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## Quote

Look at the sparrows; they do not know what they will do in the next moment. Let us literally live from moment to moment.- Mahatma Gandhi

## Editorial

Quality eye care greatly depends on the use of technical equipment and instruments in the proper and accurate diagnosis of problems. A great majority of these instruments and equipment are manufactured in developed countries and are expensive. It is extremely important to take good care of them and employ preventive maintenance to keep them working at all times, thereby benefitting the patients as well as the organization. It was with this aim that an Instruments Maintenance Laboratory was opened in a small room of Aravind Eye Hospital, Madurai. Later the departments started offering training programmes on instruments maintenance to eye hospitals around the world and in the last month it celebrated the valedictory of its 100th course.

At Aravind, activities and events are organized periodically for employee upliftment and updation of knowledge. In the last month, meditation classes, motivational talk and Upa yoga sessions were organized at Aravind - Tirunelveli.

Sports day was celebrated for the staff of Aravind in Salem, which kindled their enthusiasm and sportive spirit.

Presbyopia Awareness week attracted almost 1000 patients and attenders, to its exhibition, at Aravind - Coimbatore. At Aravind - Salem, awareness programme on Allergies brought together 37 families affected by VKC - (Vernal Kerato Conjunctivitis).

Aravind participated in the launch meeting of the upcoming project, SCALE - (Strengthening Capacity and Learning to Effectively) held at L.V. Prasad Eye Institute, Hyderabad. The objectives, work plan and project reporting were elaborately discussed and agreed. A one month course was conducted for administrators and managers of eye hospitals in India, Bangladesh, Ethiopia at LAICO.

News about these and many more feature in this issue.

## NEWS AND EVENTS

### Valedictory Function of 100th Training Programme on Instruments Maintenance for Ophthalmic Technicians

Aravind - Madurai, April 30

'240', the internationally acclaimed Instruments Maintenance Department at Aravind - Madurai proudly celebrated the valedictory function of its hundredth course for ophthalmic technicians.

The staff who were involved with the department right from the beginning including Prof V.Srinivasan were invited for the function. Department staff shared the growth and activities of the department. The function was attended by



senior members and staff of Aravind. Trainees were given certificates and tools kit at the end of the programme.



## Meditation Classes

Aravind – Tirunelveli, April 25-27



As part of employee welfare activity, meditation classes were organized for staff members. Three volunteers from Heartfulness Society came and taught how to meditate and relax. A total number of 55 staff members comprising Doctors, MLOPs and Admin staff attended the classes.



## Awareness Programme on Allergies

Aravind – Salem, April 23



On the occasion of World Allergy Week, Aravind - Salem organized an awareness creation programme. All the patients affected with VKC and their family members were grouped. 37 families attended the programme and benefitted from free consultation, focused patient group counseling along with family members and an awareness talk by Dr.Anuja, Senior Medical Officer, Cornea clinic. Patients were given free sample eye drops (lubricants and anti-allergic drops with the support from Pharma companies).

All patients were provided with a questionnaire aimed to assess their quality of life with VKC.

The discussion and the awareness talk helped the patients a lot in knowing their eye problems and the relevant precautionary measures to control the same. Dr.Anuja, Dr.Lokeshwari and Dr.Rahul Nehate were the key persons who made the programme a great success.



## Motivational Sessions

Aravind – Tirunelveli, April 21





A motivational session titled Leading from the Front - to reach the unreachable, was conducted for camp organizers, camp managers, and staff of DR Project. Mr.R.Ganesh, Founder - Life Improvement through Mind Engineering handled the session. Lakshmi R, Manager - HR introduced him to the audience. She also gave a brief introduction about the session. By quoting practical and appropriate examples, Mr.Ganesh made the session very informative, interesting and inspiring.

Another motivational session was conducted on the topic, Unite and Achieve for MLOP supervisors and tutors. Mr.R.Ganesh handled the session. The session was attended by Dr. Divya, MLOP in-charge, Sr.Chidambaram, Nursing Superintendent, Sr.Arumugam, Assistant NS and MLOP Supervisors and Tutors.



## 11th Batch of Government Officers Visit Aravind

Aravind – Madurai, April 13-16



Aravind – Madurai hosted the 11th batch of Government Officers who come in groups to learn the best practices at Aravind. Mr. Bhagaban Padhy, Assistant Director - ISTM accompanied 35 officers in the cadre of Principle Private Secretary (Stenographers) from various ministries.



## Presbyopia Awareness Week

Aravind – Coimbatore, April 11 - 16

Aravind Eye Hospital, Coimbatore organized a Presbyopia Awareness Week. As part of the event, an awareness exhibition was conducted displaying various posters relating to Presbyopia. A video was also screened regarding the same. More than 1,000 patients and attenders visited the exhibition. Out of them, 75 attenders above the age of 40 were registered as new patients and were examined by a doctor. Awareness classes were taken throughout the week for all cadres of staff including cleaners. The event was highly successful.





## Senior Team from SERI (Singapore Eye Research Institute) Visits Aravind

Aravind – Madurai, April 7 - 8



Dr.S.Tin Aung and Jay Wei from Singapore Eye Research Institute and Dr. CC Khor from Genome Institute of Singapore visited Aravind Eye Care System. They met the senior management team, clinical heads, Aurolab and AMRF faculty and held discussions. Dr. Tin Aung delivered a guest lecture on Update on Angle closure glaucoma. The purpose of their visit was to expand collaboration and partnership between AECS and SERI.

## Sports Day for Staff

Aravind– Salem, April 3



Aravind – Salem organized track events, outdoor games and few team building sessions for the employees. Staff including all cadres was divided into two teams named Miraclers and Battlers. All the employees enthusiastically took



part in the events. Besides, special events were arranged to keep the children of staff engaged. Winners were awarded prizes.



## Employee Welfare Activity

Aravind – Tirunelveli, April 1



As part of employee welfare activity, 'Upa Yoga' class was conducted for the lady staff members. Three volunteers from Isha Yoga handled the sessions.

Upa Yoga essentially means "sub-yoga" or "pre-yoga". The word Upa in Indian languages is commonly used

to denote "usefulness. Upa Yoga is a simple yet powerful system of exercise that activates the joints, muscles, and energy system". It has many immediate and evident benefits. Based on a sophisticated understanding of the body's mechanics, 'Upa Yoga' dispels inertia in the body's energy and brings ease to the whole system.



## LAICO HAPPENINGS

### Launch of SCALE

Hyderabad, April 5-6



A new project titled Strengthening Capacity and Learning to Effectively deliver quality eye care (SCALE) was launched at L.V Prasad Eye Institute, Hyderabad. This three-year project is supported by Seeing is Believing, the Corporate Social responsibility wing of Standard chartered Bank, UK. 6 mentors and 54 mentees are involved in this project and it is coordinated by SEVA. LAICO is one among the mentors. Representatives from all the six mentoring hospitals were invited for these two days launch meeting. Mr. R.D Thulasiraj, Ms. Sashi Priya, Mr. Suresh Kumar and Mr.Yesunesan represented Aravind's work during the launch.

The project objective, work plan and project reporting were discussed in detail and agreed upon.



## Hospital Administrators and Managers Course

LAICO - 7th April to 6th May 2016

The 32nd batch of one month course for Eye Care Hospital Administrators and Managers was conducted. Seven participants from India, Bangladesh, and Ethiopia attended the course. So far, 299 participants from 33 countries have been trained through this course.



## TRAINING PROGRAMMES

Enrolments for April 2016 at Aravind Eye Care System		
Course title	Training Centre	Enrolments for April 2016
<b>Long Term Fellowship Programmes - For Ophthalmologists</b>		
<b>IOL &amp; Anterior Segment</b>	<b>Coimbatore</b>	1
	<b>Madurai</b>	1
<b>Cornea</b>	<b>Coimbatore</b>	1
	<b>Madurai</b>	1
<b>Glaucoma</b>	<b>Madurai</b>	1
<b>General Ophthalmology</b>	<b>Salem</b>	1
<b>Comprehensive Ophthalmology</b>	<b>Theni</b>	1
<b>Short Term Courses - For Ophthalmologists</b>		
<b>Clinical Observership Program In Diagnosis and Management Of Glaucoma</b>	<b>Madurai</b>	1
	<b>Coimbatore</b>	1
	<b>Tirunelveli</b>	1
<b>Neuro Ophthalmology</b>	<b>Madurai</b>	1
<b>Phacoemulsification</b>	<b>Madurai</b>	1
	<b>Tirunelveli</b>	1
<b>Small Incision Cataract Surgery</b>	<b>Coimbatore</b>	1
<b>Management of Retinopathy of Prematurity and Paediatric retinal disorders</b>	<b>Coimbatore</b>	1
<b>Lasers in Diabetic Retinopathy</b>	<b>Madurai</b>	2
	<b>Pondicherry</b>	1
	<b>Coimbatore</b>	2
<b>Management Courses - Non Clinical Courses</b>		
<b>Management Training and Systems Development for Hospital Administrators / Managers</b>	<b>LAICO</b>	7
<b>Instrument Maintenance Course</b>		



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## MONTHLY PATIENT STATISTICS

### April - 2016

Hospitals    Madurai    Theni    Tirunelveli    Coimbatore    Pondicherry    Dindigul    Tirupur    Salem    Udumalpet    Tuticorin    Total

#### HOSPITAL OUT-PATIENT VISITS

Paying (New & Review)	52,323	6,720	25,290	33,163	25,379	5,501	3,652	10,135	2,660	4,594	1,69,417
Free (Direct walk-in)	13,713	1,707	6,459	10,117	8,326	7	608	729	1,034	896	43,596

**OUTREACH OUT PATIENTS**

Regular Eye Camps	NA	870	1,701	3,518	806	NA	NA	234	NA	NA	7,129
Diabetic Retinopathy camps	NA	362	NA	544	537	NA	NA	NA	NA	NA	1,443
Refraction Camps	775	730	1,139	1,201	522	NA	NA	NA	NA	NA	4,367
Mobile Refraction Unit	NA	NA	NA	NA	NA	NA	NA	392	NA	NA	392
School Screening camps	NA	NA	396	NA	405	NA	NA	NA	NA	NA	405
Paediatric Camps	NA	135	622	NA	433	NA	NA	NA	NA	NA	1,190
Vision Centres	15,505	4,493	7915	2,947	4621	NA	755	NA	1073	NA	37,309
Community Eye Clinics	NA	1,624	2,352	NA	NA	NA	NA	NA	NA	NA	3,976
<b>Total OP Examinations</b>	<b>82,316</b>	<b>16,641</b>	<b>45,478</b>	<b>51,490</b>	<b>41,029</b>	<b>5,508</b>	<b>5,015</b>	<b>11,490</b>	<b>4,767</b>	<b>5,490</b>	<b>2,69,224</b>

**SURGERIES**

Paying	3346	426	1,221	1,671	1,406	250	177	550	122	167	9,336
Free (Direct)	3,011	238	879	1,689	1,262	76	118	154	205	110	7,742
Camp	5	191	339	1,099	345	NA	4	80	NA	NA	2,063
<b>Total Surgeries</b>	<b>6,362</b>	<b>855</b>	<b>2,439</b>	<b>4,459</b>	<b>3,013</b>	<b>326</b>	<b>299</b>	<b>784</b>	<b>327</b>	<b>277</b>	<b>19,141</b>

Note: NA - Not Applicable



A R A V I N D E Y E C A R E S Y S T E M

Admin