

Dr. Lalit Verma

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Renowned Ophthalmologist | Eminent Vitreo-Retina Surgeon | 40+ Years of Service

Professional Journey

M.B.B.S. & M.D. (Ophthalmology), AIIMS, New Delhi

Served 21 years at Dr. R.P. Centre, AIIMS in academic and Clinical leadership roles, guiding 39 research projects and Establishing a modern Vitreo-Retina Lab.

Currently Director, Vitreo-Retina, Centre for Sight, New Delhi



Contributions to Vitreo-Retina & Ophthalmology

Outstanding contribution towards development of treatment for:

- Management of Endophthalmitis
- Laser treatment for Diabetic Retinopathy
- Age-Related Macular Degeneration (ARMD)
- Vitreo-Retinal Surgery and Intravitreal Injections

Instrumental in formulating **National Guidelines** for Endophthalmitis & Diabetic Retinopathy, and contributed to formulation **International Guidelines** on nARMD

Introduced FAICO Fellowship (Super-specialty training in Ophthalmology).

Launched DOST teaching programme (2007) to update ophthalmologists across India

Research & Academic Work

208 Research Papers (95 International, 59 National, 54 State-level)

Citations: 2275 | h-index: 27 | i10-index: 66

Authored **54 chapters in text books** of ophthalmology;

Authored books on **Fluorescein Angiography** (2003) & **Intravitreal Injections** (2014)

Delivered **700+ invited lectures , keynote addresses and orations** at national and international forums

Published **CME Series for AIOS (Endophthalmitis)** & CME Series of AIOS (**Uveitis**)

Community Service

He has offered community services by leading teams in number of camps organized in rural parts of India by AIIMS and other organisations. He has travelled from Haryana to Odisha to Anadaman and Nicobar to serve public through these eye camps. Strong commitment to blindness prevention initiatives and equitable eye care delivery

Awards & Recognitions

71 Awards & Orations for contributions to Ophthalmology including :

Gold Medal in Ophthalmology, AIIMS (1982) ; **Best Resident Award**, AIIMS (1989)

WHO Fellowship, USA (Vitreo-Retina, 1993)

Guinness World Record (2016) – Vitreo-retina screening of 343 diabetic patients in 8 hours (on 6th November 2016 in Delhi with Dr Jhingan)

International Leading Ophthalmologist 2016, Swiss Eye Research Foundation

AIOS – IJO Gold Award, 2022, Mumbai for Best Publication in IJO during 2021

Outstanding Service in **Prevention of Blindness Award** by APAO, 2023 , Malaysia

AIOS - Dr P. Namperumalsamy Endowment Lecture, 2024, Kolkata

APAO Achievement Award by Asia Pacific Academy of Ophthalmology 2024, Indonesia

AIOS P Siva Reddy International Award, 2024 by All India Ophthalmological Society

Asia-Pacific Eye 100 (2025) Award (by APAO)

AIOS CN Shroff Award, 2025

Service to Professional Societies

Vitreo-Retina Society of India (VRSI):

- Treasurer (2003–07)
- Developed VRSI Website and Public Education Film on Diabetic Retinopathy
- Organized Annual Conference (Agra, 2014)

Delhi Ophthalmological Society (DOS):

Executive Member (1993–95) | Treasurer (1995–97) | Secretary (1997–99) | President (2007–08)

All India Ophthalmological Society (AIOS):

- Joint Secretary (1999–2002) | Treasurer (2002–08) | Secretary (2008–14)
- Chairman, Scientific Committee (2014–16; 2017–20)
- Vice President (2020–21) | President (2022–23)

Conferences Organized

- AIOS Annual Conference (New Delhi), | APAO–AIOS 2013 (Hyderabad)
- Multiple DOS Conferences | SAO Biennial Conference 2022 (New Delhi)
- SAO Annual Conference 2024 (Bhutan) | APAO-AIOS 2025 (New Delhi)

Vision for VRSI

- Establish VRSI as a **world-class scientific society** for excellence in vitreo-retina.
- Strengthen **scientific programmes** and foster international collaborations.
- Expand **training, mentorship, and fellowship opportunities** for young specialists.
- Promote **research and innovation** in imaging, AI, and surgical advances.
- Scale up **community screening and education** to prevent avoidable blindness.
- Enhance **engagement of members across India**, including smaller towns and institutions.