

# Impressions

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Theme of this  
Bulletin:

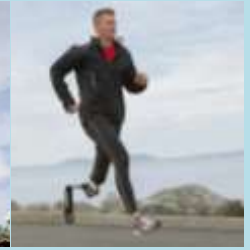
**Nirbhau- Nirvair  
(No Fear - No Hate)**

No. 24/35 – February 2024  
(Monthly e-Bulletin)  
[www.nevedac.com](http://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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## Famous Shayar of Chandigarh



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

बावजूद परसतिश के कुछ न मिला  
थी ज़िन्दगी मोहमा पता न चला  
हर रोज़ जो देती थी दस्तक  
रूठी क्यों मुझ से वह बादे सबा  
बनाए और ढाए आशियाँ तो बहुत  
रहने को मगर आशिऔँ न रहा  
मनाई ता उमर खैर रौरों की  
कोई अपना था पता न लगा  
राहे ज़ीस्त सोचा भी न था  
काम आएगी आखिरत 'दामन' दुआ

## Artificial Intelligence and Artificial Limbs

Contributed by

**Dr VJS Vohra**

**Founder - CEO & Sr Consultant, Nevedac Prosthetic Clinic**

Artificial intelligence (AI) and artificial limbs (prosthetics) are two distinct fields, but now it can be said that there is a significant interconnection between these two fields due to the advancements in recent years, particularly in their applications for enhancing human capabilities and improving quality of life of disabled persons through prosthetic and orthotic technology.

AI refers to the simulation of human intelligence processes by machines, particularly computer systems. These processes include learning the rules for using the information, and using rules to reach approximate or definite conclusions. AI has numerous applications across various domains, including healthcare, finance, automotive, gaming, and more. In healthcare, AI is used for medical image analysis, drug discovery, personalized treatment planning, virtual health assistants, and predictive analytics for patient care.

In the context of artificial limbs, AI can be employed in various ways, such as in the control systems of prosthetic limbs to enhance their functionality and responsiveness. AI algorithms can interpret signals from patient's nervous system or muscles to enable intuitive and precise control of prosthetic devices. Intervention of a programmer leads to streamline the process.

Artificial limbs, also known as prosthetics, are devices designed to replace the missing part of the body due to injury, illness, or congenital conditions. Orthotic devices enhances the functionality of the weak or deformed part of the body and also used for treatment of spinal, knee and foot ailments. Traditionally, prosthetic limbs have been mechanical in nature, relying on simple mechanisms and materials such as wood and metals. However, advancements in materials, science, robotics, and biomedical engineering have led to the development of more sophisticated and lifelike prosthetic devices.

Modern prosthetic limbs can incorporate advanced materials such as carbon fiber, titanium, and silicone to improve durability, comfort, and aesthetics. Electronic components and sensors enhance the functionality of prosthetic, orthotic and assistive devices. AI technologies are increasingly being integrated into artificial limbs, which leads to more natural, user friendly and comfortable prosthetic devices, that can adapt to the user's movements and preferences, allowing for personalized and responsive prosthetic control.

The convergence of AI and artificial limbs holds great promise for the future of prosthetics - orthotics, enabling patients with limb loss or deformed / weak limb, to regain greater independence, mobility, and quality of life. As both fields continue to advance, we can expect to see even more innovative solutions that leverage AI to further enhance the capabilities of artificial limbs and assistive devices.



[Click here](#) for the digital leap

# 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 स्वायत्तिक 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".

*Dr. Subodh Kumar*  
14.5.2019  
Member Secretary

B-22, Qutub Institutional Area, New Delhi - 110 016  
Tel: 011-2653 2426, 2653 2364, 2653 4267, 2653 2816 Fax: 011-2653 4291  
E-mail: rci-depawd@gov.in Website: www.rehabcouncil.nic.in

## 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).

It has been observed by Council that Children with Disabilities are being trained/served by quacks/unqualified Non Registered Personnel/Professionals.

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

"This Statutory Warning is issued in Public Interest".

### Non-registration can have serious consequences :

- Not eligible to work in Government or Private Sector
- Not eligible to provide service in the field of disability Rehabilitation and Special Education
- Cannot practice as rehabilitation professional anywhere in India

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

**RCI**  
CERTIFICATION  
is legally must.



MY RIGHT IS TO BE SERVED BY QUALIFIED PERSONNEL  
DAYS OF CHARITY HAVE GONE

For further information please contact:

Member Secretary  
**REHABILITATION COUNCIL OF INDIA**  
A Statutory Body of Ministry of Social Justice & Empowerment, Govt. of India  
B-22, Qutub Institutional Area, New Delhi-110016  
Phone: 01-11-2653 2364/26534267, Fax: 01-11-2653 4291  
E-mail: rehabstat@nic.vsnl.net.in Visit us at: www.rehabcouncil.nic.in

Monthly e-bulletin, 'Impressions' is dedicated to late Colonel DS Vohra, Founder of Ministry of Defence **Artificial Limb Centre**, Pune and Founder of **Nevedac Prosthetic Centre**, Chandigarh, father of Dr VJS Vohra, Founder & CEO of **Nevedac Prosthetic Clinic** / Co-Founder of Nevedac Prosthetic Centre and Hony Prosthetic Adviser to Governments Punjab, Haryana, Chandigarh and Himachal Pradesh.



**Padma Awards**  
Ministry of Home Affairs  
(Govt. of India)

**Padma Shri (1988)**  
**Col. (Retd.) Darshan Singh Vohra**  
Social Work  
Chandigarh



**Col. D.S. Vohra**  
(1915-1998)



**Nevedac®**  
Prosthetic Clinic

**Dr. VJS Vohra**  
Sr. Consultant  
Artificial Limbs & Orthotics  
Rehabilitation Council of India  
Certified Prosthetic Orthotic Professional  
Regd No. RCI / AA00001

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

**ARTIFICIAL LIMBS**  
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## Take action as per Kabir's Advice

Contributed by  
Dr VJS Vohra

Kabir Das, a renowned Indian poet and saint, emphasized the importance of taking immediate action and not postponing tasks. His teachings encourage a proactive approach to life. He said that we have very little time, the work which has to be done tomorrow, do it today, and what has to be done today, do it now, because in a moment there will be doomsday, then when will you do your work. If you want to implement this philosophy in your daily practice, consider completing tasks based on their urgency and importance. Focus on completing high-priority tasks first to ensure you address the most crucial responsibilities promptly. Organize your tasks in a to-do list. Break down larger tasks into smaller, more manageable steps. This can help you stay organized and focused on completing each task one step at a time.



Set clear goals by defining your goals and break them down into smaller, manageable tasks. This makes it easier to focus on one step at a time, reducing the feeling of being overwhelmed. Prioritize the tasks by Identifying the most important and urgent tasks. Tackle high-priority items first to ensure you are addressing the most crucial aspects of your work. Develop a daily or weekly schedule that allocates specific time blocks for different tasks. Stick to your schedule as much as possible to build a routine and reduce the likelihood of procrastination.

Set a timer for a specific period to work on a task, followed by a short break. This can help maintain focus and make tasks seem more manageable. Identify and eliminate potential distractions from your work environment. This might include turning off notifications, creating a designated workspace, or using website blockers to limit access to distracting sites. Break tasks into smaller and achievable steps. Completing these smaller steps can give you a sense of accomplishment and motivate you to continue.

Imagine the positive outcomes of completing a task. Visualization can help motivate you by highlighting the benefits and reducing the perceived difficulty of the task. After completing a task or achieving a milestone, reward yourself. This positive reinforcement can create a positive association with completing tasks and inspire you to continue being productive. Share your goals with a friend, colleague, or mentor who can provide support and hold you accountable. Knowing that someone else is aware of your goals can increase your commitment to completing them.

Practice self-compassion by being kind to yourself. Instead of dwelling on feelings of guilt, acknowledge the delay, and focus on moving forward. Remember, overcoming your delaying tactics is an ongoing process, and different strategies work for different people. Find a combination that suits your preferences and practice doing things now.

Targets should be realistic about what you can accomplish in a given time frame. Setting achievable goals will prevent you from feeling overwhelmed and increase your chances of success. Having a timeframe can create a sense of urgency and prevent wasting of time. Identify the reasons for completing your work in time. Break down tasks into smaller, more manageable parts and focus on completing them step by step.

Break tasks into smaller steps. If a task seems overwhelming, break it down into smaller, more achievable steps. Completing these smaller steps can give you a sense of accomplishment and motivate you to continue. Understand the Root Cause which may be due to fear of failure, lack of interest, or feeling overworked Understanding the underlying reasons can help you address the problem faced by you. Habit of postponement is the enemy of your productivity.

Visualize success by imagining the positive outcomes of completing a task. This can help motivate you by highlighting the benefits and reducing the perceived difficulty of the task. Develop effective time management skills. Allocate specific time blocks for different tasks, and try to stick to the schedule. This helps prevent tasks from piling up and ensures that you make progress consistently. Stay mindful and be present in the moment to fully engage with the task at hand. Minimize distractions and focus on the work you are doing. Mindfulness can improve your efficiency and the quality of your work. Prioritize your tasks and learn to say no to additional commitments if your plate is already full. Overcommitting can lead to stress and compromise the quality of your work.

Regularly reflect on your progress and adjust your approach if necessary. If certain strategies are not working, be open to trying new methods to improve your productivity. Remember that the key is to cultivate a proactive mindset, where you tackle tasks promptly and efficiently. By incorporating these practices into your daily routine, you can better align your actions with Kabir Das's advice and make the most of the time you have.

Staying home, not going to school for a few weeks was so much fun in childhood, 60 years ago. Large families, open courtyards with trees and kitchen gardens were a delight. But, now? 2024 started with the longest period of fog – 35 days, spread over 2,500 km in 3 heavily populated countries. A billion people lived without sunlight in extreme cold. The shutdown of Education institutions continued beyond the winter break. Much of the population stayed home. Especially affected were the old and infirm, children, the unemployed/ self employed or work from home types.

Annual home isolation during winter season occurs routinely for those staying in periods of excessive snowfall in the mountains or near the poles. Short periods of isolation can also occur during floods and other extreme weather conditions. This is affecting nuclear families and those recently shifted to new areas, especially apartments. ‘Cabin fever’ is a terminology used in the Western countries. This condition occurs when healthy people are isolated due to incessant snowfall. It was popularised by two films on the subject.

Those who are likely to remain alone are Single or even a working couple in the city who work from home. Senior citizens left alone or those who have working children who have migrated to other cities in the country or abroad. Also affected are those who are living with working family member(s) but suffer from one or more chronic diseases. Those confined to bed/ sofa due to injury or surgery and who cannot venture out alone are at the highest risk.

Specially abled child who is not sent to school because of poverty or ignorance also remains alone. Those staying alone at home, either single, or in those whose partners/ family members are away for most of the working hours, develop a change in mind set. They tend to get up late and do not feel the requirement of grooming themselves. They spend long hours on chair/ sofa or slouching on bed. Their screen time and snacking frequency increases. Their time schedule is lost and over a period of time they become lethargic, withdrawn and

## Home Alone or Cabin Fever

Author



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

irritable with mood swings. The more lazy they become, the more withdrawn they are. They stop cooking food and order online. Even if they have the chance of going out, they are too lazy or mentally afraid of going out, thereby completing the cycle.

Factors which affect health, depending on the category of the person who stay at home, there may be certain common or peculiar factors. For example: Sitting or lying down most of the day. 2. Living in a flat with no access to sunlight and not able to go out during daylight hours. 3. Children staying alone at home for long periods. 4. Staying alone and being unable to cook. 5. Couples/ partners stuck together at home for long periods. 6. Working long hours from home at night and not being able to go out during day hours which are spent asleep.

Human beings have evolved living in a family and a community. Sleeping at night was the only indoor activity for millenniums. Spending long hours outdoors during sunlight hours, seeing flowers, plants, trees, birds and animals was the norm. Social growth also occurred because of interactions with other children and adolescents of own age, which occurred outside the home. Effects of staying alone and aloof, begin to manifest quite slowly in most affected people. This is because of their mental resilience. However, some others who are forced to stay alone, do not interact much on social media or who have mobility issues have a much rapid deterioration. The following ill effects may appear;

**Mental.** These begin slowly as laziness,

getting late for meals, work and sleep. They feel no need to groom and look smart/ beautiful. Over a period of time their mood swings start and become irritable. Stress levels increases. They become anxious at the thought of going out. Such persons may slowly drift into Depression or Anxiety. They may get addicted to tobacco, alcohol or recreational drugs. Other addictions like video games, screen addiction including pornography viewing may lead to disturbances in family’s stability and domestic violence. During Covid lockdowns, the rates of mental disorders as well as suicides had sky rocketed.

**Sleep.** Sleep is affected due to many reasons such as inactivity, irregular food habits and melatonin secretion (lack of exposure to sunlight). The circadian rhythm is affected. Less sleep, disturbed sleep as well as long hours of daytime sleep in turn, affects the mental and physical health. Insomnia or deficient sleep at night time also occurs due to prolonged day time napping.

**Physical Health.** Many organs and senses of our body are affected in those staying alone. Some are related to mental health and sleep. These are Vitamin deficiency, especially Vit D, Hypertension can occur in any age group in those who are inactive. Diabetes type II may silently develop in the middle aged or elderly. Allergies and respiratory infections may increase due to indoor pollution, if windows remain shut. during cold weather.

**4. Skin, hair and beauty.** These are affected due to vitamin deficiencies, lack of sun and fresh air as well as carelessness of self grooming.

**5. Social.** Slowly but surely, social skills get blunted. Long facial interaction is difficult as the person gets irritated soon, hence complex inter-personal issues remain unresolved. Their social circle starts contracting too. Occupational as well as financial growth suffers. The person feels burnt-out at their job.

**5. Children.** They are the most affected group. As per UNICEF, such children get a loss in their learning aptitude. They have difficulty in interacting with other children. Older children staying alone get into a state of depression.

## Top Financial Frauds of All Time – Part 1

### The Sale of the Roman Empire (193 A.D.)

During unrest in the Roman Empire, the Praetorian Guard (a special army supposedly loyal to the emperor), killed the current emperor and offered the empire to the highest bidder. The "winner" was Julianus, who came up with a truly astronomical price: 250 gold pieces for every member of the army, which comes out to somewhere around \$1 billion in today's money. Unfortunately, the guards had sold something that didn't belong to them, a classic, if simple, financial fraud. The new "emperor" was never recognized as such and was quickly deposed.

**Other fact:** First official act of the real emperor who "deposed" Julianus was executing the guards who ran the scam.

### The Mississippi Scheme (1719)

When Scottish financial genius John Law started a company to develop the then-wilderness Louisiana, he saw nothing wrong with hyping the possibilities rather than the reality. He convinced investors (including the French government) to back his development scheme. Shares in his company skyrocketed and French currency increased in value, since it was widely believed France would

Contributed by



**Jagdeep S Chopra**  
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gain a mountain of gold and silver from what was then only a swampy backwater. When investors actually received what Louisiana was like, shares plummeted. Law narrowly avoided being lynched, escaping only by disguising himself as a beggar. He died in poverty nine years later.

**Other fact:** With the exception of New Orleans, Louisiana is still a swampy backwater.

### The Wright Panic (1900)

Never underestimate the power of social pressure. Financier Whitaker Wright put prestigious figurehead names -- lords and ladies, mostly -- on the boards of directors of his

companies. As a result, investing his firms became quite the social norm among the well-heeled. Unfortunately, while his companies looked solvent on paper, they were really only lending money to one another in order to balance the books. When the scheme became public, shares collapsed, leaving many of his posh pals penniless.

**Other fact:** When Whitaker heard he'd been convicted of fraud, he took cyanide pills and died within minutes.

### The Original Ponzi Scheme (1920)

Charles Ponzi discovered that he could purchase postal coupons at a discount, ship them abroad, and sell them for full price. His only lie was exaggerating the financial benefits. Rather than a modest 5% profit, he claimed the coupons would produce a 50% profit in only 45 days. Thousands of people practically threw their money at him, as he paid early investors from the proceeds of subsequent ones. When the eponymous scheme finally blew up, investors lost nearly \$10 million. Ponzi fled the country and eventually died in abject poverty.

**Other fact:** After fleeing the U.S., Ponzi became financial advisor to Benito Mussolini, where his bungling hastened Il Duce's decline.

## New peace center in Turkey

Source:

Rotary news

Rotary clubs and districts have begun recruiting candidates for the next class of Rotary Peace Fellows, including for the newest Rotary Peace Center at Bahçeşehir University in Istanbul, Turkey. The center was made possible by a US\$15.5 million pledge from the Otto and Fran Walter Foundation and approved by Rotary Foundation Trustees in early 2023.

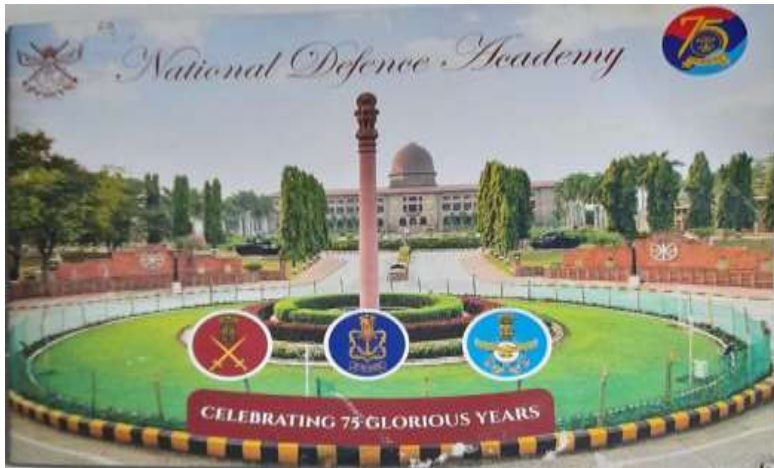
The new center will offer experienced peacebuilders the opportunity to complete a one-year professional development certificate program, earning postgraduate diplomas in peace and development studies. Learn more about the [new center at Bahçeşehir University](#) and how to [recruit candidates for a peace fellowship](#).



## 75 Glorious Years of National Defence Academy, Pune Celebrations attended by Colonel JS Chandoak | His prestigious tenure in NDA



CAS, CDS, Col Chandoak, CNS



National Defence Academy, Pune

National Defence Academy (NDA) is a unique and prestigious tri services (Army, Navy and Air Force) Academy of our proud country. It was established during the year 1949 at Pune with an idea well ahead of time. NDA converts the nascent youth into leaders to 'Forge joint military leadership'. On completion of 75 glorious years, the Academy commemorated with many splendid functions from 14th to 17th January 2024 at its campus in Pune.

Col JS Chandoak had a prestigious tenure as Squadron Commander of Juliet Squadron at his Alma mater NDA from December 1977 to December 1979. Col Chandoak and his wife Mrs Surinder Chandoak attended various memorable functions at the Academy to commemorate its 75 glorious years. It's a matter of great pride for Col Chandoak that the present CDS, Gen Anil Chauhan; Air Force Chief, Air Chief Marshal Vivek R Chaudhary and Naval Chief, Admiral R Hari Kumar; all were cadets in Juliet Squadron during his tenure as the Squadron Commander. He was their proud mentor during the grooming stage at the NDA. A photo (top left) of all of them at 'J' Squadron on 16 Jan 2024 says it all. Chandoak's well wishers have acclaimed him as an excellent instructor. He has received kudos galore for the unique honour, as his three ex cadets (i.e. CDS, CAS, & CNS) have reached the highest ranks of our Defence forces and are holding the prestigious appointments.

Chandoaks have a varied experience of many flights as they are fond of travelling. Their foreign score card reads 17/35. The former number stands for the number of visits abroad and the latter for the number of countries visited. However their Indigo flight from Pune to Delhi on 22 Jan 2024 was just fantabulous, which left indelible memories for them. Col Chandoak was flabbergasted when Indigo flight Captain Anirudh Bhardwaj announced to all those on board- "A special announcement. We are really proud to have on board today, a highly respected officer of the Indian Army. He is Col Chandoak, who can proudly say that the present Chief of Defence Staff, the present Chief of Air Staff and the present Chief of Naval Staff were all trained by him at the prestigious National Defence Academy. Sir, it is our honour to have you on board our flight today. Thank you very much for joining us."



Indigo Flight Pune to Delhi

Captain Bhardwaj was extremely courteous and humble. A few photos after the amazing flight, especially the one with the Captain kneeling and the crew (above on right), speaks volumes of his character and being a Pilot with a 'difference'. It was a pleasure to oblige some inquisitive co-travellers in the aircraft with selfies. So, memories of this momentous flight will remain stored forever in the lockers of the hearts of Chandoaks.

## World Radio Day

Author



**Dr. Jaswant Singh Puri**

Doctor of Letters (Honoris Causa)  
Social Activist, Punjab Rattan

World Radio Day is celebrated on 13th February. It is a date proclaimed by UNESCO to celebrate radio broadcasts, accelerate international cooperation among radio broadcasters and create an access to information through radio.

This day is a unique opportunity to draw attention to the inevitable significance of radio. It still is the medium to reach the huge number of radio lovers. UNESCO spearheads all the nations to celebrate Radio Day with full interest and involvement with diverse partners, such as national, regional and international broadcasting associations, media organisations as well as the people. Radio is still changing lives across the world.



World Radio Day was first proposed by Spain in September, 2010 and it was accepted by the UNESCO Member States in November 2011. This year the theme of World Radio Day is: "Radio: A century informing, entertaining and educating."

Though the technological advancement has shown meteorite rise but radio is a part of medium, especially during the occurrence of natural and man-made disasters.

It was Guglielmo Marconi, an Italian inventor who proved the feasibility of communication over the radio. He received the first radio signal in history in 1895 and the first radio station in America was established in Pittsburgh in 1919.

Broadcasting over radio became digital in 1994 when radio streaming started via the internet.

Radio was the focus of attraction of most people before the invention of television. It was cheap with numerous uses as it was a source of global connectivity. It imparts radio lovers with news, entertainment, songs, educational programmes, medical-care awareness etc.

There are about 15,000 radio stations in the USA. Marissa Mayer quotes correctly: "The internet creates more

replace physical books, radio or TV."

Radio broadcasts so many programmes for the students and diverse communities. Mukta Vidya Vani is the unique educational Web Radio streaming audio for educational purposes and a part of the largest open schooling in the world. It is an effective platform for the learners. Shiksha Vani Podcast spreads audio content for various subjects of grades nine to twelve. All India Radio is broadcasting virtual classes and educational content. Gyan Vani is an educational FM Radio station in several cities of India. The medium of Broadcast is English, Hindi, or language of the region. Its educational FM radio network has spread to more than 37 cities and towns across the country. The FM Broadcasting in India began in 1977 but boomed after 2001 with the privatisation of FM Broadcasting. Though much has changed in the world of broadcasting technologies but All India Radio has kept its pace and still remains popular. AIR Kerala and Vividh Bharti, Malayalam have been on the top. 'Mann Ki Baat' is an All India Radio programme hosted by Prime Minister Narendra Modi since 2014.

Ameen Sayani was the famous radio announcer who helped popularise AIR. He was awarded the 'Hindi Ratna Puruskar' by the prestigious Hindi Bhavan of New Delhi. He has produced and compered programmes in thousands like CIBACA (formerly BINACA) GEETMALA since



1952, mainly over radio Ceylon and afterwards over Vividh Bharti for 42 years. He was presented with 'Padma Shri' award in 2009.

One of the most memorable broadcasts in India belongs to Melville De Mellow whose seven hours long radio commentary on the funeral procession of Mahatma Gandhi deserves accolades. "Melville was for radio what Elvis Presley was for rock and roll".

Newscasters such as Roshan Menon, Devki Nandan Pandey, Lotika Ratan, Surojit Sen, Pamela Singh, Barun Halder, Indu Wahi and Rajendra Aggarwal became household names with their nuanced and authoritative reading style. Sushil Javeri was always a stickler for correct pronunciation who started as a music presenter in 1955 and became a newsreader in Delhi a year later.

Some other memorable radio personalities include RJ Karan Singh, Aswathy Sreekanth, RJ Shankar, Disha Oberoi Manohar Mahajan. RJ Mir is popular for his popular show on 'Radio Mirchi' RJ Jimi achieved great popularity in Red FM for his voice.

Radio Lata Mangeshkar is dedicated to Indian Singer and music director. Besides, there is Mohammed Rafi Radio, Kishore Kumar Radio, Asha Bhonsle Radio, Radio City Mukesh etc.



Sir William Mark Tully, KBE, was Bureau Chief of BBC Delhi for 20 years. He received several awards and authored nine books. He was awarded Padma Shree in 1992 and Padma Bhushan in 2005. He was honoured with the coveted Redlink Lifetime Achievement Award of the Mumbai Press Club.

Radio had its dawn in India as a tool for disseminating information in every walk of the country. AIR has been serving to educate and entertain its audience since inception. It lives up to its Motto - 'Bahujan Hitaya: Bahujan Sukhaya'. The Directorate General, All India Radio functions under Prasar Bharati. AIR has a three-tier system of broadcasting - National, Regional and Local, which is a newer concept of broadcasting in India.

## Diabetes is Lifestyle Disease

Shared by

Dr Ashu Rastogi

PGI, Chandigarh

# डायबिटीज एक लाइफ स्टाइल डिजीज इसमें व्यायाम ही मेडिसिन है : प्रो. लाल

पीजीआई के एडवांस पीडियाट्रिक सेंटर में 'जनता के साथ, पीजीआई का हाथ' कार्यक्रम का आयोजन

हेल्थ रिपोर्टर। चंडीगढ़

डायबिटीज एक लाइफ स्टाइल डिजीज है। इसे बीमारी नहीं समझना चाहिए। अगर आपकी दिनचर्या ठीक है। नियमित व्यायाम करते हैं तो आप डायबिटीज कंट्रोल में रख सकते हैं। यह बात पीजीआई के एडवांस पीडियाट्रिक सेंटर में आयोजित जनता के साथ, पीजीआई का हाथ कार्यक्रम में एंडोक्रायनोलॉजी डिपार्टमेंट व मैटाबोलिज्म डिपार्टमेंट की ओर से आयोजित इंटरैक्टिव सेशन में पीजीआई के डायरेक्टर प्रो. विवेक लाल ने कही। प्रो. लाल ने कहा कि डायबिटीज में व्यायाम ही मेडिसिन है। रोजाना 45 मिनट की ब्रिस्क वॉक और फिजिकल एक्टिविटी करने से डायबिटीज जैसी गंभीर बीमारी से बच सकते हैं।

वे इस कार्यक्रम में बतौर चीफ गेस्ट बोल रहे थे। इस दौरान उन्होंने डायबिटीज, डायबिटिक फुट केयर और ऑर्गन ट्रांसप्लांट को लेकर मरीजों के सवाल के जवाब दिए गए। एंडोक्रायनोलॉजी डिपार्टमेंट के एचओडी प्रो. संजय बडाडा, रीनल



## चेहरे की तरह ही पैरों का भी रखें ख्याल

प्रो. आशु रस्तोगी ने बताया कि डायबिटीज लंबे समय तक अनियंत्रित रहने के चलते मरीजों के पैरों में घाव हो जाते हैं। कई बार बीमारी इतनी बढ़ जाती है कि पैरों को काटने की नौबत आ जाती है। उन्होंने बताया कि डायबिटीज के मरीजों को अपने पैरों का विशेष ख्याल रखना चाहिए। जिस तरह से रोजाना चेहरे का ख्याल रखते हैं, उसी तरह पैरों का भी ख्याल रखना चाहिए। डायबिटीज है तो टाइट जूते नहीं पहने चाहिए। रोजाना अपने पैरों की देखभाल करनी चाहिए। अगर कोई घाव हो रहा है तो डायबिटिक फुट केयर एक्सपर्ट को दिखाना चाहिए। उन्होंने कहा कि अगर समय पर इलाज शुरू हो जाए तो पैर काटने की नौबत नहीं आती।

ट्रांसप्लांट डिपार्टमेंट के एचओडी प्रो. आशीष शर्मा, डायबिटिक फुट केयर के विशेषज्ञ प्रो. आशु रस्तोगी ने भी इस दौरान अपने विचार रखे। प्रो. आशीष शर्मा से एक मरीज ने सवाल पूछा कि ऑर्गन डोनेशन के

लिए उम्र तय है, कौन ऑर्गन डोनेट कर सकता है? इस पर उन्होंने कहा कि ऑर्गन डोनेशन 80 साल की उम्र तक किया जा सकता है। इसमें ऑर्गन जैसे आंख, हार्ट और किडनी ठीक काम कर रहे हों तो ऐसा व्यक्ति

ऑर्गन डोनेट कर सकता है। इस उम्र में ट्रांसप्लांट भी संभव है। उन्होंने बताया कि पैक्रियाज ट्रांसप्लांट से डायबिटीज ठीक हो जाती है। पीजीआई देश में अकेला ऐसा सरकारी संस्थान है, जहां पर पैक्रियाज ट्रांसप्लांट होता है। प्रो. बडाडा ने बताया कि तीन ऐसे बच्चे जिनको टाइप-1 डायबिटीज थी लेकिन उन्होंने अपना शुगर लेवल बहुत अच्छे से मैटेन किया हुआ था। उन्हें सम्मानित किया गया। उन्होंने बताया कि टाइप-1 डायबिटीज बचपन से होती है। शुगर लेवल अनियंत्रित रहने की वजह से किसी भी स्टेज पर आंख, किडनी या अन्य ऑर्गन पर इसका असर पड़ता है।

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**