

Impressions

Theme of this
Bulletin:

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

No. 23/23 – February 2023
(Monthly e-Bulletin)
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Editor
Dr. V.J.S. Vohra

**Fear never
builds the
future,
But FAITH
does, and
also
HOPE does**



Disability leads to Ability of Super Humans YouTube

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hypedge
Presents
TOP 100 HEALTHCARE ICONS 2023
Presented to
Dr VJS VOHRA
Sr. Consultant - Founder & CEO
Nevedac Prosthetic Clinic
JANUARY 31, 2023
GRAND VIRTUAL PREMIERE

District 3080 Sahyog Artificial Limb Project

Sponsored by Rotary Club of Panchkula, 8 patients were discharged at Nevedac Prosthetic Clinic, Zirakpur after successful fitting of artificial limbs and assistive devices under Sahyog project, in the gracious presence of Chief Guest PDG Manpreet Singh Gandhoke, President Mukesh Aggarwal, PP Praveen Goel along with other members of Rotary Club Panchkula, Chair Sahyog PP Salil Bali, District Chair Disability Empowerment PP Dr VJS Vohra, R'Ann Indu Vohra, PP Ashok Puri and R'Ann Sudha Puri.



In his inspiring address PDG Manpreet Gandhoke complimented Rotary Club Panchkula for the support to Sahyog project. Expressing his immense admiration for Sahyog project PDG Manpreet announced sponsor for two disabled persons (including one by Rotary Mohali Silver City). President Mukesh Aggarwal said his club would also sponsor 2 more disabled persons.

PP Salil Bali informed that in the previous Rotary year (2021-22), with tremendous support of Rotarians, 156 disabled persons were provided artificial limbs and in the current year, artificial limbs have been provided to over 100 beneficiaries, and the target of 200 beneficiaries would be achieved, with support of Rotarians and philanthropists.

Dr Vohra informed that professional clinical process for prosthetic treatment is being duly followed as per the norms of WHO and Rehabilitation Council of India. He also suggested that in addition to artificial limbs, assistive devices like tricycles, wheel chairs, orthotic supports etc., should also be provided under Sahyog project.

A kind Indian doctor saved a Pakistani girl's life

Report by BBC Urdu's Riaz Sohail

Pakistani teenager Afsheen Gul's condition gained worldwide attention in 2017 after a news website article. Afsheen suffered from a rare condition that kept her neck at 90 degrees. She struggled to access the right treatment until her case was brought to a doctor in India. BBC Urdu's Riaz Sohail reports on the teen's journey to getting life-saving treatment in Delhi. For most children, it's their classmates at school or neighbours they grew up with who became their friends. Sometimes, it's their favourite stuffed toy or perhaps even a pet. But for 13-year-old Afsheen Gul from Pakistan's Sindh province, life had been a little different. The youngest of seven siblings, she never went to school or played with her friends. That's because an accident - she fell from her sister's arm when she was just 10 months old - left her neck bent at 90 degrees. Her parents took her to the doctor who gave her some medicines and put a belt around her neck for support, but her condition only worsened.

"She could not walk, eat or talk. She used to just lie on the ground and we used to help her with everything," Afsheen's mother Jamilan Bibi recalls, adding that they could not afford further treatment. Afsheen also suffers from cerebral palsy - she learned to walk when she was six, to speak when she was eight - which further pushed her behind other children her age. For 12 years, Afsheen spent her life confined to her house in Mithi, nearly 300km (186 miles) from Karachi city, in this painful condition. Her condition gained worldwide attention in 2017, when an article on a news website spotlighted her story. Prominent Pakistani actor Ahsan Khan shared a photo of Afsheen on Facebook, urging people to help.

In November 2017, Naz Baloch, an MP from the ruling Pakistan People's Party (PPP), tweeted that the Sindh government would provide complete treatment to Afsheen. She was hospitalised in Agha Khan University Hospital - Pakistan's biggest private hospital - in Karachi in February 2018, where specialists said they would operate on her, but gave her a "50% chance of survival", Mr Kumbar says. He added, the family contacted government officials Afsheen's treatment but were allegedly disappointed when they did not receive a positive response.

Ms Baloch, however, says she tried her best to arrange Afsheen's treatment, including getting in touch with NGOs abroad, and only withdrew when international NGOs stepped in to help the family. Afsheen was back in the news in 2019 when a British journalist, Alexandria Thomas, reported on her condition and her family's financial position.

Ms Thomas also put the family in touch with Dr Rajagopalan Krishnan in Delhi, who said that he was willing to help Afsheen.

The family applied for visa on medical grounds and arrived in India in November.

Afsheen was successfully treated by Dr Krishnan (left) in Delhi. However, her life changed in March when an Indian doctor successfully operated upon her curved neck. Dr Rajagopalan Krishnan, a specialist of complex spinal surgeries at the Apollo Hospital in Delhi, offered to do Afsheen's surgery free of charge.



Four months on, Afsheen can finally walk, talk and eat on her own. The wounds of her surgery were healed. "We are so happy - the doctor saved my sister's life. For us he is an angel," Afsheen's brother Mr Kumbar says. Afsheen suffers from atlanto-axial rotatory dislocation, a rotation of the spine which causes neck impairment. "This is probably the first case of its kind in the world," Dr Krishnan said.

Afsheen underwent two major surgeries before the main neck surgery, which was followed by another major operation. Dr Krishnan told the BBC that he and his team attached Afsheen's skull to her spinal cord during a six-hour operation. The skull was then attached to the cervical spine using a stick and screws to keep the neck straight. Dr Krishnan gave the family hope. Mr Kumbar says, "no one is as sensitive and kind as him. Due to his efforts and supervision the operation was successful. I am just happy my sister is alive and happy. She is smiling and talking."

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 प्राथमिक निकाय
REHABILITATION COUNCIL OF INDIA
A Statutory Body under the Ministry of Social Justice and Empowerment
Department of Empowerment of Persons with Disabilities (Divyangjan)



STATUTORY WARNING

Practicing without RCI Registration
In Govt./Non Govt. Organization and by any Private Practitioner
is an Offence under section 13 (3) of RCI Act No. 34 of 1992

It has been observed by the Council that Children with Disabilities (Divyangjan) are being trained/ served by Quacks/Unqualified/Non-registered Personnel/Professionals.

If anyone found serving "Persons with Disabilities (Divyangjan)", without having RCI Certification, shall be prosecuted before the Court of Law under Section 13(3) of RCI Act, 1992 as under:

"Any person who acts in contravention of any provision of sub-section (2) shall be punished with imprisonment for a term which may extend to one year, or with fine which may extend to one thousand rupees, or with both".

General Public is requested to report such instances to the Council along with documentary evidence by post/fax/email to enable the Council to take appropriate action such as filing of FIR against such persons.

"This Statutory Warning is issued in public interest".

14.5.2.019
(Dr. Subodh Kumar)
Member Secretary

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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
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- Cannot practice as rehabilitation professional anywhere in India

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

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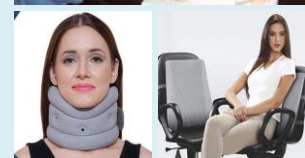
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Our Judicial System: Beckons an Overall Review



By: Colonel JS Chandoak (Retd.)



The present stalemate in the appointment of judges is rather unfortunate. As a result, the overall deficiency of judges is further increasing. And who suffers? Sadly the common person. Wish that this aspect is fully appreciated by the Government and the Judiciary in the larger interest of Society. It is alarming that nearly five crore cases are pending in various courts. Hope that all vacancies are filled upon a war footing within a time-bound schedule.

Some food for thought. Let's seriously emulate Argentina. In the field of football, we may take 10 years or so to qualify for the top 32. And to win the FIFA World cup, further 10 years may be an optimistic view. Let's consider the Argentinian initiative in the context of the judicial system and endeavour to introduce a similar system for overcoming pendency in our courts. Argentina has achieved dramatic success by implementing 'Prometea' software.

Juan Gustav Corvalan is the brainchild behind the dramatic success of Prometea Software in Argentina. He introduced this predictive AI (Artificial Intelligence) in the Buenos Aires Judicial System in 2017. Subsequently, it has also been adopted by the Inter-American Court of Human Rights. Under the aegis of the Prometea System, a particular judgment could be predicted within 30 seconds with over 90% accuracy based on a detailed study of similar past cases.

To substantiate - two illustrations. It facilitated 1000 rulings about drunk drivers in 26 days. Similarly, it resulted in 1000 rulings about housing rights in just 45 days. Thus it proved to be a leading provider of cutting-edge advisory services.

A user-friendly interface for inputs will be an asset at all levels of the Judicial System. The potential software may relate to specific laws and list similar precedents for draft judgments. Digitization would need to be introduced in totality for admitting, scheduling and listing cases based on their comparative importance.

Our Private sector can be assigned to design an apt software system for the Indian Judicial system. Ab initio, this may be applied in a large number of general cases repetitive in nature; for example 'Tenancy'. Such an initiative will reduce the overall pendency significantly. As a result, the Judiciary will have ample time available for considering and deciding 'peculiar' cases. This needs a serious consideration. It can prove to be a meaningful and wholesome tool in grappling with the problem which the Indian judicial system is facing.

This is the era of digitization and IT. Recently, there has been a revolution in the field of 'Mobile phones' in India. A similar effort is needed in our judicial system also. Our IT experts have excelled worldwide including in the USA also. Just a green signal to them is required and they would conceive an excellent software system for our Judiciary. Thereafter be pleasantly surprised with wonders galore!

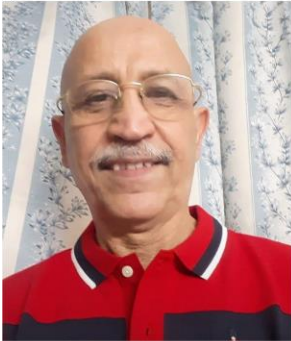
Our present Government has taken many bold initiatives in the larger interest of the Country. Let the introduction of apt software to streamline and accelerate decision-making in courts be another feather in the Government's cap. There would be ifs and buts and may be some resistance too, as it happens in introducing any 'change'. Yes, some teething troubles may also accrue. If applied in utmost sincerity, all citizens, that is, haves and have-nots would benefit. If Argentina can do it, surely India can also do it.

It was heartening indeed to hear a recent remark by a High Court that an individual should not suffer without a trial even for a 'millisecond'. In the true letter and spirit of this praiseworthy thought, legal luminaries in the Government, Judiciary and Society in general, should initiate a pragmatic overall review based on new software like in Argentina.

Modern lifelines IT and digitization should get married with the decision-making process in various courts based on new software. Looking forward to the dawn when there would be just negligible pendency in various courts.

War against Plastics – Are we losing?

Author



Maj Gen Krishan Chauhan
Retired Army Medical Corps
Former Additional Director
General Medical Services
https://youtu.be/B_oLyfCqofQ

We, humans are so deeply into plastics that we cannot do anything without them. Almost everything we own has some bit of plastic in it. It is so cheap, versatile and long lasting. Despite its uses, it is their disposal which is worrisome. Over three fourth of the world's nations have agreed to reduce plastic use and to correctly dispose it, so that there is a reduction in plastic garbage on the earth and in the oceans. The issue is, are we successful?

Strategy of United Nations Environment Programme (UNEP) suggested to Nations. Reduce, Reuse and Recycle. Single use plastic was banned in India on 01 July 2022. Banning 'single use plastics'. India did it in 2022 and today, more than half the world has done it. Banning carry-bags less than 75 microns. Law is enforced since 2021 in India. MSMEs/industries are now making non-plastic alternative products like wooden toys, plastic toys or toothbrushes and cutlery.



Reuse of plastics bags and bottles is followed in many middle and lower-class households. A website called FOSH has listed out 60 uses of discarded PET bottles other than storing drinkable liquids. Plastic containers can also be used effectively at home and offices.

Many other used or discarded items can be reused in homes, businesses, industrial houses, parks and so on. Only a bit of imagination and innovation may be required for large scale use. Types of plastics which can be recycled are **PET**, example drinking water bottles are easy to recycle economically. **HDPE**, plastic tables, chairs, etc can also be recycled economically. **LDPE** or flexible/ squeeze plastics like bread wrappers. These can be recycled in specialized units only. **Polypropylene** disposable cups/ plates. These products are most widely used and cause large amount of plastic waste.

US is the country which has the highest, per capita production and consumption of plastics. It also generates the largest amount of plastic waste, per capita. It was one of the first country to initiate plastic recycling measures which began in the last century. The scientific pool from all over the world trickled into the US for developing sustainable technologies for recycling of plastic waste. However, the data of plastic recycling in US declined from around 9% of total plastic waste in 2017 to around 5% of total plastic waste in 2021. Dismal situation! NGOs which surveyed the advanced recycling plants set up by technology startups, found that after the initial euphoria, the plants couldn't recycle complex plastics. Moreover, the sorting process was expensive.

After banning plastic waste import for almost 3 years, India began importing plastic waste again. This was because our 4000 odd recycling industries did not get enough of raw material (used PET bottles/ containers) and many smaller units were on the verge of closure. Single use plastic ban was hailed by the environmentalists. Looking deeper in the law, the responsibility of its enforcement is left to the state governments. In most states the Pollution control authorities have to take help of overburdened police officers for conducting raids. The vegetable and fruit vendors in the country are dishing out plastic bags. This manufacturer-distributor-sales network still functions. There is a universal concept of YOU PRODUCE, YOU RECYCLE. In 2021, the top three consumer brands which collected the maximum plastic garbage across the country were – UNILEVER, COCO COLA and PEPSICO.

The Extended User Responsibility is just a directive. There is no legal binding. All online buyers face the same issues of disposing thermocol, large LDPE bags and layers of coverings and of course the final plastic external cover contains address labels/ bills. The situation of plastic waste in most developing countries is going from bad to worse as many of the countries which imported plastic waste earlier, have stopped doing it.

These plastics have rotting food and other wastes. Microbes and toxins leech out of them into water soil and even air. The smaller the plastic particles (micro plastics), the more surface area/ piece of toxic substance they can hold. Even smaller, the nano plastics come back to us in our air, water and food – vegetables, fruits, dairy or meat/ fish. For more effects of these plastics read, 'Piling of Plastics' published on 21 November 2021. [Press this link.](#)

However, all is not lost. We may have been losing many small battles, but the war is still on. We look forward to the winning strategies being adopted by some people, NGOs, municipalities, governments, businesses and scientists. If adopted by more people, municipalities and governments, we may succeed.

Rohtang Pass Visited A Few days before the Snowfall

Author



Dr Swaranjit Singh
FAMI, FNABS, FSAB, FNESA
Director, SAS Free Polyclinic
Mohali, Punjab

I remembered my childhood days in Kohima and the snow over Japfu at 3048 metres above sea level. This valley is tucked away at 2438 metres above sea level. From June to September, the entire valley is covered with a carpet of wild flowers. Here, you are completely at peace with nature.

The valley is surrounded by hills, natural caves & rocks and is thus, ideal for camping. In the year 1973 while I was studying in class X in the Baptist English School, we had planned to scale the peak. Amongst the team members was my good friend Nitso Shiza. We could never reach the top and ended having a grand party in my father's house in PWD Hill 291. Our phone no. that time was 474. Nevertheless, I am sharing my recent experience with you all in Nagaland.

I read in the papers on the 21st that the Manali – Leh highway via the Rohtang Pass had closed and many persons were stranded. Helicopters were deployed to drop food and warm clothes for the stranded people. I had been hearing of the 13,050 feet high Pass from the books and my friends. I had a desire to drive up and see it for myself. At last the day came in September last year and I found myself on the flatland at a high altitude that had Ponies to take the people even higher to experience the snow on the steep hilltops.

The Pass is surrounded by hills and presents a magnificent sight with clouds covering the hilltops. It was very breezy and cool there. I could talk to my folks down below - thanks to the advancement of the communication technology.

The road maintained by the Border Roads is the link between Manali and the Lahaul and Spiti valley. The Rohtang Pass thus serves as the Gateway to the valley. I was impressed to cross the ~3 Km. Kullu Tunnel that had a broad double lane for the traffic. It is really an engineering feat to make such a tunnel below the mighty mountains. I understand that a much longer tunnel is being made below the Rohtang Pass to bypass the Rohtang Pass that closes in winter leading to great hardships. The current road is used by big trucks for stocking food stuff, clothing, daily needs and oil in this area and in the cold desert: Leh and Ladakh for the winter. Once this tunnel is operational link with the area will be improved to a large extent. The river Beas follows the adventurous tourists till Manali and much ahead.



You will be surprised to know that the 51 Km. stretch from Manali to the top took me 3.5 hours. You can well imagine the difficult bad road that is not only narrow but dangerous. A single wrong move while driving can land up in a major disaster. It was frightening to see the deep 90° hill side cliffs just next to the road.

The mountain Kullu goats were grazing on the hills. I wondered whether the Chandigarh goats could do so! The famous Kullu shawls are made from the wool of these Kullu Goats. The Kullu Shawl is a unique product of the Kullu valley and is blended with the environmental conditions specific to this place. The Kullu Shawls are protected by the Geographical Indication (GI) Act of 1999. If anyone is found selling fake Kullu shawls he can be fined or imprisoned or both under the GI Act of 1999. Even if unauthorized boards are put up exhibiting "Genuine Kullu Shawls", the concerned people can be prosecuted under the GI Act of 1999.

The people in this region are very helpful and guide a tourist if he is in need of information in the difficult hill area. Due to over heating of the brakes as a result of excessive braking, a lot of smoke came out of the front tyres that made me worried. I was told by a roadside person not to worry but to park my car for a while to cool the brake pads. This according to him was a common feature on the steep roads there!

The Joy of Giving is the Joy of Living

Contributed by



Dr. Balram Gupta

**Professor Emeritus and Sr. Advocate
Director (Academics) Chandigarh Judicial Academy**

John D Rockefeller was once the richest man in the world. The first billionaire in the world. By age 25, he controlled one of the largest oil refineries in the US. By age 31, he had become the world's largest oil refiner. By age 38, he commanded 90% of the oil refined in the U.S. By 50, he was the richest man in the country. By the time he died, he had become the richest man in the world.

As a young man, every decision, attitude, and relationship was tailored to create his personal power and wealth. But at the age of 53, he became ill. His entire body became racked with pain and he lost all of his hair. In complete agony, the world's only billionaire could buy anything he wanted, but he could only digest soup and crackers.

An associate wrote, "He could not sleep, would not smile and nothing in life meant anything to him" His personal, highly skilled physicians predicted he would die within a year. That year passed agonizingly slowly. As he approached death he awoke one morning with the vague realisation of not being able to take any of his wealth with him into the next world. The man who could control the business world suddenly realized he was not in control of his own life.

He was left with a choice. He called his attorneys, accountants, and managers and announced that he wanted to channel his assets to hospitals, research, and charity work. John D. Rockefeller established his Foundation. This new direction eventually led to the discovery of penicillin, cures for malaria, tuberculosis and diphtheria.

But perhaps the most amazing part of Rockefeller's story is that the moment he began to give back a portion of all that he had earned, his body's chemistry was altered so significantly that he got better. It looked as if he would die at 53 but he lived to be 98.

Rockefeller learnt gratitude and gave back the vast majority of his wealth. Doing so made him whole. It is one thing to be healed. It is another to be made whole.

Before his death, he wrote this in his dairy:

"I was taught to work as well as play,
My life has been one long, happy holiday;
Full of work and full of play
I dropped the worry on the way
And God was good to me every day!"

The Joy of Giving is the Joy of Living. No material gain would compensate the joy of unconditional giving.

One of the real time jokes in Supreme Court

Supreme Court Judge to then Attorney General Mr G. Ramaswamy: "Do you think we are Fools???"

G. Ramaswamy: "My lord has put me in a very difficult situation. If I agree I am in Contempt, if I disagree I commit Perjury!!!"

That got even the SC judges laughing!!!

Bibi Amtus Salam

Adopted Daughter of Mahatma Gandhi

Author



Dr Jaswant Singh Puri
Doctor of Letters
(Honoris Causa)

Bibi Amtus Salam, the adopted daughter of Mahatma Gandhi, was born in 1907 in Patiala to Abdul Majid Khan and belonged to a conservative but aristocratic Muslim family. Amtus Salam was the youngest in the family. She was delicate in health but had a firm faith that India could achieve freedom from the clutches of the British through the Gandhian methods of non-violence. Her brother Abdur Rashid Khan was a freedom fighter who imbibed inspiration in her to serve the people of her country. She was denied education owing to the observance of 'Purdah' but she shunned it altogether as she was eighteen years. [Click here](#) – A Muslim woman freedom fighter.

She was a close associate of Gandhiji. She was a staunch supporter of Hindu-Muslim unity and put her efforts to gain this unity. She was so much associated to Gandhiji that he once wrote to Sardar Patel in 1934: *'The frail Salam's heart is gold but her body is brass'*. The selfless and tireless efforts of Gandhi and his loyal associates helped to achieve independence on 15 August, 1947 but communal riots occurred throughout India. Gandhiji toured Bengal extensively to calm down the turmoil.



Amtus Salam also accompanied him and fasted with him for 21 days at Noakhali to bring peace. Gandhiji left her there to continue with her efforts to restore communal harmony in Noakhali. She also toured many trouble spots in Delhi, Calcutta and Dhaka to bring the situation under control. Gandhiji found that she was "the moving spirit behind whatever peace has been achieved in Noakhali. Only you can sustain it. Wherever you stand, you stand in the capacity of my daughter, do you not?" So Gandhiji a strong belief in Amtus Salam. Amtus Salam had a strong will to stay at Patiala during the partition to keep the city in perfect communal harmony. She decided to stay in India. Her brothers and family opted to move to Pakistan.

She worked ceaselessly for the evacuation and rehabilitation of thousands of women during 1947-48. She was assisted in this endeavour by Lajjawati Hooja. She was very active in Jalandhar and associated with KMV College. Both Amtus Salam and Lajjawati worked in Bahawalpur under the guidance of Rameshwari Nehru, a near relative of Jawaharlal Nehru. She was a Congress Member and a member of the All India Women's Congress. Amtus Salam was so much bent upon doing social service that she paid several visits to Pakistan for the evacuation of refugees.

She founded the Kasturba Seva Mandir and Khadi institutions and stationed herself at Rajpura. She worked there for the rehabilitation of Hindu Migrants from Bahawalpur. She was earnestly involved in the work of the Government of India when it started constructing a township at Rajpura for the resettlement of refugees along with Hindustani Talimi Sangh. Amtus Salam was also selected as a permanent invitee for the All India Committee on Jail Reforms. Amtus Salam took an active part in the Khadi Movement. She was highly influenced by the non-violence theory of Mahatma Gandhi and Sevagram Ashram which she joined in 1931. During the Indian National Movement, she was imprisoned along with other women in 1932. After her release from prison, she was Personal Assistant to Gandhiji. She was deeply involved in the welfare of the Harijans and women. She also published an Urdu magazine named 'Hindustan' to promote national integration and communal harmony. She also travelled as Personal Assistant with Khan Abdul Gaffar Khan when he toured India in 1961. She also visited the mountainous terrains during Indo-China War of 1962 and Indo-Pak War 1963.

After Gandhi's death, she had a direct access to Prime-Minister Jawaharlal Nehru and Indira Gandhi whom she addressed as 'Beti Indu'. She was a quiet nationalist but a daring woman and exemplified her absolute commitment to the cause of peace. Gandhiji wrote in a letter to her in very pleasing words: *"It is not that your place is only in Punjab. Your place is everywhere."* It is worth eulogizing that she did not run after any media publicity throughout her life and left this world on 29 September 1985. She will remain immortal in the hearts of people. She kept the lamp of harmony alight. during the turbulent periods.

Dr. Ajit Singh Puri, M.D. was the Consultant Physician of Bibi Amtus Salam. He also accompanied her to Rajpura for organizing medical camps. Bibi Amtus Salam used to have very creative conversations with Mrs. Alka Puri, the devoted wife of Dr. Puri and loving mother of the author, Dr Jaswant Puri. They used to visit rural areas to help the needy people.

PHYSIOTHERAPY



Dr MUSKAN TEER (PT)

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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