

**MP STATE CENTRE**  
**Lecture on Light Therapy**  
December 30, 2012 Indore

The 38th uninterrupted monthly meeting and lecture of ISLE MPSC was organised on December 30, 2012 at Hotel South Avenue in Indore. The Breakfast Seminar marked a befitting end to the calendar year 2012, with the resource person this time as Dr. Alok Mittal, Director (Management), Medi-Caps Institute of Technology and Management, Indore. He delivered a presentation on the topic of Light Therapy, the first in the monthly lecture series on medical applications of Light. Mr. Sameer Kotwal of Friends Combine, Indore introduced the speaker to the audience.

This lecture was sponsored by Oscar Electricals, Indore and was the first fully sponsored lecture programme.

The programme started with the welcome address of Shri Akhilesh Jain. He announced the availability of the Directory of the Lighting Industry in India published by ISLE and informed that this publication could be bought at a price of Rs. 550 per copy inclusive of courier charges. He informed the members that the diploma course in lighting designed by LET, UK was now available in India through ISLE and Mewar University, Rajasthan. He further mentioned that efforts would be undertaken to initiate such a programme in MP through a reputed University or a premier Institute.

Dr. Alok Mittal started his presentation by explaining the evolution of Light Therapy. He discussed the various characteristics of light required for bio medical applications. He explained that Polychromatic, Incoherent, Synchronized and Low Energy light is required for optimum body tissue penetration for minimising the heat effects and for photo bio-stimulation.

He further went on to elaborate the basic sciences for organs of the body and the absorption and adsorption of light and its effect on DNA and RNA in blood vessels.

The speaker showed the progress of a wound in the foot healed by Light Therapy within four weeks. Dr. Alok Mittal explained that patients suffering from pain in the lower back, elbow joints, knee joints, ankles, shoulders, neck and wrists, could be treated by Light Therapy. Light Therapy finds applications in various clinical fields like Dermatology, Rheumatology, Pain Management, Care of elderly people, Sports Injuries, Occupational Therapy, Stimulation of Tissue Repair, Post-Surgical Therapy, to name a few. The effects of Light Therapy through Infra-Red Light, White Light, Blue Light and Red Light, for dermatological applications were substantially covered.

The presentation concluded with care and precautions necessary during use of Light Therapy. High Frequency and Variable Intensity Light Therapy for Optical applications, Skin Cancers and Cataract treatment along with use of therapeutic lamps, and UV light for tanning of skin were also highlighted in the presentation.

Interesting questions and answers on bio-medical lighting followed the impressive presentation. Mr. Rajendra Raje, Committee Member, MPSC announced the names of ISLE members whose birthday fell in month of December. Thereafter the celebration of birthdays and the New Year - 2013 took place. The programme was anchored by Mr. Vivek Barve, Member, MPSC and the vote of thanks was proposed by Er. Dinesh Wadhwa, Hon. Secretary, MPSC. The seminar concluded with the meeting of the State Centre Committee.

Er. Dinesh Wadhwa  
Honorary Secretary  
ISLE, MPSC