

Impressions

For Private Circulation only

Theme of this
Bulletin:
Nirbhau- Nirvair
(No Fear - No Hate)

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Editor
[Dr VJS Vohra](#)



[Disability leads to Ability of Super Humans](#)

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



[This e-Bulletin is
dedicated to
Colonel DS Vohra](#)

From the Editor's Desk.....

Understanding Prosthetic Limbs: Myoelectric and Body-Powered

Losing an arm or a leg can be life-changing, but modern prosthetics (artificial limbs) are designed to help the patient regain movement, independence, and confidence. Two common types are **myoelectric prosthetics** and **body-powered prosthetics**. Both can make daily life easier, but they work in very different ways.

Myoelectric Prosthetic Limbs: Myoelectric prosthetics use the electrical signals from the muscles to move the artificial limb. When the patient tries to move the missing arm or leg, muscles in the stump still contract. Special sensors in the prosthetic socket pick up these signals and turn them into movement of the artificial hand, wrist, or elbow.

- They can perform **different grip patterns**, rotate the wrist, and even bend the elbow.
- They feel more **natural** and give a finer control over movements.
- They run on **rechargeable batteries** that need charging regularly.
- They require **good socket fitting** (how well the prosthetic attaches to patient's limb) and **training** to use properly.

Best for people who want more natural movements, and higher activities.

Body-Powered Prosthetic Limbs: Body-powered prosthetics are simpler. They don't use electricity or batteries. It can be controlled with body movements, usually by pulling of a **cable and harness system**.

- They are **strong, durable, and reliable**.
- They are **cheaper** and easier to repair than myoelectric prosthetics.
- Movements are limited compared to myoelectric devices.
- The fitting is easier, but they are less natural.

Best for people who want something affordable, simple, and durable without needing a lot of maintenance.

The Professional Role of the Prosthetic Clinician:

- **Assessment:** They carefully check user's health, muscle strength, and lifestyle needs.
- **Fitting:** They ensure the prosthetic socket fits comfortably and securely. The socket is the most important part.
- **Training:** The Prosthetists teach the user how to use the prosthesis properly, whether it's learning to grip with a myoelectric hand or moving a body-powered arm. A prosthetic clinician is patient's **guide and partner** in learning how to use the limb. Without their professional treatment, even the most advanced prosthetic limb may not work as well as it should.



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Well-equipped prosthetic clinic: A modern prosthetic clinic having proper infrastructure is very necessary to design the best possible prosthesis and patient's rehabilitation journey. This clinic should have:

- **Assessment area** – where the prosthetist checks the residual limb (stump), posture, and muscle strength.
- **Casting and measurement tools** – for making a custom-fit socket that makes the patient feel comfortable and secure.
- **Trial fittings and training space** – where the patients are given gait training for lower limbs, and practice for using the prosthesis in a safe environment.
- **On-site workshop** – with equipment, machines and tools to prepare, adjust, repair, and fine-tune the prosthesis.
- **Range of prosthetic options** – including myoelectric and body-powered limbs.

A well-equipped prosthetic clinic makes a big difference. It ensures the right prosthesis, also the right training and patient care.

Support & Follow-Up: This is necessary for prosthetic limb's adjustments, repairs, and upgrades.

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**The Workshop Bay of
Artificial Limb Centre, Pune**
A Visionary Pioneer in Prosthetic Rehabilitation

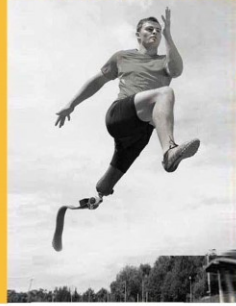


This monthly e-bulletin 'Impressions' is humbly dedicated to the memory of **Colonel DS Vohra**, a visionary pioneer in prosthetics - Orthotics, the **Founder of the Ministry of Defense Artificial Limb Centre, Pune**, and **Founder of Nevedac Prosthetic Centre, Chandigarh**. Col Vohra laid the foundation for a lifelong mission of restoring mobility and dignity to the disabled.

Carrying forward this noble legacy, Dr. VJS Vohra, his son, serves as the **Founder & CEO of Nevedac Prosthetic Clinic** and is the **Co-Founder of Nevedac Prosthetic Centre**. With over five decades of dedicated service, Dr. Vohra upholds the values of compassion, excellence, and innovation in prosthetic care.

Dr. VJS Vohra is also honored to serve as the **Honorary Prosthetic Adviser** to the Governments of Punjab, Haryana, Chandigarh UT and Himachal Pradesh, and continuing a legacy rooted deeply in service to the nation and its people with disabilities.

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We ensure our enduring commitment to empowering the lives of Persons with Disabilities

Happiness leads to health and healing

Author



Maj General Krishan Chauhan
Retired Army Medical Corps
[Former Additional Director General, AMC](#)

In a Gallup poll for Global Happiness Index, India was in the bottom 11 of 136 countries. If Indians are so unhappy people, then there would be disease and starvation all around. Infact, most African countries where disease and squalor are rampant as well as those facing bankruptcies like Sri Lanka, Pakistan and many more were declared more happy than India. When different parameters were used, another surveyor, IPSOS ranked India much higher. That only goes to prove that what one thinks of the term 'happiness' may not be true for another. Happiness is unlike Health for which the World Health Organisation has provided a comprehensive definition.

In ancient Indian texts, '**Ananda**' or true happiness meant enlightenment of the soul. A few humans could achieve it in their life time, other pious souls achieved 'Moksha' after death. Momentary pleasures or joyous times are considered different than the state of happiness in which a person is. Some describe happiness as an emotional or a mental state which is positive or pleasant in a person, and which ultimately becomes a part of his/ her character. Optimism is not exactly happiness, though a happy person may be an optimist or, cautiously optimistic.

Happiness is the very essence of life and every event of a human being is greeted as being happy i.e. birthday, marriage or anniversary. A person who has generally lived a happy life may reflect back as being contented or satisfied person.

Happiness doesn't mean lack of challenges or stress. It doesn't mean that a happy person is always lucky or never sad or angry. A person, however needs to pursue happiness even in adversity. We all are witness to many people around us who have survived the Covid pandemic. Many lost their close relatives or even their bread winners. Others lost their livelihood. It was the emotional resilience which allowed many of them to sail through the storm and regain their mental composure. Some, however, continued to remain sad, a few committed suicide or went into depression.

A prolonged state of unhappiness or sorrow in a person leads to anxiety and later to depression. Many of the lifestyle diseases we have in the world today, have no single cause but a group of risk factors. Depression is a risk factor in many of them like: Obesity and overweight, Metabolic syndrome with high cholesterol/ lipids, Heart disease and heart attacks, Diabetes Mellitus type II, Brain Stroke, Certain cancers and Certain auto immune diseases.

Laughter is the best medicine – an old phrase of English language but equally accepted by all cultures of the world. Scientists have proved that laughter results in the release of endorphins or feel-good chemicals. These chemicals not only reduce the stress but also the perception of pain by the person. Atleast for some time. But what about happiness? Atleast 30 studies in 46 countries have been conducted in groups of people and their results analysed. It is revealed that in sick persons, happiness may not cure sickness or prolong life but it improves the quality of their life. In the healthy, happier people do live longer, fall sick less often and recover faster after sickness. Few of them who are sick with serious diseases may not recover, is also true. But again, their quality of life is better.

Food. Happier people have better choices of food and diet control. Thus, they are generally not overweight nor do they have metabolic disorders.

Activity. In general, they are more active, they exercise more or and play games. Some who don't exercise enough, physically work much more at home or at work place.

Addictions. Happy persons are not likely to be addicted to tobacco, alcohol or recreational drugs. These people know the difference between a momentary pleasure of such addictive substances and overall happiness of life.

Stress. Their reaction to stress is positive. They do not allow it to get built up to higher levels. Even after tackling highly taxing situation, they have better emotional resilience to regain mental peace.

Immunity. These people have stronger immune sickness and usually have lesser episodes of common cold. Their healing period in case of injuries or surgeries is much shorter.

Sleep. Happiness and lower stress levels ensure adequate and better quality sleep.

Self care. Happiness cannot occur if a person doesn't care after his/ her physical, mental and social health. Thus, such people get themselves periodically examined for early detection of diseases.

Social circles. People, in general want to make friends with a person who smiles and remains happy. Thus the happy person has a wider circle of relatives and friends. This social support group, in turn contributes to better mental health and the cycle continues.

Inflammation and pain. This has also been studied. Happier people have less chances of auto immune diseases like arthritis. Even if they do have, they have lesser pain.

Happiness is our birthright. Every parent wishes happiness and good health of their new born. Yet, many of us may grow up to stay unhappy for various reasons. The reasons may be in the family itself or in their close environment. However, every person should aim to be happy, and to remain happy. While in adolescence and in early adult life, some people mistake momentary joy as long-lasting happiness.

PS. Nobody can make you happy until you are happy with yourself first.

[Click here for the second and concluding part on Happiness.](#)

Impact of AI on Cybersecurity Opportunities and Threats

By



Colonel Prithi Vohra

Introduction: The rapid evolution of Artificial Intelligence (AI) is revolutionizing many industries, and cybersecurity is no exception. As cyber threats become more sophisticated, traditional defense mechanisms often fall short. AI, with its capacity to analyze data patterns and learn from behavior, offers powerful solutions for real-time threat detection, risk assessment, and automated response. However, the same technology empowering defenders also arms attackers with new tools for more cunning exploits. This dual-edged nature of AI makes it a pivotal force in the future of cybersecurity. In this post, we'll explore the impact of AI on cybersecurity, its advantages and risks, and recommend products and tools for both individuals and organizations looking to stay protected.

How AI Is Transforming Cybersecurity:

1. Real-Time Threat Detection: AI-powered systems can analyze vast amounts of data at lightning speed to detect anomalies that may signal a cyberattack. Unlike traditional signature-based antivirus programs, AI can predict and prevent zero-day attacks by learning from behaviors and patterns.

Example: AI algorithms in tools like CrowdStrike Falcon or Darktrace identify unusual login locations, traffic spikes, or suspicious file activity, enabling real-time alerts and mitigation.

2. Automated Incident Response: AI enables automated responses to threats, reducing the response time from hours to seconds. Machine learning models can be programmed to isolate compromised devices, block IPs, and trigger alerts with minimal human intervention. This is especially critical in environments like cloud computing or remote work setups where manual oversight is limited.

3. Advanced Phishing Detection: Phishing emails have grown increasingly realistic. AI can analyze content, sender reputation, tone, and intent to flag phishing attempts before they reach users. This is far more effective than keyword-based filters.

Some email protection services use natural language processing (NLP) to detect emotional manipulation or urgency cues in emails.

4. Enhanced User Authentication: AI supports multi-factor authentication (MFA) and behavioral biometrics that go beyond passwords. By tracking typing speed, mouse movement, and device use habits, AI can verify identity with high accuracy. This dramatically reduces identity theft and unauthorized access, especially in banking and healthcare systems.

5. Predictive Analytics and Threat Intelligence: AI tools can correlate data from millions of endpoints and generate predictive models to forecast where and how attacks may occur. Organizations can proactively secure weak points before they're exploited.

This is particularly useful for Security Operations Centers (SOCs) managing large-scale infrastructure.

Risks: When AI Becomes the Attacker: While AI enhances defenses, it also empowers cybercriminals in new ways:

1. AI-Powered Malware: Hackers now use AI to develop self-morphing malware that can evade traditional antivirus detection. These malwares adapt their code and behavior dynamically, staying hidden longer.

2. Deepfake Attacks: AI-generated deepfakes are being used for social engineering scams. Fraudsters impersonate executives or colleagues through synthetic audio or video to steal funds or data.

3. AI in Phishing and Scam Automation: AI can mass-produce personalized phishing messages, increasing click-through rates and compromising more systems.

4. Adversarial AI Attacks: Hackers can manipulate AI systems themselves. By feeding deceptive data, attackers can "trick" models into misclassifying malware as safe, a technique known as data poisoning.

Balancing the Scales: How to Leverage AI Safely: Organizations and individuals need to adopt AI defensively, while staying aware of its risks.

TP-Link HomeCare Router with Built-in Security – Uses AI to detect unusual traffic AI-as-a-Service (AIaaS):

More cybersecurity vendors will offer AI tools on-demand, allowing even small businesses to benefit from advanced protection.

Regulations for Ethical AI Use: As AI becomes embedded in security infrastructure, governments will enforce privacy and transparency standards.

Human-AI Collaboration: The most effective strategy will be AI-human synergy, where AI handles speed and scale, and human analysts apply context and ethics.

Conclusion: AI's impact on cybersecurity is both revolutionary and challenging. It brings smarter, faster, and more adaptive defense mechanisms, but also introduces new and formidable threats. The key lies in leveraging AI responsibly, ensuring that defenders stay one step ahead of attackers. Whether you're a cybersecurity professional, a business owner, or just an individual user, integrating AI-enhanced security tools is no longer optional—it's essential. Equip yourself with the right software, stay informed through training, and remain vigilant in the face of evolving threats.

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Some Shortest Stories Ever Written

Shared by



Jagdeep S. Chopra
Chartered Accountant
(Forensic Investigation
Audit specialist)

3. Fredric Brown's Horror Masterpiece

Often cited as the shortest horror story ever written: The last man on Earth sat alone in a room. There was a knock on the door.

4. The British Short Story Contest

The rules demanded mentioning God, the Queen, a hint of sex, and some element of mystery. The winner wrote: "My God!" cried the Queen, "I'm pregnant, and I haven't a clue who the father is!"

5. The World's Shortest Autobiography

In another contest, an elderly Frenchwoman submitted just one line: "I used to have a smooth face and a wrinkled skirt; now it's the other way around."

Below are additional mini-stories—each under 55 words—written by various authors.

Jane Orvis, "The Window"

Ever since Rita was brutally murdered, Carter has sat at the window. No TV, no books, no letters. His entire life is framed by what he sees through the curtains. He doesn't care who brings food or pays the bills; he never leaves the room.

Joggers pass by, seasons change, cars come and go, Rita's ghost lingers.

Carter doesn't realize there are no windows in a padded cell.

Larisa Kirkland, "The Proposal"

A starry night—the perfect moment. Candlelit dinner in a cozy Italian place. Little black dress. Gorgeous hair, sparkling eyes, silvery laughter. Two years together—true love, best friends, no one else. Champagne! I get on one knee. People are watching? Let them. A dazzling diamond ring. Cheeks flushing, a beaming smile. "What? No?!"

Charles Enright, "The Ghost"

As soon as it happened, I rushed home to tell my wife the dreadful news. But she didn't seem to hear me. She didn't even

1. Ernest Hemingway's Six-Word Story

Legend has it that Hemingway once wagered he could write a story in just six words that would outdo all others in emotional impact. He won the bet. For sale: baby shoes, never used.

2. O. Henry's Shortest Tale

Winner of a contest for the shortest complete story (with setup, climax, and resolution): The chauffeur lit a cigarette and leaned over the gas tank to see how much fuel was left. The deceased was twenty-three.

notice me. She gazed right through me, poured herself a drink, and turned on the TV. The telephone rang; she picked it up. I saw her face collapse. She burst into tears.

Andrew E. Hunt, "Gratitude"

The wool blanket he'd just received from a charity warmed his shoulders, and the boots he'd found in the dumpster that morning fit perfectly. The streetlights soothed him after the biting cold. The curve of the park bench felt so familiar to his tired back. "Thank you, Lord," he thought. "Life is simply wonderful."

Brian Newell, "What the Devil Wants"

Two boys watched Satan walk away, his hypnotic gaze still clouding their minds. "Hey, what did he want from you?"

"My soul. And you?" "A coin for the payphone."

He had to make an urgent call." "Wanna grab something to eat?" "I'd like to, but he took my last cent." "Don't worry. I've got plenty."

Alan E. Meyer, "Bad Luck"

I woke with every part of me throbbing. A nurse stood by my bed. "Mr. Fujima," she said, "you're lucky to be alive after the Hiroshima bombing two days ago."

You're in a hospital now; you're safe." Barely conscious, I whispered, "Where am I?" "Nagasaki," she replied.

Jay Rip, "Fate"

There was only one way out. Our lives were too tangled—rage and bliss knotted together—so we left it to chance: heads, we marry; tails, we part forever.

The coin flipped, clinked, spun, and landed on heads.

We stared at it, baffled, then both asked at once: "How about best two out of three?"

Robert Tompkins, "Seeking Truth"

At last, his search ended in a remote village. In a tattered hut by a small fire sat Truth—older and uglier than he had ever imagined.

"Are you Truth?" he asked.

She nodded. "What should I tell the world? What's your message?" The crone spat into the fire and growled, "Tell them I am young and beautiful!"

August Salemi, "Modern Medicine"

Blinding headlights, a sickening screech, pain so savage it swallowed everything...then a warm, beckoning blue light.

John felt suddenly free, young, wonderfully happy as he moved toward the glow.

Darkness and agony slowly returned. His eyes fluttered open to bandages, tubes, a cast. Both legs gone. His wife was weeping.

"They saved you, darling!"

Enjoy these micro-tales for their ability to capture entire worlds of emotion in just a handful of words. Sometimes, less truly is more.

Salute-filled 100th birthday

Shared by



Maj General RS Chopra

Wishing a salute-filled 100th birthday to Centenarian, Lieutenant Colonel Sharak Dev Singh Jamwal, 7th Light Cavalry — veteran of the Burma Campaign in WWII, the 1947–48 Indo-Pak War, Liberation of Goa in 1961 and Sino-Indian War of 1962.

Known as the Hero of #Zojila, he etched his name into history on 1 November 1948. Leading C Squadron, 7 Cavalry, he inducted tanks across the treacherous Zojila Pass under enemy fire, recapturing Gumri and breaking the siege of Ladakh.

It was a feat of sheer courage and grit. Tanks at over 11,500 ft was thought impossible until that day.

He fought at Jhangar in 1948, liberated Goa in 1961, and rolled into Bomdila and Se La with his tanks in 1962. Through it all, he never sought medals or fame. Friends say God repaid him with a century of life and a soldier's unbroken spirit.

The Indian Army honoured him at his home, a reminder that the nation remembers its war heroes and veterans.



Ethanol at Crossroads

From Strategic Vision to Sustainable Transition

Original Analysis by



Prof Dr SK Sharma

**Professor Emeritus & Founder
Director, Energy Research
Centre, Panjab University**

In 2004—well before “energy transition” became a buzzword—Prof. S.K. Sharma, then a member of the National Security Advisory Board (NSAB), PMO, prepared a landmark Energy Security Roadmap at the request of Prime Minister Dr. Manmohan Singh.

A central recommendation was to blend alcohol with petrol to cut India's oil import dependence, reduce greenhouse gas emissions, and support rural livelihoods. The Cabinet Committee on Security (CCS) approved the proposal, laying the foundation for India's ethanol programme.

Two decades on, India has achieved 20 percent ethanol blending, built a nationwide production-and-supply ecosystem, and partially lowered the crude import bill. The next leap, however, is not about pushing volume alone—it's about choosing the right feedstocks so that the fuel transition doesn't create new stresses on water, food prices, or farm incomes.

Recent reporting has highlighted how heavy reliance on sugarcane ethanol can worsen groundwater depletion in drought-prone belts. Against this backdrop, Prof. Sharma's new analysis compares the main feedstock pathways on two simple axes—cost to produce and ability to cut greenhouse gases:

- Molasses-based ethanol remains the lowest-cost option with high greenhouse gas reductions. It should stay the near-term backbone of blending because the supply chain already exists and farmer incentives are aligned.

- Damaged food grains offer a moderate-cost, practical bridge—useful to smooth seasonal shortfalls without distorting food markets.

- Maize (corn) ethanol is costly and delivers only modest greenhouse gas gains; large-scale expansion risks food and water stress unless strict guardrails (zonal caps, irrigation norms, MSP discipline) are applied.

- Rice-straw (second-generation) ethanol is costliest today but provides the deepest climate benefits and directly addresses stubble burning. With policy push and scale, costs should fall—making it India's strategic long-term pillar.

Strategic takeaway: Shift from “how much we blend” to “what we blend with.” Keep molasses as the workhorse now; rapidly build second-generation residue hubs in Punjab–Haryana–Western UP to lock in real decarbonization and cleaner air; and apply firm water and food-security guardrails to maize and cane so the ethanol success story strengthens—not strains—India's farms and aquifers.

Work - Life Balance

By



Brigadier DS Dhillon

Despite the resounding evidence that working long hours can be harmful to both employees and employers, many professionals still struggle to overcome their assumptions — and their deeply-ingrained habits — around work hours.

What does it take to free yourself from these unhealthy patterns and reach a more sustainable, rewarding work-life balance?

I recently read a wonderful quote by Social media consultant Charles Miller on balance: "Spend a handful of hours a day going fast. Crush a gym session. Do deep work on a project you care about. Spend the rest of the day going slow."

Take walks. Read books. Get a long dinner with friends. Either way, avoid the anxious middle where you never truly relax or truly move forward."

The idea is to create a balance rather than spend anxious time concentrating on neither 'Work nor Life.' Work-life balance is the amount of time you spend doing your job versus the time you spend with your friends and family and pursuing your interests. Setting work aside at the end of the day and catching up with loved ones is personal time, often devoted to pursuing personal interests. At times, these simple pleasures can seem elusive and unattainable.

As we commit time to one side, the others seem to shrink inevitably. Yet, despite how it may sometimes seem, it is possible to achieve a healthy balance that fits your particular circumstances and supports your professional goals and personal relationships.

The unique nature of our lives also means that each of our work-life balances will be unique. For a college student, it might mean forgoing Friday night parties this weekend to revise for next week's exam.

For a parent, it might mean adjusting their work schedule to spend more evenings with their kids during the school year.

For a workaholic executive, it may mean just switching off over the weekend and spending 'Me' time.

For some, it may mean setting firm boundaries at work about when you can be contacted whilst out of the office, whereas for others, it might mean scheduling personal time for self-care. Still, others might look for more flexible work that allows them to take leave when needed or control their work day with flexible hours.

In other words, there is no universal approach to achieving harmony between work and life – but there are methods that can point most of us in the right direction. Understanding how the various parts of your life impact one another is a necessary step in developing a new work-life integration that serves your needs.

As you pause to consider your current work-life situation, ask yourself how you feel about your current situation. You need to follow a three-step structure to help simplify the process of creating a Work - Life balance.

These steps are:

- > Pause and pay attention
- > Reprioritise and reassess
- > Reflect, refine, repeat

Some questions you might reflect on include:

- > Am I spending enough quality time doing what I want?
- > Am I committing enough time and energy to people or things that are meaningful to me?
- > Do I still feel aligned with my professional or personal goals? Why or why not?
- > Where do I feel the most stuck?
- > What is it about this situation that makes me feel that way?

First identify and acknowledge the problem and half your job is done and the solution will be found.

For a better life, create a work life balance and stay blessed forever.

Maharaja Hari Singh

(The Last Ruling Monarch of the Princely State of Jammu and Kashmir)

Author



Dr Jaswant Singh Puri

Doctor of Letters (Honoris Causa)

Social Activist, Punjab Rattan

Maharaja Hari Singh, the last ruler of the princely state of Jammu and Kashmir of the Dogra dynasty is a significant figure in Indian history. He was the son of Amar Singh and Bhotiali Chib, and born on 23 September, 1895 at Amar Mahal Palace, Jammu. He was the only surviving son of Raja Amar Singh, the brother of Maharaja Pratap Singh. Following the death of his uncle Pratap Singh, Hari Singh ascended the throne in 1925 whose royal title was “Lieutenant General His Highness Shriman Rajrajeshwar Maharajadhiraj Sri Sir Hari Singh Indar Mahindar Bahadur, Sipar-i-Sultanat, Maharaja of Jammu and Kashmir”.

He was a progressive ruler and a man with a vision. Educated at Mayo College, Ajmer and later trained at the Imperial Cadet Corps, Dehradun, Hari Singh aimed at the welfare of his people, expanded education, improved healthcare facilities and encouraged women education.

However, Hari Singh’s rule coincided with one of the most turbulent periods in Indian history – the struggle for independence and the eventual partition of India in 1947. His passion to maintain Jammu and Kashmir as an independent state, rather than acceding to either India or Pakistan, remained unaccomplished. He was forced to seek India’s military assistance, and signed the Instrument of Accession on 26 October, 1947, thus joining Jammu and Kashmir with India. Maharaja Hari Singh later appointed Sheikh Abdullah as the Prime Minister of the State under India’s advice. The monarchy was formally abolished in 1952. Maharaja Hari Singh settled in Bombay and led a quiet life until his death on 26 April, 1961. He was blessed with a son Dr. Karan Singh, who was born to his wife Maharani Tara Devi.

Maharaja Hari Singh’s famous quote is significant which would define his reign: “For me, all communities, religions and races are equal. My religion is justice”. As a mark of respect, Lieutenant Governor, Manoj Sinha announced the public holiday on 23 September. Union Home Minister Amit Shah and Prime Minister Narendra Modi also paid tributes to Maharaja Hari Singh.



Maharaja Hari Singh



The author feels honoured that his book ‘Rise and Decline of the Mughal Empire’ was released by the Governor of Jammu and Kashmir, Satya Pal Malik.

‘Impressions’ is a monthly e-Bulletin. The theme of this bulletin ‘Nirbhau - Nirvair (No Fear - No Hate)’ is both inspiring and powerful. ‘Impressions’ is a wonderful platform dedicated to such a wide range of topics, all with a positive and empowering approach. Covering developments in disability empowerment and artificial limbs, Rotary initiatives, military stories of gallantry, healthcare, and inspiring non-controversial / non-political topics, making it a rich resource for readers. ‘Impressions’ is providing such an independent platform for these important conversations, encouraging new ideas and original thinking which is crucial for fostering innovation and positivity.

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