



Dr. Shroff's Charity Eye Hospital

Caring for the community since 1922...



NEWSLETTER

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Avoidable blindness-free A dream in-progress

India has the highest number of people with vision loss globally, despite most of these conditions being treatable or preventable. Barriers such as cost and access are significant challenges, but a lack of awareness remains a critical issue. To address this, we initiated door-to-door screenings in villages within the catchment areas of our vision centers. These efforts aim to identify individuals with eye conditions, spread awareness, and ensure access to timely care. Organizations such as Standard Chartered Bank, Combat Blindness International, Peek, and Sightsavers have been instrumental in supporting these initiatives.

In addition to screenings, we began working on the concept of declaring villages as **"avoidable blindness-free"** with the support of Standard Chartered Bank.

People often ask:

What does this mean, and how is it achieved?

Our programs involve comprehensive efforts to screen every resident of a village. Individuals identified with any eye condition or poor vision in either eye are referred to the nearest vision center. Those with uncorrected refractive errors are provided with glasses, while individuals requiring procedures are referred to our nearby surgical center. Some individuals may not follow up on their referrals. For these cases, our software platforms help us identify those with severe vision loss bilaterally. These individuals are re-counseled at their homes, often with the involvement of ASHA workers. For those unable to visit a center, our optometrists conduct home visits to diagnose the causes of vision loss and counsel again for attending at our surgical centre or the district hospital. People with unavoidable vision loss are offered rehabilitation services.

Once this process is complete, a list of all individuals with severe visual impairment or blindness and their treatments is compiled. The list is then shared with the district health authorities, who further send it for validation by government optometrists. Once verified, the village is declared free of avoidable blindness. It is important to note that an "avoidable blindness-free village" is a dynamic status. New cases can emerge over time, making the goal a moving target.

Then why undertake such an intensive process?

The process is not just about the declaration itself but the transformative impact of the associated activities. Community stakeholders, including village Pradhan's, social workers, teachers, and residents, are involved at every stage. Meetings are conducted before screenings, after the completion of screen-



ings, during re-screenings, and at the time of declaration. These engagements serve as multiple opportunities to emphasize the importance of timely interventions and regular eye check-ups.

Ultimately, we aim to foster a culture of health-seeking behavior among residents and create sustainable awareness about eye health. By involving government stakeholders, the process also facilitates advocacy and encourages ownership for future health initiatives.

Thus the real impact lays in the creation of awareness and long-term behavior changes these activities may inspire, making the declaration a powerful catalyst for improved community eye health.

“
"It does not matter how slowly you go as long as you do not stop"- Confucius
”



- Dr. Shalinder Sabherwal
Director Public Health & Projects

Patient Story

A Champion's Resilience

“When obstacles arise, you change your direction to reach your goal, you do not change your decision to get there” – Zig Ziglar

Young and resilient para-canoeist, Ms. Prachi Yadav, was infected in her left eye in April 2024 during her participation in the Tokyo Asian Paracanoe Championship in Japan. Despite the increasing pain in her left eye, she went on to win two gold medals. It was only after returning to India that she sought medical help, visiting multiple hospitals before finally reaching our center.

Upon examination, we diagnosed her with Acanthamoeba keratitis in her left eye. She underwent three surgeries — amniotic membrane grafting, tissue adhesive application, and Tenon's patch graft. However, these procedures were temporary solutions, as we aimed to buy her enough time to participate in the Paris 2024 Paralympic Games, without opting for a transplant at that stage.

True to her indomitable spirit, Prachi went on to deliver an admirable performance at the Paris Paralympic Games, despite the challenge of managing with limited vision in one eye. Though her balance



was affected, she refused to use it as an excuse and pushed forward, competing at the highest level.

After her return, she underwent a successful penetrating keratoplasty (corneal transplant) on her left eye. The surface of the eye is now stable.

Prachi's journey and her devotion towards her sport, despite mammoth challenges, is truly inspiring. We, at SCEH, and as a nation, salute her incredible courage and determination.

Story contributed by
-Dr. Nidhi Chauhan

Humans of SCEH

“So many of our dreams at first seem impossible, then they seem improbable, and then, when we summon the will, they soon become inevitable”—Christopher Reeve



Just like many kids in this country, it was my childhood dream to **‘be a doctor’**. However, after taking the MBBS entrance exam twice, I realized that being a doctor is not the only way to be a part of the medical field. During the preparations, I got to know about Optometry and got interested in it. I graduated in B. Optometry from HNB College in Dehradun. While

still in the course, I got to know about one of the best institutions in the country for further training in Optometry. From there onward started my dream to join SCEH. With bated breath, I applied here for internship and there has been no looking back since the day I got selected. One year of internship, followed by two years of fellowship in Pediatric Ophthalmology, I learnt more than I ever learnt in my entire preceding life. After completing the training, I joined as an employee in the department of Pediatric Ophthalmology.

Working as an employee, I realized that SCEH is truly one of the pioneer institutes when it comes to eye care. Being here has given me the knowledge about the latest techniques and the opportunity to work

with some of the stalwarts in this field. Recently I even got to represent SCEH as a Resource Trainer in the Rashtriya Bal Swasthya Karyakram's District Early Intervention Center training program organized at Panchkula. This program involves screening of children who are born with defects, diseases, deficiencies and development delays. There I got the opportunity to interact with professionals from different medical fraternities as we discussed about the holistic approach towards children with **Multiple Disabilities and Visual Impairment (MDVI)**.

While at SCEH, there is never a dearth of opportunities. How much you get from this pace depends directly upon the scale of your own dreams. If you have the mettle, there's no stopping you. With the self-confidence that SCEH has given me, I now wish to make it big. My dream is to spread awareness about the frequently ignored and misunderstood childhood vision disorders especially in small places like my own hometown - places where children with simple refractive errors are labeled 'blind' simply because of the lack of awareness. I am confident that I am on the right path and I will soon realize my dream...

-Tanya
Optometrist, Department of Paediatric Ophthalmology

Story contributed by
-Dr. Srishiti Sahay

WORLD SIGHT DAY

The second Thursday of October, marks World Sight Day, an important day for each of us. It was celebrated across the SCEH network in different ways. With a children centric theme, **"Love your eyes, kids"** this year, SCEH pediatrics department made the day lively with activities to spread awareness of importance of pediatric eye care. A painting competition was organized on the theme **'Futuristic glasses'**. Our little children expressed their creativity in designing their choice of the best glasses, all this when many of them were dilated or semi-dilated!



Incharge Orthoptics & Binocular Vision, Mr. Prem Kumar Singh, volunteer Faculty, Orbis International trained Optometrists through a HBP, in Orthoptics and Binocular Vision at Sitapur Eye Hospital.



Celebrating the Joy of Giving: Daan Utsav

During the recent festive season, we received overwhelming support for DaanUtsav—The joy of giving week, in the month of October. The Oculoplasty and Ocular Oncology team and the Donor Relations team at SCEH organized a special initiative with the mission to support children bravely fighting eye cancer (retinoblastoma) through financial support for diagnosis and treatment. Their resilience and creativity shone brightly in the beautiful artworks they created, which served as meaningful tokens of gratitude to our donors. This event has brought light and hopes into their lives this Diwali, but this doesn't end here.

The initiative will remain active until the end of the year as the **"Corner of Hope"** in the OPD waiting area for those wanting to help.



World Anaesthesia Day

The theme of World Anaesthesia Day 2024 was **“Workforce Well-Being.”** This theme focuses on a vital aspect of Anaesthesia that impacts Anaesthesiologists, the well being of their patients and health systems.

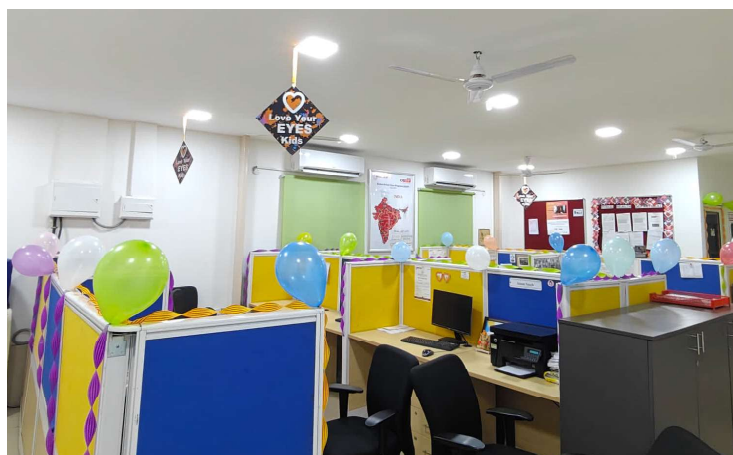
Anaesthesia is a bridge between surgery and medicine, between suffering and relief and between fear and hope.

World Anesthesia Day is celebrated on October 16th every year. This day commemorates the first successful demonstration of ether anesthesia by William T.G. Morton in 1846, at the Massachusetts General Hospital in Boston. This day recognizes the crucial role anesthesiologists play in ensuring painless and safe surgical procedures. Our surgical backbone, our team of anesthesiologists has handled more than 3000 cases last year, which included a mix of pediatric and geriatric patients including those with multiple comorbidities. The special strength of the department is pediatric anaesthesia, administered with a blend of science and compassion.



Diwali cleanliness drive

SCEH, under the leadership of Dr. Priyasha Goel, conducted a **“Safai Abhiyan”** on the occasion of Diwali. The hospital staff was divided into 30 teams and was allotted specific areas to clean. Our inspection team judged the teams and the top three teams were rewarded. The first prize was bagged by the Civil team, followed by the private registration and the lawns team.



WOS Annual Conference 2024: LIVE SURGERIES@SCEH

As a part of the annual conference of the Women Ophthalmologic Society, SCEH hosted live cataract and glaucoma surgeries. Dr. Suneeta Dubey and Dr. Neha Kapur flawlessly organized the event and it served as a valuable platform for knowledge sharing, further solidifying the hospital's status as a leader in ophthalmology and inspiring future innovation and collaboration in eye care.

Computer Course Certification Ceremony

Vision-Aid- an international NGO that works for the welfare of the visually impaired in collaboration with SCEH started **Shri Lachhman Das Gupta Vision-Aid Resource Centre “Ujjala”** for visually impaired in 2022.

The computer center aims to help the visually impaired gain access to tech capabilities and make them computer literate by using assistive technologies like NVDA and JAWS. The students are being taught basics of computer, usage of MS Office, use of mail applications and Google Drive. The center has also started the facility of residential training program where students get boarding and lodging free of cost as well.

In October 2024, we celebrated the graduation ceremony of students who have completed the certification course of computers and other training courses at the center. Shri Ram Gupta, who supported the center and residential training program in honor of his late father Mr. Lachhman Dass Gupta presented certificates and interacted with students.

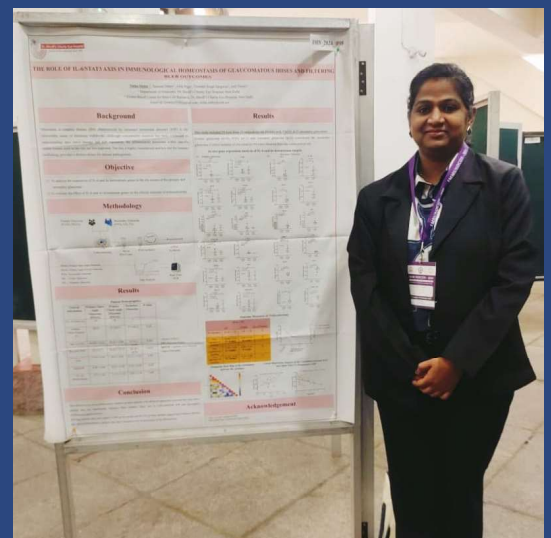


DMEK Course

In the month of October, The Department of Cornea, organized a two-day surgical skill transfer Descemet's membrane endothelial keratoplasty (DMEK) workshop. Five external and seven internal candidates attended the workshop. Day one included didactic lectures and hands-on graft preparation in the wet lab. On day two, the participants saw live DMEK surgeries followed by extensive discussion.



Senior Optometrist, Mr. Prem Kumar, was invited as volunteer faculty by Orbis to train optometrists in orthoptics in Sitapur. He also trained Orbis supported Green Vision Centre's optometrists in pediatric optometry and referral guidelines at Trilochan Eye Hospital in Sambhalpur, Orissa.



Dr. Nisha Sinha represented SCEH in IMMUNOCON 2024 where she presented her research on the “Role of IL-6/STAT3 axis in immunological homeostasis of glaucomatous irises and filtering bleb outcomes”.



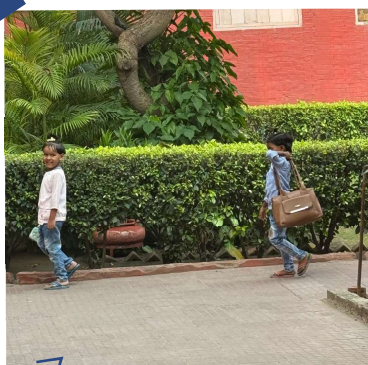
Patient-Centric Care Workshop at SCEH

SCEH hosted a successful workshop focused on Patient-Centric Care (PCC) for leads from our Meerut, Modinagar, and Karol Bagh service centers. The session emphasized the importance of viewing patients as active participants in their care, highlighting core principles such as respecting patient preferences, coordinating care, and providing emotional support. Participants engaged in meaningful discussions and collaborative breakout sessions, generating actionable strategies to overcome challenges in implementing PCC.

The workshop reinforced SCEH's commitment to enhancing patient experiences and outcomes. With a strong focus on operational efficiency and patient satisfaction, the insights gained will help us drive growth and establish a more patient-centric culture across our centers. Follow-up sessions are planned to ensure continued progress in integrating these essential principles into our daily practices

-Contributed by
Mr. Prem Kumar Singh

SCEH runway fashion



-Photo contributed by
Dr. Umang Mathur



Happy reading!

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