

Volume : 3

Issue 1 : July 2026

Monthly In-house Newsletter of Sankar Foundation



Chairman's Message

July 2026 was a landmark month in the history of Sankar Foundation. We achieved an all-time record of 3,613 eye surgeries, a remarkable milestone that reflects the trust of our patients and the unwavering commitment of our doctors, nurses, and support teams.

Our patient-centric initiatives strengthened quality care, accessibility, and compassion, while extensive outreach programmes and village eye camps delivered sight-saving services to thousands in underserved communities. I am equally proud to share that our strong outreach team conducted 63 eye camps demonstrating our collective dedication. Let us build on this momentum and strive for even greater excellence.

M Ramdas

Chairman, Board of Trustees

MT & CEO Message

The month of July 2026 stands out as one of the most successful months in Sankar Foundation's journey. We set a new benchmark by performing a record 3,613 eye surgeries and achieving our highest-ever monthly revenue, reflecting both operational excellence and growing community trust. Our impact expanded significantly through a record 63 outreach and village eye screening camps, reaching thousands in need. To strengthen specialized care, we established a dedicated Glaucoma Facility in B Block for Dr. NTR Vaidya Seva patients, ensuring timely and affordable treatment. Srikakulam branch recorded a milestone of performing 597 surgeries, highest since inception. I congratulate all doctors, employees, and branches for this outstanding achievement.



A Krishna Kumar

Managing Trustee & CEO

EDITORIAL

HOW AI IS SHAPING EYE CARE : INDIA AND THE GLOBAL PERSPECTIVE

Artificial Intelligence (AI) is rapidly transforming healthcare, and ophthalmology stands at the forefront of this revolution. Globally, AI is enhancing diagnostic accuracy, surgical planning, and telemedicine outreach. In India, however, the stakes are uniquely high: with millions suffering from preventable blindness, AI is not just a tool of convenience but a necessity for equitable eye care.

Globally, AI-powered retinal screening systems are helping identify conditions such as **diabetic retinopathy, glaucoma, age-related macular degeneration, and retinal diseases** with remarkable precision.

In India, where a large population and shortage of specialists create significant challenges, AI is becoming a powerful tool to bridge the gap. AI-enabled screening programs, portable retinal imaging devices, and tele-ophthalmology platforms are helping reach underserved rural communities, facilitating timely diagnosis and referrals.

Looking ahead, the convergence of **AI, big data, imaging technologies, and telemedicine** is expected to make eye care more predictive, preventive, personalized, and accessible. While human expertise remains central to patient care, AI is emerging as a valuable partner that enhances clinical decision-making and strengthens healthcare delivery both in India and worldwide.

According to Visionatlas.iapb.org "India stands at a critical juncture, bearing a staggering burden of nearly 5 million blind individuals and 70 million vision-impaired

K. Bangar Raju
EDITOR

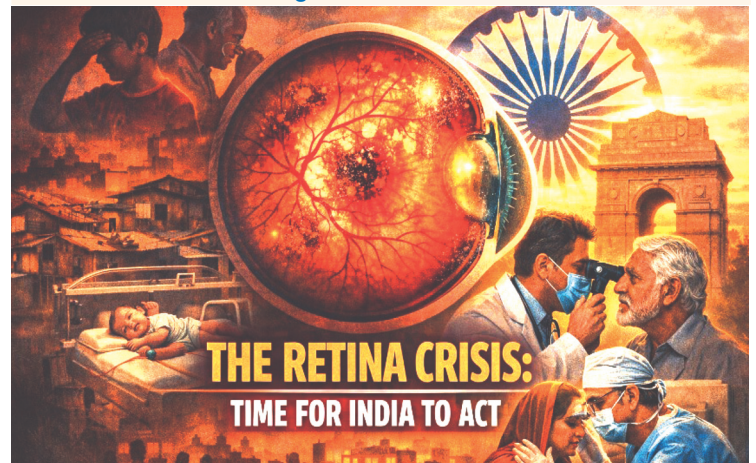
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LEAD VIEW

(K BANGAR RAJU)

THE RETINA CRISIS : TIME FOR INDIA TO ACT

- Diabetic Retinopathy - The Hidden Threat to Vision
- Retina is the Gateway of Vision -- While Glaucoma is a Silent Killer of Sight



AN AI GENERATED ILLUSTRATION

India stands at a decisive moment in its battle against avoidable blindness. The retina - our gateway to vision - is under siege from diseases such as **diabetic retinopathy** and **retinopathy of prematurity**, silently robbing millions of their sight. Despite advances in ophthalmic care, the gap between need and access remains vast.

Each year, thousands lose vision that could have been saved through early screening and timely intervention. The crisis is not only medical but also social and economic - its cost is measured in lost productivity, independence, and dignity.

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Performance at a Glance

Total Eye Surgeries : 5,23,289 Since Inception
Total Outpatients Screened : 30,38,439 Since Inception

EDITORIAL

HOW AI IS SHAPING EYE CARE : INDIA AND THE GLOBAL PERSPECTIVE

citizens. The crisis is multi-generational, affecting everyone from the 240,000 children suffering from childhood blindness to an aging population experiencing a surge in cataracts and diabetic retinopathy, retinopathy of prematurity alongside other causes like glaucoma and refractive errors dominate the landscape.

ETHICAL CHALLENGES AND POLICY IMPERATIVES IN AI-DRIVEN EYE CARE

Artificial intelligence (AI) can significantly improve ophthalmic diagnosis and access to care, but its adoption raises important ethical concerns. Algorithmic bias remains a major challenge, as AI models trained primarily on Western datasets may not perform accurately in Indian populations, leading to potential misdiagnoses. Additionally, excessive reliance on AI may weaken the doctor-patient relationship, potentially reducing patient trust in care. These concerns highlight the need for strong ethical oversight as AI becomes integrated into eye health services.

To maximize the benefits of AI while ensuring equitable healthcare, India must adopt balanced and inclusive policies. Public-private partnerships can expand AI-based eye-care services in rural and underserved regions, while robust regulatory frameworks should ensure transparency, accountability, data privacy, and ethical use. Equally important are AI training programs for ophthalmologists to support informed clinical decision-making and prevent overdependence on automation. The development of localized Indian datasets is also essential to reduce bias and improve diagnostic accuracy across diverse populations.

India's eye-care landscape is further shaped by several emerging challenges. A rapidly aging population is increasing

the burden of cataract-related vision loss, while rising diabetes prevalence is driving higher rates of diabetic retinopathy. Childhood blindness from preventable causes, including vitamin A deficiency and retinopathy of prematurity, remains a significant public health concern. At the same time, persistent access disparities in rural and underserved areas continue to limit the availability of quality eye-care services. Addressing these challenges will require a coordinated approach that

combines technological innovation, public health initiatives, and equitable healthcare policies.

GLOBAL ADVANCES

AI has already achieved milestones in eye care worldwide. FDA-approved autonomous systems for **diabetic retinopathy screening** in the U.S. demonstrate how machine learning can match or surpass human specialists. Predictive analytics are improving cataract surgery outcomes, while tele-ophthalmology platforms extend care to underserved populations in Africa and Latin

America. Yet, adoption remains uneven, with barriers such as cost, liability concerns, and algorithmic bias slowing integration.

TECHNOLOGICAL INNOVATIONS

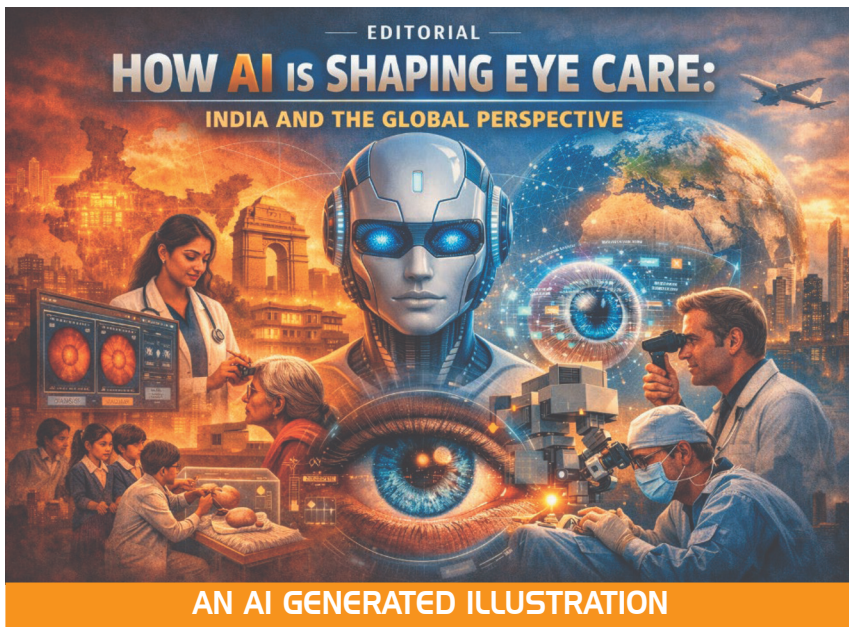
The future of AI in eye care lies in **multimodal systems** that integrate fundus images, OCT scans, and patient history for comprehensive and holistic diagnosis. Integration with **cloud-based and telemedicine platforms** will facilitate real-time collaboration between rural healthcare canters and urban specialists, improving access to expert care. Affordable handheld fundus cameras paired with AI algorithms could democratize screening, making mass eye care campaigns feasible.

AI-driven fundus image analysis is revolutionizing early detection, while neonatal screening tools are safeguarding premature infants. Mobile eye clinics powered by AI are bridging rural gaps, though affordability and infrastructure remain pressing challenges.

OUTLOOK

Globally, AI enhances precision and efficiency through advanced diagnostics, predictive analytics, robotic-assisted interventions, and large-scale screening programs, enabling faster, more accurate, and personalized patient care.

In India, it is a lifeline-bridging gaps in accessibility and affordability. The path forward requires not only technological innovation but also robust policy frameworks and ethical safeguards. If India succeeds in deploying AI for mass eye care, it could emerge as a global model for AI-enabled eye care, setting a benchmark for developing nations and reshaping the future of ophthalmology worldwide.



AN AI GENERATED ILLUSTRATION

COMPARATIVE PERSPECTIVE: INDIA VS GLOBAL

Dimension	India	Global
Primary Disease Burden	Extremely high volume (Cataracts, DR, ROP)	Moderate volume; aging-related macular degeneration dominates
AI Adoption Phase	Growing but fragmented; localized hospital pilot projects	Wider clinical integration; FDA-approved autonomous tools
Primary Barriers	High equipment costs, poor rural infrastructure, specialist shortages	Algorithmic training costs, medical liability, data privacy ethics
Core Opportunities	Mass tele-screening, mobile neonatal care, rural access bridges	Precision robotic surgery, advanced multimodal AI systems

" Your eyes show
the strength of your soul "

The Causes Behind the Crisis

Retinal diseases such as age related macular degeneration, diabetic retinopathy, retinal detachment, and inherited retinal disorders are the leading culprits. Lifestyle factors - smoking, hypertension, and poor diabetes control - worsen the risk. India's rapid urbanization and changing health patterns have accelerated this burden.

Treatment Innovations Offer Hope

Medical science has advanced dramatically. Anti VEGF injections have revolutionized care for macular degeneration and diabetic macular edema. Laser therapy remains vital for stabilizing diabetic retinopathy, while vitrectomy surgery saves sight in detachment cases. Beyond these, gene therapy, stem cell research, and artificial retina implants are opening new frontiers. AI powered diagnostics now enable faster, more accurate screening - a game changer for early detection.

Diabetic Retinopathy - India's Greatest Challenge

Diabetic retinopathy is now the leading cause of blindness among working age adults. High blood sugar damages retinal blood vessels, causing leakage, swelling, and abnormal vessel growth. With over 100 million diabetics, India bears one of the world's heaviest burdens. Without systematic screening, millions risk avoidable blindness.

INDIA VS GLOBAL SCENARIO

Globally, over 100 million people live with diabetic retinopathy, projected to rise to 161 million by 2045. India's share is disproportionately high - nearly 21 million diabetics already affected. Retinal disorders account for 8% of blindness in India, compared to 6% worldwide. The shortage of retina specialists outside major cities compounds the crisis.

GOVERNMENT'S ROLE IN COMBATING RETINAL DISEASES

Medical innovation alone cannot address the growing burden of retinal disease. Strong public health policies must integrate retinal screening into routine diabetes care, expand specialist training,

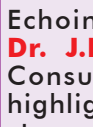
Metric	India	Global
Diabetic population (2021)	101 million	500 million
DR prevalence	21 million	103 million (2020), 161 million projected by 2045
Blindness due to DR	2.4 million	20 million
Retinal disorders' share of blindness	8% (2019)	6% worldwide

EXPERT INSIGHTS



"More than 90% of blindness is treatable or preventable, yet vision loss affects over a billion people worldwide," stresses

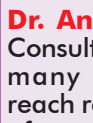
Dr. T. Krishna, HOD, Retina Department, Sankar Foundation, Visakhapatnam. He warns that retinal diseases such as age related macular degeneration and diabetic retinopathy are becoming increasingly common, demanding urgent action.



Echoing this concern, **Dr. J.K. Challa**, Senior Consultant, Retina, highlights the need for stronger infrastructure, more trained specialists, and wider access to advanced treatments. These steps, he explains, are vital to reduce the burden on patients and improve long-term outcomes.



Dr. Ajay Sharma, Senior Consultant, Retina, emphasizes that public awareness remains alarmingly low, calling for greater investment in eye care services and innovative therapies. Noting that without these measures, India risks being overwhelmed by a preventable wave of blindness.



Dr. Annaji Rao K, Senior Consultant, Retina adds that many diabetic patients reach retina specialists only after advanced damage, underscoring the need for early referral and patient education. He underscores that many people remain unaware of the direct impact diabetes can have on their vision.

strengthen infrastructure beyond urban centres, and subsidize advanced treatments. Extending retinal services to district hospitals and rural regions is critical to ensuring timely and equitable access to care.

National screening programs and the inclusion of retinal assessments in primary healthcare can facilitate early diagnosis, particularly among high-risk populations. At the same time, sustained awareness campaigns through schools, community health workers, mass media, and digital platforms can promote prevention and encourage timely medical consultation.

Partnerships with NGOs, medical institutions, and CSR initiatives can enhance outreach and service delivery, but effective government leadership must remain the cornerstone of these efforts. Ultimately, preventing a retinal disease epidemic demands a clear national vision, sustained investment, and coordinated action. By prioritizing early detection and expanding access to quality retinal care, India can protect millions from avoidable blindness while preserving productivity, independence, and quality of life for future generations.

Glaucoma vs Retina

Glaucoma is often called the "Silent Killer of Sight" because it gradually damages the optic nerve without early symptoms, leading to irreversible blindness. In contrast, the retina is the "Gateway of Vision" - the light sensitive screen that captures images and sends them to the brain. Damage to this gateway directly affects clarity and quality of sight.

(Insights by **K. Bangar Raju**, Editor, with inputs from: insightsonindia.com, mayoclinic.org, centreforsight.net, laxmieye.org)

New Glaucoma Facility Inaugurated

To strengthen glaucoma care services and meet the growing patient demand, a new state-of-the-art Glaucoma Facility with new equipment in B Block of Sankar Foundation was inaugurated on 25 July

2026 by Sri A. Krishna Kumar, Managing Trustee & CEO, in the presence of Dr T. Raveendra (HOD, Glaucoma), Dr Nasrin (HOD, Cornea), Dr Sireesha (HOD, Orbit), Dr T. Krishna (HOD, Retina) Dr Ajay Sharma, Dr Manjuvalli, Dr Keerthana and other doctors and

HODs. Sri Krishna Kumar said that this

advanced facility complements the existing comprehensive glaucoma services in A Block and significantly enhances Sankar Foundation's capacity to provide timely diagnosis, treatment, and follow-up care particularly for the patients enrolled under Dr NTR Vaidya Seva programme.

(Turn to page 6 for Photos)

Happenings

Sankar Foundation Extends Free Transport to Rural Patients

As part of its commitment to making quality eye care accessible to rural communities, Sankar Foundation has expanded its patient transportation network by adding a new bus to its fleet. The bus will provide free transportation for patients identified during village eye screening camps, enabling them to travel safely and comfortably to the Foundation's main hospital at Naidutota for further examination and treatment.

Sri A. Krishna Kumar, Managing Trustee & CEO, inaugurated the new bus on 11 July. With this addition, Sankar Foundation now operates five buses from its main hospital and one



Sri A. Krishna Kumar, Managing Trustee & CEO poses for a group photograph with patients following their successful eye surgeries.

from its Srikakulam branch, strengthening connectivity between remote villages and the hospital and reducing transportation barriers for patients.

"Sankar Foundation Expert Connect" Cultivates a Culture of Academic Excellence

Building a Vibrant Academic Learning Environment

Sankar Foundation Eye Hospital & Institute, Visakhapatnam, has launched "SANKAR FOUNDATION EXPERT CONNECT", a unique academic enrichment initiative designed to foster a vibrant learning environment for students and faculty members. The programme aims to bridge the gap between classroom teaching and real-world healthcare practice, enabling students to develop both professional competence and compassionate patient care skills.

The programme features a one-hour expert lecture followed by a thirty-minute interactive Question & Answer session every week, creating a dynamic platform for knowledge sharing and professional development.



The first session, held on 27 June 2026, focused on "Patient Communication Skills" and

was delivered by **Mrs. M. Padmavathi**, Assistant General Manager, Patient Care Department. She emphasized the importance of effective communication, empathy, and patient-centred care in delivering quality healthcare services.

The second session, conducted on 4 July 2026, addressed "Optical Dispensing Communication Skills" and was led by **Sri. G. Eswar Rao**, Senior Manager, Optical Department, and



Mrs. M. Lakshmi, Assistant Manager, Optical Department.

The speakers shared practical insights into patient communication, counselling, and customer service within optical practice.

The third session, held on 11 July 2026, featured "Clinical Essentials for Healthcare Students" by **Smt. N. Devi (Dinah)**, Nursing Superintendent. The session covered key professional topics

Srikakulam Branch Achieves Record-Breaking Milestone

Sankar Foundation Eye Hospital's Srikakulam branch has achieved its best-ever monthly performance since its inception in 2022. In July 2026, the hospital conducted a record 641 eye surgeries and procedures and screened 2,800 outpatients, marking a significant milestone in its journey of providing quality eye care.

Sri A. Krishna Kumar, Managing Trustee & CEO, congratulated Sri KV Venugopal, DGM, Branch In-charge, Sri Ravikumar, Manager, doctors and support staff for their dedication and teamwork, describing the achievement as a reflection of the hospital's commitment to excellence and patient care.

From April to July 2026, the hospital performed 2,018 surgeries and procedures and screened 9,638 outpatients. Notably, 90% of surgeries and procedures were provided free of cost to eligible patients, reinforcing the Foundation's mission of accessible healthcare.

The achievement highlights the growing trust of patients and the hospital's commitment to delivering compassionate, affordable, and advanced eye care. Recent installation of state-of-the-art OCT equipment has further strengthened diagnostic and treatment capabilities, particularly for retinal and glaucoma conditions.

This milestone underscores Sankar Foundation's continued efforts to eliminate avoidable blindness and expand quality eye care services across Andhra Pradesh and Odisha.



including hospital abbreviations and terminology, biomedical waste management, hand hygiene protocols, and NABH

Standard Operating Procedures (SOPs).

SMALL HABITS, BIG IMPACT: DAILY CHOICES THAT TRANSFORM YOUR HEALTH

◀ **THESE HEALTHY HABITS LAY A STRONG FOUNDATION FOR MAINTAINING GOOD EYE HEALTH AND PRESERVING CLEAR VISION.**

In today's fast-paced world, good health is often overlooked until problems arise. However, wellness is not achieved through drastic measures or temporary diets-it's the result of consistent, healthy choices made every day. From the food we eat to the way we manage stress, small lifestyle habits can have a profound impact on our overall well-being.

A balanced diet rich in vitamins, antioxidants, and omega-3 fatty acids helps protect the eyes from age-related conditions such as cataracts and macular degeneration, while regular exercise and good blood sugar control support healthy blood circulation to the retina. By embracing simple daily wellness practices, individuals can safeguard not only their overall health but also their vision for years to come.

The Wellness Wheel, highlighting the six pillars of a healthy lifestyle-nutrition, physical activity, hydration, sleep, stress management, and social connection.

A balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats provides the body with essential nutrients needed for optimal functioning. Regular physical activity, such as walking,

cycling, yoga, or light exercise, helps improve cardiovascular health, strengthen muscles, and boost mood. Equally important is getting 7-8 hours of quality sleep each night, which allows the body and mind to rest, recover, and recharge.



AN AI GENERATED ILLUSTRATION

Mental wellness is another key pillar of a healthy lifestyle. Stress management techniques such as meditation, deep breathing, reading, or spending time in nature can enhance emotional resilience and promote inner peace. Staying hydrated and maintaining meaningful social connections also contribute significantly to overall health and happiness.

AN ILLUSTRATION OF WELLNESS IN ACTION

Consider two individuals with similar lifestyles and work schedules. One spends most of the day sitting, skips breakfast, relies on fast food, and gets only a few hours of sleep. The other starts the day with a healthy breakfast, takes a 30-minute walk, drinks enough water, and sets aside time to relax before bed. Over time, the second individual is more likely to experience better energy levels, improved concentration, stronger immunity, and a lower risk of chronic diseases such as diabetes, hypertension, and heart disease.

The lesson is simple: wellness is not about perfection but consistency. Small, positive changes-such as choosing a salad over fries, taking the stairs instead of the elevator, or spending a few minutes each day practicing mindfulness-can lead to lasting benefits. By making health a daily priority, we invest not only in a healthier and happier life but also in protecting our eyes-helping to preserve clear vision and reduce the risk of sight-threatening conditions.

(Insights by K Bangar Raju, Editor)

GREATER REACH, DEEPER CARE: SANKAR FOUNDATION SETS NEW BENCHMARKS IN Q1

The first quarter (Q1) of the financial year 2026-27 stands as a landmark in the journey of Sankar Foundation Eye Hospital, reaffirming its unwavering mission to eliminate avoidable blindness and deliver compassionate, accessible eye care to all.

MILESTONES THAT SPEAK VOLUMES
Every achievement this quarter reflects the Foundation's patient-first philosophy:

- ♦ **Eye Surgeries:** An impressive 9,430 surgeries performed with precision and care.
- ♦ **Outpatient Screenings:** A record-breaking 62,873 patients screened, ensuring early detection and timely treatment.
- ♦ **Specialty Services:** Rising demand for glaucoma, retina care, Cornea, Paediatric services underscores

growing trust in the Foundation's advanced expertise.

A historic milestone was achieved on 17th June 2026, with 201 surgeries performed in a single day-surpassing the previous record of 176 surgeries set just a week earlier (10th June 2026). Sri Krishna Kumar Atmakuri, Managing Trustee & CEO, extended heartfelt congratulations to the entire Sankar Foundation team, recognizing their tireless dedication to restoring vision and transforming lives.

OUTREACH THAT TRANSFORMS LIVES
True to its mission of inclusivity, Sankar Foundation extended its reach deep into rural and tribal communities:

- ♦ **Free Screening Camps:** A record number of 176 free eye screening camps conducted across villages, in

north coastal Andhra, bringing quality eye care to underserved populations.

- ♦ **Free Surgeries:** During the period under outreach programme 10,442 patients screened and 3,932 surgeries performed at no cost to the patients, ensuring no one is denied vision due to financial constraints.

A COLLECTIVE TRIUMPH

The main hospital and branches at Maddilapalem, Madhurawada, Srikakulam, and Gajuwaka together set new benchmarks in service delivery and compassionate care. The Srikakulam branch achieved an all-time high in surgeries and outpatient screenings, further strengthening the Foundation's footprint.

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

VISION 2020 ANNUAL CONFERENCE

SANKAR FOUNDATION SHOWCASES COMMUNITY EYE CARE EXCELLENCE



Sri Venugopal receiving the memento on the occasion.

A team from Sankar Foundation, led



by **Sri K. V. Venugopal**, DGM - Operations, participated in the 20th Annual Conference of VISION 2020 - The Right to Sight India, hosted by Sankara Eye Hospital, Bengaluru, from 10-12 July 2026.

The conference, themed "Innovation, Collaboration and Impact on Eye Care - A Vision for Vikasit Bharat 2047," brought together leading eye care professionals and institutions from across the country. The three-day event featured pre-conference sessions on quality, optometry, CSR partnerships, and AI-driven innovations, followed by scientific discussions under key themes including Innovation and Technological Solutions, Collaboration for Universal Eye Health, Impact, Equity, Sustainability and Quality in Eye Care, Excellence in Optometry and Allied Health Care, and Organisational Excellence and Knowledge Sharing.

A key highlight was the active participation of Sankar Foundation delegates. **Sri L. S. S. Prasad**, Senior Manager (Patient Care), **Smt. Bhuvana Kalyani**, In-charge Academics, and **Ms. B. Pravalika**, Junior Manager (HR),

presented scientific papers on the Foundation's community eye care initiatives.

The conference attracted over 700 participants, including Managing Directors, C E O s , ophthalmologists, administrators, community eye care professionals, researchers, and senior government officials.



New Glaucoma Facility Inaugurated



Sri A Krishna Kumar, MT & CEO inaugurating the new facility for glaucoma patients in the presence of T. Raveendra (HOD, Glaucoma), Dr Nasrin (HOD, Cornea), Dr T. Krishna (HOD, Retina), Dr Sireesha (HOD, Orbit), Dr Ajay Sharma, Dr Manjuvalli, Dr Keerthana and other doctors.

Sankar Foundation Strengthens Community Eye Care Through Business Development Initiatives



Sri Sandeep Pandey, General Manager, JK Paper Mills, along with company officials and employees of Sankar Foundation during the eye screening camp at Rayagada, Odisha.

True to its mission of serving society through compassionate and quality eye care, Sankar Foundation continues to make significant strides in eliminating avoidable blindness through its robust outreach and business development initiatives across Andhra Pradesh and neighbouring Odisha. By forging strategic partnerships with corporate organizations, educational institutions, industries, and community associations, the Foundation is expanding access to quality eye care services while creating greater awareness about eye health and the prevalence of preventable visual impairment.

As part of its Business Development Programme, Sankar Foundation successfully conducted a series of eye screening and awareness camps during July 2026. The camps were organized at Naga Hanuman Fisheries Unit, Anandapuram; Cohence Life Sciences Pvt. Ltd., a leading pharmaceutical company at Parawada; Rani Memorial English Medium School, Maddilapalem; AP Pensioners Association, Devarapalli in Anakapalli District; and a two-day comprehensive eye screening camp from 23rd to 24th July 2026 at JK Paper Mills, Rayagada, Odisha. The camps were spearheaded by **Sri M. Chandrasekhar**, Manager, Business Development, with active support from the dedicated employees of Sankar Foundation. The eye camps received an overwhelming response, with 860 outpatients screened during the month. Besides identifying individuals requiring further treatment and corrective interventions, the programme also generated meaningful support for the Foundation through the provision of medicines and spectacles.

Clear Vision Ahead: Tips to Keep Cataracts Away

Cataracts are one of the most common age-related eye problems, where the lens gradually becomes cloudy, leading to blurred vision. But you can get cataracts for other reasons - like after an eye injury or after surgery for another eye problem (like glaucoma). While they cannot be completely prevented, adopting simple daily habits can significantly reduce the risk.

Causes and Symptoms

- ♦ Aging: Natural clouding of the lens over time.
- ♦ Sun Exposure: UV rays accelerate cellular and lens damage.

- ♦ Diabetes: Poorly managed blood sugar levels significantly increase risk.

- ♦ Smoking: Inhaled toxins harm delicate eye tissues.

Symptoms include blurred vision, glare sensitivity, faded colors, and difficulty seeing at night.

The only definitive treatment for cataracts is surgery. Glasses, magnifying lenses, or brighter lighting may temporarily improve vision, but they do not cure cataracts. Surgery removes the clouded lens and replaces it with a clear artificial intraocular lens (IOL) restoring vision.



Stress Management

- ❖ Chronic stress increases cortisol levels, which can accelerate oxidative damage in body tissues, including the eyes.
- ❖ Incorporate simple relaxation techniques, deep breathing exercises, or daily mindfulness to support overall eye and body health.

Key Takeaway

Healthy lifestyle choices-sun protection, nutrition, exercise, supplements, and stress management-can significantly reduce cataract risk. Small habits today protect your vision tomorrow.

(Insights by **K Bangar Raju**, Editor.
with inputs
from Notional I Institute)

Focus Area	Core Action	Key Benefit
Sun Protection	Wear UV 400 sunglasses & wide-brimmed hats	Blocks UV rays that accelerate lens clouding
Diet & Nutrition	Eat leafy greens, citrus fruits, and colourful berries	Fights free radicals with targeted antioxidants
Physical Activity	Commit to a brisk daily walk or light exercise	Boosts blood circulation and slows ocular aging
Blood Sugar	Manage diabetes with medical guidance	Prevents high glucose from damaging lens proteins

VISION IMPAIRMENT AND BLINDNESS

Vision impairment and blindness continue to be major public health challenges worldwide, affecting millions of people across all age groups. While a significant proportion of vision loss is preventable or treatable, disparities in access to eye care services remain a concern, particularly in low- and middle-income countries. India bears a substantial share of the global burden of blindness and visual impairment, including among children, highlighting the urgent need for early detection, timely intervention, and innovative solutions to reduce avoidable vision loss.

KEY STATISTICS IN INDIA

- ♦ Blind population: Approximately 4.8-5 million people are blind in India.
- ♦ Vision impairment: Around 70 million individuals live with some form of vision impairment.

- ♦ Blind children: Roughly 200,000-250,000 children are blind.
 - ❖ Overall blindness prevalence: 0.36% of the population.
 - ❖ Among those aged ≥50 years: 1.99% prevalence.
 - ❖ Among those aged 0-49 years: 0.052% prevalence.
- ♦ Although India accounts for only about 17-18% of the world's population, it carries a disproportionately high share of the global blindness burden. With an estimated 4.8-5 million blind individuals, India contributes roughly 11-12% of the world's 43 million blind people.

GLOBAL STATISTICS

- ♦ Blind population: Approximately 43 million people are blind worldwide.
- ♦ Vision impairment: Around 2.2 billion

individuals live with some form of vision impairment.

- ♦ Blind children: Roughly 1.4 million children are blind.
 - ❖ Overall blindness prevalence: 0.5% of the global population.
 - ❖ Majority of blindness burden (>80%) occurs among individuals aged ≥50 years.
 - ❖ Blindness prevalence is considerably lower among those aged <50 years, although visual impairment remains a major health concern.

(Insights by **K Bangar Raju**, Editor.
Data sourced from World Health Organisation (WHO))

Surgical Success Metrics JULY 2026

✦ Total Eye Surgeries	3,613
✦ Cataract Surgeries	2,609
✦ Retina Surgeries	105
✦ Retina Injections	219
✦ Glaucoma Surgeries	23
✦ Cornea Surgeries	1350
✦ Paediatrics Surgeries	06
✦ Orbit & Oculoplasty	73
✦ Total OP Screened	19,912

BRANCHES

✦ Srikakulam	
Eye Surgeries + Injections	641
✦ OP Screened	2,796
✦ Maddilapalem	
Eye Surgeries + Injections	124
✦ OP Screened	1,382
✦ Gajuwaka	
Eye Surgeries + Injections	38
✦ OP Screened	1,242
✦ Madhurawada	
Eye Surgeries	21
✦ OP Screened	692
✦ Total 63 Outreach free eye camps conducted and screened 4,505 patients and Performed 1,657 surgeries.	

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Patients' Wellbeing First: Food, Comfort, and Care

At Sankar Foundation, patient care goes beyond medical treatment - it is about compassion, dignity, and holistic wellbeing. From admission to discharge, every detail of a patient's journey is thoughtfully attended to by our dedicated nursing staff, ensuring comfort and support at every step.

Inclusive Care Across Schemes

Patients admitted under the Andhra Pradesh Government's **Dr. NTR Vaidya Seva** programme - designed to provide healthcare to the underprivileged - receive the same quality of care that defines our mission: delivering medical excellence with empathy. Importantly, this commitment extends to patients under **TPA, CGHS, EHS**, Defence personnel, and other categories. This inclusivity reflects our belief that equitable healthcare is a right, not a privilege.



Patients expressing heartfelt gratitude with folded hands, reflecting their joy and appreciation for the care received after their surgery.



Ward In-charge Mrs. Padmaja offering pre-surgery counselling to patients. By addressing anxiety and instilling confidence, she ensures emotional comfort and holistic care as part of their healing journey.

Patient-Friendly Initiatives

One of the most cherished services is the provision of **hygienic, hot meals served free of cost** throughout a patient's stay. Patients consistently express gratitude for the quality and care taken in preparing food. To further enhance comfort, a specially designed dining hall has been created - a space that not only ensures nutrition but also fosters community, warmth, and emotional healing during recovery.

A Scene from the Dining Hall



A vibrant scene from the dining hall showing staff serving food with kindness.

In the dining hall, staff members serve food with kindness and attentiveness, embodying the foundation's values of compassion and service. This environment reinforces trust and happiness, making the hospital experience more humane and dignified.



Two rural women radiate joy and pride as they depart for home after successful eye surgeries.