



Dr. Shroff's Charity Eye Hospital

Caring for the community since 1922...



2025

February

NEWSLETTER

#44

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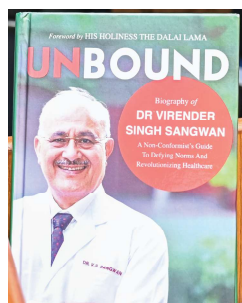


Unbound: Unravelling the life of Dr. Virender Singh Sangwan

How often do you get to be in the same room as someone who has a book written about them? For me the answer was never, until UNBOUND came along...

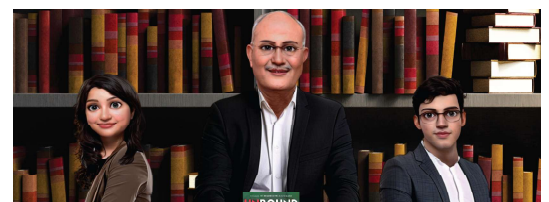
Just like Dr Sangwan, whose humble exterior betrays the greatness inside him, the book UNBOUND that was introduced as a simple biography has now become a movement, a revolution...!

Editorial



With the whole fraternity showcasing their copies on every possible media platform, it is natural to assume, that the book is creating waves and not just ripples. The book begins with the author's introduction of himself and his experience in the chaotic city of New Delhi. While it isn't about Dr Sangwan in the beginning at all, the witty and unadorned writing style already has you hooked, and before you know it, you have cancelled your meetings for the rest of the day, and have curled up with your hot mug of coffee and the book, on your couch.

We all know Dr Sangwan, as a master scientist, messiah of patients with terminal eye diseases, a rare combination of a friend and a guide, and



when needed even an agony uncle. But UNBOUND presents to you the **“behind-the-scenes”** – the people and the experiences that created the phenomenon called Virender Singh Sangwan. Reading unbound is like time travel through his highs and lows, his strengths and vulnerabilities, and his unique way of approaching life, which the author has adorably termed the **“Jaat Factor”**.

UNBOUND is not just a book, it's a celebration of the life of the man who himself has enriched the lives of many with his Midas touch...

We at SCEH honored this remarkable achievement through a book reading event **“Jashn-e-Sangwan”**, where we had a candid conversation with him regarding his journey. This book is a testament to a life time of service that Dr Sangwan has provided to the society and reading it is not just pleasurable, but also extremely inspiring.

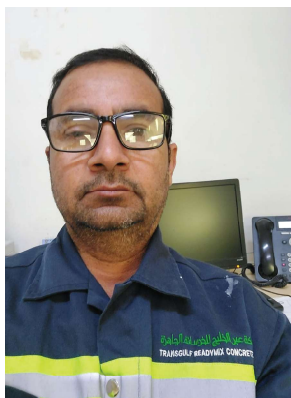
“Faith is like radar that sees through the fog – the reality of things at a distance that the human eye cannot see” –

Corrie ten Boom

A voyage of resilience: From Saudi Arabia to Sight

Patient story

Story contributed by
Dr. Tanya Jain



Forty-year-old Ramesh Kumar (name Changed), a dedicated worker from Bihar, never imagined that a regular day at his toy-making factory in Saudi Arabia would change his life

forever. While working on an assembly line, a sudden freak accident sent a sharp iron object straight into his left eye. The pain was excruciating, and he was rushed to the emergency room, where doctors performed an urgent corneal tear repair. However, his vision was reduced to merely counting fingers, and further evaluation revealed a dangerous foreign body deep inside his eye.

With limited access to a vitreoretina surgeon in his town in Saudi Arabia, Ramesh was advised to seek specialized care in India. Having migrated

from India solely for work, he could see his future hanging in a balance having potentially lost vision in one eye. Clutching onto the last strands of hope, he took the next available flight to New Delhi and arrived at our hospital.

Dr. Tanya Jain and her team diagnosed a 6mm-long metallic foreign body lodged in the eye and performed a complex emergency surgery. Ramesh responded well to the surgery. Three months later, he returned for a second stage of the surgery, which restored his vision to near normal. Overwhelmed with joy, he expressed deep gratitude to the hospital and his team of doctors.

Now back at work, Ramesh has become an ambassador of hope, referring many of his fellow workers from Saudi Arabia to SCEH. His story is a testament to the power of expert care, timely intervention, and unwavering determination.



Professor Matthew Burton, Director at the International Centre for Eye Health (ICEH), London School of Hygiene & Tropical Medicine visited SCEH. During his visit, he delivered an insightful guest lecture for our fellows and faculty, showcasing the impactful work being done at ICEH in the areas of research, education, and advocacy.

He visited SCEH Mohammdi and actively participated in a cornea workshop aimed at enhancing the skills of comprehensive ophthalmologists. He also joined the team on a field trip to the villages of Lakhimpur Kheri, where he discussed the implementation of the planned EARN Trial.

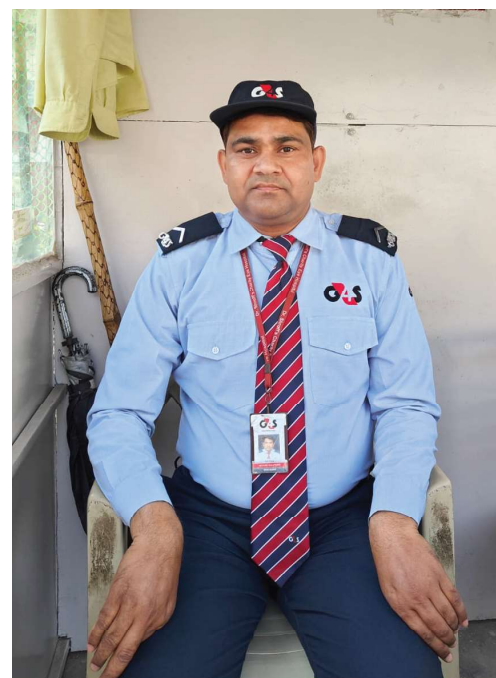
“Don’t make the process harder than it is” — Jack Welch

Humans of SCEH

Devraj
Security Guard,
SCEH Campus

I belong to village near Aligarh. Both my elder brothers had moved to Delhi when I was very young, so my moving to Delhi was only natural. In my school in the village, English language was taught late in higher classes and it was only towards the end of school that one became confident in reading and writing English. I moved to Delhi when I was in 8th standard and could not cope in the English Medium schools here. Hence, I dropped out not having a complete education, the chances of getting a well paying job were slim. I opened a small grocery store instead, but the credit system and payment defaulters prevalent in our society forced me to shut shop.

At that time, someone suggested a security company that was hiring and I applied. My first posting as a security guard was at SCEH. It’s been 22 years now and feels just like yesterday. It’s nice around here, a big open campus where one can hear the birds chirping and the leaves rustling all day long. The trees and the flowers make me feel I am still in the village. It’s good to see smiling faces here everyday and the perks of being in one place for so long is that the familiarity is comforting. I have even seen days when what is now the research lab used to be a paid parking for outsiders who used to come to visit the market. I would hate to work in a



box-like building somewhere.

I have two young boys who are still in school. We also have a small garment shop in our house that my wife runs. And we get some rent from two of our rooms as well. We are a small family, and income from multiple sources keeps us comfortable. This job doesn’t provide me much financially, but I like coming here daily.

I am not sure what the future holds for me, but I am certain, there will be no better place to work than SCEH. I don’t worry about what’s coming; I only go with the flow and let life surprise me.

World Braille Day



On the occasion of World Braille Day (4th January 2025), a special event was organized to

distribute mobile phones to visually impaired individuals, promoting digital inclusion and accessibility. Mr. Dushyant Meher from Trees for Life (TFL), which is a not for profit community based organization working with everyday people to help restore our natural environment, was the chief guest for the occasion. During his address, he emphasized the importance of bridging the digital divide and fostering independence for the visually impaired community. The distribution program witnessed enthusiastic participation, with 20 beneficiaries receiving the mobile devices.





MEDRET-2025

The department of Vitreoretina conducted a two-day medical retina conference, MEDRET-2025, which brought together esteemed experts and retina enthusiasts from across the country. With its unique blend of didactic lectures, quiz and interactive hands on retina diagnostic workshop, the conference was a resounding success, with over 60 external delegates participating and benefitting.



Rare disease day – For rare, everywhere...

To commemorate the occasion of Rare Disease Day, SCEH participated in a nationwide run organized by the Organization for Rare Disease India (ORDI) on 23rd Feb 2025 to raise awareness regarding rare diseases. This NGO aims to create awareness, improve advocacy, and increase patient support for rare diseases. SCEH supported the cause of Rare and unknown eye diseases. SCEH Alwar and Vrindavan also participated in the event.



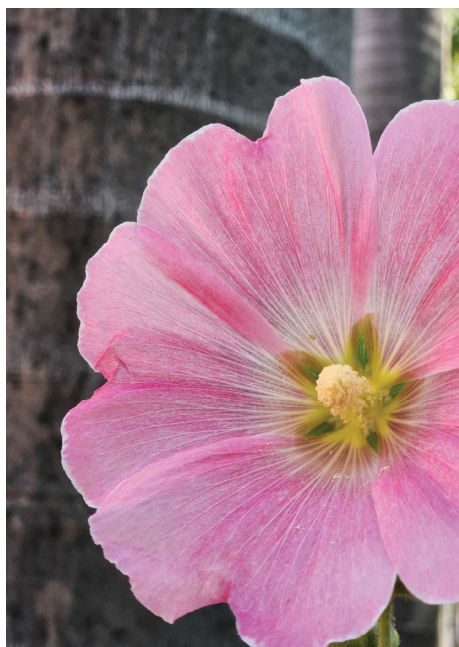
Glorious Years of Education and Excellence!

SCEH Alumni Meet

In the month of February, Medical education department at SCEH organized an alumni meet to celebrate 25 glorious years of SCEH education and excellence. Over the past two and a half decades, SCEH has been committed to shaping bright minds, fostering innovation, creating a lasting impact and bringing about a change in training across the country and beyond. The event began with Dr Sima Das and Dr Umang Mathur, showcasing the journey so far and all that SCEH has to offer both in research and clinics. The trainers were acknowledged with medals and were appreciated for their unwavering dedication.

SCEH Blooms

Spring time at SCEH is a sight to behold. The beauty of our gardens mesmerizes anyone and everyone who walks into the campus. Our gardeners and our garden are our pride. Although, a photograph can't do justice to the beauty of these gardens, people of SCEH decided to try. Using their phone camera people captured what we call is "SCEH Blooms" and the best three pictures were



1st
Stuti Rk

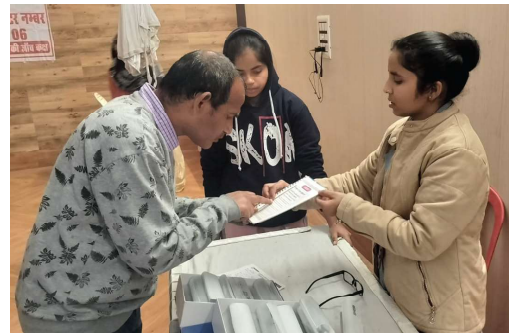


2nd
Jyoti Pandit



3rd
Aastha Rawat

A free eye check-up camp was organized at Hanumat Dham, Shahjahanpur, under the joint aegis of **Udaan Ek Umeed** and SCEH. The Minister of Parliamentary Affairs and Finance of Uttar Pradesh, Mr Suresh Khanna inaugurated the camp. A total of 200 patients were examined, out of which 84 were identified for cataract and specialty treatments.



Department of Cornea conducted a Keratitis and short cornea procedure hands-on workshop at SCEH Mohammadi Center to train comprehensive ophthalmologists posted there in basic management of corneal diseases that need immediate intervention. 21 doctors posted in the center attended the workshop. The workshop provided hands-on training in emergency corneal procedure management through engaging didactic lectures and wet lab sessions. With 8% of total blindness attributable to corneal diseases, it is imperative to train each ophthalmologist in corneal disease management.

Behta gokul & Puranpur Eye Care Centre, the 28th and 29th Vision Centres (VCs) were inaugurated in the Mohammadi region. The honorable Chairman of Puranpur, Mr. Shailendra Gupta, along with Mr. Rituraj Paswan, and Mr. Bahadur Singh, Chairman of the Sugar Mill, presided over the event.

Surir Netra Janch Kendra, the 29th Vision Center in the Vrindavan region was also inaugurated.





Like every year, SCEH welcomed residents and faculty from the University of Wisconsin and had a very interesting exchange of information and ideas.



Eight more villages have been officially declared as Avoidable Blindness-Free Villages, taking the toll to 35 in Mathura district.

These include Chhargaon, Behrawali, Bathain kala, Hathkoli, Pauri, Churmura, Kharauth and Kosi dehaat.



Happy reading!

Dr. Shroff's Charity Eye Hospital

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Delhi | Alwar | Mohammadi | Meerut | Modinagar | Ranikhet | Saharanpur | Vrindavan

Creative Corner

While we know what it is like to be a doctor, lets see what the patient's perspective is like.

TRUST

*I am but a stranger you're yet to meet,
I stand here, troubled, my answers incomplete.
I come to you in fear, my mind in gust
I'm full of questions, in need of what's just.*

*I hope you see what is wrong with me,
and I hope you listen.
You will explain, and I will begin to glisten.*

*I believe you will reassure me when I fear,
I will lean on you, scared, but I know you care.*

*I seek the hopeful light you will bring to my darkest days,
You will be my steady compass through this turbulent maze.*

*This kind of certitude, it's something that you've earned,
Through the trials, errors and times you've churned*

*Be proud!
Of each step you take, each word you say,
each meeting, each gentle sound,
It's your learned foundation on which I'll be found.*

*Thank you, doctor, for just being there
I completely trust you, and my heart is laid bare.*

*'The trust we earn from our patients is our greatest gift. They
schedule their entire day to see us, often travelling long
distances for our opinion. While we may see a lot of patients
each day, it's important to remember that each one has come
especially for us, placing their trust in us alone.'*

Dr. Chhavi Gupta

