



Dr. Shroff's Charity Eye Hospital

Caring for the community since 1922...



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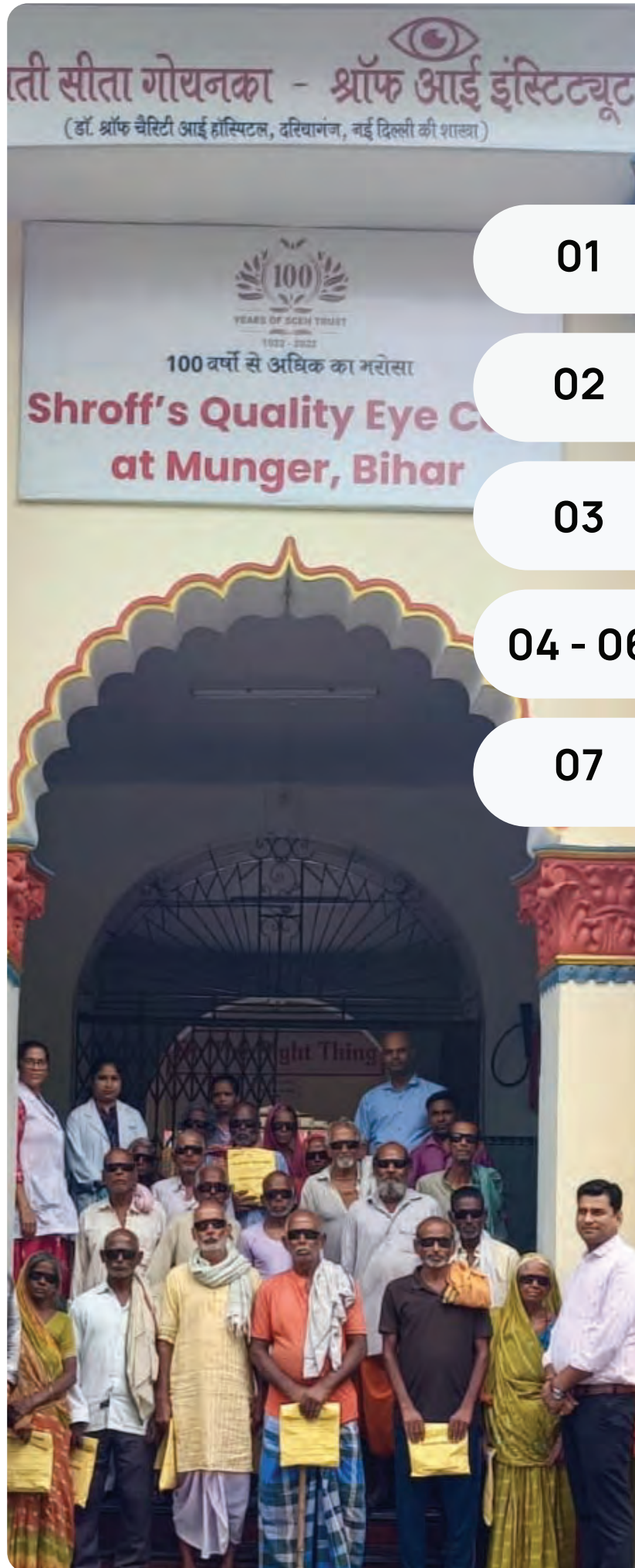


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"Leadership is the capacity to translate a vision into reality" - Warren Bennis

The journey of a physician is often viewed through the narrow lens of clinical acumen and surgical skill. However, the reality of medical practice demands much more than what is taught in anatomy halls and pathology labs. Often, a young doctor is expected to know how to resolve conflicts between nurses, manage operating theatre lists, and even know if an autoclave is functioning properly. Whether working as a resident in a bustling hospital or assigned to a secondary centre, every doctor is inherently a leader. Young doctors often underestimate their position, but to the staff and patients around them, they sit at the very top of the hierarchy. From the first day of occupying the position, one is expected to have all answers, be able to provide solutions and lead a team effectively. Leadership is an unavoidable part of the profession. Also, practicing medicine comes with its own challenges and many doctors find themselves overwhelmed by stress and cortisol. This constant overload leads to a very real phenomenon of burnout among doctors and healthcare workers. However, medical institutions seldom train you in skills other than patient care and rarely provide tools to deal with burnout.

Various issues that young doctors face and the critical gap between being a clinician and being a leader, was recognised by the mentors during their routine interaction with

doctors and that led to the birth of Leadership Lecture Series at Dr. Shroff's Charity Eye Hospital on Doctor's Day 2025. The aim was to address the holistic realities that healthcare professionals encounter daily.

Over the last year, the leadership series continued to explore the vital mechanics of healthcare teamwork. Based on the feedback of the young doctors in attendance, essential topics such as conflict resolution, delivering and receiving feedback, supporting team members through depression, managing personal finances, and balancing strictness with approachability were discussed. On Doctors' Day 2026, we completed one year of this series. One year and 23 sessions later, we asked participants about the three things that resonated with them the most. Their responses were clear: first, learning to manage oneself before leading others; second, leading with kindness; and third, embracing holistic growth as the key to lasting success. With more sessions to come, the goal of this series is to enable young doctors to transcend the basic application of medical science, transforming into empathetic leaders who elevate both their colleagues and the standard of care for their patients.

Contributed by
Dr Umang Mathur
Dr Virender Singh Sangwan

Patient story

A Second Chance at Sight: A Young Boy's Journey Back to Life

"The only thing worse than losing hope is to be the reason someone else loses hope" — Tucker Elliot

Ten years old, Raunak (name changed), walked into the Uveitis Clinic at Dr. Shroff's Charity Eye Hospital, led by his mother. Just two months earlier, he had suffered an injury to his left eye that resulted in removal of the eye and irreversible vision loss. The family was still coming to terms with this tragedy when his better eye suddenly began losing vision. By the time he reached us, vision in his only seeing eye had dropped to just one meter. Unable to see from either eye, he clung to his mother's hand as they entered the outpatient department.

A careful examination led to the diagnosis of sympathetic ophthalmia—a rare but potentially blinding autoimmune condition

which results in permanent vision loss if recognition and treatment are delayed. Given the severity of the inflammation, aggressive treatment was started immediately. Despite setbacks like systemic side effects and socioeconomic circumstances of the family, the response was encouraging. Over the next two months, his vision improved remarkably to 6/9.

Today, three years later, the transformation is extraordinary. The little boy who once faced the terrifying possibility of permanent blindness is back in school, rides his bicycle, excels in his studies, and enjoys the life every child deserves.

*Contributed by
-Dr. Tanya Jain, Consultant,
Vitreoretina & Uveitis Services*



Smt. Sita Goenka Shroff Eye Institute, Munger, has successfully completed 1,000 eye surgeries, marking a significant milestone in its mission to eliminate avoidable blindness and provide quality, affordable eye care across Bihar.

During the 110th Chinmaya Jayanti, the community outreach initiative of Chinmaya Mission Delhi organized a free eye check-up camp. Inaugurated by Smt. Prarthana Saran, the eye camp was held in partnership with Dr. Manisha Agarwal and SCEH medical team. It offered free eye screenings, consultations, and guidance on preventive eye care to underserved members of the community.



Humans of SCEH

"You were a risk, a mystery, and the most certain thing I'd ever known"
-Beau Taplin, "A Certainty"



I hail from the small town of Jaunpur, UP. As a child I spent many a weekend at the house of my maternal uncle, who owned a chemist shop. Little did I know, that those trips will shape the course of my entire life. Just across the shop was a government run primary health center, where a doctor used to

see patients. From the very beginning I was on awe of the respect that doctor commanded. The way he treated the patients, the lifestyle and simply the aura of being able to solve problems that plagued the people...it made me want to do what he did, when I grew up.

Of course, I wasn't aware what a beast the MBBS entrance test was, and couldn't clear it in the first attempt. However, I did get into Allahabad University for a lab technician course. Probably for a few months, I had also made peace with being close to my dream, if not achieving it in entirety. But soon I decided to not settle. With the help of my uncle's guidance, I got into MBBS. I earlier opted for Allahabad, it being closer to home.

But being there didn't match the journey I had envisioned. Eventually I joined Wardha medical college and I knew I was in the right place. Years passed, and another life altering exam was at my doorstep. By this time, I wasn't sure which specialty I was cut out for, but I was sure I wanted to be a surgeon, and wanted nothing to do with trauma. Ophthalmology at AIIMS, Bhopal gave me the steadiness I needed. Though I didn't do much surgically, I did learn everything else.

When I first joined SCEH, I felt lost. Big institute, so many people. Being an introvert was not helping. But soon my mentors sensed that. They sat me down and just chatted. And deep down I knew, I am going to be fine. Every center, every mentor added something to my clinical repertoire. From video discussions to step-by-step clarity, from a healthy work culture to happy patients, each day was fulfilling. But the biggest lesson I learned came from a patient. During a follow-up consultation, I saw a note stating that there was no further scope for improvement in the patient's vision. Influenced by that, I simply repeated the previous advice. The patient later filed a complaint. When I called and spoke with him, I realized he had actually improved. I apologized, and over time, that patient became very close to me. Since then, I've never taken a patient's perspective lightly. I look forward to learning more and giving back to the institute that has given me so much.

Dr Sunil Gupta
-Consultant



SCEH, in association with Alcon, successfully organized the MIGS Conclave 2026, bringing together leading glaucoma specialists and ophthalmic surgeons to discuss the latest advancements in Minimally Invasive Glaucoma Surgery (MIGS) with special focus of new surgical device HYDRUS. The event featured expert scientific sessions, interactive discussions, technology showcases, and hands-on learning.



Ms. Ulrike Reinhard, a renowned German publisher, author, digital nomad, and futurist, delivered an inspiring lecture titled **“The Janwaar Way – A Nomad’s Compass to Change That Holds”**.



In **May 2026**, **26 Smart Vision Glasses (SVGs)** were distributed to visually impaired beneficiaries at **SCEH** in collaboration with the Alma Awakening Foundation. The event was attended by **Dr. Alma Chopra**, Founder and **Mr Vishal Mashiha**, COO, of Alma Awakening Foundation.

53 Smart Vision Premium Glasses were distributed to visually impaired beneficiaries at **SCEH** in collaboration with the **Rotary Club & Vision-Aid** under **Project Drishti**. The distribution was conducted in the presence of **Dr. Amita Mahendru**, District Governor, RID 3012.



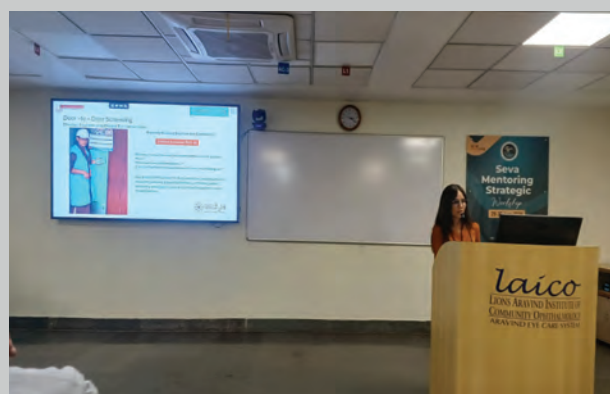
Dr. Umang Mathur chaired a session on “Sewa as Healing: Faith in Action” in the “Dialogues for Harmony Cultural Evening” at Azim Premji University, Bengaluru Campus. The session explored the transformative role of service, compassion, and collective action in creating meaningful social impact.



Department of Cornea and Anterior Segment organised a workshop for managing corneal emergencies like perforations and tears. It was a single day workshop held at SCEH Vrindavan which included didactic lectures and hands on wet lab sessions. The workshop was attended by more than 15 trainees both internal and external, many of whom were trainees at nearby medical colleges.

Dr. Julie Pegu participated in a Mentorship Workshop organized by the Seva Foundation and LAICO, Aravind Eye Care System, on 29 June 2026 at Aravind Eye Hospital, Madurai, and delivered a talk on “Developing Surgical Capacity for Hospitals in Our Network and Beyond.”

The workshop brought together mentors and representatives from mentee hospitals across the network, providing an interactive platform for sharing experiences, discussing challenges, and exploring strategies to strengthen surgical capacity and build sustainable systems for delivering quality eye care.





The Department of Vitreoretinal surgery successfully conducted an "Intravitreal Injection Workshop", attended by more than 45 ophthalmologist and residents from across North India. The program featured interactive academic sessions on intravitreal therapies, injection techniques, safety protocols and hands-on wet lab session.

Infective Keratitis Workshop



On June 3, KeraLink International in partnership with SCEH hosted an Infective Keratitis Workshop at Lions SightFirst Eye Hospital in Nairobi, Kenya. This milestone workshop brought together 42 eye care professionals from 11 countries and 39 institutions across Africa, Asia, and North America to advance the diagnosis and management of one of the leading causes of corneal blindness worldwide. Participants received expert-led training on the documentation, diagnosis, and management of infectious keratitis, including corneal scraping techniques, microbiology and staining methods, HSV keratitis management, case-based grand rounds, and surgical interventions such as Amniotic Membrane Grafting (AMG), Tarsorrhaphy, Air Descemetopexy, intracameral injections, and the management of corneal perforations and severe corneal melts.



Building the Frontline of Community Eye Care

SCEH successfully completed the first pilot batch of the Community Health Worker (CHW) Certification Programme, a collaborative initiative by the Public Health and Talent Management, L&D teams. The one-month programme equipped 12 CHWs with essential knowledge, skills, and field readiness through a blended learning approach comprising classroom sessions, practical demonstrations, role plays, case discussions, field engagement, and exposure visits. The programme strengthened participants' capabilities in eye care delivery, Vision Centre operations, community engagement, optical dispensing, communication, and patient outreach. The programme reinforced the importance of empathy, trust, and community connection in advancing sustainable eye care.

An interesting webinar was organised on Aniridia Day, featuring renowned international experts sharing their experiences, latest research, and perspectives on the management and future of aniridia.



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The land where we stand

Darya = river

Ganj = Market/trading area

Daryaganj, home to SCEH has a landmark place in the history of Delhi. Has it ever crossed your mind, why is this area called 'Daryaganj'? What is 'Delhi gate'? Why is an old wall standing randomly at the bend of Ansari Road, and who was 'Ansari'? While passing through the narrow lanes of Daryaganj, have the old buildings fascinated your mind? Here are a few interesting facts about the land where we stand:

The 'Darya' = Yamuna River

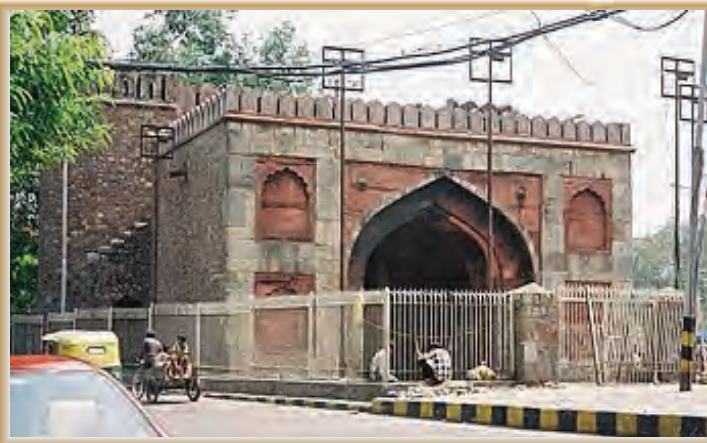
Established by Khwaja Abdul Ghaffar, a Mughal-era merchant, Daryaganj was a wholesale grains and goods market at the Yamuna river waterfront. It was located on the south-eastern part of 'Shahjahanabad' – the walled capital city created by Mughal emperor Shahjahan. This affluent aristocrat neighbourhood with river-side havelis was separated from the main city by the Red Fort on one side and Faiz Bazaar (currently Netaji Subhash Marg) on the other. Historically, Daryaganj existed even before Shahjahanabad! (as a part of Firozabad)



Delhi Gate

Looks familiar?

The walled city of Shahjahanabad had 14 main gates in its fortification wall, of which five still survive. Delhi Gate, standing at the edge of Daryaganj was the south entrance of the walled city, used by Shahjahan to visit Jama Masjid. The gate opened towards the older cities of Delhi, hence the name.



The Wall

The 17th century-built fortification wall of Shahjahanabad connected the different gates of the city. The remnants of this wall still stand near Ansari Road. The 6 km long original wall had several 'khidkis' (wicket gates) apart from the main gates. Majority of the wall was destroyed by the Britishers so that the walled city could not be secured from within.



British cantonment area

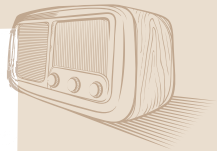
After the capture of Delhi in 1803, the original British cantonment was established at Daryaganj. The area shifted from being the Mughal aristocratic hub to the British military and administrative center, with construction of colonial style bungalows. The revolt of 1857 resulted in heavy casualties to the British side, and the Britishers were forced to shift the Delhi garrison to the Ridge.



The markets then and now

Unloading of goods and wholesale trade happened at the banks of Yamuna at Daryaganj. Faiz Bazaar was a posh market with houses on either side and a stream of running water in the middle. Phool Mandi (flower market) was started in 1869. In the 1950s and 1960s, Daryaganj became a premier printing and publishing hub. In the 1960s, the patri kitab bazaar – open-air second-hand book markets started on the pavements. Currently, the Sunday book market runs at Mahila Haat, near the Delhi gate metro station.





The watershed between 'Delhi' and 'Dilli' now

Daryaganj, along with Paharganj was the transition zone or the buffer between the walled city and the new British capital city being built. In 1911, the third Delhi Durbar was held, and the British capital was shifted to Delhi from Calcutta. Daryaganj is one of the three subdivisions of the Central Delhi administrative district. Even though it sits on the 'old' side of the Delhi Gate, Daryaganj falls under 'New Delhi', owing to its past and current administrative status.

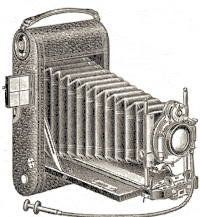


Culinary excellence

Love Butter Chicken or Dal Makhni? Guess the origin of the two dishes?



The iconic Moti Mahal restaurant in Daryaganj is credited with the creation of both these dishes. Two Kundal Lals – Kundan Lal Jaggi and Kundan Lal Gujral worked at the original Moti Mahal restaurant in Peshawar, and later opened the Moti Mahal restaurant at Daryaganj post-independence. Butter Chicken and Dal Makhni were made at Moti Mahal, owing to some experimentations by the chefs based on the suggestion of their diners.



Daryaganj is no longer a trading market by the river, but its name and essence carry a rich history and an everlasting legacy. To those who come to this place every day – do remember the history of the land where you stand!

-Dr. Obaidur Rehman