

KU hosts screening camp, health talk on eye care



Srinagar, Dec 26: To raise awareness about eye health and its importance, the Health Centre, University of Kashmir (KU), organized a 'General Awareness Eye Care Talk' and a complimentary eye-screening camp for the students and staff of the campus.

The event was organised in collaboration with Sharp Sight Eye Hospitals.

Speaking on the occasion Registrar KU Prof Naseer Iqbal, while reiterating the University's commitment to the holistic well-being of its community said "Our institution is dedicated to supporting the health of its people alongside academic pursuits. This talk and screening camp is a step towards ensuring better awareness about eye care."

During the complimentary eye-screening camp renowned ophthalmologist and co-founder of Sharp Sight Eye Hospitals, Dr. Samir Sud delivered an engaging talk on the importance of eye health.

"Eyes are one of the important sense organs, and timely care and preventive measures can go a long way in maintaining good vision," he said.

He stressed on the need for regular eye checkups, explaining that cataracts remains the leading cause of blindness, which can be effectively treated if addressed early. He also discussed diabetic retinopathy, its impact on vision, and the importance of early detection to prevent irreversible damage.

Dr. Sud emphasized the significance of annual eye examinations and provided practical tips for maintaining healthy eyesight. He also elaborated on advancements like LASIK surgery, which offers a safe and effective solution for refractive errors.

Earlier Coordinator Health Centre KU, Dr. Khalid Nazir, emphasized the importance of such sessions in raising awareness about common eye conditions and preventive measures.

"Creating awareness is the key to address the rising issues related to eye health," he said.

The talk featured an interactive question-and-answer session where the audience actively engaged with the expert, addressing their concerns about eye health.

The event was attended by faculty, staff, students and scholars of the campus.

The proceedings of the event were conducted by Dr. Iqra Mehraj, Medical Officer, Health Centre KU, who also presented a formal vote of thanks.