

THE KSF BULLETIN

The month newsletter of the 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).

More than 5675 camps organised

More than 2,50,000 houses screened in slums



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
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Managing Trustee

Prof. Dr. S. Natarajan, a Padma Shri Awardee is an ophthalmologist with over 35 years of experience. He is considered an authority in Vitreo Retinal Surgery globally and is keenly involved in research and community service to fulfill his aim of prevention of blindness in India.



Padma Shri Prof.
Dr. S. Natarajan

Board of Trustees



Prof. Dr. Uday
Salunkhe



Mrs. Sulabha
Karunanidhi



Shri Vaidyanathan K



Dr Krishnan Iyengar

An NGO established in 2005 for the eradication of blinding diseases and for providing access to quality eye care.

Trust Regn No E-22701, 80G, 12A & CSR

Kamala Sundaram Foundation (Previously Known as Aditya Jyot Foundation for Twinkling Little Eyes)

A Charitable Trust, registered on June 30, 2005 was born out of a desire to give back to society.

Our Vision

A society awakened to the basics of eye care and free of preventable eye diseases.

Making quality eye care available to every individual in a participatory system.

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 for the month of April 2025

In the month of April 2025 we are able to conduct 13 general camps and Special Diabetic Eye Screening camps. These camps supported by the GBK Charitable Trust, Mumbai.

Sr.No	Camp Date	Nature of Camp	No. of Pt Screened	Glasses	Cataract	Referred	Drops	Normal	DM (From Total screened)
1	02/04/2025	General Camp	30	19	4	-	5	2	3
2	03/04/2025	General Camp	34	16	3	-	4	11	3
3	08/04/2025	General Camp	24	14	1	-	4	5	1
4	09/04/2025	General Camp	41	23	2	1	5	10	2
5	13/04/2025	General Camp	84	42	7	7	6	22	8
6	15/04/2025	General Camp	35	16	8	1	5	5	15
7	17/04/2025	General Camp	48	26	3	1	6	12	1
8	18/04/2025	General Camp	32	17	2	1	5	7	4
9	19/04/2025	General Camp	41	26	3	-	4	8	3
10	22/04/2025	General Camp	32	24	1	-	3	4	3
11	24/04/2025	General Camp	34	20	2	-	3	9	2
12	26/04/2025	General Camp	41	20	2	-	6	13	5
13	27/04/2025	General Camp	19	11	4	-	4	-	6
TOTAL			495	274	42	11	60	108	56



**Social Workers are in the GBK Charitable Trust
Mobile Diabetic Eye Screening Camp**



On 8th April we visit at ramakrishna mission hospital



Our Managing Trustee with the Legend Dr Paritosh R. Cholia



**On the day of 29th April and 30th April we do camp
At St Xavier's High School , Deesa, Gujrat**



With Dr Kishor Asnani and Dr Priyadarshani Asnani

Present Projects

1. Blind Free Maharashtra Project

Diabetic Retinopathy Eye Screening program in Mumbai Slums—Our Social Workers are in the field.

Present Running Projects

1. Blind Free Maharashtra Project Diabetic Retinopathy Eye Screening program in Mumbai Slums

* Total household	: 9765
* Above 40 Years	: 14453
* Diabetic Patients	: 789
* Total patients referred for Treatment	: 456

2. BMC PROJECT—March 2023–November–2024

* No. of wards 3- total clinics	: 11
* Total Diabetic Patients referred by BMC	: 2241
* Diabetic patients screened	: 1462
* Retina related issues	: 65

3. ROTARY PROJECT 2023

* Total Camps Conducted	: 19
* Total patients screened	: 1365
* Total Diabetic patients Diagnosed	: 307
* Diabetic Patients Treated	: 15

Accomplishments

- More than 12 million lives touched.
- More than 3,00,000 slum households enumerated
- 3,10,000 slum dwellers have been screened for diabetes.
- 5965 camps in Mumbai and other parts of Maharashtra.
- 4265 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

- Radiant Precision 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
- Sahachari Foundation
- Oculus Medical Devices
- Padmashree Prof. Dr. S. Natarajan
- S.D. Fine-Chem Ltd.
- Adv. K G Menon
- Small Donations from Several Well-Wishers
- GBK Charitable Trust
- Mr & Mrs Shankaran
- Kamala Dalmia Charity Trust
- Mr . Rohit Chandra

Some of our Great Supporters of our previous projects

For conducting the above projects, we have received support from several prominent MNCs and well-wishers in the past:

- M/s Tata Trust
- M/s Tata Capital
- Bajaj Auto
- M/s RBL Bank
- M/s Chola mandalam
- WDF (World Diabetic Federation)
- Mission for vision
- Leela Holding
- Rasoi group
- Khalid Anari
- Deutsche Bank

With their great support We have completed various projects successfully from 2005 to till today

Article on Eyecare on Rainy Season

The rainy season brings much-needed relief from the scorching summer heat. However, along with cool showers and fresh breezes, it also ushers in increased humidity, pollution, and the spread of infections — all of which can adversely affect your eyes. Maintaining proper eye hygiene during this time is crucial to prevent irritation, allergies, and infections.

Common Eye Problems During Monsoon

1. Conjunctivitis (Pink Eye)
2. Highly contagious, this infection is common during the monsoon and spreads rapidly in humid environments.
3. Stye
4. A painful red lump on the eyelid caused by a bacterial infection, often worsened by poor hygiene.
5. Dry Eyes or Excessive Tearing
6. Fluctuating humidity levels can cause eyes to become too dry or watery, leading to discomfort.
7. Allergic Reactions
8. Rainwater, dust, and mold can trigger allergies, resulting in red, itchy, or watery eyes.

Essential Eye Care Tips for the Rainy Season

1. Avoid Touching or Rubbing Your Eyes

Your hands can carry bacteria and viruses. Always wash your hands before touching your eyes or face.

2. Protect Your Eyes from Rainwater

Rainwater may contain pollutants or microbes. Avoid letting it enter your eyes and use an umbrella or raincoat with a hood when stepping outside.

3. Use Clean, Dry Towels

Use a separate, clean towel to wipe your face and eyes. Avoid sharing towels to prevent the spread of infections.

4. Wear Protective Eyewear

If you ride a two-wheeler, wear protective glasses or a helmet with a visor to shield your eyes from wind, rain, and dust.

5. Avoid Using Expired or Shared Eye Cosmetics Bacteria can thrive in makeup products. Avoid eye makeup if you have any infection, and never share cosmetics.

6. Stay Hydrated

Drink plenty of water to keep your eyes naturally lubricated and flush out toxins.

7. Limit Screen Time

Increased indoor time during rainy days often means more screen exposure. Use the 20-20-20 rule: every 20 minutes, look 20 feet away for 20 seconds to reduce eye strain.

8. Use Prescribed Eye Drops Only

If you experience redness, itching, or pain, consult an eye doctor before using any over-the-counter drops.

When to See an Eye Specialist

Seek immediate medical attention if you notice:

- Persistent redness or pain
- Blurred or double vision
- Sensitivity to light
- Discharge or swelling

Conclusion

Caring for your eyes during the monsoon doesn't require much — just attention to hygiene, a few protective measures, and prompt action at the first sign of trouble. Keep your eyes clean, dry, and protected to enjoy the rains without worry.

Join Us!

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

THANK YOU

