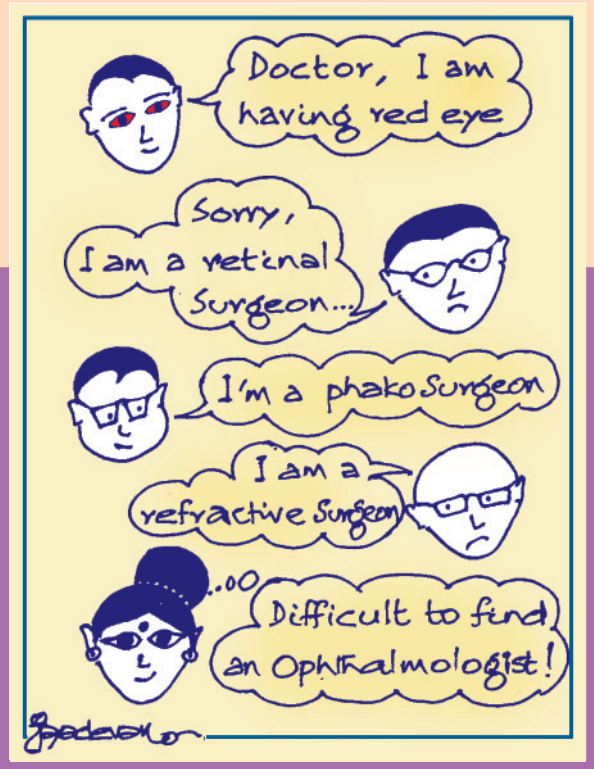
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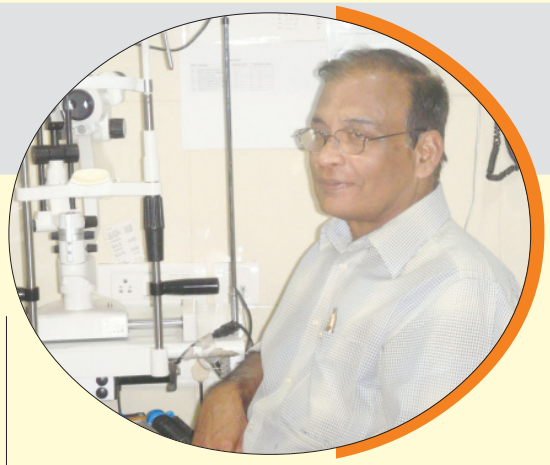
Published by Dr B. Radha Ramanan (L.F.Hospital Angamaly, Ernakulam Dist. 683572. Ph 04802704932, 9447006421. email rramanan@sify.com) on behalf of Kerala Society of Ophthalmic Surgeons.

KSOS NEWS LETTER

For Private Circulation only
December 2010
Vol. XI Issue - 4

Official News letter of Kerala Society of Ophthalmic Surgeons

Dr. K. Narayanankutty – DIAMOND PERSONA



Dr. B. Radha Ramanan, Secretary KSOS

Dr Narayanankutty stalwart of Kerala ophthalmic scene can be compared to a diamond with multiple facades, endowed with different faculties and each facet of it shines brilliantly. Focusing on each surface you may find him excelling in Ophthalmology, Orthopaedics, Surgery, Gynecology and General Practice. Opening the chapter of Ophthalmology it has recorded the masterly activities of Dr Narayanankutty from cataract to squint, retina to lasik and many more we come across as the interview progresses. He is instrumental in bringing forth many innovations and introductions to Kerala Ophthalmic scene. He was a perpetual rank holder during the student era.

Donning the IMA robe his activities are at par with any luminaries of that association. Hailing from Puthezhath family he is well settled with his wife, children and grand children. I could find him welcoming to my request for an interview to KSOS Newsletter and cooperated with it gracefully and I could explore many of his activities that are etched in time for us and those who are uninitiated.

Like a GPS Navigator in your car I have many landmarks and vistas in Dr Narayanankutty that are still to be recorded for you which may pave the way for an autobiography. Let Dr.Narayanankutty himself venture it for us.

Sir, we will start from from your medical education.

I took MBBS from Calicut Medical College (1962 – 1967) and did House Surgeoncy at Kottayam Medical College. I worked as Tutor at Alleppey Medical College and later postgraduated in Ophtalmology with M.S. from Trivandrum Medical College during the period 1971 to 1973. Thus I had the rare privilege to associate with all the existing medical colleges at that time.

How did you moulded your profession in Medicine

In Kerala Health Services I worked in Departments of Gynecology, Surgery,

Conti.... 4th page

SUCCESSFUL CONDUCT OF DRISHTI 2010 BREAKS MANY RECORDS

DRISHTI 2010

37th ANNUAL CONFERENCE OF KERALA SOCIETY OF OPHTHALMIC SURGEONS

The 37th Annual Conference of the Kerala Society of Ophthalmic Surgeons Drishti 2010 was organized in a grand manner by Cochin Ophthalmic Club from 26th to 28th November 2010. The venue was Gokulam Convention Centre with four halls running simultaneously for 2.1/2 days.



The conference was officially inaugurated on the afternoon of 26th November by Dr. K Mohandas, Vice Chancellor of Kerala University of Health and Allied Sciences. He appealed to members of the KSOS to help him streamline the activities of the new Kerala Medical University.

Dr Lingam Gopal was awarded the prestigious T.K. Alexander Memorial Oration for the year 2010.

The conference has created a record in the history of the KSOS. 726 delegates attended the conference and over and above this,

Conti.... 4th page

DRISHTI 2011 to be at THRISSUR

The delegates were in eloquent mood to visit the cultural capital of Kerala where next KSOS annual is to be hosted. The organising committee at Thrissur has informed the 'Newsletter' that the inspection committee from KSOS has visited Thrissur and has flagged green signal for their venue 'Lulu International Conventional Centre'. The conference will be during September 23, 24 and 25 of 2011. Let all of us from KSOS join hands and shoulders to make DRISHTI 2011 a mega event.

President's Page



Dear Friend,

The year 2010 has come to an end, paving way for a brighter 2011. Year after year, the treatment modalities in ophthalmology are in the process of evolution for the good, with the new generation taking over "Hitech Surgery". I am glad that KSOS has done justice to its 1141 and more members by conducting 20 CME Programmes all through the length and width of Kerala with eminent faculties, a fully updated website, 4 issues of KJO with international standard, along with regular newsletters and an excellent "Drishti 2010" as the grand finale of the yearlong activities. Membership drive for KSOS as well as AIOS is still in ACTIVE mode while we eagerly look forward to another AIOS Conference at Kochi in 2012 during which our own Dr. N S D Raju will be installed as the president of AIOS.

Special compliments to Dr. Saikumar and Dr. Augustine Mampilly as well as the 'Team Cochin' for the wonderful show – 'DRISHTI 2010'

My team of office bearers had an excellent performance all round the year. My heartiest compliments to KSOS Secretary Dr. Radharamanan, Editor KJO – Dr. Mahesh G, Web site editor Dr. Biju John, Scientific Committee Chairman Dr. Arup Chakrabarthy, Treasurer Dr. K V Raju and the man behind the Newsletters Dr.Babu Krishnakumar. Heartiest thanks to all those who contributed articles and ads to the KJO, Website and news letters.

Wishing all success and glory to the new team headed by Dr. A. Giridhar.

Wish you all a happy, prosperous & peaceful New Year 2011.

Dr. B V Bhat

SCIENTIFIC COMMITTEE CHAIRMAN'S Page



Dear Friends,

Greetings from the Chairman Scientific Committee.

Planning and executing the scientific programme for Drishti 2010 has been a great pleasure and I would like to thank you all for giving me an opportunity to serve you.

The interest of all categories of KSOS members were kept in mind while planning the programme. We have looked into the needs of private practitioners, young academics and the postgraduates as well. In view of feedback received from colleagues over the last few years we have tried to avoid unplanned repetition of contents as much as possible. Another hallmark of this year's programme is the emphasis on youth. Young members who will take over the affairs of our society in times to come have been assigned significant leadership role. I am sure they will come out with flying colors. On request from previous programme coordinators certain programmes which were traditionally on the Sunday slots have been allotted Friday slots this time around. We saw a record number of external faculty this year, all of 37! We witnessed history in the making. Ophthalmic Premier League (OPL) was introduced for the first time in the KSOS meetings which held the audience spellbound. The PG quiz was yet another landmark event.

I would like to take this opportunity to thank all my immediate predecessors including Dr. Saikumar, Dr. Charles K. Skariah and Dr. Anthrayose for guiding me in this endeavor. They were always available for help on any matter pertaining to the functioning of the scientific committee. My heartfelt thanks also go to each and every member of the scientific committee who has been with me through all stages of development of the programme. Drs B.V. Bhatt, Radha Ramanan and Giridhar also come in for special praise for their useful inputs at various stages of planning. I also thank the members of the LOC which has made this conference into a once in a life time experience. The audiovisual department and the room volunteers also deserve a special mention for their tremendous involvement.

With the world going green we have decided to do our bit to reduce our carbon footprint by way of handling most if not all communication through e-mails. Hope you will cooperate.

It has been customary to prepare a programme/course handout for distribution among the attending delegates at the conclusion of the scientific programme. It needs a lot of effort on the part of the chairperson of the particular programme to bring out one. I personally believe that a take home handout adds to the value of the scientific programme. Please write to me with your views on this and depending on the feedback I will insist on a high standard handout (in an appropriate format) from the chairpersons for the next year's scientific programme.

Last but not the least credit should also go to my secretary Mr. Praveenkumar, my administrative assistant Mr Balachandran for their untiring help. A word of appreciation for my colleagues Dr. Meena Chakrabarti and Dr Sonia John for their sincere, unstinted and unconditional support at all times.

I may have made mistakes. I may not have been able to draw up a programme to take care of everyone's requirements. I take up responsibility for all the shortcomings and I promise to strive harder to give you a better programme the next year.

And this is your programme so please don't hesitate to get in touch with me for any suggestions to improve upon the programme.

Thanks a lot.

With best regards

Dr. Arup Chakrabarthy, Chairman Scientific Committee

SECRETARY'S Page



Dear Friends,

Every KSOS year we are improving in every aspect. We had an excellent Drishti 2010 at Kochi. I congratulate the Team Cochin especially the organizing secretary Dr Saikumar for the excellent arrangements. Last year we had record number of CMEs under the aegis of KSOS. I express my sincere thanks to our 2010 President Dr B.V. Bhat for guiding us even with his ill health. The spirit he has shown was remarkable. This year we could increase our membership by 54.

I wish we will have another remarkable year in 2011. I wish all the KSOS members a prosperous and happy new year.

Jai KSOS

Dr. Radha Ramanan

KJO Editors Report



It gives me immense pleasure to bring out the 4th issue of the Kerala Journal of Ophthalmology one month ahead of schedule during the Drishti-2010 annual meeting. The theme of the December issue was Glaucoma and response of the readers regarding theme-based journal was encouraging. We are lucky to get some of the eminent personnel in the field of each subspecialty to write articles in the Kerala Journal. Also we were able to bring out good quality journal in spite of tight budget during the year 2010. I request all the members of Kerala Society of Ophthalmic Surgeons to contribute more to the scientific content of the journal. In 2011 also we will have subspecialty oriented issues with specific theme in each journal. Expecting your feedback.

Jai KSOS

Dr. Mahesh G. (Editor)
Kerala Journal of Ophthalmology

Website Editor Report



Website Report at
ANNUAL GENERAL BODY
of KSOS- Nov 2010

Routine Matters

The routine matters of the website like CME postings, address changes, News updates; etc all have been going on smoothly and there have been no major hiccups. The total No: of hits in the last 1 year alone is 41588 (Total:112866)

All Journals and Newsletters upto September 2010 are available in the website for download.

I have been sending regular formatted Emails to all members whose emails are available in the site about News updates, announcements from the office bearers, CMEs posted, availability of KJO & News letters etc. However there are only about 480 emails available in the site and this means that at least 650 members are not receiving the mails. I urge those who are not receiving emails to do 2 things. First check your spam folder and if the mails labeled KSOS are there please mark them as non spam by transferring them to your regular inbox . If such mails are not in your spam folder or trash folder and still you are not getting the mails then it means that you have to update your emails in the database by logging on to the website and giving an address change request , taking care to include your email.

New Features added to the website in 2010

I. Posting of Brochures & registration forms of CMEs/ Conferences

In the conference section there is a new button saying Click here to view brochures of Upcoming CMEs/Conferences . On clicking it you will be taken an area where the actual brochures and detailed programs of CMEs and conference can be seen. So even if you have misplaced the brochure of a CME to which you wanted to go and wanted to recheck the programs or find the reg form , you can still get it from here. I have been getting brochures /programs of many National and other state conferences where the organizers don't post their CMEs in our website. These brochures also will be posted in this area and not in the regular conference area.

We have updated the form for conference submission removing some confusions that were there. I request all the CME organizers to submit their conference details well in advance by using this form.

One additional request is for the brochures and registration forms. As I have already mentioned, all brochures that I receive as a soft copy are also being posted in the site. Once posted I would be entering the urls of the brochure and reg form in the space for website in the conference details so that any member who click on this url will be immediately taken to the brochure or reg form of the CME for viewing or downloading. But I need to get these as PDF files or JPEG files.

Old brochures are only archived and not deleted. So In case somebody needs to check old brochures while designing new ones, they can easily do so.

II. The KSOS Virtual Office

This is an independent website created to facilitate instant 2 way communication between the office bearers and the individual members. Any of the office bearers can post any official matter- announcements, meeting minutes, notices etc directly without going through the website editor. The honorable secretary has already made good use of it by regularly posting GB minutes, Notices for executive committee and GB and many other important announcements. The members especially those who are interested in the day to day administrative matters can check the site periodically. Often we will be part of a meeting where certain decisions are taken, but later forget some of the important points discussed. Minutes book and all are not accessible to all , all the time . But put them online in a site like this and they will be there always, accessible 24 hrs a day and searchable also.

On clicking a designation name in the left side navigation panel of the Virtual Office site, all the posts by that particular office bearer will come up. Presently we have posts mainly from the secretary. I am sure that there will be more posts from the other office bearers also in the next year.

The other facilities in this site include Notice board , Records room, Forms , Feed back form etc.

III. KSOS golden Book of Awards

This is at present accessible from the "Records room" of VIRTUAL OFFICE Site,

The names of all the Past DRISHTI award winners are being entered here. In case you have won an award and you don't find your name here, Please click on the "Update Your Past DRISHTI awards" button in the main website .

This will open up a pop up form in which all awards you have won can be entered .The Awards book will be updated within 1

day of receiving an entry. I thank all the members who had used this facility to update the awards they had won.

IV. Academic forum

This is also a totally interactive website area meant for 2 way communication. Members can post any questions, doubts , cases with pictures .You can use it to get second opinions on cases from some of our subject experts and also as a discussion board. Already some good cases have been posted and I thank the experts like Dr Mahesh , Dr Gopal Pillai, Dr Anil Radhakrishnan, Dr K Mahadevan, Dr Thomas Ceriyan for giving their opinion on the cases posted. The site has been arranged in a very user friendly manner and all the steps on how to post and give opinions all are explained in detail. I request the members to make use of the site by posting interesting cases , giving your opinions and promoting a lively discussion.

Upcoming Changes

I. Abstract Submission System Revamping For Drishti 2011

Eventhough we had continued the same system , which was found working well in 2009 Some of the members had some problems during abstract submission. So we would be working hard to iron out those flaws so that the abstract submission process goes on smoothly next year. In this context I once again urge all members to unspam the mails from KSOS s as otherwise the acknowledgement mails will all end up in the spam folder.

II. Journal Management system

The KJO is maintaining a very high standard and it is not right that there is no system for searching and retreiving a particular article . We will soon be introducing a dedicated online journal management system for the KJO in the website which would make this possible

III. Changes to the Structure and appearance of the Website

There will be some updation in the structure and appearance of the website in order to make it more suitable to the newer browsers. I am sure these changes will improve your viewing experience considerably.

Before I finish I would also like to thank all the office bearers o f KSOS for their support and ideas. Messrs Ascon needs to be thanked for sponsoring the website.

Jai KSOS

Dr. Biju John

DRISHTI 2010 *1st Page Cont...*

nearly 200 trade delegates were also present. A record number of 56 trade stalls were taken up during the conference. Scientific programs went according to schedule and a record number of 38 invited guest faculty from outside Kerala spoke during the conference. The highlight of this year's scientific program was Ophthalmic Premier League which was widely appreciated.

The entertainment and relaxation during the conference was also of very high standards. On 26th November, we had an exhilarating dance performance by Dharani which was well appreciated. On 27th November we had a banquet at Ramada Inn Resorts, near Cochin. A lively Ganamela and Mimics show was organized during the Banquet.

The Conference ended by afternoon on 28th November.

S.J.Saikumar, Organising Secretary, DRISHTI 2010

Join **KSOS**

Dr B. Radha Ramanan

L.F.Hospital Angamaly, Ernakulam Dist. 683572.
Ph : 04802704932, 9447006421.
email rramanan@sify.com

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and update your Addresses

LITERARY PAGE

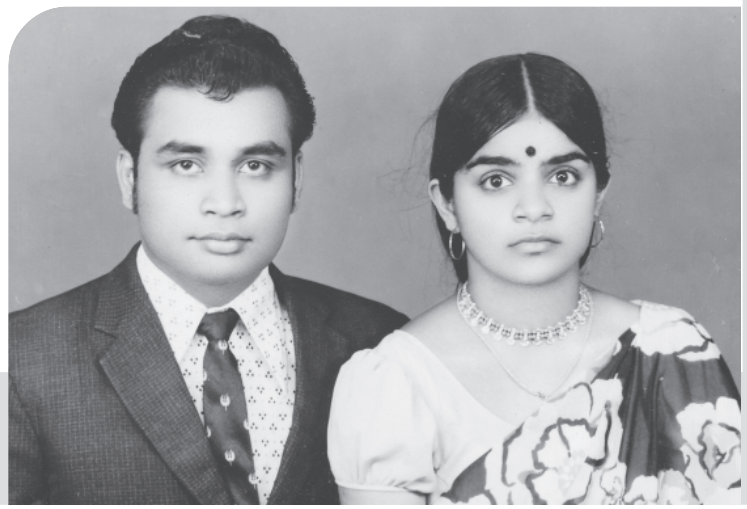
Apologies for inadvertent error- In the September issue (Vol XI Issue 3) an article sent by Dr Mini Nair (Of Patients and Patience and Mind Your Language) was wrongly attributed to Dr R.R.Varma and published creating much embarrassment to both. The editor express regrets for the error.

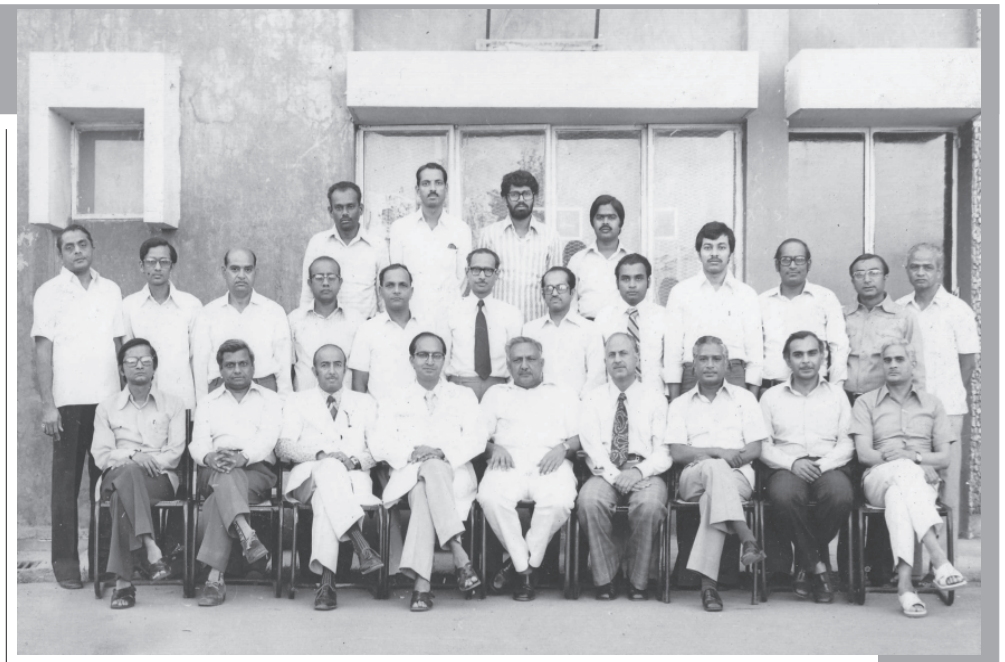
Dr. K. Narayanankutty – A DIAMOND PERSON *1st Page Cont...*

Medicine and Orthopedics before doing post graduation. I joined M.S. Oph while working in Orthopedics. So the delicate surgical instruments used to slip from my hands as I was accoustomed to the use of heavy instruments. After M.S. I worked mostly in Ernakulam General Hospital and Government Hospital, Palluruthy in charge of eye unit. I took voluntary retirement in 1995. I was on deputation to Little Flower Hospital Ankamaly from 1975 to 1976 I joined there in the vacancy of Dr Mary Kuriakose. Dr T.P.Ittyerah also joined L.F. hospital at the same time. Both of us were working under Dr Tony Fernandez. During this period I was able to improve my skills in cataract & squint with guidance from Dr Tony and I owe much to Dr Tony in my success in the career after that period. L.F. Hospital sponsored my short training in Retina under Dr Badrinath in Vijaya Hospital and under Prof. Khosla in R.P.Centre. My father's illness prevented me in going abroad for a training in retina and also to cancel my deputation for five years in L.F.Hospital.

Of all the medical specialities how do you find Ophthalmology your subject of future?

Mathematics and Physics were my favourite subjects. I used to score cent percent marks in most of the mathematics examinations including S.S.L.C & Pre University exams. Since my grandfather was a doctor and his name was given to me I had to take medicine as per the wishes of my parents and grandparents. Destiny also played a part in my getting admission to Medicine. I had never scored more than 70% in any biology exam but in my Pre university





exam which was the qualifying exam for medicine I scored 84%, probably highrst in the state. While choosing the specialisation I took Ophthalmology as Physics and Maths have applications in Ophthalmology. The fluent style of teaching by Prof. Subramaniam during my MBBS course also influenced me a lot.

You are in 40th year as an ophthalmologist. How do you look back and highlight the milestones in Ophthalmology.

Circumstances made me a contact lens practitioner even while doing post graduate studies at Trivandrum. In 1971 The Asia Contact Lens Lab presently known as Ascon Lab was started. Appasamy of Appasamy Associates was the marketing executive of Asia Contact Lens Lab. He visited Trivandrum Medical College in an effort to promote the rigid contact lenses. Soft contact lenses have not come to the market in those times. He left a trial set and UV lamp at medical college. Since the Professor got electric shock from UV lamp no body used the contact lens set. I rectified the defect and was trying contact lens on an experimental basis in the OP patients. Professor has seen me doing it and often asked me to concentrate on basics rather than wasting time on contact lenses. Later I was assigned to prescribe contact lenses to daughter and niece of chief secretary Mr K.P.K.Menon. These were my first contact lens patients and probably the first ones to be fitted with contact lenses in Kerala. They were very happy with fitting and consequently more VIPs from secretariat came to Medical College for contact lens fitting. I did about 30 contact lens fitting during my student days both for Professor and for Associate Professor.

I took Cryosurgery for my thesis as I thought that this will give me more chances to do surgery. At that time Dr Agarwal had bought an Amoils cryo in Madras and had just started cryo extraction of cataract. We bought a prototype machine from Baliwallah, Bombay and this was a very heavy machine to carry on account of the Freon gas cylinder inside it. This machine broke down within two weeks and could not be repaired even by the engineer sent by Baliwallah. Professor wanted me to change my topic of thesis. But I persisted on the same and somehow managed to repair it with the help of a local mechanic. Each repair will make it work for one week only. Finally I managed to complete the thesis with the instrument. Thus I became pioneer in cryo surgery of cataract during my student days in 1971. Later came portable flasks of Freon and Syringe cryoprobes for cataract extraction.

While working in L.F.Hospital I started the Retina Unit in that hospital after undergoing a short training in retina. I did two successful retinal detachment surgeries on eyes which had undergone retinal surgeries previously without success. Dr Ittyerah under whom the retina unit in L.F.Hospital became a full fledged one, was that time interested in the field of Occuloplasty and Strabismus. He shifted to retina unit on my leaving the institution.

While working in general hospital we had an eye hospital there with 60 inpatient beds. After attending the IOL workshop in Hyderabad in 1981, myself and Dr N.S.D.Raju started IOL implantation in General Hospital, Ernakulam. There were great understanding and cooperation between myself and Dr Raju. We implanted Fyderov iris clip lenses, AC rigid lenses and posterior three piece lenses within a period of one week after the workshop in 1981 and thus the credit of first successful IOL implantations came to both of us. Even in Tamil Nadu no IOL implantations were attempted till 1984

While working in Ernakulam General Hospital we were referring cases of orbital tumours to Neurosurgeons. Many of the patients were so poor that they could not afford to go to a neurosurgeon. So by force of circumstances I went to Dr Baskara Rajan at Saraswathy Hospital in Madurai and observing him doing the surgery I came back and started Lateral Orbitotomy in General Hospital. Initially I encountered problems of lateral rectus paralysis and optic atrophy in some cases of orbital tumours but gradually perfected the technique. Even after leaving General Hospital, I continued to do Lateral Orbitotomies in private hospitals with encouraging results. Many colleagus like Dr Alexander helped me by referring cases of orbital tumours and I can confidently say that I gave good results to them.

I was fascinated by the ease with which Dr Tony dealt with squint cases. I had the opportunity to assist him in a good number of cases and I for the first time saw the management of vertical squints from him. A workshop of one fortnight on squint under Dr Premprakash gave me full courage to deal with many vertical squints by myself. After the workshop I stayed for another month in Delhi to acquire some pearls of wisdom from Dr Premprakash whom I consider a great teacher.

At present my interest is in Refractive Surgery. Along with Dr Tony, Late Dr Noel & Dr Davis I started the PRK and Lasik surgeries in Kerala. I have the distinction of having trained most of the present Lasik surgeons in this state. Reverse Lasek, a safe method of doing Lasek in patients who have undergone lasik previously was devised by me.

We are keen to hear from you about the conferences and scientific papers presented by you.

My first scientific paper was published in Tamil Nadu Journal while I was working in L.F.Hospital. It was a comparative study between Iridenclesis and Scheis operation. Dr Tony was the co-author. Dr Ittyerah taught me the methodology of preparing a scientific paper. His training at Vellore helped him a lot. The removal of a parasite from an eye made a good quality scientific paper. In Pune AIOS Conference of 1983 there were only three papers on IOLs and one was that of mine. I have to my credit 6 scientific papers in various journals and 8 presentations in various conferences.

I had the opportunity to attend the Afro Asian Congress of Ophthalmology in 1974 where I found for the first time the 360 degree revolving camera to take a group



photograph of 300 international delegates. I also attended the World Congress of Ophthalmology at Rome in 1986 along with Dr Raju. We were the youngest ophthalmologists in the group while late Dr Thomas father of Dr Ravi Thomas was the eldest. The international meet was combined with a European tour of 15 days. I also attended The Excimer Laser Meet in Germany on two occasions along with Dr Tony and Dr Davis Akkara.

What were the innovations ushered in by you.

I have many innovations like Microcanulas, Iris retractor attached to cryoprobe, sutures using discarded atraumatic needles, draping methods & insertion of contact lens etc to my credit. Dr K.Krishnankutty from Thrissur had been my inspiration in making innovations. I bought a desktop computer, monitor & dot matrix printer costing 1.25 lakhs in 1986. That time only Cochin shipyard had a computer. I did a part time diploma from NIIT on Basic & Cobol Programming and recorded all patient data using my own programme in Basic. All patients were given print out prescriptions. I was instrumental in bringing the computer to state IMA office.

I got the Gopinatha Menon Oration Award in 2003.

What were the interesting incidents you come across in your career.

Once while doing cataract surgery in a private hospital at Mattancherry, I found the IOL in stock was not suitable. I kept the patient on the table and went all the way to my house in Ernakulam to fetch another IOL. I came back and completed the surgery successfully.

While I was the secretary of Cochin IMA I challenged a crowd of 30 persons with a toy gun in an attempt to prevent the unauthorised modification of old IMA house by the tenants. In this incident I escaped conviction and imprisonment by grace of God. This incidence started the process by which tenants were evacuated from old IMA complex. The Cochin IMA has honoured me for the daring act.

I got the rare opportunity of sharing my experience in Art of Living on a mega stage in front of a crowd of nearly 5 lakh people in 2002 and got appreciation from various sections of society.

You had served many organisations from KSOS to IMA and many Social organisations. What were your involvements with them?

I was the founder joint secretary of KSOS. In the year of its first publication I was the Editor of KSOS Journal. Later I was elevated to President of KSOS in the year 1993 at Guruvayoor conference. At Cochin Opththalmic Club I functioned as its secretary and president.

I served Cochin IMA as its president (1987-88) and secretary. We won Award, Citation and Gold medal from All India IMA President Dr Lalitha Rao for maximum enrolment of members at all India level in 1985, the same year it was instituted. We won the best paper award at annual conference of Post Graduate Specialist's Organisation of IMA in the year 1986. At present I manage the IMA Blood Bank as its secretary and during my tenure this Blood Bank became the Regional Transfusion Centre. This Blood Bank with a turnover of 48000 components per year is one of the best blood banks in India. It is now in the process of up gradation by introducing NAT facility, bar coding etc. I was actively involved in the establishment of New IMA Complex in Kaloor. Presently I am the Chairman of Club Lagoon, a club for doctors having restaurant, health club, spa, swimming pool and facilities for various indoor games. The convenor of the same is another eye specialist, Dr Augustine Mampilly. I have the credit of formulating the bylaws of this club.

I was the founder president of Winners Club, imparting training in personality development. I was the Chairman and MD of Cochin Drug House, a pharmaceutical wholesale firm with 78 leading lines started by our veteran leader and founder President of KSOS Dr C.E.Oommen.

I was the President of Cochin branch of Qualified Private Practitioners and past president of various Masonic lodges and side degrees.

I am in the board of charity organisations like Abhayam, Thrippunithura and Sight Restoration of India (SRI), Fort Cochin doing health education, charity eye clinics, free eye camps, free eye surgeries & free glass dispensation along with collection of cadaveric eyes for eye bank.

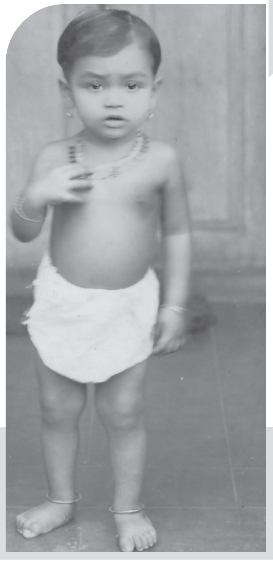
How do you make your life a perfect one.

I changed my life style completely ten years back by becoming a vegetarian. I adopted various relaxation techniques like self hypnosis, meditation and yoga. I get up at 3 am every day, do 20 minutes swimming, practice art of living and raja yoga meditation of Prajapita Viswa Vidyalaya regularly. As I have found immense benefit both mentally and physically from this practice I am now engaged in teaching these techniques to those who are interested in modifying their life style to a healthy one. My other interests are music, magic, computers, gardening and aquariums. I am fond of reding books on spirituality, philosophy and personality development and composing devotional songs.

Like every successful person you too may be drawing strength from your family. Would you introduce them for your fellow ophthalmologists.

I am named after my grandfather Dr. C.Narayana Menon, an MBBS doctor who has to abandon postgraduate studies fearing excommunication on boarding ship to England. He has to be contended with job under Cochin State from 1912 to 1948. While working in Thrissur Mental Asylum he changed its name to Mental Hospital. My father Puthezhath Gopala Menon was a leading advocate in Thrissur Bar. He began his career under his uncle and luminary in legal and literary world Puthezhath Raman Menon. My mother Smt Leelavathy Amma was a house wife. I have one brother and two sisters. My wife Dr. Reti Menon was a Senior Medical Officer in Paediatrics in Port Trust Hospital, Ernakulam. We have two children. My daughter Deepa and her husband Arjun are engineers, working in London with a child Darshan. My son Sankar and his wife Neerada are both engineers working in Singapore.

Dr. Narayanankutty endowed with many blessings of life is leading a quite life. He is now Managing Director Media Lasik Centres at Ernakulam and Angamaly. He is also a consultant to Saraf and City Hospitals, Ernakulam and Devi Hospital at Thripunithura.



KSOS News

KERALA SOCIETY OF OPHTHALMIC SURGEONS SECRETARY'S REPORT OF ACTIVITIES 2009- 10

I am happy to present the report of activities of KSOS during the year 2009-10, which started with the Drishti 2009. The 36th Annual Conference of KSOS was held at Dinesh auditorium, Kannur on Nov 27, 28 and 29th. The energetic Kannur team lead by Dr Jayan Thomas and Dr Sreeni Edakhlon has organized the conference very well. In a meeting which was formally inaugurated by Dr Babu Rajendran, the President of AIOS, Dr B.V.Bhat was installed as the President of KSOS by the outgoing President Dr R.R.varma. Mr Sudhakaran, Hon'ble Member of parliament, Kannur was the chief guest. On the second day Mrs. P.K.sreemathy, Hon'ble health Minister of Kerala also addressed the gathering. The Oommen memorial oration was delivered by Dr.Chandran Abraham from Chennai. The CME series book and CD on common ophthalmic procedure was released by Dr B,V.Bhat during the inaugural function of Drishti.

I on behalf of the Executive Committee of KSOS, let me congratulate the Team Kannur and Dr Sreeni Edakhlon and Dr Jayan Thomas in particular for the meticulous way in which the conference was held and for contributing Rs.235, 000 for KSOS, which is the maximum by any organizing committee, so far. KSOS expresses thanks to two of our leaders, Dr Jayanth and Dr B.V.Bhat who guided the team Kannur to a great success

Academic programmes

KSOS year 2009-10 has hosted maximum number of CMEs. This year we conducted 20 CMEs compared to 16 last year. CMEs started at Pala on 20th December and we had the last CME at Kozhikode on 24th of October. 6 medical colleges, 2 ophthalmic clubs and most of the private eye hospitals conducted CMEs. This year CMEs conducted in small towns also. Pala, Irinjalakuda, Thalassery and Kanjangad joined with Angamaly. A PG training programme was conducted by the COC at Kochi.

Drishti 2010

The ever energetic Cochin team led by Dr. Augustine Mampally and Dr Sai Kumar has put up a brilliant show here at Kochi. The venue is good and Cochin Drishti is arranging a banquet at Ramada Resort to compensate the earlier complaints about Cochin banquets.

Election of Dr. N.S.D. Raju as Vice President AIOS

Dr. N.S.D. Raju was elected as the AIOS vice President, in the on line voting conducted for the first time in AIOS. He polled 61.8% of votes, as against his nearest rival Dr. G. Mukherjee who polled 22.7%. This is a proud moment for the KSOS. He will assume the office of President AIOS at the 2012 annual conference at Cochin.

AIOC 2012 at Kochi

The AIOS general body at Calcutta selected Kochi as the venue for the AIOC 2012. We thank AIOS for giving this opportunity. KSOS have formed the local organizing committee for the AIOC 2012. Dr N.S.D.Raju as the Chairman, Dr A.Giridhar as the Chief Organizing Secretary and Dr R.R.Varma as the Treasurer. The venue for the AIOC 2012 is fixed as Le Meridian Convention centre. The LOC has already started functioning. All our members have the responsibility to make this event a great success.

Extra Ordinary General Body

This year we conducted two extra general bodies at Kochi for the amendment of byelaws. First was on 7-2-2010 and second on 8-8-2010.

Executive Committee Meetings

4 ECMs were held this year. Kochi in February, Trivandrum in June, Kozhikode in September and again Kochi along with this Drishti. We have started monitoring strictly the attendance of the various office bearers during these ECMs. In spite of that there was low attendance from certain members for these ECMs due to various reasons. We have decided to give TA to executive members for attending the ECM.

Newsletter

This year we have already published 3 news letters and 4th one will be published in December. We continued the earlier format and with 12 pages in all issues. A cartoon section was added on the back page by our member Dr P.Jayadevan. We have to congratulate our joint secretary Dr Babu Krishnakumar for doing an excellent work in bringing out the news letters in time. I request all the ophthalmic clubs and those who are conducting CMEs to send reports to secretary for publishing it in the news letter. The news letters were mailed along with KJO.

Scientific Committee

This year the scientific committee under the leadership of Dr Arup Chakrabarti started new programmes like ophthalmic premiere league and the number of external faculty increased to 37.

Dr Alexander Memorial Oration

Dr. Lingam Gopal from Chennai was selected to deliver the Dr. T.K.Alexander memorial Oration this year.

KJO

The KJO has become one of best state ophthalmic journal in India and out side Kerala ophthalmologists start taking KSOS membership just for the KJO. Congratulations to KJO editor Dr Mahesh. He has published all issues in time.

Website

Every office bearer of this year worked like the previous office bearers, some time little better or little worse. But one man had an outstanding performance this year and that was none other than our web site editor Dr Biju John. He made the KSOS work around his web site. The Website was utilized very well by the members for submitting abstracts for the Drishti, updating the addresses and getting information about various academic programmes. There are many features newly started in the web site, namely virtual office, academic forum etc. He is trying to update all Drishti awards and about training programmes available in the state.

Membership

The current membership of the Society stands at 1141 an increase of 54 from last Drishti. Next year onwards, the post graduates are not allowed to present papers if they have not become members or associate members of KSOS before march 31st of every year. I request the heads of departments of various teaching institutions to enroll their PGs before this date.

District Ophthalmic Clubs

This year we have started one more ophthalmic club, Idukki – Malanad ophthalmic club and now we have 13 clubs. Now wyanad is the only district in Kerala with out an ophthalmic club. The District Ophthalmic Clubs have been active in majority of the places.

LDP

Dr Meenaksy Dhar who was selected to represent KSOS in the Leadership Development Programme of AIOS attended training sessions at Kalkatta.

Office space

The KSOS office was inaugurated by our President Dr B.V.Bhat on 07-02-2010 at IMA House. Now the KSOS have got a permanent office in the 7th floor of the IMA House, behind International Stadium, Kaloor, Kochi. We have paid Rs one lakh as first installment for sharing the office space with Cochin Ophthalmic club. We need to pay another one lakh this year.

Achievements by members

To quote the number of academic programmes our members have attended will be a prolonged exercise. Many of our members

attended both National and International meetings as delegates and faculty and to deliver orations. I am going to mention few names who presented papers in international conferences, and this list is incomplete.

International Conferences

Dr Arup Chakrabarti and Dr Minu Mathen participated and had instruction courses at ASCRS 2010 at Boston. Dr Rani Menon also presented a paper on ASCRS. Dr. Gopal S. Pillai and Dr. Mahesh G. attended the American Academy of Ophthalmology conference at San Francisco and presented papers. Dr A.Giridhar participated in the Asia- Pacific Round table meet on polypoidal vasculopathy, held in Singapore. Dr. Radha Ramanan was an invited faculty at the Ophthalmosurgery symposium, 'East – West 2010', conducted at Ufa, Russia. Dr Arup was the chief instructor in an instruction course at World Ophthalmology Congress held at Berlin. Dr. A. Giridhar and Dr. Saikumar S.J, Dr Minu Mathen presented papers at the Asia Pacific Academy of Ophthalmology Congress held at Beijing, China from 16th to 20th September 2010. Dr Arup and Dr. Meenakshi Dhar attended the ESCRS meeting held in Paris from 4-8th Sept. 2010, and presented papers. Please excuse me for not mentioning other names.

Awards at AIOC

Dr. Elizabeth Joseph won the Dr. Prem Prakash award for the best free paper in the squint session titled, 'Caudal or Cranial Partial Tenotomy of the Horizontal Recti in the correction of mild A -V Pattern Strabismus'. Dr. Abhijith Khake won the third place in the ARC Symposium 2010 for his Post Graduate thesis.

Dr. Sujithra H. won the first prize in the Video category for her video presentation which focused on the 'Use and effectiveness of Tele-ophthalmology Services' at the 61st Annual Delhi Ophthalmic Society (DOS) Conference in New Delhi. Dr. Tufela Shafi won the first prize in the Posterior Segment Free Paper session for her paper titled 'Core Vitrectomy versus near Total vitrectomy with PVD induction and retinal surface cleaning in postoperative endophthalmitis', at the DOS Conference. Dr.Shiji Ummar got 'Allergan Academic Achievers Award' 2009, held at Hyderabad December 2009 and also First Prize in 'Objective Structured Clinical Evaluation' held during Eye-PEP 2009, at LV Prasad Eye Institute. Dr. Leila Mohan received the 'Dr.G.Sitalakshmy Gift of sight award' by Lions club- central Madras.

Conclusion

We should strengthen our society by enrolling more ophthalmologists to both KSOS and AIOS. They should feel that they stand to gain more by being a member. I owe up the moral responsibility for whatever lapses that has occurred during the last year and hope that we together can improve further.

Jai Hind! Jai KSOS

KSOS RESOLUTION ABOUT UNETHICAL PRACTICES ON ISSUING DRIVING LICENSE CERTIFICATE.

The KSOS general body on 27-11-2010 held at Cochin accepted the resolution presented by Prof: Dr. M.V.John, from Thiruvanthapuram. His resolution stated that few of the Kerala ophthalmologists in collusion with few agents/motor driving school staff, are issuing eye testing certificates with out seeing the candidates. This news came in news papers and TV channels. Even though it is a small number of ophthalmologists, the bad reputation goes to all the ophthalmologists of the state. He requested the general body to take necessary action to stop this unethical practice.

This resolution was unanimously accepted by the General body and asked all the KSOS members to follow only the ethical practice. All the members are requested to report any such incidence in the future to the ethical committee of KSOS.

MID TERM CME OF KSOS

KSOS is planning to conduct a Mid-Year, 1 and ½ days meeting covering varied topics including paper writing, thesis preparation, choice of topics, basic statistics and a short session on communication skills, This is actually a program conceived with the Post Graduate students and medical college teachers in mind though other Ophthalmologists may also attend . Letters will be sent by the Chairman Scientific Committee to all Medical College faculties detailing the programme.

DRISHTI 2010 Award Winners

Sl No:	Name of Award	Submission No:	Winner	Title of the Paper
1	Dr. K C Sankara Menon Free Paper Award	DS10 -27	Dr. Minu M Mathen	Longitudinal Versus Torsional Phacoemulsification: Analysis of Perioperative Parameters
2	Padmabhushan Dr. P Siva Reddy Free Paper Award Outcome	DS10-105	Dr. Jyotiprakash Vyas	Choroidal Neovascular Membrane in Pediatric Population-Etiology, Clinical Features and Visual
3	Padmashri Dr. S Tony Fernandez Video Award	DS10-61	Dr. Aneeta Jabbar	Evaluation of Donor Corneas
4	Dr. Noel Moniz Memorial Anterior Segment Free Paper Award	DS10-85	Dr. Meena Chakrabarti	Sutureless Scleral Fixation: Results of a 12 Month Follow-up Analysis
5	Posterior Segment Free Paper Award	DS10 -13	Dr. Savita Bhat	Anterior Chamber Morphology Before and After Laser Peripheral Iridotomy in Eyes with Primary Angle Closure Using Ultrasound Biomicroscopy
6	Professor K S Subramaniam Memorial P G Free Paper Award	DS10 -62	Dr.Aparna C Varghese	Outcome of a Large Series of Penetrating Keratoplasties in a Tertiary Eye Care Centre - A 6 Year Retrospective Study
7	Best Poster Award	DS10 - 80	Dr. Sandhya N	Challenges in the Management of Optic Nerve Pit with Maculopathy
	TACO Quiz	Medical College Trichur represented by Dr. Manoj Kumar & Dr. Jayasree		

Presidents Award for Best District Ophthalmic Club
Cochin Ophthalmic Club

REQUEST

AIOS ELECTIONS 2011,AHMEDABAD

Please extend your valuable support to our colleagues who are contesting in the AIOS Elections to be held along with the Ahmadabad AIOC 2011.

1. Dr. Arup Chakrabarti: Member Scientific Committee (2nd Term)
2. Dr. Anthrayose C V : Member ARC(Academic & Research committee),South Zone- (2nd Term)

Voting will be online from 20th January 2011, 5.30 am till 26th January 2011, midnight. AIOS members can vote from their own computers at home. Ballot will reach the e-mail addresses of the members who have already registered their e-mails with AIOS. Those who have not yet registered their e-mails will receive a confidential letter at their registered postal addresses by courier with an allotted e-mail address and a password from AIOS for voting through internet. Detailed voting instruction will be available in that letter.There will also be voting by EVM at the conference venue at Ahmadabad on 4th February 2011 from 9.00 am to 4.00 pm. Please participate in the Online voting (20th Jan – 26th Jan Midnight 2010)and extend to them your valuable support

REPORT OF THE COCHIN OPHTHALMIC CLUB:

September 2010

The Cochin Ophthalmic Club had its monthly meeting on the 23th of September, 2010 at the IMA House, Cochin. The lecture was on 'Strabismus: What should a general Ophthalmologist know?' Dr. Dr. Santhan Gopal, the renowned Strabismologist from Bengaluru was the guest speaker. Two strabismus cases were presented by Dr. Anju Ninan, Little Flower Hospital, Angamaly and Dr. Thomas Mathew, Carithas Hospital, Kottayam. The meeting was chaired by Dr. Elizabeth Joseph.

Community Programmes

The various member hospitals of the COC conducted community programmes. A total of 40 camps were conducted during this period, and 6955 patients were examined in these camps. Out of these patients 1097 cataract patients were identified and 517 undergone cataract surgery

Little Flower Hospital, Angamaly, Little Flower Hospital Annexe, Koonammavu, Dr. Tony's Eye Institute, Aluva, Giridhar Eye Institute, Cochin, Dharmagiri Hospital, Kothamangalam, MOSC Medical College Hospital, Kolencherry and Amrita Institute of Medical Sciences, Cochin organised these camps. The 'Sight Restoration India' clinic at Mattancherry,and Abhayam also organised community programmes.

School Screening Programmes

School screening programmes were conducted by Little Flower Hospital, Dr. Tony's Eye Institute, and Dharmagiri Hospital, Kothamangalam, 3400 students were screened in all.

Eye Bank

The Little Flower Hospital Eye Bank collected 112 corneas, 14 were transplanted, 50 were sent to other hospitals.

International Conferences

Dr. A. Giridhar and Dr. Saikumar S.J. attended the Asia Pacific Academy of Ophthalmology Congress held at Beijing, China from 16th to 20th September 2010. Dr. Giridhar was chief instructor for a course and Dr. Saikumar was co instructor for another course. The conference was held jointly with the American Academy of Ophthalmology.

Dr. Meenakshi Dhar attended the ESCRS meeting held in Paris from 4-8th Sept. 2010, and presented a free paper.

October 2010

The Cochin Ophthalmic Club had its monthly meeting on the 21th of September, 2010 at Hotel Gokulam Park Inn, Kaloor, Cochin. The highlight of the meeting was a Panel Discussion on Endophthalmitis. Dr. Lalit Verma, the renowned Vitreoretinal Surgeon from New Delhi, who is also the Hon. General secretary of AIOS was the chief guest. Dr. Verma gave a brief outline on Post Operative endophthalmitis. This was followed by a very lively panel discussion, where almost every aspect in the diagnosis, prevention and management of endophthalmitis were discussed. The panellists included four anterior segment surgeons, Dr. Savita Bhat, Dr. Manuel John, Dr. Aneeta Jabbar, Dr. Sony George; and 4 posterior segment surgeons, Dr. Prakash V.S., Dr. Ashok Nataraj, Dr. Shane Mathew and Dr. Natasha Radhakrishnan. Dr. A. Giridhar chaired the session.

Community Programmes

The various member hospitals of the COC conducted community programmes. A total of 44 camps were conducted during this period, and 7245 patients were examined in these camps. Out of these 954 cataract patients were identified and 582 were subjected to cataract surgery,

School Screening Programmes

School screening programmes were conducted by Little Flower Hospital and Giridhar Eye Institute, 3638 students were screened in all.

Eye Bank

The Little Flower Hospital Eye Bank collected 128 corneas, 25 were transplanted, 29 were sent to other hospitals.

International Conferences

Dr. Gopal S. Pillai attended the international AMD and Retina Congress at Lugano, Switzerland.

Report prepared by Dr. Thomas Cherian, Secretary, COC.

REPORT FROM OPHTHALMIC SOCIETY OF KANNUR

CME on practice management

A CME on various aspects of medical practice was held at IMA hall Thalassery on 5th Sept 2010. The conference jointly organized by Comtrust Eye Care Hospital Thalassery, Ophthalmic society of Kannur & Indian Medical Association under the aegis of Kerala Society of Ophthalmic Surgeons was inaugurated by Shri. K P Raveendran, Muncipal Chairman Thalassery. The inaugural program was presided over by Dr.B.V.Bhat, President Kerala Society of Ophthalmic Surgeons. Dr Sreeni Edakhlon, Chief Surgeon & Medical Director Comtrust Eye Care Hospital gave the welcome address.Dr.Radharamanan Gen.Secretary Kerala Society of Ophthalmic Surgeons and Shri K K S Nambiar President Comtrust Eye Care Hospitals gave felicitations. Mr T O Ramachandran Chairman, Sight First Lions Club International gave the vote of thanks

In the 1st talk of the day Dr Sreeni Edakhlon who is also the Organising Secretary of the conference claimed that the maximum numbers of free surgeries are done in Ophthalmology when compared to all other specialties of medicine. The service of semi charitable hospital like L F Hospital Angamaly, Aravind eye hospital & Comtrust eye hospital in this regards is really praiseworthy Dr Sreeni Edakhlon said. Dr Prof K V Raju Chief RIO Govt. Medical College spoke on the different steps required to modernize specialty departments in government hospitals. He said that a close co ordination among different government departments is required to make govt. hospitals, state of the art institutions. .Dr P Sasikumar spoke on challenges in individual practice. Dr Saikumar S J said that doctors who finish their PG require specialized training like fellowship programs before they start their practice. Dr Suresh Babu spoke on issue of drug license for pharmacies in hospitals and the fact that though there is no sales tax on intra ocular lenses in other states Govt. of Kerala is levying sales tax on intra ocular lenses and this is increasing the cost of surgeries for the patients. Dr Umesh Y spoke on various aspects of spectacle dispensing .Dr.Srikant Karat said that there is a huge market of Rs. 5000 crore in ophthalmology.He also spoke on opportunities for doctors in corporate hospitals.

Prof K K Ramesh of IIM Kozhiokode chaired a session on financial aspect of medical practice. He said that prudent financial management would go a long way to provide quality medical care to patients.

Dr Ashley Thomas spoke on the various certificates and licenses required to start medical practice. Dr Devin Prabhakar spoke on mobilizing money to start medical practice. He said that there are a lot of people all over the world who are willing to invest in hospitals in India

Dr Saju Ashokan spoke on how marketing of medical practice is done. He said that marketing in medical practice is here to stay.

More that 130 delegates and 15 faculty members from different states participated in the one day conference

During the meeting held on Teachers day (5th Sept), Prof K Ramachandra Bhat one of the senior most active medical teachers in Kerala was honoured by Indian Medical Association, Ophthalmic Society of Kannur and Kerala Society of Ophthalmic Surgeons.

Report by : ***Dr Sreeni Edakhlon***, Organising secretary, Gen. Secretary Ophthalmic Society of Kannur

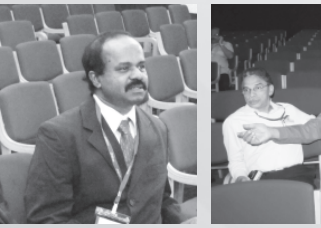




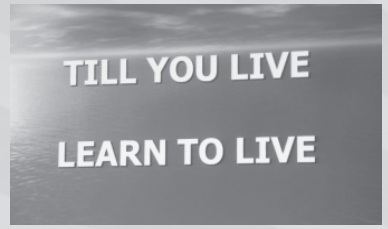




37th Annual Conference of Kerala Society of Ophthalmic Surgeons




re, Kochi


TILL YOU LIVE
LEARN TO LIVE


37th Annual Conference of Kerala Society of Ophthalmic Surgeons

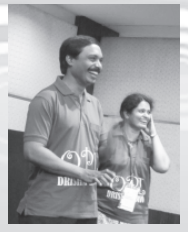









37th Annual Conference of
Kerala Society of
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37th Annual Conference of Kerala Society of Ophthalmic Surgeons



KSOS / AIOS

37th Annual Conference of Kerala Society of Ophthalmic Surgeons

37th Annual Conference of
Kerala Society of
Ophthalmic Surgeons

26th, 27th & 28th
Gokulam Convention

37th Annual Conference of
Kerala Society of
Ophthalmic Surgeons

26th, 27th &

Centre, Kochi

37th Annual Conference of
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