to become a member of the Indian Civil service (ICS), the ultimate dream for many young Indians at that time. The circumstances so conspired, he could not take the ICS examination. It was then he took up law in 1942 and joined the legal profession in 1944. One could fathom his love for literature throughout his journey.

Lawyers love Shakespeare. It is appropriate to say that more has been written by Shakespeare discussing the legal profession than any other profession. Some think and believe that his knowledge of law was so detailed that the ‘real’ Shakespeare must have been a lawyer. It is argued that reading literary works makes people show empathy, challenge preconceptions and be more flexible in their decision making. All this is desirable in lawyers and judges. Harvard Law School offers a seminar which focuses entirely on “justice and morality” in the plays of Shakespeare. Kings College, London, prepared the module “Shakespeare and the Law” co-taught by the Literature and Law faculties.

Law and literature are companions. They are like Siamese twins. They are blended together. One aids the other. The final product becomes wholesome. The dish is digestive. Tasty. Tempting. Above all, literature acts as a preservative. It never ages. Lasting legal literature.

### Fast track Justice was required

Judge: You must be ashamed of yourself. You're 80 years old, and the charge is you winked at a girl.

Accused: Excuse me your Honour. I winked at her when I was 20 and the case has come up now.

## International Women's Day

### Author



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

International Women's Day (IWD) is celebrated on 8th March annually. It is a global day to celebrate the social, economic, cultural and political achievements of women. It was started in 1991 to celebrate women's equality.

IWD was solemnized for the first time in Australia, Denmark, Germany and Switzerland on 19th March 1991. However, it was agreed to be marked annually on 8th March according to Gregorian Calendar. The United Nations marked it for the first time in 1975. The world has witnessed a significant change in women's status and society. The theme for 2023 is: DigitALL: Innovation and Technology for Gender Equality. Women have made contributions to the digital world against all odds but still their potential remains unlocked due to persistent gender gap. Advancement in digital technology offers immense opportunities to address humanitarian challenges. The aim of the IWD 2023 bears a campaign theme #EmbraceEquity.

All the countries of the world are endeavoring earnestly about women empowerment. India has also supported the cause of women equality with full force. Gains in this fields are clearly visible in India. We should hire female employees because it imparts wide range of skills and ideas to enhance profit. But women should not be subjected to any harassment and discrimination.

Women have excelled in the field of science, technology, space, literature, culture, film industry, defense, politics, medicine, innovation technology, peace and many more. Mother Teresa, an Albanian Indian Catholic nun, is an apostle of love and peace. She was awarded Nobel Peace Prize in 1979. India has also respected and honoured women. Droupdi Murmu has been serving as the President of India since 15th July, 2022. Pratibha Devi Singh Patil served as the First Woman President of India from 2007-2012. Sonia Gandhi is the longest serving President of the Indian National Congress. Priyanka Gandhi Vadra is also an Indian politician. The dynamic Indira Gandhi was a stateswoman who served as the Prime Minister of India and was the First Woman to get Bharat Ratna in 1971.

Rajkumari Amrit Kaur was the first woman Cabinet Minister of Health in 1952. Tarkeshwari Sinha was the first Deputy Finance Minister in Nehru's Cabinet. Vijay Lakshmi Pandit, the sister of Jawaharlal Nehru, was in the Ministry of Local Self-Government. Dr. Sushila Nayyar was the first female Minister of State (Health) in 1962 - 1967.

Sushma Swaraj was a celebrated politician who served Union Minister of External Affairs of India in Modi Cabinet. West Bengal Chief Minister Mamta Banerjee became the first female Chief Minister of the state. Jayalalitha was a successful actress turned politician and remained the Chief Minister of Tamil Nadu for more than 14 years. Mayawati has also the distinction to remain the Chief Minister of Uttar Pradesh. There are 78 women politicians elected as Members of Parliament in the 17th Lok Sabha.

Moreover, Shruti Choudhary, Priya Dutt, Dimple Yadav are the young politicians. Harsimrat Kaur Badal is an example of grace and brains who was the Food Processing Minister of India. Smriti Irani is an actress turned politician in the BJP Government and functioning as Human Resource Development Minister. Nirmala Sitharaman is a skilled and hard-working Finance Minister in the Union Cabinet.

In the world of glamour, glitter, music etc. our Indian Bollywood Industry is beaming with many well known actresses, singers and directors. The women have also excelled in the field of sports like cricket, tennis and badminton. Women's Premier League (WPL) has enabled the girls to take a giant leap in the world of Cricket.

From the Royal City of Patiala Preet Kaur has been the MP and Minister of State in the Ministry of External Affairs. She is the wife of former Chief Minister Captain Amarinder Singh. Iconic beauty of Rajmata Gayatri Devi of Jaipur was an epitome of elegance.

Dr Kiran Bedi was the first to join the Officer Rank of the Indian Police Service in 1972. She also served as the Governor of Puducherry. Visually impaired Dr. Kiran is Assistant Professor in Punjabi University, Patiala.

Elizabeth II was the Queen of the United Kingdom with the longest reign of any female monarch in history. Diana, Princess of Wales, was the first wife of King Charles III and mother of Princes William and Harry.



**President of India Droupdi Murmu,  
Queen Elizabeth II, Aishwarya Rai  
Bachchan, Preet Kaur MP**

# Impressions

March 2023 - 8 -

## Who is a Genius?

Author



Utpal Chatterjee

A "GENIUS" IS FAR TOO RARE ! Who or what is a genius? Is every Tom, Dick and Harry we come across a "genius"? A person may look or talk smart. But does that make him a genius? Is every genius born one? The questions may go on and on but the answer is a simple "NO"! Roughly defined, a genius is an exceptionally intelligent person with amazing creative power or natural ability.

The Huxley brothers, after extensive research, had arrived at the conclusion that most of the human brain remains dormant but in the case of a genius, the use of the brain would be a few notches higher than the normal. That the human mind uses, at the most, a mere 11% of the brain's capacity may or may not be a myth. NOT all Nobel Laureates, for instance, can be labeled "geniuses". So many of them are not at all deserving laureates. But certain individuals down history have been recognized as true geniuses and, for all the right reasons.

To cite a few instances, one can go back to the Renaissance and come up with at least two names. Those are Leonardo da Vinci and Michelangelo. The first was versatility personified. Apart from being a great painter, he did a lot for which medical science and aviation, among other sectors, remain indebted to him. The second was an artist who took the breath away with what he did with the Sistine Chapel and David. Both fascinate millions to this day. In literature, there is Shakespeare and then there is Tagore, both bottomless wells of creativity. Since the death of the former over four centuries back, more than 400 research papers have been churned out every year.

Go to the world of science and consider personalities like Sir Isaac Newton, Madame Curie and Albert Einstein. In the world of music there is Ludwig Van Beethoven and Wolfgang Amadeus Mozart. There are a few others but the names cited ought to do for now. All of them continue to inspire and intrigue researchers to this day. Both Samuel Taylor Coleridge and, much later, an Indian National Professor of great eminence, Professor Debidas Chatterjee, tried hard to explore "Ways and means of creative imagination" and find what made the works of these extraordinary geniuses possible, what spark sets off the creative process. Both had made significant progress but, before they could complete their research, they died. That was, indeed, sad or else we could have had a good idea of how these brilliant minds worked to leave the rest of the world in awe. Unfortunately, in recent times, you have had several using the term "genius" rather loosely. If, for instance, a cricket batsman flicks a fast bowler to the fence, the commentator exults, "That was the work of a genius!"

In recent times, following all the sound and fury over Michael Wolfe's "Fire and Fury", a certain Donald J. Trump kept repeating he was "super smart" and a "stable genius". Whatever is a "stable genius"? Does a real genius, "stable" or otherwise, shout from the rooftops that he is one? In the good old days, if a "responsible" person or a leader would talk as irresponsibly, it would be inferred he had "lost his marbles" (to become insane) . Has Trump, the "stable genius" finally trumped himself or lost his marbles completely? Perhaps, he could read a bit about the real geniuses and take a lesson in humility. But, in his case, that may be asking for the moon.

## Reminiscing from the world of Nobel Prizes

Contributed by



Prof Dr IS Dua

The year was 1905 and the date 10th December when a gentleman by the name of Robert Koch gets the Nobel prize in Medicine and at this critical moment, the Chairman of the Nobel Committee Professor Bohr, himself a Nobel Laureate, quoted Stanza 114 from the Holy Bible which says: "All women and men are created equal" and then impromptu he uses his sharpened wit to add that only the finest amongst them become microbiologists and the person who is on podium today Prof. Koch, who has done work on *Mycobacterium tuberculosis*, henceforth will be known as one of the fathers of microbiology along with Louise Pasteur and Leeuwenhoek. Since then, Microbiology has made many advances towards the treatment and prevention of diseases caused by microbes in recent years. From genetics to biochemistry, there are many innumerable contributions of microbiology to science vis a vis health recalibration.

A microbiologist is a scientist whose conversation always starts with the germ of an idea. It was remarked by Alexander Fleming in 1945 that microbes ruled the world. It is a fact that you are never alone on this planet as all the times not from cradle to grave but right from pre- cradle to post-cradle you are always coupled to these memorable unique biological entities.

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.

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