



SSM EYE RESEARCH FOUNDATION

(a registered Charitable Trust
Registration No.CIT/CHN/12A/Tech-91/2005-06)

ACTIVITY REPORT 2014

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http://giridhareye.org/index.php/web/ssm_foundation

SSM EYE RESEARCH FOUNDATION

S.S.M. Eye Research Foundation was constituted as a Public Trust and registered at the Ernakulam Sub Registrar Office. The trust is also registered U/s 12 AA of the Income Tax Act and its name is entered at CIT/CHN/12A/Tech-91/2005-06 in the register of application under section 12AA at Income Tax Office as a **Charitable Trust**.

Just like Giridhar Eye Institute, SSM Eye Research Foundation had humble origins. The Trust was established in memory of Ayalur Harihara Iyer Subramania Sharma (the word S.S.M. stands for Subramania Sharma Memorial), the grandfather of Dr. Giridhar, born in Ayalur, a small village in Palakkad District, Kerala, in 1908. He was an Academician and served the Tamil Nadu Agricultural University in Coimbatore in various capacities and finally retired as Professor of Agronomy and Director of Agriculture. A keen agricultural Scientist, he was an active member of Planters Association of Kerala and was instrumental in initiating rubber plantation in the Nelliampathy Hills, presently in Palakkad District, Kerala. He was a Philanthropist and helped many in employment, education and religious functions. He died in the year 1989 at Coimbatore.

The trust was constituted with the following objective to help the poor and the needy. Towards meeting this end, its founders launched several outreach and in-house programmes under SSM Eye Research Foundation through Giridhar Eye Institute, all of them free of cost.

- Cataract surgery with intra-ocular lens implantation for people below poverty line.
- Outreach programmes in rural areas to create awareness about common eye diseases leading to blindness-Cataract, Diabetic Retinopathy and Glaucoma.
- School screening programme for testing vision in primary school children.
- Diabetic Retinopathy awareness and screening camps.
- Support charitable eye clinics.
- Establishment of a centre for rehabilitation of the visually handicapped.
- Providing fully-equipped mobile eye unit for villages and remote areas for comprehensive eye examinations.

COMMUNITY WORK

SSM Eye Research Foundation continues its effort to spread awareness through outreach programs on vision loss due to age related diseases viz. Cataract, Glaucoma and Diabetic Retinopathy. These programs focus on the importance of raising awareness regarding the importance of lifestyle modification including mitigating risk through good glycemic control, hypertension and lipid management, along with screening for Diabetic Retinopathy by fundus examination annually. Eye camps organized in different parts of the districts for the benefit of poor patients in the year 2014 is summarized in a table below:

Year	No of Camps	No of Patients Screened	No of free Cataract Surgeries Done
2014	69	5846	611

DETAILS OF CAMPS CONDUCTED IN 2014

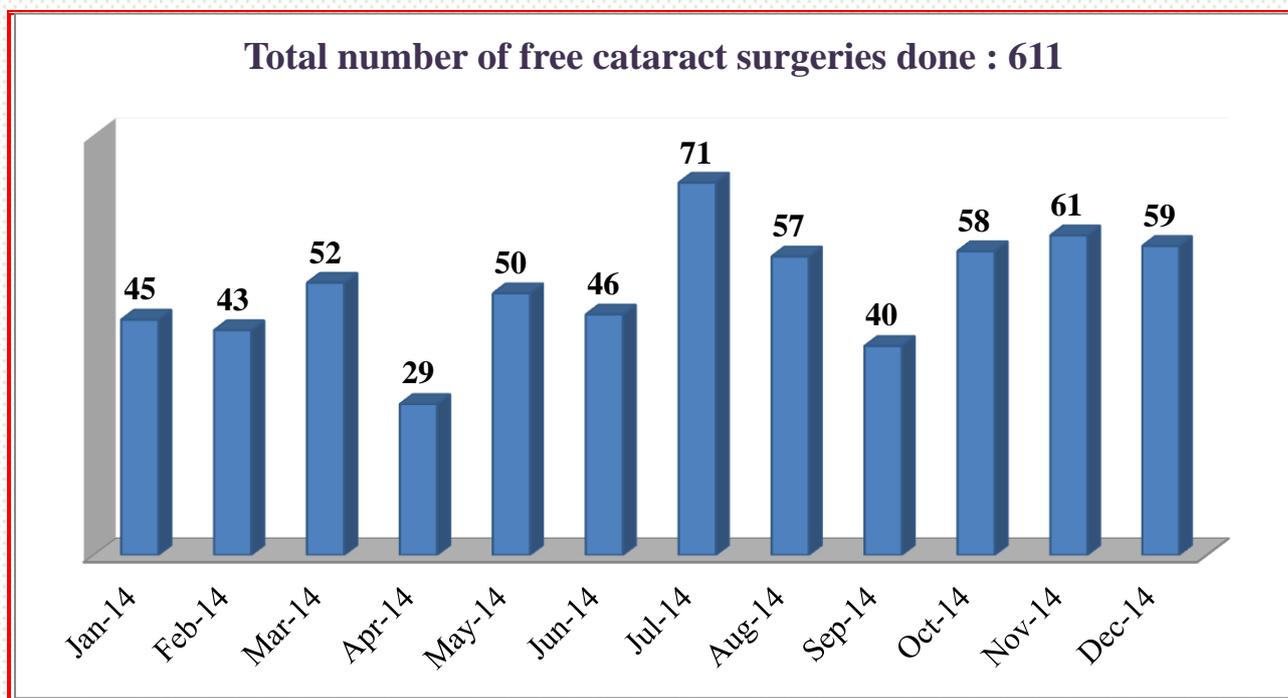
Place	Patients covered
Rotary Balbhavan (all camps)	189
Gurudwara Diabetic Retinopathy Screening (all camps)	292
Gurudwara Comprehensive Screening (all camps)	629
Aluva C/o. DBCS	94
Cherai	116
Chellanam C/o. Coastal Police	179
Aluva Datta Temple C/o. DBCS	97
Kadungallur, Aluva (Glaucoma Screening)	118
Thuravoor (Arogyatheeram)	84
Nedumbasserry (CAP)	60
Sree Sai Music Academy, Aluva	60
Brahmana Samooham, Alappuzha	116
Chaithanya Nursing Home, Parur (Diabetic Retinopathy)	93
Pratheeksha Residential Association, Udayamperoor	151
SNDP Union, Kanayannoor	141
Puthenkavu, Ameda	75
St George Mission Hospital (DBCS)	252
TCS TejomayaComplex, Kakkanad (Corp. Screening)	312
TCS Tejomaya Complex, Kakkanad (Corp. screening)	242
INSIGHT, Manjali	85
INSIGHT, Vypin	123
INSIGHT, Munambam	115
School Screening, Perumbavoor (“Reach Who Teach”)	212
INSIGHT, Cherai	145
C/o. Dr Shenoy at Jew Street Ernakulam	122
Pachalam C/o. Raising our Voice.	92
Southern Railway, North Station	89
Kumbalam	210
Cheralai	210
Mazhuvannore	220
Kattanam	275
Edappally (DBCS)	150
Chengamanad (Diabetic Retinopathy)	110
North Vymeethi (DBCS)	123
Little Flower Church, Elamkulam.	190

Chengamanad (Diabetic Retinopathy – repeat camp)	75
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Camp Organized for Cochin Traffic Police organized through Rotary Club

**FREE CATARACT SURGERIES DONE THROUGH
S.S.M. EYE RESEARCH FOUNDATION
(11.6% of total cataract surgeries done)**



Month	Gurudwara	SSM (GEI)	DBCS	Rotary	Abhayam	TOTAL
January	03	27	03	12	00	45
February	00	36	03	03	01	43
March	02	39	04	05	02	52
April	03	16	02	05	03	29
May	08	25	05	11	01	50
June	03	31	10	02	00	46
July	05	37	25	03	01	71
August	01	33	05	06	12	57
September	03	22	01	04	10	40
October	01	52	00	03	02	58
November	00	43	00	15	03	61
December	04	27	14	12	02	59

We remain indebted to the following personnel/institutions whose contribution to SSM Trust have helped immensely in discharging various community related activities effectively in 2014.

- ⇒ M/s. GRK & Company
- ⇒ M/s. Visakarega Trading Company
- ⇒ Gurudwara Singh Sabha
- ⇒ M/s. Vintage Auto Track
- ⇒ M/s. Ambient Ltd.
- ⇒ Mr Srikanth Viswanathan
- ⇒ Mr S Swaminathan
- ⇒ Ms Viji Kurian
- ⇒ Mr P.K. Prakasan
- ⇒ Dr Sheena Susan
- ⇒ Dr Shasank Sen
- ⇒ Dr John Williams
- ⇒ Mr Ashkara Jain
- ⇒ M/s. LG Foundation Pvt Ltd.
- ⇒ Mr K.T. Varghese
- ⇒ Ms Malini Mukundan
- ⇒ Mr Joseph Karithanam
- ⇒ Mr K.K. Ramachandran
- ⇒ Mr L Viswanathan
- ⇒ Dr Veena Muraleedharan
- ⇒ Mrs. Ratnavally Bharathan
- ⇒ Dr Jayalakshmi Nair
- ⇒ Mr Aksharan Jain
- ⇒ Mr M.R. Radhakrishnan

DIABETIC RETINOPATHY SCREENING

Diabetic retinopathy is the most common diabetic eye disease and a leading cause of blindness in adults. Diabetic retinopathy can get worse and cause vision loss. Diabetic retinopathy usually affects both eyes.

Keeping in view that the challenges lie not only in creating awareness amongst the lay public but also in the health professionals that persons with diabetes must undergo a detailed eye examination and that it has to be done periodically as advised, Giridhar Eye Institute continues a systematic approach to health education and creating awareness among patients and various health professionals, matching it with appropriate screening and service delivery mechanism to prevent blindness due to diabetic retinopathy.

In this regard, we have recently started our full time monthly OP Clinic on a regular basis at Chaithanya Nursing Home, North Parur with whom we have been conducting regular eye check-up programs.



സീനിയർ സിറ്റിസൺസ് ക്ലബിന്റെ മുതിർന്ന പൗരന്മാർക്കുള്ള നേത്രചികിത്സാ പദ്ധതി വി.ഡി. സതീശൻ എംഎൽഎ ഉദ്ഘാടനം ചെയ്യുന്നു.

നേത്ര ചികിത്സാ പദ്ധതി ഉദ്ഘാടനം ചെയ്തു

പാവൂർ • സീനിയർ സിറ്റിസൺസ് ക്ലബിന്റെ മുതിർന്ന പൗരന്മാർക്കുള്ള നേത്രചികിത്സാ പദ്ധതി വി.ഡി.സതീശൻ എംഎൽഎ ഉദ്ഘാടനം ചെയ്തു.

എ.കെ.ശിവശങ്കരൻ അധ്യക്ഷനായിരുന്നു. നേത്രരോഗങ്ങളെ കുറിച്ചു ഡോ. റിഞ്ചി, ഡോ. ബിന്ദു എന്നിവർ പ്രഭാഷണം നടത്തി.

അംബേദ്കർ നാഷണൽ ഫണ്ട് ലോംഗ്ലി ബിജു പൂല്ലാർക്കോട്ട് ബാബുവിനെ ആദരിച്ചു. ഗീത സുരേഷ്, ഡോ.എൻ.ജയ്, സെക്രട്ടറി കെ.കെ.തമ്പി, എൻ. ഐ.രാജപ്പൻ എന്നിവർ പ്രസംഗിച്ചു.



Dr Bindu Rajesh addressing the club members

Shri V.D. Satheesan, MLA inaugurating the Parur Clinic

Similar full time bi-weekly OP services are also provided to St. Thomas Mission Hospital, Kattanam and Pushpagiri Medical College, Thiruvalla.

In a pilot study conducted by S.S.M Research Foundation in Chengamand Panchayat of Ernakulam Dist, it was found that only 70% of patients with Diabetes Mellitus were aware that this disease could affect the eye. This was a very alarming finding as the population in the Panchayat showed literacy of nearly 90% and had access to good medical care within a range of 10 to 15kms. In the same pilot study a door-to-door survey of patients with diabetes Mellitus were done. We detected a total of 1062 Diabetic Patients in a population of around 25,000. We also examined the eyes of about 500 patients with Diabetes and we found the incidence of Diabetic Retinopathy to 20%. Based on this pilot study we decided that this is an important outreach programme wherein we can increase the awareness of eye complications of Diabetes and thereby prevent some of the blinding complication of the disease. We subsequently undertook a similar study in Nedumbasserry Panchayat, S.S.M Eye Research Foundation now plans to spread this pilot project to other neighbouring panchayats in Ernakulam dist and if possible in Neighbouring districts.

For this purpose the Trust is making various efforts to full fill its object of setting up a mobile Eye unit to go to the villages and remote areas. This Mobile Van will help us a) to screen and detect patients with Diabetic Retinopathy b) prescribe spectacles to the people from lower socio economic status c) provide primary eye care to the deserving people who cannot travel and reach to the nearest hospital. This, we feel is a novel project, which will vastly improve the awareness on eye disease among the rural population and in long term reduce the burden of preventable and curable blindness.

This project will cost about Rs.30 lacs. With the support extended by our well wishers, we are confident that we will be able to achieve this object in the next one year time. The cost of the project is as under:

EQUIPMENT REQUIREMENT:

Sl.No.	Name of Equipment	Amount (Rs.in lacs)
1	Tempo Traveller	11.50
2	Slit lamp with Applanation Tonometer	3.00
3	Chair Unit	0.50
4	Equipment	11.00
5	Trail Set	0.15
6	Retinoscope	0.10
7	Generator	2.00
8	Computer with Internet/V Sat connection	0.75
9	Miscellaneous items	1.00
	Total investment for the Mobile Unit	30.00

MANPOWER REQUIREMENT:

Sl.No.	Nature of Manpower	Amount (Rs.per month)
1	Doctor (1 person)	75000
2	Optometrist (1 person)	20,000
3	Nurse (2 persons) Rs.10,000 x 2	20,000
4	Medical Social Worker (1 person)	20,000
5	Driver (1 person)	10,000
	Total monthly expense on Manpower	1,45,000

WORLD SIGHT DAY

This year's World Sight Day slogan is '**No More Avoidable Blindness**'. In Kochi, Giridhar Eye Institute and SSM Eye Research Foundation joined hands on World Sight Day to raise awareness about visual impairment by organizing a friendly football match at the Regional Sports Centre in Ernakulam. The '**Play for Sight**' match was as entertaining as it was educational.

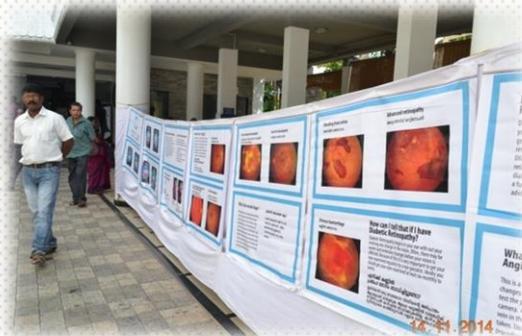
It was a unique event that caught the attention of the spectators. One team comprised visually impaired boys from the SRVC Centre (Society for Rehabilitation of the Visually Challenged) and the other had blindfolded sighted individuals including local dignitaries. The VIPs included MLA Benny Behnan, District Collector M.G. Rajamanickam, former international footballer M. M. Jacob, film actor Niyas, music director and singer Manju Vijayan, to name a few.

It was only when they were blindfolded that the sighted ‘footballers’ realized how dark the world was to the blind and visually impaired. Most of them barely made contact with the ball while the visually impaired team members, with gentle guidance from the coach, were completely comfortable chasing the ball around the ground. If you are wondering how they knew where the ball was, it was a special ball which made a small tinkling sound to assist them. Undoubtedly, the event was an ‘eye opener’!



WORLD DIABETES DAY

Giridhar Eye Institute observed World Diabetes Day 2014 by conducting a diabetic retinopathy awareness program by Dr Anna Elias, Senior Consultant Ophthalmologist, followed by a Diabetic Retinopathy screening lead by Dr Rameez Hussain. 43 people were screened and diabetic retinopathy pamphlets were distributed.



KUSUMDEVI BHALOTIA CENTRE FOR REHABILITATION OF THE VISUALLY CHALLENGED.

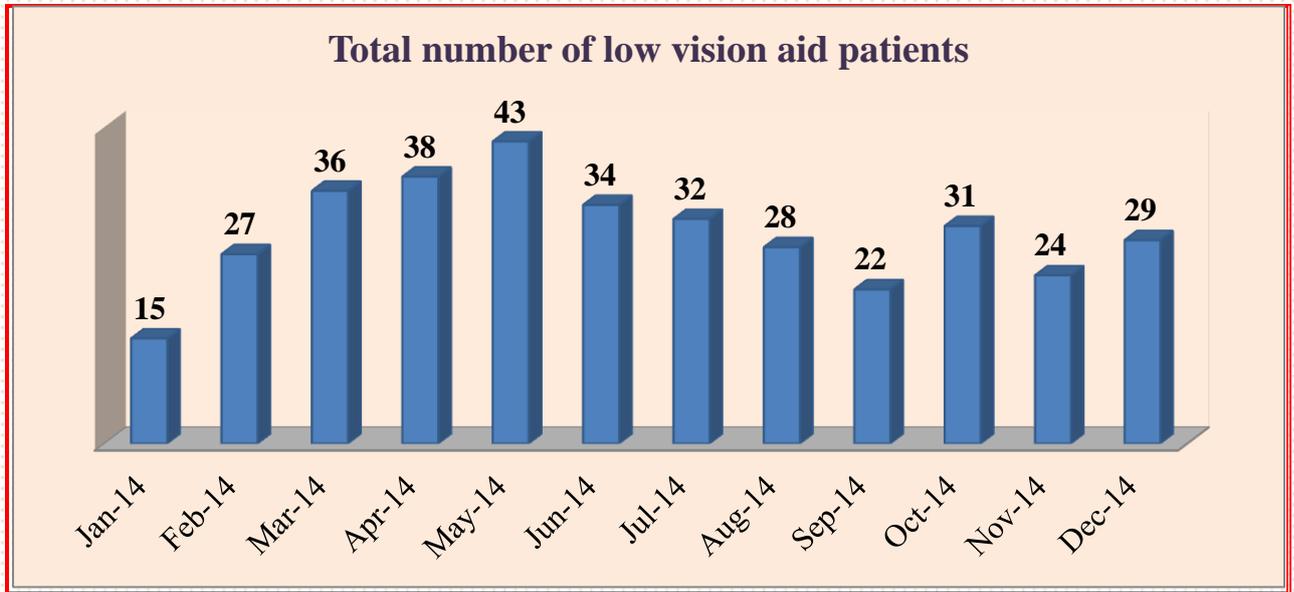
A Low Vision Aid Center, *Kusumdevi Bhalotia Center for Rehabilitation of the Visually Challenged*, has been established with the financial support of Bhalotia family under SSM Eye Research Foundation, in the premises of Giridhar Eye Institute on Wednesday the 15th September 2010. The objective of this center is to identify persons with low vision due to various diseases for which there is no cure and also to provide them with vision enhancing devices so as to improve the quality of their life. The center integrates with organizations like blind schools, special schools and other centers dealing with visually challenged persons so as to identify persons who are likely to benefit with these optical enhancing devices. Persons from lower economic strata will be given preference at concessional prices and this center will function more as an outreach program of Giridhar Eye Institute and also as a charitable Institution.

There are optical aids which help in visual enhancement in such situations. These optical ophthalmic devices are known as Low Vision Aids. These optical devices help to improve vision. This visual improvement will help the person pursue some form of vocation and thereby rehabilitate the individual.

In cases of children poor vision is a great challenge and social stigma. For parents of such children, it is a great mental stress to bring up these children and more importantly provide them some education.

LOW VISION AID PATIENT STATISTICS:

TOTAL NUMBER OF LOW VISION AID PATIENTS – 359



OPTOCON 2014

OPTOCON 2014, a one-day comprehensive CME for the optometrists was held in the Renewal Centre, Azad Road, Kaloore, Cochin on Sunday the 11th May 2014, organized jointly by Giridhar Eye Institute and SSM Eye Research Foundation. The CME was attended by over 300 delegates include students from various college of Optometry from Ernakulam and neighboring districts and also professionals working in different institutions and hospitals. Apart from the internal faculty, Dr Natasha R, Dr Davis Akkara, Dr Binu Balan, Dr Arun Varghese and Ms Anandalakshmi also participated as external faculty. With varied topics and interactive sessions this CME was an educative & informative one.





SSM ORATION

Charity forms only one part of the foundation. Spreading and acknowledging knowledge is an equally important function for us. The SSM Oration, held every two years, honours an eminent Ophthalmologist, a Medical Teacher or a Medical Scientist for their contribution to the development and progress of Ophthalmology and allied sciences. Held in Cochin, the function is attended by the who's who of the city's medical fraternity.

The foundation conducted the 1st SSM Oration on the 8th September 2007 and honored Prof. Renuka Srinivasan, Professor and Head, Department of Ophthalmology, Jawaharlal Institute of Post Graduate Medical Education and Research (JIPMER), Pondicherry.



Prof. Renuka Srinivasan receiving the 1st SSM Oration Award

Dr. S. Natarajan was honored with the 2nd SSM Oration Award to acknowledge his contribution to the development and treatment of diseases pertaining to the Retina. He is a practicing Retina Surgeon with more than 20 years experience and established an exclusive centre for the treatment of Vitreo Retinal diseases in Mumbai. A very gifted Surgeon, he mastered the techniques of vitreo retinal surgery at a very young age. He was also instrumental in bringing to India many of the new developments in this field over the last 10-15 years. He has received many accolades and awards and has been invited as a speaker in many International meetings and this includes the prestigious International Symposium on Vitreo Retinal diseases held in Germany once in two years. He has also demonstrated

surgical techniques in many parts of Europe. He has held many important academic posts both at National and International level.



Dr S Natarajan receiving the 2nd SSM Oration Award

The 3rd SSM Oration was awarded to Dr. Lalit Kapoor on 15th September 2012 for his immense contribution and selfless work to educate the medical profession on various medico-legal issues over the past three decades.

Dr Lalit Kapoor, M.S (General Surgery) Gold Medalist of 1972 from Grant Medical College, University of Mumbai. He is a practicing General and Gastro-intestinal Surgeon since 33 years. He has special interest in Medico-Legal aspects of medical practice. Authored a widely acclaimed book "**BETTER SAFE THAN SORRY – Medico-Legal Do's and Don'ts**" released by Mr, Narayana Moorthy, Chairman Infosys in October 2005. Dr Lalit has delivered nearly 200 talks on medical and medico-legal subjects all over India and organized nearly 30 seminars and has moderated several symposia on day-to-day problems pertaining to the health care delivery system. He has held many organizational positions. He is currently Founder-Chairman, Medico-legal Cell of Association of Medical Consultants, Mumbai and Managing Trustee, Association of Medical Consultants, Mumbai.



Dr Lalit Kapoor receiving the 3rd SSM Oration Award

YOU CAN MAKE A DIFFERENCE

Besides drawing heavily on the resources of the Giridhar Eye Institute, the foundation also thrives on donations from people who care. Here's how you can help us out in our activities:

- When you donate **Rs 1,500** - you fund ONE cataract surgery
- When you donate **Rs 3,000** - you fund TWO cataract surgeries
- When you donate **Rs 7,500** - you fund ONE cataract surgery every year for 5 YEARS
- When you donate **Rs 15,000** - you fund TWO cataract surgeries every year for 5 YEARS
- When you donate **Rs 20,000** - you fund a **major retinal surgery**

If you want to be associated with us in an even bigger or a different manner, please contact us at the SSM Foundation address given below:

SSM Eye Research Foundation is a non-profit organization and donations are eligible for exemption under Section 80G of the Income Tax Act.

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