THE KSOS connect

The official Newsletter of Kerala Society of Ophthalmic Surgeons

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RECOLLECTIONS AND REMINISCENCESOVER 35 YEARS OF PROFESSIONAL PRACTICE

"Memories floodedinto my mind when Dr Saju Kurian contacted me to inform that I was going to figure in the next K S O S News Letter.Recollecting my life as a teacher and practitioner of Ophthalmology in the various Government Medical Colleges, SMCSI Medical College(where Dr Saju was my colleague for a few years) and presently in KIMS Hospital Thiruvananthapuram,my past life seems like rowing a boat in halcyonwaters. Turbulence did come up on rare occasions, but God's hands were always there to help me out."

Q: Where did you spend your early part of life? Was medicine your first choice for a career?

I hail from a middle class family in Kottayam district. My parents were both Government employees. I was born as the younger of two daughters; my sister retired as a Professor of Medicine; she's nowworking in the private sector. I commenced my schooling at St Joseph's School, Alappuzha and completed at Baker Memorial School, Kottayam,upon my parents being transferred there. My Pre-degreedays were spent at BCM college, Kottayam and since my favorite subject was English Literature, I joined for BA (Literature) at CMS College, Kottayam. However, after a month I got selected for the MBBS course. Although I lovedthe study of literature, after some deliberations, I decided to take the "road more travelled by" -- following my sister's footsteps. In the year 1966, I joined Kottayam Government Medical College and completed internship in 197I.

Q: Who were your teachers and mentors from our profession ?

On graduation, I had joined asa provisional tutor in Ophthalmology at Kottayam under my teachers -late Dr. TA Josephand lateDr.Gopinatha Menon.I was also taught by Dr.Muthiah,Dr. Mary Kuriakose and late Dr. Zachariah Thomas.

Later on, in 1973, I joined the M.S. course in the Government Ophthalmic Hospital, Trivandrum ("GOH", and presently RIO), a great hospital with a history and tradition of over a hundred years. (By then, I had also got



engaged to my classmate Dr Ramakrishna Pillai who was a PG student in General Medicine. We later got married in 1975.)At GOH, I had the good fortune to be trained by great teachers like Professor K S Subramaniam , Professor M G Krishnan, Dr. Sumangala Bai, Dr. Vijayalakshmi Ammal, Dr. Saila Kumari and a host of senior colleagues in the profession. CME s and monthly meetings were rather rare in those days but we used to have clinical discussions on a regular basis. We were encouraged to attend conferences arranged by other institutions.

Q: How was your experience during your service years ?

After getting my MS in 1976, I joined service atGovt Medical College, Alappuzha. The next 28 years of my career were spent in the two institutions, Alappuzha Medical College and GOH. I also had a brief stint of 6 months in the mobile unit attached to Govt Medical College, Kozhikode.

I was also involved in the transition ofGOH to Regional Institute of Ophthalmology under the leadership of Prof. Dr Suseela Prabhakaran as the founder director and DrP K Kannan as Medical Superintendent till their retirement in 1998.In a few months' time, Dr. P.J. Thomas took over as the new director of RIO. He was instrumental in starting sub- specialty clinics and by that time there were many consultants who were trained in retina ,glaucoma, strabismus and other sub-specialties. The new theatre complex was completed and inaugurated during his period.When Dr. Thomas retired in 2002, I took over as Director and

Continued on page 4...

Presidents message



The world has come to a halt in front of the pandemic and is now slowly recovering. KSOS has to face multiple challenges. Closing down our establishments, financial liabilities, suspension of academic activities, threat on Drishti were major issues among them. Government has been periodically revising lockdown strictures. A leader is tested in these circumstances. Our President Dr Meena Chakrabarty and her team survived all the threats and came out victoriously by conducting almost all the KSOS business under Covid Protocol. The three-day five hall Drishti staging through webinar was the crowning glory of the last year's success the academic world watched with envy.

Hope we can repeat the success story this year too and as the grip of pandemic loosens, we may be able to restart physical CMEs and Drishti at Thiruvananthapuram.Happily, I am inheriting same brilliant team with whom Dr Meena had operated with.

KSOS is ultimately for advantage of its members irrespective of seniority. It provides proper fora for multifaceted development be it academic, cultural, social, organizational or whatever you plan. These will be reflected in our year-round activities. KSOS office bearersare there to find out solutions for your problems. We have certain guidelines on the path we intend to lead you this year. We want to strengthen our membership aiming to 100 % of Kerala Ophthalmologists to be in our fold. General ophthalmologists as well as PGs have to update hands on at premier eye institutes of Kerala. In association with KJO we are going to train our members on how to read and write for a journal. Best CMEs are going to be awarded from this year onwards. We have social media coordinators who will update you on happenings in the ophthalmic world. KSOS will assist you in establishing a Group Practice, a way out for young and upcoming ophthalmologists. Get ready with your literary contributions for an online magazine which will explore the other half of your brain.

KSOS will work together as a family and we will march forwards.

Dr. Meena Chakrabarti

Secretarys message



Dear Friends,
New year greetings from KSOS
2020 is over for good. It was a year of struggle like never before. Pandemic has affected our life, professional, academic or personal. We have learnt a lot of new lessons in life in a hard way. KSOS also has put up a brave fight. Academically we have done well in 2020. Virtual Drishti was a big success. KSOS tried to help members in different problems in this period. We have also put forward our strong protest in Mixopathy issue hand in hand with IMA. All of us are trying to regain what we lost in 2020. This year we will streamline our activities better. There will be hybrid meetings where virtual will be combined with physical. Projects of KSOS are discussed in detail in executive meeting. We are in the process of updating our database for which I request co-operation from every member. We have approved online elections, executive meetings and general body along with online communications. These were some landmark decisions in general body. I thank each and every one of our members who stood with us in the difficult times.
On behalf of executive committee, I wish every member a happy and prosperous 2021.
Thanking you
Jai KSOS
Mahesh G

Treasurer's Report



The audited report of financial year 2019-20 was presented in the General Body meeting of Drishti. We also headed towards Income Tax return filing of KSOS, which was scheduled in 3rd week of December. We had a statutory compliance following ITR, being filing of GST annual return for the financial year 2018-19, which was successfully filed on 31st December 2020. We are happy to inform that the monthly GST returns till November is successfully filed. I thank all the members and seniors for the cooperation and valuable advices

Dr Bastin V A

KJO Editor's Report



Dear friends,

The third and last issue of KJO has been published online this month. This time we have been able to make the journal available in 3 formats- online from kjophthal.com, as a full pdf download link, and as a much appreciated e-book flip format. Also, all these formats along with TOC were mailed to all available mail addresses of KSOS members.

However a few of the mails returned , which indicates the need for updating our records. Kindly mail to kjoeditor2020@gmail.com to receive future mails from the editor desk Research training arrangements for KSOS members has been started through a KSOS-KJO initiative. The first batch of 30 members will start on 1st Jan, 2021 after inauguration by the President, KSOS. The course is for a period of 2 months with an e certificate given on completion

A KJO Advisory Committee under the chairmanship of Dr Giridhar, having senior KSOS faculty and new international editors of KJO, held its first online meeting on 8th Dec and discussed ideas of uplifting the journal. Plans for further inclusion of international ophthalmic faculty in KJO upgradation was also discussed

Dr Sudha V

Website Report



During our Drishti 2020, we had 666 registrations through our website and a total amount of Rs. 747650/- was remitted through our payment gateway. Our website was put to test by the virtual Drishti Registrations and it was found lacking in some areas. So we are in the process of revamping our website. We are discussing with developers and hopefully by the time our Conference submissions start, we will be having a more user friendly web site.

Dr Jain Chimmen
Website Editor

Scientific Committee



Dear colleagues,
When most ophthalmic societies are skeptical of conducting their annual conferences this year, KSOS came out boldly to conduct its annual conference Drishti on a virtual platform without in anyway compromising on the scientific content and entertainment. Scientific committee has made elaborate plans to organize the event on Nov 27th, 28th and 29th. 132 hours of ophthalmic scientific sessions spread across 5 halls will be held online. These comprise of 72 Instruction courses, 10 award sessions including PG Gold medal & Quiz programmes. Special sessions by subspecialty societies in India and abroad is another highlight of Drishti 2020. The prestigious T K Alexander memorial Oration will be delivered by Prof. P. Namperumalsamy, Chairman Emeritus of Aravind Eyecare System. Registered delegates from all over the world will have the luxury of accessing all these programmes from the comfort of their homes till Feb 28th. A record number of experts from India and abroad are participating in the academic programmes which will have exclusive sessions by South East Asian Ophthalmic Association, AIOS ARC, Malaysian Ophthalmological Society, International TED talk, VRSI, Uveitis Society of India, GSI, ISMSICS and APOTS (Asia Pacific Ocular trauma society).
Highlight at a glance
1. 72 Instruction courses 2. T K Alexander memorial Oration
3. Quiz for PGs | Ophthalmologists 4. 10 Award Sessions
5. Video Film festival 6. Scientific Posters
7. Teachers of Tomorrow 8. 33 international faculties
9. Specialty sessions 10. International TED Talk
11. International Societies' sessions 12. Skill Transfer session
13. PG Updates 14. Trade Sessions
I thank the President and members of the executive committee for their unstinted support during these tough times for the smooth functioning of the scientific committee. I owe a lot to our Secretary Dr Mahesh and Dr Thomas George for their help in preparing the scientific programme and to conduct certain sessions, without which it would have been difficult to organize Drishti 2020 held on a virtual platform. I also thank all the senior ophthalmologists, especially Dr S Sasikumar, whose timely advice and help propped me up during these Covid times. Finally I should thank my wife, Dr Jayasree, for giving me all possible support throughout.
The scientific committee time line for this year is as follows:

	Scientific committee time line 2021	
1	Call for submission of Instruction Courses	1-Apr-2021
4	Last date for submission of Instruction Courses	30-Apr-2021
5	Call for Free paper / Video	1-Jun-2021
6	Last date for submission of Abstract for FP / Video	30-Jun-2021
7	Video/ Poster PDF submission	31-Aug-2021
8	IC acceptance communication by Email/WA	30-Jun-2021
9	FP/Video acceptance communication - By email	31-Jul-2021
10	Last date to submit full text of Free Papers	31-Aug-2021
15	Souvenir printing matter to be ready by	30-Oct-2021
16	Sc: Programme for canvas printing to be ready by	15-Nov-2021

Jai KSOS, Jai Hind.

Dr Rajiv Sukumaran
Chairman, Scientific Committee

Continuation from page 1...

Superintendent.My appointment as Director was fortuitous;I got the post only because 3senior colleagues in service(Dr Indira Varma from Kozhikode, Dr. C V Radha Devi from Trichur and Dr Shobhana from Kottayam) opted to continue in their positions.

Q: Did you take up initiatives as a medical administrator ?

Two years in administration washardly sufficient to bring about any marked change or improvements in the system. However, I do recollect a few significant events that I had helmed during this period. The first one was a week-long teaching program conducted for the benefit of ophthalmologists of the state, organized by the central government. This was a live surgical workshop conducted by Professor Dada, Dr.Rajvardhan Azad andDr.Titial. We managed toarrange demonstration of live surgeries - phaco emulsification, keratoplasty retinal surgery,oculoplastyand glaucoma surgeries to the delegates. On the last day, Dr Rachel Jose,who was the central ADHS at that time, addressed the audience.

The second event wasthe submission of a proposal fora new building opposite theold RIO building to house specialty clinics. This concept materializedand scaled greater heights over course of time.

Anothermemorable experience was the sanctioning of Rs 3 crores by the Central Government for purchase ofequipment for the RIO. A large part of this amount wasfruitfully utilized with the help of my colleagues in RIO - including the likes of Dr K Mahadevan ,Dr Thomas George , Dr Anand ,Dr Saharanamam, Dr Pravada, Dr Biju John, Dr Chitra and Dr Reena (My apologies if my failing memory has left out anyone in this list). I am indebted to all of them for their timely help and suggestions. With help from the finance secretary,as well, we could purchase the required equipment in March 2004, very close to my retirement.

Q: Are you an active participant in KSOS and other professional bodies?

in addition to clinical and teaching work, I have been involved in organizational activities. My first official position in this regard was that of treasurer of the annual conference of KSOS conducted at Trivandrum under the leadership of Dr. T.A. Joseph in the year 1983 .Later, I was the organizing secretary of the midterm conference of KSOSat Alappuzha in 1989 which was presided over by the then president late Dr Mohandas from Quilon. Again in 1997, I was the organizing secretary for Drishti 97 which was conducted atTrivandrum .

I am also a life member in professional bodies including IMA, AIOS, KSOS, TOC and RIO Alumni Association.I have also been bestowed with the following awards:

1. Henry Dunant Award from Red Cross Society of India - 2013.
2. Lions Excellence Award - 2012.

Q: How has post-retirement life shaped up ?

After my retirement from the R.I.O., I joined as Professor and Head of Deptat theSMCSI Medical College, Karakonam and continued working there until December 2016. My colleagues and other staff were very cordial and helpful; in about 2 years we were able to start the DNB course. After a few years, we could start M.S. as well, with 2 students joining each year. With an active ongoing teaching programme, the department became lively and enjoyable. During my days at SMCSI Medical College, with help of my colleague Dr Sheldon Goudinho, I got a chance to visit the mission hospital in Kachwa, about 40 kilometres from Varanasi. My younger son Dr. Hari Ramakrishnan, who had joined the SMCSI Medical College by this time, also accompanied me. We stayed in Kachwafor a week and did cataract surgery for over 360 patients selected from camps. The mission hospital, its spiritual atmosphere and the patients who came from remote places for cataract surgery have all left a lasting impression on my mind. This memorable stint in Kachwa made me brood over Mahatma'swords - "the soul of India lives in its villages."

I am currently working as Hon. Senior Consultant in KIMS Hospital, a highly rated multi-specialty hospital in Trivandrum.

Q: Could you tell us about your family ?

My husband, Dr. Ramakrishna Pillai, is an Interventional Cardiologist working in KIMS hospital. We have two sons; the elder one, Dr. Ashok Ramakrishnan, is an Orthopedic surgeon working in Thiruvananthapuram Medical College.His wife,Dr Meera, is a Cardiologist working in KIMS hospital. My younger son is Dr. Hari Ramakrishnan, an Ophthalmologist working in SMCSI Medical college Thiruvananthapuram. His wife, Dr. Gayathri, is a Pediatric Neurologist presently working at the KIMS Health Centre. We have four grandchildren.

Q: How has the field of ophthalmology changed and evolved over the years ?

When I look back at the 35 years of my experience in Ophthalmology, I am struck by the astounding changes that have happened in this field of medicine. Great changes have occurred in disease patterns, diagnostic capabilities and in the management of various ocular conditions. During my very early days, I was a "torch-holder" for cataract surgery, which is an art in itself. From those days of cataract surgery using theBard-Parker knife, we have evolved into the femto-laser era. Similar advances have revolutionized every aspect of clinical management. Even the epidemiology of eye diseases have changed. Some ocular diseases which were commonly seen about 30 years ago, like Trachoma, Rhinosporidiosis, Mooren's ulcer, Keratomalacia and Filamentary keratitis and Chronic dacryocystitis are now rarely seen in clinical practice in our state.

Q*: Do you think our profession is now in 'good hands' ?Do you have any message for the budding ophthalmologists ?*

When I observethe field of Ophthalmology now, I am pleased at the sight of large number of brilliant, vibrant colleagues belonging to the younger generation who are enthusiastic about expanding knowledge and acquiring new skills. A good number of them are my own students as undergraduates or postgraduates, which gives me a sense of satisfaction and fulfilment.

In this era of sub-specialization, it is essential to foster close co-operation among the various specialties and sub-specialties. InvokingTagore's words, I pray that the Ophthalmology community of Kerala, with tireless striving towards perfection, will awake into the heaven of freedom, knowledge, goodwill and co-operation.









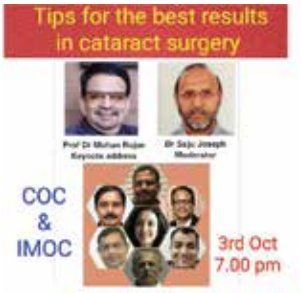
COCHIN OPHTHALMIC CLUB REPORT OCTOBER, NOVEMBER, DECEMBER, 2020

REPORT SUMMARY
ACADEMIC PROGRAMS
o Tips for the best outcomes in cataract surgery: 3.10.2020
o Academic Evening: 10.10.2020
o October monthly meeting: 10.10.2020
o Dhrishti, 2020: November 27,28,29, 2020
o December monthly meeting: 18.12.2020
POST GRADUATE EDUCATION PROGRAMS
o Super Sunday:7th edition: Good Clinical Study Guidelines: 13.12.2020.

PUBLIC EDUCATION PROGRAMS
o World Sight Day program: 8.10.2020
o Protest against Mixopathy: 8.12.2020

CULTURAL PROGRAMS
o Christmas celebration: 31.8.2020

OCTOBER, 2020



COC and IMOC organised the event ' Tips for the best outcomes in cataract surgery on 3.10.2020. This panel discussion on perfecting outcomes in cataract surgery was moderated by Dr Saju Joseph.The expert panel included Dr Jacob Mathew, Dr Mohan Markose, Dr Mathew KP, Dr Mathew Kurian, Dr Sandhya Rao, Dr Sunil Bhaskaran and Dr Sunilkumar TP.The keynote speaker Dr Mohan Rajan spoke on the topic 'Keeping CME at bay'. The interactive session provided tips and tricks for perfecting outcomes of cataract surgery.



An interactive session and panel discussion was conducted on 8th October in relation to the world sight day. The sessions were led by Dr.Saikumar SJ, Dr.Gopal S Pillai, Dr.Maheah G, Dr. Sony George and Dr.Thomas Arun Varghese. The program was supported by the Rotary club.



The Lotus award for 'Holistic Development of an Organisation to serve the community' was presented to Little Flower Hospital Dr. G.N. Rao, at the virtual World Sight Day function of Vision 2020.



An academic evening was organised by COC on 10.10.2020, on drugs in relation to the launch of new drug bronlucizumab. Prof.Anet Lowenstein was the main speaker. Dr.Mahesh G, Dr. Thomas Cherian, Dr.Gopal S Pillai etc led the discussions.



The monthly meeting of COC was conducted with the topic: 'Glaucoma Googlies.' It was a scientific extravangza with noted speakers including Dr. Andrew Braganza, Dr.P. Sathyan, Dr.Saikumar SJ. Dr. Thomas Arun Varghese was the moderator. The format of case discussions by post graduates and their mentors was well appreciated.

NOVEMBER, 2020

Cochin ophthalmic club and Idukki-Malanad Ophthalmic club jointly organised the 47th Dhrishti on 27, 28 and 29th of November, 2020. Due to the COVID pandemic restrictions, it was organised as a virtual event. This first ever virtual Dhrishti has set the benchmark in terms of content, scale and organizational capacity.







Cochin Ophthalmic club won the President's award for the best Metro club in the year 2019-2020.

Cochin Ophthalmic club members made a great show by numerous scientific presentations by many of the members and also made a mark at the cultural events.





Dr.Divya Alex won the K.C Sankaramenon memorial award and KGR Nair memorial award. Dr. Natasha Radhakrishnan won the Noel Moniz memorial award for the best anterior segment paper, Dr. Manoj Prathapan won the Padmasree Tony Fernanadez award for the best video, Dr. Manju Anup won the Mohandas memorial award for best paper in Glaucoma, Dr.Kushal Goud won the audience choice presentation in the 'Teachers of Tomorrow' session.



Dr. John Davis Akkara won the best video award in the World Sight Day video competition hosted by All India Ophthalmic Society.

DECEMBER, 2020

Cochin ophthalmic club joined the nationwide protest against Mixopathy, with Indian Medical Council. Public meetings and demonstrations against Mixopathy were conducted on 8.12.2020. As a part of the protest, regular OPD services and elective surgeries were withdrawn by the members and only Emergencies were attended.

Cochin Ophthalmic Club members posted messages in Youtube channel, explaining the problems with Mixopathy and the need for preserving the sanctity of different systems of Medicine, in the interest of public health.















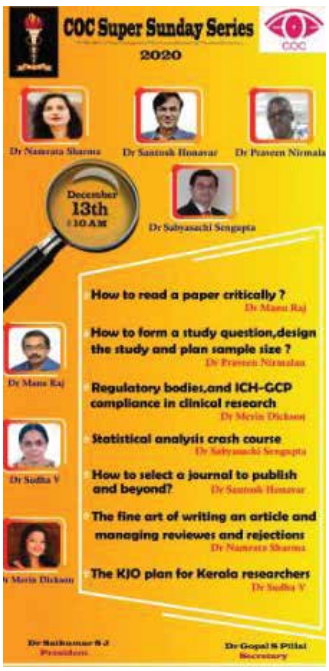


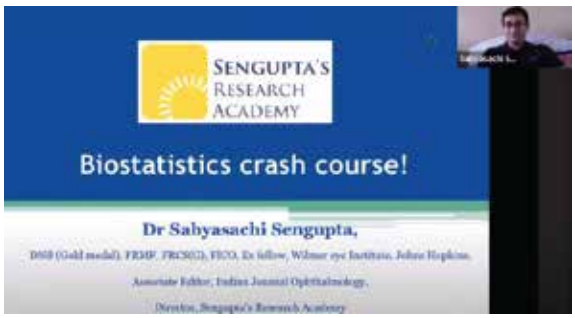







SUPER SUNDAY: This month's post graduate education program was conducted on 13.12.2020. "Good Clinical Study Guidelines". Topics covered aspects related to critical reviewing of a scientific paper, framing a good research question and design, sample size determination, GCP and ICH guidelines, statistics and publication guidelines. The eminent faculty included Dr. Manuraj, Amrita Institute of Medical Sciences, Dr. Praveen Nirmalan, AMMA Healthcare Research Gurukul, Dr. Namrata Sharma, Dr. Merin Dickson, Dr. Sabyasachi Sengupta (Dr. Sen Gupta's research Academy)











Monthly meeting of COC was conducted on 18.12.2020 in the zoom platform. Dr Dr.Divya Alex (K.C Sankaramenon memorial award and KGR Nair memorial award), Dr. Natasha Radhakrishnan (Noel Moniz memorial anterior segment paper award), Dr. Manoj Prathapan (Padmasree Tony Fernanadez video award), Dr. Manju Anup (Mohandas memorial award for best paper in Glaucoma), Dr.Kushal Goud (audience choice presentation in the 'Teachers of Tomorrow session') were honoured and made their award winning presentations.






As a part of Christmas celebrations, COC organized a Christmas gift in the form of a cake to the members. This was a unique way of celebrating Christmas, in a pandemic struck world and was well received by the fraternity.

Christmas program was organized by the dazzling women Santas of COC on 23.12.2020, over the youtube channel.





Dr. Elizabeth Joseph was elected as the Executive member (South Zone) of the Strabismus and Pediatric Ophthalmology Society of India (SPOSI).



Dr. Prashobh Mohan won the first prize for quiz, conducted in relation with virtual Keracon-2020



Report to KSOS
Activities of Kozhikode Ophthalmic Society
(October – December 2020)

Meetings

Kozhikode Ophthalmic Society conducted its annual meet, Cal D Scope 2020 on October 11th. It was virtual meeting and it was titled 'Raging Deb-8' . It was full day programme (8hrs event) which had 14 very interesting debates. It was conducted as a competition between 2 teams, first of its kind. It was well attended by all KSOS members and was thoroughly enjoyed by all participants, viewers and organizers equally. The Meeting was inaugurated by Dr Meena Chakrabarti, President KSOS through virtual lamp lighting . The CME also included 2 key note topics, one each by Dr Arup Chakrabarti and Dr Meenakshi S (Sankara Nethralaya).









Team Raging Bulls



Panel of Judges



Virtual Lamp lighting by Dr Meena Chakrabarthy

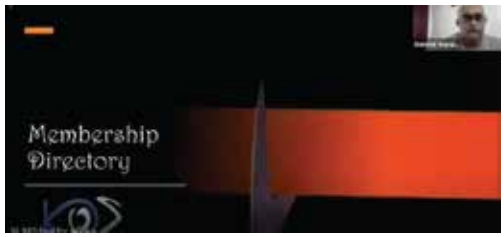


Dr Rajiv Sukumaran, Scientific committee chairman releasing the Preferred Practice Patterns prepared by KOS for its members



Screen Shot of Morning session of the program





Dr Mahesh G , Hon. Gen Secretary of KSOS, releasing the membership directory of KOS members



Screenshot of the program post lunch session



Discussion and chit chat at the end of the 'competition'



Winner of 'Best Debater' award

PG programs

We continued our Exam buster series of PG teaching programs. Final 2 modules were conducted on Sept 26th and Oct 4th Module 5 - Dr Biju john spoke on B scan and Retinal Lasers. Session was moderated by Dr Padma Module 6- Dr Gopal S Pillai spoke on the possibilities and decision making after PG exams. The talk was titled 'Choices after PG- Choose wisely, Be happy.' Both the meeting was conducted as virtual meetings.





Public Awareness programme

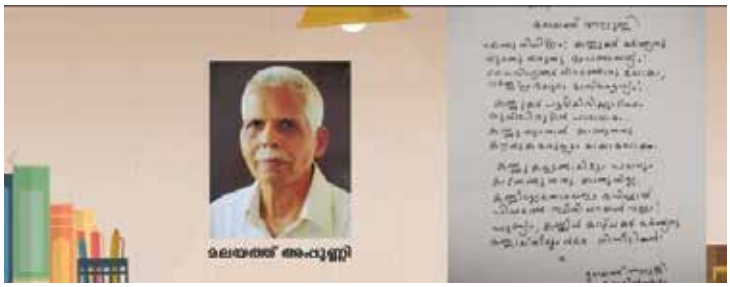
1. World Sight Day - October 8th

Kozhikode Ophthalmic Society released 2 videos on You Tube on the occasion of World Sight Day.

a) First video was visualisation of a poem titled 'കണ്ണുകൾ' by Shri Malayath Appunni. This particular poem was specifically written by him for KOS to spread the message of importance of vision. The video was officially released by dr Jyoti P T. Prof and HOD, Dept of Ophthalmology, Kozhikode Govt Medical college







b) The second video was a dance performance by Dr Sangeetha Rajagopal and Dr Divya Nair. It was dance rendition of a song written by Shri. P K Gopi depicting the significance and beauty of having sight. The video was officially released by Dr Leila Mohan, Senior Consultant Surgeon, Comtrust Eye Hospital.







2. White Cane Day - October 15th

The White Cane Day was observed by Kozhikode Ophthalmic Society by conducting a virtual meeting by which 3 visually challenged guests were honoured.

a) Tiffany Brar - Founder Jyothirgamaya foundation

b) Mr Gokul - Civil Service Exam 804 All India Rank

c) Mr Haroon Kareem - First person to write SSLC in computer and secure A+ in all subjects

We were joined by Chief guest for the event, Shri Gopinath Muthukad, world renowned magician. The theme song for Kozhikode Ophthalmic Society was released by Shri Muthukad.





Motivational speaker Magician Muthukad giving talk as part of our program on White Cane Day




Mr Haroon and Ms Tiffany Brar talking about their experiences in life because of their disabilities. The programme was live on you tube and was well attended by people of all walks of life. It was truly motivational to know how these great people converted their disabilities into opportunities in life.

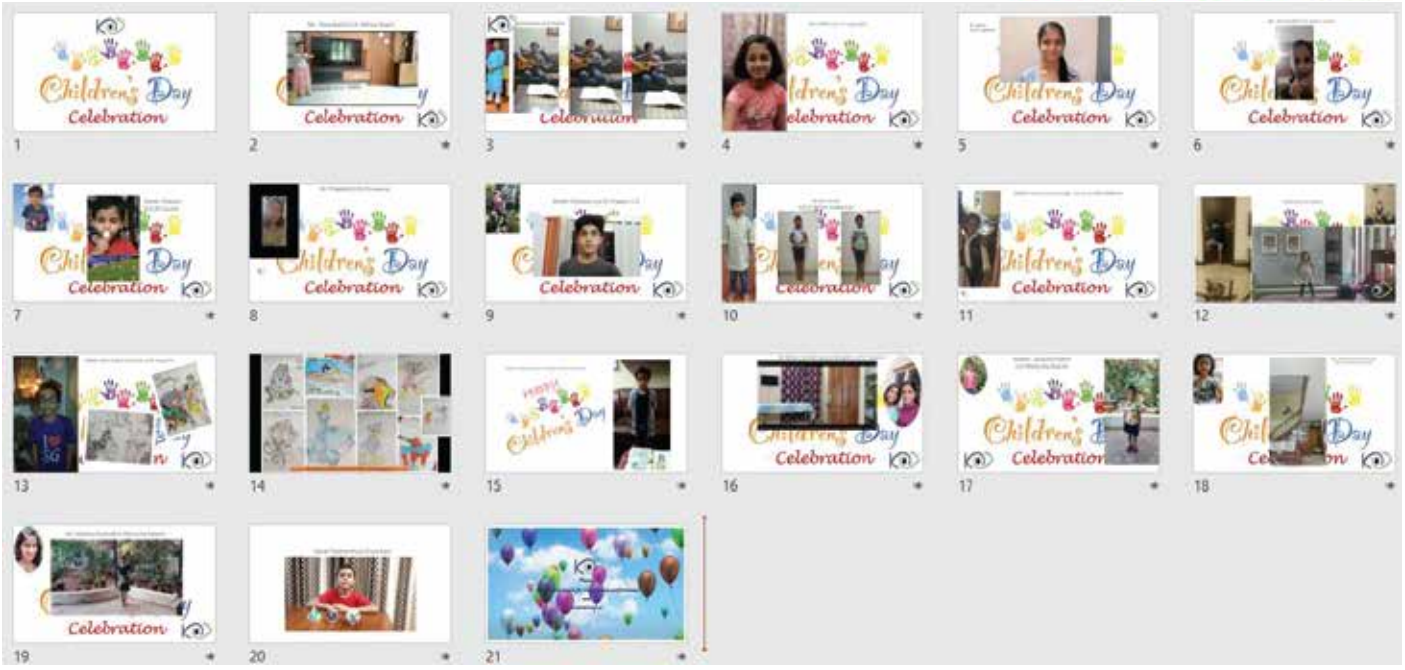
Charity Activities

1. As part of charity work by the association, we collected funds and contributed 67000/- to Different Art Centre run by Shri Muthukad for the purpose of sponsoring the rehabilitation process of differently abled child for 6 months.
2. Similar to the contribution made above, we collected and contributed Rs 1,000,00/- and contributed to Jyothirgamaya foundation run by Ms. Tiffany Brar to render our support in assisting the organisation for rehabilitating visually challenged people.

Childrens Day program on November 14th Virtual platform - Zoom

The children of KOS members, from toddlers to teenagers, performed various cultural events. This included dance programs, songs, skit, playing musical instruments, showcasing artistic talents,magic show etc. The event was beautifully compered by Ms Adhiti, daughter of Dr Sugandha (KOS member)





The program was well attended and appreciated by all members as such a program was conducted for the first time by KOS.

KOS - X mas - New year family meet with academic meeting on December 29th Virtual platform - on ZOOM





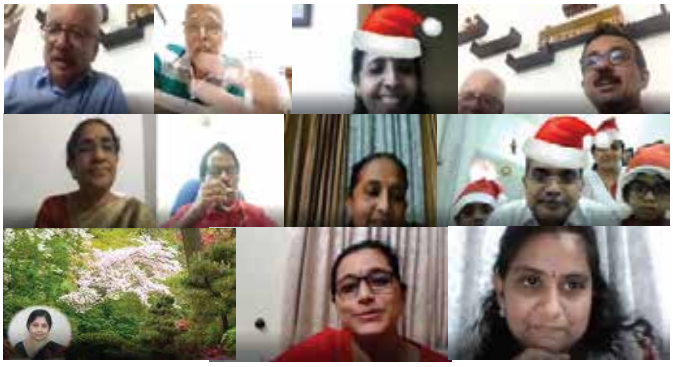




Dr. Karthiga from Govt Medical College Kozhikode presented her prize winning presentation in the Teachers of tomorrow seck vktion of drishti 2020. The academic session was followed by Xmas and new year family meet. Various members and their family members showcased various cultural activiies and talents.



The senior members gave their new year messgae to the younger generation



Screenshot of the program

The above programs summarizes the activities of KOS from October to December 2020

Secretary KOS
Dr Sujith V Nayanar

KSOS 2020 Award Recipients

TK Alexander Oration Award Life time Achievement Award	Dr P Namperumalsamy Dr MS Venkitachalam Dr George Thomas P
President's Award for Best Ophthalmic Club	Metro Club: Cochin Ophthalmic Club Non-Metro Club: Palakkad Society of Ophthalmic Surgeons
KSOS COC PG Gold Medal Award 2020	Dr Aparna KS
Scientific Committee Awards of 2019 Drishti	
Dr K C Sankara Menon Free Paper Award	Dr AsmithaIndurkar
Padmabhushan Dr P Siva Reddy Free Paper Award	Dr Sheera KR
Padmashri Dr S Tony Fernandez Video Award	Dr Prithvi Chandrakanth
Dr Noel Moniz Anterior Segment Free Paper Award	Dr Merie Mathew
Dr KGR Nair Memorial Free Paper Award	Dr Prithvi Chandrakanth
COC - Retnet Posterior Segment Free Paper Award	Dr Sheera KR
Prof K S Subramaniam Post Graduates Free Paper Award	Dr Rizana Mohammed
TACO Poster Award	Dr DhanyaDhananjayan
TACO QUIZ Award	Dr Thanusree Dr Reshma Sebastian
Dr S Mohandas Free Paper Award	Dr Manju M

KSOS LIFE TIME ACHIEVEMENT AWARD





INAGRUATION PHOTOS DRISHTI





Presidential Speech

Respected outgoing President Dr Meena Chakrabarty, Dr. Abraham Varghese President IMA Kerala State 2019 – 20, Dr Mahesh G Hon General Secretary KSOS, Dr Saju Joseph, Chairman Organising Committee Drishti 2020, Dr Thomas Cherian Organising Secretary Drishti 2020, senior ophthalmologists and my dear friends their families, media persons and public.

Thank you Dr Meena Chakrabarty for that exquisite introduction of me. I am really happy to be sandwiched between Chakrabarties, Meena as the outgoing President and Arup as the incoming President.

Trekking back to days where Ophthalmic commandments where inscribed in my life from Sir Sayajee Rao General Hospital and Baroda Medical College under M.S. University. My teachers especially Dr J.K.Patel, Dr K.J.Seth, Dr A.M.Sudhalkar, Dr. S. J Bhoti have all the credits for propelling me boldly into the world of Ophthalmology. My seniors like Dr Nandini Limdi, Dr Raja and colleagues Dr Meera Varma and Dr Vasantha Damodaran have given undeniable inputs in my ophthalmologic upbringing.

My hearty pranams to all the senior ophthalmologists who by words and deeds guided me in KSOS where I am a member for the last 22 years,which helped me reach this pedestal. Special among them are two past Presidents of KSOS Dr K.V.Raju and Dr Charles K.Skariah who guided me in managing day to day and extra ordinary situations inKSOS while I was their General Secretary in KSOS.

Looking back to my nursery TACO is the place where I am introduced to organizational matters. Dr Alex Joseph was there to help me out right from the day I joined Aswini Hospital, as his assistant. He was and is there for making things easy for me. Dr Radha Ramanan and Dr C.V.Andrews have nurtured me in climbing every step in KSOS. They didn't rest until I was elected as President of KSOS. I cannot forget the days spent and experience gained from Vijayasree Eye Hospital, Thrissur under Dr K.Krishnankutty and team. Dr K.C.Mathai remains my colleague and mentor at Aswini Hospital for last 25 years. Dr Aneeta Jabbar, Dr Merine Paul, Dr Lathika Rajesh and all my dear friends at TACO,you have to be with me always.

Every executive committee with a new President makes all their efforts to find their team contribute something memorable and beneficial to KSOS. We too have programmes born out of dreams. Fulfillment of any project will also demand our members active participation realizing that they are the beneficiaries ultimately. These are the activities we are expecting to deliver from our armamentarium.

Updating General Ophthalmologists.

Many General ophthalmologists remain where they start academically, mainly they don't have the time and space for advancement. KSOS by joining hands with major and like-minded ophthalmic institutes, aims for a project where they are accommodated for a crash course or short-term observer ship. Here they can have hands on experience on state of art of ophthalmology.

PG Fellowship

KSOS is conducting training and exams for PG students of KSOS. In addition to Medals and other recognition, we plan to arrange short term fellowship / observer at our member hospitals of Kerala after their completion of PG. This will undoubtedly enhance their professional stature.

Editing and Writing in a Journal

With KJO we have a novel idea to improve the scientific temperament of our members. Most of the time writing for a journal remains a tough job for many members though they have excellent academic materials with them. We will conduct 'Short Term course on Research Methodology' by deputing proper agencies who will unravel the skill of reading, writing and publishing of scientific articles before you. Another arrangement is 'Long Term Course for Editors'. This is for the existing members of editorial board and for future editors of KJO. The course is meant to review articles received and all manuscripts they write over one-year period. Both these courses will further the status of KJO for additional accreditations in the scientific world.

Award for Best CME

Visualising and executing a CME demands proper and skillful employment of academic manpower and materials to the delegates. The toil of organizing teams go unsung except for the good words at the venue. KSOS wants them properly decorated with an award dedicated to the Best CME of the year.

Social Media Coordinators

Social Medias like Whatsapp, facebook, Twitter, Instagram and Youtube are the newgen windows to the world that the oldgen too has adapted to. Communication through them has become quicker, easier, more powerful and pervasive than print media. Adapting KSOS with new ways and to keep abreast we should have 'Social Media Coordinators'. They will inform you, the members of KSOS and the public the plans and programmes of KSOS, reaching out and bringing in feedback. The coordinators are Dr. John Davis Akkara, Dr. Prashob Mohan and Dr. Natasha.

Group Practice.

Every ophthalmologist endeavor after their post-graduation, to stand on their feet. Independent survival is many a time difficult as it demands money and manpower beyond their command. Group Practice is an avenue for the future. This is protective in multiple ways. Government or NGOs are behind you for supporting to the dedication to the privileged as well as underprivileged. We can establish in small townships or rural areas where service of ophthalmology is limited to Ophthalmoscope. KSOS will provide under single umbrella selecting the group, construction of the clinic / hospital, purchase of medicine and instrument, manpower, Consultancy for legal, accounting, administration, NABH accreditation

etc. We can help them in developing to “Centre of Excellence”. Dr Radha Ramanan and his team is ready to make this proposal a reality.

Advisory Committee

Our presidents now retire young and active. We have to lend ears to their learned and experienced advises to properly guide KSOS forward. The Advisory Committee will meet periodically and submit report on matters referred by executive Committee or General Body within stipulated period. The Advisory Committee can themselves raise matters that they feel relevant and report to Executive Committee. The committee will be headed by Dr C.V.Andrews

Membership Drive

It goes without saying Unity is Strength. We have to reach out to our colleagues who are outside KSOS and working with us in Kerala or outside. We will entrust each district committee to add nonmembers to our fold as well as to AIOS. Increasing membership in AIOS will strengthen KSOS at all India level. Our aim will be cent percent membership from ophthalmologists of Kerala in KSOS by 2021. Credit points will be added to those who recruit the maximum addition of new members, in the selection of Best Ophthalmic Club. Present members are requested to update their new addresses and phone numbers to the secretary and PGs have to rise to full membership from associate membership by notifying the General Secretary.

CMEs as Webinars

The pandemic has established a new protocol for every organization with merits and demerits inherent to it. KSOS is one of the few organizations that have successfully migrated to new norm by conducting 26 academic events as webinars and 7 cmes in real time to begin with. Coming year too we have to continue with this modality until the pandemic protocol comes to an end. We learn that some district clubs flourished excellently in cyber space while few others faltered. They are requested to make use of Zoom platform and technical assistance from KSOS unhesitatingly.

Continue with Past President's Programmes

Brain Children of Past Presidents will be continued with added dynamism under their guidance. Important among them are NCD and NCED. Let's Connect. Vision Enhancement Project and Green Protocol.

Scientific Committee

Scientific Committee which has done a momentous task in realizing what KSOS can do, will continue with its trail blazing feats in coming year too. They plan to codify various processes of scientific activities in a clear-cut Manual of Scientific Committee.

Website

We have started adding new features and are going to complete the intended facelift of it this year.

Literary Magazine

Year after year talents are surfacing at entertainment programs and magazines. We plan to provide a platform to publish what they create through a periodical edited by Dr R.R.Varma.

The task ahead is to work for betterment of my colleagues, organizationally, academically and socially. You are well aware of the fact that we are way ahead in these fronts compared to similar societies in India. We have to march forward and reach further heights in future. Yes, it's reachable with the force we have. Only we have to join hands.

Leading 2000 and odd ophthalmologists of Kerala is a tough job for me. Though I am not leading a war I am forced to compare myself with the Arjuna of Kurukshetra. Infusing power and strength in me are my Krishnas, the most dependable and prime members of the executive committee and members of KSOS who will see me drive this chariot forward. Dr Meeena has steered KSOS during the pandemic efficiently with webinars and materializing her project NCD and NCED. The President Elect also the Chairman, AIOS Editor of Proceedings, Dr Arup Chakrabarti with his vast experience in national and international arena is an asset to KSOS. Dr Mahesh Gopalakrishnan as General Secretary is really enjoying his job and there is no 'no' in his vocabulary. Heard him utter the word 'done' at the mention of any queries during executives committee meetings.Dr Bastin the treasurer has proved his dynamism in whatever job entrusted to him. His treasury charge is my boon. Versatile, meticulous, prompt and intelligent is our Dr Rajiv Sukumaran. With him as Scientific Committee Chairman majority of my worries are overcome. His contributions in managing the webinars and this virtual Drishti is unparallel and single handed almost. Rajiv, any President is sure to be proud to have a person like you to run any organization. Dr Sudha is brilliant in editing the KJO braving many adversities. Dr. Jain the taskmaster is a beloved facilitator at KSOS and IMA. Dr Rohan the joint secretary is a man of brilliant and executable ideas. I am sure all of the office bearers with other members of executive committee, the backbone of KSOS, we will complete this year too in a commendable manner.

My sincere thanks to COC, IMOC and KOS for the excellent arrangements at the venue and online, a Drishti of unprecedented significance, for making this happen when majority of conferences came to a grinding halt in facing the pandemic. Genuine and admirable are the Drishti 2020 managers and prime among them are Dr Saju Joseph and Dr Thomas Cherian. Salutations from the depth of my heart.

My part, my strength, my solace, my support is my family whose precious days and years I am sharing with you for KSOS have added in me the reverence to them on this podium. My wife Dr Jayasree Professor of Agricultural University, daughters, Dr Aiswarya Aravind M.D., Microbiologist, Akshara Nikhil Electrical Engineer in Australia. Beyond them my world ends.

Thank you

Dr. Babu Krishnakumar
President, KSOS

CULTURAL PROGRAMS



OREATION





CARTOON BY DR. JAYADEVAN

