

Report of the Free Vision Screening Camp

29th & 30th June 2022

Vidyavardhaka Law College, MYSURU

Dr. K.L. CHANDRASHEKHARA

Coordinator, Youth Red Cross Committee

Report of the Free Vision Screening Camp

Youth Red Cross Committee, Vidyavardhaka Law College, Mysuru in association with Vasana Eye Care Hospital, Mysuru organized a two-day Free Vision Screening camp on 29th & 30th June 2022, held at Vidyavardhaka Law College, Mysuru.

Mr. Vinod Kumar S., Centre Head, Vasana Eye Care Hospital, Mysuru, delivered a keynote address relating to '**Eye Care -Enhance Your Vision**'. He opined:

Your eyes are an important part of your health. Most people rely on their eyes to see and make sense of the world around them. But some eye diseases can lead to vision loss, so it is important to identify and treat eye diseases as early as possible. You should get your eyes checked as often as your health care provider recommends it, or if you have any new vision problems. And just as it is important to keep your body healthy, you also need to keep your eyes healthy.

Eye Care Tips

There are things you can do to help keep your eyes healthy and make sure you are seeing your best:

- **Eat a healthy, balanced diet.** Your diet should include plenty of fruits and vegetables, especially deep yellow and green leafy vegetables. Eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut can also help your eyes.
- **Maintain a healthy weight.** Being overweight or having obesity increases your risk of developing diabetes. Having diabetes puts you at higher risk of getting diabetic retinopathy or glaucoma.
- **Get regular exercise.** Exercise may help to prevent or control diabetes, high blood pressure, and high cholesterol. These diseases can lead to some eye or vision problems. So if you exercise regularly, you can lower your risk of getting these eye and vision problems.
- **Wear sunglasses.** Sun exposure can damage your eyes and raise your risk of cataracts and age-related macular degeneration. Protect your eyes by using sunglasses that block out 99 to 100% of both UV-A and UV-B radiation.



Mr. Vinod Kumar S., Centre Head, Vasana Eye Care Hospital, Mysuru, delivered a keynote address relating to 'Eye Care - Enhance Your Vision'.

- **Wear protective eye wear.** To prevent eye injuries, you need eye protection when playing certain sports, working in jobs such as factory work and construction, and doing repairs or projects in your home.

- **Avoid smoking.** Smoking increases the risk of developing age-related eye diseases such as macular degeneration and cataracts and can damage the optic nerve.
- **Know your family medical history.** Some eye diseases are inherited, so it is important to find out whether anyone in your family has had them. This can help you determine if you are at higher risk of developing an eye disease.
- **Know your other risk factors.** As you get older, you are at higher risk of developing age-related eye diseases and conditions. It is important to know your risk factors because you may be able to lower your risk by changing some behaviors.
- **If you wear contacts, take steps to prevent eye infections.** Wash your hands well before you put in or take out your contact lenses. Also follow the instructions on how to properly clean them, and replace them when needed.
- **Give your eyes a rest.** If you spend a lot of time using a computer, you can forget to blink your eyes and your eyes can get tired. To reduce eyestrain, try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds.

Eye Tests and Exams

Everyone needs to have their eyesight tested to check for vision and eye problems. Children usually have vision screening in school or at their health care provider's office during a check-up. Adults may also get vision screenings during their check-ups. But many adults need more than a vision screening. They need a comprehensive dilated eye exam.

Getting comprehensive dilated eye exams is especially important because some eye diseases may not have warning signs. The exams are the only way to detect these diseases in their early stages, when they are easier to treat.

The exam includes several tests:

- A visual field test to measure your side (peripheral) vision. A loss of peripheral vision may be a sign of glaucoma.
- A visual acuity test, where you read an eye chart about 20 feet away, to check on how well you see at various distances
- Tonometry, which measures your eye's interior pressure. It helps to detect glaucoma.
- Dilation, which involves getting eye drops that dilate (widen) your pupils. This allows more light to enter the eye. Your eye care provider examines your eyes using a special magnifying lens. This provides a clear view of important tissues at the back of your eye, including the retina, macula, and optic nerve.

If you have a refractive error and are going to need glasses or contacts, then you will also have a refraction test. When you have this test, you look through a device that has lenses of different strengths to help your eye care professional figure out which lenses will give you the clearest vision.

Dr.P. Deepu, Principal, Vidyavardhaka Law College, Mysuru delivered presidential address. She highlighted the importance of eye care and eye donation. In her presidential address she opined:

Ever played the blind man's buff game, then you must probably know exactly how it feels to be unable to see. Unfortunately, some people are born blind, some lost their eyesight in an accident or for any other reason. Give a thought about how it feels when they regain their sight to see this beautiful world. We understand—donating the gift of sight is a life-changing decision that touches so many people's lives, it's a divine gesture! Let us understand the importance of eye donation and encourage people to donate eyes.

Statistics show that there are 12 million+ blind people in India and out of this, 3 million people are suffering from corneal blindness. From each pair of donated eyes, two blind people will get vision and light into their life, thus making it more divine. Donated eyes can be also used to restore vision of people who are suffering from corneal blindness. The other portions of the eye can be used to develop cures for some of the common eye diseases for research and training purposes. Preferable to complete the procedure within 6-8 hours after death. Trained staff will come and perform the procedure, which takes only 15-20 minutes. No damage would be caused during the procedure. An estimated of 30,000 corneas are donated and transplanted each year, but the fact is that there is still a long waiting list at the eye banks. Thus, it's time you to take the pledge and make someone else's life beautiful.



Dr. P. Deepu, Principal, Vidyavardhaka Law College, Mysuru underwent for vision screening and students of the college are waiting for their turn.



The Vasan Eye Care Hospital staff members are screening the eyes of the students of Vidyavardhaka Law College.



234 Students, teaching and non teaching staff members are benefitted from the Free Vision Screening Camp.

234 Students, teaching and non-teaching staff members are benefitted from this Free Vision Screening Camp. 150 members screening result was normal, 50 members directed for further treatment in the hospital. 30 members need to replace their glass as per the vary in number and few were directed for further medical consultation.

Dr. K.L. Chandrashekhara, Coordinator, Youth Red Cross Committee, Vidyavardhaka Law College, Mysuru concluded the programme by offering vote of thanks to staff of Vasan Eye Care Hospital, Mysuru.

Dr. K.L. Chandrashekhara,
Coordinator
Youth Red Cross Committee
Vidyavardhaka Law College
Mysuru.



Vidyavardhaka Sangha ®

VIDYAVARDHAKA LAW COLLEGE
Sheshadri Iyer Road, MYSURU -570001.

Youth Red Cross Committee, VVLC, Mysuru
In association with
& Vasan Eye Care Hospital, Mysuru
Organizing

A Two Day Free Vision Screening Camp

Keynote Address

Mr. Vinod Kumar S.

Centre Head, Vasan Eye Care Hospital, Mysuru

Presided by

Dr. Deepu P.

Principal, VVLC, Mysuru

Guest of Honour

Prof. K.B. Vasudeva

Director of Legal Studies, VVLC, Mysuru

Programme Coordinators

Dr. K.L. Chandrashekhara

Coordinator, Youth Red Cross Committee, VVLC, Mysuru

Elangovan M.D.

Manager -Marketing
Vasan Eye Care Hospital, Mysuru

Date: 29th & 30th June 2022, Time: 10a.m., Venue: VVLC, Mysuru