THE KSOS connect

The official newsletter of Kerala Society of Ophthalmic surgeons

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EYE CARE WITH A COMPASSIONATE HEART

DR PHILIP KURUVILLA



Known for his hard work and determination, it is easy to understand that Dr Philip Kuruvilla with over 50 years of experience as a surgeon and ophthalmologist continues to work and serve. We begin our interview at 8: 30 pm on a working day. Although sir has completed a full day of work, he seems bright and cheerful. It is indeed a privilege to interview Dr Philip Kuruvilla, a master surgeon with a kind persona. Both Dr Philip and his wife Sara Kuruvilla are warm and friendly. They are concerned about making both the videographers and me comfortable.

Founder and chairman of Aradhana Eye Care - a super-specialty eye hospital, Dr Philip grew up in Trivandrum. His father was a pastor and he grew up with 7 siblings, 6 brothers and a sister. After completing his schooling in Trivandrum, he studied pre-degree at Thevara and graduated from the prestigious CMC at Vellore.

Sir, can you tell us about your childhood, your education, and why you wanted to become a doctor?

I did my schooling in Trivandrum and three people inspired me to become a doctor. I come from a religious home where prayers were a part of our routine. The Life of Jesus Christ inspired me as his teaching emphasizes healing, especially for the blind. I had an aunt who is my mother's elder sister. I used to visit her at Nagercoil during my school vacation. She was from the first batch of doctors from CMC, Vellore and she was adored by people. The third one is my elder brother who is 10 years older than me and is a General surgeon in America. He told me "You have no choice; you must take medicine as a profession".

Interviewed by:
DR. AMBIKA SHETTY

To watch the interview click the link:
https://youtu.be/bz7YJGV07cQ

Continued on page 6...

PRESIDENT›S MESSAGE



Honourable Senior members, my dear friends,

Let me pay my respects to the departed souls Dr. K.P.Subramanian, Dr. Cherian Philip and Dr. V.O. Mohan Babu. I remember with gratitude their contributions to the KSOS, the academic world, and to the civil society.

The KSOS is now the proud owner of a property in its name, with the purchase of a flat in IMA House, Kochi. We can now use it as office space and have our committee meetings there.

The family meet at Kollam was a runaway success, all those who participated enjoyed it.

I am extremely happy to acknowledge the effort taken by our website Editor in doing a thorough revamping of our website. The life memberships have been streamlined and membership certificates can now be downloaded from the website.

The Post Graduate training programmes conducted by the Scientific Committee are well appreciated, now the team is drawing out a robust programme for Drishti 2025.

The Kerala Journal of Ophthalmology has come out with a flipbook format, I am sure you all enjoyed it.

CMEs are in full swing. The project of honouring the Senior Ophthalmologists at every CME has been received well.

The District Ophthalmic Clubs are meeting regularly.

We are all in a state of shock at the massive natural calamity that hit Waynad District. We express our solidarity with our brethren and are open to suggestions as regards assisting them in their rehabilitation.

Thanks and regards.

Jai KSOS.

Dr. Thomas Cherian
President, KSOS
Mobile: 93886 05608

GENERAL SECRETARY'S MESSAGE

Dear All,

The period from April to July has seen hectic activity in KSOS in the Scientific and administrative front. On April 15th we had a valedictory function on Zoom platform to celebrate the successful conclusion of the Help Me See-Amala-KSOS . First internal Audit of KSOS year 2023-24 was done on April 28th 2024. It was heartening to conduct the same in the comforts of our own flat purchased at the IMA house Kochi. Incidentally we completed the Pokkuvaravu of the property in the first week of July 2024.

The KSOS President's Family Get Together Program this year was conducted at the Picturesque "Fragrant Nature Resorts" Paravur from 11/5/2024 to 12/5/2024. It was a resounding success and we had an active participation . The number of KSOS families shot up from the initially expected 20 to 35 and we ended up booking the whole property to ourselves. The total attendees came to 60. All the attendees enjoyed thoroughly the two days filled with fun and lot of activities which included the following

Day 1: Check in , Poolside tea and snacks; Cricket Game; Volleyball Game ,Cultural Night and Dinner

Day2: Early Morning Country Boat Trip through Mangrove canals followed by Kayaking; Breakfast ; Boating at Paravur Lake; Admin Audit Meeting ; Executive Committee meeting ,Lunch and check out

The President released the First Newsletter also during the cultural Eve on 11th May .

The major decisions taken during the Executive Committee Meeting are appended as a separate item.

17 CMEs were conducted across the state under the aegis of KSOS during April, May ,June months and the CME calendar is almost full next month also.

As part of the President's project 21 senior ophthalmologists



were honoured at the above 17 CMEs conducted. They were Dr Rachel Jose; Dr Suseela B Nair; Dr P S GirijaDevi; Dr Krishnamohan ; Dr Purushothaman Pillai ; Dr EA James; Dr Sreedevi S; Dr Rajagopalan Nair; Dr John K Abraham; Dr B Sailakumary; Dr. PR Santha; Dr. Lt Col. Sudharkaran CP ; Dr K.C.Mathai; Dr Ahmed Anwar; Dr Suseela Prabhakaran; Dr Lalitha Susan; Prof Dr J. Antony; Dr MaryKunju T; Dr T.P Ittiyerah; Dr Babu K V and Dr Gopinathan K

KSOS has given a donation of Rs 3 Lakhs to Jyothirgamaya Foundation ,a charitable trust bearing register no: IV 58/15 and working towards the empowerment of blind people in all spheres of life. Dr Thomas Cherian ,President KSOS handed over the cheque to Miss Tiffany Brar of the trust during Inaugural Function of Reflection 2024, the annual CME of Trivandrum Ophthalmic Club

The membership module of KSOS website is undergoing a complete rehaul and the member profile updation, module for conversion of Associate membership to Life memberships and a host of other features have already been incorporated . The website editor will share more details in his report. I request all members to login and do their profile updation .

Three senior and respected KSOS members left for their heavenly abode during April 2024 to June 2024 period . They were Dr Gopal R ; Dr. P. V. Thomas and Dr. K. P. Subramanian. KSOS bids tearful adieu to them.

Jai KSOS

Dr. Biju John

Major Decisions Taken at ECM on 12th May 2024 at Fragrant Nature Resorts -Paravur

1. Email Blasts and Zoom meetings to be continued through AMN and Ankith . The raise in the fees asked by them was allowed by ECM.
2. Social Media presence and advocacy : The present agreement with Ormeon at a reduced rate of 10000 +GST can be continued
3. Drishti Brochure to be sent as E mail blasts by Numerotech using the free services offered in the contract as PDFs could not be sent by AMN service
4. Drishti 2023 accounts: The total income (figures rounded off) was Rs. 2,21,85,916/- The total expenses came to Rs. 1,39,55,012 after deducting the GST. The income over expenditure is Rs. 82,98,753/- Of this 75% (Rs. 62,24,064/-) is for KSOS and balance Rs. 20,74,689/-for the LOC
5. Salary of Dhiraj be renamed as Professional fee as requested by Dhiraj Tawary.
6. KSOS will sponsor the registration and travel of the winners of Teachers of Tomorrow (TOT)to the upcoming annual conference of AIOS provided
   i. They are AIOS members
   ii. They represent KSOS team of TOT

   The money will be reimbursed after the conference once they represent KSOS
7. Making KJO Green : It was decided that since in the 2020 AGB there was a decision to give Opt in option for Physical Copy for New members , a new recommendation to be put in the next GB to make it "Only Green " and "No Physical Copies " for new members .
8. Regarding Associate Members conversion to full fledged Membership.
   a. Ratified members in 2020 AGB had voted in 2021 elections .So upto that number(ie last ratified member in 2020 GB which is No: 2006) all can be converted to Full membership.
   b. Modus operandi to convert the rest to Full membership to be worked out.
9. Request by Kozhikkode Ophthalmic Society to Sponsor TOT Program and initiate awards for that in the club's name was accepted and the corpus amount to be deposited for the same was fixed as 5 lakhs. This will be put forward in the 2024 AGB for ratification .
10. Oration Award and Lifetime Achievement awards
    a. Dr Radha Ramanan selected as Oration Awardee -Dr T K Alexander oration this time.
    b. Dr James T Kuruvila & Dr E J Mani selected for Life time achievement awards
11. KSOS Manual 4 ratified
12. Dr Bastin to prepare the course and finalise the team for the State session for APAO- AIOS Conference.
13. Dr Ambika Shetty selected as coordinator for the LDP program for this year.
14. Election approved as online
15. Punarjyothi Foundation of RIO Alumni to submit a letter with a specific project report or specific purpose with estimate and supporting documents for getting Financial Assistance .
16. LOC/DCC can take a decision on announcing cultural programs with detailed timings early.
17. Drishti 2025 Whatsapp group to be formed and can be converted to official DCC group after Drishti 2024

TREASURER'S MESSAGE



Dear Friends,

From the finance desk things seem to be going well. The internal audit committee met on 28th of April at the IMA house Cochin. The Drishti 2023 internal audit was also completed on that day. The audit reports were presented to the executive committee on May 12th and were deemed correct.

On 5th May along with the inauguration of the Reflections 2024 by TOC, a Cheque for Rs. 3 lakhs was handed over to Ms Tiffany Braar to support the Jyothirgamaya foundation.

Changes of signatories in all 3 banks have been effected well in time.

The registration for Drishti 2024 is on. We the executive committee and the LOC of Drishti 2024 are working together to make the conference a grand success.

The change of ownership procedure for the IMA Flat acquired by the KSOS has been completed as well.

The GST filing and IT filings are going on smoothly.

Jai KSOS.

Dr. Thomas George T

SCIENTIFIC COMMITTEE CHAIRMAN'S MESSAGE



The scientific committee is continuing the activities in full swing. The virtual PG class room is well appreciated and eight episodes are already over. The 2nd module of 'Eyelights' the physical PG update program was conducted at Chaithanya eye hospital Trivandrum with neurophthalmology as topic. It was attended by 84 PGs across Kerala. For each session there was a pre test and a post test. At the end of the program, handouts were distributed to the participants. The 3rd module, on paediatric ophthalmology will be held at Comtrust eye hospital Calicut on 18 August Sunday.

The young ophthalmologists forum conducted a webinar on 'mastering next gen video editing and ppt animations' on July 1. There was another webinar "oculoplasty in a nutshell" on July 22.

The scientific submissions for Drishti 24 were completed on time. This time we had record number of Instruction Courses, Free Papers, Posters and Videos. Evaluations of all these are over and the final list is now available in the KSOS website. This time there will be only physical poster. The chief author/presenting author should be present beside the poster at a specific time decided by the scientific committee chairman for interaction with the delegates and also with the judges.

I thank Sahasranamam Sir, Dr Unni and team Chaithanya eye hospital for their help in conducting the PG update program, other members of Scientific committee- Dr Marian Pauly, Dr Merine Paul and Dr Rajesh OT for their help and Dr Rakhi D Cruz for coordinating the activities of YO programs

Dr Bastin V A

KJO EDITOR'S MESSAGE



The maiden issue of KJO (Vol 36 Issue 1) from the new editorial team was brought out right on time in early April 2024. It is heartenig to see that the journal which had undergone a complete make over with more than half a dozen new sections was received warmly by KSOS members.

Journal performance : January to Juy 2024:

Half way through the first year of the new team, let me share some selected journal metrics which reflect the journal's performance. This will help our members perceive their journal for what it truly is and help them make relevant choices as contributors.

No: of submissions: 91(9.89% from overseas authors)

Acceptance rates : Primary research: overall - 27%

- Original articles -19%
- Case reports 23%
- Photo essay - 40 %
- Review article -50 %

Turn around time :

- Submission to acceptance : 82 days
- Acceptance to publication : 64 days
- Submission to publication: 146 days (4.8 months)

The meaning behind the math: The acceptance rate is a clear indicator of our stringent and robust double blinded editorial review process.I thank our reviewers for their selfless efforts in turning out quality reviews despite their busy schedules. But lags and delays do happen, giving headaches to the



editorial board, making review and revision the longest phase in the article cycle(56 days).The data also tells you that photoessays and review articles have a high chance of getting published. So, keep them coming! I am truly proud of my dedicated editorial team and diligent reviewers whose tremendous efforts have resulted in an all time low turn around time of 4.8 months from submission to publication, as is worthy of a quality indexed journal.

A historical leap - The new DIGITAL KJO: In April 2024, we could address a long felt need of the organisation by taking a green leap forward with the launch of the digital KJO.It is not just an e version of KJO, but a very versatile 'five in one' document with multiple clickable soft options including links to individual articles and archives.It will be delivered straight to your mail inbox every time a new issue of KJO comes out. Soft is smart in the era of virtual learning. Hence, apart from the environment friendliness,this digital document is also envisaged to increase the readability, accessability, visibility and reach of our journal. .An understandable concern here would be regarding whether members may caese to receive the hard copy any more. As of now, the consensus by the executive is that all ratified members will continue to have option for hard copy if they so desire. The preference will be soon sought by KSOS from each member by mail and also through the website. I thank our President, Dr Thomas Cherian and the KSOS executive, especially the General secretary Dr Biju John and the Website editor Dr Sujith Nayanar for the great team play that has made this initiative a reality. Dr Sujith had been a wholesome help with all the tech aspects including the document design. He has also upgraded the website in such a way that members can browse through the current issue and also search archives of KJO either directly or through the active KSOS website link embedded in the digital KJO.

What could be better?

Hope to see more contributions including original articles from our state, have more reviewers join us and sticking to the specified time lines. Due appreciation to the efforts of the editorial team and the reviewers as a policy is under consideration.

Dr Lathika Vasu Kamaladevi

Editor in Chief, KJO

WEBSITE EDITOR'S MESSAGE

Dear members,

As discussed in the previous newsletter we have plans to revamp our website in the coming months. We have started the foundation work for the same. In the last 6 months we were trying to collect some old data for uploading and thus filling the gaps. Some old irrelevant data are moved to archives. Some new segments are added. The contents for the new segments are being collected. Meanwhile the Online registration for Drishti and abstract submissions were opened. We tried our best to make the process smooth and did quick troubleshooting whenever it was needed. A campaign was carried out to contact all senior members and do their complimentary registration with the help of our technical members so that they don't have to struggle with online payment and entry. Online IC submission was also happening in the last few months and currently the FP/ Video abstract submissions are going smoothly.

Online membership application process is also going smoothly. We are trying to improve it by making the document uploading and Online printing of life membership as added features. We have started an Eye bank portal on website which will allow the members to get details of donor eyes in the various participating eye banks daily. This is done as a part of the President project for the year.

In the next couple of months, we will be starting another campaign on Member Profile Updation. This is very important in keeping our member details updated for any future events. I request you all to co-operate and do the updation promptly when we launch the campaign. This will help us to activate our "Members Only' zone where we can start various activities for the members without interference of the public.



KSOS on Demand is updated with the latest videos. The Newsletter section is updated with the latest editions. The CME calendar is now available and updated. CME request section is also active for online application of CME under the aegis of KSOS. We have started a KSOS WhatsApp channel exclusively for Drishti updates. I request all our members to join it so that Drishti Updates are not missed among other messages in the official WhatsApp KSOS group.

Another major landmark was the initiation of Digital KJO. Now onwards each KJO issue will be having a digital version which will give online access to all the articles and other contents of the print journal to our members

Our cultural magazine Spandanam is now available online on our website and soon we will have a Culltural Events column where the videos of Cultural events of Drishti will also be accessible for members. We have started the District Club Corner a space dedicated for various activities of District Clubs.

A few newer segments, academic and non-academic, are being planned. I request suggestions from our members for the betterment of our website. Together we can make it more attractive and user friendly.

Thank you

Jai KSOS

Dr V Sujith Nayanar

continued from page 1...

Sir, can you describe your journey after completing post-graduation?

I found there were millions in India unnecessarily blind. The existing hospitals could not handle the load. We noticed that most eye diseases such as cataract, glaucoma, squint, and trachoma could be tackled in eye camps. This was possible if we had good equipment to provide eye care such as a good slit lamp, gonioscopy, and applanation tonometry. We used to have a big bus loaded with operation theatre equipment including operation tables, an autoclave and slit lamp. Along with this, and there were two jeeps to carry the equipment. We used to visit the remote parts of Himachal Pradesh, Jammu and Kashmir, Punjab and Uttar Pradesh. During these journeys, I happened to meet Tibetans who had to flee from their country. Nehru gave them refuge in parts of Himachal Pradesh and Karnataka. They refused to go to cities for treatment. I was moved by their plight and decided to set up an outreach with an operation theatre to serve them.

During those days, there was no Youtube and Internet to help us with surgeries. To improve my surgical skills and ensure that I was doing justice to my patients, I decided to visit surgeons at various advanced centers across the world.

You are known for your expertise in cataract surgery as well as Oculoplasty and Squint. These days, surgeons prefer to work in a particular sub-specialty. How did you learn and perform various surgeries such as cataract, squint, trabeculectomy, and oculoplasty with so much finesse?

It was a matter of need. Either one performs the surgery, or the patient continues to suffer from blindness. For instance, if you look at glaucoma: Pilocarpine was the only drug that was available for many years. After many years, Timolol became available. It was available only in one shop in Delhi and it cost a steep Rs 120. The only solution to this problem was trabeculectomy. I remember a camp where I performed 19 trabeculectomies. The results were good as the conjunctiva was pristine without prior anti-glaucoma medication. I trained myself in Oculoplasty, as it was required for the patients who were suffering from the ravages of trachoma. Conditions such as entropion and ectropion were common. They would continue to suffer without any intervention.

And what about strabismus?

It was something similar. I remember a girl named Usha who had got recently engaged. As North Indian girls used to wear a shawl over their faces, the boy's family was not aware that she had a significant squint. The Lions Club members brought her to me with a request "Sir, can you do something?" I said okay and performed a squint surgery for her. After two years, when I went to attend a camp at the same place, it was a pleasant surprise to meet her again. This time she had a baby and she seemed cheerful with absolutely straight eyes, sir recollects with his hearty laughter and a twinkle in his eyes. Such situations made me learn, and over the years, I gained a lot of experience.

Although you have performed various surgeries, manual SICS is very close to your heart. Can you speak about your love for manual SICS?

It was in 1986 when I was at Mettupalayam. The routine procedure was ECCE, Intraocular Lens with multiple sutures. There was an acute shortage of sutures and sutures were not available. I contacted Dr Krishnankutty in Thrissur. He had a homemade machine to mold and make needles. We used to thread 10-0 nylon sutures and thread it through 30-G self -made needles. The machine used to cut the 30-G needles and press it to make needles. Although it served the purpose, it was cumbersome. So I was wondering if there is a suture-less method. Then I came across Dr Blumenthal who had described a suture-less technique for cataract surgery.

Dr Ravi Thomas from Vellore was also promoting suture-less cataract surgery. I learnt SICS by myself and was not trained by anybody. I found that it was fantastic. Then, of course, phacoemulsification came along. Even before coming to Trivandrum, I had a phaco machine at Mettupalayam. But then, the machines were expensive and the spare parts were not available. I had to perfect SICS, as I had a huge number of cases, majority free or highly subsidized.I refined my technique and found that the results were excellent, similar to phaco. When we came to Trivandrum, things were different. People were asking if we do phaco. So I bought a machine and was doing both phaco and SICS. After my son Dr Ashish joined, he was interested in phaco. If he has 10 cases, he would perform 7 phacos and the rest SICS for complicated cases. I am concentrating more and more on manual SICS. I think that it is a wonderful technique, especially when there is subluxation and pseudo-exfoliation. Someone close to my brother underwent phacoemulsification in America. As she had pseudo-exfoliation, she had a complication and eventually underwent 5 surgeries. Even now she continues to suffer from poor vision. SICS is safer in complex situations. However, one needs to be patient to ensure that the outcome is good.

Today, Aradhana is an established center for eye care. What made you take the step to become an entrepreneur?

I wanted to move to Trivandrum from Mettupalayam during the third part of my life. Fortunately, from a young age, I had full freedom in my surgical career. I used to make my own decisions. I always had access to the best equipment available at that time. The administration was very kind and used to give me whatever I asked for. I could not find such a place in Trivandrum. In most of the places, I would have to work as an eye surgeon under somebody. That's the reason I thought it was best to start by ourselves. It was tough in the beginning, as one does not get paid well in mission hospitals. I had a

big vision and a lot of experience, he says with a smile.

Yes, the rest is history. We all know that today is a well-equipped hospital with several skilled ophthalmologists.

I always wanted to treat patients with very good equipment. In Ophthalmology, we face certain situations where we cannot help the patient beyond a certain point. At least, we should have very good equipment to diagnose and treat. At Aradhana, we have the latest technology with Anterion to calculate the IOL power, Heidelberg OCT and Anterior segment OCT, FFA, Haag Strait Slit lamp imaging, Zeiss wide-field fundus imaging, and glaucoma assessment. The members of our team- Dr. Thomas Chacko, Dr. Prerana, and Dr. Sheera are experts in the field of retina.

Sir, do you have any role models in Ophthalmology?

When I was in Punjab, I was inspired by Dr. Daljit Singh. He was a well-known and fabulous surgeon and promoted the practice of IOL surgery. I was inspired to perform my first IOL surgery in 1983 after seeing his surgery. Dr. Richard Daniel and Dr Chatterjee my teachers from CMC Ludhiana were both excellent teachers and surgeons. We were trained to master each step such as anesthetic blocks, conjunctival flaps, followed by incision, sutures and finally removing the cataract. Those days it was ICCE before moving on to the next step. Unless one becomes good at one step, one cannot proceed to the next step. That way the outcome would be optimal for the patient.

The other person is Dr Omprakash. He is the father of Dr Rohit Omprakash from Amritsar. He was a fabulous surgeon.

Another person who inspired me was Dr Howard Gimbel, who is one of the most well-known and accomplished ophthalmic surgeons in the world. I visited Calgary Canada to observe his surgeries. Those days he was doing IOL surgery under topical anesthesia. His principle was simple.

"Whatever the patient asks for I provide, but the patient has to pay for it!"I guess that works in Canada. I noticed that there were several computers with staff at the hospital. When I asked him what they were doing he told me that they were counseling. They used to enter the patient's names and contact details. They would thoroughly explain to patients how to prepare for the surgery and what to expect during and after the surgery. So I realized that one can save so much time through this process.

So I was very fortunate to have all these legends as role models.

Do you have any regrets in your life, sir?

He seems amused with the question and replies that his only regret is that there was a lack of documentation. I was so busy serving people and giving sight to people that I didn't document. Now, when I see presentations and videos of something interesting, I realize that I have also done this so many years ago. But without documentation, I cannot prove this. For instance, I did posterior fixation of Iris claw IOL back in 1986. I had done about 75 cases, maybe first time in the world. Those days, Dr Daljit Singh used to fix Iris fixated lens anterior. Unfortunately, I have no documentation of this. In Metupalayam, I had some sort of recording. However, it's only now that I have a facility with a surgical microscope attached and video recording. What I would advise younger people is that whatever they do is fantastic but "Please do document".

Could you tell us something about your family?

My wife Sara is also an ophthalmologist. I have three children. The eldest is Shilpa who is in Australia. She is a pediatric ophthalmologist. Her husband is a cardiologist and they have two boys. One thing that I have realized is that the surgical training overseas is fantastic. It is very structured.

Second is my son Ashish. He and his wife Jane are both ophthalmologists. They have two kids: a girl and a boy.

The third is Divya an anesthesiologist at Ananthapuri Hospital. Her husband is an IT professional and he works at Infosys. They have two boys. So I have six grandchildren.

How would you describe Dr Sara's role in your life?

Dr Sara gave full support. But I think it was very tough for her. She was a much better student than me in medical school.

What are your hobbies?

I enjoy music. I love singing. I am often the lead singer at the church. I used to play the guitar. These days, I only play the keyboard.

What are the challenges faced by young ophthalmologists today?

I feel that the main challenge is that it is internal. One cannot avoid challenges. Challenges and problems are there. One can avoid problems, only if one is not alive.

I notice that young people do not want problems. They tend to blame somebody else when they face problems. They either blame the teaching, the medical college, or the system. What they need to realize, is that whenever there is a problem there is an opportunity and a solution. We have to think of a solution. The first thing is to bring about a change within ourselves and develop a positive attitude towards life. The other thing is that there is a lack of training during the residency program.

Since I was fortunate to be trained under great mentors such as Dr Richard Daniel and Dr Chatterjee, I realize the importance of proper training. I hope the surgical training for ophthalmology is more structured similar to the programs abroad such as in the US and UK.

When you see the videos on Cataract coach.com, Dr Uday Devgan describes the 130th or 140th surgery done by a resident. Each surgery is recorded and the chief or mentor observes the surgeries, supports, encourages and gives his inputs.

When this kind of mentoring is possible in the Western world where people are known to go for litigation, it should be possible even here.

What is your message for young ophthalmologists?

You have to find out what your talent is and then improve upon that. Don't compare yourself with others and be worried about it. Concentrate on your talent and contribute to society, to the country, and to the world. For instance, Dr Rachel Jose who was in an administrative role helped so many people when she was in Delhi.

If one has an aptitude for administration, it is good to go for that. As the Indian government spends only 1.5 % of its money on healthcare, it is one of the lowest in the world. Medically qualified professionals should take up administrative posts. If one is good at Oculoplasty, it is better to stick to that. Now, it is difficult to practice multiple sub-specialties such as cataract and oculoplasty. As knowledge is vast, it is not possible to focus on multiple specialties. My message is that you should find out what is your talent, concentrate on that, and become very good at it. Write papers and document your cases and you will be very satisfied. Never compare yourself with somebody else.













KSOS ANNUAL FAMILY GET TOGETHER

at Fragrant Nature Kollam 11th and 12th May 2024









OFFICIAL RELEASE OF KSOS NEWS LETTER FOR JANUARY TO MARCH



REPORT OF DISTRICT CLUBS

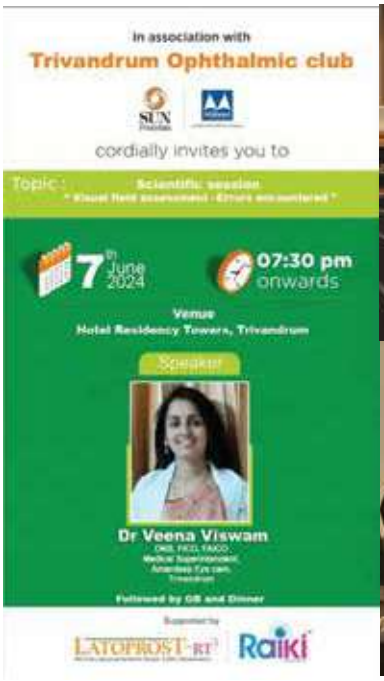
TRIVANDRUM OPHTHALMIC CLUB (TOC)

Dr Veena Viswam, Glaucoma specialist and Dr Neethu Pradeep, medical retina consultant working at Amardeep Eye hosital, Trivandrum organized a two day workshop on Ophthalmic emergencies. The workshop which was conducted in collaboration with Society of Emergency Medicine in India, Indian Medical association and Trivandrum ophthalmic club on the 22 nd of May at Kerala Arts and Crafts Village, Kovalam, Trivandrum.Several emergency medicine doctors and other medical personnel attended the practical case discussions. They were also given an opportunity to practice simple ophthalmic procedures such as Fundus photography.Dr Jayaprasad Bhaskaran, chairman of Amardeep Eye care was the mentor for the program.













Trivandrum Ophthalmic Club's Monthly meeting was held at Hotel Residency Towers on 7 th June, 2024. Dr Veena Viswam glaucoma consultant at Amardeep Eye hospital was the invited speaker. Dr Veena spoke on the topic: Visual Field Assessment -common errors encountered. Her simple and elegant style made the topic lively and enaging for both senior ophthalmologists and pg students.



The Trivandrum Ophthalmic Club's annual CME, Reflections was held on Sunday, the 5 th of May at Residency towers, Trivandrum.

Ms Tiffanfy Brar, founder of the NGO Jyothirgamaya was the invited guest. Jyothirgamaya was given a financial aid to encourage their noble cause. Senior ophthamologists Dr Saila Kumari and Dr John Abraham were honoured with Ponnada and mementos at the program.

Dr Rathinam S.R., chief of Uveitis Service at Aravind Eye hospital, Madurai was awarded the Trivandrum Ophthalmic Club's Scroll of Honour. Dr Rethinam spoke on the topic" Bedside- bench-bedside- Research" - Greatly benefits our patients.





The chief guest for Reflections 2024 was the president of the KSOS Dr Thomas Cherian. Senior Ophthalmologists Dr Sailakumari and Dr John Abraham being honoured by the Trivandrum Ophthamic Club on the occasion of Reflections 2024. KSOS





Professor Suseela B Nair and Professor George Thomas were bestowed with the lifetime achievement award at the annual meeting of the TOC. The academic session included sessions on topics related to Refraction, Neurophthalmology Paediatric Ophthalmology, strabismus and also Orbit, Oculoplasty and aesthetics. The speakers included both state and national faculty.





The Ophthalmic Society of West Bengal honored Past President of KSOS Dr Arup Chakrabarti by bestowing him with the Dr PR Mondal Oration award.





Trivandrum ophthamic club conducted a gold medal exam for post graduates. The students had a written, OSCE and a viva exam. Six students qualified for the OSCE exams after the written prelims. The examiners were senior TOC members Dr Suseela B Nair and Dr Girija Devi. Dr Jane Susan Viji from regional Institute of Ophthalmology secured the first place, Dr Sarika S from Chaitanya eye hospital secured the second place and Dr Maria Mathew Sree from Sri Gokulam medical college secured the third place. The quiz was held at Sreenethra hospital, Trivandrum on 6 th April, 2024.

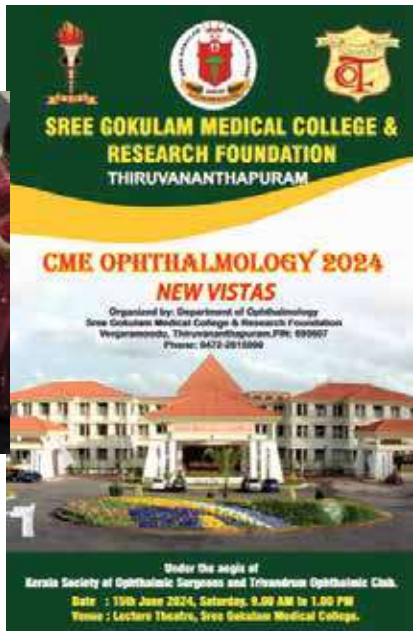




A CME titled " New Vistas in Ophthalmology" was organised by Gokulam Medical college, Trivandrum on 15 th June, 2024.







Sreenethra eye hospital, Trivandrum organised a CME on Glaucoma Management and Ocular Emergencies on 21 st April at Hotel Hyatt, Triavandrum. Seinor ophthalmologists including TOC past president Dr Rachel Jose were honoured at the meeting.







TOC member and Cataract and refractive surgeon Dr Swapna Nair participated in an instruction course at the annual meeting of American Society of Cataract and Refractive Surgeons. It was held in Boston on 6 th April, 2024.





TOC members Dr Meena Nair, Dr Chitra Raghavan, Dr Anitha Prabhakaran and Dr Ambika Shetty were invited speakes at the launch of the Kerala Chapter of Women Ophthalmic Society held on 2 nd June at Kochi. Dr Anitha Prabhakaran and Dr Ambika Shetty were invited speakers for an online meeting organised by the Young Ophthalmologists of Kerala.

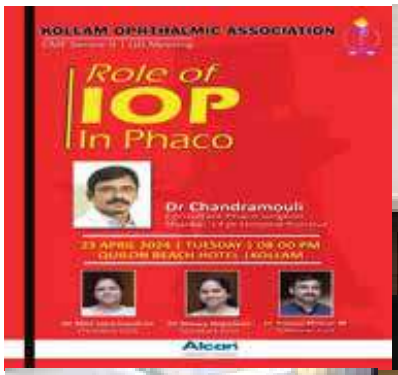




KOLLAM OPHTHALMIC ASSOCIATION

From April 1st 2024 To June 30th 2024

April 2024- 23/4/2024-KOA conducted CME series 9 along with general body .The speaker was Dr Chandramouli, consultant phaco surgeon shankar's Eye Hospital Punalur. The topic was 'Role of IOP in Phaco'.Dr Divya Kishan introduced the speaker . The talk was excellent.A memento was presented to Dr Chandramouli by Dr Rajiv Sukumaran. This was followed by general body. Dr Mira Nair, new member introduced herself.











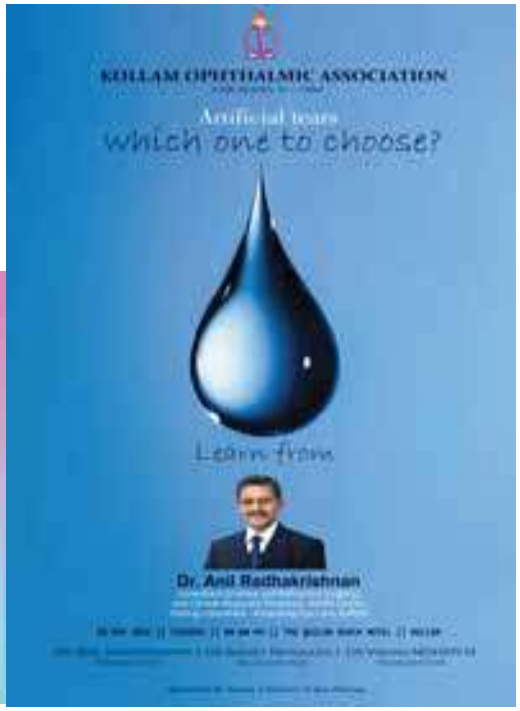




May 2024- 28/5/2024- KOA conducted CME series 10 along with general body. The speaker was Dr Anil Radhakrishnan, consultant cornea and refractive surgery associate professor AIIMS Kochi and visiting consultant Amardeep Eye care, Kollam. Dr Ansumi MS introduced the speaker. The topic was 'Artificial tears which one to choose'?. Presentation covered all aspects of dry eye management. A memento was given to the speaker by Dr Rajiv Sukumaran. This was followed by general body. Dr Neena, new member introduced herself.









June 2024- On16/5/2024, KOA conducted glaucoma education program in Association with Glaucoma Society of India under the aegis of KSOS at Hotel Sea Palace, Mundakkal, Kollam. Dr Manju R Pillai was the chief coordinator and executive committee member GSI .Organising chairman was Dr Anoop B.Organising Secretary was Dr Ansumi M S and Dr Arya UV was the joint secretary.







Registration started at 8:30 a.m. First session covered basics. Started at 9:00 a.m. Chairman was Dr K Mahadevan, co-chairman Dr Smita Narayanan, moderator Dr Arathi v Panikar. Topics- History taking and clinical examination by Dr Ajith Varghese, IOP-Tonometry by Dr Mini Jayachandran, gonioscopy by Dr Lopamudra, optic disc examination by Dr Rakhi P D'Cruz .This was followed by panel discussion.










Inaugural function started at 10:35 a.m. Prayer song was by Dr Anjana Nair S .Dr Anoop B gave welcome speech.This was followed by Presidential address by Dr Mini Jayachandran. In that madam mentioned about KOA activities.Dr Manju R Pillai gave a short description about the program.Guest of honour ,KSOS Secretary Dr Biju inaugurated the CME by lighting the lamp .After that Dr Biju John gave the inaugural address . After the inaugural address lifetime achievement was given to Dr Marykunju T I,senior member of KOA.Madam was adorned with Ponnada and a plaque was presented to madam by Dr Biju John. After that madam expressed her sincere thanks to KOA. This was followed by felicitation by Dr Shiney Nepolean KOA Secretary . Dr Ansumi MS delivered vote of thanks.







After the inaugural session Dr Arup Chakrabarthi gave keynote address. Topic was glaucoma care in routine practice .This was followed by session 2 which started at 11:10 a.m. Chairman was Dr Arup Chakrabarthi, co-chair Dr Edwin James,moderator Dr Divya Kishan. Topics- Visual field examination by DrThomas George, Role of OCT by Dr Meena Nair. This was followed by panel discussion.





Session 3 started at 12:10 p.m. chairman was Dr V Sahasranamam,co-chair Dr Mini S, moderator DrRajitha R J .Topics- Medical management protocols by Dr Kiran Gopalakrishnan, Surgical Management by Dr Smita Narayanan, beyond Trabiculectomy by Dr Mohideen A Kadar, Secondary glaucoma by Dr Manju R Pillai .This was followed by panel discussion.Iunch break was at 1:30p.m. Hands on workshop started at 2 30 pm. 4 stations were there.Station 1 Tonometry by Dr Rakhi P D'cruz.Station 2 Gonioscopy by Dr Madhavi R .Station 3 Visual Fieldby Dr Edwin James.Station 4 OCT by Dr Madhavi R. CME was excellent with good participation. Around 80 delegates and 20 PG's participated.Compering was done by Dr Sonia and Dr Linsa





Membership Drive - 4 new members joined KOA.Dr Mira Nair,Dr Neena,DrLinsa and Dr Remya R

OPHTHALMIC SOCIETY OF PATHANAMTHITTA

April to June 2024



Dr.Rachel jose recieved Award for Leaders of Ophthalmolgy in Hyat Regency TVM on April 23rd 2024



Dr.Shishir Verghese received the 2nd prize at retina case competition at the 1st ever Bridge retina congress in Alexandria... winning a 2 month sponsered observership with Dr.Stratos Gotzaridis in Athens, Greece

CME held on 29/06/24

Time:7-9:15pm

Venue: Hotel Elite

Attended : 35

Organized by Chaithanya Eye Hospital under aegis of Ophthalmic Society of Pathanamthitta

Welcome note – Dr.Rachel Jose (President)

Topics

1. Encounters of Dangerous kind in cataract surgery presented by Dr.Sudeep Das

2. PG case presentation. Followed by a detailed discussion and question answer session by all professors , moderated by Dr.Shane Mathew

OSP Report presented by Dr.Leena & Dr.Sumi

We had our society General Body meeting

- Nethram"24 brochure and details about different sessions, speakers and their topics were projected

Vote of thanks- Dr.Sumi Lukose







Camps conducted

- BCMCH – 3
- PUSHPAGIRI-6
- CHAITHANYA- 14
- AMITA EYE CARE- 8 (Including 4 school screenings)
- SABITHA EYE CARE-2

Affiliated State Societies

Managing Committee (MC) Members			
Society Name	Ophthalmic Society of Pathanamthitta		
Doctors Name	Dr. Rachel Jose	Dr. Leena .M. Varghese	Dr. Sumi Lukose (Treasurer)
AIOS Membership No.	———	Nil	Nil
Mobile	9810449499	8762923383	9605045284
Email	dr.rachelgjose@gmail.com	leenathecy.varghese@gmail.com	sumilsk@gmail.com

Educational Monthwise Activities

Month	Educational / Scientific Activity		Public Lectures		PG Teaching Program		Wet Lab	Membership Drive & Impact
	Physical	Virtual	Physical	Virtual	Physical	Virtual		
January			1					
February			1					
March	1		1			0		2
April			1			1		
May			2			2		
June	1					2		1

Required Details:
Place, Photos, Attendance, Theme, Any Guest

Signatures

MC Member :

MC Member :

1. Glaucoma awareness programmes



Believers Church
MEDICAL COLLEGE HOSPITAL









2. Amita Eye Care



3. Chaithanya Eye Hospital, Thiruvalla

Awareness Program & Screening was conducted at KSRTC Bus stand Thiruvalla





4. Sabitha Eye Care, Pathanamthitta

Awareness Program & Screening was conducted at Hospital













Minutes of Meeting held on 27/3/24

Time:7-9:15pm

Venue: Hotel Elite

Attended : 38

Organized by Ophthalmic Society of Pathanamthitta in association with Amita Eye care

Dr.Shishir

1. Double Trouble
2. Stuck in the Web

Dr.Aaditya

Subluxated cataract management with rings and segments

PG case discussion on subluxated cataract







ALLEPPEY OPHTHALMIC CLUB

CME on the month of April

Mizhi 2024, Annual CME of the ophthalmology department, Govt. TDMC, Alappuzha under the aegis of KSOS and Alleppey ophthalmic club was conducted in Hotel Royale Park, Alappuzha on 28th April 2024. CME was inaugurated by president elect KSOS Dr Mahesh G Senior ophthalmologists Dr E A James and Dr S Sreedevi were honoured during the inaugural session.

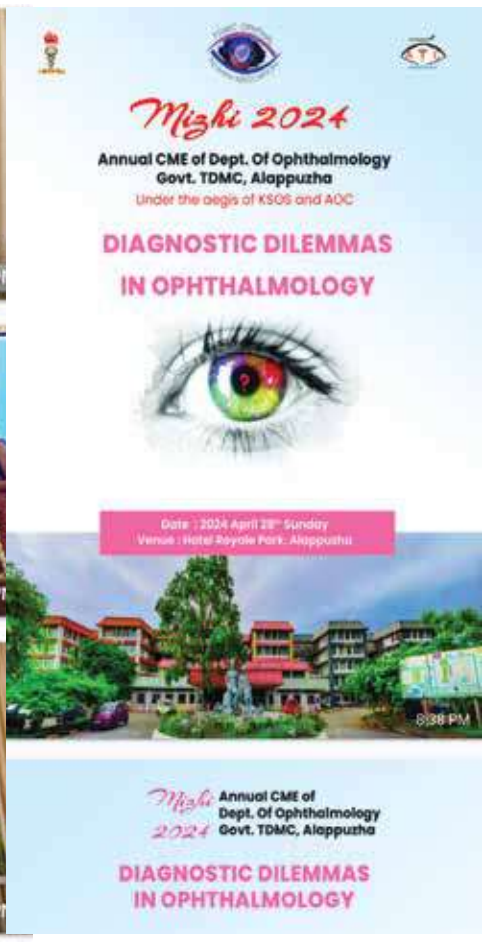
Eminent speakers spoke on Diagnostic dilemmas in various subspecialties. Speakers include Dr Mahesh G, Dr Vinay S Pillai, Dr Kiran Gopalakrishnan, Dr Anju Suresh, Dr Neena R, Dr Rehna Rasheed and Dr Dalia S The sessions were well attended and appreciated with fruitful discussions too. A competitive session of PG case presentations were also there. Cash prizes were awarded to the winners. Around 100 delegates attended the one day CME.

CME on the month of June

Alleppey ophthalmic club conducted a monthly on Retina at hotel Royale Park on 30th June 2024. The speaker was Dr Divya Balakrishnan, Consultant Ophthalmologist, Little flower hospital, Angamaly. She spoke in detail about "OCT biomarkers in retinal diseases". The session was focused mainly on the basics and clinical cases with OCT images. It was an informative lecture followed by interactive discussions. PG case presentation was there on diabetic retinopathy and OCT. It was a well arranged CME and inspite of the heavy rain was attended by around 35 delegates.









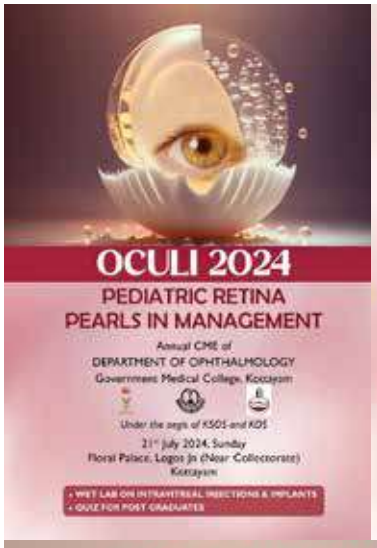
KOTTAYAM OPHTHALMIC SOCIETY

> 97th KOS general body and Academic meeting was held on 19th April 2024 at Hotel Indraprastha. DR Mathew Kurian, senior Consultant, Chaithanya Eye Institute delivered a Keynote on Cataract 360: A Holistic Approach to Treat Cataract Patients. Meeting was attended by 20 members.

> 98th KOS general body and Academic meeting was held on 21st june, 2024 at hotel Ceasar palace. Dr Anitha Prabhakaran, senior Paediatric Ophthalmologist, Precise Speciality Eye Hospital, Trivandrum delivered a Keynote on Managment of Progressive Myopia. Meeting was attended by 53 members.

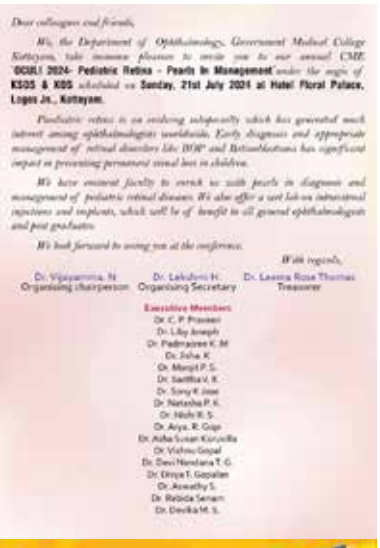
> OCULI 2024 was organised by GMC kottayam, under Aegis of KSOS and KOS on 21st july 2024 at Hotel Floral Palace. CME was on Paediatric retina updates with Eminent National faculties and faculties across state. There was Hands on training course on intravitreal injections for post graduate students and consultants. 83 participants have attended CME.Under KSOS presidential initiative, honouring of senior ophthalmologists Prof Dr Shobhana Mohandas and Dr Avis Eapen was done by Dr Thomas Cherian, Honorable President of KSOS .



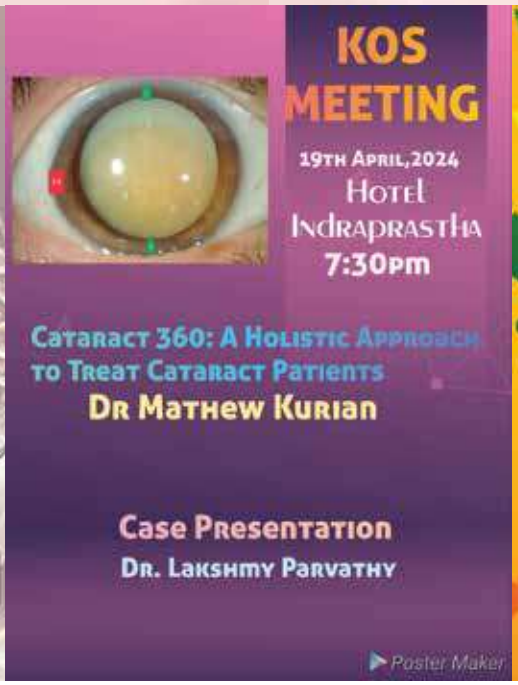














IDUKKI MALANADU OPHTHALMIC CLUB

Monthly CME meeting

62nd CME meeting of IMOC was conducted on 17TH June 2024.Dr Natasha Radhakrishnan, Senior retina consultant and Head of Paediatric retina and uvea , Chaithanya eye institute Kochi, presented the topic "Mistakes in uveitis diagnosis and management". This very relevant topic was well received and discussed.





Family Get Together And Weekend Retreat

Family get together and weekend trip of IMOC was conducted on May 25-26 2024 at Tea Terrain spa and resort , Pambanar, Peerumedu.17 members with their families attended the get together . It was a memorable and rejuvenating experience



COCHIN OPHTHALMIC CLUB

COC Monthly Meeting (23rd April)

Monthly Meeting of Cochin Ophthalmic Club was conducted on Tuesday, 23rd April, 2024 at Hotel Monsoon Empress. Following the formal agenda, Dr Praveen and Dr Jacob spoke in memoriam of Dr Gopal of Eye Foundation who had passed away.

Dr Quresh Maskati was the national speaker who spoke on Restoring Ocular Surface Homeostasis - a key strategy to improve patient satisfaction. His talk was interesting, informative, and full of wit as always.

Dr Quresh Maskati also released Quarterly Magazine of COC, named "COCtales"





The second talk was by Dr Aneeta Jabbar who spoke on the Exacerbation of screen fatigue during summer.

The meeting was followed by dinner.

COCtales - Quarterly Magazine of COC published

Dr Quresh Maskati released the Quarterly Magazine of COC, named "COCtales"

COCtales Jan Feb Mar 2024: https://heyzine.com/flip-book/3d9e03bd9c.html



Book Chapter published

Dr Rahul P Vijayakumar from AsterMedcity authored a book chapter on "Embryology and Pathophysiology of Childhood Glaucoma" in a Textbook and atlas of Childhood Glaucoma



COC received Ranbhoomi IMA Sports Trophy in IMA Meeting



കൊച്ചിൻ ഒഫ്താൽമിക് ക്ലബ് ചാംപ്യൻമാർ

കൊച്ചി • ഐഎംഎ കൊച്ചിയുടെ നേതൃത്വത്തിൽ ഡോക്ടർമാർക്കും ആരോഗ്യ പ്രവർത്തകർക്കുമായി സംഘടിപ്പിച്ച 'രണഭൂമി' വാർഷിക കായിക മേളയിൽ കൊച്ചിൻ ഒഫ്താൽമിക് ക്ലബ് ചാംപ്യൻമാരായി. കൊച്ചിൻ ഓർത്തോപീഡിക് സൊസൈറ്റി രണ്ടാം സ്ഥാനവും കെഎംഎ ഒഎ മൂന്നാം സ്ഥാനവും നേടി. ക്രിക്കറ്റ്, ഫുട്ബോൾ, ബാസ്കറ്റ്ബോൾ, ടെന്നിസ്, നീന്തൽ, കാരംസ്, സുഡോകു, പഞ്ചഗുസ്തി ഉൾപ്പെടെയുള്ള ഔട്ട്ഡോർ ഇൻഡോർ ഇനങ്ങളിലുമായിരുന്നു മത്സരങ്ങൾ. 200 ഡോക്ടർമാർ പങ്കെടുത്തു. സ്പോർട്സ് കമ്മിറ്റി ചെയർമാൻ ഡോ. വിനോദ് പത്മനാഭന്റെ നേതൃത്വത്തിൽ നടന്ന കായിക മേള ഐഎംഎ കൊച്ചി പ്രസിഡന്റ് ഡോ. എം. എം. ഹനീഫ, സെക്രട്ടറി ഡോ. ജോർജ് തുകലൻ എന്നിവർ ചേർന്ന് ഉദ്ഘാടനം ചെയ്തു. സമാപന സമ്മേളനത്തിൽ ഫൈനൽ ഈഡൻ എഫ്. സി. നീലഗിരി സ്പോർട്സ് സെന്റർ സെക്രട്ടറി എസ്.എ.എസ്. നവാസ് എന്നിവർ വിജയികൾക്കു സമ്മാനങ്ങൾ നൽകി.

മുൻ പ്രസിഡന്റ് ഡോ. എസ്. ശ്രീനിവാസ് കമ്മത്ത്, സ്പോർട്സ് കമ്മിറ്റിയംഗങ്ങളായ ഡോ. ആർവിൻ ആന്റണി, ഡോ. അജോസ് തുടങ്ങിയവർ പ്രസംഗിച്ചു.

Indian Institute of Healthcare Communication Master Trainer Certificate

Dr Suchitra completed the Master Trainer in Healthcare communication Course by Kerala State IMA and IIHC(Indian Institute of Healthcare Communication) Delhi. It was a 3 day intensive Training Program on Healthcare communication for selected doctors from Kerala IMA.

COC at Indo-Nepal Friendship CME at Kathmandu (April 13, 14)

Dr John Davis Akkara and Dr Anju Kuriakose were awarded the "NOS-NNJS Himalayan









Encouragement Award" at Indo-Nepal Friendship CME by Nepal Ophthalmic Society and Nepal Nethrajyoti Sangh in Kathmandu. Dr John presented on "Foldable Fun Dascope" and "Minimally Invasive Glaucoma Surgery in 3D printed and augmented reality". Dr Anju Kuriakose presented on "Diabetic Retinopathy - LASER and Intravitreal injections" and "Kitchen Ophthalmic Surgeon"

COC at Summer Spice 24, Annual CME of Palakkad Medical College

COC Members at Summer Spice CME of Palakkad Society of Ophthalmic Surgeons.







COC at Mizhi 24, Annual CME of Allepey Medical College

COC Members speaking at "Mizhi 24"; annual CME of Alleppey Medical College at Hotel Royal Park.

Dr Ruma from Giridhar Eye Institute, Kochi, bagged the 1st prize in case presentation for postgraduate students







YOSIcon

Young Ophthalmologists Society of India conducted YOSIcon in New Delhi on 27th & 28th April, 2024. Dr John Davis Akkara was awarded 2nd Prize in "I See Eye Everywhere" Photography Competition.





MAY 2024

KSOS Family Get Together

COC members participated in KSOS Family Get together and Cochin Kannukadi Theatres(CKT) staged a Kathaprasangam which was well received. Congratulations to Dr Dhanya, Dr Sony, Dr Arun, Dr Ciju, Dr Gopal and Dr RR Varma for the spectacular performance.

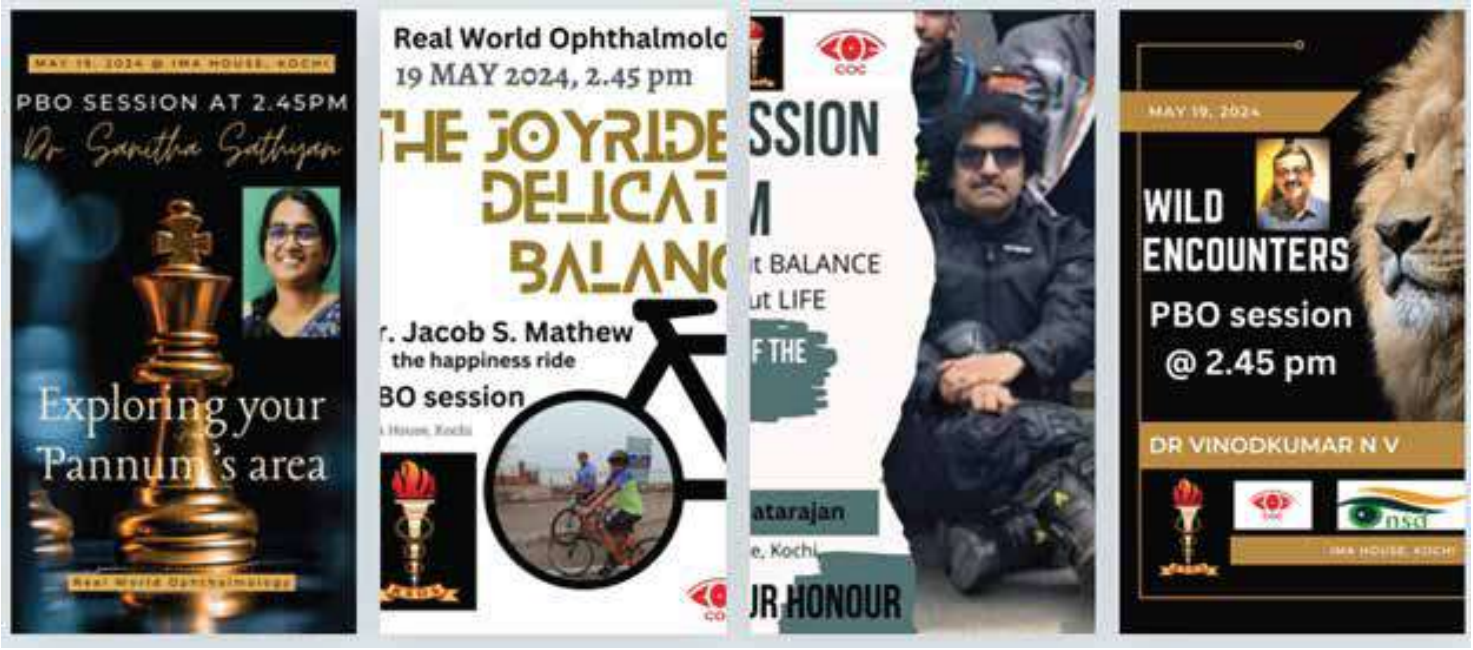
Real World Ophthalmology CME by Dr NSD Raju's Eye Hospital (19th May)

The CME "Real world Ophthalmology" was conducted by Dr NSD Rajus eye hospital at IMA House cochin under the Aegis of KSOS and COC on 19/05/2024 with an eclectic selection of anterior segment, retina and neuro-ophthalmology presentations. Senior ophthalmologists honored at the CME were Dr Santha PR and Dr Lt. Col. Sudhakar CP. During the Inauguration event of the CME a cheque of Rs 50,001/- was donated by the organizers Dr NSD Raju and Dr Biju Raju to the Blindness endowment fund.





There was also a section dedicated to non Ophthalmic topics of particular interest to ophthalmologists. On PBO, 'Passions Beyond Ophthalmology'. Jacob spoke on cycling; Kala on dancing; Vinod on wild life photography. John, did a masterly session on newer gadget/ e-technologies. Dr. Ashley spoke on 'Alternate Professions for An Ophthalmologist' and Asok Natarajan on his lawyers' career. Sanitha about her unique theatre, Āla. All talks were wonderful, novel, and informative.



Awards and Publications

COC Member Dr Rameez Hussain, currently practicing in Mauritius (Ex-GEI) won the International Scholar Award from American Academy of Ophthalmology (AAO)

Dr Lekha T's case (GEI) on Boundless tale of White Dot Syndrome in a Child was selected as top 3 for publication of USI newsletter.



COC Monthly Meeting (21st May)

Monthly Meeting of Cochin Ophthalmic Club was conducted on Tuesday, 21st May, 2024 at Hotel Grand.

Following the formal agenda, Dr Gopal Pillai spoke on Widefield Imaging in Retina - new Insights.

Dr Mohan Rajan from Chennai spoke on 3D Visualization - New Paradigm Shift in Eye Surgery and showed 3D surgical videos recorded with their 3D microscope. Everyone wore the 3D glasses, sat in the central rows and the videos were played. Dr Giridhar, Dr Thomas Cherian, Dr Mathew Kurian and Dr Sony George moderated an excited discussion on the topics. This was followed by fellowship and dinner.

Cochin Ophthalmic Club 2023 - 2025

COC

(ER 464 / 28 - 12 '83 / Regd. as per T.C. Charitable Societies 12th Act 1955)

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Aster Medcity/ Lotus Eye Hospital
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Immediate Past Secretary & Representative to KSOS
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Advisor
Dr R R Varma
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Email : 66varma@gmail.com

NOTICE

Dated: 14/05/2024

The next Monthly Meeting of Cochin Ophthalmic Club will be held on

Tuesday 21st May 2024, 7:30pm at Hotel Grand

Agenda:
1. Silent Prayer
2. Presidential remarks
3. Minutes of the previous meeting - Secretary
4. Matters arising out of the minutes
5. Secretary's update of activities
6. Any other matter
7. Vote of thanks by Treasurer.

Scientific session:
- Changing to Widefield Imaging in Retina - new Insights
  - Dr Gopal S Pillai
- 3D Visualization – New Paradigm Shift in Eye Surgery
  - Dr Mohan Rajan

Panelists: Dr. Giridhar A, Dr. Thomas Cherian, Dr. Mathew Kurian, Dr. Sony George

(This meeting is sponsored by Zeiss Medical Technologies)

The meeting will be followed by Fellowship and Dinner

Dr Ciju Joseph
Secretary, Cochin Ophthalmic Club

COC Participation in other CMEs and Conferences

COC members participated as faculty at CMEs and conferences.

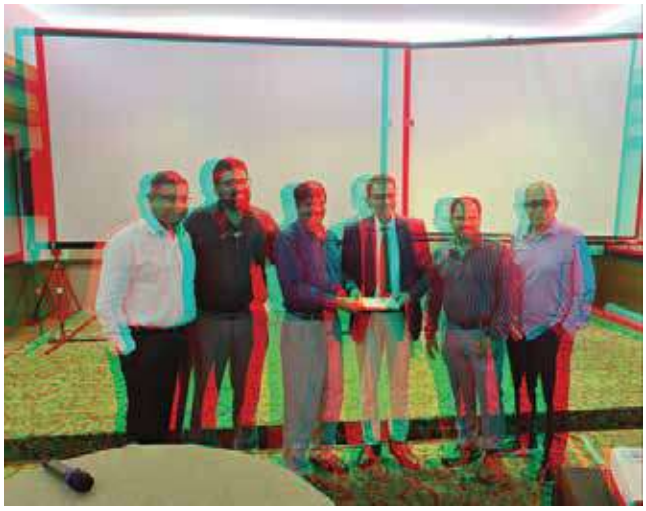
Amala Institute of Medical Sciences conducted EyeDeas SkillWheel on 26th May in Thrissur. Dr Reesha, Dr Mahesh G, Dr Divya Balakrishnan and Dr John Davis Akkara were some of the faculty.











Anaglyph 3D photo(Red Blue glasses) - Dr Mohan Rajan and Dr Gopal Pillai being presented mementos

JUNE 2024

Women Ophthalmologists Society - Kerala Chapter (2nd June)

Women Ophthalmologists Society launched Kerala Chapter of Women Ophthalmologists on 2nd June 2024 with a CME on June 2nd in Hotel Monsoon Empress. A few COC members were speakers in the CME along with leading women ophthalmologists from all over Kerala.





Dr Raniya PG Giridhar Eye Institute presented in APACRS Chengdu, China(May 30-June1) with travel grant

World Environment Day (6th June)

Dr Agarwals Eye Hospital, Kochi distributed tree saplings to the public on Word environment days (6th June)



Eerppam CME on Dry Eye (9th June)

Giridhar Eye Institute conducted Eerppam - Demystifying dry eye CME on 9th June in Hotel Abad Plaza with a pre conference workshop on June 8th as well. It was well attended and had several esteemed national speakers.

Dr Lalitha Susan Thomas was honored as senior ophthalmologist under the KSOS President's Initiative.





COC Monthly Meeting (11th June)

Monthly Meeting of Cochin Ophthalmic Club was conducted on Tuesday, 11th June, 2024 at Hotel Monsoon Empress. After the formal agenda, Dr Gopal Pillai spoke on "The Science of Angiopoeitin-2 Inhibition" and Dr Mahesh Gopalakrishnan spoke on "Next generation therapy in managing nAMD"

Meeting was followed by fellowship and dinner.

Kaazhcha 2024 (23rd June)

Kaazhcha 2024 was held by Dr Tony Fernandez Eye Hospital on June 23rd, 2024 at Hotel Monsoon empress Kochi.

The CME was inaugurated by Dr Thomas Cherian president KSOS and was presided by Padmasree Dr Tony Fernandez. Titled Clinical pearls for Ophthalmologists the CME had eminent speakers from all over the country who are stalwarts in their respective Sub specialties.





Cochin Ophthalmic Club 2023 - 2025

NOTICE

The next Monthly Meeting of Cochin Ophthalmic Club will be held on:

Tuesday 11th June 2024, 7.30pm at Hotel Monsoon Empress

Agenda

1. Silent Prayer
2. Presidential remarks
3. Minutes of the previous meeting - Secretary
4. Matters arising out of the minutes
5. Secretary's update of activities
6. Any other matter
7. Vote of thanks by Treasurer

Scientific session:

- The science of Angiopoetin 2 Inhibition - Dr Gopal S Pillai
- Fasinumab: Next generation therapy in managing nAMD - Dr Mahesh G

(This meeting is sponsored by Roche)

The meeting will be followed by Fellowship and Dinner

Dr Cyu Joseph
Secretary, Cochin Ophthalmic Club



Dr T P Ittyerah sir was honored as a senior ophthalmologist.

The scientific session was followed by a post graduate program which was an OSCE exam. The winners were:

1)Dr Anju Mary Thomas - Little Flower hospital

2) Dr Anjushree - Giridhar eye Institute

3)Dr Anusree A M - Giridhar eye Institute



COC Participation in other CMEs and Conferences

COC members participated as faculty at CMEs and conferences.

Dr Raniya PG from Giridhar Eye Institute presented in APACRS Chengu, China (May 30-June1) with a travel grant.

WOS Kerala Chapter Inauguration and CME had several COC faculty including Dr Balamani, Dr Kala B Thottam, Dr Dhanya Varma, Dr Gopal Pillai, Dr Biju Raju, Dr Natasha Radhakrishnan, Dr Vanashree Nair, Dr Sanitha Sathyan, Dr Sujithra H, Dr Hilda Nixon

TACO

APRIL 2024

Taco Conducted Workshop On Glaucoma On Sunday 7th April 2024 At Joys Palace Hotel Thrissur.

















MAY 2024

Taco Conducted Workshop On Glaucoma On Sunday 7th April 2024 At Joys Palace Hotel Thrissur.



















Distribution by Collector V R Krishna Teja IAS









CAMP REPORT

HOSPITAL	PLACE	PATIENTS	SURGERIES	GLASSES
JMMC	NADATHARA	118	4	21
AMALA MC	VELLATTENUR			
TRINITY	19 CAMPS		88	
I VISION	PALAZHI	85	22	21
	CHOVOOR	108	20	
	VAZHANI	100	21	40
SIMONS KKM	3CAMPS	204		14

JUNE 2024

Monthly CME by Dr.Girija.K. on topic "GLAUCOMA SUSPECT-A PRACTICAL APPROACH" on June 26th.

















CAMP REPORT

HOSPITAL	NO:OF CAMPS	PATIENTS SCREENED	CATARACT SURGERIES
I VISION	5	542	91
JUBILEE M C	4	374	13
TRINITY	18	600	50
AMALA M C	3	303	20
SIMONS	5	371	-

PALAKKAD SOCIETY OF OPHTHALMIC SURGEONS (PSOS)

April

We had our Annual CME Summer Spice on 28th April at Distrikt 9.Trab-Strab was the name of CME and jt was a one day program with pediatric ophtahlmology and Galucoma. Organising Secretary was Dr. Mahesh Bharathi and Dr. Monisha and it was a well attended CME with almost hundred delegates.It was inaugurated by Dr. Thomas Cheriyan and we honoured seniormost ophthalmologist and past KSOS President Dr. Rajagopalan Nair Sir at the occasion.

May

We had a monthly meeting at Cosmopolitan club, Palakkad

Speaker was Dr. Mridula Sunil and topic was My experience with newer technology in cataract surgery

There was a case presentation in neuro ophtahlmology by Dr. Anish, DNB resident of District hopsital

Meeting was well attended and there was good discussion

June

Monthly meeting was held at Cosmopolitan club, Palakkad on 28/6/24

Speaker was Dr. Saurav Mahajan on Diabetic macular edema

There was a case presentation on sudden loss of vision in a postpartum lady by Dr. Anu Benoy, DNB resident, DH, Palakkad.
























MALAPPURAM OPHTHALMIC SOCIETY (MOS) (April to June 2024)

The monthly meeting of MOS in April 2024 was held at IMA House, Malappuram on 21 st.

The topic discussed was 'Examination and Abnormalities of the Pupil' and it was attended by more than 20 delegates with three distinguished speakers. Many aspects of pupillary examination were discussed which were useful for post graduates and practicing ophthalmologists alike. This was followed by a GB meeting to discuss and plan about coming MOS activities.




MES Medical College had conducted a CME on July 2nd under the aegis of MOS. It was an Update on Neuro Ophthalmology and had esteemed speakers from all parts of Kerala and also a speaker from Chennai. The speakers also included Head of Departments of Neurology and Radiodiagnosis. Delegate registration was around 70. There was also a PG quiz program which was the highlight of the CME. As part of KSOS President Initiative we had honored our former consultant at MES Medical College and a very renowned ophthalmologist Dr Ahmed Anwar.




Another CME conducted under the aegis of MOS was by Manjeri Medical College on the topic Diabetic Retinopathy on June 30th 2024. It was a well-attended CME with more than 70 registered delegates and 10 speakers which included physicians as well to deal with control of diabetes. Dr Gopinathan, a senior ophthalmologist was hounoured on this day. The session ended with exciting case discussions by retina fellows and post graduates.







KOZHIKODE OPHTHALMIC SOCIETY

Kozhikode ophthalmic society conducted monthly meeting themed paediatric ophthalmology and strabismus on April 20th, Saturday at IMA hall.Scientific session was organised by Dr Shabeeba on prescription of glass in children. Dr Almas Abdul Azeez presented on Squint – when should we suspect a neurological disease,followed by a detailed panel discussion led by Dr Leila Mohan, Dr Lakshmi C and Dr Nirmal C.











Comtrust Charitable Trust Eye Hospital, Calicut organized the 11th National MID TERM CONFERENCE SPOSICON 2024 of Strabismus and Pediatric Ophthalmological Society of India(SPOSI) on May 26th, 2024 at Raviz resort, Kadavu ,Calicut under the aegis of Kerala Society of Ophthalmic Surgeons and Kozhikode Ophthalmic Society. The pre conference workshop was conducted at Comtrust eye hospital on May 25th 2024 and was well attended. The scientific sessions started around 8 am.The sessions were well attended and had a good attendance of delegates and PG students from all over India. The CME was inaugurated by KSOS president Dr Thomas Cherian.The key note address was delivered by Dr T.S. Surendran on the topic 'Eye aligned:Charting my strabismus practises'. Well known faculty members (List enclosed) held various sessions on subjects related to strabismus and pediatric ophthalmology. Each talk was supported by video presentations with slides.Arrangements had also been made to make interactions with the participating delegates to extract the maximum participation from them. Detailed discussions were held with experts panel on interesting cases. The scientific sessions ended by 4 pm and the CME concluded with the valedictory function.









On May 4 Saturday, the Kozhikode Ophthalmic Society hosted a wet lab workshop for postgraduate students. There were twenty-four young ophthalmologists present at the workshop. Surgical techniques like suturing, phacoemulsification,capsulorhexis, and incisions were practiced using silicon eyes and goats' eyes. Attendees included young residents from Comtrust Eye Hospitals, Abate Eye Hospital, Calicut Medical College, KMCT Medical College, Malabar Medical College, Government General Hospital, and Dr. Chandrakanth Nethralaya.Training programs were coordinated by Dr Shabeeba, Dr Sangeetha, Dr Swathy, Dr Roshna and Dr Mona. We sincerely appreciate our trainers' seamless facilitation of the workshop.We would want to express our gratitude to Malabar Medical College and Comtrust Eye Hospital for providing goat eyeballs and other surgical equipments.





















On May 4 th evening, at 7:00 p.m., we held our scientific meeting and general body meeting at Hotel Tripenta.Dr. Mridula Sunil gave an explanation of her experiences performing cataract surgery using more recent technology. She skillfully explained the significance of angle kappa, pupil size, and astigmatism correction in premium intraocular lenses. The new paradigm shift in intraocular lens materials was discussed by Dr. Ramesh Hariharan. A thorough explanation of how to prevent lens glistening, cut down on glare, and the significance of using more recent injection techniques were given. Dr BinduS Ajith , Dr Husna Noufal , Dr Sujith Nayanar, Dr Irshad participated in the discussion. Forty delegates attended the meeting, and Dr. Nirmal offered the vote of thanks. Dinner was served to wrap up the meeting.







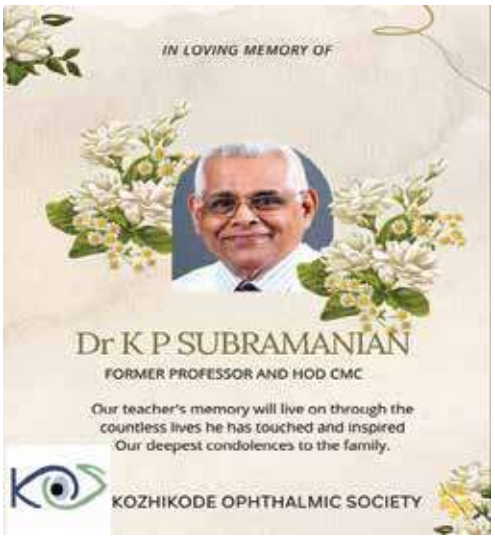




Condolence meeting and remembrance of Professor Dr .K.P.Subramanian was done at IMA hall on June 9 ,Saturday. Dr Sivan, Dr Sudha, Dr K .V Raju shared their memories about Dr.K.P.Subramanian . There was a silent prayer for the soul. Condolence letter was read and handed over to the family.



Monthly scientific meeting in June 2024 was conducted at IMA hall on 9 th June 2024. Scientific session stared with a talk on benign lesion of lid done by Dr Soumya Narayanan. Second talk was given by Dr Anju V.Chandran, on the topic " All bumpy lesions are not Benign". Dr Indu B Narayanan moderated the session. There was a detailed discussion about the lid tumors .





OPHTHALMIC SOCIETY OF KANNUR (OSK)

Report May 2024

The monthly meeting of the Ophthalmic Society of Kannur (OSK) was held on 24/5/24, beginning with a warm welcome address by Dr: Suchitra Bhat, President of OSK. Following this, the Secretary read the minutes of the previous meeting, ensuring all members were up-to-date with past proceedings.

Dr: Simi then introduced the guest speaker for the evening, Dr: Fairooz P M, a world-renowned oculoplastic surgeon hailing from Kannur. Dr: Fairooz delivered an engaging and informative talk titled "Lumpy and Bumpy Eyelids: What Next?". Her detailed presentation, which included a variety of cases, provided significant insights and raised awareness about eyelid cancers. The session was highly interactive, with the audience actively participating and engaging with the material.

A highlight of the meeting was the quiz held at the end of Dr: Fairooz's talk, where Dr: Simi emerged as the winner. Dr: Jayan Thomas presented a token of appreciation to Dr: Fairooz for her enlightening talk. Dr: Fairooz presented a gift to Dr: Simi, the quiz winner.

Additionally, the members were informed about an upcoming half-day Continuing Medical Education (CME) event on myopia, organized by OSK under the aegis of the Kerala Society of Ophthalmic Surgeons (KSOS). This event is scheduled for June 23rd at Hotel Benale.

The meeting concluded with a vote of thanks proposed by the Secretary, followed by dinner and fellowship among the members.





Report of Pan-Myo-Kan

The annual Continuing Medical Education (CME) program organized by the Ophthalmic Society of Kannur (OSK), titled Pan-Myo-Kan, was held at Hotel Benale, Kannur on 23/6/24. The event focused on the escalating prevalence of myopia and its associated complications, encompassing fundamental aspects of refraction, advanced refractive procedures, retinal issues, innovative treatments to slow myopia progression, and the strabismus often linked with myopia.

Registration

Registration for the event commenced at 8:00 AM, with a total of 75 registrations. The scientific session began promptly at 8:30 AM with an introductory talk on the basics of refraction and glasses prescription by Dr. Latha Mohan, Head of the Department at Government Medical College, Kannur.

Inaugural function

Dr. Suchitra Bhat formally welcomed the attendees during the inaugural session. Dr. Bastin V A, Scientific Committee Chairman KSOS, officially inaugurated the CME. Dr. Vanaja introduced Dr. Babu KV, who was honoured for his contributions towards medical ethics, by Dr. Bastin. The ceremony was further graced by a felicitation speech from Dr. Twinkle Ann George, OSK scientific Committee chairperson and Dr. Remya, the organizing secretary, delivered the vote of thanks.

The scientific discussions covered various critical aspects of myopia:

Cornea Session: Presentations were delivered by Dr. Maya Natarajan, Dr. Aparna Nayak, and Dr. Sanjana, focusing on refractive surgeries to correct myopia.

Retina Session: Expertise was shared by Dr. Prakash V S, Dr. Natasha Radhakrishnan, and Dr. Divya Alex, covering retinal complications in myopic patients.

Cataract Management: Dr. Vijayalakshmi provided a comprehensive overview of managing cataracts in myopic eyes.

Glaucoma and Myopia: Dr. Kiran Gopalakrishnan discussed the challenges in diagnosing glaucoma in myopic eyes.

Myopia Progression and Strabismus: Dr. Nirmal A J and Dr. Soumya Nambiar addressed strategies to manage myopia progression and the interplay between strabismus and myopia.

The CME concluded at 2:15 PM with the distribution of certificates to participants, accredited with 2 CME credit hours by the Kerala State Medical Council. The event was followed by a lunch, providing an opportunity for attendees to network and foster the camaraderie.

Overall, the Pan-Myo-Kan CME offered valuable insights into myopia, to address the growing challenges posed by this condition.














WHY REFRACTIVE SURGERY?


PERIPHERAL RETINAL
DEGENERATIONS
BENALE


MYOPI
EYE


A-Z
MYO
IN E




A-Z
MYOPIA IN


MYOPIA IN


PAN
F MYOPIA IN EYE






PAN-MYO-KAN


TREATMENT OF
MYOPIC CNVM
&


Onset
Stability
Age
BENALE


BENALE


PAN-MYO-KAN




PAN-MYO-KAN


DR BABU K.V


PAN-MYO-KAN


Pathologic myopia
Axial length ≥26.5 mm Refraction ≤-6.0 D
"Myopia boom'
By 2050, 50% of the global population will have
have high myopia
BENALE


In the United States, the prevalence of
8% among those ages 8–10 years
14% among those ages 11–12 years

KERALA SOCIETY OF OPHTHALMIC SURGEONS
ELECTION 2024

Notice is hereby given for election to the following Office Bearers of Kerala Society of Ophthalmic Surgeons (KSOS) to be held during DRISHTI 2024 at Kochi. 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 for 2024

   a) 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.

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 second 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.

   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.

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. Biju John
HON GENERAL SECRETARY
KSOS
R -9 , Jainagar
Medical College PO
Trivandrum 695011

KERALA SOCIETY OF OPHTHALMIC SURGEONS
Nomination Form for Elections 2024

Name of Post :
Candidate Name :
KSOS Membership No :
No; of years of membership :
Date of Birth : Gender
Educational Qualifications :
Address :

PHOTO OF CANDIDATE

City:
Email:
Phone:
Landline:
Pin:
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 in this form is true to the best of my knowledge and belief.

Date:
Place:

Signature with Name

Name of Proposer:
KSOS Membership No:
Address:

Name of Seconder:
KSOS Membership No:
Address:

Signature

Signature

Name of Seconder :
KSOS Membership No :
Addresses :

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



THE KSOS connect

The official Newsletter of Kerala Society of Ophthalmic Surgeons