

Impressions

For Private Circulation only

Theme of this
Bulletin:

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

No. 23/29 – August 2023
(Monthly e-Bulletin)
www.nevedac.com



Editor
Dr. V.J.S. Vohra

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



Disability leads to Ability of Super Humans YouTube

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DS Bali 'Daman'

Senior Advocate and famous Shayar
of Chandigarh
Mob.: 9878828666

न हुआ मुनकर तेरी रजा से
पूछ लो चाहे बादे सबा से
निभानी दोस्ती उठती हुई लहरों से
सीख लो बहते हुए दरिया से
जीत लूंगा इक दिन तुम्हे
एक ही लम्हा में अपनी वफा से
रूठ जाओगे कोई बात नहीं
मना लूंगा अपनी अदा से
रोजे रुखसत मैं पूछ लूंगा
सब कुछ 'दामन' अपने खुदा से

Project Sahyog launched in Delhi



On 27th July 2023 while attending a matter in Delhi High Court, Sahyog District 3080 Chair PP Salil Bali came across Yamuna Prasad, cleaner in the canteen who lost his right arm in an accident. Fellow lawyer Mr Ankit Khurana on being explained about "Project Sahyog" put him to Rtn Aanchal Khurana, his sister, President Rotary Club of Delhi Akash Megapolis, RI District 3011 and she immediately agreed to sponsor Yamuna Prasad from her Club and announced undertaking this Project regularly and introducing in her District.



After one week Yamuna's rehabilitation / prosthetic treatment was started on 04th August 2023 as Delhi Chapter of Project Sahyog was launched at Gurgaon from the Associate Clinic of Nevedac Prosthetic Clinic. The event was relayed live on Zoom with many Rotarians from Districts 3011 and 3080 attending online. Mr Nitesh Dua, one of the ardent / generous financial supporter of this project was the Guest of Honour.



The launch was physically addressed by President Rtn Aanchal Khurana, Sahyog District 3080 Chair PP Rtn Salil Bali and other Rotarians present. Virtual address was given by PDG Rtn Ajay Madan, District 3080 Disability Empowerment Resource Person PP Rtn Dr VJS Vohra and President Rotary Chandigarh Midtown Rtn Jeeten Bhambri.

**Donations for the cause of Disability Empowerment accepted under section 80-G of
Income Tax Act. Contact Dr VJS Vohra Mobile / Whatsapp: +91 9814006829**

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Statutory Warning Rehabilitation Council of India



भारतीय पुनर्वास परिषद्
सामाजिक न्याय और अधिकारिता विभाग
विभागीय पुनर्वास विभाग के अधीन एक प्राथमिक विभाग
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".

Dr. Subodh Kumar
14-5-2019
Member Secretary

B-22, Qutub Institutional Area, New Delhi - 110 016
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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).

If it had 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 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
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E-mail: rcid@rci.gov.in Visit us at: www.rcicouncil.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
(1919-1998)



Nevedac®
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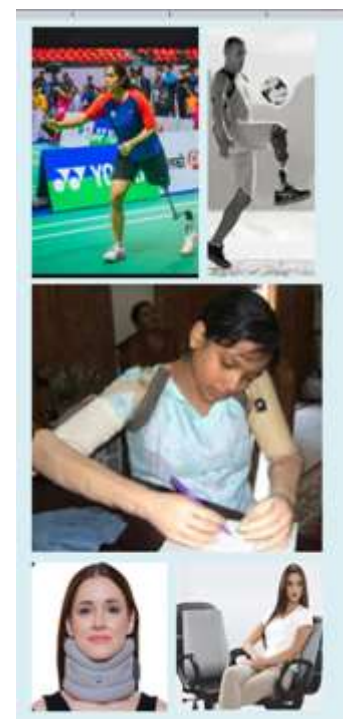
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Rehabilitation Council of India
Certified Prosthetic Orthotic Professional
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Laughter a Medicine: It's no Joke

Author



Maj Gen Krishan Chauhan
Retired Army Medical Corps
Former Additional Director, AMC
https://youtu.be/B_oLyiCqofQ



A day without laughter is a day wasted! What is a natural medicine, easy to use and free of cost? Laughter! And the best part is that it has no side effects. A baby's laugh can reduce the tiredness of weary parents in the late evening. A baby can laugh up to 33 times an hour if her mother is around her for most of her waking time.



However, an adult laughs just 17 times in the whole day. The amount of laughter does increase when we are in friendly groups. Does growing up make us snobbish?

There is nothing more irresistibly contagious in this world than laughter. Sounds and expressions made in response to a funny or amusing stimulus is called laughter. The stimuli may be in the form of speech, text, audio or video. Tickling is another form of a stimulus. Smile is usually the precursor. In more scientific terms, laughter is a complex emotional response to one's environment, situation or stimuli. The health benefits known since ages were not seriously studied by scientists before 1979. Depending on the stimuli, laughter can be Spontaneous. This is the commonest variety and its cause is humour. Usually the person who laughs is in a positive frame of mind.

Simulated or self induced. This starts without emotions and either begins by tickling. It can also be fake to begin with as in a Laughter Yoga class or a group. Background laughter in certain amusing videos can prompt a person to laugh, even if one doesn't understand the language.

Certain drugs may induce laughter. Similarly, in some forms of mental illness, a person might laugh or cry uncontrollably, the it is called Pathological laughter. A Good laughter heals a lot of wounds. Laughter is and always will be the best form of therapy. Laughter has numerous benefits, not just for physical health but also for social and mental health, as well as economical well being. Laughter brings people together. It reduces stress, and acts like a safety valve for the pressure cooker. One thing is clear, a hearty laugh reduce the blood levels of cortisol, the hormone that increases stress. Let's see the effects of a good hearty laugh in some more detail :

Physical Health - Relaxation of the body for about 45 minutes. | Reduces pulse and blood pressure, temporarily. | Those who laugh more frequently on daily basis have reduced risks of heart diseases and stroke. | Similarly, immunity is boosted. | Reduces pain. Laughter Yoga sessions are helpful in patients of chronic pain as well as cancer pain. | Is helpful in anger management. | Reduces body weight if Simulated laughter under controlled conditions is continued for over 3- 6 months along with diet control.

Mental Health - Brings happiness back in life. | Eases mental tension and improves mood. | Improves resilience. Persons who laugh much more than average, face failures and/or tragedies more positively and bounce back faster. Shifts perspective and the person sees the same incident/ challenge more positively.

Social Health - Laughing socially with Work colleagues, friends and family has huge benefits. | Laughing in groups at office, family gatherings or other social places improves bonding. | Helps resolve conflicts better. | Breaks ice between strangers, hence improves business by building long term relationships. | Attracts others to a cheerful person who laughs frequently. Such persons make friends easily. They get dates faster and have better loving relationships. Enhances teamwork in offices.

It is not very difficult for people to bring laughter back in their lives, if they knew the benefits. They can voluntarily do it by themselves. However, for those who are lonely or in chronic pain, they may need help in the form of a Laughter club. For the more serious, Laughter Yoga can be learnt in specialised centres.

Here we begin with Smile. Frequent smiling is the first step to laughing. Some of us may need to practice smiling in front of a mirror for a few days! Count your blessings. Practice gratitude to be in a positive frame of mind. Laughter is easy to come in those who have a positive frame of mind.

Move towards Laughter. While in office, home or neighbourhood, move towards the group where people are laughing together. It is surprising that the person telling a joke or a funny incident is quite keen to repeat it for you and the whole group will laugh together.

Spend more time with people who are positive and humorous. Create laughter. Watch funny movies or videos.

Read funny comics. Share good jokes with family and friends. Join laughter clubs. Play more with children.

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Beneficiaries of Sahyog Artificial Limbs Project – 31st August 2023

[Click here](#) to see video on YouTube

Chair, Project Sahyog



PP Rtn Salil Bali
Rotary District 3080

07 patients, beneficiaries of Project Sahyog fitted with artificial limbs, were discharged on 31st August 2023 in Nevedac Prosthetic Clinic Zirakpur, in presence of Major Guneet Chaudhary, Hony Consul of the Czech Republic for the States of Punjab, Haryana, Himachal Pradesh, Union territory of Jammu and Kashmir and Chandigarh.

Present on the occasion were President Dr Namarta Parmar, PP Bhim Sen (Rotary Club Ropar), PP Dr VJS Vohra, PP Amarjit Singh, PP Ashok Puri, PP Salil Bali, PP Salil Chopra, Rtn Brig JS Sabharwal, Secretary Rotary Club Chandigarh Midtown Anup Sharma, Rtn Renu Chopra, R'Ann Dr Kadam Bhambri, R'ann Sunita, R'Ann Sudha Puri, R'Ann Indu Vohra, R'Ann Jyotie Sabharwal, Capt CS Vohra and Ms Sandhya Sarad, Branch Head of DBS Bank with her team.

Thank you all the generous donors for the Contributions – Mr Nitesh Dua, Rotary Club Ropar, Capt CS Vohra, PP Dr Sanjay Kalra, Diabetic Foot Society of India and Advocate Mr Dilpreet Singh Gandhi.



Beneficiaries of Sahyog Project with Chief Guest Major Guneet Chaudhary and Rotarians

The World is turning digital



We are living in the 21st century and the whole world is taking a Digital Leap.

Prosthetic technology is now combining Digital revolution and humanity to provide mobility and independence. Please click on the below link to experience the digital revolution in the field of prosthetics and rehabilitation.

<https://youtu.be/Zl146PBwhRg>

Why Is Mental Health Such a Mess?

Author



[Dr Deepak Chopra](#)

The problem of how to be happy lies at the basis of mental health, and when no one has an answer to this most basic of human dilemmas, mental well-being remains unsolved. The average person tells pollsters that he or she is happy. What they mean, if you look beneath the surface, is that they fit into the social norm of happiness. This norm is taught, learned, and conditioned.

No one escapes the conditioning that equates happiness with money, success, youth, sexual attractiveness, status, possessions, power, and the most important element of all, conformity. When conformity fails, mental well-being is revealed as a profound problem. The billions of dollars spent on antidepressants and tranquilizers in this country, an outlay that relieves symptoms without curing the fundamental disorder, testifies to the situation, which frankly is a mess.

If you fall into the gap where social notions of happiness are unreachable, you will find yourself an outlier with little chance of finding a rational plan to recovery. Let me set aside the extreme end of the spectrum, where psychosis, and particularly schizophrenia, are encountered. The medical model for psychosis isn't working. Neither genes, family background, or prior medical history explains severe mental disorders, and of course there is no germ that can be pointed to. The situation is tragic on all fronts except for medications to soften the worst symptoms.

There must be a better way, and it can only be found by totally rethinking happiness and unhappiness, mental distress and mental well-being. These are pairs of opposites that inevitably must be considered together. We can start with some observations outside medicine that trace their roots to the ancient sages, seers, and spiritual guides in every culture, but particularly in the East.

Without advocating any solutions, there are some consensus views about human awareness that are too fundamental to ignore.

- Happiness and unhappiness are activities of the active mind attempting to deal with the challenges of life.
- Because the mind is fickle, unpredictable, filled with conflict, and constantly exposed to social conditioning, it cannot serve as the basis of true well-being.
- One can view the active mind as a shield that blocks the true nature of consciousness. This shield is like a dense cloud of vrittis, the Sanskrit word for habitual mental thoughts and desires
- There is no cure at the level of vrittis, because we are constantly and dynamically adding to them, shuffling them around, and getting stuck in them.
- Only transcendence works, meaning that awareness must be placed at a deeper level than the active mind.
- This level is self-healing, because here is where everything we rely upon, such as the physical body is organized. At the same time, the values that humans most cherish—love, compassion, truth, beauty, creativity, and inner growth—spring from here.
- The qualities of awareness in question were not

invented by the mind; therefore, they have a purity, stability, and permanence that the active mind cannot harm, even though the screen of vrittis can disguise them.

- Even deeper than this level of awareness, which has an individual flavor and is absorbed into each person differently, lies pure, universal consciousness. This is the ultimate source of every physical or mental attribute not just in humans but in every living thing.

Being connected to pure awareness unifies the divided mind, and in this wholeness, we exist as we truly are.

In various forms and transformations all of these principles have existed for millennia. They imply a path out of pain and suffering, but here is where spiritual cultures differ and diverge. The Middle Way of Buddhism diverges from Advaita Vedanta, and both diverge from the Judeo-Christian tradition.

In modern secular society these distinctions have been lost or are ossified into rigid religious dogma. Either way, there is no path forward. That's the root cause for the mess that mental health is in. When patients go for any form of therapy, the doctor or therapist is as conditioned as they are. Physicians don't heal themselves, and they are as baffled by how to be happy as anyone else. The help they pass on—and I am not undercutting the fact that help is delivered, usually in the form of pharmaceuticals—falls far short of what is needed, not just by the mentally distressed but by everyone—namely, a vision of how to escape the conditioning that creates pain and suffering.

Mental health at this point is a feedback loop for instilling social norms where they are absent or fail to work. If you are caught up in the feedback loop, either as patient or therapist, you are reinforcing it. That's why terms like waking up, seeing the light, finding grace, and transcending never go away. They point to the only solution, which is to go beyond the conditioned mind. The irony of modern secular society is that countless people are placed in prosperous circumstances that allow the time and freedom to pursue the principles outlined above. That they don't is a measure of just how powerful mental conditioning, and the mind-made suffering it creates, actually is.

Educate Empower Elevate

Author



Rtn Dr Rita Kalra
Rotary District 3080



Education is the foundation upon which individuals can build their future. It offers an avenue for personal growth, economic stability, and societal development. Basic education and literacy, in particular, are pivotal as they pave the way for a brighter tomorrow. They inspire hope in the communities, even in the direst of circumstances.

Rotary's mission to advance basic education and literacy is a testament to the organization's commitment to creating a better world. Through a myriad of projects, partnerships, and focused initiatives, Rotary has indeed made a significant impact on education globally, reaffirming the belief that education is a right and not a privilege. By prioritizing education, we're investing not only in individuals but in the collective future of humanity. While the importance of basic education and literacy is undeniable, millions still lack access to it. Issues such as these call for a united global response.

- Gender disparity in education
- Lack of infrastructure in rural areas
- Insufficiently trained teachers
- Financial Constraints

Collaborative efforts, increased funding, and innovative solutions are needed to ensure that basic education and literacy is available to all.

September is designated as Literacy Month in Rotary and recognizing the importance of education for creating sustainable communities and breaking the cycle of poverty can make a huge difference.

Rotary India Literacy Mission launched in 2014 is a comprehensive structured program consisting of

five components of **TEACH**. Together we can make a difference by choosing relevant projects listed below:

1. Teacher Training: Quality of education is as crucial as access. Rotary emphasize **training teachers** to provide effective, innovative, and interactive experience and recognizing their passion with **Nation Builders Award**.

2. E learning : Smart class rooms provide multimedia, interactive aid in teaching and curriculum software to make learning experience innovative and creative .

3. Adult Literacy : Saksham Bharat in collaboration with TATA Consultancy services offers 3 months module on reading writing arithmetic and entitlement programs of GOI.

4. Child development : Seminars on health literacy, moral values, Remedial Teaching, **Lakshay scholarships by BYJUS**, tablets, cycles etc. for empowering students from Government schools to excel in exams.

5. Happy Schools: Provision of desk benches, libraries, class rooms, toilets, drinking water, playground etc. to improve infrastructure

Basic education and literacy are more than just skills; they are catalysts for hope, transformation, and progress. They are pathways to a brighter tomorrow and are instrumental in sculpting a more inclusive, prosperous and resilient world.

So let's pack our bags and do whatever is within our power towards Total Literacy and holistic growth of our country.

Mother – the Angel

Author



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

Every day and any day is a great one to appreciate mothers and everything they have done for us. If it were upto us, everyday would be Mothers' Day. It is a relationship in our mortal life which effortlessly scores above all other known relationships on this earth. Festivals honouring mothers and mother goddesses date to ancient times. Mothers are recognized for the hard work, sacrifices, dedication and love that mothers perform every day. Her role is multifaceted. We should appreciate the challenges that mothers face in raising their children by expressing love, gratitude and respect for mothers who balance their personal and professional lives while ensuring the well-being of their families. The idea of celebrating Mothers' Day in India originated from the United States and was first celebrated in 1914. It is a special day in India that celebrates the bond between a mother and child.

Article published by Dr. Ajit Puri (father of the author) in 'The Indian Express' is a precious one for mothers and their siblings. Dr. Puri writes: "Health care should begin right from the womb. Antenatal care is a first and vital step and to-be mothers must be cautious and take good care of her during the entire pregnancy so that the developing foetus remains fit.

The delivery of the baby ought to be safe and free from injury, particularly to the head so as to avoid serious complications like epilepsy and so the important role of a qualified obstetrician. There should be no foetal stress. The baby should not be denied mother's milk. Precautionary measures by mothers are a must to lead a disease free life, healthy life and a happy life.

Sri Guru Nanak's message delivered hundreds of years ago is unique and inevitable. The message is ever new and fits the situation forever. It is: Air is the Guru, Water is the Father and Earth is the Great Mother of all. History is replete with dedicated, compassionate, hardworking, nurturing and loving mothers.

The name of the pious and compassionate Rajmata Mohinder Kaur, the Patiala Royal Matriarch, known as 'Queen of Hearts' is unforgettable for her motherly affection to all. She was wedded to Maharaja Yadvindra Singh in 1938. Captain Amarinder Singh, ex-CM of Punjab is her elder son whose wife Preneet Kaur is an active politician.

Jijabai Bhonsle, referred to as Rajmata Jijabai, founder of the Maratha Empire, was the mother of Shivaji who suffused in him the qualities of bravery and loyalty by narrating him the stories from the Ramayana, the Mahabharata etc. She left no stone unturned to mould Shivaji into a brave warrior. Moreover, the names of Gulab Kaur (Member Gadhar Party), Bibi Bhag Bhari (Head of the Kashmir Manji), Mata Kheevi (Founder, Free Langar Sewa), Mai Bhago (A Warrior), Mata Sahib Kaur (Mother of the Khalsa), Sada Kaur (Head, Ghaniya Misl), Maharani Jind Kaur, Maharani Luxmi Bai, Mata Gujri etc. will always remain eternal and fresh in the niche of those hearts who thrive, who appreciate, who love, who revere their Mothers.

Expression of gratitude for Mothers is a must in any way, in any manner. Mothers are mothers everywhere. Abraham Lincoln once said: "All that I am, or hope to be, I owe to my angel mother".

The name of Mother Teresa is a renowned name in the domain of Motherly Affection who was born as Agnes Gonxha Bojaxhiu in Otloman Empire (now in North Macedonia) who got a call of God for a missionary zeal to spread the love, the compassion, the human touch. Her work has been crowned with Ramon Magsaysay Peace Prize, Nobel Peace Prize, Padma Shri in 1962 and Jawaharlal Nehru Award for International Understanding. She received India's highest Civilian Award Bharat Ratna in 1980. She was a symbol of hope to many.

In Sikh history, Mata Gujri, was the wife of Sri Guru Teg Bahadur and the mother of Sri Guru Gobind Singh Ji. Sri Guru Teg Bahadur founded a village called Chakk Nanaki, after his mother now known as Anandpur Sahib. Besides, Mata Gujri is a symbol of devotion, love and sacrifice. She and her four sons sacrificed lives for the 'dharma'.

The concept of the movie 'Mother India' is based on the devotion of 'mother' which won several reputed awards. It represents India as a mother nation and earth-mother as goddess. The movie is a national personification of India.

Mothers are like angels walking in human form on the planet Earth to take care of human beings who infuse the siblings with good morals and values.

No language can express the power, beauty and dedication of a mother's love.

Remember the following lines by Rudyard Kipling: "God could not be everywhere and therefore, He made mothers".

Prosthetics and Phantom pain

Contributed by:

Dr VJS Vohra

Senior Prosthetic Consultant

Phantom is something that appears to exist but is not real or is imagined. This is applicable as phantom pain which occurs in patients after amputation of limbs. Pain is felt in that part of the limb that has been removed and is no longer there. This sensation is known as phantom limb pain. In other words, the pain may be real in that part of the body that does no longer exist. The pain can also be psychological.

Phantom pain can be mild to severe which may occur for a shorter or a longer period of time after a surgical amputation due to a disease or accident. Amputations can be in upper limbs (arms) anywhere between the shoulder to hand / fingers. Lower limb (legs) amputation can occur anywhere between the hip and foot / toe.

Phantom limb pain after the amputation is quite common and most of the patients have complained about having pain in that part of limb which is not there. Antidepressant medication may be helpful but there are limitations.

Prosthetic treatment is the best course of action to deal with phantom pain. Phantom Limb Pain is better managed when patient goes to a prosthetic clinician. There are very simple exercises like moving, gentle tapping on the stump and keeping it in correct position that gives relief to the patients. Compression bandaging and stump socks / stockinet also alleviates the phantom sensation.

Prosthetic technology is now combining digital revolution and humanity to provide mobility and independence to the amputee. Modern prosthetic limbs gives the patient a feeling of having a device allowing him to carry out the natural requirements of daily routine and the phantom pain vanishes.



Use of artificial / prosthetic limb helps the patient not only walk and even run, but also helps in stimulating nerves and blood flow.

Myoelectric prosthetic devices are popular these days. These high technology artificial limb devices gives a necessary feedback to the brain, solving the problem of over-stimulation.

The use of electronic sensors fitted in the prosthetic device detects the actual data regarding the nerves, muscle and EMG signal is sent to electronic motors which controls the movement and activates the artificial limbs to carry out various functions.

The myoelectric technology and the artificial intelligence used in prosthetic devices, sends the signal to the brain that results in prosthetic limb to do the task that the user desires, just like a real limb. There is no reason for the patient to complain about any phantom pain and he is fully rehabilitated to live a dignified life as a normal person.

[Click here](#) to experience the digital revolution in the field of prosthetics and rehabilitation.

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. The aim of this e-Bulletin is to encourage new ideas and original thinking with a positive approach.**

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