



FOOD FOR EYES !



Sight for All



FOOD FOR EYES!



Vitamin A and beta-carotene.

Vitamin A (and its precursor, beta-carotene) is necessary for night vision, wound healing and proper functioning of the immune system. A balanced quantity of nutrients rich in Vitamin A and beta carotene does lot of good for your vision.

Tomatoes, Carrots, Bell Peppers



Vitamin B complex

(including vitamins B1, B2, B3, B5, B6, B12 folic acid, biotin and choline). B complex vitamins may help reduce chronic inflammation and prevent elevated homocysteine levels in the blood, which have been associated with vascular problems affecting the retina. B vitamins also may play a role in reducing the risk of macular degeneration and in the treatment of uveitis, a common cause of blindness.

Green vegetables, fish, tofu, soybean, cheese and eggs, mushroom, sesame



Vitamin C.

Some studies have found vitamin C, a powerful antioxidant, is associated with reduced risk of cataracts.

Tomatoes, Citrus fruits, lemon, Brussels sprouts, cauliflower, green and red peppers, leafy greens, grapefruit



Phytochemical antioxidants.

Plant extracts, such as those from ginkgo biloba and bilberry, contain phytochemicals, which appear to provide protection from oxidative stress in the entire body, including the eyes.

Blue berry, ginkgo



Vitamin E.

Another component of AREDS and AREDS2 supplements, vitamin E has been associated with reduced risk of cataracts in other studies.

sunflower seeds, almonds, Wheat germ, nuts, hazelnuts, and Peanut butter



Lutein and zeaxanthin.

These carotenoids and macular pigments may reduce the risk of macular degeneration and cataracts.

Spinach, Sarson saag, Kale and other dark green leafy vegetables, collards, turnip greens, corn, green peas, broccoli, eggs, oranges and green beans



Vitamin D.

Recent literature suggests vitamin D deficiency is widespread, especially during winter months in cold climates. Research suggests vitamin D is associated with a lower risk of macular degeneration.

fish oils, fatty fish, mushrooms, beef liver, cheese, egg yolks, Sunlight, mushrooms



Omega-3 and Omega 6 essential fatty acids.

These essential nutrients may reduce the risk of dry eyes and may have other eye health benefits as well.

Salmon, Fish, Flax seeds



Bioflavonoids.

Found in many fruits and vegetables, bioflavonoids appear to help the body absorb vitamin C for higher antioxidant efficiency.

Strawberry, citrus fruits, broccoli, garlic, papaya, green tea

Remember, your Ophthalmologist is your best friend to prescribe a balanced vitamin enriched food guide best suited to you and help you to have years of good vision and eyesight.



NATIONAL SOCIETY FOR THE PREVENTION OF BLINDNESS - INDIA

EAT YOUR WAY TO A GOOD EYESIGHT

Eating your way to a great, long and healthy eyesight is probably one of the easiest way to care for your vision. Years of research, Grandma's recipes and nukssas and ancient Indian Ayurveda have all confirmed that eating good is a proven success formula for a healthy vision. Whether you are a vegetarian or a non vegetarian, foods for the retina, foods for the cornea, foods for the optic nerve system and foods for the eye muscles, foods that do good to the vitreous humor have all found a mention in this repertoire of eating your way for a healthy vision.

Taking good care of one's eyes starts with the food on your menu. A healthy and planned diet can ensure that your eyes stay healthy and you enjoy good vision even in old age. In fact, what is good for your body is good for your eyes too. Eating good food for your eyes is good for your body too. A good planned healthy diet keeps you away from many diseases and keeps visual challenges at bay. A good lifestyle also keeps your body and also your eyes healthy. There is an established relationship between your food and your vision. Yoga for the eyes immensely benefits healthy vision. Simple yoga exercises keep your vision healthy. Most of us who exercise their bodies regularly do not have an exercise regimen for the eyes.

Vitamins and nutrients in your food coupled with simple exercise regimen offers you good eyesight and keep you away from vision related challenges. Ocular nutrition is one of the key essentials to maintaining a good vision. While our body does produce most of the important nutrients required for a good vision, it is important to know what foods can supplement the requirements of a good vision and what foods offer these nutrients.

We have all known about the Vitamin A deficiency. It is also well known that Vitamin A deficiency causes blindness, especially in children. According to the estimates available with the WHO, an estimated 250 million pre school children in the world have Vitamin A deficiency, and an estimated upto half a million

children among these go blind every year. Of the children who go blind, half die within one year of losing their eye sight. Fortunately the concerted efforts of the government, dedicated ophthalmologists and community ophthalmology workers have all worked very hard and have been able to address this issue to a large extent in India, though there are still hundreds of cases of blindness due to Vitamin A deficiency. A well planned and executed program that addresses this issue right from pregnant women to small children have yielded good results. If foods like carrots, saag, palak, berries, dairy products and if one is a non vegetarian, fish and eggs, are added to one's diet, these foods offer excellent source of Vitamin A.

Nutrients such as Vitamins A, C, E, micronutrients like Zinc, selenium, Omega 3 and 6 fatty acids, luteins, bioflavonoids and zeaxanthin are all helpful for your vision and good eyesight. Most of these nutrients are found in commonly available fruits, nuts, vegetables, whole grains, dairy products, and for non vegetarians, in fish and poultry. Besides you can also go in for nutrition supplements if eating fruits, vegetables, and other natural foods is a no go for you.

Fats, transfats and cholesterol laden food do not do any good to your eyes and to your body. Preservative laden foods lead to undesirable toxin build up which in turn creates number of vision related challenges affecting your vision. Avoiding them as far as possible will do you a lot of good for your vision.

Exercising your eyes does wonders for your vision and eyes. Exercises that have been mentioned in old Indian medicinal texts have now been researched and found to be very useful. Simple exercises like rubbing ones palms for twenty seconds till they get warm and placing them over your eyes actually relaxes them and does good to your eyesight. Similarly soft massaging your temples and eyebrows has also been claimed by practitioner to help soothe the optic nerve and the eye muscles. Another yoga exercise is to hold a pen or ones index finger at arms length, focus on it, and bring them close to your eyes and gradually take it back, five to six



times, helps in strengthening your eyes. Hydro therapists claim that placing tissues or small cloth piece dipped in warm and cold water and placing them for a few minutes on your closed eyes de-stresses and relaxes them. This is particularly found helpful after a long computer session.

It is also good to use a good UV Sunglass to filter the UV rays from the sunlight. UV rays hastens the age related cataracts. Smoking, even passive smoking can put one's eyes at risk for hastening cataract, macular degeneration and cause serious allergies. We tend to rub our eyes due to allergies which has been linked to weakening of cornea and eventually lead to vision challenges.

All persons who are involved in offering primary or tertiary eye care need to prophesise the importance of eating good for healthy eyes. Advocacy at every platform, right from school level onwards to educate young children on the importance of a healthy diet to sustain and maintain good vision even in the older years is significant for creating awareness. Advocacy

among children on TV and Computer viewing habits also help in improving the health of the eyes, and most importantly do see your ophthalmologist and discuss your problems as soon as you realise that there is even a slightest vision related issue.

Ask yourself if you have kept the appointment with your ophthalmologist. If you are over 40, have you had a complete eye check up at least one a year? If you are a diabetic have you got your complete vision check up done twice a year? When was the last you took your children to a qualified optometrist to get their refractions tests done.

To sum it up, eat healthy, eat right and exercise regularly. Don't smoke. Eat plenty of food rich in nutrients that help your eyes. Protect your eyes see your ophthalmologist regularly. The pair of eyes that God has given are the Gift of Sight. Imagine what your life would be without this Gift. Care for them.

Shashi Kumar Nair
Secretary General, NSPB-India

*When you live, look after your eyes.
Eat healthy. Exercise*

IT IS SHOCKING THAT SO MANY CASES
OF AVOIDABLE BLINDNESS CAN BE
PREVENTED BY INTAKE OF NUTRIENTS,
SUPPLEMENTS AND VITAMINS.

*Leave your 'I's when you live....
Leave your 'eyes' when you leave.*



NATIONAL SOCIETY FOR THE PREVENTION OF BLINDNESS - INDIA

ANNUAL REPORT 2014-2015

It is with great pleasure, I present the Annual Activities Report of the National Society for the Prevention of Blindness-India (NSPB-I) including its Research Units/Centres along with the audited statement of accounts & income and expenditure statement for the financial year ending 31st March, 2015.

The loss of sight is one of the greatest tragedies that can befall a person. There are organizations working for the treatment of curable blindness and some for the cause of rehabilitation of the blind, but there is hardly any organization which aims at the prevention of visual impairment and blindness. The NSPB-I was registered on 24th August, 1960 with the aim of prevention of visual impairment and blindness. As such the Society has completed 54 years of its existence successfully working for the cause of prevention of blindness with its state and district branches and two hospitals.

ANNUAL GENERAL BODY MEETING IN MODINAGAR (UP)

XXXXVII General Body Meeting of National Society for the Prevention of Blindness-India was organized on Sunday, 9th November, 2014 at KNGD Engineering College Auditorium, Hapur Road, Modinagar (UP).

The Executive President welcomed all the members to the XXXXVII General Body Meeting. He was extremely grateful to NSPB-India, Modinagar Unit for their arrangement, cooperation and hospitality towards the members. He also welcomed all the members present in the Annual General Body Meeting.

Dr. B.S. Sharma, the outgoing Executive President apprised the members about his wonderful journey in NSPB-I since 2002. With the cooperation & association of all the members of Governing Council and General Body, he could perform his duties so well. He sincerely thanked all the members for their encouragement and good response.

He was thankful to Secretary General who has been a great source of strength to him. He also placed on record his thanks to the entire staff of NSPB-I who gave him all the support during his tenure.

He thanked all the members for taking time out and attending the General Body. He was thankful to all the staff of the Society for their contribution in making the Annual General Body Meeting a success.

After that Mr. S.K. Nair, Secretary General welcomed the members and mentioned that it is indeed a great pleasure and rare opportunity to welcome all the members.

He mentioned that Dr. B.S.Sharma has been serving NSPB-I for the last 12 years as its Executive President and steering the growth of the Society to new heights and achieving many milestones. During his tenure,



Dr. Sharma demonstrated exceptional leadership qualities in carrying along with his team and the motivating efforts of Dr. Sharma were behind the several initiatives that NSPB-I took over the last 12 years and achieved outstanding success. Mr. Nair stated that Dr.Sharma was always there to listen to the Society's problems and offer his support and guidance.

The Secretary General further expressed that apart from being a great leader, management guru and an outstanding academician, Dr. B.S. Sharma is also a fine human being. Together with his equally illustrious wife, Dr. Kanta Sharma, he showered NSPB-I with his philanthropy. NSPB-India is grateful for the same and hopes to receive such benefactions in future also.

Dr. B.S. Sharma assured that NSPB-I would continue to be benefitted from his philanthropic activities.

Secretary General thanked to the members for attending the meeting.

The proceedings ended with a vote of thanks to the Executive President and Election Officer.



OCULAR MORBIDITY WORK BY UNITS & BRANCHES
ACTIVITY REPORT- 2014-2015

PARTICULARS	
School Visual Health Screening Program	
Number of Schools Surveyed	242
Number of Students Screened	25666
Students found with Defective Vision	423
Out-Reach Community Services	
Number of Eye Camps	120
Number of Patients Examined	16566
Number of Operations Performed	5059
Hospital & Research Centre Activities	
Number of Patients Examined in OPD	16623
Number of Refractions	5150
Number of Operations Performed	1380

NSPB-INDIA HOSPITALS

NSPB-INDIA HOSPITALS

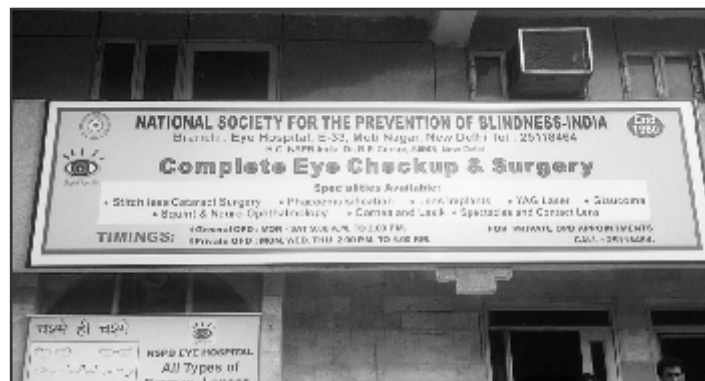
The Society runs two Eye Hospitals directly under its control to provide the "Gift of Sight" to as many beneficiaries as possible. The hospitals undertake quality eye care services at the hospital and as well as at doorstep of the patients.

NSPB EYE HOSPITAL, MOTI NAGAR, NEW DELHI

As reported, the Society runs an eye hospital w.e.f.15.8.1990 at Moti Nagar, New Delhi built up on 200 sq.yds.plot donated to the Society in 1976. The hospital is properly staffed with two ophthalmic surgeons, Optome-

trist, two multipurpose workers, a receptionist and an optical sale attendant. The hospital is provided with various facilities viz.out-patients department, Operation Theater, indoor ward, squint and orthoptics unit and optical sale counter.

This hospital serves the eye care needs of the poor and middle class population on nominal charges which are highly subsidized. Besides the above, eye camps are being organized around the area in collaboration with various agencies engaged in the cause of prevention of blindness.





STATEMENT OF ACTIVITY FOR THE YEAR 2014-2015

HOSPITAL	
Total Patients	7380
New Patients	4054
Follow-Up Patients	3326
Private OPD	27
Refraction	2473
Refraction (Free)	68
Minor Procedures	252
Major Procedures (Paid)	72

NSPB RAISON EYE HOSPITAL, RAISON, (DISTT. KULLU (HP))

The Society's Hqrs., New Delhi has been operating this hospital by providing all ophthalmic care to the patients not only the population of Kullu but also the people of the adjoining districts i.e. Lahul, Spiti and Mandi districts.

The land for this hospital is on lease from Govt. of HP and is registered in the name of Society. The hospital is fully staffed and equipped with 25 beds indoor patients' facilities. The hospital has been further upgraded and new state of the art equipments have been installed.

Besides the above, eye screening survey of schools is also being done to detect defects at the early stage of school going children.

STATEMENT OF ACTIVITY FOR THE YEAR 2014-2015

No. of patients screened	3799
Refractions	478
No. of Mega Surgical Eye Camps	2
No. of follow-up camps / Weekly Camps	6
No. of Operations	321

OPTICAL RESEARCH UNIT (ORU)

As reported earlier, the unit was set up in 1967 for providing training to ophthalmic technicians and subsequently providing scientifically dispensed glasses to the patients at reasonable rates.

The society also runs a facility for prescription spectacles. It continues to be a training center for B.Sc. (Hons.) optometry students of R.P. Centre for grinding and fitting of lenses.

STATEMENT OF ACTIVITY FOR THE YEAR 2014-2015

PARTICULARS	
i. Total No. of Orders Booked	21936
a). At Hqr. Dr. R. P. Centre	11100
b). NSPB Eye Hospital, Moti Nagar	10836
ii. No. of Students Trained	18

CONTACT LENS RESEARCH UNIT (CLRU)

NSPB-India runs a contact lens research unit to provide various types of contact lenses to patients depending upon the need and the causes. The unit is dispensing rigid gas permeable lenses and soft toric lenses since many decades. It is also dispensing Rosek2 and its various types' lenses since past six years for keratoconus patients. It has also started Boston lenses. Specialized contact lenses work up is done in fitting of keratoconus, pellucid marginal degeneration, post Lasik ectasia, post surgical induced scar and astigmatism, traumatic Aphakia and healed corneal scar post infection.

In cases of simple refractive error and astigmatism, soft toric and soft multifocal contact lenses fitting are also done. Tinted contact lenses' fitting is also done for covering opacity and bandage contact lenses are also dispensed.

This unit is also providing training to optometry students of R.P.Centre, AIIMS for clinical knowledge and lens dispensing and manufacturing.

STATEMENT OF ACTIVITY FOR THE YEAR 2014-2015

PARTICULARS	
Contact Lenses	
No. of Patients Treated	3763
a). New Patients	1064
b). Old Patients	2699
No. of Orders booked	972
Low Vision Aids	50



COMMUNITY OUT-REACH EYE CARE SERVICES AT A GLANCE

Eye Camp at Raison Eye Hospital, May 2014

The success of the previous eye camps was very much evident with the response on the very first day at the camp.

Over 850 patients were examined in the camp and 139 patients were operated upon. All patients had an uneventful stay at the hospital and all the operations were successful.

Eye Camp at Raison Eye Hospital, September 2014

Over 750 patients were examined. Of these 132 patients underwent surgical treatment. All patients had an uneventful stay at the hospital and all the operations were successful.

Weekly Programs, Raison Eye Hospital, Dist. Kullu (HP)

A Weekly Program was started at Raison Eye Hospital, Raison, Dist. Kullu (HP) to provide more regular services at the hospital. The program was started as a self-sustaining program. The response to the effort was voluminous and very encouraging. Reasonable charges were taken from the patients for various services provided. It was organised in the months of April, June, July, August, October and November every year. A total of 2049 patients were examined in the OPD and 50 major operations were undertaken during the year.



“One Eye Donation Can make Two
Blind People See.”



REGULAR CAMPAIGNS



Prevention of Blindness Week (April 1-7, 2015): The Society takes up every year a specific theme connected with eye health care to bring it to focus on all India level, through observance of its annual prevention of blindness week from April 1-7. During the year under report, the theme was **“NUTRITIONAL BLINDNESS IN CHILDREN AND ITS PREVENTION”**. The headquarters sent suggestions/guidelines for observance of the Week and background material to its branches, AIR, T.V., Centre and State Directorates of Health Services with the request to celebrate the week in their area. The state and district branches also observed the week enthusiastically by organizing various programmes, as per the reports published in our newsletter **“Hamari Aankhen”**.

National Eye Donation Fortnight (August 25-September 8, 2014): This is an extended activity of the Society being observed by the Society jointly with Directorates of Health Services and other agencies from August 25-September 8 every year. The society's branches were also requested to celebrate it in their regions.

NSPB-India outstanding contribution to National Eye Bank: 29th National Eye Bank Donation Fortnight 2014 –August 25-September 8, 2014, celebrations were held on 2nd September, 2014 at Dr. R.P. Centre for Ophthalmic Sciences. The National Eye Bank was established at AIIMS in 1965 by Late Prof. L.P. Agarwal. Since its establishment it has carried out multiple roles including facilitation and collection of corneas from Delhi and nearby areas, training of ophthalmology residents and paramedical staff in the practices of eye banking and serving as a pioneer leader in the field of eye banking.

Corneal blindness affects younger population in large proportion. That is why man-hours or productivity loss occurs due to corneal blindness. A majority of cases of corneal blindness is avoidable. It is estimated that there are 1.2 lakh people are corneal blind in India and to this

20,000 cases of corneal blindness are added each year. It may be mentioned here that last year 44000 corneas were collected as per the Eye Bank Association of India Statistics. It shows a huge gap between the collection of the cadaver eyes and the transplant as 20000 corneas are required every year.

Donation of eyes should become a family ritual just as all other rituals are performed after one's death. Eye donation should be done by the family members as the dead body is the property of the family. It is more so if the deceased has made a pledge during his/her life time to donate eyes. The first corneal transplant was done in 1948 and now after 56 years there is still long deficit between the requirement and the collection.

It may be mentioned here that Institute as big as AIIMS have acquired the best of technology and techniques. However no amount of development in the technology and technique can work until donation of corneas happen.

NSPB-India has been offered certificate of appreciation for its outstanding contribution to National Eye Bank.

Publicity-Press Advertisements Campaign: For the last few years, the Society had been taking up a special campaign of press advertisements on various aspects of eye health care for public education. This campaign was continued during the year under report and advertisement material highlighting safe practices during Diwali, Dussehra and Holi etc. were released which appeared widely in the newspapers all over India.

Hamari Aankhen: This is a quarterly official newsletter, the Society has been publishing regularly from headquarters in Hindi and English and is being sent to Headquarters members, Govt. Departments, voluntary organizations and society's branches and to the media persons. During the year under report four issues were published.





THANK YOU FOR YOUR SUPPORT

I would like very heartily acknowledging the help, support, guidance, cooperation and day-to-day assistance of my esteemed Executive President, Vice-President, Joint Secretary, Treasurer and members of the Governing Council and members of the Society given to me in great measure to help me in discharging my responsibilities as Secretary General.

The Society is deeply indebted to H.E. The President of India, Hon'ble Vice-President of India, Hon'ble Prime Minister of India, Hon'ble Minister of Health and Family welfare, Secretaries and other dignitaries of the Govt. of India and State Govts. for their blessings and good wishes conveyed from time to time, to encourage the Society.

The Society is grateful to the Director, AIIMS and Chief Dr. Rajendra Prasad Centre for Ophthalmic Sciences, faculty and staff of these institutes for their cooperation and providing various facilities as and when required.

I would like to place on record my hearty and deep appreciation of the valuable assistance and cooperation received by the Society from various officers of the Ministry of Health & Family Welfare, Directorate General of Health Services for its various activities in furtherance of its aims and objectives.

The Society could not have made such achievements in creating awareness in the masses without active support of the media, electronic and print, AIR, T.V. and various newspapers. All of them deserve my gratitude for their support. I am especially grateful to Ministry of Information and Broadcasting for all this as well.

The Society is highly grateful to all the donors for their donations to the Society's various units especially M/s Stock Holding Corporation of India Ltd. Foundation, New Delhi, Life Insurance Corporation of India and M/s Appasamy Associates for various projects of NSPB-India.

I would like to gratefully acknowledge the help and support both moral and financial and the cooperation for the eye camps at our Raison Eye Hospital, Raison Kullu (HP) from District authority specially from Deputy Commissioner, Chief Medical Officer and District Programme Manager, District Blindness Control Society, Kullu (HP).

I offer my gratitude to my colleagues in different states and district branches and other organizations working in the field of eye health and prevention of blindness for their kind cooperation in implementing the Society's programme in their respective region.

In the end, I express my extreme gratitude to the entire NSPB-India team for their selfless work, untiring cooperation, hard work and support in helping NSPB-India to give the Gift of Sight to thousands of our brothers and sisters.

I would like to thank all those whose services, I might have missed to acknowledge.

Sd/-
Shashi Kumar Nair
Secretary General

MEMBERSHIP

The enrolment of members is an ongoing process. As on 31.3.2015 there were 620 life members, 319 ordinary members & 20 Institutional members of the Society's headquarters.

Our membership committee is continuing its efforts to get more and more members enrolled in NSPB-India so as to expand the reach of the Society and improve the delivery system.



FROM OUR BRANCHES

MALDA DISTRICT BRANCH (W.B.) (2014-15)

Achievements : The district branch organized 63 eye camps during the year. In these camps 3018 Major operations, 806 Minor totaling 3824 operations were done.

School Survey : The branch surveyed 15 schools. In these schools 1059 students were eye screened. Out of them 14 children were found with eye problems; 5 had defective vision and 7 children were suffering from other diseases.

Health Education :

The branch worked for Eye Health, Personal Hygiene, Immunization. Pre-natal & Post natal care, Safe drinking water. Basic toilet facilities; Environmental sanitation, Family welfare, prevention/treatment of Malaria, Diarrhea. T.B. Typhoid, HIV Aids, Measles, Vitamin A deficiency.



PANCHMAHAL DISTT. BRANCH AT GODHRA (GUJARAT): (2014-15)

Achievements :

School Screening : During the year 7th standard students of all the Govt. & Non Govt. schools were screened and spectacles were given to the needy students.

Village School Clinics : Besides the above students of 6th – 8th standard and 9th – 10th standards of Godhra Schools were eye checked. 193 School were surveyed and 13371 students were examined. Among them 303 students were provided eye glasses.

Diagnostic Camps: This year 5 diagnostic camps were held 1 in Godhra City and 4 in rural areas. In these camps following services were provided:

- Examination of patients was done and proper advice was given
- Refraction was done and medicine were given
- Free glasses were given to the needy patients
- Before starting the camp talks were given about the incidence causes, prevention and treatment of blindness.

In these camps 1225 patients were attended and refraction of 586 patients was done and 88 patients were

advised for cataract operation.

Diabetic Retinal Check-up Camp: India is considered diabetic Capital of the World, whereas Gujarat is considered as diabetic capital of India. Keeping this in view the district branch conducted 5 camps.

Dr. Rajshreeben Vadhani Arora, Sr Retinal Surgeon from Baroda attended all the camps. Besides, Retinal Surgeons of M & J Institute of Ophthalmology Civil Hospital, Ahmedabad also rendered their services. Dr. P. N. Nagpal famous retinal surgeon from Ahmedabad also attended the camps. In these camps talks were given about the blindness caused by diabetes.

In these camps 494 patients were examined. Out of them 97 were found with Diabetic Retinopathy, laser treatment of 27 patients was done and 30 patients were referred elsewhere.

After conducting the camp press notes were issued and sent to all the important local newspapers. Due to efforts of our Vice President, Mr. Kishan Lal Bhayani almost all the activities were published in all the newspapers and weeklies.



AKOLA DISTRICT BRANCH (MAHARASHTRA)

Achievements : The district branch eye screened in 33 Schools. In these schools 11063 students were eye tested. Out of them 386 had defective eye sight and 11 students suffered from other eye ailments.

Health Education :

During the year the branch arranged four lectures on "Care of Eyes" at different places.

PURBA MEDNIPUR DISTT. BRANCH (WEST BENGAL)

Achievements : The district branch organized 7 camps, 3519 patients in OPD during the year (2014-15) were attended. In these camps 63 Major, operations, 155 Minor totaling 218 operations were done.

School Survey: During the year 1 school was surveyed, wherein 173 children were examined. Out of them 23 children were found with eye defects. Among them 17 were found with other eye diseases.

Health Education : The District Branch organized health education programme and doctors delivered lectures on Eye Health in public places.

Prevention of Blindness Week : The branch has been organizing this programme every year. During this programme, in addition to eye examination and screening of patients, intensive publicity was done through the banners, posters pamphlets and handbills were distributed among the masses.

SIRMOUR DISTRICT BRANCH

The district branch organized three eye camps. In these camps total OPD was 243 out of them 24 Major operations were done. Free spectacles were given to needy

patients. In these camps medicines, spect. and food was arranged free of cost.

M.P. STATE BRANCH (GWALIOR)

Eye Camp: M.P. State Branch Gwalior (MP) organized 18 Eye Camps. In these camps 7000 patients were attended and 1604 operations were performed.

School Survey: 38 schools were surveyed wherein 3524 students were eye checked. Out of them 342 student were found with refractive errors.

Health Education Activities:

World Sight Day was observed with great pomp and show. Handbills regarding Eye disease and ocular hygiene were distributed among the masses.

Dussehra, Diwali, Holi festival. During these festivals pamphlets regarding they eye injuries with crackers. Fireworks and Bow & Arrow were distributed. A poster "Celebrate Safe Diwali" was published and distributed.

Diagnostic Camps - The state Branch organize diagnostic camps on various occasions. In these camps, the

people are made aware about the various eye ailments.

Prevention of Blindness Week & Eye Donation Fortnight:

Pamphlets about the theme of the week were distributed and Public lectures were arranged.

The Pamphlets about the importance of Eye Donation after death were distributed among the public.

Community Eye Survey: This year the 5289 persons were checked for eye disorders. Out of them 60 persons were found with Cataract and 1218 persons had refractive error.

Other Activities: As usual New Year Calender along with Eye Health messages was brought out and was supplied to various agencies working in the field of Prevention of Blindness.

“ With 7.8 million blind people in India, the country accounts for 20 per cent of the 39 million blind population across the globe, of which 62 per cent are on account of cataract, 19.7 per cent refractive error, 5.8 per cent glaucoma and 1 per cent corneal blindness. Experts set among the causes of blindness, many were curable if proper detection was done in time.”



MEET INDIA'S FIRST BLIND IFS OFFICER

The inspirational story of Beno Zephine! • Source : Rediffmail



Beno Zephine is 25 and she made history when she became India's first 100 per cent visually challenged person to be inducted into the country's elite Indian Foreign Service (IFS).

She secured 343rd rank in the 2013-14 Civil Service examination, but had to wait for a year for her appointment, as the government worked out the rules to accommodate her.

Smiling, confident, with strong views on everything, expressed in a strong voice, Beno Zephine is a probationary officer with the State Bank of India currently.

She lives with her father Luke Anthony Charles who works with the Railways and her mother, Mary Padmaja, a homemaker. Her only brother, Bruno Xavier, works as an engineer in Canada. This is the inspiring story of how **Beno Zephine** became an IFS officer.

Choosing an unusual name

My parents deliberated a lot on a name for me. Beno means daughter of God and Zephine means hidden treasure. It's an unusual name. I thought people would be curious and ask me what it meant, but not many have asked me. I like my name a lot.

A normal, happy childhood

No one in my family made a big fuss about my disability, so it was not a big thing for me. My first memory is of going to school for the first time. I was very excited. I went to the Little Flower Convent for the Blind. I had a very happy school life as my teachers encouraged me to do whatever I wanted to.

Public speaking as a UKG student

I was a talkative girl then and I am a talkative woman now. I gave my first public speech when I was in upper KG; I spoke about Jawaharlal Nehru and won my first prize as a speaker - it was a steel plate.

After that, there was no stopping me. Instead of wishing me good luck, my teachers used to tell me, 'we know you are going to bring the cup to the school'. They were that confident about my oratorical skill and I thoroughly enjoyed speaking. The encouragement from my teachers and their confidence in me led to my success in public speaking.

In the early days, I used to write down what I had to say and then learn it by heart. From the sixth standard onwards, I started speaking extempore. I enjoy it more than preparing a speech and I fared better.

From Jawaharlal to environmental and social issues

I would speak about conservation of wildlife, cancer, etc. My Dad used to get me books and my Mom used to read them out to me

and that's how I prepared for the speeches. In college I was often made Master of Ceremonies and I loved it. I enjoyed studies as much as I enjoyed speaking. I enjoyed all the subjects. Academics wasn't a burden, it was something I enjoyed. I had no favourites; every subject and every book was my favourite.

Studying English literature in college

After school, I joined Stella Maris College to do my degree in English literature. I did my post graduation in English literature from Loyola College. I enjoyed college too. I had no difficulty moving from a blind school to a normal college because at home and outside, no one treated me differently. That gave me the confidence to face life like any other person.

Probationary Officer with the State Bank of India

As soon as I completed my MA, in 2013, I got a job as a probationary officer with SBI. I felt empowered and independent. With my first salary, I bought a gold chain for my father and earrings for my mother. Suddenly I felt I had grown up. That made me happy, but I also felt scared at the responsibility. But, then, that is an inevitable part of life. I was happy that I was given the important task of NPA (Non performing assets) recovery. I managed to deliver and was called Vasool Rani! I don't know why but people think I am very strict. I don't compromise on the way things have to be done. I assert myself and I value my dignity and also others'.

Wanted to be a civil servant when in the 11th standard

Till I was in tenth standard, my ambition was to become a lawyer or a lecturer. In the eleventh standard, my dream was to be a civil servant, even though I didn't know what it could offer me. It was just that I was interested in society and any service that was associated with society interested me. I didn't like people wasting water -- I used to make a big fuss when someone wasted water. People made fun of me, saying, 'Here comes the collector.' That was one of the factors that made me interested in the civil service.

Listening to the radio and reading newspapers

I used to listen to the 9 o'clock news on All India Radio as a child. I would say it helped a lot in my success in the Civil Service Examination. I was interested in news pertaining to the country. I was interested in economics because I was interested in whatever had a connection to the country. Water conservation, nature, wildlife, anything that has any relevance to society interests me.

Preparing for the Civil Service Examination

I would scan the books I had to read and then put it into the computer to read. It was not possible to scan each and every book, as you have to read so many books when you prepare for the Civil Service. So my Mom used to read the books to me. I started preparing for the examination when I was an undergraduate and made my first attempt when I was in my first year of postgraduate study, in 2012. I couldn't clear the Mains in my first attempt, though I thought I would. I was disappointed for a



couple of days because I was expecting a lot, but I was not demotivated.

Clearing with a good rank in the second attempt

The next time, I didn't prepare too much as the foundation I got in the first attempt helped me. I was not nervous or tense when the results were to be announced. I was curious to know the marks and rank. I cleared the exam and scored a rank of 343/1022. I was happy.

Getting IFS but not immediately

My choice was the Indian Foreign Service. I was told that the IFS did not accept anyone who was 100 per cent blind. They had to make some changes in the rules to offer me a position. I don't know the technicalities, but that was why the procedural delay of one year happened.

Call from the Ministry of External Affairs

When I got the call from the under secretary in the ministry of external affairs to tell me that I had been selected to the IFS, I didn't jump up and down or break into tears. I felt responsible. I am happy that I am an emotionally balanced person. It is good that I have become India's first 100 per cent visually challenged person to be in the Indian Foreign Service. It gives me responsibility. I am ready to do anything for my country. I am just clay and the Foreign Service can mould me whichever way they want.

No celebration yet

I haven't had time to celebrate my selection yet. My friends are angry that I am only speaking to the media for the last four days. Once all the interviews are over, I will go out with my friends to a restaurant. Yes, I am a foodie and I love all kinds of food. Though my mother taught me to cook when I joined college, I don't do any cooking these days. I have become lazy and I don't get any time to cook, but I would love to cook when I get time.

Want to meet the Prime Minister

I am planning to fax a letter to the Prime Minister thanking him and requesting a meeting with him. I want to take his blessings.

Motivational speaker

Once I joined the State Bank of India and after I passed the Civil Service examination, many schools and colleges started calling me to speak to their students and motivate them. Generally I tell students that everyone should have a goal in life but I say it differently at different places. I think I do motivate them as people love listening to me. Do I talk about my disability and tell them that I achieved this despite my disability? It depends on the audience. If they are small children, I don't talk about my disability at all as they will not understand it. To college students, I definitely talk about my disability. It is not a matter of liking or not liking my disability to be referred to. It is just a fact. I never think about my disability at all; I talk about it randomly. At home, I was never treated as a disabled person; I am like any other person. I don't like

being treated as a disabled person. Those who are close to me know that I don't like sympathy. I like to be treated like any other human being. I talk to people quite normally and generally people respond quite normally and not with sympathy. I am often asked what challenges I have faced in life. I can't think of any huge challenge. Maybe I am blessed.



Thoughts on India

I look at India quite positively. We had to overcome several challenges because of the population and we have achieved so much despite all the problems. We have this habit of looking only at the negative things. We are patriotic only when we watch cricket or when Pakistani forces are on the border. We are not patriotic when we throw paper on the road or exploit the resources of the country. Instead of pointing to this problem and that problem, every single person has to realise that the problem is within one self. I don't think changes can come overnight; they will come gradually. It took hundreds of years for America to be what it is now. Why is it that everybody wants everything to be so good in India in such a short span of time?

Message to youngsters

Instead of moaning about what you do not have, use the resources we have. Then, those resources will create further resources. Challenges do come, but face them and devise your own strategies. Understand your strengths and weaknesses, only then will you be able to strengthen your strength and weaken your weakness. It is very important to read newspapers and understand what your country is doing. If you do not do that, you do not have the right to criticise the country.

Dreams

I am a very positive person. My dreams are short term. I create dreams and fulfil them and move on. If there is an opportunity, I will be the first person to take it. I don't have any dream for myself now, but my dream for my country is to see India developing, and I see it happening.

Source : Rediffmail/News

**B.B.CHAUDHRY & CO.
CHARTERED ACCOUNTANTS**

Z-8 HAUZ KHAS, NEW DELHI-16, Ph. 26564451,41015630, 26850525, Fax: 42657720

Ref. No.....

Dated 27.05.2015

AUDITOR'S REPORT

WE HAVE AUDITED THE INCOME & EXPENDITURE ACCOUNT ALONG WITH THE BALANCE SHEET OF NATIONAL SOCIETY FOR THE PREVENTION OF BLINDNESS-INDIA, NEW DELHI FOR THE YEAR ENDING 31.03.2015 WITH THE BOOKS AND VOUCHERS PRODUCED BEFORE US. THE SAME IS CORRECT TO THE BEST OF OUR INFORMATION AND EXPLANATION GIVEN TO US.

**PLACE: NEW DELHI
DATE: 27-05-2015**

**For B.B.Chaudhry & Company
Chartered Accountants**

**SD/-
B.B. CHAUDHRY
PROP.**

**B.B.CHAUDHRY & CO.
CHARTERED ACCOUNTANTS**

Z-8 HAUZ KHAS, NEW DELHI-16, Ph. 26564451,41015630, 26850525, Fax: 42657720

Ref. No.....

Dated 27.05.2015

**NATIONAL SOCIETY FOR THE PREVENTION OF BLINDNESS-INDIA
NOTES ON ACCOUNTS FOR THE YEAR ENDING 31.03.2015
SIGNIFICANT ACCOUNTING POLICIES**

1. SYSTEM OF ACCOUNTING

The Society is maintaining its accounts relating to its activities on mercantile basis.

2. FIXED ASSETS & DEPRECIATION

The depreciation has been provided on the WDV basis at rates applicable to assets as per income-tax rules, 1962.

3. INVENTORIES

The stock-in-trade has been valued at cost.

4. INVESTMENTS

There are no investments in this year.

5. CONTINGENT LIABILITIES

There are no contingent liabilities in this year.

6. INCOME OR LOSS FROM ORDINARY ACTIVITIES

There is excess of income over expenditure of Rs. 47,99,685.02 from the ordinary activities of the Society.

7. EXTRA ORDINARY ITEMS

There is no extra ordinary item during the year.

8. Previous year's figures have been regrouped or rearranged wherever considered necessary.

9. During the year the Society has paid a sum of Rs. 32,28,800/- to DDA as composition fee which has been capitalized in the land at Karkardooma.

PLACE: NEW DELHI
DATE: 27-05-2015

For B.B.Chaudhry & Company
Chartered Accountants

SD/-
B.B. CHAUDHRY
PROP.

NATIONAL SOCIETY FOR THE PREVENTION OF BLINDNESS - INDIA
DR. RAJENDRA PRASAD CENTER FOR OPHTHALMIC SCIENCES
INCOME & EXPENDITURE A/C FOR THE YEAR ENDING 31.03.2015

PREVIOUS YR.	EXPENDITURE	CURRENT YR.	PREVIOUS YR.	INCOME	CURRENT YR.
649,129.00	TO GRANT PAID TO RAISON EYE HOSPITAL (AS PER SCHEDULE ATTACHED) "L"	666,228.72	---	BY ADMISSION FEE	---
264,766.00	TO EYE CAMP EXPENDITURE	265,757.00	100.00	BY SUBSCRIPTION RECD. FOR HAMARI ANKHEN	46,350.00
8,403.00	TO ANNUAL MEETINGS EXP.	19,160.00	---	BY ADVERTISEMENT A/C	---
37,947.00	TO TRANSPORT & MAINTENANCE CHARGES	54,784.00	10,500.00	BY EYE EXAMINATION FEE RECEIVED	---
25,974.00	TO TELEPHONE CHARGES	18,050.00	21,330.00	BY REGISTRATION	184,050.00
38,852.00	TO HAMARI ANKHEN PRINTING	29,139.00	174,850.00	BY REFRACTION	154,690.00
25,725.00	TO RESEARCH PUBLICATION EXP.	36,733.00	107,400.00	BY OPERATION CHARGES	795,420.00
2,424,609.00	TO SALARY & INCENTIVE PAID TO STAFF (AS PER SCHEDULE ATTACHED) "F"	2,776,501.00	983,500.00	BY MINOR TREATMENT	96,700.00
1,574,558.00	TO PROFESSIONAL CHARGES PAID (AS PER SCHEDULE ATTACHED) "G"	1,656,931.00	43,055.00	BY REGISTRATION FROM PRIVATE OPD	6,000.00
8,500.00	TO ADVERTISEMENT	---	5,500.00	BY DONATION RECEIVED	9,492.00
758,040.00	OPENING STOCK	---	14,552.00	BY DONATION FOR EYE CAMP	114,900.00
8,805,480.00	(AS PER SCHEDULE ATTACHED) "H"	1,559,371.00	269,350.00	BY MISC. RECEIPTS	99,855.17
8,805,480.00	PURCHASES (LOCAL)	7,797,821.00	684,516.00	BY INTERST RECD.	937,308.00
1,629,454.00	(AS PER SCHEDULE ATTACHED) "I"	---	301,995.00	BY CENTRAL SALES	491,418.00
82,160.00	PURCHASES (CENTRAL)	7,797,821.00	20,020,123.00	BY LOCAL SALES	17,883,562.00
25,529.00	(AS PER SCHEDULE ATTACHED) "J"	1,665,232.00	167,144.80	(AS PER SCHEDULE ATTACHED) "K"	300,856.85
36,912.00	TO CONVEYANCE EXP.	64,265.00	589,680.00	BY LOCAL SALES @ 12.50%	606,228.72
4,549.00	TO PRINTING & STATIONERY EXP.	30,380.00	---	BY GRANT RECD.	---
234,640.00	TO POSTAGE CHARGES	40,482.00	1,559,371.00	BY CLOSING STOCK	---
3,814.00	TO BANK CHARGES	1,892.00	---	(AS PER SCHEDULE ATTACHED) "E"	1,550,611.00
18,593.60	TO ORU EXP.	233,527.00	---		
74,485.00	TO C.L.R.U. EXP.	2,200.00	---		
329,135.00	TO ORU NSPB HOSPITAL MOTI NAGAR EXP.	140,481.00	---		
700.00	TO MISC. EXP.	24,537.00	---		
24,932.00	TO DEPRECIATION	77,609.00	---		
306,346.00	TO WEBSITE EXPENSES	297,497.00	---		
32,250.00	TO INSURANCE EXP.	44,989.00	---		
100,000.00	TO LEGAL & PROFESSIONAL CHARGES PAID	32,912.00	---		
62,841.00	TO LABOUR CHARGES PAID	280,056.00	---		
6,600.00	TO PROVISION OF HOUSE TAX AT KARKARDOOMA	65,500.00	---		
44,915.00	TO FEE PAID TO DIRECTOR OF HEALTH SERVICES	58,159.00	---		
19,500.00	TO ADVOCACY	---	---		
3,060.00	TO EYE EXAMINATION FEE EXPENSES	---	---		
20,494.00	TO BOOKS & PERIODICALS	3,170.00	---		
107,840.00	TO MEDICINE EXP	9,723.00	---		
13,000.00	TO IOL EXPENSES	68,790.00	---		
183,088.00	TO LASER EXPENSES	17,100.00	---		
39,417.00	TO ELECTRICITY & WATER EXPENSES	172,150.00	---		
28,469.00	TO HOUSE TAX PAID	39,416.00	---		
15,189.00	TO REPAIR & MAINTENANCE EXP	7,403.00	---		
550,000.00	TO CLEANING & WASHING CHARGES	20,630.00	---		
---	TO PROVISION FOR EMERGENCY RESERVE FUND	---	---		
---	TO ANNUAL MAINTENANCE CHARGES (LIFT)	12,822.00	---		
---	TO TA/DA EXPENSES	29,254.00	---		
---	TO INSTRUMENT REPAIR CHARGES	14,310.00	---		
---	TO GRATUITY PAID	142,795.00	---		
6,167,655.70	TO EXCESS OF INCOME OVER EXPENDITURE T/D TO INCOME & EXP. APP. A/C-	4,799,685.02	---		
24,999,014.30	TOTAL (RS.)	23,277,441.74	24,999,014.30	TOTAL (RS.)	23,277,441.74

PLACE: NEW DELHI
DATE: 27.05.15

SD/-
(ACCOUNT OFFICER)

SD/-
TREASURER

SD/-
SECRETARY GENERAL

AUDIT REPORT
AS PER OUR SEPARATE REPORT OF EVEN DATE ATTACHED
FOR B.B. CHAUDHRY & COMPANY CHARTERED ACCOUNTANTS

SD/-
B.B. CHAUDHRY
PROP.

**NATIONAL SOCIETY FOR THE PREVENTION OF BLINDNESS - INDIA
DR. RAJENDRA PRASAD CENTER FOR OPHTHALMIC SCIENCE, NEW DELHI
SCHEDULE "A" OF FIXED ASSETS & FORMING PART OF BALANCE SHEET AS AT 31.03.2015**

W.D.V. AS ON 01.04.2014	PARTICULARS	RATE OF DEP.	ORIGINAL COST	PURCHASE DURING THE YR.		DEDUCTION FROM ASSETS	ASSETS WRITTEN OFF	TOTAL COST	DEP. UP TO 31.03.2014	DEP. DURING THE YR.	DEP. ADJUSTED.	TOTAL DEP.	WDV AS ON 31.03.2015
				01.04.14 TO 30.09.2014	01.10.14 TO 31.03.2015								
25,505.00	AIR CONDITIONER & COOLER	15%	35,300.00	-	-	-	-	35,300.00	9,795.00	3,826.00	-	13,621.00	21,679.00
18,296.00	OPHTHALMOSCOPE	15%	21,525.00	-	-	-	-	21,525.00	3,229.00	2,744.00	-	5,973.00	15,552.00
138,750.00	AUTO LENSOMETER	15%	150,000.00	-	-	-	-	150,000.00	11,250.00	20,813.00	-	32,063.00	117,937.00
446.00	MATTRESS	15%	10,020.00	-	-	-	-	10,020.00	9,574.00	67.00	-	9,641.00	379.00
5,701.00	LINEN	15%	19,541.90	-	-	-	-	19,541.90	13,840.90	855.00	-	14,695.90	4,846.00
31,225.00	INSTRUMENT (MOTI NAGAR)	15%	161,167.90	-	-	-	-	161,167.90	129,942.90	4,684.00	-	134,626.90	26,541.00
11,982.00	FURNITURE (MOTI NAGAR)	10%	150,969.42	-	-	-	-	150,969.42	138,987.42	1,198.00	-	140,185.42	10,784.00
871.00	OPERATING MICROSCOPE	15%	80,000.00	-	-	-	-	80,000.00	79,129.00	131.00	-	79,260.00	740.00
343.00	ANESTHESIA MACHINE (MOTI NAGAR)	15%	30,013.00	-	-	-	-	30,013.00	29,670.00	52.00	-	29,722.00	291.00
325.00	SPLIT LAMP (MOTI NAGAR)	15%	28,600.00	-	-	-	-	28,600.00	28,275.00	49.00	-	28,324.00	276.00
190.00	OXYGEN CYLINDER (MOTI NAGAR)	15%	14,520.00	-	-	-	-	14,520.00	14,330.00	29.00	-	14,359.00	161.00
582.00	FIRE EXTINGUISHER (MOTI NAGAR)	15%	4,847.00	-	-	-	-	4,847.00	4,265.00	87.00	-	4,352.00	495.00
603.00	TELEPHONE	15%	2,289.00	-	-	-	-	2,289.00	1,686.00	90.00	-	1,776.00	513.00
218.00	KERATOMETER (MOTI NAGAR)	15%	14,300.00	-	-	-	-	14,300.00	14,082.00	33.00	-	14,115.00	185.00
129,085.00	AUTO REFRACTOMETER (MOTI NAGAR)	15%	247,287.00	-	-	-	-	247,287.00	118,202.00	19,363.00	-	137,565.00	109,722.00
216.00	LENSOMETER (MOTI NAGAR)	15%	7,000.00	-	-	-	-	7,000.00	6,784.00	32.00	-	6,816.00	184.00
3,846.00	MICROSCOPE (RAISON)	15%	80,000.00	-	-	-	-	80,000.00	76,154.00	577.00	-	76,731.00	3,269.00
356.00	STREAK RETINOSCOPE (RAISON)	15%	8,640.00	-	-	-	-	8,640.00	8,284.00	53.00	-	8,337.00	303.00
2,911.00	SURGICAL INSTRUMENT	15%	13,443.00	-	-	-	-	13,443.00	10,532.00	437.00	-	10,969.00	2,474.00
447.00	LIFE STERILIC	15%	6,901.00	-	-	-	-	6,901.00	6,454.00	67.00	-	6,521.00	380.00
34,165.00	OPERATING MICROSCOPE (MOTI NAGAR)	15%	350,000.00	-	-	-	-	350,000.00	315,835.00	5,125.00	-	320,960.00	29,040.00
2,931.00	CARDIAC MONITOR (MOTI NAGAR)	15%	30,000.00	-	-	-	-	30,000.00	27,069.00	440.00	-	27,509.00	2,491.00
85,505.00	A.SCAN	15%	129,554.00	-	-	-	-	129,554.00	44,049.00	12,826.00	-	56,875.00	72,679.00
2,058.00	COMPUTER (NSPB)	60%	10,074.00	-	-	-	-	10,074.00	10,069.00	3.00	-	10,072.00	2.00
5.00	PRINTER (NSPB)	60%	4,227.00	-	-	-	-	4,227.00	914.00	497.00	-	1,411.00	2,816.00
3,313.00	UPS	15%	2,700.00	-	-	-	-	2,700.00	2,231.00	70.00	-	2,301.00	399.00
469.00	STABILIZER (RAISON)	15%	275,000.00	-	-	-	-	275,000.00	227,229.00	7,166.00	-	234,395.00	40,605.00
47,771.00	APPA DIGITAL PHACO APP 2000 (MOTI NAGAR)	15%	19,200.00	-	-	-	-	19,200.00	14,325.00	731.00	-	15,056.00	4,144.00
4,875.00	INVERTER (MOTI NAGAR)	15%	4,950.00	-	-	-	-	4,950.00	4,091.00	129.00	-	4,220.00	730.00
859.00	AUTO CLAVE (RAISON)	15%	850.00	-	-	-	-	850.00	703.00	22.00	-	725.00	125.00
147.00	STABILIZER (RAISON)	15%	1,080.00	-	-	-	-	1,080.00	869.00	32.00	-	901.00	179.00
211.00	BEDSHEET (RAISON)	15%	1,650.00	-	-	-	-	1,650.00	1,444.00	31.00	-	1,475.00	175.00
206.00	GLUCO METER (MOTI NAGAR)	15%	106,000.00	-	-	-	-	106,000.00	87,587.00	2,762.00	-	90,349.00	15,651.00
18,413.00	DEPHITHON	15%	21,835.00	-	-	-	-	21,835.00	18,042.00	569.00	-	18,611.00	3,224.00
3,793.00	AIR CONDITIONER (MOTI NAGAR)	15%	1,800.00	-	-	-	-	1,800.00	1,780.00	3.00	-	1,783.00	17.00
20.00	UPS (MOTI NAGAR)	15%	2,800.00	-	-	-	-	2,800.00	2,799.00	1.00	-	2,800.00	-
1.00	PRINTER (MOTI NAGAR)	60%	20,500.00	-	-	-	-	20,500.00	20,494.00	4.00	-	20,498.00	2.00
6.00	COMPUTER (MOTI NAGAR)	60%	18,592.00	-	-	-	-	18,592.00	16,520.00	1,243.00	-	17,763.00	829.00
2,072.00	COMPUTER WITH PRINTER (NSPB)	15%	2,000.00	-	-	-	-	2,000.00	1,960.00	6.00	-	1,966.00	34.00
40.00	UPS (NSPB)	60%	2,400.00	-	-	-	-	2,400.00	2,397.00	2.00	-	2,399.00	1.00
3.00	PRINTER (RAISON)	15%	1,700.00	-	-	-	-	1,700.00	1,616.00	13.00	-	1,629.00	71.00
84.00	UPS (RAISON)	15%	1.00	-	-	-	-	1.00	-	-	-	-	1.00
1.00	MARUTI VAN (RAISON)	15%	1.00	-	-	-	-	1.00	-	-	-	-	1.00
31,398.00	TATA SUMO AMBULANCE	15%	90,000.00	-	-	-	-	90,000.00	58,602.00	4,710.00	-	63,312.00	26,688.00
254,465.00	COLD PHOCO	15%	620,000.00	-	-	-	-	620,000.00	365,535.00	38,170.00	-	403,705.00	216,295.00
15,699.00	APPA APPLICATION TONO METER	15%	45,000.00	-	-	-	-	45,000.00	29,301.00	2,355.00	-	31,656.00	13,344.00
13,954.00	SPLIT LAMP A/A	15%	40,000.00	-	-	-	-	40,000.00	26,046.00	2,093.00	-	28,139.00	11,861.00
894,363.00			2,906,662.22	-	-	-	-	2,906,662.22	2,012,299.22	135,425.00	-	2,147,724.22	758,938.00

W.D.V. AS ON 01.04.2014	PARTICULARS	RATE OF DEP.	ORIGINAL COST	PURCHASE DURING THE YR.		DEDUCTION FROM ASSETS	ASSETS WRITTEN OFF	TOTAL COST	DEP. UP TO 31.03.2014	DEP. DURING THE YR.	DEP. ADJUSTED.	TOTAL DEP.	WDV AS ON 31.03.2015
				01.04.14 TO 30.09.2014	01.10.14 TO 31.03.2015								
7,117.00	THREE MIRROR GONIOSCOPY LENS	15%	20,400.00	-	-	-	-	20,400.00	13,283.00	1,068.00	-	14,351.00	6,049.00
6,616.00	STREAK RENTINOSCOPE WITH OPHTHALMIC SCOPE	15%	16,120.00	-	-	-	-	16,120.00	9,504.00	992.00	-	10,496.00	5,624.00
239,148.00	BUILDING AT RAISON EYE HOSPITAL	10%	500,000.00	-	-	-	-	500,000.00	260,852.00	23,915.00	-	284,767.00	215,233.00
1,494.00	TONO METER	15%	3,640.00	-	-	-	-	3,640.00	2,146.00	224.00	-	2,370.00	1,270.00
783,788.00	N.S.P. MOTI NAGAR HOSPITAL BUILDING	10%	1,638,704.30	-	-	-	-	1,638,704.30	854,916.30	78,379.00	-	933,295.30	705,409.00
3,368.00	AQUA GUARD (MOTI NAGAR)	15%	7,590.00	-	-	-	-	7,590.00	4,222.00	505.00	-	4,727.00	2,863.00
11,652.00	AIR CONDITIONER (ORU)	15%	27,400.00	-	-	-	-	27,400.00	15,748.00	1,748.00	-	17,496.00	9,904.00
18,103.00	LENSOMETER (ORU)	15%	40,800.00	-	-	-	-	40,800.00	22,697.00	2,715.00	-	25,412.00	15,388.00
10,333.00	FURNITURE (ORU)	10%	17,500.00	-	-	-	-	17,500.00	7,167.00	1,033.00	-	8,200.00	9,300.00
378,896.00	FURNITURE & FIXTURE (ORU)	10%	607,893.00	-	-	-	-	607,893.00	228,997.00	37,890.00	-	266,887.00	341,006.00
1,074.00	INSTRUMENT TROLLEY	15%	1,890.00	-	-	-	-	1,890.00	816.00	161.00	-	977.00	913.00
3,195.00	LENS (MOTI NAGAR)	15%	6,120.00	-	-	-	-	6,120.00	2,925.00	479.00	-	3,404.00	2,716.00
5,544.00	INDIRECT OPHTHALMOSCOPE (MOTI NAGAR)	15%	10,620.00	-	-	-	-	10,620.00	5,076.00	832.00	-	5,908.00	4,712.00
4,608.00	EDGING MACHINE	15%	7,504.00	10,815.00	-	-	-	18,319.00	2,896.00	2,313.00	-	5,209.00	13,110.00
25,088.00	APPLATON TONOMETER	15%	37,539.00	-	-	-	-	37,539.00	12,451.00	3,763.00	-	16,214.00	21,325.00
5,386.00	COOLER	15%	6,850.00	-	-	-	-	6,850.00	1,464.00	808.00	-	2,272.00	4,578.00
7,862.00	ATTENDANCE PUNCHING MACHINE (NSPB)	15%	10,000.00	-	-	-	-	10,000.00	2,138.00	1,179.00	-	3,317.00	6,683.00
7,862.00	ATTENDANCE PUNCHING MACHINE (MOTI NAGAR)	15%	10,000.00	-	-	-	-	10,000.00	2,138.00	1,179.00	-	3,317.00	6,683.00
12,186.00	WATER COOLER	15%	15,500.00	-	-	-	-	15,500.00	3,314.00	1,828.00	-	5,142.00	10,358.00
7,076.00	TALLY SOFTWARE	15%	9,000.00	-	-	-	-	9,000.00	1,924.00	1,061.00	-	2,985.00	6,015.00
1,540,396.00			2,995,070.30	10,815.00	-	-	-	3,005,885.30	1,454,674.30	162,072.00	-	1,616,746.30	1,389,139.00
2,434,759.00	TOTAL (RS.)		5,901,732.52	10,815.00	-	-	-	5,912,547.52	3,466,973.52	297,497.00	-	3,764,470.52	2,148,077.00

AUDIT REPORT
AS PER OUR SEPARATE REPORT OF EVEN DATE ATTACHED
FOR B.B. CHAUDHRY & COMPANY CHARTERED ACCOUNTANTS

PLACE: NEW DELHI
DATE: 27.05.15

SD/-
(ACCOUNT OFFICER)

SD/-
TREASURER

SD/-
SECRETARY GENERAL

SD/-
B.B. CHAUDHRY
PROP.

NATIONAL SOCIETY FOR THE PREVENTION OF BLINDNESS - INDIA
DR. RAJENDRA PRASAD CENTER FOR OPHTHALMIC SCIENCES
ANNEXURES FORMING PART OF BALANCE SHEET FOR THE YEAR ENDING 31.03.2015

	31.03.2015 AMOUNT (Rs.)	31.03.2014 AMOUNT (Rs.)
<u>DETAILS OF SUNDRY DEBTORS (SCHEDULE "B")</u>		
1. ESI DELHI	4,224,089.00	5,569,468.00
2. ESI NOIDA	179,902.00	339,747.00
	<u>4,403,991.00</u>	<u>5,909,215.00</u>
<u>DETAILS OF CASH & BANK BALANCES (SCHEDULE "C")</u>		
1. CASH IN HAND	44,342.22	47,379.92
2. BALANCE WITH ANSARI NAGAR A/C-587362	2,121,271.97	244,370.97
3. BALANCE WITH SBI ANSARI NAGAR A/C-587066	78,087.79	73,958.07
4. BALANCE WITH SBI ANSARI NAGAR A/C-591549	13,295.67	12,787.67
5. FIXED DEPOSIT WITH STATE BANK OF INDIA	6,192,472.00	4,623,314.00
	<u>8,449,469.65</u>	<u>5,001,810.63</u>
<u>DETAILS OF IMPREST ACCOUNT (SCHEDULE "D")</u>		
1. SH. N K SINHA RAI	500.00	500.00
2. SH VK SHINGARI	100.00	100.00
3. SH. SABAR SINGH	250.00	250.00
	<u>850.00</u>	<u>850.00</u>
<u>DETAILS OF CLOSING STOCK (SCHEDULE "E")</u>		
1. ORU	1,327,873.00	1,050,880.00
2. CLRU	132,746.00	11,722.00
3. ORU (MOTI NAGAR)	55,045.00	460,495.00
4. LOW VISION AIDS	34,947.00	36,274.00
	<u>1,550,611.00</u>	<u>1,559,371.00</u>
<u>DETAILS OF SALARY PAID (SCHEDULE "F")</u>		
1. OPTICAL RESEARCH UNIT	730,448.00	666,114.00
2. CONTACT LENS RESEARCH UNIT	282,637.00	273,532.00
3. OFFICE STAFF	569,028.00	530,054.00
4. NSPB MOTI NAGAR	655,138.00	483,409.00
5. INCENTIVE PAID TO STAFF	539,250.00	471,500.00
	<u>2,776,501.00</u>	<u>2,424,609.00</u>
<u>DETAILS OF PROFESSIONAL CHARGES PAID (SCHEDULE "G")</u>		
1. SH. AP BANSAL	300,000.00	294,000.00
2. SH. NK SINHA RAI	173,694.00	176,129.00
3. DR. EKTA JAIN	648,986.00	704,749.00
4. DR. RAJESH VAISH	372,251.00	382,180.00
5. SH. VK SHINGARI	112,000.00	---
6. VINOD KUMAR SAINI	44,500.00	---
7. DR. RAJESH TALWAR	5,500.00	---
8. AAS HEALTH CARE	---	17,500.00
	<u>1,656,931.00</u>	<u>1,574,558.00</u>
<u>DETAILS OF OPENING STOCK (SCHEDULE "H")</u>		
1. ORU	1,050,880.00	549,130.00
2. CLRU	11,722.00	95,651.00
3. ORU (MOTI NAGAR)	460,495.00	88,770.00
4. LOW VISION AIDS	36,274.00	24,489.00
	<u>1,559,371.00</u>	<u>758,040.00</u>

NATIONAL SOCIETY FOR THE PREVENTION OF BLINDNESS - INDIA
DR. RAJENDRA PRASAD CENTER FOR OPHTHALMIC SCIENCES
ANNEXURES FORMING PART OF BALANCE SHEET FOR THE YEAR ENDING 31.03.2015

	31.03.2015 AMOUNT (Rs.)	31.03.2014 AMOUNT (Rs.)
<u>DETAILS OF PURCHASES LOCAL (SCHEDULE "I")</u>		
1. ORU	4,140,404.00	4,144,903.00
2. CLRU	1,157,659.00	728,827.00
3. ORU (MOTI NAGAR)	2,499,758.00	3,929,640.00
4. LOW VISION AIDS	---	2,110.00
	7,797,821.00	8,805,480.00
<u>DETAILS OF PURCHASES CENTRAL (SCHEDULE "J")</u>		
1. ORU	466,444.00	691,060.00
2. CLRU	1,165,188.00	837,043.00
3. LOW VISION AIDS	33,600.00	33,492.00
4. ORU (MOTI NAGAR)	---	67,859.00
	1,665,232.00	1,629,454.00
<u>DETAILS OF LOCAL SALES (SCHEDULE "K")</u>		
1. ORU	8,166,427.60	8,279,024.65
2. CLRU	3,500,294.40	3,061,790.60
3. ORU (MOTI NAGAR)	6,164,275.00	8,635,428.00
4. LOW VISION AIDS	52,565.00	43,879.75
	17,883,562.00	20,020,123.00
<u>DETAILS OF GRANT PAID (SCHEDULE "L")</u>		
1. RAISON EYE HOSPITAL MANAGEMENT BOARD (NSPB)	60,000.00	60,000.00
2. RAISON EYE HOSPITAL (NSPB)	584,501.00	589,129.00
3. PANCHMAHAL DISTRICT BRANCH, GODHRA (NSPB)	21,727.72	---
	666,228.72	649,129.00

DO'S AND DON'TS AFTER CATARACT SURGERY



Do's



Before the application of any eye drops/ointment, hands must be thoroughly washed.



Eye drops/ointment should be put on the lower part of the eyelid only.



Always wear protective glasses to protect the eyes.



In case you have cough, cold or constipation, get treatment immediately.



One can shave and resume activities like watching TV/reading from 2nd/3rd day.

Don'ts



Do not rub the operated eye.



Do not sleep on the operated side.



Avoid playing with small children.



Avoid dust and smoke.



Do not take head bath or wash the operated eye.



Do not exercise or lift heavy weights as this may strain the eye, but you may bend as when trying your shoe laces.



Avoid activities which may cause sudden jerky head movements like head massage, travelling etc.



Avoid non-contact sports that endanger the eye (e.g.) swimming.



EAT RIGHT FOR A HEALTHY VISION



National Society for the Prevention of Blindness-India

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Sight for All