This edition of Vision Quest is coming in a wee bit late. We were engaged in a flurry of activities during the last few months and time was flying. There had been a constant flow of events and happenings that had kept all of us at Rajan Eye Care very busy and this issue of Vision Quest gives us an opportunity to share all these.

One of the key elements of our corporate strategy is to finely blend technology in our organizational initiatives so as to ensure that we harness the latest developments in the field of ophthalmology for delivering world class eye services. The Femto Second Lasik suite which has been added to our equipment portfolio augurs well with this philosophy. The FS200 and EX500 from Alcon work seamlessly in tandem to provide very high quality Lasik procedure. Some of the key advantages of this bladeless Lasik procedure is speed, accuracy, precision and faster visual recovery.

The last quarter also witnessed the genesis of Rajan Retina Foundation, a state-of-the-art infrastructure created for diagnosing and treating various retinal disorders. Inaugurated by the Governor of Tamil Nadu, the intention of the Foundation is to provide these services to the entire cross section of the society including the marginalized community.

We have captured all these and more in this issue and I sincerely hope the readers will appreciate the enterprise which we as a team have demonstrated for delivering quality eye care services in this part of the world. Our quest for eradicating curable blindness continues through our on-going out-reach program called as Blind Free India as we turned 18 this June. On this proud moment, blessed with resourcefulness and ingenuity the team @REC rededicates itself for anchoring steadfast all its activities centered on patient safety, comfort and satisfaction, with kindness and empathy.

Dr Sujatha Mohan
Best Staff Award – Mr. Balaji (Eye Camp), Mr. Vijayakanth (Operation Theatre), Mrs. Aruna (Optometry), Ms. Marimuthu (In-patient Ward)

Rajan Eye Care celebrated the 18th Anniversary on June 22nd, 2013 at Raddison, Mahabalipuram wherein all the consultants, Optometrists, Paramedical Staff and Administrative personnel participated.

Dr. Mohan Rajan along with other delegates at Asia-Pacific Association of Cataract and Refractive Surgeons Conference held at Singapore in July 2013

Free eye screening camp inaugurated by Smt. Valarmathi, Minister for Social Welfare Govt. of Tamilnadu during “Women’s Day” Celebrations

Distribution of Prizes for painting competition conducted amongst school children for promoting Eye Donation. Actor Shiva was the Chief Guest.

Dr. Mohan Rajan & Dr. Sujatha Mohan at the Eyecon Conference held at Chandigarh recently

Happenings
When rubber meets the road, the adrenaline rush is palpable.
@ REC it keeps happening. Full of verve and zeal, almost the entire team keeps it going, adding value not only to themselves but to the other stake holders as well - the patients and the promoters. Here is an eclectic mix of events were each one is a mark of celebration of love, care and compassion for the humanity at large. Join our celebration.
The senior consultants of Rajan Eye Care along with Dr. Mohan Rajan, Medical Director during his 52nd Birthday

The pre-assessment for accreditation towards obtaining NABH Quality Certification was conducted at REC recently.

An orientation programme was conducted by senior consultants at REC for Nursing students from Cuddalore District.

A CME programme was conducted on recent advancements in Eye Surgery by leading ophthalmic surgeons.

The Team from Group Study Exchange (Rotary International) visited Rajan Eye Bank.

New Year Celebrations at REC – It is fun time.

A Citation presented to Dr. Sujatha Mohan for the oration delivered by her at the Indian Medical Association, Tambaram Branch.

Dr. Mohan Rajan at 10th Mrs. Nagamani Dharmapuri Endowment Lecture.
The Chennai Vision Charitable Trust (CVCT) since its genesis over 18 years ago has remarkably paced itself into an organic progression towards getting closer to its mandate of bringing in an all inclusive program for eye care delivery. CVCT is a CSR initiative of Rajan Eye Care Hospital. Taking deliberately measured steps embracing a philosophy of very high order, CVCT has been constantly hammering at its boundary for providing quality eye care to the marginalized section of the society, who otherwise would have had difficulties in accessing such eye care due to prohibitive costs. Year upon year, CVCT has been spreading its wings towards reaching more number of people by fully harnessing its resources both in terms of manpower and infrastructure. With a strong commitment to provide quality eye care services to the underprivileged within a radius of 150 kms from Chennai, CVCT took upon itself an ambitious project called as Blind Free India.

This project now supported with Nethra Vahana, a mobile state-of-the-art eye clinic, equipped with the latest technology, takes eye care delivery to the rural door steps. In order to measure upto the growth and performance already achieved, CVCT is currently compelled to garner more resources in order to carry on with its mission. Stemming from a deep involvement alleviated by a spirited synthesis of human endeavour, we are in the verge of taking CVCT to the next level to create a new grammar in the history of providing ophthalmic services to the poor. It is now our intention to increase the magnitude of our efforts multifold by extensively covering all the rural areas which would eventually enable us to render our services to more number of people.

In order to make this community initiative possible, CVCT conducted a Fund Raiser Musical Event on April 12th 2012 at the Music Academy, Chennai. Conceptualised and performed by master musicians of the likes of Karthik, Selvaganesh, Ravi Kulur, Gino Banks, Karan Joseph and Mishko (French Bassist) and with special appearance of Vikku Vinayakaram, G V Prakash and Saindhavi, this 120 minutes of mellifluous music program was filled with jiving rhythms that created a soul stirring experience for the connoisseurs.
These amazing musicians came together for the first time in Chennai to perform at Nethra Utsav. Each of them individually had a large fan following and when they performed together, it was sheer magic.

Traversing all genres of music, these talented musicians catered to the discerning and lay man alike. At Nethra Utsav this combination enthralled the audiences with a musical experience, the memories of which lingered with the audience long after they left the auditorium.

For more information on Chennai Vision Charitable Trust log on to:
www.chennaivisioncharitabletrust.com
The Rajan Retina Foundation was inaugurated by His Excellency the Governor of Tamil Nadu, Dr K Rosiah at an august function at Hotel Savera on June 28th 2013. The Governor in his inaugural speech highlighted the immensity of the problem faced by the state towards delivering quality eye care services to a vast cross section of the society and mentioned that Rajan Retina Foundation would go a long way towards addressing this issue. Dr Mrs Y G Parthasarathy, Dean and Director, PSBB Schools, recalled with nostalgic memories her participation in the inaugural function of the hospital 18 years ago and applauded the efforts taken by the hospital to expand and grow during this period for extending its services to more number of people. Mr R Chandrasekar, Chief Executive Officer, Cognizant Technology Solutions was the Guest of Honour for the function and he...
recommitted the support of his organisation for the Blind Free India Project for eradicating curable blindness in this part of the country. Earlier Dr Mohan Rajan, Medical Director of Rajan Eye care Hospitals (RECH) captured the milestones which RECH has crossed and highlighted the key achievements of the hospital since its inception. A book titled “For Your Eyes Only” written by Dr Mohan Rajan, enumerating in simple language the various issues relating to eye care was released by the Governor. Dr Manoj Khatri, Head of the Retina Department made a presentation on the various ailments affecting the retina, its causes and the related treatment modalities available today. He also briefed on the latest technology available at Rajan Retina Foundation. Dr M Ravishankar anchored the program and Dr Sujatha Mohan, Associate Medical Director proposed the vote of thanks.

The Governor releasing “For Your Eyes Only”, a book written by Dr Mohan Rajan on Eye Care

Dr Mrs Y G Parthasarathy, Dean and Director, PSBB Schools addressing the audience with a touch of humour

Dr Mohan Rajan capturing the essence of REC’s organisational philosophy

Mr R Chandrasekar, Chief Executive Officer, Cognizant Technology Solutions endorsing the social responsibility of REC

Dr Manoj Khatri, Head of the Retina Department making a pedagogic presentation
Femto-Second LASIK – harnessing technology for a better Vision

“The eye through which I see God is the same eye through which God sees me; my eye and God’s eye are one eye, one seeing, one knowing, one love.”

Meister Eckhart, Sermons of Meister Eckhart

The German theologian, philosopher and mystic of the 13th/14th century had all the right things to say about the eyes. Since the time of Eckhart, ophthalmology as a science has evolved and more so during the recent times with technology advancing rapidly than in the past. Silicon engineering is no more stereotyped and the newer inventions which are burgeoning are multidimensional in its character. Femto second technology is one such and has to his credence the dunking of the previous knowledge-stimulated-equipment into history. Along with this technology, come the precision, consistency, accuracy and ultimately patient comfort, safety and satisfaction. A femto second is one millionth of one billionth of a second or in other words it is what a second is to about 31.7 million years. Lasers built around this technology have made significant inroads in the field of ophthalmology, especially with specific reference to cataract and refractive surgery.

Lasik (Laser Assisted Insitu Keratomileusis) is currently the most sophisticated procedure for correcting of refractive errors. This treatment is performed as an out-patient procedure with the use of topical anesthesia for correcting short sightedness (Myopia), far sightedness (Hyperopia) and cylindrical power (Astigmatism). The conventional Lasik uses an instrument called as microkeratome (a mechanical razor or blade) for creating the corneal flap before the middle layer of the cornea is exposed for focusing the laser.

The femto-second laser creates a much better flap with greater accuracy, precision and safety. The refractive surgery has become more predictable and effective. The technology drastically dispenses away the problems associated with partial corneal flaps, free caps and button holes. Also in case a surgeon loses suction during midway, he or she can stop it and can restart all over again by reapplying suction and this may not
be possible while using the mechanical microkeratome. The key advantage of Femto Lasik is that it can cut the cornea with a high level of precision including corneas with abnormal curves.

With a femto-second Lasik, the results are more accurate, painless and safer. It can handle high degrees of refraction and the healing time is comparatively less. The procedure is also performed faster. Also the post operative complications are much lower. It is just not bye bye for glasses and contact lenses but also bye bye to microkeratome.

With a deep understanding of the power which this fascinating femto-second laser is capable of delivering, it has proved to be a conscious choice for ophthalmologists at Rajan Eye Care to embrace this technology. It is important to continuously evolve not just by infusing modern technology but also by embracing an attitude and philosophy centred on care and compassion for delivering the best to the patient. The real voyage of discovery in ophthalmic science consist not in seeking technology for technology sake, but for discovering value based tools and expertise for providing the best possible vision for those millions of people having vision impairment. For further information please contact Rajan Lasik Pavilion: Ms Shobana (98409-07515).

Dr. Sujatha Mohan, Head of Rajan Lasik Pavilion delivers excellence in Anterior segment surgeries. She is a leading and eminent LASIK surgeon who has performed more than 10,000 LASIK Procedures. She is seen here with LASIK Surgeons of international repute....
The new trend in perception regarding eye care today involves an increased awareness of how eye disease can be prevented and eye health promoted.

**Eye Care concern**

Specific paediatric concerns about eye health promotion and eye disease prevention in ophthalmology include amblyopia and strabismus, ocular trauma, metabolic and genetic disorders. On the other hand the adult health promotion and disease prevention priorities include Glaucoma, Diabetic Retinopathy, Corneal Infections and eye injuries. To add on to these it is also needed to emphasize on one of the most common cause of visual loss which is neglect.

**Good sight**

Everyone needs to understand the importance of having good eye sight, only if we close our eyes for a long while then we would be able to realize how dark our life would be. The most precious gift to mankind is the eye and we need to have an understanding on some of the common eye problems and how to preserve one’s good eye sight.

Those are the days which are gone, when everyone gave importance to vitamin rich diet, never watched television for long hours in dark rooms, did not read continuously for long duration especially in moving vehicles, etc. In today’s fast world the eye can face a lot of trauma which may be physical rarely but surely mechanical. Technology is playing a vital role with the screen gadgets causing major eye problems. Many studies and survey clearly states that children get affected with eye problems due to spending long time in front of computers and hand phones. It also says that children in this generation are devoid of outdoor activities as they just keep themselves busy with educational studies and spend the rest of the time with the above mentioned screen gadgets. It is high time parents start educating their children in this regard.

**It is time you are aware!**

The need of the hour is to create mass awareness in public about Diabetic Retinopathy and its hazardous complications leading to blindness, as Diabetes is alarmingly growing in our Country. By the Year 2025, India would be the diabetes capital among all the countries in the world. If you notice any signs of potential eye problems, it is wise to visit an eye doctor for a complete eye examination. Even if you have no signs, a regular eye examination is recommended especially for those with some chronic health conditions such as Diabetes, Hypertension (high blood pressure), Hyperlipidemia (high cholesterol levels), kidney problems etc. Early detection and treatment of these problems can be the key to preventing sight loss.

**You should know**

Any changes in the appearance of your eyes or any decrease in vision should be investigated further. Some examples include:

- Unusual trouble adjusting to dark rooms
- Difficulty focusing on near or distant objects
- Squinting or blinking due to unusual sensitivity to light or glare
- Poor identification of colours
- Recurrent pain in or around eyes
- Double vision
- Dark spot at the center of viewing
- Lines and edges appear distorted or wavy
- Excess tearing or “watery eyes”
- Dry eyes with itching or burning
Third Eye

PRANAYAMIC CORNER

It would be a pity if we cannot be prudent enough to differentiate between “wants” and “needs” in this world which is mired in materialism. It is unfortunate that we have been consciously distancing ourselves from our cultural tradition and home spun ethos which is heavily anchored on simple living, adhering to the principle of sanatana dharma (timeless ethical values). Enamoured by the economic progress witnessed by the West, our spiritual moorings which was held steadfast by our forefathers have given way to materialistic pursuit. With the result, we today have constructed a society where everyone is laboring hard to amass wealth, coalescing in a fiery courtship with money. The “success” of a person today is measured by financial metrics. The ramification is we are producing a community filled with greed and avarice with absolute disregard to fellow human beings. One of the major issues in the economic paradigm of India is the stifling pro-rich environment coupled with plutocratic power resting with the state nurturing an ever increasing divide. In the throes of this rapid socio-economic change, it is imperative to break this chain of epidemic infected by personal wealth accumulation, if we as a community should live in peace and harmony.

How much money does one need?

Our cultural practices and traditional way of conducting our life have been relegated as meaningless rituals and dogmas based on the misunderstanding that they do not yield to scientific reasoning and rationale explanation. However it should be understood that science and technology have limitations and there are several things in this world which goes unexplained. Spiritualism starts where logic ends.

Winston Churchill once said that one makes a living by getting and makes a life by giving. “The best way to find yourself is to lose yourself in the service of others”, said Mahatma Gandhi. If we contemplate seriously as to what all these materialistic gain is providing us, we for sure will find that they are only ephemeral and are unlikely to give us any permanent happiness. As the society is undergoing exponential regression in the face of using financial standards for measuring personal success, it is important for us to reconstruct the landscape of tradition embracing simple living and a philosophy centered on altruism, benevolence and humanness.

The world does not remember the wealthiest persons it has produced. History was written by people like Buddha and Gandhi who lived a simple life adhering to values and eschewing materialism. They truly enjoyed their life as much as they made other enjoy their life. Therefore it would be wise to “give and forgive” rather than “get and forget”! Think. The power of introspection plays an important role.

Golden Hour – Never Miss

The following may be indications of potentially serious problems that might require emergency medical attention:

- Sudden loss of vision in one eye
- Sudden hazy or blurred vision
- Flashes of light or black spots
- Halos or rainbows around light
- Curtain-like blotting out of vision
- Loss of peripheral (side) vision
- Seeing spots, ghost-like images
- Sever pain in both or either of the eye

Dr. M. Ravishankar is always caring to the patients and makes life easy for those who come with different eye ailments. His innate friendly approach and a natural flair for effective communication create a huge difference in treating patients. He has a pleasing and amiable personality and also is gifted with multi lingual ability. His keen interest is towards creating awareness among public regarding potential sight threatening problems and ways for its prevention.
Blind Free India Project

Towards a brighter future......

Chennai Vision Charitable Trust (CVCT) has been taking eye services to the door steps of the people living in the remote villages within the state of Tamil Nadu.

- More than 2100 Free eye camps in and around Chennai
- More than 1000000 patients screened
- More than 100000 free cataract surgeries with Intraocular lens implantation performed
- More than 4500 Corneal transplant surgeries performed
- More than 340000 school children screened
- More than 260000 free spectacles and medicines have been distributed in a radius of 150 kms in and around Chennai

Rajan Eye Bank, a project of Rotary Club of Madras, T.Nagar, RI District 3230 is one of the premier eye banks in our country with state-of-the-art facilities. Chennai Vision Charitable Foundation (CVCF) functions at New York, USA. Donation to CVCT and CVCF are exempt from Taxes under FCRA and Section 80G.

<table>
<thead>
<tr>
<th>Donation Option</th>
<th>Amount (₹)</th>
<th>Amount ($)</th>
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<tbody>
<tr>
<td>Phaco (suture-less) surgery of a poor patient having Cataract</td>
<td>₹ 5000.00</td>
<td>$ 93</td>
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<tr>
<td>Corneal Transplant for a poor patient</td>
<td>₹ 5000.00</td>
<td>$ 93</td>
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<tr>
<td>Glaucoma Treatment for a poor patient</td>
<td>₹ 5000.00</td>
<td>$ 93</td>
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<tr>
<td>Retinal &amp; vitreous surgery to save a poor person from total blindness</td>
<td>₹ 10000.00</td>
<td>$ 186</td>
</tr>
<tr>
<td>Blindness Screening Camp for 150-200 poor persons in a rural village or an urban slum</td>
<td>₹ 10000.00</td>
<td>$ 186</td>
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Look Better. Feel Better.

Femto Lasik surgery at Rajan Eye Care

A more accurate and reliable choice for people seeking Refractive Error Correction without glasses and contact lenses. Rajan Eye Care is now equipped with the superior laser vision correction technology FEMTO LASIK with which the patients can achieve a greater satisfaction in eye treatment.