KSOS News Letter

Official News letter of Kerala Society of Ophthalmic Surgeons

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# Getting to know the master of group practice - Dr K.G.R.Nair



**Dr H. Anand, Trivandrum**

In one of the meetings with Dr. Sasikumar I made an appreciation of the interview column of senior Opthalmologists in the KSOS News Letter. He then entrusted me with the job of interviewing Dr. K.G.R. Nair. I was happy to accept it as I got a chance to get involved in one of the best columns of KSOS Newsletter.

Dr.K.G.R.Nair gave a Friday evening for his interview being an off day from his clinical work. I met him at the library of the Chaithanya Eye Hospital, Trivandrum. He greeted me with his usual charming smile.

I was a little hesitant in my questions as it was my first job like this. Once the interview started Dr.K.G.R.Nair was at a leisurely answering mood giving me much ease throughout the interview and he shared his entire journey of life as an ophthalmologist with very much interest.

I was curious to know how he came to the field of Medicine since there were no doctors in his family. He was fascinated by the late Dr Ramachandran who later became the Professor of Pathology whose brother was Dr Nair's class mate and he used to frequent his house which was close by. To put it in his own words, "as any child of that age I envied the white coat and the stethoscope, Dr.Ramachandran was carrying when he went to medical college, but fortunately I could convert it into a positive force by trying to achieve the same by hard work and determination". During those days ie 1960's the selection was by merit only ie, the marks scored in pre university examination, and a cursory interview. He added, "I said cursory, because the questions they asked me in the interview were mockingly simple and irrelevant. One question was, 'what are the countries that make United Kingdom? I was also asked to tell the distance from my home to medical college in miles and convert it into feet. Remember, those days, there were no recommendations, political patronages or mark list manipulations". He still cherishes the medical college days. There was discipline everywhere, courtesy to teachers, very high-profile but loving professors and high ethics in treating patients.

After completing the House surgeoncy in 1966, he joined Govt Ophthalmic hospital (GOH) as asst. surgeon on an ad hoc basis as he was all determined to go abroad. Those days, there were two posts of Asst.surgeons from DHS, and the rest was Medical college staff. He chose to join GOH because of its proximity to his home. The professor and superintendant was Prof.K.S. Subramaniam, a fine gentleman with a touch of humor. He said " I was intitated into ophthalmology and cataract surgery by Prof. K.Subramaniam Sir at GOH Trivandrum even before getting an Opthalmology degree." His colleagues were Dr.Sumagala, Dr. Sailakumari, Dr.Molly Abraham etc. The irony of fate was that Ophthalmology was the only subject he failed in his whole academic career. "The life was quite enjoyable at Government Ophthalmic Hospital. We used to sit on a high stool and high podium like table, with a torch and diagnose everything. G chloramphenicol and OC pencilin had just replaced G.Argyol a black drop in the bottle which becomes yellow on your eyes, face and clothes if spilled over- a common occurrence in the OPD".

Life always presents you with sudden surprises. He was all set to go to USA or UK and was preparing for ECFMG. Then came the bolt from the Blue - he was called for short service commission in Army and was interviewed in Kochi and certified fit. He was expecting a call after 3 years but just after 3 months he was asked to report to Lucknow for training within 30 days. Dr KGR said, "I was not against going to Army as my father was an Army officer, but I was disappointed because of my PG ambition. Those days exemption was granted to those who were undergoing PG Course or admitted to PG Course. At that time, Dr. Sailakumari was already in Amritsar doing her MS in Ophthalmology. Dr. Saila and her husband Dr. Ramachandran were more than friends to me. I contacted them. Dr.Saila arranged an MS Ophthalmology seat for me in 2 weeks time. That was a turning point in my life. Instead of going to lucknow, I went to Amritsar".

*contd... page 4*



## President's Message

Dear Friends,

Greetings to you, one and all.

By the time you read this, the World Glaucoma Day would be over. I do hope all of you remembered it. Of course, the whole point of observing this sort of 'days' is to create awareness among the laity about the particular problem. The solution is always subsequent and consequent to awareness of the problem. As you all know, Glaucoma is not very high on the awareness scale of the public in our state. Our language does not even have a word for Glaucoma; while some other Indian languages do. So I do hope all of us will keep on spreading awareness among our patients.

We have put in our request to the A I O S to be given the privilege of hosting its annual conference in 2012, and hopefully it will be granted. Let us gird ourselves to that mighty task if our bid is successful.

In that context, are you aware that out of 439 new members of A I O S enrolled in 2008 –'09, only 10 are from Kerala - a paltry 2.27%. Shouldn't we be doing something about it? Please give it a thought.

Wishing you all the very best,

Yours in K S O S,

Dr. R.R.Varma



## Secretary Writes

Dear Colleagues

Greetings to all !

The World may be reeling under the economic recession. But the KSOS activities are going on in full swing. The subcommittee formed by the KSOS executive met on Feb 15th at Ernakulam to discuss about the Sales Tax issue faced by some eye hospitals. Intraocular lenses are brought under the class of ocular lenses used in cameras and microscopes and charged sales tax. This is not happening in other states. The KSOS is trying to convince the concerned departments of this anomaly and get a solution at the earliest. We have also approached the AIOS to help us in this regard.

We have started giving Life membership certificates to all those who have joined after Drishti 2007. The Scientific Committee of KSOS has started work on the CME series on Procedures in Ophthalmology. We plan to bring out a book and CD to be distributed free to all members.

The list of benefits that the Academic and Research Committee of AIOS is offering the members is listed in this newsletter. Interested members of AIOS can contact the South Zone representative to the ARC Dr. Anthrayose CV.

The venue inspection of Drishti 2009 took place last month. The venue is huge and the banquet will be simply majestic.

Many eye hospitals in the State have observed the World Glaucoma Day as envisaged by our President and I am yet to get reports from them. It is heartening to know that the members have tried to improve the awareness among the public about this "sneak thief of sight"

The KSOS wants to give you the best value for your membership. Please give us your valuable feedback to improve the activities of the KSOS.

With warm regards'

Dr Sasikumar S
drsk93@gmail.com; drsk93@yahoo.com

## SMS to KSOS Members

Members have appreciated the efforts of KSOS to send information to them by SMS. So far information about 3 CMEs conducted under the aegis of KSOS and the obituary of Dr Noel Moniz was communicated to the members. Only 550 members have updated their mobile numbers in the database.

Please send an SMS to the Secretary at **9447475101**
noting your KSOS number and name
if you have not received these messages.

Log on to
www.ksos.in
and update
your addresses

# Ophthalmic club reports

## Trivandrum

The first Trivandrum Ophthalmic Club meeting in this New year was held on January 24, 2009 in the Regional Institute of Ophthalmology Conference hall.

In this well attended meeting Dr Thomas Mathew, Consultant Ophthalmologist, Caritas Hospital, Kottayam provided practical tips in Paediatric visual assessment. Dr. Dhanya, postgraduate student in Trivandrum Regional Institute of Ophthal - mology presented an interesting case of Neurofibromatosis. The members expressed their sincere condolences to the family members of late Dr Noel Moniz.



*Dr. Arup Chakrabarti along with other faculty members during the instruction course he conducted in AAO New Orleans 2008*

Dr. Simon George

## Kottayam

The 29th meeting of Kottayam Ophthalmic Society was held on Jan 25, Sunday on house boat 'Ganga', starting from Kumarakom at 10.30 am. This was the last meeting in the tenure of present committee members. The president, Dr K C Baby and Secretary Dr Manjit P S thanked everyone for the co operation and help for the smooth conduct of meetings. Dr George Peter, Dr Seshadrinathan, Dr Shaji and Dr Manuel John were given prizes for attending all 6 meetings in the previous year. Dr Mini Nair was appreciated for contributing maximum articles in the news letter. Dr Nice Rose Joseph and Dr Juni S were given a cash award of Rs 1000/- each, by Dr K C Baby for winning first prize in quiz competition in Drishti 2008.Dr Sobhana Mohandas was congratulated for being selected as the president of IMA, Kottayam branch.

In the scientific session, Dr Murali Ariga from Chennai spoke on the role of combination therapy in glaucoma management. He described various clinical situations and the members expressed their views as to how they would manage such cases. The talk was appreciated by all.

Election of office bearers for the year 2009 followed. The following members were unanimously elected.

President - Dr Amita Verghese,
Secretary- Dr. Anand S Koottummel
Vice president- Dr Georgekutty
Joint secretary- Dr Shaji A
Treasurer- Dr Thomas Joseph

Dr Sobhana Mohandas, Dr K Eapen and Dr Zachariah Thomas would continue as patrons.

Following members were added to the executive committee-

Dr K C Baby, Dr Manjit P S, Dr Manuel John & Dr Elizabeth John M.

Dr George Peter would be the new representative of Kottayam Ophthalmic Society to KSOS.

Dr Manjit.P S



Dr Sobhana Mohandas has been elected as the president of IMA branch, Kottayam. It is 30 years since a lady is elected to the post.

## Malappuram

A CME on Cornea was conducted at Al Salama Eye Hospital, Perinthalmanna under the sponsorship of Al Salama Eye Hospital in association with Malappuram Ophthalmic Society under the aegis of KSOS on 22nd February 2009. The CME was a grand success with around 60 delegates from in and around the area. Eminent speakers from within and outside the state gave sparkling lectures that enriched the knowledge of ophthalmo logists.

Faculties comprised of Dr Bhaskar Sreenivasan (Cornea Consultant, Sankara Nethralaya, Chennai), Dr Arup Chakrab orthy (Chakraborthy Eye Centre, Trivand rum), Dr Anthrayose Kakkanatt (Jubilee Mission,Trichur), Prof A.V.Asha (Pariya ram Medical College,Kannur), Dr Anil Radhakrishnan (Cornea Consultant-Chaithanya Eye Hospital, Trivandrum), and Dr Muhemmed Swadique ( Al Salama Eye Hospital, Perinthalmanna.

The inaugural function was presided over by Dr Arup Chakraborthy. The Honourable President of KSOS, Dr R.R.VARMA inaugurated the CME, and also inducted the new office bearers of Malappuram Ophthalmic Society. Muhemmed Swadique delivered welcome address and Dr Ahmed Anwar, secretary of Malappuram Ophthalmic Society, delivered vote of thanks.

Dr Muhemmed Swadique

## Trichur - TACO

The Investiture of the new team of TACO took place on 20-02-09 at Casino Hotel, TrichurDr Elizabeth Jacob was sworn in as the new president and Dr. Merine Paul as the new Secretary. The chief guest of the day was Mr. M.P.Surendran, the deputy editor of Mathrubhumi. This was followed by a talk on Toric and multifocal IOLs by Dr Jacob Mathew of Vasan Eye Care, Kochi.

**Eye camps by TACO members**

| | Nov | | Dec | | Jan | |
|---|---|---|---|---|---|---|
| Hospitals | Surg | Camps | Surg | Camps | Surg | Camps |
| JMME | 2 | 28 | 3 | 23 | 2 | 12 |
| NECC | 7 | 533 | 4 | 225 | 2 | 152 |
| Manavaseva | 1 | 3 | 1 | 2 | 1 | 1 |
| District Hospital | 5 | 75 | 6 | 92 | 8 | 66 |
| Total | 15 | 639 | 14 | 342 | 13 | 231 |

## Kollam

K.O,A.meet on31 1 09 at Hotel Sudarsan at 8.pm.

Chief guest speaker was Dr.Jayaprasad. B.He gave an informative talk on Cosmetic lid surgery. 24 members attended the meeting. The letter from Dr.Sasikumar was read by president Dr.P.Ramesan. Dr.Alex K Ommen read the minutes of the last meeting. Dr.Mini proposed vote of thanks.

Dr P.C Ramesan

*Dr. K.G.R. Nair ....contd. from page 1*

Life was miserable at Amritsar with extremes of climate, change of food- all the time "fulkas", "aloos", "Gobi" in the hostel, long hours of power cuts etc. But they soldiered on with great camaraderie – there were a few malayalis in other departments. "Whenever we wanted to taste malayali food, we went to Dr. Saila's house – an open house with an open heart and an open kitchen at any time". He still has clear pictures of his life at Amritsar. "The department was flooded with patients and majority of them understandably were Sikhs. I have never met any community more hard working, very innocent and lovable". The HOD was Prof. Mansingh Nirankari a very conservative sardar and a very good ophthalmologist, who developed modified Smith technique of tumbling the cataract out of the eye in a few seconds. They used to have annual camps arranged in the hospital immediately after the harvest season when about 3-5 thousand people used to come for cataract surgery .The whole camp was for a fortnight and they operated from morning till late evening. Endophthalmitis was relatively rare but patients took the setback without any fuss.

"In the OPD, every other patient had trachoma and when you wrote case sheets it was not necessary to mention trachoma findings". Mature hard cataracts were the most common. For surgery no sutures were used, limbal to limbal section in the superior half using von grafe knife and intra capsular extraction was the routine. Lid surgery due to trachoma sequelae and Pterygium surgeries were very common. The teachers and professors were nice to them but there were no tutorial or lecture classes, only clinical case discussions. "The importance and emphasis was on hands on training than theory. You were supposed to read the books and prepare. This was in stark contrast to the present system, where PG's come out with hardly any practical experience. In a way the PG training was much better those days especially in surgical training. The most memorable event during my stay was the witnessing of Indo-Pak war of 1972, as a civilian. We were in the hostel and could see fighter aircrafts of both the countries screaming over the sky for a few days before we were evacuated".

Back in Kerala he was posted as ophthalmologist in Taluk head quarters hospital in Badagara, Calicut. In the hospital things were most frustrating for him. There was no place to sit even, leave alone other things. He was put in the general pool for taking night duties etc. and was made to do postmortems and attend emergency obstetrics cases. Even after 3 decades things have not changed much.

Luckily after some time he got a hall to set up an eye OP. He started with a torch, a table and 2 chairs but without vision chart and refraction sets!. "I made a dash to Trivandrum and met DHS and the store officer and to my amazement a few things were there in the store. I gathered the vision drum, a few instruments like forceps, knife etc; most of them were rusty and carried them myself to Badagara. I got the rusty instruments electroplated and installed the drum by myself with help of a few attenders. An eye unit was born!"

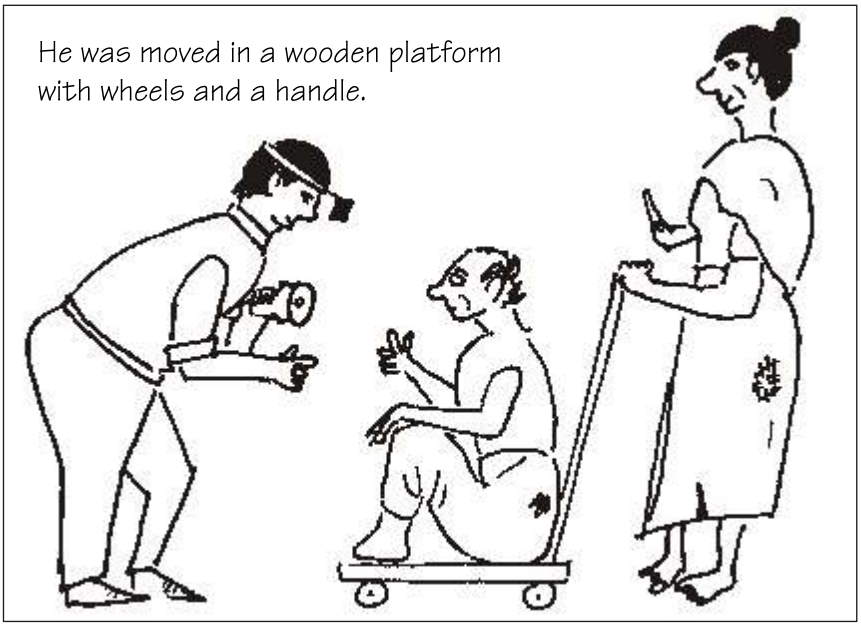
He started doing refraction by himself and regular OPD attendance was increasing. However his fingers were itching to do a cataract surgery those days. Cataract patients would prefer to go to Calicut Medical College or to Dr. Oommen at Cannanore. However he did not have to wait for long – "the most memorable event in my life happened". Every Ophthalmologist would have experienced the gratitude of a blind person after he regains sight after cataract surgery. For Dr KGR it happened early in his career. And it has changed his approach to patient care. One day a lady in rags came to his OP requesting him to see her blind husband. He told her to bring him in, but she said he could not walk and he was moved in a wooden platform with wheels and a handle. He went out to see the man, who was a leprosy patient in his late sixties with hand and leg deformities. He had mature cataracts in both eyes with brisk pupils. She told him that other doctors refused to operate on him because of the social stigma attached to leprosy. Dr. Nair took it as a challenge and admitted the patient, much to the dislike of many staff of the hospital. He did cataract surgery in one eye with the instruments available. By grace of God, he got back his vision. They were so thankful that Dr Nair was God personified to them. In the meantime Dr Nair found out that they were beggars in the Badagara Railway station. At the end of one week the lady came to his residence, gave Rs.5 and begged him to accept it. Dr Nair remembers, "that gesture brought tears to my eyes. I told her to use the money to buy a spectacle for him. The incident is still vivid in me, and that guides me in my professional life even today" Money has never been a hindrance for any blind person in Chaithanya.

From Badagara, he moved to Cannanore District Hospital where he could do a better job with better facilities. He got married when he was in Cannanore.

In 1975 he decided to go to UK. He says, "Those days, jobs in ophthalmology were easy to get. I moved around UK in various hospitals under NHS as SHO, registrars etc." His first job was at Liverpool and then at Southampton. He said "I was introduced to microsurgery, ab-externo cataract surgery and suturing by Dr. Fenton". That made a world of difference in the surgical procedure. He later shifted to Red Hill, Surrey under Mr.Charles Cory. "Mr.Cory used to do iris-clip lenses after ICCE. I gained confidence to take independent decisions and took my DO in Ophthalmology from there"

Two years at Queen's Mary Hospital, Sidcup in Kent gave him a comprehensive approach to ophthalmology as it was a full fledged hospital with all sub speciality departments. The first machine he used was the Peyman's vitrectomy machine for anterior vitrectomy. Paediatric ophthalmology was well established . Strabismus surgery was regularly done. He got exposure to orthoptic assessment , occlusion therapy and strabismus management etc

"The one biggest difference I saw there was the general cleanliness especially in hospitals. The work was more scientific and advanced. The consultants, most of them





were nice and they assess you through various angles including your learning skill, general attitude etc. Because I had previous experience I could impress many consultants and they gave me hands-on chances very early".

FFA and Xenon Arc photocoagulation were done routinely. In 1980 argon laser machine was installed in the hospital in Sidcup. It was in the UK that he found himself exposed to modern ophthalmology. He was very much impressed by the consultants there. "One of the most impressive things about the consultants was that they took responsibility of the juniors working under him. Even if you had a mistake in surgery, the consultant would never tell the patient that it was done by a junior person and wash his hands off. Any good thing done by you would be acknowledged in front of the patient himself". Sidcup, being only 20 miles from the famous Moorfields hospital, he used to go there to attend various operating sessions in cataract, retina,Oculoplasty etc. In UK, a house officer never slept well in those days as their work was from 7.30 AM to late night.

Even though he had passed his DO(London) exam in 1977, his dream was FRCS. In 1980, he passed his primary FRCS. In those days, one could appear in any Royal college for the second part. Most of the Asians appeared at Glasgow or Ireland for the II part. Only a very few candidates appeared in Royal college of London –vast majority were whites and 4 or 5 Asians. When he decided to appear in London, his consultant discouraged him, but he went ahead to get an exposure of the examination. Luckily he could make it in the first attempt. He was the only Asian along with 4 whites who cleared, out of 30 candidates. That gave him the confidence to appear at Glasgow, which he passed without any problem.

He returned to India in 1983, joined the Cosmopolitian hospital in Trivandrum and started the eye unit there. However he decided to start his own set up but due to financial problems he went to the Gulf-UAE where he worked for 8 years as consultant. He considers that period as the most destructive years of his profession but finds solace in that he could gather enough and more money so that he could complete the Chaithanya Eye Hospital building without taking any loan. He says, "the only silver lining in my carreer in the Gulf was my appointment as honorary associate professor to Al Ain Medical School for teaching the under graduates"

Returning from UAE, he started the Chaithanya Eye hospital against the advice of many people including his wife. "Every one asked, how could you survive when there were well established places like Aravind, Madurai, LF Angamali & GOH Trivandrum etc. But I had a different idea that if you could deliver good treatment and care, patients will come. Fortunately I had Dr. Jayaprasad, a dynamic young ophthalmologist, Dr.Sudha a very pleasing ophthalmologist and Dr. Renjith a hard working person for my help. Together we started, and nurtured the establishment, slowly but surely Chaithanya became established". The philosophy was to have as many subspecialties as possible and fully equip them with men and machinery. Since then many consultants have joined, a few have left, but all of them carried a good will about Chaithanya in their heart." Hospital administrators will agree that the most difficult staff to manage in a hospital are the doctors. Their competence levels differ and their aspirations and motivational factors are also not common. Any successful hospital administrator should be able to manage this efficiently. I asked Dr Nair his methodology. He never had a formal exposure to management theories like Maslow's hierarchy of needs in work motivation, but experience has taught him that money is not always the only motivating factor among professionals. He said, ""to keep the consultants happy, you have to know their ambitions. Every one needs money but a few look beyond money ie, the professional recognition. By giving enough money and by ensuring good job satisfaction I could keep many of them happy. Secondly, you satisfy their ego to a certain extent; all of us are egoistic. That is what instills the competitive spirit in us, and ego is good as long as it doesn't become Superego. When that happens it is the beginning of the end of that person as a professional". He has always been a good listener and always respected his colleagues, gave them a free hand in career development and appreciated their capacities. He believes that strong appreciation is the easiest way to make someone feel needed and that his job is worthwhile. He advises his consultants and other junior doctors not to speak ill of any other colleagues or about their treatment even if there was gross negligence committed.

From the beginning itself Chaithanya Eye Hospital was involved in Social activities, conducting peripheral eye camps on all Sundays. Chaithanya Sight Foundation, a charitable society was formed in 1996 for eye camps and school screening. Many people in different walks of life contribute to the charity work but mainly it is part of the profit of Chaithanya that is being used for the charity work. Dr Nair strongly feels that even small eye hospitals that are doing reasonably well can conduct eye camps and other charity work even without external aid. Chaithanya Eye Hospital even runs a Poor Patients' Clinic every month on Sundays.

Chaithanya regularly publishes a Magazine for the public - 'Sight Kerala'. A programe "Cataract 2000" to do 2000 free cataract surgeries was successfully done in 2005 as a part of Decennial Celebrations.

Chaithanya Eye Bank is one of the few eye banks running successfully in the private sector in South Kerala and has started the latest keratoplasty procedures like DSAEK

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Project "Trinetra" was a feather in the cap of Chaithanya Sight Foundation launched in 2007 jointly with world Diabetic Foundation, Copenhagen. Patients of the five Southern districts of Kerala will be screened for diabetic eye disease. Free treatment will be provided for the poor patients detected in these camps.

His liking for teaching came to a fulfillment when Dip NB training, Diploma in Ophthalmic Assistance course and fellowship programmes were started at his hospital. They adhere to a structured teaching schedule for the students right from the beginning, including adequate surgical hands-on training also. They have a very good pass percentage and no wonder; the aspirants for the DNB course include candidates from all over India. Tele-ophthalmology group discussion and grand rounds are regularly done with Sankara Netralaya, Chennai.

Dr KGR Nair is one of the first to set up a successful model of group practice in Kerala. Encouraged by the success in Trivandrum, he could start another unit in Cochin in 2003 and in Haripad in 2007. In 2006 he floated a company of like-minded ophthalmologists and started the Chaithanya Lasik Centre.

Opportunity mostly comes disguised as hard work. Dr Nair seized all these

opportunities and all his achievements have come out of sheer hard work right from his school days-a lesson many of our youngsters have to emulate. Even now at the age of 65 he works from 7.30 am to 7.30 pm. He says, "To me, sitting idle at home even after an illness is most boring. I enjoy my life in the hospital with all its problems. I accept the bouquets and brickbats in the same spirit". He believes that every crest has a trough. So he never gets elated with a success and dejected by a defeat. Dr KGR Nair's association with KSOS started from the very early days when Prof Joseph organized the annual conference at Trivandrum. He regularly attends the KSOS conferences and has been holding regular CMEs under the aegis of KSOS since the beginning of Chaithanya Eye Hospital.

Dr Nair is very popular among his patients which comprise of a wide spectrum – from the VVIPs to the poorest. I once heard him in one of the phone–in programmes on TV. An old lady called up not to clarify anything about her ailments but to exchange pleasantries with him and thank him for curing her eye disease few months back. I was curious to know why patients have high regard and love for him. He quipped with his usual smile, "the most important reminder in my professional life every day is not to get irritated by a patient any time and every time. In any such situation I always try to keep the utmost inner calm and put myself in the patient's place. To me patient is always right. To understand a patient, everybody should have been in a hospital as a patient at least once or twice in your life. Be a keen listener; never hurt him by word or deed, he will be half cured and the rest by God, through your clinical intervention".

> "the most important reminder in my professional life every day is not to get irritated by a patient any time and every time.....
> To me patient is always right. To understand a patient, everybody should have been in a hospital as a patient at least once or twice in your life."

It was late night when I made the final touches in this report. I flipped through the pages of the desktop calendar on my table and happened to read this- 'the person who sows the seeds of love and compassion enjoys a perpetual harvest'. I didn't have to think further to know the secret of success of Dr K.G.R.Nair. ■



## From the desk of the Editor, KJO.

Respected Colleagues,

Greetings from the editorial board of the Kerala Journal of Ophthalmology.

This issue of the journal lays emphasis on newer investigational modalities like Fundus Autofluorescence Imaging and also tries to open up the vista of Artificial vision and the research work going on all over the world on this. We sincerely hope that this issue will be useful to all our readers.

This is the first issue of the last year of our tenure and we sincerely hope that we have been able to keep up to your expectations.

Please send in your feed back and also inform about any change of address. We look forward to receiving contributions from you and would be happy to have you use this journal as a platform for your scientific work

With warm regards

Dr. Meena Chakrabarti



## Message from Chairman, Scientific Committee

These are the few months when my job is relatively less. The Abstract form will reach all of you along with both the March and June issues of KJO. But I hope very few people really use them. The Scientific Committee would really appreciate it if every one of you send in your submissions online. Online submissions will be open from the first week of April. The AIOS has completely done away with paper forms, only online submissions are permitted.

Our General Secretary has entrusted the job of compiling a book highlighting the important ophthalmic procedures done in day to day practice. I have done some preliminary ground work and hope to compile it by the end of May. This is Dr. Sasi's pet project and I hope I will be able to justify the trust placed on me by the Executive Committee.

Dr. S.J Saikumar

## Academic and Research Committee of AIOS has lots to offer for AIOS members

Dr C.V Anthrayose, member ARC (South) has informed that the ARC in their recommendations and report presented at AIOC JAIPUR, has several schemes for members of AIOS who want to pursue their academic goals.

- Financial assistance upto Rs 50,000/- for conducting CMEs held under the aegis of the State Ophthalmic Societies in cities and towns where these have been deficient
- Young Researchers Award session which is based on the research work done by young ophthalmologists in the form of thesis/dissertation
- Scholarships from TOSHBRO / OERTLI- 3 fresh ophthalmologists who win awards for their papers/ posters in AIOC will get all expenses paid travel to AAO/ESCRS/ APAO/WOC/AIOC
- PN Sinha Fellowship for those under 35 yrs of age whose paper is accepted for AIOC
- AIOS Travel fellowship. To present their paper at the AIOC
- AIOS ARC Trainee fellowship for Senior Ophthalmologists over 40 yrs of age
- AIOS ARC Trainee fellowship/ G.K.Saraf Trainee fellowship for young ophthalmologists less than 40 yrs of age

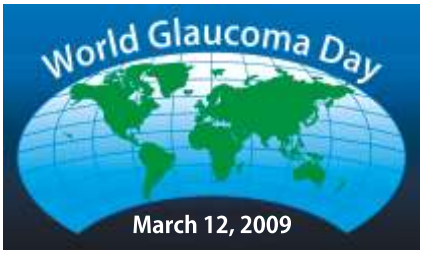
KSOS members who are also AIOS members may contact Dr Anthrayose at 9447227826 for details.

## LF Hospital Angamali.



The second World Glaucoma Day was eventful at Little Flower Hospital, Angamaly. It started with a public function inaugurated by the KSOS president and felicitated by the secretary. While the president stressed the importance of regular eye checks, the secretary expressed his own distress at the late diagnosis of glaucoma in his own mother. Dr Radha Ramanan, Lead Glaucoma consultant at LF, welcomed the audience of three hundred, who were also given a brief outline of Glaucoma including newer diagnostic methodologies by Dr Alex Baby and Dr Thomas Arun Varghese of the LF Glaucoma services.

This was followed by a free Glaucoma check camp, including Tonometry, Slit Lamp Biomicroscopy of disc and Gonioscopy, which was attended by 213 patients and 22 cases of Glaucoma/ Glaucoma suspect / Narrow angle recorded. In addition, 30 patients were booked for free Cataract surgery. There was an accompanying poster exhibition demonstrating the important aspects of Glaucoma diagnosis and treatment.




The scene shifted to Marine Drive, Ernakulam, where LF optometry and nursing students distributed Glaucoma awareness leaflets culminating in a public function on Cheenavalapalam at 6pm. This was inaugurated by Justice Kurien Joseph who highlighted the importance of changing our outlook on vision. Dr R.R.Varma, KSOS President, noted the fact that the observance of a World Glaucoma Day put Glaucoma on par with Cancer, Diabetes and other major health problems. The Justice lit a lamp which was passed to students of Blind School, Keezhmadu, Alwaye, who passed it on to Optometry and Nursing students of LF. They marched as a procession from Cheenavalapalam to Mazhavilpalam and back and created an 'eye' formation. Playback singer Pradeep Palluruthy led a Pledge to promote Glaucoma awareness and use latest information and technology in the fight against blindness. A poster exhibition was also diplayed on the bridge, with the setting sun as backdrop.

## Chaithanya Eye Hospital, Kochi

A Glaucoma Forum was conducted for the Glaucoma patients and their relatives at the hospital. Dr Elizabeth Varghese spoke on various aspects of the disease followed by an active interaction by the participants. Free glaucoma screening was done for the relatives of patients who attended the forum.

## Drishti 2009

The preparations for Drishti 2009 have started in the earnest. Organizing chairman Dr.Jayan Thomas and organizing secretary Dr.Sreeni Edakhlon informed that the 36th annual conference of Kerala Society of Ophthalmic surgeons will be held on 27th,28th and 29th of November 2009 at Dinesh Auditorium, Kannur. Dinesh Auditorium is a top class centrally



airconditioned convention centre with four halls available for scientific sessions.It also has an airconditioned trade area. Prof .Asha Chandrasekaran, the local scientific committee chairman said she would involve medical students and house surgeons in the event This would help them get a feel of the vast advances in the field of ophthalmology, so that they are inspired to take up Ophthalmology as their speciality of choice. Dr.Jayan Thomas has selected an excellent venue for the banquet. It is a beautiful seaside resort on a cliff at the Payyambalam beach. He said it is one the best places in this part of the world to watch the sunset. Dr.Sreeni Edakhlon said both these venues are centrally located in the city of Kannur, about 2 kms away from the railway station and bus stand. Dr.R.R.Varma, president, KSOS and Dr.S.Sasikumar, secretary KSOS inspected the venues and were really impressed.

Dr.N.Jayanth,past president KSOS said he would take on the responsibility of bringing out the souvenir. Dr.Raj Issac Oommen,the treasurer said all arrangements would be made for the comfortable stay of the faculty and delegates in Kannur. Dr.Sreeni also said that that there would be separate hosts for the inaugural day function and the banquet. Dr.Simi Manojkumar and Dr.P.Umesh would be the hosts for the entertainment activities on the day of inauguration.The banquet will be hosted by Dr.Jayan Thomas and Dr.Mary Issac Oommen. Dr.Pushpangadan would be in charge of registration and he will also be helping out Dr.Asha Chandrasekaran in the activities of scientific Committee. Dr.B.V.Bhatt,the incoming president of KSOS said all efforts would be made to make Drishti 2009,the best organized annual conference in the history of KSOS.






# Pink City hosts AIOS Conference

**Report by Dr. S.J. Saikumar**

The Pink City of Jaipur in Rajasthan played host to the 67 th Annual Conference of the All India Ophthalmological Society from the 5th to the 8th of February 2009. The conference was unique since our member Dr. Babu Rajendran was sworn in as the new President of the AIOS. In spite of the distance, more than 60 doctors from Kerala attended the conference. *(Many came for the conference and many to see Rajasthan!!)*

I reached Jaipur a day prior to the conference along with Dr. Giridhar, Dr. Anthrayose, Dr. Arup and Dr. Meena. Dr. Giridhar and Dr. Arup attended the Scientific Committee meeting. Dr. Anthrayose and Dr. Meena attended the Managing Committee meeting. Being the ARC representative of South Zone, Dr. Anthrayose also attended the ARC meetings. My humble self reached a day earlier to attend the AIOS Leadership Development Programme.

Contrary to expectations, the Registration counter did not function on the previous day evening. We were expecting chaos the next morning, but registration went off quite smoothly without much waiting period. The venue was the majestic B.M. Birla Auditorium in the heart of the city. Because of the sheer size and area of the venue, there never appeared to be a big crowd anywhere since it was spread out. We had some difficulty in locating the halls and trade stalls initially, but by the first day afternoon, things were pretty smooth.

The Scientific Programme was meticulously organized. We can be proud that the Scientific Committee Chairman, Dr. D. Ramamurthy is also our life member. I know how difficult it is to organize the scientific programme even in a state meeting. My hearty congratulations to Dr. Ramamurthy for the manner in which the Scientific Programme was conducted.

**To listen to the mesmerising Presidential Address of Dr. Babu Rajendran log on to www.aios.org**

Kerala was well represented in the Scientific Programme also. Dr. Giridhar, Dr. Arup Chakrabarti and Dr. Mahesh were Chief Instructors in Instruction Courses. A video from RIO, Trivandrum authored by Dr. P.S. Girija Devi was one of the 8 selected for award screening. Dr. Arup's paper was selected as the best among the cataract session. Many others were speakers in Instruction courses, Symposia etc. They include Dr. K.G.R. Nair, Dr. Anthrayose, Dr. Meena Chakrabarti, Dr. S.J. Saikumar, Dr. Radharemanan, Dr. V. Sahasranamam, Dr. Meenakshi Dhar, Dr. Gopal S. Pillai, Dr. Savita Bhat, Dr. Minu Mathen etc. This may not be the full list and forgive me if I have missed out someone.

One unique feature of this AIOS conference was that there was no official lunch break. Sessions go on continuously from morning to evening. One can go and have lunch whenever they feel like. Sometimes I wonder why we are having so much importance for lunch in conferences in India. No international conference offers lunch as part of the Registration. Of course one has to provide good quality cafeterias in the venue where delegates can pay and get whatever they want. We have to consider such options in future.

Talking about lunches, the only sore point in the Jaipur conference was that many delegates developed tummy upset after eating from the conference venue. Some even had to be hospitalized. I understand that the salad was the culprit. People were "watering" from above and below and the Organizing Secretary proudly announced in the Valedictory function that the food was "mouth watering"!!!!!






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