

Dispelling the darkness of ignorance on World Sight Day



CHICKEN BLOOD, BANANA SKIN AND EYE

What connection does chicken blood and banana skin have with the eye? Nobody would imagine even a trivial correlation! A study done by Elite School of Optometry, [ESO] run by Sankara Nethralaya in collaboration with Birla Institute of Technology and Science, Pilani a few months ago, helped in throwing light on the abysmal levels of eye care awareness among the public.

**“Chicken blood relieves redness!
Patching with banana skin improves vision!
Squint – a sign of luck!”**

These are some of the quotes of parents of children at the school level in the city of Chennai.

Vision screening and awareness initiatives are in the forefront when it comes to primary eye care service in an urban area like Chennai. But it remains a big question whether awareness on eye care has really reached the people? So this year the ‘World Sight Day activities’ of ESO were planned to address this crucial question, through 1) Awareness sessions for school children, 2) VISION AMBASSADOR TRAINING, 3) Vision screening and 4) Competitions.

- 1) Awareness sessions for school children: 2500 students and teachers of 14 schools of Chennai were educated about various common eye problems and comprehensive eye care.
- 2) VISION AMBASSADOR TRAINING was given to **300** students of 10 schools and **130** scouts and guides. The team of students and teachers were taught the basics of vision screening. The

newly trained team will conduct eye screening of their students within this month and send the report.

- 3) Vision screening: 2800 children were screened in the Sowcarpet area of Chennai.
- 4) Competitions: BEST VISION AMBASSADOR SCHOOL trophy, quiz on basic eye care knowledge and letter writing competitions were announced and entries are pouring in.

Elite School of Optometry is happy to have at least kindled a curiosity in the minds of all those who have attended the eye care sessions and vision ambassador training. ESO expects to see a change in the notion on eye care of all the fellow students, family members and the community in the near future.

“Awareness in school children

Eradicates vision impairment”