



Hope 2025

Dr. Mariam Roshan Zachariah

*Just because the sun blazed
and the moon cried into the lake -
Just because the wolf howled
and the pack relayed it around -
Just because the trees misunderstood
and bloomed too early, some too late -
Just because the grass still grew...
Did it mean no one cared?*

*I am not of this world,
I am not of that world,
Yet I can be good
And all that is bad -
I am the earth
Hurting with insult -
I am the otherworld
Sensing their remorse -*

*Just because some were bad
Breaking the piano in the quad -
Just because orphans were many
all yearning love and safety -
Just because people are warring
And doves are getting scarce
Just because social media prowled -
Did it mean that all is bad?*

*I am the sum of everything -
always hoping, ever changing.*

Commentary

Just because men got angry and women cried. Just because gossipmongers and the grapevine flourished - yet still the ordinary people lived on like the grass and did they not care? Just because antisocial elements broke a thing of joy like the donated piano in the quadrangle just because insecure orphans and wars are everywhere with peacemakers few and far between - did it mean that the world is bad? The ills and blessings of the world, all exist side by side in each of us. We have a choice to embrace hope and change for good, little by little everyday (Kaizen).

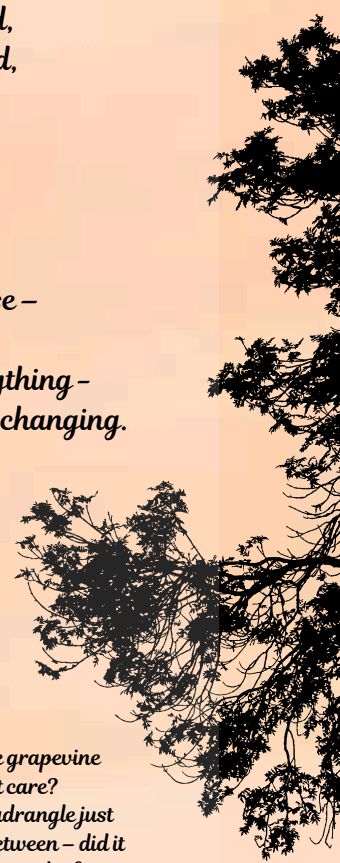
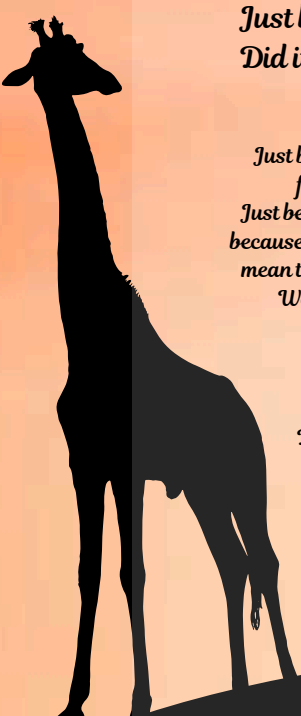
About the Poet

We extend our sincere gratitude to Dr. Roshan for sharing her beautiful poem "Hope".

Dr. Roshan has loved ophthalmic surgery for its sheer artistry and good outcomes. She lives in Kochi and runs her own NABH - Accredited eye hospital for the last 23 years.

She feels that poems are a language of the heart. Her debut book of poems "Stitch Together and Sing Again - A Rhapsody", was an Amazon best seller in 2023. She has contributed to an anthology by poets with Malayali roots world wide -

"What else is Rain?" - published in August 2024.





Milestones achieved in 2024

Zamindar Children's Eye Centre was inaugurated on 17th March 2024. Our Paediatric eye doctors are committed to deal with increasing eye problems amongst children in present digital era.

Thursdays are for needy children with minimal registration fees valid for a month

Zamindar Community Eye care centre, Jaibharatnagar was inaugurated on 1st June 2024
We encourage community around us to get regular preventive eye check ups at minimal charges from Monday to Saturday

We have been reaccredited with National Accreditation Board for Hospitals & Healthcare Providers (NABH) for the 4th time.

We have started our teleconsultation services.

Zamindar Advanced Cataract Surgery & Comprehensive Eye Care Centre

100 ft Road, Kalyan Nagar

📞 9741811667

Zamindar Speciality Eye Centre for Retina, Glaucoma, Cornea & Oculoplasty

Prema Plaza, 2nd floor, Kalyan Nagar

📞 9731198857

Click "[here](#)" to Contact us for **Home eye care & other services**

Zamindar Children's & Comprehensive Eye Care Centre

GK arcade, Kalyan Nagar

📞 8123752250

Zamindar Community Eye Care Centre

Jai Bharat Nagar, Opp. Orion East Mall

📞 8105568366

*Dr. Manish Nagpal - Photo Credits
MS., FRCS(UK), FASRS(USA)*

We are grateful to Dr Manish for sharing his master pieces for this calendar. Dr. Manish Nagpal is a Vitreo-Retinal surgeon with 27 years of practice at Retina Foundation, Ahmedabad. His surgical work remains his first passion but he truly enjoys being out in the nature with his camera as often as he can. He has a special interest in bears, and has published a coffee table book, 'Precarious Balance, based on the lives of Brown bears of Kamchatka, Russia. He finds that balancing work with enriching pursuits is essential.





I really do believe, deep down inside, that... the Indian tiger has not been unleashed - Ratan Tata

2025 JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
			1 New Years Day	2	3	4 Braille Day
5	6	7	8	9	10	11
12	13 Lohri	14 Makar Sankranti/Pongal	15	16	17	18
19	20	21	22	23	24	25
26 Republic Day	27	28	29	30	31	

National Glaucoma Awareness Month

Click "[here](#)" know about Glaucoma

JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

National Glaucoma Awareness Month

In India, 11.2 million people suffer from glaucoma, and 1.1 million of them face blindness, including children. Intraocular pressure check-up annually is mandatory test for all above age of 40 years. Our Glaucoma family screening initiative encourages family members of glaucoma patients to come for screening to help early detection and treatment. This is the only way we can win this fight against glaucoma.



Our Glaucoma Department

We are grateful to our patients for their support.

Click [“here”](#) to listen to what Mr. Jeevaraj Ebenezer has to say about our services.



Herd of Indian Wild Ass seen at their Sanctuary,
Little rann of Kutch, Gujarat

2025

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 World Cancer Day	5	6	7	8
9	10	11	12	13	14 Valentines Day	15
16	17	18	19	20	21	22
23	24	25	26 Mahashivratri	27	28 Ramdan Starts	

ARMD/Low Vision Month

Click "[here](#)" to know about Intravitreal Injection (Treatment for ARMD)

FEBRUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

ARMD/Low Vision Month

Age-related Macular Degeneration is a common vision impairment affecting an estimated 200 million people worldwide.

Few age-related macular degeneration (ARMD) facts to remember ;

*You can't reverse vision loss from ARMD but you can save your remaining vision.

*Smoking increases your risk of ARMD.

*Eating foods rich in omega-3 fatty acids are good for eye health.



Low vision aids department

We are grateful to our patients for their support.

Click "[here](#)" to listen to what Mr. Mohammad Abdallah has to say about our services.



For her cubs, she means the world to them. Tigress with her cubs cooling off in summer heat, Bandhavgarh National Park, Madhya Pradesh

2025 MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 <small>Holi</small>	15
16	17	18	19	20	21	22
23 <small>World Optometry Day</small>	24	25	26	27	28	29
30 <small>Ugadi</small>	31 <small>Eid al-Fitr</small>					

World Optometry Day - 23rd

Click "[here](#)" to listen to our optometrist talking about safe contact lens use

MARCH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

World Optometry Day - 23rd

World Optometry Day is celebrated each year to recognize the important role of optometrists and vision care providers in healthcare. We have a professional team of experienced optometrist for refractive check up and vision therapy to treat eye strain.



Our Optometrist team

We are grateful to our patients for their support.

Click [“here”](#) to listen to what Mr. Ravi Jagan has to say about our services.



Hunting Pose of Polar bear waiting for a seal to come up to breathe, Svalbard, near North Pole

2025 APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6 Ram Navami	7 World Health Day	8	9	10 Mahavir Jayanthi	11	12
13	14	15	16	17	18 Good Friday	19
20 Easter	21	22	23	24	25	26
27	28	29	30			

Sports Eye Safety month

Click "[here](#)" to know about know about Advanced Retinal Photography

APRIL 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Sports Eye Safety month

In India, the prevalence of sports-related eye injuries is estimated to be 24% of all eye injuries. We advise all athletes engaging in sports activities to wear protective eyewear to prevent eye injuries.

World Health Day is celebrated on 7th April. A picture of your retina can tell us about your general health also.



Detailed retina evaluation after sports injury

We are grateful to our patients for their support.

Click "[here](#)" to listen to what Mr. Arvind K & Mrs. Nalini Arvind has to say about our services.



Tender moments between a Lioness and cub, Gir Forest, Gujarat

2025 MAY

SUN	MON	TUE	WED	THU	FRI	SAT
				1 May Day	2	3
4	5	6	7	8	9	10
11 Mother's Day	12 Nurse's Day	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Myopia Awareness Week - 13th to 19th

Click "[here](#)" to know about Myopia

MAY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Myopia Awareness Week - 13th to 19th

Myopia is the most common ocular disease, affecting an estimated 20% of the global population. Early detection is crucial in preventing avoidable blindness. Our team conducts regular eye screenings in schools and colleges to detect conditions such as lazy eye and myopia.



Our Myopia Clinic

Our Nurses

We are grateful to our patients for their support.

Click "[here](#)" to listen to what Miss. Pushti Juneja a has to say about our services.



Cheetah, the fastest animal on earth scanning its terrain, Masai mara, Kenya

2025 JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
				World Environment Day		Bakrid/ Eid Al Adha
8	9	10	11	12	13	14
15	16	17	18	19	20	21
Father's Day						International Yoga Day
22	23	24	25	26	27	28
29	30					

Cataract Awareness Month

Click [“here”](#) to know about Mrs. Nafisa’s cataract journey

JUNE 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Cataract Awareness Month

According to World Health Organization (WHO) approximately 65.2 million people have cataracts globally.

Modern Cataract Surgery allows you to choose intraocular lens which returns your youthful vision and gives you spectacle independence after surgery.



Our advanced cataract surgery facility

We are grateful to our patients for their support.

Click "[here](#)" to listen to what Mr. Hari Menon, CEO of Big basket has to say about our services.



A majestic walrus on its icy throne, a sociable animal, Svalbard, near North Pole

2025 JULY

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Doctor's Day	2	3	4	5
6 Muharram	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Dry Eye Awareness Month

Click "[here](#)" to know about Intense Regulated Pulsed Light (IRPL) treatment

JULY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Dry Eye Awareness Month

Dry eye syndrome is a common eye condition . It occurs when the eyes do not produce enough tears or the tears evaporate too quickly, causing discomfort, irritation, and blurred vision. We have the latest technology for diagnosis & treatment of Dry eyes.



Our Dry eye clinic

We are grateful to our patients for their support.

Click [“here”](#) to listen to what Mrs. Arifa Nilofar Abdul has to say about our services.



Bearded seal chilling on its icy throne, Svalbard, Near North pole

2025 AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9 Raksha Bandhan
10	11	12	13	14	15 Independence Day	16 Janmashtami
17	18	19	20	21 Senior Citizen's Day	22	23
24	25	26	27 Ganesh Chaturthi	28	29	30
31						

Childrens Eye Health & Safety Month

Click "[here](#)" to know about children eye care

AUGUST 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Childrens Eye Health & Safety Month

August is celebrated as Children's Eye Health and Safety Month worldwide. It aims to raise awareness about the importance of protecting children's vision and eye health.

Our dedicated Paediatric Ophthalmology Department takes care of children's eye care needs and our vision therapy department helps reduce eye strains, and improve vision in lazy eye conditions.



Our Vision Therapy clinic

We are grateful to our patients for their support.

Click "[here](#)" to listen to what Ms. Shalini & Mr. Rajesh has to say about our services.



Mommy polar bear & her 8 year old cub
this is love's prerogative - to give and give and give.
-William Arthur Dunkerley

2025 SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5 Onam Eid-e-Milad	6
7	8	9	10	11	12	13
14 Grandparent's Day	15	16	17 World Patient Safety Day	18	19	20
21	22	23	24	25	26	27
28	29 Maha Saptami	30				

World Patient Safety Day - 17th

Click "[here](#)" to know about safe cataract surgery

SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

World Patient Safety Day - 17th

World Patient Safety Day is observed on September 17th every year worldwide.

Our award winning video "Comprehensive guide to safe cataract surgery" showcases all our standardized protocols and best practices to reduce incidents concerning patient safety during cataract surgery.

Our Anaesthetist ensures your comfort & safety during your cataract surgery.



We ensure your safe cataract surgery

We are grateful to our patients for their support.

Click "[here](#)" to listen to what Mrs. Jayarani Stephen has to say about our services.



Playful Desert fox siblings enjoying a carefree day,
Little rann of kutch, Gujarat

2025 OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Gandhi Jayanthi | Dussehra

Air Force Day

Handwashing Day

Dhanteras

Diwali

World Sight Day - 10th

Click "[here](#)" to know the facts about your eyes

OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

World Sight Day - 10th

World Sight Day reminds us to take care of our eyes and seek professional help if needed. Globally at least 1 billion people have near or distance vision impairment that could be prevented or has yet to be addressed. Vision impairment and blindness can have major and long-lasting effects on all aspects of life.



Our school eye-check up drive

We are grateful to our patients for their support.

Click "[here](#)" to listen to what Mr. Sudhakar has to say about our services.



Topi, an antelope in Africa likes to stand on higher ground like a sentinel Masai mara, Kenya

2025 NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Karnataka Rajyotsava
2	3	4	5	6	7	8 Kanakadasa Jayanthi
9	10	11	12	13	14 Children's Day World Diabetes Day	15
16	17 World Prematurity Day	18	19	20	21	22
23	24	25	26	27	28	29
30						

Diabetes Awareness Month

Click "[here](#)" to know about Diabetic Retinopathy

NOVEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Diabetes Awareness Month

According to an estimate, over 74 million Indians were diagnosed with diabetes in 2021, and this is expected to rise to over 124 million by 2045. We have a Fundus camera Optical Coherence Tomography, to image the central retina & retinal LASER photocoagulation for patients who require LASER. We also give intra-vitreous injections for patients who require this mode of treatment.

World Prematurity Day Nov 17th, Retinopathy of Prematurity is the major cause of preventable blindness in children, first one month after the birth is the golden time when this condition can be detected and treated.



Our Retina Clinic

We are grateful to our patients for their support.

Click [“here”](#) to listen to what Lt. Col. Anna Mani has to say about our services.



A Tigress on the prowl

2025 DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25 Christmas	26	27
28	29	30	31 New Year Eve			

Eye Donation

Click [“here”](#) to know about Eye Donation

DECEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Eye Donation/Gift of Sight

According to the Eye Bank Association of India, there are over 1.1 million people who have corneal blind in India, and more than 1,00,000 corneal transplants are required annually in India. Let us all take a pledge to donate eyes & gift sight.



Donate eyes gift sight

We are grateful to our patients for their support.

Click ["here"](#) to listen to what Mr. Ravi Shankar has to say about our services.