

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 HOPE does.**



[Disability leads to Ability of Super Humans](#)

Selecting a Hearing Aid (2021)

Author



Mr. T.S. Anand
Managing Director
Anand Hearing Care Pvt. Ltd., Chandigarh



Today's hearing aids are comfortable, attractive and so small that most people will not even know you are wearing one. So how do you choose which one is right for you? The type of hearing loss you have, your lifestyle and your personal preferences in colour and style will all influence the hearing aids you ultimately purchase. Your hearing care professional can help you determine the best fit for your needs.

The shape and size of the outer ear and ear canal may determine which type of hearing aid you can wear. Your hearing care professional will work with you to find the style that best fits your unique anatomy. Some styles are easier to handle, insert and clean due to their size and shape. It is important to consider this when selecting your hearing aids.

Your unique hearing loss requires a tailored approach to selecting your hearing aid. Your hearing care professional will test your hearing and suggest the styles best suited to give you the best results for your anatomy and lifestyle.

Hearing Aid Come in the following Styles

- Behind the ear
- Custom
- Receiver in the ear

Today the most popular style is the Receiver in the Canal (Ear) Type on account of its flexibility and fitting range.

Listening and lifestyle and budget will dictate which technology level will suit you best. If you are active and need to communicate with many people throughout the day. You spend time in loud environments like noisy restaurants, sporting events or concerts you would need to go for a Premium Level or Advanced Technology Level.

If your requirement is for being able to communicate in small groups and social gatherings is important. You enjoy activities like shopping or going to the theater you could consider going for an Advance Class or a Standard Class of hearing aid

If you spend the majority of your time at home or in a quiet setting and you need to be able to hear in one-on-one settings you can choose between a Standard Class or an Essential Class of hearing aid. Today modern hearing aids come with additional features such as:

Rechargeable batteries which means you do not need to replace batteries every week.

Ability to stream sounds directly from your TV or Mobile Phone directly into your hearing aids. It requires a qualified and well trained audiologist to explain the features which would be of benefit to each individual. The audiologist will recommend, for example, how many channels are optimum for a particular person for example depending on the nature of the hearing loss and also on the life style of the individual.

Mr. T.S. Anand has promoted Anand Hearing Care Pvt. Ltd. which is a chain of professionally managed hearing care audiological diagnostic clinics located in all major cities in Punjab, Delhi and Mumbai.

FINANCIAL EXPRESS

SATURDAY, JUNE 10, 1995

Saving Life and Limb

By CHARANJIT AHUJA

♦ After being buried under snow for five days, the twelve-year-old girl miraculously survived, but lost both legs to advanced hypothermia. Her family abandoned her to a prosthetic centre near Chandigarh, which not only provided artificial legs but also put her back into school.

♦ R C Sethi, a young IPS officer, was attacked by Punjab terrorists. Riddled with AK-47 bullets and caught in a plastic bomb explosion, he lost one leg. The centre fitted an artificial limb that soon had the young officer back on his legs and on duty.

♦ Payal, a classical dancer from Bombay, gave up hope when she lost her left arm in a road accident. Determined to hand her back her life, doctors at the centre designed a special aesthetic electronic hand which can even accomplish difficult mudras and gestures. Now, Payal performs professionally.

FOR countless unfortunate victims who have lost their limbs to misadventures or misfortune, the Nevedec Prosthetic Centre (NPC) located on the Chandigarh-Ambala highway, provides a lease on amputated lives. For some like Payal, it is virtually a re-birth—and doctors Padma-shree Col Darshan Singh Vohra and his son Dr Vikram Jit Singh Vohra, who set up the Centre, no less than God.

Ask Ram Bahadur, the devoted office help at the Nevedec Centre. The young Nepali boy lost an arm while working on a thresher in Ludhiana. When the Centre fitted him with an electronic hand free of cost, he refused to leave. Later, he paid back his saviour in full measure: he won the Presidential award for the best handicapped employee, while Col. Vohra was adjudged the best employer of handicapped persons.

For Col. Vohra, however, repairing broken lives is all in a day's work. A former engineer from the Corps of Electrical and Mechanical Engineers of the Indian Army, Vohra's tryst with destiny became clear in 1946. On the recommendations of a British team of experts, he was selected for extensive training in the manufacture and fitting of artificial limbs and other orthopaedic aids at Roehampton (London) and other institutions in Europe.

The first Indian to qualify in the field of rehabilitation of disabled persons, Vohra returned to Pune to set up the Artificial Limb Centre for the Ministry of Defence. Reconstructing limbs tendon by tendon, he went on to rehabilitate disabled soldiers from both the World Wars and later, the Indo-Pak wars.

A Chandigarh-based prosthetic institute goes out on a limb to help amputation victims walk tall again



Photographs by CHARANJIT AHUJA

Finally, after seeking premature retirement from Army, he established the Nevedec Prosthetic Centre at Daulat singh-wala, on the outskirts of Chandigarh. With the motto of 'They live again' and the principle of 'Disability is no more a liability', the institution has already helped about 38,000 orthopaedically handicapped persons, including people whose both arms or legs are amputated, and polio-affected children.

With humanity as its backbone, the institution has won accolades for its mentor: Col. Vohra is the first Indian to be accepted as fellow of the British Institute of Surgical Technologists, member of the Orthopaedic Works in Germany, and member of the International Society for Prosthetic and Orthotics, Copenhagen.



THREE ARE FEW VILLAGES IN PUNJAB WHERE NOT EVEN ONE PERSON HAS LOST AN ARM."

DARSHAN SINGH VOHRA
Founder Director, NPC

NEVEDEC MECHANICAL HAND FACILITATES MOVEMENT OF FINGERS WITH THE HELP OF A SHOULDER APPENDAGE

Yet, more than the titles, it is the institution's innovations that Vohra takes pride in. Consider, the Nevedec Mechanical Hand developed by the Centre, where all fingers and the thumb can be made to move at will, through a shoulder appendage. The only aid of its kind to be manufactured in India, the bionic limb is particularly popular with amputees like Kuldeep Kaur, who lost both her arms.

A victim of a family dispute, Kuldeep's hands were chopped off by her brothers to deprive her of ancestral property. Now, with the help of the electronic hands she has reconstructed her life. A teacher in a high school, she regularly uses her hands to write letters of gratitude to Vohra.

The electronic hands are of two types—the myoelectric control system and the switch control system. In the former, the hand is operated through electrodes which are fitted inside the socket of the upper-limb prosthesis. These electrodes are highly sensitive and a slight contact or signal activates the hand movement.

In this system, two sites are identified in the shoulder socket with the help of an electro-myographic (EMG) test meter, for fitting in electrodes. These perform two functions: sending the signal for opening the hand and closing the hand. For victims like

Jagtar, who lost an arm in a train accident, it's a bionic boon: he can now drive his car or motorcycle, using the artificial limb.

Despite being well-off, Jagtar, would not have been able to afford the electrodes if they were imported from the West. Costing between Rs 3 to Rs 5 lakh in the USA and UK, at Nevedec, the electronic hand costs only between Rs 8,500 to Rs 12,000.

Moreover, given the extreme hot weather and humidity in the country, the imported limbs always present the danger of short-circuits due to perspiration. Which is why, Nevedec decided to develop its own electronic hand which also works on microswitches. In this system, microswitches are fitted inside the socket where the muscle signal or stump contact is most prominent. In these hands, the



THE MODULAR
ABOVE-KNEE LEG MAKES
SURE AMPUTEES NEVER
FEEL DEPRIVED OF
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VIKRAM VOHRA
Partner, NPC

electric source is a six-volt nickel cadmium battery fitted within the prosthesis.

When the microswitch is activated, the current passes through the circuit board to the motor, which in turn, drives the especially-fabricated gear assembly. This results in opening all four fingers and the thumb. When the signal is released from the switch, the fingers close. The gripping force of the limb is particularly sensitive—from holding a glass of water comfortably to lifting objects of over two kilograms. Malkiat, a welder, stops work on a broken tricycle to proudly display his new hand.

Weighing less than 500 grams, the fingers and palm look almost natural in their moulded cosmetic glove, which also protects the mechanism from dust and moisture. Malkiat has also been given a battery with a two-year life, which can be charged with a special charger in about 15 hours. Now, he wonders, should he also get an electronic rotary fitted in for wrist movement?

The electric wheelchair manufactured at the Centre is equally popular. Consisting of two 1.2-volt motors and two batteries, the motor drives the wheels through especially-designed gear assemblies. Moreover, the wheelchair is designed to carry even a 120-kilogram-strong patient on rough and pucca roads. Recently, Col. Vohra's son, Vikram Vohra, also designed a modular above-knee leg, which allows squatting and controlled knee movement. His inspiration: given the fact that most Indian religions require sitting cross-legged for prayer and rituals, Vohra wanted to make sure that no leg amputee ever felt deprived.

It's not for nothing that the Nevedec Prosthetic Centre is fondly called the Limbs Factory of the region. Manufacturing spinal and cervical supports, hearing aids, back-rest plates, crutches, and tricycles, the Centre is one of the leading resorts for the approximately 12 million disabled in the country. Says Col. Vohra, "There are few villages in Punjab where not even one person has not lost an arm during threshing."

So business must be booming? Not always. As part of a scheme sponsored by the Ministry of Welfare, Nevedec provides artificial limbs free of cost to patients whose total income is less than Rs 1,200 per month. Those with a total income between Rs 1,201 to Rs 2,500 per month pay half the cost. Besides, Vohra has instituted the Nevedec Rehabilitation Charitable Trust, which is funded by donations. It may cost an arm and a leg, but for the Vohras, it's a way of lending a helping hand. ♦

Rotary Positive Preventive Health Campaign

Author



Rtn. Dr. Rita Kalra
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PROJECT POSITIVE HEALTH
Stop Non Communicable Diseases

The unparalleled value of good health is celebrated on World Health Day every year on 7th April. Spearheaded by the World Health Organization (WHO) physical, mental, and emotional well-being is promoted and fostered all over the world on this day. World Health Day can also be an important day to reflect on your own health.

Conversation can help reduce stigma associated with illness and lead to more people seeking support and treatment by joining the new campaign.

This [World Health Day](#), we're calling for action to eliminate health inequities, as part of a year-long global campaign to bring people together to build a fairer, healthier world.

Did you know that 60% of Indians die due to NCD (Non Communicable diseases such as diabetes, Hypertension, heart diseases etc.) Did you know 90% of NCD are preventable? Did you know that incidence of NCD is based on life style during 30-45 years such as diet, exercise, work environment?

The pandemic has laid bare some of the concerning facts.

- That people with healthy life style have strong immunity not only survive but fight the infections as well.
- That people with co morbidities / NCD have reported step down in immunity thus lowering the guard to survive infections.

Know your Numbers campaign is an initiative of Rotary PPH Program for early detection, timely

treatment and long term rehabilitation for healthy and long life. The numbers that matter are:

Your age, weight and height that determines BMI, your Blood pressure, your blood sugar and your haemoglobin.

If your numbers fall within the range, the circle of safety is impenetrable. This factor called IKIGAI in Japanese is responsible for long and healthy life.

Besides, the best bet today is to follow the new social norms to complete the circle of safety : Mask your face, sanitize your hands and distance from social events.

You can stop the spread and save lives. Stay home to stay safe and healthy.

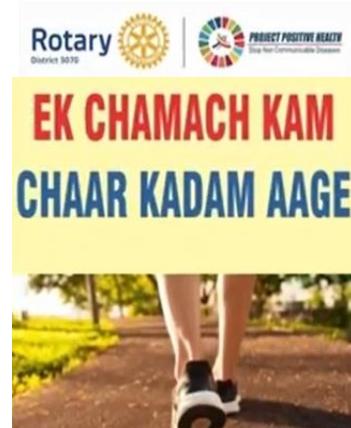
Mahatma Buddah once said Health is the greatest gift, contentment the greatest wealth and faithfulness.

Let's pledge for health, happy and meaningful life with the secrets of good health Slogan by Rotary International Director Dr. Bharat Pandya;

*“Ek Chamach Kum
Aur Char Kadam
Aage.”*

**एक चम्मच कम,
चार कदम आगे**

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and get updated
messages from your
factual guide and
realistic mentor.



"Should We or Should We Not" Embolden GM Foods in the Present-Day Scenario

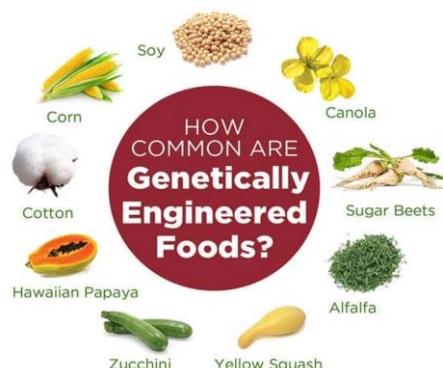
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Since the market introduction of the genetically modified FLAVR SAVR tomato in 1994 and the successful sales of transparently labelled GM tomato paste by Safeway and Sainsbury supermarket chains from 1996 to 1999, GM crops and food have become the centre of public controversy. Although FLAVR SAVR and the tomato paste have vanished from the supermarket shelves, in 2013, GM crops were grown on more than 175 million hectares globally, by millions of farmers, many of them in developing countries. However, this has not helped to build broad trust in the safety and environmental as well as the economic benefits of the fastest technology ever adopted by farmers in the history of agriculture. Despite numerous peer-reviewed scientific studies showing that GM crops and food are safe for the consumer and the environment, the exchange of words continues, often with unsubstantiated and misleading claims by nongovernmental organizations whose incomes rely on fuelling public scepticism. Nevertheless, after a large-scale study that found no impact of GM feedstuffs on livestock populations, John Entine in the magazine Forbes recently declared 'The debate about GMO safety is over'. But is the GM crop debate over? While this may be true among scientists, arguments persist in public debates that GM crops are harming the environment and hurting farmers economically, especially in developing countries. The reason for these lingering perceptions, is that a large-scale statistical and scientific assessment (meta-analysis) of the literature to provide the necessary information on the impacts of GM crops in agricultural production has been missing.

What people refer to as Genetically Modified Organisms, or GMOs, are crops bred with the most sophisticated breeding technology. In this context, genetic modification happens when breeders take the specific trait that they want from one plant or organism and transfer it to another plant. Or it can be as simple as slightly changing how a single protein in a given plant expresses itself, as in the case of the Arctic Apple which is an apple that has been bred to resist browning after it has been cut. Unfortunately without a little of basic

botany, genetics, and history, it can be an intimidating technology. In their proper context, GMOs represent an important advancement in agriculture. In the present write up an attempt has been made to go into a retrospect from the world of agri-technology as has been relevant to agriculture in the past and its necessity to the present day needs of our country.

The United Nations forecasts that by 2050 the world's population will grow by more than two billion people. Half will be born in sub-Saharan Africa, and another 30 percent in South and Southeast Asia. Those regions are also where the effects of climate change—drought, heat waves, extreme weather generally—are expected to hit hardest. Last March the Intergovernmental Panel on Climate Change warned that the world's food supply is already jeopardized. "In the last 20 years, particularly for rice, wheat, and corn, there has been a slowdown in the growth rate of crop yields," says Michael Oppenheimer, a climate scientist at Princeton and one of the authors of the IPCC report. "In some areas yields have stopped growing entirely. My personal view is that the breakdown of food systems is the biggest threat of climate change."

Half a century ago disaster loomed just as ominously. Speaking about global hunger at a meeting of the Ford Foundation in 1989, one economist said, "At best the world outlook for the decades ahead is grave; at worst it is frightening." Nine years later Paul Ehrlich's best seller, The Population Bomb, predicted that famines, especially in India, would kill hundreds of millions in the 1970s and 1980s.

Before those grim visions could come to pass, the green revolution transformed global agriculture, especially wheat and rice. Through selective breeding, Norman Borlaug, an American biologist, created a dwarf variety of wheat that put most of its energy into edible kernels rather than long, inedible stems. The result: more grain per acre. Similar work at the International Rice Research Institute (IRRI) in the Philippines and by us dramatically improved the productivity of the grain that feeds nearly half the world.

Continued on next page

From the 1960s through the 1990s, yields of rice and wheat in Asia doubled. Even as the continent's population increased by 60 percent, grain prices fell, the average Asian consumed nearly a third more calories, and the poverty rate was cut in half. When Borlaug won the Nobel Peace Prize in 1970, the citation read, "More than any other person of this age, he helped provide bread for a hungry world."

To keep doing that between now and 2050, we will need another green revolution. There are two competing visions of how it will happen. One is high-tech, with a heavy emphasis on continuing Borlaug's work of breeding better crops, but with modern genetic techniques.

"The next green revolution will supercharge the tools of the old one," says Robert Fraley, chief technology officer at Monsanto and a winner of the prestigious World Food Prize in 2013. Scientists, he argues, can now identify, and manipulate a huge variety of plant genes, for traits like disease resistance and drought tolerance. That is going to make farming more productive and resilient.

The signature technology of this approach—and the one that has brought both success and controversy to science and technology—is genetically modified, or GM, crops. First released in the 1990s, they have been adopted by 28 countries and planted on 11 percent of the world's arable land, including half the cropland in the U.S.

About 90 percent of the corn, cotton, and soybeans grown in the U.S. are genetically modified. Americans have been eating GM products for nearly two decades. But in Europe and much of Africa, debates over the safety and environmental effects of GM crops have largely blocked their use.

Proponents like Fraley say such crops have prevented billions of dollars in losses in the U.S. alone and have benefited the environment.

A recent study by the U.S. Department of Agriculture found that pesticide use on corn crops has dropped 90 percent since the introduction of Bt corn, which contains genes from the bacterium *Bacillus thuringiensis* that help it ward off corn borers and other pests. Reports from China indicate that harmful aphids have decreased—and ladybugs and other beneficial insects have increased—in provinces where GM cotton has been planted.

The cassava plants have been genetically engineered to resist brown streak virus, a disease that is spreading across sub-Saharan Africa, where cassava is a staple for 250 million people. Only four African countries allow the planting of genetically modified crops. Roundup Ready crops are genetically modified to be immune to the herbicide Roundup.

That means farmers can spray the herbicide freely to eliminate weeds without damaging their GM corn, cotton, or soybeans. Though there is no clear evidence that Roundup or Roundup Ready crops are unsafe, proponents of an alternative vision of agriculture see those expensive GM seeds as a costly input to a broken system.

Modern agriculture, they say, already relies too heavily on synthetic fertilizers and pesticides. Not only are they unaffordable for a small farmer; they pollute land, water, and air. Synthetic fertilizers are manufactured using fossil fuels, and they themselves emit potent greenhouse gases when they are applied to fields.

"The choice is clear," says Hans Herren, another World Food Prize laureate, and the director of Bio Vision, a Swiss non-profit. "We need a farming system that is much more mindful of the landscape and ecological resources. We need to change the paradigm of the green revolution. Heavy-input agriculture has no future—we need something different." There are ways to deter pests and increase yields, that are more suitable for the poor of this world. However, the political implication should not always be limited to more regulation, bans and bargaining over modern agriculture.

Scientific enlightenment should lead to lift political barriers, dropping unscientific stigmatisation and shedding light on factors that will allow modern agriculture to meet the agricultural challenges facing the 21st century. From now until 2050, changes in population, climate and consumption patterns will put added pressure on a world food system already unable to feed its population.

We need a large-scale 'sustainable intensification' of agriculture in which yield is assessed not just per hectare, but also per unit of nonrenewable inputs and impacts upon ecosystem. GM-based methods are used widely in commercial crops and have greatly facilitated major advances, besides giving great promises in solving the problems in food and feed scenario.

Paradoxically the draft licensing guidelines mooted by govt. of India proposes arbitrary pricing and what is further shocking is the clause which relates to licensing where the developer of technology is mandated to grant the technology license to anyone seeking it if the individual has satisfied the basis criteria. It is high time that Indian agriculture must be supported by more research and innovations for which supportive policies have to be place. Encouraging risk taking and innovation in the sector can be best managed by encouraging competition in the market instead of government administered pricing mechanism.

The government has a responsibility and the capacity to take a leading role in creating scientific solutions to mitigate potential food shortages.

Happiness Manipulated

Author



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Brain is a wonderful organism, You know why - most astonishing and the interesting part is that it is more intelligent than the person who owns it. Coupled with the fact that it has properties like Neurogenicity – that is the power of the brain can be increased through the production of fresh neurons and Neuroplasticity – that the existing neurons can be rearranged in a fashion to get more power out of the existing system, in other words we have the power to increase some faculties or a combination of faculties at our will. Imagine such a powerful and intelligent animal is at your disposal.

But today's topic is how can we play with it and manipulate it to give you the desired attributes or feelings. Now the most important attribute you all want from the brain is happiness, may be ultimate happiness or bliss of the highest order. Today's thought is all about the knowledge of the physiology, pharmacology and chemistry of the brain to attain 'IT' "The ultimate Happiness" in officially rightful and officially wrongful manners.

When a non-alcoholic takes two large pegs of alcohol (120 ml followed by a cup of black coffee) 100 mg of caffeine), he experiences a strange kind of satisfaction, extreme happiness, everything around seems joyful, forgets all his worries. Technically, this state of mind is called as "euphoria" and spiritually, "The bliss".

Pharmacologically speaking, alcohol is a cerebral depressant and caffeine a cerebral stimulant. When both are taken together in functionally equivalent portions, logically these effects should cancel out and there should not be any net effect on the human brain. But the pharmacological actions in the brain for stimulants and depressants follow a different pathway, their effects do not cancel out, but strangely acquire another dimension. Secretion of certain neurohomonal transmitters take place, called as the feel good chemicals. The net effect is that the brain reaches "The Mound of happiness", the mental state defined above.

A corollary to the above experiment, is that if any stimulant and any depressant are taken together in the right proportion, one can reach "The Mound of happiness". Which is perhaps the ultimate aim of human existence. No wonder, that we humans have already found so many such combinations without the deep knowledge of pharmacology or physiology of brain or the chemistry of neurohomonal transmitters.



Brown Sugar: The most liked and sought after drug by addicts and some cult groups, has a deadly combination of one of the very strong depressants known to humans 'Opium' and an equally strong cerebral stimulant the 'White Squill'. (The red variety of squill is commonly used as a rat poison) Together Opium and White Squill in brown sugar gives the deepest kick of euphoria, that blissful feeling which cannot be explained in words, which takes you to another world, the world of complete happiness. Once a person experiences this wonderful feeling, the urge to experience it again and again keeps on increasing with every bout of experience.

Alcohol & Nicotine: Have you ever noticed a smoker enjoying his cigarette even more while taking his drink. No wonder bars are always full of smoke. Unknowingly these smokers use the same principle of taking a depressant, that is alcohol and a stimulant, that is nicotine together.

Let us now move beyond the chemical stimulation of brain and start understanding other means the humans have learnt to subject the brain to these opposites and experience the ultimate bliss.

Meditation: There are various forms and colors of meditation being purposed by different religions, sects or spiritual groups, but the underlying principle remains constant, which can be described something like this. The subject is asked to sit in the most comfortable position, in a room maintained at the most comfortable temperatures, with loose clothes, no noise, no smell, clear stomach, nothing in the mouth, the purpose of all the above said is 'ONE', that all the five human senses should be devoid of any stimulation, this is described technically as the state of Depression (Depression is generally referred to as a disease of the mind when the mind experiences negative thought or suicidal tendencies, but pharmacologically the same word 'Depression' is referred to as decreased activity of the brain or no stimulation of the brain, as in sleep, we are taking the later meaning in this article). Once the person settles in the above said state, he is asked to stop thinking, he is asked to come to a state of thoughtlessness.

After sometime, when the body and the mind are in perfect state of no stimulation. The subject is asked to now concentrate on an article, or a thought, or a pendulum.

This component is bringing in stimulation of the brain but in a strangely organized way to take the brain to the pathway of "Mound of happiness". After sometime, the brain reaches the peak of this mound and starts experiencing euphoria, a strange state of seamless union with the universe, where there are no boundaries between the person and the outside, one calls it the union with the supreme soul, a strange satisfaction, a unique happiness seeps in. Many Yogis describe this state of trance, the state of self flowing outside in their books, but most mortals have never experienced it, despite of the fact that most of them must have tried doing meditation at some part of their lives. Those who leave after a few unsuccessful attempts may call mediation a bogus affair or meant for higher souls only. But the fact remains that in order to reach the mound of happiness one has to have first a strong depression of functions of mind, a complete state of thoughtlessness and then an even stronger concentration on a single thought or an object, which can be achieved only by a lot of practice, a strong will, faith in the procedure and above all constant guidance of an experienced trainer, who himself reaches the 'Mound of happiness' when he meditates. No wonder a lot of these yogis, religious cult groups, also take the help of certain drugs at the time of doing meditation.

Sex: Undoubtedly the mother of all blissful experiences, which the nature has bestowed on all higher forms of life. Most of human adults, must have experienced in their lives, the same happiness, the same feeling of union with the nature, the feeling of release of all tensions, the feeling of ultimate bliss, the feeling of flowing to another world, is what we are talking of in the above paragraphs.

Now on close examination we find that this blissful feeling very strangely lies exactly in between two phases, one characterized by extreme phase of stimulation, being represented by lot of mental

excitement, lot of physical activity, a heightened state of existence, sweating, pleasure of touch at extremes, loud music is welcome, any kind of sensual (all five senses) stimulation is sought after. Believe me to increase this phase of stimulation, some love being beaten. AND

The extreme phase of Depression being represented by, no activity, no thought, no movement, person lying lifelessly on the bed.

Extreme Sleep and Physical activity: It is difficult to understand this concept without the back ground. Imagine the mindlessness or the depressive phase induced by extreme sleep, no brain faculties are working and you bring in the stimulation by some mindless physical activity, let us say treadmill, Unbelievable but true it takes you towards the timelessness and mound of happiness. First time it was reported by a group of Jews living in concentration camps under the Nazi rule. They were not allowed to sleep as a punishment and then asked to walk miles and miles on their way from Austria and Germany to Siberia. Imagine in those conditions of extreme despair they felt extreme happiness and bliss, union with the Almighty while they were walking in their sleep. I said the same in the beginning, that brain is a powerful animal which is at your disposal and you can use it the way you want, if you know it well. Even to induce happiness at will.

Body and the Soul: After all, the body is an amalgam of matter, to which some physical and chemical laws apply. But to the intellect, mind, soul, to which certain other laws apply. The brain unites the two worlds of matter and the soul by some organized, predefined pathways. More we explore, our body's and our mind, more insight we will have on the ways to achieve the union of the two. May be we have a complete control on our happiness, anger and other traits, if we are more enlightened on the subject.



[Click here to register](#)

In recognition that some participants may need financial assistance related to their attendance at the virtual ISPO World Congress 2021, ISPO will provide registration stipends to a number of candidates that successfully went through the application and selection procedure.

Please click [here](#) to read about the following:

- Application criteria
- Scoring
- Application process
- Notification and grant implementation

The completed application form [here](#), including uploaded background documents, is to be submitted by the deadline of 16 July 2021.

Living Will to pledge your body

Author



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The right to human dignity is an inherent right in every human being. Something what is inherent cannot be taken away. Nor denied. It is part of being a human being. Any practice which is derogatory to the dignity of a human being must be renounced. Practices which are ‘inhuman’ cause violence to the dignity of a human being. Article 21 guarantees the right to ‘Life’. From birth to death. The right to dignity exists even beyond death. It is a constitutional right. Also, a human right. It is both Constitutional value and morality.

The biggest challenge is, how do we ensure this right? I wish to examine: how one human being can contribute towards to dignity of other human beings. This thought came to my mind when I addressed a meet of Rotarians on zoom on August 13, 2020. It happened to be : The World Organ Donation Day. We all are dependent upon humans for body spare parts: Organs, foetuses, embryos, eggs, wombs, tissues and blood. They are not available in market like the automobile spare parts. Article 23 prohibits ‘Human Trafficking’. My body belongs to me. Can I sell parts of my body? Can body parts be commercialised? Human Trafficking would include Trafficking in Organs and Tissues of human body. Section 19 and Section 19A of the Transplantation of Human Organs and Tissues Act, 1994 render commercial dealings in human organs and tissues as criminal offences. Commercialisation, therefore, is constitutionally prohibited and is punishable under the Act of 1994. Commercialisation is a global challenge. Inspite of legal ban, it exists. It is increasing. Rather than decreasing. Its elimination does not seem possible. ‘Transplantation’ tourism is flourishing. The demand is mani-fold. The supply is so limited. The economic disparity is increasing. The moral and ethical values are de-valuing.

In order to meet the shortage in human material, Dr. Barry Zacob, US based Doctor came up with a plan. Way back in 1983. He saw poverty and starvation deaths in Bangladesh on TV News. Dr. Jacob told the Washington Post: “The waste of all those organs is lying there.” He decided to set up his business. Incorporated International Kidney Exchange Company in Virginia. The idea was to buy ‘the waste’ dirt cheap from third world countries. Sell the same in economically advanced countries. At his own quoted price.

price. His dream was big business. The spirit of humanism and brotherhood was missing in him. The US Surgeons boycotted Dr. Jacob. On the other hand, Dr. Jacob was determined to promote free trade in human organs and material. His mission was : Free Trade is what life is all about. In this context, the US Congress came forward with the National Organ Transplant Act, 1984. It prohibits the sale of human organs, through inter-state commerce. Anyone indulging in such practice was liable to be criminally prosecuted. The venture of Dr. Jacob was in-human. Sad as well. This I had shared in one of my talks in early 1990's.

In this backdrop, each citizen has a fundamental duty to develop humanism. Also the duty to promote spirit of brotherhood. The Preamble requires: Fraternity assuring the dignity of the individual. Therefore, let us remind ourselves that we are dependent upon each other. It is this understanding alone which can help. The right to human body cannot be absolute. There are no absolute rights. There are always reasonable restrictions. The right over the human body is no exception.

The Act of 1994 allows the close relations to donate/gift an organ to save his or her life. The reluctance on the part of even the close relations is understandable. Consequently, after death, if the immediate relations consent, his or her organs can provide life to others. We are meant to serve humanity. This would help to serve even after death. Service above self. Service beyond life is even better. In such a situation, one would be remembered for giving life even in death. The man is no more. His family including the extended family remains. What a good and positive feeling. The recipient and his family would remain in-debted. What a bond of two families. Many families, though not related, would continue to live in happiness. Always willing to help each other. In Normal and difficult times. The added beauty is, it would add to human dignity even in death. In death, you give life to others. By sharing your organs. Can there be a better act than giving life! It is putting life into another life. This is the real recipe for human dignity. As I was finalising this piece, a news came that 34 years old man was declared brain dead by doctors at G.G. Hospital in Chennai on August 27, 2020. His wife agreed to donate his organs. The G.G. Hospital retained the lungs.

48 years old man, his lungs were damaged due to COVID-19 infection. He had virtually no chance of survival. The survival became possible because of the timely possibility of transplantation. Not only this, one Monika More who had got severed her both hands in a train accident. 7 years back was transplanted with both hands. It is rare that such a dream could become possible. The heart transplants surgery was also performed at the Chennai Hospital. One body gave life to three more.

Let us resolve to pledge our bodies. After death nothing remains. Why not save the lives of others. The mind set needs to change. We all have to die. Let this realisation prompt you to take this step. In Spain, France, Norway,

Sweden, Greece and Turkey, there is presumed consent. All citizens are potential donors unless specifically you opt out. Right to life includes the right to die with dignity. One can pledge one's body during life-time. One can also register one's 'Living Will'. 'Will' your organs. You would add dignity even in death. You will continue to live. For each other. This is the beauty of Life. This will be constitutional value-in-action. In abundance.

Let us change our mind-set. There is nothing unethical. No myths. Pure and simple. Life must continue. May be in another human body. It is creating a human chain. Each link would carry it further. Will that not be the real joy of life! I pause for a positive response. After all, we are all part of the human family. The human race.

Remembering Col. D.S. Vohra

THE TRIBUNE
30 NOV 1998 (MON)

Remembering Vohra

The memory of philanthropist and artificial limb specialist, Col D.S. Vohra, has been kept alive at his beautifully landscaped artificial limb centre at Zirakpur in a unique way.

The deceased doctor's son, Dr V.J.S. Vohra, has installed an illuminated photo into a rectangular wooden box and placed the box on the same chair that used to be occupied by the Colonel, who died almost a year ago. The height of the wooden box is the same as would be the height of the late Colonel while sitting in his chair. The moment one enters the room the first impression is that Dr D.S. Vohra is himself sitting on the chair.

Everything in his room is lying as it used to be. Pincushions, various mementoes, bank passbooks, pens, fluid marker, gum bottle, little knives, scissors and other knickknacks have been placed as they were. The reading lamp, the fax machine and a phone are still in place as in earlier days. "I come to this room to fax a document," says the Junior Dr Vohra, who now runs the Nevadac Prosthetic Centre.

Just a day before his death Col Vohra, who enabled many disabled

people to walk, had left two one rupee coins on his table. The coins have been left undisturbed. The room is cleaned everyday and kept in shape.

CHD : NEWSLINE
12 APR 1998 (SUN)

Army Commander visits Nevedac centre

EXPRESS NEWS SERVICE
CHANDIGARH, APRIL 11

THE General Officer Commanding-in-Chief, Western Command, Lt Gen H.B. Kala today visited the Nevedac Prosthetic Centre, a charitable institution near the City airport, engaged in rehabilitation of the handicapped.

He was accompanied by the president of Army Wives Welfare Association (Regional), Kusum Kala.

He was shown around the institute by its director, Dr. V.J.S. Vohra. Gen Kala expressed his appreciation of the rehabilitation

work being carried out there and envisioned keen interest in the artificial electronic arms and other sophisticated prosthetic and rehabilitation devices.

"Nevadac is a living testimony to the fact that nothing is beyond human endeavour. The centre has done immense service to mankind and rekindled the lives of many persons," Gen Kala commented.

He said that he would make all efforts to get the centre recognised by the defence establishment so that defence personnel or their dependents attending the institution would be able to get their medical expenses reimbursed.

THE TRIBUNE
12 APR 1998 (SUN)

Plan to recognise Nevedac centre

Tribune News Service
CHANDIGARH, April 11 — The Nevedac Prosthetic Centre is a unique institute and efforts would be made to get the centre recognised by the Ministry of Defence so that disabled servicemen could avail of the facilities.

This was stated by Lt-Gen H.B. Kala, General Officer Commanding in Chief, Western Command, while addressing a gathering of disabled persons and guests after going round the centre here today.

He said his visit was rescheduled as the founder of the centre, Col D.S. Vohra, passed away. Describing the deceased as a man committed to do something for the welfare of the disabled, he said the centre proved that hard work could achieve anything.

Mrs Kusum Kala gave away mementos to the disabled persons.

Earlier, the General and his wife accompanied by senior officers, went about the centre and evinced keen interest in various prosthetic aids.



Lt-Gen H.B. Kala, GoC-in-C, Western Command, his wife Kusum Kala, being shown various aids being produced at the Nevedac Prosthetic Centre at Daulat singhwala on Saturday.

— Tribune photo by Manoj Mahajan.

Judge's sentence

Contribution from



Jagdeep S. Chopra
Chartered Accountant

There was a fifteen year old boy in America. He was caught stealing from a store. On trying to escape from the hold of the guard, a shelf of the store was also broken.

The judge heard the crime and asked the boy, "Did you really steal something, a packet of bread and cheese"?

The boy responded by looking down. ; Yes.

Judge,: - Why?

Boy,: - I needed.

Judge: - Could have bought.

Boy: - There was no money.

Judge: - Take it from the family.

Boy: - There is only mother in the house. Sick and unemployed. Bread and Cheese were also stolen for the same.

Judge: - You don't do anything?

Boy: - Used to wash a car. When I took a day off to take care of my mother, I was fired.

Judge: - Don't you ask someone for help?

Boy: - Had left the house since morning, went to about fifty people, took this step at the very end.

When the arguments ended, the judge began to pronounce the verdict, the theft and especially the theft of Bread is a very shameful crime and we are all responsible for this crime. 'Every person in the court, including me, is a perpetrator, so every person present here is fined ten dollars. No one can get out of here without giving ten dollars.'

Saying this, the judge took ten dollars out of his pocket and then picked up the pen and started writing:- In addition, I fined the store a thousand dollars for handing over a hungry child to the police.

If the penalty is not deposited within 24 hours, the court will order to seal the store. By giving the full amount of fine to this boy, the court asks for forgiveness from that boy.

After hearing the verdict, tears were pouring from the eyes of the people present in the court, that boy's hiccups were also tied. The boy was watching the judge again and again, who came out hiding his tears.

Are our society, systems and courts ready for such a decision?

Chanakya has said that if a hungry person is caught stealing bread, then the people of that country should be ashamed.



President (2006-07)
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Co-Founder

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Certified Prosthetic Orthotic Professional

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Dr. V. J. S. Vohra is empowering the disabled persons since 1973

★★★★★★★★★★★★★★

President, Nevedac® Academy of Prosthetics and Orthotics

Chairman, Disability Empowerment and Rehabilitation (DEAR)

Managing Trustee, Jyot Charitable Trust, Chandigarh www.jyot.org

(Donations to this trust is exempted under section 80-G of Income Tax Act, 1961)

[Click here to visit Nevedac Prosthetic Clinic](#)

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.