THE KSOS connect

The official newsletter of Kerala Society of Ophthalmic surgeons

For private circulation only | Vol XXV, Issue 3 | September 2024

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HEALING EYES, INSPIRING MINDS: DR. ANNAMMA'S JOURNEY



When KSOS Joint Secretary, Dr Sony George sir asked me to interview Dr Annamma James. I was very proud and happy to do it; as I was sure that there is lot more to learn from her wisdom and experience. Madam is a kind of person who is spreading joy anywhere she goes and has influenced the lives of many by her simplicity.

She is founder and director of St. Joseph Eye and Ent Hospital, Kanjirapally. We reached her place around 6:30pm. We were fortunate and happy that her husband Dr James Isac leading ENT practitioner, readily agreed our request and joined the interview.

Dear Mam, Can you please share your early days memories with us?

I was born in 1953, in Alleppey as the fifth of nine children. My father P.K Joseph hailed from Pulincunnoo- a quaint lil island village of paddy fields, coconut palms and backwaters. He was an agriculturist and businessman. My mother hailed from Kanjirapally – a land of hills, rain and rubber. Childhood days were fun and lively with jokes, jibes and games. Evenings on the beach were truly special. Dinner around the large table would last long with everyone sharing the day's news in school and office as well as active political discussions. Then a financial tsunami struck home. My parents reinforced their trust in God, taught us all not to look at setbacks; to enjoy life and to do whatever we were doing as well as possible, forging towards goals and to never forget to empathise with people in need. Of the nine of us, six became doctors.

To watch the interview click the link:
https://youtu.be/FQ3cdgHN9a0

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PRESIDENT›S MESSAGE



Respected seniors, my dear friends,

Come November, and its time for another 'Drishti'. The bells are chiming, the curtains are up, and it's all geared up for the annual festival – the festival of the Ophthalmic fraternity in Kerala.

The last three months have been eventful, we had our academic programmes across the length and breadth of the state and even on the web.' The youngest District Ophthalmic Club was born in Wynad. We honoured quite a few senior Ophthalmologists and rededicated them to KSOS. The Leadership Development Programme was the icing on the cake, and the KSOS is looking forward to new leaders emerging from this group.

Drishti is the time to meet and greet, to teach and learn, to share knowledge and experience, to familiarise with cutting edge technology, to gain hands on experience with new equipment, to meet the dealers, to acquire instruments, to renew old friendships, to make new friends, to learn about KSOS and partake in its organisational activities, to enjoy different cuisines, to sing, dance and showcase your talents.

We look forward to the young brigade to compete and win awards, and look up to the seniors and listen to their words of wisdom. And above all, to anoint a new President, to head the society for the coming year.

Thank you.

Dr. Thomas Cherian

President, KSOS

Mobile: 93886 05608

GENERAL SECRETARY'S MESSAGE

Dear All,

This report covers activities from 1st August to 8th October 2024.

The main event to report was the 3rd ECM which was held on 1st September at Hotel Dimoro Kozhikode along with the Cal-D Scope-CME by Kozhikode Ophthalmic Society.

The major decisions taken in the ECM are appended at the end of this report.

The second Internal Audit Committee report is scheduled on 13th October at Kochi. The committee appointed by the ECM for managing the affairs in connection with the purchase of the Flat at IMA house by KSOS will be holding a meeting with the IMA members to work out details of the agreement and streamline the process.

The third edition of the state level Leadership Development Program of KSOS was held at Isola DI Cocco resort at Poovar, Trivandrum from 5/10 2024 to 6/10/2024 (2 days). 23 enthusiastic candidates across various districts of Kerala participated. The candidates learned key leadership skills such as communication, time management and building effective teams through outbound activities.The program was facilitated by the company "Training In corporate" led by Mrs Navaz Hilloowala. KSOS Office bearers President Dr Thomas Cherian, Secretary Dr Biju John, Vice President Dr Rajiv Sukumaran and past presidents Dr Arup Chakrabarti and Dr Meena Chakrabarti participated in the inaugural session and gave motivating talks to the participants. Dr Ambika Shetty was the chief organiser of the program and she delivered the vote of thanks. KSOS takes this opportunity to congratulate her on the impeccable arrangements and for the successful conduct of the program.



Eye Donation fortnight was observed from August 25 to September 8 by all clubs and various hospitals by conducting public awareness talks, camps etc.

4 CMEs were held during this period under the aegis of KSOS. As part of the President's project the following senior ophthalmologists were honoured at the above 4 CMEs .

Dr M I John ; Dr C V Draupadi; Dr K E Eapen; Dr Joggy Joseph; Dr.K.S.Suneethy; Dr.Anthrayose CV; Dr.R Velayudhan Nair & Dr.Ranjakumar T.C.

Drishti 2024, is scheduled to take place from November 29th to Dec 1st 2024, at the Le Méridien Kochi. The LOC under the leadership of Chairman Dr Saju Joseph and Chief Organising Secretary Dr Alex Baby is leaving no stone unturned for giving the delegates an unforgettable conference experience. The Scientific Committe under the leadership of Dr Bastin VA has prepared an excellent scientific feast for us . Registrations have reached more than 700. Requesting all members who have not registered to register as soon as possible and avoid the last minute rush

Hoping to see you all at the Conference

Jai KSOS

Dr. Biju John

Major Decisions Taken at the ECM on 1st September 2024

1. The two Gold medals of KSOS awards were made using 22 Carat gold and the interest from the award funds earmarked for this is not enough to cover this. Hence it was decided that henceforth Silver Medals plated in gold, will be used. The medals will be made slightly bigger than the present size.
2. Associate members from 2227 A can now apply for conversion of membership to life membership by uploading their certificates and applying for conversion
3. TA to Executive Committe Members for attending meetings modified as follows

a. Cost of Vande Bharat Chair car from nearest station will be given.

b. For Travel from district to nearby district where train connectivity is not there , flat Rs. 1000 will be given.

c. No TA if EC venue is in the same district.

4. COC PG gold medal examination is being planned on 10th November- Sunday- At Amrita Hospital- Kochi
5. Paramedical program for optometrists will be held on 24th November, Sunday at Hotel Kabani international Muvattupuzha.
6. Appreciation certificates to top reviewers as recommended by Editor KJO will be distributed in KJO session at Drishti 2024
7. Request by Website Editor for giving points to District Club for maintaining their individual pages in the website , to be referred to AGB
8. Only E mails need to be displayed along with member names in the Member area.
9. Available Soft copies of AGM and Ex. Com. meeting minutes to be uploaded on website member access area – for future reference
10. The IMA flat committee comprising of President, Secretary ,Treasurer, Dr Saikumar and Dr Sasikumar to continue functioning to work out nitty grittys like collection of rent, whether it can be proceeded, 12 a issues etc , conduct discussions with IMA administration and to take appropriate decisions in consultation with the auditor.
11. Dr Sreeni Edakhlon , Dr Vinod Kumar NV and Dr Sameera entrusted by President to identify the needs of the areas affected by landslide and floods in Wynadu and co-ordinate welfare and rehabilitation activities by KSOS there.
12. KSOS to conduct free eye camps in the affected area and to distribute free spectacles to the needy
13. Flyers to be sent to all members KSOS and AIOS inviting contributions to KSOS account. Amounts to be multiples of 1001 so as to identify and spent for Wayanad.Targeting about 10 Lakhs.
14. Wynadu District Club to be launched at 6.30 pm on 1st September 2024 by President KSOS
15. KSOS LDP Program will be on 5th and 6th of October 2024 at Isola D Coco resort at Poovar, Trivandrum.
16. Dr George Thomas of Trivandrum nominated as the Election Returning Officer.
17. KSOS Manual -version 4 was released by the President and he thanked Dr Saikumar for undertaking the responsibility and bringing out the well edited book in time. All ECM members were given a copy

TREASURER'S MESSAGE



Dear Friends,

From the treasurer's desk:

On 6th of July we finished all the formalities of acquiring the IMA house apartment with completion of mutation (change in "thandaperu") and payment of taxes by us.

All the payouts from funds received for the Drishti 2022 and 2023 meant for the respective Ophthalmic Clubs constituting the LOC have been executed.

The preparations for Drishti 2024 is on and going without a hitch so far. We the Executive Committee and the LOC of Drishti 2024 are working together to make the conference a grand success.

The GST filing and IT filings are going on smoothly.

The Internal Audit Committee plans to meet on 13th of October for the mandated 6 monthly audit.

Jai KSOS.

Dr. Thomas George T

SCIENTIFIC COMMITTEE CHAIRMAN'S MESSAGE



As we come to the end of an year, on behalf of our scientific committee, I would like to emphasize that we had an active and fruitful year.

We started with our logo - "Reach, Teach, Enrich". From the educational point of view, the scientific committee focused on mainly three groups- those who are in training, junior ophthalmologists and those who are already in practice. The scientific programs were targeted accordingly.

For the postgraduates, this year we conducted physical PG update programs named "Eyelights". The main aim was to discuss a single topic in detail and also discuss the subject from the exam point of view. The first module was conducted at Little Flower hospital, Angamaly with Retina being the topic, the second module at Chaithanya Eye Hospital Trivandrum with Neurophthalmology and the third one at Comtrust Charitable Eye Hospital, Calicut focusing on Pediatric Ophthalmology. All the three programs were well attended by the Post Graduates. Apart from the didactic lectures, case presentations and quiz programs were the highlights of this program. The module 2, Neurophthalmology has also released a book on Neurophthalmology, which was given to all the participants.

Online PG class room was a virtual program for the PGs. The case was presented by a resident in the presence of an internal examiner and one external examiner outside the state, followed by active discussions about that case. 10 modules were completed in this year

Young Ophthalmologist lounge (YO lounge) was a virtual program for the Junior Ophthalmologists who are in the initial stage of their career. The main aim of this program was to discuss the various matters they face in the early stages of their profession. In the five different modules, we discussed topics out of the box like work life balance, an eye on conference, editing surgical videos…etc

The X files was series of webinars started in the second half this year. This program discussed interesting and confusing cases. Three modules are completed. There was an Oculoplasty webinar "Oculoplasty in a nutshell" with eminent national faculties.

Drishti 24

The KSOS COC gold medal examination for PGs will be held on 10th November, Sunday at Amrita Institute of Medical Sciences, Kochi. Paramedical program for Optometrist will be held on 24th November, Sunday at Hotel Kabani Palace, Muvattupuzha.

The T K Alexander Oration will be delivered by Dr Radha Ramanan. 51 national faculties will enrich the scientific program of Drishti 24. Apart from the AIOS symposia, there will be a special session by Glaucoma Society of India(GSI).

There was record number of submissions this year as follows

Instruction Courses- Total received 119, selected 98

Free papers – Total Received- 195, selected - 137,

Videos – Total abstracts received -45, Videos submitted – 30

Posters- Total abstracts received – 175- Selected – 127.

This time there will be only physical posters and the presenting author will be there at a specific time for interaction with the judges and delegates. A special session for Young ophthalmologists is scheduled on day 1. Out of the 30 videos selected for Dr Tony Fernandez video awards, six will be selected for the finals and all the videos will be displayed in the kiosk during Drishti.

To conclude, it was team work. I thank the scientific committee members Dr Merine Paul, Dr Marian Pauly and Dr Rajesh O T for their sincere support for all the scientific programs and Dr Rakhi D Cruz for coordinating the Young Ophthalmologist sessions.

Thank you

Dr Bastin V A

KJO EDITOR'S MESSAGE



The second issue (VOL 36 Issue 2) of KJO in 2024 was published on August 9th. It was rich with the 'taste of Kerala' carrying fourteen articles from our own members. It is gratifying to note the marked interest and increase in publications from our own state.

Both issues till date were brought out on time,keeping with the KSOS guidelines and the third issue of the year is due in December 2024.The Table of contents of the same has been shared with the publisher and production/proofing is in progress.

KJO 2024 : The true story

Over the past year, the editorial team has worked round the clock not only to ensure quality ,but also to streamline the entire peer review process in a drive to tame the turnaround time of articles to fit acceptable standards. The following metrics which provide an objective insight into the current performance of the journal is also proof that our efforts are indeed bearing fruit.

Journal Metrics:

Submissions:

We had a good number of submissions reaching us from all over India and also some from overseas,though the quality of many of them leaves scope for improvement. Of the total

submissions,more were in the former half of the year (Table 1)

Table1: No: of submissions (Till November 2024)

Total submissions	
July 24	November 24
91	130

Acceptance rates:

The acceptance rates of primary research (Table 2) reflect the robust peer review process and the diligent work of our reviewers.

Table 2: Acceptance rates

Type of manuscript	Acceptance rate
Original articles	19%
Case reports	23%
Photo essay	46%
Review article	50%

Turn around time:

The significant reduction in turnaround time reflects the perseverance of the dynamic editors. We hope that the good work will make KJO stand out as a journal of choice to aspiring authors and attract quality articles.

Table 3: Turn around time

Turn around time	Mid year (July 2024)	End of year (November 2024)
Submission to acceptance	82 days	37 days
Acceptance to publication	64 days	66 days
Submission to publication	146 days (4.8 months)	103 days (3.4 months)

KJO RASTA (Research Associated Skill Transfer for All)

This exclusive session being organised by KJO at Drishti 2024 aims to empower aspiring clinical researchers to acquire basic skills as they embark on the road to publication.We hope that our members will not miss the golden chance to imbibe research essentials brought to you in a nut shell.

Something new, Something due..

KSOS - KJO Appreciation certificates to reviewers:

Certificates of appreciation to selected reviewers (as recommended by Editor in Chief, KJO) are being introduced, to be awarded during the KJO session at Drishti 2024.This initiative is a public token of appreciation in recognition of the efforts of our reviewers who are truly the back bone of KJO. We hope that more researchers will join us as reviewers to strengthen our journal further.

Aspirations for year next

The first year of the new team was focused on the journal proper. Next year, KJO activities aim to expand and reach out with more interactive programmes to empower our members in the realms of research and practice of evidence based medicine.

Meanwhile,the editorial team shall keep striving to turn the wheels of progress for KJO with utmost commitment. I am hopeful that the collective efforts of the largely young, talented, enthusiastic team will propel KJO onward to greater heights.

Dr Lathika Vasu Kamaladevi
Editor In Chief, Kerala Journal of Ophthalmology

WEBSITE EDITOR'S MESSAGE



Dear members,

As we are approaching the end of the first year of our term, we are now gearing up for the annual academic event for this year -Drishti 2024. As we reported in the previous newsletters, my focus in the previous months was mainly to fill the gaps in uploaded documents in various categories and rearranging the files, folders and making our website more and more user friendly. The process is still going on and I am trying to incorporate the suggestions I am receiving from members as much as possible. In the month of Drishti, we will have more Drishti updates available on the website. I request all members to use the KSOS app (downloadable from Play store). It will be updated soon and will be handy during the conference days for searching valuable information. After Drishti, for the next year we plan to add a few new features on the website like academic activities, competitive events and relating to public information. Thank you for the support so far and please do continue giving suggestions for the improvement of the KSOS website.

Thank you

Jai KSOS

Dr V Sujith Nayanar

continued from page 1...

Something about school and college?

Schooling and Pre Degree were done in St. Joseph's high school and college, Alleppey, run by Canossian Nuns, who reinforced with words and deeds the values we learned at home. School days I think, were the best years in my life and we have a group of 7 cherished friends from school who still meet often.

I joined AFMC Pune in 1970. It was a big change for me from small town Alleppey to the only Army Medical College in the world then. We had uniforms in Medical College, and were taught by very loveable but strict military officers. Classes and hospital wards were all in separate single storey buildings, set quite apart in a huge campus and we cycled from one to another. There were two cycle shops within the campus where we could rent out cycles for a monthly fee. Instead of college buses, we had army trucks. We used to go in them as cheerleading team for football matches and for clinical visits outside the campus.

Most students had a military background. The second Indo-Pak war was on. We had all blackened our windows and would be listening to news over small transistors. Initially, when the radio said cities up north were bombed etc, it did not impact me as much as it did my classmates, for whom, it was their hometowns. We would volunteer in the evenings to assemble drip sets, blood transfusion sets and offer whatever help we could. And then the wounded soldiers started coming in... with war wounds and heart wrenching stories- an experience I would never forget.'

There is one incident from AFMC days which left a lasting impression. We were having our second year clinics; Col.Grover, Medicine Professor was with us.Our patients used to be mainly family of military personnel. One of our classmates addressed a patient by her name and asked "takleef kya hai? "Col. Grover looked kindly at my classmate, pulled a chair and sat next to the patient,took her hands in his and looked into her eyes with a warmth I'll never forget. Her eyes lit up when Col.Grover asked "Maa ji, aaj aap kaise ho?"By the time he finished with history taking, we had all learned an invaluable lesson. He then called the student and said "Son, remember, her son is fighting for you at the border so that you can live in peace."



About your marriage and children?

We, Dr. James Isac and I got married at Kanjirapally in 1979

We are blessed with two children. Our Daughter Ria is married to Thomas Michael. She did her BSc Optometry and Hospital Management from Sankara Netralaya and together with Thomas, helps manage the hospital. Our son Isac did his engineering graduation from NTU, Singapore and is doing consultancy in Singapore. He gives valuable inputs towards the management of the hospital.

What inspired you to choose Ophthalmology? Something about your PG days era?

The choice of ophthalmology for me and ENT for Dr.James, I must confess was















largely a factor of convenience and seat availability. We had both wanted to do Surgery, thought these specialities were interesting and reasoned to ourselves that maybe we could even minimise night calls and save our sleep !

Soon after marriage, we were PG hunting. Both of us got admission for post – graduation at BJ Medical College, Ahmedabad in Gujarat. BJMC housed the M and J Institute – The Regional Institute of Ophthalmology.

PG days were a period of very intense living. We were a bunch of homesick young doctors, most of whom were just married with their spouses living in Kerala. Being in a new place and not knowing the local language, drew us close. Dr. R.R Varma was one amongst us. Great teachers like Kalevar Madam and Mathur Saab at the institute made me love ophthalmology. Other than just learning ophthalmology, we also made very good life long friends.

How you zeroed in on Kanjirapally and some good memories about the inception of the prestigious 'St.Joseph Eye and ENT hospital.'

Kanjirapally is our hometown but when we did our PG, we didn't think of settling down in Kanjirapally. In fact we were told that there was no scope for minor speciality practice in Kanjirapally.

We joined Kerala Health Services and got posted in the school health programme, Kottayam. During vacations, since there was no school, we could opt to work at locations where we wanted. Kanjirappally Government Hospital happened to have two vacancies and we joined on a temporary basis. Dr. B Viswanath Pillai, Punnamparambil, who I hold in high esteem, was the Ophthalmologist in GH Kanjirapally . At that time there were no conferences, no CMEs, no Youtube. To meet another Ophthalmologist and discuss, was a joy. At Kanjirapally GH, there was absolutely no Ophthalmic equipment. We carried our own torches, ophthalmoscope and vision chart. After a while I purchased a trial set, retinoscope and a trial frame, kept it in the hospital and used them for patients. Both Dr. BVP, Dr. James and myself together would do ICCE's - one doing the surgery, the other assisting the surgeon and Dr. James managing the theatre and the cryo that we had acquired.

Patients started trickling in for consultation. All too soon there were too many to handle. Our children were very small and so we did not want too much time away from home. So I quit service and started part time practice at home. Patients came in numbers. To make things easy we bought an AR - one amongst the earliest ones in Kerala. Dr. Shyla Kumari madam and Ramachandran sir inaugurated the machine. Contrary to what we wanted, that brought in more patients.

Godsend help in the form of Dr.C.G Mini,



with her fine surgical hand and clinical skills, helped manage the patient flow . We started doing surgery in a nearby general theatre. By then the era of IOLs started and the post-IOL results and patient happiness we saw, made us determined to make this service available at Kanjirapally. We got our Microscope and instruments and started doing IOLs. Dr Bhaskara Rajan (Madurai medical college) used to drive down from Madurai to do IOL surgery. During this time, I completed short term IOL Fellowship from Aravind Eye Hospital, Tirunelveli (First batch). I was fortunate to get the opportunity to interact with Dr Venkataswamy during his visit to Tirunelveli and even more overwhelmed that the great man, after getting to know the background of my practice and clinical setting, brought a video of a house cum hospital in rural Europe, where three partners were doing volume IOL surgery.. He suggested– 'This could be a model.'

During the period when we were doing surgery in a general theatre, a few of our patients developed TASS. We stopped doing surgery for the time being.This was a difficult decision and a big setback.

Our own IP and Surgical facility were started much later - Dr.Nagarajan was our first inhouse IOL surgeon.

I am immensely grateful to Dr NSD Raju, who let me observe his immaculate surgery, familiarised me with anterior peri- bulbar blocks, and YAG and green lasers in those early days

How you nurtured it to make it a household name for ophthalmic treatment in this region.

We call ourselves the St Joseph Family. Our written down vision for the hospital is - 'to grow into an empowered, competent and cherished body of caregivers providing compassionate, quality care with empathy and integrity'.

Our growth was very organic. More often than not, discussions on actual patient conditions that we were seeing and the ideal care required spurred us to start offering a new or improved service.

We believe in God and have a small ten minute prayer every morning for whoever wants to join in. We believe that whenever we give the best of ourselves with empathy, we are glorifying God. We depend on God to give us strength.

We tried to inculcate the hospital's core values like empathy, doing your best and seeing God in each person we meet, in all our staff. We also strived to do the right thing at all costs no matter how difficult. We actively tried to keep improving by constantly learning and updating ourselves, adding services at regular intervals, equipping the hospital as best as we could and by paying attention to little details. We worked on building a team that is supportive and proactive.

We were blessed to have gifted and dedicated consultants. There were always new things to learn from each and each contributed to the growth of the hospital.

At present , we have our consultants- Dr Thomas Arun Verghese (Glaucoma, Neuropathology), Dr Thomas Mathew (Phaco surgeon, Paediatric ophthalmologist), Dr Praveen Muraly (Vitreoretinal surgeon) and comprehensive ophthalmologists - Dr Cigia Paul, Dr Ann Willy and Dr Vishnu Gopal delivering patient care with admirable skill and commitment. Our strength has been competent and committed nursing and paramedical staff, headed by Sr. Usha. The staff have been ready to multitask and take up new challenges whenever the need arises.

Dr.James sirs role in your career..

It was never ME, it was always "WE". It was always shared dreams, shared decisions , shared responsibilities in family and otherwise, shared planning



and risk taking. Encouragement and support was ALWAYS there from Dr.James.

From sharing family responsibilities to providing back up professionally, Dr James was the epitome of dependability. From the early days when he took over cryo during ICCE to leveraging and planning the hospital finances at each stage, his sincere involvement gave the courage to take risks, commitments and difficult decisions. What I was bad at, he was good and maybe viceversa! The hospital could grow thanks to his personal involvement in daily operations.

Few memories of golden days of your career to share with us.

We opened the IP block with a modern dedicated operation theatre with laminar flow and HEPA filter in 2001. We did a lot of research and adapted it to suit our needs.

We were fortunate to have a surgeon par excellence, Dr.Philip Kuruvilla visit us from Trivandrum and perform volume cataract surgery with excellent outcomes in ECCE with IOL, then SICS .Dr Thomas Mathew started Phacoemulsification later.

The Retina clinic was started in 2001. Dr K E Eapen - the first and the senior most Vitreoretinal Surgeon in Kerala joined us and under his guidance, we bought our Fundus camera, green laser and started medical retina services including FFA and photocoagulation.

Dr. Jean Morris joined us in 2001 and was instrumental in starting glaucoma services. We could organise a well attended CME on Glaucoma in our premises.

Dr P I Mohan joined towards the end of 2001 with his wealth of experience and expertise.

Diabetic clinic was started under the care and guidance of Dr. V.A Ramachandran M.D (Retired additional DHS).

These were the golden years for me - we had 2 of the past presidents of KSOS on board, Dr K E Eapen And Dr P I Mohan guiding us and it was a real privilege for us.

Another interesting time was when we were preparing for our NABH accreditation-a period of intense activity, team work, learning, teaching, implementing, monitoring and working towards quality care. It was a very satisfying period as we worked on understanding the philosophy behind the requirements before implementing the practices required.

Any patient or incidence which has been embedded in your memory.

I know that you were one of the founder members and past secretary of Kottayam Ophthalmic Society, so please let us know your sweet memories with our District Ophthalmic Society.

Kottayam Ophthalmic Society was formed in the year __ with Dr. Shobana Mohandas as President, me as Secretary and late Dr. Mercy Choorakkan as treasurer – an all lady team as Shobana madam proudly used to say. Mohan Sir's and Shobana Madam's untiring efforts were behind this. Regular meetings with good attendance was the norm.

We bid for and hosted the ----- KSOS annual conference at Kottayam. Shobhana madam was the president, Dr. Verghese the secretary and myself the treasurer of the organising committee. Mohan Sir and Eapen Sir with their vast experience and dedication were supporting, guiding and steering each move.

Meeting numerous times and working together to make the mega event a success was exhilarating. Dr Shohana, Dr Eapen, Dr Mohan, Dr Verghese and Dr.Amita, Dr Mohandas, Dr Santhosh, Dr Ivan to name a few, met often at Kottayam - many a time at Shobhana madam's residence. Madam's homemade snacks are most memorable.

After 3 years, worthier members took on the responsibility and kudos to all of them- here we are hosting yet another bigger and better DRISHTI !!

How could you manage work life balance on social and professional front

This was the most challenging part. The unflinching support of Dr James, my children and the extended family helped me do what I could.

What are your hobbies?

Reading, browsing, gardening and catching up with friends on whatsapp, phone or in person.

How do you see the future of Ophthalmology?

We will be using AI a lot - maybe it will take our role in doing many of the things we do now, but also in new ways we cant yet fathom, but I feel our empathetic, humane and human touch will always be needed. AI has the potential to dramatically change not only the way we do things, but also the standard and quality of care we can provide as a profession - and I think it will be quite exciting.

Your few words of wisdom and valuable advice to young ophthalmologists?

I am still learning and when you ask me to share words of wisdom, I think I'll quote Ratan Tata "the right advice changes over a period of time- But the one thing that remains unchanged is the desire to do the right thing. Do the right thing even if it isn't the easiest thing to do. When you look back at your life, that's what is going to matter the most. Doing the right thing." - Ratan Tata

And that includes looking after your patients, your family and also your own health!



EXCECUTIVE COMMITTEE MEETING

SEPTEMBER 1ST 2024

An Executive Committee Meeting of the KSOS was held on September 1st 2024 Sunday at Hotel Appolo Dimora Calicut.

The meeting was called to order by the President Dr. Thomas Cherian.

Reports were delivered by the General Secretary Dr. Biju John, Treasurer Dr. Thomas George, Scientific Committee Chairman Dr. Bastin, KJO Editor Dr. Lathika, Web Site Editor Dr. Sujith and Joint Secretary Dr. Sony George

The KSOS Connect, Quarterly News Letter for the quarter April May June, with DR. Sony George as Executive Editor, was officially released by Dr. Thomas Cherian President

The KSOS Manual edited by Dr. Saikumar SJ was released by the President Dr. Thomas Cherian



REPORT OF DISTRICT CLUBS

TRIVANDRUM OPHTHALMIC CLUB

July 1st to September 30, 2024.

Trivandrum Ophthalmic Club conducted a monthly clinical meeting on August 21,2024 at hotel SP grand days. The quest speaker was Prof.Dr.Rohit Shetty, Consultant Cornea and Refractive Surgery, Chairman, Narayana Nethralaya. The topic was "Biology and Clinician". There was Post Graduate presentation as well. Dr. Shihail Jinna presented Interesting Clinical Dilemmas. The clinical meeting was chaired by Dr. V.Sahasranamam. TOC President Dr. Minu Mathen thanked the speakers





Monthly meeting of TOC in August was a grand function at hotel Apollo Dimoro, Thampanoor. There was Onam celebration along with the scientific program.

The topics for the scientific programme were on Retina. Dr.Vasumathy Vedantham, Consultant Vitreoretinal Surgeon, medical director Radhatri Nethralaya presented a topic, "Diabetic Retinopathy, how to navigate the grey and red areas". The second speaker was Dr. Parag Shah, consultant medical retina, Aravind Eye Hospital, Coimbatore who presented a topic, "ROP, still an enigma".







Onam celebration was a memorable experience enriched by cultural activities like Thiruvathira dance by TOC lady doctors, fusion dance by post graduates, songs by TOC members.



There was a unique interactive session featuring senior TOC members Dr.Susheela Prabhakaran and Dr. Susheela. B. Nair. The meeting was followed by a grand Onasadya.



The TOC meeting for the month of October was on 9-10-24 at hotel Vivanta Taj, Trivandrum, " The golden triangle -premium IOL, premium surgeon, premium surgery" by Dr. Mohan Rajan(Rajan Eye Care Hospital,Chennai). Dr.Minu Mathen and Dr. Swapna Nair cochaired the session. There was a PG case presentation by Andrea Shaji Pandoth from Karakonam Medical College.

There was a public awareness drive regarding awareness of World Sight day. A flash mob by Sreenetra Eye Care in association with TOC, as a public awareness program was conducted on 10-10-24.







KOLLAM OPHTHALMIC ASSOCIATION

JULY - KOA conducted CME series 11 along with general body on 23 /7/ 24 at Quilon Beach Hotel. In GB discussed about ASHTAMUDI OPHTHALMICA 2024 details and Dr Anish Madhavan gave a briefing on Drishti 2025.Secretary presented minutes and treasurer accounts. This was followed by CME. The Speaker was Dr Ashok Nataraj. Topic Diabetic Macular Edema. Speaker was introduced by Dr Haripriya. Talk was very informative and a memento was presented to the speaker by Dr Anish Madhavan. Around 33 members attended the meeting.





AUGUST- 30/8/24 KOA conducted CME series 12 along with General Body at Quilon Beach Hotel. In the general body discussed about eye donation fortnight activities and ASHTAMUDI OPHTHALMICA. Dr Haripriya gave a briefing. Secretary presented minutes and treasurer presented accounts. After the GB, CME started. Speaker was Dr Umesh Krishna. Topic was Peri Operative Dry Eye Management in Refractive Surgery. Speaker was introduced by Dr Linsa. Talk was very informative. A memento was presented to Dr Umesh Krishna by Dr Jayaprasad. Meeting was attended by around 36 members.



EYE DONATION FORTNIGHT ACTIVITIES

1. On 24/8 24 District level eye donation fortnight activities were inaugurated at Taluk Hospital, Karunagappally. A rally was there. Dr Suprabha gave awareness talk.

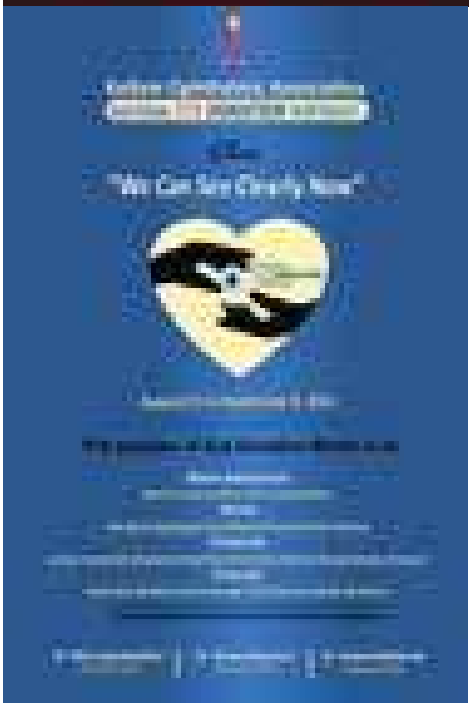


2.On 27/8 /24 at Punalur SHE for Asha workers and Police Officers, Sankar's Eye Hospital, Punalur conducted drama, exhibition, awareness and eye camp. Around 80 patients attended the camp.



3.On 28/8/24 A live phone in program was conducted by Koa in Radio Benzigar related to eye donation fortnight by Dr Yasmin Ali, Consultant Ophthalmologist at Bishop Benzigar Hospital. It was from 3:30 p.m. to 4:30 p.m. around 15 patients called and cleared their doubts.





4. 4/9/24 Ahalya Eye Hospital in Association with KOA conducted and Awareness Talk and camp related to Eye Donation Fortnight at Collectorate conference hall, Kollam for staff of collectorate. Around 40 patients attended the camp.

5.6th 7th and 8th of September KOA conducted an awareness talk related to eye donation in Saanthwanam Radio 90.4 FM by Dr Rakhi P Cruz. It was broadcasted at 7 to 8:00 a.m. on 6th 7th and 8th of September.







6.29/9/24 Koa conducted an essay writing competition for school children between 10 and 17 years at Lions club hall, Kollam in association with IMA Kollam and Kerala Organ and Tissue transplant Society from 10am to 12:00 p.m. The function started at 10:00 a.m. Dr Mini Jayachandran gave a warm welcome to all. Dr Hari Govind IMA Secretary Kollam inaugurated the function by lighting the lamp which was followed by inaugural addressed Neaza described the rules and regulations of essay writing. Dr Shiney Nepolean secretary Koa gave vote of thanks. Dr Jayasree I and Dr Neaza were the judges. Essay writing was both in Malayalam and English. Topic for English essay writing was I LOVE MY EYES and topic for Malayalam was MARANAMILLATHA MIZHIKAL. Around 17 students participated in the essay writing. After essay writing an awareness talk was given by Dr Mini Jayachandran related to eye donation Around 50 persons attended the awareness talk. Winners will be given cash prize and certificate after valuation on 27th October during our annual CME ASHTAMUDI OPHTHALMICA.

SEPTEMBER-24/9/24 KOA conducted CME series 13 along with Onam celebration at Hotel All Seasons Kollam. In the general body after presidential address, secretary presented minutes and treasurer accounts. After the GB, CME started .Speaker was Dr Divya Kishan. Topic was AMBLYOPIA DECODED .It was an excellent talk. A memento was presented to doctor Divya by Dr Jayasree Rajiv. After the talk Onam celebration started. A pookalam was made by our members under the guidance of Dr Ansumi.A beautiful Onam message was given by Dr Uma Mohandas, our senior member. After that Dr Mini Jayachandran and Dr Vishnu Mohan sang a duet followed by solo song. Dr Naesa recited a poem written by herself. This was followed by a dance by Iva Dr Rakhi'S daughter Rekha our member performed a beautiful dance. After that there was Thiruvathira performance by Dr Ansumi, Dr Rakhi, Dr Sonia,Dr Divya ,Dr Haripriya and Dr Indu. After the cultural activities games started .First was Sundarikku pottu thodeel. All members including our senior members participated and first prize won by Dr Anish Madhavan second price by Dr Vishnu Mohan .This was followed by musical chair .First price went to Dr Indu ,second prize to Dr Ashwani .At the end everyone tasted delicious Onamsadya. Onam program was coordinated by Dr Ansumi and Dr Rakhi P Dcruz.



EXECUTIVE COMMITTEE MEETINGS

KOA conducted 3 online executive meetings .

2/7/2024 ,7/8/24 and 6/8/24.Topic was Ashtamudi ophtalmica 2024.Decided to conduct on 27/10/24 at Quilon Beach Hotel.Dr Prasanna Kumar was selected as Organizing chairman and Dr Haripriya H as Organizing Secretary.

INDIVIDUAL ACHIEVEMENTS

Dr Naesa A

2ndPrize for online poem writing conducted by Mathrubhumi



Published 4thedition of her book poetry collection



Dr Rakhi P Dcruz

Dr Rakhi P Dcruz selected as YOSI Executive member

Badging Ceremony

Membership Drive

Two new members joined KOA Dr Athulya and Dr Ayisha

Dr Jayaprasad B

Dr Jayaprasad got best paper award for innovations in cataract surgery in comprehensive cataract conference 2024 at Mumbai







OPHTHALMIC SOCIETY OF PATHANAMTHITTA

Annual CME' 24







NETHRAM'24



- OSP in association with Amita Eye Care conducted our 3rd Annual CME– NETHRAM '24 on Aug 4
- We had 16 speakers who are amongst the foremost leaders in the field of Ophthalmology, who spoke on- Cataract,Squint,Retina Neurophthalmology,Innovations in Ophthalmology,Cornea,Orbit & Glaucoma

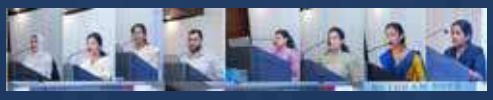








- As a part of our KSOS Presidential initiative to honor Senior Members we had the privilege to honor Dr M I John Sir.
- **Attended by 110 delegates including 20 pgs**
- There was a simultaneous session on ALCON FEIDELIS VR phaco simulator program for PGs
- **Nethram Film Festival – Competition for consultants on video presentations was conducted**
- **Case presentations by 8 Pgs and best three were awarded.**



Eye Donation Fortnight

- Celebrated by almost all hospitals in the form of
- Awareness talks
- Camps
- Blind waik
- To encourage more people to donate their eyes so that others can also see..

Chaithanya Eye Hopsital





- Conducted a massive campaign Got **75 eye donation registration**
- Did talks in different forums including schools nursing colleges , KSRTC bus stand at Thiruvalla
- Had a 4 day program between Karukachal and Thiruvalla Centers

Pushpagiri Med Clg







- Awareness talks with general public and Joy alukkas staffs
- Arranged a blind walkathon

Believers Church Med Clg



- Awareness talks with general public in OPD and Central Courtyard

ALLEPPEY OPHTHALMIC CLUB

District level inaugration of eye donation fortnight, 2024, Alappuzha

National Eye Donation Fortnight 2024 Alappuzha district level inauguration was held at St. Rita's Church Parish Hall, Tennedi under Takazi Family Health Centre on 29.08.24

On the occasion of the inauguration, various programs like awareness rally, flash mob, honoring the families of eye donors, awareness class, eye examination camp, painting competition were organized.

TDMC, Alappuzha

Eye donation fortnight activities at TDMC Ophthal dept.

2 patients after the awareness classes came forward with willingness for eye donation and gave pledge forms then itself.

General Hospital Alappuzha

Eye donation fortnight was celebrated at GH Alappuzha on September 8 ,2024.

On the occasion , various programs like awareness rally, flash mob, awareness class, eye examination camp, painting competition were organized.

Sahurdaya hospital, Alappuzha

Eye donation awareness class was taken by Dr Anildutt for the staff and patients.

Chaithanya Hospital, Haripad

Eye donation awareness class was taken by Dr Bindhumol at Chaithanya eye hospital Haripad,

Taluk Hospital, Cherthala

Eye donation awareness class was taken by Dr sobha at THQH, Cherthala for staff and nursing students.













ദേശീയ നേത്ര ദാന പക്ഷാചരണം

KOTTAYAM OPHTHALMIC SOCIETY

99th KOS general body and Academic meeting was held on 30th August, 2024 at hotel Indraprastha. Dr Mathew Kurian, senior Consultant, Chaithanya Eye Hospital, Ernakulam delivered a Keynote on Managment of Dry eye in a post refractive surgery cases. Meeting was attended by 25 members.

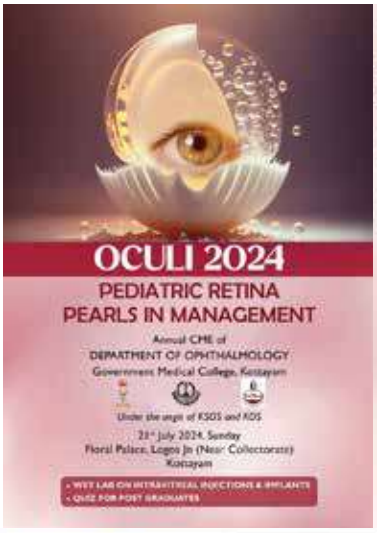
OCULI 2024 was organised by GMC kottayam, under Aegis of KSOS and KOS on 21st july 2024 at Hotel Floral Palace. CME was on Paediatric retina updates with Eminent National faculties and faculties across state. There was Hands on training course on intravitreal injections for post graduate students and consultants. Senior Post Gratuates 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.

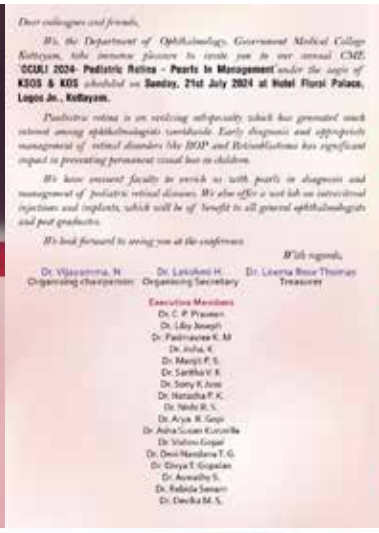
EYE DONATION FORTNIGHT ACTIVITIES

Eye donation fortnight activity and awareness programme by Govt Medical College, Kottayam 24th august,2024.

39th National Eye Donation fortnight district level inauguration programme at St. Dominic College Auditorium, Kanjirapally in association with General Hospital, Kottayam.

Eye donation forthinght activity by Vasan eye care in association with NSS unit 5 and Baselius College Kottayam




Dear colleagues and friends,

It's, the Department of Ophthalmology, Government Medical College Kottayam, take immense pleasure to invite you to our annual CME, 'OCULI 2024- Pediatric Retina – Pearls in Management' under the aegis of KSOS & KOS scheduled on Sunday, 21st July 2024 at Hotel Floral Palace, Lagos Jn., Kottayam.

Paediatric retina is an evolving subspecialty which has generated much interest among ophthalmologists worldwide. Early diagnosis and appropriate management of retinal disorders like ROP and Retinoblastoma has significant impact in preventing permanent visual loss in children.

We have eminent faculty to enrich us with pearls in diagnosis and management of pediatric retinal diseases. We also offer a wet lab on intravitreal injections and implants, which will be of benefit to all general ophthalmologists and post graduates.

We look forward to seeing you at the conference.

With regards,

Dr. Vijayamma. N — Organizing chairperson
Dr. Lakshmi H. — Organizing Secretary
Dr. Leema Rose Thomas — Treasurer

Executive Members
Dr. C. P. Praveen
Dr. Liby Joseph
Dr. Padmavasan K. M
Dr. Asha. K
Dr. Manjit P. S
Dr. Santha V. S
Dr. Sony K Jose
Dr. Natasha P. K
Dr. Nishi R. S
Dr. Arya. R. Gopi
Dr. Asha Susan Kuruvilla
Dr. Vishnu Gopal
Dr. Devi Nandana T. G
Dr. Divya T. Gopalan
Dr. Aswathy S.
Dr. Rebeka Sanam
Dr. Devika M. S


PROGRAMME SCHEDULE

Registration — 8.00 am
Inaugural function & Honouring the senior ophthalmologists — 8.40-9.45 am
Dr. Shobhana Mohandas (Former Prof. & HOD Ophthalmology GMC, Kottayam) and Dr Avis Eapen (Former Senior Consultant Ophthalmologist PIGIM Hospital, Kangazha)

SCIENTIFIC SESSION

Session 1 (Each session will be followed by discussion for 10 minutes)
Chairperson: Dr K.V Sujana Devi — Co-Chairperson: Dr Vijayamma N
Moderators: Dr. Lily Joseph, Dr. Padmavasan K. M.

Retina in visually inattentive children — 9.45-10.05 am — Dr Sunil M. S
Management of ROP — 10.05-10.30 am — Dr Rasu P Rajan

TEA BREAK

Session 2 (Each session will be followed by discussion for 10 minutes)
Chairperson: Dr Sadasivadhas S — Co-Chairperson: Dr Daniel Sam Pullen
Moderators: Dr. Jithu K., Dr. Manjit P. S

Retinoblastoma - Emerging concepts in management — 11.00-11.15 am — Dr Parag K Shah
Retinal vascular anomalies in children — 11.15-11.30 am — Dr Divya Balakrishnan
Pediatric retinal dystrophies What to know — 11.45-12.00 pm — Dr Meera Chakrabarti
Imaging the pediatric retina - An overview — 12.00-12.15 pm — Dr Mahesh G

LUNCH — 12.30-01.30 pm

Wet Lab on Intravitreal Injections & Implants — 02.00-03.30 pm
QUIZ for Post Graduates — 03.30-04.30 pm

Faculty

Dr Meera Chakrabarti (Vitreo Retinal Consultant, Chakrabarti Eyecare Centre, Thiruvananthapuram)
Dr Mahesh G (Senior Consultant & HOD Vitreo Retina, Giridhar Eye Institute, Ernakulam)
Dr Parag K. Shah (Chief, Pediatric Retina & Ocular Oncology, Aravind Eye Hospital, Coimbatore)
Dr. Renu P Rajan (Senior Consultant, Vitreo Retina & Pediatric Retina Services, Aravind Eye Hospital, Madurai)
Dr. Sunil M. S. (Professor & Vitreo Retina Specialist, KIO Thiruvananthapuram)
Dr Divya Balakrishnan (Consultant in Retina, Little Flower Hospital, Angamaly)

Registration details

Registration fee: Delegates - Rs 800/- ; Post Graduates - Rs 600/- ; Wet lab Rs 400/-
Exciting prizes awaits you
PRE REGISTRATION MANDATORY FOR WET LAB AND PG QUIZ
Please send registration & online payment details/PG quiz registration to Dr Vijayamma N (9447846802), Dr. Leema Rose Thomas (9497720696), Dr. Lakshmi H. (9446885558)

Account Details: SBI Medical College, Kottayam, Account No: 38269155482, IFSC Code: SBIN0070111
QR Code

SUPPORTED BY KOTTAYAM MEDICAL COLLEGE OPHTHALMOLOGY ALUMNI ASSOCIATION







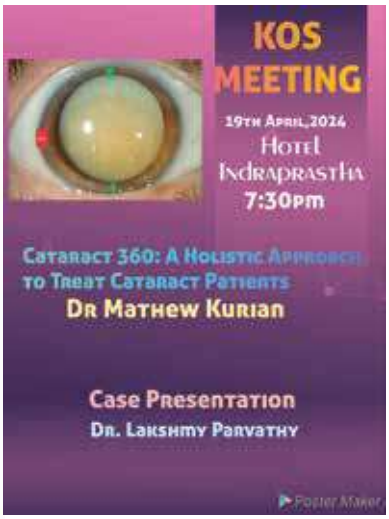






















IDUKKI MALANADU OPHTHALMIC CLUB













Dr Hilda Nixon from Eye Bank Little Flower hospital taking awareness class on eye banking and eye donation during IMA meeting at Kothamangalam on September 3, 2024

Dr Cessal Thommachan Kainickal talking about Mutual funds Hope or Hype on monthly CME meeting on 30/8/24

Dr Kala B Thottam talking on Evolution of Refractive surgerires: what is new? Mointhly CME meeting on October 24

COCHIN OPHTHALMIC CLUB

JULY 2024

COC Monthly Meeting (11th July)

Monthly Meeting of Cochin Ophthalmic Club was conducted on Tuesday, 11th July, 2024 at IMA House, Cochin. After the formal agenda, Padmashree Prof Dr JS Titiyal spoke on "Phacoemulsification in Challenging Situations" & "Novel Nano silver ion based self preservative technology" and Dr Vinay Pilai moderated the session.

Meeting was followed by fellowship and dinner.





COC Members at WCPOS Kuala Lumpur

Dr Neena R, Scientific Committee Chairman of Cochin Ophthalmic Club, participated in World Congress of Pediatric Ophthalmology & Strabismus 2024 at Kuala Lumpur on 11th to 13th July. She won First prize in Free Paper(Adult Ophthalmology).









Dr Neena R receiving the best paper award.



There was good representation of pediatric ophthalmologists from Kerala at the conference.

Eye Camps

Camps conducted	No of camps	No of patients screened	No of cataract surgeries
Giridhar eye Institute	11	1131	92
Amrita Institute of Medical Sciences	2	1986	41
Tony's Eye Hospital	4	643	25

AUGUST 2024

August Ophthalmica 2024 (11th August, 2024)

August Ophthalmica, the flagship CME of Cochin Ophthalmic Club was conducted on 11th August 2024 at the IMA House Kochi. Theme of this year was Ocular Trauma, and we had talks on ocular trauma across all subspecialties. We had faculty from across Kerala and also a few National Faculty as well. National faculty included Dr Priya Narang, Dr Chaitra Jayadev and Dr Mahesh Shanmugham.

Dr C V Droupathy was honoured with a Lifetime Achievement Award under the KSOS President's initiative.

The morning discussions were followed by a PG quiz on Ocular Trauma in the afternoon. Dr Mahesh Shanmugham was awarded the Prof T Gopinatha Menon Memorial Oration. Blindness Relief Endowment Fund donated musical instruments to blind musicians from the BREF fund.

Sangeeth Mahal Musicals was inspired by the BREF donation and they also have decided to donate more musical instruments to blind musicians in the next COC meeting in September.









CME on Preventable Blindness by GMC Ernakulam

Department of Ophthalmology, Government Medical college Ernakulam in association with SBMR, conducted a CME on 'Preventable Blindness-- All you need to know" on August 13th Tuesday in GMC, Auditorium as a part of observation of Eye Donation fortnight. We had eminent speakers from different specialities like General Medicine, Paediatrics and Community medicine along with Ophthalmologists. We had 116 registrations altogether.. Very well attended and appreciated conference. Topics selected were much of social relevance to bring awareness at the community level as well as to educate doctors of other specialities what to look for and when to refer to Ophthalmology Department for early detection and management to bring down the magnitude of blindness in the community as well as in the world.

Eye Donation Fortnight activities by Chaithanya Eye Institute

Chaithanya Eye Institute and Anantha Eye Bank conducted an Eye Donation Awareness Rally starting in Marine Drive Kochi on August 25th, 2024. This continued across various districts upto Trivandrum. അനന്തമായ കാഴ്ചയുടെ കഥകളുമായി ചൈതന്യ ഐ ഹോസ്പിറ്റൽ. നേത്രദാനം എന്ന മഹത്തായ കർമ്മത്തെക്കുറിച്ച് സമൂഹത്തിൽ അവബോധം സൃഷ്ടിക്കുക എന്ന ലക്ഷ്യത്തോടെ ചൈതന്യ ഐ ഹോസ്പിറ്റൽ ആൻഡ് റിസർച്ച് ഇൻസ്റ്റിറ്റ്യൂട്ട് സംഘടിപ്പിച്ച അനന്ത സ്റ്റോറിസ് യാത്രയുടെ പതാക കൈമാറ്റം ഹൈക്കോടതി ജസ്റ്റിസ് ദേവൻ രാമചന്ദ്രൻ നിർവഹിച്ചു. ഓഗസ്റ്റ് 25 മുതൽ സെപ്റ്റംബർ 8 വരെ നീളുന്ന യാത്ര വിവിധ ജില്ലകളിലൂടെ സഞ്ചരിച്ച് തിരുവനന്തപുരത്ത് സമാപിക്കും.

Chaithanya Eye Hospital; അനന്ത സ്റ്റോറീസ് യാത്രയുടെ പതാക കൈമാറ്റം. https://www.youtube.com/watch?v=iLzReRmaLLI







Eye Donation Fortnight activities by Giridhar Eye Institute

1. Awareness programme.

On 27th August 2024, an Eye Donation Awareness Class was conducted at the Palarivattom Mass Office Annex as part of the Health Meeting organized by the Kochi Corporation's Ward 43. The event saw the participation of 40 attendees, reflecting a positive community response.The primary goal of the awareness class was to educate and inform the public on eye donation , emphasizing and promoting eye donation activities among the residents of Ward 43.The event successfully contributed to enhancing eye donation awareness within the community, encouraging participation and knowledge sharing among residents. The positive turnout reflects the growing interest in the region.





2.One to one awareness campaign

On 28th August 2024, a public one-to-one Eye Donation Awareness Campaign was conducted around the premises of the General Hospital, Ernakulam. The campaign aimed to raise awareness about the importance of eye donation, encouraging individuals to pledge their eyes and contribute to restoring vision for those in need. Eye bank staff engaged with the public directly, providing information about the process and benefits of eye donation. The initiative received positive feedback, with many participants expressing interest in supporting the cause, contributing to a greater understanding and commitment towards eye donation in the community.

3.Quiz competition

On 2nd September 2024, a Quiz Competition related to eye donation was organized for the patients and bystanders at Giridhar Eye Institute. The event saw enthusiastic participation, with 90 members attending the competition. The quiz aimed to raise awareness and educate attendees about the importance of eye donation, fostering greater community involvement in this noble cause. Out of the participants, 10 individuals emerged as winners. The prize distribution ceremony was presided over by Dr. Vinay S Pillai, the Medical Director of the Swarnam Eye Bank, who awarded the winners and appreciated the participants for their involvement and commitment to eye donation awareness. The event was a successful initiative to promote knowledge and engagement in eye donation efforts.









5. Social media activities.

As part of the Eye Donation Fortnight awareness activities, a series of short videos were uploaded to social media platforms. These videos highlighted two key aspects: the activities of the eye bank and testimonial videos from both donor families and recipient families. The eye bank activity videos provided insights into the processes involved in eye donation, including collection, preservation, and distribution of donated eyes. The testimonials offered personal stories, with donor families sharing their experiences of giving the gift of sight, while recipient families expressed their gratitude for the life-changing impact of the donations. These videos served as powerful tools to increase public awareness and encourage more people to pledge their eyes for donation.

1.https://www.instagram.com/reel/C_0d72JSrdl/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA==

2.https://www.instagram.com/reel/C_nqE7MS_Ng/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA==

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4.https://www.instagram.com/reel/C_dR5R6y87v/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA==

6. FM Campaign in Radio Mirchi

An FM campaign was conducted on Radio Mirchi from 25th August to 8th September 2024 as part of the Eye Donation Fortnight awareness drive. The campaign aimed to educate the public about the importance of eye donation and encourage individuals to pledge their eyes. Through a series informative radio segments, the campaign reached a wide audience, sharing vital information on the process of eye donation. The radio platform effectively amplified the message, promoting community involvement and increasing public understanding and participation in eye donation initiatives.



Eye Donation Fortnight activities by Dr Tony's Eye Hospital



As part of the National eye donation fortnight Dr Tony Fernandez eye hospital and Darsana eye bank organized various programs in different parts of Aluva.

A painting competition on the topic നന്മേരാമം മഹാമാമം was conducted for our Optometry students.

We had a gathering at our hospital for the staff and the patients where Padmasree Dr Tony Fernandez gave a message on the benefits of corneal transplant for visually challenged people and encouraged individuals to pledge their eyes.

Students from Dr Tony's school of Optometry conducted mime performances focused on the importance of eye donation at various locations.

The valedictory function of the eye donation fortnight was held at St Xavier college auditorium Aluva in association with Dr Tony Fernandez eye hospital and NSS unit St Xavier College on 9th September. Dr Tony Fernandez inaugurated the function which was presided over by Dr Milan Franz, Principal of St Xavier's college. Students from Dr Tony's school of Optometry, NSS volunteers from St Xavier's College and members of Darsana eye bank participated in the function.

Eye Donation Fortnight activities by Little Flower Hospital Angamaly

25/8/2024

St. Sebastian Forane Church Kuttikkad

The Eye Bank Association Kerala, in collaboration with the Nalla Samarayan Eye, Blood, Organ Donation Forum and the Central Committee of St. Sebastian Forane Church Kuttikkad, held an eye donation awareness program on August

25, 2024, in connection with 39th National Eye Donation Fortnight.

Fr. Varghese Palatty, the General Secretary of the Eye Bank Association Kerala, inaugurated the function. The event recognized and honored 45 donor families for their selfless act of donating their loved ones' eyes.

26/8/2024

Sanjeo Hospital, Perumbavoor

The Eye Bank Association Kerala, in partnership with Sanjeo Hospital, Perumbavoor conducted an eye donation awareness seminar on August 26, 2024, at 3:00 PM, as part of the 39th National Eye Donation Fortnight.

Mrs. Reena Francis, the HCRP Coordinator of the Eye Bank Association Kerala, led the seminar, educating nursing staff and students about the importance of eye donation and the process of donating eyes.

Mrs. Francis emphasized the crucial role of healthcare professionals in promoting eye donation by promptly notifying eye banks about potential donors. She highlighted that timely death notifications can significantly increase the number of eye donations and, consequently, the availability of corneas for transplantation. Gift of vision Gift of Life

28/8/2024

1. Kerala State Service Pensioners Union (KSSPU) Arakulam

As part of the 39th National Eye Donation Fortnight, Little Flower Hospital Angamaly and the Eye Bank Association Kerala, in collaboration with the Kerala State Service Pensioners Union (KSSPU) Arakulam successfully conducted an eye donation awareness campaign and eye camp on August 28, 2024 at the St. Thomas UP School Auditorium, Arakulam, from 9:30 AM onwards. The campaign was inaugurated by the school manager Rev. Fr. Syriak Puthett. Shri. Jayesh C Parackal, the Coordinator of the Eye Bank Association Kerala, led an informative awareness class that addressed the fears, apprehensions, and doubts people often have about eye donation. The event was a resounding success, with numerous attendees pledging to donate their eyes after death. An eye examination team headed by Dr. Sandra Nair conducted eye examinations for the beneficiaries who participated in the camp and prescribed appropriate treatment.

2. MOSC Medical College Hospital, Kolenchery

In observance of National Eye Donation Fortnight, the Eye Bank Association Kerala at Little Flower Hospital, Angamaly, in collaboration with MOSC Medical College Hospital, Kolenchery, organized an eye donation awareness seminar for the staff and students of the medical college.

The seminar was led by the HCRP Coordinator of Eye Bank Association Kerala, Mrs. Reena Francis, who emphasized the crucial role healthcare professionals play in promoting eye donation. She highlighted the importance of timely notifications to eye donation counselors, even when families are aware of the concept. A simple question, "Are you willing to donate the eyes of the deceased?" can make a significant difference in the lives of those suffering from corneal blindness.

By educating the staff and students of MOSC Medical College Hospital, the Eye Bank Association Kerala aims to raise awareness about eye donation and encourage more individuals to consider this life-saving act.

31/08/2024

1. Kerala State Govt. Ayurveda Retired Medical Officers Association, Ernakulam

As part of the 39th National Eye Donation Fortnight, the Eye Bank Association Kerala at Little Flower Hospital, Angamaly in association with the Kerala State Govt. Ayurveda Retired Medical Officers Association organized an eye donation awareness seminar for the retired medical officers and their families.

The seminar, led by Ms. Reena Francis, aimed to educate attendees about the importance of eye donation and the vital role that doctors play in promoting it. Ms. Reena emphasized that Doctors can play a crucial role in promoting eye donation by helping eye donation counselors and volunteers in reviewing medical records and providing expert opinions on the suitability of potential donors.

The seminar proved to be successful, with many attendees signing the eye donation pledge form. This initiative is a significant step towards increasing awareness about eye donation and ensuring that more individuals benefit from this life-changing procedure. "Gift of Vision, Gift of Life"

2. Mukundapuram Public School, Nadavarambu

In observance of National Eye Donation Fortnight, the Eye Bank Association Kerala at Little Flower Hospital, Angamaly, in collaboration with Mukundapuram Public School, Nadavaranbu organized an eye donation awareness seminar for the teachers, PTA and Public. The seminar, led by Mr.Jayesh C Prackal, aimed to educate attendees about the importance of eye donation and the vital role of teachers can do in promoting eye donation.

03/09/2024

1. Angamaly

The Eye Bank Association Kerala, in collaboration with Little Flower Hospital Angamaly, Taluk Hospital Angamaly, and Municipality Angamaly, successfully organized a Walkathon to commemorate the 39th National Eye Donation Fortnight. The event aimed to raise awareness about the significance of eye donation among the general public.

The Walkathon was inaugurated by Shri. Mathew Thomas, the Municipal Chairman of Angamaly. Fr. Thomas Vaikathuprambil delivered the keynote address, emphasizing the importance of eye donation as a noble act that can

transform lives. The walkathon was flagged off by Shri. Arun Kumar R V, the SHO of Angamaly.

Over 350 participants, including students from L.F Hospital Colleges, ASHA Workers, Municipality Staff, and Taluk Hospital staff, actively participated in the walkathon. The event was a resounding success in spreading the message of eye donation and encouraging individuals to consider this life-saving gesture.

2. Kothamangalam

The Eye Bank Association Kerala based at Little Flower Hospital Angamaly, conducted eye donation awareness classes at Mentor Academy Kothamangalam and Indira Gandhi College Kothamangalam. The seminars were led by Ms. Reena Francis, the Eye Donation Coordinator of the Association.

The primary objective of these sessions was to educate teachers and students about the importance of eye donation and to encourage them to consider this life-saving act. Ms. Reena Francis emphasized the significance of eye donation for the visually impaired and highlighted the noble act of donating one's eyes after death.

The Association stressed the need for the younger generation to embrace eye donation as a valuable contribution to society. They emphasized that the eyes of the deceased should not be wasted but rather used to restore sight to those in need.

3. IMA Kothamanagalam

On September 3, 2024, the Eye Bank Association Kerala, based at Little Flower Hospital Angamaly, organized an eye donation awareness program for doctors at the IMA Hall Kothamangalam. The seminar was led by Dr. Hilda Nixon, the





Medical Director of the Association.

Dr. Hilda Nixon emphasized the crucial role of doctors in promoting eye donation within hospitals and communities. She highlighted the importance of educating patients and their families about the benefits of eye donation and the simple process involved.

The program aimed to equip doctors with the necessary knowledge and tools to effectively advocate for eye donation among their patients and colleagues. By raising awareness and addressing misconceptions, the Eye Bank Association Kerala seeks to increase the number of eye donations in the region.

05/09/2024

Little Flower Hospital, Angamalay

Chalakudy MP Sri Benny Behanan inaugurated the public meeting and award ceremony organized by the Eye Bank Association Kerala as part of the National Eye Donation Fortnight at Little Flower Hospital and Research Centre Angamaly.

Presiding over the meeting, LF Hospital Director Dr. Thomas Vaikathuparam, emphasized the importance of eye donation and the impact it can have on the lives of those with vision loss. The keynote address was delivered by Dr. Basil Saju, Joint Director of the Kerala State Organ and Tissue Transplant Organization.

Other notable speakers included Asst. Director Fr. Varghese Palatty, Head of Ophthalmology Department Dr. Elizabeth Joseph, Dr. Thomas Cherian, Fr. Shaju Chirayat, Dr. Anitta Jabbar, Dr. C.V. Andrews, Dr. Hilda Nixon, Angamaly Sub-Inspector Jayaprasad, and Mr. Vincent Manavalan.

07/09/2024

Lisie Hospital, Ernakulam

The Eye Bank Association Kerala, based at Little Flower Hospital Angamaly, in collaboration with Lisie Hospital Ernakulam, organized an eye donation awareness program as part of the National Eye Donation Fortnight.

The event included a drawing competition for the children of Lisie Hospital staff, aimed at fostering awareness about eye donation in a creative and engaging way. Fr. Reju Kannampuzha, the Joint Director of Lisie Hospital, inaugurated the meeting.

Numerous staff members, students, patients, and bystanders attended the event, demonstrating the growing interest and support for eye donation initiatives in the region. The program highlighted the importance of eye donation and its potential to restore sight to those in need.



08/09/2024

The Eye Bank Association Kerala, based at Little Flower Hospital Angamaly, held the closing ceremony of the 39th National Eye Donation Fortnight at St. Augustine Church Pazhanganad.

Fr. Thomas Vaikathuparambil, the President of the Eye Bank Association Kerala and Director of Little Flower Hospital Angamaly, inaugurated the public meeting. The event recognized and honored 31 donor families for their compassionate decision to donate their loved ones' eyes.

The ceremony was a heartfelt tribute to the selfless individuals and their families who have made a significant difference in the lives of others by donating their eyes. By honoring these donor families, the Eye

Bank Association Kerala aims to inspire others to consider eye donation as a noble act of compassion.

Eye Donation Fortnight activities by Agarwals Eye Hospital Cochin

Dr Agarwals eye hospital Cochin organized a morning awareness activity to promote Eye Donation Fortnight at JNL Stadium, in collaboration with the AFPT Training Academy.



In collaboration with department of hospital administration , IMS institute Kochi.. Eye donation awareness talk was conducted which was live streamed to more than 1000 participants.. The institute members also actively registered for eye donation





Eye Donation Fortnight activities by Goverment Medical College Ernakulam

As a part of eye donation fortnight, Department of Ophthalmology,GMC Ernakulam conducted a CME,Akshi 2024 on Preventable Blindness - All you need to know on August 13,2024.





Medical students also presented a Rangoli, highlighting the importance of Eyedonation. Also they conducted a skit for awareness of Eyedonation in Public.

Nationwide withdrawal of services

COC participated in the Nationwide withdrawal of services on August 17th



INDIAN MEDICAL ASSOCIATION (HQs.)

National President	Immediate Past National President	Honorary Secretary General	Honorary Finance Secretary
Dr. R V Asokan	Dr. Sharad Kr. Agarwal	Dr. Anilkumar J. Nayak	Dr. Shitij Bali

IMA/HSG/Press/08-2/2024 15/08/2024
New Delhi

PRESS RELEASE

NATIONWIDE WITHDRAWAL OF SERVICES

An young post graduate of chest medicine was brutally raped and killed on duty in R G Kar Medical College, Kolkata in the early hours of 9th August 2024. This has shocked the medical fraternity and the nation alike. Ever since the Resident doctors are on strike. Protests as well as candle marches have been held across the country by IMA as well. The crime situation was handled shabbily by the college authorities and the police investigations stalled after the first day.

On 13th August 2024, the Calcutta High Court asked the state police to hand over the case to Central Bureau of Investigation (CBI) while expressing discontent with the investigation so far. They also flagged the possibility of destruction of evidence if the state police continued with their investigation. On 15th August 2024, the hospital was vandalized by a large crowd which destroyed various sections of the hospital including the area where the victim was found. The medical students who were on protest were attacked as well.

Doctors especially women are vulnerable to violence because of the nature of the profession. It is for the authorities to provide for the safety of doctors inside hospitals and campuses. Both physical assaults and crimes are a result of indifference and insensitivity of the concerned authorities to the needs of doctors, nurses and other healthcare workers.

Subsequent to the brutal crime in R G Kar Medical College Kolkata and the hooliganism unleashed on the protesting students on the eve of the Independence Day, Indian Medical Association declares nationwide withdrawal of services by doctors of modern medicine from 6 am on Saturday 17.08.2024 to 6 am Sunday 18.08.2024 for 24 hours. All essential services will be maintained. Casualties will be manned. Routine OPDs will not function and elective surgeries will not be conducted. The withdrawal is across all the sectors wherever modern medicine doctors are providing service. IMA requires the sympathy of the nation with the just cause of its doctors.

Dr. R V Asokan
National President, IMA

Dr. Anilkumar J Nayak
Honorary Secretary General, IMA

Awards and Achievements for COC Members (August 2024)

There was good participation from Cochin Ophthalmic Club at Nethram CME on 4th August, 2024.

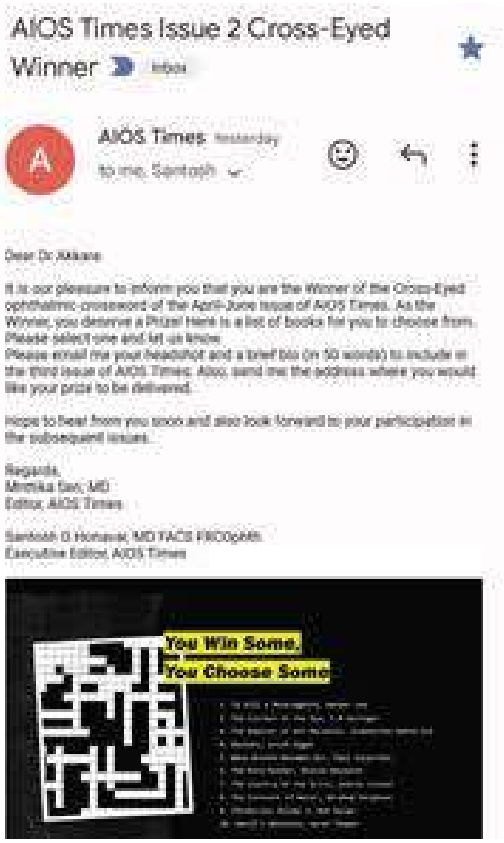
Dr. Samvedya, Oculoplasty fellow, Giridhar Eye Institute won first prize in Nethram Film Festival.

Dr. Khalid, postgraduate student at Amrita Institute of Medical Sciences, won first prize in PG case presentation.

Dr. Anagha, Post Graduate student at Giridhar Eye Institute, won second prize in PG case presentation.

Dr. John Davis Akkara won Cross-Eyed Ophthalmic Crossword of AIOS Times.

Dr Sandhya Nair's video has been accepted for the ESCRS 2024 Congress to be held in Barcelona held from 6th to 10th September.



AIOS Times Issue 2 Cross-Eyed Winner

AIOS Times Yesterday
to me, Santosh

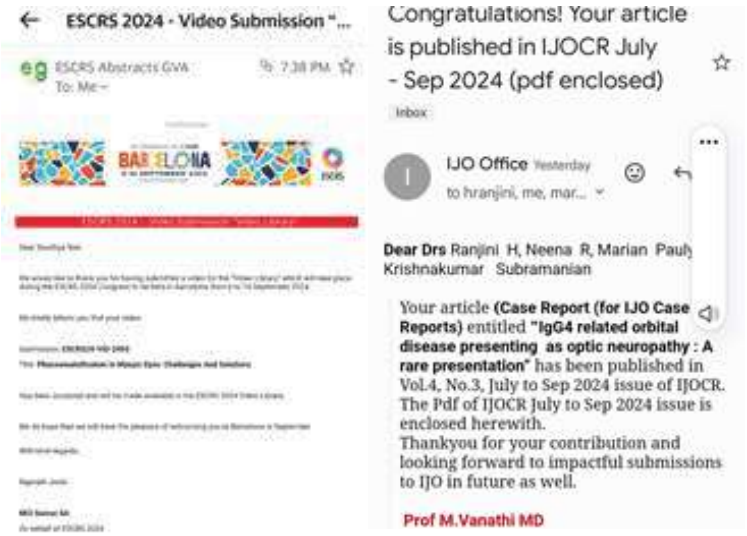
Dear Dr Akkara

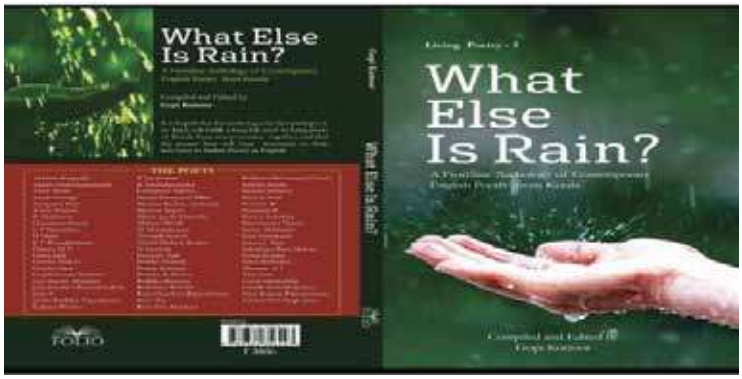
It is our pleasure to inform you that you are the Winner of the Cross-Eyed ophthalmic crossword of the April-June issue of AIOS Times. As the Winner, you deserve a Prize! Here is a list of books for you to choose from. Please select one and let us know.
Please email me your headshot and a brief bio (in 50 words) to include in the third issue of AIOS Times. Also, send me the address where you would like your prize to be delivered.

Hope to hear from you soon and also look forward to your participation in the subsequent issues.

Regards,
Mrinka Sen, MD
Editor, AIOS Times

Santosh G Honavar, MD FACS FRCOphth
Executive Editor, AIOS Times





Case report by Dr Rajnini, Dr Neena R, Dr Neena R and Dr Krishnankumar Subramanian was published in IJOCR(July to Sep issue)

Ernakulam IMA was runners up in State IMA Chess Championship. COC Member Dr Sanitha Sathyan, IMA Cochin Chess Champion was part of the team.



COC members Dr Roshan & Dr Sanitha Sathyan had their poems published in 'What else is rain?', an anthology featuring poets from Kerala/ roots in Kerala, writing in English.

Eye Camps

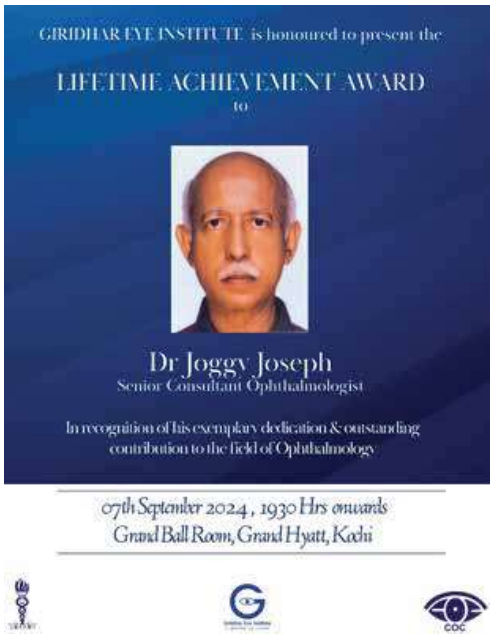
Camps conducted	No of camps	No of patients screened	No of cataract surgeries
Giridhar eye Institute	11	1102	94
Amrita Institute of Medical Sciences	2	1986	41
Tony's Eye Hospital	4	643	25

SEPTEMBER 2024

Update on Medical Retina - CME by Giridhar Eye Institute Kochi(7th & 8th September)

Giridhar Eye Institute conducted CME on "Update on Medical Retina" on Sep 7th & 8th in Grand Hyatt Kochi.

Dr Joggy Joseph was honored with a lifetime achievement award.



DRUSHTI PRAKOSHT

One day workshop on Eye donation awareness, self-reliance & job opportunities for visually disabled - held on 1st September 2024. Dr Anil Radhalrishnan presided over the event.



Monthly Meeting of COC(Sep 12th)

Monthly meeting of COC was held on Sep 12th 7:30pm at Hotel Holiday Inn.

After the executive proceedings, Sangeeth Mahal Musicals and Roland gifted a musical instrument to Mr Josey after being inspired by the COC Blindness Relief Endowment Fund. Taking inspiration from our BREF activity at August Ophthalmica, Sangeeth Mahal together with Roland wanted to donate a Musical Keyboard to a blind Keyboard artist. We Identified Mr Josey as the apt person for the gift. He is a blind Keyboard artist from Wayand and a Cancer survivor.

The Roland BK5 Keyboard was handed over to him at the September Monthly meeting.

Scientific program included talks on Synergy Toric PCIOl by Dr Saikumar and Eyehance Toric by Dr Mathew Kurian.

Meeting was followed by OnaSadhya.


Cochin Ophthalmic Club 2023 - 2025

NOTICE







IMA Meeting and Scientific Session(Sep 25)





IMA conducted a scientific session with doctors from Giridhar Eye Institute on Seo 25th at IMA House Kochi. Topics included Idiopathic Intracranial Hypertension by Dr Neena R and Ophthalmic Manifestations of Facial Nerve palsy by Dr Marian Pauly. Dr Giridhar moderated the session.

COC Members at other CMEs and conferences

Dr Divya and Dr Natasha were faculty ar Cal-D-Scope CME of Kozhikode Ophthalmic Society at Calicut on Sunday, 1st September 2024.

Awards and Achievements for COC Members(September 2024)

There was good participation from Cochin Ophthalmic Club at various CMEs and conferences.













Dr. John Davis Akkara was awarded the "Prof Udhaba Charan Behera and Prof Gunasagar Das Innovation Oration Award for the upcoming Odisha State Ophthalmological Society Conference.

Dr Sandhya Nair presented video at the ESCRS 2024 Congress held in Barcelona held from 6th to 10th September.

Release of eye donation awareness movie ' mayatha marivillu' in you tube. A good part of the movie was shot in Amrita hospital. Sakshama - an organization working for the disabled and Ophthalmology department of Amrita hospital was actively involved in this endeavor. Dr Gopal had a cameo role in this movie.

Dr Anil Radhakrishnan volunteered as the president - Ernakulam district of Sakshama. They organised a poetry competition.

Dr Aswathi Neena Satish won 1st Prize for quiz at Annual Conference of Oculoplastics Association of India held in Jaipur on Sep 29th.



There was good participation by COC at the 6th Annual Conference of Indian Neuro-Ophthalmological Society in Sankara Nethralaya Chennai. Dr Ciju Joseph, Dr Thomas Arun Varghese, Dr Greeshma were some who participated. Dr Greeshma, PG student in Dr Tony Fernandez Eye Hospital won 1st prize for case presentation under the mentorship of Dr Revathi.

Dr Anagha under mentorship of Dr Namitha participated in KSOS Virtual PG Classroom.

https://youtube.com/live/uVYBEu2gtDE?feature=share

Dr Anju Kuriakose won Second Prize in YOSI "Travel in Motion" reels contest on September 27th, 2024.

Dr John Davis Akkara, Glaucoma specialist, won second prize in Glaucoma Pitch Innovation Competition in GlaucoCherry, Annual Conference of Glaucoma Society of India in Pondicherry on Sep 29th.











Eye Camps

Camps conducted	No of camps	No of patients screened	No of cataract surgeries
Giridhar eye Institute			
Amrita Institute of Medical Sciences	2	1520	23
Tony's Eye Hospital	3	357	24

THRISSUR ACADEMIC CLUB OF OPHTHALMOLOGY (TAC)

JULY 2024

TACO MID YEAR MEET WAS CONDUCTED AT CASINO HOTELS ON 14TH JULY 2024



MID YEAR MEET PICS







TACO CAMP REPORTS JULY 2024

HOSPITAL	NO.OF CAMPS	NO.OF PATIENTS	CATARACT SURGERIES
I VISION	3	382	84
AMALA MC	1	-	7
TRINITY	28	1427	68
AARYA	12	813	185

AUGUST 2024

TACO MONTHLY MEET WAS CONDUCTED AT CASINO HOTELS ON AUGUST 30TH 2024 BY DR.ANEETA JABBAR ON TOPIC PERIOPERATIVE DRY EYE MANAGEMENT IN REFRACTIVE CASES.

















EYE DONATION FORTNIGHT ACTIVITIES











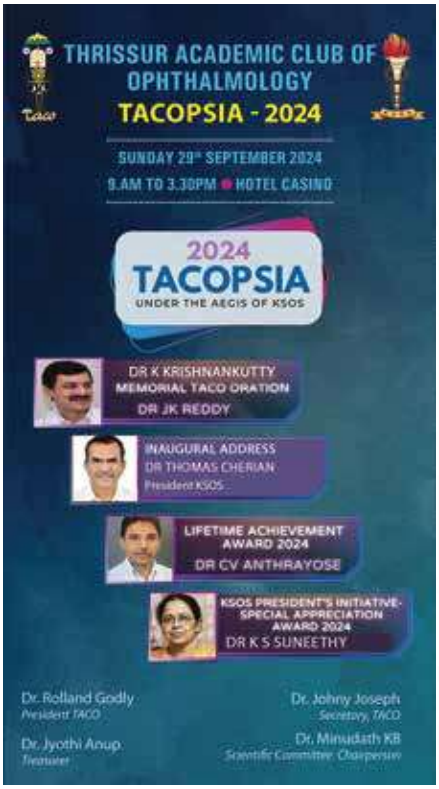


TACO CAMP REPORTS AUGUST 2024

HOSPITAL	NO.OF CAMPS	NO.OF PATIENTS	CATARACT SURGERIES
JUBILEE MC	3	362	21
AMALA MC	1	20	-
TRINITY	22	406	58

SEPTEMBER 2024

TACOPSIA 2024 WAS CONDUCTED AT CASINO HOTELS ON 29TH SEPTEMBER.



















DR.ASHA WARRIER APPLAUDED BY LIONS ORGANISATION THRISSUR

EYE DONATION FORTNIGHT ACTIVITIES

3rd Sep;Amala institute of medical sciences;Public awareness talks on eye donation by Dr.Lathika V,Eye donation Quiz by Dr.Anisha,Eye donation promo reels competition,Eye donation photo contest.

8th Sep; National eye donation fortnight;Awareness talk by Dr.Andrews C V. from jubilee medical college being applauded by LF Eye hospital Angamaly



TACO CAMP REPORTS SEPTEMBER 2024

HOSPITAL	NO.OF CAMPS	NO.OF PATIENTS	CATARACT SURGERIES
JUBILEE MC	2	323	10
AMALA MC	1	80	-
AARYA	8	662	249
I VISION	4	489	151
MANASEVA	1	60	15

PALAKKAD SOCIETY OF OPHTHALMIC SURGEONS (PSOS)

August 2024

Venue: Cosmopolitan club, Palakkad

Time: 7pm

Topic:1. Videos on operative insights in Cornea by Dr. Praveen Dhanapal

Trinity eye hospital, Palakkad and Coimbatore

2.Pterygium surgery, PERFECT technique by Dr. Preethy. Prasanth, Sutharia eye clinic, Shoranur

3.Cornea retrieval and eye banking, by Dr. Anish. T. P, DNB resident,District hospital, Palakkad

Many members took pledge to donate their eyes post death via KSOS website.

Our members Dr. Monisha, Ahalia eye hospital presented in pediatric ophthal conference in Kualalampur and Dr. Soumya, Trinity eye hospital participated and did IC and video presentation in Vancouver world ophthal congress. Both were felicitated too in the meeting bynout senior colleagues.

Attendance was 21 members.

September 2024

Venue: Hotel Indraprastha

Time: 6 pm

Speaker:Dr. Rohith Georgie Mathew

Topic : Refractive surgeries and LASIK

There was pookkalam making, preparation for Drishti dance program etc before the CME started.

Attended by around thirty two members and there was food and fellowship afterwards.





MALAPPURAM OPHTHALMIC SOCIETY (MOS)

August 2024

August monthly meet was held on 18th August 2024 at hotel Rydges Inn, Kottakkal. The topic was Glaucoma and we had three distinguished speakers who are practising glaucoma specialists. Attendees 25.

CME UNDER THE AEGIS OF MOS

1- 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 honoured our former consultant at MES Medical College and a very renowned ophthalmologist Dr Ahmed Anwar.

2- 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 honoured on this day. The session ended with exciting case discussions by retina fellows and post graduates.





KOZHIKODE OPHTHALMIC SOCIETY

KOZHIKODE OPHTHALMIC SOCIETY conducted Dr M Prabhakaran memorial oration award and state wide quiz for post graduates on 7 July 2024. Dr Shobhana Mohandas (professor and former HOD Government medical college, Kottayam) received the award and Oration was about her journey in Ophthalmology over 25 the years.Dr Fersana Mohammed and Dr Padma Prabhu conducted state wide quiz for post graduates . It was a well-attended program with postgraduates from across the state .Trivandrum Ophthalmic club received first prize in quiz program.















Dr Sreekanth eye care and research Centre l Conducted OCULUS 2024 under the aegis of Kozhikode Ophthalmic Society and KSOS on July 28. It was a well organized program with in depth talks . Honored senior ophthalmologist Dr Sivan and Dr Ramachandra Bhat during the program. About 150 delegates across the stated attended the CME. Dr Vijaya Raghavan conducted the PG EXAM RUNNER session.









Dr Prithwi Chandrakanth received TNOA Hero award in Comprehensive Ophthalmology on August 17 2024.

Kozhikode Ophthalmic society under the aegis of KSOS conducted annual CME CAL-D-SCOPE on September 1st 2024. It was a well organized conference with participation of more than 120 delegates.

Dr Thomas Cherian (KSOS, President) inaugurated the CME.Senior Ophthalmologist Dr T T Achamma was honored during the inauguration for her services in Ophthalmology.

Dr Jythirmay Biswas Received Dr PB Menon oration award.Topic of oration was" TUBERCULOSIS OR NOT TUBERCULOSIS'

















It was an eye opening sunrise at Kozhikode beach ON 8TH September with an eye donation awareness walkathon. Organised as a joint venture by the Kozhikode ophthalmic society and IMA Kozhikode , it witnessed a record number of participants who united to spread the wisdom of this great cause . It represented the team support from all faculty and postgraduates of beach hospital, Comtrust hospital ,Dr. Chandrakant Nethralaya, Malabar medical college and optometry students from these institutions. Senior consultants from all institutions marked their presence and had an active involvement in the event.







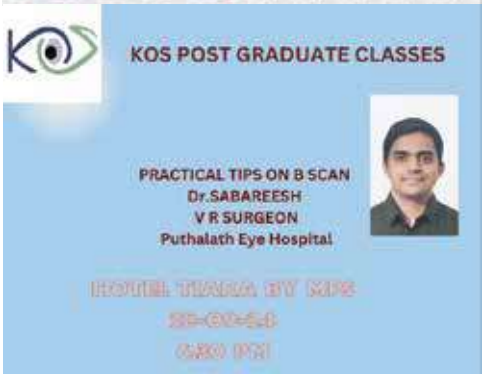


Keeping the pace at par with the recent advances Kozhikode ophthalmic society conducted an IOL tech meeting on 28 th of September 2024 at Hotel Tiara by MPS . As a part of the society's constant efforts to nourishing education of budding ophthalmologists a pre- meeting pg teaching module was conducted. It was a workshop on interpreting ultrasound B scan led by Dr Sabareesh which was attended by 10 postgraduates from 6.30 to 7.15 pm and the faculty was honoured by Prof Bhat .

The scientific session commenced by 7.30 pm with two talks by two eminent surgeons -Dr Mihir Shah enlightened the crowd on intermediate lenses and Dr JK Reddy shared his immense experience and recent advances in multifocal IOLs with his signature talk - "Life begins at 33 cm ".Dr JK Reddy was honoured by Dr Srikanth and Dr Mihir Shah by Dr Safarulla.













Dr Leila Mohan Received Best role model award in WOS conference on October 5, 2024.



Under the aegis of KSOS and KOS , KMCT medical college conducted CME on uveitis, IKSHANA 2024.Dr R Velayudhan Nair and Dr Ranjakumar was honored during the conferece. More than 110 delegates attended CME.Dr Sujith Naynar inaugurated the function and Post graduates presented interesting cases in Uveitis.











OPHTHALMIC SOCIETY OF KANNUR (OSK)

July 2024

The monthly meeting for July was held on July 27, 2024, at Hotel Benale in Kannur. It was well-attended and began with a warm welcome from the president, Dr. Suchitra Bhat. The secretary then read the minutes of the previous meeting.

A condolence segment followed, starting with a two-minute silent prayer. Dr. Simi Manoj provided a brief overview of Dr. Mohan Babu's significant contributions to the medical community. Memories and tributes were shared by Dr. Mary Oommen, Dr.Rajesh O. T and Dr. Maya George.

The Ophthalmic Society of Kannur honored Master Sreenand Sharmil, son of Dr. Sharmil who secured first rank in the NEET UG exam, by presenting a memento, which was handed over by Dr. Sreelatha.

The scientific portion of the meeting began with an introduction of the speaker, Dr. Nishanth M., by Dr. Aswathy Vijayan. Dr. Nishanth delivered a concise and informative presentation on secondary intraocular lenses, highlighting recent advancements and illustrating his points with videos. The session concluded with a productive discussion, and Dr. Aswathy won the audience question.

Tokens of appreciation were presented, with Dr. Asha presenting one to Dr. Nishanth, and Dr. Mary Oommen awarding a prize to the quiz winner. The meeting concluded with fellowship and dinner.



August 2024

The monthly meeting for August 2024 was held on 31st August at Hotel Benale International, Kannur. The meeting commenced with a warm welcome by Dr. Suchitra Bhat, President of OSK, remembering the tragic incident in Kolkata, where a doctor was raped and murdered. This was.followed by the Secretary's reading of the previous meeting's minutes.

Key discussions included the activities planned for Eye Donation Fortnight. Dr. Swetha K introduced the guest speaker, Dr. Prithvi Chandrakanth, who delivered an insightful talk on frugal innovations in ophthalmology. The presentation was highly enlightening.

There was an audience question about eye donation at the end of the session. Dr. Rakesh O. T. emerged as the winner of the quiz. Dr. Rajesh presented a memento to Dr. Prithvi, and Dr. Aravind awarded the quiz prize to Dr. Rakesh. The meeting concluded with dinner and fellowship.

Dr. Swetha K presented on "Abstract Preparation: Understanding the Guidelines and Submission" during a virtual webinar organized by the Young Ophthalmologists Lounge under the aegis of KSOS on 12/824. Dr. Remya also contributed as faculty for the PG Teaching Program Module 3 at Comtrust Eye Hospital, Calicut, and she also participated in the AIOS LDP program at Pegasus, Bangalore, held on August 23-24.

OSK members participated in the nationwide strike called by the IMA in protest against the brutal murder of a doctor at RG Kar Medical College.



Talk by Dr Prithvi on Frugal innovations in Ophthalmology



Presenting memento to Dr Prithvi Chandrakanth by Dr Rajesh OT



Presenting memento to the quiz winner Dr Rajesh OT by Dr Aravind Bhat



Discussion about the eye donation activites by Dr Rajesh OT and Dr Seema K M





September 2024

The monthly meeting for September was held on September 25th 2024 wednesday, at Hotel Benale in Kannur. It was well-attended and began with a warm welcome from the president, Dr. Suchitra Bhat. The secretary then read the minutes of the previous meeting.

The scientific meeting began with an introduction of the speaker, Dr Nirmal Jayadevan by Dr. Lekha P K. The session was very interactive and engaging. He made the topic very simple by a case based approach. The audience quiz was won by Dr Manjima. Dr Vasantha Damodar presented a memento to Dr Nirmal and Dr Nirmal handed over the prize to the quiz winner. The session concluded with vote of thanks by the secretary followed by dinner and fellowship.

Activities and Achievements

As a part of eye donation fortnight, the club secretary Dr Remya gave an awareness talk in the local network channel.

Dr Athira and Dr Remya attended the national Pediatri555555c Ophthalmology, Strabismus and Neuro ophthalmology conference POSN held at Banglore on 21st and 22nd September. Both of them presented cases in the session.

Dr Swetha K presented paper at the Glaucocherry the annual Glaucoma Society of India held at Pondicherry on 27-29th September.

Dr Nikhil. K won second prize for the image and video competition conducted by the vitreo retinal society of India for the month of September.









Awareness talk on eye donation by Dr Remya E, Secretary OSK in the local network Channel on 7/9/24



POSN 24 Banglaore September 21 &22



Dr Athira Pediatric Ophthalmologist , Jyothis presenting at POSN



Dr Remya Pediatric Ophthalmologist , Payyanur Co operative hospital presenting at POSN



Dr Swetha K, Glaucoma Specialist, Jyothis Eye Care Kannur attended Glaucocherry, the annual glaucoma Society meeting at Pondicherry.







THE KSOS connect

The official Newsletter of Kerala Society of Ophthalmic Surgeons