

NATIONAL SOCIETY
FOR THE PREVENTION OF
BLINDNESS - INDIA

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**Hamari Aankhen
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- Work for the cause of prevention of blindness in India
- Publish information to help people understand their role in cause of prevention of blindness.
- Exchange information for India and abroad on the subject of eye health care.
- Publish articles, reports of meetings, conferences, seminars relating to eye health care.

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Editorial



[Through the Centuries, blindness and the blinding disease were regarded imply as part of mankind's unhappy lot, but such fatalism can no longer exist.]

Vision or eye sight is a function that requires more than the eye alone. In order for the eyes to do their job completely there must also be light to see by and the brain to define what is seen. As the light strikes any object - a car, for example in a person's field of vision, the light rays are reflected from the car to the eyes. The rays pass through the cornea, the aqueous (watery fluid) behind the cornea, the pupil, iris and the lens. The lens of the eye bends the light rays as they pass through it and focuses them on the retina which contains optic nerve cells. The retina then relays the light ray image through the optic nerve to the brain and the brain interprets it correctly. This is all the procedure of sight. If there is any defect or disorder in this process the person may have impairment of vision or partial or total blindness.

As mentioned above the eye-sight is one of man's most precious possession. Partial or total blindness will always remain a tragedy although one that can be mitigated by training which is enabling blind people to work and earn their living. The greater part of the blind world - millions of people - still have to suffer the additional distress of being an unproductive burden on their families or communities.

As per WHO report "Every five seconds an individual in the world goes blind. Globally there are nearly 45 million blind people and almost 135 million with low vision, a total of 180 million people with some degree of visual disability. Nine out of the ten who are blind live in developing countries".

Yet more than half of the global blindness is preventable. With proper treatment by drugs and surgery sight could be restored to millions who are now losing it. Preventive measures can ensure that in the future the numbers of the blind will be less than what it is today.

Prevention and treatment of blindness and eye diseases in a large country, like ours especially when there are areas where population is scattered or scarce and above all when the climate may bring harsh weather in some seasons presents special problems. India is rash populous, mainly inhabited by rural areas where adequate eye care is scarce. It is but clear that every year millions fall prey to blindness due to want of timely ophthalmic aids and services.

In our country the summer season after winter is from April-May to June-July. During summer the eye flu or influenza, conjunctivitis, trachoma, become endemic or epidemic. To avoid these eye ailments eyes should be washed with clean and cold water many times during the day and before going to bed. Ultra-violet rays of the burning sun have harmful effect on the eyes, these may lead to Cataract. To avoid the scorching sun "Sunglasses" should be used if you have to go out in the sun. If proper eye health care is taken one can be safe from the eye diseases during summer season.

Visual impairment and blindness are not a public health problem alone. Socio-economic, cultural and various human factors also play major role. They have to be tackled and the NSPB-India has accepted the challenge. The Society undertakes such activities at the national level, through a net work of its State & District branches throughout the country and its hospitals situated at Modi Nagar (UP), Raison (H.P) and Moti Nagar, New Delhi. But it is only the active support of our well wishers, philanthropists and the people devoted to social service and welfare of the mankind, the Society will be able to meet the challenge. □ □