



स्वामी राम हिमालयन विश्वविद्यालय Swami Rama Himalayan University

Department of Ophthalmology Himalayan Institute of Medical Sciences

Report on “Healthy Villages, Healthy Nation” – Community Eye Health Initiatives in Muzaffar Nagar

Organized by: Department of Ophthalmology, Himalayan Institute of Medical Sciences (HIMS), Swami Rama Himalayan University (SRHU), Dehradun

1. Introduction

As part of the community health mission “*Healthy Villages, Healthy Nation*,” the Department of Ophthalmology, Himalayan Institute of Medical Sciences (HIMS), Swami Rama Himalayan University (SRHU), took its vision care services beyond hospital walls and into the heart of Muzaffar Nagar district.

Through a series of outreach camps held across CHCs, PHCs, schools, and local community centers in Purkaji, Bhopa, Phopa, Shuk Tirath, Sihonjani, Morna, and Deoband, the department aimed to bring quality eye care closer to those who need it most. These initiatives focused on early detection of visual problems, awareness on eye hygiene, and ensuring that no one is left behind due to preventable or treatable eye conditions.

Each camp was designed not just as a medical service, but as a community engagement effort—bringing healthcare professionals, students, and residents together to build healthier, more informed villages.

2. Objectives of the Program

- To make primary eye care services accessible and affordable for rural communities.
- To detect refractive errors, cataract, and other common ocular issues at an early stage.
- To spread awareness about preventive eye health and personal hygiene.
- To connect patients requiring advanced care with HIMS specialists through referrals.

- To provide students with real-world learning experiences through community engagement.

3. Program Implementation

Between **2024** and **2025**, the Department of Ophthalmology organized **17 outreach programs** across the Muzaffar Nagar region. Each camp witnessed active participation from students and faculty members who dedicated their time to screening, counseling, and guiding patients toward better vision health.

Location	Date	Participants
CHC Phopa	06 Mar 2025	2
CHC Purkaji	23 Nov 2024	2
CHC Purkaji	28 Jan 2025	2
CHC Purkaji	19 Mar 2025	2
CHC Purkaji	14 Feb 2025	2
CHC Purkaji	19 Dec 2024	2
Shuk Tirath	12 Feb 2025	2
Sihonjani	09 Feb 2025	2
CHC Bhopa	08 Sep 2024	2
CHC Purkaji	21 Aug 2024	2
CHC Purkaji	23 Oct 2024	2
Deoband	04 Aug 2024	2
Morna	23 Jun 2024	2
Morna	28 Sep 2024	3
PHC Purkaji	23 May 2025	1
PHC Purkaji	22 Jun 2024	1
Purkaji	18 Sep 2024	2

4. Activities and Services Provided

At each site, the ophthalmology team delivered a blend of **screening, education, and compassion:**

- **Visual acuity testing and refraction assessments** helped identify refractive errors early.

- **Basic anterior segment examinations** detected common eye disorders like cataract and pterygium.
- **Counseling sessions** focused on maintaining eye hygiene, reducing digital eye strain, and recognizing early warning signs.
- **Health education talks** encouraged participants—especially school children—to take care of their eyes and share awareness within their families.
- **Referral pathways** ensured that those in need of advanced treatment were connected with HIMS specialists.

5. Community Impact and Outcomes

The outreach brought tangible improvements to community eye health in Muzaffar Nagar. Dozens of residents, many of whom had never undergone an eye examination before, received screening and guidance. Several cases of cataract and vision impairment were identified early, enabling timely referrals for treatment.

Beyond medical outcomes, the camps nurtured **trust and awareness** within the community. Villagers began to recognize that good vision is not a luxury, but a vital part of overall health and quality of life. For participating students, the experience proved transformative—enhancing not only their clinical knowledge but also their empathy, communication, and understanding of rural health dynamics.

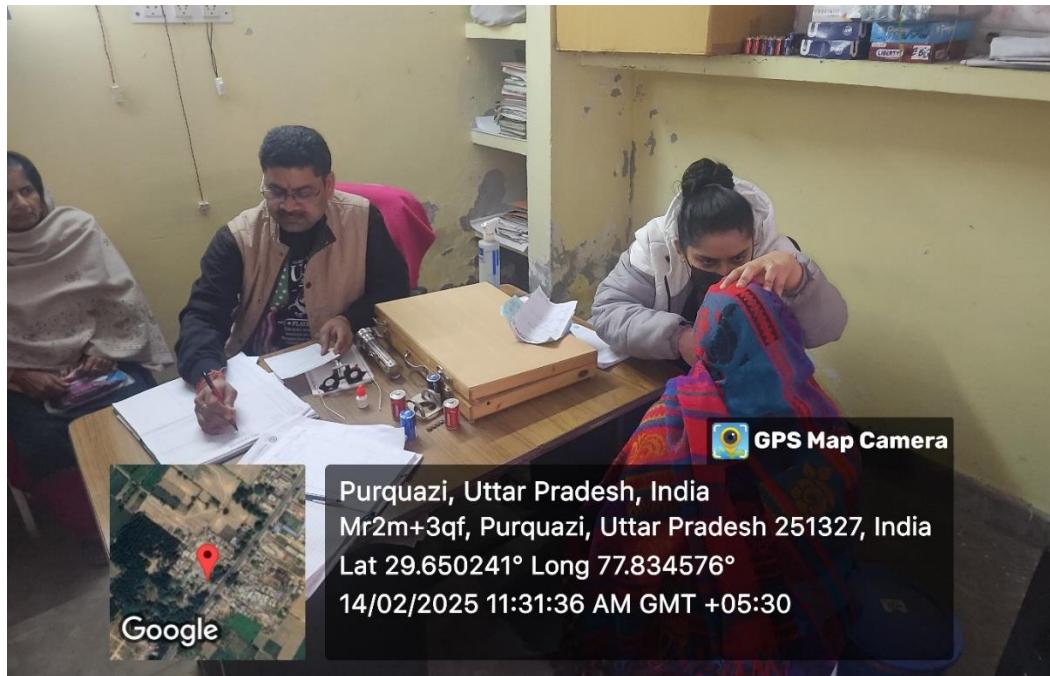
6. Conclusion

The “*Healthy Villages, Healthy Nation*” initiative by the Department of Ophthalmology, HIMS, SRHU, stands as a shining example of how healthcare institutions can bridge the gap between hospitals and communities.

By combining early detection, education, and continuity of care, these outreach programs brought light and hope to many in Muzaffar Nagar’s rural areas. The department continues its commitment to ensuring that every individual—regardless of geography or economic status—has access to the gift of healthy vision.

Together, we move one step closer to building a healthier, more self-reliant nation—**one village, one vision at a time.**

Glimpse of the Event



Checking of vitals of the participants



Beneficiaries of Camp



Screening of health vitals

Dr Renu Dhasmana
Prof & Head
Department of Ophthalmology

Swami Rama Himalayan University
Himalayan Institute of Medical Sciences
Activity: Healthy Villages, Healthy Nation
List of students participated in the activity

Dated: 22-06-24

S. No.	Registration No.	Student's Name	Signature of Student
1.	DD2014353001	Saiya Bandy	Saiya.
2.			
3.			
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5.			



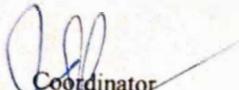
Dr. Harsh Bahadur
Regn. No. UKMC-2264

Dr. Harsh Bahadur
Professor
Department of Ophthalmology
Himalayan Institute of Medical Sciences
Jolly Grant, Dehradoon

Swami Rama Himalayan University
Himalayan Institute of Medical Sciences
Activity: Healthy Villages, Healthy Nation
List of students participated in the activity

Dated: 23.06.24

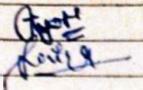
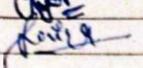
S. No.	Registration No.	Student's Name	Signature of Student
1.	DD 2014353003	Sanjukta Neupane	Sanjukta
2.	DD 2014353001	Soniya Bhandari	Soniya
3.			
4.			
5.			


Coordinator
Dr. Harsh Bahadur
Regn. No. UKMC-2264
Dr. Harsh Bahadur
Professor
Department of General Medicine
Himalayan Institute of Medical Sciences
Lalitpur, Nepal

Swami Rama Himalayan University
Himalayan Institute of Medical Sciences
Activity: Healthy Villages, Healthy
Nation

List of students participated in the activity

Dated: 04/08/24

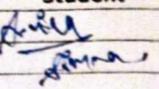
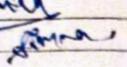
S. No.	Registration No.	Student's Name	Signature of Student
1.	DD1914353003	Jyoti Pal	
2.	DD2014353001	Soniya bawali	
3.			
4.			
5.			


Coordinator
Dr. Harsh Bhanot
Professor

Department of Orthopaedics
Himalayan Institute of Medical Sciences
Jolly Grant, Dehradoon

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Himalayan Institute of Medical Sciences
Activity: Healthy Villages, Healthy Nation
List of students participated in the activity

Dated: 01/06/14

S. No.	Registration No.	Student's Name	Signature of Student
1.	DP2014353001	Sanya Bandyopadhyay	
2.	DP2014352002	Sitiran Mukherjee	
3.			
4.			
5.			


Coordinator

Dr. Harsh Bhatia
Professor
Department of Community Medicine
Himalayan Institute of Medical Sciences
Jolly Grant, Dehradoon

**Swami Rama Himalayan University
Himalayan Institute of Medical Sciences**

Activity: Healthy Villages, Healthy Nation

List of students participated in the activity

Dated: 5-09-2024

S. No.	Registration No.	Student's Name	Signature of Student
1.	DD2014253063	Jyoti Mehta	Jyoti Mehta
2.	DD2014353061	Soniya	Soniya
3.			
4.			
5.			

Coordinator



Dr. Harsh Bahadur

Professor

Department of Ophthalmology,
Himalayan Institute Hospital Trust
Jolly Grant, Dehra Dun

Swami Rama Himalayan University
Himalayan Institute of Medical Sciences
Activity: Healthy Villages, Healthy Nation
List of students participated in the activity

Dated: 18/09/24

S. No.	Registration No.	Student's Name	Signature of Student
1.	SD1914301080	Manvi Agarwal	Manvi Agarwal
2.		Mehuli Zethra	Mehuli Zethra
3.			
4.			
5.			

Coordinator



Dr. Harsh Bhandari
Professor
Department of Ophthalmology
Himalayan Institute Hospital Trust
Jolly Grant, Dehra Dun

Swami Rama Himalayan University
Himalayan Institute of Medical Sciences
Activity: Healthy Villages, Healthy Nation
List of students participated in the activity

Dated: 28/09/24

S. No.	Registration No.	Student's Name	Signature of Student
1.	Provisional No. 8774	ROBIN PHARSWAN	<u>Robin</u>
2.	DD2114353001	PRIYANKA	<u>Priyanka</u>
3.	DD2114353002	Priyanka Bhandari	<u>Priyanka Bhandari</u>
4.			
5.			

Coordinator



Dr. Harsh Bahadur

Professor

Department of Ophthalmology
Himalayan Institute of Medical Sciences
Jolly Grant, Dehradoon

Swami Rama Himalayan University
Himalayan Institute of Medical Sciences
Activity: Healthy Villages, Healthy Nation

List of students participated in the activity

S. No.	Registration No.	Student's Name	Dated	Signature of Student
1.	560222142p 001	Amisha	23/10/24	Amisha
2	604114232002	Simon		Simon
3				
4				
5				

Coordinator
Dr. Harsh Bahadur
Regn. No. UKMC-224

Swami Rama Himalayan University
Himalayan Institute of Medical Sciences

Activity :Healthy Villages, Healthy Nation

List of students participated in the activity

Dated: 23/11/24

S. No.	Registration No.	Student's Name	Signature of Student
1.	2021492	Mehandi	<u>Mehandi</u>
2.	DD22214301002	Shilpi Singh	<u>Shilpi Singh</u>
3.			
4.			
5.			


Coordinator

Dr. Harsh Bahadur
Regn. No. UKMC-2204

Swami Rama Himalayan University
Himalayan Institute of Medical Sciences
Activity: Healthy Villages, Healthy Nation
List of students participated in the activity

Dated: 19/12/21

S. No.	Registration No.	Student's Name	Signature of Student
1.	DD214252003	Shubham	Shubham
2.			
3.			
4.			
5.			

Dr. Coddadipati Shahadur
Reg. No. UKMC-2261

Swami Rama Himalayan University
Himalayan Institute of Medical Sciences
Activity: Healthy Villages, Healthy Nation
List of students participated in the activity

Dated: 28/01/25

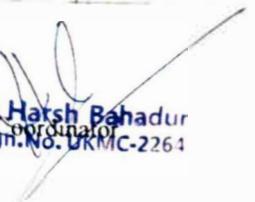
S. No.	Registration No.	Student's Name	Signature of Student
1.	DD214353001	Preyanka	Preyanka
2.	DD214353004	Shivani	Shivani
3.			
4.			
5.			

Dr. Harsh Bahadur
Regn. No. UKMC-22264
Coordinator

Swami Rama Himalayan University
Himalayan Institute of Medical Sciences
Activity: Healthy Villages, Healthy Nation
List of students participated in the activity

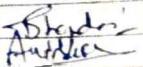
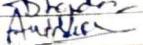
Dated: 9/02/2015

S. No.	Registration No.	Student's Name	Signature of Student
1.	DD2114353001	PRIYANKA Mehndi Zehra	Priyanka Mehndi Zehra
2.	01		
3.			
4.			
5.			


Dr. Harsh Bahadur
Coordinator
Regn. No. UKMC-2264

Swami Rama Himalayan University
Himalayan Institute of Medical Sciences
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Dated: 12/10/21/25

S. No.	Registration No.	Student's Name	Signature of Student
1.	DD 3114353002	Simran - Bhardwaj	
2.	DD 92214304001	Amisha	
3.			
4.			
5.			


Dr. Harsh Bahadur
Regn No. 144102264

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Himalayan Institute of Medical Sciences
Activity: Healthy Villages, Healthy Nation
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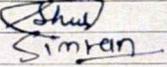
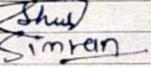
Dated: 14/02/2015

S. No.	Registration No.	Student's Name	Signature of Student
1.	DD 214353002	Simran - Bhandar	<u>Bhandar</u>
2.	DD 214353005	Harsh Clauday	<u>Harsh</u>
3.			
4.			
5.			


Dr. Harsh Bahadur
Regn. No. UHMIC-2264

Swami Rama Himalayan University
Himalayan Institute of Medical Sciences
Activity: Healthy Villages, Healthy Nation
List of students participated in the activity

Dated: 06/03/05

S. No.	Registration No.	Student's Name	Signature of Student
1.	DD2114353003	Shubham Kumar	
2.	DD2114353002	Simran	
3.			
4.			
5.			


Coordinator
Dr. Umar Bahadur
Regn No. UKMC-2264

Swami Rama Himalayan University
Himalayan Institute of Medical Sciences
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List of students participated in the activity

Dated: 19/03/25

S. No.	Registration No.	Student's Name	Signature of Student
1.	DD22214304001	Amisha	Amisha
2.	DD2114353001	Parvanya	Parvanya
3.			
4.			
5.			

Coordinator
Dr. Marsh Bahadur
Regn. No. UKMC-2264

Swami Rama Himalayan University
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Dated: 23.05.2025

S. No.	Registration No.	Student's Name	Signature of Student
1.	1.	Mehandi	
2.			
3.			
4.			
5.			

Coordinator


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