SANKAR FOUNDATION EYE HOSPITAL
Committed to the Community

VISIONARY INSIGHTS

Volume 2 : Issue 8 : February 2026 Monthly In-house Newsletter of Sankar Foundation

Editorial — The Growing Influence of Ophthalmology in India

Ophthalmology in India is not just growing it is emerging as one of the most influential medical disciplines shaping the nation's healthcare landscape. With rising demand for eye care, rapid technological adoption, and strong institutional leadership, ophthalmology is redefining clinical practice, public health priorities, and even the healthcare economy. Its impact is particularly visible in the fight against preventable blindness and in expanding access to specialized care across underserved rural regions.

Expanding Demand for Eye Care

India has one of the world's largest populations at risk of visual impairment, making ophthalmology central to national health priorities. Cataracts, glaucoma, diabetic retinopathy, and refractive errors remain major contributors to vision loss.

Rising life expectancy and lifestyle changes are intensifying the burden of age-related eye diseases, while younger populations face challenges such as myopia and digital eye strain.

This surging demand is propelling ophthalmology into a position of unmatched influence, driving the expansion of services across both urban centres and rural communities.

Institutional Leadership

The All India Ophthalmological Society (AIOS) has become a powerful force in shaping the field. Its annual conferences, such as AIOC 2026 (12th to 15th March) in Jaipur, convene leading ophthalmologists, researchers, and policymakers to set national agendas, promote best practices, and accelerate innovation.

Trade platforms like INOPTICS 2026 (28th to 30th March at Delhi) amplify ophthalmology's influence by connecting clinicians, manufacturers, and distributors, strengthening India's optical and eye care ecosystem.

These institutions ensure ophthalmology is not just a medical specialty but a strategic driver of healthcare policy and industry growth.

Technological Advancements

India is rapidly embracing artificial intelligence, tele-ophthalmology, and surgical innovations, positioning ophthalmology as a frontline adopter of cutting-edge healthcare technologies.

The surgical eye care market is projected to grow at nearly 10% annually between 2026 and 2033, underscoring ophthalmology's role as a magnet for investment and innovation.

Breakthroughs such as A.I-powered diagnostics, minimally invasive surgeries, and smart vision devices are making care more precise, accessible, and influential in shaping global ophthalmic standards.

Public Health Impact

Government initiatives and NGO-led programs are extending ophthalmology's reach into underserved areas,

(cont...2nd page)

K. Bangar Raju
EDITOR

(By K Bangar Raju)

Lead View — WHY GLAUCOMA REMAINS THE LEADING CAUSE OF BLINDNESS

☛ A Silent Thief of Sight

As a prelude to **World Glaucoma Week,** observed from 08th –14th March, 2026, **Visionary Insights** underscores the rising burden of glaucoma in India and worldwide.

Glaucoma is one of the leading causes of irreversible blindness worldwide and is often referred to as the **"silent thief of sight,"** as it typically progresses without noticeable symptoms until significant vision loss has occurred.

India's Growing Crisis : Over 12 million people currently live with glaucoma, projected to surge to 15–16 million by 2030.

An estimated 80 million people were affected in 2020, and this number is projected to exceed 111 million by 2040, underscoring the urgent need for global action. Although vision loss caused by glaucoma is irreversible, it is largely preventable through early detection and appropriate treatment.

Diagnosis remains challenging, primarily because the disease is often asymptomatic in its early stages and closely associated with age-related risk factors. Inequities in access to care and appropriate treatment further contribute to delayed diagnosis and management. Early detection and timely intervention are therefore essential to slow disease progression, preserve remaining vision, and improve the quality of life for those affected, stated **Dr T Raveendra, Director, CQI & HOD Glaucoma, Sankar Foundation.**

Global Burden: Around 80 million individuals worldwide are affected by glaucoma, making it one of the leading causes of irreversible blindness.

Implementing timely measures is crucial to minimize the psychological burden and prevent impairment in daily life. Innovative technologies and targeted interventions can significantly enhance early detection and treatment of glaucoma, thereby reducing the risk of irreversible vision loss.

Current status of Glaucoma in India

Glaucoma has emerged as a major public health challenge in India, currently affecting over 12 million people most of whom remain undiagnosed. By 2030, this number is projected to rise by 20–25%, reaching 15–16 million cases.

Alarmingly, **The India Today** studies indicate that nearly 90% of glaucoma cases go undetected, primarily due to limited awareness and inadequate access to routine eye examinations. While the risk escalates after the age of 40, younger populations are not immune.

Vision Lost : More than 3 million people are already blind due to glaucoma, underscoring its devastating impact.

Drivers of growth include India's rapidly aging population, projected to reach 200 million people over 60 by 2030. Rising

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Performance at a Glance

Total Eye Surgeries : 5,07,174 Since Inception
Total Outpatients Screened : 29,47,292 Since Inception

The Growing Influence of Ophthalmology

tackling preventable blindness through cataract surgeries and vision screening camps.

Ophthalmology is increasingly recognized as a pillar of India's public health strategy, ensuring that eye care is not a luxury but a fundamental right, especially in rural regions where specialized care was historically absent.

By reducing preventable blindness, ophthalmology is directly influencing economic productivity, educational outcomes, and quality of life nationwide.

Outlook : The growing influence of ophthalmology in India reflects a powerful convergence of clinical excellence, technological innovation, and public health commitment. With strong institutional backing, rising patient awareness, and expanding access, ophthalmology is poised to transform India's healthcare system. Its influence will not only reduce visual impairment but also elevate the nation's global standing in medical innovation and healthcare delivery.

WORLD'S LARGEST OPHTHALMOLOGY SUMMIT HELD IN HONG KONG

The science of ophthalmology has gained remarkable momentum worldwide, driven by global recognition of eye health as a public health priority. Governments and international bodies increasingly link vision care to productivity, education, and quality of life, reinforcing its role in reducing preventable blindness and vision impairment.

Against this backdrop, the Asia-Pacific Academy of Ophthalmology (APAO) Congress 2026 the largest global convergence on ophthalmology successfully held in Hong Kong, marking a significant milestone for the global ophthalmic community.

Highlights of APAO 2026

Scale & Reach: Over 11,000 ophthalmologists, vision scientists, and professionals from 111 countries and regions attended, reaffirming Hong Kong's position as a premier international ophthalmic hub.

Academic Depth: More than 1,200 specialized sessions and symposia explored clinical applications and translational impact of cutting-edge technologies.

Thought Leadership: Over 1,000 distinguished speakers engaged in discussions spanning 19 subspecialties, including cataract, cornea, glaucoma, retina, pediatric ophthalmology, artificial intelligence, digital innovation, and virtual health.

Theme: "Eyes on the Future: Innovating Ophthalmology" underscored the Congress's focus on advancing technology-driven solutions for global eye health.

Collaborative Spirit: Organized by APAO and jointly hosted by the Hong Kong Ophthalmological Society and the College of Ophthalmologists of Hong Kong, the event fostered profound exchange and collaboration across borders.

Impact

The event strengthened international collaboration in ophthalmic research and practice and accelerated adoption of innovative technologies for diagnosis, treatment, and prevention. It also advanced global eye health targets, contributing to the reduction of preventable blindness and restoring sight.

Letters to the Editor

✣ "Visionary Insights lives up to its name covering all aspects right from the timetested dietary advice to the latest AI. Very informative indeed. Congratulations to editor Sri Bangarraju, renowned PR personality in India" **B Prabhakar Sarma,** retired Bureau Chief, The Hindu, Visakhapatnam.

✣ I am very happy to know that Sankar Foundation is continuing to set benchmarks in comprehensive and compassionate eye care, reaffirming its mission to eliminate avoidable blindness. The newsletter Visionary Insights further bringing pride to the institution by covering all aspects of ophthalmology and enlightening the readers about clinical excellence, community outreach initiatives, doctors achievements etc. Visionary Insights earned reputation by annexing national awards by PRSI National Award for excellence in communications.

The institution's sustained focus on innovation, quality, and outreach is commendable. In the process, it has strengthened its reputation as a trusted centre of excellence in ophthalmology. Sankar Foundation has proved that it is ahead of the curve by integrating advanced technologies such as A.I-assisted diagnostics and precision-driven surgical systems. Using technology, the Foundation is enhancing early detection, refining treatment strategies, and ensuring safer surgical outcomes.

Crossing the milestone of over five lakh surgeries since inception reflects not merely numbers, but lakhs of lives transformed through timely intervention and dedicated care. The Foundation's recognition during Republic Day celebrations for the second consecutive year underscores its meaningful contribution to society.

Through dedicated leadership, Sankar Foundation continues to illuminate lives and set an inspiring example in delivering accessible, ethical, and high-quality eye care. I extend my heartfelt congratulations to the editorial team and its Editor K. Bangar Raju for presenting the newsletter in such a visually engaging manner, and I wish Sankar Foundation every success in the future.

✣ **Raj Rajayasam Senior Journalist, Hyderabad**

NTPC in association with Sankar Foundation organises Mega Free Eye camp

Sankar Foundation, in collaboration with NTPC a leading power generation company organized a mega outreach free eye camp at Vadacheepurupalli in

Inauguration of NTPC-sponsored free eye screening camp at Vadacheepurupalli. Patients received free eyeglasses distributed on the occasion in the presence of dignitaries.

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Eyes that sing the tales of the forgotten past.

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SANKAR FOUNDATION OUTREACH EYE SCREENING CAMPS

As part of its outreach initiatives, Sankar Foundation organized a free eye screening camp for special children at the Asian Aid School of the Blind, **Bobbili** on 20th February 2026. A total of 120 children were screened by Dr. Apoorva Niranjan, supported by Sri M. Chandrasekhar, Manager, and other staff members. Of these, 16 children requiring surgeries were referred to the base hospital at Visakhapatnam. The camp was attended by the school principal Sri G. Shantilal along with staff members. At **Rayagada, Odisha,** Sankar Foundation conducted another free eye screening camp on 31st January 2026 at the District Court premises for members of the Bar Association. A total of 153 outpatients were screened by Dr. Shreya Mishra and Dr. Anna Maria, supported by Sri M. Chandrasekhar, Manager, and staff. The event was graced by Sri Debi Prasad Patnaik, President of Rayagada Bar Association, and Sri P. Ramesh Kumar Patro, President of Koraput Bar Association, along with other dignitaries.

WHY GLAUCOMA REMAINS THE LEADING CAUSE OF BLINDNESS

prevalence of diabetes and hypertension both key risk factors for glaucoma further compounds the challenge. In addition, urbanization and lifestyle changes are contributing to a surge in ocular health issues.

Global Status of Glaucoma

According to **World Health Organisation,** glaucoma is the second leading cause of blindness worldwide, posing a major public health challenge. In 2020, an estimated 80 million people were affected globally, and this number is projected to exceed 111 million by 2040, driven largely by ageing populations. Currently, around 80 million individuals live with glaucoma.

Silent Epidemic: In developing countries, up to 90% of glaucoma cases remain undetected because of poor awareness and limited access to eye care.

Unlike cataracts, the vision loss caused by glaucoma is irreversible. More than 3 million people are blind due to glaucoma, with approximately 10% experiencing bilateral blindness.

The burden is unevenly distributed, with higher prevalence in Africa and Asia. Notably, studies show that primary angle-closure glaucoma (PACG) and normotensive glaucoma occur more frequently among individuals of Asian origin, highlighting the need for region-specific strategies in prevention and care.

Diagnosing glaucoma presents significant challenges. While early treatment is critical to preventing vision loss, delayed diagnosis remains common. Even in resource-rich countries, epidemiological studies suggest that 50–80% of glaucoma cases go undetected, and this figure rises to nearly 90% in developing nations, largely due to limited awareness and access to eye care.

Eyes that hold the passion of a thousand sunsets.

Age as the main risk factor

Age is one of the strongest risk factors for glaucoma and other eye disorders. Prevalence increases sharply with age, rising from 0.6% among individuals aged 40–49 years to 8.3% in those aged 80 years and older. This age-related trend is consistent across genders and ethnic groups, according to **Dr P Manjuvalli, Senior Consultant, Glaucoma, Sankar Foundation.**

Older adults often face additional barriers:

- **Limited awareness:** Many do not prioritize visual health or mistakenly believe poor vision is an inevitable part of ageing.
- **Testing challenges:** Visual field testing can be mentally, physically, and perceptually demanding, particularly for elderly patients with glaucoma.

These factors contribute to under diagnosis and delayed treatment, underscoring the need for targeted awareness campaigns, accessible screening programs, and age-sensitive diagnostic approaches.

Harnessing Technology for Early Detection :

According to **Dr. M. Kavita Devi,** Consultant in Glaucoma at Sankar Foundation, Artificial Intelligence is transforming glaucoma care by enabling early detection through advanced imaging analysis. She noted that A.I-guided interventions enhance treatment precision and help preserve vision for millions at risk.

Dr. B. Keerthana, Glaucoma Consultant at Sankar Foundation, added that innovative technologies and targeted interventions can significantly improve early diagnosis and treatment, reducing the risk of irreversible vision loss. She observed that patients with advanced glaucoma require far more doctor visits and interventions compared to those diagnosed in the early stages.

Genetics : A Window into Risk :

Research from the **Glaucoma Research Foundation** found that nearly half of all glaucoma cases have a hereditary basis. Individuals with a parent, sibling, or other first-degree relative affected by glaucoma face a significantly higher risk of developing the condition themselves. This heightened risk reflects a genetic susceptibility of the optic nerve to injury, though it does not guarantee disease onset.

As **Dr. N. Soumittra,** Disease Head of Ophthalmology at MedGenome Labs, explains: "What is becoming increasingly clear is that glaucoma does not begin with symptoms. It begins with vulnerability, and genetics plays a central role in determining who carries that vulnerability."

Glaucoma in India represents a looming public health crisis, with millions at risk of blindness due to late detection. The solution lies in early screening, widespread awareness, and strong policy prioritization. Without these interventions, preventable vision loss will continue to occur on a massive scale.

(The author is the Editor - Inputs from National Library of Medicine).

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Happenings

SIX DNBs JOIN SANKAR FOUNDATION

Sankar Foundation Eye Hospital and Institute, a renowned multi-specialty hospital in the region, continues to be a preferred destination for medical graduates aspiring to pursue the Diplomate National Board (DNB) post-MBBS three-year course.

Candidates admitted have successfully completed their MBBS degree, secured ranks in the National Board of Examinations in Medical Sciences (NBEMS), and were allotted seats through the Medical Counselling Committee, Directorate General of Health Services, Government of India.

This year, six distinguished graduates have enrolled:

- ✔ **Dr. Aditya Das** – Damnjodi, Koraput district, Odisha
- ✔ **Dr. Anoohya E** – Eluru, West Godavari district, Andhra Pradesh

The newly joined DNBs with Sri A Krishna Kumar, Managing Trustee and Prof P Krishna Prasad, Head of Medical Education.

- ✔ **Dr. Datla Bhavana** – Payakarao peta, Anakapalle district, Andhra Pradesh
- ✔ **Dr. Kannapally Srinivas Yadharth Sai** – Nizamabad, Telangana
- ✔ **Dr. Anna B Joseph** – Ernakulam, Kerala
- ✔ **Dr. Mohammead Ramizuddin Mohammad Naimuddin Mulla,** Amaravati, Maharashtra

Their admission marks another milestone in Sankar Foundation's journey of nurturing future specialists and contributing to the advancement of ophthalmology at the national level.

Sri A Krishna Kumar, Managing Trustee and Prof. Sri P. Krishna Prasad, Head of the Department of Medical Education, warmly welcomed the newly joined DNB students and encouraged them to make the best use of the available facilities to advance their studies.

Sankar Foundation Chosen for DNB Final Exam Centre

Sankar Foundation proudly distinguished itself as the sole institute in Andhra Pradesh continues to host the prestigious Diplomate National Board (DNB) Final Practical Examinations on 26–27 February 2026. A total of twelve candidates from across India appeared for the evaluation, reaffirming the Foundation's reputation as a trusted centre of excellence with the infrastructure and academic credibility required for such a high-level examination.

The assessments were conducted by three eminent external experts in Ophthalmology, who adhered rigorously to the guidelines of the National Board of Examinations in Medical Sciences (NBEMS), Ministry of Health and Family Welfare, Government of India.

NTPC Mega Free Eye camp

Parawada mandal, Anakapalle district on 25th February 2026 as part of their CSR initiative. The camp witnessed an overwhelming turnout from surrounding villages, with patients availing eye screening and treatment for various eye-related ailments.

The program was inaugurated by Sri CS Prakash Rao, Manager (CSR), NTPC, in the presence of Sri V. Ramesh Kumar, DGM (CR & PC), along with other officials from NTPC and Sankar Foundation.

One of the key highlights was the spot delivery of 306 spectacles, customized to patients' preferences.

Camp Highlights

- ✳ **Total patients screened : 443**
- ✳ **Spectacles distributed on the spot : 306**
- ✳ **Medicines distributed : 190**
- ✳ **Patients selected for surgeries at the main hospital : 34**

The camp was led by Dr. Gauthami and Dr. Anna, who screened patients and identified eye ailments.

Sri N. Appala Raju, Senior Manager, Sri Arun Kumar, Manager (Outreach) and his team, Sri G. Eswar Rao, Senior Manager, Sri P. Ramu, Manager (Opticals), Smt. Sruthi along with dedicated staff from Sankar Foundation contributed significantly for the success of the camp. All 34 selected patients successfully underwent eye surgeries at the main hospital. They were safely dropped back to their destinations and expressed heartfelt gratitude to Sankar Foundation for restoring their vision and supporting their well-being.

STUDENTS URGED TO CULTIVATE ETHICAL VALUES AND DISCIPLINE

Successful students with Sri A. Krishna Kumar and other dignitaries.

Sri A. Krishna Kumar, Managing Trustee of Sankar Foundation, urged students of the College of Optometry to cultivate ethical standards, character building, and discipline as the foundation for their future growth.

He made these remarks while distributing certificates to graduates of the two-year Diploma in Ophthalmic Course, recognized by the AP State Allied and Healthcare Professional Council at a meeting held on 4th February 2026.

A total of 27 students who pursued the course at Sankar Foundation achieved a 100% pass rate, with all graduates securing placements in healthcare institutions across Andhra Pradesh, Telangana and Odisha. On the occasion, Prof. P. Krishna Prasad, Principal, Dr. Nasrin, Vice Principal and Sri V. Ramesh Kumar, DGM addressed the gathering and distributed certificates. Senior officers Sri K. Bangar Raju, DGM (PR & Liaison), Sri KV Venugopal, DGM (Operations) & faculty members present.

A world sculpted by dreams lives in those eyes.

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ILLUMINATING HOPE: LOW VISION AIDS FOR A BRIGHTER TOMORROW

★ Enhancing vision, dignity, and quality of life

Dr. Sravani .P
Consultant,
General Ophthalmology

Definition of Low Vision :

Low vision refers to a type of vision impairment that cannot be corrected by conventional means such as glasses, contact lenses, medication, or surgery. Despite these limitations, individuals with low vision can often improve their functional vision through specialized aids and adaptive strategies.

Prevalence :

Low vision affects millions of people worldwide, with the highest prevalence among the elderly. It is commonly associated with conditions such as macular degeneration, glaucoma, and diabetic retinopathy, which are leading causes of irreversible vision loss. As populations age, the number of individuals living with low vision continues to rise significantly.

Goal of Low Vision Aids :

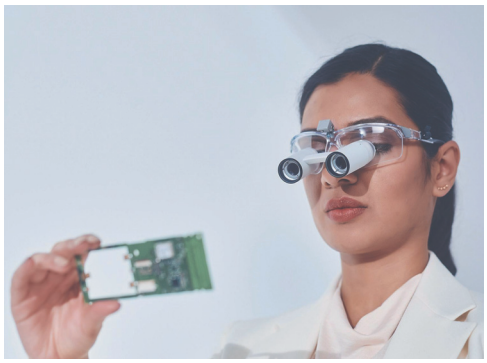
The primary purpose of low vision aids is to enhance independence and improve quality of life. These tools are designed to support essential daily activities, including reading, mobility, and personal care, enabling individuals to maintain autonomy and engage more fully in social, educational, and professional environments.

Classification of Low Vision Aids

category	Corrected VA- better eye	WHO definition	working	Indian definition
0	6/6 - 6/18	Normal	Normal	Normal
1	<6/18 - 6/60	Visual impairment	Low vision	Low vision
2	<6/60 - 3/60	Severe visual impairment	Low vision	Blind
3	<3/60 - 1/60	Blind	Low vision	Blind
4	<1/60 - PL	Blind	Low vision	Blind
5	No PL	Blind	Total blindness	Total blindness

Principles of Optical Aids :

Optical aids function on fundamental principles that determine their effectiveness. Magnification power is primarily dictated by the focal distance of the lens, allowing patients to enlarge visual details. The field of view expands with larger lens diameters and lower magnification power, offering a broader perspective. Working distance plays a crucial role placing the lens closer to the eye enlarges the field but demands greater accommodation effort. Finally, proper focusing is essential to maximize the benefit of these aids, ensuring clarity and usability in daily tasks.



Clinical Application :

The clinical use of low vision aids begins with a thorough patient assessment, including history-taking, visual acuity measurement, contrast sensitivity evaluation, and glare testing. Based on these findings, device selection is tailored to the patient's specific needs, whether for reading, mobility, or occupational tasks. Effective use requires structured training and rehabilitation, as patients must learn how to integrate aids into their routines. A multidisciplinary approach involving ophthalmologists, optometrists, occupational therapists, and rehabilitation specialists ensures comprehensive care and maximizes patient outcomes.

Challenges & Limitations :

Despite their benefits, low vision aids present several challenges. Adaptation difficulty is common, as some patients struggle to learn new devices or adjust to altered visual experiences. Cost and accessibility remain barriers, particularly with advanced electronic aids that may be prohibitively expensive. The psychological impact of using aids can also be significant, with patients experiencing stigma, frustration, or reduced self-esteem. To address these issues, ongoing support through regular follow-up and counselling is vital, helping patients adapt emotionally and practically.

Future Directions :

The future of low vision care is promising, driven by technological innovation. Emerging solutions include AI-powered smart glasses that adapt to user needs, wearable augmented reality devices that overlay helpful visual information, and integration with tele-ophthalmology to expand access to care. Additionally, the development of affordable portable electronic magnifiers aims to make advanced solutions more accessible to a wider population, bridging the gap between innovation and affordability.

Conclusion :

Low vision aids are not a cure but serve as a bridge to independence. With careful selection, structured training, and consistent support, patients can regain functional vision for everyday life. Ophthalmology plays a central role in integrating these aids into patient care, ensuring that technology and rehabilitation work hand in hand. Ultimately, low vision care is about restoring dignity and independence, empowering individuals to live fuller, more autonomous lives.

In the realm of dreams, his eyes are guiding stars

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Digital Strain: Kids at Risk

SCREENS TAKING A TOLL ON YOUNG EYES

Excessive screen time in children is increasingly recognized as a pressing public health concern, with mounting evidence linking prolonged digital exposure to both immediate discomfort and long-term health risks. A recent analysis of peer reviewed studies published between 2017 and 2025 underscores how the growing reliance on smartphones, tablets, and computers is reshaping paediatric health in ways that demand urgent attention.

Ocular Health and Digital Strain: Children spending more than three hours daily on digital devices were found to experience frequent headaches, while those exceeding four hours reported eye pain, tearing, and sensations of dryness or irritation. Extended use beyond five hours was strongly associated with redness and fatigue, hallmarks of digital eye strain. Smartphones, in particular, posed heightened risks : in one study of nearly 500 children (average age 6.7 years), over 70% reported blurred vision, abnormal blinking, or itching after prolonged use. Alarmingly, even modest increases in daily screen time were linked to accelerated myopic progression, with smartphone use driving an annual shift of 0.66 dioptres in refractive error.

Systemic and Behavioural Impacts: The consequences of digital strain extend beyond the eyes. Children exposed to screens for three or more hours daily showed significantly higher risks of obesity and metabolic disorders, with obesity rates 1.37 times greater than peers with lower screen use.

Sleep quality was also compromised: among children averaging more than eight hours of daily screen exposure, over 60% were classified as poor sleepers. Emotional and behavioural difficulties including anxiety, depressive symptoms, and peer relationship challenges were consistently more prevalent in children with higher screen time.

A Call for Compassionate Intervention: These findings highlight not only the biological toll of excessive screen use but also the emotional and developmental strain it places on children. Digital devices, while

indispensable in modern life, must be balanced with protective strategies that safeguard young eyes, bodies, and minds.

The investigators stress the urgent need for compassionate public health interventions and educational initiatives ones that empower families, schools, and communities to foster healthier digital habits. By promoting mindful screen use and encouraging restorative activities such as outdoor play, adequate sleep, and face to face social interaction, we can help children thrive in a digital age without sacrificing their wellbeing.

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

VOICES OF RECOVERY: PATIENTS REFLECT ON COMPASSION AND CARE

Patients who underwent eye surgeries at Sankar Foundation achieved full recovery, supported by the precise skill and experience of the medical team. The surgeons' expertise, combined with the dedicated personal care of the nursing staff, ensured optimal outcomes. Their restored vision stands as evidence of effective clinical practice and compassionate patient care.

With vision restored, their hearts overflow with gratitude and their voices rise in celebration. (Photos before surgery and post surgery)

M Chinnamma, Parvathipuram

"The doctors at Sankar Foundation Eye Hospital treated me with great kindness and instilled confidence throughout my procedure. The nursing staff took excellent care of my well-being during the entire treatment." **M. Chinnamma, Parvathipuram**

K Nookaratnam Arjapuram

"Hot, fresh food was served, and the nursing staff provided personal care right up to the discharge process. I am deeply satisfied with the treatment and grateful to have regained my vision." **K. Nooka Ratnam, K. Arjapuram, Ravikavatam Mandal, Anakapalle District**

V Prabhakar, Palasa

"The nursing staff cooperated fully and created awareness about eye surgery. Nutritious food was provided in the ward, and they offered personal care until discharge even dropping me back safely to my destination." **Sri V. Prabhakar, Palasa, Srikakulam District**

Duvvada Teja, parvathipuram

"This is a very large hospital surrounded by a green, peaceful environment. The facilities are excellent, and the nursing staff cared for me as though I were at home." **Duvvada Teja, Parvathipuram**

Your eyes speak the love my heart has needed

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Wellness View

WHAT HAPPENS IF YOU WALK 10,000 STEPS DAILY FOR A MONTH?

★ Regular walking boasts better blood flow to retina and optic nerve

Walking 10,000 steps daily does not directly sharpen eyesight, but it can indirectly support eye health by improving circulation, reducing risks of diabetes and hypertension, and lowering stress all of which are linked to healthier vision.

In other words, walking helps protect the conditions that often harm eyesight rather than changing the eye muscles themselves.

How Walking Supports Eye Health

Improved Blood Circulation

- Walking boosts cardiovascular health, ensuring better blood flow to the retina and optic nerve.
- Good circulation helps deliver oxygen and nutrients to eye tissues, reducing risks of age-related degeneration.

Reduced Risk of Diabetes & Hypertension

- Regular walking lowers blood sugar and blood pressure.
- Both diabetes and hypertension are major causes of vision problems such as diabetic retinopathy and hypertensive retinopathy.
- By managing these conditions, walking indirectly protects eyesight.

Lower Risk of Glaucoma

- Physical activity helps regulate intraocular pressure (fluid pressure inside the eye).
- Studies suggest that consistent walking may reduce the risk of glaucoma progression.

Stress Reduction & Eye Strain

- Walking reduces cortisol (stress hormone), which can ease tension headaches and eye strain.
- Less stress also means fewer episodes of eye twitching or blurred vision caused by fatigue.

Better Sleep → Healthier Eyes

- Walking improves sleep quality.
- Restful sleep allows the eyes to recover from daily strain, keeping them moist and reducing dryness or irritation.

In addition to these benefits, regular walking supports the body's overall health, including:

Boost in Heart Health

- Daily 10,000-step walks enhance circulation and strengthen the heart.
- Resting heart rate lowers, reducing the risk of hypertension.
- Consistent movement supports long-term cardiovascular wellness.

Better Sleep Quality

- Consistent activity promotes deeper, more restorative sleep.
- Many walkers report falling asleep faster and enjoying healthier sleep cycles.
- Reduced stress and physical exertion combine to reset natural rhythms.

Increased Energy Levels

- Far from draining energy, walking builds stamina.
- After a month, expect higher productivity, sharper focus, and less afternoon fatigue.
- Daily steps act as a natural energizer for both body and mind.

Improved Digestion & Metabolism

- Regular movement keeps digestion smooth and metabolism active.
- Benefits include reduced bloating, fewer constipation issues, and better gut function.
- Walking supports overall metabolic health, laying the foundation for long-term wellness.

Key Takeaway : Walking 10,000 steps daily does not directly improve visual acuity (like glasses or surgery would), but it creates a healthier environment for your eyes by protecting against systemic diseases, improving circulation, and reducing stress.

Think of it as a preventive measure: strong overall wellness leads to stronger eye health. In just one month, you cultivate discipline, strengthen your body, calm your mind, and set the stage for lifelong fitness and wellness.

(Written by **K Bangar Raju,** Editor, with inputs from Health care magazines)

MSTC DONATES OPTICAL BIOMETRY TO SANKAR FOUNDATION

• Rs 31 lakh worth equipment

Metals State Trading Corporation (MSTC) Limited, a Mini Ratna Category-I PSU under the Ministry of Steel, Government of India, has donated an Optical Biometry worth Rs. 31 lakh to Sankar Foundation as part of its CSR initiative.

The equipment was inaugurated by Sri V. Ganesh Moorthy, Branch Manager, Andhra Pradesh, in the presence of Sri A. Krishna Kumar, Managing Trustee, and officials from MSTC and Sankar Foundation at the main hospital on 21st February,2026. While inaugurating, Sri Ganesh Moorthy commended Sankar Foundation's dedicated efforts in combating avoidable blindness in the region.Expressing gratitude, Sri A. Krishna Kumar acknowledged MSTC's support in strengthening the hospital's infrastructure.

Sri V. Ganesh Moorthy, Branch Manager (4th left) inaugurating the equipment in the presence of Sri Krishna Kumar, Managing Trustee and others.

Doctors Dr. T. Raveendra, Dr. T. Krishna, Dr. N.J. Sirisha, and Dr. Suparna from Sankar Foundation and Sri B Srinivasa Rao, Chief General Manager, Hindustan Shipyard, were present, along with MSTC officials Sri Narendra Mohan (DGM, Finance), Sri Harish Kumar, Manager, (Finance), Sri Nagaraja Rao, Manager, (Operations), Sri V. Ramesh Kumar (DGM, Corporate Relations & Patient Care), Sri K. Bangar Raju (DGM, PR & Liaison), Sri S.K.L. Rao (AGM, HR), and Smt. Sruthi from Sankar Foundation.

About the Optical Biometry : The Optical Biometry is a state-of-the-art device that measures critical anatomical dimensions of the eye such as axial length, corneal curvature, and anterior chamber depth with exceptional precision. Compared to traditional methods, it offers faster, safer, and more accurate results, greatly enhancing surgical planning and outcomes in cataract and refractive procedures.

See the world through eyes that count blessings

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Emerging Technologies

Clinical Snapshot Metrics- February 2026

Total Eye Surgeries	**3,051**
Cataract Surgeries	2,250
Retina Surgeries	78
Retina Injections	158
Glaucoma Surgeries	22
Cornea Surgeries	208
Pediatric Surgeries	01
Orbit & Oculoplasty	48
Total OP Screened	16,805
BRANCHES	
Srikakulam	
Eye Surgeries	368
OP Screened	1,796
Maddilapalem	
Eye Surgeries	110
OP Screened	1,275
Gajuwaka	
Eye Surgeries	41
OP Screened	1,186
Madhurawada	
Eye Surgeries	21
OP Screened	692
Total 49 Outreach free eye camps conducted and screened 3954 patients and Performed 1422 surgeries	

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How Technology Is Reshaping Modern Eye Care

Technology has moved from the background to the forefront of healthcare, becoming the backbone of diagnosis, treatment, and patient outcomes. In eye care, innovations in imaging, diagnostics, and digital systems have redefined accuracy, efficiency, and patient trust. Today, technology is not just an aid it is the driver of how vision problems are detected early, managed precisely, and treated with confidence.

Human eyes – artistic impression

The Evolution of Eye Care Technology

Traditional eye exams once relied heavily on visual acuity tests and practitioner observation. Modern eye care integrates high-resolution imaging, electronic health records, and predictive analytics into daily workflows. This shift reduces diagnostic uncertainty and transforms care from reactive treatment to proactive prevention.

Data-Rich Diagnostics and Imaging

Digital imaging systems now allow clinicians to track subtle changes in eye health over time, providing valuable longitudinal data for chronic conditions. Tools such as optical coherence tomography, retinal photography, and corneal mapping deliver detailed insights that were unimaginable a decade ago. These technologies enable earlier intervention, identifying risks before symptoms appear and giving patients more options for timely treatment. High-definition imaging also enhances communication. Patients can see visual evidence of their condition, which builds trust and strengthens engagement in their care.

Precision in Treatment and Customisation : Accurate measurements are the foundation of effective eye care. Modern devices standardise data capture, reducing variability and minimising errors in prescriptions, lens fittings, and refractive procedures. Digital manufacturing now produces lenses with micron-level precision, supporting complex prescriptions and personalised designs. This customisation improves comfort, clarity, and patient satisfaction while reducing trial-and-error adjustments.

Laser-assisted surgeries: Procedures such as LASIK and cataract removal have become safer and more precise.

Digital Systems and Patient Experience

Technology extends beyond diagnostics. Electronic health records, automated reminders, and integrated scheduling streamline the patient journey, reducing administrative friction and enabling clinicians to focus on care. Integrated systems ensure continuity of care and easier monitoring of chronic conditions and follow-ups, lowering risks associated with fragmented data.

Telehealth has further expanded access, supporting remote consultations and follow-ups. While not a substitute for comprehensive exams, it effectively extends care and optimises in-person resources.

Preventive and Predictive Care

Preventive technology delivers some of its greatest value by identifying risk factors before irreversible damage occurs. Predictive analytics highlight patterns that inform proactive decisions, aligning eye care with broader healthcare trends focused on prevention and long-term management.

Advanced Diagnostics

✔ **AI-driven tools:** Artificial intelligence is now used to detect conditions like glaucoma, diabetic retinopathy, and age-related macular degeneration earlier and more accurately.

✔ **Retinal imaging:** High-resolution imaging techniques allow ophthalmologists to see microscopic changes in the eye, enabling proactive treatment.

Conclusion : Technology has fundamentally reshaped modern eye care by amplifying clinical expertise with precision tools. From early detection to personalised treatment and streamlined patient experiences, technology-driven eye care is predictive, preventive, and patient-centred ensuring better outcomes and stronger trust between providers and patients.

(Insights by **K Bangar Raju,** Editor with inputs from technology.org)

Eyes that never lose faith, even in the darkest nights.

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