

YOGA CELEBRATIONS WITH THE VISUALLY IMPAIRED



YOGITA IMPARTING TRAINING TO THE PARTICIPANTS

Since the last few years, Yoga International Day is celebrated on 21st June every year across the globe. Yoga is one of the oldest and most effective health practices that was discovered in India. It focuses on uniting the body and the mind with varied asanas, and solidifies it with one's breathing techniques.

United Nations (UN) General Assembly finally acknowledged the ancient form of holistic healing in a formal manner on 11 December, 2014. Led by India, the resolute to officially dedicate a day to the impact that Yoga has on people around the world, was adopted without vote

by 177 out of the 193 countries that constitute the UN. At the time, UN had 175 co-sponsors, which turned out to be the highest ever 'ayes' for any such resolution in the UN General Assembly.

Yogita L Rajgandhi, Managing Director of RECI recently organised a successful event to celebrate the day on 21st June, with the engagement of enthusiastic participants. The event was carried out at Smt. Kumudben Vora Industrial Home for the Blind, Andheri, Mumbai.

In association with the Giants Group of Jogeshwari (GGJ), 41 visually impaired females, including five faculty members, and seven other members, attended the event where the significance of yoga was shared. The need to practice yoga in one's daily life was highlighted by Yogita, and few asanas were exercised as well. It was an enriching experience, and The Blind organisation and GGJ members appreciated the initiative and the impact it had on all those who were present.

WEDDING BELLS

—New Delhi

The Dara family of Dara Optical Co. New Delhi, celebrated the wedding of Vidushi (d/o Smt. Sadhana and Shri Kanwal Kishore Dara) with Deepanshu (s/o Smt. Suchitra & Shri Anil Sharma) on 28th May, 2019 at the Garden Atlantis, Maple Emerald, located on the NH8, Delhi, with all the traditional religious formalities.

The celebrations commenced a day prior to the main marriage function with a Sangeet and Mehndi ceremony which was held at the same venue's Conclave Hall. Both the functions were replete with enthusiastic live music and dance performances, gourmet food and drinks galore. It was a very special and unforgettable occasion and will remain a truly memorable one for the attending relatives, friends and business associates who graced the joyous occasion with their presence to bless the newlyweds.



CATERPILLAR HAIRS FOUND IN GIRL'S EYE

An 11-year old girl presented at an Indian hospital with a red, watery right eye. On closer examination, the doctors noticed that there were multiple caterpillar hairs embedded in her cornea. They further noted the presence of an epithelial defect and the fact that there was cilia lodged underneath her eyelid too. The child's visual acuity was 6/12 in her right eye and 6/6 in her left eye.

Reporting this rare finding in BMJ Case Reports, the doctors said that the girl had accidentally rubbed a caterpillar that was crawling on her face, while at her village.

Her ailment was treated by removing the cilia with a fine needle and micro-vitreoretinal forceps under the view of an operating microscope. Following the procedure, her right eye was treated with topical antibiotics, steroids and lubricants.

Seven days after the treatment the child's symptoms appeared to be resolved and the visual acuity in her right eye was restored to 6/6.

The doctors clarified that caterpillar cilia can migrate deep into tissue over time and cause inflammation due to the release of toxin thaumetopoein. "Therefore, careful removal of all the cilia is essential to prevent delayed complications like migration of these cilia in the posterior segment," they explained.