

Impressions

For Private Circulation only

Theme of this Bulletin:

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

**No. 26/09
September 2026
(Monthly e-Bulletin)**
www.nevedac.com



Editor
[Dr VJS Vohra](mailto:drvjsvohra@gmail.com)



[Disability leads to Ability of Super Humans](#)



[This e-Bulletin is
dedicated to
Colonel DS Vohra](#)

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

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On 2 September 2026, the United Nation General Assembly adopted, by consensus, its first-ever resolution dedicated to Access to Assistive Technology, led by Pakistan and co-sponsored by more than 40 Member States. With 2.5 billion people worldwide needing a wheelchair, prosthesis, orthosis, or other assistive product, the resolution calls on governments to build affordable supply chains, invest in research, and include assistive technology users in shaping the policies that affect them. [Full article on page 7](#)

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Singh Vohra
Social Work
Chandigarh



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

Founder, Nevedac Prosthetic Centre, Chandigarh | Founder, Artificial Limb Centre, Pune

Contact: Dr. V.J.S. Vohra | Mob.: +91 9814006829

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MediRehab Systems, 1134, Sector 44-B
Chandigarh-160047

Branch Clinic:
SCO 50, Royale Estate, Zirakpur
(Chandigarh - Ambala Expressway)



**Carrying forward the legacy
of Restoring Mobility**

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CSR grant - donation for artificial limbs to needy disabled persons

HUMBLE REQUEST FOR DONATION / CSR GRANT

JYOT
CHARITABLE TRUST
— ESTD. 1999 —

EMPOWERMENT & REHABILITATION OF PERSONS WITH DISABILITIES

TOGETHER, WE CAN RESTORE MOBILITY, DIGNITY & INDEPENDENCE

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— ESTD. 1973 —



ABOUT JYOT CHARITABLE TRUST

Jyot Charitable Trust, established in 1999, is a registered non-profit organization committed to restoring mobility, dignity, and independence for persons with disabilities, especially those from economically weaker sections of society. Through its dedicated work in rehabilitation and assistive care, the Trust has transformed the lives of thousands of beneficiaries.



WHY THIS CAUSE MATTERS

India has a significant population of persons with disabilities, many of whom lack access to quality rehabilitation due to financial hardship. While financially secure individuals may afford advanced prosthetic care, underprivileged persons are often left without support, leading to lifelong dependency, unemployment, and social exclusion.



COMPLIANCE & TRANSPARENCY

Jyot Charitable Trust is fully compliant with statutory requirements:

- ✓ Registered under 12A and 80G of Income Tax Act
- ✓ CSR-1 Registration No.: **CSR00102402**
- ✓ Registered with relevant government authorities
- ✓ Regular audits and transparent utilization of funds

A LEGACY OF TRUST. A FUTURE OF IMPACT.

Late COLONEL D.S. VOHRA Padma Shri Awardee

- Founder, Artificial Limb Centre, Pune
- Founder, Nevedac Prosthetic Centre

DR. V.J.S. VOHRA

- Founder, Nevedac Prosthetic Clinic
- Co- Founder, Nevedac Prosthetic Centre
- Senior Prosthetic Consultant serving since 1973
- Certified by Rehabilitation Council of India
- Honorary Prosthetic Advisor to the Governments of Punjab, Haryana, Chandigarh UT & Himachal Pradesh

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REQUEST FOR DONATIONS / CSR GRANTS / CONTRIBUTIONS For Disabled Persons for their:

- ✓ Improved mobility and functional independence
- ✓ Enhanced confidence and mental well-being
- ✓ Better access to education and employment
- ✓ Reduced dependency on family members
- ✓ Social and economic inclusion with dignity

Your support can restore mobility, confidence, and hope to those who need it most.

**GIVE MOBILITY. RESTORE DIGNITY.
EMPOWER LIVES
OF PERSONS WITH DISABILITIES**



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High Quality Artificial Limbs - Ottobock | Carrying Forward the Legacy of Restoring Mobility

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Nevedac Prosthetic Clinic

Images of Success Stories



Running, trekking and driving motor bike with prosthetic legs



Playing golf with artificial legs; eating, drinking and writing with artificial arms



Enjoying sea side and climbing ladder with prosthetic legs; holding a file and drinking water with prosthetic arms



Walking and climbing stairs with artificial leg

Playing football with artificial leg

Various activities with Artificial Limbs

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Cambridge unveils portrait of Dr Manmohan Singh

Academics laud former PM's legacy

Tribune News Service - September 12, 2026



The University of Cambridge has unveiled a portrait of late former Prime Minister Manmohan Singh, prompting influential academics, including former Chief Economic Adviser to the Government of India Kaushik Basu, to laud the decision on social media.

"I am glad Cambridge unveiled Manmohan Singh's portrait. He was one of the world's most respected leaders," said Basu.

Basu said he worked closely with Manmohan Singh and could "confidently say he stood out for the rare combination of intellect, modesty & integrity, and this gave India a special place on the world stage."

It is rare for Cambridge to unveil portraits of its alumni, and the latest move is an acknowledgment of Singh's intellectual heft. Singh studied at the Faculty of Economics at the University. When Singh passed away in 2024, the University issued a statement saying it was deeply saddened by the passing

of one of its most distinguished alumni.

"One of India's longest – serving Prime Ministers, Dr Manmohan Singh, and India's first non-Hindu Prime Minister, Singh was known for his Cambridge blue turbans, his probity and his modest and self-deprecating simplicity. His academic career took him from Punjab to the University of Cambridge, UK, where he earned a First Class Honours degree in Economics in 1957," the University statement had said.

The Faculty's Professor Sriya Iyer had then said Manmohan Singh was a great economist, visionary, scholar and statesman of India. "Beginning with the Adam Smith Prize which he won as a student during his time studying economics in Cambridge in the 1950s, as an Honorary Fellow of St John's College, and in his many roles concerned with financial and economic governance, culminating as India's Prime Minister, Dr Singh quietly and respectfully championed the right to information, work, education, land and tolerance," Iyer said.

After graduating from Cambridge, Dr Singh completed a DPhil in Economics from Nuffield College at Oxford University in 1962. His book, "India's Export Trends and Prospects for Self-Sustained Growth", was an early critique of India's inward-oriented trade policy.

Manmohan Singh was born in 1932 in a village in the Punjab province of the then undivided India.

How to reach 75 without disease and supplements?

Author



Maj General Krishan Chauhan
Retired Army Medical Corps
[Former Additional Director General, AMC](#)

Is it possible for an Indian to scale the peak of 75 without diseases or drugs? Especially, spending a long period of time in one of the most polluted cities of the world – Delhi? *This article is based on my life, not on any scientific study.* I turned 75, few days ago. Touch wood, I remain free of lifestyle or old age diseases. Just 10 days ago, I ran 20 km in our neighbourhood sector park. No race, just to test my body. Hence, I thought of writing about myself today.

Healthy longevity depends on 3 factors – Inherited genes, External environment and Adopted Lifestyle. Father in army meant frequent postings. Then I joined the Army! Lived in remote places like Babina, Bareilly and Akhnoor where summers were hot and winters were cold. Power failures were frequent. Air-conditioning was unaffordable. Spent many, many years in leech infested foothills of NEFA (now Arunachal Pradesh), Nagaland, Assam and J & K. Insurgency was at its peak. Lived in modified tents. Even spent a few months in tents without electricity in deserts.

Post retirement my wife and I settled in Chandigarh, but circumstances made us buy a flat in Delhi. So, now we spend our time shuttling between two cities. We also spend time staying with our daughters abroad and visiting our siblings in India/ abroad. Traveling is a part of our life.

Challenging Environmental factors: A major accident at age 68 years. A challenging environment factor was, as a child, I was extremely thin. Declared underweight by army doctors. I was the shortest in my class till class 11. From class 6 onwards, my entire education was in boarding/ hostels (about 13 years). Army separated my family from me for over 12 years.

Yoga in its true form is not meant for me because I cannot sit in *Sukhasana*, due to misalignment in my hip joints. I was rejected in the medical examination after clearing SSB for entry to NDA. The defect was later found to be normal. However, my father supported me. He guided me to take medicine as a career even though I didn't have much interest. During my final medical exams, I failed in just one subject, losing one academic year. That period was also quite disheartening. After I graduated as a doctor, I got into the Army. Still thin, I started eating 6 bananas for gaining weight! In my 40s and 50s, desk and chair postings with periodic long conferences in the army made me sit for long durations of time. This, in addition to *Desi ghee Parathas* ensured 5 kgs of weight gain.

Relationships. Frequent changes of schools/ colleges/ postings/ flitting between two homes ensured no daily or weekly sittings with same close friends or relatives. I can sleep only 5 and a half to around 6 hours at night, then my nose gets blocked, which awakens me early morning.

Positive environmental factors: Born in a middle-class family, was provided with reasonably nutritious food, decent education. Sainik School education exposed me to numerous sports and games. Was a boxing champion of Punjab state and a cross-country runner. Medical education in a new medical college ensured good clinical exposure. Career in army rounded my personality.

My classmate from medical college and my wife has been a pillar of strength who has withstood army's forced separations. With her medical practices, she raised our two daughters who constantly make me proud with their academic and professional achievements. Both are now raising intelligent children of their own alongside their equally wonderful spouses.

INFLUENCE OF GENETIC FACTORS: No genetic testing done in our entire family. I was born as the 6th child of my parents. Pregnancies every 2-3 years may have taken a toll on my mother's health, resulting in my being born underweight.

Genetics – Am I healthy at this age because of good genes? Perhaps. But my mother struggled with frequent fractures and chronic cough in her old age, dying in her mid 70s. My one sibling passed away before the age of 70 due to massive Myocardial Infarction. A couple of others have high BP or sugar. *Scientific studies of twins in Denmark showed that effect of genes on our health/ longevity is between 20% to 25% leaving the rest to lifestyle, environment and health care.*

INFLUENCE OF LIFESTYLE FACTORS - Lifestyles kept changing with age. Pre retirement lifestyle:

- Strict guidance and physical activities in the boarding school taught discipline, self-care and ways to stay healthy.

Being low-weight for height ensured extra egg and a glass of milk at lunch time, though it punched a deep hole in my father's pocket.

- Recovery from two major failures made me mentally strong in my adolescence. I compensate my less sleep at night with an afternoon/ evening nap of about 30-45 minutes. Father's army life had already exposed me to the difficult living conditions, frequent postings and disruptions in family. Being mentally prepared made life easy even in extremely difficult situations. Gaining weight in my middle age rang a bell in my mind. I changed to a low-fat lunch with more salads to control my weight.

Senior rank of a Major General in Delhi meant reaching office at 10 AM. Early mornings, I had no work. My wife inspired me into morning walk but the *running bug* which had laid dormant arose in me. A friend made me join a runner's club.

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..... Continued from previous page - **How to reach 75 without disease and supplements?**

In 3 months, I registered myself for Delhi Half Marathon. My habit of running continued abroad too, while visiting my brother/ daughters. In Melbourne, I have run 3 Half Marathons. In San Jose, California and Auckland, I explored the country-side during early morning long runs.

Post retirement Lifestyle changes: Quantity of food on the plate has reduced but the quality has improved. My interest in nutritious diet increased because of my running but I *took no supplements nor vitamins*. Consumption of red meat is down to a trickle, replaced by fish. Cooking is done exclusively by my wife. Variety in salads, fruits, dry fruits and seeds has been increasing. I started fasting every Monday for the past 51 years. Apart from regular vegetarian dinner that day, I consume fruits and dairy products during the day. Because of my sweet tooth, I left *mithai* and started eating a small quantity of ice-cream, almost daily! After dinner I crave a small square of chocolate. The percentage of cacao (in dark chocolates) has gradually increased from 20% to 99%. Habit of consuming alcohol has changed considerably. From 120 ml whisky, 4 to 5 days a week, it has reduced to just 60 ml twice a week.



My better half

Turning point in life: A major accident at age 68 crippled me. Bones of my leg were shattered and needed a major surgery for inserting a rod. My face was smashed. It needed surgical intervention and my mouth had to be wired shut for 3 weeks. Thankfully, both my daughters and sons-in-laws came to support us for the next few weeks.

Turning negatives to positives: My younger daughter encouraged me to write. She introduced me to a wonderful young editor of a children's journal called *The young chronicles*. I contributed with a weekly article for about 6 months. COVID 19 set in. My wife became my physiotherapist. I was with a walker for 3 months then with a walking stick. After a year, I started walking without a stick in the spacious basement. Walking time and speed increased. I started jogging. The running time increased every week. In 2 years, post covid, I ran the Delhi Half Marathon at age 70 years plus. Blog writing was suggested by General Surinder Sharma. My elder daughter agreed to be my editor. It's been over 6 years, and the Sunday blog is there for readers, free. Writing means extensive reading too.

Servant free living. Staying abroad, my wife and I realised that we could have a *servant free* home in India too. This concept keeps us physically and mentally busy. My *male ego* doesn't come in the way sharing the workload. Dish washer, vacuum cleaner, clothes washing machine and drying machine lessens our load. My daughter even ordered a robotic vacuum cleaner and moppper for us, post-accident in covid period.

Books. While spending time with my grandchildren under the age of five, I loved inventing stories to put them to sleep. During the Covid period, I challenged myself to actually write these stories down and publish a story book for them. A 2nd book, *Nature's Nomads* was a homage to nature from my side.

Exercise. Apart from running, I have physical exercise schedules with stretching, resistance training, balancing and light dumbbells. Never joined a gym.

Another hobby is free-lance photography of nature and sharing with a large group of friends every morning. We love to travel in India and abroad, when time permits.

Dear readers, think for yourself, what failures and accidents teach us. How to be resilient and challenge ourselves to do near impossible things. What all can be done for remaining active in middle age and in senior age – physically and mentally. How to eat nutritious food without foregoing (but limiting) our food fads. Life can be fun and free of disease, but we need to act early in life. and not after a disease or a disability strikes them.

PS. It took me 3 failures and 18 months of brisk walking-slow running to be able to run 20 km after my Delhi Half Marathon, 5 years ago. So, new runners, keep up hope and take your time.



ISPO 21ST WORLD CONGRESS
Bangkok, Thailand
22 - 25 March 2027



**International Society for
Prosthetics and Orthotics**

ISPO Registration is now open [View this in your browser](#)

Investigation Summary Report

Rajesh Exports

Author



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Rajesh Exports faces severe regulatory investigations by SEBI and ED over allegations of a massive Rs 15.15 Lacs crores revenue inflation, under-reported gold inventory, & corporate governance discrepancies.

Regulatory and Investigative Updates

- **SEBI Interim Order:** SEBI Issued a restraining order on June 3, 2026 barring Rajesh Exports and its Promoter - Chairman Rajesh Mehta from the securities market after allegations of massive revenue misrepresentation, finding that 97%–99% of reported consolidated revenues amounting to Rs 15.15 Lacs crore between FY 2021 and FY 2025 lacked proper verification or documentation from subsidiaries like Swiss refiner Valcambi SA primarily the Swiss precious metals refinery. However, audited standalone accounts from the Swiss units showed substantially lower revenues.
- **Enforcement Directorate (ED) Raids:** ED Searched company premises in late June 2026, subsequently revealing abnormal operational practices—including paying the managing director only Rs 17,000 (\$180) a month, leaving the CFO unpaid since 2020, and finding accounting mismatches of Rs 3,000 crore.

Some Core Allegations pertained to –

- ~ **Missing Documents:** SEBI alleged the company failed to produce customer-wise sales data, inventory records, and transaction-level details to substantiate these vast revenues.
- ~ **Fictitious Trades & Diversion:** SEBI flagged Rs 11,400 crore worth of fake derivative trades and unverified investments into African gold mining assets.
- ~ **Personal Transactions:** Funds were reportedly routed through promoter's personal accounts without board approval.

Company (Rajesh Exports) Stance:

The Company strongly refuted all allegations of intentional misreporting, attributing discrepancies to communication gaps and differences in accounting interpretations regarding gross transaction values versus processing income.

Institutional Risk:

Major institutional investors like Life Insurance Corporation of India (LIC) hold a substantial stake (over 10%), posing massive exposure risks to public funds.

Enforcement:

The [Enforcement Directorate \(ED\)](#) has also accused the company of severe violations under FEMA, & the NFRA is auditing the conduct of the firm's Auditors.

Stock Market Impact

Share Price Volatility:

Shares tumbled drastically following initial June announcements, hitting consecutive lower trading circuits before experiencing brief intermittent recoveries, hovering near **Rs 84.76** (03 Aug 2026) after 52 week high of **Rs 237.88**.

Exchange Scrutiny:

Stock exchanges have repeatedly sought official clarifications from Rajesh Exports regarding ongoing probe news and compliance reports.

Company Response:

The company and Chairman Rajesh Mehta have denied any wrongdoing, stating that their disclosures comply with applicable standards and attributing the discrepancies to miscommunications and the complex nature of bullion trading.

Disclaimer:

Information sourced from available public online domains. We do not authenticate or vouch for its accuracy and correctness. The findings detailed by regulators are interim, and the company has the right to present its defense in ongoing legal and regulatory proceedings. The article is meant for general information and no responsibility for loss arising to any person acting or refraining from acting as a result of any material contained in this article will be accepted by Jagdeep S Chopra FCA. It is recommended that professional advice be sought based on the specific facts and circumstances.

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UN resolution dedicated to Access to Assistive Technology

Explained by: ISPO eUpdate

On 2 September, the United Nations General Assembly adopted, by consensus, its first-ever resolution dedicated entirely to Access to Assistive Technology (A/80/L.110). For the 2.5 billion people worldwide who need a wheelchair, prosthesis, orthosis, hearing aid, or other assistive product, it is a milestone worth marking, and one that speaks directly to ISPO's mission.

A resolution years in the making: The text was introduced under the social development agenda of the General Assembly's 80th session and passed its "silence procedure", a diplomatic step confirming no member state objects, on 25 August, before formal adoption on 2 September. It was led by Pakistan and co-sponsored by more than 40 Member States, part of a diplomatic effort Pakistan has championed since it first brought the issue to the World Health Assembly in 2018 with WHA71.8 on Improving Access to Assistive Technology, also adopted by consensus.

The resolution was drafted and negotiated by Counsellor Saima Saleem, Pakistan's first visually impaired career diplomat and, notably, a user of assistive technology herself. Her lived experience shaped a text she has described simply: "Universal access can transform millions of lives — advancing inclusion, dignity & opportunity."

What the resolution actually does: Rather than treating assistive technology as a niche health issue, the resolution formally integrates it into some of the world's biggest development frameworks: the Sustainable Development Goals, Universal Health Coverage, the UN Convention on the Rights of Persons with Disabilities, and the Madrid International Plan of Action on Ageing. In practice, that means it calls on governments to:

- Build sustainable, affordable supply chains for assistive products
- Develop national strategies and priority assistive product lists
- Invest in research, innovation, and workforce training
- Strengthen data collection on need and access
- Ensure access continues in humanitarian, conflict, and disaster settings
- Meaningfully involve people who use assistive technology in the policies that affect them.

Introducing the draft resolution to the Assembly, Pakistan's Permanent Representative, Ambassador Asim Iftikhar Ahmad, put it plainly: assistive technology "is not a luxury; it is a right and an economic necessity."

Why it matters for our field: For ISPO's global community of clinicians, researchers, educators, and users, this resolution gives new international weight to arguments many of us have made for years: that access to well-fitted, well-supported prosthetics, orthotics, and other assistive products is not a peripheral service but a foundation for education, employment, health, and independent living. It also puts fresh emphasis on exactly the kind of workforce development, outcome measurement, and service-delivery research that ISPO exists to advance.

Where this connects to our own work: The timing lines up meaningfully with our "I AM P&O" campaign for International Prosthetics and Orthotics Day 2026, themed around **People**. Both the resolution and the campaign make the same point in different registers: behind every device is a person, and behind every policy commitment needs to be real, sustained access on the ground.

As Member States now turn to implementation, ISPO will be watching and looking for ways to support that work through our research, education, and advocacy. We'll share more as national and regional follow-up takes shape.

You can read the full resolution [here](#).

The Real Future may be Human + AI

Analysis by



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

For the past few years, Artificial Intelligence has been at the center of a global debate. Some experts warned that AI would eliminate millions of jobs, while others argued that human creativity and judgment would always remain indispensable. Recent developments suggest that both sides may be partly right.

AI has demonstrated remarkable capabilities in writing, coding, customer support, data analysis, content creation, and routine decision-making. Companies worldwide are investing heavily in automation. Some large technology firms are reducing hiring, while businesses increasingly use AI tools to handle tasks once performed by humans.

At the same time, many organizations are discovering the limitations of AI. Systems can make factual errors, lack contextual understanding, struggle with unusual situations, and often require human supervision. In fields ranging from healthcare and law to engineering and customer service, human expertise remains essential for judgment, accountability, empathy, and creativity.

History offers an important lesson. The Industrial Revolution did not eliminate human work; it transformed it. Computers did not replace workers; they changed the skills workers needed. AI is likely to follow a similar path. The emerging workplace is increasingly becoming a partnership between humans and intelligent machines. AI can process vast amount of information in seconds, while humans provide critical thinking, ethical judgment, innovation, and emotional intelligence.

The future of work may belong neither to humans nor to AI alone, but to those who learn to work together most effectively.

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Prosthetic Limb Fix it - Viksit Ability

Fix it Bharat - Viksit Bharat

Dr VJS Vohra



In my experience of 52 years of providing prosthetic limbs to persons with disabilities, I have learnt an important lesson: when a person with a disability is given the right opportunity, they start performing their normal activities and much more than expected. They do not want sympathy. They want an opportunity to prove their worth. A properly fitted prosthetic limb can restore their physical mobility, restore confidence, independence and livelihood. They get the opportunity to work extraordinarily hard - to rehabilitate themselves, and to **prove that they are capable**.

There is a striking connection between my 52 years of prosthetic rehabilitation experience and my idea of “Fix It Bharat.” We should inspire India's young generation – the Gen Z and Gen Alpha. Give them the opportunity, unlock their potential, give them the freedom to innovate, create, and lead. They are inheriting the future. With their unique digital fluency and drive they will actively build the future of India.

Viksit Bharat is a vision. Fix it Bharat is how we move towards the destination - **Viksit Bharat**. Fix the barriers. Fix everything that is wrong. Fix education system. Fix job opportunities. Fix healthcare and rehabilitation. Fix corruption at every level. Fix institutional weaknesses. Fix communal divisions. Fix farmer's sufferings. Fix poverty and insecurity.

Fixing India must include fixing the disability. We cannot meaningfully call India “developed” if millions of persons with disabilities remain unnecessarily dependent because they cannot obtain appropriate rehabilitation, prosthetic limbs, orthotic devices, assistive technology, education or employment. For an amputee, **a prosthetic limb is not merely a show piece but a necessary rehabilitation treatment**.

Persons with the disabilities should not be viewed merely as a beneficiary. They are having talent, waiting for an opportunity. Empower them. **It will lead them to** independence, livelihood, dignity and their contribution to the country.

My mind-set towards Gen Z and Gen Alpha: They are talented. They are the future. Recognize them. **Take care of the barriers they face. Give them a fair opportunity to show what they can do.** Fix the system. Unlock the talent.

Much of India is working remarkably well. The objective should be to **identify what is working, preserve it, identify what is failing, and fix it. Unlock India's Human Potential for Viksit Bharat.**

Don't underestimate **the world's largest youth power – India's Gen Z and Gen Alpha.** Fix the barriers that prevent them from showing what they can do. **Unlock India's Human Potential.** That, to me, is the strongest meaning of, “**Fix It Bharat - Viksit Bharat.**”

Life is about balance



Brigadier DS Dhillon

Life is all about balance because true peace and well-being come from avoiding extremes and finding a steady rhythm. Most Entrepreneurs are the absolute worst when it comes to having balance in their lives. And we become completely addicted to the action.

We have such a passion for what we are doing that we lose sight of everything beyond work. We become so hyper-focused on getting things done that that we forget to notice how incredibly beautiful the world around us is. The problem becomes that we get so engrossed in our work that we completely forget that having balance in life is a key ingredient in achieving success.

There is something that happens when you can step away from the craziness and just listen to the silence. You gain a perspective that can help you to make better decisions, you gain a sense of calm and you have the ability to see the big picture again. You are able to see the entire map of where you are going and appreciate the distance you have come as well as seeing how far you still want to go. Yes, taking time for balance and taking time to smell the flowers is a very important part of being the best person you can be. All of us need to recognize and remember the importance of having balance in our lives.

Set goals for yourself on the time you will spend doing quality things with your family and set goals for yourself on the time you will spend productively at work. And don't forget that you need to set a goal for the time you will spend just for you.

Many of us forget to set aside any time just for ourselves. We get so busy taking care of everyone and everything around us that we forget about ourselves entirely.

Spend quality "Me" time, Create a balance in your life and stay blessed forever.

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