

**Editorial** **THE NEXT FRONTIER IN EYE HEALTH: A.I. LEADS FUTURE OF OPHTHALMOLOGY**

- Artificial Intelligence (A.I) enhances diagnostic accuracy in ophthalmology, surpassing human capabilities in detecting conditions like glaucoma and diabetic retinopathy.
- Personalized treatment strategies are optimized by A.I, predicting patient responses and improving outcomes in conditions such as age-related macular degeneration (AMD).

Artificial Intelligence (A.I) has emerged as the most transformative force in ophthalmology, redefining diagnostics, treatment, surgery, and research. In 2025, surveys show that nearly 80% of ophthalmologists identify A.I as the leading technological trend, far ahead of other innovations. Its impact is visible across every dimension of eye care, from early disease detection to precision-guided surgery.

**Diagnostic Accuracy:** A.I-driven deep learning systems are now capable of analysing complex retinal imaging data with remarkable precision. Studies demonstrate that A.I algorithms outperform human graders in detecting glaucoma, diabetic retinopathy, and AMD. For example, in large-scale fundus image analyses, A.I identified glaucoma cases with accuracy rates approaching 90%, compared to 79–81% for human experts. This leap in diagnostic capability allows earlier intervention, reducing the risk of irreversible vision loss.



Beyond detection, A.I is revolutionizing treatment planning. By integrating optical coherence tomography (OCT) scans with clinical data, A.I models predict patient responses to therapies such as anti-VEGF injections in AMD. This enables ophthalmologists to tailor interventions, avoid unnecessary treatments, and allocate resources more effectively. A.I also identifies patients at high risk of rapid disease progression, ensuring timely and aggressive management where needed. A.I-guided instruments and robotic-assisted systems are enhancing surgical outcomes, particularly in cataract procedures. Real-time intraoperative feedback helps surgeons make precise incisions, optimize implant positioning, and minimize complications. By reducing human error, A.I-powered surgical platforms are setting new standards for safety and accuracy in ophthalmic surgery.

*K. Bangar Raju*  
 EDITOR

(cont...2nd page)

**SANKAR FOUNDATION HONOURED WITH PRESTIGIOUS MERIT AWARD ON REPUBLIC DAY**

**\*District Collector Presents the Honour**

Sankar Foundation, a renowned Public Charitable Trust and NGO, proudly received the Prestigious Merit Award at the Republic Day Celebrations held on 26th January 2026 at the sprawling Police Barracks grounds in the city. This marks the second consecutive year that the Foundation has been honoured for its outstanding service to society.



The Chief Guest, **Sri MN Harendhira Prasad, IAS, District Collector and Magistrate, Visakhapatnam** personally presented the award to **Sankar Foundation**, recognizing its remarkable contribution in eliminating avoidable blindness and its achievement of performing large-scale eye surgeries a milestone that has transformed countless lives.

On behalf of the Foundation, **Sri A Krishna Kumar, Managing Trustee**, and **Sri K Bangar Raju, Deputy General Manager (PR & Liaison)**, received the award in the presence of Sri Shanka Brata Bagchi, IPS, Police Commissioner, Sri Kethan Garg, IAS, Commissioner, GVMC and other district officials. (cont...2nd page)



**SANKRANTI CELEBRATIONS ENTHRAL SANKAR FOUNDATION CAMPUS**

While addressing the doctors, employees during the Sankranti celebrations, Sri Krishna Kumar Atmakuri, Managing Trustee, congratulated the doctors and staff for their overwhelming participation, highlighting their unity and commitment in taking the Foundation to greater heights on its journey towards excellence.



(Report in Page 4) **Sri Krishna Kumar**

**SURGICAL SUCCESS : FIRECRACKER INJURY PATIENT REGAINS VISION AT SANKAR FOUNDATION**

(Report in Page 5)

## Performance at a Glance

**Total Eye Surgeries : 5,04,123** Since Inception  
**Total Outpatients Screened : 29,30,487** Since Inception

### THE NEXT FRONTIER IN EYE HEALTH: A.I. LEADS FUTURE OF OPHTHALMOLOGY

**Research and Clinical Trials:** A.I is accelerating drug discovery and reshaping clinical trials. Algorithms streamline patient recruitment, cutting timelines and improving trial efficiency. In drug development, A.I reduces early-stage timelines by more than 60%, while large language and vision-language models generate novel molecular structures and predict drug-target interactions. These advances promise faster breakthroughs in ocular therapeutics and more personalized medicine.

**Looking Ahead: The promise of A.I in ophthalmology is immense:** Earlier detection, personalized care, safer surgeries, and accelerated innovation are reshaping the field. Yet, significant challenges persist most notably the need for standardized regulations and the resolution of ethical concerns. As A.I. continues to advance, its responsible integration will be essential to ensure equitable benefits for every patient. Ophthalmology now stands at the next frontier of a new era one in which A.I. is not merely an assistant, but a transformative partner in safeguarding vision across the globe.

### Letters to the Editor

\* Spreading awareness about the importance of eye care, Visionary Insights, the in-house newsletter of Sankar Foundation is quite informative and educative. With focus on the services and achievements of the foundation, the newsletter with its 'visionary insight' has been playing a key role in further boosting the image of the hospital which has recently crossed the milestone of performing five lakh surgeries since its inception. With 'eye'-catching design and informative articles, the newsletter reflects the grandness of the foundation. With a vast experience in journalism, K. Bangar Raju, editor of the magazine, and the team deserve a pat for the excellent effort.

**Sri Lakkoju Nagesh Babu, Former Senior Assistant Editor, The Hindu**

\* Your newsletters are well written. You are summing up the important events of the month and also giving some interesting Ophthalmic events and relevant clinical information also.

**Dr M Subrahmanyam, highly experienced Ophthalmologist specialised in Orbit and Oculoplasty, Hyd.**

### MERIT AWARD ON REPUBLIC DAY

Sri M Ramdas, Chairman of the Board of Trustees, along with Sri A Krishna Kumar, Managing Trustee; Sri A Prasanna Kumar, Trustee; and Sri A Vijay Kumar, Trustee, extended heartfelt congratulations to the doctors and employees and stated that their dedication and tireless efforts have brought laurels to the Foundation.

### REPUBLIC DAY CELEBRATED



Sankhar Foundation joined the nation in celebrating the 77th Republic Day at its campus with patriotic fervour. Sri K Radhakrishnan, General Manager unfurled the National Flag in the presence of Dr Raveendra, Dr Nasrin, Dr Sirisha, employees and students of Samartha School of Optometry.



**Sri P. Vishnu Kumar Raju, MLA** (Visakhapatnam North), and Sri Peela Srinivasa Rao, Hon'ble Mayor of Greater Visakhapatnam Municipal Corporation, extend greetings to Sri Atmakuri Krishna Kumar, Managing Trustee of Sankar Foundation, on the occasion of the Foundation being conferred the Best NGO Award during the Republic Day celebrations.



**Sri Shankhabrata Bagchi, IPS, Commissioner of Police, Visakhapatnam** congratulating Sri A Krishna Kumar, Managing Trustee Sankar Foundation at Republic Day celebrations on being adjudged as best NGO.

\* Visionary Insights is a well-conceived and purpose-driven newsletter that goes beyond a routine institutional publication. It effectively brings together clinical excellence, community service, and emerging trends in ophthalmology in a clear and engaging manner. The content is informative, relevant, and accessible, making it valuable to both eye care professionals and socially conscious readers. What stands out is the editorial clarity with which complex medical and technological developments are presented, alongside the Foundation's sustained outreach and service initiatives. The inclusion of the Letters to the Editor column further enhances the newsletter's credibility by encouraging diverse perspectives and reader engagement. I congratulate the editorial team for maintaining consistent quality and meaningful content, and I look forward to future issues that continue to inform and inspire.

**Sri RV Prasad, Retd Dy General Manager (Corporate Communication) Vizag Steel Plant**

\* Heartfelt congratulations to Bangar Raju garu on receiving the prestigious PRSI National Award. The newsletter "Visionary Insights" beautifully showcases the remarkable activities and achievements of Sankar Foundation. The inclusion of practical dos and don'ts for eye care is especially commendable and highly valuable to readers. We once again extend our congratulations to you and your editorial team for this outstanding accomplishment.

**Mrs Anu Karumudi, Social Activist, Visakhapatnam**

We warmly invite you to share your feedback or suggestions in a crisp and thoughtful manner. Help us celebrate and elevate this new column!

**K Bangar Raju, Dy General Manager (PR & Liaison) & Editor** : Reach us on WhatsApp at 98481 89378

**I see myself in your eyes.  
Eyes sparkle as the soul sings.**

## SRI RADHAKRISHNAN BIDS ADIEU, LEAVES A LASTING MARK

On 31st January 2026, Sankar Foundation bid a heartfelt farewell to Sri K. Radhakrishnan, General Manager (Administration & Operations), who concluded nine years of dedicated and impactful service. A special gathering was organized by the management, doctors, and Heads of Departments to honor his remarkable contributions.

Sri A. Krishna Kumar, Managing Trustee, and Sri A. Vijay Kumar, Trustee, in their addresses, lauded Sri Radhakrishnan's pivotal role in the development of hospital infrastructure, its modern facelift, and the introduction of patient-centric initiatives that elevated the institution's reputation. They emphasized that his vision and commitment have left

a lasting imprint on the Foundation's growth and service ethos.

In his farewell speech, Sri Radhakrishnan expressed deep gratitude to the management, doctors, and staff. He acknowledged the trust and support reposed in him and congratulated the entire workforce for their collective efforts in advancing the mission of Sankar Foundation.

Doctors including Dr. T. Raveendra, Dr. Nasrin, Dr. T. Krishna, Dr. Ajay Sharma, Dr. Challa, Dr. Sirisha, Dr. Suparna, Dr. Annaji Rao, Dr. Mamatha, along with senior officers Sri K. Bangar Raju, Sri V. Ramesh Kumar, Sri K.V. Venugopal, Smt.



Usha Atmakuri all DGMs, highlighted his leadership qualities that inspired confidence and unity and his employee-friendly initiatives that fostered a positive work culture. His tenure will be remembered as a period of growth, transformation, and compassion, and his contributions will continue to guide Sankar Foundation in the years ahead, they added.

## SANKAR FOUNDATION RINGS IN NEW YEAR 2026 WITH JOYFUL CELEBRATIONS



Sankar Foundation welcomed the dawn of New Year 2026 with great enthusiasm and festive spirit. The hospital came alive as doctors, departmental heads, employees, and housekeeping staff exchanged heartfelt greetings, sharing hopes for continued excellence in serving the community. In a gesture of warmth and respect, staff members met Managing Trustee Sri A. Krishna Kumar and General Manager Sri K. Radhakrishnan, presenting them with flower bouquets to mark the occasion. The celebration reflected not only joy but also a collective commitment to delivering the best eye care services in the year ahead.

## Cultural Extravaganza Captivates the Audience



The Sankar Foundation campus came alive with vibrant celebrations during this year's Sankranti festivities.

The atmosphere reverberated with cultural performances, spirited sporting activities, and colorful rangoli competitions, creating a joyful tapestry of tradition and togetherness.

These festivities not only showcased talent and creativity but also symbolized the unity and camaraderie among doctors and

employees, making the occasion a true celebration of community spirit.

Dr. Geetanjali, Smt. Alekya & Miss Pravalika, Sri M Sriravi Kumar, along with students Miss Aparanji, Ramyasri, Yogitha, and Sri Kishore, Nainika Sai enthralled the audience with their scintillating performances.



Dr. Nasrin, Dr. Sirisha, Dr. Suparna, and Dr. K.V. Satyanarayana served as judges for the Rangoli competition organized as part of the Sankranti celebrations.

**Our eyes disclose what mouths cannot**

# SANKRANTI CELEBRATIONS ENTHRAL SANKAR FOUNDATION CAMPUS

**A Festival of Colours, Culture, and Camaraderie:** The doctors and employees of Sankar Foundation came together to celebrate the Andhra-famous festival of Sankranti with unmatched enthusiasm and joy. The occasion was marked by a series of colourful events and lively competitions, turning the campus into a hub of festive cheer and atmosphere.

**Highlights of the Celebrations:**

**Sporting spirit:** Cricket, shuttle (for men and women), Kho Kho, chess, treasure hunt, dumb charades, and tug of war brought out the competitive energy.

**Cultural Vibrance :** Rangoli competitions, dance performances, ethnic wear showcases, and musical chair added a splash of tradition and fun.

**Unity in participation:** A large number of employees actively joined in, reflecting the true spirit of Sankranti togetherness and joy. Sri A Krishna Kumar, Managing Trustee, Sri A Vijaya Kumar, Trustee, Sri K Radhakrishnan, General Manager, Doctors including T Raveendra, Nasrin, T Krishna, Sirisha, Suparna, Senior officers K Bangar Raju, K Venugopal, SKL Rao, along with HODs actively participated.

Their active involvement added warmth and encouragement to the celebrations, making the occasion even more memorable.

**Prize Distribution:** The competitions concluded with an exciting prize distribution ceremony. Sri A Krishna Kumar, Managing Trustee, and Dr T

Raveendra, Dr Nasrin, Dr Sirisha felicitated the winners and runners-up, appreciating their spirited participation and creativity.

**A Celebration of Culture and Unity:** The Sankranti festivities at Sankar Foundation were not just about competitions, but a true reflection of cultural heritage, joy, and togetherness. The event strengthened bonds among employees and highlighted the Foundation's commitment to celebrating traditions with equal enthusiasm and inclusivity.

The Sankranti festivities at Sankar Foundation beautifully blended sportsmanship, tradition, and community spirit, leaving behind cherished memories for everyone involved.

## Glimpses of Sankranti Celebrations



Sri A Krishna Kumar, Managing Trustee distributing Prizes to the winners and runners up of Cricket tournament on 13th January.

★ Sri K.V. Venugopal, our DGM (Operations), contributed significantly by conducting the events during Sankranti festivities.

★ The HR department, led by Sri S.K.L. Rao (AGM), along with his team Sri Rajsekhar, Mrs. Pavani, and Ms. Pravalika, Mrs. Sunita played a pivotal role in successfully organizing the four-day event, demonstrating remarkable expertise and seamless coordination.



# Surgical Success: Firecracker Injury Patient regains Vision at Sankar Foundation

A 13-year-old boy presented to the outpatient department at Sankar Foundation Eye Hospital (SFEH) following a firecracker injury to his right eye (RE).

### Initial Findings:

- Best Corrected Visual Acuity (BCVA) in RE was reduced to hand movements close to face with only light perception.
- Slit-lamp examination revealed a severe corneal thermo-mechanical injury, active bleed in the anterior chamber (AC), and a displaced cataractous lens.

**Early Management:** Conservative treatment was initiated. However, due to persistent bleeding in the AC, Dr. Yashaswini from the Cornea Department intervened with an anterior chamber wash and targeted antibiotics. The bleeding subsided, but vision remained compromised because of the traumatic cataract.

**Definitive Surgical Intervention:** The patient was referred to the Retina Department, where Dr. T. Krishna, Head

of Department, performed a complex, advanced surgery (TPPL + TPPV + SFIOL)

### The results were remarkable:

- **Day 1 post-op:** Vision improved dramatically to 6/12.
- **Within a week:** Vision stabilized at 6/9, with a perfectly cantered intraocular lens.
- **OCT scans:** Confirmed a healthy retina and a successful anatomical and functional outcome.
- **Impact:** This case stands as a powerful testament to the importance of timely intervention, surgical expertise, and multidisciplinary teamwork at Sankar Foundation. From near blindness to near-normal vision, the transformation highlights how precision-driven care can restore sight and profoundly change lives.
- This success story highlights the remarkable efficiency, expertise, and skill of the doctors at Sankar Foundation, showcasing their exceptional capability in restoring vision and transforming lives.

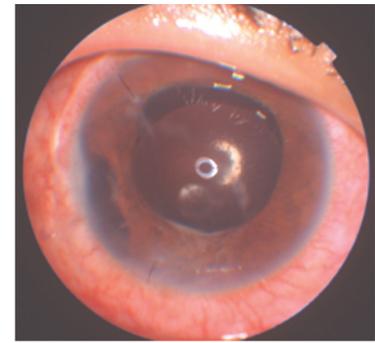


**Dr. Krishna,**  
H.O.D. - Retina



**Dr. Yashaswini,**  
Cornea

The duo, Dr. T. Krishna (Retina) and Dr. Yashaswini (Cornea), successfully performed the surgery with utmost care and remarkable precision.



**Post Retinal Surgery**

## Reflections of the Patients : Stories of Recovery and Compassion

We are proud to launch a dedicated column that shines a light on what truly matters the voices of our patients. This space will highlight their journeys, from the warmth of our hospitality to the care they receive during recovery and post-surgery treatment. Each story will reflect not only the medical expertise but also the compassion, comfort, and support that define our commitment to healing. Through these experiences, we aim to celebrate resilience, share hope, and showcase the human side of healthcare.

We are delighted to share the voices of our patients who have successfully undergone eye surgeries.



**Sri M. Gangadhar Rao** (M 68), belonging to Goppili Village in Meliaputti, **Sri Manikarai Jagabandu** (M 60) and **Sri P. Bhuvani** (M 57), both hailing from Rentikota Village in Palasa Mandal, Srikakulam District.

**The eyes shout what the lips fear to say**

They expressed with deep satisfaction that the hospital staff took utmost care of their wellbeing, ensuring not only medical attention but also good food and warm hospitality throughout their stay. Their joy is immeasurable as they proudly state: "Our vision is regained." With gratitude in their hearts, they have pledged to spread this message to nearby villagers, so that many more can benefit from the same care and compassion they experienced.

**Smt N. Sanyasamma (Tallapalem):** She joyfully shared that the hospital is eco-friendly, with surroundings that bring peace and comfort. She emphasized the excellent nursing care, noting that the staff treated her like a family member. With gratitude, she declared: "I got my vision."



**Smt V. Govindamma (Anakapalle):** She expressed deep appreciation for the cooperation of doctors and the kindness in patient care. She highlighted the quality of food provided and conveyed her heartfelt gratitude to the hospital management for their dedication.



**Sri K. Krishna Rao (Palasa):** He praised the pleasant hospital atmosphere, the notable patient care, and the provision of hot, wholesome food. His words reflect admiration: "This is truly a great hospital. All these patients were discharged and sent back to their respective places with safety, care, and free hospital transportation service."



# OPTOMETRY IN 2026: TECH, TRENDS AND TRANSFORMATION

## PRSI VIZAG CHAPTER FELICITATES NATIONAL AWARD WINNERS



Prof VSRK Prasad felicitating Sri K Bangar Raju with a plant on the occasion in the presence of other dignitaries.

The Public Relations Society of India (PRSI), Vizag Chapter, felicitated the recipients of the PRSI National Awards 2025 (Dehradun) at a special meeting held on 8th January at Daspalla Hotel, Visakhapatnam.

Prof. VSRK Prasad, Founder Director of the Indian Institute of Petroleum and Energy (IIPE), Visakhapatnam campus graced the occasion as the Chief Guest, while Sri Anil Sati, Secretary of the PRSI Dehradun Chapter, attended as the Guest of Honour.

In his keynote address on "Waste to Wealth for a Better Environment", Prof. Prasad highlighted the causes of pollution and emphasized innovative ways to transform waste into valuable resources, thereby contributing to sustainability and economic growth.

- Following the address, the dignitaries felicitated the PRSI National Award winners from Visakhapatnam: **Sri K. Bangar Raju**, Editor, Visionary Insights, Sankar Foundation, **Sri Nageswar Rao**, Assistant PRO, GVMC, **Sri Vasu**, APEPDCL, **Sri Subrahmanyam**, IIM Visakhapatnam and **Smt. Anu**, JD Foundation.

The event was attended by Sri Kali Narasimham, Chairman of the Vizag Chapter, Sri A. Govindarao, Secretary, Sri Narasimham, Treasurer, along with other members of the chapter.

For optometrists, advances in artificial intelligence, myopia management, and personalized care are emerging as top priorities in the new year.



Change is inevitable and things are happening rapidly throughout medicine. Image credit: AdobeStock/Parradee

**Optometry in 2026:** Trends Shaping the Future of Eye Care

Change is inevitable, and across medicine, innovation is unfolding at a remarkable pace. Optometry, in particular, is entering a transformative era. As we look toward 2026, several trends stand out as especially relevant for clinicians and patients alike.

**Artificial Intelligence and Technology** Artificial intelligence (AI) is reshaping nearly every corner of health care, and optometry is no exception. Both the **American Optometric Association (AOA)** and Altris, Inc. highlight AI's potential to revolutionize diagnosis, management, and treatment of eye conditions. Altris even envisions a paradigm shift extending decades into the future, where machine learning, augmented reality, and virtual reality become integral to practice.

The AOA emphasizes that technology is not limited to A.I alone. Telehealth, online vision screening, and chairside innovations are expanding access and convenience, while social media influencers are shaping public awareness of eye health. Yet, the association urges caution, reminding practitioners to carefully evaluate new tools before adoption. Through its New Technology Committee and Education Center, the AOA provides guidance and educational resources to help clinicians weigh the benefits and risks of emerging innovations.

Companies such as IbisVision note that AI integration can lead to earlier disease detection. Older adults may benefit from closer monitoring for glaucoma and macular degeneration, while younger patients face challenges like digital eye strain, dry eye, and early-onset myopia.

### Myopia Control

Myopia management has become a global priority. According to American Academy of Optometry, it was stressed that myopia should be treated as a disease, not merely a refractive error. It was a team-based approach, involving every member of the clinic staff. Effective control, particularly in children, can prevent serious complications that may lead to vision loss. The growing availability of myopia-controlling spectacles and other interventions offers clinicians new tools to protect long-term eye health.

### Personalized Patient Care

By 2026, individualized care is expected to become the norm. AI-powered diagnostics, genetic testing, biomarker analysis, and even gene therapy are emerging as ways to tailor treatment to each patient's unique risks. New drugs targeting specific molecules and advanced materials for eyeglasses and contact lenses are expanding options. Innovations such as telescopic contact lenses may soon transform care for age-related macular degeneration.

### Smart Glasses and Wearable Technology

Eyewear is evolving beyond vision correction. Smart glasses now integrate hearing aids, environmental audio adjustments, and augmented reality features. Contact lenses equipped with biosensors can monitor intraocular pressure or deliver medication directly to the eye. These advances promise not only convenience but also improved disease management.

### A Time of Opportunity

As Paul Levine, Fellow of the American Academy of Optometry reflects, this is an exciting time for optometry. Patients are more informed, demand is growing, and innovations once unimaginable are becoming reality. With compassion, caution, and curiosity, optometrists are poised to embrace these changes ensuring that 2026 marks a year of progress and promise and clearer vision for all.

(Insights by **K Bangar Raju**, Editor with inputs from Ophthalmology Times)

*The face is a picture of the mind  
with the eyes as its interpreter*

# CAN CONSUMING ORANGE CARROTS BOOST VISION NATURALLY?

**For generations, we've heard the advice: "Eat your carrots; they're good for your eyes."** This vibrant orange root vegetable has long been celebrated for its connection to eye health, and science shows there's truth behind the saying. Carrots are packed with nutrients that support vision, particularly in low-light conditions, and may help reduce the risk of age-related eye problems. But how much of this is fact, and how much is folklore? Let's explore.



## Are Carrots Healthy?

Carrots are more than just a crunchy snack they're a powerhouse of antioxidants and vitamins. Their standout nutrient is **beta-carotene**, the compound that gives carrots their bright orange color. Once consumed, beta-carotene is converted into **vitamin A**, a vital nutrient for eye health.

- \* Vitamin A helps maintain the **cornea**, the eye's protective outer layer.

- \* It supports the **retina**, especially in producing **rhodopsin**, a pigment crucial for night vision.
- \* Regular carrot consumption can also contribute to overall immunity and skin health, making them a versatile addition to the diet.

Simply put, carrots are one of the easiest and tastiest ways to nourish your eyes naturally.

## How Does Vitamin A from Carrots Work? The vitamin A derived from carrots plays a direct role in vision:

- \* It keeps the **cornea** clear, ensuring sharp eyesight.
- \* It fuels the production of **rhodopsin**, which allows the eye to detect light in dim conditions.
- \* Without enough vitamin A, the eyes struggle to adjust to darkness, leading to **night blindness**.

This is why carrots are often linked to better vision they provide the raw material your eyes need to function properly.



## Can Carrots Improve Night Vision?

Carrots can't magically correct vision problems, but they do help maintain healthy eyesight over time. Eating carrots regularly ensures your body has enough vitamin A to prevent deficiencies that impair night vision.

- \* For those lacking vitamin A, carrots can make a noticeable difference.
- \* For people already meeting their vitamin A needs, extra carrots won't give "superhuman" night vision but they'll still support long-term eye health.

So while carrots won't turn you into a night-flying pilot, they're a natural safeguard against vision decline.

**History or Myth?** The idea that carrots dramatically improve night vision gained fame during World War II. British propaganda claimed that pilots' exceptional night-flying skills came from eating carrots, encouraging the public to grow and consume more during food shortages. While carrots do support eye health, this story was largely exaggerated. Still, it cemented carrots as the go-to vegetable for vision.

**What Do Studies Say?** Modern research confirms that vitamin A deficiency impairs night vision. Carrots, being rich in beta-carotene, are an excellent dietary source to prevent such deficiencies. However:

- \* Eating carrots beyond your body's vitamin A needs won't enhance vision further.
- \* A balanced diet with carrots, leafy greens, citrus fruits, nuts, and seeds provides the full spectrum of nutrients vitamins A, C, E, and zinc that collectively protect eye health.



**Final Takeaway :** Carrots are not a miracle cure, but they are a natural, nutrient-rich food that plays a vital role in maintaining healthy vision. Including them in your daily diet is a simple, delicious way to support your eyes especially when paired with other nutrient-dense foods. Carrots may not give you superhero night vision, but they do help keep your eyesight strong and resilient.

(Written by **K Bangar Raju**, Editor with inputs from The Times of India)

# EAT RIGHT FOR BRIGHT SIGHT

A diet rich in leafy greens, colorful vegetables, and omega-3 rich fish can significantly support eye health, helping to prevent age-related conditions like macular degeneration, glaucoma, and dry eyes.

## Vegetables and Leafy Greens

**Spinach, kale, collard greens:** Packed with lutein and zeaxanthin, antioxidants that protect the retina and reduce risk of cataracts and macular degeneration. Carrots, sweet potatoes, pumpkin: High in beta-carotene (Vitamin A precursor), essential for good night vision and overall eye function.

**Broccoli, Brussels sprouts, peas:** Provide Vitamin C, which supports blood vessels in the eyes and reduces risk of cataracts.

## Fish and Omega-3 Sources

**Salmon, tuna, sardines, mackerel:** Rich in omega-3 fatty acids (especially DHA), which form part of the retina and help reduce inflammation, dryness, and oxidative damage.

**Fruits and Other Eye-Friendly Foods**  
**Walnuts, Citrus fruits (oranges, lemons, grapefruits):** Excellent sources of Vitamin C, supporting collagen in eye tissues.

**Eggs:** Contain lutein, zeaxanthin, and zinc, which help maintain healthy retinas.

**Legumes (beans, lentils, chickpeas):** Provide zinc, which supports the retina and helps Vitamin A function properly.

## Key Considerations

**Balanced diet:** Combining vegetables, leafy greens, fruits, and fish ensures a wide range of protective nutrients.

**Lifestyle factors:** Avoid smoking, manage blood sugar, and maintain a healthy weight to further protect vision.

**Eyes that reveal the depth of one's character**

## Setting the Gold Standard : Sankar Foundation Lab Leads in Quality Diagnostics

### Clinical Snapshot Metrics- January 2026

❖ Total Eye Surgeries	1,957
❖ Cataract Surgeries	1,391
❖ Retina Surgeries	56
❖ Retina Injections	152
❖ Glaucoma Surgeries	8
❖ Cornea Surgeries	166
❖ Pediatric Surgeries	5
❖ Orbit & Oculoplasty	50
❖ Total OP Screened	13,217

#### BRANCHES

❖ <b>Srikakulam</b>	
Eye Surgeries	228
❖ OP Screened	1,425
❖ <b>Maddilapalem</b>	
Eye Surgeries	66
❖ OP Screened	974
❖ <b>Gajuwaka</b>	
Eye Surgeries	17
❖ OP Screened	917
❖ <b>Madhurawada</b>	
Eye Surgeries	8
❖ OP Screened	546
❖ Total 36 Outreach free eye camps conducted and screened 2426 patients and Performed 871 surgeries	

**EDITOR**  
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M.A., M.A. & M.Phil.  
Dy GM (PR & Liaison)

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Sankar Foundation's laboratory has once again been ranked Grade One in the Yearly Summary Report of 2025, reaffirming our unwavering commitment to the highest standards of quality and accuracy in diagnostic testing. This prestigious recognition was conferred by the External Quality Assurance Scheme (EQAS) of the Department of Clinical Biochemistry at Christian Medical College (CMC), Vellore an institution renowned for its rigorous evaluation process that ensures laboratories consistently uphold best practices in clinical biochemistry.

Under the leadership of Dr. M. Gopalakrishna Reddy, Pathologist, and supported by Sri S. Venkar Rao, Manager and Smt. Sridevi, Assistant Manager, along with a dedicated team of skilled technicians, the laboratory continues to set benchmarks in excellence. Equipped with advanced technology including a



The dedicated team behind Sankar Foundation's state-of-the-art laboratory.

Semi-Automated Biochemistry Analyser, Haematology Analyser, and comprehensive facilities for serology tests our state-of-the-art infrastructure enables precise and reliable diagnostics. Since 2019, Sankar Foundation has consistently earned this Grade One distinction, a testament to our sustained pursuit of excellence and our mission to deliver trusted healthcare services to the community.

### Surveillance Assessment of NABH Accreditation of Sankar Foundation

NABH team led by Dr. Gagan Dudeja, Principal Assessor, along with Dr. Prathibha, Assessor, and Dr. Rajwant Valadi, Observer conducted the surveillance assessment for continuation of NABH Accreditation standards at Sankar Foundation on 24th and 25th January 2026. The assessment team carried out a comprehensive evaluation across all operational areas of the foundation. They expressed satisfaction with the hospital's performance and emphasized the importance of maintaining strict compliance with NABH standards to ensure sustained excellence in patient care and hospital management.



Sankar Foundation proudly holds NABH Accreditation (valid 2024–2027), a recognition of its commitment to quality, safety, and healthcare standards.

### Ethiopia's Dr. Guteta Visits Sankar Foundation for Knowledge Exchange

Dr. Guteta, Head of Department and Glaucoma Specialist at ALERT Hospital, Ethiopia (a country in East Africa) visited Sankar Foundation on 22nd January for a two-day knowledge-sharing program. His primary objective was to gain insights into Operation Theatre procedures using the Hummingbird system and to understand the functioning of the Aurolab Phaco machine at Sankar Foundation. During his visit, Dr. Guteta engaged in in-depth discussions with Dr. T. Raveendra, HOD, Glaucoma, exploring advanced practices and techniques. As one of the leading ophthalmologists at ALERT Eye Hospital, his exposure to Sankar Foundation's methodologies is expected to enhance clinical capabilities and strengthen institutional collaboration between the two



organizations. Dr. Guteta expressed that his experience at Sankar Foundation was highly enriching and valuable, particularly in terms of learning and observation. His visit was facilitated by Sri Jayapande. International trade co-ordinator from Aurolab, who coordinated the program to ensure a meaningful exchange of expertise.