



Dr. Smruti Ranjan Dethi
Editor in Chief



Dr. Soumya Sucharita Ota
Managing Editor

From the Editor's Desk

With immense pride and heartfelt joy, we present this year's editorial note of Arunima, the annual magazine of our esteemed institution. Since its inception in 1994, JPM Rotary Eye Hospital and Research Institute—the first exclusive eye hospital of Odisha—has continued its forward journey with unwavering dedication, compassion, and excellence in eye care.

Much like Arunima, the gentle radiance of dawn that gradually intensifies into a luminous day, our institution has grown stronger with time—expanding its vision, services, and impact on society. Each passing year adds renewed energy to our mission of restoring sight and spreading hope.

We express our sincere gratitude to our President Sir, the esteemed Chief Guest, and our Chief Medical Officer for their inspiring and insightful contributions. We also wholeheartedly thank all our doctors, paramedical professionals, and administrative staff whose commitment and collective efforts have enriched this edition of Arunima.

Arunima symbolizes hope, new beginnings, and prosperity. As we step into another promising year, we aspire that both the hospital and its annual magazine continue to evolve with renewed spirit, innovation, and purpose.

Let us reaffirm our shared pledge toward a blindness-free society, contributing in every possible way to illuminate lives through vision and care.

Tamaso mā jyotir gamaya !



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Justice Sashikanta Mishra

Judge
High Court of Orissa

It gives me immense pleasure to know that J.P.M. Rotary Club of Cuttack Eye Hospital & Research Institute is going to celebrate the Annual Day on 14th January, 2026 and the release of its newsletter, 'ARUNIMA'. I consider it a privilege to participate in this meaningful occasion as Chief Guest.

The name 'ARUNIMA', symbolising the first light of dawn, aptly reflects the noble mission of the institution-to restore vision, spread hope, and improve the quality of life through dedicated eye care and research. The newsletter serves not only as a record of achievements and activities but also as a medium to inspire service, innovation, and compassion among all stakeholders.

I appreciate the committed efforts of the management, medical professionals, staff members, volunteers, and the editorial team for their selfless service and for bringing out this publication. The J.P.M. Rotary Club of Cuttack Eye Hospital & Research Institute has been rendering invaluable service society, particularly to the underprivileged, and its contribution to public health is truly commendable.

I extend my best wishes for the grand success of the Annual Day Celebration and hope that 'ARUNIMA' continues to illuminate minds, motivate service, and strengthen the institution's mission in the years ahead.

Sashikanta Mishra
(Sashikanta Mishra)



Dr Nilakantha Mishra

Director
Public Health,
Department of H & FW,
Govt. of Odisha, Bhubaneswar

On the Foundation Day of Rotary Eye Hospital, I extend my warmest greetings and heartfelt congratulations to the entire Rotary family, management, doctors, nurses, paramedical staff, and all associated stakeholders.

Rotary Eye Hospital has been a pillar of excellence in eye care services, contributing significantly to the prevention of avoidable blindness and the promotion of quality vision care, especially for the underserved sections of society. Your sustained commitment to service, compassion, and clinical excellence strongly complements the objectives of the National Programme for Control of Blindness & Visual Impairment.

I appreciate Rotary's invaluable partnership with the public health system and look forward to continued collaboration in our shared mission of "Vision for All." I wish the institution many more years of impactful service and success.

Best wishes on this auspicious occasion.

(Nilakantha Mishra)



PRESIDENT'S ADDRESS

PP. Rtn. Samir Kumar Mishra

I am pleased to present before you the 34th edition of JPM REH & RI, Cuttack's newsletter "ARUNIMA", on the occasion of its 34th Foundation Day celebration. This state of the art Eye Institute situated in the eastern part of India, is a pride of Rotary Club of Cuttack and Rotary International.

Under the able guidance and Rotary Club of Cuttack Members and effortless work by its employee has established it into a trusted brand name in the field of eye care for delivering high class quality service. Our dedicated and hardworking consultant, paramedical staffs and others are continuously providing special care and service to the under privileged and needy section of the society.

From a small beginning in 1992 it has now grown into a big and modern Eye Care Institution. This institution has made a huge impact in the field of eye care through its specialised clinic of Retina, Glaucoma, Paediatric, Community Ophthalmology and Cataract.

Our services includes Cataract surgeries, Squint surgeries, Vitreo-retinal surgeries, Glaucoma surgeries, Refractive surgeries, Paediatric Surgeries, Keratoplasty and many other procedures like Lid surgeries, cosmetic surgery, orbitotomy, lid surgery and botox therapy. In addition to this we also offer culture and sensitivity test of bacterial and fungal infection, blood tests related to ophthalmic surgeries which includes diabetic, renal, lipid and haematological profile.

We are a Government of India recognized training institute for imparting training to Ophthalmologist from India and abroad since 1995, and giving training in the field of Microsurgery, IOL Implant, Phaco, SICS. In addition to that we started we have been training Ophthalmic Clinical Assistant since 1997.

This state of the art Institute is the first Institute in the state of Odisha to be recognized as a Post Graduate Teaching centre by the DNB Board since 2008. We are also providing short-term and long-term Fellowship in our institute. Our consultants have received appreciation for the paper presented in different National and state Ophthalmological journals and have also received awards for the paper presentation. They have also chaired many important sessions in different Ophthalmological conference.

Regular eye screening camp in the rural and urban areas are held regularly and patients requiring surgeries were brought to the base hospital and were given free treatment and surgeries. This institute is associated with various research projects with many national and international companies like Nanoscope Therapeutic of USA and various other Pharmaceutical companies. In collaboration with Sightsavers, we are conducting community outreach programme like RAHI Eye screening camp for Truck drivers at Paradeep, Dhenkanal and Keonjhar, Amrit Drusti program in Urban slums of Cuttack and Bhubaneswar. This year we have screened more than 6700 Truck drivers and helpers.

In addition to our existing vision centres, we have gone one step further and made operational our new satellite hospital at Talhi, Jajpur and started one vision centre at Jagatsinghur in collaboration with Rotary club of Jagatsinghpur.

I wish all consultant and staff of JPM RCC Eye Hospital & RI all the best for the Annual Day function.

Jay Jagannath

PP. Rtn. Samir Kumar Mishra
President
Managing Committee



Rtn. Sujata Priyadarshini

President
Rotary Club of Cuttack

"The gentle glow of dawn-a promise of new beginnings."

Like Arunima, JPM RCC Eye Hospital & RI continues to stand as a symbol of hope and healing. Guided by its mission to serve humanity with integrity, skill, and empathy, the institution brings light where there was darkness and promise where there was uncertainty.

Every milestone reached reflects the power of teamwork, dedication, and an uncompromising focus on patient care. On this special occasion, my heartfelt congratulations to the entire JPM Eye Hospital family, with best wishes for continued success in your inspiring journey of service.

(Sujata Priyadarshini)



ରୋଟାରୀଆନ୍ ଦେବାଶିଷ ପଣ୍ଡା

Managing Trustee
Rotary Club of Cuttack
Charitable Trust

ରୋଟାରୀ ଚକ୍ଷୁ ଚିକିତ୍ସାଳୟର ପୁଣ୍ୟ ପ୍ରତିଷ୍ଠା ଦିବସରେ ମୋର ଚିକିତ୍ସାଳୟରେ କାର୍ଯ୍ୟରତ ସମସ୍ତ ଚିକିତ୍ସକ ଓ ଚିକିତ୍ସାସେବା ଏବଂ ଅଣ-ଚିକିତ୍ସାସେବା କର୍ମୀଙ୍କୁ ମୋର ସାଦର ଅଭିନନ୍ଦନ, ହାର୍ଦ୍ଦିକ ଶୁଭକାମନା ଓ ଶୁଭେଚ୍ଛା । ଏହି ଅନୁଷ୍ଠାନ ସହ ଏକ ରୋଟାରୀଆନ୍ ଭାବେ ଦୀର୍ଘ ବର୍ଷ ଜଡ଼ିତ ହୋଇ ରହିବାଟା ମୋର ସୌଭାଗ୍ୟ । ୩୩ ବର୍ଷ ହେଲା ଏହି ଚିକିତ୍ସାଳୟ ଯେଉଁ ଉତ୍ତମ ଗୁଣବତ୍ତାର ପରାକାଷ୍ଠା ଦେଖାଇ ଚକ୍ଷୁ ଚିକିତ୍ସାସେବା ଲାଗି ସୁନାମ ଅର୍ଜନ କରିଛି ତାହା ଆମ ରାଜ୍ୟର ଅନ୍ୟ ଚକ୍ଷୁ ଚିକିତ୍ସାଳୟମାନଙ୍କ ପାଇଁ ମାର୍ଗଦର୍ଶକ ।

(ଦେବାଶିଷ ପଣ୍ଡା)

Activities Report of JPM Rotary Club of Cuttack Eye Hospital & Research Institute

Dr. Santosh Kumar Mahapatra
Chief Medical Officer



I feel privileged to be part of this esteemed Institute which is the first Eye Hospital in the state of Odisha. JPM has become a brand name because of high quality of Eye Care and personalized service it renders at very nominal charges. At present the Hospital has 120 beds of different categories and we have left an impact by examining more than 17 lac out patients and performing more than 3.00 lacs surgeries till date with an average 250 Plus OPD patients everyday which included 50378 paying OPD and 6736 paying Surgery in 2025 till date that speak volumes about the organization and its dedication.

We run subspecialty clinics like Retina, Glaucoma, Cornea, Oculoplasty, Paediatric and Community Ophthalmology.

Retina Clinic provides both medical and advanced Vitreo-Retinal Surgical facilities headed by me. This year, we have examined 10,248 patients and performed 2517 OCT, 1128 Bscan, 463 FFA, 1041 VR Surgeries, 247 Lasers and 586 Intra Vitreal Injections. Under the ROP Screening programme we have screened 376 Premature Babies, done laser in 46 eyes, given Intra Vitreal Avastin Injections in 19 eyes.

Glaucoma Clinic is headed by Dr. Madhusmita Behera & Dr. Sonali Sarangi as a Consultant. We have examined 2619 patients 67 performed Glaucoma Surgeries 349 lasers, 442 HVF and 303 CCT and 151 OCT this year.

Cornea Clinic has fully functional Eye collection and tissue processing unit with laminar flow system and specular microscope. We have a 24 hour functioning team attending Eye donation call. We have examined 9076 patients and performed 16 Nos of Keratoplasty during last year. Dr. Kshirabdhii Tanaya Sahoo is now managing Cornea Clinic.

Paediatric Ophthalmology Clinic is headed by Dr. Sweta Dhiman, which perform all types of Paediatric Surgeries including congenital cataract and squint. We have examined 2109 patients and performed 42 Paeidatric Cataract, 11 of squint and 104 other surgeries during this year.

Oculoplasty Clinic was headed by Dr. Aparna Dwibedy. All type of Oculoplasty procedures including Orbitotomy, Lid Surgeries and cosmetic prosthesis was performed by her. We also provide Botox therapy for

therapeutic and cosmetic purposes. Endo Nasal DCR Procedure is now being done Dr. Himanshu Mishra, our Visiting ENT Consultant.

Community Ophthalmology service is headed by Dr. Smruti Ranjan Dethi. We hold screening camps in rural areas regularly and select patients for operations and transport them to the Base Hospital for Cataract Surgery. This year 427 Eye camps have been conducted, 24474 patients were checked up and 3725 Cataract Patients under went free Cataract surgery.

Our microbiology laboratory is headed by Dr. Sasmita Khatua and fully functional now with facilities for culture and sensitivity test of both bacterial and fungal infections and we also perform all blood tests related to ophthalmic practice including Diabetic, Renal, Lipid and Hematologic profile. We also conduct RAPID Antigen test approved by Govt. of Odisha.

Since 1997 the Hospital has started training of Ophthalmic Clinical Assistants. The course is for two years and includes theory classes and practical training in all aspects of Eye care. We have presently 59 OCAs, who have become the life line for patient care in our Institute.

Ophthalmologists from India and abroad are being trained in Microsurgery and IOL implantation and Manual Small Incision Cataract Surgery and other sub-specialities like Medical Retina, Glaucoma & Paediatric Ophthalmology recognized under NPCB, Govt. India since 1995. Till now we have trained 292 ophthalmologists including 72 in ECCE, 129 in SICS, 65 in Phacoemulsification, 9 in Glaucoma, 14 in VR diseases and 03 in Paediatric Ophthalmology. This list includes 9 candidates from places like Poland, Nigeria, Philippines and Italy.

We have also become a recognized training centre for ROP by Government of Odisha last year and we have trained 5 Ophthalmologist for ROP Screening till now.

Our Institute is the first in the State to be recognized as a Post Graduate Teaching Center by DNB Board in the year 2005. We have got accreditation for the 4th term in 2017 for to take 06 DNB candidates each year. Twenty-six (28) candidates have completed this course with highest level of Ophthalmic Clinical and Surgical Skill from our Institute. At present we have 07 DNB Candidates perusing Post Graduate Study at our Institute.

We completed the research on “Intravitreal use of Adeno Associated Virus Multi-Characteristics Opsin in the Retinitis Pigmentosa” in collaboration with Nonascope Therapeutics, USA, which is 1st of its kind in the world and bagged best paper prize in Comprehensive Ophthalmology in AIOC 2022, Now we are conducting long term follow up study for the same. We have completed Alkem study on “Ranibizumab Biosimilar in AMD” and continuing IQVIA study on Aflibercept versus Biosimilar study on neovascular AMD.

This year we have published 09 papers in different indexed and peer reviewed Journal of National & International Repute like Indian Journal of Ophthalmology, Delhi Journal of Ophthalmology, Clinical and Experimental of Ophthalmology etc.

In collaboration with Sightsavers we have conducted different Community Out Reach Programmes like RAAHI for Eye screening of Truck Drivers and Helpers at Paradeep, Netra Basanta for Rural areas at Jajpur and Amrita Drusti for Urban Slum areas of Cuttack & Bhubaneswar where we have screened 2895 of Trucker Drivers and Helpers at Paradeep in RAAHI Programme, 4572 and performed surgeries 536 under Amrita Drusti and Netra Basanta we performed 425 cataract surgeries.

Our Satellite Hospital at Thalia, Jajpur performing well, Thanks to Bagchi Family for their donation. We are conducting OPD and regular camps around the hospital and patients are transferred to the base hospital for surgery. Till now we have seen 1527 patients and operated 625 nos of patients.

At present we have vision centres at Paradeep in collaboration with AMNS Ports Paradip Limited, JPM Rotary Aradhana Vision Centre, Bhubaneswar with kind gesture of Late Raghunandan Padhi and his family, and Puri Vision in collaboration with Rotary Club of Puri.

We have procured quite a good number of advance ophthalmic instrument & equipments in 2023. Centurion Vision Phaco System, Legion Phaco Machine, Zeiss Lumera 700 Ophthalmic Microscope, two Zeiss Lumera 300 advanced Ophthalmic Microscope, ZEISS Humphrey Field Analyzer, Alcon Purepoint Laser, Zeiss IOL Master 700, three slit lamps, Autorefractometer, three LED Vision system and one Auto Lens Edger are among the important ones.

We have completed our State of the Arts modular OT complex with 6 OTs covering 9765 sqft. With stainless steel wall, PC flooring, laminar air flow with HEPA Filter system with activities control for temperature and humidity. I can proudly announce that our OT complex is one of the best OT complexes in the state and can be comparable with any ophthalmic O.T. Complex at national level. The best feature in our cap is year was preliminary NABH accreditation and I congratulate doctors and staff for the same and urge them to maintain the standards at optimum level to get the final accreditation and beyond.

With the active interest and participation of Rotarians, Donors, Doctors, employees and support of National and International NGOs, State and Central Government this Institution is going to achieve all success and fulfill the goal of combating avoidable blindness in the Community.

Hoping for another successful year in patient care and service to the poor.

Reaching the Unreached: The Expanding Role of Eye Screening Camps in Modern Ophthalmology

Dr. Smruti Ranjan Dethi

Consultant Anterior Segment and Microsurgery



Vision is fundamental to human independence, productivity, and quality of life. As ophthalmologist we witness every day how a simple, well-timed intervention can dramatically transform lives. In a country like India, where preventable and treatable blindness still affects a significant section of the population, the role of eye screening camps has never been more crucial.

The Burden of Avoidable Blindness

Cataract continues to be the leading cause of blindness in India, followed by uncorrected refractive errors, glaucoma, diabetic retinopathy, and other ocular diseases. What is deeply concerning is that most of these conditions are either preventable or curable if detected early. Unfortunately, lack of awareness, poor accessibility, socio-economic constraints, and fear of surgery often delay patients from seeking timely eye care.

Eye screening camps bridge this gap by taking ophthalmic services directly to the community, ensuring early diagnosis and timely referral.

Importance of Eye Screening Camps :

Early Detection and Intervention

Regular screening helps identify cataract, refractive errors, glaucoma suspects, and retinal diseases at an early stage, significantly improving treatment outcomes.

Accessibility and Awareness

For many individuals in rural and underserved areas, an eye camp is their first point of contact with an eye care professional. Camps help build trust, dispel myths, and educate communities about the safety and effectiveness of modern eye surgeries.

Reducing Preventable Blindness

When screening is efficiently linked to treatment, camps directly contribute to reducing avoidable blindness and visual impairment.

Reaching the Unreached : A Practical Approach

At JPM Rotary Eye Hospital, Cuttack, outreach is not an occasional activity—it is a sustained mission. The hospital conducts over 50 eye screening camps every month, reaching deep into rural and semi-urban areas. These camps are strategically organized in collaboration with Rotary Clubs, local organizations, schools, industries, and community leaders to ensure maximum participation and follow-up.

Patients diagnosed during screening camps are counseled, motivated, and seamlessly referred to the base hospital. With organized transport, pre-operative evaluation, and post-operative care, barriers to treatment are effectively minimized.

As a result of this structured outreach model, the hospital successfully performs more than 2,500 free cataract surgeries annually, restoring sight and dignity to patients who would otherwise remain visually disabled. For a phaco surgeon, there is no greater fulfillment than seeing a patient regain functional vision and independence.

Role of Tertiary Eye Care Centers

A strong referral hospital is essential for the success of outreach programs. JPM Rotary Eye Hospital stands as a model of how tertiary eye care can be integrated with community service. Equipped with modern infrastructure, skilled surgeons, and trained paramedical staff, the hospital delivers high-quality cataract surgery using phacoemulsification techniques while maintaining affordability and accessibility.

Quality outcomes, patient safety, and ethical practice remain central, regardless of whether the patient is paying or non-paying.

Ophthalmology: A Specialty of Growing Importance

Ophthalmology is one of the fastest-advancing medical specialties today. Innovations in phacoemulsification, premium intraocular lenses, minimally invasive glaucoma surgeries, retinal imaging, and artificial intelligence-based screening are redefining eye care. With increasing life expectancy and a rising prevalence of diabetes and lifestyle-related disorders, the demand for comprehensive ophthalmic services is steadily increasing.

Eye screening camps are not merely outreach activities—they are an extension of our commitment as ophthalmologists to serve society. By actively participating in community programs, strengthening hospital-camp linkages, and embracing technological advancements, we can truly eliminate avoidable blindness.

At JPM Rotary Eye Hospital, Cuttack, the journey continues—50+ screening camps each month, 2,500+ free cataract surgeries every year, and countless lives transformed through the gift of sight.

Because restoring vision is not just about seeing better—it is about living better.





ସତୀ ଚଉରା କୁକୁର

ଡଃ. ଶ୍ରଦ୍ଧା ଶତପଥୀ

ଆଖି ହସିଚାଲିର ପାଖ ଛକ ହେଉଛି ସତୀ ଚଉରା । ଅନେକ ସମୟରେ ଗଲାବେଳେ ବାଁ ପଟକୁ ଆଖି ପଡ଼ିଯାଏ ତ କେବେ କେବେ ଜାଣିଶୁଣି ଅନେଇଦିଏ । ରାସ୍ତାରୁ ଦେଖା ଯାଏ ସୁରେନ୍ଦ୍ର ମହାନ୍ତିଙ୍କ ଶେଷ ସ୍ତମ୍ଭ ଓ ଅକ୍ଷୟ ମହାନ୍ତିଙ୍କ ଧଳା ପିନ୍ ପିନ୍ ସ୍ମୃତିସ୍ତମ୍ଭ ଉପରେ ସେ କଳା ପାନ ।

ସେଦିନ କୌଣସି ଜଣେ ହାଇକୋର୍ଟ ଜଜ୍ କ୍ ଏକ ଶେଷ କୃତ୍ୟ ଲାଗି ରାସ୍ତା ପୁରା ଭିଡ଼ । କଳା ଧଳା କୋର୍ଟ ପିନ୍ଧି ଅନେକ ଓକିଲଙ୍କ ଏକ ବଡ଼ ମେଲି । ଘରର ସ୍ତ୍ରୀ ଲୋକ ମାନଙ୍କ କୋହ ଭରା କାନ୍ଦରେ ରାସ୍ତା ଫାଟିପଡ଼ୁଥାଏ । ହେଲେ ସବୁଦିନ ପରି ସତୀ ଚଉରାର ସେ ଧଡ଼ିଆ କୁକୁର ତୁପ ଚାପ ଦେଖୁଥାଏ ସବୁକିଛି । ତା ପାଇଁ ଏହା ତ ସବୁଦିନର କଥା । ଜୀବନର ସବୁଠୁ ବଡ଼ ସତ୍ୟକୁ ପ୍ରତ୍ୟେକ ଦିନ ଅଙ୍ଗେ ଲିଭାଉଥିବା ପ୍ରତ୍ୟକ୍ଷଦର୍ଶୀ । ଦାହ ସରିଲେ କେବେ କେବେ ବିସ୍ମୃତ ଖାଉଥିବାର ଦେଖୁଛି ମୁଁ ତାକୁ ।

କିଛି ଘଣ୍ଟା ପରେ ପୁଣି ସେଇ ବାଟେ ଫେରିଲି । ସେ କଳା ଧଳା 'ସମ୍ପ୍ରାନ୍ତ' ମଣିଷ ଗୁଡ଼ାକ ପାଖ ତା ଦୋକାନ ରେ ସନ୍ଧ୍ୟା ଖଟିର ମଜା ନେଉଥାନ୍ତି । ଜଣେ ବିରାଟ ଓକିଲଙ୍କ ସମ୍ପତ୍ତିର ଚର୍ଚ୍ଚା ଚାଲିଥାଏ ।

ରାସ୍ତା ଖାଲି ହୋଇଯାଇଥାଏ ଓ କୁକୁର ମଧ୍ୟ ଲିଭିଯାଇଥାଏ । ଘର ଲୋକମାନେ ଅସ୍ଥି ନେଇ ବାହୁଡ଼ିଯିବେଣି ଓ ଦେଖିଲି କୁକୁରଟି ସେ ବଳକା ପାଉଁଶର ଉସ୍ମତା ରେ ନିଘୋଡ଼ ନିଦରେ ଶୋଇପଡ଼ିଛି ।

'ରାମ ନାମ ସତ୍ୟ ହେ' କୁ ବୁଝିପାରିଥିବା ପ୍ରଥମ ପ୍ରାଣୀକୁ ବୋଧେ ଦର୍ଶନ କରୁଥିଲି ମୁଁ । ସେ ହେଲା ସତୀ ଚଉରାର କୁକୁର ।



BETWEEN THE BLINKS

Dr. Soumya Sucharita Ota

Between the blinks of weary eyes, hope learns to stay,
In sterile halls where night dissolves into day.
White coats carry stories heavier than charts,
Stitched with silence, courage, and beating hearts.

Monitors hum prayers no one dares to say aloud,
While pain waits patiently, neither meek nor proud.
A trembling hand finds strength in another's care,
In that touch, healing learns how to dare.

Here, time slows at a bedside sigh,
And life hangs fragile, yet refuses to say goodbye.
Every saved breath is a quiet victory won,
Every loss, a lesson the soul carries on.

This is where science meets compassion's art,
Where healing begins — not just in body, but heart.

JOURNEY TOWARDS QUALITY EYE CARE CENTRE

Mr. Marianus Lakra
Administrative Officer



JPM Rotary Club of Cuttack Eye & Research Institute being a secondary Eye care centre having Specialties of Retina Glaucoma, General Ophthalmology Pediatric Ophthalmology Occuloplasty. Low Vision clinic Having six modular Operation Theatre updated investigation equipments and Instruments.

Proud of being Teaching Post Graduate Institute for DNB and government doctors for short term course in updating their Surgical Skill.

Journey Towards Quality care through NABH Accreditation JPM Rotary Club of Cuttack Eye Hospital & Research institute showed the interest in the Quality Journey process through NABH Accreditation process under Guidelines of Quality Council of India. We have been able to adopt the Guide lines of NABH Standards and qualify the Criteria of NABH Entry Level Certification of our hospital.

In order to achieve the greater extent of aims and objectives for implementing policies and Protocols set up by NABH (Quality Council of India) We have applied for the main NABH Accreditation of our hospital according the guide lines of the QCI Assessment process has been completed for main NABH Accreditation.

NABH (National Accreditation Board for Hospitals & Healthcare Providers) accreditation focuses on its role in elevating Indian healthcare quality, patient safety, and operational efficiency, with studies showing positive impacts on infection control patient satisfaction, staff morale, and financial outcomes, all guided by standards covering patient rights, care processes, and facility management, making it a crucial tool for continuous improvement in a patient-centric approach.

Key Themes of NABH

Quality Improvement : NABH accreditation serves as a benchmark for enhancing healthcare quality, reducing errors, and promoting excellence.

Patient Safety & Rights_A core focus is ensuring patient-centric care, protecting rights and improving safety protocols.

Operational Efficiency : NABH Accreditation improves in hospital operations, such as reduced discharge delays and better documentation.

Financial Impact : Research explores the economic benefits, showing positive outcomes alongside quality gains, making it a sound investment.

Staff & Management : Accreditation fosters a better working environment, higher job satisfaction and continuous learning for healthcare professionals.

Patient satisfaction : NABH Accreditation Enhance patient Satisfaction and OPD Footfall of the hospital.

Staff Satisfaction : NABH Accreditation Boost the morale of the employee and increases productivity.

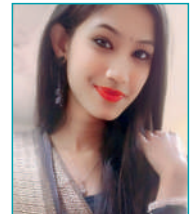
System Re-engineering : NABH Accreditation helps in system Re-engineering in the operational activities.

Streamline Process, Procedure, Out come : NABH Accreditation helps in Streamlining the Process, Procedure & Outcome.



SELF WORTH

Ms. Truptimayee Mohapatra
OCA



The only one who gets to decide
Your worth is you.

It doesn't come from
Your bank account or the
Number of friends you have.

It doesn't come from what
Someone else says you are worth.
It's called self worth for a reason It comes from you.
It comes from being yourself
And being proud of who you are.

It comes from being someone
That you can count on and
Someone you love.

The numbers will change with change with time,
But what won't change is
Who you are deep inside
Beautiful, limitless, wonderful
Creative, strong, capable and that is
Where your worth comes from.



REVOLUTION IN HEALTH CARE “AYUSHMAN BHARAT DIGITAL MISSION (ABDM)”

Mr. Khirod Kumar Choudhury
Asst. Administrative Officer



Ayushman Bharat Digital Mission (ABDM) is spearheading a healthcare revolution in India by creating an integrated, interoperable, and patient-centric digital health infrastructure. Launched in September 2021, its goal is to bridge the existing gaps in the healthcare ecosystem through digital highways, improving accessibility, affordability, and the quality of care for all citizens.

Core Pillars of the ABDM Revolution

The mission is built on several key components that work together to digitize the entire healthcare journey:

- ♦ **Ayushman Bharat Health Account (ABHA)** - A unique, 14-digit health ID for every citizen that acts as a digital locker to securely store and link all their medical records (prescriptions, diagnostic reports, discharge summaries, and vaccination records) across different providers with informed consent.
- ♦ **Health Facility Registry (HFR)** - A comprehensive, verified national database of all healthcare facilities, including public and private hospitals, clinics, laboratories, and pharmacies. This helps patients discover and locate trusted facilities easily.
- ♦ **Healthcare Professionals Registry (HPR)** - A national repository of all registered and verified healthcare professionals involved in both modern and traditional medicine systems (AYUSH), connecting them to the digital ecosystem and allowing for easy verification of credentials.
- ♦ **Unified Health Interface (UHI)** - An open network designed to facilitate the discovery and delivery of digital health services, similar to the Unified Payments Interface (UPI) for finance. It enables users to book appointments, access teleconsultations, and request other services through any UHI-enabled application.
- ♦ **Health Information Exchange and Consent Manager (HIE-CM)** - A framework that empowers citizens to securely access and share their health records. Data exchange is driven by the patient's explicit, modular consent, ensuring privacy and security in compliance with India's Digital Personal Data Protection Act, 2023.

Transformative Impact and Benefits

The ABDM is transforming healthcare delivery in several ways:

- ♦ For Patients It eliminates the need to carry physical paperwork, reduces long queues at

registration counters via services like 'Scan and Share', enables access to teleconsultation services, and empowers individuals with control over their health data.

- ♦ For Providers Doctors and hospitals get access to a patient's complete medical history (with consent of patient), leading to more informed decisions, better diagnoses, and improved treatment outcomes. It also streamlines hospital workflows and digitizes the insurance claims process for faster reimbursements.
- ♦ For the Ecosystem The federated architecture and open APIs encourage private sector innovation and the development of new health tech solutions, fostering a robust and competitive digital health market.

The mission is a cornerstone initiative of the Indian government's "Digital India" program, leveraging existing public digital infrastructure like Aadhaar and UPI to build a scalable and resilient national health system that aims to become a global model for digital health access.



WHERE LIGHT BEGINS AGAIN

Mr. Priya Day
Office Assistant



In quiet rooms where shadows stay,
And fear sits close, words fall away,
A gentle hand, a hopeful smile,
Turns waiting hours into while.

Eyes that once knew only night,
Begin to dream again of light,
Through skillful hands and hearts so kind,
A clearer world is redefined.

Here, vision means much more than sight,
It's faith restored, a future bright,
A chance to see a loved one's face,
Or walk once more with steady grace.

Each lens, each test, each careful touch, Speaks
of compassion-strong, not loud, not much,
For healing lives in acts so small,
Yet changes everything, for all.

At JPM Rotary, hope is true,
Where service leads in all we do,
Not just to cure the eye's deep pain,
But help life's colors bloom again.



ସହଯାତ୍ରୀ

SASHIKANTA DAS
Chief Ophthalmic Officer



ଭୁବନେଶ୍ୱର ସହର ମାଷ୍ଟର କ୍ୟାଣ୍ଟିନ୍ ଛକ, ଯେଉଁଠି ଅଛି ଭୁବନେଶ୍ୱର ରେଲୱେ ଷ୍ଟେସନ ଆଗପରି ଏହା ଆଉ ଏତେ ଅପରିଷ୍କାର ନାହିଁ। ସବୁଠି ସଫା ସୁତର, ଭାରି ପରିଷ୍କାର ପରିମଳା ଯାତ୍ରୀଙ୍କ ପାଇଁ ମଧ୍ୟ ବସିବା ପାଇଁ ସ୍ଥାନେ ସ୍ଥାନେ ବେଞ୍ଚର ବ୍ୟବସ୍ଥା, ତେଣୁ ଅନେକ ଶୃଙ୍ଖଳିତ ଓ ସୁବ୍ୟବସ୍ଥିତ। ତେବେ ଆଜି ନାହିଁ ନଥିବା ଯାତ୍ରୀଙ୍କ ଭିଡ଼ ଯୋଗୁ ବସିବା ପାଇଁ ସ୍ଥାନର ଟିକେ ଘୋର ଅଭାବବୋଧ ପରିଲକ୍ଷିତ ହେଉଥାଏ।

ଦିନେଶ ସୁନ୍ଦର ସୁଠାମ ଚେହେରାର ଯୁବକଟିଏ। ପରିଷ୍କାର ପରିଚ୍ଛନ୍ନ ପୋଷାକ ପରିଚ୍ଛେଦ ସହିତ ଆଖିରେ କଳା ଚଷମା ପରିଧାନ ଚେହେରାକୁ ବଳିଷ୍ଠ କରିଥାଏ। ପ୍ଲଟଫର୍ମରେ ଶୋରିଷ ପକାଇବାକୁ ଜାଗା ନ ଥାଏ, ଯୁଆଡ଼େ ଦେଖିବ କେବଳ ଲୋକଙ୍କର ସମାଗମ। ତେବେ ଦିନେଶଙ୍କ ପାଖରେ ଅଳ୍ପ ସ୍ଥାନ ଖାଲିଥାଏ। ଏହି ସମୟରେ ସୁନ୍ଦର ତନୁକାନ୍ତି ରୂପଶ୍ରୀ ଝିଅଟିଏ ଆସିଲା। କହିଲା - “ଏକ୍ସକ୍ୟୁଜ୍ ମି ! ଦୟାକରି ଟିକିଏ ଘୁଞ୍ଚି ଯିବେ କି ” ? ଦିନେଶ ଟିକିଏ ସରେଇ ଗଲେ ଆଉ ରୂପଶ୍ରୀ ଝିଅଟି ଜାକିଜୁକି ହୋଇ ତାଙ୍କ ପାଖରେ ବସି ପଡ଼ିଲେ। ଦିନେଶ ସ୍ପଷ୍ଟ ଅନୁଭବ କରି ପାରୁଥାନ୍ତି ରୂପଶ୍ରୀ ଝିଅଟିର ସୌନ୍ଦର୍ଯ୍ୟ ଓ କେଶ ଗୁଚ୍ଛର ସାନ୍ଦତାକୁ ଯହିଁରୁ ମଲ୍ଲୁ ଫୁଲିଆ ବାସ୍ନା ଆସି ତାଙ୍କ ନାସିକାଗ୍ରକୁ ଚୁମ୍ବୁଥାଏ। ତାଙ୍କ ଶରୀରର ବାସନାକୁ ମଧ୍ୟ ସେ ଆଗ୍ରହାଣ କରୁଥାନ୍ତି ଓ ମନେମନେ ତାରିଫ ମଧ୍ୟ। ଝିଅଟିର କୋମଳାଙ୍ଗଦେଶମାନ ଯେତେବେଳେ ଦିନେଶଙ୍କ ଶରୀରକୁ କିଛିଟା ସ୍ପର୍ଶ କରୁଥିଲା ସେତେବେଳେ ଏକ ଭିନ୍ନ ଅନୁଭବ ତାଙ୍କ ଦେହରେ ବିଦ୍ୟୁତ୍ ଖେଳାଇ ଦେଉଥିଲା। ଏ ସବୁ ତାଙ୍କ ସ୍ୱପ୍ନର ନାୟିକା ପରି ତାଙ୍କୁ ପ୍ରତୀତ ହେଉଥାଏ। ଇତି ମଧ୍ୟରେ ଉଭୟ ଉଭୟଙ୍କର ନିକଟତର ହେଉଥିଲେ ଓ କିଛିଟା ବାର୍ତ୍ତାଳାପ ଉପରାନ୍ତେ ପରସ୍ପର ନିକଟତର ହେଉଥିଲେ। ଦିଲ୍ଲୀ ପାଇଁ ଦୂରନ୍ତ ଟ୍ରେନ ଆସିବାରୁ ଝିଅଟି ବିଦାୟ ନେଇ ଚାଲି ଯାଇଥିଲେ। ହେଲେ ଆହୁରି ଅଧ ଘଣ୍ଟା ଦିନେଶଙ୍କୁ ଅପେକ୍ଷା କରିବାକୁ ପଡ଼ିବ ହାଇଦ୍ରାବାଦ ପାଇଁ ମୀନାର ଏକ୍ସପ୍ରେସ ଟ୍ରେନକୁ ଅପେକ୍ଷା କରିବା ପାଇଁ। ତେଣୁ ସେ ଅପେକ୍ଷାରତ। ହେଲେ ଦୂରରୁ ଏ ସବୁକୁ କେତେବେଳଠାରୁ ନିରିକ୍ଷଣ କରୁଥିବା ସୁର ବାବୁ ଝିଅଟି ଛାଡ଼ିଯାଇଥିବା ଖାଲି ସ୍ଥାନରେ ଆସି ଦୂରନ୍ତ ଜାଗା ପୂରଣ କଲେ। ଦିନେଶଙ୍କୁ କହିଲେ - “ଯାହା ହେଉ ଆପଣ ଅତ୍ୟନ୍ତ ଭାଗ୍ୟବାନ ଯେ ଆଜି

ଏ ଯୁବା ଅବସ୍ଥାରେ ଆପଣ ଜଣେ ସୁନ୍ଦରୀ ରୂପଶ୍ରୀର ସାହଚର୍ଯ୍ୟ ପାଇଲେ ଯାହାଙ୍କର ଅତୁଳନୀୟା ରୂପ ଯୌବନର ବର୍ଣ୍ଣନା ନାହିଁ । ସବୁ କିଛି ସତରେ ଅବର୍ଣ୍ଣନୀୟ, ବର୍ଣ୍ଣନାତୀତ । ଦିନେଶ ଏ କଥା ଶୁଣି ଅଧିକ ଉତ୍ସାହିତ ହୋଇ ପଡୁଥିଲେ । ଉତ୍ସୁକତା ଭରି ପଚାରିଲେ- ” ଆଛା ବାସ୍ତବରେ ସେ କ’ଣ ଖୁବ୍ ସୁନ୍ଦରୀ, ତେବେ ତାଙ୍କ ଦେହର ରଙ୍ଗ ହଳଦିଆ ନା ଧବଳ ଗୋରା ଆଉ ତାଙ୍କ କେଶଗୁଚ୍ଛ କ’ଣ ” ସତରେ ସାନ୍ତୁ ଓ ଲମ୍ବ ?

ସୁର ବାବୁ ଟିକିଏ ବିରକ୍ତ ହୋଇ କହି ଉଠିଲେ- “ଆଛା ଏତେ ସମୟ ଧରି ତୁମେ ଦୁଇଜଣ ପାଖାପାଖି ଜାକିଜୁକି ହୋଇ ବସିଲ, ତଥାପି ତୁମେ ତାଙ୍କ ଦେହର ରଙ୍ଗ ଓ କେଶକୁ ଠଉରେଇ ପାରିଲ ନାହିଁ ନା ଜାଣି ସିଆଣିଆ ହେଉଛ ବା” ? ଦିନେଶ କହିଲେ- “ନା ସେ କଥା ନୁହେଁ ଯେ ତଥାପି ମୁଁ ଆପଣଙ୍କ ମୁହଁରୁ ତାଙ୍କ ସମ୍ପର୍କରେ ସବିଶେଷ ତଥ୍ୟ ନେବାକୁ ଚାହୁଁଛି ଯେ ମୁଁ ଯହା ଯେପରି ଅନୁଭବ କରିଛି ଆପଣ ତାହା ଠିକ୍ ସେହିପରି ଦେଖୁଛନ୍ତି କି ନାହିଁ ।” ସୁର ବାବୁ ଟିକିଏ ଗୁମ୍ ହୋଇ ଗଲେ । ଦିନେଶ କହିଲେ - ରାଗି ଗଲେ କି ଭାଇ ! ସତ କଥା ହେଲା ମୁଁ ଟିକିଏ ଲାଜକୁଳା, ଆଉ ଝିଅମାନଙ୍କ ମୁହଁକୁ ସିଧା ସଳଖ ଦେଖି ପାରେ ନାହିଁ । ସୁର ଭାଇ ଏଥର ଆହୁରି ବିରକ୍ତ ହୋଇ କହିଲେ - “ହୋଉ ରସିକଲାଲ ଏଥର ବିଷଦ ଧାରାବିବରଣୀ ଶୁଣାଉଛି, ଶୁଣାନ୍ତୁ ! ଝିଅଟା ତନ୍ମୁ ପାତେଲା, ଡେଙ୍ଗୀ, କଟି ସରୁ, ସୁନା ନାକୀ, ଧବଳ ଗୌରୀ, ମୃଗ ନୟନା, ଲମ୍ବ କେଶୀ । ଏବେ ଖୁସି ତ” ?

ପୁଣି କଥାରେ ଟିକିଏ ବିରାମ ଟାଣି କହିଲେ- “ହେଲା ନା ଆହୁରି କିଛି ପଚାରିବେ” । ଦିନେଶ କହିଲେ - “ସବୁ କହିଲେ ଯେ ! ତେବେ ସେ କେଉଁ ରଙ୍ଗର ଡ୍ରେସ୍ ପିନ୍ଧିଥିଲେ ସେ କଥା କହିଲେ ନାହିଁ ଯେ” ! ସୁର ବାବୁ ଏଥର ରାଗି ନିଆଁ ବାଣ ହୋଇଗଲେ । କହିଲେ - “ସେ କେଉଁ ରଙ୍ଗର ଲୁଗା ପିନ୍ଧିଥିଲେ ତାହା ବି ତୁମକୁ ଦେଖାଗଲା ନାହିଁ ଯେ, ମୁଁ ବର୍ଣ୍ଣନା କରିବି । ତୁମେ ଅନ୍ଧ ନା ରସିକ ନାଗର” ? ଏ କଥା ସରିଲା ବେଳକୁ ମିନାର ଏକ୍ସପ୍ରେସ ଟ୍ରେନ ଆସିଯାଇଥିଲା । ଘୋଷଣା (announcement) ଶୁଣି ଯାତ୍ରୀମାନେ ଦୌଡ଼ାଦୌଡ଼ି ହେଲେ ଟ୍ରେନ ଚଢ଼ିବା ପାଇଁ । ଦିନେଶ ବି ଉଠିଲେ, ଅଣ୍ଟାଲା ଉଣ୍ଟୁଳି ହୋଇ ଟ୍ରେନ ମୁହଁ ଚାଲିଲେ । ବାଟରେ ହାବୁଡ଼ିପଡ଼ିଲେ ଯେ ପଡ଼ିଗଲେ, ତାଙ୍କ କଳା ଚଷମାଟା ତଳେ ପଡ଼ି ଯାଇଥିଲା । ସାଉଁଟି ଆଣି ସୁର ବାବୁ ତାଙ୍କୁ ପିନ୍ଧାଇ ଦେଉ ଦେଉ ଦେଖିଲେ ଯେ ଦିନେଶଙ୍କ ଦୁଇଟିଯାକ ଆଖି କଣା । କାରୁଣ୍ୟରେ ତାଙ୍କ ଅନ୍ତରାତ୍ମା ଶିକ୍ତ ହୋଇ ଉଠିଲା । ନୀରବରେ ଦିନେଶଙ୍କୁ ଟ୍ରେନ ପର୍ଯ୍ୟନ୍ତ ସହାୟତା ଦେଇ ସେ ଫେରି ଅସିଥିଲେ ନିଜ ବସିଥିବା ସ୍ଥାନକୁ । ସେଇଠି ସେ କେୟାଏ ସମୟ ସ୍ତବ୍ଧ ହୋଇ ରହି ଯାଇଥାନ୍ତି । ଦିନେଶଙ୍କୁ କରିଥିବା ତାତ୍ତ୍ୱିକ ପାଇଁ ମନେମନେ ଭଗବାନଙ୍କଠାରେ କ୍ଷମା ଯାଚନା କରୁଥାନ୍ତି । କହୁଥାନ୍ତି- “ଭଗବାନ ସମସ୍ତଙ୍କୁ ମନ ଦେଇଛନ୍ତି ହେଲେ ଆଖି ଦେଇ ନାହାନ୍ତି ସବୁକିଛି ଦେଖିବା ପାଇଁ ।”

5 TIPS TO PROTECT YOUR EYES FROM POLLUTION

Mr. Srikanta Mohapatra
Accounts Manager



1. Use protective glasses or shades

Every day, we come across people who use face masks to prevent pollution from damaging their respiratory system. So, as the face masks act for our lungs similarly, the glasses work for our eyes. Thus, we must always wear protective eyeglasses or sunglasses. Especially when we are commuting through an open vehicle, or have exposure to the harmful pollutants present in the air, it is essential that we keep our eyes covered with the help of sunglasses. Eyeshades protect your eyes from the harmful UV rays.

2. Do not rub your eyes

Exposure to the pollutants present in the air causes a sensation of irritation in the eye. However, we must never rub our eyes under the influence of that sensation. Rubbing the eye can further enhance the irritation and cause a burning sensation to the eye. Also, rubbing the eye with bare hands can cause infections due to transfer of germs.

3. Befriend your eye drops

The layer of moisture present against our cornea helps prevent our eye against dryness, itchiness, infectious germs, and harmful pollutants. You must always keep your eye drops handy. Using the eye drops at regular time-intervals helps in keeping the eye moist and healthy. Moreover, lubricating the eye 2-3 times a day helps in relaxing the eye muscles.

4. Use cold compressors and always stay hydrated

The inflammation caused to the eyes due to excessive exposure to pollution can be eased out with the help of cooling compressors. A general cool compressor such as a clean cloth soaked in cold water comes handy when you need to get rid of the itchiness and inflammation of the eye. Another thing is that you can also use some ice-cubes wrapped in a clean cotton cloth. Apply the cubes to your eyes, and it can work wonders to cure the burning sensation caused by pollution. Apart from that, drink a lot of fluids. Intake of water is best for the body and eyes. It not only keeps you hydrated but also flushes out harmful toxins and waste from the body.

5. Regular eye check-up is a must!

Do not overlook even a simple eye problem. [Regular eye check-ups](#) are a must to ensure the health of your eyes. Moreover, if the dryness in your eyes prevails for a long time and the remedies do not seem to provide comfort to your eyes, then you must consult an ophthalmologist immediately. This way, you are

going to be aware of the status of your eyes. Any disease or the onset of a disease can be diagnosed and treated on time before it gets severe. Levels of toxic air in metropolitan cities and surrounding areas are on the rise. We are exposed to inhale air which is full of harmful pollutants. You must have heard of smog. It is a dense layer of air which is formed when sunlight reacts to the gases (industrial emissions/car fumes) in the lower atmosphere. It is a common phenomenon in traffic-clogged cities and places where industries with high emissions are located. Smog can affect eyes, cause allergies and damage to the overall health of an individual. Smog irritates the nose, lungs, throat and eyes. It has the potential to cause damage to your breathing and respiratory system.

Let's understand the most common eye conditions caused by the air-pollution/smog:

- Burning sensation/discomfort
- Redness
- Swelling
- Soreness
- Watery eyes
- Tired eyes
- Itching sensation
- Eye allergy
- Dry eyes



GOD'S PRICELESS CREATION - "EYE"

Ms. Sibani Parida

NABH Assistant



Calm and tranquil night,
Everybody sleeps.
I too sleep with great ease,
After a while
I see in my wonderful vision that
I have excelled myself.
As a great human being
I smile, I swing, I cry, I roam around
And I sing in an ecstasy.
What a glorious moment it is!!
I consider it as my great vision,
I feel about my vision!!!
How beautiful this Earth is
For that my eye is the only reason!!!

My eye lids when open and close
It helps and protects my eyes.
Cornea that transparent, spherical,
Help light to enter the eye,
Then I can observe the mortals,
That iris with pupil in the middle,
Determine how much light let into eyes
It always works, never ideal,
Reflect the light by eye lens on retina,
That transmits to brain by optic nerve.
I thank Almighty for my eyes,
I can feel the beauty of a rose,
Whether same is crazy or shy!!!

THE TEAM AND THE TEAM LEADER

Mr. Sudhir Khatei

Store & Purchase Manager



We have all know group efforts is more effective than Individual effort. For that the development of an organization the team work is very important and essential. The team means- A group of people working together with combined efforts as a team for a common cause. Team work is the ability to work together towards a common cause. According to Henery Ford “ Coming together is a beginning, Keeping together is progress and Working together is Success.” The strength of the team is each individual and the strength of each member is the team. If everyone is moving forward together success takes care of itself.

T – Together

E- Everybody

A - Achieves

M - More



Do Not ever think there's no “I” in team.

Strategy of Team Members- The team member always understand “Who we are” ,”What we really stand for”, Where the institution is going”, “How we are going to get there,” and ”How each team member fit in this process.”The main goal and strategy of the team is development of the institution in ethical way.

Quality of Team Member- The team member always punctual, laborious, educated and loyal to the management. They must have accountable and reliable. Good relationship and well communication always required among the team member. Positive attitude and dedication towards the institution needed. Groupisim is the main enemy of the team.

TEAM LEADER – The team leader plays an important role in the day to day work of the institution and also running the team. According to Prestwood “ Leadership is a state of mind not a position.” A leader can be any one with significant talent, experience and capacity to rise and lead the team and institution also on his/ her strengths. The following quality needed for a good LEADER -:

L - Laborious

E – Educated

A – Accountable

D – Dedicated

E – Equable

R – Reliable

L- Loyal

E- Enthusiastic

A – Authorized

D – Democratic

E – Empowerment

R - Reasonable

L- Legitimate

E- Effective Communication

A – Acceptable

D – Dynamic

E – Empathetic

R – Righteous Relationship

The Skill and Ability of Team Leaders - The following ability and skill required for a effective Team Leader
1. The team leaders have good communication skill and team building ability. 2 . They must have punctuality and creativity ability. 3. They must have technical knowledge and planning skill. 4. They have problem solving capacity and managerial skill. 5. Self reliance and decision making ability also required. 6. They must have analytical skill, open minded and good consultation. 7. Motivation skill and stress management skill needed for team leaders.

Lastly we conclude that the teamwork is very essential in an organization for better output and a better bonding among employees. In an institution every employee is depend on his fellow employees to work together and contribute efficiently to the organization. It has been observed that the outcome comes out to be for better when employees work in a team with the leadership of the team leader rather than individual.

SUCCESS

Ms. Manisa Bhoi



To laugh often and much; To win the respect of intelligent people and the affection of children; To earn the appreciation of honest critics and endure the betrayal of false friends; To appreciate beauty; To find the best in others; To leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; To know even one life has breathed easier because you have lived; This is to have succeeded.

There are no scales to weigh success. Only a person living with peace, contentment, love and happiness knows he is successful!

Life

Life is beauty, admire it.

Life is a dream, realize it.

Life is a challenge, meet it.

“RAAHI” ON THE WAY IN 2026

Mr. Soumitree R.Swain
Accountant



The **RAAHI (National Truckers' Eye Health Programme)** is one of India's largest eye health initiatives dedicated to the commercial truck-driving community. Launched by [Sightsavers India](#) in late 2017, the program aims to reduce road accidents and improve the quality of life for drivers by addressing uncorrected refractive errors and other vision impairments. **JPM Rotary Eye Hospital & R.I.** associate with this programme in 2021 and successfully continue at Paradeep, Keonjhar and Dhenkanal districts of Odisha,

Core Objectives and Scope

- **Road Safety:** Aligns with the global **Vision Zero** strategy to eliminate traffic fatalities and the UN Sustainable Development Goal (SDG) 3.6 to halve deaths from road accidents.
- **Target Population:** Focuses on the approximately **9 million truck drivers** in India who transport 65% of the country's freight but often lack access to regular healthcare.
- **Geographic Coverage:** Operates across more than **54 locations** along major national highways, including the Golden Quadrilateral and the North-South-East-West (NSEW) corridors.

Operational Model

The program utilizes a "Hub and Spoke" approach to reach drivers on the move:

- **Static Vision Centres (Hubs):** Permanent "RAAHI Drishti Kendras" located in major transport hubs (e.g., Delhi, Mumbai, Chennai, Kolkata) for screening, refraction, and referrals.
- **Outreach Camps (Spokes):** Pop-up camps at truck terminals, highway eateries (dhabas), and fleet sites where drivers typically stop to rest.

Key Achievements and Innovations (2025 Updates)

- **1 Million Milestone:** As of early 2025, the program has successfully conducted over **1 million eye screenings**.
- **Spectacle Distribution:** More than **400,000 spectacles** have been dispensed. The introduction of **Ready-to-Clip (R2C) glasses** in 2021 allowed 93% of drivers to receive custom vision correction on the spot, eliminating the need for follow-up visits.

- **Technological Integration:** The **RAAHI App** uses GIS tracking and real-time data management to allow drivers to register at one location and collect glasses or receive follow-up care at any other RAAHI center along their route.
- **Expanded Services:** Beyond eye care, the program now includes blood pressure and BMI checks, as well as a **Financial Literacy Initiative** to help truckers manage savings and avoid debt.
- **Recognition:** In September 2025, RAAHI received the **FICCI Road Safety Award** for its contribution to reducing vision-induced road hazards.

Key Partners

The program is supported by various CSR partners and donors, including:

- **Cholamandalam** (Flagship partner)
- **EssilorLuxottica** (Eyeglasses partner)
- **RPG Foundation, PIAGGIO, Ray-Ban** and **CHEP India**



WHAT A TRUE FRIEND IS

Mrs. Saktimayee Dash, OCA



A true friend accepts who you are,
But also helps you become who you
Should be.

A true friend is who, at thousands of
Miles away but the telepathy
Among you are present.

A true friend is one who walks in
When the rest of the
World Walks out.

There are friends, there is family and then
there are friends that become family gradually.

A true friend is who has the strength of
Correcting you on your face
If you are wrong.



EYE CARE IN ANCIENT CIVILIZATION

Ms. Chandrika Das

Office Assistant



Major Surgical Procedures

- **Couching (Cataract Treatment):** This was the most famous ancient eye surgery, first documented in the **Sushruta Samhita** (India, c. 6th century BCE).
 - **The Technique:** A surgeon used a curved needle or thorn to push the clouded lens (cataract) down and back into the vitreous humor (the back of the eye) to clear the visual axis.
 - **The Result:** Vision was restored instantly, though it remained unfocused because the eye no longer had a lens to focus light.
- **Pterygium Surgery:** To treat fleshy growths on the eye, ancient surgeons used small hooks or thorns to lift the growth and then cut it away with a scalpel.
- **Eyelid Operations:** Procedures for **trichiasis** (inward-growing eyelashes) involved pulling the hairs or making incisions to reposition the lid, often using sutures made of horsehair or linen.

Medicinal & Herbal Treatments

- **Kohl and Ointments:** In Ancient Egypt, "Kohl" (made from galena or lead sulfide) was applied not just for beauty but to repel flies that transmitted trachoma.
- **Night Blindness:** Ancient Egyptians, Babylonians, and Greeks discovered that eating or topically applying **animal liver** (from oxen, goats, or fish) cured night blindness. We now

know this worked because liver is a concentrated source of **Vitamin A**.

- **Natural Ingredients:** Pharmacopoeias included substances like honey, breast milk, copper solutions, and even tortoise brain or crocodile dung to treat infections and inflammation.

Specialized Ancient Instruments

- **Needles and Probes:** Surgical tools were made of copper, bronze, or even gold and iron.
- **Syringes:** By the late ancient/early medieval period, Islamic physicians like **Ammar ibn Ali al-Mawsili** invented hollow metal needles to remove cataracts via **suction** rather than just pushing them aside.

Diagnostic and Ethical Frameworks

- **The Code of Hammurabi (Babylon):** This legal code established high stakes for eye doctors. A successful surgery earned a fee (e.g., 10 shekels), but a failed surgery that blinded a man could result in the surgeon's **hand being cut off**.
- **Ayurvedic Classification:** The **Sushruta Samhita** classified **76 varieties of eye diseases**, 51 of which were considered surgical.
- **Anatomical Theories:** Early Greek physicians like **Alcmaeon** and **Aristotle** performed some of the first animal eye dissections to understand the eye's layers, though they mistakenly believed a "visual fluid" flowed through tubes to the brain.

MOUNT KAILASH AND MYSTERIES RELATED TO IT

Mrs. Shree Dash
OPD, Manager



Mount Kailash is located in western Tibet. At an elevation of 656 meters above sea level, Mt. Kailash is not a high mountain in Tibet. But it's been worshipped as a famous sacred site by countless people of Buddhism, Bon, Hinduism, and nam, Hinduism believes that the mountain is the residence of Shiva and the center of the world Mt Kailash is a nine-story swastika mountain that is the seat of spiritual power, So this spintual mountain is actually the center of the world and a holy place of many sects. The miriches at Kalesh Mansarovar have been constantly heard, speculated, talked about and evert Investigated but so far there is no conclusion. Here we have collected 15 secrets, mystoomszo acts of Mount Kacash

1. Kailash Mountain Is Unctimbable: Mount Kailash's height is 6.666 meters above sea level. It is not the tallest mountain in the Tibetan areas. However, no one has climbed to the Mount Kailash summit. The ancient legend claimed that only Milarepa, a Buddhist monk, had peaked Mount Kailash
2. The Climbers Mysterious Death: A team of scientists who intended to climb to the top of Mount Kailash finally gave up on the advice of a Tibetan Lama Four of the climbers still died within a year or two. It is said that climbing Mount Kailash will offend the gods
3. The Cross Mark Proved the Existence of Religious Masters. A groove and a gouge form a giant cross mark on the mountain The groove around the waist of Mount Kallash is said to be the trail left by the serpent coiled around Shiva's neck
4. Kailash Peak Is a Pyramid: The top of Mt. Kalash looks like a pyramid Scientists have discovered that the top of Mt. Kailash is actually a man-made vacuum pyramid, it is surrounded by more than 100 other small pyramids. According to preliminary estimates, the direct height of the pyramid complex is between 100 and 1,800 meters, while the Egyptian pyramid is only 146 meters. If true, it would be larger than any known pyramid today
5. Supernatural Energy Created Mt. Kailash: The Kailash Pyramids miracle was probably built by an advanced civilization that understood the subtle laws of energy (the twist field) and how to control energy and time.
6. Google Maps Show The Center Location of Mt. Kailash: Mount Kailash is the center of the world. Kailash Mountain is considered the axis of the universe, the center of the world, the pillar of the world. It is the place where the earth connects with heaven. As you can see from Google Maps, the distance from Stonehenge in the UK to Mt Kailasti is 6,666 kilometers, which is also the distance from Kailash Range to

the North Pole. The distance from Mt Kailash to the South Pole is 13,332 kilometers, which is exactly twice the distance to the North Pole or Stonehenge.

7. Mt Kailash Is Also the Energy Ceriter of the Earth Mt Kailash is the center of a worldwide system that connects mystical sites and energy sites from around the world, including the Pyramids of Egypt, the Pyramids of Mexico, Easter Island, Stonehenge, and the North Pole.... which constitute the global energy grid system.
8. Kailash Range Area Will Accelerated Aging: Some scientists believe that the Kailash range is a vortex of energy that lifts the body and mind. It is said that people who spend 12 hours in the vicinity of Kailash experience accelerated hair and fingernail growth, which is equivalent to two weeks of normal time
9. Mount Kailash Is The Prototype of Mount Meru: The World Center Recorded in Hinduism and Buddhism.
10. Mansarovar Lake & Lake Rakshastal Represent Yin-Yang Rakshastal (left) and Mansarovar (right) lie at the foot of the southern face of Mount Kailash There are two lakes at the foot of Mount Kailash. Mansarovar Lake was originally created in the Hindu god's thoughts and then visualized on the earth. This holy lake is a freshwater lake, whereas the Rakshas Tal Lake, which is separated by only one way, is a saltwater lake known as a ghost lake. One shapes like the sun, and the other shapes like the moort
11. Mount Kailash's Satellite View Shows That The Shadow Side of The Kailash Himalaya is Like Shiva's Face. Smiling. The satellite view shows the face of Lord Shiva on Kailash Mountain
12. Kailash Parvat Mystory. OM (3) is definitely God's sigillus in the Himalayas Viewing from the south of the ridge you can see the Kailash Parvat's OM (3P) symbol. The huge ice trough and horizontal rock formations from the top of the mountain constitute this symbol.
13. Lord Shiva and Rishabhanatha Store Their Knowledge at Kailash Himalaya. When we say that Mount Kailash is the residence of Lord Shiva, it does not mean that Lord Shiva was seen in the Himalayas or hiding in the mountains, but that he stores the knowledge of enlightenment there in a specific form of energy. Similarly, Buddhists say that their three main bodhisattvas Guanyin Bodhisattva. Vajrasattva Bodhisattva, and Manjushri Bodhisattva all live in Mt. Kailash, while Jains say that their first ancestor Rishabhanatha also lives there. This does not mean that they actually live there, but that they store the knowledge and truth of enlightenment there.
14. Four Asia Rivers Source from Kailash Mansarovar: Kailash Himalaya and Lake Manasarovar nearby give birth to the Indus River, Ganges, Sutlej River, and Brahmaputra in Asia. Originating from there, the four rivers set off at the same time but flowed in different directions After traveling tens of thousands of miles, they went to the same destination the Indian Ocean
15. Kailash Range Area Exists Underground Cities. There am wo dungeons in the area around Kailash, Shambhala and Agartha. They are two branches of human civilization These two advanced civilizations come from the Gobi Desert and the Himalayas, respectively.

THE EYE THAT REMEMBERED

Mr. Sashikanta Das
Chief Ophthalmic Officer



The old house at the edge of the river had one window. That is what people said about the house at the edge of the river. Some claimed that the old house was built intentionally that way. The purpose was to look out not to be looked at. There was some kind of presence in that window of the house at the edge of the river. The old house, had an eye living in that window.

That was what Rohan felt on the night he stayed at that place. Rohan had a lot of feelings that night. The night Rohan stayed there was really something.

He came to the village to make a list of houses that people had forgotten about for a project about the past. The house did not belong to anyone now. The person who used to own the house was a schoolteacher named Harinath Sen. He died a long time ago and he was all alone when he died. There was nobody to leave the house to. Nobody ever came to visit. The door was locked the bed was covered in dust. There was a window that looked out at the slow moving brown river. The house was really quiet and still like the river. The heritage project was trying to remember homes, like the house

that belonged to Harinath Sen.

When it got dark outside Rohan saw something. The glass was shining when there were no lights on in the room. It felt like the window was looking at Rohan. The window seemed to be watching Rohan all the time. He laughed it off. He said to himself that it was fatigue. At night time the eye opened up. It was the eye that opened.

The eye was not real. It was not made of flesh and blood. The eye was made of shadow. A little bit of pale light. The eye floated behind the glass. The eye did not blink all. The eye did not move a little. The eye just watched the world. The eye was still and it just kept watching.

Rohan sat up in bed. His heart was pounding really fast. He rubbed his eyes. Then he looked again at the thing that was, in front of him. The eye was still there. He said quietly "Who is there?"

The eye did not say anything. The room was suddenly filled with memories. These memories were not the mans memories. They were someone Memories and they were all over the room. The eye

just stayed quiet. The memories of someone else kept filling the room. The mans memories were not there only the memories of someone were, in the room.

He saw a young boy standing by the river. The boy was barefoot. Holding a slate. The boys father had always told him that he should study well. The fathers voice kept echoing in the boys mind: Study the boys father said. Knowledge is, like being able to see the fathers voice said. Knowledge is sight the fathers voice echoed. The boy's eyes were bright, hungry for the world. Then the vision changed.

Harinath Sen was a boy more. He was a teacher now. His classroom was really small. His eyes were full of life. Harinath Sen looked at his students. He did not see them as kids sitting in benches. He saw the people they would become someday. Their futures. When the students gave answers Harinath Sen corrected them in a very gentle way. When they did not say anything Harinath Sen just waited for them to speak up. An eye must see beyond the mistakes that people make the voice of that person seemed to say. The voice was saying that an eye must look past the mistakes. The vision got dark again.

A big group of people were standing there. They were all really angry. You could see it on their faces. They were yelling about things that were not true and things that were true. They were talking about the government. Who was, at fault. Harinath was standing in front of the school. He did not want to sign a piece of paper that said something was true when it was really not. People started throwing stones. The first stone hit Harinath in the eye. Blood. Pain. Darkness.

Rohan was really shocked. He fell back on the bed. The eye that was looking in through the window started to shake. It blinked for the first time. Rohan whispered that you are remembering. The eye blinked again. The eye showed him more things every single night. It just kept on showing him things night after night. The eye showed him more.

Harinath is sitting by himself he is blind in one eye. He is still teaching. The children are growing up. They are leaving the village. The school is closing down. Now there is silence, around Harinath. It is filling up his days. Harinath is still teaching,. The school is really closing.

The last memory was the hardest. Harinath is a man now and he is very weak. He. Stares out of the same window every day. His one good eye is filled with a wish. He does not wish for people to be around him. What Harinath wishes for is someone to really see him. He wants someone to know that Harinath stood up for what's right even when it took everything away, from him. Harinath wants to be remembered for standing up for the truth.

The man died. He was gone the person had passed away the man had really died. The eye was still there. On the morning Rohan packed his bags. Rohan stood before the window. Looked outside. The morning was really quiet. Rohan was thinking about something. The man said this to me in a quiet voice. I see you he said softly. He also told me that he will tell my story. The man said he will tell the

story, about me. The eye shimmered. Then sunlight came through the glass. The window just looked like a normal window. The eye was not there anymore. The window was a window now because the eye had disappeared. Months later an article came out. This article was a teacher that people had forgotten. The teacher had lost one of his eyes. He never lost the teacher vision. The school, in the village was opened again. It was named after the teacher.

The children were laughing again by the river. They really loved playing, by the river. The children. Played some more by the river. When Rohan came to visit he would get this feeling. It was like someone was watching him. It did not scare him. Rohan felt happy about it. He felt like Rohan was being taken care of. Rohan felt grateful, for that. An eye is not just for looking. The eye does a lot of things like helping us see the world around us. It is a part of our face. An eye is very important to us. It does more than just look at things. We use the eye to see everything and without the eye we would not be able to see the world. The eye is a special thing and it is not just for looking at things the eye is, for seeing and understanding the world around us and the eye helps us to do that. Sometimes it exists to remember and to be remembered.

TRUST YOURSELF

Rajalaxmi Mohanty

OCA



A man always waited for luck. he believed success would come one day, but nothing changed. One morning, he read, "Luck is not in your hands, but decisions are in your hands. Your decisions can make your future, but luck can not."

These words stayed in his mind. A man took a bold step and started a small business. It was not easy, but his decision brought results. He learned one thing : Don't wait for luck. Make your own decision and always trust yourself.

ପୁରୁଷର ରୋଜଗାର / ଅବହେଳିତ ପୁରୁଷ

ବିବେକାନନ୍ଦ ଦଳେଇ



ସେଦିନ ମୁଁ କାମ ସାରି ଅଫିସରୁ ଫେରି ଥିବା ମାରି ବସି ପଡ଼ିଲି । ବୋଉକୁ କହିଲି ପାଣି ଢାଳେ ଆଣିଲୁ । ପାଣି ଟିକେ ପିଇ ବସିଲି । ମୋର କର୍ମ ଭଲ ତ ମୁଁ ଭଲ । ଏମିତି ଅନେକ ଦିନ ବିତିଗଲା ହଠାତ୍ ମୋର ଦେହ ଅସୁସ୍ଥ ହୋଇପଡ଼ିଲା । ନା କାମ କରିପାରିଲି ନା ଠିକ୍‌ସେ ଠିଆ ହୋଇପାରିଲି । ଖଣ୍ଡେ ଛିଣ୍ଡା ସଥପରେ ପଡ଼ିଥାଏ ମୁଁ । ଲକ୍ଷ୍ୟ କଲି ଧୀରେଧୀରେ ମୋର ପୂରା ପରିବାର ମୋ ପ୍ରତି କଠୋର ବ୍ୟବହାର କରିବାକୁ ଲାଗିଲେ ଆଉ ଯଦି କାହାକୁ କହେ ସମସ୍ତେ ଚିଡ଼ିଚିଡ଼ି ହୁଅନ୍ତି ।

ବିଚରା ମୁଁ ସଥପ ଉପରେ ଶୋଇଶୋଇ ଭାବୁଥାଏ ପୁରୁଣା ଦିନ, ଯେତେବେଳେ ମୁଁ ରୋଜଗାର କରି ଘରକୁ ଆଣୁଥିଲି ସମସ୍ତେ ଖୁସି ହେଉଥିଲେ ଆଉ ମିଠାମିଠା କଥା ବି କହୁଥିଲେ । ଏମିତି କଥା ଭାବିଭାବି ମୋ ଆଖି ଛଳଛଳ ହୋଇଗଲା ।

ମୁଁ ବୁଝିଯାଇଥିଲି ଗୋଟିଏ ପୁରୁଷ ଜୀବନରେ ରୋଜଗାରର ମୂଲ୍ୟ । କିଛିଦିନ ପରେ ମୋ ଦେହ ସୁସ୍ଥ ହେଲା । କାମ ମଧ୍ୟ କରିଲି, ଏଥର ପୂରା ପରିବାର ସେଇ ପୁରୁଣା ମିଠା କଥା କହିବାକୁ ଲାଗିଲେ କିନ୍ତୁ ମୁଁ ଏଥର ବୁଝିଯାଇଥିଲି ଯେ ‘ଆମେ ପଶୁ, ଯାବେ ପଶୁ, ବାବୁ ପଶୁରାମ, ପୈସା କ୍ୟା ନକରେ କାମ’ ।

ଏମିତି ନିରୋଳାରେ ମୁଁ ଗଛ ଛାଇତଳେ ବସି ଭାବୁଥାଏ ଗୋଟିଏ ପୁରୁଷ ପୂରା ପରିବାର ଚଳାଏ, ହେଲେ କେବେ କାହାକୁ ଅଭିଯୋଗ କରେନାହିଁ । ହେଲେ ତା’ ମନ ଭିତର କଥା କିଏ ବୁଝେ ? ଅନେକ ପୁରୁଷ ଆଜି ବି ମାନସିକ ଆତ୍ମାତ ପାଆନ୍ତି, ନିଜ ପରିବାର, ନିଜ ପ୍ରିୟଜନଠାରୁ ଦୁଃଖ ପାଇ ନିଜ ଭିତରେ ଚାପି ରଖି ପୁଣି ନୂଆ ଆଶା

ନେଇ କର୍ମ ପଥରେ ବାହାରି ପଡ଼ନ୍ତି । ପୁରୁଷ ରୋଜଗାରରେ ସମସ୍ତେ ଖୁସିରେ ଚଳନ୍ତି, ହେଲେ ସେ ପୁରୁଷ ମନରେ କଷ୍ଟ ବୁଝେ କିଏ ?

ହଁ ମୁଁ କହିବି ପୁରୁଷ ବି କାନ୍ଦେ ହେଲେ ସେ କାନ୍ଦର ଶବ୍ଦ କାହା ପାଖରେ ବି ପହଞ୍ଚି ପାରେନାହିଁ । ପୁରୁଷ ଜୀବ ଜିଇଁବା ଏତେ ସହଜ ନୁହେଁ । ସବୁ ପ୍ରକାର ଚିନ୍ତା ଭିତରେ ବି ସେମାନେ ହସନ୍ତି । ନିଜ ପରିବାର ପାଇଁ ନିଜ ଜୀବନରୁ ପାଣି ଛଡ଼େଇ ପରିବାରଠାରୁ ବହୁ ଦୂରରେ ଖଟନ୍ତି । ବାସ୍, ସେମାନେ ବଦଳରେ ଭଲପାଇବା ଆଶା କରନ୍ତି । କିନ୍ତୁ ବଦଳରେ ମିଳେ ମାନସିକ ଅଶାନ୍ତି, ଆତ୍ମାତ, ନିନ୍ଦା, ଅପବାଦ ।

ଏହି ଲେଖା ମାଧ୍ୟମରେ ସବୁ ବାପା, ମା’, ସ୍ତ୍ରୀ, ପିଲା, ଭାଇ ଓ ଭଉଣୀମାନଙ୍କୁ ଅନୁରୋଧ କିଛି ଦିଅ ବା ନଦିଅ ଏଇ ପୁରୁଷକୁ ଟିକେ ସମ୍ମାନ ଦିଅ । ଯଦି ସେମାନେ ନ ଖଟିବେ ଘରେ ଚୁଲି ଜଳିବ ନାହିଁ । ଗୋଟିଏ ପୁରୁଷର ଅନେକ ତ୍ୟାଗ ଥାଏ ହେଲେ କେହି କେବେ ବୁଝନ୍ତି ନାହିଁ । ସମସ୍ତେ ଭାବିନେଇଛନ୍ତି ପୁରୁଷ ବହୁତ କଠୋର, ପଥର ହୃଦୟ କିନ୍ତୁ ମୋ ମତରେ ଦୁନିଆର ସବୁଠାରୁ ସରଳ ମଣିଷ ଗୋଟିଏ ପୁରୁଷ ।

ଏହି ଲେଖା କୋଉ ନାରୀର ନୁହେଁ, ମୁଁ ଜଣେ ପୁରୁଷ ହିଁ ଲେଖୁଛି । ଗୋଟିଏ ନାରୀ ବା ପୁରୁଷ ବିନା ପରିବାର ଅଧୁରା । ଯିଏ ବୁଝିଲା ଖୁସି ନ ହେଲେ ଜୀବନ ନର୍କ ଭଳି ଲାଗିବ ।



ମୋ ବୋଉ

ମଧୁସୂତା ମଲ୍ଲିକ

ମୋ ବୋଉ କିଏ ହେବ ତୋ ପରି ଆଉ
ଯେତେ ଦୂର ରାଗିଲେ ଯେତେ ବି ରୁଷିଲେ
ଡାକିଦେଲେ ଓ କହୁ,
ମୋ ବୋଉ....

ମୋ ବୋଉ
ମୋ ଆଖିରେ ଚିକେ ଲୁହ ଦୁ ଦେଖିଲେ
ତୋ ଦିନ କାନ୍ଦି ସାରି ଦେଉ
ମୋ ବୋଉ....

ମୋ ଖୁସି ପାଇଁ ନିଜ ଖୁସି ଭୁଲି
ସବୁ ଲୁହ ପି' ଯାଉ
ମୋ ବୋଉ....

ଖୁସିରେ ରହିବି ଜୀବନ ସାରା ମୁଁ
ବଡ଼େ ଦେଲୁ ବାହା
ମୋ ଖୁସିରେ କାହା ନଜର ଲାଗିଲା
ଦଇବ ଦେଲାନ୍ତି ସାହା
ନିଜ ପେଟ କାଟି ଖରାରେ ଯେ ଖଟି
ବାପା ମୋର କଲେ ବନ୍ଧୁ
ଝିଅ ଦୁଃଖ ବୁଝି ବୁଝି
ତାଙ୍କ ଦିନ ଗଲା କାନ୍ଦୁକାନ୍ଦୁ
ମୋ ବୋଉ...

ସବୁବେଳେ ତୋ ହାତ ମୋ ମଥାରେ ଥାଉ
ଏ ଜୀବନ ଯୁଦ୍ଧରେ
ତୋ ଝିଅ କେମିତି ହାରି ନଯାଉ
ମୋ ବୋଉ... ॥



ମା'

ରାଜେଶ୍ୱରୀ ସାହୁ

ସଭିଏଁ କହନ୍ତି ମାଆ ମାଆ ବୋଲି
ମାଆ କଥା କିଏ ବୁଝେ ।
ସୁଆଦିଆ ଜିନିଷ ଖାଇବା ବେଳକୁ
ମାଆକୁ କିଏ ବା ଖୋଜେ ॥
ନିଜେ ପିନ୍ଧୁ ପରା ଦାମିକା ପୋଷାକ
ମା' ପିନ୍ଧେ ଚିରା କନା ।
ଆମେ ଶୋଇଯାଉ ପଲଙ୍କ ଗଦିରେ
ମା' ଶୁଏ ଭୂଇଁ ସିନା ॥
କେତେ କଟୁ କଥା କହିଲୁ ମା'କୁ
ମାରିଛୁ ଗୋଇଠା ମାଡ଼ ।
କେବେ ବି ଭାବିଛୁ ଏହି ବୟସେ
ମା' ସବୁଠାରୁ ବଡ଼ ॥
ଭୁଲ୍ କଲେ ଆମେ ଆମ ଉପରେ
ବାପା ଯେ ରାଗନ୍ତି କେତେ ।
ବାପାଙ୍କୁ ବୁଝାଇ ମା' ଯେ ପାଆନ୍ତି
ଦୁଃଖ ଦୁର୍ଦ୍ଦଶା ଯେତେ ॥
ପେଟେ ଓଦାକନା ଦେଇ ସିଏ ଶୁଏ
ଖାଏ ଲୁଣ ଖଟା ଭାତ ।
ଆମ ପାଇଁ ରାନ୍ଧେ ଆମ ପାଇଁ କାନ୍ଦେ
କିଏ ବା ଭାବୁଛି ସତେ ॥



ମା'

ମିତାଞ୍ଜଳି ସାମଲ

କରୁଣାର ଧସ୍ତାମାଳାକୁ ଭରିଦିଅ ସବୁରି ହସ୍ତରେ
ଅଳିପୁର ପାଉଁଶ ଶାମୁକା ଭଳି
ମମତାର ଚାବିକାଠି କ'ଣ ପାଇଁ
ଛପାଇ ରଖିଛ ତୁମରି ପାଖରେ
ଆକୁଳ ନୟନରେ ତୁମକୁ ମୁଁ ଅପେକ୍ଷା କରିଛି
ଦେଖାଦିଅ ତୁମରି ପ୍ରକୃତ ପ୍ରତିମୂର୍ତ୍ତିରେ
ନିଶ୍ଚଳ ରୂପକୁ
ସାହସର ଧର୍ଯ୍ୟ ଭରିଦିଅ ମୋହରି
ହୃଦୟ ସ୍ବଦନରେ
ଡରିବାର ନିରବତାକୁ ମୁଁ ଭୁଲିଯିବି
ମୋତେ ଆଶୀର୍ବାଦ ଦିଅ ମୁଁ
ତୁମକୁ ତୁମର ପାଇଁ
ସାରା ଜୀବନକୁ ଅର୍ପିଦେବାକୁ
କରୁଣାମୟୀ ମା' ମୋର ।



ସ୍ତ୍ରୀ

ଶୁଭଦର୍ଶିନୀ ଦାଶ

ହଁ ସେ ସ୍ତ୍ରୀ
ତା' ଜୀବନ ଏକ ଠିକଣା ନଥିବା ପଥ
ତଥାପି ସେ ବାଟୋଇ
କେବେ ଆସେ ଖୁସିର ବାଦଲ
ମନଭରି ଭିଜାଏ ବର୍ଷା ହେଇ
କେବେ ପୁଣି ଆସେ ଅମାବାସ୍ୟାର କଳାଛାଇ
ଦେଇଥିବା ଖୁସିର ଦୁର୍ଗୁଣା
ନେଇଯାଏ ତା'ଠୁ ଉଠେଇ ।

ହଁ ସେ ସ୍ତ୍ରୀ
କହିବାକୁ ଥାଏ ଅନେକ କଥା
ହେଲେ ସେ ପାରେନା କାହାକୁ କହି
କାରଣ ନିଜର କହିବାକୁ ତ ବହୁତ ଅଛନ୍ତି
ହେଲେ ତାକୁ ନିଜର କରିବାକୁ କେହି ନାହିଁ ।

ହଁ ସେ ସ୍ତ୍ରୀ
ଉଦାସ ଆଖିରେ ଦାୟିକତା
ଏଇ ତ ତା' ଜୀବନର ମୂଲ୍ୟ
ମୃତ ମନକୁ ଘୋଡ଼ାଇବା ପାଇଁ
ନିରୋଳା ରାତିର କିଟିମିଟି ଅନ୍ଧାରରେ
ମନଭରି ସେ କାନ୍ଦିପକାଏ ଡକିଆ ଭିଜେଇ ।

ହଁ ସେ ସ୍ତ୍ରୀ
ସତରେ ଆଜି ସେ ବସ୍ତୁର ବିହୀନା
ପ୍ରତାରଣା ଖାଇଖାଇ
ତେଣୁ ଶ୍ରେୟକର ତାର ମୁଖା
ସ୍ବାର୍ଥପର ଏ ଦୁନିଆ ପାଇଁ ।