



TEJ KOHLI & RUIT
FOUNDATION

Impact Report

2021/22





Foreword

The Tej Kohli & Ruit Foundation empowers individuals and families within remote and impoverished communities in the developing world. By 2030 we hope to provide free treatment interventions to cure between 300,000 and 500,000 people of cataract blindness and severe visual Impairment.

The Tej Kohli & Ruit Foundation is fully aligned with the objectives of the #2030InSight strategic plan to end avoidable sight loss worldwide whilst making a major contribution to the #1 United Nations Sustainable Development Goal to “end poverty in all its forms everywhere.”

Extreme poverty and needless blindness are a cause and a function of one another. The only way to break the cycle is by making direct interventions to prevent and to cure blindness in the low-income and impoverished communities where it is highly prevalent.

We have spent our inaugural year tackling blindness and its associated social and economic issues in low-income countries such as Nepal, where we have been supporting communities by making high-volume grassroots interventions to cure blindness and visual impairment.

Within one year of the launch of the Tej Kohli & Ruit Foundation we have been able to screen 28,094 patients and to cure 13,659 of blindness.

We have made great strides of progress and now we are confidently reaching out even deeper into poor, marginalised and disenfranchised communities.

But there is also still a lot of work to do as we progress further with our mission and accelerate our efforts toward 2030.

The Tej Kohli & Ruit Foundation is a restricted fund operating under the auspices of Prism the Gift Fund, registered UK charity number 1099682.





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Who We Are

The Tej Kohli & Ruit Foundation is an NGO co-founded by Dr. Sanduk Ruit and Mr Tej Kohli, who are united in their mission to create a lasting legacy of social and economic change in poor and underserved communities.

This is to be achieved by screening 1,000,000 people and curing 300,000 to 500,000 of cataract blindness by 2030.

From 2022 onwards, the Tej Kohli and Ruit Foundation has plans to dispatch outreach teams on missions to deliver free cataract surgeries in territories such as Bhutan, Northern India, Indonesia, Laos, Myanmar, Tanzania, Ghana and Ethiopia.

Each mission will see the Tej Kohli & Ruit Foundation create community eye treatment camps to treat hundreds of people for free.

Some Facts About Blindness

According to The World Health Organisation (WHO), over 2.2 billion people in the world suffer with some form of visual impairment. Nearly half of these people (1B) who suffer with loss of vision/blindness could have avoided it. Needless blindness is most prominent in low-income and developing countries.



Lack of food, clean water, sanitation and healthcare are all leading factors in the cause of blindness. Very often, when a family member becomes blind, it also affects other members of their household. Caregivers within their family must forfeit paid jobs to take care of a blind person at home, further affecting a family's restricted household income, and often pushing them even deeper into the seemingly inescapable cycle of poverty.

We have been able to travel to these countries and communities to support those living with curable and avoidable blindness through direct treatment interventions.

Our Impact





128,094 Patients Screened

We aim to screen as many people as we can. Screening is the process of identifying patients who are living with cataract blindness. This is planned ahead of an outreach microsurgical eye camp (OMEC).

When an OMEC is planned in a particular region, a medical team will reach out to all parts of the area to identify patients suffering from needless blindness and invite them for free surgery at the camp.

During the screening process, patients, have their eyes assessed by a Tej Kohli and Ruit Foundation eye health expert.



13,659 Patients Cured of Blindness

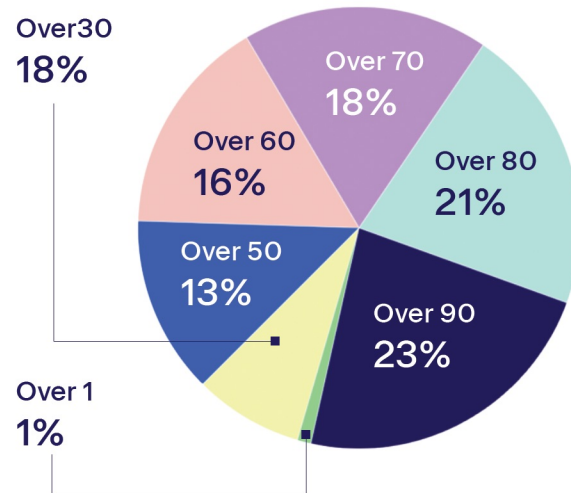
Cataracts are the leading cause of blindness worldwide, and accounts for half of the world's forty million blind. 90% of the world's cataract blind live in the developing world and cannot access or afford surgery.

The Tej Kohli & Ruit Foundation is focused on making surgery accessible within extremely marginalised communities and is steadfast in its mission to cure as many people of needless blindness in the developing world as possible.

In its first year, the Tej Kohli and Ruit Foundation completed 13,659 life-changing cataract surgeries to cure blindness in the developing world.

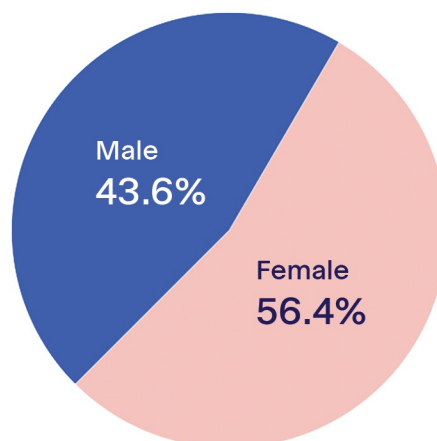
Who We Have Helped

Age Groups 2021-22



62% of patients were over 70 years old*

Gender Ratio 2021



56.4% of patients were female*

*Based on a sample of 6000 patients from multiple outreach camps

Where We Have Been



52 Outreach Camps Completed

In its first year, the Tej Kohli and Ruit Foundation set up 52 outreach camps in 37 districts of Nepal and is well on the way to implement more worldwide.





Lumbini | March, 2021

947 People Screened
312 Cured of Blindness

Solukhumbu | April, 2021

790 People Screened
178 Cured of Blindness





Nepalgunj | August, 2021

99 People Screened
37 Cured of Blindness

Surkhet | April, 2021

232 People Screened
73 Cured of Blindness





Dolakha | September, 2021

1,576 People Screened

163 Cured of Blindness

Bajhang | December, 2021

1,987 People Screened

352 Cured of Blindness





Doramba | March, 2022

3,251 People Screened

333 Cured of Blindness

Nijgad | March, 2022

2,206 People Screened

305 Cured of Blindness





Tej Kohli & Ruit Foundation
187 subscribers

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In March, 2022 the Tej Kohli and Ruit Foundation staged a cataract microsurgical workshop in Doramba, Nepal. It turned out to be one of the biggest outreach camps ever held in the hilly districts of Nepal.

In total 333 patients, all living a life blighted by blindness or severe visual-impairm... <https://www.instagram.com/tejkohlrui/>
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Watch our patient stories on YouTube

<https://www.youtube.com/TejKohliRuitFoundation>

Read more about our work on <https://tejkohlruitfoundation.medium.com/> and on our website www.tejkohlrui.com



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Rebuilding Communities



We Pledge To Help Rebuild Communities In The Developing World

According to a study published by The Lancet in 2017, "Investing in curing cataract blindness can allow those affected to increase their economic productivity by up to 1500% of the cost of the surgery within the first year of the procedure".

This study also suggests that "future work should focus on promoting the accessibility and quality of cataract surgery in developing countries".

The Tej Kohli and Ruit Foundation aims to work in close collaboration with local eye hospitals to organise cataract surgery workshops. This will create a legacy of brand new community eye hospitals, and allow health professionals in developing countries to learn and understand how to help their communities and give more patients the opportunity to prosper.



**A Legacy Of Social
& Economic Change**



The Tej Kohli & Ruit Foundation is an NGO co-founded by Dr. Sanduk Ruit and Mr Tej Kohli. They are both united in their mission to create a lasting legacy of social and economic change in poor and underserved communities. This is to be achieved by screening 1,000,000 people and curing 300,000 to 500,000 people of cataract blindness by 2030.

In its first year, the Tej Kohli & Ruit Foundation was successful in screening 128,094 people and curing 13,659 patients of cataract blindness. The Tej Kohli & Ruit Foundation organised and implemented 52 microsurgical camps and covered 37 districts in Nepal.

This included remote and far-flung districts and extremely marginalised communities with little to no access to eye care or any health services. With more than 55% of women who received surgery, the Tej Kohli & Ruit Foundation has also been successful in reducing the pervasive gender inequality that exists in healthcare in the developing world.

Investment in curing the needlessly blind in developing countries allows patients to have a second chance at life and also allows them to strive socially and economically. This in turn can transform entire communities.

Social Development



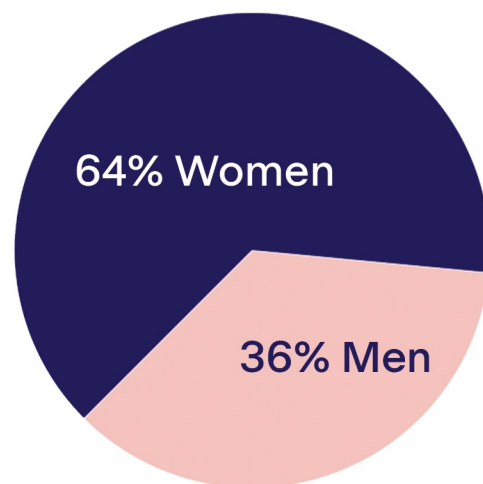


Gender Inequality

We Are Combatting Gender Inequality In Healthcare

- **90%** of the world's visually impaired live in low-income countries where women account for **64.5%** of those who are blind of those who are blind.
- **4 out of 5** women continue to live a life of curable blindness.
- Due to women often being treated as second-class citizens, a typical family is more likely to invest in the cure of a man with blindness rather than women.
- The burden of caring for a family member with blindness also typically falls on women and young girls, disenfranchising them for work and education.

Gender of world's
visually impaired
in low income
countries





Children

- It is estimated that 200,000 children worldwide are blind due to cataract, with a majority of them living in the developing world.
- There are 1.5 cases of infant blindness per 1000 live births in developing countries compared to the West, where only 0.3 cases occur.
- Education is also negatively impacted by needless blindness, robbing young people of their future prospects.

The Tej Kohli & Ruit Foundation has committed to cure at least 1,000 children of cataract blindness by 2030 in Nepal.

Tilganga Institute of
Ophthalmology

4 Surgeries

Lumbini Eye Institute

6 Surgeries

Geta Eye Hospital

4 Surgeries

14 Surgeries & 10 children cured of blindness in our first year.

How Else We Are Helping



We organise screening camps in communities with a focus on reaching out to women and young children who are living with needless blindness.



We provide counselling to the patients family with the support of local health partners to increase the amount of people whose family will allow them to have the vital surgery.



We organise outreach camps in remote and underserved communities, that most charities and NGO's cannot reach.

Success Stories





Shri Mani Rai

Living in the remote Himalayan outback, Shri Mani Rai of Solukhumbu, Nepal continued to struggle with curable blindness because she did not have access to surgery. The closest eye hospital was more than 15 hours away and she did not have the financial means or any other form of support to make the journey. She spent her days in darkness, sitting in one corner of her house, unsure of what fate had in store for her.

During the day, her daughter and her granddaughter took turns helping Shri Mani — they would bring her food, clean her and arrange her room. At night Shri Mani would be alone — not that day-light or night-time made much difference to her.

In March 2021, a screening team from the Tej Kohli and Ruit Foundation, who were travelling to remote parts of Solukhumbu District to identify patients with cataract blindness, found her. After inspecting her eyes, they asked her to visit a microsurgical camp in Phaplu, Nepal in April 2021. On the 15th of April, Shri Mani made the six hour journey in a Tej Kohli and Ruit 4x4 via treacherous mountain roads to reach Phaplu.

The next morning, Shri Mani was impatient to have her bandages removed. At 7AM Dr. Ruit and his medical team arrived to remove her bandages. Slowly, she began to open her eyes and could see clearly again.



Shri Mani Rai One year later

One year later, with her restored vision, Shri Mani has started to grow vegetables in the small plot of land that she owns. Locals have said that every week, she is seen carrying a load of vegetables and making her way to the local market where she sells them for a small income.

Her daughter, and her family, who would take turns to take care of her, are free to spend their time looking after their own farm and poultry.

Shri and her entire family are now more socially and economically active. Their circumstances have changed for the better, forever.



Krishna Bahadur Majhi

38 year old Krishna Bahadur Majhi lives along the banks of the Sun Koshi River in Nepal's Sindhupalchowk district. Prior to his blindness Krishna worked as a labourer at various construction sites and would bring home a steady income every month.

When Krishna became blind with cataracts two years ago, he immediately became unemployed. Being the sole breadwinner of the family, his family began their descent into poverty.

Krishna's surgery was conducted on 19th March 2022 in Doramba, Nepal by co-founder of the Tej Kohli and Ruit Foundation, Dr Sanduk Ruit, in the presence of co-founder Mr Tej Kohli.

The next day, Krishna, along with 333 others, awaited the doctor to remove their patches. His wife, Rita, who had been by her husband's side throughout his blindness, was visibly nervous.

After his patches were removed by Dr. Ruit, Krishna slowly opened his eyes. He was stunned. Unable to believe that he was able to see again. He took several moments to register his sight and finally broke a smile - "for the first time in a long time" said his wife.

By the evening, Krishna, a shy and reserved person when he was blind, had transformed into a joyous person, and was quick to answer when someone asked him the question: How does it feel to be seeing again?

"It is like I have received a second chance at life" he said repeatedly.



Krishna Bahadur Majhi Three months later

Three months after his successful surgery, Krishna is free from being dependent on his wife. Having restored vision, he is actively participating in the household work. He has started to feed the goats and the chickens and also helps his wife Rita in the kitchen.

Krishna still suffers from high blood sugar, meaning that he has not been able to actively seek employment. However, now he is able to see, he roams his village and picks up odd jobs such as carpentry and masonry.

Krishna and Rita now both have high hopes for the future.



Partner Hospitals

During 2021-22 the Tej Kohli & Ruit Foundation worked in close collaboration with eight partner hospitals across Nepal to amplify efforts to cure as many people living with needless blindness.

The hospitals assist in staging outreach camps, and provide ophthalmologists, ophthalmic assistants, and other eye health workers who work towards achieving Tej Kohli & Ruit Foundation's mission to take treatments to the most remote and marginalised regions.

1

Ramlal Golchha Eye Hospital

📍 Morang

2

Shri Janaki Eye Hospital

📍 Dhanusa

3

Tilganga Institute of Ophthalmology

📍 Kathmandu

4

Lumbini Eye Institute

📍 Rupandehi

5

Chhanda (Kalebabu) Narayani Eye Hospital

📍 Kapilvastu

6

Fatehbal Eye Hospital

📍 Banke

7

Surkhet Eye Hospital

📍 Surkhet

8

Geta Eye Hospital

📍 Kailali

Leadership Team



Mr. Tej Kohli

Co-founder

Tej Kohli & Ruit Foundation



Dr. Sanduk Ruit

Co-founder

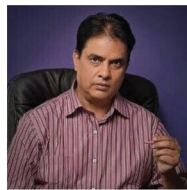
Tej Kohli & Ruit Foundation



Dr. Reeta Gurung

CEO

Tilganga Institute of
Ophthalmology



Mr. Hari Bansha Acharya

**Public Figure / Media
Personality**



CA Sudarshan Raj Pandey

Senior Partner
S.R. Pandey & Co.

A Message From Our Founders



We began with the ambition to rid the world of extreme poverty by curing blindness. One year later, we have arrived at a point beyond our wildest dreams.

The Tej Kohli and Ruit Foundation was formed so we could intervene and support those in need of a cure. We knew that the work we were doing was life changing, which led us to strive to do more. At the time of writing this, we have completed over fifteen thousand surgeries, and we have many more to come.

After spending a year reaching out to different parts of Nepal, we have seen the impact that our support and interventions have had. We set up outreach camps in some of the most difficult to reach and remote areas to screen and cure entire communities.

Very quickly, we began to see that people living in remote and rural areas were suffering primarily due to a lack of access to sufficient medical care and it was clear that our success in curing those suffering with cataracts was giving people a second chance at life.

Reducing extreme poverty across the globe is our focus moving forward. Whilst we know that curing blindness can assist in the reduction of poverty, we also believe in creating sustainable infrastructure to allow communities to thrive. We have already seen that our innovative surgical methods are being taught and implemented across Asia. Partnering with various hospitals has also positively impacted medical infrastructure throughout countries like Nepal.

The United Nations number one sustainable development goal (SDG1) is to eliminate world-wide poverty. What we are doing and have done has assisted in this goal becoming a more possible reality. By maximising our social and economic impact, we have been able to drive towards reaching our goal of curing up to 500,000 people by 2030.

We are thankful that in this first year, the Tej Kohli and Ruit Foundation has had the opportunity to work alongside selfless, committed and impactful partners in hospitals and at our outreach camps. With these experiences, our original idea of curing those with avoidable blindness has developed into a deep conviction to contribute not only to the UN's SDG1 but to social and economic development across impoverished communities.

Together, the world can become a better place for everyone.

- Mr. Tej Kohli and Dr. Sanduk Ruit



#2030InSight

