



**Spreading
Vision...
Spreading Hope...**

MISSION

To make available expert up-to-date ophthalmic care to one and all

VISION

To excel in comprehensive eye care, education and research

VALUES

To deliver quality, ethical, medical and surgical eye care services



**ICARE EYE HOSPITALS
AND POST GRADUATE INSTITUTE**

(Unit of Ishwar Charitable Trust)

From the Founder's Desk



It gives me immense pleasure to launch Ishwar Charitable Trust's newsletter iLIGHT in a electronic avatar. This newsletter aims to fulfill a long standing need of disseminating information to our board members, donors, other NGO's, corporates, staff, supporters and well-wishers. Through iLIGHT we hope to bring to you news about all the events and activities, highlight achievements and stories of impact and feature topics of general interest.

The past months have seen a hectic pace of activity as we enter into the peak season. We have attained landmarks such as 559 patients combined OPD on 15th November and 99 patients for Lasik OPD on 20th September- our highest OPD numbers this year. On the community front, our operations at the new secondary centre in ITS Dental Hospital are picking up pace with 403 cataract patients operated in the month of November.

As we reach these milestones, we have decided to challenge ourselves like never before. We are preparing ourselves to take this charity work to the next level and plan to scale up the number of surgeries over the next five years. The challenge is surely big, but achievable. With years of experience, foresight and most importantly a strong team, we feel equipped to embark on this venture.

Regards,

Dr. Sushil Choudhry

(Founder Trustee)

OUR OPERATING MODEL : Comprehensive, Quality Care at the Doorstep

1

Surgical services and Post-op care



- ◀ 40-50 surgeries daily.
- ◀ Across sub specialties (80% cataract, 20% retinal, corneal problems).
- ◀ Free post-op care for distant rural patients for 2 days with boarding, loading, medicines.

2

Community Outreach



- ◀ 2-3 eye screening camps daily.
- ◀ 1500 camps annually.
- ◀ 100 screenings per camp.
- ◀ 20,000 patients transported to and from their villages for surgery annually.

3

Training and Capability Building



- ◀ Training 80 medical and paramedical personnel annually.
 - 13 doctors DNB, Fellows.
 - 30 optometrists IGNOU
 - 20 paramedics from EWS
- ◀ Registered with Diplomat of National Board as a credible training provider + IGNOU.

4

Walk-In Screening & OPD Services



- ◀ 1000 patients screened each day.
- ◀ 70% screenings are free (via outreach and a charitable OPD)
- ◀ Comprehensive screening with state of art diagnostic equipments.

ICARE "MILESTONES"

Charitable Service, Superior Medical Standards

200,000 screenings and over 14,000 surgeries per annum across sub specialities 60% of these are free/subsidized for the poor elderly.

Vision Center at Ferozpur Namak, Haryana in association with CAF. Construction of a new operation theatre and OPD floors started at Sector-26 Hospital.

Secondary Center at Khurja with Rotary Sewa Trust. Center at Chiliya Naula at Ranikhet run with Baba Haida Khan Trust for 3 years, 1000 surgeries performed, OPD functional.

Next generation of leaders join ICARE - Dr. Reena and Dr. Saurabh Choudhry.

ICARE hospital constructed and fully functional.

1 acre of land purchased from the Noida Authority for the hospital.

Dr. Sushil Choudhry operates his private practice while also screening poor patients from Govindpuri & other slums - 15 screenings/month and 100 surgeries / year.

Ishwar Charitable Trust set up with the money left upon the demise of Mrs. Ishwar Choudhry - mother of Dr. Sushil Choudhry.



Awards & Felicitations

Dr. B.S. Goel, Senior Consultant, ICARE Eye Hospitals was conferred with the Lifetime Achievement Award by the Strabismological Society of India for his outstanding work on the 8th of December 2013 at Pune.

ICARE is an integrated ophthalmic hospital and training institution with a strong team.

ICARE Hospital and Post Graduate Institute

21 full time Doctors	60 para-medical Staff	30 administrative staff	15 other support staff	5 full time and 10 part time volunteers	10 PG, 30 Optometry students, 3 Fellows, 20 para-medical
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- ICARE Outreach Program covers states of UP, Haryana, Rajasthan and Delhi.
- 19 Rural Peripheral Centers are established in remote villages to and slums screen cases of reversible blindness.
- At Khurja in Bulandshahr district a Secondary Center (with Rotary Club) with an OT.
- Vision Center (Primary Center) at Ferozpur Namak.

Profile of the Trustees

Dr. Sushil Choudhry

After working as a Lecturer at Maulana Azad Medical College, he started his private practice. He started the Ishwar Charitable Trust in memory of his mother in 1982, to reach out to the needy sections of society. He founded ICARE Eye Hospital & Post Graduate Institute in 1993 to eradicate avoidable blindness in the states of Western UP, Haryana, Delhi slums and Rajasthan. His aim is to reach quality ophthalmic services to the doorstep of the patient irrespective of his ability to pay & to increase the work many folds.

Mr. R.C. Bhargava

He was in the Indian Administrative Service (I.A.S.) From 1956 - 1982. Master of Sciences in Mathematics from Allahabad University, 1964: Master of Arts in Developmental Economics from Williams College, Williams town, MA, USA.

He has earlier served as the Managing Director of Maruti Suzuki India Ltd. (formerly, Maruti Udyog Ltd.) since 1985 to 1997. He currently holds the position of Chairman cum Managing Director in Maruti since 1990.

Mr. Hiralal Zutshi

He was the Chairman & Managing Director of HPCL. He is an engineer by qualification and has to his credit 39 years in the hydrocarbon industry. He attended Management Programs in Oxford University, Administrative Staff College of India & Indian Institute of Management. He was the former Chairman of Mangalore Refineries & Petrochemical Ltd. & Governing Council of Oil Co-Ordination Committee of the Ministry of Petroleum.

Dr. Saurabh Choudhry

He is Diploma Ophthalmology, Diplomate of National Board (DBN), Fellow of Sir Ratan Tata Community Ophthalmology Fellowship on 'Cataract Microsurgery', Sankara Nethralaya, Fellow of Eye Research Center, Chennai, Training in Medical Retina at Aravind Eye Hospital Coimbatore, Trained by New Vision Laser Centre in Refractive Surgery.

He is an Anterior segment consultant specializing in refractive surgery.

Mr. Dinesh Mathur

Mr. D.K. Mathur Chairman & Managing Director of Akriti Creations had embarked upon a journey in 1983 in this highly competitive garment industry, thriving on fashion and style under the name of "Alankar Exports". Since then, each step of his climb on this ladder of success has clearly reflected his systematic approach and sense of perfection. Following a restructuring of the organization in 1999, the company now styles as alankar creations with modern production.

Mr. S.R. Wadhwa

He is a renowned Tax Advocate and is considered a Tax authority in India. He was formerly the Chief Commissioner of Income Tax and Chairman, Income Tax Settlement Commission. He has served as Special Tax Advisor in foreign countries including Cyprus, Ethiopia, Bulgaria and Maldives for almost a decade. Mr. S.R. Wadhwa holds retainerships in a number of leading global companies. His firm is the President at ITAT.

Dr. Rewa Choudhry

After completing MS, she joined as a Lecturer in Lady Hardinge Medical College where she rose to be HOD of Anatomy. She was also appointed as the Principal of the Vardhaman Mahavir Medical College. Medical Research Administration and Fund Raising are her forte.

Mr. Surinder Malik

He Runs Da Milano, a leading high end leather company dealing in branded products designed in Italy, made in India. Retailed through a number of outlets in different Metropolitan cities, he has widely expanded the business entering into the foreign markets.

Mr. Sunil Anand

Conducted Certified Audits including A-133, Review & Preparation of Financial Statements including Cash Flows and other related statements of various non-profit government funded organizations. Established internal control systems in a number of organizations in USA.

Prof. Rameshwar Singh

Professor at University of British Columbia & California State University, San Jose for 43 years in Civil and Environmental Engineering. Research Fellowship at NASA. Past President of California Society of Professional Engineers. Consultant to Lockheed, GE.

Highend Technology for Better Patient Care

Over 200+ state of art equipment play an important role in diagnosis & treatment, helping Doctors at ICARE Eye Hospitals achieve better outcome



21 Dedicated Eye Consultants | **45** Skilled Optometrists | **400** OPD Patients Daily | **15,000** Surgeries Per Year | **9** Super Speciality Clinics Equipped with **200** State of the art Equipment Under **1** Roof | **21** Years of Expertise in Ophthalmology | **17** Peripheral Centres

Dr. Raja Ivan Singh

MBBS, MS

Anterior Segment &
Head of Cataract Services

Dr. B. S. Goel

MBBS, MS, FICO

Squint & Pediatric
Ophthalmology Consultant

Dr. Charu Tandon

MBBS, MS

Anterior Segment Consultant

Dr. Saurabh Choudhry

MD, DO, DNB, STRF

Anterior Segment &
Refractive Surgery Consultant

Dr. Reena M. Choudhry

MD, DOMS, DNB, FRCS

Anterior Segment
& Glaucoma Consultant

Dr. Uma Sridhar

MS, DNB, FRCS

Cornea Consultant

Dr. Geeta Srinivasan

MBBS, MS, DNB

Squint & Pediatric
Ophthalmology Consultant

Dr. Shahana Mazumdar

MBBS, MS, DNB

Vitreo-Retina
& Uvea Consultant

Dr. Neha Goel

MBBS, MS, DNB

Vitreo-Retina
& Uvea Consultant

Dr. Sunita Lulla Gur

MBBS, MS

Low Vision Consultant

Dr. Prashant Yadav

MBBS, DNB, MNAMS

Oculoplasty Consultant

Dr. Meena Nagar

MBBS, MS

Anterior Segment Consultant

Dr. Shalini Sharma

MBBS, MS

Anterior Segment
& Refractive Surgery Consultant

Dr. Rita Hansaria

MBBS, DNB

Anterior Segment
& Glaucoma Consultant

Dr. Jyoti Batra

MBBS, MS

Anterior Segment
& Cornea Consultant

Dr. Madhulika Mandal

MBBS, DNB

Anterior Segment
& Glaucoma Consultant

Dr. Ashish Kakkar

**MBBS, MD, FRCS(A),
FAICO (Retina)**

Vitreo-Retina & Uvea Consultant

Dr. Deepak Kumar

MBBS, MS, Fellowship

Anterior Segment
& Refractive Consultant

Dr. Vivek Sharma

MBBS, MS, FLVPEI

Anterior Segment
& Cornea Consultant

Dr. Vinayak

**MBBS, MS, DNB
(Gen. Ophthalmology)**

Anterior Segment & Jr. Glaucoma Cont.

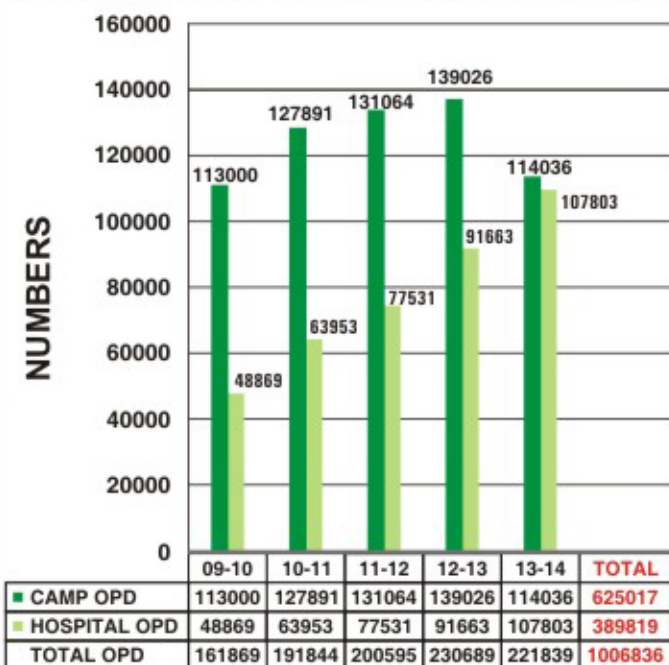
Dr. Meenakshi Bali

MBBS, MD, DNB, FGOP

Achievements

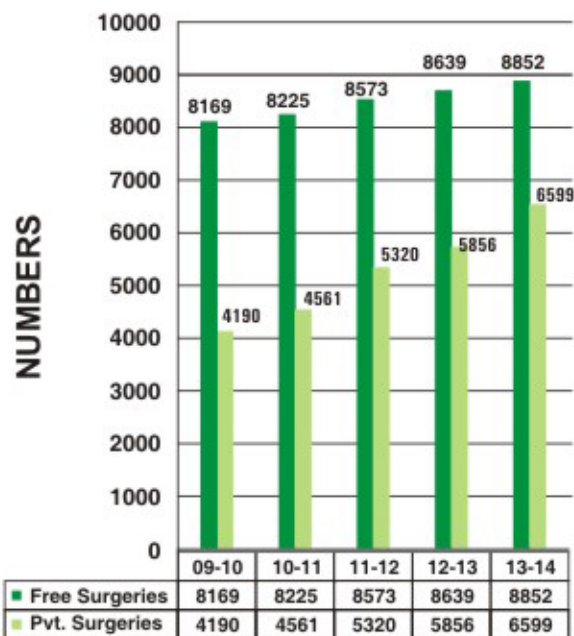
A group of like minded individuals support the community eye care activities of ICARE Eye Hospital. Over the years, ICARE has successfully raised substantial funds which have provided vision to thousands of under privileged people in India. Through its fund-raising and awareness efforts, it contributed significantly in making world class ophthalmic care available to a large number of people of North India. Latest state of the art equipment has been acquired to enhance better screening and diagnostic accuracy. Rotary Club East Delhi donated an ERG machine for facilitating diagnosing of various retinal diseases, our deep appreciation and sincere thanks to them and MMTTC and PDIL for their generous donations. Academics, Research a Training are the other strengths for which this organization is known.

Total Number of Patients Screened in the last 5 years



No. of patients examined since inception : 1006836

Total Number of Surgeries performed in the last 5 years



No. of patients operated since inception : 177564

We are ready to take the next step in the ICARE journey

3 Year Aspiration

- 50,000 patients per annum
- 2 Tertiary Hospitals with 3-4 OTs each
- 1-2 smaller secondary centers and / or vision centers

Affordable quality care to maximum number of patients

Scale and relevance as a service provider in North India

Outreach to service areas with accessibility challenges

Community Out Reach

Community outreach is the backbone of ICARE Eye Hospital, contributing to about 60% of the of ophthalmic surgeries. Different types of eye camps target all sections of people to address the problem of blindness holistically.

Rural camps are held in temples, Masjids, Community Centres, Hired Rooms, Panchayat Ghars etc.

ICARE News Flash

It is the only recognized Eye Bank in Noida running for the last twelve years. Over 114 corneas were harvested from the donors and transplantation was done by the dedicated team of Cornea Department. Eye donation awareness programs were conducted at regular intervals.

Glaucoma awareness Walk organized to mark the starting of World Glaucoma Week in Noida. ICARE Eye Hospital organized the Glaucoma awareness walk from Sector 21 Stadium to ICARE Eye Hospital, Sector 26 Noida. The participants included Ophthalmologists from Noida, staff, patients of ICARE Eye Hospital and volunteers. The objective of the walk was to generate awareness among general people so that blindness caused due to Glaucoma may be avoided.



Community Program

India is home to the world's largest number of blind people. Of the 37 million people across the globe who are blind, over 15 million are from India. However, 80% of the blindness is treatable

With a mission to eliminate treatable blindness, ICARE Eye Hospital has been providing **free of cost eye care services to rural/urban underprivileged communities in the western Uttar Pradesh, Haryana, Rajasthan and Delhi for the last 20 years**. ICARE operates on a hub and spoke model screening and collecting patients requiring surgery from remote rural peripheral centers and urban slums, bringing them to the base hospital (in NOIDA and Greater NOIDA) and providing them high quality diagnostic, surgical and post operative care at no charge.

Since its inception, ICARE has screened over 1.7 Million patients and performed close to 1.36 Lac surgeries. Today, it performs 9,000 surgeries per annum and conducts 1,500 rural and urban screening camps at no charge.

ISHWAR CHARITABLE TRUST

(C-57, Basement Defense Colony, New Delhi-110024)

BALANCE SHEET AS AT 31ST MARCH, 2013

		Amount	Amount
	Schedules	As at 31 March, 2014	As at 31 March, 2013
<u>I. SOURCES OF FUNDS</u>			
1. CAPITAL FUND	A	78,479,305	70,706,950
2. GENERAL RESERVE	A	152,997,023	135,442,125
2. SECURED LOANS	B		
Secured Loans from Banks		24,374,519	15,798,260
3. CURRENT LIABILITIES	C		
(a). Sundry Creditors		12,821,861	22,928,659
(b). Expenses Payable		9,998,183	10,139,555
(c). Provision of Gratuity		2,058,952	2,482,101
TOTAL		280,729,843	257,497,651
<u>II. APPLICATION OF FUNDS</u>			
1. FIXED ASSETS	D		
Gross Block		257,420,383	216,448,768
Less: Depreciation till date		63,440,405	53,260,898
Net Block		193,979,978	163,187,870
2. INVESTMENTS	E	25,745,607	9,905,319
3. CURRENT ASSETS & LOANS AND ADVANCES	F		
(a) Balance with Banks		6,560,095	26,950,559
(b) Cash & Cash Equivalents		543,176	450,166
(c) Sundry Debtors		10,745,138	18,084,489
(d) Closing Stock of Consumable, Medicine, IOL & Spectacles		15,670,829	12,211,530
(e) Advance Recoverable in Cash or in Kind or for value to be received		27,485,021	26,707,719
TOTAL		280,729,843	257,497,651



OPD Facilities

Cataract Paediatric Ophthalmology | LASIK | Vitreo Retina & Uvea Dept. | Glaucoma Services | Cornea & Eye Bank | Neuro-Ophthalmology | Low Vision Aids | Vision Therapy

ICARE EYE HOSPITALS & POST GRADUATE INSTITUTE (Unit of Ishwar Charitable Trust)

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Email : icarefoundation@icarehospital.org | Web : www.icarehospital.org

USA : ICARE CHARITABLE FOUNDATION

631, Rocking Horse CT, San Jose, CA-95123-5522, USA | Tel : 0014086873317
Email: rsingh631@yahoo.com

Donation deductible under Federal Income Tax under section 501(C)(3) of the Internal Revenue Code (USA) and exemption from Estate Duty

Donation in India made to ICARE Eye Hospital are 100% and 50% exempt under section 35AC and 80G of the Income Tax Act, 1961