



**Dr. Shroff's Charity Eye Hospital**

*Caring for the community since 1922...*



# NEWSLETTER

#37



**A picture captured by our  
photographer Mr. Himanshu  
featured on the cover page of  
the peek vision annual report**

**July 2024**

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

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## We at SCEH stand in solidarity...

While we slept peacefully in our beds on the night of August 8th 2024, a gruesome incident took place. The entire country woke up to news that shook us to the core. Incidents such as these have happened before, but to have one of us go through it in premises that many of us call our second home was unacceptable. For some, the shock was numbing, for many the reaction was of anger. But when all of that subsided, there was a feeling of

guilt, pity and fear that lingered. Could we do enough? Are we safe? Can it happen to anyone? What must her family be going through?

Whilst the medical fraternity unitedly stood up for justice and for the cause, some of us took to a different weapon to express our feelings. Below are some sentiments in the form of words....





# **It could be me....**

*An eerie street on a quiet night, Not a soul in sight,  
I spot a man at a distance...*

*My heart is pounding, I want to run to safety,  
It could be me....*

*An auto-ride on a deserted road,  
And the driver looks at me through the rear view mirror,  
I check the maps in desperation, Sanctuary is still a while away,  
I fear,  
It could be me....*

*When alone, I dread sleeping in an overnight train,  
My eyes search for another lady in the compartment,  
I cover myself from head to toe, Hoping no one would notice me,  
Because,*



*It could be me...  
I don't drive alone at night,  
I don't drive alone on the highway,  
I am dependent on someone to escort me when it's past bedtime,  
Because people who love me feel,  
It could be me...*

*In a hotel room, I lock the door before I go to bed,  
I wake up in the middle of the night, To check the door,  
But still the sleep doesn't come easy, Somewhere deep down I know,  
It could be me...*

*I see her face, her innocent eyes, staring deep into my soul,  
And I see myself in her,*

*I imagine the plight of her family, broken and distraught,  
Helpless and shocked, And I imagine my parents in them,  
I remember my cold silent nights on call,*

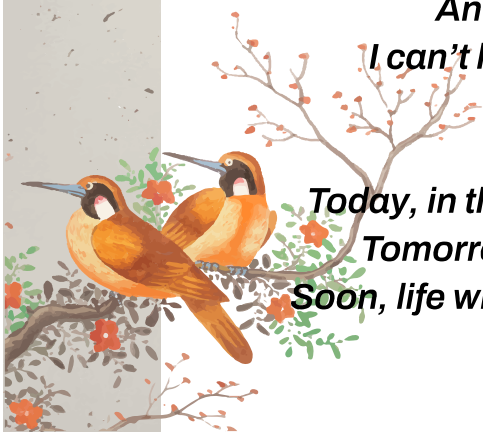
*The lonely corridors,  
The distance that screams won't cover,  
And years of repressed fears burst forth,*

*I can't help but curl up in a fetal position and sob,  
What if it was me...?*

*It could so easily have been me...*

*Today, in the comfort of my home, I will sleep peacefully,  
Tomorrow, in the safety of my car, I will go to work,  
Soon, life will be normal, And eventually the terror will ebb,  
But each day I will Thank God for,*

*It wasn't me...  
'Til, one day,  
IT IS ME....*





*"We don't have to engage in grand, heroic actions to participate in the process of change. Small acts, when multiplied by millions of people, can transform the world" - Howard Zinn*

In the summer of 2021-22, we were introduced to the Japanese concept of **"Kaizen"** or **"continuous improvement"**. Being a huge organization spread over multiple centers, we felt the need to connect with the rank and file, energize them, build alignment and above all give them a platform to contribute and shine. The goal was to have 1700 odd ignited minds working on continuous improvement ideas in their respective departments or workstations; after all, the most creative ideas come from those who deal with the problems on a daily basis.

Two years have passed since the concept of Kaizen was introduced. To make for easier dissemination, we decided to rebrand the initiative as **SUKARYA** (Good work). The journey so far has been very satisfying, though not without its challenges.



2022-23 closed with a tally of **182** Sukarya's with a total of 100 people participating. We realized that the entire approach needed to be overhauled, as the connection was just not there.

Smaller team meetings were organized across locations. Departmental champions were appointed across all operating units

with the brief to explain and encourage Sukarya's. The process was made easier and transparent. A robust reward and recognition scheme was developed. A central Sukarya committee with a mandate to drive the program was formed.

Today, the Sukarya recognition framework exists across three levels. At a monthly level, every unit celebrates a "Sukarya Diwas" to recognize each and every Sukarya generated locally. Quarterly, from across units, the top three contributors are invited to Delhi and are introduced to the Leadership Council. Annually, we have the Sukarya Awards. Contributors from across the network along with their unit heads are invited to Delhi, along with their family members for a felicitation ceremony. We also now invite one of our funders/partners to grace the occasion.

2023-24 closed with a tally of **2394** Sukarya's with a total of 659 unique participants. Each and every idea that has come in had an ignited mind behind it...

- A member of the nursing staff at the tertiary center came up with a cost saving idea that currently generates a saving of over 3 lacs annually
- A member of the bio-medical team took pro-active steps to reduce monthly diesel consumption at a satellite location saving 1.5 lacs annually
- A member of the public health team came up with the idea of creating digitized records of cataracts identified at the village level.
- A member of the security team suggested the issuance of walkie-talkies

The highpoint of 2023-24 was the Sukarya Grand Master trophy that went to an Allied Ophthalmic Paramedic (AOP) trainee. She had individually done 65 Sukarya's.

It's both fascinating and exciting to see this concept taking root amongst young leaders with potential emerging across the institution, with colleagues from the frontlines coming up with path breaking ideas; Ideas that showcase ownership and bring in transformation. These transformations that will ultimately make the strategic plan a reality.

While there is still a long way to go in terms of numbers and impact... It is perhaps more important to recognize and celebrate participation itself.





I belong to Mathura, Uttar Pradesh (UP). I completed my initial education from Christian school in Mathura and rest of the education from various colleges in UP. I

spent most of my formative years in a hostel. Having started my professional journey in 1999, I feel blessed to have worked for 25 years and still counting.

In 2016, after careful consideration, I had resigned from my previous job for my personal growth. I got offers from various places across the country, but I wanted to work in a place that was relatively close to home. And that's when I joined SCEH Alwar. Working in Alwar was very challenging, but then I love challenges. At that time, maximum surgeries that took place in a year were 2000 and we saw around 50 patients a day. But with determination, hard work and support of all those involved, SCEH Alwar started touching 7000 surgeries and OPD of 150-200 daily. Apart from the numbers, I

also made a lot of contacts and liaisons. Even today, when not being in Alwar, I can get things done with just one phone call. After a successful and satisfying stint at SCEH Alwar, I am now working at the Vrindavan center, a center closer to home and closer to my heart as well. Apart from my routine work, I have also imparted management training to many working with me informally. I believe knowledge multiplies by sharing; hence I am always eager to teach. I also believe that the most important quality that we need to succeed in life is a good attitude. If we want our place of work to grow, we have to think of it like our own home. We have to maintain it like our home and treat it like we own it. It's as simple as switching off the lights and fans when we leave the room. If we work hard and with a good attitude, we shouldn't get demoralized if the results are not immediate; eventually, someone will recognize our worth.

Although, each day at SCEH is exciting, I was thrilled to receive the Dronacharya Award- the highest award in the Sukarya initiative. Ever since I joined this organization, I decided that come what may, **"I will live here and I will die here"**.

**Charan Massey**

Senior Administrator

Vrindavan & Alwar Secondary Centres

## Distribution of smartphones for the visually impaired



Smartphone plays an essential role in life of a visually impaired person. The accessibility features and applications of these phones serve as assistive technology and facilitate independent living, daily activity performance, education, societal activities, accessing information and enhance the overall quality of life.

SCEH in association with **Vision Aid India** and **Trees for Life (TFL)** distributed smartphones to visually impaired individuals from weaker section of society and also conducted an online training course. Mr. Dushyant Meher from Trees For Life & Mr. Anshuman Agarwal from Vision Aid India graced the event.

## Inauguration of new vision centers

SCEH Network inaugurated its 87th vision center in the name of Mrs. Urmila Khemka in Buhana, Jhunjhunu, Rajasthan. Mr. Hari Khemka of the Khemka Development Trust has supported the center. The chief guest for the occasion was Mr. Shrawan Kumar.

Two more vision center's were inaugurated, one at Dankor and the other at Geeta Colony, New Delhi. This was in collaboration with Rotary Club of Delhi Vikas.





### From despair to CRPF selection: a story of determination



Sachin had aspired to be a Central Reserve Police Force (CRPF) jawan since he was in school. But, the 23-year-old had his world turned upside down; when on a fateful day he became the victim of assault with a wooden rod by his own relatives over a family dispute. He suffered multiple complex orbit facial fractures on the right side of face and developed cataract in the right eye following the assault. He underwent multiple surgeries to restore his broken jaw and vision in right eye, but facial asymmetry and sunken appearance of right eye persisted. His friends and neighbors counseled him against applying for CRPF. Determined to fulfill his dream despite his disability, he appeared for CRPF examinations but was rejected in the medical examination. Although the vision in the right eye was nearly normal, he was unable to open the eyelid fully and had gross deviation in his right eye. Dejected, he started working at a local general store at a minimum wage, but his dream still burned bright in his heart. Three years after the mishap, he reached SCEH looking for functional and cosmetic rehabilitation. He was diagnosed with complex fractures involving the bones around the eye and bones of the face, along with drooping of right upper eyelid and squint. The problem

was complex and manifold, so was the management - a staged procedure needing multiple surgeries and surgeons from multiple disciplines was discussed with him. He was reassured and his treatment was planned at a bare minimum cost. Initially, he underwent an elaborate repair of the fractures of the face, that involved taking a part of his hip bone and implanting it at fracture site. The Oculoplasty team performed this surgery with the help of Dr. Gautam Dendukuri, a visiting maxillofacial surgeon. In the second stage, Sachin underwent a surgery by the squint team to correct the fixed downward position of the eyeball. In the third stage, he underwent eyelid surgery to correct the drooping eyelid. After years of anguish, Sachin again appeared for the CRPF examination and was finally selected for his dream job, clearing the medical examination this time. Through the team effort of four different surgeons from four different disciplines, and his own strong will, he was smiling again, and so were we.

*"After the injury, my whole life crashed, for days I could not get out of the bed and could not eat. My dreams to wear the CRPF uniform and support my family seemed over. I had almost given up hope when I came to SCEH. Also, I was afraid after hearing about the need of 3-4 major surgeries and worried about the finances. But, the doctors at SCEH assured me and the hospital even promised to help me out with the surgery fees. My family remained with me during this time and supported me. When I cleared the medical examination, my parents cried with tears of joy. My whole family remains thankful to SCEH for their efforts and expertise"*

Sachin

Team of Surgeons:-  
Dr. Obaidur Rehman, Dr. Sima Das, Dr. Soveeta Nath, Dr. Shirali

## Johns Hopkins Discovery Award grant

Dr. Arpan Gandhi and SCEH microbiology laboratory team received a Johns Hopkins Discovery Award grant selected out of a total of 10000 applicants all over the globe -titled **"Preventing blindness using AI-enabled, point-of-care diagnosis of corneal infections."** The project goal is to develop an artificial intelligence algorithm for diagnosing bacterial versus fungal keratitis using smartphone photos of corneal smears. The Discovery Award funding will support purchase of a MoticEasyScan, a slide scanner for SCEH's microbiology laboratory and a salary for a dedicated full-time microbiology staff member to perform whole slide imaging (WSI) and annotation of scanned corneal smear images.

## Doctor's Day celebration





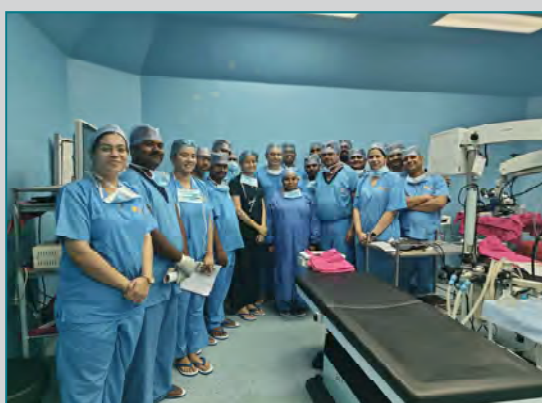
# Albinism Awareness Day and Aniridia Day

Aniridia Day and Albinism Awareness Day are celebrated globally to increase awareness and educate the public about these rare conditions. The Center for Unknown and Rare Eye Diseases at SCEH and the Vision Rehabilitation Center also utilized these international awareness days to help disseminate knowledge and information about these uncommon eye disorders.



For Aniridia Day, we focused on sharing information about the challenges faced by individuals with this eye condition, emphasizing the importance of early diagnosis, supportive treatments, and research advancements. On Albinism Awareness Day, the focus shifted to promoting understanding of albinism and benefits of low vision rehabilitation. Social media posts and flyers highlighting a personal story, medical facts, and ways to support ongoing research were made.

## Retinoblastoma Awareness Workshop



Dr. Sima Das and Dr. Chhavi Gupta visited SNC, Chitrakoot for a two-day hospital based training program on oculoplasty procedures and Retinoblastoma, for ophthalmologists and pediatricians. The workshop was organized in collaboration with Cankids.

## Hospital based training program



The Sitapur Eye Hospital Trust inaugurated a Children's Eye Center in July. Dr. Suma Ganesh played an important role in training of their human resource.

## Doctors' Day Camp at Gymkhana Club



SCEH organized a free patient camp at Gymkhana Club, with the support of Padam shri Vipin Buckshey on Doctors' Day. A total of 206 patients were screened and spectacles were dispensed free of cost. Those in need were also booked for surgery.

## Glaucoma preceptorship program



A two-day glaucoma preceptorship program was organized at SCEH on 8th and 9th June. The program included didactic lectures, quiz, interactive sessions and wet lab practice of basic glaucoma surgeries and procedures. It was well attended by 31 candidates.



### Strabismus Workshop



Department of Pediatrics and strabismus organized a strabismus workshop which included sessions on evaluation of a squint case, tips on management and a dedicated wet lab practice of complete steps of surgery on pig head.

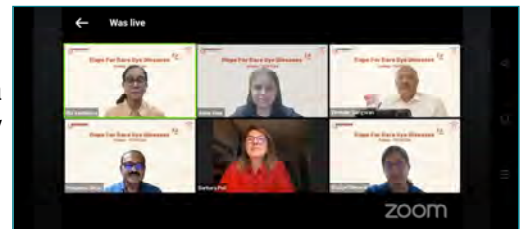
### DSAEK Workshop



Department of Cornea organized a two-days DSAEK surgical skill transfer course, which included didactic lectures; case based discussions and live surgical case demonstration by experts. Participants practiced surgical steps and manual dissection on goat eyes and research grade corneal tissues in the wet lab.

### CURED Webinar: Rare, But Real

The CURED team organized a webinar on rare eye diseases with a unique collaboration with patients, caregivers, doctors, advocacy agencies and policy makers.



### Accreditation of SCEH Residency program

The ophthalmology residency training program at Standard Chartered Shroff's Eye Care Education Academy at Dr. Shroff's Charity Eye Hospital has been awarded OF International Ophthalmology Residency Training Program Advanced level Accreditation by the Ophthalmology Foundation. This accreditation is a testimony to the high standards we uphold to impart best quality training and education to our learners and the efforts of the academy to produce skilled and highly qualified eye care human resource for the community. This prestigious accreditation involved a rigorous evaluation of the quality standards of our training program and serves to align our training programs at par with the best global standards. The accreditation will benefit both our learners and the academy by enhancing the international recognition of the education academy as well as attract more and higher calibre learners.



### Infective keratitis workshop at Saharanpur

With corneal blindness contributing to 8.2% of avoidable blindness, keratitis management is no longer the responsibility of a cornea-trained ophthalmologist. With the aim of transferring knowledge of basic keratitis management to comprehensive ophthalmologists, Department of Cornea planned workshops at individual satellite centers. The first of the series was conducted at SCEH Saharanpur in July. The theme was **"Targeting 8.2% blindness"**. The session included didactic lectures, grand rounds, hands-on training in staining and short cornea procedures. For the first time, wet lab sessions were conducted at a satellite center.



## Vision 2020 Annual conference

The Public Health Department of SCEH played a significant role in the 18th Vision 2020 Annual Conference held in July 2024 at Ludhiana, Punjab. Dr. Shalinder Sabharwal was a part of the 3-member scientific committee for the conference. His presentations included talks on closing the loop using PEEK technology and improving adherence in a ROP program. Ms. Karuna Bhatia, Head of Sustainability - India & GBS, was the chairperson in the quality assurance session.

Other team members, Mr. Mohd Javed Nayab, Mr. Zeeshan Siddique, Mr. BP Singh, Mr. Naval Chauhan and Mr. Shyamanta Bijoy made substantial contributions in the form of paper presentations and talk. Other esteemed speakers from the organization were Dr. Umang Mathur, Dr. Suneeta Dubey, Dr. Suma Ganesh, Mr. Anand Sudhan and Mr. Prem Singh.



## Visit to eyebank of Ethiopia



Dr. Manisha Acharya and Mr. Prem Chand from SCEH were recently invited by the Cure Blindness Project to visit Ethiopia, where they trained the Ethiopia Eye Bank team in the preparation of amniotic membrane. During the training, the team successfully prepared three batches of amniotic membrane and cornea surgeons are now encouraged to request amniotic membranes for their patients. This initiative not only expands the treatment options available but also represents a sustainable model for eye care in the region.

During their visit, Dr. Acharya delivered a lecture on HSV keratitis to residents from across Addis Ababa. The lecture inspired the establishment of a new microbiology lab at Menelik Hospital, marking a significant milestone in the region's capacity to address ocular health challenges.

This visit underscores our ongoing commitment to global ophthalmic education and capacity building, making a lasting impact on eye health care in Ethiopia.

## Disability Certificate Support Program



SCEH under the Shikha Project supported 35 children in obtaining the disability certificate with the assistance of the chief medical officer in Saharanpur.

## Awareness at the grassroots



An awareness workshop organized by SCEH and Standard Chartered Bank was held at the Gola Sugar Mill, Uttar Pradesh. The workshop aimed increase awareness about eye health among members of the Panchayat, village leaders, and organizations involved in preventing blindness within the community. A similar awareness meeting was also organized at the community health center in Kanth Block.



## Musical Evening

SCEH under the leadership of Dr. Julie Pegu organized a musical evening. Singers, musicians and Shayars performed while the audience was immersed in a soulful experience. The musical talent of SCEH came bubbling out. Dr. Obaidur Rehman recited a few lines in the spirit of Shroff's called "Shroffiyat".



## श्रॉफियत Shroffiyat

The spirit of Shroff's

ना देखे कोई शख्सियत, न देखे कोई हेसियत  
हुजूर सुनिये, यहीं तो है श्रॉफियत

न छोटा कोई, न कोई बडा यहां  
सब समान है, है ये श्रॉफियत

चीर दे जो तीर हर अँधेरे को  
उस तीर की कमान है ये श्रॉफियत

अगर आंख का सवाल है,  
तो हर सवाल का जवाब है ये श्रॉफियत

इंसानियत है क़याम अभी  
इसकी एक समिल है ये श्रॉफियात

प्रणाम है और सलाम है  
बेमिसाल है ये श्रॉफियात



Dr. Obaidur Rehman

# #We Condemn RG Kar Incident



## Why have we forgotten being human?

The entire medical fraternity is in an upheaval today.  
There are demands for strengthening the laws and improving safety measures in  
medical institutions,

Let's say the walls of medical schools are indeed fortified - what next? Next time  
around it will be the court, then the school and one day maybe your own house!  
What walls are safe for a woman?!

It is 'the society', right? 'Zamana hi aisa hai'..

Let's just stop for one moment and ask ourselves, who makes the society?

The answer is - You and Me.

You and I make up the society of today.

And You and I make the society of tomorrow as well - in the role of parents and  
teachers (two of the most thankless jobs, ironically!).

The real question then is:

**WHY ARE WE AS PARENTS AND TEACHERS RAISING CHILDREN WITH  
SUCH MEDDLED MENTALITIES?**

**WHY ARE OUR BOYS GROWING UP TO BE SUCH INSECURE MEN?!**

**WHY IS IT THAT THE ONLY WAY WE KNOW TO PROVE OUR STRENGTH  
IS BY HURTING SOMEONE WEAKER?!**

**WHY ARE WE NEVER TAUGHT SOMETHING AS BASIC AS TAKING THE  
RESPONSIBILITY FOR OUR OWN ACTIONS?!**

**In the race of raising toppers, entrepreneurs and billionaires, why are we forget-  
ting to raise humans?!**

Tell me something -

**if we can all take the responsibility of our own little share of humanity, wouldn't  
it be a much easier way to ensure peace than mending the walls and the laws?**

**Lasting change can NEVER come until the humanity within each one of us is  
stirred a flame!**

**Not asking too much. Just, be Human!**



# Ek ladki ki Vyatha

*Kahan ja rahi ho, kaun sa kam hai  
Mujhe meri saheliyon se kuchh kam hai  
Yah to ladkiyon ka takiya Kalam hai*

*Shayad hoga Kam use bhi  
Shayad hoga sach mein kam koi  
Duniya ki na jaane Hai reet kaun si  
Banaa dete Hain n jaane baten kaun si*

*Ek ladki ki Hai vyatha yahi  
Sati Hoti Hai Har jagah vahi  
Katati Hai Aankhen per vah sil leti Hai  
Chhoti si Duniya apni aankhon mein bhar leti Hai*

*Chah thi Jis duniya ki usko  
Usi Duniya ne noch khaya usko  
Dekhti Rahi apni Lutati Abru ko  
Aakar bacha le sans pukare kisi Apne Ko*

*Bhara Na Dil jab uski hawas ka  
Noch Mujhe vah cheel aur kauve sa  
Phaik Mujhe chala Gaya vo  
Kuda karkat hun Jaise main uske ghar ka*

*Ab sabko sath chalna hoga  
Har paapi ka hisab karna hoga  
Na koi beti ab rusva hogi  
Na koi pita ka libas Ab ansuon se Gila hoga*

**Arjun Singh**  
Team Leader  
Retina OT



Happy reading!

## Dr. Shroff's Charity Eye Hospital

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