

# Impressions

For Private Circulation only

Theme of this  
Bulletin:

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

No. 23/28 – July 2023  
(Monthly e-Bulletin)  
[www.nevedac.com](http://www.nevedac.com)



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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**डी एस बाली दामन**  
चंडीगढ़ के सीनियर एडवोकेट व मसहूर शायर  
9878828666

खाई ठोकरें मगर चलता ही गया  
जानबे मज़िल बस बढ़ता ही गया  
थीं बहुत राह में दुशवारियाँ  
भरोसे दिल के रींगता ही गया  
न पहचान सका मैं वसफ़ अपना  
वक्त था कि गुज़रता ही गया  
न मुकम्मल था अभी ढाँचा  
बरसा बादल और बरसता ही गया  
दायम उलउमर पता न चला  
काम 'दामन' खुदा करता ही गया

## Sahyog Artificial Limbs Project - Presentation in Rotary Chandigarh Midtown

[Click here](#) to see live streaming on Facebook



In the regular meeting of Rotary Club Chandigarh Midtown on July 28, 2023 an informative presentation on Sahyog Artificial Limbs Rotary Project was given by PP Rtn Dr VJS Vohra. President Rtn Jeeten Bhambri welcomed large number of Rotarians and Anns present in the meeting.



Dr Vohra expressed happiness that Project Sahyog had been successfully going on since last two years and had benefitted more than 300 disabled persons. The prosthetic limbs are prepared by professional clinical process as per norms of WHO and Rehabilitation Council of India. Sahyog is the brainchild of Sahyog Chair PP Rtn Salil Bali, launched in August 2021 by PDG Rtn Ajay Madan.

Dr Vohra complimented PP Salil Bali for his dynamic leadership for the 'Gift of Dignified Life' for Sahyog beneficiaries.

Sahyog beneficiaries who were present in the meeting were introduced by Dr Vohra. There were three Paralympic participants who are representing India – Major Singh using right artificial arm is a Taekwondo player and Table tennis

couple Poonam and Mukesh – both polio victims, using walking calipers and crutches. Other Sahyog beneficiaries wearing artificial legs who were present were Chandan and Jeevan.

The special guests wearing artificial limbs and assistive devices were felicitated by President Jeeten Bhambri, Secretary Rtn Anup Sharma and Past Presidents of the Club.

PP Rtn Salil Chopra, in his brief address, explained that the word "Sahyog" itself implies joining hands with each other to form a contagious chain of service, which keeps on spreading. Likening it to an old Hindi movie song, PP Salil Chopra sang few lines, followed by the entire audience present – "Saathi haath barhana, ek akela thak jayega, milkar bojh uthana, milkar Sahyog ko chalana".

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

# Impressions

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## Statutory Warning Rehabilitation Council of India



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

*(Signature)*  
14-5-2019  
(Dr. Subodh Kumar)  
Member Secretary

B-22, Qutub Institutional Area, New Delhi - 110 016  
Tel: 011-2653 2406, 2653 2384, 2653 4287, 2653 2818 Fax: 011-2653 4291  
E-mail: rc-i-dep@dca.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 2384/2384/4287; Fax: 91-11-2653 4291  
E-mail: rehabcouncil@nic.nic.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  
(1919-1998)



**Nevedac®**  
Prosthetic Clinic

**Dr. VJS Vohra**  
Sr. Consultant  
Artificial Limbs & Orthotics  
Rehabilitation Council of India  
Certified Prosthetic Orthotic Professional  
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## Happiness leads to health and healing

### Author



**Maj Gen Krishan Chauhan**  
Retired Army Medical Corps  
Former Additional Director, AMC  
[https://youtu.be/B\\_oLyfCqofQ](https://youtu.be/B_oLyfCqofQ)

In a Gallup poll for Global Happiness Index, India was in the bottom 11 of 136 countries. If Indians are so unhappy people, then there would be disease and starvation all around. Infact, most African countries where disease and squalor are rampant as well as those facing bankruptcies like Sri Lanka, Pakistan and many more were declared more happy than India.

When different parameters were used, another surveyor, IPSOS ranked India much higher. That only goes to prove that what one thinks of the term 'happiness' may not be true for another.

Happiness is unlike Health for which the World Health Organisation has provided a comprehensive definition.



In ancient Indian texts, '**Ananda**' or true happiness meant enlightenment of the soul. A few humans could achieve it in their life time, other pious souls achieved 'Moksha' after death. Momentary pleasures or joyous times are considered different than the state of happiness in which a person is. Some describe happiness as an emotional or a mental state which is positive or pleasant in a person, and which ultimately becomes a part of his/ her character. Optimism is not exactly happiness, though a happy person may be an optimist or, cautiously optimistic. Happiness is the very essence of life and every event of a human being is greeted as being happy i.e. birthday, marriage or anniversary. A person who has generally lived a happy life may reflect back as being contented or satisfied person.

Happiness doesn't mean lack of challenges or stress. It doesn't mean that a happy person is always lucky or never sad or angry. A person, however needs to pursue happiness even in adversity. We all are witness to many people around us who have survived the Covid pandemic. Many lost their close relatives or even their bread winners. Others lost their livelihood. It was the emotional resilience which allowed many of them to sail through the storm and regain their mental composure. Some, however, continued to remain sad, a few committed suicide or went into depression.

**UNHAPPINESS AND DISEASE** We should try our best to move out of our unhappy phases or seek help. A prolonged state of unhappiness or sorrow in a person leads to anxiety and later to depression. Many of the lifestyle diseases we have in the world today, have no single cause but a group of risk factors. Depression is a risk factor in many of them like: Obesity and overweight, Metabolic syndrome with high cholesterol/ lipids, Heart disease and heart attacks, Diabetes Mellitus type II, Brain Stroke, Certain cancers and Certain auto immune diseases.

Do happy persons have less disease? Laughter is the best medicine – an old phrase of English language but equally accepted by all cultures of the world. Scientists have proved that laughter results in the release of endorphins or feel-good chemicals. These chemicals not only reduce the stress but also the perception of pain by the person. At least for some time. But what about happiness? At least 30 studies in 46

countries have been conducted in groups of people and their results analysed. It is revealed that in sick persons, happiness may not cure sickness or prolong life but it improves the quality of their life. In the healthy, happier people do live longer, fall sick less often and recover faster after sickness. Few of them who are sick with serious diseases may not recover, is also true. But again, their quality of life is better.

People have better health and live longer because;

**Food.** Better choices of food and diet control.

**Activity.** They are more active, they exercise more or and play games.

**Addictions.** They are not addicted to tobacco, alcohol or drugs and have overall happiness of life.

**Stress.** Their reaction to stress is positive. They do not allow it to get built up to higher levels. They have better emotional resilience to regain mental peace.

**Immunity.** These people have stronger immune sickness and usually have lesser episodes of common cold.

**Sleep.** Happiness and lower stress levels ensure adequate and better quality sleep.

**Self care.** Happiness cannot occur if a person doesn't care after his/ her physical, mental and social health. Thus, such people get themselves periodically examined for early detection of diseases.

**Social circles.** People, in general want to make friends with a person who smiles and remains happy. Thus the happy person has a wider circle of relatives and friends. This social support group, in turn contributes to better mental health and the cycle continues.

**Inflammation and pain.** This has also been studied. Happier people have less chances of auto immune diseases like arthritis. Even if they do have, they have lesser pain.

**Happiness is our birthright.** Every parent wishes happiness and good health of their new born. Yet, many of us may grow up to stay unhappy for various reasons. The reasons may be in the family itself or in their close environment. However, every person should aim to be happy, and to remain happy. Enjoy the little things in life.

Nobody can make you happy until you are happy with yourself first.

## Prioritizing mental health



**Rotary International President Rtn Gordon McNally**

[Click here](#)

Rotary International President R. Gordon R. McNally wants Rotary to exist everywhere in a style that suits everyone who has the desire to work with us to do good. During this year, he'll focus on three presidential initiatives that Create Hope in the World: prioritizing mental health, building peace through virtual exchanges, and empowering girls.

Rotary members are encouraged to make mental health a priority. Rotary has a unique ability to connect people and cultures, giving hope and receiving it through acts of kindness. Now is the time to expand this culture of care — both within Rotary and in the world at large.

Providing care in such a way benefits not only the communities we live in and work with, but also our members as they take part in addressing mental health. Research shows that performing acts of kindness is the most effective way to protect our own sense of well-being and become more resilient.

Rotary can create the kind of world we want to live in: one where we all feel supported as part of a community and where we help expand access to quality care. Members can do this by:

- Erasing the stigma associated with caring about emotional well-being.
- Raising awareness about mental health needs.
- Working to improve access to mental health services.

Everyone in Rotary has a role in this effort. Members can help each other prioritize self-care in the ways that are most meaningful. Clubs can make sure they offer welcoming environments where everyone who interacts with us is treated with care, respect, and dignity.

We can talk openly about mental health, let people know they're not alone, and encourage them to get professional help if necessary. And we can work with community and national leaders to create or expand access to quality preventive care and interventions for mental health.

### **Peacebuilding through virtual exchanges**

Rotary has a long history of working for peace through personal connections, but the COVID-19 pandemic made it difficult to do that face to face. Inspired by what we learned from that time, incorporate virtual components into more of their programs, events, and activities. By using innovative technologies to make connections, we give more people the opportunity to experience our global community.

### **Empowering girls**

Focuses should be on elevating the voices and unlocking the power of girls and women around the world. We encourage to keep finding ways to improve girls' health, well-being, education, economic security, and self-determination. Empowered girls become empowered women who can change the world.



Contributed by



**Dr Rita Kalra**

**Addl District Secretary, Mother and Child Health  
Rotary International District 3080**

**Rotary Area of Focus:** Maternal and Child Health emphasizes the importance of providing quality healthcare to mothers and children to improve their overall well-being and reduce mortality rates.

Rotary clubs and members around the world work together to support projects and initiatives that address the challenges faced by mothers and children in terms of healthcare, access to medical services, and health education. Here are some key aspects and examples of Rotary's efforts in the area of maternal and child health:

**Prenatal and Postnatal Care:** Rotary supports programs that aim to improve the health of mothers during pregnancy and after childbirth. This includes providing access to prenatal check-ups, vaccinations, and essential healthcare services.

**Safe Delivery and Obstetric Care:** Rotary projects focus on ensuring that pregnant women have access to safe delivery options and quality obstetric care. This may involve providing medical equipment, training healthcare professionals, and supporting facilities that offer safe delivery services.

**Child Immunization:** Rotary plays a significant role in promoting and supporting immunization programs to protect children from preventable diseases. Rotary clubs often collaborate with local health authorities and organizations to organize immunization campaigns, provide vaccines, and raise awareness about the importance of immunizations.

**Health Education:** Rotary places great importance on health education and raising awareness about maternal and child health issues. Projects often involve community workshops, awareness campaigns, and educational materials to empower communities to make informed decisions regarding menstrual hygiene, nutrition supplements to prevent anaemia, mental health, breast feeding, family planning etc.



**Disease Prevention and Treatment:** When girls and women have access to safe and affordable sanitary materials to manage their menstruation, they decrease their risk of infections. This can have cascading effects on overall sexual and reproductive health, including reducing teen pregnancy, maternal outcomes, and fertility. Poor menstrual hygiene, however, can pose serious health risks, like reproductive and urinary tract infections which can result in future infertility and birth complications. Neglecting to wash hands after changing menstrual products can spread infections, such as hepatitis B and thrush.

**Environment:** Disposable sanitary products contribute to large amounts of global waste. Ensuring access to sustainable and quality products, and improving the management of the disposal of menstrual products, can make a big difference to the environment.

**Economy:** Improving menstrual hygiene and providing access to affordable menstrual materials can help improve girls' and women's access to education, opening more options for jobs, promotions, and entrepreneurship, thus unleashing female contributions to the overall economy, rather than keeping them at home.

It's important to note that specific projects and initiatives may vary between different Rotary clubs and districts based on local needs and resources. Rotary members collaborate with partners, including governments, NGOs, and healthcare professionals, to implement sustainable solutions and make a lasting impact on maternal and child health in their communities and create hope in the world.

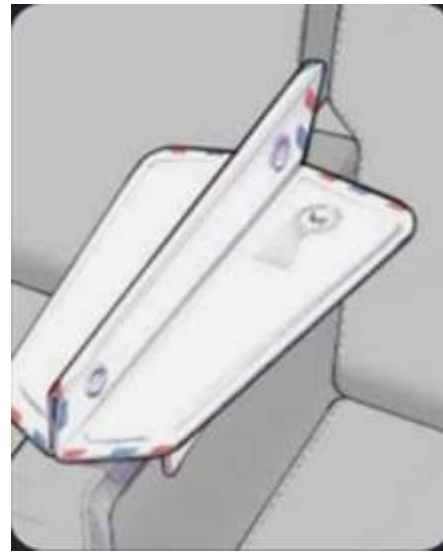
To conclude, I quote Azelene Williams, "The children we bring into the world are small replicas of ourselves; the joy of grandmothers and grand fathers. For most of us, dream of being a mother is realised naturally but for few others it is miracle of life."

## Sharing of the Common Armrest - A Conundrum

Contributed by



Col JS Chandoak



Conflicts, controversies, and problems do occur. Major ones at times result in prolonged issues and effects. Russian-Ukraine conflict is such a current one affecting the entire World. Let's leave serious matters for another day - an M.O.U. between the reader and me.

Simpler, minor, and day-to-day affairs also deserve due attention and deliberation. Three seats on an airplane or a train - the person in the middle has dominion over both the central armrests. The middle seat passenger justifiably gets preference over both the central armrests as compensation for being sandwiched.

Now let's confine to a common scenario in an airplane, train or bus, wherein there is one armrest between the two passengers. In life, this is experienced by both the haves and the have-nots. Unwritten etiquette rules say that in such a case, the armrest between them should be shared. Intriguing indeed, to dwell upon this conundrum, which remains unresolved. A mini clash between the two neighbouring elbows ensues, resulting in what I call 'ELBONICS' (yes, coining a new term). Generally, it may be the survival of the fitter or the 'ZIDDI' (recalcitrant) person may be the winner.

Professors of a somewhat cautious approach believe that an armrest splitter in an airplane (business class or the like) is a solution. Frankly, 'ITNA BHI KYA serious HONA'. Moreover, that privilege is only for a few ultra-rich haves. Convenient of course - but they would miss the potential adventure through 'elbonics'. Also, forget once in a while any unpleasant experience with an unfriendly neighbour. It boils down to long-term positive outcomes of 'elbonics' vis-a-vis some short-term convenience of an armrest splitter. Pragmatically, in the long run of life, the former would be preferable as compared to the latter.

Now, optimistically, consider many likely and encouraging results of this conundrum, in the true spirit of 'love thy neighbour', a good old adage. For all you know, a short spell of 'elbonics' could act as a catalyst to improve the chemistry between the two neighbouring passengers. Further, eventually it may lead to an everlasting friendship or hopefully help them in graduating from "love thy" to a lifelong companionship of "live with."

So, in totality, let such an interesting and unresolved conundrum remain as such!

## Joy of giving

### Contributed by



**Dr Balram K Gupta**  
**Professor Emeritus and**  
**Sr. Advocate**  
**Director (Academics)**  
**Chandigarh Judicial Academy**

One of the great Hollywood actresses, Katherine Hepburn was possibly the only person who won the Oscar Award four times, apart from being nominated a dozen times, but was never present in the grand ceremony to receive it. She had a strong belief that only the affection and love of the people who enjoyed her acting and cinema was the greatest reward for her.

Katherine Hepburn was from a middle class family with a modest upbringing. But, her parents instilled strong values in their growing up days.

One such incident was narrated by herself, in her own words:

“Once when I was a teenager, my father and I were standing in line to buy tickets for the circus. Finally, there was only one other family between us and the ticket counter. This family made a big impression on me. There were eight children, all probably under the age of 12. The way they were dressed, you could tell they didn't have a lot of money, but their clothes were neat and clean.”

The children were well behaved. All of them standing in line, two-by-two behind their parents, holding hands. They were excitedly jabbering about the clowns, animals, and all the acts they would be seeing that night. By their excitement, you could sense they had never been to the circus before. It would be a highlight of their lives.

The father and mother were at the head of the pack standing proud as could be, smiling and enjoying seeing their family happy. The ticket lady asked the man how many tickets he wanted. He proudly responded, "I'd like to buy eight children's tickets and two adult tickets, so I can take my family to the circus."

The ticket lady stated the price. The man's wife let go of his hand, her head dropped, the man's lip began to quiver. Then he leaned a little closer and asked, "How much did you say?" The ticket lady again stated the price. The man didn't have enough money.

How was he supposed to turn and tell his eight kids that he didn't have enough money to take them to the circus?

Seeing what was going on, my dad reached into his pocket, pulled out a \$20 bill, and then dropped it on the ground. (We were not wealthy in any sense of the word!) My father bent down, picked up the \$20 bill, tapped the man on the shoulder and said, "Excuse me, sir, this fell out of your pocket."

The man understood what was going on. He wasn't begging for a handout but certainly appreciated the help in a desperate, heartbreaking and embarrassing situation.

He looked straight into my dad's eyes, took my dad's hand in both of his, squeezed tightly onto the \$20 bill, and with his lip quivering and a tear streaming down his cheek, he replied; "Thank you, thank you, sir. This really means a lot to me and my family."

My father and I went back to our car and drove home.

The \$20 that my dad gave away is what we were going to buy our own tickets with. Although we didn't get to see the circus that night, we both felt a joy inside us that was far greater than seeing the circus could ever provide.

That day I learnt the value of Giving. If you want to be large... larger than life, Learn to Give.

Love has nothing to do with what you are expecting to get - it is only concerned with what you are Willing to Give, which is everything.

Learn the joy of giving and stay blessed forever.



## Fascinating Personalities

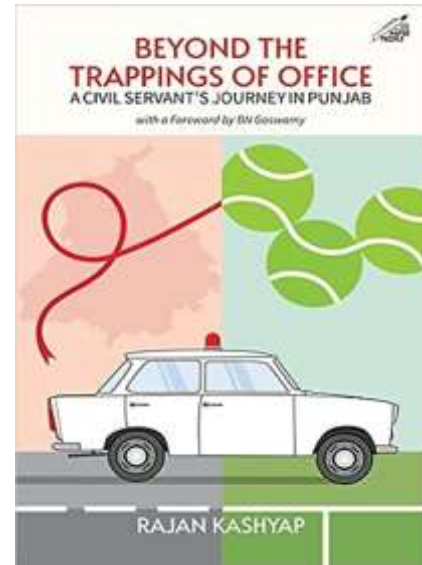


**Author: Rajan Kashyap, IAS (Retd.) Former Chief Secretary, Govt of Punjab  
Page 187-190 | Beyond the Trappings of Office**

As the Deputy Commissioner, there are multiple occasions for meeting a variety of distinguished people. At Ropar, I met some eminent personalities with unusual qualities, like Uma Daulat Singh, wife of one of India's great army generals. Lieutenant General Daulat Singh, regarded as a hero of India's war with China of 1962, had been killed on duty in November 1963 in an air crash in the state of Jammu and Kashmir

.....

A second distinguished person who came to me with a specific project of social benefit was a retired Colonel named D.S. Vohra. His unusual project required the establishment of a centre for development and production of what came to be known in medical circles as artificial limbs, including the 'Jaipur foot' (a prosthetic leg). Vohra was a retired officer of the Electrical and Mechanical Engineering Corps of the Indian Army. He had acquired expertise, rare at that time, of creating artificial limbs for soldiers who were incapacitated during war. During his army career, Vohra had established the Indian Army's institution for artificial limbs in Poona. After his retirement from the army, Vohra wanted to set up a prosthetic unit to carry forward his mission. He wanted the state government to assist him in acquiring land for the project. The colonel had identified some land belonging to a panchayat in a village close to Chandigarh city. I was able to persuade the panchayat of Bhabat (the very same village patronized by Uma Daulat Singh), to place with Colonel Vohra five acres of land on long lease. Colonel Vohra was surprised when I told him that his demand had been processed and accepted. "But I only need two acres!" he exclaimed. I urged Vohra to take the larger piece of land on offer, which he might need in future for possible expansion. Vohra's reaction was typical of a straight forward military man. He regarded the project as a place where he could help wounded soldiers, not a base for commercial activity. Vohra Nevedac Prosthetic Clinic is now internationally regarded as a leading institution for research and development and production of artificial limbs. Whenever I met Colonel Vohra, years after he set up the institution, he regretted that he did not avail of the opportunity that had his way in the year 1972. In recognition of his contribution the Government of India awarded Colonel D.S. Vohra the prestigious Padma Shri.



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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**