



**Giving Light to the World**



**CANADIAN EYESIGHT GLOBAL**



[www.CanadianEyesight.org](http://www.CanadianEyesight.org)

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**NEWSLETTER DECEMBER 2018**

**Merry Christmas**

**Faith makes all things possible.**

**Hope makes all things work.**

**Love makes all things beautiful.**

**May you all be blessed with all the three for this Christmas and many years to come.**

**Let the New Year bring more opportunities to serve the needy.**

**Your Support = Our Success**

Sri Guru Hargobind Sahib Mata Sulakhani  
Eye Hospital Society, Amritsar, India  
Nirmaljit Eye Hospital, Amritsar, India,  
Rotary Club of Amritsar South East, India  
and dedicated volunteers.

Arora Eye Hospital & Retina Centre, Jalandhar, India.  
Rotary Club of Jalandhar West, Jalandhar, India.

**SUPPORTED BY  
Rotary Clubs of**

**SURREY  
BURNABY**

**NEW WESTMINSTER**

**Rotary  
Club of Surrey**



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*A few years ago, a 7 month-old boy, born blind inflicted with cataract in both eyes, was brought to Canadian Eyesight Global Eye Camp near Amritsar, Punjab, he was diagnosed by the eye surgeon and was successfully operated in the Eye Hospital, Amritsar ; with his newly acquired eyesight, he started to enjoy this beautiful world for the first time.*

*Jean Chretien, Former Prime Minister of Canada wrote: " Those who've had their vision restored, or who now see for the first time, they never know of Mr. Jubbal, this fund raising dinner, or even Canada itself, they simply rejoice in having able to see their loved ones and the world around them. You can however, take great pride in imagining what your support means to them."*

*Please accept our sincere heartiest Season's Christmas Greetings and wishing a prosperous happy new year. We look forward to having your participation in celebrating our 30th Anniversary in 2019.*

**Sincerely,**

**Anup Singh Jubbal, MSM  
President & CEO (Founder)  
Canadian Eyesight Global**

*The Board of Directors of Canadian Eyesight Global joins me in sending the New Years Greetings to all the supporters and well wishers for their kind and generous support since the inception of this noble eye project. We intend to celebrate our 30th Anniversary shortly in 2019 and you will be informed well in advance.*

*As you are all well aware, Canadian Eyesight Global aims to eliminate avoidable blindness by 2020 and this organization is working to remove blindness among the young, the underprivileged and the aged. Visual impairment in some instances can lead to death and this problem is growing day by day. Every second, a person in the world goes blind and every minute, a child goes blind; ironically in three out of four such cases, blindness can be completely preventable by appropriate nutrition, sanitation, antibiotics or surgery.*

*Canadian Eyesight Global, formerly Project Eyesight-India since 1989, restored eyesight of unlimited needy and helpless people in rural parts of India since 1989, believes that this goal is achievable by working in collaboration with other specialized health organizations and various levels of government. We have been organizing Free Eye Health*

*Clinics in British Columbia since 2004, almost on a quarterly basis, supported by our dedicated team of Rtn. Dr. David R.S. Neima, MD, FRCS(C), Ophthal. Director, Overseas Programs, Canadian Eyesight Global, supported by Rotary Club of Surrey-Guildford, Rotary Club of Burnaby and several dedicated volunteers.*

### Founding Members of Canadian Eyesight Global formerly Project Eyesight-India since 1989.



**Sitting front from left: (Late) Mr. Mohan Singh Sarai, father of Mr. Randeep Singh Sarai, M.P., Anup Singh Jubbal, President, (late) Dr. Irwin Stewart, MD, FRCS(C), R.I. Dist.5040, Dist. Gov. (1992-93)**

**Back row standing from left: (Late) Mr. Jagat S. Uppal, Rtn. Barry Madden, PP, (Late)Mr. Avtar S. Gosal, Rtn. Tony da Rosa, PP, Rtn. Dr. David R.S. Neima, MD, FRCS(C). Ophthal., Rtn. Lionel Fishman, PP, (Late) Jack Campbell, R.I. Dist. Gov. 5040. (1987-88)**

**Presentation of PAUL HARRIS FELLOW AWARDS at a Gala Dinner**  
**Award presented by Rtn. Dr. Lionel Fishman, President, Rotary Club of Burnaby-Hasings.R.I.Dist.5040.**



**From left: Anup Singh Jubbal, President, Project Eyesight-India, (Late) Mr. Mohan Singh Sarai, father of Mr. Randeep Singh Sarai. M.P. Holding a Paul Harris Fellow Award, Rtn. Dr. Lionel Fishman, President, (Late) Mr. Avtar S. Gosal.**

**In the front Sitting: Tony da Rosa, Past President. Rotary Club of Burnaby-Hatings.**



**The family members of Mr. Randeep S. Sarai, M.P, with Anup Singh Jubbal on the left and Mr. Gurdeep Singh Atwal on the right.**

**With two group photos shown of (Late) Mr. Mohan Singh Sarai, respected father of Mr. Randeep S. Sarai, M.P., who was the founding member of Canadian Eyesight Global formerly Project Eyesight-India since 1989.**

**(Late) Mr. Mohan Singh Sarai, was awarded the "Paul Harris Fellow Award" by the Rotary Club of Burnaby-Hastings in 1992, for his dedicated services, R.I. Polioplus Campaign and Canadian Eyesight Global (formerly Project Eyesight-India)**



Dr. David Neima of the Rotary Club of New Westminster and Satwant Ginder of the Rotary Club of Burnaby are two people who have dedicated their skills and many hours of their time to make free eyesight screening possible for many people in our local communities. On March 10, 2013, David and Satwant were at it again in Surrey to help over 230 people.

## District 5040 Rotarians Combine Their Gifts to Make a Difference for Eyesight

Posted by Chu Wu on Mar 21, 2013

Canadian Eyesight Global is a foundation started by Rotarian Anup Jabbal, when he was a member in Rotary District 5040 at the Rotary Club of Vancouver Hastings, for which he served as President in 1997-98 and 2001-02. Anup now is a member of the Rotary Club of Surrey Guildford in District 5050.

Over the years, the foundation has served to help thousands with their eyesight in both our local communities and the world community. It has created permanent clinics overseas in developing countries, serving people in a very sustainable way.

Anup Jabbal was among the first recipients in District 5040 to be recognized with the revered Rotary International "Service Above Self" Award in 1992-93. Up to date, only 9 Rotarians in our district have ever been recognized with this very rare award.

### Rotary District 5040 Recipients of the Service Above Self Award

1992-93	5040	Anup Singh Jabbal	
1992-93	5040	Michael Cruise	
1998-99	5040	Bill Richwa	Vancouver
1999-00	5040	Dr. Irwin F. Stewart	New Westminster
2002-03	5040	Shafique Pirani	Burnaby
2004-05	5040	Chris Offer Vancouver	Chinatown
2007-08	5040	George Sandwith	New Westminster
2010-11	5040	Hendreen D. Rohrs	Burnaby
2011-12	5040	Michael Crean	New Westminster



*All the best for  
this Festive Season  
&  
a Happy and Prosperous  
New Year*

*This is just a message.*

*These are just words.*

*But these words spring from  
the core of my soul*

*Wish you all the best  
this season holds.*

*Happy Holidays and  
Happy New Year*

*To you and your loved ones!*

**Anup Singh Jabbal  
CEO/President,**

**CANADIAN  
EYESIGHT  
GLOBAL**

# Canadian Eyesight Global's free eye health clinic at Khalsa Diwan Society in Vancouver

**THE** Canadian Eyesight Global, supported by the Rotary Club of Surrey-Guildford and the Rotary Club Burnaby, sponsored and organized a successful free eye health clinic at the Khalsa Diwan Society in Vancouver on Sunday, June 25. A team of eye surgeon Dr. David R.S. Neima and Dr. Warren Whitford participated. Tanveer K. Sohal, Chairperson of Community Services, Canadian Eyesight Global, organized the clinic.



Patients with major eye problems were referred to the specialist eye surgeons and doctors for further investigation and treatment. Free eye-drops were given to needy patients. There was even a healthy 100-year-old patient who turned up for an eye check.



Volunteers included Satwant K. Ginder Sangha, Kulwant Sekhon and Peter Beynon, members of Rotary Club Burnaby; President Norman Gluck with his wife and children; Garry Sass and Ashok Bhagnari, members of Rotary Club Surrey-Guildford; Dr. Ashish S. Grover, Dr. Shivans K. Grover, Saroop K. Jubbal, Darshan Mann, Gurmeh Dhalliwal, Narendra Jubbal, Amarjit S. Sidhu and others. Two volunteers with vision loss from Canadian National Institute for Blind (CNIB) participated by setting up their table. They explained the programs of CNIB and distributed flyers.

The organizers thanked President Malkit Singh Dhama and the administration of Khalsa Diwan Society, and the dedicated team of doctors and volunteers for participating in and supporting the free eye health clinic.



Non-Resident Indians (NRIs) interested in sponsoring a free eye camp for restoration of eyesight for needy and helpless people in their village in Punjab or any part of India, may contact Anup Singh Jubbal, President, Canadian Eyesight Global, at 604-582-0579 CanadianEyesight.org / info@CanadianEyesight.org.

## “Powerful Newsletter”



*This is a very "powerful" News Letter. It demonstrates the extent of the Society's work, indicates the many people involved and offers a very upbeat message regarding the Society's future. It clearly shows that the world is a better place because of the efforts of Canadian Eyesight Global. Thanks to all of you that work hard to ensure ongoing success.*

### Nelson Riis

Vice President | Canadian Eyesight Global  
 Canadian businessman and former politician and NDP Member of Parliament.

## “Glad to be a part of the Programme”

Dear Mr. Anup,

*Thank you for sending the newsletter. It is highly informative, elaborate and well laid out. I have carefully read your life story and I am impressed with your philosophy, commitment and the service being done by you for the society.*

*To my mind you should expand your network of activities so that you involve more Rotarians in your project.*

*I offer you to start activities relating to eye treatment and surgeries to Ludhiana also and myself with other Rotarians of Rotary Club Ludhiana will be glad to be a part of the programme.*



With Regards,  
 Yours Sincerely,  
**Rtn. K. K. Dhir**

**PDG 2015-16 - RID3070 | DISTRICT TRAINER 2018-19**  
 Founder Registrar | Punjab Technical University | Jalandhar.

# PROJECT EYESIGHT - INDIA



## Old Vision - New Action



## CANADIAN EYESIGHT GLOBAL Free Eye Screening Program in the Schools



Supported by

**Rotary Club of Amritsar South  
East and Gumber Eye Hospital,  
Amritsar, Punjab**

Selected students received FREE prescription eye glasses.

This is an ongoing eye screening program for students for free prescription eye glasses.

### Gumber Eye Hospital, Amritsar, Punjab

#### Empanelment & Cashless Facilities

Going a step further in providing convenience and quality health care to our patients, we offer them "cashless facility." Under this arrangement, the patient is discharged from the hospital without making any payment. All the surgery expenses are taken care of by the TPA (Third Party Administrator). TPA is an intermediary organization; licensed by an insurance company, with whom you have a standard medi-claim policy.



*Mrs. and Mrs. Rtn. Ashok and Pooja Bhagnari and family.*

**WE WISH YOU AND YOUR FAMILY  
A MERRY CHRISTMAS AND A VERY  
HAPPY NEW YEAR!**

**ASHOK, POOJA, RIA, ANISH, ARIA &  
SUKHVERSHA**

*Anup and Saroop Jubbil*

*The Board of Directors of  
Canadian Eyesight Global  
joins me in sending their  
Season's Greetings  
and Best Wishes for  
a Happy and Prosperous  
New Year 2019*

*to  
Rotarian Chirayath Mohanan, Judith  
Mohanan and all members of his family.*

*With best wishes and regards*

*Yours sincerely*

*Anup Singh Jubbil, MSM  
President (Founder)*



## Rotary recognizes UK Prime Minister Theresa May with polio champion award

By Ryan Hyland

Rotary honored Theresa May, prime minister of the United Kingdom, with the Polio Eradication Champion Award for her leadership and political support toward ending polio.

Rotary International President Barry Rassin presented the prestigious award to Alistair Burt, the UK minister of state for international development and minister of state for the Middle East, at a roundtable discussion on polio eradication on 27 November in London, England.

Rassin told Burt, who accepted the award on May's behalf, that the UK has repeatedly demonstrated an unwavering commitment toward a polio-free world.

“Britain’s leadership in making multiyear commitments in support of global polio eradication has been an example for other countries to follow,” Rassin said. He added that flexible funding from the UK has given the Global Polio Eradication Initiative more resources to respond quickly to “dynamic needs.”

Under May’s leadership in 2017, the UK pledged about \$130 million to the GPEI for 2017-19, bringing the country’s cumulative support for polio eradication to \$1.6 billion — second only to the United States. May has also been a strong advocate for other countries in the G-20 and G-7 to maintain their financial and political support for a polio-free world, Rassin said.

Rotary established the Polio Eradication Champion Award in 1996 to recognize heads of state, health agency leaders, and others who have made significant contributions to ending polio. Past recipients include Canadian Prime Minister Justin Trudeau, Japanese Prime Minister Shinzo Abe, German Chancellor Angela Merkel, Nigerian President Muhammadu Buhari, and former UN Secretary-General Ban Ki-moon.



**Alistair Burt, left, the UK minister of state for international development and minister of state for the Middle East, accepts the Polio Eradication Champion Award from RI President Barry Rassin.**

June 18, 2015

## India eye surgeons share skills with peers in Ethiopia

By Suhas B. Naik-Satam, past president of the Rotary Club of Bombay Chembur West, Maharashtra, India

In March, during our silver jubilee year, my Rotary club sponsored a vocational training team of ophthalmologists to Ethiopia to improve the abilities and skills of eye surgeons at various medical centers there.

Under the direction of club president S.R. Balasubramanian and led by Dr. Haresh Asnani, a past president of our club, the team of three super specialists included a vitreoretinal surgeon, a pediatric ophthalmologist/squint specialist, and an oculoplastic surgeon/ocular oncologist. Our club partnered with Beyond Eye Care, an organization that manages the India Eye Center in Addis Ababa, Ethiopia’s capital.

The team conducted medical education programs and clinic workshops on topics including common retinal disorders, diabetic retinopathy, common eyelid disorders, and squint problems. Members conducted classroom lectures and a few practical workshops on pediatric eye disease examination that doesn’t require expensive equipment. They also stressed the importance of timely intervention in childhood squints, eye tumors, and cataracts.

The program benefited around 14 ophthalmologists, 25 postgraduate students, 40 optometrists, and 20 ophthalmic nurses over five teaching sessions, five surgical workshops, and six clinical demonstration sessions.

One of the team members noted the amount of expensive equipment that had been donated but that was just lying around unused because doctors and paramedical staff had not been trained in its use or maintenance. The team spent time teaching them the proper handling of these.

Dr. Akshay Nair, the youngest member of the team, said the whole experience was extremely rewarding. We were able to demonstrate many



**Members of the vocational training team of eye specialists from India perform an eye surgery in Ethiopia.**

*Photo courtesy Rotary District 31*

different surgical procedures as well as have fruitful clinical sessions that involved video-assisted skill-transfer sessions. The demand and need for ocular oncology and oculoplastic specialists is high in Ethiopia, and the next step is to arrange training opportunities in India for Ethiopian ophthalmologists.

The team had discussions with the respective hospital managements to draw up strategy to sustain the benefits of this program, especially at St. Paul’s and ALERT Hospitals and Hawassa University, by facilitating fellowship programs for their doctors and providing technical support for their surgical equipment.

Rotary has yet again played a helping hand by envisioning, executing, and enabling such a worthy project.



# Annual Senior's Dinner

Sponsored by  
**Rotary Club of Surrey**  
*(formerly Rotary Club of Surrey-Guildford)*  
at North Secondary school,  
December 4, 2018



From Left: Dave S. Hayer, Anup S. Jubbal, John Edwards, Sam Sangha





# ROTARY CLUB OF SURREY

Barry Rassin - BE THE INSPIRATION - 2018 -2019 Theme

## Meeting Agenda-December 20, 2018

President	John Edwards
Secretary	Dick Wareham
Treasurer	Bryce McElroy
Past President	Dianna Sears
Director - Membership	Deane Gurney
Director - Foundation	Art Claxton
Director - Youth Programs	Garry Sass
Director-At-Large	Ashok Bhagnari

7:15	Oh Canada & President's Remarks	All & John
	General Meeting	
	Foundation Meeting	
	Resumption of general meeting	
7:20	Guests, Birthdays, Anniversaries, Correspondence, meetings	Dick
7:25	Breakfast and talk by Jason Creighton	All
7:55	Foundation Meeting	Art, Bryce, Deane
8:15	Close of Foundation meeting & resumption of Gen Meeting	John
	Starfish Update	Lynn/Bryce
	Seniors Dinner Update	Dianna
	Date of next board meeting - Invite Rotoract	President John
8:25	New Business - Help with Social Media (Rotoractors?)	John
	50/50 Draw	Gary
	4-Way Test	All
8:30	Toast to the Queen & adjournment	All



At the Rotary Club of Surrey breakfast meeting today we had a visit from Ely Golvin. Ely told us about his history and involvement from High School through University of BC being involved in Community Service. He has now begun his Career in Commercial Real Estate in Surrey and wanted to find out about Rotary and opportunities to extend his Community Service. Also in the Photo's welcoming Ely to our club meeting are members of the executive.



# Free Eye Camp held at village Ghuman Pura, Naraingarh, Chhehratha, near Amritsar. Punjab, on Dec.16, 2018



The following dedicated Rotarians of Rotary Club of Amritsar S.E. and volunteers supported by doctors of Nirmaljot Eye Hospital, Amritsar. Punjab, participated.

1. S. Santokh Singh
2. S. Avtar Singh
3. S.J apinder Pal Singh
4. S. Manohar Singh
5. Rtn. Surjit Singh Arora
6. Rtn. President Parshotam Lal
7. Rtn. Sectary. K. K. Dhand

## Eye Problem In Children

Refractive error is one of the major cause of blindness and visual impairment in India. It is estimated that about 150 million people world – wide are visually impaired due to refractive error and 75% of total blindness is avoidable either by prevention or treatment. Since the prevalence of refractive error (especially myopia or near sightedness) is quite significant in school children so this justifies the school vision screening programme targeted towards school children. Moreover most of school children do not realize that they suffer from ocular disability. This leads to loss of productivity and efficiency and ultimately reduced work output.

## Signs/Symptoms of eye problems amongst children

The following signs and symptoms are guidelines for finding out ocular problems in children:

- Unable to copy the written matter on blackboard while setting at back seats.
- Persistent headache, watering from eyes.
- Frequent blinking or squeezing the eyes.
- Keeping books close to face.
- Adopting a peculiar read posture while watching TV or reading.
- Unable to see things clearly during night.
- Unable to tolerate sunlight.
- Under performance in studies and competitions.
- Misdirected eyes.
- Difference in the size of eyes.

## Aim of School Screening

The basic premise for undertaking screening is that prognosis or outcome of disease is improved by early detection and treatment:

- Timely detection of refractive errors and their correction by spectacles can tremendously improve the child's potential. Moreover regular wear of glasses control the refractive error to some extent.
- Vitamin A deficiency has an overall incidence of 0.7% in 0-6 year age group. Therapeutic Vitamin A supplementation miraculously reverses the Vitamin A deficiency symptoms such as night blindness and eye dryness.
- The prevalence of squint and amblyopia (Lazy eye) is 4-5%. Timely detection before 6-7 years of age can prevent a child from developing permanent unocular blindness in children.

## Role of Teachers

- Since a child spends most of his time in school with his colleagues and teachers so if the teachers are vigilant. They can play a useful role.



- Every child should undergo through I examination once in a year and its status should be reported to parents during meet.
- The science and physical education teachers should educate the children regarding eye problems.
- The child in the class should not be allotted a fixed seat rather the seat should be rotated.
- The teachers should encourage the children who are wearing glasses and prohibit others from teasing him.
- If a child is found color blind during routine examination. He can be guided to avoid entering certain professions in the future such as railway, navy, fashion designing, artist, painting etc.

## Role of Parents

- Parents should advise to study in well illuminated rooms in sitting posture.
- Teacher should not be allowed to watch T.V. Computer, more than one hour continuously.
- Encourage children to have a diet rich in fruits, green vegetables, fish, carrot, papaya, mango, egg and milk product.
- Outdoor activities, physical exercise, morning walk should be promoted.
- Disallow children from playing with sharp pointed objects such as bow arrow, pencil, pins and games like *gulli danda*. This can injure the eye.
- During festival season always supervise children while igniting fire crackers because a slight ignorance can lead to permanent eye loss.

***This article is reproduced from the website of Gumber Eye Hospital, Amritsar who recently partnered with Canadian Eyesight Global and the Rotary Club of Amritsar South East to provide Free Eye Screening Programme in schools in Amritsar.***

## Health Benefits

### Jeera (Cumin)

Jeera is very popular name of Indian kitchen spice and every housewife use this natural herb in most of recipes daily. Jeera in English known as Cumin with Latin name *Cuminum Cyminum* and of Apiaceae family.

It is of two types as of its colour: Black Cumin Seeds and White Cumin Seeds. Cumin is a small bunches plant like Coriander. It has small white flowers that turns into seeds. Cumin seeds has many medicinal properties and uses either as spice or Ayurvedic medicine both. Jeera is commonly used to treat Vomiting, Stomach ache, Diarrhea, Indigestion, fever and to promote potency.



Cumin's health benefits are too many and top of them most used mentioned below:

- **Jeera for Stomach ache:** In stomach ache, swallow half spoon of Jeera and get rid of stomach pain. In Intestinal worms treatment, prepare decoction of about 20 gm cumin seeds with about 500 ml of water. Use this decoction to kill stomach worms.
- In **Leucorrhoea** treatment, prepare the mixture of 5 gm of cumin seeds powder with 10 gm of sugar candy. Use this mixture twice a day in morning and evening with rice water.
- **Jeera for Diarrhoea:** To treat Diarrhoea, prepare some powder of roasted cumin. Now use this powder about 5-6 gram with curd. In case of Children, take a small amount about 500mg of this roasted cumin powder and add in a spoon of water. Use it twice or thrice a day to cure Diarrhoea in Children.
- For **Toothache**, Prepare the decoction of cumin seeds and gargle to treat toothache. Cumin seeds also useful to treat **mouth disorders**. Prepare the decoction of about 5 gm cumin seeds powder and 2-3 gm powder of each sandalwood, cardamom and Fitkari (Alum). Gargle with this solution to treat mouth disorders.
- **Cumin for Fever and Malaria:** Prepare the mixture of 5gm cumin seeds powder with about 20 mg juice of Bauhinia bark (Kachnar in Hindi). Use this mixture daily 2-3 time to cure fever. In **Chronic fever** recovery, soak about 5 gm cumin seed in milk in night and on drying prepare its powder. Finally use this powder with sugar candy twice or thrice a day to cure chronic fever. In Malaria treatment, Prepare the mixture of 1 part of cumin seeds powder with 2 part of Bitter Gourd. Drink it thrice a day to cure Malaria. You can also use cumin powder with Jaggery before one hour of meal.
- In **Hiccoughs**, take 5 gm seeds powder and soak them into ghee. Finally take the smoke of these smear seeds to treat Hiccoughs.
- **Jeera seeds for Bites** In **dog bite** treatment, prepare equal amount powder of cumin and black pepper. Strain this mixture and use twice a day to cure dog bite. In **Spider bite** treatment, prepare the paste of cumin seeds with ginger and paste on bite area. You can also use cumin to treat **Scorpion bite**. In seeds powder mix some salt, natural honey and ghee (Clarified butter). Before applying on affected spot first warm this mixture. These all remedies help you to reduce the effect of poison and to treat bite. So, for more bite remedies visit our bite section.
- During pregnancy to control anxiety and feeling of uneasiness Jeera water is used. In lemon juice mix, some cumin powder and salt about 3-4 gm each. Hence use Jeera water to treat **Nausea**.
- Another to stimulate **lactation** in mothers, prepare a recipe of roasted cumin seeds. Prepare wheat flour Halwa in ghee and eat to increase milk production.
- **To improve digestion**, Cumin is also very beneficial. In 100 ml water, mix 100 gm cumin powder and about 5 gm of Black Pepper. Boil this solution till half of solution remain vacant. When lukewarm, add some salt into this solution as per taste. Now use this solution to treat **Indigestion** problem and help to clean excretory system.
- **Cumin for Weight Loss:** Cumin also used for weight loss in Ayurveda. In warm water mix 1 lemon, 1 teaspoon of honey and 1 teaspoon of Cumin powder. Add a pinch of salt for taste and use daily in morning to lose weight. So use of cumin for weight loss is really very effective.

In Indian kitchen, roasted Jeera is used in mostly recipes. Hence you can use this natural herb seeds to treat above mentioned disorders. So use cumin seeds and powder without any hesitation in your daily routine.

## AYURVEDIC EYE TREATMENT

### Netra Tarpana (Ghee Eye Bath)



Traditionally, a dam made of dough from urad flour was used to create a well around the eyes. The urad dough was sticky enough and firm enough to hold the ghee without leakage. Luckily, we don't have to go through so much trouble today. An eye glass or eye cup you can get at a pharmacy makes this a quick and easy process. **Always sterilize your eye cup or glass before every use.**

Heat up 2-3 teaspoons of **ghee** to medium temperature using sterile cooking equipment. Never use ghee that has come into contact with other foodstuffs or non-sterile utensils.

1. Let the ghee cool to body temperature and, with the head down, press the eye cups to your eyes.
2. Then tip the head back and, with eyes open, hold the eye cups firmly in place for 2 minutes.
3. Blink and look around to allow the ghee to completely cover the eyes. This is best done while lying down so you can relax and let gravity do the work for you.

Repeat 3-4 times a week for 2-3 weeks to counteract pitta imbalance and reduce the appearance of dry and fatigued eyes. Never reuse prepared **ghee** that has been allowed to sit for more than a couple minutes or that has already come into contact with your eyes, as harmful bacterial growth is a serious concern that can result in permanent eye damage or blindness. Make a fresh preparation for every use.

**An alternative to ghee:** Apply a compress of equal parts raw honey and **turmeric** to the eyelid. Apply a hot water bottle to keep it warm for 20 minutes twice a day.

**Note:** *Abnormally dry, itchy, or watery eyes, blurry or double vision, glare sensitivity and excessive tear secretion are all potential signs of an underlying genetic condition or serious disease. If you experience any of these symptoms for more than 72 consecutive hours, make an appointment to see a vision health specialist immediately.*

# Fifteen health benefits of pomegranate juice

Last reviewed Wed 12 July 2017

By Mandy Ferreira

Reviewed by Natalie Butler, RD, LD

Fresh juice doesn't have to be green or full of spinach to be healthy. Pomegranate juice contains more than 100 phytochemicals. The pomegranate fruit has been used for thousands of years as medicine.

Today, pomegranate juice is being studied for its many health benefits. It may help with cancer prevention, immune support, and fertility.

## Benefits of Pomegranate

Here are some of the potential benefits of pomegranate.

### 1. Antioxidants

Pomegranate seeds get their vibrant red hue from polyphenols. These chemicals are powerful antioxidants.

Pomegranate juice contains higher levels of antioxidants than most other fruit juices. It also has three times more antioxidants than red wine and green tea. The antioxidants in pomegranate juice can help remove free radicals, protect cells from damage, and reduce inflammation.

### 2. Vitamin C

The juice of a single pomegranate has more than 40 percent of your daily requirement of vitamin C. Vitamin C can be broken down when pasteurized, so opt for homemade or fresh pomegranate juice to get the most of the nutrient.

### 3. Cancer prevention

Pomegranate juice recently made a splash when researchers found that it may help stop the growth of prostate cancer cells. Despite multiple studies on the effects of the juice on prostate cancer, results are still preliminary.

While there haven't been long-term studies with humans that prove that pomegranate juice prevents cancer or reduces the risk, adding it to your diet certainly can't hurt. There have been encouraging results in studies so far, and bigger studies are now being done.

### 4. Alzheimer's disease protection

The antioxidants in the juice and their high concentration are believed to stall the progress of Alzheimer disease and protect memory.

### 5. Digestion

Pomegranate juice can reduce inflammation in the gut and improve digestion. It may be beneficial for people with Crohn's disease, ulcerative colitis, and other inflammatory bowel diseases.

While there are conflicting beliefs and research on whether pomegranate juice helps or worsens diarrhea, most doctors recommend avoiding it until you are feeling better and your symptoms have subsided.

### 6. Anti-inflammatory

Pomegranate juice is a powerful anti-inflammatory because of its high concentration of antioxidants. It can help reduce inflammation throughout the body and prevent oxidative stress and damage.

### 7. Arthritis

Flavonols in pomegranate juice may help block the inflammation that contributes to osteoarthritis and cartilage damage. The juice is currently



**Pomegranates have been eaten throughout history for their health benefits. Nowadays, the juice of this fruit is a popular part of healthy diets.**

being studied for its potential effects on osteoporosis, rheumatoid arthritis, and other types of arthritis and joint inflammation.

### 8. Heart disease

Pomegranate juice is in the running as the most heart-healthy juice. It appears to protect the heart and arteries.

Small studies have shown that the juice improves blood flow and keeps the arteries from becoming stiff and thick. It may also slow the growth of plaque and buildup of cholesterol in the arteries. But pomegranate may react negatively with blood pressure and cholesterol medications like statins.

Be sure to talk with your doctor before indulging in the juice or taking a pomegranate extract supplement.

### 9. Blood pressure

Drinking pomegranate juice daily may also help lower systolic blood pressure. But more studies need to be done to determine if pomegranate juice can decrease overall blood pressure in the long term.

### 10. Antiviral

Between the vitamin C and other immune-boosting nutrients like vitamin E, pomegranate juice can prevent illness and fight off infection. Pomegranates have also been shown to be antibacterial and antiviral in lab tests. They are being studied for their effects on common infections and viruses.

### 11. Vitamin-rich

In addition to vitamin C and vitamin E, pomegranate juice is a good source of folate, potassium, and vitamin K.

Whether you decide to add pomegranate to your daily diet or just sip on it every now and then, check the label to ensure that it is 100 percent pure pomegranate juice, without added sugar. Or, juice it fresh.

### 12. Memory

Drinking 8 ounces of pomegranate juice a daily may improve learning and memory, according to a recent study.

### 13. Sexual performance and fertility

Pomegranate juice's concentration of antioxidants and ability to impact oxidative stress make it a potential fertility aid. Oxidative stress has been shown to cause sperm dysfunction and decrease fertility in women.

The juice has also been shown to help reduce oxidative stress in the

placenta. But researchers don't yet know the exact benefits this may provide. Drinking pomegranate juice can also increase testosterone levels in men and women, one of the main hormones behind sex drive.

## 14. Endurance and sports performance

Move over, tart cherry and beet juice. Pomegranate juice may be the new sport performance enhancer. The juice may help reduce soreness and improve strength recovery. It also decreases oxidative damage caused by exercise.

## 15. Diabetes

Pomegranate was traditionally used as a remedy for diabetes in the Middle East and India. While much is still unknown about the effects of pomegranate on diabetes, it may help decrease insulin resistance and lower blood sugar.

### RELATED COVERAGE

## Does Pomegranate Have Iron?

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- ◆ [Iron Content in Apples & Bananas](#)
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Roughly the size of a large orange, the average pomegranate contains about 800 arils, or seeds encased in translucent red juice-filled sacs. Pomegranate arils are embedded in a white inedible membrane, from which they can be notoriously challenging to extract. While pomegranates do provide some iron, they're considerably higher in fiber, vitamins K and C, folate, potassium and antioxidant compounds.

### Nutritional Profile

One cup of pomegranate, or a bit more than half the arils of an average fruit, has 144 calories and half a milligram of iron, or just under 3 percent of the nutrient's daily value, according to U.S. Department of Agriculture data. More significantly, a cup of pomegranate supplies 36 percent, 30 percent and 28 percent of the daily values for vitamin K, vitamin C and fiber, respectively, as well as 16 percent, 12 percent and 6 percent of the daily values for folate, potassium and protein, respectively.

Although it's slightly higher in potassium, bottled pomegranate juice is generally less nutritious than the whole fruit. With 134 calories, a cup of bottled pomegranate juice provides just 1 percent of the daily value for iron.

### Iron in Fruit

The iron in food comes in two forms -- heme and nonheme. Meat, poultry and fish provide mostly heme iron, while fruit, vegetables, grains, legumes, nuts and seeds contain only nonheme iron. Although heme iron is more easily absorbed than the nonheme type, most of the iron in the diet comes from nonheme sources. Several fruits provide more iron than pomegranates. Because its nutrients are concentrated, dried fruit is generally higher in iron than fresh fruit. A packed 1/2 cup of seedless raisins provides almost 9 percent of the daily value for iron, while an 8-ounce glass of prune juice supplies about 17 percent of the nutrient's daily value, according to the USDA. Prunes, dates, figs, strawberries and dried apricots are other iron-containing fruits.

### Bottom line

Green juice isn't the only healthy option out there. Adding pomegranate juice to your diet may reduce your risk for chronic disease and inflammation. It's also a great way to get the fruit's nutrients and a boost of antioxidants.

There are various brands of pomegranate juice to purchase online. It is a good idea to compare different products to choose the most beneficial one.

It's best to check with your doctor before drinking pomegranate juice every day, to make sure it won't interfere with any of your medications.



### Maximizing Absorption

The amount of iron you absorb from any food depends on the amount of iron stored in your body. In general, however, much of the iron you consume is never absorbed for use -- the absorption rate of nonheme iron is roughly 3 percent of the amount consumed, according to Colorado State University Extension. Foods high in vitamin C or those containing heme iron boost the bioavailability of nonheme iron. A pomegranate's vitamin C content, therefore, helps your body access the iron in the fruit. For an iron-rich dessert that's also high in vitamin C, toss pomegranate arils with quartered strawberries, dried apricots and orange slices.

Certain compounds and phytonutrients inhibit iron absorption, including tannins, polyphenols and oxalic acid. Consuming chocolate, spinach, tea or coffee along with pomegranate will minimize iron absorption.

### Recommended Intake

The recommended dietary allowances, or RDA, for iron are set to meet the nutritional needs of most people. Periods of rapid growth such as pregnancy demand a higher iron intake, while menopausal women generally require less. RDA guidelines takes into account that most of the iron you consume isn't absorbed for use. For men over the age of 18 and women over the age of 50, the RDA for iron is 8 milligrams per day. From the ages of 19 to 50, however, women should get 18 milligrams of iron each day, and pregnant women of any age require 27 milligrams of iron per day.



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# Canadian Eyesight Global

## Giving Light to the World



## About

*Canadian Eyesight Global – formerly Canadian Eyesight International – is a registered Canadian charitable organization comprised of surgeons, doctors, business leaders and numerous volunteers concerned with global blindness.*

*It is made up of individual Canadians concerned about other people – those in India and such developing nations who are especially vulnerable to blindness as well as those who have already lost their eyesight. In these nations, there are many health and social issues that require attention. Because blindness is caused by many problems, including lack of adequate nutrition, sanitation and trauma, we have the opportunity to bring health in many different forms.*

## Objective

*Canadian Eyesight Global strives to help those who are unable to help themselves and to give people who are blind or visually impaired real support. For over 29 years, we have been helping our community with our partner doctors in India and other developing countries to enhance the facilities and treatment programs, with outstanding results.*

## Vision

*Our Vision is to eliminate avoidable blindness by 2020 and to ensure the best possible vision for all people. Canadian Eyesight Global organization is working to remove blindness that is a major health issue among the young, the underprivileged, the aged. Visual impairment in some instances can lead to death. The problem is growing day by day. Every second, one person in the world goes blind. A child goes blind every minute. Yet for three out of four of these people, blindness was completely preventable.*

*Global trends show millions of people going blind each year. Eighty percent of the worlds blindness is preventable by means of nutrition, sanitation, antibiotics or surgery. Canadian Eyesight's view is to work toward the elimination of the preventable causes of blindness. Working with other health organizations and various levels of government, we believe this goal is achievable.*



## How it all began

In 1989 the Founder and CEO Anup Singh Jubbal (pictured top left) established the Project Eyesight with the cooperation of Rotary Club of Burnaby-Hastings and the Rotary Club of Lucknow-Khass. Approximately 5,000 people from the rural segments of the Lucknow district received free medical treatment for a wide range of eye diseases. 991 free eye operations were performed in eight Eye Relief Camps organized by Project Eyesight.

The programme was financed by the aid of over a quarter million rupees, provided by the Rotary Club of Burnaby-Hastings, RI District 5040. Human resources, money a materials were also provided by the Rotary Club of Lucknow-Khass.

The then Canadian Deputy High Commissioner in India, H.E. Mr. Gary Smith (pictured middle left) was accompanied by his First Secretary of Development and delegation of six Rotarians from the Rotary Club of Burnaby (pictured bottom left).

Not only was he able to visit the camps first hand and make an appraisal of the enormity of medical problems in rural India, but he could also witness the significant contribution Project Eyesight 1989 was making.

## Special thanks from

**Anup Singh Jubbal, MSM,**  
President and CEO (Founder)  
Canadian Eyesight Global

to:

The members of board of directors,  
Canadian Eyesight Global,  
the President and members of  
Rotary Club of  
Surrey-Guildford, BC. Canada;

The team of  
Dr. David. R.S.Neima,  
MD, FRCS(C), Ophthl,  
V.P. Overseas Programs, Canadian  
Eyesight Global and associates,  
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since 2004;

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Rtn. Surjit Singh Arora, eye camps  
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dedicated volunteers;

PDG. Manjit Singh Sawhney and members  
of Rotary Club of Rotary Club of Delhi  
South Metropolitan,  
Delhi. India,  
for supporting Eye Camps, since 1991.

Members and volunteers of Sri Guru  
Singh Sabha Panchayan, Faridabad,  
Haryana, India; Dr. Shamim Ahmed and  
para-medical staff, City Eye Hospital, Nuh,  
Haryana, India;

Hundreds of Rotary Clubs, local Eye  
Hospitals and Para-medical staff and  
dedicated volunteers in India, supporting  
this noble eye project in India,  
since 1989;

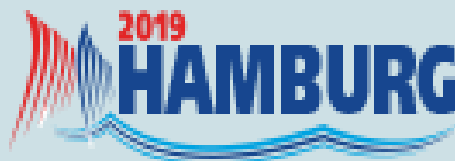
Dr. Amandeep Singh Arora, MS.  
Arora Eye Hospital & Retina Centre and  
Para-medical staff,  
Jalandhar, India;

PDG. Dr. Surinderpal Singh Grover MD.  
Rotary Club of Jalandhar West and  
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Rotary Clubs, Indo-Canadian Community,  
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Register for the 2019 Rotary  
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## Free Eye Camps Near Amritsar

Canadian Eyesight Global (CEG) is proud to  
host free eye check-ups and cataract  
implant lens surgeries in various parts of  
rural India since 1989.

CEG is proud to be hosting eye camps near  
Amritsar, India, on every second Sunday.

For more information, contact  
Canadian Eyesight Global  
at 604-582-0579 or  
[info@canadianeyesight.org](mailto:info@canadianeyesight.org)

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*Striving to eliminate avoidable  
blindness by 2020 and to ensure  
the best possible vision for all  
people.*

*Your donations provide eyesight  
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*Your Donation does everything  
you really need your donation to  
do.*

*Canadian Eyesight Global,  
Formerly Project Eyesight-India  
since 1989, has changed lives of  
tens of thousands of people in  
rural parts of India by giving the  
gift of sight who otherwise spend  
their lives in blindness and  
despair.*

*Your gifts directly improve  
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Canadian Eyesight Global is a charity organization  
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Project Eyesight

