

Impressions

For Private Circulation only

Theme of this
Bulletin:

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

No. 23/33 – December 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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Impacting the Lives of Persons with Disabilities

The generous contributions of PP Rtn Anil Puri of Rotary Twin Cities, Rotary International District 5020 (USA), to the Sahyog Artificial Limbs project, are truly inspiring and commendable. The recognition he received, was the District 3080 award presented on behalf of IPDG Rtn VP Kalta. In addition to this, the appreciation award for PP Anil and R'Ann Teresa Puri from PP Rtn Dr. VJS Vohra and R'Ann Indu Vohra, underscores the positive impact of his generous efforts towards disability empowerment.



The visit to Nevedac Prosthetic Clinic, Zirakpur, Chandigarh on 23rd December 2023 provided an opportunity for PP Anil Puri, accompanied by his son-in-law Wade Sutton, daughter Rashmi Puri Sutton, granddaughter Penelope Sutton and grandson George Sutton, to witness the impact of their contributions. The interaction with patients and beneficiaries sponsored by PP Anil Puri adds a personal touch to his philanthropic work, showcasing a genuine commitment to understanding and making a difference in the lives disabled persons as gift of dignified life to enhance their dignity and pride.

The appreciation of PP Anil Puri and family for the professional clinical processes at Nevedac Prosthetic Clinic highlights the importance of quality and precision in providing high-quality artificial limbs to the beneficiaries.

The continuation of PP Anil Puri's generosity by sponsoring three more patients, one above knee prosthetic leg and two below elbow prosthetic arms, further emphasizes his commitment to addressing diverse challenges faced by persons with disabilities. This ongoing support contributes significantly to improving the quality of life for those in need.

The presence of others, including PP Anil's elder brother PP Ashok Puri with R'Ann Sudha Puri, Chair Sahyog PP Salil Bali, PP Amarjit Singh, Rtn Brigadier JS Sabharwal with R'Ann Jyotie Sabharwal, Dr. Vohra's daughter and granddaughters Ita, Ananya and Anushka and Rtn Ashok Batra, reflects a collaborative and community-oriented approach to addressing social issues like Disability Empowerment.

Overall, the contribution of PP Anil Puri and family is a shining example of how dedicated people can come together, contribute generously, and positively impact the lives of those facing challenges, an inspiration for others to engage in similar acts of kindness and community service.

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



President (2006-07)
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#1 District 3080

Co-Founder
Nevedac Prosthetic Centre
Zirakpur
Rehabilitation Council of India
Certified Prosthetic Orthotic Professional
(Mega No. RC1 / AAR0011)

Hony. Prosthetic Adviser:
Governments of Punjab, Haryana
Chandigarh and Himachal Pradesh

Reimbursement for Govt. Employees
Consultant & Certified Clinical Partner
Otto Bock Health Care India

Dr. V.J.S. Vohra
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Impressions

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Statutory Warning Rehabilitation Council of India



भारतीय पुनर्वास परिषद्
सामाजिक न्याय और अधिकारिता मंत्रालय,
दिव्यांगजन सशक्तिकरण विभाग के अधीन एक सार्वजनिक निगम
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".

Sam
14.5.2019
(Dr. Subodh Kumar)
Member Secretary

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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).

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"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
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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

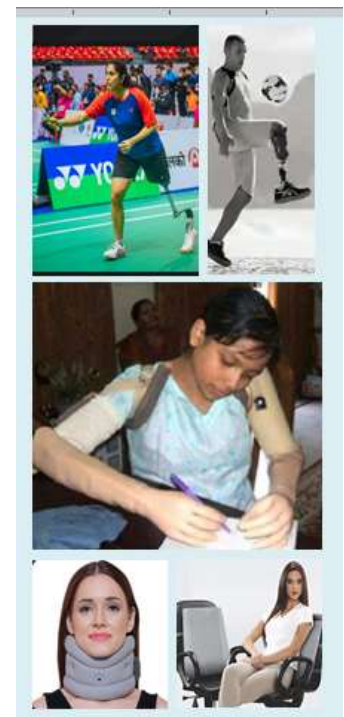
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Hony. Prosthetic Adviser:
Governments of Punjab, Haryana,
Chandigarh and Himachal Pradesh
Reimbursement for Govt Employees

ARTIFICIAL LIMBS
Orthotic Supports and
Assistive devices

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Special Children: Dream of level playing field

Some children are born or acquire a disability early in life. A society is judged as civilized when all humans, irrespective of their age, sex, colour, religion or physical / mental ability are provided with equal opportunities for upbringing, education, accessibility / mobility, jobs and promotions. Democracy offers the best options for the Special children. The government has to play its part, no doubt but it is the people, their community, society and groupings (organisations, unions, associations) which have to deliver. Finally, the parents, close relatives, friends, teachers and fellow mates have to show the right attitude and behavior. We should always focus on what the child can do best, not on his / her disability.

The basic question is, can we provide a level playing field for our Differently Abled Children (DAC)? The answer is, "Yes we can". Let's see what our government have already done in this direction.

No Discrimination: Just after our independence, The Constitution of India was framed and adopted. Article 15(l) of this constitution enjoined on the government, not to discriminate against any citizen of India (including the disabled) on the grounds of religion, race, sex, caste or place of birth.

Special Laws Framed By The Government: The parliament has passed numerous laws / Acts to protect the rights of and to provide benefits for ensuring that Persons with Disability (PwD) and DAC are not left behind. These include:

- Rehabilitation Council of India Act, 1992. Prior to 1992, there was no regulatory body for training and certification of persons who were providing rehabilitation services. To avoid quackery and standardize training, monitor rehabilitation centres/ institutions and to conduct research in this broad field of rehabilitation, a Council has been set up under the act.
- Persons with Disability Act 1995. Its full title is – PwD, Equal Opportunities, Protection of Rights and Full Participation Act. This act focused on

Author



Maj General Krishan Chauhan
Retired Army Medical Corps
Former Additional Director, AMC

the prevention and early detection of disabilities, education and employment of PwD. It also has provision for vocational training. A reservation of 3% on all government and educational institution jobs was made. There were a total of 7 conditions under the broad head of 'Disability'.

- National Trust Act, 1999. This act is for welfare of persons with autism, cerebral palsy, mental retardation and persons with multiple disabilities.

- Rights of Persons with Disability Act, 2016. The Act removed the lacunae of the PwD Act of 1995. It redefined/renamed many conditions of disablement. It also increased the number of diseases / conditions from 7 to 22 providing much relief to a very large population which had been left out in the Act of 1995. The District Magistrate has been empowered to uphold the rights of the disabled with full participation of the local police. It also provides inclusive education facilities for those disabled from schools funded or recognized by the government.

- Mental Health Act, 2017. This act deals with provision of healthcare and services to persons with mental illness. It has provisions for protection, promotion and fulfilment of rights of such persons during the delivery of mental healthcare, services and other connected matters.

- Succession Law. Under the Hindu Succession Act of 1956, inheritance of property will apply equally to all family members, including the disabled. The same is the case for Muslims and Parsis.

- No hotel, restaurant shop or any other public institution can deny accessibility to a disabled person under Article 15/2 of the constitution. All public places including offices, bus stands, railway

stations, malls etc must have ramps for wheel chairs. Similarly in government offices, lift attendants be provided.

- Income tax benefits to head of family of DAC under the Income Tax Act. Section 80 DD covers deduction of expenditure on medical treatment, nursing, training and rehabilitation of a DAC. Amount is spelt out in yearly budget. Section 80V covers clubbing of income (section 64) of a handicapped child with the parent and a deduction of Rs 20000 for the purpose of Income tax. Section 88B provides additional deduction when the parent reaches age of 65 years.

- Allotment of Land at concessional rate. Disabled persons can get concession on the price of land for construction of a house, shop or factory.



National Institutes for DAC: These institutes, funded by the central government, focus on providing quality education, vocational training, assist in job placement and Research activities: NIVH, Dehradun - National Institute for Visually Handicapped. NIMH, Hyderabad- National Institute for Mentally Handicapped, NIS&HD, Noida. National Institute for Speech and Hearing Disabilities and GRIID, Chandigarh. Government Rehabilitation Institute for Intellectual Disabilities.

State governments are running homes (hostels) and day schools for the DAC. The Central government encourages DAC in sports too. 'Khelo India' para



Games, a first of its kind, are games for various categories of DAC under 17 years and also under 21. Presently, it was held in Delhi and MP – 10th to 17th December 2023.

World Disability Day

Contributed by

Dr VJS Vohra

Rehabilitation Council of India Certified Prosthetic Orthotic Professional

World Disability Day also known as the International Day of Persons with Disabilities, is observed every year on 3rd December to create awareness about the challenges faced by persons with disabilities and explore ideas on how equal rights are provided and ensured to each of them. Integration of people with disabilities is very important to ensure their dignity and pride as respectful and useful citizens of their country.

The importance of inclusivity should be duly recognized for persons with disabilities in various aspects of their life, such as politics, social interactions, the economy, and cultural activities. Most important action is to break down barriers, eliminate discrimination, and foster an environment where persons with disabilities can participate fully and contribute meaningfully to their communities.

The achievements and contributions of persons with disabilities should be acknowledged, appreciating the challenges they face in their daily lives. Raising awareness about challenges faced by disabled persons helps to overcome prejudices, and promote a more inclusive and accessible world for them. Concrete steps have to be adopted globally to advance the rights and well-being of large number persons with disabilities, all over the world.

who have been **Empowered to become Super Humans**, shaping their lives and destiny with dignity and pride, doing very well not only for themselves and their family but also contributing to the main stream activities in their country.

One of our Super Human is Kulvinder Singh, who a few years ago, at the age of 15, lost all four limbs due to electric shocks while offering kar sewa at Gurudwara in Derabasi (near Chandigarh). He was provided Myo-facil prosthesis and a cosmetic prosthesis for his bilateral below elbow amputation. Now he is walking with bilateral below knee artificial legs and carrying on his daily activities independently with prosthetic limbs provided to him. He now desires to become a lawyer! This shows that technology can make future bright for persons with disabilities.

The future is digital. Prosthetic treatment and delivery of treatment will change dramatically. Digital technology will transform Patient data capture, place of fabrication and place of service delivery. [Please click here](https://youtu.be/Zl146PBwhRg) (link: <https://youtu.be/Zl146PBwhRg>), to experience the digital revolution in the field of digitalization in the field of Prosthetics and orthotics.

Due prosthetic clinical procedure has to be adopted in a professional manner, as Prosthetics and Orthotics are specialized healthcare service that deals with the design, fabrication and fitting of prosthetic and orthotic devices to assist patients with physical disabilities and limb amputations, which has to be provided by certified prosthetic orthotic clinicians, who are qualified, recognized and certified by the Rehabilitation Council of India (RCI), the regulatory body responsible for overseeing that prosthetic orthotic treatment is carried out as per provisions of Rehabilitation Council of India Act, to ensure the quality, safety and care provided to persons with disabilities. Follow up facilities for patients is also essential part of the rehabilitation cycle.

World Health Organization has set Standards and issued Implementation manual for Prosthetics and Orthotics and identifies the requirements to be considered for prosthetic orthotic service. It urges the promulgation of State regulations to ensure that patients are protected from malpractice and poor-quality services. Prosthetics and orthotics clinicians are recognized as independent health professionals with a distinct professional title, profile and job description.

In India the Rehabilitation Council of India (RCI) is the primary regulatory authority responsible for overseeing and regulating the prosthetic and orthotic service. Running prosthetic clinic / establishments and camps without qualified prosthetic orthotic clinicians is unethical and illegal, liable to be prosecuted under RCI Act.



Prosthetic limbs, orthotics and assistive devices

After being provided with high quality artificial limbs, orthotic supports and assistive devices, there are many touching real life stories of large number disabled persons,

The world's richest beggar With a net worth of ₹ 7.5 crore

Shared by



Rtn Ajay Madan
Past District
Governor
RI District 3080

Bharat Jain, recognized as the wealthiest beggar globally, continues to engage in begging despite accumulating a net worth of ₹7.5 crores (\$1 million). His monthly earnings range between ₹60,000 and 75,000, and he owns valuable property in Mumbai.

The term "beggar" often evokes images of individuals facing financial instability, wearing outdated attire, and having unkempt hair. Additionally, it is commonly associated with poverty. However, it is worth noting that begging has taken on a new dimension, with some individuals turning it into a lucrative profession. As reported by *ZeeNews*, Bharat Jain, recognized as the wealthiest beggar globally, is a prominent figure seen begging on the streets of Mumbai.

Due to financial constraints, he was unable to pursue formal education. Despite his circumstances, Bharat Jain is a married man with a family that includes his wife, two sons, his brother, and his father.

In a remarkable turn of events, despite his humble beginnings, Bharat Jain's children have successfully completed their education. Originally from Mumbai, Bharat Jain has accumulated a net worth of ₹7.5 crores

(\$1 million). His monthly earnings from begging range between ₹60,000 and 75,000. Notably, he owns a valuable two-bedroom flat in Mumbai worth ₹1.2 crore and has ventured into real estate with ownership of two shops in Thane, which yield a monthly rental income of ₹30,000. Bharat Jain can often be spotted begging at prominent locations such as Chhatrapati Shivaji Terminus or Azad Maidan. His story is a testament to his entrepreneurial spirit and his ability to overcome adversity.

Despite his significant wealth, Bharat Jain continues to engage in begging on the streets of Mumbai. While many people struggle to earn a few hundred rupees even after working long hours, Bharat Jain manages to collect ₹2000-2500 per day within a span of 10 to 12 hours, thanks to the generosity of people.

Despite his financial resources, Bharat Jain and his family live comfortably in a 1 BHK duplex residence in Parel. Their children attend a convent school, indicating a decent standard of living. Additionally, other members of the family operate a stationery store, offering alternative means of income. They consistently advise Bharat to cease begging, yet he disregards their counsel and persists with this line of work.



Bharat Jain

Famous Shayar of Chandigarh



DS Bali 'Daman'
Senior Advocate and
Mob.: 9878828666

इल्म पारसाई का बिस्मल में था
मुकाम हिम्मते अफज़ा मंज़िल में था
मुतशकर हूँ मैं उस लम्हा का
जिस लम्हा तू दिल में था।
वह दिन भी क्या दिन था
जिस दिन तू मुकाबिल में था
खूब गुज़री थी हम दोनों में
बैठा जब तेरी महफिल में था
वह वक़्त अजब था 'दामन' जब
तुफान समुन्दर का साहिल में था

AI can't be patent 'inventor' UK's top court rules

London: A US computer scientist on Wednesday lost his bid to register patents over inventions created by his artificial intelligence system in a landmark case in Britain about whether AI can own patent rights. Stephen Thaler wanted to be granted two patents in the UK for inventions he says were devised by his "creativity machine" called DABUS.

His attempt to register the patents was refused by Britain's Intellectual Property Office on grounds that the inventor must be a human or a company, rather than a machine.

He appealed to UK's Supreme Court, which unanimously rejected his appeal as under UK patent law "an inventor must be a natural person". "This appeal is not concerned with the broader question whether technical advances generated by machines acting autonomously and powered by AI should be patentable,"

The SC unanimously rejected an appeal as under UK patent law 'an inventor must be a natural person' the judge said. "Nor is it concerned with the question whether the meaning of the term 'inventor' ought to be expanded to include machines powered by AI which generate new and non-obvious products and processes which may be thought to offer benefits over products and processes which are already known."

Thaler lost a similar bid in the US, where the SC declined to hear a challenge to the Patent and Trademark Office's refusal to issue patents for inventions created by AI. **REUTERS**

Vir Bal Divas

Contributed by



Ananya and Anushka
Granddaughters of
Dr VJS Vohra

'Chotte Sahibzaade', were imprisoned in an Open Tower (Thanda Burj), in chilling winter days.

Around 26 and 27 December 1704, the younger sons, Fateh Singh aged 7, and Zorawar Singh aged 9, were presented in court. They were offered riches and gifts and a safe passage if they converted to Islam. They were told that their father and elder brothers had been killed in the war. The Sahibzaade refused to convert or bow to Wazir Khan. After efforts to make them give up their religion failed, Wazir

During the battle in Anandpur against the Mughals, Guru Gobind Singh's mother Mata Gujri and his two younger sons had got separated from him after escaping the Mughal siege of Anandpur in December 1704; and were later arrested by the forces of Wazir Khan, the Mughal governor of Sirhind. The younger sons, called the



Khan decided that the boys would be bricked alive. It is said that even as the wall was being erected around them, the Sahibzaade stood unflinching. On the same day, Mata Gujri died of shock.

Every year in December, Vir Bal Divas marks the martyrdom and commemorates the valour, selflessness and bravery of Shri Guru Gobind Singh's younger sons. It reminds us of their supreme sacrifice and how they upheld the dignity and honour of their religion.

Of Play, Joy, Life and Disability

Contributed by



Ujwal Thakar

Play is the first form of learning for any child, Unfortunately it's also the first form of discrimination for the child with disability.. this statement hit me hard this morning when Aditya KV and his Co-Founder Lokesh came home. It hit hard because it seemed so simply logical and I had not thought about it .. the next thing that hit me was the statistic that there are an estimated 15 million kids with disability in the school going age group and most schools are not equipped to give their disabled kids the simple joy of playing only because they do not have teachers who are trained to get children with disabilities to play.

Like everything else in India the size of the problem is huge but it gets subsumed under an even bigger problem and does not get the attention it deserves the bigger problem in India being that there are 250 million kids in schools a majority in government or local body run schools and they are not learning.

Mercifully also in India there are passionate youngsters like Aditya who want to commit a lifetime to correct the wrong and have the patience to try different solutions, painstakingly document the results, start small with a few schools and a few kids and then see if the successes can be repeated in larger groups and then transfer their learnings to government, which can make the solutions curricular. This can take anywhere between 10 and 20 years with the risk

that it may never be implemented but these youngsters have commitment, passion, self belief and most importantly patience.

Aditya an engineer with a good job in the IT industry gave it up and joined Teach for India as a fellow to understand the problems of children in low cost or government schools. An injury during his college years had confined him to a wheelchair for a few months and he had discovered the loneliness and hopelessness of a disabled life. Luckily he recovered but the thought that others in that position did not have his family's resources and suffered for a life time. Thus Sumoya sports was born to find solutions for children with disabilities to have the joy of playing. It's now been four years .. it's been tried on a few thousand kids and has worked extremely well .. the smiles on the children's faces and their academic growth and agency growth are evidence.

The challenge now is how to take it to twenty million kids and make them happy. Aditya has identified the core problem as a lack of trainers, he believes that atleast ten thousand of them will be needed. He has now started a program that will train physically challenged sportspersons to be trainers .. a pilot is running in Delhi .. hopefully it will go mainstream over the next decade and become a part of curriculum. Hopefully ten thousand new jobs will be created and millions of kids will have a brighter future. It's patient efforts like these and people like Aditya, Lokesh who keep me positive .. and who give millions hope.

Thank lord for them. God Bless.

In a Rising India Just Cruise with Confidence

The India story is a global reality now, and it is no longer just about soft power. Having hit the \$4-trillion GDP mark, India has risen – and is expected to rise further – in a world marred by chaos, still reeling from the after effect of the pandemic. India is the fifth largest economy in the world and will become the third largest, overtaking Germany and Japan, by 2030. India's GDP is expected to almost double from today and rise to \$7.5 trillion by 2030, which will also make it the second largest economy in Asia.

Nifty is set to follow the same trajectory and expected to rise to 22,500, a gain of 14%, by as early as December 2024. Strong economic growth would be a major trigger for this gain.

On the one hand, the world is

starved of growth and, on the other hand, India is rising up in tumultuous times. The country registered a GDP growth rate of 5.5% in the last decade. The expected GDP growth for FY2024 is 6.5%. Apart from fast GDP growth, there are other key factors. These include the robust capex plans of the government as well as of corporates; strong credit growth of the banking industry as well as a favourable NPA cycle; and a robust and continued inflow of retail investors. Throughout this year, steady mutual fund flows ensured stable markets even during the months of high FPI selling. Total mutual fund AUM has grown to nearly six times over the past decade. Currently, mutual fund AUM is approximately Rs 48 lakh crore. There is a monthly MF SIP inflow of around Rs 16,000 crore, which was just close to Rs 5,000 crore five years back.

Though the share of equity assets in Indian household assets has more than doubled over the past decade, equity still forms just about 5% of



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Amity and others.

Indian household assets. Indians have, however, been under-invested in equities historically. But there is hope here too. As the per-capita income of a rising middle-class population crosses the subsistence level, there is a reasonable chance of higher retail participation in equities.

Apart from the domestic flows, there is an expected increase in foreign flows as leaving China far behind India is at a sweet spot. Currently, India's weightage in the MSCI Index is about 1.6% and can increase to 2.5-3% soon, going by the strong economic indicators. Another positive news is the inclusion of Indian bonds in JP Morgan's emerging market bond index; it will bring more foreign inflows. However, as any good pilot would tell you, it's not just take-off or touchdown when you need attention, but also when you are soaring high with no visible issues.

Despite the fact that Nifty is currently

trading close to the 20,000 mark, it has given just 5% CAGR in the last two years. Nifty EPS is currently Rs 940, trading at P/E of 21. It is expected to grow by nearly 12% to Rs 1,060, hence Nifty at 22,500 will be fairly valued. If you look at the valuation, Nifty is still cheaper than the 5-year and 10-year P/E average of 24 and 23 respectively.

There is a need to keep a lookout for periodic factors too, including the world's largest election due in 2024. A historical analysis of the past five elections in 1999, 2004, 2009, 2014 and 2019 suggests that the index moved higher in the six months leading to the election on all five occasions, with an average return of 16%. Yes, in the event of a coalition government formation, the market could decline by 5-10%.

There is also a need to be cautious

of global risks, both geopolitical and economic. The recent Israel-Palestine tensions, coming soon after the Russia-Ukraine crisis, gave some jitters to the index. Moody's has recently given a negative outlook to the US economy on account of high debt, high fiscal deficit and government interference. Higher US treasury rates are an area of concern.

Overall, there is no denying that India is at a sweet spot. It is a large economy with a savings rate of about 25%, and a bigger chunk can come to equities. Yes, don't expect linear returns as volatility is a part of equity investing. Look at it with perspective, though. When you invest in FD or fixed income instruments, you wait for 3-5 years for a mere 7-8% return. Equity investing is a game of patience. MF SIPs have shown that equity is a great place for decent returns.

Stay disciplined, stay focused; cruise with confidence and caution. That's a good mantra for investing, or even for life itself.

Bio-Clock

Shared from Social media

If we have to go out early in the morning or have some work, we set an alarm for 4.00 in the morning and go to sleep. And often we wake up even before the alarm that day... "This is Bio-clock".

Many people believe that they will die at the age of 80-90. And Many people set their bio-clock in their mind believing that all the diseases will surround them at the age of 50-60. Such people generally get surrounded by diseases at the age of 50-60. Actually we unknowingly set our wrong bio-clock. People in China live comfortably for 100 years because their bio-clock remains set in the same way. So have a positive attitude as explained below;

1. We should set our bio-clock in such a way that we can live for at least 100 years. Remember "Age" is "just a Number", but, "Old Age" is a "mindset". Some people feel young at the

age of 75, while some people feel old even at the age of 50.

2. We have to believe within ourselves that by the age of 40 to 60, we will be free from all those diseases which have happened earlier also. So our bio-clock gets set the same. Then, there is no chance of getting any disease.

3. Always keep your attire in such a manner so that you look young. Do not allow the appearance of ageing.

4. Be active. Do walking or jogging as per your condition. Continue doing the good work you enjoy the most.

5. Believe that health will improve with age. (It's true).

6. Never, ever allow the bio-clock set your ending..... Keep in mind, whatever we think in our mind, all the processes in our body work accordingly. Therefore, our thinking in life should always be positive.

May we all stay healthy, happy and live long.

The Great Sir Charles Chaplin

Contributed by



Utpal Chatterjee

The Great Sir Charles Chaplin arguably, the greatest figure cinema has seen and known. What Einstein was to science, Charles Chaplin was to the silver screen and its transformation to talkies. If you look past the early phase of his career and concentrate on his films, each of them was a classic. What irony that he, of all people, was victimised by the senseless McArthysm and accused of leaning to the Left (when communism was a dirty word and considered a sin in the U.S.).

MY PAIN MAY BE THE REASON
FOR SOMEBODY'S LAUGH.
BUT MY LAUGH MUST NEVER
BE THE REASON FOR
SOMEBODY'S PAIN.

- CHARLIE CHAPLIN



Imagine, the ruling dispensation could not make out what "Modern Times" or "The Great Dictator" were all about. They went after him. Chaplin slipped away quietly to Switzerland. Later, much later, they realised what they had done and decided to confer a Lifetime Oscar on him. The audience gave, what seemed, a never ending ovation (all of ten full minutes). Chaplin was too moved to respond. He tried smiling against all odds. Because, some who were standing very close, say his eyes had welled up with tears. What a "comeback" and, in a way, "some farewell."

The Healing Process should begin now

COME DECEMBER! The piece, below, came after a good deal of hard thinking. Not much has changed the world over even as the pandemic had threatened to hang on in some way or another. The economy is still being discussed and some of the best brains are still at loggerheads. A large chunk of our rural sector needs greater attention. The farmers' lot must be looked into with greater urgency. The poorest of the poor need to be brought out of the "areas of darkness", exposed to the light of literacy and education and brought to the mainstream of society.

Let the middle class not feel subdued under undue pressure. At this age and stage, let us feel part of a "developed nation" and move ahead irrespective of political differences, if any. Peace is, indeed, at a premium the world over. Some are still barking out threats and reminding the rest of the weapons and nuclear arsenal that they possess. The nuclear arsenal ought to be treated and kept, if at all, as deterrents. Our planet can no longer afford the consequences of even a conflict, let alone a war. So, the spate of bombings in the Middle East and Ukraine add to the ghastly apprehensions. One can only advise: Never fear to negotiate but never negotiate out of fever. Let diplomacy and negotiations replace other dangerous options.

We are in an age and at a stage when sense and sensibility must prevail over pride and prejudice. Starting with literacy, education must be made an urgent priority. If we as, global citizens, consider ourselves "civilized", why behave in any other way? True, the year is gradually drawing to a close but why are we always reluctant to learn the relevant lessons? Let us look forward with hope and anticipation and a prayer on our lips. Let us, as nations and peoples, reach out and be good to others even as climate change is still causing so much concern. Climate control has to be the greatest priority because we took nature for granted for far too long.

There is still time to make up and heal. Let the Healing Process begin now!

----- Utpal Chatterjee, Global Peace Icon

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.

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