



# Dr. Shroff's Charity Eye Hospital

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

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

Newsletter Issue: 28

## Eye donation fortnight



In the spirit of compassion and awareness, the **38th Eye Donation Fortnight** was celebrated at SCEH Delhi and its secondary centers from August 25th to 8th September 2023. The paramount objective of this event was to raise consciousness about the noble cause of eye donation. We were dedicated to conveying the profound importance of this selfless act through a variety of initiatives.

One of our key efforts involved conducting a series of awareness programs within the hospital premises, ensuring that our message reached the hearts and minds of our community. Collaboration with esteemed partners like Rao Tula Ram Hospital, Maharaja Agrasen Hospital, and Baba Saheb Ambedkar Hospital was integral in sensitizing their nursing staff towards the signifi-

cance of eye donation. The event extended its impact to the younger generation through a drawing competition organized in association with the Delhi Healthcare Co-operative Society.

In SCEH Alwar, a **"Run for Vision"** event was organised. Our partnership with local schools in Alwar also saw young champions taking part in a heartwarming painting competition. In SCEH Vrindavan, we expanded our outreach with various awareness activities and organized an educational program in collaboration with Doordarshan. This program was broadcasted across Uttar Pradesh, furthering the message to a wider audience. The team from Meerut center engaged with multiple NGOs and organized activities for the cause.



## Amarjyoti 2023

In continuation with the eye donation fortnight celebrations, SCEH Eye Bank organized the “Amarjyoti” program on 12th October 2023 on World Sight Day. A heartwarming and inspiring event celebrated the incredible generosity of eye donors and their families. The event brought together the families of the donors, the recipients, hospital partners, NGO partners, and compassionate financial donors.

Powerful and moving stories from corneal transplant recipients and donors were shared. The inspiring journeys of the recipients serve as a testament to the profound impact of eye donation and highlight the significance of organ and tissue donation and the touching stories of the donor families remembering the people they lost, under-

score their strength and kindness.

The event also showcased the strength and unity of our community as it brought together our NGO partners, hospital partners, and generous financial donors, demonstrating the collective effort and support that makes these life-changing corneal transplants possible.



## Standard Chartered Bank delegates visit SCEH



**Ms. Natasha Kwakwa, Global Head of Impact, Standard Chartered Bank, and Ms. Karuna Bhatia, Head, Sustainability, Standard Chartered Bank & GBS, visited SCEH for the graduation ceremony of the Allied Ophthalmic Paramedics (AOP's) and the release of the Impact Report of Standard Chartered Shroff's Eye Care Education Academy.**

Establishing vision centers in underserved areas and focusing on supporting capacity building via Standard Chartered – Shroff Eye Care Education Academy partnership helped to improve access to affordable and quality eye health services for the underprivileged living in North India and to empower communities.

SCB-SCEH Impact Report highlights the teams progress in delivering impartial eye care. SCEH has embarked on an ambitious journey to strengthen its capabilities and to make a more profound

impact on eye care. With the support from Standard Chartered Bank, SCEH has been able to undertake significant expansions in their infrastructure.

Ms. Natasha Kwakwa highlighted that Standard Chartered Bank's “**futuremakers**” initiative is focused on empowering women as they make the transition from education to employment.

Ms. Karuna Bhatia said that they see the AOP programme as a flagship programme and want to replicate it in other countries as well.

Ms Karuna and Ms Natasha travelled to Mathura to visit BHRC - Dr Shroff's Eye Care Institute which was established in 2014 with the support



*Overwhelmed parents of the AOP students involved in the program expressed gratitude, for the education and support provided to their daughters by SCEH.*



from Standard Chartered. This hospital received a second round of support in 2019 to be upgraded to an advanced secondary level hospital. The team interacted with patients, doctors and staff at the hospital. They also visited Mant vision centre sup-

ported by SCB and interacted with patients and the vision centre staff. In Mathura, 8 of our vision centres have been directly supported by SCB.

*This year, we celebrated our Gurus, our teachers in a fun musical way!*



**HAPPY  
Teacher's  
DAY**



*Teachers' Day saw the participation of all doctors, fellows and research scientists, in exciting antakshari quiz!*

## Myopia: The New Epidemic!

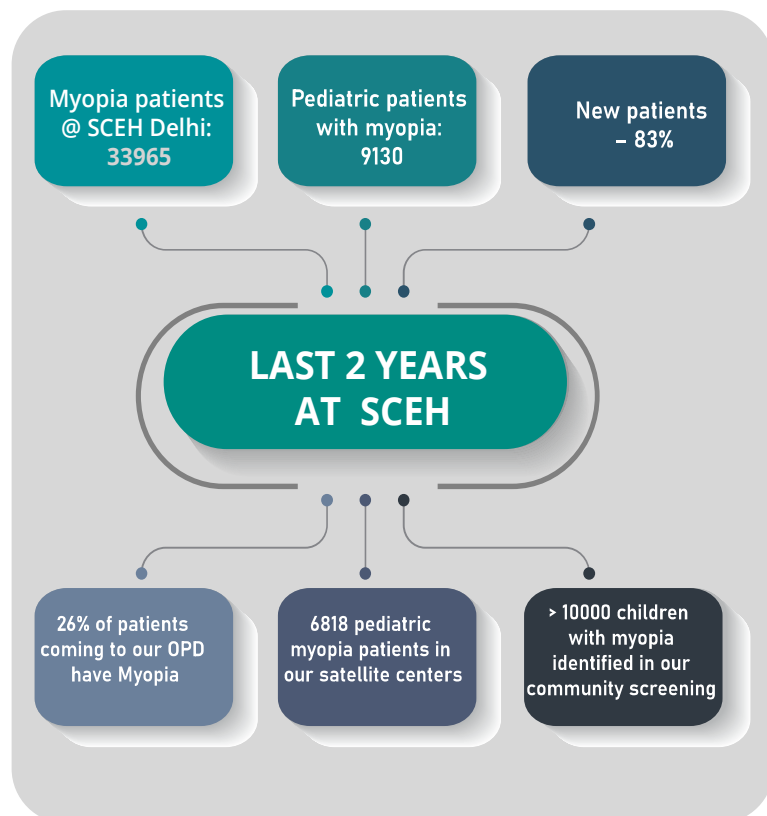


Myopia or nearsightedness is a vision condition in which individuals can see close objects clearly but have difficulty seeing objects at a distance. This condition has become a significant public health concern, in the recent times. Worldwide, there is a dramatic increase in the number of people diagnosed with myopia, especially among children and young adults. Myopia is

now starting at a younger age, with children as young as six or seven years of age developing nearsightedness. This early onset is of concern because it can lead to higher degrees of myopia, which are in turn associated with an increased risk of eye complications such as retinal detachment, glaucoma, and myopic macular degeneration.

Various lifestyle factors such as, increased screen time, reduced outdoor activities, and more time spent on near work (such as reading and using electronic devices), have been linked to this myopia epidemic. These factors can contribute to the development and progression of myopia. The myopia epidemic imposes a significant economic burden on healthcare systems and individuals due

to the increased need for eyeglasses, contact lenses, and medical treatment for associated complications.

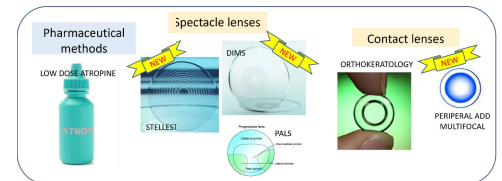


## Myopia Center at SCEH

SCEH started a dedicated myopia clinic in July 2021 with a mission to reduce the incidence and progression of myopia in children and to prevent the visual morbidity associated with myopia in children and adults. Its goal is to become a one-stop centre for all solutions for children and adults with myopia. The various activities of the myopia center are:



- Periodic **awareness activities** like walkathons, social media interviews and newspaper articles, to bridge the gap of knowledge and promote health seeking behaviour.
- Provide **ideal refraction** to all patients with myopia.
- Provision of **single vision glasses and contact lenses**
- Facility of Investigations like
  - **Periodic biometric evaluations and cyclorefraction** – for close monitoring of progression of the refraction and axial length
  - **Corneal topography** to screen for keratoconus in children with high astigmatism
  - **Periodic retinal evaluations** – for early detection of retinal degenerations and timely management
  - **Assessment of accommodation, AC/A ratio and phoria** – to detect associated lag of accommodation and phorias.
- Pharmacological methods of halting myopia progression - **Low dose and High dose atropine**
- Special spectacle-based solutions for myopia progression - defocus incorporated multiple segments (**DIMS**), highly aspheric lenslets (**HALS**) and progressive addition glasses (**PALS**).
- Contact lens-based treatment for myopia progression - **Orthokeratology (Ortho-K)** and **Multifocal contact lenses**.
- **Binocular vision therapy** for patients with defective phoria status and accommodation issues which can contribute to progression of myopia.
- **Lifestyle modifications and counselling**– to promote healthy anti-myopia habits in children and young adults
- **Myopia SCORE CARD** – This document addresses all the risk factors for progression of myopia and also provides the do's and don'ts to the patient
- **Early detection and treatment of complications** – Any complication like cataract, glaucoma, retinal detachment is detected and referred to experts for appropriate management.
- **Refractive Surgery** – When myopia stabilises in adulthood, all world-class refractive solutions are offered and performed by experts.
- **Genetic counselling** – In patients with familial or syndromic myopia



-Contributed by  
Team Myopia  
Paediatric Ophthalmology department  
SCEH



Dr. Umang Mathur joined the Elite Business World Power list (Social impact leaders & change makers 2023) and was selected as one of the winners out of 72 nominations



Dr. Nishi Gupta  
felicitated at the First Mentor's Summit



## Humans of SCEH

***"Success is not just an accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do." - Pele***

I joined the hospital about a year and a half ago as a part of the two-year Allied Ophthalmic Paramedic Training Program. My sister-in-law referred me here, and that was the day my life changed.



I live in a joint family. My father is in the business of electrical scrap and my mother is a homemaker. She has studied up to 12th standard.

Although conservative, both my parents are supportive and have always helped me achieve my best. My father always wanted me to take up the medical stream as a profession and was even more excited than I was about me joining this hospital. I still remember my sister-in-law calling late at night to discuss about the hospital. In our family we usually sleep by 9 pm. However, my father couldn't wait till the morning and woke me out of my sleep. He made me to write my resume the same night so that I could send it over in the morning.

My maternal family believes in getting girls married just after high school but my father is my support system and does not let anyone say anything or force me into getting married. He even named me after the actress Kareena, as I share my birthday with her. Also, I am nothing without my mother. When I leave home, my breakfast and tiffin are all set on the table. It is a routine for me that once I reach the hospital, I call my mother. Now with God's grace and the support of my family, I have registered myself for a Master's degree in social work and I am eagerly awaiting the results hoping to get admission soon.

There is just one small hiccup. I am suffering from abdominal tuberculosis. Despite my struggle with health, I just love coming to the hospital. I am happy with the work I do here and I want to continue working in this institute for my professional growth. If one knows what he wants to achieve in life, then they are inspired to make a change for the better. It takes me about one and a half hours to travel to work and back home. This includes changing three metros and an auto.

Despite the travel and my health issues, I try to remain happy and cheerful. The people at Shroff's make me happy.

- Kareena Zehra



***Inauguration of Rithani Meerut Vision Center  
by Mrs. Radha Chaudhary, Trustee IDST  
College***

***Vision Center in JaaniKhurd, Meerut district  
inaugurated by Dr. Vikram Gandhi, Chairman  
of IDST College, and Mr. Gaurav Chaudhary,  
Block Pramukh***



## Patient Story

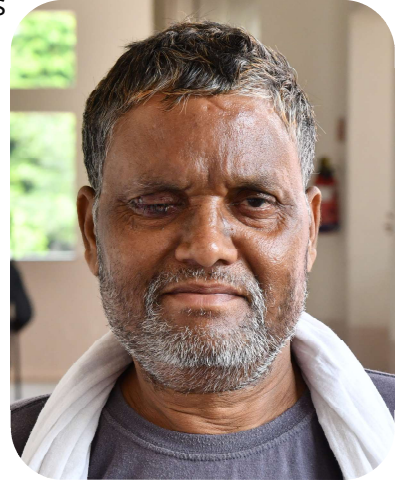
***"Eye donation is a noble act that can bring sight and hope to those who are visually impaired"***

Imagine losing your ability to see! Subhash faced a similar issue. Suddenly the world turned dark for him. Working as daily wage, one day a foreign body entered his eye. Instead of visiting the doctor he rubbed his eye and splashed water into it, which in turn resulted in damage to his cornea. This led to immense struggle in his life as he could not go to work. When he presented to us his cornea was severely infected.

First he did a therapeutic corneal transplant to get rid of infection. This therapeutic graft managed to eliminate the infection from the eye but could not give him vision. Over time he also developed a cataract. Eventually he got an optical corneal transplant with cataract surgery and an intraocular lens. Subhash is now doing well. His story highlights the importance of eye donation programs, such as the one he was treated under at SCEH, that can restore vision in individuals who have lost their sight due to corneal damage.

He thanked the doctors and the staff at SCEH for giving him a ray of hope and better a life for the future.

Donating one's eyes after death is indeed a generous, noble and selfless act that can leave a lasting impact. It's important for individuals to consider becoming eye donors and to make their intentions known to their families so that, and when the time comes, their donated eyes can help improve the quality of life for others.



***"Eye donation is a selfless act that can give the gift of sight to someone like me who desperately needs it. It can help saving lives of patients like me"***

**- Subhash**

## Sukarya Story (Kaizen)

***"As long as we are persistence in our pursuit, we will continue to grow" — Denis Waitley***



In SCEH Mohammad there was no organized process for collecting and maintaining data for identifying the cataract patients in nearby villages. Moreover, the team didn't know how many people had undergone a cataract surgery.

Amit Kumar, a community health worker, noticed this and took an initiative to maintain the data village-wise. He introduced a structured system for collecting and managing this critical information.

The implementation of this process has brought about significant change and improvement in the way cataract patients can be tracked and identified in remote villages. With the new data collection system in place, it is now possible for the organization to better understand the prevalence of cataract in the area and identify those in need of treatment. This tracking capability can lead to timely interventions and improved eye care and surgery outcomes for SCEH. Also, The team can prioritize areas with a higher number of cataract patients, ensuring that our eye care services are provided, where they are needed the most.

***-Contributed by  
Miss. Yasha Hasan,  
Management trainee Academy***



## Value story

***"Respect for ourselves guides our morals, respect for others guides our manners"***

Ashwini, a Vision Technician in SCEH Vrindavan, is a dedicated and a compassionate medical professional who treats all patients with respect and handles difficult situations effectively. Ashwini is doing an excellent job and she respects everyone equally without any discrimination. Her ability to maintain professionalism even when patients are upset is commendable. Once Ashwini was on duty in the triage gallery. A patient got upset while she was working. Regardless of the patient's anger, she handled the situation effectively. Due to her polite attitude, the patient acknowledged his error, offered his sincere apologies, and showered Ashwini with blessings.



***Dr. Julie Pegu and Dr. Shayana Bhumbra won the International film festival award (IFFA) for video submissions at DOS Mid Term conference***



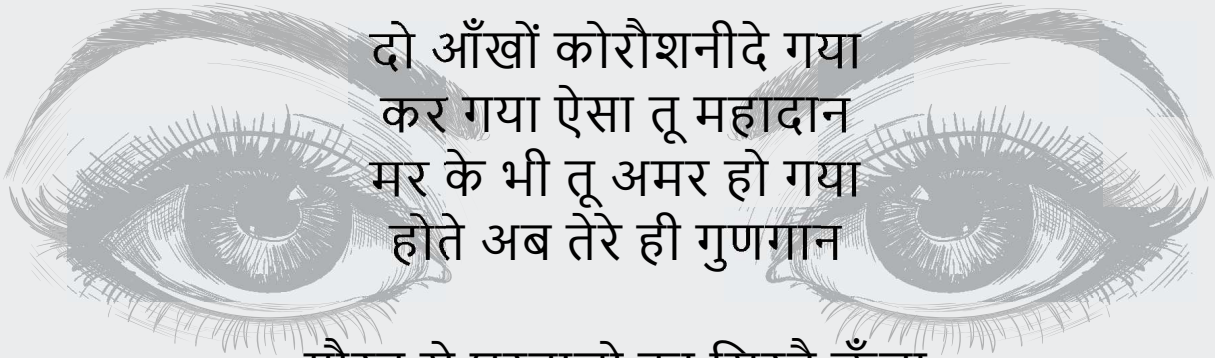
***First Orbitofacial Trauma Meet cum Hands-on Workshop at SCEH***



***Specialist including oculoplastic surgeons, maxillofacial surgeons, and ENT surgeons attended the workshop***

# नेत्रदान महादान

मिट्टी से ही आया था तू, फिर मिट्टी बन जाएगा  
दुनिया में जो कर्म कर गया, वो जिंदा रह जाएगा  
दूजे के जो काम आ गया, वो ही असली इंसान  
आँखों का जो दान दे गया, वो दानी सबसे महान



दो आँखों को रौशनी दे गया  
कर गया ऐसा तू महादान  
मर के भी तू अमर हो गया  
होते अब तेरे ही गुणगान

गौरव से घरवालों का सिर है ऊँचा  
तू है ऐसा व्यक्ति महान  
घरवालों का भी दिल बड़ा है  
इनके जज़्बे को है सादर प्रणाम

सबको ऐसी सीख दे गया  
जाने के बाद भी होता तेरा सम्मान  
अँधेरे में जो लौ जला दे  
ऐसा है दान, नेत्रदान महादान

- Dr. Obaidur Rehman  
Consultant. Oculoplasty  
SCEH, Delhi



Happy reading!

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