



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.

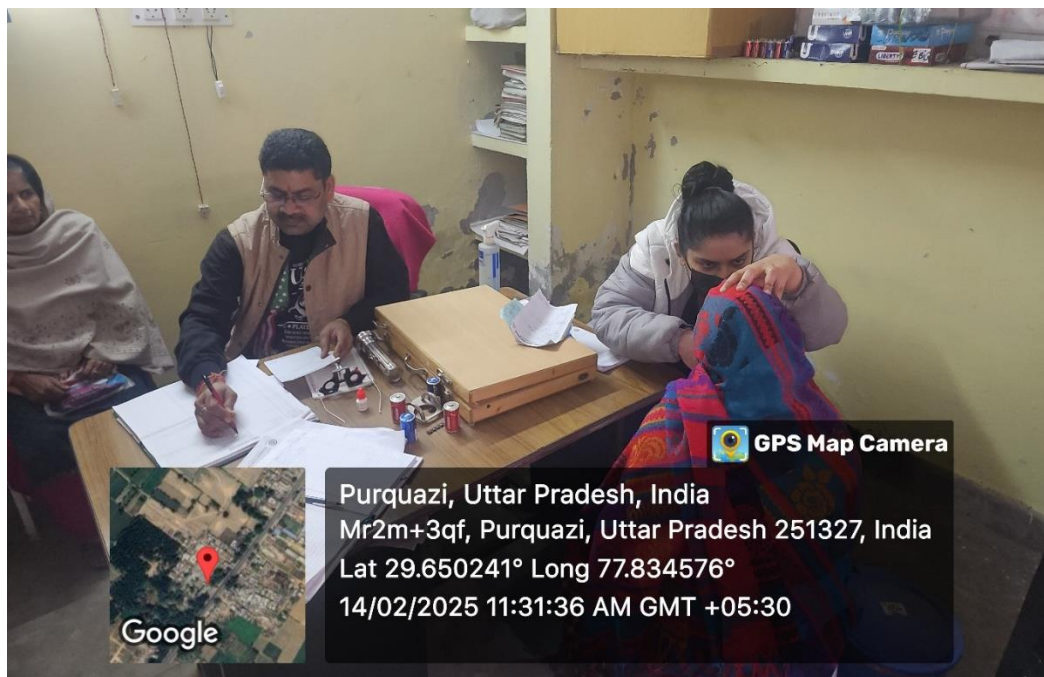
6. Conclusion

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.**

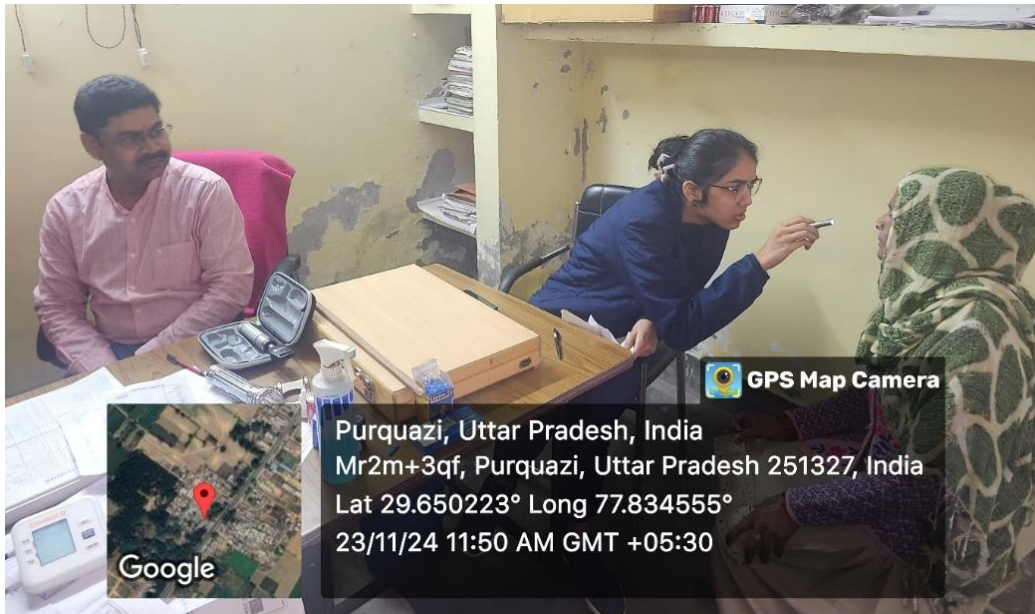
Glimpse of the Event



Checking of vitals of the participants



Beneficiaries of Camp



Screening of health vitals

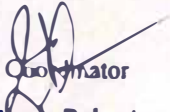
Renu Dhasmana

**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.	DD1014353001	Souya Boudh	Souya.
2.			
3.			
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5.			

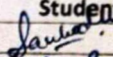
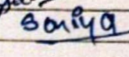

Coordinator


Dr. Harsh Bahadur
Regn.No. UKMC-2264

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

Swami Rama Himalayan University
Himalayan Institute of Medical Sciences
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Dated: 23.06.24.


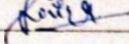
S. No.	Registration No.	Student's Name	Signature of Student
1.	DD2014353003	Sankuodhi Regi	
2.	DD2014353001	Seniya Baudu	
3.			
4.			
5.			


Coordinator
Dr. Harsh Bahadur
Regn.No. UKMC-2264
Dr. Harsh Bahadur
Professor
Department of Orthodontics
Himalayan Institute of Medical Sciences
Jolly Chauri, Shimla, India

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.	DD204353001	Sonika Baidya	
3.			
4.			
5.			



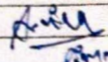
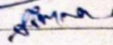
Coordinator
Dr. Harsh Bhatnagar
Professor


Department of Orthodontics
Himalayan Institute of Medical Sciences
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:

21/06/24

S. No.	Registration No.	Student's Name	Signature of Student
1.	DP2014353001	Sanja Bauda.	
2.	DP2014353002	Jitran Karki	
3.			
4.			
5.			


Coordinator
Dr. Harsh Bahuguna
Professor
Department of Community Medicine
Himalayan Institute of Medical Sciences
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: 5.09.2024

S. No.	Registration No.	Student's Name	Signature of Student
1.	DD2014253003	Sanjodai Singh	Sanjodai Singh
2.	DD2014353001	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.	DD1914301080	Mammi Agawal	Mammi Agawal
2.		Mehuli Zehra	Mehuli Zehra
3.			
4.			
5.			

Coordinator


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

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

Dated: 28/09/21

S. No.	Registration No.	Student's Name	Signature of Student
1.	Provisional No. 8774	ROBIN PHARSWAN	Robin
2.	DD2114353001	PRIYANKA	Priyanka
3.	DD2114353002	Simran - Bhanderi	Simran
4.			
5.			

Coordinator




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

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

Dated: 23/10/24

S. No.	Registration No.	Student's Name	Signature of Student
1.	SM2221420401	Amisha	Amisha
2.	SM114252002	Simran	Simran
3.			
4.			
5.			


Coordinator
Dr. Harsh Bahari
Regn. No. UKMC-2201

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.	Roll No. 2	Mehandi	Mehandi
2.	DD22214301002	Shilpi Singh	shilpi Singh
3.			
4.			
5.			


Coordinator

Dr. Harsh 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: 19/12/29

S. No.	Registration No.	Student's Name	Signature of Student
1.	DD24352003	Shubham	Shubham
2.			
3.			
4.			
5.			

Coordinator
Reg. No. UKMC-2761

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.	DD2114353001	Priyanka	Priyanka
2.	DD2114353004	Shivani	Shivani
3.			
4.			
5.			

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

Swami Rama Himalayan University
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Dated: 9/02/25

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


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

Swami Rama Himalayan University
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Dated: 12/02/25

S. No.	Registration No.	Student's Name	Signature of Student
1.	DD2114353002	Srinivas - Bhargava	Srinivas
2.	DD22214304001	Amisha	Amisha
3.			
4.			
5.			

Dr. Harsh Bahadur
Regn. No. 12264

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

Dated: 14/02/25


S. No.	Registration No.	Student's Name	Signature of Student
1.	DD 2114353002	Simran - Bhander	Simran
2.	DD 2114353005	Umesh Choudhary	Umesh
3.			
4.			
5.			


Dr. Harsh Bahadur
Regn. No. 2264

Swami Rama Himalayan University
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Dated: 06/03/25

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


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

Swami Rama Himalayan University
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Dated: 19/03/25

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



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

Swami Rama Himalayan University
Himalayan Institute of Medical Sciences
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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 


Dr. Renu Dhasmana
Professor & Head
Department of Ophthalmology
HIMS, Dehradun