

# Impressions

Theme of this  
Bulletin:

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

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Editor  
Dr. V.J.S. Vohra

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



**Disability leads to Ability of Super Humans** YouTube

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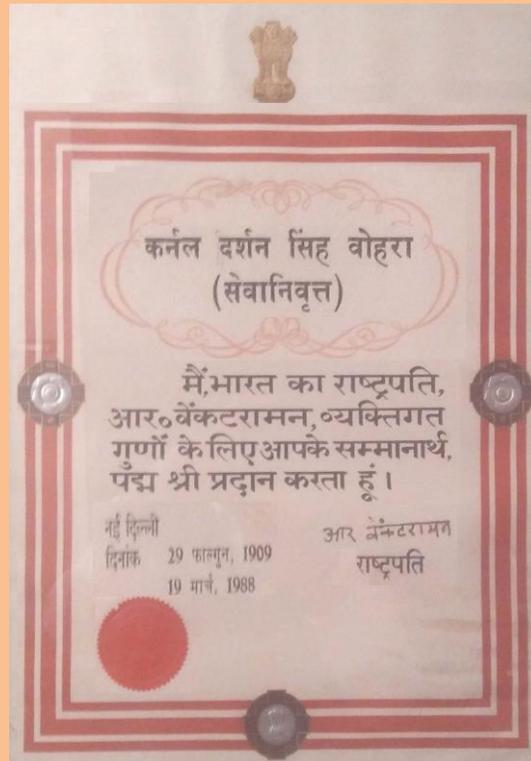
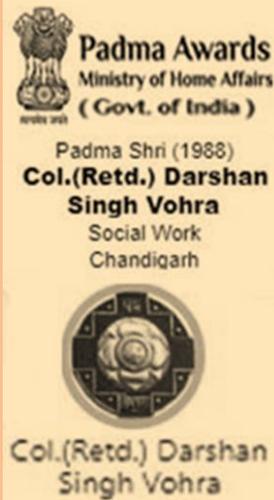
## The Padma Awards 2021

Shared by: Dr. V.J.S. Vohra

CEO & Senior Prosthetic Consultant, Nevedac Prosthetic Clinic, Chandigarh

President of India Ram Nath Kovind conferred 119 Padma awards, the highest civilian honours in India, comprising 7 Padma Vibhushan, 10 Padma Bhushan and 102 Padma Shri awardees. To honour the recipients, ceremonies were held at the Rashtrapati Bhavan in New Delhi on October 08 – 09, 2021 to honour the recipients of the Padma awards. The awardees included 29 women, 01 trans person and 16 awards were conferred posthumously.

The Padma Awards 2021 took me back to the Padma Awards 1988 when my father, Colonel D.S. Vohra was awarded Padma Shri.



## A Day in Life of a Technie



Dr. M.S. Narula

Healthcare technology in orthopedic surgery is exciting and rapidly evolving. These technological advances promise faster recoveries and lower risk of complications. Dr. M.S. Narula talks about the use of technology in the medical field.



Dr. M.S. Narula, orthopedic, spine and joint replacement surgeon is practicing in Tricity for the last 20 years. He is currently a co-director of Chandigarh City hospital in sector 8, Chandigarh. He completed his MBBS from CMC Ludhiana and after completing his post-graduation in orthopedics, he has trained in numerous centres in India and abroad in the field of spine and joint replacement. He is also an internationally certified fitness and wellness consultant. He is a surgeon by profession and a fitness freak by passion. His hobbies include mainly exercise (gymming) and music. He is from an army background with 2 generations in the army.

Fueled by a passion to practice to the highest standards possible, he remained focused on the big picture and compromised nothing along the way. "I don't do things half-heartedly, ever," he says.

While talking about how technology has been a great help in the health care sector, Dr. Narula equips, "Like all other fields, technology and its rapid advancements have played a pivotal role in medicine, right from the medical education, training, Patient record-keeping, OPD and diagnostic fields, surgeries and rehab, resulting in more efficient simulation training of doctors, accurate diagnosis of diseases, good record keeping and follow up with patients which include online digital consults in this covid era, faster, painless, bloodless minimal invasive surgeries with help of computer navigations, robotic surgeries and definitely better faster healing with state of art hi-tech rehab procedures."

Emerging orthopedic technology, whether the next great implant or a new care delivery model, represents an opportunity to improve quality and access to care for patients. These innovations are the engine that propels the field of orthopedics forward. There are a lot of exciting clinical emerging technologies which involve the use of a new or significantly improved service or care delivery method. Dr. Narula believes that technology has been a great support in orthopedics as well. "Especially about orthopedics, we have better simulation training for young surgeons, minimally invasive, bloodless, and painless keyhole surgeries with computer navigation and robotic assistance, customized implants (joints) and prosthesis, better intraoperative technology-driven instruments cameras, and fluoroscopy, etc., all in all leading to superior patient outcomes and satisfaction for both patient and doctors alike," says Dr. Narula.

Trying new technologies and keeping yourself up to date is what Dr. Narula feels is the right way to be involved in the field of interest. He speaks, "Many surgeons continue to use the same techniques that they learned when they were fresh out of school, even twenty years later. There are others of us, who adapt to newer technologies quickly. Some of these technologies are adopted too quickly and fail quicker than expected. A quick google search on metal-on-metal hip replacements will reveal the failures of not having enough oversight when adopting newer technology. A careful approach to choosing which of the newer technologies to adopt is required."

## Journey of Togetherness

Author:



**Rtn. Dr. Balram Gupta**  
*Director*  
**Chandigarh Judicial Academy**  
*Past President*  
**Rotary Chandigarh Midtown**

**Past President Rtn. Dr. Kesho Ram Gupta** was born on December 27, 1938. He joined Rotary on November 1, 1988. He was no more on November 1, 2021. What a beautiful journey of 33 years in Rotary. We were together all through. He was President of Rotary Club Chandigarh Midtown during 1998-99. I was Secretary with him. He desired that for his installation meeting, if we could invite Union Cabinet Minister, Sushma Swaraj. I talked to her and requested to come. It was difficult yet she made it and came for the installation meeting. Kesho bhai was thrilled. His dream came true. During the course of the Rotary year, we had distinguished speakers for the weekly meetings including Dr. Kiran Bedi and late Justice Dr. A.S. Anand, the then Chief Justice of India. I introduced Chief Justice Anand. After the meeting, Kesho bhai hugged me and told me that you were music to the years. This was the kind of togetherness which we enjoyed.



We were virtually neighbors since the year 2000. He was in House No. 125. I am in 252. He was the big brother. We used to meet frequently. Either at his residence or mine. His dining table and mine are privy to the best of food we relished. Santosh bhabhi and Shashi knew what we liked. They would cook and bake the same. He enjoyed his drink. During the last three years or so, he virtually stopped drinking. Occasionally, when he would be with me, he would ask for a drink. He would say, Balram, you don't drink and yet I enjoy my drink in your company. How good I used to feel. We spent many evenings together. This togetherness, how sadly, I would be missing now.

The four of us used to always go together. Whether it is a Rotary meet or function or any other social get together. It was the evening of 31<sup>st</sup> October 2021. The Mid-towners had organized the family meet on the occasion of Diwali. Kesho bhai had been in Gurugram for the last many weeks. I told Shashi that we are missing Kesho bhai. Shashi wished and prayed for his good health. Little we knew that he had expressed his desire to come back to Chandigarh. Accordingly, they reached Chandigarh at 12:30 am on November 1, 2021. The moment he was taken to his bedroom, he opened his eyes, looked around and breathed his last. I got the telephone call from Bhabhi that your Bhai is no more. When I went over, Bhabhi, Shallu – the daughter and Agastya, the grandson, they all told me that he keenly wanted to meet me. They asked him, why do you wish to go to Chandigarh. He would say, I want to meet Balram. He came to Chandigarh. Still we could not meet. I asked them, why didn't they tell me. I would have come to Delhi. Their response was, we never thought that he would go so soon. Shallu asked me, uncle, will you speak at the Prayer meeting. At the Prayer meeting, Shallu introduced me as the Jaan (life) of her Papa. I spoke. I shared that it was probably four months back that we were sitting together in his bedroom. Suddenly, to my utter surprise, he said : Balram, you spoke at the Prayer meeting of Papa Ji, my father. Will you speak at my Prayer meeting too? I was in tears. He had even this wish. This speaks once again of his love for me. Many would ask me, Balram, what exactly is your relationship with Kesho bhai. I would say, our DNA matches.

He would often ask me to write a Book covering my experiences of legal education, legal profession and judicial education. I did not share with him that I have almost done my Book : **My Journey with Law and Justice**. I thought, I would give him a surprise in December, 2021. I would miss him so fondly.

**What a Man he was! So generous. Magnanimous. Affectionate. Caring. Loving. I would love to describe him :**

|                  |                                      |
|------------------|--------------------------------------|
| <b>JAANDAAR</b>  | – Always Full of Life                |
| <b>SHAANDAAR</b> | – Always dressed up for the occasion |
| <b>DAMDAAR</b>   | – Always fearless                    |

**May his tribe multiply. May his soul Rest in Peace.**

## Rotary District 3080 Sahyog Artificial Limbs project

[Click here to watch on YouTube](#)

Past District Governor Dhian Chand visited Rotary District 3080 Sahyog Artificial Limbs project at our prosthetic clinic in Panchkula on 12<sup>th</sup> October 2021. He was pleased to interact with patients fitted with below knee artificial legs - Atul Kumar sponsored by Rotary Club Jagadhri North and Surinder Kumar sponsored by Rotary Club Shimla Hill Queens. Present from Rotary Chandigarh Midtown were Chair Project Sahyog Assistant Governor Salil Bali, President Salil Chopra, Secretary Jagvinder S. Bawa, District Chair Disability Empowerment Prosthetic Consultant Past President Dr. V.J.S. Vohra and Prosthetic clinician of Panchkula clinic Dr. Ashwani Naresh.



District 3080 Sahyog project has become inter district project. Rotarians / clubs of other Rotary Districts are coming forward by sponsoring disabled persons for fitment of artificial limbs.

[Click here to watch on YouTube](#)



Disability empowerment "Project Sahyog" wherein Disabled persons are rehabilitated with artificial limbs was taken forward by Rotary District 3080 at Function "Azadi ka Amrit Mahotsav", organized by

Haryana State Legal Services Authority at Smt Aruna Asif Ali PG College, Kalka on 29.10.2021. The Stall put by Rotary was most visited which led to identification of about 25 disabled persons for fitment of artificial limbs and assistive devices. 300 School students were distributed Personal Hygiene Kits sponsored by Rotary Club of Chandigarh. Present on the occasion were District & Sessions Judge Mr. Deepak Gupta, Secretary Haryana State Legal Services Authority - District and Sessions Judge Mr. Parmod Goyal, CJM Ms. Kavita Kamboj, Ms. Geetanjali Goyal SDJM Kalka, AG Salil Bali, President Rotary Club

Chandigarh Jaspal Sidhu, Secretary Rotary Chandigarh Midtown J.S. Bawa, Mr. Vinod Nagpal RCC PWD and Sahyog team of Sr. Prosthetic Clinicians PP Dr. V.J.S. Vohra, Dr. Amit Gulati and Dr. Ashwani Kumar.

[Click here to watch on YouTube](#)



On 26 October 2021 Mukesh Kumar from Bhopal was discharged after successful fitting of both below elbow artificial arms at our Mohali Clinic, in gracious presence of former Dy. Advocate General (Hry.) Dr. Deepak Jindal, Assistant Governors Rtn. Salil Bali and Rtn. Gaurav Ghai and President Rtn. K.S. Judge. The prosthetic fitment was done by Senior Prosthetic Clinician Dr. Amit Gulati and coordinated by Senior Prosthetic Consultant PP Rtn. Dr. V.J.S. Vohra.



**2 Patients are sponsored by Rotary e Club Dehradun under District Sahyog project. AG Salil Bali with PP Sushant Ahuja, Prosthetic Clinician Dr. Ashwani Kumar and patients of Dehradun whose measurements and plaster casts were taken for artificial limbs on 30.10.2021**

### Former Health Minister appreciates Sahyog Project

[Click here to Watch on YouTube](#)

**Chandan walking with right artificial leg and Vinod Nagpal is active on wheelchair**



Musical evening on 7-11-2021 at Kalagram Chandigarh, was dedicated to Para Olympian Mr. Sharad Kumar Bronze Medalist, who is a great inspiration to disabled persons. AG Salil Bali informed the audience about the Sahyog artificial limbs project initiated by District Governor Ajay Madan. He introduced District Chair Disability Empowerment PP Dr. V.J.S. Vohra as Pioneer in Prosthetics and owner of reputed Nevedac Prosthetic Centre.

Chief Guest Former Health Minister (Punjab) Mr. Balbir Singh Sidhu complimented AG Salil Bali and PP Dr. V.J.S. Vohra for providing artificial limbs under Rotary Sahyog project. R'Ann Indu Vohra, R'Ann Parul Bali and her son Lakshyaa were also present.

## Know Yourself to Grow your self

**Author:**



**Sanjeev Chandhok**  
**Founder**  
**My Disha**  
**Mohali**

An Initiative by Team My Disha to guide Young professional, Fresh Graduates and students to know more about themselves (their specific strengths Personality traits which can lead them to growth) in a scientific way. The approach is completely non judgemental, completely person specific and the process employs the Scientific tools of Graphology, Psychometric Assessment & Coaching.

Let me share some Information on a very interesting tool we have been using Graphology ie., handwriting analysis. This powerful tool is being used to discover a persons innermost personality traits.



It is gaining a lot of recognition as a Tool to in Recruitment of employees, assessing personality of students to find out their capabilities and useful in choosing career direction. Graphology (Handwriting & Signature Analysis) & how this can be useful for different Segment of society (Even in case of choosing life partners)

### GRAPHOLOGY (HANDWRITING & SIGNATURE ANALYSIS)

“Your Hands are the Pen of Your Brain” Handwriting Analysis is the X-ray of your brain; it enables us to understand what is happening in our Body, Mind, and Soul. Graphology is a Study of Character and Personality by analysing the Strokes in handwriting. Thoughts and feelings contribute to the formation of one's handwriting

Handwriting is like an instantaneous Photograph of your Mind and reveals many qualities of your personality like honesty, Emotions, mental stability, Sex drive, fears, intelligence, leadership, confidence level, Happiness Energy level ,Team player ,Sincerity & many more interesting facts .

Your handwriting reflects the way you think about yourself, whereas your signature reflects your perception towards the outside world. Various Aspects of your Handwriting like the Spacing between your words, your dominant Margins while writing, the alignment of your signature, carry some meaning & speak about your personality traits.

There are many ‘personality tests’ developed by researchers in the field of Psychology for personality assessment; however the same can be manipulated by consciously changing the answer. But, your handwriting which is known as brain writing is an action of your unconscious mind and therefore, cannot be manipulated.

We have seen that many people are afraid to showcase their handwriting when they know that it is being accessed, because they think that it is not up to the mark. But, there is no such concept as a good handwriting or a bad handwriting in graphology. A graphologist is mainly concerned with the flow of your stokes, he is not concerned with the meaning of your content or the beautification of your paper.

Graphology can help parents to know about their children, an employer can judge the personality of his employee, a partner in a relationship can know about his/her better half, and a student can know more about his personality, and work towards the same.

Let me talk about how Graphology can help Parents :

- Happiness or Unhappiness for a Child by just looking at slant of handwriting and Signature Pattern.
- Margins in handwriting speaks about whether child is attached to past memories. His risk appetite or he has artificial barrier for future.
- The Size of letters speaks about his leadership qualities, his concentration, focus and administrative skills.
- Spacing between the letters, words, lines speaks about how much comfortable he/she will be meeting people and also about how he/she will plan his activities and use of resources.
- Signature patterns show how he presents himself to the public and for a student his public is teachers, examiner and how effectively he is able to communicate with teachers through exam sheets.
- Any kind of thought entanglement, confusion and mood swings can also be seen very clearly.

There are many more interesting facts about benefits of using this analysis for Students.

Once you write on a plain paper it's your life on paper frozen in ink and you cannot hide anything from a Graphologist.

## Joy of Giving

Shared by:



**Madhukar Malhotra**  
**Past District Governor**  
**Rotary District 3080**  
**Chandigarh**



Experience the Joy of Giving by contributing to the Rotary Foundation so that you can genuinely request other members to contribute. One of the great Hollywood actresses, Katherine Hepburn was possibly the only person who won the Oscar Award four times, apart from being nominated a dozen times, but was never present in the grand ceremony to receive it. She had a strong belief that only the affection and love of the people who enjoyed her acting and cinema was the greatest reward for her.

Katherine Hepburn was from a middle class family with a modest upbringing. But, her parents instilled strong values in their growing up days.

One such incident was narrated by herself later, in her own words: "Once when I was a teenager, my father and I were standing in line to buy tickets for the circus. Finally, there was only one other family between us and the ticket counter. This family made a big impression on me. There were eight children, all probably under the age of 12. The way they were dressed, you could tell they didn't have a lot of money, but their clothes were neat and clean. The children were well behaved. All of them standing in line, two-by-two behind their parents, holding hands.

They were excitedly jabbering about the clowns, animals, and all the acts they would be seeing that night. By their excitement, you could sense they had never been to the circus before. It would be a highlight of their lives.

The father and mother were at the head of the pack standing proud as could be. The mother was holding her husband's hand, looking up at him as if to say, "You're my knight in shining armor." He was smiling and enjoying seeing his family happy. The ticket lady asked the man how many tickets he wanted?

He proudly responded, "I'd like to buy eight children's tickets and two adult tickets, so I can take my family to the circus." The ticket lady stated the price. The man's wife let go of his hand, her head dropped, the man's lip began to quiver.

Then he leaned a little closer and asked, "How much did you say?" The ticket lady again stated the price. The man didn't have enough money. How was he supposed to turn and tell his eight kids that he didn't have enough money to take them to the circus?

Seeing what was going on, my dad reached into his pocket, pulled out a \$ 20 bill, and then dropped it on the ground. (We were not wealthy in any sense of the word!)

My father bent down, picked up the \$20 bill, tapped the man on the shoulder and said, "Excuse me, sir, this fell out of your pocket."

The man understood what was going on. He wasn't begging for a handout but certainly appreciated the help in a desperate, heart-breaking and embarrassing situation.

He looked straight into my dad's eyes, took my dad's hand in both of his, squeezed tightly onto the \$ 20 bill, and with his lip quivering and a tear streaming down his cheek, he replied; "Thank you, thank you, sir. This really means a lot to me and my family."

My father and I went back to our car and drove home.

The \$ 20 that my dad gave away is what we were going to buy our own tickets with.

Although we didn't get to see the circus that night, we both felt a joy inside us that was far greater than seeing the circus could ever provide.

That day I learnt the value of Giving. If you want to be large... larger than life, learn to Give. Love has nothing to do with what you are expecting to get - it is only concerned with what you are willing to give, which is everything."

## A 'Flower House'

**Author:**



**Sanjeev Kochhar**  
**Senior Journalist**  
**Life in Chandigarh**  
**Chandigarh**



On my regular early morning walk, something occurred to me and I deviated from my normal route with a view to explore the geography of Sector 44-B. I was amazed to see some beautifully constructed houses and some being remodeled.

But what had by eyes glued to it, and delighted me most, was a 'house of flowers'. I felt so compelled to know more about the flower lover who resided in the house, that since it was too early to disturb him/her, I decided to visit later in the day.

Sure enough I did return in the afternoon, and as I requested the children playing in the compound to call someone elder in the house, I was greeted by a polite lady. After the introduction and presenting her my business card, and appreciating my interest in the flowers, she welcomingly ushered me into the well maintained house.

What unfolded during the conversation would interest a lot of residents.

The lady had returned to the house less than three weeks ago, after a couple of years of her husband's postings out of Chandigarh, and the collection of flowers was a result of just weeks of hard work, mind you without the help of a 'mali'.

"I just can't live without flowers," the lady, Ritu Singh, shared with me. It turned out that besides being a huge lover of flowers, she is also a passionate cook, pet lover and very indulgent in putting broken and waste items to good use.

A lawyer by training, daughter of a retired high court judge and wife of a bureaucrat, recently posted as a Joint Commissioner with the Municipal Corporation Chandigarh, Ritu Singh (H.No. 1289), loves to appreciate and applaud all those who are passionate about their plants and flowers. She would also like to remain in touch with the other plant and flower lovers in the area.

"I do appreciate beautifully constructed houses, but I love houses with beautiful plants and flowers because they are a source of so much positivity, which is direly needed in this world full of negativity," was her parting shot, with a promise that next time you come you will see a hugely expanded variety of flowers in her house.

ONE MORE INSPIRING STORY, ISN'T IT !

### King's Order

Shared by:



**Amarjit Singh**  
CEO  
Softgen (India)  
Chandigarh



A king had 10 wild dogs. He used them to torture and kill any minister that misguided him.

A minister once gave an opinion which was wrong and which the king didn't like at all.

So the king ordered that the minister to be thrown to the dogs.

The minister said, "I served you loyally for 10 years and you do this?"

The king was unrelenting.

Minister pleaded, "Please give me 10 days before you throw me to the dogs."

The king agreed.

In those 10 days the minister went to the keeper of the dogs and told him he wanted to serve the dogs for the next 10 days.

The guard was baffled... But he agreed.

So the minister started feeding the dogs, caring for them, washing them and providing all sorts of comfort for them.

So when the 10 days were up, the king ordered that the minister be thrown to the dogs as sentenced.

When he was thrown in, everyone was amazed at what they saw.

The dogs were wagging their tails playing with the condemned minister, licking his feet.

The king was baffled at what he saw. He shouted, "What happened to the dogs?"

The minister then said, "I served the dogs for only 10 days and they didn't forget my service. Yet I served you for 10 years and you forgot all at the first mistake!"

The king realized his mistake and.....

Replaced the dogs with crocodiles !

Moral : Once Management has targeted you, That's Final...!!!!

Late

**Col. D.S. Vohra, Padmashri**

Founder

**Artificial Limb Centre, Pune**

Founder

**Nevedac Prosthetic Centre**

Chandigarh



 President (2006-07)  
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President, Nevedac® Academy of Prosthetics and Orthotics

Chairman, Disability Empowerment and Rehabilitation (DEAR)

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