



The XXII Annual Meeting of the Glaucoma Society of India is organized by the Coimbatore Ophthalmological Society.

Prof. P. Sathyan is the organising secretary.

## **Coimbatore**

When we speak of life we always speak about the positives, the interesting, the happy, joy and everlasting moments and things which have always entertained us. That is the way we take life. Only a few think and think always about the negatives and sad moments. But a person who loves to be happy as well as the people who feel melancholic all the time, the only way to escape from the tiresome, exhausting moments is through enjoying nature, beauty and touring or traveling to lovely places round the globe. John Keats, the English Romantic poet in his poem writes “Beauty is truth, truth Beauty”. The romantic poets adored and enjoyed nature inch by inch.

### **General Information about Coimbatore**

The total land area of Coimbatore is 23.5 square kilometers. The population of this city is 1,446,034 during the year 2001. The altitude is 411 meters above mean sea level. The clothing here is tropical and the season to visit the city is all through the year. The people of various states live here and they speak Tamil, Telugu, Malayalam, English and Marathi. The STD code for Coimbatore is 0422. This is one of the top most industrial cities of Tamilnadu. The city is situated on the banks of the River Noyyal. There are proper facilities of transportation through air (peelamedu airport), through bus and through rail (Coimbatore Junction and Podanur Junction).

Charming Coimbatore, also known as Korai had its first origins, the Irular tribes of Kovan who settled in Kongunadu during the early times. Then this place was conquered by the Cholas. There were other kings of various dynasties who ruled this part and finally the British reigns ruled this place and name it Coimbatore. Now there are over

5000 small, medium and large textile mills. The black soil, good rains and water resources had made this place a major agricultural centre. Cotton is grown in bulk and this made Coimbatore a textile city. Today Coimbatore is known to be the Manchester of South India. This is also the Textile capital of South India. The other major industries are machinery, automobile spares, motors, electronics, and steel and aluminum foundries.

### **Meeting Venue : Coimbatore Trade Centre**



Coimbatore also has a 160,000 square feet (15,000 m<sup>2</sup>) trade fair ground, built in 1999. It was named COINTEC due to its hosting of INTEC (Small Industries Exhibition). The Trade Fair complex, one of the country's largest, was built in six months, and is owned by CODISSIA (Coimbatore District Small Industries Association). It is also the country's largest pillar-free hall, according to the Limca Book of Records.

### **Places to visit**

#### **Temples in Coimbatore**

##### **Perur Temple**

This is one of the ancient temple. It is located 7 kms away from the city and is said to be built by Karikala Cholan before 1500 years. The temple is dedicated to Lord Patteeswarar and his better half Pachainayaki. Devotees gather during the festive occasions. The Kanagasabai hall has some exciting sculptures. The other temples are Karamadai Ranganathar Temple dedicated to Lord Ranganatha, a second oldest temple in Coimbatore built by the Vijayanagara Kings.

## **Marudhamalai Temple**

This hill top temple is situated 12 kms away from the Central city. It is dedicated to Lord Muruga. This is a very famous temple. It is believed that Lord Dandayuthapani performed several miracles in this hill top temple.

## **Velliyangiri andavar Temple**

This temple is located on the way to Siruvani. This beautiful temple is built and stands on one of the five hills. The five hills represent the five faces of Lord Shiva. Only in this temple the devotees are allowed to see the Panchalingam.

## **Eachanari Vinayakar Temple**

This temple lays 13 Km away from coimbatore on the pollachi main road. This temple is dedicated to Lord Vinayaka or Ganesha.

## **Masaniyamman Kovil**

This temple is located between pollachi and palakkad, in kerala. This temple is about 50 Km from coimbatore. People who come to this holy temple have a belief that people who grind red chilly paste and apply it on the statue of god inside the temple, their belongings which they lost would be regained by them. This temple is located in Anamalai.

## **Kongunattu Thirupathi:**

Coimbatore and its surrounding places are known as Kongu Nadu. The Naina hill, which is located in Kongu Nadu, is unique holy land. This place is proudly named as Kongu-Thirupathi. Pilgrims visit here, every Saturday. The pilgrims chorus "Govinda" and climb up the hill to find the deity.

## **Thyanalingam:**

This is located in the Isha Yoga Centre, Velliyangiri Falls in coimbatore. Due to the efforts of Yogi Sathguru Jagi Vasudevand some other yogi's, the Thyanalingam has come to power. Even people, who have not experienced this before, really get experienced due to this Thiyanalingam. When we lead a life with its entire dimension, no greed, no fear and no hatred, it is of great joy and this Thynalingam provides that.

## Cuisine

Coimbatore cuisine is predominantly south Indian with rice as its base. However, the population of Coimbatore is multi-cultural due to the influx of migrant population from various regions of the country and this reflects in the food as well. The flavours are generally fairly mild, with variations to suit the local palette. Most locals still retain their rural flavour, with many restaurants serving food over a banana leaf. North Indian, Chinese and continental cuisines are also available. Mysorepa (a sweet made from lentil flour and ghee), idly, dosa, Halwa (a sweet made of different ingredients like milk, wheat, rice) and vada-sambar and biryani are popular among the locals. The recent influx of coffee shops and pizza shops has increased and serving as hangout locations for the youth. Some popular restaurant brands such as Annapoorna, Sree Sampoorna, Sri Krishna Sweets, Hari Bhavanam originated in Coimbatore.

## Sports and recreation



A typical raceday scene at Kari Motor Speedway

Motor sports plays a large part in the city, with Coimbatore often referred to as the **Motor sports Capital of India** and the **Backyard of Indian Motorsports**. Some wealthy industrialists, such as S.Karivardhan, who had a penchant for tinkering with

machines and cars, plunged into motor racing, later making Coimbatore the country's motor racing hub. The city has a Formula 3 Category circuit, as well as three Go-Kart circuits. National Champion races for Formula racing (Cars), Motorcycle racing, Go-Kart racing are held in Kari Motor Speedway. Super Speeds designs and constructs almost all Formula cars. Rallying is another major event with all teams based in Coimbatore. Rallies are conducted in closed roads around Coimbatore districts. Narain Karthikeyan is the city's most famous driver, being the first Indian to enter Formula One in 2005 with Jordan Grand Prix. Also he is the First & only Indian to win A1GP World Championship Race. He is also in the 2011 f1 season as driver for the Hispania f1 team. Other famous motorsport personalities from Coimbatore are former Formula 3 driver J. Anand and seven time national rallying champions N. Leela Krishnan and V. R. Naren Kumar.



### **VOC Park**

The city is also known for its antique bikes, cars and jeeps. Many prominent industrialists own antique automobiles. Nehru Stadium, built originally for football, can also host athletic meets. Now Synthetic track is constructed and Korean grass in the centre. Apart from the stadium, the city also has several sports clubs. The prominent tennis player Nirupama Vaidyanathan hails from Coimbatore. The Coimbatore Golf Club is home to a major 18-hole golf course. The Coimbatore Cosmopolitan Club, which is more than 100 years old, was founded for Indian members only, in response to the English Coimbatore Club, which did not admit Indians until the 1950s. The Coimbatore Flying Club is located in the Coimbatore airport premises. Current world chess champion Viswanathan Anand became India's first Grandmaster in 1987 by winning Shakti Finance International chess tournament held here in Coimbatore.



### Cormorant and Egrets in Singanallur Lake

Though there are a lot of entertainment centres mushrooming in the city, visiting the cinema still remains the city's most popular recreational activity. Since the 1980s, the city has had about 10 small to medium sized shopping malls like Cheran towers and Lakshmi Complex. Of late few mega malls like Presidium mall and Brookfield Plaza have opened. The city also has a number of parks including VOC park, the Tamil Nadu Agricultural University park Race Course children's park and Bharathi park. Singanallur lake is also a popular tourist and bird watcher destination.<sup>[117]</sup>

### Places

### Around

### Coimbatore

There are many tourist spots in Coimbatore and it is surrounded by many nearby by tourist centers. Let us see them by alphabetical order. The place to visit are Annamalai Wildlife Sanctuary, Amaravathy Reservoir, Avanashi, Bannari, Bhavani, Coonoor, Kotagiri, Mettupalayam, Monkey falls, palani, Parambikulam-Aliyar, Pollachi, Sengupathi Waterfalls, Tiruppur, Thirumoorthy Temple, Top slip, Udagamandalam, Ooty Lake, Stone House, Vaideki Waterfalls, Valparai and many other places too.

### Anamalai Wildlife Sanctuary

This is named of India's first woman Prime Minister Indira Gandhi. This is set at an attitude of 1,400 meters on the Western Ghats, which is 65 km from Coimbatore. Lion, Langur, elephant, gaur, Tiger, Panther, Sloth bear, deer, wild bear, wild dog, pangolin, civet cut, porcupine, flying squirrel, jackal, birds of various species, bulbul, spotted done, green pigeon etc. People who visit would find it sure to be adventurous.

### Amaravathy Reservoir

This is in the Anamalai hills. This has a large number of crocodiles in it. There are many other places like Karainshola, Anaikurthi Shola, grass hills, water falls, groves of coconut and palm, teak forests, tea estates, dams and reservoirs that have to be visited.

### **Avanashi Temple**

This city is 40 km from Coimbatore and it is pilgrim city and is called as the Banaras of the South. The Cholas built the Avanashilingeswarar temple during the 12th century and a unique thing about this temple is, it is the biggest temple of the district and the minute and well shaped carvings and sculptures are adorable to watch.

### **Bannari**

This town is 83 km from Coimbatore and 10 km from Bhavanisagar, Large numbers of devotees come to the famous Mariamman temple located here. The town is near the Western Ghats situated with large thick forests.

### **Bhavani**

This sacred and holy pilgrim town is 121 km from Coimbatore. It is known as the Triveni of South India. There is a famous temple namely Sangameshwarer Temple as the junction of the co-rivers the Cauvery and the Bhavani. This is dedicated to Lord Sangameshwarer and his counterpart/better half Vedanayaki. The British Collector Willizim Garrow who reigned the Coimbatore and Salem districts during the reign of the British East India Company, he had his office centre at Bhavani. He worshipped Goddess Vedanayaki.

### **Coonoor**

This is the second largest hill station next to Ooty in the Nilgris. It is 71 Km from Coimbatore and 19 km from Ooty. The altitude is 1839 meters above mean sea level. The climate in Coonoor is milder than Ooty. People can visit Sim's Park, Law's fall, Ketti Dolphin's Nose, Lamb's Rock, Lady Canning's seat, The Droog, Ralliah Dam, Catherine's fall, and some beverages plantations.

## **Kotagiri**

This hill station too lies in the Nilgris. This is 105 km from Coimbatore and 28 km from Ooty. This is the ancient and the oldest hill resort of the Nilgris hills. The British started their building activities early in 1819. This place too is surrounded by tea plantations.

## **Mettuppallayam**

This small town is just placed at the foot hills of the Nilgiris. It is about 52 km from Coimbatore. The unique railway line between Mettupalaiyam and Ooty is adventurous and joyous as it passes through green hills tea plantations and forests.

## **Monkey falls**

This is a wonderful waterfall that is located just some km on the hill enroute to Valparai. Many tourists visit this falls on the way to Valparai, the queen of Anamalai Hills.

## **Palani**

This is a pilgrim centre and is one of the six places of Lord Subramanya. It is situated at an attitude of 140 m. The presiding deity is Sri Dandayuthapani. The idol in the shrine is made out medicinal herbs and shrubs. Large number of pilgrims visit although the year.

## **Parambikulam-Aliyar**

This is a multipurpose project mainly serves for the irrigation of the cultivated land area. It is a series of dams which are interred connected by tunnels and canals. The water from the rivers such as Parambikulam, Aliyar, Nirar, Sholiyar, Thunakadaru, Thekkadi and palar flow into this multipurpose project which supplies water for the lands and for power generation too.

## **Pollachi**

This lays 40 km away from Coimbatore. This is the second Commercial centre of the Coimbatore District. The Mariamman Temples and Surbramanya temples are famous

here. The five-hooded cobra, Chain from yali month and the Zodiac signs are some of the sculptures in the temple stones.

### **Sengupathi Waterfalls**

This waterfall is located on the way from Coimbatore to Siruvani. The location is pleasant and beautiful and tourists would have this place.

### **Siruvani Waterfalls and Dam**

This exciting place with waterfalls and Dam is about 37 km from Coimbatore Siruvani Supplies water to the entire Coimbatore district. The water is tastier and it is the second tastiest water in the world. It is a perfect picnic spot.

### **Tiruppur**

This is a textile city. Hosiery centres are plenty in this city. It is 50 km away from Coimbatore. Here T-shirts and other banian materials are stitched and sold overseas. There are thousands of banian textiles in Tiruppur. This is the place where the great Kumaran, who fought for the country's freedom, lived. He died holding the national flag in his hands and never let it fall down.

### **Thirumoorthy Temple**

This is also a sacred place where there is a holy shrine. This lays 20 km away from Udumalpet on the palani Coimbatore Highway. The temple is set on the foot of the Thirumoorthy Hills near the Dam which has the same name. A stream flows by the side of the temple and there are some waterfalls nearby. This is now being developed by the Tourism department to make it a good District Excursion centre.

### **Ooty**

Udhagamandalam in English, Ootachamand is known to be the Queen of Hills. This is situated in an altitude of 7,500 ft. The extraordinary scenaries make Ooty a great tourist

spot. The misty dense clouds, the chill weather and the evergreen ambiance make things much fantastic. The British collector of East India Company who ruled over Coimbatore district discovered Ooty in 1882. He was none other than John Sullivan. Some attractions to watch in Ooty are Botanical Gardens, Ooty Lake and Stone House.

The Botanical Garden is built exactly of that of the English Style. It is a series of terraced gardens, found by Marquis of Tweed Dale in 1847. Every year the agro-horticultural show is held here during April and May and many tourists visit the flower show.

There is a lake which was built between 1823 and 1825 by the then Collector John Sullivan. One can row the boats into the lake with joy to find the green tops alongside. To go with the boating there are Lake Garden and toy train tides which influence children and older people too.

The stone house in Ooty was also built by the collector, John Sullivan. This is the first ever bungalow constructed in Ooty. Apart from these three spots there are Government Museums, Raj Bhavan Doddabetta, Mukurti Peak, Pykara Dam and Wenlock Donons. From Ooty it is just 60 km to travel to the Mudumalai animal's sanctuary.

### **Vaideki Waterfalls**

These falls which do not fall through the year is situated 30 km from Coimbatore. One has to take the route of Narasipuram Village to reach this waterfall. People who go on trekking and picnics would surely love this place.

### **Valparai**

Anamalai range has 56 estates of which Valparai is the head of the 50 estates. This hill station is 102 kilometers from Coimbatore. The main plantation here is tea. The place looks green all over. There are many waterfalls, stream, dams and many dense forests in the Anamalai range. One can travel to Kerala from Valparai through the mountain route. It is also a fine picnic spot of exuberance place of Interest in the city.

## Top Slip

This perfect set natural spot located on of the Anamalai Hills, which is about 37 Km form pollachi. There is a sanctuary, which is available here. Tree houses are also provided for people whom lone adventure and thrill.

## Crocodile Farm

This is located in Amaravathi Dam which is 25 Km from Udumalpet. This place is at present being developed as a District Excursion center

## Climate

### Climate data for Coimbatore

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
<b>Record high °C (°F)</b>	33 (91)	37 (99)	39 (102)	40 (104)	41 (106)	38 (100)	37 (99)	38 (100)	37 (99)	37 (99)	33 (91)	33 (91)	41 (106)
<b>Average high °C (°F)</b>	30 (86)	32 (90)	35 (95)	35 (95)	34 (93)	31 (88)	30 (86)	31 (88)	32 (90)	31 (88)	29 (84)	29 (84)	31.6 (88.9)
<b>Average low °C (°F)</b>	18 (64)	19 (66)	21 (70)	23 (73)	23 (73)	22 (72)	22 (72)	22 (72)	22 (72)	22 (72)	21 (70)	19 (66)	21.2 (70.1)
<b>Record low °C (°F)</b>	15 (59)	15 (59)	17 (63)	20 (68)	20 (68)	20 (68)	20 (68)	21 (70)	20 (68)	16 (61)	15 (59)	12 (54)	12 (54)
<b>Precipitation mm (inches)</b>	14 (0.55)	12 (0.47)	19 (0.75)	53 (2.09)	76 (2.99)	38 (1.5)	57 (2.24)	42 (1.65)	56 (2.2)	153 (6.02)	123 (4.84)	50 (1.97)	693 (27.28)

Source: Indian Meteorological Department

Coimbatore has a pleasant, salubrious climate due to its proximity to thickly forested mountain ranges and the cool breeze blowing through the Palghat gap during the

monsoon seasons. Under the Köppen climate classification, the city has a tropical wet and dry climate. It has mild winters and moderate summers. Coimbatore is located at an elevation of about 411 meters. The mean maximum and minimum temperatures during summer and winter varies between 35 °C (95 °F) and 18 °C (64 °F). highest temperature ever recorded is 41 °C (106 °F) and lowest is 12 °C (54 °F).

Due to the presence of the mountain pass, major parts of the district benefit from the south-west monsoon in the months from June to August. After a warm, humid September, the regular monsoon starts from October lasting till early November. These monsoons are brought about by the retreating North-eastern monsoon. The average annual rainfall is around 700 mm with the North East and the South West monsoons contributing to 47% and 28% respectively to the total rainfall. This rainfall is not enough to sustain the needs of the city for the entire year and the shortage is made up through water supply schemes like Siruvani, Pilloor and Athikadavu.

The soil is predominantly black, which is suitable for cotton cultivation, but it also has some red loamy soil. Coimbatore falls under the Class III/IV Seismic Zone, having experienced a 6.0 Richter scale earthquake in 1900.