



# Dr. Shroff's Charity Eye Hospital

Delhi | Alwar | Lakhimpur Khiri | Meerut | Ranikhet | Saharanpur | Vrindavan

[www.sceh.net](http://www.sceh.net)

Newsletter Issue: 20

## World Disability Day

**"I wish for a world that views disability, mental or physical, not as a hindrance but as unique attributes that can be seen as powerful assets if given the right opportunities"**

**– Oliver Sacks**

World disability day is celebrated every year on the 3rd of December. The theme for the World disability day 2022 was "Transformative solutions for inclusive development: the role of innovation in fueling an accessible and equitable world". At SCEH, a three-day "Training of Trainer" workshop on disability inclusion in eye care for paramedics was organized from 1st-3rd December 2022. The workshop covered varied topics on disability, types of disability, barriers associated with it and approaches to overcome them. The workshop was a joint collaboration with CBM India trust and SCEH and was well attended by 16 other partner eye hospitals across the country. A training module on, Disability Inclusive Eye Care, was unveiled on the last day by **Dr. Sara Varghese**,



*Managing Trustee, CBM India Trust and Mr. T.D.Dariyal, Legal Advisor, Disability.*

## Kudos SCEH Eye Bank!



SCEH - Eye Bank was awarded the **AP Shah Memorial Trophy** for its exemplary performance in the field of **Eye Banking at the 12th Annual Convention of Cornea and Eye Banking** at Manesar. This trophy is given to Best Eye Bank of the Zone and SCEH -Eye Bank and Eye Bank Society of Rajasthan jointly received the award.

**Be a rainbow in someone else's cloud.." – Maya Angelou**

# SCEH Eye Bank at EBAI Conference

SCEH Eye Bank team participated actively at the EBAI National Conference and presented in all major Eye Banking sessions. Dr. Manisha Acharya moderated a panel discussion on "Impact of COVID19 on Eye Banking and Recovery Pathways" and also presented the topic "Donor of Tomorrow". Mr. Surender Dixit spoke about the "Role of Optometrist in Eye Banking" which was very well received by the audience. Mr. Premchand presented in the video session about "Processing and Preservation of Amniotic Membrane Graft" and Mr. Suresh Kumar talked about "Documentation in Eye Banking". Team also actively participated in the Eye Banking Quiz session and the Run for Vision.

SCEH Eye Bank also conducted an Eye Bank Skill Transfer Course with more than 100 participants including eye bank managers, eye bank recovery



technicians, evaluation technicians and optometry students. The participants learn about the recovery of the cornea, assessment of the recovery technicians and slit lamp evaluation of the corneal tissue.

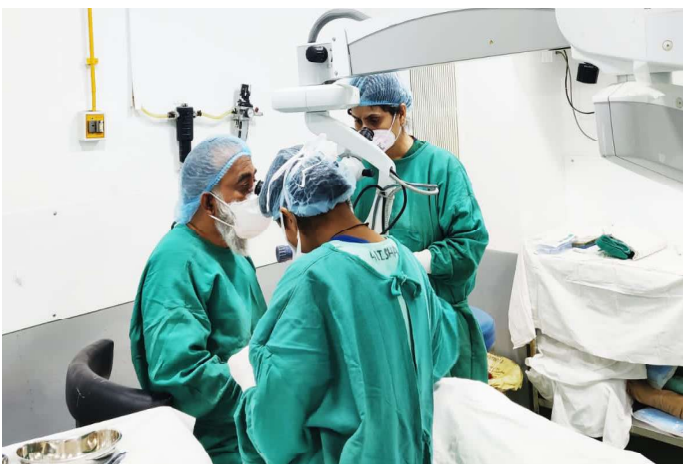
## Ptosis Workshop

Oculoplasty department at SCEH organized a two-day workshop on Ptosis workup and management on 16th and 17th December 2022. Seven ophthalmologists who are practicing in different parts of the country and three internal candidates attended it. Didactic lectures were delivered and surgical hands-on was conducted on pig model. Live ptosis corrective surgeries were performed in the OR. It was a great experience for everyone involved.

Candidates appreciated the whole concept of an interactive workshop and were satisfied with their learning.



## Short courses by Glaucoma department



The Glaucoma department in December 2022 conducted two hands-on courses, A Trabeculectomy course from 21-23 December and a Tube implant course from 22-23 December. Both the courses included wet lab training, didactic lectures regarding the pre-operative considerations and post-operative management along with the hands-on training in the OR. Three external candidates attended these courses. The course also included a CME on Tube implants by Dr. Suneeta Dubey, which was attended by over 20 participants.



## LASIK Course

The department of cornea and refractive surgery organized a hand-on LASIK course on 22-23rd December 2022. Didactic lectures on the pre-operative assessment and planning, types of refractive surgeries, surgical steps, and identification and management of complications were taken. The participants were made to observe and perform surgeries followed by pentacam- based case discussion. Six external candidates attended the workshop and appreciated the course. A group for case discussion was created and it continues to be active.



## Standard Chartered Bank Project



Standard Chartered Bank has extended support yet again to our primary eye care services. This is the second phase of this program. They had earlier supported the opening of 20 vision centers and screening in 3000 villages as the first phase. In the present project, we will be starting 25 new primary eye care centers and conducting door to door awareness creation and eye screening in 2000 more villages.

## Award @ SCEH

**Dr. Nidhi Gupta** won an award at the JAM session at **Keracon 2022** for her video on “**DMEK graft preparation: in a young donor**”.



# High Volume, High Quality Eye Surgery

SCEH, across its network, saw a significant rise in eye surgeries in the months of November and December 2022 compared to previous years. The numbers reiterate our mission of making a lasting impact on the eradication of blindness and deafness in India by providing quality care to all sections of society. SCEH is playing a major part in lowering the burden of curable blindness in northern India by reaching the parts of population no one else is, never compromising on quality of service.



	Nov-21	Dec-21	Nov-22	Dec-22
<b>Total Surgery</b>	<b>4102</b>	<b>5403</b>	<b>2173</b>	<b>2541</b>
Paid	1581	2152	2173	2541
Sub	767	1126	1079	1058
Free	1447	1642	2725	3112
Free AB	307	483	681	772
<b>Surgery From VC</b>	<b>1483</b>	<b>1991</b>	<b>2877</b>	<b>3471</b>

## Annual Day Celebration at SCEH

**“We want to create an environment where every employee can bring their whole self to work and not just make a living but also have a life”**  
– Indra Nooyi



On 17th January we celebrated what we achieved in the past year and to share the dreams we envision for the year ahead. The annual day was all -



*Everyone just needs ONE day..*

*.. One day to let go, to put that smile on their face.*



about showcasing talent that lies hidden in the people of SCEH. There were dance performances,



group and solo, singing, and stand-up comedy. The one's who didn't participate, cheered! All in all,



it was a great occasion for staff from all cadres to come together and celebrate.

The Annual Day was also special this year because of the Service Awards Ceremony as well. Employees who have been associated with SCEH for more than 25 Years were recognized at the ceremony. This was an effort to acknowledge their extraordinary dedication, commitment, and loyalty towards the cause of making eye health care accessible for all.

## Republic Day celebration

Republic Day, like every year, was celebrated with full fervor and great enthusiasm across SCEH network. At SCEH, Delhi, the flag was unfurled by Dr. Suneeta Dubey, Medical Director, SCEH.



Dr. Umang Mathur, CEO with all HOD's and staff gathered for the ceremony.

# New Vision Centre's Inaugurated



## ...Expanding reach of Primary Eye Care Services

SCEH opened four new vision centres in the last two months in the urban slum-poor communities of Delhi. Standard Chartered bank supported us in the endeavor. SCEH network now has a total of 59 Vision centres including 12 vision centres in the Urban slums of Delhi. These vision centres are dedicated to providing quality eye care services in those communities who are underserved and lack access to quality eye care due to financial issues. At each of these vision centres, there is a team of experienced vision technicians to provide comprehensive eye care services as per the 3R principle, which will include screening, diagnosis, teleconsultation & treatment facilities. The centres will also provide spectacles to patients at an affordable price.

## Towards intentional on-the-job learning and up skilling

Since the onset of the lockdown induced due to the Covid-19 pandemic, the Department of Community Ophthalmology and Public Health Research has been considering novel ways through which on-the-job learning and skill development can be encouraged. This has taken form in a two-pronged approach.

The first manifests in the form of a weekly journal club being run by the department since early 2020, with virtual and physical attendees, encouraging critique and analysis of relevant scientific papers in eye care and related ancillary fields. This provides a platform for in-depth discussions and knowledge sharing across various domains, covering key topics in community ophthalmology and public health research, human resources, and quality standards. The focus on these topics is to understand alternative perspectives emerging from the debate, while at the same time, apply the key points from all sessions to organizational, as well as our more individualistic contexts. This form of "peer review" is deeply enjoyed by us, and we look forward to collaborating with, and learn from, our colleagues and seniors.

The second was implemented in 2022 as an adaptation of the organization wide ODP sessions led by the Seva Foundation in 2021, but for vision center (VC) coordinators. Herein they are given hands on training about the role VCs play in the community, the skills required to build relationships with relevant stakeholders, basic clinical knowledge and the tools needed to effectively

plan and monitor programs and projects. This is an evaluated course VC coordinators are being made to undergo within organizational hours in a bid to increase their ability to contribute to the planning and management of services provisioned by the VCs. This course is taught by managers and project leaders within the department and creates a structured platform through which pre-established outcomes are worked towards, all contributing to the overarching goal of better serving the communities we work in. We hope to grow this program in both breadth and depth.

On-the-job learning and up skilling are key pillars for employee growth and satisfaction in the long run. Such pathways also offer platforms for detailed interaction and networking opportunities across cadres, especially with department heads and managers, giving all employees across our multi-tier system different platforms to be heard, give inputs, and affect change towards the better functioning of our organization.

*Written by Ishaana Sood*

*Input by Shivani Saini and Gaurav Kumar Garg*

*Edited by Dr Shalinder Sabherwal*



# SCEH inaugurates two Optical Stores

## ...Extending Quality Eyewear Services at Affordable Costs

SCEH added two new optical stores in Meerut and Vrindavan. Now we will be able to provide affordable opticals (frames, lenses, and glasses) in these centres. With the mission of making eye care accessible to all, these two new centers are helping us being closer to our mission.



## Pediatric Eye Screening: Towards Universal Child Eye Health

In 2020, the Department of Community Ophthalmology and Public Health Research, with support from the Seva Foundation, published an article in the international journal Ophthalmic Epidemiology, estimating the number of children in rural north India who are unable to get the necessary eye care in time. High absenteeism and dropout rates in schools render existing school eye screening programs ineffective for this population. Thus, the paper highlighted the growing need to provide vision screening services to children outside of just their schools, i.e., providing community eye screening services for pediatric populations, a model of eye care delivery hitherto unused for children.

In 2022, the department published a new model, in the same journal, through which community eye screening can be conducted for pediatric populations. Supported by the Cognizant Foundation, this new model was developed in September 2020 in the aftermath of the lockdown put in place to curb the spread of the Covid-19 pandemic, including the shutting down of schools. As school eye screening programs were halted during this time to reduce transmission in the community and protect the children and the screeners, alternative strategies were considered to reach this vulnerable age-group during a particularly difficult time when ensuring equity of care delivery and uptake was difficult.

Door-to-door pediatric screening thus emerged as a suitable model through which children could be reached in their communities, consent be taken directly from their parent/guardian, and vision screening conducted using a phone-based applica-

tion. Moreover, this out-of-school screening model helped reach those children who were either not enrolled in schools, and/or if enrolled were not attending the same, thus filling an important gap in eye care delivery.

Since the introduction of this model in September 2020, we have received immense support from the Cognizant Foundation, the Seva Foundation and USAID and have conducted door-to-door primary screenings for over 2.43 lakh children and have referred 14.7 thousand children to vision centres of which almost 80% reported. Further, spectacles have been provided to 8081 children and surgeries have been performed for 477 more.

In the aftermath of Covid-19 lockdowns and in this new world order, where populations are increasingly susceptible to zoonotic diseases, our door-to-door pediatric screening model, in conjunction with the standardized school eye screening model would be the way forward to provide continuity of care, as well as achieve universal eye health for our future generations. We are grateful to the Seva Foundation, the Cognizant Foundation, and USAID, for their dedication and continued efforts in streamlining eye care service delivery for children.

*Written by: Ishaana Sood*

*Input by: Zeeshan Siddiqui & Birendra Pratap Singh*

*Edited by: Dr Shalinder Sabherwal*

# The Eicher Driver Care Program (EDCP) Milestone



In 2016, Eicher Group Foundation (EGF) & SCEH envisaged the Eicher Driver Care Program, with the vision to provide accessibility of affordable & advanced quality eye and ear healthcare services to the truck drivers at major transport hubs along the golden quadrilateral and national highway route across the country towards contribution to road

safety and safe driving.

The team successfully achieved the main program objective of screening 1,50,000 truck drivers in 16 States in December 2022, one year prior to the targeted year.

## Program Performance Milestones (2016-2022)

**16 +**

**Total States Covered**

**1 VC + 13** Operating Mobile Van

**Total Unit**

**10**

**Total Partner Hospitals**

**2,68,765**

**Overall Impacted**

**1,51,577**

**Truck Drivers Impacted**

**26,871 / 16,418**

**Providing Spectacles**  
(Overall / Drivers):

## Long distance out-reach camps through Operating Mobile Van

(i.e. Delhi to Indore, Pune to Gujrat, Salem to Cochin, Delhi to Himachal, Patna to Bhubaneswar, Guwahati to Arunachal Pradesh etc).

**18,280 / 8,766**

**Referral Eye & Ear Cases**  
(Overall / Drivers)

**5,35,128 KM**

**Total KM Run by our EMVs since inception**



# Rapid Assessment of Avoidable Blindness (RAAB) study

RAAB is a Peek Foundation & SCEH initiative, which was observed in Khuttar, where Peek & SCEH work together. Most eye-health programs measure success by the number of people screened or treated.

While this helps us to understand how an eye health service is performing, it does not tell the whole story. What about those who weren't screened, weren't treated, or didn't benefit from treatment? This research-led program aims to estimate the need for eye care in the catchment area of our Mohammadi hospital and increase coverage through increased adherence to referral. A Rapid Assessment of Avoidable Blindness (RAAB) study was conducted in Shahjahanpur and LakhimpurKheri with support from Peek. As a result, we have been able to explore the prevalence and causes of blindness and visual impairment in the region and plan our services accordingly.



In the community eye health study, we are using the Peek platform to identify the people with a need for eye care through community-based screening. Platform support allows us to identify and reach out to those who do not adhere to referrals

## Patient Story: First case under General Anesthesia in Mohammadi

**"That's one small step for man, one giant leap for mankind."  
- Neil Armstrong**

A 17 years old girl, hailing from a remote village in Lakhimpur Kheri district, was suffering from cosmetically disfiguring squint since early childhood. Parents were not aware of any possible treatments for the same. The sweet looking girl had lost her self-confidence since her peers would tease her with the cosmetic blemish. Parents got a ray of hope when they found that a pediatric ophthalmologist visits from Delhi to SCEH Mohammadi and that the deviation of eyes can be corrected. After detailed examination at the pediatric ophthalmology clinic at Mohammadi, the girl was planned for cosmetic surgical correction of the squint under general anesthesia. The biggest challenge for the team as well as the parents was the lack of facility of general anesthesia at the Mohammadi center. It was also not possible for the parents to visit the base hospital in Delhi for the same due to long distance travel and financial issues. But with the combined effort of the Pediatric Ophthalmology department, Anesthesia department and SCEH



Mohammadi administration, general anesthesia facility was made available in Mohammadi. 'Patient first', being an important value at SCEH, this girl became the first child to get operated at SCEH Mohammadi under general anesthesia. The surgery was uneventful, and this marks a very important step in providing extraordinary care at the level of a secondary center.

# The Playful Monkey in our life

We live in our thoughts. Our mind creates these thoughts. These thoughts usually have two characteristics, the first being time: these are either about past or future, the second, quality: pleasant or unpleasant. We like the pleasant thoughts and dislike the unpleasant ones. It is our natural tendency to develop attachments to pleasant thoughts and want more of them, detest the unpleasant ones and be averse. These thoughts are a chain from the past or a plan for the future. If unchecked, our mind becomes a playful monkey and can jump from tree (thought) to tree (thought) for minutes, hours or even days. This can be tiring and makes us feel bad to say the least. The fatigue that we feel is not us but this monkey mind that robs all energy and in the long term puts us in "disease".

When it's said we must be the 'master of our mind', we are being told to tame this playful monkey in the forest of thoughts. To tame is to keep the monkey mind under check. Simple steps:



1. Notice the quality of the thought: is it pleasant or unpleasant.

Just notice each thought, and allow it to come and go without the attachment or aversion. Just do not engage with them. Only observe the thoughts and allow them to rise and purge on their own. Pretty much as you would observe strangers fighting or conversing in a public place. You do not engage with them. Only observe them. So you surely know that art. Any thought from past or future is a stranger today. Let it pass by with no attachment or aversion. Stay in what is in front of you- "the present".

2. Notice the mind getting back into the forest and bring it back again without judging yourself: Mind will go back to the jungle of thoughts. It's ok.

Smile when you catch it and bring it back to the present again.

This is a daily practice. That's a way of being. When we cultivate this habit and continue doing that, we realize we have more energy, more strength for



today. That makes us calm and "at-ease". That's how we stay in the present. Stay in the here-and-now without judging the thoughts, or judging ourselves. We become more accepting, comfortable and happy today. Over time in this calm accepting state we begin to develop some virtues of wisdom and deep insight. This task of managing the monkey mind is what the world calls Mindfulness. Researchers continue to find new benefits of adopting mindfulness practices, some are:

- Reduced stress, anxiety, and depression
- Increased creative problem solving at work
- Improved concentration and focus
- Increased happiness, self-confidence and effectiveness
- Decreased physical pain
- Improved immune functioning
- Better social connections
- Better emotional intelligence and self-regulation.

By Kanika Kohli

Coach- ICF-ACC, Gallup Strengths,  
Researcher at MAHE



# Humans of SCEH

My journey at SCEH was five and half years, from June 2017 to December 2022. I was the first batch of DNB residents at SCEH. Post DNB, I pursued my fellowship in Oculoplasty and ocular oncology. Those were the golden years of my life. It was not an easy decision for me to opt for DNB over a MS seat, but my husband, an ophthalmologist himself, convinced me to join SCEH. Initially in NEET PG counseling I was allotted a MS seat in a medical college. Ophthalmology residency programs in India, except for a few top medical colleges, are surgically inadequate. Residents are left with no option but to do further courses because of a lack of training during the three years of residency. Before the counseling I spoke to the people at SCEH and I was assured of the high standards of training. On the day of counseling, a middle-aged gentleman sitting at the counseling counter asked me repeatedly if I was sure I wanted to confirm my seat at Dr. Shroff's Charity Eye Hospital, New Delhi. After I answered in affirmative each time, he asked me if I had discussed with my family and friends, as SCEH was a new hospital added in DNB that year. Despite the million doubts in my mind, I maintained my answer. If you ask me now, I thank my decision every day. During my three years of postgraduate training, I was well trained by the faculty. Every aspect was well taken care of, be it surgical

hands-on, clinical judgment, academics which included class presentations every month, writing papers and presentations in different conferences. Peripheral visit was a cherry on the top, full of fun and learning. Innumerable patients in OPD and independent surgical exposure made me confident. I remember Dr. Mathur telling us in every logbook class to explore and learn everything we can. He taught us to learn about our instruments, machines and beyond clinics and surgery. Surgery is just 1 % of what you should learn, know what all it takes for holistic patient care, he used to add. These words will remain with me forever. It was one memorable day when I was sure about pursuing my fellowship in Oculoplasty. While assisting

Dr Sima Das, I felt like Oculoplasty surgery is an art, as if she was painting the patient's eyelid (case was of lid reconstruction of a child). Painting being my passion, Oculoplasty also became a passion. I was very lucky to be trained by such a rare combination of brilliant brain and artistic hands. With a lot of passion, hard work and dedication, faculty at SCEH shaped me into a well-trained ophthalmic surgeon. Training at SCEH was at par with the best in the country and I will try to carry the legacy of SCEH forever.

-Dr Neha Shree



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# Paediatric Centre of Excellence

## Dr. Shroff's Charity Eye Hospital

[www.sceh.net](http://www.sceh.net)

### Children First!

**The heart of providing paediatric eye care lies in reaching out to the underprivileged and underserved ones**

The department of Paediatric Ophthalmology has been functional since the year 2002, at SCEH, Delhi. In collaboration with the teams of rest of the subspecialties in our hospital, we now constitute the Paediatric Centre of Excellence. We have been treating childhood cataracts, squint, nystagmus, optic nerve disorders, retinopathy of prematurity, retinoblastoma, ptosis, retinal detachment, glaucoma and corneal blindness. Also, we have been rehabilitating and developing perceptual skills in children with cerebral visual impairment.

The current face of the department is the result of years of dedicated work by the present Chairperson, Director and Head of the Paediatric Centre of Excellence, Dr Suma Ganesh, who with her ever-burning desire to eliminate childhood blindness, has evolved the department from the initial days of community camps for children, more than twenty years back, to a Paediatric centre of excellence. At present we have a team of 5 paediatric ophthalmologists who specialize in strabismus, paediatric cataract, myopia, amblyopia and neurophthalmology and 6 faculty optometrists headed by optom Prem Kumar Singh. It takes the whole team of specialist ophthalmologists from the

indispensable subspecialties like retina, glaucoma, cornea, oculoplasty and ocular oncology headed by our specialist ophthalmologists of international acclaim, that is, Dr Manisha Aggarwal (retina), Dr Shalini Singh (ROP), Dr Suneeta Dubey (glaucoma), Dr Julie Pegu (glaucoma), Dr Virender Sangwan (cornea), Dr Umang Mathur (cornea), Dr Manisha Acharya (cornea), Dr Abha Gaur (cornea), Dr Shailja (myopia, cataract and genetics), Dr Soveeta (neuro-ophthalmology) and Dr Sima Das (oculoplasty and ocular oncology). We have a team of 4 anesthetists headed by Dr Parul Dutta and public health services headed by Dr Shalinder Sabharwal.

Other than the routine clinics and surgeries at the base hospital in Delhi, the doctors go for the regular clinico-surgical visits to the secondary centres situated in remote areas like Alwar, Mohammadi, Vrindawan and Saharanpur. This is possible with our well-established community screening system functioning via our numerous vision centres in Delhi, covering areas like Jahangirpuri, Bhajanpura, Karol Bagh, as well as the multiple vision centres functioning in rural areas attached to the our peripheral secondary centres of North India, with the help and availability of specialist anesthesia services both at the base hospital and at the far off peripheral centres.





# Work done in 2022...

**34765**

Total Paediatric patients seen

**540**

Squint Surgeries performed

**250**

Paediatric Cataract Surgeries Performed

**1428**

Premature Babies screened for ROP

**298**

Received treatment of ROP

**80**

Children with Retinoblastoma Received treatment

**33**

Paediatric Corneal Transplants done

**60**

Children received surgical Treatment for Glaucoma

**150**

Cerebral Visually impaired children Received perceptual training

**8500**

Refractive errors treated along with dispensing the latest DIMS glasses for myopia progression

Our team of vision technicians and community health workers have been doing paediatric (0 to 18 years) door-to-door eye screening in Jahangirpuri area of Delhi under Cognizant Project since September 2020 and currently a similar larger scale screening is being done in Bhajanpura area, under

USAID project and at both locations the results have been extremely gratifying with the project targets being completed before time. For instance, the target of around 400 paediatric eye surgeries to be done, has been over-achieved by 121%!

**Every child's life story has the potential to bring a change in the society, so should be handled at the right time and with care**



7 year old Akshit having cataract in both eyes, diagnosed in Gorakhpur Screening Camp & subsequently operated, enjoying all colors of life now

# Stories of young heroes that keep us going !

## Born different and thriving gloriously

There are stories of some children who are born with very exquisite needs , due to certain birth insults that lead to hypoxic encephalopathy. We categorise such children as cerebral visually impaired (CVI) or multiple disability with visual impairment (MDVI). Nothing compares to the gratification of seeing improvement in such children. We have been able to treat hundreds of such kids by a team work of optoms, special educators and occupational therapists at our base hospital as well as through our specialised team in peripheral centre of Vrindawan which is in collaboration with Perkins India.

Shiva happens to be one such 10 year old child, born with multiple disabilities . His father works as a labourer. Our MDVI team identified the needs of the child , who after months' long efforts and train-

ing sessions by the team, improved from an aggressive , impatient and completely dependent child , into a calm , joyful and much independent boy !



Shiva Enjoying our perceptual training session

## The Premature fighter of Retinopathy

Yuvaan, who was born barely at 6 months of gestation, weighing just 720 grams, had to stay in neonatal ICU for 20 days. The child developed retinopathy of prematurity in both eyes, which if not caught and treated on time, has the potential of 100% blindness for life. Fortunately, the child received timely retinal laser therapy in our hospital and now his parents are planning to start his schooling with joy in their hearts!



The projects/ Organizations which have been constantly supporting us through our journey



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