

TRIVANDRUM OPHTHALMIC CLUB

JANUARY 2025

SCIENTIFIC MEETINGS

TOC meeting along with family get together and cultural programs was held on 26th January Sunday, at Hotel SP Grand days Trivandrum. The scientific session included case presentations by Dr Aparna R P on corneal macular dystrophy and Dr Safna Hamsa on Keratoconus. Session was chaired by Dr Mahadevan sir and Dr Susheela B Nair. Cultural activities included solo song, solo dance and group song by different members of TOC and their children, followed by Magic show.



INDIVIDUAL ACHIEVEMENTS:

1. Dr Deepthilal, Consultant ophthalmologist Nedumangadu taluk hospital received KGMOA Best Doctor Award(Speciality cadre)



FEBRUARY 2025

SCIENTIFIC MEETINGS

1. TOC monthly meeting was held on 27th February 2025 at Hotel SP Grand Days, Thiruvananthapuram. Dr Vinay S Pillai, Senior consultant and head of department, Cornea and refractive surgery, Giridhar Eye Institute, Ernakulam was the guest speaker. He delivered his talk titled "From surface to endothelium – frequently encountered challenges". The meeting was chaired by TOC President, Dr Minu Mathen and Secretary, Dr Ashad Sivaraman. The meeting had an attendance of 56 ophthalmologists and postgraduate residents.



PG TRAINING PROGRAMS

PG training program was conducted by TOC on Sunday, 23rd February 2025 at Chaithanya Eye Hospital, Thiruvananthapuram with Hands-on PG teaching program on Glaucoma. This entire-day session was attended by 52 doctors and trainees.

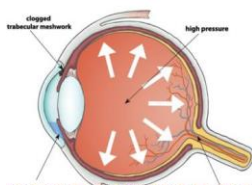
TRIVANDRUM OPHTHALMIC CLUB PRESENTS



HANDS - ON PG TEACHING PROGRAM ON GLAUCOMA

**SUNDAY,
23 RD FEBRUARY , 2025
CHAITYANYA EYE HOSPITAL , TRIVANDRUM
9 AM TO 4 PM**

GLAUCOMA



REGISTER NOW

CONTACT 9400359546

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Trivandrum ophthalmic club presents
Hands-on PG training program
Venue - Chaitanya Eye Hospital

Program Details

8.55 AM - welcome and briefing of sessions

9 AM -10.30 AM ..Didactic lectures

9-9.30 AM Gonioscopy-
Dr Thomas George,
Chaitanya Eye Hospital

9.30 to 10 AM
Optic Disc evaluation -
Dr Meena Nair, Chaitanya Eye Hospital

10-10.30 AM
Visual field analysis -
Dr Kiran Gopalakrishnan , Precise Speciality Eye Care

10.30- 10.40
Tea break

10.40 to 12 Noon -
Short lectures

10.40- 10.50AM-Tonometry -
Dr Veena Viswam
Amardeep Eye Care

10.50 to 11 AM -Normal tension Glaucoma -
Dr Ashish Kuruvilla, Aradhana Eye Hospitals, Trivandrum

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11 to 11.10 AM
Pseudo-exfoliation glaucoma -
Dr . Beena Thankappan,RIO, Trivandrum
11.10 to 11.20 AM --Nanophthalmos & glaucoma
Dr. Neeta Sidhan,
RIO Trivandrum
11.20 to 11.30 AM - Glaucoma in
Myopia -
Dr. Maheswari M , Chaitanya eye hospital and Research
institute
11.30 to 11.40 AM -Glaucoma in pregnancy -
Dr Minu sasikumar,
Sree Ramakrishna mission hospital, Trivandrum
11.40 to 11.50 AM -OCT RNFL analysis -
Dr. Lopamudra Biswal.
Chaitanya eye hospital and Research institute
11.50 to 12 noon -Pigment Dispersion Syndrome-
Dr. Roshini KR Chaitanya eye hospital and research institute,
karamana
12 - 1.00 PM
Hands on training - Session 1
1-2 PM
Lunch
2-3 PM
Hands on training - Session 2
3-4 PM Hands on training - Session 3
4 PM
Vote of thanks
followed by
Tea with snacks



A CME was conducted on 16th February 2025 at Hotel Apollo Dimora, Thiruvananthapuram by Precise eye care covering all subspecialties. Professor Dr Pradeep Sharma delivered the Signature Oration titled “Newer procedures in strabismus surgery”. The event was attended by 105 delegates.

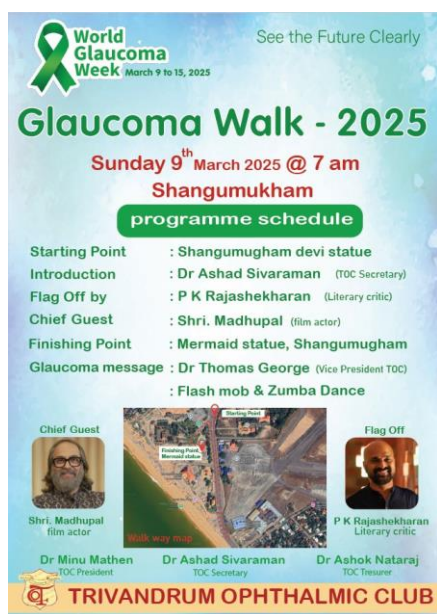
INDIVIDUAL ACHIEVEMENTS:

1. Dr Veena Viswam, Glaucoma and Cataract consultant, Amardeep Eye Hospital, Thiruvananthapuram cleared FAICO Cataract 2025.
2. Dr Neethu Pradeep, Medical retina consultant, Amardeep Eye Hospital, Thiruvananthapuram cleared FAICO Uvea 2025.
3. Dr Aparna KS, Orbit and Oculoplasty consultant, Chaithanya Eye Hospital, Thiruvananthapuram cleared FAICO Oculoplasty 2025.



MARCH.

Glaucoma awareness walk was conducted on March 9th 7.00am at Shanghumugham beach, The walk was flagged off by famous literary critic Sri P k Rajasekharan in the presence of chief guest Shri Madhupal. Starting point: In front of the Shankumugham Devi Temple statue, near the mermaid statue. Walk was towards the domestic airport for approximately 1 kilometer and then return to the beach. Post-walk there was a Zumba session and a flash mob.



World Glaucoma Week March 9 to 15, 2025
See the Future Clearly

Glaucoma Walk - 2025

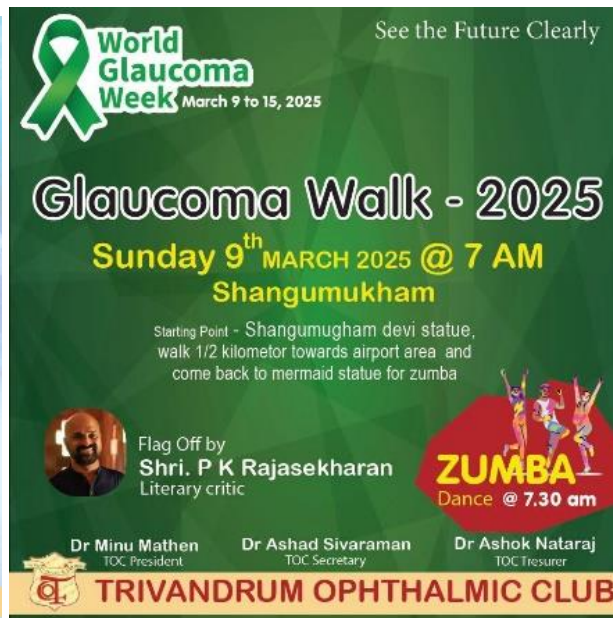
Sunday 9th March 2025 @ 7 am
Shangumukham
programme schedule

Starting Point : Shangumugham devi statue
Introduction : Dr Ashad Sivaraman (TOC Secretary)
Flag Off by : P K Rajasekharan (Literary critic)
Chief Guest : Shri. Madhupal (film actor)
Finishing Point : Mermaid statue, Shangumugham
Glaucoma message : Dr Thomas George (Vice President TOC)
Flash mob & Zumba Dance

Chief Guest: Shri. Madhupal (film actor)
Walk way map
Flag Off: P K Rajasekharan (Literary critic)

Dr Minu Mathen (TOC President), Dr Ashad Sivaraman (TOC Secretary), Dr Ashok Nataraj (TOC Treasurer)

TRIVANDRUM OPHTHALMIC CLUB



World Glaucoma Week March 9 to 15, 2025
See the Future Clearly

Glaucoma Walk - 2025

Sunday 9th MARCH 2025 @ 7 AM
Shangumukham

Starting Point - Shangumugham devi statue, walk 1/2 kilometer towards airport area and come back to mermaid statue for zumba

Flag Off by **Shri. P K Rajasekharan** (Literary critic)

ZUMBA Dance @ 7.30 am

Dr Minu Mathen (TOC President), Dr Ashad Sivaraman (TOC Secretary), Dr Ashok Nataraj (TOC Treasurer)

TRIVANDRUM OPHTHALMIC CLUB





Camp conducted by TOC during Attukal pongala on 13th March Thursday.
Consultants of Sreenethra eye care and Consultants from Precise Eye Hospital participated
. Number of patients seen were 230.



Glaucoma dance

A song and a dance by the ophthalmology doctors of Trivandrum ophthalmic club to spread the awareness about Glaucoma “ –The silent stealer of vision”



Glaucoma dance



Women's day celebration conducted by TOC on March 8th Saturday, at Residency tower. The scientific session included “The role of Cyclosporin in DE diseases” by Dr Swapna Nair, “VKC management strategies” by Dr Anitha Prabhakar and a women empowerment talk by Rekha R, Deputy project director Liquid propulsion system centre ISRO. The moderator of the session was Dr. Sheeba, Director, RIO.

Trivandrum Ophthalmic Club

08th Mar, 2025
Saturday | 07:30 PM Onwards

Residency Tower

Agenda

Scientific session/Cequia

Topic	Speakers
Topic - Role of Cyclosporin in DE disease	Dr. Sangeeta Nair Senior Consultant, Cataract & Refractive Services
Topic - VKC-management strategies	Dr. Anitha Prabhakar Senior Consultant & Surgeon
Women Empowerment Talk	Raksha K S Senior Consultant, Cataract & Refractive Services

Moderator
Dr. Chithra Raghavan

Chairpersons

Dr. Suseela B Nair
Former Director, CEO

Dr. Girija Devi
Former Director, CEO

Dr. Sheeba CS
Director & MD, CEO

SAVE THE DATE

For the day that belongs to you

8th MARCH, 2025

"Keeping up with the women's day theme, all could reap benefits in shades of purple. If you wish"

Cequia

Trivandrum Ophthalmic Club

08th Mar, 2025
Saturday | 07:30 PM Onwards

Residency Tower

Agenda

Scientific session/Cequia

Topic	Speakers
Topic - Role of Cyclosporin in DE disease	Dr. Sangeeta Nair Senior Consultant, Cataract & Refractive Services
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Women Empowerment Talk	Raksha K S Senior Consultant, Cataract & Refractive Services

Moderator
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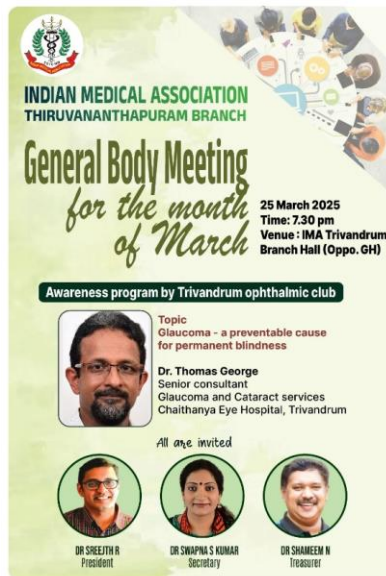
SHE PLAYS DIFFERENT ROLES In YOUR LIFE

A women in any form must be celebrated and honoured she deserves our respect for sure

#INTERNATIONALWOMEN'SDAY



Dr. Thomas George conducted a glaucoma awareness program at IMA on 25th March 7.30 pm at IMA office Trivandrum. Topic of discussion was Glaucoma – a preventable cause for permanent blindness.



Recording in All India Radio as a part of prevention of blindness week by Dr Kavitha Devin



SCIENTIFIC MEETING

Monthly meeting conducted on 28th March Friday at Residency Tower. The scientific session included a talk by Dr Krishna Das Senior consultant -Glaucoma services Aravind Eye Care on Changing paradigms in glaucoma management. Felicitation of all the individual achievers also done in the same meeting, which included

Dr.Jayalekshmi - Principal,SUT Medical College

Distinguished Alumni award, MCH,TVM - Dr.K.Mahadevan, Dr.Unni Nair

Dr Ambika Shetty felicitated by ministry of culture Govt. of Kerala at Sangamotsav at Bharat Bhavan Thycaud.

Dr.Jayaprasad B, Dr.Arya A.R,RIO, Dr.Roshni, - MRCS and FRCS from Royal College of Physicians and Surgeons GlasgowDr.Deepthilal received best doctor award from kgmoa

Dr.Veena Viswam, Amardeep ,FAICO Cataract

Dr.Harshali,Sreenethra FAICO Neuro Ophthal

Dr.Iodine, Chaithanya FAICO Refractive Surgery

Dr.Neethu Pradeep, Amardeep FAICO Uvea

Dr.Aparna K Sharma Chaithanya,FAICO Oculoplasty

Dr.Indu Nair Chaithanya,FAICO Retina

OPAI national quiz - First prize..Dr Aparna K S

Dr Greeshma MG,Asst Prof , RIO, Tvm has come in first place in the FNB entrance exam

INDIVIDUAL ACHIEVEMENTS

1. Dr Iodine R, Senior consultant, Chaithanya Eye Hospital, Thiruvananthapuram cleared FAICO Refractive surgery 2025.
2. Dr Indu J Nair, consultant Vitreo Retinal Services, Chaithanya Eye Hospital, Thiruvananthapuram cleared FAICO Medical retina 2025.
3. Dr Harshali, consultant Vitreo Retinal services, Sreenetra Eye Hospital, Thiruvananthapuram cleared FAICO ----- 2025.
4. Dr Greeshma MG, Asst Prof , RIO, Trivandrum has come in first place in the FNB entrance exams to pursue her VR fellowship.
5. Distinguished Alumni award, MCH, TVM - Dr.K.Mahadevan and Dr.Unni Nair
6. In KUHS first 10 ranks MS Ophthalmology 8th , 9th and 10th ranks are bagged by TOC members- Dr Staryl (Govt medical college Trivandrum), Dr Jane (Govt medical college Trivandrum), Dr Maria (Sree gokulam medical college ,Trivandrum)
7. Dr.Jayaprasad B, Dr.Arya A.R, Dr.Roshni, MRCS and FRCS from Royal College of Physicians and Surgeons Glasgow
8. OPAI national quiz First prize - Dr Aparna K S Chaithanya Eye Hospital
9. Dr.Jayalekshmi - Principal,SUT Medical College
10. Dr.Sunil appointed as superindentent. RIO
11. Dr Ambika Shetty felicitated by ministry of culture Govt. of Kerala at Sangamotsav at Bharat Bhavan Thycaud