

Prabhava

It's time to make your mark!



Star performers

Introducing the stars of PEC who shine brightly and perform to their best every day. Details on next page.

Espresso



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.

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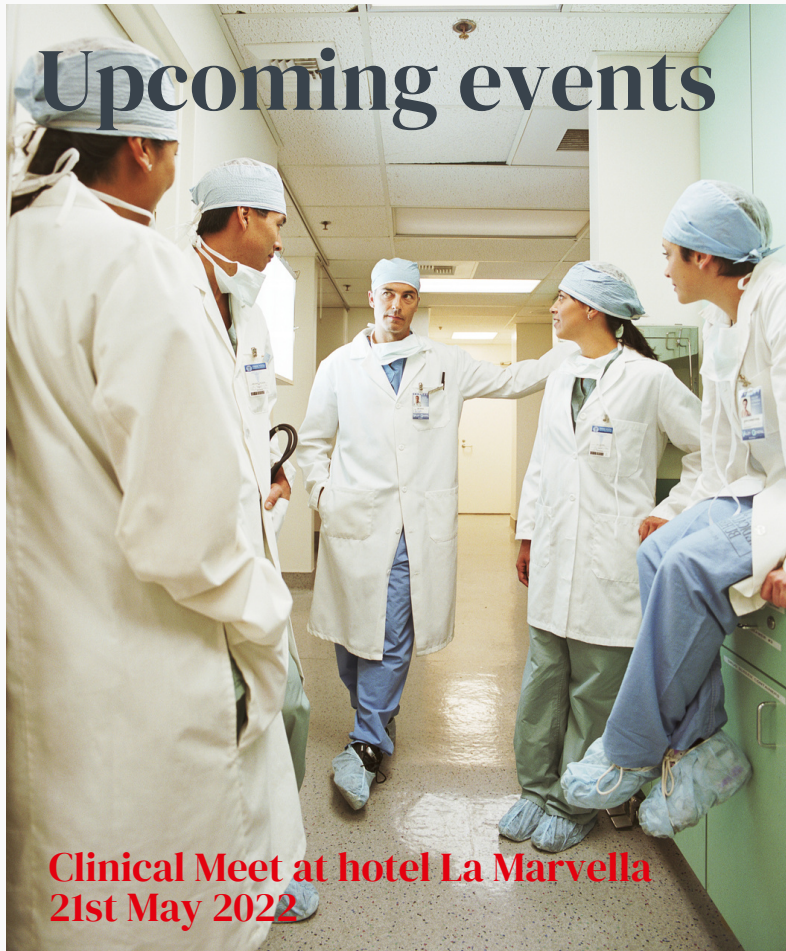
Welcome Prabhavis!

We are glad and excited to introduce to the PEC family (Prabhavis) a new initiative to inspire, motivate us, shares insights and tidbits about you and present a platform to express, connect and explore.

This month we take a little step in showcasing them and it would be enriching if you contribute regularly and be a Prabhavi!



Upcoming events



**Clinical Meet at hotel La Marvella
21st May 2022**

Our next clinical meet will be held at the La Marvella, near Southend Circle. Brace up as we come together and share new insights and connect each other.

Reviews from patients

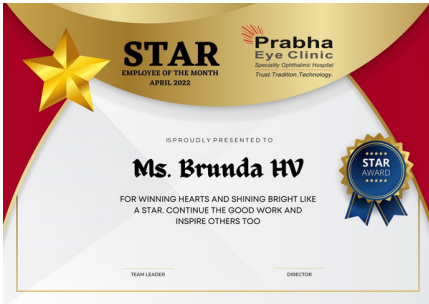
Good feedback is the essence of service and hospitality industry. We learn from them, improve ourselves and also feel good when our work is appreciated.



It is always a good effort to check with patients on their experience at Prabha Eye Clinic. Help them resolve it if they have any issues, And if they are happy, help them to post it on google reviews page by sending them the QR code or the link. This will in turn help other patients be assured and get genuine feedback.

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Star Performers



Star Performer - Brunda HV

Brunda is an Optometrist who joined us in 2017 and has ever since been giving her best at all times.



Adherence - Manjula Mane

A bright smile and a positive outlook in her attitude and attire, Manjula is at the forefront.

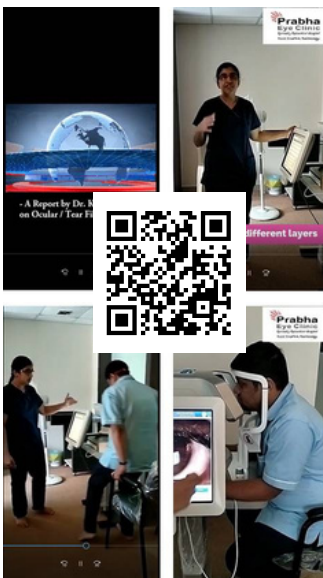


Applause - Anjali G

Anjali leaves no stone unturned when it comes to being responsible and fulfilling every task that comes her way.

Equipment IQ

TEAR / OCCULAR LAYER ANALYSER



Dr. Kavya takes us on tour of tear layer analyser and explains it in detail. Scan the QR code or use the link to view:
<https://youtu.be/vFrejk2ZHUw>



Images and words that inspire - by Shakuntala



A play home for birds - by Divyashree



A snippet and poetry about Javadi Hills by Anjali



Intricate connection - by Varshini

Good reviews inspire us!



An experience by Mr. Krishna AG (as written on google reviews)

We got my father's cataract surgery done at Prabha Eye Clinic a month back, he has been consulting with Dr Gowri related to Glaucoma for some time. Today was the final checkup related to cataract procedure. From the doctors to the staff, everyone is very courteous and service minded. Dr Gowri is incredibly empathetic and comes across as very caring towards the patient. In the age of corporate hospitals and over commercialization of health care, I feel really happy to see Prabha Eye Clinic (and Vittala) maintaining such a high standard of treatment and care. My gratitude and thanks to all the doctors, nurses and staff who run the institution!

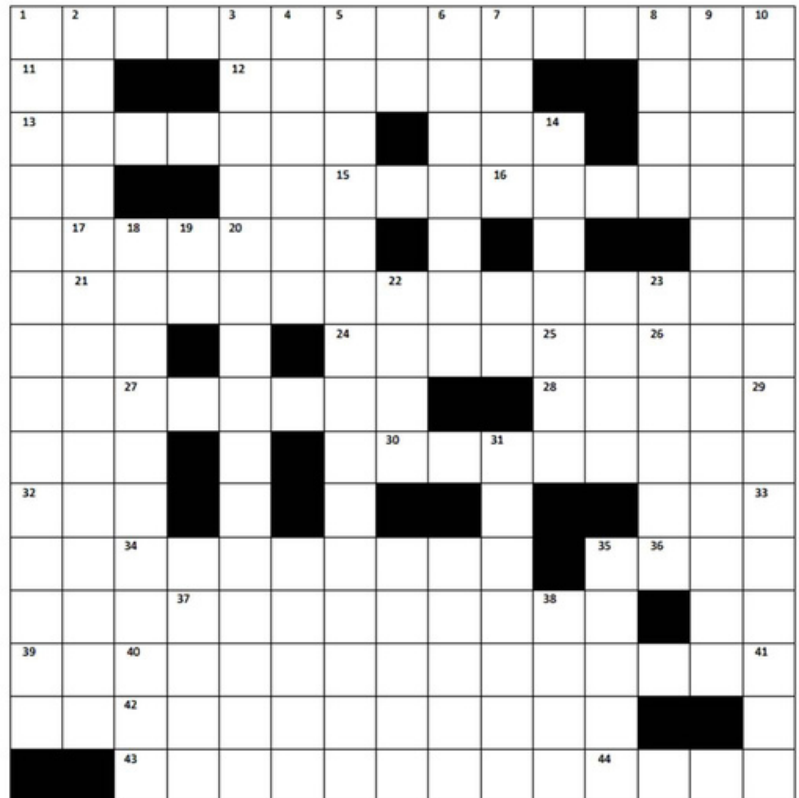
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CROSSWORD FOR SHARP MINDS AND EYES

by Dr. Ajinkya

Across:

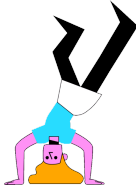
- 1- Screening test for colour vision used in military personnel (13)
- 11- Right eye abbreviation in Latin (2)
- 12- Oculosympathetic paresis (syndrome) (6)
- 13- Related to hair like appendages (5)
- 15- Refractive surgery / lens used in phakic patients who are high myope and not suitable for surface ablation procedures (3)
- 16- Natural history of thyroid eye disease explained by (6) curve
- 17- Nucleus responsible for horizontal gaze and saccades (4)
- 21- Clinical classification of Duane retraction syndrome (5)
- 22- Restrictive vertical squint secondary to pathology at superior oblique muscle tendon / sheath (5) syndrome 23- Retinal dystrophy characterized by high hyperopia, nystagmus and oculodigital sign
- 24- Bilateral congenital cataract, central hypotonia and central nervous system delay seen in (4) syndrome 25- Most common endothelial dystrophy (5)
- 27- Syndrome associated with Fibrillin gene mutation characterized by ectopia lentis and myopia (6)
- 28- Test done in partial obstruction of lacrimal passage to ascertain the level of block (5)
- 30- Unilateral white dot syndrome (5)
- 34- Test to measure angle of strabismus in patients who has poor fixation / co-operation (6) 36- Type of ocular motility consisting of slow pursuit and fast corrective re fixation saccades (3)
- 37- Rule to localize location of hole in case of retinal detachment
- 39- Small, irregular pupil with light near dissociation (15)
- 42- Craniosynostosis (7) syndrome
- 43- Disorder with absent / decreased tissue melanin with characteristic ocular / visual pathway anomalies (8)
- 44- Diagnostic chart for ocular motility defects (4)



Down:

- 2- Abnormally large tonically dilated pupil (4)
- 3- Classification system for grading of angles (7)
- 4- Test to assess degree of binocularity using multicolour dots (5)
- 5- Oculi muscle responsible for closing of eyelids (1)
- 6- Preferential acuity cards used in pre-verbal children (6)
- 7- Pseudoisochromatic colour vision test more specific and accurate than Ishihara test (3)
- 8- Topical medication to treat OSSN (3)
- 9- 3rd step in Park three step test (12)
- 10- Type of hereditary optic neuropathy (5)
- 14- Sixth layer of cornea described by (3)
- 18- Ulcerative corneal lesions causing thinning at periphery (3)
- 19- Gene for retinoblastoma (3)
- 20- Line of iron deposit at trabeculectomy margin (6)
- 21- Corneal reflex test (9)
- 26- Birth defect of tear drainage passage causing watering of eyes in infancy (5)
- 29- Syndrome with recurrent bleeding from cataract wound neovascularisation (4)
- 31- Syndrome with diabetes mellitus, diabetes insipidus, deafness and optic atrophy (7)
- 32- Syndrome with triad of retina artery occlusion, sensorineural hearing loss and encephalopathy (5)
- 33- Unlike / unequal (5)
- 35- Yellowish brown, round iris nodules seen in neurofibromatosis (5)
- 38- External hordeolum (4) 40- Temporal arteritis (3)
- 41- As and when needed (3)

Fun Fact!



“Ommatophobia”
is a term given to a condition when someone develops intense fear of eyes!



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?

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Expresso

EYES THAT SEE THE BEAUTY OF THE WORLD ARE THE MOST PRECIOUS. - TRAVEL TALES

by Radhika (Receptionist)

Journey to the caves of “Shri Mata Vaishno Devi

India is a diverse country. Unity in diversity is one of its most predominant features as a nation. India is a melting pot of culture, food, culture, clothing, and terrains. From the magnificent ghats, the forests, cities, and the beaches that we can experience and relish.

A well-known saying in kannada ‘desha suttu nodu, kosha odi nodu’ says that we absorb insight and knowledge of many things from the books we read and the world we experience through our eyes. We learn and gain immense knowledge about different places, their food and cuisine and culture palette.

I would like to share my experience of my journey to one of India’s most spiritual and soul stirring shrine, Shri Mata Vaishnodevi Temple, Katra.

The journey starts by flight from the Kempegowda International Airport, Bengaluru to the Indira Gandhi international airport New Delhi, which is a 2.5-hour journey. From there, one can take a flight or a train to the city of temples, Jammu. The next part of the journey is the beautiful road trip to Katra. A heavenly journey with a wonderful view of different mountains and small, colorful markets lining its borders. On reaching Katra, one can witness the colorful markets donning a variety of local handwork also known as ‘Kaarigari’.

The next day, leaving early for the mountains is one of the most beautiful sights one can experience. You can either trek all the way or take a palanquin or take the helicopter to incorporate a more time-saving schedule. The helicopter tickets have to be booked exactly 2 months in advance. The lines open for online booking at sharp midnight 12pm. On reaching the base camp, meticulous verification of documents is done by quintessential army personnel. The helicopter ride is approximately 8 mins long. Next, comes the trek of 5km which can be fulfilled by any means. While trekking you hear the sacred and divine mantra ‘Jai maata di’ being sung by fellow pedestrians. On having the darshan of Mata Vaishno Devi after such a mesmerizing experience, is truly one of the most soul fulfilling things one can experience. You can hear the sound of the gushing water fall just behind the shrine in the cave. You can also witness a great number of monkeys playfully enjoying around.

We then head to ‘Bhairavnath temple’. There is a famous saying that without having the darshan of ‘bhairavnath’, the yatra remains incomplete.

After this enthralling experience, we trace back the route to Bangalore the next day. I can definitely say that this was a journey of a lifetime.

Jai Shri Ganesh, Jai maata di.



Shri Mata Vaishnodevi Shrine, Katra



Life @ Prabha



Send in interesting pics from work and get it featured here.
Mail them to pecprabha@gmail.com