

# Impressions

For Private Circulation only

Theme of this  
Bulletin:

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

No. 23/26 – May 2023  
(Monthly e-Bulletin)  
[www.nevedac.com](http://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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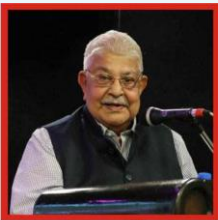
## Great support from Rotary District 5020 – USA sponsored by PP Rtn Anil Puri and R'Ann Teresa Puri for Sahyog Artificial Limbs project

For sponsoring 5 patients for artificial limbs, our immense Gratitude to Past President Rtn Anil Puri and his wife R'Ann Teresa Puri, of Twin Cities Rotary Club of Centralia/Chehalis, Rotary International District 5020 USA. The funds were received from Rtn Anil Puri through his elder brother PP Rtn Ashok Puri / Rotary Club Chandigarh Midtown.

On 25th May 2023 Project Sahyog was graced by the presence of one of the senior most Past District Governor Rtn Dr RS Parmar. Also present were District Chair Sahyog PP Salil Bali, PP Ashok Puri, Rtn Brig JS Sabhatwal, District Chair Disability Empowerment PP Dr VJS Vohra, R'Ann Indu Vohra and R'Ann Jyotie Sabharwal.



Five patients were discharged after satisfactory fitting of artificial limbs. Plaster cast / measurement was taken for 2 new patients. Thank you Rotary Clubs of Mohali, Mohali Midtown, Panchkula and Mohali Silvercity for sponsoring the discharged patients.



**डी एस बाली दामन**  
चंडीगढ़ के सीनियर एडवोकेट व मशहूर शायर  
9878828666

वक्ते रुखसत नां मिल पाएँगे 'दामन'  
उस पल की चुभन देख रहा हूँ.

'दामन'

Translation:

May be we not be able to meet at the time of death  
At this time feeling the pain of that moment.

'DAMAN'

ज़िन्दगी में सकून की खातिर  
ख्वाहिशें अपनीं मुख्तसर रखना.  
'दामन'।

Translation:

In life to have peace,  
Limitise your desires.

'DAMAN'



In addition to above, four assistive devices were provided to needy disabled persons.

One tricycle was provided for disabled person, referred by Rotary Club of Shahbad Markanda.

[Click here](#) to see video on YouTube.

<https://www.youtube.com/watch?v=5JZLp2OMnYo>

# Impressions

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## Statutory Warning Rehabilitation Council of India



भारतीय पुनर्वास परिषद्  
सामाजिक न्याय और अधिकारिता मंत्रालय,  
विभागीय सहायक निदेशक विभाग के अधीन एक सांविधिक 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, Qutab Institutional Area, New Delhi - 110 016  
Tel.: 011-2653 2408, 2653 2384, 2653 4287, 2653 2816 Fax : 011-2653 4291  
E-mail : rci-depwd@gov.in Website : www.rehabcouncil.nic.in



## STATUTORY WARNING

PRACTICING WITHOUT RCI REGISTRATION IN  
GOVT. / NON GOVT. ORGANIZATION / PRIVATE  
PRACTITIONERS IS ILLEGAL UNDER  
RCI ACT NO. 34 OF 1992 U/S 13(3).

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If anyone found serving "Persons with Disabilities" without RCI Certification shall be prosecuted before the Court of Law under Section 13(3) of RCI Act, 1992.

"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, Qutab Institutional Area, New Delhi-110016  
Phone: 91-11-2653 2384/2408/4287; Fax: 91-11-2653 4291  
E-mail: rehabstd@nde.vsnl.net.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®**  
Prosthetic Clinic



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**Dr. VJS Vohra**

Sr. Consultant  
Artificial Limbs & Orthotics  
Rehabilitation Council of India  
Certified Prosthetic Orthotic Professional  
Regd No. RCI / AA00001

Hony. Prosthetic Adviser:  
Governments of Punjab, Haryana,  
Chandigarh and Himachal Pradesh  
Reimbursement for Govt Employees  
**ARTIFICIAL LIMBS**  
Orthotic Supports and  
Assistive devices

### Contact Us

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Adjoining Oxford Street on Chandigarh - Ambala Expressway  
Head Office: 1134, Sector 44-B, Chandigarh-160047



## Attention Deficit Hyperactive Disorder – ADHD

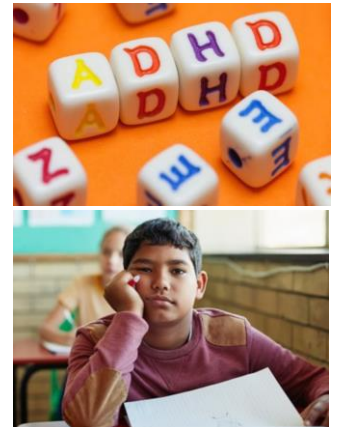
### Author



**Maj Gen Krishan Chauhan**  
Retired Army Medical Corps  
Former Additional Director, AMC  
[https://youtu.be/B\\_oLyfCqofQ](https://youtu.be/B_oLyfCqofQ)

Ever seen a kid who cannot sit still? Ignores his parents' commands. For no reason, he shifts from one activity to another. Just possible that he is suffering from Attention Deficit Hyperactive Disorder or ADHD. This disorder is not uncommon in school going children, more so in boys. This is actually a neuro – developmental disorder of childhood. It may continue in adolescence and even into adulthood. It is not easily understood by parents or diagnosed by medical practitioners.

14% of the humans suffer from mental diseases. Around 2% children in Western countries have ADHD. The data of its prevalence in India is not available. Studies have been done in many cities and rural areas indicate 3% to 12% Indian children (6 years to 12 years) suffer from it. Boys outnumber girls by 3 is to 1.



**ELABORATION OF ADHD.** Preschool children are rarely diagnosed at home. Only when a child goes to school, his impulsive behaviour and lack of sitting still and concentrating on learning, he is sent back home. Those who do continue in schools perform poorly, keep repeating classes and do not have friends.

**ADOLESCENT ADHD.** The impulsive nature continues. If not managed properly, they may indulge in antisocial activities. Easily attracted to drug / substance abuse, mood swings and depression. They may grow up with other mental diseases as adults. As they are neither well educated nor have adequate skills they end up with low paid jobs. In short, they are a cause of anxiety and end up as a burden on their parents, siblings and society as a whole.

**ADHD VS AUTISM.** Both disorders look alike as the children have problems focusing on the activity at hand. The ADHD child appears impulsive (does not think before an action) and has difficulty in communicating. Most of them are hyperactive and appear fidgety. Classical Hollywood movie – 'Rain Man'. 'My name is Khan', a Hindi movie had Sharukh Khan with a milder form of ADHD. Autism is also a developmental disorder that can affect language skills, behaviour, socialising and ability to learn. They, however, may have different ways of learning moving or paying attention. Remember the role of Priyanka Chopra in 'Barfi'? ADHD is more common. As the differentiation line is thin, the child must be taken to a trained pediatrician or psychiatrist or a child psychiatrist. A clear diagnosis is necessary as the child's entire future depends on it.

**WHAT EXACTLY IS ADHD IN CHILDHOOD?** It is a disorder in which a child has inattentive, impulsivity and in many cases, hyperactivity. The child finds difficulty coping in academics and interacting with everybody leading to low self-esteem.

**PREDOMINANTLY INATTENTION.** Short attention span - Easily distracted - Finds difficulty in organising and completing an activity or job - Does not pay attention to details - Cannot follow instructions - Cannot follow a conversation - Forgetfulness.

**HYPERACTIVE AND IMPULSIVE.** Fidgety. Keeps moving parts of the body - Cannot sit still. Even during meals or in class - Often found running or climbing stairs without reason - Talks a lot. May use inappropriate language - Interrupt others' conversations or activities - May grab their things and run - While in a group or class often does not wait for his/ her turn to speak - Avoided by other children in school or playground - Has no friends - Has a risk taking behavior - Hence, more prone to injuries and accidents.

The parents or well-wishers of the family where a child has ADHD should get opinion of a pediatrician / psychiatrist or a child psychologist at the earliest for confirmation of the diagnosis. However, treatment is the most important way forward for a child with ADHD. 90% cases are not too severe and these kids can be admitted in normal schools.

**TIPS TO PARENTS:** ADHD kids need a disciplined and clear routine, patience and your love and time. Create a routine. Follow same schedule daily. Teach the child to organise his tasks. School bag, clothing and other things of personal use. Ensure that everything is kept in the same place every day. Manage distractions. Keep room clean and tidy, without clutter. No breakables. Assist in home work. Switch off TV but soft soothing music is good. Be very specific and clear in giving directions, especially for a new task. Help child in new task by breaking it up in small steps which can be remembered. Do not hurry the child. Start early as the child may take a longer time. Use praise and reward if a task is completed properly. Give privileges. Discipline effectively. No scolding, yelling or spanking. Give the child a healthy life style. Balanced diet, adequate sleep hours and physical activity.

Try to find out what your child does best. Which subject in academics or sport, art, music plays, mechanical toys etc. However, don't flood his brain with too many activities. Thereafter, focus on the activity of his choice and encourage him.

My request to readers is that they must keep their eyes and open to detect and help such children who will improve if managed well.

## Health of Heart

By:

Dr Anurag Sharma, MD DM

Chairman, Department of Cardiology, Ojas Super Speciality Hospital, Panchkula

For Cardiovascular Diseases, we are only managing the tip of the ice berg. Prevention is the key. Either we don't indulge in or develop the risk factors. We should detect and manage heart disease early.

Heart disease cannot be prevented or managed by looking at individual risk factors. A comprehensive approach is required, that measures the relative risk, by taking into account all the factors that favor the genesis and development of heart disease.

### Risk scoring: A cost effective strategy

What risk factors can be meaningfully quantified (Age, Systolic blood pressure, diabetic status, level of physical activity, smoking status, family history of heart disease, presence of depression, and obesity (measured through body mass index).

### World Health Organization (WHO) definition

Health is a state of complete physical, mental and social well-being not merely an absence of disease or infirmity.

The body is your vehicle in this world - Integral part of development - Central to the concept of quality of life. Dimensions of Health are Physical, Mental, Social and Spiritual.

### Doctors Perspective for health

Genetics – DNA of the parents

Diet – Type of food

Lifestyle – Sedentary – sleep pattern – smoking – stress

Astrology – Stars when you were born

### Management

- Non pharmacological - Life style and dietary management

- Pharmacological: If you are taking drugs, avoid steroids, painkillers like NSAIDS

### Hypertension

It is the pressure in the main blood vessel aorta which is persistently elevated and leads to many complications and if not treated. It leads to Heart disease e.g. Congestive heart failure (CAD), Stroke, Aneurysm,

Kidney failure and Retinopathy.

### Spiritual

Feed your soul with good food – senses control the body, mind controls the senses, intellect controls the mind, intellect is under the soul.

Purpose of life, Power of karma and that Livelihood is not life.

### Managing stress to control Hypertension

Stress management is a life skill and a lifesaver. Stress is known to contribute to risk factors like a poor diet and excessive alcohol consumption. Chronic (constant) stress causes our bodies to go into high gear on and off for days or weeks at a time. There's no proof that stress by itself causes long-term high blood pressure. But reacting to stress in unhealthy ways can increase your risk of high blood pressure, heart attacks and strokes.

### Healthy habits to fight stress

- Give yourself enough time to get things done
- Learn to say “no.” Don't promise too much
- Think about problems under your control and make a plan to solve them
- Know your stress triggers - people, places and events - And avoid them
- Spend time developing supportive and nurturing relationships
- Practice gratitude.

### Let us try to rejuvenate

- Breathe | Meditate | Laugh

Exercise for 35 minutes, 5 times a week.

### Four Pillars of Health

- **Ahaar** the food we eat.
- **Achhaar** the way we lead our life.
- **Vihar** the way we interact with others.
- **Vichaar** what is our thought process?



Dr Anurag Sharma

Recommended Lifestyle Modifications and Their Individual Effects on Blood Pressure

Modifications*	Recommendation	Approximate SBP Reduction
Reduce weight	Maintain normal body weight (BMI of 18.5–24.9 kg/m <sup>2</sup> )	3–20 mm Hg
Adopt DASH diet	Rich in fruit, vegetables, and low-fat dairy; reduced saturated and total fat content	8–14 mm Hg
Reduce dietary sodium	<100 mmol (2.4 g)/day	2–8 mm Hg
Increase physical activity	Aerobic activity >30 min/day most days of the week	4–9 mm Hg
Moderate alcohol consumption	Men: ≤ 2 drinks/day Women: ≤ 1 drink/day	2–4 mm Hg

effect on blood pressure reduction.

SBP = systolic blood pressure; BMI = body mass index; DASH = Dietary Approaches to Stop Hypertension

# Impressions

May 2023 - 5 -

## Enjoy life NOW

Shared by



Brig DS Dhillin

Are you missing out on life? In Washington, DC, at a Metro Station, on a cold January morning in 2007, this man with a violin played six Bach pieces for about 45 minutes. During that time, approximately 2,000 people went through the station, most of them on their way to work. After about 3 minutes, a middle-aged man noticed that there was a musician playing. He slowed his pace and stopped for a few seconds, and then he hurried on to meet his schedule.

About 4 minutes later:

The violinist received his first dollar. A woman threw money in the hat and, without stopping, continued to walk.

At 6 minutes:

A young man leaned against the wall to listen to him, then looked at his watch and started to walk again.

At 10 minutes:

A 3-year old boy stopped, but his mother tugged him along hurriedly. The kid stopped to look at the violinist again, but the mother pushed hard and the child continued to walk, turning his head the whole time. This action was repeated by several other children, but every parent - without exception - forced their children to move on quickly.

At 45 minutes:

The musician played continuously. Only 6 people stopped and listened for a short while. About 20 gave money but continued to walk at their normal pace. The man collected a total of \$32.

After 1 hour:

He finished playing and silence took over. No one noticed and no one applauded. There was no recognition at all.

No one knew this, but the violinist was Joshua Bell, one of the greatest musicians in the world. He played one of the most intricate pieces ever written, with a violin worth \$3.5 million dollars.

Two days before, Joshua Bell sold-out a theater in Boston where the seats averaged \$100 each to sit and listen to him play the same music.

This is a true story. Joshua Bell, playing incognito in the D.C. Metro Station, was organized by the Washington Post as part of a social experiment about perception, taste and people's priorities.

This experiment raised several questions:

In a common-place environment, at an inappropriate hour, do we perceive beauty?

If so, do we stop to appreciate it?

Do we recognize talent in an unexpected context?

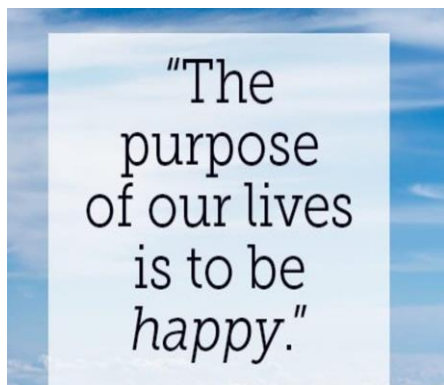
One possible conclusion reached from this experiment could be this:

If we do not have a moment to stop and listen to one of the best musicians in the world, playing some of the finest music ever written, with one of the most beautiful instruments ever made.

How many other things are we missing as we rush through life?

Enjoy life NOW.

Inspiring quotes:



## Prosthetics, Orthotics and Assistive Technology ISPO - International Society for Prosthetics and Orthotics

Assistive technology includes the systems and services by which people obtain assistive products. Assistive products, such as prostheses, orthoses, and wheelchairs, improve people's ability to function and enable them to live independent lives and participate in desired activities.

Prosthetic and orthotic products are also mobility devices, which include wheelchairs and walking aids such as crutches and walking frames. Mobility devices, in turn, are broadly classified as assistive products, which also include products for improving vision, hearing, communication, cognition and environment.

**Prosthetics** is a specialty within the field of health care technology concerned with the design, manufacture, and application of prostheses (artificial limbs).

A prosthesis is defined as an “externally applied device used to replace wholly, or in part, an absent or deficient limb segment”.



**Orthotics** is a specialty within the field of health care technology concerned with the design, manufacture, and application of orthoses (braces). An orthosis is defined as an “externally

applied device used to modify the structural and functional characteristics of the neuromuscular and skeletal system”.



Prosthetics and orthotics are established disciplines in the field of health science and are often practiced together since they have many commonalities from clinical, technical, and therapy perspectives.

Prosthetic and orthotic devices are usually part of secondary/tertiary care, habilitation and rehabilitation programs.

A prosthesis or orthosis enables a person with disability or functional impairment to remain active, productive, and independent; participate in society; and lead a healthy and dignified life.

A good quality orthosis or prosthesis, when appropriate to the person and their environment, can significantly improve a person's independence and reduce the need for formal support services.

Prosthetic and orthotic care typically involves a referral and appointment from a physician or healthcare team member, assessment, device prescription (selection), funding and ordering of materials and components, product manufacturing and preparation, fitting (customizing device to the person), training, follow-up, maintenance and repairs.

## Hola Mohalla

### Author



**Dr Jaswant Singh Puri**  
Doctor of Letters  
(Honoris Causa), Social  
Activist, Punjab Rattan

Hola Mohalla is an amazing and a vibrant Sikh festival of brotherhood, harmony and bravery. It is a famous colorful three-day festival and takes place on the second of the lunar month of Chett. Hola means an army and Mohalla connotes an organized procession. It was initiated by the Tenth Guru of the Sikhs, Sri Guru Gobind Singh Ji. It is celebrated with full zest and zeal, utmost involvement and enthusiasm in Sri Anandpur Sahib, one of the seats of Takhts known as Sri Kesgarh Sahib and also home to the birth of Khalsa Panth.

In the year 2023, Hola Mohalla was celebrated from 8th March to 10th March with gaiety and fervor. Hola Mohalla is the gathering of Sikhs to show their skill in martial arts, dexterity in horse riding and the art of swordsmanship which was the unparalleled expertise of Sri Guru Gobind Singh Ji. He was an excellent fighter and leader of the Sikhs against Aurangzeb and the dynasty of the Mughals.



Sri Guru Gobind Singh Ji realized that Holi was losing its intrinsic value and true meaning of kinship and fraternity. So he moulded his idea into the festival of Hola Mohalla with celebration and honoring the Khalsa custom. A three-day festival celebrated in continuation of the festival of Holi with enthusiasm. In the year 1699 at Shri Anandpur Sahib, Sri Guru Gobind Singh Ji founded the Khalsa. He christened the Panj Pyaras, and their religious rights in the tradition of one of India's greatest martyrs Sri Guru Tegh Bahadur Ji who sacrificed his life for the sake of Kashmiri Pandits.

Even the religious scripture of the Guru Granth Sahib contains recitations which describe the celebration of Holi by serving God. Even the tale of Prahalad, Holka and Harnaksh, the King of Multan finds verses by the Saints like Namdev and Kabir, and also by the third Guru Sri Amar Das Ji. Sri Guru Gobind Singh organized the first procession accompanied by drums in Anandpur Sahib on 22 February 1701. The new tradition of mock battles and poetry contests at Lohgarh Fort has since spread from Anandpur Sahib to nearby Kiratpur Sahib and the foothills of the Shivaliks. The court poet of Sri Guru Gobind Singh Ji narrates that colours were sprinkled by the participants after completion of the mock battles which contained rose smelling water, amber, musk and saffron-coloured water.

The Nihangs are the members of Khalsa family known for their distinctive blue traditional robes and dumala which are often embellished. They are seen at the Hola Mohalla festival and display their skills in martial arts. The Indian Government eventually accorded Hola Mohalla the status of a national festival. It is really a matter of pleasure and pride. It reminds the people of valour and defense preparedness, the concepts dear to the Tenth Guru who was at that time battling the Mughal Empire and the hill kings.

The three-day festival concludes on a dazzling note which is led by Panj Pyaras. It starts from Takhat Kesgarh Sahib, one of the five religious seats.

Langars (Voluntary Community Kitchens) are organized by the Sewaks. The most heart touching and spectacular event at the Hola Mohalla is the splendid and eye-catching procession of war-heroes and Nihangs on horses and elephants. Nihangs have tried to preserve the traditional form for more than three centuries. The Nihang word symbolizes dauntless courage and immense strength. The Nihangs were brought into importance in the times of Maharaja Ranjit Singh (1780-1839) but today, Nihangs are divided into groups like Taruna Dal and Buddha Dal.

Hola Mohalla is the time for Sikhs around the world to come together and celebrate the sacrifices of the brave, valiant and fearless warrior Sri Guru Gobind Singh Ji. Sikhs are an inclusive community and they are open and warm-hearted, compassionate and loyal to people, irrespective of caste, colour and creed.

According to Dr MS Ahluwalia, "Hola Mohalla is an organized procession in the form of an army column accompanied by war drums and standard bearers, and proceeding to a given location or moving in state form one to another."

Sri Guru Gobind Singh Ji expanded upon the way of celebration of Holi by introducing martial arts that would be celebrated the day following Holi. The main focus of the festival is to promote the Sikh values of selfless service, bravery and valour. The festival celebrates the warrior spirit, self-discipline and the values of community and equality.

## Creative Minds and Geniuses live on

Author



Utpal Chatterjee

The greatest of creative minds and geniuses live on. Indeed, they do. Rabindra Nath Tagore does. As do several other creative minds and literary geniuses like William Shakespeare. It is only incidental that a day happens to be the Birth Anniversary of Tagore. But every other day, we see him come alive when a new aspect in his multi-faceted genius is discovered.

The same holds just as true for Shakespeare too. Since the last 450 years, researchers have been discovering something new, a thesis gets written and the bottomless well of creativity keeps yielding every year. The great Huxley brothers, Julian and Aldous, had arrived at the conclusion that the average man uses, at the most, around 7% of the capacity of the brain. He is then deemed "bright". A true genius uses upto 11%. That is the category where a Shakespeare or a Tagore belong. The rest of the brain remains dormant.

A neurosurgeon of great repute agrees. But, coming back to Tagore, he has been an integral part of my life for as long as I can remember. Since my childhood, when I read and recited his poems or acted in "Dakghar" when I was all of six, I grew up reading and learning of him. Even as I am writing this, the perspective has changed and I deem myself so fortunate to have been born in the same land as he was.

A literary genius like him belongs not just to every proud Bengali and Indian but every literate and educated mind the world over. His writings apart, his songs belong to a different genre, "Rabindra Sangeet." Films have been made based on his plays and stories. A cinema great like Satyajit Ray even attempted a documentary on him. Say what you will, Tagore has been an inexhaustible quiver of creativity.

There was so much of sensation and excitement when he was recognised and awarded the Nobel Prize so many years ago, more than a century ago. But, on hindsight, the Nobel recognition does not sum up his entire greatness. It is another story that contemporaries like Yeats and others discovered him too.

True, he is responsible for the National Anthems of both India and Bangladesh and largely inspirational for that of Sri Lanka. Citizens of all three countries are equally proud.

But, now some concerns arise. There are those who have expressed unhappiness that Tagore is gradually being transformed into an "industry". The concerns are understandable.

The other day, as I was browsing TV channels, I came across a singer who declared that he would sing Tagore songs in his own way and set to his own tune. Was he being creative, defiant, rebellious or, plain and simple, silly? Your guess is as good as mine.

But in spite of rebels with or without a cause, Tagore will continue to live in our hearts and our minds. Such greats may not linger physically but they are there through the manifestations of their creativity.

May they continue to inspire, entertain our minds and guide us along. Such great minds and geniuses come once in a millenium. Mere mortals like us can only bow before them.

**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**