

Sreenethra
eye care

A world made
brighter & **clearer**
awaits you



A world made brighter
& clearer awaits you at

Sreenethra
eye care

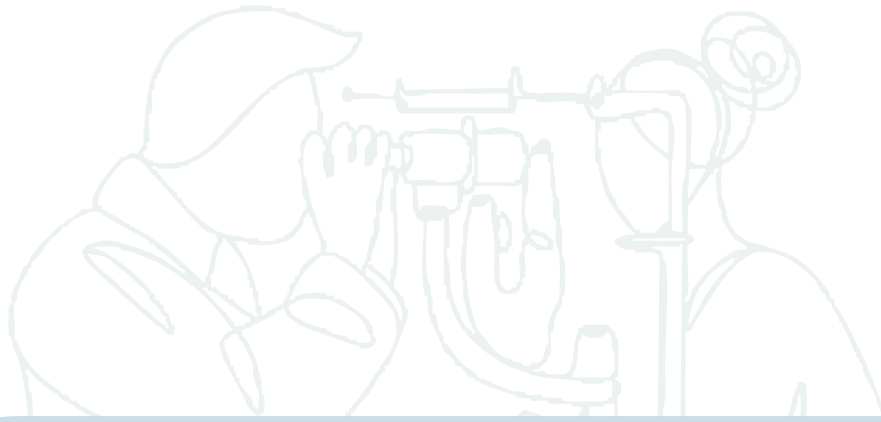
Finding expert eye care that is both affordable and compassionate can often be a challenge. Sreenethra Eye Care, a premier tertiary eye care centre located in Thiruvananthapuram, Kerala's exotic capital city is one such centre. Utilising internationally accepted standards of treatment and state-of-the-art technology, our experienced doctors are equipped to handle any complexities of eye health to restore your vision to its fullest potential.





Your doorway to
clear vision

*Safest & Most Advanced Technologies
for Glasses-Free Vision*



CONTENT

:: Departments	4
>> Cataract Surgery	5
>> Cornea & Refractive Surgery	6
>> Retina and Vitreous	9
>> Glaucoma	11
>> Paediatric Ophthalmology and strabismus or Squint	13
>> Uvea	15
>> Neuro-Ophthalmology	17
>> Oculoplasty	19
>> Oculoplasty	19
>> General Ophthalmology	21
:: Senior Consultants Doctor Profiles	21
:: Consultant Doctor Profiles	30
:: Operation Theatre	34
:: Support Services	35
>> Laboratory	35
>> Pharmacy	35
>> Optical Shop	35
>> Insurance	35
:: Branches	36

See life in all it's

brilliant
colors

Experience the World's Finest Cataract Care

Department of Cataract Surgery

At Sreenethra Eye Care, we offer advanced, patient-friendly cataract surgery using state-of-the-art technology and minimally invasive techniques. Unlike older methods that required large incisions, stitches, and long recovery times, our modern approach uses tiny incisions and anesthetic eye drops, helping patients return to normal life within days.

We provide a wide range of high-quality intraocular lenses—both imported and Indian-made—to correct distance, intermediate, and near vision based on each patient's needs.

Doctors

Dr. Ashad Sivaraman
Dr. Mahadevan K
Dr. Harshali Yadav
Dr. Malavika G
Dr. Shabna A

Dr. Swapna Nair
Dr. Anoop Sivaraman
Dr. Anila George
Dr. Arvin Ponnat

Our cutting-edge facilities include

- Alcon Centurion phaco machine
- J&J, Whitestar Signature Pro phaco machine
- Johnson & Johnson veritas vision system (Phaco machine)
- Carl Zeiss lumera operating microscope
- Tomey Specular microscope
- IOL Master 700
- BioMedix ECHORULE PRO USB A scan
- Appasamy MARVEL B-Scan
- High-quality IOLs
- Zeiss Visulas YAG III plus laser to treat posterior capsular opacification occurring after cataract surgery



Department of Cornea & Refractive Procedures

The Cornea department covers conditions like corneal dystrophies, degenerations, inflammations, infections namely ulcers, keratitis, toxic keratopathy, corneal foreign bodies, chemical and traumatic corneal injuries, dry eye disease etc. This may warrant detailed microscopic examinations and procedures including corneal scraping for microscopic examinations, cultures and sensitivity and corneal biopsy to know corneal pathologies. Also, AS-OCT and anterior segment imaging is done to know the location and extent of pathology.

The department of refractive surgery deals with procedures that can correct refractive errors like nearsightedness, farsightedness, and astigmatism and improve vision in patients. They help reduce or eliminate the need for glasses or contact lenses. The procedures available include LASIK, TransPRK, Implantable Collamer Lens (ICL) surgery and Intracorneal Ring Segment (ICRS) surgery.

Doctor

Dr. Swapna Nair

PROCEDURES

Keratoplasty

They are surgeries that restore the integrity and vision of the eyes. It involves a cornea transplant from a donor to a host. It involves full thickness and lamellar corneal transplants. Lamellar surgeries are recently evolved procedures that have a lower rejection rate. They are needed in conditions like severe corneal melts, severe trauma, keratoconus, corneal scars, ocular surface neoplasias, and corneal decompensation which may be natural or surgically induced.

Cornea collagen cross-linking (C3R)

They are minimally invasive procedures used to prevent the progression of corneal ectasia such as keratoconus and post-LASIK ectasia. The procedure is used to strengthen the cornea and to halt the progressive corneal thinning conditions using riboflavin and ultraviolet light.



Phototherapeutic keratectomy (PTK)

It is a corneal surgery that uses an excimer laser to treat a variety of corneal surface disorders like corneal degenerations, dystrophies, epithelial defects, irregularities, and superficial stromal scars. It can also treat complications from other procedures like LASIK and PRK

Amniotic membrane transplant

Amniotic membrane transplant is used to treat severe corneal thinning disorders with inflammation to reconstruct the ocular surface as a graft for ocular surface melts and as a bandage to promote healing in cases of persistent epithelial defects or ocular surface inflammation. The procedure reduces inflammation and stops further thinning of the cornea reducing the corneal scarring rate.

Limbal stem cell transplant

It is a surgical modality to replenish or repopulate the ocular surface epithelium in an eye with limbal stem cell deficiency. It is used in conditions of severe ocular burns from chemical injury or any stem cell deficiency conditions.

REFRACTIVE PROCEDURES

Laser-Assisted In Situ Keratomileusis (LASIK)

It is a widely used laser eye surgery that corrects refractive errors such as myopia, hyperopia, and astigmatism. The procedure involves creating a thin flap in the cornea, which is then lifted to allow for precise laser reshaping of the underlying corneal tissue. It is known for its high success rates and minimal discomfort, making it a popular choice for those seeking to reduce or eliminate their dependence on glasses or contact lenses.

TransPRK

It is an advanced and specialised laser procedure designed to correct refractive errors, such as myopia, hyperopia, and astigmatism and is an alternative to traditional LASIK. TransPRK is particularly suitable for patients with thinner corneas or those who prefer a non-invasive option. This Procedure is entirely automated with no chemical or cuts involved.

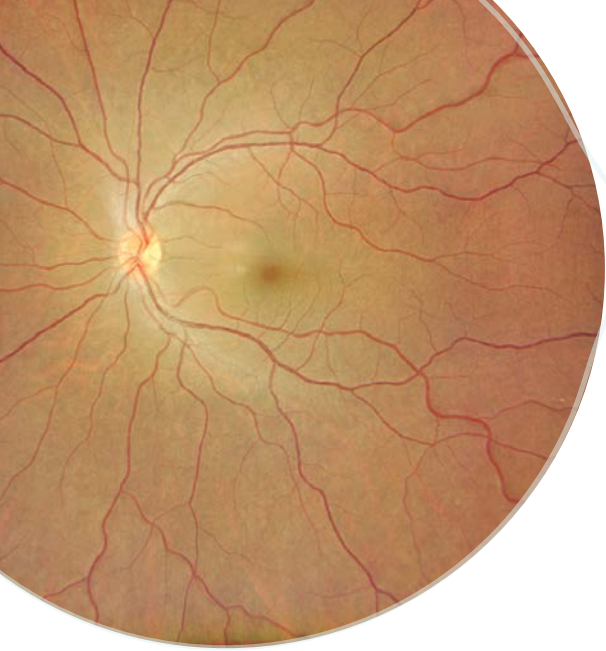
ICL (Implantable Collamer Lens) surgery

This procedure is usually used to correct high degrees of refractive error or when corneal refractive surgery is not possible due to pre-existing conditions. The procedure uses a foldable artificial lens which is placed in front of the natural crystalline lens to correct high refractive errors.

ICRS (Intracorneal Ring Segment) surgery

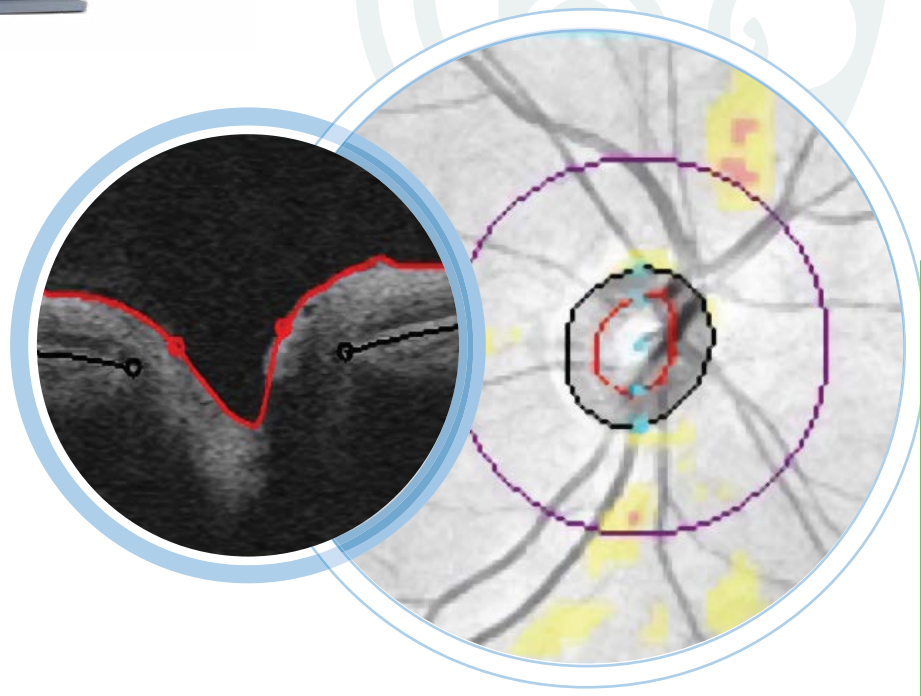
ICRS is a minimally invasive procedure designed to correct keratoconus and other irregular corneal shapes by inserting small, crescent-shaped rings into the cornea. These rings help to flatten the cornea, improving visual acuity and reducing the need for glasses or contact lenses. In addition, the presence of a corneal inlay may provide biomechanical support for this ocular tissue.





Instruments and Machines

- SCHWIND Amaris TransPRK machine
- Appasamy Corneal Cross-Linking System (UV)
- Tomey Specular microscope
- Carl Zeiss lumera operating microscope
- OCT- Cirrus 6000
- Moria microkeratome machine
- .IOL Master 700
- Schwind Sirius+ topography



Department of Retina and Vitreous

The department provides quality care for various diseases affecting the retina like diabetic serous affecting the retina like diabetic retinopathy, vessel occlusions, central serous retinopathy, age related retinal diseases, retinopathy of prematurity, retinal detachment, various infective conditions, trauma with retinal involvement etc.

We are offering various treatment methods like retinal lasers, intravitreal injections and modern technique of retinal surgery (mivs) for conditions demanding surgical interventions

Advanced tools for investigations and treatment are used including wide field FFA, OCT angiography, USG and constellation vitrectomy system is used for doing surgical procedures. Meticulous knowledge and

case is needed in the management of retinal diseases and is very well provided by our renowned senior consultants

PROCEDURES

Minimally Invasive Vitreoretinal Surgery (MIVS)

Minimally invasive vitreoretinal surgery is a modern technique used to treat various retinal conditions that involve small incisions and the use of specialised instruments to perform surgeries with less trauma to the eye.

Retinal Detachment: MIVS is used to repair retinal detachments by reattaching the retina to the underlying tissue, often utilizing techniques like pneumatic retinopexy or scleral buckle, along with vitrectomy.

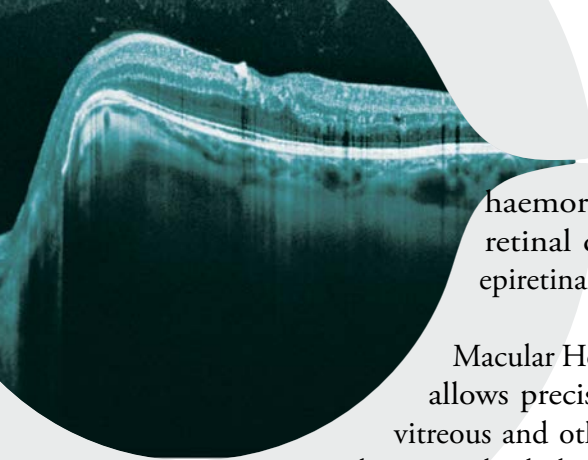
Diabetic Retinopathy surgery: MIVS is done for complications arising from diabetic retinopathy, including vitreous

Doctors

Dr. Ashad Sivarman
Dr. Mahadevan
Dr. Malavika.G

Dr. Anoop Sivarman
Dr. Harshali Yadav
Dr. Shabna A





haemorrhage, tractional retinal detachment, and epiretinal membranes.

Macular Hole Surgery: MIVS allows precise removal of the vitreous and other membranes to close macular holes, improving visual outcomes.

Vitreomacular Traction and Interface Disorders: MIVS is effective in addressing conditions like macular pucker or epiretinal membranes, where abnormal traction on the retina affects central vision.

ROP screening

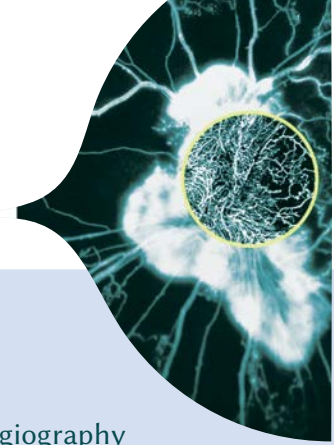
ROP (Retinopathy of Prematurity) screening is a crucial procedure for monitoring the retinal health of premature infants. It involves a thorough examination of the retina to detect early signs of abnormal blood vessel growth, which can lead to blindness if untreated. The screening is typically performed using a binocular indirect ophthalmoscope and often includes retinal imaging for detailed analysis.

Intravitreal Injections

Intravitreal injections are a form of treatment where medication is directly injected into the vitreous cavity of the eye. These injections are commonly used to manage a range of retinal conditions, including Age-related Macular Degeneration (AMD), Diabetic Macular Edema (DME), and Retinopathy of Prematurity (ROP).

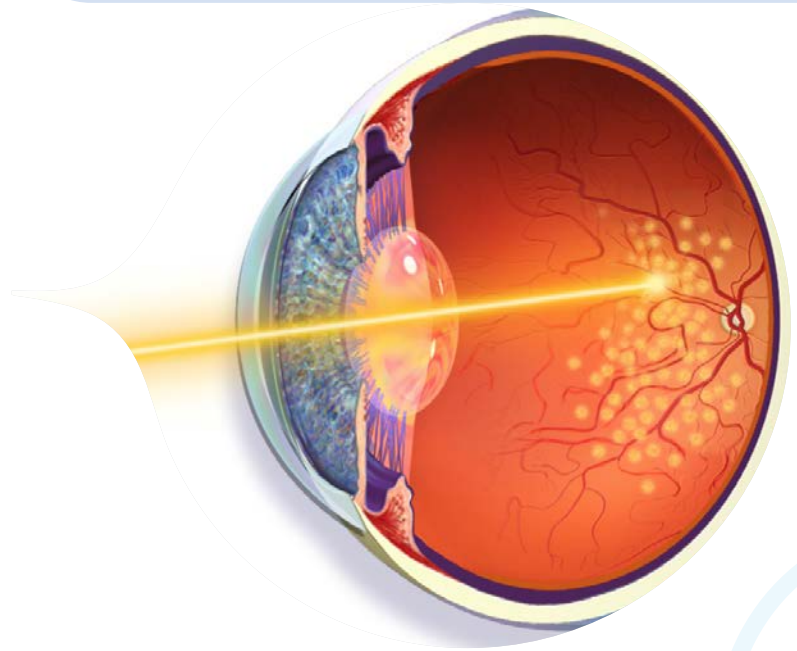
Retinal Laser Photocoagulation

Retinal laser photocoagulation is a surgical procedure used to treat various retinal conditions by applying focused laser energy to the retina. The laser creates small burns to the retina, which helps to seal leaking blood vessels, reduce abnormal blood vessel growth, or treat areas of the retina that are at risk of detaching. It is used to treat Diabetic Retinopathy, Retinal Vein Occlusions, Peripheral Retinal Degeneration, Vitreous Breaks etc.



Instruments and Machines:

- Widefield Fundus Fluorescein Angiography (WF-FFA)
- Optical Coherence Tomography Angiography (OCTA)
- Ultrasonography
- Retinal lasers (Green laser – Double frequency Ndi YAG) with slit-lamp and indirect ophthalmoscopy delivery for treatment
- Constellation vitrectomy systems.



Department of Glaucoma

Our Glaucoma Department focuses on diagnosing, managing and treating all types of glaucoma utilizing advanced technology and a team of experienced specialists, we provide comprehensive care of patients with varying stages of the disease, by effectively controlling intra-ocular pressure and thus visual loss.

Our team with the help of state of the art diagnostic tools like visual field analysis, OCT, tonometry etc. accurately assesses the disease and its progression and offers a range of treatments medications, laser treatments, various surgical procedures like trabeculectomy minimally invasive glaucoma surgery (MIGS-GATT and KDB) and various drainage implants like 1 stent (gonioscopy assisted transluminal trabeculotomy and kahook dual blade) blade)

Doctors

Dr. Arvin Ponnat

PROCEDURES

Trabeculectomy

An incisional surgery that creates a new pathway for fluid to drain from the eye. This procedure is often used for patients with severe glaucoma. However, it has a lengthy recovery period and serious risks, including hypotony, haemorrhage, and infections.

MIGS

A procedure that lowers intraocular pressure (IOP) by altering the dynamics of aqueous humour. MIGS can bypass the trabecular meshwork using a stent or by surgically altering tissue.

GATT

Goniotomy with Ab-Interno Trabeculotomy is a minimally invasive glaucoma procedure that improves aqueous outflow by targeting the trabecular meshwork. It involves a small incision to access the anterior chamber, allowing for a



goniotomy followed by an ab-interno trabeculotomy. GATT surgery offers a less invasive alternative to traditional glaucoma surgeries, with a quicker recovery and minimal risk of complications.

iStent

A minimally invasive glaucoma device designed to reduce intraocular pressure. The procedure involves implanting a small titanium stent into the eye's drainage angle, allowing fluid to bypass the trabecular meshwork. It can be performed during cataract surgery or as a standalone procedure, offering a safe option with a rapid recovery and minimal risk of complications, ultimately improving patient outcomes and quality of life.



Instruments and Machines:

- Humphrey Field Analyzer (HFA)
- Optical coherence tomography (OCT- RNFL)
- Pachymetry
- Carl Zeiss Lumera operating microscope
- IOL Master 700
- Alconbury Centurion Phaco Machine
- Johnson & Johnson veritas Phaco machine.

Retinal Laser Photocoagulation

Retinal laser photocoagulation is a surgical procedure used to treat various retinal conditions by applying focused laser energy to the retina. The laser creates small burns to the retina, which helps to seal leaking blood vessels, reduce abnormal blood vessel growth, or treat areas of the retina that are at risk of detaching. It is used to treat Diabetic Retinopathy, Retinal Vein Occlusions, Peripheral Retinal Degeneration, Vitreous Breaks etc.



Department of Paediatric Ophthalmology

The department offers specialized services to address a range of eye conditions in children. It includes diagnosis and management of all types of refractive errors, strabismus and amblyopia thus ensuring early intervention to promote healthy vision. Our myopia clinic focuses on strategies to prevent the progression of myopia.

Additionally, we assess convergence and accommodation issues and refer patients to appropriate specialty clinics within the hospital for more complex conditions related to cornea, retina, uvea, orbit and glaucoma.

Comprehensive care is provided for Paediatric cataracts with early surgical intervention for optimal visual outcome

Doctors

Dr Swapna Nair
Dr. Anila George

PROCEDURES

Spectacles for Refractive Errors

We provide prescription spectacles for all types of refractive errors, including myopia, hyperopia, and astigmatism. This non-invasive solution enhances visual acuity and is essential for children's visual development.

Low Vision Aids (LVA)

Optical and non-optical Low Vision Aids are available to support children with significant visual impairment. These aids help maximise remaining vision and improve daily functioning, enhancing the quality of life.

Surgical Correction for Strabismus

This surgical procedure corrects misalignment of the eyes (squint) to improve both cosmetic appearance and binocular vision. It involves repositioning the eye muscles and has a high success rate.



Surgical Correction for Paediatric Cataract

This procedure involves removing the cloudy lens from a child's eye and replacing it with an artificial intraocular lens. Early intervention is crucial for optimal visual outcomes and developmental progress.

Screening for Retinopathy of Prematurity (ROP)

We conduct comprehensive screenings for ROP in premature infants, identifying and managing this condition early to prevent vision loss and promote healthy eye development. It is conducted in association with the Retina Clinic.

Instruments and Machines:

- Loose prisms
- Charts for orthoptic exercises
- Carl Zeiss Lumera operating microscope
- IOL Master 700
- Alconbury Centurion Phaco Machine
- J&J veritas Phaco Machine
- J&J Whitestar signature Pro Phaco Machine



Department of Uvea

Uvea is the vascular middle coat of the eyeball and swelling of the uveal tissues by a group of inflammatory diseases is called uveitis. It can also affect the anterior structures of the eye, lens, retina, optic nerve, and vitreous, producing redness, photophobia, pain, reduced vision or blindness. Uveitis usually occurs if there is an associated systemic inflammatory disease - either an autoimmune disease or an infectious disease.

Therefore the uvea department treats their patients in close coordination with other specialists in various branches of medicine such as rheumatologists, chest physicians, infectious disease specialists, oncologists etc.

Common symptoms of uveitis include pain, redness, defective vision, floaters, and sensitivity to light (photophobia) in one or both eyes.

Doctors

Dr. Harshali Yadav

PROCEDURES

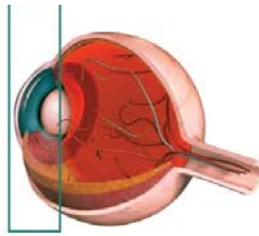
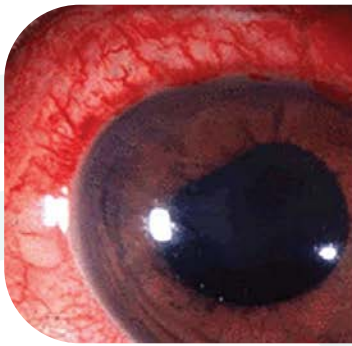
Uveitis can be either:

- Anterior uveitis
- Intermediate uveitis
- Posterior uveitis
- Pan-uveitis.

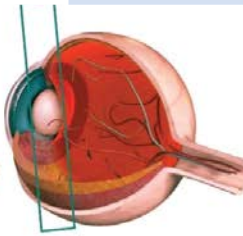
Many cases of uveitis are chronic, and they can produce complications, including clouding of the cornea, cataracts, elevated eye pressure (IOP), glaucoma, or retinal detachment.

Its management depends on the cause and therefore we use advanced diagnostic tools with expert care and collaborate with many other specialists to ensure that every patient receives the best possible treatment for their specific cause.

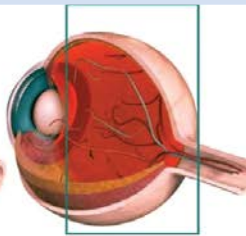




Anterior uveitis
Anterior (Iritis): Most common, affects iris (front part).



Intermediate uveitis
Intermediate (Cyclitis): Less common, affects muscles around iris.



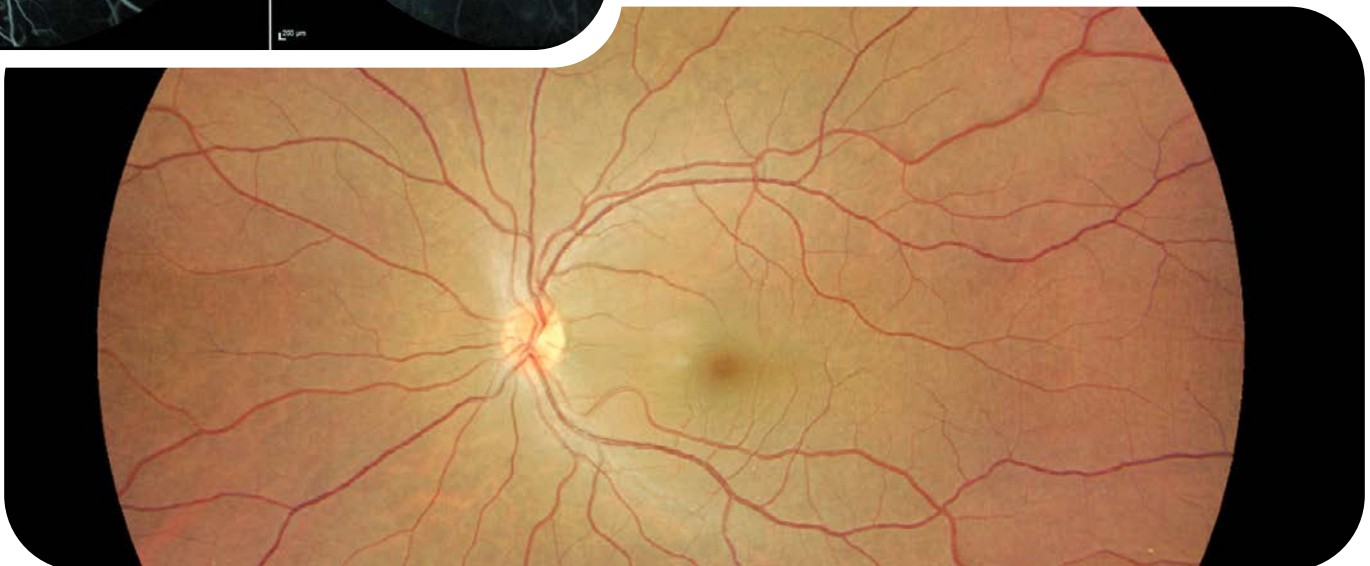
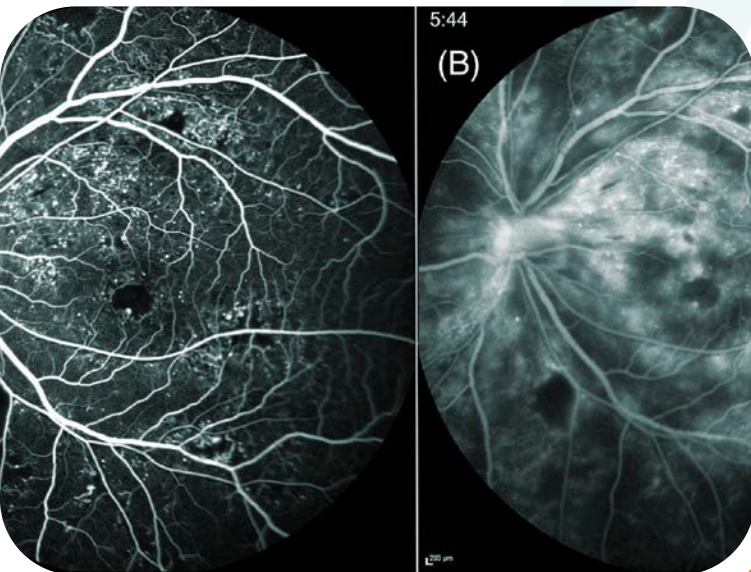
Posterior uveitis
Posterior (Choroiditis): Affects back of eye, can damage vision.



Panuveitis:
Most severe, affects entire inner layer of the eye.

Instruments and Machines:

- Widefield Fundus Fluorescein Angiography (WF-FFA)
- Optical Coherence Tomography Angiography (OCTA)
- Ultrasonography
- Retinal lasers (Green laser – Double frequency Ndi YAG) with slit-lamp and indirect ophthalmoscopy delivery for treatment
- Constellation vitrectomy systems
- Appasamy slit lamps
- Tomey Specular microscope
- OCT- Cirrus 6000



Department of Neuro-Ophthalmology

Our neuro-ophthalmology department focuses on diagnosing and treating problems directly related to nervous system including those affecting optic nerve, visual pathways in the brain and eye movements. This specialty essentially bridges the field of ophthalmology and neurology. Neuro- ophthalmology patients require multi- disciplinary treatment, since it not only threatens vision but could also endanger their lives

Common Symptoms of Neuro-Ophthalmology Disorders:

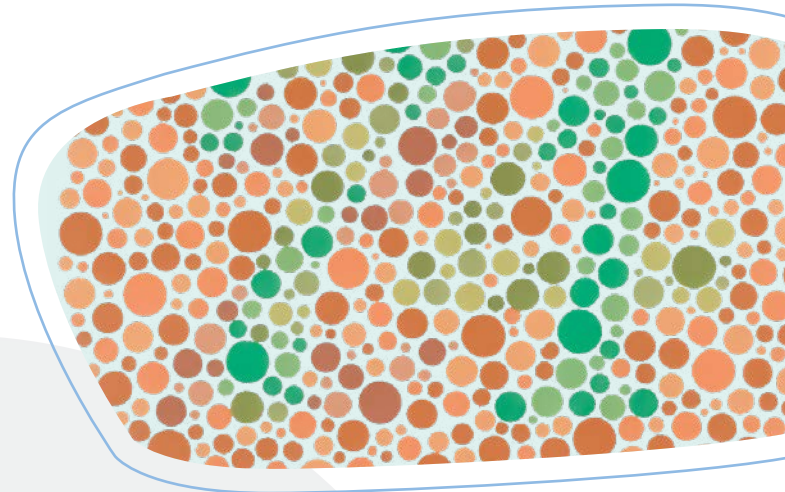
- A sudden decrease or total loss of vision.
- Visual hallucinations, where patients see things, shapes or silhouettes where there are none
- Diplopia (Double vision)
- Headaches without any seeming cause or plausible reason

- Abnormalities of the pupil (slow reaction, the difference in the size of the pupils)
- Difficulties in identifying colors or differentiating between them

Only a neuro-ophthalmologist can effectively identify the above symptoms and initiate subsequent treatment of their causes. Neuro-ophthalmologists collaborate with many other subspecialists, including neurologists, neurosurgeons, medical oncologists, radiation oncologists and rheumatologists.

Doctors

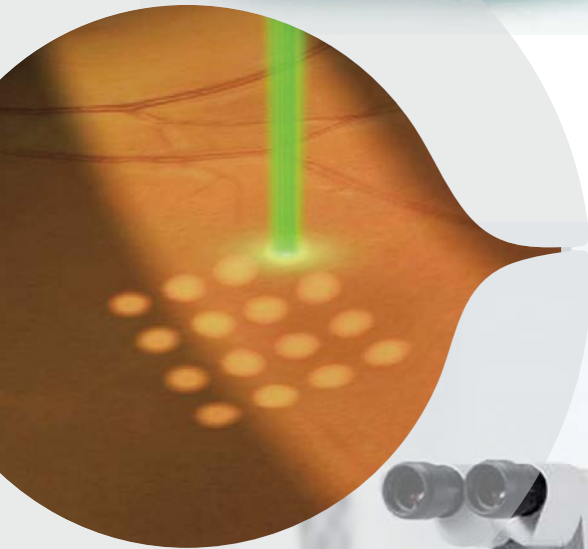
Dr. Harshali Yadav





Instruments and Machines:

- Widefield Fundus Fluorescein Angiography (WF-FFA)
- Optical Coherence Tomography Angiography (OCTA)
- Ultrasonography
- Retinal lasers (Green laser – Double frequency Ndi YAG) with slit-lamp and indirect ophthalmoscopy delivery for treatment
- Constellation vitrectomy systems



Department of Oculoplasty

The department specializes in the diagnosis and management of eyelid, lacrimal, and orbital conditions. It treats a range of disorders including abnormalities of the nasolacrimal duct, ptosis, entropion, ectropion, trichiasis, distichiasis, and eyelid tumours. It also addresses complex orbital issues such as pterygium, thyroid-related eye diseases, orbital infections, and anophthalmic or contracted sockets.

Additionally, this department also provides customized ocular prostheses and artificial eye shells for patients who have lost an eye.

Doctors

Dr Swapna Nair, Dr. Anila George

PROCEDURES

Blepharoplasty

Cosmetic or reconstructive surgery to remove excess skin or fat from the eyelids, improving both appearance and function.

Ptosis Repair

Surgical correction of ptosis (drooping eyelids by tightening or reattaching the levator muscle to restore normal eyelid height.

Ectropion and Entropion

Surgical correction of ectropion, a condition where the eyelid turns outward, to restore proper eyelid positioning and prevent dryness or irritation.

Dacryocystorhinostomy (DCR) with no scarring

Surgical procedure to create a new drainage pathway for tears from the lacrimal sac into the nasal cavity, used to treat blocked tear ducts.



Canthal Resection, Canthectomy, canthoplasty

Removal of a portion of the canthal area (corner of the eye) to address eyelid malposition or reconstructive needs.



Instruments and Machines:

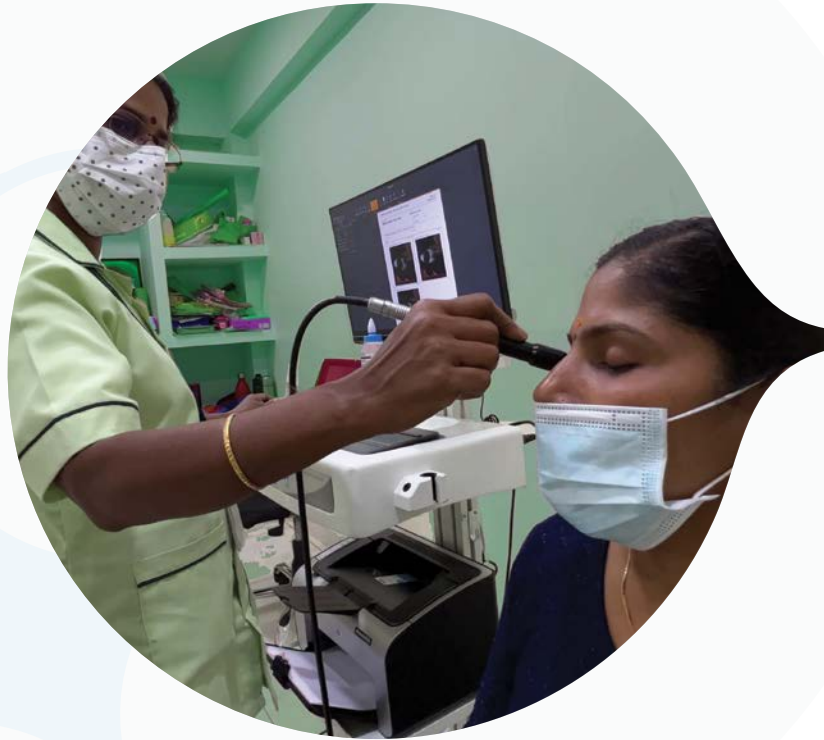
- Carl Zeiss lumera operating microscope
- Alcon Centurion phaco machine
- J&J, Whitestar Signature Pro phaco machine
- Johnson & Johnson veritas vision system (Phaco machine)
- Carl Zeiss lumera operating microscope



Department of General Ophthalmology

The clinic provides routine screening for refractive errors, cataract, glaucoma, diabetic retinopathy, ocular Inflammation, macular degeneration, eye injuries etc and work in close association with other subspecialties.

The optometry services conduct comprehensive vision examination to assess eye health and vision needs, and provides vision correction with glasses or contact lenses.



Senior Consultant Doctors



Dr. Ashad Sivaraman
MBBS, DO, FRVS, MD (Hamburg)

**Director - Sreenethra eye care,
Senior Consultant - Vitreoretinal Surgery**

Areas of Expertise

- Vitreo-Retinal Surgery
- Cataract Surgery

Accolades and Publications:

- Presented papers at national and international ophthalmic and retinal surgery conferences.
- Contributed to various chapters in multiple ophthalmic textbooks and also wrote articles in multiple national and international ophthalmic journals.

Dr. Ashad Sivaraman is a highly skilled vitreoretinal and cataract surgeon who has conducted over 60,000 cataract surgeries so far. With over 20 years of experience in the field, he has worked in various eye hospitals across India including Mumbai, Tiruchirappalli, Madurai, Chennai, and Thiruvananthapuram.

He completed his postgraduation in Ophthalmology from Joseph Eye Hospital, Tiruchirappalli, Tamil Nadu and worked as Medical Superintendent at CSI Zeon Eye Hospital at Maranda hally in Dharmapuri, Tamil Nadu. He then completed fellowship in vitreoretinal surgery at Aditya Jyot Eye Hospital under Dr. S. Natarajan who is an ex-president of the All India Ophthalmic Society and Vitreo-Retinal Society of India. His training also includes research work at University of Hamburg in Germany under Prof. Gisbert Richard on Artificial Retina.

Dr. Ashad Sivaraman founded and worked as the director of Precise Eye Care, Thiruvananthapuram, before starting Sreenethra Eye Care in 2014 where he currently serves as the director. Passionate about community service, he also dedicates much of his career to providing comprehensive eye care in rural India through charitable initiatives, and is a passionate film maker and photographer in his free time.



+ 91 94000 04421
for appointment

Dr. Swapna Nair

MBBS, DO, FAICO, FRCS (Glasgow)

Head of the departments- (Cornea, Cataract & Refractive surgery)

Consultant - (Paediatric Ophthalmology)

Areas of Expertise

- Adult & Pediatric Cataract Surgeries
- Femtolasar Assisted Cataract Surgery (FLACS)
- Microkeratome & Femtosecond LASIK (MK & FS LASIK)
- Phakic Intraocular Lenses (IOLs)
- Anterior Segment Reconstructive Surgeries
- Femtosecond Corneal Lamellar Surgeries

Accolades and Publications:

- Won the Best Paper Award in the FLACS and FS LASIK sessions at ASCRS 2015.
- Received the IIRSI Gold Medal and ISCKRS Young Achievers Award

Dr. Swapna Nair is an accomplished ophthalmologist specialized in cornea, cataract, and refractive services. Along with a strong educational foundation from prestigious medical colleges in Kerala, she has also honed her skills through advanced fellowships and courses.

She is also a recognized speaker at national medical conferences and serves as faculty at American Society of Cataract and Refractive Surgery (ASCRS) and American Academy of Ophthalmology (AAO).



+ 91 85906 04208
for appointment

Dr. K. Mahadevan

MBBS, MS, Retd Professor (RIO, Trivandrum)

Senior Consultant
Vitreoretinal Surgery

Areas of Expertise

- Vitreoretinal surgery
- Cataract Surgery

Accolades and Publications:

- Ex-President of the Kerala Society of Ophthalmic Surgeons (KSOS)
- Editor of Kerala Society of Ophthalmic Surgeons Journal in 1983 & 1992 - 1996
- Has presented papers on Retinal & Vitreous Surgery Diabetic Retinopathy at KSOS conferences and ocular trauma at AOC New Delhi 2003.
- Authored a chapter on the retina in Ophthalmology for Undergraduates
- Winner of 1999 Best Paper Award - Dr. Sankaran Menon Memorial Medal instituted by Kerala State Ophthalmological Society on the subject of suture less vitrectomy.

Dr. K. Mahadevan is a legendary ophthalmologist with a rich background in medical education and clinical practice. He is a skilled vitreoretinal surgeon and a cataract surgeon. He began his career at Aravind Eye Hospital, Madurai and served as a Registrar in Neurosurgery at Sree Chitra Tirunal Institute for Medical Sciences & Technology in Trivandrum.

After joining the Medical Education Service in Kerala, he rose through the ranks to retire as a Professor at the Regional Institute of Ophthalmology and Medical College, Trivandrum.



+ 91 85906 04216
for appointment

Dr. Harshali Yadav

MBBS, MS, FMRF, FAICO (Uvea), Fellowship Vitreo retinal surgery from Sankara Nethralaya FAICO (Uvea), Fellowship (phacoemulsification), FAICO(Neuro Ophthalmology).

Senior Consultant
Vitreoretinal Surgery,
Uvea and
Neuro-ophthalmology

Areas of Expertise

- Vitreoretinal Surgery
- Diseases of uvea
- Neuro-ophthalmology
- Cataract Surgery

Accolades and Publications:

- Co-author of "The Sankara Nethralaya Atlas of Ophthalmic Ultrasound and Ultrasound"
- Contributed chapters in "Principles and Practice of Vitreoretinal Surgery" and "Vitreoretinal Surgery in Eyes with Permanent Keratoprosthesis"
- Published research on endophthalmitis and choroiditis in peer-reviewed journals.subject of suture less vitrectomy.

Dr. Harshali Yadav is an accomplished ophthalmologist with advanced expertise in vitreoretinal disorders and uveitis.

She gained her vast experience from prestigious institutions like Sankara Nethralaya, Chennai and Aravind Eyecare Coimbatore.

Further enhancing her skills, Dr. Harshali Yadav underwent specialized training in phacoemulsification techniques and received the FAICO fellowship in Uvea, solidifying her expertise in managing ocular inflammatory disorders. Dr. HarshaliYadav's clinical focus includes a strong interest in neuro-ophthalmology, particularly in diagnosing and managing visual disturbances related to neurological conditions like optic neuropathies and neurovascular eye disorders.She received FAICO fellowship in Neuro Ophthalmology. Her diverse training allows her to approach complex cases with a comprehensive, holistic view, ensuring optimal outcomes for her patients.

Dr. Harshali Yadav is an active member of several prestigious medical societies, including the All-India Ophthalmological Society, the Vitreo-Retina Society of India, the Indian Neuro-ophthalmology Society, and the Uveitis Society of India. She is also a frequent speaker at national conferences.



+ 91 85890 60642
for appointment

Dr. Anoop Sivaraman
MBBS, DNB, FVRS (Frankfurt)

Senior Consultant
Vitreoretinal Surgery

Areas of Expertise

- Vitreoretinal Surgery
- Cataract Surgery
- Clinical Research

Accolades and Publications:

- Co-author of "A case of central retinal artery occlusion in a patient with protein S deficiency" presented at Euretina, Hamburg 2013.
- Co-author of "Intraocular pressure changes following use of heavy silicon oil and standard silicon oil" presented at the 9th International Symposium of Ophthalmology, Guangzhou, 2013.
- First Author of an original article titled "Diagnosis of Endophthalmitis with amplification of syndrome specific signature genes by Syndrome Evaluation System"; Annals Of Applied Biosciences A1-4, Vol 3 Issue 1, 2016.
- Contributor to Gass Atlas of Macular Diseases, 6th Edition.
- Co-author of a chapter in Textbook on Ocular Therapeutics, 3rd Edition, Jaypee Publications.

Dr. Anoop Sivaraman is a highly regarded vitreoretinal and cataract surgeon with extensive clinical experience in managing complicated disorders of the eye, especially diabetic retinopathy. He is an active researcher who has participated in various clinical trials, has co-authored books in vitreo retina, authored peer-reviewed medical journals and has presented at various international and national conferences.

He gained his clinical expertise under his mentors Prof. R Ramakrishnan (Aravind Eye Care System, Tamil Nadu), Prof. Natarajan S (Aditya Jyot Retina Institute, Mumbai) and Prof. Frank Kock (University of Frankfurt, Germany). His international experience includes an observership at the Mayo Clinic, USA, faculty trainer in Brazzaville, Republic of Congo, charity surgical projects under Mercy Ships in Point Noire, East Africa and the Twinkling Little Eyes Projects in the slums of Mumbai, which was mentored by the late President of India, Prof. APJ Abdul Kalam.



+ 91 85890 60642
for appointment

Dr. Anila George

MBBS, MS, FPOS

Head - Paediatric Ophthalmology &
Adult Strabismus

Areas of Expertise

- Paediatric Ophthalmology & Adult Strabismus
- Cataract surgery
- Glaucoma Management

Accolades and Publications:

- Comparison of Mydriasis Obtained by Tropicamide and Phenylephrine in Type 2 Diabetic and Non-Diabetic Patients" in the International Journal of Preventive and Therapeutic Medicine (2014).
- Poster presentation on Haberland syndrome

Dr. Anila George is a senior ophthalmologist specialized in Paediatric ophthalmology and adult strabismus who has completed a long-term fellowship in the same at Aravind Eye Hospital, Tirunelveli.

Passionate about community service, she has participated in numerous initiatives to raise awareness about common eye diseases in rural areas. She is also engaged in several medical education programs and has made numerous contributions to the academic field through paper and poster presentations.



+ 91 85 6 04215
for appointment

Dr. Arvin Ponnat
MBBS, MS, FIGS

Senior Consultant - Glaucoma

Areas of Expertise

- Glaucoma Management
- Cataract surgery

Accolades and Publications:

- Published the following papers:
1) Retrospective analysis of the comparison between CO2 laser-assisted deep sclerectomy combined with phacoemulsification and conventional trabeculectomy with phacoemulsification
2) Intraocular Pressure control following phacoemulsification in eyes with preexisting Aurolab Aqueous Drainage Implant.
- Published a case report titled "Angle Closure Glaucoma Secondary to Malignant Glaucoma: A difficult conundrum"
- Poster presentation titled "Primary Optic Atrophy Following Dandy Walker's Cyst"

Dr. Arvin Ponnat is a dedicated glaucoma consultant with specialised training in various surgical and laser procedures, including trabeculectomy and glaucoma drainage devices. He completed his glaucoma fellowship at Aravind Eye Hospital in Madurai, where he honed his skills in managing complex glaucoma cases.

After his fellowship, he worked at Aravind Eye Hospital for two years, furthering his expertise in the field. He also gained valuable experience at Globe Eye Foundation in Hoskote in 2018.



+91 85906 04216
for appointment

Dr. Shabna A

MBBS, DO, DNB, FICO

Consultant - Comprehensive
Ophthalmology & Medical Retina

Areas of Expertise

- Cataract Surgery
- Medical Retina

Accolades and Publications:

- Published paper "Comparison between Octopus Polar Analysis and OCT RNFLT analysis for early detection of glaucoma"
- Published paper "A comparative study between portable tonometers and GAT for IOP measurement"

Dr. Shabna A. is a highly skilled ophthalmologist with extensive experience in the field of eye care. She graduated with her MBBS from the Government Medical College, Kottayam, and further pursued her postgraduate studies, obtaining a PG Diploma in Ophthalmology from the prestigious Regional Institute of Ophthalmology, Thiruvananthapuram and completed her DNB in Ophthalmology at Chaithanya Eye Hospital and Research Institute, Thiruvananthapuram.

She has previously worked at Iris Eye Hospital and Aradhana Eye Institute, where she honed her skills in various ophthalmic procedures and patient care. She is also actively involved in academic contributions, having presented papers at All Kerala Ophthalmology Conferences.



+ 91 95675 55646
for appointment

Dr. Malavika Jayakumar

MBBS (Govt. T.D. Medical College, Alappuzha)
MS Ophthalmology (Sree Gokulam Medical College, Trivandrum)
Fellowship in Vitreoretinal Surgery (Aravind Eye Hospital, Tirunelveli)

Consultant
Vitreoretinal Surgeon

Areas of Expertise

- Vitreoretinal surgery
- Medical retina
- Retinopathy of prematurity
- Clinical research

Accolades and Publications:

- A study of knowledge, attitude and practice in diabetic retinopathy among patients attending a primary health care centre.

Dr. Malavika Jayakumar is a consultant vitreoretinal surgeon at Sreenethra Eye Care Hospital, Thiruvananthapuram with expertise in laser treatments and surgical management of diabetic retinopathy, retinal detachment, vitreomacular interface disorders, uveitis, and retinopathy of prematurity. A dedicated clinician and researcher, she has published work on diabetic retinopathy awareness among primary care patients.

She has done long term fellowship in surgical retina from prestigious Aravind Eye Hospital Thirunelveli. She did her training in uvea under Dr. S. R Rathinam at Aravind eye hospital Madurai. She presented papers and posters in All Kerala Ophthalmic Conference and National Vitreo retinal sonety conference.



+ 91 90379 80826
for appointment

Consultant Doctors



Consultant Doctor Profiles



Dr. Pinki L. P.

MBBS - Govt. Medical College, Alappuzha

DO - Govt. Medical College, Kottayam

Consultant Ophthalmologist

Dr. Pinki L. P. is a skilled ophthalmologist with over a decade of clinical experience. She was previously employed in Kerala Health Services for four years and has been instrumental in diagnosing and treating a wide range of eye conditions at Sreenethra Eye Care Hospital, Kottarakkara, Kollam. She also attends the KSOS State Conference annually to stay updated on the latest advancements in ophthalmology.



+ 91 90484 84922

for appointment



Dr. Aiswaria P.

MBBS Govt., Medical College, Thiruvananthapuram

DNB Ophthalmology (Chaithanya Eye Hospital and Research Institute, Thiruvananthapuram)

Consultant Ophthalmologist

Dr. Aiswaria P. is a highly qualified ophthalmologist with extensive clinical experience. She was previously employed as a consultant ophthalmologist at Ahalia Foundation Eye Hospital and Al Hiba Eye Hospital in Trivandrum. She currently works at Sreenethra Eye Care Hospital, Kattakkada, Trivandrum.

She attends the KSOS State conference annually and has presented her post-doctoral thesis on Microbial Keratitis in a tertiary eye care centre at the conference in 2015.



+ 91 90379 80826

for appointment



Dr. Rajalekshmi S.

MBBS *Govt. Medical College, Manjeri*

MS Ophthalmology *Pushpagiri Institute of Medical Science and Research Centre, Thiruvalla*

Dr. Rajalekshmi S. is a skilled ophthalmologist and an ardent researcher who strives to make contributions to the field of ophthalmology. She is currently employed at Sreenethra Eye Care Hospital, Kottarakkara, Kollam. She has conducted case presentations at the Glaucoma Society of India's National Meet 2021. She also presented a poster at the KSOS State Annual Conference 2022 and a paper titled "Frequency of Presbyopia" the following year at the same conference.



+ 91 90484 84922
for appointment



Dr. Krishna G. S.

MBBS - *Sree Gokulam Medical College and Research Foundation, Trivandrum*

DNB Ophthalmology - *Dr. Agarwals Eye Hospital and Research Centre, Chennai*

Dr. Krishna G. S. is a highly skilled ophthalmologist with extensive training in various diagnostic and surgical procedures. She has previously worked at a community health centre at Nedumoncavu, Kollam and is currently employed at Sreenethra Eye Care Hospital, Neyattinkara. She is trained in Phacoemulsification, SICS, and ECCE, and completed her thesis on postoperative astigmatism comparison between Toric and Non-Toric Intraocular lenses in patients with corneal astigmatism.



+ 91 85906 04217
for appointment

Operation Theatre Doctors



At Sreenethra Eye Hospital, we uphold a global standard of excellence in surgical eye care. Our world-class operation theatres are designed and maintained with unwavering attention to hygiene, precision, and safety, ensuring optimal conditions for every procedure.

Outfitted with advanced infrastructure, including vertical laminar airflow systems and HEPA filtration, our surgical suites meet the highest benchmarks of sterility and infection control. Electro-hydraulic operating tables provide precision positioning for a wide range of ophthalmic interventions, enabling superior surgical access and patient comfort.

Our surgeons, renowned experts in their specialties, are supported by a skilled clinical team and the most advanced ophthalmic technology available. For cataract surgery, we employ cutting-edge phacoemulsification systems such as the Alcon Centurion and Abbott Whitestar Signature, alongside Carl Zeiss Lumera i operating microscopes for superior visual precision. Vitreoretinal procedures are performed using the highly advanced Constellation Vision System. For

LASIK and PresbyMAX treatments, we utilize the Moria Microkeratome, and for no-touch refractive corrections, we rely on the SCHWIND TransPRK system.

Every detail at Sreenethra, from infrastructure to instrumentation, reflects our commitment to delivering surgical outcomes on par with the finest eye hospitals worldwide and our dedicated physicians harness this environment to achieve what matters most: a brighter and clearer tomorrow.





LABORATORY

Our laboratory provides essential diagnostic services tailored for eye care, ensuring accurate and timely results for effective patient management. We specialize in areas such as bacteriology and serology to identify infectious conditions affecting the eyes, as well as biochemistry and haematology for assessing systemic health that impacts vision. Equipped with advanced technology and a dedicated team of skilled technicians, we prioritize quality and efficiency in all procedures, seamlessly supporting your eyes health needs.

PHARMACY



Our pharmacy is fully stocked with a complete range of ophthalmic medications, featuring products from all major brands. We provide essential oral, intravenous, and intravitreal drugs specifically tailored for the treatment of various ophthalmological conditions. Our knowledgeable pharmacists are available to offer personalized consultations, ensuring that you receive the right medication and guidance for your treatment plan.

OPTICAL SHOP



The optical shop offers a diverse selection of high-quality spectacles from top brands at affordable

prices. Managed by qualified optometrists and skilled technicians, our team is dedicated to helping you find the perfect pair of glasses that suits your needs and personal style. We also provide comprehensive eye examinations to ensure accurate prescriptions and offer a variety of frames and lenses to fit your lifestyle.

INSURANCE

We accept medical policies from a wide range of insurance companies across India, making healthcare more accessible for our patients. Our collaboration with various insurers allows us to provide you with flexible payment options and coverage for a variety of treatments and services.

For more details and an updated list of accepted policies, we encourage you to contact our Insurance Department staff. They are available to assist you with inquiries about coverage, claims processing, and any other questions you may have regarding your insurance options..

CAR PARKING



Extensive car parking facilities are arranged inside our campus. Can accommodate up to 50 cars. Our security guards at the gate will help you through the process.

MAIN CENTRE

Sreenethra Eye Care Hospital – Thiruvananthapuram

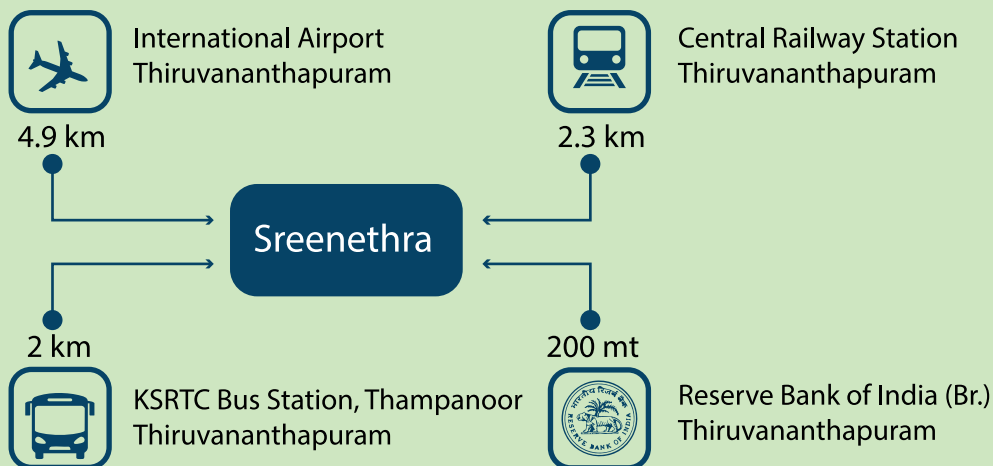
[Located in the heart of Kerala's capital city]

Bakery Junction, Nandavanam Road, Thiruvananthapuram, Kerala

Care Coordinator Service

0471-2322322 +91 8590604201 +91 8590604204

Distance From Major Landmarks



Our Courses

Fellowship in Ophthalmology

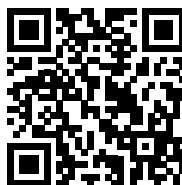
Cornea, Retina

DNB

Ophthalmology

BSC

Optometry



Info@sreenethra.com
www.sreenethra.com

Sreenethra

eye care

Thiruvananthapuram
0471-2322322

Kottarakkara
0474-2456501
0474 2451122

Kattakkada
0471-2293090

Neyyattinkara
0471-2221221

Chirayinkeezhu
0471-0000000