

JULY 2026



MONTHLY NEWSLETTER OF
KAMALA SUNDARAM FOUNDATION

THE KSF BULLETIN



**More than
6200 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



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Trustee

Group Director -
Welingkar Institute of
Management



Dr. Krishnan Iyengar
Trustee

Professional
Physiotherapist



Dr. Sulabha
Karunanidhi
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Special Educator,
Former President of
the Erasmus Mundus
Association (EMA)
Indian Chapter



Mr. Vaidyanathan K
Trustee

CSR and
Development Advisor

A Message from the Managing Trustee



“Our greatest achievement is not the milestone we celebrate, but the lives we have been privileged to transform

Dear Friends, Donors, and Well-Wishers,

As we celebrate another meaningful milestone in the journey of the Kamala Sundaram Foundation and Sundaram Natarajan Blind Free India Foundation, I am filled with immense pride and gratitude for everyone who has been a part of our mission to provide quality and compassionate eye care.

This year, our Doctors' Day celebration was a truly special occasion. We had the privilege of felicitating our dedicated doctors, along with the doctor of Shanmukhapriya Healthcare Centre, in recognition of their tireless commitment, compassion, and selfless service to patients.

The occasion became even more memorable as we celebrated the first anniversary of the Kamala Sundaram Eye Centre. Completing one year is not merely a milestone—it is a testament to the collective efforts of countless individuals who believed in our vision. We began the day by seeking the blessings of Lord Murugan with a pooja at the Shri Murugan Temple, expressing our gratitude for the opportunity to serve humanity through the noble profession of medicine. On this special occasion, I extend my heartfelt gratitude to the Trustees of Sri Subramania Samaj for their unwavering support and encouragement. I also sincerely thank every member of our staff, whose dedication, hard work, and compassion have been instrumental in shaping the centre into what it is today. Above all, I express my deepest gratitude to our patients, whose trust inspires us every day to strive for excellence in eye care.

It also gives me great pleasure to congratulate Dr. Avik Dey Sarkar on being conferred the prestigious ASRS Honors Award 2026. This distinguished recognition reflects his unwavering dedication to clinical excellence, pioneering research, and scholarly publishing. His achievements bring immense pride to our institution and inspire young clinicians and researchers to contribute meaningfully to ophthalmology.

As we look ahead, we remain committed to expanding access to quality eye care, embracing innovation, and creating opportunities for continuous medical learning. Our upcoming CME on 29th August will bring doctors together to exchange knowledge, discuss evolving practices, and strengthen clinical decision-making, ultimately benefiting the patients we serve.

We also encourage everyone to consider pledging their eyes for donation. Eye donation is a noble gift that can restore the precious gift of sight to those living with corneal blindness and can help carry forward the spirit of service beyond our lifetime.

I extend my sincere appreciation to our trustees, donors, partners, volunteers, well-wishers, and every member of the Kamala Sundaram Foundation family for your continued trust, encouragement, and unwavering support. Together, we will continue to restore sight, transform lives, and bring hope to countless families.

Warm Regards,

Prof. Dr. S. Natarajan

Managing Trustee

Kamala Sundaram Foundation

EXPERT INSIGHTS

Seeing Well Doesn't Always Mean Your Eyes Are Healthy



DR. AVIK DEY SARKAR
MBBS(Hons.), MS, FVRS, FAICO(VR)
MEDICAL DIRECTOR, SENIOR CONSULTANT &
VITREO-RETINAL SURGERY

“ *Good vision doesn't always mean good eye health—regular check-ups matter.* ”

Many people believe that if they can read, drive, or watch television without difficulty, their eyes must be perfectly healthy. Unfortunately, this is one of the biggest misconceptions about eye health.

Several serious eye diseases develop silently, causing no pain or noticeable change in vision during their early stages. By the time symptoms appear, irreversible damage may have already occurred. This is why regular comprehensive eye examinations are just as important as routine health check-ups.

The Silent Nature of Eye Diseases

Conditions such as glaucoma, diabetic retinopathy, age-related macular degeneration, and retinal disorders often progress without obvious warning signs. A simple eye examination can detect these problems at an early stage, when treatment is most effective and vision can often be preserved.

For people living with diabetes or high blood pressure, regular retinal examinations are especially important. These systemic diseases can

affect the tiny blood vessels in the retina long before a person notices blurred vision.

Children Need Eye Check-ups Too

Many childhood vision problems go unnoticed because children assume everyone sees the way they do. Poor vision can affect learning, concentration, and confidence. Early detection and timely treatment can make a significant difference in a child's academic performance and overall development.

Don't Ignore These Warning Signs

Seek an eye examination promptly if you experience:

- Sudden decrease in vision
- Flashes of light or new floaters
- Eye pain or redness
- Distorted or wavy vision
- Double vision
- Persistent headaches associated with visual discomfort

Early medical attention can often prevent permanent vision loss.

Protecting Your Vision

Along with regular eye examinations, a few simple habits can help keep your eyes healthy:

- Maintain good control of diabetes and blood pressure.
- Eat a balanced diet rich in green leafy vegetables and colourful fruits.
- Wear protective eyewear during sports or hazardous work.
- Use sunglasses that provide UV protection when outdoors.
- Take regular breaks from digital screens by following the 20-20-20 rule—every 20 minutes, look at something 20 feet away for 20 seconds.

A Lifetime of Healthy Vision

Our eyes allow us to experience the beauty of the world, connect with loved ones, and remain independent throughout life. Protecting them requires more than simply waiting for vision to become blurry.

A routine eye examination today can prevent avoidable vision loss tomorrow. Whether you are a child, a working professional, or a senior citizen, regular eye check-ups are one of the simplest and most valuable investments you can make for your long-term health.

Remember: Good vision does not always mean healthy eyes. Early detection remains the best protection against blindness.

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

JULY 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
454

patients visited our OPD services for consultation and treatment



Total Surgeries
40

Surgeries performed overall, improving lives and restoring health.



Total Camps
12

Eye camps conducted in urban slums and underserved communities.



Average Patient visits per day
20.63

Average daily patient visits at our OPD

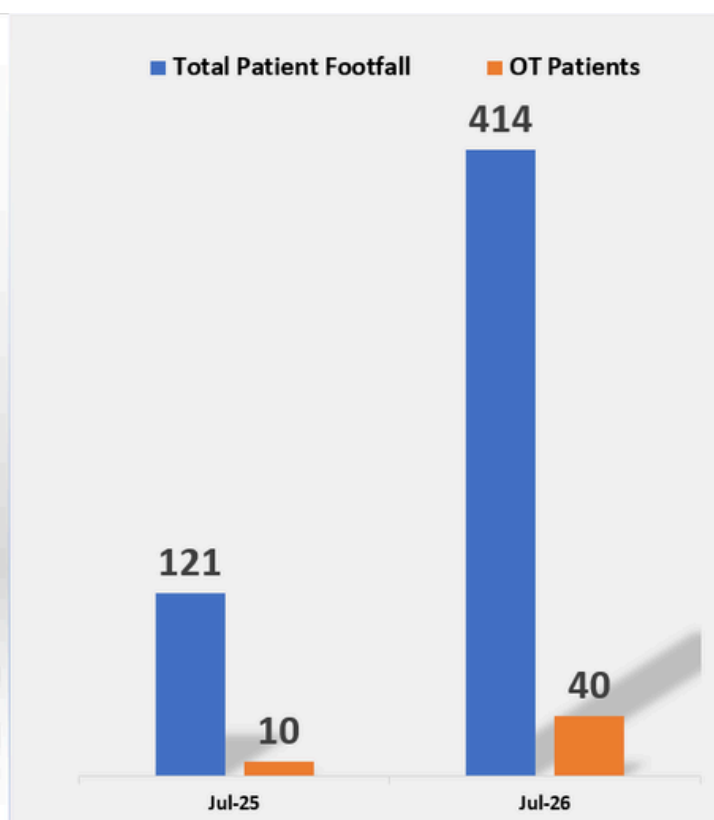
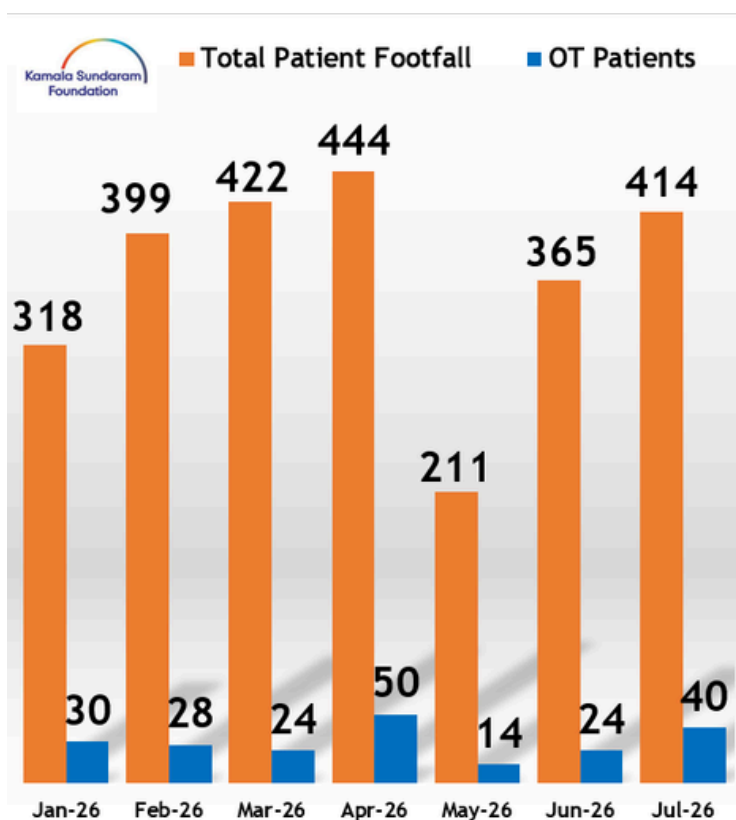
PROJECT UPDATE

sahachari
FOUNDATION
spreading joy

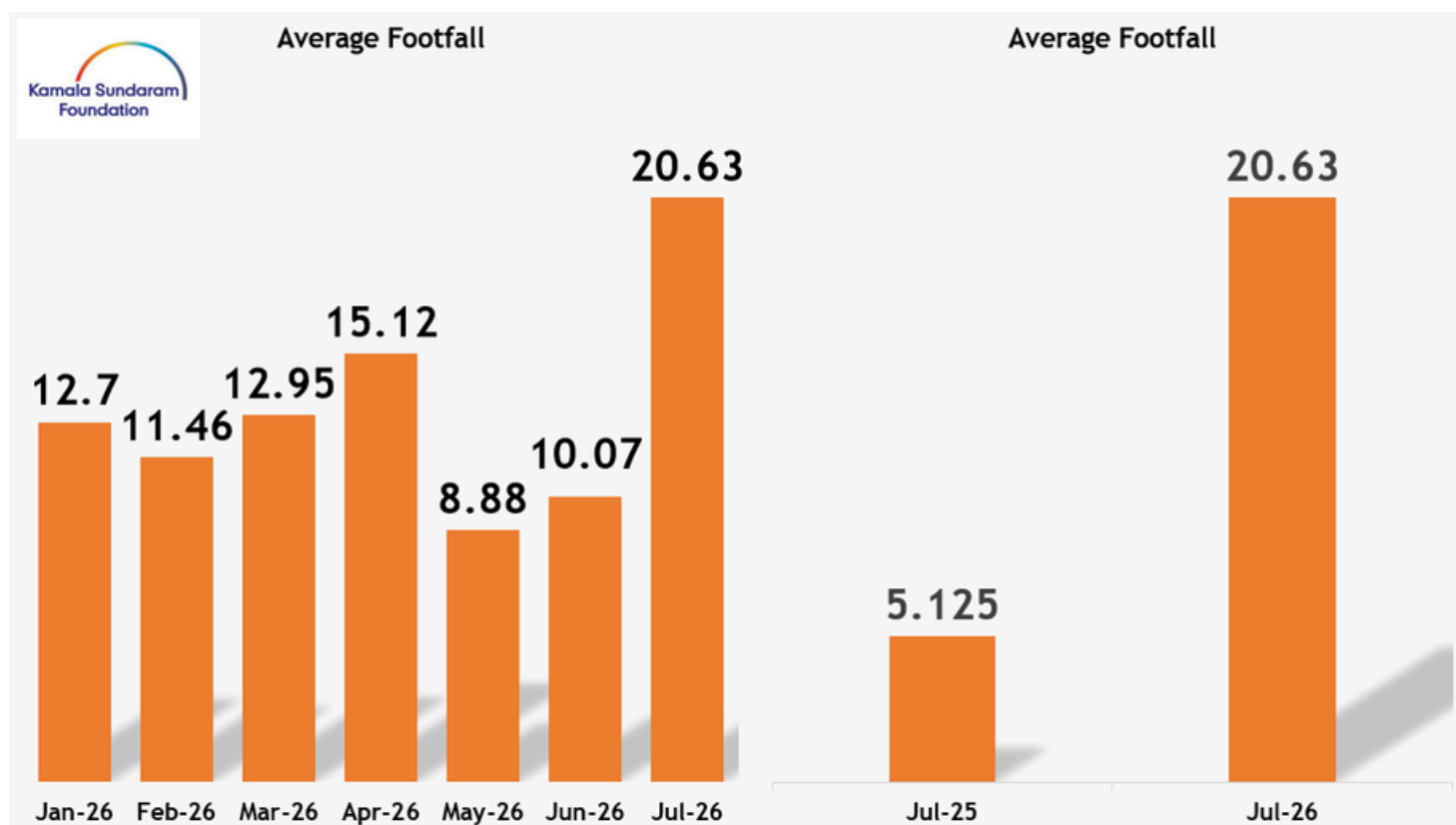
Light of Hope Project
Supported by
Sahachari Foundation

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

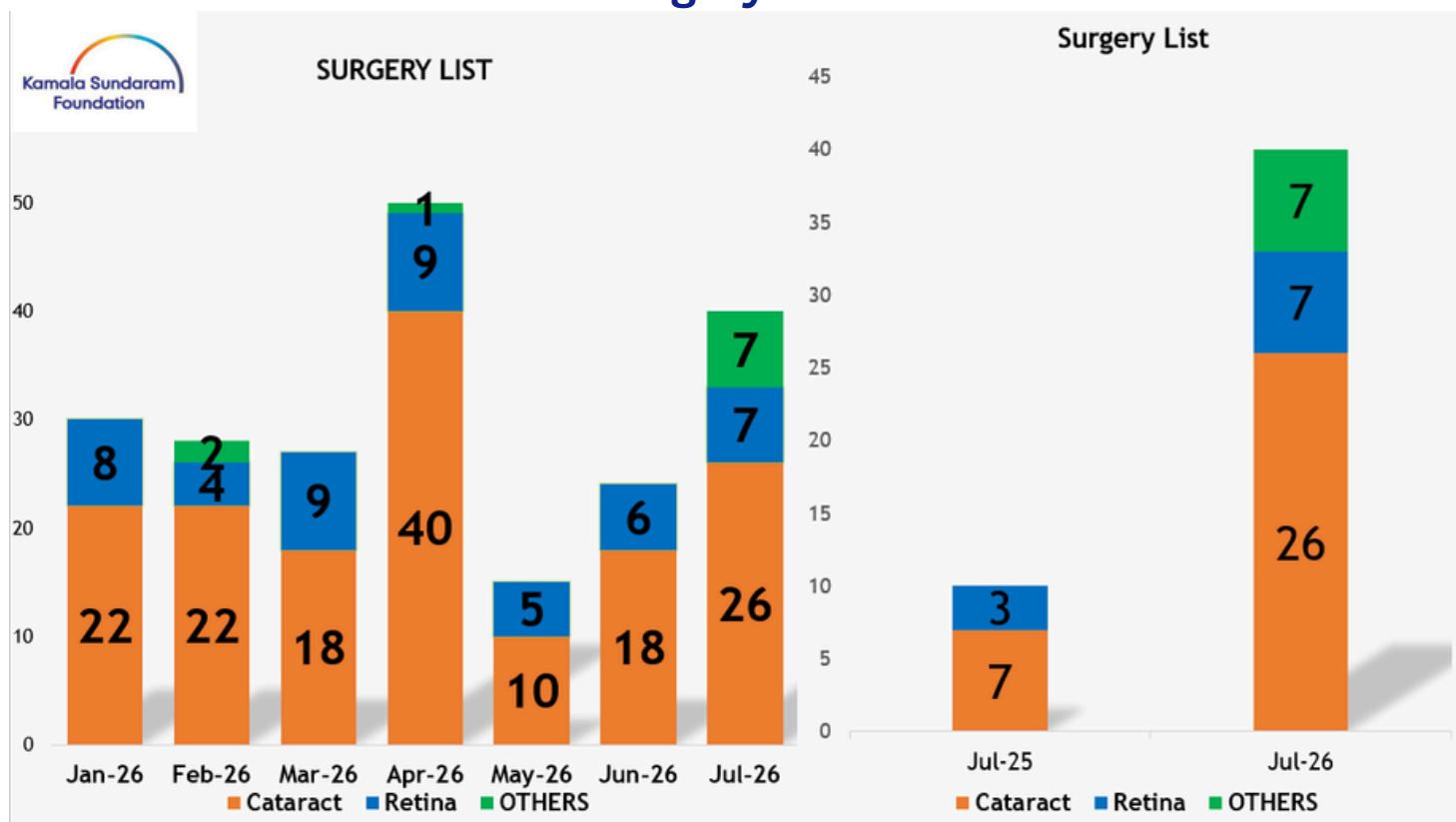
OPD & OT Patients



Patient Average



Surgery List



Screening Camps

Supported by

GBK Charitable Trust

&

Sahachari Foundation

Number of Camps for July 2026



Number of camps in the month of July 2026

Sr. No.	Date	Location	Total Screened
1	04/7/2026	CHEDA NAGAR, CHEMBUR	53
2	10/7/2026	SAMARTH NAGAR, CHEMBUR VASHI NAKA	36
3	11/7/2026	DATTA MANDIR, LALDONGAR	26
4	12/7/2026	HANUMAN MANDIR, THAKKAR BAPPA	64
5	13/7/2026	SHANKAR MANDIR, VISHNU NAGAR, VASHI NAKHA	36
6	14/7/2026	CHEMBUR VASHI NAKA ANIK GAON	28
7	15/7/2026	BHARAT NAGAR, VASHI NAKHA, CHEMBUR	68
8	22/7/2026	JYOTIRLING NAGAR, MANKHURD WEST	48
9	23/7/2026	SHIVSENA SHAKHA, 151 THAKKAR BAPPA	39
10	25/7/2026	AGRWAL COLONY, CHEMBUR VASHI NAKA	51
11	26/7/2026	RKM, PALGHAR	41
12	29/7/2026	SHREE SWAMI SAMARTH SEWABHAVI SAMAJIK SANSTHAN	58


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

**Cataract Surgeries
&
Retinal Surgeries**
Supported by
ACG Cares Foundation

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

Support for July 2026



**12 Cataract
Surgeries**



1 Retina Surgery



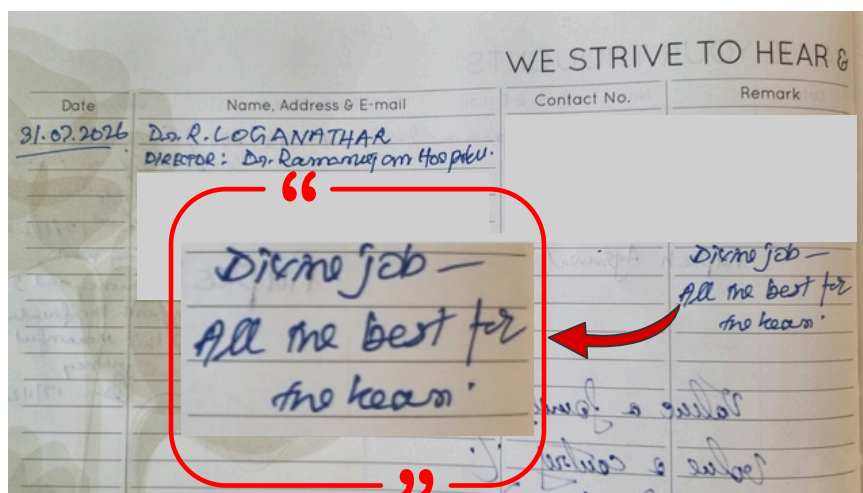
**Supporting Our
Dedicated Staff**

**ACG Cares
Foundation**

Kamala Sundaram Eye Center at Chembur



Dr. Loganathan from Tirunelveli visited our center and was appreciative of the work done by us



Celebrating a remarkable milestone

Huge congratulations to Dr. Avik Dey Sarkar for being honored with the ASRS Honors Award 2026. His dedication to clinical excellence, research, and scholarly publishing is truly inspiring.

What makes this achievement even more special is his steadfast commitment to our NGO, balancing community service with professional leadership through incredible hard work and focus.

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 शिविर मोफत मोतीबिंदू/रेटिना शस्त्रक्रिया (अटी लागू)

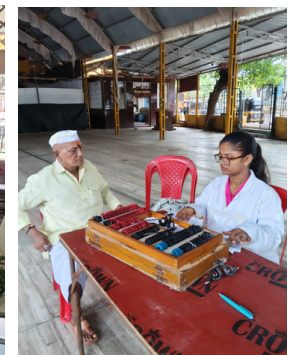
Commemorating
**126th Birth Anniversary of
 Dr. S. Nataraja Pillai**
 and **99th Birth Anniversary of
 Prof. Dr. N. S. Sundaram**

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



Other Updates



Present -
RECENT TRENDS IN MANAGING
DIABETIC RETINOPATHY
A COMPREHENSIVE UPDATE

DATE
29TH AUGUST
2026
SATURDAY

TIME
9.00 AM
to
2.00 PM

VENUE
Medical College Building, 3rd
Floor, Lecture Hall No. 4
HBT Medical College And Dr.
R N Cooper Municipal General
Hospital

ORGANIZING COMMITTEE
Prof. Dr. S. Natarajan
Organizing Chairman
Dr. Avik Dey Sarkar
Organizing Secretary

MOS COMMITTEE
Dr. Anagha Heroor
President, MOS
Dr. Priti Kamdar
Hon. Secretary, MOS
Dr. Ajay Lohiya
Treasurer, MOS
Dr. Piyush Bansal
Chairman, MOS, Co-Moderator, MOS

SUPPORTED BY
 

REGISTER NOW
SCAN QR CODE TO REGISTER

REGISTRATION IS FREE BUT MANDATORY

For Queries Contact
+91 8446566498

Email
admin@ksfin.org

Website
www.ksfin.org

Save the Date | CME – 29th August

Join us for an insightful academic session featuring distinguished ophthalmology experts. Register now and be a part of the learning.



Make someone's world bright.

EYE WANT TO HELP!

Join the movement.

Scan the QR code and take the pledge today.



Give the Gift of Sight 

Your pledge to donate your eyes can help someone see the world through your gift. Take the pledge today.



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