

# 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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## Turning into an Endemic – Maintain a strong immune system

**Author:** Dr. V.J.S. Vohra, CEO & Senior Consultant, Nevedac Prosthetic Clinic, Chandigarh

India has crossed the one billion Covid-19 vaccinations milestone. Prime Minister Narendra Modi says the country now has a strong protective shield of 100 crore vaccine doses. Scientists are saying India is turning into an endemic. It means the cases are confined to a particular geographical location and are present in low numbers in that specific area. During endemic there will be low to moderate cases. There are other viral infections also like flu or measles, which are in the endemic stage.

Experts are saying Covid has entered endemic phase in India. World Health Organization (WHO) Chief Scientist Dr. Soumya Swaminathan has stated that India seems to have reached some sort of endemicity.

Dr. T. Jacob John, retired professor and head of the departments of clinical virology and microbiology, Christian Medical College (Vellore) says, “The Covid epidemic in India has transitioned into endemic phase.”

“Third Covid wave is stretch of someone’s imagination,” says Dr. Jayaprakash Muliyl, Epidemiologist and Chairperson, Scientific Advisory Committee, National Institute

of Epidemiology. He explains, “Most of us have been infected naturally and this produces robust immunity which lasts years. There is evidence that immunity gained from natural infection would last a lifetime. I hope immunity from vaccination also lasts that long.”

Not all positive patients need to be hospitalized. Many can recover from home with treatment as per advice from their doctors.

However, safety protocols should be followed.

There is lot of scare created by vested interests and through the media / social media leading to panic, depression and stress, which harms and lowers the immune system. Stress and panic have an adverse effect on the immune system that ultimately manifest in illness.

The pandemic has changed many things about our lives. But the road to good health is still paved by maintaining a strong immune system, have faith and hope, healthy balanced diet, exercise, deep breaths, good friends, keeping yourself busy in good things doing what you like best, help others, spreading happiness will keep you happy, remain connected with family and have a comfortable sleep.

## Progress of polio vaccination during pandemic

October 24 being a World Polio Day it is right time to access the progress made in polio eradication during the ongoing global pandemic in spite of the uncertainty. There has been satisfactory progress in polio vaccination, due to dedicated efforts of all those who are involved in achieving a polio-free world in spite of the worldwide challenges over the past one and a half year but there was no serious setback for PolioPlus program. There were only two cases of polio caused by the wild poliovirus, one each Pakistan and Afghanistan, due to decline in wild poliovirus in the environment.

The Global Polio Eradication Initiative (GPEI), of which Rotary is a founding partner, introduced a new vaccine to lower the risk of circulating vaccine-derived poliovirus (cVDPVs). New initiatives were successfully adapted for PolioPlus program to ensure safe

polio immunization campaigns and surveillance to detect the poliovirus.

Rotary has spent more than US\$ 2.2 billion in global polio eradication. Rotary has also helped secure an additional US\$ 10 billion in donations for global polio eradication efforts from governments. 122 countries have received support from PolioPlus grants.

Nearly 3 billion children have been vaccinated against polio. 19.4 million people who otherwise would have been paralyzed by polio can walk today. Polio cases have been reduced by more than 99.9 percent.

Countries which reported cases of polio has been reduced from 125 to 2.

Now is the time to celebrate the progress as Rotary launched its PolioPlus program in 1985. Now, in spite of the pandemic, there has been a great achievement in global polio eradication.

# Digital education is here to stay

Kiran Zehra

School education is under transition, with the pandemic forcing students and teachers to use smartphones for online classes. “Now classes are being conducted on smartphones, whereas in the recent past we had discouraged students from using mobile phones,” said RID Mahesh Kotbagi. Teachers have a great responsibility as they “have to update their skills, use technology to upgrade or else become outdated,” he said.

Addressing a webinar titled *Teaching in the 21<sup>st</sup> century* hosted by RC Solapur, RID 3132, Kotbagi said in the near future students will not be

carrying heavy school bags, for just a computer tablet will do, thanks to the digital makeover of classrooms.

RILM chair Kamal Sanghvi said Covid has speeded up Rotary’s literacy mission. “We have successfully taken our digital learning content to 15 million households through Doordarshan’s *Free Dish*, 420 million users through Jio Mobile, 70.26 million households through Tata Sky and also initiated a million learning sessions through the *Diksha* portal.” The Sikkim and Haryana governments have approached RILM to upload the e-learning software for their government schools and many

other states have followed suit, he said. Thanking teachers for “all that you do for our children who are our most sustainable assets,” Sanghvi said, “you should excite your students to teach (illiterate) adults to read and write. This will make India a 100-per-cent-literate country.”

### Need a mindset change

In a presentation, Ranjitsinh Disale, winner of the Global Teacher Prize 2020, said the 21<sup>st</sup> century students are being taught by teachers who are still living in their 20<sup>th</sup> century mindset of physical classrooms. “Technology



Ha Anh Phuong, an English teacher from Vietnam and one of the finalist of Global Teacher Prize 2020

cannot replace a teacher but she must upgrade and develop her skills to suit the needs of digital-savvy students,” he stressed. Covid has changed the fundamental concept of classroom forever and teachers across the world are facing problems teaching online “because we are not ready for this change and not trained for online teaching,” said Disale.

For teachers, learning is a continuous process, but they must understand that “children learn at their own pace and require curated content to personalise their learning experience if we want to succeed.” With the help of technology, he had designed QR-coded lessons based on the learning abilities of the students in his classroom. Over 3,500 teachers from around the world took part in the virtual deliberations and brainstorming on the new and emerging teaching methods vis-a-vis digital education.

Sharing her vision of ‘borderless classrooms’, Ha Anh Phuong, an



Ranjitsinh Disale, winner of the Global Teacher Prize 2020, with children

English teacher from Vietnam and one of the finalists of Global Teacher Prize 2020, said “Students, teachers and experts no longer need to be in the same place for the learning process now. Using video and collaboration software, we can create borderless classrooms that are open to any child in the world.” Digital

technology, she added, “bridges the gap between students living in cities and those in the villages.”

PDG Zubin Amaria, RID 3132, thanked the speakers for their valuable inputs and encouraged them to “apply the knowledge that you have gained in this virtual event in your own classrooms.” ■

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## Empowering Girls – Rotary International Presidential Initiative 2021

**Author**



**Rtn. Dr. Rita Kalra**  
**Chairperson 2021-22**  
**Rotary District 3080**  
**Literacy Committee**



Women and girls represent half of the world’s population and therefore, also half of its potential. Gender equality, besides being a fundamental human right, is essential to achieve peaceful societies; with full human potential and sustainable development .They are equal partner in solving the problems of climate change, political conflict, economic growth, disease prevention, and global sustainability.

With years of uneven progress: Despite gains in education, world is still a violent, highly discriminatory place for girls and have made little headway in helping shape a more equal, less violent environment for girls. Did you know that 40% of adolescent girls are out of school, 19.9% schools have no drinking water and 23% have no toilets, every 20 min a girl is raped in India and 8.9% commit suicide every year.

Rotary India Literacy Mission has embarked upon one of the most comprehensive and structured programs on Total Literacy and quality education through the five vertical components of **T.E.A.C.H** which is T - Teacher Support | E - E learning | A - Adult Literacy | C - Child Development | H - Happy Schools. Empowering girls initiative overarches all the components and enhances our change advocacy for right to education irrespective of

caste, creed, race, gender. Remember education is the most powerful tool which can change the world, said Dr. A P J Abdul Kalam. Let’s not forget to use this tool for eradicating illiteracy.

Adolescent girls have the right to a safe, educated, and healthy life, not only during these critical formative years, but also as they mature into women. If effectively supported girls have the potential to change the world – both as the empowered girls of today and as tomorrow’s workers, mothers, entrepreneurs, mentors, household heads, and political leaders.

An investment in realizing the power of adolescent girls upholds their rights today and promises a more equitable and prosperous future tomorrow.

Girls are breaking boundaries and barriers posed by stereotypes and exclusion, including children with disabilities and those living in marginalized communities. As entrepreneurs, innovators and initiators of global movements, girls are creating a world that is relevant for them and future generations. Achieving gender equality and women’s empowerment is integral to the 17 SDG goals. Only by ensuring the rights of women and girls across all the goals will we get to justice and inclusion, economies that work for all, and sustaining our shared environment now and for future generations.

Project Mukta is Empowering Girls with Freedom, Peace and Abundance.

Freedom from Discrimination, disparity in health and education, inequity in social and economic opportunities .

Peace from gender violence, fear of abuse, insecurity, disability, Legal rights and

Abundance of love, respect, hope and faith.

**Rotary**

**RI District 3080**

**SERVE TO CHANGE LIVES**

**Disability Empowerment District Project**

**SAHYOG**

(UDID Registration, Rehabilitation & Artificial Limb Assistance)

**DG RTN AJAY MADAN**

**RI District 3080**

[Click here to see video](#)

**DGN Rtn Arun Mongia**  
Project Counsellor  
RID 3080

**Rtn Salil Bali**  
Project Chair  
AG, RID 3080

**Rtn Dr. VJS Vohra**  
Chairman, RID 3080  
Disability empowerment

## Our Visit to Japan

### Author



**Col. J.S. Chandoak (Retd)**  
Chandigarh

*"Travelling unveils new dimensions of the world, not known to the naked eye"*

- - - - Wayne Chirisa

In true spirit of the above proverb, we have been pursuing our passion for foreign travel. Our scorecard in end 2019 read 17/35 where the former figure denotes the number of visits and latter the total number of countries. In 2019, we visited three countries but this article is about our visit to Japan in 2018. Let me start with "Welcome to Japan", as we were greeted on arrival in the country. We feel great pleasure sharing our experiences.

We were part of an SOTC group on a six-day holiday in Japan with a fixed itinerary. Our visit, quite aptly, started with the capital city, Tokyo. The one thing which struck us the moment we landed in the metropolis is their disciplined traffic: there are no three-wheelers, just a few two-wheelers and noiseless four-wheelers. How I wish we could re-learn their love for cycling and their virtue of 'no honking'.

We visited all the "must see" places on a tourist's itinerary like: The 634 metres high 'Sky Tree' TV tower, reportedly the 2nd highest such tower in the World; The picturesque 3766 metres high Mt. Fuji reflected in the crystal clear blue waters of Lake Ashi; Kannondo Temple, with a history of 1300 years; The centuries-old Itsukushima Shrine, the source of Miyajima Island's fame and known worldwide for its iconic "floating Torii Gate"; Todaji Temple near Kyoto boasting of a colossal statue of the World's largest (15 M) gilded bronze Buddha; Osaka, the second largest city after Tokyo has the Osaka castle rebuilt by in the 1620s and the present ferroconcrete castle was built in 1931.

Yes, language was a barrier. However, we found the Japanese people really nice. As and when there was a need to be more affectionate, all that I had to say was *Arigato* for Thank You. We had a thrilling ride on 'Shinkansen' (Bullet Train), from Numazu to Hiroshima. Over six decades back, during our School days, we had heard of Hiroshima and Nagasaki.



**Chandoaks at elegant Hiroshima Peace Memorial**

What a unique opportunity we had of standing at Ground Zero of the former. It was heartbreaking to learn that 80,000 (one fourth of the population then) died due to Uranium based Atomic bomb dropped on 06 Aug 1945 on Hiroshima. 'Genbaku' Dome, the only structure that survived, is now part of a simple but elegant Hiroshima Peace Memorial which was designated as a UNESCO World Heritage Monument in 1996. Another 40,000 persons had died at Nagasaki, 600 Km away, on 09 Aug 1945 due to the Plutonium based Atomic Bomb. A very large number of people were injured and the ill effects of these bombs lasted more than two generations. Today both these cities have grown into progressive metros with populations of 3 and 1.5 million respectively.

Earthquakes and such disasters are frequent features in Japan but the people are really courageous and praiseworthy. They know how to rebuild, recoup and get back to their normal busy life fast. Their spirit deserves a smart salute.

Similarly, 'Good Morning', 'Good Night', 'You Are Good' phrases in Japanese helped us a lot to get their bonhomie. My liberal usage of *Arigato Gosai Masu* (Thank You Very Much) at hotels, shopping malls, airport etc paid us rich dividends in the form of their courteous and kind gestures.

So after this grand visit, lovely souvenirs from Japan have graced another shelf of our drawing-room to showcase for us and to cherish endless memories of the remarkable Country.

Good Bye, Japan!

## Simple ways that will improve your memory

Author



**Ritu Singal**  
**Chairman and**  
**Managing Director**  
**Raglan Group**  
**Certified Life Coach**  
**Panchkula**

Website: <https://ritusingal.com/>

We take our memory for granted but imagine a human being without this gift. Each new moment in his life would be isolated, there being no link between the past, the present and the future. Further, he may be unable to learn, plan or visualize anything as all these activities presuppose the ability to “store” and “reproduce” facts, arguments and incidents later. Forgetfulness may appear commonplace but so many of us have borne the brunt of missed birthdays, anniversaries, appointments and of course, the facts during exams.

From Suzanne Corkin’s *Permanent Present Tense*, an account of the unfortunate fellow HM (Henry Molaison), whose hippocampus (part of the brain responsible for memory) was removed to cure his serious epilepsy, we can learn a lot about memory. The surgery did fix the epilepsy but without the hippocampus, he couldn’t form new long-term memories and had to struggle to recall prior memories also. But then, a memory loss (amnesia) like this one is an extreme happening.

Keeping it aside and coming to the more routine memory problems, here is the bad news: No (thanks) to the current pandemic-induced lockdowns and with so much time on hands, the Internet has emerged a big saviour not only for those doing business or studying but also for others. Consequently, people are spending lots of time on the Net, thereby consuming humongous amounts of data. Well, that has brought with it a tsunami of complaints about memory.

There is some good news, though - our brains can be tamed. We need to understand that as the brain is involved in everything we do, it needs to be cared for. Exercising it to improve memory needs to be a priority for people, especially as they get older.

Here are the Top 10 Tips for a better memory.

- 1. Observation Exercise:** Many people have trouble recalling the names of the people we meet every day. Let’s say someone you see is sporting a red cap, a ring, and a yellow sweater. Now, the idea is to observe the details first and try to recall them later. That way, we are asking our mind to do what it should: remember. In fact, we don’t ask our minds to practice enough observation and simply ask our brain to recall information. You may begin with observing just one person a day. Once you are good at recalling four details about a person, you can add more information/more people. Besides, you may also input details about buildings, cars, movies or series and foods to improve memory.
- 2. Repeat, Recall:** We all know few really listen when we speak. You can train your brain to focus on what others tell you and remember it. Imagine someone telling you: “The next month, I want to watch a movie called The 100 about a guy who never forgets. He’s hired by a group called ‘The Senwall’ to infiltrate a competitor. But once the hero learns the secrets, he doesn’t want to reveal it. But since he can’t forget anything, The Senwall begins troubling him.” You just need to repeat everything silently in mind to boost your cognitive function and remember more as asking your memory to recall information exercises it. The more challenging it is, the more exercise your brain gets.
- 3. Learn a Foreign Language:** By learning a new, foreign language, you are continually asking your brain to recall information. Take advantage of the brain’s neuro-plasticity and learn a new skill to keep it ticking. Regular conversation in that language can also help stimulate the healthy chemicals for better mental health. It lets you dig into memory at multiple levels, especially verbal memory. Learning a second language can delay cognitive impairment like dementia! In fact, learning anything new is good for your brain – a new musical instrument, a new hobby, a new game as new neural pathways will form, helping you boost your brain power.
- 4. Number Exercises:** Working with numbers can be a great boost for your cognitive abilities. Pick a 3-digit number and add 3 to that digit 3 times. Then subtract 7 from the new number 7 times. Repeat it at least 5 times and pick a new 3-digit number next time. It’s up to you to fix the level of challenge. It strengthens working memory because you have to hold a lot of detail in mind to complete it.
- 5. Visualization:** You might see an image of Amitabh Bachchan in the movie Sholay trying to woo Jaya Bhaduri or the dreaded Gabbar Singh torturing the villagers. The images you create will help you achieve a living, vibrant memory.
- 6. Putting the puzzle back:** Joining together a jigsaw image of the Taj Mahal or Donald Duck is an excellent way to strengthen your brain. It uses multiple cognitive abilities and protects us from cognitive aging as while putting together a jigsaw puzzle, we need to look at different pieces and work how they fit into the larger picture.
- 7. Build your vocabulary:** Many regions of the brain are involved in vocabulary tasks. Keep a notebook with you while reading. Jot down an unfamiliar word and then look up the definition. Try using this word five times the next day.
- 8. Dance your heart out:** Learning new dance moves can increase processing speed and memory. Give any of these dance activities a try: salsa, tap, hip-hop, or contemporary dance classes. Similarly, a card game can also improve memory and thinking skills. Try learning solitaire, bridge, rummy, poker, hearts etc.
- 9. Use all your senses:** To give your brain a workout, try activities using all five senses together - making cookies, visiting a market, trying a new restaurant. That way, you get to smell, touch, taste, see and hear at the same time.
- 10. Meditate:** Daily meditation can calm your body, slow your breathing, and reduce stress. But it may also help fine-tune your memory and increase your brain’s information processing. Find a quiet place, close your eyes, and spend five minutes meditating daily.

## Satya Shreshta defeated Covid with Yoga – a real story

### Author



**Er. Ashok Puri, Retd  
Chief Engineer Elect., HPSEB  
Govt of Himachal Pradesh**

When Covid entered in UK, Satya Shreshta (of Nepal) was working in a respiratory ward as a frontline health worker of one of the hospitals. In second week of March, this hospital had first Covid case. By the end of third week his ward was full of patients. During the fourth week of March, while he was working in the respiratory ward, Satya felt very weak and dizzy but he did not have any Covid symptoms. That night he had gone to home and had a terrible back, joint pain and all the bones of the body were so painful. He developed a sore throat that night and could not go to work next day.

He also had occasional dry cough. He felt very cold for a while and extremely hot next moment. He was feeling very fatigue. His throat pain was worse and his nostrils were very painful as if there is a cut wound.

As usual next morning, he did asanas (yoga) as taught during Gurumaa's Birmingham retreat. He was doing asanas, Suryanamaskar, Nadishodhan and Kapalbharti pranayams regularly since Birmingham retreat with Gurumaa in 2019. After doing all the asanas and about 15 minutes of Nadishodhan, Satya felt much better. His fatigue was almost gone. His throat and nose pain were almost reduced to half. He immediately realized asanas and pranayams were helping him. He had to self isolate for 7 days according to government guidelines.

That day he did Nadishodhan 3 more times. Each time he did it for 40-50 minutes. He felt so much relief and lightness throughout his body after each sitting. He was drinking hot water and black pepper ginger powder as advised by Gurumaa and it helped him a lot. By the end of second day he was much better with some pain inside his nostrils only.

On the third day, he woke up at 3 o'clock in the morning with throat and nostrils pain. He got up and started asanas, Sooryanamaskar and Nadishodhan 3 more times with 40-50 minutes of each sitting that day too. He found it more effective in dealing with those symptoms.

Since 4<sup>th</sup> day morning, he was a normal healthy person. All those symptoms had disappeared. He thought it was Covid because of its strange symptoms but that time there was no testing facilities for hospital staff. After a month he did his antibody test and it came as positive. Which meant he already had Covid. His guess was true.

After 6 months in October when his department started to feel the second wave Satya again had similar symptoms as in March. He aggressively continued all the asanas and pranayama. It had just disappeared in a day! He was healthy again on the second day.

Satya advised his friends and relatives to do so and it helped them too. More interestingly one of his family members having asthma was so much scared of this disease. Unfortunately, they suffered this viral disease too. He advised them same way every day and all of them managed to get rid of it within 3-4 days without being admitted in the hospital!

Satya concluded with this experience that asanas, Pranayama - GuruMaa's valuable guidance and advice are amazingly effective against Covid.



**Anandmurti Gurumaa**

### Anandmurti Gurumaa Quotes

1. Faith in Lord who is right within me and not in some distant planet gives great solace and calmness to mind.  
- Anandmurti Gurumaa
2. Anger burns everything. Don't simmer in anger it will burn you only.  
- Anandmurti Gurumaa
3. Nobody can give you salvation if you don't practice. So seek earnestly and find it sooner than you think.  
- Anandmurti Gurumaa
4. There is infinite darkness in mind, when would you light the lamp within?  
- Anandmurti Gurumaa
5. Bring sweetness in your words, purity in your heart, and the whole world will become yours.  
- Anandmurti Gurumaa

## Inspiring Story – Vinod C Gupta

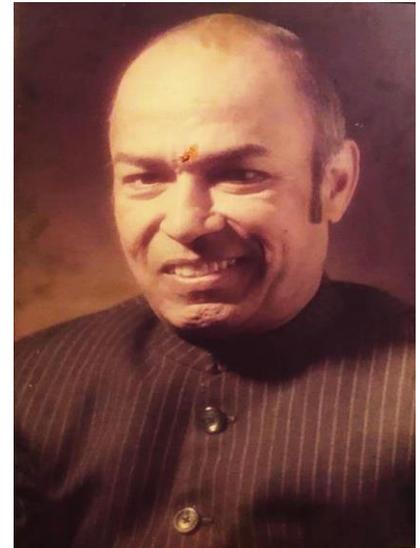
### Author



**Dr. Balram Gupta**  
**Director**

**Chandigarh Judicial Academy**

Mr. Vinod C Gupta was born almost in free India on August 5, 1947. He was no more on September 25, 2021. He had entered the 75<sup>th</sup> milestone. We spent 74 years together. He was physically challenged. He suffered from rare bone disease. He had stunted growth as well as bone deformity. He was short in height – 3 ft 4 inches. He was tall in stature. He did not let the physical handicap come in his way. He made every possible effort to be normal. He virtually made everything reachable and achievable. The last 50 years of his life, he was on crutches. Yet, he never let his spirits dampen him.



Vinod initially joined DAV High School, Sector 8, Chandigarh. The fellow students used to mock at him. This was something which should not have happened. It gradually became difficult to bear with it. Special permission was sought to

to shift him to Government Girls High School, Sector 8. He passed matriculation examination. Since his mobility was restricted, he joined the Stenography Course at Industrial Training Institute, Chandigarh. His dear friend Subhash used to take him every day to Institute on his bicycle. He passed the course with credit.

He joined the Punjab Industrial Training and Industries Department in 1964 as Stenographer. This was on the basis of an open competition. He carved out a career for himself. He worked hard. He excelled. He made a place and a name for himself. My elder brother, late Justice Jawahar Lal Gupta started his legal profession in the year 1963. Vinod used to take dictation of his petitions in shorthand. He would type them out on manual typewriter. There were no computers at that time. Yet no spelling mistakes. So neatly typed. Gradually, the judges in the High Court used to tell the lawyers, why your petitions cannot be typed the way Mr. Gupta's petitions are typed. This was tonic for Vinod. In fact, even a long petition dictated in the evening, the typed copy used to be on his table in the morning to be filed in court. The fact of the matter was that JL's office was so well managed by him. Vinod used to talk to his clients in his absence. He would make them comfortable. He would even entertain them with jokes and wit. He learnt the skill of managing the whole office so well. He was virtually magical with his work and management.

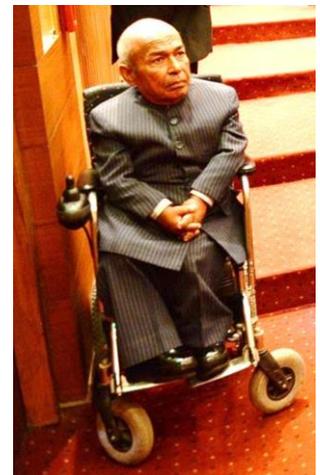
It would not be wrong to say that he contributed to my brother's success in his own way. Even my doctoral thesis running almost into 600 pages was typed out by him. Meticulously. He also used to type out my academic-cum-research papers. The Punjab Govt had to submit some report to the World Bank. The services of Vinod were specially requisitioned for typing out the same. He got the fellowship of Pitman Shorthand Training Centre, London. Later in years, he shifted to Punjab Mandi Board on deputation. He retired as Establishment Officer in 2005. He served for more than four decades. After his death, I shared this information with Sri R.I. Singh, the former Chief Secretary of Punjab. Vinod had worked with him. The response was, what a willing and good worker he was. He was always ready to accept any work and challenge.

He lived his life so well. In spite of the physical challenge, he got his first car in 1974. He got it modified to his requirements. He drove till the year 2015 for more than four decades. Rtn. Arjan Singh tells me that he used to get petrol for his car from his service station for decades.

As the traffic in Chandigarh became acute, he found it difficult to drive. Accordingly, he got a motorized wheel-chair designed to his satisfaction. This provided him with limited mobility. If he was to visit the hospital or the market, we would get the wheel-chair put in the boot of the car. The motorized wheel-chair provided him with the required mobility.

He was regular in visiting the temple in the evening on his wheel-chair within the sector in Panchkula. He attended the Book launch function of my daughter in the auditorium of Chandigarh Judicial Academy on the wheel-chair in January, 2016.

He loved to dress up well. Even on Sundays and holidays. He used to be the life of any social meeting or gathering. He lived well. He enjoyed his drink. For the last two years or so, he was virtually bed-ridden. He had peaceful death. He had a fulfilling life journey. We would miss him fondly.



## Vinod Gupta was empowered with Tall vision to Drive away the Challenges

**Author: Dr. V.J.S. Vohra, CEO & Senior Consultant  
Nevedac Prosthetic Clinic, Chandigarh**

My family's association with Mr. Vinod Gupta and the Gupta family – Late Chief Justice Jawahar Lal Gupta and Dr. Balram Gupta, Senior Advocate (Director, Chandigarh Judicial Academy) goes back to the year 1974. Vinod was the youngest of the three talented brothers. His height was just over 3 feet but he never considered it as his deformity. In fact, he was tall in stature, a towering personality – tall in his vision and lived his life to the fullest, as any normal person, bringing up his family, and served very well as Punjab Government employee, selected / promoted to the rank of Establishment Officer in Punjab Mandi Board.

He regularly visited Nevedac Prosthetic Centre in Zirakpur where I along with my father, late Col. D.S. Vohra were attending to his orthotic needs. We had designed special pair of crutches and footwear for him, which enabled him to walk with comfort. Being one of the favourite patients of my father, who was able to assess the potential, the will and the enthusiasm of young Vinod, way back in 1974. Disability was not any hindrance for Vinod as he expressed his desire to drive a car - a rare desire in those days for even normal persons!

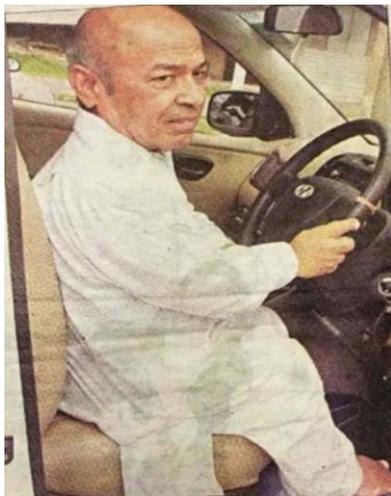
There were no automatic transmission (gearless) cars in India in those days. The automobile industry was not what it is today.

Both my father and Vinod took it up as a challenge and were eager to achieve success. My father who was very determined to make Vinod drive a car, asked him bring a second hand car.



**Standard herald car in 1974**

Vinod purchased a second hand standard herald car. My father, who was an automobile engineer in the army, before coming into this profession, had no problem to modify the car, by bringing up the xlator, brake and clutch to the level to suit Vinod's height.



**Vinod in his modern car**

We were very delighted and excited that modification of the car was successful. But another challenge came up as Vinod did not know how to drive! Being intelligent and humourous, it was not a big task for my father to teach him driving. On one occasion Vinod lost control and the car went off the road into a ditch, but there was no damage. We all got involved to retrieve the car back on road. Vinod's will to drive did not dampen. He held on to the driving seat and with little jerks, ups and downs, achieved perfection to drive the car.

The boom of Indian Automobile Industry resulted in modern and sophisticated vehicles. Vinod ultimately switched over to the automatic transmission car.

Even after my father's death, Vinod came to me quite often for requirement of orthotics / assistive devices. He was a great admirer of my father. He was an inspiration to me! We would miss him.

**Late  
Col. D.S. Vohra, Padmashri  
Founder  
Artificial Limb Centre, Pune  
Founder  
Nevedac Prosthetic Centre**



 **President (2006-07)  
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**Nevedac® Prosthetic Clinic:**

MediRehab Systems® 1134, Sector 44-B, Chandigarh 160047 India

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## Justice for Everyone

Apney hon ya Paray Sabko Milega Nayay

Dewan K.S. Puri

### Author



**Dr. Jaswant Singh Puri**  
**Doctor of Letters (Honoris Causa)**  
**and Punjab Ratan He is the**  
**Grandson of late Dewan K.S. Puri**



Eminent International Handwriting and Fingerprint Expert Dewan K.S. Puri (Born on 14.3.1917- Died on 9.2.1998) was Chairperson of Patiala Bureau of Identification, Patiala was born on 14.3.1917. Dewan K.S. Puri received his education from Government Mohindra College, Patiala till 1934. Thereafter, he enrolled himself in the American distance education scheme and passed the graduate level examination of the Institute of Applied Sciences. He got training from various institutes at Calcutta, Phillaur, Cuttack, Trivandrum and Tokyo. In 1936, he established the Patiala Bureau of Identification at Patiala and served as its chairperson till the last day of his life. He wrote more than 9 books and 100 Articles which were published in 32 languages in 28 countries. His 7 Articles were identified as Selected Articles by INTERPOL and were micro-filmed and distributed to the concerned countries. During his whole life he worked for justice, equity and fair-play with crusader's spirit.

His expert opinions were sought in all the cases of Government Institutes, Banks, Universities and Courts of different States of India. Dewan K.S. Puri even earned the appreciations and remarks of the Hon'ble Supreme Court and various High Courts such as, "A rare expert in the field for giving cogent, elaborate well reasoned opinions irrespective of the fact whether it goes in favor or against the party engaging him", "A Competent Handwriting Expert", "Puri reasons far more convincing", "Well known for his ability, knowledge, fairness, clarity & Integrity" and the credentials appear to be beyond challenge and never so assailed.

He was also a consulting document expert of 40 pre-independent Indian States and Government Document Expert, Patiala and East Punjab States Union. He had served as member of Ohio Association of Questioned Documents Examiners (1957) and Honorary Associate Member of Washington State Bureau of Criminal Identification (1958). He was also a fellow of the American Association of Criminology (1962) apart from being associated with number of other such institutions. Dewan K.S. Puri was the visiting Professor for Govt. Central Police College of Taiwan, Police Cadet Academy, Thailand, and Judicial Services Training Center, Nepal. In recognition of his merit, The American Association of Criminology conferred a fellowship on him and also awarded him the tenth annual award for criminal investigation and outstanding public service in the year 1963. The other awards given to him were Crusade against Crime Award (Belgium) in the year 1968 and ROC Police Medal (Taiwan) in 1981. His Excellency, Governor of Punjab, conferred "Patiala Rattan" Award posthumously at Patiala on 16.4.2000.

As a mark of honor for Dewan K.S. Puri and in recognition of his achievements Municipal Corporation, Patiala had named a road after his surname 'Puri' in front of his residence as 'Puri Road', starting from Arya Smaj Chowk to Triveni Chowk.

He expired on 9.2.1998 after a massive heart attack in Mumbai. In the memory of Late Dewan K.S. Puri, Punjabi University Patiala is awarding 'Dewan K.S. Puri Gold Medal' for the M.Sc. Forensic Science topper every year. His eldest son, Dr. Ajit Singh Puri is a noted physician, settled at Patiala and the author of famous book "How to prevent common diseases". His wife Alka Puri very well looked after octogenarian Dewan K.S. Puri during his life time, son Sukhbir Puri is settled in Mauritius, son Jagjit Puri, IAS (Retd.) settled at Panchkulla and only daughter Veena Leekha with her husband Ved Leekha are settled at Pune. Other sons Satwant Puri, Document Expert, Sukhdev Puri, IPS who was the former DGP Mumbai and Er. Balbir Puri who was settled in USA have already died.

The book, 'Selected Works of Dewan K.S. Puri on Disputed Handwriting and Finger Prints Comparison', had been dedicated to the Nation by the Hon'ble Vice President of India, Mr. Krishan Kant on 11.1.2002 in New Delhi. The second book, 'Forger is Smart but the Expert Smarter', bearing articles of Dewan K.S. Puri was published by Dewan K.S. Puri Foundation in April 2003 with a preface by Mr. M.M. Punchhi Former Chief Justice of India.

## Essentials of Human Life; No One has ever Taught

### Author



**Consultant Deepak Gupta**  
**Honoris causa doctorate**  
**Management Advisor**

**PRANA (प्राण) Fundamental indicators of 360° WELLBEING**, i.e. Health, Inner Happiness, Inner Peace, Inner Contentment, Harmonious Relationships, Prosperity and Inner Contentment, every human irrespective of his/her financial or social status longs for world over. These fundamentals are also the guidelines to explore the full potential and the purpose of human life. All the fundamentals are easily understandable and can be imbibed in quickly as a lifestyle. The only requirement is willingness, determination, and consistent diligent efforts.

In addition, upon the implementation by the masses, the outcome of the suggested fundamentals will automatically resolve the alarming global issues of human life's miseries including SAD (Stress, Anxiety, Depression) and suicides, personality disorders, associated diseases, disharmony at all levels, global warming, etc. and will be supportive to the natural resources and natural management system as well.

### Physical Health Management:

- a. Walk.
- b. Deep breathing and breath holding exercises or pranayama.
- c. Optimum quantity of water intake.
- d. Nutritious food with thanks giving.
- e. Eight hours proper rest/sleep.
- f. Hygiene.

### Emotional Health Management:

- a. Imbibing in the coexistence, interdependence, interconnectivity and interrelationship principle of the universe.
- b. Emotional Rationality in decision-making.
- c. Family bonding.
- d. Marital bonding.
- e. Orchestra harmony approach.
- f. Benchmarking, not the comparison or
- g. competition.
- h. Emotional Hygiene.

### Mental Health Management:

- a. Physical and emotional fitness maintenance.
- b. Quality management of mind's diet and mind's filters through practice of PRANA (Perception, Reaction, Action, Neutralization of negative energy, Accumulation of positive energy) Mind Hygiene approach.
- c. SBO- Stress by Objective.
- d. Meditation- Free Flow Meditation and Be with Self Meditation. If anyone practices 'Mindful Meditation' that is also highly advantageous.
- e. Quality time with family.
- f. Introspection.
- g. Personal development.
- h. Personal transformation.
- i. Hobby, Music and Fun.
- j. Rationalize use of gadgets, internet and social media.
- k. No guilt generating activity.
- l. Satsang (group discussion with people who inspire and guide to accomplish one's goal without instigating to sacrifice the fundamentals of humanity).
- m. Meaningful engagements and positive addiction.

### Spiritual Health Management (spirituality beyond religion):

- a. Connectivity of self with other creatures of the universe in true sense.
- b. Thanks-giving.

### Life Management:

- a. Efficient and Effective Management, Integration and Synchronization of 5 Five Foundation Pillars of life, i.e. SELF, FAMILY, OCCUPATION, SOCIAL RELATIONSHIP & SOCIAL RESPONSIBILITY, SPIRITUALITY (spirituality beyond religion).
- b. Learn from the past, live fullest in the present and jot down a realistic, but challenging plan for the future. Analyze and modify the plan time to time if needed.
- c. Objective based activities.
- d. Priority setting in an effective sequence, i.e.
- e. (i) Most Important and Most Urgent  
(ii) Important and Urgent  
(iii) Important but Not Urgent  
(iv) Urgent but Unimportant.

### Wholesome Development:

Transformation from Granted Life Management to Conscious Life Management through Prana Conscious Life Management Approach.

*Human Life is incomparable and invaluable. That's why it has to be taken care well with caution. Moreover, one's Life span is not pre-announced, which makes every moment of life precious. Making efforts towards positive transformation is the only way out to explore the best of life. Start from any of the suggestive indicators now. Everyday will bless you with a bouquet of health, peace and bliss leading you towards Wellbeing 360°.*

(Content here above is inspired by the perfect automatic management system of the universe. Further, it is the extract of ancient scriptures, experts' recommendations, personal & professional experiences, case studies and the outcome of five years' independent research by the founder Consultant Deepak, with a track record of over 27 years as a Management Advisor. Useful suggestions are welcome.)