



2025 EDITION

Newsletter

The Impact of **YOUNG** **OPHTHALMOLOGY** **PROGRAMS** in Asia

This year's much awaited newsletter contains results of the survey on the The Impact of Young Ophthalmology Programs in Asia, a re-cap of the YO events at the APAO in New Delhi and the Global YO Symposium in Taiwan and the updates of YO Societies across the Asia-Pacific Region. Read more to know how much we've grown!





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EDITORIAL

**Dear Colleagues,
Friends and Mentors,
*Welcome to the third issue of
the APAO Young
Ophthalmologists (YO)
Newsletter!***

As the field of eye care continues to evolve, so too does the dynamic and influential role of young ophthalmologists across the Asia-Pacific region. With fresh perspectives, energy, and dedication, we are stepping into roles that shape the future of ophthalmology—not someday, but now. This edition celebrates the growing momentum, leadership, and impact of our YO community.

In this issue, we are proud to present the results of our recent regional survey on the impact of YO programs. The findings offer valuable insight into how these initiatives foster training, mentorship, innovation, and international collaboration across borders. These programs not only support the development of young professionals but also strengthen the overall fabric of our eye care systems. We also take you through the highlights of this year's Global YO Symposium held in Taiwan, as well as the exciting APAO YO events that took place at the APAO Congress in New Delhi.

These gatherings underscore the commitment of our community to learning, networking, and supporting one another on the global stage.

As APAO YO continues to expand, we're excited to share updates on the increasing number of YO societies in the region. Each reflects the unique character of its country while sharing a common goal: to uplift and empower young ophthalmologists through unity, diversity, and collaboration.

From pioneering programs to grassroots movements, young ophthalmologists are no longer just the future of eye care—we are catalysts of change today.

May this issue serve as both a reflection of our journey and a guide toward the bright possibilities ahead. Let's continue moving forward—with vision, unity, and purpose.

Warm regards,



Dr. Charisse Ann S. Tanlapco
Editor, APAO YO Newsletter



Dr. May Zun Aung Win
Co- Editor, APAO YO Newsletter



Dr. Ashraful Huq
Co- Editor, APAO YO Newsletter

FOREWORD

It is a pleasure to write this foreword for the APAO Young Ophthalmologists (YO) Newsletter.

Since its launch in 2010, the YO Standing Committee has played a vital role in empowering young ophthalmologists across the Asia-Pacific region. Through initiatives like the YO Rising Star Program, YO Symposium, Awards, Travel Grants, and mentorship opportunities, the committee fosters professional development and leadership among the next generation.

I also applaud the innovative efforts such as the YO Lounge, social media engagement, and regular newsletters, which promote connection, learning, and a strong sense of community. Even during the pandemic, the committee remained active and resilient—a testament to their dedication.

My sincere appreciation goes to the entire YO Standing Committee for their vision and hard work. Your contributions are raising the standard of ophthalmology throughout the region and shaping a bright future for our field.

More power to you all!

Dr. Tetsuro Oshika

President

Asia-Pacific Academy of Ophthalmology



FOR E W O R D

Ophthalmic education and training have always been central to the mission of the Asia-Pacific Academy of Ophthalmology (APAO). In an era marked by rapid technological advancements, evolving healthcare systems, and ongoing global challenges, it is more important than ever to invest in the growth and development of our Young Ophthalmologists (YOs)—the future leaders of eye care in our region.

I am deeply proud of the outstanding work by the APAO Young Ophthalmologists Standing Committee, led by Dr. Seng Kheong Fang and his dedicated team. Their commitment to fostering high-quality training, mentorship, and regional collaboration continues to make a significant impact across our member societies. This edition of the YO Newsletter highlights *the current landscape of the different Young Ophthalmology programs in the Asia-Pacific region, offering a comprehensive overview of opportunities and adaptations in response to recent challenges. It also underscores the resilience, innovation, and collaborative spirit of our young ophthalmology community.*

As we look ahead, APAO remains steadfast in its support of initiatives that empower YOs, whether through educational programs, cross-border exchanges, or digital transformations in training. We are confident that this generation of ophthalmologists will rise to meet the pressing needs of our communities with excellence and compassion.

On behalf of APAO, I extend my heartfelt congratulations and thanks to all contributors, and encourage all YOs to continue striving for knowledge, skills, and excellence!

Dr. Clement C. Tham

Secretary General & CEO
Asia-Pacific Academy
of Ophthalmology



FOR E W O R D

Welcome to our APAO YO Newsletter! I am pleased to share that our APAO YO Standing Committee has grown from a few countries to almost all APAO member countries- with the following subcommittees: Advocacy & Education, headed by Dr. Jubaida Aquino (Philippines); YO Information & Editorial Board headed by Dr. Divakant Misra (India) , assisted by Dr. Ashraful Huq (Bangladesh); Communications headed by Dr. May Zun Aung Win (Myanmar) assisted by Dr. Charisse Tanlapco (Philippines); and Fellowship & Mentorship headed by Dr. Wong Chee Wai (Singapore).

Our commitment to transparency and accessibility is evident in our active social media presence and our activities reflect our desire for collective engagement. We are primarily focused on the yearly APAO conference, where we have secured funding for the APAO YO awards- which recognize the Best YO presentation, Best YO Surgical video, Best YO Mentor, and Top YO Influencer. We also offer YO Travel grants, YO lounge,

YO Speed Mentoring sessions, YO Social night, and the YO Rising Star program. A special note of thanks to the APAO YO Standing Committee and the various subcommittees for their dedication and hard work.

Lastly, I extend my heartfelt congratulations and thanks to the editorial team for their diligent work on this Newsletter. Your efforts have been instrumental in keeping our members informed and engaged. We look forward to more Newsletters in the future.

I hope you enjoy the Newsletter!

Dr. Seng Kheong Fang
Chairperson, APAO YO
Standing Committee



FOR E W O R D

The 'Young Ophthalmology' community is dedicated to representing the interests of the next generation of ophthalmologists – our members include mentors and mentees, residents and consultants, educators, and trainees. Given the diversity of societies within the Asia-Pacific Academy of Ophthalmology (APAO), 'YO' can hold different meanings across regions and countries.

And yes, while I am no longer a 'Young Ophthalmologist' – many of our current YO committee members, leaders, and mentors stay and continue to guide, inspire, and support the next wave of ophthalmologists. This is the core purpose of the YO Society: to foster mentorship, leadership, and development for future leaders in ophthalmology.

In the APAO, each YO society tailors its efforts to meet the evolving needs of the next generation—whether through surgical training, leadership development, collaborative networks, or mentorship programs. Recently, we conducted a regional survey to assess the impact of YO initiatives, and the results are truly encouraging. You'll find a summary of these insights in this edition of our newsletter.

I am incredibly proud to be part of the expanding YO community across the Asia-Pacific region. Ten years ago, we started with just one or two societies; today, there are over 20 formal YO groups and committees. More importantly, these societies are collaborating, forging networks, and implementing projects that support both their local communities and the broader APAO region.

Hopefully, the APAO YO—through its community and activities will prove that investing in our next generation—whether young or young at heart—is essential for the future of ophthalmology.

A/Prof. Marcus Ang
Secretary, APAO YO
Standing Committee
President, Singapore Society
of Ophthalmology



The Impact of Young Ophthalmology Programs in Asia: *A Decade of Growth and Opportunity*

by:



Dr. Charisse Tanlapco

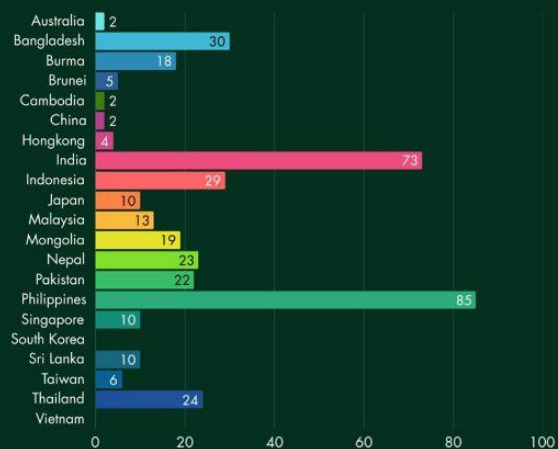


Dr. Marcus Ang

As the APAO Young Ophthalmologist (YO) movement nears its 10th year, we took a moment to pause and listen. Through a region-wide online survey, we reached out to the heart of the movement- the YOs themselves. The goal? To understand its impact, identify unmet needs, and help shape the future of YO programs. The online survey explored three key areas: demographics, perceptions, and the benefits of YO initiatives.

A total of 387 YOs from 21 countries responded, with the highest participation from the Philippines, India, Bangladesh, and Indonesia –highlighting a possibly stronger local YO engagement in these countries.

PARTICIPANT DEMOGRAPHICS 387 Respondents:



Most respondents were in the early stages of their careers (ages 31–35), and a large number (260) reported active involvement in their local YO societies. In contrast, fewer (187) were engaged with the APAO YO platform, pointing to potential areas for broader regional integration and international collaboration.

Respondents were asked to rank the perceived significance of several key YO programs to them, including support & facilitation of clinical programs, development of YO networks, leadership development, non-clinical professional development, mentorship opportunities, access to job or fellowship opportunities, research and collaboration, and drive advocacy programs. Across both local and APAO settings, the majority rated these areas as “significant” to “most significant,” highlighting their relevance to today’s YO’s.

When evaluating current benefits of YO programs in both the local and APAO communities, the results closely mirrored perception trends. Respondents ranked clinical and community training and education programs, leadership development, professional development, mentorship and career guidance, fellowship and job opportunities, and research collaborations highly.

Most responses leaned toward the higher end of the scale (3 or 4 out of 5), reflecting satisfaction with the current offerings. More respondents answered 5 or “most significant” benefits from YO programs in their local compared to their APAO communities.

These findings reaffirm the value of the YO platform, which extends beyond clinical training to encompass leadership development, networking, and personal growth. The survey results stand as a testament to the positive reception of the YO community’s advocacies. While the overall outcomes appear encouraging, statistical analysis revealed relatively high standard deviations, reflecting disparities in responses among APAO countries. This suggests that the platform’s impact varies, influenced by the strength and activity of local YO communities. The data also underscores the need to further strengthen engagement, networking, collaboration, and mentorship across the APAO YO network.

Moving forward, our mission remains clear: to support young ophthalmologists not only in their professional practice but also in their purpose—empowering them to lead, connect, and thrive across Asia and beyond.

PERCEPTION OF YO PROGRAMS

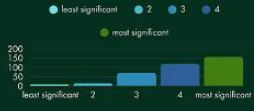
Support & facilitation of clinical programs

LOCAL

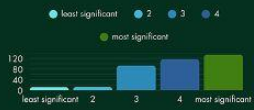


Development of YO networks

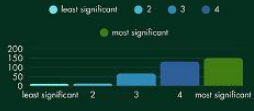
LOCAL



APAO Community



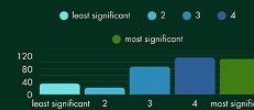
APAO Community



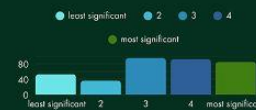
CURRENT BENEFITS OF YO PROGRAMS

Clinical training & education programs

LOCAL

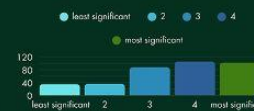


APAO Community

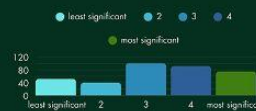


Community training & education programs

LOCAL



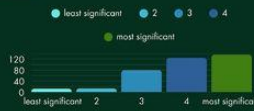
APAO Community



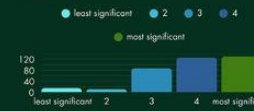
PERCEPTION OF YO PROGRAMS

Leadership Development

LOCAL



APAO Community



Support non-clinical professional development in eyecare & beyond

LOCAL



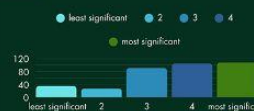
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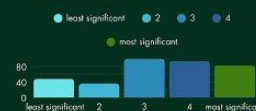
CURRENT BENEFITS OF YO PROGRAMS

Leadership Development Skills

LOCAL

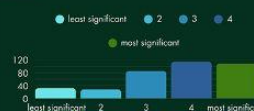


APAO Community

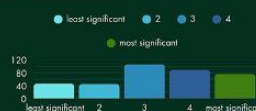


Professional development in career (non-clinical skills)

LOCAL



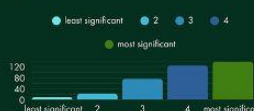
APAO Community



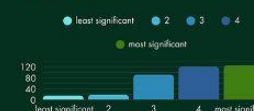
PERCEPTION OF YO PROGRAMS

Provide avenues/ opportunities for mentorship or links to senior faculty

LOCAL



APAO Community

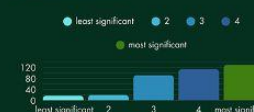


Opens opportunities for Fellowship or future job opportunities

LOCAL



APAO Community



CURRENT BENEFITS OF YO PROGRAMS

Mentorship & Career Guidance

LOCAL

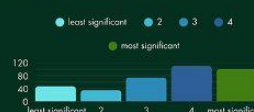


APAO Community

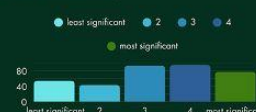


Introduced to fellowship & job opportunities

LOCAL



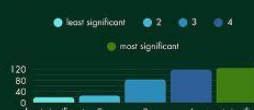
APAO Community



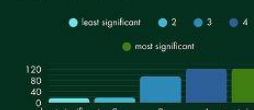
PERCEPTION OF YO PROGRAMS

Creates avenues for research & collaboration

LOCAL

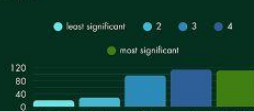


APAO Community

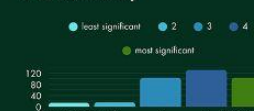


Drive advocacy programs

LOCAL



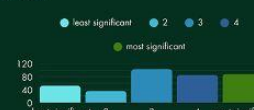
APAO Community



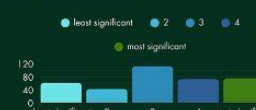
CURRENT BENEFITS OF YO PROGRAMS

Research collaboration or multi-center trial, achieved funding, etc.

LOCAL



APAO Community





THE GLOBAL YO WAVE:

Young Ophthalmologists Unite at APAO-AIOS 2025

Yashobhoomi Convention Centre in New Delhi



THE GLOBAL YO WAVE:

Young Ophthalmologists Unite at APAO–AIOS 2025



**by Dr. Prasanna
V. Ramesh**

The APAO–AIOS 2025 Congress, hosted at the Yashobhoomi Convention Centre in New Delhi, brought together young ophthalmologists from across Asia–Pacific and beyond. With a rich blend of scientific exchange, cultural engagement, and global networking, YOs made a resounding mark at this prestigious gathering.

The YO Pavilion at APAO–AIOS 2025 emerged as a vibrant nucleus of activity, purposefully designed to reflect the diverse aspirations and talents of young ophthalmologists. Spanning four power-packed days, the Pavilion offered a thoughtfully curated blend of academic challenge, peer engagement, and personal growth. It opened with The Squid Games: Survive, Thrive, and Conquer!, a gamified clinical showdown that tested participants' diagnostic agility and surgical strategy.

This was followed by YOscars, a cinematic celebration of innovation through surgical video presentations, and The Mentorship Symphony, which explored the transformative power of mentor-mentee relationships. Day two featured YORCC, a retina case competition, alongside Surfing the Anterior Segment, and the Research Skill Transfer Course—each session providing practical insights into subspecialty training and scholarly advancement. On day three, Meet & Greet with Leaders brought together international YO representatives and senior mentors in a global exchange of ideas, followed by the spirited YO Debate and BeYOnd, a socio-cultural session that delved into work-life balance and extracurricular identity.

The Pavilion concluded on a high note with Eyes on the World, a session decoding international fellowships and exams, and The Resident Doctor's Capsule, which addressed wellness, career-building, and survival strategies during residency. Collectively, these sessions showcased not only the competence and creativity of young ophthalmologists, but also their commitment to shaping a compassionate and collaborative future for global eye care.

In parallel, the APAO Young Ophthalmologists (YO) Symposium brought together top emerging voices across the Asia-Pacific. The session featured outstanding free paper presentations from selected APAO YOs, addressing innovations in cataract surgery, retinal diagnostics, and uveitis biomarkers. It also included two high-level panel discussions—The Future of Young Ophthalmologists Around the World—with dynamic insights from YO leaders representing diverse global regions. The session culminated in the presentation of the APAO YO Awards, Travel Grants, and the YO Rising Star Graduation Ceremony, celebrating the accomplishments and promise of the next generation.



Adding colour to the scientific rigor, many young ophthalmologists also took part in AIOS Utsav 2025, showcasing their talents in music, dance, and poetry—their enthusiasm off-stage echoing the camaraderie and creativity they bring to the clinic. Later, the Young Ophthalmologists' Night offered a lively social gathering to unwind, laugh, and connect with friends and colleagues in a more relaxed setting. Together, these moments reflected the multifaceted brilliance of the next generation—bold, collaborative, and compassionate in vision and action.

“... the APAO Young Ophthalmologists (YO) Symposium brought together top emerging voices across the Asia-Pacific. The session featured outstanding free paper presentations from selected APAO YOs, addressing innovations in cataract surgery, retinal diagnostics, and uveitis biomarkers.”





GLOBAL YO SYMPOSIUM 2025

by: Dr. Ray Lin

The 3rd Global Young Ophthalmologist (GYO) Summit was successfully hosted in Taiwan, continuing the vibrant momentum from the previous summit in Singapore. Coinciding with the 20th anniversary of the Taiwan Society of Cataract & Refractive Surgeons (TSCRS), the event provided a dynamic platform specifically designed for young ophthalmologists worldwide.

Distinctively different from conventional ophthalmology meetings, the GYO Summit emphasized a relaxed, engaging atmosphere. Chairs actively encouraged open dialogue among panelists and the audience, fostering vibrant exchanges and candid discussions rarely seen in traditional scientific conferences..

The casual yet focused environment allowed attendees to voice their perspectives freely, creating a sense of community and mutual learning.

This year's program featured lively discussions on important and controversial issues, such as the viability of Extended Depth of Focus (EDOF) intraocular lenses replacing multifocal/trifocal lenses, the potential of Keratolenticular Extraction (KLEX) to supersede LASIK, and the appropriateness of keratorefractive surgery in patients with thin corneas. Sessions spanned refractive surgery, surgical retina, glaucoma, oculoplastics, myopia management, neuro-ophthalmology, and medical retina applications of artificial intelligence.

Broader issues critical to ophthalmology's future—such as sustainability, global eye health outreach, and challenges facing women ophthalmologists—were also explored, showcasing diverse international perspectives and fostering collaborative relationships among YOs.



Amazing YO night gathering

The summit concluded with the YO Night at ABV Bar & Kitchen, providing delegates an casual and inspiring networking opportunity.

The energetic participation and overwhelmingly positive feedback reflected a collective enthusiasm for cultivating the next generation of global ophthalmic leaders.

We extend sincere gratitude to all participants, speakers, and organizers. Special appreciation goes to Marcus Ang, President of Singapore Society of Ophthalmology and Global YO Alliance; Prof. Chi-Chin Sun, President of TSCRS; Prof. David Hui-Kang Ma, TSCRS Program Committee Chair; Tai-Chi Lin, pioneering YO leader in Taiwan; and Claire Peterson, Young Ophthalmologist Chair, Singapore Society of Ophthalmology, Global YO Alliance.

We eagerly anticipate future GYO Summits, continuing this tradition of vibrant debate, relaxed interaction, and global collaboration.

Some Update Photos



Panel discussion during glaucoma session



Best video competition award presentation



Party never ends

UPDATES FROM **APAO YO** SOCIETIES





BANGLADESH YOUNG OPHTHALMOLOGISTS SOCIETY(BYOS)

by Dr. Ashraful Huq



The Bangladesh Young Ophthalmologists Society (BYOS) is a vibrant platform established on 17 September 2020 and officially registered on 17 August 2021 (Registration No. S-13650/2021 under RJSC).

BYOS was founded to unite and empower young ophthalmologists across Bangladesh, fostering a community built on academic excellence, collaboration, and innovation.

Led by Dr. Ashraful Huq (Founding President), along with key members especially Dr. Md. Mominul Islam, Mahziba Rahman Chowdhury, Dr. Umme Salma Akbar, Dr. Ashfia Farhin Huq, and Dr. Rokhsanda Rehnuma, BYOS has rapidly become a trusted name in professional development and academic engagement for early-career eye specialists.

BYOS aims to:

1. Unite all young ophthalmologists of Bangladesh under one umbrella.
2. Provide a platform to showcase clinical and academic contributions.
3. Collaborate with national and international YO societies for mutual learning and growth

Among its major activities, BYOS proudly launched:

- BYOS Newsletter
- BYOS Academia (an Ophthalmic e-Learning YouTube channel)
- A series of webinars and CMEs.

Notably, BYOS successfully organized two National YO Conferences in 2023 and 2024, bringing together more than three hundred of young professionals for academic exchange, hands-on training, and networking—marking a new era in the ophthalmic community of Bangladesh.



*Together, with all BYOS is shaping the future of
ophthalmology in Bangladesh – Young, United,
and Inspired.*



Stay connected with BYOS:



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WhatsApp: **+8801711292281**



Facebook: **@bangladesh.young.ophtalmologists.BYOS**



BYOS Academia: **YouTube/@BYOS.academia**



BRUNEI OPHTHALMOLOGY SOCIETY – YOUNG OPHTHALMOLOGISTS (BOS-YO) by Dr. Nadiah Jeludin



*T*he Brunei Ophthalmology Society – Young Ophthalmologists (BOS-YO) is an active and growing network of junior ophthalmologists in Brunei. As a recognised subgroup under the Brunei Ophthalmology Society, BOS-YO aims to connect and support ophthalmology trainees and junior doctors through mentorship, education, and regional collaboration.

Key People Involved in BOS-YO:

Dr Nadiah Jeludin (Young Ophthalmologist Lead), Dr Fitri Othman (BOS Secretary), Dr Lim Zhe Woon (BOS Treasurer), and Dr Amirah Sophian (Community Outreach & Vision Screening Officer). Other active members include Dr Chaw Hsu Win, Dr Farhana Ariffin, and Dr Shahbaz Imran.

Goals and Vision

BOS-YO is committed to creating a supportive and empowering environment for junior ophthalmologists in Brunei. Through continuous education, networking, and international engagement, we aim to nurture confident, competent clinicians and future leaders in eye care.

HIGHLIGHTS FROM THE PAST YEAR



- **Weekly Online Teaching with Prof. VRV and Mr. Mohan Ramalingam:** Residents and junior doctors benefited from after-hours teaching sessions led offering rich clinical insights and interactive case-based discussions.

- **Weekly CME and Case Presentations:** Regularly held at the Eye Centre, these sessions have fostered a culture of active learning, critical thinking, and peer teaching.

- **YO High Tea Networking Session** (every 4 monthly): A relaxed gathering that encouraged meaningful dialogue and mentorship between junior ophthalmologists and senior consultants.



Community Outreach:

- World Diabetes Day 2024: BOS-YO members played an active role in diabetic retinopathy screening and public education efforts.
- World Sight Day 2024: BOS-YO contributed to the official launch of Brunei's National Artificial Intelligence Eye Disease Screening Programme, supporting one of the country's key innovations in digital eye health.

International Engagement and Conferences:

- APAO 2024 in Bali: Dr Fitri and Dr. Win presented their posters. Dr Fitri attended the APAO Leadership in Ophthalmology Programme Orientation in Bali and participated in the APAO Masterclass in Nepal (Sept 2024)
- APAO 2025 in New Delhi: Dr Nadiah, Dr Fitri, and Dr Lim Zhe Woon presented their posters. Dr Fitri graduated from the APAO Leadership Programme, and Dr Nadiah was selected to join the ongoing APAO Leadership Development Programme.

LOOKING AHEAD



We are excited to welcome colleagues across the region to Brunei for the ASEAN Ophthalmology Society (AOS) Congress in November 2025. BOS-YO will be coordinating the “Talent Beyond Sight” Gala Night, a celebration of the creativity and hidden talents of ASEAN ophthalmologists.

Looking forward, BOS-YO aims to support access to regional subspecialty training, strengthen mentorship structures, and expand our community outreach efforts. We remain committed to building our identity within the APAO YO network and contributing meaningfully to the growth of ophthalmology in the region.

Some Update Snaps



YOs at the secondary grader table during the National AI Diabetic Retinopathy Screening launch day

Sharing our BOS-YO booth during the Brunei Medical Association Symposium



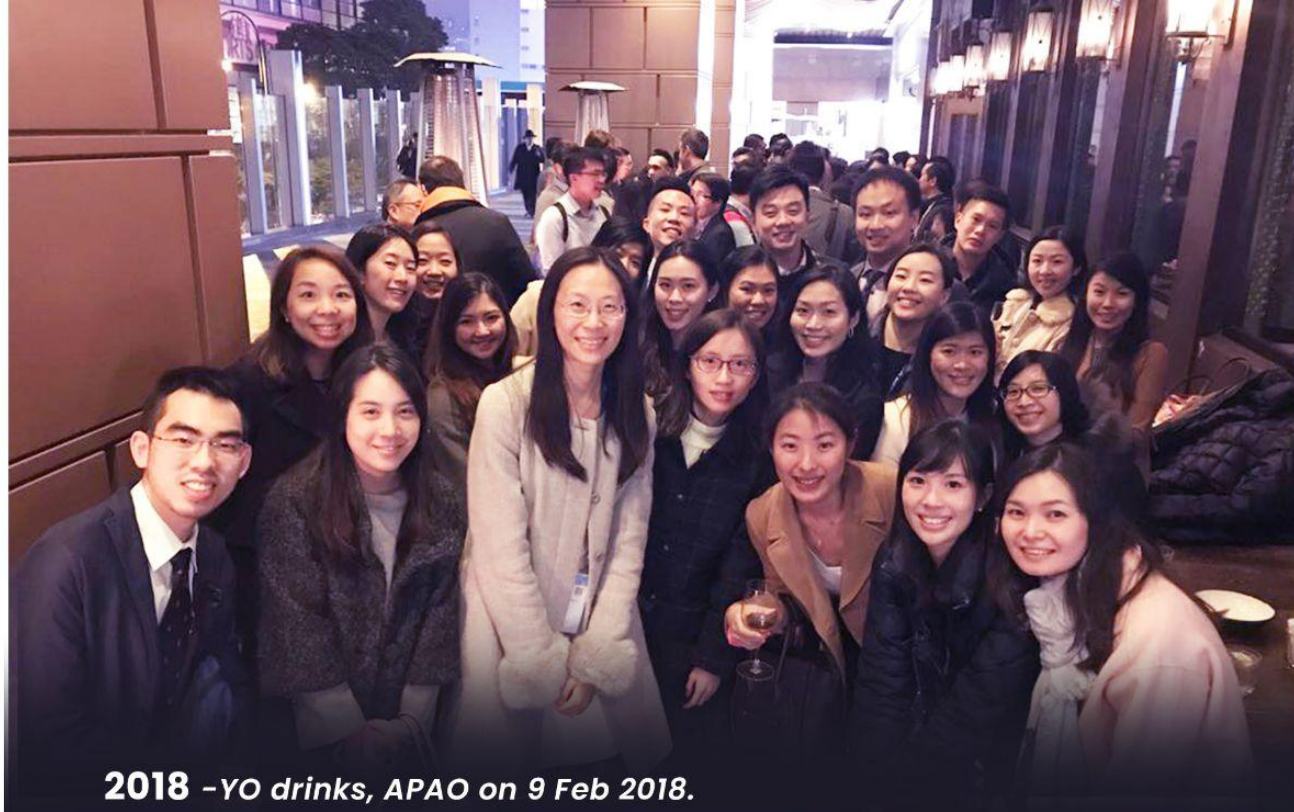
YOs spending weekends for Ramadhan charity Drive



YO at the Myopia Symposium



Yos afterwork Tennis outings



2018 -YO drinks, APAO on 9 Feb 2018.

THE HONG KONG YOUNG OPHTHALMOLOGIST (HKYO)

by Dr. Joy Leung



The Hong Kong Young Ophthalmologist (HKYO) was first established in 2016, as a subcommittee under the Hong Kong Ophthalmological Society (HKOS). It is made up of all trainees and new fellows within the first 10 years of specialist registration. The aim of HKYO is to address some of the needs of the younger generation of Ophthalmologists and to be a bridge between them and The College of Ophthalmologists of Hong Kong (COHK), as well as HKOS. It also serves as a platform for the younger generation to mingle and get to know their peers better through academic and social engagements.

Over the years, HKYO has organised multiple webinars, social gatherings, as well as the annual flagship YO symposium at the Annual Scientific Meeting co-organised by COHK and HKOS. We have also been invited to take part in various international YO events and collaborations including APAO and Global YO. We coordinated the APAO YO drinks in HK back in 2018, which was very well received and honoured with enthusiastic participation and are looking forward to welcoming all of you again in 2026.

THE HONG KONG YOUNG OPHTHALMOLOGIST (HKYO)



2016

HKYO Inauguration and first symposium, which took place during the Annual Scientific Meeting (ASM) on 19 November 2016.



2019 – HKYO symposium 2017 was very well attended!



2020 – YO Symposium during COVID where international speakers were invited to share with us on various topics, such that we could still be connected internationally despite the pandemic.



2022 – Dinner co-organised by Blind Sports Hong Kong on 2 December 2022 in which visually impaired runners and guide runners were invited for sharing, followed by blindfolding fun games and dinner.

THE HONG KONG YOUNG OPHTHALMOLOGIST (HKYO)



2025 – HKYO at 3rd Global YO Summit



2024 – Joint specialty wine tasting event with ENT Young Fellows organised on 13 Dec 2024.



2025 – YO drinks on 13 Jun 2025.



For those interested in collaboration, please feel free to contact HKYO founding chair Dr. Joy Leung (joyLwy@gmail.com) or founding committee member Dr. Alex Ng (lkaelx@gmail.com).



THE YOUNG OPHTHALMOLOGISTS SOCIETY OF INDIA (YOSI)

Dr. Prasanna V. Ramesh



The Young Ophthalmologists Society of India (YOSI) is a nationally registered society affiliated with the All India Ophthalmological Society (AIOS) and the International Council of Ophthalmology (ICO). It caters exclusively to the needs of ophthalmologists in training or under 40 years old.

In 2014, YOSI was founded by Dr. Tarun Arora and Dr. Vijay Sharma, who recognized the need for a dedicated space "By YOs, For YOs." Since then, it has flourished into a network that bridges the gap between senior and young ophthalmologists.

The current governing council includes Dr. Diva Kant Misra as President, Dr. Karan Bhatia as Vice President, Dr. Nilesh Kumar as Secretary, Dr. Aditya Sethi as Treasurer, and Dr. Prasanna V. Ramesh as Joint Secretary, together with an enthusiastic executive team, work to uphold the society's mission of empowering young ophthalmologists across India.



A significant milestone in YOSI's journey was the successful hosting of YOSICON 2024, its flagship national conference with high-impact academic exchange, surgical training, leadership development, and peer networking. It has since become a symbol of YOSI's academic excellence and organizational capability.

THE YOUNG OPHTHALMOLOGISTS SOCIETY OF INDIA (YOSI)

Dr. Prasanna V. Ramesh



On the academic front, YOSI leads with its Journal Club, an interactive forum fostering peer-led discussions. It hosts the popular Live Wire Webinar Series and a variety of other sessions covering diverse topics such as cataract, retina, glaucoma, uveitis, ocular emergencies, biostatistics, and medico-legal challenges. On-ground learning remains central to YOSI's vision. Live Surgical Sessions and Clinical CMEs are conducted regularly in collaboration with medical training centers across India, providing hands-on experience and valuable interaction among peers. Additionally, YOSI contributes to major state and national conferences through the YO Pavilion, a space dedicated to young ophthalmologists' academic engagement.

YOSI also creates value through its educational tools and digital platforms. YO Tube, a curated video channel, delivers surgical pearls and expert insights. The quarterly magazine YO Times features contributions from leaders and showcases achievements within the YO community. Flash Notes, a quick-reference guide, helps simplify complex ophthalmic topics for rapid review.

Extending its vision beyond national borders, YOSI has signed Memoranda of Understanding (MoUs) with several young ophthalmologist societies across Asia. These international collaborations enable academic exchange, shared learning, and global exposure—positioning YOSI as a leading voice in the global YO movement.



YOSI Members at the Young Ophthalmologists Pavilion, AIOS 2024 – Kolkata.

THE YOUNG OPHTHALMOLOGISTS SOCIETY OF INDIA (YOSI)

Dr. Prasanna V. Ramesh



Website: <https://yosi.in/about-us/>



Instagram account: **yosocietyindia**



Facebook account: **/YOSIMembers**



Youtube: **@YoTubeYoTube**



YOSI members at UPCON 2024 — the 58th Annual Conference of the U.P. State Ophthalmological Society, held at LLRM Medical College, Meerut.



YOSI members felicitated as Live Surgeons at Surgical Strike 2025, hosted by Rajan Eye Care Hospital Pvt. Ltd, Chennai.



YO PERDAMI: NURTURING THE NEXT GENERATION OF INDONESIAN OPHTHALMOLOGISTS

by: Dr. Alia Aranti

Young Ophthalmologist (YO) PERDAMI, a division of the Indonesian Ophthalmologist Association (PERDAMI), has grown into a dynamic and influential platform for early-career ophthalmologists. Launched during the 44th IOA Annual Scientific Meeting in September 2019 under the leadership of Dr. M. Bayu Sasongko, YO PERDAMI was founded to serve ophthalmologists within their first 10 years of practice or under the age 40.

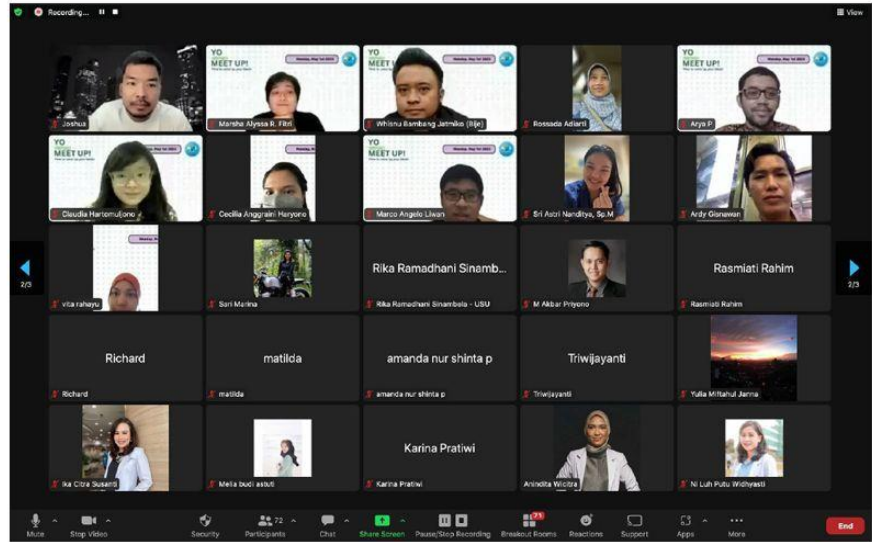
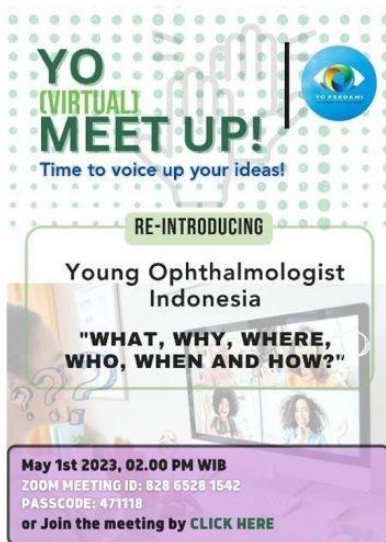
The core vision of YO PERDAMI is to provide space for young ophthalmologists to learn, grow, and support one another—while also creating bridges to senior ophthalmologists who can serve as mentors in guiding the next generation of leaders in Indonesian ophthalmology.

Over the years, YO PERDAMI has utilized Instagram (@yo.perdami), newsletters, and podcasts to maintain vibrant communication. Between 2020 and 2022, the group launched a series of impactful and creative programs, including YO-Art & Music, TINDER YO (To Initiate, Decide, Evaluate, and Review YO Fellowship), the YO Inspirational Series, YO-preneur, YO-Visco (Video Showcase Competition), and the YO Fellowship Survey.

A significant milestone came in late 2022, when the central PERDAMI organization officially recognized Young Ophthalmologists as a full department—a model that has since been adopted by many regional chapters. The current YO PERDAMI Department is led by Dr. Alia Arianti as Chair, with Co-Chairs Dr. Widya Anandita, Dr. Dyah Windy, and Dr. Tigor Hasibuan, each overseeing distinct initiatives.

YO PERDAMI: NURTURING THE NEXT GENERATION OF INDONESIAN OPHTHALMOLOGISTS

by: Dr. Alia Aranti



Following the pandemic, the organization re-energized its activities. In May 2023, it hosted a virtual **YO Meet-Up** to welcome new members, and in August, it organized dedicated YO sessions and artistic performances at the IOA Annual Meeting. November saw the return of the YO Fellowship Survey and another successful TINDER YO event with over 175 participants. YO PERDAMI also ventured further into scientific programming, hosting a sponsored session in October 2024 featuring YO members as speakers and panelists—marking the beginning of a recurring series focused on clinical knowledge-sharing.



YO Session during 2023 Indonesian Ophthalmologist Association (PERDAMI) Annual meeting in Jogjakarta, Indonesia

YO PERDAMI: NURTURING THE NEXT GENERATION OF INDONESIAN OPHTHALMOLOGISTS

by: Dr. Alia Aranti



In 2024, YO PERDAMI proudly hosted a series of APAO YO events in Bali, including YO Happy Hour: Meet Your Mentor, the YO Lounge, and the vibrant YO Night. Internationally, YO PERDAMI representatives have stepped onto the global stage, actively participating in the 2nd YO Global Summit (Singapore, 2024) and the 3rd YO Global Summit (Taiwan, 2025), through the YO Global Alliance.

YO PERDAMI: NURTURING THE NEXT GENERATION OF INDONESIAN OPHTHALMOLOGISTS

by: Dr. Alia Aranti



PERDAMI YO's first independent, offline symposium & sharing session sponsored by Alcon held on Oct 27, 2024 in Jakarta, Indonesia



Despite these accomplishments, challenges remain. Many young ophthalmologists are now juggling increased clinical duties, leaving less time for extracurricular involvement. Recruiting new members, transitioning back to in-person events, and redefining the YO role within Indonesia's evolving ophthalmology landscape are ongoing priorities.

Nevertheless, YO PERDAMI remains steadfast in its mission to build a strong, inclusive, and inspiring community for Indonesia's young ophthalmologists—laying the foundation for future leaders in the field.



The Japan Young Ophthalmologist Committee (YOC) has been established with the aim of supporting the careers of young ophthalmologists in Japan in 2023.

Official name: **Japan Young Ophthalmologist Committee**

Key people

Chair: **Yukako Taketani, Ryuya Hashimoto**

Other members: **Yohei Takahashi, Akiko Hanyuda, Shunsuke**

Tsuchiya, Tatsuma Kishimoto, Ayana Suzumura, Kanae Fukutsu, Takumi Ando, Gaku Kiuchi, Mizuki Hamada, Atsushi Watanabe, Ayano Oshiro, Nobuhiro Kato, Ryoh Funatsu



WebSite: <https://www.nichigan.or.jp/member/about/YOC/>



Instagram : @japan_yoc



At the Japanese Ophthalmological Society meeting, together with visitors at the YOC booth, with Prof. Koji Nishida.

JAPAN YOUNG OPHTHALMOLOGIST COMMITTEE BURSTS FORTH!

BY Dr. Yukako Taketani



The YOC's primary mission is to support young ophthalmologists in exploring career paths, fostering international talent, and promoting research. We aim to enhance cross-border communication, advance research, and further internationalize the Japanese ophthalmological society.

To date, we have successfully launched a domestic exchange system that boosts the motivation of young doctors and facilitates interpersonal connections within the country, providing a valuable platform for networking and knowledge sharing.

Furthermore, we are planning to launch Leadership Development Programs. This specialized program cultivates leadership skills among young ophthalmologists, preparing them for significant roles in the field.

In addition, we host symposia. In collaboration with the Japanese Ophthalmological Society and the Japanese Society of Clinical Ophthalmology, we have hosted symposia focused on maintaining and enhancing motivation, especially for young doctors.

Through these concerted efforts, the YOC strives to create a supportive and dynamic environment for young ophthalmologists in Japan, empowering them to excel in their careers and contribute significantly to both domestic and international ophthalmological communities. We believe that by investing in the next generation of leaders, we can secure a bright and innovative future for ophthalmology in Japan.



MYOSIG: CONNECTING, EMPOWERING & INSPIRING YOUNG OPHTHALMOLOGISTS ACROSS MALAYSIA AND BEYOND

By Dr. Wai Yongzheng



The Malaysian Young Ophthalmologists Special Interest Group (MYOSIG) was founded in 2020 by Dr. Sudhashini Chandrasekaran, during the challenging era of the COVID-19 pandemic, with the endorsement of our parent body—the Malaysian Society of Ophthalmology (MSO). From its inception, MYOSIG has championed five core objectives:

- 1.** To foster professional networking among Malaysian Young Ophthalmologists (YOs) and international counterparts.
- 2.** To promote academic exchange and collaborative research.
- 3.** To disseminate information relevant to YOs, such as fellowships, travel grants, and international conferences.
- 4.** To serve as a platform for YOs to voice ideas and concerns.
- 5.** To encourage active YO participation in the wider ophthalmology community.



YO Night at the World Congress of Pediatric Ophthalmology and Strabismus (WCPOS) in Kuala Lumpur, 2024.



Beyond social events, MYOSIG has curated YO Sessions that explore non-clinical yet highly relevant topics such as work-life balance, gazettement placement, and strategies for applying to international fellowships. These sessions offer a safe space for candid discussions and mutual support.

MYOSIG speakers and panellists during the YO Session at MOSC 2025.

MYOSIG: CONNECTING, EMPOWERING & INSPIRING YOUNG OPHTHALMOLOGISTS ACROSS MALAYSIA AND BEYOND

By Dr. Wai Yongzheng



Recognizing the importance of community and mentorship, MYOSIG also organized social events like the Merdeka Hike and Laser Tag. These events brought together YOs, senior ophthalmologists, and consultants to promote team spirit and strengthen intergenerational ties.



Laser Tag and Merdeka Hike: Strengthening connections between MYOSIG and MSO members.

**29/4/23
(SAT)**

**3.00PM-
4.30PM**

MYOSIG WEBINAR 2023

FINAL REVISION VIVA

INCLUDES BOTH MASTER & PARALLEL
EXAM TIPS!



DR SEOW SHU YEE
General Ophthalmologist
SPEAKER



DR WAI YONG ZHENG
Glaucoma Ophthalmologist
SPEAKER



DR WENDY SEE
Medical Retina Fellow
MODERATOR

Please Click or
Scan the QR Code to join





DR EE CHYE LI
General Ophthalmologist
SPEAKER



DR LIM YI WEN
Glaucoma Ophthalmologist
SPEAKER

Organised by



Supported by



Hosted by




Webinars became another valuable platform for knowledge sharing. MYOSIG, in collaboration with MSO, organized multiple educational webinars covering both clinical topics and career development. These sessions were well-received for their accessibility and relevance, especially during the pandemic and recovery periods when online engagement remained vital.

Educational webinars by MYOSIG and MSO—bringing knowledge to screens nationwide.

MYOSIG: CONNECTING, EMPOWERING & INSPIRING YOUNG OPHTHALMOLOGISTS ACROSS MALAYSIA AND BEYOND

By Dr. Wai Yongzheng



MYOSIG is also deeply committed to community service. One of the group's standout efforts was an eye screening mission to Karamuak Village in Sabah—a remote area powered only by solar energy, located five hours from the nearest hospital. With support from MSO, the MYOSIG team provided free spectacles for children with refractive errors, reading glasses for the elderly, and referred cataract patients for further care.

MYOSIG's community outreach: Eye screening mission in Karamuak Village, the heart of Sabah.



MYOSIG: CONNECTING, EMPOWERING & INSPIRING YOUNG OPHTHALMOLOGISTS ACROSS MALAYSIA AND BEYOND

By Dr. Wai Yongzheng



As we look to the future, MYOSIG enters its third leadership term in 2025, now under the guidance of Dr. Wai Yong Zheng.

The new committee remains committed to the original objectives, while striving to expand our reach and impact by involving even more YOs in upcoming events and initiatives.

The current MYOSIG Committee (2025–2027), led by Chair Dr. Wai Yong Zheng.



To stay updated with our activities and connect with fellow young ophthalmologists, follow us on Instagram: **@my_young_ophtalmologists**.

Together, let's build a stronger, more united APAO YO community!



Wrapping up the YO Dry Eye Workshop 2025 - a group photo with all participants after a successful and insightful training session.

SHAPING THE FUTURE OF EYE CARE IN MONGOLIA: THE MONGOLIAN YOUNG OPHTHALMOLOGISTS YO SOCIETY

By Dr. Ijilmurun Enkh-Amgalan



The Mongolian Young Ophthalmologists YO Society is a vibrant, youth-led professional network uniting Mongolia's early-career eye doctors. Founded on the principles of academic excellence, service, and collaboration, the Society has quickly grown into a national platform for professional development, public education, and peer support.

The movement began in April 2017, when Dr. Ijilmurun Enkh-Amgalan and Dr. Bayarjargal Bat-Erdene with their peers, began organizing informal journal clubs and academic discussions. These early gatherings laid the foundation for a strong community committed to advancing ophthalmology in Mongolia.

During the COVID-19 pandemic, the group launched Mongolia's first live podcast series on Clubhouse, featuring 20 episodes with expert guests and live public Q&A - sustaining learning and public outreach during lockdowns.

SHAPING THE FUTURE OF EYE CARE IN MONGOLIA: THE MONGOLIAN YOUNG OPHTHALMOLOGISTS YO SOCIETY

By Dr. Ijilmurun Enkh-Amgalan



In September 2024, the group was formally established as the Mongolian Young Ophthalmologists YO Society, with Dr. Ijilmurun as Chair, Dr. Bayarjargal as CEO, and Dr. Duuriimaa Chononbaatar as Treasurer. Prior to this, the club was led by Dr. Byambasuren Mendsaikhan in 2022 and Dr. Munkhzul Namsrai in 2023, both of whom provided exceptional leadership and dedication, helping to sustain momentum, strengthen community bonds, and elevate the visibility of YOs during the Society's formative years.

By 2025, the Society had grown to 72 members from over 40 hospitals and clinics, becoming the most inclusive national network of young ophthalmologists in the country. Members are all under 40 years old and include medical students pursuing ophthalmology, residents, and early-career specialists. United by shared goals and mutual support, they are shaping the future of eye care in Mongolia with passion and purpose.

What We Do: Education, Service & Community

YO Mongolia's mission is brought to life through a wide range of impactful programs:

YO Resident Day Conference - Annual event for resident research, case presentations, and peer learning



Participants of the 2023 YO Glaucoma Workshop - a hands-on training session dedicated to enhancing clinical skills in glaucoma diagnosis and management.

SHAPING THE FUTURE OF EYE CARE IN MONGOLIA: THE MONGOLIAN YOUNG OPHTHALMOLOGISTS YO SOCIETY



What We Do: Education, Service & Community



YO Workshop Series – Annual hands-on and lecture-based training (Uveitis, Glaucoma, Refraction, Dry Eye)

YO Lounge – A member-led social-academic space during the Mongolian Ophthalmology Society's annual conference

SICS Wet-Lab Training – Hands-on small incision cataract surgery training for junior members

Community Screenings – Free vision checks and education in underserved communities

Public Education Posts – Daily eye health awareness content via social media

YO Podcast – Ongoing clinical discussions and expert interviews

YO Nights & Retreats – Informal networking, mentorship, and team-building gatherings



Photo 1: Board and Executive Committee Members of the Mongolian Young Ophthalmologists YO Society for the 2024-2025 term.

SHAPING THE FUTURE OF EYE CARE IN MONGOLIA: THE MONGOLIAN YOUNG OPHTHALMOLOGISTS YO SOCIETY



Leadership & Global Engagement

Led by an elected executive board, the Society emphasizes peer leadership, inclusivity, and gender equity – with women playing key roles in its direction and impact.

YO Mongolia also engages globally. Members represented Mongolia at the Asia-Pacific Academy of Ophthalmology Congress, showcasing youth leadership and clinical innovation. The Society is also an active member of the Global Young Ophthalmologists network, strengthening international connections and learning.

Connect With Us



Facebook: facebook.com/yomongolia



Instagram: [@yo_mongolia](https://www.instagram.com/yo_mongolia)



Youtube: [@YOMongolia](https://www.youtube.com/@YOMongolia)



Website: yomongolia.org



Email: yo@yomongolia.org

SHAPING THE FUTURE OF EYE CARE IN MONGOLIA: THE MONGOLIAN YOUNG OPHTHALMOLOGISTS YO SOCIETY



What We Do: Education, Service & Community

The Mongolian Young Ophthalmologists Society is a powerful example of how friendship, shared purpose, and mutual support can drive meaningful change. These young professionals are not just building careers – they are reshaping the future of eye care in Mongolia, one colleague, one patient, and one community at a time..

Some Update Snaps



The organizing team of YO Ophthalmology Resident Day 2025 alongside our valued sponsors – a collaborative effort that made the event a success.



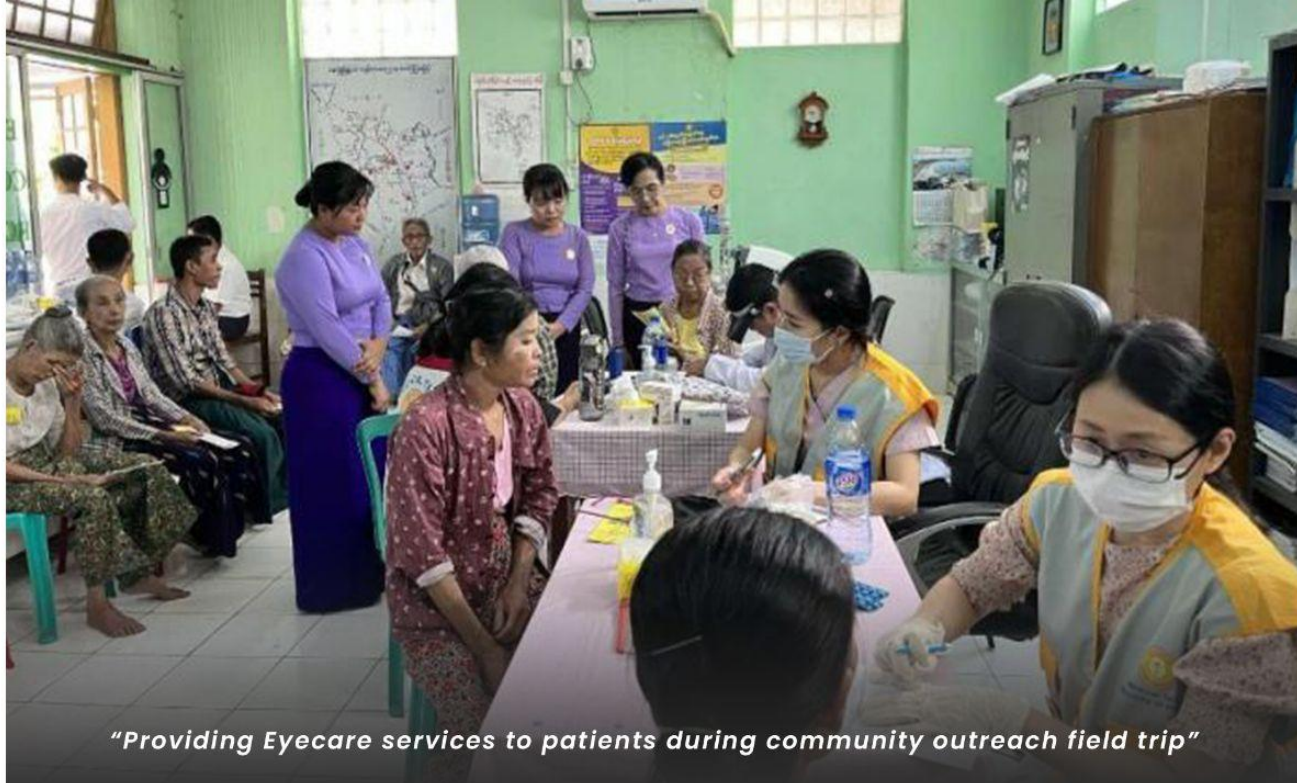
The dynamic organizing committee behind the inaugural YO Ophthalmology Resident Day 2023 – paving the way for academic excellence and peer-led education.



Proud participants of the YO Ophthalmology Resident Day 2025 – a celebration of knowledge-sharing, case presentations, and professional growth.



First-ever YO Night 2025 – a warm and vibrant welcome event for newly joined members of YO Mongolia, fostering community and connection.



MYANMAR YOUNG OPHTHALMOLOGISTS COMMITTEE (MYOC)

by Dr. Ei Kay Khaing



Join Our Community

We have launched the Myanmar Young Ophthalmologists Viber Group to create an open and supportive communication channel where members can:

- Share knowledge, experiences, and clinical cases.
- Stay updated on upcoming events and academic activities.
- Network with peers and senior mentors.

Please contact us to join the Viber group and stay connected!

Recent & Upcoming Activities

- Case discussions and clinical sharing sessions.
- Hands-on workshops on ophthalmic techniques.
- Webinars with local and international guest speakers.
- Community outreach eye screening programs.

Future Plans

- Expand regional networks and partnerships.
- Launch mentorship programs with senior ophthalmologists.
- Organize international exchange and fellowship opportunities.
- Advocate for better training and working conditions for young eye care professionals.

MYANMAR YOUNG OPHTHALMOLOGISTS COMMITTEE (MYOC)

by Dr. Ei Kay Khaing



Myanmar Young Ophthalmologists Committee



Dr. Thiri Zaw
YEH (Vice-Chair)



Dr. Ei Kay Khaing
YEH (Chair)



Dr. Kan Htoo Aung
NOGH



Dr. Cherry Mon
MEENTH



Dr. Hla Min Htut
DSMA



Dr. Aye Chan
MRH (Mentor)



Dr. May Zun Aung Win
YEH (Mentor)



COMMITTEE MEMBERS

Dr. Ei Kay Khaing (Chair, YEH)

Dr. Thiri Zaw (Vice-Chair, YEH)

Dr. Kan Htoo Aung (NOGH)

Dr. Hla Min Htut (DSMA)

Dr. Cherry Mon (MEENTH)

Dr. Aye Chan (Mentor, MRH)

Dr. May Zun Aung Win (Mentor, YEH)

MYANMAR YOUNG OPHTHALMOLOGISTS COMMITTEE (MYOC)

by Dr. Ei Kay Khaing



Together, we can shape the future of ophthalmology in Myanmar. We invite all young ophthalmologists to actively participate, share your passion, and grow with us.



Some Update Snaps

"Young Ophthalmologists engaged in active participation and presentations during CME activities."



"Participated in the 14th Asia-Pacific Eye Care Week Health Education Program on Diabetic Retinopathy."



"Young Ophthalmologists Providing Eye Care Services to the Community"



INTRODUCING YO!NEPAL

by Dr. Sanket Parajuli



YO!Nepal (Young Ophthalmologists Nepal) is a new and energetic community dedicated to supporting and empowering the next generation of ophthalmologists here in Nepal.

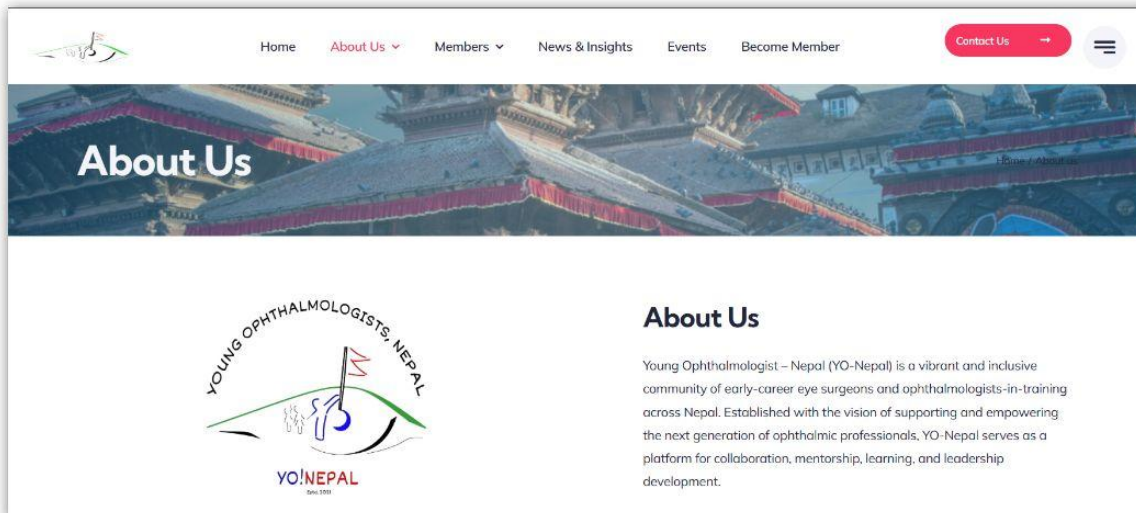
Our Committee and Goals

Our new committee, formed in 2025, is led by Dr. Amit Yadav as President, with Dr. Anadi Khatri KC as Vice President, and myself as General Secretary. We also have ten other passionate members who bring diverse expertise to our team.

Our main objective at YO!Nepal is to significantly boost the involvement and membership of young ophthalmologists across Nepal. We aim to offer them unique opportunities, a strong platform for networking, collaboration, and active participation in various young ophthalmologist initiatives. We believe that by fostering these connections and providing avenues for growth, we can collectively advance ophthalmology in Nepal.

INTRODUCING YO!NEPAL

by Dr. Sanket Parajuli



We've recently launched our official website: www.yonepal.com.np.



Reach us by email at: mail@yonepal.com.np



connect with us on Instagram at: [@youngophthalmologists.nepal](https://www.instagram.com/youngophthalmologists.nepal).

We encourage anyone interested to visit our platforms to learn more about our initiatives and upcoming events.

Activities & Achievements

Even though we're a new community, YO!Nepal has already started working on impactful activities. A significant step has been our recent successful collaborative meeting with Young Ophthalmologists Thailand (YO Thailand). This initial discussion has set the stage for exciting shared activities in the coming months, promising valuable cross-cultural learning and mutual growth. Looking ahead, YO!Nepal is eager to collaborate with other Young Ophthalmologist societies worldwide. We believe that by working together, we can enhance our activities, share best practices, and collectively contribute to the global advancement of ophthalmology. Our efforts are focused on creating an environment where sharing knowledge and professional development are top priorities.



PAKISTAN SOCIETY OF YOUNG OPHTHALMOLOGISTS (PSYO)

by Dr. Abdul Hannan



The Pakistan Society of Young Ophthalmologists (PSYO) is a vibrant, inclusive platform uniting young ophthalmologists across Pakistan. Established with the aim of nurturing the next generation of eye care leaders, PSYO is dedicated to professional development, academic excellence, and national and global collaboration.

Key Office Bearers:

President: **Dr. Abdul Hannan**

General Secretary: **Dr Aziz Jan Bashir**

Supported by a dynamic executive committee and heads of education, research, outreach, and digital media.

Online Presence:



Instagram: **@psyo_pakistan**



Website: **ww.psyo.org**



Email: **psyopakistan@gmail.com**



VISION & ACTIVITIES:

PSYO aims to empower young ophthalmologists aged 40 and below, including residents and early-career consultants, through accessible, inclusive, and enriching experiences.

Key pillars include:

Education: Regular online seminars, national webinars, and clinical skill workshops

Professional Development: Leadership training, mentorship programs, and international collaborations

Community Outreach: Vision camps, public awareness campaigns, and advocacy for eye health

Research & Publications: Collaborative projects, presentations, and contributions to peer-reviewed literature

To maximize accessibility, PSYO operates on a low-cost, tech-driven model. Meetings are held primarily via Zoom, encouraging participation from members nationwide. Through partnerships with national societies like the Ophthalmological Society of Pakistan (OSP), PSYO hosts sessions at annual conferences to promote networking and academic growth.

MAJOR ACHIEVEMENTS:

Conducted regular hands-on PSYO Phacoemulsification Wet Labs, providing young ophthalmologists with practical surgical training in a controlled, skill-enhancing environment.

- Led youth representation at international forums including APAO YO
- Organized record-attended webinars featuring global faculty
- Developed research mentorship and journal club series
- Initiated ethical and transparent leadership elections, promoting accountability

PAKISTAN SOCIETY OF YOUNG OPHTHALMOLOGISTS (PSYO)

by Dr. Abdul Hannan



PSYO's values of integrity, collaboration, and respect guide all its operations; from conflict resolution and inclusivity to responsible resource allocation. The constitution supports democratic participation, ethical professionalism, and dynamic leadership renewal.

As proud members of the APAO YO family, we strive to uphold shared values and forge stronger ties across borders building a brighter, better future for ophthalmology in our region and beyond.

For collaborations or inquiries: psyopakistan@gmail.com



Mission statement and purpose of PSYO is made clear to YO to make them feel empowered.



Nationwide awareness and YO induction campaign starts the same year across all national conferences.



PiNOY BAYANIHAN WAVE

by: Dr. Erika Salvame- Siopongco



‘Bayanihan’ is a Filipino custom rooted from the word “bayan” meaning town or community. It is the local spirit for a common good without expecting any return. This year, the PiNOY executive committee banks on this spirit to embody its goals of local member empowerment and international collaboration. Executive board members composed of:

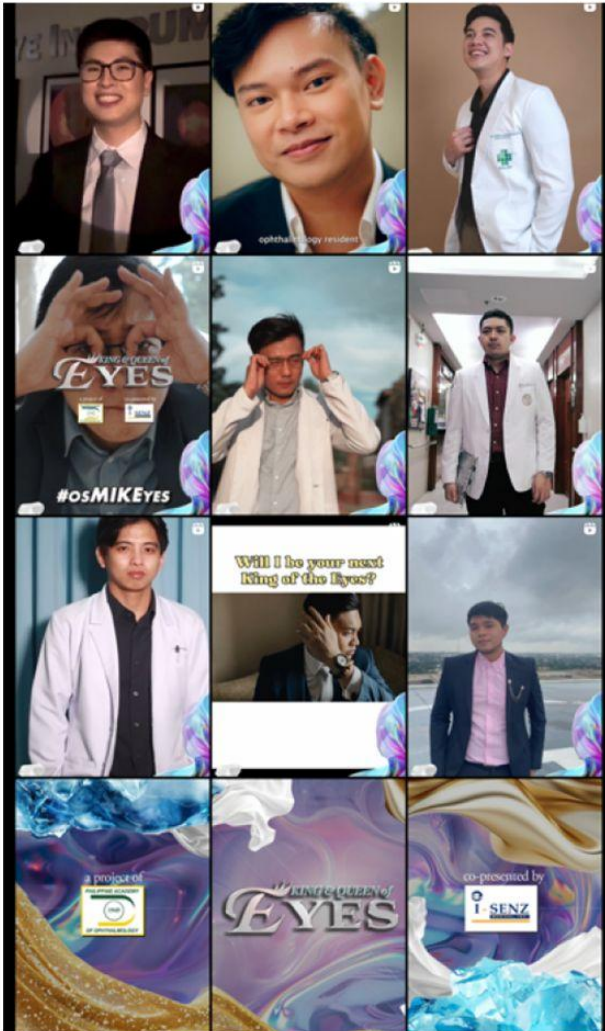
Dr. Erika Jean A. Salvame as chair, Dr. Elizabeth Aileen G. Giller as co-chair, Dr. Charisse Ann Sanchez-Tanlapco as immediate past president, Dr. Mayjane Joan G. Tumulak, Dr. Ronnie S. Manaysay, Dr. Jose Antonio T. Paulino, Dr. Earl du Junnan P. Sarabosing and Dr. Kristine G. Pormida; with Dr. Vicente Victor Ocampo Jr. as adviser, and Dr. Lyll Karen Bigornia-Arriola as head of Committee on Membership of PiNOY’s parent organization, the Philippine Academy of Ophthalmology (PAO).



Local activity highlights include the **Eyedeas** by Eye Doctors Podcast: a web-based platform delving into YO- related conversations and updates, featuring a diverse line up of special guests. And, the second year of the **CataRock Festival**, the much anticipated, Instagram based cataract surgery reel competition.

PiNOY BAYANIHAN WAVE

by: Dr. Erika Salvame- Siopongco



PiNOY also retains its strong collaboration with its parent organization, the Philippine Academy of Ophthalmology (PAO). Recent activities include being the online platform for the advocacies of the **PAO'S King and Queen of Eyes**, with some posts reaching as high as 60,000+ views. It partnered with PAO and local chapter society: Northwestern Luzon for hosting **Eye Run for Fun**, as part of the Midyear convention. There was also heavy attendance to the PiNOY led-PAO scientific sessions tackling varied topics ranging from surgical video masterclass to fellowship options and setting up clinic practice.



PiNOY BAYANIHAN WAVE

by: Dr. Erika Salvame- Siopongco



Internationally, PiNOY representation was felt in multiple virtual and face-to-face platforms. Highlights of which include the **Asia Pacific Association of Ophthalmologists 2025** Conference held in New Delhi, India last April, Global Young Ophthalmologists Summit held in Taiwan last May 2025 and American Association of Ophthalmology Global YO Leader Meet & Greet. PiNOY is also excited to host YO delegates for the upcoming 18th Asia Pacific Vitreo-Retina Society Congress this December 2025 in Manila, Philippines.



PiNOY heavily values interaction with its members and the YO community. Connect with us on facebook: Philippine Network of Young Ophthalmologist and instagram: **pinoyophthalmologists**, to learn more about the latest PiNOY highlights, and experience the bayanihan in action.



PINOY BAYANIHAN WAVE

by: Dr. Erika Salvame- Siopongco



Some Event Posters

PAO 2024
Philippine Academy of Ophthalmology Annual Congress 2024

ROAD TO FELLOWSHIP

Dr. Mary Ellen Sy
The DIRECTION: Future of Philippine Fellowship Certification and Accreditation

Dr. Lee Tomas Tan
THE DECISION: To Fellowship or Not to Fellowship

Dr. Stephanie Suzanne Garcia
THE ALTERNATE JOURNEY: Step By Step Fellowship Application Through International Program Sponsor

Dr. Patricia Acosta-Perez
THE JOURNEY: Step By Step Application To Fellowship: Come with Love and International Experience (Local)

Dr. Albert John Briones
THE JOURNEY: Step By Step Application To Fellowship: Competency Local and International Experience (Local)

10 AM Thursday | Day 2
December 5, 2024
Meeting Rooms 4-6
SMX
CONVENTION CENTER

PAO 2024
Philippine Academy of Ophthalmology Annual Congress 2024

MEDICAL ENTREPRENEURSHIP FOR YOUNG OPHTHALMOLOGISTS

Dr. Rolito Millante
Outside the Main Practice for an Ophthalmologist: Setting Up An Eye Center

Dr. Jose Antonio Paulino
Presented and History of Integrating an Optical Shop in Private Practice

Dr. Ramon Henry Dickson
Post Graduation Navigation: HO Perspective in Building Private Practice and an Eye Center

Dr. Renato Rayel Jr.
Basic Needs in Setting up a Private Practice Clinic in a Hospital Setting

1:30 PM Thursday | Day 2
December 5, 2024
Meeting Rooms 4-6
SMX
CONVENTION CENTER

PAO 2024
Philippine Academy of Ophthalmology Annual Congress 2024

YO SURGICAL VIDEO MASTERCLASS

Dr. Cesar Ramon Espiritu
Tips and Tricks for Making a Video Document for Judges

Dr. Paolo Vicente Paladio
Tips and Tricks for Creating Publishable Videos

Dr. Elizabeth Aileen Giller
Tips and Tricks for Creating an Award Winning Surgical Video

Dr. Janin Lou Billano
Tips and Tricks in Creating a Documentation Friendly Workplace

9:15 AM Thursday | Day 2
December 5, 2024
Meeting Rooms 4-6
SMX
CONVENTION CENTER

PINOY

THE OPHTHALMOLOGIST AND THE PRESENT

Bridging Competency and Compassion in Eye Care

Dr. Ike Ahmed
SPEAKER

Friday, July 28, 2024
9:15-10:15 PM (GMT +8)

TOP 3 ON THE OPHTHALMOLOGIST POWER LIST OF 2024

SCAN THE QR CODE TO REGISTER

This talk is brought to you by:
Southern Philippines Medical Center in collaboration with
the Philippine Network of Young Ophthalmologists

Philippine Academy of Ophthalmology
Masterclass Series

Money Talks: Financial Responsibilities and Liabilities for the Young Ophthalmologist

Wednesday, August 28, 2024
6:30 PM Makati Medical Center Auditorium
8th Floor, Tower 2, 2 Amorsolo Street, Legaspi Village, Makati City

LEAP
Lifelong Educational Access Program

If you could ask an accountant one question, what would it be?

Share your thoughts in the comment section!

PAO 2024
Philippine Academy of Ophthalmology Annual Congress 2024

Navigating PhilHealth for Ophthalmologists 2025

Clearer Vision Amid Changing Policies

18 June 2025
Makati Medical Center
Ledesma Hall, 9/F Tower 1
6:00 PM

1 CPD UNIT

SCAN THE QR CODE TO REGISTER

YO Tap Room

LOOKING THROUGH SEASONED EYES - FROM BUSINESS TO THE BOARD ROOM

PAO 2024
ANNUAL CONGRESS

DECEMBER 5, 2024, 2:30PM
SMX MEETING ROOMS 4-6

SPEAKERS:

DR. LAMBERTO ILAGAN JR.
Or Hospital and Former COO
Our Lady of Lourdes Medical Center

DR. MELISSA ANNE SANTOS-SORZALES
Owner - 3G Realty
Franchisee - Aurine Anne's, Sunburst Chicken

DR. RONALD YUTANGCO
Owner
The Henry Resort, Opimundu Lago

MODERATORS:

DR. RICH MANAYAT

DR. BENZ SIMPAO



**IT'S BEEN AN EXCITING YEAR FOR THE
SINGAPORE SOCIETY OF OPHTHALMOLOGY YOUNG
OPHTHALMOLOGIST (SSO-YO) COMMUNITY!**

Dr Claire Peterson



Last year, we hosted our annual SSO-YO Night, where over 60 young ophthalmologists and medical students gathered at Eat at My Kitchen in Dempsey Hill. The highlight of the evening was the “Ask a Senior Anything” segment—an open Q&A with senior ophthalmologists, including the heads of department from Singapore’s three main ophthalmology clusters and two private practitioners. Participants engaged in candid discussions on leadership, mentorship, sustainability, global eye health, and equity. The evening continued with a lively afterparty at Jiu Zhuang, providing a relaxed space for further networking between young and senior ophthalmologists.



We also supported international events hosted in Singapore, including the Asia-Pacific Vitreo-Retina Society Meeting YO Night and the Asia-Pacific YO Leaders’ Dinner, which brought together emerging ophthalmic leaders from the region.



**IT'S BEEN AN EXCITING YEAR FOR THE
SINGAPORE SOCIETY OF OPHTHALMOLOGY YOUNG
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Dr Claire Peterson



More recently, in collaboration with the SSO Women's Chapter, we co-organized a speed-mentoring session for young women ophthalmologists. Participants had the opportunity to engage in focused conversations with senior women leaders on career development, leadership, family planning, and navigating challenges unique to women in ophthalmology.



For those who have yet to meet us, this is our current SSO-YO Committee:

Chair: **Dr Claire Peterson**

Members: **Dr Reuben Foo, Dr Chris Lim, Dr Helen Mii, Dr Kenric Fan, Dr Tina Shen, Dr Elizabeth Chen**

We look forward to another impactful year and to strengthening collaborations with other YO societies across the region!



YOUNG OPHTHALMOLOGISTS OF SRI LANKA (YOSL): UNITING YOUNG EYE SURGEONS ACROSS THE NATION

Dr. Saminda Paranehewa



*T*he Young Ophthalmologists of Sri Lanka (YOSL) is the official youth wing of the College of Ophthalmologists of Sri Lanka (COSL). Formed to represent and empower early-career ophthalmologists across the country, YOSL creates a space for collaboration, innovation, and leadership development among members under 45 years of age or within five years of completing their postgraduate training.

Key People Involved

YOSL is currently led by Dr. Saminda Paranehewa, Consultant Ophthalmologist and founding President. The committee includes two secretaries and a seven-member council comprising young representatives elected from the membership and guided by senior advisors from the COSL.

Social Media & Online Presence

Stay connected with us:



Facebook: /[youngophthalmologistslk](https://www.facebook.com/youngophthalmologistslk)



Instagram: [@yosrilanka](https://www.instagram.com/yosrilanka)



(Website coming soon)



Our Vision and Recent Achievements

YOSL's mission is to foster professional growth, promote knowledge sharing, and amplify the voice of young ophthalmologists within the national and international community.

From 2024 to 2025, YOSL has successfully carried out the following activities:

- 1.** Organized a special academic session on legal and tax-related matters relevant to ophthalmologists. This event featured expert guest speakers from the fields of law and finance and was conducted in collaboration with COSL.
- 2.** Represented Sri Lanka internationally at YOSICON 2024, and at the APAO Congresses in Bali (2024) and New Delhi (2025), promoting regional and global engagement.
- 3.** Hosted a dedicated YO session and "YO Night" during the COSL Annual Scientific Congress (Island Meeting) in 2024, offering a vibrant platform for young ophthalmologists to present, network, and celebrate.
- 4.** Actively participated in CSR and cataract outreach programs, contributing to national blindness prevention efforts and community eye care services.

YOSL continues to grow as a dynamic and inclusive community committed to excellence, education, and collaboration. We are proud to be part of the APAO YO family and look forward to contributing further to the advancement of ophthalmology in Asia-Pacific and beyond.

YOUNG OPHTHALMOLOGISTS OF SRI LANKA (YOSL): UNITING YOUNG EYE SURGEONS ACROSS THE NATION

Dr. Saminda Paranehewa



Some Update Snaps





Thai Society of Young Ophthalmologists is a vibrant and growing community under the Royal College of Ophthalmologists of Thailand (RCOPT), committed to supporting the next generation of eye care leaders across the country.

Goals, Activities & Achievements

YO-Thailand aims to empower Thai young ophthalmologists by fostering clinical excellence, academic exchange, and international collaboration. Our core mission is to build leadership and global connectivity through meaningful engagement.





**Thanaporn
Wiriabanditkul, M.D.**
PRESIDENT



**Jakkrit
Juhong, M.D.**
VICE-PRESIDENT



**Nitee
Ratprasatporn, M.D.**
GENERAL SECRETARY

KEY PEOPLE INVOLVED



**Theinchai
Pasurakul, M.D.**
TREASURER



**Nutchaya
Sukon, M.D.**
PUBLIC RELATIONS

THAI SOCIETY OF YOUNG OPHTHALMOLOGIST UNDER THE ROYAL COLLEGE OF OPHTHALMOLOGISTS OF THAILAND (RCOPT)

by : Nutchaya Ukon



Online Presence



Young Ophthalmologist Thailand



yo.yOthailand



yothailandofficial@gmail.com