

Impressions

For Private Circulation only

Theme of this
Bulletin:

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

No. 23/27 – June 2023
(Monthly e-Bulletin)
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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Dedicated to Col DS Vohra
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डी एस बाली दामन
चंडीगढ़ के सीनियर एडवोकेट व मशहूर शायर
9878828666

जिंदगी

जिंदगी क्या राह लेगी
घर में पनाह लेगी
लगी है आग नफरत की
उसे क्या ये बुझा लेगी
कोई कहेर अगर बरपे गा
उसे क्या ये दबा लेगी
तकदीर में जो लिख्खा है
उसे क्या ये मिटा लेगी
खुदा के बन्दे से क्या दामन
चेहरा अपना छुपा लेगी

Sahyog Artificial Limbs Project

[Click here](https://youtu.be/15CXcGomJNo) to see video on YouTube - <https://youtu.be/15CXcGomJNo>



7 patients were discharged on 24th June 2023 at Nevedac Prosthetic Clinic, Zirakpur, in virtual presence of our Friend of Rotary - Real Estate Entrepreneur Mr Nitesh Dua who himself has donated large heartedly for this project.

Also present were Chair Sahyog Project PP Salil Bali, Rotary District Disability Chair PP Dr VJS Vohra, PP Amarjit Singh, PP Ashok Puri, PP Salil Chopra, Rtn Renu Chopra, Rtn Brig JS Sabharwal, of Rotary Chandigarh Midtown, R'Ann Indu Vohra, R'Ann Jyotie Sabharwal, Captain Charanjit (Bunny) Vohra, Ms Ita Vohra, Ananya, Anushka and Barkha.

We thank Capt Bunny Vohra for sponsoring artificial leg for below knee amputee.

Our Special thanks to PP Mujeeb Malik of RC Roorkee Midtown for sponsoring patients through his trust - Prof Malik Social & Educational Trust.

We also thank AG Harjeet Singh and President Ravijeet Singh of Mohali

Midtown for their invaluable donation and also Mr DS Bali, father of PP Salil Bali.

Our deepest appreciation to PDG Manpreet Singh and his son Guru for sponsoring patients.

As the Rotary year 2022-23 is coming to end, we thank PP Salil Chopra for celebrating the year with sumptuous cake from his Talez Bakery.



Heartiest congratulations to Table Tennis Paralympic couple Poonam and Mukesh, with polio deformities are Sahyog beneficiaries, who recently won bronze medals at Jordan.

We were also joined by another Sahyog beneficiary, a Paralympic Taekwondo player, Major Singh with right prosthetic arm.

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Statutory Warning Rehabilitation Council of India



भारतीय पुनर्वास परिषद्
सामाजिक न्याय और अधिकारिता विभाग
विभागीय पुनर्वास विभाग के अधीन एक कानूनिक 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
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E-mail: rc-i-depwt@gov.in Website: www.rehabcouncil.nic.in

STATUTORY WARNING

PRACTICING WITHOUT RCI REGISTRATION IN
GOVT. / NON GOVT. ORGANIZATION / PRIVATE
PRACTITIONERS IS ILLEGAL UNDER
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"This Statutory Warning is issued in Public Interest".

Non-registration can have serious consequences :

- Not eligible to work in Government or Private Sector
- 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
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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®
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Dr. VJS Vohra
Sr. Consultant
Artificial Limbs & Orthotics
Rehabilitation Council of India
Certified Prosthetic Orthotic Professional
Regd No. RCI / AA00001

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Head Office: 1134, Sector 44-B, Chandigarh-160047



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Sri Kartarpur Sahib Pilgrimage - Mission of Goodwill
[Click here for video coverage on YouTube https://youtu.be/Avv75CFIrcs](https://youtu.be/Avv75CFIrcs)



With the Blessing of Sri Guru Nanak Dev ji a group of 104 members from Rotary International District 3080 including RI officers District Governor Ved Prakash Kalta, PDG Ranjit Bhatia, PDG Manpreet Gandhoke, PDG Jitendra Dhingra, DGN Rajpal Singh visited Sri Kartarpur Sahib in Pakistan on 14th May 2023, under **Mission of Goodwill**.

It was an initiative of Smiling Heroes Alumni led by Chief Patron PDG Raman Aneja and President PP Amarjit Singh. The entire contingent was divided in two groups Chandigarh and Panipat. Chandigarh Group had 56 Members (Rotarian, Spouse and Guest). Led by President Dr. Sanjay Kalra Rotary Chandigarh Midtown had the maximum participation with 34 members. Other members were 16 from Rotary Club Roopnagar and 2 each from Shimla, Mohali, Pinjore Hills and Shabad Markanda. Panipat Group had 48 Members including 15 from Rotary Club Panipat Royal, 7 from Karnal Midtown, 6 each from Karnal and Panipat Midtown, 4 each from Jagadhari and Saharanpur, 2 each from Panipat South, Central, Rainbow and Kurukshetra.

During one day stay Amritsar majority of the members visited the Golden Temple. Next day the entire group departed for Sri Kartarpur Sahib at 8.30 a.m. and reached Kartarpur Corridor, at 9.45 a.m. for Security Check, Immigration and Custom Clearance on both sides, that is, India and Pakistan.

Guru Nanak Dev ji founded the Kartarpur town, about five kilometers from the Indo – Pak border, in the year 1504. He was Guru of Sikhs and Hindus but also Pir for Muslims. It is from this place that he ploughed his fields and set up a community kitchen / Langar. He lived here for 18 years until his death on 22 September 1539. Kartarpur Sahib Gurudwara is huge, beautiful, peaceful and well maintained complex.

All the members reached Gurdwara Sri Kartarpur Sahib at 11.30 a.m. They were received by large number of Rotarians of Rotary District 3272, led by DGND Rtn Dr Shaheena Asif of Rotary Club Lahore and other Rotarians who travelled from as far as 400 kilometers from Rotary Clubs in Lahore, Lyallpur, Faislabad etc., to meet Indian Rotarians.



The atmosphere was very cordial and courteous as Rotarians of both sides shook hands, greeted each other in Punjabi, embraced each other and mobile phones were in action, clicking photographs and exchange of visiting cards. It was an amazing opportunity for international peace and harmony for Indo-Pak Rotarians to interact with each other in true Rotary spirit, creating bond of fellowship and friendship.



Members paid obeisance at Sri Darbar Sahib, Major Baba Nanak, Angitha Sahib, Holy Well, Sarovar and had Langar. The atmosphere was so calm and peaceful that members were feeling like spending more time there. Everyone enjoyed the delicious food, hospitality and courteous behaviour of Pakistani sewadars, which was par excellence throughout the Gurudwara Sahib, including at the langar hall. Members also visited the market within the premises, to purchase items to bring back to India.



Visit to Sri Kartarpur Sahib was most memorable, satisfying and a lifetime experience, for everyone as they expressed their immense gratitude for getting this unique and sacred opportunity for Sri Kartarpur Sahib pilgrimage.

Discover your true worth

Compiled by



Ananya and Anushka
Granddaughters of Dr VJS Vohra



A young monk once asked his Zen Master, “Master, what is the greatest value in my life?” The master replied, “Go to the back garden and fetch a stone. Sell it in the market nearby. If somebody asks the price, just show two fingers. If he bargains with you, bring the stone back to me and I’ll tell you the greatest value in your life.”

The monk went to the market where a lady happened to stop by and asked him the price of the stone. The monk showed two fingers and the lady said, “Two dollars? No, twenty dollars. I’ll use it to press pickled vegetables.”

The monk went back to his master and said, “A lady was ready to pay \$20 for a worthless stone. Now tell me, what is the greatest value in my life?” The master said, “Tomorrow, go to a museum and sell the stone. Follow the same instructions as before and then we’ll talk.”

The monk did as he was told and when he again showed two fingers to the people in the museum, one person offered to give \$2,000 for the stone.

The monk happily went back to his master and said, “Today a person was ready to give \$2,000 for our stone! Please tell me what the greatest value in my life is, will you?” The master said, “Now take this stone to an antique shop tomorrow. Come back again and I’ll give you your answers.”

The monk again followed his master’s instructions and to his sheer astonishment, a person was ready to give \$200,000 for a damn stone!

The monk, happier than ever, went back to his master and narrated how a person had been eager to give \$200,000 for their stone. He said to his master, “Oh revered one, now please tell me the greatest value in my life.”

The master laughed and lovingly said, “Son, your life’s value is like this stone. If you place yourself in a vegetable market, you’re worth \$20. If you place yourself in a museum, you’re worth \$2,000. If you place yourself in an antique shop, you’re worth \$200,000.”

You see, different platforms and positions bring different values to your life. We must remember that our worth is not set in stone, but can change depending on where we stand and the choices we make.

Sometimes, we get stuck in places that don’t value our true potential.

It is important to step back and ask ourselves if we are in the right place, surrounded by the right people. We each hold a unique gift which deserves to be shared and nurtured with the world. But firstly, we must believe in ourselves. We can’t expect others to see our value if we don’t recognize it in our own hearts.

So, take time to reflect on your life and see whether you are going in the right direction or not.

It is never too late to pursue your dream, follow your heart and believe in yourself. Always remember that.

Migraine Management Migraine Management

Author



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

Migraine is the common headache which instills misery in life. A lesser studied malady as the origins are unknown. There are numerous 'triggers' which activate this condition. Unfortunately, the triggers are too many and each sufferer may have one, two or many triggers peculiar to her/him. The exact diagnoses and treatment should be done by a trained physician. However, persons having migraines can do much more before going to the physician.

One must record as many events as possible connected to migraine. What happened before and after are equally important. Records can be for time and place the episode began and ended. It can be related to weather conditions, relationship to bodily changes (e.g. menstruation in women), sleep, fatigue or excess / no exercise. Write the name of foods (include snacks) or beverages taken prior to the attack. Mention if any drugs taken for a different disease or for migraine.



Noticed any aura, describe specifically to the senses: light, sound, smell, touch and others. Which part of the head did the pain start? Where did it finally settle? Was the pain throbbing, piercing, sharp or dull. How long did it last? What relieved it? What made it worse? What happened after the pain was gone?

Over a period of time some patterns will appear. The journal must be taken to the treating physician. Keep updating the journal. Over a period of time, read the journal and try to find some patterns and triggers peculiar to you. Avoiding triggers is the best policy but sometimes it may not be possible.

Avoid hunger by eating regular meals. Pre-cooked meals from the market may have preservatives or spices which triggers an attack, hence should be ordered infrequently. Avoid thirst by drinking water or other fluids and whole juicy fruits. Premixed bottled drinks are best left alone.

Have a regular sleep habit. Avoiding late nights but no over sleeping too. Alcohol, tobacco or several cups of strong coffee need to be kept at bay.

Stress is good for health. But it needs to be managed well. Excessive stress over a period of time should be avoided. Exercise. Moderate exercise is good but excess isn't.

Places having flashing lights, loud sounds like night clubs or concerts may act as trigger. Such places may be visited occasionally. If an attack is triggered in these places, they must be avoided. Stay in a calm, dark room and drinking warm tea can help.

People have tried many home remedies to get relief from this disabling headache. There are also some other methods which can provide relief; some people may benefit from any one or more of these.



Home remedies like drinking spiced ginger teas and sitting in calm, dark rooms can ease the pain.

Supplements. Magnesium and vitamin B2 may be taken under the advice if a physician. Biofeedback. In this therapy, a person is made aware of self's bodily functions. The second part is to learn controlling those functions which cause the attacks. Acupuncture has been found to be effective in pain relief. Ayurveda too claims to have medicines which may benefit.

To sum up, Migraine may be disabling a person for some time, but the person has to be aware that the malady can be controlled to a large extent. With the advent of women in research facilities, especially some, who may be victims of this disease, more passion will go into the research activity. Secondly, artificial intelligence may help in fast tracking their research. The future against Migraine is bright, not so much as to trigger an attack!

14th President of World Bank

Ajay Banga becomes first Indian-American to head the global financial institution

Shared by



Jagdeep S Chopra
Chartered Accountant



Ajay Banga has been appointed as the next President of the World Bank, becoming the first ever Indian American to head the global financial institution which said it looks forward to working with him at a time when it's tackling the toughest development challenges facing developing countries.

The Executive Directors of the World Bank selected Ajay Banga as President of the World Bank for a five year term beginning June 2, 2023, the bank said in press statement.

In February, President Joe Biden announced that the US would be nominating Banga, 63, to lead the World Bank because he is "well equipped to lead the global institution this critical moment in history." The Board looks forward to working with Mr Banga on the World Bank Group Evolution process, as discussed at the April 2023 Spring Meetings, and on all the World Bank Group's ambitions and efforts aimed at tackling the tough development challenges facing developing countries." The statement added.

Banga, who was awarded the Padma Shri in 2016, most recently served as Vice Chairman at General Atlantic. Previously, he was President and CEO of Master card, a global organization with nearly 24,000 employees.

He is the first ever Indian American and Sikh American to head either of the two top international financial institutions, the International Monetary Fund and the World Bank.

The World Bank Executive Directors followed the selection process agreed by shareholders in 2011. The process included an open, merit based, and transparent

nomination where any national of the bank's membership could be proposed by any Executive Director or Governor through an Executive Director, the statement said.

This was then followed by thorough due diligence and a comprehensive interview of Banga by the Executive Directors, it added.

The President of the World Bank Group is also the Chair of the Board of the Executive Directors of the International Bank for Reconstruction and Development. The President is also ex officio chair of the Board of Directors of the International Development Association, International Finance Corporation, the Multilateral Investment Disputes.

Raised in India, Banga has a unique perspective on the opportunities and challenges facing developing countries and how the World bank can deliver on its ambitious agenda to reduce poverty and expand prosperity, President Biden had said.

Banga is expected to take over the reins of the anti - poverty lender at a crucial time, with the US and Western nations itching for reforms to focus on addressing a slew of wide-ranging global issues like climate change.

"Ajay is uniquely equipped to lead the World Bank at this critical moment in history." President Biden said in a statement at the time of his nomination. "He has spent more than three decades building and managing successful, global companies that create jobs and bring investment to developing economies, and guiding organizations through periods of fundamental change." Biden said.

The Sengol and the Constitution

Author



Dr Balram K Gupta

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

The Sengol or Chengol is a royal sceptre. The sceptre is a decorated stick. It is carried by a queen or king during some official ceremonies. It is a symbol of their authority. It signifies kingship. Righteousness and Justice. It is linked to the correct and fair wielding of power. Its origin lies in Tamilnadu. The Sengol was placed before the goddess of Meenakshi in the great temple. Then transferred to the throne room. Representing the king's role as a divine agent. The Chola government was organized, innovative and efficient. It had enough facets that can be followed by today's government.

India had its own coronation rituals. The king after ascending the throne, would proclaim three times, 'nobody can punish me'. The king can do no wrong. The priest would come forward with the Dharma Danda. Give a gentle pat on king's crown. The priest would proclaim – 'Dharma will punish you'. Dharma is the law. The king is under the law. Not above the law. This is what Rule of Law means. Dharma is the king of kings. This is the ancient India. In 1947, the Sengol did not merely symbolize the transfer of power. From the British to India which means to Nehru. The records state: Sadayappa Swamy gave the Sengol to Mountbatten. Got it back from him. Sprinkled the holy water on it. Invoked the divine name. Then, it was given to Pandit Nehru. Blessing him to assume power. Under the Constitution. The present day Dharma.

It is now on May 28, 2023, the Parliament has shifted from the old to the new building. The Indian Express of May 29, 2023 on the front page says: May the basic structure remain good and strong. While building the Parliament, the structure of it has been expended. Made more durable with more longevity. The basic structure of the Parliament required two Houses to house the Lok Sabha and the Rajya Sabha. The two Houses have been built with more seating capacity. The basic structure remains the same. The reason is obvious. The President and two houses under Article 79 constitute the basic structure of the Parliament. Possibly, while constructing the new Parliament, it could not be said that there shall be only one big house to house both the houses of the Parliament. Further, it could not also be said that every meeting shall be a joint meeting of both the houses of the Parliament. This would have been against the

basic structure of the Constitution. In short, the basic structure of the Parliament has been retained. Let us not forget that we have just celebrated 50 years of the basic structure of the Constitution on April 24, 2023.

It is on May 28, 2023 that Prime Minister Shri Narendra Modi installed Sengol in the new Lok Sabha house. After the havan, the Prime Minister Narendra Modi bowed down.

He received the Sengol which had been given to the first Prime Minister Jawaharlal Nehru on the eve of Indian Independence. It had been kept all these decades in the Museum in Prayagraj. The Prime Minister received the Sengol amid vedic chanting by priests with multi-faith prayers. After receiving it from the priests, the Prime Minister placed it in a glass case behind the seat of Lok Sabha Speaker, Om Birla. The speaker Birla was standing next to the Prime Minister.

This installation of Sengol needs to be applauded by the whole nation. This Sengol is a reminder as to how the power is to be wielded and used. For all times to come. The Constitution is the creator of the Parliament. The Parliament is to wield its power under the Constitution. The Parliament is to exercise its authority in accordance with the Constitution, constitutional values and its morality.

The President of India, Draupadi Murmu in her message echoed her feelings: I am deeply satisfied that the Prime Minister, who is the symbol of the Parliament's trust, is inaugurating this building. The Prime Minister while inaugurating the new building of the Parliament said: This is not just a building. This is the temple of our democracy. India is not only a democratic nation but also the mother of democracy..... Democracy is not just a system for us, it is a culture, an idea, a tradition.

It must be added, India is a Parliamentary Constitutional Democracy. The Constitution is the modern holy book. The holy book and the Sengol are wedded together. The Sengol is a symbol of authority. The Constitution mandates, how the authority is to be exercised. What a combination! What determination! The two together will usher new India. Let us look forward to the centenary celebrations of Indian Independence in the year 2047. The new India is taking its shape.

Artificial Intelligence in Prosthetics and Orthotics

Compiled by: Dr VJS Vohra

Artificial Intelligence (AI) in the field of prosthetics and orthotics is already in use by world's leading organizations like Otto Bock of Germany, Endolite and Blatchford of United Kingdom; Ossur having its headquarter in Iceland and other establishments in various other countries. It is a challenge for the Prosthetic Orthotic clinicians and R&D professionals to replicate what God has created.

However, there is hope for millions of persons with disabilities around the world through AI in the field of prosthetics and orthotics which is in the initial stage and not so widely being practiced because there are limitations due high costs of AI based technology in Prosthetics – Orthotics.

Many disabled people are poor and cannot afford even the modern systems which are presently available. There has to be adequate support from the Government agencies, Social Responsibilities of companies and Non-Government Organizations like Rotary International, Lion International etc., who must support the initiatives taken for radical changes in prosthetics - orthotics to develop into highest level of technology.

This approach will cater to disability empowerment through these types of AI assistive devices so that these are affordable to persons with disabilities.

Implementation of artificial intelligence in controlling prosthetic orthotic devices can drastically increase the efficiency of the device which enables disabled person to operate it with ease. It can be controlled by mind as it is being done in myoelectric controlled prosthetic arm which is artificial intelligence controlled system.

The application of AI makes the prosthetic orthotic and assistive devices function in near natural manner without any discomfort to the user.

Control of the upper limb prosthesis is through electromyography (EMG) signals so that the user can control the prosthesis very easily.



The Artificial intelligence for the lower limbs is the knee joint which replaces pneumatic, hydraulic and mechanical knee joints by microprocessor controlled system which receives the signals by the motion employed by the user and leads to a natural gait. The microprocessor has the data for the future use.

The design is being done through a series of network which are similar in function to the body's nervous system, resulting in the sensors, microprocessor, servo motors and hydraulic cylinder to communicate with each other, which finally produces a desired movement of the limb.

Lower limb Orthosis is a supportive device to the patients who have lost the function of the limbs due to traumatic or congenital deformities.

There has been great change in the Orthosis for these type of patients due to artificial intelligence like functional electrical stimulation, brain computer Interface and myoelectric controller.

This system helps the paraplegic patient to achieve quite a normal gait. AI is helpful for patients with damage of spinal cord, stroke, multiple sclerosis and cerebral palsy.

The Functional electrical stimulation helps the paralyzed nerve or muscle to become functional. Electrical stimulation is normally used for neuro rehabilitation. The electrical stimulator facilitates the rehabilitation of these patients.

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