

Impressions

Theme of this
Bulletin:

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

No. 22/12 - March 2022
(Monthly e-Bulletin)
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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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Rotary District 3080 Sahyog Artificial Limbs Project Loud Applause for Sahyog project in District Conference at Haridwar [Click here to see video on YouTube](#)

During the District Conference of Rotary International District 3080, held at Haridwar on 19-20 March 2022, a [Video Presentation](#) of Sahyog Artificial Limbs project was given by Sahyog Chair Assistant Governor Rtn. Salil Dev Singh Bali and District Chair Disability Empowerment Past President Rtn. Dr. V.J.S. Vohra. Sahyog project received a loud applause and appreciations from 800 delegates who had attended the conference from various parts of the country.

Assistant Governor Salil Bali informed that during the current Rotary year 2021-22, under Sahyog project, 120 needy disabled patients have already been fitted with artificial limbs. The disabled persons have expressed their gratitude as they are now leading a normal life of dignity and pride, having gone back to their job / livelihood.

Under the dynamic and inspiring leadership of District Governor Rtn. Ajay Madan and untiring sincere efforts of Assistant Governor Salil Bali, funds have been available for the project, thanks to generous support from Rotarians, Rotary Clubs and other philanthropists. By 30th June 2022 over 150 beneficiaries are expected to benefit under the Sahyog Project.

A professionally qualified team consisting of Prosthetic Clinicians - Senior Prosthetic Consultant Dr. V.J.S. Vohra (team leader), Dr. Ashwani Kumar and Dr. Amit Gulati are the technical support of the project. They are taking plaster casts / measurements, doing cast modifications, giving gait training and following professional clinical process to prepare high quality prosthetic limbs at very reasonable cost.

District Governor Elect Rtn. V.P. Kalta, District Governor Nominee & Counselor of Sahyog Project Rtn. Arun Mongia and District Governor Nominee Designate Rtn. Rajpal Singh have already announced that Sahyog Project will continue during their year also, that is, in the years 2022-23, 2023-24 and 2024-25. Sahyog project is first of its kind initiative taken up by any Rotary District to serve the Persons with Disability and Change their Lives.



**"Sahyog Ambassador" Kulvinder
with all four Prosthetic Limbs**



**Anu with both
artificial arms**



Walking and driving motorbike with right artificial leg



Talk of Peace "Then and Now"



Utpal Chatterjee
Sr. Journalist
Kolkata

Indeed, given what has been happening in Ukraine, even the thought of ceasefire and peace is a balm to the mind. Utpal Chatterjee the keynote speaker of the Rotary International District 3080 conference, that has Rotary jurisdiction over five Indian States and a Union Territory, took everyone's breath away in BHEL auditorium at Haridwar, Uttarakhand. In his inimitable style he transported everyone to the era of Ashoka the Great, the Kalinga War and the amazing transformation in the great Emperor after he saw the river turn red with human blood. The thought of opting for lasting peace was carried all across Asia.

The "Reign of Terror" following the French Revolution was taken up thereafter. Came the Second World War and the resolve never to opt for conflict or even a skirmish after millions had perished with the holocaust standing out for all the inhuman reasons.

And, then, 'piece de resistance': the unprovoked and uncalled for war on the sovereign nation of Ukraine. President Mikhail Gorbachev had ensured the fall of the Iron Curtain and freedom and sovereignty for all Republics attached to the erstwhile Soviet regime.

President Vladimir Putin has ventured on the task of turning back the "time machine". Nobody wants more bloodshed and for millions to seek refuge in neighbouring countries.

We want sense and sensibility to prevail over pride and prejudice. Only then can peace, prosperity and saving and serving others can be guaranteed.

Standing out as a beacon of hope is the Rotary Club of Kiev which was founded by Past Rotary International President Rtn. Raja Saboo, of the Rotary International District 3080, when he gave them the Charter in 1992, a year after the USSR crumbled.



UTPAL CHATTERJEE: For many who have not known his brilliant track record, Utpal Chatterjee is among the most internationally acclaimed of Indian journalists and public speakers. He was also the Honorable Sheriff of Calcutta. He has interviewed 21 Heads of State - Presidents George Bush (Sr.) in 1988 and Bill Clinton in 1992, British Prime Ministers Mrs. Margaret Thatcher in 1988 and David Cameron at Westminster, and President Mikhail Gorbachev in 1989 in Moscow, ten Nobel Laureates and travelled with three Indian Prime Ministers as part of their respective media delegations. He has also met and spoken at length with late Princess Diana. He has done his fellowship in Journalism from Oxford under the mentorship of Sir Neville Maxwell. He has travelled abroad on official assignments more than 55 times. He is on the panel of experts of BBC, London and writes for other foreign journals too. Earlier, he worked for several leading Indian national newspapers, journals and Doordarshan, in its infancy, in '80-'87 as news presenter, election anchor and leading interviewer. In addition to international and national recognitions, he has recently been recognized for being an outstanding Indian for his contribution to enriching National values, public service and international journalism by National Integration Forum of India. In December 2018, he was recognized as the "Legend of Bengal" by the All India Human Rights Council. Recently, along with former Vice President of India, Mr. H. Ansari and former West Bengal Governor, Mr. M.K. Narayanan, Utpal Chatterjee has been invited on the select panel of Distinguished Visiting Professors by the St. Xavier's University, New Town, Kolkata. He was bestowed with the National Education Leadership Award. Incidentally, for the sixth year running, he is the Rotary Ambassador and was earlier the Goodwill Ambassador for the Department of Income Tax.

Earliest Instance of Prosthesis recorded in History - Vishpala: A Woman Warrior of Rigveda Era

Shared by



Dr. Vijay Nautiyal
Sr. Prosthetist, Dehradun

Vishpala was a woman warrior of Vedic times mentioned in the Rigveda (RV 1.112.10, 116.15, 117.11, 118.8 and RV 10.39).

Vishpala was married to a Vedic King named "Khela". Khela's kingdom was on the banks of Shatadru River. After the marriage, King Khela faced lot of problems. His kingdom faced a severe drought. King Khela also lost a battle with a neighbouring king.

People started blaming Vishpala because all these things happened after her entry into the life of Khela. Vishpala became very upset. Rishi Agastya counseled her and was surprised to know her in-depth knowledge of Yuddha Shastra.

Vishpala decided to lead the army of her husband Khela. She fought bravely and won the war but lost her leg in the time of night. Ashvins gave a copper made leg to her.

This is the earliest reference to the concept of Prosthesis in the world history.

Statutory Warning Issued in Public Interest



भारतीय पुनर्वास परिषद्
सामाजिक न्याय और अधिकारिता मंत्रालय,
दिव्यांगजन सशक्तिकरण विभाग के अधीन एक स्तविक निहाय
REHABILITATION COUNCIL OF INDIA
A Statutory Body under the Ministry of Social Justice and Empowerment
Department of Empowerment of Persons with Disabilities (Divyangjan)



STATUTORY WARNING

Practicing without RCI Registration
In Govt./Non Govt. Organization and by any Private Practitioner
is an Offence under section 13 (3) of RCI Act No. 34 of 1992

It has been observed by the Council that Children with Disabilities (Divyangjan) are being trained/ served by Quacks/Unqualified/Non-registered Personnel/Professionals.

If anyone found serving "Persons with Disabilities (Divyangjan)", without having RCI Certification, shall be prosecuted before the Court of Law under Section 13(3) of RCI Act, 1992 as under:

"Any person who acts in contravention of any provision of sub-section (2) shall be punished with imprisonment for a term which may extend to one year, or with fine which may extend to one thousand rupees, or with both".

General Public is requested to report such instances to the Council along with documentary evidence by post/fax/email to enable the Council to take appropriate action such as filing of FIR against such persons.

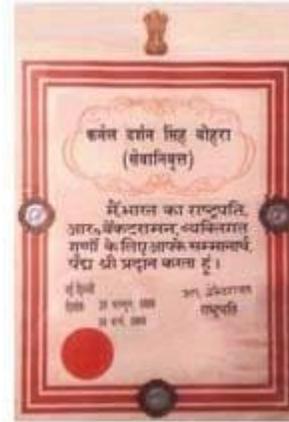
"This Statutory Warning is issued in public interest".

14-5-2019
(Dr. Subodh Kumar)
Member Secretary

B-22, Qutab Institutional Area, New Delhi - 110 016
Tel.: 011-2653 2408, 2653 2384, 2653 4287, 2653 2816 Fax : 011-2653 4291
E-mail : rci-depwd@gov.in Website : www.rehabcouncil.nic.in



Col. D.S. Vohra



Padma Awards
Ministry of Home Affairs
(Govt. of India)

Padma Shri (1988)
Col. (Retd.) Darshan
Singh Vohra
Social Work
Chandigarh



Col. D.S. Vohra
(1919-1998)
Founder

Nevedac Prosthetic Centre

Founder, Artificial Limb Centre, Pune

Founder, Nevedac Prosthetic Centre, Chandigarh

STATUTORY WARNING

PRACTICING WITHOUT RCI REGISTRATION IN GOVT. / NON GOVT. ORGANIZATION / PRIVATE PRACTITIONERS IS ILLEGAL UNDER RCI ACT NO. 34 OF 1992 U/S 13(3).

It has been observed by Council that Children with Disabilities are trained/served by quacks/unqualified/ Non Registered Personnel/ Professionals.

If anyone found serving "Persons with Disabilities" without RCI Certification shall be prosecuted before the Court of Law under Section 13(3) of RCI Act, 1992.

"This Statutory Warning is issued in Public Interest".

Non-registration can have serious consequences :

- Not eligible to work in Government or Private Sector
- Not eligible to provide service in the field of disability Rehabilitation and Special Education
- Cannot practice as rehabilitation professional any where in India

For Registration apply through your institute from where you have qualified.

RCI
CERTIFICATION
is legally must.



MY RIGHT IS TO BE SERVED BY QUALIFIED PERSONNEL
DAYS OF CHARITY HAVE GONE

For further information please contact:



Member Secretary
REHABILITATION COUNCIL OF INDIA
(A Statutory Body of Ministry of Social Justice & Empowerment, Govt. of India)
B-22, Qutab Institutional Area, New Delhi-110016
Phone: 91-11-2653 2384/2408/4287; Fax: 91-11-2653 4291
E-mail: rehabstd@nde.vsnl.net.in Visit us at: www.rehabcouncil.nic.in

Dr. V.J.S. Vohra

Sr. Consultant - Prosthetics & Orthotics
Founder & CEO

Nevedac® Prosthetic Clinic

Medirehab Systems®, 1134, Sector 44-B
Chandigarh - 160047

Rehabilitation Council of India
Certified Prosthetic Orthotic Professional
(Regd. No. RCI / AA00001)

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Phones: +91 98140 06829, 172 2623 620

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SCO 50, Royal Estate, Zirakpur
(Chandigarh-Ambala Expressway)

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Mohinder Paul Gupta
Editor
Changemakers
Rotary District 3080

Importance of Respect in the Workplace

The importance of respect in an organisation is something that must be understood by teammates at every level of seniority. Respect is a vital part of establishing a healthy working environment. Mutual respect all know that they are valued for their achievements, abilities, and qualities.

Difference of opinion is always good for any organisation. A “My Way or the High Way” approach will not get you far up. It certainly will help you to loose your valuable colleagues. Elected leaders should be allowed to act as per his vision. He should be given free hand.

Without recognition of difference of opinion which moves to intellectual respect for that opinion we openly denigrate one another. We must learn afresh to respect our teammates opinion purely on the basis that he/she is a fellow human being expressing a view that is important to them. In other words, we hold difference and commonality together in one hand. Difference, because we all espouse slightly alternative takes on the world; commonality, because we all share the one species and the same space as one another.

Disagreement should never be mistaken for disrespect. People are allowed to disagree with each other, but that doesn't mean that respect needs to go out the window too. Just because you cannot see eye-to-eye on a topic, doesn't give you or him the right to belittle, shame or disrespect. Valuing the right to differ and differences in opinion can actually be beneficial — but at the core of this, respect needs to be the foundation so that things do not turn

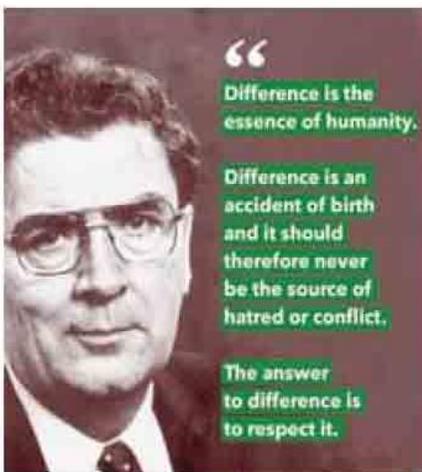
nasty.

When differences of opinion occur, it is all too easy to just sit back and assume that the other person is wrong. But you need to look inward and ask yourself if you are being too rigid in your own beliefs. Try to put yourself in someone else's shoes and you may come to realise that their experiences, lifestyle and manner of thinking has led them to this opinion. When you step aside to understand instead of being stubborn, it can actually lead to a stronger team and give you better perspective on the situation.

It helps to remember the saying ‘You can catch more flies with honey than vinegar.’ Playing nice and not resorting to any bad behaviour can see you actually resolving differences rather than aggravating them. Responding to clash of opinions with revenge, sarcasm or anger will not get you far and will only alienate you. So, listen, be patient and count to 10 if you find yourself faltering. And no, discreet eye rolling isn't allowed either.

Ultimately, this respectful atmosphere should make your organisation a more attractive place to work. This step will increase camaraderie.

The bottom line should also improve as everyone starts to work together in harmony.



“
Difference is the
essence of humanity.

Difference is an
accident of birth
and it should
therefore never
be the source of
hatred or conflict.

The answer
to difference is
to respect it.

John Hume Nobel Laureate

Mohinder Paul Gupta

Kudos to Operation Ganga

Author



Col. J.S. Chandoak
Chandigarh

Operation GANGA is a unique and unprecedented operation. Every Indian prays and hopes for its successful completion. It involves exodus of our 20,000 medical students from Ukraine. Hope they reach their homes safely earliest. Well, such a rescue operation should have started much earlier. Forecast and intelligence reports of this catastrophe were an open secret for quite some time. Wish due timely priority was given to this. Why forget that there is life beyond elections also. Anyway, let's take an optimistic view- 'Better late than never'.

A moot question arises as to why students had to go abroad for medical education. Simply put, it costs 25-30 lakhs for an MBBS degree in Ukraine and many such foreign countries. Whereas, same level qualification costs around 75-80 lakhs minimum in private colleges in India.

India is the second largest growing economy in the world. We are rightly proud of our GDP and FOREX reserves. Very fine. Now some pragmatism. As a fast developing nation and an economic power with an overall motto of 'ATMA NIRBHAR', India should be able to offer such medical education at a competitive cost as in any other foreign country, so that not a single student has to ever

go abroad for this purpose. If there is a will - solution is there. The Government should provide such medical education on priority. Understandably, establishment of adequate Government medical colleges will take quite some time. So as an immediate solution, the Government may facilitate establishment of private medical colleges on a war footing. Let there be subsidy from the Govt. to such students in private colleges. Further, overall budget allocation for Education should be enhanced as an immediate measure to cater for such a subsidy. Billions and billions spent on electioneering can be curtailed and saved with a strong will-power by all political parties.

"ATMA NIRBHAR" should not be a mere slogan. In true letter and spirit of the same, as a developing nation and aspiring to be a developed one, India should become self-sufficient in all fields and disciplines. Key feature being no medical student should ever go abroad due to financial constraint, if India can provide education facilities at par with any cheapest medical college in the world.

The Government may impose a commitment on medical students graduating from such aided colleges, to serve a minimum of 5 years in rural areas of the Country. Thus acute shortage of doctors will be taken care of. That would be killing 2 birds with one stone (i.e. overcome shortage of doctors in the Country and avoid risks being faced abroad by such students.)

Today exodus of students is viable from a country like Ukraine, courtesy our friendly relations. God forbid, if such an evacuation becomes necessary from a country which is our adversary. Needs to be added that our 23,000 medical students are there in China.

Among 10 top medical destinations, Bangladesh has 5,200 Indian students. Speaks highly of Bangladesh that in 50 years, it has prospered in this field also. Likewise Ukraine, Kyrgystan, Kazakistan and other CIS nations after dissolution of the erstwhile USSR have excelled in this regard in 30 years. Why are we lagging behind and have not achieved a similar capability in 75 years? A sincere introspection is called for. Yes, India can also do it. India is a rising power, developing nation and aspiring to be a developed one. Self-sufficiency in education field also will further enhance its overall image. This will add another feather in the cap as a developing country,

Our wonderful resolution that India will ensure safe return of each and every student under the aegis of 'Operation GANGA' is highly praiseworthy. In the same breath, hope India resolves to provide medical education within the country at competitive rates with the cheapest in the world, so that in future any 'Operation YAMUNA' or the like will be averted.



Indian students evacuated from Ukraine

All about Crypto Currency

Author



Dr. Gopal Munjal
MD & CEO
Ind Swift Group
Chandigarh

Crypto currency is simply a digital currency, classified as a subset of alternative currencies and virtual currencies. It is medium of exchange like normal currencies. Individual ownership records are stored in a computerized database. It is not possible to counterfeit or double spend as it is secured by cryptography. It is not controlled by anyone.

Crypto currencies are tax free and they are not insured too. Government or banks are not responsible for crypto currency and are not issued by any of the

government agency of any country. Hence, many countries have banned crypto currency.

Various features of crypto currency like: they are very secure, transactions are irreversible, there is no need for permission, they are super-fast, they don't care about the owner's physical location and real-world identities can be hidden. [Click here](#) to learn how the crypto currency market works, open an account, build a trading plan, and more details about crypto currency, as a trading platform.

Crypto currency is an encrypted decentralized digital currency transferred between peers and confirmed in a public ledger via mining which is a process of spending computing power to process transaction, secure the network and keep everyone in the system synchronized together.

Crypto wallets store your private keys, keeping your crypto safe and accessible. Crypto wallets keep your private keys – the passwords that give you access to your crypto currencies, allowing you to send and receive crypto currencies.

There is an impact on the world economy. In terms of volumes, global economy is fueled by US \$. The global economy thus relies on dominance of US \$ to keep running. This, however, is starting to change dramatically as more crypto currencies start to emerge.

Financial transactions has started getting decentralized on a massive scale, with no recourse to the traditional US \$.

In short, there has always been attempts to de dollarize the global economic landscape and crypto currencies seem to be the solutions.

Crypto currencies have led to emergence of new markets which are controlled by no one. Cyberspace will rise as the new body will maintain and handle such marketing with almost zero transactions costs. These currencies will even be more popular than traditional money.

This is the beginning of the endless possibilities that are expected to happen.

Crypto currency position in India: Crypto currency investments in the nation increased from \$923 million in April 2020 to almost \$6.6 billion by May 2021, a growth of about 400% in only one year. According to media reports, India also ranked #2 in a poll of nations that use crypto currency the most, with 9% of the respondents claiming they used crypto.

So far, this is a grey area in India. But the Hon'ble Finance Minister had proposed tax on digital assets, thereby confirming the legality in India. The Central government is going to table the Crypto currency and Regulation of Official Digital Currency Bill, 2021, in the upcoming winter session. The RBI is expected to use the underlying technology of crypto currency to issue digital currency. The Reserve Bank of India will introduce digital currency in the next financial year beginning April 2022 to boost the digital economy and efficient currency management. Digital currency will also help in the currency management system, the minister said.

Bitcoin is the most popular crypto currency in India. This is probably because it is the longest living crypto currency, valued the highest, along with a finite supply like gold. Proponents even call Bitcoin the 'gold standard of crypto currencies'.

Disadvantages of crypto currency are Lack of awareness and understanding, Unregulated space, Risk of Volatility and that it is still developing.



Until now, any crypto currency is not perfect. It has many advantages; however, it also has its disadvantages. This is mostly due to the fact that it is still a relatively young and new currency. People are just beginning to become more aware of it.

In order for crypto currency to succeed, more people need to understand what it is. This is for the younger generation who are computer savvy but they too have to be very cautious and updated with digital technology. For the senior citizens, who lack computer and digital knowledge, it is not advisable.



Rotarians visit Kartarpur Sahib Gurudwara

Source:
Rotary News



Rotarians of India and Pakistan at Kartarpur Sahib Gurudwara

A religious delegation from Rotary Club Mansa Royal, Rotary International District 3090, led by Past District Governor Rtn. Prem Aggarwal and accompanied by club president Rtn. Kaman Goyal visited Kartarpur Sahib Gurudwara in Pakistan on 1st December. This is one of the most sacred places for Sikhs as Guru Nanak Dev spent his last 18 years here and gave the message of the three pillars of Sikhism – Kirat Karni (honest living), vand chakna (sharing with others) and Naam Japna (focus on god).

The Rotary delegation was flagged off by the local Gurudwara Management Committee after District Governor Rtn. Parveen Jindal, Nalini Jindal and club members of Rotary Moga Stars arranged a delicious breakfast and bid them adieu from Moga.

The delegation of 20, comprising Rotarians, Anns, members of Inner Wheel Club Mansa Royal and the Indian Medical Association, first visited Sri Harmander Sahib Amritsar and the joint check post at the Attari-Wagha international border.

The group departed for the Kartarpur Sahib after completing all customs, immigration and security formalities at both India and Pakistan check posts, reached the gurudwara in Pakistan and offered prayers.

After taking food at the Langar Ghar, they visited the well

which was used by Guru Nanak Dev for irrigating his fields.

As scheduled, a delegation of 82 members, including women, from 32 Rotary clubs of Rotary International District 3272, from Lahore, Islamabad, Peshawar, Narowal and Rawalpindi, led by District Governor Rtn. Saifullah Ejaz, visited the Kartarpur Sahib to welcome the Indian delegation from RID 3090.

Apart from the DG's spouse Sidrah Saif, District Governor Elect Rtn. Saboor Rohaila, Past District Governor Rtn. Faiza Qamar, and other senior Rotarians from Pakistan greeted the Indian visitors and welcomed them with gifts.

“This was a great get-together to enhance the public image of Rotary, create awareness about our efforts at polio eradication and give out a message of peace and brotherhood between the people and Rotarians of both the countries,” said PDG Prem Aggarwal. “On behalf of our District Governor Parveen Jindal, I invited them to visit India and they accepted the invitation and assured us they will make a visit during a Rotary event.”

DG Ejaz said that in Pakistan the previous year, there was only one case, and in January 2022, the country has marked 365 days without a single case. Polio caps of India and Pakistan were exchanged.

Devotional Verses

These verses are expressed by Guru Nanak Dev ji's Grace

Author



**Maniki Deep
Chandigarh**

Heaven smiled upon me
With Your brilliant smile
My lips opened wide
as an orb
my breath was cool
My joys sublime
Lord Nanak thank you.

I come before thought
And wait for you to talk,
said Lord Nanak
You are the most
Wonderful phenomenon in
my life.

When writing a verse for You, Lord Nanak
I first celebrate Your coming right here
in our midst to bless, love and guide us.

Ever present forever present
A 24 hour presence
Blossoming within me.
There is beauty love
and peace
In this empire of Lord Nanak
Come let us celebrate
And receive His Blessings

I said, Lord, You have not smiled in a long time.
I was half way along
My Lord smiled and laughed.
There was a thrill in the air
You are marvelous my King
And I am Your daughter

Lord should I share my verses with others?
The Lord smiled and said that I should move on and
spread
Its fragrance in the breeze.

I am an apprentice in the house of Lord
Nanak.... His daughter...and Princess in Paradise

Write a verse to gladden your heart
The Lord smiled
I smiled
And wrote melodies of joys sublime.

Some more Truths
that Lord shared with
me. He said that He
Would be with me
forever and together
We will go to Eternity

This is the Truth as
Guru Nanak Dev ji
Revealed to me.

You are in the company of great
Saints who protect
You with love and
Blessings

Guru Nanak said
Tell them that they are mistaken if they hold back their
response

Guru Nanak said My
daughter Pimmy is
Very positive and brave.
I bless her with
Peace and Joy.

Lord, You have Graced me eternally,
Amazingly. Words fail to describe You
Every breath I take
Is a salutation
Before thought You are there
Wonderful God
I adore You.

Lord, You have Graced me eternally,
Amazingly. Words fail to describe You
Every breath I take
Is a salutation
Before thought You are there
Wonderful God
I adore You.

As You smile
A thousand lights
Radiate upon my face
Most lovely, gracious
and pure.
Thank You Lord Nanak
I could lose myself forever
In Your sway
Or find myself

My Lord
You have given me
An abundance of gifts, virtues, home
and happiness
And a lot lot more
From here to eternity

Thank you Lord Nanak
For this magnificent hand
That chanced upon
The best at eventide

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 Technology / Devices, Rotary Information of humanitarian service to advance goodwill and peace around the world, Healthcare matters, non-political 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.