

Government of Sikkim, Greater Lions Eye Hospital, and Cure Blindness Project Launch Elimination of Avoidable Blindness Program in Sikkim



The Department of Health & Family Welfare, Government of Sikkim, on Tuesday launched a statewide Elimination of Avoidable Blindness Programme in partnership with Greater Lions Eye Hospital and Cure Blindness Project. Inaugurated at the Tashiling

Secretariat by Health Secretary Shri Tshewang Gyachho, IAS, the three-year initiative aims to reduce the cataract backlog and strengthen access to quality eye care across all districts. The programme will adopt a system-based approach, moving away from ad-hoc camps toward structured surgical services with proper follow-up and outcome monitoring. Community-level screening and referrals will be enhanced through trained ASHAs, while ophthalmic assistants and optometrists will receive capacity-building support to improve primary eye care delivery. Officials said the initiative will focus not only on cataract but also on refractive errors, glaucoma and diabetic retinopathy, with an emphasis on early detection, standardized referrals and integrated service delivery within the public health system.

Successful Laparoscopic Surgery at Star Hospital Sets New Benchmark



remarkable recovery. She was discharged within just two days of the surgery, highlighting the effectiveness of the minimally invasive approach and the hospital's comprehensive post-operative care protocol. Equipped with modern medical infrastructure, state-of-the-art technology, trained nursing staff, and a dedicated multidisciplinary team, Star Hospital continues to set new standards in quality healthcare delivery across the region. The institution's commitment to clinical excellence and compassionate patient care remains a key driving force behind its growing trust and recognition in North Bengal.

Star Hospital, located at Teenbatti More in Siliguri, continues to strengthen its reputation as a leading healthcare provider in North Bengal by delivering advanced and patient-centric medical services. The hospital recently achieved another significant milestone by successfully treating a complex uterine condition through a minimally invasive laparoscopic procedure. The patient, Rita Prasad (name changed), a resident of Jaigaon, had been suffering from a complicated uterine disorder that required surgical intervention. After thorough clinical evaluation and diagnostic assessment, the medical team opted for a Total Laparoscopic Hysterectomy (TLH), a

modern surgical technique known for reduced postoperative complications and faster recovery. The surgery was performed by the hospital's experienced gynecologist, Dr. Tamami Chowdhury, along with her skilled surgical team. Utilizing advanced laparoscopic equipment and precision-guided technology, the team conducted the procedure without any major abdominal incision, ensuring minimal trauma and significantly reduced postoperative discomfort. The operation was completed successfully, and the patient showed

Empathy-Centric Workshop Held at Anandaloke Heritage School

A professional development workshop titled "Recognizing Empathy as a Core Driver of Schools" was conducted at Anandaloke Heritage School, with over 50 participants including school teachers, college educators, and professionals from education and social development sectors. The session was led by noted behavioural scientist and Academic Director Dr. Debarshi Roy, who highlighted empathy as a foundational force shaping learning outcomes, institutional culture, and psychological safety in schools. He described schools as complex behavioural ecosystems where academic achievement must be integrated with emotional understanding. Effective teaching, he emphasized, requires educators to move beyond instruction to genuinely understanding students. The workshop examined global trends indicating a gradual shift from stress-driven, performance-centric education models toward empathy-based frameworks that promote resilience, collaboration, and intrinsic motivation, while also supporting teacher well-being. Interactive discussions encouraged

participants to reflect on how emotional awareness influences discipline, communication, and student engagement. The event also reflected the educational philosophy of Anandaloke Heritage School, an emerging K-12 institution in Siliguri with a 28-acre green campus, committed to combining academic excellence with emotional security and care. Participants described the workshop as timely and insightful, reaffirming that empathy is not an optional addition but a central driver of sustainable and meaningful school development.



Experts Dispel Common Myths Surrounding Kidney Transplantation

Kidney transplantation, considered one of the most effective treatments for end-stage renal disease, continues to be surrounded by misconceptions that often delay timely medical decisions. Dr. Sutanay Bhattacharyya, a specialist in renal care, recently addressed several common myths associated with the procedure. Contrary to popular belief, transplantation is not merely a "last resort" after dialysis fails. Medical evidence suggests that preemptive transplantation—before starting dialysis—often leads to better long-term survival and improved quality of life. Age, too, is not a strict barrier. Doctors confirm that overall medical fitness is more important than numerical age, and successful transplants have been performed on patients in their 60s and 70s. Experts clarify that a transplant is a treatment, not a cure.

after waiting one to two years post-surgery. On the donor side, fears about reduced lifespan or long-term weakness are largely unfounded. Healthy donors generally live normal lives, and the remaining kidney compensates effectively. Donation is not limited to blood relatives; unrelated individuals can also donate through compatible matching or exchange programs. Although the initial cost of transplant surgery may be high, doctors note that it is more economical in the long run compared to lifelong dialysis. Medical professionals urge patients to rely on scientific guidance rather than myths when considering kidney transplantation.



Recipients must take lifelong immunosuppressant medication to prevent rejection. However, advancements in medical science have significantly improved outcomes, with one-year survival rates now reaching around 95 percent. Women can also have successful pregnancies after transplantation, typically



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Cosmos Global Preschool Is Providing Quality Early Education In Siliguri.

Cosmos Global Preschool has earned a strong reputation in the field of early childhood education in Siliguri. With three branches located in Salbari, Punjabipara, and Salugara, the preschool has become a preferred choice for parents seeking a structured and nurturing environment for their children's formative years. The institution is ISO certified, reflecting its commitment to maintaining defined standards in academics, safety measures, and overall management systems. This structured framework ensures that children learn in a well-organized, secure, and professionally managed setting, giving parents added confidence and peace of mind. Cosmos Global Preschool follows a joyful, activity-based learning

model where education extends beyond textbooks. Through storytelling, art and craft, music, play-based activities, and interactive classroom sessions, children are encouraged to explore, communicate, and express themselves freely. The curriculum is designed to support cognitive, emotional, and social development alongside academic readiness. A key strength of the preschool is its low teacher-student ratio, allowing educators to provide personalized attention and closely monitor each child's progress. The child-friendly infrastructure, emphasis on hygiene, and focus on holistic development together make Cosmos Global Preschool a growing pillar in Siliguri's early education landscape.





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TLH, a New Era in Gynaecological Care by Dr. Tamami Chowdhury

A hysterectomy once meant weeks of bed rest, visible scars, and a long, painful recovery. Total Laparoscopic Hysterectomy (TLH) is transforming women's healthcare offering faster healing, minimal pain, and a quicker return to normal life.

■ What is TLH?

Total Laparoscopic Hysterectomy (TLH) is a modern keyhole surgery technique where:

- Tiny 0.5-1 cm incisions are made
- A high-definition camera (laparoscope) guides the procedure
- Uterus and cervix removed through vagina

■ Why Choose TLH?

- Faster Recovery – Resume daily activities within 2-4 weeks
- Less Pain & Minimal Scarring – Smaller cuts, better cosmetic results
- Shorter Hospital Stay – Discharge within 24-48 hours in most cases

■ When is TLH Recommended?

- Uterine Fibroids
- Endometriosis or Adenomyosis
- Heavy or Abnormal Uterine Bleeding
- Early-stage Endometrial or Cervical Cancer

Take the Right Step for Your Health

If your doctor has recommended a hysterectomy, it is worth asking whether a total laparoscopic approach is right for you.

If you want to know more, contact us or visit Siliguri Star Hospital.



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