

A NEW BEGINNING TO A NEW LIFE

"I like the feeling of being independent and make a meaningful contribution to my family. To earn my livelihood, I cultivate vegetables so I am a farmer", replied Mrs Nari Shadap when asked about her past and profession before she lost her vision.

Residing in a village called Narwan (which falls under East Jaintia Hills District, Meghalaya), Mrs. Nari Shadap is 66 years old and blessed with 2 sons. Unfortunately, ever since she lost her husband, (Late) Mr. K. Phadong, she has been working hard to support herself financially by offering her service as a casual labourer.

However, when she experienced vision loss on her left eye, she was no longer in a position to work anymore. Even engaging in household activity such as cooking, washing or cleaning up her house became a difficult task altogether. For a period of 3 years, she felt unproductive and was simply going through the motion of life. Considering the circumstance that she was under and given the condition of her eye, she soon developed feelings of depression and anxiety.

Luckily she met one of Bansara Eye Care Centre's Community Health Workers who encouraged her to attend an eye camp that would be held in the village by Bansara Eye Care Centre with support from the Society for Promotion of Eye Care & Sight (SPECS). Moreover, the health worker shared relevant information about services that she would receive if she were to attend the camp. Mrs. N. Shadap's hope of recovering her vision became a reality and with no hesitation, she visited the eye camp.

Upon examination during the eye camp, she was diagnosed with cataract on her left eye and was advised to undergo surgery in Bansara Eye Care Centre, Shillong.

While most patients (mainly from rural parts of Meghalaya) would dread the thought of undergoing surgery, Mrs. N. Shadap, however, was an exception. She was more than willing to go through the process and was keen to visit the base hospital located in Shillong.

Subsequently, the Community Health Worker made all the necessary arrangement for her commute to ensure that she reaches her destination safely and on time. Mrs. N. Shadap reached Shillong and with an MRD number of 158486, she underwent a Phaco cataract surgery on her left eye on 10th May 2018.

At the hands of the experienced staff of Bansara Eye Care Centre, the surgery was successfully conducted and Mrs. N. Shadap's desire to see the world again became a reality. After a few months, she was seen undertaking household work and when asked as to how she felt after receiving her sight back she said, *"There is no feeling in the world that can express the happiness that I experienced after my sight was restored. I am now productive and feel in charge of my own life"*.

Her visual acuity was measured to be 6/9 during the last follow-up conducted by Bansara Eye Care Centre's Community Health Worker, soon after which she expressed her sincere gratitude to the Eye Hospital – Bansara Eye Care Centre – and SPECS by stating, *“Nga ai khublei ia ka SPECS, Hospital Bansara Eye Care Centre bad kumjuh ruh ia ki nongtrei jong ka. Ba dei lyngba ka jingiarap jong ki, nga lah ioh biang ia ka jinghshai ha ka khmat jong nga. Ka lah pynlong ruh ia nga ba ngan lah ban kyrshan hi ialade bad kumjuh ban trei ia ki kam kaba nga ju sngewtynnad”*.

(Translated from Khasi to English: *“I thank SPECS, the Hospital Bansara Eye Care Centre along with their staff. Due to their help, I have now recovered my eyesight. It has helped me to be independent and re-engage with work that I once loved doing”*).
