KSOSConnect

The Official Newsletter of Kerala Society of Ophthalmic Surgeons

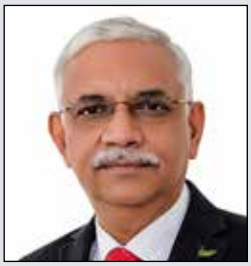
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As we complete the second term, I am extremely happy with the way our office bearers have taken up their responsibilities. They have blended seamlessly into the system, and their dedication, teamwork, and commitment have been instrumental in the smooth functioning of KSOS.

- Dr Rajiv Sukumaran
President KSOS

IN CONVERSATION WITH



Dr. Mathew Joseph:
A Lifetime of Innovation, Excellence, and Service

To watch the interview click the link:
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KERALA SOCIETY OF OPHTHALMIC SURGEONS
Let's connect

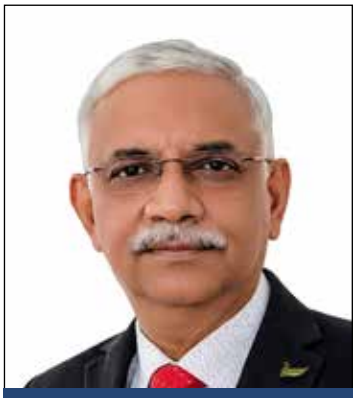
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Dr Rajiv Sukumaran
President KSOS

Message from the President

Dear seniors and colleagues,

As we complete the second term, I am extremely happy with the way our office bearers have taken up their responsibilities. They have blended seamlessly into the system, and their dedication, teamwork, and commitment have been instrumental in the smooth functioning of KSOS.

Our academic and outreach activities across Kerala have been highly encouraging, with most districts actively conducting CMEs and some weeks hosting up to three programs across the state. While a few districts need stronger leadership, I encourage them to take greater initiative, as district clubs are the backbone of KSOS.

Among our major events, the KSOS Family Get-Together was a grand success and exceptionally well attended. The feedback has been overwhelmingly positive, and it was wonderful to see members and their families come together in a spirit of friendship and fellowship.

Looking ahead, we have several important programs lined up. The Leadership Development Program (LDP), scheduled for 11th and 12th July at Kadavu, Kozhikode, with sessions conducted by the Indian Institute of Management Kozhikode, has already received an encouraging response. This will be followed by the PG Update on 25th and 26th July at LF Hospital, designed in a mock examination format over two continuous days, providing a valuable learning opportunity for our postgraduate students.

Preparations for Drishti are also progressing in full swing, and I am confident it will be another landmark event for KSOS.

Regarding the presidential project on Artificial Intelligence, I believe my role was simply to ignite the spark. I am delighted to see the overwhelming response and enthusiasm from our members. On 16th August, we will conduct a hands-on AI workshop in Kollam, organized by YOKE in association with the Kollam Ophthalmic Association and KSOS.

Our ANBU Project, dedicated to differently-abled children, continues to make meaningful progress. So far, 40 camps have been conducted across the state.

It is truly heartening to witness KSOS moving forward together with purpose, unity, and vision.

Thank you for your continued support and cooperation.

Jai Hind

ANBU

The Anbu Project

is the presidential initiative of Dr. Rajiv Sukumaran, launched in November 2025 following the Drishti Conference at Kollam. Conceived as a compassionate mission, the project focuses on visual screening, treatment, and rehabilitation of differently-abled children across Kerala.

Its primary aim is to identify visual problems in children with special needs and provide timely intervention to improve their quality of life. Since its inception, 40 camps have been conducted across the state, screening hundreds of children and offering treatment and support.

The interventions have included cataract surgeries, spectacle correction, squint correction, medical management, and visual rehabilitation, with emphasis on long-term care. A major milestone has been the Neurovisual Rehabilitation Centre established by Giridhar Eye Hospital at the Adarsh Rehabilitation Centre under the leadership of Dr. Neena. This center focuses on early intervention for children with Cerebral Visual Impairment (CVI), helping improve visual coordination and environmental orientation through structured stimulation. In addition, Chaitanya Eye Hospital has adopted four Buds schools in Trivandrum.



Another inspiring contribution came from Alphonsa Eye Hospital under Dr. Alex Baby, which has adopted a special school and committed to lifelong free treatment for the children and their families.

Among the district societies, the Thrissur Academic Club of Ophthalmology has been the most active, conducting 11 camps, followed by the Palakkad Society of Ophthalmic Surgeons, Kollam Ophthalmic Association, and Ophthalmic Society of Pathanamthitta.

The ANBU Project represents the true spirit of ophthalmology—service with compassion—and is envisioned as a continuing mission of KSOS, extending beyond the current presidential term to benefit more children in need.



Dr. Mallika O.U.
General Secretary, KSOS

General Secretary's Message

Dear Members,

Greetings from the office of KSOS. In the last three months we had a lot of activities by our members in the district club. Total membership approved till June is 2854A

As the Drishti 2026 preparations are going on well with a good number of super saver registrations, we thank the LOC for not increasing the registration fees. Preparations for Drishti 2026 at Krishna Beach Resort Kannur is in full swing.

Total number of CME under KSOS from April to June was 13.

KSOS got the best session by state society during Jaipur AIOC in their category and was declared grand winner among all categories based on the attendance. Dr Bastin requires special appreciation for making the programme. 12A registration is renewed till 2036 after a lot of work. Bank signatories are changed now.

Other activities included Resolution against mixopathy, support for including intravitreal injection in Medisep, and surveillance of infection after specific brand of IOL

KSOS COC office at IMA house has to be renovated and quotes are invited. COC will share the expenses. VEC meeting was held and report submitted. Administrative audit meeting was held online on March 12th and later physical verification of documents was done on April 26th by Dr Bastin at IMA house KSOS office. Drishti audit was held on March 8th and Internal audit was done on April 12th at IMA house. KSOS zoom capacity was enhanced to 500.

KSMC had made some enquiry on the conduct CME under the aegis of KSOS with our accreditation. It should be written in the application for CME as "CME organised jointly by KSOS and the district club or others concerned". Do not put under the aegis of KSOS

Malappuram ophthalmic club representative Dr Sameera resigned due to personal problems. Dr Sreekanth will be replacing her in ECM. He will be special invitee till next GB ratification.

Presidential projects on differently abled children and artificial intelligence are going on very well with the help from district clubs.

KSOS family meet held on May 9th and 10th I Hotel Lakesong Kumarakom was a grand success. The number of participants were the highest till date. Sports and cultural programmes were enjoyed by each and everyone. Special thanks to Dr Merine Paul, Dr Vijayalakshmi, Dr Priyanka Thilak and Dr Ann for co ordinating the event. The second executive meeting of KSOS was held during the family meet on May 10th at hotel Lakesong in Kumarakom.

The nomination form for KSOS elections for the post of Vice president 2026 is attached herewith. Nominations will open from September 2026.

I thank our president Dr Rajiv Sukumaran for guiding us in day today functioning of the society.

Once again thanking you

Jai KSOS

Main decisions of Executive meeting held on May 10th at Hotel Lakesong Kumarakom

1. Planning more VEC centres in the state. Their training will be given by current VEC. New VEC committee headed by Dr Mahadevan and Dr Shiney and Dr Haripriya will organise
2. All Wet lab or hands on training programmes conducted by the district clubs will be under AIOS Prayogshala banner. It was discussed with AIOS secretary and we have to fill a google form for conducting Prayogshala activities in association with AIOS. Since funding is limited we can do without AIOS financial aid any number of prayogshala activities.
3. When someone is applying for credit hours, please do not write under the aegis of KSOS. It should be written CME organised jointly by KSOS and district club or KSOS in association with district club.
4. Equipment got for KSOS wet labs should be kept in KSOS office with a register. Perishable items can be donated to medical colleges for teaching purpose. Refraction model eyes will be given to secretary to keep in the KSOS office.
5. KSOS Office may be modified to a board room and we can spend for infrastructure development
6. Dr KE Eapen posterior segment poster award contribution Rs 1000000 was received
7. ARC member is a must for AIOS best society awards. The following decisions were made. 1. ARC chairman post is needed in the current scenario. 2. Dr Vijayalakshmi will be the interim ARC chairperson now till bylaw revision is done.3. Bylaw revision committee will bring out suggestions before September with all inputs and EC recommendations will be presented in an online extraordinary GB before next GB. 4. The division of work should be clearly demarcated between ARC chairman and Scientific committee. This included online classes, PG programmes, prayogshala, CME series, LDP programmes etc. guidelines should be mentioned clearly to avoid overlap
8. We have to limit the number of copies of KJO to 1500 which is the minimum as per WK contract.
9. We will employ a person to call all members. Response can be noted and followed up with a mail. All new members are getting only soft copies. If any new member wants hard copy they have to pay.
10. The money saved from reducing the copies can be utilised for publishing a supplement for case report. This will ensure no extra burden for KSOS.
11. It was decided that monthly Google form to general secretary

for points, PDF to web editor and reporting to joint secretary quarterly are enough.

12. Work is going on to incorporate AI in our website. We can search any talk in Drishti with prompt. It is done by transcript of the talk and using machine learning. Chatbot is planned.
13. LDP update was presented by Dr Priyanka Thilak. 5th LDP programme of KSOS will be on July 11,12th 2026 in Raviz Kadavu Kozhikode. It is organised by Dr Bindu Ajith along with previous mentors Dr Natasha and Dr Ambika Shetty and Dr Priyanka Thilak. It will be conducted by IIM Kozhikode and Certificate from IIM Kozhikode will be given.
14. Treasurer said from next year each office bearer should present their budget for the year in the first executive in January itself.
15. Dr Natasha mentioned that only Editor KJO can become Vice president without taking any other posts. Editor should be made a second level post. Person should take one of district club representative, scientific committee member, joint secretary or web editor posts before going for editor KJO. This resolution will be passed in executive and submitted to GB along with Bylaw revision committee report. It was unanimously agreed.
16. Bylaw revision committee headed by Dr Saikumar will come out with report by September
17. Regarding Cover U programme of AIOS our concerns were informed to AIOS office bearers Managing committee AIOS will revert regarding this matter.



Dr Merine Paul
Joint Secretary, KSOS

Joint Secretary's Message

Dear KSOS Members,

The overwhelming response to the last edition of KSOS Connect has been truly heartening. Your appreciation, encouragement, and constructive feedback reaffirm our belief that Connect is becoming a vibrant platform for learning, sharing, and staying connected as a professional community.

I am delighted to present the latest quarterly edition of KSOS Connect.

This issue is particularly special. For the first time, we feature Letters to the Editor, with members responding thoughtfully to articles from our previous edition. I sincerely hope this marks the beginning of an active culture of discussion, debate, and exchange of ideas through our newsletter.

We are also pleased to announce the winners of the Connect Crossword. My congratulations to all the winners, and my thanks to everyone who participated with such enthusiasm.

As we continue to evolve, KSOS Connect belongs to every member of our society. Whether you have a clinical pearl, an interesting case, an opinion, a personal reflection, or a response to an article, I warmly invite you to write to us. Your contributions are what make this publication relevant, engaging, and representative of the diverse talent within KSOS.

I hope you enjoy reading this edition as much as we enjoyed putting it together. Happy reading, and I look forward to hearing from many more of you in the editions to come.

Warm regards



Dr Aneeta Jabbar
Treasurer, KSOS

Treasurer's Report

Greetings to all my friends from the Treasurer's Desk!

In my previous report, I shared updates regarding the Internal Audit for Drishti 2025, which took place on March 8th at the IMA House, Kochi. The audit committee thoroughly verified all vouchers, receipts, income/expenditure statements, GST compliance details, Tally records, and bank statements.

Financial Settlements & Auditing Updates

- GST Receivables: As of the audit date, three pharmaceutical companies (Ajanta Pharma, J.B. Chemicals & Pharma, and Mankind Pharma) had yet to remit the GST portion of their trade contributions. I am pleased to report that these amounts have since been fully paid and settled.
- TDS Claims: The TDS deducted by various service recipients will be duly claimed as a tax refund during the upcoming Income Tax Return (ITR) filing.
- Outstanding Trade Participation Fees: Two firms (Lupin and Bharat Biomedix) failed to clear their full trade participation dues within the financial year. Consequently, the Audit Committee has recommended that companies failing to clear promised amounts within the respective financial year be blacklisted from participating in future KSOS activities until all outstanding dues are settled.

Acknowledgements & Funds Management

The KSOS Audit Committee placed on record its deep appreciation for the Drishti 2025 Organizing Committee, led by Dr. Rajiv Sukumaran, Dr. Aneesh Madhavan, and Dr. Shiny Nepolean, for their flawless execution of the conference and meticulous maintenance of financial documentation.

Following the calculations of the Drishti 2025 accounts, (total income ₹2,69,93,626 total expense ₹1,55,43,540 ,Excess income over expenditure ₹1,14,50,086) and the post-audited excess income was distributed as per the MOU: 75% to the KSOS SBI account and 25% to the Local Organizing Committee (LOC). The conference organization assistance amounts were disbursed to the participating district clubs Kollam (₹19,60,000), Trivandrum ₹4,21,400) and Pathanamthitta (₹4,21,400) after standard TDS deductions. The net income due to KSOS (₹85.87,564) was successfully remitted to the bank within the same financial year. This major milestone was achieved through the sincere perseverance of our outgoing

Treasurer, Dr. Thomas George.

Special appreciation also goes to the Scientific Committee led by Dr. Bastin V.A. At the end of his two-year tenure, the committee generated a surplus income of ₹5,77,641 over expenditure, which has been successfully amalgamated into the core KSOS funds. Continuing this momentum, this year's Scientific Committee, under the leadership of Dr. Sujith Nayanar, has already collected ₹5,38,403 for the AI course.

Key Minutes from the First IAC Meeting

On April 12th, 2026, the first Internal Audit Committee (IAC) meeting was convened at the Gut Club Board Room, IMA House, Kochi. The meeting was attended by:

- Dr. P.I. Mohan (Chairman, IAC)
- Dr. Sasikumar S. (Secretary, IAC)
- Dr. Thomas George & Dr. Ambika Shetty (Members, IAC)
- Dr. Rajiv Sukumaran (President, KSOS)
- Dr. Mallika O.U. (Secretary, KSOS)
- Dr. Aneeta Jabbar (Treasurer, KSOS)
- Dr. Bastin V.A., Dr. Sreeni Edaklon, and Mr. Dhiraj Tawari

The committee reviewed the KSOS income/expenditure statements, vouchers, receipts, GST compliance, and Fixed Deposit (FD) statements. Moving forward, the committee proposed two key structural recommendations:

1. Leadership Development Program (LDP): Introducing a mandatory registration fee and restricting participation to one member per district club.

2. KSOS Connect Publication Costs: To curb escalating production costs, the committee recommended limiting image inclusions to two photos per activity and a maximum of five photos per club. Members are, however, welcome to upload an unlimited number of photos to their respective club blogs on the official KSOS website.

Second ECM & Budgetary Planning

The second Executive Committee Meeting (ECM) was successfully conducted during the President's Family Meet at Kumarakom on May 10th, 2026. The meeting saw an excellent turnout of thirty-three EC members, and Travel Allowance (TA) was distributed to all attendees. During the session, the minutes of the Drishti conference and the Internal Audit Committee were shared. Additionally, a proposal was tabled to introduce a structured, proactive budget for all KSOS activities starting from the next financial year.

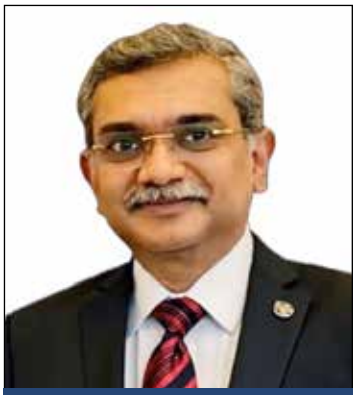
Drishti 2026 & Banking Updates

Preparations for Drishti 2026 are moving forward in full swing, with the organizing team leaving no stone unturned. To streamline operations, the signing authorities for our dedicated Drishti account at ICICI Bank have been officially updated, adding the Organizing Secretary for Drishti 2026, Dr. Sreeni Edakhlon, as a joint signatory alongside the KSOS Treasurer.

As our members are aware, KSOS currently operates accounts across three banks for specific institutional purposes: South Indian Bank, Karnataka Bank, and ICICI Bank. Over the recent months, administrative dealings with Karnataka Bank have become increasingly tedious, causing logistical delays in our operational plans. To resolve this, we are currently finalizing a migration from Karnataka Bank to HDFC Bank. This transition, which was initiated during the tenure of Dr. Thomas George, is actively underway, and we expect it to be completed very shortly.

Regards,

Jai KSOS



Dr V Sujith Nayanar
Chairman, Scientific Committee-KSOS

Scientific Committee Chairman's Message

I am happy to present the activity report of the Scientific Committee for the second quarter of our tenure, covering April to June 2026. The first three months had set a good pace, and I am glad to say that we have been able to maintain that momentum through this period as well. The trust placed in us by the society and its members continues to drive our efforts.

This report covers the various academic activities we conducted during these three months. Our focus remained on delivering consistent, high-quality content while also pushing forward with some of our larger initiatives.

Following our bi-monthly activity plan, we conducted a good mix of programs under both categories. The International Master Class Series this quarter featured Dr. Rupesh Agrawal (Singapore), Prof. Sobha Sivaprasad (UK), Dr. Raman Malhotra (UK), and Dr. Richard Packard (UK) – all well-known names in their respective fields. The Xpert Talk series had sessions by Senior Adv. Shyam Padman (on Medicolegal aspects), Dr. Krishna Mohan R (on Allergy in children), Dr. Senthil Tamilarasan, and Mr. Rajarajan (On ethical marketing and patient centric hospital experience). We also had three YOLK Lounge sessions in collaboration with YOLK, which were specifically aimed at helping our PG students and young ophthalmologists prepare for their FAICO exams. These sessions saw good participation from the target group. All together, we managed to deliver nearly 25 hours of online academic content this quarter.

The Presidential Initiative - "AI for Ophthalmologists" continued to be one of our most exciting projects. We completed Modules 3, 4, and 5 of the 10-month training course. Module 3 covered AI-powered literature search tools, Module 4 focused on using Paper pal for writing introductions, reviews, and discussions, and Module 5 explored how AI can assist in medical education – from creating MCQs and mind maps to generating comics, videos, and podcasts. The response from members has been remarkable, with nearly 350 members still actively enrolled and participating. The WhatsApp group they use to share their AI creations remains quite active, which tells us that members are genuinely engaging with the content.

One of the highlights of this quarter was continuing to secure accredited credit hours from the Medical Council for our online sessions. We received approval for 4 credit hours in the first six months. This is a significant achievement for us and adds real academic value for our members who participate in these programs. In

total, we have now conducted nearly 40 hours of online academic sessions since January.

We are also happy that we could start AIOS-Prayogshala initiative for conducting more targeted programs for the Postgraduates. This will be a series of sessions titled ARC capsules featuring short talks on essential clinical examination skills/tips/ tricks from experienced faculty. The first session was conducted on 24th June by Prof K Mahadevan on the topic Bony Orbit. This series will be continued twice monthly. We have formed an ARC -Academic Research Committee under Scientific committee for carrying out these PG oriented academic events, Our scientific committee member Dr Vijayalakshmi MS will oversee the activities under ARC.

Our public health campaign also crossed an important milestone this quarter. The music video "Hands off Your Eyes," which we created using AI as part of the "STOP THE RUB" initiative, has now crossed 17,000 views. We are happy to see the message reaching a wider audience, especially children and young adults, who are our primary target for this campaign.

On the planning front, we officially kicked off preparations for Drishti 2026 on April 1st. We also revised and published the updated rules for Instruction Course submissions on the KSOS website. The response to the call for submissions has been encouraging, and the committee is now actively reviewing the entries to put together a strong scientific program for the conference. The submission process for Free papers/ posters/ Video is ongoing, and the deadline fixed is June 30th .

To sum up – the second quarter has been as productive as the first. We have managed to keep our academic series running smoothly with excellent faculty, secured a total of 4 credit hours for our online sessions, made good progress on the AI training program (now halfway through), and started the groundwork for Drishti 2026. We have published our academic calendar with upcoming programs for the remaining KSOS calendar. I thank the executive committee members and my Scientific committee team members for the wholehearted support. The committee remains committed to its work, and we look forward to your continued support and feedback.

JAI KSOS



Dr. Sanitha Sathyan
Editor in Chief, KJO

KJO Quarterly Activity Report

The inaugural issue of Kerala Journal of Ophthalmology (KJO Vol 38, Issue: 1 (January-April, 2026), by the new editorial board was released in April, 2026. The issue showcased notable scientific articles, including a review article by the acclaimed strabismologist, Dr. Kenneth W Wright and an online interview on the life and work of the doyen in Ocular Immunology, Dr. Stephen Foster.

KJO launched its Instagram, Facebook and LinkedIn pages in April, 2026 with regular posting of contents in these social media handles. This has been received with much appreciation by KSOS and also ophthalmologists and researchers across the globe.

A new initiative, 'KJO-Saturday Mails' was launched with the purpose of increasing reader engagement through regular posting of an article in the current issue of KJO in KSOS Whatsaap groups, with a commentary by a senior KSOS member. This, I believe, has served as a regular and handy scientific update for our members. Till now, our members have received these unique gift from KJO every Saturday from the month of May, 2026.

Our regular monthly online webinars under the banner of KJO Research Proficiency Initiative continued without interruption. On 29th of April, we had the online session titled, ' How to choose the right study design'. The mentor was Dr. Divyamol N, Community Medicine Department, Government Medical College, Palakkad and the moderator was Dr. Samyuktha Sadasivan from Thrissur Medical College. 'Ethics committee approval for your study', the webinar on the 23rd of May, was led by the noted Public Health Specialist, Dr. Ramankutty V, who serves as the Head of Research at Amala Institute of Medical Sciences, Thrissur. This session was moderated by Dr. Indu B Narayanan from Comtrust Eye Hospital, Kozhikode. The session on 28th of June was about the basics of scientific writing and choosing the right journal, was led by Dr. Aravind Kumar Morya from All India Institute of Medical Sciences, Hyderabad and moderated by Dr. Mahesh Bharathi from Ahalia Eye Foundation Hospital, Palakkad.

In the month of June, KJO launched its own podcast channel on Spotify, thereby becoming the first ever Ophthalmology journal in India to launch its own Spotify Podcast channel. The inaugural podcast on Retinopathy of Prematurity was hosted by Dr Rakhi D'Cruz. The expert panelists were Dr. Meena C. K, Dr. Natasha Radhakrishna and Dr. Anubhav Goyal. This was followed by the second podcast on 'Povidone Iodine prophylaxis before cataract surgery, hosted by Dr Mithun Thulasidas and discussed by Dr. Jaison V and Dr Sasikumar S. The third podcast was hosted by Dr Ashish Kuruvilla and the experts were Dr Philip Kuruvilla and Dr Saikumar S.J. New podcasts based on the articles published in the current issue of KJO have attracted a substantial interest among our KSOS community and outside, as the audio format which can be accessed at one's convenience, free of cost and other hassles. We sincerely hope that many other scientific journals also will follow this innovative example put forward by our own KJO, inviting more interest and engagement in sharing of knowledge.

On behalf of the editorial board of Kerala Journal of Ophthalmology, I thank each KSOS member from the bottom of my heart for standing together with us in these attempts to improve the quality and popularity of our own KJO. Together, let us dream for KJO and chase those dreams relentlessly.

Yours truly,



Dr Natasha Radhakrishnan
Website Editor

Website Editor's Message

Dear KSOS members,

Greetings from your Editor Website.

Happy to announce that all the Website activities are going on in full swing. We have successfully completed the Instruction Course submission and the Freepaper submissions for the Scientific Committee.All club activities , Journal programmes and Scientific Committee activities are uploaded at periodic intervals.

We have also restarted the "Image of the month " column.We will soon be starting the Voter's list updation activity.

There are exciting things on the anvil poised for roll out in the next few months including the AI integration and change of Website graphics and interface .Will keep you posted as they are implemented.

Onam Greetings to all of you and wish you good cheer and prosperity ahead.

Thanking you,

Your Editor Website

In Conversation with

Dr. Mathew Joseph: **A Lifetime of Innovation, Excellence, and Service**

Interviewed by: ***Dr. Divya Kishan***



As part of our continuing series featuring the visionary ophthalmologists who have inspired generations of eye-care professionals, KSOS Connect recently had the privilege of speaking with Dr. Mathew Joseph. A senior member of the Kollam Ophthalmic Association, Dr. Joseph is revered across Kerala for his pioneering spirit, innovative thinking, and lifelong commitment to research. His contributions to the field have earned him numerous accolades, most recently the prestigious Excellence in Research Award at the All India Ophthalmological Conference (AIOC), 2026 Jaipur.

In a candid conversation with Dr. Divya Kishan, he reflects on his professional journey, his passion for discovery, and his vision for the future of ophthalmology.

Early Life and Education

Dr. Joseph describes his childhood as quiet but academically rich. The son of the Vice Principal of University College, he grew up immersed in academic environments. After completing his schooling, he moved to Bengaluru to pursue his MBBS at St.

Looking through a slit lamp for the very first time was a transformative experience. The seamless blend of optics, advanced technology, and clinical medicine made ophthalmology a natural calling for me.

John's Medical College.

Even as a student, his leadership qualities stood out, leading to his election as General Secretary of the Students' Association. It was also during these formative years that his passion for research first ignited. Collaborating with his anatomy professor, he co-authored a research paper that was published in an international anatomy journal—a remarkable milestone for an undergraduate, and a clear sign of the scientific inquiry that would define his career.

Choosing Ophthalmology

When asked what drew him to eye care, Dr. Joseph recalls a deep-seated fascination with optics and physics.

"During my clinical postings, I was absolutely captivated by the precision of ophthalmic instruments," he shares. "Looking through a slit lamp for the very first time was a transformative experience. The seamless blend of optics, advanced technology, and clinical medicine made ophthalmology a natural calling for me."

After earning his MBBS, he moved to Mumbai to pursue his MS in Ophthalmology at Government Medical College, where he underwent rigorous clinical and surgical training.

Training in an Era Before Fellowships

Dr. Joseph belongs to a generation that mastered ophthalmology in a vastly different era, long before structured subspecialty fellowships became the norm.

"We learned primarily through keen observation, hands-on experience, interactive workshops, and peer-to-peer mentorship," Dr. Joseph explains. "There were no online surgical videos or high-tech simulation labs. We relied heavily on one another."

Following his postgraduate training, he worked in municipal eye hospitals and completed mandatory rotations in general surgery and anesthesia—experiences that broadened his clinical judgment and sharpened his surgical versatility.



Many of history's breakthroughs happened simply because someone dared to ask if things could be done differently.



From Rural Maharashtra to Kerala

Driven by a genuine desire to serve underserved populations, Dr. Joseph initially set up his practice in a rural village in Mumbai's Raigad district, while also working as a consultant at the local municipal hospital.

Eventually, family responsibilities brought him back home to Kerala. He had a brief stint in private practice in Thiruvananthapuram.An unforgettable incident during this period was the open globe injury of his own 5 year old daughter, which he himself sutured under GA and restored her sight . Dr Joseph joined Bishop Benziger Hospital in Kollam in 1985. The hospital's robust infrastructure and patient-first ethos aligned perfectly with his own professional ideals.

A Pioneer in Modern Cataract Surgery

Dr. Joseph was among the first wave of ophthalmologists in Kerala to embrace the rapid evolution of cataract surgery. Recalling the dawn of intraocular lens (IOL) implantation and phacoemulsification, he notes that early adopters had to be incredibly self-reliant.

"There was no established roadmap," he says. "We traveled to workshops, shared our notes, and learned through a process of relentless experimentation, evaluating both our successes and our setbacks."

As a master of squint and ptosis surgery, he beautifully equates these delicate procedures to his fine art work.

His approach was defined by meticulous planning and a constant drive to improve surgical safety. By reading voraciously and adapting international techniques, he developed highly effective strategies to optimize patient outcomes and minimize complications.

Research: A Habit of Questioning

If there is a single golden thread running through Dr. Joseph's career, it is his relentless intellectual curiosity.

"I have always been someone who asks 'why?'" he says. "Whenever I run into a clinical hurdle, my immediate instinct is to find out if there is a better, more efficient solution."

He firmly believes that true innovation starts when we stop taking accepted practices for granted and begin encouraging independent thought.



Collaborating with electronics engineers, he built a system that emits ultrasonic waves and translates the returning echoes into distinct auditory feedback for the user.

"Many of history's breakthroughs happened simply because someone dared to ask if things could be done differently. I always tell young doctors that they need to cultivate that exact habit."

This dedication to research led him to present at international conferences and publish in peer-reviewed journals at a time when academic pursuits were far less common for practicing clinicians than they are today.

(A few of his early publications include modification of the streak retinoscope which was published in the Australian and New Zealand journal of ophthalmology in 1991, the second International conference on cornea and eye banking and external disease in Prague ,Czech Republic, where his presentation ' a new conjunctivitis 'was accepted, presented at the American College of eye surgeons in Miami, Florida in 2001 , paper titled ' pterygium, nictitating membrane and dinosaurs.'. A theory on the cause of extinction of dinosaurs , video presentation on a new design of Phaco needle at the International ophthalmology Conference in Abu Dhabi in 2012 and many more ….)

The Echolocator: Inspired by Nature

Among Dr. Joseph's most remarkable recent achievements is the development of an echolocation-based navigation device for the visually impaired—an invention directly inspired by the biology of bats.

The idea struck him after he attended a lecture on assistive technologies. While existing devices focused on describing objects textually, Dr. Joseph envisioned a much more intuitive system rooted in natural principles.

"Bats navigate with astonishing precision using ultrasound," he notes. "They fly swiftly through pitch-darkness, effortlessly avoiding obstacles and tracking prey. I wondered why we



couldn't adapt that identical principle for human mobility."

Collaborating with electronics engineers, he built a system that emits ultrasonic waves and translates the returning echoes into distinct auditory feedback for the user. To heighten spatial awareness, he engineered separate left and right auditory inputs, effectively mimicking the binocular depth perception of human sight.

This groundbreaking project captured national attention and played a major role in earning him the AIOS Excellence in Research Award.

A few of his other innovations include :

A) Patent Granted (2024) in Marine Technology

For "Mechanism for increasing the maneuverability of Ships"

A revolutionary mechanical design engineered to drastically decrease the stopping distances of large vessels, directly preventing maritime collisions and accidents.,

B)Astronomical telescope made from lenses from discarded ophthalmology instruments from Ozanam, Schlieran photography made from the main mirror of the lens

C) a life saving innovation of CPR using a water bottle which was much appreciated at the international cardiology conference at Dubai in 2026

And many more….

The Support Behind the Success

Later in the interview, Dr. Joseph's wife joined the conversation, offering a heartwarming glimpse into their life

The couple first met at St. John's Medical College, where she was his junior.



behind the scenes. The couple first met at St. John's Medical College, where she was his junior.

After marrying, she masterfully managed their home and supported Dr. Joseph through the intense demands of his early training and career. Later, she resumed her own medical journey, serving first at Bishop Benziger Hospital and later at Sankar's Hospital.

Their partnership has also borne fruit in their three accomplished children: their eldest daughter is an architect practicing in Dubai; their second daughter is a successful Chartered Accountant; and their son, a retired Indian Navy Commander, is currently part of an exciting defense robotics startup.

A Man of Many Talents

Beyond his clinical brilliance, Dr. Joseph is a true Renaissance man with an extraordinary range of creative talents. He is a gifted painter, sculptor, singer, and master craftsman.

The vibrant oil paintings and finely chiseled sculptures in the living room, stood as a testament to his legacy

With a smile, his wife reveals that much of the wooden furniture enriching their home was completely handcrafted by him. His artistic endeavors demand the very same creative spark and spatial precision that define his surgical career.

"He has always been inherently curious and completely determined to find a better way of creating or fixing things," she says. "That quality touches

Today's young ophthalmologists are exceptionally well-trained, highly informed, and enjoy access to world-class mentors and learning resources



absolutely everything he does."

Advice to Young Ophthalmologists

Despite his legendary status, Dr. Joseph is incredibly modest and full of praise for the new generation entering the field.

"Today's young ophthalmologists are exceptionally well-trained, highly informed, and enjoy access to world-class mentors and learning resources," he remarks.

His parting advice to them is both simple and profound:

"Learn to think for yourselves. Never accept a methodology blindly just because it is common practice or because it's the way it has always been taught. Question it, analyze it, reason through it, and look for hard evidence. True innovation only begins when you have the courage to think independently."

A Legacy of Curiosity and Compassion

Dr. Mathew Joseph's life story is a powerful testament to the impact of lifelong learning, scientific inquiry, and quiet service to humanity. Whether operating as a surgeon, researcher, inventor, artist, or mentor, he remains an enduring inspiration to everyone around him.

His stellar career serves as a gentle reminder that excellence in medicine isn't just about mastering current textbooks—it's about constantly seeking new horizons to make life better for our patients.

KSOS Connect extends its warmest gratitude to Dr. Mathew Joseph and his family for opening up their home and sharing their remarkable journey and invaluable insights with our readers.



Report of District Clubs

TRIVANDRUM OPHTHALMIC CLUB (TOC)

From Trauma to vision rescue - managing intra ocular foreign bodies.

APRIL 2026

The TOC monthly meet was conducted on 29th April 2026 at Residency Tower Trivandrum. 42 members were in attendance. Dr A Syed Mohideen Abdul Khader - chief consultant, vitreo retinal services, Aravind Eye Care Tirunelveli was the main guest speaker and the talk was on "From Trauma to vision rescue - managing intra ocular foreign bodies."

Second talk was on "Ranibizumab biosimilars in Neovascular Age related macular degeneration" by Dr Ashwin P R.





MAY 2026

The monthly meet was conducted on 21st May 2026 at Hotel Apollo Dimora Trivandrum. 42 members were in attendance.

Guest speaker was Dr John Davis Akkara, and the first talk was on "AI in ophthalmology", second talk was on "Smart phones in ophthalmology".

Felicitations were given to faculty of the last PG training program for their contributions and efforts AIOS International hero of India

- Dr Minu Mathen - Recipient of Dr AM Gokhale oration award 2026
- Dr Unnikrishnan Nair - First runner up in the best poster competition
- Dr Aparna - the LOC award for best case presentation at the OPAI Conference



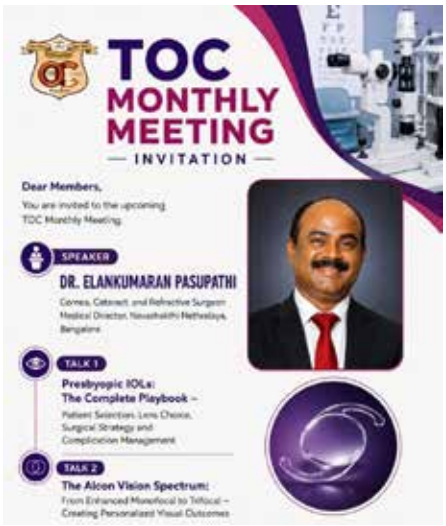
Mistakes, Misses and Masterstrokes What guidelines and textbooks don't tell us



JUNE 2026

The monthly meet was conducted on 30 June 2026 at Hotel SP Grand Days Trivandrum.

Guest speaker was Dr Elankumaran Pasupathy, Cornea and Phaco Refractive Surgeon at Navsakti Nethralaya, Bangalore.



ACADEMIC ACTIVITIES

Gokulam medical college conducted a CME on 12th April 2026 at SP Grand Days Focus was on challenging ophthalmic cases in Paediatric ophthalmology and Refraction, Cataract, Neuro ophthalmology and ocular inflammation.



SACON 26 was conducted by Sreenethra Eye Care on 17th May 2026 at Hyatt Regency Trivandrum, based on the theme "Mistakes, Misses and Masterstrokes What guidelines and textbooks don't tell us".

This meeting brought together the eminent national and state experts like Dr Vishali Gupta, Dr Krishna Das, Dr Meenakshi Swaminathan, Dr Namrata Sharma, Dr Santhosh Honavar, Dr Mahesh G, Dr Geetha Iyer, Dr Bindhu S Ajith, Dr Devendra Maheswari, Dr Fairoz, Dr Maya Hada, Dr Neena R, Dr Shishir Varghese, Dr Anila George in various specialities like Glaucoma, Uvea and Retina,Orbit and Oculoplasty, Paediatric ophthalmology and Squint, Cornea and Ocular surface.

The most attractive session was skill transfer stations. The attendees were 120.





ANANTHANAYANAM 2026 - Skills and Strategies simplified - was conducted by RIO Trivandrum on 31st May at Hotel SP Grand Days.

The focus was on the practical aspects of ophthalmology covering key areas of retina, glaucoma, cornea and application of AI.



The focus was on the practical aspects of ophthalmology covering key areas of retina, glaucoma, cornea and application of AI.

INDIVIDUAL MEMBERS' ACHIEVEMENTS

- AIOS International Hero of India Award - Dr Minu Mathen
- Dr A M Gokhale oration award 2026 - Dr Unnikrishnan Nair
- First runner up in the best poster and LOC Award for best case
- presentation at OPAI 26 - Dr Aparna
- PG teams from Chaithanya Eye Hospital performed excellently in the Big Q
- Brain Teasers All India Quiz -

1. Team Nethra- secured 3rd prize - Dr. Anjana P & Dr. Parvathy B Raj with Mentor Dr. Aparna
2. Team Lumina – secured 5th prize Dr. Shahana & Dr. Parvathy S Nair, with Mentor Dr. Femina Hashim.

KOLLAM OPHTHALMIC ASSOCIATION (KOA)

"Basics of Ophthalmic Ultrasonography" and "Astigmatism correction in Cataract Surgery"

APRIL 2026

The KOA conducted its Monthly Meeting on 23rd April 2026 at Quilon Beach Hotel, Kollam. On this occasion, the General Body Meeting was held along with CME Series – 4.

Dr. Divya Kishan introduced the guest speaker, Dr. Manju Anup, Consultant – Glaucoma Services,Giridhar Eye Institute, Kochi. Dr. Manju Anup delivered an insightful talk titled "Perimetry Basics for Comprehensive Ophthalmologists."

Following the session, a memento was presented to Dr. Manju Anup by Dr. Venu Gopal.

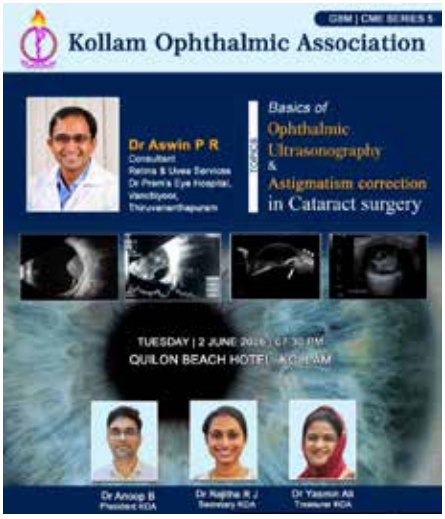




JUNE 2026

On 2.06.2026 KOA conducted CME series 5 along with General Body meeting at Quilon Beach Hotel. It was attended by 24 members.

The speaker was Dr Aswin P R, Consultant, Retina and Uvea Services, Dr Prem's Eye Hospital, Trivandrum, and the topics were "Basics of Ophthalmic Ultrasonography" and "Astigmatism correction in Cataract Surgery"





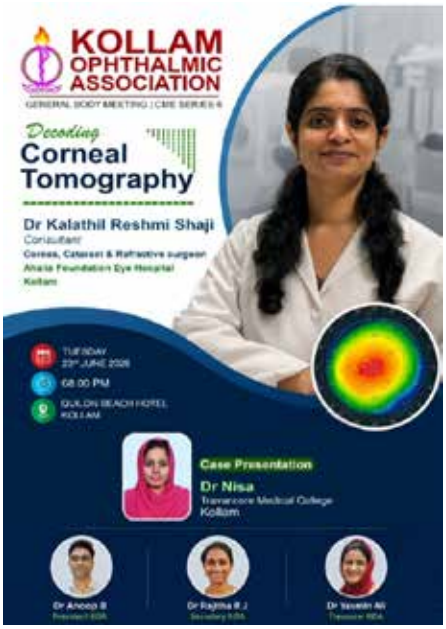
Decoding Corneal Tomography





On 23.06.26 KOA conducted CME series 6 along with General Body meeting at Quilon Beach Hotel. It was attended by 33 members.

The speaker was Dr. Kalathil Reshmi Shaji, Consultant, Cornea, Cataract and Refractive Surgeon, Ahalya Foundation Eye Hospital, Kollam and the topic was "Decoding Corneal Tomography".





ACADEMIC ACTIVITIES

PG UPDATE: An interesting Case Presentation session was conducted on Bilateral Disc Edema by Dr. Nisa, second year Resident, Travancore Medical College, Kollam along with our monthly CME on 23rd June. Post graduates from Amardeep eye care, Travancore Medical college and Govt. Medical College Kollam attended the programme.

Dr.Edwin James, Associate Professor - Government Medical College,

Summer Eye Care and Precautions was conducted through Radio Benziger FM

Kollam and Dr.Parvathy.R, Associate Professor, Travancore Medical College chaired the session.

OUTREACH PROGRAMS / CAMPS / PUBLIC AWARENESS ACTIVITIES

- A radio talk by Dr.Anjana T, Ahalya Foundation Eye Hospital, Kollam on "Summer Eye Care and Precautions" was conducted through Radio Benziger FM on 18th April 2026. It was very informative and gained public attention.
- As part of ANBU project,on 15th May 2026 Priyanka Eye Hospital conducted Vision screening for 58 students At Spectrum Hearts School, Karunagappally.
- On 19th May 2026 District Hospital, Kollam and Priyanka Eye hospital screened 35 students at Buds School, Sooranadu as part of ANBU Programme. Camp also identified one case of Congenital cataract, 12 students with refractive errors.
- On 20th June 2026, Sanathana Eye Hospital conducted an ANBU screening camp for 21 students at BVET School, Chathannoor.
- On 27 June 2026, District Hospital Kollam conducted ANBU screening camp at Karunya Special School, Ayoor. Around 30 students were screened during the camp, 12 were prescribed spectacles.













Won the APAO International Best Poster Award.



INDIVIDUAL MEMBER ACHIEVEMENTS

Dr. Sanju Sankar, Consultant, Purple Eye Care won first prize in Paper Presentation on Human Ocular Dirofilariasis at Oculoplasty Conference, OPAI, Kochi.



Dr Rakhi D'Cruz, Consultant Phaco Surgeon, Chaithanya Eye Hospital, Kollam - Won the APAO International Best Poster Award.

- Finalist at the Phakology CME Case Presentation Competition.

SPECIAL MENTION

Amardeep Eye Care Kollam conducted its silver jubilee celebrations marking 25 years of Glorious Service in the field of Ophthalmology and patient care in Kollam district led by the eminent leader and Ophthalmologist Dr. Jayaprasad.



OPHTHALMIC SOCIETY OF PATHANAMTHITTA (OSP)

The academic programme featured two insightful sessions on glaucoma management.

APRIL 2026

The Monthly Scientific Meeting of the Ophthalmic Society of Pathanamthitta was held on 25th April 2026 at KGA Elite Continental, Thiruvalla, with enthusiastic participation from members.

The academic programme featured two insightful sessions on glaucoma management.

Dr Meena Nair, Senior Consultant, Glaucoma Services, Chaithanya Eye Hospital spoke on "Medical Management of Glaucoma: Navigating Guidelines Amid Real-world Challenges."

Dr Ann Mary Mathews, Glaucoma Consultant, Chaithanya Eye Hospital, Thiruvalla, presented "Management of Coexisting Cataract and Glaucoma," highlighting practical decision-making and surgical considerations.

The "Stress Buster Corner" by Dr M.I. John and Vishu Bumper added a warm and lively touch, enhancing the fellowship and camaraderie of the gathering.

MAY 2026

The Ophthalmic Society of Pathanamthitta successfully conducted its Monthly

Scientific Meeting – CME Series 4/2026 with enthusiastic participation from members

The academic evening, held on Friday, May 22, 2026 at K.G.A Elite Continental, Thiruvalla, was filled with insightful discussions and vibrant interactions.

Dr. Swapna Nair captivated the audience with her session on "Decoding Corneal Topography", offering valuable practical tips and simplifying complex interpretations Dr. Liz Mary Santhosh delivered an engaging talk on "PRK Uncovered", shedding light on the evolving concepts and clinical pearls in refractive surgery.

The much-appreciated Stress Buster Corner by Dr. Chaithanya R. Warrier and Dr. Sreelekshmi added energy, fun, and relaxation to the scientific gathering.

ACADEMIC ACTIVITIES

PG Update program

CRASH COURSE CAPSULE

The Ophthalmic Society of Pathanamthitta (OSP) successfully conducted "Crash Course Capsule – CCC for PG Exams", a focused Postgraduate Ophthalmology Workshop on 21st June 2026 at KGA Elite Continental, Thiruvalla.

The workshop, inaugurated by KSOS President Dr Rajiv Sukumaran, served as a high-yield academic platform combining clinical case discussions, exam-oriented teaching, viva preparation and OSCE-based learning.

Crash Course Capsule – CCC for PG Exams, a focused Postgraduate Ophthalmology Workshop







OUTREACH PROGRAMS / CAMPS / PUBLIC AWARENESS ACTIVITIES

ANBU Screening Camps

- Camp 1 - ANBU Screening Camp by Ophthalmic Society of Pathanamthitta in association with Sabitha Eye Care on June 16th at Prakashadhara School for Differently Abled, Pathanamthitta.
- Camp 2 - ANBU Screening Camp at Justin's Home,Kaviyoor by Ophthalmic Society of Pathanamthitta along with Chaithanya Eye Hospital,Thiruvalla on June 20th.
- Camp 3 - ANBU Vision Screening Camp Organised by the Ophthalmic Society of Pathanamthitta in association with Sabitha Eye Care at Francis Memorial Ashwasa Bhavan, Pathanamthitta on June 23rd.

ANBU Vision Screening Camp



KOTTAYAM OPHTHALMIC SOCIETY (KOS)

"Transformative impact of EDOF IOL" and "Elevating standard of Cataract Care with Toric and monofocal plus IOL"

APRIL 2026

Monthly meeting of KOS was held on 24th April 2026 at Hotel Ceaser Palace Kottayam.

15 members attended the meet. Guest speakers were Dr Anup Chirayath, I-vision eye hospital, Thrissur and Dr. Sudeep Das, Chaithanya Eye Institute, Kottayam. Topic of discussion was "Transformative impact of EDOF IOL" and "Elevating standard of Cataract Care with Toric and monofocal plus IOL"

JUNE 2026

Monthly meeting of June was held at Hotel Indraprastha, Kottayam on 26th June 2026. Guest speakers were Dr Lakshmi J, Giridhar Eye Institute, Ernakulam and Dr Sudeep Das, Chaithanya Eye Institute, Kottayam.

Topics of discussion were "IOL implantation in absence of capsular support " and "Targeting presbyopia in cataract surgery and Tackling astigmatism" The meeting was attended by 25 members.





IDUKKI MALANAD OPHTHALMIC CLUB (IMOC)

Healthy Dietary Routine in Daily Life- Keeping Diabetes at bay

APRIL 2026 :

The IMOC monthly meeting was held on 16th April 2026, at Hotel Kabani Palace, Muvattupuzha, and was attended with by 20 attendees.

Topics discussed at the meeting -

1) Re-thinking dry eye in daily practice:- Dr. Sagar Basu

2) MGD : The hidden driver of dry eye:- Dr. Revathi Nambiar



MAY 2026 :

The monthly meeting was held on 21 May 2026, at Hotel Kabani Palace, Muvattupuzha, and was attended by 24 attendees.

Chief guest: Ms. Neetha Pradeep, Chief Nutritionist , Silverline Hospital, Kochi

Topics discussed : Healthy Dietary Routine in Daily Life- Keeping Diabetes at bay







JUNE 2026 :

The monthly meeting was held on 25 JUNE 2026, at Hotel Kabani Palace, Muvattupuzha, and was well attended.

Topic of discussion : Visual Field Assessment; Pearls, Pitfalls and Practical Interpretation - an interactive session for general ophthalmologists.

by - Dr. John Davis Akkara



ALLEPPEY OPHTHALMIC CLUB

The theme of the CME was Tips and Tricks in Ophthalmology

The annual CME by TDMC, Alappuzha - MIZHI, was conducted on April 19 2026 at Hotel Royale Park, Alappuzha.

The theme of the CME was Tips and Tricks in Ophthalmology and was well attended by 60 people.

There were multiple comprehensive sessions covering all aspects of ophthalmology by notable experts.




HD


HD


HD


UNDER THE AEGIS OF KSOS AND AOC
TIPS AND TRICKS IN O
RAZUMAB

COCHIN OPHTHALMIC CLUB (COC)

The scientific session included leading Retina specialists and Nephrologists

APRIL 2026 :

The COC monthly meeting was held on 17th April 2026, at Marriot Hotel, Kochi, and was well attended with over 90 attendees.

The scientific session included leading Retina specialists and Nephrologists from Kochi with the theme being diabetic retinopathy and diabetic nephropathy ; and it's correlation.





MAY 2026:

Held on 22nd May, 2026 at Gokulam Park Convention Centre, Kochi, and attended by 65 members.

It was an enriching scientific session which included, among other scientific talks, Dr. Giridhar's lecture on Recent advances in Macular Telengiectasia, which was the AIOS 2026 Dr. S. Badrinath Endowment Award presentation.



JUNE 2026 :

Held on 12th June, 2026 at Grand Hotel, Kochi and attended by 72 members.

Scientific session was chaired by Dr. Saikumar. S.J. The discussions held were "AI in Ophthalmology" by Dr. Rajiv Sukumaran, and "Unblocking the Blink - The moist heat solution for MGD" by Dr Aneeta Jabbar.



"AI in Ophthalmology" and "Unblocking the Blink - The moist heat solution for MGD"

Academic Activities / CMEs

COC PG Update - Module 1 was held at Amrita Institute of Medical Sciences on May 1, 2026



COC PG Update Module 2 was held at Chaithanya Eye Institute, Palarivattom on June 7, 2026.



Optima- 2026 : Harmony of Vision - From cornea to cortex was conducted by Dr. NSD Raju's eye hospital, Kochi on 24th May 2026 at IMA House, Kochi.

The sessions included Future of Ophthalmology, Cataract, Pediatric Ophthalmology, Retina and Recent updates.

Followed by a quiz competition for post graduates by Dr. Praveena Shyam.

The faculty included eminent speakers from Kochi and within the state and guest faculty, Dr. Ramesh Kekunnaya and Dr. Megha G.



Future of Ophthalmology, Cataract, Pediatric Ophthalmology, Retina and Recent updates.



Traumacon was conducted by Little Flower Hospital, Angamaly on June 28, 2026 at Chakolas Pavillion, Kalamassery, Kochi.



OUTREACH PROGRAMS AND CAMPS

"Anbu" - A Presidential project of KSOS

Neuro Visual Rehabilitation Clinic at Adarsh Rehabilitation Centre was inaugurated on 12th June, 2026, established with the support of Giridhar Eye Institute.

Inaugurated by Dr. Rajiv Sukumaran, President KSOS and attended by Dr. Giridhar. A, Dr. Thomas Cherian, and Dr. Neena R.





Special school screening programme was conducted on 18th June, 2026 at Ashakendram, Karikkamuri, Ernakulam by Chaithanya Eye Institute. 52 students were screened.

Attended by Dr. Anu Mariya Paul and Dr. Liji Rajesh.



Long- Term Visual Outcomes and Treatment-Related Prognostic Variables in Pediatric Demyelinating Optic Neuritis

INDIVIDUAL MEMBER ACHIEVEMENTS

COC at OPAI 2026 Conference - April 24 - 26 2026

Presenters from COC - Dr. Neena R, Dr. John Davis Akkara, Dr. Anna Kurian, Dr. Samvedya Veenish, Dr. Ann. J.K, Dr. Lekha T, Dr. Sujithra H, Dr. Ani Sreedhar, Dr. Marian Pauly, Dr. Vinay S Pillai, Dr. Divya Giridhar

Dr. M V Francis was honoured by the headache society of India

Dr. Neena R presented at CONCURED #2 , New Delhi, at Summer Spice Neurovista 2026, Palakkad on May 3, 2026, and at SACON, held at Hyatt Regency, Trivandrum by Sreenethra Eye care on 17 May, 2026.

Dr. John Davis Akkara presented on Artificial Intelligence at Mizhi 2026 on April 19th at Alapuzha, at TACO monthly meeting on April 21, monthly academic meeting of Trivandrum Ophthalmic Club on May 21 at Apollo Dimora, Trivandrum. He also contributed to a book chapter on glaucoma medications.

An article: "Anti-vascular endothelial growth factor therapy in polypoidal choroidal vasculopathy" by **Dr. Giridhar, Dr. T Lekha and Dr. Kiran Chandran** was published in Indian Journal of Ophthalmology- May issue

Dr. Natasha Radhakrishnan: Published a study "Long- Term Visual Outcomes and Treatment-Related Prognostic Variables in Pediatric Demyelinating Optic Neuritis: A 10-Year Retrospective Cohort Study"

Dr. Ranjini.H - won the Best Paper and Best Case presentation award at Mid-term SPOSI(Strabismus & Paediatric Ophthalmology Society of India) at Hyderabad on June 6th and 7th 2026.

Dr. Anil Radhakrishnan presented at Summer Spice Neurovista 2026, Palakkad, on May 3, 2026.

Dr. Thomas Arun Varghese presented at Summer Spice Neurovista 2026, Palakkad, on May 3, 2026.

THRISSUR ACADEMIC CLUB OF OPHTHALMOLOGY (TACO)

Eyecare Apps for the comprehensive ophthalmologist AI Tools Match making

APRIL 2026

AI HANDS ON TRAINING FOR TACO MEMBERS by DR JOHN DAVIS AKKARA

- Date : 21/04/2026
- Venue : Casino hotels Thrissur
- Attendance : 35
- Topics discussed :

Eyecare Apps for the comprehensive ophthalmologist AI Tools Match making- Which to choose for What?

MAY 2026

Date : 22/05/2026

Venue : Casino hotels Thrissur

Attendance : 39

Chief Guest / Speaker : Dr V.R. Saravanan

Topics discussed : "Seeing the unseen - posterior segment trauma decoded"









Ocular imaging Simplified

ACADEMIC ACTIVITIES

PG UPDATE NO: 1

- Date : 19.4.2026.
- Venue : I-vision eye hospital
- Attendance : 47 MEMBERS
- Chief Guest / Speakers : Dr Sudha V , Dr Smitha N
- Topics discussed : Ocular imaging Simplified
- Special remarks : Round table discussions with printouts of imaging







PG UPDATE No : 2

• Date : 21.06.2026.

• Venue : Brother xavier Hall, Amala institute of medical science, Thrissur

• Attendance : 79 members

• Chief Guest / Speakers : Dr. Ranjini K, Dr. Sudha V, Dr. Mallika V, Dr. Lathika V K, Dr. Jyothi Anup, Dr. Jayasree P V, Dr. Prithvi Chandrakanth, Dr. Jainy Joseph E, Dr. Sruthi R S, Dr. Samyukta Sadasivan K, Dr. Hilda Nixon, Dr. Sharika E M, Dr. Gigi Augustine T, Dr. Nimmy J, Dr. Anisha Tresa Augustin, Dr. Thanusree P, Dr. Sahala V S, Dr. Anu Joseph Babu

• Topics discussed :

1. VAST Sessions : Do it Right!,

2. Emergency : On Call, On Point,

3. Exams : Ace the Race!!,

4. Exam oriented Dry labs

Ophthometrics - Squint, Ptosis & proptosis assessment with real patients

Ophtha palette -Colour coded diagrams decoded (Fundus & Cornea), Hands on Retinoscopy

5. Phaco wet lab



VAST Sessions : Do it Right! & Emergency : On Call, On Point



OUTREACH PROGRAMS / CAMPS / PUBLIC AWARENESS ACTIVITIES

April 2026 : Total No of Camps : 66; Total No of Patients : 3060

May 2026 : Total No of Camps : 59, Total No of Patients : 3703

June 2026 : Total No of Camps : 81, Total No of Patients : 5492

ANBU CAMPS

TACO in association with I-Vision Eye Hospital at Holy Family Special School Vallachira on 10/06/2026, John Ukken Memorial Special School, Thaikkattussery on 11/06/2026, at Santhwanam Trust Special School, Anthikad on 19/06/2026 and at St. Joseph's special school Cheroor on 24.06.2026.

PALAKKAD SOCIETY OF OPHTHALMIC SURGEONS (PSOS)

Summer Spice-Neuro Vista 2026

APRIL 2026

Executive Committee Meetings – Summer Spice Planning

- Date: April 2026 (Three Executive Committee Meetings)
- Venue: Cosmopolitan Club, Palakkad
- Events Conducted: Planning meetings for Summer Spice – NeuroVista 2026
- Attendance: Executive Committee Members
- Topics Discussed: Scientific programme planning, faculty invitations, sponsorship opportunities, logistics and venue arrangements.
- Special Remarks: Venue inspection conducted as part of conference preparations.

MAY 2026

Summer Spice – NeuroVista 2026

- Date: 3 May 2026



• Venue: Hotel Tripenta, Malampuzha

• Events Conducted: Annual Academic Conference and Flagship CME of PSOS

• Attendance: Over 100 delegates

• Special Remarks: The conference witnessed overwhelming participation with packed halls throughout the NeuroVista sessions. The practical and clinically relevant presentations were exceptionally well received by delegates and generated lively discussions. The presence and participation of the President of the Indian Neuro-Ophthalmology Society (INOS) added significant academic value and prestige to the programme.

The presence and participation of the President of the Indian Neuro-Ophthalmology Society (INOS) added significant academic value and prestige to the programme.










Glaucoma Management in Pregnancy

JUNE 2026

- Date: 19 June 2026
- Venue: KPM Regency, Palakkad
- Attendance: 30 members
- Speaker: Dr. Amna Mol Fathima, Second-Year DNB Resident, Ahalia Foundation Eye Hospital, Palakkad
- Topic Discussed: Glaucoma Management in Pregnancy






ANBU – KSOS Presidential Project Screening Camp

- Date: 1 April 2026
- Venue: ICCONS, Shornur
- Beneficiaries Screened: 47
- Outcomes:

- Cerebral Visual Impairment (CVI) diagnosed in 5 beneficiaries

- Refractive errors detected in 4 beneficiaries

- Spectacles prescribed where indicated

Cerebral Visual Impairment (CVI) diagnosed in 5 beneficiaries

INDIVIDUAL MEMBER ACHIEVEMENTS

- Dr. Mahesh Bharathi won the Best Clinical Photograph Award at the Cochin Ophthalmic Club Photography Competition conducted as part of the World Glaucoma Awareness Programme.
- Dr. Mahesh Bharathi secured the Second Runner-up Prize for Surgical Video Presentation at Glaucopedia, the Annual Glaucoma CME organized by Chaithanya Eye Hospital.
- Felicitation of Dr. Jayadevan for his longstanding contributions to ophthalmology and professional service.
- Dr. Arathy (NBE Gold Medalist) was felicitated in recognition of her outstanding academic achievement.



MALAPPURAM OPHTHALMIC SURGEONS SOCIETY

OCT: Basics and Systematic Interpretation

MAY 2026

The Malappuram Ophthalmic Surgeons Society successfully conducted its monthly CME meet, "Visionary Series," on 20th May 2026 at Hi-Ton Hotel, Perinthalmanna, with the participation of 45 ophthalmologists from across the district. The academic highlight of the evening was an insightful lecture by Dr. Vineetha Prakasam, Vitreo-Retina Surgeon, Abate Eye Hospital, on "OCT: Basics and Systematic Interpretation," which was highly interactive and clinically relevant.

The programme also featured "Ophthalmology Ka Funda," comprising an ophthalmology-related picture quiz and dumb charades, encouraging teamwork, active participation, and engaging interaction among members.

The meeting concluded successfully with enriching scientific discussions, networking, and enthusiastic involvement, reflecting the continued commitment of MOSS towards academic excellence and professional bonding.

JUNE 2026

The Malappuram Ophthalmic Surgeons' Society (MOSS) conducted its monthly Visionary Series CME 2026 on 24 June 2026 (Wednesday) at Hi-Ton Hotel, Perinthalmanna. The programme was attended by 25 members.

The session featured an interactive and inspiring talk by Dr. Sreekanth Ramachandran on "Precision, Passion & Purpose: How Science, Art and Balance Shape a Surgeon's Life." The discussion emphasised the importance of balancing scientific excellence, artistic pursuits, and personal wellbeing in a surgeon's professional journey.

The programme concluded with "Ophthalmology Ka Funda," an interactive session comprising games and group activities aimed at strengthening professional networking, fostering fellowship, and enhancing member engagement.








Ophthalmology
Ka Funda



KOZHIKODE OPHTHALMIC SOCIETY (KOS)

PIXEL TO PUPIL - AI's practical role in daily ophthalmology

APRIL 2026

KOS successfully conducted the monthly meeting on 23.4.26 at Hotel KPM Tripenta, Kozhikode. It was attended by 70 members.

The chief guest was Dr Rajesh P, Vitreo Retinal Consultant, Abate Eye Hospital and the topic discussed was "Diabetic macular edema".

JUNE 2026

The monthly meeting was held on 23.6.26 at Hotel Hyson Heritage

The topic of discussion was "PIXEL TO PUPIL - AI's practical role in daily ophthalmology"

by Guest speaker Dr Prithvi Chandrakanth.





ACADEMIC ACTIVITIES

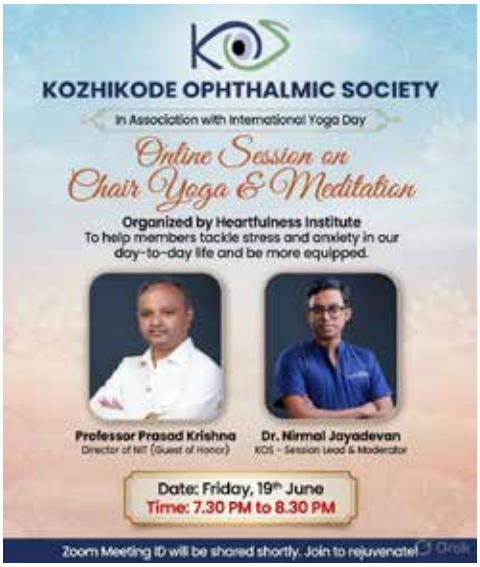
- APRIL – Annual CME of Comtrust Eye Hospital – "Comflam" under the aegis of KSOS AND Kozhikode Ophthalmic society at Hotel Raviz Kadavu , focused on uveitis and had many national level speakers. It had around 150 attendees .
- MAY – Dr M Prabhakaran Oration award CME along with the Statewide PG quiz for KOS ever rolling trophy was conducted on May 31st and the oration awardee was Dr Ramesh Kekunnaya. It had around 100 attendees. WINNERS - Dr. Nazla Fathima and Dr. Juhaina Najeeb 2nd prize - Dr. Vaishna Megha and Dr. Sumayya Moossakoya 3rd prize - Dr Shahnas CK And Dr. Harishma NK
- Workshop on BYNOCS vision therapy on 31st MAY 2026.

The campaign emphasized the prevention of avoidable ocular trauma during festive celebrations











OUTREACH PROGRAMS / CAMPS / PUBLIC AWARENESS ACTIVITIES

AI-Generated Public Awareness Video on Firecracker Eye Injury

The awareness video was conceptualized and created by Dr. K. Preetha and officially released by the Hon'ble KSOS President, Dr. Rajiv Sukumaran.

The campaign emphasized the prevention of avoidable ocular trauma during festive celebrations and highlighted the devastating visual consequences that may result from unsafe firecracker practices. The video was released in all social media handles of KOS.

INDIVIDUAL MEMBER ACHIEVEMENTS

- Dr. Nayana G. – Best Poster Podium Award in Squint, AIOC Jaipur 2026
- Dr. Athul S. Puthalath – Best Paper in Comprehensive Ophthalmology, Best Video
- Finalist (Posterior Segment & CS Reshmi Award), AIOS–IJO Appreciation Award
- Dr. Mithun Thulasidas – AIOS IJO Certificate of Appreciation and AIOS InternationalHeroes Award
- Dr. Prithvi Chandrakanth – Best Poster in VR Diseases, Best

Innovation Consolation

- Prize, AIOS IJO Certificate of Appreciation
- FAICO Awardees: Dr. Nirmal (Neuro-ophthalmology), Dr. Harsha (Glaucoma), Dr. Hema (Retina), and Dr. Nayana (Pediatric Ophthalmology)
- AIOS Faculty Award – Dr. Leila Mohan
- Lifetime Achievement Award - Dr N V SIVAN – given during the Dr M Prabhakaran memorial oration CME .







Cataract Surgery In Extreme Axial Lengths

WAYANAD OPHTHALMIC CLUB (WOC)

The eighth meeting of Wayanad Ophthalmic Club (WOC) was held on 12th APRIL 2026 at Hotel Copper kitchen, Muttil.

The meeting began with a silent prayer, hosted by Dr. Maya Paul followed by a welcome speech by Dr. Rajan Cyriac. This was followed by scientific presentation on topic 'CATARACT SURGERY IN EXTREME AXIAL LENGTHS' by guest speaker Dr.Jaison. V A, Chief consultant and surgeon, Jyothis Eye Care, Kannur. Case scenarios were also discussed.

The scientific session was followed by felicitation of the senior ophthalmologists of Wayanad, Dr. Rajan Cyriac, Dr.A.P. Kamath and Dr. Sabitha.

The meeting was then concluded with vote of thanks by Dr. Bihag at 8:30 pm followed by dinner. The meeting was attended by 12 members.











OPHTHALMIC SOCIETY OF KANNUR (OSK)

Science and Strokes." Members were invited to display their artwork, showcasing their creative talents

APRIL 2026

DATE - 21ST APRIL 2026

VENUE - HOTEL BENALE INTERNATIONAL, KANNUR

ATTENDANCE - 56 MEMBERS

SPEAKER - DR KIRAN K R, Vitreoretinal Surgeon, Comtrust Hospital, Thalassery

TOPICS DISCUSSED - Vitreoretinal Interfaces.

In addition to the academic program, the meeting incorporated a unique and refreshing element through a theme titled "Science and Strokes." Members were invited to display their artwork, showcasing their creative talents beyond clinical practice. This initiative was met with enthusiastic participation and added a vibrant, personal touch to the gathering, fostering camaraderie and highlighting the diverse talents within the OSK community.





ACADEMIC ACTIVITES

OPHTHA GRAND ROUNDS - Beyond the obvious

DATE - 17TH MAY 2026

VENUE - HOTEL BENALE INTERNATIONAL, KANNUR

ATTENDANCE- 71 MEMBERS





Dr B V Bhat Oration Award presented to Dr Arup Chakrabarti

PHACON- BEYOND THE LENS

DATE - 28TH JUNE 2026

VENUE - HOTEL MAGNET, KANNUR

ATTENDANCE- 31 MEMBERS

During the CME , The Dr B V Bhat Oration award was proudly presented to Dr Arup Chakrabarti in recognition of his outstanding contributions as an exceptional teacher, an exemplary surgeon and visionary leader.







Presidential Project Anbu Program

CAMPS / OUTREACH PROGRAMMES/ PUBLIC AWARENESS

PRESIDENTIAL PROJECT ANBU PROGRAM

DATE - 23rd JUNE 2026

SCHOOL : Jaycee Special School, Dharmadam

CHILDREN SCREENED - 60

Conducted by Comtrust Eye Hospital, Thalassery





INDIVIDUAL MEMBER ACHIEVEMENTS

Dr Remya Edachery received the prestigious FRCS award during the convocation in the month of June held at ROYAL COLLEGE OF PHYSICIANS AND SURGEONS , Glasgow





Dr Soumya PP, presented a free paper Cataract surgery on SICS and Phacoemulsification with trabeculectomy in Pseudoexfoliative glaucoma at Asia Pacific Association of Cataract and Refractive Surgeons

AIOS LDP programme
OP(B)L AT PEGASUS

Dr Mini Mathew, Trivandrum

There is no escape from there once you set your mind on getting trained there

Expecting a posh training institute in the heart of a busy Bangalore ,40 odd ones from the various metros of India and Singapore hurriedly left the comfort of their homes to catch their flights on that fateful Friday.The thunders and showers of nature on day one joined in to give us a drenching welcome at the airport.In weary anticipation,we went racing in the tempo traveller leaving the city bustles of Bangalore ,going off road through unknown terrains close to 9pm in the night..with our driver negotiating acute turns and steep downhills.

Welcome to 'experiential learning'. As our driver warned us, there is no escape from there once you set your mind on getting trained there. You are thrown into a compulsory 8 hours of digital detoxification where all your survival instincts are aroused and you are forced to confront nature in her majesty.

The treacherous plan was to break down our expectations to a primitive zero. The huts assigned to us which were dripping in the rain sent many of us running for safer dens. But to our surprise we met our software counterparts sticking to make shift tents in the middle of nowhere.

The calm morning of Saturday was so serene and enticing that a group of us went trekking to the lake through the muddy slush much to the ado of our military guru,Girish sir . The only quaint eatery in the campus with its primitive taperecorder blaring the melodies of old, is a mute witness to all the companies which have crossed the walls of Pegasus . The campus is dotted with water cans and open stages reminding us of the gurukul way of education.

We were introduced to the Pegasus way by our first guru who christened the entire team as Team Durandhar with 4 subgroups. We were given the first impossible activity of flipping a miniscule mat by a group of 10 members who were not permitted to touch the floor. Working as two teams in collaboration we set to work in unison and we were able to make an achievable strategy but failed the task for want of time. Guru Gireesh made us voice our strengths and weaknesses along with our aspirations in joining the course. Task after task taught us the value of strategising and collabarating for success and greater productivity. Even tasks which needed physical fitness was accomplished by the hefty majority of us,as we were fired by our desire to fight for the group. Moving out from our comfort zones and challenging our limits was the mantra of the day.



Above all was the bonding and camaraderie that filled all 40 of us who were from the different states of India . Each task taught us something new and built up our personality for the better. Gurus Prakash and Vivek complemented each other so perfectly that each message from them was experienced by us before they had even voiced it. To our surprise each one of the guru team had done their homework so well that they knew each one of us by surname.

The Out Bound Learning OP(B)L they had planned for us was well delivered .Each member of team Durander caught a glimpse into their own hidden flaws and strengths.Our stakeholders should be well pleased.

Pegasus is an absolutely essential once in a lifetime experience that will shape the leader in you . Forever thankful to the AIOS ARC, Prashant sir ,Rajesh sir and Shilpi madam for taking pains to set this beautiful experience for us and we are also heavily indebted to KSOS for selecting us to represent the state.













What I Wish I Knew Earlier

Dr Padmaja Krishnan

When one reaches the autumn of one's professional life, people often expect grand revelations—some profound surgical insight, a career-defining decision, or perhaps advice on navigating academic politics.

Curiously, my greatest regret is much simpler.

I wish I had attended Drishti more regularly.

Looking back, it seems such a small thing. Yet it is the one professional opportunity I allowed to slip through my fingers more often than I should have.

In those years, life was exceedingly full. I was juggling the demands of a young family, professional responsibilities, and a household that functioned without the support systems many of us take for granted today. My in-laws lived with us, and whenever I travelled for a meeting, conference, or academic programme, I was acutely conscious of the burden my absence placed upon my mother-in-law. The guilt was often disproportionate to the reality, but it was real nevertheless.

And so, on many occasions, I chose to stay back.

At the time, each decision appeared entirely reasonable. There was always another meeting to attend, another programme to catch, another year ahead.

The difficulty, of course, is that professional growth does not happen in grand leaps. It accumulates quietly—one lecture, one discussion, one debate in a corridor, one conversation over tea. The value of such gatherings is seldom appreciated in the moment. It becomes apparent only when one looks back and realises how many opportunities for learning, networking, and intellectual companionship were missed.

There is another aspect of this that I recognised only much later.

As a teacher, I should perhaps have been more insistent that my postgraduate students attend regularly as well. Yet having been inconsistent myself, I never felt I possessed the moral authority to demand from them what I was not always practising. In hindsight, that was a disservice to them.

Academic meetings are not merely about acquiring information. Textbooks and journals can provide information. What such meetings offer is something far more valuable—a sense of belonging to a professional community, exposure to different perspectives, and the inspiration that comes from observing one's peers and mentors.

If there is one lesson I would pass on to younger colleagues, it is this: do not wait for the perfect time to invest in your professional development. The perfect time rarely arrives.

There will always be family obligations, administrative responsibilities, examinations, deadlines, and unforeseen complications. Life has a remarkable talent for filling every available space. If we wait for our schedules to become less demanding, we may wait forever.

Attend the meeting. Join the discussion. Listen to the lecture. Meet your colleagues.

Years later, you are unlikely to regret the time you spent learning.

You may, however, regret the opportunities you allowed to pass by.

And that, perhaps, is what I wish I had known earlier.



AI Corner

From Retinal Pixels to Systemic Diagnosis

Dr Gopal S Pillai, Cochin

Automated detection of diabetic retinopathy (DR) was the first clinical application to reach regulatory approval.

Key Areas of Work in AI-Ophthalmology

Artificial intelligence has emerged as one of the most transformative technologies in ophthalmic practice, reshaping how clinicians screen, detect, classify, prognosticate and manage diseases of the eye and beyond. AI has touched many areas in clinical and research angles.

1. Diabetic Retinopathy and Macular Disease Screening

Automated detection of diabetic retinopathy (DR) was the first clinical application to reach regulatory approval. Deep learning models — trained on hundreds of thousands of labelled fundus images — now match or exceed consultant-level grading for detecting sight-threatening DR, age-related macular degeneration (AMD), and diabetic macular oedema (DMO). These tools are particularly transformative in low income and difficult terrain settings where ophthalmologists are scarce.

2. Glaucoma Detection and Structural Analysis

Convolutional neural networks applied to optic disc photographs and optical coherence tomography (OCT) images now detect glaucomatous structural change — including retinal nerve fibre layer thinning and disc haemorrhages — years before functional visual field loss. AI-assisted cup-to-disc ratio grading can enable mass screening programmes in community settings.

3. Retinal Vascular Phenotyping

Quantitative analysis of retinal vessel calibre, fractal dimension, tortuosity, and arteriovenous ratio using platforms such as VAMPIRE (Vessel Assessment and Measurement Platform for Images of the Retina) has opened a new domain: using the retinal microvasculature as a non-invasive window into systemic cardiovascular and neurological health. The retina shares embryological origin, endothelial biology, and autoregulatory mechanisms with the brain, cerebral and coronary vasculature — making it uniquely suited for systemic biomarker discovery.

4. Multimodal Imaging AI

Integration of fundus photography, OCT, OCT angiography (OCTA), and ultra-widefield imaging into unified

AI platforms enables simultaneous assessment of multiple retinal layers. Deep learning models now extract features from the vitreous, retina, choroid, and optic nerve in a single pass, generating comprehensive disease probability scores across multiple conditions simultaneously.

5. Generative AI and Clinical Decision Support

Large language models (LLMs) and multimodal foundation models are being integrated into clinical workflows to generate structured clinical notes, interpret investigation results, and provide differential diagnosis support. Foundation models pretrained on millions of medical images — including retinal images — using self-supervised learning are emerging as generalist diagnostic tools applicable across ophthalmology subspecialties.

The scientific foundation of AI ophthalmology rests on a series of pivotal studies

Major Landmark Studies

The scientific foundation of AI ophthalmology rests on a series of pivotal studies that have defined performance benchmarks and opened entirely new clinical paradigms.

Gulshan et al. (JAMA, 2016) — The landmark Google deep learning study demonstrated that a convolutional neural network trained on 128,175 retinal images could detect referable diabetic retinopathy with an AUC of 0.99, establishing the proof of concept for AI-based DR screening.

Ting et al. (JAMA, 2017) — A Singapore-based study of 494,661 retinal images validated a deep learning system for DR, AMD, glaucoma, and other retinal diseases simultaneously — the first demonstration of multi-disease retinal AI at population scale.

Poplin et al. (Nature Biomedical Engineering, 2018) — Google DeepMind demonstrated that retinal fundus photographs could predict cardiovascular risk factors including age, sex, blood pressure, HbA1c, and smoking status — and future major cardiovascular events — directly from retinal images. This study fundamentally reframed retinal AI from ophthalmology-specific to a systemic health prediction tool.

Abramoff et al. (NPJ Digital Medicine, 2018) — The IDx-DR system became the first FDA-cleared autonomous AI diagnostic device, validated for DR screening without clinician review — a regulatory milestone for AI in medicine.

UKBB Retinal AI Studies (2020–2023) — Analysis of retinal images from 68,000+ UK Biobank participants using deep learning demonstrated that retinal phenotypes predict incident dementia, Parkinson's disease, multiple sclerosis, and chronic kidney disease, with AUCs of 0.74–0.84 — extending the retinal window far beyond conventional ophthalmic disease.

OCTA and Microvascular AI Studies (2021–2024) — OCT angiography-based deep learning models demonstrated that foveal avascular zone (FAZ) area and deep capillary plexus density correlate with coronary flow reserve, enabling non-invasive detection of coronary microvascular dysfunction with AUC 0.79 in prospective validation cohorts.

The clinical and health-economic impact of AI ophthalmology will accelerate profoundly over the next ten years

Utility to Doctors and Patients: The Next Decade

The clinical and health-economic impact of AI ophthalmology will accelerate profoundly over the next ten years, transforming both specialist practice and primary care globally.

For Patients

- Universal access to high-quality retinal screening at primary health centres, rural vision camps, and pharmacies — a non-mydriatic photograph taken in under 90 seconds replaces a specialist clinic visit for initial DR triage.
- A single retinal photograph becomes a systemic health dashboard — simultaneously flagging cardiovascular risk, renal dysfunction, neurodegeneration risk, and retinal pathology, enabling early intervention across multiple organ systems.
- Personalised treatment pathways guided by retinal AI phenotype — patients with inflammatory cardiovascular signatures receive anti-inflammatory therapy, while those with microvascular rarefaction receive microvascular-targeted agents, all guided by a non-invasive retinal read.
- Reduction in vision loss from treatable conditions — AI-enabled screening closes the massive detection gap in DR, AMD, and glaucoma, conditions where over 50% of affected individuals globally remain undiagnosed at the time of significant visual compromise.

For Doctors

- Relief from repetitive grading tasks — AI handles DR grading, drusen quantification, and RNFL measurement, freeing ophthalmologists for surgical and complex clinical decision-making.
- Multimodal AI dashboards that integrate retinal imaging, OCT, clinical biomarkers, and electronic health records into a unified risk score, delivered at the point of care within seconds of image capture.
- AI as a safety net — deep learning detects subtle incidental findings (early papilloedema, retinal emboli, previously ungraded AMD) that clinicians may miss under time pressure.
- Precision public health — population-level retinal AI models enable health authorities to map disease burden, predict resource requirements, and target intervention programmes with unprecedented granularity, using retinal photograph datasets as a population health surveillance instrument.

The Work that I have done so far: Retinal AI for Systemic Diseases

I have been fortunate to be among the pioneering clinical investigators in India working at the intersection of AI powered retinal imaging and systemic diseases. Our team at the Department of Ophthalmology at Amrita Institute of Medical Sciences (AIMS), Kochi received the prestigious Elsevier Award for AI in 2025 — We have developed a distinctive and clinically grounded research programme that uses the retinal vasculature as a non-invasive biomarker source for diseases far beyond ophthalmology.

Coronary Artery Disease (CAD) —

Our ICMR funded programme applies deep learning to non-mydriatic retinal fundus photographs

Our ICMR funded programme applies deep learning to non-mydriatic retinal fundus photographs to predict CAD risk, coronary plaque burden, and the dominant etiopathogenetic pathway (atherosclerotic, inflammatory, metabolic, thrombotic, endothelial dysfunction, hypertensive, or neurohormonal). We have achieved a sensitivity of 92% to pick up people at risk of CAD. Our work maps retinal vascular features — arteriole-to-venule ratio, fractal dimension, venular calibre, and tortuosity — to specific CAD protein biomarker signatures and genomic loci, building the evidence base for blood-test-free cardiovascular risk stratification through a single retinal photograph.

Stroke — Apart from the stroke prediction algorithm with 86% sensitivity, through the STROKE-OMICS-RETINA (SOR) study design, our programme integrates targeted LC-MS/MS proteomics from acute stroke patients with retinal AI biomarkers to define molecular stroke subtypes. The ambition is a machine learning model that predicts stroke prognosis, clinical trajectory, and personalised treatment selection (anticoagulation, antiplatelet, anti-inflammatory pathway) from a retinal photograph alone, without blood tests — deployable at point-of-care in resource-constrained settings.

Renal Disease (CKD) — A dedicated ICMR-funded study investigates deep learning prediction of chronic kidney disease (CKD) stage and progression from retinal fundus images. Retinal arteriolar narrowing, arteriovenous nipping, cotton-wool spots, and peripapillary RNFL thinning are validated as surrogate biomarkers of glomerular filtration rate and urinary albumin-to-creatinine ratio, offering a non-invasive, equipment-light alternative to laboratory CKD surveillance in rural India.

Diabetic Retinopathy (DR) and Cytokine Profiling — Our foundational published work demonstrated the clinical significance of monitoring VEGF-A, MCP-1, and IL-8 in aqueous humour to identify early non-responders to ranibizumab in DME. It is a landmark Indian study in personalised anti-VEGF therapy. This cytokine profiling methodology now underpins the biomarker framework for connecting intraocular molecular biology with retinal AI features.

Collectively, our AI research establishes a coherent vision: retinal photography as a universal, low-cost, non-invasive diagnostic instrument capable of simultaneously interrogating cardiovascular, cerebrovascular, renal, and metabolic health. It is anchored in rigorous molecular biology and validated against clinical outcomes. As AI matures and retinal cameras become ubiquitous, this vision of a single retinal photograph generating a personalised, multi-organ health assessment may represent one of the most impactful applications of artificial intelligence in twenty-first-century medicine.

Well friends, Ophthalmologists are going to be the Sherlock Holmes of modern medicine, just one difference, a magic wand in hand, we will pick up all systemic diseases through the retina.

From the OT Floor

Practical Tips in Phacoemulsification

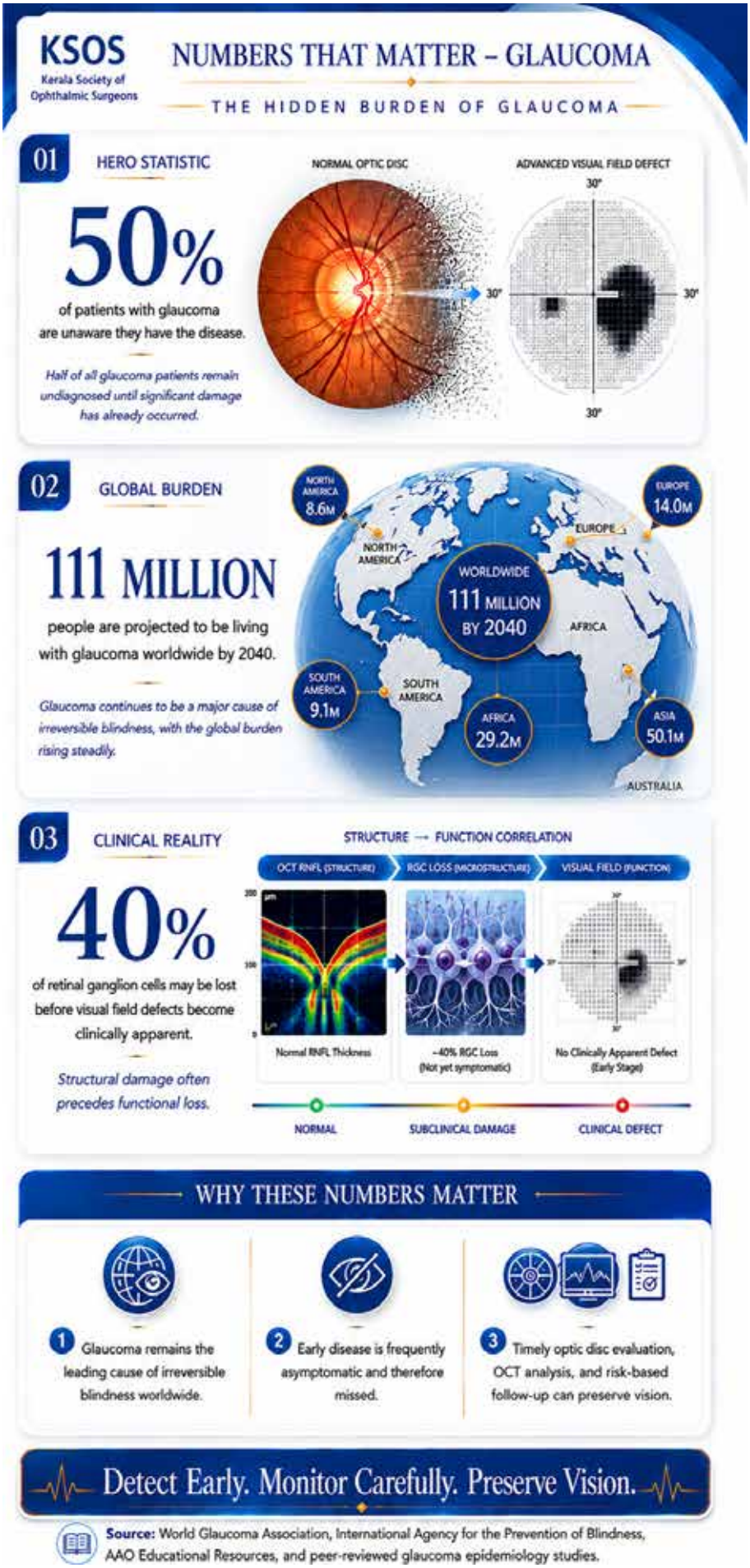
Dr. Sugandha, Calicut

Supporting the ring and little fingers on patient's face, so that weight of the handpiece is on the surgeon's hand not the patent's eye

- Ensure proper ergonomics before starting surgery for better patient and surgeon comfort. Eyepiece tilt, magnification, correct light filters, positioning of footswitches, surgeon seat with arm rests, slight chin up position for patient etc.
- Working against the red glow ensures coaxial view for better surgical experience.
- Plan incision placement beforehand. If need, use markers. Holding the blades parallel to the iris plane ensures proper wound construction.
- Adjust the angulation of the cystitome according to the ACD. Wider for deeper AC, closer to 90 degree for shallow AC.
- Following the curve of the well dilated pupil while creating CCC ensures a well centred rhexis. Using the grasping and re-regrasping technique in a tangential direction works best when using a micro rhexis forceps.
- Maintaining the distance of the capsular rim to pupil margin ensures a wide area of central safe zone for beginners.
- Supporting the ring and little fingers on patient's face, so that weight of the handpiece is on the surgeon's hand not the patent's eye, ensures chamber stability and controls excessive movement of the handpiece in the section.
- Use the bimanual I/A like fulcrum to tilt the eye to visualise under the iris in a mid dilated pupil.
- Recognise a PCR early and take steps to minimise vitreous loss, do not suddenly decompress the chamber by withdrawing instruments in a compromised chamber.
- Reduce IOP/bottle height, form the AC with viscoelastic by replacing the the second hand instrument, before gently withdrawing the handpiece.
- Keep a guard with dialer/second hand instrument to prevent flipping of the IOL while implantation.



Numbers that Matters



KSOS CONNECT

MICRO PEARLS

Small pearls. Big impact.

AMSLER TEST FIXATION POINT

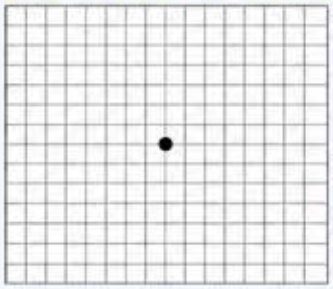
IN PATIENTS WITH CENTRAL SCOTOMA

WHY IT MATTERS

In central scotoma, patients may not be able to see the central fixation point. Using imaginary lines helps determine their central fixation point.

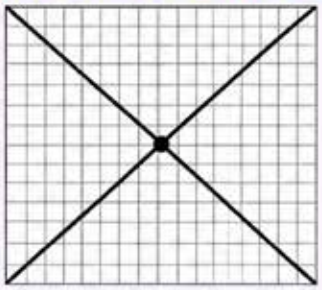


NORMAL AMSLER GRID



Patients with central scotoma will have difficulty in finding the central fixation point.

USE DIAGONALS TO HELP



Draw diagonal lines and ask the patient to fixate at the imaginary intersecting point.

Letters to the Editor

TO POINT OUT FACTUAL ERRORS IN CLAIMS OF "FIRST IN HISTORY OF KSOS" IN THE ARTICLE "WHAT I WISH I KNEW EARLIER" IN THE APRIL 2026 ISSUE OF KSOS NEWSLETTER KSOS CONNECT

Dear Madam,

Let me begin by congratulating you for bringing out a vibrant, new-look KSOS Newsletter.

But as seen in the subject line , I am writing this to raise my objections against the factual errors in the last line of the opening paragraph of Dr RR Varma's article titled "What I wish I knew Earlier" which is as follows "We were about to put on the first ever skit for a Drishti Cultural Nite "

With utmost respect to the author, I would like to point out that the skit of TOC Ananthapuri Theatres was staged about 3 to 4 programs prior to the above-mentioned skit of COC. In fact it was the 3rd program of the Drishti 2017 cultural nite, whereas the COC skit was the 5th or 6th program. I have never claimed any first ever before this and have always referred to that piece of history as the first ever skits of KSOS by TOC and COC. However, I am now forced to write this as otherwise this will remain a permanent false historical record since it has appeared in an official KSOS publication.

As I recall the sequence of events during the Kollam Drishti, our team was originally allotted the first slot, having been the first to commit to the cultural segment. Subsequently, a request was communicated via Dr. Mini Jayachandran, the coordinator to secure the opening skit slot, which we could not accommodate due to certain constraints.

So if a first-ever skit in KSOS is to be recorded, it should be in the name of TOC Ananthapuri Theatres and I request that this letter be published in the next KSOS Connect along with an editorial clarification.

Memory can be subjective after many years, and it is entirely possible that different teams hold different recollections. However, rather than debating individual precedence, why can we not record this milestone as a joint "first-ever" initiative? It would be a more inclusive way to celebrate the spirit of camaraderie that these cultural programs brought to our fraternity.

Yours sincerely,

Dr Biju John C

Professor RIO Trivandrum

CONNECT CROSSWORD

Hope you all enjoyed the inaugural edition of the Connect Crossword. Here we are with our second edition . Hope you all have a great time solving this as well.. Put your clinical acumen to the test and see if you can crack these classic ophthalmic head-scratchers. Whether you're sipping your morning coffee or taking a quick break between patients, it's time to see how sharp your trivia skills really are.

The Race is On! Think you're fast? The first three readers to send in the fully correct answers will win ultimate bragging rights and a special shoutout in our next edition of CONNECT.

Send your completed grid to: **janekoshy.ksosconnect@gmail.com**

Good luck, and happy solving!

Prepared By: **Dr. Shaziaa R.B.**

OCULAR FUNDI APPEARANCES

ACROSS

2 - Isolated neovascular tufts in stage 2 Retinopathy of prematurity (ROP)

4 - Rhabdomyoblasts in Embryonal Rhabdomyosarcoma.

7 - Trauma induced retinal dialysis.

9 - Mushroom shaped configuration of choroidal melanoma

10 - Optic disc in chronic papilledema.

DOWN

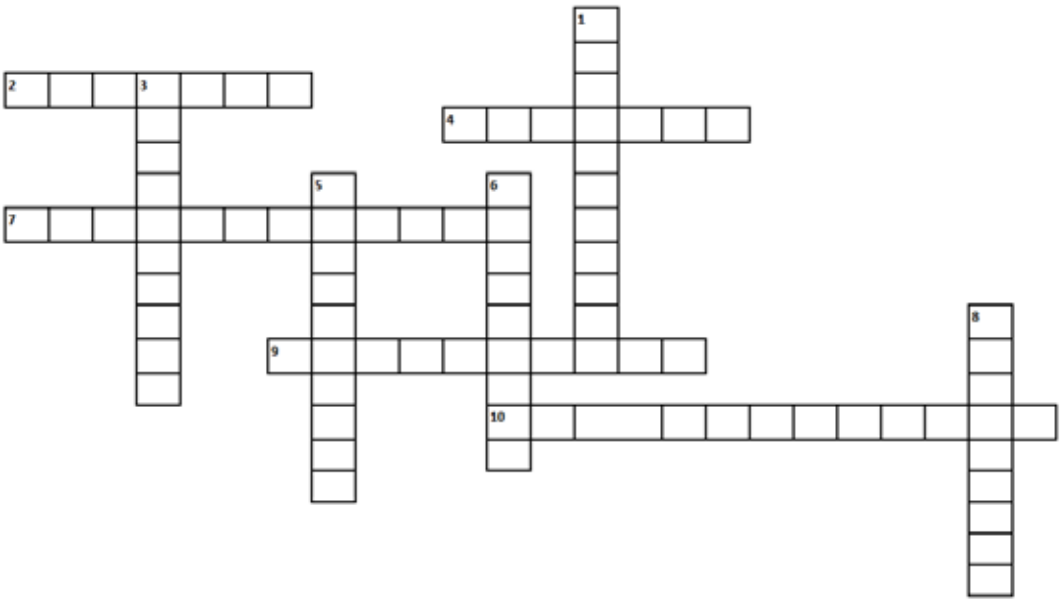
1 - Leukaemic infiltration of choroid in chronic myeloid leukaemia.

3 - Fundus in progressive outer retinal necrosis (PORN)

5 - Optical coherence tomography (OCT) finding in combined hamartoma of the retina and retinal pigment epithelium

6 - Footprints in congenital hypertrophy of the retinal pigment epithelium (CHRPE).

8 - Fluorescein angiography feature of cuticular drusen.



PREVIOUS CONNECT CROSSWORD – MARCH 2026 ANSWERS

ACROSS

1 – AXENFELDRIEGER

4 - TOLOSAHUNT

6 - ELSCHNIG

8 - HUMPHREY

10 - DUANE

12- FUCHS

13 - LEBER

14 - KOEPPE

DOWN

2 - EALES

3 - FOSTERKENNEDY

5 - GOLDMANN

7 - SCHIRMER

9 - ROTH

11 - MUNSON

WINNERS OF THE PREVIOUS CONNECT CROSSWORD – MARCH 2026

1. Dr. Lathika V. K.
2. Dr. Feriyal Nasar
3. Dr. Mahesh Bharathi

Kerala Society Of Ophthalmic Surgeons

ELECTION 2026

Notice Is Hereby Given For Election To All The Office Bearers Of Kerala Society Of Ophthalmic Surgeons (Ksos) For 2026. The Criteria For The Posts Are Mentioned Below

CONSTITUTION AND BY LAWS of KSOS

ARTICLE X

Elections

1. One vice-president shall be elected by the General Body every year at the annual conference. He/she will hold office till the next General Body, then becoming the President Elect for the next one year, taking over as the President the third year. The vice-president shall become the President, if by any reason the President Elect is unable to take over as President.

2. The other office-bearers mentioned in Article IX shall be elected at the General body meeting of every alternative annual conference and shall hold office for two years.

3. Credit point system Attending

AIOS Annual Conference	25 points
KSOS Annual Conference	25 points
AIOS/KSOS CME/workshop	15 points
Publishing articles in I J O or any other indexed journal	15 points
K J O	15 points

The aim of credit point system is to encourage members to attend conferences/CMEs/ workshops and publish articles.

4. Posts of KSOS

d) Vice-President

Any member of ten years standing in the Society, residing and practicing in Kerala, with 100 credit points, who has been a member of the Executive Committee for at least one term, and held one of the senior offices (Hon. Secretary, Treasurer, Scientific Committee chairman or Editor KJO, with effect from 2009) for at least one term, is eligible for the post of the vice-president.

5. Election Procedure

The Hon. Gen. Secretary shall have the nomination form published in the second issue of the K J O/ newsletter, and make it available on the website.

The nomination has to be submitted by the candidate in the prescribed form. Each candidate has to be proposed by a life member and second by two others.

One person can contest for one post only.

The AIOS Managing Committee member is nominated by the KSOS Executive, as and when the AIOS Managing Committee is reconstituted.

Completed nomination has to reach the Hon. Gen. Secretary by 30th of September.

The Hon. Gen. Secretary shall scrutinize the nominations and handover the valid nominations to the Returning Officer, who shall be a senior member the executive committee or a past president, appointed by the President in the consultation with the Executive Committee.

The Returning Officer shall announce the candidate for the various posts 30 days before the date of election, and this information shall reach the members along with the notice for the General Body Meeting.

Polling, when necessary shall be conducted online. Voting by proxy is not allowed.

If no nominations are received by post, fresh ones can be called for from the floor of the General Body Meeting. In case of the contest, election by secret ballot shall be conducted at the venue of the conference at the date and time specified. Only life members who are present with their ID cards, or any other as decided by the Returning Officer, and who have signed the register shall be allowed to vote.

6. The President Elect of the previous year will become the President from the commencement of the current year. If the President Elect is unable to take over as president, the vice president shall do so.

7. In the event of vacancy occurring amongst the office bearers, other than the Executive Committee Members during the course of any year, the existing members shall elect the office bearer/s from amongst themselves. The persons so elected shall hold office for the period for which his/her predecessor would have functioned. (Vacancies so filled not exceed three during the year).

8. Office bearers shall cease to hold office

a) When their term is over

b) If by resolution, the General Body decides, (by two-thirds majority), that the office bearers be removed from office.

c) Article X. 8.c, Secretary and Treasurer shall cease to hold office when their term is over.

9. Any Office-Bearer/Executive Committee Member, who fails to attend 50% of executive committee meetings in a term, without valid reason shall be disqualified from contesting for any post of KSOS for a period of six years.

Kindly send the duly filled application form with added documents in the following address.

Dr. Mallika O U

Hon General Secretary

KERALA SOCIETY OF OPHTHALMIC SURGEONS

KERALA SOCIETY OF OPHTHALMIC SURGEONS

Nomination Form for Elections 2026

PHOTO of candidate

Name of Post :

Candidate Name :

KSOS Membership No :

No; of years of membership :

Date of Birth : Gender

Educational Qualifications :

Address :

City Pin

Email

Phone Landline Mobile

Fax

Present Designation :

Office Addresses :

Positions Held in KSOS : Year From To

Credit Points in the last
2 years (attach proof) :

I Dr hereby certify that all information given in this form is true to the best of my knowledge and belief.

Date

Place Signature with Name.

Name of Proposer :

KSOS Membership No :

Address

Signature

Name of Seconder :

KSOS Membership No

Address

Signature

Name of Seconder :

KSOS Membership No :

Addresses :

Signature

Kindly attach your brief CV for communicating to members – – –

Acknowledgements

I would like to express my sincere gratitude to Dr. Divya Kishan for conducting and editing the interview with Dr. Matthew Joseph. A special thank you goes to Dr. Aishwarya Iyer, who put a tremendous amount of effort into collating and proofreading this entire edition; I am deeply grateful for her invaluable assistance.

My co-editors, Dr. Bindu S Ajit and Dr. Premjith Murleedharan, worked hard to review, edit, and proofread the articles. I would also like to thank Dr. Jane Koshy and Dr. Shaziaa R.B for preparing the crossword puzzle.

Please note that the images in this edition were created utilizing AI with relevant prompt engineering.

If you wish to contribute an article to Connect, please reach out to us. Thank you all for your continued support.

Thank you,

Editor,

Dr. Merine Paul.



KSOSConnect

The official newsletter of Kerala Society of Ophthalmic Surgeons

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