

Impressions

Theme of this
Bulletin:

Nirbhau- Nirvair
(No Fear - No Hate)

No. 22/19 – October 2022
(Monthly e-Bulletin)
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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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What is Chardi Kala Social Media

Chardi Kala means: keep your spirits high, no matter what the situation. Have faith, keep doing good and stay positive. Do your best, then leave the rest to God.

Sikhs are always positive because of the Charhdi Kala slogan given to us by Guru Gobind Singh, the Tenth Sikh Guru.

This concept is commonly translated as “high morale,” but it is much more than that. According to Encyclopedia of Sikhism, “It stands for a perennially blossoming, unwilting spirit, a perpetual state of certitude resting on unwavering belief in Divine justice.”



Word “kala” is of Sanskrit origin and has several shades of meaning, but the dominant is “energy.” Chardhi in Punjabi means rising, ascending, soaring energy. So “Charhdi Kala” means an intensely energized, ever-ascending state of the spirit of an individual or a group.

If someone asks a Sikh: Ki haal hai (How are you?), his/her answer is likely to be, “Charhdi Kala!” (I am in ascending spirits) though she/he might be in great pain or sorrow.

Most Sikhs meditate and pray everyday. At the conclusion of each prayer, they say, “[Nanak Naam Charhdi Kala tere bhane sarbat da bhala.](#)” In the name of Guru Nanak, may there be an ascending spirit and welfare of all.

So a Sikh prays not only for himself/herself or his/her family, but also for all living beings in the universe.

Charhdi Kala is the spirit that has enabled Sikhs to face many obstacles in their lives. Even when half the Sikh nation was massacred in the Vadda Ghalughara (major holocaust) while fighting the Islamic forces in 1762.

Durrani of Afghanistan whose government was based at Lahore wanted to wipe out the Sikhs because they were the only people who were resisting him. This offensive had begun with the Mughals and lasted several decades. Losing half the population (about 30,000 people according to some estimates) within a span of few weeks was big blow to the Sikhs. In spite of that, they are said to have stayed in Charhdi Kala.

And within six months of that massacre, the Sikh forces regrouped and routed the Afghanistani forces and established their first “misl” or confederation which later grew to 12 misls. The misls were consolidated into a vast Sikh Empire under the forty-year rule of Maharaja Ranjit Singh (1780–1839).

Chardhi Kala is a mental state that keeps us strong during the most difficult moments in life - even when we face a life and death situation. It is a spirit of defiance of all hardships. Every repetition of this slogan reminds us that Sikhs are tenacious men and women who do not lose faith. This positive thinking brings a calm, peaceful and positive mind that doesn't get bothered with obstacles of life.

May you always be in Chardhi Kala.

Project Sahyog scales new heights

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Following the success of Project Sahyog that provides artificial limbs to amputees in RID 3080, launched in Aug 2021, DG VP Kalta has adopted it as a district project for all clubs to emulate. So far, the project has rehabilitated over 155 amputees at an average cost of ₹35,000 per patient.



IPDG Ajay Madan greets a recipient of a prosthetic arm.

The project was conceived by Rtn Salil Dev Singh Bali and launched by IPDG Ajay Madan in August 2021.

The project funding came from donors and companies. “We provide high-quality artificial limbs to handicapped persons who had lost an arm or leg, so that they restart earning their livelihood and can live with dignity,” said project chair Salil Bali.

The technical team was led by Rtn Dr VJS Vohra, a prosthetic expert with 40 years of experience in this field.

Initially, 10 amputees employed as auto drivers, security guard, domestic help, etc, were fixed with artificial limbs. “Encouraged by its success, we extended the project across the district and 55 out of 100 clubs participated in identifying the potential beneficiaries and sponsoring artificial limbs for them,” he said.

Gift of Dignified Life

Rotary District 3080 Project Sahyog

[Click here to see the video - https://youtu.be/e9SXjBAo23M](https://youtu.be/e9SXjBAo23M)

5 disabled persons for fitting of artificial limbs were provided prosthetic limbs and were satisfactorily discharged at Nevedac Prosthetic Clinic, Zirakpur on 22 October 2022 in gracious presence of PDG Yoginder Diwan, who interacted with the patients and had hand shake with the patients with prosthetic arm. Also present were PP Rtn Kanan Diwan, PP Dr Rita Kalra, District Chair Sahyog Project PP Salil Bali, President Rotary Mohali Midtown Rtn Ravijit Singh, R’Ann Indu Vohra, District Chair Disability Empowerment and Sr. Prosthetic Consultant PP Dr VJS Vohra and Rotary Community Corps President VPS Jolly.



Thanks to PDG Yoginder Diwan for his generous donation of Rs 10000/- for Sahyog Project.

One patient, a 7 year old child, needing below knee prosthetic leg, has been sponsored by Rotary Mohali Midtown. Himalayan Ranges Mansa Devi (PP Gaurav Ghai) sponsored above knee prosthetic legs for 2 patients. Rotary Chandigarh Midtown sponsored artificial limbs to a couple - bilateral below knee prosthetic legs to the wife and below elbow artificial arm to the husband. Chandigarh Midtown also gave them interest free microloan of Rs 30000/- for their small shop in the premises of the High Court. Chair Sahyog PP Salil Bali informed that since last over one year, nearly 200 disabled persons have been beneficiaries of Sahyog.

PDG Yoginder Diwan termed Project Sahyog to be one of the BEST PROJECT he has come across in more than 60 years of his Rotary service.

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Statutory Warning Rehabilitation Council of India



भारतीय पुनर्वास परिषद्
सामाजिक न्याय और अधिकारिता मंत्रालय,
विध्यांगजन सहायिकाकरण 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".

Signature
14.5.2019
(Dr. Subodh Kumar)
Member Secretary

B-22, Qutab Institutional Area, New Delhi - 110 016
Tel.: 011-2653 2408, 2653 2384, 2653 4287, 2653 2816 Fax : 011-2653 4291
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STATUTORY WARNING

PRACTICING WITHOUT RCI REGISTRATION IN
GOVT. / NON GOVT. ORGANIZATION / PRIVATE
PRACTITIONERS IS ILLEGAL UNDER
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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 any where in India

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

RCI
CERTIFICATION
is legally must.



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

For further information, please contact:



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



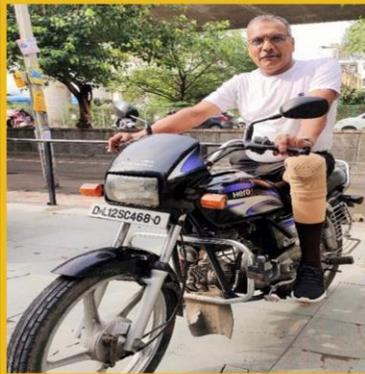
Padma Awards
Ministry of Home Affairs
(Govt. of India)
Padma Shri (1988)
Col. (Retd.) Darshan
Singh Vohra
Social Work
Chandigarh

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



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

Nevedac
Prosthetic Clinic



Dr. VJS Vohra

Sr. Consultant
Artificial Limbs & Orthotics

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[Click here](#)

Inspiring message for Sahyog Project by PDG Mukesh Arneja

Addressed to PP Salil Dev Singh Bali and PP Dr VJS Vohra

I came across an article in October issue of Rotary News covering rehabilitation of 155 plus amputees thru Project Sahyog. Indeed praise worthy initiative as you have provided self-respect to the beneficiaries as they will be less dependent on others financially and physically. Keep doing the good work and make a difference.

PDG Mukesh Arneja
Delhi

Discharge of patients - Sahyog Project



Rotary Doon Vikas sponsored 5 disabled persons for fitting of artificial limbs – 4 patients were provided prosthetic arms and one with a prosthetic leg and were satisfactorily discharged at our Zirakpur clinic. Three patients were discharged on 17 October 2022 in gracious presence of PDG Dhian Chand, who interacted with the patients and had hand shake with their prosthetic arm. Also present were PDC (IW) R'Ann Meena, District Chair Sahyog PP Salil Bali and District Chair Disability Empowerment and Sr. Prosthetic Consultant PP Dr VJS Vohra.

PDG Dhian Chand said Rotary is doing amazing community service by providing artificial limbs under Sahyog project.

Advantages of Millets

Author



Maj. Gen. Krishan Chauhan
Retired Army Medical Corps
Former Additional Director
General Medical Services
https://youtu.be/B_oLyfCqofQ

Wheat and rice are the staple cereals of urban and most rural parts of the country. In 1962 the consumption of millets was 32.9 kg per person in a year in India. It gradually came down to 4.2 kg per person in 2010. Many people in 2010, especially the young had neither heard the name of millets, nor seen them. Yet, today, India is the largest producer of millets in the world and the fifth largest exporter of millets and its products. Internationally, the demand of millets has been increasing by 4.5% per year. The multiple benefits of millets enumerated last week and the health benefits below are the reason for their growing demand.

All the 9 millets grown in India since ancient times are gluten free. Gluten has two types of proteins which are present in wheat, rye and barley which provide elasticity to their dough. Some people with diseases of intestines like Coeliac disease, Auto immune disease or gluten intolerance cannot digest gluten properly. They are best suited to switch over to non gluten foods like millets and rice. Millets have a few advantages over rice. They are richer in fibre and have lower Glycemic index than rice or wheat, hence are more suitable for diabetics. There are many benefits of millets.

Jowar is consumed by humans and also used as animal feed because of its high fibre content. It is a rich source of protein, Magnesium, Copper and Calcium. It also has Potassium, Iron and Phosphorus besides components of vitamin B Complex. People having obesity, hypertension, diabetes and certain cancers are benefitted by including it in their staples. Bajra is a good source of protein and has very high quantities of Iron, Zinc and Folic acid. It is also a good source of Magnesium and vitamin B complex. It is recommended for people who are obese, and who have anaemia. People with diabetes, hypertension and certain cancers can also benefit if they eat Pearl millet once a day.



Eating millets has no health issues if they are a part of a balanced diet. However, eaten without fruits, vegetables or meat, the absorption of iron from them becomes difficult and person may become anaemic. Like rice and beans, soaking of millets for half an hour in water is sufficient to improve their quality. The high fibre content gives the person a sensation of fullness. Some people find this feeling as un-agreeable.

The bottom line is that millets should be a part of a balanced diet. Further, for the new consumers, it should be introduced slowly and in smaller quantities. The earlier the mother introduces it in a child's life, the better. Body builders and sportsmen, those who are overweight, anaemic, diabetic, hypertensive or have cancers may include the specific millet in their diet.

In the year 2014-15, the Department of Agriculture introduced a Sub-mission on Nutri-cereals (Millets) under the Food Security Mission. It aimed to grow millets in more areas and to improve the per acre productivity. 89 districts in 9 states were selected. This included the 4 hill states of North India. Financial support was also given from Rashtriya Krishi Vikas Yojana.

2018 was selected as the 'Year of the Millet' in India. The private sectors were also asked to popularise and produce edible products for consumers. Millets were brought under the MSP mechanism - minimum support price for purchase by government agencies, This was to reassure the growers of the government's commitment. Seeds, kits and other inputs were given to farmers in the 89 districts.

On India's insistence, the UN has declared 2023 as the 'Year of the Millets'. It is expected to give a boost to the export of Indian millets and their edible products to more countries than before. The numerous millets of India are available in the form of flour, dosa, upma, porridge muesli, noodles, pasta, cookies, vermicelli, milk and snacks. The processed or ready to eat millet products may not be cheap. They might be less expensive in the kirana shops in the districts where these are grown.

For those who like millets, keep enjoying the super foods and enjoy their numerous health benefits. After all, our genes in the last 5000 to 8000 years had adapted to digest and utilise millets and other coarse grains in most parts of the country.

Royal City of Patiala - 'A Gupshup'

Continued from August issue

Author



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

Visually impaired people are also a boon for society. Dr. Kiran Kumari, despite being visually impaired is Assistant Professor, Department of Sociology and Social Anthropology, Punjabi University, Patiala. The visually impaired persons who received sufficient amount of family support were socially integrated and well-adjusted in life and less prone to psycho-social problems. Dr. Kiran Kumari in coordination with Dr. Jaswant Singh Puri in their Article: Psycho-Social Implications of Visual Impairment have endeavoured to put an impressive coverage of her dreams and struggling period and her motivation and achievement.

Mr. Shri Chand worked as Artist-cum-painter in the Museum and Art Gallery, Punjabi University, Patiala. He looked after maintenance, upkeep and display of Paintings and Sculptures.

Smt. Alka Puri, wife of Dr. Ajit Singh Puri well attended Dewan K.S. Puri after passing away of Satwant Singh Puri, the youngest son of Dewan Sahib who was residing with him. Only brother of Alka Puri, Dr. Ravinder Kapoor M.B.B.S. is a well-known consulting Physician. He is the owner of Multi-specialty Kapoor Hospital, Mangalore. The family owns petrol pumps, orchards and temples at the same place. The family is connected with Patiala having ancestral property and the temples with shopping complexes.

Another laurel to Patiala Dr. Gautam Sood from the Department of Sociology, Punjabi University, Patiala has been selected as Member, Juvenile Justice Board from Patiala District. Prof. Vishal Goyal, Professor, Department of Computer Science and Dr. Lalit Goyal, Associate Professor, DAV College, Jalandhar, with his team have been working together since 2010 for the development of machine translation system for translation of English Sentences to Indian Sign Language and Animated Videos.

Ministry has associated Sanjay Singh, Deputy Director, ISLRTC along with Punjabi University, Patiala team for its execution. Prof. Arvind, Vice Chancellor said that this is an innovative project which will be helpful for the deaf community. He feels proud that Punjabi University, Patiala is taking this lead.

International Society for Krishna Consciousness (ISKCON) was incorporated in 1966 in New York by his founder Acharya, His Divine Grace A.C. Bhakti Vedanta Swami Prabhupada. The Rath Yatra starts from Kali Devi Temple and passes through different markets of Patiala. Devotees sing kirtan, distribute Parsad and dance in ecstasy. Students are taught about the importance of taking up the teachings of 'Bhagwat Gita' in a very scientific manner.

Art at its best can be well marked in Auditorium created by Harpal Tiwana, a well known writer and director. Another landmark is North Zone Culture Centre near Sheran Wala Gate which has the inkling to promote Art and Culture. Languages Department also speaks of its magnificence.

There are a lot number of players from Patiala. To name a few are Navjot Singh Sidhu, Maharaja Yadvindra Singh, Bhupinder Singh, Anmol Malhotra, Anmolpreet Singh, Dhruv Panore, Rajwinder Singh and Amar Nath.

Patiala is not only known for its Patiala Shahi Pagg (turban), Patiala Salwar, Punjabi Juttis, Patiala Peg, Patiala Pranda but even for gifting us a number of famous singers who have brought name and fame and raised the level of Bollywood. Parmish Verma is one of the well named singer, actor, director. He has directed several movies and videos. He is the son of Satish Verma, theatre artist and writer and Paramjit Verma, a Professor in Patiala.

Another upcoming singer is Harrdy Sandhu. (Hardavinder Singh Sandhu) – a Punjabi singer and actor. He also made his Bollywood debut with the film '83'. But before adopting this profession, he also played for the U-19 Cricket Team. Moreover, Mrs. Puja (Gurinder Kaur Kainth) sings Punjabi Songs in Bhangra, Pop and Folk genres. Satwinder Bitti is a known name in singing and acting who was a national hockey player before being turned to singing. Besides, Dev Kharoud, Rohanpreet Singh of the 'Rising Star' fame who has been recently wedded to Neha Kakkar, is a well-known singer in Bollywood. There are singers like Kamal Khan, Guri, Nav Bajwa who sing well. Romy Yadav is a well-known singer from Patiala who rose to the fame and entered Bollywood industry by virtue of his hard work and inspiration of his parents Rakesh and Mamta Yadav. Their daughter Surbhi Yadav has also done a lot of remarkable progress and success in Bharat Natyam and all forms of dances in vogue in Bollywood.

There are a lot number of players from Patiala. To name a few are Navjot Singh Sidhu, Maharaja Yadvindra Singh, Bhupinder Singh, Anmol Malhotra, Anmolpreet Singh, Dhruv Panore, Rajwinder Singh and Amar Nath.

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Kalam Express

Author



Dr Sanjay Kalra
President, Rotary
Club Chandigarh
Midtown

The school on wheels is an Initiative to reach out to children with disabilities and address their special needs for health care and education. The van is under Corporate Social Responsibility (CSR) through Indian Oil Ltd (IOL) in partnership with Rotary Chandigarh Midtown and supported by health administration with trained technical staff to bring health care at doorsteps of children with disabilities. The running cost of vehicle including POL (fuel charges) and maintenance of vehicle is sponsored by Rotary and salary of driver and staff by Health administration.



Kalam express is equipped with physiotherapy equipment and other learning kits. It carries a special teacher trained to cater to the needs of Children with special needs (CWSN), a speech therapist and physiotherapist. The portable ramp allows children to enter the van when it reaches their home. CWSN is vulnerable to neglect and Kalam express offers some relief to parents through vocational training, like skilling and basic education during the visit. Kalam express is an outreach program that helps in mainstreaming and prevent neglect of children with special needs who cannot afford to come to the cities for their care. This project was conceived by PP Rtn Deepak Sood and PP Rtn Dr Rita Kalra

Rotary Chandigarh Midtown as mobilisation partner assisted IOL in procurement of vehicle, modification to make it PWD friendly and operationalization of project by bearing the running cost. The capital expenditure has been done under CSR. The Rotarians supplement the needs for wheel chair and other support devices by CWSN. There are more than 1000 children with motor, sensory and congenital disabilities who are immobilized in their homes.

The regular tour program by Deputy Commissioner and Indian Red Cross Panchkula, helps to address their health needs such as screening, check-up, vaccination, physiotherapy, treatment intervention etc. The family gets emotional support and trainer support to manage the children with special needs. The project also provides opportunities for rehabilitation of disabilities due to polio by case selection for corrective surgeries, braces etc. at higher centres. The cost of treatment is sponsored by Rotarians. The Children are also skilled for job opportunities based on their abilities for economic empowerment. The socio emotional rehabilitation by yoga, meditation. Counselling was organised during lock down and pandemic times to continue the connect with the community. The Kalam express with its team helps in early intervention, treatment and health care education at doorsteps so that no case is ignored or neglected. The timely testing, follow-up home care, referral to higher centres, management of moderate to severe disability can reduce mortality with timely intervention. The Unique Disability ID (UDID) cards, the disability certificates and benefits are delivered at doorsteps with the help of administration by Kalam Express.

The professional psychologists and counsellors volunteer to support the program very often. The books stationary, smart class equipments, nutrition supplements, wheel chairs and other assistive devices for Children with Special Needs are sponsored from time to time by members. Even scholarships are available for higher education. The collaboration of NGO and Govt. has strengthened the health system and with community involvement & involvement of volunteers ensures diversity, equity and inclusion. The public Image of Rotary is enhanced as the van with Rotary branding travels from one village to another for disability empowerment of children at their door steps. Since COVID the services were interrupted and due to paucity of funds administration could not restart despite the immense benefit of the program. Now as per proposal of Indian Red Cross Society Panchkula through its chairperson, Hon'ble Deputy commissioner Panchkula, three NGOs have collaborated to start the outreach program for socio emotional rehabilitation.

Total budget per year to run the vehicle including HR and fuel is Rs 6.0 lacs approx. Rotary Chandigarh Midtown shall pay salary of driver @ Rs 12000/- and annual budget required is Rs 1.5 Lacs . Generous contributions by our committed Rotarians are welcome. PP Rtn Sanjay Bhatia, President Rtn Sanjay Kalra, Mr SC Malik each have already committed one month's expenses.

VOICES FROM AMBASSADORS OF PEACE

Let's not negotiate out of fear



With the Puja festivities here, I have but a dream. Call it an impossible dream, if you will. But the dream, in the form of a prayer to the Almighty, is very simple. For well over a century we have had nothing but a bizarre display of hatred and bitterness that has led to destruction of peace and understanding. The costs, in every which way, have been stupendous. Millions have perished and man still craves for more bloodshed. And, from the very look of things, matters seem to be getting worse by the day. Only the Almighty's grand intervention can save man and nature. The dream, no matter how impossible it may seem, is about man having faith in man to ensure permanent peace and understanding. There is no substitute to peaceful dialogues

and negotiations. Let us not fear to negotiate but let us never negotiate out of fear. The average person in the world also dreams of a life, which would not know fear, hatred, hunger and poverty.

Yes, peace may be at a premium, but by no means is it impossible to attain. It has to be peace, in all its manifestations, over everything for civilization to make any progress.

**~Mr Utpal Chatterjee,
Former Outstanding Sheriff of Kolkata
and eminent writer & public speaker,
India.**

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.