

Eye Care Camp-

A Report...

Date –April 9, 2021.

Timings- 10.30am- 4.00pm

Eye Camp spot: DHURI, Shyam Colony, BUDH VIHAR II

Eye camp no-1/FY21-2

The pandemic is still on and while people might choose to stay safe at home Sahyog Foundation team is still on their toes to help people regain their vision. Around 185 residence from Kapshera village participated in the eye checkup Screening and consultation organized at Shyam colony by Local NGO DHURI on April 9.2021 Everyone stepped in the consultation room was facing with some or the other eye issue.

Coronavirus lockdown has not only invited joint, back, knee problems, or weight gain but even eye issues. Work from home and missing eye check-ups led to the deterioration of eye health not only in adults or senior citizens but even children. Eye strain, tiredness, or headaches are some of the common complaints of people during the lockdown

While screening the patients and understanding their eye issues doctor prescribed eye drops and specs to the patients which were provided free to when at the camp site immediately. Sahyog Foundation team along with Doctor during the camp tried to aware the public about the occurring eye problem due to last one year long full\partial Lockdown imposed on the entire country to arrest the COVID-19 pandemic by restricting people's movement. "Work from home, attending online classes, not wearing spectacles, over-wearing contact lenses stress, lack of eye care especially when it comes to senior citizens and myopia is more commonly seen in children. Around how many people are adding eye issues to their long list of troubles by causing a 30 % rise in eye issues. Prolonged exposure to the blue light coming out of the gadgets led to dryness, burning, watery, redness, blurry vision, eye pain, double vision, and even headaches. Even a bright room can be troublesome for your eye muscles. Ignoring problems like diabetes, high blood pressure, or cholesterol can give a tough time to you and family members so try to take care of your health,"

To refocus on eye health, use an anti-glare screen for the monitor, take frequent breaks, enlarge the size of your text, hold your phones or tablets on your lap with arms at 90 degrees, don't strain your eye muscles, blink often to avoid dry eyes, opt for a well-balanced diet, give up on alcohol and smoking, wear spectacles, avoid working under dim light and go for regular eye examinations that will help manage your eye conditions like glaucoma, cataracts, or age-related macular degeneration were recommended to the patients as needed .

Many students and people using mobile phone for longer durations were suggested to Follow the 20-20-20 rule, every 20 minutes, try to look at something 20 feet away at least for 20 seconds, limit the usage of electronic gadgets, and manage diabetes-related conditions that can cause loss of vision.

During the camp out of 185 people screened for eye ailment, free spectacles were distributed to 71 patients eye drop to 119 and 9 patients were diagnosed and registered for free cataract operation and were referred to Hospital for free surgery. The patients were extremely happy and thankful to the organizers for the screening camp and regaining their eye issues that too at pandemic time. Social distancing and sanitation were closely monitored by NGO for which Sahyog Foundation is grateful Sahyog Foundation is happy to provide a direct impact on the lives of the people.

Seema Khurana

CSR Lead & Activist

