

Impressions

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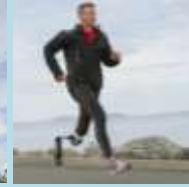
Theme of this
Bulletin:

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

No. 24/36 – March 2024
(Monthly e-Bulletin)
www.nevedac.com



Editor
Dr. V.J.S. Vohra



Disability leads to Ability of Super Humans

**Fear never builds the future, But FAITH
and Creating HOPE in the World does**



This e-Bulletin is
dedicated to
Colonel DS Vohra

Inside:

- 2. Statutory Warning**
Nevedac Prosthetic Clinic
- 3. Yes! We can End TB**
Maj General Krishan Chauhan
- 4. Heroes in Uniform - Lady Courageous**
Maj General Raj Mehta
- 5. A Tale of Strength and Determination**
Anjali Susan Paul
- 6. Can you hear a pin drop?**
Colonel Paramjit Singh
- 7. Taj Mahotsav**
Dr Jaswant Singh Puri
- 8. The Perfect Job**
KK Attri
- 8. The Eisenhower Matrix**
Brigadier DS Dhillon

Below elbow prosthetic arm for Palak

[Click here to see on YouTube - https://youtu.be/ekwFuXzPxp4](https://youtu.be/ekwFuXzPxp4)



On February 29, 2024, Palak received a below elbow left prosthetic arm, generously sponsored by the Rotary Club of Baddi. The event was attended by this club's President Rtn Kartik Sharma, Secretary Rtn Deepak Jangra, and other members. PP Rtn Dr. VJS Vohra provided valuable insight into how Palak could effectively integrate the artificial arm into her daily routines, enabling her to perform normal tasks with greater ease.

The event was further graced by the presence PP Rtn Ashok Puri, Rtn Brig JS Sabharwal, R'Ann Indu Vohra, R'Ann Sudha Puri, and R'Ann Jyotie Sabharwal, demonstrating the widespread support and community involvement in Palak's journey towards rehabilitation and empowerment.

This act of generosity and solidarity highlights Rotary Club of Baddi's commitment to making a positive difference in the lives of disabled persons with a Gift of Dignified life.



[Click here](#) - Palak using her left prosthetic arm to drink water and performing other normal tasks including kitchen work

Famous Shayar of Chandigarh



DS Bali 'Daman'
Senior Advocate
Mob.: 9878828666

ज़माना था धरती थी गुलिस्तान सी
माथे पे शिकन अब पशेमान सी
इन्सान थे इन्सानियत थी और ईमाँ
तस्वीर अब है क्यूँ शैतान सी
रखती थी जो हमेशा तायरानां नज़र
क्यों हुई मुर्दा बे जान सी
हर दम जो मुस्तहद रहती थी
हो गई है आज सुनसान सी
रह जाये गी 'दामन' बतौरे यादगार
अशार की मेरे गठरी सामान सी

Impressions

March 2024 - 2 -

Statutory Warning Rehabilitation Council of India



भारतीय पुनर्वास परिषद्
सामाजिक न्याय और अधिकारिता मंत्रालय,
विभाजन सशक्तिकरण विभाग के अधीन एक वैधानिक 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".

(Signature)
14.5.2019
(Dr. Subodh Kumar)
Member Secretary

B-22, Qutub Institutional Area, New Delhi - 110 016
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E-mail: rci-dept@govt.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 being 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
CERTIFICATION
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, Qutub Institutional Area, New Delhi-110016
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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
(1915-1998)



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Dr. VJS Vohra
Sr. Consultant
Artificial Limbs & Orthotics
Rehabilitation Council of India
Certified Prosthetic Orthotic Professional
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Adjoining Oxford Street on Chandigarh - Ambala Expressway
Head Office: 1134, Sector 44-B, Chandigarh-160047



Yes! We can End TB

Contributed by



Maj General Krishan Chauhan
Retired Army Medical Corps
Former Additional Director, AMC

World TB day commemorates March 24, the day in 1882 when Robert Koch astounded the world by announcing that he had discovered “the cause of tuberculosis”, the TB bacillus (*Mycobacterium tuberculosis*). In 1982, a century after Dr. Koch’s announcement, the first World TB Day was sponsored by the World Health Organization (WHO) and the International Union Against Tuberculosis and Lung Disease (IUATLD). The event was intended to educate the public about the devastating health and economic consequences of TB, its effect on developing countries, and its continued tragic impact on global health. World Tuberculosis (TB) Day continues till date and this year is being celebrated with the theme “Yes! We can end TB”.

Tuberculosis (TB), is a preventable and curable airborne infectious disease that most often affects the lungs but all other organ systems (barring enamel of teeth, hair and nails). TB is caused by the bacteria *Mycobacterium tuberculosis*. TB is as old as the mankind and has been cited the Veda. TB is referred to kshyaya rog (Hindi), raja yakshma (Sanskrit); and has been variously called consumption, phthisis, consumption, schachepheth (meaning “to consume”, “to spit” and “to waste away), white plague, among others. TB has been human suffering since times immemorial.

TB does not respect anybody and treats the rich and poor alike. It spreads through the air when infected people cough, talk, sing, sneeze or spit. Some of well known Indians who were victims of TB are Srinivasa Ramanujan (Mathematician), Munshi Prem Chand (Writer), Amitabh Bachchan (Film Actor) and Kamala Nehru (Stateswoman). About a quarter of the global population is estimated to have been infected with TB bacteria.

In 2022, an estimated 10.6 million people fell ill with TB worldwide, including 5.8 million men, 3.5 million women and 1.3 million children. A total of 1.3 million people died from TB in 2022 (including 167 000 people with HIV). TB is present in all countries

and age groups. More than one-fourth of the world TB burden lives in India. The global and Indian burden of TB as estimated by the WHO in 2022 and estimates as per the Indian model are shown in below Table;

Global and Indian burden of TB

Variable	WHO estimate	Indian estimate
TB incidence rate (/100,000 population)	210	196
TB mortality (/100,000 population)	35	23

The ten countries (India, Indonesia, the Philippines, China, Nigeria, Pakistan, Myanmar, Bangladesh, Vietnam and the Democratic Republic of the Congo) with the largest gaps between notifications of people with a new or relapse episode of TB and the best estimates of TB incidence 2022.

Inhalation of the aerosolised droplets (droplet infection) and droplet nuclei results in TB infection. Most of those 90% who are infected are not (yet) ill with the TB disease (called latent TB) don’t feel sick and cannot transmit it. About 10% of people infected with TB will eventually get symptoms and develop TB disease. Certain conditions which can increase a person’s risk for TB disease are: Diabetes mellitus, Weakened immune system (HIV infection, AIDS, immunosuppressive medications), Malnutrition, Tobacco smoking, Alcohol and Certain occupations (silicosis). When TB infection occurs for the first time, it is primary TB. In high TB burden countries

like India, primary TB is a disease of children. Adults develop post-primary TB which can be due to reactivation of latent TB (occurs in 85% of people in high TB burden countries) or due to reinfection.

Overcrowding, poor ventilation, close proximity to a patient with lung TB who is coughing facilitate TB disease transmission.

What is the presentation of TB? Unlike latent TB, when a person gets TB disease, they will have symptoms. These may be mild for many months, so it is easy to spread TB to others without knowing it.

General symptoms include weakness, fatigue, appetite loss, weight loss, fever and night sweats. Symptoms related to organ-system involved include: prolonged cough (sometimes with blood), chest pain (lung TB), headache, vomiting, paralysis (brain TB), loose stools, blood in stools (intestinal TB), fluid collection in the pleural space (pleural effusion), pericardial space (pericardial effusion), abdominal cavity (peritoneal TB), genitourinary symptoms (genitourinary TB), infertility (female genital TB, still a problem in high TB burden countries) and swellings of peripheral lymph glands (lymph node TB), skin (cutaneous TB).

Patients presenting with cough of more than two weeks duration should be tested for TB. TB can be local/ focal (e.g. peripheral lymph gland TB) or generalised multisystem disease (e.g., disseminated TB with involvement of two or more noncontiguous organ systems; miliary TB as a result of blood-borne spread of TB bacillus). When there is lung involvement, the disease is classified as pulmonary TB; there is no lung involvement in extra pulmonary TB (EPTB).

Note: Would sincerely like to thank **Dr. S.K. Sharma** for writing this post on Tuberculosis. Dr. Sharma is an *Adjunct Professor* at Department of Molecular Medicine at Jamia Hamdard Institute of Molecular Medicine as well as in Jawaharlal Nehru Medical College & Datta Meghe Institute of Medical Sciences (DMIMS), Sawangi. Dr Sharma is also an Alumnus of the Department of Pulmonary & Critical Care Medicine, Harvard Medical School & Massachusetts General Hospital, Boston, USA.

Heroes in Uniform - Lady Courageous

A true life war zone incident by



**Maj General Raj Mehta
AVSM, VSM (Retd)**

A true life war zone incident of a Doctor in the Indian Army, her story of grit and Hippocrates Oath that doctors serve under, even if a Maj General has to be "sorted out" in the process.

"It was a biting cold evening of Jan 2004. Baramula had the reputation of being the terrorism hub in North Kashmir. As GOC, I was informed of a grenade blast casualty in 28 Rashtriya Rifles Battalion. The RR soldier was part of a Unit crossing Baramula for a night domination patrol when he had stepped on an IED disguised as a transistor. His intestines had spilt out and his team had rushed him to the MI Room, where the Medical Officer, CAPT DEVIKA GUPTA her hands encased in bloodied white gloves right up to her shoulders started stitching him skillfully to stop his intense bleeding.

Capt Depvika told me on arrival, "Sir, It is touch and go. Have put almost 150 stitches on him. He has to reach the ICU at Srinagar for immediate operating as his vitals are collapsing. I need to monitor him and hold a drip otherwise he will die on my hands. Need an open jeep, not this "cramped tank". It was past 1 AM now and the Baramula-Pattan road was notorious for terrorist fire on our convoys because the road was cut through low hills and gullies near Pattan, a very trouble prone area. I was the GOC and was morally responsible for any orders I gave. In this case, I felt that she had to go in a Casiper if she was not to lose the patients and her life in an ambulance Gypsy and told her the same in no uncertain terms.

Generals are trained to anticipate trouble and the moment I said what I had to, a quiet, firm, authoritative voice intervened. "Just a minute, sir" That was Capt Devika in a voice that wasn't hers, so my mind registered. She was dressed in a blood spattered green military Sari and had just got up from her stitching of the soldiers abdomen. She was actually just five feet tall, petite, well- mannered, very good in her job but for

some reason, when she pulled herself up and snapped her beret on over her short hair that dark night, with about 100 odd soldiers and officers watching, she seemed to me to be taller than I.. She was!

She disagreed with my suggestion of moving in a mine and bulletproof vehicle for safety reasons. "I'm the doctor, sir. Let me do what is best. And should I be targeted enroute, I have my husband to grieve over me," she said tersely. With all my men waiting for my reaction at being "dressed down" by this chit of a girl with three years service to my 36 years. I did the only thing any officer and gentleman would have in a war zone.

I saluted her. "Capt Devika, I am sorry I interfered. Go. God is with you". There were at least two people hiding their tears that dark night and she was just one of them. The drama had yet not unfolded. At Pattan, the area I was most worried about, one of her Gurkha escort vehicles broke down at about 2.30 AM. The brave gutsy doctor asked her escort to catch up after repairing the broken down vehicle and proceeded the last 30 kilometers unescorted in her open Gypsy. Unescorted by other than her courage and God who was with her!

On the terror grid, no one is given special privileges, man or woman as everyone is committed to specific jobs so it was with enormous relief when Capt Devika called me up at 4.30 AM. "Sir, the soldier has been operated upon and will make it. I joined in the operation.." She was then in her second trimester of pregnancy and requested half a Sunday off for tests. Two days later, the Chief of Army Staff awarded her COAS commendation for bravery, heroism and devotion to duty. A rare honour!

Months later this Tigress had delivered a baby. A child who would one day hear about a great, fiesty Mum. A woman who sorted out a protective General and won!

When some of my peers say or write that women are not suited for the Uniform, I react very strongly in their favour because the women I have seen and interacted with were Tigresses to the core. They are as lean, mean and keen as any man. Walk the same walk!" Hats off to the Tigresses in Olive Green! She Inspires Us!

.....
This is a true anecdote of Capt (now Colonel) Devika Gupta, shared by Maj Gen Raj Mehta as a salute to the women officers who serve selflessly on the front. Her husband Col Satish Mendonca has just retired..... a great doctor couple.

A Tale of Strength and Determination

Unveiling Dr Aditi Singh Vashishth | By: Anjali Susan Paul

Being an army wife is fun but also brings its share of responsibilities. So, when the task of teaching small children a dance performance for Children's Day fell into my lap, I was stumped. With no experience in any dance, I was clueless about how to go about it. Fortunately, with the help of YouTube, I managed to conjure up a dance sequence. But the real challenge was getting these tiny tots to learn the steps and perform onstage. With short attention spans and pint-sized attitudes of their own, these kids, which included my son, were a handful. Just as I was at my wit's end, another parent volunteered to help me. That person was none other than Aditi Singh Vashishth. While the dance went off without a hitch, the biggest gain from this charade was my friendship with the bubbly, vivacious Aditi.

Aditi, the heart and soul of any gathering, has a knack for instantly lifting dampened spirits. Whenever we wanted to venture out on an all-girl trip, Aditi would always be our designated driver, considering she possessed some top-notch driving skills. Known always for calling a spade a spade, breaking into a quick bhangra when happy, a fashion diva and a foodie at heart, Aditi always brought a smile to our faces.

Currently, after the sudden passing away of her husband, Aditi is excelling in her role as a single mom to two lovely daughters while practising as a dental surgeon at the ECHS polyclinic at Chandi Mandir, Panchkula. Not one to be bogged down by setbacks, she tackles every adversity head-on and emerges a winner. Here, let's delve into the origins of Aditi's go-getter spirit and explore how she confidently navigates her life on her own terms.

Aditi, the daughter of two Army doctors, learned to be independent from a young age. She and her younger brother used to help out actively in all the household chores. When her mom went away on temporary duty assignments, the onus was on Aditi to wake up early in the morning, get herself and her brother dressed, comb her brother's hair, tie his patka, and assist her dad in preparing and packing their lunch boxes.

As a fauji kid, Aditi kept shunting between schools, gaining valuable worldly exposure. Coming from a highly educated family, Aditi realized the importance of a good education at a young age. Being able to stand on your own feet and earning enough to sustain yourself were two learnings engrained in Aditi's conscience. Aditi's grandfather had a profound impact on her during her growing years. He firmly believed that one must offer all the help possible when someone is sick or ailing. A mere phone call was not enough, but he always insisted on going to the sick person's house and physically helping. This caring nature became an intrinsic part of Aditi's personality, which eventually helped her when she had to take care of her husband's ailing grandparents. Whether feeding, bathing or dressing them, Aditi never had any qualms about taking up these tasks.

During her final year in college, Aditi met Saurabh during a badminton match. Saurabh was doing his MBBS, at AFMC, Pune where he subsequently also did his MS, while Aditi was doing her BDS at Baba Farid University of Health Sciences. While they hit it off instantly, Aditi also claims that the raging hormones were partly to blame. However, things moved rather fast when Saurabh proposed to her for marriage within a week. Aditi discussed it with her parents in a straightforward manner, and they surprisingly approved. From then on, their new meet-up spot was Aditi's home, with her parents' permission. Things took a rough turn when Saurabh finally mustered up the courage to inform his parents. Being Brahmin Hindus from Gwalior, they were initially not happy with having a Sikhni daughter-in-law. But when the families finally met, they quickly warmed up to each other.

In the year 2005, Aditi and Saurabh tied the knot. As a fauji kid, Aditi found transitioning into an army wife relatively easy. Their first posting was in Jalandhar, where they set up their first home and welcomed their first daughter two years later. After marriage, Aditi kept herself busy by taking up part-time assignments at charitable hospitals and other institutions. Being fiercely independent, Aditi was never dependent on Saurabh for anything. So, even with his demanding schedule, Aditi efficiently managed her household and two daughters. There was even a long duration during which Aditi never took up any work as she wanted to be present for her daughters. But Aditi, being Aditi, always knew how to make the best of any situation. She never cribbed but always accepted what came to her with grace. She would actively participate in all the army activities and charitable work to keep herself busy.

In the year 2018, Aditi's life changed drastically when Saurabh unexpectedly passed away due to a cardiac arrest. The abrupt loss left her overwhelmed with feelings of anger, disbelief, shock and sadness. However, her grieving was short-lived as she had several new and mounting responsibilities, the primary one being ensuring a bright future for her girls. Aditi claims that if it weren't for her daughters, she wouldn't have been able to survive the trauma of her husband's demise. She was determined that they shouldn't see their mother as a helpless woman but as a woman who was mentally strong and fighting the situation.

At this point, Aditi reveals how expectations vary between a woman and a man following the death of a spouse. Women are expected to shoulder the complete responsibility of handling the kids and the household and even take up a job to support the family. In contrast, a man is viewed with a different lens; people are more concerned about how he will manage all alone. The burden of kids and household are not responsibilities that a man should handle alone. Society is not comfortable when a woman appears strong and manages everything independently. People are more sympathetic when a woman is crying and seems vulnerable.



Dr Aditi Singh

Impressions

March 2024 - 6 - Continued from previous page

After nearly five years since Saurabh's death, Aditi is proud of how her girls have grown into intelligent and confident individuals. Respecting elders, being spiritual, and not speaking ill of others are some values she instills in them. She feels joyful when others compliment her daughters' good manners. Despite moving to a new place, they have made a great circle of friends and settled well, bringing Aditi contentment. As a single parent, she also balances being a disciplinarian and friend to her children. She has established an open communication channel with her girls so they can share anything with her freely.

In her free time, Aditi dabbles with embroidery, baking, and cooking. She fondly remembers how her late husband would send her new recipes instead of love notes, reflecting his love for good food. In her attempt to create exciting dishes, Aditi also began enjoying the process of cooking, a passion she's passed on to her daughters. Additionally, she prioritizes a one-hour walk for herself, during which she chants the Waheguru or Om Namah Shivay, creating a peaceful ritual she looks forward to. Aditi firmly believes that life is unpredictable, and one should not dwell on petty misgivings, rather live each moment to its fullest.

Aditi is thankful that the day Saurabh departed, he went from home with a content heart, kissing her as he always did, but only not to return. She advocates for kindness and spreading happiness as everyone struggles with their battles. She emphasizes that small gestures like taking the initiative to send appreciation, or a congratulatory message can go a long way. Aditi observes that often, egos prevent people from initiating such acts, urging for a shift to being more proactive in kindness.

Aditi concludes by saying that every woman should be herself, love herself, and live for herself. In the coming years, she hopes to have moved ahead professionally, see her kids well settled and if time permits also be able to travel the world someday.



Can you hear a pin drop?

What is the meaning of pin drop silence? Following are some instances when silence could speak louder than voice.

Take 1: Field Marshal Sam Bahadur Manekshaw once started addressing a public meeting at Ahmedabad in English. The crowd started chanting, "Speak in Gujarati. We will hear you only if you speak in Gujarati." Field Marshal Sam Manekshaw stopped. Swept the audience with a hard stare and replied, "Friends, I have fought many a battle in my long career. I have learned Punjabi from men of the Sikh Regiment; Marathi from the Maratha Regiment; Tamil from the men of the Madras Sappers; Bengali from the men of the Bengal Sappers, Hindi from the Bihar Regiment; and Even Nepali from the Gurkha Regiment. Unfortunately there was no soldier from Gujarat from whom I could have learned Gujarati."...You could have heard a pin drop.

Take 2: Robert Whiting, an elderly US gentleman of 83, arrived in Paris by plane. At French Customs, he took a few minutes to locate his passport in his carry on. "You have been to France before, Monsieur?", the Customs officer asked sarcastically. Mr. Whiting admitted that he had been to France previously.

Shared by



Colonel Dr. Paramjit Singh
Retired Army Medical Corps

"Then you should know enough to have your passport ready."

The American said, "The last time I was here, I didn't have to show it." "Impossible. Americans always have to show their passports on arrival in France", the Customs officer sneered.

The American senior gave the Frenchman a long, hard look. Then he quietly explained, "Well, when I came ashore at Omaha Beach, at 4:40 am, on D-Day in 1944, to help liberate your country, I couldn't find a single Frenchman to show a passport to." You could have heard a pin drop.

Take 3: Soon after getting freedom from British rule in 1947, the de-facto prime minister of India, Jawahar Lal Nehru called a meeting of senior Army Officers to select the first General of the Indian army. Nehru proposed, "I think we should appoint a British officer as a General of the Indian Army, as we

don't have enough experience to lead the same."

Having learned under the British, only to serve and rarely to lead, all the civilians and men in uniform present nodded their heads in agreement.

However one senior officer, Nathu Singh Rathore, asked for permission to speak.

Nehru was a bit taken aback by the independent streak of the officer, though, he asked him to speak freely.

Rathore said, "You see, sir, we don't have enough experience to lead a nation too, so shouldn't we appoint a British person as the first Prime Minister of India?" You could hear a pin drop.

After a pregnant pause, Nehru asked Rathore, "Are you ready to be the first General of the Indian Army?"

Rathore declined the offer saying, "Sir, we have a very talented army officer, my senior, Gen. Cariappa, who is the most deserving among us." This is how the brilliant Gen. KM Cariappa became the first General and Rathore the first ever Lt. General of the Indian Army.

Many thanks to Lt. Gen Niranjan Malik PVSM (Retd) for this article.

Taj Mahotsav

Author



Dr. Jaswant Singh Puri

Doctor of Letters (Honoris Causa)
Social Activist, Punjab Rattan

The lovely city of Agra, adorned and enchanted by the evergreen grandeur of the Taj Mahal, comes alive with the magnetic hues of India's cultural diversity as Taj Mahotsav unfolds its all-round celebration from 18th February and continues with the vibrant shows for ten days. It is not merely a ten-day spectacular festival since 1992 but a symphony of heritage and modernity. It is a temptation for visitors to merge themselves in India's cultural spectacle. It is under the vision of the Uttar Pradesh Tourism Development Corporation which has blossomed into one of India's most eagerly anticipated events which pays a tribute to Taj Mahal's architectural grandeur and grace, serenity and sublimity. The 2024 Taj Mahotsav has the theme: "Sanskriti: Ek Virasat" (Culture: A Heritage) which emphasises a deep and diverse essence of Indian culture.



Artisans set up stalls, exhibit their talents and present a diverse pattern of artistic creations, local cuisines and handmade articles. Agra, a city on the bank of River Yamuna, finds its mention in the epic 'Mahabharata' as 'Agravan'. It is normally considered that Sultan Sikandar Lodhi, the ruler of Delhi Sultanate founded it in 1504 A.D. but the progressive period of the city blossomed with Mughals after 1526 A.D. It was called Akbarabad, the capital of the Mughal Empire during the reign of Emperor Akbar, Jahangir and Shah Jahan. Its architectural significance continuous even today.

Taj Mahotsav manages the best Indian Crafts demonstration like pottery, weaving, jewellery making, cultural performances like traditional Indian dances, music, theater, fashion shows, hot air balloon rides, bike rally, mushaira, Kavi sammelan, ghazal evenings, bollywood music, camel rides and elephant rides, fireworks etc and food stalls with a variety of Indian cuisines from all over the country.

Taj Mahal is one of the Seven Wonders of the world which is famous across the globe as a marvelous and unique symbol of love. It is the jewel of Muslim art in India. It was built by Mughal Emperor Shah Jahan in memory of his wife Mumtaz Mahal with construction starting in 1632 A.D. and completed in 1648 A.D. with the mosque, the guest house and the main gateway on the South. There have been historical and Quran inscriptions in Arabic Script. Ustad Ahmad Lahori was the Chief Architect of this magnificent monument. The monument in marble and inlay with precious stones which shine par-excellence in the moonlight. Additionally, the horticulture planner and architect have created remarkable innovation like the raised tomb at one end of the quadripartite garden rather than in the exact centre. The unique octagonal marble lattice screen encircling both cenotaphs is a piece of unsurpassed craftsmanship. The cenotaph of Mumtaz Mahal is in perfect centre of the tomb chamber. The cenotaph of Shah Jahan is greater than Mumtaz Mahal and installed more than thirty years later by the side of Mumtaz on its west. The mosque and the guest house in the Taj Mahal complex are made of red sandstone in contrast to the marble stone.

The Taj Mahal was designated as a UNESCO World Heritage site in 1983 for being "***The Jewel of Muslim art in India and one of the universally admired masterpieces of the world heritage***". The Taj Mahal attracts about one lakh visitors every year. It is said that 20000 stone carvers, masons and artists from India and as far as Turkey and Iraq were employed to complete this epic task.

The celebrated Nobel Laureate Rabindranath Tagore composed two poems to Shah Jahan and the Taj Mahal. A few verses from the poem are:

*"Though emeralds, rubies, pearls are all
But as the glitter of a rainbow tricking out empty air
And must pass away, yet still one solitary tear
Would hang on the cheek of time in the form
Of this white and gleaming Taj Mahal"*.

Authors have written books on Taj Mahal like Ebba Koch, Giles Tillotson, "***Romance of the Taj Mahal***" by Pratapaditya Pal, "***The Moonlight Garden***" by Elizabeth B. Moynihan, "***Taj Mahal***" by W.E. Beglay (editor) and Z.A. Desai (Translator), and so on. Even movies by Indian producers were created on Taj Mahal. The most famous being 'Taj Mahal' with cast of Pradeep Kumar, Bina Rai, Rehman, Jeevan, Veena and Helen. It was produced by A.K. Nadiadwala and directed by M. Sadiq. It was a commercial hit and its songs still reverberate by virtue of its lyrics and melodious music by Roshan. It won various awards as the best lyricist (Sahir Ludhianvi), Filmfare award for best music (Roshan), Filmfare award for the best female playback singer (Lata Mangeshkar) for '***Jo Wada Kiya Wo Nibhana Parega***'.

The Taj Mahotsav is a popular event that attracts visitors from all over India and abroad. It is a unique way to experience the rich culture and heritage of Agra in varied hues. Taj Mahotsav 2024 is bringing nights filled with mesmerizing music. Popular bollywood singers are to present their musical performances. This colourful festival has been working in the growth of tourist arrivals. The festival echoes the pristine memories of the old Mughal Era and its royal empires. Myself has also written a book '***Rise and Decline of the Mughal Empire***' which bears a Foreword by Preneet Kaur who was a Minister of State in the Ministry of External Affairs. Captain Amrinder Singh, her husband at that time was the Chief Minister of Punjab. The book was also presented to Nobel Laureate His Holiness Dalai Lama of Tibet.

The annual festival is a cultural extravaganza that is celebrated with a lot of enthusiasm, under the Department of Tourism, Government of India.

The Perfect Job

Shared by



KK Attri, DGP (Retd)

A fascinating play of words, for the linguist in you..... enjoyyyy!

1. My first job was working in an Orange Juice factory, but I got canned.. couldn't Concentrate!
2. Then I worked in the woods as a Lumberjack.. but just couldn't Hack it, so they gave me the Axe!
3. After that, I tried being a Tailor.. but wasn't Suited for it.. mainly because it was a Sew-Sew Job, and people liked to Hem and Haw about the price!
4. Next, I tried working in a Muffler factory.. but that was too Exhausting!
5. Then, tried being a Chef.. figured it would add a little Spice to my life. But, just didn't have the Thyme!
6. Next, I attempted being a Deli

Worker. But any way I Sliced it, couldn't Cut the Mustard!

7. My best job was a Musician..... but eventually I found that I wasn't Noteworthy!
8. I studied a long time to become a Doctor.. but didn't have any Patience!
9. Next was a job in a Shoe factory. Tried hard, but just didn't Fit In!

10. I became a Professional Fisherman..... but discovered I couldn't live on my Net Income!

11. Managed to get a good job working for a Pool Maintenance Company.. but the work was just too Draining!

12. Then I got a job in a Workout Center.. but they said I wasn't Fit for the Job!

13. After many years of trying to find steady work, I finally got a job as a Historian.. until I realized, there was no Future in it!

14. My last job was working in Starbucks.. but had to quit, because it was the same old Grind!

15. So, I tried retirement and found that I'm perfect for the job. Love it!

The Eisenhower Matrix

Shared by



Brigadier DS Dhillon

Dwight Eisenhower was the 34th President of the United States, serving two terms from 1953 to 1961. During his time in office, he launched programs that directly led to the development of the Interstate Highway System, the launch of the internet (DARPA), the exploration of space (NASA), and the peaceful use of alternative energy sources (Atomic Energy Act).

Before becoming president, Eisenhower was a five-star general in the United States Army, served as the Supreme Commander of the Allied Forces in Europe during World War II, and was responsible for planning and executing invasions of North Africa, France, and Germany.

At other points along the way, he served as President of Columbia University, became the first Supreme Commander of NATO, and somehow found time to pursue hobbies like golfing and oil painting.

Eisenhower had an incredible ability to sustain his productivity not just for weeks or months, but for decades. For that reason, it is no surprise that his methods for time management, task

management & productivity have been studied by many people. His most famous productivity strategy is known as the Eisenhower Box (or Eisenhower Matrix) and it's a simple decision-making tool that everyone can use.

He advocated separating your actions based on 4 possibilities.

1. Urgent and important (tasks you will do immediately).
2. Important, but not urgent (tasks you will schedule to do later).
3. Urgent, but not important (tasks you will delegate to someone else).
4. Neither urgent nor important (tasks that you will eliminate).

The great thing about this matrix is that it can be used for broad productivity plans ("How should I spend my time each week?")

smaller, daily plans ("What should I do today?"). Urgent tasks are things that you feel like you need to react to: emails, phone calls, texts, news stories. Meanwhile, in the words of Brett McKay, "Important tasks are things that contribute to our long-term mission, values, and goals." Separating these differences is simple enough to do once, but doing so continually can be tough.

Most of us spend too much of our time in the wrong quadrants. We need to be more judicious about how we prioritize and we should find ways to delegate the things that don't need to be done today and/or by us.

The reason Eisenhower Matrix is preferred is that it provides a clear framework for making the decisions over and over again and like anything in life, consistency is the hard part.

The Eisenhower Matrix isn't a perfect strategy, but it is found to be a useful decision-making tool for increasing the productivity and eliminating the behaviors that take up mental energy, waste time, and rarely move toward the goals.