



Palakkad Society of Ophthalmic Surgeons (PSOS)

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Quarterly Report – January to March 2026

The first quarter of 2026 was a period of active academic engagement and impactful community outreach for the Palakkad Society of Ophthalmic Surgeons (PSOS), reflecting the society's continued commitment to clinical excellence and public health initiatives.

The January 2026 meeting, held at Hotel Indraprastha, Palakkad, focused on academic discussions and society development. Key highlights included a case-based session on disc edema in comprehensive ophthalmology practice by Dr Rose Mary Tomy, Consultant at AFEH, Pattambi and a rare case presentation of bilateral congenital dacryocystocoele by Dr Remya Jayasree, DNB resident, AFEH, Palakkad. The session emphasized practical clinical approaches and active academic interaction among members.

The February 2026 meeting, conducted at the Palakkad Cosmopolitan Club, witnessed strong participation and featured two focused scientific sessions. Dr Anup Chirayath, Medical Director, iVision Hospital, Thrissur, delivered an insightful talk on presbyopia-correcting intraocular lenses, covering evolving technologies and real-world clinical considerations. This was followed by a presentation by Dr Anu, DNB resident, District Hospital, Palakkad on drug-induced secondary angle closure glaucoma, highlighting recognition and management strategies. The month also included planning for World Glaucoma Week and the society's flagship CME programme, Summer Spice 2026.

March 2026 was marked by a combination of academic activities, community outreach, and national-level participation. As part of World Glaucoma Week, PSOS organized a glaucoma awareness walkathon in collaboration with the District Blindness Control Society (DBCS) and the Fort Walkers Club, with participation from ophthalmologists, community members, and nursing students from Govt Nursing College, Palakakd. This was followed by an awareness programme and a glaucoma quiz, along with a screening initiative in which 65 individuals underwent evaluation including intraocular pressure assessment and optic disc examination using AI-enabled fundus imaging.

PSOS also extended support to the ANBU programme, a state-level initiative focused on visual screening and rehabilitation for differently abled children, with a screening activity conducted by Dr Geetha and her team at Jyothi Nilayam, Palakkad.

The March monthly scientific meeting featured sessions by Dr Jayasree P V, Senior Glaucoma Consultant, Thrissur, on a case-based approach to angle closure disease and by Dr Mahesh Bharathi, Glaucoma Consultant, AFEH Palakkad, on laser peripheral iridotomy, both of which were well received.

At the national level, PSOS members actively participated in the annual conference of the All India Ophthalmological Society, where Dr Mahesh Bharathi presented on the “Role of OCT in Glaucoma,” reflecting the society’s academic contribution beyond the regional level.

In summary, the first quarter of 2026 demonstrated a balanced and progressive trajectory for PSOS, encompassing academic excellence, community engagement, and active representation at the national stage.