THE KSOS connect

The official newsletter of Kerala Society of Ophthalmic surgeons

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CHOICES, CHANCES AND CHALLENGES

Dr Elizabeth Joseph

To watch interview with Dr. Elizabeth Joseph, click the link: **https://youtu.be/Nj8RtuGCLjQ**



When asked permission for taking an interview for KSOS newsletter madam was very polite and agreed. In her own words "I am extremely honoured and indebted to the KSOS for selecting me to be interviewed for the Newsletter. I know I am not worth this limelight but just obliged because Dr Mallika and Dr Mahesh are dear friends and I can't say No to them."

We met her in her house on one Sunday morning.

Let us listen to her own words.

"Now that I am made to talk about myself, I realize I have not done anything great, what I am today is by the chances given by the Almighty, most of the time, and by the choices and challenges I faced and tackled with the help of dear and near"

Regarding Childhood days and Education

"My education upto pre-degree was at Changanacherry. During those days, we had lot of play time together with many cousins and my own siblings. But my parents took care to supervise the studies of all the children and we were all toppers at school. And By chance, I got very good marks and admission to the medical college was cakewalk.

"I did MBBS in med. College Kottayam. Those days were hard for me, ragging was severe, anatomy dissections were difficult, clinical posting especially in Gynecology department was for many a terror. Our ophthalmology posting was like a cool breeze, Prof Gopinath Menon sir, Shobhana madam and Zacharia Thomas sir, all were very kind and pleasant. Sir used to say a lot of jokes and Shobhana madam greeted us with a smile always. I saw patients who came blind to the OT, returning home happily due to restored vision. Those days, Gopi sir used to do a lot of PKP s and I took an immediate liking for ophthalmology. Most of the time, patients are happy and staff also happy and I gave ophthalmology as my first choice in the PG application form. And here I am!

Ophthalmology Training

"I joined for Diploma ophthalmology at Medical College Calicut in 1979, when Prof T A Joseph sir was the HOD. After DO, I joined for MS in 1983 at Med. College Calicut and finished M S in 1985. Prof Venugopal and Prof Venkitachalam were heading the department. Venkitachalam sir, taught us the basics of squint, and now I am a strabismologist, thanks a lot sir. At that time Dr Leila Mohan of Comtrust hospital was my dear friend and together we studied Keith Lyle. Venu sir used to take classes, was a good disciplinarian and gave us a good understanding of the subject. Indira madam made me do my first cataract surgery. I

Continued on page 4...

FROM THE PRESIDENT'S DESK



Respected seniors, dear friends and colleagues,

Greetings from the desk of President KSOS.

We had an elaborate first ECM on 27.12.21 where we charted out the course for this year. On the academic front webinars will continue to rule the roost and with experiences gained over the last 2 years we plan to bring more variety to your plate. The online events have become easier to organize with participation of reputed national and international faculties and an ever-increasing cumulative viewership thanks to the KSOS YouTube channels. The online Journal Clubs have already made a niche and are eagerly waited for events. The DRISHTI 2021 ON-DEMAND project is nearing completion and will soon be up on a website linked to www.ksos.in. We have taken 360 degrees view of KSOS and planned to diversify into various spheres of activities. The Vision Enhancement Clinics (VEC), Non-communicable Diseases (NCD) awareness projects & Social media marketing will be the three pillars of the Eye-Literacy Programme which will receive a great boost through a vendor-aided digital marketing initiative of KSOS. Thanks are due to the EC members green signaling the MOU in a Special ECM on 25.02.22. KSOS Secretary and Chairman Scientific Committee also have promised to look into fund raising issues to meet the financial needs.

Presidential committees have been formed which are looking into NABH Accreditation assistance, Cluster Infection Prevention Measures, Basic Instrument purchase guidance, Digital/DIY activities and a few more.

We are also in the process of bolstering membership drive for KSOS, AIOS and AIOS FBS. I request whole-hearted cooperation of the District Committee members towards the success of this initiative. The website is being revamped to make it more user-friendly and more features are being added to render it more useful to the fraternity. There have been zoom meetings and training sessions with the website service provider (appointed by the previous team) and present KSOS functionaries. The website editor is leaving no stone unturned towards making the KSOS website a showpiece of KSOS. The scientific committee chairman and the secretary have already drafted a timeline of activities for KSOS and Drishti 2022. The KSOS newsletter will carry a video segment carrying messages from the eminent ophthalmologist interviewed. This is a new addition and I am thankful to the Joint Secretary Dr Mallika to usher in this new facet. I have also requested the joint secretary to carry out the interview in a video format while the traditional pdf format will also continue to be available. The KSOS data base needs continuous consolidation and we need to identify members who having completed post-graduation are no longer associate members but full-fledged members. An LDP Kerala chapter has been created with Dr Natasha Radhakrishnan in charge and there is a strong possibility of a physical programme happening in the near future about which you will be kept informed. We are also in the process of consolidating the list of KSOS Oration Award Winners, Scientific Committee Award Winners as well as the Eminent Ophthalmologists interviewed over the years. This is going to be a herculean task and will require active contribution from former office bearers.

KSOS is a vibrant organization. Brilliant minds with ambitious plans take up the role of office bearers and enthusiastically push the juggernaut forwards. This augurs extremely well for the society. For the sake of continuity, it is important that all activities are streamlined, documented and brought under the purview of SOPs so that subsequent generation of office bearers can pick up the thread from where the predecessors left rather than reinvent the wheel thereby losing precious time. Request your fullest cooperation in this regard.

Do revert to me if you have any constructive suggestions so that the same may be incorporated after due diligence.

Jai KSOS, Jai Hind

Dr Arup Chakrabarti

HON GENERAL SECRETARY'S MESSAGE



Dear friends and senior colleagues

As you know KSOS is busy with lot of activities and we are in fact trying to bring KSOS to a pole position by making it a socially vibrant organization committed to the general public. All activities including low vision clinics public awareness programs on important issues and eye heath awareness are our responses to bring in total eye literacy to the general public.

We have embraced push strategy through social media to fulfill our social commitment. Two YouTube channels, one for scientific committee snippets and other for KSOS programs and public has been launched. Facebook, Instagram and website based marketing are on its way. The new year was started by an Xmas and New year program by the members. This brings out the artistic face of our members.

Low vision clinics are strengthened with newer plans to enlarge it with newer member hospitals providing low vision care to such unfortunate patients. Dr Sasikumar is spearheading the effort. Currently we are in discussion with the existing centers to improve it and to spread our wings further.

We have conducted programs on covid and drug awareness which are totally non-ophthalmology topics which were well received by the public. This again is part of our social commitment efforts

KSOS scientific programs by district clubs ensured that clubs like Kasaragod Ophthalmic club which had not done major programs before has come up with a full CME program which has rejuvenated many clubs. Dr Sreeni and the scientific committee members are fully committed to see it bloom. We had programs from Calicut, Kannur and Kasaragod in the last three months.

Journal club is progressing nicely and Dr Sudha is ensuring that good scientific content is getting disseminated in each episode. The newest updates in the topics are discussed by experts.

Glaucoma week between 6th to 12th of March gave us the opportunity to bring in our team efforts. Right from a glaucoma CME and interview of the legendary Tony sir, the senior most ophthalmologist in our state, we had a flurry of programs including a glaucoma journal club and many such activities.

International Women's day was celebrated with interview with an iconic glaucoma specialist, Dr Ramanjit Sihota and we are sure a lot of women will find a role model in her.

A Postgraduate exam case based class room program was launched for the postgraduates and will run a biweekly case discussion by postgraduate teachers.

A free camp was conducted on March 10th by more than 135 hospitals across the state including all districts to screen for glaucoma. It's a massive effort and I congratulate and thank each and every one of you to have made this happen.

Presidential committees like infection control cell, accreditation committee and purchase assistance committee have been constituted by our vibrant President, Arup sir and we are sure they will help our members scale newer heights in quality.

KSOS is very rapidly in the process of becoming an important player in public eyes as far as eye health is concerned and our President Dr Arup is leading from the front to make it happen. In the event of vision evaluation for license requirements, KSOS intervened and had fruitful discussions with the minister and offered viable solutions.

I will assure you that we will spare no effort to ensure that KSOS will remain on the top.

Jai KSOS, Jai Hind

Dr Gopal S Pillai

TREASURER'S MESSAGE



Let me begin with a big thanks to all KSOS members for electing me to the post of Treasurer. I had started the work in earnest in December 2021 itself. The changing of signatories and acquisition of transaction rights in the KSOS accounts takes time and the process is nearing completion. With the help of the previous treasurer Dr Bastin,, I have been ensuring that we are fulfilling our statutory requirements like monthly GST returns filing and Income tax returns filing before the concerned deadlines. I was able to collect the club affiliation fees for the period 2021-22 from all the clubs in advance and most of them had made advance payment for the next year also. We have received most of the trade contributions related to DRISHTI 2021. We plan to complete all the DRISHTI 2021 account related activities by April. The Internal Audit of the accounts for the FY 2021-22 is being planned in April.

Dr Biju John C

SCIENTIFIC COMMITTEE CHAIRMAN'S REPORT



Respected seniors and dear friends,

We have had a wealth of academic programs for ophthalmologists and educational activities for the general public after the new team of KSOS office bearers took over in November 2021.

With the help of my Scientific Committee members Dr Sujith Nayanar, Dr Thomas George, Dr Prashob Mohan and our brilliant General Secretary Dr Gopal S Pillai we have already conducted three KSOS Scientific Committee CME series programs and five webinars for public. The first CME on Cataract Surgery was conducted in association with Kozhikode Ophthalmic Society and the program was very efficiently coordinated by Dr Padmaja Krishnan and Dr Bindu S Ajith in January. The second in the CME series was on Cornea and was conducted by the all women team from Ophthalmic Society of Kannur lead by the dynamic Dr Simi Manojkumar and Dr Seema in the month of February . The world class CME on Glaucoma- the third in the Scientific Committee CME series was organized by Kasaragod Ophthalmic Society lead by the super-efficient Dr Sureshbabu and Dr Rakesh on March 6th, the first day of World Glaucoma week 2022.

Our webinar for the general public on the Omicron variant of COVID virus accurately predicted the course of the COVID wave caused by it. A webinar was also conducted to increase awareness among parents on the menace of drug addiction in children. This program received great appreciation from all sections of the society. We have also started a series of webinars through which we intend to share information about various eye diseases to the general public. The first webinar was on March 6th in which we interviewed the living legend in Ophthalmology Padmashri Dr Tony Fernandez. The second was on March 12th in which Dr V Sahasranamam talked on Glaucoma. These programs are being well received by the general public

KSOS has also started an exam case based online class room program for the postgraduate students. I thank Dr Arup Chakrabarti, President KSOS, for his whole-hearted support for all our endeavors

Jai KSOS

Dr Sreeni Edakhlon

KJO EDITORS' REPORT



Dear friends,

The new Editorial team for the Kerala Journal of Ophthalmology has taken charge. The Table of Contents (ToC) for the first issue of the journal under the new team has been sent to the publisher by late January. Most of the articles in the ToC were those which were already approved by the previous editorial team. A thread of communication has been established with Medknow and we are trying our best to get the first issue published on time.

The journal has been getting a stream of articles mostly from outside our state. I would prefer that more and more of our members contribute to our own journal.

I had promised online journal clubs and a 'Statistics Corner' column in the journal during the KSOS elections. The first has been taken up by the President and the second will begin from the new issue. I'm glad that Dr. Sudha has been doing a really wonderful job with the Journal Club.

I'm grateful to all of you for giving me this opportunity to serve our esteemed organization as the Editor of KJO.

With warm regards,

Dr. Smita Narayanan

WEBSITE EDITOR'S REPORT



Dear Colleagues,

First of all let me express my gratitude to all the esteemed KSOS members for electing me as the website editor. We are in the process of learning and doing the corrections of our new revamped web site by the previous team. We have requested all the members to correct their profile. Many of them have done it. We had a discussion and demo from the web developers regarding the drishti online registration. We are planning to incorporate some new platforms, other than academics for our members. The new web is very user friendly, for this we should appreciate the effort put in by the previous team especially Dr Rajiv Sukumaran , Dr Jain Chimmen and Dr Mahesh G . We will try to do our best. All members kindly log in at least once in a week to make our web active.

Jai KSOS

Dr A. Rohan



remember all my teachers at Medical college Calicut with lot of love and respect. I owe a lot to Prof Sailakumari madam, Prof, Velayudhan Nair sir, Subramaniam sir, Premalatha madam. Padmaja Krishnan and many others. Dr Leila, Dr CL Antony, Dr C K Mathew, Dr Johny, Dr Seshadri. Dr Balakrisnan, Dr Jayadevan, Dr Balamani are some of the many friends whose company I cherish a lot."

L F Times

"When I passed out in 1985, Dr Tony Fernandez was the towering personality and Little Flower Hospital was very famous in eye care. My husband Dr Joseph K Joseph was working as physician at L F, at that time and I got the chance to join this prestigious institute, and remain here ever since. All my clinical and surgical skills were refined by Tony sir, He made me do my first IOL implantation, keratoplasty, trabeculectomy and many more and I would like to put on record my gratitude to Tony Sir. When I joined LF, I was the only woman ophthalmologist and It was a big challenge to gain patient confidence. Many a time patients were reluctant to come to me, no wonder, Tony sir, Eapen sir, TPI sir, all had a big name and I was a near nobody. I worked with Dr K E Eapen Sir and he gave me chances to operate on paying patients and made me self-confidant. I worked with Dr Ittyerah sir, Dr Noel, Dr Andrews, Dr Sajan, Dr John Williams and learned a lot from all of them and I could tackle many a challenge. The L F times, those days were very jovial and L F hospital eye department was at the height of its glory. We used to travel the length and breadth of Kerala, doing operating camps, the free camps at L F catered to thousands of poor people. Many a C ME s were conducted at L F, in which National and International faculties participated. I used to run squint clinics from the very beginning and later I could develop a full-fledged, state of the art pediatric ophthalmology and strabismus clinic at L F, first of its kind in Kerala, with the help of ORBIS international. ORBIS international arranged training of all staff including me. I am glad that at present we are able to do the maximum number of strabismus surgeries in Kerala, at L F.

Present Scenario at LF

"Dr Thomas Cherian, Dr Ani Sreedhar, Dr Meena CK, Dr David, Dr Girija, Dr Ranjini, Dr Reesha are all my good friends and colleagues who have made a mark in both the academic front and organizational front. The Present team at L F has been doing commendable work, and we have young doctors Ann, Rajashree, Smitha, Sindhu, Dona, Hilda, the rising stars of L F. Dear all, it has been great working with you. Thank you all. The L F management is very supportive and has given all encouragement for growth. At present, the Director, Fr Varghese Pottakkal. Joint Director Fr Reju Kannampuzha and Assistant Director Fr Varghese Palatty are constantly working for the betterment of all departments,

International Exposure

"In 1993, I had an observership training under Prof Rentch at St Vincent's Hospital, Karlsruhe, Germany for three months. I did advanced training in Pediatric Ophthalmology from Sydney Eye Hospital Sydney, Australia in 2007. I could get out of the "FROG IN THE WELL ATTITUDE" because of these two international experiences. Also I had brief periods of observership in prestigious institutes in India as well, namely, R P centre, New Delhi, Aravind Madurai and LVPEI.

Awards

- Elizabeth madam had won a number of prestigious awards. To name a few
- Sankara Menon award for best scientific paper by K S O S in 1991 for the paper on Effectiveness of Nystagmus surgery in the correction of Compensatory head posture
- Prem Prakash award for best paper in strabismus by AIOS in 2010 for the paper on Partial tenotomy for the management of small angle pattern deviations.
- T K Alexander memorial Oration award by KSOS in 2014.
- Dr Noel Moniz, Anterior segment free paper award by KSOS in 2017
- The best poster award in the squint session in the AIOC – 2017
- She had conducted many instruction courses in strabismus for AIOS and KSOS conferences, published papers, and has written a chapter on Nystagmus in the text book- Modern Ophthalmology by Dr L C Dutta.

Memberships and Posts

Life member of SPOSI, KSOS, AIOS, COC & IMA. Was in the Executive Committee of COC, KSOS, and SPOSI but never wanted to take more responsibilities. Madam had organized midterm conference of SPOSI in Cochin

Family

"Blessed with a very happy family life. My husband, Dr Joseph K Joseph is the physician and Nephrologist at L F hospital Angamaly and he is the strong pillar of support in my life. We are having two loving children, Daughter Meera has done Engineering from Model Engineering College and later Masters from London. Son, Tarun is a gastroenterologist, D M from St Johns, Bangalore. Both are married. Son in law Mr John is the CEO of a software firm and Daughter in law Rashmi is doing DM Rheumatology."





Hobbies

"Travelling and seeing places, I like the most. I enjoy cooking, reading, watching movies etc."

Message to the new generation-

"I feel the younger generation is smarter now. They are ready to take challenges. as often said, aim for the moon, even if you miss, you may land among stars"

For more motivating words let us listen to her in the YouTube channel of KSOS.

It is for all the young stars of KSOS

Elizabeth madam can be called "Mother of Paediatric Ophthalmology in Kerala" if ever there is a title like that. On a personal note to end. When my son needed a squint surgery 16 years back, I had nothing to think twice. We had very nice experience from the ever-cool madam reassuring us. When we left after the interview with lot of sweet memories of her hospitality, we were sure that Dr Elizabeth Joseph will be here to motivate and mentor more and more young talents and heal with her magic touch in years and years to come.





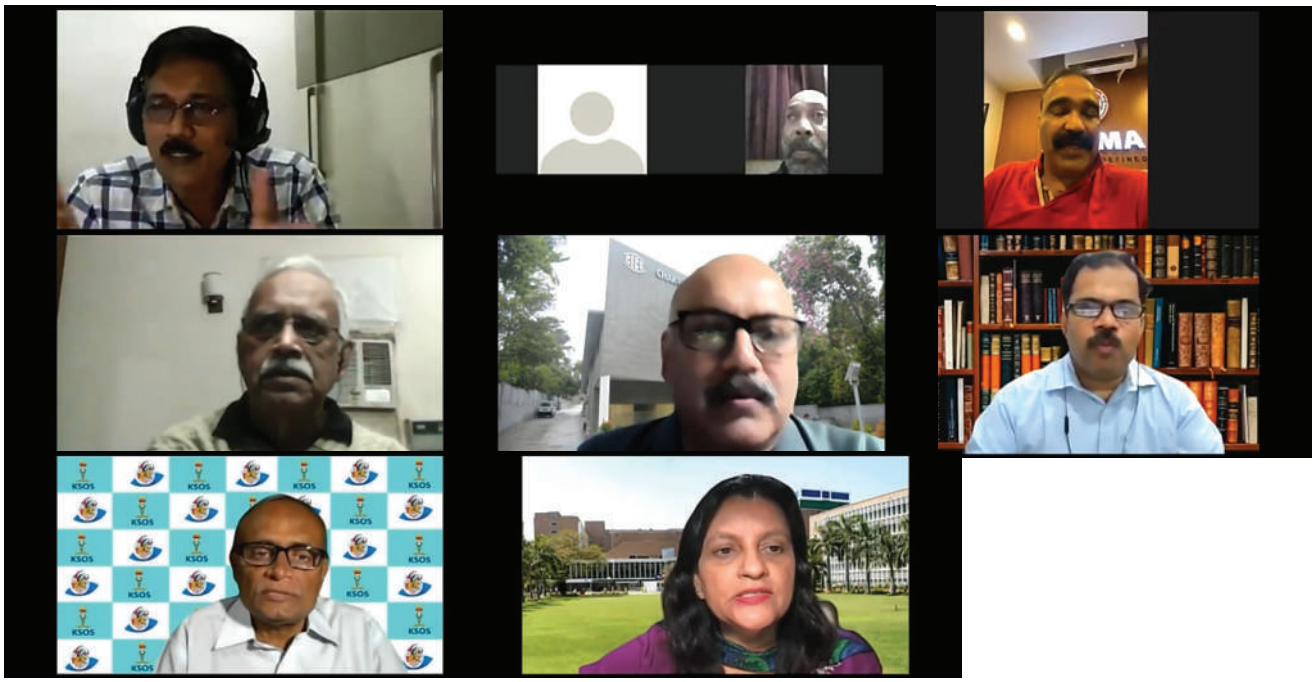






KSOS ACTIVITIES

World Disability Day



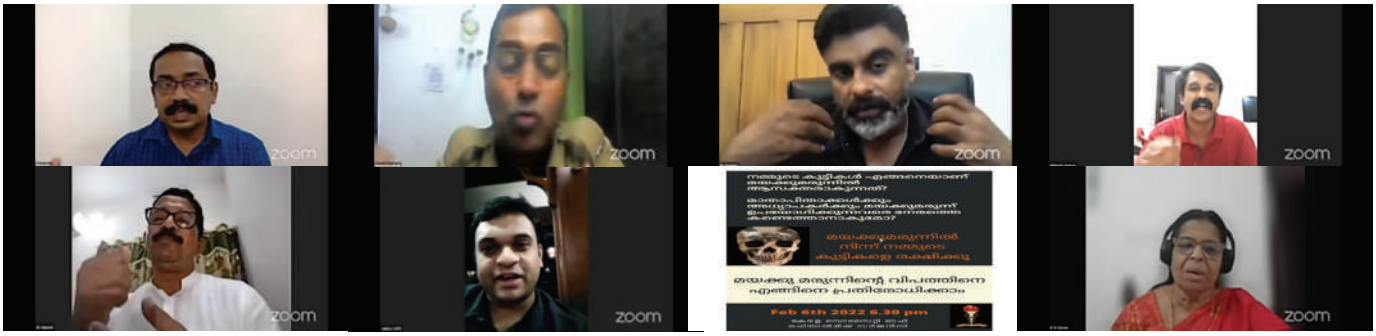
KSOS Xmas and New Year programme



KSOS Discussion on COVID 3rd Wave



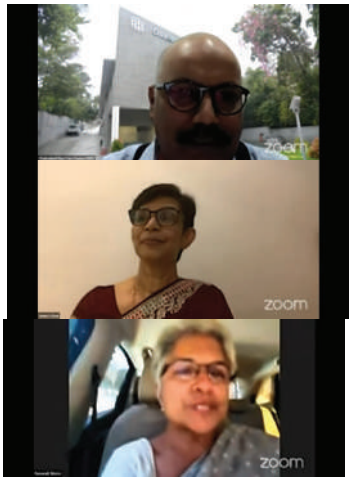
KSOS Programme on Drug menace



Meet the Masters. Interview with Dr Tony Fernandez



Women's Day Special Interview with Dr Ramanjit Sihota



Break the Bias. Women's Day



PG Exam Case Programme



KSOS EXECUTIVE COMMITTEE DECISIONS AT A GLANCE

First Executive committee meeting conducted on 27th December 2021

- KSOS on Demand - Conference proceedings to be made available through website
- KSOS Knowledge capsules to be sent once every week
- Webinars planned by hospitals under the aegis of KSOS and KSOS directly through district ophthalmic clubs integrated
- Presidential theme is controversies in Ophthalmology
- KSOS scientific program will be uploaded in website
- Journal clubs will be started once a month
- Newsletter will also have video interviews of senior doctors
- LDP Kerala chapter will be started
- Complete eye literacy for all is planned and for this social media campaigning will be done
- Vision enhancement centers will be strengthened and newer centers added
- Special emphasis for NCD awareness will be done
- Social media will be used to spread complete eye literacy to the public through public programs.
- KSOS advisory cells and committees will be formed
- Cultural activities including "Spandanam" will continue
- Paramedical training to optometrists and nurses will continue
- SOP of KSOS will be published
- Family meet to be planned

Special executive meeting on 25th February

- Finalized the paid social media vendor for KSOS for spreading awareness to our public programs

KSOS Timeline

KSOS Schedule for 2021-2022		
December		Inform ROS for registration renewal
	By 31st	Newsletter including Drishti 2021 report
2022		
January	Before 31st	1st ECM
		Collect Club Affiliation fee by 1st ECM (preferably during Drishti GB)
		District Clubs to inform frequency of reporting (No change allowed afterwards)
March	By 31st	1st Newsletter of 2022
April	Before 15th	Audit Comm. Meeting including Drishti Audit
May	Before 31st	2nd ECM and "Family meet"
June	Before 30th	2nd Newsletter
July		
August	Before 31st	3rd ECM
		Select Election Returning Officer
		Send Election notice calling for nominations
September	30th	Last date for receiving nominations.
	Before 30th	3rd Newsletter
October	Before 10th	2nd Audit Committee meeting
	By 15th	Prepare Matter for Annual Report.
		Get it printed by Nov 15th
November		Drishti Meeting
December	Before 31st	4th Newsletter covering Drishti.

Scientific Committee Timeline

DRISHTI 2022: Scientific Committee Time Line 2022	
Call for Submission of Instruction Courses	1-Apr- 2022
Last Date for Submission of Instruction Courses	30- Apr- 2022
Call for Free Paper/ Video	1-Jun-2022
Last date for Submission of Abstracts for FP/Video	30-Jun-2022
Video/Poster PDF Submission	31-Aug-2022
IC Acceptance Communication by Email	30-Jun-2022
FP/Video Acceptance Communication – By email	31-Jul-2022
Last Date to Submit Full Text of Free Papers	31-Aug-2022
Souvenir Printing Matter (LOC) to be Ready by	30-Oct-2022
Scientific Programme for Canvas Printing to be Ready By	15-Nov-2022
CME Series Book	20-Nov-2022

Drishti Timeline

DRISHTI 2022 Time Line		
Drishti Venue	Inspection*	Jan-Feb
1st Brochure	In hard copy	April
Instruction Courses	Call for submission	April 1st
IC submission	Last date	April 30th
FP/Video	Call for FP/Video	June 1st
FP/Video	Last date	June 30th
IC Acceptance Communication	By email	June 30th
FP/Video Acceptance Communication	By email	July 31st
Full text of FP	Last date	Aug 31st
Video/Poster PDF Submission	Last date	Aug 31st
2nd brochure with Scientific Program: Grid	Soft Copy	Aug 31st
Early Bird offer for Registration.	Closes	Aug 31st
Next Cutoff for registration	Cut-off	Oct 31st
3rd brochure with Final program	Hard Copy	Oct 20th

- **Souvenir printing matter to be ready 1 month before the Drishti date**
- **SC: programme for flex printing 7 days before the Drishti date**
- **Venue inspection by President, President Elect, Secretary, Scientific committee chairman: and Editor KJO**

KSOS COMMITTEES







DISTRICT CLUB REPORTS

1. TRIVANDRUM OPHTHALMIC CLUB

Department of Ophthalmology at Dr Somervell memorial CSI Medical college, Karakkonam conducted a Paediatric ophthalmology CME - DECALIGHT on February 12, 2022 after having completed 10 years of dedicated PG training.

Following achievements by Chaitanya Eye hospital, Trivandrum

1. Dr.Manoj.S, Senior Consultant, Vitreoretinal services , Chaitanya Eye Hospital and Research Institute, Trivandrum was the Guide and supervised the work of Dr.Shinu Muralidharan.T, Final year DNB resident at Chaitanya Eye Hospital and Research Institute, Trivandrum, who received a "Certificate of Commendation" from the National Board of Examination in Medical Sciences, New Delhi in Jan 2022 for her outstanding research work on the Thesis title "COMPARISON OF THE OZPRIME STRATEGY VERSUS ANTIVEGF MONOTHERAPY IN NON PROLIFERATIVE DIABETIC RETINOPATHY EYES WITH DIABETIC MACULAR EDEMA". Dr. Padmanabhan, Consultant, VR services, Chaithanya Eye Hospital and Research Institute, Karamana, Trivandrum was her Co-guide.

2. Dr.Aparna.K.S won the first prize in the New Year National Ophthalmic Quiz conducted by Tamilnadu Ophthalmic Association (TNOA) on 01/01/2022. Dr. Aparna.K.S is a life member of TOC and completed her DNB residency from Chaithanya Eye Hospital, Trivandrum. She is currently pursuing her fellowship in Orbit and Oculoplasty from Aravind Eye hospital, Tirunelveli.

3. Dr. Prashob Mohan, Senior Consultant, Cornea and Refractive services at Chaithanya eye hospital and Research Institute, Trivandrum won the 1st prize in the KERACON quiz conducted on 12/12/2021.

4. Dr. Prashob Mohan also won the 1st place in the DOS-Entod Virtual Quiz Series I- the first in the series of monthly quizzes conducted on Jan 30, 2022, by Delhi Ophthalmological Society.

5. Dr. Prashob Mohan -First prize in SAARC academy of ophthalmology quiz

6. Dr. Prashob Mohan -First prize in Karnataka ophthalmological society quiz

7. Dr. Prashob Mohan- First prize in Maharashtra ophthalmological society quiz.

2. Alappuzha Ophthalmic Club

The Alappuzha Ophthalmic club members met on 16th January 2022. New office bearers were unanimously elected. The all women team with Dr Dalia. S, Dr Meera. J and Dr Bindu at the helm will take office from our next meeting which will be held soon. On the same day, special invitee Dr Marian Pauly, Oculoplasty consultant from Giridhar Eye Hospital spoke on 'oculoplasty secrets '. The meeting was attended by twenty-five people



3. Kottayam Ophthalmic Society

79th KOS meet was held on 6th Jan 2022, was attended by 16members. For year 2019, 2020 and 2021, Dr Mercy Chooracken memorial award was given to Kottayam medical College undergraduates who were top scorers in ophthalmology subject

New office bearers were elected for upcoming term:

Dr Asha James President

Dr Alex Baby Vice President

Dr. Varghese Mathew Treasurer

Dr Dhrumil Khirsariya Secretary

80th KOS meeting was held on 17th Feb, 2022

Topic: Bouquet of Neuro ophthalmology cases

Speaker: Dr Thomas Arun Varghese

Meeting was attended by 40 members and it was well appreciated for its wide clinical content and discussion.







4. Cochin Ophthalmic Club

December 2021

Monthly Meeting

The monthly meeting of COC was held on Dec 22. The meeting was called to order by the President Dr S. Sasikumar. After organizational matters, there was a scientific session which comprised of presentations by Drishti 2021 Winners:

Dr Neena R – Dr Noel Moniz Anterior Segment Award

Dr Sebin Salim – TACO Poster & Dr KC Sankara Menon Award

Dr Priyanka Shyam – Padma Bhushan Dr P. Siva Reddy Award

Dr Praveena Shyam - Teachers of Tomorrow

The presentations were followed by lively discussions.

Achievements by COC members

1.Dr Prashob Mohan and Dr Amanda came 1st and 2nd respectively in Keracon Quiz.

2. Team including Dr Gopal S Pillai, Dr Marian Pauly and Dr Prashob Mohan won the 1 st place in SAO Competition.

3.Golden Jubilee celebrations of LF eye bank. Padma Shri Dr Tony Fernandez, the founder of Eye Bank at Little Flower Hospital, Angamaly, the first private sector eye bank in the country, was honoured by Cinestar Bharat Mammootty.

4. Dr Mahesh G has been elected as Executive member of VRSI.

5. In IMA Megafest, Dr Suchitra and team received special commendation by Judges in the cultural.

6.Dr Vanasree Nair. Won the toughest girl prize, in the session of Complicated cases in IIRSI Hyderabad.











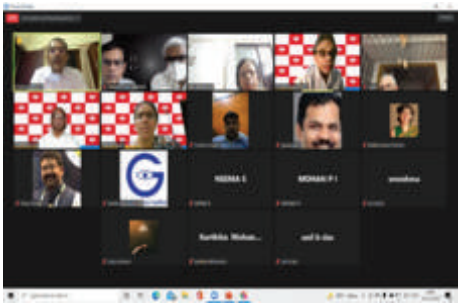
Camps conducted	No of camps	No of patients screened	No of cataract surgeries
Giridhar eye institute	3	176	48
Abhayam clinic	1	106	6

January 2022

The month of January had been a truly happening month for COC







DR RACHEL JOSE, Former Additional Director General of DGHS, Ministry of Health, spoke on Visual disability, Visual Rehabilitation and Assistive Technology and Rehabilitation of Visually impaired children and adults. There were exciting case presentations and LVA discussions by Ms. Sreeshma, Ms. Raliya Abdul Rahman of Giridhar Eye Institute and Ms. Neema S of The Eye Foundation hospital.

2.What you have to know in nAMD?

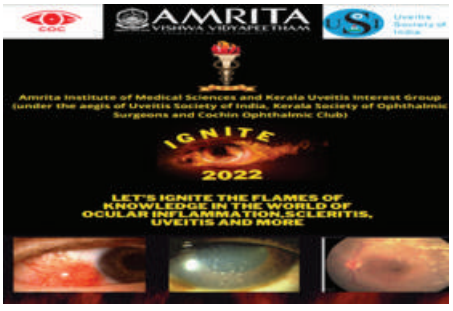
On 9th January, we had a webinar on nAMD by AMRITHA HOSPITALS, studded with national speakers like Vasumathy Vedantham, Neha Goel, Prashant Bhavankule, Subendu Boral. the KEY NOTE LECTURE was done by Prof Dinesh Talwar.





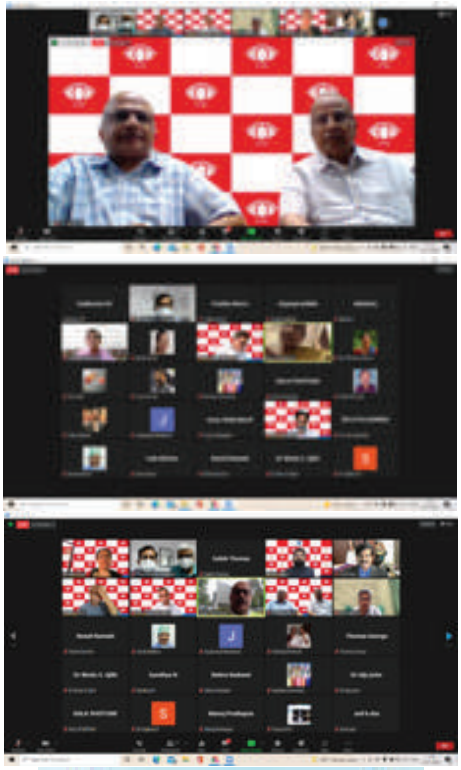
.IGNITE

On JAN 16 th, we had yet another exciting webinar, by the AMRITHA HOSPITALS, that was the third edition of the Annual Ocular Inflammation and Uveitis CME IGNITE, which had stars of Uveitis in the national level sharing their clinical experience with direct interaction with a renowned rheumatology panel.



4.NOEL MONIZ MEMORIAL LECTURE AND CME

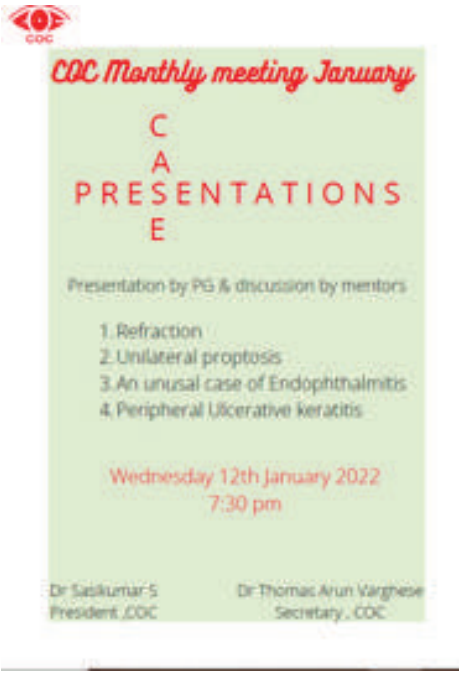
The 13th Dr Noel Moniz Memorial Lecture and CME was done on 23th January. Dr Venkatesh R of Aravind Hospital, Pondicherry was the proud recipient of the award and a stunning oration by him and his fantastic work on the field of Glaucoma was well appreciated by audience. Dr C V Anthrayose, a close friend and colleague of Dr Noel, shared his fond memories. The topic for CME was CONTROVERSIES IN OPHTHALMOLOGY, with exciting debates on different controversies and current management of those. We had also PGs presenting difficult cases in glaucoma and discussions of the same.

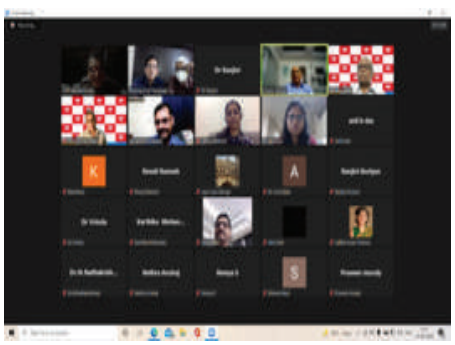












Camps And Awareness Programmes

	No. of Camps	No. of patients screened	No. of cataract surgery
Dr. Tony Fernandez Eye Hospital	2	220	5
Amrita Institute of Medical Sciences	4	435	13
Giridhar Eye Institute	6	564	53
Awareness programme	1		

February 2022

1.We have restarted the COC Super Sunday with topics on Orbit and Oculoplasty. We had exciting discussions on ptosis, proptosis, ectropion, entropion and thyroid eye disease.







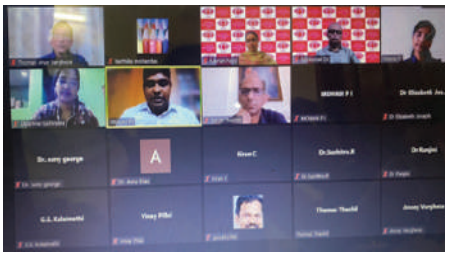
2. To Commemorate world oncology day we had a brain storming session by Dr Fairooz PM on lid tumours and reconstruction procedures.



2. COC monthly meeting on February 15th.

Interactive case discussions on accommodative anomalies, causes of abnormal head posture by Dr Satish Thomas and case discussion on double vision after inferior oblique surgery by Dr Sanitha Sathyan were the highlights of that evening.





Camps Conducted In February

No.	Hospital	No: of camps	No: of patients screened	No: of camp surgeries
1	Chaitanya Eye Hospital	1	85	
2	Giridhar Eye Institute	1	80	45
3	AIMS	2	222	12

5. Trichur Academy of Ophthalmology

Academic Activities of December:

PG Notebook#12" Squint Evaluation in Children" by Dr. Samyuktha Sadasivan Assistant professor, Government Medical college Thrissur was uploaded in You Tube on December 9th.

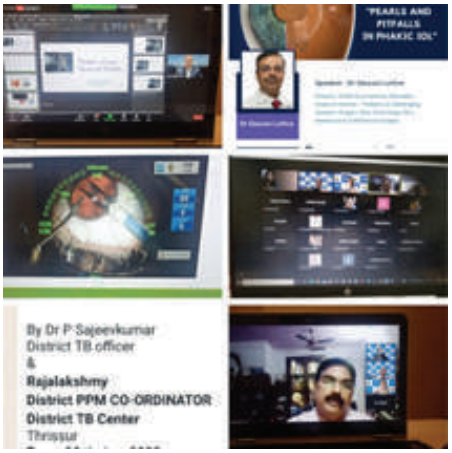
In December TACO was finally able to hold a physical academic meet after a gap of eighteen months. Academic meet was combined with X-mas celebrations and was conducted in Casino hotel lawns on 17th of December from 7.30 PM. Session was chaired by Dr. Rani Menon. Paper presentation by Dr. Sharika.S. Menon consultant, Rani Menon's eye clinic was on "Prevalence of subclinical keratoconus in children presenting with refractive errors". It stressed on the need of early detection of this ectactic condition which can cause serious visual loss. Dr. Vijayakumari, Consultant, Drishyam eye care Hospital Thrissur made a presentation on "Role of Atropine Sulphate0.01% in controlling Progressive myopia".

After the gloom and sufferings of the pandemic X-mas celebrations was a welcome change. X-mas carols were sung by TACO members led by Dr. Shobha. Their joyous singing spread hope amongst all present. This was followed by cheerful cake cutting by 'Santa' and other festivities. We were thus able to end 2021 on a positive note.

TACO activities of January 2022

3rd issue of TACOPSIA was uploaded on 15/01/2022.It had the right mix of academic and literary content. It also recorded all TACO activities of 2021 in detail

Monthly academic meet of TACO was conducted via zoom platform on 28th of January from 7pm to 9pm.First session was an interactive session about National TB eradication programme. Dr. Sajeev Kumar, District TB officer explained in detail about the



dosage and duration of drugs used in National TB eradication programme. The increased incidence in ethambutol toxicity was also discussed. TACO members expressed their concern regarding this. Screening for toxicity was emphasized by TACO faculty especially in vulnerable population like old age, liver disease and so on.

Second session was on a trending topic "Pearls and Pitfalls in Phakic IOL". Eminent faculty Dr. Gaurav Luthra, Drishti Eye institute, Dehradun made an illuminating presentation. Session was chaired by Dr. Merine Paul and Dr. Sinumol. The Instructive excellent videos were the highlight of the session. Interactive discussions followed. The session was greatly appreciated by all and had a great viewer ship.

TACO activities of February 2022

Academic meet of February was on an unconventional topic, "Innovations in Ophthalmology -Creating A 3D Ophthalmic Metaverse". It was presented by the talented young innovator Dr. Prasanna Venkatesh Ramesh, Research director and Glaucoma Head Mahatma Eye Hospital Tiruchirappalli. His talk was an eye opener to the exciting field of virtual reality. Talk included aspects about 3D animation films,3D apps,3D augmented reality and 3D holograms and their applications in Ophthalmology. Session was chaired by Prof.Andrews Kakkanat and Dr. John Davis Akkara. The session was followed by a fruitful discussion and was very well appreciated and had substantial viewership in You tube.

6. Kozhikode Ophthalmic Society

Activities of Kozhikode Ophthalmic Society December 2021 & January 2022

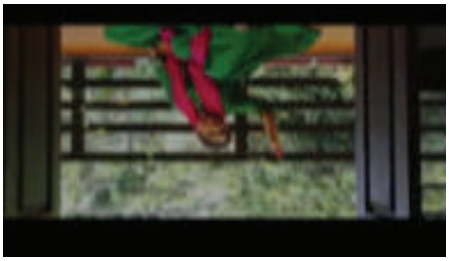
The new KOS team was installed on the 19th December 2021 at a family meet cum academic session at Hotel Tripenta and the academic sessions consisted of a talk by f Dr Husna – Dry eye disease

KSOS best paper award presentation by Dr Ferzana

Award winning presentation by Dr Aiswarya













The first activity organized by the new team was a New Year online meeting at which the eminent academic, public speaker and socio-political commentator M N Karassery spoke to us on a variety of topics including the practice of medicine today and the talk was followed by an active interaction with Sri Karassery and entertainment.







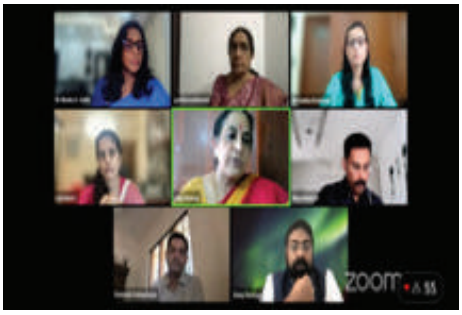


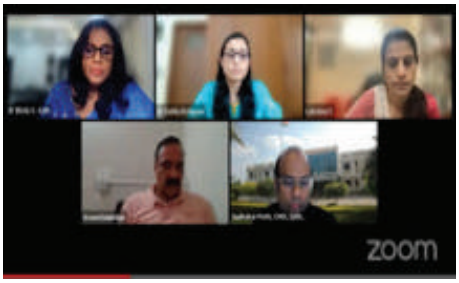


The next major event, a half day CME on January 30th, "Fix that Cataract through VAST" was the first module of the CME series envisaged by the KSOS Scientific Committee and organized by the Kozhikode Ophthalmic Society. It was a video based session with eminent and experienced surgeons from within and outside the State. The sessions were devoted to progressing from SICS to phacoemulsification, nucleotomy techniques, doing phacoemulsification in challenging situations and preventing and managing PC rents.

Dr. Ramesh Kekunnaya from LVPEI delivered the keynote address on "Tips and Tricks in managing Paediatric Cataracts ".

The CME was inaugurated by Dr. Arup Chakrabarti the President of KSOS. It was well attended on the YouTube link and much appreciated.



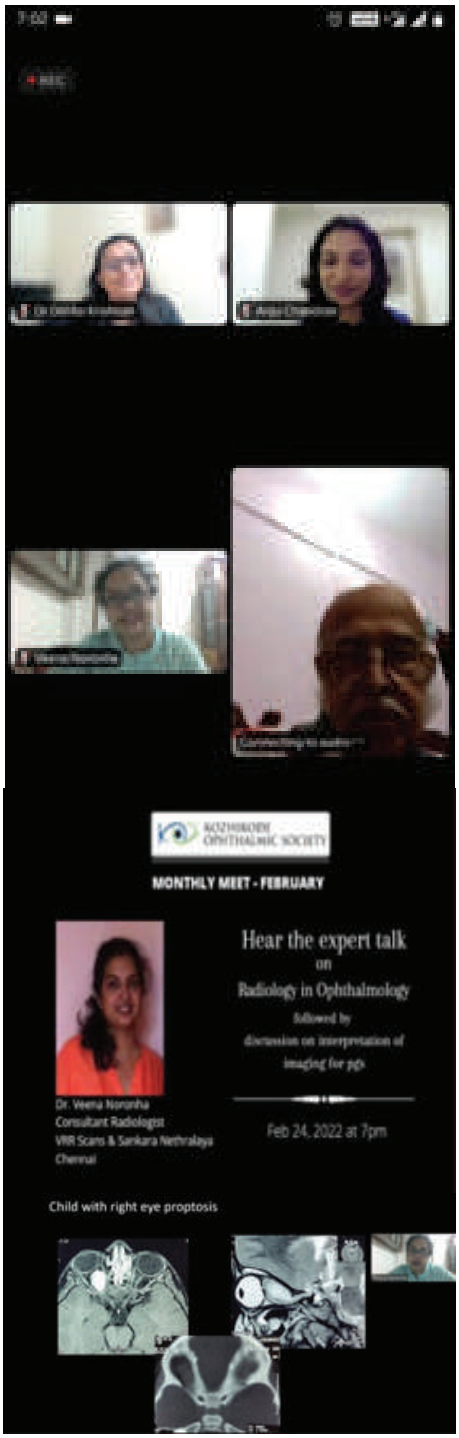




February2022

The monthly meeting of KOS was held on the evening of 24th February on the Zoom platform. Dr. Veena Noronha, consultant radiologist from Sankara Netralaya Chennai was the guest speaker.

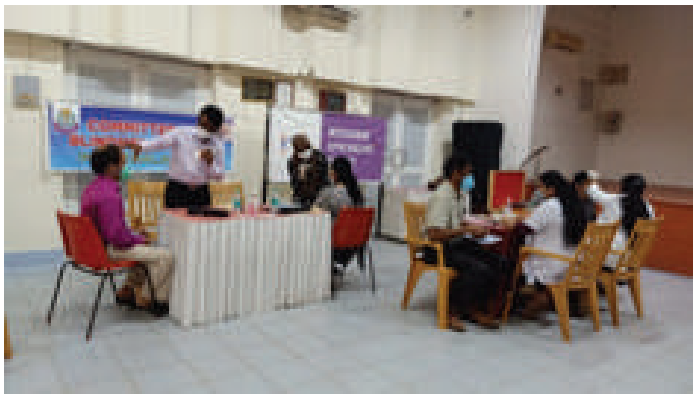
Dr. Veena described the different radiological investigations, their value in the diagnosis of ocular disease and finally commented on scans presented by residents from Malabar and KMCT Medical Colleges. Dr. Veena's vast knowledge and experience were much in evidence and went a long way towards our understanding which investigation was appropriate for which condition



KOS in association with Committee for Blindness control, IMA Kerala state organized an eye camp for Doctors and their family as part of "OPPAM "program of Kozhikode branch on 27.02.22. from 10 am to 1.30pm. Camp was organized at IMA Kozhikode branch. Patients (mainly Doctors) were screened for cataract Glaucoma and Diabetic Retinopathy







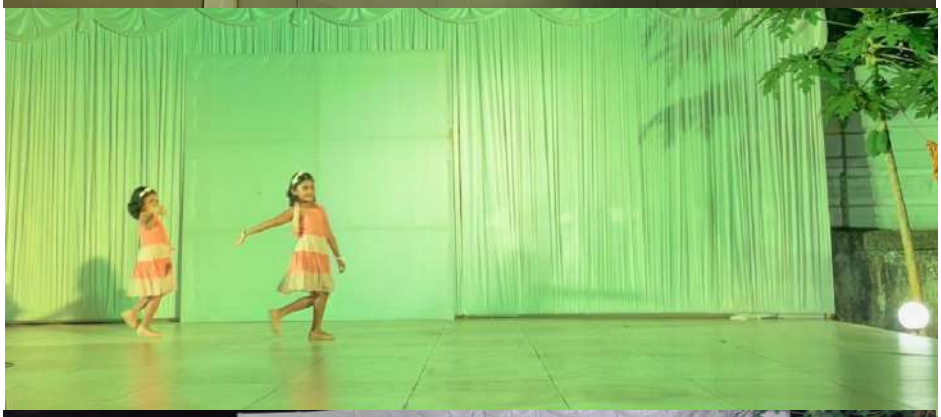
07. Ophthalmic Society of Kannur

The Annual General Body meeting of the Ophthalmic Society of Kannur was held on 22nd December 2021 at the Defense Officer's Institute, Kannur. Dr. Sreeni Edakhlon proposed the names of the new team of office bearers and the new team Dr. Simi Manojkumar- President, Dr. Seema KM – Secretary, Dr. Latha Mohan-Scientific Committee Chairman and Dr. Liji Padmanabhan-Treasurer were elected unanimously. Felicitations were given by senior doctors Dr. Mohan Babu, Dr.BV Bhat and Dr. Sreeni Edakhlon. The meeting was followed by a family get-together and Christmas and New Year celebrations. The meeting was attended by around 40 Ophthalmologists and their families. There were variety entertainment programs by doctors and their family members.

Team of doctors led by Dr. Simi and Dr. Sharmil actively participated in the KSOS Christmas and New Year Program. OSK donated Rs.5000 to the Kerala Chess Association for the Blind in December.

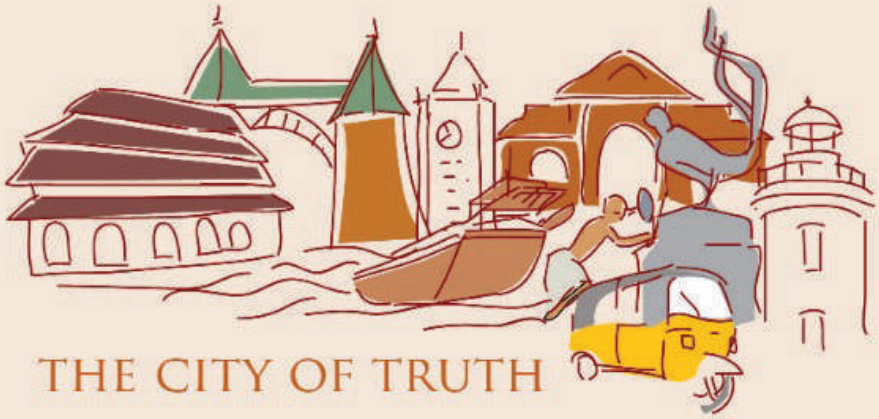
OSK conducted the second module of the KSOS CME series on 20th February. The meeting was inaugurated by Dr. Arup Chakrabarti, Hon. President, KSOS. The module titled 'Taming the Beast'focussed on practice pearls in keratitis management and common corneal procedures. The session included keynote addresses from 4 eminent guest faculty – Dr. Prashant Garg, LVPEI, Dr. Vanathi M, Dr. Somasheila Moorthi, LVPEI and Dr. J K Reddy, Sankara Eye Care Institutions. We also had panel discussions led by senior KSOS faculty Dr. Aneeta Jabbar, Dr. Vinay S Pillai, Dr. Anil Radhakrishnan and Dr. Sujith Nayanar. The meeting was well attended and well appreciated.







SWAGATHAM KOZHIKODE



NOVEMBER 25, 26 & 27 KOZHIKODE

FACE TO FACE

Registration opens soon

drishti 2022

KERALA SOCIETY OF OPHTHALMIC SURGEONS

KOZHIKODE OPHTHALMIC SOCIETY

OPHTHALMIC SOCIETY OF KANNUR

KASARGOD OPHTHALMIC SOCIETY