

Impressions

Theme of this
Bulletin:

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

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Editor
Dr. V.J.S. Vohra

**Fear never
builds the
future,
But FAITH
does, and
also
HOPE does**



Disability leads to Ability of Super Humans YouTube

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A new beginning

By: Dr. V.J.S. Vohra, Founder CEO and Sr. Consultant, Nevedac Prosthetic Clinic, Chandigarh

I have recently shifted my Nevedac Prosthetic Clinic (Centre) to a new location at SCO No. 50, Royal Estate (adjoining Oxford Street), Zirakpur on Chandigarh-Ambala Expressway, For last 49 years, I am serving disabled patients, providing them artificial limbs and assistive devices. I have now rolled back to year 1973, when along with my father late Col. D.S. Vohra, we established Nevedac against very heavy odds, without any communication facilities and even no approach road. Zirakpur on outskirts of Chandigarh was a very backward village, totally cut off from the world. Even in Chandigarh very few people knew about the existence of Zirakpur, with hardly any shop or restaurant or any business. There was only primitive way of farming, a few stone crushers and brick kilns in Zirakpur.



Now Zirakpur is not what it was in 1973. It is a lively modern town with a population of 4.5 lakh and still growing! Zirakpur is a gateway to Chandigarh and Punjab in District Mohali, and also leads the way to Haryana, just 40 kilometers from Ambala and via Panchkula, leads to Himachal Pradesh, just about three hours picturesque drive to Shimla!

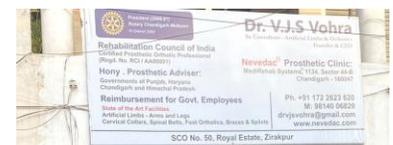
The leading establishments like hotels, resorts, real estate groups, hospitals, corporate offices, every type of shop, warehouses, business centres etc., are well established in Zirakpur, due to very close proximity to Chandigarh and as good as being in Chandigarh!

Coming to the new location in Zirakpur, I am reminded of an old Punjabi saying 'Hati, Khati, Chati', which is related to any new entrepreneurship or an organization. The concept of this saying is that when you open any business or a shop, the first year is of setting up the business (Hati), the second year is to get to break even position (Khati) and from third year the establishment starts making profits (Chati).

How true is this saying in the modern era of social media, internet, whatsapp, instagram, facebook, digitalization etc. New concept of networking and outsourcing have evolved. In spite of all modern facilities, any new set up is bound to have teething problems and therefore the concept of 'Hati, Khati, Chati' is true even now. The management skills are much different now from what it was in the 'good old days'. Now there is more professionalism, communication skills and team work for the success of any business or profession. Information from anywhere in the world can be shared or acquired within few minutes just by few clicks on your laptop or cell phone. The world has become smaller and global contacts are on the finger tips. This was not the case 20 or 30 years ago.

In spite of all the modern technology and professionalism, 'Hati, Khati, Chati' still exists but it is now re-defined as per modern concept of entrepreneurship, described as the process of planning, designing, implementation and launching of a business. The success of the business or any profession or organization depends on how well the information technology is being utilized with respect to production, service, management and marketing skills, with desire and willingness to develop, organize and manage a business venture by involving the team for taking the right decisions at the right time and with flexible mind.

The boss may not 'always be right'. Therefore the boss / business owner has to carry the team along, to pass through the process of 'Hati, Khati, Chati' with success, in the shortest possible time, with a professional approach, adaptable to the modern technology.



India Pak Rotarians meet at Kartarpur

Rotary News

Rotary International Director Mahesh Kotbagi announced the setting up of the `Rotary Global Peace Park` at Kartarpur in Narowal district, Pakistan. He, along with his wife Amita and Rotarians of Rotary International (RI) District 3070, visited the Kartarpur Sahib Gurudwara. They were given a warm reception by Rotary International Director Elect Faiz Kidwai, RI District 3271, Pakistan, in the presence of over 350 Rotarians from Rotary districts 3271 and 3272.

The visit was made memorable with a provisional chartering of Rotary Club Chakwal (to be sponsored by Rotary Club Lahore Garrison), with 25 members in RI District 3272, Pakistan. The new club plans to execute joint projects on literacy and heart surgeries with Indian Rotary clubs.



RI Director Mahesh Kotbagi (R) with RI Director Elect Faiz Kidwai and Rotarians from India and Pakistan at Kartarpur Sahib, Pakistan

Woes of Senior Citizens with their Off-Springs in Foreign Lands

Author: Dr. Shubhangi Deshmane

KUDOS to Mr Vijay Phanshikar for bringing up the serious issue of socio-emotional aspect of lonely senior citizens in his column `Loud Thinking`. As a doctor, I have seen many senior citizens going into the phase of loneliness and then depression after staying far away from their children who are mostly settled abroad. The problem has worsened many folds during Covid times.

In their young days, the same parents encourage their children to study abroad, supporting them financially. Over a period of time children take up lucrative jobs and decide to settle down permanently. The excited proud parents in their hay days make frequent trips to be with them and later mostly for baby-sitting. But later, the same parents are reluctant to visit their children due to the tiring Air travel and children also do not encourage their elderly parents to visit them due to unaffordable medical expenses. At such times children visit their parents for short periods.

Everyone is happy with this arrangement till the parents are physically fit. Once their health starts deteriorating, the parents start feeling the necessity of being near their children. Then it's too late to make compromises from either side. The irony of the situation is, the same parents who looked after their elderly parents sincerely, do not have the same kind of support from their children.

Unfortunately, most of the senior citizens are left to tend for themselves mostly in old age homes. Western trends are replacing our rich Indian values. How do we solve the problem of migrating diaspora? Doesn't the present generation owe some moral responsibility towards their parents? Emotions, attachments, sense of responsibilities, are they taking a back seat in today's materialistic world? Can long distance Video calls kill parents' loneliness? Is the Empty Nest Syndrome a permanent reality in life of elderly?

Should the parents be selfish enough to refuse funding or discourage their children in settling down in foreign countries? Should the Government of India make certain laws (like China) to ensure that Indian citizens return home after stipulated time period and serve their native country and parents? The problem is complex but quick solutions is the need of the hour before one entire generation of senior citizens becomes mentally unstable.

A strong debate is required and Senior citizens need a platform for this controversial debate.
(Author is a well-known Gynaecologist)

Statutory Warning
Issued in Public Interest



भारतीय पुनर्वास परिषद्
 सामाजिक न्याय और अधिकारिता मंत्रालय,
 दिव्यांगजन समावेशन विभाग के अधीन एक सांविधिक निकाय
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".

Samir
 14.5.2019
 (Dr. Subodh Kumar)
 Member Secretary

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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).

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"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 anywhere 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**

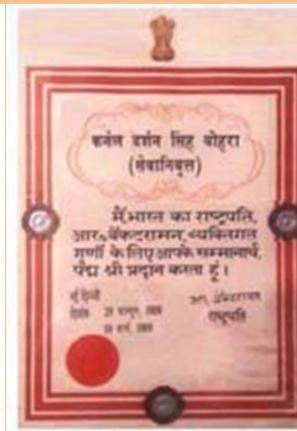
For further information, please contact:
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Padma Awards
 Ministry of Home Affairs
 (Govt. of India)

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

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



Founder, Artificial Limb Centre, Pune | Founder, Nevedac Prosthetic Centre, Chandigarh

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Wah - wah ! NIMBU the Great

Author



Col. J.S. Chandoak

Wah - wah adorable 'NIMBU JI', we humbly accept your 'DADA GIRI' at Rs 320/- a kg. Fine. Now please come down to mother earth for the sake of your devoted lovers. Had a word with your Secretary. She is unable to manage requests of your devotees multiplying in a Geometrical progression.

Your cousin onion, not so kind, is known to make some people shed tears while being cut. Whereas, you have been in good books universally all along. So, please maintain that good meek reputation. Your praiseworthy properties in any form, including frozen and then grated, are known to pay rich dividends. Remember complacency does not pay in the long run.



Tomato puree and frozen peas are affordable alternatives. It's time to put on thinking caps and out-of-the-box thoughts to explore a similar alternative to Nimbu Dada. Yes, lemon puree may be a good choice.

Surprisingly heard of its price of Rs 350/- a kg in Srilanka. Ignored the same and thought that it was due to their weak currency (four times weaker than our rupee) and other prevailing conditions.

Our thoughtful vegetable vendor keeps them in an improvised 'locker' in his 'REHRI'. Having taken my assertive concurrence to buy, he opened the locker and obliged. He was candid to say, as for bargaining (which many of us relish), is a big NO. Further, he charges Rs. 5/- (for unknown customers) for just a query regarding the rate of the precious fruit. 'USTAADI NUSKHE' are being considered to grow them in a super-fast mode in the kitchen garden at home. Yes, that's being optimistic.

Having divorced all soft drinks in your favour, because of well-known healthy advantages, now it's a conundrum, whether to go back to the former (ie the divorcee). Loan applications for the purchase of this precious 'gem' fruit at a sky-high price are piling up in banks and taking an unduly long time due to their procedures including guarantees. It was amazing indeed to hear 'NIMBU' as a serious talking point that too amongst Bollywood celebrities during a recent Kapil Sharma Comedy show which is well known for its concentrated dose of humor and amusement.

Although tiny in size, it has grown egotistically to unimaginable proportions. Kindly don't let us lose our confidence in your multiple good healthy qualities. Looking forward to an affordable price of dear admirable NIMBU JI in the near future.

Ethos and Rich heritage

Social Media

Capt David Muthumani was the RMO with 10 SIKH LI during Battle of Naya Chor in Pak Sindh desert. He was awarded Sena Medal for evacuating and treating the Unit Battle Casualties right under intense fire. Next day he was shifted to ADS, where not caring for his personal safety from regular daily bombing and strafing by PAF Mirage Fighters, tended the injured without a wink for 72 hours. It was strange that while doing so, when he had not slept for days, was checked and lambasted by the Brigade Commander for 'Not shaving and bad turn out'. The Soldier that he was, did not reply and continued his effort to save the lives of critically injured. The Commander had no option but left the ADS fuming. David, the straight forward soldier that he was, was moved to the different neighbouring Brigade ADS. While he was there after CF and since our troops were still located in their Post CF locations, he was surprised to get a call from CO 10 SIKH LI to join him for Lunch in his Officer's Mess. His eyes were watery having witnessed and receiving a strange gifts from the Sikh troops. Later he was posted to my Bn 2 Grenadiers at Sriganganagar. An outstanding Basketball player that he was and a diehard Soldier, he had virtually made up his mind to convert from AMC to Infantry (Grenadiers).

The details as under in his own words:-

The best gift I received in my life. At the end of the war I was made in charge of the ADS attached to the 31 Brigade. On 24th December I got a call from Col. Basant Singh CO 10 Sikh LI to join him for lunch on Christmas day. After the war water and rations had to be brought by road from Barmer till the Army restored the Munabao Kokrapar railway line. Water was rationed to 5 litres per person for meeting all their needs both drinking and washing. None of us had a bath till the rail line was restored by end of December or early January.

I drove to the unit on Christmas day and reached it by 11 am. I found the whole unit lined up to welcome me. Col. Basant Singh graciously welcomed me and led me to a canvas bucket full of hot water. The CO told me that the men had sacrificed one glass of water from their 5 litres ration so that their 'Isai' (Christian) doctor can have a bath on Christmas Day. My eyes were filled with tears of gratitude as I completed my bath with the whole unit cheering. The rest of the day is a haze in my memory.

This is our Armed forces - great ethos even at time of adversary. Christian Tambi with Khalsa troops. No words for our armed forces. It is simply great!

Defeat Depression

Author



Maj. Gen. Krishan Chauhan
Retired Army Medical Corps

Depression has increased manifold in the last two years due to various effect of COVID19 on individuals, economy, jobs and changes in lifestyle. A majority of these depressed people had fear of the unknown disease, loneliness due to lockdowns, fear of deaths that they saw all around and of course situations caused due to loss of job and hunger in some. Treatment facilities were not available too.

The COVID19 situation improved in India but the high inflation and power crises due to war in Europe and Lockdowns in the world's factory – China ensured that households had much less money left for activities of pleasure. These stressors are testing the resilience and coping skills of our middle and lower class.

In last week's blog, the factors (stressors) were identified as biological, social and psychological. Most of us have adequate coping capacity and skills to deal with stress related lowdown.

These mechanisms are used by us to manage external challenges which cannot be resolved easily. This requires giving thought to the issue, which maybe complex, and putting into action a plan for it's resolution in such a way that our mental equilibrium is not disturbed. There are many different mechanisms, most are healthy, others may result into mal-adaptation.

Common Healthy Coping Mechanisms:

- Lower your expectations.
- Take responsibility. Think and learn more about the issue and then resolve it.
- Ask a close friend or an expert for help.
- Rethink and change our previously held beliefs.
- Distance ourselves from the source of stress, if possible, so that the mind can think calmly for better resolution.
- Advertisements

Unhealthy Or Dangerous Coping Mechanisms:

- In these, the person is either overwhelmed or cannot think rationally, and hence behaves 'abnormally'.
- Escaping from reality.
- Numbing, going silent.
- Indulging in binge drinking or drugs.
- Watching videos/ playing video games alone for long hours.
- Over eating or shopping unnecessarily.
- Risk taking or reckless behaviour. Self harm



Relax, enjoy nature and engage in activities that relax your mind



Eating healthy foods can elevate mood and help fight depression

Relaxation or Mindfulness. A vast subject with numerous techniques. By adulthood we know which technique suits us well but no harm knowing the other techniques and practising a few. These need to be practised daily for atleast 15 minutes. It can be a silent prayer, group chanting or kirtan, yoga, tai chi, meditation or even a music session. Some people even like to meditate alone in the company of trees.

Sweat out for Endorphins. Physical activities release the feel good hormones/ endorphins. Brisk walking, jogging, cycling, dancing or sports, all of them help reduce weight and induce deep sleep at night. Besides depression, exercise reduces the risk of heart disease, diabetes and cancer. At least 45 minutes of moderate exercise in a day for a minimum of 6 days a week is considered healthy.

Outside is Fun. Just leave the house and go outside, even if it is to sit in a park to read a book. Don't forget to wear your smile, even while wearing a mask. Help a needy or just soak the Sundays for serotonin and Vitamin D.

Stay Connected. Don't lose touch with family and friends. Dig out old friends from social media. Talk or chat but remain in touch. Once COVID19 is gone, meet people and hug your close ones. However, keep away from toxic people. Keeping a pet is also a good idea.

Snooze or Lose. Seven hours in bed is ideal. God helps us solve complex issues in deep sleep. Some of us need a short power nap in the afternoon too.

Eats and Treats. Eating a balanced diet with fair amount of vegetables, fruits, nuts and whole grains is ideal. Avoid excess of sugar, salt, fat-laden fried stuff and desserts. Stay away from colas and packaged drinks/ juices. Avoid or take minimum quantity of liquor. Don't drink if the lowdown is for more than a day. Caffeine at night may disturb sleep. Tobacco/ drugs are a big no.

Don't be a Chairman. Or a chairperson for that matter. Sitting on a chair or a sofa for over an hour is as bad as smoking a cigarette. Just get up and walk after every 30- 45 minutes.

Be Happy. Last but not the least, do atleast one thing every day which makes you happy. Except for addictions like liquor, drugs and tobacco eat, drink anything in a small amount. Or chat with friends – in person, on phone, live or on social media.

The journey of mental health in India has been spectacular though some huge grey areas remain. In the present times, 'mad persons' are neither stoned nor given electric shocks in asylums. Persons who attempt and survive suicide are not deemed criminals. More and more fake tantrick babas are being sent behind the bars. Mentally unhealthy are being accepted, at least in the metros, thanks to famous actors and singers. Many schools and universities have counselors.

Royal City of Patiala - 'A Gupshup'

Author



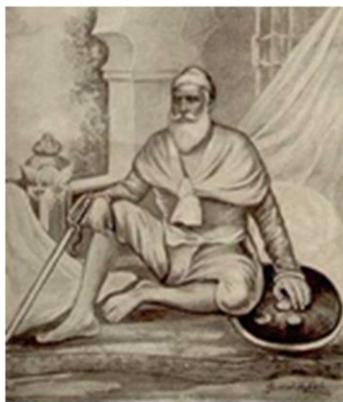
Dr. Jaswant Singh Puri
Doctor of Letters (Honoris Causa)
Social Activist, Punjab Rattan,
Erstwhile Princely State of Patiala

Patiala is the nerve centre of Malwa region and the soul of Punjab by virtue of its unparalleled glory and timeless royal lineage. It surrounds places of immense historical grandeur and traditions immersed in true colour of sacredness and innocence.

Patiala word is derived from the roots 'Patti' and 'ala'. 'Patti' is a local word for a strip of land and 'ala' follows from its founder Ala Singh who was a Sidhu Jat Chieftain and founded the royal dynasty of Patiala State in 1763. The rulers of Patiala State such as Maharaja Karam Singh, Maharaja Narinder Singh, Maharaja Mahender Singh, Maharaja Bhupinder Singh and Maharaja Yadvinder Singh were honoured by the British, and Patiala became a 17 guns Salute State during the British rule.

The royal house is now headed by His Highness Captain Amarinder Singh, who was also the Chief Minister of Punjab. It is surrounded by the districts of Fatehgarh Sahib, Rupnagar and the Union Territory of Chandigarh in the North and Sangrur district in the West.

Her Highness Preneet Kaur is the member of Parliament, Patiala. She also served in the Government of India as a Minister of State in the Ministry of External Affairs from 2009 to 2014.



Baba Ala Singh
(Founder of Patiala)



Maharaja Bhupinder Singh
(Maharaja of Princely State of Patiala)



Maharaja Yadavindra Singh
(Last Ruling Maharaja of Patiala
Founder: Yadavindra Public School)

It is really appreciating to see that during Captain Amarinder Singh's tenure as Chief Minister, not only Patiala but other districts of Punjab have progressed a lot by virtue of his leadership and sincere approach for the welfare of people. Member of Parliament Her Highness Preneet Kaur launched the 'Single Wire Project' at Anardana Chowk to rid the walled city of haphazard electric cables. A grant of crores of rupees was sanctioned by the Ex-Chief Minister. Moreover, she also inaugurated the construction of an overhead tank at Municipal Corporation Office. The project would be carried out under the AMRUT scheme of the Union Government.

Moreover, Public Parking at the 'A' Tank area will decongest the traffic chaos in Adalat Bazar, Top Khana Mor etc. All the roads are being repaired to ease the traffic hazards. Water supply work has also begun which aims to supply water to the residents of Patiala round the clock. There is also a project for the rejuvenation of Bari Nadi and Chhoti Nadi under Patiala Urban Planning and Development Authority. Concrete lining will be done and walkways and cycle tracks to be constructed within the right of way of the Nadi. Captain Amarinder Singh accompanied by M.P. Praneet Kaur, dedicated to the people of Patiala the new rejuvenated and decorated Rajindra Lake, in memory of Maharaja Rajinder Singh.

Moreover, solid waste management plant, shifting of dairies to city outskirts and construction of a new inter - state - bus - terminal are in progress. All these projects had been left ignored under the previous Government. Hostels for Boys and Girls has been completed in Government Medical College, Patiala. Hats off to Captain Amarinder Singh, whose tireless efforts have yielded rich results. Labs for Physiology Department in Government Medical College, Cancer Centre, De-addiction Centre, hostel for girls in Government Mohindra College, widening of Patiala-Bhadson Road, have come up speedily. Moreover, a number of roads have been upgraded. The construction work on Heritage Street around Qila Mubarak is in progress to make it a tourist attraction. The work on construction of Maharaja Bhupinder Singh Sports University at Sidhuwal Village has begun. Mohindra Kothi renovation and beautification is under progress.



Captain Amarinder Singh
(Ex-Chief Minister of Punjab)



Maharani Preneet Kaur
(MP, Former Minister of State of External Affairs)

Baby giraffe fitted with orthotic: Bracing for her future

By Julie Watson, The Associated Press - Fri., May 13, 2022

ESCONDIDO, Calif. (AP) — Over the past three decades Ara Mirzaian has fitted braces for everyone from Paralympians to children with scoliosis. But Msituni was a patient like none other — a newborn giraffe.

The calf was born Feb. 1 at the San Diego Zoo Safari Park in Escondido, north of San Diego, with her front limb bending the wrong way. Safari park staff feared she could die if they didn't immediately correct the condition, which could prevent her from nursing and walking around the habitat.

But they had no experience with fitting a baby giraffe in a brace. That proved especially challenging given she was a 5-foot-10-inch-tall (178-centimeter) newborn and growing taller every day. So, they reached out to experts in orthotics at the Hanger Clinic, where Mirzaian landed his very first animal patient.

“It was pretty surreal when I first heard about it,” Mirzaian told The Associated Press this week during a tour to meet Msituni, who was strutting alongside the other giraffes with no troubles. “Of course, all I did was go online and study giraffes for like 24/7 until we got out here.”



Zoos increasingly are turning to medical professionals who treat people to find solutions for ailing animals. The collaboration has been especially helpful in the field of prosthetics and orthotics. Earlier this year, ZooTampa in Florida teamed up with similar experts to successfully replace the beak of a cancer-stricken great hornbill bird with a 3D-printed prosthetic.

The Hanger team in California had fit orthotics for a cyclist and kayaker who both went on to win medals at the 2016 Paralympics in Brazil and customized a brace for a marathoner with multiple sclerosis who raced in seven continents.

And in 2006, a Hanger team in Florida created a prosthetic for a bottlenose dolphin that had lost its tail after becoming tangled in ropes from a crab trap. Their story inspired the 2011 movie “Dolphin Tale.”

But this was a definite learning curve for all, including Matt Kinney, a senior veterinarian for the San Diego Zoo Wildlife Alliance in charge of Msituni's case.

Leveraging stress

Author: Dr. Sheela Nambiar | Courtesy: Rotary News

In my last article I wrote about 'managing stress'. I mentioned ways in which one can manage the symptoms of stress by stimulating the parasympathetic nervous system in the body to calm the body and lower the stress-induced physiological changes such as increased heart rate, breathing and sweaty palms. The modalities I mentioned (breathing, exercise, meditation, mindfulness) are necessary and useful to remain calm. In this article let's see how we can leverage stress, not just manage it.

Traditionally we have been influenced to view stress and stressful events as being debilitating. It is often believed that stress is bad for our health, relationships, work, cognition and longevity. However this need not be true. Experiencing some amount of stress during our journey to achieve our goals can actually help us focus better and progress faster.

How our body responds to stress and the aftermath appears to hinge on this deep-rooted belief system called the mindset. What exactly is a mindset? Mindset is the default setting of the mind with regard to broad topics and subjects such as health, diet, stress, exercise, politics, etc. It is the overall perspective we have about such subjects which governs the way we perceive a topic, the decisions we make around it and even how our body responds to the decisions we make. For instance, if we have a mindset about exercise that it is painful and boring, we are most likely to not enjoy it, or even benefit adequately from it. If we have a mindset about food that 'healthy food' is tasteless and boring, we are less likely to persist with a healthy diet or feel satisfied with it. Mindsets are usually programmed into us from our early years. They get internalized from the messages we receive from around us. This is not always a conscious thing. Very often we don't really know what our mindset about something is unless we actually think about it and ask ourselves the question. We often make choices not realizing that they are based on our already pre-determined mindset.

The concept of post-traumatic growth is the ability of the body to improve instead of disintegrating even after the most traumatizing stressful event. Such events can help us realize our meaning and purpose in life. Something we may never have addressed otherwise. They can bring us closer to people who matter to us, help us identify what we really value in life and focus on that. It can trigger a passion for life, create more joy and help us develop a sense of gratitude.

For instance, talking to people through this pandemic I have found much of this happening. While the pandemic in itself has been stressful for everyone, it has caused many people to re-think about values, relationships, their health, their work and what exactly it means to them. People have become more serious about improving health. Some have quit jobs that they found more detrimental than beneficial. Some have started spending more time nurturing their relationships and valuing them. Sometime a stressful event helps us think differently about everything.

Research from Stanford University has revealed that the ability to handle stress and even grow from it depends on way

the way we view stress and what we believe about it. For instance, if we believe that stress is essentially debilitating then our ability to recover from the stressor is limited. But if we believe that stress is empowering and can even aid in growth, our ability to recover from it and even grow from it is enhanced.

Our mindset about stress has the capacity to influence how our body and mind respond to stress, especially in the long term. When you view the 'stressor' as a challenge rather than a threat, you are more likely to respond more positively and be adaptive to the event. For instance, if you view your interview/exam/work as a challenge you are more likely to approach it with an open mind and do better than if you view it as a threat and feel anxious or overwhelmed.

If you view a difficult relationship as a challenge rather than something that debilitates you, you are more likely to deal with it appropriately and not be destroyed by it. If you see stress as a natural phenomenon that is ubiquitous and unavoidable, but also something that can be life-enhancing you are more likely to be positively influenced by it and grow from it. By altering our mindset we can leverage stress to our benefit.

There are numerous real-life stories of people who have overcome the most horrendous experiences and not just live to survive but to thrive. One such example is the life of Dr. Viktor Frankl, an Austrian neurologist, psychiatrist and holocaust survivor. His book, 'A man's search for meaning' is worth reading. Dr. Frankl says that man's deepest desire is to search for meaning and purpose in life. His mindset about his circumstances (horrific as they were), and the stress thereof, enabled him to not just survive the concentration camps, but helped him thrive after getting out by helping millions of people with his work.

Researchers Dr. Crum and colleagues found that when participants of a research study were exposed to positive images of stress that suggested that stress was a positive thing that helps you grow, they actually did better, had better physical and mental health, better performance at work, less aches and pains and less anxiety.

People who were exposed to the usual images of stress as being debilitating did not do better when exposed to it. This research showed the effect of even brief exposures to attitudes towards stress (as being enhancing or debilitating) can drastically change how one reacts to any kind of stress.

Rethinking stress and how it can affect us depending on how we view it can be a game changer. Considering that we are going to experience stress in varying degrees through our lives, having a more positive and empowering mindset can only benefit us.

Following a stressful event, some questions to ask yourself; What can I learn from this experience, how can I reset my priorities, how can I improve and renegotiate my relationships, values, expectations and goals.

And, how can I benefit or be grateful for from this experience?

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.