



FREE CATARACT EYE SURGERY CAMP

7, 8, 9 APRIL 2025

INTRODUCTION

As part of the global observance of World Health Day 2025, a three-day Free Cataract Eye Surgery Camp was successfully conducted at Parmarth Niketan, Rishikesh. This noble initiative offered accessible and quality eye care services to the underprivileged, focused primarily on cataract-related treatments. Joining this essential effort were several respected organizations - notably Parmarth Niketan and the Divine Shakti Foundation - as well as other philanthropic groups, all of whom were united in their mission to serve humanity.



CAMP HIGHLIGHTS

The camp provided a comprehensive range of eye care services completely free of cost, including :

Eye Checkups : Thorough and professional eye examinations were conducted for all patients.

Medical Consultation : Expert ophthalmologists provided detailed consultations and guidance.

Free Medicines : Required medicines were distributed at no charge to the patients.

Cataract Surgeries : A number of successful cataract operations were performed using the most-modern and up-to-date techniques.

Hospitality Arrangements : Complimentary and convenient accommodation and meals for both patients and their accompanying family members were provided, ensuring a comfortable and dignified experience.

The entire event was conducted under the aegis of Swami Shukdevanand Charitable Hospital, a unit of Parmarth Niketan, which remains committed to providing quality and affordable health care services. This initiative was a direct reflection of the theme of World Health Day 2025—Health for All.

INAUGURAL CEREMONY

The camp was inaugurated by Mahamandleshwar Swami Asanganand Saraswati Ji, who was joined by students from Parmarth Gurukul. During his address, Swami Ji emphasized a holistic approach to health, stating that:

“Health should not be limited to medicines only; it must encompass yoga, meditation, cleanliness, a nutritious diet, and mental balance.”

He further expressed heartfelt gratitude to the team of dedicated ophthalmologists who had traveled from Mumbai, Pune, Bareilly, and other regions to participate in the camp. Highlighting the spiritual dimension of service, Swami Ji remarked:

“Medical service should be considered as service to God. The patient in front of you is none other than God Himself in another form, and to serve him is the highest form of service.”



SWAMIJI ABOUT EYE CAMP

Param Pujya Swami Chidananda Saraswati Ji, revered spiritual leader and President of Parmarth Niketan, shared his powerful message on health and well-being stating :

"The mantra of a healthy life is the balance of body, mind, and soul. Health is not merely the absence of disease, but the presence of physical vitality, mental peace, and spiritual harmony."

He encouraged everyone to adopt a holistic lifestyle, stressing the importance of:

- Yoga to harmonize body and mind
- Meditation for inner peace and mental stability
- Ayurveda for natural living in tune with nature

Swamiji passionately added:

"A healthy citizen is the foundation of a prosperous nation. Let us pledge to build a healthy and prosperous India where every individual is balanced in body, mind, and spirit."

KARMA YOGA IN ACTION

The camp was not only a platform for medical service but also a living classroom for Karma Yoga (selfless action). Students from the Yoga Teachers Training Course (YTTC), led by Ms. Ganga Nandini, Director of Projects at GIWA (Global Interfaith WASH Alliance), participated in the camp's inauguration and daily operations.

They actively experienced Seva (Karma Yoga), assisting elderly patients by:

- Guiding them through the registration and consultation process
- Supporting post-operative care and comfort
- Offering prayers and emotional support

This engagement provided a transformative opportunity to integrate the teachings of yoga into real-life service, bringing compassion into action.



ABOUT THE EYE CAMP

More than 350 patients registered and availed themselves of the medical facilities offered in the three-day cataract operation and eye checkup camp organized under the joint aegis of Parmarth Niketan and Divine Shakti Foundation.

People from many states across India - including Uttarakhand, Uttar Pradesh, Delhi and Rajasthan-took advantage of the modern facilities and competent and caring medical professionals that provided cataract operations during the camp. Patients undergoing cataract procedures stayed in the hospital for a day and were provided nutritious saatvik meals throughout the course of their stay.



The next morning, the patient's vision was tested before they were discharged. All patients received specialized spectacles designed to protect the eyes from sun and excessive light damage for them to wear for a few days after surgery.



ABOUT DOCTORS TEAM

Contributing to this successful eye camp organized at Parmarth Niketan, Dr. Paresh Mustafa Ahmadi, Dr. Smita Krishnamurthy, Dr. Rajshree Salunke, Mrs. Rajshree Shailesh, Bhuvaneshwari Ji, Guru Prasad Ji, Premraj Ji, Dr. Rathi Ji, Dr. S.P. Mishra Ji, Dr. Ashish Ji and the service team from Bareilly together contributed for this camp. All the doctors and the service team experienced spiritual peace by participating in Ganga Ji's Aarti, Vishwa Shanti Yagna and other spiritual activities organized at Parmarth Niketan.





IMPACT AND CONCLUSION

The free eye surgery camp at Parmarth Niketan was a shining example of seva (selfless service) and inter-organizational collaboration. It brought not only physical healing but also emotional and spiritual upliftment to all who participated—patients, volunteers, and medical professionals alike.

This initiative successfully merged the ethos of World Health Day with ancient Indian traditions of charity, service, and holistic wellness. It serves as a model for how spiritual institutions and modern medical professionals can come together to uplift society's most vulnerable in a compassionate and effective manner.