

# ABHALOK

Quarterly Newsletter

Vol- 6

October - December- 2024

Dear Readers,

Our vision is to eliminate avoidable blindness and improve the lives of people with blindness. Our efforts have been to reach the underserved people with eye health needs through models of community outreach, health education and innovation. During this quarter, we have reached 17,729 underserved people through outreach screenings and vision centres at distant pockets and 11,569 people have directly accessed to our eye hospitals. Other key achievements are described inside the newsletter.

We take immense pleasure & pride to announce that, Mahanadi Netra Chikitsalaya is commencing its 1<sup>st</sup> batch of 4 years' BSC Optometrist Course in 2025 approved by the Directorate of Medical Education & Training and affiliated with Odisha University of Health Science.

We wholeheartedly wish you all a very Happy New Year and the best of health and wealth in the years ahead!

With regards,  
Editorial Desk



**Prasant Kumar Naik,**  
**Chief Executive**

Good eyesight is very important and an essential aspect of our lives but, majority often take it for granted until they have problems.

Many individuals ignore early signs of eye diseases, or even worse, they do not notice the signs of such conditions and fail to seek treatment in a timely manner leading to preventable vision loss because of low awareness on eye health and other responsible factors including inadequacy or lack of facilities, transportation and different socio-economic constraints. Our entire eye care programme team have been working to bridge these gaps and reaching the underserved people with promotive, preventive and curative eye care services for which they are praiseworthy. I extend my warm congratulations to Mahanadi Netra Chikitsalaya on its 20<sup>th</sup> Foundation Day. Thank you for all the hard works and dedications you all put into achieving many milestones. Wish you all a very Happy and successful New Year 2025.



**Dr. Devendra Kumar Sahu,**  
**Medical Superintendent**

With great pleasure and pride, I welcome all the readers of this newsletter and wholeheartedly wish you all a happy and prosperous New Year.

We firmly believe that nothing is more important than one's health and our primary aim is to alleviate human suffering through the healing hands of our eye care team. Our management, dedicated doctors & paramedics, and all staff members work cohesively to provide top-notch eye care services keeping the cost affordable. Our commitment remains unwavering in our pursuit of providing compassionate and high-quality eye health care services to all. I convey my heartiest thanks to Odisha Eye Care Programme team for their hard works and commitments in this endeavour.

Sl.No.	Activities/Indicators	Achievements
<b>A</b>	<b>Base Hospital</b>	
1	New cases registered at MNC	8,484
2	Review Cases accessed to OPD	6,821
3	Cataract Surgeries conducted	3,104
4	Other Surgeries conducted	251
5	Refraction conducted at MNC	2,310
6	Cases detected with Refractive Error	1,869
7	Spectacle dispensed/provided	1,405
8	Glaucoma screening	115
9	Glaucoma Surgery	28
10	Diabetic retinopathy	112
<b>B</b>	<b>Outreach Screening Camp</b>	
1	People screened at outreach camp site	2,703
2	No of persons referred to Base Hospital	1,117
3	No of persons reported to Base Hospital	571
<b>C</b>	<b>Vision Centre</b>	
1	New Cases accessed to Vision Centre	7,106
2	Review cases	1,783
3	Cases referred to Base Hospital	1,588
4	Cases reported for surgical intervention	1,405
5	Refraction	2,091
6	Spectacle Provision	1,219

#### Services/facilities at MNC:

- Suture Less Cataract Surgery- SICS & Phaco with Foldable Lens
- All types of Ocular Surgeries
- Refraction Services
- Glaucoma Services
- Retina Service
- Low Vision Services
- Vision Therapy service
- In House Lab, Medicine, Spectacle and Contact Lens dispensing unit
- Training under NBEMS(DNB) & NCVRT

#### Observation of World Sight Day on 10<sup>th</sup> October 2024

World Sight Day is observed worldwide by eye care institutions on the 2<sup>nd</sup> Thursday of October month every year to raise awareness on eye care and improve eye health seeking behaviour of common people. The theme of the World Sight Day this year was "Children, love your eyes". It emphasises the significance of safeguarding eye health and vision, raising awareness about vision impairment and blindness, and promoting proper eye and vision care. WHO places particular focus on child eye health, highlighting the need for eye care services to be accessible, available and affordable for all children. This year, MNC observed the occasion through various programs organised both at the base hospital as well as vision centres located in different places of its interventional districts. At MNC base hospital, the day begins with an awareness rally involving NSS & NCC students of Subalaya College. The large group holding placards & chanting slogans of eye care messages covered all the prominent places to disseminate messages among the common mass. To mark the occasion, free registration was allowed to all patients below the age group of 15 years at the base hospital beside a workshop on Amblyopia involving identified children & their guardians. Free eye patches were distributed and uses explained.

On the same day, the vision centres functioning under MNC had taken up School Screening Programs, awareness rally & focus group discussions in their respective work areas. Free spectacles also distributed among the identified students to address the refractive error issues among school going children.







### 1<sup>st</sup> Birth Anniversary of VC Tushra on 22<sup>nd</sup> October 2024

On 22<sup>nd</sup> of October, the Tushra vision center celebrated its 1<sup>st</sup> birth Anniversary with much fun & fair. With the support of Don Parlow & Operation Eye Sight, the vision center was established in October 2023 at Tushra to cater the eye care needs of the population residing in & around the Tushra NAC jurisdiction. Since its establishment, the center is providing primary eye care services to the people beside working to bring an increment in the eye health seeking behaviors of the common people. To mark the day, a cake cutting program was held in the morning which was followed by Screening camp & sensitization program attended by grassroot service providers. Local dignitaries belonging to different spectrum of society have attended the event. Free spectacles distributed among the identified refractive error patients. The event was well covered in the print & electronic media for dissemination of information.

### Chatsala on Diabetic Retinopathy on 20<sup>th</sup> October 2024

Now, India is considered as the capital of Diabetes. People with diabetes can have an eye disease called diabetic retinopathy. The National Blindness and Visual Impairment Survey (2015-19) indicates the prevalence of diabetic retinopathy among persons with diabetes at 16.9%. It is caused by changes in the blood vessels of the retina. In some people, retinal blood vessels may begin to leak fluid leading to swelling of the retina (diabetic macular edema). In others, new blood vessels grow on the surface of the retina abnormally (proliferative diabetic retinopathy). These changes are vision threatening.

Continuous Medical Education (CME) Program - Chatsala on Diabetic Retinopathy was organised by MNC- Lepira Society on 20<sup>th</sup> October 2024 to address the rising concerns of Diabetic retinopathy patients in its interventional districts by involving eminent ophthalmologists & Researchers of Odisha state. Around 100 participants stormed their heads in an intense discussion session to chalk out action plan in addressing the burning issue and put a check on the increasing trend of retinopathy in Diabetic patients.



### Exposure Visit: -

Under capacity building program, the Hospital Administrator & Finance Officer of MNC made an exposure visited LAICO, Madurai to attend the CPE program intended for the managers on dt. 4<sup>th</sup> Nov-24 to 6<sup>th</sup> Nov-24. The objective of the program was sharing of best practices from peer institutions working in the eye care field and preparing mitigation strategies to encounter the challenges in this ever-evolving Ophthalmological world. The program was designed such a way to share own experience & learn from others under the able guidance of eminent Ophthalmologists & eye care managers across the nation.





## World Diabetic Day On 14<sup>th</sup> November 2024

Mahanadi Netra Chikitsalaya (MNC)- Lepra Society observed the World Diabetic & Children's Day on 14<sup>th</sup> November 2024 by organising exclusive "Diabetic Retinopathy camps" and "Sishu Mela" in different locations of its interventional districts.

The clinical team from the base hospital visited Sonapur & Boudh head quarter with all necessary equipment to diagnose DR cases for early intervention. A "Sishumela" was also organised at Athamallik Anganwadi Centre to educate the children & their care takers on preventive & curative measures related to eye care.

## Exposure Training:

On the invitation of Vision 2020, a team of four numbers of OT staff (two each from MNC & MNC Jharsuguda) had visited MGM eye hospital, Raipur on a two days visit. OT protocols which include sterilization, infection control, hand washing & gowning etc were discussed in details. The training was very intense and participatory.



**Safeguarding Training:** To educate the staff & trainee on safeguarding policy and measures of LEPROA Society and to create a safe & secure environment for all, the much-awaited safeguarding training was held at MNC-LEPROA Society on 13<sup>th</sup> December 2024. Dr. Ritupurna Hota had joined the program as master trainer. Around 80 numbers of participants that include Staff, Consultants & trainees participated in this training session and learnt the nitty-gritty of safeguarding measures. Topics covered were on child abuse, process for registering complaint and the finer lines between joke, misbehavior and sexual harassment at a work place.

## Celebration of 20<sup>th</sup> Foundation Day:

With much fun & fair, MNC observed its 20<sup>th</sup> foundation Day function on 21<sup>st</sup> & 22<sup>nd</sup> of December in its premises. The two days long celebration included programs such as song & dance competition, entertainment games, blood donation, debate competition among school students, public meeting and cultural programme by staff. The function began with birthday cake cutting & group photographs followed by Blood Donation camp and Debate competition among school children. The much-awaited public meeting was held in the afternoon. Eminent persons from different spectrum of society attended the meeting as guest and inaugurated the Annual report "Abhalok".

Colorful cultural program managed by staff was held in the evening which was much appreciated by the guest & local public.





## Mahanadi Netra Chikitsalaya (MNC), Jharsuguda July to September 2024

Sl.No.	Activities/Indicators	Achievements
A	<b>Base Hospital</b>	
1	New cases registered at OPD	200
3	Cataract Surgeries conducted	160
4	Refraction	110
5	Spectacle dispensed/provided	60
1	People screened at outreach camp site	1,500

### Services/facilities available:

- Suture Less Cataract Surgery- SICS & Phaco with Foldable Lens
- Refraction and Spectacle Provision Services.

The cases screened with cataract under OJAS Project in Jashpur district of Chattisgarh State will be provided cataract surgery services at MNC, Jharsuguda. So, on 7<sup>th</sup> October 2024, Ms. Samta from Operation Eyesight Universal visited for facility and system assessment of MNC, Jharsuguda. She visited the hospital (OPD, OT and inpatient ward), observed record maintenance registers and interacted with staff. She also oriented on online documentation process of the project outputs and recommended few suggestions to look in to on screening camps, patient transportation from Jashpur district for cataract surgeries, spectacle provision and coordination with the local staff of the donor (Fusion Microfinance). Staff selected for this project were oriented on how to proceed for household survey, eye screening and the reporting of daily activities and outputs. On subsequent date a plan was prepared for the implementation. Screening kits distributed to the CHVs belonging from Pathalgaon block of Jashpur district, Chattisgarh. After this meeting, the field implementation was started.



## Junagarh Netra Chikitsalaya (JNC), January to June 2024

Sl.No.	Activities/Indicators	Achievements
1	New cases registered at JNC	2,885
2	Review Cases accessed to OPD	1,035
3	Cataract Surgeries conducted	1,371
4	Other Surgeries conducted	14
5	Refractive error identification	831
6	Spectacle dispensed/provided	702
7	Glaucoma screening	17
8	Diabetic retinopathy referral	07
9	People screened at outreach camps	2,688
10	New Cases accessed to Vision Centre	2,230
11	Spectacle Provision at Vision Centre	295

### Services/facilities available:

- Computerized Eye Examinations with use of modern equipment
- Refraction Services
- Cataract Surgery and other minor surgery
- Primary service for Retina and Glaucoma and referrals
- Low Vision Services
- In House Lab, Medicine, Spectacle and Contact Lens dispensing unit



### ASHA Training:

An ASHA training programme was conducted on 22<sup>nd</sup> October 2024 at the Community Health Centre, Padmapur of Rayagada district. The objective was to orient them on primary eye health and cataract screening. 43 ASHA workers had participated in the programme. The medical officer of CHC and block programme coordinator under the CHC had also attended the camp. ASHAAs were demonstrated on the cataract identification method and also provided inputs for awareness generation in their respective villages and requested to refer cases to nearest health centre if they identify anybody with eye health issue.



### Observation of World Sight Day:

JNC has observed World Sight Day on 10<sup>th</sup> October 2024 by conducting eye screening activities in schools at Junagarh. More than 1,200 students have been screened. Out of them, 177 students were examined for refractive error. 83 students were identified with refractive error, they were prescribed for spectacle and advised to wear spectacle regularly.



### Participation in Ayusmaan Arogya Sibir:

On behalf of Junagarh Community Health Centre (CHC), Ayusman Arogya Sibir had been conducted in which JNC had participated invited by the CHC. 300 people had attended this event. Out of them 79 people were referred for eye examination and they were examined by the technical team of JNC. Among them, 54 people were identified with uncorrected refractive errors and provided corrected spectacles. 12 people identified with cataract and transported to JNC for surgery services.

### Outreach Screening Camps:

An outreach camp had been conducted on 12<sup>th</sup> November 2024 at Malijubanga Grampanchayat in collaboration with a local NGO namely Seva Jagat in the presence of local leaders and volunteers. We conducted eye examinations of 60 people. 12 people identified with refractive errors and they were prescribed for spectacles with due counselling. 12 people identified with cataracts and they were transported to JNC for cataract surgeries.

Further, 3 eye screening camps for people with disabilities had been conducted in November and December 2024 at Kalampur Block Office, Kesinga Block Office and Karlamunda Block Office respectively. We reached 80 people with disabilities and examined their eyes. 61 people among them were screened with uncorrected refractive error and they were provided with corrective spectacles in free of costs. 12 people identified with cataract and were referred to JNC for free cataract surgery services.





## Urban Eye Health Programme, January to June 2024

Sl.No.	Indicators of Vision Centres	Achievements	Indicators Mobile Screening Van	Achievements
1	New cases screened at Vision Centres	1,073	New cases registered at Van OPD	1,474
2	People screened at camps	429	Nos of people refracted	1,474
3	Total people screened at VC + camp	1,502	Nos of people identified with RE	1,172
4	Total people examined at secondary level	19,629	Spectacle prescribed	1,143
5	No. of people refracted	1,169	Spectacle dispensed/provided	465
6	Spectacle dispensed/provided	0	Patients referred to Base Hospital	17
7	Cataract surgery facilitated and performed	8	Cataract cases & referred for surgery	69
8	Diabetic retinopathy screening & referral	214	Blood sugar test done for patients	490
9			Fundus photography to screen DR	161
10			Community Awareness Events	7

On Dec 14, 1990, the UN General Assembly made 1st Oct as the International Senior Citizens Day, a special day dedicated for the seniors all over the world. So, in order to make it more memorable, Odisha Govt. every year observed this day, Lepira Society was invited to conduct a free camp in the premises of Rabindra Mandap, Bhubaneswar. The camp started around 9:30 am and continued for about 6 hours. 75 patients were diagnosed in total among which 74 were male only. It was observed that maximum number of people were found with cases of Refractive Error (about 70). They were consulted with the rectified pair of lenses in their prescription. Among them 5 males were diagnosed with Posterior sub-capsular Cataract (PSC) and Nuclear Sclerosis Cataract (NSC), who were further referred for cataract surgery. Frequent cases of Nystagmus and Pterygium were observed with the patients. About 29 spectacles were distributed free of cost to the needy seniors who can't afford the market price.



A sensitization program on Diabetic Retinopathy (DR) was organized on 3rd November at Hotel Excellency, aiming to raise awareness among healthcare professionals about the prevalence, risk factors, clinical features, and management of DR. Mr. Madhav Chandra Mishra opened the session with a welcome speech, introducing the day's objectives. Mr. Siva Prasad Behera spoke on the contributions of Sightsavers India, highlighting the organization's performance and achievements in Odisha in combating visual impairments, including DR. Highlighted topics are **Presentation on Risk Factors of Diabetic Retinopathy by Dr. Debendra Sahu, Clinical Features and Classification of Diabetic Retinopathy by Dr. Rohit JPM, Investigation of Diabetic Retinopathy by Dr. Santosh, Management of Diabetic Retinopathy by Dr. Anjalika**. The sensitization program successfully enhanced participants' understanding of Diabetic Retinopathy, underscoring the importance of early detection, awareness of risk factors, and effective management practices. The event fostered collaboration among healthcare providers, with a shared commitment to addressing DR's impact on patient lives.



The **State-level Sishu Mahotsav, 'Suravi'** took off on the premises of Capital High School in Bhubaneswar on 12<sup>th</sup> to 14<sup>th</sup> November, 24 (Tuesday to Thursday). Inaugurating the three-day children's festival, Nityanand Gond, Minister of School and Mass Education, said, "Viksit Odisha, Viksit Bharat needs to be improved at the grassroot level. If art survives, the country will survive." Students engaged in a range of activities, including local tours, excursions and interviews with prominent personalities. This program also features competitions, science project exhibitions, workshops, and group cultural performances offering students a comprehensive experience. We felt really exhilarated while screening and interacting with a mass number of patients, i.e, about 305, out of which 74 were child male and 60 were child female. About 132 cases of Refractive Error was observed with the adults and 35 within the children, who were prescribed for glasses. Similarly, 5 were identified with 'Cataract', among which was a case of 'Congenital Cataract' with a child male, who were further referred for surgery. Many other cases like Nystagmus, Pterygium, Microphthalmos with micro-cornea were observed within the children, thus getting advised for higher and better treatment.



From December 1<sup>st</sup> to December 3<sup>rd</sup>, we hosted an event to observe International Disability Day at the KIIT campus and the NCSCDA department. Over the three days, we screened a total of **502 individuals**, which included **76 persons with disabilities (PWD)** and **28 children**. Thanks to the generous support of Sightsavers India, we provided **258 people** with free reading glasses, along with **6 individuals** who received complimentary eye drops. During the screenings, **11 people** were identified as having cataracts and were advised to undergo surgery. Among the PWD population, **28 individuals** received both free spectacles and eye drops. This event was not only about providing medical assistance but also about interaction and learning from the special individuals we met. Their stories and perspectives were invaluable, enriching our understanding of their needs and challenges.



## An Impact Story:

The Bargarh district is famous for its natural beauty - Waterfalls, forest, mountain, cool weather, atmosphere with high oxygen level, tribal people & their custom etc but is also infamous for its poverty, Maoist activities, poor infrastructure, lack of proper health facilities etc. Under such scenario, to address the health care issues especially eye care services, MNC-LEPRA has established one vision centre at Attabira- Bargarh District with the support of Sightsaver in 12<sup>th</sup> April 2022 under the Rural Eye Health Programme. Besides providing primary eye care services at the vision centre, the Community Health Worker conduct screening camps and door to door visit and refer identified cataract cases to the base hospital for surgical intervention. During such a visit to Kulunda village of Attabira block of Baragarh district, the Community Health Worker found a lonely lady sitting at the corner of the veranda at her home. The Community Health Worker interacted with her in the local language. She introduced herself as Saraswati Sahu, aged around 59 years. The reason of her loneliness was heart breaking. As she belongs to tribal community, the other members of the family had gone to the nearby forest for collecting woods &





other forest products. Saraswoti also was going for forest produce collection. But, due to severe visual impairment and inability to do anything without the support of others from last six/seven months, she was forced to stay back and sit idle at the corner of the veranda waiting for other family members returning from forest. She was explaining this with sorrow and also was unhappy about her inability to contribute to the family. The community health worker checked her eyes and found her both eyes with cataracts that need surgical intervention at the earliest.

The Community Health Worker waited her family members' returns from forest. There was a fear for surgery and bearing the cost of the treatment. After lots of counselling and persuasion, she & her family members agreed for the cataract surgery upon which she was transported to the base hospital on 18<sup>th</sup> October 2024. At the hospital, after all pre-surgery procedures, the cataract on her right eye was operated. The surgery outcome was very good. She was advised to come to vision centre for review and also cataract surgery on the left eye after 3 months.



On due date, her post-operative vision was assessed at the vision centre and found with good vision. Few days later, the Community Health Worker visited the home of Saraswoti and found Saraswoti was cooking food. That was a pleasant surprise. She offered food to the Community Health Worker and thanked a lot to LEpra Mahanadi Netra Chikitsalaya for its kind services for which she could be able to do her own works independently. She was very emotional. The Community Health Worker reminded her about the cataract surgery in left eye. She smiled and agreed to come on the given date. This time there was no fear.

## Training Opportunity at Mahanadi Netra Chikitsalaya (MNC)

**Mahanadi Netra Chikitsalaya**  
**LEpra Society**  
An ISO and NABH accredited eye care center  
Pandapali, Biramaharajpur, Subarnapur, Odisha-767018

**ADMISSION**  
+ **OPEN**

**BSc. Optometry**

Affiliation with Odisha University of Health Science (OUHS) Govt. Odisha  
(A 4 years degree course)

**JOB OPPORTUNITIES**

- Govt & Private Eye Care Centers
- Professional service
- Private Practice
- Optical Retail Chain
- Academics
- Research

**Eligibility: +2 Science with 50% Mark**

**Contact for Admission:**  
9437443354, 9178203769  
mnc@leprahealthinaction.in  
www.lepramnc.in

**Hostel facility available in the campus**



Optometrists are primary healthcare providers of comprehensive eye care.

Their works include refraction and dispensing spectacles, detection/diagnosis and co-management of eye disease and rehabilitation of the conditions of the visual system.

This course will benefit youths in getting fast track to a career as eye health professional.

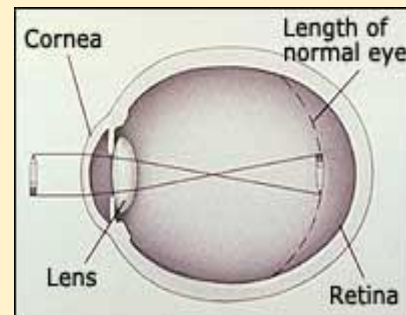
There are job opportunities available both in the government and private sectors.



## Information about Myopia:

Myopia is commonly known as near-sightedness or short-sightedness. It is a type of refractive error, meaning a vision problem that stops you seeing clearly - in this case, seeing objects that are far away.

Myopia occurs because the eyeball is longer than average. A longer eyeball means when light enters the eye, it's not focused properly on the retina (the light-sensing tissue lining the back of the eye). As a result, the image they see is blurry. Controlling eye growth is the most important factor for achieving normal vision. Nearsighted glasses, contact lenses, and laser refractive surgery are all used to move the image from in front of the retina to on the retina.



Myopia is easily corrected by wearing glasses or contact lenses. But if one has "high myopia" (meaning severely short-sighted) then he or she has a higher risk of developing other conditions across his or her lifetime, and these conditions could permanently damage the vision. These conditions include:

- Retinal detachment: where the retina tears and peels away from the back of the eye.
- Glaucoma: where nerve cells in the retina and optic nerve are progressively damaged and lost.
- Myopic Maculopathy: where the longer eyeball means the macula (part of the retina) is stretched and thinned, and can lead to tissue generation, breaks and bleeds.

Myopia in children is on the rise. Short-sightedness - already affects up to 35% of children across the world, according to a recent review of global data. The researchers predict this number will increase to 40%, exceeding 740 million children living with myopia by 2050.

Many people may be unaware that treating myopia (through interventions such as glasses) is about more than just comfort or blurry vision. If left unchecked, myopia can rapidly progress, increasing the risk of serious and irreversible eye conditions. Diagnosing and treating myopia is therefore crucial for your child's lifetime eye health.

**'Your Small Contributions can bring changes in Other's life....  
Can You?**

### CHASMADAN (Rs. 250/- Only)



👉 Refractive error is the second largest cause of Blindness.

👉 You can save one's future by Preventing needless Blindness caused by Refractive Error.

### DRUSTIDAN (Rs. 2000/- Only)



👉 Don't let anybody to darkness merely because of lack of money.

👉 Help a helpless one by Restoring lost vision through cataract surgery .

### ANNADANA (Rs. 1000/- Only)



👉 Annadana - Mahapunya - No "Dana" is more Valuable than "Annadana - Feeding the Hungry one ."

👉 Feel the Happiness of giving - By Contributing towards Single Meal cost of 30 Patients.

*Donations made to Eye Care Services of LEpra Society are exempted under Section 80-G.  
For any queries, please contact us on below mentioned address.*

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