

NPL FORMER SCIENTISTS FORUM

Minutes of the Sixteenth Meeting of the Forum held in the TEC Conference Room, NPL on November 30, 2007

Notice for the meeting dated 20. 11. 2007 (Copy Attached) was issued. The spouses of the members had also been invited for this meeting.

Attendance:

(A) Members : The following members attended the meeting:

1.	Aggarwal, Santosh (Mrs.)	19.	Hans, Gokul Singh	37.	Ram Narain
2.	Alam Mohammed Izhar	20.	Jain, Atma Ram (Dr.)	38.	Roonwal, Veena (Mrs.)
3.	Arora, Gyanendra Kumar	21.	Jain, Prakash Chandra (Dr.)	39.	Saksena, Rakesh Chandra (Dr.)
4.	Bahl, Om Parkash (Dr.)	22.	Jain, Sohan Lal (Dr.)	40.	Sharan, Pramod Chandra
5.	Balchandani , Mulchand Kewalram	23.	Joshi, Kundal Chandra (Dr.)	41.	Sharma, Jagdish Prashad
6.	Bhatnagar, Kamleshwer Nath	24.	Kanjilal, Alok Kumar	42.	Sharma, Jai Krishan Narain (Dr.)
7.	Bhola, Om Parkash	25.	Kapahi, Shashi Bhushan	43.	Sharma, Kailash Chand
8.	Bindal, Vishwa Nath (Dr.)	26.	Kundra, Krishan Dev (Dr.)	44.	Sharma, Sham Lal
9.	Chandra, Kailash (Dr.)	27.	Kundu, Namita (Dr. Mrs.)	45.	Singhal, Raghunandan Prasad (Dr.)
10.	Chandra, Subhash	28.	Lal, Krishan (Dr.)	46.	Tagra, Om Parkash
11.	Chopra, Bir Bal	29.	Luthra, Ram Krishan	47.	Tewari, Shiva Gopal
12.	Das, Mati Lal	30.	Mahajan, Kushal Kumar (Dr.)	48.	Ved Singh (Dr.)
13.	Das, Satya Ranjan (Dr.)	31.	Malhotra, Padam Lal (Dr.)	49.	Verma, Ajit Ram (Dr.)
14.	Dev Kumar	32.	Manrai, Santosh (Mrs.)	50.	Verma, Chiranjit Lal
15.	Dhawan, Urmil (Mrs.)	33.	Mathur, Harish Chand	51.	Verma, Tri Bhawan
16.	Gupta, Akhilesh Chandra	34.	Nath, Mohinder	52.	Wadhwa, Rajinder Pal (Dr.)
17.	Gupta, Ashok Kumar (Dr.)	35.	Panwar, Vinay Singh (Dr.)	53.	
18.	Hamid, Abdul	36.	Pradhan, Man Mohan (Dr.)	54.	

(B) Spouses: Mrs. Asha Chandra [wife of Dr. Kailash Chandra (Sr. No.9)] and Shri A K Manrai [Husband of Mrs. Santosh Manrai (Sr. No. 32)] also attended the meeting.

(C) Others: Shri M L Sharma, who wished to be enrolled as a member of the Forum who accompanied Shri Bir Bal Chopra (Sr. No. 11) above also attended the meeting

NOTE: The above list is based on the attendance record at the time of the meeting. It is possible that the names of some other members who had not marked their attendance have been left out.

The Following Members had expressed either their inability to attend the meeting

1.	Agnihotry, Suhasini (Dr.) (Mrs.)	(Abroad)	16.	Mittal, Pramod Kumar	
2.	Ali, Sultana Zulfiqar (Dr.) (Mrs.)		17.	Nagpal, Kailash Chandra (Dr.)	
3.	Balakrishnan, K Saraswathi (Dr. Mrs.)		18.	Ram Prasad	
4.	Batra, Virendra Kumar (Dr.)	(Abroad)	19.	Sastri, Vemuri Durga Prasad (Dr.)	
5.	Bhattacharyya, Raghunath (Dr.)		20.	Shah, Vilaschandra Vithaldas (Dr.)	
6.	Chakladar, Swapan Kumar		21.	Shastri., Shashikala (Mrs.)	
7.	Dixit, Prakash Narain (Dr.)		22.	Singh, Devendra	
8.	Ghosh, Pradip Kumar (Dr.)		23.	Singh, Ved Ram (Dr.)	(Abroad)
9.	Gupta, Suresh Kumar (Dr.)		24.	Sootha, Ganesh Datt (Dr.)	
10.	Harish Chander (Dr.)		25.	Taneja, Pran Nath	
11.	Khandekar, Ramakrishna Sitaram		26.	Varma, Satya Prakash (Dr.)	
12.	Khanduja, Radhey Sham		27.	Vasishth, Satish Chandra	
13.	Mahesh Chander (Gupta) (Dr.)	(Abroad)	28.	Wasan, Ved Parkash	
14.	Malhotra, Girdhari Lal		29.	Zalpuri, Kanwar Sushil (Dr.)	
15.	Mathur, Sartaj Swarup (Prof.)	(Abroad)			

In addition, the following members who are staying abroad or else are learnt to be presently abroad or else presently reside outside the National Capital Territory of Delhi or who could not be approached for lack of information about their present residential address were unable to participate in the meeting:

1.	Dhawan, Jagdish Kumar	(Saudi Arabia)	7.	Saksena, Tribhuvan Kumar (Dr.)	(Bangalore)
2.	Mahajan, Surender Kumar (Dr.)	(Saudi Arabia)	8.	Sarma, Kuchibhatla Subrahmanya	(California, USA)
3.	Parthasarathi, Seshadri	(Address not known)	9.	Saxena, Mithlesh (Mrs.)	(Navi Mumbai)
4.	Raja Gopal, Erode Subrabanian (Dr.)	(Bangalore)	10.	Srinivasan, Thirumalai Mappur (Dr.)	(Chennai)
5.	Rathore, Hazara Singh	(New York, USA)	11.	Venkatachari, Raghavachari (Dr.)	(Chennai)
6.	Roy, Binod Kanti	(Saudi Arabia)			

Letters sent to the following members by courier were received back undelivered :

1.	Dhawan, Ramesh Chandra	4.	Kasturi Lal
2.	Ghosh, Anand Krishna	5.	Nijhawan, Satish Kumar
3.	Jain, Vakil Chand	6.	Vashisht, Avadh Raj Singh

Attempts were made by the Secretary to contact all of them by phone. Shri R C Dhawan has recently undergone an eye operation at AIIMS. Shri A R S Vashisht has recently undergone Heart Surgery at ESCORTS. Shri Kasturi Lal's Residential Address needs some changes. Shri V C Jain was learnt to be out of station. No body appears to have been there to receive the letter sent to Shri A K Ghosh. Shri S K Nijhawan's house was found lockrd

Item 1. Welcome and Introductory Remarks by the President: Dr. V N Bindal welcomed the members to the meeting and was happy that Dr. A R Verma who had been participating in the earlier meetings of the Forum was also present.

Dr. Bindal started by announcing that the Forum had now also been registered as a Society as indicated also in the notice for the meeting. This was the result of the efforts put in by Sri G K Arora, Dr. V S Panwar and Shri V P Wasan working as a team. This announcement was received by the members with cheers. He said that an application had also been filed for getting exemption from Income Tax and hopefully we may get this as well.

The Forum had already instituted six Scholarships/ Awards. The Forum was informed that proposals for instituting two more Scholarships/ Awards had already been received. These will be considered by the Scholarship Committee when it meets next. He added that, in addition to the members of the forum supporting this activity, the staff members on the rolls of NPL had also provided financial support, and mentioned the name of Shri Subhash Chandra In-Charge Photography Section for having contributed Rs. 2,000/-.

Dr. Bindal said that so far only the five positions of the President, the Vice President, the Secretary, the Joint Secretary and the Treasurer were through elections while all the other members of the Management Committee were nominated by the President. As per the New Rules & Regulations, as a registered body, all these positions could be filled by elections, and he expressed the hope that members will offer to come forward to take up the responsibility of managing the activities of the Forum. However, if all the available positions of Members of the Management Committee cannot be filled by elections, provision has been made in the rules for filling them through nominations by the President. Hopefully, the new Management Committee will take over this responsibility in the near future, and the next meeting of the Forum could be a General Body meeting to elect persons for these positions.

Dr. Bindal expressed his gratitude to Dr. Krishan Lal for having made very valuable suggestions at the earlier meetings of the Forum relating to the medical facilities, as also for his suggestion of putting forth our viewpoint to the Sixth Central Pay Commission. He had requested him to give the benefit of his views to the Forum for making it a more vital body and he was very happy that Dr. Lal had agreed to do so.

The Publication Committee had brought out the Fourth Issue of its Newsletter on 'Holistic Health Care' which will also be released at this meeting by Dr. Lal. Suiting the occasion, Dr. Ravinder K Tuli, Head of Department of the Department of Holistic Medicine had been approached to give a talk on 'Holistic Vision of Health'. Since message had been received that Dr. Tuli will be arriving a little late, the sequence of the Items on the Agenda as notified, needed to be changed.

He thanked all the members of the Forum for participating in the function, and in particular he mentioned about the efforts put in by Dr. V S Panwar in making the necessary arrangements for the meeting.

Item 2. Passing of Condolence Resolutions: Condolence messages in respect of Dr. A P Mitra, Mrs. Urnil Verma, w/o Shri C L Verma, and Shri A K Agarwal were read out by the Secretary where after the members observed two-minute silence. The Resolutions were passed and the Secretary was advised to pass them on to the members of the bereaved families.

Item 3. Address by Dr. Krishan Lal : Dr. Krishan Lal expressed his happiness at the Forum having now been registered as a Society. He said that while a number of achievements had been made by the Forum which now also had a place in NPL to operate from, there were a large number of other issues which could be addressed by the Forum.

He made a very impressive presentation of his suggestions in his power-point presentation and said that the Forum should prepare itself for the implementation of the Sixth Central Pay Commission recommendations.

He said that a sizable fraction of the membership of the forum did not only have a high level of excellence, but also are in good health and have a **will to be active**. The Forum's strength also lies in the fact that it has on its membership persons with experience in administration and management. The Forum's **high ethical standards** constitute one of its greatest strength..

He said that it was now time for the Forum to think of Off-shots like establishment of an NGO, a Consultancy Organization on R & D issues, Preparation of Study Reports on topical issues, Popularization of Science, Internet Based Pool of Experts, Training & Human Resource Development etc. by broadening the canvas of its activities. There will be no dearth of funds as a number of agencies could be approached for funding the various programmes of the Forum.

He added that, in addition to its various other activities, there was need for undertaking some social activities like Family Get-togethers of the members, Picnics, or visits to some places. He was happy that a beginning in this direction had been made by inviting the spouses of the members also for attending this meeting.

Item 4. Talk by Dr. Ravinder K Tuli: Shri G K Arora, introduced Dr. Tuli to the members before he was requested to make his presentation.

Before starting with his talk, Dr. Tuli expressed his happiness that the Forum had addressed itself to the important issue of 'Holistic Health Care' and a Special Issue of its Newsletter on this theme had been compiled for release at this meeting. He said that he was very happy to have this opportunity of meeting the members of the Forum who are among the best brains that the country has produced.

In his elaborate power-point presentation on 'Holistic Vision of Health' Dr. Tuli emphasized that Holistic Medicine integrates the knowledge of modern-evidence-based scientific medicine with the wisdom of the various time-proven traditional systems of health, to complement the best in contemporary health care. It is dedicated to the cure of an individual as a whole – *body-mind-spirit* – by harmless natural means. It facilitates to cure all the diseases of an individual concurrently. Patients are treated in consonance with the principles of modern medicine by *synergic blend* of drug-free natural therapies including (i) Acupuncture, [traditional, moxibustion, reflexology, sujouk, cupping, ultrasonic, laser etc.], (ii) Nature-cure

[yoga, Pranayama, relaxation, meditation, panchakarma etc.] (iii) Bio-energy [reiki, pranic healing, magneto therapy, hypnosis etc.], (iv) Nutrition, and (v) Lifestyle management.

Dr. Tuli explained how this newly emerging Branch of Holistic Medicine has been receiving world-wide attention and recognition by the World Health Organization, (WHO) the National Institute of Health NIH & Food & Drug Administration (FDA) in USA and National Health Service (NHS) in UK. It *activates infinite inherent healing power of the individual*, for attainment of perfect balance and harmony between 'science and art', by harnessing the 'life force' energy through an optimum application of various therapies. It is useful in the management of a wide range of conventionally incurable chronic, acute and even critical ailments. Thus it can help in *Overcoming Pain* on account of Migraine, Neuralgia, Trauma etc. ; *Provide Relief* to Cancer patients, and other incurable Terminal sickness; Offer help to patients suffering from *Paralysis*; *Overcoming Stress* as a result of Anxiety, Depression and Chronic Fatigue; Treating *Psychosomatic Disorders*; and in cases involving *Atherosclerosis*; *Autoimmune Diseases*; *Asthma*; *Allergy*; *Degenerative Diseases* like Arthritis, Spondylosis Sciatica, Dementia; *Drug Addictions*; and *Metabolic & Hormonal Disorders* like Obesity, Diabetes, Thyroid etc.

He mentioned in some details the benefits of Nature Cure, Panchkarma, Yoga, Pranayama, Meditation and Acupuncture and Bio-Energy, emphasizing simultaneously that none of them should individually be treated as a complete cure for an ailment, because it is the *synergy between them which can yield the optimum results*.

While emphasizing its importance, Dr. Tuli also said that Holistic Medicine is not a panacea for all the people. It does not always replace surgical procedures But, it definitely complements all the specialities of medicine to improve the final outcome of any sickness and enhances the vital life force of each individual to Add Life to the Years and not just add years to Life.

The Indraprastha Apollo Hospitals had invited him to start its Department on Holistic Medicine which now had various programmes to offer covering the various aspects of Holistic Medicine.

Item 5. Release of the Newsletter No 4, September, 2007 by Dr. Krishan Lal: Dr. Krishan Lal was happy at the compilation of the Newsletter and congratulated the members of the Publication Committee for this publication – A Special Issue on Holistic Health Care. He said that he was extremely happy at releasing it.

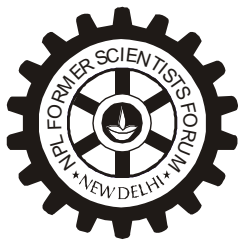
After its release copies of the Issue were collected by all the Members attending the meeting.

Item 6. Presentation of Memento to Dr. Ravinder K Tuli: As Dr. Krishan Lal had to leave to attend to some other commitments, Dr. A R Verma was requested to present the Memento to Dr. Tuli. While receiving the Memento, Dr. Tuli said that this was a great honour done to him by the Forum and he valued this very much.

Item 7. Vote of Thanks: Shri G K Arora presented the vote of thanks as Dr. S K Sharma could not attend the meeting.

Item 8. Tea & Refreshment: For meeting the expenditure on tea and refreshment contributions were received from (i) Dr. Sohan Lal Jain (Rs. 1,500/-) (ii) Shri Gokul Singh Hans (Rs. 500/-) (iii) Shri P L Malhotra (Rs. 200/-). (iv) Shri Ram Narain (Rs. 100/-) (v) Shri Harish Chand Mathur (Rs. 100/-) and (vi) Shri Ram Krishan Luthra (Rs. 100/-).

Though Dr. Mahesh Chander (Gupta) had regretted his inability to attend the meeting as he was abroad, he, (in response to the notice for the meeting e-mailed to him) has offered vide his mail dated 20th November 2007 to Shri G K Arora, the Secretary, to contribute Rs. 500/- for this meeting, as also for all the future meetings of the Forum.



NPL FORMER SCIENTISTS FORUM

(NPL-FSF)

103, Force Standards Annex, National Physical Laboratory,
Dr. K S Krishnan Marg, New Delhi – 110 012

[Registrar of Societies, Govt. of National Capital Territory of Delhi – Registration No. S/ 60178/ 2007]

G K Arora, M.Sc.; M.A.; ADRTC
Secretary, NPL-FSF

180, Mandakini Enclave,
Alaknanda Complex,
New Delhi – 110 019

Phone: 26275334; (9891025362 (Mobile); E-mail: gyanarora35@hotmail.com
November 20, 2007

Subject: Sixteenth Meeting of the Forum on **Friday, November 30, 2007 at 10.30. A.M. in the TEC Conference Room, NPL**

Dear

It gives me great pleasure in informing that on 29th October, 2007, **our Forum got Registered as a Society** under Societies Registration Act of XXI, 1860, with the Registrar of Societies, Govt. of National Capital Territory of Delhi, under Societies Registration Act of XXI, 1860.

It has been decided to have the next meeting of the Forum (**16th Meeting**), on **Friday, 30th November, 2007 at 10.30. A.M. in the TEC Conference Room of NPL.**

The detailed programme will be as under:

1. Welcome by Dr. Dr. V N Bindal, President of the Forum, and Introductory Remarks.
2. Passing of Resolutions on the Demise of (i) **Dr. A P Mitra** on 03. 09. 2007, (ii) **Mrs. Urmil Verma**, w/o Shi C L Verma on 13 10. 2007, and (iii) **Shri A K Agarwal** on 05. 11. 2007.
3. Invited Talk by Dr. Ravinder. K Tuli, **Founder of Society of Holistic Advancement of Medicine – SOHAM**, and also Senior Consultant & Head of Deptt. of Holistic Medicine, Indraprastha Apollo Hospitals, New Delhi, on **“Holistic Vision of Health”**.
4. Presentation of Memento to Dr. Ravinder K Tuli, by Dr. Krishan Lal.
5. **Release of the “Special Issue No. 4**, Dated September, 2007, of the Forum’s Newsletter on **“Holistic Health Care”** by Dr. Krishan Lal
6. Address by Dr. Krishan Lal
7. Vote of Thanks by Dr. S K Sharma.
8. Tea and Refreshment

Copies of the Issue of the Newsletter will be distributed to the members **after the Meeting**. These can be collected from Dr. V S Panwar, Joint Secretary of the Forum. Those members who have not yet collected their copy of the ‘NPL Diamond Jubilee Volume’ may also contact him.

Dr. Tuli, has desired that **the spouses of the Members may also be invited for this meeting**, Members are therefore requested to extend this invitation for the meeting to their spouses also.

As per the past practice and tradition, Members are welcome to make **voluntary contributions** for meeting expenditure on Tea & Refreshment.

To ensure proper planning and adequate arrangements, **it will be appreciated, if you confirm your participation and of your spouse well in advance.**

Kindly **acknowledge the receipt** of this notice by e-mail/ Telephone.

Yours Sincerely,

G K Arora

MANAGEMENT COMMITTEE

PRESIDENT: Dr. V N Bindal
2519 2397; 4100 1400
vnbindal@yahoo.co.in

VICE PRESIDENT: Dr. O P Bahl
95120-4324415; 9811251200 (Mobile)
opbahl@mail.nplindia.ernet.in

SECRETARY: Sh. G.K Arora
2627 5334; 891025362 (Mobile)
gyanarora35@hotmail.com

TREASURER: Shri V P Wasan: 2512 0459; 9213388671 (Mobile)
ved_wasan@rediffmail.com

JOINT SECRETARY: Dr. V S Panwar : 25543467; 9899995021 (Mobile)
manipanwar@rediffmail.com

MEMBERS

Sh. K N Bhatnagar : 25792881 **Shri R C Dhawan :** 25253655 **Dr. S V Gupta :** 27949372 **Dr. A P Jain :** 26191367 **Dr. P C Jain :** 25711192
Sh. Subhash Chandra : 25500468 **Dr N Kundu :** 26210109 **Dr V R Singh :** 26346505 **Dr S P Singal :** 26857837 **Dr S P Varma :** 28547699
Mrs S Shastri : 25272658 **Dr. S K Sharma :** 95124-4043689 **Dr. R. Bhattacharyya :** 9313418406 (Mobile) **Dr. K Chandra:** 95124-2582165