

APRIL 2026



MONTHLY NEWSLETTER OF
KAMALA SUNDARAM FOUNDATION

THE KSF BULLETIN



**More than
6000 camps
organised**



**More than
3,50,000
houses
screened in
slums**



**More than 10
million lives
touched**

Kamala Sundaram Foundation

Kamala Sundaram Foundation, previously known as Aditya Jyot Foundation for Twinkling Little Eyes (AJFTLE), is a non-profit organization, established in 2005, which was born out of the desire expressed by Dr A P J Abdul Kalam (former president of India).



Read More on our website
www.ksfin.org

MEET THE TRUSTEES

Guided by a shared vision and a deep commitment to social change, our Trustees provide strategic leadership and governance, ensure we stay true to our mission and create lasting impression.



Prof. Dr. S. Natarajan
Managing Trustee
Kamala Sundaram
Foundation



Mr. Uday Salunkhe
Trustee

Group Director -
Welingkar Institute of
Management



Dr. Krishnan Iyengar
Trustee

Professional
Physiotherapist



Dr. Sulabha
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Trustee

Special Educator,
Former President of
the Erasmus Mundus
Association (EMA)
Indian Chapter



Mr. Vaidyanathan K
Trustee

CSR and
Development Advisor

A Message from the Trustee



“*Vision is not just
about seeing; it’s
about
understanding
and experiencing
the beauty of life.*”

Dear Readers,

At Kamala Sundaram Foundation, our journey has always been guided by a simple yet powerful belief—that no individual should suffer from preventable blindness due to lack of access to timely and quality eye care.

Over the past months, we have continued to take meaningful steps toward this vision. Through our outreach camps, mobile van services, and clinical interventions, we have been able to reach thousands of individuals across underserved communities. Each screening conducted, each cataract identified, and each pair of spectacles distributed represents not just a medical intervention, but a life touched, a livelihood restored, and a future made brighter.

What is particularly encouraging is the growing awareness among communities about the importance of early detection and preventive eye care. Many of the individuals we serve are accessing eye care services for the very first time. This reinforces the importance of sustained outreach and community engagement in addressing avoidable blindness.

Our work would not have been possible without the unwavering support of our partners, donors, and well-wishers. Their trust empowers us to expand our reach, strengthen our infrastructure, and deliver care with compassion and excellence.

As we move forward, our focus remains on scaling our impact—reaching more vulnerable populations, strengthening early detection of diseases such as diabetic retinopathy, and ensuring that those in need receive timely treatment without financial burden.

Together, we are not just treating eyes—we are transforming lives.

We sincerely thank you for your continued support and invite you to join us in our mission of creating a “Blind-Free Maharashtra.”

Warm regards,

Prof. Dr. S. Natarajan

Managing Trustee

Kamala Sundaram Foundation

EXPERT INSIGHTS

BEYOND THE BURN: Understanding and Managing Dry Eye in a Digital World



DR. AVIK DEY SARKAR
MBBS, MS, FVRS, FAICO(VR)
MEDICAL DIRECTOR, SENIOR CONSULTANT &
VITREORETINAL SURGERY

” *Dry eye is not just a symptom—it’s a signal that our eyes need care in a fast-paced world*

DRY EYE DISEASE: MORE THAN JUST IRRITATION

Dry eye disease is one of the most common yet underdiagnosed conditions in modern ophthalmology. Affecting millions globally, it is more than occasional discomfort—it is a chronic, multifactorial disorder of the tear film and ocular surface that can significantly impact quality of life.

With increasing screen exposure, air-conditioned environments, pollution, and lifestyle changes, dry eye has become increasingly prevalent among all age groups, especially working professionals and elderly individuals.

WHAT IS DRY EYE?

Dry eye occurs when the eyes either do not produce enough tears or produce poor-quality tears that evaporate too quickly. This imbalance leads to inflammation and damage to the delicate surface of the eye.

A healthy tear film is essential for maintaining clear vision, protecting the eye from infection, and ensuring overall ocular comfort.

COMMON SYMPTOMS

- Dryness or gritty sensation
- Burning or stinging in the eyes
- Redness and irritation
- Blurred or fluctuating vision
- Eye fatigue, especially after screen use
- Sensitivity to light
- Excessive watering (paradoxical tearing)
- Difficulty wearing contact lenses

WHO IS AT RISK?

Dry eye can affect anyone, but it is more common in:

- Individuals over 50 years of age
- Women, especially after menopause
- Frequent digital device users
- Contact lens wearers
- Individuals exposed to pollution or air conditioning
- Patients with diabetes, thyroid disorders, or autoimmune diseases
- People on certain medications such as antihistamines or antidepressants

THE DIGITAL EYE CONNECTION

One of the leading contributors to dry eye today is prolonged screen exposure. While using computers or smartphones, our blink rate reduces significantly, causing faster evaporation of tears.

Simple preventive measures include:

- Following the 20-20-20 rule
- (Every 20 minutes, look 20 feet away for 20 seconds)
- Maintaining proper screen distance
- Conscious blinking exercises
- Staying hydrated
- Using a humidifier in dry environments

DIAGNOSIS

A comprehensive eye examination is essential for diagnosing dry eye accurately. Modern diagnostic tools help evaluate tear production, tear stability, and ocular surface health.

At Kamala Sundaram Foundation, dry eye evaluation may include:

- Tear Break-Up Time (TBUT)
- Schirmer’s Test
- Ocular surface staining
- Meibomian gland assessment
- Digital ocular surface imaging

MANAGEMENT APPROACH

Dry eye is a chronic condition that often requires a personalized and multi-pronged treatment strategy. Treatment options may include:

- Lubricating eye drops and gels
- Eyelid hygiene and warm compresses
- Anti-inflammatory medications
- Lifestyle and environmental modifications
- Nutritional support including omega-3 fatty acids
- Advanced procedures such as meibomian gland therapy or punctal plugs in selected cases

Early treatment not only improves comfort but also protects long-term eye health and visual quality.

FINAL THOUGHT

Dry eye disease may begin with mild irritation, but if ignored, it can affect daily activities, productivity, and overall well-being. Recognizing symptoms early and seeking professional care can make a significant difference.

Healthy tears are essential for healthy vision—don't ignore what your eyes are trying to tell you. For consultation and comprehensive eye evaluation, visit Kamala Sundaram Foundation.

OUR VISION & MISSION

At Kamala Sundaram Foundation, everything we do is guided by a clear purpose and a deep commitment to create meaningful, lasting change.



OUR VISION

To provide quality eye care to all those in need through a system based on community participation & commitment.



OUR MISSION

To render charitable services through a system built on society participation to ensure quality eye care to all. This will also include educational activities to highlight eye donation and preventive aspects of eye care.

ACTIVITY REPORT

APRIL 2026

A month of purpose, partnership and impact. Together, we continue to empower lives and strengthen communities through meaningful action and collaboration.

Our program impact



OPD Footfall
388

patients visited our OPD services for consultation and treatment



Total Surgeries
50

Surgeries performed overall, improving lives and restoring health.



Total Camps
11

Eye camps conducted in urban slums and underserved communities.



Average Patient visits per day
15.12

Average daily patient visits at our OPD

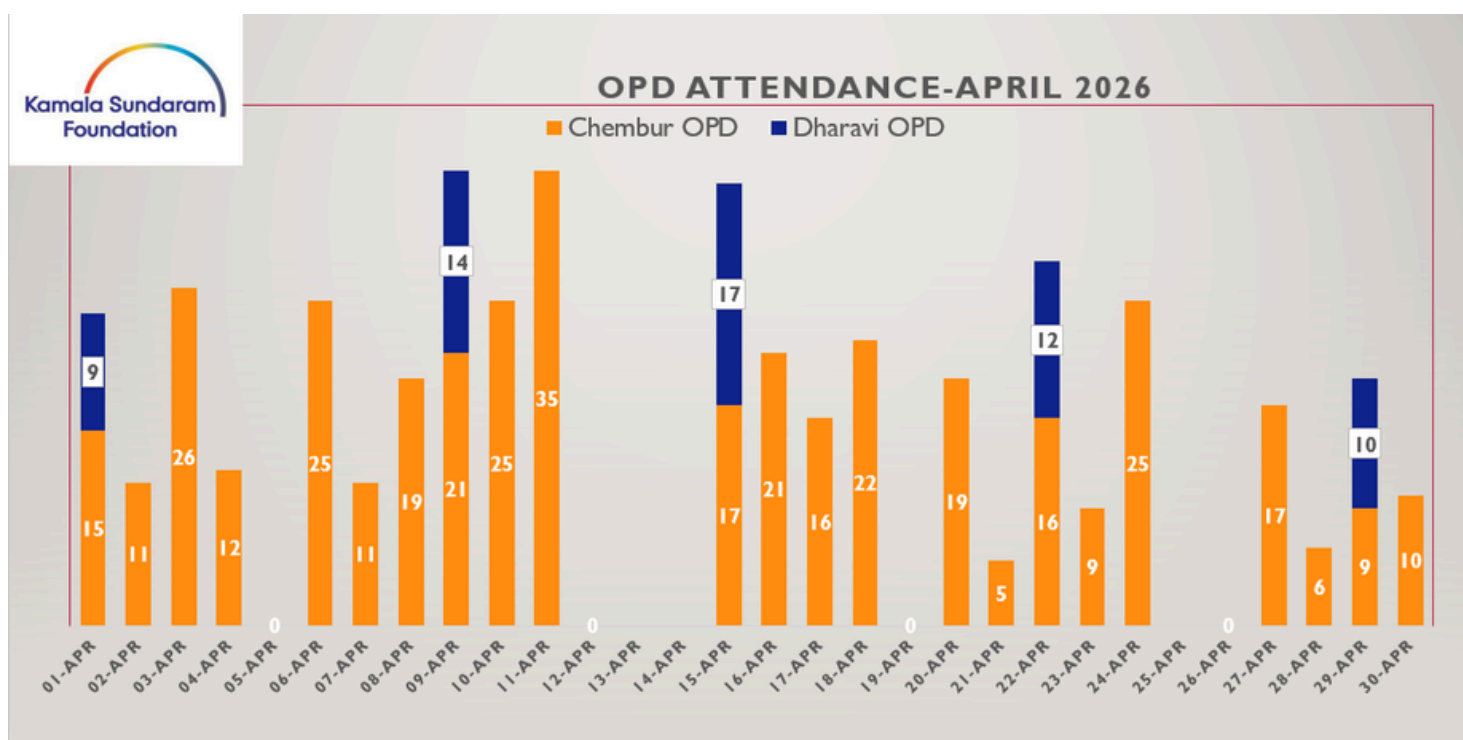
PROJECT UPDATE

sahachari
FOUNDATION
spreading joy

Light of Hope Project
Supported by
Sahachari Foundation

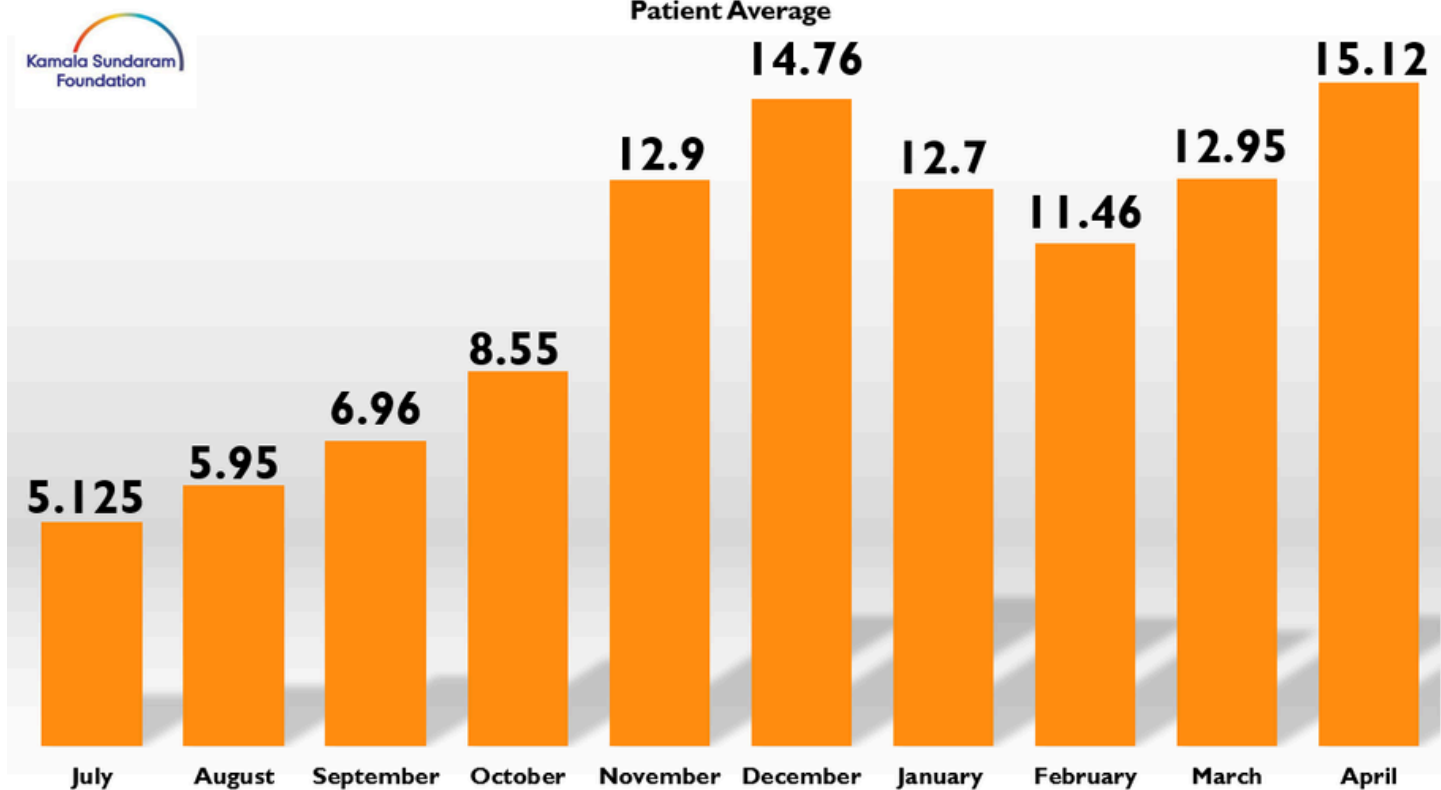
The Chembur Center is headed by Dr. Avik Dey Sarkar under the able leadership of Padmashree Prof. Dr. S. Natarajan

OPD Attendance



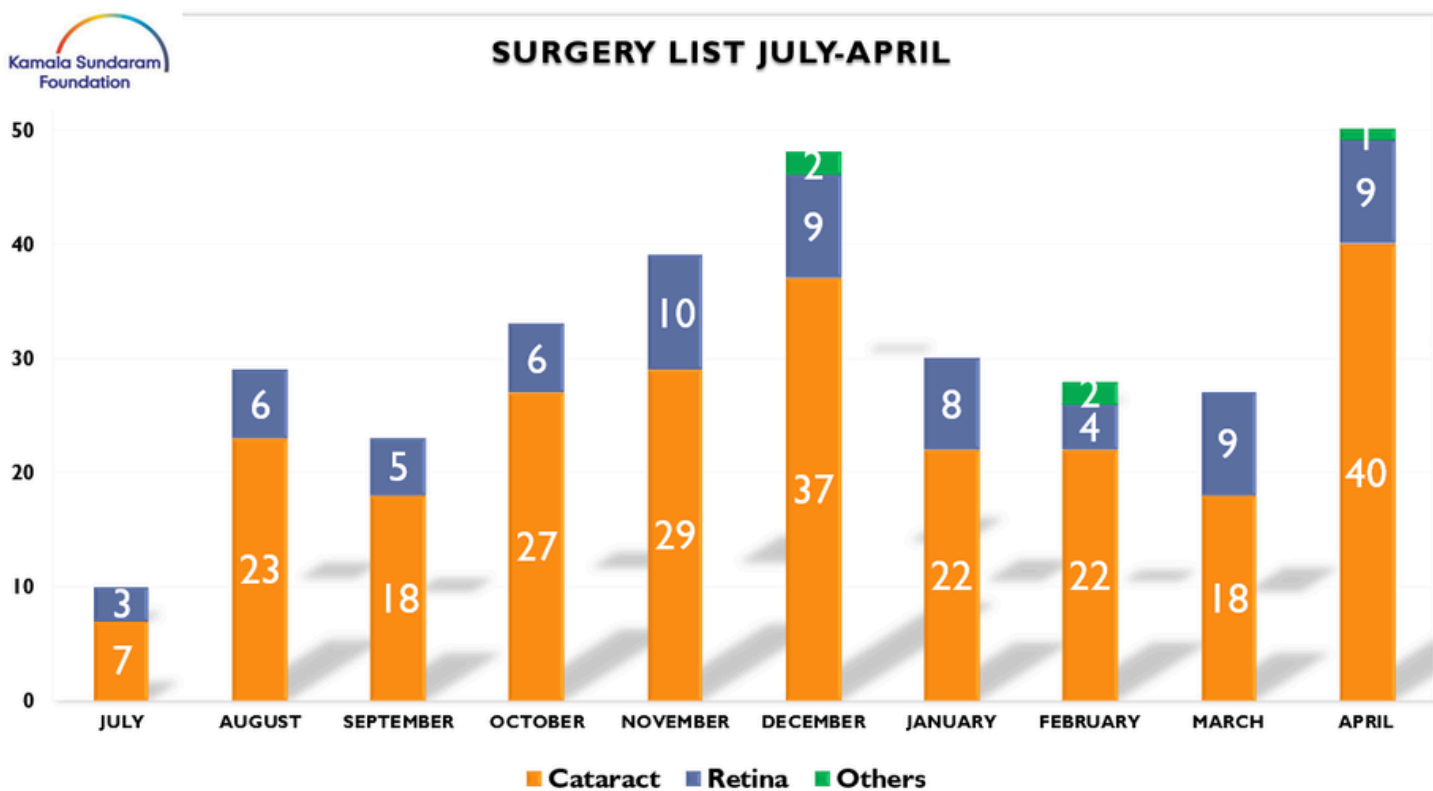
Patient Average

Patient Average



Surgery List

SURGERY LIST JULY-APRIL



Screening Camps

Supported by

GBK Charitable Trust

&

Sahachari Foundation

Number of Camps for April 2026



Number of camps in the month of APRIL 2026

DATE	CAMP PLACE	TOTAL PTS	DIABETES	CATARACT	REFER
1/4/2026	SHIVSHRUSHTI NAGAR BUNTER BHAVAN ROAD	43	7	2	6
2/4/2026	PRINCE PARK SOCIETY	67	3	9	3
3/4/2026	JAY BHAVANI MANDAL KURLA S. T. DEPOT	34	2	7	0
5/4/2026	CHEMBUR SHELL COLONY	116	15	22	14
13/4/26	MILIND BUDDHA VIHAR, CHUNABHATTI	49	5	7	11
14/4/26	90 FEET ROAD[SELVAN SIR]	62	9	14	4
17/4/26	CHITA CAMP, TROMBAY [APPAS DEATH ANNIVERSARY CAMP]	55	8	12	5
18/4/26	CHEMBUR POLICE STN	81	13	3	5
25/4/26	SATABDI SOCIETY, DHARAVI	44	8	6	7
26/4/26	SAKWAR CAMP	26	0	6	5
28/4/26	DEVNAR GRAMASTH MAHALAXMI DEVALAYA TRUST, DEVNAR GAON, MUMBAI	59	8	4	9
	TOTAL CAMP - 11	636	78	92	69
April	Total Van Mobile Van Visits : 14	251	32	16	


Kamala Sundaram Foundation
 कमला सुंदरम फाउंडेशन
 In Association with
GBK Charitable Trust
 Conducting
FREE DIABETIC EYE SCREENING CAMP
मोफत नेत्र तपासणी
 Email ID : admin@ksfin.org • Website : www.ksfin.org
 Contact No.: 8446566498 / 8652105658

Chembur Center



Kamala Sundaram Foundation

Congratulations

A Milestone Worth Celebrating

3000+ Lives Touched	300+ Surgeries since July 1st	50+ Successful Surgeries in April
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This achievement would not have been possible without

Dr. Avik Dey Sarkar & Team




DR. AVIK DEY SARKAR
MBBS, MS, FVRS, FAICO(VR)

KSF TEAM

Thank you for being the force behind restored vision and renewed hope

FOR APPOINTMENTS: KAMALA SUNDARAM EYE CENTER AT SHANMUKHAPRIYA HEALTHCARE CENTER, 6TH FLOOR, SHRIKANT CHAMBERS - C, 2, VN PURAV MARG, NEXT TO R K STUDIO, OPP. CROMA, UNION PARK, CHEMBUR, MUMBAI
CONTACT NO:- +91-9137598954 / 022-35082636



APRIL 2026

Camps

Kamala Sundaram Foundation
कमला सुंदरम फाउंडेशन
In collaboration with
Sundaram Natarajan Blind Free India Foundation

**FREE EYE CHECK-UP CAMP &
FREE CATARACT/RETINA SURGERY**
मोफत नेत्र तपासणी शिबिर मोफत मोतीबिंदू/रेटिना शस्त्रक्रिया (अती लागू)
Commemorating
126th Birth Anniversary of
Dr. S. Nataraja Pillai
and 99th Birth Anniversary of
Prof. Dr. N. S. Sundaram

Key Services
✓ Free Eye Check-up
✓ Cataract Detection
✓ Free Cataract Surgery /
Retina Treatments / Retina Surgery*
✓ Low-Cost Spectacles
✓ Treatment by Experienced Eye Specialists
Please Register at the Camp Desk

*Free cataract surgery/retina treatment/retina surgery for eligible patients only and first come first served basis. Terms & conditions apply.



Satellite OPD at Dharavi



Accomplishment

- More than 12 million lives touched.
- More than 3,50,000 slum households enumerated
- 180000 slum dwellers have been screened for diabetes.
- 6202 camps in Mumbai and other parts of Maharashtra.
- 5596 diabetics were evaluated for Retinopathy.
- “World Diabetes Federation” acclaimed our Diabetic Retinopathy project as one of the top five projects of Diabetes Care in world.
- Our work has been highlighted in international corner of American society of Retina specialist (ASRS).

Our Great Supporters for the Present Projects

- M/s ARN Capital
- Trust Investment
- Core Jewelry Pvt. Ltd
- Alykl Mines Chemicals Ltd.
- Orange Corporation
- Radiant Precicom Industries Pvt. Ltd.
- AGS Community Foundation
- Rotary Club of Mumbai Sion
- SSD Securities Pvt. Ltd.
- Minera Steel & Power Pvt. Ltd.
- AJERI Foundation
- Barjatya Family Charitable Trust
- Mr. G Anantharaman
- Oculas Medical Devices
- Padmashree Prof. Dr. S. Natarajan
- Mr. Sumukh Barve
- Adv. K G Menon
- M/s S. D. Finc-Chem Ltd
- Shri Sushil Jiwarajka
- GBK Charitable Trust
- Mr & Mrs Shankaran
- Kamala Dalmia Charity Trust

**With Your Support, We will be
one step closer to our aim of
“Blind Free Maharashtra”**

**We look forward to your continued support, the bank details
are as follows:**

Bank Name: Indian Bank
A/c Name: Kamala Sundaram Foundation
A/c No: 6232553298
Branch : BRANCH - MATUNGA BAZAAR ,
MUMBAI
IFSC Code : IDIB000M049
Branch Code: 00M049
MICR Code: 400019017



UPI ID : kamalasundrm5624@indianbk

Thank You



Kamala Sundaram
Foundation