



Newsletter

Vol. 1, Issue 1

Qtr. 1, 2023



CONTOURA VISION LAUNCH
by Ms. Geeta Phogat

GLAUCOMA AWARENESS WEEK
13-18 March, 2023

**RETINA INVESTIGATION
INAUGURATION**
in Community department
17 Feb, 2023

TRAININGS:

- Service Excellence workshop
- Oculoplasty CME
- Yellow Belt Certification (optom)



@icareeyehospital



@icarehospital



@icare24x7



Message from CEO



Dear ICARE Team,

I hope this message finds you all in good health and high spirits. Today, I want to take a moment to reflect on the essence of our work: Patient Care with Empathy.



Dr. Saurabh Choudhry

At the heart of our healthcare system lies the patient, the very reason we come together as a team each day. While medical advancements and technological breakthroughs are crucial, it is the human touch, compassion, and empathy that make the most significant impact on the lives of those we serve.

As healthcare professionals, we have a unique opportunity and responsibility to make a positive impact on the lives of those we serve. Our commitment to patient care goes beyond the treatment of physical ailments; it encompasses their emotional well-being, comfort, and overall experience.

At ICARE, we have always aimed to make a positive impact on the lives of our patients, their families, and the communities we serve. Our patients entrust us with their health and well-being, and it is our duty to honour that trust by delivering care that is compassionate, personalized, and comprehensive.

As we continue to grow and adapt to the ever-evolving landscape of healthcare, it is crucial that we keep patient care and empathy at the forefront of our priorities. Here are a few key points I would like to emphasize:

Putting Patients First:

Our patients should always feel valued, respected, and heard. We must strive to create a welcoming environment where open communication and active listening are the norm. Each interaction is an opportunity to make a positive impact on someone's life, and we should never underestimate the power of a caring attitude and a kind word. By truly listening, understanding, and connecting with our patients, we can make a profound difference in their experience and outcomes.

Empathy in Practice:

Empathy lies at the heart of patient care. By putting ourselves in their shoes, we can offer support, reassurance, and kindness during their journey towards recovery. Our ability to empathize empowers us to deliver personalized care that truly addresses their unique needs. I urge each and every one of you to reflect upon your interactions with patients and evaluate how we can enhance our level of care. Let us prioritize active listening, ensuring that our patients feel heard, understood, and valued. A warm smile, a gentle touch, or a kind word can go a long way in brightening someone's day and providing them with the strength to face their challenges.

Let us approach every interaction with genuine empathy, treating each patient as we would our own loved ones.



Message from CEO



Building Trust:

Trust is earned through consistent and reliable care. By cultivating trust, we create a foundation upon which strong patient relationships can flourish. It is vital that we maintain the highest standards of professionalism, competence, and integrity in our work. Remember, our patients are not just medical cases; they are individuals with their own stories, dreams, and fears. By treating them with dignity, respect, and genuine compassion, we can create a healing environment that promotes trust, understanding, and healing.

Our dedication to patient care should always be unwavering, as we understand that the quality of our services directly impacts the lives of those who rely on us.

Supporting One Another:

Providing exceptional patient care requires a team effort. By fostering a positive and inclusive work environment, we create a space where our team members feel valued, appreciated, and motivated to deliver their best every day.

To cultivate patient care and empathy, we must also nurture these qualities within ourselves. I encourage you to engage in ongoing training and professional development. Enhancing our communication skills and fostering self-awareness will allow us to serve our patients even better. Let us never stop learning and growing as healthcare professionals.

By supporting one another, sharing experiences, and learning from each other, we can collectively elevate the level of care we provide and continuously improve our practices.

In conclusion,

Remember, our commitment to patient care and empathy extends not only to the clinical setting but to all areas of our organization. From administrative staff to support personnel, each member of our team plays a vital role in upholding these values.

Together, we can make a lasting impact on the lives of countless individuals, providing not only medical treatment but also a compassionate touch that resonates deeply.

Thank you for your unwavering dedication and the profound impact you make every day.

Regards,

Dr. Saurabh Choudhry

CEO

Director Cataract and Refractive Services

ICARE Eye Hospital, Noida



Editor's Column



Dear all,
Greetings from the Editorial Desk!

It gives me immense pleasure to bring to you the ICARE Newsletter – ISHARE.

At the outset I would like to thank Dr Sushil Choudhry (Bade Sir), Dr Rewa Choudhry, Dr Saurabh Choudhry and Dr Reena Choudhry for giving me the prestigious opportunity of being on the Editorial team of this beautiful endeavour. My personal journey with ICARE began almost 2 years ago and I would like to sum up my journey so far through this beautiful quote :



Dr Nupur Goel

“Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven’t found it yet, keep looking. Don’t settle. As with all matters of the heart, you’ll know when you find it. fin”

I am sure all of us working at ICARE will resonate with the above thought that in our heart we know that WE HAVE FOUND IT!!

The newsletter especially is a great way in strengthening the beautiful bond that we share with the institute and with each other. I congratulate Jasmeet and the team for the carefully and mindfully crafted newsletter. The beginnings with bidding farewell to those who have embarked on an onwards journey elsewhere is a beautiful way to commemorate each’s contribution to the institute. The Birthday directory is an excellent way to remind the birthday boys and birthday girls of the treats that are pending – Jokes apart – It is a wonderful way of letting each know how much every single person matters to the organization . The beautiful amalgamation of activities – academic , community work and training that have happened over the quarter are a perfect example of the inspiring work we as a team are doing and the vision for a continuous strife to keep doing better. The ICARE GOT TALENT SECTION – is my personal favorite and the poems shared by our employees are fantastic and just an example of the humongous talent iceberg we are sitting on. The riddle section at the end is sure to entertain all readers.

All in all - I feel extremely proud and happy of this edition of the newsletter that is coming up. We also look forward to more and more contributions from all in the future with respect to Patient stories, Acts of Kindness etc.

At the end I would like to conclude with another beautiful quote :

“Coming together is a beginning, keeping together is a progress, working together is success.”
Lets work hard together to make ISHARE as successful as we have made ICARE over the years.

Regards,
Dr Nupur Goel
Editor, iSHARE
Consultant – Anterior Segment & Oculoplasty,
ICARE Eye Hospital, Noida



HR UPDATE:

Welcome on board: New joinee list



KM RACHNA SHARMA
HR, Executive
Joining Date - 02/01/2023



RANJIT KUMAR
IT, Assistant Manager
Joining Date - 02/01/2023



VIKRAM SINGH
Community, Field Assitant
Joining Date - 02/01/2023



KOMAL
Front Office, Executive
Joining Date - 03/01/2023



NIDHI TAKYAR
Community, Executive
Joining Date - 03/01/2023



SACHIN KUMAR SINGH
Operation Theatre, Helper
Joining Date - 12/01/2023



TANUJ KUMAR
Community, Feild Assistant
Joining Date - 12/01/2023



SNEHLATA
PCS-OPD, Exeutive
Joining Date - 02/01/2023



SHYAM SINGH
Operation Theatre, Assistant
Joining Date - 24/01/2023



RAZIYA PARBEEN
Community, General Duty Assistant
Joining Date - 27/01/2023



AFSANA PARVEEN
Operation Theatre, Assistant
Joining Date - 27/01/2023



ADITYA DUBEY
Store - Executive
Joining Date - 30/01/2023



MOHIT TYAGI
Medical Store,
Pharmacist
Joining Date - 01/02/2023



RANU SHARMA
Marketing,
General Duty Assistant
Joining Date - 01/02/2023



AJAY
Patient Care Service-OPD,
Floor - Coordinator
Joining Date - 10/02/2023



SAURABH TIWARI
Patient Care Service-OPD,
Executive
Joining Date - 10/02/2023



HR UPDATE: Welcome on board: New joinee list



UDIT KUMAR

Patient Care Service-OPD,
Floor - Coordinator
Joining Date - 13/02/2023



SWARN PRIYA

Patient Care Services-MRD,
Executive
Joining Date - 15/02/2023



JOYEETA SARKAR

Admin, Executive Assistant
Joining Date - 20/02/2023



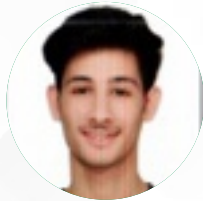
SHINKU MISHRA

Patient Care Service-OPD,
Executive
Joining Date - 01/03/2023



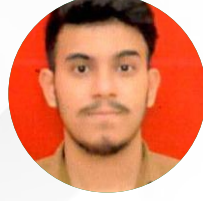
RAJNEESH PRASAD SEN

Optometry, Sr. Optometrist
Joining Date - 01/03/2023



MOHIT BISHT

Operation Theatre, Assistant
Joining Date - 09/03/2023



VIJAY KIROULA

Operation Theatre, Assistant
Joining Date - 09/03/2023



VIKAS

Community, Data Entry Operator
Joining Date - 16/03/2023



AARTI

Patient Care Service-OPD,
General Duty Assistant
Joining Date - 21/03/2023



PREETI

Patient Care Service-OPD,
General Duty Assistant
Joining Date - 21/03/2023



ANJALI

Marketing,
Graphic Designer
Joining Date - 23/03/2023

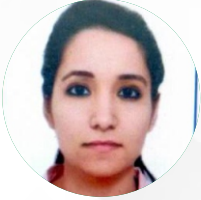


MOHD. SALIM

Marketing,
Assistant Manager - Branding
Joining Date - 24/03/2023



HR UPDATE: Welcome on board: New Consultant list



Dr. RITIKA GAUR
Consultant
Joining Date - 23/01/2023



Dr. SONALI VERMA
Consultant
Joining Date - 25/01/2023



Dr. SHRIYA DHAR
Consultant
Joining Date - 18/02/2023



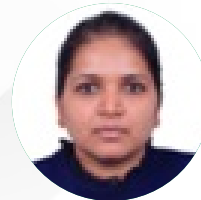
Dr. RUPALI KASHYAP
Medical, Fellow
Joining Date - 01/03/2023



Dr. UJALA SHARMA
Medical, Fellow
Joining Date - 01/03/2023



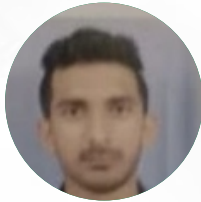
Dr. IFRAH DAVOOD
Medical, Fellow
Joining Date - 01/03/2023



Dr. SUMAN GROVER
Consultant
Joining Date - 28/03/2023

Employee of the month

Being named Employee of the Month is an accomplishment that you all should be proud of. It is a reflection of your commitment to your job and your ability to consistently deliver high-quality work. Your colleagues and superiors have recognized your contributions, and this recognition will undoubtedly help you in your future endeavors.



Mr. VIKAS KUMAR THAKUR
Executive, Community
Star of the month - Jan 23



KIRAN
General Duty Assistant (PCS)
Star of the month - Jan 23



ARUN KUMAR PANDEY
Electrician, Facility
Star of the month - Jan 23



BABITA KUMARI
Optometrist, Optometry
Star of the month - Jan 23



JITENDER KUMAR
Marketing, Senior Executive
Star of the month - Feb 23



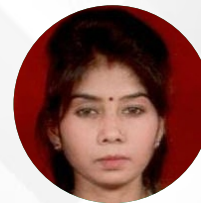
SATISH KUMAR
Optometrist, Optometry
Star of the month - Feb 23



MAHIPAL SINGH RAWAT
Accounts, Executive
Star of the month - Feb 23



SUSHAN KHADKA
Optometry -Internship (Optometry)
Star of the month - Feb 23



VANDANA
Housekeeping
Star of the month - Feb 23



Birthdays

Birthdays are a time to celebrate life, love, and happiness. It is a day to reflect on the past year and make plans for the future. Whether it is a big celebration or a quiet evening with loved ones, the important thing is to enjoy the moment and cherish the memories. Happy birthday to all those celebrating!

Emp Code	Employee Name	Designation	Birthday Date
0703	Anuj	Field Assistant	01-Jan
0035	Jai Prakash	Ophthalmic Nursing Assistant	01-Jan
0434	Jyoti	General Duty Assistant	05-Jan
0196	N.K. Gautam	Manager-Facility	06-Jan
0801	Rajesh Kumar Sharma	Assistant	06-Jan
0712	Nikhil Sharma	Executive	07-Jan
0432	Vipin Chandra Joshi	Assistant OT	18-Jan
0275	Sachin KumarDan Singh	Senior - Pharmacist	20-Jan
0120	Gaira	Executive	25-Jan
0018	Yogeshwari Bansal	Head-Optometry Training	25-Jan
0855	Nirmal Bairagi	Health Worker	26-Jan
0081	Ashima Upreti	Assistant Manager	28-Jan
0619	Ajay Kumar	General Duty Assistant	01-Feb
0674	Rahul	Field Assistant	01-Feb
0069	Jyoti Sharma	Executive	02-Feb
10115	Ranjana Kumari Pariyar	Vision Technician	02-Feb
0033	Mahendra Kumar Singh	Staff Nurse	05-Feb
0519	Rajesh Pandey	Driver	06-Feb
0080	Mukesh Bhatt	Manager	11-Feb
2012	Sabreena Rummy	Internship (optometry)	12-Feb
0523	Vandana	General Duty Assistant	12-Feb
0902	Kamal Singh	Manager	13-Feb
0894	Kritika Negi	Staff Nurse	15-Feb
0597	Kumari Varsa	Optometrist	17-Feb
758	Mrintunjay Kumar	Optometrist	18-Feb
0910	Komal	Executive	23-Feb
0059	Susanta K Parmanik	Assistant	23-Feb
0211	Mahipal Singh Rawat	Executive	25-Feb
0812	Anshu	General Duty Assistant	27-Feb
0819	Geeta Kumari	General Duty Assistant	28-Feb
0935	Rajneesh Prasad Sen	Sr. Optometrist	01-Mar
0945	Sapna	Pharmacist	01-Mar
0047	Uttam Kumar	Ophthalmic Assistant	01-Mar
0873	Vinita Singh	General Duty Assistant	01-Mar
0816	Rajan Singh	Helper	02-Mar



Emp Code	Employee Name	Designation	Birthday Date
0217	Swati Nagar	Manager	02-Mar
0046	Sayara Khan	Ophthalmic Assistant	03-Mar
0880	Kumari Nidhi	General Duty Assistant	04-Mar
0068	Smita Mukherjee	Cashier	06-Mar
0787	Kakoli Mahanta	Optometrist	08-Mar
0920	Afsana Parveen	Assistant OT	10-Mar
0577	Akash Kumar	Optometrist	10-Mar
0748	Mahendra Singh	Health Worker	10-Mar
0806	Jitender Kumar	Helper	12-Mar
0767	Nikhil Shirin	Counsellor	17-Mar
0937	Vijay Kiroula	Assistant OT	22-Mar
0710	Arvind Kumar	General Duty Assistant	24-Mar
0906	Nitu Kumari	Optometrist	26-Mar
2010	Hemkala Ghalley	Internship (Optometry)	27-Mar
0947	Kanchan	General Duty Assistant	27-Mar
0943	Mohd. Salim	Assistant Manager - Branding	27-Mar
0039	Deepa Chauhan	Staff Nurse	28-Mar
0066	Sheena Alosly	Senior Executive	28-Mar
0677	Bharti Choudhry	Optometrist	31-Mar



Happy Birthday to Doctors

Emp Code	Employee Name	Designation	Birthday Date
0820	Dr. Ashutosh Mishra	Fellow	15-Jan
0409	Dr. Charu Tandon	Sr. Consultant	19-Jan
0554	Dr. Puneet Gupta	Sr. Consultant	23-Jan
0779	Dr. Rita Hansaria	Sr. Consultant	24-Jan
0835	Dr. Prakriti Garg	DNB Post Graduate	1-Feb
0944	Dr. Suman Grover	Consultant	10-Feb
0572	Dr. Dushyant Kumar	Associate Consultant	04-Mar
0896	Dr. Nibha Gupta	DNB Post Graduate	12-Mar
0566	Dr. Hafsa Bashir	Consultant	18-Mar
0886	Dr. Bharti Jingar	DNB Post Graduate	23-Mar



Congratulations to Employees

Emp Code	Emp.Name	Dept.	Desig.	Event	Date of Event
0434	JYOTI	Patient Care Service-OPD	General Duty Assistant	Baby Boy	21-08-2022
0251	MOHNAZ PARVEEN	Patient Care Service-OPD	General Duty Assistant	Baby Boy	28-06-2022
553	GAURAV JOSHI	Accounts	Executive	Marriage	10-03-2023



ACADEMICS

Vision spring foundation, a branch of Vision 2020 sponsored it's 10 Optometrists for Low vision training at ICARE Eye Hospital in the first quarter. Looking at their background, they were being trained first in Comprehensive Optometry and then Speciality. The Learning will help them in screening low vision children in the various Eye camps which they do as part of their projects.



EVENTS

SKRM - 10-2-23



CME OCULOPLASTY - 5-3-23





Special Thanks to ICICI Bank Ltd and ICICI Foundation

ICICI : RETINA INVESTIGATION INAUGURATION

We express our heartfelt thanks to ICICI Bank Ltd and ICICI Foundation for donating the medical equipment for the retina investigation that will greatly help us to treat needy patients suffering from Retinal Blindness.

The project was inaugurated on 17th February, 2023, at ICARE Eye Hospital & Postgraduate Institute (unit Ishwar Charitable Trust) Noida, Uttar Pradesh. The project cost of Rs. 1,31,49,830/- with 17 important equipment has been handed over for the underprivileged patients of Ishwar Charitable Trust, Noida.

The Chief Guest of the ceremony was Mr. Anuj Agarwal, COO, ICICI Foundation. Other special guests were Mr. Sanjay Chaudhari, Zonal Head – Northwest, ICICI Foundation, Mr. Shantanu Sammadar, City Head, ICICI Bank, other ICICI Bank and ICICI Foundation officials, Dr. Sushil Choudhry, Managing Trustee, Ishwar Charitable Trust, Dr. Saurabh Choudhry, CEO of ICARE Eye Hospital and other representatives of ICARE Eye Hospital, Noida.





GLAUCOMA WEEK: 13-18 March 23

GLAUCOMA POSTER COMPETITION



MAJOR CAUSES OF GLAUCOMA

- ELEVATED PRESSURE OF THE EYE
- AGE OVER 40 YEARS
- FAMILY HISTORY OF GLAUCOMA
- USING STEROID-RICH MEDICATIONS
- HISTORY OF BLUNT EYE INJURY
- FAMILY HISTORY OF DIABETES

THE WORLD ONLY EXISTS IN YOUR EYES, SAVE YOUR SIGHT (OPTOM. BHARATI CHODHARY)

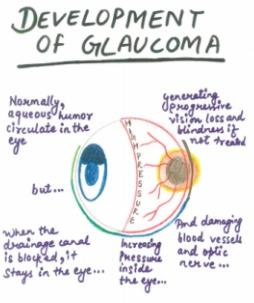
GLAUCOMA AWARENESS

A Guide To Glaucoma Medications

Glaucoma eye drops work by improving the drainage of the eye's fluid and/or reducing the amount of fluid produced by the eye to lower eye pressure.

By their active component, glaucoma medications are categorized.

Alpha Agonist	
Company: Allergan Inc. Novartis	Brand Name: Alphagan [®] Generic Name: Brimonidine tartrate 0.1%, 0.15%, 0.2%
Company: Allergan Inc. Akorn Inc.	Brand Name: Betagan [®] Generic Name: Timolol Maleate 0.5%
Company: Bausch & Lomb Inc.	Brand Name: OptiPranolol [®] Generic Name: Metipranolol 0.3%
Carbonic Anhydrase Inhibitors	
Company: Merck & Co., Inc. Alambic Pharmaceuticals Novartis	Brand Name: Trusopt [®] Generic Name: Dorzolamide HCl 2%
Company: Bausch & Lomb Inc. Novartis	Brand Name: Azopt [®] Generic Name: Brinzolamide ophthalmic suspension 1%
Cholinergic (Miotic)	
Company: Bausch & Lomb Inc. Novartis	Brand Name: Pilocarpine HCl Ophthalmic Solution US isopto [®] Carpine Generic Name: Pilocarpine HCl 1%, 2%, 4%



MAJOR CAUSES OF GLAUCOMA

- Elevated pressure of the eye.
- Age over 40 years.
- Family history of glaucoma.
- Using steroid-rich medications.
- Family history of blunt eye injury.
- Family history of diabetes.

Pressure Inside Eye

Damage Optic Nerve

Jyoti Yadav

CELEBRATING GLAUCOMA WEEK

HEALTHY EYE

GLAUCOMA EYE

GLAUCOMA AWARENESS WEEK

WORLD IS BRIGHT SAVE YOUR SIGHT

NORMAL EYE

GLAUCOMA

Normal Vision

Early Glaucoma

Advanced Glaucoma

End Stage Glaucoma

Jyoti Yadav

Risk factors of glaucoma

FOR PEOPLE WITH

- People over the age of 40
- Those who are severely nearsighted
- Those with a family history of the disease
- Those with high intra-ocular pressure
- People with a history of eye injury or trauma

MAJOR CAUSES OF GLAUCOMA

- ELEVATED PRESSURE OF THE EYE
- AGE OVER 40 YEARS
- FAMILY HISTORY OF GLAUCOMA
- USING STEROID-RICH MEDICATIONS
- HISTORY OF BLUNT EYE INJURY
- FAMILY HISTORY OF DIABETES

THE WORLD ONLY EXISTS IN YOUR EYES, SAVE YOUR SIGHT (OPTOM. BHARATI CHODHARY)

The world is bright, Save your sight....

GLAUCOMA

GLAUCOMA AWARENESS WEEK 13th TO 18th MARCH 2023

Glaucoma- The Silent Thief of Sight

Global Burden of Disease (GBD) "Approximately 112 million people in India alone may have glaucoma"

- World is estimated to affect 4.6 million
- ACG is estimated to affect 2.5 million

Normal eye

Field loss in Glaucoma

Open angle

Angle closure

MAJOR CAUSES OF GLAUCOMA

- Elevated pressure of the eye.
- Age over 40 years.
- Family history of glaucoma.
- Using steroid-rich medications.
- Family history of blunt eye injury.
- Family history of diabetes.

Pressure Inside Eye

Damage Optic Nerve

Jyoti Yadav

SYMPTOMS OF GLAUCOMA

- BLURRY VISION
- REDNESS IN THE EYES
- EYE HEAD PAIN
- NAUSEA OR VOMITING
- VISION RAINBOWS OR HALOS

ICARE

midhanshi Kishu Ophthalmist

GLAUCOMA - RISK FACTORS

Primary glaucoma (Inherited)

- Recognition of risk factors
 - 1. Age
 - 2. Family history
 - 3. Trauma
 - 4. Systemic disease
 - 5. Proliferation
- Early diagnosis through examination
 - 1. Anterior segment examination: AC/DPTM (opt grad) + Corneal thickness
 - 2. Intraocular pressure
 - 3. Optic nerve head examination: IOP, IOP fluctuation, IOP variability
 - 4. IOP + OCT scan
- Prevention of vision loss through treatment

GLAUCOMA - RISK FACTORS

- Age > 40 years
- Myopia
- Family History
- High IOP
- Past Injury

Silent Thief of SIGHT GLAUCOMA

SARITA KUMARI, (GDA)



SERVICE EXCELLENCE WORKSHOP

19 March 23

A whole day workshop on Service excellence workshop was held on 19 Mar 2023. Despite being a Sunday enthusiasm of staff to attend this workshop was commendable. It depicts their zeal to provide excellent patient care. Various aspects of patient care were discussed via presentation, role-plays, games etc. and everyone participated





CONTOURA VISION Launch Event

22nd March 2023

CONTOURA VISION machine inaugurated by
Ms. Geeta Phogat (wrestling champion commonwealth olympic athletes)





YELLOW BELT CERTIFICATION



Date	3/29/2023
Mode	Online
Department	Optometry
Qualifying percentage	>=80%
Total Participants	22
Qualified Candidates	11
Disqualified Candidates	11
Qualifying percentage	50%

Rank	Name	Percentage Score
1	Rakesh Jha	100%
2	Monika Choudhary	97%
3	Anoop Kumar	97%
4	Kakoli Mahanta	93%
5	Dr Anjula Kumari	93%
6	Anuj Kumar Singh	90%
7	Omlata	87%
8	Nitin Singh Rathor	83%
9	Raj Kapoor	80%
10	Nitu	80%
11	Abhishek Kumar Jaiswal	80%



A Village Girl Story

Living with the Grandmaa,
Working Hard in a sunny field..

Staying in a small hut structured with a muddy build..

Struggling everyday to get a daily meal,

Working extra hour to pay the electricity bill..

Sleeping on the roof under the sky,

Thinking every night whether she can ever see all
without glaseses , with naked eye..

Fighting with high power ,
Trying to make easy life every hour..

Searching to get rid of the glasses,

Suddenly from somewhere ICARE name flashes...

God show her the ray,
On the ICARE way...

Half of the charges was wavier,
Management was a dream savior..

To treat every patient is ICARE Mission

With Humanity She got a new VISION..



By Anukriti Chaurasia
LASIK Counselor



ICARE GOT
TALENT



By Monika Choudhary
Optometrist



उड़ान

मुझे यह कहते हुए बहुत खुशी होती है कि मैं एक ऐसे संस्थान में कार्यरत हूँ जहाँ काम करते हुए कुछ अलग ही अनुभव और एक अभूतपूर्व प्रसन्ता की अनुभूति होती है। जहाँ आप अपने अनुभवों से बहुत कुछ सीखते हैं। इस संस्थान के संस्थापक डा० सुशिल चौधरी जी ने बहुत छोटे स्तर पर अपनी इस मानव सेवा की शुरुआत की थी। परन्तु धीरे धीरे आज वह एक बड़े संस्थान के रूप में अपनी सेवा प्रदान कर रहे हैं। यह सब उनकी उस एक सोच के कारण मुमकिन हुआ है जिससे उन्होंने अपने आस पास समाज के एक ऐसे वर्ग को ध्यान में रख कर अपने काम को शुरू किया जिनके पास अपने उपचार करने के लिए न तो पैसे और न जानकारी थी। ऐसे लोगों की मदद करने हेतु डा० सुशिल चौधरी जी ने इस संस्थान की नीव रखी थी। यह सचमुच मेरे लिए प्रेरणादायक है। मैं उनके इस कार्य को एक “उड़ान” के रूप में देखती हूँ। उन्होंने एक ऐसी उड़ान भरी जो निरंतर ऊपर की ओर जा रही है। हम सब भी कहीं न कहीं अपने समाज के लिए कुछ न कुछ करना चाहते हैं पर किन्हीं कारणों वश कर नहीं पाते। पर मैं अपने सभी सहकर्मियों को बताना चाहूँगी कि यहाँ पर आप अपने कार्य से अपने उस उद्देश्य को पूरा कर रहे हैं, क्योंकि यह संस्थान लोगों की सेवा के लिए अपना कार्य निरंतर बेहतर कर रहा है। अततः यह कहना चाहूँगी कि यह मेरा निजी अनुभव है जिसे मैंने आप सभी कि साथ साँझा (iShare) किया है।

धन्यवाद

अर्चना सरकार



By Archana Sarkar
Counselor



SMT. ALOKA DAS 01 MARCH 1937 - 23 MARCH 2023

With great sadness, we remember Mrs Aloka Das who passed away on 23 March 23 after a short illness.

Mrs Aloka was our long time volunteer, who contributed immensely to building ICARE.

She was an unstinting supporter and advocate for our hospital, and believed strongly in the vision and mission of ICARE.

She was always available and ready to help ICARE and continued volunteering with us, upto a few months ago, despite her infirmities.

We mourn her passing and remember her contribution and legacy to ICARE.





CME ATTENDED BY STAFF

Yogeshwari Bansal, our Low vision Specialist was a key note speaker in post covid offline annual 6TH Low vision and Rehabilitation conference at C.L.Gupta Eye Institute, Moradabad on 26th February 2023 .It was a one day CME for training the Optometrists in Low Vision to increase the trainers as India still lacks Low vision specialists.



कप्र व्यवस्थापक व शिक्षकों ने खोला मोर्चा

खतरनाक अल्प दृष्टि के नए मामलों में डायबिटीज से पीड़ित मरीजों की संख्या तेजी से बढ़ रही, सीएल गुप्ता नेत्र संस्थान में आयोजित हुई नेशनल कांफ्रेंस में चिकित्सकों ने दी जानकारी

कांफ्रेंस : मरीजों को लो विजन की ओर धकेल रही डायबिटीज

आदर्श कल किया सम्म

मुरादाबाद, चारख संवाददाता। जो मरीज डायबिटीज की बीमारी से पीड़ित हैं उनके लो विजन यानि अल्प दृष्टि की समस्या को घेपट में आने की दर तेजी के साथ बढ़ी है- यह बात रिविवा को सीएल गुप्ता नेत्र संस्थान में आयोजित राष्ट्रीय कांफ्रेंस में कही गई। विशेषज्ञों ने आनुवांशिक कारणों के बाद डायबिटीज को अल्प दृष्टि की समस्या के लिए दूसरी बड़ी वजह के तौर पर सामने रखा।

सीएल गुप्ता नेत्र संस्थान के सभागार में कई शहरों के विशेषज्ञ चिकित्सक जुटे। जिन्होंने कांफ्रेंस में व्याख्यान देकर ऑप्टोमेट्रिस्टों को लो विजन से पीड़ित मरीजों के बेहतर पुनर्वास के बारे में जानकारी दी। इसके लिए इस्तेमाल होने वाले उपकरणों जैसे मैग्नीफायर लेंस, टेली-कोप आदि के

अत्याधुनिक रूप और इनके इस्तेमाल किए जाने से जुड़े पहलुओं के बारे में विस्तार से बताया।

विजन बढ़ाने के उपकरणों का डेमो किया गया:मुरादाबाद। सीएल गुप्ता नेत्र संस्थान में कांफ्रेंस के दौरान प्रतिभागियों के बीच लो विजन से

पीड़ित मरीजों की दृष्टि बेहतर करने से संबंधित उपकरणों का डेमो किया गया। वाइस चेयरमैन डॉ.आशी खुराना, डायरेक्टर डॉ.प्रदीप अग्रवाल ने जानकारी दी। शुभारंभ एमडीएफ के वीसी शैलेश कुमार ने किया। संचालन गरिमा सिंह व आफरीन ने किया।

राष्ट्रीय कांफ्रेंस के आइं केंद्र पर पीजी हॉस्पिटल की डॉ.योगेश्वरी बंसल ने बताया कि आइंजिओ की तरफ से 2022 में करार एग सर्व की रिपोर्ट के अनुसार देश में लो विजन से पीड़ित मरीजों का आंकड़ा सात करोड़ के पार पहुंच गया है। डायबिटीज की वजह से होने वाली डायबेटिक रेटिनोपथी के चलते लो विजन यानि कम दृष्टि के मरीजों की संख्या में तेजी से बढ़ोतरी हो रही है। जबकि, डायबिटीज से होने वाले लो विजन को रोका जा सकता है। डायबिटीज के मरीज शुगर को नियंत्रित रखें और आंखों की जांच कराएं।

लो विजन पर सीएल गुप्ता नेत्र संस्थान में आयोजित कांफ्रेंस में पहले रीचर्ड निव्हा मेडिकल सुनिवर्सिटी में ऑप्टोमेट्री विभाग के हेड डॉ. कमल पात ने बताया कि लो विजन यानि कम दृष्टि से पीड़ित लोगों को काम करने के लिए उचित वातावरण देने के मकसद से सरकार ने सभी संस्थानों को विजुअल इम्पेयर्ड फ्रेंडली बनाने का नियम लागू कर दिया है। उनके लिए वहां रैप बनाने के साथ ही प्रकाश व्यवस्था करना जरूरी होगा। लो विजन से पीड़ित मरीज अब आधुनिक मैग्नीफाइंग लेंस व टेलीस्कोप की मदद से पढ़ाई और अन्य दैनिक कार्य आसानी से कर सकते हैं।

मुरादाबाद। मुरादाबाद स्थान पर से बहाने में की बात काफ़ीक़ाम को सुना गया। क पटल ने बताया कि इसक साथ ही सम आंगामी कोजान केदार करणे के निरत पर, दस नरवर मासत ने 57 बुद्धी पर

प्रदीप राठी अध्यक्ष व विकास पर मुरादाबाद। उद्यम विकास अडिवाली परविशियन की हुई बैठक में काला कांफ़ेरेन्स को मद्रा में राठी अध्यक्ष और विकास परविशियन का विकास राठी मुरादाबाद में काम विकास कांफ़ेरेन्स राठी की बैठक हुई जिसे जितन विकास कांफ़ेरेन्स

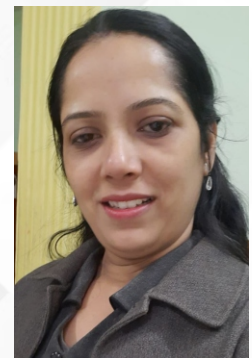
दस मंडलों के 424 बर्थों पर मुरादाबाद। मुरादाबाद स्थान पर से बहाने में की बात काफ़ीक़ाम को सुना गया। क पटल ने बताया कि इसक साथ ही सम आंगामी कोजान केदार करणे के निरत पर, दस नरवर मासत ने 57 बुद्धी पर

ICARE Family for the patient

Children never allow easily to cover one eye for vision assessment. So just be playful and make a fun activity to the examination as for example picture of this child was reluctant to cover one eye so I make a game that we are playing a game peekaboo with teddy....and then she was so happy and cooperative during all assessments.

Make them feel good and safe in mother lap as well during examination

In this case, child believed she is also taking vision of teddy bear.



Dr. Anjula Kumari
Sr. Paediatric Optometrist

MARKETING ACTIVITIES

On Sight Marketing Camps

Sr No.	Date	Camp Name
1	13/01/23	Nangia sector 136 Noida
2	16/01/23	Clear Water Sector-125 Noida
3	17/01/23	PRESS CONFERENCE SECTOR-29 GANGA COMPLEX NOIDA
4	18/01/23	TCS SECTOR-62 OKAYA TOWER NOIDA
5	19/01/23	TCS SECTOR-62 OKAYA TOWER NOIDA
6	21/01/23	Luxor Phase-2 Noida
7	24/01/23	BUREAU VETITAS SECTOR-62 Noida
8	28/01/23	Sumi Motherson wires Sec-1 Noida
9	15/02/23	MEDIA MONK SECTOR-16A NOIDA
10	23/02/23	PRESS CLUB GREATER NOIDA
11	24/02/23	NTPC NOIDA
12	25/02/23	EAST INDIA UDYOG SECTOR-3 NOIDA
13	27/02/23	BSES MAYUR VIHAR PHASEV 1 DELHI
14	28/02/23	G.E.POWER SECTOR 63 NOIDA
15	03/03/23	MRL TYRES LTD SURAJPUR GREATER NOIDA
16	06/03/23	MOTHERSON SECTOR-62 NOIDA
17	11/03/23	S.H. OPTICAL SECTOR 49 NOIDA
18	12/03/23	S.G PUBLIC SCHOOL VASUNDHARA GHAZIABAD
19	15/03/23	BHEL LODHI ROAD DELHI
20	28/03/23	JUBILANT CONSUMER PHASE 2 NOIDA





SWACHH ICARE

1. Washroom Etiquettes

As a part of Swachh ICARE Abhiyan poster put us all washrooms for everyone's info in order to keep the washrooms clean & hygienic.



2. Clean and organised workstations

During workplace safety training sessions staff was taught how to keep this workstations clean & tidy, in order to increase this work productivity. As it is said - Tidy Desk, Tidy Mind.



3. Reduced Plastic consumption

An initiative was taken to reduce plastic consumption at ICARE. Certain steps were taken to achieve the same. Rigorous monitoring is being done continuously by the House keeping Supervisor, quality dept. on daily basis to keep plastic consumption at mind.





RIDDLES

1. . Pronounced as one letter, but written with three.
Two letters are there, and only two in me.
I'm double, I'm single, I'm black, blue and grey.
I'm read from both ends and same the either way.
2. Three eyes have I, all in a row; when the red one opens, all freeze like the snow.
3. I have a tail, and I have a head, but I have no body. I am NOT a snake. What am I?
4. What word begins with an E, ends with an E, but has only one letter?
5. If a rooster sits on a roof facing north, which way will the egg roll?
6. What can fill a room but doesn't take up space?

Answer: "1. Eye, 2. Traffic light, 3. A coin, 4. An envelope, 5. Roosters don't lay eggs
6. Light"



ICARE Eye Hospital
E-3A, Sector 26, Noida, Uttar Pradesh, 201301