

# NPL FORMER SCIENTISTS FORUM

## Minutes of the Ninth Meeting of the Forum, as also of the Second Annual General Body Meeting held in the TEC Conference Room on May 2, 2005

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As had been notified vide letter dated April 22, 2005, sent by name to all the Members of the Forum, the last General Body Meeting of the Forum was held in the TEC Conference Room on May, 2, 2005 at 12.00 Noon, preceded by the Ninth Meeting of the Forum at 10.30 A.M. That letter was accompanied with the Minutes of the Fifth Meeting of the Forum held on November 25, 2003, which also constituted the First General Body Meeting of the Forum at which the present incumbents of the five positions of the Office Bearers of the Management Committee had been elected for the two-year term 2004 and 2005.

**1. Attendance:** The following persons had attended the meeting:

**Members of the Forum:** (Names arranged alphabetically by the Surname)

1.	<b>Aggarwal</b> , Santosh (Mrs.)	24.	<b>Hans</b> , Gokul Singh	47.	<b>Raina</b> , Mohan Krishen (Dr.)
2.	<b>Alam M</b> Izhar	25.	<b>Jain</b> , Adeshwar Prasad (Dr.)	48.	<b>Ram Narain</b>
3.	<b>Arora</b> , Gyanendra Kumar	26.	<b>Jain</b> , Atma Ram (Dr.)	49.	<b>Ram Swarup</b> (Dr.)
4.	<b>Bahl</b> , Om Parkash (Dr.)	26.	<b>Jain</b> , Prakash Chandra (Dr.)	50.	<b>Saksena</b> , Rakesh Chandra (Dr.)
5.	<b>Balchandani</b> , Mulchand Kewalram	28.	<b>Kakkar</b> , Om Prakash	51.	<b>Sastri</b> , Vemuri Durga Prasad (Dr.)
6.	<b>Batra</b> , Virendra Kumar (Dr.)	29.	<b>Kanjilal</b> , Alok Kumar	52.	<b>Shah</b> , Vilaschandra Vithaldas (Dr.)
7.	<b>Bhatheja</b> , Ram Chand	30.	<b>Kapur</b> , Harkrishan Lal	53.	<b>Sharan</b> , Pramod Chandra
8.	<b>Bhatnagar</b> , Kameshwer Nath	31.	<b>Kapur</b> , Sudarshan Singh	54.	<b>Sharma</b> , Jai Krishan Narain (Dr.)
9.	<b>Bhola</b> , Om Parkash	32.	<b>Kewal Krishan</b>	55.	<b>Sharma</b> , Kailash Chand
10.	<b>Bindal</b> , Vishwa Nath (Dr.)	33.	<b>Khanduja</b> , Radhey Sham	56.	<b>Sharma</b> , Mahesh Chandra (Dr.)
11.	<b>Chandra</b> , Kailash (Dr.)	34.	<b>Khanna</b> , Radhey Kishen	57.	<b>Sharma</b> , Surjeet Kumar (Dr.)
12.	<b>Chhabra</b> , Kailash Chander	35.	<b>Khattar</b> , Dharam Chand	58.	<b>Shastri</b> , Shashikala (Mrs.)
13.	<b>Chhapgar</b> , Ardeshir Framji (Dr.)	36.	<b>Khullar</b> , Faqir Chand	59.	<b>Srivastava</b> , Brahma Nand (Dr.)
14.	<b>Dev Kumar</b>	37.	<b>Khullar</b> , Surinder Mohan	60.	<b>Sudarshan Kumar</b>
15.	<b>Dewan Singh</b>	38.	<b>Kohli</b> , Nand Kishore	61.	<b>Tagra</b> , Om Parkash
16.	<b>Dhawan</b> , Jagdish Kumar	39.	<b>Malhotra</b> , Padam Lal (Dr.)	62.	<b>Tewari</b> , Shiva Gopal
17.	<b>Dhawan</b> , Ramesh Chandra	40.	<b>Manrai</b> , Santosh (Mrs.)	63.	<b>Tomer</b> , Tej Ram
18.	<b>Dhawan</b> , Urmil (Mrs.)	41.	<b>Marwah</b> , Raksha (Mrs.)	64.	<b>Varma</b> , Satya Prakash (Dr.)
19.	<b>Ghosh</b> , Anand Krishna	42.	<b>Mendiratta</b> , Roshan Lal	65.	<b>Ved Singh</b> (Dr.)
20.	<b>Goel</b> , Ramesh Chandra	43.	<b>Mittal</b> , Pramod Kumar	66.	<b>Verma</b> , Chiranjit Lal
21.	<b>Gupta</b> , Ashok Kumar (Dr.)	44.	<b>Nagpal</b> , Kailash Chandra (Dr.)	67.	<b>Wadhwa</b> , Rajinder Pal (Dr.)
22.	<b>Gupta</b> , Jitendra Kumar (Dr.)	45.	<b>Nath</b> , Mohinder	68.	<b>Wasan</b> , Ved Parkash
23.	<b>Gupta</b> , Satya Vir (Dr.)	46.	<b>Pradhan</b> , Man Mohan (Dr.)		

**NOTE:** Since the above list is based on the attendance record at the time of the meeting, which had not been signed by some members, it is possible that the names of some other members who had not marked their attendance have been left out.

**Others:**

1.	Dr. Vikram Kumar, Director, NPL.	Chief Guest	
2.	Shri Sudhir Kumar, Jt. Secretary (Admn.), CSIR.	Special Invitee	Released the "Special Medical Issue" - the Second Issue of the Newsletter
3.	Dr. Navneet Dhamija, Chief Medical Officer, CGHS Dispensary, Saket, New Delhi.	Invited Lecturer	Delivered a talk on "How to Live a Healthy Life, Preventing Life-Style Diseases"
4.	Shri R P Sharma, Controllor of Administration, NPL.	Special Invitee	
5.	Shri D K Sharma, NPL.		Made Arrangements for the Lecture by Dr. Dhamija
6.	Shri Balak Ram, NPL.		Made Arrangements for the Lecture by Dr. Dhamija
7.	Shri Subhash Chandra, Incharge, Photography, Section, NPL.		Took Photographs at the time of the Meeting

Registration of Members, Renewal of Membership for 2005, and Collection of the 'Survey Forms' which had accompanied another letter dated April. 21, addressed to the various members, and posted along with the notice for the meeting dated April, 22, (mentioned above), preceded the commencement of the Ninth meeting of the Forum.

**2. Ninth Meeting of the Forum:** The meeting started at 10.30. A.M.

**2.1 Welcome & Introductory Remarks by the President:** Dr. V N Bindal, extended invitation to all the **Members**. In particular he thanked **Dr. Vikram Kumar**, to have agreed to be the **Chief Guest** and to find time for the meeting from his busy schedule. He expressed the hope that it shall be possible for NPL to provide to the Forum, some place in the Laboratory premises in the near future, as also some other facilities. He also thanked him for the financial support provided to the Forum for the publication of the Newsletter through the release of an advertisement, and it was hoped that such financial support from NPL shall continue in future also. He also thanked **Shri Sudhir Kumar** for his acceptance to release the 'Special Medical Issue' of the Forum's Newsletter at such a short notice. The Forum hoped that he being the over-all In-charge of Administration at the CSIR Head Qrs. to advise the Director General on various issues, including the medical issues, was in a position to provide necessary flexibility in the system on such issues for which the Forum had already approached him in writing. He also mentioned about the financial support provided by the CSIR by way of an advertisement published in the 'Special Medical Issue', expressing hope that such support will continue to be provided to the Forum by the CSIR in future as well.. Introducing **Dr. Navneet Dhamija**, he said that he had been very kind enough to so readily agree to give a talk on "**How to Live a Healthy Life, Preventing Life-Style Diseases**"- a subject so dear to him and which is very relevant to the members of the Forum, all of whom will stand to benefit from it, having already attained the age of 60 plus. It was at the initiative of **Dr. S K Sharma**, the Chairman of the Programme Committee that it was possible to arrange this Lecture. Dr. Bindal also made a special mention of the '**Survey Form**', which had been mailed to the members in advance of the meeting, and hoped that it may now be possible for the Forum to initiate some scientific activities as well. Copies of this Form had also been put in the 'Special Medical Issue' of the Newsletter, and spare copies of it could also be had from the Secretary, by the Members who may like to fill it up now. Talking about the Newsletter, Dr. Bindal said that the Special Issue of it to be shortly released by Shri Sudhir Kumar was a momentous task accomplished by the Publication Committee (Chaired by **Dr. P C Jain**), working hand-in-glove with the Medical Facilities Committee (Chaired by **Dr. O P Bahl**), for which credit goes to **Shri G K Arora**, who is the Convener of both the Committees and also the Compiler and Editor of the Newsletter.

Dr. Bindal concluded his remarks by saying that Dr. Satya Vir Gupta, whose Fourth Edition of “Treatise on Standards of Weights and Measures” had recently been published, and about which a mention has been made in the ‘Special Medical Issue’ of the Newsletter as well, has offered to meet the expenditure incurred by the Forum for providing tea and refreshments to the Members attending today’s meeting. He said that this type of voluntary support by the members in future also will go a long way in supplementing the meager financial resources of the Forum.

**2.2 Release of the “Special Medical Issue” of the Newsletter:** Shri G K Arora, introducing Shri Sudhir Kumar, said that he had taken his Master’s Degree in Physics from the Allahabad University in the year 1975, where after he had joined the Indian Administrative Service in the U.P. Cadre in 1978. He had joined the CSIR as Joint Secretary (Admn.) in December 2000, after serving at various places in Uttar Pradesh. Shri Arora informed that a number of Members and Prospective Members of the NPL Former Scientists Forum had also been associated with the Allahabad University including Dr. S K Joshi – the former Director General, CSIR, and a Patron of the Forum - Dr Subhash Chandra, Dr. Satya Vir Gupta, Dr. K C Joshi, Dr (Mrs.) Namita Kundu, Dr. T K Saksena, Dr. M C Sharma, Dr. Sharwan Kumar and Dr. B N Srivastava. He added that Shri Sudhir Kumar could also have been a member of this Forum at a future date, had he joined NPL. He also mentioned that in spite of his other pressing prior commitments Shri Sudhir Kumar had been able to find time for release of the Special Medical Issue’ of the Newsletter, where after he would have to leave, thus denying an opportunity to the Members to interact with him during the tea-break. However, it was hoped that it shall be possible for him to bring about some changes in the existing Rules & Regulations of CSIR to remove some of the difficulties that the Members were facing in respect of the step-motherly treatment provided by the CGHS to the CSIR’s Pensioners vis-a-vis the Central Government Pensioners.

Shri Sudhir Kumar, thereafter, released the ‘Special Medical Issue’ of the Newsletter, copies of which were also presented to Dr. Vikram Kumar, and Dr Navneet Dhamija. He congratulated the Forum for this Compilation, and recorded on one copy, ” Excellent Collection. Good Effort”. As regards the issues raised by the Forum, he said that there were certain issues outside the purview of the CSIR, for which only the Director, CGHS could make any changes in the existing Rules and procedures. However, whatever issues fell within the purview of CSIR will be looked into.

**2.3 Address by Dr. Vikram Kumar, Director, NPL:** Dr. Vikram Kumar said that the Forum was playing a very important Role as it was not only benefiting the former associates of NPL but also functioned as a link between them and the staff members on the rolls of the Laboratory who may also later be associated with this forum after their retirement. The ‘Special Medical Issue’ just released also carried very valuable information not only for the benefit of the pensioners of CSIR in general but also of persons on the strength of the CSIR and its local laboratories in particular. In regard to **providing space in the NPL Campus**, he said that he stood committed to it, but it may take him some time before it could be provided. As for the **Lecture by Dr. Dhamija**, which he was waiting to listen to, it was of such a great significance for everyone that his Father-in-Law had also come to take advantage of it. He also mentioned about the **Diamond Jubilee Celebrations of NPL** that were being planned and expected full cooperation from the members of the Forum in this regard.

**2.4 Lecture by Dr. Navneet Dhamija on “How to Live a Healthy Life, Preventing Life-Style Diseases”:** Dr. Dhamija supported his talk with a note on “**Healthy Life**”, which he had prepared as a brief, copies of which were circulated to the Members at the time of the meeting. To drive home the various points that he wanted to stress upon, he used a black board, which he had himself brought along with him. This enabled an intensive interactive participation from the members. In his talk he emphasized on the **need to be close to nature**, to enjoy what nature provides, and to enjoy **optimal health**. He also talked about the role that **Dietary Supplements**, played in optimal nutrition that the body requires. Seeking a **feedback from the Members** on his presentation, he offered to help any member of the Forum who required it. He also mentioned about the following documents which the Members could benefit from:

1. The Path to Optimum Nutrition – Dr. Ross Walker
2. What Your Doctor Does’nt know about Nutritional Medicine May be Killing You – Dr. Ray D Strand; Magna Publications.
3. Rich Dad Poor Dad – Robert D Kiyosaki
4. Nutritive Value of Indian Foods – C Gopalan, B V Rama Sastri, S C Balasubramanian; Revised and Updated by N S Narasinga Rao, Y G Deorthale & K C Pant; National Institute of Nutrituion, Hyderabad.
5. Nutritional Requirements and Recommended Dietary Allowance for Indians; Indian Council of Medical Research.

He said that some of these documents could be procured from the Jain Book Agency.

**2.5 Vote of Thanks:** The Meeting of the Forum ended with a Vote of thanks specially to Dr. Dhamija for his remarkable presentation. He added that if there were any specific queries by the members in regard to the topic of the talk or any related issue, Dr. Dhamija would be glad to clarify them during the Tea Break.

### 3. Second Annual General Body Meeting of the Forum - 12.00 Noon

**3.1 Welcome and Introductory Remarks by the President of the Forum:** Dr V N Bindal said that he had nothing specific to say in addition to his remarks during the Meeting of the Forum held earlier during the day

**3.2 Confirmation of the Minutes of the First Annual General Body Meeting held on November 25, 2003:** The Minutes of the Meeting which had already been circulated along with the notice dated 22. 04. 2005 were confirmed.

**3.3 Presentation by the Secretary, of the Highlights of the Forum since the last Annual General Body Meeting:** A Status Report by the Secretary had been circulated to the Members at the time of the Meeting. Since there was no observation thereon it was taken as read and formally presented at the meeting.

**3.4 Adoption of the Auditors Report for the Year 2004-2005, and Appointment of the Auditor for the year 2005-2006:** The Auditor’s Report for the Financial Year 2004-2005 was circulated to the Members at the time of the Meeting. Since there was no observation thereon it was taken as formally presented and Adopted. The continued appointment of Shri P K Mittal as the Auditor of the Accounts of the Forum for the year 2005-2006 was also approved.

**3.5 Distribution of the copies of the “Special Medical Issue” to the Members:** Copies of the ‘Special Medical Issue of the Newsletter had been distributed during the Tea-Break, which had preceded the General Body Meeting. If any member had not received his copy of it, he may collect it from the Secretary.

As there was no other item, the General Body Meeting ended with a vote of thanks to the chair.