THE KSOS connect

The official newsletter of Kerala Society of Ophthalmic Surgeons

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DR RACHEL JOSE
THE GAME CHANGER

Interviewed by **Dr. Priyanka Thilak**



Introduction

It was a delightful surprise when Dr. Sony George - Joint Secretary KSOS informed me about featuring Dr Rachel Jose Maam's interview in KSOS Website & Newsletter. What more could have Maveli given us this ONAM than appreciating & recognizing one of the most eminent leader of Ophthalmic Society of Pathanamthitta.

Dr Rachel Jose is a pioneer in Community based Ophthalmology. Her visionary approach has transformed patient care. Her work is nothing short of a revolution. She is a ground breaker in rural eye health outreach.

Q 1) Maam...You were in Delhi before you came back to Kerala. What were the most formative experience during your time at Delhi?

A 1) My life at Dr R P Centre, AIIMS was as a PG (MD Ophtal) and a senior resident. Thereafter I worked in Safdarjang hospital, one of the best Govt General hospital for 10 yrs. I was working as HOD Eye in SJH when I was transferred and posted as Asst director general in Min of Health as Director of National program for Control of Blindness and worked later as DDG and Addl DGHS for 20 yrs. I was allowed to do clinical and surgical work in SJH for 20 yrs. I had to work extra time for clinics and surgery. I retired as Additional DGHS from Ministry of Health in 2010.So I never lost the clinical and surgical touch in my patient care.

Q 2) The impact of Great Teachers in our lives cannot be truly expressed in words but can be felt in the work we are doing. Were there any Mentors & moments that had a lasting impact on your approach as a Community Ophthalmologist?

A 2) Dr L.P Agarwal, Former Chief R.P Centre and Director AIIMS was my mentor. Because of him, I developed great interest in Ophthalmology. He was a community Ophthalmologist and a very good administrator

To watch the interview click the link:
https://youtu.be/k5lSy8kjMSI

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PRESIDENT'S MESSAGE



Dear friends,

I am overwhelmed by the response to the presidential project of spreading legal literacy among ophthalmologists. I could conduct meetings on medical litigations personally in almost all districts. Kollam, Pathanamthitta, Ernakulam, Idukki Malanad, Thrissur, Palakkad, Malappuram, Kozhikode, Wayanad, Kannur and Kasaragod. I hope that my small effort will be of some value in improving our members practice. As promised, the Malayalam consent book is also getting ready and will be released during our annual meeting. It was a pleasant surprise that KSOS bagged one more best state society award from the AIOS in their segment for the participation during the APAO AIOC 2025. It was a collective effort from our members. Drishti CME calendar is nearing completion with 35 CMEs in this year. It had variety like never before. CMEs on AI, for optometrists, hands on trainings, focused meetings etc. This has resulted in the phenomenal participation in these meetings. I congratulate all the vibrant and active district clubs which are showing superb young talents to lead our society in the coming years.

Yet another Drishti is here. All office bearers are working overtime for the successful conduct of our prestigious annual meeting. This time we are back in Kollam. I request the support and whole hearted cooperation of each of our members so that all of us benefit from this scientific feast

Jai KSOS

Mahesh G

President

GENERAL SECRETARY'S MESSAGE

Dear All,

This report covers activities from 1st July 2025 to 30th September 2025.

3rd Executive Committee meeting

The 3rd ECM meeting of KSOS year 2024-25 was held on 17th August 2025 at IMA Hall Kozhikkode from 12 noon onwards along with the Dr PB MENON ORATION BY Kozhikode Ophthalmic Society. The major decisions taken in the meeting are appended at the end of this report.

CME Activity

A total of 12 CMEs were conducted under the aegis of KSOS during this period . These are as follows

1. NETHRAM 2025 by Ophthalmic Society of Pathanamthitta (August 3, 2025)
2. VR and Glaucoma CME by I Vision Eye Hospital Thrissur (August 3, 2025)
3. August Ophthalmica 2025 by Cochin Ophthalmic Club (August 10, 2025)
4. Dr PB MENON ORATION by Kozhikode Ophthalmic society (August 17, 2025)
5. OCULUS SEASON 6 : Mastering The Diagnostics by DR SREEKANTH EYE CARE KOZHIKODE (August 24, 2025)
6. Ikshana 2025 - CME by RIO Trivandrum Alumni Association (August 24, 2025)
7. WOS CME (September 7, 2025)
8. Malanadu Academix by IMOC (September 14, 2025)
9. 9. Career - PG training program by Chaithanya Eye Hospital and Research Center, TVM (September 13-14, 2025)
10. 10. Optoglow CME by Amita Eye Care, Tiruvalla (September 21, 2025)
11. 11. Tacopsia 2025 by Thrissur academic club of ophthalmology (TACO) (September 28, 2025)
12. 12. EYE CANCER CONNECT-CONNECTING THE DOTS by Malabar Cancer Centre, Thalassery, Kannur (September 28, 2025)



KSOS Leadership Development Program: Sharpening Skills

KSOS successfully conducted an intensive Leadership Development Program on September 6th and 7th at the picturesque Travancore Heritage in Trivandrum. The fourth edition of the program drew 12 participants from various regions across Kerala, engaging them in a highly immersive, activity-based learning experience.

Leadership coach Mr. George Thomas facilitated the two-day workshop, utilizing a dynamic approach centered on role plays, games, and real-life examples to illuminate crucial leadership aspects.

The inaugural Session on 6th Evening served as a notable occasion for both learning and the exchange of camaraderie among the participants and KSOS office bearers. The Office bearers present and their talks were as follows

Dr. Mahesh (President) : The subtle art of patient communication

Dr. Sai Kumar (Past President) : Balancing career and other responsibilities

Dr. Rajiv Sukumaran (President Elect) : Translating vision to reality

Dr. Biju John (Secretary): Cooperation vs. collaboration

The program successfully provided a platform for the participants to enhance their skills, gain valuable perspectives from seasoned professionals, and build a stronger network for collective growth.

The entire program was efficiently coordinated by Dr. Ambika Shetty , whose hardwork and dedication made sure that the program ran smoothly without any glitches right from the moment the participants arrived at Trivandrum Railway station to the time of their departures. I thank Dr Ambika on behalf of the KSOS for this.

Elections 2025

Election bye laws and nomination forms had been published in the past 2 editions (March and June) of Newsletters and also in the website well ahead of the required deadline of Aug 30. Same were sent by E mails to all members on 21/8/2025. The last date for submission of nominations will be September 30th.

Drishti 2025

Preparations for Drishti 2025 is going on in full swing and Team Kollam is working overtime to give all the members a memorable academic and cultural feast.

Jai KSOS

Dr Biju John

Gen Secretary KSOS

Major Decisions taken in the Third Executive Committee Meeting of KSOS for the year 2024-25 on 17th August 2025 at IMA Hall Kozhikkode

1. The Treasurer and Secretary in consultation with the Auditors will come out with options for transferring the conference proceeds of Drishti 2024 and Drishti 2025
2. To recommend to the AGB that From Drishit 2026 onwards any Club bidding for or joining in the bid of a Drishti conference should be a Registered Charitable Society/Trust with 12 A registration who regularly file IT Returns and must have filed the returns for the past 2 years.
3. Institutional Accreditation for conducting CMEs for KSOS has been renewed for 3 years from August 2025 onwards.
4. Nominations for AIOS Presidential Committee of Teachers in Ophthalmology were done as follows

a. 1.Dr Sudha V , Professor Govt Medical College Thrissur
b. 2.Dr Chaithanya R Warrier ,Chaithanya Institute Tiruvalla

5. Nominations for AIOS Presidential Committee of Postgraduate Students in Ophthalmology were made as follows

1.Aryalakshmi V U ; Giridhar Eye Institute ,Kochi
2.Dr Thamana Salim A S; Sreenethra Eye Institute ,Trivandrum

Nominations for PG Students Committee every year will be made based on the KSOS PG Gold medal exam mark list and also taking into consideration that they will have more than 6 months to complete their course.

6. The next Internal Audit committee meeting is planned for 12 th October 2025.
7. On first day of Drishti 2025 Hall A will be free for preparation of inauguration at 4 PM and Inauguration will start at sharp 5.30 PM
8. On the Second day General Body will start at 5.30 pm . President will initiate first call of GB at 5 PM
9. The idea of a silent hall was dropped considering practical problems and also since the expense did not justify its perceived benefits. A house boat with 100 px capacity will be arranged as a separate hall .
10. Secretary to send an official mail to AIOS office bearers regarding the concerns of some of our members regarding the "Cover U" insurance promoted by AIOS.
11. Dr Padmaja Krishnan's nomination as an Election officer in the place of Dr Elizabeth Joseph (who had resigned earlier due to non availability in the country during the elections)was ratified by the EC
12. To recommend to AGB that in future voting rights should be restricted to only those whose residential status as per adhar is in Kerala and also to have verification via SMS and E Mail ID i.e. double OTP.
13. KSOS Whatsapp Groups

i. Gen Secretary to continue the same system that he had been following in handling new "member requests " for admission into these groups which is admitting into group 1 if their membership number is less than 1500 and to group 2 if the membership number is higher that 1500.
ii. Secretary to be given power to remove posts/exit a member if their posts are deemed to be detrimental to the society or harassing another person etc.
iii. If it is felt that discussion is going out of control , President/Secretary can change the settings to "Admin only" for some period.
iv. In case of any complaints or dissatisfaction with the secretary's actions, the President will be the appellate authority.
v. To recommend to the GB that it is better to shift to Telegram entirely
vi. President to post summary of these decisions in the whatsapp group
vii. Group to be turned Admin only from september due to elections .

14. The TOT award sponsored by Kozhikkode Ophthalmic Club to be renamed as " KSOS-Kozhikkode Ophthalmic Club
15. Malayalam Consent book proposed to be brought out by the President to be a printable , editable PDF with sufficient disclaimers so that no liability falls on KSOS.
16. Dr Jayaprasad entrusted to form a committee for standardising rates of Ophthalmic procedures across the state as mandated by the Clinical Establishment Act , and have a discussion with other stake holders like QPMPA , IMA etc and come out with alternate solutions in any of the upcoming ECMs

TREASURER'S MESSAGE



Dear Friends,

From the treasurer's desk:

We have been making timely payments of bills presented to us and the tax payments regularly.

The Internal Audit committee will be meeting for the 2st IAC meeting of this year at The IMA house Cochin on the 12th October 2025. We will by then have the audited statements from the auditor and the same will be tabled.

The preparations for Drishti 2025 are going on in earnest with the organizing team leaving no stones unturned. The registrations seem to be hitting a new record this time around again. The financial status also seem to be well on track.

Our migration from Karnataka bank to the HDFC bank is nearing completion. Once the new bank payment gateways are in place, we can close the accounts in the Karnataka bank. The FDs have fully been moved to the new bank.

The rules regarding 12 A have become more stringent and transfer of amounts to district clubs need both the clubs to have their papers in order. This was an issue we found recently. I request all the district clubs to keep their society registration and income tax filings up to date. Pending some necessary paperwork the share of income over expenditure of last Drishti to be transferred is now ready to be transferred pending the final approval by our auditors.

Jai KSOS

Dr. Thomas George T

Treasurer KSOS

SCIENTIFIC COMMITTEE CHAIRMAN'S MESSAGE



The activities of scientific committee is going on very well. Completed 24 episodes of Online PG class room. Eyelights module 6, the physical PG update program was conducted at Amrita Institute of Medical Sciences, Kochi. It was attended by 198 delegates. This module was designed to provide a basic understanding of how to prepare for the practical examinations. All the faculty members did their best and notes were provided in the group also. Thank you all. Special thanks to Dr Sudha v for working to make the program schedule and Dr Gopal for all the arrangements at Amrita. With this the all modules of Eyelights were completed. The scientific preparations for Drishti 25 is going on in full swing. The full texts of free papers, pdf of TACO poster award and videos of Dr Tony Fernandez Video awards were all received and sent for evaluation. A special session on Heros of KSOS will be conducted to acknowledge the KSOS members who received awards in the national and international conferences. Apart from usual SSTC, a special hands on work shop on AI in ophthalmology will be conducted on Day 2 and dry lab on retinoscopy will be held on Day 1 during Drishti. The KSOS COC gold medal examination will be held on 2nd November Sunday at Amrita Institute of Medical Sciences, Kochi. I Sincerely thank the members of scientici committee- Dr Merine Paul, Dr Marian Pauly and Dr Rajesh OT for their help and all the executive members for their support

Dr Bastin V A

Chairman, Scientific Committee

JOINT SECRETARY CUM NEWS LETTER EXECUTIVE EDITORS REPORT



The activities of various District Ophthalmic Clubs across the State for the term from July to September 2025 was obtained from the concerned District Officials and duly compiled in the due time periods. The various activities of the Clubs including the Meetings, Celebrations, camps, CMEs, Academic Activities and Public Awareness Activities were recorded with photographs and Data.

Reports from the General Secretary, Treasurer, Scientific Committee Chairman, KJO Editor and Web Site Editor were collected and compiled. The Presidents Message was also collected and compiled .

Needed assistance was given to the President and General Secretary was whenever asked for.

The 6th Edition of the KSOS Connect Vol XXVI Issue 2 covering April to June 2025 was released online via Whatzapp groups of KSOS by 13th of August 2025

The release of the Physical copy was done during the Executive Committee Meeting of KSOS held on 17th August 2025 at IMA HOUSE Calicut by the President Dr. Mahesh handing over a copy to Secretary Dr. Biju John in the presence of the Jt. Secretary Dr. Sony George

The Edition contained

1. Interview of Senior Ophthalmologist, VR Surgeon and founder of Giridhar Eye Institute, Dr. A Giridhar from Cochin

It was a great insight into the professional and personal life of Dr. Giridhar , well illustrated with pictures . The interview was done by Dr. Thomas Cherian , renowned VR Surgeon

2. Message from the Incoming President Dr. Mahesh G
3. General Secretary's Report – Dr. Biju John
4. Treasurer's Report – Dr. Thomas George
5. Joint Secretaries Report – Dr. Sony George
6. Scientific Committee Chairman's Report – Dr. Bastin
7. KJO Editors Report – Dr. Lathika VS
8. Website Editors Report – Dr. Sujith Nayanar
9. District Club Reports from districts – TOC Trivandrum, AOC Aleppey , KOLLAM ,

OSP Pathanamthitta, COC Cochin, TACO Trichur, KOS Kottayam , IMOC,PSOS Palakkad, , KOZHIKKODE , OSK Kannur ,Malappuram (MOS) KASARAGOD and Wyanad . This si the first time we have had reports from all the 14 clubs .All the reports were splendid with lot of photographs

10. Election guidelines for KSOS online elections in November 20205
11. Nomination form for the KSOS election Nov 20205

The Edition was also released on the KSOS Website , thanks to Dr. Sujith Nayanar the Website Editor .The Youtube Video of the Interview of Dr. Giridhar can be viewed on our website or on clicking the youtube link given in the KSOS Connect

The 7TH Edition of the KSOS Connect covering July to September 2025 is getting ready and will be released soon in the KSOS official groups and on the website

The Edition contains

1. Interview of Dr. Mrs. Rachel Jose , Senior Ophthalmologist from Pathanamthitta, who has adorned great leader ship positions in the Central Govt Ministry of Health upto the position of Addl. Director General of Health Services Delhi .

It was a great insight into the professional, administrative and personal life of Dr. Rachel , well illustrated with pictures . The interview was conducted by Dr. Priyanka Tilak , from Pathanamthitta . I thank Dr. Priynka for the great job done and the effort

2. Message from the President Dr. Mahesh G
3. Presidents farewell message by Dr. Thomas Cherian
4. General Secretary's Report – Dr. Biju John
5. Treasurer's Report – Dr. Thomas George
6. Scientific Committee Chairman's Report – Dr. Bastin
7. KJO Editors Report – Dr. Lathika VS
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OSP Pathanamthitta, COC Cochin, TACO Trichur, KOS Kottayam , IMOC,PSOS Palakkad, , KOZHIKKODE , OSK Kannur, and KASARAGOD . All the reports were splendid with lot of photographs.

Thanks to the district representatives to KSOS and the Club Officials of all the District Clubs

Dr. Sony George



KJO EDITOR'S MESSAGE



The second issue of KJO in 2025 (May-August 2025) was brought out on time in August. The corresponding Digital KJO too was mailed to all members.

The next issue is due in December 2025 and the work towards the same has already started.

Two episodes of The KSOS - KJO Webinar Series on evidence based practice, 'RESEARCH TO REALITY' were conducted in the months of July and August. They were themed on Neuro Ophthalmology and cataract respectively. The KJO webinar based quiz series was also conducted through the KSOS website following both the episodes and winners announced. KJO flashcards named KJO Pearls were mailed monthly to all members after each webinar.With this, the curtains came down on 'Research to Reality' which was a novel initiative by KJO to bridge the gap between practice and publication. The youtube links to all the episodes and flashcards of the same are available on the KJO Channel on the KSOS website for easy access for our members at their own pace and time.

Link to KJO channel: **https://ksos.in/kjo/**

Dr Lathika Vasu Kamaladevi

Editor in Chief, KJO

WEBSITE EDITOR S MESSAGE



Dear Members

I am pleased to report that our digital platforms are highly active. The Drishti program portal is being updated regularly and registrations are currently open and proceeding smoothly. To ensure easy access to all these updates, all members are strongly encouraged to download the official KSOS mobile app. Furthermore, to streamline communication, all registered delegates are requested to join the dedicated Delegates' WhatsApp group. We have also opened several submission portals, including an Image Gallery, a Video Submission portal, and a Public Awareness portal, all of which are now live and actively inviting contributions from our members. Thank you for your continued engagement.

Jai KSOS

Dr V Sujith Nayanar

KSOS Website Editor

THE FOURTH EDITION OF THE LEADERSHIP DEVELOPMENT PROGRAM OF THE KERALA SOCIETY OF OPHTHALMIC SURGEONS

Overview of the Program

The Kerala Society of Ophthalmic Surgeons (KSOS) successfully held the fourth edition of its Leadership Development Program on September 6th and 7th at the scenic Travancore Heritage in Trivandrum. The program, which drew 12 participants from various districts across Kerala, was designed as a dynamic, activity-based learning experience. Led by leadership coach George Thomas, the two-day workshop was highly immersive, using role-plays, games, and real-life examples to provide practical insights into essential leadership skills. The training aimed to empower participants with a deep understanding of how these skills can be translated into effective leadership within a professional setting.

Core Curriculum and Sessions

The workshop's curriculum was strategically structured to focus on key areas of professional leadership. The program began with an icebreaker session where participants shared personal incidents to foster a sense of camaraderie. Over the two days, the main areas of focus were:

- Communication: Highlighting nuanced and effective ways to interact with patients and colleagues.
- Empathy: Cultivating the ability to understand and share the feelings of others, a critical skill in patient care and team dynamics.
- Negotiation: Providing hands-on experience in reaching mutually beneficial agreements.
- Teamwork: Fostering collaboration and cohesion to achieve shared goals.

These interactive activities were meticulously designed to provide a hands-on experience, ensuring that participants gained practical knowledge and a deeper understanding of these concepts.

Inaugural Session and Key Speakers

The inaugural session was a notable event, combining learning with networking. Several prominent KSOS leaders shared their wisdom and experiences, offering valuable perspectives:

- Dr. Mahesh (KSOS President): Spoke on "Effective Communication," specifically addressing the subtleties of patient communication, proper counseling, and allowing patients to have autonomy in their decisions.
- Dr. Rajiv Sukumaran (KSOS President-Elect): Presented on "Turning Vision into Value: Effective Task Management Strategies." He used the innovative features of the 2021 KSOS virtual conference—such as its interactive user interface, recorded scientific sessions, and live interactions—as a prime example of effective task management.
- Dr. Saikumar (KSOS Past President): Shared his personal journey of holding various posts within the KSOS in a talk titled "The Delicate Balance." He also underscored the importance of mentoring and encouraging emerging leaders to take on roles within the society.
- Dr. Biju John (KSOS General Secretary): Delivered an engaging and humorous speech on "Cooperation Vs. Collaboration," citing examples from Malayalam cinema where scriptwriters and music directors produced classics despite animosity, highlighting how professionals can work together effectively even without perfect harmony.

Conclusion and Outcomes

The program concluded with a focus on holistic well-being. A yoga session was organized on the second day, providing participants with simple tools for stress management and self-awareness. At the end of the program, Dr. Rajiv Sukumaran, the President-Elect, handed over certificates to all the candidates. Participants left the workshop with a newfound sense of confidence, feeling empowered to manage both professional and personal situations more effectively. The program successfully equipped them with practical skills and a broadened perspective on leadership.



The program was co ordinated by **Dr Ambika Shetty.**







































































































continued from page 1...

Q 3) You showed me the appreciation letter you received for your work in Khatwa. Can you elaborate about it?

A 3) Khatwa Red cross Society was doing a lot of Community work in the field of Blindness in the rural area. As a young student and person, I had a soft corner to the needy and poor. That attitude helped me a lot in enjoying the Community Ophthalmic work. I used to travel a lot to the remote areas to Primary health Centres and Community Health Centers. Even though I was in Govt Sector, in the program activities, I used to support and appreciate the work of Voluntary and private sectors. This helped a lot for the program of control of Blindness to grow and achieve the target. I started training of Ophthalmic Manpower and supplying the best and quality equipment and instruments to all levels. When I retired, it was counted as the Best Health Program in the country

Q 4) Lady with a smile!! willing to help. Committed to her work A truly commendable & unparalleled work done for NPCB - For which the entire country 'll remember her. We are proud of you, Madam and Wish you all the success!! From Hony Secretary General, AIOS Dr Lalit Verma A life well lived & served - Maam what do you have to say about these words of praises?

A 4) I took over as Country's Director in Ministry of Health - 1990 when the NPCB performance was rated as below average.

The Progress in Implementation of the program activities were :

- Strengthened the monitoring of program upto primary level.

- Increased the financial assistance to NGOs to a substantial level for Cataract surgery and other sub specialty surgeries

- Training of the Eye Surgeons from Govt District hospitals in reputed Eye institutes in cataract surgery and all other sub specialities.

- Program was converted to one with an inclusive approach program with PPP model resulting into bringing the program to a global success.



- Outlay of the program increased from Rs 1 crore in 1990 to Rs 300 crore in 2010 when I retired

- NPCB got World Bank financial assistance of Rs 550 crore to NPCB in 1994 for a period of 10 yrs

- Started Training of Eye surgeons and Paramedics from Govt and private Sector.

- Providing Financial assistance of Rs 17.75 lakhs to NGOS Hospitals from Rural and Remote areas for building dedicated eye wards and operation theatres

- Supplying equipment and instruments to Med colleges and District hospitals

- Strengthened the Eye Bank Sector and School Eye screening program. When I retired in 2010 it was rated as the Best performing National program

Q 5) Our Family is our backbone,pillars of strength and support .How important was your Family's support for establishing a Work life balance ?

A 5) My husband Jose Kurian is a M tech civil Engineer from IIT Delhi and retired as Addl Director General CPWD. He supported me maximum through out my life and career. He instilled confidence in me.Children, both of them were very supportive. I could hardly spend time with them due to passion for a career. Both of them are doing very well in their jobs.

Q 6) What is that one piece of advice you would like to give to our young & budding Ophthalmologist out there ?

A 6) My advice to the young Ophthalmologist is to be humble,kind,considerate and compassionate to the patients coming to them. Dedication, sincerity and hardwork matters a lot.

Q 7) The revival of Ophthalmic Society of Pathanamthitta was not easy amidst COVID.How was the journey ? And how do you feel about the growth of OSP ?

A 7) Revival of OSP was a challenge to me. I was the President in Trivandrum Ophthalmic club for 2 years. My administrative and managerial experience helped a lot in bringing the society to the present level. Dr Sabitha, Dr Leena and Dr Sumi helped a lot to get the Society registered. Now I am so Happy to see an energetic

and Vibrant team under the leadership of Dr Shane. I wish all the success to them.

Q 8) It's always a warm feeling to see little beings growing with us.Tell us something about your Garden & Fish farm.

A 8) I love Gardening from my childhood.Even though we were staying in Delhi mostly in flats, I had my garden in the balcony and terrace. Both my husband and me are very fond of eating fish. We have our fish farming in our house for the last 5 yrs. It is a time consuming and

expensive program as it needs 24 hr electricity in a rural set up. We have a high end generator and so we are able to run the fish farming without much hitch. Another hobby for us is that of love for dogs. We have 2 cute Labrador dogs with us and enjoy their company.

Q 9) For you age is just a number.Besides working at this age what else have you incorporated in your daily routine to keep yourself healthy and happy ?

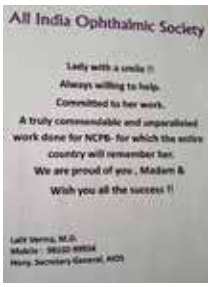
A 9) I enjoy morning walk for an hour every day without fail for the last 35 yrs.That is one secret of my health. Always keep a smiling face as far as possible and it was appeciated by many even in my official chair.

Q 10) The most colorful & vibrant festival of Kerala ONAM is around. How are you celebrating ONAM this year ?

A 10) We have few people to help in the house as I keep my self busy with my clinic and my husband travelling out for his professional work. We celebrate onam with them by making Onam Dishes.

Conclusion

Maam your life is an inspiration. With sheer determination and sincere work we can make a difference in the lives of poor and needy requiring eyecare. Remembering the true message of ONAM - Joy multiplies when it is shared. ONAMASAMSAKAL































REPORT OF DISTRICT CLUBS

TRIVANDRUM OPHTHALMIC CLUB

July 2025

SCIENTIFIC MEETINGS

1. CME meeting of TOC in association with KIMS health on 15th July at SP Grand Days Trivandrum. Talk was on Endoscopic orbital surgeries by Dr Vinod Felix consultant KIMS and Dr Ajith R Associate Consultant Neurosurgery KIMS. Attendees were 45



2. Annual GB meeting of TOC conducted on July 30th, Residency Towers Trivandrum.

The scientific session started with a talk on Cataract surgery by Dr. Lional Raj, Agarwal Eye Hospital Tirunelveli in a full hall. The topic was "Vision beyond monofocal." The second talk was by Dr Sony George, Vasan Eye Care Hospital Cochin on "Demystifying presbyopia correction for glass free life – IOL options and customization techniques."

Distribution of mementos as a token of appreciation was done for all the faculty of PG training program conducted on 06-07-2025 and followed by GB meeting.

The Annual report of the TOC for the year 2024-25 was presented by Dr. Ashad Sivaraman. Dr. Anitha Prabhakaran, Scientific committee Chairman presented the Annual Scientific Committee Report for the year 2024-2025. Treasurer Dr. Ashok Nataraj presented the financial report of the updated accounts approved by the auditor till March 2024.

Declaration of new office bearers done by the returning officer, Dr. George Thomas. As the Vice president automatically becomes the President by the bylaws of the TOC, Dr. Thomas George was announced as taking over as TOC President.

For the post of Vice President, Dr. Devin Prabhakar the nomination was found to be in order and was declared elected by the returning officer.

Rest of the team secretory Dr Ashad Sivaraman and treasurer Dr Ashok Nataraj to be continued in the respective posts.

Dr Veena Vishwam resigned from her post joint secretory due to personal reasons. Dr Saji Nair from the executive committee got selected as new joint secretory.

Total number of attendees were 70









PG TRAINING PROGRAM

TOC conducted a full day (10am to 5pm) PG training program on 06-07-2025 at Sreenethra which covered the topics refraction, oculoplasty, squint and neuro-ophthalmology, by Dr Sahasranamam, Dr Reena Rasheed, Dr

Arya, Dr Aparna, Dr Harshali, Dr Gemini and optometrist Ms. Sivapriya in the forenoon session and hands on training in Refraction in the afternoon. 36 PGs and 12 faculty members attended the program.









PUBLIC AWARENESS AND COMMUNITY ACTIVITIES AND CAMPS

Dr Athira and Dr Devika Residents at Sreenethra Eye Care presented "Ocular diseases in adolescents" at Child Development Centre" Trivandrum on 08-07-2025.



AUGUST 2025

A)ACTIVITIES DIRECTLY BY THE CLUB

SCIENTIFIC MEETINGS

TOC monthly meeting on Saturday, 16th August, from 7:00 pm to 8:30 pm at SP Grand Days. Speaker: Dr. Devendra Maheswari, Senior Glaucoma Consultant, Aravind Eye Hospital, Tirunelveli. Topic: "Kick Start Your MIGS Journey in the Indian Scenario". Attendance was 38.









PG TRAINING PROGRAMS

A full-day PG training program was held by TOC at Precise specialty eye care – new block on 10th August 2025 with Hands on training on indirect ophthalmoscopy. The faculty for the event included Dr Manoj Soman (Clinical diagnosis and management of retinal detachment), Dr Rejina Mohan PT(Hereditary retinal disorders), Dr Ponny J Kumar (Understanding OCT), Dr Juliana Rositta Stephen(FFA and ICG decoded),Dr Ashok Nataraj(Retinal vascular disorders) and hands on training Indirect ophthalmoscopy by Dr Varsha Vijayan, Dr Padmanabhan, Dr Nimi R, Dr Shinu Muralidharan, Dr Mridula Gangwar and Dr Sreelekha. The session was attended by 30 PGs, 12 faculty and 5 supporting staff.

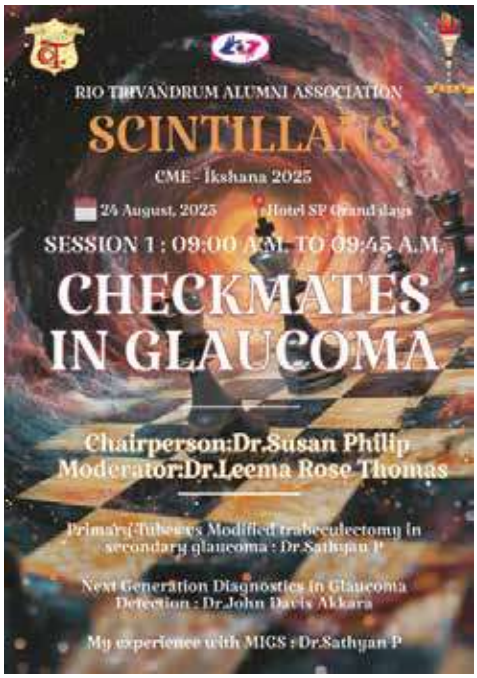
B)ACTIVITIES BY INDIVIDUAL INSTITUTES OR MEMBERS

SCIENTIFIC ACTIVITIES UNDER THE AEGIS OF CLUB AND OR KSOS

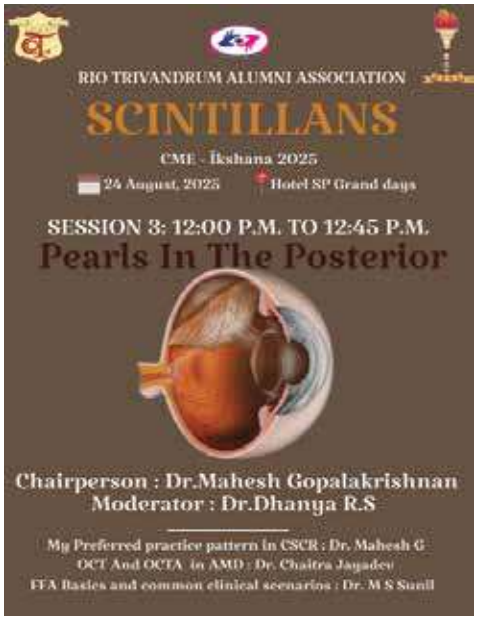
RIO Trivandrum Alumni Association organized "Scintillans" CME-Ikshana 2025 on 24th August 2025 at Hotel SP Grand days in association with TOC. The event included the following key sessions:

- Checkmates in glaucoma: Chaired by Dr Susan Philip, moderated by









Dr Leema Rose Thomas. Talks included "Primary tubes vs modified trabeculectomy in secondary glaucoma" by Dr Sathyan P, "Next generation diagnostics in glaucoma detection" by Dr John Davis Akkara, "My experience with MIGS" by Dr Sathyan P.

- Blind spots in pediatric ophthalmology: Chaired by Dr Naina Jabeen Hyder, moderated by Dr Awungshi Philamazan. Talks included "My innovations in pediatric cataract surgery" by Dr Leila Mohan, "Beyond occlusion in amblyopia management" by Dr Sanitha Sathyan, "My experience with ROP babies: Lessons learned in two decades of practice" by Dr Natasha Radhakrishnan.
- Pearls in the posterior: Chaired by Dr Mahesh Gopalakrishnan, moderated by Dr Dhanya RS. Talks included "My preferred practice pattern in CSCR" by Dr Mahesh G, "OCT and OCTA in AMD" by Dr Chaithra Jayadev, "FFA basics and common clinical scenarios" by Dr MS Sunil.
- Code blue. No clue: Chaired by Dr K Mahadevan, moderated by Dr PS Girija Devi. Talks included "My patient is pulseless" by Dr Linette J Morris, "IOP is rocketing" by Dr Saikumar SJ, "The scary hypopyon on post op day one" by Dr Mahesh G.
- A quiz program (open to all) was conducted by the quiz masters Dr Anjana Nair, Dr Lekshmisree, Dr Lekshmi G on an online platform for every scientific session keeping the delegates on their toes and accolading the alert attendees.





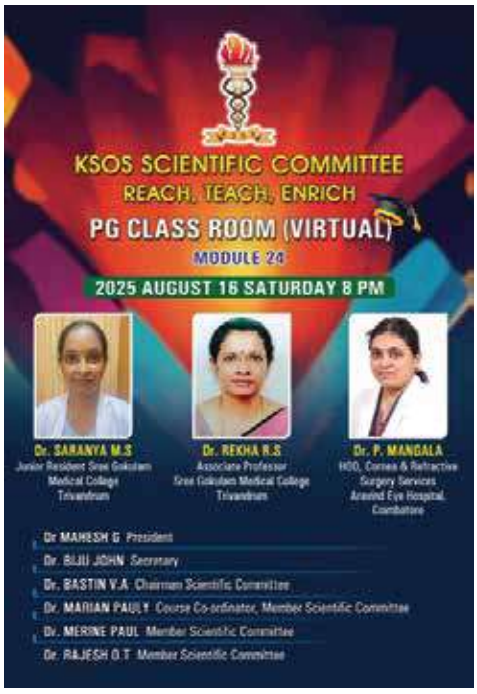
PUBLIC AWARENESS AND COMMUNITY ACTIVITIES

Dr Swapna Nair from Sreenethra Eye Care conducted an eye donation awareness class at SUT medical college hospital









OTHERS

Dr Veena Viswam presented the Theory part in "Faico-exams made easy part 2, subspecialty cataract", a KSOS Scientific committee webinar event on 12th August 2025.

Dr Rekha RS, Associate Professor and Dr Saranya MS, junior resident from Sree Gokulam Medical College, Thiruvananthapuram were part of the PG Class Room (virtual) module 24, organized by KSOS Scientific Committee on 25th August 2025.

September 2025

A)ACTIVITIES DIRECTLY BY THE CLUB

SCIENTIFIC MEETINGS-

Trivandrum Ophthalmic Club Monthly Meeting conducted on 30 September 2025 (Tuesday), 7:15 PM .Venue: SP Grand Days, Attendees: 32

Speakers 1.Dr. Jaydeep A. Walinkar – Senior Vitreo-Retina Consultant, Shree Ramkrishna Netralaya (Mumbai)Topic: Embracing Change in the Management of nAMD and DME.

2). Dr. P.R. Aswin – Consultant Vitreo-Retina & Uvea, Dr. Prem's Eye Hospital, Trivandrum

Topic: The Role of Anti-VEGF in the Management of DME.

Moderator: Dr. Ashok Nataraj





PUBLIC AWARENESS AND COMMUNITY ACTIVITIES

TOC conducted a community awareness talk as a part of eye donation week at VIGYAAN college of applied science on 10th September 2025. Talk was on "One life, let's live twice: donate your eyes" by Dr Sarath S from Chaithanya Eye Hospital



and "Computer vision syndrome" by Dr Neethu Pradeep from Amardeep Eye Care. Panel discussion was by Dr Anitha Prabhakar from Precise Speciality Eye Care and Dr Awungshi Philamazan from Aradhana Eye Institute. 250 students and 25 staff attended the session.

PG TRAINING PROGRAMS

CARER 2025, the PG training program organized by Chaitanya Eye Hospital under the aegis of TOC was held on 13th and 14th September in an exam-oriented format, covering OSCE, case presentations, group viva, instruments and charts, along with special sessions on retinoscopy.

The program was inaugurated by Dr. Rajiv Sukumaran, KSOS President-Elect. The inaugural function was presided over by Dr. Anil Krishnan Nair and felicitated by Dr. Devin Prabhakaran, TOC Vice President, Medical Superintendent Dr. Abraham Kurian, and Academic Director Prof. Dr. V. Sahasranamam.

They honoured senior ophthalmologist and eminent teacher Dr. Susheela B. Nair on this occasion.

The event was attended by more than 50 postgraduates.







PUBLIC AWARENESS AND COMMUNITY ACTIVITIES

National eye donation fortnight has been observed annually between August 25th to September 8th.

Chaithanya Eye Hospital and Research Institute & Ananta Eye Bank initiated the "Eyerun" in 2020 as a unique awareness marathon dedicated to promoting eye donation and eye health. The Eyerun is organized every year between 25th August and 8th September, as part of the Eye Donation Awareness Fortnight.

Dr Veena Viswam , Amardeep eye hospital, appeared in a community welfare YouTube program on 16th September 2025 and gave a lecture on newer treatment options for cataract.





Dr. Aparna K. S. received the YOSI Excellence Award 2025 in the Community Service category for her initiatives including ocular examinations for disabled and autistic children in special schools across Trivandrum, school screening and camp activities, and active involvement in public awareness programs and eye donation campaigns.

Dr Minu Mathen received the prestigious TACO oration award during TACOPSIA conducted on 28th september 2025.

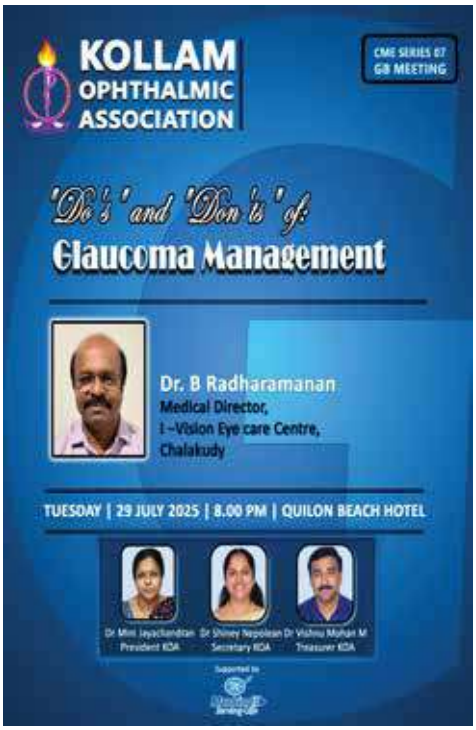


KOLLAM OPHTHALMIC ASSOCIATION

(ACTIVITIES FROM 1ST JULY TO 30TH SEPTEMBER, 2025)

July

On 29th July 2025, KOA conducted CME Series 7 along with the General Body Meeting at Quilon Beach Hotel at 8:00 p.m. The meeting began with the presidential address by Dr. Mini Jayachandran, followed by the minutes presented by Secretary Dr. Shiney Nepoleon and the accounts presented by Treasurer Dr. Vishnu Mohan. The CME session was on the topic 'Do's and Don'ts of Glaucoma Management' by Dr. B. Radharamanan, Medical Director, IVision Eye Hospital, Chalakudy. The speaker was introduced by Dr. Varun, a bouquet was presented by Dr. Haripriya and a memento was given by Dr. Edwin. A briefing on Drishti 2025 was provided by Dr. Anish Madhavan. The meeting was attended by 25 members and concluded with a vote of thanks by Dr. Vishnu Mohan.















August

On 29th August 2025, KOA conducted CME Series 8 along with the General Body Meeting at Quilon Beach Hotel at 7:30 p.m. The meeting began with the presidential address by Dr. Mini Jayachandran. The minutes and accounts were presented by the Secretary and Treasurer. The CME topic was 'Visually Inattentive Child – How to Approach' by Dr. Resmi Bhaskar, Senior Consultant, Pediatric Ophthalmology & Squint, Chaitanya Eye Hospital, Trivandrum. The speaker was introduced by Dr. Divya Kishan, a bouquet was presented by Dr. Alphonsa and a memento was given by Dr. Mini S. The presentation was excellent with video demonstrations and active clinical discussion. A briefing on Drishti 2025 was given by Dr. Jaya Prasad B. The meeting was attended by around 30 members.















Eye Donation Fortnight

On 30th August 2025, Chaithanya Eye Hospital conducted an awareness programme as part of Eye Donation Fortnight in association with Upasana School of Nursing. The students performed a mime and flash mob to create awareness among the public about eye donation. Talks on eye donation were delivered by Dr. Rakhi P. D'Cruz and Dr. Haripriya.

















September

On 7th September 2025, KOA conducted a phone-in programme on Radio Benziger at 11:30 a.m. An awareness talk on eye donation was given by Dr. Yasmin Ali, Consultant Ophthalmologist, Bishop Benziger Hospital. Around 13 callers participated and clarified their doubts.

KOA Onam Celebrations

On 19th September 2025, KOA celebrated Onam at D'Fort Ayurveda, Thangassery at 8:00 p.m. The programme was coordinated by Dr. Haripriya. The welcome address was delivered by President Dr. Mini Jayachandran, followed by lamp lighting by senior members and office bearers. A heartfelt Onam message was given by Dr. Jayaprasad B. The celebrations included cultural programmes such as a group song led by Dr. Mini Jayachandran and Dr. Vishnu Mohan, a thiruvathira dance by Dr. Rakhi P. D'Cruz and team, a duet song by Dr. Vishnu and Dr. Mini Jayachandran, a dance by Iva, daughter of Dr. Rakhi, a solo song by Dr. Mini Jayachandran, a poem recital by Dr. Jayaprasad B., reels by lady members and fun games including musical chair and lemon & spoon race. Winners of the games were awarded exciting prizes. The event concluded with a delicious traditional Onam Sadya. The celebrations were attended by about 45 members.





























Individual Achievements

Dr. Simi Kiran won second prize in the 'I See Eye' contest. Dr. Rakhi P. D'Cruz won first prize for Best Poster Award at YOSICON Delhi 2025. Dr. Vijayasree I received the Best Doctor Award from the Staff Council of District Hospital, Kollam.





OPHTHALMIC SOCIETY OF PATHANAMTHITTA

National Doctor's Day is celebrated annually on July 1st to honor the selfless service and dedication of Doctors . This date commemorates the birth and death anniversary of Dr. Bidhan Chandra Roy, a legendary physician and the second Chief Minister of West Bengal, who was born on July 1, 1882, and passed away on the same day in 1962.

2025 Theme: "Behind the Mask: Who Heals the Healers?"

This year's theme invites us to reflect on the emotional struggles of doctors and urges us to care for those who care for us.Doctor's day was celebrated with enthusiasm at Ahalia Eye Hospital, Pathanamthitta.

KSOS PG EYELIGHTS: Glaucoma Focus

Held on July 20, 2025 a5 Believers Church Medical College Hospital.

Organized by the Kerala Society of Ophthalmic Surgeons (KSOS), PG EYELIGHTS was a high-impact academic event tailored for postgraduate ophthalmology students. This module theme centered on Glaucoma.Faculty Talks & insights from leading glaucoma specialist were the key features.It included topics much needed for Post-graduate Ophthalmology Exams.

Session Photos

The "PG EYELIGHTS – Glaucoma" session was one such event, dedicated to deepening understanding and clinical acumen in Glaucoma.PG EYELIGHTS Glaucoma Covered Interactive Case Discussions: Real-world glaucoma cases were dissected to highlight diagnostic challenges and treatment strategies.

Clinical Pearls: Tips on interpreting visual fields, OCT scans, and tonometry readings.

Surgical Insights: Overview of procedures like trabeculectomy, tube shunts, and MIGS (Minimally Invasive Glaucoma Surgery).

Latest Guidelines: Updates on global and Indian protocols for glaucoma diagnosis and management.

Resident Presentations: PG students present cases & quiz, fostering peer learning and critical thinking.

NETHRAM 2025

The Annual CME of Ophthalmic Society of Pathanamthitta took place on August 3rd,2025 at KGA Elite Continental. This year the theme was " Eye - Tis" Conclave NEXUS OF INFLAMMATION. The intriguing sessions brought up solutions to common dilemmas in our daily Ophthalmology practice. It provided a comprehensive overview to diagnose and treat inflammation of diverse etiology and origin. Igniting young minds Postgraduate Quiz was a unique experience. There was hands on training of Intravitreal Injection,Trabeculectomy and ALCON FEIDELIS VR SIMULATOR.

Team NETHRAM 2025

Our President Dr Shane Mathew had a vision for NETHRAM 2025.Our organizing secretary Dr Chaithanya R Warrier worked day in & day out for the successful conduct of NETHRAM 2025.Our treasurer Dr Ann Tresa Antony added her valuable inputs & made it sure to attend NETHRAM in her 37th week of pregnancy showing her sheer determination to bring out the best for Pathanamthitta. Dr Leena Mariyam Varghese, Vice-president is our inspiration to do the best for the Society as we have seen her develop it from scratches.Dr Meru Augustine & Dr Ann Mary Abraham conducted Wet Labs on Intravitreal Injection & Trabeculectomy seamlessly. Their Grand Rounds on Retina & Glaucoma were applauded by the delegates.Our Phaco VR Simulator session went on smoothly.All the preparation for the Postgraduate Quiz was done by Dr Pooja,Dr Rosu & Dr Minu.The ultimate winner Dr Afiya R & Dr Sruthy K Thomas from T D Medical College, Alappuzha deserved every bit of their big win. We were overwhelmed to see Postgraduates participating in big numbers for the Quiz.MCs Dr Pratibha,Dr Vrinda & Dr Fathima gave us a tour of both Ophthalmology & enchanting Pathanamthitta. A big thank you to our Speakers and Panelist for sharing their insights & expertise with us. We express a heartfelt gratitude to everyone for being a part of NETHRAM 2025 & helping us propel to newer heights.

Dr Shishir Verghese received the Best Paper Award at Amritsar Retinocon on August 2nd,2025.

National Eye Donation Fortnight 2025

A time dedicated to spreading awareness, inspiring action, and celebrating the extraordinary gift of sight.From August 25th to September 8th, we unite under one powerful theme: From Darkness to Light,the gift of sight.This is not just a slogan — it is a call to compassion, to courage, and to legacy.Millions of people are suffering from corneal blindness, many of whom are children and young adults. For them, the world is a blur — a place where dreams are dimmed and opportunities are limited. But there is hope. That hope lies in you and me. One pair of donated eyes can restore sight to two individuals, giving them the chance to read, learn, work, and live with dignity.

Yet despite the need, awareness remains low. Myths and misconceptions often prevent families from making this life-changing decision. So today, let us break the silence. Let us talk openly about eye donation. It is safe, simple, and sacred. It does not disfigure the body. It does not interfere with religious rites. And most importantly — it saves lives.To those who have already pledged their eyes, we salute you. To the families who have honored their loved ones' wishes, we thank you. And to those who are still considering — we urge you to take that step. Speak to your family. Register with a KSOS eye bank. Be the reason someone sees the sunrise again.

Let this fortnight be more than a campaign. Let it be a movement. A

movement of empathy, of awareness, and of action.Because when we pledge our eyes, we don't just donate organs — we donate light, hope, and freedom. Eye Donation Fortnight was celebrated by organising a WALKATHON by Ophthalmic Society of Pathanamthitta . It started at 8 a.m on August 27th from Chaithanya Eye Hospital,Thiruvalla.

WALKATHON was done by Sabitha Eye Care at Pathanamthitta in association with town POLICE. Chaithanya Eye Hospital,Tiruvalla conducted skit & dances on Eye Donation at various locations in Thiruvalla.GH PATHANAMTHITTA conducted awareness talks during the Eye Donation Fortnight Movie MIZHI on the importance of Eye Donation was forecasted during OPD hours at Amita Eye Care.

DONATE YOUR EYES. LET THERE BE LIGHT.

Celebrating Onam 2025

In a heartwarming blend of heritage and harmony, this year Onam Celebration 2025 brought together everyone for a spectacular tribute to Kerala's most beloved festival. Held on The festivities transformed hospitals into cultural heaven, echoing the spirit of unity and prosperity that Onam represents.

The Hospitals came alive with vibrant pookalams, traditional music, and the aroma of the grand Onam Sadya - symbolizing abundance and gratitude. Employees dressed in elegant kasavu sarees and mundus added a touch of authenticity, while the dance performances and Onam songs brought smiles and applause from all corners.

Interactive games, team-building activities, and a Traditional Attire Contest added a playful twist to the day, reinforcing camaraderie and creativity. The highlight was a heartfelt ONAM Message from by Dr Shane Mathew drawing parallels between the values of Onam—equality, generosity, and joy.

As laughter echoed and friendships deepened, the Onam 2025 gathering proved that festivals aren't just about rituals—they're about people. And when tradition meets teamwork, the result is nothing short of magical.

KSOS LDP program

Myself attended a wonderfully curated & thought provoking KSOS LDP Program.It was not only about leadership but the various challenges we face as doctors,individuals & overcoming it with confidence.The journey of stalwarts like Dr Mahesh Gopalakrishnan,Dr Rajiv Sukumaran,Dr Saikumar and Dr Biju John presented in the most inspiring way was the icing on the cake.It is very useful for those who are in the initial years of Ophthalmology practice.

Dr Shishir Verghese received 3rd place Best Video award at International Yosicon on September 7th 2025.

A New Vision Begins Here

LASIK Centre was inaugurated at Amita Eye Care, Thiruvalla — a pioneering step in our journey to bring world class eye care.This dedicated facility marks the arrival of Thiruvalla's first LASIK center, equipped with the cutting-edge ZEISS MEL-90 excimer laser system with Presbyond program for prebyopia.

OPTOGLOW 2K25

OPTOGLOW 2K25 organized by Amita Eye Care alon with Ophthalmic Society of Pathanamthitta under the agesis of KSOS was held on September 21st at KGA Elite Continental Hotel. Dr Mahesh Gopalakrishnan made the Optometrist aware of the Medico-legal aspects of their profession. Dr Rajiv Sukumaran enlightened us with the updates in EMR & NABH protocols. Dr Jayasree graced us with her warm presence.A heartfelt gratitude to all the delegates who turned out in large numbers. Dr Awungshi as usual was fabulous.Dr Ranjini gave a clear idea of Pediatric Squint Evaluation.In house speakers Dr Shishir Verghese & Dr Nita presented with crystal clear insights.

Optometry speakers Mr Rahul Krishnan,Mr Nigin C Philipose,Mr Mathews G Vadath & Mr Abdul Majeed P were splendid with their outstanding presentations.In the end we felt enriched and empowered.....as the name suggests.... _OPTOGLOW 2K25 - Illuminating the future of Vision.





Nethram 2025




Nethram 2025


NEXUS OF INFLAMMATION

Nethram 2025

ethram 2025


Nethram 2025







Nethram 2025
"Eye - Tie" Conclave
NEXUS OF INFLAMMATION


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TEAM - RIO TRIVAND




"Eye - Tie" Conclave
NEXUS OF INFLAMMATION








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Nethram 2025
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Nethram 2025










Nethram 2025
"Eye - Tis" Conclave
NEXUS OF INFLAMMATION
Nethram 2025
"Eye - Tis" Conclave
NEXUS OF INFLAMMATION




Nethram 2025
"Eye - Tis" Conclave


Nethram 2025
"Eye - Tis" Conclave






2:48 PM
Nethram 2025
1
• 45/M
• Routine check up
• No visual complaints
• Uncontrolled DM since 10 years
• DLP since 10 years
14:17
Nethram 2025
ANNUAL CME OF
OPHTHALMIC SOCIETY
PATHANAMTHITTA








10:25 AM
Nethram 2025
"Eye - Tis" Conclave
NEXUS OF INFLAMMATION


Nethram 2025
"Eye - Tis" Conclave
NEXUS OF INFLAMMATION


Nethram 2025
"Eye - Tis" Conclave
NEXUS OF INFLAMMATION


Nethram 2025
NEXUS OF INFLAMMATION


11:30 AM
Nethram 2025
"Eye - Tis" Conclave
NEXUS OF INFLAMMATION
00:00
Nethram 2025








Nethram 2025
"Eye - Tis" Conclave
NEXUS OF INFLAMMATION








Nethram 2025
"Eye - Tis" Conclave
NEXUS OF INFLAMMATION


12:48 PM
Nethram 2025








Nethram 2025
"Eye - Tis" Conclave
NEXUS OF INFLAMMATION


11:27
Nethram 2025




ANNUA
OPHTHALM
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KGA


FROM DARKNESS TO LIGHT
THE GIFT OF SIGHT


Nethram 2025
"Eye - Tis" Conclave
NEXUS OF INFLAMMATION
SOCIETY O






FROM DARKNESS TO LIGHT
THE GIFT OF SIGHT


Nethram 2025
"Eye - Tis" Conclave
NEXUS OF INFLAMMATION






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EYELIGHTS
PG UPDATE PROGRAM






Session 1 (Diagnostics) 8:30 - 9.25 AM
Panelists: Dr Sudha. V, Dr Prasanna Ramesh
9.25-9.45 AM
Case Presentation 1 PG Resident 5 min.
Discussion 10 min.
Session 2 (Medical Mx) 9.45 -10.30 AM
Panelists: Dr Ranjini. K, Dr George Puthuran
10.30-10.45 AM
Case Presentation 2 PG Resident 5 min.
Discussion 10 min.
TEA BREAK -10. 45 - 11 AM
INAUGURATION CEREMONY: 11.00 - 11.30 AM
Session 3 11.30 AM -12.15 PM
Panelists: Dr Thomas Kuriakose, Dr Varghese Joseph
12.15 - 12.30 PM
Case Presentation 3 PG Resident 5 min.
Discussion 10 min.
Lunch - 12. 30 - 1.30 PM
Session 4 (Surgical Mx) 1.30-2.15 PM
Panelists: Dr Sai Kumar, Dr Smitha Narayanan
2.15-2.30 PM
Case Presentation 4 PG Resident 5 min.
Discussion 10 min.
OSCE 2.30 - 3 PM | Quiz 3.00 - 3.30 PM
Tea 3.30 PM
Zivira
Makers of Durvisa Brilvin Durvisa-T


Dr Leena Mariyam Varghese




EYELIGHTS
PG UPDATE PROGRAM
MODULE 5
GLAUCOMA


DONATE YOUR EYES
LET THERE BE LIGHT...
NATIONAL EYE DONATION FORTNIGHT














1:08 AM


Centre for Advanced Retina Care


11:13 AM
21




ANTI - VEGF THERAPY
B-SCAN
SABITH
WALKATHON


10:49 AM
21
OPTOGLOW - 2K25
00:00




















9:18 AM
21
OPTOGLOW - 2K25





PSEUDO COLOUR



The 2nd Annual Conference of




SESSION 2 : 10:30 AM -01:00 PM
DR. RAJIV SUKUMARAN
Director, Senior Consultant
Priyanka Eye Hospital at Karunagappally
DR. MAHESH GOPALAKRISHNAN
President - KSOS
HOD Vitreoretinal Services
Giridhar Eye Institute
MR. RAHUL KRISHNAN
Bsc Optometrist
Area Manager – Clinical Application
My Healthkraze Medicals
MR. NIGIN C. PHILIPOSE
Mac Optic MBA(HSM)
MSW, Senior Executive,
MR. MATHEWS G. VAIDATH
Professor & HOD,
Department of optometry, LIMSAR, Angamaly


OPTOGLOW - 2K25


OPTOGLOW - 2K25






DR . ANUNGSHI PHILAMATAN
Consultant Paediatric Ophthalmology and Strabismus
Precise Specialty Eye Care,Trivandrum
MR. ABDUL MAJEED P.
Chairman, Membership Development &
State Treasurer, IOA Kerala
Regional Head - Kerala Delta Lens Pvt Ltd (Nikon - Essilor Luxottica)
REGISTRATION DETAILS
REGISTRATION FEES: EARLY BIRD : 500/-
SPOT REGISTRATION : 700/-
UPI
REGISTER NOW
Amita Eye Care


OPTOGLOW - 2K25


OPTOGLOW - 2K25


:39 AM




OPTOGLOW
2K25
KSOS
ILLUMINATING THE FUTURE OF VISION
21 SEPT 2025 SUNDAY
08.00 am to 2.40 pm
KGA Elite Continental, Thiruvalla
Scientific Programme
Registration : 08:00 am - 08:45 am
SESSION 1 : 09:00 AM -10:00 AM
DR. SHISHIR VERGHESE
Director, Consultant Vitreoretinal Surgeon,
AMITA Eye Care, Tiruvalla
DR. NITA S.
Senior Consultant at Amita Eye Care
DR. RANJINI R.
Consultant, Department of Paediatric Ophthalmology and Strabismus,
Giridhar Eye Institute, Kochi



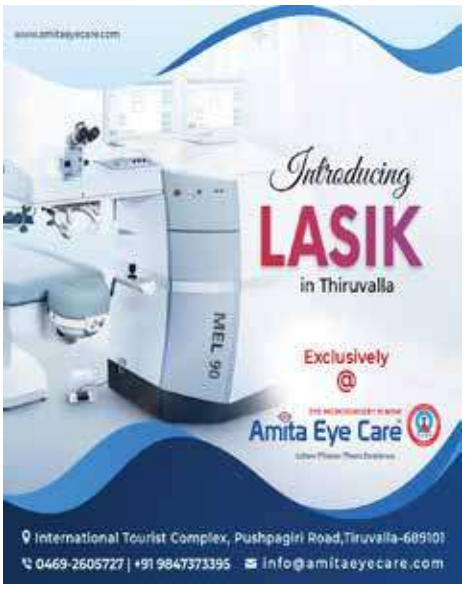







11:56 AM


11:57 AM
Ethical Practice and Medicolegal Aspects for Optometrists


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info@amitaeyecare.com


12:13 PM




12:14 PM




12:15 PM
Scleral Contact Lenses: Indications and Fitting








1:00 PM




1:19 PM
14:58


1:47 PM
OPTOGLOW - 2K25







OPTOGLOW - 2K25




OPTOGLOW - 2K25




OPTOGLOW - 2K25




OPTOGLOW - 2K25


ALLEPPEY OPHTHALMIC CLUB

August 2025

A CME along with Onam celebration was held on 17 /8/2025 at Hotel Arcadia, Alappuzha . The topic was " Cracking myopia in a nutshell,from simple to progressive".The topic was presented by Dr Chaithanya R Warrier , Consultant ophthalmology, Chaithanya Eye hospital,Haripad.This was followed by an Onam celebration which was actively participated by all the AOC members.



September 2025

Eye donation fortnight 2025 was held from 25 th August 2025 to September 8 in different institutions in Alappuzha. The district wise inauguration was held in FHC, Ezhupunna. The programme was inaugurated by Mrs Daleema Jojo, MLA, Aroor. A cataract detection ophthalmology

medical camp was conducted by district mobile unit under NPCB, Alappuzha. Eye donation pledge was taken by all who attended the meeting.























KOTTAYAM OPHTHALMIC SOCIETY

105th KOS meeting was held on 8th August, 2025 at Hotel Caesar Palace, Kottayam. Dr. Rohith Georgy Mathew, Lotus Eye Care Hospital was guest speaker. He delivered Keynote sessions on Advances in the diagnosis and treatment of Keratoconus. Meeting was attended by 30 members.











IDUKKI MALANADU OPHTHALMIC CLUB

The quarter was filled with vibrant academic exchange, camaraderie, and inspiring initiatives across IMOC.

CME & Monthly meet of July 2025

Our July Monthly Meet (10th July 2025) was held at Hotel Kabani Palace, Muvattupuzha, focusing on the module "The Lid, Lacrimal Apparatus & Orbit." The session saw the participation of 20 ophthalmologists. Dr. Deepthi John (Consultant Ophthalmologist,TVJ Eye Hospital, Kothamangalam) led the teaching session:The Basic Science with a clinical edge on the Lid & Lacrimal Apparatus !! while Dr. Marian Pauly (Senior Consultant & HOD, Oculoplasty, Giridhar Eye Hospital, Kochi) delivered an insightful case-based discussion on "The Must Know of Lids and Orbit". Adding an interactive touch, Dr. Treesa D. Nediyakalayil conducted a lively quiz based on the previous month's module, keeping the enthusiasm high and learning engaging.













CME & Monthly meet of August 2025

August witnessed an even larger gathering. 31 ophthalmologists joined us on the 21st August 2025 at Hotel Kabani Palace, Muvattupuzha for an interactive evening featuring a teaching module "Watch the Ulcer, to Know Whom to Suspect!!" by Dr. Rithu R. Krishna (Consultant Ophthalmologist, Fathima Eye Hospital, Thodupuzha). Dr. Anil Radhakrishnan (Associate Professor, AIMS, Kochi) captivated the audience with his session"Corneal Ulcer – The Myriad Ways." A quick Quiz on Lids & Lacrimal Apparatus rounded off the evening with fun & learning.









CME & Monthly meet of September 2025

September Monthly Meet (30th September 2025) was held at Hotel Kabani Palace, Muvattupuzha, and featured a rich blend of academic insights and camaraderie. The session brought pearls of wisdom from Dr. Rohith George and Dr. Basil George of Lotus Eye Hospital, Kochi, who shared their expertise in refractive and retinal practice. Guest Speaker Dr. Rohith George, Cataract & Refractive Surgeon, delivered an enlightening talk on "The Right Patient to Advise a Refractive Surgery: Pearls for the General Ophthalmologist" Speaker Dr. Basil George, Vitreo-Retinal Surgeon, spoke vividly on "Retinal Scenarios in Real-World Practice" through an engaging case-based discussion. The meet also featured an inspiring presentation, "My Innovations in Ophthalmology" by our own Dr. George Thomas, followed by a fun round of Thambola, where the lucky inners walked away with gifts and smiles.













IMOC Onam celebration !!

on 21st August 2025 at Hotel Kabani Palace, Muvattupuzha, were a delightful blend of tradition and togetherness, filled with vibrance and a lavish Onasadhya that captured the true spirit of Onam!!















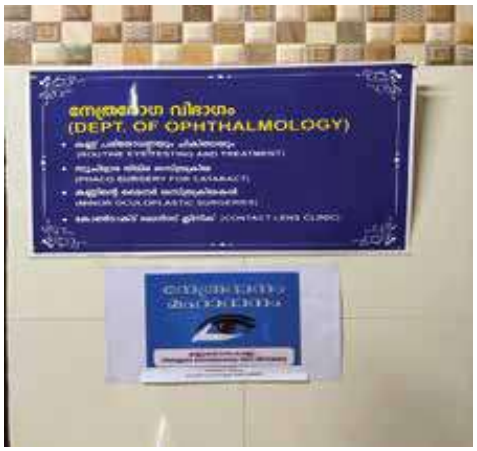
40th EYE DONATION FORTNIGHT

The 40th Eye Donation Fortnight saw IMOC members spearheading impactful awareness programs across multiple centres — from poster competitions at The Charter School, Pookattupady, to outreach activities at Devamatha Hospital, Koothattukulam, and Alphonsa Eye Hospital, Thodupuzha. Talks, videos, and pledge drives sparked awareness & inspired participation across communities.

o The IMOC Eye Donation Awareness poster competition was conducted by Dr.Sumitha Jacob (Secretary, IMOC) on 8th September 2025 for school children at The Charter School, Pookattupady & prizes were distributed to the winners.



o Eye Donation Awareness Programs conducted by Devamatha Hospital, Koothattukulam under the leadership of Dr.Ashok Kurien. Posters were displayed in the OPD & patient waiting area.







o Eye donation fortnight programs at Alphonsa Eye Hospital,Thodupuzha under the leadership of Dr.Alex Baby. Free Eye Camps on 31st August 2025 at Alphonsa eye hospital Thodupuzha. Awareness class on "Eye donation-Debunking the myths" by Dr.Treesa.D.Nediyakalayil & Awareness video on Eye donation by Dr.Aparna.C.Varghese, which was broadcasted at the patient waiting area for a week. Eye donation pledges were collected from patients & bystanders from 1st of September to 8th of September.





o An awareness session was conducted by IMOC Secretary Dr. Sumitha Jacob on "How to Keep Your Eyes Safe and Brain Smart in This Media World"—a practical guide for children and educators—on 15th September 2025 at The Charter School, Pookattupady.



Malanad Academix: SPEC'25

Crowning the quarter was our flagship CME, Malanad Academix: SPEC'25, organized for ophthalmologists, optometrists, and opticians under the aegis of KSOS. The event was held on 14th September 2025 at Hotel Kabani Palace, Muvattupuzha, and witnessed a full house with delegates from far and wide. With eight distinguished speakers and 139 enthusiastic participants, it turned out to be a memorable academic feast. A highlight of the event was the honouring of our founder secretary, Dr. Mani V. R., with the Lifetime Achievement Award, in the esteemed presence of the Guest of Honour, Dr. Mahesh Gopalakrishnan, President, KSOS.




















SPEC'25




SPEC'25










From Vue to Brilliance :






COCHIN OPHTHALMIC CLUB

July 2025

COC Monthly Meeting

Monthly Meeting of COC was held on Tuesday, 17th July 2025 at Hotel Holiday Inn, Kochi

After the executive meeting, a scientific session was held.

The Scientific Session was moderated by Dr Neena R, with panelists Dr Davis J Akkara, Dr Jacob Mathew and Dr Rohit Georgy.

Talks included:

- Challenges in customizing Refractive Surgeries - Dr Kala B Thottam
- Case presentation - Dr Asha Varghese

The scientific session was followed by dinner and fellowship.







Phakology CME on July 26 & 27 by Chaithanya Eye Institute

Chaithanya Eye Institute conducted their annual CME on Cataract Surgery at Le Meridien Kochi on July 26 and 27.

The 2-day Phakology CME brought together cataract surgeons from across the country.



From insightful round-table discussions and lovely panel discussions, every segment was crafted to educate and inspire.



Master surgeons delivered keynote lectures and delegates received hands-on training on Phaco and BHex pupil expander surgery from experts with surgical simulators and wetlab eyes. An exciting quiz tested the trivia and clinical acumen of delegates.

The event was a blend of learning and entertainment, underscoring our commitment to eye health innovation and community engagement.

Date: 26 & 27th July 2025

Venue: Le Meridien, Kochi, Kerala

Other Achievements by COC members

Thomas Cherian Won the Best Free paper award (Best of the Bests) at Vision 2020 Annual conference in Ahmedabad for the



paper titled 'Literacy Rates and Gender Discrimination in Health Care: Is there a correlation?'

Dr Abby Aloysius, won 3rd prize in solo light music competition at district level, conducted by IMA in Kothamangalam .

She is also in the group representing Ernakulam at the state level

Eye Camps

Camps conducted	No of camps	No of patients screened	No of cataract surgeries
Amrita Institute of Medical Sciences	4	1520	75
Giridhar Eye Institute	9	857	98

August 2025

August Ophthalmica Flagship CME of COC on 10th August

Cochin Ophthalmic Club conducted their annual Flagship CME "August Ophthalmica" on 10th August, 2025 at IMA House. Theme was "The Child's Eye".

The scientific sessions included topics of interest to general ophthalmologists and those interested in pediatric eye care plus a discussion on medicolegal issues.



Dr Leila Mohan was the Prof T Gopinatha Menon Oration Awardee 2025.



KSOS President's program of legal literacy was perpetuated by a Special Address on Medicolegal issues and Medical Ethics by retired Justice KM Joseph and another on legal pitfalls in pediatric ophthalmology by the president himself.

Also there was a program of COC Blindness Relief Endowment Fund.



Mr Jaison Bellarmine, teacher at Aluva blind school, was the recipient of COC BREF guiding star award 2025.

Ms Hazmira, a student with poor vision, was gifted a low vision aid.

BREF also sponsored kits including jerseys for all 3 teams of the Kerala Blind Football Association

(Blind Men's, Blind Women's, Partially Blind Team)





Post lunch, there was also a COC Young Scholar Award session with presentation of thesis by young coc members with Dr Mahadevan as the judge. The prize of Rs 10,000/- for best thesis was awarded for the best PG thesis to Dr Afreen Mujeeb who did her PG from AIMS Kochi.



Lumiview Contact Lens CME of Giridhar Eye Institute on 24th August

Giridhar Eye Institute conducted a 1 day CME on contact lenses named Lumiview at Hotel Abad Plaza on Sunday, 24th Aug 2025. It was themed "Enhancing Vision with contact lenses" and was meant for ophthalmologists and optometrists. Also included an exclusive hands-on workshop on speciality contact lenses.

Cornea Interest Group Meeting on 15th August

Cochin Cornea interest group conducted a meeting on 15th August at 7pm at Hotel Holiday Inn with speakers Dr Soosan Jacob and Dr Sanjana P, speaking on "CAIRS - an advanced update", and "Lifitegrast vs Cyclosporine:a critical review" respectively.





Eye Donation Fortnight activities(August)

Dr N Radhakrishnan, President of Darsana Eye Bank Aluva, spoke on eye donation and eye banking at Bless homes Chembaraky in connection with eye donation fortnight.



Giridhar Eye Institute conducted eye donation awareness rally





Eye Bank at LF Angamaly received the award for best eye bank in Kerala on 13th August 2025 from the government of Kerala.

Other Achievements by COC members

Dr Sarah Sunny George won the Best Paper award for "Customised CAIRS - AN ingenious technique" at CherryCon, ANnual conference of TNOA at Pondicherry on 2nd Aug 2025. Dr John Davis Akkara conducted a 2 hour Hands-on Instruction course on

Smartphone Ophthalmology at the same conference.

Dr Mahesh G was conferred with Bombay Ophthalmic Association appreciation award and gold medallion for exemplary work in ophthalmology at their conference BOA FOcus 2025 on AUgust 1st-3rd 2025

COC was represented at INOS 2025 at Jaipur by Dr Revathy Ramesh, Dr Thomas Arun Varghese and Dr Neena R.

Dr Meenakshi Dhar won the Dronacharya Award at the International YOSICON at Delhi.

COC was represented at IMA Kerala Fest at Thrissur on 23rd August by Dr Suchitra, Dr Charu and Dr Abby. They won 2nd prize in skit for Ernakulam district. Ernakulam district won Skit - 2nd, Group song - 2nd, Group dance - 3rd, Reels-2nd.





ദേശാഭിമാനി

തൃശൂരിൽ നടന്ന ഐഎംഎ സംസ്ഥാന സാംസ്കാരികോത്സവത്തിൽ രണ്ടാംസ്ഥാനം നേടിയ എറണാകുളം ജില്ലാ ടീം ട്രോഫിയുമായി

ഐഎംഎ കലോത്സവം: ജില്ലയ്ക്ക് രണ്ടാംസ്ഥാനം

കൊച്ചി

തൃശൂരിൽ നടന്ന ഐഎംഎ സംസ്ഥാന സാംസ്കാരികോത്സവത്തിൽ ജില്ലയ്ക്ക് രണ്ടാംസ്ഥാനം.

ലളിതഗാനം, നൃത്തം, പ്രബന്ധം എന്നിവയിൽ ഒന്നാംസ്ഥാനവും സ്കിറ്റ്, സംഘഗാനം, ഗാനമേള എന്നിവയിൽ രണ്ടാംസ്ഥാനവും സംഘനൃത്തം, പൂക്കളം എന്നിവയിൽ മൂന്നാംസ്ഥാനവും ജില്ല നേടി.

Dr Thomas Arun Varghese was one of the winners of the KSOS-KJO R2R Webinar Based quiz on the theme of cornea.



Eye Camps

Camps conducted	No of camps	No of patients screened	No of cataract surgeries
Amrita Institute of Medical Sciences	6	3204	86

September

COC September Monthly Meeting

Monthly Meeting of COC was held on Tuesday, 9th September 2025 at Hotel Holiday Inn, Kochi

The executive meeting included the nominations for COC 2025-2027 elections. Dr Saikumar SJ was the returning officer.

All the posts had one nomination each and no contest, hence results were declared immediately.

After the executive meeting, a scientific session was held moderated by Dr Neena R. Talks included:

- Presbyopia correction:The rising need of the hour - Dr Sandhya N
- Precision matters: Optimizing astigmatism correction with toric IOLs - Dr Sanjana P

This was followed by Onam celebrations, dinner and fellowship.





Cochin Ophthalmic Club 2023 - 2025

NOTICE



















Eye Donation Fortnight activities(September)

National Eye Donation Fortnight in India was observed from August 25 to September 8, 2025. Continuing from August into September, these activities continued into September as part of Eye Donation Fortnight.

CME by WOS Kerala(Sep 7)

Women Ophthalmologists Society - Kerala Chapter conducted a CME on Sep 7th at Hotel Monsoon Empress.

Other Achievements by COC members

Dr Meenakshi Dhar was awarded the Dronacharya award at YOSICON 2025 in New Delhi on Sep 6th.

Dr Anju Kuriakose was awarded YOSI Travel in Motion Reel Contest – Second Prize and YOSI Nurture Eye Nature Contest – Reels – Second Prize at YOSICON 2025 in New Delhi on Sep 6th.

There was good representation from the Cochin Ophthalmic Club at Indian Neuro Ophthalmological Society. Dr Thomas Arun Varghese, Dr Neena R and Dr Revathi Ramesh presented as faculty at the 7th Annual INOS conference in Jaipur on 6th and 7th September.

Dr Anil Radhakrishnan won the second prize in JHOS Hackathon 2025, part of the 23rd Mid Term Conference of JHOS conducted online on 14th Sep 2025.

Dr John Davis Akkara gave a guest lecture on his innovations in 3D printing during the 23rd Mid Term Conference of JHOS conducted online on 14th Sep 2025 and was also part of the panel of judges.





Dr Neena R presented at ESCRS 2025 and WSPOS 2025 at Copenhagen, Denmark. Dr Trisha Yadu, Pediatric ophthalmology fellow at Giridhar Eye Institute, also presented at WSPOS 2025.







IMA Kerala felicitated Dr Suchitra, Dr Abby and Dr Charu for winning 2nd prize in skit.







Dr John Davis Akkara presented as faculty in GSI 2025 conference GlaucoTaal (Sep 12th-14th) in Bhopal and also won First prize(Audience Choice as well as Judges choice) as Leader of Team Glaucomfleckens in GSI Squid Games.

Dr Mathew James presented as faculty as SPECS25 CME.

Compass, an evening meeting on IOL and ICL was conducted on 20th September 8pm-9pm. Dr Aneeta Jabbar, Dr Sanitha Sathyan and Dr Anu Elizabeth were the speakers.









Dr Neena R, Dr Namitha VG and Dr Trisha Yadu presented as faculty in POSN conference on 20th and 21st Sep 2025 in New Delhi. Dr Namitha VG won first prize in "best e-case" category at POSN.

Dr Ani Sreedhar, Dr Sachin Mathew George, Dr Marian Pauly were faculty for Eye Cancer Connect in Malabar Cancer Centre Calicut held on Sep 28th.

Eye Camps

Camps conducted	No of camps	No of patients screened	No of cataract surgeries
Amrita Institute of Medical Sciences	1	1050	59

Cochin Ophthalmic Club - New Executive committee 2025-27

President	Dr Thomas Cherian
Vice President	Dr Revati Ramesh
Secretary	Dr Kala Baby Thottam
Treasurer	Dr Freddy T. Simon
Joint Secretary	Dr Jacob S. Mathew
Scientific Committee chairperson	Dr Jyoti Prakash Vyas
Website editor	Dr John Davis Akkara
Representative to KSOS	Dr Praveen Muraly
Immediate Past President	Dr Anil B Das
Immediate Past Secretary	Dr Ciju Joseph
Executive Committee members:	Dr Henderson Henry
	Dr Jyothi R
	Dr Praveena Shyam
	Dr Soubhagya Jayakumar
	Dr Liji Rajesh



THRISSUR ACADEMIC CLUB OF OPHTHALMOLOGY

July 2025

29TH JULY 2025

Monthly meeting of TACO for the month of July conducted on 29 th at hotel Casino Thrissur.We had 2speakers Dr Fairooz .P Manjandavida spoke on everyday oculoplasty in comprehensive ophthalmology practice Dr Sanitha Sathyan spoke on chasing versus choosing Reflections of an accidental entrepreneur.Talks were well apreciated & 53 ophthalmologists attended the meeting











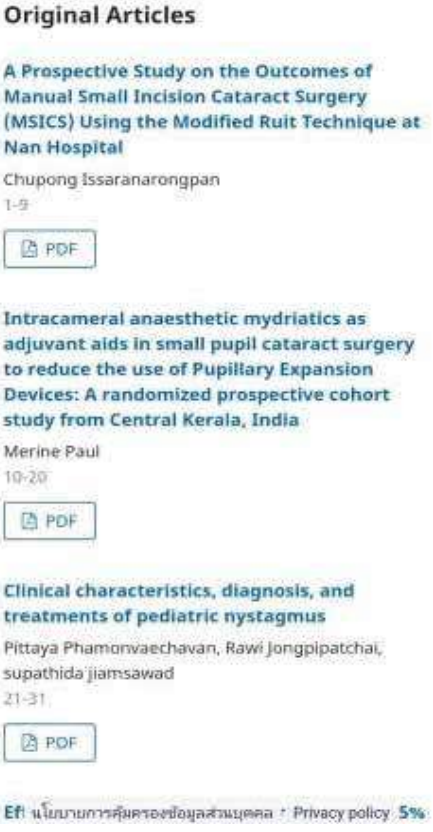









Individual achievements of TACO members - Dr merine Paul had an international publication



Dr Anup Chirayath was a faculty in phacology round table discussions Black & brown cataract Presbyopia correcting IOLs.

Mentor in the Mentor mentee programme Faculty in Cataract complications.

Dr Lathika spoke in club FM 1minute clubFM sparkler wishing health &happiness to all on doctors day.

Dr Raghu from district hospital received prize in phacology quiz organized by chaithanya eye hospital .













Dr Theja ,post graduate student from TCMC won first prize at the quiz by eyelights at thiruvalla



Dr Andrews received best teacher award from IMA on doctors day

81Camp Conducted by TACO in the month of July 2025
No of patients screened -7989

Sl. No	Hospital Name	No. of Camps	Patients	Surgeries
1	I Vision Kanimangalam	3	303	37
2	I Vision Chalakkudy	3	257	69
3	Amala	-	-	-
4	JMMC	2	186	4
5	Dr Rani Menon	21	1455	84
6	Arya eye care	19	3324	256
7	Trinity	18	1245	94
8	Nethra	5	625	151
9	Manavaseva	1	70	15
10	Kodakara Santhi	4	258	56
11	Ahalia	5	266	72



AUGUST 2025












CASINO HOT






Lubistar-OMEGA


VISION 2025
I VISION EYE HOSPITAL
THRISSUR
03








































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Individual Achievements

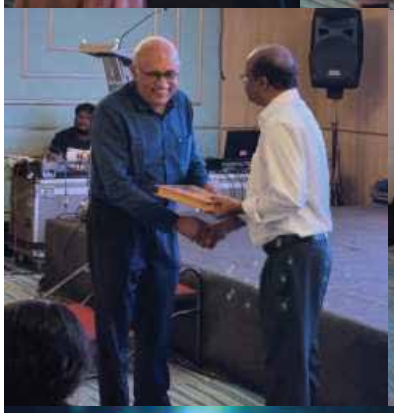
















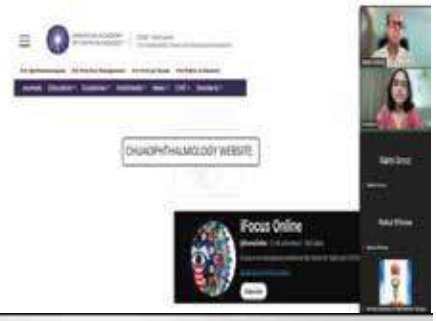





PG Class Room 24 Live Now











Eye donation programme by Govt Medical College



CAMPS CONDUCTED BY HOSPITALS UNDER TACO

SL NO	Hospital	August 2025		
		No of Camps	No of Patients	No of Surgeries
1	I Vision, Kanimangalam	3	446	80
2	I Vision, Chalakkudy	5	691	192
3	Dr Rani Menon Max vision	18	1810	43
4	Aarya Eye care	-	-	-
5	Vasan Eye care	-	-	-
6	Nethra Eye Care center	5	519	109
7	Trinity eye Hospital	126	2343	91
8	JMMC	2	132	3
9	Manavaseva	1	40	8
10	Kodakara Santhi	2	172	35
11	Amala	2	112	8

SEPTEMBER 2025



TACO annul CME TACOPSIA 2025,CHATPATA OPHTHA CHAAT, every bite opens an eye, was conducted on september 2025 at hotel casino. CME was well appreciated and 93 ophthalmologists attended the sessions .



TACO medals were distributed during function. PG gold medal was awarded to Dr AnuJoseph , from Govt medical College Thrissur. UG medals were awarded as follows, Gold medal to RituRajesh from govt medical college .Silver medal to Aleena paul, from Amala medical college &Bronze medal to Gopika Vijayan from jubilee mission medical college.

Taco life time achievement award was conferred to Dr Babu Krishnakumar, past president TACO & KSOS. TACO oration award was conferred to Dr Minu M Mathen, senior phaco & refractive lens surgeon from chaithanya eye hospital, Trivandrum






















Round table discussions



There was a chat counter and a photo booth for the CME to have food & fun in between the scientific sessions











Tacoites attended WOS
Dr Aneeta is the Kerala chapter in charge, Dr Jayasree was the organizing secretary. Dr CV Radhadevi madam was honored at the function











EYE DONATION WEEK CELEBRATED BY AMALA MEDICAL COLLEGE





Eye Donation Promo Skit by residents & staff and the enraptured audience









CAMPS CONDUCTED BY HOSPITALS UNDER TACO.

SL NO	Hospital	September 2025		
		No of Camps	No of Patients	No of Surgeries adviced
1	I Vision, Kanimangalam	9	1523	51
2	I Vision, Chalakkudy	2	152	34
3	Dr Rani Menon Max vision	13	1596	38
4	Aarya Eye care	19	2167	158
5	Nethra Eye Care center	1	34	-
6	Trinity eye Hospital	16	1635	81
7	JMMC	2	118	5
8	Manavaseva	1	70	20
9	Kodakara Santhi	2	138	15
10	Amala	1	90	6

PALAKKAD SOCIETY OF OPHTHALMIC SURGEONS (PSOS)

July 2025

Date, 19 th july
Venue, Cosmopolitan club
Speakers, Dr. Mridula Sunil,
Topic, Toric iol in hard cataracts
Dr. Rose Mary Tomy
Neuro ophthal case discussion
Attended by 19 members.






August 2025

Date, 19/8/2025
Venue, Hotel Indraprastha
Speakers: Dr. Monisha, Ahalia eye hospital, Palakkad
Beyond patches in management of amblyopia
Dr. Premjith, Pythium Keratitis video presentation
34 members attended







September 2025

Date, 26/9/2025
Venue, KPM regency, Palakkad
Time, 7.30pm
Speakers, Dr Aneeta Jabbar, I Vision eye hospital and LF hospital, Angamali
Special ingredient in management of dry eye
Dr. Sruthi Swaminathan, Trinity eye hospital, Palakkad
Intravitreals in CSR
Meeting was attended by 22 people and followed by discussion and dinner.







KOZHIKODE OPHTHALMIC SOCIETY

JULY-SEPTEMBER 2025

Report on CAL-D SCOPE CME on Cataract

The Kozhikode Ophthalmic Society conducted the CAL-D SCOPE CME on Cataract on 17th August 2025 at the IMA Hall, Kozhikode. The academic meet, held under the aegis of the Kerala Society of Ophthalmic Surgeons (KSOS), was dedicated to sharing recent insights, techniques, and innovations in cataract surgery.

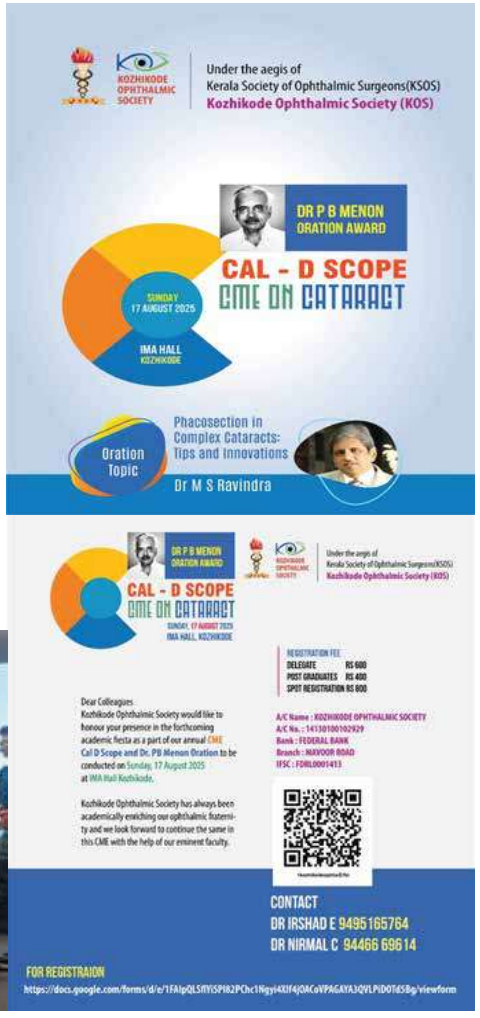
A special highlight of the event was the Dr. P. B. Menon Oration Award, which honored the late Dr. P. B. Menon's remarkable contributions to ophthalmology.

The program began with an inaugural session attended by ophthalmologists from across Kozhikode and neighboring districts. KSOS president Dr Mahesh inaugurated the session. The session emphasized continued education and collaboration among eye specialists to enhance surgical safety and patient outcomes.

Dr.M S Ravindra delivered an engaging oration that focused on modern surgical approaches in managing complex cataracts. He shared practical pearls and innovations aimed at improving surgical precision, minimizing complications, and enhancing visual outcome

The CAL-D SCOPE CME on Cataract was a resounding success, offering participants an excellent platform to update their surgical knowledge and interact with peers and experts. The sessions were informative, evidence-based, and focused





on improving surgical outcomes through innovation and experience sharing.

The Kozhikode Ophthalmic Society expressed gratitude to all speakers, delegates, and sponsors for their active participation and contribution to the academic excellence of the event.









The Indian Medical Association – College of General Practitioners, Kozhikode Branch, in collaboration with the Kozhikode Ophthalmic Society, observed the Eye Donation Fortnight with an awareness programme and academic session held at the IMA Hall, Kozhikode, on 10th September 2025.

The meeting aimed to promote awareness about eye donation and to highlight recent advancements in corneal transplantation, aligning with the national effort to increase public participation in organ donation.

Programme Highlights

Chairperson: Dr. Arjun V

Consultant, Department of Cornea and Ocular Surface

Comtrust Charitable Eye Hospital, Calicut

Session 1: "How to Donate the Eyes"

Speaker: Dr. K.V. Raju

Professor and Head, Department of Ophthalmology,

Malabar Medical College, Kozhikode

Dr. K.V. Raju spoke on the importance of eye donation, outlining the step-by-step process of pledging and retrieving eyes for transplantation. He emphasized public awareness and the crucial role of healthcare professionals in motivating families to support eye donation at the time of death.6gg

Session 2: "Recent Advances in Eye Transplantation"

Speaker: Dr. Irshad Edavana

Cornea Consultant and Associate Professor, Malabar Medical College, Kozhikode

Dr. Irshad Edavana discussed the latest developments in corneal transplantation, including lamellar keratoplasty techniques, endothelial keratoplasty, and emerging regenerative approaches. He also highlighted technological advances improving graft survival and patient outcomes.

Acknowledgements

The meeting was sponsored by Malabar Medical College, which has been actively supporting ophthalmic education and eye donation initiatives in the region.

The Monthly Academic Meeting of the Kozhikode Ophthalmic Society was held on September 23, 2025 at Hotel Gokulam Grand, Kozhikode. The meeting was attended by 52 members.



Condolence Meeting

Before the academic session, a condolence meeting was held to mourn the bereavement of Prof. R. Velayudhan Nair, a respected teacher and mentor in ophthalmology. The condolence addresses were delivered by:

- Dr. Ramachandra Bhat
- Dr. K.V. Raju
- Dr. N.V. Sivan
- Dr. Leila Mohan

The gathering paid homage to the departed soul with a moment of silence.

Academic Session

The scientific session featured Dr. Chitra Ramamurthy, Medical Director, Eye Foundation, who delivered two highly insightful talks:

1. Strategies for Complex Cataract Surgeries
2. Premium IOLs – When and Where?

Dr. Ramamurthy's lectures were well received, offering practical strategies for managing challenging cataract cases and guidance on the appropriate use of premium intraocular lenses.

On behalf of the society, Dr. Padmaja Krishnan presented a memento to Dr. Chitra Ramamurthy in appreciation of her contribution.

The meeting concluded with an active discussion session



OPHTHALMIC SOCIETY OF KANNUR (OSK)

July 2025

The annual Continuing Medical Education (CME) program organized by the Ophthalmic Society of Kannur (OSK), titled DISC-O Diagnosis, Investigations, Surprises and Challenges in optic disc, was held at Hotel Krishna beach resort, Kannur on 20/7/24. The CME focused on the pathologies of optic disc and was well received.

Registration for the event began at 8:00 AM, with a total of 80 participants. The scientific session commenced at 8:30 AM with an insightful introductory talk on headaches from an ophthalmologist's perspective by Dr. Asha Chandrasekharan, followed by the neurologist's viewpoint presented by Dr. Jithesh Sivasankaran.

The formal inaugural session began with a warm welcome by Dr. Suchitra Bhat.

The CME was officially inaugurated by Dr. Mahesh Gopalakrishnan, President of the Kerala Society of Ophthalmic Surgeons (KSOS). A short tribute video of Dr. B.V. Bhat was played, followed by Dr. Sreeni speaking about Dr. Bhat's immense contributions to the field of ophthalmology.

Dr. Swetha introduced the first-ever recipient of the Dr. B.V. Bhat Memorial Award, the internationally acclaimed glaucoma specialist Dr. P. Sathyan, who was then felicitated by Dr. Mahesh. Dr. Remya, the Organizing Secretary, delivered the vote of thanks.

Dr. Sathyan delivered the prestigious Dr. B.V. Bhat Memorial Oration, followed by engaging talks by Dr. Neena and Dr. Rosemary. An important session on medicolegal pearls in ophthalmology practice, relevant in today's medico-legal climate, was conducted by Dr. Mahesh.

The event also featured an interactive audience quiz hosted by Dr. Remya. Dr. Athira, Dr. Deepa, Dr. Amjith, Dr. Akshaya, and Dr. Aswathy emerged as the quiz winners.

The CME concluded at 2:00 PM with the distribution of certificates to participants. The program was accredited with 1.48 hours of CME credit points by the Kerala State Medical Council. The event concluded with a networking lunch, providing a platform for participants to connect and foster professional camaraderie.

Achievements and activities by members

Dr Soumya PP participated in the AIOS LDP session held at Pegasus, Bangalore.



Inauguration of the CME by Dr Mahesh Gopalakrishnan, KSOS President



Handing over the Dr B V Bhat memorial oration award to Dr P Sathyan by Dr Mahesh G



Speakers...



Token of love and appreciation to the speakers..



Audience quiz winners...



Dr Soumya PP in LDP session in Pegasus Bangalore

August 2025

The monthly meeting of OSK for August 2025 was held on 26th August at Hotel Benale International, Kannur. The meeting commenced with a welcome address by Dr. Suchitra Bhat, President OSK, followed by the reading of the minutes of the previous meeting by the Secretary.

Dr. Swetha K introduced the guest speaker, Dr. Nandagopal Onden Kallath, who delivered an enlightening talk on "The 6/6 Rule: See Your Financial Vision Clearly."

The session, though outside the field of ophthalmology, was highly relevant and thought-provoking. Dr. Nandagopal emphasized the importance of developing clarity in financial planning, just as we strive for clarity of vision in our profession. He highlighted common pitfalls doctors face in money management, the need for disciplined saving and investment, and practical strategies to secure financial independence. The talk reminded members that while we dedicate ourselves to patient care, personal financial health is equally vital for long-term stability.

As a token of appreciation, Dr. Sharmil presented a memento to Dr. Nandagopal. The meeting concluded with dinner and fellowship, strengthening professional bonds and camaraderie among members.



Dr Nandagopal delivering his talk on investment



Dr Sharmil presenting a memento to Dr Nandagopal



September 2025

The monthly meeting of the Ophthalmic Society of Kannur (OSK) was held on 26th September 2025 at Hotel Benale, Kannur. The session commenced with a warm welcome address by Dr. Suchitra Bhat, President of OSK, followed by the reading of the minutes of the previous meeting by the Secretary.

Dr. Athira then introduced the esteemed guest speaker for the evening, Dr. Sanitha Sathyan, Medical Director, Vettam Eye Hospital, Mulanthuruthy. Dr. Sanitha delivered an engaging and informative talk titled "Pediatric Ophthalmology Pearls for General Ophthalmologists" and "the Role of Ophthalmologists in the Care of Children with Special Needs."The session mainly focused on common pediatric eye complaints and diseases, emphasizing what to keep and what not to miss in routine practice. Dr. Sanitha also highlighted the importance of compassionate and tailored care for children with special needs, reminding everyone of the crucial role ophthalmologists play in improving their overall development and quality of life. Her comprehensive presentation, enriched with illustrative case examples, offered valuable insights and practical guidance. The session was highly interactive, with enthusiastic participation from the audience. As a token of appreciation Dr Suma presented a memento to Dr Sanitha.

Following this, Dr. Athira showcased her prize-winning video from the One Case One Pearl session at POSN, New Delhi, while Dr. Remya presented her poster, which had secured the second prize at INOS, Jaipur.

The meeting concluded with a vote of thanks proposed by the Secretary, after which members enjoyed dinner and fellowship.

Achievements

Dr. Soumya P P won the Third Prize in the Video Competition at YOSICON, New Delhi, and was also honored with the International Rising Star Award. She further distinguished herself as a finalist in the IOL Battle at YOSICON. She was also a judge, panelist and speaker at YOSICON.

Dr. Swetha K served as the moderator for the innovative "Squid Game" session at GSI, Bhopal. She was also speaker and dry lab faculty at GSI.

Dr Revathy was a speaker in an IC at GSI.

Dr. Athira Devaraj won the Best Video Award in the One Case One Pearl session at POSN, New Delhi, and also presented a Free Paper at the same meeting.

Dr. Remya E secured second prize for her poster presentation at INOS 2025, Jaipur.

Dr. Sreeni is serving as the Program Director for the Eyeconomics Webinar Series organized by AIOS

Dr Hridya was a speaker at the eyecancerconnect CME. OSK members Dr sreeni, Dr Jaison, Dr Simi, Dr Vanaja, Dr Athira, Dr Remya and Dr Sourav were panelists in different sessions.



OSK Monthly CME : Speaker Dr Sanitha Sathyan



Dr Soumya P P – International rising star award at YOSICON 2025



Dr Remya Edachery: Runner up for case presentation in the ocular tumor board at EyecancerConnect



EyeCancerConnect CME on ocular oncology by MCC| Thalassery under the aegis of OSK and KSOS



Dr Athira Devraj - Best video in the one case pearl session at POSN 7



Dr Remya- Second prize for physical poster at INOS 2025





Dr Swetha – Moderator for squid game at GSI Bhopal







Dr Swetha and Dr Revathy– Speakers at GSI Bhopal

KASARAGOD OPHTHALMIC SOCIETY

June -September 2025

CME and general body meet and State Presidents visit was held on 19/7/2025 at Hotel City Tower, Kasaragod

Meeting started with a silent prayer. President Dr Bharathan AV welcomed the gathering and addressed the gathering. Dr Rakesh, Secretary presented the minutes of previous meeting.

State president Dr Mahesh was given a special welcome and was presented with a momento . He was also presented with a autobiography written by our senior member Dr Anantha Kamath..District Representative Dr Suresh Babu addressed the gathering and introduced the speaker, Dr Mahesh, President KSOS. He spoke on Pearls on Medicolegal aspects for Ophthalmology.

Dr Valsamma handed over our token of appreciation to the President.

Vote of thanks was given by Dr Faiza.











THE KSOS connect

The official Newsletter of Kerala Society of Ophthalmic Surgeons