

Impressions

**Theme of this
Bulletin:**

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

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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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Guru Gobind Singh - Tenth Guru of Sikh



Guru Gobind Singh was the tenth Guru of Sikh born on December 22, 1666, in Patna, Bihar. Last of the Sikh Gurūs, known chiefly for his creation of the Khalsa (Punjabi: “the Pure”), the military brotherhood of the Sikhs.

According to the Nanakshahi calendar, his 355th birth anniversary was on January 09 this year. After the demise of his father, Guru Tegh Bahadur, Guru Gobind Singh became the leader of the Sikhs at the age of nine.

Guru Gobind Singh's original name was Gobind Rai and he was born to the ninth Sikh guru, Guru Tegh Bahadur and Mata Gujri.

He was a great spiritual master, warrior-poet, and philosopher. He was assassinated in 1708. Guru Gobind Singh is remembered as the warrior leader who rose as a famed personality for his contributions to Sikhism. Usually, on this day, devotees offer prayers, seek blessings, sing devotional songs, and visit Gurudwara to serve the less privileged. He was a mystic and a king at the same time.

He was a defender of faith and a martyr for the cause of suffering and persecuted humanity. Guru Gobind Singh Ji is referred to as “Sarbens Dani” as he sacrificed his entire lineage (father, mother, four young sons) while fighting against oppressions. He himself stated the purpose of coming to this world.

There is no other example of such unparalleled heroism and immense sacrifice, where a father prepared his own sons to go on a battlefield. Death was certain and so was glory. Sahibzaada Ajit Singh and Jujhar Singh, sacrificed their lives in the Battle of Chamkaur, where Guru sahib along with two elder sons and forty Singh’s fought with the Mughal army of over ten Lakh. It is considered to be one of the greatest last stands.

Guru Gobind Singh was a man of great intellectual attainments. He was a linguist familiar with Persian, Arabic, and Sanskrit as well as his native Punjabi.

Teachings of Guru Gobind Singh should be followed in our daily lives. Do as much possible to serve and help those in need, or in trouble. In the present days also the humanity needs connection with Lord Almighty to remain strong as always to come out of this difficult situation.

The Brain of an Elderly Person

Shared by:



Capt. Charanjit Vohra
Chandigarh

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 and communicate with friends, make plans for the future, travel as best you can. Don't forget to go to shops, cafes, concerts.

Do not lock yourself alone - it is destructive for any person.

Live with the thought: all the good things are still ahead of me!

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 laureates 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.

Soha Ali Khan on Pataudi Palace, feeling close to father Tiger Pataudi when there: 'It is a different world...'

Actor Soha Ali Khan talks about Pataudi Palace, her experiences, memories and how she "feels closer" to her father, Mansoor Ali Khan Pataudi, when she visits.

Written by A. Kameshwari

New Delhi

Updated: January 8, 2022

Actor Soha Ali Khan is returning to screen with *Kaun Banegi Sikharwati* after a gap of three years. The series sees her sharing the screen space with Naseeruddin Shah, Lara Dutta, Anya Singh and Kritika Kamra. "I wasn't sure of the dynamics of working with three other women in the same frame," she told [indianexpress.com](https://www.indianexpress.com) talking about the series.



However, she shared that her experience was "relaxed and chilled out" because all her female co-stars were "secure and confident about their personalities."

While Soha plays Gayatri, Lara plays her elder sister Devyani. "Lara has seen so much success and has so much experience but she has no airs at all. In fact, if we needed something on set, we would fire the gun from her shoulder and she would get a lot of things done for us," Soha shared about Lara, adding that working with her, Kritika and Anya was "a nice experience." Kritika and Anya play Kamini and Uma, respectively.

"Whenever I visit Pataudi, I take my cook from Mumbai with us. Here, he calls me Didi, there he calls me Soha Bia. He calls Kunal as bhaiyya, and Mia there. So, things do change when you step into Pataudi. Apart from the innate sense of sophistication that I have, I don't know much. I like the world (of *Shikharwati*). I was comfortable being in a palace, wearing beautiful costumes and airs and graces you are supposed to have as a princess. It was not an alien world to me," Soha explained, adding that in her personal life, she is also part of the modern world. "I am juggling between two worlds. There's a world that is a bit ancient and a world that is modern. Those things look good in Pataudi, not in Mumbai. So, you have to adapt with time and place. That is the rule of evolution."

As she mentioned Pataudi, we asked her to share her fondest memories of the place. The actor said Pataudi Palace is a place for her to unwind. "The architecture, the landscapes, the gardens my mother has done, just visually, it is relaxing to go there. You just feel, after the hustle and bustle, the insecurities and competitiveness of a city life like Mumbai, you just go there, take a deep breath and you feel unburdened in so many ways," Soha expressed.

But for her, Pataudi is more than just a place. It is memory of her father, her childhood and a way of finding her inner peace. "I just like the open spaces, the greenery. I somehow feel closer to my father when I am there. I go to his grave and spend time with him. It is his home. So, there is that connection as well. So many memories growing up. I remember the time when there was no electricity and we had visited as children. We used to sleep outside, under macchardani (mosquito net). Now we have AC, but back then, there was no AC and no mobile phones. So, it was a complete cut off. I remember being excited to have seen the first fax machine. Even the first AC. Now, it has some modern amenities. But there is still an old world charm to it," she told.

Lady Courageous

Author: Maj Gen Raj Mehta

A true life war zone incident of a lady Doctor of the Indian Army, her story of grit and Hippocrates Oath that Doctors serve under, even if a General has to be disciplined in the process. It was a biting cold, late winter evening in Jan 2004, at Baramula - a border town, notorious for being the hub of terrorism in North Kashmir. I was the General Officer Commanding (GOC) of the Division headquartered there. It was past the witching hour and I must have dozed off in the first interlude of sleep in an active, 18 hour day when I got a call on the phone. The operator displayed his urgency by prefacing the call as Urgent Sir, there's an IED (improvised explosive device) blast. Capt Devika Gupta wants to speak to you. MI (Medical Inspection) Room is on line..."

Soldiers in #Kashmir sleep with their weapons and I was no different. In two minutes, I was in uniform. The QRT (Quick Reaction Team) was ready too and we were racing out of the GOC's Bungalow nestling on the banks of the River #Jhelum. The MI Room was close by and when I arrived, there was subdued activity. The Rashtriya Rifles soldier was part of a Unit crossing Baramula for a night domination patrol when he had stepped on an IED disguised as a transistor.

His intestines had spilt out and his team had rushed him to the MI Room, where the Medical Officer, Capt Devika Gupta her hands encased in bloodied white gloves right up to her shoulders started stitching him skillfully to stop his intense bleeding. It was touch and go. My staff had reacted fast and placed a Armoured Car - a South African made mine proof bullet proof Casiper and a duty Gurkha QRT to escort the lady doctor and patient to the Base Hospital at Srinagar 60 kms away if that was needed. All Standard Operating Procedure during my time as GOC.

Capt Dipika told me on arrival, "Sir, It is touch and go. Have put almost 150 stitches on him. He has to reach the ICU at Srinagar for immediate operating as his vitals are collapsing. I need to monitor him and hold a drip otherwise he will die on my hands. Need an open jeep, not this 'cramped tank'." She called the narrow ceilinged Casiper that was meant for war, not casualty evacuation.

It was past 1 am now and the Baramula-Pattan road was notorious for terrorist fire on our convoys because the road was cut through low hills and gullies near Pattan, a very trouble prone area. I was the GOC and was morally responsible for any orders I gave. In this case, I felt that she had to go in a Casiper if she was not to lose the patients and her life in an ambulance Gypsy and told her the same in no uncertain terms.

Generals are trained to anticipate trouble and the moment I said what I had to and my men started jumping to respond, a quiet firm authoratative voice intervened. "Just a minute General Sir". That was Capt Devika in a voice that wasn't hers, so my mind registered. She was dressed in a blood spattered Green military Sari and had just got up from her stitching of the soldiers abdomen. She was actually just five feet tall, petite, well-mannered, very good in her job but for some reason, when she pulled herself up and snapped her beret on over her short hair that dark night, with about 50

odd soldiers and officers watching, she seemed to me to be taller than I was. She was !

She walked up to me close enough for me to see her angry, flashy, blazing eyes. "Sir who's the GOC ?" "Have you any doubt ?", I asked her. No, she said, "I have no doubt. Now tell me, who is the doctor whose treating the soldier?" I understood. GOCs aren't stupid. Anyone would understand and I certainly did.

"Sir, the boy is my patient. Do not interfere. If you do, you will carry the responsibility for his death. I will carry him in the open Gypsy, NOT the Casiper. If I die, my husband will grieve for me. You need not bother (he was a Medical Specialist at the Base Hospital, a great lad whom I had met at the BH while looking up my wounded soldiers)...And Sir, you can later court martial me if you wish but let me go now."

With all my men waiting for my reaction at being "dressed down" by this girl with three years service to my 36 years. I did the only thing any Officer and Gentleman would have in a war zone. I saluted her. "Capt Devika, I am sorry I interfered. Go. God is with you. "There were at least two people hiding their tears that dark night and she was just one of them. The drama had yet not unfolded. At Pattan, the area I was most worried about, one of her Gurkha escort vehicles broke down at about 2.30 AM.

The brave gutsy doctor asked her escort to catch up after repairing the broken down vehicle and proceeded the last 30 kilometers unescorted in her open Gypsy. Unescorted by other than her courage and God who was with her. On the terror grid, no one is given special privileges, man or woman as everyone is committed to specific jobs so it was with enormous relief when Devika called me up at 4.30 AM.

"Sir, the soldier has been operated upon and will make it. I joined in the operation.. It is Sunday. Can I have half a day off ? You are aware I am 6 months pregnant and my hubby has arranged for my term tests." That morning I called up the Corps Commander. The Army Commander was in station and was spoken to. So was the Chief of Army Staff. Three days later, she was awarded the Chief of Army Staff's Commendation Card for her heroism and devotion to duty.. a rare honour.

Months later this Tigress had delivered a baby. A child who would one day hear about a great, fiesty Mum. A woman who sorted out a protective General... and won !

When some of my peers say or write that women are not suited for the Uniform, I react very strongly in their favour because the women I have seen and interacted with were Tigresses to the core. They are as lean, mean and keen as any man. Walk the same walk !

Reflection - Hats off to the Tigresses in Olive Green. We salute our men and women in uniform who place the country first before their lives. Jai Hind.

This true story is written by Maj Gen Raj Mehta (Retd) as a salute to the women officers who serve selflessly on the front, will make your chest swell with pride.

Hail the Modern King: MOBILE

Author:



Col. J.S. Chandoak
Chandigarh



Mobile has dominated the human life totally. This is just stating the obvious, as it has become the 'king' in modern life. While leaving home you may forget your wallet (or purse), keys, or (alas! at times) even your spouse but never the utmost essential 'Mobile'. Even the good old proverb "No body or nothing is indispensable" has become debatable. Generally, most people (age no bar) feel lifeless without it. Diehards have been known to survive without air, food and water but not the 'great' mobile. Recharging of mobile has become everyone's top priority and chore.

In relaxation of the Monogamy Law, the 'King' is privileged to have triple 'SIMs' and multiple cameras. In the process this indomitable 'Boss' has encompassed and dominated all spheres of human life. Be it at home, in trains, offices or even shops it's a common scene these days that all are separately engrossed (or lost in their own worlds) on their mobiles. Literate or otherwise, grownups or children, all are busy all the time with this friendly and versatile gadget. Now there is no more booking of trunk calls – National or International, urgent or lightening. Every trunk call (now known as roaming) gets through instantly and that, too, without any help from good old telephone operators. And everyone has become an expert photographer, typist and surfer.

The march of the 'Mobile' has been relentless. In the process, many things have been rendered redundant or obsolete. Some of the prominent casualties are watch, camera, torch, radio, MP3 and computer. It has also been responsible for undermining the importance of hand written letters, greeting cards, newspapers, books, currency (paper & plastic) to name some.

Of all the present day umpteen aunts and uncles (i.e. Facebook, WhatsApp, YouTube, Twitter, Instagram, Blogs, Netflix etc), the all in all 'Google Uncle' is loved the most due to its versatility, super encyclopaedic knowledge and immense timely help. This has improved the knowledge base of the 'haves'. It won't be an over-statement to paraphrase the immortal Sahir Ludhianvi lyric from the old classic "WAQT" and say "*Mobile Ke Sab Hain Ghulam*". Thankfully, instead of being scared, we all are in great friendship with this multi blessed gadget. Yes, it would suffice to say in a nutshell - "Mobile you are supreme indeed". Long live the 'King Mobile'!

The 24X7 domination by this 'King' is, however, not without negative impact. Total domination has made it an autocrat and also somewhat dictator like. The most significant impact has been the loss of "Peace of Mind". Pursuance of hobbies and passions (particularly outdoor activities) has got relegated to a low priority. The so-called 'social' media are proving to be 'antisocial' due to their adverse effect on inter- personal human relations. It is used by antisocial elements to spread uncensored and unregulated fake news and misuse the easy access to gullible public to defraud them or convert them to their line of thinking. The other negatives have been the constant strain on eyes and unfortunate accidents while taking 'selfies' and using mobiles while driving or eating.

The need of the hour is to do away with the negative aspects of the mobile so that important activities should get due time share in the prevalent busy social media schedule. Governments around the world are enacting laws to regulate social media and internet but self- discipline is the need of the hour in our own self-interest.

Meanwhile, 'Long Live the 'King Mobile'.

Assistive technology – Introduction

A review of innovation strategies and processes to improve access to AT: Looking ahead to open innovation ecosystems

<https://doi.org/10.1080/10400435.2021.1970653>

Assistive technology (AT) is the umbrella term for the combination of assistive products (APs) and the services needed to ensure safe assessment, distribution and use of APs. An AP is any physical or digital device which is external to the human body, whose primary purpose is to maintain or improve an individual's functioning and independence and thereby promote their well-being (WHO, 2016). Of the one billion people globally who are in need of AP, it is estimated that nine in ten people do not have access, due to barriers such as cost and availability, broken supply systems, and societies that socially exclude persons with disabilities (WHO, 2021). Access to AT is a requisite for inclusion in other domains and the realization of other rights such as access to education, civic life, healthcare, and the labor market (MacLachlan, Banes et al., 2018; WHO, 2018), and States therefore have an ex-ante duty to ensure accessibility (CRPD, 2014).

Despite the cross-cutting nature of APs, they are predominantly understood (both in academic and policy discussions) from *health and social* perspectives. From these perspectives, APs form a coherent group of products, however as has been demonstrated through the recent product narratives for wheelchairs (AT2030 & ATscale, 2019), Prosthetics (AT2030 & AT scale, 2020), Digital (AT2030 & ATscale, 2020), eyeglasses (AT2030 & ATscale, 2020) and hearing aids (AT2030 & ATscale, 2019) market dynamics can be different across different categories of products, and individual markets might feature unique barriers and opportunities that affect their ability to thrive. It is also the case that market sectors might transcend product definitions. An example could be digital manufacturing systems which could transform eyeglasses, prosthetics and wheelchairs production. A recently trialed example is the InnovATe wheelchair by Motivation, which leverages digital manufacturing technology to enable local providers to produce bespoke wheelchairs of consistent quality locally, using available materials and components (Barbareschi et al., 2020). The core of this technology uses parametric computer assisted design (CAD) model that can be modified according to the measurements, the user's environment and their preferences (Barbareschi et al., 2020). Such fundamental technology can be applied to other technologies for example, walking frames. A second example is the introduction of novel payment schemes such as pay-as-you-go models of mobile money payments. Such payment models have been used in low resource settings to make utilities such as solar energy or water more accessible to people on low incomes, and is currently being trialed in Kenya through the Assistive Technology Impact Fund by HearX to trial making hearing aids affordable and accessible (HearX, 2021).

The word innovation is sometimes used quite freely, too widely and without defined limits. However, the Oslo Manual (OECD, 2018) has precisely defined innovation for over 25 years. This precise definition has allowed for detailed business sector surveys to be developed and deployed, which then allow for analysis of policy effectiveness and development of new policy to aid sector growth (Gault, 2018). Gault (2018) has built on the Oslo Manual definitions to develop a more general definition of innovation which goes beyond the business sector and includes Government, nonprofit and household. This broader definition defines innovation as “the implementation of a new or significantly changed product or process.”

Healthcare systems are complex, adaptive systems, which are socially constructed (Sturmberg, 2018). When interventions are implemented to change the system, such complexity means that health systems do not react in a predictable way, but rather “the total of the negotiations, trade-offs, and positioning of stakeholders pulls strongly towards inertia” (Braithwaite, 2018). Indeed, systems may be unyielding to change and become “policy resistant” (WHO, 2009). Despite such challenges, innovations can operate at multiple levels within this system. This also means that systems can be entered into and changed from different places, in different ways and by different stakeholders. This therefore provides many more possibilities for leveraging change, even in complex systems, including by those who are not centrally situated in the system. Systems thinking is therefore central to innovation.

When applied to healthcare technology, innovations are seen as *new services or ways of delivering practice as well as new technologies* (Länsisalmi et al., 2006). Ultimately, innovations benefit the patient by improving health or reducing suffering or illness (Faulkner & Kent, 2001). Innovation for healthcare cuts across the interactions with patients (e.g., how people are seen and heard) as well as how services are provided safely, efficiently, and affordably (Omachonu & Einspruch, 2010). Provision is a system that enables the production of products from the assessment of needs to supply of the devices. It also includes the processes of research and development, testing, manufacture, marketing, and distribution. Supply is the process by which APs and parts are delivered from manufacturers to service providers, either through sale or donation (Danemayer et al., 2021).

The latest Oslo Manual provides a common, inclusive framework for measuring innovation across the economy from government to nonprofit organizations and households. The manual highlights that an innovation must go beyond the imaginary (beyond the formation of an idea), instead, innovation must materialize and be implemented, though it need not be successful. The resulting social and economic impacts of the innovation depend on its diffusion into society (ibid.). Diffusion of a technology happens through communication across various networks (e.g., within production chains, or among users) and is often analyzed using Roger's Technology Diffusion Theory (Rogers, 1962). When used to analyze AT, the theory found the relative advantage offered by AT and user involvement were key to predicting if a device would be used or discontinued (Riemer-Reiss, 1999).

Within this paper we begin the journey toward a method for mapping the innovation ecosystem of AT and investigate whether different types of APs follow different innovation strategies. We answer this question by first analyzing the status of innovation across AT as a whole, using the Systems-Market for Assistive and Related Technologies (SMART) Thinking Matrix which has been developed specifically to show the intersections between the systems level and market characteristics for AT (MacLachlan, McVeigh et al., 2018). Through this process we identify innovation strategies and processes which are being adopted in different sectors, different market operation level and across systems level. We conclude with a discussion on the gaps and opportunities followed by recommendations.

Rotary International President Shekhar Mehta Day

The Mayor of Wallace, North Carolina, Mr. Jason Wells presented the proclamation to RI President on 11 January 2022

Shared by:

Rtn. A.P. Singh

Past President, Rotary Club of Chandigarh

PROCLAMATION



WHEREAS, Shekhar Mehta joined Rotary in 1985; and

WHEREAS, he is a member of Rotary Calcutta Mahanagar and served as District Governor in 1999-2000, on the Board of Rotary International from 2011-2013 and also held many positions at the national and international level; and

WHEREAS, through his dedication to service has initiated the construction of 500 homes for tsunami survivors, started the Shelter Kit Program, Healing Little Hearts for more than 2,000 surgeries for children, construction of 7,000 plus toilets for more than 35,000 villagers in West Bengal and setting up 15 eye hospitals in India; and

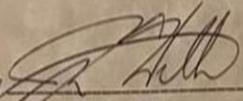
WHEREAS, he is the recipient of the Service Above Self Award, Meritorious Service Award and Distinguished Service Award, as Rotary International President asking Rotarians to Grow More and Do More and urging them to serve to change lives, I would ask that he be recognized today.

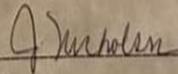
NOW, THEREFORE BE IT PROCLAIMED that Tuesday, January 11, 2022 be recognized as:

"Rotary International President Shekhar Mehta Day"

in Wallace, North Carolina.

IN WITNESS THEREOF, I have hereunto set my hand and caused the Seal of the Town of Wallace to be affixed this the 11 day of January 2022.

By 
Jason Wells, Mayor
Wallace, North Carolina


attest



Late

Col. D.S. Vohra, Padmashri

Founder

Artificial Limb Centre, Pune

Founder

Nevedac Prosthetic Centre

Chandigarh



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Impressions is a monthly e-Bulletin, its theme being **Nirbhau - Nirvair (No Fear - No Hate)**, to provide independent platform for sharing developments in Disability Empowerment - Artificial Limbs and Assistive Devices, Rotary Information of humanitarian service to advance goodwill and peace around the world, Healthcare matters and good news about general interests on domestic and international fronts. The aim of this e-Bulletin is to encourage new ideas and original thinking with a positive approach.