



## World Glaucoma Week 2021, SMHS pledged to touch 1000 lives with 'Project Drishti' March 7<sup>th</sup> – 13<sup>th</sup>, 2021

World Glaucoma Week 2021 (7th-13th March), SMHS shined a light on the "silent thief" of sight.

**GLAUCOMA** is a set of irreversible, progressive neuropathies that can lead to severe visual field loss and blindness, if left untreated.

Project **Drishti**, an initiative by SMHS, was an awareness eye health campaign for Glaucoma and Diabetic Retinopathy using our AI powered ophthalmic solutions.

We camped at select Motherson units (Delhi/NCR) throughout the World Glaucoma Week with an aim to touch 1000 lives.



During the World Glaucoma Week, we hosted an interactive and information webinar session with our esteemed guest, Dr. Sribhargava Natesh, a Vitero-Retina Consultant, Nethra Eye Hospital. He explained the specifics of Glaucoma and Diabetic Retinopathy. He also shared exceptional tips on eye-health for our everyday lives.

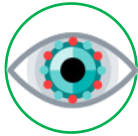
## GLIMPSE OF OUR PROJECT DRISHTI CAMPAIGN



Our team SMHS had a great experience during the 5-day campaign of Project DRISHTI, an eye health checkup and awareness drive.

We conducted number of tests thereby, meeting our pledge goals using our innovative AI powered ophthalmic solutions and Fundus camera to provide intelligent reporting.

## USEFUL DAY TO DAY EYE HEALTH TIP



Regular eye screening appointments can help curb development of eye ailments, especially in adults above 40 years.

20-20-20: To prevent eye strain and dry eyes, look away from your screen after every 20 minutes at an object 20 feet away, for 20 seconds.



Protect your eyes from the sun by using sunglasses which can block both UV-A and UV-B radiations.

Sleeping overnight in your contact lens or using expired lens solutions etc. are dangerous to the eye-health leading to infections and sometimes, vision loss.



Some eye conditions such as glaucoma can be hereditary. Knowledge of family tree for disease risk will help you control its progression or take preventative measures.

Conditions such as high BP and uncontrolled blood sugar can cause retinal damage, which might lead to vision loss.

