

EYESon EXCELLENCE



Dr. M.C. NAHATA AN OVERVIEW



Introduction

Dr. Nahata was renowned for his pioneering work in ophthalmology, particularly in the use of intraocular lens surgeries, which revolutionized the way cataracts and other vision impairments were treated. Over the course of his illustrious career, he established the Retina Surgery Department at Indore Medical College, cementing his position as a leader in advancing treatment protocols and surgical techniques for complex eye conditions. His unwavering commitment to patient care and his innovative approach earned him respect not only from his contemporaries but also from the numerous students and practitioners he mentored.



Beyond his exceptional skills and knowledge, Dr. Nahata was profoundly driven by a mission to make high-quality eye care accessible to all. He performed over two lakh surgeries entirely free of cost, prioritizing the needs of the underprivileged, who often lacked the resources to seek proper medical attention. Through these acts of compassion, he succeeded in restoring sight to thousands of individuals, many of whom had lost their vision due to accidents or injuries. His efforts stood as a beacon of hope for countless families struggling against the devastation that vision loss can bring.



Few of his achievements are below

- Chairman High Power Committee On Disability related matters, constituted by Ministry Of Social Justice and Empowerment, Government Of India.
- Member Rehabilitation Council India 2002 and member of executive committee.
- Chairman Standing Coordination Committee, ADIP scheme Ministry Of Social Justice and Empowerment Government Of India 2003.
- Member Selection Committee for National Award , awarded by Ministry Of Social Justice and Empowerment Government Of India.
- National Vice President Indian Society Of Authors, New Delhi.
- Vice President National Association for the Blind National body, 2004.
- Lifetime Achievement Award presented by Divisional Ophthalmological Society, 2009 Indore.
- Lifetime Achievement Award from National Society For Prevention Of Blind, Madhya Pradesh
- Sir John Wilson trophy by National Society For Prevention Of Blind, Madhya Pradesh, in year 1983 and 1990.

Dr. M.C. Nahata Award of Excellence





- Dr. G.S. Wagle oration award and gold medal for the work on detachment of retina 1976 presented by MP Sate Of Ophthalmology Society.
- National trophy by his Excellency, the Governor Of Hariyana for the for being the best NSPB, branch in country (1984).
- National Award by the Ministry Of Social Justice and empowerment, government of India (1998).
- Rustam Merwanji Alpaiwala Memorial Award by the National Association for the Blind India, Mumbai (2006).
- National Award by National Society For Prevention Of Blindness India, New Delhi (2006).
- National Vice President Dadhichi Mission.
- Member advisory committee of International Amblyopic held at New Delhi (2004).
- Honorary Lifetime Member Rajasthan Of Ophthalmological Society.
- Initiation of Dr. M.C. Nahata Chiktsa Shiksha Gold Medal by Shri Arbindo Medical Collage & PG Institute Of Medical Science, Indore.
- Initiation of Dr. M.C.Nahata Rashtriya Netra Suraksha Puraskar given every year from the period since (2005).
- Guru Pranaam Puraskar Association of Community of Ophthalmologists at Guwahati Assam.
- Bhagwam Mahavir Award by Bhagwan Mahavir Foundation, Channai, for excellence in human endeavor in the field of medicine (2017).
- Convener of symposium on behalf of India of Ophthalmological Society (1984).
- Member Managing committee, All India Ophthalmological Society, (1980-86).

Commitment To Social Service

To further uplift underserved communities, Dr. Nahata organized numerous free eye camps, offering screenings, consultations, and treatments that reached remote villages and marginalized areas. These camps significantly enhanced awareness about preventable blindness and critical eye health measures, while also helping identify patients requiring surgical intervention. By bringing much-needed facilities and expertise closer to people's homes, he effectively dismantled barriers related to cost, distance, and access.



Dr. Nahata's unwavering determination to nurture the next generation of ophthalmologists and his enduring passion for providing comprehensive care continue to serve as an inspiration. His legacy thrives in the lives of the thousands who regained their sight, the medical professionals he guided, and the global community that has benefited from his groundbreaking work in ophthalmic treatment.

Dr. M.C. Nahata's life exemplified an unwavering commitment to alleviating the struggles of the underprivileged, especially in the domain of healthcare. Recognizing that access to quality healthcare was a fundamental right yet often unattainable for many, particularly in rural and underserved areas, he devoted his life to bridging this gap. His work was not limited to organizing eye camps and restoring vision—each of these initiatives symbolized hope and dignity for countless individuals who could now see a brighter future.

Dr. Nahata understood the power of collaboration and education. By inspiring and mobilizing other medical professionals to join his efforts, he transformed what could have been individual acts of charity into a movement for community welfare. This ripple effect meant that his vision for a healthier society extended beyond his personal reach, touching innumerable lives through the doctors and volunteers he mentored.

In addition to addressing immediate medical needs, Dr. Nahata was a firm believer in preventative healthcare and awareness. Through his leadership in health magazines, radio shows, and television broadcasts, he ensured that crucial health information reached the farthest corners of the nation. These efforts not only educated the public but also empowered them to take proactive steps toward their well-being.

Even in his later years, Dr. Nahata's zeal for service did not wane. His role as an editorial board member of prestigious health publications underscored his intellectual contributions to the field, while his active participation in policy discussions showcased his holistic approach to healthcare reform.

Dr. Nahata's selflessness and vision continue to serve as a beacon of inspiration. His legacy is a testament to the fact that one individual's dedication can ignite societal change, leaving a profound and lasting impact on future generations.

Contribution To Medical Education

Dr. Nahata was deeply involved in medical education. He organized numerous workshops educational discussion and film shows to promote Eye safety and medical knowledge his efforts were recognized with Gavrav Vidhya award in (1984) for his organized work in Eye care. Attracting participation from national and international experts.

Administrative and Organizational Roles

Dr. M.C. Nahata's remarkable administrative skills set him apart as a leader who combined strategic vision with meticulous execution. He played a pivotal role in shaping institutions and organizations that continue to serve as benchmarks in the medical and ophthalmological fields. His administrative roles at institutions like the Indore Divisional Ophthalmology Association, the Madhya Pradesh Public Service Commission, and Gajra Raje Medical College in Gwalior were marked by a foundation of transparency, discipline, and innovation.

As the Dean of Gajra Raje Medical College, Gwalior. Dr. Nahata introduced several reforms that improved the quality of medical education and patient care. His ability to manage resources effectively ensured the institution's growth despite challenges, while his focus on mentorship inspired faculty members to strive for excellence. Similarly, his leadership in forming the Indore Ophthalmology Association created a platform for collaboration, where professionals from across the region could exchange knowledge and advance the field.

Dr. Nahata's involvement in policy-making through the Madhya Pradesh Public Service Commission demonstrated his commitment to social development beyond the confines of medicine. He advocated for inclusive policies that prioritized public health, ensuring that the underserved had access to quality care. His administrative acumen left an indelible mark, making him a respected figure in both academic and governmental circles.

Legacy and Honours

Dr. M.C. Nahata's enduring legacy lies in his unparalleled contributions to ophthalmology, medical education, and social service. His expertise inspired the formation of the Indore Ophthalmology Association and other prestigious bodies, fostering innovation and collaboration in the field. Dr. Nahata's commitment to eradicating blindness and advancing healthcare earned him accolades, including the prestigious **Rashtra Bhushan Puraskar**, a symbol of his lifelong dedication to humanity.

His work was not confined to his home state; his impact resonated nationally and internationally. As a thought leader, he was recognized by the All India Ophthalmological Society and other eminent organizations for his visionary contributions. Dr. Nahata's legacy also lives on through the thousands of students he mentored, the patients he healed, and the policies he influenced to create a more equitable healthcare system.

Moreover, his honours reflect not just his achievements but also the lives he transformed. The accolades he received underscore the respect he commanded as a pioneer, teacher, and philanthropist. His enduring legacy continues to inspire future generations to carry forward his mission of service and excellence.

Dr. M.C. Nahata: A Visionary in Ophthalmology

With over six decades of experience, Dr. M.C. Nahata revolutionized the field of ophthalmology through his tireless efforts to combat blindness in all its forms. As a professor and head of the Department of Ophthalmology at Medical College Indore, he blended academic rigor with clinical expertise, developing innovative techniques to treat complex eye conditions.

Dr. Nahata's pioneering work in ophthalmology wasn't limited to patient care. He actively contributed to the research and development of new surgical methods and tools, enabling advancements that have since become standard practices. His expertise earned him leadership positions in organizations like the Madhya Pradesh State Ophthalmology Society, where he championed initiatives to expand eye care to rural areas.

Dr. Nahata's visionary approach was rooted in collaboration. He brought together experts from across the globe to share knowledge and explore solutions to pressing challenges in ophthalmology. His ability to foresee the future needs of the profession ensured that his contributions remained relevant and impactful, even decades later.

As a visionary, Dr. Nahata recognized the need for a comprehensive approach to eye care, combining surgery, education, and awareness. His multifaceted contributions solidified his reputation as a luminary in the field, leaving a legacy of innovation, compassion, and excellence.

Academic Excellence and Innovation

Dr. M.C. Nahata's illustrious career as an academician and innovator laid the groundwork for advancing ophthalmology in India and beyond. His dedication to research was unparalleled, with over 50 research papers published that contributed significantly to the scientific community. These papers covered a wide range of topics, from advanced surgical techniques to preventive ophthalmology, reflecting his expertise and innovative thinking.

Dr. Nahata authored three impactful books in 2000, 2009, and 2014, which became valuable resources for medical professionals and students alike. His ability to bridge the gap between theoretical concepts and practical applications made his publications widely respected. Additionally, his 11 articles introducing reforms in medical education showcased his commitment to creating a dynamic and learner-focused curriculum for future healthcare professionals.

As a pioneer in his field, Dr. Nahata consistently sought to challenge conventional practices and introduce groundbreaking methodologies. His emphasis on evidence-based medicine and collaborative research inspired generations of medical professionals to prioritize innovation. His efforts not only advanced the field of ophthalmology but also set new benchmarks for academic excellence and knowledge dissemination.

Organising and Convening

Dr. Nahata had an extraordinary ability to bring people together to address critical issues in ophthalmology and healthcare. Over his career, he served as the convenor of several significant events, including the symposium on myopia organized by the All India Association of Ophthalmologist (AIOS). His leadership attracted eminent professionals like the Lal Malviya and facilitated impactful discussions on clinical advancements.

For over 35 years, Dr. Nahata presided over the National Society for Prevention of Blindness, Indore, tirelessly working to promote eye care awareness. His role as Vice President of the National Association for the Blind, India, in (2004) further exemplified his dedication to supporting the visually impaired. He also served on the PWD Act 1995 committee, ensuring inclusivity for people with disabilities.

Dr. Nahata was instrumental in organizing training programs for ophthalmologists, agricultural workers, and employers, bridging the gap between medical practice and public health education. His efforts in coordinating state-level conferences for blind welfare institutions highlighted his holistic approach to improving healthcare infrastructure.

- President of the National Society For Prevention Of Blindness, Indore for over 35 years since (1987).
- Vice President National Association For the Blind India 2004.
- Member state coordinating coordination committee under the PWD act (1995).
- Organized state level conference for Blind Welfare Institution of Madhya Pradesh and Bhopal, (2001).
- Organized training programs for agriculture training, National Module For Ophthalmologists, employers , employees meet and diagnostic camps for healing handicap
- Workshop on noise pollution and seminar prevention early identification of interventions in the filed of disability for professional and administrators .
- Colombo plan fellowship for advanced training in retinal surgeon in UK (1970-71).
- Visiting professor at the Institute Of Clinical Of Dharma ology KU Japan and the to 1st eye Hospital Lublin University Lublin Poland.
- Interview by BBC London (1991).
- Lectures at University Berlin, Prague and Eye Hospital, Rotterdam.
- Member Medical advisory board In-focus Houston, Texas and Association of visually handicapped, New York and honorary program direction for Voluntary Eye Surgeon International, New York for India.

- Invited for the first BITS international Ophthalmology Conference DA Darian in China as a speaker for prevention of blindness.
- Invited by Bangladesh of Pharmacological Society Dhaka to deliver Dr, Aleem Choudhary Memorial Lecture in March (2016).
- Attended the Afro Asian conference and tunes Tunisia (1980).
- Advance laser retina meeting in Malaysia, (1981), shared scientific sessions.
- International cataract implant microsurgical and refractive keratoplasty waiting in Nagoya, Japan.
- Organized in international conference on low vision in Indore (2000).
- Writer of 3 books in Hindi (2000) (2009) and (2014).
- Founder Member of institute of Law, Social Justice and development studies.
- Member International editorial board of magazine "Hamari Aakhen".

International Impact and Recognition

Dr. Nahata's contributions to ophthalmology extended far beyond national borders, earning him international acclaim. He presented research papers and delivered lectures in countries such as **Tunisia, Malaysia, Japan, USA, and Bangladesh**. His participation in international conferences reflected his commitment to sharing knowledge and fostering global collaboration.

He was awarded the prestigious **Colombo Plan Fellowship** in (1970-71), which allowed him to pursue advanced retinal surgery training in the UK. This opportunity helped him introduce innovative surgical techniques back in India. Dr. Nahata also served as a visiting professor at renowned institutions, including the Institute of Clinical Ophthalmology in Japan and the 1st Eye Hospital in Lublin University, Poland.

His lecture series in esteemed institutions like the University of Berlin and Rotterdam's Eye Hospital showcased his expertise and influence. Interviews with prominent media outlets, such as BBC London in 1991, further demonstrated his global reputation. Invited to events like the Afro-Asian Conference in Tunisia (1980) and the Advanced Laser Retina Meeting in Malaysia (1981), Dr. Nahata played a pivotal role in shaping international ophthalmological practices.

Dr. Nahata's impact was also evident in his association with medical advisory boards in Houston and New York, where he served as an honorary program director for voluntary eye surgeries. His work remains a testament to his tireless efforts to eradicate blindness on a global scale.

Dr. M.C. Nahata's commitment to humanitarian service shines brightest in his tireless efforts to provide free eye care to those in need, especially in rural and tribal areas. His dedication to improving the lives of the underprivileged is evident from the staggering number of over 700 eye camps he organized, benefitting more than 200,000 individuals. These camps, which included free eye check-ups and surgeries, were life-changing for countless patients who had no access to quality healthcare.

Dr. Nahata's approach to these camps went beyond the medical aspect—he sought to bring dignity and hope to those he served. He ensured that every patient was treated with compassion and respect, regardless of their social or economic background. These camps were particularly focused on addressing blindness and other preventable eye conditions that disproportionately affect marginalized communities. By restoring vision to thousands, he helped individuals regain their independence and improve their quality of life, enabling them to participate more fully in society.

Moreover, Dr. Nahata's work in organizing these camps required immense logistical and collaborative effort. He successfully brought together teams of ophthalmologists, medical professionals, and volunteers, creating a network of compassionate care providers. His ability to inspire and mobilize others ensured that these camps were not just medical interventions but also powerful symbols of collective social responsibility.

In addition to providing direct care, Dr. Nahata's initiatives extended to creating sustainable support systems. For instance, he established a computerized Braille press at the National Association for the Blind in Madhya Pradesh, enabling visually impaired individuals to access educational materials. His efforts were recognized with numerous honors, including the “Best Outstanding Professional” award by Rotary International and the prestigious “Wish Seva Samman.”

Dr. Nahata's humanitarian work leaves a profound legacy of compassion, service, and transformative impact on countless lives. His tireless efforts remind us that true service lies in uplifting those who are most in need.

- Civil honor at more than E20 for outstanding surgical eye camp in Madhya Pradesh.
- Wish Seva Samman at Ganj Basoda district Vidisha on 6 March 2017 for 40 years of dedicated service.
- Best Outstanding professional Rotary International district 3040, (2005).
- Established a computerized Braille press at the National Association for the Blind, Madhya Pradesh, Indore.



DMN NETRA PURASKAR

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