



Dr. Shroff's Charity Eye Hospital

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

www.sceh.net

Newsletter Issue: 26

Doctors' Day celebration

1st July 2023 | 8:30 AM

Venue: Conference Room
Dr. S. Charity Eye Hospital, Daryaganj, Delhi

Spe Dr. Deepak Chopra

OF ALTERNATIVE MEDICINE
LIVING AUTHOR

"Well-being is not the same as wellness. Wellness is what we measure when we see a patient. On the other hand, well-being includes wellness but also a state of consciousness and awareness. Some of the buckets of well-being that are important for us as doctors are corporate well-being, social well-being, physical well-being, financial well-being, and community well-being. We shape the future of healthcare, but it is important that we take care of our well-being so that we can fulfill the need for wellness among people around us."

- Dr. Deepak Chopra

On 1st July 2023, SCEH celebrated doctors' day by organizing a talk by Dr. Deepak Chopra, a pioneer of alternative medicine and a bestselling author. He spoke on the **"future of well-being"**. The session served as an inspiring platform for healthcare professionals to explore new perspectives and engage in meaningful discussions on the future of healthcare. The talk not only provided valuable insights but also highlighted that well-being was crucial for doctors, encouraging them to embrace a more holistic approach to healthcare and recognize the potential for personal well-being. He also called attention to the importance of epigenetics by suggesting that a positive lifestyle change through meditation, stress reduction, a good sleep, a balanced diet and moderate exercise have a beneficial effect all the way down to the

genetic level. We are thankful to Mr. Vipin Buckshy for making this event possible.



Doctors' speak...



"I love being a doctor because I'm able to serve in regions with minimal healthcare facilities and provide ethically correct treatment to patients of lower socio economic strata, who actually need it the most, as they are very prone to be misguided"

Dr. Rushil Kumar

"Feeling blessed to be a doctor and to have the opportunity to serve the patients"

Dr. Manisha Agarwal



"I have learned that even when death and illness are inevitable, there is still so much we can do to assuage pain, fear, suffering and the uncertainty brought on by the diagnosis of disease"

-Dr. Faizul Haque

"I feel so wonderful and privileged to give hope to so many parents"

Dr. Suma Ganesh



"Restoring sight is restoring life. The privilege of being able to do that is what is fulfilling"

Dr. Neha Kapur

"Being a doctor, I feel privileged to impact people's lives positively. Restoring sight to someone who has lived with visual impairment brings an incredible sense of fulfillment, furthermore seeing the joy and gratitude in their eyes reaffirms my dedication to this noble profession"

Dr. Suneeta Dubey



"As a doctor, you are a continuous source of happiness for many people and their families"

Dr. Vaibhav Jain

"Being doctor is profound privilege and dream come true for me"

Dr. Virender Sangwan



"For me, being a doctor means embracing a lifetime of learning the skill and art of medicine and staying updated on latest research, treatment and providing optimal patient care with accurate diagnosis"

Dr. Arpan Gandhi

"Being a doctor is a great responsibility and it gives me the opportunity to make a difference"

Dr. Priyasha Goel



"I wear the white coat with dignity & proud ability to make a difference in someone's life each day makes me feel blessed"

-Dr. Nishi Gupta

"Being a doctor empowers me not only to cure ailments but also helps me to interact with various sections of society teaching me real lessons of life"

- Dr. Abhay Gupta



"To me, being a doctor means to have the privilege to touch someone's life"

-Dr. Ritu Garg

"Serve the society and peaceful life"

Dr. Jagat Nandan



"Getting to live your "purpose" of making a small difference in the society"

Dr. Natasha Koul

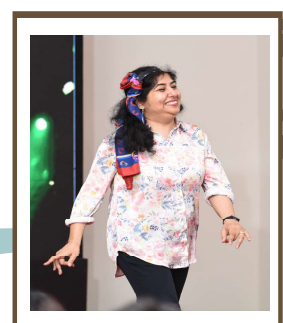
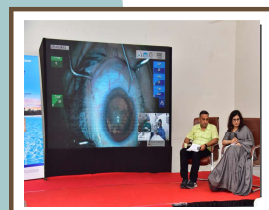
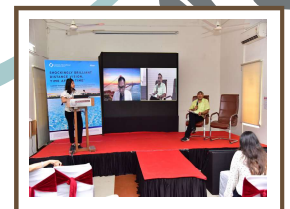
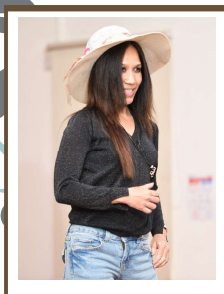
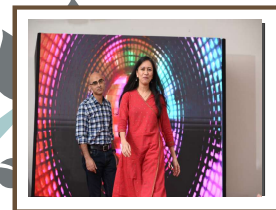
SCEH Alumni meet

SCEH family stands strong on pillars of friendship, mentorship, and innate trust, a trust that one will always be revered. The alumni gathering, infused with a delightful **'Retro Bollywood Theme,'** was initiated by our very own alumni, brimming with ideas to create an enchanting event. Within the SCEH premises, an atmosphere of exhilaration flourished, highlighted by rigorous practice sessions and moments of sheer enjoyment. Indeed, the SCEH family wholeheartedly embraced the chosen theme.

The alumni reunion seamlessly intertwined with an academic backdrop, offering a taste of the mission and vision that define our heritage. The morning unfolded with captivating discussions, live surgical demonstrations, and insightful talks. Dr. Anurag Mishra, in his eloquent discourse, delved into the

science and physics underpinning the latest advancements in Phacoemulsification surgery. Amongst the cultural activities, we had a bollywood quiz, a much-awaited ramp walk by everyone in the audience and a mesmerizing flash mob dance that sent ripples of energy throughout, culminating in a joyful gathering of everyone on the stage. This was followed by solo and group music and dance performances by faculty, alumni and the newly joined fellows. ***We are thankful to the Alcon group for supporting us in this grand event.***

Organizing committee:
Dr. Rahul Mayor, Dr. Julie Pegu,
Dr. Surbhi Arora, Dr. Surabhi Dutt,
Dr. Gunjan Budhiraja, Dr. Madhu Bhoot



Eye screening camp



On 3rd July 2023, SCEH conducted a eye screening camp at the Delhi Gymkhana Club, organized by Mr. Vipin Buckshey. The camp was for the employees of the club and a total 251 members of staff were screened in the camp. Of the screened, 19 people were referred to the hospital for surgical management and the rest were provided with glasses and prescriptions.

Orbis India visits Saharanpur

In July, a team from Orbis India visited Saharanpur to monitor the progress of the Pediatrics Eye Care Program. A two-day workshop was conducted for the local staff. The team also visited the school screening, Anganwadi screening, and the Green Vision Center, an eco friendly center equipped with solar panels and e-bikes.



DGFG visit

SCEH was honored to host a distinguished delegation from DGFG, the largest tissue network in Germany. This momentous occasion not only marked the closure of a successful joint project but also inaugurated an exciting new chapter of collaboration. The primary objective of this initiative was two-fold: to magnify cornea donation rates and to enhance the data management systems at the SCEH Eye Bank.



Success @ ARVO

ARVO India is an esteemed annual event that unites ocular clinicians and research scientists to showcase their work and foster networking opportunities. Our research scientists, clinician-scientists and PhD Students represented SCEH at ARVO India. The entire team presented a total of 14 posters presentations, one oral presentation and one invited talk. We also won the best paper presentation.



Academics @ SCEH



Neuro-Ophthalmology Workshop



Ptosis Workshop



SLET Workshop



Vision centers

an important step towards achieving universal eye care....

The principle of universal eye health is to provide comprehensive and quality eye care services to all while ensuring that they do not face financial hardships while accessing those. In our vast country, with a very clear-cut urban rural differences in terms of healthcare provision, how does an old woman living in a village of Uttar Pradesh, with not much financial means, get to know the cause of hazy vision that she might be facing for years now? How does a farmer who has had an injury to his eye while working in fields access the right care without wasting his precious time during the harvesting season? Or where does a parent residing in a remote village of Rajasthan, after being told by the teacher about his daughter's poor vision, go for a check-up without travelling a hundred kilometers?

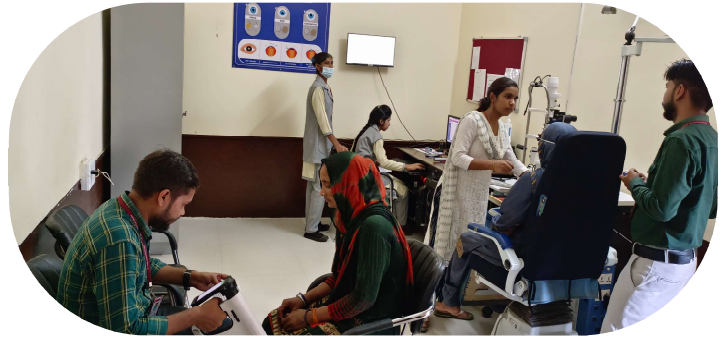
In all these scenarios and more, vision centers are playing a key role...



These centers serve as robust foundations, breaking through barriers to ensure access to eye care for individuals across age groups and socio-economic strata, even in the most remote and geographically challenging areas. As steadfast beacons for primary eye care, vision centers have emerged as a preferred and transformative model, particularly in the diverse and expansive landscape of India.

The impact of vision centers transcends age and gender, as they become particularly significant in bridging gender disparities in healthcare utilization. Studies have shown that women are more likely to engage with permanent facilities like vision centers than temporary outreach camps, reinforcing the role of these centers in fostering equitable healthcare access. These have also generated gainful **employment for women** in these regions, as most of the vision centers in our network and other simi-

lar community based eyecare networks are being managed by these young women trained through well-structured programs, to become vision technicians.



One of the most remarkable facets of vision centers lies in their pivotal role in **child screening programs**. These centers serve as vital referral points, ensuring a continuous and comprehensive continuum of care for children in need of eye health attention. By creating this bridge between primary and specialized care, vision centers contribute significantly to preventing and managing visual impairments among this important section of society.



The integration of technological advancements into vision centers further amplifies their reach and effectiveness. Electronic records and teleophthalmology have paved the way for remote consultations, connecting patients in far-flung areas with specialists at tertiary centers. Thus, these, technology enabled vision centers are redefining the boundaries of access to expert opinions, especially for those residing in challenging and underprivileged regions. In the last year, we have even had vision technicians at vision centers referring children with early retinoblastoma and saving a precious life. The resilience and importance of vision centers

have been brought to the forefront during the challenging times of the COVID-19 pandemic. Despite the upheavals and obstacles posed by the pandemic, individuals continued to seek care at vision centers, underscoring their status as vital lifelines in ensuring uninterrupted healthcare services. The adaptability and dedication of vision centers during such testing times highlight their indomitable commitment to serving the community's healthcare needs.

As we reflect on the numbers in our network, a vivid picture emerges of the significant impact vision centers have made. Over the course of the previous year, more than a third of the patients who received treatment and underwent surgeries were beneficiaries of the sixty-six Vision Centers that we have at present. These statistics not only showcase the extent of vision centers' reach but also emphasize the profound influence they wield in transforming lives and communities. Each patient served at a vision center represents a step closer to the noble goal of eliminating blindness and enhancing the quality of life. This would not have been possible without the support of our partners like the Standard Chartered Bank, Seva Foundation, CBM, Orbis, Sightsavers, Jiti Foundation, Mission for Vision and many more, who are firm believers of the potential of this model.



patients receive expert opinions, diagnosis, and treatment recommendations without the need to travel long distances. This not only saves time and resources but also ensures that patients receive the best possible care, regardless of their geographic location.

With the government focusing on improving primary health care in the country through primary health care centers and health and wellness centers, the next logical step should be to look for integration of vision center model within the broader primary health care to reach the scale that is required to achieve the desirable goal of universal eye health coverage.



The success of vision centers can be attributed to a combination of factors. Their permanence, as compared to temporary outreach camps, ensures consistent and reliable access to eye care. This stability encourages trust within communities, fostering a sense of reliance and regular engagement with the healthcare system. Technological advancements have not only enhanced their reach but also improved the quality of care delivered. The utilization of electronic health records ensures accurate and organized patient information, enabling healthcare providers to make informed decisions. Teleophthalmology, in particular, has been a game-changer. This innovative approach allows vision centers to connect patients in remote or underserved areas with specialists located at tertiary care centers. Through real-time virtual consultations,

**- Contributed by
Dr. Shalinder Sabharwal**

Values @ SCEH

Integrity and Honesty

Mr. Kuldeep, our security guard, found a purse containing money, in the OPD area while calling patients during OPD hours. He immediately started looking for the owner of the lost purse, and returned it with its contents.



Sukarya Story (Kaizen)

"A penny saved is a penny earned"

One day, it came to the notice of Mr. Deepak Tripathi, working at our Mohammadi center, that the monthly electricity bill in hospital was not getting deposited on time, leading to penalization by UPPCL. He decided to further study and analyze the issue and realized that the manual bill was being delivered late to the hospital from electricity department. The approval process and further payment by a cheque also took long, resulting in an eventual late payment.

To solve this problem, he decided to sign up on the UPPCL portal and started directly downloading the bills from there. Also, he now makes the payment online as well, thus being able to make the

payment on time. With this the institute saves the money being spent as fine every month. The same process has now been implemented in the City Clinic at Shahjahanpur.

So far, we have nearly 20,000- 24,000 rupees reducing a huge wastage of funds and leading to a streamlined procedure of bill payment.



Mr. Deepak made a difference, you can too....

Patient Story - From darkness to light

"It always seems impossible until it's done" – Nelson Mandela

A 30 years old female, mother of three, presented to us with complete blindness in both eyes. She had near total closure of eyelids secondary to a symblepharon formation associated with severe dry eyes. She was in immense pain and discomfort.



Before coming to us, she had shown to many other hospitals but without any success. She came to our hospital with her husband, who had to stay at home and take care of the children because she couldn't. She couldn't cook, or manage her home, which contributed to the financial burden on the family.

We started her treatment in 2021 and performed a bilateral lid opening with symblepharon release and fornix reconstruction, followed by minor salivary gland transplantation to make her eyes wet.

After the treatment that continued for two years, she now performs her personal chores independently, cooks meals for the family and is able to take care of her children.

Story contributed by Dr. Nidhi Gupta

Humans of SCEH

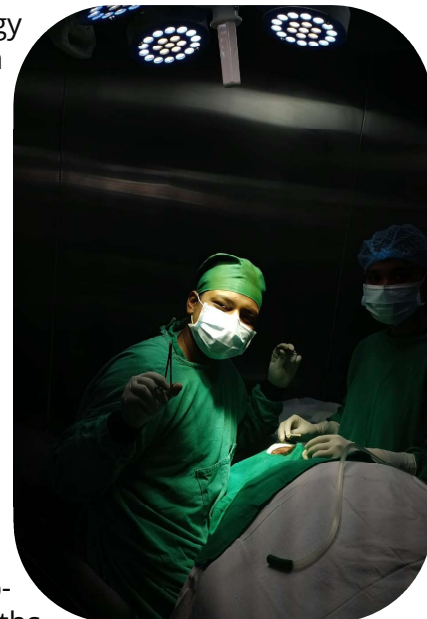
I was nine months old, had barely started walking, when I was afflicted with Polio. Around six other children in my locality in Patna had Polio during the same time. My parents decided to leave their jobs to take me to a rehabilitation center in Trivandrum for two years, after which I started walking with support. My parents also sought multiple orthopedic consultations, but no one was willing to operate, for the risk of the disability becoming worse. Despite all



this, my parents didn't want to compromise on my education, so they sent me to a boarding school in class fifth. And I have

been living away from home ever since. It was a good school, a convent school, which had good academic and extracurricular facilities. I used to play cricket and do wicket keeping, however I couldn't play at a competitive level. And that disappointed me a lot. Other children used to go to other schools for such competitions, while I couldn't. That is when I decided to channel my energy into science projects. In class ninth, I suggested a model to combine three rivers of Bihar to prevent frequent flooding. I was only 15 years of age when this project was discussed in the Parliament. In class tenth, I topped my region, which included the whole of Bihar, Jharkhand and West Bengal. There after I shifted to Kota, to prepare for MBBS entrance examination. I was excellent in biology and that was one of the reasons my young mind decided to be a doctor. I did my MBBS from a reputed college in Mumbai. I cleared the post graduation entrance exam in the first attempt but choosing a specialty was very difficult for me. I always wanted to do internal medicine, but was dissuaded by my seniors saying that emergency nights need one to be quick on their feet. My second choice was orthopedics, which too was physically demanding. I could have made my peace with radiology, but I wasn't getting it on my rank. That is when someone counseled me to take ophthalmology. I wasn't very comfortable with the idea of pursuing ophthalmology because as an undergraduate all I ever read about was cataract and a little bit of glaucoma. But I went ahead and took a seat in Nair, Mumbai. And then came the question that I have heard the most in my life, how will I ever perform phacoemulsification, as it required a fluent use of all four limbs. In the initial few months, I experienced regret and depression. I didn't under-

stand ophthalmology at all, and even surgically I was behind others. For some reason, my depth perception was compromised. Fortunately, my seniors and faculty supported me immensely. I used to practice suturing till ten in the night, and routinely do exercises on the synaptophore till I got my depth perception right. Six months into the residency, I became comfortable. I did cataract surgeries, DCR, entropion and ectropion surgeries, but my real interest was in Retina. However once again, I had to hold back my desire, as retina involved long surgeries and use of both foot pedals simultaneously. Today, I am living in Mohammadi, performing cataract and oculoplasty surgeries and am very satisfied.



I have come a long way, and have faced many obstacles on the way. Little things that people take for granted have not come easy to me. But my mother has been a constant support through all this. She believed in me always. Even when my relatives questioned and taunted about what I would do in the future, she assured them and me, that I wouldn't be dependent on any one. One thing I have been lucky with is making good friends wherever I went.

In future, I wish to start my own practice in Mumbai. I have never ever felt limited by my disability and don't shy away from dreaming big. My motto in life is **"Kar di khao kuch aisa ki duniya kar na chahe aapke jaisa (Do something in a way, that the world wants to do it like you)"...**

Dr. Akash Kumar
(Medical officer and Oculoplasty fellow)

Mother, I can see!



*I know you by your sweet scent
I know you by your melodious voice
I know you by the taste of your flavorful food
But, mother, I do not know what you look like*

*They tell me I have brown hair like yours
But, I do not know what is brown
They tell me I have father's sharp face
I can only feel his face and his frown*

*On Diwali, when they light up the night sky
I jump with joy along my brothers
They talk about vibrant colors and patterns
But, I can only hear the sounds of crackers*

*They tell me my sister is a natural dancer
They marvel at her grace and poise
I just sit and listen to the music playing
And, clap when I hear the clapping noise*

*When you dipped me in the village pond
I remember how water felt, trickling down my face
My brothers swam while we sat by the shore
Cheering them on in the annual swimming race*

*There is this game everyone loves, called 'cricket'
Which my siblings and friends play behind our house shed
It also comes on the big box, you call the television
They talk about it a lot, but what is Virat Kohli and a hundred?*

*Where do my siblings go each morning?
Where are these places, they call their 'schools'
And where does my father go daily for farming
With his lunch and big box of tools*

*I also remember how your voice changes
When my aunty calls me a 'blind boy'
And, when they taunt you for birthing a boy with white eyes
I know, each time you silently cry
We visited the village baba every week for years
Despite all his remedies, I could not see
The school headmaster kept pushing father
To get me checked in the big city*

*Neighbors and relatives dissuaded father
It is his fate, can't you see?
The doctors in the city only try to earn a buck
The village deity is angry at your family*

*One morning, a hospital team visited our village
They spotted me from their hospital van
Your child can be treated, they assured us
Come with us, let's discuss the surgical plan*

*Come with us, let's discuss the surgical plan
We travelled to the city in the hospital van
I had 'cataract' in my eyes, that appeared white
It will be removed and some lens will be placed
And, if all goes well, I may develop eye sight*

*I was asleep and don't remember much
My eyes were operated, one after the other
When I finally was in my senses
It was magical, the first sight of my mother!*

*We all cried tears of joy and thanked the hospital
Back in the village, it was a big treat
I played cricket with my siblings in the backyard
I stared at the food so long, I almost forgot to eat*

*I wear thick glasses and go to the school now
I know all the alphabets, colors, and top my class somehow
Each morning, my mother shouts behind me, "Be careful"
I just smile and say, "Mother, I can see, now!"*

Dr. Obaidur Rehman



Happy reading!

Chief Storyteller: Dr. Isha Chaudhari

Editorial Board Members: Dr. Arpan Gandhi, Ms. Kalpana Gupta, Dr. Monica Gandhi, Ms. Shivani Sood, Dr. Umang Mathur

Designed By: Alpana Singh | Photographer: Vaibhav Anand & Himanshu

Dr. Shroff's Charity Eye Hospital

5027, Kedarnath Road, Daryaganj, New Delhi - 110002

Ph: 011-43524444, 43528888 | Web: www.sceh.net | Email: communications@sceh.net