

Impressions

Theme of this
Bulletin:

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

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Editor
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**Fear never
builds the
future,

But FAITH
and
HOPE does.**



Disability leads to Ability of Super Humans YouTube

God Commands us to Fear Not and strengthens us with Immune System

From the desk of the Editor, Dr. V.J.S. Vohra, District Chair, Disability Empowerment, Rotary International District 3080

The theme of this bulletin, Nirbhau - Nirvair, signifies the Lord of the Universe, the God Almighty, Ishwar, Kartaa Purakh or Allah. Ek Onkar in Sikhism means the one Supreme Power. Guru Nanak Dev says the Lord is Nirbhau and Nirvair, He is fearless without hatred, enmity or vindictiveness. Therefore, Guru Nanak glorifies the Lord as Akaal Moorat. He is immortal. According to the Bible, God commands us to "Fear Not".

Even when we are alone, the fear is not of ourselves but of an imagination that someone is hiding nearby to harm us. Fear is always attributed to another person. Even a friend or close relative can cause us harm! Fear is a human emotion which is a result of stress, depression or perceived threat. It signals our bodies to respond to danger with a fight or flight response.

For the Lord who is the only one, he is fearless. The Lord is Infinite, just and compassionate. When we have fear in our mind, then is there any place for God. If there is a fear of someone or something, that becomes alive in our memory and in our heart which results in our sufferings. He who has devotion to the Lord; he has no fear and cannot hate anyone. Ego is the cause of all fear and enmity. Surrender this ego at the feet of the Lord. So love all and hate none. He who has no enemies has nothing and no one to fear. He who has a strong mind will overcome fear and lead a healthy life!

Our physician is the Guru, the Lord of the Universe. He is the most powerful and the Universal Architect. He watches us with merciful eyes to dispel our pain and sufferings.

Swami Vivekananda's quote – "Everything in the universe is yours. Stretch out your arms and embrace it with love. If you ever felt you wanted to do that, you have felt God,"

Albert Einstein's quote - "Our task must be to free ourselves... by widening our circle of compassion to embrace all living creatures and the whole of nature and it's beauty."

Fear affects our immune system, which is actually God's gift to fight ailments and viruses. There is a protective mechanism that is instilled within us to keep us healthy.

Social media/press and news channels are responsible to spread fear, stress and panic. But it is in our hands to avoid these and switch over to blissful spiritual channels. There are also many lighter programs to keep us in relaxation mode, calm, happy and provides entertainment!

When we are in this state of fear, confusion, stress and worry, it has a significant effect on the immune system that leads to illnesses like heart disease, strokes, high blood pressure, insomnia, diabetes, skin disease, kidney disorders, breathing problem, lowering oxygen level, colitis and many more!

Up to 90 percent of ill health conditions are due to fear and stress that makes us more vulnerable to infectious diseases. God has given strength within us. We have to ignite the spark within us, to fight the enemy. Stay strong. There is a rainbow after every storm! Our thought process has to be positive at all times. Positive attitude of gratitude works very well!

Practice some relaxation methods like meditation, yoga, stretching and muscle exercises. Mind should be eased to relieve stress and get peace. Focus on breathing slowly and deeply. Follow our hobbies. Do good things and we should keep ourselves occupied on matters which we love to do. Help others as it gives lot of satisfaction and mental peace.

We have to build up our immune system with strong approach, positive thoughts and affirmations of truth that completely counters the fear and stress: "My body is strong, healthy and we trust our immune system, gifted by God, who is always by our side and protects us all the time". "I am ok, my family is ok, the world is ok, we all are ok, we all are healthy and happy, the earth is becoming a better place to live and all is well." "We have food in our fridge, clothes on our back, roof over our head and place to sleep; we are richer than 75 percent of the World! We have money in our bank and in our wallet, own a house, car and other gadgets; we are among the top 8 percent of the World's Wealthy."

Laughter is a strong medicine for mind and body. Laughter and humor help us to stay emotionally healthy and is also a good booster for our immune system. Humor helps us keep a positive, optimistic outlook through difficult situations. Laughter gives us the courage and strength to find new sources of meaningful life and hope. Even in the most difficult of times, a laugh, or even simply a smile, can go a long way towards making us feel better.

With positive mind set observe the lockdowns and social distancing. Increased flexibility in working from the comforts of our home and reduced time spent commuting is one of the silver linings of lockdown, enabling people to spend more time with their families. Take precautions, Stay safe, in our own sweet home, which is the best place in the World!

Technology has become a prime opportunity of virtual meetings with friends and relatives who are far away or in other countries. Family, social, official and corporate meetings and conventions are now being done through video conference, live on Zoom, Google meet etc. The world has now become much smaller and within easy reach, within few minutes, at no cost at all or very minimum cost.

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

Continued on page 6

Twin Device-The Postural Solutions for Children's with Delay in Developmental Milestone
Developed by Mobility India Rehabilitation Research & Training Centre, Bengaluru, Karnataka



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Introduction

World Health Organization (WHO), says about 5% of the world's children 14 years of age and under have some type of moderate to severe disability. Childhood disability prevalence includes India - 3.8%. Cerebral Palsy is one of the common childhood disabling condition. In India, the estimated incidence is around 3/1000 live births.

The topographic classification of CP is monoplegia, hemiplegia, diplegia and quadriplegia; monoplegia and triplegia are relatively uncommon. There is a substantial overlap of the affected areas; diplegia is the commonest form at 30% – 40%), hemiplegia is 20% – 30%, and quadriplegia accounts for 10% – 15%. GMFCS classification is also used for getting better understanding of the intervention planning for children with CP.

Children with Cerebral Palsy and GMFCS-IV & V level need external postural support in different positions with the aim of enabling them to experience and develop more normal ways of moving and prevent secondary complications.

What is Positional device?

Any device which helps a child to achieve developmental milestone is called as positional device / developmental aid. It must provide support, but also allow the child enough freedom to move and explore.

Innovative Twin device* : (Patented)

Mobility India team of allied health professional in networking with design engineer worked together to develop this innovative special device. The device development was the outcome of a separate study done by the team on understanding the parent's perceived feedback on the effect of standing frame and sitting chairs on the children with delayed developmental milestones. The study showed that parents needed devices that could be altered in size as the child grows, affordable, easy to carry, attractive and robust.

Due to the lack of empathetic design the existing products are extremely repulsive to the children.

Outcome

Dual purpose developmental device (Twin Device) to be used for sitting and standing for the children needing to be supported. The twin device is the appropriate response to the feedback received from the parents and users of such devices and is an innovative approach to address most of the challenges faced in one solution. Apart from children with CP this device could also help children with muscular dystrophy, spina bifida and SMA.

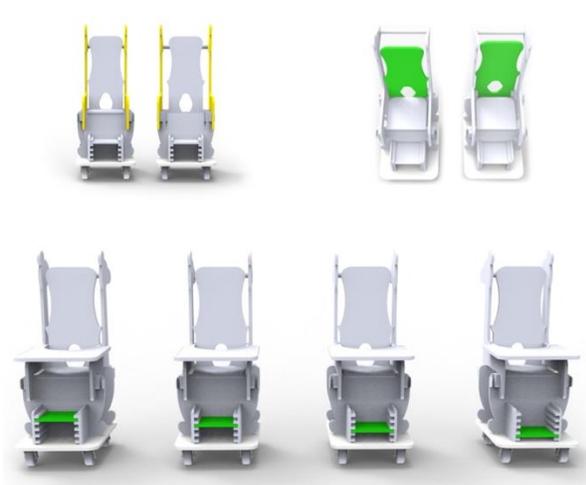
Application

The device could be used by a child, as a seating chair to help develop the seating balance and as a standing frame when learning how to stand.

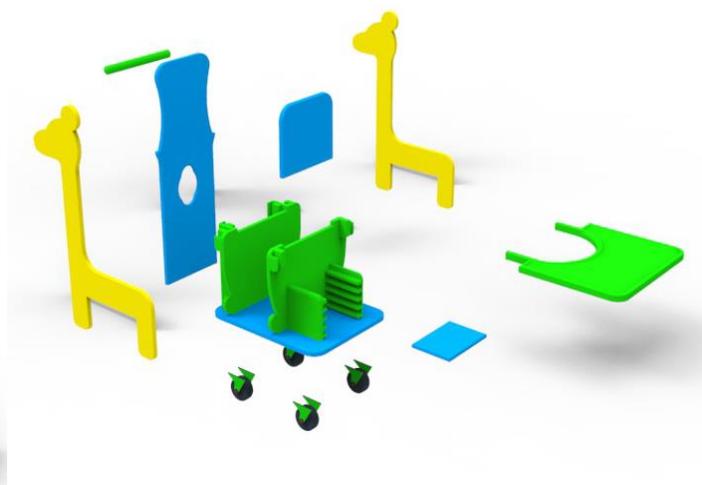
Highlights

- The innovative Twin Device won the 1st prize in Enable Makethone Event 2016, organised by ICRC
- The design patent for the device was granted by the India Patent Office in 2018





Various adjustment possible



14 parts coming together

Reference;

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Business Excellence awards - 2021

Mobility India

Best Disability Support Organisation - India

Mobility India, a registered society established in Bangalore, committed to Inclusive Development in the Disability, Development, Rehabilitation since 1994. The core strengths are assistive technology services coupled with latest technology with therapeutic interventions, product development. education and Research-certificate to university level for allied and health care personnel in 25 states of India and 33 countries. Active, from the grassroots, regional to national, and global levels of engagement. its approach is person-centered and forms strong community structures through its community-based inclusive Development programs. academic research, awareness-raising, networking and collaboration and framing health care strategies at national, international and global levels.

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Project Aastha: A vaccination drive against HPV for a future free of cervical cancer

Author



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Introduction : Cervical Cancer remains one of the most common cancers and cause of cancer related deaths in women across the globe. In the next decade annual no. of new cases is expected to increase from 570000 to 700000. More than 85% are young poor undereducated women from low and middle income countries. During the same time annual no. of deaths will increase from 311000 to 400000.

The huge burden of cervical cancer related mortality is due to decades of neglect by Global health community. However with an ambitious and inclusive strategy we can accelerate elimination of cervical cancer. The script can be rewritten with Rotary and public Health collaboration as we did for polio and repeat the Rotary success story of world free from cervical cancer.

Cervical cancer is one cancer in the world which can actually be eliminated and it is time now. A global movement to eliminate cervical cancer driven by “Call to Action” campaign of WHO has gained momentum with launch of Project Aastha : A vaccination drive against HPV for a future free of cervical cancer. It is pertinent to mention here that the cervical cancer is 2nd major cause of death amongst women & is 100% preventable with HPV vaccine.

While we waited for covid vaccine to shield us from the pandemic which was still in trial stage having queries about duration and efficacy and here we are, still pondering over use of vaccine that is 100% efficacious with lifelong effectiveness.

Methodology : Target group Where in girls 9-15 years from Govt. School coming from EWS families are provided HPV Vaccine free of cost, their mothers are screened & health education seminars are organized to spread awareness about prevention and management simultaneously. To seize the

opportunity of reaching out to girls and leave behind a legacy of future free of cervical cancer, Govt Senior secondary schools in Rural Panchkula were identified for seminar on MHH and engage and empower girls and their mother’s for their own health.

Budget /Funding : The first 100 girls from GSS Rattewali received their first dose in February and second in March. The estimated budget was Rs 400,000. We organized fund raisers such as crowd funding ,Womania a shopping street and collaborative partnership with NGO such as Sahayata Cancer Society Chandigarh, Innerwheel Panchkula ,CSR from Tata and other philanthropic organizations who contribute for cause of Cervical cancer.

Impact : To broaden our impact & collective resolve to end needless suffering of women from cervical cancer, Project Aastha aims to vaccinate 1000 girls every year. The annual estimated budget is Rs. 40 lacs /year.

The Global Grant with Dist. 7540 came through for 90000\$ and our aim is to vaccinate 1000 girls in 20-21 and continue to stretch our efforts for harnessing and fuelling activities to implement this change every year.

Through our Public image efforts our voice is reaching another 100,000 girls from schools and colleges with social media, youtube, print and Radio media for those who can afford vaccination and strengthen our campaign. Paul Harris once said, Rotary Changes us and the people we serve. I believe we can change the world one life at a time.

Join the campaign and be the voice for change advocacy in seeking health behavior, saving girls and empowering them with future free of cervical cancer!

Disability is in One's Mind and not the Body

Author



Ritu Singal
Life Coach, Author & Mentor
TEDS Speaker
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When it comes to disability, many people think of half amputated arms or legs. We often consider disabilities as physical and not mental. I have always believed that a disability is linked more to the person's mental strength than physical.

Disability is not the lack of a specific body part but a lack of willpower and determination. So many people are absolutely fit and healthy but not mentally strong enough to achieve their goals. History has shown so many tremendous personalities doing wonders in their life even being disabled.

For instance, Arunima Sinha was a national-level volleyball player in her youth. However, she lost one of her legs in a tragic accident. Two robbers pushed Arunima out of a moving train, and she lost her leg. Many people thought she was physically disabled and could never make anything of her life now. But, what people fail to understand is that her physical disability did not shake her mental ability. She did not give up and challenged herself to climb Mount Everest and conquered her dream.

A robust belief system is all it takes to turn a disability into an opportunity. There are blocks throughout the track, but it is our awareness that prevents us from stumbling and rising back. Most humans standoff in their lives at some point in time. They feel they have tried every path, and there's nothing more that they can do. I believe there are too many paths that are still unexplored.

It is just that we are scared of stepping out of our comfort zone to do something different. If you'll stop looking for new paths, you'll eventually end up exactly where you are. You can either get over your disabilities be it physical or mental and achieve your goals or stay forever where you are.

We all have heard about Sudha Chandran, a phenomenal Indian dancer. At just the age of 16, Sudha met with an accident. She was traveling in Tamil Nadu when she met with an accident and got severely injured. She was immediately taken to a local hospital for her treatment. However, what waited for her was far more depressing. She was shifted to the Vijaya Hospital in Madras, where it was developed that her condition was getting worse.

It was diagnosed that gangrene developed in her right leg, and the only way to get rid of it was by amputating the leg. Being fond of dancing from a very young age, this incident broke her. However, she never lost hope and confidence in herself. A ray of hope was seen when she was given the prosthetic "Jaipur foot". She felt she was given a new life, and this time, she wanted to make the most out of it.

She went on to become one of the most cherished Bharatnatyam Dancers of India. Sudha Chandran is a super successful lady today who has performed both nationally and internationally. In fact, her international success opened doors for her in the television industry. It was her self-confidence and self-motivation that now she is an inspiration to many.

Sudha did not let her physical disability stand in between her dreams and passion. It was because she understood that a person who loses mental strength is disabled and not the one with a physical disability.

In India, 2.68 Cr people out of 121 Cr population have a disability. It takes around 2.21% of the total population disabled. Think of all these 2.68 Cr people who decide not to make anything of their lives, how will we progress? Disability is a state of mind. It is mainly about what goes on in a person's mind who faces it.

On the contrary, there are well-settled and blessed people who are not mentally strong enough to tackle life's challenges. One such case was of Suraj Parmar, a builder from Maharashtra. He was being harassed by the government for some construction issues. On October 7, 2015, Suraj shot himself at his under-construction building. He left behind a 13 page suicide note putting allegations on various government officials for harassment. You see, a person with more than 300 crore business could not show mental strength during challenging times.

I got a chance to meet one such legendary person who is truly a role model to me, Bonnie St. John. Bonnie had her right leg amputated at the age of 5, but it could not lower her confidence or strength. She went ahead to become the first African-American to win medals in the Winter Olympics. Not only this, she graduated with honors from Harvard, and was appointed as the director of White House National Economic Council by President Bill Clinton. Her story truly inspired me and changed my perspective towards life and disabilities completely.

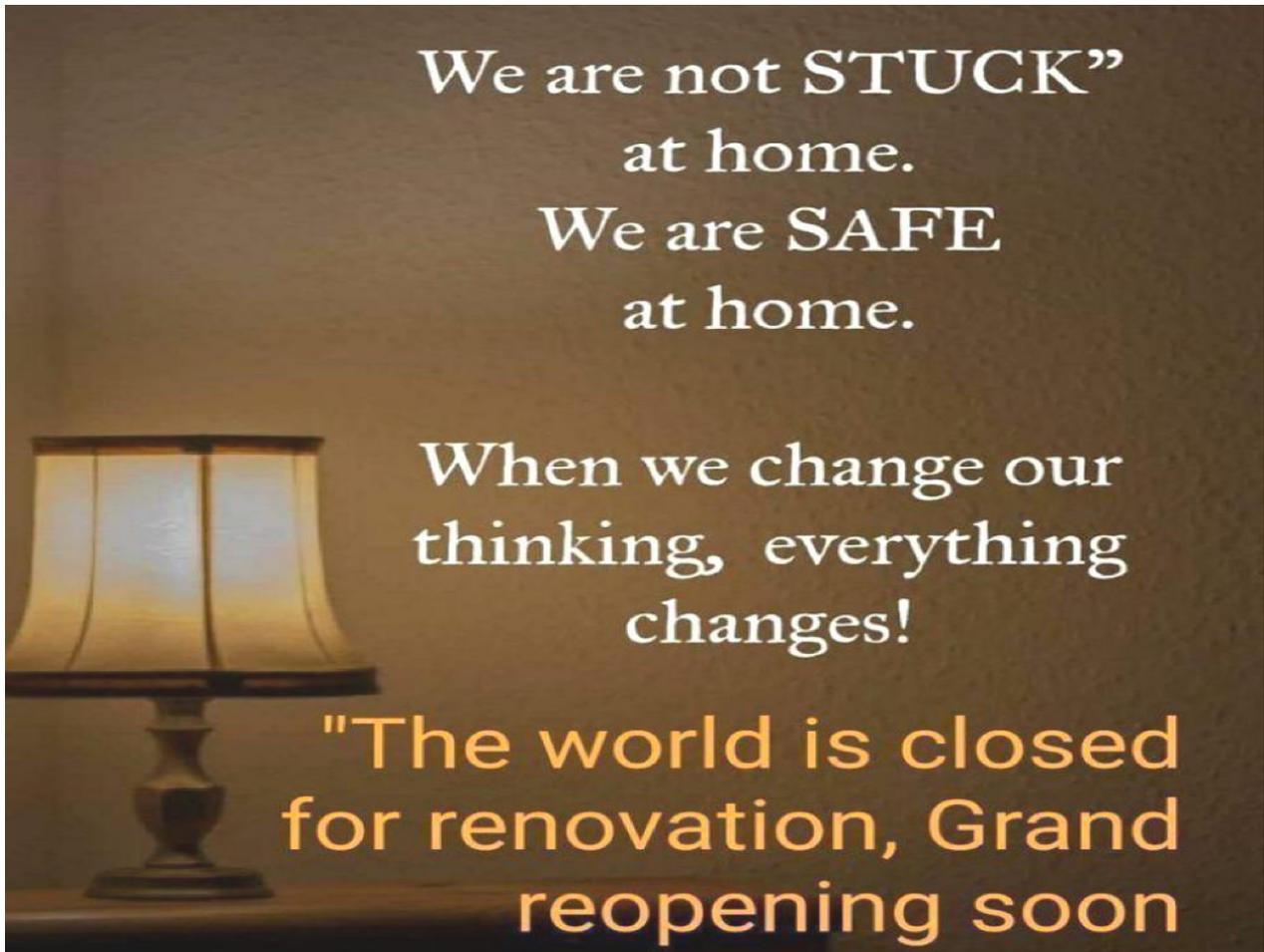
If a disabled person channelizes his or her strength and energy in the right direction, they can achieve extraordinary things. Throughout history, we have seen differently-abled people achieve things that are

surprising enough to make a normal person feel embarrassed. Another such inspiring story is of Malathi Krishnamurthy Holla, an international para-athlete from Bangalore. She was paralyzed at a very tender age after suffering from a high fever. She had to undergo electric shock treatments for two years. While she got back the strength of her upper body back, the body below her waist remained weak. Holla decided to live life in the best possible way and decided to excel in sports. Soon she started participating in different sports in college.

Today, she has also been a part of international events like the Paralympics. She has brought various laurels to the nation. She has won a Gold medal in 200 m, shot put, discus, and javelin throw at the 1989 World Masters Games in Denmark. With more than 300 medals under her cap, she has also received the Arjuna award and Padma Shri. To continue her legacy, she helps disabled children from rural India achieve their dreams.

The inspiring life stories of all these people with conviction reveal that people have a disabled mindset and not a disabled body. We, as a society, need to overlook someone's special needs and acknowledge their potential.

Continued from page 1



Five Mantras for Happiness

Author



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Happiness is a matter of attitude and mind. Worldly possessions and high bank balances do not necessarily contribute to it. Our helper at home goes out happily on his bicycle with his wife and their child every Sunday to enjoy the weekend. Whereas, many 'Haves' despite their luxurious cars even in a five-star ambiance may not be all blissful.

Let's share some mantras to achieve happiness.

First of all, good health. Regular exercise regimens including yoga and meditation to one's contentment pay rich dividends. With age, some medical issues may be there, Never forget that age is just a number. Further, willpower and courage take care of everything. If I were a doctor, I would prescribe "Tablet 'Smile' 1 TDS and Tablet 'Laughter' SOS liberally. Say bye to impatience.

Second, 'love and help' one and all as a matter of nature. They are contagious, thankfully in a positive manner. They get reflected from others like an image from a mirror. Students of Science, remember Newton's Third law of motion (ie. every action has an equal and opposite reaction). Love and help get reflected like an echo, at times with even more intensity. A heartfelt affection from others can be invaluable. Be happy with self-satisfaction in every sphere. Fame and success will accrue in due course. Third, indulge in joyful hobbies and passions you like without any fixed ideas. Let the child in you be re-born. A young child can make a game of anything.

I remember a pleasant scene at a high altitude. A child of five years had a small wooden board. He used to sit on the snow, come down a slope, and kept repeating to his heart's fulfillment. So neither costly gadgets are necessary nor knowledge of rocket science. Just DIY (Do it yourself) and enjoyment should be the keywords.

Fourth, Travel- there are choices in abundance within 'home' as well as abroad. It's encouraging that the present Central Govt is highly exploiting the vast tourism potential in the Country. Inevitable constraints during the present pandemic need to be appreciated. Visiting abroad gives a sense of happiness and learning. Coincidences and opportunities are galore during visits. Surprisingly, many of them can result in everlasting friendships. A chance to meet abroad with a tourist group from Pakistan albeit for a short duration is unforgettable for me. Their simple and affectionate gestures have left an everlasting impression. I for one on that day felt - wish 'Partition' had not happened. Every travel besides adventure is a supreme blessing. Time and finances will work out as long as 'will' is there.

Fifth, last but not the least, Ah ha! just create sweet memories. Yes, memories of relations, friends, pets, travel or anything imaginable. One can lose money, valuables can be stolen, the property can become debatable, but memories remain safe in the locker of heart. Sweet memories are a wonderful catalyst for 'Happiness'.

More than knowledge

Contribution from



Jagdeep S. Chopra
Chartered Accountant

Teacher addresses a student and asks: "How many kidneys do we have?" "Four!", The backbencher student responds.

"Four? Haha," The teacher was one of those who took pleasure in picking on his students' mistakes and demoralizing them.

"Bring a bundle of grass, because we have an ass in the room," the teacher orders a front bencher.

"And for me a coffee!", the backbencher student added.

The teacher was furious and expelled the student from the room.

The student was, by the way, the humorist Aparicio Torelly Aporelly (1895-1971), better known as the "Baron de Itararé".

On his way out of the classroom, the student still had the audacity to correct the furious teacher:

"You asked me how many kidneys' **we have**. "We have four: two of mine and two of yours. '**We have**' is an expression used for the plural. Enjoy the grass".

*Life demands much more understanding than knowledge.



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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.