

JUNE 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



Mr. Uday Salunkhe
Trustee

Group Director -
Welingkar Institute of
Management



Dr. Krishnan Iyengar
Trustee

Professional
Physiotherapist



Dr. Sulabha
Karunanidhi
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 Managing Trustee



“Every eye we heal reflects our commitment to humanity.”

Dear Friends, Donors, and Well-Wishers,

As we move into another exciting phase of our journey at Kamala Sundaram Foundation and Sundaram Natarajan Blind Free India Foundation, I am delighted to share several milestones that reflect our unwavering commitment to providing quality eye care to those who need it the most.

We are pleased to announce our new partnership with the ACG Cares Foundation. This collaboration marks an important step in expanding our efforts to restore sight and improve access to specialized eye care for underserved communities. Together, we look forward to creating a greater impact and transforming many more lives.

It was also a privilege to welcome Mr. Hari Khandelwal from GBK Charitable Trust to our center. During his visit, he toured our clinical facilities, inspected our Mobile Ophthalmic Van, and interacted with our dedicated team members. We sincerely appreciate his time and keen interest in understanding our work on the ground. Such visits strengthen our relationships with our partners and reinforce our shared vision of preventing avoidable blindness.

Following the successful upgradation of our Operation Theatre, I am pleased to share that we resumed surgical services from 19th June. This enhancement enables us to provide even safer and more efficient surgical care to our patients. We also look forward to celebrating the first anniversary of the Kamala Sundaram Foundation Eye Centre, marking a year of dedicated service and countless lives touched through quality eye care.

I would like to sincerely appreciate our social workers—Minakshi, Sarika, Vaishali, and Madhuri—for their dedicated efforts during the Dharavi outreach camp. Their commitment to community eye care was recognized when they were felicitated by Dr. Selvan, who organized the camp. This recognition is a proud moment for the entire Kamala Sundaram Foundation family and reflects our team's unwavering spirit of service.

As we celebrate these achievements, let us remember that every patient treated, every camp conducted, and every partnership established brings us one step closer to our vision of eliminating avoidable blindness. I extend my sincere gratitude to all our supporters, partners, donors, and every member of the Kamala Sundaram Foundation family for their continued trust and commitment.

Together, let us continue to bring the gift of sight and hope to countless lives.

Warm Regards,
Prof. Dr. S. Natarajan
Managing Trustee
Kamala Sundaram Foundation

EXPERT INSIGHTS

Monsoon and Your Retina: Why Timely Eye Care Matters During the Rainy Season



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

“*Healthy vision begins with timely care—don't let the monsoon cloud your sight.*”

The arrival of the monsoon brings welcome relief from the summer heat, rejuvenating our surroundings with fresh greenery and cooler weather. However, this season also brings an increased risk of eye infections and can pose unique challenges for individuals with existing eye conditions, particularly those affecting the retina. Taking a few simple precautions can go a long way in protecting your vision.

One of the most common eye problems during the monsoon is conjunctivitis (pink eye), a contagious infection that causes redness, watering, itching, discharge, and irritation. These infections spread easily through contaminated hands, towels, cosmetics, or other shared items. Good personal hygiene, frequent handwashing, and avoiding touching or rubbing the eyes are simple yet effective ways to reduce the risk of infection.

For contact lens users, the rainy season requires extra care. Increased humidity and exposure to contaminated water can raise the risk of eye

infections. Always wash your hands thoroughly before handling contact lenses, clean and store them properly, and avoid wearing them if your eyes feel irritated or appear red. If discomfort persists, consult an ophthalmologist instead of using over-the-counter eye drops without medical advice.

As a Retina Specialist, I would especially like to highlight the importance of regular eye examinations for people living with diabetes and hypertension. These conditions can silently damage the retina, the delicate tissue responsible for capturing visual images and sending them to the brain. Diseases such as diabetic retinopathy often progress without noticeable symptoms in their early stages. Many patients postpone their routine eye check-ups during the rainy season due to travel inconveniences, but delaying these visits may allow the disease to progress unnoticed.

The retina is one of the most vital structures of the eye, and timely diagnosis is crucial in preserving vision. If you notice symptoms such as sudden blurring of vision, flashes of light, an increase in floaters, distortion of straight lines, or a dark curtain appearing over your vision, seek immediate medical attention. These may indicate serious retinal conditions, including retinal tears or retinal detachment, which require urgent treatment to prevent permanent vision loss.

The monsoon is also a good time to adopt healthy habits that benefit your eyes throughout the year. Eat a balanced diet rich in green leafy vegetables, colourful fruits, nuts, and omega-3 fatty acids to support retinal health. Stay physically active, maintain good control of blood sugar and blood pressure, and wear protective eyewear when travelling in heavy rain or dusty conditions.

At Kamala Sundaram Foundation, our mission extends beyond treating eye diseases—we strive to create awareness about preventive eye care and ensure that quality ophthalmic services reach every member of the community through our clinics, outreach camps, and Mobile Ophthalmic Van. We firmly believe that education and early intervention are the most effective tools in preventing avoidable blindness.

This monsoon, let us not allow seasonal challenges to become barriers to good eye health. A timely eye examination, coupled with simple preventive measures, can help preserve your vision for years to come. After all, healthy eyesight is one of life's greatest gifts, and protecting it should always remain a priority.

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

JUNE 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
262

patients visited our OPD services for consultation and treatment



Total Surgeries
24

Surgeries performed overall, improving lives and restoring health.



Total Camps
14

Eye camps conducted in urban slums and underserved communities.



Average Patient visits per day
10.07

Average daily patient visits at our OPD

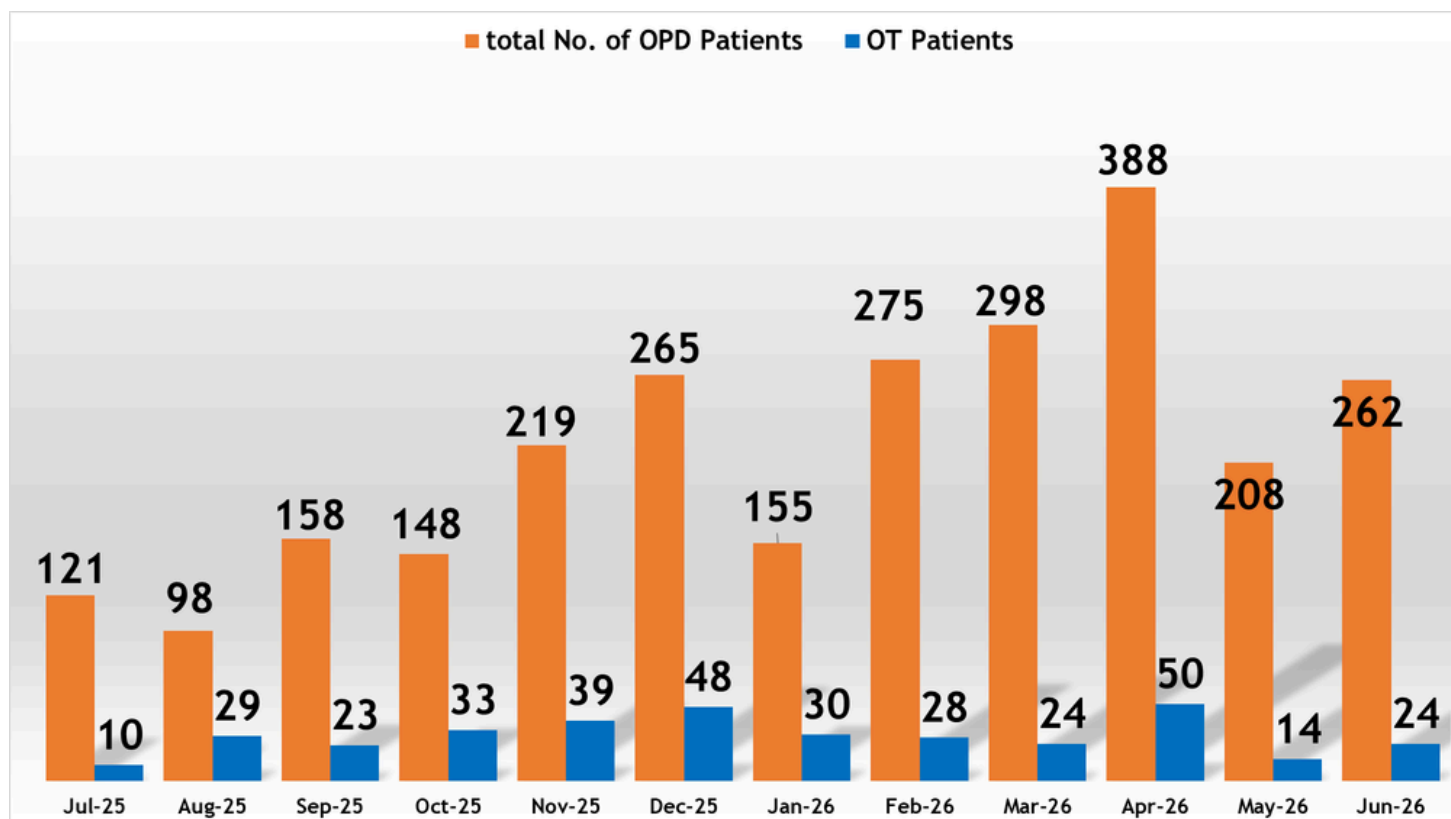
PROJECT UPDATE

sahachari
FOUNDATION
spreading joy

Light of Hope Project
Supported by
Sahachari Foundation

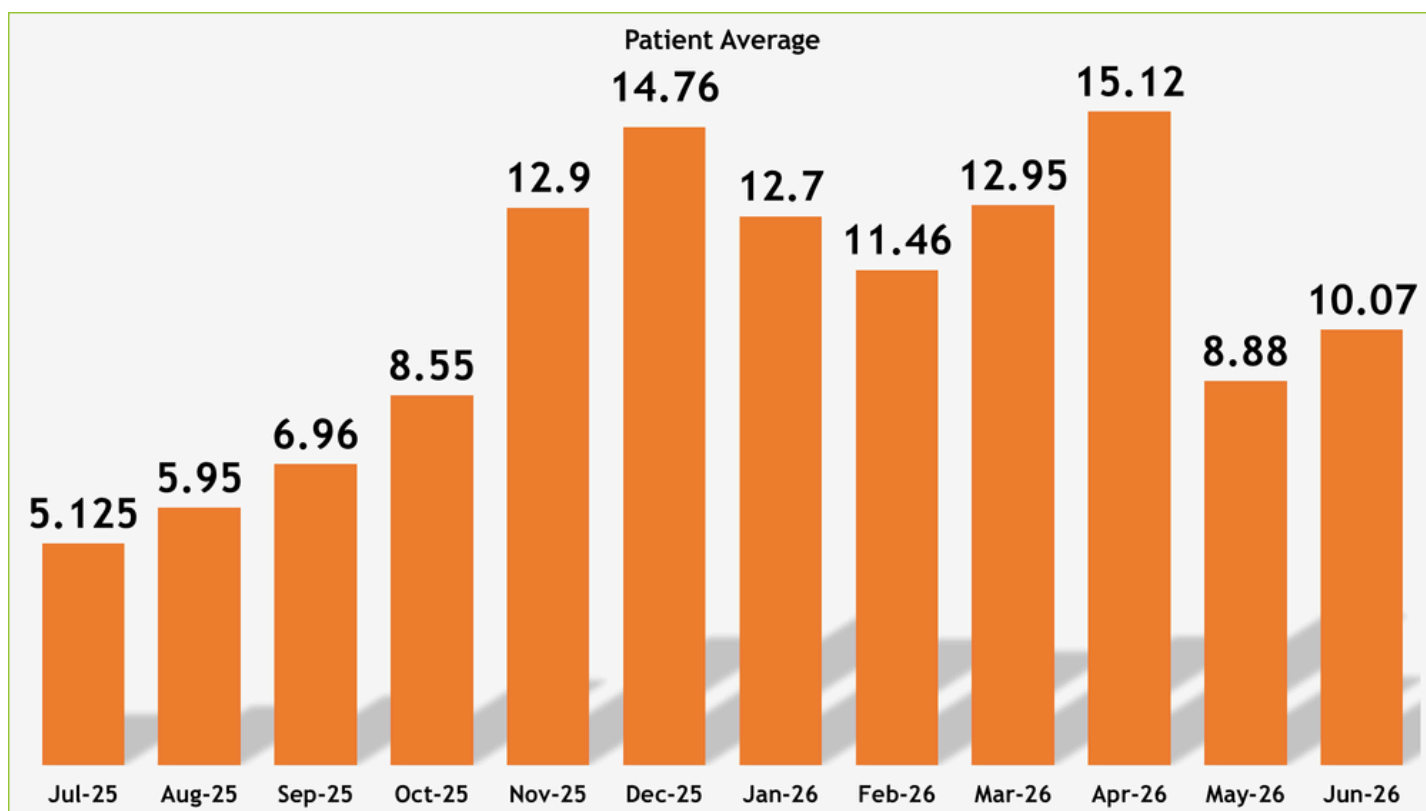
The Chembur Center is headed by Dr. Avik Dey Sarkar under the able leadership of Padmashree Prof. Dr. S. Natarajan

OPD & OT Patients

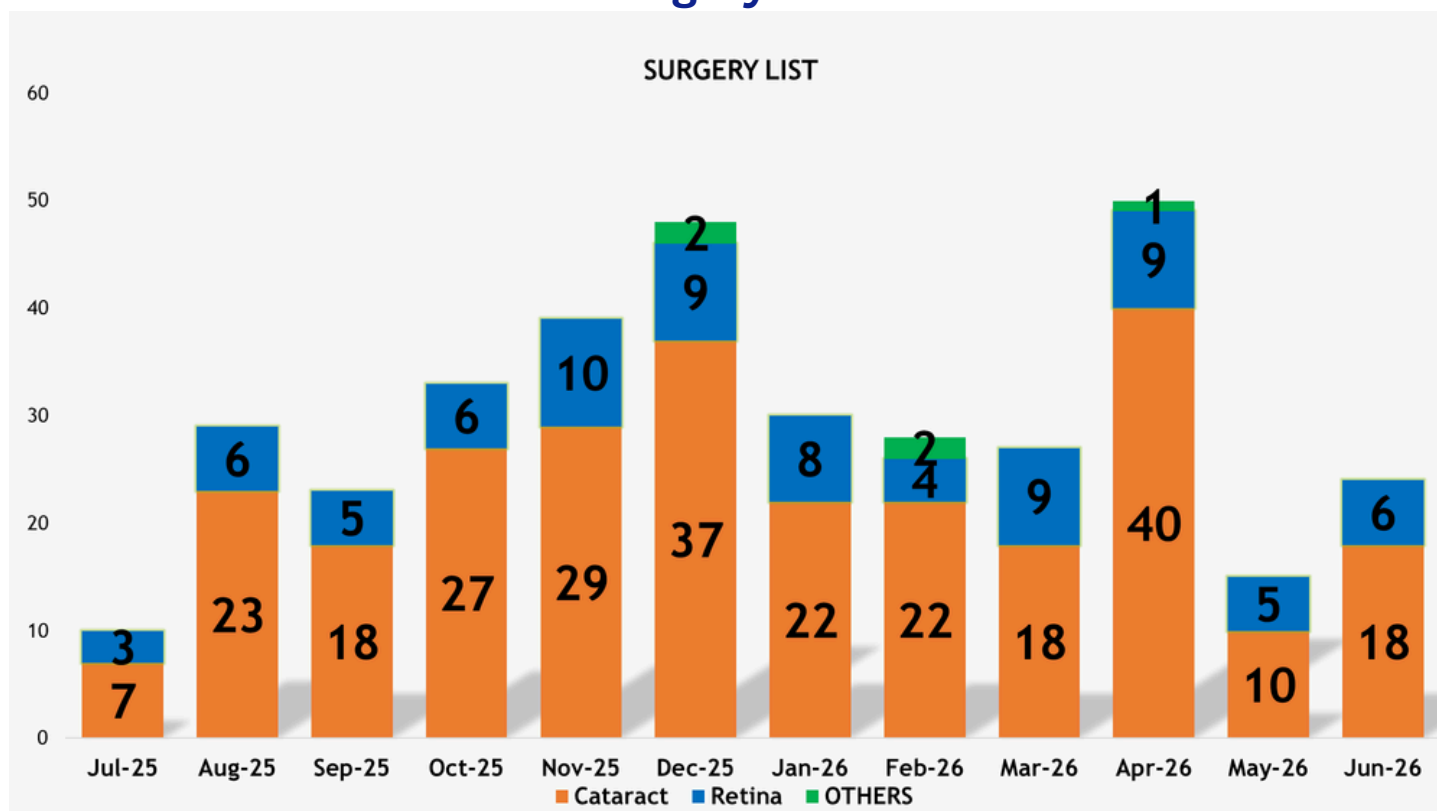


Building for the Future: June was a month of infrastructure enhancement, with operation theatre upgrades undertaken to support safer surgeries and increased patient volumes in the coming months. June 19, 2026 we resumed our OT services.

Patient Average



Surgery List



Building for the Future: June was a month of infrastructure enhancement, with operation theatre upgrades undertaken to support safer surgeries and increased patient volumes in the coming months. June 19, 2026 we resumed our OT services.

Screening Camps

Supported by

GBK Charitable Trust

&

Sahachari Foundation

Number of Camps for June 2026



Number of camps in the month of June 2026

Sr. No.	Date	Location	Total Screened
1	1/6/2026	HANUMAN MANDIR LALDONGAR	53
2	2/6/2026	SHIVSENA SHAKHA, 150 P L LOKHANDE MARG	36
3	6/6/2026	CHEDA NAGAR MURUGAN TEMPLE	26
4	8/6/2026	GADKARI MARG, VASHI NAKA	64
5	9/6/2026	SHIVSENA SHKAKHS, 137, BAIGANWADI GOVANDI	36
6	11/6/2026	MAHATAMA PHULE NAGAR, MANKHURD RLY STN	28
7	12/6/2026	PRAASH NAGAR, CHEMBUR VASHI NAKA	68
8	13/6/2026	SHIVSENA SHAKHA, MANKHURD WEST	48
9	15/6/2026	WALMIKI MANDIR, MANKHURD WEST	39
10	17/6/2026	DATTA MANDIR, AGARWADI, MANKHURD	51
11	20/6/26	LALDONGAR, CHEMBUR BUDHHA VIHAR	41
12	25/6/26	PMGP COLONY, MANKHURD	30
13	28/6/2026	RAMAKRISHNA MISSION, SAKWAR, PALGHAR	52
14	28/6/2026	AAKASH TOWER, V.K. WADI, DHARAVI	152
		Total Patients Screened	689



Kamala Sundaram Foundation
 कमला सुंदरम फाउंडेशन
 In Association with
GBK Charitable Trust
 Conducting
FREE DIABETIC EYE SCREENING CAMP
मोफ्त 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 June 2026



**10 Cataract
Surgeries**



1 Retina Surgery



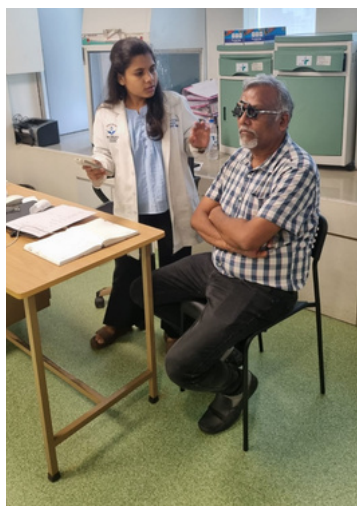
**Supporting Our
Dedicated Staff**

**ACG Cares
Foundation**

Kamala Sundaram Eye Center at Chembur



OT upgradation process completed and OT work resumed from 19th June



A memorable visit by Mr. Hari Khandelwal from GBK Charitable Trust to the Kamala Sundaram Foundation Eye Centre. He toured our facilities, experienced a comprehensive eye examination by Dr. Avik Dey Sarkar, and was warmly felicitated by our team.



Celebrating Together!
The Kamala Sundaram Foundation family celebrated the birthday of Mrs. Madhuri on 11th June 2026. We wish her good health, happiness, and continued success in all her endeavors.

JUNE 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 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



Recognition for Service

Our heartfelt congratulations to our dedicated social work team on receiving this prestigious recognition from the Jothi Laxmi Foundation. Their commitment and compassion in serving the community continue to inspire us all.

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