

INDRA MOHINDRA, O.D. M.Sc. BIO

Dr. Indra Mohindra, a rehabilitative Optometrist, graduated in Optometry in 1957 from London England, and came to the United States in 1960 for graduate studies. After her Masters in Physiological Optics, she started her academic career in Pediatric Optometry she taught in several U.S. universities, finally settling in Boston in 1970. In addition to her academic career she pursued her Pediatric Optometry practice which expanded into Rehab Optometry delivering good healthy vision for all ages, in the Boston Metropolitan area since 1975. She worked as an associate Optometrist at the M.E.E.I., Rehab Clinic, for over twenty five years. She is currently working part time in a busy Ophthalmology Practice in Winchester, MA. Dr. Mohindra's innovative research, in infant vision and infant refraction, in affiliation with vision scientists at M.I.T., resulted in a new technique for refracting infants and non-verbal patients without the use of unpleasant eye drops—now known as The Mohindra Technique. The Mohindra Technique is taught in all optometry schools all over the world.. Her discoveries about the development of infant vision have been published in the journal Science. The author of more than 35 articles published in the scientific and medical literature, Dr. Mohindra has made numerous presentations of her findings nationally and internationally Her interest in eating healthy was sparked early during her Pediatric Clinical teaching when she observed the eating habits of pediatric patients and its possible connection with their unhealthy vision. Upon changing the eating to a healthier food selection of some patients-and noticing improvement in their vision. Then she started to introduce this concept to all age groups, whenever possible, with positive results. Finally, she was guided in her personal healthy food sojourn, by her spiritual teacher, Sri Sathya Sai Baba, nearly twenty six years back, soon after her bout with her nearly fatal attack of Asthma, which took

her to the ICU at Mass General Hospital. She introduced first steps of her food sojourn, influenced by following her spiritual teacher- Sai Baba's teachings in EXPERIENCING SATHYA SAI BABA published in 2011. Her latest updated versions of eating healthy the SAI WAY was published in 2019 and currently available on Amazon. Even at this age after adopting this healthy way of eating and taking no medications, all her health vitals, according to her physicians are like those of age of early twenties!

TOPIC FOR PRESENTATION:

You are what you eat!

Dr. Indra Mohindra through years of treating patients across various age groups, was convinced that "Food as medicine" went a long way in improving the physical, mental and also optical health of people. As she became more aware, her curiosity of Organic foods and understanding its longterm benefits increased. She became convinced that "Organic" foods when eaten the right way following simple guidelines of "What-How-When" to eat, is the only attempt at bringing upon a disease-free lifestyle. She became a personal advocate and has since been guiding people through her talks and books. "You are what you eat" - this talk will be about her 25 year personal and professional journey of putting her "Awareness to action", by helping many of her patients and also that helped her recover from severe sickness to health without taking any medicines despite her advancing age. Indeed she is an inspiration for us to adapt to healthy eating and achieving healthy living.