

Impressions

For Private Circulation only

Theme of this
Bulletin:

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

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Editor
Dr. VJS Vohra



Disability leads to Ability of Super Humans

**Fear never builds future, But FAITH
and Creating HOPE in the World does**



This e-Bulletin is
dedicated to
Colonel DS Vohra

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Awareness Month**
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Famous Shayar of Chandigarh



DS Bali 'Daman'
Senior Advocate
Mob.: 9878828666

ना कीजिए तख़फ़ीफ़ बावफ़ाई में
याद आये महबूब की जुदाई में
मंज़िल दुशवार हो जायेगी आसों
ज़रा ऐतमाद तो रख खुदाई में
देखना चाहे अगर इश्क का अंजाम
देख वह नजारा किसी शैदाई में
तू मौजूद रहे था हर दम
कमी आ गई अब बिनाई में
कितना नाजुक है यह वक्त 'दामन'
हम डूब गए सब महंगाई में

Bionic and Myoelectric prosthetic hands

Contributed by Sr. Prosthetic Consultant

Dr. VJS Vohra

A bionic prosthetic hand is an advanced artificial limb designed to perform all the functions of a natural hand. These hands incorporate various technologies to provide patients with a more natural experience for easily carrying out activities of daily routine. These advanced prosthetic hands have sensors, microprocessors, mechanical components, advanced materials, and sophisticated control systems that can detect pressure, temperature, and other sensory information, which is transmitted to the user, resulting in better grasp and a firm grip in the prosthetic hand controlled by using myoelectric signals, generated by the muscles in the residual limb, to adapt to patient's preferences and movements.



One of the salient features of bionic prosthetic hand is the multiple articulating joints to mimic the natural range of motion of a human hand. This allows for a more extensive range of movements and improved grasping capabilities. Bionic hands, powered by rechargeable batteries, can be customized to suit the specific needs of the patient. This includes adjusting the grip strength, finger movements, and other settings to enhance functionality and comfort, and it is designed to be durable, strong and lightweight.



Bionic prosthetic hands can be integrated with various control



[Click here](#)
Bionic



[Click here](#)
Myoelectric

systems, including smartphone apps or other wearable devices, allowing users to easily adjust settings and modes. Bionic and myoelectric hands are referred as slightly different concepts.

A myoelectric hand is a type of prosthetic hand that is controlled using myoelectric signals, and electrodes placed on the surface of the skin to detect muscle contractions, which are then translated into control signals that govern the movement of the prosthetic hand. Myoelectric control allows for more precise and natural movements compared to traditional prosthetic hands. Users can often control individual fingers and grasp objects with varying levels of force. On the other hand, a bionic prosthetic hand is a broader term that encompasses prosthetic hands with advanced features, which can include myoelectric control as well as other technologies such as sensory feedback, artificial intelligence, and multi-articulating joints.

The specific features of above mentioned prosthetic hands may vary based on the manufacturer and model. The purpose of both bionic and myoelectric hands is to provide patients with arm amputation, a more functional and natural replacement for their missing limb.

Impressions

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Statutory Warning Rehabilitation Council of India



भारतीय पुनर्वास परिषद्
सामाजिक न्याय और अधिकारिता मंत्रालय,
विभाजन सशक्तिकरण विभाग के अधीन एक सार्वजनिक 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, Qutub Institutional Area, New Delhi - 110 016
Tel: 011-2653 2426, 2653 2364, 2653 4267, 2653 2816 Fax: 011-2653 4291
E-mail: rci-depawd@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 being 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 anywhere in India

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

RCI
CERTIFICATION
is legally must.



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

For further information please contact:



Member Secretary
REHABILITATION COUNCIL OF INDIA
A Statutory Body of Ministry of Social Justice & Empowerment, Govt. of India
B-22, Qutub Institutional Area, New Delhi-110016
Phone: 01-11-2653 2364/26534267, Fax: 01-11-2653 4291
E-mail: rehabstat@nic.gov.in Visit us at: www.rehabcouncil.nic.in

Monthly e-bulletin, 'Impressions' is dedicated to late Colonel DS Vohra, Founder of Ministry of Defence **Artificial Limb Centre**, Pune and Founder of **Nevedac Prosthetic Centre**, Chandigarh, father of Dr VJS Vohra, Founder & CEO of **Nevedac Prosthetic Clinic** / Co-Founder of **Nevedac Prosthetic Centre** and Hony Prosthetic Adviser to Governments Punjab, Haryana, Chandigarh and Himachal Pradesh.



Padma Awards
Ministry of Home Affairs
(Govt. of India)

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



Col. D.S. Vohra
(1915-1998)



Nevedac®
Prosthetic Clinic

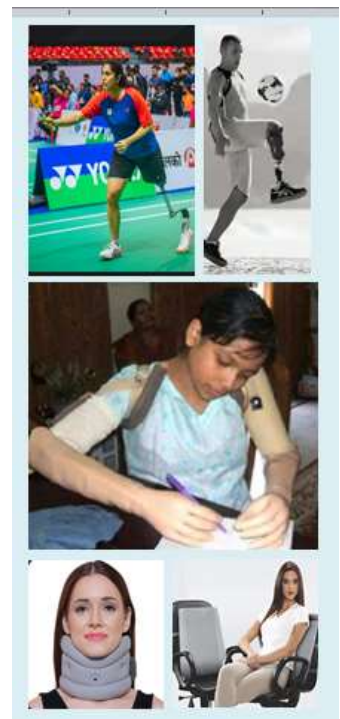
Dr. VJS Vohra
Sr. Consultant
Artificial Limbs & Orthotics
Rehabilitation Council of India
Certified Prosthetic Orthotic Professional
Regd No. RCI / AA00001

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

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Contact Us
+ 91 9814006829, + 91 172 2623620
drvjsovohra@gmail.com
www.nevedac.com

Clinic: SCO 50, 52 Royal Estate, Zirakpur
Adjoining Oxford Street on Chandigarh - Ambala Expressway
Head Office: 1134, Sector 44-B, Chandigarh-160047



Top 12 Financial Frauds of All Time – Part 2

1. The Original Ponzi Scheme (1920)

Charles Ponzi discovered that he could purchase postal coupons at a discount, ship them abroad, and sell them for full price. His only lie was exaggerating the financial benefits. Rather than a modest 5% profit, he claimed the coupons would produce a 50% profit in only 45 days. Thousands of people practically threw their money at him, as he paid early investors from the proceeds of subsequent ones. When the eponymous scheme finally blew up, investors lost nearly \$10 million. Ponzi fled the country and eventually died in abject poverty. Other fact: After fleeing the U.S., Ponzi became financial advisor to Benito Mussolini, where his bungling hastened Il Duce's decline.

2. The Eiffel Tower Sale (1925)

Why buy the Brooklyn Bridge, when there's something even cooler on the market? When "Count" Victor Lustig discovered that the famous Eiffel Tower was in need of repairs, he faked some government papers showing that he was authorized to sell the tower for scrap metal. He managed to get not one, but two scrap metal dealers to come up with a total of over \$200,000 in bribes to throw the multi-million dollar contract their way. Then, he skipped town and returned to the United States, where he continued a lustrous career as America's most successful swindler. Other fact: Victor Lustig is also the author of "The 10 Commandments of Con Men."

Contributed by



Jagdeep S. Chopra
Chartered Accountant
(Forensic Audit & Investigations)

3. The Match King Hoax (1929)

Few moguls of the roaring twenties roared louder than Ivar Krueger, who owned banks, film companies, newspapers, mines, telephone companies and railways. When he tried to form a monopoly to control manufacturing and distribution of all the world's safety matches, few questioned he'd succeed. International banks begged him to let them invest, not knowing that his many companies existed only on paper, profitable only because they were invested in each other. The scam began to fall apart in the great crash of 1929 when investors wanted to cash out, but he managed to hold on until 1932. At that point, he saw it was pointless to continue and shot himself in the chest. The financial world mourned, until it became publicly known that Krueger spent all his investor's money -- half a billion dollars -- on his luxurious lifestyle.

Other fact: Krueger was reputed to have faked his death and lived the high life for years in the distant

island of Sumatra.

4. The Baker Estate Swindle (1936)

In 1839, one Colonel Jacob Baker died, leaving an estate that comprised most of the land where the city of Philadelphia is located, a tract worth up to \$3 billion. Under the leadership of William Cameron Morrow Smith, Baker's heirs formed a legal association, open for a small fee to anybody with the last name "Baker", to pool their resources for the legal battle to recover their share of their rightful inheritance. There was only one problem; Colonel Baker was a fictional creation and there was no inheritance. Smith and his cronies collected nearly \$25 million before the swindle was shut down in 1936.

Other fact: A similar scam is pulled on folk with the last name Drake, inheritors of the Elizabethan explorer who discovered San Francisco Bay.

ZZZZ Best Cleaners (1986)

Barry Minkow was the wunderkind of Wall Street when he brought his company public. Shares in ZZZZ Best, an industrial rug cleaning firm, exploded in value, creating a company with a stock valuation of \$200 million. Unfortunately, ZZZZ Best didn't really exist, didn't have any contracts, & had originally been funded through a series of credit-card thefts. Finally exposed in 1987, the stock dropped to zero, and Minkow landed 25 years in prison. The actual assets of the erstwhile \$200 million firm -- a few trucks & some cleaning equipment -- were sold for \$64,000.

Other fact: In his heyday, Barry Minkow was a featured guest on Oprah Winfrey's TV show!

Response to Impressions - March issue

Maj Gen Krishan Chauhan: Well compiled sir. Aditi was a darling child when we first met her in Delhi. We also attended her marriage. Brave lady. Very well profiled. Great to see Paramjit Sir in a writers mode. Kudos to you for roping him in.

Overall - well compiled. Brilliant- 2 ladies showcased. Two outstanding ladies have been honoured by excellent writers. Thanks for including the article on TB written by a renowned expert. Thanks to the generosity of time, efforts and money, a young woman has been 'enabled' with prosthesis.

Maj Gen Raj Mehta: The Dr. Aditi story draws respect and wonderment... a must read. Women are often far more stronger than we think they are... True respect happens after mindsets are overcome.

Smart Phones: Benefits and Addiction risks

Smart phone. Can we survive without one in present era? NO. The smart phones are a boon to mankind.



A means of livelihood to many and a saviour of life in emergency. But it is a double edged sword. One wrong click can flush out the last paisa from the bank account. One wrong word typed in a weak moment can finish of any relationship for good. Spoken words may be forgotten or may get distorted, but a typed word is a proof forever.

BENEFITS OF SMART PHONES: Let's recapture the positivity brought out by smartphones/ mobile phones in our life. Of course, to access benefits, we in India pay a tiny bit more as mobile data charge or, home/ office Internet charge. The list of freebies are endless, starting from A to Z – 'A' as apps, airlines, audio calls, 'B' – Barcode scans and so on, ending up with 'Y' & 'Z' for YouTube and Zoom meetings.

More so, we have the entire world of free internet, calls – audio or video with recording facility. We can send/ receive emails, texts, data, photo and video. Read or watch newspapers / channels and magazines for free. We can store and retrieve contacts, watch time date, place, set alarm, make complaints, RTI, or be part of diverse groups, cast votes for various activities (except government ordered elections) and even receive therapy. We can use it to track our or loved ones movements, see maps, navigate while informing other riders about road conditions. The phone is a torch, a night lamp and also a high pixel free camera with video recorder and flash.

Banking and Stock market access is another game changer for free. Buying/ selling and making online payment, around the clock is a huge plus. The literary ones can read e-books from across the world, people interested in travel can e-travel to places of your choice, across the world. Animal lovers and environmentalist also can watch and get more information what they want.

Author



Maj General Krishan Chauhan

Retired Army Medical Corps

Former Additional Director General, AMC

One can make notes, write books and blogs (like I am doing on my smart phone), retrieve or publish. Make and distribute podcasts. Receive or pay monthly salary or pension. Entertain with movies or episodes, watch live news. Listen to prayers live from chosen place of worship. Music lovers received a bonanza by listening to long forgotten songs and instrumental music. Attend functions even if one is in a hospital bed, specially abled or too old to visit. One can even solve crimes by tracing a criminal's phone. Phew! Did I miss out a few?

NEGATIVES OF SMART PHONES: The moment scientists cut of the wires from our regular phones and made them small, we simply got hooked onto them. Watch these tiny devices anywhere, in any position of our body – sitting, lying exercising, reading, watching TV, cooking or even in the washroom. Time – unlimited. The negative effects start with the addiction. FOMO or 'Fear Of Missing Out' is another big reason for people to never leave their phone alone. Watching their phone every few minutes for a new notification! Longer hours spent on the phone. Scientists around the world have been studying the ill effects on health. The only positivity is that, 'Cellphone usage does not cause brain tumour'. Rest all is negative. Like use of drugs and alcohol, they can trigger the release of certain chemicals like dopamine for altering mood. One can rapidly build up tolerance so that more usage is required next time for the same amount of dopamine to be released and pleasure obtained.

So what happens if we spend an excessive amount of time on our phones?

ACCIDENTS. Walking or driving while texting has killed many. Even headphone-use and not being able to hear traffic or sounds of a passing train while crossing a rail-tracks is a sure success to disaster.

GERMS. Phones go with us everywhere. Even to wash rooms. Pockets of trousers as well as handbags are infested with germs. Cellphones lying here also get infected. Its wise to wash hands and wipe cellphones with mild antiseptics frequently.

SLEEP. Lesser hours, delayed sleep times and disturbed sleep is becoming common among heavy users. The blue light our dear phone emits at night is extremely damaging. This causes irritability and lack of concentration after waking up.

MENTAL FACULTIES. Decreased concentration and new learning apart, long term heavy usage is leading some people to anxiety, depression and low self esteem. Many a times, we ignore the person who has come to meet us and instead we chat/ talk to someone on the phone for long. More children are being diagnosed with Attention Deficiency Hyperactivity Disorder (ADHD).

LONG HOURS OF LOUNGING. I use the word 'lounging' because some sit on office chairs, others on sofa sets or dining chairs or even on toilet seats for an hour or more. Others sit and then slide to lie on beds or on a bench or floor, often in odd positions. These long hours of inactivity is the new smoking. If continued for years together, it becomes the cause of many diseases like: Obesity, Diabetes, Hypercholesterolemia, heart disease and Deep Vein Thrombosis and brain strokes. Musculoskeletal effects of excessive typing on smart phones.

EYES. Our eyes face the brunt, especially if excessive usage is at night. Blue light of screen causes pain, blurring, double vision, dry eyes or excessive watering. There may be redness or even inflammation of eyes.

HEARING. Hearing loss was long associated with loud music on head phones. It was mostly seen in urban music lovers.

Continued on page 5

World-class lessons from Singapore

Contributed by



Maj Gen Raj Mehta
AVSM, VSM (Retd)

Our plane landed at Singapore's Changi airport in the pelting rain. 'Cheer up,' my peppy co-traveller said. 'You will reach your hotel bone-dry; our infrastructure is the world's best.' That was Singaporean-Chinese Cheng, the back-from-Harvard super-specialist doctor. Guided by him, we indeed arrived at the hotel bone-dry

despite the wind-swept rain. We had covered 24 km on the super-smooth, safe, superbly designed, signposted and cambered asphalt road amid moderate traffic; the drainage system had absorbed water like blotting paper.

Over tea on our 12th-floor room with a view, Raju, our loquacious Singaporean-Tamil concierge, pointed out a road repair team in luminous jackets and helmets, with JCBs and pneumatic rigs. 'They are going to check defective utilities and ensure traffic resumption by dawn.' Seeing my disbelieving expression, he laughed: 'Sir, the team has 12 hours to do its work. If the supervisor fails, he is awarded demerit points; he faces suspension or sacking if there are lapses on his part.'

After dinner, I ventured out to the site cordoned off by luminous 'work-in-progress' tape and precise diversion markers. I struck up a conversation with tablet-wielding site supervisor Edwin, a re-employed Singaporean-Christian military veteran. He told me that repair, maintenance and inspection were guided by a bible, the Singapore Land

Transport Authority's Code of Practice for Works on Public Streets (2008). Supervisors are civilians, with only emergency work being done by the Singapore Public Works Department. They must have minimum five years' experience and a government certificate in road construction/maintenance or a degree/diploma.

They need to present a comprehensive repair/maintenance plan with sketches/images, specifying the work duration, cost estimates and restoration of utilities as per the code. Edwin said his work would be 'surprise-checked' by strict government inspectors before according approval. They examine the quality of work, adherence to norms and whether adjacent utilities had been inadvertently damaged. The focus is on the safety of both road users and workers.

His tablet had the under-surface utilities' layout in various perspectives with inspection points marked every 200 metres along the sidewalks.

Portable machines X-rayed roads, bridges, culverts and pillars to identify weak spots for repair. Edwin stated that under a radical time-bound programme, launched in 2018, all underground utilities were being encased in concrete tunnels accessible through manholes for speedy repair without disrupting surface vehicular movement. 'We have stray occurrences of water accumulation, blocked drains, poor construction/oversight, sir,' he quipped.

But there was the fear of punishment, besides respect for the law and national pride in seeking a world-class status. 'Hum honge kaamyab ek din,' I thought.

Smart Phones: Benefits and Addiction risks

..... . *Continued from page 4*

Smart phones brought YouTube and other media where people listen to loud and long discourses on varied matters. These included health, religion, heritage, cooking, and now, breaking news, especially during elections!

HOW TO DETECT SMARTPHONE ADDICTION? Smartphone addiction needs to be curbed in its bud lest it becomes permanent. One needs to be aware of its signs like -Irritability or anger if a situation/person does not permit access to smart phone.

CAN WE REDUCE SMARTPHONE ADDICTION? Best is not to get addicted in the first place. One can start monitoring the weekly and daily hours of usage by looking up in a weekly summary made by Google or some other app. One has to understand, believe and indulge in face to face conversations rather than chatting on phones. Walking across to the market for a purchase rather than ordering online.

Observe NO SMART PHONE TIME: 'No smart phone during meals' policy. Avoid phone viewing before bed. Reading a book or listening to soft music in low volume is a better idea. No phone while exercising - gym or outdoors. No smartphone while interacting with children. Infact, give priority to person with you. Inform a caller that you are in an important meeting and will call later.

Some people may require counseling, especially for children and adolescents. For their mental development, it is a must. Children, of course, learn from their parents. So, our smartphone behaviour needs improvement before we educate them.

**LOOK BEFORE YOU LEAP,
AND THINK BEFORE YOU BEEP.**

Field Marshal Sam Manekshaw's War Jagir (Jangi Inaam)

Ashok Ahlawat @ My Stories of Olive Green

This true story should put to rest every contention that Field Marshal Manekshaw was head and shoulders above all other general's of the pantheon of the Indian Army. The Meghna Gulzar movie is a timely tribute to the great and fascinating General. He was all that, that is shown in the movie and much more beyond as a human being and an officer.

There is this story about Field Marshal Sam Manekshaw's driver when he was army chief. As we all know, these drivers are Army Service Corps soldiers of the Army Headquarters Transport Company at Dhaula Kuan. Well I suppose the army chief must have had more than one dedicated driver for his official duties. Military drivers too are also authorised leave of absence. This man was from Haryana and his name was Havildar Shyam Singh.

One day General Manekshaw came out laughing from a conference in the north block. The driver who was standing at rigid attention opened the door for him. It was the month of April and it was a fine mellow day with a balmy sun.

"Tumhe pata hai Shyam Singh, you know Shyam Singh the defence minister today changed my name. He called me Shyam. He said "Shyam Maan bhi jao." Sam Manekshaw was referring to the plea by Babu Jag Jivan Ram to invade East Pakistan in April on Mrs Gandhi's insistence and Sam had prophesied 100% defeat if we went inside East Pakistan in April 71. "Waise there is not much difference in Shyam and Sam. Just the letter H and Y." chuckled the future Field Marshal.

After the war was over and just when General Manekshaw was about to retire, he noticed Shyam Singh had become tense and his uneasiness was smeared on his face which the General easily read. "What's the matter Shyam Singh, your face these days looks like your family's buffalo has stopped giving milk?" "Nahi sahab wo baat nahi hai - No sir that's not the matter and the dour man would clamp shut."

The days passed and Sam Manekshaw's date of retirement came closer and closer. One day the driver said, "Sahab, I have one favour to ask of you and only you can help me. Sahab I want to go on retirement. Please help me obtain release from army service."

"But what's the matter, do you have some Zameen kaa muqqadma or some family problems. You should try to serve your full length of service. I will make you Naib Subedar but you continue serving." said the chief. "Nahi sahab. That's not the matter. It's something else that I cannot disclose before I get my release from service."

Manekshaw appreciated the man's candour and izzat and did what he has to do. So the drivers release date and papers came. And then he again asked his driver, "Ab to khush ho. Tell me now why have you left service early."

The driver stood at attention and said, "Sahab aap ki gaadi chalane ke baad me kissi aur ki gaadi nahi chala sakta. Sir

after being your driver I cannot drive anyone else in my life time. This has been the high point of my life and I want to go home, issi izzat se." The Field Marshall laughed and said, "Tum bahut bada bewakoof hai, you Haryanvi chaps, You are a big fool."

But now that his driver's papers had come through nothing could be done. The driver was an obstinate Haryanvi. A breed of men who never retracted once they made up their mind. The issue kept roaming in the mind of the chief. One day he asked his driver, "What will you do after retirement?" "Sir I will do something or the other. I will find a job." replied the driver. "How much agricultural land do you have." "None sir, I am from a poor family." The future Field Marshall was quite taken aback. This penniless poor man had just kicked his job because he couldn't drive another man after he had been driver to him.

The day his driver was leaving Sam gave him an envelope. "Shyam Singh open it only once you reach your home." "Ji sahab." The driver saluted and left. When he reached his home he forgot all about the envelope and got busy with life and finding some job. He got a job of driving some freight truck.

Then one day his wife said to him. "I was putting away your army uniform in the sandook and this envelope was in your shirt pocket."

"Oh this, I had forgotten all about it. I did not open it because I can't read or write much. Sahib must have written a DO letter of appreciation for me as is the practise with senior officers." "Fir bhi, please open it and have it read by the school masterji and tell me what it says." said the wife.

So the soldier and his wife went to the village school and requested the headmaster to translate the contents of the letter. The headmaster put on his glasses and tore open the envelope and his eyes stayed transfixed on the sheet of paper. "Why are you staring at the page like this masterji?" asked Shyam Singh. "You have any idea what this letter is?" "No sir I haven't."

"This is a transfer deed. The Haryana Government had given a war jagir of 25 acres of land to General Sam Manekshaw in Haryana after the 1971 war victory. He has gifted his war jagir to you. You are the owner of 25 acres of agricultural land now."

Then the wife whacked her husband angrily. "Tu to nira bewakuf manas hai - You damn fool I was about to burn this envelope to light the choolha. Thank God I asked you what was in it first. You are the biggest idiot I have seen."

Anyhow, that's the story about the great General Sam Manekshaw, MC. He gifted his war jagir near Sonapat to his driver and his Field Marshal's pay arrears to the Army Widows Welfare Fund. Now can anyone even come close to such a great man.

World Health Day

Author



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

April 7 highlights and marks the anniversary of WHO in 1948. So this day is an annual observance established by the WHO to draw and raise awareness about international public health issues. *The WHO Council on the Economics of Health* for all has found that at least 140 countries recognize health as human right in their constitution since this year's theme is "My Health, My Right". The right to health of millions is increasingly coming under threat. So the countries all over the world should introduce the laws to ensure that people are entitled to access health services.

The WHO organizes international, regional and local events related to a particular theme. *World Health Day* is one of the eleven official global health campaigns marked by WHO along with *World Tuberculosis Day, World Malaria Day, World No Tobacco Day, World Aids Day, World Blood Donor Day, World Chagas Disease Day, World Patient Safety Day, World Antimicrobial Week and World Hepatitis Day*. It is also correct to remark that diseases like hypertension, diabetes, depression, heart beat etc. are curable and preventable.

Government of India is taking numerous steps to ensure that people have access to quality and affordable healthcare services to move towards building a healthier India. India's commitment to achieve *Universal Health Coverage* is clearly presented in policies and institutions. India launched *Ayushman Bharat* to expand universal health coverage, especially in rural and vulnerable population. The number of medical colleges and MBBS seats has also increased.

World Health Day should lay good emphasis on all the sects of medicine like Homeopathic Science, Ayurvedic Science, Unani System of Medicine, Acupressure, Acupuncture, Naturopathy etc. There has been spiritual healing also which does find a place in the realm of Sikh Spiritual Gurus and many more.

Dr. Ajit Singh Puri M.D., D.Sc, (Honoris Causa) FICP, FCAI has been working ceaselessly for a long period of

about six decades for Global Campaign on common but fatal disease prevention, appreciated by the World Health Organisation. He authored a world acclaimed book "*Speaking of How to Prevent Common Diseases*", to detect, prevent and combat common fatal diseases. The book offers important tips for early diagnosis and prevention of serious ailments. Dr Puri's book which aims to dispel many unfounded fears about the disease, was presented to L.K. Advani, the then Deputy Prime Minister of India who has been recently conferred the 'Bharat Ratna'.

Patiala has a privilege to have skilled and reputed persons like *Dewan K.S. Puri* (world famous finger expert) and doctors like Dr. Manmohan Singh, Dr. Jiwan Mittal and Dr. Vikas Singla who are renowned cardiologists for their human and friendly temperament. Dr. Gurpreet Singh Wander is a renowned cardiologist at Ludhiana.

Dr. Sandeep Thakkar and Dr. Deepak Katyal are also cardiologists of Patiala. Dr. D.C. Bansal and Dr. Dhanwant Singh were well known in the realm of ophthalmology. Dr. Khushdeva Singh, Dr. Jagdish Singh, Dr. Harjit Singh were doctors of excellence in treating patients. Dr. F. Handa is a world renowned dermatologist. Dr. Sadana's Skin Clinic and Laser Centre deserves praise for the treatment of skin disorders.

Dr. G.S. Randhawa is known for his Eye Hospital and Lasik Centre. Dr. Gurjeet Singh FRCS (UK) of Netra Prakash Centre is a noted eye-specialist.

Dr. Kanimozhi is a distinguished founder

and chairperson of Osteocare Clinics in Patiala. Dr. R.L. Mittal, *Padam Shri* is a well-known Orthopedic Surgeon.

Dr. Raminder Singh Nagpal is an Orthopedic surgeon. In the occupation of dentistry, the name of Dr. Shailja Chatterjee is well known who has the distinction to have Ph.D., M.D.S. (Oral and Maxillofacial Pathology).

Dr. Shagun Bhatia Jain, MDS and Dr. Ankush Jain, MDS have been playing good role in the sphere of dentistry.

Dr. Sarita Aggarwal is famous as a gynaecologist and obstetrician doctor.

Dr. V.J.S. Vohra is a doctor of eminence for his profession of fitting artificial limbs and empowerment of disabled persons since 1973 in Chandigarh. Dr Vohra is Honorary Prosthetic Adviser to Governments of Punjab, Haryana, Chandigarh and Himachal Pradesh.

Dr. Harish Sood and Dr Ajat Shatru Kapoor are well known in the field of plastic surgery. Dr. Ajmer Singh is a surgeon of rich experience.

Punjabi University, Patiala has also announced centre for disability studies to be looked after by visually impaired Dr. Kiran as co-coordinator. She is the first visually impaired female to hold Ph.D. in Sociology.

Khandani Hakim K.L Kalra was a renowned practitioner of Unani System of Medicine. Dr. N.K. Sharma is a famous physician practicing the Ayurvedic System of Medicine.

World Health Day is not just about raising awareness. It is a catalyst for change. It motivates individuals to adopt healthier habits by the government to invest in healthcare infrastructure and resources and unite the people across the globe in a common goal for good health. That is why scriptures also quote: "*Pehla Sukh Nirogi Kaaya, Duja Sukh Ghar Mein Ho Maaya*" Good health is a great wealth. If one is healthy, one can earn.

I remember a few lines as quoted below:

"Although not rich, I am still wealthy, All my life, I have been healthy. So, my form of wealth, resides in my health".

Impressions

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April is Limb Loss and Limb Difference Awareness Month

Contributed by



Dr Amit Bhandi

CEO, Comprehensive Prosthetics & Orthotics, USA

April marks an important period on our calendars as we observe Limb Loss and Limb Difference Awareness Month. This time is dedicated to not only raising awareness about limb loss and limb difference but also emphasizing the critical importance of preserving and protecting our limbs. This is especially vital for individuals living with conditions such as diabetes and peripheral vascular disease, which significantly increase the risk of limb loss.

Amputee Coalition is leading the charge on the policy front, advocating for the needs of those affected by limb loss and difference. Their work is pivotal in bringing about change and support at a legislative level, ensuring that the voices of those impacted are heard and considered in policy-making processes.

Furthermore, the Orthotics & Prosthetics (O&P) community, with the support of the American Orthotic and Prosthetic Association (AOPA) American Academy of Orthotists and Prosthetists, continues to make strides in providing assistance and advancing the field. Through their efforts, individuals experiencing limb loss are finding new hope and opportunities for mobility and independence.

We are deeply committed to supporting this cause. Throughout April, we are hosting various events to celebrate the strength and resilience of those living with limb loss and limb differences. Our focus remains on fostering an environment of understanding, support, and advocacy.

Moreover, our innovative foot care platform, Insoles.ai stands at the forefront of prevention, particularly for diabetic patients at risk of limb loss. By leveraging cutting-edge technology, Insoles.ai aims to make a significant impact in preventing limb loss and promoting better foot health among those most vulnerable.

Let us all come together to support, raise awareness, and contribute to the ongoing efforts to combat limb loss and difference.

Every action, no matter how small, can make a big difference in someone's life. Join us in celebrating the achievements and advancements in this field, and let's continue to work towards a future where everyone has the support and resources they need to thrive.



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/topics – serious or humorous, about general interests on domestic and international fronts. This e-Bulletin encourages new ideas and original thinking with a positive approach.

Note: For advertisements in this e-bulletin please contact Dr VJS Vohra on Mobile / Whatsapp: +91 9814006829