



स्वामी राम हिमालयन विश्वविद्यालय Swami Rama Himalayan University

Department of Ophthalmology Himalayan Institute of Medical Sciences

Report on Community Eye Check-up Camps at PHC Pilkhi, Tehri Garhwal

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

1. Overview

The Department of Ophthalmology, HIMS, SRHU conducted multiple **Community Eye Check-up Camps** at Primary Health Centre (PHC) Pilkhi, Tehri Garhwal, during 2024–2025.

These outreach camps aimed to strengthen early detection of refractive errors, cataract, and other ocular morbidities, while promoting awareness on preventive eye care among the rural population.

Each camp included **student participation**, enabling practical exposure to community health delivery and primary-level eye screening.

2. Summary of Activities

| Place | Date | No. of Participants |
|--|-------------|---------------------|
| Community Eye Check-up Camp at PHC Pilkhi, Tehri Garhwal | 13 Dec 2024 | 2 |
| Community Eye Check-up Camp at PHC Pilkhi, Tehri Garhwal | 17 Jan 2025 | 2 |
| Community Eye Check-up Camp at PHC Pilkhi, Tehri Garhwal | 22 Feb 2025 | 2 |

3. Objectives of the Camps

- To provide community-level eye screening and assessment services.
- To detect refractive errors, cataract, glaucoma suspects, and other common ocular problems.
- To raise awareness about eye hygiene, preventive practices, and the need for regular check-ups.

- To provide experiential learning opportunities for students in rural and community ophthalmology.

4. Activities Conducted

- Visual acuity assessment using standard testing charts.
- Screening for refractive errors and common eye diseases.
- Preliminary anterior segment examination using torchlight.
- Counseling of patients on preventive eye care and healthy visual habits.
- Referral of suspected or complex cases to Himalayan Hospital for advanced evaluation and management.

5. Student Participation

Each camp had **two student participants**, who assisted in:

- Registration and data documentation
- Conducting visual acuity tests
- Supporting the ophthalmic team during screening
- Delivering awareness messages to community members

This exposure enhanced students' **clinical confidence, communication skills, and understanding of rural eye-care needs**.

6. Outcomes

- Successful completion of all scheduled community eye camps at PHC Pilkhi.
- Identification of individuals requiring further ophthalmic evaluation and timely referral.
- Improved awareness among the rural population regarding preventive eye care.
- Strengthened student learning through hands-on involvement in real-world community screening.

7. Conclusion

The Community Eye Check-up Camps at PHC Pilkhi, Tehri Garhwal, organized by the Department of Ophthalmology, HIMS, SRHU, played an important role in enhancing community eye-health services in the region.

The outreach efforts demonstrate a strong commitment to **early detection, preventive ophthalmology, community engagement, and student-centered practical learning**.

Glimpse of Event



People availing eye-care services during the camp.



People receiving essential eye-care support during the outreach camp



Field training: Students performing visual acuity testing on a patient.

**Dr Renu Dhasmana
Prof & Head
Department of Ophthalmology**

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Professor & Head
Department of Ophthalmology
HIMS, Dehradun**

Swami Rama Himalayan University
Himalayan Institute of Medical Sciences
Activity: Eye Camp conducted at PHC Pilkhi,
Tehri Garhwal

List of students participated in the activity

Dated: 13/12/24

| S. No. | Registration No. | Student's Name | Signature of Student |
|--------|------------------|----------------|----------------------|
| 1. | DD2114353004 | Shivani | Shivani |
| 2. | DD2114353002 | Simran | Simran |
| 3. | | | |
| 4. | | | |
| 5. | | | |

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

Swami Rama Himalayan University
Himalayan Institute of Medical Sciences
Activity: Eye Camp conducted at PHC Piikhi, Tehri Garhwai

List of students participated in the activity

Dated: 14/01/25

| S. No. | Registration No. | Student's Name | Signature of Student |
|--------|------------------|----------------|----------------------|
| 1. | DD2221430001 | Amisha | <u>Amisha</u> |
| 2. | DD2114353004 | Simran | <u>Simran</u> |
| 3. | | | |
| 4. | | | |
| 5. | | | |

Dr. Harsh Bahadur
Regn. No. UNG 2264
Coordinator

Swami Rama Himalayan University
Himalayan Institute of Medical Sciences
Activity:Eye Camp conducted at PHC Pilkhi,
Tehri Garhwal

List of students participated in the activity

Dated: 22/03/2018

| S. No. | Registration No. | Student's Name | Signature of Student |
|--------|------------------|----------------|----------------------|
| 1. | DD2119353004 | Shivani | Shivani |
| 2. | DD2114353001 | PRIYANKA | Priyanka |
| 3. | | | |
| 4. | | | |
| 5. | | | |

Dr. Jyoti Bahadur
Coordinator 462264