

Impressions

Theme of this
Bulletin:

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

No. 21/09 - December 2021
(Monthly e-Bulletin)
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

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Serving and Ex-Pakistani army officers condole Gen. Bipin Rawat's death Heart - warming Twitter exchange

Source:



| Hindustan Times

| India Today

A former officer in the Pakistan army has extended his condolence after India's Chief of Defence Staff General Bipin Rawat was killed in a helicopter crash along with his wife Mrs. Madhulika Rawat and 12 other defence personnel on 08 December 2021. General Rawat and the 13 people were en route from an air force base to Wellington, a hillside military college in Tamil Nadu, and died when the Russian-made Mi-17V5 military helicopter they were travelling in crashed near Coonoor.



Chief of Defence Staff (CDS) General Bipin Rawat

Chairman Joint Chiefs of Staff Committee General Nadeem Raza and Chief of Army Staff of Pakistan General Qamar Javed Bajwa expressed their sorrow at "the tragic death of CDS General Bipin Rawat, his wife and loss of precious lives in a helicopter crash"

Major Adil Farooq Raja, a retired officer of the Pakistani army, tweeted his respect on a post by Brigadier RS Pathania, a former Indian war veteran, about the death of General Bipin Rawat.

"Sir please accept my heartfelt condolences," tweeted Major Raja, an Armoured Corps officer having diverse experience in Active Combat, Security, Protocol and Administration/Training assignments, condoled CDS Rawat's death.

In his reply Brigadier (Retd) Pathania talked about a duty of a soldier. "Thank you Adil. That's what is expected from a soldier. Salute you," he said. Raja, whose LinkedIn profile says he is a geopolitical analyst and a columnist, replied to this with a traditional Punjabi saying. "Off-course sir, it's the decent thing to do as a soldier. Again, sorry for your loss sir. In our Punjabi folklore they say, "dushman maray te khushian na manawoo, kadday sajna v mar jaana" Means: "Don't celebrate the deaths of your enemies as some day friends would also die".

Pathania's reply was equally beautiful. "Thank you again Adil. I understand Punjabi and speak it as well. We are enemies on the battlefield. Off that, let's be civil to each other if we cannot be friends." To this, Adil Raja replied, "Couldn't agree more sir. Peace is the only logical way forward. Stay blessed and happy sir."

The conversation between Pathania and Raja has been liked on Twitter by hundreds of users who praised the "true spirit of a soldier with Traditions of Subcontinent."

"That is what true soldiering is all about Major. You battle hard in times of combat without losing sight of the ethics of soldiering. That is what separates a soldier from a barbarian!" A former Indian Army Major Fasih Ahmed, tweeted.

"Adil Sir, thank you, such a mind is what man needs and respectfully accepted, and let us pray together for the eternal peace of the souls of the dead," posted another user.

Gen Rawat's defence adviser Brigadier Lakhbinder Singh Lidder and staff officer Lieutenant Colonel Harjinder Singh also died in the crash. Wing Commander Prithvi Singh Chauhan, Squadron Leader Kuldeep Singh, Junior Warrant Officer Rana Pratap Das, Junior Warrant Officer Arakkal Pradeep, Havildar Satpal Rai, Naik Gursewak Singh, Naik Jitendra Kumar, Lance Naik Vivek Kumar and Lance Naik B Sai Teja were also killed in the helicopter crash.

Group Captain Varun Singh was the lone survivor from the crash and shifted to Bengaluru's Air Force Command hospital. He passed away at the IAF Command Hospital on 15 December 2021.

Sahyog Artificial Limbs project Rotary District 3080

[Click here to watch on YouTube](#)

[Click here to watch on YouTube](#)



Tara Devi with Rotarians at our prosthetic clinic in Mohali

Tara Devi was successfully fitted with Above knee artificial leg at our prosthetic clinic in Mohali, under Rotary District 3080 Sahyog Artificial Limbs project, initiated by District Governor Rtn. Ajay Madan. Past District Governor Rtn. Shaju Peter, who referred this patient for the prosthesis, joined us virtually from Cochin. Others present physically were Assistant Governor Rtn. Salil Bali, Secretary Rtn. Jagvinder Bawa, Sr. Prosthetic Consultant Past President Rtn. Dr. V.J.S. Vohra and Sr. Prosthetic Clinician Dr. Amit Gulati who did the clinical process. Ms. Sukhy Randhawa of UK granted full financial support for this prosthetic treatment for which we sincerely thank her for very generous support.

Ikram had lost his left arm below the elbow due to which he was out of job and facing acute financial distress. Assistant Governor in Roorkee Rtn. Mujeeb Malik wielded the magic of Rotary, by helping him to get artificial arm under Sahyog project. Now the changed Ikram has a well-stocked and decorated fruit vending cart and earns handsomely for his family, for which he is thankful to Rotary.

Ashu from Chandigarh was identified by Rtn. Dr. S.K. Sablok and thereafter our generous AG Rtn. Gaurav Ghai came forward to sponsor his above knee artificial. The happiness and expression of freedom from disability could be seen when he walks with his prosthetic leg.

Sponsored by Past President Rtn. Sushant Ahuja of e-Club Dehradun, Davendra who lost both his legs below knee six years ago was confined to wheel chair. He was very thrilled with his prosthetics legs, which made him walk like a normal person. Davendra is now walking gracefully and joyfully with both below knee artificial legs and without any support



Both are walking with above knee artificial leg (right)



Davendra interacting happily with prosthetic clinicians Dr. V.J.S. Vohra and Dr. Ashwani Kumar



Patients provided artificial arms, with Dr. Vohra and Dr. Ashwani at our prosthetic clinic in Zirakpur



Equipped with left below elbow artificial arm Ikram is now selling fruits

Moving beyond physical disability



INTERNATIONAL
SOCIETY FOR PROSTHETICS
AND ORTHOTICS

...moving beyond physical disability



Save the date!

Mobilizing for Assistive Technology - Towards the 2nd Global Disability Summit

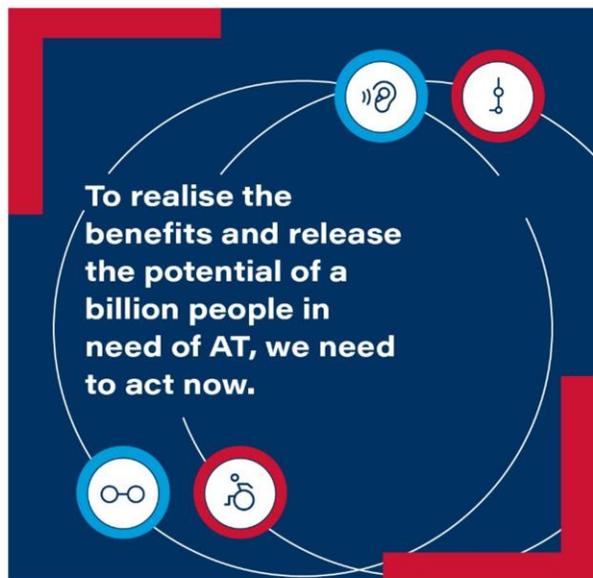
High-level Forum – 14 January 2022 – 2-5pm CET

Register here!

Assistive Technology (AT) can enable people to live healthy, productive, independent, and dignified lives, and to participate in education, the labour market and their communities. Today, over 1 billion people need at least one type of AT, but over 90% do not have access to it.

Together we can change that!

ATscale, the Global Partnership for Assistive Technology together with its key partners, is excited to invite you to this online event on 14 January 2022 from 2-5 pm CET. This will feed into the second Global Disability Summit, taking place later in February.



Why should you be there? Whether you are already an active partner in this area or newly interested, your participation is key. Together we will hear from and discuss with people who use Assistive Technology, Organizations of People with Disabilities, Governments from the Global South and North, Multilateral partners as well as the Private Sector. We will take stock of progress on increasing access to affordable and appropriate AT and discuss the need to renew and increase our commitments.

ATscale and its partners, including WHO, UNICEF, the International Disability Alliance (IDA), Norad, USAID, UKFCDO, GDI Hub, and CHAI look forward to your participation.

Visit their website for further information on this event: [here](#)

The preliminary agenda can be found [here](#).

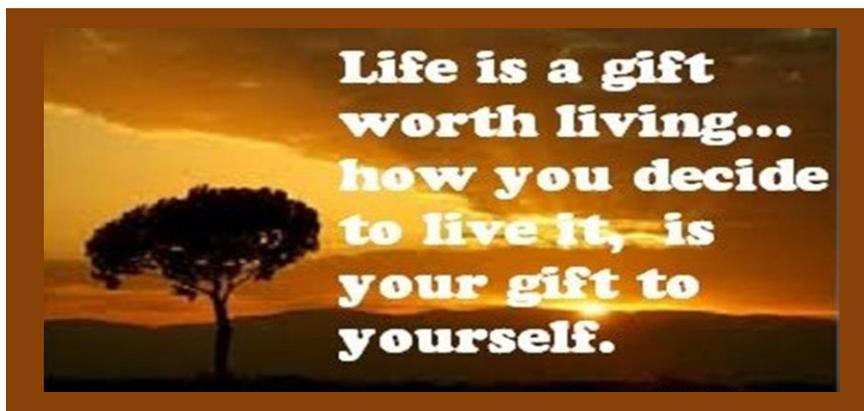
Life is a Gift

Shared by:



Mohan Khera
Past President

Rotary Club of Wollaton Park
England



This is one of the nicest and most gentle articles I've read in a while: no politics, no religion and no racial issues - just food for thought.

You know time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young and embarking on my new life. Yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all.

I have glimpses of how it was back then and of all my hopes and dreams. However, here it is the last quarter of my life and it catches me by surprise. How did I get here so fast? Where did the years go and where did my youth go?

I remember well seeing older people through the years and thinking that those older people were years away from me and that I was only on the first quarter and that the fourth quarter was so far off that I could not visualise it or imagine fully what it would be like.

Yet, here it is my friends are retired and getting grey - they move slower and I see an older person now. Some are in better and some worse shape than me but I see the great change. They're not like the ones that I remember who were young and vibrant but like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd become.

Each day now, I find that just getting a shower is a real target for the day! and taking a nap is not a treat anymore, it's mandatory! because if I don't of my own free will, I fall asleep where I sit!

And so now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did! But at least I know that, though I'm on the last quarter and I'm not sure how long it will last, that when it's over on this earth... it's over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done things I should have done but truly there are many things I'm happy to have done. It's all in a lifetime.

So, if you're not on the last quarter yet, let me remind you that it will be here faster than you think. So, whatever you would like to accomplish in your life do it quickly!

Don't put things off too long! Life goes by so quickly. So, do what you can today, as you can never be sure whether you're

on the last quarter or not!

'Life' is a gift to you. The way you live your life is your gift to those who come after.

Make it a fantastic one.

Live it well!

Enjoy today!

Do something fun!

Be Happy!

Have a great day!

Remember, it is health that is real wealth and not pieces of gold and silver.

You may think;

Going out is good - but coming home is better!

You forget names - but it's okay because some people forgot they even knew you!

You realize you're never going to be really good at anything like golf - but you like the outdoors!

The things you used to care to do, you aren't as interested in anymore - but you really don't care that you aren't as interested.

You sleep better on a lounge chair with the TV on than in bed - you call it 'pre-sleep'!

You miss the days when everything worked with just an 'On' and 'Off' switch!

You tend to use more 4 letter words - 'what' and 'when'

You have lots of clothes in your wardrobe, more than half of which you will never wear - but just in case!

Old is good -

- Old is comfortable
- Old is safe
- Old songs
- Old movies
- and best of all,
- Friends of old!

So, stay well, 'Old friend!' Have a fantastic day!

Have an awesome quarter - whichever one you're in!

Take care

Send this on to other "Old Friends!" and let them smile in agreement!

It's not what you gather but what you scatter that tells what kind of life you have lived.

A Story Can Change Your Life

Author



Ritu Singal

**Certified Life Coach, TEDx Speaker,
Business coach and mentor**
<https://ritusingal.com/>

The millennials' craze for gyms, six-pack abs and chiselled bodies reflects a growing realization of the need for physical fitness. There's no denying its truth but amid all this, mental and spiritual health, integral to complete well-being, have been sidelined. In a nutshell, we are missing out on the fourth leg of the table - human mind, the Father of Computers that is essential to imagination, dreaming, planning, decision-making and execution. Let's not forget that behind every healthy body, there is a healthy mind.

But doctors and scientists tell us that an average human utilizes a very minuscule part of his total mental faculties. Consequently, most of our mental faculties remain idle, unutilized and result in vastly untapped potential. To take a very simple example, the sporting excellence achieved by Para-Olympics players is just one proof of what a focused and powerful mind can achieve despite the apparent physical odds. Only such a mind would be able to even think of running a race on a wheelchair!

In our never-ending scientific quest, we may have reached the "Mars" but unfortunately, we are hardly aware of how a stressed, depressed or aggressive mind "mars" the quality of our lives. The rising incidence of absenteeism, poor productivity, stress, depression, road rage and suicides bears ample testimony to the many ills plaguing the human mind.

My debut work *A Story Can Change Your Life* is an attempt to convey simple, practical and time-tested wisdom on dealing with the common problems we encounter everywhere. The 30 stories in the book address different facets of life's challenges and end up giving practical wisdom in a fun way. The wisdom is born of real experience and draws liberally from great masters and their work.

A bit about my background. I have had extensive counselling experience dealing with individuals, couples, families in solo, team and group settings. At the centre of my transformational practice is the fundamental idea of humanistic psychology i.e. we all have an amazing capacity within us for self-healing. I firmly believe in the inherent potential of all humans to find solutions to their problems so as to fully heal and empower their lives and my belief finds ample expression in these stories.

Each story in the book is unique and is different from the rest. The stories are peopled by those living next door and are therefore, highly relatable with great connectivity. The stories have sub-plots within them, which hook the reader from the word go. Each story ends up giving a valuable lesson through the central protagonist Kyna, the fictionalised version of yours truly i.e. myself. We meet Kyna in the very first story *Let's Play the Blame Game*, which tackles the rather common habit of blaming others around us for even the smallest problem, our conditioning to blame situations, people, things. Social psychologists have a rather fancy name for it- *fundamental attribution error* i.e. overestimating the external circumstances and underestimating our own role. For example, if anger were hanging out somewhere, two people facing similar circumstances should be equally angry. But we all know it doesn't work like that.

Similarly, *Let the Prisoner Break the Jail* makes a powerful point by driving home the wisdom that we have to let go of our past to enjoy the present. The protagonist's words to his friend

"I don't remember anything because I had freed myself from the past a long time back... but you are a slave even now ... a slave of the past."

deliver a powerful punch and puncture his friend's bloated sense of imaginary pain over a past gone by long back. Understandably, the other friend is taken aback and ends up being wiser as a consequence.

Likewise, in this story only, the monk's revealing words, *"Yes! You're right!! I had dropped a woman to the shore that day. I remember I had carried her on my back then. That was months ago, but why are you carrying her in your head even now?"* are an eye-opener to many, who keep on carrying the baggage of their past life forever, thereby draining their mental energy.

In another story, Kyna's poser to her friend, who constantly faces the taunts of those around her, *"What do you do if you are travelling by your car and suddenly, some stray dogs start barking at you?"*..... *"Do you stop your car and answer them back?"* injects a healthy dose of realism and practicality into her head and shows her the right path. In this one only, the frog story takes the cake. Though it has many versions but the idea remains powerful still – A tiny frog, in competition with much better contestants, trying to climb a pole, unmindful of the taunts hitting its ears and winning the day simply because it couldn't listen to anything: it was actually deaf.

In *A Problem for Every Solution*, I have tackled the rather pervasive human tendency to over-worry about what is yet to come (or, in fact, may not arrive at all). Taking the metaphor of a man in a train, carrying all his ten bags on the head and waiting for his destination half an hour before it is to arrive, I have tried to hammer in the futility of over-worrying and the point of living in the present. It gives a new perspective to the always-tense and over-worried human mind in today's cut-throat scenario.

The stories are based on my observations of day-to-day events and the ability to pare them apart to find the truth. The stories are a whiff of fresh, gentle air, which soothe, enlighten and entertain you at the same time. The message is conveyed in each case without being preachy or holier-than-thou kind. I very well realize the intensely human nature of our common follies and thus, the stories gently guide us the reader to the right path without consciously nudging them. All of them are replete with jokes and interesting quotes that leave a lasting impact on mind. The stories empower you to face life with confidence, strength and zeal to create your own beautiful life story of change, happiness and success. The informal style and the easy tone make the collection an easy, fun read.



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❖ Email	:	crclko@rediffmail.com

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Lock is as good as a key

Author



Keshav R. Garg
Chartered Accountant
Chandigarh



In our daily lives one would find sayings, Key to success, Key to IAS exams, Key to finding jobs etc. The focus has always been on the key which opens the lock. If we look back and see our lifetime, it was the lock which kept us thriving and striving towards the search for the key. Bigger the lock size, the bigger our efforts were. Essentially it is the lock which is important and not the key. Just imagine a situation where all doors are open for everyone, we all would have been running at the same position. The closed doors and our ability to open them as quickly as possible makes the difference.

Way back some thousand years ago when Arjuna was in the battlefield and felt fabled after looking at the forthcoming destruction, it was lord by himself who told him to fight. No door can be as massive as Mahabharata. It called for merciless, ruthless bloodshed, fight against the emotions and what not. Still, it was the lord who permitted it for a good cause. Today's social media, fast moving rat race world is quite similar to Mahabharata.

We are striving to open the massive doors of our self-ego, self-obsession and chase for materialistic things. Our focus has now come on the key instead of understanding whether the lock needs to be opened or not. Most of the locks are now opened not because we want it but because the society, people around us want it.

Why I am writing all this is because I at times sense and find that we are running here and there for no reasons, for no goal actually. Nobody on this earth I have ever found to claim that he is satisfied with his living. If he has money, he is not blessed with kids, if he has money and kids, he doesn't have good health, if he has good health, he doesn't have a family. The list continues.

If that is the situation of our satisfaction, we must try to knock on the door which can help us and get that immense satisfaction. Interestingly, that door lies within us at this very moment.

I remember a saying "ghar me chorra, shehar mein dhindora". That's what the state is. We continue to open the locks outside and forget the massive lock within us which is chained by self ego, obsession, search for materialistic things, lust, anger etc.

Uncovering this lock and then opening it should be the ultimate goal of life.

As Krishna said, we must make every effort to shift from Tamas to Rajas and then Rajas to Sattva.

Being Satvik is the ultimate goal and whosoever achieves it, will open the right lock and his search for the right key would end there and then.

Old age now begins at 80

Shared by:



Dr. Vinod Bhanti
Senior Prosthetic
Orthotic Clinician
Past President
Rotary Club of Patna



Old age now begins at 80

By **Tim Radford**

OLD age has been postponed. Biologically and psychologically, it now begins at 80, according to Ian Robertson, dean of research at Dublin's Trinity College Institute of Neuroscience.

"This leaves 30 years – roughly age 50 to 80, a period much longer than youth – for which we have to have a whole new way of living," he told the British Association science festival recently.

Robertson began to study the effect of age on the brain in 1984. Then, the average age of stroke victims was 72.

"By 1999, the average age of my patients was around 82. In just 15 short years, I saw with my own eyes how, in many senses of the word, people had become younger by roughly 10 years."

The human brain, he argued, at all ages was plastic: it was shaped by experience, learning and thinking. Ancient Romans had a life expectancy of 22, while Europeans could look forward to a lifespan of 50 years at the start of the 20th century.

A woman of 60 in Britain now could expect to live on average to 83. The degree to which people retained their faculties after 50 was influenced by what they did.

He listed a seven-point plan to ensure a youthful old age:

- ❖ Aerobic fitness was probably most important. The function and structure of the brain were influenced by activity.

- ❖ Mental stimulation was vital. People could reduce cognitive decline by mental training.

- ❖ New learning was important. "The more you learn, the more you can learn," he said. "It can have profound physiological effects on the brain."

- ❖ High and prolonged stress had negative effects, particular on human memory.

- ❖ A rich social life helped. "People who maintain a lot of social interactions maintain mental sharpness for a longer period."

- ❖ Healthy eating. A diet rich in fruit and vegetables and fish had profound effects on cognitive decline later in life.

- ❖ Finally, think young. – Guardian Newspapers Limited

Age is just a number.

How you feel and live your life is more important.

Late

**Col. D.S. Vohra, Padmashri
Founder**

**Artificial Limb Centre, Pune
Founder**

**Nevedac Prosthetic Centre
Chandigarh**



**President (2006-07)
Rotary Chandigarh Midtown
www.rotarychdmtown.org
RI District 3080**

Dr. V.J.S. Vohra

Consultant & Certified Clinical Partner

Otto Bock Health Care India

Co-Founder

Nevedac® Prosthetic Centre

Rehabilitation Council of India

Certified Prosthetic Orthotic Professional

RCI Regd. No. AA00001

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Founder & CEO**

Nevedac® Prosthetic Clinic:

MediRehab System® 1134, Sector 44-B, Chandigarh 160047 India

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