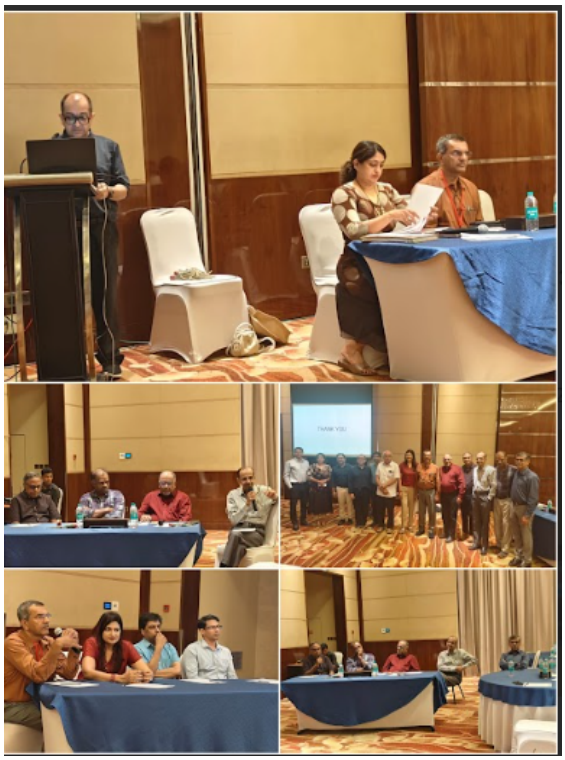
COCHIN OPHTHALMIC CLUB
QUARTERLY REPORT FOR APRIL-JUNE 2026

Section 1: Monthly meetings

April 2026 :

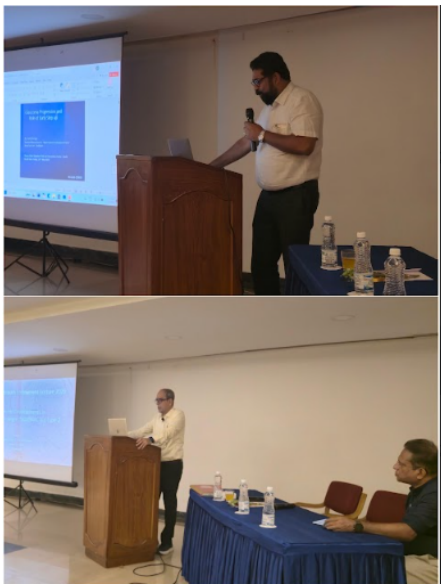
- On 17th April 2026, at Marriot Hotel, Kochi
- Over 90 attendees.
- The scientific session included leading Retina specialists and Nephrologists from Kochi.
- Panelist- Dr.Mahesh G as Chairperson, Dr. Jyoti Prakash Vyas-moderator.
    - Nephrology- Dr. Abi Abraham, Dr. Binu Upendran, Dr. Georgy K Ninan, Dr. Jose Paul, Dr. Mammen John and Dr. V.N Unni.
    - Retina- Dr. Thomas Cherian, Dr. Praveen Muraly, Dr. Biju Raju and Dr. Natasha Rashakrishnan



- **Talks:**
    - Dr. Lekha. T - Anti VEGF Therapy in Diabetic Retinopathy with Nephropathy- Safe Standard or Silent Risk?
    - Dr. Anil Mathew, Nephrologist- Renal Problems with Anti VEGF
    - Dr. Gopal S. Pillai- Visual Outcomes in the presence of Nephropathy
    - Dr. Rahul R Menon - case presentation.
- Prizes of the Glaucoma Photography contest conducted as a part of Glaucoma month activities were distributed.

May 2026:

- Held on 22nd May, 2026 at Gokulam Park Convention Centre, Kochi.
- Attended by 65 members
- Scientific session chaired by **Dr. Jacob S Mathew**.
- **Dr. Giridhar A** - **Recent advances in Macular Telengiectasia**, which was the AIOS 2026 Dr. S. S. Badrinath Endowment Award presentation
- **Dr. Sony George- Glaucoma Progression and role of early step up.**



Speakers in the scientific session

June 2026:

- Held on 12th June, 2026 at Grand Hotel, Kochi and attended by 72 members.
- Scientific session chaired by **Dr. Saikumar. S.J**.
- Talks - **AI in Ophthalmology** by **Dr. Rajiv Sukumaran, President KSOS** as a part of the presidential initiative.
- **Dr. Aneeta Jabbar,- Unblocking the Blink-The moist heat solution for MGD**
- **FIFA World cup Quiz** was conducted by our COC Sports Captain **Dr. Thomas Arun Varghese.**



Speakers in the scientific session

Section 2: Other academic activities

1. **COC PG Update- Module 1** was held at **Amrita Institute of Medical Sciences** on May 1, 2026
    - **Faculty**- Dr. Anil Radhakrishnan, Dr. Pushpa Jacob, Dr. Girija K, Dr. Saritha V K, Dr. Litta George, Dr. Mathew James, Dr. Sahan, Dr. Mallika V, Dr. Sujithra H, Dr. Manoj Prathapan, Dr Lathika V K, Dr. Rehna Rasheed, Dr. Reesha K R, Dr. Thomas Cherian, Dr. Natasha Radhakrishnan, Dr. Dhanya R S, Dr Ani Sreedhar, Dr. Marian Pauly.



Flyer and highlights



Inauguration and sessions

2. **COC PG Update-module 2** was held at **Chaithanya Eye Institute, Palarivattom** on June 7, 2026.
    - Topic -Basics of Practical Ophthalmology
    - Attended by 55 post graduates.



Flyer and inauguration



Delegates and faculty

3. **Optima- 2026**- Harmony of Vision- From cornea to cortex was conducted by **Dr. NSD Raju's eye hospital**, Kochi on 24 th May 2026 at IMA House, Kochi
    - 5 sessions- Future of Ophthalmology, Cataract, Pediatric Ophthalmology, Retina and Recent updates.
    - Followed by a quiz competition for post graduates by Dr. Praveena Shyam.
    - The faculty included eminent speakers from Kochi and within the state and guest faculty, Dr. Ramesh Kekunnaya and Dr. Megha G.



Faculty and Quiz master

4.**Traumacon** will be conducted by Little Flower hospital, Angamaly on June 28, 2026 at Chakolas Pavillion, Kalamassery, Kochi.



<u>Section 3: Outreach programs/camps/ public awareness activities</u>

"Anbu"- a presidential project of KSOS

1.Neuro Visual Rehabilitation Clinic at Adarsh Rehabilitation Centre was inaugurated on 12 June, 2026.

- Established with the support of Giridhar Eye Institute.
- Inaugurated by Dr. Rajiv Sukumaran, President KSOS and attended by Dr. Giridhar. A, Dr. Thomas Cherian, President COC and Dr. Neena R.






2. Special school screening programme was conducted on 18th June, 2026 at Ashakendram, Karikkamuri, Ernakulam by **Chaithanya Eye Institute**, Palarivattom

- 52 students were screened.
- Attended by Dr. Anu Mariya Paul and Dr. Liji Rajesh, COC Executive member.





Camps conducted(April-May)	**No of camps**	**No of patients screened**	**No of cataract surgeries**
Dr. Tony Fernandez Eye Hospital	5	467	27
Amrita Institute of Medical Science	11	3750	248

Little Flower Hospital, and research centre	9	1190	45
Giridhar eye institute	17	1718	165

Section 4: Individual member achievements

1. COC in OPAI 2026 Conference on April 24,25,26 2026-

Presenters from COC: Dr. Neena R, Dr. John Davis Akkara, Dr. Anna Kurian, Dr. Samvedya Veenish, Dr. Ann. J.K, Dr. Lekha T, Dr. Sujithra H, Dr. Ani Sreedhar, Dr. Marian Pauly, Dr. Vinay S Pillai, Dr. Divya Giridhar

2. Dr. M V Francis was honoured by the headache society of India

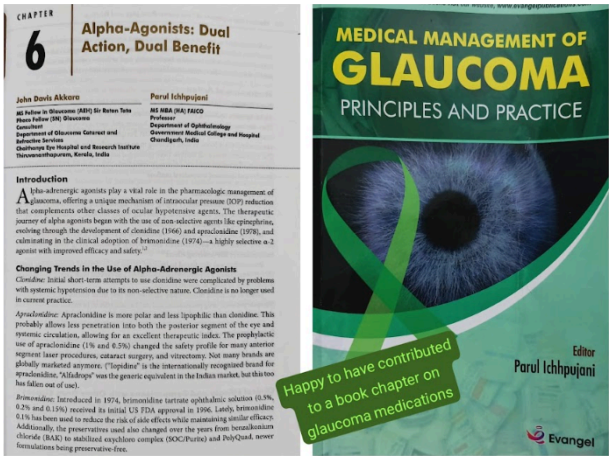


3 . Dr. Neena R presented CONCURED #2 , New Delhi., Summer Spice Neurovista 2026, Palakkad, on May 3, 2026, SACON, held at Hyatt Regency, Trivandrum by Sreenethra eye care on 17 May, 2026



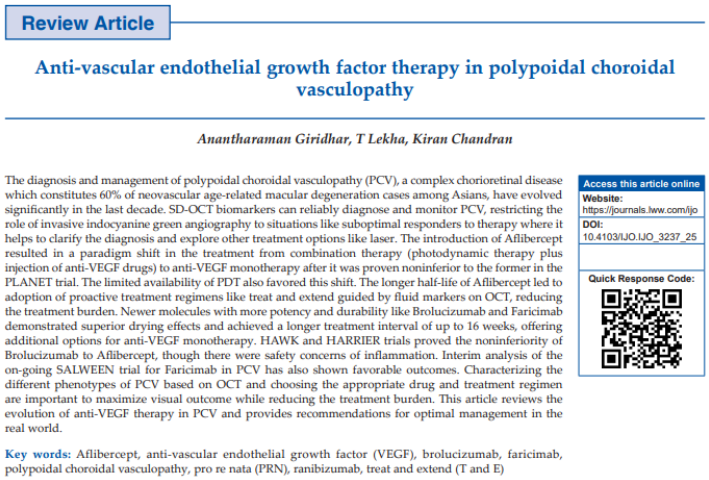
4. Dr. John Davis Akkara

- Presented on Artificial Intelligence at Mizhi 2026 on April 19th at Alapuzha, TACO meeting on April 21, monthly academic meeting of Trivandrum Ophthalmic Club on May 21 at Apollo Dimora, Trivandrum.



- Contributed to a book chapter on glaucoma medications.

5. An article: “Anti-vascular endothelial growth factor therapy in polypoidal choroidal vasculopathy” by **Dr. Giridhar, Dr. T Lekha and Dr. Kiran Chandran** was published in Indian Journal of Ophthalmology- May issue



Review Article

Anti-vascular endothelial growth factor therapy in polypoidal choroidal vasculopathy

Anantharaman Giridhar, T Lekha, Kiran Chandran

The diagnosis and management of polypoidal choroidal vasculopathy (PCV), a complex chorioretinal disease which constitutes 60% of neovascular age-related macular degeneration cases among Asians, have evolved significantly in the last decade. SD-OCT biomarkers can reliably diagnose and monitor PCV, restricting the role of invasive indocyanine green angiography to situations like suboptimal responders to therapy where it helps to clarify the diagnosis and explore other treatment options like laser. The introduction of Aflibercept resulted in a paradigm shift in the treatment from combination therapy (photodynamic therapy plus injection of anti-VEGF drugs) to anti-VEGF monotherapy after it was proven noninferior to the former in the PLANET trial. The limited availability of PDT also favored this shift. The longer half-life of Aflibercept led to adoption of proactive treatment regimens like treat and extend guided by fluid markers on OCT, reducing the treatment burden. Newer molecules with more potency and durability like Brolucizumab and Faricimab demonstrated superior drying effects and achieved a longer treatment interval of up to 16 weeks, offering additional options for anti-VEGF monotherapy. HAWK and HARRIER trials proved the noninferiority of Brolucizumab to Aflibercept, though there were safety concerns of inflammation. Interim analysis of the on-going SALWEEN trial for Faricimab in PCV has also shown favorable outcomes. Characterizing the different phenotypes of PCV based on OCT and choosing the appropriate drug and treatment regimen are important to maximize visual outcome while reducing the treatment burden. This article reviews the evolution of anti-VEGF therapy in PCV and provides recommendations for optimal management in the real world.

Key words: Aflibercept, anti-vascular endothelial growth factor (VEGF), brolucizumab, faricimab, polypoidal choroidal vasculopathy, pro re nata (PRN), ranibizumab, treat and extend (T and E)

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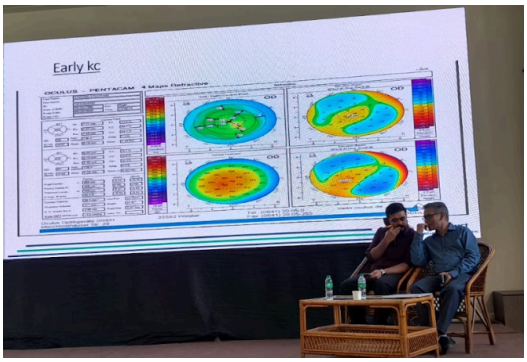
6.**Dr. Thomas Arun Varghese** at Summer Spice Neurovista 2026, Palakkad, on May 3, 2026.



Dr. Thomas Arun Varghese presenting at Summer spice

7. **Dr. Anil Radhakrishnan** at Summer Spice Neurovista 2026, Palakkad, on May 3, 2026.



Dr. Anil Radhakrishnan at Summer spice

8. Dr. Mahesh G presented at SACON, held at Hyatt Regency, Trivandrum by Sreenethra eye care on 17 May, 2026



Dr. Mahesh G at SACON

9. **Dr. Ranjini.H**- won the Best Paper and Best Case presentation award at Mid-term SPOSI(Strabismus & Paediatric Ophthalmology Society of India) at Hyderabad on June 6,7, 2026



10. Dr. Natasha Radhakrishnan: Published a study “Long- Term Visual Outcomes and Treatment-Related Prognostic Variables in Pediatric Demyelinating Optic Neuritis: A 10-Year

Retrospective Cohort Study”

Multiple Sclerosis and Related Disorders
Volume 112, August 2026, 107293

Original article

Long-term visual outcomes and treatment-related prognostic variables in pediatric demyelinating optic neuritis: A 10-year retrospective cohort study

Mahima Sriram [a], Tejas Shivarthi [a], Vaishakh Anand [a], Satyesh Chowdary Muppavarapu [a], Natasha Radhakrishnan [b c], Rehna Rasheed [b], Shilpa Radhakrishnan [d], Sudheeran Kannoth [e], Kollencheri Puthenveettil Vinayan [a]

Other events

1. Team COC won the overall champions trophy in IMA Sports meet for the 3rd consecutive year.



Team COC- Dr. Praveen Muraly, Dr. Kiran Chandran, Dr. Thomas Arun Varghese, Dr. Peter Ittyerah, Dr. Rahul R. Menon, Dr. Mathew K P, Dr. Rohan Mathur, Dr. Joseph Kurian, Dr. Sandhya Rao, Dr. Binu Balan, Dr. Sunil Kumar, Dr. Jayalakshmi Nair, Dr. Rejo Cyriac, Dr. John Davis Akkara, Dr. Joggy Joseph