



THE/NUDGE
INSTITUTE

Project InSight

Screening and Distribution of Near Vision Glasses by Community Cadre in Umsning Block, Ribhoi



Inspired by the vision of **Shri Conrad K. Sangma, Hon'ble Chief Minister of Meghalaya**, to empower rural communities and enhance livelihoods and dignity through clear sight, Project **InSight** was undertaken under the leadership of **Meghalaya State Rural Livelihoods Society (MSRLS)** and the **National Health Mission (NHM)** in 2025.

The/Nudge Institute facilitated the field implementation and captured the impact of the project on the lives of people.



159+ villages reached



200+ ASHAs and CGHAs participated

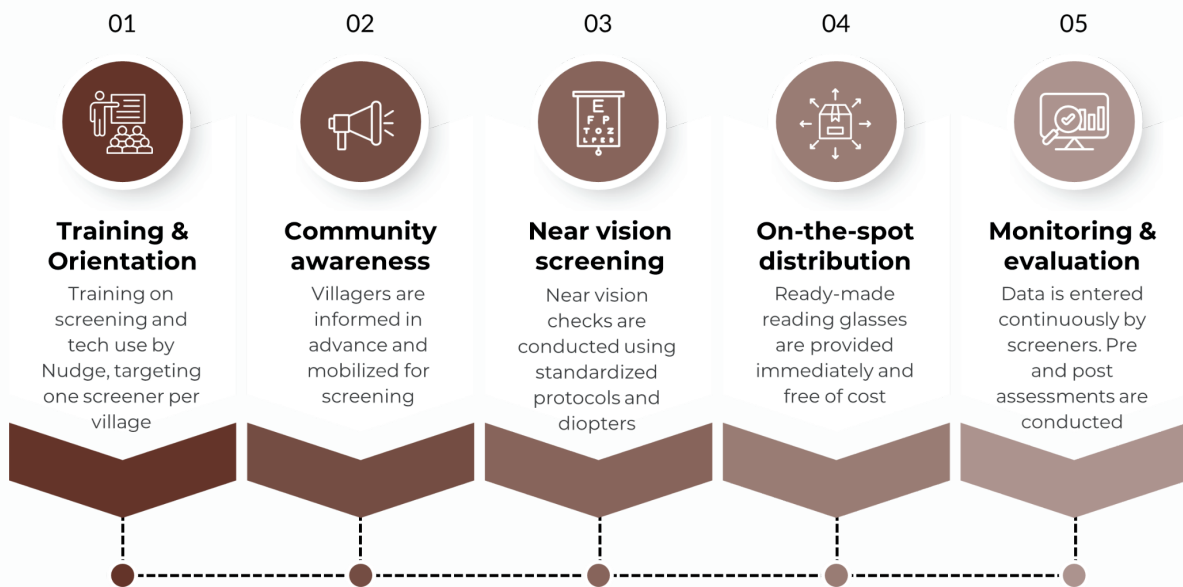


9,000+ glasses given



40%+ productivity increase

Implementation Process



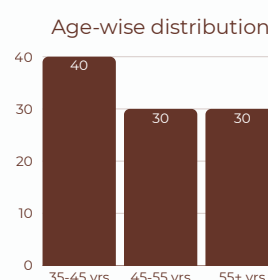
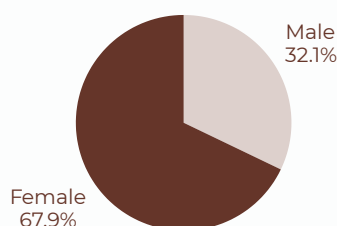
Training of CGHAs & ASHAs



Screening by CGHA

Implementation was led through the network of Accredited Social Health Activists (ASHAs) and Community Gender & Health Activists (CGHAs), who were trained to:

- Conduct **near and distance-vision screenings** using standard eye charts
- Identify adults with presbyopia and **prescribe suitable glasses** based on age and vision response.
- Provide **counselling** on the correct use and maintenance of glasses
- Offer simple **follow-up guidance** and referrals where additional care was needed



Demographics of Distribution

Impact of the Project

In September 2025, an evaluation of the pilot was undertaken in Umsning Block, involving **225 participants from 15 villages**, two months following the distribution of near-vision glasses. The study assessed:

- **Adoption:** How regularly people were using their near-vision glasses?
- **Productivity:** Do glasses make people more efficient?
- **Quality of Life:** What has changed for people after using glasses?

Data was collected by trained local enumerators independent of the implementation team through structured surveys, simple task-performance assessments with glasses, and brief qualitative feedback from participants.



From struggle to ease: Umsning participant threads a needle effortlessly with NV glasses.

Findings from Evaluation

- **63%** of participants are first-time users of near vision glasses
- **80%** are active users— household work (90%) and income tasks (34%)
- **40%** increase in productivity after using glasses
- **48%** who earlier couldn't do near-vision tasks could do them successfully with glasses
- **53%** of active users reported better independence in near-vision work
- **89%** were satisfied with the comfort and durability of the glasses



Participants using near vision glasses in their daily lives

Advancing the vision

The Project marks a critical milestone, demonstrating that **near-vision correction can be delivered effectively through Meghalaya's community cadre** mechanism. The results provide strong evidence that the model works and can be scaled sustainably across the state.

This achievement reflects the dedication and collaboration of MSRLS, NHM, community cadres, frontline workers, and all partners who supported Project InSight at every step. Their collective effort has paved the way for a scalable and sustainable model for near-vision care in Meghalaya.

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