



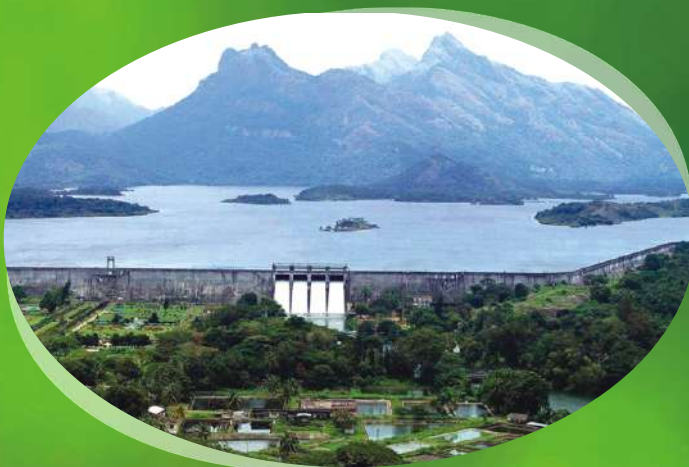
SUMMER SPICE 2018

**Annual CME of the
PALAKKAD SOCIETY OF OPHTHALMIC SURGEONS**

Under the aegis of Kerala Society of Ophthalmic Surgeons

**FROM TRIAL FRAMES
TO
COURT ROOM TRIALS**

April 28th & 29th, 2018



HOTEL TRIPENTA, MALAMPUZHA , PALAKKAD



Dear friends,

As another summer passes by it is time for Summer Spice 2018, the annual CME of the Palakkad Society of Ophthalmic Surgeons. This year, it will be a two day CME program that will benefit both the general ophthalmologist and post-graduate students who are on the threshold of stepping into the world of competitive ophthalmology.

Covering a far ranging selection of topics from basic refraction, cataract, retina, neuro-ophthalmology, oculoplasty, PG & FRCS examination tips, medicolegal aspects of the Clinical Establishment bill, this year's Summer Spice promise to be a heady mix of very interesting lectures, video presentations and panel discussion.

In addition, for those looking for some stress release we are incorporating a session on non-ophthalmic subject of bird watching and exhibition of paintings by fellow ophthalmologists.

Keep your dates blocked for an interesting weekend at Palakkad on the 28th & 29th of April 2018, and while packing your bags don't forget to pack your binoculars and camera also!

Dr. A. ROHAN
ORGANIZING SECRETARY

Mobile Number: 94476 98097
summerspice2018.palakkad@gmail.com





SUMMER SPICE 2018 FACULTY

Dr. ANI SREEDHAR

Senior Consultant, Orbit & Oculoplastics
Little Flower Hospital, Angamaly

Dr. RAJKUMAR MAHESHWARI

Director, Retina
Ahalia Eye Foundation Hospital, Palakkad

Dr. GIRISH S. RAO

Consultant
SankaraNethralaya, Chennai

Dr. RAJU K.V.

Professor & HOD
Malabar Medical College Hospital, Kozhikode

Dr. GOPAL S. PILLAI

Professor & HOD
Amrita School of Medicine, Kochi

Dr. RASHMIN GANDHI

Senior Consultant
Center for Sight, Hyderabad

Dr. JAIN CHIMMEN

Consultant
Daya Hospital, Thrissur

Dr. SAHASRANAMAM V.

Professor & Director RIO
RIO, Thiruvananthapuram

Dr. JAGADEESH KUMAR REDDY

Tech. Director & Head, Refractive Surgery
Sankara Eye Hospital, Coimbatore

Dr. SAJEEV CHERIAN JACOB

Director, Glaucoma
Ahalia Eye Foundation Hospital, Palakkad

Dr. JAYADEVAN

Consultant, Dy Director & DMO (KHS) Retd.
Alathur

Dr. SHRUTHI TARA

Consultant, Orbit & Oculoplastics
Sankara Eye Hospital, Coimbatore

Dr. MOHAMED SHAHBAAZ

Senior Consultant, Cornea
Trinity Eye Hospital, Palakkad

Dr. (Col) SHYAMSUNDAR

Professor
Command Hospital, AFMC, Pune

Dr. MRIDULA SUNIL

CMD, Cataract & Refractive Surgeon
Trinity Eye Hospital, Palakkad

Dr. SREENI EDAKHLON

Chief Surgeon
Comtrust Eye Hospital, Tellicherry

Dr. PRASHANTH BHAGAT

Phaco Surgeon
Ahalia Eye Foundation Hospital, Palakkad

Dr. SUNDARESH

Consultant
Vasan Eye Care Hospital, Coimbatore

Dr. RADHARAMANAN

Medical Director
iVision Eye hospital, Chalakudy

Dr. SUNIL M.S.

Asst. Professor
RIO, Thiruvananthapuram

Dr. RAJASEKAR K.

Professor & Deputy Director
Directorate of Medial Education, Chennai

Dr. VINEET RATRA

Senior Consultant
SankaraNethralaya, Chennai

Dr. RAJINI K.C.

Professor & HOD
Government Medical College, Thrissur

Dr. VENKATARAMANA

Optometry School HOD
Ahalia Eye Foundation Hospital, Palakkad

PROGRAM

SATURDAY, 28th April 2018

Registration : (8.15 AM)



SESSION 1 : REFRACTION (8.45 AM to 10.00 AM)

Chairman - Dr. Rajagopalan Nair
Moderator - Dr. Rema Venugopalan

1. Clinical refraction
- Prof. K.V Raju 15 minutes
 2. Astigmatic correction to spectacle independence
- Dr. Vineet Ratra 15 minutes
 3. Setting up a new generation refraction unit
- Prof. K. Rajasekar 10 minutes
 4. Personalization in progressive lens
- Mr. Shyno (Optometrist) 10 minutes
 5. Rose K lenses for keratoconus
- Dr. Venkataramana (HOD, Optometry, AFEH) 10 minutes
- Discussion 10 minutes



SESSION 2 : TACKLING POSTGRADUATION, FELLOWSHIPS & FRCS

(10.00 AM to 12.00PM)

Chairman : Prof. K.V.Raju
Moderator : Dr. Mridula

1. Planning the PG journey effectively.
Tips for selecting the thesis
- Prof. Sahasranamam 15 minutes
 2. Examination pearls for MS and DNB
- Prof. K. Rajasekar 20 minutes
 3. Tackling FRCS examination stations
- Dr. M.S.Sunil 20 minutes
 4. Is FRCS enough to work outside the country
- Dr. Rashmin Gandhi 20 minutes
 5. Fellowship in India and abroad
and its role in employment
- Dr. Gopal S. Pillai 20 minutes
 6. Serving in the Armed Forces
- Prof. (Col) Shyamsundar 10 minutes
- Discussion 15 minutes



INAUGURATION : (12.00 Noon to 12.30 PM)

SUMMER SPICE SPECIAL SESSION

: BIRDS & BIRD PHOTOGRAPHY (12.30 PM - 1.00 PM)

- | | |
|---------------------------|----------------------------|
| 1. Bird watching tips | - Dr. Rajesh Radhakrishnan |
| 2. Bird photography | - Dr. Boopathy Murugavel |
| 3. Birds around your home | - Dr. Preethy Prasanth |

LUNCH : (1.00 PM to 1.45 PM)

SESSION 3 : NEURO-OPHTHALMOLOGY & OCULOPLASTY (1.45 PM to 3.00 PM)

Chairman : Prof. Sahasranamam
Moderators : Prof (Col) Shyamsunder

Segment 1 : Neuro-ophthalmology

- | | |
|---|------------|
| 1. Office assessment of a walk-in patient | |
| - Prof. (Col) Shyamsundar | 15 minutes |
| 2. Evaluation of a hospitalized patient | |
| - Dr. Rashmin Gandhi | 15 minutes |

Segment 2: Current concepts in Oculoplasty

- | | |
|------------------------------------|------------|
| 1. Evisceration, Enucleation & DCR | |
| - Dr. Shruthi Tara | 15 minutes |
| 2. Tumours & Trauma | |
| - Dr. Ani Sreedhar | 15 minutes |
| Discussion | 15 minutes |



SESSION 4 : RETINA (3.00 PM to 4.00 PM)

Chairman : Prof. Gopal S. Pillai
Moderator : Dr. Boopathy Murugavel

- | | |
|--|------------|
| 1. Imaging in retina. practicing a synchronized approach | |
| - Dr. M S Sunil | 15 minutes |
| 2. Medical retina grand rounds | |
| - Prof. Gopal S. Pillai | 15 minutes |
| 3. Current concepts in vitreo-retinal surgery | |
| - Dr. Girish Rao | 20 minutes |
| 4. ROP screening & management | |
| - Dr. Rajkumar Maheswari | 10 minutes |
| Discussion | 10 minutes |

BIRDING WATCHING AROUND MALAMPUZHA : (4.30 PM to 6.30 PM)

You will have to register in advance either for 28th evening or 29th morning batches (LIMITED SEATS ONLY)

**BANQUET, DINNER & ENTERTAINMENT :
(7.30 PM to 10.30 PM)**

SUNDAY, 29th April

BIRD WATCHING AROUND MALAMPUZHA : (6.30 AM to 8.00 AM)

VIDEO FESTIVAL



SESSION 1 : INTERESTING NEW DEVELOPMENTS (9.00 AM to 10.15 AM)

Chairman : Prof. K. Rajasekar

Moderator : Dr. Vinodkumar

1. Dr. Vineeth Ratra - 10 minutes
2. Dr. Girish Rao - 10 minutes
3. Prof. Gopal S. Pillai - 10 minutes
4. Dr. Rashmin Gandhi - 10 minutes
5. Dr. Mridula Sunil - 10 minutes
6. Dr. J.K Reddy - 10 minutes

Discussion : 15 minutes

**SESSION 2 : TACKLING TRICKY SITUATIONS IN ANTERIOR SEGMENT
(10.15 AM to 12.15 PM)**

Chairman - Prof. Rajani K.C

Moderator - Dr. Sreeni Edakhlon

1. Dr. Vineet Ratra - 20 minutes
2. Dr. Radharamanan - 10 minutes
3. Dr. Sreeni Edakhlon - 10 minutes
4. Dr. Mohamed Shahbaaz - 10 minutes
5. Prof. Rajani K.C - 10 minutes
6. Dr. Sajeew Cherian Jacob - 10 minutes
7. Dr. Prashanth Bhagat - 10 minutes
8. Dr. J.K Reddy - 20 minutes
9. Dr. Sundaresh - 10 minutes

Discussion : 15 minutes

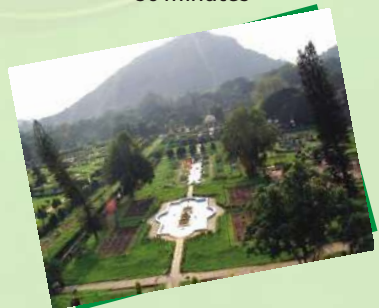
LUNCH : 12.30 PM to 1.30 PM

SESSION 3: HURDLES IN OPHTHALMIC PRACTICE (1.30 PM to 2.45 PM)

1. Ophthalmic Practice - Current legal trends
- Adv. Shyam Padman, High Court of Kerala - 30 minutes
2. Panel Discussion moderator
- Prof. K. Rajasekar

Panelists:

- Adv. Shyam Padman
- Dr. Jain Chimmen
- Dr. Radharamanan
- Dr. Sreeni Edakhlon
- Dr. Jayadevan
- Dr. J.K Reddy



SESSION 4: QUIZ PROGRAM (2.45 PM to 3.30 PM)

Quiz masters : Dr. Rashmin Gandhi &
Prof. (Col) Shyamsundar



Palakkad, despite being a district headquarter, has limited options in hotels. We have listed the best here. Kindly check ratings in Tripadvisor or any travel portal to make a choice. The rates are for double room and inclusive of taxes, unless specified otherwise. Since the venue is 7 kilometers from the town pick-up and drop arrangements will be made from the hotels. Since both days are tightly packed staying in Malampuzha will be the best option. However, Malampuzha itself has only two hotels, one of which is the venue

PALAKKAD TOWN

1. HOTEL BOON INN (Rs. 2240)
2. HOTEL SAYOOJYAM (Rs.2092)
3. HOTEL INDRAPRASTHA (Rs.3500)
4. HOTEL KPM RESIDENCY (Rs.2240)
5. HOTEL KAPILAVASTHU (Pure vegetarian) (Rs.2016)
6. HOTEL FOUR N SQUARE RESIDENCY (Rs. 2600 +GST)



MALAMPUZHA

1. HOTEL TRIPENTA (VENUE)
 - a. Executive room (Rs.3500 + GST)
 - b. Deluxe double (Rs. 2500 + GST)
2. KTDC GARDEN HOUSE
 - a. Premium AC (Rs.2400 +GST)
 - b. Deluxe AC (Rs. 2200 + GST)



You may book through travel portals like Trivago, Booking.com or Make my Trip etc to avail site specific discounts. If you prefer that we do your booking, please get in touch with our travel partner, Jet Travels.

TRAVEL AND ACCOMMODATION for DELEGATES
MR.SURESH, JET TRAVELS. PHONE NO: 9349432283

Accommodation for postgraduates is being arranged in service apartments / home stay in Palakkad. As mentioned earlier, the accommodation is free for the first 20 PG registrations!

TRAVEL AND ACCOMMODATION for PGs
MR.SURENDRAN, JET TRAVELS, PHONE NO: 9447250199

For any other help contact
Dr. Vinodkumar (94461 50597)



The Palakkad Society of Ophthalmic Surgeons (PSOS) has always organized our annual CME, the SUMMER SPICE, with some unique features. The 2018 edition also is going to have a special feature that will be unprecedented in the annals of ophthalmic conferences. We live in a pressure cooker age and doctors all over the country are under pressure from patients, politicians, corporate masters and new rules and regulations. We rarely get any time to relax or pass time with our own loved ones.

*SUMMER SPICE 2018 has a special session to help you relax and soothe your jangled nerves in company of our feathered friends, the birds. Conferences are to learn new things and update our knowledge and academics is the aim of a CME like this but sometimes it pays to relax and rejuvenate your mind with non-ophthalmic topics. Palakkad is one of the premier destinations for birders from Kerala and other parts of India. We will introduce you to **the joyful and fulfilling hobby of bird watching** that can be adopted wherever you are. Birds are everywhere, and they can be heard and seen all through the day. Just spending a few minutes watching birds or listening to their sweet songs can soothe your mind. We hope to start you off on a journey of discovery and endless relaxation.*

Welcome to the world of birds and relaxation with nature!

*Beside bird watching some of our colleagues are excellent artists and **an exhibition cum sale of paintings** by them is also being arranged in the dining area. Please encourage them by visiting the exhibition.*

