

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**



PADAMSHRI COLONEL DARSHAN SINGH VOHRA
FIRST COMMANDANT OF ARTIFICIAL LIMB CENTRE, PUNE
A Visionary Pioneer in Prosthetic Rehabilitation



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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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Indian Army's role as a Protector, a Force for Hope and Stability

15 Corps Operation Sadbhavana

Collaboration with 15 Corps of the Indian Army - A unique project: Around February 2000, Dr. V.J.S. Vohra led the Jyot Charitable Trust in a project to provide artificial limbs to civilians in Kashmir, which was sponsored by the Army Development Group, Headquarters 15 Corps. Dr. Vohra, a prosthetics expert, had collaborated with the Indian Army's 15 Corps on Operation Sadbhavana project to provide artificial limbs to civilians in the Kashmir valley.

Professional background: Dr. Vohra is a Senior Consultant in Artificial Limbs & Orthotics and **the founder of the Chandigarh-based Nevedac Prosthetic Clinic and Managing Trustee of Jyot Charitable Trust**, has been working in the field of prosthetics since 1973. Dr. Vohra is certified by the Rehabilitation Council of India as Professional in Prosthetics and Orthotics. He is also Honorary Prosthetic Adviser to Governments of Punjab, Haryana, Chandigarh UT and Himachal Pradesh.

Non-profit work: In 1999, Dr. Vohra established the Jyot Charitable Trust, for providing artificial limbs and other rehabilitation services to people with disabilities, often free of cost to poor patients.

Expertise Meets Empathy: Jyot Charitable Trust, had already been working extensively to provide affordable, and often free prosthetic solutions to underprivileged patients. Collaboration with the Army under Operation Sadbhavana project marked a significant expansion of these efforts into some of the most challenging terrains of the country.

High quality artificial limbs fitment was provided at Zirakpur – Chandigarh, as under this projects hundreds of disabled persons were brought from J&K by bus under the able supervision of Colonel J.S. Bajwa (then a young Captain).

Project success and Recognition of Service: This initiative was a great success and earned Dr. Vohra appreciation from senior Army officers. **A letter from Lieutenant General Krishan Pal, the then GOC-in-C of the 15 Corps, highly appreciated Dr. Vohra's work. He had written to Lt. Gen. J.F.R. Jacob, then Governor of Punjab, placing on record, "the yeoman service being rendered by Dr. V.J.S. Vohra (Managing Trustee) who had undertaken this task with cheerful equanimity and in so doing also displayed rare social commitment and professionalism of a very high order".**

Operation Sadbhavana: The project was conducted as part of the Indian army's Operation Sadbhavana (meaning "Goodwill"), a program that involves humanitarian initiatives to aid the civilian population in conflict-prone regions like Jammu and Kashmir, to empower the civilians who had lost limbs due to mine blasts, cross-border firing, or other accidents. The army frequently partners with charitable organizations and NGOs, like the Jyot Charitable Trust, to execute these projects.

In regions touched by conflict, the loss of mobility for the disabled persons leads to the loss of livelihood, independence, and dignity. In Jammu & Kashmir at the turn of the millennium, many civilians, victims of landmines, cross-border firing, and accidents faced precisely this reality. It was in this context that a remarkable humanitarian collaboration took shape under the Indian Army's Operation Sadbhavana, bringing together military resolve and civilian expertise to restore not just limbs, but lives.

Restoring Mobility, Rebuilding Lives: Under Operation Sadbhavana, the Army followed a comprehensive approach as for the beneficiaries this was their first opportunity to regain functional independence after traumatic loss. Walking again with prosthetic limbs, resuming daily work, and reclaiming self-confidence and physical empowerment.

Impact Beyond Numbers: The true impact of this initiative lies in its human dimension. Each fitted prosthetic limb represented a restored livelihood, and a life of dignity. Equally significant is the strengthening of trust between the local population and the Army. In areas where suspicion and hardship often prevail, such initiatives helped build meaningful connections rooted in care and public service by the Indian Army.

As conversations around inclusive development and rehabilitation gain momentum, this initiative stands as a powerful model. It demonstrates how targeted interventions, backed by compassion, coordination, and competence can create lasting change even in the most difficult circumstances.

Conclusion: The Artificial Limbs Project under Operation Sadbhavana exemplifies service beyond the call of duty. By restoring mobility to persons with disabilities, it reaffirmed a life of independence and pride; rekindling hope and strengthening lives and communities.

As reflected in this March issue of *Impressions*, such initiatives highlighting the enduring ethos of the armed forces, where operational excellence is matched by compassion and commitment to the people. Even amid challenging environments, these efforts stand as a testament to the Indian Army's role not just as a protector, but as a force for hope and stability.

Artificial Limbs and Disability Empowerment in India

A Legacy of Mobility and Empowerment: Disability empowerment in India has been shaped by visionary professionals and institutions. Among them, **Dr. V.J.S. Vohra** stands as one of the leading prosthetic and orthotic professionals, certified by the **Rehabilitation Council of India (RCI)**. Dr. Vohra has been serving patients with disabilities since 1973. He is known for fitting advanced artificial limbs, including myoelectric arms and microprocessor-controlled prosthetic limbs, bringing world-class technology to Indian patients.

Dr. Vohra founded the **Nevedac Prosthetic Clinic**, continuing the legacy of his father, **Padma Shri Col. D.S. Vohra**, who established **India's first Artificial Limb Centre in Pune** after World War II, and in 1973, along with his son, Dr. Vohra founded **Nevedac Prosthetic Centre**, located in Chandigarh. Nevedac is a hub for cutting-edge prosthetic and orthotic solutions, serving thousands of people with disabilities across India and abroad. Dr. Vohra also serves as **Honorary Prosthetic Adviser** to the Governments of Punjab, Haryana, Chandigarh UT and Himachal Pradesh.

The Role of the Rehabilitation Council of India (RCI): Dr. VJS Vohra is one of the earliest practitioners to be certified by the **Rehabilitation Council of India (RCI) as Professional in Prosthetics and Orthotics (Registration No. RCI/AA00001)**. RCI plays a critical role in standardizing and regulating this noble profession. Established as a statutory body in 1993, RCI ensures that only qualified professionals practice in prosthetics, orthotics, and rehabilitation.

RCI's responsibilities include: Developing and standardizing the rehabilitation education, Maintaining a Central Register of qualified professionals, Certifying practitioners to ensure ethical and competent service delivery to safeguards the quality of rehabilitation services and protects patients from unqualified providers.

This synergy restores not just mobility, but also dignity, independence, and empowers the persons with disabilities with high quality prosthetic technology by qualified prosthetic professionals.

Request for CSR grant / donations to Jyot Charitable Trust

For providing **good quality Artificial Limbs and Assistive Devices** to underprivileged Persons with Disabilities **under CSR-1 Registration. Donations are exempted under section 80-G of Income Tax Act.**

Dr. V.J.S. Vohra is Managing Trustee of **Jyot Charitable Trust**, a non-profit organization dedicated to the **rehabilitation and empowerment of persons with disabilities**, from economically weaker sections. The Trust works to restore mobility, independence, and dignity by providing hi-tech prosthetic and orthotic solutions and assistive devices.

Please contact Dr. VJS Vohra, Mobile & Whatsapp: 9814006829 | Email: drvjsvohra@gmail.com

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Join hands with **Nevedac Prosthetic Clinic**, a trusted and innovative name in Prosthetics – Orthotics and rehabilitation care. Managed by Senior Prosthetic Consultant **Dr. VJS Vohra**, who has been serving Persons with Disabilities since 1973, carrying forward the legacy of his late father, **Colonel DS Vohra**, a Padmashri awardee and visionary pioneer in Prosthetics - Orthotics, the **Founder of the Ministry of Defense Artificial Limb Centre, Pune**, and **Founder of Nevedac Prosthetic Centre, Chandigarh**, Co-Founded by Dr. Vohra.

Nevedac is a Registered Trademark with Government of India Trademark Registry, in the name of Dr. Vohra, reflecting its established brand identity and commitment to quality and innovation.

Dr. Vohra is an experienced professional in Prosthetics and Orthotics, **certified by Rehabilitation Council of India** He is also Honorary Prosthetic Adviser to the Governments of Punjab, Haryana, Chandigarh UT and Himachal Pradesh.

Why Partner with Nevedac? ✓ Established & credible healthcare brand (**Nevedac®**) ✓ Growing demand in prosthetic & rehabilitation services ✓ Complete professional support & guidance ✓ Opportunity to create real social impact ✓ Growing demand in the prosthetics and rehabilitation sector ✓ Opportunity to contribute to impactful prosthetic orthotic healthcare solutions

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We welcome discussions with interested parties to explore mutually beneficial collaboration.

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Fibre – The forgotten food

Author



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

Change is the only constant.

The world order is changing, and we have to *fit in* the new world. Wars everywhere, but we need peace, at least in our mind.

Technology has changed our mode of communication (WhatsApp mostly), and our mode of payment. (UPI in our country).

It has changed even the way we get our food- increasingly by online suppliers of raw food ingredients or cooked food – frozen or hot. We are also ordering supposedly healthy supplements like proteins, probiotics, vitamins and minerals. But what we are forgetting is fibre or fiber.

WHAT IS DIETARY FIBRE? Fibre of our food is a type of carbohydrate found only in plant foods. This fibre commonly called *dietary fibre* is of two types, usually found together:

1. Insoluble fibres. These fibres can neither be digested by humans, nor broken down to simple sugars for absorption. Hence their calorific value is 0. Yet, they give fullness to the food. When excreted by the body, they form *bulk* of the stools. The person does not remain *constipated*. Examples: cellulose, lignin and certain hemicellulose.

2. Soluble fibres. As their name suggests, these fibres dissolve in the water of the food. They make a gel like substance. This substance delays the system of digestion and provides multiple benefits to our body. Examples: pectin, gums and mucilage.

WHAT ARE THE BENEFITS OF FIBRE IN OUR FOOD? Regulates bowel movements. Provides bulk and prevents constipation. Ensures timely passage of stools. | As the bowel movements are slowed, it gives ample time for digested food, minerals and vitamins to be absorbed in various parts of our alimentary canal. | Promotes satiety. As it does not generate calories but adds bulk to the food, it helps in maintaining/ reducing weight. | By slowing bowel movements, it steadies the absorption of carbohydrates (glucose) thus avoiding *sugar spikes* and managing blood sugar levels round the clock. | Removes cholesterol thereby improving heart health. As stated above, soluble fibres dissolve in water to form a gel like substance in the intestines. This gel binds with bile acids secreted by the gall bladder for digestion of fats. It is then excreted in stools. The bile acids are mostly made of cholesterol. The gel also binds with cholesterol of the food and excretes it in stool. By this process, the liver is forced to use the cholesterol from blood to form more bile acids, thereby reducing blood cholesterol levels.

GUT MICROBIOME AND DIETARY FIBRE: Trillions of bacteria, viruses and fungi live in our large intestine, mainly in the colon. They have a unique and complex ecosystem and provide many benefits to the body. They aid digestion, help absorb certain vitamins and strengthen immunity of the body. These microbes with their genes and surrounding environment are called microbiome.

Any disturbance in the gut microbiome (like improper food/ antibiotics) can lead to dysbiosis. Prolonged dysbiosis can cause diseases like obesity, irritable bowel syndrome and diabetes.

Dietary fibre is the basic food of these microbes residing in our gut, especially those residing in our colon. Here, these microbes' breakdown or ferment the dietary fibre. The following benefits then accrue:

Dietary fibre is the fuel, hence encourage growth of microbes which improve health and prevent dysbiosis.

After the soluble fibres form a gel, fermentation takes place. The substances so produced keep cells of colon healthy and reduce inflammation.

As explained before, it is a healthy gut microbiome which maintains body weight and blood sugar.

WHICH FOODS ARE RICH IN DIETARY FIBRE? Dietary fibre is available only in plant-based foods. Meat, eggs, fish and dairy products (milk and its derivatives) do not have any dietary fibre. Having said that, certain fermented foods from animal products may be supplemented with foods (fruits/ seeds) which are rich in dietary fibre. For convenience of Indian readers, I am listing the common fibre rich Indian foods with Indian names. The second point will have exotic foods.

Common Indian foods with high fibre content. | Grains and millets. Ragi- Finger millet, Bajra- Pearl millet, Jowar- Sorghum which is gluten free too. Atta- Wheat as well as whole wheat Dalia-porridge. Oats and Brown rice. | Pulses and Legumes. Chana- chickpeas, Rajma- kidney beans, Lentils- masoor, moong, green gram- sabut moong, Black gram- urad dal. | Vegetables. Bhindi- okra, Lauki- bottle gourd, Methi- fenugreek leaves, Palak- spinach, Matar- peas, Karela- bitter gourd, gajar- carrot, shalgum- turnip, chukandar- beetroot, cauliflower- phul gobhi, bund gobi-cabbage and broccoli. Potatoes especially Sweet Potatoes (shakarkandi) are rich in fibre *if eaten with skin*. | Fruits. Amrudh- guava, anar- pomegranate, papita- papaya, kela- banana. Seb-apple, nashpati- pear and similar fruits *if eaten with skin*. | Amla- gooseberry, ber- Indian jujube, jamun- black berry and rasbhari- java plum also have high fibre content in addition to other nutrients. | Fibre rich Indian snacks. Roasted chana and Makhane, popcorn are popular, inexpensive fibre rich snacks. More nutritious Indian snacks with high fibre are sprouts- moong as well as chana. | For high soluble fibres- try kidney beans, barley, turnips, carrots, sweet potatoes, apricots, guavas. | Nuts and Seeds. Alsi- flax seeds, Chia seeds, Akhrot- walnuts, badam- almonds, pista- pistachios. Dried (not fresh) figs too are an excellent source. Caution: Many dry fruits in India contain excess of salt. Those who have salt restrictions should try salt free nuts. | Exotic varieties | Fruits. Blueberry, avocado, raspberry and passion fruit. | Staples/ millets. Whole wheat pasta, quinoa | Vegetables. Artichoke, Brussel sprouts and broccoli.

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Water, Sanitation and Hygiene: Rotary Call

Author



Dr Jaswant Singh Puri

Doctor of Letters (Honoris Causa)

Social Activist, Punjab Rattan

Water, Sanitation and Hygiene -WASH' in short is the theme for March for Rotary International, since 750 million people are bereft of safe drinking water, 2.5 billion leading lives without adequate sanitation. Such drastic conditions cause the death of 3000 children each day due to unsafe water and hygiene. The 'WASH' Rotary Action Group was formed in 2007 for hygiene education in schools and clinics. The Foundation has ventured to invest roughly dollars (\$) 160 million in 'WASH' globally and manifold Global Grants to bring water and sanitation to 21 hill-tribe villages in Thailand.

March is recognized across the Rotary world as the month dedicated to Water, Sanitation and Hygiene (WASH) - one of

Rotary International's key areas of focus. Access to safe drinking water, proper sanitation, and good hygiene practices is fundamental to human health, dignity and sustainable development. Yet millions of people across the globe, including many communities in India, still struggle with inadequate water facilities and poor sanitation systems.

Rotary clubs have consistently played a significant role in addressing these challenges. Through community-driven initiatives, Rotarians work to install clean water systems, build toilets in schools and public spaces, and promote hygiene awareness among children and families. Such projects not only improve health conditions but also empower communities to maintain sustainable practices for the future.

In many rural and underserved areas, women and children spend hours every day collecting water from distant sources. Rotary's water projects help reduce this burden by bringing safe and accessible water closer to homes and schools. Similarly, sanitation projects ensure safe and dignified facilities, particularly for girls in schools, which contributes to better attendance and educational outcomes.

Equally important is the promotion of hygiene practices such as hand washing, which plays a crucial role in preventing diseases. Rotary clubs frequently organize awareness campaigns, workshops, and school programs to educate communities about the importance of clean habits and safe water usage.

As we observe March as the month of Water, Sanitation and Hygiene, it is a reminder that every drop of clean water and every hygienic practice can transform lives. Rotary's continued commitment to WASH initiatives reflects its vision of creating healthier communities and a more sustainable world. Together, through collective service and community participation, Rotarians are helping ensure that safe water and sanitation become a reality for all.



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Fibre – The forgotten food

SYMPTOMS OF INADEQUATE INTAKE OF DIETARY FIBRE: We should include a healthy intake of fibre in our daily diet. A balanced Indian diet has adequate fibre. However, there is a shift to *maida* or refined flour and white polished rice and their products in our daily meals, in the past few decades. *Maida* based pasta, burgers, pizza and momos are the favorite food and snacks ordered by a large population. Fresh fruits and vegetables/ salads are treated with disgust, especially by those who eat excess of animal products.

The symptoms of inadequate dietary fibre are constipation, hard stools, bloating and abdominal pain. Over a period of time the person may gain weight, have hunger a short while after meals and feels fatigued.

SIDE EFFECTS OF EXCESSIVE INTAKE OF FIBRE: Excess of everything thing is bad and the same is true with dietary fibre. A balanced approach is necessary. Those who turn excessively to *healthy food* may, inadvertently, consume dietary fibre/ fibre supplements in excess. More of raw salads or fruit-based diets, larger portions of oats/ wheat *dalia* may also cause excess of dietary fibre in our gut. This may cause: Bloating, constipation or even diarrhoea, especially if adequate fluids are not taken. | Excessive fibre in diet may limit the absorption of essential minerals like iron, zinc and calcium. | Individuals with diseases of the gut- Irritable bowel syndrome, Crohn's disease and gut inflammation may have a flare up of their symptoms.

To summarize, one must ensure that appropriate amount of fibre must be available in our diet. A predominantly vegetarian diet with fruits, salads and a handful of nuts and seeds provides sufficient dietary fibre. Emphasis should be on fluid intake. Animal based foods including dairy products should not be taken in excess as these contain no dietary fibre. One needs to listen to the body and take note of bloating or constipation to balance the intake. Those who are constantly hungry and are gaining weight may not focus entirely on excessive fibre as these can also be indicators of high blood sugar.

Let's have fibre friendly meals for better health. Also, do a favor to your children. Teach them the benefits of fibre rich vegetarian meals from an early age.

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AI Enters the Laboratory

A New Era of Scientific Discovery and India's Road Ahead

Analysis by



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

Artificial Intelligence is moving beyond data analysis to become an active engine of scientific discovery. In recent breakthroughs, AI systems have predicted complex protein structures, accelerating drug discovery; identified new battery materials for energy storage; and designed catalysts for cleaner industrial processes.

These advances are being operationalized through “self-driving laboratories”, where AI integrates with robotics to autonomously design, execute, and refine experiments in real time - compressing years of research into weeks. Such systems are already transforming pharmaceuticals, materials science, and climate technologies.

For instance, AI-driven platforms can screen millions of molecular combinations for new drugs, while automated labs optimise battery chemistry for electric mobility and grid storage. The result is a shift from trial-and-error science to algorithm-driven precision discovery.



For India, this represents a historic opportunity to leapfrog conventional limitations. A practical roadmap would involve: establishing AI-enabled national research labs, integrating AI into higher education, creating shared data platforms, promoting public-private partnerships, and investing in high-performance computing infrastructure.

However, bottlenecks remain - limited high quality data, lack of advanced lab automation, fragmented research ecosystems, and weak industry-academia linkages. There is also a risk of dependence on foreign AI platforms, raising concerns of technological sovereignty.

Strategic Insight: The nations that master AI-driven discovery will define the future of science and industry.

Managing Stress

Science and Tradition Converge on Daily Habits for Resilience

By

Prof Dr SK Sharma

In an age of rising stress and fast-paced lifestyles, new research highlights a simple yet powerful pathway to resilience - daily habits that build psychological flexibility. A study from Binghamton University shows that mental resilience is not merely willpower, but the ability to adapt thoughts and emotions constructively under stress.

At the core is psychological flexibility - the capacity to pause, interpret emotions, and respond calmly rather than react impulsively. The study identifies sleep as a foundational pillar: individuals sleeping less than six hours show significantly lower resilience, while adequate sleep restores cognitive balance, improves memory processing, and regulates stress hormones such as cortisol. Alongside sleep, consistent habits - balanced diet, regular breakfast, and moderate exercise-strengthen brain function and emotional stability. Nutritional support such as omega-3 further enhances cognitive flexibility.

Equally important is the convergence of science with traditional practices like meditation and chanting. These practices create a vital pause between stimulus and response, helping the mind disengage from stress. Meditation improves emotional regulation and clarity, while rhythmic chanting stabilises breathing and neural patterns, inducing calm and focus.

In contrast, poor sleep, irregular routines, and unhealthy diets lead to rigid thinking, making individuals more vulnerable to anxiety and burnout.

The key insight is clear: resilience is not built in moments of crisis, but through daily disciplined habits - sleep, nutrition, movement, and mental practices.

Strategic Insight: Resilience emerges at the intersection of biology, behaviour, and mindfulness, shaping the capacity to navigate an increasingly complex world.



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Learn from failure



Brigadier DS Dhillon

While discussing inventions, Thomas Edison's associate, Walter S. Mallory, once said to him, "Isn't it a shame that with the tremendous amount of work you have done, you haven't been able to get any results?" Edison replied, "Results! Why, man, I have gotten a lot of results! I know several thousand things that won't work."

People tend to see success as positive and failure as negative, but Edison's quote shows this isn't always the case. There are many valuable lessons to be learned from failure, and this knowledge



HENRY FORD

can help you become a more successful and productive. A positive example of accepting failure and defeat is the case of Japan. Japan, defeated by America in World War II, was occupied by American military forces in April 1945. Gen Douglas Mac Arthur was appointed Supreme Commander in Japan, where he lived until 1951.

A new constitution, drawn up with his approval, and ratified by the Japanese Assembly on November 3, 1946, reduced the status of the Emperor of Japan to that of a mere symbolic head of state. Under article 9, the Japanese nation was also made to pledge that "land, sea & air forces, as well as other war potential, will never be maintained."

This constitution apparently sounded the death-knell of Japan as nation, but Japanese leaders showed great foresight in accepting it. They saw that although it closed all doors to Japan from the military & political point of view, the door to industrial & scientific advance still stood wide open.

After withdrawing from the field of military and political confrontation, the Japanese began to exploit the remaining opportunities in the fields of science and industry. Just 40 years later, historians, were compelled to write these words about Japan: "Defeated in World War II (1945), Japan emerged from the ruins of war as one of the major economic powers in the world"

The acceptance of the present opens up hitherto unsuspected paths to the future. Those who reject the realities of the present will themselves be debarred from access to the potentialities of the future.

Sometimes, in order to succeed you must fail, so that you know what not to do the next time. Failure is success if we learn from it.

Accept the realities of present, learn from failure, use it as an opportunity to create something better and stay blessed forever.

Check the "Jeans" Before the "Poison"



By



Consultant Deepak
Corporate Stress Specialist

Recently, I noticed the air pressure in my rear left tire was consistently low. At a gas station, I asked the attendant to check the valve. He gave it a cursory look and declared it fine. To avoid a breakdown, I went to a professional vulcanizer. I again suggested the valve might be the culprit. An experienced shopkeeper, he ignored the suggestion, removed the wheel, and diligently searched for a puncture. Finding none, he concluded the rim itself must be leaking and began applying sealant.

Suddenly, his son—seeing with the fresh eyes of a beginner—noticed the valve. It was practically "crying for help" with a visible leak. The valve was finally changed, I paid 200 Philippine Pesos, and I was back on the road.

A 200-peso mistake and a little lost time are affordable. However, when such mistakes occur in high-risk professions or when navigating the complexities of our personal lives, the stakes are high, the costs unaffordable, and the damage irreversible.

There is a story often told by the Haryanvi poet Arun Gemini about a man who visited a doctor for a check-up. To his horror, the doctor discovered the man's legs were turning blue. Fearing a localized, life-threatening poisoning, the doctor diagnosed an emergency and performed a double amputation, fitting the patient with prosthetic legs. During a follow-up visit a few days later, the doctor noticed with that the man's prosthetic legs were also turning blue. He suddenly realized the truth: "Oh! It wasn't poison at all - it's just that your jeans bleed blue dye!" (**Editor's note:** Haryanvi poet Arun Gemini narrated this story on 01 March 2026 in the Rotary District 3080 Conference at Haridwar).

It is a humorous, but tragic, reminder of a common human frailty: We often mistake a surface stain for a deep-seated disease. Too often, instead of analyzing the root cause, we are quick to judge and prescribe "drastic" solutions for simple ailments. We do this out of a sincere desire to be "experts" or perhaps out of an anxiety that a simple solution couldn't possibly be enough. This occurs in every profession—from medicine to mechanics and in every walk of life.

Before you "cut the legs" off a relationship, a career, or a project, take a breath. Ask yourself: Is this a poison in the blood, or just dye on the denim?

Life is often simple; we are the ones who make it complicated. "By failing to check the 'jeans' before declaring it the 'poison,' it is not just we who suffer; many other stakeholders are also impacted badly by our inefficiency. "Stake is more than money and uncountable.

Life is simple- KISS (Keep It Simple Stupid).

Precious Evening Glass

Shared by



Dr. Prakash Mehta
Senior Prosthetic Clinician
Varanasi

Why is a peg of alcohol always 60 ml? Can't 50 or 70 ml work? Know this measurement - The science behind and the true meaning of the word 'PEG'.

Whenever there is a party or a gathering of friends, a phrase is usually heard - "Make my small PEG (Small)" or "Make my large (Large)". We all know that small means 30 ml and large means 60 ml. But have you ever wondered why these figures are only 30 and 60? Why is there no peg of 40 or 50 ml?, What does the word PEG mean?

First of all, let's know why it is called 'peg'? There is a very interesting history behind this word. It is believed that 'PEG' is actually a short form (acronym). Its full name is - Precious Evening Glass.

History: In the old days, coal miners in Britain used to work hard all day. When they returned from work in the evening, they were given a glass of wine to relieve their fatigue. This evening glass was very precious to them, so it was called 'Precious Evening Glass', which in short became 'PEG, The Science Behind the Measurement of 60 ml (The Science and Liver Connection).

Now let's come to the main question. Why only 60 ml? This is directly related to your body's digestive power and liver.

Liver Capacity: When you drink alcohol, it mixes directly into your blood. Our liver works to filter alcohol from the blood. Scientifically, the liver of a healthy person can digest about 30 ml of spirit (whisky, vodka, rum, etc.) in an hour.

Intoxication Mathematics: If you drink 60 ml (large peg), it takes about 2 hours for the liver to digest it. This measurement has been decided so that the person drinks slowly and the liver gets time to work. If this measurement is not followed and it is consumed indiscriminately, the load on the liver increases and alcohol poisoning can occur.,

Mathematics of Ounce and Milli:

In India, we use liters and milliliters, but the measurement of alcohol has come from the British system where liquids are measured in 'Ounces'.

1 ounce = 29.57 ml (about 30 ml)

2 ounces = 59.14 ml (about 60 ml) For this reason, all over the world and especially in India, 'Small peg' has been kept as 1 ounce i.e. 30 ml and 'Large peg' as 2 ounces i.e. 60 ml. This round figure is easy to calculate.

How many types of peg are there?

Generally, three types of peg are popular in India:

Small peg: 30 ml (for those who want to drink slowly and in moderation).

Large peg: 60 ml (the most ordered size).

Patiala peg: 90 ml to 120 ml.

The story of Patiala peg: This peg is named after Maharaja Bhupendra Singh of Patiala. He was a giant and was fond of parties. It is said that his hospitality glasses were much larger than normal, so a size of 90 ml or more is called a 'Patiala peg'.

What is the difference between a shot and a PEG? Many people consider 'PEG' and 'shot' to be the same.

Peg: Peg is usually mixed with water, soda or cold drink and drunk slowly in sips.

Shot: A shot is usually 30 ml and is meant to be taken down the throat in one gulp without adding anything to it.

The reason behind keeping the alcohol measurement at 30 or 60 ml is not just business, but the body's limitations. The liver is a machine, and it takes time to process it.

That is why it is said that, "If you drink in moderation, you will get slightly drunk, and if you drink without moderation, you will get drunk".

(Disclaimer: This article is for information only. Alcohol consumption is harmful to health. We do not encourage drinking alcohol.)



CHEERS
TO LIFE

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