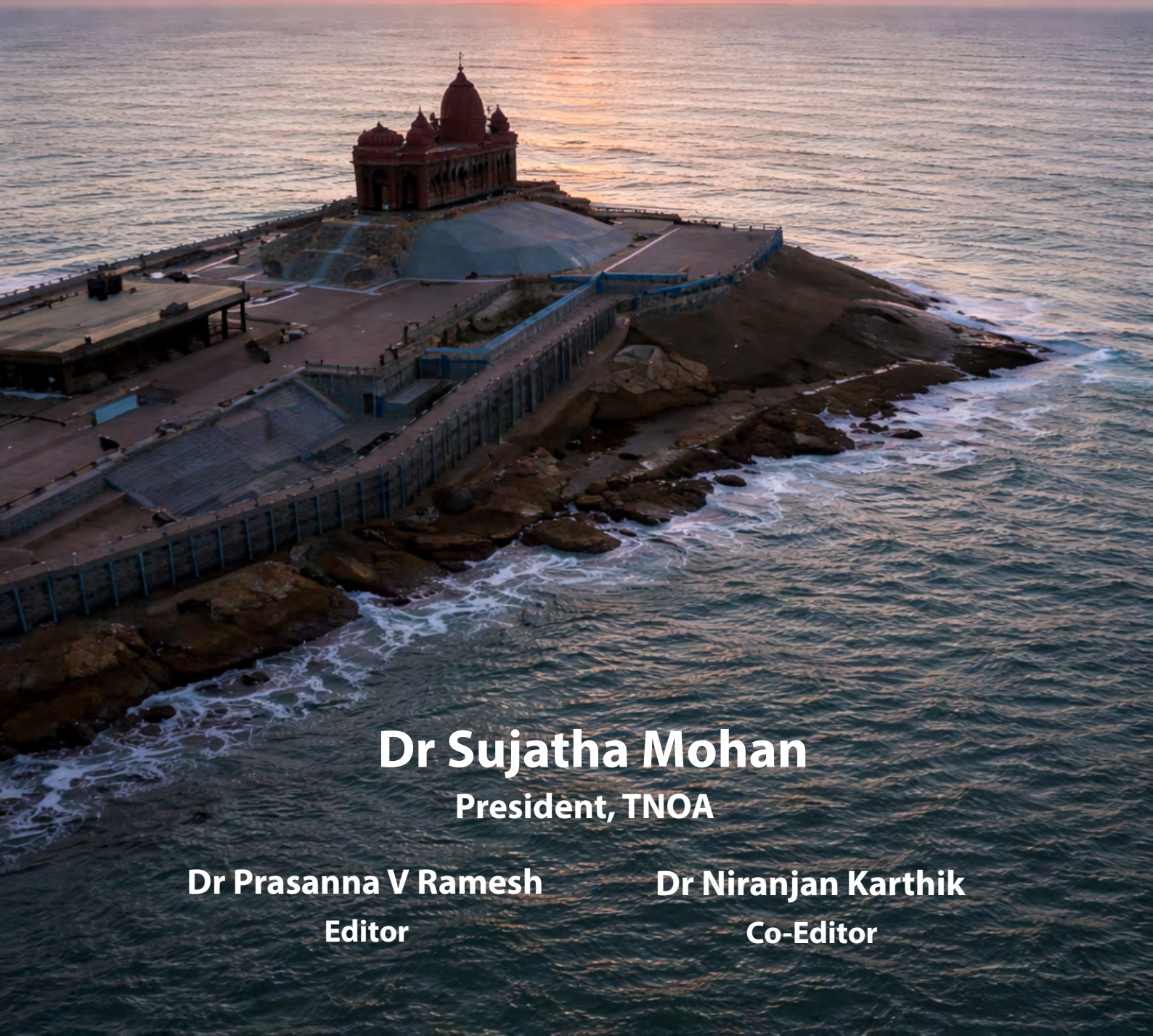




TNOA DIGITAL TIMES

ISSUE 3



Dr Sujatha Mohan
President, TNOA

Dr Prasanna V Ramesh
Editor

Dr Niranjan Karthik
Co-Editor

President's Message



Dear Esteemed Colleagues,

Warm greetings to all of you.

The past months have been vibrant with academic engagement, collaborative learning, and meaningful professional interactions. Our webinars, CMEs, and skill-enhancement programs have demonstrated the strength of our collective intellectual spirit and our unwavering dedication to advancing ophthalmic care. The enthusiastic participation of our members, especially our young ophthalmologists and postgraduates, is a testament to the dynamic future of our profession.

We are living in truly transformative times—where digital innovation is reshaping how we learn, teach, and practice. Our Digital Times platform itself symbolizes this evolution, serving as a bridge that connects knowledge, experience, and inspiration across distances. It reflects not only scientific progress but also our shared commitment to continuous learning.

I express my sincere gratitude to our executive committee, editorial team, and every member whose dedication and enthusiasm make our collective progress possible.

May the coming year bring new opportunities, continued learning, and greater achievements for all of us.

With warm regards,

Dr. Sujatha Mohan

President TNOA

Editor & Co-Editor's Message



It gives us immense pleasure to present Issue 3 of TNOA Digital Times, a vibrant reflection of the academic energy, creative spirit, and collective progress of our association. This issue captures the momentum with which TNOA continues to evolve—embracing learning, leadership, innovation, and expression across platforms.

From high-impact academic programs, webinars, and hands-on meetings to resident-centric initiatives such as Gurukulam and ARC sessions, the pages that follow stand testimony to TNOA's unwavering commitment to structured postgraduate training and lifelong learning. The diversity of topics and formats showcased here reflects not just excellence in ophthalmology, but also inclusivity of thought and opportunity.

What makes this issue especially meaningful is the strong presence of art, photography, prose, and poetry, reminding us that ophthalmologists are not only custodians of vision, but also creators, storytellers, and observers of life beyond the clinic. These contributions beautifully bridge science and humanity.

We sincerely thank all contributors, office bearers, editorial board members, and reviewers whose dedication has shaped this edition. Your enthusiasm and trust continue to strengthen this platform.

As we move forward, we hope TNOA Digital Times remains a space that informs, inspires, and connects—celebrating both professional excellence and personal expression within our fraternity.

With warm regards,

Dr Prasanna V Ramesh

Editor

Dr Niranjan Karthik

Co-Editor

TNOA Digital Times

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Dr Madhuvanthi Mohan

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Dr Sreevibya S

DECEMBER 2025



05.Dec.2025

Type of Activity: Webinar

Title: Ophthalmic Video Editing: Cut, Craft & Captivate! (TNOA Young Leaders Forum)

Ophthalmic Video Editing: Cut, Craft & Captivate!

A well-conducted webinar by the TNOA Young Leaders Forum in association with YOSI, focusing on the art and science of ophthalmic video editing. The session effectively covered editing techniques, visual storytelling, and content structuring for academic impact.

Participants gained practical insights to enhance surgical and educational videos. An engaging and informative program, especially valuable for residents, young ophthalmologists, and educators.

TNOA Young Leaders Forum in Association With YOSI
OPHTHALMIC VIDEO EDITING: CUT, CRAFT & CAPTIVATE!
TNOA Vision Legacy TNOA YOSI

Friday, 05 Dec 2025
Starts at 07:30 PM

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Dr Shams Noman
Bangladesh

SPEAKERS

SPEAKER
Dr Dhaivat Shah
Six Video Editing Errors That Make Your Viewers Yawn

SPEAKER
Dr Madhavi R Pillai
Winning With Videos: Crafting Award-Ready Submissions

SPEAKER
Dr Shivam Gupta
The Art Of Surgical Storytelling: Video Making Essentials

SPEAKER
Dr Hirika Vipul Gosalia
Creating Videos For Social Media

SPEAKER
Dr Prithvi Chandrakanth
AI Tools That Transform Your Editing Workflow

[CLICK HERE TO WATCH](#)

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Dr Sriram Gopal
Treasurer

07.Dec.2025

Type of Activity: Physical

Title: TNOA Gurukulam 3.1 With POA (Pondicherry Ophthalmic Association), MGMCRI, Pondicherry



DR SUJATHA MOHAN, PRESIDENT TNOA,
CORDIALLY INVITES POST-GRADUATES FOR

TNOA GURUKULAM

3.1 (DRY LAB)

ORGANISED BY TAMIL NADU OPHTHALMIC ASSOCIATION IN ASSOCIATION WITH
PONDICHERRY OPHTHALMOLOGISTS' ASSOCIATION &
MAHATMA GANDHI MEDICAL COLLEGE AND RESEARCH INSTITUTE

ON 7TH DEC 2025 (SUNDAY)
@ MAHATMA GANDHI MEDICAL COLLEGE & RI,
PUDUCHERRY

CONVENOR

DR D CHANDRASEKHAR

CO-CONVENORS

POA

MGMCRI

DR VANAJA V
DR NIRUPAMA K
DR AMIT KUMAR DEB

DR K SRIKANTH
DR AR RAJALAKSHMI
DR SWATHI N

PRE-REGISTRATION MANDATORY
REGISTRATION CHARGES RS.
300/-
(INCLUDING TNMC CREDIT
HOURS)

ORGANISING SECRETARY

DR AR RAJALAKSHMI
DR SWATHI N

MGMCRI LOCAL ORGANISING TEAM

DR SUBATHRA B
DR ARULMOZHI T
DR MATHIVADHANI LS
DR MUKUNTHAN S
DR VYSHAKH VK
DR SHREYAN D

7 DRY LAB STATIONS (40 mins each)
Rotations in small groups

*E-Certificate for participants will be
mailed on receipt of online feedback*

SCAN FOR
REGISTRATION



Dr Sujatha Mohan
President



Dr V R Vijayaraghavan
President Elect



Dr V Madhavan
Vice President



Dr D Chandrasekhar
Hon. Secretary



Dr Sriram Gopal
Treasurer

12.Dec.2025

Type of Activity: Webinar

Title: Core Concepts In Ocular Trauma – From Triage To Treatment

A well-conducted academic program by ONE – TNOA Young Leaders Forum, bringing together experts for focused discussions on ocular trauma management.

The session comprehensively addressed initial triage, decision-making, and treatment strategies through case-based learning.

Each expert talk was followed by interactive discussions, enriching clinical perspectives.

A highly informative and clinically relevant program, beneficial for residents and practicing ophthalmologists alike.

The image is a screenshot of a Zoom meeting displaying a webinar agenda. The agenda is titled "CORE CONCEPTS IN OCULAR TRAUMA FROM TRIAGE TO TREATMENT" and is scheduled for "DECEMBER 12th 2025 @ 7:30 PM". The event is organized by TNOA (Tamil Nadu Ophthalmological Association) and ONE (Ocular Trauma Network) Vision Legacy. The agenda includes a key note address by Dr. Mirmal Fredrick on the medicolegal aspects of ocular trauma, followed by eight sessions, each consisting of a 10-minute talk and a 3-minute discussion. The sessions are: 1. Principles of Corneoscleral Tear Repair (Speakers: Dr. Madhuvantini Mahan, Dr. Radhika Natarajan); 2. Pearls in Management of Chemical Injuries (Speakers: Dr. Muggurathnam B, Dr. Bhaskar Srinivasan); 3. Managing Angle Recession (Speakers: Dr. Aradhana Nivash, Dr. Deepankar Mohanrao); 4. Management of Traumatic Subluxated Cataract (Speakers: Dr. Jabirith Bryan, Dr. Shreeesh Kumar); 5. Traumatic Choroidal Rupture Management (Speakers: Dr. Rashmi Maham, Dr. Manavi D Sindal); 6. Complex Orbital Fractures (Speakers: Dr. Preethi Udoy, Dr. Senthil Nathan). The Zoom interface shows a video feed of Dr. Sujatha Mohan in the top right corner.

Type of Activity: Webinar

Title: TNOA ARC – Namma Paadasalai #5

“An Online Platform for Post Graduate Training” was successfully and well conducted under the aegis of TNOA ARC.

The program featured expert-led sessions and structured case presentations in cornea and retina.

Focused discussions and moderated interactions enhanced clinical reasoning and postgraduate learning.

The session served as a valuable academic platform, reinforcing TNOA's commitment to quality PG training.

TNOA ARC
Namma Paadasalai #5
"An Online Platform for Post Graduate Training"
19th Dec 2025 Friday 07:30 PM to 08:30 PM

Chairpersons

- Dr Sujatha Mohan, President, TNOA
- Dr M Ravishankar, Chairman, TNOA ARC

Convenor

- Dr D Chandrasekhar, Hon. Secretary, TNOA

Experts

- Prof K Vasantha
- Prof VR Vijayaraghavan
- Dr Supriya Dabir Gautam

Topics & Speakers

- Cornea Case Presentation From KAPV Govt Medical College, Trichy
Moderated by: Dr Parthiban Purushothaman
- Retina Case Presentation From SRM Medical College, Kattankulathur
Moderated by: Dr G Susaritha

[Click to join live on Zoom](#)

Dr Sujatha Mohan, President
Dr V R Vijayaraghavan, President Elect
Dr V Madhavan, Vice President
Dr D Chandrasekhar, Hon. Secretary
Dr Sriram Gopal, Treasurer

26.Dec.2025

Type of Activity: Webinar

Title: Ophthalmic Crossfire – A Debate Session By Women In TNOA

A well-conducted and engaging academic debate organized under the banner of TNOA, highlighting diverse clinical perspectives.

The session featured structured short talks followed by focused panel discussions, encouraging critical thinking.

Active participation and effective moderation ensured lively yet insightful deliberations.

An empowering and academically enriching program that showcased leadership and expertise of women ophthalmologists in TNOA.

TNOA **ONE** Vision Legacy TNOA

OPHTHALMIC CROSSFIRE

A DEBATE SESSION BY WOMEN IN TNOA

DATE : 26TH DEC 2025 @ 7.30PM

Dr. Sujatha Mohan
Chairperson

Dr. K. Vasantha
Convener

Dr. Sharmila Devi
Moderator

Each Speaker: 5 mins | Panel Discussion: 2 mins

Trabeculectomy vs MIGS

Dr. Nagalekshmi Ganesh vs **Dr. Archana Nivash**

Endothelial keratoplasty DSEK vs DMEK

Dr. Madhuvanhi Mohan vs **Dr. Ramya Ravindran**

Secondary IOL Choices XNIT vs Glued IOL

Dr. Seema Prabhu vs **Dr. Deepa Chitra**

Myopia Control DIMS vs Low-dose Atropine

Dr. soumya Ramani vs **Dr. Akila Chandrasekaran**

360° Endolaser vs No 360° Endolaser (RRD)

Dr. Shweta Jagdeesh vs **Dr. B. Anugraha Prasanna**

Frontalis Sling vs Frontalis Transfer

Dr. Sonam Poonam Nisar vs **Dr. Pratheeba Devi Nivean**

Panelists

Dr. Subhashini kallaperumal | **Dr. Ezhilvathani** | **Dr. Yogeswari** | **Dr. Nirupama Kasthuri**

[Click here to watch on YouTube](#)

Dr. Sujatha Mohan President | **Dr.V.R Vijayaraghavan** President Elect | **Dr.V. Madhavan** Vice President | **Dr. D. Chandrasekhar** Hon. Secretary | **Dr. Sriram Gopal** Treasurer

[Click to Join TNOA on Social Media](#) :

JANUARY

2026



03.Jan.2026 & 04.jan.2026

Type of Activity: Physical

Title: Surgical Strike 360 – Rajan Eye Care Hospital
(Under The Aegis Of TNOA and MCOA)

The poster for Surgical Strike 360 2026 features a red and yellow color scheme. At the top, it displays the Rajan Eye Care Hospital PVT LTD logo and name, along with the tagline 'A Super Speciality Eye Hospital and Post Graduate Institute of Ophthalmology'. It also mentions 'Under the Aegis of TNOA & MCOA' and 'In association with YOUNG OPHTHALMOLOGISTS SOCIETY OF INDIA'. The event dates are '3rd & 4th JAN 2026' at 'Hotel Accord Metropolitan' in 'CHENNAI'. A central graphic shows 'SURGICAL STRIKE 360' with the tagline 'Deferred Surgeries & More...'. Below this, it states 'This YEARS MOST SPECTACULAR SCIENTIFIC EXTRAVAGANZA' and 'SURGICAL STRIKE 2026 Annual Conference of Rajan Eye Care Hospital'. It highlights a 'DISTINGUISHED STELLAR FACULTY from all over the Country' and ends with the text 'Looking forward to seeing you all for a Wonderful Conference with Great Science and More...'. At the bottom, there are five portraits of the organizing faculty: Dr. Mohan Rajan (Chairman & Medical Director), Dr. Sujatha Mohan (Executive Medical Director), Dr. M. Ravishankar (Organising Secretary), Dr. Diva Kant Misra (President, YOSI), and Dr. Nilesh Kumar (Secretary, YOSI). The footer includes the slogan 'TRUST | TECHNOLOGY | TOTAL EYE CARE' and the website 'www.rajaneyecare.com'.



11.Jan.2026 & 12.Jan.2026

Type of Activity: Physical

Title: TNOA Mid Year Meet - "Eyeraud 2026"

The TNOA Mid Year Meet "EYERCAUD" 2026, conducted in association with the Salem Ophthalmic Association, was successfully and grandly organized at INDeco Lake View Resorts, Yercaud.

The meet featured a rich blend of scientific sessions, debates, special talks, and **exclusive presentations for fellows and postgraduates.**

Well-curated cultural and recreational programs added to the vibrant and engaging atmosphere.

A memorable academic and social gathering that strengthened professional bonding and showcased the spirit of TNOA.



The poster for the TNOA Mid Year Meet "EYERCAUD" 2026 features a scenic background of a resort. The text includes: "TNOA", "Dr Sujatha Mohan, President, TNOA Cordially Invites You for", "ONE Salem Ophthalmic Association TNOA", "TNOA MID YEAR MEET 'EYERCAUD' 2026", "In Association with Salem Ophthalmic Association", "10th & 11th January 2026 | INDeco's Lake Forest Hotel, Yercaud", "Registration : Free but Mandatory", "Packages for 10th AN to 11th AN for Stay with Food", "Last Date for Payment: 30th Nov 2025", "100% Refund for Cancellations up to 25th Dec 2025", "50% Refund for Cancellations up to 7th Jan 2026", "Highlights: OPL, Debates, Thamizh Comedy Show, Spl Talks on Practice, etc", "Scientific Presentations for Fellows & PG's (Separate Hall) on 11th Morning", "10th Evening: TNOA Members show, Karaoke & DJ By Ram & Lakshman along with Super Singer Shivali", "11th Morning: Trekking", "Limited Accommodation on First Come First Serve Basis", and "Convenors: Dr D Chandrasekhar Hon. Secretary, TNOA; Dr Selavarangam R President, SOA; Dr M Ravishankar Chairman ARC, TNOA; Dr Madana Gopalan VG Secretary, SOA".



16.Jan.2026

Type of Activity: Webinar

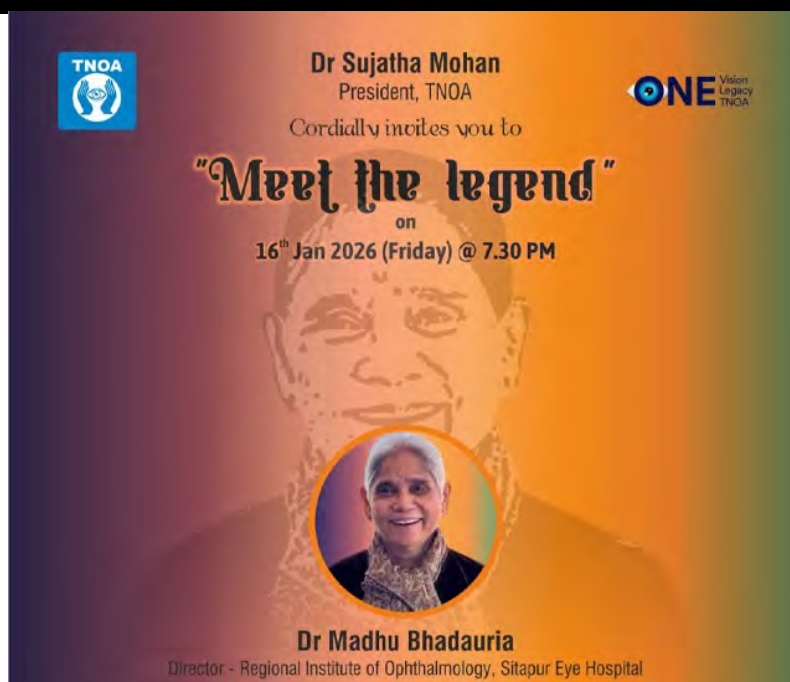
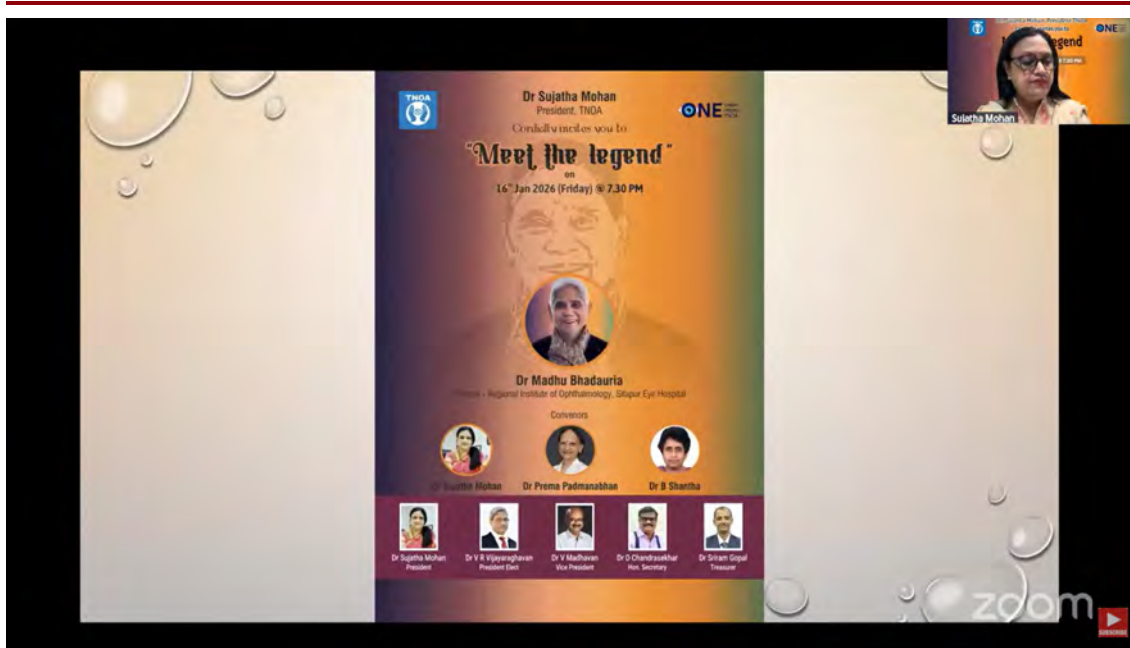
Title: Meet the Legend

The “Meet the Legend” session was successfully and well conducted under the aegis of TNOA, featuring Dr. Madhu Bhadauria.

The interaction offered valuable insights drawn from decades of clinical, academic, and institutional leadership experience.

The session inspired participants through thought-provoking discussions and personal reflections.

A memorable and enriching program that celebrated legacy, mentorship, and excellence in ophthalmology.



22.Jan.2026

Type of Activity: Webinar

Title: Ptosis – A Structured Clinical Review (TNOA Young Leaders Forum)

The webinar “Ptosis: A Structured Clinical Review”, organized by the TNOA Young Leaders Forum in association with YOSI, was successfully and well conducted.

The session offered a systematic, case-based approach to evaluation and management of ptosis, guided by expert moderation.

Active panel discussions and focused talks enabled practical clinical insights and clarity in decision-making.

A highly educational and interactive program, especially beneficial for postgraduates and young ophthalmologists.



TNOA Young Leaders Forum In Association With YOSI

PTOSIS: A STRUCTURED CLINICAL REVIEW

Thursday, 22 Jan 2026
07:30 PM - 08:30 PM

CHAIRPERSON
Dr Sujatha Mohan

CO-CHAIRPERSON
Dr D Chandrasekhar

CO-CHAIRPERSON
Dr Diva Kant Misra

MODERATOR
Dr Lipi Mittal

MODERATOR
Dr Niranjan Karthik

CONVENOR
Dr Prasanna V Ramesh

PANELISTS

- Dr Ankita Aishwarya
- Dr Aparna K S
- Dr Isha Agarwalla
- Dr Nupur Goel
- Dr Puneet Jain
- Dr Sindhuja M
- Dr Vatsalya Venkatraman

SPEAKERS

- Dr Rolika Bansal

TNOA YOUNG LEADERS FORUM MEMBERS

- Dr Aadithreya Varman
- Dr Niranjan Karthik
- Dr Pranesh Ravi
- Dr Prasanna V Ramesh
- Dr Shruthi Nishanth
- Dr Vinoth Arunachalam

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- Dr Madhavan, Vice President
- Dr D Chandrasekhar, Hon. Secretary
- Dr Sriram Gopal, Hon. Treasurer

YOSI GOVERNING COUNCIL

- Dr Diva Kant Misra, President
- Dr Sonal Kalia, Imm. Past President
- Dr Karan Bhatia, Vice President
- Dr Nilesh Kumar, Secretary
- Dr Aditya Sethi, Treasurer
- Dr Prasanna V Ramesh, Joint Secretary

[CLICK HERE TO WATCH](#)

25.Jan.2026

Type of Activity: Physical

Title: TNOA Gurukulam 3.2 With MCOA

At Regional Institute Of Ophthalmology, Chennai

The academic program “TNOA Gurukulam 3.2”, organized under the aegis of TNOA, was successfully and well conducted with a strong focus on postgraduate training.

The session featured structured lectures, case-based discussions, and interactive deliberations by experienced faculty.

Topics were delivered in a systematic, exam-oriented, and clinically relevant manner, catering especially to PG trainees.

A highly informative and enriching educational initiative, reinforcing TNOA's commitment to excellence in ophthalmic education.



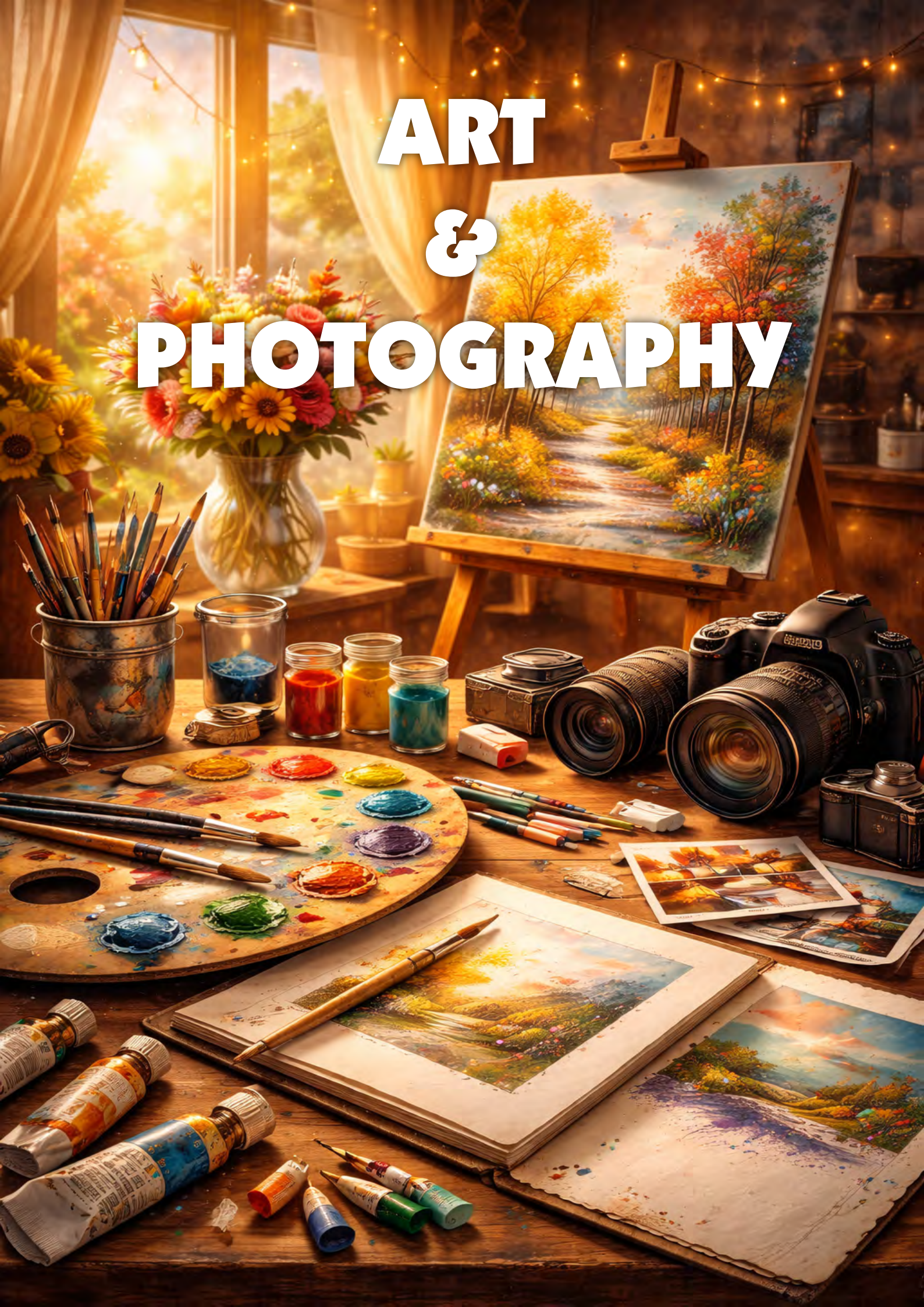
ACHIEVEMENTS



Dr Harshal Sahare
Tirunelveli
Publications Across Journals

S.No.	Authors	Title	Journal
1.	Sahare H, Gopalakrishnan A, Ajeendrakumar A	The floret intraocular lens: A rare manifestation of pseudoexfoliation over the anterior surface of the intraocular lens with review of literature	Indian Journal of Ophthalmology – Case Reports
2.	Jain N, Sahare H, Chhabda N, Jain A, Jadhao A	The popping eye: An intriguing case of traumatic globe luxation coupled with a novel technique under topical anaesthesia	Indian Journal of Ophthalmology – Case Reports
3.	Sahare H	Survival outcomes and prognosis predictors of uveal melanoma from Indian population	Indian Journal of Ophthalmology
4.	Sahare H	Diabetic retinopathy phenotypes on ultrawide field retinal imaging in an Indian population	Retina
5.	Sahare H, Anupama H	Artificial intelligence-generated informed patient consent in various ophthalmological procedures: A comparative study of correctness, completeness, readability, and real-world application between Deepseek and ChatGPT-4o	Indian Journal of Ophthalmology
6.	Sahare H, Clement B, Anupama H	Retinal Capillary Macroaneurysm and Target Laser Photocoagulation: A Comprehensive Review and Literature Summary	TNOA Journal of Ophthalmic Science and Research
7.	Sahare H, Clement B, Arul A, Gokul A	Heads up in Surgery: The Ergonomics Revolution for Vitreo-retina Surgeons with Review of Literature	TNOA Journal of Ophthalmic Science and Research

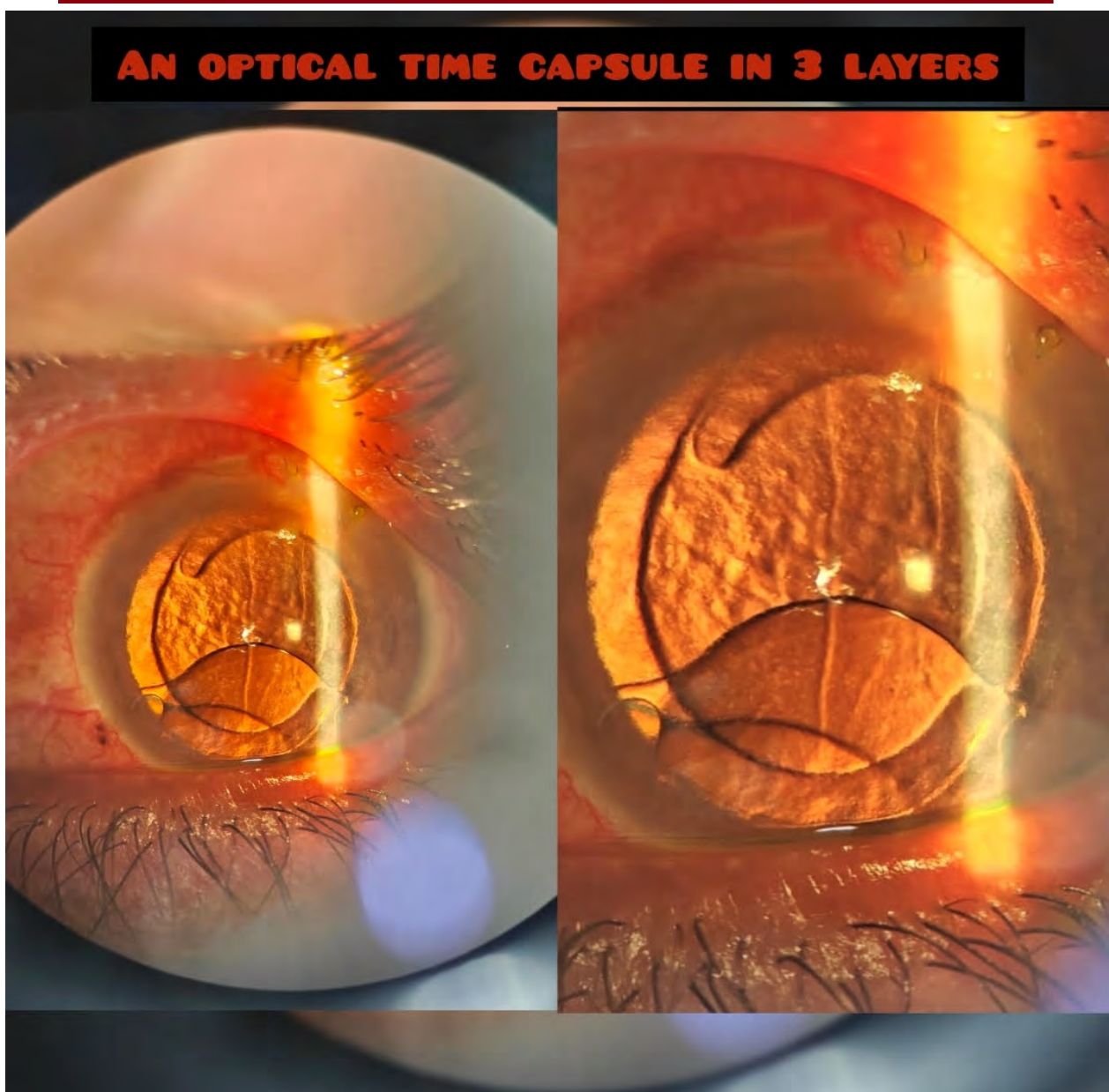
ART & PHOTOGRAPHY



Clinical Slit-lamp Photograph Showing A Rare Triple-IOL Configuration Within A Single Eye

1. Iris Claw lens: Clearly visible in the anterior chamber with a broken haptic, positioned in front of the iris plane.
2. Anterior chamber IOL: Seen posterior to the iris, lying in the ciliary sulcus.
3. Inferiorly subluxated IOL: located deepest.

The image highlights multiple prior surgical interventions with retained/secondary intraocular lenses, demonstrating complex pseudophakia with three IOLs coexisting in different anatomical planes—an unusual and challenging scenario from both anatomical and surgical standpoints.



Dr Kanchan Sharma
Primary DNB Third Year Resident
ICARE Eye Hospital And PG Institute, NOIDA

Peace be there in the world



Dr Susil Pani

**"What's Left Behind Still Sees—let Your Eyes Carry The Vision On"
Art Made From Pista Shells**



Dr. Josephine Sneha

Beyond The Walls

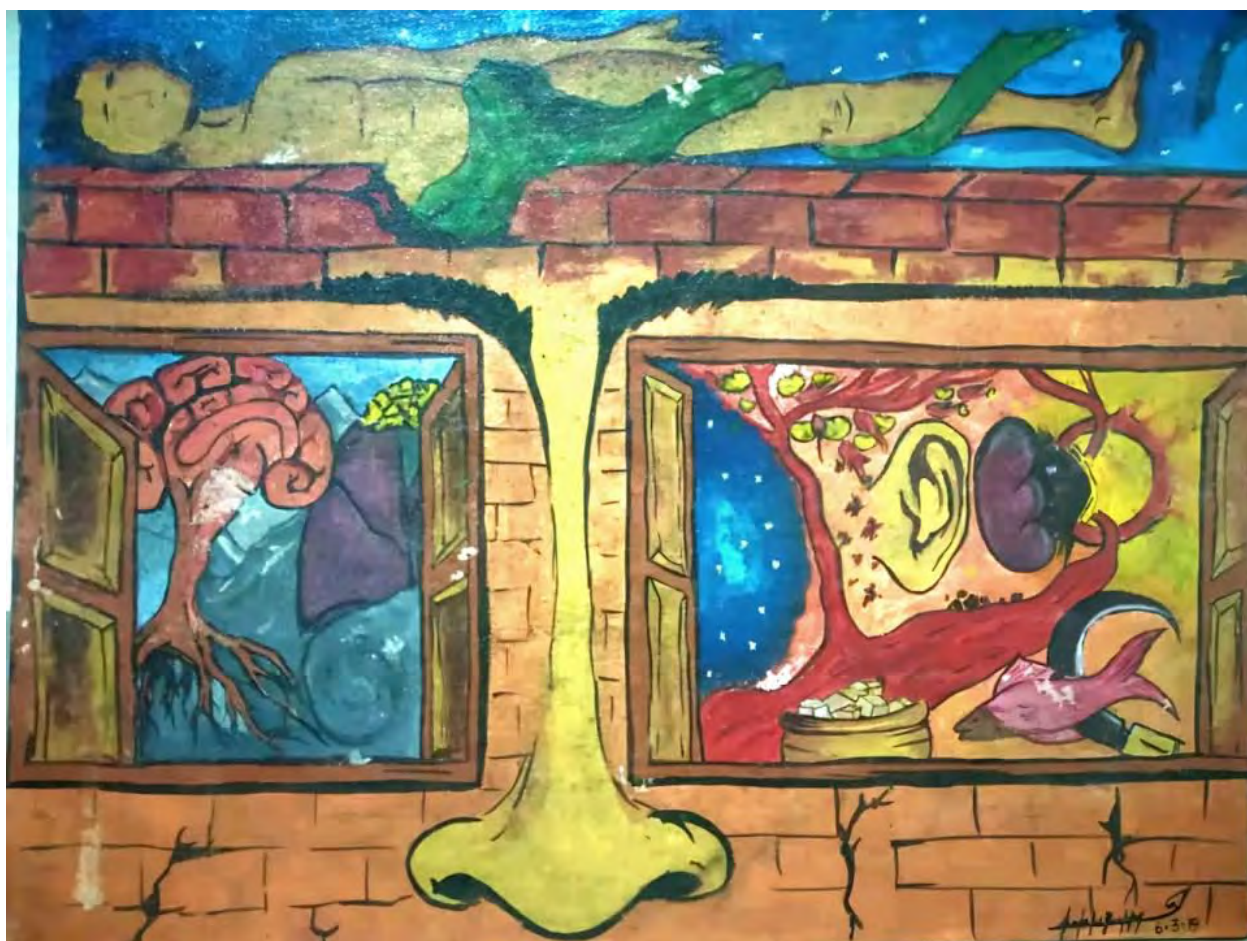
A Study Of Perception - Where Expanding Vision Alters Emotion,
And Attitude Will Find A New Color



Dr Devanshi Shah
Eye Surgeon & Oculoplastics,
Founder of Deevine Eye Care & Multispeciality Centre

EYES: The Windows Into The Body

I have tried incorporating many ways as to how an ophthalmological exam can throw light into different diseases or anomalies of different organs in organ systems. I wanted the picture as whole to be portrayed as if a view from a window, with mountains, trees, sun, river and stars. The right window (eye) is half open - to represent a ptosed eye, through which you can see the anomalies associated either with CNS or a Pancoast tumour (tried to make lungs look like a mountain). On the other side, I have tried to put day and night, the sun represented by the optic disc. The sugar bowl forms the roots for the tree that bears yellow fruits (diabetic retinopathy). The kidney near the disc is to show a disc dysplasia and renal hypoplasia. The starry sky was just put for a contrast 😊, but there are associations like FFA picture in VKH or familial drusens etc. And so as a whole, you see the whole human body through the eyes!



Dr Jhalak Sreemol
Consultant Oculoplastic Surgeon
AKG Nethralaya, Kannur, Kerala

Pongal Pot Art



Dr Shaziaa RB
Consultant Ophthalmologist
Lotus Eye Hospital, Salem

This Is A Handmade Painting Depicting An Artistic Tribal Couple

- The artwork features figures in a style often associated with African tribal art, characterized by silhouette figures and intricate patterns.
- The warm, golden background suggests the use of watercolor or a similar medium, giving the piece a distinct, earthy tone.
- The figures are adorned with detailed, geometric patterns on their clothing, headdresses, and jewelry, in colors like black, white, and yellow/gold.
- The image appears to be a unique piece of art, possibly a canvas painting or illustration.

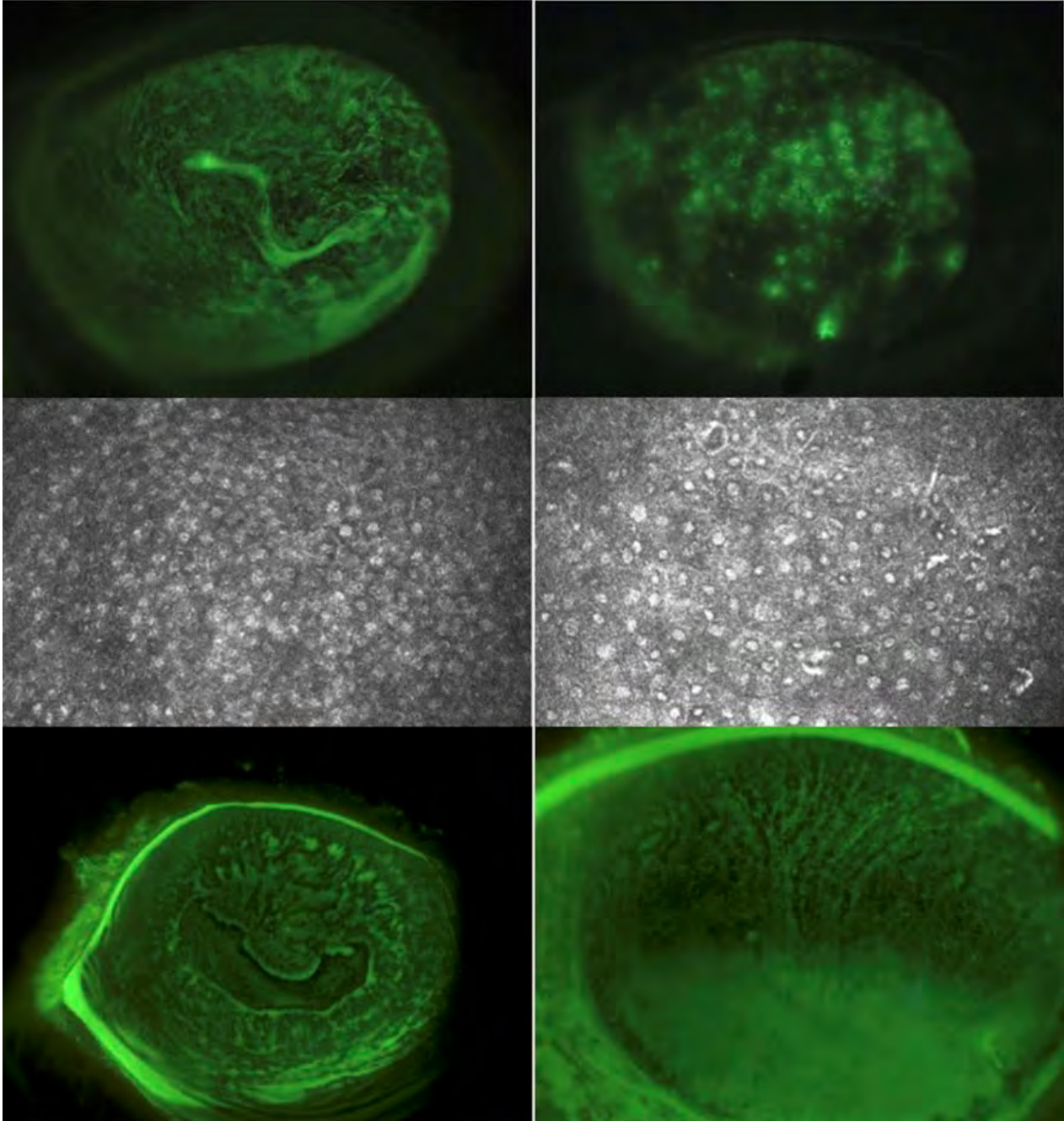


Dr M Rita Hepsi Rani

MS, DNB Ophthal, FAICO Oculoplasty, Paediatric Ophthalmology and Squint
Associate Professor, Department of Ophthalmology
Thoothukudi Medical College Hospital

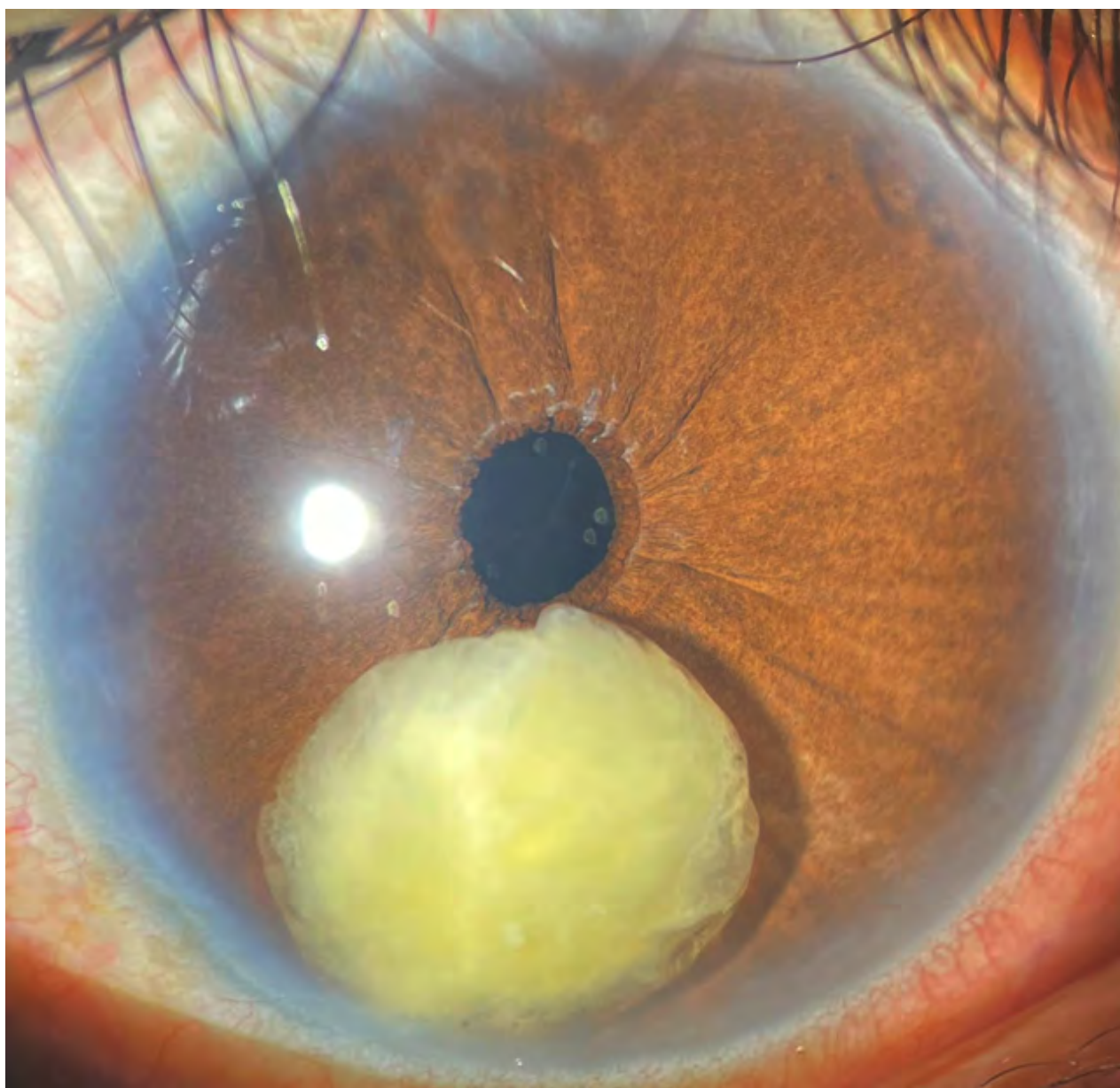
Territorial Shifts: When The Conjunctiva Claims The Cornea

Images of corneal fluorescein staining and in vivo confocal microscopy (IVCM) showing different patterns of corneal conjunctivalization.



Dr Zeenal Dabre
MBBS, MS Ophthalmology
Cornea Research Fellow, University of Illinois Chicago

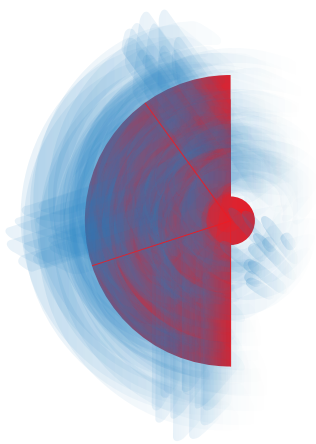
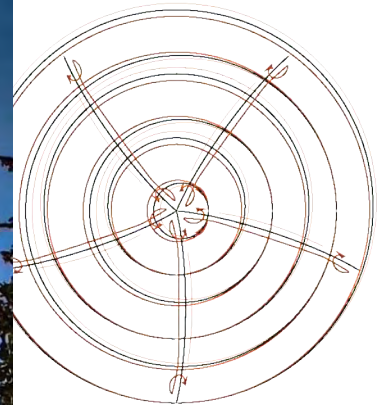
Dislocated Lens In AC In A Patient With Marfans Syndrome



Dr Mariya Farooqui

Chromatic Cosmos, Prismatic Portals: Unveiling the Mystique and the Enigmatic Spectrum of Glaucoma's Colored Halos

Imagine peering through the looking glass of a cosmic kaleidoscope, where the hues of the universe swirl and dance around a hidden truth. In the realm of glaucoma, this kaleidoscope unveils a breathtaking phenomenon: colored halos. Picture these halos not as mere optical illusions, but as celestial whispers painting the edges of vision with ethereal gradients. They are the mystical emissaries of an eye's silent dialogue with the cosmos, revealing the intricate dance between light, optic nerves, and perception. In this symphony of sight, glaucoma becomes not just a diagnosis, but a celestial ballet where each colored halo is a star in the grand performance of ocular destiny.



**Dr Navyashree
Karnataka**

Retinal Horizons: A Sunset within the Eye

The image blends the intricate beauty of the human fundus with the serene hues of a sunset, symbolizing the delicate interplay between vision and nature. The rich reds, oranges, and yellows mirror the vibrant glow of the evening sky, reminding us that the eye itself holds landscapes as breathtaking as the world it perceives. A fusion of science and art, this image serves as a creative tribute to the wonders of ocular anatomy and the beauty hidden within.



Dr Hridya H

PROSE & POETRY



Lessons Written In Small Acts

As a first-year postgraduate resident, one stands at the bottom of the hierarchy, yet is often the first to respond in emergencies. I experienced this reality in 2022 while caring for a five-year-old girl with Stevens–Johnson syndrome, presenting with lid excoriation, conjunctivitis, and evolving symblepharon. Although managed through a multidisciplinary approach under the supervision of a cornea consultant, my role was rather simple—glass rod sweeping and regular instillation of eye drops. That experience taught me responsibility and humility, and showed how even the smallest timely contribution can bring about a profound change in someone’s life.

Inspiration Note

Inspired by an early clinical encounter that reshaped my understanding of responsibility, teamwork, and the impact of small actions in patient care.

Dr Taniya Roy
MS Ophthalmology



A Guru Beyond the Operating Table - Dr Shri Vivek Sahastrabudhhe Sir

In the midst of the ongoing debates and discontent surrounding postgraduate medical education today, I often find myself silently thanking destiny—for granting me admission to PG in Ophthalmology at Nanded, under the mentorship of none other than Dr Shri Vivek Sahastrabudhdhe, to whom we used to refer as VMS Sir.

While students in many corners of the country continue to struggle for hands-on training, surgical exposure, and mentorship, our experience was remarkably different. For us, every OT day was a new opportunity for learning, and every day was a new experience. Performing surgeries wasn't a privilege—it was a responsibility or say compulsion.

Under VMS Sir's leadership, residents must operate was a rule. Cases would be lined up for you—getting a hand on was not depending on one's luck, but on Sir's fierce belief in skill based training. PG teaching and PG classes were fixed; they were planned for every day without missing. It didn't matter who else was present or not, Sir would be there by 4:00 PM sharp—seated in his modest cabin, with sunlight or monsoon showers barely filtered by a thin partition. His presence itself was a lesson in discipline.

In the two years of my DOMS course, I was trained and encouraged to independently perform:

- Keratoplasty, Evisceration, Enucleation
- Pterygium, DCR, DCT, Pediatric DCR, Entropion correction
- ZY Plasty, Trabeculectomy, Cataract with Trab, Lid Reconstruction
- Corneal tear repairs, YAG PI & Capsulotomy, Cornea harvesting
- And a long list of OPD procedures, all under Sir's direct guidance.

Sir taught relentlessly—not just ophthalmology, but life skills. From value education, discipline, and ethics to the importance of yoga and identifying character in people—his teachings extended far beyond textbooks and instruments.

What continues to amaze me is his humility. Even for something as trivial as asking a student to get a pen, Sir would insist on paying. He would never take anything from a student—not even unintentionally. I have seen no other teacher who held this level of integrity.

Sir wasn't just a teacher—he was an institution. After graduation, he personally called up hospitals to recommend students for fellowship and jobs. During my DNB, he reached out to my mentor, Dr Ashok Mahadik Sir, just to ask how I was doing. Later, he even visited the hospital I was working at in Akola—out of affection, not formality.

After my marriage, he visited our small home. Sitting cross-legged on the floor, he gave us life advice as if he were a father figure. For me—a once-disillusioned student who had taken up DOMS out of frustration—Sir made me fall in love with ophthalmology.

Today, as I run my practice and enjoy the satisfaction of serving people, I owe every bit of my surgical foundation, my ethics, and my perspective to Shri VMS Sir.

He didn't just teach. He moulded.

He didn't just instruct. He inspired.

Even today, when I look back at the vast and minutely tailored ophthalmology classes, surgical work I performed during DOMS, I realise the magnitude of opportunity I was given—an opportunity many are still yearning for.

I remain indebted for life.

This gratitude cannot be repaid. But I hope to reflect it, in my practice, in my teaching, and in my life.

Dr Manish Wankhade
DOMS, DNB Ophthalmology

Finally Day 1 Of My Residency Begins

The day for which I was eagerly waiting for. As I started seeing patients in OPD many called me by the names of Laali, Guddiya, Munni and asking where's the doctor. Every time with a serious look I have to reply that "I am the doctor". My age often makes them doubt my competence, even before they hear me out. Some patients hesitate, doubt my experience or look around for an older doctor before even allowing me to begin the consultation. It's difficult to build trust with patients who are skeptical of my age or experience. Sometimes it becomes frustrating and demotivating while handling patients who are dismissive or condescending where routine examinations can turn into prolonged discussions. All the baujis and the Ammas want to seek reassurance from someone they perceive as

EXPERIENCED.

When people of my age enter OPD they treat me as their peer and talks casually which has its own advantage and disadvantage . Advantage of getting connected to them so easily and disadvantage of lack of respect which I believe should be there in a patient doctor relationship.

My job becomes more challenging when people of rowdy nature enter OPD especially when they want their medical fitness to be done for gun license during which they are so reluctant to read the Snellen's chart .These experiences though challenging are turning my puerile nature into staid one.

Dr Sakshi Raj

1st Year PG Resident
Civil Hospital, Palwal, Haryana



Lessons From My Waiting Room

They taught me hope
in small victories unnoticed by charts:
crossing a road alone,
recognising a voice,
living without constant fear.
They taught me patience,
not from textbooks,
but from waiting rooms
where fear sits quietly
until someone explains, slowly.
They taught me humility:
that perfect IOPs mean little
when life itself is heavy,
and that compliance is not ignorance,
but circumstance.
They taught me what strength means
not in resistance or anger,
but in acceptance with action:
learning new ways to work,
refusing to let narrowing vision
define a shrinking life.
They taught me what love means—
not from greeting cards or surprises,
but from a steady hand
holding a blind partner,
becoming eyes where vision has failed,
standing not in front,
but beside.
Last year, my patients did not just come to be treated.
They came to teach me
how to see life.
So in the new year, I look ahead
not for miracles, but for steadiness
to listen better, explain longer,
intervene earlier,
and guard every remaining field of vision
as if it were my own.



Dr Peethala Maheswari
Medical Consultant – Glaucoma
Aravind Eye Hospital, Madurai

Seasons Of Becoming

We stand at the edge where endings bend,
Where silent prayers and hopes ascend.
We reflect on paths where seeds were
sowed,
And on immense strength, we've grown.

With gratefulness for scars with grace,
For lessons time could not erase,
We reignite the fading flame,
Old dreams awake, yet not very the same.

From ash and doubt, from fear and pain,
We rise with purpose once again.
With courage clear and vision bright,
We chase tomorrow's growing light.

Now free to dream, to shape and design,
We reimagine the stars, aligned.
New beginnings call our name,
With hope, with faith, we make our claim.

For every season turns anew,
With humbleness for what has brought us
through.
We step ahead, hands and hearts open
wide,
With gratitude, as a faithful guide.



Dr Sanchanaa Anbalagan

Resident
SVMCH & RC, Pondicherry

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