



## Summary

The human eye is one of the most beautiful and delicate organ systems of the human being, without which the existence of human kind and its domination over other species is impossible. Every part of it is made of characteristic tissues having its own characteristic and specific functions. According to the vision 20:20, eliminating avoidable blindness would be best achieved by integrating an equitable, sustainable, comprehensive eye care system into every National Health System. Besides common blinding conditions of eye, Eye trauma is an important cause because it commonly affects the productive and younger age groups of our society and most of which is avoidable and can be prevented. Sports and recreational activities cause more than 40,000 eye injuries each year. According to American academy of Ophthalmologist, out of 1 lakh eye injuries resulting from sports each year, an estimated 42,000 people are treated in emergency room and 13500 ends up legally blind. About 90% are considered preventive.