



NEWSLETTER

Message from the desk



Men and women both belong to kitchen; both belong to work space, both have right to freedom of choice, freedom to build our beliefs individually. I also talked about how every girl must educate herself to build her career, make her money, to build herself esteem, nature her beliefs and be an equal partner in a relationship rather than boxing herself in stereotypical gender roles. Everything must be a CHOICE. Working or otherwise! I also support other women's efforts because I am not her and she is not me. We are all meant to shine differently.

-Dr. Arrpita Arorah

Director

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

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NUTRITION SUPPLEMENTS AND EYE



Health is defined by the world health organization of the united national as the "state of complete physical, social well-being and not merely the absence of disease and infirmity". Nutrient requirement can be defined as the minimum amount of absorbed nutrient that is necessary for maintaining the normal physiological functions of body.

The health of the eye is dependent on the health of the body. There are about 50 known essential nutrients for the human body, which include the vitamins and about 20 minerals. The mode of action may be directly on the eye or by promoting bodily health on which the eye depends. Results the lens and retina suffer oxidative damage and the anti-oxidant vitamins A, C and E are implicated as protective. Studies in man give indifferent support to the role of nutrition in the development of cataract. In the elderly, vitamin intake may be inadequate, so that a vitamin supplement may be reasonable. Zinc has a role in retinal metabolism and may be beneficial in macular degeneration. Selenium has an anti-oxidant role. Other minerals including copper have a less defined role. Carotenoids are concentrated at the macula and have an anti-oxidant role. A reduced risk; of macular degeneration is found in relation to a high serum level. The essential fatty acid, gamma-linolenic acid (GLA), is useful in Sjogren syndrome and may help in other dry eye conditions. Omega-3 fatty acids are important in retinal development and have a role in preventing cardiovascular disease. Conclusion all persons should be encouraged to maintain healthy nutrition. Middle-aged and elderly patients may benefit from a supplement. An

intake in excess of the recommended daily intake may be beneficial, but this is not proven. Further clinical trials are indicated to define the advisability of vitamin, mineral and other supplements. Dosages for recommended intake and for supplements are given.

The role of vitamins has been considered in maintaining the health of the retina and lens. Both are considered to be under threat of damage by oxidation due to free radicals that are generated in part by normal metabolic processes and in part by exposure to radiation in sunlight. Cigarette smoke is also a source of free radicals. The development of cataract has been associated with a number of systemic diseases, including cardiovascular, diabetic, renal and gastrointestinal (diarrhoea), and with increased mortality. Similarly hypertension is a risk factor for age-related retinal macular degeneration (ARMD). It is possible that vitamins and other nutrients may have a direct action in protecting the lens and retina, or separately in promoting the health of the body to benefit the eye indirectly. An extensive literature exists concerning the role of the antioxidant vitamins in the prevention of vascular disease. Other known vitamins have a role to play in eye health. Nicotinic acid (vitamin B 3) and the other B vitamins (B 1, B: z, B 6 and B12 are essential to the maintenance of optic nerve function. The effects of deficiency are not generally seen in Western populations, except in those taking excess alcohol or smoking excessively. The recommended daily allowance for adults is 1.4 mg of vitamin B 1 (thiamine) and 1.6 mg of vitamin B 2 (riboflavin).

The information available provides an indication that nutrition is a significant factor in eye disease and that nutritional supplements may have a role in the prevention of eye disease. For the clinician it is clear that further randomised clinical trials are needed. The information is not so clear in indicating whether individual patients should be advised to take a supplement. Patients of all ages should be encouraged to maintain healthy nutrition, including the consumption of fresh fruit and vegetables, especially green vegetables, and vegetable and fish oils in place of animal fats. They should also be encouraged to avoid the adverse effects of smoking on nutrition. Middle-aged and elderly patients may benefit from a dietary supplement that ensures they receive an adequate daily intake of the various vitamins and minerals.

The recommendation for an adequate daily intake has been known as the Recommended Daily Allowance (RDA). In the case of the anti-oxidants, a daily intake in excess of the RDA or RNI may be beneficial, but this is yet to be proven. For patients already affected by cataract, it is uncertain that a supplement taken at this stage will have any effect. For those with ARMD affecting the vision in one eye there is a possible case that a vitamin and / or mineral supplement may help protect the unaffected eye. Further clinical trials are indicated to define the advisability of vitamin, mineral and other supplements.

Janvi P Patel

(M. Sc. MT-CLT part 2)



MONSOON MISERY



The Rain It is a truth universally acknowledged that there are two kinds of people in this world — those who love rain and those who don't. And the battle lines seem to be clearly drawn. "I don't like the rains and I absolutely detest getting wet when it is pouring. Rains are messy. They make me feel sad, locked up and constrained," declares Ramya Shashibhushan, a homemaker-entrepreneur. This sunshine soul has a strong suspicion (and not without reason) that she may be in the minority; after all, it is not the quite done thing to decry rains. So she adds that when it rains, she would like to snuggle with someone and watch it from the comfort of her home, without getting wet. "Not even a drop," she emphasizes.

Love v/s Hate

On the other end of the rainbow is Chaya Dwarkanath, a 'Bengaluru hudugi' who has now

settled in California. She says the very thought of rain makes her delirious. With happiness that is. "My daughter knows how happy rains make me. So, when I am watching rains, she ensures I say yes to things I normally wouldn't. Later, when I ask her, she coolly tells me I gave her permission the other day when it was raining!" laughs Chaya. "I love everything about it — the soaking-playing-drenching, the rainy day songs, the coffee and bhajjis — no umbrella needed!" She says.

Rain as a character

For most of us, rain is a recurring, living, breathing character in our lives. Of all the seasons, it is the monsoon that evokes a range of emotions within us. (You will not, for instance, see many go gaga over how sunny or wintry it is) This was true of Kalidasa as well, who arguably wrote the most hyperbolic tribute to those carriers of rain in his epic work Meghadootam, where a lovelorn couple enlists the help of a wayward cloud to communicate their feelings. In more modern times, this love of rain was what prompted British author Alexander Frater to pen his iconic book Chasing the Monsoon where he literally did that, he witnessed firsthand the monsoon bursting upon Kerala and slowly journeying up to Delhi, Kolkata, Cherrapunji and finally on to Bangladesh and wrote about it like a true romantic adventure. His travelogue tells us with wry humour why monsoons are such an integral part of our collective consciousness. Rain as an adventure for long-time buddies and homemakers Sharmila and Chitra, rain is an adventure. Both recall monsoon holidays where the constant downpour did not stop them from having fun. "Once we had been to a beach in Mangaluru during the monsoons and it started raining heavily. Initially, all of us looked for shelter, but the kids went out and we joined in, makes for great memories," says Chitra. Sharmila narrates her family's visit to Kerala in the middle of the monsoons. "We went boating in the heavy rain, kids and all... it was dreamy." Rain is nostalgic; rain is melancholic; rain is first love; rain is lost love; rain is madness; rain is magic; rain is wisdom; rain is freedom, and sometimes, benediction. Perhaps deep within all of us is the knowledge that rain is life itself and all our emotions towards it are just us being grateful that it pours. Rain is food and food is love. At least that's what our dipstick survey tells us. When it rains, everyone and their aunt want to, no prizes for guessing, eat. The slightly health-conscious ones want to drink. The slightly health-conscious ones want to drink. Mention food with rain and nearly everyone we asked said 'bisi khara thindi' (hot-n-spicy snacks) or a variation of it. Some wanted chai or coffee to go with it; a few mentioned hot chocolate but pakodas, bhajjis, samosas and kachoris were the ones that won hands down. Some wanted to sit by the window with a plate full of the stuff and hog while watching it pour. Now that sounds as right as rain, doesn't it!

Manasi Patel & Maitri Patel
(SY- Optometry)



MIRACULOUS STUDY; EXPERIMENTAL DRUGS TRIAL REMOVES CANCER ENTIRELY



Cancer is a leading cause of death world-wide. Cancer is a generic term for a large group of diseases that can affect any part of the body. Other terms used are malignant tumours and neoplasms.

For what would seem unbelievable to many, has really happened and most probably has thrown open a new gate towards cancer and medication. A group of 18 people were administered a drug called 'Dostarlimab' for six months and it was seen that the tumors had disappeared. These patients were having rectal cancer. Cancer doctor's dreams are made of Dr. Andrea Cercek, the researchers and a co-author of the paper said on the research. According to New York Times, in a very small clinical trial, 18 patients took a dostarlimab for around six months, and in the end, every one of them saw their tumours disappear.

How does dostarlimab work?

Dostarlimab works by unlocking the body's natural immune system to fight cancer. When we give immunotherapy with dostarlimab, it ramps up the immune system so that it sees cancer and gets rid of it. Dr cercek explains about how the drug worked leading to this major discovery. Another highlight of the study was that none of the patients showed any severe side effects whereas in general 3-5% of patients who are administered dostarlimab experience side effects.

Many procedures are available to treat cancer, with many more being studied. Some are "local" treatments like surgery and radiation therapy, which are used to treat a specific tumor or area of the body. There are so many disadvantages of other therapies like Mouth, tongue, and throat problems such as sores and pain with swallowing, peripheral neuropathy or other nerve problems, such as numbness, tingling, and pain. Skin and nail changes such as dry skin and colour change, Urine and bladder changes and kidney problems.

Incidence rate of rectal cancer in India ranges between 3.9 to 4.4/lakh.

As per a 2020 report by the Indian Council of Medical Research (ICMR), colon cancer ranks 8th and Rectal cancer ranks 9th among men, In india, the annual incidence rates for colon cancer and rectal cancer in men 4.4 and 4.1 per 1,00,000, respectively. The annual incidence rate for colon cancer in women is 3.9 per

1,00,000. Older men are at a higher risk of developing this condition.

Cancers of the uterus, once spread outside the pelvis, are highly lethal and difficult to treat. A new class of drugs stimulating the immune system to suppress cancer cells is increasingly being studied. Dostarlimab, which is a newer type of immunotherapy, has been shown to be effective and safe in patients with uterus cancers that have spread outside the pelvis, particularly for a subtype called mismatch repair deficient and in this treatment cancer was completely obliterated in every patient undetectable by physical exam, endoscopy, positron emission endoscopy or PET scans or MRI scans.

Sources:

- (1) New York Times
- (2) Lawrence Kasherman, Soha Ahrari, Stephanie Lheureux "Dostarlimab in the treatment of recurrent or primary advanced endometrial cancer"

Aarchi patel
(M. Sc. MT-CLT Part -2)



SUCCESS MANTRA OF LIFE



There are many creatures living on this earth, such as animals, birds, insects, humans, etc. but among these creatures, human life is considered to be the best, because human birth is the only in which one can worship god and reach the gate of salvation. Along with devotion, the only person who succeeds in life is the one who manifests the spirit of learning something new day by day in his life. There were many disciples in the time of Mahabharata from whom we should get inspiration. Not a struggle in life, But a man with a spirit of dedication behaves as a best disciple. It is not that we can get our education only from a man older than us, but sometimes even a small person teaches us. The man who is not ashamed to learn is the only true student. Everyone has a desire that everyone recognises him evaluates his greatness and places him in that sense but he cannot be the same person because no human is perfect. When jealousy, greed, misdeeds, evil deeds, lusts, etc, come together, man's misfortune occurs. That is why man should always abandon all this and move on the path of progress.

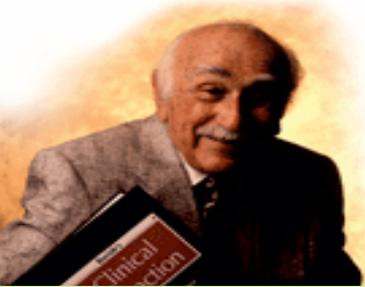
The best formula of man's life is

Purushartha (70%) +

Disha Patel
(T.Y. Optometry)



IRVIN BORISH



Irvin borish was an American optometrist who is widely considered “THE FATHER OF MORDEN OPTOMETRY”. Even though he entered in the field of optometry because his family could only afford to pay for two years of college, he left a lasting impression in the field. He wrote one of the most renowned textbooks of optometry, “CLINICAL REFRACTION”. He worked to create several educational and research institutes for optometry. He also lobbied tirelessly to establish optometry as a mainstream medical practice. His contribution to optometry has been recognized through prestigious awards and recognition from his peers. He moved to Indiana in 1944 to establish a private practice in optometry to apply his knowledge directly to patients. The same year Borish petitioned to create an Indiana chapter for the American Association of Optometry. He served as the president of the newly created chapter for two terms and then as secretary. Marty Topaz who was owner and publisher of the Optometric Weekly Magazine asked borish to write a book when there was need after increase in number of students. The book was CLINICAL REFRACTION was published in 1949 and the book has become standard reference for the field. When contact lenses were becoming popular, Borish became an early adopter, prescribing them to several of his clients and family. In particular he was interested in the bifocal contact lens.

- He was founder and Vice President of the Indiana Contact Lens, Inc.
- He has served as consultant of major optical companies including Bausch and Lomb, Ciba-Geigy, and American Hydron.
- He was chairman of the International Advisory Board for Tel Aviv University Optometry Program.
- He helped to find; The Association of schools and colleges of optometry, The AOA Council on Clinical Optometric Care, The Association of contact lens manufacturers.

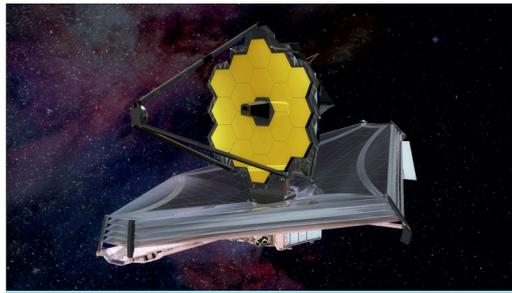
AWARDS:

- 1968- AOA Apollo award
- 1968-Indiana University Honorary LL.D degree
- 1979- American Optometric Students Association –Golden Key International Award
- 1985- American Academy of Optometry's William Fein bloom Award
- 1987-Tel Aviv University- Friendship Award
- 1987- Heart of America Contact lens/ Primary care congress- Visual Service Award
- 1989- AOA Distinguished Service Award

JINAL PAREKH
S.Y. B. OPTOMETRY
DISHA PATEL
T.Y. B. OPTOMETRY



DEEP SPACE DIVE (JAMES WEBB TELESCOPE)



Diving in to the space is always an interesting topic for the human. What we know so far about the space is like a drop of water in the ocean. To explore more, to acquire more knowledge about the mysterious and the very interesting deep space one fine day the strongest telescope ever made in the history of mankind left the earth orbit. Yes I am talking about the sensational the most powerful JAMES WEBB TELESCOPE, it was launched in December 2021 on a European Space Agency (ESA) Ariane 5 rocket from Kourou, French Guiana, and entered orbit in January 2022.

To make this project possible so many countries and orgainstations collaborated together which includes, NASA, ESA and CSA they have collaborated on the telescope since 1996. ESA's participation in construction and launch was approved by its members in 2003 and an agreement was signed between ESA and NASA in 2007. In exchange for full partnership, representation and access to the observatory for its astronomers, ESA is providing the NIRSpec instrument, the Optical Bench Assembly of the MIRI instrument, an Ariane 5 ECA launcher, and manpower to support operations. The CSA will provide the Fine Guidance Sensor and the Near-Infrared Imager Slitless Spectrograph plus manpower to support operations. Several thousand scientists, engineers, and technicians spanning 15 countries have contributed to the build, test and integration of the JWST. A total of 258 companies, government agencies, and academic institutions are participating in the pre-launch project; 142 from the United States, 104 from 12 European countries (including 21 from the U.K., 16 from France, 12 from Germany and 7 international, and 12 from Canada. Other countries as NASA partners, such as Australia, have or will be involved in post-launch operation.

This project has some big goals which are as follows:

- **Search for the galaxies that formed the very beginning after the Big Bang.**
- **Determine the evolution of galaxies from their earlier formation until now.**
- **Observe the stages of the formation of stars until the formation of planetary systems.**
- **Measure the physical and chemical properties of planetary systems and investigate the potential for life in such systems.**

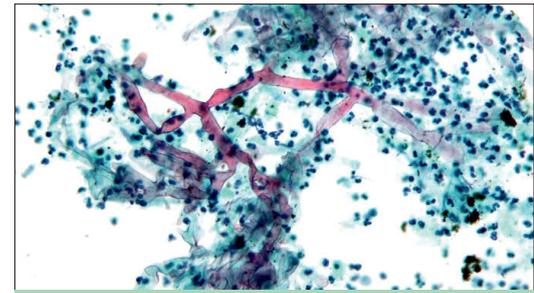
Source: Wikipedia

Satish Kumar Jha
Asst. Prof.

Department of Imaging Technology



MUCORMYCOSIS AND COVID 19



The second wave of COVID-19 has affected India substantially, with the highest number of daily reported cases. As India continues to achieve stability over the existing situation, another imminent threat has emerged as a challenge to India in the form of corona virus disease-associated mucormycosis. It is an infection caused by fungi belonging to the order Mucorales, is a rare but potentially fatal infection if inadequately treated and often referred to as the so-called black fungus. The state of Gujarat alone contributed to the highest number of cases in India, with at least 3726 cases of mucormycosis in patients with active and recovered COVID-19. Rhizopusoryzae is the most common organism isolated from patients with mucormycosis and is responsible for • 70% of all cases. Unfortunately, despite disfiguring surgical debridement and adjunct antifungal therapy, the overall mortality rate for mucormycosis remains >50%. The major risk factors for mucormycosis include uncontrolled diabetes mellitus in ketoacidosis, other forms of metabolic acidosis, treatment with corticosteroids, organ or bone marrow transplantation, neutropenia, trauma and burns, malignant hematologic disorders, and deferoxamine therapy in patients receiving hemo-dialysis. But diabetes mellitus, a “classic” risk element for mucormycosis, is associated with increased morbidity and mortality in COVID-19. As with any other serious infection, patients with COVID-19 are predisposed to diabetic ketoacidosis. Evidence suggests SARS CoV-1 induces damage of pancreatic islets resulting in acute diabetes and diabetic ketoacidosis. This is a possible explanation for the “diabetogenic state” in SARS CoV-2 infection, as there is a high expression of angiotensin-converting enzyme 2 receptors in pancreatic islets, along with increased insulin resistance due to cytokine storm. In addition to hyperglycemia, an alteration of iron metabolism occurs in severe COVID-19. High ferritin levels lead to excess intracellular iron that generates reactive oxygen species resulting in tissue damage. The resultant tissue damage leads to the release of free iron into the circulation. Iron overload and excess free iron seen in acidemic states are one of the key and unique risk factors for mucormycosis. Interestingly, acidemic states and hyperglycemia induce the endothelial receptor glucose-regulated protein (GRP 78) and the Mucorales adhesin spore coat protein homologs (CoH), creating a “perfect storm” for increased adhesion and penetration of Mucorales to the endothelium. Of interest, GRP 78 has been postulated as one of the receptors responsible for SARS-CoV-2 entry

Dr. Dhaval Acharya
Associate Prof.

Department of Medical Technology



MEASURING AND MANAGING HYPERTENSION

What is hypertension?

High-blood pressure (hypertension) is a common condition in which the long-term force of the blood against your artery walls is high enough which may cause heart disease.

What is the normal range of blood pressure in my body?

The normal range of blood pressure in one's body is less than 120/80mmhg

Measuring hypertension

You'll likely have your blood pressure taken as part of a routine doctor's appointment.

Ask your doctor for a blood pressure reading at least every two years starting at age 18. If you're age 40 or older, or you're 18 to 39 with a high risk of high blood pressure, ask your doctor for a blood pressure reading every year. Blood pressure generally should be checked in both arms to determine if there's a difference. It's important to use an appropriate-sized arm cuff.

How to manage hypertension?

You can help prevent high blood pressure by having a healthy lifestyle.

This means eating a healthy diet. To help manage your blood pressure, you should limit the amount of sodium (salt) that you eat and increase the amount of potassium in your diet. It is also important to eat foods that are lower in fat, as well as plenty of fruits, vegetables, and whole grains

Getting regular exercise

Exercise can help you maintain a healthy weight and lower your blood pressure.

Being at a healthy weight

Being overweight or having obesity increases your risk for high blood pressure.

Limiting alcohol

Drinking too much alcohol can raise your blood pressure. It also adds extra calories, which may cause weight gain

Not smoking

Cigarette smoking raises your blood pressure and puts you at higher risk for heart attack and stroke.

Managing stress

Learning how to relax and manage stress can improve your emotional and physical health and lower high blood pressure.

If you already have high blood pressure, it is important to prevent it from getting worse or causing complications. You should get regular medical care and follow your prescribed treatment plan. Your plan will include healthy lifestyle habit recommendations and possibly medicines.

Anjali Swami And Krupali Khaniya
(TY- B. Sc. MT-CLT)



ASSAM HAS FLOODED AGAIN! "WORST FLOOD IN DECADES."



Assam floods refer to the significant flood event of the Brahmaputra and Barak River in the Indian North-Eastern state of Assam. Initial flooding started in year 2012 and continues till now, on 16th June 2022 heavy flood in Assam was reported. 2022 has been no exception with over 117+ death, 2Lakh+ people are living in relief camps, 28-32 districts are full of flood, 1 Lakh+ hector land damaged, also 218 roads and 30 bridges damaged. Flooding continues to affect over 2 million people in the North-Eastern state of India.

How Assam floods have endangered animals at **KAZIRANGA NATIONAL PARK?**

The flood water has submerged 15% of Assam's Kaziranga National Park and Tiger reserve areas. The flood-prone wildlife habitats include Manas National Park, Orang National Park and Pobitora wildlife sanctuary. At least 5 animal deaths were noted. 1 leopard and 4 Hog deer were found dead in Kaziranga Park. Assam Minister has taken precautions by constructing 40 highlands in National parks and wildlife sanctuaries as animal shelter during high floods. Flooding continues to affect – Bihar, Arunachal Pradesh, West Bengal, Silchar, Betkundi and Sarma. Nagaon was severely affected by the current wave of floods.

Rescue and Relief:

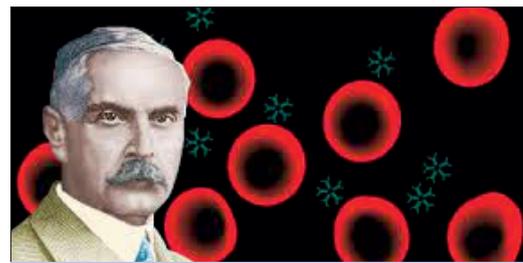
Works by SDRF and NDRF were made possible by the government. Services like the national disaster response force, The Assam state disaster response fund, Fire and emergency services and Police force were on rescue. AAPDA Mitra volunteers are putting efforts to evacuate individuals from affected areas of region safely. IIT Guwahati team conducted a survey over affected areas. Government should focus on preventional ways for floods in Assam and other states suffering from the same, which can prevent loss of millions of rupees, the elegant nature of the place and livelihood of people living in flood-prone areas in India.

Source: Wikipedia and News paper

Janvi P Patel
(M. Sc. MT-CLT part 2)



'FATHER OF TRANSFUSION' KARL LANDSTEINER



Born into a Jewish family, Landsteiner's father, Leopold (1818-1875), a renowned viennese journalist. After graduation with the Matura exam from a Vienna secondary school, While still a student he published an essay on the influence of diets on the composition of blood. After returning to Vienna he became an assistant to Max von Gruber at the hygienic Institute and in studies concentrated on the mechanism of immunity and the nature of antibodies. He published 75 papers, dealing with issues in serology, bacteriology, virology, and pathological anatomy. In addition he did some 3600 autopsies in those ten years. During that time he discovered – in co-operation with Erwin Popper – the infectious character of poliomyelitis and isolates the polio virus. He was posthumously inducted into the Polio hall of fame at warm springs, Georgia, which was dedicated in January 1958. Today, whole blood transfusions are rare. It is now well known that persons with blood group AB can accept red blood cell donations of the other blood groups, and that persons with blood group O-negative can donate RBCs to all other groups. Individuals with blood group AB are referred to as universal recipients and O-negative group are universal donors. Therefore, the immune systems of persons with blood group A, B or AB do not refuse the donation. Further, because persons with blood groups AB do not form antibodies against either the antigens of blood groups A or B, they can accept red blood cells from persons with these blood groups, as well as from persons with blood groups O-negative. Landsteiner was elected to the National Academy of Sciences in 1932 and awarded the Cameron Prize for Therapeutics of the University of Edinburgh in 1937. He was elected a Foreign Member of the Royal Society (ForMemRS) in 1941. In 1946, he was posthumously awarded the Lasker-DeBakey Clinical Medical Research Award. Since 2005, World Blood Donor Day is celebrated on the birthday anniversary of him.

Dhruvil Shah
(M. Sc. MT-CLT Part- 2)



BONJOUR ALEXA



"Hey Alexa, play songs from my music library" I heard when I entered my home from my Hostel for vacation. In the beginning, my parents found it difficult to talk to Alexa and I thought the next time I come home, I'll find her in dust in the corner of the house. Well, I was totally mistaken. When I came back home, I realized that they were completely obsessed with her.

Alexa didn't raise my interest in it. I know very well that, I could ask anything to Alexa with which I am used to. But I'm not much of a talker when it comes to speaking to inanimate objects. Once, I heard my mom asking her, "Alexa, honey could you please stop the music". A thought came to my mind that Alexa gets spoken to better than me, and she was not even real. I went straight to her and said loudly, "Hey Alexa, I don't like you". The response came "I am really sorry to hear that. You can always send feedback through the help and feedback section through the Alexa app." everyone laughed.

It's not that I hate Alexa, but the factuality that how Artificial Intelligence has taken over our lives makes me bothersome. I know

AI is the future waiting for us and of course, it is beneficial. But at some point, I think it will shatter the thin line between reality and fantasy. Many people, including the late physicist Stephen Hawking, have raised concerns that the rise of powerful AI systems could spell the end for humanity. The fact that AI is dubbed "intelligent" is ultimately down to the fact that it can learn. But even when it comes to learning, it is no match for humans. In fact, toddlers can learn by just watching somebody solving a problem once. An AI, on the other hand, needs tons of data and loads of tries to succeed on very specific problems. Machine learning and AI are tools. They can be used in a right or a wrong way, like everything else. It is the way that they are used that should concern us, not the methods by which we use them. Human greed and human ignorance scare me far more than artificial intelligence does.

Prachi Bhatt
(T.Y. Optometry)