

# DISTRICT CLUB:

Trivandrum Ophthalmic Club (TOC)

# REPORTING PERIOD:

July–September 2026

# QUARTERLY ACTIVITY REPORT

## SECTION 1: MONTHLY MEETINGS

### 1. July Monthly Meeting

- **Date:** 15 July 2026
- **Venue:** Hotel Residency Tower, Trivandrum
- **Events conducted:** Scientific session followed by Annual General Body Meeting
- **Attendance:** 31
- **Speaker:** Dr. Swapna Nair
- **Topic discussed:** “Management of Aruns in Refractive Surgery”
- **Special remarks:** The AGM reviewed the upcoming activities, and the new office bearers for the 2026–2028 term were elected.

**TRIVANDRUM OPHTHALMIC CLUB (TOC)**

*Monthly*  
**SCIENTIFIC MEETING & AGM**

*Scientific Session*

**SPEAKER**  
**Dr. SWAPNA NAIR**

**TOPIC**  
**Management of Aruns in Refractive Surgery.**

**DATE**  
15 July 2026  
Wednesday

**TIME**  
7:00 PM

**VENUE**  
Hotel Residency Tower,  
Statue, Thiruvananthapuram

**PRESIDENT**  
Dr. Thomas George

**SECRETARY**  
Dr. Ashad Sivaraman

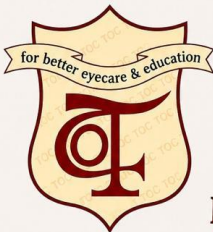
**TREASURER**  
Dr. Ashok Nataraj

*Let's meet, learn & grow together!*



## 2. August Monthly Scientific Meeting

- **Date:** 19 August 2026
- **Venue:** Hyatt Regency
- **Events conducted:** Scientific session
- **Attendance:** 90
- **Case presentation:** Dr. Parvathy S. Nair, Junior Resident, Chaithanya Eye Institute
- **Discussant:** Dr. K. Mahadevan, Professor, Gokulam Medical College
- **Speaker:** Dr. Ramesh Venkatesh, Senior Vitreoretinal Consultant, Narayana Nethralaya
- **Topics discussed:** Multimodal Imaging in Pachychoroid Disease
- **Special Remarks:** Dr. Chitra Raghavan was honoured by TOC on her appointment as Director of Regional Institute of Ophthalmology.



# TRIVANDRUM OPHTHALMIC CLUB

*invites you to it's*  
**MONTHLY MEETING**



**19<sup>TH</sup> AUGUST, 2026**



**FROM 7PM ONWARDS**

**AT HYATT REGENCY, TRIVANDRUM**

**7:00 PM – 7:15 PM**

1. Case presentation and discussion  
**Dr. Parvathy S Nair**,  
 Junior Resident,  
 Chaitanya Eye Hospital and  
 Research Institute

*Discussant :*  
**Dr. K. Mahadevan**,  
 Professor,  
 Gokulam Medical College




**7:15 PM – 8:00 PM**

2. Multimodal Imaging in  
Pachychoroid disease

3. What chANGED my practice?  
**Dr. Ramesh Venkatesh**,  
 Senior VR consultant,  
 Narayana Nethralaya



THE SCIENTIFIC SESSION WILL BE FOLLOWED BY  
**GENERAL BODY MEETING**

|                                  |                                       |                                   |                                   |
|----------------------------------|---------------------------------------|-----------------------------------|-----------------------------------|
| President<br>Dr. Devin Prabhakar | Vice-President<br>Dr. Ashad Sivaraman | Secretary<br>Dr. Ashish Kuruvilla | Treasurer<br>Dr. Beena Thankappan |
|----------------------------------|---------------------------------------|-----------------------------------|-----------------------------------|

**PLEASE DO COME AND PARTICIPATE.**  
 Meeting supported by **'VABYSMO' Roche.**



### 3. August Scientific Meeting & Onam Celebration

- **Date:** 30 August 2026
- **Venue:** Hotel Residency Tower, Trivandrum

- **Events conducted:** Scientific session followed by Onam celebrations
- **Attendance:** 50
- **Speaker:** Dr. Abhijeet Tagare, Tagare Eye Hospital, Kolhapur
- **Topics discussed:** Advanced/Secondary Glaucoma, Ahmed Glaucoma Valve Surgery and Maximal Medical Therapy in Glaucoma
- **Special remarks:** Dr. Biju John was honoured by TOC on his appointment as Head of the Department (HOD) of the Regional Institute of Ophthalmology. Dr. Bindu Thampi was also honoured by TOC on her appointment as Head of the Department (HOD) of Gokulam Medical College.



Trivandrum Ophthalmic Club invites you

## MONTHLY SCIENTIFIC MEETING

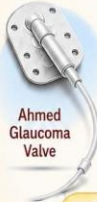
**SPEAKER**

**Dr Abhijeet Tagare**  
Tagare Eye Hospital,  
Kolhapur, Maharashtra



**TOPICS**

- Advanced/Secondary Glaucoma:**  
Role of Ahmed Glaucoma Valve Surgery
- Maximal Medical Therapy in Glaucoma**



Ahmed Glaucoma Valve



LATANOPROST  
0.005%  
Eye Drops  
Sterile



BIMATOPROST  
0.03%  
Eye Drops  
Sterile



DORZOLAMIDE  
2%  
Eye Drops  
Sterile

**DATE** 30<sup>th</sup> AUGUST | **TIME** 10 am onwards

Followed by  
GB, Felicitation of  
newly appointed HODs,  
culturals and onam sadya

**LOCATION:** Residency Towers, Statue, TVM

|                                                                                                                        |                                                                                                                             |                                                                                                                         |                                                                                                                         |                                                                                                                                               |
|------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <br>Dr Devin Prabhakar<br>President | <br>Dr Ashad Sivaraman<br>Vice President | <br>Dr Ashish Kuruvilla<br>Secretary | <br>Dr Beena Thankappan<br>Treasurer | <br>Dr Mini Mathew<br>Scientific Committee<br>Chairperson |
|------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|

*Please do come and participate.*

This meeting is sponsored by Microlabs Ltd.



#### 4. September Monthly Scientific Meeting

- **Date:** 23 September 2026
- **Venue:** Hotel Residency Towers
- **Events Conducted:** Scientific session
- **Attendance:** 75
- **Case presentation:** Dr. Lebin P., Postgraduate Student, Sree Gokulam Medical College; chaired by Dr. P. S. Girija Devi
- **Speaker:** Dr. Minu Mathen, Chaithanya Eye Hospital
- **Topics Discussed:** Management of Brown and Black Cataracts and Wobbly Lenses
- **Special remarks:** Dr. Arup Chakrabarti was honoured by TOC on his appointment as Vice-President Elect, AIOS 2027.

**TRIVANDRUM OPHTHALMIC CLUB**

23<sup>rd</sup> September 2026, Wednesday | Residency Towers, Statue

**7:00 pm**  
Case presentation by  
PG Dr Lebin P  
Case discussed by  
Prof. P. S. Girija Madam

**7:30 pm**  
Topic: Management of brown and  
black cataracts and wobbly lenses  
Speaker: Dr Minu Mathen

**8:15 pm**  
**GB**  
1. Obituary of Late Dr Indira.  
Dr Mahadevan  
2. TOCs role in eye banking.  
President, TOC.  
3. Felicitation of Dr. Arup Chakrabarti  
as the newly elected Vice President of AIOS.  
4. Inauguration of TOC website.  
Dr. Susheela B Nair.  
5. Any other matters from the floor.

**8:30 pm onwards**  
Dinner

President:  
Dr. Devin Prabhakar

Secretary:  
Dr. Ashish Kuruvilla

Scientific Committee Chairperson:  
Dr. Mini Mathew

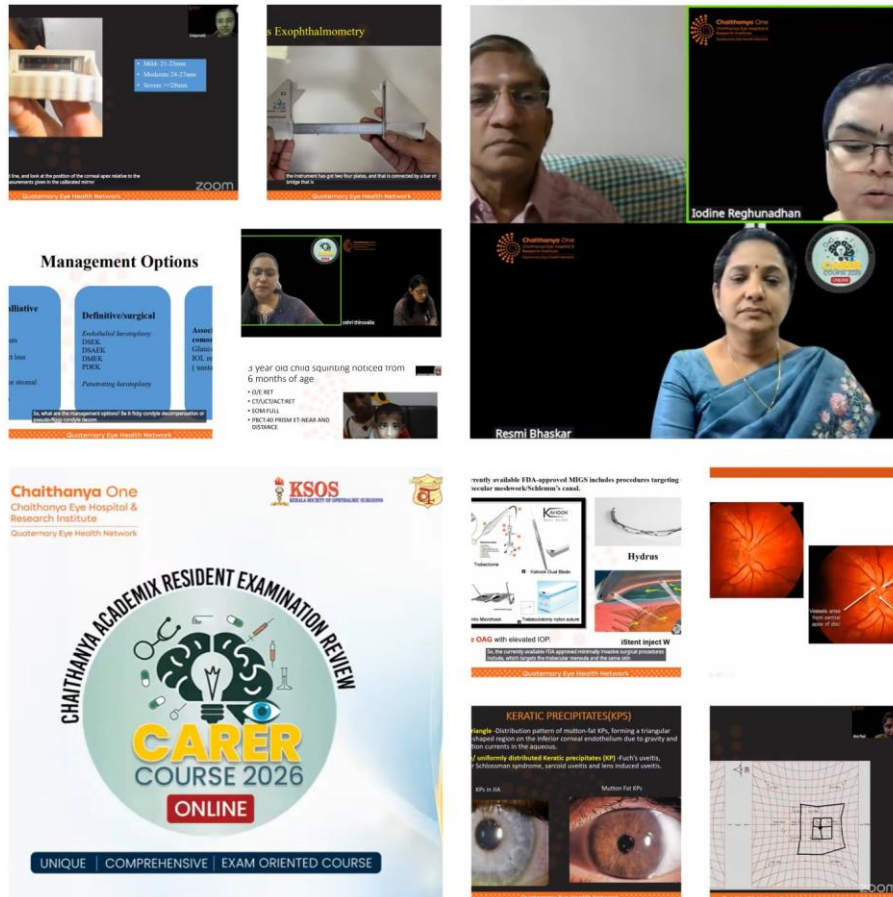
Treasurer:  
Dr. Beena Thankappan

## SECTION 2: OTHER ACADEMIC ACTIVITIES

- **Phakology 2026:** Two-day CME conducted by Chaithanya Eye Hospital & Research Institute on 12–13 September 2026 under the aegis of KSOS and TOC. Focus areas included **zonular weakness, hard cataracts, biometry and mastering phaco techniques**. Renowned national- and state-level consultants participated as faculty members.



- **CARER 2026:** Conducted by Chaithanya Eye Hospital & Research Institute on 26–27 September 2026 under the aegis of KSOS and TOC. Comprehensive, examination-oriented online course exclusively for postgraduate students. Included clinical case-oriented discussions by eminent faculty and was well attended and appreciated.



- **TOC Website & Job Portal:** Official TOC website launched, with an integrated job portal connecting ophthalmologists with career opportunities and hospitals with employment openings.



## SECTION 3: OUTREACH PROGRAMS / CAMPS / PUBLIC AWARENESS ACTIVITIES

- **17 July 2026 – St. Peter’s School for the Mentally Challenged:**
  - Eye screening camps were conducted under the ANPU project in collaboration with KSOS and TOC, in association with Sreenethra Eye Hospital and the Regional Institute of Ophthalmology.
  - **40 students and 5 teachers** were examined; 7 students were identified for follow-up and treatment.



- **31 July 2026 – St. Martha’s Special School, Menamkulam:**
  - Eye screening conducted under the ANPU project by General Hospital, Gitanjali Eye Hospital with the optometry team from Regional Institute of Ophthalmology.
  - 120 differently-abled children and 8 staff members were screened.
  - Seven students were referred to the RIO Squint Clinic and 18 to Geethanjali Eye Hospital for further evaluation.



- **14 August 2026 – Developmental Centre for the Mentally Challenged, Murinjapalam:**
  - Eye screening conducted under the ANPU project by Aradhana Eye Institute and Precise Eye Hospital with the optometry team from Regional Institute of Ophthalmology.
  - **62 students and 14 staff members** underwent screening.





## SECTION 4: INDIVIDUAL MEMBER ACHIEVEMENTS

- **Dr. Keya Chakrabarti and Dr. Meena Chakrabarti:** Winner of the TNOA Captain Subramanyam Video Award.
- **Dr. Aswin Krishna and Dr. Lebin:** Second prize in the postgraduate quiz at “Nethram,” conducted by the Pathanamthitta Ophthalmic Society.
- **Dr. Naseethath:** First prize for academic poster at Yolk Optimize AI CME, Kollam.
- **Dr. Sachin:** Third prize for academic poster at Yolk Optimize AI CME, Kollam.
- **Dr. Swathy N.K.:** First prize in the Reels competition at Yolk Optimize AI CME, Kollam.
- **Dr. Arup Chakrabarthi:** Received the Awadh Nethra Vibhushan Award and Dr. J. L. Sharma Oration Award; was also elected Vice President of AIOS 2027.
- **Dr. Minu Mathen:** Invited to deliver a Principal Lecture at RANZCO 2027.

## SECTION 5: OTHER EVENTS / SPECIAL MENTIONS

- TOC launched its **official website**, designed by Mr. Abhikrishnan, with Dr. Mini Mathew.
- A dedicated **job portal** was integrated into the website for ophthalmology employment opportunities.
- The quarter also saw continued participation in the **ANPU outreach initiative**, particularly serving children with special needs.