

# Impressions

Theme of this  
Bulletin:

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

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[www.nevedac.com](http://www.nevedac.com)



Editor  
Dr. V.J.S. Vohra

**Fear never  
builds the  
future,  
  
But FAITH  
and  
HOPE does.**



**Disability leads to Ability of Super Humans** YouTube

## **Modern Prosthetics and Orthotics – Role of Prosthetic Orthotic Clinicians as per RCI and WHO directions**

From the desk of the Editor, Dr. V.J.S. Vohra, Senior Consultant and Founder CEO, Nevedac Prosthetic Clinic, Chandigarh

Prosthetics deals with replacement of the missing part of the body and in simple terms these are known as artificial limbs or upper limbs for arms and lower limb for legs. Orthotic devices are designed to support a weak or deformed part of the body. Both prosthetic and orthotic treatment are a highly technical and scientific process which can be carried out only by professionally qualified prosthetic orthotic clinicians, registered with Rehabilitation Council of India (RCI), a Statutory Body under an Act of Parliament, to regulate and monitor services given to persons with disability and to maintain a Central Rehabilitation Register of all qualified professionals working in the field of Rehabilitation. The Act also prescribes punitive action against unqualified persons delivering services to persons with disability. Similar regulations and regulatory bodies exist in other countries under the guidelines of World Health Organization (WHO).

World leaders like Otto Bock, Endolite, Ossur and the Indian manufacturers of prosthetic orthotic components parts have to supply their products to qualified Prosthetic Orthotic Practitioners, who are competent to serve disabled persons.

Over the years, there have been great advancements in artificial limbs. Plastics and other materials, such as carbon fiber, are used to make artificial limbs stronger and lighter, reduction of extra energy necessary to operate the limb. This is especially important for patients having above knee / trans-femoral amputations. Artificial limbs have to look much more realistic, which is important for patients with upper limb amputations, that is, below elbow / trans-radial and above elbow / transhumeral amputations. The reason being that these prostheses are exposed and there has to be cosmetically natural appearance with use of silicon gloves over the prosthetic hand.

In addition to new materials, the use of electronics has become very common in artificial limbs. Myoelectric limbs, which control the limbs by converting muscle movements to electrical signals, have become much more common than cable operated limbs. Myoelectric signals are picked up by electrodes, the signal gets integrated to make the prosthetic limb function. Cable control is immediate and physical, and through that offers a certain degree of direct force feedback. Microprocessors are also used in artificial limbs. In the 21<sup>st</sup> century the digital revolution will provide mobility and independence to the patients. [Click here to experience this digital revolution](#) in prosthetics orthotics - rehabilitation.

Artificial limbs are attached to the residual limb (stump) of the patient with belts, suspension corset or by suction. The stump fits into a socket on the prosthetic leg with a liner fixed to the socket directly or by vacuum, that is, suction sockets or a pin lock. Liners are soft and by that, they can create a far

better and comfortable fitting into the sockets. Silicone liners can be obtained in standard sizes, mostly with a circular (round) cross section, but for any other residual limb shape, custom liners can be made.

The socket is the most crucial part of prosthetic treatment. It is custom made to fit the stump and to distribute the forces of the artificial limb across the area of the residual limb rather than just one small spot. The prosthetic socket process begins with measurement and plaster cast of the stump, resulting in a negative cast which is followed by filling it with plaster of paris to form a positive cast, which is further modified by adding plaster paste to bony projections and pressure points taking care of load bearing area. This is done to achieve good socket fitting which is necessary for the patient to achieve optimum physical rehabilitation. The socket is then aligned with the component parts. If the fitting between the stump / residual limb and socket attachment is too loose, this will reduce the area of contact between the residual limb and socket causing discomfort and pain to the patient. On the other hand, a very tight fit may excessively increase the interface pressures that may also lead to problems and improper gait.

For prosthetic legs gait training is necessary which starts from parallel bars and gradually making the patient walk out independently and confidently. Gait training is also required in case where knee ankle foot orthosis (KAFO) / ankle foot orthosis (AFO) is given for polio affected or paraplegic patients. For upper limb prosthetics also the prosthetic clinician has to train the patient for elbow and finger movements and grasping of the objects.

After satisfactory fitment of the prosthesis, follow up contact has to be maintained between the patient and the prosthetic clinician as it is quite normal for the stump to shrink and the socket becomes loose. This can be brought to order by the prosthetic clinician by using soft padding materials in the socket and if necessary with replacement of the socket.

In view of the above clinical process and according to WHO, Prosthetic and orthotic clinicians are independent health professionals with a distinct professional title, profile and job description. Therefore, Prosthetic and orthotic services and facilities have to be provided to disabled persons / patients by above said clinicians as it is a statutory requirement of RCI and WHO. Unqualified persons, having no RCI approved qualification, serving the disabled persons are placing them at drastic risk due to malpractice and poor-quality services, are liable for prosecution under the RCI Act and The Rights of Persons with Disabilities Bill, 2016 which stipulates up to two-year jail term and a maximum fine of Rs. 5 lakh for discriminating against disabled persons.

**Author: Dr. Parvesh Sablok**  
**District Chair, Palliative Care**  
**Rotary District 3080, Paonta Sahib (H.P.)**



**M**r. Anant Kumar was diagnosed as a case of Carcinoma Larynx in 2006. He was treated with Radiotherapy and Chemotherapy. After 4 years of extensive treatment in which he developed number of complications. He is not able to talk, eat, listen and unable to carry out daily life activities.

Mr. Balbir Singh is now 82 years old Diabetic, Hypertensive, Heart disease and all other tags of advanced age like hard of hearing, cognitive disorder, arthritis etc. Mr. Muthukumrswamy is having Alzheimer's Disease and is not able to carry out activities of daily life without assistance.

Mrs. Shabana Begum acquired AIDS and no one is there to take care of her as she lost her husband to similar ailment about a year ago and children are too young. Mrs. Mary Methwes was diagnosed with Multiple sclerosis, a progressive neurological disease which can only be managed and cannot be cured. These all cases have no remedy and cannot be reversed by medication. When approached the hospital they are turned back saying that there is no treatment left and the carer should take care of them at home. What to do is a big question for the patient and the Family?

These patients have physical, mental, emotional, social and spiritual concerns. This can happen to anyone, your parents, siblings, close relatives, friends and even to you. What is that we can do for such patients? Nothing ... No, we can give them a pain free comfortable life and dignified death.

Palliative care a very poorly understood and practiced part of medicine has got a great role in managing such patients. Palliative and hospice care is not new to our country. Back in Ashoka's period many such places were made where the patients with disabilities were taken care of. Today as the life span has improved due to advances in medical science and we are dealing with long term manageable disease this type of care has become more relevant.

There are different types of palliative cares Home based palliative care where the patient stays at home and is visited by palliative care team to look after his/ her needs. The role family is of paramount



# Palliative Care

**Psychiatrist can be helpful in improving the mental condition and psychotherapist improves the social well being. We got look after the spiritual well being of the patient as well. If the person is spiritually sound he or she can cope up with the ailment in a better way and has peaceful exit from the planet. Family and friends are always a great part in our journey of life and of course for such patients this support is very encouraging.**

importance in such cases. The Doctor and nurse takes care of the medical treatment which includes disease management and symptom control. The physiotherapist gives necessary treatment relevant to the

particular condition.

“We should give same care and affection to the individual at the end of life as we give to the newborn that has just entered the life”

**Benefits of Palliative Care**

|   |   |  |
|---|---|--|
| <p style="color: #f4a460; font-weight: bold; margin: 5px 0;">Physical</p> <p>Relieve pain</p> <p>Manage symptoms</p> <p>Mitigate discomfort</p> | <p style="color: #f4a460; font-weight: bold; margin: 5px 0;">Psychosocial</p> <p>Provide emotional and mental support</p> <p>Fulfil goals and desires</p> | <p style="color: #f4a460; font-weight: bold; margin: 5px 0;">Spiritual</p> <p>Empowerment</p> <p>Finding purpose and closure</p> |
|---|---|--|

## The Brain of an Elderly Person

Shared by



**Lt. Col. (Dr.) Charanjit Kaur  
(Retd.) Army Medical Corps  
Mohali**



The director of the George Washington University College of Medicine argues that the brain of an elderly person is much more plastic than is commonly believed.

At this age, the interaction of the right and left hemispheres of the brain becomes harmonious, which expands our creative possibilities. That is why among people over 60 you can find many personalities who have just started their creative activities.

Of course, the brain is no longer as fast as it was in youth. However, it wins in flexibility. That is why, with age, we are more likely to make the right decisions and are less exposed to negative emotions. The peak of human intellectual activity occurs at about 70 years old, when the brain begins to work at full strength.

Over time, the amount of myelin in the brain increases, a substance that facilitates the rapid passage of signals between neurons. Due to this, intellectual abilities are increased by 300% compared to the average.

And the peak of active production of this substance falls on 60-80 years of age. Also interesting is the fact that after 60 years, a person can use 2 hemispheres at the same time. This allows you to solve much more complex problems.

Professor Monchi Uri from the University of Montreal believes that the brain of an elderly person chooses the least energy-intensive path, cutting unnecessary and leaving only the right options for solving the problem. A study was conducted in which different age groups took part. Young people were confused a lot when passing the tests, while those over 60 made the right decisions.

Now let's look at the features of the brain at the age of 60-80. They are really rosy.

### FEATURES OF THE BRAIN OF AN ELDERLY PERSON.

1. The neurons of the brain do not die off, as everyone around them says. Connections between them simply disappear if a person does not engage in mental work.

2. Absent-mindedness and forgetfulness appear due to an overabundance of information. Therefore, you do not need to focus your whole life on unnecessary trifles.

3. Beginning at the age of 60, a person, when making decisions, uses not one hemisphere at the same time, like young people, but both.

4. Conclusion: if a person leads a healthy lifestyle, moves, has a feasible physical activity and has full mental activity, intellectual abilities DO NOT decrease with age, but only GROW, reaching a peak by the age of 80-90 years.

So don't be afraid of old age. Strive to develop intellectually. Learn new crafts, make music, learn to play musical instruments, paint pictures! Dance! Take an interest in life, meet (virtually) and communicate with friends (on WA of our Group), make plans for the future, travel as best you can. Don't forget to go to shops, cafes, concerts. Do not lock yourself alone (be constructively active in the group) - it is destructive for any person. Live with the thought: all the good things are still ahead of me!

### Information!

A large study in the United States found that:

- The most productive age of a person is from 60 to 70 years;
- The 2nd most productive human stage is the age from 70 to 80 years old;
- 3rd most productive stage - 50 and 60 years old.
- Before that, the person has not yet reached his peak.
- The average age of the Nobel Prize laureate is 62;
- The average age of the presidents of the 100 largest companies in the world is 63 years;
- The average age of pastors in the 100 largest churches in the United States is 71;
- The average age of dads is 76 years.
- This confirms that a person's best and most productive years are between 60 and 80 years of age.
- This study was published by a team of doctors and psychologists in the NEW ENGLAND JOURNAL OF MEDICINE.
- They found that at 60 you reach the peak of your emotional and mental potential, and this continues until you are 80.
- Therefore, if you are 60, 70 or 80 years old, you are at the best level of your life.

*SOURCE: New England Journal of Medicine.*

## What an astonishing achievement from a humble background Indian woman's Hockey team Captain Rani Rampal

Shared by



**Ajit Singh Gulati**  
Engineer-in-Chief (Retd)  
Punjab State Electricity Board  
Chandigarh



“I wanted an escape from my life; from the electricity shortages, to the mosquitoes buzzing in our ear when we slept, from barely having two square meals to seeing our home getting flooded when it rained. My parents tried their best, but there was only so much they could do – Papa was a cart puller and Maa worked as a maid.

There was a hockey academy near my home, so I'd spend hours watching players practice. I really wanted to play. Papa would earn Rs. 80 a day and couldn't afford to buy me a stick. Everyday, I'd ask the coach to teach me too. He'd reject me because I was malnourished. He'd say, 'You aren't strong enough to pull through a practice session.'

So, I found a broken hockey stick on the field and began practicing with that. I didn't have training clothes, so I was running around in a salwar kameez. But I was determined to prove myself. I begged the coach for a chance – maine bahut mushkil se convince kiya unko finally!

But when I told my family, they said, 'Ladkiya ghar ka kaam hi karti hai,' and 'Hum tumhe skirt pehen kar khelne nahi denge.' I'd plead with them saying, 'Please mujhe jaane do. If I fail, I'll do whatever you want.' My family reluctantly gave in.

Training would start early in the morning. We didn't even have a clock, so mom would stay up and look at the sky to check if it was the right time to wake me.

At the academy, it was mandatory for each player to bring 500 ml of milk. My family could only afford milk worth 200 ml; without telling anyone, I'd mix the milk with water and drink it because I wanted to play.

My coach supported me through thick and thin; he'd buy me hockey kits and shoes. He even allowed me to live with his family and took care of my dietary needs. I'd train hard and wouldn't miss a single day of practice.

I remember earning my first salary; I won Rs. 500 after winning a tournament and gave the money to Papa. He hadn't ever held so much money in his hands before. I promised my family, 'One day, we're going to have our own home'; I did everything in my power to work towards that.

After representing my state and playing in several championships, I finally got a national call up at the age of 15! Still, my relatives would only ask me when I was planning on getting married. But Papa told me, 'Play until your heart's content.' With my family's support, I focused on doing my best for India and eventually, I became captain of the Indian hockey team!

Soon after, while I was at home, a friend papa used to work with visited us. He brought along his granddaughter and told me, 'She's inspired by you and wants to become a hockey player!' I was so happy; I just started crying.

And then in 2017, I finally fulfilled the promise I made to my family and bought them a home. We cried together and held each other tightly! And I'm not done yet; this year, I'm determined to repay them and Coach with something they've always dreamed of– a gold medal from Tokyo.”

*Finally at Tokyo Olympics 2020: Indian Men Hockey team got bronze medal (a medal after 41 years!) and the Woman's Hockey team performed very well and for the first time reached the semifinals but narrowly missed the bronze medal.*



## Growing up in a Middle Class – How it really feels

**Author**



**Keshav R. Garg**

**Chartered Accountant**



I have been born and brought up in a typical middle-class family with my two elder sibling sisters. Born in a small town of Haryana, and then coming to metro like city Chandigarh has made huge changes in my life. The purpose of writing this article is to create nostalgia amongst a number of such people who have lived like me but have never noticed how growing up in the Middle class looks like.

A Middle Class – the first thing comes to mind is subtle income, struggle for savings, fulfilling responsibilities and ensuring future safety. These are the broad characteristics of such a family. The parents of our generation have always ensured that they invest money in areas which can bring better results and upscale the family. Be it education, business or whatever from where they can expect better yields. And that is true, because they themselves struggle that much that they never wish their next generations to do. But in most of the cases, the struggle continues generations after generations, and we continue to be called middle class. There is a self-belief that doing things with their own hands and not relying on the house helps or someone else is bad. Not because they cannot do things better, but because that is how our earlier generations have done. We sometimes forget that life is not about putting sustained efforts all the time, we must find time to relax and enjoy these efforts.

There are many characteristics which a middle-class family usually have. Every child in this setup is made to believe that what his family does is always right. The contour of our mind is so braided that we tend to forget to think beyond them. There is always a Chacha, Taya, Fufa who is a villain in the family who has always left us in misery even though at times we ourselves are at fault. There is always a comparison between kids, the lifestyle of our relatives and most importantly the wealth other people possess. Till the time we are in a race, we compete and the moment the other goes out of the reach, we try to find the wrong things he might have done. Kids are always taught not to compare but the fact remains that it is the only discussion in the house. It certainly hits the evolving brain of a child.

The very thought process of saving more instead of spending more starts making us believe that life is not about relaxing but is to create reservoirs for our next generation even at the cost of oneself. The kids in our homes are given tremendous importance by ensuring the best of facilities, best of food, best of education and even best of etiquette which has been given to us in legacy. The over concentration on kids is to ensure that they grow up well, but we forget that they too notice the pains and trouble their family goes through. This not only brings upheaval in their stress response system but by the time they grow as adults, the trouble and pain has settled down in their minds as a normal thing.

Careers in our family are not decided by the traits of the child but by the amount of package it will offer. Seeking pleasure out of life has never been a choice. Do things which can take the family forward materialistically and help future generations to be proud of. And that is why we see the outpouring of children getting enrolled in careers like B Tech, MBAs, CAs and many others. And once they have spent almost 20 years of their life living their family culture, they repent on not having made different choices at a young age. The monotonous life continues to haunt them. But the truth is that when they were young, neither they nor their parents ever knew that something else existed. Even if it existed, their elders were not sure whether that would leave them with enough money to sustain their lives.

Under all these circumstances, there is no one to be blamed. Everyone tries to do the best things in the world with the level of knowledge he possesses. But in today's world things are quite different. Middle class today does not believe in saving more, but in spending more. The simple funda in today's corporate world is earn more, spend more. No one knows what will happen next moment, life is that fragile. The importance to kids has also reduced a little because now the parents understand that by the time their children grow, things would be drastically different. The entire thought process has changed, but one thing which will continue is the commitment towards family which is well passed by our parents and because of this one feature middle-class continues to exist.

## Remembering the Legendary Flying Sikh - "Milkha Singh"

**Gold medals aren't really made of gold. They are made of sweat,  
determination and hard to find an alloy called guts.**

---- Dan Gable

### Author



**Col. J.S. Chandoak (Retd)  
Chandigarh**



The legendary Milkha Singh inspired the nation to aim for excellence. An icon larger than life, he had a very humble beginning before the partition. As a teenager, he witnessed the sad massacre of dear ones. His father's dying advice was "Milkha Bhag". Orphaned and heartbroken, he got solace in 'Running', which became his life's MANTRA. Determined to serve the nation, he joined the Army. In 1958, he won Gold medals in the Asian and Commonwealth games and brought laurels to the Country. The most historic was his run at the Olympics in 1960. He finished 4th, missing the bronze medal by 1/10th of a second.

In 1960, he was invited for an athletic meet in Pakistan by their President Gen. Ayub Khan. Initially, he refused, as burning memories of the partition were fresh in his mind. However, persuasion by our P.M. Nehru succeeded. Milkha beat renowned Abdul Khaliq decisively. Unbelievable, at the historic meet Gen. Ayub Khan said, "Milkha you did not run, you flew" and bestowed him with the unique honour of "Flying Sikh". After return, on promotion to the rank of a Junior Commissioned Officer, Milkha was so excited that he remained in Army uniform with badges of rank for four days.

Running was his 'life' and also a cure for minor ailments. For a cold (or like), despite his wife Nirmal ji's pestering, medicine would remain untouched under his pillow. Instead, he would go for a run the next morning and get cured. While golfing also, after hitting a shot, he used to run up to the ball (instead of walking). Chandigarh is lucky to have had such a great philanthropist amongst us. He donated all his 87 medals to the national museum. A meaningful way of motivating the youth. He adopted a young son of a Kargil martyr in 1999. Really rich at heart, he took just Re 1/- from the producer Rakeysh Mehra for the box office hit biopic on him 'Bhag Milkha Bhag'.

Milkha Singh's wife Nirmal ji also a veneration, was Captain of the Women's National Volley Ball team. They met in 1955 and had a blissful 58 years of married life. She was a humble and jovial lady. Unfortunately, she succumbed to Covid 19, five days prior to him. Undoubtedly, they were made for each other.

During the second hospitalisation in the PGI, he fought the Pandemic bravely. At the PGI, a young doctor paid him an unusual compliment. She said, "I am a small physician but a great fan of yours". Unfortunately, he succumbed to the Pandemic at the age of 91 years. On 21 June 2021, Milkha was cremated with the 'Punjab State Honour'. Despite Pandemic restrictions, abundant well-wishers paid tearful homage to the national hero.

Milkha was awarded Padmashri in 1959. He declined the Arjuna award in 2001. That was too little too late. Let bygones be bygones. Now award of Dhyani Chand Khel Ratna to him should be considered in a wider perspective. Besides honouring his achievements, this award will be a significant motivation to the youth.

The story of humility, inspiration and grace is covered in his inspiring autobiography and the epic biopic. His praiseworthy virtues are a bright beacon for the young generation to emulate.

The motto should be 'Watch Milkha and read him too'.

What a noble gesture by Neeraj Chopra (the Javelin gold medalist in the recent Olympics) that he has dedicated his award to the 'Flying Sikh'. Probably RIP Milkha will be having tears of joy for the fantabulous Indian achievement.

May the legendary couple Milkha Singh and Nirmal ji RIP.

## Becoming a Better Version of Yourself

### Author



**Ritu Singal**  
**Chairman and**  
**Managing Director**  
**Raglan Group**  
**Certified Life Coach**  
**Panchkula**



We all constantly crave for better things in life – better car, better house, better food, better clothes, better college, better grades and, of course, better phones. Don't we? Our beliefs make us, our dreams, goals, achievements and therefore, our life itself! A very interesting thing is that our beliefs can change and there is only one person who can change them – look into the mirror and you'll see that person. Yes, you heard it right! You **HAVE** the power to change your beliefs, and therefore your life. In fact, we all change with time. Think of it, are you the same fellow, who you were, say 10 years ago? Certainly not! As humans, we may be born “genetically blessed” or “jinxed”, but we constantly interact with our environment and the people out there. And it is these interactions that shape and train us continuously- every single moment. Rather, I would say if you haven't cultivated a new belief or haven't shed an old one in the past 10 years, check your pulse. You may be dead!

Let me come to [my personal story](#). I have been privy to quite a similar case, that of my husband, who committed suicide. And the reasons were pretty much the same - loans amounting to Rs. 60 crore, stalling of his building project, hundreds of court cases and harassment by government officials. In retrospect, I believe it was his belief system only that propelled him to a point where he began thinking that his world was crashing and there was no hope left. Look, if I, a homemaker and an absolute newcomer to this male-dominated business world, could successfully rebuild the business, repay our creditors and tackle the numerous court cases, in comparison, he was much more capable and experienced than I am. Just think of the potential possibilities he could have visualized for his business, only if he had the right beliefs ruling his mind.

As a child, I used to place great stock in a loving family. I remember, I had read a novel wherein the sick protagonist walks out on his wife and children and how they suffer as a result. Therefore, a loving husband and a happy family remained my priorities for long. In fact, I can recall telling my university friends about it, who would simply laugh.

Their reaction was a given, considering that I was a gold medallist in my LLB and LLM classes. But I had a certain dream of having a caring, loving husband and a small, happy family and that's what I created.

But the tragedy made me change my belief system. I consciously decided to shed a particular belief and replace it with another belief. Yes, you can do that. You can change the way you think! In fact, you can choose the thoughts you'd like to enter or leave your mind. It's entirely up to you. And I did that. Quite successfully! I trained my mind to think in terms of “A lion needs no company”. And now, I no longer missed my family and didn't wallow in self-pity like - Oh! Am so lonely. Were I so inclined, I couldn't have evolved a better version of myself.

My husband's suicide taught me an extremely important life lesson - of minding my mind. No matter how wealthy and healthy or physically fit you are, a badly or poorly trained mind can *undo* everything. The tragedy hammered into my mind the supreme role of a healthy, strong, right-thinking mind for a successful, productive life. Again, I consciously trained my mind in this direction – and helped not only myself and my kids do so but also thousands of other people and brought a positive change in my own and their lives.

My love affair with books went on. And I must say they have played quite a part in my life. And now I have a strong conviction – that humans have unlimited potential. But unfortunately, our beliefs are a limiting factor in what we are actually able to achieve. I hope you remember the British athlete Roger Bannister, who became the first one to finish the mile race in less than 4 minutes in 1954. Before he did it, there was a widespread (but erroneous) belief that a sub-4 minute mile race was physiologically impossible i.e. the human body was *not* made for it. But Roger, a neurologist himself, challenged the notion and smashed that mental barrier forever. His record remained a record for just 46 days because soon, there was a long galaxy of athletes smashing his mile race record. Back home, there was a long-held belief a double century in an ODI was impossible. But Sachin Tendulkar did that and made history!

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Watch this video <https://youtu.be/NsAOs5ifO4I>

Charlie Chaplin’s case is an excellent example of how hope can give a fresh life to a suicidal man. His mother’s soothing words became the beacon of hope for him and look, where he finally ended up! Likewise, Beethoeven, the great musical genius, felt quite depressed and wanted to end his life. But a noble soul inspired him to create his great classic *Ode To Joy*. But possibly the greatest example of modern times is Nelson Mandela’s, who had launched a struggle against the then prevalent racial discrimination (*apartheid*) and was put in the Robbin Island jail for 27 years by the white-led South African government. But look at the man who never lost hope through those trying times and finally succeeded! And to top it, he didn’t have even an iota of rancour or ill-will against his captors. Such grace and forgiveness!

Rosa Parks, the gritty American woman activist, whose struggle triggered a civil rights movement in 1950s and brought about racial equality in public life, was equally driven by her beliefs. Similarly, the Padman that is, Arunachalam Muruganantham, who invented a low-cost sanitary pad vending machine, was motivated by a strong personal belief to improve the lives of poor women.

Such is the power of human beliefs! I can vouch for it – If I could transform myself from a homemaker into a successful entrepreneur, it’s only because of my changed belief system. Your beliefs can let you climb those dream heights. So challenge yourself constantly, come out of that comfort zone, break those mental barriers and make history!

Author Bio

A little bit about myself, I am Independent Certified Life Coach, TEDx Speaker, business coach and mentor with The John Maxwell Team’ and world famous ‘Arfeen Khan’. I have mentored 12,000 people across 14 countries and authored a book “A Story Can Change Your Life”. L.L.M. qualified, Gold Medallist and recipient of the prestigious award of “Women Entrepreneur of Year 2011” besides this I also provide counselling to young entrepreneurs for their future endeavors.

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### Laughter – boosts up Immune System

It’s true: Laughter strengthens and boosts up our immune system, brightens up our mood, diminishes pain and protects us from the damaging effects of stress and depression. Nothing works faster to bring our mind and body back into balance than a good laugh. Humour and Laughter lightens our burdens, inspires hope, connects us to others and keeps us grounded, focused and alert. It also helps us to control anger and forgive others.

Laughter is a strong medicine. It brings people together and triggers healthy, physical and emotional changes in our body. Humor and laughter are great stress busters and amazing immune booster.

Please watch out for interesting articles coming up in the next issue of this monthly e-bulletin, Impressions. Articles giving a positive message of Hope, Rotary, Disability Empowerment and Assistive Devices are invited from our esteemed Readers.

The Editor reserves his right to publish articles as deemed fit by him.