

BLIND COURAGE

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also looking after with Katha's project through which 1,100 slum children of Delhi are being educated.

Says Preeti, "The first great challenge for me was to accept my disability and then develop my inner strength to



Preeti Monga: India's first visually impaired aerobic instructor

achieve as much in life as I would have done if I had not become visually impaired at 13."

Dr P Usha too lost her sight when she was 23. Her world went dark on December 9, 1987 when she was undergoing internship at the NMC Hospital in Calcutta. Being a doctor she recognised the signs of her deteriorating eyesight. She went in for laser treatment and a surgery but it was all in vain.

Dr Usha went to Dr Joseph's

