



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

Contact No.: 8446566498 / 8652105658

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 OCT 2025

In the month of Oct 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	Camp Place	No. of Pt Screened	Glasses	Cataract	Referred	Drops	Normal	DM (From Total screened)
1	10/4/2025	CHEDA NAGAR	17	9	0	1	0	7	1
2	10/6/2025	CHEMBUR POLICE STATION	25	6	1	0	0	18	4
3	10/6/2025	CHEDA NAGAR, MANKHURD	156	0	11	0	0	0	0
4	10/7/2025	GHATKOPAR MANKHURD LINK ROAD	216	0	0	0	0	0	0
5	10/8/2025	BHANDUP EAST	0	0	0	0	0	0	0
6	10/8/2025	CHEMBUR VASHI NAKA	86	38	15	18	0	15	9
7	10/9/2025	BHANDUP EAST	252	0	0	0	0	0	0
8	10/10/2025	MULUND	204	0	0	0	0	0	0
9	10/11/2025	DHARAVI 90 FEET ROAD	59	22	7	5	5	19	12
10	10/14/2025	RAHUL NAGAR, VASHI NAKA	63	22	12	16	0	12	11
11	10/28/2025	VISHNU NAGAR, VASHI NAKA	41	19	6	5	0	10	7
12	10/29/2025	MATUNGA LABOUR CAMP	55	22	5	4	5	18	13
13	31.10.2025	MHADA COLONY	50	21	9	6	0	13	12
			1224	159	66	55	10	112	69

Glimpse from our Camps

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



Using AI Fundus Camera at Diabetic Eye Screening Camps



Optometrist at Camp Mumbai slums



Another Eye Screening camp below in Dharavi Area



*Another Eye Screening
camp below in Dharavi Area*

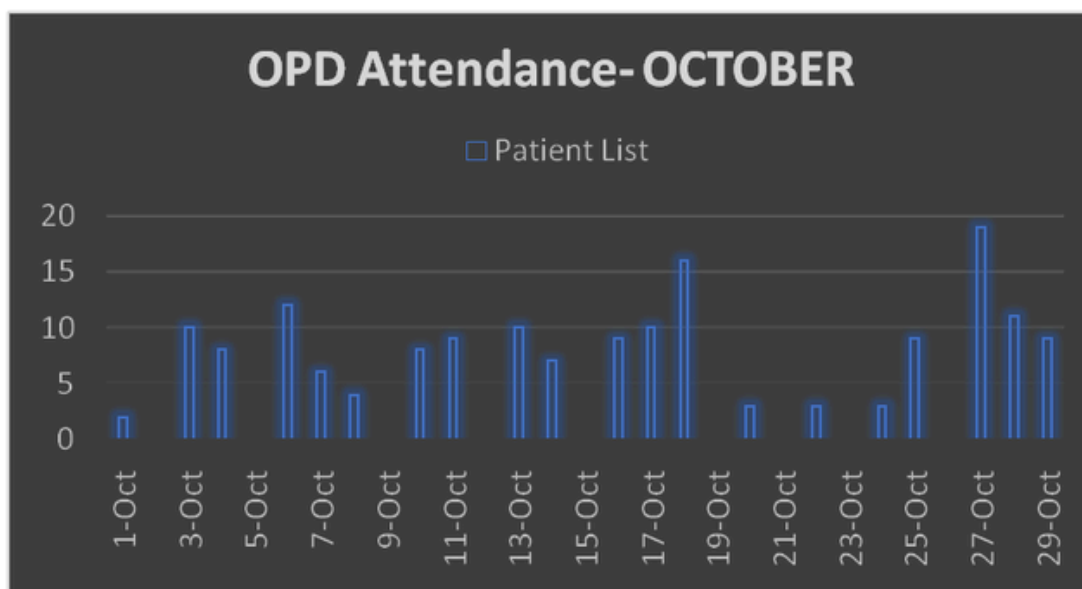
**Kamala Sundaram Eye Center
At
Shanmukhapriya Healthcare Center**

**Managing Trustee: Prof. Dr. S. Natarajan Padmashri Awardee
Chief Executive Officer: N. Ravichandran
Sr. Consultant & Retina Surgeon: Dr. Avik Dey Sarkar**

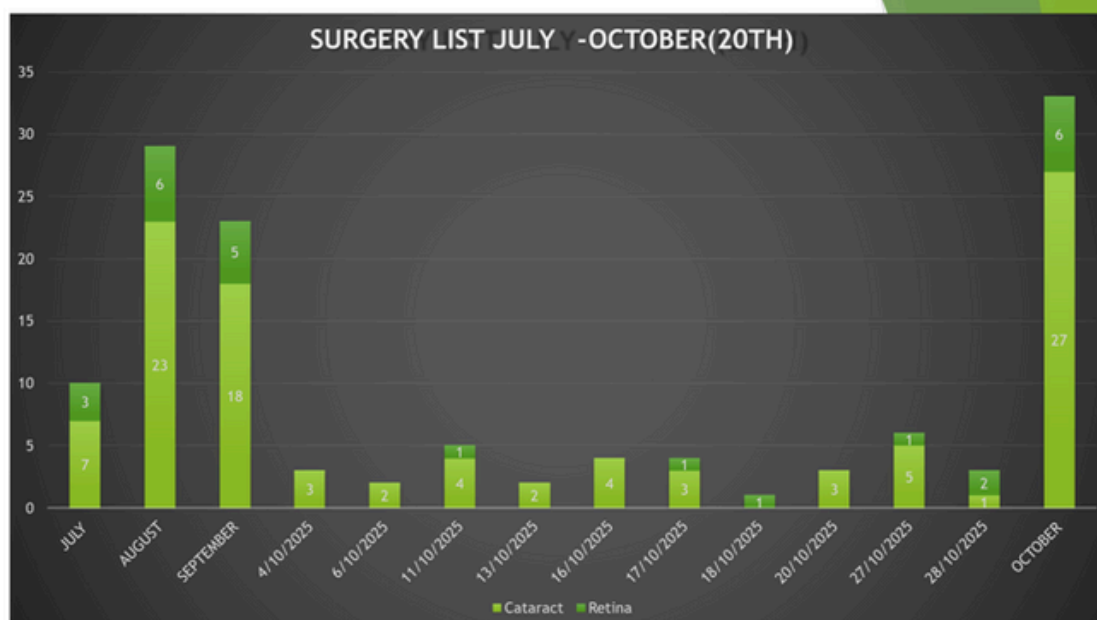
Project Update

Light of Hope project supported by Sahachari Project

OPD Attendance



Surgery Data



Article on Eye Care During Winter Season

Check your Eyes periodically

Eye Care During the Winter Season in Mumbai

Although Mumbai does not experience extremely cold winters, the season still brings subtle changes in weather that can affect our eyes. Dry winds, fluctuating temperatures, pollution, and increased screen time during shorter days can lead to discomfort and common eye problems. Taking simple precautions can help protect eye health during the winter months

Why Winter Affects Your Eyes

1. Dryness & Irritation

Humidity levels drop slightly during winter, and cool breezes can cause dryness, redness, and irritation.

2. Increased Pollution

Post-Diwali and winter months often show higher air pollution in Mumbai, which exposes the eyes to dust, smoke, and allergens.

3. Viral Infections

Eye flu (viral conjunctivitis) spreads more easily in crowded places during seasonal changes.

4. Screen Time

With cooler days, people tend to spend more time indoors, increasing screen exposure and causing eye strain.

Common Winter Eye Problems

- **Dry eyes**
- **Redness and itching**
- **Burning sensation**
- **Excessive watering**
- **Blurred vision due to dryness**
- **Eye flu / conjunctivitis**
- **Allergy-related irritation**

Essential Eye Care Tips for Winter

1. Keep Your Eyes Hydrated

- Use **prescribed lubricating eye drops** if you experience dryness.
- Drink plenty of water throughout the day.
- Include Omega-3 rich foods (flax seeds, fish, walnuts) to support tear production.

2. Protect Your Eyes Outdoors

- Wear **UV-protected sunglasses** when stepping out, especially during mid-day sunlight.
- Use glasses to protect from dust and cold winds.

3. Reduce Screen Strain

- Follow the **20-20-20 rule**: every 20 minutes, look 20 feet away for 20 seconds.
- Keep blinking consciously to prevent dryness.
- Maintain proper screen distance and lighting.

4. Maintain Proper Hygiene

- Wash your hands regularly to avoid infections.
- Avoid touching or rubbing your eyes.
- Do not share towels, eye drops, or makeup.

5. Take Care of Contact Lenses

- Avoid wearing contact lenses for long hours in dry weather.
- Clean and store lenses properly.
- Switch to glasses if you have irritation or infection.

6. Manage Pollution Exposure

- Rinse your eyes with clean water after returning home.
- Use air purifiers indoors if possible.

7. Eat Eye-Healthy Foods

Include foods rich in:

- Vitamin A (carrots, spinach, papaya)
- Vitamin C (oranges, amla, tomatoes)
- Vitamin E (almonds, sunflower seeds)

These support immunity and overall eye health.

When to See a Doctor

Seek an eye specialist if you notice:

- Persistent redness
- Pain or swelling
- Blurred vision
- Discharge or sticky eyes
- Sensitivity to light
- Sudden dryness or watering

Early treatment prevents complications and keeps your vision healthy.

Conclusion

Winter in Mumbai may be mild, but it can still impact eye comfort and health. By taking simple preventive steps—hydrating, protecting eyes from pollution, reducing screen time, and maintaining hygiene—you can avoid most winter-related eye problems. Regular eye check-ups also help in keeping your vision clear and healthy throughout the season.

Accomplishments

- More than 12 million lives touched.
- More than 3,00,000 slum households enumerated
- 170000 slum dwellers have been screened for diabetes.
- 6155 camps in Mumbai and other parts of Maharashtra.
- 5000 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

- Trust Investment
- Core Jewelry Pvt. Ltd
- Alykl Mines Chemicals Ltd.
- Orange Corporation
- Mr. Rajesh Noval
- 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
- M/s Tata Trust
- M/s Tata Capital
- Bajaj Auto
- M/s RBL Bank
- M/s Cholamandalam
- WDF (World Diabetic Federation)
- Sahachari Foundation
- Shanmukha Priya Health Care center

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

Branch clinic:

Kamala Sundaram Eye clinic
Matunga Labour Camp, Mumbai 400019

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

