



COAVS NEWSLETTER

College of Ophthalmology & Allied Vision Sciences, Mayo Hospital, Lahore

Advancing Eye Care with Vision



January 29 | FHF Leadership Visit

Ms. Joanna Baker, Director of People and Organizational Development at Fred Hollows Foundation (FHF), visited COAVS and King Edward Medical University to review collaborative community eye health projects, reflecting a 20-year bond of trust and shared dedication.

Accompanied by Pro Vice Chancellor Prof. Muhammad Moin, Prof. Emeritus. Asad Aslam Khan and Country Director Mr. Farooq Awan, the visit included the formal inauguration of FHF-sponsored equipment by Vice Chancellor Prof. Mahmood Ayyaz.

THE COAVS NEWSFRONT

January 15 | History Book

The launch of the newly released first edition documents the evolution of COAVS from 1999 to 2024.

February 06-08 | APAO Hong Kong

Prof. Dr. Muhammad Moin, Regional Secretary for Pakistan, represents Pakistan at the APAO Conference in Hong Kong.

February 16 | Ophthalmic Nursing Success

A COAVS student secures the prestigious 2nd Position in the Punjab Nursing Board examinations.

February 18-20 | Zero Project, Vienna

Prof. Asad Aslam Khan represents Pakistan at the Zero Project to join the global dialogue on disability inclusion.

February 25 | Rescue Ready

Five-day CADR training with Rescue 1122 strengthens institutional preparedness.

March 03 | Clinical Excellence

The 12th Preparatory Course for 27 postgraduate residents from across Punjab bridges the gap between theory and clinical application.

Our Faculty Setting New Benchmarks!

Follow the news inside





February 05-08 | APAO Hong Kong 2026

Prof. Dr. Muhammad Moin, Regional Secretary for Pakistan, Chair of the Leadership Development Program (LDP) Standing Committee and Council Member at the Asia-Pacific Academy of Ophthalmology (APAO), represented Pakistan at the 41st APAO Congress in Hong Kong, held in conjunction with the 37th Annual Scientific Meeting of the Hong Kong Ophthalmological Symposium. The event serves as a major platform for the exchange of the latest research, innovations, and clinical practices in eye health.



Broadcasting

Better Vision!

Prof. Muhammad Moin, Principal COAVS, answered live calls and shared essential preventive care, while bridging the gap between expert eye care and the community. Hammad Fareed, Private Secretary, facilitated media coordination.



Photo (Left to Right): Martin Essl (Founder, Essl Foundation), H.E. Lindsay Skoll (British Ambassador to Austria & Permanent Representative to the UN), Prof. Asad Aslam Khan (Provincial Coordinator for Control of Blindness, Punjab), Ms. Farhana (Programme Manager, PEEK, UK), and Michael Fembek (CEO, Zero Project).

FEBRUARY 18-20 | ZERO PROJECT CONFERENCE, VIENNA

Prof. Asad Aslam Khan represented Pakistan at the Zero Project Conference 2026 in Vienna, engaging global leaders on disability inclusion.

PEEK UK received global recognition at the UN Office in Vienna, highlighting Pakistan's impactful eye care model.

Since 2018, the PEEK programme has screened 7.8 million people and delivered services to 0.5 million across Pakistan.



February 25 | Five-Day CADR (Community Action For Disaster Response) Training in coordination with Rescue 1122.

The program was conducted under the directive of the Principal COAVS, Prof Muhammad Moin, and aimed to enhance institutional preparedness and emergency response capacity among faculty, staff, and students.

Participants received structured training in:

- Basic Life Support (BLS) and CPR
- Fire safety and evacuation procedures
- Disaster risk reduction principles, First aid and Emergency response



March 03 | 12th KEMU/Mayo Hospital Ophthalmology Preparatory Course

The 12th KEMU/Mayo Hospital Ophthalmology Preparatory Course concluded this quarter, training **27 postgraduate residents** from across Punjab in intensive mock examinations. The two-day program included rigorous TOACS, structured viva sessions, and formative assessments, bridging the gap between theoretical knowledge and clinical application.

A total of 21 expert trainers, each contributing their specialized expertise across multiple sessions, guided the postgraduate residents under the organization of **Prof. Muhammad Moin, Dr. Salman Hamza and Dr. Awais Asghar.**

February 05 | A Landmark for Optometry

The Allied Health Professionals Council (AHPC) has released the Competency Framework and Scope of Practice for Optometrists in Pakistan, setting national standards for competencies, clinical responsibilities, and professional boundaries aligned with WCO and WHO benchmarks.

This landmark framework aims to enhance patient safety, standardize education, and promote uniform clinical practice nationwide. Sahibzada Hakim Anjum Nadeem, from the faculty of COAVS, played a key role as a core author and Punjab representative on the AHPC Advisory Committee for Optometry.

Our Faculty Are Setting Standard!

Shaista Kanwal, Ophthalmic Technologist and faculty member at COAVS, has earned her **MPhil in Investigative Ophthalmology** with distinction. **Hafiz Shahbaz Anwar, Kiran Shahzadi, and Madiha Nazli** have completed their **MPhil in Optometry** from King Edward Medical University (KEMU), further **strengthening the COAVS profile**, bringing the proportion of faculty with advanced degrees in Vision Sciences to 80%.

Dr. Abid Javaid, Dr. Lubna Sadiq Mia, Dr. Zaib ul Nisa, Dr. Arif Hussain, Dr. Sadia Imtiaz, Ms. Ayesha Sarfraz, Mr. Anwar Awan, Ms. Ayesha Saleem, Ms. Beenish Latif and Ms. Tayyaba Burhan, the faculty



Right to Left; Prof. Muhammad Moin, Ms. Kiran Shahzadi, Ms. Madiha Nazli, Ms. Shaista Kanwal and Mr. Shahbaz Anwar

from our institution, successfully completed the **Certificate in Health Professional Education (CHPE)**.

With their expertise, the transfer of knowledge is in trusted hands, shaping the next generation of healthcare professionals.

Collaboration

March 27 | MAGCON 2026 Low Vision Workshop

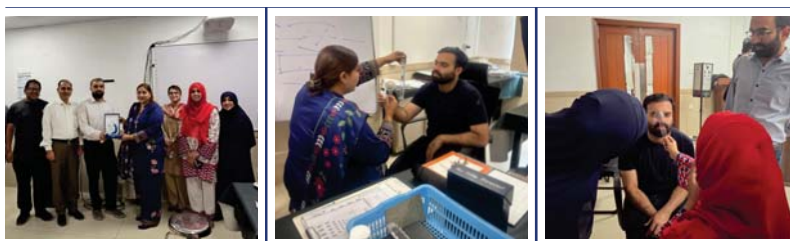


A pre-conference Low Vision workshop was held at MAGCON 2026, Gulab Devi Teaching Hospital, Lahore.

Conducted by Ms. Ayesha Saleem, Senior Optometrist and Low Vision Expert from COAVS, the workshop engaged optometry students and postgraduate ophthalmology residents.

The workshop was chaired by Prof. Dr. Arshad Mahmood and organized by Dr. Zahid Mahmood, Dr. Faisal Shams, Optometrists Iqbal Javed, and Ayesha Kiran.

March 3 | Hands-On Training on Squint management



A hands-on workshop on squint assessment was conducted for FCPS trainees of Eye Unit II at Mayo Hospital Lahore. The session focused on practical training in sensory and motor diagnostic tests, with trainees actively performing assessments on patients.

The workshop was conducted by Ms. Tayyaba Burhan, Senior Orthoptist, Eye Unit III, and provided valuable clinical exposure, enhancing trainees' diagnostic skills in strabismus evaluation.

March 17 | Expert Talk on Visual Impairment Following Stroke



This lecture on "Visual Impairment in Stroke Patients" was delivered by **Ms. Ayesha Sarfraz, In-charge of Orthoptics** at COAVS, at Neurology Department, King Edward Medical University.



January 15 | History Book, Legacy in Print

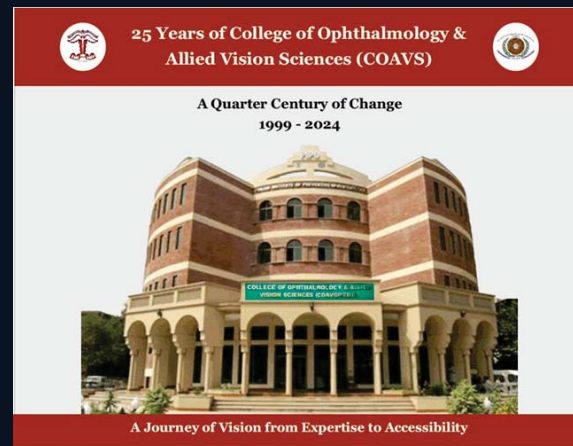
COAVS documented its 25-year journey in a book, with Dr. Arif Hussain, Community Ophthalmologist; Sara Ikram, Public Health Educationist; Mr. Hammad Fareed, Private Secretary; Ayesha Sarfraz, Orthoptist; and Ayesha Saleem, Optometrist contributing significantly to the write-up of this milestone first edition, brought to fruition under the direction of Principal Prof. Muhammad Moin.

The official launch of the book, “A Journey of Vision: From Expertise to Accessibility” (Silver Jubilee 1999–2024)”, was held at Asad Auditorium. The event saw participation from all former principals, Ms. Munazza Gillani, Country Director Sightsavers and Mr. Farooq Awan, Country Director FHF.

February 16 | Ophthalmic Nursing Excellence



A COAVS student, Rubina Bashir, secured the prestigious **2nd position in the Punjab Nursing Board examinations**, with the Ophthalmic Nursing class achieving a 100% overall result in the board exams. Heartfelt appreciation to the instructor, Abida Asghar for this inspiring excellence.

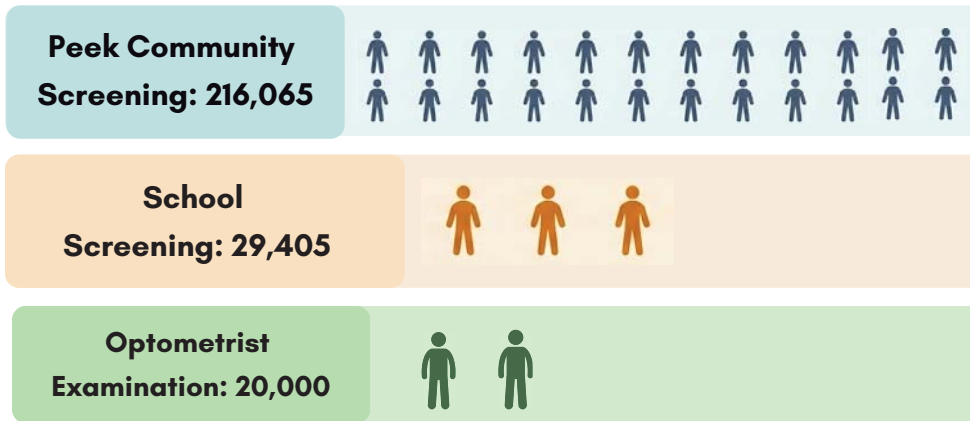


Cover Page of the COAVS History Book





Quarterly Report



Inclusive Eye Health-Peek Project Punjab

(Layyah, Chakwal and Sadiq Abad)

Monitoring & Evaluation



Monitoring visits were conducted in Districts Chakwal and Layyah, including awareness sessions, **progress review meetings**, and **observation of live door-to-door screening** activities. The objective was to enhance supervision and program performance.

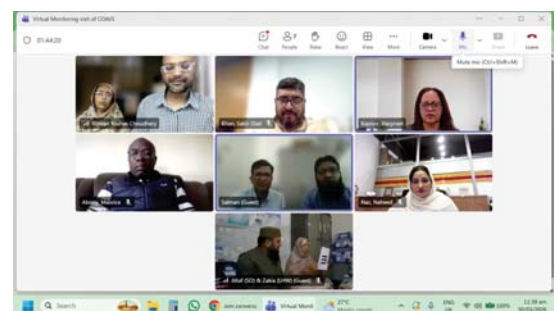
Community Awareness



Around **60 eye health awareness sessions** have been successfully conducted by Social Organizer across various locations, including health houses, Basic Health Units (BHUs), and Rural Health Centers (RHCs), to promote awareness of better vision care.

New Initiative

The optometrist and LHWs conducted one-day visits to their respective schools for screening purposes to enhance school screening coverage.



Virtual monitoring Layyah by Global advisors' CBM on 30th March, 2026

Quarterly Report

Community Screening: 65,381



Refraction: 9,884



Free Cataract Surgeries: 1,913



Comprehensive Eye Care for Female Agriculture & Garment Factory Workers Project II

(Bahawalpur, Lodhran & Vehari)

A series of capacity-building and awareness activities were successfully conducted, with 654 LHWs and 58 MOs trained, and 8,843 community members reached through awareness sessions by LHWs.

M&E with an International Visit



Ms. Joanna Baker, Director of People and Organizational Development at the Fred Hollows Foundation, visited Pakistan to review collaborative community eye health projects.

The engagements are reflected in three pictures: first with Prof. Rashid Qamar Rao at Nishtar Hospital Multan; second with Ms. Mussarat Jabeen, Commissioner Bahawalpur, alongside Prof. Sofia Farrukh, Principal Quaid-e-Azam Medical College during the inauguration of the upgraded Eye Department at Bahawal Victoria Hospital; and third with Mr. Asghar Leghari during the inauguration of the upgraded Eye Department at THQ Hospital Kahrora Pacca. FHF boosted eye care services with 103.49 Million PKR investment across three districts.



She was traditionally honoured with a chadar, a gesture of respect deeply rooted in Pakistani culture.



International Women's Day 2026, celebrated under the CEC-II Project to promote women's empowerment and rights across project areas in Bahawalpur, Lodhran, and Vehari; pictures are from District Lodhran.



A glimpse from a capacity-building training program on awareness of eye health and primary eye care techniques.

Combined Quarterly Report



Sightsavers

Improving National Systems
in Pakistan for Integrated
Action on Refractive Error
(INSPIRE)

(Sheikhupura & Multan)

Pakistan Inclusive
Eye Health

(Khanewal & Sargodha)

Examination by
Optometrists: 93,996



Refraction: 46,527



Advise Spectacles: 36,032



Monitoring & Evaluation



As part of the recommendations from the Quality Standard Assessment Tool (QSAT), COAVS arranged clinical monitoring visits from 10th to 12th February to 20 optometry clinics in District Sargodha under the PIEH project, in collaboration with Sightsavers. The visits were conducted by senior optometrists, Mr. Muhammad Anwar and Ms. Sidra Anwar from COAVS, to improve the efficiency and effectiveness of eye care

services at these centers.

During the visit, the team also held an advocacy meeting with the District Health Administration Sargodha, including Dr. Adnan Asghar (CEO Health), and Mr. Aziz ur Rehman (PO PIEH). The CEO Health appreciated the eye care services at district level and assured full support at all levels for further strengthening of the program.

On 17 February 2026, a joint monitoring visit under the **INSPIRE Project** in District Sheikhupura was conducted by Mr. Khurram Shahzad (Sightsavers) and Mr. Shahid Sohail (COAVS) to assess service delivery, equipment functionality, and compliance across selected health facilities.



Safeguarding awareness posters were displayed across various locations under the INSPIRE and PIEH projects to promote protection, safety, and awareness among communities and healthcare stakeholders.