



# NEWSLETTER



## Message from the desk



The colours of Navaratri, came with the powerful vibes under the guardianship of the 9 avatars of Devi, or Mata-rani as we fondly refer to them. People all over Gujarat, waiting for their favourite festival, added lights & colours all over the streets at the nights, decked up to dance and pray until the wee hours of mornings, bringing along their friends and family. It not just a festival, Navaratri is a celebration. On the occasion of Dhanteras, as the name suggests, we come together to worship the gods, thanking for providing us health and wealth. Closely followed and sneaking up came on Diwali. Celebrated all over India, this time colours and lights bring along firecrackers and sweets for one and all, while the youth are urging everyone to go-green. Diwali is followed by New-Year, Govardhan pooja, Bhai-dooj and Laabh-Pancham. We Indians love to celebrate togetherness. playfully and with devotion. We stand united in diversity. Happy celebrations!!

**-Dr. Arpita Arorah**

Director

B. N. Patel Institute of Paramedical and Science (Paramedical Division)

B. N. Patel College of Physiotherapy

B. N. Patel Institute of Nursing

## In the Issue:

Champions of Youth Fest  
– Once again!!

This Diwali – Green Diwali

The nine nights of  
Immense Powers

Tackling the epidemic of  
blindness through  
“World Sight Day”



# દિવાળી

ના પાવન પર્વની આપ સોને  
હાર્દિક શુભકામનાઓ.



## CHAMPIONS OF YOUTH FEST ONCE AGAIN!!

### SPET



The youth festival was organized by Sardar Patel University, Anand, from 23rd September 2022 to 25th September 2022. Several colleges participated in the youth festival this year along with our college - B. N. Patel Institute of Paramedical and Science (Paramedical Division).

In a total of 25 events were held on the grounds of SPU. We stand proud winners with first rank in several theatre events which included - One act play, Skit, Mime, Mimicry and Group song (Indian). Also, second rank in Classical instrumental (solo percussion), Western vocal (solo), Group song (western), Clay modelling, Cartooning, Rangoli, Spot photography, Installation (best out of waste), Poetry recitation, Folk/Tribal dance and last but not the least, third rank in Folk/Tribal Dance competition, were bagged by the students of our college. While participation was appreciated among all the others including Classical-vocal (solo), Classical instrumental solo (Non- Percussion), Light vocal (solo), Quiz, Debate, Elocution, On the spot painting, Collage making, Poster Making as well.

In this youth festival B. N. Patel Institute of Paramedical and Science stood as the defending champion. With a victory in sixteen events out of twenty-five, we were

once again successful in bring home the Championship trophy!!

**- Khetan Shah**  
M.Sc. CLT (Part-1)



## THIS DIWALI – GREEN DIWALI



Diwali is known as the 'Festival of lights' and is one of the most important Hindu festival, and is celebrated to mark the return of Lord Ram to Ayodhya along with his wife Sita and brother Lakshman after 14 years of vanvas. On this day, people decorate their homes with diyas, rangolis and decorative lights, wear new clothes, exchange sweets and gifts with each other, burn crackers, and in the evening perform, Lakshmi puja.

The festival is, steadily but definitely, creating one of the major problems for the environment. This is due to the excessive use of firecrackers as a symbol for sharing their happiness on the occasion. Bursting of fire crackers releases huge quantity of toxic gases in the atmosphere, creating a major health concern for everyone around the world. Birds and animals suffer the most due to the high levels of pollution generated. Teenage children are still employed in the making of firecrackers. If we take a look over this fact,

these children are very young and we can realize the threat of them getting exposed to these toxic substances, putting their lives and health in great danger.

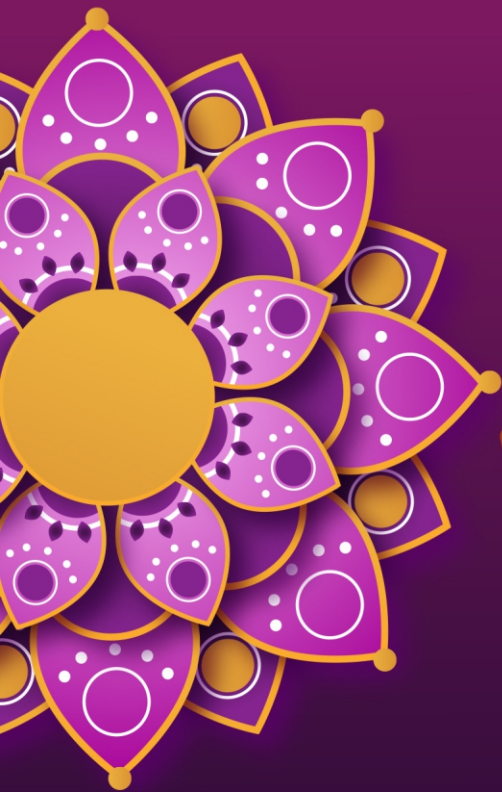
The green Diwali is way to celebrate the festival with minimizing the harsh consequences to the environment. With the bursting of loud firecrackers, the noise and air pollution in the country has risen to the dangerous levels causing discomfort to the elderly people, children and pets. More number of asthma cases are being reported with this increase in the pollution. Let's come together and do our bit for the benefits of the society on this Diwali. It's our basic and most important duty to understand the importance and essence of a traditional Diwali celebration, to avoid leaving behind a toxic environment for our future generation.

Let's take some steps ahead to make this Diwali on eco-friendly one by avoiding usage of excessive electric lights to illuminate your home. Instead, opt for some home decorated clay diyas and candles. This saves electricity and we can enjoy decorating with our family members while spending a memorable time with them. Limit usage of firecrackers that emit enormous smoke and sound. Shopping means lots of plastic bags. Let's say 'No' to plastic bags and use cloth bags when shopping. Select eco-friendly gifts and decorating items. Innovative gift wrappers can be created by using newspapers and coloured papers, in a creative way, for your friends and family. Rangolis are a huge part of Diwali celebrations. Let's opt for those made using flowers, or use eco-friendly colours that do not cause harm to our surroundings.

This Diwali Go Green, Go eco-friendly!

**- Nancy Modi**  
[M.Sc. CLT Part-2]





# शुभ दिपावली

## TACKLING THE EPIDEMIC OF BLINDNESS THROUGH “WORLD SIGHT DAY”



The vision loss expert group data showed that in 2020, an estimated 43 million people were blind, 295 million had moderate to severe vision impairment, 257 million had mild vision impairment and 507 were visually impaired from uncorrected presbyopia. The worldwide disparities in distribution of people with vision impairment is due to socioeconomic status, geography and gender remains. Blindness and vision impairment is mainly a problem of developing countries which is preventable in at least 80% of cases. Eye health impacts education, employment, quality of life, poverty and so many other sustainable development goals.

**World Sight Day is an International Day of Awareness, held annually on the 2nd Thursday of October. This year, World Sight Day was celebrated globally on 13th October 2022.**

**World Sight Day** is a reminder to you, to love your eyes, think about the importance of your eye health and how you can protect eyes, keeps it healthy for now and in future. World Sight Day is an opportunity to focus the world's attention on eye health as a global issue, raises awareness of eye health amongst individuals, families and communities. It is a platform to influence decision makers to prioritise eye health initiatives and helps activate demand for eye health services globally.

This World Sight Day we want organizations and public to come together to encourage governments, corporations, institutions and individuals to actively call for universal access to the eye health.

As a part of this global initiative, we at Optometry Department, B. N. Patel Institute of Paramedical and Science (Paramedical division) did a free eye screening camp for the workers of various branches of leading banks in Anand. A total of 104 bank staffs were undergone primary eye examination among those 30 were identified with curable vision impairment and were referred appropriately for comprehensive eye examination and management of their visual problem. Also, an awareness talk was given at each of these banks to all staffs the emphasis was kept on preventable steps regarding work related vision

**- Bharat Kumar Bhayal,**  
B. Optom., M. Optom., FIACLE  
Assistant Professor  
Department of Optometry  
B N Patel Institute of Paramedical  
and Science (Paramedical Division)

## THE NINE NIGHTS OF IMMENSE POWERS



Sharad navratri is celebrated in India with immense energy and devotion. It is a festival where people worship goddess Durga, where devotees keep fast and play garba all night. Goddess Durga and her many incarnations (Avtar) are worshipped during the nine days of

navratri. It is widely believed that the nine goddess have immense power. The nine goddess include-Shailputri, Bramacharini, Chandraghanta, Kushmanda, Skanda mata, Katyayani, Kalratri, Mahagauri, and Siddhidatvi.

Day-1: Shailputri is also known as goddess Hemvati or goddess Parvati. She is seen as riding the bull with a trishul in her right hand and lotus in her left hand. She is a form of purity.

Day-2: Brahmcharini is another avtar of parvati. Brahmacharini is worshipped for peace moksha and prosperity.

Day-3: Chandraghanta, Goddess Parvati added her forehead with ardhchandra (half moon). She is epitome of beauty and also bravery.

Day-4: Kushmanda, Ku-means little and Ushma means warmth or life energy. Thus, she is everywhere lighting up the darkness all over.

Day-5: Skandmata, She is seen riding a lion, having four arms and holding a baby and save baby from danger just like mother. She is epitome of maternal love.

Day-6: Katyayani seated on a lion, Goddess Katyayani is depicted carrying a sword in her right and a lotus flower in her left hand. She is a symbol of power, strength (Shakti), knowledge, the victory of good over evil and the ability to show courage.

Day-7: Kalratri, She is considered the most ferocious form of goddess Durga. Believed to kill the demons Sumba & Nishumba on this day. Maa Kaalratri is known to destroy ghosts, evil spirits and demon entities.

Day-8: Mahagauri symbolizes intelligence and peace.

Day-9: Siddhidatvi, also known as Mahalaxmi seats on lotus and it is believed that she blesses her devotees with wisdom and grants the spiritual knowledge.

**- Aarchi Patel**  
(M.Sc. CLT Part-2)

