

# Impressions

For Private Circulation only

Theme of this  
Bulletin:

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

No. 23/32 – November 2023  
(Monthly e-Bulletin)  
[www.nevedac.com](http://www.nevedac.com)



Editor  
**Dr. V.J.S. Vohra**

**Fear never  
builds the  
future,  
But FAITH  
and Creating  
HOPE in the  
World does**



**Disability leads to Ability of Super Humans** YouTube

## Inside:

2. **Statutory Warning**  
Nevedac Prosthetic Clinic  
Dedicated to Colonel DS Vohra
3. **Loneliness is not being alone**  
Maj General Krishan Chauhan
4. **World Aids Day**  
Let Communities Lead
4. **World Disability Day**  
Empowered to be Super Humans
5. **Journalism is Backbone of the Press**  
Dr Jaswant Singh Puri
6. **Groundbreaking bionic hand**  
restores quality of life to amputee  
Bronwyn Thompson
7. **Instructor Days -- Cadet Tales**  
Colonel JS Chandoak
8. **Power of your Subconscious Mind**  
Professor Dr I.S. Dua



**DS Bali 'Daman'**  
Senior Advocate and  
famous Shayar of Chandigarh  
Mob.: 9878828666

क्यों दूर हुए ईवान वाले  
क्यों महजूफ हुए सामान वाले  
नाज़ था जिन पे हमें  
गये कहाँ इस जहान वाले  
वक्तन वक्तन वह गायब हुए  
जो थे बड़ी शान वाले  
हुआ चूर घुमंड उन का  
बने फिरते थे आन वाले  
लोग लोगों से पूछते हैं  
मिलें कहाँ 'दामन' ईमान वाले

## Positive Impact on Sahyog Artificial Limbs Project

[Click here](#) to see on Facebook video of a beneficiary climbing a ladder and other photos

[Click here](https://youtu.be/i8WdIWPrtk) to see on YouTube <https://youtu.be/i8WdIWPrtk>

It was wonderful and a positive impact on Project Sahyog on 14th November 2023, truly making a difference in the lives seven patients, discharged with fitting of artificial limbs at Nevedac Prosthetic Clinic, Zirakpur. This was made possible with generous support for 6 patients by a dedicated Rotarian of Rotary Twin Cities, RI District 5020 (USA), PP Anil Puri, his wife R'Ann Teresa Puri, his sister Mrs. Asha Malhotra, very well coordinated by his brother PP Ashok Puri and R'Ann Sudha Puri of Rotary Club Chandigarh Midtown.



Virtually present from Delhi, Sahyog District Chair PP Salil Bali expressed his delight for the successful prosthetic-orthotic fitment of the beneficiaries and expressed immense gratitude to PP Anil Puri for his continuous support to Sahyog project.

PP Ashok Puri's inspiring address reflects confidence in the continued success of the Sahyog project under the dynamic leadership of PP Salil Bali and professional expertise of PP Dr. VJS Vohra, who introduced the beneficiaries and thanked PP Anil Puri for his generous support.

Vote of thanks was given by PP Amarjit Singh who recognized the significant role played by the Puri family. He also expressed special thanks to PDG David Hilton for the referral, leading to the provision of Knee Ankle Foot Orthoses (Walking calipers) for both legs of a polio patient, sponsored by Rotary Club of Dehradun. PP Amarjit informed the beneficiaries how Rotary International makes a positive impact on the lives of persons with disabilities, providing them with the support and resources they need.

The commitment of Rotarians present, including PP Ashok Puri, PP Amarjit Singh, PP Dr. VJS Vohra, and R'Ann Indu Vohra, further emphasizes the Rotary spirit of service and collaboration.



**Sikandar, a painter, climbing a ladder with his right prosthetic leg.** [Click here to see his video](#)

**Donations for the cause of Disability Empowerment accepted under section 80-G of Income Tax Act. Contact Dr VJS Vohra Mobile / Whatsapp: +91 9814006829**



# Impressions

November 2023 - 2 -

## Statutory Warning Rehabilitation Council of India



भारतीय पुनर्वास परिषद्  
सामाजिक न्याय और अधिकारिता मंत्रालय,  
विभागात्मक सहायक विभाग के अधीन एक वैधानिक 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".

*(Signature)*  
14.5.2019  
(Dr. Subodh Kumar)  
Member Secretary

B-22, Qutub Institutional Area, New Delhi - 110 016  
Tel: 011-2653 2426, 2653 2364, 2653 4267, 2653 2816 Fax: 011-2653 4291  
E-mail: rci-depawd@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).

It has been observed by Council that Children with Disabilities are being served by quacks/unqualified Non Registered Personnel/Professionals.

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, Qutub Institutional Area, New Delhi-110016  
Phone: 01-11-2653 2364/26534267, Fax: 01-11-2653 4291  
E-mail: rehabstat@nic.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**  
(1915-1998)



**Nevedac®**  
Prosthetic Clinic

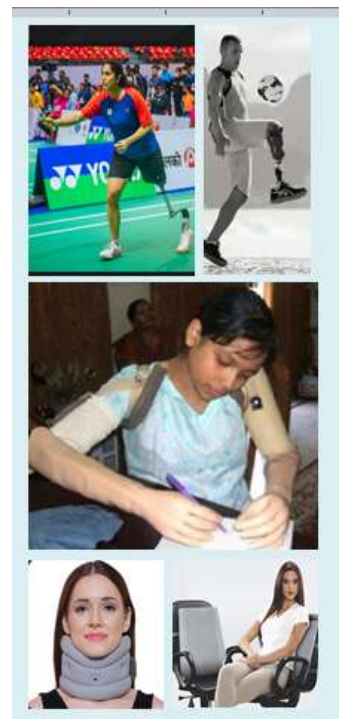
**Dr. VJS Vohra**  
Sr. Consultant  
Artificial Limbs & Orthotics  
Rehabilitation Council of India  
Certified Prosthetic Orthotic Professional  
Regd No. RCI / AA00001

Hony. Prosthetic Adviser:  
Governments of Punjab, Haryana,  
Chandigarh and Himachal Pradesh  
Reimbursement for Govt Employees

**ARTIFICIAL LIMBS**  
Orthotic Supports and  
Assistive devices

Contact Us  
+91 9814006829, +91 172 2623620  
drvjsovohra@gmail.com  
www.nevedac.com

Clinic: SCO 50, 52 Royal Estate, Zirakpur  
Adjoining Oxford Street on Chandigarh - Ambala Expressway  
Head Office: 1134, Sector 44-B, Chandigarh-160047





Loneliness is a state of mind. It is a feeling of being alone and sad – the person may not necessarily be alone. It is an unpleasant emotional response to perceived isolation. The person feels that there is no one who will ‘listen’ to him/ her. It may not be felt by everyone who is alone. In fact, some persons may even prefer solitude. Most of us have felt the feeling of loneliness in certain situations, once in a while. The Empty Nest Syndrome is well known. This is the loneliness faced by parents of children who have migrated to larger towns or gone abroad. It is difficult to cope when the kids fly the coop. Loneliness lasting for months needs to be addressed. Over a period of time, it may lead to depression and other mental as well as physical issues. Meaningful social connections are central to all human beings.

### Risks of chronic loneliness:

Loneliness and social isolation has recently been recognized by scientists as having a higher risk of developing life style diseases and premature death. It is equivalent to smoking 15 cigarettes a day. The diseases which loneliness can cause include Coronary Artery disease, Stroke, Depression, Anxiety and Dementia. Also, risk of infectious diseases increases because of lowered immunity. These risks keep increasing as we age above 50 years. In a study in US, 50% of the adults perceived loneliness. It has been declared as a public health crises. It is recognized as a health problem in many countries and their governments are taking measures to mitigate loneliness.



## Loneliness is not being alone

Author



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

**Are some persons more prone to loneliness?** Yes, some people are more likely to have feeling of loneliness in similar circumstances. Some are introverts by nature. However, environmental factors are also responsible in some people’s life.

- People having no family and friends.
- Having single parents who are busy.
- Minority group persons staying, studying or working in a place where majority groups are dominant.
- Those secluded from social activities for reasons like being disabled, widowed or of lower caste in orthodox dominant societies.
- Those having long term infectious diseases like Tuberculosis, prosy, HIV/ AIDS.
- Recently lost money, during festivals like Diwali, Christmas or Id-ul-adha.
- Single parents of children staying in large metros or foreign locales.
- Having earlier been physically tortured, sexually abused or jailed.
- Veterans of lost wars/ militancy or those who were taken prisoners. Those who lost wars or lost their fellow soldiers may or may not have full fledged PTSD, but loneliness is more likely.

**How to manage loneliness?** UK appointed a separate Minister of

Loneliness in 2018 and Japan in 2021. Japan already has a ‘Rent a relative’ service besides renting a friend for a couple of hours. For a sum of money, these hired people make efforts in talking and listening to the lonely person. Thus, helping them overcome loneliness. Robots who listen, understand and talk back appear futuristic. In India, we can hire a host of servants for a fraction of their cost, but not many servants are interested in listening to the rants of a lonely person.

### So, what can be done to combat loneliness?

First and foremost, a person has to acknowledge the feeling or emotion of loneliness. Earlier done, the better; if delayed, the person might drift into a chronic state. Thus having higher risk of previously mentioned, mental and physical diseases. Once acknowledged, the person can concentrate on self esteem and confidence on oneself. One needs to care about oneself. Try to find out more about the self – what causes happiness and what causes sadness.

Dwelling on the past helps achieve nothing. Think of any activity which may bring happiness and then work upon it. Write it down, also write the different ways as to how to pursue this goal. Look at the mirror, see your own smile and repeat, “Happiness is my birth right. I will be happy. No one can snatch my happiness.” Do it at least twice a day. Learn to have short conversations with daily acquaintances. The shop keepers, neighbours, co-workers and even those who come to collect garbage or seek donations. At least some will respond warmly over a period of time. Short conversations with people around you can be very positive.

Connect with as many people as possible. Do it with a smile on the face. Some may respond. Connect online too. Post a smiling Identity picture of yours. However, do not open up in a hurry.

*Continued on next page.....*

## Loneliness is not being alone

*Continued from previous page*

Take your time to judge people. Then open up to just a few of them, slowly. Over a period of time, there may be some who are genuinely interested in 'listening' and not just hearing.

Online search can be made for long lost childhood friends, class fellows or co-workers. With passage of time, good memories can be rekindled. Write to them about the small incidents share together.

Go more often to public parks, libraries or swimming pools. Join a gym or a music club. Bonding occurs in such places over a period of time. Music, art/ painting and crafts are great diversions from loneliness. They soothe the mind too. Keep and maintain a pet or even a small garden. Setting up and maintaining a garden can be very engaging. Human touch is very soothing. It can give very positive energy. Play games where touch is involved. Get massages, if not in the playing age.

Volunteer for help at post offices, banks or government hospitals. One will realise that there are far more poor, helpless, disabled and frustrated people on earth who need

help. By helping them, one can help oneself.

Nature therapy is a great idea for some. Walking alone in a wooded area is therapeutic to them. Many lonely Japanese undertake this therapy by spending days, alone in wooded areas.

Seek help of person one is staying with - a family member or a friend. If staying alone, have face-talk with family and at least one friend on daily basis.

Seek expert help. When family and friends do not help, an expert psychologist can be extremely helpful in coping with loneliness.



However, if depression or other mental disease has developed, person needs to be taken to a psychiatrist.

**Family robots and humanoids.** These are available, albeit at huge costs. Their simplicity of operation, maintenance and benefits are yet to be evaluated, but may arrive to the homes in a decade or so.

It is not unusual to feel lonely, once in a while. Modern age means nuclear families, one parent working out of town or a child in a hostel at a far off place. Covid left many people alone for long periods of time but fortunately that period is over now.

Disasters due to climate change are occurring more frequently - they cause death, destruction and helplessness.

The survivors are bound to feel lonely if left alone.

Lonely people need a chat, pat or a hug, with a smile from friends and relatives. As frequently as possible.

However, the lonely person has to take charge of their own life if one has to avoid chronic loneliness and accompanying illnesses.



**World AIDS Day**, designated on 1st December every year since 1988, is dedicated to raising awareness of the AIDS pandemic caused by the spread of HIV infection, and mourning those who have died of the disease. Government and health officials, non-governmental organizations and individuals around the world observe the day, often with education on AIDS prevention and control.



World Disability Day is observed every year on 3rd December to raise awareness about the challenges faced by people with disabilities and explore ideas on how we can ensure that equal rights are provided to each of them. Integration of people with disabilities is important in every aspect of life, mostly political, social, economic and cultural. This day is dedicated to ensure their dignity and that well-being is respected.

## Journalism is Backbone of the Press

National Journalism Day is celebrated on 17th November every year to recognize and appreciate the tireless, turbulent and countless endeavours of journalists who dedicate their lives to report the true stories so that public has a crystal clear view of events occurring in various parts of the nation and the world. National Journalism Day focuses on acknowledging journalism as a pillar of democracy and ensures transparency, accountability and the protection of individual rights. Though it is a beacon of truth yet it faces a lot number of challenges in today's world.

The Press Council of India (PCI) stands as a watchdog to enable integrity of media functions and follow the ethical standards. It establishes ethical guidelines so that journalists and media organizations follow accuracy, impartiality and responsible reporting. The Press Council of India is a staunch advocate for the freedom of the Press.

The rise of social media has changed the nature of journalistic reporting. "Fake news" is deliberately untruthful information which can spread quickly on social media. Speaking clearly, the news to the general public began to appear in the 17th century as early as Han dynasty.

There has been a shift in the print media channels as people turn to news through e-readers, smart phones and other electronic devices. Active citizens now upload news events onto channels like Youtube. Radio and television reporting brought news bulletins to the public with a speed that the press could not hope to match. There has been so many online newspapers today.

A number of radio stations have also come up like All India Radio, Big 92.7 FM in English and Hindi, Radio Mirchi, Radio City, Radio Dhamaal (Bollywood, News and Bhangra), Red FM (Amritsar), Ishq FM (Mumbai) for love songs and Bollywood. There are hundreds and hundreds more and the list is countless.

Author



**Dr Jaswant Singh Puri**

Doctor of Letters (Honoris Causa)  
Social Activist, Punjab Rattan

Print media has faced a number of challenges in the last few decades. A large number of Indian magazines like 'Illustrated Weekly of India', 'Dharmayug', 'Saptahik Hindustan', 'Youth Times', 'Science Today', 'Star and Style', 'Sportsweek', 'Chandamama' have closed down. The victims of the Hindustan Times and Times of India rivalry in the National Capital were The Statesman, The Pioneer and the Delhi Editions of 'The Hindu' and 'The Asian Age'.

The names of some of the famous journalists, editors and authors cannot be missed on National Journalism Day. Padma Vibhushan Khushwant Singh, Padma Bhushan H.K. Dua (nominated member of the Rajya Sabha), Prem Bhatia (Former Editor-in-chief of the Tribune Group of Publications), Hari Jai Singh, Lala Jagat Narayan, Barkha Dutt, Ravish Kumar, Arnab Goswami, Shekhar Gupta, Anjana Om Kashyap, Arun Shourie, Prabhu Chawla, N. Ram, Padma Shri Vijay Chopra (Editor-in-chief of The Punjab Kesri) are worth mentioning. There have been vernacular newspapers in Hindi and many other languages like Amar Ujala, Dainik Bhaskar, Dainik Jagran, BBC (Hindi), Jansatta, Punjab Kesari in Hindi. Chardi Kala, a Punjabi newspaper being published by the editor, a Padma Shri Awardee Jagjit Singh Dardi. 'La Polo Magazine' is a famous magazine for Polo Game lovers. There is one Swagat magazine for Indian Airlines passengers.

The Tribune Group also published a notable book History of the Tribune when it completed its hundred years in 1981.

Dr. Gurmeet Singh Mann is also a well known journalist who remained associated with the Department of Journalism in Punjabi University, Patiala and did a lot of work as Media Advisor.

The name of Ritika Saini deserves appreciation for being a photo journalist of repute. Rajesh Malhotra also served as Director General, Press Information Bureau to Govt of India.

Moreover, if we go peep deep into journalism, health, law and religious spheres can also cater to journalism sphere. Recently, 'History of Dera Baba Jassa Singh, Patiala' was translated from Punjabi into English by Dr. Jaswant Singh Puri whose previous book 'Rise and Decline of the Mughal Empire' won appreciation by His Highness and Nobel laureate Dalai Lama of Tibet. Dr. Ajit Singh Puri's Health Guide 'Speaking of How to Prevent Common Diseases' offers important tips for early diagnosis and prevention of serious ailments which help to lead a disease free life. The book bears a foreword by Lord Walton of Detchant TD, MA, MD, DSc, FRCP, Former President, British Medical Association, Royal Society of Medicine and General Medical Council; former Warden, Green College, Oxford; former President, World Federation of Neurology.

Both the days, National Journalism Day and National Press Day are deeply interconnected. National Journalism Day is a day to celebrate the freedom of speech, thoughts and virtues and the role of media in shaping our society.

The National Press Day falls on 16th November to promote the spirit of journalism. The Press Council is the only body in the world that has authority over the government to control the activities of the media and journalism in India.



## Groundbreaking bionic hand restores quality of life to amputee

By: Bronwyn Thompson

The world is edging closer to creating fully functional prosthetic limbs, with the first clinical bionic attachment connected directly to the nervous and skeletal systems, plus artificial intelligence, restoring around 80% of daily use to the user's hand and fingers.

Led by Professor Max Ortiz-Catalan, head of neural prosthetics research at Australia's Bionics Institute in Australia, a massive team of engineers and surgeons across the globe have developed a new kind of prosthetic-body integration, which has provided Swedish amputee patient Karin with a limb almost as functional as the hand she lost in a farming accident. What's more, it's held up to constant daily use for more than three years.

"Karin was the first person with below-elbow amputation who received this new concept of a highly integrated bionic hand that can be used independently and reliably in daily life," said Ortiz-Catalan. "The fact that she has been able to use her prosthesis comfortably and effectively in daily activities for years is a promising testament to the potential life-changing capabilities of this novel technology for individuals facing limb loss."

Attachment and user control of prosthetic limbs remain two huge hurdles in this field of medicine. In an effort to combat these common issues, researchers developed a human-machine interface that would comfortably attach the artificial structure to the patient's skeleton through the process of osseointegration. Then, electrodes implanted in nerves and muscles could also be attached to tap into the body's nervous system.

Osseointegration is the direct structural and functional link between the patient's living bone and the artificial implant – in this case, the bionic limb structure made of



**Karin using highly intergrated bionic hand**

titanium. It was a complex procedure, requiring both the radius and ulna to be aligned and loaded with equal weight, limiting the space around it for other necessary components.

"The biological integration of titanium implants into bone tissue creates opportunities to further advance amputee care," said Rickard Brånemark, associate professor at Gothenburg University and founder of biotech implants company Integrum. "By combining osseointegration with reconstructive surgery, implanted electrodes, and AI, we can restore human function in an unprecedented way. The below-elbow amputation level has particular challenges, and the level of functionality achieved marks an important milestone for the field of advanced extremity reconstructions as a whole."

The research team were able to design a neuromusculoskeletal implant that could connect to the nervous system in the limited space the team had to work with around the two bone attachment sites.

"Karin is now using somewhat the same neural resources to control the prosthesis as she did for her missing biological hand," said Ortiz-Catalan.

Karin then had her nerves and muscles repositioned by surgeons at Sahlgrenska University Hospital, so they could then provide optimal motor

control information to the prosthetic. "Depending on the clinical conditions, we can offer the best solution for our patients which sometimes is biological with a hand transplantation, and sometimes is bionic with neuromusculoskeletal prosthesis," said Dr Paolo Sassu, who led the surgery. "We are continuously improving in both."

As well as day-to-day tasks involving load-bearing and controlled movements such as holding full cups and using zips, it's also significantly reduced the phantom pain – and subsequent pain medication – she's faced since her accident nearly 20 years ago. Ongoing pain is one of the reasons many amputees give up on traditional prosthetic limbs. "It felt like I constantly had my hand in a meat grinder, which created a high level of stress and I had to take high doses of various painkillers," she said. "For me, this research has meant a lot, as it has given me a better life."

The futuristic limb – known as Mia Hand, developed by Italian robotic hand prosthetics company Prensilia – features five grasps, one for each finger, and promises to provide 80% of daily movements. The results of the three-year study on Mia Hand integration signals a huge step forward in the development of replacement limbs that can be used comfortably and functionally in daily life.



## Instructor Days -- Cadet Tales

Contributed by



**Colonel JS Chandoak**

Each one of us, in the Services, is rightly proud of our training at the National Defence Academy (NDA), Pune as cadets. Those three years at that highly prestigious Institution are memorable, indeed! Yes, day in day out, we all love to reminisce the great days spent there.

Just imagine the pride you feel, if you get the unique chance to land up in your great Alma Mater as an instructor. Well that happened to me in December 1977 on being posted as Squadron Commander "Juliet" Squadron. Same Academy, same buildings and same ambience - but to be there in the capacity of an instructor, gave me an elated sense of achievement.

Many civilian instructors of my time as a cadet (1959 to 1962), like Mr ML Kaul (HOD Chemistry), Mr TN Raina (HOD English), Mr SSP Bhatnagar (HOD Physics), and Mr HM Kandhari (HOD Foreign Languages) were going strong in the Academy even then (1978- 1979). What a pleasure it was to interact with them as a Squadron Commander!!

I was privileged to serve under the Deputy Commandant (then Commodore) VS Shekhawat and the Battalion Commander No 3 Battalion (then Wing Commander) AY Tipnis. Both rose to be Chiefs of Navy and Air Force respectively. As I write, it is a day of remarkable coincidence.

Two of my cadets from the 61st Course, Juliet Squadron have risen to be the present Chiefs of Air Force and Navy, namely Air Chief Marshal VR Chaudhary and Admiral R Hari Kumar, respectively. Furthermore, General Anil Chauhan, the present CDS was also a cadet in Juliet Squadron (58th course) during my tenure as Squadron Commander.

Boys will not be boys if they are not up to some mischief, even though they are disciplined cadets. They sometimes forget that their commanders have gone through the very similar situations. 'Fibbing' is common but cognizance is taken only in extreme cases like this one. Cadets 'A' & 'B' went on a weekend leave to Mumbai. They overstayed (probably for what they felt were good reasons, to spend more time with their girlfriends) and sent a 'telegram' – the communication

mode of those days – "Cadet 'A' met with accident – jaw fractured and lungs punctured – admitted Beach Candy Hospital". On return, Cadet 'B' was asked to put the same in writing. I felt that that was an apt case for investigation. So NDA Head Quarters wrote to Beach Candy Hospital and, as expected, the reply was negative. Both of them got the "tohfā" they deserved.

One disciplinary case I cannot forget for it left me with an exceptional experience. Cadet 'C', in his 5th term, suddenly became highly undisciplined. As normal counselling did not have the desired effect and he was very near 'Withdrawal' (NDA term for dismissal), I decided to deal with him in a personalised and unconventional manner. I invited Cadet 'C' to my residence. Over a cup of tea, he gave vent to his feelings of helplessness and dismay at pressing domestic problems. I told him that all problems are transitory and he must look ahead. As to punishment, much beyond his belief, I said there would be 'NO punishment'. Lo and behold! My counselling had a magical effect, and he became a disciplined cadet from the very next day. It was just unbelievable. Eventually, Cadet 'C' passed out with his course in December 1979. It was a worthwhile case study of 'change of attitude' due to personalized and 'out-of-the-box' counselling.

Subsequently, It was a pleasant surprise 10 years later during 1990, to run into 'C' (then Major) at Headquarters Western Command, Chandimandir. I can't forget his touching sentiments when he said to me, "Sir, I owe my commission to you for forgiving all my misdeeds". I was truly humbled, and overwhelmed with pride for having been 'Juliet' Squadron Commander.

Today, as I sit back in my rocking chair, all that surrounds me are the mementos and photographs of the instructional tenure with the best memories as an ex-NDA: cadet and "Juliet" Squadron Commander.

*Note:*

*This article has been published with the title "Dealing deftly with the Cadets", in the Tribune dated 14 November 2023.*

## Power of your Subconscious Mind

Contributed by



**Professor Dr I.S. Dua**

In the movie Taare Zameen Par, the art teacher tells the rude and cursing father of the dyslexic kid about Solomon Islands. In those islands, the tribal don't cut down a tree. They surround the tree and curse it for hours every day. Within a few weeks, the tree dries up and becomes dead.

Many of us might find that example too difficult to believe. How can intangible and invisible thoughts and words kill a tree!

Well, if you get to read Bruce H. Lipton's THE BIOLOGY OF BELIEF, you won't only believe in the Solomon Islands story, but would also think a dozen times before saying something demoralizing to yourself and the people you love. In this book, Mr. Lipton tells in detail about the power of conscious and subconscious mind.

The subconscious mind is million times more powerful than the conscious mind, and decides most of the things in our lives according to the beliefs it has.

Many times we fail to change an unpleasant habit despite our will-power and consistent efforts. It's because the habit has been so strongly programmed in our subconscious mind that the efforts made by our conscious mind hardly make any difference.

Conscious Mind is just a shadow of our Unconscious Mind.

So, when the tribals of Solomon Islands curse a tree, they are actually installing negative and harmful beliefs in the tree's emotion (yes, trees do have emotions too).

Within few days, those negative emotions becomes a belief & eventually changes the molecular architecture of the tree and kill it from inside..

2500 years ago, when the Buddha said that 'You are what you think', he was not articulating a random philosophical theory. Actually he was telling a scientific fact which is now proved correct by Quantum Physics and Molecular Biology.

The book has a special chapter on Conscious Parenting where it talks about the beneficial and harmful effects of what parents say to their children.

If you are a parent and you keep cursing your child in the name of constructive criticism, you are installing beliefs in their mind which will keep harming them forever. But if you keep appreciating them in a sincere way, you are installing beliefs in their mind which will help them entire life.

And also be careful of what you keep saying to yourself. Repetition of words and thoughts is the best way to install a belief in your subconscious mind.

If you keep saying you are a loser, don't be surprised if you become one within a few months or years.. And if you have friends who keep saying such things to you, there is no harm in saying a quick goodbye to them.

May be you value the friendship a lot. But you must value yourself a little more. So accept all as they are. Love all unconditionally

Always keep saying to yourself, "I am healthy, wealthy, happy, successful and prosperous!" Say to yourself and your wonderful miraculous body, "I love you and thank you for taking care of me." Thank God and be grateful to take care of your every moment of your life. Say, "I am great and I am doing great things I am loving and living every moment of my life."

And if somebody asks you. How are you ? Say, "I am fantastic. The best time of my life is going on....."

Stay strong, stay safe, stay blessed, stay healthy and be happy.

**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**