THE KSOS connect

The official newsletter of Kerala Society of Ophthalmic surgeons

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Reminiscing...

Dr P Ramesan



It was a rainy day. When we arrived at Dr. Ramesan's house around 3:45 p.m., the weather had changed, and the rain had stopped. The videographer was already there, preparing for the shoot. Dr. Ramesan and his wife, Dr. Swarnamma, gave us a warm welcome. Dr. P. Ramesan is a renowned cataract and squint surgeon and past president of the Kollam Ophthalmic Association.

There was a beautiful garden, so we opted for an outdoor shoot, and both Dr. Ramesan and Dr. Swarnamma happily joined us for the chat.

Beginning....

I was born on January 6th, 1945, in Kollam, into a well-known family.

Parents....

My father's name is A. Prabhakaran. He was the Private Secretary of R. Shankar, the Chief Minister of Kerala, and later retired as the Managing Director of the Kerala Financial Corporation. My mother, K. Bhargavi, was a housewife and a loving mother.

Siblings....

I am the second child. I have two sisters and one brother. My elder sister, Sumangala, retired as an Accounts Officer at KSEB. My younger sister, Dr. B. Sulekha, worked as a Biochemistry professor at MCH Trivandrum and retired as Vice Principal at MCH Trivandrum. My younger brother, P. Ratheesan, is a Chartered Accountant in Trivandrum.

Schooling....

My father's work in the Secretariat led us to shift to Trivandrum. I studied from 1st to 7th standard at Upper Primary School Petah and from 8th to 10th standard at Model School Trivandrum.

Any interesting childhood memories ....

I have fond memories of my childhood friends and playing with them, especially during Onam time.

College life ....

During that time, there was no pre-degree. I completed a one-year Pre-University course, followed by a one-year Pre-Medical course, both at Intermediate College Trivandrum.

How did you choose to pursue MBBS?

I scored well in Pre-University, and I was interested in medicine. Before joining MBBS, I completed a one-year pre-medical course. I joined Medical College Trivandrum in the year 1963.

Interviewed by: **Dr Mini Jayachandran and Dr Shiney Nepolean**

To watch the interview click the link:
https://youtu.be/hKy_kngIrb4

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MESSAGE FROM IMMEDIATE PAST PRESIDENT



As I step down as KSOS President, I have to thank the entire executive and all members for the unstinted support you have given me. I offer best wishes to the new team led by Dr Thomas Cherian. I will continue to work for the society as Past President to the best of my ability.

Warm regards

Dr S J Saikumar

Immediate Past President

MESSAGE FROM INCOMING PRESIDENT



Outgoing President Dr. Saikumar, Honorable Chief Guest, District Collector Sri. Krishna Teja, Dr. Taraprasad Das, Dr. Santosh Honavar, Dr. Anthrayose, Dr. Gopal Pillai, Dr. Sreeni, Dr. Bastin, Senior office bearers and Past Presidents of AIOS, distinguished guest faculty from across the country, my esteemed teachers, seniors and my dear friends,

Thank you very much, Sai for the warm words of introduction. I am deeply indebted to this society and in fact, honored to be elected as the head of this extended family for the coming year.

This is the Golden Jubilee year of the KSOS, and incidentally, I am the 50th President. Let me start with a quote from the Holy Bible. The book of Deuteronomy says, "When the Lord, your God brings you into the land He swore to your fathers, to Abraham, Isaac and Jacob, to give you – a land with large, flourishing cities you did not build, houses filled with all kinds of good things you did not provide, wells you did not dig, and vineyards and Olive groves you did not plant – then when you eat and are satisfied, be careful that you do not forget the Lord."

This is exactly what I am inheriting today. A society which was built by the earliest leaders Dr. C.E. Oommen and Dr. Tony Fernandes, nurtured by so many of the seniors who are sitting here today and a few of them who are not with us. We have in fact, enjoyed the fruits of their hard work, at the same time, contributed to its growth in our own humble ways. The vintage Presidential medallion, which was bestowed upon me today has literally overwhelmed me.

I started working in this society as a foot soldier, getting involved in the organisation of two conferences in my early days, the first at Calicut in 1992 as a junior Post Graduate student and later in 1996 at Angamaly as a fellow in General Ophthalmology. On both these occasions, I served as the errand boy, but got the opportunity to observe and learn from the stalwarts and giants.

Let me take you back to an incident which happened 24 years ago. This was sometime in October 1999, when two of us from Angamaly, Radharamanan and I drove down one evening to Kolenchery and met up with Dr. Sasikumar and Sai. We sat over a cup of tea and that day, we decided that we have to take a more active role in the affairs of the KSOS. We demanded to the then hierarchy that the youngsters need more recognition in KSOS. In the ensuing conference at Munnar, Sasikumar was elected as the Editor, KJO and Jayaprasad was elected as the Joint Secretary. Subsequently, the four of us, Sasikumar, Radharamanan, Sai and me were elected to the different offices in the society.

The last quarter of a century was a dream run for us, all of you accepted us, encouraged us and kept us very close to your hearts. Sometimes we fought elections and most of the time, we were elected unopposed. Three of those four young Turks have now completed their Presidency, and with the completion of my term, we move to an entirely new generation.

Almost a year ago, I told Dr. T.P. Das that I have been elected as the President of KSOS and the installation would be at Thrissur in November 2023. I said, I would be happy if he could come to Thrissur and bless me. Immediately, he marked the dates in his calendar and he has kept his word today. Thank you, Sir, and Savithri Ma'm from the bottom of my heart for this gesture. You have made my day. During the days which I spent with Dr. Das in L.V. Prasad, he kept reminding me that it is not just Ophthalmology that I learn from him, but its more important to be a good human being.

Tony Sir promised that he would be here today, I'm ever so grateful to you Sir, for making it, so also, Ittyerah Sir. I am also honored to be in the midst of my Post Graduate teachers, Bhat Sir, Raju Sir and Padmaja Ma'm and my undergraduate teachers, George Thomas Sir and Mahadevan Sir today. My Professor, Venugopal Sir has conveyed his blessings to me. I do miss Venkitachalam Sir and Saraswathy Ma'm, and I am sure, if Ma'm was here today, the moment we conclude this inaugural ceremony and go down, she would have been the first to come forward and greet me with a warm hug. My respects to both of them.

Little Flower has shaped me into what I am today. I have been there for the last 28 years and got the opportunity to work with Tony Sir, Eapen Sir, Ittyerah Sir, Mani Sir, Elizabeth Ma'm, Anthrayose Sir and the late Dr. Noel Moniz. Each one of them have imparted a lot of clinical and academic knowledge and administrative skills to me. My respects to Noel Sir. I have been constantly learning from my colleagues, fellows and Post Graduates. The Little Flower Hospital management and the Directors from time to time have entrusted me with a lot of responsibilities. My gratitude to each one of them.

I also thank my colleagues at Kochi Eye Care Center, Dr. Radhakrishnan and Sasikumar and Nethra Eye Care Centre, Dr. P.V. Thomas and Bastin for their support and encouragement.

I would also like to acknowledge my undergraduate teacher, Dr. K.P. Subramanian (the junior Subramanian Sir). K.P. Subramanian Sir worked at Trivandrum Medical college for a very short period and I did most of my Undergraduate posting with him. It was the inspiration that I got from him that made me choose Ophthalmology as my career.

I also thank my parents for being leading lights in my years of formation and my wife and children for supporting me throughout.

This is the 50th year of KSOS, and it is poetic justice that we earmark this year for the seniors in our fraternity. I declare this year as the 'year of the Senior Citizen'. I have quite a few

programmes in mind for the seniors. As a supplement to this, I am also in touch with the FBS AIOS team to open the membership of the scheme to the spouses of the Ophthalmologists also. As it stands now, a majority of our members are women. If the spouses are included as Primary members, it would give a financial security to our Ophthalmologists in the unfortunate event of the spouse's demise. I hope, good sense would prevail with the FBS team.

The outgoing President, Dr. Saikumar would be the convener of our Golden Jubilee programmes.

Ophthalmology has been progressing in leaps and bounds over the last 3 decades. Most of our investigations and procedures have now become technologically driven. Artificial intelligence is set to break in, in a big way in the coming years. While these developments happen on one side, as Ophthalmologists, we should be prudent to update our knowledge and utilise technology to our advantage, as well as to the patients' benefit, rather than be subservient to technology.

In the run up to this conference, we had an opportunity to meet with our honorable chief guest, Sri. Krishna Teja. In about an hour of interaction, he stressed the need of promoting educational activities, and urged me to take up education as a primary focus in our society this year.

Let me quote from the words of Prophet Mohammed – the messenger of Allah said, 'Whoever practices medicine, when he is not known for that, he is liable". The Prophet also says that there is no disease that Allah has created, except that he also has created its treatment.

In this Golden Jubilee year, we are launching a project of significant importance to our young members and Post Graduates. It is a fact that many of our young Surgeons go outside our state to hone their surgical skills. We, at KSOS strongly believe that this can be achieved in our home ground, and to this end, we have launched a training programme for Cataract surgery skill development in association with 'Helpmesee' and Amala Institute of Medical Sciences. This would be a simulator based programme. The simulators would be based at Amala Medical College, Thrissur and will be available as a one on one hand on training, imparted by qualified trainers from Helpmesee for a period of 3 months. This is one example of utilising technology for the betterment of patient care. I would urge all our young members and Post Graduates to take advantage of this unique opportunity. I also acknowledge the presence of Mr. Ugrasen Pathak from Helpmesee here today.

Dr. Merine Paul has kindly agreed to coordinate this project.

Eye Banking in our state has taken off in a big way, thanks to the efforts of the earlier leaders and the present generation of Cornea Specialists. But at least on certain occasions, there is a disconnect between donation and utilisation. Since there are many Eye Banks in our state today, and the Cornea Surgeons are also scattered across the state, information about the availability of the tissues might not be available to the transplant Surgeons at the right time. Tony Sir had pointed out this problem when I met him recently. The KSOS would start a registry, and a system to update regarding the availability of Corneal tissues from the various Eye Banks. The KSOS website would have a dynamic registry of tissue availability across the various Eye banks. I seek the cooperation of the Eye Banks in this regard. Once this works out, the KSOS website would be a 'go to' site for Cornea Surgeons not only from Kerala, but from across the country, for tissue availability.

In this Golden Jubilee year, as part of our Community initiative, we will do 1 lakh Cataract Surgeries free of cost across the state, for the less privileged among us. Childhood blindness is one area where we have to set our eyes and hearts on. A blind child brings despair to the family and the society. The way to go is identify blinding diseases at the school level and treat them. Quite a few Eye hospitals and institutes have robust school screening programmes. This year, the KSOS would make sure that all school children in the state are screened for blinding eye diseases and treatment initiated at the earliest.

The last one year has seen the dynamic Presidency of Dr. Saikumar. The benchmarks set by him are difficult to emulate. He has visited every District Ophthalmic Club and has connected with almost every member of the society. I promise you that I would make a humble attempt to carry on the good work done by Sai.

Persian mythology has a concept of 'Daulat' (administration) and 'Mellat' (people). It is there in every strata of the society, be it the Government, an organisation or an Educational Institution. In KSOS, I promise to bring the Daulat closer to the Mellat, if not break down the boundary walls between these two.

The KSOS has had various committees, the Internal Finance Audit Committee, the Administrative Audit Committee, the Vision Enhancement Committee, the Ethics committee and the Crisis management committee. While some of these committees have been doing an excellent job, some others have gone into hibernation. We plan to activate all these committees in the coming year. We have ensured the support of two Psychiatrists in the crisis management team to provide Psychological support to our members in times of need.

One of our esteemed members, Dr. K.V. Babu has been fighting as a 'One-man army', with his RTI queries and involvements and to upkeep the dignity of the profession. Babu deserves a big hand.

Something which has been disturbing us over the last few years is the attack on doctors and medical personnel. One of our young colleagues, Dr. Vandana Das has lost her life in one such attack. We, as a profession should stand united against this hooliganism. If the new act passed by the State Legislative Assembly is implemented in letter and spirit, it might go a long way in curbing this menace. However, we have to be vigilant and not let our guard down.

At least, once in a while, we come across reports about doctors getting into unethical practices. Fortunately, the number of Ophthalmologists getting involved is very miniscule. I appeal to all members of this Ophthalmic family to stay away from the lure of money and keep your hands clean.

As the Bhagwat Gita says, there is always a fight between 'Dharma' and 'Adharma' in this world, and when Adharma overweighs Dharma, I, the Lord Krishna would make my presence felt in this world, and I will do it again and again.

Let me conclude with this recital from the Gita,

"Yada yada hi Dharmasya
Glanir Bhavathi Bharatha
Abhyudhanam Adharmasya
Thadathmaanam Smrijamyaham.
Parithranaya Sadhunaam
Vinashaaya Cha Dushkrithaam
Sarva Sanstha Panaarthaya
Sambhavaami Yuge yuge..."

Jai Hind.

Jai KSOS

Dr Thomas Cherian

GENERAL SECRETARY'S MESSAGE



Dear friends,

After 2 years of being a secretary, it is now time to look back at the two years and see what had happened over the last two years.

When I took over covid was looming over the horizon and we had taken all precautions to take things forward with utmost care. Dr Arup Chakraborty as the President of the KSOS had given me immense insight into the proper working of a secretary. He had instructed me about a lot of good habits a secretary should be doing in his everyday activity.

We had convened meetings in room platform and took the social media route to connect with both public as well as our members.

Each district ophthalmic club was engaged with an online platform and even those clubs which were inactive were pushed to be active. All the 14 districts were given continuing education programs on various topics so that they become active even during this post covid times.

We engaged a vendor for boosting our social media presence for the public and spliced the videos of our interviews with the senior ophthalmologists and presented them to YouTube, Instagram and Facebook.

There was a lot of confusion regarding the conduct of AIOS in Kochi. Lot of discussions happened on zoom with respect to this and we wrestled out the 2023 slot for Kochi.

Apart from the usual executive committee meetings, we had regular meetings of an SOP manual revision committee and we could come out with version 3 of the SOP manual.

An administrative audit was also initiated to streamline the functioning of the office bearers.

The low vision clinics of KSOS gathered momentum with funding from KSOS. They were performing very well in the area of low vision management. .

A series of more than 50 core committee meetings were held for ensuring the smooth conduct of AIOS Kochi. The AIOC Kochi went on to be a memorable conference and the feather on top was when we received the best state society award in the nation during the AIOC Kochi.

KSOS is a fully vibrant body with academics, administration, reaching out to public and also a good social media presence.

I was fortunate to be able to work for KSOS and will cherish each and every moment that i had been as a secretary.

Now having doned the hat of an editor, scientific committee chairman and secretary, on a personal note, i will be the KSOS representative to AIOS for the next 2 years.

Hoping to see KSOS scaling new heights under the able leadership of the new office bearers.

Thanks a lot

Jai KSOS

Jai Hind

Dr Gopal S Pillai

TREASURER'S MESSAGE



The Financial activities after the last report published in the October Newsletter were mainly the hectic Drishti 2023 related activities. The Internal Audit for the period 1/4/2023 to 30/9/2023 was conducted on 8th October and the report submitted to the Secretary. The report finds the Income over Expenses of Drishti 2022-Calicut at Rs. 8,54, 316.

The two IAC reports along with the Annual Report of the Treasurer , Audited Financial Statement for the FY 2022-23 and Income Expense statement from 1/4/2023 to 30/9/2023 verified by the IAC have all been published in the Annual Report 2022-23 of KSOS and distributed to members electronically and as print copies.

It is hard to believe that 2 years as KSOS Treasurer have flown by so quickly. There was hectic financial activity all through out with monthly GST and TDS commitments, two Drishti and its accounts, four Internal Audits, 2 external audits etc. It has been a satisfying time for me and some of the major modifications done are as follows

1. Segregation and streamlining of the two major operative accounts of KSOS. South Indian Bank was made the main operative account of KSOS for the day to day transactions and Karnataka Bank retained as the account to receive Corpus fund from life memberships and maintain the award fund FDs. Payment gateway retained with Karnataka Bank
2. 10 Non-Award Fund FDs of 5 L were consolidated as 2 FDs in SIB for convenience and also two Flex FDs with Sweep in facility were started in SIB to avoid losing out on interest for the large sums that we would have to park for day to day expenses.
3. The ICICI payment gateway has been upgraded to a new plan so as to make the receipt of DRISHTI Registration amounts faster , more efficient and to incorporate UPI transactions.
4. Have begun the practice of holding the GST portion of the vendor bills till the same is updated by them in the GST website so as to avoid mismatch , gst notices and not getting the input tax credit due to us.

So it is time to bid adieu and I have the satisfaction of handing over a robust and well managed financial system . The new treasurer Dr Thomas George has already taken charge and we are in the process of hand over of the accounts. This is quite a tedious and time consuming activity as it involves changing all signatories in the 3 bank accounts , getting new login ids etc. But we are at it and hope to complete this in 1 month. All the best to the new treasurer and knowing him , he will raise the bar much higher.

I have enjoyed my tenure and would like to place on record my sincere thanks to the immediate past president Dr Arup Chakrabarti and President Dr Saikumar for their unstinted support and tons of encouragement. I also thank Gen Secretary Dr Gopal S Pillai and the other ECM members for their support and suggestions. I learned a lot from the Internal Auditors Dr Radhakrishnan, Dr P I Mohan, Dr Saju Joseph and Dr Jain Chimmen . Their diligence and thoroughness during the audit and valuable suggestions is largely responsible for the efficient way in which the KSOS accounts are maintained. I am forever indebted to them for this . Another person who was always ready with any help and advice was Dr Sasikumar and I place on record my sincere thanks to him also. Mr Dhiraj Tawari the part time accountant employed by KSOS deserves special mention and applause for the stupendous work he is doing . Lastly I thank all the KSOS members for giving me an opportunity to serve them

Thank you

Jai KSOS

Dr Biju John C

SCIENTIFIC COMMITTEE CHAIRMAN'S MESSAGE



Dear friends and respected seniors,

The scientific program of Drishti 2023, the 50th Annual Conference of Kerala Society of Ophthalmic Surgeons Drishti was arranged in the 6 Halls at LICC, Hyatt Regency, Thrissur on 24th, 25th and 26th of November 2023. We conducted ninety-three Instruction Courses/ Symposia in these Halls. We also had two hundred and thirty-one Free Paper/ Poster presentations. Seventeen Videos were also presented in the Dr Tony Fernandez Video Awards Session. Twenty of the free papers submitted by the post graduate students were selected for presentation in the Prof Dr KS Subramaniam PG Free Paper award session. All the other post graduate students who submitted papers for Prof Dr KS Subramaniam PG Free Paper award were given the opportunity to present their papers in the Noncompetitive PG Free paper sessions on 26th November . A few of the best teachers and the accomplished presenters in India mentored and guided the students in this session.

Drishti 2023 Award Winners

DR. K C Sankara Menon Award

Anterior segment OCT bio markers in recurrent corneal erosion syndrome(RCES)

Dr. Sugaranjini

COC-RETNET Posterior Segment Free Paper

Real world experience in treatment of eyes with CNVM switched to intravitreal Brolucizumab

Dr. Ashapurna Borgohain

DR. S Mohandas Award Session – Joint Winners

Cognition evaluation in Normal Tension Glaucoma using MOCA - M questionnaire

Dr. Devi Karthya

Comparative study of changes in PhNR and PERG in normal, suspect and established glaucoma. Dr. Bindu S Ajith

Padmabhushan Dr. P Siva Reddy Award Session

Outcomes of femto-assisted cairs and simultaneous corneal collagen crosslinking in keratoconus.

Dr. Nadhna Basheer

Dr. Noel Moniz Memorial Anterior Segment Free Paper Session

Joint Winners

A scan parameters and complications during cataract surgery in eyes with pseudo exfoliation syndrome Dr. Sruthi R

Comparing ocular thermography at different temperatures using iDEA (intelligent Dry Eye Analyzer) Dr. Neena Chris William

DR. KGR NAIR Free Paper Award

What determines the incidence of myopia in preterm infants with ROP - a four year study

Dr. Natasha Radhakrishnan

Prof Dr. KS Subramaniam PG Free Paper Award

IgG4-related ophthalmic disease – an observational case series from a tertiary eye centre in Kerala. Dr. Fidha Shirin PK

TACO Poster award

An unusual case of sarcoidosis of lacrimal sac

Neha Mariam George

Padmashri Dr Tony Fernandez Video Award

Novel 3D printing for surgical wet lab practice and innovative instrument design

Dr. John Davis Akkara

TACO Quiz for Post Graduate Students

Winners: Comtrust Eye Hospital, Kozhikode

Dr Vinny Joy, Dr Fidha Sherin

The scientific program of Drishti 2023 was enriched by talks by Fifty National Faculty

Dr Arup Chakrabarti delivered the prestigious Dr CE Oommen Memorial Oration. Dr BK Jain and Dr Mahipal Sachdeva delivered talks in the Heroes of Indian Ophthalmology session. Dr Tararaprasad Das was the guest of honor at the inaugural ceremony delivered a keynote address in the scientific session.

We reintroduced Ophthalmic Premier League in the KSOS Annual Conference after a gap of 10 years. Four teams representing the four Zones of Kerala - Travancore, Kochi, Thrissivaperoor and Malabar competed in the OP. We thank Dr Rajiv Sukumaran sir for helping me in successfully conducting the OPL. For the first time in any OPL conducted anywhere we had a very objective and transparent selection of Audience choice winners.

Judges Choice

Kerala OPL 2023 Champions – Team Travancore

Kerala OPL 2023 Runner Up – Team Malabar

Kerala OPL 2023 Individual Champion – Dr. Minu Mathen

Kerala OPL 2023 Individual Runner Up – Dr. Rakhi D'Cruz

Best Scientific Presentation Kerala OPL 2023 – Dr. Prakash V S

Most Entertaining Presentation Kerala OPL 2023 - Dr. Minu Mathen

Audience Choice

Kerala OPL 2023 Best Team - Team Malabar

Kerala OPL 2023 Runner Up – Team Kochi

Kerala OPL 2023 Best Individual Presentation - Dr. Minu Mathen

Kerala OPL 2023 Second Best Individual Presentation - Dr Sujith Nayanar

OPL was the most popular program in Drishti 2023. Three other real crowd pullers were General Quiz (Game of Thrones) , Teachers of Tomorrow and PG Quiz. Thank you. Dr Merine Paul, Dr Natasha and Dr Prashob for the exemplary conduct of these programs. A special thanks to Prashob for coming all the way from UK for conducting the Quiz for PGs.

Teachers of tomorrow

Best TOT Devi Karthya.

Best team: Chola Champions: Dr Rakhi D'Cruz (Mentor) Dr Parvathi J, Dr Devi Karthya, Dr Maria Mathew.

General Quiz Winners: Dr Remya Edachery, Dr Mahadevan, Dr Shwetha S, Dr Sharika D Menon. and Dr Vivek Oommen.

Out of the ninety three instruction Courses 18 were led by first time Chief Instructors and all of them did extremely well. First Time Chief Instructors at Annual Conference of KSOS

1. Dr Lakshmi VJ
2. Dr Soumya Narayanan
3 . Dr Remya Edachery
4.Dr Naveen S
5. Dr Anju Chandran V

6.Dr Indu B Narayanan
7. Dr Aysha P.A.P
8. Dr Sugaranjini G
9 Dr Saritha VK
10. Dr Swetha K
11.Dr Sindhu N M
12. Dr. Anitha Prabhakaran
13. Dr Rekha.P.S
14. Dr. Ashish Kuruvilla
15. Dr Arjun V
16. Dr Hema VK
17. Dr.Dalia.S
18. Manju Anup

The scientific committee is extremely grateful to Dr. Saikumar SJ for your whole hearted support and for your confidence that the scientific committee will do a meticulous job Thank you Dr Sai for giving us the full freedom to plan and conduct the scientific program of Drishti 2023.

Thank you

Jai KSOS

Dr Sreeni Edakhlon,
Dr Thomas George,
Dr Sujith Nayanar,
Dr Bastin VA

KJO EDITOR'S MESSAGE



Dear friends,

The final issue of KJO for 2023 has been published. The new editorial team takes over now with best wishes from the incumbent team.

KJO also conducted a very successful session at Drishti 2023 titled "Scientific Publishing: How to improve upon it!" The session was moderated by Dr Remya Raghavan who also spoke on "How to write an Original article". Dr Neena R spoke on "How to write a Case Report" while Dr Ashok Natraj gave ideas on "Thinking out of the box to publish". Dr John Davis Akkara delved on "The Impact of AI in Ophthalmology". Finally, I spoke on the Journey of a manuscript After it is Submitted."

Once again, requesting all the KSOS members to wholeheartedly support the activities of our own journal.

Warm regards,

Dr Smita Narayanan

WEBSITE EDITOR'S MESSAGE



Dear members,

The tenure of the team ended with Drishti 2023. The web site was going through lots of turbulence during my term. Now I should say it is with one of the best web vendor who is specialized in Ophthalmic web designing. From my side, I tried to do what is possible during this period. I will associate with Dr Sujith who is the new web editor in further building of our web site. He is a person with lots of creative ideas. Thanks to Dr Arup sir & Dr Sai the presidents during my time for giving full support. I also take this opportunity to thank all the executive members and the KSOS members for giving me an opportunity to be a part of the best ophthalmic association in the country. I wish the new president Dr Thomas Cherian and the office bearers all the very best.

Jai KSOS

Dr A. Rohan

Major decisions taken at the annual general body meeting held on Nov 25th 2023 at Hyatt Lulu Convention center, Thrissur

From President's Address

- Strengthening of Sub committees : Committees will meet once in 3 months either physically or virtually
- KSOS Manual and byelaws to be updated and printed for distribution to the ECM members-Dr Saikumar entrusted with this.
- President's projects announced were
- Website Portal for bringing Eye Donation and Eye banking services in Kerala under one umbrella.
- To do 1 lakh free cataract surgeries for the economically back ward classes
- All School Screening programs in the state to be brought under KSOS Umbrella
- One Senior citizen to be honoured by the organizers in CMEs conducted under the aegis of KSOS as part of the "Year of the Senior Citizen"
- Simulator based Surgical Training Program for residents and young ophthalmologists in association with "help me see" group and Amala Institute Of Medical Sciences Thrissur.

Matters arising out of GB 2022 minutes

- The requirement of 85% fund utilization of accumulated income now stands postponed to 2028 due to proper accounting of last year's expenses.
- Dr Saikumar to ensure that hard copy of KSOS manual is made available to the ECM Members
- KSOS can take up routing of funds mobilized by affiliated district clubs if needed , but in such cases the disbursal to the district clubs as "KSOS Support" will be 98% of the received funds.
- Scientific Committee Chairman will be allotted Rs 5 Lakhs per year for the scientific activities. The expenses to be met using this will include Conduct of the PG Gold Medal Exam, Examiners travel and accommodation, CME series book expenses and all Drishti related travel and accommodation of invited faculties.
- CME series to be continued as a soft copy and uploaded in the website.

DRISHTI 2022: Total Profit as confirmed by the IAC is Rs 8 ,54,316/- 25% of this amount will be distributed to the organizing clubs , once the LOC decide the split up ratio and inform KSOS.

DRISHTI 2023: A stupendous success. There were more than 1050 registrations as reported by Dr Bastin VA. Everything went smoothly.

DRISHTI 2024: Presentation made by Dr Alex Baby. Proposed dates 29th Nov 2024 to 1st Dec 2024. Proposed venue: Hotel Le Meridian, Ernakulam . IMOC will be the chief organizing club. There will not be any change in the registration fees from last time till the first cut off.

DRISHTI 2025: Goes to South zone by rotation. Bid by Kollam ophthalmic Club as the chief organising club . Accepted by GB. Dr Jayaprasad will be the Chief Organising Chairman and Dr Aneesh Madhavan the chief organising secretary.

Election 2023: Following were declared elected unopposed,

- VICE PRESIDENT : Dr Rajiv Sukumaran
- GENERAL SECRETARY : Dr. Biju John C
- TREASURER : Dr Thomas George T
- CHAIRMAN, SCIENTIFIC COMMITTEE : Dr.Bastin V A
- EDITOR, KJO: Dr.Lathika. V. K
- EDITOR, WEBSITE: Dr.Sujith Nayanar V
- JOINT SECRETARY: Dr.Sony George
- MEMBERS, SCIENTIFIC COMMITTEE: Dr Marian Pauly , Dr Merine Paul , Dr Rajesh OT

Following Members were elected from the floor as District Club Representatives

- Trivandrum : Dr Ambika Shetty
- Kollam : Dr Rakhi P D'cruz
- Pathanamthitta : Dr Sabitha S
- Alappuzha : Dr Dalia S
- Kottayam : Dr Shaji Ankan
- Idukki Malanadu : Dr Soman Mani
- Ernakulam: Dr Thomas Arun Varghese
- Thrissur : Dr Sudha V
- Palakkadu : Dr Rohan A
- Malappuram : Dr Sameera V V
- Kozhikkode : Dr Bindu S Ajith
- Kannur : Dr Ramesh Hariharan
- Kasaragod : Dr Sureshbabu P M

Dr Mahesh G the Vice President automatically becomes President Elect

Leadership Development Program of AIOS: Dr Remya Edachery and Dr Sameera VV were nominated to this program

Resolutions:

- Dr Sreeni Edakhlon's resolution for constituting and Academic Research Committe was not accepted
- Dr Charles Skariah's resolution regarding restriction of complimentary registrations for DRISHTI was partially accepted and the following decision taken with respect to complimentary registration of guest faculty . This will be restricted to 12 with free registration and accommodation. These 12 faculty will be used as judges and can be utilized for the various instruction courses. Each Instruction course will have a maximum of only 1 external faculty and chairman of the course will be a KSOS member in Kerala.

Other Decisions

- Lanyard of conference to have "DRISHTI" mentioned prominently
- Complimentary Bags to have Drishti logo and not the company logo on the outside
- New Members to be added to KSOS WhatsApp groups
- Suggestion of nominated persons in subcommittees to have a fixed term of not more than 2 years to be given due importance in selection of committees for the next year.

continued from page 1...



After completing MBBS ....

After MBBS, I joined Kozhikode Medical College as a provisional tutor and worked there for a year. During that period, I applied to join the Army and was selected. I was posted in Calcutta as a Captain, serving in an infantry unit as a Regimental Medical Officer (RMO). My contract was for 5 years, and I got married during this time. I continued in the Army for 3 years. Afterward, I applied to join the health services and was selected. My first posting was at Peruva PHC in Trivandrum, where I worked for 6 months. Then, I came to Ashramam ESI. While working there, I pursued a DO at Medical College Trivandrum.

Did you have any renowned ophthalmologists who studied with you?

Yes, Dr. NSD Raju was my senior. There were also others like Dr. Venu and Dr. Dhananjayan who studied alongside me.

Can you tell us about your career path after completing your Diploma in Ophthalmology?

Of course. After completing my DO, I requested a posting in the eye unit and was assigned to Thaliparamba Taluk Hospital in Kannur. Meanwhile, my wife was working at Kalliasseri PHC. After two years, I pursued an MS degree at MCH Trivandrum, completing it in 1983. I was then posted at Alappuzha District Hospital for 15 years, 10 years in mobile eye unit. During this time, we conducted eye camps and transported patients to PHCs for cataract surgery.

How long were cataract surgery patients usually admitted those days?

Patients undergoing cataract surgery were typically admitted for a duration of 5 days. At that time, we performed Extra-Capsular Cataract Extraction (ECCE) surgeries with continuous conjunctival sutures.My wife was working at W and C Hospital in Alappuzha during that period. While I was in Alappuzha, I had the opportunity to travel to London under the Colombo Plan, which provided training in community eye health through London University. I received a diploma in Community Eye Health (DECH) during this six-month program, which included doctors from other developing countries like Pakistan.

After your tenure in Alappuzha...

After 15 years in Alappuzha, I moved to District Hospital Kollam for two more years before retiring as an additional director of health services in January 2000. After retirement, I joined Shankar's Hospital in Kollam, where I worked for 10 years. I performed numerous cataract and squint surgeries during my time in District Hospital and Shankar's Hospital.

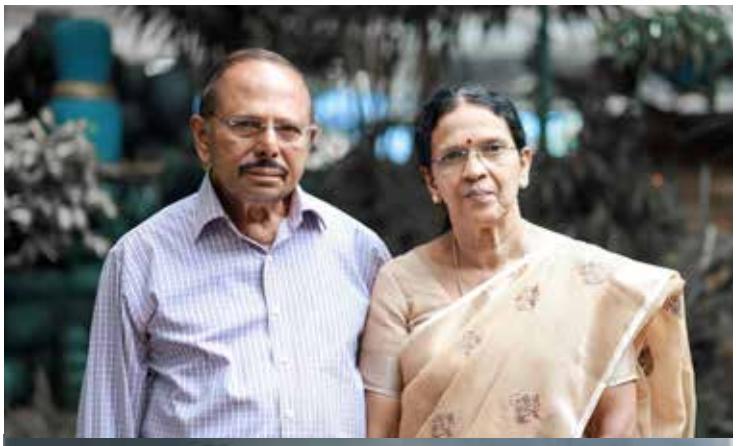
Currently...

Given the competition and the challenges of acquiring new equipment in the field, I decided to join Sam's Eye Clinic and now enjoy a quieter practice in my retirement.

Family....

I married Dr. C K Swarnamma in 1973. She specialized in obstetrics and gynecology and hails from a well-known

business family in Kollam. She retired as the superintendent of Victoria Hospital in Kollam and is currently working at Shankar's Hospital. We have been blessed with two children. Our son, Dr. Rakesh S Ramesh, is the HOD of Surgical Oncology at Saint John's Medical College in Bangalore. He is married to Dr. Sumitha C S, an anesthetist at the same hospital. They have two daughters. Our daughter, Rakhi S Ramesh, is an engineer working in San Francisco, and her husband, also an engineer, works in San Francisco. They have a son who recently completed 12th grade and got admission to college. We have visited America two to three times. However, nowadays, they visit us more frequently.





Honors or awards during your career?

I received the Best Mobile Unit Award during my time in Alappuzha for performing the maximum number of cataract surgeries from Minister. I also received the Best Club Award for Kollam Ophthalmic Association from KSOS in 2018-19 at Thrissur when I was the KOA President. That time so many activities were there like conducting eye camps, PG programs, CME for para medicals

Any key post in any Association or clubs?

"During the years 2008 to 2009, I had the honor of serving as the Treasurer of the IMA (Indian Medical Association) in Kollam. From 2000 to 2011, I dedicated 11 years to my role as the President of the KOA (Kollam Ophthalmic Association). Additionally, I had the privilege of being re-elected as the

























President of KOA for three more years, from 2018 to 2020.Currently, I hold the position of President in the Anepil Kudumba Samiti, as well as the President of the TD Nagar Residence Association. I also serve as the Vice President of the SNDP Shakha and as the Secretary for the Retired Doctors Association at the District Hospital in Kollam."

Hobbies?

I enjoy growing fish and gardening. Additionally, I like watching cricket, staying updated on WhatsApp, chatting with friends, and sending messages. Morning and evening video calls with my children are also a regular part of my routine.

Any interesting events from your time in the military?

During the Bangladesh war, I went to Chittagong as India had withdrawn from the conflict. I accompanied foreign military officers who came to see our establishment. It was a fascinating experience. I also visited Nathula, one of the highest points in the Himalayas, and had the opportunity to visit the Himalayan Mountaineering Institute, where I met Tenzing Norgay. It was truly unforgettable. Medical officers in the military had significant responsibilities, including leave sanctioning authority.

Any message you'd like to share with younger members of the profession?

I encourage young ophthalmologists to maintain their strength and unity. They are doing remarkable work with full energy. This unity should be sustained, and they should continue to excel in their field.












ASHTAMUDI OPHTHALMICA 2019
20 October 2019




BEAT INVISIBLE
GLAUCOMA





REPORT OF DISTRICT CLUBS

TRIVANDRUM OPHTHALMIC CLUB (TOC)

TOC report OCT , NOV , DEC 2023

Monthly CME meeting , (NOV)



The monthly meeting was held on 8 th Nov at Chaitanya Eye hospital , Trivandrum . A renowned speaker and HOD of Orbit and Oculoplasty at Aravind Eye hospital , Madurai , Dr Usha Kim spoke on the various clinical situations and management aspects in Oculoplasty. Dr Aparna KS , consultant in Oculoplasty at Chaitanya Eye hospital engaged the audience with a talk on lid diseases . Dr Arya was felicitated for winning the KSOS PG gold medal . Dr Arya is currently pursuing her post graduation at SMCSI medical college , Karakonam .



TOC report OCT , NOV, DEC 2023

Monthly CME meeting (DEC)



The meeting was held at Regional Institute of Ophthalmology, Trivandrum on 8 th December . Dr Thomas George , senior consultant at Chaitanya Eye hospital spoke on Triple drug fixed dose combination in Glaucoma . The talk highlighted the benefits and risks of combination therapy .
Dr Thomas George , Dr Biju John (Professor at Paripally medical college) and Dr Kiran Gopalakrishnan (senior consultant at Precise eye hospital) through their talks on Personal Finance were able to bring an awareness regarding the finer aspects of financial planning and investment. Winners of the various events held at the KSOS annual meeting Drishti 2023 such as Teachers of tomorrow, Quiz and Ophthalmic Premier League were felicitated. The TOC skit for KSOS , Drishti 2024 which was directed by Dr Biju John was played . It was much appreciated by the members .





KOLLAM OPHTHALMIC ASSOCIATION

October

12.10.2023 : World Sight Day - Dr Shiney Nepolean KOA secretary gave an awareness talk at Matha Medical Centre and conducted a camp in association with KOA.





12.10.2023: District Hospital Kollam conducted world sight day camp on 12.10.2023 at PHC Kulakkada. It was inaugurated by K Harsha Kumar block Panchayat president Vettikkavala. The meeting was presided by Saji kadukala, president kulakkada. Welcome speech was given by Dr. Shobha. Dr Suprabha head of the ophthalmology department District Hospital Kollam gave world sight day message. District hospital conducted quiz and poster making. Prize distribution was done by Dr. Sajan Mathews district program officer, National blindness control society Kollam. District hospital also conducted awareness program which was given by Dr Bindumol and Dr. Suprabha lead the eye camp.

15.10.2023: KOA conducted our annual CME Ashtamudi Ophthalmica 2023 which was named as AO film festival. The concept was different which was suggested by Dr. Rajiv Sukumaran. First two sessions were video presentations. At 8:30 a.m. registration started. 9:00 a.m Film festival part 1 started. Chair person was Dr. K Mahadevan, moderator was Dr. Ajith Varghese. In the first session there were 8 videos. The participants were Dr Biju John, Dr Anil Radhakrishnan, Dr Sanitha Sathyan, Dr Marian Pauly, Dr Meena CK, Dr Minu Mathan, Dr Biju Raju and Dr Shishir Varghese. Mementos were given to the speakers by Dr Mohini Alex.

Film festival part 2 started at 10:00 a.m. chairperson was Dr Susheela B Nair. Moderator was Dr Edwin James. The participants were Dr Vinay is Pillai, Dr Jophy Philip, Dr Mahesh G, Dr Gopal S Pillai, Dr Thomas George, Dr Unnikrishnan Nair and Dr Anubhav Goyal. Mementos were presented to the speakers by Dr Leila Mohan.



After the video session inaugural function started at 11:00 a.m. Inauguration started by a prayer song by Miss Sharanya. Dr P Ramesan organising chairman gave a warm welcome to all. After the welcome speech Dr Mini Jayachandran KOA president gave the presidential address. In that madam mentioned about KOA activities. After the presidential address the CME was inaugurated by KSOS vice

president Dr Mahesh G by lighting the lamp. After that Dr Mahesh G gave the inaugural address. In that he appreciated KOA activities and expressed his gratitude for the for the invitation. After the inaugural address Dr S Mohandas Memorial oration award was presented to Dr PS Girija Devi by KOA president of the Dr Mini Jayachandran. Madam was adorned with ponnada. After that Dr Mahesh G presented life time achievement awards to Dr Uma Mohandas, Dr Mathew Joseph and Dr S Venugopal. They were also adorned with ponnada. The honourees expressed their gratitude for the award.





KOA secretary Dr Shiny Nepolean gave felicitation. Vote of thanks was given by Dr Anjana Nair S organising secretary.

After the inaugural session oration started. In that madam enlightened us by her knowledge and experiences which opened our heart and mind. Oration session was chaired by Dr Rajiv Sukumar and moderator was Dr Divya Kishan.A memento was presented to Dr Girija Devi by Dr Uma Mohandas.

Next session was teachers of tomorrow. The coordinator was Dr Rakhi P D'Cruz. Three teams participated in the session. Team 1 Jana Shatabdi. Mentor was Dr Remya Srikanth. Mentees Dr Maria Mathew, Dr Retty Ann Thomas, Dr Sibiliya Karupam Veetil Chalil. Team 2 Venad Express- Mentor Dr Divya Alex. Mentees- Dr Nisha V ,Dr Alisha P Shaju, Dr Devi Sundaram. Team 3- Vande Bharat mentor Dr Awungshi. Mentees Dr Gopika Gopakumar, Dr Ann Philip, Dr Staryl Davis. All teams participated well with more confidence and energy. Judges Dr Leila Mohan, Dr Mahesh G, Dr Meena C K. Best teacher Dr Aleesha P Shaju. Second best teacher Dr Sibiliya Karupam Veetil Chalil. Third best teacher Dr Staryl Davis. Best mentor Dr Awungshi .Best team Vande Bharath. Mementos were given by Dr S Venugopal.

Best video prize went to Dr Anil Radhakrishnan and was given by Dr Jayaprasad B. The CME was a great success. Around 140 delegates participated. Venue was at Dforte Ayurveda Thangassery. The CME was compered by Dr Arya and Dr Vrindha.

November

World Diabetic Day 18.11.2023. KOA conducted diabetic retinopathy screening Camp at Kundara hospital. Dr Shiney Nepolean secretary KOA lead the camp. Around 75 patients attended the camp and screened for diabetic retinopathy. 8 patients were diagnosed to have diabetic retinopathy and was given appropriate guidance and treatment. Dr Arya, physician gave awareness talk on diabetes. Spectacles were given to few patients.



KOA in Drishti 2023 – Drishti 2023 was conducted at Thrissur. KOA bagged best Nonmetro club award. Dr Shiney Nepolean secretary KOA and Dr Mini Jayachandran KOA president received the award from KSOS president Dr S J Sai Kumar. KOA members actively participated in Drishti. Dr Jaya Prasad B, Dr Anish Madhavan, Dr Rajiv Sukumaran, Dr Rakhi P D'cruz, Dr Soumya P P, Dr Smita Narayanan participated in the scientific session. Dr Rakhi P D'cruz was one among the winner team of OPL. She won the best entertainer award.In teachers of tomorrow the team Chola headed by Dr Rakhi P D'cruz was selected as the best team and she was selected as the best mentor. KOA members well participated in cultural events. Dr Mini Jayachandran was the Cultural Event coordinator and also participated in musical events. Dr Rakhi P D'cruz and Dr Soumya P P performed dance. KOA bid for Drishti 2025. Dr Shiney Nepolean secretary KOA gave a briefing about the venue and Dr Rajiv Sukumaran presented a short video.



Individual Achievements

Dr Neesa got Kamala Suraiyya award. Dr Rakhi P D'cruz got young ophthalmology award during the annual conference of women ophthalmologists conference at Varanasi.

Membership Drive

One new member joined KOA. Dr Rithu







ALAPPUZHA OPHTHALMIC SOCIETY

AOC members participated as faculty and delegates for Drishti 2023. A VAST session on ' Must have Tool Kit for general ophthalmologists ' assigned to Alappuzha was well attended and appreciated by the participants.

New Year celebration held at Ophthalmology department Government. TDMC, Alappuzha had all its vigor and happiness. Monthly meetings are being planned for next month.









COCHIN OPHTHALMIC CLUB (COC)

OCTOBER 2023

1. COC MONTHLY MEETING

Monthly meeting of COC was held on 18th oct at Hotel Olive DownTown. The new coc executive committee was elected for the term 2023-2025. Introduction of a new combination AGM (trisopt) was done by Dr S J Saikumar.

Case presentations by PGs and live discussions followed. The meeting was attended by 104 members.



2. MYOPIA CONCLAVE BY GIRIDHAR EYE INSTITUTE.

The annual of Giridhar eye Institute was conducted on Oct 1st.

The CME covered all aspects of Myopia and had eminent faculty talks also.



3. Awards

Dr Anil Radhakrishnan receiving award from Dr Jayaprasad for Best video in AO Ashtamudi Ophthalmica film festival conducted by KOA





NOVEMBER 2023

Monthly Meeting (Nov 7th)

The monthly meeting of COC was held on Nov 7th at IMA House. The meeting was called to order by the President Dr S. Sasikumar. Secretary Dr Thomas Arun Varghese gave a brief report of activities of 2021-23. Treasurer Dr Sujithra H presented the treasurer's report. President Dr S Sasikumar gave his farewell address and installed the new President (Dr Anil B Das. Incoming President Dr Anil B Das addressed the gathering and Dr TA Alexander inaugurated the activities of COC 2023-25. Incoming Secretary Dr Ciju Joseph presented the new team of Office bearers. After other organisational matters, there was an Investor Awareness Program by Nippon India Mutual Fund in association with Thirukochi Financial Services.

The Cochin Ophthalmic Club Outgoing Executive Team and Incoming Executive Team after the Handing Over meeting.

Myopia Awareness Talk and Walk (Nov 18th)

Giridhar Eye Institute conducted the Myopia Awareness Walk 2023 and Myopia Awareness Talk on Nov 18th under the aegis of Cochin Ophthalmic Club and KSOS.

Dr Neena (COC Scientific Committee Chairman) was in charge of the event and COC executive and members actively participated in the programs.







Vision Screening (Nov 20-23rd)

Vision Screening for primary school students of Kendriya Vidya laya, Kadavanthara, Bhavan's Vidya Mandir,Kadavanthara and Global Public School,Kochi by Giridhar Eye Institute as a part of the National Myopia Week

IMA Thanima 2023 (Nov 26)

Cochin Ophthalmic Club had a good representation at IMA Thanima with dances and songs.

COC members Dr. Suchitra and Dr. Abby at Thanima, Cochin IMA flagship program.

Drishti 2023 (Nov 24-27)

Cochin Ophthalmic Club members actively participated in KSOS Drishti 2023 held at Thrissur with several faculty talks, papers, posters, videos, OPL, songs, dances, skit and more.

Cochin Ophthalmic Club won the following awards at Drishti 2023.

> COC won the Best Ophthalmic Club(metro) award.

> OPL audience choice runner-up - Cochin Avengers team (Dr Elizabeth Joseph, Dr Natasha Radhakrishnan, Dr Marian Pauly and Dr Gopal S Pillai)

Dr KC Sankara Menon Gold Medal Award

> Dr Sugaranjini

COC Retnet Posterior Segment Free Paper

> Dr Ashapurna Borgohain

Dr KGR Nair Memorial Free Paper Award

> Dr Natasha Radhakrishnan

Dr Noel Moniz Anterior segment Free Paper Award (joint winners)

> Dr Sruthi R

> Dr Neena Chris Willliam

Padmashree Dr Tony Fernandez Video Award

> Dr John Davis Akkara

Camps conducted	No of camps	No of patients screened	No of cataract surgeries
Giridhar eye Institute	13	2525	115
Amrita Institute of Medical Sciences	4	954	60
Dr Tony Fernandez Eye Hospital	4	610	74



Cochin Ophthalmic Club
Outgoing & Incoming Executive Teams





DECEMBER 2023



VRSI 2023 at Trivandrum (Dec 1st to 3rd)

Cochin Ophthalmic Club had a large representation at the annual conference of the VitreoRetina Society of India held at Trivandrum.

> Dr Giridhar Anantharaman was awarded the Dr Patnaik Oration Award

> Dr Anju Kuriakose won award for Best Video on Diabetic Retinopathy Awareness

> Dr Mahesh was elected as the Joint Secretary of VRSI





Keracon conference 2023 at Chandigarh (Dec 8th, 9th, 10th)

Cochin Ophthalmic Club had a good representation at Keracon 2023.





INOS conference 2023 at Hyderabad (Dec 9th, 10th)

Cochin Ophthalmic Club had a good representation at INOS 2023.

Dr Neena R was awarded the second prize for case presentation.

COC Monthly Meeting (Dec 12th)

The December monthly meeting of COC, the annual Christmas meeting was held on Dec 12th at IMA House. The meeting was called to order by the President Dr Anil B Das. Secretary Dr Ciju Joseph gave a brief report of activities of previous month. Dr Giridhar spoke about and remembered his time with Dr SS Badrinath who had passed away recently. Dr Thomas Kuriakose and Dr Alexander spoke about and fondly remembered their time with Dr Ravi Thomas who too had passed away recently. After other organisational matters, nomination of posts for Drishti 2024 was done. There were a few non-medical sponsors stalls this time - Body Tree Naturals, Breakthrough Engineering and Equitas Bank. Dr Giridhar was honored for being the recipient of the Patnaik Oration award at 2023, Dr Mahesh was honored for being elected to VRSI executive. OPL team.

This was followed by the scientific session chaired by Dr Neena R which consisted of award winning presentations from Drishti 2023 and VRSI 2023

1) Dr Sugaranjini - ASOCT biomarkers in RCES

2) Dr Ashapurna Borgohain - Real world experience in treatment of eyes with CNVM switched to intravitreal Brolucizumab

3) Dr Sruthi R - A scan parameters and complications during cataract surgery in eyes with pseudoexfoliation syndrome

4) Dr Neena Chris William - Comparing

Ocular Thermography at different temperatures using iDEA

5) Dr Natasha Radhakrishnan - What determines the incidence of myopia in preterm infants with ROP - a 4 year study

6) Dr John Davis Akkara - Novel 3D printing for surgical wetlab practice and innovative instrument design

7) Dr Anju Kuriakose - What will you miss ? Diabetic Retinopathy awareness video through VR

This was followed by Christmas program - Santa, carols, songs, dance and a quiz. The meeting concluded with dinner and fellowship.







Camps Conducted	No of camps	No of patients screened	No of cataract surgeries
Giridhar eye Institute	6	829	65
Amrita Institute of Medical Sciences	5	1344	81
Dr Tony Fernandez Eye Hospital	2	317	53

TACO

OCTOBER 2023

TACO monthly meet was conducted at casino hotels thrissur on 29-10-2023 sunday. Dr. Shaji Hussain (Abate Eye Hospital Perinthalmana) talked on on topic "basic evaluvation in refractive surgery".

















OCTOBER CAMP REPORTS

HOSPITAL	PLACE	DATE	NO.OF PATIENTS	SURGERIES	GLASSES PRESCRIBED
I VISION	POGANAMKKAD	OCT 1	83	13	29
I VISION	PAZHUVIL	OCT 5	122	18	27
I VISION	MADAVAKKARA	OCT 15	97	17	23
I VISION	KARUVANNUR	OCT 22	149	18	51
JUBILEE MC	PALLIKUNNU	OCT 8	196	-	-
JUBILEE MC	PULLAMKANDAM	OCT 10	106	-	-
AMALA MC	PUDUKKAD	OCT 15	176	-	-
AMALA MC	PERINJANAM	OCT 21	61	-	-
ARYA	VYASA COLLEGE	-	230	9	-
ARYA	VALLUR	-	92	25	-
ARYA	NORTH STAND	-	929	87	-
ARYA	MINALOOR	-	36	7	-
ARYA	MAROTTICHAL	-	30	5	-
ARYA	KV COLLEGE	-	66	16	-
ARYA	CHITTISERRY	-	100	14	-
ARYA	THIROOR	-	123	23	-

WORLD SIGHT DAY ACTIVITIES













Kozhikode Ophthalmic Society (KOS)

October-December 2023

Our monthly meet for October featured a very interesting talk by Dr. V. A. Jaison on his experiences with the Centurion Phacomachine with active sentry. He elaborated on both the theoretical and practical aspects with using this machine. World eyesight day was observed by all hospitals and one highlight was Dr. Sharmila's TV talk on the importance of taking care of the eyes.











November was Drishti month and our members excelled. Dr. Bindu Ajith won the prestigious Dr. Mohandas award, Dr Fidha Shirin and Dr Vinny from Comtrust won the first prize in the PG Quiz competition, Malabar team made up of four of our members won Dr. Prakash the best Scientific presentation, Dr. Sujith was the runner-up for the most entertaining presentation and the team were judged Champions by the audience and runners-up by the judges. Apart from this very many of our members conducted very effective instruction courses and presented well appreciated papers at Drishti 2023.



Team Malabar @ Drisht





Dr. Athul Puthalath won the Young Researcher Award from the Society of Young Biomedical Scientists under the Innovations and Patents category at the 4th National Biomedical Research Competition held at ESIC Medical College, Alwar, Rajasthan in December. In addition, he also bagged the 'Seva Foundation 2023- Call for ideas' project grant

Dr Fidha Shirin & Dr Vinny Joy

Ophthalmic Society of Kannur (OSK)

October – December 2023

Monthly meeting for the month of December was conducted on 15th December at Hotel Benale. President welcomed the gathering and Secretary presented minutes of the previous meeting. Dr Vinay Pillai was the guest speaker. He presented a case based approach to Visual Rehabilitation in Ocular Surface Disorders...The presentation on a not so common topic was well appreciated. Dr. Sreeni presented a memento to Dr. Vinay. A short discussion regarding the family meeting in January was carried out and the meeting was adjourned for dinner.





GLIMPSES OF DRISHTI 2023
























Dr.J Muthiah


























Beats of Thrissur









ISHTI
Celebration

00:18




DRISHTI



DRISHTI






DRISHTI


DRISHTI














I-DEW DS
Aquagel




KINGFISHER




DRISHTI





THE KSOS connect

The official Newsletter of Kerala Society of Ophthalmic Surgeons