

# Impressions

For Private Circulation only

Theme of this  
Bulletin:  
**Nirbhau- Nirvair**  
(No Fear - No Hate)

No. 26/04  
June 2026  
(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**



**PADAMSHRI COLONEL DARSHAN SINGH VOHRA**  
FIRST COMMANDANT OF ARTIFICIAL LIMB CENTRE, PUNE  
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**Sr. Consultant**  
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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 52 years of dedicated service, Dr. Vohra upholds the values of compassion, excellence, and innovation in prosthetic care.

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## HUMBLE REQUEST FOR CSR GRANT / DONATION

# JYOT

## CHARITABLE TRUST

— ESTD. 1999 —

## EMPOWERMENT & REHABILITATION OF PERSONS WITH DISABILITIES

TOGETHER, WE CAN RESTORE MOBILITY, DIGNITY & INDEPENDENCE



### ABOUT JYOT CHARITABLE TRUST

Jyot Charitable Trust, established in 1999, is a registered non-profit organization committed to restoring mobility, dignity, and independence for persons with disabilities, especially those from economically weaker sections of society. Through its dedicated work in rehabilitation and assistive care, the Trust has transformed the lives of thousands of beneficiaries.



### IN ASSOCIATION WITH NEVEDAC PROSTHETIC CLINIC, CHANDIGARH

The Trust provides modern prosthetic limbs, orthotic appliances, and mobility aids such as wheelchairs, tricycles, crutches, and walking sticks. These services enable individuals affected by limb loss, congenital disabilities, or mobility impairments to lead independent and productive lives.



# NEVEDAC®

— ESTD. 1973 —



### WHY THIS CAUSE MATTERS

India has a significant population of persons with disabilities, many of whom lack access to quality rehabilitation due to financial hardship. While financially secure individuals may afford advanced prosthetic care, underprivileged persons are often left without support, leading to lifelong dependency, unemployment, and social exclusion.



### OUR CSR MISSION

We invite corporate organizations to partner with us under their CSR initiatives to support:

- ✓ Free artificial limbs for needy amputees
- ✓ Orthotic devices for mobility support
- ✓ Wheelchairs, tricycles, and assistive aids
- ✓ Clinical assessment, fitting, and follow-up care
- ✓ Rehabilitation for livelihood and self-reliance



### COMPLIANCE & TRANSPARENCY

Jyot Charitable Trust is fully compliant with statutory requirements:

- ✓ Registered under 12A and 80G of Income Tax Act
- ✓ CSR-1 Registration No.: **CSR00102402**
- ✓ Registered with relevant government authorities
- ✓ Regular audits and transparent utilization of funds

### A LEGACY OF TRUST. A FUTURE OF IMPACT.

#### Late COLONEL D.S. VOHRA Padma Shri Awardee

- Founder, Artificial Limb Centre, Pune
- Founder, Nevedac Prosthetic Centre

#### DR. V.J.S. VOHRA

- Founder, Nevedac Prosthetic Clinic
- Co- Founder, Nevedac Prosthetic Centre
- Senior Prosthetic Consultant serving since 1973
- Certified by Rehabilitation Council of India
- Honorary Prosthetic Advisor to the Governments of Punjab, Haryana, Chandigarh UT & Himachal Pradesh

### A TRUSTED NAME IN PROSTHETICS, ORTHOTICS & REHABILITATION CARE

Your CSR contribution can help beneficiaries achieve:

- ✓ Improved mobility and functional independence
- ✓ Enhanced confidence and mental well-being
- ✓ Better access to education and employment
- ✓ Reduced dependency on family members
- ✓ Social and economic inclusion with dignity

Your support can restore mobility, confidence, and hope to those who need it most.

**GIVE MOBILITY. RESTORE DIGNITY.  
EMPOWER LIVES  
OF PERSONS WITH DISABILITIES**



Contact:  
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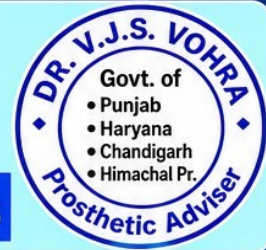
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## Ik Onkar Satnam

Here is the natural English explanation and translation of “Ik Onkar Satnam”:

A grandfather plays a fun mock version of Kaun Banega Crorepati with his granddaughters, inspired by Amitabh Bachchan. In the game, the question is: “By what name do Sikhs call God?” The four options given are:

• Nanak • Guru • Waheguru • Sahib. Before answering, the girls respectfully and devotionally recite Sikh prayers. First, they chant: “Satnam Waheguru”. Translation in English, this means: “God’s Name is Truth; Wonderful is the Divine Lord.”

Then the girls recite the opening lines of the Sikh prayer known as the Mool Mantar from Guru Granth Sahib:

**“Ik Onkar, Satnam, Karta Purakh, Nirbhau, Nirvair, Akaal Murat, Ajooni Saibhang, Gur Prasad. Jap. Aad Sach, Jugaad Sach, Hai Bhi Sach, Nanak Hosi Bhi Sach.”**

In English it is: “There is One Universal God. His Name is Truth. He is the Creator. He is without fear. He has no hatred. He is timeless and eternal. He is beyond birth and death. He exists by Himself. He is realized through the Guru’s grace. Meditate upon Him. He was True in the beginning, True throughout the ages, True now, And, O Nanak, He shall forever remain True.” After this prayerful recitation, the correct answer to the quiz is: **“Waheguru.”**

So the granddaughters are not simply answering a quiz question. They are treating the Divine Name respectfully and devotionally. Then they continue with the Mool Mantar, the foundational statement of Sikh philosophy from the Guru Granth Sahib. This prayer is the spiritual essence of Sikh belief. It defines the nature of God in Sikhism:

- One universal Creator. • Eternal truth. • Fearless. • Without hatred. • Beyond time and death. • Self-existent. • Known through grace .

The final line: **•Aad Sach. • Jugaad Sach. • Hai Bhi Sach. • Nanak Hosi Bhi Sach** is especially profound. It means:

**“God was true before time began, true throughout every age, true now, and will remain true forever.”**

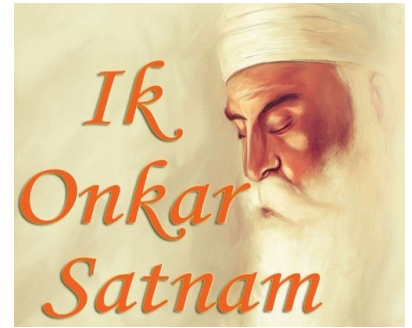
It therefore becomes more than just a game - it turns into a sweet and spiritually meaningful family moment where the grandchildren proudly express their Sikh faith before answering the question. Certainly this carries several beautiful layers — cultural, spiritual, emotional, and generational - especially for a Sikh family, and the universal truth.

At the surface, it is a playful family recreation of Kaun Banega Crorepati, where a question is asked in the style of Amitabh Bachchan. But underneath the game, the moment reflects how Sikh values, devotion, and identity are lovingly passed from grandparents to grandchildren. So emotionally, it represents: Family bonding, Sikh identity, Respect for the Divine Name, The role of grandparents in preserving tradition, and the innocence of children expressing spirituality naturally.



The quiz question asks: “By what name do Sikhs call God?” Although the technically correct answer is “Waheguru,” The girls did not immediately rush to answer like contestants in a game show. Instead, they instinctively begin with prayer. That changes the entire meaning of the scene.

For Sikhs, “Waheguru” is not merely a word or a label for God. It is a sacred naam — the Divine Name used in remembrance, meditation, and devotion. So before speaking the answer, the girls naturally enter a spiritual mood by chanting: “Satnam Waheguru”, very meaningful. “Satnam” means “Truth is His Name.” “Waheguru”- expresses wonder and reverence toward the Divine Lord.



Guru Nanak Dev Ji

## The Paradox of Kindness

Sourced from online platforms

Shared by



**Jagdeep S Chopra**  
Chartered Accountant  
Forensic Investigation Expert

You’ll give your time, your care, your heart  
often to people who may never give it back.

And sometimes that hurts.  
But kindness isn’t a transaction.

It’s a reflection of who you are, not what you get in return.  
Because life has a strange way of circling things back, just not from where you gave them.  
The help you gave returns as grace.

The love you offered shows up as peace.  
The understanding you shared comes back as clarity.

You rarely receive from the same place you give.  
But you always receive.

That’s the quiet paradox of kindness.

## Hitting 100 – Is it a realistic goal for Indians over 40 years of age?

Author



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

This article is focused on secrets of centenarians of Blue zones and, how different is the life of Indians from the people of Blue zones. The first issue which needs clarity is that this blog is not focusing on *increasing life expectancy* of Indians. That is a totally different subject for discussion. That would include parameters from before birth – i.e. marriage counselling so that the newborn has no congenital diseases, health and care of mother during pregnancy, conduct of delivery and raising healthy infants and children.

**LONGIVITY:** Present blog is about increasing the longevity (of Indians). By this is mean, those who are already adults, as to how they can aim to live significantly longer than the average life expectancy of Indians. This, as per latest available estimates is 71 years for males and 74 years for females. Government's figures are prior to covid pandemic.

**CHRONOLOGICAL AGE VS BIOLOGICAL AGE:** This is an interesting method to define aging in humans. Chronological age, of course is as per our date of birth and the number of years we lived on this earth. Biological age on the other hand, is the actual age of most cells of our body. It is how fast (or slow) a person is aging. It is usually calculated by three different parameters- Epigenetic tests of DNA, Blood tests for certain inflammatory markers and bodily function tests.

**HEALTHY GENES:** Anyone who researches and writes about longevity in the very first sentence writes about good genetic make up of centurions and how clueless we still are about it.

The lucky few ones amongst us were born with great genes. For most others, efforts have to be put in for healthier, longer lives. Genetic testing is used to detect preponderance for a disease. Breast removal for fear of getting a breast cancer later in life have been carried out to increase longevity. Gene mapping and editing is also being done to eliminate genetic diseases. Clinical trials are also in progress for targeted changes to DNA to fix mutations which may lead to diseases.

**LONGIVITY AS AN INDUSTRY:** Segments. Globally, this industry covers 4 basic segments • Preventive Healthcare. • Drugs and pharmaceutical Includes traditional medicines like Ayurveda. • Nutritional Supplements. • Elderly care services. | Size. It is considered as one of the largest industries, it forms 20% of the world's GDP and is growing rapidly. • The total size worldwide is pegged at \$27 trillion, Just the drugs, pharmaceuticals and supplements in 2025 was around \$27 billion. • Indian industry which includes Ayush (traditional medicines like Ayurveda, Unani, homeopathy, Siddha etc) is around \$4 billion plus. • Target audience. Apart from housing for the elderly, the main target audience are those in their 30s and 40s living in affluent metros like Bengaluru, Delhi NCR and Greater Mumbai. • Arrival of AI in Longevity. • The modern craze of AI has driven even those in their 20s apart from others towards Longevity. After entering personal data, AI recommended diagnostic tests are done initially to determine current biological age and road map for increasing longevity with the help of physical activities, pharmaceuticals, supplements, diet, sleep/ nap and daily activities. Special anti-aging apps are also available.

**HEALTHY LONGIVITY:** Rather than repeating similar messages (text and videos) of centurions, Digital experts and their tribe, which bombard our WhatsApp, Facebook, LinkedIn, X, YouTube and Instagram, I have taken a radically different approach. My question. Unless we know, what's killing Indians in different chronological age groups of our life, how can we take precautions and preventive measures against unknown diseases? So, let's begin with diseases which cause maximum deaths in various stages of our life after we become adults.

**TOP 5 CAUSES OF DEATH IN INDIANS BETWEEN 20 YEARS AND 40 YEARS OF AGE:** Cardiovascular diseases. These include sudden cardiac deaths, hypertension, obesity, faulty food habits and sedentary lifestyle. | Prediabetes and diabetes are emerging fast as comorbidities of hypertension and sudden cardiac deaths. | Suicides and murders. Mental health disorders or even on the spur actions. | Dowry deaths may be decreasing but gangster driven targeted killings are increasing. | Accidents, especially road accidents and road rage incidents. | Tuberculosis. | Cancers and tumours.

**TOP 5 CAUSES OF DEATH IN INDIANS BETWEEN THE AGE 40 YEARS TO 60 YEARS:** • Cardiovascular diseases including diseases of heart and strokes. • COPD and other lung diseases. Another emerging condition – Chronic Obstructive Pulmonary (Lung) Disease which is mainly due to smoking/ vaping and air pollution. Incidentally, tobacco is a huge killer as it gives birth to cardiovascular (heart) diseases, diabetes, cancers, kidney diseases besides damaging our lungs. Men are affected more than women. • Cancers, especially in women. • Diabetes mellitus and related kidney diseases. • Digestive diseases – mainly liver diseases. Cirrhosis due to long standing fatty liver. Occurs both, inside alcoholics as well as teetotalers.

**ENVIRONMENTAL DETERMINANTS:** • Climate. Too hot or too cold for long periods of time curtails life span. • Global warming is a game changer; it is likely to reduce life span of Indians living in hot and humid areas of the country. • Air pollution. This has emerged as a huge threat to human health and longevity. Many Indian cities are already in the list of 10 most polluted cities of the world. Those living in these cities need to take care.

**LIFESTYLE CHOICES:** Balanced food, physical activities, adequate sleep, ability to handle stress, and avoiding tobacco, alcohol and drugs. Rest time are tried and tested choices for long life. Good lifestyle choices go a long way towards Longevity. Keeping all above in view, we can deduce that we can take preventive action, at each stage of life for fulfilling our dream of a healthy, happy and long life.

**CLICK HERE TO READ MORE:** <https://genkris.wordpress.com/2026/05/17/hitting-100-is-it-a-realistic-goal-for-indians-over-40-years-of-age/>

## Earning Money Is a Skill

Author



**Ritu Singal**

**Certified Life Coach &  
Corporate counsellor**

<https://ritusingal.com>

Most people think earning money is a result. I don't. I think earning money is a skill. And like every skill, some people develop it and some don't.

For 17 years, I ran one of India's largest leather manufacturing units. I am also running real estate, coaching, organic farm and many other ventures. Through all these years, I noticed something interesting.

The people who earned the most money were not always the smartest people in the room. They were not necessarily the most educated. They were not even the hardest working. They simply had better money skills.

I have seen brilliant engineers struggling financially and average students building successful businesses. Why? Because schools teach us how to solve problems on paper. Life rewards people who solve problems for other people. Money follows value. Not degrees. Not titles. Not intentions. Value. The first money skill is learning to see opportunities where others see complaints.

When someone says, "This is a problem," a money-skilled person asks, "Can I solve it?"

Every business, every profession, every career grows from that question.

The second skill is learning to communicate. I have seen products fail because people could not explain them. I have seen average products succeed because someone knew how to communicate their value. Money often goes to the person who can connect people, ideas, and solutions.

The third skill is consistency. Many people want quick money. Very few want repeated value creation. In farming, you cannot sow seeds today and harvest tomorrow. Money follows the same law.

The Gita speaks about focusing on karma, not immediate results. In business, I have seen this principle work repeatedly. The people obsessed with instant rewards usually quit early. The people focused on meaningful action eventually create wealth.

Another lesson I learned is that earning and keeping money require different skills. A person may know how to make money but not how to manage it. That is why we see people earning lakhs every month yet living under financial pressure.

If earning is a skill, saving is another skill. Investing is another skill. And contentment is yet another. Without contentment, no amount is enough. Without earning skills, dreams remain dreams. Without saving skills, income disappears. Without investment skills, money never grows.

Many people spend years improving technical skills but never spend time improving money skills. They attend courses to become better managers, doctors, engineers, or teachers.

But very few study negotiation, communication, sales, investing, relationship building, or opportunity spotting. Yet these are the very skills that create financial growth. The good news is that money skills can be learned at any age. You are not born with them. You develop them.

The day we stop saying, "I am not good with money," and start saying, "I can learn this skill," our financial journey changes. Because earning money is not luck. It is not destiny. It is not magic. It is a skill.

And every skill improves when we decide to practise it.

### Author Bio

A little bit about myself, I am Independent Certified Life Coach, TEDx Speaker, business coach and mentor with The John Maxwell Team' and world famous 'Arfeen Khan'. I have mentored 12,000 people across 14 countries and authored a book "A Story Can Change Your Life". L.L.M. qualified, Gold Medallist and recipient of the prestigious award of "Women Entrepreneur of Year 2011" besides this I also provide counselling to young entrepreneurs for their future endeavors.

YouTube Channel:

<https://www.youtube.com/c/LetsSolveThePuzzlebyRituSingallifecoach/videos>

TEDx Speaker: <https://youtu.be/K9McGgyf7PU>

Author of book: <https://www.amazon.in/Story-Can-Change-Your-Life/dp/9383296275>

Autobiography: <https://www.amazon.in/Decided-Not-Cry-Beyond-Entrepreneur/dp/B0CP4BRC88>

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## The AI Energy Challenge

### Can the World Power the Intelligence Revolution?

Analysis by



**Prof Dr SK Sharma**  
Professor Emeritus  
& Founder Director  
Energy Research Centre  
Panjab University

Artificial Intelligence is transforming industries, economies, and daily life at an extraordinary pace. Yet behind every AI system lies a less visible reality: enormous electricity consumption. As AI models become larger and more powerful, the demand for computing power, data centres, and cooling systems is rising rapidly across the world.

Training advanced AI models requires thousands of specialised processors operating continuously for weeks or even months. Once deployed, these systems must process millions of user requests every day, creating a growing need for reliable electricity and digital infrastructure. Experts increasingly believe that AI could become one of the fastest-growing sources of electricity demand during the coming decade.

This emerging challenge is linking the future of AI directly with energy security. Countries seeking leadership in AI will need not only advanced software and semiconductors, but also strong power grids, efficient cooling technologies, energy storage systems, and dependable sources of electricity. Technology companies are already investing heavily in new data centres while governments are exploring ways to expand energy infrastructure to support future digital growth.

For India, the development presents both opportunity and responsibility. The country possesses a large digital population, a strong software ecosystem, growing renewable-energy capacity, and expanding data-centre investments.

However, sustaining AI-driven growth will require reliable power supplies, modern transmission networks, and long-term energy planning. The AI revolution is therefore becoming more than a competition between algorithms. It is increasingly a race to build the physical infrastructure needed to support intelligent systems at scale.

The first phase of AI was defined by breakthroughs in computing. The next phase may be shaped by a more fundamental question: can the world generate enough affordable and reliable energy to power the intelligence revolution it has created?

## Prepaid Death

Shared by



**Ar. Pallav Mukherjee**

In Bengaluru's Byatarayanapura lived 70-year-old Narayanappa. Retired bus conductor. Wife Lakshmi died 5 years ago. Two children — son Ramesh, a software engineer in America, daughter Suma, a nurse in Dubai. Narayanappa was alone. Monthly income 18 thousand — pension and other sources. Out of that, 8 thousand was house rent. In the remaining 10 thousand — medicines, food, electricity bill. Every Sunday he video-called the kids. When he asked "How are you, Appa?" both had the same answer: "Busy, Dad. Will talk later."

Narayanappa had a kidney problem for 2 years. Dialysis twice a week. 2 thousand per session. Monthly expense 16 thousand. Pension only 18 thousand. Doctor said: "Narayanappa, if we do a transplant you'll survive. Cost 10 lakhs." Narayanappa laughed: "Doctor, is my life worth 10 lakhs? My son earns 5 lakhs a month. But he doesn't have 5 minutes to call me. Where will he give 10 lakhs?"

Narayanappa took a decision. He stopped dialysis. Didn't tell the kids. "Why give them tension?" he thought. Instead, he bought a diary. Named it "Prepaid Death". On the first page he wrote: "I'm paying in advance for my own death. Like Jio, Airtel, my life also needs recharge. But no one will do it. So I'm doing it myself." Every day he started "prepaying" something.

Day 1: Took his photo, framed it, brought a garland and kept it. Wrote below — "Paid". Day 2: Went to the crematorium, saw a spot for himself. Gave 500 advance to the boy. "Paid". Day 3: Ordered firewood for cremation. ₹3000 "Paid". Day 4: Put aside dakshina for the Brahmins for the 13th day ritual. "Paid". Day 5: Wrote a final letter to the kids. Didn't post it. Kept it in the trunk. "Paid". 20 days passed. Narayanappa's condition became critical. Neighbor Papanna admitted him to the hospital. The doctor called Ramesh: "Your father is in last stage. Kidney failure. 48 hours only. Come soon."

Ramesh: "Doctor, I'm in a project delivery. Need 3 weeks. Do a video call. I'll speak to him." The doctor was shocked. Called Suma. She said the same: "Doctor, flight ticket is 1 lakh. Can't do it now. I'll send money. Give him good treatment."

The doctor came to Narayanappa and said: "Ayya, I've informed your children." Narayanappa smiled slowly. Gestured to the nurse to get his diary. Opened the last page. It read: "Dialysis - Stopped. Paid. Children's expectation - .Paid. Life - Stopping tomorrow. Already Paid."

One more line below: "I recharged my own death. There's no one to give me a missed call. So I used up the full talk time."

Narayanappa died that same night. Diary in hand, peace on his face. Papanna called Ramesh: "Sir, your father is gone." "Oh... Okay. Keep the body in the mortuary. I'll come after 3 weeks and do the procedure. If there's a cremation package, book it. I'll transfer money." Papanna got angry. Cut the call, gathered the villagers. Everyone together did Narayanappa's last rites.

The firewood? Narayanappa had already "Paid". The spot? Narayanappa had already "Paid". Brahmin's dakshina? Narayanappa had already "Paid". Not a single rupee was spent by anyone. "Prepaid Death" — came true. The 13th day ritual was also done by the villagers. They used the cover Narayanappa had "Paid" for. After 3 weeks Ramesh and Suma came. House was locked. Papanna gave the key. Inside, on the table, 2 covers. One "To Ramesh", another "To Suma". Along with the "Prepaid Death" diary. Ramesh opened his cover. Inside 500 rupees and a note: "Son Ramesh, Your flight ticket from America is 1 lakh. Don't waste that much money to see my corpse, so I've kept 500. This is your bus charge. Come stand at my grave for 2 minutes and go. I've 'Paid' for your time. Yours, your Prepaid Appa."

Suma opened her cover. In that also 500 rupees and a note: "Daughter Suma, You are a nurse. You serve hundreds daily. But you couldn't come for your father's dialysis. It's okay. Take this 500. Put a garland at my grave. Even if you come after duty, it's fine. I won't wait. Already 'Paid' and gone. Yours, your Prepaid Appa." Narayanappa. Both read the diary. On the last page in red letters: "Children, I recharged my own death. Know why? For your love, 'incoming call free' was there. But you didn't even give a 'missed call'. So I went 'outgoing' myself. Balance Zero. Validity expired. Number Not Reachable - Forever." Ramesh and Suma fell and cried before the grave. Villagers saw and said: "What's the use of crying now? If you had given 5 minutes when he was alive, there'd be no need to write this 500 rupee note."

Ramesh now runs an NGO in Bengaluru called "Prepaid Pitru Care". Free health check-ups and free meals for lonely elderly. On the NGO's board it says: "Recharge your parents' lives. If you miss the call, lifetime validity is lost. After that, no matter how much you top-up, there'll be no network."

**Moral:** Parents are like prepaid SIMs. If you don't recharge, one day they'll become "Not Reachable". Then there's no tower in the crematorium. "Busy" is not a reason. Give your parents a "missed call" today... They are at an age where they will "call back". No matter how big your position, how much you earn, caring for parents lovingly in their old age and giving them peace is the duty of every child.

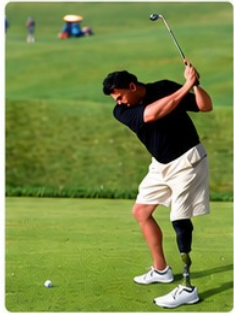
# Impressions

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## Images of Success Stories – Various activities with Prosthetic Limbs



Running, trekking and driving motor bike with prosthetic legs



Playing golf with artificial legs; eating, drinking and writing with artificial arms



Enjoying sea side and climbing ladder with prosthetic legs; holding a file and drinking water with prosthetic arms



Walking and climbing stairs with artificial leg

### Dr. V.J.S. Vohra

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**Nevedac® Prosthetic Clinic:**

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**  
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