THE KSOS connect

The official Newsletter of Kerala Society of Ophthalmic Surgeons

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DR. KRISHNAN NAMBISAN

A STRONG MIND AND A SOFT HEART



I was entrusted recently with interviewing Dr KK Nambisan, a fine, upstanding veteran in our field of ophthalmology.

"No road is long with good company". What I got, in addition, was the opportunity to talk to an ophthalmologist power couple – Dr KK Nambisan and Dr TV Sreedevi. They gave me the pleasure of being a part of their reminiscences and a glimpse of their fun journey together, since 1969

The Early years

"I was born at Mookkuthala, in Malappuram district in 1942,"says Dr. Nambisan

He attended Mookuthala government school and then went to the prestigious Victoria College in Palakkad.

"I completed my MBBS from Calicut Medical College (3rd batch) in the year 1964 and went on to join government health services."

VAST EXPERIENCE

Sir was first posted in the Chavakkad Thaluk hospital in Thrissur district. There was a period when he had served in the Armed Medical Forces as captain from 1966 to 1970, after which he rejoined the government sector. After a stint as casualty medical officer in general hospital Thrissur, he was transferred back to his district of birth Malappuram, at PHC Tavanur, where he worked for five years.

Dr. Nambisan, then went on to do MS in General Surgery from his alma mater, Calicut, after which he worked in his home town at Ponnani government hospital.



Continued on page 4...

Presidents message



Dear KSOS members

We have shifted to new norm and is adapting to online life for KSOS activities. World had been pretty small dwelling space with the advancement of science. It has been thwarted by the corona virus and its attack in waves. The physical proximity is the creamy achievement of humanity that we are missing for last one year. Expecting for a return to normalcy at the earliest.

We are having full of activities online. We had one combined Executive Committee Meeting where we charted out activities for 2021 and formed various committees of KSOS. We had conducted two special ECMs, one to discuss actions to be taken on Central Government's policy on Mixopathy and another on AIOS's Constitution Amendment Referendum. KJO has formed an advisory committee and had a webinar on modernizing the journal. KJO has conducted training for two batches in Research Methodology. Website is getting modified and turning to be more user friendly with its new edition by next month. I am sure the members are going to admire it. KSOS has conducted one CME on 'Group Practice' well organized by Dr Rajiv Sukumaran and Dr S.Sasikumar and had plenty of interested participants. Another project of KSOS an online literary magazine 'Spandanam' incorporating its members literary, artistic and photographic ambitions, will be brought to light by April. KSOS had two community-oriented programmes. One is on making public aware of the damaging effects of Mixopathy on their health. Another is observing Glaucoma Week from March 7th to 13th. Great participation from all the district clubs with physical awareness programmes and posting of vernacular videos in YouTube made its impact. KSOS executives send messages on daily basis and a Malayalam webinar was arranged on Glaucoma. The New Year Celebrations appreciably coordinated by Dr Mini Jayachandran and memorably participated by talented members of KSOS. KSOS Ethics Committee meeting warned on damaging consequences on unethical acts to the members.

The remarkable feat is we had conducted 9 CMEs in 4 months. Topics of the CMEs were relevant and the faculties were from different parts of the world, a gain of online adaptation. Delegates never lagged behind, they are still engaged and adding numbers in You Tube. Majority of district clubs are continuing their monthly programmes online. Requesting few who have not yet started online activities please do it with the assistance of KSOS Zoom

We are looking forwards in positive eagerness to Drishti Thiruvananthapuram. Drishti Central Committee had conducted its first meeting and chalked out various options. Dr Rajiv Sukumaran has started collecting submissions for Instruction Courses from April 1st onwards.

Expecting to meet you all in near future.

Dr. Babu Krishnakumar

Secretarys message



Dear Friends,

2021 started with hopes and here we are back with lockdown and second wave of COVID. Life which was coming back to normal is again derailed. This time more violent spread of SARS COV 2. Still we were active in KSOS. CMEs and webinars are going on so that we are continuing to update our knowledge. Discussions are going on regarding the conduct of Drishti 2021. With the prevailing circumstances this year also it will be virtual. Local organizing committee along with drishti central committee is active in the planning of Drishti 2021. Website revamping is planned this year. For that database updating is being done. I request all members to cooperate for updating the database. Drishti 2020 accounts are being settled and internal audit will be done soon. KSOS and AIOS membership drive is also planned in a big way. District clubs are also active in this COVID times with academic events online. I wish all the members health and prosperity in these tough times. We will together overcome all adversities.

Jai KSOS

Mahesh G

Treasurer's Report



I feel privileged to share the activities took place during the period from January 2021 to March 2021. We had coordinated with participants for receiving the pending contributions towards Drishti 2020 conducted during November 2020. We also had a statutory compliance regarding GST, where we had prepared details for filing of GST Annual return for FY 2019-20 which is handled by our auditors and are in process to file the same. We are also happy to inform that all the applicable monthly GST returns till date is successfully filed. Apart from GST, we were regular in all compliances regarding Income tax also.

Dr Bastin V A

KJO Editor's Report



Dear Friends,

The third and last issue of KJO in 2020 has been published online in December. Print copies have been distributed in the month of February too. This time we have been able to make the journal available

in 4 formats- online from kjophthal.com, as a full pdf download link, as a much appreciated e-book flip format as well as print copy. All the E- formats along with TOC were mailed to all available mail addresses of KSOS members. However a few of the mails returned , which indicates the need for updating our records. The first issue of KJO in 2021 will be available soon.

Research training arrangements for KSOS members has been started through a KSOS-KJO initiative. The f irst batch of 30 members started on 1st Jan ,2021 after inauguration by the President, KSOS. The course is for a period of 2 months with an e certificate given on completion. 12 papers were readied for publication and are being submitted to KJO. A KJO Advisory Committee under the chairmanship of Dr Giridhar, having senior KSOS faculty and new international editors of KJO, have discussed ideas of uplifting the journal. Plans for further inclusion of international ophthalmic faculty in KJO were discussed. The new Board members list has been upgraded on the KJO website. Steps are being taken to increase KSOS members participation

as authors and reviewers

Dr Sudha V

Scientific Committee



Dear colleagues,

Group practice is going to be the future ophthalmic practice. Our president Dr Babu Krishnakumar has rightly chosen this has the presidential project. We had a detailed 3-hour webinar on this topic on 21 March 2021. It was well attended and is still available in the YouTube for reference.

The mode of conduct of this year's annual conference, Drishti 2021, is still not finalized due the prevailing Covid situation. Whatever may be the mode is there will be a full-fledged scientific program this year also. The instruction courses have already been called for. Instruction courses can be submitted online through www.ksos.in till 30 April 2021.

	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	Video/ Poster PDF submission	31-Aug-2021
8	IC acceptance communication by Email/WA	30-Jun-2021
9	FP/Video acceptance communication - By email	31-Jul-2021
10	Last date to submit full text of Free Papers	31-Aug-2021
15	Souvenir printing matter to be ready by	30-Oct-2021
16	Sc: Programme for canvas printing to be ready by	15-Nov-2021

Jai KSOS, Jai Hind.

Dr Rajiv Sukumaran, Chairman, Scientific Committee

Website Report



Dear Friends,

Our website is seeing more action now, with the submission of the instruction course. From the 1st of June, free paper submission will start.

The pandemic has made virtual reality the new reality. All our conferences are going virtual. Our Virtual Drishti last year was a huge success, with its content and flawless arrangement, thanks to the Scientific committee chairman, Dr Rajiv Sukumaran, and his team.

AIOC is going virtual this year and our upcoming Drishti is also being planned on a virtual platform.

Our website should also be able to keep up with the advances in technology. The revamping of our site is complete and it is being tested. We hope to shift to a more user friendly and interactive website in a month. Our endeavour is to make our website accessible to all and to make it a a fun and informative experience.

I urge everyone to visit our website and provide suggestions on ways to make it more interactive and informative.

Thank You

Dr Jain Chimmen

Website Editor



Behind every great daughter is a truly amazing father.... Dr T V Nambisan siting front row centre and Dr Sreedevi standing in the second row, second from left

FAMILY IS EVERYTHING

Dr KK Nambisan got married to Dr Sreedevi in 1969, after he joined government service. Dr Sreedevi is also a Calicut medical college alumna (4th batch). Dr Nambisan and Dr Sreedevi have two daughters. Their elder daughter, Sreerekha is an executive engineer at KSEB Ltd. She is married to Dr N Asokan, Professor and HOD of the dermatology department at Government Medical College, Thrissur. Their second daughter Dr. Sobha, is an ophthalmologist working in Kodungallur. She is wedded to Dr. Atmaram, who is a busy Physician in Kodungallur.

The couple have three grandsons, the oldest doing MBA post engineering, the second pursuing his MBBS at Alappuzha, and the youngest in the ninth grade.

Both Dr. Nambisan and Dr. Sreedevi, also an ophthalmologist, take their inspiration from the latter's father, late Dr. TV Nambisan, popularly known as 'KannuNambisan'.

In a way, this interview is also an ode to Dr TV Nambisan, who was one of the pioneer ophthalmologists in Kerala.

Dr. Nambisan is full of admiration for his late father in law. "After completing his DO from Chennai, Egmore in 1929, my father in law (Dr. T.V Nambisan) started working from 1930 in Thrissur in the area which is now Jubilee Mission. He was one among the only two ophthalmologists in Cochin state, the other being Dr. Marar, who practiced in Ernakulam. Ernakulum and Thrissur were part of erstwhile Cochin State - prior to its joining Indian union post-independence."



Dr. Nambisan in his military days

It is incredible to hear about these early stalwarts in our field. "For a long time, around 30 years, Dr. T.V Nambisan and Dr. Marar were the only two ophthalmologists in Cochin State, with the latter in Ernakulum and former in Thrissur. As Dr. Marar was close to the Cochin royal family, he would never be transferred out from Ernakulum," laughs Dr. Nambisan.

Our late chief minister Sri. K. Karunakaran had, in his memoirs, said that he had travelled all the way from Kannur, to consult Dr. T.V. Nambisan for his chronic eye disease and finally decided to settle down here.



"Father was a well-known figure, with his towering 6' 2" frame, keen love for sports and sharp sense of humor who used to charm his patients. He had patients coming all the way from Ernakulum and Calicut to see him" Dr. Sreedevi says. He had developed secondaries and passed away," reminisces Dr Sreedevi, with tears in her eyes.

"He was a batch mate of Dr. Raja gopalan Nair of Palakkad (our former KSOS President),"says Dr. Nambisan



established Nambisan's eye clinic, at Thrissur and had a roaring 40 years practice well into the 1970s.

There is no dearth of inspiring figures in this dedicated family.

"My brother, Dr. Vasudevan, 8th batch in Calicut Medical College, was an aspiring ophthalmologist as well. He developed synovial sarcoma of the right knee in his MBBS second year, and post amputation, with his artificial limb, he completed MBBS, house surgeoncy and went on to gain entry into DO in Calicut. He had been learning and excelling in refraction from our father (the good old days!!). Unfortunately, a few months after he gained admission to DO course, he

"My brother was tall and well built. The amputation was done at AFMC, Pune", recalls Dr Sreedevi, not without angst.

Dr. Nambisan, who was initially in general surgery, went on to embrace ophthalmology, in part due to the large number of patients who flocked to the OPD of Dr. T.V. Nambisan and Dr. Sreedevi's, and in part galvanized by the dedication of this family to ophthalmology.

"I was posted in Olary, Thrissur at ESI, thereafter. By the time I turned 53, I secured the post of Deputy Director of health services, though I was new to the administrative side of medicine. My work until then was solely clinical" he explains. .

Sir had also served in the Koratty Leprosy hospital, after which he took volu ntary retirement from health services. From 1993, he has been back to practicing what he loves best... ophthalmology in his own clinic in Poothole , Thrissur.

Sir has also trained in the Aravind eye hospital at Madurai and Coimbatore in both SICS and Intraocular microsurgical proce dures. He did this after retiring from Govern ment service – another testimony to his yearning to excel in his profession.

Ever the passionate and devoted ophthalmologist, Dr. Nambisan had been actively involved with the activities of Sri Sathya Sai trust, going for free medical camps every week, until the beginning of Covid pandemic.

Dr. Nambisan has secured the lifetime achievement award from both IMA Thrissur and TACO.

Dr. Nambisan is a good friend of most of the ophthalmologists. “Very efficient and sincere to his patients, Dr. Nambisan doesn’t hesitate to collaborate with his colleagues; he always has the patients best interest at heart”. He never fails to attend conferences, is a regular attendee at most and hence always moving with the times” says Dr. Andrews, our former KSOS President

Dr. Nambisan is a contemporary of Dr. Mathai, Dr. Vijayalakshmi, and Dr.Vijay prakash Daniel and they have a close knit friendship.

Dr. Mathai K. C says ,”I have very good memories about Dr Nambisan during our stay at Amritsar for 2 weeks with Dr. Vijaya Prakash at Dr. Daljith Sing’s Eye hospital in 1993. Everyone knows that he is hardworking and a never –say –die person and therefore one of the leading practitioners in Thrissur. As a person, he is humble, simple and trustworthy to the core. I wish him all the very best.”

To unwind, Dr. KKN listens to music and does sing, while madam enjoys reading and an occasional foray into writing, despite health issues.

“How do you spend your free time?” I ask.

“I don’t have any free time to spend, right now, due to Covid and the resulting house work”, laughs madam.

Dr. Nambisan has a spiritual bent, listening to bhajans, reading scriptures, and also enjoys taking long walks

I didn’t notice how time flew during our little tete–a-tete, talking to this interesting ophthalmologist couple. Talking to them brought to my mind a quote by Emily Bronte, “Whatever our souls are made of, his and mine are the same.”



Interviewed by Dr. Bastin V.A

Changing Contours in Civil Services Exam.

Civil Services exam in India had always captured the imagination of youth and till today is perceived as the most reputable career by the society. It is one of those few jobs which has enormous command and awe in the minds of middle class and elite alike. While the pride of suffixing 'IAS' to one's name and the prestige and power analogous to the life of Civil Servant has constantly been a driving factor, what is more remarkable about the service is that, it allows you to be a part of the policy drafting and decision making process which impacts the life of common people.

Changing Trend

Civil Services Exam conducted by the board of UPSC (Union Public Service Commission) have undergone significant changes in the last decade. The introduction of new subjects like Ethics, Integrity & Aptitude, Civil Services Aptitude Test (CSAT) and also delimiting the optional subject to one were seen as significant shift towards testing the general awareness and abilities of a student holistically rather than specialized knowledge in one subject. Another notable development was the change in perception of the people in regards to the exam itself. The exam which was earlier considered to be monopoly of the sophisticated and the elite, is today pursed more by the middle class and rural mass with great vigour and enthusiasm. These changes clearly influenced the way this exam had to be approached not just by the students but also by their mentors and coaching institutions. Such is the incentive and prestige associated with this service that from an ordinary graduate to students from premier institutes like IIT and IIM are forgoing lucrative private jobs to settle with Civil Services as a better choice of career.

Medical Fraternity in Civil Services Exam

One of the most interesting observations in the recent times was the phenomenal increase in the number of doctors grabbing top positions in final list of Civil Services Exam. Sheen Aggarwal (AIR 1) in 2011 to Dr. Arun (AIR 55) and Dr. Darpan Ahluwalia (AIR 80) in 2020, the list is quite enduring. The arduous preparation and exhaustive reading a student of medicine immerses oneself during the course of his graduation, is indeed the foremost prerequisite for civil services preparation. 'Ordinary Intelligence with Extra Ordinary Smart Work' is the catch phrase that every successful aspirant should internalize in the period of their preparation. In factuality the methodology adopted by a medical practitioner during his period of graduation is almost akin to the above phrase. Nevertheless, it could be a sheer exaggeration to say that it's the sole component that has been the reason for a larger number of doctors making it to the top list. There are a multitude of reasons that has definitely worked in their favour and it would be interesting to look at few:

> Medical Science offered as one of the optional subjects for mains exam is certainly a huge advantage for those from the medical domain. The optional subject carries a whopping five hundred marks in the Mains Exam

> That ability of cramming great deal of knowledge in constrained space and time.

> Attempts by UPSC to encourage educational diversity by normalizing scores in
optional subjects; well, the secret formula used for it is clearly nonpublic.

> The genuine curiosity and appeal of the doctors that help them to have conceptual
clarity and lucency.

Scheme of exam and the approach required

Civil Services Exam is a three-tier exam in which only the successful candidates are allowed to apply for the subsequent stages.



Douglas Raj
Director, IAS BRAINS

The first stage of exam is called as Preliminary Exam which is in MCQ (multiple choice question) format which consists of two papers namely General Studies and Civil Services Aptitude test. Each wrong answer carries a negative mark of 0.33.

The second stage is the Mains Exam which is descriptive model and has seven papers each having a weightage of 250 marks. There are two qualifying papers in addition to it that test primarily the basic English language skill and elementary ability to read and write in any Indian language recognized by the Government of India.

Those successful in Mains Exam finally appear for a Personality Test from which the final list of candidates is prepared.

While Preliminary exam is a qualifying round it's the performance of the students in Mains and Interview that determines his/her rank and service.

Anyone who aspires to prepare for the exam should kick start the preparation by reading the NCERT books for core subjects like Economy, Polity, History and Geography along with The Hindu newspaper with special emphasis on the editorials. While there are students who make to the list through the self-preparation, a proper mentorship and guidance from institutions can make the journey of the student less tedious. The institution of choice should be able to cater time for personal mentorship rather than conventional classroom coaching methods.

Its important for the students to be cognizant of the fact that time frame of close to two years is required for adequate preparation for the exam. Hence its advisable to start the basics right from the period of graduation. This also allows the students to get accustomed with the nitty- gritty of the exam.

Contemporary Relevance

Sardar Vallabhai Patel while addressing the probationers of Administrative Services described them as the 'Steel Frame of India'. Covid -19 has once again brought back the role of bureaucracy in swift and agile implementation of government decisions which helped in the reduction of fatalities. The most notable contribution came from those IAS officers who were from the medical background. Managing the containment zones, managing committees for testing facilities, contact tracing, they have been lauded for undertaking numerous other measurements which helped our country to handle the crisis better than any other advanced countries. The Central and State governments resorted to shortlisting MBBS IAS officers with knowledge of health policy which gave a short in the arm for pandemic response measures of the government. Its important to mention the recent move by the Maharashtra government to identify sixteen IAS officers with MBBS degree who could be deployed to oversee the government tasks in Covid -19 hotspots. This has reiterated the significance of having educational diversity in Civil Services. There's no better way than to wrap up this discussion than by recalling the words of Syed Sehrish Asgar doctor turned IAS officer from Kashmir who said 'Being a Civil Servant, I can be a 'doctor' for the whole society'.



Smrithi Ramanan (Ph. D)
Director, IAS BRAINS

Our website: www.iasbrains.co.in

January to March in a glance

Named days celebrated
World Braille day (January)
Republic day(January)
World cancer day (Febrruary)
World Glaucoma week (March)

PG Programs
Low vision program (January)
Ocular Oncology (February)
What happens in a PG exam? (March)

Monthly programs
Fire safety (February)
ROP Round Up (March)

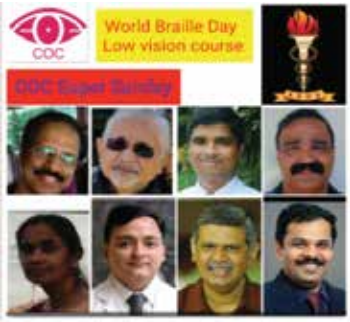
Special CMEs
Noel Moniz memorial Lecture and CME (January)
Ignite 2021 (Amria under ageis of COC and KSOS)
PanIndia Uvea meet (Little Flower under aegis of COC and KSOS)
Ocular surface disorders (Giridhar eye hospital under aegis of COC and KSOS)

Public awareness activities
Glaucoma videos for AIOS in English - 8 videos in January
Glaucoma public awareness videos in Malayalam 15 videos in March
Glaucoma patient awareness programs - 6 programs through COC
Glaucoma poetry rendition

COCHIN OPHTHALMIC CLUB REPORT, JANUARY, 2021

1. COC organized a course on low vision, in relation to the World Braille Day observance on 03.01.2021. As a topic of popular interest, it was also linked to the post graduate training program Super Sunday-6. Dr. T.A Alexander delivered the World Braille Day address and Dr. Sreeni Edakhlon spoke about the KSOS low vision program. Dr. Niranjan Pehere, Dr. V.K.P Geetha and Mr.Deepak Bagga were the other speakers.

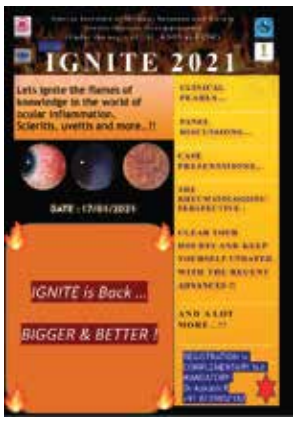






2. The second edition of IGNITE: CME on uveitis and intraocular inflammation was organized on 17.1.2021. The program had an array of distinguished faculty including Dr. Vishali Gupta, Dr. Mallika Goyal, Dr. Padmamalini Mahendradas, Dr. Somsheila Murthy, Dr.Soumyava Basu, Dr. Gopal S Pillai, Dr. Natasha Radhakrishnan, Dr. Anil Radhakrishnan, Dr. Parthoprathimdutta Majumdar, Dr. Kalpana Babu, Dr. Mudit Tyagi. A highlight of the program was the 'Rheumatology panel' comprised of Dr.Suma Balan, Dr. Liza Rajasekhar and Dr. Mithun C.B.







3. Cochin ophthalmic club conducted a special event on Republic Day for kids, along with the family meet. The program showcased the talents of our young brigade and concluded with a splendid dance performance by Dr.Dhanya, Dr.Deepa, Dr.Sruthy and Dr.Charu. The program was co-ordinated by Dr. Deepa M.G and Dr. Rehna Rasheed.





4. The 12fth Dr. Noel Moniz Memorial Lecture and CME was conducted on 24.1.2021 in association with the All India Ophthalmological Society and Kerala Society of Ophthalmic Surgeons. Dr. Devendra Sood gave the Dr. Noel Moniz memorial lecture and spoke on the topic: The Clinical Conudrum-Managing Glaucoma patients in the digital era. Dr. Namrata Sharma inaugurated the program, Dr. Babu Krishnakumar gave the keynote address and Dr. Saikumar S.J gave the presidential address. The eminent faculty including Dr. Devendra Sood, Dr. Meenakshi Dhar, Dr. Radharamanan, Dr. Saikumar S.J, Dr. Thomas Arun Varghese, Dr. Girija K, Dr. Manju Anoop, Dr. Kiran Gopalakrishnan, Dr. Manoj Prathapan, Dr. Smitha V.K, DR. Litta George graced the scientific session.



5. A group of public awareness videos on Glaucoma were uploaded on the COC youtube channel and on social media platforms, by the COC members, in relation to the Glaucoma Month observance. This was widely received and a special letter of appreciation was given by the All India Ophthalmological Society.





COCHIN OPHTHALMIC CLUB REPORT, FEBRUARY,2021

1. The Super Sunday of February, 4th was an update on Ocular oncology studded with superstars in Ocular Oncology from all over India. Dr. AK Grover, Dr. Santosh G Honavar, Dr. Geetha Iyer, Dr. Mahesh Shanmugam, Dr. Fairooz PM, Dr. Vinod Agarwal and Dr. Marian Pauly. The event was organized in relation to the World Cancer Day and was well appreciated by post graduates and practising ophthalmologists.







2. Pan India Uvea Meet, organized by Little Flower Hospital Angamaly on 28th February, included eminent uveitis specialists from all over the country. The faculty included Dr. Amod Gupta, Dr. Jyothirmayi Biswas, Dr. Rathinam Sivakumar, Dr. Parhtoprathimdatta Majumdar, Dr. Manisha Agarwal and Dr. Padmamalini Mahendradas. Ten interesting uveitis cases were presented, with excellent clinical discussions. The event was organised under the aegis of Kerala Society of Ophthalmic Surgeons, Cochin Ophthalmic Club and Uveitis Society of India.







3. The February monthly meeting of Cochin Ophthalmic Club, on 26.2.2021, focussed on a very important problem: Fire Safety. This session was led by Dr. Rajeev Jayadevan, Secretary IMA, Kochi and was a very interactive one.



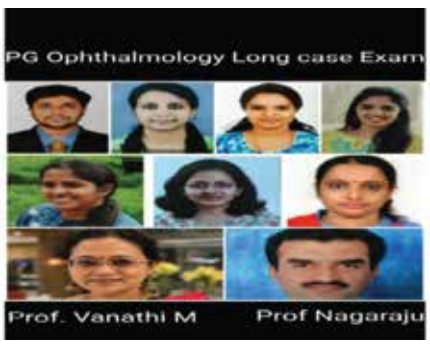


COCHIN OPHTHALMIC CLUB REPORT, MARCH, 2021

1. Super Sunday of March was conducted on 7.3.21. This was a unique program titled 'What happens inside an MS Ophthalmology long case practical exam' in which the post graduates were provided with live gallery view experience of practical viva exam. Prof. Vanathi M from RP Centre, AIIMS, New Delhi and Prof Nagaraju from MINTO Bangalore were the examiners who conducted the viva-voce for seven post graduates. This was a program first of its kind and was well attended by the post graduates.







2. Cochin Ophthalmic Club observed the World Glaucoma Week from 7th to 13th of March, 2021, with the partner members conducting a number of public awareness programs and camps. A special initiative in which 14 ophthalmologists from COC were showcased through short public awareness talks on Glaucoma was aired through The All India Radio and Kochi FM radio and through the COC Youtube channel. Short talks covering different aspects of Glaucoma were done by Dr. Girija Rafeeque, Dr.Abhilash Nair, Dr.Davis Akkara, Dr.Manju Abraham, DR. Anil B Das, Dr. Vrinda Harikumar, Dr. Sujitra H, Dr. Anil Nambiar, Dr. Deepa, Dr. Smitha V.K, Dr. Sanitha Sathyan, Dr. Manoj Prathapan, Dr. Hema Nair, Dr.Karthika Mohandas. Dr. Surabha Sunil 's presentation of a poem on Glaucoma added spice to the Glaucoma awareness drive.





Physical meetings on glaucoma education and Glaucoma screening camps under the banner of COC and KSOS were conducted by Little Flower Hospital, Giridhar Eye Institute, Amrita Institute of Medical Sciences, Govt Medical College Ernakulam, Dr.Tony's Eye Hospital, Roshan Eye Care.





















3. Giridhar Eye Institute, under the aegis of COC and KSOS, conducted a webinar on Ocular surface disorders on 14.3.21. The eminent faculty included Dr.Virendra Sanghwan, Dr. Geetha Iyer, Dr.Revati R, Dr. Bhaskar Srinivasan, Dr. Sayan Basu,Dr. Jayesh Vazirani, Dr. Vinay S Pillai, Dr. Aneeta Jabbar, Dr. Anil Radhakrishnan, Dr. Marian Pauly, Dr. sujith









A case based discussion on Retinopathy of prematurity was conducted on 26.3.21 as part of monthly meeting of COC. The program was chaired by Prof. Mangat Dogra, the cases were moderated by Dr Anand Vinekar. The panel of experts included Dr. Divya Balakrishnan, Dr. Meena CK and Dr.Natasha Radhakrishnan.

Report to KSOS - Activities of Kozhikode Ophthalmic Society (JANUARY TO MARCH 2021)

Monthly Meetings:

1. The first monthly meeting of 2021 was conducted on Jan 30th as a virtual program. The talk was given by Dr Marian Pauly(Giridhar Eye Institute) on the topic ' Applications of Botulinum Injection In Oculoplasty'.
The meeting was on Zoom platform and live on YouTube KOS channel. There was nearly 40 members live attendance on Zoom and about 90+views in YouTube. The link to the meeting is https://youtu.be/0No7wKScfrQ.



2. The monthly meeting of February was also on the virtual platform. It was conducted on Feb 27th on Zoom . The talk was delivered by Dr Kiran GopalaKrishnan (Precise Eye Care , Thiruvananthapuam). He spoke on Practical pearls from landmark glaucoma trials and also on the diagnosis of glaucoma in suspicious optic nerve heads.
Dr Bindu Ajith from Comtrust Eye Hospital and Dr Sandhya from Kozhikode Medical College moderated the session. The session had nearly 50 members attending the session live on zoom and nearly 115 view on YouTube. The YouTube link to the meeting is: https://youtu.be/_eNXF6WewzA.



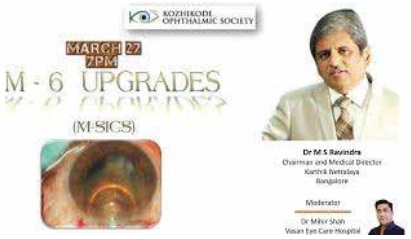


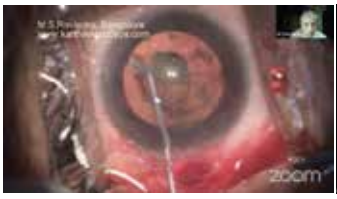






3. The monthly meeting of March was conducted on March 27th as virtual meeting on Zoom with live streaming on YouTube. The topic was M- SICS by Dr M S Ravindra from Kartik Netralaya, Bangalore. He spoke on his various tips and tricks in performing SICS - a surgical video-based presentation. The meeting was attended live by nearly 45 members on ZOOM and nearly 175 members on YouTube.
The link for the meeting is : https://youtu.be/5ADZkxJ4rRs .The session was moderated by Dr Mihir Shah from Vasan Eye Care Hospital Kozhikode.











Other Meetings/ CMEs:

1. The first Prof M Prabhakaran Memorial Lecture for PGs was conducted on virtual platform on 28th March on Zoom with live YouTube streaming, under aegis of KSOS. The Award was given to Prof Namrata Sharma who delivered the memorial lecture the topic for which was 'Corneal and Ocular Surface Cases Unleashed'. The talk was very well appreciated by all the viewers. She also spoke on 'Her Journey into Ophthalmology' which was highly inspiring for the PG students who look upon such leaders who have achieved so much in the field of academics, research, and organisational activities in ophthalmology.

Dr. Padmaja Krishnan narrated a 'A tribute to Prof M Prabhakaran' on behalf of Kozhikode Ophthalmic Society.

The CME was inaugurated by Dr Babu Krishna Kumar, President KSOS. Dr Mahesh. G, Gen secretary of KSOS and Dr Rajiv Sukumaran, SC Chairman KSOS rendered felicitations for the meeting.

The memorial lecture was followed by a State level Quiz Competition for PGs for the KOS Ever Rolling Trophy which was contested under the banner of various district clubs. The quiz was conducted by Dr Prashob Mohan and 6 teams participated in the competition. Dr Sithara L V and Dr Vaishna Gopi from Thrissur, Dr Aparna K S and Dr Mullai B from Thiruvananthapuram, Dr Remya S and Dr Praveena Shyam from Cochin, Dr Detty Jose and Dr Shabeeba K from Kozhikode, Dr Hari Priya H and Dr Surya C B from Kottayam & Dr Daliya Balakrishnan and Dr Aswathy P from Kannur participate in the quiz under the banner of respective district clubs.

The program was attended live by more than 650 viewers and was very well appreciated. The Kozhikode team bagged the first place and the trophy. The Trivandrum Ophthalmic Club bagged the second place, and the Kottayam team. Secured the third place The Kottayam team secured the third place.





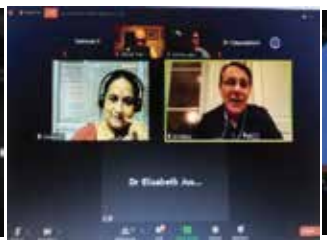






Annual meeting of COMTRUST Eye Hospital

The annual CME of Comtrust eye hospital Kozhikode (Nexus.eyecom 2021) was conducted as a webinar on 21st February 2021 from 8.00 am to 4.15 pm. The webinar included scientific sessions from various subspecialties in Ophthalmology, spanning 7.5 hours with 4 international faculty, 10 national faculty, and 5 state faculty. The program was organized with the help of online platform provider Omnicuris. 322 delegates registered for the program and 201 attended the program live.



Other activities: 1.Glaucoma awareness week activities

KOS released videos of awareness for the general public through various social media. The talks were given by various members of the society.






Dr Raju K V
https://youtu.be/YPV_kf0QDKY

Dr Jyoti P T
https://youtu.be/zxckdSVsOP8

Dr Sandhya
https://youtu.be/dg-N1CKu4h8

Dr Padmaja Krishnan
https://youtu.be/ElfqlAHv64w






Dr Bindu Ajith
https://youtu.be/soee-_TYzCQ

Dr Shanthi Sunil
https://youtu.be/MeqEskVv57Q

Dr Vinod Kumar
https://youtu.be/DCEBfmWJstE

Dr Preetha K
https://youtu.be/qepSymci-3U





Dr Swadique M
https://youtu.be/mBdPgItaQV0

Dr Sishira Sivan
https://youtu.be/T-DGdGHw0vI

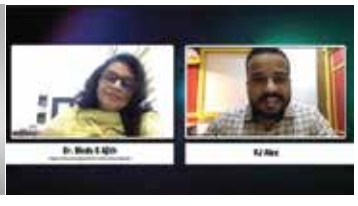
Dr Manjusha Rajesh
https://youtu.be/Zem3J4Q34B4

> Radio Talks were given by Dr Bindu Ajith and Dr Shanthi Sunil on Red FM radio for the awareness of general public on Glaucoma screening.

> Special Glaucoma Awareness program by Radio Mirchi – Dr Bindu Ajith was invited for the talk show

https://drive.google.com/file/d/1rW2gOG3VSGijSvyaJz2pWVoQfO0KdjYY/view









2. Glaucoma awareness program and Women's Day was jointly observed by Women's Wing of IMA and Kozhikode Ophthalmic Society by conducting a ALL WOMEN panel discussion on glaucoma targeting the general public and medical fraternity of non-ophthalmic specialities and general practitioners.

Link : https://youtu.be/zbHOJACH-jc

3. Activities of Govt Medical College Kozhikode for World glaucoma week.





• Prepared flyers for increasing awareness about glaucoma in the general population and distributed them to the patients of GMC, Kozhikode.
• Conducted glaucoma screening camp in the department.
• Installed posters in around the campus of GMC Kozhikode regarding importance of early detection of glaucoma.

4. Comtrust Eye hospital – Glaucoma screening Camp on 14-03-2021






Total no. of patients screened – 62. Number of patients selected for HFA :11. No. of patients selected for YAG PI : 22

5. Dr Chandrakanth Malabar Netralaya Glaucoma Screening Camp -21-03-2021

Glaucoma detection camp conducted jointly by Dr Chandrakanth Malabar Nethralaya Vandipetta, Nadakav, Calicut and Kozhikode Ophthalmic Society. Around 146 patients were screened and 6cases of POAG and 2 patients with narrow angle glaucoma were detected.

6. Puthalath Eye Hospital Glaucoma Screening Camp -13-03-2021

In house Glaucoma Screening camp was conducted at Puthalath Eye hospital in association with Kozhikode Ophthalmic Society to observe the Glaucoma Awareness week. Around 60 patients were screened for the disease.





2. Anti MIXOPATHY agitation

The IMA led hunger strike against Mixopathy flagged off from Kozhikode and Kozhikode ophthalmic Society actively participated in the agitation. Our senior member and past KSOS resident Prof Dr . Raju K V observed hunger strike as a protest and KOS members supported him.










3. Cultural activities: Musical dance tribute to Shri S P Balasubramanyam







The dancing duo of KOS, Dr Sangeetha Rajagopal and Dr Divya, presented a musical dance tribute to Shri S P Balasubramanyam in memory of this legend. The program was played as part of our Xmas program and later uploaded in our YouTube channel. The link : https://youtu.be/G6Q3TECd6UY

4. Individual accomplishments:

• Dr Shabeeba K (Comtrust Eye Hospital)- Was honoured in our meeting for securing second place in KSOS PG Gold medal exam in recently concluded Drishti

• Dr Karthiga (PG Student from Kozhikode Govt Medical College) - Was honoured in our monthly meeting for securing second place for Teachers of Tomorrow session of Drishti 2020

• Dr Padmaja Krishnan was invited for a talk on the topic 'Caring for the aging eye 'by KUHS (Kerala University of Health Sciences)

• Dr Sangeetha Rajagopal, was appointed as KSOS North Zone editor for KSOS Cultural Magazine

• Dr Leila Mohan was invited faculty for the debate competition at 8 th Mid Term Conference of Strabismus and Pediatric Ophthalmology Society of India (SPOSI) at King George's Medical University, Lucknow.

• Dr. Roshna and Dr. Shabeeba K from Comtrust Eye Hospital topped the list of All India Big Q Quiz representing the zone 1 representing South, conducted by the Bombay Ophthalmic Society and qualified for semi-finals.

Dr V Sujith Nayanar, *Secretary, KOS*





Report of activities of PSOS January to March

Activities of PSOS were sluggish in January & February. A General body meeting / CME was conducted on 03/03/21 at Cosmopolitan club, Palakkad. The meeting decided to extend the term of office bearers & executive committee for one more year , in the present covid scenario. Dr Rekha, retinal surgeon Trinity eye center presented the topic CSR.

In connection with glaucoma week, a webinar on glaucoma was conducted on 12/03/21. Dr Mohammad Shahbaaz of Trinity eye center, was the speaker.

Dr.Jayadevan

Report of Thrissur Academic club Activities for the Months of January, February And March

TACO activities of new year started with installation ceremony of new TACO team on 2nd of January.

Academic Activities

As a start of academic activities new initiative by which clinically significant articles for post graduate students were planned to be uploaded in FB page monthly. The first PG NOTEBOOK article "Systemic Immuno suppression in Uveitis" by Dr. Sudha. V and was uploaded in FB page on 11th of January. First issue of "TACOPSIA" by the new team was digitally released on 14th of January. It was released in both pdf and flip formats. TACOvites and their family member contributed to it generously. It was widely accepted for its academic and literary content.

Monthly TACO academic meeting was on "Assistive Technology in management of people with visual loss" on 22nd of January on zoom platform. our speaker was a stalwart in this field Dr. Suraj Singh Senjam, Additional Professor in Community ophthalmology, R P center of Ophthalmic Sciences, AIIMS, Delhi. Dr. Senjam gave an illuminating talk about the magnitude and problems of people with visual loss. Dr. Sithara, junior resident Government medical college made a case presentation of related topic on management of Homonymous hemianopia. Meeting was also well received on TACO YouTube channel which was newly inaugurated.

PG NOTEBOOK article of February "Keratoconus-Pathogenesis, Diagnosis" and Classification by Dr. Aneeta Jabbar was uploaded in FB page on 14 th of February. Academic meet of the month was a clinically relevant topic "Interpreting Glaucoma OCT Reports". Dr. Ronnie George, Senior faculty, Sankar Nethralaya Chennai made a very comprehensive presentation which was followed by a case presentation by Dr. Lavanya Pramod of I vision Hospitals Thrissur.

March is the month of World Glaucoma week celebrations and second issue of the journal "Tacopsia" was devoted to Glaucoma. It had related scientific articles and was digitally released on 15th of March. Third PG Notebook article "Glaucoma therapy past, present and Future" by Dr. Rema Manohar also celebrated the topic of interest of this month and was uploaded in Facebook on 22nd of march. Academic meet of the month was "Uveitis-Case Scenarios &Management" by Dr. Amala George, Senior consultant, Sankar Nethralaya Chennai. There was also a case presentation on related topic "Vogt Koyanagi Harada" Syndrome by Dr. Jincy Maria Paul Senior Resident Govt Medical college.

World Glaucoma Week Celebrations (7/3/2021 to 13/3/2021)

World glaucoma week was enthusiastically celebrated by TACO members during the week. All leading institutions actively promoted this year's theme and logo by world glaucoma association Activities started in Thrissur district with glaucoma week message by honorable president of KSOS Dr. Babu Krishna Kumar in Facebook. Official function and awareness programs were conducted simultaneously in all member institutions of Thrissur on 10/3/2021.

TACO distributed materials to all institutes in Thrissur in the form of banners, questionnaires, glaucoma information sheets, and power point presentations in Malayalam and English which were used by all. Glaucoma awareness survey, distribution of pamphlets, awareness classes, glaucoma detection camps were carried out in different hospitals in Thrissur.

Community Health Activities

District health authorities accepted the proposal of" TACO Refraction Amblyopia project This project is planned as a new community health initiative by TACO in coordination with health Department to screen for preventive blindness in preschool and Primary school children in Thrissur District. NPCB had agreed to support the project and give all the needed manpower and help. The first online training session for optometrists of Thrissur district was held on 21/3 /2021 afternoon (2-30 to 4-00PM). TACO faculty Dr. Mallika.V, Dr. Sujatha. N & Dr. Geetha VK P (CVI expert GH Palakkad) took training classes. There was an enthusiastic turnout of about 30 participants.

TACO member Dr. Reshma participated in cataract detection camp conducted in urban District health center Kalathode on January 21st. Diabetic retinopathy evaluation was done in 22 patients.

TACO & Social Media

January 3rd saw the inauguration of TACO Instagram page and renovation of TACO FB page which now has more than 100 members. This increased social media presence is planned to attract younger generation to TACO. This also is an interactive platform for family members of TACOvites.

Social Activities

TACO members participated in republic programs held by their institutions and in coordination with IMA Thrissur. Dr. Lathika V.K participated in Republic day tribute "Rang Malhaar" conducted by Amala Institute of Medical Sciences. Dr. Jain Chimmen enthusiastically participated in "IMA ISA THRISSUR REUBLIC DAY RIDE" held at Thrissur.

TACO members joined hands with Indian Medical Association in their fight against Mixopathy. As commitment to the common cause TACO members participated in "IMA Thrissur District Hunger Strike against Mixopathy" on 13th of February held at Thekkinkadu maithanam Thrissur.

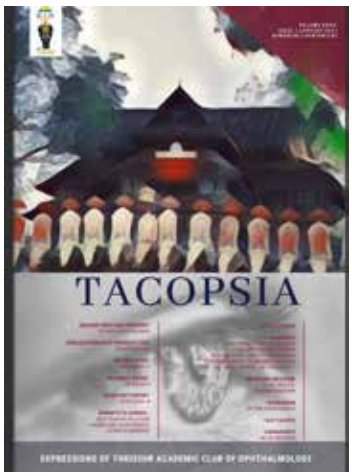

TACO
Dr Sujatha N
Sudha V
Bastin Antony
drsuraj
Babu Krishnakumar
Andrews Kakkanatt
zoom


IMA THRISSUR
Cycling Club


TACO TEAM 2021
President
Vice President
Secretary
Joint Secretary
Treasurer
Chairperson, Scientific Committee
Editor
Camp coordinator
Social Media Coordinator


SPEAKER:
"ASSISTIVE TECHNOLOGY IN MANAGEMENT OF PEOPLE WITH VISUAL LOSS"
DR SURAJ SINGH SENJAM
PG CASE PRESENTATION:
TACO MONTHLY ACADEMIC PROGRAMME
Assistive technology
TACO'S UPCOMING EVENT


zoom


TACOPSIA


The First Note #Note1 of TACO PG Notebook is here!
"Systemic Immunosuppression in Uveitis By Dr SUDHA V."
Follow us on Facebook for more.
For pdf copy click the below link.
https://drive.google.com/file/d/1GhPgBJRUGck9Mb9w012XSGEhphgHSyua/view?usp=sharing
ystemic
mmunosuppression
n Uveitis

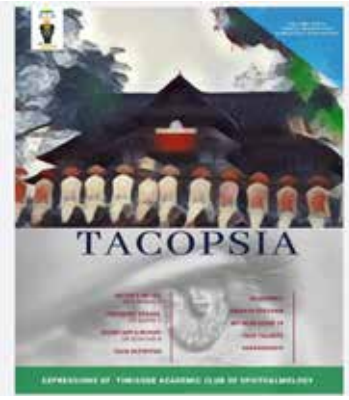



The First Note #Note1 of TACO PG Notebook is here!
"Systemic Immunosuppression in Uveitis By Dr SUDHA V."
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For pdf copy click the below link.


zoom


TACO MONTHLY ACADEMIC PROGRAMME
"INTERPRETING GLAUCOMA OCT REPORTS"
DR RONNIE GEORGE
SANKARA NETHRALAYA, CHENNAI




TACOPSIA

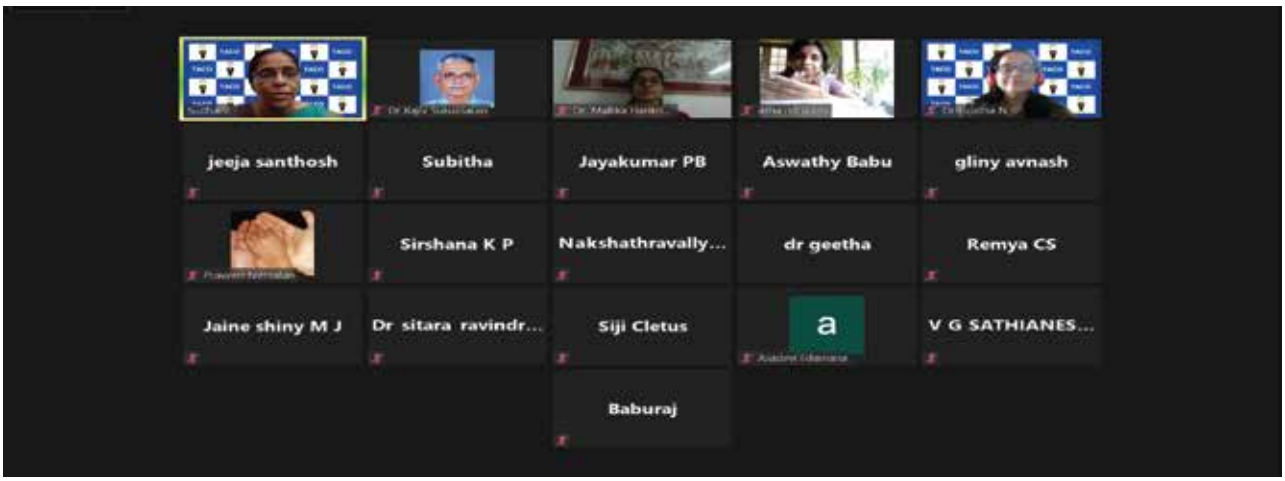

TACO MONTHLY ACADEMIC PROGRAMME
UVEITIS- Case Scenarios & Management
SPEAKER
DR AMALA GEORGE, SANKARA NETHRALAYA
MARCH 28, 2021
8 PM - 9 PM


TACO GLAUCOMA WEEK PROGRAMME 2021


TACO GLAUCOMA WEEK PROGRAMME 2021


KERATOCONUS - PATHOGENESIS, DIAGNOSIS AND CLASSIFICATION
By Dr Aneeta Jabbar


INTERACTIVE SESSION AND CLASS FOR REFRACTIONISTS


jeeja santhosh
Subitha
Jayakumar PB
Aswathy Babu
gliny avnash
Sirshana K P
Nakshathravally...
dr geetha
Remya CS
Jaine shiny M J
Dr sitara ravindr...
Siji Cletus
V G SATHIANES...
Baburaj



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