THE KSOS connect

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THE ADORABLE, AFFABLE, 'MAHA OPHTHALMOLOGY DEVAN' OF ANANTHAPURI

Interview By Dr Biju John C, Additional Professor, RIO Trivandrum

"Sir your role is as Narada Maharshi." I said through the phone with lot of trepidations. It didn't seem fair to the sexagenarian professor and one of my most favourite teachers who was at the other end. Covid 19 was raging and this was for the KSOS Onam program. There will be some risk involved to him during the shooting.

"Oh yes, that is a role well suited for me" came the reply from the other end accompanied by his characteristic laughter and voice brimming with child like enthusiasm as usual.

"OK .Sir that is great. Will inform you regarding the schedule and other details soon". I replied and returned to finishing the script having roped in my prize catch. I will have to get the Narada costumes from the local costume shop at least 3 days prior to the date of shoot so that they will be sufficiently quarantined and safe for my former professor and unit chief.

Eight hours later, in the evening I get a picture in my what sap of my dear professor all dressed up in Narada costume, complete with jada ,veena ,rudraksha etc. Before I got a chance to shut my mouth which had hung open due to the surprise comes his phone call " Aaa Biju, I am ready .Didnt you see the picture, I sent you?. So shall I come to your house for the shoot?". I was speechless for some time. Here I am yet to finish the script and the prospective Narada is all dressed up and raring to go. And when I told him about the situation, the reply from the other end accompanied with a laugh was. " Ha Ha .No problem . Will keep the costumes with me. Cost only pea nuts. You inform me when ready". No disappointment! No displeasure! Not even a microscopic tinge of irritation!

Well this, dear friends is Prof Dr K Mahadevan, affectionately called KM sir . This is the child like enthusiasm and positive attitude that he exhibits in whatever he is doing whether it is teaching, Operating, travelling, acting or even simply fooling around. So the question that arose to my mind when faced with the prospect of interviewing KM sir for KSOS newsletter was the one immortalized in the opening song of the classic movie "Sound of Music". "How do you catch a cloud and pin it down?" .

Yes it is impossible to do justice to Mahadevan sir's innumerable qualities and multiple facets like being an extremely gifted surgeon, a brilliant academician, a much loved teacher, an accomplished innovator, efficient organizer, overzealous actor, a great team man and above all a down to earth , nice gentle man with a heart of gold and loved by all. But I have to try. And if I don't do it reasonably well there is a chance of being badly mauled by the ever burgeoning "All Kerala KM Sir fan's association".

The interview was conducted over Zoom and WhatsApp. It went like this.

1. Sir Let us start with your childhood and education?

I was born on 7th April 1956 at Thycaud Govt. Hospital, 2kms from my Home in Vazhuthacaud and raised in the charming city of Trivandrum, entwined with the beauty of stately palms, Shangumugham beach, the enchanting Kanakakunnu and Zoo grounds, and bestowed with the blessings of Sri Ananthapadmanabha.

I studied in Govt Model School and then Govt. Arts College for pre degree. We were tutored by teachers who deserved to be described as well meaning Gurus.

This was supplemented by academic coaching and moulding of character at home by my father and grandfather. My father, a bright student of



Dr Biju John interviewing Dr K Mahadevan over Zoom

Continued on page 4...

Presidents message



Dear KSOS members,

We have the update to be ecstatic that AIOC 2023 is allotted to KSOS and it will come alive at Lulu Bolgatty convention Centre, Kochi. You all are aware about the combat we resorted to in cornering the biggest ophthalmological event of the world. The about to be missed allotment was made to be ours by the united efforts of members of KSOS who repeatedly attended all the 5 General body meetings. At the arrow head was Dr Sreeni, Dr Gopal, Dr Radha Ramanan, Dr Thomas Cherian and many vocal presentations at Managing Committee meetings and added chat messages at GBM. We could explain the real situation to AIOS members and majority joined with our campaign for Kerala. The venue inspection committee was highly impressed with the conference venue and surrounding panorama. And we have formed a Local Organising Committee for AIOC 2023 at the special Executive Committee Meeting on 19th June 2021.

KSOS activities are in progress shouldered by district ophthalmic clubs. CMEs, Club Meetings, Enlightening evening talks are making their presence nonstop at net space, the only resort at fearsome Covid second wave period. Special mention has to be chronicled on excellent activities of COC, TACO and KOS.

We observed Glaucoma Week from 7th March to 13th March 2021. KSOS office bearers posted awareness talks on daily basis and district clubs too conducted physical and virtual awareness campaign successfully. After prolonged waiting and deliberations at webinar about the prevailing hostile situation to hold a conference in the near future, KSOS has to sadly cancel a physical Drishti in lieu to a Virtual Drishti at Thiruvananthapuram.

The first literary magazine of KSOS 'Spandanam' edited by Dr Lathika and her group of artists has been released on 14th April 2021 by eminent writer E. Santhoshkumar. In the release talk he wondered about the spectrum of topics the artists and authors have contributed. He had confirmed his intuition that ophthalmologists while looking into the eyes of patients could glimpse the mind too through the eyes.

Another issue I want to highlight is the desperate situation we all are facing since the onset of pandemic and subsequent lockdown and restrictions. Hospitals are not having patient footfall as in pre covid times and is in a bad shape financially. On the other side doctors can't make both ends meet braving rent, EMIs and routine expenses from cut down salaries. Where do they go except their parent institutions? KSOS has employees and employers as our members. The employee members need a compassionate dealing from employer members to tide over the crisis as loan or repay the deficit when situation improve later. These are all broad outlines which we all can sit together and discuss. For that and any other grievances our members face, KSOS has started a new committee 'Member's Support Group'. We are working out details of it and the team will be active shortly.

KSOS observed Doctor's Day honouring its beloved members at district clubs.

Dr Babu Krishnakumar

Secretarys message



Dear friends,

Second wave of Covid has affected all of us who were recovering from last year's losses. This time it was more severe, but we are getting over it fast. KSOS has to make Drishti 2021 also in virtual format. Local organising committee along with Drishti central committee is already on the track together. We are planning to make it bigger than last year. Scientific committee already has collected free papers and instruction courses from members. Drishti 2021 registration also started on July first.

Our new website will be launched soon with many new features. Our members actively participated in the virtual AIOC in June. In fact KSOS has guided AIOS in many programs like conduct of annual conference. Together we bid for aioc 2023 with Cochin as venue. It was a successful team effort by our members. Finally it was allotted to KSOS. New local organising committee was formed by KSOS executive committee. The work has started. I request every member to actively participate and make this event truly memorable. Also KSOS is forming a member support group, a new initiative to support our members. KSOS ethics committee is also active. We had a large number of webinars conducted by our district clubs and members including digital workshops. This pandemic has opened new opportunities. Let's make this year more lively through our activities.

All members stay safe

Jai KSOS

Mahesh G

Treasurer's Report



I feel privileged to share the activities took place during the period from April 2021 to June 2021. We have started preparation of checkpoints and detailed plan for coordinating with sponsors for matters related to invoicing , TDS related compliances, covering matters related to receipts for Drishti 2021. The books of account for FY 2020-21 are completed and ready for Income tax audit. Hopefully , we shall complete the audit under Income tax well before the due date this year. We have maintained no delay in replying to statutory compliances relating to filing of Income tax appeal for previous assessment years and GST compliances in relation to refund. We are also happy to inform that all the applicable GST and TDS returns till date are successfully filed.

Dr Bastin V A

KJO Editor's Report



KJO Editor's Report

The Editorial and Publication works are going smoothly and on time. Good number of articles is now being received. Especially heartening to see many KSOS members now submitting to KJO and most are being accepted after peer review. The delivery issues we had been facing due to courier delays are being sorted out. From next issue onwards we will also hopefully be able to publish articles with video links as supplementary materials, which can be viewed online.

The Kerala Journal of Ophthalmology in collaboration with KSOS Scientific Committee, is organizing a workshop on 'Clinical Practice Guidelines' on 25 th July. Please encourage us by enrolling in large numbers.

Dr Sudha V
Editor, KJO

Scientific Committee



Dear colleagues,

We have kick started the KSOS Drishti 2021, the annual conference, process. Like last year, it has been decided to hold it as a Virtual conference due to the pandemic situation. Registration has started. Please visit www.ksosdrishti.in to register. Complimentary registration will be provided for senior members above 70 year of age and KSOS Past Presidents above 60 years.

We invited both Instruction courses and free papers for this conference. About 50 instruction courses and 200 free papers were received.

We are planning to bring out a CME Series book on Group Practice. Preconference courses will be conducted for Para-medicals and Optometrists.

Scientific committee time line 2021		
1	Call for submission of Instruction Courses	1-Apr-2021
4	Last date for submission of Instruction Courses	30-Apr-2021
5	Call for Free paper / Video	1-Jun-2021
6	Last date for submission of Abstract for FP / Video	30-Jun-2021
7	Edited Video/ Poster PDF submission by	31-Aug-2021
8	IC acceptance communication by Email/WA	15-Jul-2021
9	FP/Video acceptance communication - By email	31-Jul-2021
10	Last date to submit full text of Free Papers	31-Aug-2021
11	Last date to submit IC recordings	15-Oct-2021
12	CME Series book	20-Nov-2021

Jai KSOS, Jai Hind.
Dr Rajiv Sukumaran, Chairman, Scientific Committee

Website Report



Dear friends,

The abstract submission is closed and the whole process went smoothly except for few hitches which we could address promptly with the help of our software person. The membership also picked up in the last month as many post graduates were joining Ksos for their paper presentations. Now we are in the process of migrating to the new website and software so we have closed the membership registration. We hope to be up and running our website by the time this newsletter reaches you. Meanwhile the conference registration has started in our ksosdrishti website. This year in continuation with the excellent virtual conference we had last year, we are sure to be in for a treat this year and the scientific committee chairman and the local organising committee are leaving no stone unturned to make this year's conference a huge success. So I request every one to register for the conference.

Thank you and stay safe

Dr Jain Chimmen
Website editor



With RIO Colleagues 1988

Engineering was Executive Engineer KSEB and Grand father had retired as head master of Govt Adoor HighSchool, teacher of Social Studies and English .

2. Why did you decide to become a Doctor?

[He thought for quite some time and out came a lot of childhood memories and images, though not in the chronological order. But it transformed into a wonderful small story of its own in my mind.

There was the young Mahadevan sir as a school boy, looking with eyes full of awe and worship at some of his doctor relatives dressed in their majestic white coats and with the stethoscope hung around their necks waiting at the bus stop. This worship grew exponentially during his pre degree days , when he had a chance to watch the men in white coats trying to heal his own father who was very sick at that time. He saw the team under the leadership of Dr Mathew Roy working their magic on the patients including his father, saving lives and could see how important they are to the society. So when he got good marks enough to qualify for getting admission to MBBS, he had no hesitation. Also there was the final subtle push from his ailing father who wanted to see his son as a doctor. Though the loss of his father immediately after his house surgency was shattering for sir , the fact that the father could see the son as a full fledged doctor before the final farewell was quite emotionally satisfying to the son.]

I launched into my next question



Dr K Mahadevan after installation as President KSOS.



Dr K Mahadevan being installed as President KSOS in DRISHTI 2015

3. Why did you choose Ophthalmology for post graduation?

I had always aspired to be a teacher like a few inspiring relatives in the Medical College. The idea of a doctor and a teacher in one was uncompromisable.

The grandeur emanating from the towering professors in non clinical to clinical departments as I traversed through the Five & a Half years of this gruelling course of study was awesome and sculpted out of me the doctor that I am now.

That indomitable spirit of Prof.Subramaniam cast an irrevocable interest in Ophthalmology as the choice of my ultimate avocation. This actually led to me taking up 1 year Ophthalmology senior residency at Aravind Eye Hospital , Madurai. I still remember the all time great Prof.Venkitasamy testing my Visual acuity, color vision, binocular vision and ocular muscle balance before admitting me as a senior houseman at Aravind. Then I realised the significance of god given physical faculties for functioning as a good Ophthalmologist.

4. My next attempt was to trace his ophthalmology career after the senior residency at Aravind and am compiling the major points together for easy reading as follows

- Did DOMS at Jawaharlal Nehru Institute Sitapur –Completed in 1981.
- MS Ophthalmology at Govt Eye Hospital (present RIO) Trivandrum : 1982 to 84
- Govt Medical College service spanning 25 years , during which he had worked in Alleppey, Thrissur and Kozhikode Medical Colleges other than his home station Trivandrum.
- Took VRS as Professor on 31 st December 2010 from RIO Trivandrum.
- Joined as Professor at Gokulam Medical College on 16th August 2015, where he is currently the Professor and Head of Department of Ophthalmology.
- Non Medical College Set Ups

In between he had worked in various Private hospitals like Chaithanya Eye Hospital Trivandrum, Cosmopolitan Hospital, Dhanalakshmy Hospital Kannur during 1996 to 2000 period when he was on leave from Government service. He had a short stint in Vasan Eye Hospital Trivandrum also after his VRS.

5. Sir you are a much loved teacher and guru for innumerable students and it is clear from your career that you always wanted

to teach. In spite of having short stints in non teaching, probably much more lucrative private hospital jobs you have always gravitated back to teaching jobs.

Yes Very true. I wanted to teach my students well. I wanted to make them understand all aspects and of course I wanted to be known as a great teacher.

6. Another much admired aspect of you is your surgical expertise and passion for surgery. We used to even joke that your idea of relaxation is doing surgery in the OT. Also don't think there was any known surgery in ophthalmology during your stint at RIO that you did not do. Your comments?

Yes Surgery was almost like food and water to me. Felt most happy and relaxed when operating. In a teaching hospital, especially during my time, we cannot say that we can't do a particular procedure and cant turn back any patient. Also I did not like telling a student 'I don't know this examination or this surgery .So I cannot teach you that' . Of course situation is different now. So I made sure that I learned all surgeries and read extensively. I also had good senior people to guide me. Still remember doing a few exenterations in collaboration with the plastic surgery people at that time.

There were times when I did not attain the perfection and finesse that I wanted in many and then, I would immediately attend some work shops or go for an observership to learn that particular skill.

[This was one aspect of Mahadevan Sir , that had amazed and excited many of us. He was mostly a self made and self trained surgeon. His keen observatory skills and immensely gifted hands made it possible for him to learn and excel in most Ophthalmic surgeries including scleral buckling, vitrectomy ,Phacoemulsification , Orbital and sac surgeries in no time. And he freely gave away that knowledge also , which benefitted his students a lot , excited them , inspired them and empowered them, facts to which this author can vouch for.]



Receiving Dr C E Oommen memorial oration award in 2019

7. Saying No to a surgical patient , however complicated the case was , was not an option for you. I can relate to that very well. But sir when you took this policy outside the human species, I was a bit unnerved.

(Laughing) Ha I know what you are referring to. The cataract surgeries we did in the Zoo starting with the lion. Think it was in 2003. I came to know about this blind lion at the zoo from the zoo vet to whom I had become acquainted through Kiran Balagopal who was our PG then. I saw it as an opportunity , a chance to go



As a Judge in KSOS Annual Conference Free Paper Session -2019

beyond our borders and decided to grab it. The rest you know.

[Yes I did know the rest and will never forget that experience. I was also in the team .Led by the enterprising , brave Dr KM we did Bilateral Simultaneous (not even sequential) Cataract surgery on our wild patient who was of course under deep intravenous anesthesia. Other than a minor interruption caused by the entire team except the anesthetist panicking and running for life when the lion momentarily showed signs of coming out of its deep slumber , both surgeries went well. Following partial restoration of the lion's sight, KM sir found a few other patients in line ready for him including a tiger, a macaque and few others. Of course "NO" was not an option and he eagerly complied.

"Seeing everything, even obstacles as an opportunity" was KM sir's USP .]

8. Even though you are a Pan Ophthalmologist with extremely gifted hands, I know for sure that you hold Retina and Vitreous closer to your heart than any other sub speciality. You were the person who started Retina and Vitreous surgery in RIO and inspired many of us to take up Retina. Would like to know how the love affair started?

I think I fell in love with Retina and Retinal surgeries during my senior house surgency at Aravind , when I had the opportunity to see Dr Namperumalswamy operate retina cases and give good results . I noticed that cataract was commonly done while retina was done only by very few people. Same with Indirect Ophthalmoscopy at that time. This sort of stimulated me and maybe I wanted to stand out in the crowd. Anyway I started



KM Sir with his present team at Sree Gokulam Medical College



Dr Mahadevan and Team at the conclusion of the Seychelles Cataract Surgery Camp

learning Indirect Ophthalmoscopy in earnest, under the legendary guru. Even after passing MS, I continued to come to Aravind for short observerships and CME s . You would remember some of these as you had accompanied me many a time. The interest and passion along with the opportunities available in plenty in the form of a large pool of needy patients helped me horn my skills and give good results.

Standard RD surgery by the procedure of Scleral Implant Buckling and indirect ophthalmoscope assisted cryopexy was started by me in 1983 in RIO (GOH Trivandrum) ,comprehensively supported by the then Director M V John sir. When phaco machine arrived in the RIO, I started PPV using Landers' lens and microscope. Till a reliable brand of VR Unit was procured,sometime in 2005, silicone oil filling was a struggle and improper as well.

9. Sir I remember the experience of accompanying you to your animal experiments in connection with developing a scleral plomb in collaboration with Sree Chitra Bio Medical wing. If I say that you are a sort of explorer always itching to try out new things, whether in surgery, research and in life would you agree?

Learning is a continuous process. Research and exploring new frontiers is a part of it. Otherwise there will be monotony. My stint as a Neurosurgery SHO at Sree Chitra helped me in entering into a mutually beneficial research program for developing silicone bands for Retinal Reattachment surgery with them. It was very exciting for me. We developed the technical knowhow for the band, but its commercial development did not materialize as there were other competitors who overtook us. But there was another Fibrin glue development project also in which I was involved with them. I did the ophthalmology part by applying the glue on corneal incisions in rabbits while neuro surgeons used it on the rabbit brain. This was a commercial success and has entered the market. Recently I had submitted a project about 3D printing of acellular matrix sheet to use instead of amniotic membrane, but was not accepted due to lack of funds. And yes in life also I like travelling a lot and have gone exploring foreign countries.

10. Sir there may be teachers who are better than you, leaders who are better than you, but you have endeared yourself to many, be it students, colleagues or subordinates in a way not possible by many of your peers. What is the secret?

(Again the typical KM laugh). Well See I wanted to make myself very accessible to all be it students or colleagues. I have seen many brilliant professors weaving a fence around themselves and keeping students at a distance. Well that was not for me. I wanted them close to me conversing with me, asking questions and even sharing their personal problems without inhibition.

[There were other aspects which he was not remembering or just not telling , like taking his students out for treats, rushing in to help when somebody is having a surgical complication or difficulty irrespective of whatever important things he was doing at that time, his constant stream of simple jokes and playful remarks some of which sure would have produced irritation, to the listener had it been uttered by anybody else , his ability to laugh at himself and a lot of other qualities.]

11. Did this attitude give you problems as a leader, as a unit chief as nobody bothered about hierarchy around you?

No Never. I only enjoyed it.



Activites as IMA Nemom President

12. Sir there has been ups and downs in your life. You had to fight a chronic illness. But inspite of all, you always exudes positivity and gives out the message that all is bright and Sunny always. Sir How is it possible?

(Thinking for quite some time) Isnt it a psychological makeup? Let me see. I always sort of think How can I be of help in a situation. How best can I help you? May be it also comes from what I have seen and what I have been taught in the family by my Father, Uncle and Grandfather. So maybe it is a combination of nature and nurture. And generally in situations where I am a little upset or may be little angry, I just keep quiet.

13. One stand out aspect of the KM style of teaching was your ability to draw diagrams off hand .How did you develop that skill?

During my DOMS training at Sitapur, Ocular anatomy was taken by Dr Das, the author of the popular surgery Hand book. I was extremely impressed by his method of teaching which always consisted of drawing beautiful but simple line diagrams and explaining based on that. He never taught anything without this live drawings. So I also copied it from him and tell my students also to always draw labelled diagrams.

14. Did you have any role models or mentors in Ophthalmology?

I have been inspired a lot by Dr Namperumalswamy during my senior house surgency days. In fact when I had a short break after completing DOMS, I ran back to rejoin Aravind as a medical officer.

It was for a very short time before , I came back and joined for MS. But during that time I again worked in the Retina department and saw Dr NAM and Dr Taraprasad Das operating and was fascinated. They were an inspiration.

There was a time when Dr Namperumalswamy went on a leave to United states. At that time Dr Venkataswamy used to write in the case sheet "To show Dr Mahadevan for Indirect Ophthalmoscopy". It was a defining moment for me in my profession and gave a real boost. I had acquired the skill of drawing accurate retinal diagrams under the tutelage of Dr NAM.

In RIO , Dr M.V John sir promoted me a lot in my Retina work by allotting funds for buying retina plombs and sutures in 1988-89 period.

15. Can you elaborate on your KSOS and other Ophthalmic society activities?

I was always an active member of KSOS. I was the editor of our journal from 1983 June to 1984 and again from 1992 to 1994. In the 2005 annual conference which was also the Southern Regional Ophthalmic Conference held in Trivandrum , I was the Organising Secretary. I held the post of KSOS Treasurer from 2012 to 2014 and became KSOS President in 2015.

I got the Sankara Menon memorial free paper award in 1999 for my paper "Sutureless Vitrectomy" and in 2019 was the recipient of the Dr C E Oommen memorial oration award.

In the Trivandrum Ophthalmic Club , I was the founder secretary when Dr Sumangala madam was the President. I had functioned as Secretary and President for the TOC for several terms.



New Years Eve 2019 with Differently able children

16. IMA and other Professional bodies?

I was President of IMA Nemom branch for 1 year and am still very active there and an executive committee member. I regularly go for camps conducted by the IMA and am now involved in a program called "Arikil" for delivering door step medical aid. I used to be a member of Lions club and Rotary club. One unforgettable event as a part of this was the free eye camp conducted by the Lions Club International in the beautiful island of Seychelles in co ordination with the health ministry there, in which myself, Dr Devin Prabhakar and Dr Jayaram participated and did about 100 cataract surgeries. This 3 day camp was a once in a life time opportunity and was quite thrilling and gratifying.

17. Any regrets in your professional life? Anything you feel that you should have done differently?

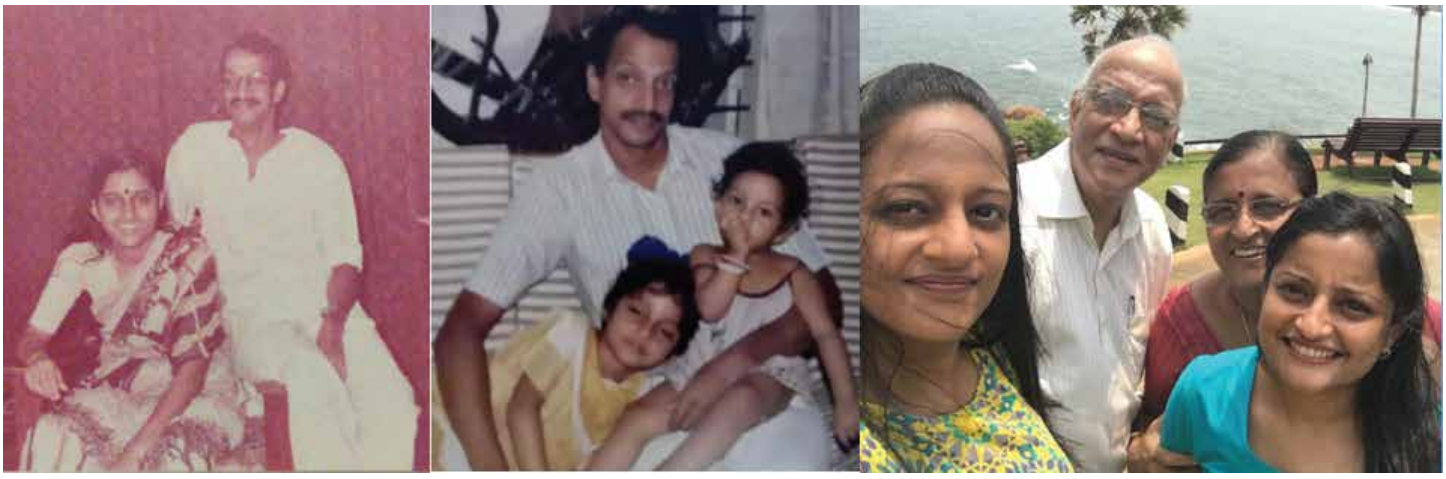
None that I can remember.

18. How has your focus changed in life now?

The ambitious hot blood has cooled down and I have limited my surgeries to mainly VR surgeries, Cataract surgeries few DCR and Orbital surgeries. I no longer feel that I need to operate on all patients coming to me. Cases which I feel are difficult for me , I have no hesitation in referring to younger people now. This I think has made me more relaxed and happy.

19. Could you tell us about your family?

All my childhood and my university days are tied to Thiruvananthapuram and I wanted to stay and serve this charming city as a doctor. I married Meenakshy, retired from service as a Bank manager, who joyfully moved here with me from Kochi after our marriage. We are blessed with two golden daughters- Our first born is a doctor and our second, an engineer, both well accomplished in their respective fields.



KM Sir-Always a family man

20. What are your other interests?

I like Photography and nature club activities and have gone for many trekking expeditions. Have travelled a lot. Now have a new hobby thanks to lock down –Gardening. And of course enjoyed acting in skits a lot and there were some other IMA cultural programs also in which I took part.

21. What do you think is the largest problem facing ophthalmologists today?

In the matter of making money or building practice, many are showing undue haste and plunging themselves, colleagues and patients into trouble. They should first acquire good knowledge, treat patients ethically, refer appropriately when necessary, and wait patiently to grab the opportunity. That is not just a safe practice, but a sure path to growth also.

22. How would you like to be remembered?

An excellent teacher with a good heart.

23. What advice do you have for the budding Ophthalmologists?

Arm oneself with good knowledge and kindness as well.

I had come to the end of my questions. As I said Good night and clicked End meeting, I remembered that I hadn't even thanked him formally. Another side effect of the total lack of formality and camaraderie that he builds around himself.

One aspect of Mahadevan sir which cannot be brought out by any interview is the laughter that he spreads around. Let me give samples of a few KM stories collected with the help of friends (Acknowledging Dr Thomas George, Dr Anitha Balachandran and Dr Reena here)

The Lighter Side of KM Sir

Once KM sir was operating. It was a prolonged Vitrectomy. The assistant, a lady PG fainted and fell down. While the OT sisters were helping the PG, there was sir shouting - "Honestly, I didn't do anything" leaving even the fainted PG in giggles.

Then there was this story about, a Chalazion patient returning to casualty complaining that out of the two medicines that KM sir prescribed, he got only the first one while the second was not available. The Assistant PG familiar with KM sir's handwriting could identify the two items that sir had written in the prescription. The first was Hot fomentation while the second was Chloromycetin applicaps.

During the second RIO Alumni Association get together, winners of several contests received prizes reverently from a tall bearded and moustached Arab , who as per the announcers had come there to thank the RIO doctors for the excellent treatment that he had received during one of his earlier visits. Only when the Arab, defying his brief started talking like KM sir could the audience finally realize who it was.



The Extra Curricular KM Sir

GROWING VEGETABLES IN HOMESTEAD

SMT. SHAMEENA. S.
Assistant Professor, Department of Pomology and Floriculture College of Agriculture, Vellayani.



"Good food for a better tomorrow". "Safe food production our obligation".

We are all depending on market system for our vegetable requirements. But the vegetables we are procuring from the market are below standard and containing pesticide residues. The only way to consume pesticide free vegetables is to produce them by ourselves. Homestead vegetable cultivation helps you to produce good quality vegetables. In our busy schedules of life, we are opening ways for physical, mental happiness and close family bonding through Vegetable Cultivation in homestead.

Methods of vegetable cultivation

The site to be selected for vegetable cultivation should have good sunlight and water draining facility. Waterlogging will promote disease proneness. So, take special care to avoid waterlogging. We can utilise our front yard, backyard, coconut orchard or paddy field for vegetable cultivation. Those who do not have sufficient land for cultivation can utilize their terrace using plastic bags or growbags filled with Growth Mixture. The attractive feature of Vegetable cultivation is its short duration required. We get the vegetable yield within 3 – 4 months for most vegetable crops. But we have to tend them carefully in order to get a good yield.

Season for farming

The best suitable season for vegetable farming is from August-September to February – March. By selecting suitable varieties of vegetables one can farm throughout the year.

Necessary inputs to start Vegetable Farming.

The essential inputs are soil and seed.

Soil

High in organic content and low in gravel content is best suitable for vegetable farming. The things to kept ready are Organic manure, biofertilizer like pseudomonas Trichoderma (will help to control diseases), Neem based pesticides, Tobacco decoction kit, small shovels for tilling and managing the soil, organic pesticides, water-based fertilisers and a sprayer of 3 litter capacity to springle.

Soil Preparation

Land for vegetable cultivation should be ploughed properly to remove weeds. Beds, Trenches or Pits should be made at prescribed distance depending on the crop. During the rainy season, to ensure drainage seed should be sown on raised beds. In summer, plant the seedlings in pits. While preparing the field to reduce acidity of soil add lime at the proportion of 2 kg per one cent of land, 15 days prior to seeding or planting the seedling. If the Growbag is used add 1 -2 spoon lime per bag.

Seed

The seed has to be selected carefully. In Malayalam the saying is "vithugunam pathugunam". We have to choose seeds which are suitable to our climate, soil, disease resistance and high yield. Good quality seed are available at sales counters of Kerala Agricultural University, sales centres of Department of Agriculture Government of Kerala, V.F.P.C.K and Eco shop.

Planting

Vegetables are planted in two ways. Direct sown and transplanted. Amaranthus, Brinjal, Tomato, Chilly etc are transplanted crops. Seeds are first sown in nursery or Protray. When it reaches 4 -5 leaf age or 4 weeks they are transplanted to main field. Those who find it difficult to produce the seedling can go for Protray seedling.

Planting Methods

Seedlings should be planted with proper interspace. There has to be sufficient space between plants so that leaves should not touch when grown. Amaranthus and Cow Pea are to be planted at a distance of 30 cm. Ladies finger, Tomato, Chilli and Brinjal are planted at a distance of 1 meter. The plant varieties growing on roofed support (Panthal) can have 5 seeds in one bed and may permit healthy 3 of them to mature. Seeds must be smeared in 5% Pseudomonas lotion before planting. If tender plants are used smear the roots in Pseudomonas solution for half an hour before planting. Pseudomonas is used for increasing the absorption rate and growth rate of roots and leaves. It will prevent diseases also. Immediately after planting cover the seedling with leaf litter or humus. Covering the seedlings will help to retain water content of soil, prevent the growth of weeds and availability of micro nutrients. Provide temporary support and shade for the seedlings.

Fertilisation

Two weeks after the lime treatment a basal dose of 100 KG (10 basket) organic manure per each cent of land has to be given. Green leaf manure, cattle manure, composts, bone meal, different types of oilcakes are the main organic manures used. Alternatively dried and powered goat manure can be used as manure at 20 kg per each cent of land. After planting the seedling any of the following organic manures can be used as top dressing on weekly basis. Diluted cow's urine (200 ml diluted with 8 times of water), Diluted Cow dung solution (200 gm in 4 litter water), Fermented and diluted oilcake solution (200 gm in 4 litter water), or 4 kg of any one from Vermi compost, Poultry manure, Compost, Goat manure. Depending

on the moisture content of soil ensure proper irrigation. Remove weeds and add soil during rainy season.

Plant Protection

Pests and disease management in crops

Main challenge in vegetable farming is the incidence of pests and diseases. We can control to a certain extent the pests by measures like planting disease resistant varieties and keeping the field clean.

1. Before cultivation burn the wastes in the field.
2. Adding lime to soil 15 days prior to cultivation will prevent wilt diseases due to bacteria.
3. Not to use same variety while repeat farming. For example, Replace Bitter Gourd with cowpea next time
4. Use of mixed crop varieties are beneficial.
5. Destroy eggs, pupa and larvae of insects.
6. Diseased plants are to be uprooted and destroyed.
7. Destroy plants affected with Mosaic disease or Wilt disease after complete uprooting.
8. Rotting, leaf spot diseases etc can be prevented by spraying and pouring 20 gms of Pseudomonas in 1 litter of water at an interval of two weeks.

Organic Pesticides

Plant hopper attack of cow pea can be controlled with tobacco decoction. Neem based pesticides can prevent sap sucking and other pests. This is made with Neem oil and Garlic mixture 2%, Neem oil emulsion 3%, Neem seed essence 5%. These are to be sprayed on plants once a week. For those who cannot prepare these there are ready made products available namely Neema Saltis 1%, Econeem plus, Nimbicidin, Neem Gold are the main Neem based pesticides. 20 ml of any of these to be mixed in 1 litter water and sprayed.

If you Prepare a table on things to be done at Vegetable field in one week the farming operation will be easy and can be tailored to our routine.

For example, Monday - watering

Tuesday - manure

Wednesday – watering

Thursday - disease management (Mix 20 gm Pseudomonas in 1 litter water and spray for leaves and pour at base. Use 1 litter for 4 bags).

Friday - watering alone

Saturday - watering alone.

Sunday - pest control (Neem based pesticides are to be sprayed on and under the surface of leaves liberally and also find out the affected plants and destroy them).

Using plenty of organic manures, organic pesticides to control pests, organic fungicide Pseudomonas and frequent application of biofertilizers routinely you can produce sufficient good quality and safe vegetables

TERRACE VEGETABLE FARMING

Terrace Vegetable Farming is resorted to where there is paucity of land in urban areas and places where there is lack of sunlight in homestead. We can produce vegetables for home purpose with an area of at least one cent with availability of sunlight. Amaranthus, cow Pea, Ladies finger, Tomato, Chilli, Bitter Gourd, Snake Gourd, Cucumber are the vegetables that can be grown on Terrace using growbag and growth mixture.

Selection of Growbags

Growbags should be the size of 40 into 24 into 24 cm size. The black colour inside of it will helps in rooting. There has to be holes on the underside to drain excess water while irrigation.

Preparation and maintenance of Growbags

Selection of area

Growbags can be placed in areas having good sunlight, under rain guards or home terraces. While selecting home terraces a coat of leak proof compound has to painted before placing the growbags to prevent leakage. Take care not to get the terrace moist and muddy from the leakage of growbags. For this, growbags can be placed over bricks or they can be placed on inverted coconut husks. This will help easy drainage of rainwater also. Distance between the bags is 60 cm.

Preparation of Potting mixture and filling of bags

Potting mixture is a medium containing all the ingredients for the growth of plants. Potting mixture is prepared in 1:1:1 proportion of ingredients like fertile top soil, coir pith compost, organic manure (dried and powdered cow dung / compost). Moisten the already prepared mixture and add lime and keep for two weeks before filling the growbag. Growbags are to be filled only 3/4th of its capacity with the potting mixture. The growbags prepared like this can be used for planting seedlings.

Planting the seed/seedling

Vegetable seeds are to be soaked in Pseudomonas solution (20gm/5ml Pseudomonas in one litter water) for half an hour before planting in growbag. The seedlings are planted in small pits made in top level of growbags. After planting keep the growbags in shades or under trees avoiding direct sunlight or rain for the first two weeks. Immediately after planting cover them with humus or dry leaves. Along with this temporary support also can be given to plants. Irrigate during the morning and evening depending on the necessity.

Irrigation

Irrigate the plants in the morning and evening at a fixed rate that should wet the soil and not of much overflow. Calculate the amount of water depending on age of plant, season etc. If irrigation is in excess it will waterlog the terrace and create problems. Permanent irrigation is a challenge for the growbag cultivators. Plants go wilted if we leave the house on short trips. Lack of irrigation at fixed intervals affect yield too. Perennial irrigation in growbags can be achieved by drip irrigation or wick irrigation methods on the terrace. Pest infestation is relatively less in terrace farming. Proper caring, fertiliser application, pest and disease management has to be followed as in homestead farming.

COCHIN OPHTHALMIC CLUB REPORT APRIL, MAY, JUNE 2021

Report Summary:

- **ACADEMIC PROGRAMS**
  - o Physical monthly meeting: 9.4.21
  - o 'Whats new from the anti-VEGF factory': 28.4.21
  - o Digital nAMD workshop: 6.6.21
  - o 'Retinights Season 1: 28.6.21
- **POST GRADUATE EDUCATION PROGRAMS**
  - o Super Sunday: Refraction Rendezvous: 11.4.21
  - o COC-ENTOD Best PG case award: 16.5.21
- **AWARENESS PROGRAMS**
  - o COVID second wave discussion: 1.5.21
  - o IMA schemes for doctors: 5.5.21
  - o Stress management in COVID times: 21.5.21
  - o FBS-AIOS for ophthalmologists: 4.6.21
  - o IMA National Protest Day against growing violence against doctors: 18.6.21.
- **SPECIAL PROGRAMS:**
  - o ' Ophthalmonomics 2021': 25.4.21
  - o "Is there a Nobel Prize to be won in Ophthalmology?": 7.5.21
  - o 'Understanding mutual funds: 11.6.21
  - o 'Hello happiness!': 18.6.21
- **CULTURAL PROGRAMS**
  - o Vishu celebration: 14.5.21
  - o Virtual cultural program: 79th All India Ophthalmolgy Conference: 26.6.21

APRIL, 2021

1. Cochin ophthalmic club had its first physical meeting since the COVID-19 pandemic on 9.4.21. This was a case based discussion on COVID related eye problems. Interesting case presentations were done by Dr Pooja Kandula, Dr Mahesh Gopalakrishnan, Dr Neena Chris Williams. Dr Saikumar S.J and Dr Gopal S Pillai moderated the discussions.











2. Super Sunday of April was conducted on 11.4.21 and was titled 'Refraction Rendezvous'. This problem based learning on Refraction was well attended by the post graduates. Dr. R Krishnaprasad was the course co-ordinator. Dr. V Sahasranamam, Dr. Laila Mohan, Dr. Andrews C.V, Dr. Anil Radhakrishnan and Dr. Vinay S Pillai were the moderators.

The quiz along with the CME was well attended by the postgraduates across the country. Dr. Poorva (TNMC and Nair Hospital, Mumbai), Dr. Akshay (G.G.S Medical College, Faridkot), Dr. Shweta (Sarojini Devi Hospital, Hyderabad, Dr. Prerana (A.J Institute of Medical Sciences, Mangalore), Dr. Akash (Amrita Institute of Medical Sciences, Kochi) were the winners of the quiz.





3. A novel webinar on Economics for ophthalmologists titled, 'OPHTHALMONOMICS 2021' was organised on 25.4.21 by Cochin Ophthalmic Club. The event was inaugurated by KSOS president, Dr. Babu Krishnakumar. Sessions were conducted on the Investment & financial planning, Finance for doctors, Economic models for eye care delivery, Economics of Ophthalmology, Stock market. Investment strategies, Investment in Real Estates, Health and life Insurance etc. The sessions were moderated by Dr.Lalit Verma, Dr. Sreeni Edakhlon, Dr. Gopal S Pillai, Dr Jignesh Taswala, Dr Saikumar SJ, Dr Umesh Y and Dr Kiran Gopalakrishnan. Speakers included Dr. Namrata Sharma, Dr. Merin Paul, Dr. Arup Chakrabarthy, Dr. Partha Biswas, Dr. Radharamanan R, Dr.Rajasekhar, Dr. Mahipal Sachdev, Dr. Kaushik Murali, Dr. Chitra Ramamurthy, Dr. Deabasish Bhattacharya, Dr. K Sharavanan, Dr. Prasobh Mohan, Dr. Ramesh Shah, Dr. Akash Patel, Dr. Praveen Kanth Reddy,Dr. Sanjay Dhawan, Dr.Manoj Kumar Agarwal, Dr. P.P Soundararajan, Dr. Rajesh Sinha and Dr. Jain Chimmen.







4. An update webinar on the role of anti-VEGF agents in Medical Retina was organised by Cochin Ophthalmic Club on 28.4.2021. This webinar was titled, 'Whats new from the anti-VEGF factory' and included expert faculty talking on anti-VEGF agents and newer agents in the block like Brolucizumab. The speakers included Dr. Raja Nrayanan, (LVPEI, Hyderabad), Dr Subendu Boral (Disha Eye Hospital, Kolkota). The talks on anti-VEGF agents were chaired by Dr. A. Giridhar and moderated by Dr Thomas Cherian, Dr Mahesh Gopalakrishnan and Dr Gopal Pillai.

Two cases of COVID related eye problems were presented by Dr. Rehna Rasheed and Dr. Sivan Madan Rao and were discussed by Dr Dipu TS, infectious disease specialist.





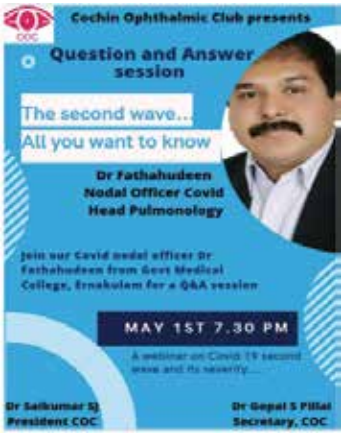
5. Vishu was celebrated with a rejoinder to the popular beats of 'Enjoy Enjami' by the Cochin Ophthalmic Club ladies: Dr. Dhanya, Dr. Sruthi, Dr. Deepa and Dr. Charu. This choreographed version is uploaded in the COC you tube channel.



MAY, 2021

1. The first program of the month was an awareness talk on COVID second wave on 1.5.21. The faculty was Dr. Fathahudeen, COVID Nodal Officer, Govt. Medical College, Ernakulam. This was a well appreciated talk, with a lot of interaction from the audience.

2. A special program was conducted on 5.5.21 on IMA schemes for doctors. The speakers were Dr Jain Chimmen, Dr Sasikumar S, Dr RR Varma, Dr KV Raju and Dr Devin Prabhakar. The program was aimed to popularise all the IMA social security programs aimed at doctors and to encourage the young doctors enrol.











3. Cochin Ophthalmic Club has started new series of talks- "Is there a Nobel Prize to be won in Ophthalmology?" The aim is to introduce a national leader in Ophthalmology and to know about their life and times, so as to inspire the young generation ophthalmologists. The inaugural session on 7.5.21 was graced by the distinguished guest was Dr. S Natarajan, the doyen in Indian Ophthalmology.

4. COC-ENTOD Best PG case award competition was conducted on 16.5.21. President of KSOS, Dr. Babu Krishnakumar officially inaugurated the program. There were 13 teams and interesting cases were discussed by panelists including DR. AK Grover, Dr. Fairooz M, Dr. Saikumar, Dr. Gopal S Pillai, Dr. Thomas Arun Varghese, Dr. Rajiv Sukumaran etc











5. COC organised a special session on 'Stress management in COVID times' on 21.5.21. Dr. U. Vivek (Consultant psychiatrist, Renai Medicity) and Dr. Geethanjali Natarajan (Amrita Institute of Medical Sciences, Kochi) were the speakers. The vibrant session was spiced with interactions from the participants.

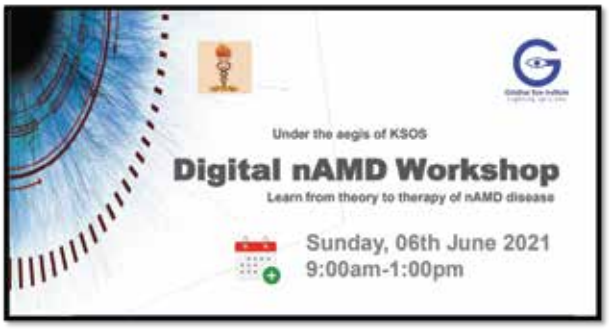
JUNE, 2021

1. A special program was conducted on 4.6.21 titled 'FBS AIOS FOR OPHTHALMOLOGISTS'. The pros and cons of family benefit scheme of AIOS was elaborated by the AIOS FBS office bearers. Dr Quresh Maskati, Dr Rajesh Sinha and Dr Sharat Babu from FBS AIOS discussed the details with a panel from Kerala, Dr Jain Chimmen, Dr Radha Ramanan, Dr Sreeni Edakhlon and Dr Mahesh Gopalakrishnan.. This was a very relevant session appreciated by the audience.





2. Giridhar Eye Institute organised a digital nAMD workshop on 6.6.21, as a part of the KSOS President's project of short term observership in COVID times. This was a comprehensive session which discussed neovascular age related macular degeneration from basics to advanced.



3. On 11.6.21, COC conducted a special program:'Understanding mutual funds. Dr. Manojkumar Agarwal was the speaker. Dr. Saikumar, Dr. Gopal S Pillai, Dr. Sreeni Edakhlon were the panelists.

4. 'Hello happiness!' on 18.6.21 was a welcome break at this challenging time, with Dr. Jimmy Mathew, Plastic surgeon and author, taking a scientific look into what makes us happy. The speaker shared practical tips on 'happiness' and the program was vibrant with the active participation of the audience.







5. Cochin Ophthalmic Club members in solidarity with the IMA, organised National Protest Day against growing violence against doctors on 18.6.21. Protest meetings were organised in various hospitals.





6. Cochin Ophthalmic Club and Cochin Retina Interest Group organised 'Retinights Season:1' as a part of Helen Keller day observance on 28.6.21. This was a bouquet of interesting Retina case presentations and discussions. The program was chaired by Dr. A Giridhar, Dr. Thomas Cherian, Dr. Mahesh Gopalakrishnan were the panelists.





7. The 79th All India Ophthalmolgy Conference, which was a virtual event, witnessed commendable participation from the COC delegates in terms of Scientific presentations and Cultural activities. Many of our members had instruction courses , Keynote presentations, free paper presentations and physical posters in the event.

• Publication from Giridhar Eye Institute (Alex D, Giridhar A, Gopalakrishnan M, Indu V.P: Lateral elongation of flat irregular pigment epithelial detachment: a novel optical coherenece tomography biomarker in polypoidal choroidal vasculopathy) received 'best of IJO' award.

• Publication from Amrita institute of Medical Sciences (Pillai G.S, Varkey R, Unnikrishnan U.G, Radhakrishnan N: Incidence and risk factors for intraocular pressure rise after trans conjunctival vitrectomy) won the the IJO Certificate of Merit award.

• Dr. Neena Chris William (Little Flower Hospital, Angamaly) won the 'Best Physical Poster' award in the Cornea Poster session, AIOC 2021. (Patching the pirate! A acse of scleral patch graft for infectious scleritis post pterygium excision)













• Dr. Liz Mary Santhosh won the third prize in post graduate thesis award

• Dr. Prashob Mohan won the AIOS-ARC quiz prize and YO quiz prize.

• Dr.John Akkara won recognition in the 'Under the apple tree' session

• Dr.Sanitha Sathyan won the Best of sessions in the Community Ophthalmology award session

• Dr. Gopal S Pillai and Dr. Prashob Mohan won prizes in 'Science and Fun in Ophthalmology' sessions

• Dr. Jalak Sree won the special prize in AIOC virtual art gallery.

• Dr.Deepa.M.G, Dr.Suchitra. R, Dr.Charu Rajendran, Dr. Sruthy K John, Dr. Dhanya V.S, Dr. Natasha Radhakrishnan, Dr. Saikumar S.J, Dr. Vanasree Nair etc contributed to the virtual cultural program.

• AIOC GBM officially declared Kochi as the venue for AIOC-2022

















REPORT OF THRISSUR ACADEMIC CLUB OF OPHTHALMOLOGY (TACO)

APRIL, MAY & JUNE 2021

Postgraduate students Update was the main academic activity of April 2021. TACO Postgraduate students update 2021 was on "Ocular Radiological Imaging". It was a practical workshop on" Radiological imaging" and was live on Zoom and you tube on 11th of April from 9.30 am to 12.30 p.m. Dr.AniSreedhar, senior consultant in Oculoplasty and Neurophthalmology, Little flower Hospitals, Angamaly chaired the session. Guest speaker was Dr. Sandya.C. J, Associate professor, Department of radio diagnosis, AIMS, Kochi. Her talk on "Basics of imaging Modalities in Ophthalmology" was extremely useful for basic interpretations of CT and MRI images. Second topic a discussion of common case scenarios of proptosis and ocular trauma was also enlightening. This was followed by an interactive session with the students based on identification of different ocular radiological images by Dr. Ani Sreedhar. It was like attending a full-fledged quiz in Orbit and Neurophthalmology. Workshop was greatly appreciated by the participants and had good viewer ship in you tube.

The fourth Note of TACO PGNotebook was uploaded on 19th of April. Note was titled Hydro procedures in Cataract Surgery by Dr. Gargi Satheesh, Associate professor, Government medical College Kottayam.

Academic activities of May were ushered in by Fifth Note of TACO PG Notebook on 11th of May." Management of Keratoconus"By Dr.Aneeta Jabbar was very useful to all.

Third edition of TACOPSIA was released on 21st of May. It was a right concoction of academic and literary work and had trending articles like Bionic eye and recent challenge of Mucormycosis.

Academic meet of May was on newer advances in glaucoma.Dr.Aravind Kumar Morya Additional professor and Head Cataract, Glaucoma services AIIMS, Bibinagar, Hyderabad made an excellent presentation on "Phacotrabeculectomy With Ologen".this was followed by an interesting talk on "Timolol-Brinzolamide Fixed Dose Combination" by Dr.Kiran Gopalakrishnan,Glaucoma consultant, Precise Hospital Trivandrum case presentation on related topic "PACG In Young was made by Dr.Manna Maria James, Junior resident,GMC Thrissur followed. Lively Interactive discussion followed.

TACO conducted virtual Midyear Meet under the aegis of KSOS on June 11th Sunday morning10 AM to 1PM.Meet was inaugurated by honorable president of KSOS Dr.Babu Krishna Kumar. Dr.Mahesh. G (Hon.Gen.Seretary KSOS), Dr.Rajiv Sukumaran (Chairman, Scientific committee, KSOS) felicitated the meet. Topic was unusual but a relevant one "Epiphora". Dr.Shruthi Thara, Sankara eye Hospital Coimbatore headed the first session "How to Work up a case of epiphora."Second session was on "Management of adult NLDO" by Dr.Saptagirih Rambhatla from Bangalore. Five interesting case presentations on related topics were also made from member hospitals of TACO. The meet was very well appreciated by the participants and had good viewership in You Tube.

The Sixth Note of TACO PGNotebook was uploaded on 19th of June. "Hospital Cornea Retrieval programme" by Dr.Laly .T.U was on a novel topic and was well received.

TACO and Yoga

Yoga had been accepted as mental and physical relaxation technique worldwide. TACO celebrated International Yoga Day on 21/6/2021 on the virtual platform.Dr. Narayanankutty one of the founder members of KSOS shared valuable insights into his long-term association with Yoga practises.Mr.Praveen Kumar of Isha foundation, Coimbatore, took practical class on simple yoga techniques to strengthen back and spine. There was an enthusiastic participation from members.

"TACO Deepam" Website

This web site is a new initiative showcasing the social commitment of TACO members. Our new website for public "tacodeepam.co.in" is ready. The site will showcase all our social programmes, act as an educational channel and can connect with public via social media links. We are introducing a new concept of cooperation between constituent hospitals for the good of the needy public. Five major centers –I vision, Thrissur, JMMC Thrissur, Malabar Eye Hospital,Drishyam Eyecare,Nethra Eye Hospital,Irinjalakkuda have come together to provide needy patients with reduced price of intravitreal anti VEGF injections. Any patient referred by a TACO member registering through this site can choose his hospital and injection dates. The person will get injection at the cheapest rate possible. TACO is the first club to take the president's initiative of Group practice to a practical conclusion .KSOS president will inaugurate the website on 1st of July.











CASE PRESENTATION BY DR. LAKESHMI RAVINDRANTH
CASE PRESENTATION BY DR. ANITHA JOSE THOPPIL (GMC THRISSUR)



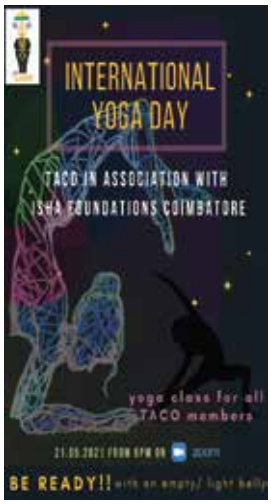
AWARDS RECEIVED BY THE EVERGREEN STAR AND PAST KSOS PRESIDENTS DR.C.V.ANDREWS

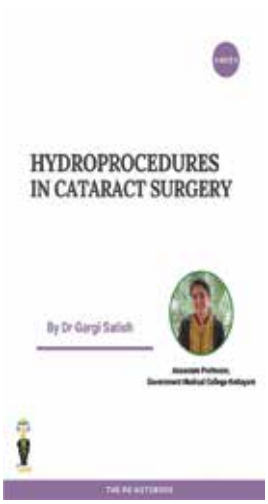












REPORT OF OPHTHALMIC SOCIETY OF KANNUR (OSK) APRIL 1ST TO JUNE 30TH

May31st: Orbital Mucormycosis by Dr Karthika,Consultant ophthalmologist, Paediatric ophthalmology and Strabismus,Orbit and Oculoplasty ,Al Salama Eye Hospital, Kannur.

June 7th: Diabetic macular edema by Dr Sameera, Vitreo retinal surgeon, Samapada eye hospital, Tirur

June 22nd: Ocular allergies and surface disorders by Dr Sony George, Medical trust hospital, Kochi

June 28th: Role of atropine in preventing progression of Myopia in children by Dr Neena,Paediatric ophthalmologist, Giridhar Eye Institute,Kochi

REPORT TO KSOS ACTIVITIES OF KOZHIKODE OPHTHALMIC SOCIETY (APRIL TO JUNE 2021)

KOZHIKODE OPHTHALMIC SOCIETY

Dr V Sujith Nayanar

The various programs conducted by Kozhikode Ophthalmic Society during the period April to June Is being reported below:

April 2021

1) 'Battling the itchy eyes' – Dr Sharon D'Souza on April 24th

The monthly meeting of April was conducted virtually on April 24th on Zoom platform. Dr Sharon D'souza from Narayana Netralaya, Bangalore was the speaker and Dr Anil RadhaKrishnan from Amrita Institute of Medical Sciences, Cochin was the moderator. The session was well attended on Zoom and YouTube live

The Link for the recorded version of the meeting is : https://youtu.be/CcgVFCAdgRk









May 2021

1)COVID Associated Mucormycosis – Dr Santhosh Honavar May 10th

Moderated by Dr V Sujith Nayanar

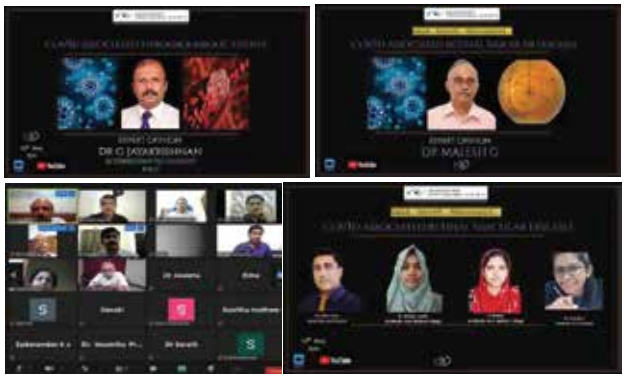
As the second wave of COVID19 swept through the country in May , there was rapid increases in COVID associated Ocular diseases which included epidemic rise in cases of Mucormycosis. Kozhikode also witnessed sudden increase in number of similar cases.

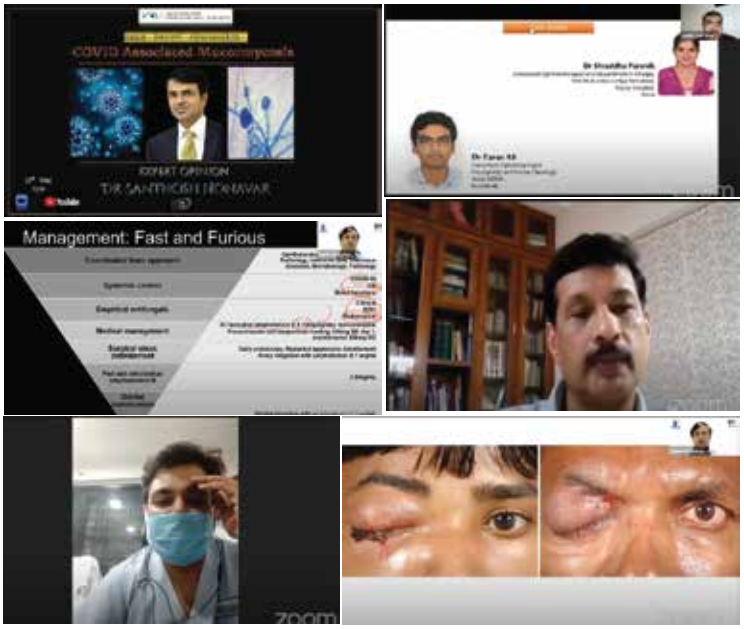
An expert opinion talk was conducted in which the real cases were presented from Kozhikode and also from colleagues from other states who directly got involved in treating these cases. The expert opinion on the topic was given by Dr Santhosh Honavar, who is an authority on this topic.

Dr Ravi, an ENT surgeon from Aster MIMS Kozhikode presented the ENT perspective of the disease and discussed the management. Dr. Milind. C from Nagpur presented his case series of Mucormycosis presented during the second wave of COVID -19. Dr Faraz Ali presented the cases reported from Kozhikode and Dr Shradha Puranik presented cases reported from Pune.

It was a highly informative talk. The treatment protocol was discussed. It was an eye opener for practitioners in the periphery for early referral of such cases. The session was very well attended with nearly 200+ live members and later much more on the YouTube for recorded version.

The Link for the recorded version of the meeting is :
https://www.youtube.com/watch?v=nh9wy0YODns





2) COVID Associated thromboembolic events and Retinal Vascular Diseases -EXPERT OPINION

12th May

Dr C Jayakrishnan – Consultant Neurologist – BMH Kozhikode

Dr Mahesh G – Consultant VR Surgeon – Giridhar Eye Institute – Cochin

The meeting discussed increased number of Retinal Vascular events getting reported in COVID and post COVID patients . The discussion was based on actual cases. The cases were presented by Dr Mihir Shah (Vasan Eye Care Hospital), Dr Rahna and Dr Shehija (Kozhikode Govt Medical College) ,Dr Prayagi and Dr Gana Ajoy from Comtrust Eye hospital and Dr Raju Sampagni from Bangalore . The session was moderated by Dr Prakash V S (Comtrust Eye hospital and Dr Rajesh (Alsalama Eye hospital). It was very well attended in Zoom and You Tube

The Link for the recorded version of the meeting is:
https://youtu.be/nJQrYVHs004

3) Monthly Meeting of May

• Approach to Diplopia – Dealing with Double Trouble

• Unmasking the great mimicker – Tackling Ocular Myasthenia

Speaker was Dr R Muralidhar from Eye Foundation Coimbatore – May 29th

Session was chaired by Dr Leila Mohan (Comtrust eye hospital) and moderated by Dr Lakshmi C (Alsalama Eye Hospital). An interesting case on acute onset esotropia in a child was presented by Dr Jyoti Krishna (Kozhikode Govt Medical College) and Discussed by Dr Jyothi PT (HOD- Dept of Ophthalmology – Kozhikode Govt Medical College).

Link of the recorded version of the program:
https://www.youtube.com/watch?v=8H-tB85ePR0



4) 'Growth through COVID'- A session on practice development among ophthalmologists especially during difficult COVID times- May 30th (Preponed Monthly meeting of June)

• Main Speaker – Mr Pravin Sekhar (Outlier Marketer and Author)

• "The art and Science of Humour" – Dr Quresh Maskati

Inaugurated by : Dr Babu Krishna Kumar . President -KSOS

Moderated by Dr Saikumar – Giridhar Eye Institute – Cochin

Cultural program:

• Duet Song by Dr Saikumar (Cochin) And Dr Mallika (Thrissur)

• Solo Song by Dr Arya – Rio Trivandrum

• Solo Song by Dr Priya Nambiar – Kozhikode

• Duet Song by Dr Sangeetha and Dr Nirmal AJ – Kozhikode

The link of the recorded version of the program is : https://www.youtube.com/watch?v=E_yAMTzwMDI











Program officially flagged off by Dr Rajiv Sukumaran , Scientific Committee Chairman – KSOS on June 3rd

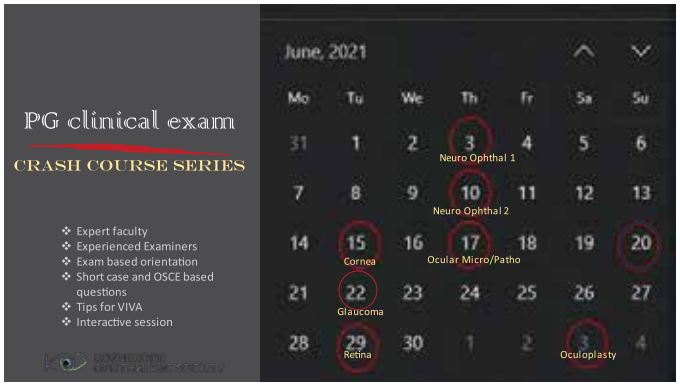
June 2021

The month of June was entirely dedicated to PG teaching sessions.

A PG Clinical Exam – Crash Course Series was conducted which included 7 modules

Eminent faculty from reputed institutes classes based on exam type cases and interactive format

7 modules scheduled for 1 month was scheduled







Module 1 – Neuro ophthalmology part 1 - June 3rd
Approach to Neuro ophthalmology Case - Dr V R Vijayaraghavan
https://youtu.be/hOsVwGPfwfs



Module 2 – Neuro ophthalmology 2 - June 10th - Optic nerve Disorders and Online Quiz
Dr V Chandrasekhar
Aravind Eye Hospital
https://youtu.be/pmw5K26V4wM



Module 3- Cornea June 15th
Dr Revathy R
Aravind Eye Hospital
https://youtu.be/GM-CkEajCWs



Module 4 – Ocular Microbiology and Pathology June 17th
Dr Ram Rammohan and Dr R Shanthi
Aravind Eye Hospital
https://youtu.be/u8VpfQDUdhI



Module 5- Glaucoma June 22nd
Dr Kirti Singh
Guru Nanak Eye Center, New Delhi
https://youtu.be/3UBemfi3bX8



Module 6 – Retina June 29th
Dr Vignesh
Aravind Eye Hospital – Madurai
https://youtu.be/b03AFA1cqv4



Module 7 Oculoplasty July 3rd
Dr Fairooz M – Bangalore
https://youtu.be/aRnz0_Ejcn4

All the sessions were well attended by Post graduates and the interactive format was very well appreciated.

Few screenshots from the various modules of PG program:



Few Individual achievements:



Dr Detty Jose and Dr Ashwathy from Kozhikode Govt Medical College bagged 3rd place in the Best PG Case Award conducted by COC



Dr Divya Nair VR Surgeon – Trinity eye hospital - Winner of April session of Take A break Snippet By AIOS -ARC



Dr Prithvi Chandrakanth secured 3r • Think Under the Apple Tree by AIOS ARC - 3rd prize winner







Grand prize winner on WWCRS (World Webinar On Cataract and Refractive Surgery)- Video On IOLScope

Participation by members in Awareness program:



1) COVID 19 and Eye

Dr Sujith V Nayanar - Aster MIMS Hospital
https://www.youtube.com/watch?v=4Kwap3528O0&t=214s



2) Black fungus Infection of Eye– Dr M. Swadique Al Salama Eye Hospital Media one Channel Talk show



3)Diabetic retinopathy awareness video - Dr Sandhya, Assistant Professor – Kozhikode Govt Medical College
https://www.youtube.com/watch?v=RB-EJt-NbA4



4) Awareness on Digital Eye strain for IT professionals Dr V Sujith Nayanar

KERALA SOCIETY OF OPHTHALMIC SURGEONS ELECTION 2021

Notice is hereby given for election to all the Office Bearers of Kerala Society of Ophthalmic Surgeons (KSOS) to be held in November 2021 in Thiruvananthapuram or Online. The criteria for the posts are mentioned below

CONSTITUTION AND BY LAWS OF KSOS – ARTICLE X

Elections

1. One vice-president shall be elected by the General Body every year at the annual conference. He/she will hold office till the next General Body, then becoming the President Elect for the next one year, taking over as the President the third year. The vice-president shall become the President, if by any reason the President Elect is unable to take over as President.

2. The other office-bearers mentioned in Article IX shall be elected at the General body meeting of every alternative annual conference and shall hold office for two years.

3. Credit point system Attending

AIOS Annual Conference	25 points
KSOS Annual Conference	25 points
AIOS/KSOS CME/workshop	15 points
Publishing articles in	
I J O or any other indexed journal	15 points
K J O	15 points

The aim of credit point system is to encourage members to attend conferences/CMEs/ workshops and publish articles.

4.Posts of KSOS

a) Executive Committee Members

Any member of three years good standing KSOS, residing and practicing in Kerala and who has got 80 credit points in the preceding two years is eligible to be an Executive Committee Member.

b) Editor, KJO/Editor, Website/Joint Secretary

Any member of five years good standing in KSOS, residing and practicing in Kerala, and who has obtained a minimum of 100 credit points in the preceding two years is eligible to be the Editor, KJO/Editor, Website/ Joint Secretary.

c) Hon. Secretary, Hon. Treasurer, and Chairperson, Scientific Committee

Any member of ten years good standing in KSOS, residing and practicing in Kerala, who has obtained a minimum of 100 credit points in the preceding two years, and who has been Executive Committee Member/Office Bearer for at least one term is eligible to be the Hon. Secretary, Hon. Treasurer, or the Chairperson, Scientific Committee.

d) Vice-President

Any member of ten years standing in the Society, residing and practicing in Kerala, with 100 credit points, who has been a member of the Executive Committee for at least one term, and held one of the senior offices (Hon. Secretary, Treasurer, Scientific Committee chairman or Editor KJO, with effect from 2009) for at least one term, is eligible for the post of the vice-president.

e) AIOS Managing Committee Members (two)

Any member of ten years standing in the Society, residing and practicing in Kerala, who has 100 credit points [out of which 25 more should be attending AIOS annual conference], is eligible to become AIOS managing committee member.

f) Member, Scientific Committee (three)

Any member of three years good standing KSOS, residing and practicing in Kerala and who has got 80 credit points in the preceding two years is eligible to be an Executive Committee Member.

5. Election Procedure

The Hon. Gen. Secretary shall have the nomination form published in the second issue of the K J O/ newsletter, and make it available on the website.

The nomination has to be submitted by the candidate in the prescribed form. Each candidate has to be proposed by a life member and seconded by two others.

One person can contest for one post only.

The AIOS Managing Committee member is nominated by the KSOS Executive, as and when the AIOS Managing Committee is reconstituted.

Completed nomination has to reach the Hon. Gen. Secretary by 30th of September.

The Hon. Gen. Secretary shall scrutinize the nominations and handover the valid nominations to the Returning Officer, who shall be a senior member the executive committee or a past president, appointed by the President in the consultation with the Executive Committee.

The Returning Officer shall announce the candidate for the various posts 30 days before the date of election, and this information shall reach the members along with the notice for the General Body Meeting.

Polling, when necessary shall be conducted on the second day of the Annual Conference from 9 AM to 2 PM. Only life members with their KSOS ID cards or any other (decided on by the Returning Officer) will be allowed to vote. Voting by proxy is not allowed.

If no nominations are received by post, fresh ones can be called for from the floor of the General Body Meeting. In case of the contest, election by secret ballot shall be conducted at the venue of the conference at the date and time specified. Only life members who are present with their ID cards, or any other as decided by the Returning Officer, and who have signed the register shall be allowed to vote.

Please Note: As per the annual general body meeting of 2020 online election is approved. Last date for withdrawal of nomination is October 31st.

6. The President Elect of the previous year will become the President from the commencement of the current year. If the President Elect is unable to take over as president, the vice president shall do so.

7. In the event of vacancy occurring amongst the office bearers, other than the Executive Committee Members during the course of any year, the existing members shall elect the office bearer/s from amongst themselves. The persons so elected shall hold office for the period for which his/her predecessor would have functioned. (Vacancies so filled not exceed three during the year).

8. Office bearers shall cease to hold office

a) When their term is over

b) If by resolution, the General Body decides, (by two-thirds majority), that the office bearers be removed from office.

c) Article X. 8.c, Secretary and Treasurer shall cease to hold office when their term is over.

9. Any Office-Bearer/Executive Committee Member, who fails to attend 50% of executive committee meetings in a term, without valid reason shall be disqualified from contesting for any post of KSOS for a period of six years.

Kindly send the duly filled application form with added documents in the following address.

Dr Mahesh G
Hon General Secretary,
Kerala Society of Ophthalmic Surgeons

KERALA SOCIETY OF OPHTHALMIC SURGEONS

NOMINATION FORM FOR ELECTIONS 2021

PHOTO OF CANDIDATE

Name of Post : _____

Candidate Name : _____

_____

KSOS Membership No : _____

_____

No; of years of membership : _____

Date of Birth :_____Gender _____

_____

Educational Qualifications : _____

Address : _____

_____

_____

City :_____Pin _____

Email : _____

Phone : _____

Landline : _____

Mobile : _____

Fax : _____

Present Designation Office Addresses

: _____

: _____

Positions Held in KSOS :_____Year From_____To_____

Credit Points in the last 2 years (attach proof)

: _____

I Dr_____hereby certify that all information given inthis form is true to the best of my knowledge and belief.

Date:

Place:

Signature with Name.

Name of Proposer : _____

KSOS Membership No : _____

Address : _____

_____

_____

Signature : _____

Name of Seconder : _____

KSOS Membership No : _____

Address : _____

_____

_____

Signature : _____

Kindly attach your brief CV for communicating to members _____

OFFICE USE ONLY

Nomination form received on: _____

Verified and found valid : [ ] YES / [ ] NO.

If no cause for rejection : _____

_____

Status on Election Day : [ ] Withdrawn / [ ] Elected without contest / [ ] Contesting the election

Result of election : _____

Name and Signature of Election Officers