



Dr. Shroff's Charity Eye Hospital

Caring for the community since 1922...



**2025
May**

NEWSLETTER
#47

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TABLE OF CONTENTS

01

Editorial

03

Patient Story

04

Humans of SCEH

05 - 06

Events

07

Retinoblastoma Awareness
Week

08

Creative Corner



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“Simplicity carried to an extreme, becomes elegance” – John Franklin

Ever wandered into an ophthalmology conference?

The countless doctors' present there should ideally comfort you regarding the blindness situation in our country, however when we look closer.. it is estimated that 40-50% of ophthalmologists may be surgically inactive within the country. Being primarily a surgical branch, these staggering numbers are appalling.

Who is to blame?

Ophthalmology, as a branch is rapidly advancing. Not too long ago the best choice for cataract surgery was extra-capsular cataract surgery, which has majorly been replaced by small incision cataract surgery (SICS) and phacoemulsification. In other subspecialties' as well, new technology and techniques have been introduced. In the wake of changing trends and technology, not all training institutes, government or private, are able to cope up with it. While, the government training institutes have no dearth of patients and pathology, training is highly variable inter and intra-institute, both in terms of surgical numbers and sub-specialty exposure.

So, even though, the country is producing hundreds of ophthalmologists every year, in terms of basic skill of comprehensive ophthalmology, the real numbers are far lesser. We at SCEH, follow this simple yet effective model to train both internal and external candidates in cataract surgery.

Having a state-of-the-art wet lab and a wet lab in charge trained in training new surgeons is the first step. Ample number of goat eyes are arranged for trainees to practice basic skills, hand eye coordination on the microscope and suturing. Each practice session is recorded for video assessment if

needed later and the trainees are encouraged to go back and introspect. Based on their skills in the wet lab, they are promoted to perform surgeries under supervision in the operating room. One operating room and sometimes two, are dedicated to training with an experienced cataract surgeon as trainer present at all times. Trainees start with SICS first through layers of credentialling from simple to complex cases and are deemed fit for independent surgery once the trainer is convinced of the same. The same process is then followed for phacoemulsification training.



Various cadres of fellows and residents undergo cataract training under **Standard Chartered- Shroff's Eye Care Education Academy**. The largest group are the “Cataract and Microsurgery trainees” or as they are informally called the “Medical Officer's”. After basic training in the tertiary centre, they are posted in satellite centres where they operate and are guided and monitored by the faculty and senior fellows posted there. Once they are independent and skilled, they contribute to the surgical load and training in their respective centres. This model works on “give and take” and trainees who are trained with one-is-to-one attention return as trainers and excellent cataract surgeons serving the community.

Editorial

**Unique model
for cataract
training: Simple
yet powerful**

From January 2021 to
May 2025

Long term cataract
trainees enrolled
through medical
officer program - **100**

Long term cataract
trainees completed
through medical
officer program - **35**

Short term cataract
trainees- **138**



Dr Nitish Arora
HPS Eye Hospital,
Ludhiana

“Coming into the program, I had minimal exposure to manual SICS. After completing around 2000 SICS cases, 450 phaco cases during the fellowship, I feel equipped to handle every type of cataract case. The mentorship and volume of cataract surgeries here were unmatched. More than the numbers, it was the surgical judgement and patient care training that changed my approach forever.”

“Doing a fellowship at SCEH was a life-changing experience for me. It not only gave me the skills to confidently handle any case that comes my way with consistently good outcomes, but it also instilled in me a deep belief in my own abilities. While I got to operate around 1300 cases, I also developed a well-rounded, compassionate approach to patient care in the OPD—but more than anything, it shaped my moral compass. I learned that no matter the circumstances, the patient must always come first. That lesson, above all, has stayed with me and continues to guide me every single day.”

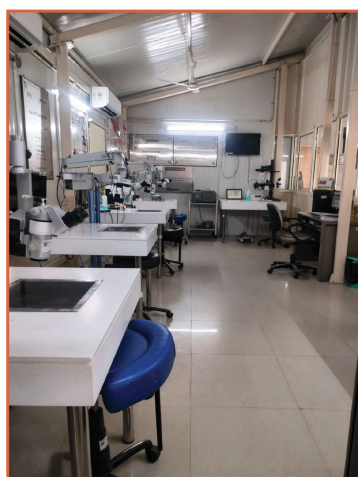


Dr Kunal Singh
Cataract and Refractive Surgeon
Singh Eye Care, Noida



Dr Amol Chaudhari
Phaco and Glaucoma Consultant
ASG Eye Hospital at Nashik

“Undergoing cataract surgery fellowship one of the most transformative phase of my professional journey, it shaped my confidence decision making and surgical finesse. I was fortunate to be mentored by experienced surgeons who emphasized precision patience and importance of continuous learning. Beyond technical skills, fellowship instilled in me a greater sense of responsibility and empathy I learned to view cataract surgery as an opportunity to restore vision and improve quality of life. In retrospect, cataract training did refine my skills but it reshaped my perspective. It taught me compassion, meticulous planning and life long learning. I carry these lessons with me every day and they continue to define the kind of ophthalmologist I strive to be.”



“When the people I train in the wetlab, start operating cataract independently, I think of it as a personal victory, almost as if I am operating”

Mr Sandeep Chaudhari
The backbone of cataract
surgery training



"No matter how hard the past is, you can always begin again" - Buddha

Patient Story

Story contributed by
**Dr Soveetha Rath &
Dr Namita Kumari**

Rakhi, a young girl from Mathura, was known to be shy and introvert in her community. She seldom stepped out of the house or met with people. She avoided family functions and outings with friends. Everyone thought of her as a loner. And that was working well until her parents started looking for a prospective husband.

Rakhi had a large angle squint (deviation of the eyeball) and ptosis (drooping of the eyelid) for the last few years following trauma and subsequent nerve weakness. The cosmetic blemish and the fear of societal ridicule had pushed her indoors and she had accepted her fate, not knowing that her problem did have a solution. She believed that no one would choose her and she would never get married.

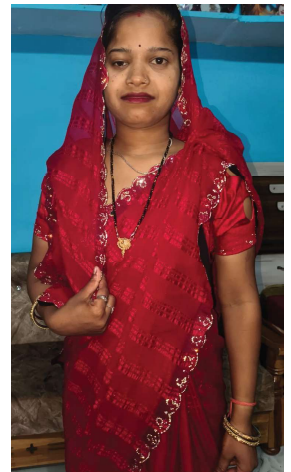
One day, her friend took her to a nearby eye hospital, which happened to be our satellite center in Vrindavan. After a meticulous clinical examination and imaging, she was counselled regarding the need of multiple surgeries for a satisfactory cosmetic outcome. For the first time she felt hope. She was

referred to the Delhi center owing to the complex nature of the procedures needed.

Keeping her fears at bay and with her friend by her side, she reached our hospital.

Surgeries were planned in a step wise approach, wherein her exotropia and hypotropia (outward and downward deviation of the eye) were corrected by squint specialist, and droopy lid was tackled by another expert from oculoplasty team in a subsequent surgery.

Within a month the outcome was cosmetically acceptable and Rakhi was satisfied and happy. She has now found a good match and is no longer the quiet indoorsy girl she used to be. To show her gratitude towards the hospital she has invited both the surgeons and their teams to her wedding.



On 12th May, SCEH celebrated International Nurses Day. The theme for 2025 was "Our Nurses. Our Future. Caring for nurses strengthens economies," highlighting the importance of nurses in healthcare systems globally. This theme emphasizes the need to support and care for nurses, who play a vital role in delivering quality healthcare.

"Nurse: just another word to describe a person strong enough to tolerate anything and soft enough to understand anyone" - Brittany Wilson



“My goal is to show young women and girls that our voices and ideas matter, and you are never too young to dream big!” – Marsai Martin

Humans of SCEH

Kalpana
Fellow, MRA
SCEH Mohammadi

Even as a child I dreamt big, or preposterous as others would say. I am here to find out which of these is true. I joined SCEH Mohammadi in 2021 when I was only 19 years old. I heard about the course from a friend. Coming from a small village called Machala, nearly 10 kilometres from the hospital, the odds were not on my side. I was second of four children in a farming family. While I wanted to support my family financially, my parents had other plans. But I wasn't the one to buckle. I joined the AOP course initially to learn new things and also earn pocket-money. Simultaneously I completed BSc through correspondence. In the last few months, I also learnt to do lab work, which is the favourite part of my day. My aim each day is to do something I have never done before. In this spirit, I rented a room nearby to make travelling easy and I pestered my brother to teach me how to ride a Scooty and now I have bought one by paying in instalments. Food and travel was a major challenge earlier, as I couldn't cook or drive, which now I have learned to do. But the biggest obstacle that I had to overcome was to learn to talk well, especially in English. And being able to communicate fluently, is my most significant achievement.

All my life I have had to fight to break free. But now there is no looking back. Also, since other girls from the



village have started to follow my footsteps, my parents are now accepting my way of life and I believe are even proud of me. Working here at SCEH, I am inspired to be a doctor, an eye doctor. Currently I don't know how to go about it, but I am sure I will figure it out.

I don't want to leave this place anytime soon. I think I am not done learning...and serving. Before I came here, I only thought about myself, but now I constantly think about helping others, and I am loving the new me.

SCEH Network Annual Summit 2025



The Annual Summit 2025 of the SCEH Network took place on May 26–27 at MAQ Software, Greater Noida, uniting teams from 10 satellite hospitals around the central theme: ***“Vision Forward: Societal Approach for Patient-Centered Care.”***

Over two days, participants engaged in strategic discussions focused on increasing walk-in patient volumes, improving cataract surgery acceptance, enhancing operational efficiency, expanding sub-specialties, and exploring public health innovations. Hospital teams presented data-driven improvements in areas such as service delivery, counselling

models, OT productivity, triage systems, and patient satisfaction. The summit also featured the presentation of the Annual Plan and Budget for FY25–26. Recognition was given to high-performing teams and individuals through awards in categories including Hospital of the Year, Operational Excellence, Financial Sustainability, and Public Health Leadership. With strong participation and a focus on practical solutions, the summit reinforced a collective commitment to Patient-centered Care. To sustain the momentum, quarterly follow-ups and collaborative action plans have been proposed as part of the strategic roadmap for the coming year.



SCEH hosted a two-day workshop on Patient Communication & Education in collaboration with Orbis, aimed at strengthening Patient-centered care in the North India region.

In the beginning, a Resource Centre was inaugurated, followed by an Orbis Impact Story by Dr. Umang Mathur. Dr. Rishiraj Borah (CEO, Orbis) and his team members led sessions on project goals, milestones, and planning. A facility tour provided insights into patient flow, counselling infrastructure, and patient education tools, with interactive discussions with counsellors and trainers. Day two focused on team orientation and finalization of the project plan. The workshop concluded with a review and alignment session.

Personality Grooming Session



A Training Program for trainers' was conducted by AOP and HR team of SCEH with the objective of fostering their holistic development. The program focused on helping trainers build a positive self-image and enhance their confidence, communication skills, empathy, and professionalism. It was designed to equip them to mentor effectively across diverse situations while maintaining emotional resilience, self-regulation, and a positive attitude.

To ensure the success of this initiative, the responsibility for conducting the sessions was

entrusted to PeopleXSeed. Their expert team curated a comprehensive curriculum covering essential topics such as communication, soft skills, effective email writing, mindfulness, and importance of emotional strength. They used various meditation techniques to allow a person to let go. A variety of meditation techniques were introduced to help participants release stress and deepen self-awareness. The entire training was activity-based and encouraged self-reflection, enabling participants to internalize learning through practical experience.



A SCEH Network Annual Camp Partner Meet was organised in the month of May. The workshop was focused on enhancing community sponsor involvement, reducing backlog blindness, and increasing collaboration at both the community and hospital levels.



A new OT and Ward complex was inaugurated and the training academy was started in SCEH Vrindavan.

Retinoblastoma Awareness Week



Retinoblastoma Awareness Week, celebrated from May 11th to 18th, 2025, at Dr. Shroff's Charity Eye Hospital and across the network, highlighted the importance of comprehensive care for children with this rare eye cancer. The theme "care beyond cure" underscored the need for holistic support. SCEH organized various events, including a holistic care clinic for survivors, a fundraising "Meals to Heal" cafe, art activities and cultural show, poster-making competition for SCEH members

and a nukkad naatak by the Retinoblastoma team. The week-long campaign saw enthusiastic participation from partners and donors like Cankids, Koshika Foundation, and ICICI Foundation, Mission for Vision, Apollo hospital team, Mahajan Imaging team and Paras Hospital team. SCEH satellite centers conducted awareness talks and community drives. Through these efforts, SCEH aimed to raise awareness and improve care for retinoblastoma patients

A portrait of Dr SP Shroff. The portrait is an amalgamation of random pieces of paper, each colored by a Retinoblastoma patient. This portrait not just represents his legacy, but how the different aspects of this hospital have come together so beautifully, in the last hundred years, for service to the society.

Dr S.P. Shroff had once said, “*The growth of this institution from a small dispensary to a hospital is a sufficient achievement in justification of its existence. I leave it to you, people of Delhi, to see that this institution lives and grows, and continues to be useful to the poor of your town. Your support depends on its very existence and is to you that it looks for assistance. I feel sure your interest in the institution will increase and you will make it worthy of your famous city.*”.

Today he must be looking down at us proudly for continuing and living his dream of serving others.

Dr. Shroff's Charity Eye Hospital

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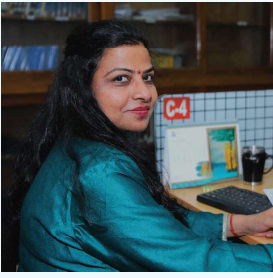
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Creative Corner

The Magical Fish tank



In the hospital waiting area, a group of children were anxiously awaiting their turn to see a doctor for their eye surgeries. Few of them were scared, worried and hungry. Suddenly, their eyes landed on a beautiful fish tank. The fish swam happily, their vibrant scales shimmering in the light.

A Smile Emerges

A little girl, who had been crying, suddenly smiled as she gazed at the fish. A worried boy became calm, mesmerized by the gentle movements of the fish. The tank transported them to a dream place, distracting them from their fears.

Worries Fade Away

The fish tank worked its magic, making the children forget about their worries. They no longer thought about their fears or hunger; they simply watched the fish and smiled.

A Moment of Peace

As the children observed the fish, they felt a sense of peace wash over them. They laughed and smiled, and the hospital waiting room transformed into a joyful space.



A Cherished Spot

The fish tank became a beloved part of the hospital, reminding everyone that even in difficult times, there is always something beautiful to be found.

A Lasting Impression

The children remembered the fish tank and how it made them feel better. They called their parents and friends, spreading joy to them. The magical fish tank showed that sometimes, small things can make a big difference.

Kalpana Gupta
Executive, CEO office

