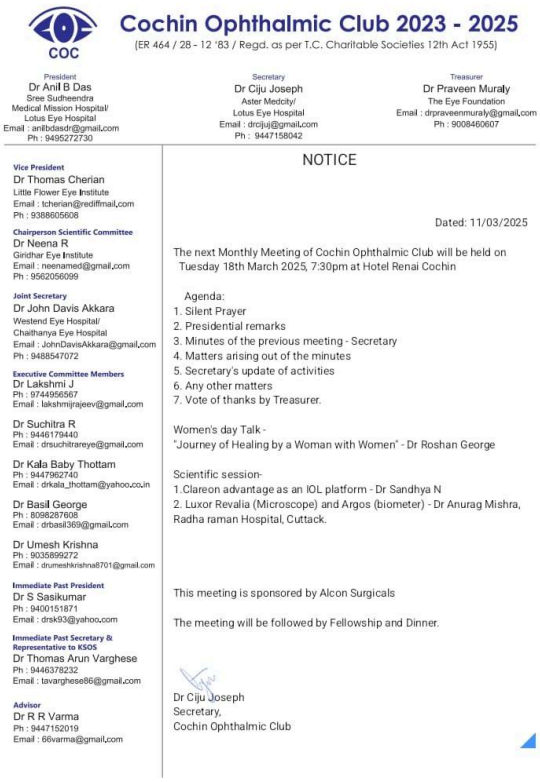
COCHIN OPHTHALMIC CLUB
MONTHLY REPORT FOR THE MONTH OF MARCH 2025

March 2025

COC Monthly Meeting

Monthly Meeting of COC was held on Thursday, 18th March 2025 at IMA House Kochi with a Women's Day Talk by Dr Roshan George - "Journey of Healing by a Woman with Women". Madam - a total outsider - having grown up in Andhra and had all her training outside Kerala-spoke of how she did freelancing for 16 years before learning Phaco and starting her own Hospital in 2000. She faced ridicule, opposition and threats at every step - by the medical fraternity, the Hospital managements, income tax department- but soldiered on as a One Woman Army taking it all in her stride!



Cochin Ophthalmic Club 2023 - 2025

(ER 464 / 28 - 12 '83 / Regd. as per T.C. Charitable Societies 12th Act 1955)

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NOTICE

Dated: 11/03/2025

The next Monthly Meeting of Cochin Ophthalmic Club will be held on Tuesday 18th March 2025, 7:30pm at Hotel Renai Cochin

Agenda:
1. Silent Prayer
2. Presidential remarks
3. Minutes of the previous meeting - Secretary
4. Matters arising out of the minutes
5. Secretary's update of activities
6. Any other matters
7. Vote of thanks by Treasurer.

Women's day Talk -
"Journey of Healing by a Woman with Women" - Dr Roshan George

Scientific session-
1.Clareon advantage as an IOL platform - Dr Sandhya N
2. Luxor Revalia (Microscope) and Argos (biometer) - Dr Anurag Mishra, Radha raman Hospital, Cuttack.

This meeting is sponsored by Alcon Surgicals

The meeting will be followed by Fellowship and Dinner.

Dr Ciju Joseph
Secretary,
Cochin Ophthalmic Club

It was preceded by the routine executive meeting and followed by scientific session and dinner

The Scientific Session was moderated by Dr Mathew Kurian and Dr Sony George and talks included

- Clareon advantage as an IOL platform - Dr Sandhya N
- Luxor revalia microscope and Argos Biometer - Dr Anurag Mishra, Radha Raman Hospital, Cuttack

COC Glaucoma Week Video competition Prize winners were awarded cash prizes.

1st Prize

https://youtu.be/ffFuzA3ASaA

2nd Prize

https://youtube.com/shorts/YIpXgVTP-dM

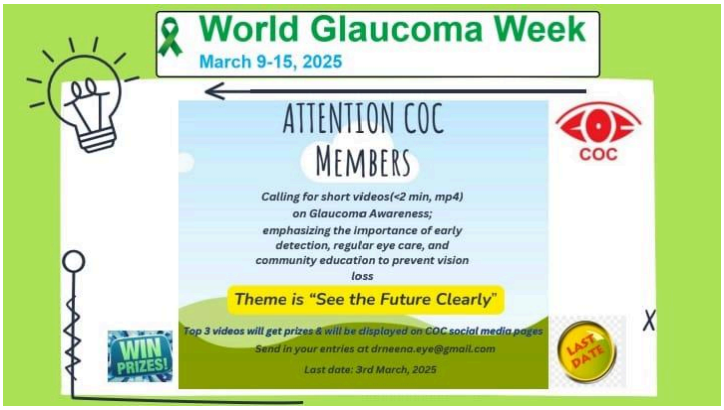
3rd Prize

https://youtube.com/shorts/rGn7hSTpfDE

Entries of Glaucoma Video Contest

https://youtube.com/playlist?list=PLV2dcJn6BtFWO1Ku3LUbCq-skQBmEa0uU&si=Kp8-l4fM6WqvC8wI







COC Award for Best Thesis and Young Scholar Travel Grant

COC has invited entries for Best Thesis Award and Young Scholar Travel Grant.





COC FAICO Awardees 2025



GlaucoPedia 2025 CME by Chaithanya Eye Institute

The Second Edition of GlaucoPedia CME by Chaithanya Eye Institute - Glaucopedia 2025, was conducted on March 16th 2025 in Hotel Holiday Inn.

Held under the aegis of KSOS, COC, and GSI, it was a landmark event in glaucoma education.

Inaugurated by Glaucoma Society of India(GSI) President Dr. Sathyan Parthasarathi, the program featured insightful didactic lectures, a hands-on wet lab and interactive industry stalls.



KSOS President Dr Mahesh G and COC President Dr Thomas Cherian also graced the occasion and participated in the ceremonial lamp lighting for the inauguration. A highlight of the event was the honoring of stalwart Dr K Narayanan Kutty for his outstanding contributions to the field of ophthalmology.



Didactic Lectures and case discussions were conducted by Glaucoma Specialists who included 7 National Faculty, 12 KSOS Faculty and 6 Faculty from Chaithanya Eye Hospitals across Kerala.

Surgical Wetlabs included Trabeculectomy and newer technologies like iStent and Kahook Dual Blade as Minimally Invasive Glaucoma Surgeries.

There were also Dry Labs on Virtual Reality Perimetry, Augmented Reality Glaucoverse and 3D Printing in Ophthalmology.

Doctors from all over Kerala and nearby states attended to update their knowledge and skill training in Glaucoma Diagnostics and Management.

With an impressive attendance of 160+ delegates, Glaucopedia 2025 continues its mission of advancing glaucoma care through knowledge and skill enhancement.





Glaucoma Week Activities by Chaithanya Eye Institute Kochi



As a part of World Glaucoma Week 2025 , Chaithanya Eye Institute Palarivattom conducted a Mega Eye Camp at Gothuruthu on March 15th, 2025, in association with Chendamagalam Grama Panchayath. 130 patients attended the camp. Additionally, Chaithanya Eye Institute Palarivattom conducted an Inhouse Camp related to Glaucoma Week 2025 from March 9th to 16th, during which 42 patients utilized our glaucoma services.

Glaucoma Week Activities by Dr Tony Fernandez Eye Hospital

Dr Tony Fernandez eye hospital successfully commemorated World Glaucoma Week with a series of engaging and informative events aimed at raising awareness about glaucoma.

The week long celebration was officially inaugurated with the unveiling of the celebration's title “Light up in green” by our esteemed chairman Dr Tony Fernandez on 10th March. A flash mob by the students of Dr Tony’s school of Optometry added vibrance to the event.

Optometry students from Dr Tony’s school of Optometry organized a comprehensive glaucoma exhibition in the hospital car parking area on 12 th March .The exhibition featured informative posters and models.

The optometry school conducted a thought-provoking shadow play on 13th March. To foster empathy and understanding, the optometry school organized a blind room show.

In addition to the programs at hospital and optometry school we conducted free glaucoma screening camps at Kamco agro machinery corporation limited, Cochin university of science and technology and Arjuna natural from 10th March to 14th March. These camps offered free vision screening, intraocular pressure testing and fundus photographs enabling early detection of potential glaucoma.Dr Litta , consultant glaucoma services, conducted an awareness talk on glaucoma for the staff members of Arjuna naturals. The short film on glaucoma awareness titled “Foresight” which was sent for the short film competition conducted by Cochin Ophthalmic club secured first prize. The diverse range of activities effectively raised awareness about glaucoma .



Glaucoma Week Activities by Little Flower Hospital Angamaly

Glaucoma week 2025 at Little Flower Hospital was distinguished by outreach glaucoma screening programmes at major public centres in Ernakulam, including CIAL and NPOL. Each camp was accompanied by an ophthalmologist who gave a message regarding the necessity of glaucoma screening. We did basic evaluation utilizing GAT and portable fundus camera and advised detailed examination to whomsoever indicated.Out of a total of 879 individuals screened at various centres,we could identify 46 glaucoma suspects who were promptly referred to the institution. We could also detect few patients with retinal conditions like diabetic retinopathy and ARMD who were called for detailed evaluation. Also there was increased participation for glaucoma screening among the attenders of patients who attended the OPD on these days.



Through all these,we could effectively spread the message of 'Uniting for a glaucoma free world'.

Glaucoma Week Activities by Eye Foundation Kochi

To create public awareness for glaucoma, The Eye foundation Kochi, conducted a walk in and around changampuzha park, edapally and gave a press note for the same, insisting on early screening and detection.


PRESS CLUB
KUWJ


World
Glaucoma
Week
March 10-16 2025
Uniting for a Glaucoma-Free World
THE EYE FOUNDATION
SUPER SPECIALITY EYE HOSPITALS
EDAPPALLY
KERALA | THAMILNADU | KARNATAKA

മാതൃഭൂമി
MATHRUBHUMI
22.03.2025, Page : II



സൗജന്യ ഗ്ലോക്കോമ നിർണയ പരിശോധന

കൊച്ചി ▸ ഗ്ലോക്കോമ വാരാചരണത്തിന്റെ ഭാഗമായി എറണാകുളം ഇടപ്പള്ളി ദി ഐ ഫൗണ്ടേഷൻ കണ്ണാശുപത്രിയുടെ നേതൃത്വത്തിൽ ഏപ്രിൽ 15 വരെ പൊതുജനങ്ങൾക്ക് സൗജന്യ ഗ്ലോക്കോമ നിർണയ പരിശോധന നടത്തും. ഇടപ്പള്ളിയിലെ ആശുപത്രിയിൽ രാവിലെ ഒൻപതു മുതൽ വൈകീട്ട് ആറു മണിവരെയായിരിക്കും പരിശോധനയെന്ന് പത്രസമ്മേളനത്തിൽ സീനിയർ ഗ്ലോക്കോമ വിദഗ്ധൻ ഡോ. ഉമേഷ് കൃഷ്ണ പറഞ്ഞു.

ഗ്ലോക്കോമ വാരാചരണത്തിന്റെ ഭാഗമായി ഐ ഫൗണ്ടേഷന്റെ നേതൃത്വത്തിൽ ബോധവത്കരണ പരിപാടികൾ, പ്രിവിലേജ് കാർഡ് വിതരണം, വാക്കത്തൺ എന്നിവ നടത്തിവരുന്നുണ്ടെന്ന് ഐ ഫൗണ്ടേഷൻ മെഡിക്കൽ സൂപ്രണ്ട് ഡോ. പ്രവീൺ മുരളി, റീജണൽ മാനേജർ തമിഴ് സെൽവൻ എന്നിവർ പത്രസമ്മേളനത്തിൽ പറഞ്ഞു.

Glaucoma Week Activities by Giridhar Eye Institute

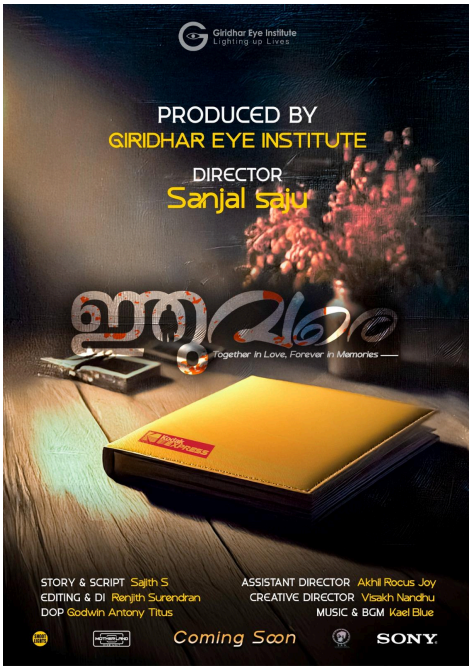
As part of Glaucoma Week 2025, Giridhar Eye Institute organized a comprehensive awareness programme and an engaging quiz competition to educate participants about glaucoma, its prevention, and management. The event aimed to highlight the importance of early detection and the role of optometrists in managing this sight-threatening condition.

The event successfully raised awareness about glaucoma and underscored the critical role of early detection and effective management. The quiz competition added an element of fun and engagement, making the learning experience memorable for all attendees. Giridhar Eye Institute remains committed to advancing eye care and continuing its efforts to combat glaucoma through education and community outreach.









In celebration of Glaucoma Week 2025, Giridhar Eye Institute produced a short film aimed at raising awareness about glaucoma, its impact, and the importance of early detection and treatment. The film was designed to educate the public while providing a compelling narrative to engage viewers emotionally. The film's concept was developed by a team of ophthalmologists, optometrists, and creative professionals. It highlights the silent progression of the disease and the life-changing consequences of delayed diagnosis.

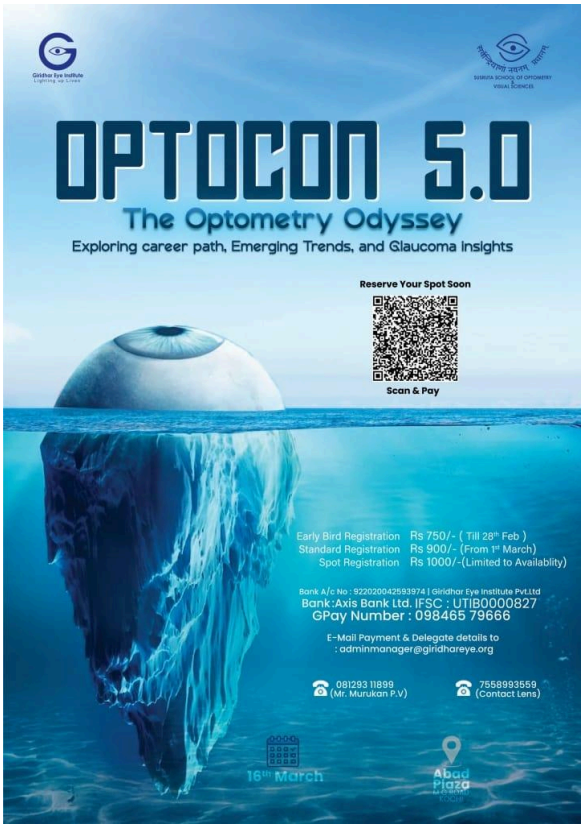


Optocon 5.0 Optomtery CME

Giridhar Eye Institute conducted Optocon 5.0 Optometry CME on 16th March at Hotel Abad Plaza. The glaucoma-focused sessions at OPTOCON 5.0 underscored the importance of a multidisciplinary approach to glaucoma management. By equipping optometrists with the latest knowledge and tools, the event aimed to enhance the quality of care provided to glaucoma patients, ultimately contributing to better visual outcomes and improved quality of life.

OPTOCON 5.0 successfully highlighted the evolving role of optometrists in glaucoma care, emphasizing the need for ongoing education, collaboration, and the adoption of advanced diagnostic and management strategies.







We Rock Kochi - Women Eye Doctors Meet

Dr Natasha Radhakrishnan conducted We Rock Kochi - Women Eye Doctors Meet, on 7th March 2025 at Hotel Holiday Inn 7:30pm to 10:30pm.

Dr Sanjana P spoke on Role of Immunomodulators in Dry Eye. And Dr Natasha Radhakrishnan spoke on “Women Eye Doctors - The challenges and the changes” Followed by an interactive game based group discussion.







GMC Ernakulam kickstarted World Glaucoma week activities with a screening for lady staff on Womens Day....

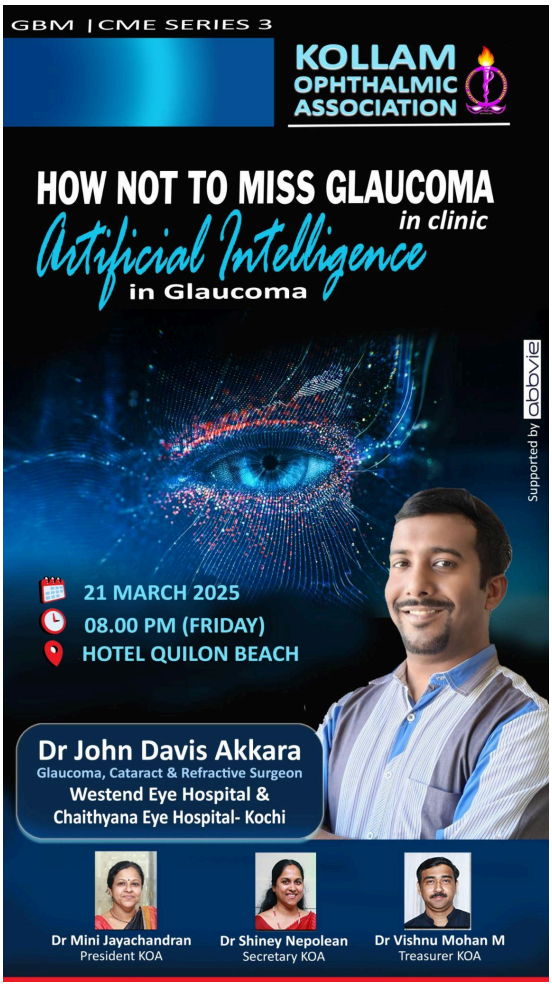
Dr Noel Moniz Memorial CME 2025

Videos uploaded ✅

Mentor Mentee Videos

https://youtube.com/playlist?list=PLV2dcJn6BtFUeAPgxzTxsMO01OmzEqVrc&si=j23t8NzVZ_Cu_sXi

Other Outstation Talks by COC members



Dr John Davis Akkara was invited faculty for CME series 2 by Kollam Ophthalmic Association. He spoke on “How not to miss glaucoma in clinic” and “Artificial Intelligence in Glaucoma & Ophthalmology”



Dr Radhakrishnan at Athuraseva at Sivarathri Manappuram,Aluva.

Mariam Roshan Zachariah

smoother than water –
time flows softening
furrows of sadness

daydreaming –
on the front porch
then smell of burning milk

Dr Roshan had two of her Haiku published in the International journal "Leaf - journal of the daily Haiku"

Dr. Neethu Latiff won third place in EyeOpener: Paediatric uveitis case contest Contest for the upcoming issue of the US(I) Newsletter.



Dr Poornima Sheba Abraham had her charcoal drawing published in Indian Express newspaper.

Eye Camps

Camps conducted	No of camps	No of patients screened	No of cataract surgeries
Giridhar eye Institute	9	648	92
Amrita Institute of Medical Sciences	4	650	83
Tony Fernandez Eye Hospital			27