KSOS NEWSLETTER

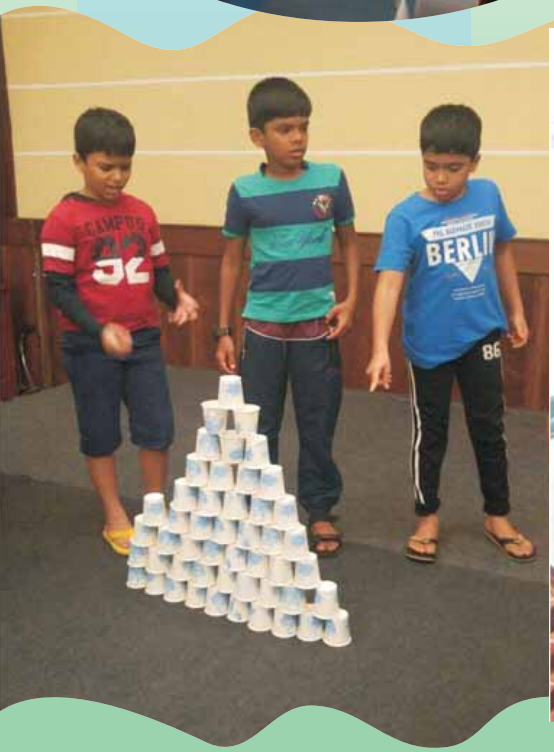
2018,Vol XX, Issue 2















PRESIDENT'S MESSAGE

Dear Friends,

Let me thank every KSOS member for the support you are giving to me and my team in this year. I am so happy to say that this year we are having a fruitful period till now. The CMEs are going well with good attendance, excellent faculty and good selection of subjects. We have few more CMEs coming up before the grand Drishti programme at Kannur in November. The whole team Kannur is already in action under the leadership of Dr Umesh and Dr Sreeni.

The scientific committee under the leadership of its dynamic chairman Dr Gopal Pillai is all set to make this Drishi a grand one. He has already conducted the KSOS-COC PG gold medal exam and I congratulate the winners. The Drishi scientific programme is its final stage of preparation. The Kerala journal has improved its quality and content. I congratulate Editor Dr Bastin V.A. Our ever systematic web site editor Dr V R Mani made online submission so easy. I also congratulate our very strict treasurer Dr Jain Chimmen and energetic Joint secretary Dr Anish Madhavan.

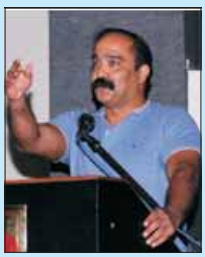
Our long time dream of having an office is now materialized after 4 decades. Now we have registered an office in the combined ownership of COC and KSOS at IMA House, Cochin. I thank COC president Dr Balamani and Secretary Dr Sony George. A special thanks to Dr Sai kumar and Dr Sasikumar for all the help.

This year's main programme of having low vision centers in every district and to enhance the existing centers is already on its way. We have already met the Chief Minister and he has agreed to support and help us in this venture. We also had preliminary talks with Aravind eye hospital, Madurai regarding training of our optometrists in low vision. All this was possible because of our ever active General secretary Dr Sreeni. This year he has a double role to play as KSOS secretary and as organizing secretary, Drishti 2018. All the best the team Kannur and thanks to all KSOS members

Jai KSOS

Jai Hind

Dr Radha Ramanan
President, KSOS



SECRETARY'S MESSAGE

KSOS is in the process of progressing from being just an academic grouping to a wholesome organization. I thank our President Dr Radha Ramanan and President elect Dr S Sasikumar for their active guidance in taking KSOS in the right direction.

KSOS has come out with guidelines for minimum rates for OPD consultation and ophthalmic procedures & surgeries. The standardization of the rates would prevent unethical practice and unfair competition. KSOS is also engaged in active discussion with IMA, Ophthalmic Societies of neighboring states and AIOS regarding the rates for Ophthalmic Surgeries and procedues in RSBY and Ayushman Schemes. We are also in the process of signing an MOU with Aravind Group for starting Low vision centres in Kerala. We have also met our Chief Minister Sri Pinarayi Vijayan and Health Minister Smt Shailaja KK for evolving a partnership with the state government for the Low Vision project.

KSOS finally has a permanent office ,with the registration in IMA House Kochi executed in the name of KSOS and COC. I thank Dr Saikumar SJ and Dr S Sasikumar for their help in translating this to reality.

Our Annual conference Drishti 2018 is scheduled to be held on 23rd ,24th and 25th of November 2018 at the picturesque Kairali resorts, Kannur. Ophthalmologists of Kannur, Kozhikode and Kasargode are leaving no stones unturned to make this the best ever Annual conference of KSOS Please ensure that you attend the conference on all the three days .

Best Regards

Dr.Sreeni Edakhlon
Hon General Secretary

Dr KC Baby- The Entrepreneur and Master Organiser.

Dr Thomas Arun Varghese

When Dr Anish Madhavan asked me to interview Dr KC Baby Sir for our newsletter, I jumped at the O+pportunity to learn the secrets of this entrepreneur whose field of influence has spread well beyond Ophthalmology. I informed Sir and he phoned me back the same evening to fix up the interview for the following day. Thus, I met Sir at Alphonsa Eye Hospital, Pala on a rainy night. Even at that the late hour of 8.30 pm, he looked fresh and was busy overseeing the preparations for the NABH inspection in a few days.



Dr KC Baby

I started by asking Sir how he came into the field of medicine

"I come from a pious agrarian family from Bharananganam, the 6th of 11 siblings. I was the topper in my school for SSLC (1961) and in my BSc Chemistry . I was planning to join for MSc, but fate intervened. At a wedding function by word of mouth, I came to know that SB College, Changanacherry was offering an intensive Biology course following which I could apply for MBBS. This was important as my BSc course had no Biology. I joined for that course and was selected for MBBS with 14th rank in the state. Thus I joined the Kottayam Medical College in 1965.

I asked him about his College life

This was a great experience. We had an array of eminent teachers who were stalwarts in their fields. I had many close friends with whom I keep regular contact even now. Brig. Philippose who was recipient of Visishta Seva medal twice was my roommate for 5 years. Only bad thing was very strict valuation and stingy marks-probably we were not upto the expectation of our professors. So to get a PG admission was extremely difficult because PG admisison was based on marks. We celebrated the golden jubilee of our joining medical profession in the year 2015 and many of our old professors were present for the function.

What did you do after completing MBBS in 1970?

I worked in St John's Hospital, Kattappana, Idukki from 1971-74. It was run by German missionaries and had electricity from a generator brought from Germany at a time when most places in the district did not have power supply. During this period, I gained considerable experience in managing medical, surgical and obstetric cases. The monthly salary of Rs 450 could buy 3 gold sovereigns at that time and I bought my wedding ring with this hard earned money.

You had a stint in the Government service….

I took the post of Medical Officer in Government Rural Dispensary at Vellarikundu, in Kasargod district which was a backward area with no electricity or medical shops, nearest town with electricity being Kanhangad which was 40kms away. From 1974 – 79, I was "A Doctor for All". Often, I had to travel by jeep and then walk and climb several kilometers with my bag of emergency medicines and instruments to attend deliveries. I recollect one such incident where in a hut there was not even kerosene oil for the lamp to illuminate the room. I asked them to light the kitchen fire logs to provide the light to conduct the delivery, for which forceps were finally required. Another memorable incident was reviving a severely dehydrated child in the presence of the family who were preparing for his funeral. This led to me having a "Demi God" status. On the lighter side, being a local "VIP", I was invited to inaugurate a new cinema theatre! The down side of the area was the lack of good schools for the children. My eldest child (young Dr. Alex Baby) was put in a boarding in Kottayam at the age of 3years to overcome this problem. This was very difficult and I decided to apply for post graduation in the Government Service quota as I had completed 5 years rural service.

How did you come into Ophthalmology?

I joined for MS General Surgery at Trivandrum Medical College. Unfortunately, the surgical exposure was not adequate and hence after 3 months, I took a DO seat in 1979 in Eye Hospital, Trivandrum. People did make fun of me saying I had left a Degree seat for a Diploma seat. In the very first month after joining Ophthalmology, I was asked to make a presentation in a symposium which impressed Subramanya Iyer Sir, the then HOD. My co- PGs were Dr. George Peter, Dr. Charles Scaria, Dr.Zain Ul Abid, Dr. K.S.Gopinathan Nair, Dr. Rameshan, Dr.Santhamma Kuriakose and Late Dr.Dhananjayan. Dr. J. Antony, Dr. R.R Varma, Dr.Mohammad Haneefa, Dr.Mahadevan, Dr. Ranjankumar, Dr. Navomi, Dr. Pravada, Dr. Girija were my juniors. Dr. Susheela B Nair, Dr. George Thomas, Dr.A.N.Varma and Dr. K.S.Chakrabarthy were tutors. Dr. P.K.Kannan, Dr.Susheela Prabhakaran, Dr. Vijayalakshmi



and Dr. Moly Abraham were Assistant professors. Dr. Krishnan , Dr.Sumangala Devi and Dr.Mary Kuriakose were Associate Professors. Being an 'elderly PG' most of my tutors and assistant professors especially Dr. Kannan who was my one year senior for MBBS considered me a friend not a student.

Somehow, Prof. Subramanya Iyyer was fond of me. He once asked me "Dr Baby, how many children you have?" "Sir, four." "Your wife is working?" " No, sir." "Then how do you manage ?" I simply kept mum. Then he continued, "Oh! you are from Pala. How many quintals of rubber and pepper you get?" For this also, I had no response. When I completed my DO, Subramanya Sir said "Dr Baby, you must come for MS." This fortunately I did from 1981- 83. When I started Alphonsa Eye hospital, I invited him and requested for his blessings. He wrote, "I don't bless anybody. All blessings come from God. Be sincere and always honest to the patients … but not necessary to the income tax people." Dr.T.A.Joseph was the Professor and HOD when I was doing MS doing ICCE with cryo extraction and corneal suturing was the standard cataract surgery. IOL implants were only a pioneering attempt. I must mention that due to my 7 years working prior to PG, I had a Fiat car as a PG, at a time when many of PGs didn't. Hence I promptly got rid of my car to 'increase' my chances of passing.

What were your plans after PG?

As I had been away from home a long time, I wanted to come back to Pala. I applied for a government job but the only post available in the Pala area was the School Health Service which I joined in 1983.



RIO Trivandrum 1983. This photo has 6 KSOS Past Presidents. Dr KC Baby back row, second from left.

What prompted you to start your own hospital?

The School Health Service post was not at all satisfying. To my knowledge at that time, there were only two individual run eye hospitals in Kerala – Vijayasree eye Hospital by Dr.Krishnankutty in Trissur and by Dr. Oommen's in Kannur. Dr Krishnankutty encouraged me start a set up of my own. He gave me necessary advice and guide lines. Thus on April 23rd 1984, Alphonsa Eye Hospital was started with a bang in the 2nd floor of a building with 3 rooms – one for OP, one for Theatre and one for IP. Inauguration was done by Shri. K.M. Mani the then Finance Minister. There was a full page advertisement in the newspaper, something not seen at that time. Hospital was named after St. Alphonsa of Bharananganam, the village from which I come.

How has been the experience of running your own hospital and seeing it grow?

Hard work with a service component has seen Alphonsa Eye Hospital grow from strength to strength. The effort has been to provide quality service at reasonable cost. Slit lamp which was not very common in those days, was bought from 'Andhra Scientific Company' and used from the start. I was one of the first to start an Optical shop (1986) in the hospital- something which was frowned upon by many. My logic was-if refraction is the bread and butter for an ophthalmologist why can't I have the cake as well? Also I don't have to answer for the errors from the optical shops. The hospital improved slowly and steadily. At no time, I felt any scarcity of patients. The hospital timing was 9am to 7pm with a lunch break of two hours, during which time I used to go to my plantation to supervise works over there. Pala has a number of destitute homes around, the treatment of the inmates were always free. I had patients at odd hours, I denied nobody- a practice which my son and daughter-in-law are still continuing. In early 90s, when I bought a Nidek Autorefractometer I felt it was a big investment at that time. Now I feel that it was probably the first step to modernization.

I made it a point to attend social functions however busy I was and keep good relationship with the public, politicians and leaders of the society. I maintain a very good relation with my staff and their families.

In 1997, we moved to the present new premises, a 18,000 square feet building. We had better facilities, better theatre, better surgical microscope, phacomachine etc. Dr.K Narayankutty and later, Dr Philip Kuruvilla helped in handling the larger surgical volumes. In the year 2009, we celebrated the silver jubilee of the hospital. In this connection we started free BPL card based hospital camps. Our logic was, if you are doing charity, it should go to deserving people only. I feel it was an innovative and wise method of service to the needy. Another advantage of this hospital camp was we could use all the facilities of the hospital for the screening and investigations. Thousands of people were screened for the cataract, glaucoma and retinal diseases all these years in our camps and the deserving patients undergo cataract surgeries (mostly phaco) completely free of cost. Glaucoma patients also get regular treatment with free medications in this camp. We continue to conduct these camps very religiously on the first Sunday of every month at Pala hospital and last Sunday at our Thodupuzha hospital.

Since joining of my son, Dr.Alex Baby and daughter in law, Dr.Teena Alex after their post graduation, fellowships and training at L.F.Angamaly, our hospital had an exponential growth. A fully fledged Glaucoma and Retina clinic were started. Now, we are equipped with almost all modern facilities, latest being Alcon Centurion Gold phaco system which we acquired last year. In 2013, we started another hospital at Thodupuzha in Idukki district with similar facilities. Currently, we have 10 doctors covering most of the specialties.

How important has the family support been?

My wife, Gracy has been pivotal in my success. She was with me through thick and thin. I had 4 children by the time I was doing PG. My wife managed the family well so that I could concentrate on my studies. When I started the hospital, Gracy took complete charge of managing the staff, the Opticals, the instruments purchases and sometimes even the laundry. Hence, I could completely focus on the hospital and clinical aspects.

A little more about the family

I have 4 children, a son and 3 daughters. My son Dr Alex is married to Dr Teena and staying with me at Pala. My daughters - Deepa is a Master in Fine Arts and married to Dr Bino Abraham, Paediatrician in Muscat, Deepthi, a dentist, married to Dr Sunil,



Dr KC Baby and Family



Dr KC Baby, Gracy Madam, Dr Alex, Dr Teena and children



Magazines edited…

Orthodontist in Ernakulam, Merin a post graduate in sociology is married to Dr Jose Thomas, Nephrologist in Rajagiri Hospital. I have 11 grandchildren…so far.

You are known for your organizational skills, in Ophthalmology and beyond

I was active in IMA from the beginning. I was a state office bearer of PP scheme and Social Security Scheme in nineties. As joint secretary of PP scheme for 3 years I had the rare opportunity to prepare reply for consumer cases against ophthalmologists that came up during the period(nearly 60 cases). I was vice president of QPMPA for few years. I was KSOS executive member and Kottayam Ophthalmic Society president for a term. I have served 4 years as Senate member of MG University. At present I am the vigilance officer of IMA PP scheme and state treasurer of newly formed KASC (Kerala Association for Small hospitals and Clinics). This year I was forced to become the chairman of building committee for the newly planned building of IMA Pala.I am a Rotarian from 1985 and was the president of Rotary club of Pala and Rotary district office bearer for prevention of blindness for several years.

You love writing and editing….,

I loved writing and editing since my college days. I had the honour of being the college magazine student editor during my medical college days and the editor of the Souvenir for the 50th year reunion of our batch. I have edited souvenirs for IMA state annual meets and for IMA-AMS meets. I have been editing Rotary bulletins and souvenirs for so many years. My special interest is in writing the wordings for citations, which I have been doing for the Rotary and IMA for the last 30 years.

Your advice to the new generation

Hard work, honesty and empathy will go a long way. Always think from the point of view of the patient. Bring in new technology but do not sacrifice the humane touch. Do not confine yourselves to hospitals and CME halls. There is a vast world outside. Many of our eminent specialists are little known outside their CME halls. Join IMA and its very useful schemes. Mingle with public and if possible join some service organizations. "Have an organic and deep rooted relation with the society" as Aldous Huxley put it .This will eventually help you to become a better professional, successful entrepreneur and above all a good human being.
With those inspiring words, Baby Sir signed off and invited me for dinner to the family home.



KJO - EDITOR

Dear friends

It is my pleasure to share with you the good news that Kerala Journal of Ophthalmology is indexed in DOAJ.

We have the following benefits with DOAJ indexation.

- More than 900 000 page views and 300 000 unique visitors a month to DOAJ from all over the world.
- Many aggregators, databases, libraries, publishers and search portals collect our free metadata and include it in their products. Examples are Scopus, Serial Solutions and EBSCO.
- DOAJ is OAI compliant and once an article is in DOAJ, it is automatically harvestable.
- DOAJ is OpenURL compliant and once an article is in DOAJ, it is automatically linkable.
- DOAJ is important for increasing our journal's visibility
- DOAJ is often cited as a source of quality, open access journals in research and scholarly publishing circles.

So at present our journal is indexed in the COPERNICUS and DOAJ. We are one step closer for indexing in MEDLINE. As per the indexing protocol, the next step is to file an application on Emerging Sources Citation Index (ESCI, Clarivate Analytics). We, the editorial team are working our level best for our journal entry into the MEDLINE and therefore PubMed services.

The next issue of KJO is ready and will be released on time. On behalf of the editorial team, I thank all the authors for their contribution.

Bastin V A
Editor KJO



CHAIRMAN - SCIENTIFIC COMMITTEE

Greetings from the scientific committee

These few last months were the lull before the storm as we plan for the final lap of activity before the drishti. We have received more than 70 instruction courses and 200 free papers. Work is under way to select the free papers and the instruction course. Please understand that no stone will be left unturned before the drishti to make the program wonderful.

We had conducted the KSOS COC PG gold medal award this August. As usual the winner was finally kerala ophthalmology who provided with 70 most knowledgeable postgraduates who competed for the one slot, reminding us that Kerala Eye scene is going to be in very able hands on the years to come. After 100 mcq and two sets of viva where Prof Vijayaaraghavan and Dr Raju grilled the pgs for over 5 hours, the final winner was Dr Hasna Hussain from medical college, Calicut.

Hope to catch up with you all this drishti at KANNUR.

thank you

Jai KSOS

Gopal S Pillai

Chairman Scientific committee



REPORT OF WEBSITE FOR NEWSLETTER

A new web page for the affiliated District ophthalmic clubs displaying the photos of office bearers has been started.

The online submission of abstracts for Instruction courses, free papers, posters and videos for Drishti 2018 went on smoothly. The facility for online application for KSOS membership and online delegate registration for Dristhi 2018 are being used by more and more members.

Dr.Mani.V.R
Editor, Website.



TREASURER'S REPORT

The signatories have been changed for Drishti 2018 and the registration and sponsorships have started. The office space has been registered as joint ownership with COC.The accounts are bring metculously maintained and The new regulations regarding GST and service taxes are being complied with by our accountant Mr. Jaison. The income over expenses from Drishti 2017 has been converted to a fixed account. The account details are given below.

Dr. Jain Chimmen
Treasurer KSOS
Cash @ Bank as on 6-8-2018

SIB A/c A/C NO: 0374053000007759		98,552.81
KSOS Main A/C no:2012500100509301		5,97,067.55
SCIENTIFIC COMMITTEE OF KSOS A/C no: 20125001112160010		
KERALA JOURNAL OF OPTHALMOLOGY A/C no: 2012500111371601	38,863.24	
KSOS Award Fund SB A/C no: 2012500111605301		1,19,533.50
	Total	**8,54,017.10**

Attention KSOS members

Keeping the contact information of members updated is of utmost importance for any Society.

In this endeavor we have initiated a drive to reach out to every member.

Please visit our website **www.ksos.in** and sign in using your KSOS membership ID and registered email.

After logging in you can edit your profile and upload photograph also.

In case of any difficulty, contact me

maniraghavan@hotmail.com

Dr.Mani V.R, Editor Website

DISTRICT CLUB'S REPORT

KOLLAM OPHTHALMIC ASSOCIATION

Glaucoma walk march 15 th 2018- Kollam Ophthalmic Association along with Kerala society of ophthalmic surgeon and IMA Kollam conducted Glaucoma Walk to increasing awareness about the blinding eye disease glaucoma as a part of world glaucoma week.

IMA Kollam President Dr Biju Nelson flag off the walk at 4 pm Flagged of the Walk.

KOA evening CME meeting was conducted on 21/6/2018. Dr ANITHA BALACHANDRAN was the invited chief guest. She spoke on "Working with Kids When to think Twice" it was an elaborate and informativetalk on pediatric refraction.







Taco Activities During February And March

On February 5th Drishyam 2018 A Surgical stroll a CME was organized by department of Ophthalmology Government Medical College Thrissur under the aegis of KSOS and TACO. The CME was configured in the outline of Video assisted Skill Transfer courses (VAST) covering common ophthalmic surgeries including cataract, Glaucoma, Cornea , Trauma, Oculoplasty and Vitreo –retinal procedures. The CME was a splendid experience for the post graduates and general ophthalmologists as it was possible to view videos by many eminent surgeons on a single day.

The sessions were from 9.00 to 3.30pm.The faculty included Dr Mohan Rajan, Dr Rajini K C Dr Gopal Pillai, Dr jayaprasad , Dr Aneeta Jabbar, Dr Sujith Nayanar ,Dr J K Reddy, Dr George Puthuran, Dr Shruthi Thara , Dr Venugopal and Dr Sanitha Sathyan .The CME was inaugurated by Dr Radharamanan President KSOS. Dr Rajini K C was the Organizing Chairman and Dr Mallika Harikrishnan was the Organizing Secretary.One hundred and fifty delegates attended the CME.

On February 16 th Friday TACO Scientific meeting was held at Hotel Ashoka Inn at 7.30 pm .

We had held a full house program from a team of doctors from Lotus Eye Care Centre Kochi led by the Director Dr Sundara Moorthy. The program was chaired by Dr Anup Chirayath Medical Director of I vision Eye Hospital Trichur. The topics covered were Femtosecond Lasers in Ophthalmology by Dr Sundara Moorthy, SMILE- to excel in laser vision correction by Dr Sushma Poojari, Laser Refractive Cataract surgery-to enhance safety and precision by Dr Vishnu , Diabetic Retinopathy- Surgical outcome by Dr Kapil and Binocular Vision problem in children by Dr Anil B Das .42 members attended the meeting .

On 11TH, 18th and 25th February 2018 TACO conducted three cataract screening camps at Parakkattukara , Pallissery and Vettilappara . The screening was done by Dr Vidyasankar and Dr Aneeta Jabbar . 427 patients were screened

TACO Scientific meeting during the month of March 2018 was held on 17th March at Hotel Ashoka Inn at 7.30 pm.

TACO REPORT

Our guest speaker was Dr Mukesh Taneja Faculty Cornea and anterior Segment from L V Prasad Eye Institute Hyderabad .He was introduced to the crowd and the program was chaired by Dr Aneeta Jabbar.

Dr Mukesh gave an elaborate talk on "Ectatic Corneal Diseases and their management."

The talk was followed by an interesting case presentation by Dr Mukesh about the Biometric challenges in a patient with Keratoconus who underwent cataract surgery .

Thirty members attended the meeting

The Glaucoma week celebration of TACO was held jointly with Jubilee Mission Medical College on March 15th by awareness talks by Dr Andrews, Dr Roland TACO Treasurer. TACO also held an awareness campaign at Government Medical College Thrisur .TACO President Dr Rajini K C was the chief organizer and at the Thrissur District outskirts at Kodungallor Dr Asha Warrier held classes on Glaucoma awareness and conducted screening camps.

TACO conducted free eye camps on 11th,18th and 25th March 2018 at Mala, Mulla Nagar and Mampra under the leadership of TACO members Dr Gigi Dr Vidyasankar and Dr Anjana .321 patients were screened.

TACO activities during April and May

Travelling with someone you know or in other words traveling with your friends is the best way to travel TACO family trip to Plantation Valley Resorts, Vettilappara Athirappally Road was on April 8 th 2018. We had a fine time at the nature's lap pampered by the meandering ebb of Chalakudy river .The idyllic resort and valley was an ideal location for the members with a change. The ambience was quiet refreshing and we spend the day in the serene and relaxing surroundings in the nature's lap forgetting the tensions and unwound completely .The memories of the trip was cherished by everyone.

Academic meet on April 20TH 2018

Our meeting on April 20th started at 6.30



pm with an executive meeting and there was discussion among the executive members regarding setting minimum acceptable tariffs and to arrive at a consensus on OP and OT procedures. This meeting was led by Dr Anup Chirayath who is a member of the Hospital Subcommittee KSOS.

The High lights of the meeting included a talk on1. Allergic Conjunctivitis : new frontiers in management by Dr Aneeta Jabbar

2. Panel discussion "Cataract surgery Protocols. Hear the experts ".

We had four very experienced Phaco surgeons as panelists. They were Dr Anup Chirayath , Dr Rani Menon, Dr Merine Paul and Dr Rajini K C . A set of protocols which we commonly bump upon were discussed by Dr Radharamanan who moderated the session. The audience also actively participated in the interaction and the members found it very useful.



3. We felicitated Dr Harikrishnan the proud winner of Sahitya Academy award.

Dr Harikrishnan is the better half of our member Dr Mallika and he had won the award for his travelogue " Nylinte Vazhikal".Dr Babu Krishnakumar introduced Dr Hari to the audience and Dr John Williams the senior TACO member offered him ponnada and memento



Academic activities on May

1.Allergan Ozurdex team and TACO conducted a round table talk on May 11th at Hotel Joy's palace at 7.30pm.Speaker was Dr Rajesh from Al Salama Perinthalmanna and the topic was Role of inflammation in Diabetic Macular Edema and DME management. The meeting was organized by Dr Anup Chirayath our Past President and many of the members shared their experience and had good interaction

2. Monthly academic meet and executive meeting was on 31st May 2018 TACO conducted the Vision Glaucoma Program (Glaucoma Diagnosis and Management Program) in association with Zeiss and Allergan .Our Guest speaker was Professor Ravi Thomas Professor Ravi Thomas MBBS MD FRANZCO glaucoma Cataract and Epidemiology and is currently the Glaucoma speacialist at Queensland Eye Institute .

The topic was Early Diagnosis Progression and Management of Glaucoma. He was introduced to the audience by Dr Anthrayose HOD Department of Ophthalmology Jubilee Mission Medical College. Dr Thomas talked about the importance of disc evaluation. Van herick's method of AC depth, Gonioscopy, importance of fellow eye examination etc through his illustrious case presentations. Seventy members attended the program



TACO Programs in June

REPORT ON CME " BEAT THE BUGS" BY CORNEA INTEREST GROUP KERALA

Cornea Interest Group Kerala is an academic group formed by the Cornea surgeons and Refractive surgeons in Kerala.We have been conducting small group meetings and since 2016 we have been organizing our annual CME program CORAL (Cornea Related Anterior Segment Learning)

CORAL 2018 was focused on Corneal Infections and the CME was named as " Beat The Bugs".

The CME was conducted under the aegis of Kerala Society Of Ophthalmic Surgeons (KSOS) , Trichur Academic Club Of Ophthalmology (TACO) and Cornea Society of India (CSI) and was held at Hotel Casino T hrissur on June 3rd 2018.



Dr Radharamanan President KSOS lighting

The meeting was inaugurated by KSOS President Dr Radharamanan at 8.30 am and the scientific session started at 9.00 am. We had four renowned speakers to cover the different aspects of Microbial Keratitis.

Dr Venketesh Prajna the Chief-Cornea Clinic Aravind Eye Hospital Madurai and Director Academics, Aravind Eye Care System , Dr Merle Fernandez the Director LVPEI Visakhapatnam and Head of the Department Cornea and Anterior Segment Services LVPEI Visakhapatnam, Dr Lalitha Prajna the Chief Microbiologist , Aravind Eye Hospital Madurai and Dr Anil Kumar V Professor Microbiology at Amritha Institute of Medical Sciences Kochi. We know that the effectiveness of lecture based CME depends on audience interaction and had designed the program to include enough audience interaction to facilitate learning.

Dr Prajna talked on Key Observations of MUTT and Surgical Treatment of MK. Dr Lalitha Prajna had a lecture on Laboratory perspectives on best practices in the management of corneal ulcer . Dr Merle Fernandez talked on Differential Diagnosis of MK, HSV Keratitis – Case based diagnosis and management, Microsporidium Keratitis – an update and Pythium Keratitis –Our experience. Dr AnilKumar V discussed about Rapid diagnosis of eye infections

Interesting and challenging cases were presented by Dr Sujith Nayanar, Dr Aneeta Jabbar, Dr Anil Radhakrishnan, Dr Prashob Mohan, Dr Shaji Hussain, Dr David Pudukadan and Dr Hilda Nixon .

All the talks were followed by active discussion and the program was highly appreciated by the delegates. One hundred and ten delegates attended the program and was sponsored by Sun Pharma Milmet division.

TACO MID YEAR MEET 2018

This was the latest venture by TACO and was a lecture series to provide opportunity to interact with experts of national and international repute in an intimate informal setting.



Dr. Radharamanan President KSOS inaugurating the CME

Instead of outside faculty we organized the CME with eminent KSOS faculty including Dr Giridhar Anantharaman Medical Director and Chief of Vitreo Retinal Services at Giridhar Eye Institute Cochin , Dr Gopal S Pillai Professor and HOD Department of Ophthalmology Amrita Institute of Ophthalmology and Dr Ashok Nataraj Vitreoretinal Surgeon at Jyothis Eye Care Kannur .

The meeting was held at Hotel Casino Thrissur and started at 9.00 am with Inauguration by lighting the ceremonial lamp and Inaugural address by Dr Radharamanan Honorable President KSOS. The Faculty and the delegates were welcomed by Prof K C Rajini the Respectable President TACO. The small inaugural function was concluded by a note of thanks by Dr Aneeta Jabbar the Organizing Secretary and Secretary of TACO.

The first talk was by Dr Giridhar and the subject was Master Class in OCT for the comprehensive ophthalmologist with case examples. This was followed by audience interaction and similar case presentations by Dr Rekha P S and Dr Saraswathy, from Government Medical College Trichur Dr Rani Menon from Dr Rani Menon's Eye Care Trichur and Dr Jay Sheth from I Vision Chalakudy

Dr Giridhar's second talk was on Cataract and Diabetic Retinopathy - what you need to know .This was also followed by case presentations by Dr Geethu from Jubilee Mission Medical College Trichur, Dr Lekshmipriya from Government Medical College Trichur . Dr Ashok Nataraj gave an elaborative talk on Diabetic Macular Edema –Preferred Practice pattern. This talk was very interesting since both the other faculty and the moderators also gave their inputs and was very useful for the delegates.Case presentations from the same topic followed and was done by Dr Deepthi from Government Medical College Trichur Dr Sowmya from Amala Institute of Medical Sciences Dr Swathi from Government Medical College Trichur . The most interesting talk was by the last speaker Dr Gopal S Pillai on Retina Grand Rounds in which he discussed shortly a good number of cases and its relevant points. This was followed by rapid fire cases by Dr Gloria from I Vision Trichur and Dr Rashmi from Drishyam Eye Care Trichur. The wrap up was done by the moderators.

The sessions were moderated by Dr Sudha Additional Professor Government Medical College and Dr Lathika Associate Professor Amala Institute Of Medical Sciences Trichur.
Dr Sudha Additional Professor Government Medical College and Dr Lathika Associate Professor Amala Institute Of Medical Sciences Trichur.
Though we limited the number to 50 we had an attendance of 80 delegates.

IDUKKI MALANADU OPHTHALMIC CLUB

37th IMOC meeting was conducted on 8/3/2018 at muvattupuzha. guest speaker was Dr prashobh mohan, cornea consultant from giridhar eye institute . He gave guest lecture on infectious keratitis





38th IMOC meeting was conducted on 3/5/2018. Guest speaker was dr Jay Sheth, VR consultant. He delivered interesting guest lecture on pseudophakic cystoid macular edema and also on endophthalmitis... we also celebrated women's day on that occasion too

39th IMOC meeting was conducted at muvattupuzha on june 2018. Dr Remya Mareen Paulose was invited as guest speaker...she delivered guest lecture on basic interpretation of OCT and also on CSR

40th IMOC meeting was conducted on 26/7/2018. Mr.Vinod Kumar, Motor Vehicle Inspector was invited chief guest. He enlightened structure and work of motor vehicle department. Followed by interesting presentation and discussion on Road safety and Role of Ophthalmologists on Road safety



REPORT OF KOZHIKODE OPHTHALMIC SOCIETY

On March 16th KOS conducted a Glaucoma screening camp at the Police Commissioner's Office for the benefit of Police personnel and Drivers of public transport. The camp was unique in that Doctors from all the Eye hospitals of Kozhikode along with the Government Medical College and Government Beach Hospital Ophthalmology Departments participated in the camp. The camp was inaugurated at 9 AM by the City Police Commissioner and we were able to screen more than 150 people.



On the same day , KOS conducted a Glaucoma Awareness Walkathon at Calicut Beach . The walkathon was inaugurated by the Worshipful Mayor of Kozhikode, Sri Thottathil Raveendran and he also participated in the walk through out. Dr. Kim. R, Vitreoretinal Surgeon , Aravind Eye Hospital was our Chief Guest during the walkathon. Dr. Swadique, Medical Director of Al Salama Eye Hospital, have an awareness talk on Glaucoma. The Secretary of Kozhikode IMA , Dr. K. B. Venugopal (Retd. Prof. Of Ophthalmology, Dr.K. V. Raju (Retd. Prof. Of Ophthalmology also spoke during the occasion. There were about 75 participants carrying placards and balloons with Glaucoma awareness messages.

On 29th April, KOS had a General Body and speaker meeting at Hotel Raviz . Dr. Arulmozhivarman , Chennai , was the guest speaker and he spoke on the topic : Emmetropia Every Time .

The talk was followed by a Rapid Fire Ophthalmic Quiz titled : Quick Gun Murugan, conducted by Dr. Shaji Hussain of Al Salama Eye Hospital for Post graduates from institutions in Calicut. There were 5 retains of two PGs each . It was a very interesting and competitive quiz and the first and second place was taken by team from Comtrust Eye Hospital. The meeting was followed by dinner







Cornea- CME of Little Flower Hospital, Angamaly

CMEs

Little Flower Hospital, Angamaly held a CME on Cornea on 20/05/18. Dr R Revathi from Aravind Eye Hospital dealt with Microbial Keratitis while Dr Himanshu Matalia from Narayana Nethralaya demystified Keratoconus. A host of KSOS faculty covered important topics. The potpourri of cases had take home lessons for both Comprehensive ophthalmologists as well Cornea specialists. The afternoon saw a conclave of the alumni of Little Flower Hospital, Angamaly which included several stalwarts in the Kerala Ophthalmic scene.



Alumni reunion of Little Flower Hospital, Angamaly

Giridhar Eye Institute conducted a one day OCT Masterclass on 27/05/18. Dr Lekha Gopal from UK was the star international faculty whose authoritative talks were filled with pearls of wisdom. The practical application of OCT was covered extensively from basic interpretation and biomarkers to newer advances. The use of OCT from anterior to posterior segment to neuro-ophthalmology was discussed comprehensively by Giridhar Eye Institute faculty.



OCT Masterclass-CME of Giridhar Eye Institute

Road Safety Week activities

Eye Screening camps were arranged at the venues of Road Safety Week functions in association with the Motor Vehicles Department. These were in Ravipuram, Tripunithra, Mattanchery, Kalamassery, Angamaly, Kolenchery and Kothamangalam.



Road Safety Weekfunction at Kalamassery



Road Safety Weekfunction at Kalamassery



Eye Screening camp as part of RSW at Tripunithra

Achievements:

Dr NSD Raju launched the AIOS Prevention of Diabetes Blindness project in Gauwhati



Dr NSD Raju launching AIOS Prevention of Diabetes Blindness project in Gauwhati

Monthly meetings:

April: Organised by Cornea Interest Group on –"Cornea-What you didn't know and were afraid to ask" Dr Sujith Nayanar, reknowned Cornea expert from Calicut gave a talk on Keratoconus. This was followed by Case presentations by Dr Lilan Bhat, Dr Anil Radhakrishnan and Dr Vinay Pillai. There was also a talk on "Tips on financial planning" by Mr Pravas Ravi, area head of Geojit Finanacial Services which was well appreciated.

May: Dr BSR Murthy from Pushpagiri Eye Institute, Hyderabad spoke on Medicolegal aspects of Ophthalmic practice, an infrequently heard but much needed topic. His personal experiences highlighted the importance of documentation and defensive practice. This was followed by Mr SR Nair, Management Guru and Mentor on Emotion Management. He emphasized the folly of chasing IQ and neglecting EQ.

June: "Oculoplasty- Refresher for the Commons" was the theme for this meeting. Dr Marian Pauly gave a talk on various aetiologies presenting as "Chronic Conjunctivitis" followed by a video based presentation on Common Oculoplastic procedures. Dr Donna Ann Mathew and Dr Rita Mary Tomy , Consultant and Fellow in Oculoplasty Department of Little Flower Hospital, Angamaly respectively, presented interesting cases. The session was chaired by Dr Ani Sreedhar.



Speciality Meetings: Prof Ravi Thomas gave a talk on Bayesian Analysis at a meeting of the Glaucoma Interest Group, Kochi. He impressed on the listeners that it was time to give up the "p value" and move to Bayesian analysis.

TRIVANDRUM OPHTHALMIC CLUB REPORT 2018

TOC Meeting March 2018

GLAUCOMA AWARENESS WALK 2018

Glaucoma walk march 18th 2018- Trivandrum Ophthalmic club along with Kerala society of ophthalmic surgeons ,glaucoma society of India , All India ophthalmological society and IMA today conducted one of the biggest health awareness programmes in the city for increasing awareness about the blinding eye disease glaucoma as a part of world glaucoma week.

Governor of Kerala Shri Justice P SathasivamFlagged of the March at 7.30 am, TOC Secretary DrJayaram V R handed over the flag to Shri Justice P Sathasivam.Shri LoknathBehara, DGP, Sahasranamam, director regional institute of ophthalmology,BAbey George secretary Swasthifoundation,Dr Racheal Jose,vice President Trivandrum Ophthalmic club, gave felicitations on the occasion.

Shri LoknathBehara,DGP gave the glaucoma oath and DrJayaram V R, Secretary TOC proposed vote of thanks





REFLECTIONS 2018

Annual CME "REFLECTIONS 2018" was conducted on April 22nd 2018 Sunday 9 am to 3.30 pm at Hotel Residency Tower.Various sessions by experts on retina, cornea, and cataract delivered talks on the preferred practice patterns of ocular conditions. Dr. LINGAM GOPAL delivered Dr KGR Nairmemorial oration and enriched us with his vast clinical experience by speaking on "RETINA AS A SPECIALITY – PAST, PRESENT & FUTURE"

The recipient of the TOC lifetime achievement award this year is was Dr P J THOMAS, Rtd Director of RIO, Trivandrum.



TOC Meeting May 2018

Topic : "The Step that went wrong: Some Cataract Surgical Scenarios"... and international award winning video films.

: Glaucoma Diagnosed and Treatment Started. What Next?

30th May 2018, Wednesday 07.00 pm
Hotel SP Grand Days

Speaker : DrMinuMathen (Chaithanya Eye Hospital,TVPM)
Dr Devin Prabhakar (DivyaPrabha Eye Hospital, TVPM)

Chair : DrK Mahadevan

Convenor : DrJay Mathew

ANANTHANAYANAM 2018

Ananthanayanam 2018 on Strabismus and Neuropthalmology was conducted at Medical College Auditorium Trivandrum on May 13th. Principal Dr Thomas Mathew inaugurated the CME along with ksos president DrRadhaRamanan .

TOC Meeting June 2018
CHAITHANYA ACCADEMIX 2018

Topic : Comprehensive Cataract Capsule - 2018 (CCC 2018)
9th and 10th June 2018,
Hotel Apollo Diamora
Retina Imaging Congress 2018
29th and 30th June 2018
Hotel Apollo Diamora

TOC Meeting July 2018

Topic : Transitioning to DMEK

: Using Aberrometry in the Office to Guide Decision Making in Cataract and Refractive Surgery

5th July 2018, Thursday 07.00 pm
Hotel SP Grand Days

Speaker : Dr Parag Majumdar (Associate Professor of Ophthalmology Rush University, Chicago)

Chair : Dr Arup Chakrabarthi

Convenor : DrJayaram V R

KSOS Family Get Together on 5th & 6th May 2018 at LAKE SONG Resort, KUMARAKOM



Dear Doctor,

Applications are invited from members of KSOS for the following posts during the general election for the various posts in the KSOS executive committee. Interested candidates with the necessary credit points in the last 2 years should submit their nomination before Sep 30th 2018 to the General Secretary.

Kindly send the duly filled nomination form with the supporting documents to the following address.

Dr Sreeni Edakhlon
Hon. General Secretary KSOS
Dr Sreeni Edakhlon
Chief Surgeon and Medical director
Comtrust Charitable Trust Eye Hospital,
2nd Floor, City Centre, Thalassery - 670101

KERALA SOCIETY OF OPHTHALMIC SURGEONS ELECTION 2018

Notice is hereby given for election to the post of Vice President of KSOS to be held during DRISHTI 2018 at Kannur. The criteria for the posts are mentioned below

CONSTITUTION AND BY LAWS of KSOS

ARTICLE X

Elections

Vice President

1. 1 post. Any member of good standing in KSOS who has successfully completed one term in the Executive committee as Gen Secretary, Treasurer or Chairman, Scientific Committee, Editor KJO. He/She should have 100 credit points in the preceding 2 years. vice-president shall be elected by the members of KSOS every year during the annual conference. He/she will hold office as Vice President till the next General Body. He will then become the President Elect for the next one year and then will take over as the President at during the General Body meeting of the subsequent year. The vice-president shall become the President, if by any reason the President Elect is unable to take over as the President.

2. **Credit point system Attending**

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

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

3. **Election Procedure**

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

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

One person can contest for one post only.

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

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

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

Polling, when necessary shall be conducted on the second day of the Annual Conference from 9AM to 2 PM. Only life members with their KSOS ID cards or any other (decided on by the Returning Officer) will be allowed to vote. Voting by proxy is not allowed.

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

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

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

6. Office bearers shall cease to hold office

a) When their term is over

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

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

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

KERALA SOCIETY OF OPHTHALMIC SURGEONS

Nomination Form for Elections 2018

PHOTO of candidate

Name of Post :

Candidate Name :

KSOS Membership No :

No.of years of membership :

Date of Birth : Gender

Educational Qualifications :

Address :

City : Pin : Email:

Phone : Landline : Mobile: Fax:

Present Designation :

Office Addresses :

Positions Held in KSOS : Year From : To :

Credit Points in the last 2 years (attach proof)

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

Date :

Place : Signature with Name.

Name of Proposer : Name of Seconder :

KSOS Membership No : KSOS Membership No

Address Address

Signature Signature

Name of Seconder :

KSOS Membership No :

Addresses :

Signature

Kindly attach your brief CV for communicating to members

OFFICE USE ONLY

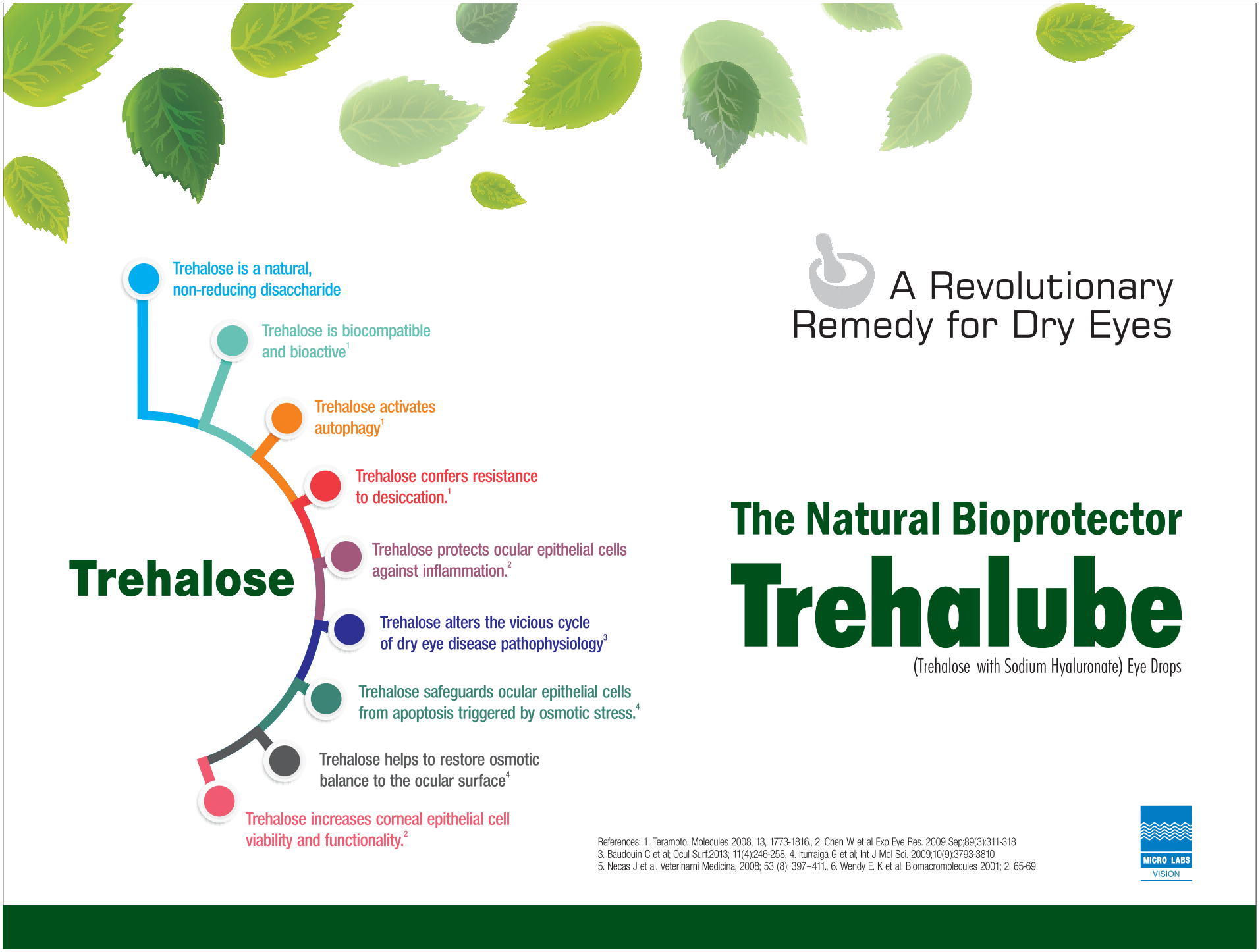
Nomination form received on

Verified and found valid YES/NO. If no cause for rejection

Status on Election Day. Withdrawn / Elected without contest / Contesting the election

Result of election

Name and Signature of Election Officers



A Revolutionary Remedy for Dry Eyes

The Natural Bioprotector

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(Trehalose with Sodium Hyaluronate) Eye Drops

References: 1. Teramoto. Molecules 2008, 13, 1773-1816., 2. Chen W et al Exp Eye Res. 2009 Sep;89(3):311-318
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MICRO LABS VISION