COCHIN OPHTHALMIC CLUB

MONTHLY REPORT FOR THE MONTH OF May 2025

May 2025

COC Monthly Meeting



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: 08/05/2025

The next Monthly Meeting of Cochin Ophthalmic Club will be held on Thursday,15th May 2025, 7:30pm at Hotel Olive Downtown.

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.

Scientific session-
Moderated by Dr Saikumar SJ
1. How to not miss Glaucoma in Clinic - Dr Saikumar SJ
2. Focal points in Glaucoma management - Dr Deven Tuli, Narang eye Institute, Delhi
Q-A session

This meeting is sponsored by Abbvie.

The meeting will be followed by Fellowship and Dinner.

Dr Ciju Joseph
Secretary,
Cochin Ophthalmic Club

Monthly Meeting of COC was held on Thursday, 8th May 2025 at Hotel Olive Downtown, Kochi

After the executive meeting, a unique scientific session was held.

The Scientific Session was moderated by Dr Saikumar SJ and talks included

- How not to miss Glaucoma in Clinic - Dr Saikumar SJ
- Case discussions in glaucoma
- Focal points in Glaucoma management by Dr Deven Tuli had to be postponed as he had a medical emergency and had to cancel.

The scientific session was followed by dinner and fellowship.







COC wins Overall First Place in IMA Sports: Ranbhoomi 2025

COC won the IMA sports with 87 points.

(2nd prize for Orthopedic society with 56 points)
COC Star Sportspersons:
Armaan Dawar 22 pts👍
Priyanka Jadhav 14pts😊




IMA



Dr Sanitha Sathyan – 1st Chess

Dr Archana Nair – 1st Sudoku

Dr Thomas Arun Varghese – 2nd Cards. 3rd TT, 100, 200, 400 (over 50s men)

Dr Arman Dawar – 1st 400, swimming 25 and 50m. 2nd 100, 200. 3rd Walking

Dr Mathew KP – 1St Walking. 3rd 400, Swimming 25 and 50m.

Dr Ciju Joseph- 2nd Walking

Dr Priyanka Jadav- 1st Walking. 2nd 100, 200, 400

Dr Ashapoorna Borgohain – 3rd 100,200,400

Dr Anju Kuriakose- 2nd Badminton singles & 2nd Badminton doubles

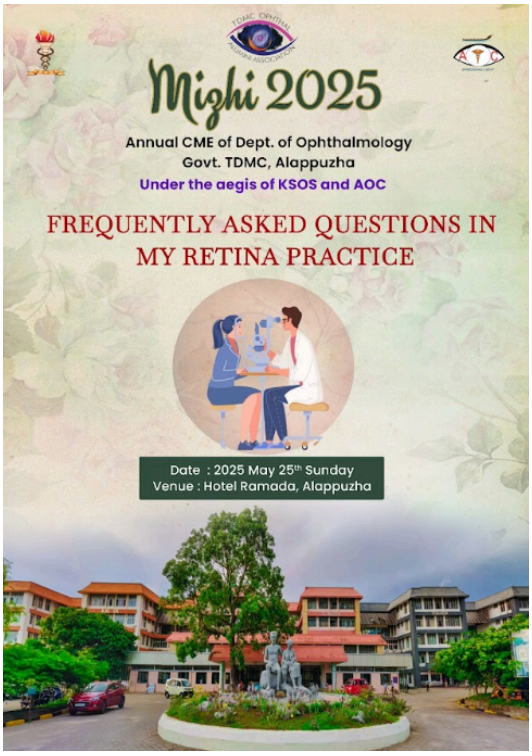
Dr John Davis Akkara - 3rd Badminton singles

TT doubles (TAV, Arman) 2nd

Rally 2nd both for men’s as well as for women’s teams

Cricket - 3rd prize

Mizhi 2005 CME on May 25 by Ophthalmology Dept, TDMC Alappuzha





PROGRAMME SCHEDULE

SESSION I 09:00 AM TO 10:40 AM

Moderators : Dr. Mahesh G, Dr. Dhanya R S

09.00-09.20 AM How do I interpret DME using OCT? Does this OCT of DME really need injection?
Dr. Dhanya R S

09.20-09.40 AM What is the role of LASERs in Diabetic retinopathy in the current scenario?
Dr. Indu V P

09.40-10.00 AM How can I diagnose PCV without ICG? What is the role of OCT Angiography in current clinical practice?
Dr. Shishir Verghese

10.00-10.20 AM Acute CSCR- How should I manage?
Dr. Sija S

10.20-10.40 AM Is full thickness macular hole worth operating? Does all ERMs need surgery?
Dr. Mahesh G

10.40-11.20 AM INAUGURATION &
Honouring of Senior KSOS Member -
Dr. Muhammed Nazeer K M

11.20-11.30 AM TEA BREAK

SESSION II 11:30 AM TO 01:10 PM

Moderators : Dr. Biju John C, Dr. Divya Balakrishnan

11.30-11.50 AM Anti VEGF in wet AMD and PCV- How many injections and when can we stop?
Dr. Divya Balakrishnan

11.50 -12.10 PM Why my patient is not happy after a clean uneventful cataract surgery?
Dr. Dalia S

12.10-12.30 PM How to report HCQ screening with OCT and visual field?
Dr. Jyoti Prakash Vyas

12.30-12.50 PM Are all flashes and floaters dangerous? When should we treat lattice degeneration with LASER?
Dr. Biju John

12.50-01.10 PM Am I really dealing with postoperative endophthalmitis?
Dr. Jisha K

01.10-01.45 PM LUNCH BREAK

Mizhi 2025 CME was conducted by Ophthalmology Dept, TDMC Alappuzha on May 25th on Frequently asked questions in Retina Practice.

Histamine CME on May 31 & June 1 by Giridhar Eye Institute

Giridhar Eye Institute conducted a CME on Ocular Allergies named Histamine on May 31 & June 1 named Histamine



Short Film by Giridhar Eye Institute

Giridhar Eye Institute released a short film about glaucoma titled “Ithuvare”
https://youtu.be/5w-NYsC-zyM

An emotional and thought-provoking journey that speaks about love, sacrifice, and the unspoken truths of life.
This film beautifully captures the essence of human relationships and the choices that shape our lives. With a powerful storyline, heartfelt performances, and

soulful music, Ithuvare promises to leave a lasting impact on your heart. If you enjoy meaningful cinema, this one's for you.

Other Achievements by COC members

Dr Suchitra Bhat, as a Master trainer in Healthcare Communication for IMA KSB conducted a 1 hour session on “The Importance of Communication Skills” on 20-5-2025at Midzone IMA conference at Periyar House, Aluva. She also successfully completed Executive MBA course in Healthcare Administration and Artificial Intelligence Applications from IIM- Kozhikode.
Received certificate from Dr Deepa Sethi , Dean , Executive programs, IIM - K





Dr Mariam Roshan Zachariah has been featured in Shadow Pond Journal(A BIANNUAL JOURNAL OF HAIKU AND SENRYU) in May 2025; her poem HOPE featured in Samovar Songs by Kashmir Pen as poem of the month April 2025. https://shadowpondjournal.blogspot.com/2025/05/mariam-roshan-zachariah.html

Eye Camps

Camps conducted	No of camps	No of patients screened	No of cataract surgeries
Amrita Institute of Medical Sciences	7	2155	77
Dr Tony Fernandez Eye Hospital	4	412	97