

# Impressions

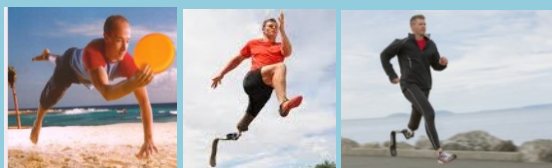
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Theme of this Bulletin:  
**Nirbhau- Nirvair**  
**(No Fear - No Hate)**

No. 26/04  
April – May 2026  
(Monthly e-Bulletin)  
[www.nevedac.com](http://www.nevedac.com)



Editor  
**Dr VJS Vohra**



**Disability leads to Ability of Super Humans**

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



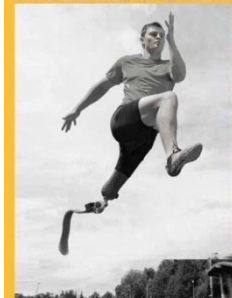
This e-Bulletin is dedicated to  
**Colonel DS Vohra**



**PADAMSHRI COLONEL DARSHAN SINGH VOHRA**  
FIRST COMMANDANT OF ARTIFICIAL LIMB CENTRE, PUNE  
A Visionary Pioneer in Prosthetic Rehabilitation



**Nevedac®**  
Prosthetic Clinic



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Consultant and  
Certified Clinical Partner  
Ottobock Healthcare India

**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  
**ARTIFICIAL LIMBS**  
Orthotic Supports, Assistive  
Devices and Hearing Aids

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▶ **Head Office: 1134, Sector 44-B, Chandigarh-160047**

This monthly e-bulletin 'Impressions' is humbly dedicated to the memory of **Colonel DS Vohra**, a visionary pioneer in prosthetics - Orthotics, the **Founder of the Ministry of Defense Artificial Limb Centre, Pune**, and **Founder of Nevedac Prosthetic Centre, Chandigarh**. Col Vohra laid the foundation for a lifelong mission of restoring mobility and dignity to the disabled.

Carrying forward this noble legacy, Dr. VJS Vohra, his son, serves as the **Founder & CEO of Nevedac Prosthetic Clinic** and is the **Co-Founder of Nevedac Prosthetic Centre**. With over 52 years of dedicated service, Dr. Vohra upholds the values of compassion, excellence, and innovation in prosthetic care.

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## HUMBLE REQUEST FOR CSR GRANT / DONATION

# JYOT

## CHARITABLE TRUST

— ESTD. 1999 —

## EMPOWERMENT & REHABILITATION OF PERSONS WITH DISABILITIES

TOGETHER, WE CAN RESTORE MOBILITY, DIGNITY & INDEPENDENCE



### ABOUT JYOT CHARITABLE TRUST

Jyot Charitable Trust, established in 1999, is a registered non-profit organization committed to restoring mobility, dignity, and independence for persons with disabilities, especially those from economically weaker sections of society. Through its dedicated work in rehabilitation and assistive care, the Trust has transformed the lives of thousands of beneficiaries.



### IN ASSOCIATION WITH NEVEDAC PROSTHETIC CLINIC, CHANDIGARH

The Trust provides modern prosthetic limbs, orthotic appliances, and mobility aids such as wheelchairs, tricycles, crutches, and walking sticks. These services enable individuals affected by limb loss, congenital disabilities, or mobility impairments to lead independent and productive lives.



# NEVEDAC<sup>®</sup>

— ESTD. 1973 —



### WHY THIS CAUSE MATTERS

India has a significant population of persons with disabilities, many of whom lack access to quality rehabilitation due to financial hardship. While financially secure individuals may afford advanced prosthetic care, underprivileged persons are often left without support, leading to lifelong dependency, unemployment, and social exclusion.



### OUR CSR MISSION

We invite corporate organizations to partner with us under their CSR initiatives to support:

- ✓ Free artificial limbs for needy amputees
- ✓ Orthotic devices for mobility support
- ✓ Wheelchairs, tricycles, and assistive aids
- ✓ Clinical assessment, fitting, and follow-up care
- ✓ Rehabilitation for livelihood and self-reliance



### COMPLIANCE & TRANSPARENCY

Jyot Charitable Trust is fully compliant with statutory requirements:

- ✓ Registered under 12A and 80G of Income Tax Act
- ✓ CSR-1 Registration No.: **CSR00102402**
- ✓ Registered with relevant government authorities
- ✓ Regular audits and transparent utilization of funds

### A LEGACY OF TRUST. A FUTURE OF IMPACT.

#### Late COLONEL D.S. VOHRA Padma Shri Awardee

- Founder, Artificial Limb Centre, Pune
- Founder, Nevedac Prosthetic Centre

#### DR. V.J.S. VOHRA

- Founder, Nevedac Prosthetic Clinic
- Co- Founder, Nevedac Prosthetic Centre
- Senior Prosthetic Consultant serving since 1973
- Certified by Rehabilitation Council of India
- Honorary Prosthetic Advisor to the Governments of Punjab, Haryana, Chandigarh UT & Himachal Pradesh

### A TRUSTED NAME IN PROSTHETICS, ORTHOTICS & REHABILITATION CARE

Your CSR contribution can help beneficiaries achieve:

- ✓ Improved mobility and functional independence
- ✓ Enhanced confidence and mental well-being
- ✓ Better access to education and employment
- ✓ Reduced dependency on family members
- ✓ Social and economic inclusion with dignity

Your support can restore mobility, confidence, and hope to those who need it most.

**GIVE MOBILITY. RESTORE DIGNITY.  
EMPOWER LIVES  
OF PERSONS WITH DISABILITIES**



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Managing Trustee

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**PARTNERSHIP  
OPPORTUNITY**

with

**NEVEDAC<sup>®</sup>**  
**PROSTHETIC CLINIC**

**REGISTERED  
TRADEMARK**

owned by  
**Dr. V.J.S. Vohra**

**A TRUSTED NAME IN PROSTHETICS,  
ORTHOTICS & REHABILITATION CARE**

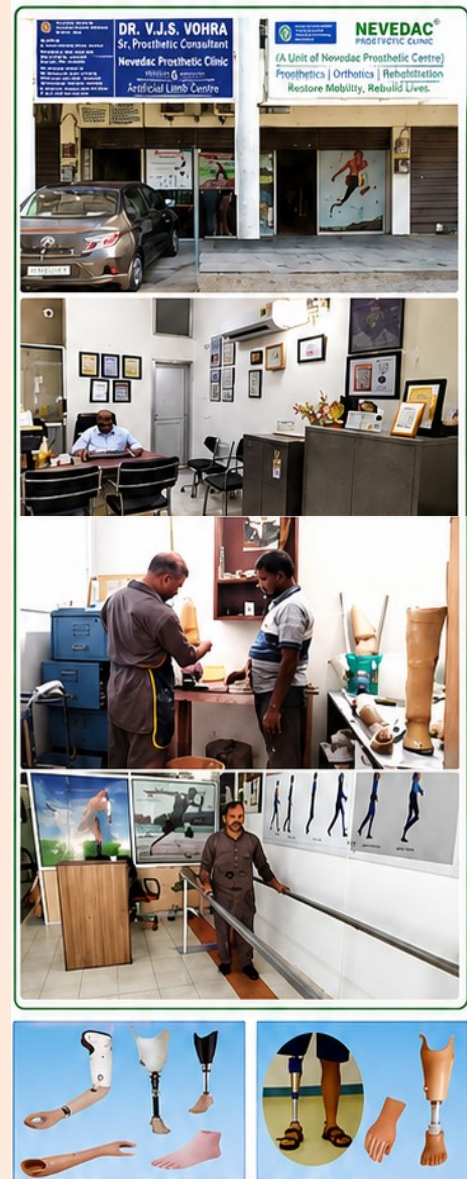
**A LEGACY OF TRUST. A FUTURE OF IMPACT.**

**Late COLONEL D.S. VOHRA**  
**Padma Shri Awardee**

- Founder, Artificial Limb Centre, Pune
- Founder, Nevedac Prosthetic Centre, Chandigarh in **1973**
- Visionary pioneer in Prosthetics & Orthotics







**DR. V.J.S. VOHRA**

- Founder, Nevedac Prosthetic Clinic
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**Carrying Forward the Legacy of Restoring Mobility - Since 1973**




## WHY PARTNER WITH NEVEDAC<sup>®</sup>?

-  Established & credible prosthetic-orthotic brand (Nevedac<sup>®</sup>)
-  Growing demand in prosthetics & rehabilitation services
-  Complete professional support & operational guidance
-  Reimbursement of bills of Government employees
-  Opportunity to create real social impact
-  Opportunity to contribute to impactful prosthetic orthotic healthcare solutions

## WHO SHOULD APPLY?

-  Experienced & Qualified Prosthetic Orthotic Professionals
-  Prosthetic Rehabilitation Centres

## THIS PARTNERSHIP INCLUDES:

-  Fully equipped Prosthetic Clinic in Zirakpur – Chandigarh with modern infrastructure
-  Operational collaboration and technology support
-  Professional guidance and established systems

**LET'S JOIN HANDS TO BUILD A BETTER, MORE INCLUSIVE TOMORROW.**



**DR. V.J.S. VOHRA**  
Senior Prosthetic Consultant



**9814006829**  
(Mobile & WhatsApp)



[drvjvohra@gmail.com](mailto:drvjvohra@gmail.com)



[www.nevedac.com](http://www.nevedac.com)

**“Restoring Mobility. Rebuilding Lives.”**

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## Beauty is only skin deep

Author



**Maj General Krishan Chauhan**  
Retired Army Medical Corps  
[Former Additional Director General, AMC](#)

Liver weighs 1.5 kg but is it the largest organ of the body? No. Our skin is the largest and heaviest organ weighing at 5.5kg. It covers a surface area of 18 square feet (1.7 square metres).

The skin is every person's first impression. It gives a visual indication of the person's age, health, hydration and vitality. In beauty contests, the radiance, tone and texture plays a big part. To the mothers and visually impaired, mere touch of the face with two hands gives the identity of the baby/ person. In effect, a good skin improves the self-esteem of the person.

*Men are thick skinned! True, the average thickness of the skin of men is more than women.*

### SKIN CARE AND ENHANCEMENT INDUSTRY

This industry is around \$122 billion and its growth rate rather high at 7.3%. Tattooing and nail art are the fastest growing market. Nail art by itself is valued at \$25 billion.

### WHAT ARE THE MAIN FUNCTIONS OF THE SKIN?

Apart from the beauty and body image, the skin has numerous functions to keep our body healthy and *intact*. These are as under:

- Protection. It keeps the internal organs safe from air, water or soil bound harmful microbes, chemicals moisture and even the sunrays.

Water retention. The blood, water and other fluids inside the body would begin to evaporate but for the skin.

Sensations. Special nerve endings in the skin help detect and differentiate heat, cold, pain, pressure and itching.

Temperature regulation. During hot weather, by sweating, the body becomes cooler. In cold weather, the skin maintains body temperature by insulation and by constricting blood vessels of the skin.

Manufacture vitamin D. Everyone is aware of this function of our skin. The only vitamin which God offers to us, free of cost, through our skin.

Microbiome of skin. Around 10 billion to 1 trillion microbes cover 30 square metres of area around our skin, covering each tiny micro folds and hair follicles. These helpful microbes do not allow harmful bacteria to enter our body. Secondly, they create an acidic environment and produce antibacterial substances against invaders. Thirdly, they reduce the harmful effects of sun's ultraviolet rays. Lastly, they improve our immune system. Body image. Already explained above in introductory paragraphs.

### WHAT IS THE SKIN'S STRUCTURE?

*Our skin is the thinnest in the eyelids and thickest on the palms and soles.*

Human skin is a layered organ. The layers are as under:

**Epidermis.** The outer most, visible layer of the skin is called the epidermis. Outer most cells (keratocytes) provide a water proof covering. Millions of these cells die daily and are shed off. These cells have no blood supply hence minor abrasions do not bleed. Little more inside are melanocytes which give tone to the skin. A membrane separates epidermis with the dermis.

**Dermis.** This is the second layer and is made up of collagen and elastin providing elasticity to the skin. These two also provide bulk, strength and support. This layer is very rich in blood vessels and nerves with the various sensory endings required for functions enumerated above in functions. This layer holds the hair follicles and has sweat glands. It also has sebaceous glands. These tiny but important glands secrete a type of oil which lubricates and waterproofs the skin and provide shine to the hairs. Newly discovered dermal white adipose tissue are fat cells in this layer of skin.

**Hypodermis.** This is the inner most layer of the skin. It is formed by connective tissue network with fat cells (adipose). In certain places the fat cells are almost absent as in the eyelids or shin. These cells are in abundance in the dermis and just below dermis in other places like the breast, abdomen and legs. The fat cells provide insulation to our body. No wonder, thin people like me feel excessive cold in winters. *Baby fat* protects babies from cold in the first year of life.

### HOW DOES AGE AFFECT THE SKIN?

Skin shows signs of aging in the 5<sup>th</sup> decade for people who work outside and the 6<sup>th</sup> decade in those who predominantly work inside. This is because the sun's ultraviolet rays damage the skin.

The dermal layer begins to thin. There is a decrease in the collagen, elastin and fatty tissue.

Elasticity is reduced and wrinkles start appearing at skin folds.

The skin dehydrates easily and appears dull.

There are changes in circulation. The blood vessels become fragile and so bruises appear with slightest friction.

Age spots, flat brown ones might appear and are harmless. Some elderly may have small tags too.

Menopause affects the skin too. Hormonal changes make the skin thinner and drier.

Many diseases have different effects on the skin as the human ages.

Any amount of cosmetic surgery after a certain age cannot prevent skin wrinkles!

*Anti-aging beauty products are cosmetics, not drugs. These are not approved by Drug Controller General.*

There are many diseases of the skin. Then, there are diseases of other organs of the body in which changes occur in the skin.

**The fastest and best anti-wrinkle solution: Erase wrinkle lines on the photo with an eraser and see your wrinkles disappear!!!**

## Left behind in Kabul

Shared by



**Jagdeep S. Chopra**  
**Chartered Accountant**  
**(Forensic Investigation**  
**Audit specialist)**

Alone. He waited 47 days. K-9 Chaos was not a dog who did his job. He was a dog who had DECIDED, completely, permanently, without reservation, that Lieutenant Marcus Webb was coming back for him. No matter how long it took. At Hamid Karzai International Airport, Kabul, on the morning of August 30th, 2021, a three-year-old Belgian Malinois sat in an empty aircraft hangar. The last American plane had left six hours ago. The evacuation was over. Chaos had been left behind.

Not intentionally. The chaos of the withdrawal. The panic. The rush. Webb had been separated from Chaos during the final evacuation. Put on a different plane. Told Chaos would be on the next flight. There was no next flight. Chaos survived the first day alone. Waiting at the hangar where Webb had left him. Chaos survived the first week. Scavenging food from abandoned military supplies. Chaos survived 47 days in Taliban-controlled Kabul. Alone. Hiding. Waiting. Because Chaos survived on the belief that Webb wouldn't leave him forever. Back in the United States, Webb was losing his mind. Filed reports. Called congressmen. Contacted rescue organizations. Went on the news. "I left my dog in Afghanistan," he said on CNN, his voice breaking. "I left my brother. And I'm going to get him back." The military said it was impossible. Kabul had fallen. Taliban controlled the airport. No way to extract a dog. Webb didn't care about impossible.

He contacted Pineapple Express, a veteran-run extraction operation. Gave them Chaos's last known location. Sent photos. Videos. Anything that could help. For 47 days, Webb didn't sleep. Didn't eat properly. Just waited for news. On October 16th, 2021, his phone rang. "We found him," the voice said. "We found Chaos." A rescue team had infiltrated Kabul. Used Webb's intel. Found Chaos still at the hangar. Still waiting. Forty-seven days later. Chaos was emaciated. Dehydrated. Traumatized. But alive. The extraction took three days. Smuggling Chaos out of Taliban-controlled territory. Through checkpoints. Through danger. But they got him out. On October 19th, 2021, Chaos landed at Dulles International Airport. Webb was waiting on the tarmac. When they opened the crate, Chaos didn't move. Stared at Webb like he was seeing a ghost. "It's me, brother," Webb said, kneeling down. "I came back. I promised I'd come back." Chaos stepped out slowly. Walked to Webb. Collapsed into his arms. The reunion video went viral. Seventeen million views in three days. But what people didn't see was what happened after. For six months, Chaos wouldn't sleep unless Webb was in the room. Wouldn't eat unless Webb fed him. Wouldn't go outside unless Webb went first. "He's terrified I'll leave him again," Webb said in an interview. "And I don't blame him. I left him once. In the worst place. At the worst time. He waited 47 days for me.

And I'll spend the rest of my life making sure he knows I'm never leaving again." Three years later, Chaos still sleeps with his head on Webb's chest. Still follows him everywhere. Still making sure Webb doesn't disappear. K-9 Chaos. Survived 47 days alone in Kabul. Extracted by heroes. Reunited with his handler. Home.

## World Changing Faster than Expected

Analysis by



**Prof Dr SK Sharma**  
**Professor Emeritus**  
**& Founder Director**  
**Energy Research Centre**  
**Panjab University**

Artificial Intelligence moved rapidly from being a specialised digital tool to becoming part of everyday life. During these editions, AI began transforming education, research, medicine, finance, manufacturing, defence systems, and even human creativity. AI systems started analysing complex data, generating realistic images and videos, assisting scientific discovery, and increasingly acting as autonomous digital assistants.

At the same time, robotics and automation advanced steadily. Humanoid robots, AI-driven factories, autonomous vehicles, and drone technologies moved closer to practical use in industries, logistics, healthcare, and household applications.

Biotechnology also witnessed major breakthroughs. AI-assisted biological research accelerated drug discovery, gene editing, and personalised medicine. The growing convergence of AI with biology may eventually transform healthcare, agriculture, and food systems in ways difficult to imagine only a decade ago.

Space technology too entered a new phase. Reusable rockets, lunar missions, satellite networks, and strategic competition in space increasingly became part of mainstream global developments.

Yet these advances also raised important questions. How much decision-making should societies delegate to machines? Can innovation move faster than ethical and social systems?

Will automation create new opportunities or deepen inequalities? The coming years may witness:

\* AI agents replacing routine digital work, \* humanoid robots entering homes and industries, \* AI-designed medicines, \* quantum computing breakthroughs, \* brain-machine interfaces, \* and growing competition in space and autonomous warfare systems.

Human civilisation may be entering a phase where technological progress is advancing faster than society's ability to fully absorb its consequences.

## Miles of smiles belie a fraught and fragile Trump-Xi summit

The optics may be warm and fuzzy in Beijing but rising anti-China actions and measures in US are not coincidental



**RN Prashar, IAS (Retd)**

Diplomacy involves the art of telling lies with a straight face or even a reassuring smile.

On day one of Donald Trump's China visit, political correctness and diplomatic finesse were in ample display from the US leader, while Chinese sources reported that Xi Jinping issued a stern [warning](#) to "properly" handle Taiwan, "the most important issue in China-US relations."

Otherwise, Xi continued, "the two countries will have clashes and even conflicts, putting the entire relationship in great jeopardy." That was typical Chinese bluster, clearly uttered for domestic consumption. The issue has been "properly" handled by the US since 1949, otherwise it would have blown up into a war by now.

Much has been written and [said](#) about China's position of relative strength in this summit, with the US bogged down in the Iran war. This may be the reflection of the alleged antipathy of much of the mainstream media towards anything Republican Party in general and towards Trump in particular.

True or not, polls [show](#) that a majority of Republicans have no trust in the US mass media.

But US and Chinese actions may be a better guide about who is actually speaking from a position of strength at the summit. We could start with trivia. China allowed a sanctioned American to travel with Trump, land in Beijing and shake hands with none less than Xi Jinping.

US Secretary of State Marco Rubio is renowned for China-bashing, rooted in part in his antipathy toward all things communist, hailing from an immigrant family from Cuba who was deeply influenced by the exiled, anti-communist Cuban community in Miami.

Rubio has repeatedly touched a raw nerve with Xi through his criticism of China's atrocities against ethnic Uighurs in Xinjiang and was sanctioned by Beijing in 2020. Rubio's inclusion in Trump's delegation and warm welcome in Beijing speaks to China's desire to bend over backward to facilitate the summit.

While Beijing was preparing a red-carpet welcome for Trump and company, it was likely no coincidence that a jury found Lu Jianwang [guilty](#) of opening and operating a secret police station in Manhattan's Chinatown neighborhood on behalf of the Chinese government.

Moreover, just two days earlier, Eileen Wang, the mayor of Arcadia in southern California, had resigned after she was charged by the US Department of Justice with being a Chinese government agent. Wang faces charges of sharing pre-written articles by Chinese government officials on the US News Centre website and spreading Chinese Communist Party disinformation, including denial of atrocities against Uighurs.

The First Assistant US Attorney had [called](#) it the latest success in America's "determination to defend the homeland against China's efforts to corrupt our institutions." This calling out of China's grey-zone war against the world's democracies, just a couple of days before the Trump-Xi summit, would surely not have been music to Xi's ears.

Widespread labeling of China as a totalitarian, repressive state had begun much earlier but notably intensified as the summit came closer. The US National Security Strategy 2025 re-emphasized US dominance in the Western Hemisphere, amid China's rapid inroads.

A reassertion of the Monroe Doctrine, the portmanteau "Donroe Doctrine" [stressed](#) securing critical supply chains and materials and the "reindustrialization" of the US, measures clearly aimed at China without naming it.

Later in the document, it directly refers to China, accusing American elites of both political parties of being "either willing enablers of China's strategy or in denial."

There has been a slew of federal agency actions in recent weeks directed at China. On May 6, 2026, the US Trade Representative issued a [notice](#) that it has started a second, statutory four-year review of the actions taken in the "investigations of China's Acts, Policies, and practices Related to Technology Transfer, Intellectual Property, and Innovation." Apparently, a routine exercise, but the timing sends a signal.

On April 14, 2026, the US Federal Trade Commission [announced](#) a "Made in USA" sweep and took action against companies for selling products made in China as if they were produced in America.

On April 16, 2026, the US State Department, headed by Rubio, issued a report on conditions in Hong Kong which [said](#) that, "Beijing and Hong Kong authorities have systematically degraded Hong Kong's political autonomy and civilians' rights and freedoms."

It added that US citizens who live in Hong Kong or go there for business or tourism and "publicly criticize the Chinese Communist Party or its policies are at a heightened risk of arrest, detention, expulsion or prosecution." The report did note there were no national security-related arrests in 2025; its appearance so close to the summit nonetheless raises eyebrows.

On 23 April 2026, the US Scam Center Strike Force [brought](#) "criminal charges against two Chinese nationals who managed a cryptocurrency investment fund compound" in Myanmar, where "trafficked workers were beaten and forced to steal from Americans."

**Click here for full article in the Asia Times.**

<https://asiatimes.com/2026/05/miles-of-smiles-belie-a-fraught-and-fragile-trump-xi-summit/>

## War, Religion and Disease

### The most profitable businesses in the world

Shared by



Rtn. Madanjit Singh  
Rotary Club of Kasauli

Once you realize that war, religion, and disease are the most profitable businesses in the world, you'll understand exactly why the world is the way it is.

#### War is not about peace.

It's a business.  
Governments fund it.  
Corporations supply it.  
Media sells it.  
And soldiers die for it.  
Trillions are made while countries bleed.  
Every war is a profit opportunity, carefully disguised as a noble cause.

Guilt keeps you loyal.

Blind faith keeps you broke.

Even salvation is turned into a paid service.

#### Disease is a gold mine.

Finding a cure is bad for business.

They don't want you to die. They just want you sick enough to keep spending.

First they sell you fear, then they sell you relief.

Pharmaceutical companies make far more money managing disease than ending it.

Healthcare is a marketplace.

And you are the customer.

#### Now you see it.

War keeps you afraid.

Religion keeps you obedient.

Disease keeps you dependent.

This is not chaos.

This is a system.

And it is working exactly as it was designed to work.

#### Religion is not always about God.

Fear makes people hand over a portion of their earnings.

People give away their property so that men in robes can build empires.

## Rotary's Environmental Friendly Month

Author



Rtn. Dr. Jaswant Singh Puri  
Chairman Public Image  
Rotary Club Chandigarh Tricity  
Doctor of Letters (Honoris Causa)  
Social Activist, Punjab Rattan

April 2026 marks a meaningful milestone as "Environment Month" from the perspective of Rotary India, reflecting a deep commitment to sustainability and ecological responsibility. Across India, Rotary Clubs are uniting to address pressing environmental challenges such as climate change, water scarcity, pollution, and biodiversity loss.

This dedicated month emphasizes action-oriented initiatives rather than symbolic gestures. Rotary members are actively organizing tree plantation drives, water conservation projects, waste management campaigns, and awareness programs in schools and communities. These activities aim not only to restore ecological balance but also to instill a sense of responsibility among citizens, especially the younger generation.

A key focus of Environment Month is water sustainability. Many Rotary Clubs are working on rainwater harvesting systems, rejuvenation of ponds, and ensuring access to clean drinking water in rural areas. Simultaneously, plastic reduction campaigns are being promoted, encouraging communities to shift towards eco-friendly alternatives.

Education plays a vital role in this initiative. Workshops, seminars, and rallies are conducted to spread awareness about environmental protection and sustainable living practices. Rotary believes that lasting change can only be achieved when individuals understand their role in protecting the planet.

Collaboration is another cornerstone of Rotary India's approach. By partnering with local governments, NGOs, and educational institutions, Rotary Clubs are amplifying their impact and ensuring that environmental projects are sustainable in the long run.

April 2026 as Environment Month is not just a campaign but a call to action. It reflects Rotary India's vision of creating a greener, cleaner, and healthier future. Through collective efforts and community engagement, Rotary continues to demonstrate that meaningful change is possible when people come together with a shared purpose.



#### According to Rotary:

*The Earth is not inherited from our ancestors; it is borrowed from our children. "Rotary International believes that sustainable communities begin with a healthy environment."*

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## Friends are forever

Many years ago, when I was preparing to enter the University, I was sitting on a couch on a hot, humid day, sipping chilled juice. For company, I had an uncle.....my mother's brother. As he talked about adult life, marriage, responsibilities and obligations, he thoughtfully stirred the ice cubes in his glass and cast a clear, sober look at me.

"Never forget your friends," he advised, "they will become more important as you get older."

"Regardless of how much you love your family, you will always need friends. Remember to go out with them occasionally, do activities with them, call them ..."

I listened to him; kept in touch with my friends and, annually, increased their number. Over the years, I became aware that my uncle knew what he was talking about! In as much as time and nature carry out their designs and mysteries on a man, friends are the bulwarks of his life. After so many years of life, here is what I learned: Time passes. Life goes on. The distances increase. Children grow up and become independent and although it breaks the parents' hearts, they are often separated from them. Jobs come and go.

Illusions, desires, attractions, ... weaken. People often do what they should not.

Parents die. Colleagues forget the favours. The 'races' are over.

When we started this adventure called LIFE, we did not know of the incredible joys or sorrows that lay ahead. We did not know how much we would need from one another.

Love your parents, take care of children, but always keep a group of good friends. Thank God, I have been so fortunate to find such great friends.

But true friends are always there, no matter where they may be, even abroad. A friend is never more distant than the reach of a need, reaching out to you intervening in your favour, waiting for you with open arms or with Blessings for your life.

Dedicated to all friends by



**Rtn. Utpal Chatterjee**  
Distinguished Journalist,  
former Sheriff of Calcutta, and  
Global Ambassador for Peace

## World Laughter Day

Shared by



**Colonel Paramjit Singh**  
Retired Army Medical Corps

World Laughter Day is celebrated annually on the first Sunday of May. In 2026, it falls on May 3. This day promotes health, gives happiness and maintains world peace through laughter yoga and public gatherings for sharing positive emotions. This Day is celebrated to build global consciousness of brotherhood and friendship, as well as to encourage laughter as a tool for stress reduction.

This day promotes world peace and brotherhood through laughter. Laughter therapy aims to promote physical and mental well-being, happiness and peace in world through laughter and breathing exercises.

Interestingly, the first World Laughter Day was celebrated in India in Mumbai in 1998, founded Dr. Madan Kataria, the creator of the global Laughter Yoga movement, the day promotes laughter as a tool for health, happiness, and world peace. Observed in over 100 countries, it brings together communities for collective laughter sessions, public gatherings, and awareness of the proven physical and mental health benefits of laughing.

The day encourages people to come together and laugh – not necessarily at jokes or comedy, but through voluntary laughter exercises that deliver genuine physiological and psychological benefits. It is celebrated by Laughter Yoga clubs, community groups, schools, hospitals, and workplaces around the world.

## Restless in Rain city Vancouver



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Management Graduate

At night, downtown Vancouver changes its voice.

The streets don't sleep they remember.

They speak back to my struggle and quietly point toward what might be possible.

The air is calm, almost forgiving.

Wind moves through the city like my dreams restless, unfinished, refusing to stay still.

Uncertainty is the easy escape.

Drunken nights, borrowed highs, the comfort of not having to decide who I am yet.

Freedom without direction looks tempting in the dark.

Along Burrard and Granville, awake and unguarded,

I catch glimpses of what could be waiting.

Not promises just shadows of arrival.

The night feels watched.

But the watcher is me my future self-standing somewhere beyond the work, beyond the doubt, looking back at this version of me.

Innocent. Awake. Still brave enough to believe.

These dreams exist.

They are fragile, like glass reflective, sharp, real.

They don't always break because they are weak,

but because too many eyes don't know how to look without shattering them

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