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Quote

"Great minds have purposes, others have dreams"
 -Washington Irving

Dear Readers,

In an age where medical expenses are sky rocketing that a layman finds it difficult to afford, Aravind stands out with its unique and affordable fee system. This was duly recognised by the government of Tamil Nadu by conferring the award for the best speciality hospital.

Considering the tremendous role played by the eye care exhibition in creating awareness among the public, the last one in the series KANNAE NALAMAA was held at Aravind - Tirunelveli. World Glaucoma day was celebrated with a variety of programmes at all Aravind centres.

The Seva sponsored Workshop on Mentoring brought together experts from different centres of community ophthalmology worldwide. Supervisors at Aravind - Madurai underwent a structured training programme under Ms. Julie Mazo to groom themselves to be more efficient in their work.

News about these and many more feature in this issue.



Aravind News Team

AWARDS AND ACCOLADES

Best Affordable Speciality Hospital Award for Aravind Eye Care System

Chennai, March 12



Aravind Eye Care System was awarded the Best Affordable Speciality Hospital Award by the Federation of Indian Chambers of Commerce and Industry FICCI, TNSC in association with Ministry of Health and Family Welfare, Government of Tamil Nadu. The award was given in recognition of its contribution to the healthcare sector of the nation during the third edition of TANCARE, a conference on health care.



SPECIAL EVENTS

Training of trainers workshop

Aravind - Madurai



Ms. Julie Mazo volunteer from Seva Foundation was here at Aravind, Madurai to evaluate the MLOP training programmes. As part of it, she conducted Training of Trainers workshop (TOT) for the entire team of supervisors and tutors.

The workshop was conducted in two phases. In the first phase, Ms. Julie trained the trainers on how to do participatory / interactive teachings. She used various modes of teaching to enhance the participants' knowledge on interactive teachings. She gave home assignments on developing session plans. During the second phase, all the participants were asked to give a 3 minute presentation on their session plan. There was also a demonstration session on how to give effective feedback. Towards the end of the session, she reviewed the 1 hour session plan prepared by each tutor. She also gave them an action plan to transcend the interactive way of teaching to other trainers in their respective department and change the current session plans to the interactive method.



Eye care awareness exhibition at Aravind - Tirunelveli

February 24 - 27



Mr. P. Varadharaju, Commissioner of Police - Tirunelveli along with Ms. Mary Jesy Rose, Chief Educational officer inaugurated the grand eye care awareness exhibition, "Kannae Nalama 2011" in the presence of Dr. R. Ramakrishnan, Chief Medical Officer. Mr. Varadharaju appreciated the excellent service rendered by the hospital and promised support for all the endeavours. Charts, video shows, various models explaining eye diseases and anatomy of the eye were displayed. There were a total of 5709 visitors to the exhibition.



NEWS AND EVENTS

Guest Lecture

Aravind - Pondicherry, February 7

At the guest lecture for the doctors, Dr. Marilyn Miller presented about *Duanes Retraction Syndrome* and Dr. P.Vijayalakshmi presented an interesting case study.



Hospital day celebrations

Aravind - Pondicherry, February 19



Dr.R.D.Ravindran Chairman, Aravind Eye Care System, Mr.Sivalingam, author of "Vizhi Vaelvi" and Prof. Astrid Fletcher from London School of Hygiene and Tropical Medicine were invited as guests of honor for the eighth hospital day celebrations at Aravind - Pondicherry. The entire celebrations had the theme "Peacock"; a beautiful Rangoli was made on the theme and also the stage backdrop was decorated with peacock feathers. The function started with a prayer song followed by the Chief Medical Officer, Dr.R.Venkatesh welcoming the gathering. Dr. K. Tiruvenkatakrishnan presented a report on the activities of the last year. Dr. R.D. Ravindran, Mr. Sivalingam and Prof. Astrid Fletcher addressed the audience. As a mark of recognition of their efforts, cash awards and certificates were distributed by Dr. Ravindran and Prof. Prof. Astrid Fletcher to the staff members. A few cultural programmes were also staged. Mr. Poobalan - Manager, Administration proposed a vote of thanks.



Inauguration of Ulunthurpet vision centre

February 22



Ulundurpet Vision Center was inaugurated Dr.N. Palaniswamy I.A.S in the presence of Dr. G.Natchiar, Director Emeritus, AECS, Dr. R. Venkatesh, Chief Medical Officer, Aravind –Pondicherry, Dr. Tiruvenkatakrishnan, Senior Consultant, Amba of Sri Saradha Ashram, Mr. Palaniraj - Camp Manager, Mr. Saravanan –IT Manager and Mr. Jayakumar-Free Hospital Manager. On the inaugural day itself, the centre handled about 124 outpatients, of which 8 were advised for cataract surgery and many were referred to Aravind – Pondicherry.



Guest Lecture for MLOPs

Aravind – Pondicherry, February 22

A motivational guest lecture was arranged for the Mid Level Ophthalmic Personnel at Aravind Pondicherry. Mr. Poologam, a poet and also a patient of Aravind delivered the motivational talk which was energetic and inspiring. He also wrote an appreciation poem about our MLOPs. [Kavithai](#)



Melody Friday

Aravind – Madurai, February 25



This month's Melody Friday was celebrated at LAICO with the theme "Lullabies". Mr. Sanil Joseph, Faculty, LAICO compered the show. Famous lullabies from Malayalam, Hindi, and Tamil were sung. The programme began with a gospel song by Ms. Jesly Titus, Fellow in Eye Hospital Management. Apart from Mr. Sanil, Ms. Anjana Deep, Fellow in EHM, Ms. Roja, 1st year MLOP, Ms. Vanitha, Refraction department, Mr. Anshuman Varma, Dr. G. Venkataswamy Eye Research Institute and Ms. Anuja, Aravind Communications were the participants who delighted the audience with their melodious numbers.



Overseas instruments maintenance course

Ilorin, Nigeria, February 28 - March 18



Mr. S. Poornachandran and Miss J. Merlin Meena, Instruments maintenance department, Aravind - Madurai were the volunteer faculty for the instruments maintenance courses organized by the ORBIS Flying Eye Hospital (FEH) at the University of Ilorin Teaching Hospital, Ilorin, Nigeria. A total of 24 technicians from different hospitals were trained in two batches. The excellent work done by the Aravind team was well appreciated by the organisers and the chief medical director of the hospital presented a beautiful plaque to them from the Ministry of Health.



International Women's Day Celebrations

March 8

Aravind – Madurai

On the Occasion of International Women's day, Aravind Eye Hospital - Madurai organized a programme "Suzhalum Sollarangam". Eight senior MLOPs participated in the sollarangam. The programme was chaired by Dr. Yoga



Meenkashi, a Naturopathy Doctor, yoga master and psychiatric counsellor. The MLOPs shared their experience as to how they successfully balanced their work and personal life. Dr. Yoga Meenakshi highlighted the fact that Aravind values and culture have enabled the MLOPs to lead a successful life.



Aravind – Tirunelveli

At a programme organised in connection with the International Women's day, a few MLOPs and lady staff members spoke about the women they admired most in their life. Nearly 15 staff members representing various departments spoke and the function was well appreciated. Sr. Pankaja Rani, member of welfare committee coordinated the entire function and Sr. Mariammal, Tutor - Refraction proposed a vote of thanks.



Aravind – Pondicherry



Various competitions like poetry writing, essay writing and drawing competitions were organized. The Maaji of Sri Saradha Ashram, Ulunthurpet, chief guest spoke on women empowerment keeping in line with our traditional culture and also its various aspects - economical, cultural and social.



Aravind - Coimbatore



The celebrations were inaugurated by Mr.Rangarajan, Assistant Professor, Department of Corporate Secretaryship, P.S.G College of Arts and Science, Coimbatore. The programmes started with an inspiring and motivating speech by the guest speaker. The staff members were given an opportunity to showcase their talents within a minute. A Rangoli competition was arranged and the winners were selected by a panel of three judges headed by Mr.Kuppuraj, Kasthuri Sreenivasan trust, Coimbatore. At the valedictory function, a debate on Women's rights and the facilitator for the same was Ms. Bhuvana Jeevanantham, Head Mistress, KG Girls Hr. Sec. School, Coimbatore.



Dr. R. Ramakrishnan felicitated

Tirunelveli, March 11

Dr.R.Ramakrishnan Chief Medical Officer, Aravind - Tirunelveli was felicitated by Sree Sree Jagathguru Sankaracharya Mahasamasthanam, Sirungeri for his tireless service to the society and mankind.



Guest lecture on stress management

Aravind – Madurai, March 11

The Human Resource department organized a guest lecture on stress management for clinical fellows at the hospital auditorium. Swami Swaroopanandha, former head of the department of Chemistry, American College – Madurai and



also the editor of "Imaya Geetham" handled the session through thought provoking and humorous examples.



Training programme for ophthalmic assistants

Aravind – Coimbatore, March 11



A one day training programme on "Paediatric Ophthalmology" was organized by the department of paediatric ophthalmology and strabismus for government ophthalmic assistants at Aravind eye Hospital, Coimbatore on 11th March 2011. Totally 41 ophthalmic assistants from district Primary health care centres in Coimbatore, Tirupur, Erode and Nilgiris participated. The programme covered various topics like ocular problems in new borns, visual acuity evaluation in children, refractive errors in children, management of amblyopia and diagnosis and treatment of strabismus and diabetic retinopathy. Various practical sessions and an interactive quiz

programme were conducted.



World Glaucoma week celebrations

Aravind – Pondicherry

March 6 – 13



Apart from the week long awareness exhibition conducted in the hospital, a similar exhibition was organised at Gandhi Thidal which was visited by 450 persons. Dr. Kavitha and Dr. R. Venkatesh handled a live interactive session with public about glaucoma on Suriyan FM and Big FM respectively. A news item meant to create awareness on glaucoma was published in Dinamalar. Camps for those patients who missed follow up for more than a year will be conducted every Saturday in March and a special glaucoma screening camp will be conducted at Nellikuppam vision centre on March 24.



Aravind - Madurai

A screening camp for the relatives of glaucoma patients at Aravind - Madurai was conducted in which the outpatient turnout was 333. There were 25 persons who were newly diagnosed with glaucoma.



Aravind - Tirunelveli

As part of awareness creation, an exhibition which was visited by around 990 patients. Various models and charts were on different aspects of the disease and treatment options. Dr. R. Ramakrishnan delivered a talk on All India Radio on Glaucoma and articles written by him were published in local dailies like Dinamalar (07.03.11) and Daily Thanthi (13.03.11). Pamphlets and notices were distributed to patients and to public. An awareness seminar for patients was conducted which was attended by 75 patients. A glaucoma screening camp was arranged at Aravind



Eye Hospital, Tuticorin.



Ophthalmic quiz programme

Aravind – Pondicherry, March 13



Quiz programme was conducted for the undergraduate students / interns and the main purpose was to encourage students to consider pursuing a future career in ophthalmology. 40 undergraduate students from 6 colleges in Pondicherry participated. The programme was conducted by the senior residents of Aravind - Pondicherry. The students of Sri Venkateswara Medical College and JIPMER were the winners. The entire programme was coordinated by Dr. Dayakar Yadalla, chief - resident coordinator, Aravind Eye Hospital, Pondicherry.



Scientific symposium

organized by Vasan Eye Care Hospital, March 13

Dr. S. Kavitha, Consultant, Glaucoma Clinic, Aravind Eye Hospital, Pondicherry attended the maiden scientific symposium organized by Vasan Eye Care Hospital and delivered a lecture, "Fixed Drug Combination in Glaucoma".



Valedictory function of the instruments maintenance course

Aravind – Madurai, March 14



Mr. N. Vishnu Prasad, International Marketing Manager - Aurolab presided the valedictory function of the 70th Instruments Maintenance course and distributed the certificates and tool kits for the trainees. Ms. N. Kasthuri was the chief instructor for the course.



Anniversary celebrations of Aravind City Centre

Madurai, March 18

Aravind's City Centre at Madurai celebrated its second anniversary with a variety of programmes. A CME on "How to manage common ocular disorders and important cases to be referred to ophthalmologist" was organized which was handled by senior faculty from Aravind Eye Hospital – Madurai. An eye camp for the public was also conducted on the same day.



Anniversary celebrations of Punjai Puliampatti Vision Centre

March 19



Vision centre at Punjai Puliampatti of Aravind Eye Hospital - Coimbatore celebrated its third anniversary at Government. Middle School of Punjai Puliampatti. An eye care awareness exhibition was organised and the functions of Vision Centre were detailed. A Diabetic Retinopathy screening camp was held in the same premises, where the outpatient turnout was 140 patients with 85 known diabetes patients and 3 new diabetics. Various community leaders were also present at the occasion.

Mr.Vasudevan, Manager - Administration welcomed the gathering. Dr. Ramakrishnan, Camp Medical Officer presented the services of vision centre in the community. A total of 200 persons attended the function.

Sr. Usha, Vision centre coordinator read the annual report of the centre. Mr.Ranjith Kumar, Assistant Administrator rendered a vote of thanks. Dr. Indra, senior resident and Dr. Rahul - Retina fellow were the key persons in making the camp successful.



CONFERENCES ATTENDED ELSEWHERE

Retina CME

Modern Eye Hospital, Nellore, February 20

Dr. V. Narendran

- *Intravitreal injections*

Dr. V.R Saravanan

- *OCT in ophthalmology*



Innovations in healthcare management and informatics

Kuala Lumpur, Malaysia, March 16 - 17

Mr. R.D. Thulasiraj

- *Extending the healthcare network to underserved populations - case studies from India*



LAICO HAPPENINGS

Vision Building and Strategic Planning Workshop

LAICO, March 4 - 9

A total of 25 participants from the following hospitals attended the workshop:

- Dhaka Shariatpur Central Lions Eye Hospital, Bangladesh
- Lions Vision for Sight Hospital, Ratnapura , Sri Lanka
- JMJ Grace Vision Netralaya, Sambalpur, Orissa
- Bhoomika Hospital and Research Centre, Orissa
- Fatima Hospital, Gorakhpur, Uttar Pradesh



- Drashti Netralaya, Dahod, Gujarat

At the inaugural function, Mr. R.D. Ravindran, Chairman, Aravind Eye Care System delivered the welcome address and the key note address was given by Mr. R.D. Thulasiraj, Executive Director – LAICO. Mr R. Suresh Kumar, Faculty, LAICO provided the course overview.



Needs assessment visit to Drashti Netralaya

Dahod, Gujarat, February 7 – 9



Dr. Saravanakumar, Consultant – Retina Services, Aravind – Coimbatore and Mr.B.S Ganesh Babu, senior manager – IT and Systems visited Drashti Netralaya as part of IAPB capacity building project. Current challenges faced by the hospital were analysed and the necessary recommendations were suggested.



Workshop on Mentoring

LAICO, February 26 - 28



Seva organised the Global Sight Network Initiative Mentoring Programme in Madurai hosted by LAICO. Participants of this workshop included eight mentor institutes (also the Centres for Community Ophthalmology) engaged in IAPB Capacity Building Grant Fund (CBGF) programme. During next two years, these mentor institutes including LAICO would work with 35 mentee hospitals from various countries to support them in their sustainable organisational development through a structured capacity building process. This workshop was designed to strengthen the impact of mentoring and to create a clear documentation and reporting process for achieving the

results. Mr. Colin Williams and Vikki Osborne from Westcott Williams, UK facilitated the meeting.



Visit to ICEH, London

March 7 - 9



Dr. MANoha Babu, Aravind - Coimbatore and Ms. Preethi Pradhan, Senior faculty - LAICO visited International Centre for Eye Health, London School of Hygiene and Tropical Medicine to handle the management module for the M.Sc Community Eye Health students.

[Click here to view Consultancy statistical report](#)



TRAINING PROGRAMMES

Course title	Training Centre	Total Number Trained as on January 2011	Enrollments for February 2011
Long Term Fellowship Courses			
Fellowship in Orbit & Oculoplasty	Madurai	27	1
Short Term Courses - For Ophthalmologists			
Diagnosis and Management of Glaucoma	Madurai	96	1
	Tirunelveli	120	1
	Coimbatore	88	1
	Pondicherry	1	0
IOL Microsurgery	Madurai	701	0
	Tirunelveli	273	0
	Coimbatore	207	1
	Pondicherry	8	0
Phacoemulsification	Madurai	125	1
	Tirunelveli	68	1
	Coimbatore	84	0
	Pondicherry	17	0
Small Incision Cataract Surgery	Madurai	152	1
	Tirunelveli	105	0
	Coimbatore	121	0
	Pondicherry	18	0
	Theni	1	0
Lasers in Diabetic Retinopathy	Madurai	241	3
	Coimbatore	231	2
	Pondicherry	2	0
Short Term Training in Vitrectomy (by Virtual)	Madurai	10	1
	Coimbatore	4	0
Instrument Maintenance Course			
Instrument Maintenance - For Technicians	Madurai	419	3
Management Courses			
Management Training for Eye Care Programme Managers	LAICO	238	30

[Click here to view Training Programme full statistics](#)



PUBLICATIONS

- **OPHTHALMIC GENET**

2011 MAR.

Arya LK, Kumar AB, Shetty S, Perumalsamy V, Sundaresan P

Analysis of the SALL4 Gene in Patients with Duane Retraction Syndrome in a South Indian Population

[View article](#)

- **EXP EYE RES**

2011 MAR.

Ananthi, S; Santhosh, R S; Nila, M V; Prajna, N Venkatesh; Lalitha Prajna; Dharmalingam K

Comparative proteomics of human male and female tears by Two-dimensional electrophoresis [View article](#)

- **INDIAN J OPHTHALMOL**

VOL: 51(1) MAR.-APR. 2011 P.155-157

Parag, K Shah; Narendran, V; Kalpana Narendran

Large spot transpupillary thermotherapy: A quicker laser for treatment of high risk prethreshold retinopathy of prematurity - A randomized study [View article](#)

- **INDIAN J OPHTHALMOL**

VOL: 51(1) MAR.-APR. 2011 P.162-164

Nitin R Jain, Jitendra Jethani, Kalpana Narendran, L Kanth

Synergistic convergence and split pons in horizontal gaze palsy and progressive scoliosis in two sisters [View article](#)**MONTHLY PATIENT STATISTICS**

February - 2011								
Hospitals	Madurai	Theni	Tirunelveli	Coimbatore	Pondicherry	Dindigul	Thirupur	Total
HOSPITAL OUT-PATIENT VISITS								
Paying (New & Review)	36,106	5,431	18,957	15,609	16,886	3,977	2,643	99,609
Free (Direct walk-in)	10,712	1,388	5,134	8,330	5,858	-	-	31,422
OUTREACH OUT PATIENTS								
Regular Eye Camps	11,452	2,673	3,838	8,431	5,620	-	122	32,136
Diabetic Retinopathy camps	680	130	435	1,962	231	-	-	3,438
Refraction Camps	1,627	141	2,144	1,117	1,720	-	193	6,942
Mobile Refraction Unit	-	391	-	-	-	-	-	391
School Screening	7,424	-	3,684	3,354	1,870	-	-	16,332
Paediatric Camps	-	-	-	-	426	-	-	426
Vision Centres	6,651	3,396	3,052	2,062	1,906	-	-	17,067
Community Eye Clinics	3,337	1,498	3,758	-	-	-	-	8,593
Total Examinations OP	77,989	15,048	41,002	40,865	34,517	3,977	2,958	216,356
SURGERIES								
Paying	2,153	345	990	1,173	752	142	91	5,646
Free (including the subsidized surgeries) camp	2,098	168	758	1,287	546	-	17	4,874
Camp	3,077	347	1,006	1,674	1,414	-	5	7,523
Total Surgeries	7,328	860	2,754	4,134	2,712	142	113	18,043

**CASE STUDY****The 'Lasik' that helped him join Army**

The very mention of the word "Army" would fill his heart with joy. Whenever he happens to see an army man, his hand will automatically rise to salute. The young man from his boyhood had a yearning to join the army which is keeping vigil round the clock in the border areas to protect the country.



Varun (real name shielded) belongs to an ordinary family. His parents were aware of his longing to serve the army and always extending support to him in this regard.

After completing his school education, Varun discontinued his studies and started making necessary preparations for joining the army. When announcement came about open recruitment of youngmen for army, he went there with all enthusiasm. He appeared in all the tests and got selected. However, during the health check up, his eyes were examined. Since his visual acuity was below normal due to refractive

errors, he was declared unfit.

Varun was totally upset and lost all hopes in achieving his goal. A relative who came to know about his distress, advised him to go to Aravind Eye Hospital where he may find a solution for his problem.

At Aravind-Madurai, he explained his problem to the staff who examined his eyes for visual acuity. Since he could not join the army even if his refractive errors are corrected with power glasses, he was advised Lasik or Gyoptix which would rectify visual impairment with out having to wear glasses. So he was refered to that section. At the Lasik section, the counsellor gave him details about the Lasik and Gyoptix procedures and their advantages.

After getting Varun's consent, he was put to various tests and Lasik laser treatment was given to him. After the treatment, he got a clear vision and could read even small letters without glasses. At the next recruitment drive, he passed through all the tests successfully. As his refractive error was rectified by Lasik, he passed through the vision test also and he was taken to an army job. His joy knew no bounds.

Varun came to Aravind Hospital and expressed his thanks to the doctors and counsellor for helping to achieve his life's ambition.

Source: D. Sangeeta, Aravind- Madurai

Script: K.V.S.Lakshmanan