

Impressions

For Private Circulation only

Theme of this Bulletin:

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

**No. 26/08
August 2026
(Monthly e-Bulletin)**

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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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Does a Prosthetic Socket become Loose?

In a prosthetic limb, the socket is the most essential component and the basic requirement for successful prosthetic treatment. Even the most advanced robotic or bionic limb will be uncomfortable and practically useless if the socket does not fit properly. A simple and inexpensive artificial limb can be comfortable and functional when its socket is accurately fabricated following proper assessment, measurements and plaster casting by a qualified and experienced prosthetic clinician.

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Chandigarh (UT) and Himachal Pradesh
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OF PERSONS WITH DISABILITIES**

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Col. (Retd.) Darshan
Singh Vohra
Social Work
Chandigarh
Col. D.S. Vohra
(1919-1998)



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

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MediRehab Systems, 1134, Sector 44-B
Chandigarh-160047

Branch Clinic:
SCO 50, Royale Estate, Zirakpur
(Chandigarh - Ambala Expressway)



**Carrying forward the legacy
of Restoring Mobility**

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HUMBLE REQUEST FOR DONATION / CSR GRANT

JYOT
CHARITABLE TRUST
— ESTD. 1999 —

EMPOWERMENT & REHABILITATION OF PERSONS WITH DISABILITIES

TOGETHER, WE CAN RESTORE MOBILITY, DIGNITY & INDEPENDENCE



NEVEDAC[®]
— ESTD. 1973 —



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.



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.



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

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REQUEST FOR DONATIONS / CSR GRANTS / CONTRIBUTIONS For Disabled Persons for their:

- ✓ 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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High Quality Artificial Limbs - Ottobock | Carrying Forward the Legacy of Restoring Mobility

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Nevedac Prosthetic Clinic Images of Success Stories



Running, trekking and driving motor bike with prosthetic legs



Playing golf with artificial legs; eating, drinking and writing with artificial arms



Enjoying sea side and climbing ladder with prosthetic legs; holding a file and drinking water with prosthetic arms
Enjoying sea side and climbing ladder with prosthetic legs; holding a file and drinking water with prosthetic arms



Walking and climbing stairs with artificial leg

Playing football with artificial leg

Various activities with Artificial Limbs

Restoring Mobility • Comfort • Rebuilding Confidence • Independence • Enhancing Quality of Life

The most consequential Prime Minister Dr. Manmohan Singh

On 11 August 2026 Congress Parliamentary Party chairperson Mrs Sonia Gandhi said, "We all certainly regret that is not here to see this day and to guide the nation with his wisdom. But it is a solace to us all that his prophetic prediction of January 2014 is becoming increasingly self-evident with every passing day." **"History will indeed remember him kindly as a quiet, gentle but a most consequential prime minister,"** Sonia Gandhi said.

The above statement was made by Sonia Gandhi a few days after the Supreme Court upheld the CBI's clean chit to him in the coal block allocation case. In an article published in *The Indian Express*, She said, "the Supreme

Court judgment brought to an end what she described as a "witch-hunt" against Dr Singh, known for his record of integrity and accountability. The attack on Dr Singh was motivated by a desperate desire to shift the public conversation and narrative away from his outstanding governance record," Sonia Gandhi highlighted Singh's economic record, saying his government ushered in major economic changes, with high growth rates, increased consumption and private investment.

"Let us not forget that in spite of the reworking of how the growth of India's GDP is calculated, the 10 years of the UPA government saw higher economic growth than the past 12 years, resulting in millions being pulled out of poverty," Sonia said. She also credited the Singh government with expanding social welfare and rights-based legislation, including the Right to Education, OBC reservations in centrally funded higher education institutions, the Forest Rights Act, MGNREGA and the National Food Security Act.

"The RTI (Right to Information) now stands totally emasculated. There was an explosion of independent media, which was characterised by a fearlessness that appears more remarkable when juxtaposed with its current enfeeblement," she said.

She said civil society and students enjoyed greater space to challenge the government during Singh's tenure, while the prime minister regularly faced Parliament and the media through more than 100 unscripted press conferences. Sonia also credited Singh with the Indo-US nuclear deal, calling it a landmark achievement that ended decades of nuclear discrimination against India and strengthened the country's position globally.

The "mischievous and indefensible" allegations against his integrity have been exposed as hollow, and his record as prime minister is increasingly being recognised for what it was -- a period of decisive economic, political, and social advancement in Indian history, she said.

The Supreme Court's posthumous decision clearing him in the coal block allocation case strengthens the view that allegations which had cast a shadow over his reputation did not withstand judicial scrutiny. His understated style of leadership, once being criticized, is increasingly seen by many as reflecting dignity, restraint, respect for institutions, and constitutional governance.

Many observers would agree that Dr. Manmohan Singh's legacy has gained appreciation, particularly in light of subsequent economic and political developments. A balanced way to express that view is: Dr. Manmohan Singh's remark that "history will be kinder to me than the contemporary media or, for that matter, the Opposition in Parliament.

During his ten years as Prime Minister (2004-2014), India experienced sustained economic growth for much of the period, expanded social welfare initiatives, strengthened its global standing, and concluded the historic India-US Civil Nuclear Agreement. Dr. Singh was also known for his deep respect for democratic institutions and the constitutional values.

Unlike many political leaders, he preferred substance over rhetoric. A highly accomplished economist and one of India's best-qualified Prime Ministers, he was known for his humility, integrity, and thoughtful leadership. He addressed the media regularly and held more formal press conferences than many of his predecessors and successors, demonstrating a willingness to answer questions in an open forum.

Dr. Manmohan Singh's personal honesty was rarely questioned by those who worked closely with him. His quiet demeanor was sometimes mistaken for weakness, but many now regard it as a reflection of restraint, dignity, and respect for democratic norms.

As history continues to assess his contributions, Dr. Manmohan Singh is increasingly remembered not merely as a man of few words, but as a leader whose actions reshaped India's economic trajectory and strengthened its place in the world. He deserves to be held in the highest esteem as a statesman, economist, and public servant whose legacy will endure for generations.



Sonia Gandhi

Gen Z: Polarization & Mutations

Author



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

Dear Readers, please read the prelude of this article written almost 5 years ago. October 2021. Then, the Covid-19 Pandemic was fizzling out in India, though officially it was declared by WHO as having ended on 5 May 2023. Those who didn't read the article, 'Is the next Gen getting a raw deal' may like to read it now by [clicking here](#).

Every new generation feels that the previous generation doesn't understand them and take decisions concerning them, which they dislike. By the 'previous generation', I mean their parents, elder relatives, teachers, administrators, country leaders as well as government officials. Every new generation feels that the laws and rules were made without due consideration and thought.



The attitude of questioning the established laws and societal norms is absolutely normal. That brings change, and, as we all know, 'Change is the only constant'. (Heraclitus, Greece, 6th century BC).

WHAT IS MUTATION? In my medical knowledge, human body, it's organs and cells undergo changes to adapt to changes of external or internal environment. These routine changes are usually beneficial to the body.

However, 'mutation' is due to a major error in replication of genes, which may be due to external radiation/ chemicals or other factors and it occurs rapidly. Let's see how these mutations affected the different aspects of Gen Z in India and other countries.

MUTATIONS IN GEN Z IN EDUCATION: During Covid-19 school and college going students were the most affected due to digital learning. This had three challenges:

- The first was to buy a smart phone and get an internet connection.
- The second was to learn digital technology.
- The third difficulty was learning of science and maths on this mode. Failure rates were high. However, promotion policies were relaxed. Numerous students were promoted even if they didn't deserve to.

MUTATIONS IN GEN Z: MENTAL HEALTH ISSUES: Most children in relatively happy families who had monetary support had few issues. But the poor; those in a broken families or those having developmental issues of cognition became anxious or depressed. Isolation from friends and difficulty in picking up digital learning affected their mindset.

POLARISATION. A polarised mind is a mind stricken with one absolutist point of view, to the utter exclusion, even demonization, of all other views. Suffice to say, that many (not all) of this generation began to believe content dished out by influencers even if it was fake. They refused to believe what their parent's said. AI is their new Guru.

MUTATIONS IN GEN Z: EMPLOYMENT- JOBS AND SELF EMPLOYMENT: The reverse migration from cities occurred during the pandemic resulting to over 23% loss of jobs. Women bore the brunt with 37% loss. Growing children of such families were grounded with lesser or no pocket money, food poor in nutrients and lowered social status.

Young graduates entering the job market were denied jobs despite having received appointment letters. It hurt their self-esteem. Joblessness caused increase in amounts for education loan repayment. Gen Z became pragmatic with everyone including their own family. They became sceptical towards the establishment and their bosses. Not meeting their coworkers in person, the Gen Z workers adopted a self-centered approach in office dealings.

Self-employment. As the world entered the digital age, Covid gave many opportunities to Indians who were poor, who belonged to rural areas and to girls from conservative families. All by the possession of a smart phone with internet! The whole world would open to them with the click of a button. Knowledge and information were at their fingertips.

Digital technology gave birth to online tuition, doing homework for payment to lazy students who could pay. The influencers and content writers were born amongst Gen Z. Literate or semi-literate, those who had the gift of gab and could look good on screen became rich with thousands of *followers* and millions of *likes*.

Non bank financial institutions and online money transfer companies like Phonepay and others became source of employment to digital savvy Gen Z.

Start-ups. The Gen Zs who pursued their ideas relentlessly were rewarded by venture capitalists with finance. Their Start-ups provided jobs to many other Gen Zs. I could read names of at least 7 teenagers whose Start-ups became millionaires and provided jobs to thousands. Imagine, how many of them in their 20s are doing it.

MUTATIONS IN FOOD INDUSTRY AND FOOD CONSUMPTION: This was the most radical mutation which has resulted in major changes in eating habits of Gen Z. Swiggy, Zomato and their like became the lifeline of those stranded in their homes without servants or cooking partners. The relatively cheaper delivery costs and smart marketing lured children and Gen Z to ordering fast

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Does a Prosthetic Socket become Loose?

It is very common for a patient to feel that the socket, mostly of lower-limb prosthesis, has become loose. However, **the socket itself never becomes loose. It is the residual limb, that is, the stump which decreases in size or volume.** As the stump gradually shrinks, the space between the stump and the inside of the socket increases. This results in reduced contact and control, due to which the patient experiences it as a **loose socket.**

Stump shrinkage occurs due to pressure within the socket and the movements associated with using the prosthesis. Consequently, a socket that initially fitted well may gradually become too large due to the shrinkage of the stump. Initially, the problem may be managed by adding appropriate padding inside the socket or increasing the number of stump socks and re-alignment of the prosthetic limb.

The above measures may provide temporary relief to the patient. But to provide an adequate and comfortable fit, **ultimately, the existing socket will have to be replaced with a new socket fabricated according to the patient's current stump shape and size.**

Therefore, rather than saying that the prosthetic socket has become loose, it is more technically correct to say: **“There has been shrinkage of the stump, resulting in loose fit of the existing prosthetic socket.”**

A well-fitting socket is fundamental to comfort, stability, control and the successful use of any prosthetic limb - regardless of how simple or technologically advanced the prosthesis may be.

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Gen Z: Polarization & Mutations

food. Most of these foods were ultra processed, stabilizing agents, artificial flavours and others. On the positive side, these industries gave employment to people of all ages as delivery boys, storekeepers and handlers, food packers in dhabas, restaurants, bakeries and other such places.

MUTATIONS IN SPORTS: OUTSTANDING: Gen Z have done particularly well at the recent Commonwealth games making India Proud! The last 10 years has seen Gen Z performing exceptionally well in the arena of games and sports. Not just cricket, shooting or chess, Gen Z has done unbelievably well in fields India never dreamt of getting a medal. Be it athletics, table tennis, badminton, boxing, wrestling or yachting.

Indian Gen Z girls were not to be left behind. They have also excelled in most sports. Many belonged to rural/ remote areas or lower castes. Despite facing serious hardships of living conditions of sports camps or a few *rotten apple coaches* who tried to advantage, the girls have continued to get medals. They didn't feel shy while *shaming* or even taking to court the rotten apples.

The shining stars were the special youth and young adults who brought laurels in various games for special persons. Surprisingly, most were from the poor strata of the society whose parents scrounge every penny to train these special people.



MUTATIONS RELATED TO GENZ IN SOCIETY: Major changes occurred in our society and many norms changed. Live-in, earlier restricted to the film stars and ultra rich entered the domain of middle class. Living on rent rather than purchasing a home or flat has become a financially better proposition. For Gen Z it is the new funda. Spend today from credit card, no need for savings in fixed deposits like their parents.

Online presence on Facebook and WhatsApp is outdated. No written content. Make reels or podcasts and post them on Instagram, Snapchat and Telegram. Working from home? “No, I have taken a room-office in a hill station on rent. The home stay provides all facilities for office work. Besides, they also serve tea and deliciously fresh homemade food. Much cheaper than hiring a flat in one of the metros. Besides- no pollution or day to day hassles of city travel.”

Having a presence on social media is mandatory. Flaunting new and expensive gadgets like phones, pads, laptops is the new normal for Gen Z. Old cars are acceptable but older models of gadgets are not.

Protests. Polarised Gen Z can be easily mobilised as we have been witnessing this year. The Gen Z has emerged from the *baptism in fire*. Kundan or pure gold. They had to mutate and not adapt during the 2 year long covid. Access to government jobs dwindled or disappeared. Having a degree was worthless if one didn't have skills or weren't digitally learned. Most Gen Zs did manage to study and find jobs. Some even created jobs for others by making Start-ups from good original ideas. Internet keeps them connected.

However, they are sceptical of the existing system. A 19% work output in Lok Sabha doesn't exactly show the right direction to the Gen Z. Lip service won't do. Hopefully, this generation will take what they have learned and build a better nation.

More about this article: [Click here.](#)

Smart Factories to Intelligent Factories

Analysis by



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

Manufacturing is entering a new phase of transformation. The journey began with automation, progressed to digital manufacturing, and then accelerated with the Internet of Things (IoT), connecting machines, sensors and production systems so that factories could continuously collect and exchange information. The next leap is more profound: Artificial Intelligence is turning connected factories into intelligent factories capable of interpreting data, learning from experience and making increasingly autonomous decisions.

In an automated factory, machines perform predefined tasks. In an IoT-enabled digital factory, sensors continuously monitor temperature, vibration, pressure, energy consumption, production quality and equipment performance. AI adds a new layer of intelligence by analyzing these vast data streams, identifying patterns and predicting what is likely to happen before a failure occurs. Manufacturing can therefore move from reacting to problems to anticipating and preventing them.

The implications are substantial. Predictive maintenance can reduce unplanned downtime; AI-driven inspection can identify defects in real time; intelligent scheduling can optimize machines, materials and labour; while energy-management systems can reduce consumption. Digital twins can simulate production changes before they are introduced, reducing experimentation, waste and cost.

The economic impact could be equally significant. Intelligent factories can produce more with fewer resources, improve quality, shorten production cycles, reduce inventory and enable highly customised manufacturing. They can also make supply chains more responsive and resilient. For India, this transformation offers an opportunity to raise manufacturing productivity, strengthen Atmanirbhar Bharat, improve global competitiveness and bring smaller enterprises into digitally connected production ecosystems.

The transition, however, requires investment in sensors, connectivity, computing infrastructure, cyber security and skilled human resources. The greatest change may not be the replacement of workers by machines, but the emergence of human - machine collaboration, with workers increasingly supervising, interpreting and improving intelligent systems.

The factory of the future will not merely make products. It will sense, learn, predict, optimize and continuously improve, bringing manufacturing closer to becoming a self-learning industrial ecosystem.

The most important person

By



Brigadier DS Dhillon

Who holds the number 1 spot on your VIP list of important persons? Before you start putting down names; It should be YOU. I know this is difficult to believe. I didn't for a VERY long time. It took me a lifetime to even begin to believe an ounce of that statement was true. We're taught, caring for yourself is selfish. We're made to believe sharing your feelings is weak.

The truth is You matter. You deserve to take care of yourself. Taking care of yourself is the best way to give more of yourself to others. Giving to others is like using fuel. Fail to fuel back up, and before you know it, you'll be sitting, idle, exhausted, and running on empty. So, how do you fill your car's gas tank. Our body is no different. To fill our body's gas tank, we must give it the fuel it needs which makes you happy. I like to call this "Filling Your Cup". To fill your cup, the first thing you need to do is ask yourself, "What gives you life and energy?"

It can be anything. Playing a sport, hanging out with friends, working out, meditation, long walks, reading, music, the list goes on. It must be something that gives you joy. Like any new habit, start small. Begin filling your cup a few minutes per day. Set aside time each day dedicated to you. Putting yourself first may feel uncomfortable initially. It did for me and still does at times. We've been hard-wired for many years to take care of others first.

But soon enough, when you begin regularly filling your cup, you'll find you have more of yourself to give to others. You are important to life. Take time to shut out the world and take care of you. Create a ritual where you go within yourself to create a space of joy, peace and healing as a process of centering yourself. Leave behind the worry, and stresses of life, and focus only on things that build a stronger you. Your life matters. You are important. Follow your heart, do what your soul desires.

Para table tennis Gold Medallist



Poonam - Chandigarh's International para table tennis player gave an outstanding performance by winning the gold medal, defeating Gujarat's Bhavika 3-0 in the final of the first National Para Championship in Indore, organized by the MP Table Tennis Organization and the Para Table Tennis Association, in collaboration with the Table Tennis Federation of India.

Poonam is ranked India's No. 01 para table tennis player and her International ranking is No. 17.

She has been provided Knee Ankle Foot Orthosis (KAFO) with auto lock by Nevedac Prosthetic Clinic.

We feel happy and proud of her achievements. We wish her more medals in India and abroad.

When Life breaks You

It Also Gives You Wings

Author: Certified Life Coach Ritu Singal



[Click Here to Watch Video](#)

As a Life Coach, I have had the privilege of meeting countless people with extraordinary stories. Yet, every once in a while, I meet someone whose journey doesn't just inspire me—it transforms the way I see life itself. Recently, on my podcast *Zindagi Talks*, I had the honour of speaking with Sakshi Chauhan, an international wheelchair basketball player whose story reminded me that our greatest limitations are often not physical—they are mental. At just nine years old, Sakshi's life changed forever.

A tragic road accident took away one of her legs. She came from a small village where medical facilities were almost non-existent. There was no ambulance. The roads were terrible. Her father carried her in an ordinary vehicle while her mother prayed that she would survive.

Listening to her describe those painful moments, I found myself wondering how any child could endure such unimaginable suffering. But what moved me even more was not the accident. It was her mindset. She told me that even while she was lying in the hospital, she was more worried about her parents crying than about her own pain. Imagine the emotional strength of a nine-year-old child comforting her parents while fighting for her own life.

That conversation made me reflect on something I have believed throughout my coaching journey. Pain is inevitable. Suffering is a choice. Many people spend years asking, "Why did this happen to me?" Sakshi chose a different question. "What can I do with the life I still have?" That single shift in perspective changed everything.

When she returned home, life became incredibly difficult. She depended on others for the smallest tasks. She couldn't even go to the washroom without assistance. Watching other children play while she sat alone in her classroom was heart breaking. Most people would have accepted defeat. She didn't.

One statement she shared during our conversation has stayed with me ever since. She said, "Problems are actually opportunities to do something extraordinary. A life without ups and downs has no story." What wisdom!

As a Life Coach, I often tell people that challenges are not punishments. They are invitations to grow. Sakshi's life became living proof of that philosophy. Years later, she discovered wheelchair basketball. The first time she sat in a sports wheelchair, she described the feeling as if someone had given her wings. Not a wheelchair. Wings.

That image touched my heart deeply. Isn't that true for all of us? Sometimes, what we think is our biggest limitation becomes the very thing that helps us soar. Her journey was not easy. She battled injuries again. She fought financial struggles. She faced self-doubt while competing alongside India's best athletes. Yet every obstacle strengthened her determination instead of weakening it.

Today, she proudly represents India at the international level. But beyond the medals and achievements, what impressed me most was her gratitude. She repeatedly credited her parents for believing in her when the world had every reason to give up. She recognised that behind every successful person stands someone who refused to stop believing.

That reminded me of another important lesson. Success is never a solo journey. It is built on love, sacrifice, encouragement, and faith. As I listened to Sakshi, I realised that so many of us complain about situations that are far smaller than what she has overcome. We postpone our dreams because of fear, criticism, or temporary setbacks.

What excuse do we really have? Every challenge carries two possibilities. It can either become your prison or your platform. The choice is always yours. Whenever life feels unfair, remember Sakshi's story. Remember that a little girl who lost her leg did not lose her dreams. She transformed her pain into purpose and her disability into strength.

As I always say, "**Soch Badlo To Zindagi Badle.**" Your circumstances do not define your future. Your mindset does. The next time life tests you, don't ask, "Why me? Instead ask, "What is life preparing me for?" You may discover that what feels like the end is actually the beginning of your greatest journey.

Author Bio: Independent Certified Life Coach, TEDx Speaker, business coach and mentor with The John Maxwell Team and world famous 'Arfeen Khan'. I have mentored 12,000 people across 14 countries and authored a book "A Story Can Change Your Life". L.L.M. qualified, Gold Medallist and recipient of the prestigious award of "Women Entrepreneur of Year 2011" YouTube Channel: <https://www.youtube.com/c/LetsSolveThePuzzlebyRituSingallifecoach/videos>

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