

Impressions

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Theme of this
Bulletin:

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

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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**

Disability Empowerment through Quality Rehabilitation **Humble Pledge by Dr VJS Vohra**

As a certified Prosthetic and Orthotic professional accredited by the Rehabilitation Council of India, and as the Founder & CEO of Nevedac Prosthetic Clinic, Zirakpur - Chandigarh, I have devoted my life to the service of persons with disabilities since 1973.

This journey began alongside my late father, **Padmashri Colonel D.S. Vohra**, a **visionary pioneer in prosthetics and orthotics – Founder of the Ministry of Defense Artificial Limb Centre, Pune**, which he established in 1948. Later, in 1973 he founded the **Nevedac Prosthetic Centre in Chandigarh**, with me as Co-Founder. **Colonel Vohra's legacy of compassion, innovation, and national service** laid the foundation for my own lifelong commitment to rehabilitation and disability empowerment.

Over more than five decades, I have worked relentlessly to deliver high-quality, functional, and affordable prosthetic limbs, orthotic supports, and assistive devices.

My appointment as Honorary Prosthetic Adviser to the governments of Punjab, Haryana, Chandigarh UT, and Himachal Pradesh has enabled me to extend this impact across the region. These appointments were earlier held by my father.

I had pledged to carry this legacy forward — not just as a professional, but as a lifelong advocate for human dignity, mobility, and inclusion. I will continue to serve with compassion, integrity, and innovation, striving to:

- Improve access to quality rehabilitation care for all.
- Mentor future generations of prosthetic and orthotic professionals.
- Promote inclusive and equitable disability empowerment policies.
- Integrate emerging technologies to improve quality of life of persons with disabilities.

Through continued collaboration with government institutions, National and International NGOs and the broader rehabilitation community, I reaffirm my unwavering commitment to empowering persons with disabilities - enabling them to walk with pride, live independently, and thriving life with dignity.

This is not just my mission — it is a **continuation of a proud legacy**, built on service, sacrifice, and a belief in the right of every individual to move forward in life, regardless of physical limitation.

I want the Nevedac legacy to continue for generations to come - upheld by my family, inspired by our values, and driven by a shared vision of inclusion, innovation, and human upliftment, including empowerment of persons with disabilities.

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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

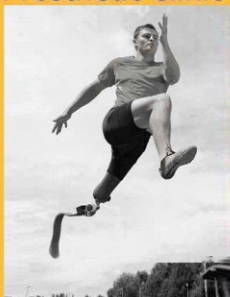


This monthly e-bulletin 'Impressions' is humbly dedicated to the memory of **Colonel DS Vohra**, a visionary pioneer in prosthetics - Orthotics, the **Founder of the Ministry of Defense Artificial Limb Centre, Pune**, and **Founder of Nevedac Prosthetic Centre, Chandigarh**. Col Vohra laid the foundation 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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We ensure our enduring commitment to empowering the lives of Persons with Disabilities

True gratitude how could it be so

Shared by



Rtn Madhukar Malhotra
Past District Governor
Rotary International District 3080

A warm evening at the Grand Convention Center in New Delhi. Camera flashes were flashing everywhere. Security guards were chatting on walkie-talkies and people in loose shoes were milling around. The hall was packed with ministers, businessmen, dignitaries, and foreign guests. The most powerful men and women of the country were sitting in the first row.

In a corner chair in the third row, a petite woman dressed in a pale cotton sari was sitting. Her presence was not something that anyone would notice. The woman's name was Lakshmi Pichai. Very few people knew who she was. In the spotlight was that woman's son, Sundar Pichai - Google's CEO and the pride of India.

Sundar Pichai was a man who had overcome many obstacles to reach this position. This son of Bharat was to be honored by the Government of India. His felicitation was a rare event. The country's intelligent minds were brought together for this. Sundar's gaze seemed to turn to her mother. She did not like being paid attention to. She was sitting quietly with her hands on her lap. But her eyes were filled with peaceful emotion.

As soon as Prime Minister Modi came on the stage, the program began with a round of applause. His speech, filled with very effective words and the passion for fulfilling dreams, hard work and basic values, was very powerful. He mentioned the names of industrialists, scientists and artists, which inspired enthusiasm in the audience. Then his voice came from deep. And he said, we are not just honoring Sundar Pichai, we are honoring the life journey of a mother who once gave up her meal so that her son could study. Sundar's heart beat faster. He had never said this publicly. There was silence in the hall. Cameras moved to capture the incident. People looked around.

Modi ji quietly got down from the platform. But he did not go towards Sundar, but towards a woman wearing a plain cotton sari sitting in the corner of the third row. Lakshmi was confused. She looked up. Her hands trembled. Everyone seemed to hold their breath. Modi ji exclaimed very humbly, This has been possible only because of your sacrifice and he bowed down and touched the feet and offered Namaskar.

The entire hall stood in silence. The flashes of the cameras flashed. The reporters rushed in. Sundar's eyes welled up with tears. He had never expected this even in his dreams. He had spent many years in Silicon Valley, he had met the presidents, prime ministers, kings of many nations there. But no one had honored his mother like this.

Lakshmi tried to stand. Modi ji supported her and gently made her stand in front of the stage in front of everyone present. She resisted but Modi ji firmly pulled her up. And the audience gave a huge round of applause. Sundar came and stood beside them with great joy. As he stood on the stage with his mother, memories of the past flooded his mind.

He remembered his colorful two-room house in Chennai that didn't even have a simple refrigerator. Sundar's father worked as an electrical engineer. He would bring home blueprints and soldering wire. He couldn't even afford to bring his children toys. So he would bring his children broken radios so that they would open them and learn. Sundar would ask them questions for hours. His mother would teach him mathematics using grains of rice. When Sundar got into college, his mother never told anyone that her mother had sold her wedding gold bangles. She would just say, "We will make arrangements."

Sundar was a very quiet boy in school. He was never aggressive. But he was very attentive. His teacher said, "Sundar's memory is like a mirror. Once he dialed a number or wrote a code, he would remember it."

Sometimes his school friends would tease him about his old shoes and the box he brought from home. But he never retaliated. He would just smile and walk away.

Sometimes at home, the lights would go out at night, and the fans would not work. Sundar and his brother would sleep on the floor and sweat. At that time, his mother would fan them with a cardboard box for several hours without sleeping and would get up early in the morning to work.

When Sundar got a scholarship to study in America, Sundar did not believe that he would be able to go. Because the ticket to America was very expensive. But his mother said, you go, I will talk to the bank. But she did not talk to the bank. She sold the last gold jewelry she had.

And today, in a very prestigious hall in Delhi, he was standing on stage with his mother in front of the Prime Minister of India. And for a moment he forgot about the whole world, he could only feel his mother's slow gentle breathing and the warmth of her hand. Journalists published many articles about this technology emperor and the Prime Minister.

But Sundar remembered that night when she returned quietly to the hotel, her mother held his hand like a child and said, "You have not forgotten, that is enough for me." To that Sundar replied, "Mother, the reason we never forget is that you have never asked for anything."

Wording Jayant Joshi

Music: Mostly good for Health

Author



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

*Sometimes the mist overhangs my path,
And blackened clouds about me cling;
But, oh, I have a magic way*

To turn the gloom to cheerful day- I softly sing.

– An extract from James Weldon Johnson's poem- The gift to sing

Music has been with humans for many centuries. Archeologists evacuated the oldest known 'flute' from a cave in Germany. Made from a vulture's wing bone, it was found to be 40,000 years old! Musical melodies may have evolved much before musical instruments were made. Even though the origin of music is unknown, music has been there eternally, in the nature. The singing of birds, music created by waves of water, or by the rustling of leaves in a gentle breeze. *Music is the arrangement of voices or sounds from instruments which creates a pleasant and joyful experience to the listeners.*

Music is an art. Music is an expression, it can convey emotions, ideas and stories, including history. Music generally has melody, rhythm and harmony. But can music affect our health? Yes, it can. It has positive effects on those who learn music, on those who create music (both- solo or in groups) as well as on those who listen to music. However, there are some ill effects or hazards of music on the health of humans.

MOZART EFFECT: Mozart is one of the most well-known composers of classical music. His symphonies are hugely popular. In 1993, A theory proposed that listening to, or learning the music of Mozart made one smarter. In particular, one symphony called, 'Wolfgang Amadeus Mozart', may temporarily boost scores of IQ (Intelligence Quotient) tests and improve spatial memory. However, the effects lasted just 10 to 15 minutes. This was termed as the *Mozart Effect*. This led to more research on effects of music on Cognition of humans.

RESEARCH ON INDIAN CLASSICAL MUSIC: Indian classical music is the only music continuously being practiced and listened to, for over 2000 years. The ancient Indian ragas have evolved scientifically for many centuries. Which raga should be listened to, at what time of the day and in which season, is clearly outlined. Which specific raga could improve or cure a specific disease has also been elaborated. Ancient texts appear to have been burnt/ destroyed by marauding invaders over a period of time. Yet, word of mouth and experimentation by musicians has kept knowledge of Indian classical music alive in India. In the last 20 years, scientific studies on Indian classical music have been conducted. Effects of various ragas on the EEG of listeners have also been mapped. Then, EEG had been considered essential for mapping brain health. Many different studies have shown that certain ragas improved alpha brain activity and attention scores in students. Of course, many more studies with modern diagnostic brain mapping methods are recommended. The results would be used for implementing various ragas if classical Indian music for therapy in various diseases. Till then, it doesn't stop practitioners and lovers of music of this ancient art form to improve cognition, prevent and heal diseases.



MUSIC LEARNERS AND PRACTITIONERS - HEALTH BENEFITS: Music learning can begin at any age. Children show more benefits as they keep learning and practicing music. Adults benefit too, as we shall see. People who have disease(s), those recovering from diseases or disabilities also benefit from learning music. Most studied are effects of music learning on mental health; these are listed below:

- Mental health and emotional well-being.
- Reduces stress. Apart from heavy metal/ rock music, harmonious melodies reduce the release of cortisol hormones which increases stress in human body.
- Mood improvement. Dopamine hormone release is also stimulated. Dopamine is a neurotransmitter which is associated with pleasure. It reduces feelings of being low or sad. Those learning music face lesser episodes of anxiety.
- Expression of deeper thoughts. Music learning and creation is a medium which results in expressing emotions. This results in better understanding of self and improved confidence.
- Social connectivity. Music learning classes lead to increase in social interactions and a sense of belonging to musical community.
- Improvement in Cognition. *Cognition or thinking includes mental activities like attention, perception of ideas, memory, language, learning, reasoning and problem solving.* Benefits related to cognition are as under:
 - Improvement in memory- both long term and short term.
 - Focus and attention. There is improvement in these skills. These skills are important for learning new tasks and executing them.
 - Language learning and communication skills.
 - Creativity and imagination in any art form, logical thinking or even in scientific evaluations.
- Physical health. Learning and practicing certain types of music ensure better quality of sleep. Listening to music improves physical activities too.

MUSIC IN DISABILITY AND DISEASE: Since long, the visually impaired have been known as renowned musicians. In the 17th century, Surdas, a blind devotee of Lord Krishna was the greatest poet and singer of the Braj-Indian language. In modern times, Stevie Wonder, Ray

Continued on next page

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..... Continued from previous page | **Music: Mostly good for Health** | Maj General Krishan Chauhan

Charles, Ginny Owens are known world over as blind musicians. Modern India has blind musicians like Ravindra Jain and others. There are many persons who are disabled, not necessarily blind. They too are famous and good musicians: Baluji Shrivastava, Hemalatha Mani, Shibani Ghosh and many others.

Music can help the disabled and diseased by reducing their stress, improving mood and aiding in physical rehabilitation. Music aids in forgetting their disability, at least temporarily. It also helps them express themselves and increase their motivation to learn new skills. This is especially true in children.

Music therapy has been used in diseases like ADHD, Alzheimer's, Multiple Sclerosis and Parkinson's disease. It can help improve attention learning and motivation in those with Learning Disabilities. In a study in humans, it was found that during surgery, those listening to music had lower blood pressure and a better post-surgery outcome than those who didn't hear music. Music can also reduce dosage of post-surgery sedative medicines.

MUSIC THERAPY: Healing with sounds or music dated back to ancient Greece. Here, mental disorders were treated with music, how far they succeeded is not known. Even today, music is used to raise the morale of troops. Each branch of Indian Armed Forces has their own band as well as tunes. Those old enough, remember the legend *Lata Mangeshkar* singing "Ai mere wattan ke logo..." in 1962. It brought tears in the eyes of citizens during the conflict with China. It motivated Indian citizens to enroll in armed forces, donate for national defence fund and improve mood.

Many factories use music to improve production when workers are involved in dull repetitive tasks. Large shops use music for sale, airports use music to reduce stress in passengers, especially of delayed flights. Religions have used music since the ages. Chanting with or without instruments has been practiced in many religious get togethers, in or out of places of worship. Music is used in schools too, especially during assembly time and in physical training classes.

Structured music therapy: There are practitioners who have incorporated sound and music for treatment of various diseases. Not all types of music therapies are based on medical research. The common ones are- Guided meditation, Neurological music therapy and certain others. Music Therapy is imparted by a trained Music Therapist encourages and involves the patient in many ways. These include: Listening to music, Singing with music, Dancing or moving in specific ways with music, Playing a musical instrument, or Just meditating with music.

Mental diseases where music therapy is beneficial. These are – anxiety disorders, depression, Alzheimer's and Dementia, PTSD, and behavior disorders. Diseases where music therapy is successful include hypertension, pain relief in cancers and help in sleep disorders. Claims have also been made that it reduces cholesterol by reducing stress. Dance and movement therapy in senior citizens results in lesser disabilities due to *Falls*. Falls are a serious medical problem in seniors. Breaking bone(s) of the leg, especially at the hip results in getting bedridden for long periods of time and early death. Music therapy is becoming popular in US and other developed countries. It is being used in hospitals, Outpatient Clinics, schools for disabled, Correctional centers for adults(jails) or children and mental asylums.

LIMITATIONS AND ILL EFFECTS OF MUSIC: *If there is a link between musicians and medics, musicians should be able to heal themselves.* Health issues faced by musicians. 'Singer's node' are well known nodules which develop on the vocal cords of singers and others who use their voice frequently. Other maladies of musicians include:

Overuse injuries. Plying musical instruments repeatedly during practise or performance, often in awkward position causes injuries to muscles, joints or even to nerves. In a study in Canada, around 40% of musicians suffered from such injuries. Fiddler's neck occurs in violin and organ players.

Hearing Impairment. Most professional musicians over a period of time develop hearing impairment due to exposure to loud music. Heavy metal players are affected earlier. Metal allergies can affect those who play brass or wind (pipe) instruments. If windpipe instruments are shared between musicians, respiratory diseases can spread from one to another. Focal dystonia is a movement disorder which affects highly trained musicians.

Hearing related hazards. Hearing loss is common who listen to loud music for long hours. Some may develop tinnitus which is detected as a constant ringing or buzzing sound in ears. A less common disease is 'Hyperacusis'. This results in higher sensitivity to normal day to day sounds. It becomes very disturbing to the patient.

Mental effects. Listening to sad lyrics over and over again may lead to depression. Rumination may lead to negativity and sadness. A person undergoing a mental turmoil may turn suicidal after repetitive listening of such music. Some lyrics may induce violent or abnormal behavior. A ban on 'Char botal vodka' and similar songs promoting liquor consumption was proposed once. Certain musicians, especially from the West make vulgar lyrics, some which are degrading to females or transgenders.

Behavior changes. Not just music but headphones and ear pods have brought about behavior change in a big way in the last two decades. Children and adolescents are unconcerned with those present in the house, class or streets. A sense of social detachment appears to have occurred. Apart from these issues, wearing of headphones/ ear pods have resulted in accidents and even deaths due to accidents on roads and while crossing railway tracks.

Music is a way of life for many of us. Music is used to relax, improve our mood and express ourselves. Some use it as a tool for healing their inner self others use it for improving their general well-being. Music has manifold good effects. However, musical maladies can also spread negativity. It can induce the younger generation to alcohol, drugs and improper behavior. The brain rot due to overuse of headphones and ear pods is well known.

Go ahead, learn and listen to music. Appreciate good music, but do not spoil your hearing by loud music, nor raise your blood pressure by always listening to fast paced, pop and rap music.

OPINION

Op Sindoor: Manoeuvre over attrition

The Tribune CHANDIGARH | THURSDAY | 5 JUNE 2025

Blending strength with conscience, India won the war before the war — while the world watched



LT GEN SS MEHTA (RETD)
EX-WESTERN ARMY COMMANDER
AND FOUNDER TRUSTEE, PUNE
INTERNATIONAL CENTRE

IN the swirl of claims and counterclaims after Operation Sindoor, the truth was quietly sidelined. Pakistan trumpeted tales of downed Indian aircraft and heroic resistance. Its military-run media machine — an expert in psychological optics — spun a victory narrative. Then came the grand spectacle: Gen Asim Munir was promoted to Field Marshal. His reward for green-lighting the Pahalgam attack. Now he shoulders it.

But here's the core reality: This was a campaign of manoeuvre, not attrition, aimed squarely at the enemy's will. Pakistan sued for peace before it truly began. Every time its terror gambit faces consequences, Pakistan retreats into spectacle — missiles dodged, jets downed, heroic last stands. These are illusions crafted for a public long held captive by a military-first state. An army with a nation.

What happened instead: Assaults on Indian territory repulsed to a nick. The joint air defence show was a masterclass — calculated, cohesive and coordinated. A message that should be comprehensively etched by those who dream of aerial mischief.

Wars are not won by trending hashtags or by giving state funerals to terrorists draped in military honour. They are won when the enemy's core infrastructure is struck — when 11 airfields go dark in one precise operation. That's when backchannels flare to life. Not out of strength, but out of the fear of 'what next?'

As the CDS observed, there was no nuclear sabre-rattling, no call, no warning.

— No civilian casualties.

— No escalation into popu-



BEYOND THE HEADLINES: The silent, unsung arm of Operation Sindoor. PH

lation centres.

— Yet, airfields, logistics hubs and launch pads were struck with precision.

Then Pakistan's DGMO reached out — not under global pressure, but because India changed the rules.

A military doctrine in motion

A military truism: No plan survives first contact with the enemy. Op Sindoor was no different. But what followed was more telling. Tactical adjustments were immediate. Operational responses required coordination across commands. Strategic recalibration demanded clarity and speed. Op Sindoor demonstrated all three.

From the frontline to airbases to the highest military echelons, each platform and level of command acted with coherence and control. It was professionalism in motion across the full chain of command. An early glitch, observed and corrected, became a turning point.

Yet, even as India recalibrated in real time, adversaries rushed to declare victory — triumphalism based on partial facts, amplified by platforms that never asked what happened next. Within hours of claiming dominance, Pakistan lost operational use of 11 airfields. Silence replaced bluster. Propaganda gave way to paralysis.

Op Sindoor demonstrated what 21st-century military doctrine must aim for: low-cost, high-impact outcomes that pre-

Pakistan's military curates victimhood while incubating instability — and the world, knowingly, plays along.

empt escalation. The operation became a lesson in calibrated deterrence — timed, targeted and entirely within the thresholds of responsible force.

Conflict termination:

The Indian model

Across the modern battlefield, wars begin easily — but rarely end. Vietnam lingered. Iraq fractured. Afghanistan collapsed. Russia-Ukraine drags on. Gaza remains a wound with no closure. Great powers dominate airspace — but fail at ending wars. India has done it twice.

In 1971, 30,000 entrenched Pakistani soldiers in Dhaka surrendered to 3,000 Indian troops on the move. The ratio was 10:1. In all, Pakistan capitulated in 13 days. Ninety thousand PoWs. It was victory of mind over matter — manoeuvre over attrition. Not conquest, but conclusion.

Now in 2025, Operation Sindoor — executed in 88 hours — had a conflict-terminating objec-

tive: Dominate the escalatory space. India enforced consequences, then chose restraint. In both cases, India didn't just fight well — it ended well. That is the rarest art in strategy.

Why did India control escalation? Because Pakistan's instability is manufactured — not accidental. The world knows it. Neighbours definitely do. Yet the myth continues — sustained by fear, denial and spectacle. Nations do not rise on martyrdom or manipulated memories. They rise when people refuse to be misled. When the public ceases to serve the lie, truth finds its place. Until then, silence fuels the cycle.

Instability as leverage: The real game around Pakistan

For years, Pakistan's volatility has been treated not as a threat — but as a tool. China, Pakistan's long-time patron, benefits from an India constantly drawn into reactive postures. A distracted India suits Beijing's strategic aims — from Ladakh to the Indian Ocean. The United States, despite long acknowledging Pakistan's duplicity, still sees its military as a useful conduit — whether for regional optics, minerals or access to Afghanistan. Even multilateral institutions and segments of the Western press hedge their bets.

Pakistan's military curates victimhood while incubating instability — and the world, knowingly, plays along. In this global theatre,

Pakistan has become a proxy — not just for terror, but for transactional diplomacy. And India, for too long, bore the cost alone.

Op Sindoor changed that. Not by shouting, but by showing.

India cannot talk to proxies. But the people of Pakistan can choose not to be used. Upright, clean governance begins not with outsiders — but with a nation's own citizens telling their Army: "Serve, do not rule. Integrate, do not destroy." Because a puppet on a string may entertain the world, but it only dances for the puppeteer. When the show ends, it is the people who pay the price.

The Indian doctrine: Clarity, not conquest

India's strategic posture has evolved. We are no longer reactive. We respond — precisely, proportionally and with purpose. Operation Sindoor reflects a mature doctrine — no overkill, yet enough to alter behaviour. No spectacle, yet enough to jolt Rawalpindi. A war won before it escalated. India doesn't need to destroy Pakistan to deter it. We only need to show we can — but choose not to.

This is strength with conscience. This clarity, this blend of capability and restraint, makes India's calibrated deterrence credible in ways brute force never could. When adversaries cannot predict you, and allies cannot second-guess you, a new equilibrium emerges — one in which India is assertive, yet aligned with its values.

The war before the war

Op Sindoor wasn't about platforms or payloads. It was about clarity, initiative and control. In a world where wars drag on — inflicting brutal costs on civilian men, women and children — India has offered a different model: Manoeuvre over attrition.

Where others fight to exhaust, we act to conclude. Where others escalate into chaos, we calibrate for stability. And just like Dhaka, the enemy blinked — not after the war began, but before it could.

Let the record show: India won the war before the war — while the nations of the world watched. Some nervously. Others knowingly. But all, now, undeniably aware.



THOUGHT FOR THE DAY

Strategy is the art of using battles to win the war. — Carl von Clausewitz



Dassault CEO dismisses Pakistan's bloated claims of shooting down Indian Rafales

Rafale stands out as a multi-role aircraft capable of air-to-air combat, reconnaissance, air-to-ground strikes, nuclear missions, and carrier operations, Eric Trappier said

MONEYCONTROL NEWS | JUNE 15, 2025

Shared by



Maj General RS Chopra

Eric Trappier, Chairman and CEO of French aerospace firm Dassault Aviation, which manufactures the 4.5-generation Rafale fighter jet, has for the first time commented on the reported loss of a Rafale fighter aircraft by the Indian Air Force (IAF) during Operation Sindoor.

In an interview with a [French publication](#), Eric Trappier said that the Indian establishment had not provided any communication, so the exact circumstances remain unclear. However, Trappier said that is certain is that Pakistan's claim of downing three Rafale jets is inaccurate.

"In combat aviation, the success of a mission isn't solely measured by the absence of losses, but by the achievement of objectives. Drawing a parallel with World War II, it wasn't said the Allies lost the war because they suffered casualties—what mattered was the outcome," Trappier said

"Whether there were losses or not and whether the mission goals were met will become clear in time, and some may be surprised by the truth," Trappier added.

Speaking on the Rafale's capabilities, Dassault Aviation CEO Eric Trappier acknowledged that while it's difficult to claim superiority in absolute terms, he believes Rafale offers the best in many ways. While it may face challenges in direct confrontation with an F-22, Rafale stands out as a multi-role aircraft capable of air-to-air combat, reconnaissance, air-to-ground strikes, nuclear missions, and carrier operations.

In his view, this versatility makes the Rafale the best combat aircraft in the world—superior to the F-35 and significantly better than all Chinese alternatives—ideally suited to the requirements of the French military and its global customers.

In response to the April 22 terror attack in Pahalgam, India launched retaliatory airstrikes under 'Operation Sindoor,' targeting terror infrastructure in Pakistan and Pakistan-occupied Kashmir.

Pakistan's Defence Minister Khawaja Muhammad Asif claimed that its forces had shot down five Indian aircraft—three Rafale jets, one Su-30, and one MiG-29 - and captured several Indian soldiers, though he did not provide exact figures.



Coincidence or divine power

Shared by



Rtn Salil Dev Singh Bali
District Secretary 2025-26
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Two plane crash survivors, nearly three decades apart, shared the same seat: 11A. The first crash happened in Thailand in 1998, the other in India in 2025, and both survivors walked away from near-certain death.

James Ruangsak Loychusak, an actor and singer from Thailand, was shocked to discover that the only person who survived the Air India plane crash in Ahmedabad was also sitting in seat 11A, the same seat he sat in when he defied death 27 years ago.

Mr Loychusak, 47, was on Thai Airways flight TG261 in 1998 when it crashed while attempting a landing in Surat Thani, a city in southern Thailand. The flight took off from Bangkok, but during landing, it stalled mid-air and crashed, killing 101 of the 146 people on board. He was one of the survivors and was seated in 11A, reported [The Telegraph](#).

When the actor heard about the sole Air India flight AI-171 crash survivor - a 40-year old British Indian man, Viswash Kumar Ramesh, who also happened to be seated in 11A, he noticed the strange coincidence.

"Survivor of a plane crash in India. He sat in the same seat as me. 11A," he wrote on Facebook. But this was just a coincidence, for there were multiple survivors in the Thai Airways crash.

In contrast, the Air India crash had only one survivor.

Additionally, the two aircraft were different. Thai Airways Flight was an Airbus A310, while Air

India Flight AI-171 used a Boeing 787-8 Dreamliner. The design, layout, and seat positioning of 11A are different on the two aircraft.

The London-bound Air India flight took off from Ahmedabad's Sardar Vallabhbhai Patel on June 12 and crashed 30 seconds later on the hostel building of a nearby medical college. Of the 242 people on board, Viswash was the only survivor.



Viswash Kumar Ramesh and James Ruangsak Loychusak

Impressions

June 2025 - 8 - | www.nevedac.com | Mobility & Dignity for the Disabled – Dr. VJS Vohra's Prosthetic Legacy Since 1973

Life is so unpredictable

By



Rtn Ravi Prakash
District Governor Elect
Rotary International District 3080

You go for a vacation, and terrorists shoot you.
You go to a trophy parade and it ends in a stampede.
You go in a flight for work/vacation, and it crashes.
You are studying in your hostel, and the plane falls on you
Life can be fleeting, unpredictable, and fragile — all in a blink of an eye. No warning, no script. One moment you're dreaming, and the next you're a memory.
But amidst this uncertainty, there's a powerful truth:
Every moment we are alive is a gift.

Every day offers us a chance to make a difference, to spread kindness, to leave a positive mark. So, let's choose to celebrate each moment — with gratitude, with love, with purpose. Let's leave behind beautiful memories that can inspire others.
Be good. Behave well. Speak kindly. And most importantly, use your life to do some good for society. Help those in need, uplift the oppressed, spread love and compassion. Small acts of kindness can create ripples of change.

Remember, your actions today can inspire others to live better, to be kinder, and to build a more compassionate world.

Live fully, love deeply, and make a difference — for yourself and for society. Because in the end, it's not just about surviving, but about leaving behind a legacy of goodness.

Stay safe, stay kind, and make every moment count.

Adieu Captain Sumeet Sabharwal

Shared by



Rtn Colonel Malkiat Singh
Rotary Club Morinda

My adjacent flat neighbour of over two decades. You will be missed in a long time to come. Not just for the great Pilot that you were. But for the greater human being and a wonderful Son that you have been. And therefore the whole of Jalvayu Vihar, the abode of the military veterans is in tears on your untimely and tragic departure .

You fought brilliantly. We need no testimony to that raw courage that you displayed in life and in death. That Mayday call that you transmitted was not just a call of distress. It was to record the sheer helplessness to keep afloat a plane which had lost its power to fly any more. I'm glad that you chose Jalvayu Vihar to spend your last over two decades here amongst us. The Veterans of the Indian Military.

We gave you the send off that is so well deserved by a gallant aviator..... as the Military knows how to honour her braves. Personally, I would have liked to see the CEO of Air India amongst us today.

Sharing the grief that the Admirals, Air Marshalls, Generals and other Officers and their graceful ladies so amply demonstrated with the poise and elan that the sombre occasion so warranted. Just stands in line to say that the Corporates may have moved ahead commercially yet they have a lot to learn from the Indian Military.

To every Man upon this Earth
Death comes soon or late
How can a Man die better
Than facing fearful odds.
For the ashes of his fathers
And the temples of his Gods

YOU FOUGHT GALLANTLY SUMEET.

Written by Col Asthana from Jal Vayu Vihar, Powai

Impressions

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Air India plane crash

By



Rtn Sanjeev Checker
Past Assistant Governor
Rotary International District 3080

I've flown the skies for years but today I feel grounded - emotionally, painfully. We lost more than a flight. We lost people. Passengers who had plans, dreams and families waiting.

Crew members whose job demands that they work in shifting time zones which wrecks havoc with their body clocks. I can only imagine the weight of that cockpit and their final moments. My heart aches.

The plane crash on 12th June 2026 at Ahmedabad is a tragic reminder of life's unpredictability and how little control we truly have over our circumstances. No matter how carefully we prepare, plan and manage, fate can change everything in an instant. This disaster did not just claim the lives of the passengers and crew—it also took the lives of some medical students and staff in the building struck by the plane, individuals who had no connection to air travel yet found themselves caught in its devastation.

While we cannot control fate, we can fully control the love, kindness, and compassion we extend to those around us. Tragedies like this offer no time for apologies or reconciliation. Let's not wait for disaster to remind us of what truly matters. Instead, let's commit to spreading love, rejecting hatred, and living with a deeper resolve to never hurt anyone or cause harm.

We honor those who lost their lives, and our thoughts remain with everyone affected by this heartbreaking event. Rest in peace AI.

International Father's Day

Author



Dr. Jaswant Singh Puri
Doctor of Letters (Honoris Causa)
Social Activist, Punjab Rattan
Shakespeare once quoted. "It is a wise father that knows his own child".

Father is the pillar of home and mother is its builder. Father's Day reminds us of the powerful role in shaping individuals and families. It is generally celebrated on the third Sunday of June and in 2025, it was on June 15th.

The first Father's Day was celebrated in Spokane, Washington on June 19, 1910. People often express their love and gratitude for their fathers through gifts, such as cards, or other items. It had its origin in the United States and the first Father's Day was celebrated on June 19, 1910. It became a U.S. National Holiday in 1972 by the President Richard Nixon.

It was founded by Sonora Smart Dodd in 1910. It is an occasion to honour fathers and celebrating the love, sacrifice and support of fathers to their siblings and family.

Above all, Mahatma Gandhi is called the Father of the Nation, and this epithet was accorded by Subhash Chandra Bose in 1944.

Jawaharlal Nehru's letters to his daughter Indira Nehru in 1928 shows father's concern and affection by the father. It is also an occasion to honour fatherly figures.

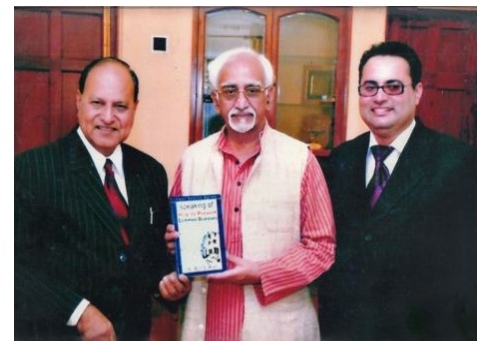
The author, Dr. Jaswant Singh Puri, is all the time full of gratitude and appreciation for his father Dr. Ajit Singh Puri.



Mahatma Gandhi, Father of the Nation



**Jawaharlal Nehru,
Indira Gandhi, Rajiv
Gandhi and Sanjay
Gandhi**



**Dr. Ajit Singh Puri presenting his book,
'Speaking of How to Prevent Common
Diseases', to former Vice President of
India Mohammed Hamid Ansari.
On extreme right is Dr. Jaswant Singh Puri**

Taking the Cosmic Riddle Personally

By



**Dr Deepak Chopra,
MD, FACP, FRCP**

Unravelling the mystery of the universe is something we leave to physicists and astronomers, with most people taking only an occasional interest in spectacular photos taken from deep space by the most powerful orbiting telescopes. But if you change your perspective, the mystery of the universe faces everyone on a daily basis, as does the solution to the mystery.

The cosmic riddle is easy to state: Is the universe whole? Do its parts all work together, and if so, how? Clearly the universe isn't a machine, because machines are assembled from mechanical parts with visible connections like the gears in a car's transmission. But the universe has a peculiar feature. The moving parts, meaning any physical object, whether as large as a galaxy or as tiny as an atom, suddenly vanish at the quantum level. Subatomic particles do not have a stable identity.

They flicker in and out of one state in which they are invisible waves. The same peculiarity holds true for the other basic ingredients of everyday reality, time, space, and energy. All have an invisible source beyond the physical.

Physics, like all of science, depends on reductionism, the method that explains a phenomenon by breaking it down into smaller parts. Reductionism is tied to the fundamental idea that reality is physical. Even though modern physics is hugely complex, the outmoded notion that the universe is a gigantic physical mechanism keeps persisting a century after quantum theory dismantled the notion that the mystery of the universe lies in its tiniest bits and pieces.

If the cosmic riddle can be solved, the solution doesn't lie with a physical explanation. If we take an ordinary object like a coffee cup, the mystery of everything is contained in it, and in one stroke the mystery can be solved, because in the experience of holding a coffee cup, you can simultaneously throw out a solution that doesn't work and see that the right solution is dawning.

Physics can reduce a coffee cup to the smallest scale before everything vanishes, known as the Planck scale, named for a seminal quantum physicist, Max Planck. Measurements of length are infinitesimal at the Planck scale. As a unit of measurement, Planck length is 100 million trillion times smaller than the proton. Planck theorized that five infinitesimal units — length, mass, temperature, mass, and charge — can be reduced to the smallest possible value at the scale where the universe, and everything in it, originates. If you try to imagine the womb of creation, the Planck scale is its location.

Planck-scale units tell us the scale at which the universe began during the Big Bang, but they also mark the end of the road. This is where the laws of nature no longer operate, where "smaller" is impossible to measure because length itself, along with three dimensions, time, and every known constant, ceases to have meaning. There is much more to say about the Planck scale, but one thing is clear. Physical explanations stop here, and they haven't solved the mystery of the origin of the universe. What lies over the Planck scale horizon cannot be known by any kind of physical experiment, data, facts, or observation.

Where the universe collapses into pure mystery, so does a coffee cup and so do you. You are beyond any facts, which means that physical data concerning you, although interesting and useful, are just provisional, temporary, and relative. The true, essential you (along with the coffee cup and the universe) can only be found following a non-physical path of explanation. This path, which is open to direct experience, is the path of consciousness. We are so conditioned to accept the physical explanation of reality that the path of consciousness seems alien. But it is far more credible to explain everything as a creation of consciousness than as a machine-like conglomeration of matter and energy.

The Planck scale cannot be observed, only speculated about. But whatever is happening, you and I are the result, along with everything in existence. Something has to be going on, and if it isn't material or physical, if it doesn't take time or occur in space, there is only one thing that the human mind can conceive, which is consciousness. This is a classic example, one might say, of Sherlock Holmes's dictum that when every other explanation has failed, the one that remains, however improbable, must be true.

But consciousness isn't improbable. It is the essence of every experience. Without awareness, there is no known reality. To someone wedded to a purely physical explanation, consciousness is nothing, but once you step away from physicalism, consciousness is everything. This choice, between nothing and everything, is crucial; you can't get around it. Planck himself came to believe that consciousness is fundamental to the universe. In an attempt to salvage physicalism, it is argued that the universe existed for billions of years before human beings appeared on the scene to be aware of it.

But that misses the point. What does it mean to say you are conscious? It means that you perceive, understand, and know. It means that you can think, observe, speak, and act. It means that you have a sense of self. These features of you cannot be created out of physical stuff. It only makes sense that they have always been around, woven into existence itself. Consciousness knows, understands, perceives, observes, etc. These are its basic qualities, just as wetness is a basic quality of water.

So the path of consciousness is built up not from bits and pieces of matter, but the process of consciousness creating anything it wants. Its creative ability begins with nothing but itself. It doesn't need space, time, matter, or energy. They are tools of creation, the way a painter uses the tools of color. A coffee cup has local qualities and universal qualities at the same time. The local qualities are its color, shape, hardness, lightness, and so on. Its universal qualities are invisible, playing their part behind the scene. These are the qualities of creativity embedded in consciousness.

There is every reason to shift our explanations to be consciousness-based. When you see a painting, its local qualities are in the picture. You can study the *Mona Lisa* for hours, absorbing these qualities. But implicitly, you know that it took a conscious mind, belonging to Leonardo da Vinci, to assemble those local qualities. He conceived how to make the model's smile elusive, her beauty enigmatic, her skin luminous. Without consciousness, no local qualities can exist. The same is true of the universe, your body, a coffee cup, and anything else. Without consciousness to unify everything, we would be left with the only alternative, which is nothing.

Mind your business

By



Rtn Brigadier DS Dhillon

How many times have you got or given unsolicited advice? On most occasions, it gets an unfavourable response.

There can be positive or negative reasons why people like to interfere in other people's lives. Sometimes they want to help. Some people may see themselves as helpful or supportive, and they may genuinely believe they are doing someone a favour by offering advice or trying to solve their problems. Some people may get a sense of satisfaction or fulfilment from being able to help others, and they may think that they are more needed or important if they can offer assistance.

However, on the negative side, some people want to interfere in others' lives to shape or control the outcome. They may want things to happen in a certain way and believe they can influence the situation by getting involved.

They may interfere in others' lives for their own benefit rather than for the benefit of the person they are trying to help. They may have their own goals or motivations that they are trying to achieve through their interference.

Some people also have a lack of boundaries. They may not understand or respect the boundaries of others, and they may interfere in others' lives without realising that they are overstepping. It is essential to recognise that everyone has the right to make their own decisions and live their lives.

I am reminded here of a real life incident, a young boy was sitting on a park bench munching on one candy bar after another. After the 6th one, a man on the bench across from him said, "Son, you know eating all that candy isn't good for you. It will give you acne, rot your teeth, and make you fat."

The young boy replied "My grandfather lived to be 90 years old." "Oh?" replied the man. "Did your grandfather eat 6 candy bars at a time?" "No" replied the Little one, "But he minded his own business!!"

Great piece of advice indeed. Children, at times they make the most simple and apt remarks.

"Never judge people because we don't know their whole story and the battles they are fighting,"

It is not fair to judge someone based on limited information or a single aspect of their life.

Everyone has a unique background, set of circumstances, and personal experiences that shape their actions and behaviours. Without knowing the full context of someone's life, it isn't easy to fully understand their motivations or actions.

Don't offer unsolicited advice.

Learn to mind your own business and stay blessed forever!



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