

# Impressions

Theme of this  
Bulletin:

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

No. 22/18 – September 2022  
(Monthly e-Bulletin)  
[www.nevedac.com](http://www.nevedac.com)



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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## Field Marshal Manekshaw and Pagi

Shared by:



**Capt. Charanjit Vohra**

The old shepherd you see in the photo was actually the biggest military asset once. Read the entire post and we cannot but bow down our heads at his feet.

In 2008, Field Marshal Sam Manekshaw was admitted in the Wellington Hospital, Tamil Nadu. He often kept



taking a name Pagi-Pagi in his ill-health and semi conscious state. The doctors asked one day "Sir, who is this Pagi?" This is based on what Sam sahib himself narrated..... In 1971 India had won the war. General Manekshaw was in Dhaka and ordered that Pagi be invited for dinner that day.

A Chopper was sent. While boarding the chopper, a bag belonging to Pagi remained left on the ground and the chopper was turned back to pick it up. The officers opened the bag before placing it in the helicopter as per the rules and were stunned because it had two rotis, onions and a dish of gram flour (gathiya). One half of the meal was eaten by Sam Sahab and the other by Pagi for dinner.

A border post of Suigaon at the International Border region of North Gujarat was named Ranchoddas post. This was the first time that an army post was named after a common man as well as a statue of his installed. Pagi means 'guide', the person who shows the way in the desert. Ranchoddas Rabari was affectionately called Pagi by General Sam Manekshaw.

Ranchoddas of Pathapur Gathras, a village bordering Pakistan in Banaskantha district of Gujarat was where he used to rear Sheep, goat and camel. Life changed when, at the age of 58, he was appointed the police guide by the Banaskantha Superintendent of Police, Vanraj Singh Jhala.

The guide's skill was such that after seeing the foot prints of the camel, he used to tell how many men are riding on it. By looking at the footprints of humans, he used to guess their weight, their age and how far they must have gone. His estimations had the exactness of a computer analysis.

In the beginning of 1965 war, Pakistan Army captured Vidhkot in Kutch border in Gujarat. In this encounter, about 100 Indian soldiers were killed. A 10,000 men Indian Army contingent was mobilised and had to reach Chharkot in three days. The need for Ranchoddas Pagi was felt for the first time by the army. Due to his grip on the desert paths, he guided the army to the destination 12 hours before the scheduled time. He was personally chosen by Sam Saheb to guide the army and a special post was created in the army 'Pagi' that is, the person with knowledge of feet. Pagi's role was important in the victory of the Indian tricolor on the Palanpur city of Pakistan. Sam Sahib himself gave a cash prize of ₹ 300 from his own pocket. Pagi also received three honors for his contribution in the 65 and 71 wars - Sangram Medal, Police Medal and Summer Service Medal!

Field Marshal Sam Manekshaw died on 27 June 2008 and in 2009 Pagi also took 'voluntary retirement' from the army. Pagi was 108 years old then! Yes, 'voluntary retirement' at the age of 108! Pagi died in 2013 at the age of 112.

Even today his exploits are a part of Gujarati folk songs. Ranchoddas Rabari, that is, our 'Pagi' has become immortalized forever in Indian military history due to his patriotism, valor, bravery, sacrifice, dedication and decency.

# Impressions

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## Good Deeds

### Author



**Dr. Balram K Gupta**  
Professor Emeritus  
and Sr. Advocate

The year was 1892 at Stanford University. A young, 18 year old student was struggling to pay his fees. He was an orphan, and not knowing where to turn for money, he came up with a bright idea. A friend and he decided to host a musical concert on campus to raise money for their education.

They reached out to the great pianist, Ignacy J. Paderewski. His manager demanded a guaranteed fee of \$2,000 for the piano recital. A deal was struck and the boys began to work to make the concert a success. The big day arrived. Paderewski performed at Stanford, but unfortunately, they had not managed to sell enough tickets. The total collection was only \$1,600. Disappointed, they went to Paderewski and explained their plight. They gave him the entire \$1,600, plus a cheque for the balance of \$ 400. They promised to honour the cheque soonest possible.

"No" said Paderewski. "This is not acceptable." He tore up the cheque, returned the \$1,600 and told the boys, "Here's the \$1,600. Please deduct whatever expenses you have incurred.

Keep the money you need for your fees. And just give me whatever is left". The boys were surprised, and thanked him profusely. It was a small act of kindness. But it clearly marked out Paderewski as a great human being. Why should he help two people he did not even know?

We all come across situations like these in our lives. And most of us only think "If I help them, what would happen to me?" The truly great people think, "If I don't help them, what will happen to them?" They don't do it expecting something in return. They do it because they feel it's the right thing to do.

Paderewski later went on to become the Prime Minister of Poland. He was a great leader, but unfortunately when the World War began, Poland was ravaged. There were over 1.5 million people starving in his country, and no money to feed them.

Paderewski did not know where to turn for help. He reached out to the US Food and Relief Administration for help. The head was a man called Herbert Hoover - who later went on to become the US President. Hoover agreed to help and quickly shipped thousands of tons of food grains to feed the starving Polish people and thus a calamity was averted.

Paderewski was relieved. He decided to go across to meet Hoover and personally thank him. When Paderewski began to thank Hoover for his noble gesture, Hoover quickly interjected and said, "You shouldn't be thanking me, Mr. Prime Minister. You may not remember this, but several years ago, you helped two young students go through college at Stanford. I was one of them."

The world is a wonderful place. What goes around usually comes around. Kindness always comes back. Good deed always pays. Do a good deed today and stay blessed forever.

## Fasting for purification

From: Social Media

- 1st Day - I will leave all my Anger.
- 2nd Day - I will stop Judging People.
- 3rd Day - I will leave all my Grudges.
- 4th Day - I will forgive myself and everyone.
- 5th Day - I will accept myself and every one as they are.
- 6th Day - I will love myself and everyone unconditionally.
- 7th Day - I will leave all my feelings of Jealousy & guilt.
- 8th Day - I will leave all my Fears.
- 9th Day - I will offer Gratitude for all the things I have and all which I will get.
- 10th Day - There is abundance in the universe for all and I will always tap the same and create what I want through unconditional love, sadhna, nishkam seva and faith.

## Everybody to Nobody

By: Ritu Singal



**Ritu Singal**  
Life Coach, Chandigarh

This is the story of "Everybody, Somebody, Anybody and Nobody.

There was an important job to be done, and Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it.

Somebody got angry because it was Everybody's job. Everybody thought that Anybody could do it. But Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

# Impressions

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## Statutory Warning Rehabilitation Council of India



भारतीय पुनर्वास परिषद्  
सामाजिक न्याय और अधिकारिता मंत्रालय,  
विश्यांगजन समाहितकरण 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".

14.5.2019  
(Dr. Subodh Kumar)  
Member Secretary

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



## STATUTORY WARNING

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

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

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

"This Statutory Warning is issued in Public Interest".

### Non-registration can have serious consequences :

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

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

**RCI**  
CERTIFICATION  
is legally must.



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

For further information, please contact:



Member Secretary  
**REHABILITATION COUNCIL OF INDIA**  
(A Statutory Body of Ministry of Social Justice & Empowerment, Govt. of India)  
B-22, Qutab Institutional Area, New Delhi-110016  
Phone : 01-11-2653 2384/2408/4287; Fax: 01-11-2653 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

Hony. Prosthetic Adviser:  
Governments of Punjab, Haryana,  
Chandigarh and Himachal Pradesh  
Reimbursement for Govt. Employees

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## 68th National Film Awards

### Ojaswwee Sharma receives Rajat Kamal for 'Admitted' from President of India

Ojaswwee Sharma was bestowed with the 'Rajat Kamal', Special Jury Award, for his film 'Admitted' by Hon'ble President of India Smt. Droupadi Murmu at the 68th National Film Awards Ceremony by Government of India. The award was presented on 30 September 2022 at the ceremony in New Delhi at Vigyan Bhawan to honor the best films of 2020 in Indian cinema.

Mr. Anurag Thakur - Minister of Information and Broadcasting, Mr Apurva Chandra – Secretary of Information and Broadcasting, and Dr. L Murugan - Minister of State in the Ministry of Information and Broadcasting were also present during the award ceremony.



Elaborating further on the occasion and on his forthcoming films, Ojaswwee Sharma highlighted that, "It is a beautiful feeling that comes through the apex validation and my endeavor would always be to bring forth stories that shall evoke a sense of morality and responsibility among viewers towards unseeingly ordinary things in the society. It is overwhelming to see 'Admitted' get such recognition, respect, and honor from not only the audience but an esteemed jury of the 68th National Film Awards. I am overjoyed by the appreciation and I thank the Ministry of Information & Broadcasting for bestowing upon me this award, ensuring that stories of all formats and genres find their space in films."

'Admitted', a feature documentary, explores the largest case of Transgender Education in a mainstream public university in North India, further highlighting the 1st public washroom for transgenders in a public university, and the development of Transgender Rights, Education, and acceptance of mainstream pre and post the historic NALSA Judgment of 2014 of adding 3rd Gender to India.

'Admitted' is a biographical docudrama on the life of Dhananjay Chauhan - the first transgender student of Panjab University, Chandigarh. Her life journey with a thrust on education along with gender identification, dilemmas, and expression in personal life and the LGBTQIA+ diaspora.

Admitted, which is a biographical feature documentary has been produced by Pinaka Mediaworks and released by Rolling Frames Entertainment Digital worldwide. Prior to the NFA Ceremony, 'Admitted' won the 'Best National Documentary' at Mumbai International Film Festival 2022 by Films Division - Ministry of Information and Broadcasting, Govt. Of India. Along with the National Film Award, 'Admitted' has 14 Official Selections and 3 Major Wins for Critics Choice Best Documentary at the film festivals to date.

The filming of Admitted began in December 2017 and concluded in 2018. Admitted was supposed to be released in theatres in March 2020, but was finally released on the internet on 13<sup>th</sup> June 2020 by Rolling Frames Entertainment. The film, after much widespread acclaim, continues to travel the film festivals across the globe.

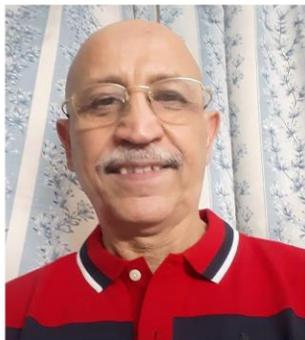
In a career span of more than a decade, Ojaswwee's films have touched upon uncovering diverse subject matters such as gender diversity and inclusion, culture awareness through SikhLens initiatives, humanitarian initiatives, healthcare, education, environment and sustainability, crime and legal awareness, social awareness, farmers emotion, old age, women empowerment, the evolutionary impact of social media and stories transpiring from historical events.

His notable film titles include '-Zubaan', 'The Last Date', 'Badalti Soch', 'Chaurassi', 'Scars - That Remain After 100 Years of Jallianwala Bagh Massacre', 'Kites Beyond Boundaries', 'Silver Lining', 'One Beat', 'Art Finds Its Way' and 'Sarbat Da Bhal', amongst others. His repertoire of work includes more than 90 films and programs, with 630+ videos, his work acknowledged with 20 awards and 85 Official Selections across film festivals globally.

Ojaswwee's work in films for impact and change has been recognized by SikhLens, USA and the Media Federation of India in 2022 and the Public Relations Council of India in 2021 for instilling pride in the community through filming thought-provoking, realistic, and socially relevant films and showcasing them through public events and film festivals.

## The Cholesterol Conundrum

### Author



**Maj. Gen. Krishan Chauhan**  
Retired Army Medical Corps

Eggs raise cholesterol. High cholesterol is bad for health. Avoid cholesterol laden foods. All this happened in the last three decades of the last century. When we joined the medical college, the normal value for blood cholesterol was 300 mg/ dcl. In a matter of years it was reduced to 240 and later to 200. US citizens were advised to consume no more than 300 mg of cholesterol per day. Higher cholesterol in blood and a fat-laden diet were linked to heart attack and brain strokes.

A generation of children were told to eat not more than one egg per day and to limit and other fatty foods. Then came the cholesterol lowering drugs which became a rage for those above middle age. Out of the blue came the revelation of the US FDA in 2015 that no restrictions be placed on the amount of cholesterol intake. Eggs were again in demand. Some thought that the egg industry was being manipulative.

Cholesterol is a type of a lipid (fat). An organic waxy, fatty substance made by all animals. Humans may consume it in food or even manufacture it in their liver. In the body, it has numerous uses and functions. It is an important part of each cell of our body, the cell membrane is made from it. Cholesterol is required for the production of bile (used for digestion), Vitamin D and many hormones (including sex hormones) which regulate bodily functions.



Eggs are close to being a 'perfect' food



Cholesterol rich foods

Brain has the maximum cholesterol of the body. Around 20% of cholesterol is used in the brain and other nervous tissues.

Lipids (fats) and cholesterol in food are absorbed in the intestines and are taken to the liver. If the body has sufficient cholesterol, most of it remains unabsorbed and is passed or excreted out. The liver manufactures its own cholesterol. The homeostasis mechanism (balancing effort) of our body ensures that liver produces as much amount of cholesterol as is required by the body.

From the liver, cholesterol is transported via the blood stream to all cells of the body. This transportation from liver to the cells occurs by binding the cholesterol to special lipo-proteins called Low Density Lipoprotein or LDL. Some people also call them Lousy Lipoprotein for reasons explained later. A smaller amount of cholesterol and a lipid called Triglyceride are also taken from liver to the cells, these are called very Low Density Lipoprotein or VLDL. The cells of the body take in the LDL and VLDL as per their requirements. The leftovers are returned back by the cells to the liver, bound with proteins called the High Density Lipoprotein or HDL. Nick named Healthy Lipoprotein. Liver is the only organ which can further utilise the lipo-proteins as bile salts or break it down and excrete the excess cholesterol.

Triglycerides are another group of lipids which our body cells need for providing energy. Many of our foods have high levels of cholesterol per se: Eggs, Butter and cheese, Pork, especially bacon, Red meat, especially beef, Shellfish, Chicken and whole milk. Many snacks and foods are deep fried in saturated oils. These are rich in trans fats and Triglycerides. Inside the body, they raise the level of LDL.

HDL collects cholesterol from around the body back to the liver, where it is broken down and then removed from the body, earning it the Healthy cholesterol label. HDL also has a protective effect against cardiovascular disease by preventing cholesterol from building up in the blood. As long as the homeostasis mechanism is intact, a balance remains in the absorption, manufacturing and excretion of cholesterol; and the person stays healthy despite indulging in excess cholesterol. The level of LDL keeps increasing in the blood stream. If the diet has excess of fats, the triglycerides blood level will increase as well.

# Impressions

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## Walk with a Difference – WWAD

Initiative by:  
AIMS Media

Fashion with a disability is still a fashion-disability paradox in India and globally, where stereotypical thinking sees disability as a challenge and separates it with looks, fashion and style. We know that the inclusive-fashion industry has a long way to go, but we are glad that there are individuals/institutions who are challenging such status quo.

There have been many efforts in the field of fashion and clothing for disability in India and abroad so far, but the way WWAD has been designed makes it unique, great and equitable – all with a competitive ecosystem. It also gives an equal opportunity to showcase the intrinsic talent and be a part of the promising industry.

We, as a team, strongly believe that fashion brings a lot of happiness, colour, light and glamour to the lives of the differently-abled as well as many opportunities to create sustainability, inclusiveness and accessibility in many aspects of life.

Walk With A Difference 'WWAD' was conceptualized in the year 2015 by 'AIMS Media - An Education Solution Company' with a mission to create active and effective participation of various stakeholders as a large community and embrace fashion with disabilities everywhere - And following this, we brought the first and second seasons of WWAD in Delhi and Bangalore respectively where hundreds of institutions, corporates, policy makers and thousands of individuals with disabilities from different parts of the country came and participated in the auditions, trainings and grand finale.

The glory of these historic events was marked and witnessed at Siri Fort and Christ University, and was instrumental in making a difference in the lives of many finalists.

This year in November 2022 we are bringing the third season of WWAD in the 'City of Joy' Kolkata, India which will be Bigger and Brighter than Ever - where people with disabilities from across the country are calling to participate in the auditions and this year we are expecting over 900 registrations. Later with meticulous training by various professionals the thirty finalists will showcase/perform their hidden talents at a prestigious and premier auditorium in Kolkata - principally in Science City.

The preamble/prologue of WWAD 2022 and an information flyer link is attached herewith for your kind perusal and future reference, kindly find the attached. Also, visit the given YouTube link for visual comprehension and feel free to share it further:

<https://youtu.be/boLZc1VH6W8> | <https://youtu.be/1YB95hMXMR0>

We need your sincere participation to make a drastic difference in the lives of differently-abled and inclusive-fashion industry, for this we request you to register in WWAD 2022 as an institution or individual. The auditions are scheduled on 12 November 2022 at The Heritage School, Kolkata. From November 13 to 18, training will be held at the Manovikas Kendra. The Grand Finale will take place on 19 November 2022 at the Science City Auditorium, which will be witnessed by policy makers, corporates, reputed institutions and professionals from the fashion and textile industry.

**Registration and participation is absolutely free** - follow the easy and simple steps at [www.aims.media/WWAD](http://www.aims.media/WWAD) and be a part of the most awaited - Life Experience Program.

Please feel free to contact us with any query or assistance required, and keep following the WWAD social media pages for the latest updates.

**Let's not confine fashion to able-bodied only!**

Contact person:

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## Medicine is a Business - Dr. BM Hegde



<https://youtu.be/v3FRHhUx1mc>

Renowned cardiologist Dr. BM Hegde busts several myths about cardiac ailments and what defines good health.

Squeezing a wedge of lemon into a glass of warm water, Dr. B.M. Hegde says, “It’s the best medicine for an acidic stomach. You don’t have to run to the hospital for every ailment. Not even for blocks in your heart,” He says, “Blocks in arteries are common,”

The leading cardiologist also notes that in reality there has not been even one per cent absolute increase in the rate of heart attacks. It is a plain hype, he says and calls it a labelling error. Unfortunately, every chest pain is dubbed as angina and every block is labelled coronary disease,” declares Dr. Hegde.

“Anybody who walks into a hospital with complaints of chest pain is made to undergo angiogram whereas there is a need to understand heart blocks,” he says. “Blocks happen when you are young and as they grow, nature provides bypasses through collateral vessels. This is called pre-conditioning the heart.”

Dr. Hegde believes that any individual who sees a doctor for medical help becomes a patient. “Once you get caught in the whirlwind, you continue to remain a patient.” The veteran cardiologist has been known for making bold statements on the dark side of medical industry. “When I was a student, I questioned how can cholesterol be bad if it’s made by our body. Forty years ago, I wrote that cholesterol is a counter by the body to increasing stress levels. I said coconut oil is the best oil for the heart at the American College of Cardiology Meet long ago.”

“The flaw of today’s approach to treatment is that the human body is seen as a car machine which can be repaired part by part. Whereas, the human body is a whole entity and should be treated in entirety. How else can one explain the side-effect of drugs used to treat one organ, affecting the other organs?” he asks. Author of over 40 books, Dr. Hegde also supports alternative forms of medicine like Ayurveda. Quoting Sanskrit texts from Ayurveda, he explains how any treatment ought to be holistic. “Ayurveda has unfortunately been relegated to back seat, in spite of being traditional and rich form of medical treatment,” he says.

“Health is about the environment you live in and the mind is the environment of the body. It’s not what you eat but what eats you (the thoughts) kills you,” he says. “The key is to cultivate positive thoughts and surround yourself with positive emotions. Quantam healing is the new method of healing. Your mind can heal you.”

Dr. Hegde opposes the burgeoning fitness craze among the young urbane crowd driven by the belief that fitness leads to good health. “Health is in the mind and fitness is in the muscle. These are two different things but often confused as one. If someone is fit to run a marathon doesn’t mean he/she is fit to live a healthy life.” “Health is not even absence of disease, as all of us have diseases. We all will have over 100 cancer cells at any given time, but they don’t become clinical cancer as they die on their own.” Quoting a sloka from Ayurveda, Dr. Hegde defines health as the enthusiasm to work and love. “Keep the enthusiasm in you alive, nurture positivity and cull negativity and you are healthy”, is his simple mantra.

Dr. Hegde practices what he calls ‘Coordinated medicine’, that’s futuristic and meta treatment. “I take elements from various genres of medicine. For instance, I take emergency care and corrective surgery from modern medicine. I don’t prescribe too many drugs and treat patients unnecessarily.” Calling modern medical treatment as ‘exclusive’ and ‘reductionist’, Dr Hegde comes down heavily on the trial-and-error method of slapping scans, drugs and tests on patients. “I have come up with suggestions of a new definition of health and the concept of whole person healing instead of organ healing, both of which have been accepted by the Institute of Medicine.”

As a vegetarian, Dr. Hegde suggests traditionally made and locally grown food. “One should eat what their ancestors ate. To eat Mediterranean food in Madurai will not suit your body. Eat the locally grown fresh fruits and vegetables and follow recipes that have been there for generations.”

A veteran doctor that he is, Dr Hegde says every doctor should unfailingly follow ethics since they deal with human lives.”

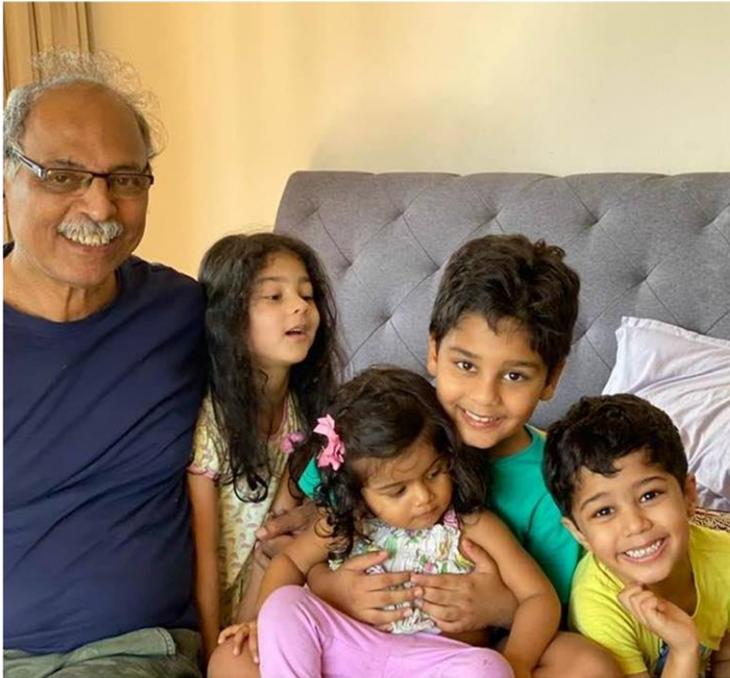
# Impressions

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## Life at 72

Some thoughts as I turn 72

Author: Ujwal Thakar



I was in college when the family celebrated my granddad's 60th birthday. In the nineteen sixties the population of sixty pluses was so small that it merited serious celebration. Loads of friends relatives came to seek blessings. The times believed that 60 was old. People in their seventies were considered ancient. I remember at the Canara Union (a club) in Bangalore where I played table tennis, there was a Bridge room where there were four players who were in early mid seventies. After all these years I remember their names because we must really viewed them as surviving wonders, the names were Ayya, Chankesh Ayya, Sirur and Annaji Rao who by the way was Deepika Padukone's great grandfather. We thought they were so old that we were never quite sure we would see them the next day.

Mercifully things have changed. Today at 72 I don't feel ancient. I accept that I may not be there tomorrow but that does not worry me at all.

I still have many of the same friends I had when I was 32, 52, or 62 and enjoy their company perhaps more today than before because none of us have anything to prove to no one. I spend way more time with Usha than at any time in our marriage, very definitely have become way more dependent on her than before, equally she tolerates me much more than at any time in our marriage and may be indulges me some more too.

I am time rich and I love that. Aimlessly meeting known and unknown people and understanding their lives is hugely pleasurable. As is playing Bridge online at odd hours of day and night without Usha frowning. It is good for my health.

Time with grandkids is pure delight and could be much more but they have their own lives and we recognize that. The best part is that for a few hours most days I have things to do. I conveniently would like to believe that my experience and networks are of help to the many people who are kind enough to come home and spend time with me. The dominant feeling and thought that permeates my thinking today is "gratitude" at the good luck.

Is life all hunky dory? Of course not. There are discernible signs that I largely ignore. Signs of slowing down are visible. Walk is slower, hearing is impaired, other signs of ageing like memory, energy, reduced capacity to party etc etc are all present. Some very close friends have departed. There are other regrets of what could have been, but they don't consume me.

But the good thing that T 20 cricket has taught me is that the slog overs are for bringing out your best strokes and having fun. The intent is there for the rest. It's the good wishes of friends, well wishers and family and the blessings of parents who must be watching from above, as I bat in the slog overs!

Thank you God and thank you all.

**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.**