KSOSConnect

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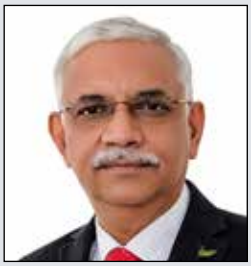
The Official Newsletter of Kerala Society of Ophthalmic Surgeons

FROM THE OT FLOOR

At Gemini Eye Clinic, Zlín, Czech Republic

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PRESIDENT'S NOTE



I deeply appreciate our secretary's efficiency and our treasurer's meticulous accountability. The scientific committee has done a remarkable job preparing for Drishti in Kannur.

- Dr Rajiv Sukumaran
President KSOS

IN CONVERSATION WITH



Dr. Sivan N. V.:
A Lifetime of Seeing Beyond...
The Journey, the Lessons, the Legacy

To watch the interview click the link:
https://youtu.be/RhpfaB_R3Sc

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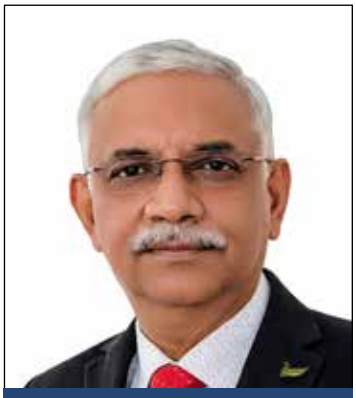
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Dr Rajiv Sukumaran
President KSOS

Message from the President

Dear Seniors, Friends, and Colleagues,

With just about a month left in my presidential term, I look back with immense satisfaction. Our proceedings have run incredibly smoothly, thanks to the outstanding cooperation of every office bearer.

I deeply appreciate our secretary's efficiency and our treasurer's meticulous accountability. The scientific committee has done a remarkable job preparing for Drishti in Kannur. Furthermore, the KJO continues to set an exemplary standard, our newsletter remains strictly on schedule, and our website is undergoing an exciting redesign.

Regarding recent executive decisions, we resolved to elevate the KJO editor post to the major office bearer group, aligning its eligibility criteria with the scientific committee, secretary, and treasurer. Crucially, we also made a firm commitment to support independent practitioners and smaller hospitals, taking actionable steps to shield them from the expanding footprint of corporate facilities.

I am exceptionally proud of the success of our two presidential projects. Our Artificial Intelligence initiative has been transformative, with members readily integrating AI into their clinical workflows. Additionally, the Anbu project—a cause very close to my heart—has successfully reached about 80 camps statewide. This milestone is a testament to the coordinated efforts of all our district clubs.

To celebrate these achievements and formally conclude this term, a valedictory function will be held in Kollam on November 7th, 2026, at the Quilon Beach Hotel. We are incredibly honored to have Melody Queen, Padma Bhushan K.S. Chithra, joining us as our chief guest.

I warmly invite you all to join this celebration, and I wish the upcoming Drishti in Kannur tremendous success.

Thank you.

Jai Hind

ANBU

Bringing the Light of Vision Through Love

The Presidential Project of the Kerala Society of Ophthalmic Surgeons (KSOS)

Vision is vital to every child's growth and development. Yet, visual problems in children with special needs often go unnoticed, as many cannot recognise or communicate their difficulties. Timely eye care can transform their lives, opening doors to learning, confidence, and new possibilities.

With this vision, ANBU, meaning love, was conceived as the Presidential Project of KSOS to bring quality eye care to children in special schools across Kerala. It seeks to look beyond disabilities, recognise every child's potential, and help them experience the world with greater clarity and confidence.

Project Impact

Through the dedicated efforts of KSOS's 14 district clubs, ANBU achieved remarkable milestones:

- 83 eye screening camps conducted across Kerala.
- Nearly 5,000 children provided with eye care services.
- Free spectacles distributed to all children who needed them.
- Children requiring cataract surgery, squint correction, and other specialised treatments identified and referred for appropriate care.
- Partner hospitals committed to continued support, ensuring sustainable eye care for special schools.

A Journey of Compassion

ANBU was more than a series of screening camps; it was a journey of compassion, inclusion, and service. The innocent smiles, laughter, songs, and dances of these children have left unforgettable memories in the hearts of everyone involved. Its true success lies not merely in numbers, but in a child seeing more clearly, a parent finding relief, and a teacher discovering renewed hope.

ANBU Valedictory Function – 7 November 2026

The valedictory function will celebrate this remarkable journey, graced by Padma Bhushan and renowned playback singer K. S. Chithra as Chief Guest. It is not merely the culmination of a Presidential Project, but a tribute to every child whose life has been touched and every individual who made this initiative possible.

May ANBU continue to spread hope, may love become light, and may every child's world blossom with colour!





Dr. Mallika O.U.
General Secretary, KSOS

General Secretary's Message

Dear Members,

Greetings from the office of KSOS.

Our Membership till date 2958. Drishti registration has crossed 600. We had 38 CME till date, and 1 PG update by KSOS.

Bylaw revision committee meeting was held on 7th September and manual revision committee was held on September 15th over Zoom for finalization. Final revision and minutes are circulated in EC group. On September 25th 8 pm emergency GB with single agenda was held over zoom. After discussion the amendments of bylaw and manual were passed by GB.

5th KSOS LDP programme was done in Kadavu resorts Calicut and was conducted by Dr Natasha, DR Ambika Shetty, Dr Bindu Ajith and Dr Priyanka Thilak. It was attended by 40Members. Feedback was very good. For the first time, the programme partnered with the Indian Institute of Management Kozhikode (IIM-K), bringing renowned management faculty to deliver structured leadership training. Participants benefited from sessions by Prof. Unnikrishnan Nair on behavioral dynamics, organizational design, and institution building; Prof. Anupam Das on communicating with care and clarity; and Prof. Deepak S. Kumar on personal branding and professional identity. Dr Sasikumar S also contributed

Apprehensions regarding Cover U insurance was sent to AIOS office bearers and our managing committee members . Cover U will not bear the lawyer's fees. Discussions are ongoing.

Dr Jain clarified regarding IMA PPS. KSOS will discuss in detail and then only enter into agreement with Cover U. KSOS is not officially endorsing Cover U as of now.

KSOS activity report was sent to AIOS through our managing committee member Dr Thomas Cherian for presenting in managing committee meeting

KSOS COC room renovation quotes are obtained from the person doing renovations in IMA house, which will be equally shared by KSOS and COC.

Election notification for vice president post was given as per bylaw and manual guidelines. In the case of election online voting will start 1 week prior to Drishti and close at midnight 2 days prior to AGM

Election commission for this year Dr K Mahadevan, Dr Elizabeth Joseph, Dr Leila Mohan was approved by executive. Database updating is being done.

Lifetime achievement award for 2028 Dr Giridhar sir name suggested for 2028.

Dr Agrima Mittal and Dr Sandra Nair represented KSOS for AIOS mid-term conference with Dr Mini Mathew as mentor. They got second prize.

We are bidding for mid-term mid-term AIOC. Either Trivandrum or Thrissur. Dr Gopal is coordinating

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 September 20th at IMA House Kochi

1. Hard copies of KJO is getting reduced after getting consent from members individually. MOU with Wolter Kluwer's will be renegotiated and renewed
2. CME calendar for the coming year will be made with KSOS programmes given priority. On official KSOS programme days, we will not give permission to conduct CME under the aegis of KSOS.
3. Voting rights ratification is underway. Displeasure regarding current vendor Numerotec was expressed by many members and this will be addressed .
4. Voting rights ratification will be done in KSOS booth during drishti
5. YOLK member entry to executive was stalled after discussion on technical matters
6. Associate members are not having voting rights and so they cannot attend GB. Similarly outside state members of KSOS without domicile in Kerala cannot attend GB. A board can be kept in front of GB hall clarifying this. While starting GB this can be announced.
7. Even though new membership is given with voting rights their voting rights will be activated only after ratification in next GB. They will get an email "voting rights subject to ratification in the general body". All members can present in conference immediately after approval of membership sticking to the rules and regulations of scientific committee and need not wait till ratification in GB.
8. President invited all executive members for the Anbu valedictory function on November 7th 4 PM at Kollam beach hotel Singer KS Chithra will be the chief guest. There will be programmes by differently abled children. Sharing of expenses by KSOS was approved by executive.
9. Committee for small clinics/ hospitals run by ophthalmologists is made with Dr Preethy Prashant, Dr Sanitha and Dr Mohankumar in the group. The report will be submitted to KSOS executive. Main points presented by Dr Preethy were the following. Collective representation of small eye clinics, Structured grievance redressal cell with KSOS and IMA support, ethical and accountable practice guidelines, developing practical and professional guidelines and standards, collective procurement of instruments, knowledge sharing, referral practice guidelines, encourage quality improvement and entrepreneurship, identify important regulatory issues affecting ophthalmic practice and representing through appropriate channels. KSOS president, secretary and Dr Jain will be there in the committee.
10. Resolution 1: Dr Thomas Cherian: PG update programme number should be reduced. Maximum of 15 points will be given only for 1 PG update by district club. Executive approved it and referred to GB for approval of change in district club point system. Full day programme with a minimum of 5 hours will be given point.
11. Resolution 2: Dr Aneeta Jabbar: Regarding camps conducted and unethical practices. After discussion it was decided that KSOS will come out with ethical camp conducting guidelines. KSOS will not officially endorse any camps.
12. Dr Mini Mathew requested KSOS to continue supporting Punarjyothi this year also. This was approved by ECM and requested her to submit the requirements with budgeting.
13. Presidential projects for next year included 1.KSOS directly to conduct major programmes for observing days of importance like world sight day with collaboration from one district club with partial funding 2. Promote group practice with common investigation facilities etc and planned to conduct seminar for starting new hospital at entry level and practice management. 3. Make KSOS strong with advocacy and Government level interventions



Dr Merine Paul
Editor, KSOS Connect
Joint Secretary, KSOS

Joint Secretary's Message

Dear KSOS Members,

It gives me great pleasure to welcome you to the July-September edition of KSOS Connect.

When we began reshaping Connect, our aim was simple—to create a newsletter that goes beyond recording KSOS activities and becomes a space where our members can share, reflect, learn and connect. The encouraging response so far has shown us that Connect is gradually becoming a publication that truly belongs to the entire KSOS family.

The response to the last edition's "What I Wish I Knew Earlier" was particularly heartening. Dr. Padmaja's reflections touched many members and generated considerable feedback. This edition takes the section in a different direction with Dr. Mahadevan's reflective and nostalgic contribution, offering a glimpse into another era of medicine and life. Together, these pieces remind us that Connect can embrace diverse voices, perspectives and genres, and that our experiences and memories are an important part of our collective story.

At the heart of Connect is our "In Conversation With" feature, where we have the privilege of hearing from senior members of our profession. These conversations are an opportunity to look beyond achievements and titles—to hear the stories, experiences, lessons and perspectives that have shaped a professional life. I hope these conversations will continue to inspire both our younger members and those who have travelled a similar journey.

Alongside this, we have opened several avenues for members to contribute—Micro Pearls, AI Corner, Numbers That Matter, What I Wish I Knew Earlier, From the OT Floor, and the Connect Crossword, alongside our regular reports and activities.

Each offers a different way to contribute. You may have a surgical tip, a clinical observation, an experience from the operating room, a lesson learned over the years, an interesting application of AI, or simply a story or perspective worth sharing.

Not every contribution needs to be academic or formal. Some of the most valuable things we learn from one another come from experience, reflection and conversation.

I particularly encourage our younger members and postgraduate students to contribute, while inviting our senior members to share the experience and wisdom that come with years of practice. Connect should reflect the full spectrum of our society.

As Joint Secretary, I am grateful for your continued support and cooperation. As Editor, I look forward to your ideas, experiences and voices making Connect richer with every edition.

KSOS Connect is your newsletter.

The more you contribute, the more it will truly represent us.

I invite all of you to be part of its continuing journey.

Happy reading, and I look forward to hearing from many more of you.

Warm regards



Dr Aneeta Jabbar
Treasurer, KSOS

Treasurer's Report

Period: April – August 2026

It is my privilege to present the Treasurer's Report of the Kerala Society of Ophthalmic Surgeons (KSOS), covering the period from April to August 2026. The Society has continued to maintain a healthy balance between its academic commitments, member-oriented activities and prudent financial management.

Academic and Organisational Activities

The 2nd Executive Committee Meeting was held at Kumarakom Resort on 10 May 2026, along with the KSOS Family Get-together. Thirty-three members attended the meeting. The Society also supported expenses related to the programme and provided travel allowances to members.

The KSOS Leadership Development Programme (LDP) was conducted on 11–12 July 2026 at Raviz resorts in Kozhikode, with faculty support from IIM . The programme involved an expenditure of approximately ₹6.86 lakh, including the venue and programme expenses, IIM faculty charges, photography and speaker-related expenses.

The Eye Light 2.0 PG Update, conducted on 25 July 2026, was another major academic activity during this period. Registration generated approximately ₹98,727 after accounting for GST, while the audio-visual expenditure was approximately ₹2.21 lakh, including GST. Additional expenses were incurred towards programme requirements, and the related bills were settled promptly.

The Online AI Programme, conducted monthly, continued successfully during this period, with expenditure of approximately ₹36,000 from April to August 2026.

Journal and Digital Services

The annual journal payment to Wolters Kluwer amounting to ₹4,95,836 was remitted on 23 June 2026.

Expenses towards KSOS Connect amounted to ₹88,299, paid in two instalments during April and July 2026.

Payments towards Zoom and bulk-mail services and related digital communication expenses were also made during the reporting period, totalling approximately ₹1.11 lakh.

Professional/accounting services and other routine administrative expenses were also met during the period.

Financial Position

The Society continued to maintain its funds across its designated bank accounts, with regular monitoring of receipts and expenditure. Interest income from bank deposits and balances was duly credited. Membership fees, CME-related receipts and other income were accounted for systematically.

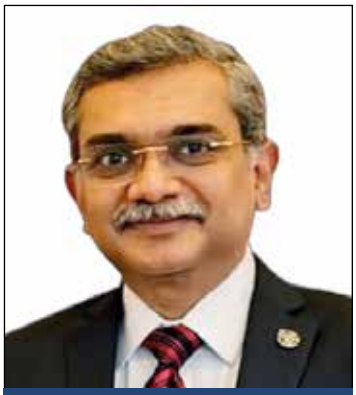
A sum of ₹4.50 lakh was transferred to the SIB account during the period as part of fund management.

Conclusion

The financial activities during the period reflect the Society's continued commitment to academic excellence, member engagement and responsible financial stewardship. All major programme-related and administrative payments have been processed, while maintaining appropriate financial reserves for the Society's ongoing activities.

I sincerely thank the President, Honorary Secretary, Executive Committee members, Scientific Committee, District Club Representatives and all KSOS members for their continued cooperation and support.

I remain committed to ensuring transparency, accountability and prudent utilisation of KSOS funds in the coming months.



Dr V Sujith Nayanar
Chairman, Scientific Committee-KSOS

Scientific Committee Chairman's Message

It gives me immense pleasure to present the third quarterly activity report of the Scientific Committee, spanning July through September 2026. Carrying forward the momentum generated in the earlier half of our tenure, the committee has stayed firmly dedicated to delivering varied, top-tier academic training, and organizing focused learning initiatives for trainees and practicing colleagues alike.

Our core academic calendar remained remarkably active with several high-impact programs across multiple fronts:

• International Master Class Series: We had the honour of hosting globally distinguished faculty for comprehensive clinical masterclasses:

» Dr. Balamurali K. Ambati (USA) shared latest insights on Advances in Keratoconus Care.

» Dr. Sachin Kedar (USA) delivered a clinically nuanced session on Case Based Approach to Papilledema.

» Assoc. Prof. Dr. Shamira Perera (Singapore) presented practice-changing updates in Primary Angle Closure Glaucoma.

• Xpert Talk Series: Highly practical, clinical deliberations were led by leading national authorities:

» Dr. Parijat Chandra (AIIMS New Delhi) addressed Reactivation, PAR and long-term follow up after anti-VEGF therapy in AROP.

» Dr. Neethu Mohan (Aravind Eye Hospital Chennai) broke down the nuances of MIGS in India: Which, Why, How & for Whom?.

• Presidential Initiative – AI for Ophthalmologists: Our flagship certification course completed Modules 6, 7, and 8, steering members into advanced digital productivity and data workflows:

» Module 6 delved into Basics of Zotero with AI Integration for research organization.

» Module 7 introduced automated and intuitive data interpretation via AI-powered Data Analysis with Julius AI.

» Module 8 provided practical insights into Automated Plagiarism AI and Watermark Removal. The sustained enthusiasm, active project sharing, and community engagement throughout these modules have been truly inspiring.

• ARC Clinical Capsules (AIOS-Prayogshala): Under the banner of the Academic Research Committee led by Dr. Vijayalakshmi M.S., our targeted postgraduate series saw phenomenal consistency and reach, rolling out Episodes 2 through 13:

» EP 02: Unlocking the Pupil's Secret by Prof. Dr. V.R. Vijayaraghavan

» EP 03: The Art of Indirect Ophthalmoscopy by Prof. Dr. Biju John

» EP 04: Complete Guide to the Oculomotor (III) Nerve by Dr. Jisha K.

» EP 05: Know your Ultrasound Machine by Dr. Aswin P.R.

Ophthal-mology Court Martial, Controversies in ophthal-mology and Just A Minute session

» EP 06: Stains in Ophthalmology by Dr. Kalathil Reshmi Shaji

» EP 07: Journey of Vision by Dr. Biju Raju

» EP 08: The Art of Squint Assessment by Dr. Remya Edachery

» oEP 09: Angle by Angle: The Art and Science of Gonioscopy by Dr. Saritha V.K.

» EP 10: Reading Between the Lines: Understanding Diplopia & Hess Charts by Dr. Soumya Nambiar

» EP 11: The Art of Exophthalmetry by Dr. Ann J.K.

» EP 12: The Art of Ptosis Evaluation by Dr. Anju Chandran

» EP 13: Basics of Refraction and Glass Prescription in Children by Dr. Divya Kishan

All these episodes have reached huge viewership on YouTube which implies that our target group mainly PGs are utilising it to the maximum

• Postgraduate Academic Symposia & Youth Outreach: On July 25th and 26th , we staged Eyelights 2026, an intensive, 2-day PG update that brought together almost 25 veteran clinicians across Orbit, Neuro-ophthalmology, Glaucoma, Cornea, Refraction, Retina, Ocular Oncology, and Uvea.

• The program was well accepted by postgraduates

Additionally, teaming up with YOLK we did 2 programs:

• On August 7th - Beyond The White Coat – Upgrade to Become the Extra Mile Doctor

On Sept 29th - Beyond the White Coat -Doctors, Sports & the Pursuit of Happiness

• Credit hours: We have secured 4 credit hrs for our online programs and 5 hrs for our physical PG program. So, a total of 9 credits hrs from KSMC

• Drishti 2026 Conference Preparations: Following the conclusion of abstract submissions, the Scientific Committee has been actively evaluating, grading, and curating submitted Instruction Courses, Free Papers, E-posters, and Videos to assemble a balanced scientific curriculum for our annual conference.

• We have around 93 Instruction courses and 15 other KSOS sessions including Oration, General quiz and PG quiz, OPL and Teachers of tomorrow. This time we introduce few sessions like Ophthalmology Court Martial, Controversies in ophthalmology and Just A Minute session. A new poster section for posterior segment topics is introduced in name of Dr K E Eapen.

• A new competitive segment on making AI video on public awareness was introduced to give our AI certified members to showcase their newly learned skill

• The program grid was released on October 1st

In summary, the third quarter proved exceptionally fulfilling, delivering over 23 academic sessions, expanding postgraduate outreach through fortnightly ARC clinical capsules, and driving advanced computational literacy across the state. I extend my sincere appreciation to the Executive Council, my fellow Scientific Committee members, and the wider membership for their continuous collaboration and encouragement.

JAI KSOS



Dr. Sanitha Sathyan
Editor in Chief, KJO

KJO Quarterly Activity Report

KERALA JOURNAL OF OPHTHALMOLOGY: A QUARTER OF KNOWLEDGE, CONNECTION AND COLLABORATION

Dear KSOS members,

Kerala Journal of Ophthalmology continues to evolve beyond the traditional boundaries of a scientific publication. Our vision is to create a vibrant academic community where knowledge is shared, research is nurtured, scientific discussions are encouraged, and professional connections flourish.

The July–September 2026 quarter has been particularly eventful for KJO, with significant progress in academic publishing, digital engagement, scientific discussions through podcasts, and research methodology training. Through initiatives such as the KJO Spotify channel, Saturday Mail, social media outreach and KJO STATLAB, we have been working towards making the journal more accessible, interactive and relevant to ophthalmologists across Kerala.

Our central philosophy remains simple: a journal should not merely publish knowledge; it should actively facilitate its creation, dissemination and application.

This quarter's activities reflect our commitment to that philosophy.

1. KJO Volume 38, Issue 2: Bringing Research to Our Readers

A significant milestone during this quarter was the release of Volume 38, Issue 2 (June–September 2026) of Kerala Journal of Ophthalmology.

Each issue represents the collective academic effort of our authors, reviewers, editorial team and contributors. We are grateful to all those who continue to support the journal and contribute to its growth.

Alongside the release of the current issue, the directory for the print copies of KJO was compiled during May–June 2026, facilitating the journal's print distribution.

Our efforts continue to focus not only on publishing quality scientific work but also on ensuring that the published content reaches its intended readership and stimulates meaningful academic engagement.

2. KJO Spotify Channel: Taking Ophthalmology Beyond the Printed Page

One of the most exciting developments in KJO's academic outreach has been the continued expansion of our Spotify podcast channel. Recognising that scientific learning need not be confined to journals, conferences and classrooms, KJO has embraced the podcast format to bring ophthalmic discussions directly to our readers and listeners. The channel provides a platform for focused discussions on clinical practice, emerging evidence, surgical techniques, challenging cases and important developments based upon the articles published in latest issues of KJO. By bringing together experienced clinicians and subject experts, these podcasts encourage the exchange of practical knowledge in an accessible and engaging format.

As of now, the KJO Spotify channel has featured 13 podcasts, covering a diverse range of topics relevant to practicing ophthalmologists.

Highlights from the KJO Podcast Series

1. Retinopathy of Prematurity

Host: Dr Rakhi D'Cruz

Panelists: Dr Meena C K, Dr Anubhav Goyal and Dr Natasha Radhakrishnan

2. Povidone-Iodine Prophylaxis Before Cataract Surgery

Host: Dr Mithun Thulasidas

Panelists: Dr Jaison V and Dr Sasikumar S

3. Retropupillary Iris-Claw Lenses: Tips and Tricks

Host: Dr Ashish Kuruvila

Panelists: Dr Philip Kuruvila and Dr Saikumar S J

4. Glaucoma Diagnosis: Practical Concerns

Host: Dr Manju M

Panelists: Dr Radharamanan B and Dr Smitha Narayanan

5. Neurodegeneration Component of Diabetic Retina

Host: Dr Aishwarya B Iyer

Panelists: Dr Gopal S Pillai and Dr Natasha Radhakrishnan

6. The Story of a Macular Hole That Resolved Spontaneously

Host: Dr Tisha Thomas Menachery

Panelists: Dr Thomas Cherian and Dr Prakash V S

7. Effect of Vitamin D Supplementation in Aqueous-Deficient and Evaporative Dry Eye in Vitamin D-Deficient Patients

Host: Dr Sugaranjini

Panelists: Dr Aneeta Jabbar and Dr David Pudukadan

8. Perioperative Antiplatelet and Anticoagulant Therapy in Ophthalmic Surgeries

Host: Dr Karthika Mohandas

Panelist: Dr Sajan Narayanan

9. Pregnancy as a Human Model of Ocular Haemodynamic Remodelling: A Systematic Review of Retinal, Choroidal and Ocular Blood Flow Adaptations

Host: Dr Divya Alex

10. Current Practice Patterns in Intraocular Lens Surgery in Kerala

Host: Dr Rosemary Tomy

11. Role of Botulinum Toxin in Esotropias

Host: Dr Monisha Mohan

12. The Most Brilliant Failure in Science

Hosts: Dr Biju S Raju and Dr Jyothi R

13. Pterygium Excision and IOL Power Calculation in Cataract Surgery

Host: Dr Leena Maryam Varghese

Panelists: Prof. Dr. Jacob Koshy and Dr Vinay S Pillai

A Growing Academic Community

These podcasts demonstrate the breadth of subjects that KJO seeks to address and the series reflects the diversity of contemporary ophthalmic practice. The involvement of numerous hosts and panelists has also made the podcast channel a collaborative academic platform, encouraging clinicians to share their expertise beyond conventional academic meetings.

Our sincere appreciation goes to every host and panelist who has contributed their time and knowledge to this initiative. The KJO Spotify channel will continue to serve as an important extension of the journal, bringing scientific conversations closer to the ophthalmic community.

3. KJO Saturday Mail: One Article, One Saturday, One New Opportunity to Learn

Scientific publications are valuable only when their contents reach readers. With this principle in mind, KJO has continued its weekly Saturday Mail initiative, bringing the journal's published research directly to ophthalmologists through WhatsApp.

As of now, 18 Saturday Mails were circulated, with each edition showcasing a single article from the latest issue of KJO.

The concept is deliberately simple: every Saturday, readers receive an opportunity to engage with one scientific article without having to navigate the entire journal.

This initiative serves several purposes:

- It improves the visibility of articles published in KJO.
- It encourages regular engagement with scientific literature.
- It provides authors with an additional platform to showcase their work.
- It makes academic content readily accessible to busy clinicians.
- It helps cultivate a culture of continuous learning among ophthalmologists.

The Saturday Mail initiative represents our effort to make scientific reading a regular part of professional life rather than an activity reserved for academic meetings or examination preparation. The consistent weekly circulation of these messages has also helped establish a recognisable identity for KJO's digital outreach.

4. KJO Social media: Extending the Reach of Scientific Knowledge

In an increasingly digital academic environment, social media offers journals an opportunity to connect with readers beyond traditional print and online publication platforms. KJO has continued its efforts to popularise the journal and encourage reader engagement through periodic posts on Facebook, LinkedIn and Instagram.

During this quarter, the journal's social media initiatives complemented the Saturday Mail program, with individual articles from the latest issue being highlighted to increase their visibility. The initiative has focused on presenting scientific content in an accessible and engaging manner while retaining the academic integrity of the journal and was made possible by the dedicated efforts of our KJO social media outreach team:

- WhatsApp Saturday Mail: Dr Sanitha Sathyan
- Facebook: Dr Remya Edachery
- LinkedIn: Dr Mithun Thulasidas
- Instagram: Dr Shishir Varghese

We extend our sincere appreciation to the entire team for their enthusiasm

and commitment to making the journal more visible and accessible.

Our goal is to ensure that KJO is not merely a publication that readers access occasionally but a journal that remains a familiar and engaging presence in their professional lives.

5. KJO STATLAB: Building Research Skills, One Session at a Time

Among the important academic initiatives undertaken during this quarter was the launch of KJO STATLAB, an exclusive program designed to strengthen Research Methodology skills among KSOS members. Research is an essential component of the advancement of Ophthalmology. However, conducting meaningful research requires more than an interesting clinical question. A sound understanding of Research Methodology, appropriate statistical methods and accurate interpretation of results is equally important. Recognising the need for structured training in these areas, KJO STATLAB was launched as an educational initiative offering in-depth classes in Research Methodology. The program aims to equip KSOS members with the knowledge and confidence required to understand, design and interpret clinical research.

The inaugural series of STATLAB commenced in September 2026, with four sessions covering essential statistical concepts.

Session 1: Introduction, Types of Data and Descriptive Statistics

Date: September 4, 2026

Faculty: Dr Nileena Koshy, Additional Professor in Community Medicine, Govt. Medical College, Thrissur

Session 2: Hypothesis Testing and Confidence Intervals

Date: September 10, 2026

Faculty: Dr Biju George, Associate Professor in Community Medicine, Govt. Medical College, Kozhikode

Session 3: Parametric and Non-parametric Data

Date: September 17, 2026

Faculty: Dr Sajna M V, Associate Professor in Community Medicine, Govt. Medical College, Manjeri

Session 4: Correlation and Regression Analysis

Date: September 24, 2026

Faculty: Dr Sudhiraj T S, Professor and HOD in Community Medicine, Govt. Medical College, Idukki

Investing in the Research Capacity of Our Profession

The launch of KJO STATLAB reflects our belief that Research Methodology should be accessible to practicing ophthalmologists and not restricted to those with formal training in biostatistics. By providing structured academic sessions on essential statistical concepts, the program seeks to bridge the gap between clinical curiosity and scientifically sound research.

The involvement of experienced faculty members has been central to the program. We are grateful to Dr Nileena Koshy, Dr Biju George, Dr Sajna M V and Dr Sudhiraj T S for sharing their expertise and contributing to the successful conduct of the first four sessions. STATLAB is an important step towards fostering a stronger research culture within KSOS. We hope that it will encourage more ophthalmologists to undertake research, critically appraise published literature and translate clinical questions into meaningful scientific investigations.

Looking Ahead: A Journal That Connects, Educates and Inspires

The activities of July–September 2026 reflect an important evolution in the role of the Kerala Journal of Ophthalmology. While maintaining our commitment to scientific publishing, we are increasingly exploring ways to make the journal more interactive, accessible and educational.

Our initiatives during this quarter have focused on four interconnected priorities:

Scientific publishing: Continuing to bring relevant ophthalmic research to our readership through regular journal issues.

Digital dissemination: Using Saturday Mail and social media platforms to improve the visibility and accessibility of published research.

Academic engagement: Creating opportunities for scientific discussions through the KJO Spotify podcast channel.

Research capacity building: Strengthening the research skills of KSOS members through KJO STATLAB.

Together, these initiatives represent a broader vision of what a professional journal can achieve. A journal can be a platform for authors, a learning resource for readers, a meeting place for experts and a catalyst for future research. The enthusiasm and commitment of our contributors, faculty members, hosts, panelists and digital outreach team have been instrumental in advancing this vision.

As we move into the next quarter, we look forward to building on these achievements, expanding our academic activities and strengthening the relationship between KJO and the wider ophthalmic community.

A Note of Gratitude

Every initiative undertaken by KJO is the result of collective effort. From authors and reviewers to podcast hosts, panelists, faculty members and social media coordinators, each contribution plays a vital role in the journal's growth.

I extend my heartfelt gratitude to all our colleagues who have supported these initiatives and helped transform ideas into meaningful academic activities. I also thank the KSOS leadership and members for their continued encouragement and participation.

Our journey is not simply about publishing a journal. It is about building a community that learns together, questions together, researches together and grows together.

With this shared commitment, KJO looks forward to many more milestones in the months ahead.

Yours sincerely.



Dr Natasha Radhakrishnan
Website Editor

Website Editor's Message

Dear KSOS,

Greetings from your Website Editor. When I took over as Website Editor, I had a dream. A dream of giving you a website that was more user friendly, appealing and AI enabled. That dream is taking longer than it should to come true because of technical circumstances beyond my control. But, now 9 months later, we are poised on the cusp of change ...and poised on the verge of making that dream come true.

In other updates, the Drishti registrations and submissions are rolling on smoothly and we have been able to support our Sc Comm Chairman and LOC Drishti without any glitches.

The Special Intensive Revision for Voting rights to domiciled members only is gradually picking up but we still have a long way to go. The President and I need your cooperation in making the voter list complete and I urge all of you to please upload your domicile document at the earliest .

That's all from my desk.

Stay tuned for the great REVEAL soon.

In Conversation with

Dr. Sivan N. V.:

A Lifetime of Seeing Beyond...

The Journey, the Lessons, the Legacy

Interviewed by: ***Dr. K Preetha***



A placid and peaceful oasis full of lush green growing things completely unruffled by the chaos of a bustling Kozhikode city, " Nelliottu Veetil" - Dr. N .V . Sivan's house mirrors the aura he exudes to a Tee !!

A perceptive clinician , Dr. Sivan N V has dedicated nearly five plus decades in the service of medicine, Ophthalmology and public health. An exceptionally gifted administrator Dr Sivan strides the Ophthalmology scene of Kozhikode like a colossus .Even retirement from government service did not slow him down & he went on to head some of the most well known eye hospitals in Kozhikode as their Medical Director. An active member of various ophthalmic and philanthropic organizations, he has held various posts including Vice President KGMOA, President KOS, Vice President Lions Club Calicut, Convenor Sight First Program of Lions Club Calicut and President JCI Atholi Chapter. He is also the recipient of numerous accolades including the KSOS life time achievement award of 2024. A passionate organic farming

enthusiast, his terrace garden with its drip irrigation technology has achieved amazing results and was featured exclusively in an entire episode of the HarithaKeralam news

One Thursday evening, I had the privilege to spend a few hours conversing with him,his wife Dr. Rajini and daughter Dr. Sisira Sivan ,as he shared his memories of an extraordinary life in a free wheeling chat over a cup of tea & snacks.

Sir, I noticed that your date of birth is 15th April 1948, the day after Vishu- an auspicious beginning by all accounts....

(Smiles) Actually 15th of April is not my date of birth. I am the 3rd child amongst 9 siblings and when I turned four,I was sent to join school with my elder brothers. In those days , the date of birth was an approximate date entered by the teachers while joining school. So even though the records show me as one year older, I was actually born on the Karthika Nakshathram of Vrischikam month which again is a very auspicious day.

Do tell us a little bit about your early days and childhood

I was born in a rural area in Chemencheri, Kozhikode to late Sri. N V Chathu and Smt Kunjipennu. My family owned landed property and was predominantly engaged in farming. I did my early schooling in Thuvvakode LP school and Thiruvangoor U P school, Chemencheri .Though not extraordinary, I was an above average student.

One incident I vividly recall is a football mishap in my 7th standard which resulted in a compound fracture that I now realise involved both the tibia and fibula. They immediately took me to Kozhikode Medical college which in those days (1960) was associated with the Beach hospital. I still remember undergoing surgery under GA after inhaling chloroform. In a serendipitous turn of events, by God's grace, years later I ended up working in those very same corridors where I was admitted as a patient.

After finishing high school from Poilkave High school (Laughs and says in those days I wanted to be a High school teacher), I did my predegree from Govt. Arts and Science College Mananchira, Kozhikode. Thereafter I did my BSc Chemistry from Guruvayoorappan College in Kozhikode graduating with the highest marks attained by any student in Chemistry from the college. They offered me a Tutor post in their college (Smiles)

So is that when your sojourn in Medicine began?

Yes, in 1971 ,I joined the Kozhikode Medical College. In those days ragging was a huge issue and I was actually scared to even get the application form from the college. One of my friends Dr. Suresh actually bought the form for me. I was selected but was allotted the Trivandrum Medical college. This was a huge shock for someone



like me who had never set foot out of Kozhikode. Somehow I reached Thiruvananthapuram, traveling alone for the first time, and met Dr. Madhavan Kutty Sir who was the principal there. Sir asked me not to join and himself drafted an application for me using the excuse of sickness of parents to defer the joining by 2 weeks. Armed with the exemption letter , I came back home only to realise the white lie I wrote in the application actually fructified- My Father was admitted to the Kozhikode Medical College with Stroke and paralysis!!!

After a second trip to Thiruvananthapuram, I finally joined the Kozhikode Medical College on a day where the entire college was in news due to a severe ragging incident that resulted in a student getting Hematuria. Immediately after joining ,I was shepherded off for a marathon ragging session --- the very thing I had been afraid of. (Laughs uproariously). It is here that I met my future wife Dr. Rajini in the third year . She was one year junior to me. Both our families were agreeable to the alliance & with their blessings ,we got married after her housesurgeoncy got over.

Rajini Ma'am what are your memories of Sivan sir in those days....

Dr.Rajini: I was a day scholar and he was a hosteler. Everytime I would get down from the bus , he and his friends would be going to the clinics and his friends would call me Parvathy, Parvathy loudly (as in Sivan's Parvathy). This continued for 3 months and eventually we spoke with each other.

Sivan Sir : Actually we became closer after a week long exhibition at the Medical College where she was posted to my stall exhibiting a pharmacology experiment. That is when we interacted more and grew closer.

MBBS Days....



From 3rd year till Housesurgeoncy, I had the privilege of being posted in Dr. M Govindan Nair sir's unit while Surgery posting was with Dr. K P Rajagopal Sir's unit. They were very loving and caring and even after we left college, the close relationship continued. We were very sincere in those days and so built a great rapport with these senior Professors.

Private practice and Consultation....

In 1977, I started my pvt practice in a place called Keezhariyoor- a very interior rural area in Kozhikode with no electricity. There was a river, on one side of which I lived in a house with electricity, and the other side was my clinic . After a lot of hesitation, I contacted Govindan Nair Sir, who very graciously crossed the river on a boat and inaugurated my practice. It was a general practice and I remember taking home deliveries and suturing episiotomy wounds under a kerosene lamp. In fact , those days most of my fellow colleagues had similar experiences of working in challenging conditions. By 3 to 4 months, I had built up a considerably good practice and bought my first car - a second hand Fiat (Smiles fondly). Meanwhile in1980 , my wife got a posting in Atholi Cooperative Hospital and thereafter I shifted to Atholi - a semi urban area with electricity and good transport facilities.

In Atholi we established a clinic near our house and gradually my wife also joined me. It was a roaring practice with inpatient admission also.

So then how did you join Government service Sir?

I gave the PSC exam for Health Service and on 4th April 1981 , I got my appointment order . I was posted to the Government Leprosy Hospital which was headed by Dr. Vijayanarayan sir- a gem of a person who treated me like his own son. Myself, Dr. Vijayanarayanan and Dr.Balagopal- the three of us handled the duties there and it was a wonderful working environment. It was also during this period that I understood the functioning of the Health services properly. Since the OP would end by 1 noon , I had ample time for my pvt practice which continued to flourish .

Meanwhile in 1984, PG entrance exam started. I wanted to do PG in Pediatrics or Medicine. Both myself and my wife gave the exam and she cleared it the second time and went for DGO. I temporarily suspended my PG dreams and continued working in the health services.

At this time , the then MLA Mr. V M







Sudheeran visited us in the Leprosy Hospital and asked for our suggestions to make it more attractive for doctors.I suggested that a PG seat in Skin should be preferentially allotted to doctors who have worked in the Leprosy Hospital for atleast 3 years on a seniority basis. He passed an order and that is how a seat for skin was created for Health services doctors and a lot of people benefitted from it.

Health Services Tenure.....

Then my next posting was in the Family planning unit in1985. where I did innumerable vasectomies. It was during this period that I became a very active member of the KGMOA for the next 4 or 5 years . Subsequently I rose to become the Secretary of KGMOA and was awarded the prize for Best Secretary of KGMOA in Kozhikode district.

In1986 while working at Kolathur PHC, I was also President JCI, Atholi. During this time as part of JCI activities, we organised a lot of camps. The maximum number were Ophthalmology patients and we decided to hold a surgical camp in Ophthalmology with the help of Medical college. We met Dr K B Venugopal sir who was also a very active member of the Sightsavers program of Rotary club. He readily agreed to lead a surgical camp and we converted a school building into a temporary OT. I still remember a lot of happy patients after the camp and that was my first point of contact with Ophthalmology.

After 3 years at Kolathur, I was posted to Ulliyeri PHC. it was there that I got selected for PG.

Post-graduation In Ophthalmology....

In 1994 I got selected for PG as an in-service candidate and opted for Ophthalmology after consulting with a few of my friends. But once I joined in Ophthalmology, I started liking the branch a lot. At that time Dr. Venugopal Sir was the HOD, though he retired shortly. That year they changed the rules so that the Diploma was now 2 years instead of the 1 year till then and we also got deputation there. So for 2 years I was lucky to get the opportunity to work in the Ophthalmology department at Government Medical College, Kozhikode

POST PG Health Services Tenure...

After my PG, I rejoined Health Services & was posted to the Government General Hospital also known as the Beach hospital ,working under the stewardship of Dr. Sudha Madam who was the HOD there. At this point I was the District Ophthalmic Surgeon & helped establish the Mobile Ophthalmology unit in the hospital. During this time, we did a lot of camps and free surgeries with the help of Lions Club.





Unfortunately during this point there was an incident which caused a lot of mental trauma. We had a case of cluster infection after camp surgery and there were a lot of legal and media problems. A commission was formed with Dr Velayudhan Nair helming it. Doctors were exonerated and the government was asked to give compensation to the patients. The commission gave a lot of suggestions for improvement- including a separate Ophthalmology OT, running water supply, autoclave etc. We incorporated those suggestions and restarted the OT. By this time Sudha Madam had retired and I became the HOD of Ophthalmology at the Government General Hospital , Kozhikode. I was Deputy Director (NC) when I retired after 23 years of Government Servicement in 2003.

Post retirement, Joining Comtrust eye Hospital .....

Even while I was on the verge of retirement I was called to meet Nambiar Sir who was the Chairman of Comtrust eye hospital and a big shot in the Lions Club. He invited me to join Comtrust as the Medical Superintendent.

In my tenure at Comtrust, I improved the existing infrastructure and we also did a lot of community outreach activities under the Sampoorna Kaazcha program which was my brainchild. It was essentially a block

wise program (each block has 10-12 panchayaths)where we held a survey and then free eye camps. This was an initiative under the Sight First Program of Lions Club of which I was the convenor.

Those days it was very difficult to get trained ophthalmic paramedical staff. With this in mind, we started the Diploma in Ophthamic Assistance course which was a 2 year government regulated course with 40 students per batch. A lot of these students did very well & some still keep in touch. Two years later, along with Dr. Leila Mohan, I was also instrumental in starting the Dip N B Course in Opthalmology for which we convinced Dr. K R Bhatt sir to join as faculty. Another milestone was building the Thalassery and Kanhangad branches of the Comtrust eye hospitals, for which the blueprint was laid by me.







How did the shift from Comtrust- a charitable eye hospital to Vasan – a corporate eye hospital come about?

After nearly 7 years in Comtrust (2003-2010), I decided to part ways and was called by Dr Sreekanth Karat to join the Vasan Eye Care Hospital at Arayidathupalam as Medical Director and worked there till 2016. During my tenure, Vasan started its second branch in Calicut at Patteri. Vasan was an entirely different working environment with no camps - a proper corporate setup. I was blessed to work in so many different setups from private practice to health services to trust hospital and finally also the corporate hospital. All catered to different categories of patients and at vasan we were very comfortable. Eventually as you all know because of the problems at Vasan, we decided to leave.

***Sreekanth Eye Care and NUvvision Hospitals .....**

In 2016 ,I joined Dr Sreekanth eye care hospital , Calicut as Medical Director where I continue to work now. Their second branch Nuvision Manjeri is a joint partnership with myself also being a partner there. Looking at its growth we are all very much satisfied and happy there.



Sir, you have established so many hospitals. Where did you learn these leadership skills from ?

i am truly indebted to both Comtrust and Lion's club for teaching me the basics of administration. They sent me to a training in Aravind eye hospital ,Madurai for Medical directors. I was impressed by how meticulous the Aravind team was. We had excellent classes including one by Dr Natchiar Madam which taught me a lot on administering Eye hospitals.

Lets talk about your family now







Sir. Both of your children are well known ophthalmologists, was it your influence or their decision

{laughs loudly)I already gave you the story of meeting my wife Dr. Rajini. She is presently a gynecologoist with National Hospital. As far as the children are concerned I never asked them to take up medicine or even Ophthalmology

Dr. Sisira Sivan: Right from my childhood, I grew up spending time after school in the hospital environment where both my parents were very respected doctors.Both Mummy and Daddy were very particular about our education, eventually taking up medicine and then Ophthalmology was a natural progression .

Dr. Sivan: Even Sarath took up Ophthalmology as per his own interests, Sisira my daughter is married to Dr. Hemanth who is an MD physician in KMCT Medical College, I have 2 granddaughters from them, the elder is doing Integrated MSc Physics from VIT and the younger is in 7th standard. Sarath's wife Dr. Vidya is an MBBS doctor and their 6 year old daughter is my third grandchild,

Sir Recently the issue of Nucleus drop has become a huge controversy with social media painting a known complication as negligence. In this situation what is your advice to the youngsters?

In my 55 years of practice, I have realised that medical practice has become very commercial. Unlike the earlier times when patients were ready to accept an adverse outcome and treated us with respect, these days there is a lack of trust in doctors. Patients are unwilling to accept even small mistakes, With social media growing uncontrollably , we have to be careful and take precautions.

So before any procedure, explain the complications not just to the patient but also their children and grandchildren, Often social media is handled by them and they never hear any counselling we do before procedures which creates misconceptions later on. Also they trust google more than doctors, it is always better to counsel everyone including the youngsters and take an informed written consent.Unlike earlier times where we had to counsel people for surgery, these days people come to us of their own accord asking for cataract surgery. As times change we also need to change and communicate better with patients .Also greet your patients with a smile, speak with them kindly and form an interpersonal bond. If there is a complication, explain the same truthfully to the patient,

What are the things you would advice as dos and donts to youngsters

I have already covered the dos. What not to do? Never give unrealistic hopes. .Explain the procedure and set realistic expectations. These days patients ask for a guarantee,,, never promise 100 % results, Anything can happen in any procedure, just tell them that usually results are good but do not overpromise. Also always refrain from jousting other doctors.

Thank you sir for taking the evening out and spending your valuable time with us, It has been an extremely captivating and educational experience.



Report of District Clubs

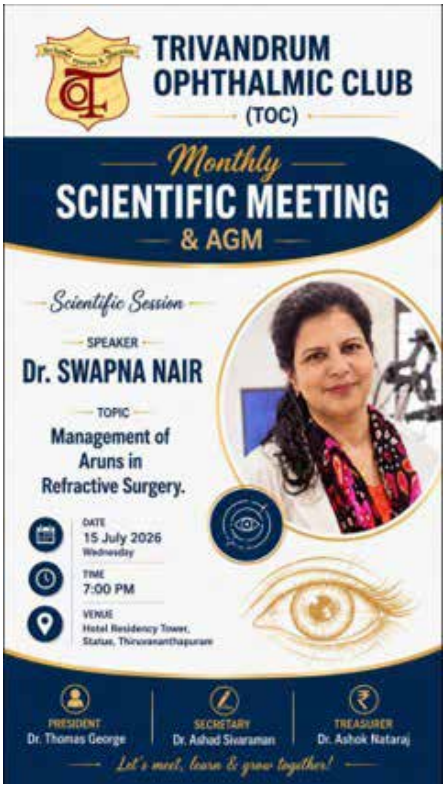
TRIVANDRUM OPHTHALMIC CLUB (TOC)

Management of Aruns in Refractive Surgery

SECTION 1: MONTHLY MEETINGS

1. July Monthly Meeting

- Date: 15 July 2026
- Venue: Hotel Residency Tower, Trivandrum
- Events conducted: Scientific session followed by Annual General Body Meeting
- Attendance: 31
- Speaker: Dr. Swapna Nair
- Topic discussed: "Management of Aruns in Refractive Surgery"
- Special remarks: The AGM reviewed the upcoming activities, and the new office bearers for the 2026–2028 term were elected.







2.August Monthly Scientific Meeting

- Date: 19 August 2026
- Venue: Hyatt Regency
- Events conducted: Scientific session
- Attendance: 90
- Case presentation: Dr. Parvathy S. Nair, Junior Resident, Chaithanya Eye Institute
- Discussant: Dr. K. Mahadevan, Professor, Gokulam Medical College
- Speaker: Dr. Ramesh Venkatesh, Senior Vitreoretinal Consultant, Narayana Nethralaya
- Topics discussed: Multimodal Imaging in Pachychoroid Disease
- Special Remarks: Dr. Chitra Raghavan was honoured by TOC on her appointment as Director of Regional Institute of Ophthalmology.



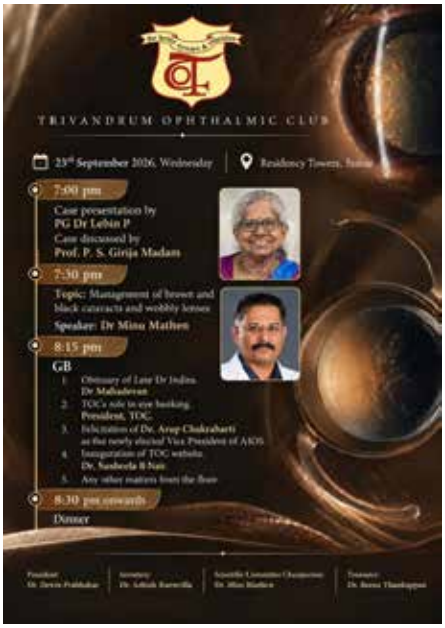
3. August Scientific Meeting & Onam Celebration

- Date: 30 August 2026
- Venue: Hotel Residency Tower, Trivandrum
- Events conducted: Scientific session followed by Onam celebrations
- Attendance: 50
- Speaker: Dr. Abhijeet Tagare, Tagare Eye Hospital, Kolhapur
- Topics discussed: Advanced/ Secondary Glaucoma, Ahmed Glaucoma Valve Surgery and Maximal Medical Therapy in Glaucoma
- Special remarks: Dr. Biju John was honoured by TOC on his appointment as Head of the Department (HOD) of the Regional Institute of Ophthalmology. Dr. Bindu Thampi was also honoured by TOC on her appointment as Head of the Department (HOD) of Gokulam Medical College.



4. September Monthly Scientific Meeting

- Date: 23 September 2026
- Venue: Hotel Residency Towers
- Events Conducted: Scientific session
- Attendance: 75
- Case presentation: Dr. Lebin P., Postgraduate Student, Sree Gokulam Medical College; chaired by Dr. P. S. Girija Devi
- Speaker: Dr. Minu Mathen, Chaithanya Eye Hospital
- Topics Discussed: Management of Brown and Black Cataracts and Wobbly Lenses
- Special remarks: Dr. Arup Chakrabarti was honoured by TOC on his appointment as Vice-President Elect, AIOS 2027.



SECTION 2: OTHER ACADEMIC ACTIVITIES

Phakology 2026: Two-day CME conducted by Chaithanya Eye Hospital & Research Institute on 12–13 September 2026 under the aegis of KSOS and TOC. Focus areas included zonular weakness, hard cataracts, biometry and mastering phaco techniques. Renowned national- and state-level consultants participated as faculty members.



CARER 2026: Conducted by Chaithanya Eye Hospital & Research Institute on 26–27 September 2026 under the aegis of KSOS and TOC. Comprehensive, examination-oriented online course exclusively for postgraduate students. Included clinical case-oriented discussions by

eminent faculty and was well attended and appreciated.



TOC Website & Job Portal: Official TOC website launched, with an integrated job portal connecting ophthalmologists with career opportunities and hospitals with employment openings.



31 July 2026 – St. Martha's Special School, Menamkulam:

- Eye screening conducted under the ANPU project by General Hospital, Gitanjali Eye Hospital with the optometry team from Regional Institute of Ophthalmology.
- 120 differently-abled children and 8 staff members were screened.
- Seven students were referred to the RIO Squint Clinic and 18 to Geethanjali Eye Hospital for further evaluation.

14 August 2026 – Developmental Centre for the Mentally Challenged, Murinjapalam:

- Eye screening conducted under the ANPU project by Aradhana Eye Institute and Precise Eye Hospital with the optometry team from Regional Institute of Ophthalmology.
- 62 students and 14 staff members underwent screening.



SECTION 3: OUTREACH PROGRAMS / CAMPS / PUBLIC AWARENESS ACTIVITIES

17 July 2026 – St. Peter's School for the Mentally Challenged:

- Eye screening camps were conducted under the ANPU project in collaboration with KSOS and TOC, in association with Sreenethra Eye Hospital and the Regional Institute of Ophthalmology.
- 40 students and 5 teachers were examined; 7 students were identified for follow-up and treatment.







SECTION 4: INDIVIDUAL MEMBER ACHIEVEMENTS

- Dr. Keya Chakrabarti and Dr. Meena Chakrabarti: Winner of the TNOA Captain Subramanyam Video Award.
- Dr. Aswin Krishna and Dr. Lebin: Second prize in the postgraduate quiz at "Nethram," conducted by the Pathanamthitta Ophthalmic Society.
- Dr. Naseehath: First prize for academic poster at Yolk Optimize AI CME, Kollam.
- Dr. Sachin: Third prize for academic poster at Yolk Optimize AI CME, Kollam.
- Dr. Swathy N.K.: First prize in the Reels competition at Yolk Optimize AI CME, Kollam.
- Dr. Arup Chakrabarthy: Received the Awadh Nethra Vibhushan Award and Dr. J. L. Sharma Oration Award; was also elected Vice President of AIOS 2027.
- Dr. Minu Mathen: Invited to deliver a Principal Lecture at RANZCO 2027.
-

SECTION 5: OTHER EVENTS / SPECIAL MENTIONS

- TOC launched its official website, designed by Mr. Abhikrishnan, with Dr. Mini Mathew.
- A dedicated job portal was integrated into the website for ophthalmology employment opportunities.
- The quarter also saw continued participation in the ANPU outreach initiative, particularly serving children with special needs.

KOLLAM OPHTHALMIC ASSOCIATION (KOA)

Novel Myopia Management Strategies- Dissecting the dilemma

JULY

SECTION 1: MONTHLY MEETING

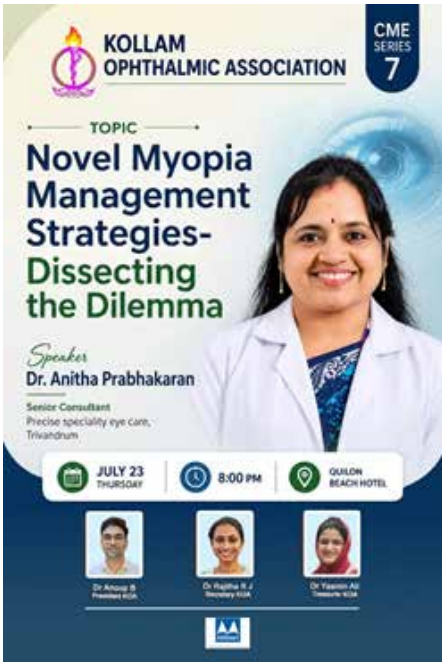
On 23.07.2026 KOA Conducted CME series 7 along with General Body meeting at Quilon Beach Hotel.

Attendance:46 members

Speaker: Dr. Anitha Prabhakaran, Senior Consultant, Precise Specialty Eye Care, Trivandrum

TOPIC

1.Novel Myopia Management Strategies-Dissecting the dilemma



KOA CME SERIES ON MYOPIA MANAGEMENT



ESTEEMED SPEAKER RECEIVING TOKEN OF APPRECIATION



KOA MEMBERS AT JULY SESSION

SECTION 2 : OTHER ACADEMIC ACTIVITIES-N/A

SECTION 3: OUTREACH PROGRAMS / CAMPS / PUBLIC AWARENESS ACTIVITIES

5 ANBU camps were conducted by KOA in the month of July

1.ANBU CAMP AT KARUNA SPECIAL SCHOOL BY PRECISE EYE HOSPITAL ON 9.07.2026

24 students screened during the camp. Two among them called for dilated refraction and detailed evaluation.





2. ANBU SCREENING CAMP AT MANOVIKAS SPECIAL SCHOOL, PUTHOOR BY CHAITHANYA EYE HOSPITAL ON 13.7.2026

23 students were screened.12 children were prescribed spectacles after dilated refraction.





3. ANBU CAMP BY AMARDEEP EYE CARE AT VIKAS BHAVAN, YWCA KOLLAM on 15.7.2026

25 students were screened during the camp headed by Dr.Marykunju And Dr.Nisha



4.ANBU CAMP BY CHAITHANYA EYE HOSPITAL AT KARUNA SPECIAL SCHOOL CHAVARA ON 21.7.2026

It was the 3rd camp by Chaithanya eye hospital, well-coordinated and conducted by Dr Haripriya and team. It screened 29 students and 14 among them were prescribed spectacles.



5.ANBU SCREENING CAMP AT MAR BASELIOUS MATHEWS II SNEHA BHAVAN, KOTTARAKKARA BY AZEEZIA MEDICAL COLLEGE ON 23.7.2026

15 students were screened in the camp, 5 were prescribed spectacles and 2 students called for detailed evaluation at hospital.



RADIO TALK

There was a live phone in programme on the topic "Can diabetes permanently damage eye sight?" on 17th July through Radio Benziger Platform by Dr.Jahanara, Ahalya Foundation Eye Hospital, Kollam.



SECTION 4: INDIVIDUAL MEMBER ACHIEVEMENTS

1. Dr.B. Shankar was honoured with the prestigious Community Service Award by IMA State Branch during the Doctors Day celebrations.
2. Dr. Elizabeth Mohini Alex and Dr.Suprabha Govindan were honoured by District IMA as part of Doctor's day celebrations.

SECTION 5: OTHER EVENTS / SPECIAL MENTIONS

Dr.Rajitha.R.J and Dr.Anjana Nair represented KOA for the KSOS LDP Programme by IIM, Calicut conducted at RAVIZ Kadavu, Calicut.

AUGUST

SECTION 1 : MONTHLY MEETING

- Date-22.08.2026
- Venue: Club Mahindra, Ashtamudi, Kollam
- Events conducted-Quilon Premier League-An Ophthal quiz and game show which covered various aspects of Ophthalmology-Famous Ophthalmologists,Clinical Signs and diagnosis of various ocular conditions.
- Attendance:21 members.
- Speaker: Dr. Lekshmisree, Assistant Professor, Travancore Medical College, Kollam.





SECTION 2: OTHER ACADEMIC ACTIVITIES

•ON 16th August 2026, KOA and YOLK (Young Ophthalmic Leaders of Kerala) conducted YOLK OPTIMIZE-AI CME and Hands on Workshop under the aegis of KSOS as part of implementation of Presidential project. The CME was inaugurated by KSOS President, Dr.Rajiv Sukumaran followed by his keynote address on EMR and AI.It was followed by intensive hands on workshop by Dr.Sharon Basil, Dr.Pranesh Ravi, Dr.Prithvi Chandrakanth ,Dr.Shishir Varghese and Dr.John Davis Akkara.

Young Ophthalmologists Premier League an innovative Ophthalmology based team competition was a special feature of the CME. The YOLK-AI-OPTIMISE CME was a resounding success, drawing a total of 121 registrations. The conference successfully bridged the gap between cutting-edge technology and clinical practice, fostering an atmosphere of innovation and learning.



INAUGURATION CEREMONY OF YOLK OPTIMIZE AI CME





RESPECTED SPEAKERS AT AI CME

SECTION 3 : OUTREACH PROGRAMS / CAMPS / PUBLIC AWARENESS ACTIVITIES

2 ANBU Camps were conducted by KOA in the month of August

1.ANBU Screening camp at St.Paul's Residential School,East Kallada by Dr.Anish Madhavan's Eye Clinic and Matha Hospital on 4th August. Screened 65 people,10 people were given spectacles.

2.ANBU Screening camp at Holycross Pratheeksha Special School, Neendakara by Ahalya Foundation Eye Hospital, Kollam. Screened 58 people.









SECTION 4 : INDIVIDUAL MEMBER ACHIEVEMENTS

SECTION 5 : OTHER EVENTS / SPECIAL MENTIONS

KOA conducted family get together on 22.08.2026 and 23.08.2026 at Club Mahindra, Ashtamudi which was a mind soothing experience to all members, coming together beyond clinics and celebrating togetherness.

SEPTEMBER

SECTION 1: MONTHLY MEETING

On 18.09.2026 KOA Conducted CME series 9 along with General Body





KOA FAMILY MEET

meeting and Onam celebrations at Hotel Nani,Kollam.

Attendance:35 members

Speaker: Dr. Rakhi P D'Cruz, Consultant Phaco surgeon, Chaithanya Eye Hospital, Kollam

TOPIC: Zonular Dialysis-Tips to recognize early and tackle confidently





SECTION 2 : OTHER ACADEMIC ACTIVITIES

• Quiz programme as part of Eye donation fortnight for Medical and Nursing students at Azeezia Medical College, Kollam on 3.09.2026.

SECTION 3: OUTREACH PROGRAMS / CAMPS / PUBLIC AWARENESS ACTIVITIES

KOA conducted 3 ANBU camps in the month of September.

1. On 15/9/2026, ANBU Camp at Buds School,Sooranad by Priyanka Eye Hospital

2. On 17/9/2026, ANBU Camp at RIITS,Child development Centre by Ozanam Eye Centre,Bishop Benziger Hospital and Government Medical College,Kollam.

3.On 24/9/2026, ANBU Camp at Sanjoe Special School, Pathanapuram by Precise Eye Hospital, Pathanapuram.40 Students were screened and 5 were called for cycloplegic refraction





EYE DONATION FORTNIGHT ACTIVITIES

KOA VIDEO CAMPAIGN

As part of Eye donation Fortnight 2026, Kollam Ophthalmic Association initiated a video campaign titled "I Pledge to Donate My Eyes" to create awareness about eye donation and encourage members to promote the cause. The campaign aimed to encourage public awareness and



SECTION 4: INDIVIDUAL MEMBER ACHIEVEMENTS

SECTION 5 : OTHER EVENTS / SPECIAL MENTIONS

motivate more people to pledge for eye donation.

RADIO TALK

As part of Eye donation fortnight Dr.Ajith Varghese and Dr.Suprabha Govindan from NS Hospital, Kollam delivered a well-structured radio talk about Eye donation through Radio Benziger Platform.

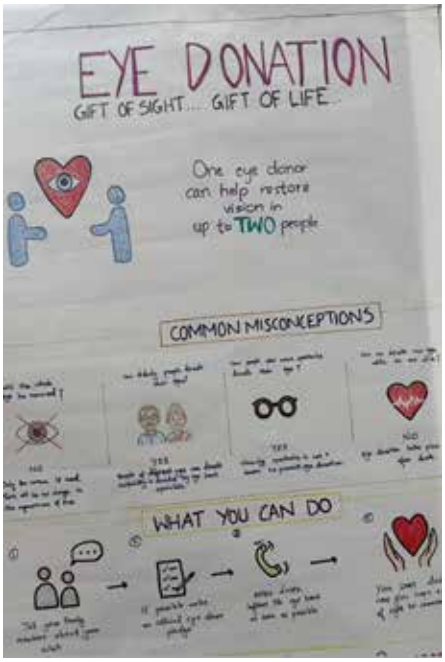
AWARENESS CLASS AMONG MEDICAL AND NURSING STUDENTS







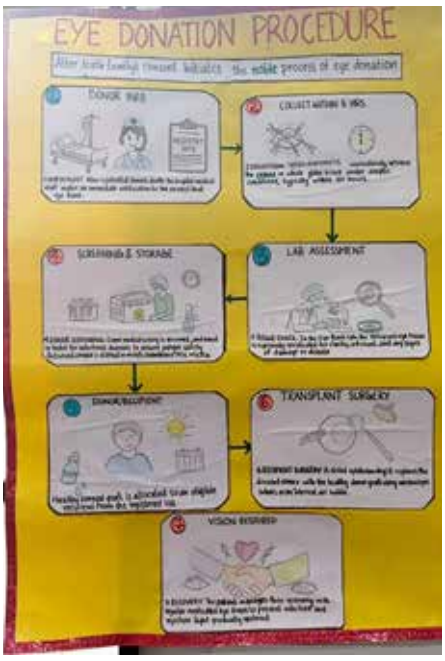
An eye donation awareness programme was conducted for Medical and Nursing students in collaboration with Kollam Ophthalmic Association, Azeezia Nursing College, Dental College and Medical College. Programme was formally inaugurated by Dr.Sasikala, Principal, Azeezia Medical College. Dr.Susan Thomas and Dr.Haleema shared their valuable insights during the session. Around 180 students actively participated in the session. Dr.Rajitha.R.J, Secretary, Kollam Ophthalmic Association highlighted the importance of corneal donation and the role of healthcare professionals in creating awareness among public.



EYE DONATION AWARENESS QUIZ

An Eye donation Awareness Quiz was conducted for medical and nursing students by Dr.Rajitha.R.J, Secretary Kollam Ophthalmic Association at Azeezia Medical College,which reinforced the eye donation facts.

Govt.Medical College, Kollam, istrict Hospital, Kollam and Taluk Hospital, Karunagapally also conducted various awareness activities and flash mob as part of Eye donation Fortnight.



OPHTHALMIC SOCIETY OF PATHANAMTHITTA (OSP)

Exploring the rapidly evolving role of Artificial Intelligence in ophthal-mology and healthcare

JULY – SEPTEMBER 2026

The Ophthalmic Society of Pathanamthitta had a vibrant and eventful July–September 2026, marked by academic innovation, professional recognition, and community awareness. The quarter witnessed several significant initiatives that reflected OSP's continued commitment to advancing ophthalmic practice while strengthening bonds within the fraternity.

19 July 2026 | OSP De Novo AI Bootcamp

OSP organised the De Novo AI Bootcamp, a dedicated programme exploring the rapidly evolving role of Artificial Intelligence in ophthalmology and healthcare. The programme provided Members & Families with an opportunity to understand emerging AI tools and their potential applications in clinical practice, workflow and professional development. The initiative was well received, with active participation and excellent feedback from the attendees.

2 August 2026 | NETHRAM 2026 – Annual Conference of OSP

The 5th Annual Conference of the Ophthalmic Society of Pathanamthitta – NETHRAM 2026 brought together ophthalmologists for an enriching day of academic exchange and interaction. The conference featured engaging scientific sessions and thought-provoking discussions, providing a platform for sharing knowledge and contemporary perspectives in ophthalmology.

A special highlight of NETHRAM 2026 was the honouring of senior member Dr Rachel Jose, recognising her valuable contributions and



longstanding association with the ophthalmic fraternity. The felicitation was a memorable moment for the OSP family.

2 August 2026 | Dr Mathew Oonnukallil Oration Award

The prestigious Dr Mathew Oonnukallil Oration Award was presented to Dr Meenakshi Swaminathan during NETHRAM 2026. Instituted in memory of Dr Mathew Oonnukallil, the award celebrates excellence and contributions to ophthalmology. The award presentation added significance to an already memorable academic gathering.

25 August – 8 September 2026 | Eye Donation Fortnight

OSP actively observed Eye Donation Fortnight, focusing on creating awareness about the importance of eye donation and the gift of sight. Through educational and public-awareness initiatives, OSP sought to dispel myths surrounding eye donation and encourage more people to consider pledging their eyes. The fortnight culminated on 8 September, with activities aimed at reinforcing the message that one pledge can help restore sight and transform lives.

27 September 2026 | Onam CME & OSP Onam Celebration – Maramon Resort

The quarter concluded on a festive note with the OSP Onam CME and Onam Celebration held at Maramon Resort on 27 September 2026. The programme beautifully combined academic learning with celebration. The CME provided an opportunity for members to engage with relevant



Eye Donation Fortnight


ANBU Screening Camp


August - NETHRAM Annual Flagship CME of OSP


Dr Mathew Oonnukallil Oration Award & Honoring Senior Member



September - ONAM CME

ophthalmic topics, while the Onam celebrations brought the OSP family together in the spirit of tradition, togetherness and camaraderie.

Together, these initiatives reflect OSP's continuing journey of "Learning, Leading and Giving Back"— fostering academic excellence, honouring its members, embracing innovation and extending the gift of vision to the community.

ANBU Camps

1. ANBU Screening was conducted at MGM BETHANY SANTHI BHAVAN SPECIAL SCHOOL, Kallooppara on July 6th & July 7th. Dr Rachel Jose, Dr Shyma from St Thomas Hospital, Chethipuzha, Dr Pooja & Dr Shahma from Chaithanya Eye Hospital, Thiruvalla attended the camp.
2. ANBU Screening Camp at MRCD Navjyothi School, Thadiyoor, Pathanamthitta was conducted on July 16th. Free Treatment Cards were given to children requiring further treatment in the Hospital. Dr Priyanka Thilak – OSP Secretary & Dr Madhur Verghese, Chief Administrator at Amita Eye Care participated in the camp.
3. ANBU Screening Camp was organized at Assisi Centre Chungapara on July 23rd. Dr Fathima from Chaithanya Eye Hospital participated in the camp.
4. ANBU Screening Camp was conducted at Njanodaya Special School, Kadapra on Sept 3rd. Dr Ann Tresa Antony – Treasurer OSP & Dr Shahma from Chaithanya Eye Hospital, Thiruvalla participated in the camp.

KOTTAYAM OPHTHALMIC SOCIETY (KOS)

Glaucoma India Education Program

Organised One day CME at Lakesong Resort Kumarakom, on 5th July 2026 "Glaucoma India Education Program". 75 attendee and 13 Faculties. CME was inaugurated by Dr Rajiv Sukumaran, Honorable President KSOS in auspicious presence of Dr Deven Tuli, Honorable Secretary of GSI.

KOS in association with Alphonsa Eye Hospital, Organised Special School Screening at Sneharam Special School, Pala on 25th July under Presidential Project ANBU.

110th Monthly meeting of Kottayam Ophthalmic Society was conducted on 21st August, 2026 at Hotel Indraprastha. Dr Visakh Kumar, VR consultant, Giridhar Eye Institute delivered Keynote on PCV. Dr Aishwarya Iyer , VR consultant Bharath hospital presented interesting case scenarios.

The 3rd ANBU Vision Screening Camp was organised at Santhinilayam Special School as part of the KSOS Presidential Initiative, organised by Kottayam Ophthalmic society(KOS) in association with Alphonsa Eye Hospital, Pala on 5th September, 2026

Screening Details

Total patients screened: 58

ANBU Privilege Card



As part of the ANBU initiative, ANBU cards were distributed to the students and their parents. The card assures the beneficiaries of lifelong free eye care at Alphonsa Eye Hospital, helping ensure continued access to eye examinations, treatment, and necessary ophthalmic care.









IDUKKI MALANAD OPHTHALMIC CLUB (IMOC)

ROP -A Case based Tutorial for the General Ophthal-mologist

MONTHLY MEET : JULY 2026

Date: 16TH JULY 2026

Venue: Hotel Kabani Palace, Muvattupuzha

Events conducted: CME

Attendance: 20

Speakers: Dr. Anubhav Goyal, Vitreo-Retinal Consultant, Giridhar Eye Institute Kochi

Topics discussed: ROP -A Case based Tutorial for the General Ophthalmologist

Food for thought: Life lessons for a better living

Speaker: Dr. Sumitha Mary Jacob

Quiz on GLAUCOMA & Quiz on FOOTBALL (The world cup fever !!): Dr. Treesa

SECTION 3: CAMPS

Free cataract eye surgery camp by Alphonsa Eye Hospital, Thodupuzha

Conducted at Alphonsa Eye Hospital, Thodupuzha



Date: 5/7/2026

Number of patients screened: 34

Number of cataracts diagnosed:10

Number of cataract surgeries done : 1

MONTHLY MEET: August 2026

Date : 20/8/2026





Venue : Hotel Kabani Palace, Muvattupuzha

Events conducted : CME

Attendance : 21

Speaker: DR. MEENA C.K

Topics discussed: Myopia matters in the digital era

Food for thought: Life lessons for a better living :

Speaker: Dr.Sumitha Mary Jacob

Quiz on Retinopathy of Prematurity : Dr.Treesa

SECTION 3 : CAMPS

Free cataract eye surgery camp by Alphonsa Eye Hospital, Thodupuzha

Conducted at Alphonsa Eye Hospital, Thodupuzha

Date: 2/8/2026

Number of patients screened : 27

Number of cataracts diagnosed: 16

Number of cataract surgeries done : 2

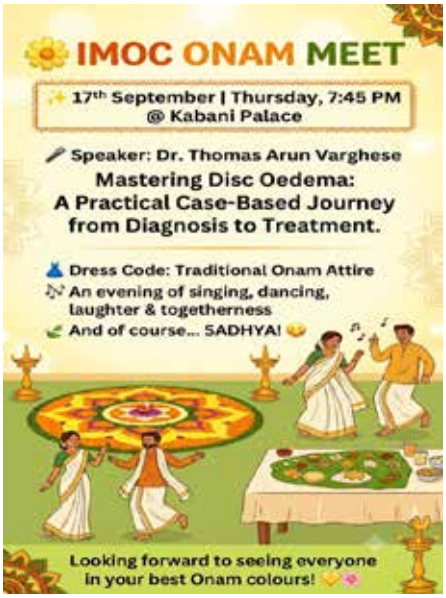
SECTION 4 : INDIVIDUAL MEMBER ACHIEVEMENTS

Dr.Treesa D Nediyakalayil won third prize-Cultural activities @ YOSICON INTERNATIONAL Conference in July 2026 held at Pullman Aerocity, New Delhi.









MONTHLY MEET: SEPTEMBER 2026

Date: 17/9/2026

Venue: Hotel Kabani Palace, Muvattupuzha

Events conducted : CME ,





Onam meet, Culturals, Games & Ona Sadhya

Attendance : 24

Speaker: Dr. Thomas Arun Varghese

Topic discussed: Optic Disc-the many presentations in different scenarios – a Case based discussions !!



SECTION 3 : CAMPS

Free cataract eye surgery camp by Alphonsa Eye Hospital, Thodupuzha

Conducted at Alphonsa Eye Hospital, Thodupuzha

Date: 6/9/2026

Number of patients screened : 21

Number of cataracts diagnosed: 10

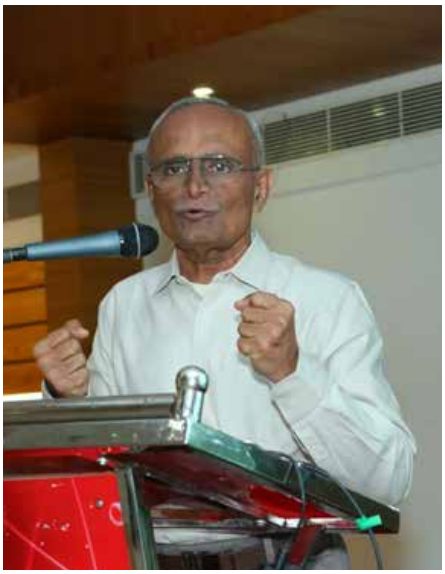
Number of cataract surgeries done : 1

CME - MALANAD ACADEMIX - STERICON '26

FLAGSHIP CME OF IMOC

was conducted on 27th September 2026 at Hotel Kabani Palace, Muvattupuzha. It was a meaningful and memorable CME focussing on OT aseptic protocols, communication skills & the Gut brain axis and mental wellness, full house with 120 delegates, excellent speakers — Dr. Sasi Kumar, Dr. Mathew James Sir & Dr. Benoy Sebastian — and a very enthusiastic, highly participative audience.







ALLEPPEY OPHTHALMIC CLUB

Laser procedures in glaucoma & Minimally invasive glaucoma surgery

A CME was conducted by Alleppey ophthalmic club on 12 th july ,2026 at hotel Royale park , Alappuzha.

Two presentations

1, Laser procedures in glaucoma by Dr Dalia .S., Professor,TDMC, Alappuzha.

2,Minimally invasive glaucoma surgery by Dr Anu ,senior resident,TDMC,,Alappuzha.

PG case presentations were there by Dr Bhagyalakshmi about intersting cases of glaucoma .

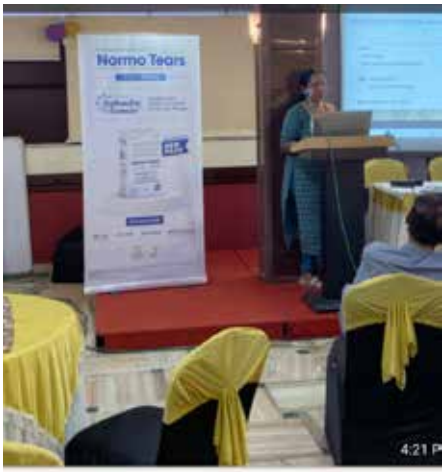
It was a well attended CME with more than 30 attendees.

Onam celebration w ith a family get-together was done by Alleppey ophthalmic club on 9th of August at hotel Arcadia , Alappuzha,

It was a very enchanting one with more than 60 participants.

Eye donation fortnight was celebrated by different institutions in Alleppey under the aegis of Alleppey ophthalmic club In Tdmc, Alappuzha,, and General hospital, Alappuzha health education,awareness class ,flash mob and eye camps were conducted as a part of eye donation fort night.

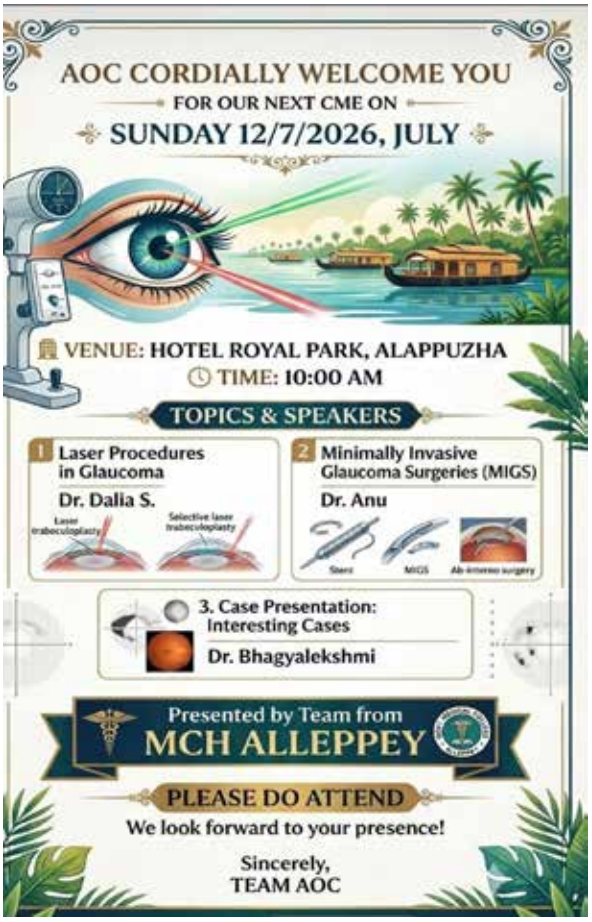
In peripheral institutions like Thah Cherthala, haripad, Kayamkulam, mavelikkara Various health education classes, skit and camps were conducted.

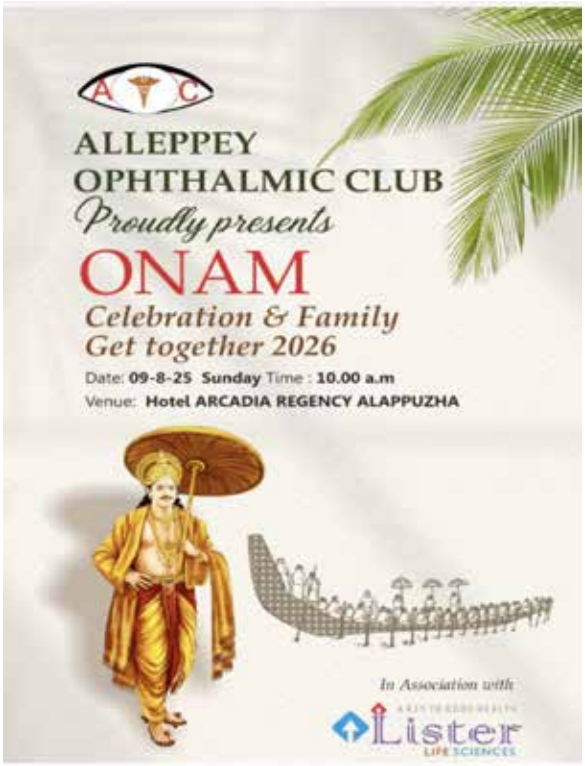







Normo Tears


AOC CORDIALLY WELCOME YOU
FOR OUR NEXT CME ON
SUNDAY 12/7/2026, JULY
VENUE: HOTEL ROYAL PARK, ALAPPUZHA
TIME: 10:00 AM
TOPICS & SPEAKERS
1 Laser Procedures in Glaucoma
Dr. Dalia S.
2 Minimally Invasive Glaucoma Surgeries (MIGS)
Dr. Anu
3. Case Presentation: Interesting Cases
Dr. Bhagyalekshmi
Presented by Team from
MCH ALLEPPEY
PLEASE DO ATTEND
We look forward to your presence!
Sincerely,
TEAM AOC


ALLEPPEY
OPHTHALMIC CLUB
Proudly presents
ONAM
Celebration & Family
Get together 2026
Date: 09-8-25 Sunday Time : 10.00 a.m
Venue: Hotel ARCADIA REGENCY ALAPPUZHA
In Association with
Lister


ALLEPPEY
OPHTHALMIC CLUB
5:37 PM


ALLEPPEY
OPHTHALMIC CLUB


ദേശീയ അന്ധതനിയന്ത്രണ
പരിപാടി (NPCB & VI) ആലപ്പുഴ
41 -ാമത്
ദേശീയ നേത്രദാന
പക്ഷാചരണം
2026 ആഗസ്റ്റ് 25 മുതൽ സെപ്റ്റംബർ 8 വരെ
ജില്ലാ ആരോഗ്യ-കുടുംബക്ഷേമ സമിതി
ജില്ലാ മെഡിക്കൽ ഓഫീസ് ആരോഗ്യം, ആലപ്പുഴ
അന്ധതാകാഴ്ച വൈകല്യനിയന്ത്രണം, ആലപ്പുഴ
താലൂക്ക് ആശുപത്രി, ചേർത്തല
നേത്രദാനം....മഹാദാനം

COCHIN OPHTHALMIC CLUB (COC)

Reimagining Anti-VEGF Therapy: From role of fluid to global trends and switching strategies.

Section 1: Monthly meetings

July 2026 :

- Held on 3rd July, 2026 at Marriot Hotel, Kochi and attended by 75 members.
- Scientific session - chaired by Dr. Giridhar A, moderator- Dr. Thomas Cherian and panelists- Dr. Biju Raju, Dr. Rahul. R. Menon and Dr. Jyoti Prakash Vyas.
- Chief speaker- Dr. Michael Stewart, Mayo clinic, USA- Reimagining Anti-VEGF Therapy: From role of fluid to global trends and switching strategies.





Other speakers:

- Dr. Gopal. S. Pillai from Amrita eye hospital, Kochi- Diabetic macular edema- from understanding to treatment.
- Dr. Ramesh Venkitesh, Narayana Nethralaya, Bangalore- The evolving role of Aflibercept in PCV APVRS: Insights and Comparisons with Anti-VEGF agents

September 2026:

- Was held on 27th September at Vihara resort, Maradu, Kochi
- Scientific session chaired by Dr. S. J. Saikumar.
- Dr. Meenakshi Dhar, Professor and HOD, Amritha hospital, Faridabad - " When glaucoma meets Cataract and Advanced glaucoma- MMT, Fixed dose combination."

- Followed by Onam celebrations and Stand up Comedy show by Mr. John Joe.

Section 2: Other academic activities

1. August Ophthalmica

- Conducted on August 9, 2026 centered on the theme-" Uveitis- Unraveling Ocular Inflammation." Attended by 157 delegates.
- Prof. T Gopinatha Menon Memorial Oration 2026 awarded to Dr. Gopal. S. Pillai for his work on Artificial intelligence. The oration topic was "Beyond the fundus- AI, Molecular Biology and Novel therapeutics Reshaping Retina Practice".
- The event was inaugurated by KSOS president- Dr. Rajiv Sukumaran.
- A financial aid was presented to St. Clare's school children- a special school. BREF beneficiary award was also presented.
- The academic event comprised four structured sessions featuring keynote addresses from national faculties- Dr. Kalpana Babu Murthy and Dr. Soumyava Basu, 10 state faculties- Dr. Lekha T, Dr. Natasha Radhakrishnan, Dr. Anabi Shahi A, Dr. Prakash V S, Dr. Reesha K R, Dr. Neethu Latiff, Dr. Thomas Kuriakose, Dr. Dahlia Krishnan, Dr. Mini Mathew and Dr. Rahul R. Menon and 13 engaging case presentations.





2. Eye Donation Awareness programme by COC - Eyerun 2026 was conducted on 6th September, 2026 at IMA House, Kochi. This was followed by a street play- "അവസാന സമ്മാനം" by doctors of Chaithanya Eye Hospital, Kochi.



3. 41st National Eye Donation Fortnight Celebrations- AIMS Kochi in association with Jyothis Eye Care Society organised a special programme on September 3, 2026, with renowned music director- Mr.T. S. Radhakrishnan launched an AI powered chatbot for ophthalmology patients.



4. Eye Donation Fortnight was celebrated by Dr. Tony's eye hospital, Aluva.





5. Beyond the leak- Redefining CSCR in 2026 was conducted by Giridhar eye Institute, Kochi on 13 September, 2026 at Radisson Blu, Kochi.





Section 3: Outreach programs/camps/ public awareness activities

"Anbu"- a presidential project of KSOS

1. School screening program was held at St. Clare Oral School for the deaf, Manickamangalam conducted by Little Flower Hospital, Angamaly. 160 children were screened. Attended by Dr. Thomas Cherian, President COC.





2. A Screening camp was conducted by Giridhar Eye Hospital at Adarsh Charitable Trust, Kureekad on July 7, 2026. The screening was attended by Dr. Namitha V. G, Consultant, Pediatric ophthalmology, Giridhar eye Institute and Dr. Kala Thottam, Secretary, COC.





3. Screening camp for special children was conducted at Snehanilayam special school, Chembumukku by Chaithanya Eye Institute, Palarivattom. The camp was attended by Dr. Anu Maria Paul, Pediatric Ophthalmologist and Dr. Jyothi R, COC executive member.





4. 2 screening camps were conducted by Chaithanya Eye Institute, Palarivattom at Chavara School for Special Children, Koonanmau on 14th and 17th July, 2026. Dr. Thomas Cherian, President COC and Dr. Vaisakhi and Dr. Anu Maria attended the camp.



5. School screening was conducted at Smriti Special School, Kaloor by Giridhar eye Institute. The camp was attended by Dr. Kala B Thottam, Secretary, COC and Dr. Ranjini and Dr. Raniya from giridhar eye institute.





6. School screening was conducted at Adarsh special school, Kureekkad. It was attended by Dr. Liji Rajesh, COC Executive member and Dr. Namith V G, consultant pediatric ophthalmologist from Giridhar eye institute.



7. Screening camp conducted at Mridulasparsam Charitable trust, Karingachira on 8th September, 2026. Dr. Raniya and Dr. Trisha from Giridhar eye institute, Kochi and Dr. Kala Thottam, COC Secretary participated in the camp.

8. A 2 days screening camp was conducted by Rajagiri hospital, Aluva at Kripa special school on 17 and 18th September, 2026. The valedictory function was presided over by Dr. Rajiv Sukumaran, KSOS President and Dr. Revati Ramesh, COC Vice president.





9. A screening camp was conducted for special kids at Raksha society, Mattancherry. Dr. Afnan from Chaithanya Eye Hospital, Kochi and Dr. Liji Rajesh, COC executive member participated in the camp on 17th september 2026.



Section 4: Individual member achievements

1. Dr. Elizabeth Joseph was conferred with the " Women Lead in Eye Care" award by Vision 2020 India.



2. Dr. Saikumar S J, Dr. Saritha V K, Dr. Thomas Arun Varghese, Dr. John Davis Akkara and Dr. Umesh presented the Glaucoma India Education Program at Hotel Lakesong, Kumarakom on July 5, 2026.



3. Dr. Anju Kuriakose and Dr. John Davis Akkara won YOSI International Rising Star Awards. Dr. John Davis Akkara won 4 YOSI Starlight awards.



4. Dr. Vasmiya Mohammed Kutty and Dr. Roshni and Dr. John Davis Akkara won 2nd prize in Hackathon at YOSICON International Conference at New Delhi.

5. Dr. Neena R was a faculty at PASS (Pediatric Ophthalmology and Strabismus Symposium) organised by Arvind Eye Hospital, Pondicherry on 19 July, 2026. Also presented The ophthalmologist's perspective on Optic Neuritis in the webinar- Little Eyes, Big Lessons by Sankara eye foundation on 3rd september, 2026. She also presented on Paediatric Stargardt's disease at the World Society of Paediatric Ophthalmology and Strabismus meeting at ESCRS, 2026 at London on 11 September 2026.



6. Dr. Rahul Menon, Dr. Ashapurna, Dr. Unni Nair and Dr. John Davis Akkara published a case report- Rabeprazole- Itopride induced ciliochoroidal effusion in Indian Journal of Ophthalmology- Case reports.

7. Dr. Vasmiya T, Phacorefractive fellow from Chaithanya Eye Institute, Palarivattom won the best paper in cataract award at TNOA, Coimbatore.

Camps conducted (April-May)	No of camps	No of patients screened	No of cataract surgeries
Dr. Tony Fernandez Eye Hospital	8	809	45
Amrita Institute of Medical Science	6	1630	141
Little Flower Hospital, and research centre	23	2692	107



8. Dr. Neena R and Dr. Thomas Arun Varghese were part of the debate on NMO-MOG testing in Optic Neuritis at Nethram 2026 on August 2, 2026 at Believer's Hospital.



9. Dr Parakkal Bhuvaneswaran Bhuvana and Dr Seamol V C, post graduate students from Giridhar eye institute, Kochi secured first prize in post graduate quiz competition at Nethram 2026.



10. Dr. Kala B Thottam won the third prize for comic poster and Dr. Vasmiya T from Chaithanya eye hospital won the second prize for Academic poster at YOLK OPTIMIZE AI CME at Kollam on August 16.





11. Dr. Gopal S Pillai was awarded Gold medal by Bombay ophthalmic association at the 36th Annual conference- BOA Focus 2026 on August 21, 2026 at Mumbai.



12. Dr. John Davis Akkara was a speaker at Alcon Dual Excellence Meet- Hands on workshop for AI tools at Chennai on 30th August, 2026.

13. Padmashree Dr. Tony Fernandez was conferred the Lifetime Achievement Award by the Eye Bank Association of India(EBAI) in recognition of his outstanding and pioneering contributions to cornea, eye banking and restoration of sight and his remarkable lifelong service to ophthalmology. The award was presented at the Annual Convention of EBAI, held at Kochi.



14. Dr. Karthika Mohandas from Dr. Tony's eye hospital won the second prize in the Eye Donation reel challenge conducted by Kozhikode ophthalmic society.



15. Dr. Andrews was honoured by IMA Thrissur during the onam celebrations for the academic and Community services.



16. Dr. Elizabeth Joseph and Dr. Neena R presented at the Annual POSN conference at Bhubaneswar on 19, 20th September, 2026.



THRISSUR ACADEMIC CLUB OF OPHTHALMOLOGY (TACO)

JULY 2026

TACO monthly meeting was conducted on 23.7.2026 at Hotel Casino Thrissur, 40 members were in attendance. Dr Marian Pauly senior consultant and HOD of orbit and oculoplasty from Giridhar eye institute spoke on periocular & ocular surface melanosis: realities and flags. Annual CME by Amala institute of medical science on 19.7.2026 "Eyedeas" which included hands on AI work shop for post graduates. 60 delegates attended the session.



Periocular & ocular surface melanosis: realities and flags.

















Faculty : Systemic Ophthalmology





Faculty: Cataract Session



















AUGUST 2026

Monthly meeting was conducted on 21.8.2026 at Hotel Casino Thrissur, 26 members attended the session speaker was Dr Rahul R Menon consultant vitreo retinal surgeon Chaithanya eye hospital palarivattam Kochi. He spoke on “Embracing change in retinal disease management. The real-world experience” The second talk was by Dr Lathika V K, HOD of Amala institute of medical science Thrissur, she is spoke on “Ergonomics for Ophthalmologists Healer heal thyself”.

Annual CME by I Vision eye hospital at Lulu international convention center “Vision 2026” on 16.8.2026 topics discussed on pediatric ophthalmology and cornea. 80 delegates attended the session.

































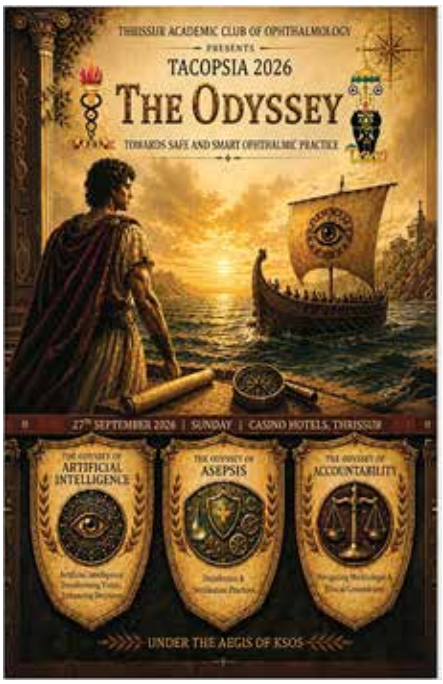




SEPTEMBER 2026

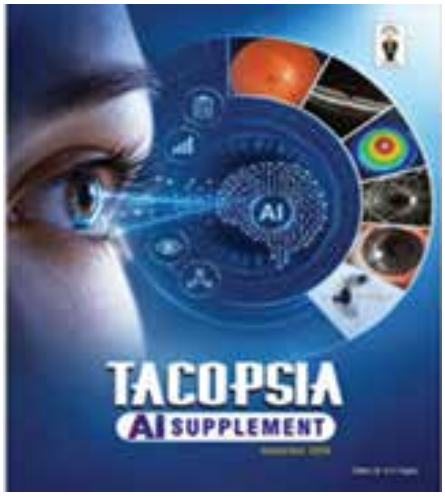
Annual flagship CME of TACO "TACOpsia 2026, THE ODYSSEY" on 27.9.2026.

at hotel casino Thrissur. 69 delegates attended the session. Chief Guest was Dr Rajiv Sukumaran. Topic Discussed on 3A's of accountability, Asepsis & AI. TACO released an AI supplement





as a part of presidential project on the day of CME, there was two hours of AI session by Dr Sharon Baisil. TACO life time achievement award awarded to - Dr KP Kalyanikutty from Santhi hospital Kodakara. TACO oration award was awarded to -Dr Mahesh Gopalakrishnan from Giridhar eye institute. Oration lecture was "Fight against diabetic retinopathy lessons from a quarter – century odyssey"





EYE DONATION FORT NIGHT ACTIVITIES BY TACO

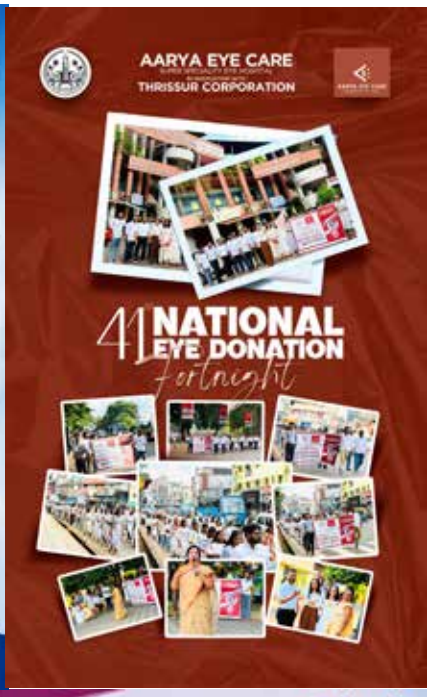
- Photography competition by Jubilee mission medical college.
- Concept of tree of sight & eye donation skit by Amala institute of medical science.
- Multiple classes were taken for casuality staff by Govt.Medical college Thrissur.
- Walkathon by Arya eye care.
- Dr Raghu Spoke on eye donation in IMA Thrissur meeting.
- Dr Andrews kakkanatt spoke at Dr Tony's eye hospital Aluva.

















OUTREACH PROGRAMS/CAMPS / PUBLIC AWARENESS ACTIVITIES

Total 378 Camps conducted by TACO and 17792 patients were screened.

July 2026: Total No of Camps:236, Total No of Patients:4335

August 2026: Total No of Camps:54, Total No of Patients:4064

September 2026: Total No of Camps:88, Total No of Patients:9393

5 - ANBU CAMPS

I Vision Eye Hospital at Sneharam special school at Manalur on 8.7.2026,

9.7.2026, Swasraya special school Kuttur on 30.7.2026,

Govt medical college at Pope Paul mercy special school at Athani on 7.9.2026,

Jubilee mission medical college Chaithanya at special school at Kunnamkulam on 24.9.2026.

PALAKKAD SOCIETY OF OPHTHALMIC SURGEONS (PSOS)

Cataract Surgery in the Diabetic Patient: When to Operate, Treat or Refer

July 2026

SECTION 1 : MONTHLY / QUARTERLY MEETINGS

Monthly Scientific Meeting – July 2026

- Date: 24 July 2026
- Venue: Cosmopolitan Club, Palakkad
- Attendance: 35 members
- Scientific Topic: Cataract Surgery in the Diabetic Patient: When to Operate, Treat or Refer
- Speaker: Dr Shilpa Sabu, Vitreo-Retina Consultant, Trinity Eye Hospital, Palakkad
- Topics Discussed: Practical considerations in cataract surgery for diabetic patients, including timing of surgery, pre-operative retinal evaluation, optimization of diabetic retinopathy and macular edema, indications for retinal referral, and perioperative considerations for visual outcomes.
- Additional Proceedings: Discussion regarding the planning and organization of the upcoming PSOS Family Meet, including venue, activities and member participation.

SECTION 2 : OTHER ACADEMIC ACTIVITIES



Scientific lecture and interactive discussion on cataract surgery in diabetic patients, as detailed in Section 1.

SECTION 3 : OUTREACH PROGRAMMES / CAMPS / PUBLIC AWARENESS ACTIVITIES

NIL / No activities reported for July 2026.

SECTION 4 : INDIVIDUAL MEMBER ACHIEVEMENTS

NIL / No achievements reported for July 2026.

SECTION 5 : OTHER EVENTS / SPECIAL MENTIONS

Discussion initiated regarding the upcoming PSOS Family Meet.

August 2026

SECTION 1 : MONTHLY / QUARTERLY MEETINGS

Monthly Scientific Meeting – August 2026

- Date: 21 August 2026
- Venue: KPM Regency, Palakkad
- Attendance: 25 members
- Proceedings: The meeting commenced with the Secretary's note and updates regarding society activities.
- Scientific Session 1: Perioperative Dry Eye Management
- Speaker: Dr Mahesh, Consultant Ophthalmologist
- Topics Discussed: Ocular surface assessment and optimization in patients undergoing ophthalmic surgery; identification of patients at risk; pre-operative management; factors contributing to post-operative dry eye; and strategies to improve patient comfort and visual outcomes. The session was followed by an interactive discussion.
- Scientific Session 2: Case Presentation – "Hazy, But Telling a Story"
- Presenter: Aneeza Hidayath, First Year DNB Resident, District Hospital, Palakkad
- Case Details: A case of mucopolysaccharidosis was presented, highlighting ophthalmic manifestations and clinical clues to an underlying systemic metabolic disorder. The presentation encouraged a systematic approach to clinical findings and was followed by discussion on clinical features, diagnostic approach and ophthalmic considerations.

SECTION 2 : OTHER ACADEMIC ACTIVITIES

Nil."

SECTION 3 : OUTREACH PROGRAMMES / CAMPS / PUBLIC AWARENESS ACTIVITIES

NIL / No activities reported for August 2026.

SECTION 4 : INDIVIDUAL MEMBER ACHIEVEMENTS

Dr Mahesh Bharathi, Consultant, Glaucoma and Cataract Services, Ahalia Foundation Eye Hospital, Palakkad presented and spoke in favour of 360-degree goniotomy in a debate against limited goniectomies at TNOA 2026 – KOV-EYE.

SECTION 5 : OTHER EVENTS / SPECIAL MENTIONS

Onam celebrations were held as part of the August monthly meeting at KPM Regency, Palakkad. Members were encouraged to attend in traditional attire. The celebration provided an opportunity for fellowship and interaction among members alongside the academic programme.





September 2026

SECTION 1 : MONTHLY / QUARTERLY MEETINGS

Monthly Scientific Meeting – September 2026

- Date: 25 September 2026
- Venue: Cosmopolitan Club, Palakkad
- Time: 7:30 pm onwards
- Attendance: 20 members
- Scientific Topic: Keratoplasty in Clinical Practice: Indications, Timing and Referral
- Speaker: Dr Mohammed Shahbaaz, Senior Consultant –





Cornea, Cataract & Refractive Surgery, Trinity Super-speciality Eye Hospital, Coimbatore

- Scientific Session: The meeting featured a talk on the clinical practice of keratoplasty, focusing on indications, timing and referral.

SECTION 2 : OTHER ACADEMIC ACTIVITIES

None

SECTION 3 : OUTREACH PROGRAMMES / CAMPS / PUBLIC AWARENESS ACTIVITIES

Dr. Rohan and the District Hospital team conducted eye donation awareness camps at Kuthanoor and the Palakkad Collectorate as part of the National Eye Donation Fortnight celebrations.

Dr Shima with her District Hospital team, Palakkad conducted eye donation awareness camps at Nemmara as part of the National Eye Donation Fortnight celebrations

Dr. Geetha VKP, Cosnultant Ophthalmoogist, Ahalia Foundation Eye Hospital, Palakkad shared an awareness message in Malayala Manorama on the occasion of Cerebral Visual Impairment Awareness Day, contributing to public education and awareness.

SECTION 4 : INDIVIDUAL MEMBER ACHIEVEMENTS

1. Dr. Rohan – Successful Surgical Management of a Tribal Beneficiary under Snehahastham

Dr. Rohan A, Consultant Ophthalmologist, District Hospital, Palakkad successfully performed cataract surgery on a tribal beneficiary identified with a complicated cataract during the Snehahastham medical camp, following a direct request from the Hon'ble Forest Minister, Shri Shibu Baby John. The patient underwent surgery at Palakkad Hospital, recovered well and was discharged successfully. The outcome was subsequently communicated to the Hon'ble Forest Minister and the concerned Department officials.

This successful intervention highlights the contribution of PSOS members towards community ophthalmic care, particularly in reaching underserved and tribal populations through the Snehahastham initiative.

2. Dr Monisha Mohan, Consultant Pediatric Ophthalmologist, Ahalia Foundation Eye Hospital, Palakkad presented a case-based presentation titled "Unexplained Vision Loss in an 8-Year-Old Child" at the Pediatric Ophthalmology and Strabismus Network – 8th Edition Conference, organized by LVPEI Bhubaneswar, in Bhubaneswar.

SECTION 5 : OTHER EVENTS / SPECIAL MENTIONS

NIL / No other events or special mentions reported for September 2026











MALAPPURAM OPHTHALMIC SURGEONS SOCIETY

OCT: Basics and Systematic Interpre-tation

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 program 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.




Liva
Liva











KOZHIKODE OPHTHALMIC SOCIETY (KOS)

Second Sight" Eye Donation Game

Quarter Highlights

Cal-D-Scope 2026

- Annual CME; Dr P.B. Menon Memorial Oration; Dr Samar Kumar Basak
- 2 August 2026; Hotel Zaitoon, Kozhikode; 110 delegates
- Eye Donation Awareness – Statewide Reel Competition
- Eye Donation Fortnight; Instagram reels; opinion poll + jury evaluation
- Jury: Dr Rajiv Sukumaran, Dr Natasha Radhakrishnan, Dr Aneeta Jabbar, Dr Bindu
- "Second Sight" Eye Donation Game
- AI-created awareness game; made by Dr K. Preetha
- ≈900 unique players; 8,000+ tracked events

JULY

Section 1 – Monthly Meet

Monthly Meet – 14 July 2026

- State of the Art Modern Cataract Surgery Practices; in association with ZEISS
- Guest speakers – Dr Sony George and Dr Sugandha Sinha
- Tiara by MPS Tower, Arayidathupalam, Kozhikode; 55 members

Section 3 – Outreach / Camps / Public Awareness

Vision Screening Initiative for Differently Abled Children – 15 July 2026(Presidential initiative ANBU camp)

- Abate Eye Hospital + Lux Vision Opticals + Olavanna Parivar + Kozhikode Block Panchayat
- Block Panchayat Auditorium, Mathara; 37 screened; 10 referred; 11 free glasses

Section 4 – Individual Member Achievements

KSOS LDP Programme – 11–12 July 2026

- Raviz Kadavu, Kozhikode; organised by President Dr Bindu S
- Participants: Dr Ranjini K, Dr Divya M Nair, Dr Soumya Nambiar, Dr Sugandha Sinha, Dr Shabeeba K, Dr Kiran KR, Dr Anju V Chandran, Dr Nayana G, Dr K Preetha

Asia Pacific Glaucoma Congress – Singapore

- Representation by Dr Bindu S; poster + video
- Asia Pacific Glaucoma Congress; Singapore

International YOSICON 2026

- International Rising Star Award; Dr Prithvi Chandrakanth
- International Rising Star Award; Dr Mithun Thulasidas

Eyelights 2026

- Most Interactive Student; Dr Vaishna Megha
- Individual member achievement; Kozhikode Ophthalmic Society

AUGUST

Section 2 – Other Academic Activities

Cal-D-Scope 2026 – Annual CME & 6th Dr P.B. Menon Memorial Oration – 2 August 2026

- Hotel Zaitoon, Kozhikode; 110 delegates; Dr Samar Kumar Basak – Oration Awardee
- Sessions: visual disability, keratoconus, cataract surgery, intravitreal injections; VAST + panel discussions

Dr P.B. Menon Memorial Oration – Corneal Blindness

- Dr Samar Kumar Basak; "My Journey: Comprehensive Ophthalmologist to Fight against Corneal Blindness"
- 2 August 2026; Hotel Zaitoon, Kozhikode

Lifetime Achievement Award

- Award to Dr Indira Varma
- Presented during Cal-D-Scope 2026

CRC-K Special Session(Promoting the presidential initiative for differently abled children)

- Dr Roshan Bijlee; Director,
- Composite Regional Centre For Skill Development, Rehabilitation and Empowerment of Persons With Disabilities(CRC-Kozhikode)
- Promised wholehearted support to KOS activities for Visual disability / persons with disabilities

Section 3 – Outreach / Public Awareness

"Anbu Camp" – Prasanthi School

- Dr Sreekanth Eye Care Hospital; Kozhikode School for Differently Abled
- 44 children screened; 36 referred

Eye Donation Awareness Game – "Second Sight"

- Interactive game; eye donation awareness; AI-created by Dr K. Preetha
- ≈900 unique players; 8,000+ tracked events

Statewide Reel Competition – Eye Donation Fortnight

- Instagram reels; opinion poll + jury marking
- Dr Najwa Sherin – first; Dr Karthic – listed in source

Section 4 – Individual Member Achievements

YOLK Optimise Programme – Kollam

- Dr Anju Chandran, Dr Vaishna Megha, Dr Sumayya Moosakkoya; winning team
- Best Costume + Best Actor prizes

YOLK Optimise AI Reel Competition

- First prize; Dr Vaishna Megha, Comtrust Eye Hospital
- AI Reel Competition; YOLK Optimise



Vision Screening Initiative for Differently Abled Children | 15 July 2026 | Mathara



Asia Pacific Glaucoma Congress | Singapore | Dr Bindu S

SEPTEMBER

Section 1 – Monthly Meet

Monthly Meet – 28 September 2026

- Customised Additive Keratoplasty in Keratoconus; Hotel Tiara by MPS
- Panel discussion: Intracameral Moxifloxacin in Cataract Surgery; 48 members

Section 2 – Other Academic Activities

CME – Dr Sreekanth Eye Care Hospital

- CME programme; inauguration + lighting of lamp
- Scientific activity; source PowerPoint does not specify further programme details

Section 3 – Outreach / Camps / Public Awareness

Anbu Camp – Puthalath Eye Hospital

- 23 September 2026; Rahmaniya School, Puthiyara, Kozhikode
- Differently abled children; 10:00 AM–2:00 PM

Anbu Camp – Dr Sreekanth Eye Care Hospital



KSOS LDP Programme | Ravis Kadavu, Kozhikode | 11-12 July 2026



Asia Pacific Glaucoma Congress | Singapore | Dr Bindu S

- Amrita School for Differently Abled
- 20 patients screened; 13 referred to hospital; 1 cataract detected

Section 4 – Individual Member Achievements

Phakology CME – Kochi, 12–13 September 2026

- Special Appreciation Award – Mentor Mentee Programme; Dr Vaishna Megha
- Third prize – Reel Competition on Newer Innovations in Phakology 2026

Section 5 – Other Events / Special Mentions

POSN 8th Edition – Bhubaneswar

- Paediatric Ophthalmology and Strabismus Network; Dr Soumya Nambiar – free paper
- Dr Lakshmi C – e-poster

USICON 2026 – Madurai, 26 September

- Dr Dahlia Krishnan; session chairing
- 27th Annual Conference of the Uveitis Society (India); 25–27 September, Madurai

CAMP ACTIVITY REPORT – JULY TO SEPTEMBER 2026

Quarter total: 20 camps; 6,264 participants; 1,129 beneficiaries/ screened

20 camps
6,264 participants
1,129 beneficiaries screened



YOLK Optimise Programme | Kollam | Dr Anju Chandran, Dr Vaishna Megha & Dr Sumayya Moosakkoya



Phakology CME, Kochi | 12-13 September 2026 | Dr Vaishna Megha



Dr P.B. Menon Memorial Oration - Corneal Blindness | 2 August 2026



Dr P.B. Menon Memorial Oration - Corneal Blindness | 2 August 2026



Wet Lab Session on Intravitreal Injections | Cal-D-Scope 2026



Lifetime Achievement Award - Dr Indira Verma | Cal-D-Scope 2026



Eyelights 2026 - Most Interactive Student | Dr Vaishna Megha



CRC-K Session - Visual Disability / Persons with Disabilities | Cal-D-Scope 2026



CRC-K Session - Visual Disability / Persons with Disabilities | Cal-D-Scope 2026



Phakology CME, Kochi | 12-13 September 2026 | Dr Vaishna Megha



YOLK Optimise - First in AI Reel Competition | Dr Vaishna Megha



July Monthly Meet - State of the Art Modern Cataract Surgery Practices | 14 July 2026



Vision Screening Initiative for Differently Abled Children | 15 July 2026 | Mathara



Dr P.K. Menon Memorial Oration - Corneal Blindness | 2 August 2026



September Monthly Meet | Hotel Tiara by MPS | 28 September 2026



Vision Screening Initiative for Differently Abled Children | 15 July 2026 | Mathara



CME by Dr Sreekanth Eye Care Hospital | September 2026



Anbu Camp - Prasanthi School | Differently Abled Children



CME by Dr Sreekanth Eye Care Hospital | September 2026



Anbu Camp - Puthalath Eye Hospital | September 2026



Vision Screening Initiative for Differently Abled Children | 15 July 2026 | Mathara



July Monthly Meet - State of the Art Modern Cataract Surgery

OPHTHALMIC SOCIETY OF KANNUR (OSK)

The scientific deliberations focused on various aspects of glaucoma management and diagnosis

July 2026

The month of July was marked by active academic participation and national representation by members of the Ophthalmic Society of Kannur.



Dr. Swetha K was an invited faculty he GIEP (Glaucoma India Education Programme) organized by the Glaucoma Society of India (GSI) at Lakesong Resort, Kumarakom, Kottayam on 5th July 2026. She presented a clinical case and served as the chairperson for two scientific sessions. She also moderated a round table discussion in the afternoon. The scientific deliberations focused on various aspects of glaucoma management and diagnosis. There were around 80 attendees.

Dr. Soumya PP attended the IIRSI Annual Conference in Chennai on 4th and 5th July 2026 as a speaker, where she delivered a lecture on the Management of Complicated Cataract Surgery. Dr. V. A. Jaison was also an invited speaker at the same conference, highlighting the strong academic presence of OSK members at the national level.





The *International YOSICON 2026 was held at Hotel Pullman, Aerocity, New Delhi. OSK was proudly represented by Dr. Swetha K and Dr. Soumya PP, both of whom were invited faculty.

Dr. Swetha a part of MIGS wet lab as a trainer, delivered a scientific presentation on OCT RNFL and Ganglion Cell Layer (GCL) in glaucoma and also served as a judge for one of the scientific sessions.

Dr. Soumya had an outstanding participation at YOSICON 2026. She received the prestigious Path Finder Award and Starlight Award. She delivered a paper presentation, was a panelist, and was a finalist in the Beyond the Scope of talk competition, bringing laurels to the society.







On 25th July 2026, Dr. Swetha K was the invited speaker at the Wayanad Ophthalmological Society academic meeting. She delivered a lecture titled From Disc to Diagnosis: A Practical Approach to Glaucoma.

Diagnosis, which was well received by the delegates. There were 15 attendees. Venue- Copper Kitchen, Mutual, Wayanad



AUGUST

The monthly meeting of the Ophthalmic Society of Kannur (OSK) was held on 18 August 2026 at 7:30 PM at Hotel Benale International, Kannur. The meeting was attended by 46 members.

The academic programme focused on optic neuritis and included two informative sessions. The first session, "Optic Neuritis: Looking Through the Window to the Brain," was delivered by Dr. Sreejith Peediackal, Senior Consultant Neurologist, Aster MIMS Kannur. This was followed by "Optic Neuritis: Typical, Atypical and the Great Masqueraders," delivered by Dr. Akshata Charlotte, Neuro-ophthalmologist and Assistant Professor, Father Muller Medical College, Mangalore. The sessions provided valuable insights into the clinical approach to optic neuritis, including typical and atypical presentations, masqueraders and neurological associations. The programme was followed by an interactive discussion with active participation from the members.



Academic and Professional Achievements of Members

The Society noted with appreciation the active participation and achievements of its members in various academic and professional initiatives.

Dr. Ramya participated in the YOLK OPTIMIZE AI CME & Hands-on Workshop, an academic programme focusing on practical applications of Artificial Intelligence in clinical practice, research and academics. She also participated in the AI CME Reels competition, where she secured the Second Prize.

Dr. Ramya, along with Dr. Divya, was also actively involved in conducting the Young Ophthalmologists Premier League (YOPL), contributing to the organisation and successful conduct of the event.

Dr Soumya PP and team won the first prize for the Young Ophthalmologists Premier League. She was also awarded the Best Actor Award



In addition, Dr. Remya Edachery represented OSK as a faculty speaker in the KSOS Scientific Committee – PRAYOGSHALA: ARC Clinical Capsules for Post Graduates. She delivered a session titled "The Art of Squint Assessment: A Systematic Approach to Aligned Vision" on 19 August 2026 via Zoom.

SEPTEMBER

The monthly academic meeting of the Ophthalmic Society of Kannur (OSK) was held on 11 September 2026 (Friday) from 7:00 PM to 9:00 PM at Hotel Benale International, Kannur.

The academic programme was titled "Embracing Change in Retinal Disease Management: The Role of Faricimab in Shifting Treatment Paradigms."

The session was delivered by Dr. Nikhil K, Jyothis Eye Care, Kannur. The presentation provided an update on the evolving role of Faricimab in retinal disease management, with emphasis on emerging evidence, changing treatment paradigms, durability and clinical outcomes. The session was followed by an interactive discussion among the members.The academic programme was well received and provided valuable insights into recent advances in retinal disease management.





Academic and Professional Contributions of OSK Members

The Society was pleased to note the active participation of its members in various academic and professional programmes during the month.

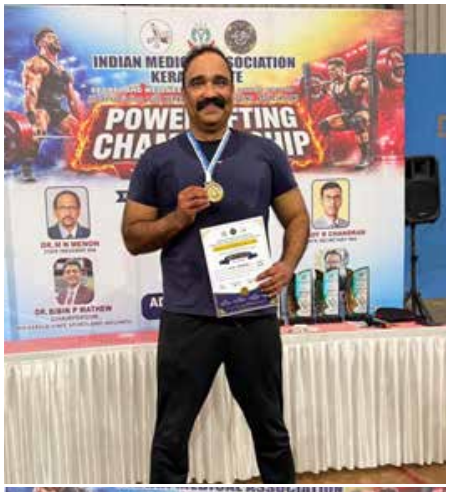
Dr. Sourav Damodaran, Treasurer, OSK, participated as a speaker in The Vitreous Table – Webisode 8, held on 9 September 2026, on the topic "Complications in Scleral Buckling for Retinal Reattachments."

Dr. Swetha K, Secretary, OSK, participated as an Expert Panellist in the KSOS International Master Class Webinar Series held on 21 September 2026. The session was titled "Primary Angle Closure Glaucoma: What Have We Learned That Changes Clinical Practice?" The programme featured Assoc. Prof. Shamira Perera as the speaker, with Dr. Kiran Gopalakrishnan as moderator. Dr. Swetha contributed to the expert panel discussion, sharing her clinical perspectives in glaucoma and anterior segment disease.

The Society was also pleased to note the participation of OSK members in the programme "Beyond the White Coat: Doctors, Sports & the Pursuit of Happiness," organised by Young Ophthalmic Leaders of Kerala (YOLK) in association with the Scientific Committee of KSOS on 29 September 2026. Dr. Lalith Sundaram, member of OSK, was one of the invited speakers for the programme, while Dr. Swetha K, Secretary, OSK, served as one of the moderators. The programme explored the importance of activities beyond medical practice, particularly sports and personal interests, in promoting happiness, well-being and a balanced professional life.

Sports Achievement

The Society proudly congratulated Dr. Sreeni Edaklon member of OSK, for securing the First Prize in the IMA State Powerlifting Championship. Dr. Lalith Sundaram, secured the Second Prize.





KASARAGOD OPHTHALMIC SOCIETY (KOS)

Parsplana vitrectomy for an anterior segment surgeon

General body and CME held on 12/9/2026 at hotel city tower , Kasaragod

The Kasaragod Ophthalmic Society conducted its General Body Meeting along with a CME on 12 September 2026. The programme commenced with a silent prayer, followed by the welcome address by Dr. Sunil, President of the Society. The minutes of the previous General Body Meeting were presented by Dr. Rakesh, Secretary. This was followed by the self-introduction of the newly inducted members and an open forum for discussion of matters concerning the Society. The CME session was then conducted, with Dr. Vinay PG, Vitreoretinal surgeon, Mangalore, delivering the presentation on parsplana vitrectomy for an anterior segment surgeon, followed by an interactive discussion among the members. Memento to the speaker was presented by Dr Bharathan AV. The programme concluded with the vote of thanks, followed by the National Anthem and dinner.







What I Wish I Knew Earlier

Wisdom, with a little mischief

Dr. K. Mahadevan, Former Professor of Ophthalmology, Regional Institute of Ophthalmology, Thiruvananthapuram

In the pleasant district of Shri Anantha Padmanabha Puram, on the banks of River Karamanai I was leading a peaceful life for three score and ten years when suddenly I was confronted with this quirky question "WIWIKE" (GenZ language). Adorned with some of the best schools and hospitals, this town is an ideal place to pursue a course of study in Medicine. As fate would have it, that became my path too.

In 1983, I joined the Medical Education Service, armed with my medical knowledge, youthful enthusiasm and, confidence disproportionate to wisdom. Those were very different times. There were no smartphones, no Google, no social media and certainly no Artificial Intelligence waiting patiently to answer our questions. If we wanted to know something, we had to actually read a book—and quite often a very large one!

Looking back now,I sometimes wish I had known about the deep influence that social media would one day have on our lives. I might have performed better, interacted more carefully with people, misbehaved with greater caution and conducted myself more suitably! Fortunately, most of our youthful adventures and professional indiscretions disappeared into thin air rather than into permanent digital storage. We belonged to a fortunate generation in which a foolish remark or minor wrong doings could simply be forgotten. Today, it might achieve immortality on the internet before lunchtime.

And now, another severe storm is sweeping across the earth—that of Artificial Intelligence and cybernetics. The younger generation has information, explanations and assistance available within seconds. Had AI been around when I was a medical student, I would have spent fewer nights struggling with enormous textbooks and enjoyed more nights sleeping peacefully. Examinations might have been easier too—provided, of course, the professors had not discovered AI before we did!

"Technology can make knowledge easier to obtain, but wisdom still seems to require the old-fashioned combination of time, experience and a few mistakes, and spanking along the way."

Yet, every generation has its own advantages. The effort we put into finding answers taught us patience, discipline and,occasionally, humility. Technology can make knowledge easier to obtain, but wisdom still seems to require the old-fashioned combination of time, experience and a few mistakes,and spanking along the way.

So I welcome this brave new world of AI with curiosity—and with just a little envy. At seventy, I can only wonder: where were you when I really needed you?

"Where were you when I really needed you?"

A FINAL THOUGHT...

God has been kind to me in this avatar; I couldn't have asked for better. Everyday one should take stock of things and events and go through the staggering ritual of reforming and refining oneself. Otherwise the list of WIWIKE (GenZ Language) will lengthen. Some turbulence and a few crooks and crackpots around you,all will make your living thrilling and purposeful. Otherwise life will be monotonous and boring.It is only a short journey, Enjoy.

Loka sarvae Niramaya santhu

AI Corner

The Research Co-Pilot: AI Tools for the Modern Scholar

Dr. Pranessh Ravi, Hosur

Abstract

The increase in volume of scientific publications has made it more challenging to find, evaluate, and synthesize the available evidence in an efficient way using traditional methods. To overcome these challenges, AI-based research tools have been integrated into the daily activities of scholars, covering all aspects of the research process, from gaining familiarity with a topic and discovering literature to exploring citations and understanding documents. These tools do not replace traditional research methods but are supportive in working with extensive evidence environments. This short communication describes the applicability of various AI tools used for conducting research in an efficient manner and highlights where they are most useful in the context of academic activities. Based on recent academic trends, this paper highlights how AI tools are beneficial not only in increasing the efficiency but also in exploring literature, while at the same time identifying certain limitations such as non-reproducibility, hallucinations, and lack of consistent retrieval among others.

With the growing number of publications, traditional methods of keyword searches and manual screening are becoming inefficient

Introduction

Researchers performing literature reviews or attempting to stay up to date increasingly deal with large search outputs, time-intensive screening, and uncertainty about whether relevant evidence has been missed [1]. With the growing number of publications, traditional methods of keyword searches and manual screening are becoming inefficient for handling complex evidence bases [2, 3]. AI-assisted tools have emerged as practical supports across literature discovery, reading and evidence synthesis but not as a replacement for critical appraisal or researcher judgement [4]. This short communication provides a practical overview of how AI tools are currently being integrated across literature discovery, reading, evidence synthesis, and scholarly decision-making.

Technologies Supporting AI-Assisted Research

The majority of AI research tools use only a few core competencies. Semantic search refers to information based on its meaning and not by the exact keywords used, and this is why AI-based research tools like Elicit and

Consensus can give different answers to a research query as compared to normal databases. Large language models can be used to perform conversational and summarization tasks on platforms like Perplexity AI and Scholarcy. Retrieval-augmented generation performs tasks with document retrieval instead of model memory but cannot effectively eliminate fabricated references. Some platforms also employ agentic workflows where several retrieval and synthesis steps are automated. Each technology has its own set of limitations that influence how outputs need to be interpreted [5].

Practical Integration of AI Tools Across Scholarly Workflows

Researchers often begin their investigation of a topic by employing natural language inquiries via tools like Perplexity AI, Gemini Deep Research, or ChatGPT Deep Research. These tools allow for rapid subject orientation based on recurring themes, widely referenced research methods, and terminology used across the literature. However, any resulting summaries and citations must be validated since the output cannot be considered a systematic gathering of evidence, which could contain inaccurate or incomplete references [6, 7].

For a systematic way of identifying literature, tools like Elicit, Consensus, and SciSpace allow researchers to do searches based on research questions instead of keywords. These tools can find literature that could be missed by means of conventional search. Consensus provides concise, evidence-based summaries that may be useful in gaining an initial comprehension prior to the reading of the full article [8]. Platforms like Web of Science Research Assistant and Scopus AI offer similar functionality and may aid in increasing transparency in search methodology documentation [9]. Comparing results from multiple platforms was helpful, as results differed between platforms.

Tools that can be used for citation networks such as Connected Papers, ResearchRabbit, Litmaps, and Inciteful provide functionality other than simply searching, and help visualize the relationships between articles. This method can be beneficial in finding foundational studies, relevant literature, and future trends Furthermore, ResearchRabbit can facilitate evidence-based monitoring through updates based on selected publications. However, citation prominence must not be construed as an indicator of methodological quality.

For reading and synthesis, tools such as Scholarcy and Iris.ai facilitate fast comprehension through summarization, whereas ASReview, Nested Knowledge, Laser AI, and Rayyan aid in the process of screening for large evidence sets. This makes the process of research workflow more efficient, but the interpretation and inclusion will depend on the researcher.

Table 1. Role of AI at various stages of scholarly research

Stage of research	Common challenge	Practical use of AI tools	Researcher responsibility
Topic selection and refinement	Broad or unclear focus	Exploring concepts and terminology	Define the research question
Literature discovery	Large and expanding evidence base	Identifying studies beyond keyword searching	Confirm completeness and relevance
Citation exploration	Difficulty identifying related studies	Exploring citation networks	Assess quality and relevance
Article reading	Limited time for full-text review	Rapid summarization and extraction	Interpret methods and findings
Evidence synthesis	Managing large study volumes	Supporting screening and organization	Apply inclusion criteria
Updating evidence	Continuous publication of new studies	Monitoring emerging evidence	Evaluate impact on conclusions

Benefits and Current Limitations

The practical benefits are most evident during stages that require processing large volumes of literature, particularly during early topic scoping, title and abstract screening, and citation exploration. A researcher who spent weeks screening thousands of records can achieve the same level of recall much quicker with ASReview [10]. In order for topic familiarization, background reading which takes several hours is condensed into an overview in just minutes.

The main issue with the modern AI system is not its failure, but plausible failure. The hallucinated citation looks exactly like a real one with all necessary attributes, such as author(s), journal name, volume, and year of publication [11]. Summary of a complicated cohort study can be just as coherent as a summary of a simple study and search of irrelevant studies is not a sign of inadequate literature search. AI systems may inherit biases from training data, publication patterns, and indexed databases, potentially influencing retrieval and synthesis outputs. However, these constraints require

careful consideration of retrieval and synthesis biases, reproducibility evaluation, source validation, and citation verification. Reproducibility is yet another issue, since AI-aided procedures that cannot be adequately documented pose limitations to verifying review procedures [12]. Thus, AI tools appear to be more effective when regarded as research assistants rather than decision makers.

Table 2. Practical considerations when implementing AI in scholarly research

Practical observation	Advantage	Limitation
Different tools retrieve different studies	Broader literature coverage	Relevant studies may still be missed
AI-assisted screening prioritizes records	Reduced screening effort	Results depend on reviewer input
Citation mapping expands searching	Identifies related studies	Citation volume ≠ study quality
Combining tools improves workflow	Greater efficiency	Outputs require verification
AI summaries support rapid reading	Faster familiarization	Important details may be lost
AI-assisted drafting supports synthesis	Faster organization	Final judgement remains human

Conclusion

AI applications are becoming an important part of the research process involving the discovery of literature, reading of materials and synthesis of evidence. These are important in increasing efficiency and assisting researchers in handling large bodies of evidence. The AI technology does not take the place of critical appraisal, methodology assessment or interpretation of results. They seem to be most useful as research co-pilots.

References

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From the OT Floor

Lessons from the OT at Gemini Eye Clinic, Zlín, Czech Republic

Dr. Merine Paul, Joint Secretary, KSOS

Dr. Stodůlka performs phacoemul-sification using the Bausch + Lomb Stellaris platform under a Zeiss Lumera microscope integrated with the Callisto guidance system

When I travelled to Prague in June to attend the World Ophthalmology Congress, my main objective was to present two scientific papers. What I did not expect was that one of the most memorable learning experiences of the trip would come not from the conference halls, but from an operating theatre nearly 300 kilometres away in the city of Zlín.

During the meeting, I had the opportunity to meet Dr. Pavel Stodůlka, founder of the Gemini Eye Clinic network. He graciously invited me to spend a day observing surgeries at his centre in Zlín—an opportunity I accepted without hesitation.

Gemini is one of the largest ophthalmic hospital networks in the Czech Republic. It has more than 80 ophthalmologists and around 500 employees across its centres. The Zlín hospital itself has six operating theatres, dedicated laser suites and comprehensive services covering cataract, cornea, glaucoma, retina and refractive surgery.

When I entered the cataract operating theatre, what struck me first was not how different it was, but how familiar it felt. The discipline, theatre etiquette and overall organisation were very similar to what we are accustomed to in Kerala. The differences were mainly in the finer details and in the way technology was integrated into the workflow.

Dr. Stodůlka performs phacoemulsification using the Bausch + Lomb Stellaris platform under a Zeiss Lumera microscope integrated with the Callisto guidance system. The centre also has the Victus femtosecond laser platform. However, the technology that particularly caught my attention was the routine use of the CapsuLaser.

Every cataract case began with staining the anterior capsule using microfiltered trypan blue, which was left in the eye for about a minute before the laser was applied. The CapsuLaser then created the capsulotomy in a fraction of a second. The result was a perfectly centred and precisely sized capsulotomy with a strong, regular edge. Dr. Stodůlka explained that the technique gives him the reproducibility he wants while avoiding some of the

concerns associated with femtosecond laser capsulotomies. Watching it case after case, I could understand why it had become such an integral part of his routine.

His approach to premium cataract surgery was equally interesting. He implants a variety of lenses from leading manufacturers, including Alcon, Bausch + Lomb, BVI and Johnson & Johnson, with the majority of his patients receiving trifocal or other premium IOLs.

One particular choice caught my attention. He favours a 7 mm optic trifocal HumanOptics IOL. The CapsuLaser plays an important role here, as it enables him to reliably create a perfectly centred 6 mm capsulotomy, which complements the large optic of the IOL and helps minimise dysphotopsia.

Dr. Stodůlka routinely implants a capsular tension ring (CTR) in his premium IOL cases irrespective of the zonular status. When I asked him about this, he explained that his intention was not necessarily to manage zonular weakness at the time of surgery, but to reduce future stress on the zonules as the patient ages and thereby maintain long-term stability of the capsular bag–IOL complex. It was a simple concept, but one that reflected a very long-term approach to premium cataract surgery.



CapsuLaser Rhexis...instant and strong

As the day progressed, I found myself paying less attention to the machines and more to the way the theatre functioned. The transition from one patient to the next was remarkably smooth. There was no visible rush, yet there wasn't a wasted movement. Every member of the team seemed to know exactly what had to be done, and the next patient was ready almost as soon as the previous one had left.

Another difference from our routine practice was that for every cataract case, the entire phaco handpiece and tubing assembly were replaced with a fresh sterile set. In many of our operating theatres, we usually replace only the phaco tip. While this undoubtedly has implications for consumable costs, it reflected the centre's emphasis on standardisation and consistency.

A small observation also stayed with me. Throughout the surgery, the assisting nurse remained seated alongside the surgeon. It may seem like a minor detail, but I found it refreshing. In many of our operating theatres, the surgeon is seated while the assisting nurse spends the procedure standing. Seeing both working comfortably at the same level made me wonder whether we should pay a little more attention to the ergonomics of the entire surgical team.

Another protocol that differed from our routine practice was the administration of intravitreal triamcinolone at the conclusion of every cataract surgery, in addition to intracameral antibiotics. Almost all cataract procedures were performed as immediate sequential bilateral cataract surgery, with patients discharged shortly afterwards without an eye patch.



At Dr Stodulka's OT in Zlin

Gemini's work extends far beyond cataract surgery. Dedicated operating days are allotted for cataract, cornea, retina and glaucoma. Corneal services include penetrating keratoplasty, DALK, DSEK and DMEK, while the refractive unit performs a large volume of SMILE and other laser vision correction procedures. Advanced glaucoma surgeries and the full range of retinal and glaucoma laser treatments are also routinely carried out. A typical cataract list consists of around 10 to 15 patients undergoing bilateral surgery, amounting to approximately 30 to 40 eyes in a day.

The Czech healthcare system was another interesting aspect of my visit. Standard cataract surgery is covered by national health insurance, while patients opting for premium or toric IOLs pay the additional cost themselves.

As I travelled back from Zlín, I realised that what stayed with me was not just the technology, impressive as it was. It was the way the technology, people and protocols worked together.

We often return from international meetings talking about new machines and newer technologies. This visit reminded me that sometimes the more useful lessons are simpler—better workflow, attention to ergonomics, consistency in small details, and thinking beyond the immediate surgery.

For me, that was the real takeaway from Zlín: good surgery is not only about the equipment we use, but also about the systems we build around it.

KSOS *Connect*

NUMBERS THAT MATTER

MYOPIA

THE HIDDEN BURDEN ON A GLOBAL SCALE

A growing epidemic, a generation at risk.
Myopia is no longer just a refractive error —
it's a public health challenge.



GLOBAL PREVALENCE

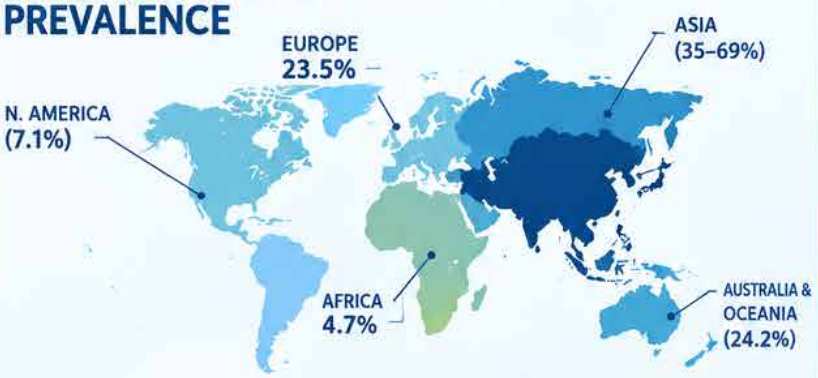
22.9% in 2000 → **35.8%** in 2023 → **39.8%** by 2050
(~740 million children and adolescents)

HIGH MYOPIA

projected to affect
938 million
people (9.8% of world population) by 2050

Prevalence varies by region, ethnicity, urbanization and age, with the highest burdens concentrated in **East and Southeast Asia.**

REGIONAL & COUNTRY-SPECIFIC PREVALENCE



INDIA SPECIFIC DATA



22.4%
overall prevalence
(ages 5–19 years)

36.4%
in urban areas
(vs 15.3% in rural areas)

~11 million
children with high myopia
(estimated)

Source: IAPB – India Myopia Report 2023

REGION / COUNTRY	MYOPIA PREVALENCE	KEY DETAIL	SOURCE
East Asia (general)	**35–69%**	Highest global prevalence; 80–90% in school-leavers	Rudnicka et al. 2016; Morgan et al. 2017
China (children)	**30–38%**	67% in ages 15–19; rising high myopia	Pan et al. 2025; Gao et al. 2026; Tang et al. 2021
South Korea	**73–96.5%**	96.5% in 19-year-old conscripts	Kobia-Acquah et al. 2022; Grzybowski et al. 2020
Singapore	**~86%**	86% of 15-year-olds (Singaporean-Chinese)	Rudnicka et al. 2016
Europe (pooled)	**23.5%**	Ranges from 11.9% (Finland) to 49.7% (Sweden)	Moreira-Rosário et al. 2025
Africa (children)	**4.7%**	Lowest globally; projected to reach 16.4% by 2050	Holden et al. 2016
Australia & Oceania	**24.2%**	Varies by country and ethnicity	Rudnicka et al. 2016
North America	**7.1%**	Higher in some urban populations	Holden et al. 2016
India (overall)	**22.4%**	36.4% urban vs 15.3% rural; ~11 million children with high myopia	IAPB – India Myopia Report 2023

THE BIG PICTURE

1 in 3 people globally could be myopic by 2050.

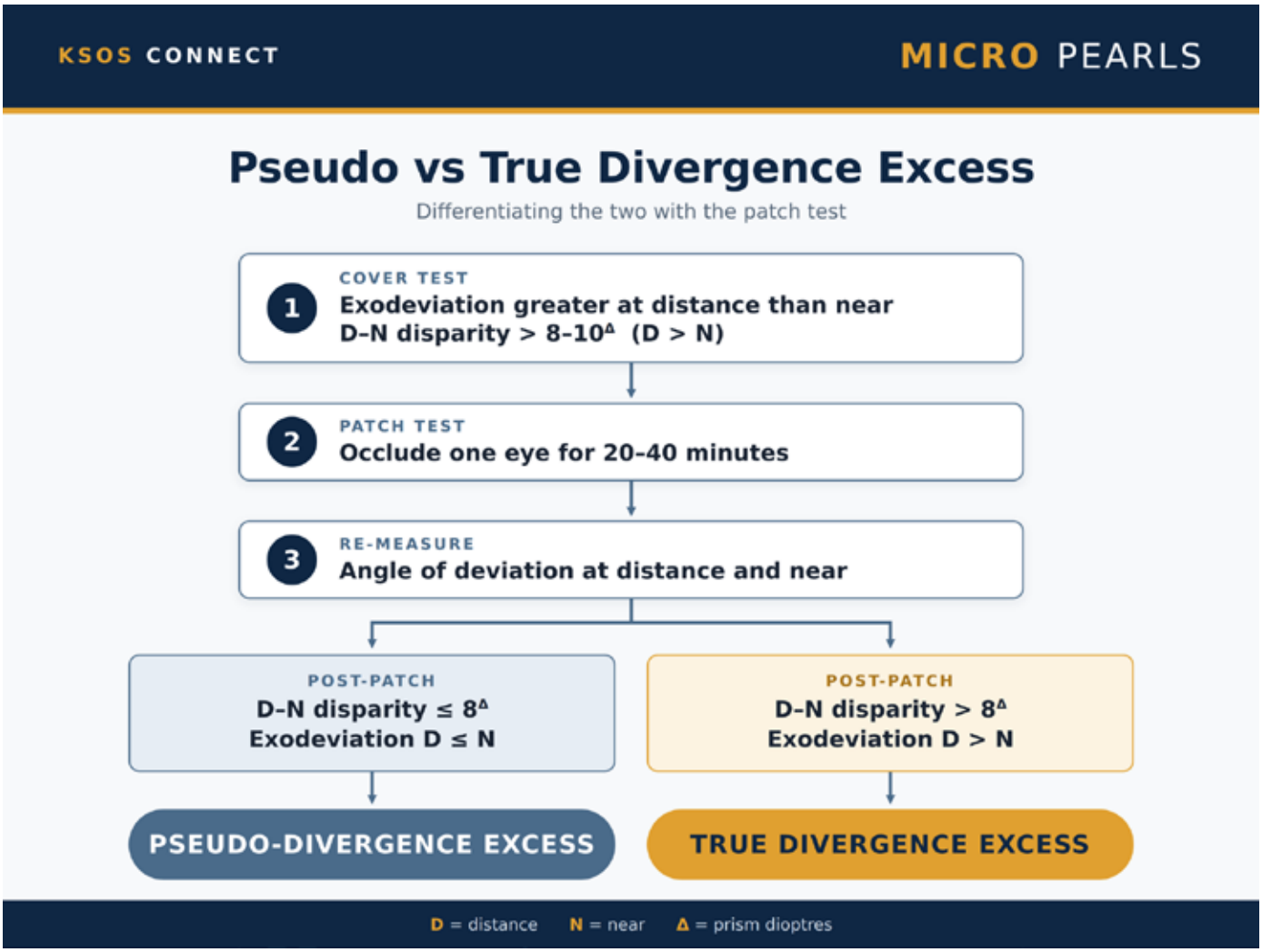
Nearly 1 in 10 could have high myopia (938 million people).

Asia bears the greatest burden.

Early awareness, prevention and screening matter.

BETTER VISION . BRIGHTER TOMORROWS

KSOS


KSOS CONNECT
MICRO PEARLS
Pseudo vs True Divergence Excess
Differentiating the two with the patch test
1
COVER TEST
Exodeviation greater at distance than near
D–N disparity > 8–10Δ (D > N)
2
PATCH TEST
Occlude one eye for 20–40 minutes
3
RE-MEASURE
Angle of deviation at distance and near
POST-PATCH
D–N disparity ≤ 8Δ
Exodeviation D ≤ N
POST-PATCH
D–N disparity > 8Δ
Exodeviation D > N
PSEUDO-DIVERGENCE EXCESS
TRUE DIVERGENCE EXCESS
D = distance N = near Δ = prism dioptres

CONNECT CROSSWORD

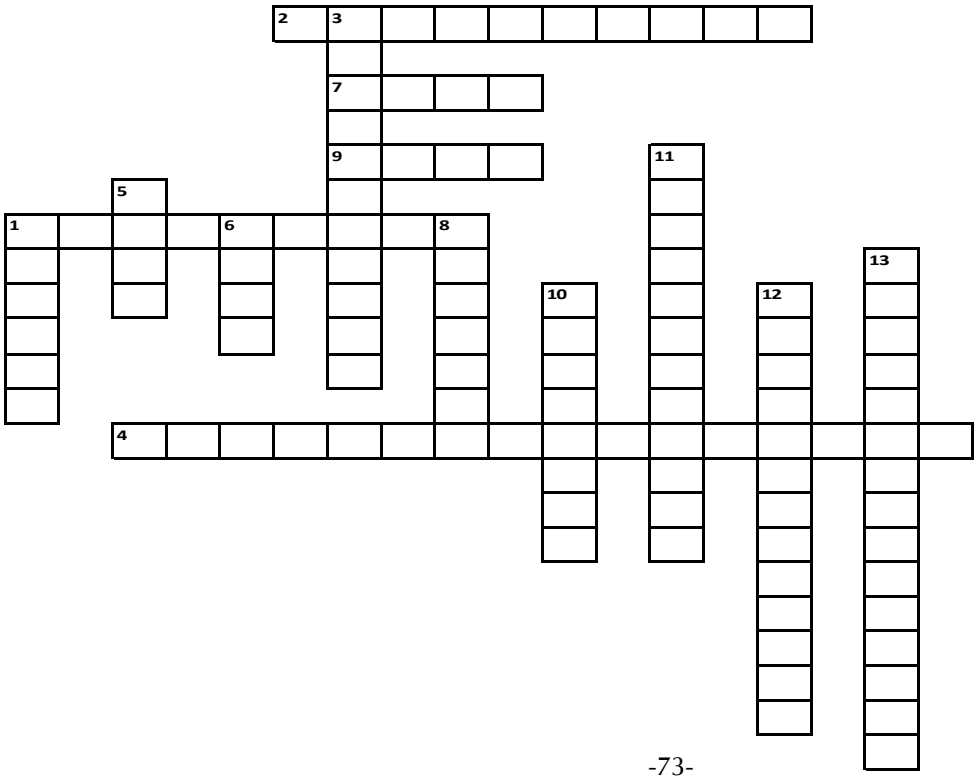
ACROSS

1. Inherited macular dystrophy associated with characteristic flecks and a dark choroid on fluorescein angiography.
2. Vertical plume-like leakage pattern described on fluorescein angiography in a form of choroidal neovascularisation.
4. Crescentic choroidal break following blunt ocular trauma, often concentric to the optic disc.
7. Retinal vascular occlusion producing the classic "blood and thunder" appearance.
9. Inherited optic neuropathy characterised by subacute, painless central visual loss.

DOWN

1. Peripheral neovascular configuration resembling a marine fan, classically seen in proliferative sickle cell retinopathy.
3. Full-thickness foveal defect whose morphology and stage are best characterised by OCT.
5. OCT finding representing acute ischaemia of the middle retinal layers, often involving the INL and OPL.
6. Eponym describing venous tapering on either side of an arteriovenous crossing in hypertensive retinopathy.
8. Fundus appearance of alternating areas of pigmentation and depigmentation, particularly prominent in high myopia.
10. Flower-petal pattern of perifoveal leakage on fluorescein angiography.
11. Characteristic peripheral pigment clumping seen in rod-cone dystrophy.
12. Retinal vessels appearing as though coated with a layer of frost.
13. Peripheral corneal ring resulting from copper deposition.

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



PREVIOUS CONNECT CROSSWORD – JUNE 2026 ANSWERS

ACROSS

2 - POPCORN

4 - TADPOLE

7 - BUCKETHANDLE

9 - COLLARSTUD

10 - CHAMPAGNE-CORK

DOWN

1 - LEOPARDSPOT

3 - CRACKEDMUD

5 - SAWTOOTHED

6 - BEARTRACK

8 - STARRYSKY

WINNERS OF THE PREVIOUS CONNECT CROSSWORD – MARCH 2026

1. Dr. C. R. Asla Jahan

Notes

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The images in this edition have been created with the assistance of AI and thoughtful prompt engineering, adding a new creative dimension to our editorial process.

Most importantly, KSOS Connect belongs to all of us. We look forward to hearing from our members and would be delighted to feature your stories, experiences, ideas, and articles in future editions. If you would like to contribute, please write to us at ksosjointsec@gmail.com.

Thank you for reading, contributing, and continuing to make KSOS Connect a vibrant reflection of our KSOS community.

Dr. Merine Paul

Editor, KSOS Connect



KSOSConnect

The official newsletter of Kerala Society of Ophthalmic Surgeons

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