

Volume 2 : Issue 6 : December 2025 Monthly In-house Newsletter of Sankar Foundation

**Editorial**

## SANKAR FOUNDATION ACHIEVES A SIGNIFICANT MILESTONE OF 5 LAKH EYE SURGERIES

**As the calendar year 2025 draws to a close, Sankar Foundation stands tall, having etched its name in the annals of healthcare history. Right from the beginning, the Foundation has relentlessly pursued its mission of eliminating avoidable blindness. Since its inception in 1997, the Foundation has achieved a remarkable milestone of performing over 5 lakh eye surgeries and treated more than 29 lakh outpatients a scale of service that cements its reputation as "A Leader in Eye Care" in this region.**

### Impressive Clinical Performance :

Another significant milestone for Sankar Foundation in 2025 was the performance of an impressive 29,971 sight-restoring eye surgeries and another 5318 clinical procedures were done during the calendar year. Another notable achievement was the screening of 2,01,617 outpatients during the year. This achievement highlights the Foundation's unwavering dedication to eliminating avoidable blindness and its growing impact in transforming lives through quality eye care.

### Strength in Expertise :

This achievement is not a solitary triumph, but the collective success of a distinguished team of more than 50 highly reputed ophthalmologists spanning every sub-specialty of ophthalmology. This accomplishment also reflects the collective dedication of robust outreach and patient care teams, employees, and nurses, OT team whose tireless efforts have ensured that thousands of patients regain the gift of sight each year. The hospital's strong optical management systems and proactive management initiatives have further strengthened its ability to deliver high-volume, high-quality care while maintaining affordability and accessibility.

The tireless efforts of the Dr. NTR Vaidya Seva team and Arogya Mitras has fostered a culture of excellence that continues to inspire and elevate standards of care.

### 2025 - A Year of Milestones :

The year 2025 will be remembered as a watershed moment in the Foundation's journey. Beyond clinical performance, Sankar Foundation expanded its footprint through robust outreach activities. With the support of major corporates, infrastructure was strengthened, enabling eye care services to reach villages, tribal belts, and interior regions where healthcare access is often scarce. These initiatives brought light to countless lives, reaffirming the Foundation's mission to combat avoidable blindness. The achievements were made possible through the continuous support of the Government of Andhra Pradesh, the District Administration, the DMHOs, Dr NTR Vaidya Seva District Coordinators and ophthalmic officers across the region.

**Chief Minister of Uttarakhand applauds Sankar Foundation :** It was a moment of immense pride for Sankar

  
K. Bangar Raju  
EDITOR

(cont...6th page)

## VISIONARY INSIGHTS SHINES: UTTARAKHAND CM PUSHKAR SINGH DHAMI APPLAUDS SANKAR FOUNDATION IN DEHRADUN

### Newsletter Bags 2nd Prize at National level



It was a moment of immense pride for Sankar Foundation when Sri Pushkar Singh Dhami, Hon'ble Chief Minister of Uttarakhand, warmly congratulated the Foundation on receiving the Second Prize for its monthly newsletter **Visionary Insights**. Sri Pushkar Singh Dhami, Hon'ble Chief Minister of Uttarakhand going through the newsletter contents. With genuine interest, he went through the newsletter and its contents, appreciating the effort and dedication behind it. The honour was conferred during the inauguration of the 47th All India Public Relations Conference held in Dehradun on Saturday, 13th December.

On behalf of the Chief Minister, Sri Naresh Bansal, Hon'ble MP (Rajya Sabha), presented the awards. Sri K. Bangar Raju, Editor of Visionary Insights and Deputy General Manager (PR & Liaison), received the award amidst distinguished dignitaries including Dr. Ajit Pathak, National Chairman of PRSI, and Dr. P.L.K. Murthy, Secretary General of PRSI.



Sri A. Krishna Kumar, Managing Trustee, and Sri K. Radhakrishnan, GM, congratulating Sri K. Bangar Raju  
(cont...2nd page)

## Performance at a Glance

**Total Eye Surgeries : 5,01,951 Since Inception**  
**Total Outpatients Screened : 29,16,200 Since Inception**

## UTTARAKHAND CM PUSHKAR SINGH DHAMI APPLAUDS



Sri Bansal, MP presenting the Award to K Bangar Raju, Editor of Visionary Insights at Dehradun.

The recognition was further cherished as Sri A. Krishna Kumar, Managing Trustee, and Sri K. Radhakrishnan, GM, Sri S.K.L. Rao, AGM (HR) personally congratulated Sri K. Bangar Raju for bringing laurels to the Foundation at the national level. This award marks the second consecutive year that Sankar Foundation has been honoured with such distinction, a testament to its consistent pursuit of excellence.

The Board of Trustees, led by Sri M. Ramdas, the Managing Trustee, Sri A. Krishna Kumar, Trustees Sri A. Prasanna Kumar, Sri A. Vijay Kumar,

extended their heartfelt congratulations to Sri K. Bangar Raju and the entire editorial team for their remarkable achievement.



Members of the Russian PRSI delegation browse through the Sankar Foundation newsletter with keen interest in Dehradun.

## Letters to the Editor

• Thank you for sharing the November issue of the Sankar Foundation newsletter. It is well-composed and thoughtfully articulated, highlighting the Foundation's many activities and its spirit of selfless service to society. I congratulate the collective efforts of Sankar Foundation for their dedicated service to the nation. I am grateful to receive the newsletter, which is also most useful to me in managing my eye care. Keep up the excellent work.

**Sri Y Siva Sagar Rao**, Former Chairman cum Managing Director, RINL-Vizag Steel Plant.

• Bangar Raju CONGRATULATIONS. I'm not surprised, as I and my Banu have been fans of your newsletter. Pl keep it up. Good things should be made to live longer. That is leadership. God bless you and SF. Convey my congrats to the trustees and the editorial team.

**Kannan**, former Trustee, Sankar Foundation, Management Consultant, Mumbai.

• **Kudos to the team behind 'Visionary Insights' for bagging the Second Prize at the 47th PRSI National Awards, 2025.**

The newsletter is aptly named both in respect of the field it serves and the content that it delivers. The production team does not restrict itself to the activities of the Foundation - of which there are many - but also throws light on the various happenings around the world and the advances being made in the field of ophthalmology.

Each issue is an eye-opener to new vistas of achievements and advancements and makes compelling reading. Many an article in the various issues have give a

new dimension to the saying 'as far as the eye can see' by extending the horizons of our knowledge. Every time I go through a new issue, I realise that AI, Quantum computing and Bitcoin is not the whole world and that there is more to Ophthalmology than meets the eye. To me, the layout is only just bells and whistles. But the content, ah that is truly eye-catching. It is unique in the information that it dishes out. The Foundation which is so involved in the myriad and varied activities that it tirelessly performs, has got, in the newsletter, a right channel to let people know of the yeoman service that is being rendered by the selfless doctors and personnel.

**Sri Y Balaji**, Executive Director – HR (Retired) Vizag Steel Plant.

• Sankar Foundation's House Magazine Visionary Insights has been helping medical fraternity including doctors, eye care staff and others connected with ophthalmology.

The quick changes in ophthalmology needed to be understood constantly to provide the best treatment for patients. The technological changes, new procedures in treatment can be known easily with reading of articles written by eminent doctors and professors. The doctors who can't attend Continuing Medical Education programmes, seminars, workshops due to time constraints can also acquire knowledge easily by reading the articles. I request them to keep those magazines for future references. They can make others to read and disseminate knowledge.

I congratulate Sri K. Bangar Raju, Editor and the editorial team for bringing the magazine in a professional manner.

**Sri K Srinivasa Rao**, Principal Correspondent, The Hindu, Vijayangaram & Srikakulam Districts.

• I extend my sincere appreciation to the Sankar Foundation Eye Hospital for bringing out an exceptionally informative and well-crafted Health Newsletter. The newsletter's insightful articles on eye care, preventive health tips and inspiring community initiatives reflect the Foundation's unwavering commitment to public welfare and awareness. Its clear presentation, relevant content and professional quality make it a valuable resource for readers of all ages. I commend the entire team for their dedication and congratulate them on producing a publication that truly enlightens and motivates its audience.

**Sri US Sarma**, Vice President (South) PRSI, PR Consultant, Coromandel International Ltd, Chief Manager --PR (Retd) HPCL.

• The Shankar Foundation newsletter is a powerful and insightful resource that raises public awareness about modern eye-care technologies, essential practices, and notable achievements. It inspires readers to stay informed, proactive, and responsible in safeguarding their eye health.

**Dr. Jayasri**, Academic Administrator, St. Ann's College for Women.

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

**The eye is the jewel of the body**

## THE VISIONARY ERA: GLOBAL PERSPECTIVES, INDIAN INSIGHTS

Emerging trends in ophthalmology are reshaping eye care worldwide, with India playing a unique role by balancing innovation with accessibility. Globally, technology-driven solutions dominate, while India focuses on bridging urban-rural gaps and scaling affordable care.

### Key global trends include:

- **Artificial Intelligence (AI) in diagnostics:** A.I.-powered algorithms can detect early signs of diabetic retinopathy, glaucoma, and age-related macular degeneration with remarkable precision (eHEALTH)
- **Tele-ophthalmology:** Remote consultations and cloud-based retinal imaging are expanding access to underserved populations, especially in Africa and rural America.
- **Minimally invasive surgeries:** Advances in femtosecond lasers and micro-incision cataract surgery are reducing recovery times and improving outcomes.
- **Gene and stem cell therapies:** Cutting-edge research is targeting inherited retinal diseases, offering hope for conditions once deemed untreatable.
- **Global health initiatives:** WHO-led programs emphasize eliminating preventable blindness, with cataract and refractive error correction as priorities.

### Indian Perspective

India presents a contrasting yet complementary picture. With 12 million cataract surgeries annually, it is a global leader in surgical volume. However, challenges remain:

- **Rising demand:** Driven by digital dependency, ageing population, and lifestyle changes, India faces a surge in eye care needs, according to India Today survey.
- **Affordable innovation:** Institutions like Sankar Foundation, Aravind Eye Hospital have pioneered low-cost, high-volume models, making cataract and refractive surgeries accessible to millions.
- **Urban-rural divide:** While metros adopt A.I. diagnostics and robotic surgeries, rural areas still rely on outreach camps and mobile eye units.
- **Pharmaceutical innovation:** Indian companies like ENTOD are developing treatments for corneal ulcers and fungal keratitis, conditions often overlooked globally.
- **Public-private partnerships:** Government schemes and NGOs collaborate to reduce avoidable blindness, emphasizing cataract, refractive errors, and diabetic retinopathy.

### Comparative Insights

- **Technology vs. Accessibility:** Globally, the focus is on advanced therapies, while India emphasizes scalable, cost-effective solutions.
- **Preventive care:** A.I.-driven screening is gaining traction worldwide, but in India, awareness campaigns and school eye check-ups remain critical.
- **Surgical innovation:** Western countries lead in robotic and laser-assisted surgeries, whereas India leads in volume and outreach models.
- **Pharma research:** India is filling treatment gaps for tropical eye diseases, complementing global efforts in genetic and regenerative therapies.

The future of ophthalmology lies in integrating global innovation with India's accessibility-driven models. While the West pushes boundaries with A.I., gene therapy, and robotics, India demonstrates how quality eye care can be democratized. Together, these approaches promise a world where preventable blindness is eliminated, and vision care becomes a universal right.

(Insights by **K Bangar Raju**,  
Editor with inputs from : eHEALTH)

## EDITORIAL TEAM COMMENDS NEWSLETTER EDITOR



The Editorial team with the Trophy. It was a proud moment for Sankar Foundation when its newsletter Visionary Insights received the 2nd Prize at the 47th National PRSI Conference held in Dehradun on 13th December 2025.

The Editorial Team Dr. T. Raveendra, Prof. P. Krishna Prasad, and Dr. Nasrin extended their heartfelt congratulations to the Editor, Sri K. Bangar Raju, Deputy General Manager (PR & Liaison), for bringing laurels to the Foundation. The trophy was formally presented to the team, marking a significant achievement in the Foundation's communication efforts.

## UTTARAKHAND SPEAKER LAUDS SANKAR FOUNDATION



Sri K. Bangar Raju, Editor, presenting the newsletter to Hon'ble Speaker Smt. Ritu Khanduri Bhushan at Dehradun.

Smt. Ritu Khanduri Bhushan, Hon'ble Speaker of the Uttarakhand Legislative

Assembly, showered praise on the award-winning newsletter Visionary Insights published by Sankar Foundation.

Gracing the PRSI National Awards 2025 ceremony as the Chief Guest in Dehradun on 14th December, she commended the newsletter's quality and vision.

The Speaker carefully reviewed its contents and expressed appreciation for the Foundation's dedicated services to society, particularly its mission of eliminating avoidable blindness. Dr Ajit Pathak, National Chairman of PRSI was present on the occasion.

**Vision is the art of seeing what is invisible to others**



**VIZAG DISTRICT COLLECTOR INVITED TO VISIT SANKAR FOUNDATION**



Sri K. Radha Krishnan, General Manager, and Sri K. Bangar Raju, Deputy General Manager (PR & Liaison), met with Sri M.N. Harendhira Prasad, IAS, Visakhapatnam District Collector and Magistrate, on 27th December to extend an invitation to visit Sankar Foundation Eye Hospital. During the meeting, they apprised him of the community services being rendered by the Foundation.

The District Collector commended Sankar Foundation for its significant role in eliminating avoidable blindness and for its dedicated service to society. He assured that he would visit the hospital on a convenient day.

**ELEVATING EMPLOYEE WELFARE THROUGH INSURANCE COVERAGE**

True to its unwavering commitment of prioritizing employees' welfare, Sankar Foundation management is pleased to announce the extension of comprehensive insurance coverage for all employees and doctors as part of its Human Relations welfare initiative for the year 2025-26. This initiative is designed to **enhance employee satisfaction and security**, ensuring that every member of the Sankar Foundation family feels valued and protected. The insurance coverage ranges from **₹ 2 lakhs to ₹ 5 lakhs**. By offering this benefit, the Foundation reinforces its belief that employee well-being is central to organizational excellence.

**Commitment to Employee Welfare**

► Sankar Foundation has always been at the **forefront of employee care**, recognizing that its dedicated workforce is the driving force behind its success.

► This insurance policy is not just financial protection; it is a **gesture of gratitude and respect** for the relentless efforts of employees and doctors who strive to achieve new milestones in eye care management.

**HSL-Supported ROP Equipment Inaugurated**

Hindustan Shipyard Limited (HSL), a Mini Ratna Defence PSU, sponsored Retinopathy of Prematurity (ROP) equipment was inaugurated by **Commodore Rakesh Prasad, Director (Corporate Planning & Personnel)** HSL at an event held in Sankar Foundation on 3rd December under their CSR initiative at a cost of **Rs 18.64 lakhs**.

Speaking on the occasion, Commodore Rakesh Prasad said that "we were highly impressed by the services of Sankar Foundation in its journey towards achieving avoidable blindness in the society and assured to extend all types of support to the foundation"

Sri A Krishna Kumar, Managing Trustee of Sankar Foundation stated in a message that "This support is not just a donation; it's a lifeline for children at risk of losing their sight. We are truly thankful," to HSL.

Sri K Radhakrishnan, General Manager expressed his gratitude on behalf of the



Commodore Rakesh Prasad inaugurating the equipment today at Sankar Foundation in the presence of HSL and foundation officials.

foundation for the continuous support of HSL in strengthening its infrastructure.

Sri D Srinivasa Rao, Chief GM (Commercial), Sri Baig, Company Secretary HSL were among those graced the occasion. Sri V Ramesh Kumar, DGM (Patient Care & Corporate Relations) welcomed the guests and Dr Sanjana explained the salient features of the equipment. Dr Nasrin, HOD, Cornea, Dr T Krishna, HOD, Retina, Sri K Bangar Raju, DGM (PR & Liaison) and others participated. The equipment 3 Netra Neo units was supplied by Forus Health Private Limited.

**SALPG SPONSORED FREE EYE CAMP CONDUCTED**



Sankar Foundation and SALPG officials at the inauguration of eye camp.

Sankar Foundation in collaboration with SALPG organised a two-day comprehensive free eye screening camp successfully for the residents of Kobbaritota in the city limits from 5th to 6th December, 2025 under their CSR initiative. The camp witnessed a large turnout of patients seeking eye care services.

Sri Ramnath, Manager (CSR), Sri V Raamesh Kumar, DGM (Patient Care and CR), our outreach team, led by Raju & Arun, Sri Eswar Rao, Sr Manager (Optical Management), Sri Ratanraju, Manager (Optometry) and others took part in the screening camp.

Dedicated medical care was provided by Dr. Srilaxmi, Dr. Apoorva, and Dr. Sreya Mishra, who screened patients with commitment and precision.

Our doctor screening the patients at the camp.

**Data Sheet**

- Total Number of patients screened 826
- Glasses Prescribed 617
- Spot delivery of glasses 509

**Selected for Cataract surgeries**  
481 patients identified for cataract surgeries have successfully undergone operations, and were safely dropped back at their respective pickup points.

All the teams of Sankar Foundation worked with dedication in the successful completion of the eye camp.

**Your eyes show the strength of your soul**

# "Digital Vision Dilemma : Smartphones and the Strain on Our Eyes

## Navigating Vision in the Smartphone Era

Smartphones and digital devices have become indispensable in modern life; however, prolonged use poses significant risks to ocular health. The most prevalent concerns include digital eye strain, dry eye disease, progressive myopia, and potential retinal stress from blue light exposure. Collectively, these conditions are now recognized as major contributors to ocular morbidity worldwide.



### Detailed Adverse Effects

#### 1. Digital Eye Strain (Computer Vision Syndrome)

**Definition:** A cluster of visual and musculoskeletal symptoms caused by prolonged screen use.

**Symptoms:** Eye fatigue, blurred vision, headaches, difficulty focusing, neck/shoulder pain.

**Prevalence:** Affects up to 85% of digital device users globally.

**Mechanism:** Continuous near work reduces accommodative flexibility and increases ocular muscle strain.

#### 2. Dry Eye Disease

**Cause:** Reduced blink rate during screen use (normal blink rate 15/min drops to 5/min).

**Impact:** Tear film instability, ocular surface inflammation, burning sensation, foreign body sensation

**Evidence:** Studies show smartphone overuse is strongly associated with dry eye in both children and adults.

#### 3. Myopia Progression

**Risk Factor:** Excessive near work on smartphones and tablets, coupled with reduced outdoor activity.

**Epidemiology:** Rising prevalence of childhood myopia in Asia is linked to digital device overuse.

**Mechanism:** Prolonged accommodation and convergence stress elongate the eyeball, worsening myopia.

**Let your eyes reflect  
a better tomorrow**

#### 4. Diplopia and Binocular Vision Disorders

**Observation:** Chronic smartphone users report double vision and convergence insufficiency.

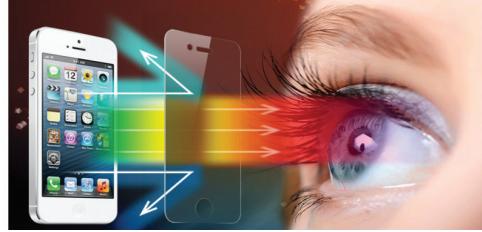
**Reason:** Sustained near focus disrupts normal binocular coordination.

#### 5. Blue Light Exposure

**Source:** LED screens emit high-energy visible (HEV) blue light.

**Effects:** Disrupts circadian rhythm by suppressing melatonin, leading to poor sleep.

Potential oxidative stress on retinal cells, though long-term damage is still under study.



#### 6. Other Ocular Concerns

**Asthenopia:** Generalized eye strain from prolonged device use.

**Photophobia:** Increased light sensitivity due to screen glare.

**Retinal Stress:** Ongoing research into cumulative effects of blue light on macular health.

**Postural Effects:** Poor ergonomics indirectly worsen ocular discomfort.

#### Preventive Strategies

Practice	What to Do	Key Benefit
20-20-20 Rule	Every 20 minutes, look 20 feet away for 20 seconds	Reduces digital eye strain and fatigue
Artificial Tears	Use lubricating drops when eyes feel dry	Relieves dryness, irritation, and discomfort
Blue Light Filters	Enable night mode or use filter glasses	Minimizes glare, improves sleep quality
Outdoor Activity (Children)	Encourage 1-2 hours outdoors daily	Slows progression of myopia
Ergonomics & Lighting	Maintain upright posture, adjust lighting	Prevents strain, headaches, and posture issues

#### DOs and DON'Ts

##### The DOs Healthy Habits for Your Eyes

- Follow the 20-20-20 rule:** Every 20 minutes, look at something 20 feet away for 20 seconds.
- Keep proper distance:** Hold your phone at least 16–18 inches away from your eyes.
- Blink consciously:** Remind yourself to blink often to keep eyes moist.
- Use lubricating drops if advised:** Artificial tears can relieve dryness.

**Dr. K.Soujanya Kumari,**  
Consultant,  
General Ophthalmology



- Adjust screen settings:** Increase font size, reduce brightness, and enable blue-light filters/night mode.

**Ensure good lighting:** Use your phone in well-lit environments.

**Stay healthy:** Drink water, eat foods rich in Vitamin A & Omega-3 (carrots, spinach, fish).

**Regular check-ups:** Visit your ophthalmologist for routine eye examinations.

#### The DON'Ts Habits That Harm Vision

**Don't use phones in the dark:** Avoid prolonged screen use in pitch-dark rooms.

**Don't hold screens too close:** Keeping phones near your face increases strain.

**Don't ignore symptoms:** Persistent headaches, blurred vision, or dryness need medical attention.

**Don't scroll before sleep:** Late-night use disturbs sleep and worsens fatigue.

**Don't replace glasses with zooming:** If prescribed spectacles, wear them instead of straining with zoom features.

**Don't overuse continuously:** Long hours of gaming, streaming, or reading without breaks can harm vision.

**Don't rub eyes excessively:** This can worsen irritation and increase risk of infection.

#### Key Message

- Smartphones and digital devices: powerful yet double-edged tools in ophthalmology
- Excessive use can lead to digital eye strain, dry eye disease, myopia progression, and circadian rhythm disruption
- Responsible usage and preventive strategies are key to maintaining healthier eyes
- Call to action: strengthen awareness campaigns and establish clear clinical guidelines
- Smartphones are here to stay but your eyes are irreplaceable
- With mindful habits, you can balance connectivity with clarity and safeguard your vision for years to come

## PFIZER HEALTHCARE INDIA AND SANKAR FOUNDATION ORGANIZE FREE EYE SCREENING CAMP

### Fact Sheet

- Total outpatients screened: 465
- Glasses prescribed: 309
- Spot delivery of glasses: 278
- Patients selected for surgeries and other procedures: 60

**Camp Highlights :** Eye screenings were conducted by Dr. Srilakshmi and Dr. Revathi from Sankar Foundation. The camp was supported by a dedicated team of Sankar Foundation employees, paramedical staff, and the outreach team led by Sri N. Appala Raju (Senior



Spot delivery of glasses to patients.

Sri P. Rajsekhar (Business Excellence), Sri U. Srinu (Safety Officer, Pfizer), Sri V. Ramesh Kumar (DGM, Patient Care, Sankar Foundation), and other dignitaries. The initiative received an overwhelming response from residents of nearby villages.

## SANKAR FOUNDATION ACHIEVES A SIGNIFICANT MILESTONE OF 5 LAKH EYE SURGERIES

Foundation when **Sri Pushkar Singh Dhami, Hon'ble Chief Minister of Uttarakhand**, warmly congratulated the Foundation on receiving the **Second Prize** for its monthly newsletter **Visionary Insights**.

On behalf of the **Chief Minister, Sri Naresh Bansal, Hon'ble MP (Rajya Sabha)**, presented the awards. **Sri K. Bangar Raju**, Editor of Visionary Insights and Deputy General Manager (PR & Liaison), received the award amidst distinguished dignitaries at the 47th All India Public Relations Conference (PRSI) held in Dehradun on 13th December 2025.

This marks the **second consecutive year** that the foundation has earned this prestigious national recognition. This honour underscores Sankar Foundation's unwavering commitment to excellence in communication and awareness in ophthalmology, further strengthening its role as a trusted voice in eye care management.

In 2025, the Sankar Foundation was honored with the Meritorious Award on Republic Day. The award, presented by the District Collector, Sri Harendhira Prasad, recognized the foundation's outstanding contribution through a large number of eye surgeries a significant mark of distinction.

**Strong Outreach initiatives :** Sankar Foundation's Outreach Team created a remarkable impact in the fight against avoidable blindness across North Andhra Pradesh region in 2025. With 603 free eye screening camps organized, the team successfully screened 43,804 outpatients and performed 14,175 eye surgeries. This extraordinary effort stands as a powerful testament to the Foundation's dedication to community eye care and its mission to eliminate avoidable blindness.

### Academic Excellence

### Sankar Foundation Achieves Prestigious Recognition

Sankar Foundation has been officially recognised as a Scientific and Industrial Research Organisation (SIRO) by the Department of Scientific and Industrial Research (DSIR), Ministry of Science and Technology, Government of India. This recognition is valid for a period of three years, from 2025 to 2028. Under this scheme, Sankar Foundation is empowered to promote and encourage scientific research activities, further strengthening its commitment to innovation, knowledge creation, and impactful contributions to society.

Another feather in its cap was the prestigious renewal of National Board of Examinations in Medical sciences

(NBEMS) Accreditation, which now facilitates admission into six seats in DNB courses. This achievement not only sets a benchmark in academic excellence but also ensures the grooming of future generations of ophthalmologists who will carry forward the Foundation's legacy of compassionate care.

### Beyond Numbers – A Human Impact

While statistics highlight the scale of achievement, the true measure lies in the lives transformed. Each surgery represents not just restored vision, but renewed dignity, independence, and hope. It is a celebration of teamwork, innovation, and the belief that restoring sight that transforms lives.

**Looking Ahead** As Sankar Foundation celebrates this milestone, it also looks to the future with renewed vigour. The journey ahead will focus on expanding research, embracing technological innovations in eye care, and deepening community engagement.

With its proven track record, the Foundation stands poised to remain a torchbearer in the fight against blindness, continually strengthening popular trust and advancing its mission of sight for all.

**The eyes are the silent language of the universe.**

*"Advancements  
in Veterinary  
Ophthalmology,"*

## Sankar Foundation Restores Eyesight of 2-Year-Old Tribal Girl



The baby with her parents after successful surgery.

Sankar Foundation has once again demonstrated its commitment to society by successfully restoring the eyesight of a two-year-old tribal girl from Tadibanda-Gondipakala village near Chintapalli. The complex corneal tear surgery on her right eye was performed entirely free of cost.

The child, who suffered a severe eye injury with bleeding while playing, was initially treated at the Chintapalli PHC and later referred to the Regional Eye Hospital, Visakhapatnam. At REH, specialists further referred her to Sankar Foundation for urgent corneal tear repair and for urgent intervention.

After detailed investigations, the surgery was carried out under the skilled care of Dr. VK Yashaswini, guided by Dr. Nasrin, Head of the Cornea Department.

The child was discharged after post OP investigation, and doctors declared that her vision was successfully restored. Her parents, agricultural workers overwhelmed with gratitude, described the outcome as "a rebirth for our daughter."

True to its mission of serving the underprivileged, Sankar Foundation bore the entire cost, reaffirming its dedication to eliminating avoidable blindness and ensuring that no child is deprived of sight due to financial constraints.

**Love is written in the language of eyes.**

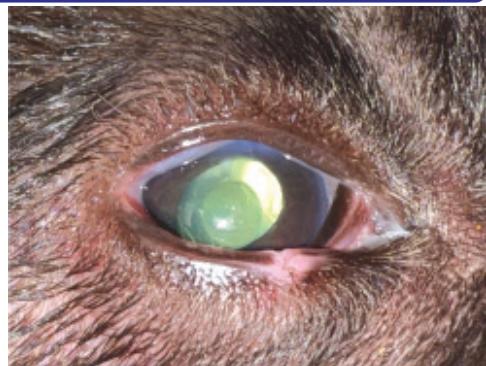
## Ground-breaking Cataract Surgery Gives Wolverine Clearer Sight at San Francisco Zoo

Edward, a two-year-old wolverine at the San Francisco Zoo and Gardens, has made medical history. Thanks to a pioneering cataract surgery, Edward is now seeing the world more clearly.

In November, Edward became the first wolverine ever to receive a custom-made intraocular lens implant. The delicate procedure was performed on his left eye by Dr. Freeman, a board-certified veterinary ophthalmologist following an earlier cataract surgery on his right eye. This landmark surgery represents a major advancement in veterinary ophthalmology, especially for rare and resilient species like the wolverine.

Edward was born in 2023 at ZooMontana in Billings, Montana, and transferred to San Francisco later that year. His caretakers recently noticed cloudiness in his right eye, an unusual condition for such a young animal. "We were surprised to see what appeared to be a cataract forming in the eye of such a young animal," said Dr. Nick Dannemiller, clinical veterinarian at the Zoo and board-certified specialist in zoological medicine. The team quickly brought in an ophthalmologist to evaluate Edward's condition.

After thorough investigation, doctors determined that Edward would eventually need surgery on both eyes. His right eye was treated first, but without a replacement lens since it was functioning well. The second surgery on



Edward's left eye post surgery (with lens).

his left eye was the true breakthrough the successful implantation of a custom intraocular lens designed specifically for him.

Edward's recovery has been remarkable. His care team reports that he is seeing much better and is expected to live a normal, healthy life.

His case not only improves his quality of life but also sets a precedent for future wildlife ophthalmic surgeries, proving that advanced medical techniques can extend beyond human care to benefit rare and endangered species. The animals found in cold northern latitudes of North America, Europe, and Asia, especially in forests and mountainous regions.

(Written by **K Bangar Raju**, Editor :  
Source: San Francisco Zoo and Gardens)

## HSL SUPPORT TO FREE EYE SCREENING CAMP

Hindustan Shipyard Limited (HSL), a Defence Mini Ratna PSU, in association with Sankar Foundation, organized a free eye screening camp at Vanduva village, Parvatipuram Manyam district, on 18th December 2025 as part of its CSR programme. The camp witnessed enthusiastic participation from a large number of people from the village and surrounding areas.

Commodore Rakesh Prasad, Director (Corporate Planning & Personnel), HSL, in his message stated "Wonderful. We are extremely proud to be associated with Sankar Eye Foundation in this noble cause."

The camp was inaugurated by Sri V. Prasanth, DGM (Finance), HSL, in the presence of Sri V. Ramesh Kumar, DGM (PC & CR), Sri Simhachalam, representatives of Sri Shiridi Sai Seva Trust, and other officials.

Patients were screened by Dr. Gouthami, supported by the outreach team comprising Sri N. Appala Raju, Senior Manager, Sri Ch. Venkata Ramana, Camp Coordinator, Sri Eswar Rao, Senior Manager, and Sri Ramu, Manager,



Sri V. Prasanth, DGM (Finance), HSL distributing the glasses to the beneficiaries at the camp. Optical Department. Their dedicated efforts ensured smooth conduct of the camp.

The officials especially commended the Optical Department for the spot delivery of spectacles, which brought immediate relief and satisfaction to the beneficiaries.

### Camp Fact Sheet

Total Out Patients Screened	305
Glasses Prescribed	150
Spot delivery of glasses	141
Selected for cataract surgeries	64
Surgeries successfully performed at main hospital and dropped them back to their pick up points.	

## 2025 in Focus: Ophthalmology Becomes the Specialty of Choice

### Clinical Snapshot Metrics- December 2025

❖ Total Eye Surgeries	2,420
❖ Cataract Surgeries	1,746
❖ Retina Surgeries	77
❖ Retina Injections	175
❖ Glaucoma Surgeries	12
❖ Cornea Surgeries	199
❖ Pediatric Surgeries	03
❖ Orbit & Oculoplasty	32
❖ Total OP Screened	15,189
<b>BRANCHES</b>	
❖ <b>Srikakulam</b>	
Eye Surgeries	316
❖ OP Screened	1,697
❖ <b>Maddilapalem</b>	
Eye Surgeries	74
❖ OP Screened	1,171
❖ <b>Gajuwaka</b>	
Eye Surgeries	18
❖ OP Screened	1,014
❖ <b>Madhurawada</b>	
Eye Surgeries	12
❖ OP Screened	581
❖ Total 52 Outreach free eye camps conducted and screened 5594 patients and Performed 1045 surgeries	

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Ophthalmology in 2025 has emerged as one of the most sought-after specialties among medical graduates in India, marking a turning point in how young doctors view eye care compared to other medical sciences.

**The Year 2025: A Defining Moment**  
As 2025 unfolds, the medical landscape in India is witnessing a remarkable shift. Ophthalmology, once considered a niche specialty, is now etched into history as a discipline of choice for many graduates. The reasons are multifaceted: the rising burden of eye diseases, technological advancements, and the promise of a balanced professional life.

### Why Ophthalmology is Gaining Prominence

- ❖ **Growing demand for eye care:** With India's ageing population and increasing screen dependency, conditions like cataract, glaucoma, and myopia are surging. This creates a steady demand for ophthalmologists (shikshamed.com).
- ❖ **Technological innovation:** Graduates are drawn to cutting-edge tools such as femtosecond lasers, robotic-assisted surgeries, and A.I.-driven diagnostics, which make ophthalmology both intellectually stimulating and future-ready.
- ❖ **Surgical precision with lifestyle balance:** Unlike some other surgical branches, ophthalmology offers high surgical satisfaction with relatively shorter procedures and fewer emergencies, allowing doctors to maintain a healthier work-life balance (shikshamed.com).
- ❖ **Diverse career pathways:** Subspecialties such as cornea, retina, glaucoma, and oculoplasty provide opportunities for specialization, research, and global fellowships.
- ❖ **Global recognition:** Indian ophthalmologists are increasingly contributing to international research and innovations, making the field attractive for those seeking global exposure.

### India's Unique Context

In India, ophthalmology is not just about prestige it is about impact. With millions still suffering from preventable blindness, graduates see this specialty as a chance to combine service with science. Institutions like Sankar Foundation, Aravind Eye Care and LV Prasad Eye Institute, Sankara Nethralaya have demonstrated how ophthalmology can

transform communities through affordable, high-volume care. This social relevance sets it apart from other medical sciences, where opportunities for mass impact may be less direct.

**Comparison with Other Medical Sciences**

- ❖ **Internal medicine and paediatrics:** While vital, these fields often involve long hours and complex chronic care management. Ophthalmology, by contrast, offers quicker interventions with visible outcomes.
- ❖ **Orthopaedics and general surgery:** These remain popular but are physically demanding and often emergency-driven. Ophthalmology provides surgical excitement without the same intensity of emergencies.
- ❖ **Dermatology:** Though lifestyle-friendly, it lacks the surgical depth and technological innovation that ophthalmology offers.

### Sankar Foundation: A Premier Choice for Medical Students Across India

**India** : It is noteworthy that medical students from every corner of India are finding their path to success at Sankar Foundation, an integrated eye hospital in Visakhapatnam. With admissions into DNB programs and Fellowships, the foundation has become a trusted destination for aspiring ophthalmologists who seek not only advanced training but also a nurturing environment for professional growth.

Students from Maharashtra, Gujarat, Bihar, Tamil Nadu, Kerala, Odisha, Telangana, Andhra Pradesh, Jammu & Kashmir, and Madhya Pradesh have chosen Sankar Foundation to elevate their expertise in eye care. Their journeys reflect the institute's reputation as a premier eye institute that blends compassion with cutting-edge education.

**The prominence of ophthalmology in 2025 reflects a broader trend:** medical graduates are seeking specialties that balance innovation, impact, and lifestyle. As India continues to battle preventable blindness while embracing global technology, ophthalmology stands out as a discipline where young doctors can leave a lasting mark on history both nationally and internationally.

(Insights by **K Bangar Raju**, Editor)

**Stars have nothing compared to sparkling eyes**