



# NEWSLETTER

#42

*We wish for a day,  
When our wheelchairs are rusted and dusty,  
Parked in the corner of the hospital,  
Not feeling at all needy,  
  
Everyone who comes and goes,  
Can do so independently,  
They can walk, they can see,  
Sorry, wheelchair...find somewhere else to be*



December 2024



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# Wetlab Training: The next level surgical coaching

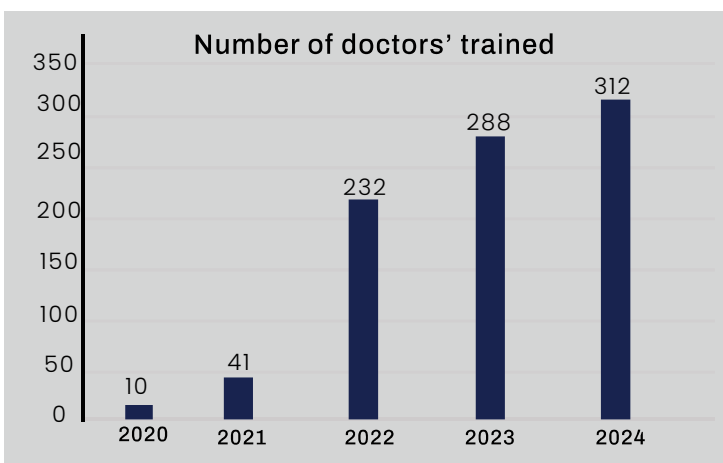
*"It's not about perfect, it's about effort, and when you bring that effort every single day, that's where transformation happens, that's how change occurs" — Julián Michaels*



Acquiring a new skill is challenging, especially if that skill has the potential make or break your career. Most ophthalmology residency programs are not equipped to train residents in basic surgical skills, and at the end of three years, a post graduate student seeks a fellowship in order to hone skills or many a times learn them from scratch.

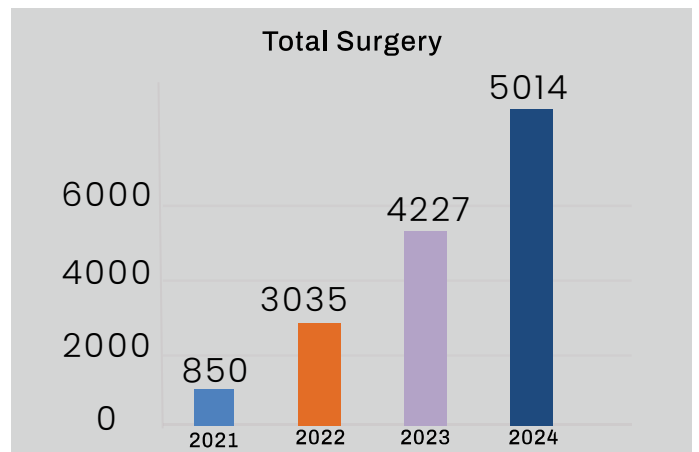
The training period, especially for cataract can be very daunting. While one is struggling to insert instruments into the eye or hold them properly, in the next room, someone is completing a case flawlessly in a matter of minutes. Also, in the beginning, the number of cases and steps one performs in the eye are limited. Hence, the confidence is slow to come.

To circumvent these challenges and to make the transition into the OR easy, SCEH cataract coaching gives a lot of emphasis on wetlab training. Over the years, SCEH wetlab has transitioned from a single microscope to six tables currently. Since its inception in 2005, SCEH wetlab under the supervision of Mr. Sandeep & Dr. Julie Pegu, has trained more than 2000 ophthalmologists from across the country and beyond.



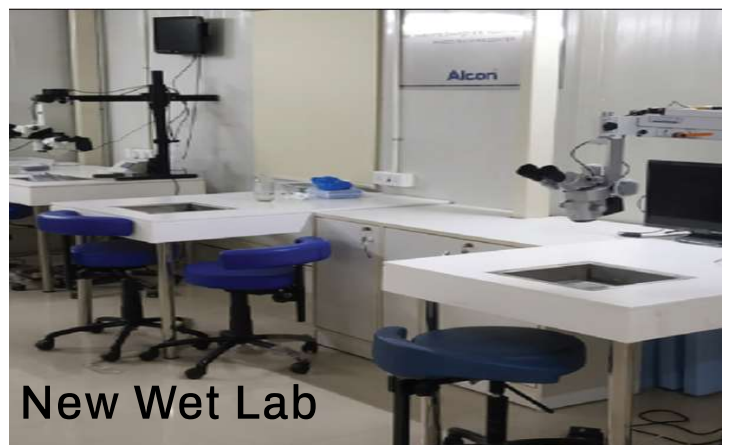
Recently, SCEH wetlab has started wetlab training courses for external candidates as well. These courses included one-on-one supervision, discussion and lectures with expert faculty and a video library access. With the provision of goat eyes and VR SICS simulator, candidates can get an almost real-feel in the wetlab as well.

Various short-term training courses and workshops have been organized in the wetlab. Over 13,000 surgeries and procedures have been performed in the wetlab with 5000 done in 2024 itself. In addition to cataract surgeries, our wetlab offers provision to



practice a myriad of surgeries including endothelial keratoplasty on corneal tissue not suitable for surgery (NSFS), lid surgeries and squint surgeries on pig heads, intravitreal injections, penetrating keratoplasty, glaucoma surgeries including implants and lensectomy on goat eyes. Recently, as a part of the LASIK workshop, participants created LASIK flaps on NSFS tissues.

SCEH Wetlab plays a crucial role in our workshops and courses. With the wetlab facility, we are able to offer participants the hands-on feel for all surgeries.





DSAEK Workshop



AADI implant workshop



LASIK Training Workshop



Workshop on Intravitreal injections



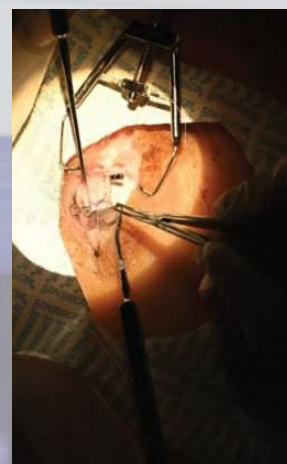
MMG Workshop



MIGS Workshop



Keratitis Workshop



DOS Monthly Meeting @ SCEH



Squint Workshop

DMEK Workshop

Ocular Reconstruction and Rejuvenation workshop



# Patient Story



Mrs. Asha, a 49-year-old woman, had already lost her vision in the left eye a few years back secondary to an infection. Lately she had developed infection in her only seeing eye as well. After visiting numerous hospitals and getting numerous

procedures in her better eye, she came to us with hope, seeking to save the vision in her right eye. At her age, with two young children at home, the thought of potentially losing all of her sight was unimaginable.

Our dedicated cornea and retina team united in a mission to restore the best possible vision in her only functioning eye. During one of her visits, Mrs. Asha

shared an emotional revelation: she had not seen her children in over three months. All she wished for was the ability to witness their smiles once again with her own eyes.

However, multiple injections and visits had taken a toll over her mental health and she had ran out of finances, and in one of the visits, she refused to get in any further treatment and decided to give up. Our team counseled her and offered to do the procedures for free. After undergoing two corneal transplants, a core vitrectomy, and numerous antibiotic injections, we were finally able to gain control over the infection. By sheer will, determination and patience, she helped us help her.

In her most recent visit, Mrs. Asha was overjoyed to report that her vision had improved significantly with the help of glasses. She showered us with blessings and expressed her immense happiness at being able to see her family again, bringing her life back into focus.

Contributed by  
**Dr. Milli Arora**

## Humans of SCEH

*“Without question, we make choices - and those choices have consequences. So can you control your own destiny? To a degree, certainly. Must you have faith in serendipity? Without question, you'd better. Otherwise you're foolish” – Tom Hanks*



I was in school when my guardian angel, my mathematics teacher, got me a pamphlet for the Allied Ophthalmic Personnel (AOP) course at SCEH. I call her my guardian angel as she has looked after me since my parents passed away. I was only two years old when my mother died of a liver ailment and 12 years old when my father also left for

heavenly abode. My grandmother has cared for me since then, and my teacher has helped me with academics and career related decisions.

My father was a photographer, but he always wanted me to be in the medical field, hence I was very excited to join SCEH. Also, my uncle is in the same field and he always inspired me. Joining SCEH was like a breath of fresh air. Everybody is so nice and friendly, that everyday is a good day. It makes me want to learn and work more. I take my job very seriously, and patient care comes first for me. As a patient counselor I take pride in explaining the treatment properly to the

patients. The course here at SCEH also helps in get a little extra money at home. We mostly manage our expenditure through the stitching my grandmother does, and rent from one of our rooms.

I love to read and English was my favorite subject in school. With hospital work and BA through correspondence, I have little time to read. I sneak out few minutes here or there flip through mystery novel I like. Before coming here, I also did a course in “Hardware networking”, so whenever the computer system in the OPD doesn't work, I fix it myself.



I am not very ambitious, and not sure what my dream is. But for now I love working here. When the kind of patients who present here, without vision, adults and children, my own pain feels less. Each day makes me feel thankful for what I have.

**Anjali Pachherwal**  
AOP Trainee  
SCEH, Delhi

# Annual conference of International society of ocular oncology

Our Team of fellows and faculty at the annual conference of International society of ocular oncology at Goa had 11 presentations and won three awards. Our fellows won best paper award and best E-poster award for the Retinoblastoma genetics award and third prize for a case presentation.



## DOS Monthly Meeting

A successful DOS monthly meeting with 106 registrations was organized by SCEH in the month of December. The meeting boasted of great academic content and excellent catering services with Dilli-6 food made the event memorable.

The Mini Symposium on **"One Team One Dream,"** led by Dr Cyrus Shroff and Dr Suneeta Dubey, was the highlight of the meeting. For the first time, a wetlab for procedures like amniotic membrane grafting, tissue adhesive, intravitreal injection etc was also organized for the participants in a monthly meet.

## Management Training Academy Graduation Ceremony

On December 23, 2024, the Management Training Academy (MTA) celebrated a significant milestone with the Alumni Meet and the Graduation Ceremony of its 11th batch. This program, initiated in January 2020 and successfully completed in September 2024, has been made possible under the generous support of Standard Chartered Bank (SCB). The first batch of the MTA program began with the backing of the SEVA Foundation, and over time, SCB played a crucial role in expanding and elevating this initiative to remarkable heights.



Since its inception, the MTA has successfully graduated 48 professionals, many of whom have secured prestigious positions in various sectors. Armed with their Management Training Degrees, these graduates have not only excelled in their careers but have also significantly contributed to the impact and growth of several departments at SCEH. Their expertise and leadership have been instrumental in shaping and strengthening multiple divisions at the hospital.

The MTA program's success is a testament to the unwavering dedication and guidance of its mentors and trainers especially Dr. Shalinder Sabherwal, Mr. Shantanu Das Gupta and Mr. Anand Sudhan.





Dr. Obaidur Rahman and Dr. Garvita performed first skin grafting surgery for ectropion at SCEH Saharanpur.



The new OR complex was inaugurated at SCEH Vrindavan will five functional OR's to operate it now. With the increasing patient numbers, it was a much needed expansion and was possible with the contribution from Mr. Beriwalla, Secretary, BHRC & TB Sanatorium.



Two new vision centers, Magna Sarai Netra Chanch Kendra & Sahpur Vision Center, were inaugurated around SCEH Vrindavan



Three villages—Amirpur, Birona and Jatora declared as 'Avoidable Blindness-Free Villages' under the Baldev Vision Center in SCB Mathura project.

We inaugurated another early intervention center in Saharanpur, which was a collaborative effort of Perkins India and SCEH, and supported by SBI Foundation. Our team conducted 41653 door-to-door screenings and identified 2036 children with multiple disabilities. This center will support MDVI children for other support services such as documentation support, assistive devices and nutrition. The Pradhan of the area, accompanied by Saharanpur's pediatric team, inaugurated the center.



## Dr. Shroff's Charity Eye Hospital

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