



Dr. Shroff's Charity Eye Hospital

Caring for the community since 1914...



### Dr Shroff's Charity Eye Hospital

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# Dr Shroff's Charity Eye Hospital

## Annual Report 2009-10

Design: Picture Street

## Mission

To make a lasting impact on the eradication of blindness and deafness in India by providing quality care to all sections of the society.

- By ensuring early identification in the high risk segments
- By creating awareness in the high risk segments
- By delivering quality services to the high risk segments
- By achieving significant volumes
- By building capacities of like minded organizations

## Vision

To be the best tertiary Eye and ENT care Institution in Northern India providing quality care to people across all economic sections of the society.

- By creating, disseminating and applying knowledge across functions
- By adopting best practices and knowledge from around the world
- By setting standards in Ethics and Governance
- By constantly striving to take the benefits of medicine to the under served areas and population
- By following an empathetic, affordable and patient first approach to medical delivery



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Dr. Shroff's Charity Eye Hospital was established in 1914. The institution has faced many a challenge and undergone numerous transformations in this journey of over nine decades. What has however never changed is the continuous quest for medical excellence and the commitment to serve the underserved and thus fight the scourge of avoidable blindness that plagues the country.

In the last decade, the institution has been working assiduously not only towards expanding the scope, and depth and quality of available services but also attaining self sufficiency through a cross subsidy model. It has focused on upgrading infrastructure, investing in state-of-the-art technology, expanding into new geographies and investing in the best training possible - nationally and internationally - for its medical team.

The outcome has been encouraging. Today the base hospital and the various satellite centres have become a beacon of hope for both the have's and the have not's and the brand has been able to achieve the recognition of being one of the best Super Speciality Eye and ENT hospitals offering quality care in the country amongst patients and peers alike.

The future is full of still further challenges. On one hand, the institution is working towards attaining the goal of becoming one of the best Tertiary Care Hospital Brands in North India and on the other, expanding its reach to serve the millions unknown in the rural hinterlands.

The year that was, 2009-2010, had special significance for all of us. End March 2009 marked the culmination of the three year strategic plan that we had set out for ourselves at the start of April 2006.

In retrospect, you will be happy to learn that the hospital made rapid strides in the 5 chosen focus areas (1) Development of Tertiary capabilities in chosen specialities (2) Develop Training capabilities in Ophthalmic and non-ophthalmic programmes (3) Increase the depth and the reach of community eye care initiative (4) Basic Research and (5) Low vision rehabilitation and enhancement.

Energized by the outcome of the previous planning process, a core team of 35 senior members across medical and non medical functions was constituted to develop the strategic focus for the next three year period 2010 to 2013. The participants were divided into smaller groups which in turn worked on the core themes of (1) Medical and Paramedical education, research and training (2) Infrastructure and Equipment (3) Penetration in North India and developing outreach models (4) Quality accreditation (5) Accountability and employee engagement and (6) Brand Building. Concurrently, the speciality heads worked on 3 year development plans for the respective departments.

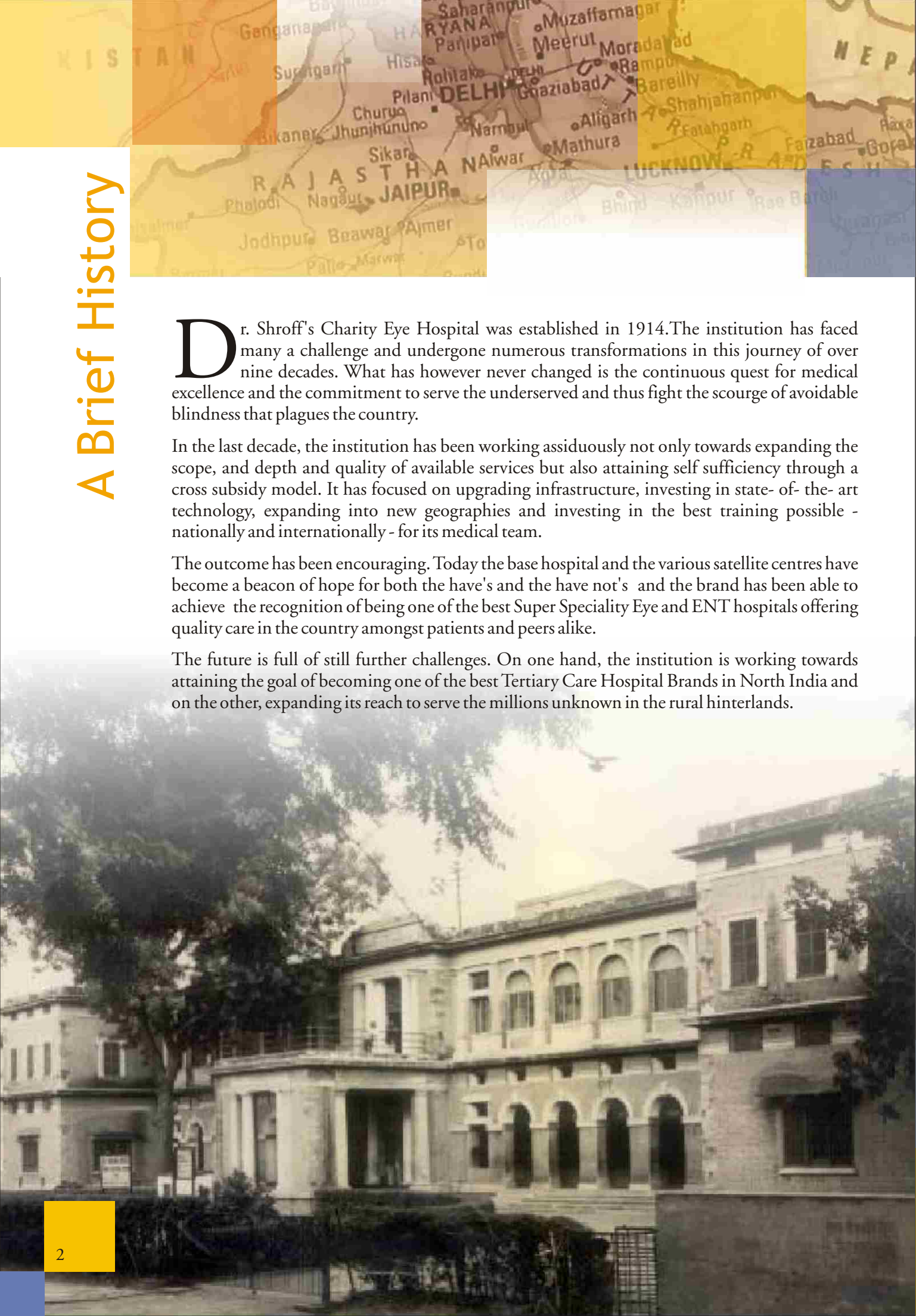
I am happy to say that this enormous exercise which commenced in September 2009 finally culminated by March 2010, in the process uniting the internal stakeholders towards one common goal. I must highlight the fact that all the team members displayed tremendous commitment to the process and inspite of busy schedules, worked before and after working hours to develop the holistic document step by step.

The year 2009-2010 otherwise was marked with continuous progress across all facets of the organization, the details of which I invite you to read in the following pages.

At the end, I would like to put on record my deepest gratitude for the family of donors, big and small, who continue to support and encourage our work and my appreciation for each and every member of my team spread across locations and functions for their dedication.

Yours sincerely,

A. K. Arora,  
Chief Executive Officer





- The hospital commissioned a secondary hospital at Rampur Maniharan, in Saharanpur district with the support of Combat Blindness Foundation, USA.
- The construction of another secondary centre was begun in Lakhimpur Kheri with the support of Standard Chartered Bank, India
- A collaborative project with Mathur Eye Clinic was commissioned in Meerut. Mathur Eye Clinic has been providing eye care services in Meerut region for the last 60 years and the focus of the collaboration is to provide a quality alternative for Comprehensive Eye Care in the region.
- A four year long project, "Controlling Refractive Errors" sponsored by ORBIS International ended. In the course of the project, 2,48,000 children across the age categories of 4 years to 16 years were examined across four districts of Delhi. Further in the course of the project, 968 paediatric sight restoring surgeries were performed and approximately 22,000 children were benefited with spectacles.
- The hospital successfully rolled out 8 new Vision centres spread across the districts of Saharanpur, Mewat, Alwar, Gurgaon and the state of Delhi.
- Funds for starting another 9 vision centres were released by "Seeing is Believing"; a joint initiative of Standard Chartered Plc and International Agency for Prevention of Blindness (IAPB).
- About 2,00,000 people chose the Institute as a preferred centre of Eye and ENT care across its various locations at New Delhi, Alwar, Rampur, Meerut and Gurgaon.
- In addition, over 70,000 people were provided primary eye care services through Vision centres and the more traditional eye camps across our community eye care intervention in the hinterlands of Rajasthan, Haryana, Uttar Pradesh apart from Delhi.
- The resource centre for the Community Based Rehabilitation Project, sponsored by CBM, Germany became fully operational.
- 10,356 sight and hearing restoring and enhancement surgeries were done across various locations.
- Of the above, 54 % surgeries were done free thereby honouring the mandate of minimum 50% free work that the Institute is committed to.
- Of the total 9,550 eye surgeries, 37% surgeries were handled by various sub-specialities; underlining our journey towards a Tertiary care Institution.
- The Hospital Based Cornea Retrieval Programme (HCRP) continued its growth by not only increasing the coverage to 10 multi -speciality hospitals but also marked a 55% growth in tissues collected by closing the year at 336 tissues.
- The Quality Assurance Project with ORBIS International is nearing completion. The team has gained immense knowledge in the field and is on a constant endeavour to successfully implement the learnings.



**N**ew Delhi: Established in 1914, this unit has now evolved into a tertiary level centre dealing with super speciality surgeries Eye and ENT surgeries, basic research, as well as a training centre dealing with both national and international candidates across ophthalmic and other related streams. It also serves as the headquarters of the Dr. Shroff's Charity Eye Hospital Network.

#### Secondary Centres

**Alwar:** Was established as a satellite hospital in 2002 with the focus of doing large volume community oriented cataract surgeries. Over the years, it has evolved into an advanced secondary centre which apart from having basic diagnostic equipment and doing appreciable volumes also provides training in SICS technique.

**Gurgaon:** Established as a satellite clinic in 2006 with the focus of providing a quality alternative for comprehensive eye care to the satellite township of Gurgaon. Apart from cataract services, it also provides Glaucoma and Paediatric eye care services.

**Saharanpur:** A fully community oriented satellite hospital was commissioned in early 2010 at Rampur Maniharan, in Saharanpur District of Uttar Pradesh This facility has been made possible by generous support from Combat Blindness Foundation, USA.

**Lakhimpur Kheri:** Work has started in early 2010 on the commissioning of another community oriented secondary hospital at Mohmedih, in Lakhimpur Kheri District of Uttar Pradesh. The Hospital is slated to go operational in the first financial quarter of 2010-2011 and is being developed with the aid of Standard Chartered Bank, India.

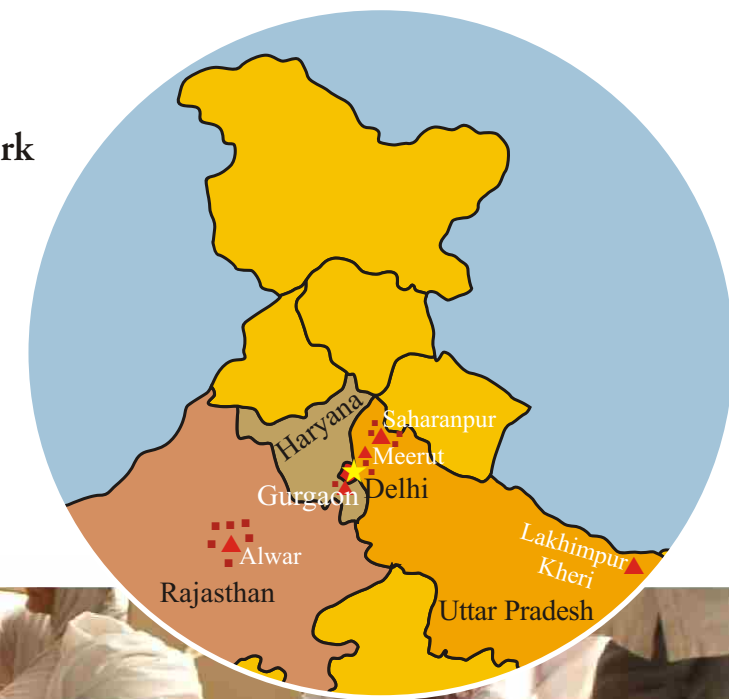
**Meerut:** In keeping with the focus of developing reach with efficiency, a collaborative arrangement has been put into place in Meerut District of Uttar Pradesh. The collaborating partner is Mathur Eye Clinic, which has been active in the region for the last 60 years. The collaboration has gone active from May, 2010.

#### Vision Centres

Till date, the hospital has 15 Vision centres located across the geographies of Alwar district in Rajasthan, Mewat district in Haryana, Saharanpur district of Uttar Pradesh and urban slums of Delhi. These Vision centres report to the nearest Secondary/Advanced Secondary/Tertiary centre and have been created with the focus of providing quality primary eye care services to the under privileged and underserved rural communities.

#### The SCEH Network

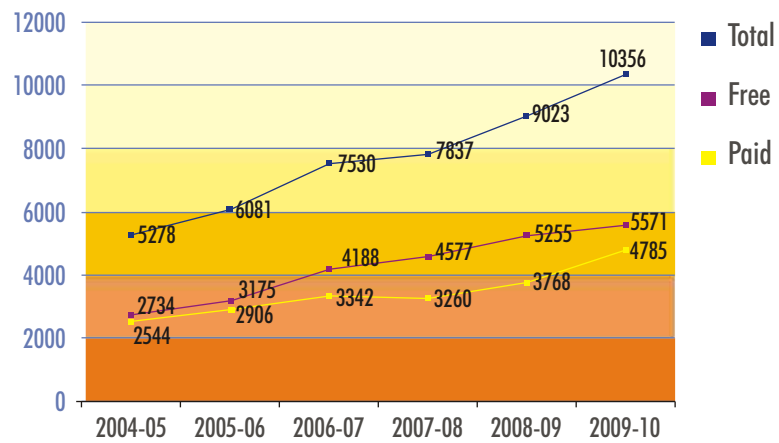
- ★ Main Hospital
- ▲ Branches
- Vision Centre





Down the years, the Institution has remained committed to the founding principle of doing minimum 50% of the annual work Free for the benefit of the underprivileged and the down trodden. At the end of financial year 2009-10, we had done 10356 surgeries out of which 5571 were done free thus achieving a benchmark of 54%.

### Surgical Trends



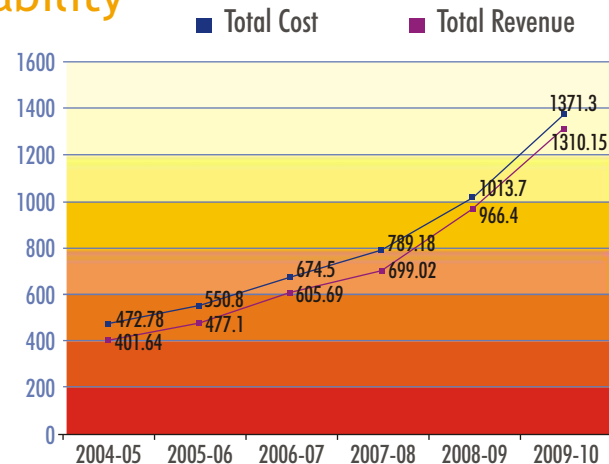
In the last 5 years, the Institution has more or less doubled its total surgical output without impacting the founding principles.

The journey towards consolidating its position as one of the best tertiary care eye institutes is underscored by the rising share of speciality surgeries in the total surgical output.

### The Push towards Sustainability

Sustainability has been a continuing focus at the Institution. The Cross-subsidy model that was initiated in 2002 has started paying dividends and goes to underscore the fact that even with a commitment of 50% free work, it is possible to aim for sustainability.

Today, the institution meets about 85% of its operating expenses from internal accruals and is only dependant on external grants/ funds for funding free surgeries or capital acquisitions.



As on date the Institution offers the following clinical services under Eye and ENT

### Eye

- Comprehensive Eye Care including Cataract
- Cornea & Lasik Services
- Glaucoma Services
- Ocular Oncology and Aesthetic Services
- Paediatric Ophthalmology and Strabismus Services
- Vitreo-Retina Services

### ENT

- Comprehensive Ear Services
- Comprehensive Nose Services
- Comprehensive Throat Services

### Ancillary Clinics and Services

- Anaesthesia Services
- Audiology
- Contact Lens
- Eye Banking
- Headache Clinic
- Microbiology Lab
- Prism Clinic
- Sleep and Snoring Clinic
- Speech Therapy
- Vision Rehabilitation and Enhancement
- Vision Therapy





### 1. Comprehensive Eye Care and Cataract

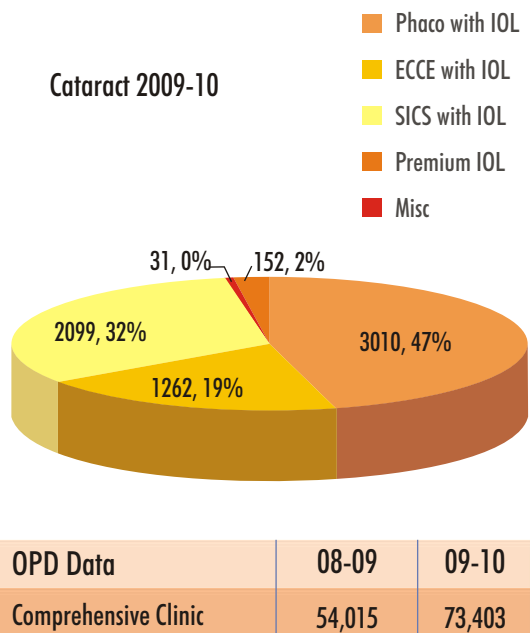
#### The Team

Dr. Umang Mathur      Dr. Manish Sharma  
 Dr. Suneeta Dubey      Dr. Girraj Singh  
 Dr. Suma Ganesh      Dr. Sandeep Buttan  
 Dr. Manisha C. Acharya

Comprehensive Eye Care and Cataract is available at not only the base hospital but all across the network. In 2009-2010, the operational centres apart from the base unit were Alwar Secondary Centre and Gurgaon Clinic.

These services across the network not only deal with the paid clientele but also the free and the subsidized work.

The Cataract service apart from dealing with the more conventional lenses also deals with premium lenses such as Multifocal and Toric Intra Ocular. This year the clinic saw 73,403 patients.



OPD Data	08-09	09-10
Comprehensive Clinic	54,015	73,403



### 2. Cornea & LASIK Services

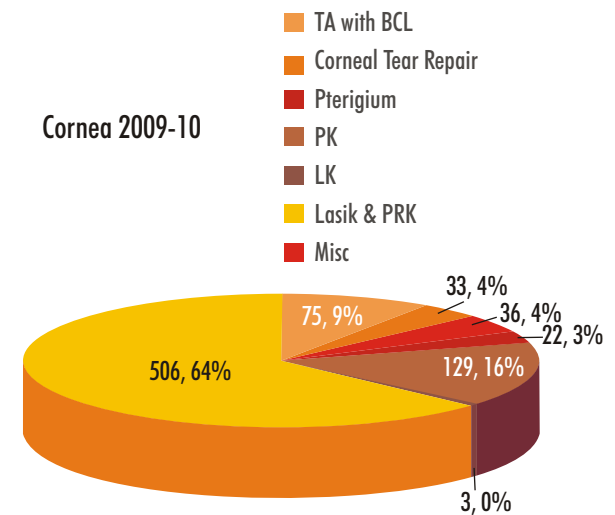
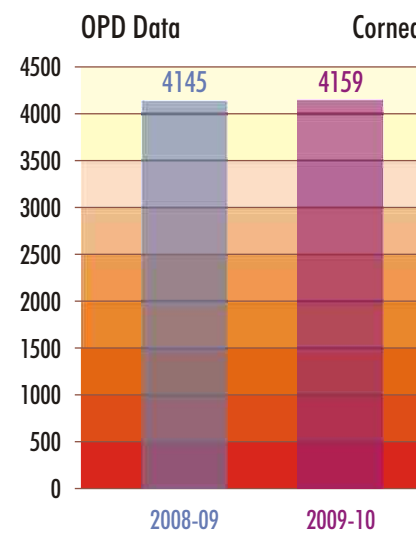
#### The Team

Dr. Umang Mathur  
 Dr. Manisha Acharya  
 Dr. Kapil Arneja



The cornea services have been building on its reputation over the years by continuously introducing cutting edge surgical techniques for the benefit of patients. Last year, the department introduced Corneal Collagen Crosslinking (CXL); a technique to prevent progression of Keratoconus conditions.

Apart from seeing patients directly, the department also gets referrals from across the Hospital Network as well as from the greater ophthalmic community in North India. The clinic saw 4,159 patients this year.



Working on a VISX S4 customvue platform, one of the most advanced excimer lasers, it did 506 LASIX surgeries in the year.

The department did free, 45% of its total surgical outcome.

#### Yatinder's Story: a successful chase of hope



Yatinder, the day SCEH team diagnosed him. Corneal transplant was the only hope.

Yatinder, 6 is an only child. He was born with Congenital Corneal Opacity in both the eyes. As a result, his eyes gave the appearance of cataract. His vision was very poor and his appearance made him unpopular in his community.

The family is of modest means. His mother is no more and his father is a migrant worker.

He was brought to Dr. Shroff's Charity Eye Hospital and the team concluded that a cornea tissue transplant was the only hope. Post the surgery, the team did everything possible so that the young boy gained back his confidence and began to manage himself like other children his age. Yatinder is now craving to join school. This is one of the various happy stories that unfold at SCEH everyday.

### 3. Glaucoma Services

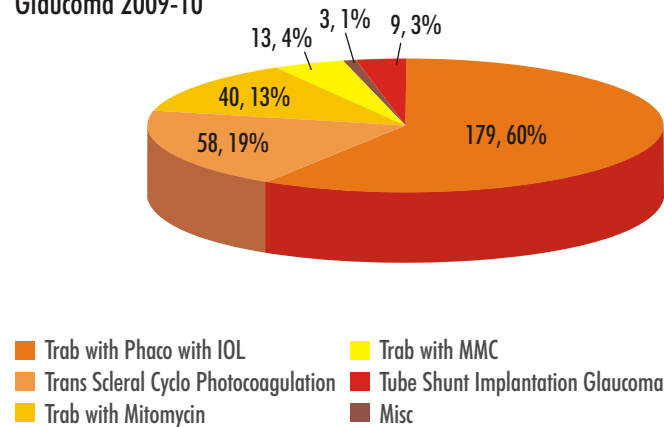
#### The Team

Dr. Suneeta Dubey  
Dr. Monica Gandhi  
Dr. Baswati Prasanth



OPD Data	08-09	09-10
Glaucoma	5515	5431

#### Glaucoma 2009-10



Glaucoma as a speciality is moving away from surgical to more of early detection and medical management. This is reflected in the output for the year. The service again receives referrals from across North India as well as the Institute's own network. The clinic saw 5,431 patients this year.

Equipped with a Gold Standard Humphrey's Field Analyzer as well as an OCT machine, it is one of the best equipped clinics in the hospital.

Last year, the sub-speciality added another feather to its cap by introducing "Tube Implant with Parsplana Insertion"; an innovative technique to combat refractive glaucoma. Of its total surgical load, the speciality did 44% free.

#### A life saved: The story of Mehvis



Mehvis, packing up for home, a day after the last surgery.

Mehvis, 6 years old girl was brought to us with a complaint of severe pain and redness in both eyes. On examination, her intraocular eye pressure was found to be very high (54 of the right eye and 50 of the left eye). She was diagnosed with advanced glaucoma and advanced developed cataract of both eyes which needed immediate surgical intervention.

She underwent glaucoma surgery of the right eye on 9<sup>th</sup> Feb, 2010 and of the left eye on 23<sup>rd</sup> Feb, 2010. She also underwent cataract surgery of the right eye on 23<sup>rd</sup> Feb, 2010 and the left eye on 27<sup>th</sup> Feb, 2010.

All her surgeries went successfully as she regained vision from 6/18 and 6/36 to 6/9 of both eyes with glasses. Her intraocular pressure of eyes has come down to 14 of the right eye and 16 of the left eye.

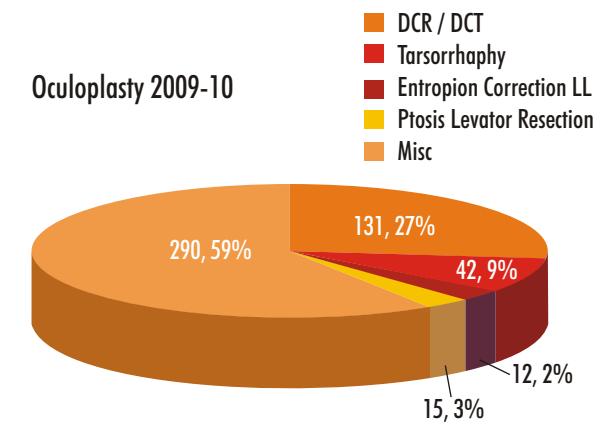
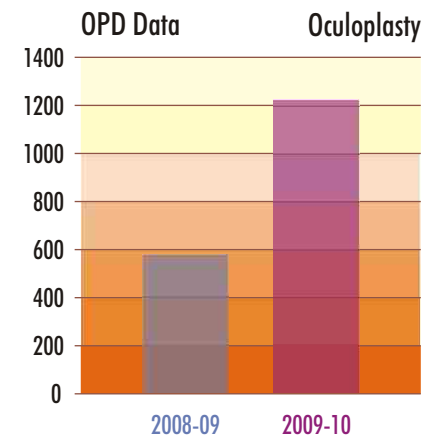
Now she has been advised glasses and has been saved from becoming totally blind. The family is ecstatic that she can get back to school and grow up to be an independent individual.

### 4. Ocular oncology and Aesthetics:

#### The Team

Dr. Sima Das  
Dr. Vishal Nigam

As one of the fastest growing clinics in the hospital, the Oculoplasty clinic improvised its offerings this year and metamorphosed into the Ocular Oncology and Aesthetics Clinic. The team now runs parallel clinics for cosmetic/ aesthetic procedures such as the Botox Clinic and a dedicated Minor OT. Eye Cancers are routinely taken care of and the hospital has become a hub of referrals for all of North India. The team saw over 1,200 patient this year. 43% of all its work was done free of cost.



#### Case in Point: a miracle and a lesson in hope



Basanti married Mr. Rajendra Kumar, a teacher at National Association of Blind in March, 2010. Life has also turned a new leaf for her.

22 year old Basanti hails from Jharkhand. That she had only slight vision came to fore very soon. And by the age of 2 and a half years, she became blind.

Her plight worsened when her left eye swelled up and pained badly. Local doctors kept trying their best but consistent failures snatched all hope from the family.

Basanti was sent to Blind School in Delhi, and was prescribed painkillers for life.

The community outreach team identified her at a screening programme they organized in December 2009 in the school. She was diagnosed with Staphyloma- Benign tumor of the eye. The specialists sadly concluded that her sight can never be restored back.

However, the tumored eye was removed to relieve her of the incessant pain and chronic swelling. Basanti feels that the experience has given her a new lease of hope and, ... life.



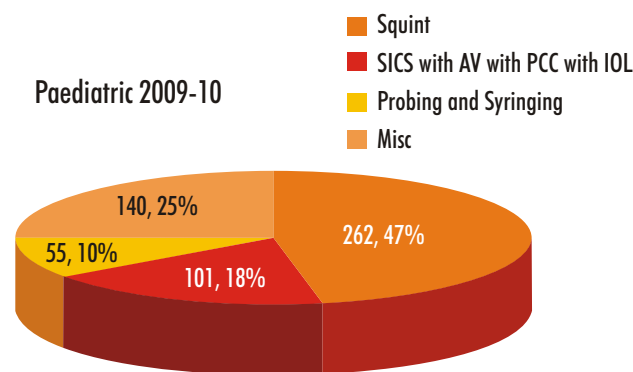
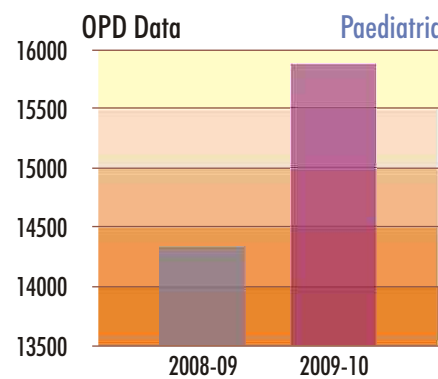


### 5. Paediatric Ophthalmology and Strabismus

#### The Team

Dr. Suma Ganesh  
 Dr. Manish Sharma  
 Dr. Varshini Shanker

With a patient load of more than 15000 odd patients, it is by far the busiest sub-speciality at the Institute. This year the clinic saw 15,881 children this year. In terms of both the referral work that it gets and the ability to handle complex cases, the department has been going from one high to the other. This year, 40% of all its work was for the underprivileged.



#### Rahul- Rescinding the writ of destiny



Rahul with his mother, the morning after his second surgery.

5 year old Rahul had Congenital Cataract in both the eyes, and also suffers from epileptic fits since birth. The family that is of modest means was determined to not leave him to the vagaries of destiny. They searched and explored various avenues. That surgery was the only option for their little one deeply shook them.

When they contacted SCEH, the team was able to counsel them. Meeting various other parents and children visiting the campus for the surgery or follow-ups reassured them.

He was successfully operated, first for his Left eye on 23/12/09 and then for his right eye on 20/01/10. With regular follow-ups and sessions with the medical team, the child is now fixing and following the light.

Hopefully, he will be able to lead a healthy & normal life like other children of his age.



### 6. Vitreo-Retina

#### The Team

Dr. Manisha Agarwal  
 Dr. S. P. Chaudhury  
 Dr. Ritesh Narula

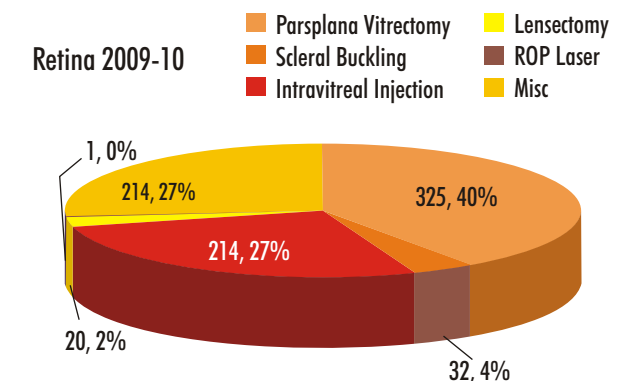
Continuing with its pathbreaking track record, the team launched the following cutting edge surgical techniques in FY 2009-10.

- ▶ Aniridic scleral fixated intraocular lens implantation (SFIOL) for patients lacking a lens and the iris in their eyes.
- ▶ Microincision vitrectomy surgery (MIVS) which is a sutureless surgery for retinal diseases such as diabetic retinopathy, macular hole, retinal detachment etc.

The team successfully completed one year of the VIEW-2 clinical trial for a new drug for the treatment of age related macular degeneration. The team also started providing laser treatment and Fundus Fluorescein Angiography test facilities at the Alwar satellite Hospital which are the first in the whole of the district.

This year, the team saw 8,742 patients and 49% of all its work was for patients seeking free or highly subsidized treatment.

OPD Data	08-09	09-10
Retina	7350	8742



#### A Nazrana of hope



Nazrana, the teenager has finally got her sight back.

Nazrana, 13 hails from Rajasthan. Her father is an unskilled labourer at a shoe factory and earns only enough to afford two square meals a day for the family of six. Now living in a Banjara colony of Delhi, she approached SCEH at one of its routine screening camps and complained of very low vision and inability to see anything after it becomes dark.

The doctors have diagnosed that she suffers from Retinal detachment of one eye and the other eye also has very less vision due to an old eye injury. She has undergone Scleral Buckling to manage the retinal detachment in her right eye and Laser Barrage to manage the left eye. Her vision has been restored.

Nazrana is very happy to get back to her school again and fulfill her ambition of becoming a teacher when she grows up.







**The Team**

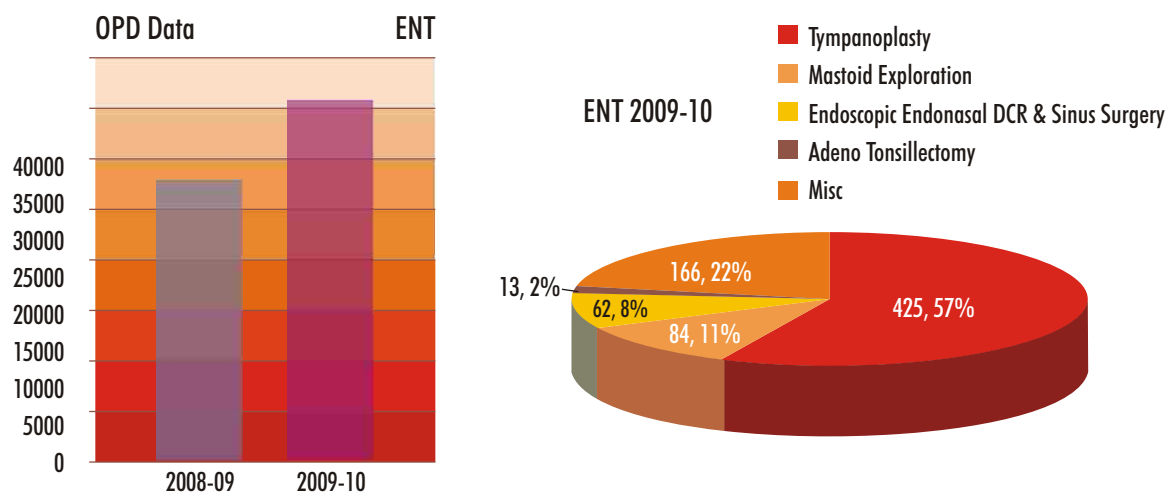
Dr. Nishi Gupta  
Dr. Nidhi Dhawan  
Dr. Neeraj Chawla

There has been a concerted effort to build up the sub-specialities under ENT in the last couple of years and the trend continued in the last year also. 36,032 people availed the services of the ENT Clinic this year. Of these 750 people needed to be treated surgically. 2,704 people needed paramedical/ rehabilitative help such as -with our in house Audiometry sessions. 120 people needed Impedance treatment and a 130 people availed the in house Speech Therapy services. 62 were dispensed customized hearing aids. Thus here too the focus is more on rehabilitating the patient in the most effective way rather than using incisive techniques.

The team routinely runs camps in Delhi and adjoining territories. This year a new 'Voice Clinic' was launched where Laryngoscopy is conducted to examine the voice box and determine the causes of various speech disorders and other problems.

The team also runs its pioneering Headache Clinic and Sleep & Snoring Clinic daily- as per patient's convenience. Their holistic approach has been lauded at various forums and the figures also make the Clinic a domain leader in Delhi. This year it saw 29,732 patients.

33% of the surgeries conducted this year were either free or at highly subsidized costs.



**1. Anaesthesia**

**The Team**

Dr. Parul J. Dutta  
Dr. Preeti Bala

The objective of the Anaesthesia department is to provide and promote quality anaesthesia to patients undergoing Eye and ENT procedures with state of the art equipment

The team's contribution in any surgery is vital. The number of General Anaesthesia cases it conducted in this FY is 996. Like in any other speciality, the Anaesthesia service handles cases with best-in-class equipment and technique, and need to be innovative to handle surprises and unique cases.

The team trained all personnel interacting with patients i.e. nursing staff and doctors on- handling medical emergencies and on providing basic life support. The candidates were provided hands on training also. The group's response has been rewarding.

**2. Contact Lens Department**

**The Team**

Optom. Abhilekh Aneja  
Optom. Shyama Devi

Apart from fitting contact lenses as cosmetic device, the team dispenses specialized lenses for Corneal Ectasic Disorders, Post Penetrating Keratoplasty etc, and even in children for therapeutic purposes. In FY 2009-10, various kinds of new lenses were introduced:

- › ROSE K2 IC & PG contact lenses for management of irregular corneas
- › Innovative scleral contact lenses for severe deformed corneas and dry eye
- › Paediatric contact lenses

595 people availed the services of this clinic this year.

	2008	2009
Contact Lens	818	595

**Making Magic Happen**

Sunil, 21 had an advanced case of Keratoconus. He could hardly see and was dependent on his parents. An attempted graft in Right Eye had failed, and he had been advised a Corneal transplant in left eye. He wasn't decided about getting it done. He approached SCEH. The Cornea team that works in close collaboration with the Contact Lens team recognized that the team could help Sunil.

The Contact lens team gave a trial of scleral contact lenses in left eye and the lenses did magic. His vision improved to 6/6, i.e. normal vision.





### 3. Vision Enhancement and Rehabilitation Clinic (VERC)

#### The Team

Optom. Soniya Srivastava  
Ms. Saba Urooj

This is among a handful of comprehensive centers in the entire country that have the capability to treat all the aspects of Low Vision. The objective of this Optometry sub-specialty is to integrate low vision individuals in the society. This involves training in adaptive techniques, counseling support and fitting and dispensation of optical and non-optical devices.

The center comprises of two services: Vision Enhancement and Vision Rehabilitation.

Vision Enhancement trains the patients in the use of vision enhancing tools and equipments that can be handled by the patients in their daily lifestyle and mainstream them into the society. The Vision Rehabilitation Clinic puts the patients through rigorous exercise schedule such that their vision can be rehabilitated and restored. Together this team has given a new lease of hope to countless number of people for whom surgery is not an option. 2020 people availed the services of the clinic this year.

	08-09	09-10
VEC	500	545
VRC	1933	1475

#### Reaching for the Sky



The joy of Sheela and her parents was one of the most rewarding experiences for the team at VEC. Sheela has secured 75% marks in 6<sup>th</sup> standard.

Sheela came to us in 2009 reporting very low vision. She was diagnosed with Microphthalmos and Uveal Coloboma. The only possible recourse was rehabilitative therapy.

A pair of glasses was not enough to remove her reading and writing handicap and blackboard work difficulties. So, she was trained in the use of various Low Vision Devices to help her with her schoolwork.

*Sheela's dreams getting new wings at the VEC.*

Today, Sheela is ready to reach for the sky and accomplish all her dreams. The good news is that she will do all this independently with the visual devices by her side!

#### It is Sambhav (possible)

Sambhav was noticed by one of SCEH's team members who was visiting the Blind- School where he studied.

Sambhav had been diagnosed with Optic atrophy with Nystagmus at birth and has been on epileptic medications since. He lives in a joint family of modest means. 3 schools had already refused to take him-citing various reasons. As a result his family was forced to believe that 'sambhav is a blind boy', he wasn't expected or even allowed to try visual tasks, and was put on Braille which he never learnt either.

When he was assessed by the team, we found out that he has difficulty in his hand-motility (probably that's why he was facing difficulty with Braille), Gripping, holding, in hand manipulation etc. The family was counseled to shift the child from Blind School to a local mainstream school.

With just 2 months of free biweekly sessions at the VRC, Sambhav began to hold a pen and write from A to K and 1 to 10, he recognized all colours and shapes. Next plan is to shift JAGAR on computer training with JAWS at the in campus UJAGAR computer centre for disabled.

### 4. Vision Therapy Clinic

#### The Team

Optom. Prem Kumar Singh  
Optom. Bhanu Mehta

Vision Disorders can affect patients' over all potential. And for this reason they begin focusing on the symptoms, unable to spot the real problem.

For example, many children experiencing academic difficulty may have a visual dysfunction in addition to their primary reading or learning dysfunction. And most often these go undetected even during typical school vision screenings.

The Vision Therapy clinic treats children with amblyopia, i.e. Lazy Eye, accommodative problems, oculomotor problems etc. through various visual exercises and counsel.

The patients are given the option of exercises at home with the help of Home Kits, eliminating the need to visit the hospital for continued therapy.

453 patients availed the services of the clinic in this FY.

	2008	2009
In-house Sessions	469	458
Home-kits dispensed	363	555

#### The "unbelievable" treatment

Just thinking about the school day he had ahead of him was enough to bring on a bad mood. Reading was a struggle for Gaurav, and his grades were below average. And on top of this his homework used to take three to four hours every night. A thorough examination at SCEH revealed that Gaurav's vision was normal, but eyes were not properly teaming together. This explained why Gaurav used his finger as a marker when reading, read slowly, had poor reading comprehension and sometimes confused or reversed letters or words.

Gaurav was offered Vision Therapy sessions for managing his problem. His parents had never heard of this type of vision problem before, and found hard to believe that the problem could be corrected with Vision Therapy exercises. His exercises included Vectogram, Prisms and lenses, Aperture Rule, Flippers, Mirror Stereogram and home exercises with Brock String and Fusion cards. Gaurav used to enjoy his therapy as it was so different from other treatments. Here he got to play games, do puzzles and coloring in the form of exercises which was very joyful for him. After few months of Vision Therapy exercises, now he enjoys reading, his homework does not take as long as it used to, and he made the good grade in the school!



### 5. BOTOX® Clinic

#### The Team

Dr. Manish Sharma  
Dr. Sima Das

Botulinum toxin more commonly known as Botox® can be used to manage different types of squints, particularly in paralytic cases where double vision is quite troublesome, apart from cosmetic/aesthetic purposes. Botox injection is a 5 minutes procedure done mostly in a single sitting in Outpatient clinic or Minor OT under topical anesthesia. There are minimal side effects if any, and are temporary.

Botox starts working within 3-7 days. 47 people had to be given Botox injections this year. This includes Squint patients besides those needing it for cosmetic purposes.

	2008	2009
Injection Botox	9	47

### 6. Prism Clinic

#### The Team

Optom. Prem Kumar Singh  
Optom. Tapojjwal Pal

Formally launched in FY 2009-10, this clinic examines patients with complaints of chronic Diplopia (double vision) and consequent difficulty in daily life, poor cosmetic appearance of the squint, or having to adopt an abnormal head posture (head turn or tilt) in order to view a single image. An Optometrist specialized in Prism therapy does a thorough orthoptic examination and appropriate trial prisms are used in order to help the patient adapt to the prisms. The patient may have to remain in the clinic

for 4-6 hours to enable us to optimize the prisms. Prisms can be prescribed either as glasses or in the form of stick on prisms or Fresnel prisms- wherein high powers can also be prescribed with minimal distortion of vision. This helps the patients in switching back to their routine life by giving relief from Diplopia and abnormal head posture. Prisms may also be used to optimize the result of squint surgery.

	2008	2009
Prism	40	90

#### Salvaged

Apparently owing to a road accident, Raj (name changed) developed double vision. His body balance was in doldrums. Without constant support or supervision, it was difficult and dangerous to even move about. After a long search for treatment, he chanced upon SCEH. The team examined various treatment options and concluded that the only hope was with the Prism Clinic. After various trials, the team settled on Fresnel Prisms for him. He has recovered fully from his Diplopia/ double vision problem and the team is now counseling and training the patient in the kind of exercises he needs to do to recover and restore his body balance.



### 7. Audio-Vestibular Lab

#### The Team

Mr. Michael Chaudhary

This service is dedicated to providing comprehensive high quality hearing healthcare for individuals of all ages. The lab has the facilities of Pure Tone Audiometry, Impedance Audiometry, BERA (Brain Stem Evoked Response Audiometry) and VNG (VideoNystagmoGraphy). In children less than 5 years of age or in mentally challenged individuals we use BERA

as a special investigation tool. The advantage of BERA is that the results are not dependent on patient's participation.

After the investigations the audiologists provide comprehensive management and rehabilitation for patients with hearing impairment.

### 8. Opticals

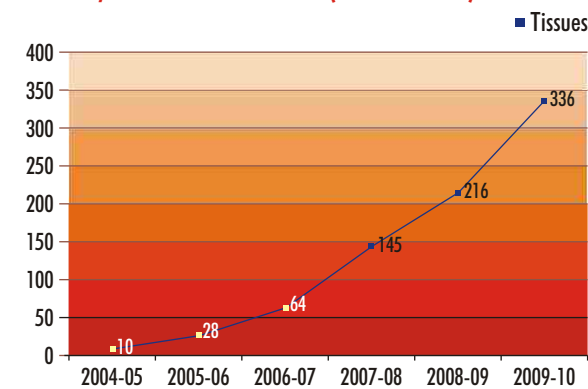
The Optical business is a key revenue contributor both at the base as well as satellite units. In 09-10, the team worked night and day to open up supply streams to Vision centres in remote geographies that were being set up.

	08-09	09-10
Total Sales (₹)	38,20,017	48,77,131
Total Units Sold	11,089	14,184

### 9. Eye Banking

Number of cornea collected and utilized this financial year shot up by 55% to 336 and 134 respectively thereby making it arguably one of the fastest growing and one of the leading eye banks in North India. The initiative is supported by ORBIS International.

#### SCEH Eye Bank's Track Record (2004 to 2010)



As a pioneer of the concept of Hospital Based Cornea Retrieval Programme (HCRP), it is already a proud partner of 10 HCRP hospitals including Maharaja Agarsen Hospital, Jaipur Golden Hospital, Action Balaji Hospital, MGS Hospital, Sanjay Gandhi Hospital, Tirath Ram Shah Hospital, Saroj Hospital, Fortis Hospital-Noida, Artemis Hospital- Gurgaon & Puspanjali Hospital- Ghaziabad, Thus now, the SCEH Eye Bank is touching the frontiers of NCR. Collaborations with more are in pipeline.

Under the HCRP initiative, trained 'Grief Counselors' approach the relatives of patients on the critical list and sensitize them on the issue of corneal donation. In the event of demise of the patient and subsequent acceptance of the relatives and family, a competent team comprising of an Ophthalmologist and a technician tries to reach the spot as soon as possible. It is pertinent to note that the tissue has to be harvested within a maximum of 6 hours from death and that means that the teams are on a 24 hour stand by.

The team educated many doctors, optometrists and volunteers on various aspects of Eye Banking during this year. Besides batches from SCEH and IGNOU, practitioners and CMOs from other states also utilized this service.

It also conducted regular training programmes in HCRP Hospitals, Schools and NGOs. Besides this, it also trained the following Eye Donation Counsellors in short term 1 month long modules:

Ms. Rozi Zia, Amroha (Uttar Pradesh)

Ms. Annu, Rohtak (Haryana)

Ms. Divya, Bahadurgarh (Haryana),

Mrs. Kamlesh, Jind (Haryana),

Mr. Umeshwar Dayal, Shroff Eye Centre (Delhi)

The Eye Bank is now also beginning to associate with various Research Studies.

