

Impressions

For Private Circulation only

Theme of this Bulletin:
Nirbhau- Nirvair
(No Fear - No Hate)

No. 25/56
November 2025
(Monthly e-Bulletin)
www.nevedac.com



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



PADMASHRI COLONEL DARSHAN SINGH VOHRA (RETD)
FIRST COMMANDANT OF ARTIFICIAL LIMB CENTRE
A Visionary Pioneer in Prosthetic Rehabilitation



The Workshop Bay of Artificial Limb Centre, Pune



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)



This monthly e-bulletin 'Impressions' is humbly dedicated to the memory of **Colonel DS Vohra**, a visionary pioneer in prosthetics - Orthotics, the **Founder of the Ministry of Defense Artificial Limb Centre, Pune**, and **Founder of Nevedac Prosthetic Centre, Chandigarh**. Col Vohra laid the foundation for a lifelong mission of restoring mobility and dignity to the disabled.

Carrying forward this noble legacy, Dr. VJS Vohra, his son, serves as the **Founder & CEO of Nevedac Prosthetic Clinic** and is the **Co-Founder of Nevedac Prosthetic Centre**. With over five decades of dedicated service, Dr. Vohra upholds the values of compassion, excellence, and innovation in prosthetic care.

Nevedac®
Prosthetic Clinic



ottobock.
Consultant and
Certified Clinical Partner
Ottobock Healthcare India

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, Assistive
Devices and Hearing Aids

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

Clinic: SCO 50, 52 Royale Estate, Zirakpur
Adjoining Oxford Street on Chandigarh - Ambala Expressway

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

Impressions

November 2025 - 2 - | www.nevedac.com | [Dr. VJS Vohra](#) — Carrying Forward the Legacy of Restoring Mobility | Since 1973

Inside:

3. **Ankle, the Angular Joint**
Maj General Krishan Chauhan
4. **Sri Guru Nanak Dev Ji**
Dr Jaswant Singh Puri
4. **Communal Harmony**
Ashutosh Rana
5. **Many diseases are not diseases**
Jagdeep S. Chopra
5. **War, Religion and Sickness**
Brigadier Surinder Singh
5. **The Real Prizes**
Brigadier DS Dhillon
6. **Lipid Profile**
Colonel Paramjit Singh
6. **Education in the 21st Century**
Utpal Chatterjee
7. **A Heartwarming Story from Indian Army**
Maj General RS Chopra
8. **Global Industry Shift from China to India**
Prof Dr SK Sharma
8. **Kashicon 2025 – 22 & 23 November 2025**

From the Editor's Desk.....

International Prosthetics Orthotics Day – 5th November

International Prosthetics & Orthotics Day is observed worldwide every year on 5th November to recognize and honor the dedicated Prosthetic Orthotic professionals who work tirelessly in the field of prosthetics and orthotics—restoring mobility, dignity, and independence to persons with limb loss or physical disabilities. The day emphasizes the vital role of Prosthetists and Orthotists in rehabilitation and their contribution to improving the quality of life for countless disabled persons through skill, innovation, and compassion.

Dr. V.J.S. Vohra with Mrs. Indu Vohra, and Dr. Narendra Kumar with Mrs. Gaytri celebrated the day at **Nevedac Prosthetic Clinic**, Zirakpur – Chandigarh on 5th November 2025, in a warm and meaningful ceremony. The occasion was marked by the remembrance of **Colonel D.S. Vohra**, founder-director of Artificial Limb Centre, Pune and Nevedac Prosthetic Centre, Chandigarh. Col. Vohra's 106th birth anniversary was observed on 31st October 2025. His pioneering spirit and lifelong dedication to the prosthetic orthotic profession continues to inspire Prosthetic Orthotic professionals and patients alike.

Co-Founder
Nevedac Prosthetic Centre, Chandigarh
Rehabilitation Council of India
Certified Prosthetic Orthotic Professional
(Regd. No. RCI / AAD0001)
Hony. Prosthetic Advisor :
Governments of Punjab, Haryana
Chandigarh and Himachal Pradesh
Reimbursement for Govt. Employees
Consultant & Certified Clinical Partner
Otto Bock HealthCare India
M : +91 98140 06829
Email : drjshvohra@gmail.com
Website : www.nevedac.com

DR. V.J.S. VOHRA
Sr. Consultant
Artificial Limbs & Orthotics
Founder & CEO
Nevedac® Prosthetic Clinic
Clinic & Head Office
MediRehab Systems
1134, Sector 44-B, Chandigarh - 160047
Clinic : SCO 50, 52 Royale Estate, Zirakpur
Adjoining Oxford Street, Chandigarh - Ambala Expressway

November 5
**International
Prosthetics and
Orthotics Day**
Enabling and Empowering
Dr. Narendra Kumar, Sr. Prosthetist & Orthotist
D.S. PROSTHETICS & ORTHOTICS REHAB CLINIC
Artificial Limb Centre
Office: Devi Nagar, Near Hotel Golfview, Sector 3
Kalka – Zirakpur Highway, Peer Baba Road, Panchkula
Mob.: 98158 80619



[Click here](#)

The celebration reflected a spirit of gratitude and unity within the prosthetic and orthotic community. Good wishes were extended by Dr. Vohra and Dr. Narendra to all [Prosthetic and Orthotic clinicians in India and across the world](#), acknowledging their tireless efforts in advancing rehabilitation care and empowering persons with disabilities.

Dr. V.J.S. Vohra, Senior Prosthetic Consultant and Founder – CEO of Nevedac Prosthetic Clinic reaffirmed its commitment to excellence in patient care, innovation in assistive technology, and continuous professional growth—carrying forward the legacy of compassion and service established by Colonel D.S. Vohra.

Ankle, the Angular Joint

Author



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

None of us have grown up without a sprain of the ankle. In fact, sprain ankle is the most common musculoskeletal injury. It is especially feared by sportspersons and gym-goers as well as weight-losers as it can lay them off for a week or more. Of course, ankles have other diseases and injuries, we shall see later.

The proper word is ankle joint, also called the jumping joint. It connects the leg to the foot (*hence angular*) and is crucial to us for walking, running or even standing for some period of time.

HOW IS THE ANKLE JOINT MADE? The ankle joint is usually described as a joint of lower end of two leg bones, *tibia and fibula* with one smaller but sturdier foot bone called the *calcaneus*. Tibia, also called the shin bone is the stronger and bigger bone, and it lies on the inner side of leg. The Fibula or calf bone is a thinner bone, and it lies on the outer side of leg. The lower ends of these two bones end up in structures called *malleoli*. Each malleolus forms a socket type joint with a short bone called *Talus*. This Talus, itself rests on another slightly bigger bone of the foot called the *Calcaneus*. Sounds complicated? The structures which hold the bones together are as follows:

- Cartilage. Joints are cushioned to prevent excessive wear and tear of bones by cartilage at the joints. Cartilages are attached to the bones only at the joints. Their damage causes joint pains. Cartilages have a thin covering which secretes a lubricating fluid for reducing friction.

- Ligaments. These are string like connective tissues. They are attached on the surface of one bone and go from one bone to another in bands, to stabilise the joint. Sometimes, due to excessive stretching, sprain can occur.

- Tendons of Muscles. These are rope like endings of muscles, which are needed to attach to a bone, further from a joint. When a muscle contracts, it causes the joint to move. Tendons can be inflamed (tendonitis) or rarely, ruptured if strong force is applied. Each muscle ends in a tendon or multiple tendons (for toes).

Like all other organs, there are arteries and veins for carrying blood, nerves for sensations and movement, connective tissues and all are covered by the skin.

MOVEMENTS AT THE ANKLE: Our feet are neglected organs. Many of us do not care to know about the movements at our ankles. Unless we know the movements at this joint, we cannot measure our recovery after an injury/ disease. Let's find out the 4 primary movements of this joint: 1. **Bending foot upwards or Dorsiflexion.** In this movement, the toes are pulled upwards towards the shin. 2. **Bending foot downwards or Plantarflexion.** In this the foot is allowed to bend down at the ankle, with the toes pointing away from the body. 3. **Inversion.** As the word suggests, the sole of the foot (at the ankle) is bent inwards pointing towards the midline. Infact, only in this movement, we can see the sole of our foot. 4. **Everson.** This movement is just the opposite of Inversion. The sole of the foot is moved outwards, away from the body.

INJURIES OF THE ANKLE: As pointed earlier, ankle injuries are the leading musculoskeletal injuries. Age group of 15 years to 30 years is especially affected. Figures for India are not available but in US (which has 1/4th of our population), every day, 25,000 persons report to hospitals for these injuries. Causes of ankle injuries in India are – uneven roads for pedestrians, two-wheeler accidents and sports. Common injuries are sprains of ligaments, fractures of bones and tendon related injuries. Let's see each in detail: **Sprains.** Sudden unforeseen twisting of the foot at the ankle causes sprain. Ankle sprains make up 25% of all injuries in sports persons. In India, uneven, pot-holed roads of cities and irregular surface paths of rural areas also cause twisting of ankles. Senior citizens are at risk, especially in darker times of early morning and night. Parts of ankle affected during sprain include: **Lateral Sprain.** In this the lateral or outward part of ankle is affected. It is cause by foot suddenly turning inward – *inversion*. This is the commonest type of sprain and soon the part starts swelling, becomes red and painful. Movements at ankle are extremely painful. **Medial Sprain.** The foot in this sprain turns outwards – *eversion*. Not very common, the symptoms are similar as lateral sprain but in the inner part of ankle, not outer. **High ankle sprain.** Quite rare, this occurs if the foot is forcefully turned upwards- *dorsiflexed*. **Fractures.** Malleolus, of either of the long bones of leg may break (*fracture*) due to severe trauma as in vehicle accident. Fracture of the smaller, third bone of the ankle joint – the talus, is quite rare. **Tendon Injuries.** Injuries to the tendon of the calf muscle can also occur in accidents and high intensity sports. This tendon is also called the Achillis tendon after the Greek warrior Achillis. This tendon can rupture or get inflamed – tendonitis, due to sudden intense activity, often without adequate training. Middle aged/ elderly persons are affected if they start a new exercise of the foot/leg and do it without training.

DISEASES OF THE ANKLE JOINT: The joint can have many diseases but only the main ones are discussed here: **Arthritis.** Like any other joint, various types of arthritis can strike the ankle. Common symptoms include pain, stiffness and reduction of movements. Walking may become difficult, and a limp is noticeable. The different types are – Osteoarthritis, generally in older individuals, Rheumatoid arthritis which is auto-immune in nature, Gout and post-traumatic arthritis. **Nerve issues.** The more common are entrapment or compression or thickening of nerve. **Bursitis.** Bursa are small, fluid filled sacs at joints for reducing the friction. Some bursa may become inflamed causing swelling and pain.



Impressions

November 2025 - 4 - | www.nevedac.com | [Dr. VJS Vohra](#) — Carrying Forward the Legacy of Restoring Mobility | Since 1973

Sri Guru Nanak Dev Ji

Author



Dr Jaswant Singh Puri

Doctor of Letters (Honoris Causa)

Social Activist, Punjab Rattan

Guru Nanak Dev Ji was born on the auspicious day of ‘Kartik Purnima’ in 1469 at ‘Rai-Bhoi-di-Talwandi’ now known as Nankana Sahib in Pakistan. In 2025, this auspicious day was on 5 November. The name of Sri Guru Nanak shines as a beacon of eternal wisdom, peace and compassion. He was born to **Mehta Kalu** and **Mata Tripta** who amazed his teachers and elders with his in-depth questions about the journey of life and spiritual enlightenment.

In his divine realisation, he proclaimed: “There is no Hindu, there is no Muslim”. There lies one universal soul beneath all. He was married to Sulakhani and was blessed with two sons – Sri Chand and Lakhmi Chand. Sri Guru Nanak received his education in arithmetic, religion, art and music. He also got intensive coaching in Sanskrit, Persian and Punjabi.

The moment of his enlightenment emerged when he disappeared into the waters of the river Vei for three days on the morning of 23 August, 1507. Then he proclaimed that God was beyond time, births and deaths. He travelled as far as Mecca in the West, Tibet in the North and Sri Lanka to spread the message of God. He performed four journeys called ‘Udasis’. He also got built the ‘Gurudwaras’ with the support of the ‘Sangat’.

There are 974 compositions of Sri Guru Nanak Dev recorded in ‘Sri Guru Granth Sahib’. He composed hymns in nineteen ‘ragas’ like Maj, Sorath, Dhanasari, Tilang, Suhi, Bilawal, Ramkali, Tukhari, Basant, Sarang etc. He composed Japuji, Asa Di Var, three ‘Shabads’ in Sohila, five ‘Shabads’ in **Rehras** etc. Sri Guru Nanak was the founder of a new faith which later emerged as a world religion. He preached the Fatherhood of God and Brotherhood of mankind. He built up a concise system based on scientific principles. He spoke against the blind superstitions and the hollow rituals.

He taught people through divine verses to follow the principles of Naam Japna (Meditation on God), Kirt Karni (honest living), and Vand Chhakna (sharing with others). He championed the cause of women’s equality declaring “Why call her inferior from whom Kings are born?”

The establishment of Kartarpur Sahib was a remarkable chapter in Nanak’s life. He started the tradition of langar. He travelled in the company of Bala and Mardana – (Rebeck Player). Sri Guru Nanak merged into the Eternal light on 22 September, 1939; two months and eight days after the anointment of Lehna, (Guru Angad) as the second Guru.



Gurudwara Nankana Sahib



Gurudwara Kartarpur Sahib



Gurudwara Panja Sahib

Communal harmony



Ashutosh Rana’s Recitation

Bollywood actor and author Ashutosh Rana recited a powerful poem questioning the forces of communal division during an event with Sahitya Tak. The hard-hitting poem addresses religious discord by asking whether God or Ram broke a temple or a mosque, and it critiques those who create division within humanity. The poem’s central message for communal harmony includes the following themes: Questioning divisiveness: Rana challenges the idea of dividing human beings based on religion.

<https://www.youtube.com/shorts/uaWu-h0YO4c?feature=share>

बाँट दिया इस धरती को चाँद सितारों का क्या होगा
नदियों के नाम रखें बहती धारों क्या होगा?
और शिव की गंगा भी पानी है अबे जम जम भी पानी है
मुल्ला भी पिए पंडित भी पिए पानी का मजहब क्या होगा?
और इन फिरका परस्तों से पूछो क्या सूरज अलग बनाओगे?
एक हवा में साँस है सबकी क्या हवा भी नहीं चलाओगे।
नस्लों का करें जो बंटवारा रहबर वो कौम का दौंगी है
और क्या खुदा ने मंदिर तोड़ा था या राम ने मस्जिद तोड़ी है।

They have divided this earth — what will become of the moon and stars?
If rivers are given names, what will happen to their flowing streams?
Even Shiva’s Ganga is now just water, and Zamzam too is only water
Both the Mullah and the Pandit drink it; so what religion does water have?
Ask these sectarian minds — will you create a separate sun too?
When everyone breathes the same air, will you stop the wind from blowing?
Those who divide humanity by race are the true deceivers of the nation
Tell me, did Khuda (God) ever break a temple, or did Ram ever destroy a mosque?

Many diseases are not diseases

It is normal aging. The director of a Beijing hospital gave few pieces of advice to the elderly

Shared by



Jagdeep S. Chopra
Chartered Accountant
(Forensic Investigation
Audit specialist)
Reporting from Chicago

You are not sick, you are getting old. Many diseases you think are not diseases, but signals that the body is aging.

1. Poor memory is not Alzheimer's disease, but a self-protection mechanism of the elderly brain. Don't scare yourself. This is the brain getting old, not a disease. If you just forget where you put your keys, but you can find them yourself, it is not dementia.

2. Walking slowly and having unsteady legs and feet' is not paralysis, but muscle degeneration. The solution is not to take medicine, but to move.

3. Insomnia is not a disease but the brain is adjusting its rhythm. It is a change in sleep structure. Don't take sleeping pills indiscriminately. Long-term dependence on sleeping pills and other drugs to fall asleep will increase the risk of falls, cognitive impairment, etc. The best sleeping pill for the elderly is to get more sun during the day and maintain a regular schedule.

4. Body aches are not rheumatism, but a normal reaction to nerve aging.

5. Many elderly people say: My arms and legs hurt everywhere.

Is it rheumatism or bone hyperplasia? Bones do become loose and thin, but 99% of 'body pain' is not a disease, but a slow nerve conduction, which amplifies the pain.

This is called central sensitization, a common physiological change in the elderly. Analgesics are not the solution. Exercise and physical therapy are the adjustment methods.

You can recommend 'foot bath + hot compress before bed + light massage', which is more effective than taking medicine.

6. Abnormal physical examination' is not a disease, but the index standards have not been updated.

7. The World Health Organization recommends that the physical examination indicators of the elderly should be relaxed. The same is true for cholesterol. The elderly have slightly higher cholesterol, but they live longer. Because cholesterol is the raw material for synthesizing hormones and cell membranes, too low a level can easily reduce immunity. The Guidelines for the Prevention and Treatment of Hypertension in China' also clearly pointed out that the blood pressure reduction target for the elderly is <150/90 mmHg, not the standard of young people <140/90. Don't treat aging as illness and don't treat change as lesion

8. Aging is not a disease, it is a necessary path.

A few words should be said to the elderly and their children: First, remember, not all discomfort is a disease. Second, the elderly are most afraid of being 'scared'. Don't be scared by the physical examination report or be fooled by advertisements.

Third, the most important thing for children is not to take their parents only to the hospital but to accompany them for walks, sunbathing, eating, and talking and bonding.

Aging is not the enemy It's another word for living .. but stagnation is the enemy!

War, Religion and Sickness

Shared by



Brigadier Surinder Singh

Once you realize war, religion, and sickness are the most profitable businesses in the world, you'll understand why the world is the way it is.

War is not about peace, it's business. Governments fund it. Corporations supply it. The media sells it. And soldiers die for it.

Trillions are made while countries bleed. Every war is a profit opportunity disguised as a noble cause.

Religion isn't always about God. It's control. Fear of hell is a tool. Promises of heaven are currency. People tithe their poverty to build empires for men in robes. Guilt keeps you loyal. Blind faith keeps you broke. Salvation is monetized.

Sickness is a goldmine. Cures are bad for business. They don't want you dead. Just sick enough to keep spending. They sell fear, then sell relief. Pharmaceuticals profit more from managing disease than ending it. Health is a market. You're the custom.

Now you see it. **War** keeps you scared. **Religion** keeps you obedient. **Illness** keeps you dependent. **It's not chaos**. It's a system. And it's working exactly as designed.

By



Brigadier DS Dhillon

The Real Prizes

Most of us miss out life's big prizes like the Nobel, Oscar, Olympic Gold, Grand slam etc, but we all are eligible for life's small prizes. A hug from our best friend, a pat on the back from our parents, a short nap on a friend's shoulder, a glorious sunset, a chat with your loved ones and holding hands, a smile on your child's face when you give him/her a small gift he/she had asked for.

A moonlit night on the terrace, a sky full of brightly lit stars, a slow walk on an empty road with whom we love, a shower in the rain, and many more such pleasures that make our day.

Make one person happy each day, even if it is yourself. Smile and the world will smile with you, create memories; we do not remember days, we remember moments.

Don't worry about missing life's big prizes, but enjoy the small "Real" ones.

Impressions

November 2025 - 6 - www.nevedac.com | [Dr. VJS Vohra](#) — Carrying Forward the Legacy of Restoring Mobility | Since 1973

Lipid Profile

Shared by



Colonel Paramjit Singh
Retired Army Medical Corps

A Renowned Doctor shared a Beautiful Story explaining Lipid Profiles in a Unique Way. Imagine our body is a small town. The main troublemakers in this town are Cholesterol. They have some accomplices too. The main partner-in-crime is Triglyceride. Their job is to roam the streets, causing chaos, and blocking the roads.

The Heart is the city center of this town. All roads lead to the heart. When the troublemakers increase in number, you know what happens. They try to disrupt the heart's function. But our body-town has a police force too. HDL is the *good cop* who arrests the troublemakers and puts them behind bars (the liver). The liver then throws them out of the body through the drainage system.

However, there's a bad cop too—LDL, who's power-hungry. LDL releases the troublemakers from jail and puts them back on the streets.

When the good cop HDL is outnumbered, the town becomes chaotic. Who likes living in such a town? Do you want to reduce the troublemakers and increase the good cops? Start walking!

With every step, the good cops (HDL) will increase, and the troublemakers (Cholesterol, Triglyceride and LDL) will decrease. Your town (body) will regain its vitality. Your heart—the city center—will be safe from the troublemakers' blockades (heart block).

And when your heart is healthy, you'll be healthy too. So, start walking whenever you get the chance! Stay healthy... Have good health.

This is quite a good message to increase the GOOD HDL and decrease the BAD LDL, mainly by walking. Every walking step will help. THEREFORE, WALK, WALK, and WALK.

Things you should try to forget: Your Age. Your Past. Your Complains.

Essential things you need to cherish: Your Family. Your Friends. Your Positive Thoughts. A Clean and Welcoming Home.

Basic things you need to adopt: Always smile / laugh. Do regular physical activity at your own pace. Check and control your weight.

Essential lifestyle habits to practice: Do not wait until you are thirsty to drink water. Do not wait until you are tired to rest. Do not wait until you are sick to have medical examinations. Do not wait for miracles. Never lose confidence in yourself. Stay positive and always hope for a better tomorrow.

Education in the 21st Century

By



Utpal Chatterjee
Ex Sheriff of Kolkata

NEW DELHI: EDUCATION IN THE 21st CENTURY! That was the subject that some of the leading Indian educationists, educators and Principals deliberated upon at a day long high level Education Meet in New Delhi. Among the celebrated personalities who featured included, among others, the very experienced Mr. SC Arora, Dr. Sandeep Shastri, from Bangalore University and the lady who has set so many remarkable precedents, Ms. Lata Vaidyanathan, along with the illustrious IITian, Manish Yadav. Yours Truly (Utpal Chatterjee) was invited to set the tone for the day's proceedings as the Principal Speaker.

The task was easier said than done since I had only 30 minutes within which I had to discuss every conceivable aspect of education then and now. Matters have evolved and so has education. Before setting out to New Delhi, I had done my homework, of course. One read a good deal of research papers and learnt a good deal from the feedback from so many starting with Vice Chancellors, Principals and distinguished teachers from across India.

Many had told me of what was wrong. These included facts like the system being far too examination oriented. This sent pupils scurrying to coaching centres and seeking private tuitions. There were complaints about the syllabi. During this crucial yet sensitive stage, it was imperative for pupils to imbibe values, learn to co-operate more than compete and reach out.

Teachers must be recognised for what they truly are, nation builders. So children must be moulded to become good, responsible citizens. They have to be taught life skills, apart, of course, from communication and leadership skills along with soft skills. There must be a healthy balance between the curricular and the extracurricular. There are three Asian nations that figure in the top ten that possess excellent school education systems globally. These include Japan, South Korea and Singapore. Of these, Japan has been seeking to emulate the example of Finland that has influenced other European nations. To cut a long story short, classes are relatively small in Finland and pupils enjoy all that they learn even when they do projects together. There is no pressure of examinations. There are four hours of school daily and pupils do not carry back loads of homework. They have one major test closer to the secondary stage.

The most important role is that of the teacher. To become a teacher is easier said than done and small wonder that it is the highest ambition of anyone. Less than 10% of thousands of applicants eventually become teachers. Their status is close to only the best in the medical profession.

So, when the Chief Justice once asked then German Chancellor Angela Merkel why teachers are treated as they are, pat came the response, "Because all of you are who you are because of them." Touche !

Impressions

November 2025 - 7 - | www.nevedac.com | [Dr. VJS Vohra](#) — Carrying Forward the Legacy of Restoring Mobility | Since 1973

A Heartwarming Story from Indian Army

Shared by



Maj General RS Chopra

One Grizzly Bear (Himalayan Brown Bear) family used to visit us at xxxx post in Siachen. Initially, only during nights. We started keeping food for the family. Their confidence in us developed over a period, and they even started coming during day. There was also a bear cub about an year old. It used to come with his mother, but after about 6 months, it was either deserted by the mother or got lost. Then it started roaming alone, but it had problems, since the dogs in the post wouldn't let it come close. When we saw this, we started tying the dogs. The confidence grew and it started to come close. We named him Bahadur after the Company's name- Bahadur Company. For a few days, we couldn't see Bahadur. One day, one of my posts, which used get cut off due to 60 feet of snow, reported that Bahadur is roaming around with his head stuck in a tin box. This post was about 800 metres from my Company Headquarter. I took 6 boys with me and went to rescue the bear myself. It's not that I wasn't concerned about boys safety; but I still decided to do the rescue. When we reached the place, the bear was roaming with the tin box around its head, over a cornice probably without food for last 3 days. It was making circles on the cornice. (Cornice – an overhanging mass of hardened snow at the edge of a mountain precipice.) Basically, cornice is a false extension of ground made by hard snow over a period of time, and it can't take too much weight. It can break off and can lead to an Avalanche. So, it was very difficult to go closer to the bear to rescue it.



I found the lightest boy from my group and briefed him to go close to the bear and tie the rope around his neck. We also tied a rope to the waist also to pull him in case the cornice breaks down. This boy was nervous to get close to the bear. After about over 3 mins, I decided to rescue the bear on my own.

The bear was approached by me on my knees and I pulled him out of the cornice as quickly as possible to avoid breaking off the cornice. After bringing the bear to safety, we tied it with ropes to take it to our xxxx post, where we could release him after removing the tin box. It took almost a kind of surgery to cut the tin box without damaging the ears and neck of the bear.

We gave him food and released him after taking all safety precautions. When we released him, he didn't go away for a good 3 hours. But after that it became part of my Company. Whenever we shouted his name -Bahadur, it always appeared from nowhere. It still comes to the post for food.

Although the Story is very Heartwarming, please do also take a moment to appreciate the very difficult conditions and the environment the Indian Army is guarding our Borders. Furthermore, do also see and acknowledge the accommodation they are staying with bare minimum amenities.

It takes a special kind of men to do this. A big Salute to the Soldiers of the Indian Army.

Jai Hind!

Global Industry Shift from China to India Sectors, Bottlenecks and Fixes

Analysis by



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

- * Supplier ecosystem: inadequate local suppliers for precision components and quality control.
- * Regulatory uncertainty: shifting rules, tax disputes, and slow contract enforcement.
- * Technology shortfall: lack of mature semiconductor fabs, test & assembly facilities, and advanced machinery.

Policy and industry remedies that will unlock scale: fast-track single-window clearances and time-bound environmental permits; aggressive expansion of multimodal logistics and port-rail integration; subsidised industrial power and assured water allocations for core clusters; targeted semiconductor and battery fab incentives; massive skilling drives (industry-linked apprenticeships); low-cost, long-term infrastructure financing; supplier-cluster grants to build precision MSME partners; predictable tax and dispute-resolution frameworks; and export facilitation (bonded parks, duty remission).

If these bottlenecks are addressed with urgency and execution, India can convert global interest into a durable manufacturing edge—potentially adding hundreds of billions to GDP and jobs by 2030.

A broad reordering of global manufacturing is underway: firms are diversifying away from China and adopting “India+1” footprints. Key sectors driving this shift include electronics and consumer hardware (smartphones, laptops), semiconductors and chip-packaging, electric vehicles and batteries, pharmaceuticals and APIs, textiles and garments, auto components, renewable-energy modules (solar wafers, wind components), and medical devices.

India’s advantages—large domestic market, competitive labour costs, PLI incentives, and digital infrastructure—are attracting real capital. Yet converting interest into industrial scale requires fixing persistent structural bottlenecks:

- * Land & approvals: slow acquisition, fragmented land titles, and protracted environmental clearances.
- * Logistics: high freight costs, port congestion, last-mile connectivity and customs delays.
- * Energy & water: uneven grid reliability, high-cost industrial power, and local water shortages.
- * Skill gaps: shortage of technicians for advanced manufacturing and semiconductor fabs.
- * Capital & financing: higher borrowing costs for long-gestation projects and limited venture funding for deep tech.

Kashicon 2025 – 22 & 23 November 2025

22 & 23
NOVEMBER
2025

Connect | Discover | Inspire

**Kashicon
2025**

Under Publishing
SCREJI
ISSN: 2277-1700

Supported by
PHYSIOLOGICAL
ACADEMY

Organised By: Indian Association Of Assistive Technologists & Physiotherapist Welfare Association, Uttar Pradesh

Keynote Speaker

Chapal Khasnabis
Senior Adviser, Assistive Care
and Technology Asian Development Bank (ADB)
and Former Unit Head of Assistive Technology
& Medical Devices, World Health Organisation

TOPIC
**Ageing: Redefining
healthcare of
21 century**

WhatsApp for Registration
+91-9807172744
+91-9450010625
+91-7880301001

Venue: KN Udupa Auditorium
Institute of Medical Sciences, BHU
E-mail: kashicon2025@gmail.com

‘Impressions’ is a monthly e-Bulletin. The theme of this bulletin ‘Nirbhau - Nirvair (No Fear - No Hate)’ is both inspiring and powerful. ‘Impressions’ is a wonderful platform dedicated to such a wide range of topics, all with a positive and empowering approach. Covering developments in disability empowerment and artificial limbs, Rotary initiatives, military stories of gallantry, healthcare, and inspiring non-controversial / non-political topics, making it a rich resource for readers. ‘Impressions’ is providing such an independent platform for these important conversations, encouraging new ideas and original thinking which is crucial for fostering innovation and positivity.

Disclaimer:

We do not take any responsibility for the contents of this bulletin and do not endorse the same. Readers are requested to verify the contents on their own before acting there upon.