



20th March, 2020

A THOUGHT AND A SINCERE REQUEST

The virtues of a disciplined life are at times very hard to inculcate, for example, the art of resisting temptations. The most difficult and trying discipline is how to resist temptations. One of such temptations is basic to human life, and that is, his desire to associate. This freedom of association is a hard won freedom and any curtailment counters this temptation to associate and socialise. But there is a higher value in life that was enunciated by a French philosopher and mathematician Descartes who said that the philosophy of life lies in understanding what to sustain and what to abstain from.

With this in mind, the background of today's need to meet the challenge of pandemic Corona Virus deserves an urgent analysis. This is more so when we and the entire world are uncertain about the dynamic situation that has erupted with an unprecedented threat extended to human life with no positive



medical remedy yet in sight thereby reaffirming the belief in the old adage- 'Prevention is better than Cure'.

It is with this in mind we can resolutely act together to meet this openended situation and give a cushioning effect by exercising restraint in our physical movements. Prevention is the diagnosis of the hour and the remedy is to avoid congestion and maintain distance. We have to realise that we can now care for ourselves and for others by maintaining a distance howsoever paradoxical it might appear to us. Avoidance of close association and contact is to help others. That may be seem to be a bit tightening and too stringent but we should realise that all over the world such measures have been found to be an immediate indispensable to save lives. We have become vulnerable and we are now largely dependent on the considerate behaviour towards each other.

To give up something and surrender what is most precious in life is ultimate liberation of the mind and to some it is



salvation. Social distancing may appear to be onerous but the severity of the situation demands stringency.

It is not to quit life or stop living. It is to secure your life as well as that of others. You have to prove worthy of the situation as what can be corrected is really in your hands.

We have therefore to move very sparingly and with complete moderation as every life counts and no one is expendable. The urgency is of realisation and is a social compulsion. Our sense of proportion and reason therefore will be of great help to us and to the society by drastically slowing down our movements particularly inside court premises. I, therefore, appeal to all lawyers, litigants and visitors to ponder over these thoughts and I request everyone to preferably adopt this reasoning in order to persuade everyone to believe that distancing and avoiding crowds is one of the best possible corrective and preventive measures that can be easily undertaken to meet this medical emergency.

Justice A. P. Sahi



Let us take a judicious resolve and lead the citizenry to comfort and solace by our passive actions and active understanding. We all have to stand together as this duty and responsibility is not only governmental but it is also social and more particularly individual.

SD/-

(CHIEF JUSTICE, MADRAS HIGH COURT)