

# WORLD SIGHT DAY SPECIAL PROJECTS IN MUMBAI



DISTANCE VISION EXAMINATION IN PROCESS

**W**ith the average lifespan expectancy increasing worldwide, myopia and diabetic retinopathy are set to increase vision impairment in the coming decades. A major proportion of vision impairment globally (about 80 per cent) is considered avoidable with effective interventions available to prevent eye diseases, as well as prevent, delay or reverse vision impairment. For example, uncorrected refractive error can be corrected with glasses while cataract surgery can restore vision. Such vision rehabilitation helps to improve functioning for people with irreversible vision impairment.

All these factors make World Sight Day the most important

advocacy and communications day in the eye health calendar. Observed annually on the second Thursday of October, the day is dedicated to increasing awareness about eye health and drawing attention to blindness and vision impairment through programmes conducted on and around the day by professional bodies, hospitals, teaching institutes and companies in the field.

This year's theme for WSD which fell on 10<sup>th</sup> October was 'Vision First'. It is a fitting occasion to engage with all people and particularly with those who are most vulnerable: those without easy access to eye care, the economically deprived, schoolchildren, the elderly, and those with diabetes.



A PATIENT IS BEING EXAMINED WITH A TORCH

WSD is coordinated by the International Agency for the Prevention of Blindness (IAPB) in cooperation with the World Health Organization (WHO). More than 70 WHO Member States, including India, now observe and promote WSD (with the support of WHO) through the provision of critical evidence, strategic communications and infographics.

Among the many eye care professionals around the country who participate in the event is senior optometrist Yogita Rajgandhi.

The Rajgandhi Eye Care Institute is actively involved with programmes in association with Mahavir International (New Delhi) and the KVP Foundation (Mumbai).

One of the programmes on eye health education and eye screening was at Container Corporation of India Ltd (CONCOR) at Mulund, Mumbai, on 4 October 2019. Besides printed material, including posters and banners, 176 employees of the company benefited through eye examinations conducted by Yogita Rajgandhi, optometry students from ITM University and

#### YOGITA RAJGANDHI -OPTOMETRY STUDENTS AT EYE PROJECT



ITM OPTOMETRY STUDENTS WITH YOGITA RAJGANDHI



YOGITA RECEIVING A TOKEN OF APPRECIATION FROM P A KRISHNAN AND USHA KAPOOR

an ophthalmologist from Sai Dham Hospital.

The comprehensive eye tests included distance and near vision screening, subjective and objective refraction, colour vision, Amsler Grid, Fundus copy, cataract evaluation and anterior segment check-ups. Twelve patients were referred for cataract surgery, 18 employees were prescribed spectacles and 24 were given medicine free of cost. Others were told about their eye health status and advised to have another check-up after a year.

A programme held on 10 October at Turbhe for 153 employees of CONCOR covered general health check-ups including ECG and skin check-ups in addition to comprehensive eye tests.

As more than a billion people worldwide cannot see well because they don't have access to glasses, such outreach programmes play a vital role in vision rehabilitation.