

**COCHIN OPHTHALMIC CLUB**  
**MONTHLY REPORT FOR THE MONTH OF MARCH 2026**

**March 2026**

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**Monthly meeting of COC**

The monthly meeting of COC was held on 6th March 2026, at Grand Hotel, Kochi. The main speaker was **Dr. Girija.K**, Senior consultant and head of glaucoma services from Little Flower Hospital, Angamaly who delivered a talk titled 'Beyond the cup- Unmasking Glaucoma with OCT'.



There was also an informative session by Dr.John Davis Akkara on MIGS.



In addition, case presentations were done by Dr. Hari Govind and Dr. Rachael.



The scientific session was chaired by Dr.Saikumar S.J, Dr. Dhanya C A and Dr. Litta George. The meeting was attended by 130 members.



A glaucoma awareness video with lyrics written by Dr. R. R.Varma and performed by Dr. Dhanya and team was screened.

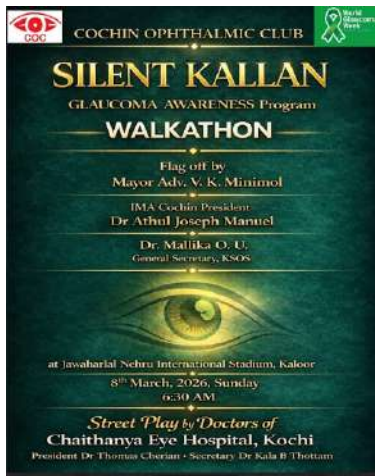


### **Glaucoma month activities by COC**

1. As part of **World Glaucoma Week**, Glaucoma walkathon was conducted on 6 th March 2026 around Jawaharlal Nehru stadium Kochi. There were 100 attendees. The walkathon was **flagged off by IMA Cochin president, Dr. Athul Joseph Manuel**. It was presided over by KSOS General Secretary Dr. Mallika O.U in the presence of COC President Dr. Thomas Cherian and COC Secretary Dr. Kala B Thottam.



This was followed by a street play on Glaucoma awareness by the doctors of Chaithanya Eye Institute, Palarivattom.





2. AIR Healthline program in connection with World Glaucoma week by Dr. Jacob's Eye Care hospital was aired on March 8, 2026. A Phone in programme was also aired on March 12, 2026. Dr. Jacob's eye care Hospital conducted an early morning glaucoma screening activity at Stadium Link road on March 9, 2026.



3. Glaucoma awareness camp was organised by Government Medical College Ernakulam on March 9, 2026.



4. Department of Ophthalmology, Lisie Medicity organised a “Human Chain” to spread glaucoma awareness on March 10, 2026 from Kaloor bus stand to Lisie junction. Awareness talks were made and pamphlets were distributed. Free glaucoma screening was also done from March 9 to March 31, 2026.



5. Department of Ophthalmology at Amrita Hospital conducted a walkathon at Amrita Hospital on March 9, 2026 followed by awareness talks, A week long intraocular pressure screening programme was also conducted. Nearly 1500 patients were screened and around 60 patients with high IOP were identified.



6. Dr. Tony Fernandez eye hospital, Aluva conducted week long activities with awareness talks, Glaucoma screening camps at NUALS, Kalamassery , Kalady Medical centre, Residential area in Aluva and one for autodriviers at INTUC hall. Total patients

screened-234, Referred-44. Street plays highlighting glaucoma awareness were done at Aluva Railway station, Angamaly Taluk Hospital, Angamaly KSRTC bus station and Karukutty Grama Panchayat Hall. On 14/3/26, glaucoma exhibition was held at the hospital parking area. Social Media videos about glaucoma awareness were also released.



7. **Glaucoma Photography competition** was conducted by COC in connection with World Glaucoma Week and the winners were announced on 25 March 2026
  - Clinical Category:
    - 1st prize- Dr. Mahesh Bharathi- Consultant, Ahalia eye hospital , Palakkad
    - 2nd prize- Dr. Sheena Balakrishnan- Consultant, Lifecare Hospital, Abu Dhabi
  - Non clinical category
    - 1st prize- Dr. Nimmy George- Consultant, iVision, Chalakudy
    - 2nd prize- Dr. Dhanya SD- PG resident, Chaithanya eye hospital , Kochi
8. Chaithanya Eye Institute conducted a dedicated glaucoma CME: “Glaucopeia 2026” on 29 March, 2026 at IMA House Kochi.



### **KSOS Presidential Initiative**

A Vision Screening Programme was conducted by Chaithanya Eye Institute on March 12 at Amrita Institute for the Differently Abled, Thoppumpady as part of KSOS Presidential Initiative. Dr.Liji, Executive Member of COC , attended the camp .



### **Individual Achievements of COC Members**

**Dr Giridhar** was awarded the **AIOS Dr SS Badrinath Endowment Award 2026** at the AIOS Conference in Jaipur.



**Dr. Marian Pauly**, Head of the Department of Oculoplasty and Orbit, received the prestigious **Sujata Savitri Rao Award** for her outstanding scientific presentation titled: “***Outcomes of Socket Reconstruction in Patients Requiring Multiple Surgical Interventions.***”



**Dr. Gopal. S.Pillai-**



In Top 10 innovations in the Under the apple tree session Points of care testing for detecting non responders to Anti VEGF treatment.

Elsevier's responsible AI award- For AI algorithm to detect CAD and stroke from retinal images

**John Davis Akkara-**

First prize in Physical Poster(Squint)

First prize in YOSI squid games

International Hero Award

AIOS travel grant for AIOC Jaipur

Part of 1st prize winning South Zone team(King in ramp walk) in AIOSutsav

IJO appreciation award

Surgical trainer in SSTC for iStent and KDB MIGS surgeries



Camps conducted	No of camps	No of patients screened	No of cataract surgeries
Giridhar Eye Institute	11	1143	92
Dr. Tony Fernandez Eye Hospital	4	422	25
Amrita Institute of Medical Science	8	2500	81
Little Flower Hospital, and research centre	11	1645	58

## **New members**

Dr. Antony Kurian- PG resident at Dr.Tony Fernandez eye Hospital, Aluva

Dr.Meghana - first year DNB Resident at Dr Tonys Eye Institute

Dr.Akhila U - JR1, Dept of Ophthalmology, Ernakulam Medical College

Dr.Neethu Latheef - Uvea Consultant at Giridhar Eye Institute, Kochi

Dr. Maria Tinu- Assistant Professor, Government Medical College, Ernakulam

Dr. Gloria George- Consultant Ophthalmologist, Focus eye hospital, Kaloor