Proposal for
Satellite Eye Hospital at Alwar (Rajasthan)

submitted to

Coal India Ltd.
Kolkata

by

NGO SAPNA
Pocket D-8, Flat No. 8086,
Vasant Kunj, New Delhi – 110070
<table>
<thead>
<tr>
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<th><strong>Project Proposal Cover Sheet</strong></th>
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</table>
| 1 | **Contact Person and Title**     | Sudhir Pratap Singh  
General Secretary, SAPNA |
| 2 | **Full Name of Organisation**    | SAPNA |
| 3 | **Address of Organisation**      | Pocket D-8, Flat No. 8086,  
Vasant Kunj, New Delhi-110070  
Mob. | 09810408182 |
|   | **Email id**                     | ngo.sapna@gmail.com; sudhirpratap@hotmail.com |
|   | **Website**                      | www.sapnaindia.org |
| 4 | **Legal Status of the Organisation** | Registered under Societies  
Registration Act,1860 |
| 5 | **Project Period**               | 2013 – 2014 |
| 6 | **Name of Bank**                 | Axis Bank, Shop 2A & 2B,  
Khan Market, New Delhi - 110003 |
| 7 | **Name in which Bank Account is held** | SAPNA |
| 8 | **Bank Account Number**          | 120010100574525 |
Dear Sir,

Greetings from SAPNA.

Executive Summary
Cataract is a common and important cause of visual impairment worldwide. Cataract is a clouding of the lens of the eye that impedes the passage of light. The incidence of cataract in India is expected to rise as with increasing population and with life expectancy of people increasing in the country. Aging is the primary risk factor for cataracts.

Cataract extraction accounts for a significant proportion of the surgical workload of Ophthalmologists and cataract surgery continues to be the commonest elective surgical procedure performed on the older people in the country.

Every year SAPNA supports cataract eye surgeries with intra ocular lens implant in Alwar district of Rajasthan. Under this program free eye camps are organized for needy older persons.

The goal of this project is restoration of vision and self dependence of cataract affected poor older persons in Alwar district.

The objective of the project is:

- To generate awareness in the community about prevention and precautions to be taken for eye care.
- To organise screening camps in rural areas for the poor where accessing such a service is difficult and unaffordable.
- Identify older persons who are in need of surgery to restore their vision.
- Provide for post operative and follow-up care.
- Restoring dignity and improve quality of life.

It is proposed that more than 2000 cataract surgeries with Intra Ocular Lens implant will be conducted every year in the proposed Satellite Eye Hospital in Alwar (Rajasthan) by the Venu Eye Institute and Research Centre, Sheikh Sarai, New Delhi, a leading eye hospital of Delhi.

The total cost of the project is Rs.125 lakhs. SAPNA will provide for the building infrastructure (4000 sq.ft. of constructed area) of the Satellite Eye Hospital costing approx. Rs 40 lakhs. The remaining capital investment in equipments as well as the recurring costs will be borne by the Venu Eye Institute and Research Centre, New Delhi.
The project is expected to be completed in one year, i.e. 2013-2014 and the Satellite Eye Hospital is expected to be functional by August, 2014.

**Rays of Hope**

Our vision is of a world in which underprivileged and deprived older persons suffering from vision loss join the mainstream of the society which could cater to the holistic needs and aspirations of the community as a whole and show them the way forward.

**Key Facts**

- About 314 million people are visually impaired worldwide; 45 million of them are blind;
- About 87% of the world's visually impaired live in developing countries.
- The number of people blinded by infectious diseases has been greatly reduced, but age-related impairment is increasing;
- Cataract remains the leading cause of blindness globally, except in the developed countries;
- Correction of refractive errors could give normal vision to more than 12 million children;
- About 87% of all visual impairments are avoidable globally.

Globally, the leading causes of blindness, in order of frequency, are:

- Cataract
- Uncorrected refractive errors (near-sightedness, far-sightedness)
- Glaucoma (disease that result in damage of the optic nerve)
- Age related macular degeneration (which involves the loss of a person’s central field of vision)

**Projections of blindness in India & Cataract**

It is estimated that the number of blind persons in India in 2000 was 18.7 million of which 9.5 million were cataract-related and 3 million refractive error related. If there is no change in the current trend of blindness, the number of blind persons in India would have increased to 24.1 million in 2010, and to 31.6 million in 2020.

The number of persons in whom blindness is being averted due to cataract surgery in India is currently a very small fraction of the number blind from cataract. If adequate attention is given to the quality of eye care, for the current number of cataract surgeries in India it should be possible to increase by threefold the number
in whom blindness can be averted with cataract surgery. In addition to improving quality, the annual number of cataract surgeries has to be at least threefold if cataract blindness has to be eliminated.

Aging is the primary risk factor for cataracts, but other factors are also involved. Nearly everyone who lives long enough will develop cataracts to some extent. Some people develop cataracts during middle age but these cataracts tend to be very small. It is after age 60 that cataracts are most likely to affect vision.

Profile of the Organisation

‘SAPNA’ was registered in Delhi under the Societies Registration Act on October 21, 2004, by a group of professionals who shared a common dream and had come together to work on a people-centric model of development in areas like public health, education, gender, community development and social welfare. It is inspired by the Gandhian ideals of social change.

Mission:

To work/act as an ‘agent of change’ to help the poorest of the poor access and actualise their rights as enshrined in the Constitution of India.

Aims & Objectives:

- Empower the poor and the marginalised;
- Provide shelter to the sick and abandoned;
- Provide poor patients’ support and care;
- Develop community health programmes and services;
- Support literacy centres and increase e-learning;
- Facilitate Livelihood programmes;
- Work towards empowerment of women and gender equity;
- Help the poor access information and resources;
- And work in the area of environmental protection and conservation.

Spatially, SAPNA has support centres in Delhi and in Alwar (Rajasthan).

For its health support project based in Delhi, poor and indigent patients coming from far-flung areas of the country are provided all forms of support and care by SAPNA. In Delhi, the organisation’s outreach extends to patients accessing services at the Safdarjung Hospital and the All India Institute of Medical Sciences, and staying in the hospital dharamshalas. SAPNA continues with the onerous task of taking care of unknown patients at the AIIMS Trauma Centre. Blood donation is
yet another activity undertaken by SAPNA to help poor patients. It also supports
very poor kidney patients by providing medicines on a sustained basis.

Sick and abandoned patients are sheltered at SAPNA’s Home for Sick and
Destitute at Vijay Mandir in Alwar, Rajasthan. At Vijay Mandir, the organisation
also runs a Public Healthcare Centre.

As part of our Outreach programme, SAPNA is partnering with Venu Eye Institute
and Research Centre, Delhi, to conduct monthly eye camps for the poor in rural
Alwar. Venu has also established a Vision and Tele-Ophthalmology Centre at
Vijay Mandir.

SAPNA’s other initiatives at Vijay Mandir includes a Learning Centre for children
and a Computer Literacy Centre. A rural BPO has been the latest pioneering
initiative providing livelihood to rural youth. A Jan Seva Kendra has been added to
help villager’s access information and resources. A Community Library supports
these endeavours.

SAPNA also runs the Mahila Salah Evam Suraksha Kendra, a redressal and
counselling centre for women, located at Moti Dungri in Alwar, in partnership with
the Rajasthan Police. Besides SAPNA supports disadvantaged girl children by
providing education. SAPNA has also lately embarked on a programme of SAPNA
Handicrafts to support rural women.

Environmental protection and conservation has always been high on our agenda.
SAPNA has embarked on a project to restore Vijay Sagar, a dry lake adjacent to
Vijay Mandir. In addition, a Vijay Mandir Cricket Team has been formed to
encourage sports amongst the rural youth.

**Programme Priorities:**

From very beginning, we, at SAPNA, believe that development has to be holistic,
to bring real fruits to the neediest. Public Health, Education, Women
Empowerment, Community Development and Social Welfare continue to be prime
areas of our work.

Besides addressing health related issues of the older persons, SAPNA through its
outreach programme has been providing free of cost cataract surgeries to poor and
needy older persons in Alwar district of Rajasthan. Cataract, diabetic retinopathy,
glaucoma, refractive error, etc., are common ailments, which often lead to vision
loss if untreated. Low literacy levels, inability to afford the cost of operation as
well as lack of access to specialised medical treatment, available mostly in urban
centres, has resulted in rampant prevalence of blindness amongst the elderly rural poor.

SAPNA collaborates with the Venu Eye Institute and Research Centre, Sheikh Sarai, New Delhi in organizing an eye screening camp on the second Friday of every month in rural areas of Alwar district. In an OPD, of the around 250-300 people screened, on an average 40-50 patients are identified for cataract operations and transported to Venu Hospital in Delhi for cataract surgery. After operations and after care, the patients are dropped back to the camp site on the third day. Every year, more than 1000 cataract surgeries are performed in Alwar district. Medicines and spectacles are dispensed free of cost in the camp.

There has been tremendous response to these eye camps. Since the inception of this programme in August 2007, more than 65 camps have been organised, having an OPD outreach of over 20,000 and of them 2,500 patients were operated for cataract till March, 2013. The overwhelming response to these medical camps only highlights the dire need of healthcare in rural India. SAPNA has through this endeavour joined hands with the National Blindness Control Programme.

Organisational Set-up:
To achieve our objectives, we have organised ourselves into a Governing Body (responsible for policy decisions), Managing Committee (day-to-day administration of SAPNA) and a dedicated army of volunteers, social workers and like-minded individuals who support our efforts. We have a personnel policy which is followed to eliminate hierarchy in the organisation, an investment policy and a policy on purchase and sale of assets to enhance transparency.

Government Support:
SAPNA’s work has been duly recognized by the Government of India (GOI) by according it 80G status under the Income Tax Act, 1961 wherein all donations to SAPNA are 50% tax exempt.

Accreditation:
Credibility Alliance is a national consortium of non-profit organizations, set up in 2004 to establish a consensus-driven set of "credibility norms" for the voluntary sector in India. SAPNA is accredited by Credibility Alliance for desirable norms.
The Project

Establishing and Sustaining Secondary level Eye Care Services in Alwar District:
Alwar is one of the 33 districts in the state of Rajasthan in North West India. The district is situated in the north-east of Rajasthan, around 150 km away from the capital city of India, New Delhi. Five tehsils of Alwar are under NCR (National Capital Region). The topography of the district is represented by rugged hilly terrain of Aravali ranges, undulating lands and sand dunes with extremes of temperature in summer and winter. Agriculture is the main occupation of the population in the district.

<table>
<thead>
<tr>
<th>Profile of District Alwar</th>
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<tbody>
<tr>
<td><strong>Indicators</strong></td>
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<tr>
<td>Area</td>
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<tr>
<td>Population</td>
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<tr>
<td>Sex Ratio</td>
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<tr>
<td>Rural/ Urban Distribution</td>
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<tr>
<td>Literacy rate</td>
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<tr>
<td>Per capita income (current prices)</td>
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Need Assessment Eye Care Services

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total population (census 2001) approx</td>
<td>30,000,00</td>
</tr>
<tr>
<td>Prevalence of blindness total population</td>
<td>1 %</td>
</tr>
<tr>
<td>Number of blind persons (approximately)</td>
<td>30,000</td>
</tr>
<tr>
<td>Blindness due to cataract (62%)</td>
<td>18600</td>
</tr>
<tr>
<td>Number of eyes with cataract in bilaterally blind persons</td>
<td>37200</td>
</tr>
<tr>
<td>Number of eyes with cataract in unilaterally blind persons</td>
<td>18600</td>
</tr>
<tr>
<td>Total number of cataract blind Eyes in the service population (backlog)</td>
<td>55800</td>
</tr>
<tr>
<td>Cataract surgical coverage</td>
<td>63%</td>
</tr>
<tr>
<td>Total number of eyes affected by cataract (Burden: operated + un operated)</td>
<td>150,811</td>
</tr>
<tr>
<td>Estimate of annual incidence of cataract blind eyes (20% of burden)</td>
<td>30162</td>
</tr>
<tr>
<td>Target CSR Minimum</td>
<td>10000</td>
</tr>
<tr>
<td>Blindness due to refractive error (19%)</td>
<td></td>
</tr>
<tr>
<td>Estimated no. of low vision persons (3x blind persons)</td>
<td>90,000</td>
</tr>
<tr>
<td>Low vision due to refractive error (50% of total low vision persons)</td>
<td>45000</td>
</tr>
<tr>
<td>Low vision due to cataract (25% of total low vision persons)</td>
<td>22500</td>
</tr>
</tbody>
</table>

Eye Care Services

The existing eye care services in the district in the form of inadequate secondary care services provided by the govt. hospital, one NGO hospital and few private practitioners are inadequate to address the huge burden of blindness and low vision estimated earlier. The gaps in the eye care services exist both in quantity and quality of services provided. Also, most of services provider are cataract centric leading to gross unavailability of services for other blinding eye diseases as well as inadequate attention to health promotion and prevention strategies. These factors necessitate the need of a secondary level hospital in the district which can provide much needed comprehensive and quality eye care.

Goal:
“To establish and sustain a community-oriented & comprehensive eye care services to the poor and needy in District Alwar (Rajasthan).”

What the project intends to do?
Secondary level eye hospitals play an important role in achieving the objectives of ‘VISION 2020: The Right to Sight’, a global initiative with the objective of eliminating avoidable blindness by the year 2020. The implementation of VISION 2020 is recommended to be planned at district level in manageable, optimal service units of between about 0.5 and 2 million population. The proposed project will upgrade the services at the Vision Centre in Alwar to a secondary level centre to
further enhance and strengthen the screening, diagnosis and medical/surgical management of patients.

Objectives:
1. To begin providing secondary level eye care services in the district Alwar by August, 2014.
2. To develop a system of primary eye care for increased uptake of services in the district Alwar by the end of year 2015.

Through the project, more patients will be treated effectively in the following ways:

a) Availability of ophthalmologist will improve the quality of eye care services in the OPD. Emerging causes of blindness such as diabetic retinopathy, glaucoma and childhood blindness will be better managed.

b) Unavailability and distance to travel for surgical services is significant barrier to avail surgical facilities in this district. The proposed project will address these barriers to increase uptake of cataract surgeries in this area.

c) Primary eye care services will increase awareness in the community about common eye diseases.

What are the project timeline / schedule?
Venu Eye Institute & Research Centre is already providing primary eye care services through different approaches ranging from vision centre to diagnostic camps since last 10 years. The proposed project in the first year (2014) will focus on infrastructure and human resource development and start proving secondary level services in the second year itself. In the second year (2015), community eye care services will be extended to wider area to increase the uptake of secondary eye care services and all activities will up scaled in the third year (2016).
ACTIVITY MATRIX

<table>
<thead>
<tr>
<th>Activities</th>
<th>Year 1 2014</th>
<th>Year 2 2015</th>
<th>Year 3 2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospital construction /renovation</td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Procurement of equipments</td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Identification &amp; Training of HR</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Commencement Hospital services</td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Upscaling community services</td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Consolidation hospital &amp; community services</td>
<td></td>
<td></td>
<td>✓</td>
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Who are the targeted beneficiaries?
The proposed project has a three-pronged beneficiary target approach. The first set of the targeted beneficiaries would primarily be the older persons above the age of 60, who have no significant means of support and come from low socio-economic strata of society. The second set of targeted beneficiary of the project would be the people in the community with poor awareness about common eye diseases and also those who don’t have access to eye care services. The third set of the targeted beneficiaries would include persons visiting eye care services suffering for any eye ailment in any / all age groups with particular focus on children and women.

How the beneficiaries are going to be benefited?
The project aims to provide comprehensive and quality eye care for older and economically disadvantaged persons living in remote and rural areas of Alwar District. The benefits would lead to the older patients becoming independent through their restoration of vision thereby undertaking supportive role in their families by way of income generation activities and assisting to increase the overall social and economic security of the family. More importantly, it will bring about a feeling of self dignity, hope and enthusiasm for future life.

The proposed services will focus on availability, accessibility and affordability of eye care services in the area as well as maintain accountability by providing quality eye care. The project, by including medical retina and glaucoma services, will also
take care of the emerging but unattended causes of blindness such as glaucoma, diabetic retinopathy and childhood blindness.

Awareness creation by health education in the community along with screening for the common eye diseases will be the integral part of the proposed project. Those requiring surgeries and diagnostic procedures will be referred to the secondary level hospital where the necessary management will be done. An estimated 85-90% of the people with eye diseases can be managed in the project area itself and those requiring further management can be referred to the advanced tertiary centre (Venu Eye Institute & Research Centre in Delhi).

**Project Approach**
The proposed project would be implemented by SAPNA in partnership with Venu Eye Institute & Research Centre in Delhi and involvement of the local community. The camp for screening the patients would be organized in the remote areas of Alwar district in Rajasthan. Subsequently, the facility would be extended to the neighboring districts of Rajasthan as well as the extremely backward regions of Nuh and Ferozepur Zhirka in Haryana.

**Project Implementation Plan**
SAPNA proposes to conduct more than 2000 cataract surgeries in a year with IOL implants on the poor and needy older persons in Alwar district of Rajasthan. These surgeries would be conducted in partnership with the Venu Eye Institute & Research Centre, Delhi.

Some of the highlights of the project are as follows:

**Medical Unit**
A team of doctors and paramedical staff would be responsible for holding regular screening camps in remote rural areas of Alwar district. All technical aspects of the camp, decisions regarding treatment of eye diseases, cases of operations, follow up of operated patients, reporting and documentation would be responsibility of the medical team.

**Publicity for screening camps**
SAPNA along with the local community would be responsible for the publicity which would be done through pamphlets, announcements, banners, print & electronic media, etc. This would be done to inform the rural gentry about the date and venue of the screening camp and motivate them to attend the camp.
Site and Place
The site and place will be organized by SAPNA with the help of the local community. Arrangements for water and electricity would preferably be provided by the local community.

Screening, selection and transportation of patients for surgery
In the screening camp, ophthalmologists will identify the older persons (and others) in the community who are suffering from cataract. Older persons who fulfill the requirements would be culled out for surgery and transported in the vehicle provided by SAPNA to the Satellite Eye Hospital in Alwar.

Pre and Post-operative care
The patients would be given instructions regarding operation and post operative care. Patients would be kept at the Satellite Eye Hospital for two to three days after the operation for care. The patients would be given a detailed presentation after the operation by the Para Medical Staff on post operative care of the eye.

Patient Discharge
Patients would be discharged on the 3rd day with proper instructions and medicines for 10-15 days. SAPNA would be transport and drop the patients back to the camp site. There would be a follow-up at the hospital after one month which would be announced at the time of discharge.

What are the metrics for measuring intended benefit?
In order to tangibly measure the metrics of the intended benefits from the proposed project, various quantitative indicators will be used. The indicators used will encompass data to provide information about the community and hospital services.

<table>
<thead>
<tr>
<th>Measuring Indicators for the proposed project</th>
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<tbody>
<tr>
<td>Quantitative Indicator 1</td>
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<td>Quantitative Indicator 2</td>
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<td>Quantitative Indicator 3</td>
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<td>Quantitative Indicator 4</td>
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<td>Quantitative Indicator 5</td>
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<td>Quantitative Indicator 6</td>
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</tbody>
</table>
What is the project cost?
The total cost of the project is estimated at about Rs. 125 lakh (capital investment at the current market price). The project cost is divided into initial fixed capital investment on infrastructure development (Rs. 40 lakhs) and recurring expenditure on running and maintaining the services (Rs. 85 lakhs).

Land (2 bighas/1 acre) has already been acquired on the outskirts of Alwar in Village Kaduki on the Alwar Behror Road(10 km milestone) and construction of Satellite Eye Hospital is expected to start in September, 2013.

Please refer to Annexure 1 for the budget sheet.

What is the financial sustainability of the project?
Based on prior experience of Venu Eye Institute & Research Centre, Delhi working in the district and managing similar centre elsewhere it is estimated that the proposed secondary level centre will be able to generate sufficient revenue to take care of 20%, 40%, 60%, 80% and 100% of the recurring expenditure in the 2\textsuperscript{nd}, 3\textsuperscript{rd}, 4\textsuperscript{th}, 5th and 6\textsuperscript{th} year of service delivery. However the project may need investment in any infrastructure or equipment related up gradation based on the future need & keeping in pace with changing scenario in medical care.

We request Coal India Ltd. for supporting us with fixed capital investment on infrastructure development of the Satellite Eye Hospital. We shall be highly grateful to the Trust for the support.

A visual profile of the work of SAPNA and Annual Reports can be seen in our website ‘sapnaindia.org’.

The profile of the Venu Eye Institute & Research Centre, Delhi may also be seen at the end of the report.

Thanking you.

Regards and best wishes.

Sudhir Pratap Singh,
General Secretary, SAPNA
Dated: 3\textsuperscript{rd} July, 2013