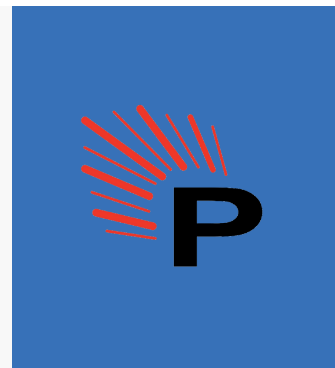


# Prabhava

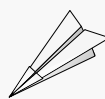
It's time to make your mark!



## Star performer

We are proud to present the stars of PEC who shine brightly and perform to their best every day. Details on next page.

## Expresso



Share your thoughts, poems or art that you learnt or have been honing. Show us your creative side.

## Equipment IQ



We work with some of the latest eye care equipment in the world. Do you know about them? This section opens the doors.

## "PLEASE HELP!!!"

### A TRUE INCIDENT

### MY SON HAD AN ACID SPLASH INTO HIS EYE" - by Varalakshmi

Dear friends,

My article today will highlight the importance of storing hazardous chemicals safely and the dangers if it is not being done. Here is an incident which I wish to elaborate. It was the end of a busy OPD when I got a call from our old patient on my phone that his 6-year-old son had an acid splash into his eye in the school while he was playing. Coincidentally, his mother is a teacher in the same school. The incident occurred when the boy pulled open the cupboard door & a plastic bottle containing chemical spilled over and splashed into his eye. The child's father called me in a state of panic and I advised him to get first aid immediately in the form of thorough eye wash with clean running water for 15 minutes and then rush to the nearest eye hospital. The child was taken to a local eye care centre. In the meantime, I was coordinating the treatment with our cornea consultants Dr.Kavya and Dr.Roopashree.

The parents brought the child to Prabha from Mysore at around 10:30pm. On arrival, the duty doctor examined and his condition was diagnosed as severe grade chemical injury and treatment was instituted immediately. The child was taken up for surgery the next day under guarded prognosis This was an unfortunate incident that happened even when the child was playing under supervision.

So, whenever there is a chemical injury, we should remember the following points:

- Time is precious
- Even before checking the vision, give a thorough wash with normal saline or distilled water
- To check with the patient about the type of chemical whether it is an acid, alkaline liquid or powder form
- Alkaline injuries, plant juice injuries are very serious injuries
- To check with PH strips to ensure the irritation (even traces of the chemical) was removed
- Ideally, wash should be given till the PH strips shows neutral result



Cleansing agents - Acid & corrosives, lime, phenyl, battery liquids

Common agents which cause accidental eye injury - "Chuna" used in Paan



### REMEMBER - "Prevention is better than cure"

- Store chemicals safely out of reach of children
- Wear protective eye gear while work with hazardous chemicals
- Parents and others who are providing care to children need to practice safe use of commonly used hazardous items that can cause serious eye injury
- Purchase age-appropriate toys

## Get ready to welcome the world's latest and the most advanced technology to Prabha



In the competitive field of cataract surgery, ZEISS ARTEVO 800 is a game changer, providing the most advanced technology in ophthalmic visualization. This cutting-edge technology can help increase productivity and efficiency and enhance our hospital's offerings which will help us truly differentiate ourselves. Catch a glimpse of our upcoming 3D microscope in the Operating theatre at: <https://youtu.be/BKIt6ipnwZw>

# Prabhava



## Star Performers



### Star Performer - Dinesh B

An ace with numbers, Dinesh Bharadwaj keeps a tab on everything and is dedicated.



### Adherence - Sunitha

For being among the best and making it easy and comfortable for patients to interact and express their concerns to the Doctors.



### Applause - Sarvotham

Highly focused and goal oriented, this is to acknowledge the efforts and dedication.

## Equipment IQ

Retina Laser Equipment and procedures



Dr. Dhvani Shah takes us on tour of Retina Laser procedures in a very detailed manner. Scan the QR code or use the link to view: <https://youtu.be/H6M5MkIJOu>

## Espresso



Mr. Bean behind the scene- Varshini

Wings of beauty - Divya (Patient Care assistant)

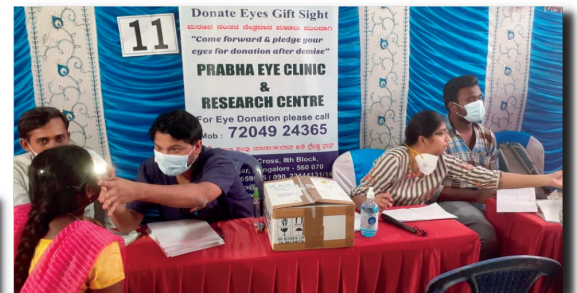
Eserf Armagan - A painter who sees the world without eyes.



A native of Turkey, Armagan was born blind. As a child, he taught himself to write and paint, using braille to create an outline for his drawings. He became especially fond of using oil paints as a medium, and he has painted. Eserf's paintings, many of which feature breathtaking landscapes, His work has been featured in more than twenty exhibitions across the world.

## Eye Camp

This camp helped us understand that malnutrition has a huge burden to handle at the rural level and to the kids and parents and teachers it will create awareness abt common eye health issues



- 27th June at Hiriyur near Chitradurga



We are happy that Dr. Ajinkya made his Prabhava and was chosen as the Heroes of India and made us all proud.

Dear PEC

Thank you for the kind support and hard work you have put in yesterday's camp. Villagers, ASHA workers, volunteers, teachers, kids and guests, all were very happy by the service you have given. Registration of 880 children were made covering 18 schools and 20 villages. Many appreciation was given by people to pediatric team for their patient and dedicated work. Teachers said it was an eye opener for them, they didn't know their students had various problems that needs attention. Thank you Team PRABHA Eye Clinic for your dedication and enthusiasm.

- Thank you ☐☐  
Dr. Ambika Udupa



# Prabhava

## GUESS - DLE - by Dr. Santosh

Guess the ophthalmology term from the clue:

1. Second sight -----
2. Oil drop reflex -----
3. Jumbled letters -----
4. Tunnel vision -----
5. Inferior scleral show -----
6. Enlarged blind spot -----



## PICTIONARY - Guess the right diagnosis



Sudden loss of vision?

.....



Gradual loss of vision

.....



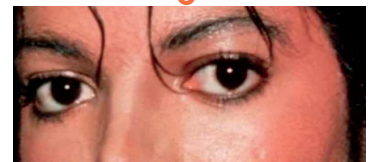
Bulging of the eyes

.....



Itching , ropy discharge

.....



### Guess maadi nodi

Some people can recognise eyes easily and some can guess or need prompting. Which category do you belong to? Here's a test. Guess, which celebrity's eyes are these? Last week's answer: Virat Kohli

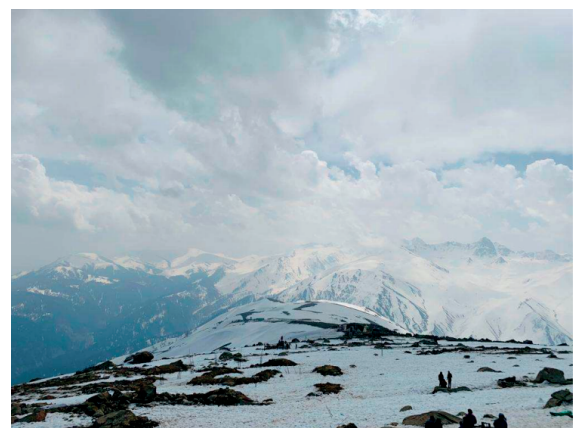
Correct answers will be revealed in the next issue.

### Expresso

Travel diaries - Dr. Ajinkya Deshmukh

## Kashmir : The heaven on earth!

We visited Vaishnodevi and Kashmir during my birthday week this year! A day prior to my birthday, early in the morning, we flew from Bengaluru to Jammu. From Jammu airport, we took a taxi to Katra and checked into the hotel. After having a heavy meal at the hotel, we proceeded towards the helicopter boarding point (reserved a slot in prior). Helicopter services are maintained by Mata Vaishno Devi Shrine Board and it usually has a waiting period of a few hours before you actually fly into the sacred hill. The helicopter journey takes 3 minutes and one can see the mesmerizing views of the hill and Katra town on the way.



A must visit place in your life!

# Prabhava

## Expresso

The helicopter dropped us at Sanjhi Chatt and from there we had to trek for around 2 kms before we reached Bhawan. Since we reached a day before Navratri, the entire Bhawan was decorated with millions and millions of flowers. It was a magical feeling to be in that moment. Darshan took around 2 hours.

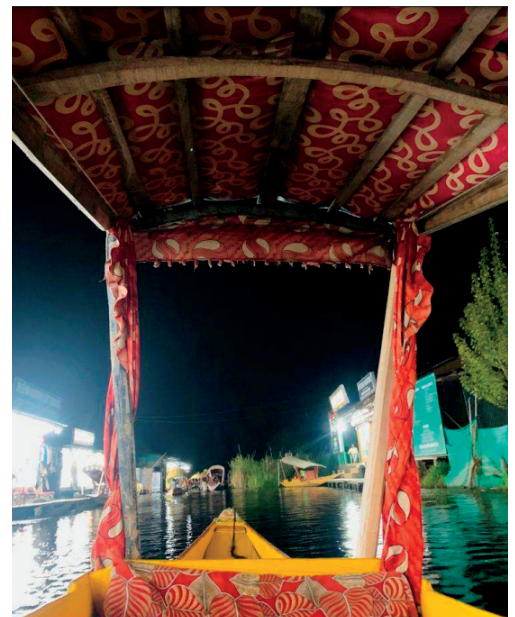
We went on a ropeway trolley to Bhairavnath temple. It is said that Kaal Bhairav (Baba Bhairavnath) was killed by Maa Vaisnodevi and during his last breath, he repented his sins. The goddess forgave him and said that no pilgrimage to Vaishnodevi will be complete without visiting the Bhairav temple. After the Bhairav darshan, we left for Katra city and trekked down for 14 kms. Our legs were aching but our hearts were content and satisfied!

## Gulmarg

Next day, early in the morning, we left for Gulmarg from Katra city by a cab. It was a beautiful road trip and it took us around 8 hours to reach Gulmarg. We were welcomed by tall pine trees and a cool breeze on entering the city of Gulmarg. After checking into the hotel, we left for sight-seeing on Khacchar (mules). We drank Kahawa tea (famous Kesar and Badam tea of Kashmir) and ate some local paneer dishes. We relaxed for the rest of the day. The Gondola ride is a popular attraction of Gulmarg. And as it was my first experience with snow, I was very thrilled. We went to both Phase one and Phase two and enjoyed a lot. Phase two had skiing and it was the best experience!

## Pehelgam

Next day we went to Pehelgam. We had bumpy pony rides. We covered the picturesque valleys- Aru valley, Betaab valley and Kashmir valley. The scenic beauty of mountains covered in tall green trees and waterbodies in between them was breathtaking. Then we visited Baisaran, also called the mini-Switzerland of India. The wavy widespread grassland surrounded by trails of lush green trees and on one side framed by snowy cliffs! It was just astonishing!



## Srinagar

After Pehelgam, we reached Srinagar and went to Dal lake! Dal lake is famous for the wonderful experience of staying in a houseboat. The Shikara ride from Ghaat to the houseboat, takes you to a different world of serenity and soothing!

There are multiple fancy cafes in Srinagar but The Chai Jaai Cafe is a must visit. It is inspired by the iconic Cotswolds, the heart of England tea rooms. It has the perfect setting for an engagement with Kashmir in an uplifting manner. They offer the opportunity to experience local culinary culture as well as global tea traditions! We were lucky to be visiting Kashmir during spring, when the famous Tulip garden is functional for tourists! It is the largest Tulip garden in Asia- spread across 74 acres. The large, showy, brightly coloured Tulips were beautifully disciplined in long rows and one could not stop but hum "Dekha Ek Khwab" from Silsila!

Before heading back to the airport, we went to Shankaracharya temple which is built on Shankaracharya Hill in Srinagar, the Hindu temple in Kashmir where lord Shiva is worshiped. So the trip which started with blessings of Maa Vaishno Devi and ended with blessings of Lord Shiva at Srinagar and was a perfect blend of adventure, worship, fun and family time! It is said that one must visit Kashmir at least 3 times in different seasons to experience different colors and flavors! Hoping to plan another trip to this heaven on earth soon...

