

Record Notes on Eye Care organized as a part of series of “Theme Based Health Talks” on 19th July, 2018 in the Resource Centre (Room No. 445 - A wing), Nirman Bhawan, Dte.GHS.

In continuation of “Theme Based Health Talks for awareness generation”, an interactive session on the Topic “Eye Care” was held in Resource Centre, Room No.445/A, Nirman Bhawan, New Delhi at 4.00 PM on 19.7.2018.

The following experts delivered lectures and participated in interactive session:

- 1) Dr. Promila Gupta, Principal Consultant, Dte.GHS
 - 2) Dr. Indu Grewal, CMO, Dte.GHS
 - 3) Dr. (Prof.) Praveen Vashist, Incharge, Community Ophthalmology Department, Dr. R.P.Centre for Ophthalmic Sciences, AIIMS, New Delhi
2. Dr. Tanu Jain, ADG, Dte.GHS and Nodal Officer for the Awareness Programme coordinated and anchored the session. At the outset, she welcomed DGHS, Dr. S.Vankatesh, Principal Consultant, Dr. Promila Gupta and the participants and introduced the guest lecturers.
3. DGHS, Dr. S.Vankatesh, in his inaugural remarks appreciated the efforts and the mode for creating awareness by organizing interactive sessions. He advised all to maintain healthy eye care practices.



4. Dr. Indu Grewal, CMO gave a brief presentation on the National Programme for Control of Blindness & Visual Impairment (NPCB&VI). She informed that NPCB&VI was launched in the year 1976 as a 100% centrally sponsored scheme with the goal of reducing the prevalence of blindness

to 0.3% by 2020. She explained that the objectives of the program are to reduce the backlog of avoidable blindness through identification and treatment of curable blind, develop and strengthen the strategy of NPCB for “Eye Health for All” and prevention of visual impairment, Strengthening and up-gradation of identified eye care institutions, Developing additional human resources for providing high quality comprehensive Eye Care in all Districts of the country, Enhance community awareness on eye care and lay stress on preventive measures and secure participation of Voluntary Organizations/Private Practitioners in delivering eye Care services. She also explained that eye care services are available free cost at primary, secondary and tertiary eye care levels under NPCB

5. Thereafter, Dr. (Prof.) Praveen Vashist, Incharge, Community Ophthalmology Department, Dr. R.P.Centre for Ophthalmic Sciences, AIIMS, New Delhi showed a short film explaining various eye diseases, causes of eye diseases and general precautions to protect eyes from harm. He emphasized that cataract is the major cause of visual impairment all across the world and in India, followed by refractive errors, glaucoma and diabetic retinopathy. All the above eye diseases can be cured or prevented by screening, early diagnosis and/timely treatment.



6. Thereafter, an interactive session was held between the subject experts and participants. Dr. Promila Gupta, Principal Consultant and Dr. Praveen Vashist, Dr. R.P.Centre for Ophthalmic Sciences gave replies on various queries of the participants on eye diseases like cataract, diabetic retinopathy, glaucoma, low vision, refraction etc. They explained that with the advancement in technology and equipments, cataract surgery is no more a complicated procedure. They further advised that the people must to go for annual eye check up for timely detection of eye ailment, if

any. Particularly, the patients of diabetes must visit an eye specialist regularly for eye checkup to save his eyes from diabetic retinopathy. Similarly, early detection of Glaucoma is very crucial for management of the diseases and save the eye of the patient. The experts advised the participants to ensure timely eye check of their family members also particularly, the elders and children in the family to maintain their eye health.



7. Dr. Promila Gupta, Principal Consultant summed up the interactive session by given various useful tips for eye health like personal hygiene, avoid rubbing of eyes, protection of eyes from sun, avoid smoking, maintaining balanced diet, adequate sleep, proper lighting of work place, avoid excess use of electronic gadgets like mobiles, computers and television etc.
8. IEC material in the form of posters, pamphlets and booklets explaining valuable information on eye health was also distributed to the participants.
9. Guest lecturers were facilitated by presenting them with Tulsi Plant by DGHS.



10. Dr. Tanu Jain, ADG thanked DGHS, Principal Consultant, guest lecturers and the participants for their participation and interaction on eye care.

11. The awareness session was appreciated by one and all and was concluded successfully.

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