

# Impressions

For Private Circulation only

Theme of this  
Bulletin:

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

No. 25/52 – July 2025  
(Monthly e-Bulletin)  
[www.nevedac.com](http://www.nevedac.com)



Editor  
Dr VJS Vohra



**Disability leads to Ability of Super Humans**

**Fear never builds future, But FAITH  
and Creating HOPE in the World does**



**This e-Bulletin is  
dedicated to  
Colonel DS Vohra**

## Prosthetic Limbs and Phantom Pain

Clinical Insights and Evolving Solutions

By

Dr VJS Vohra

Phantom limb pain continues to be one of the most complex and widely reported consequences following amputation. Despite decades of prosthetic advancements, many amputees still experience painful or persistent sensations from a limb that no longer exists.

As a prosthetic clinician for over five decades, I've witnessed both the resilience of patients and the persistent challenge of phantom pain. The relationship between prosthetic limbs and phantom pain is dynamic—sometimes therapeutic, sometimes aggravating. But with awareness and refined clinical care, outcomes can dramatically improve.

**Phantom Limb Sensation** is the non-painful feeling that the limb is still present. **Phantom Limb Pain** is painful sensation perceived in the missing limb. Phantom pain is a neurological phenomenon. After losing the limb, pain is felt from the body part which is removed / amputated. Psychological factors such as trauma, anxiety, and depression can also influence the intensity of phantom pain.

**Prosthetic Limbs are the healing agent** because the use of prosthetics helps in treating the phantom pain. The psychological integration of a prosthetic limb can reduce the pain and the mental strain associated with it. The prosthesis increases patient's physical activity which results in distractions from phantom pain. Early prosthetic fitting, as soon as the wounds on the stump are healed, is advisable solution to treat the phantom pain.

Fitment of prosthetic limb should be done in a well-equipped prosthetic clinic by a qualified prosthetic clinician. This is very important for the amputees to recover from phantom pain or sensation and for their disability empowerment to lead a dignified life, carrying on with their daily routine as any other normal person.

Combining professional counseling and psychological support with prosthetic limb leads to better pain control and rehabilitation. In the early days of my 52 years career, phantom pain was often dismissed or poorly understood. Today, we know it is a valid neurological and emotional phenomenon. But one lesson worth mentioning is: *"Listen first. The way a patient describes their phantom experience often reveals more than any diagnostic scan."* Sometimes, patients will say, *"I feel my foot curling,"* or *"My missing hand itches."* These aren't delusions—they are clues. We must respond with both science and empathy.

### Inside:

2. **Padmashri Colonel DS Vohra**  
A visionary pioneer in Prosthetics - Orthotics
3. **I.S.P.O. 2025 - 20th World Congress in Stockholm**  
Dr Chapal Khasnabis
3. **Kashicon 2025**  
Dr Tarit Datta
4. **Deafness or Hearing Impairment**  
Maj General Krishan Chauhan
5. **Who are the Sikhs?**  
Colonel Prithi Vohra
6. **Guru Purnima**  
Dr Jaswant Singh Puri
6. **Redefining the Scope of Maxillofacial Surgery**  
Dr Surya Udai Singh
7. **Choose to Forgive**  
Brigadier DS Dhillon
8. **Advertisements**

With sensory-enabled prosthetics and neural interfaces, in near future the amputees will see more advancements due to digital revolution which will eliminate phantom pain altogether by restoring a more complete brain - body connection.

We shall continue serving our patients with insight, precision, and compassion to provide the best prosthetic limbs by well qualified prosthetic clinicians.

In view of the above said, it is very essential to establish safeguards as per Rehabilitation Council of India Act, to prevent persons with disabilities from being exploited by unqualified individuals misrepresenting themselves as experts, only for their false glorification and greed.



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# Impressions

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The Workshop Bay of  
Artificial Limb Centre, Pune  
**Padmashri Colonel Darshan Singh Vohra**  
Founder & First Commandant  
Artificial Limb Centre, Pune

*A Visionary Pioneer in Prosthetic Rehabilitation*

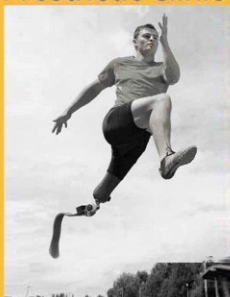


This monthly e-bulletin 'Impressions' is humbly dedicated to the memory of **Colonel DS Vohra**, a visionary pioneer in prosthetics - Orthotics, the **Founder of the Ministry of Defense Artificial Limb Centre, Pune**, and **Founder of Nevedac Prosthetic Centre, Chandigarh**. Col Vohra laid the foundation for a lifelong mission of restoring mobility and dignity to the disabled.

Carrying forward this noble legacy, Dr. VJS Vohra, his son, serves as the **Founder & CEO of Nevedac Prosthetic Clinic** and is the **Co-Founder of Nevedac Prosthetic Centre**. With over five decades of dedicated service, Dr. Vohra upholds the values of compassion, excellence, and innovation in prosthetic care.

Dr. VJS Vohra is also honored to serve as the **Honorary Prosthetic Adviser** to the Governments of Punjab, Haryana, Chandigarh UT and Himachal Pradesh, and continuing a legacy rooted deeply in service to the nation and its people with disabilities.

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## I.S.P.O. 2025 - 20th World Congress in Stockholm, Sweden

On 16 - 19 June 2025, Stockholm was host to the International Society for Prosthetics and Orthotics - ISPO 20th World Congress - a landmark event attended by 3,200 professionals from over 100 countries under the theme ***"Science in Practice, Practice in Science: Collaboration and innovation towards sustainable rehabilitation."***

Over 150 sessions covered cutting-edge topics including neurotechnology, AI, digital transformation, sustainable care, and inclusive design. The congress featured innovative formats like the 3MT competition and hands-on fabrication labs, enthusiastic participants and fostering collaboration.

Set against the luminous Swedish midsummer, attendees enjoyed cultural highlights such as traditional dances, and a welcome by Sweden's Minister for Health Care, and a reception in the Nobel Prize banquet hall — blending inspiration with international exchange.

A bustling exhibition with 192 exhibitors and a vibrant start-up zone showcased the latest in assistive technology. Keynotes and personal stories emphasized the critical role of user-centered, inclusive care in shaping the future of rehabilitation.



At the closing ceremony, Sandra Ramdial (Canada) was named the new ISPO President, and Bangkok, Thailand was announced as the host of the 2027 ISPO World Congress.

### "Prosthetic and Orthotic Science: The Key to Sustainable Rehabilitation and Beyond"

#### Keynote Address

#### Presented by Senior Prosthetic Clinician Chapal Khasnabis

Discover how prosthetic and orthotic science is shaping the future of healthcare, rehabilitation, and inclusive development. This powerful lecture explores how innovation, digital technology, and cross-sector collaboration are unlocking human potential - ensuring no one is left behind.

Watch now: <https://m.youtube.com/watch?v=cTJwFqnsXb0>



## Kashicon 2025

22 & 23 November 2025 at Varanasi

Dear Professionals, Service Providers, Manufacturers, Policymakers, AT Users, and Students,

We cordially invite you to participate in the National Conference of the Indian Association of Assistive Technologists (IAAT), to be held in the historic city of Kashi (Varanasi) from November 22-23, 2025.

This conference is a unique opportunity to:

- Enhance your knowledge and skills in Assistive Technology (AT)
- Network with experts, professionals, and stakeholders in the field
- Learn about the latest advancements, trends, and innovations in AT
- Share your experiences, challenges, and solutions with the AT community

- Influence policy and practice in AT

The conference will feature:

- Renowned keynote speakers and experts in AT
- Interactive sessions, workshops, and panel discussions
- Exhibitions showcasing the latest AT products and services
- Opportunities for collaboration and networking

STAY TUNED FOR MORE UPDATES!

We urge all professionals, service providers, manufacturers, policymakers, AT users, and students to attend this conference and contribute to the growth and development of the AT ecosystem in India.

**Dr Tarit Datta**

President, IAAT

## Deafness or Hearing Impairment

Author



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

“Are you deaf,” was the most frequent complaint of every teenager’s mother, as the child deliberately ignored the chores their mother asked them to do! In the present times, some children may not actually hear their mother’s calling due to ear plugs! Busy listening to music or a funny audio forwarded by a friend. But, some of these children will definitely lose their hearing to a certain extent, in the not too distant future due to loud audios through their ear plugs. Even if most of the sound in the audio is not loud, a sudden laughter or applause in the end is usually very loud.

**WHAT IS SOUND AND HOW DO WE COMPREHEND IT?** Sound is actually transmitted from a source (example-spoken words from a person’s mouth) in the form of vibrations or waves. These sound waves travel in the air, through our external ear. These waves are ‘funneled’ into a canal till they hit our ear drum and cause it to vibrate. Middle ear - beyond the eardrum and inside the middle ear, 3 very tiny bones amplify the sound and forward them into the inner ear. These are the tiny bones attached to spiral shaped, fluid filled chamber called cochlea which has very small, multiple hair cells. The sound waves in fluid media makes the hairs to move rapidly.

The tiny hair cells convert the sound generated energy (vibrations) into electrical impulses or signals. These signals are then carried by a nerve (Auditory nerve) to a special portion of the brain (Auditory Cortex) for interpretation and comprehension. Pitch, loudness and timbre of the sound are also interpreted. Different areas of the brain are alerted for action. The action of the body may be in the form of a speech, a run by legs or a bowing of the head. All of this happens in matter of milliseconds.

These chain of events are brilliantly created by God or Nature.

**DIFFERENCE BETWEEN DEAFNESS AND HEARING IMPAIRMENT.** Hearing loss or hearing impairment (HI) is a very broad term. It can occur in one or both ears. HI can be since birth or can occur later in life in various degrees – mild, moderate, severe and profound or total loss of hearing. This is *Profound HI is called deafness* and is seen in both ears and such persons. The other forms are Mild HI - Soft or subtle sounds and whispers are difficult to hear. Moderate HI - A person finds it difficult to hear speech at normal human conversation level. Severe HI - Such persons may be able to hear very loud sounds and speech. The good news is that most people with various degrees of HI can be helped in conversing with others. The deaf can be taught *sign language* to communicate with others. Medical, surgical or rehabilitation with hearing aids can be provided.

**WHAT ARE THE CAUSES OF HEARING IMPAIRMENT?** HI can occur due to many different causes, depending on the age. Interestingly, a person may start getting HI while in the mothers womb. So let’s examine the causes as per age:

- Mother’s womb. Faulty genes may cause deafness as the fetus develops. More important are infections during pregnancy, due to rubella and cytomegalovirus.
- During delivery. Injury to any part of the sound hearing/ comprehension system can cause HI. The new born getting suffocated during delivery (asphyxia), jaundice at birth and low birth weight are other causes.
- Childhood. Infections of the ear are very common in India. Usually, chronic in nature the child has fluid (pus) oozing out of ear. Long term vitamin deficiency also cause HI. Chickenpox, tuberculosis and meningitis are some of the diseases in which a few children can have HI.
- Adults. Trauma, alcohol, tobacco, recreational drugs, diabetes, hypertension and side effects of certain medicines, heavy wax deposit in ears are some common causes. Occupational risks of loud working environment in factories, armed forces (aircraft, tanks, large gun fire) or heavy traffic (especially with uncontrolled honking) are other causes. As we age, our hearing range begins to diminish. The hair cells begin to break down.

**HOW BIG IS THE PROBLEM OF HI?** HI is called the ‘Silent epidemic’ of our times. The threat of millions of new cases being detected the world over, in the not too distant future is real. There are many reasons, but important ones are – exposure to loud sounds, often via ear buds and head phones. Increasing life expectancy with a rapidly growing population of senior citizens with age related HI is another cause. In the diabetes capital of the world, India, incidences of undetected or untreated diabetes as well as hypertension is also increasing by the day. Over a period of time many of them will also have some degree of HI.

There is no official database of the HI in India. As per official estimates, in 1997, 6.3% of India’s population or 63 million, had HI. It increased to 100 million by 2018. As per surveys, 3% or more have severe to profound HI. Half of those above 60 years of age have some degree of HI. It is the 2<sup>nd</sup> largest cause of disability in India.

**IMPACT OF HEARING IMPAIRMENT.** Helen Keller once said, “Blindness cuts us off things, deafness cuts us off people.” HI isolates the person socially as communication is difficult. Such persons have reduced opportunities at the school during childhood as well as getting a decent job or finding an appropriate spouse. This affects them emotionally as well as mentally. It also makes them more prone to falls and accidents. Such persons cannot earn as much as others. The more the number of people with HI, the less is their contribution to the nation’s GDP. As per WHO, the global cost due to HI is US \$ 1 trillion/ year.

It is all the more difficult to those born with severe or profound deafness as they also have issues with speech as well.

Modern diagnostic and microsurgical techniques with implants are restoring the hearing in many children and adults.

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## Who are the Sikhs?

By



**Colonel Prithi Vohra**  
Founder

**SikhWisdon.com**

Sikhism is the world's fifth-largest religion, with more than 25 million followers globally. Despite its vast presence, many people outside of India know little about the Sikh faith, its origins, or its practices. In a world where awareness and understanding of different religions are more important than ever, getting to know the Sikhs is not only enlightening—it's necessary.

So, who are the Sikhs? Let's explore the identity, beliefs, values, and unique contributions of this deeply spiritual and community-focused group.

**Origins of Sikhism:** Sikhism was founded over 500 years ago in the Punjab region of South Asia (now split between India and Pakistan). The faith was established by Guru Nanak Dev Ji, the first of ten Sikh Gurus, in the late 15th century. Guru Nanak preached a universal message of love, equality, and devotion to one God. His teachings emerged as a powerful voice against the social injustices and religious orthodoxy of his time. The word "Sikh" comes from the Sanskrit word śiṣya, meaning disciple or learner. Thus, a Sikh is a student of truth—one who seeks spiritual and moral understanding through learning and devotion.

**What Do Sikhs Believe?** At its core, Sikhism is a monotheistic faith. Sikhs believe in One God, who is formless, all pervading, and beyond human comprehension. This God is known as Waheguru ("Wondrous Enlightener").

**Here are some of the key beliefs:** **Equality** – All human beings are equal, regardless of caste, creed, gender, or background.

**Service (Seva)** – Serving others selflessly is central to Sikh practice.

**Honest Living (Kirat Karni)** – Sikhs believe in earning an honest livelihood and living a truthful life.

**Remembering God (Naam Japna)** – Constant remembrance and meditation on God's name.

**Sharing (Vand Chakna)** – Sharing earnings and resources with the less fortunate.

Sikhs reject superstition, idol worship, and blind rituals. Instead, the focus is on inner transformation, discipline, and community spirit.

**Who Are the Khalsa?** In 1699, Guru Gobind Singh Ji established the Khalsa, a community of initiated Sikhs committed to high moral standards, fearlessness, and defending the oppressed. Khalsa members follow a code of conduct and wear Five Ks as visible symbols of their faith:

**Kesh** – Uncut hair, symbolizing acceptance of God's will. **Kangha** – A wooden comb, representing cleanliness and order, **Kara** – A steel bracelet, symbolizing restraint and eternity

**Kachera** – Cotton undergarments, representing modesty and self-discipline

**Kirpan** – A ceremonial sword, symbolizing the duty to protect justice and the weak.

While not all Sikhs are formally part of the Khalsa, these principles deeply influence Sikh identity and practice.

**Daily Life of a Sikh:** Sikhs are encouraged to live spiritually even while actively participating in society. Unlike ascetic traditions that promote withdrawal from worldly life, Sikhism embraces full participation—while staying detached from ego and materialism.

Many Sikhs begin the day with prayers, engage in honest work, and contribute to their community. A significant emphasis is placed on family life, hard work, and ethical living.

**The Sikh Identity:** One of the most visible features of Sikh men (and some women) is the turban. The turban, or Dastaar, is not a fashion item—it's a religious commitment to maintaining uncut hair and symbolizes honor, courage, and responsibility. Sikhs also commonly take the surname Singh ("lion") for men and Kaur ("princess") for women. These names were given by Guru Gobind Singh Ji to eliminate caste-based surnames and affirm equality.

**Sikh Places of Worship – Gurdwaras:** The Sikh place of worship is called a Gurdwara, meaning "doorway to the Guru." Gurdwaras are open to people of all faiths and backgrounds. Inside, the Guru Granth Sahib is placed with reverence, and congregational prayers (sangats) are followed by a community meal called Langar.

**Langar** is a hallmark of Sikh generosity. It is a free vegetarian meal served to everyone—rich or poor, regardless of religion or social status. This tradition was started by Guru Nanak Dev Ji and is practiced in every Gurdwara worldwide.

**Global Sikh Community:** Though Sikhs originated in Punjab, they are now a global community. Large Sikh populations live in Canada, the United Kingdom, the United States, Australia, and parts of Africa and Southeast Asia.

Sikhs have made remarkable contributions in various fields: military service, education, medicine, technology, and community welfare. Their presence is especially noted in humanitarian efforts, often serving food or aid in disaster-struck areas regardless of religion or nationality.

**Challenges and Misconceptions:** Despite their contributions, Sikhs are often misunderstood. In the West, especially post-9/11, Sikhs have sometimes been mistaken for members of other groups because of their turbans and beards. This has unfortunately led to discrimination and violence. Raising awareness about Sikh identity and values is crucial in building a more inclusive and respectful society.

**Conclusion: A Timeless Message** - Sikhism is a powerful blend of spiritual wisdom, social activism, and ethical living. Its message of oneness, justice, and compassion is more relevant than ever in today's divided world. To understand who the Sikhs are is to discover a people committed to truth, service, and humanity—values that transcend religious boundaries.

Waheguru Ji Ka Khalsa, Waheguru Ji Ki Fateh!

("The Khalsa belongs to the Divine, and so does the victory.")



## Guru Purnima

Full Moon Day

Author



**Dr Jaswant Singh Puri**

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

A Guru is a lighthouse in a person's life who dispels the dark clouds of ignorance. Guru Purnima Day is thus celebrated to pay our gratitude to our teachers or Gurus and seek their blessings. This day falls on the Purnima (Full Moon) in the Ashadha month and is also known as Vyas Purnima. Ved Vyasa is honoured on this day, the most learned individual, who created the epic 'Mahabharata' and the four 'Vedas' of Hinduism.

He also performed a lot of groundwork for writing many 'Puranas'. This auspicious day is also associated with 'Shiva' or 'The Adi Yogi' who transmitted the knowledge of the yogic sciences to his 'Saptarishis' or the Seven Sages. Hence, it is also a day to express our gratitude to 'Adi Guru'. Above all, a lot of people associate the day of 'Guru Purnima' with the worship of 'Lord Vishnu'. So, Guru Purnima is celebrated to honour our Gurus, spiritual teachers and mentors. It is a special occasion to cherish the pious relationship between students and teachers. Swami Vivekananda quoted: "Guru is the lamp that illumines the path of knowledge."

This year, (2025) the auspicious day was on 10th July. Let us recall the verses of Guru Nanak Dev Ji on this day. "Let no man in the world live in delusion. Without a Guru, no one can cross over." Guru Purnima is also related to 'Shirdi Ke Sai Baba' - a saintly personality of distinction and eminence.

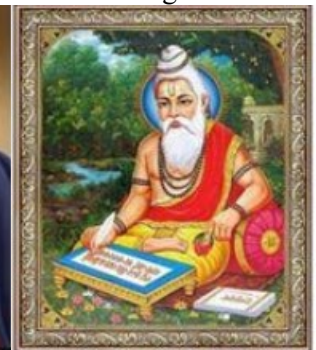
The author will like to share that his noted father Dr. Ajit Singh Puri used to pay profound respect to his teacher, the late Lord Walton, President, British Medical Association, London during his various visits there as a Visiting Member of Faculty, Newcastle General Hospital, London.

Dr. Puri used to present a lot of gifts to Lord Walton as a token of love and affection and thereby he followed the Indian tradition of 'Guru-dakshina'. It may be noted that the Foreword of Dr. Puri's world acclaimed book, 'Speaking of How to Prevent Common Diseases' was written by Lord Walton.

Dr. Puri also hosted a dinner to Mrs. And Lord Walton at Government House, Bombay (Maharashtra Raj Bhawan) in 1971 and this further strengthened the guru-pupil relationship. It may be added that Lord Walton invited Dr. Puri to participate in Jephcott Lecture and Reception, Royal Society and Medicine, London, 1985. A unique affectionate relationship of teacher and student exists in Indian tradition.



**Guru Nanak Dev Ji**



**Rishi Ved Vyas**

## Redefining the Scope of Maxillofacial Surgery

By



**Dr Surya Udai Singh**

MDS Oral & Maxillofacial  
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Head and Neck Surgical  
Oncology

When we started North Vista Head and Neck Surgery Centre in Chandigarh, it was never meant to be just another surgical setup. It was a statement — a mission to reshape the narrative around Maxillofacial Surgery in this region.

For far too long, the perception of our specialty has been limited to minor procedures — wisdom tooth removals, dental implants, and routine oral surgeries — often seen as an extension of dentistry.

But Maxillofacial Surgery is far more than that. It is a robust, multi-dimensional surgical field dealing with some of the most intricate procedures involving the face, jaws, and neck.

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4. Superficial Parotidectomy for Warthins tumour

This is just the beginning. Through North Vista, we aim to build awareness, elevate surgical standards, and make advanced maxillofacial care accessible and visible in this part of the country. It's time to move beyond the outdated perception. It's time to bring major Maxillofacial Surgery to the forefront.

## Choose to Forgive

By



**Brigadier DS Dhillon**

"The best way to destroy an enemy is to make him a friend." The heaviest thing to carry is a Grudge, Choose Forgiveness.

A teacher asked her students to bring some tomatoes in a plastic bag to school.

On a pre-determined day, the children brought their tomatoes.

The teacher asked the children to pick the tomatoes and each tomato was to be given the name of a person whom that child hates.

So, the number of tomatoes in the bag would be equal to the number of persons they hate.

Some had two, some had three and some had five, some even had 20 tomatoes in accordance with the number of people they hated.

The teacher then told them, they had to carry the tomatoes with them everywhere they go for two weeks.

As the days passed, the children started to complain about the decay and smell of the tomatoes.

The students who had many tomatoes complained it was very heavy to carry and the smell was too much.

After a week, the teacher asked the students "How did you feel this week?"

The children complained of the awful smell and heavy weight of the tomatoes, especially those who carried several tomatoes.

Then, the teacher said, "This is very similar to what you carry in your heart when you don't like some people.

Hatred makes the heart unhealthy and you carry that hatred everywhere.

If you can't bear the smell of spoilt tomatoes for a week, imagine the impact of bitterness on your heart as you carry it daily.

The heart is a beautiful garden that needs regular cleaning of unwanted weeds.

Forgive those who have angered you. This makes room for storing good things.



**1st Announcement**  
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# Kashicon

## 2025

22 & 23 November - 2025

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E-mail : [kashicon2025@gmail.com](mailto:kashicon2025@gmail.com)

5th International Conference of Indian Association of Assistive Technologists  
In association with Physiotherapist Welfare Association

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'Impressions' is a monthly e-Bulletin. The theme of this bulletin 'Nirbhau - Nirvair (No Fear - No Hate)' is both inspiring and powerful. 'Impressions' is a wonderful platform dedicated to such a wide range of topics, all with a positive and empowering approach. Covering developments in disability empowerment and artificial limbs, Rotary initiatives, military stories of gallantry, healthcare, and inspiring non-controversial / non-political topics, making it a rich resource for readers. 'Impressions' is providing such an independent platform for these important conversations, encouraging new ideas and original thinking which is crucial for fostering innovation and positivity.

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