KSOS NEWSLETTER

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OF ALL THE SENSES, SIGHT MUST BE THE MOST DELIGHTFUL.

HELEN KELLER

DRISHTI-2017































Dr. Charles K Skariah Iconoclast Ophthalmologist

Interviewed by **Dr Babu Krishna Kumar**



People are born to live and lead, but few could graduate to this rule and Prof Charles K Skariah is one among them. In ophthalmologic scenario nobody could bypass him without admiring him. The peaks he has reached both academically and organisationally are exceptional now a days. The professor in him garners respect among his students, the patients who were cared for under his healing arms are ever thankful. The seniors who taught him, colleagues who worked with him and juniors who had the chance to style their carrier under him have respectful faithin this optimum ophthalmologist.

Ever wondered how he could accomplish these milestones in life? Assigned by Dr Anish Madhavan, the editor of KSOS Newsletter, I ventured for this interface with Charles sir who agreed happily for KSOS. Here is a gist of what I could collect from Sir's treasure trove, his own life, experiences and inferences, without hiding a thing. He is just, truthful, honest and devotedto his life and observations. Find out facts how he became a doctor, how he chanced to be an ophthalmologist and changes he initiated and succeeded in, as a Professor and President of KSOS. The way he led KSOS that brought admiration from its members. He loves and has expectations for the young ophthalmologists as expressed in this interview. Find out how he is in tune with his family.

My long association with him started while he was an organiser of KSOS 90 at Thrissur. Days at TACO nurtured the association and I count my days as Secretary KSOS and him as President of KSOS, prolific.

For adding this interview a multidimensional perspective I managed to get the views of few KSOS personalities on how they assess Charles Sir on his contributions academically and organisation wise.

Dr Radha Ramanan, President of KSOS and long term associate of Charles sir at TACO for many CMEs and handful of DRISHTIs at Thrissur identifies sir: "When you think about Dr Charles Sir the main thing coming to our mind is him as a great teacher. In addition to that he is a good organizer and above all a great human being. The important contribution to KSOS is the initiation of time keeping in DRISHTI presentations. This changed KSOS programmes to being more systematic, like him."

What was the spark in your life that lead you to dedicate in medical field?

"To be frank and truthful, I was not really involved in the decision making of my career. I just followed my father's advice. I was born and brought up in a family with not much educational back ground. So my father decided to give me better educational facilities and admitted me to St. Thomas' High school, Keezhillam. I studied in that prestigious boarding school from 5th to 10th standard. It was again my father's decision to continue my education in Union Christian College Aluva. After passing the predegree examination I was prompted by my father to apply for medical course. There was no entrance examination at that time. Admissions were purely based on university marks. I got admitted to TD medical college Alappuzha which was taken over by the government in that year.So the entry into medical profession was probably a family decision.

And a career in Ophthalmology?

I had a passion for Medicine and Paediatrics and decided to try and get admission in these specialities.I was in the waiting list at AIIMS Delhi and PGI Chandigarh but unfortunately missed the opportunities because I could not reach there on the specified date at a short notice. Mind you, travelling was not that fast those days. So decided to do senior houseman ship in medicine at the prestigious Christian Medical College Vellore, in the hope of getting a seat there. Worked in Cardiology for 6 months and 6 months in Nephrology .That was a great learning experience which I cherish throughout my life. The post graduate selection list in Kerala was published by the time I was finishing my one year training at CMC. As per the rules prevailing at that time one can have five choices while applying for PG course. The passion for medical subjects forced me to put the first three choices as MD Medicine, MD Paediatrics and DCH, The last two options were MS General Surgery and Diploma in Ophthalmology. I was selected for MS General Surgery and Diploma in Ophthalmology. I was in a dilemma whether to take MS General Surgery, or wait for one more year to get admission at CMC Vellore. It was my friend Dr Philip john who advised me to take up speciality subject. Having no passion for general surgery I opted for a career in Ophthalmology by joining for Diploma in Ophthalmology.So choosing ophthalmology was again not really my first choice. Looking back I have no regrets at all.



PG days.....

Life is what happens to us while we are making other plans

Allen Saunders

Who were the ideal personalities that shaped you in Ophthalmology?

"I was very fortunate to be trained in Govt. ophthalmic hospital Trivandrum (now designated as RIO) under the great legendary teacher of all times Professor K.S. Subramaniam. During my post graduate course I got selection in the DME and DHS almost simultaneously. It was Subramaniam sir who identified the teacher in me and advised to opt for DME service. What I am today in ophthalmology. I owe fully to my beloved professor. While working in Govt medical college Thrissur, I had the opportunity to work with Dr. Mary Kuriakose and Dr. Alex Joseph. I learned finer skills in ophthalmology and administrative diplomacy from them. I remember with gratitude all my teachers and colleagues who have played a role in moulding me."



The mediocre teacher tells. The good teacher explains.

The superior teacher demonstrates. The great teacher inspires

William A. Ward.

Dr K.C.Mathai of Thrissur expresses his views on Dr Charles who befriended him 40 years ago as classmate (Dr Mathai was a service PG) at Trivandrum Medical College "Charles is 100 percent upright and 100 percent sincere with strong Academic footage. He is an excellent family man. We havea close association with him family wise too."

Let me appreciate you in achieving the peaks in Academic and Organisational fields in Ophthalmology. What were your guiding thoughts in the profession of teaching and sculpting a new generation in Ophthalmology?

"Learn by teaching was my motto. Share your practical experience and theory knowledge with your students and colleagues and listen to them and learn from them .Encourage and motivate them to reach greater heights."

Professor Alex Joseph former Director and Professor of Government Medical College, Thrissur recollects his 30 years association: "Charles is dedicated to hard work for betterment of the department. He used to undertake all the works from HOD to Assistant Professor and Lecturer .He is a family man and always have priority to the family matters. His support to me as HOD was abundant"

Your decisions might have created likes and dislikes in your impartial stands, were you perturbed in carrying out the right thought?

You are correct. There have been likes and dislikes. Whatever decisions and actions taken were impartial and guided by principles. The reason for every action was explained to the concerned parties and I succeeded in convincing them. Although I was bit perturbed in certain situations I continued the way which I thought was right.

When your values are clear to you, making decisions become easier.

On looking back you might be satisfied in your academic life and will you please share with us some highlights from it.

"Yes. I am definitely satisfied with my academic life. The greatest challenge was when I was posted as HOD at Govt. Medical College, Kozhikode. Post graduate training there was going through a bad patch over the years criticised openly in various forums including KSOS. With the full support of all the staff members there I could revamp the department into a much sought after department for PG admission. The tough and strict attitude paid off. Although it was taxing for the students they took up the challenge and excelled in their performance. I feel very proud when those students who are leading ophthalmologists now come and say that those years of strict supervision and guidance have made them what they are today. Nothing better for a teacher to hear those remarks from their students. Although I had various job offers after retirement from govt. service, the passion for teaching was the crucial factor to join Amala Institute of medical sciences, Thrissur.I played a leading role in starting the post graduate course in Govt. medical college Thrissur and Amala institute of medical sciences."

Leadership is the capacity to translate vision into reality

Warren Bennis

You have never gone after any posts in KSOS but you were compelled to successful tenures as Scientific Committee Chairman and President of KSOS.What were your landmark contributions to KSOS?

"I have been an active member of KSOS, organising many CME programs, attending CMEs as faculty and played crucial roles in organising Drishti many times at Thrissur. As you rightly pointed out I have never gone after posts in KSOS. I was pressurised by colleagues and well-wishers to take up the posts of scientific committee chairman and president of KSOS.The greatest achievement as Chairman, scientific committee of KSOS during the period 2006-08 was successfully implementing the strict time schedule in the scientific sessions which is being followed meticulously in all the following Drishti conferences. As the president of KSOS my compelling initiative and regular follow up action led KSOS to make the land mark decision of getting our journal indexed."

This is what Dr Saikumar from Giridhar Eye Institute has to say about sir: "Dr Charles K. Skariah is well known as a UG and PG teacher in Ophthalmology, known both for his clinical skills and gentlemanly behaviour. He has contributed immensely to KSOS as scientific committee chairman. To me the most important contribution to KSOS from Charles Sir is his presidential initiative to get the KJO indexed. Many future generations will remember him and thank him, because indexed publications will be necessary for many Consultants, PGs and teachers to further their career"



Receiving award from justice K T Thomas



President of KSOS

A leader is one who knows the way, goes the way and shows the way.

John. C. Maxwell

Charles sir has worked as Tutor at Government Medical College, Trivandrum from 1981 to 1984. He has worked as Assistant Professor at Government Medical College, Thrissur from 1984 to 1997. Promoted and posted as Associate Professor at Government

Medical College, Alappuzha for the period 1997 to 1998. Returned to Medical College, Thrissur for the period 1998 to 2000. He became Director and Professor at Government Medical College, Kozhikode from 2000 to 2004. Again to Thrissur Medical College for the period 2004 to 2008. Presently working at Amala Institute of Medical Sciences, Thrissur as Head and Professor.

From a successful career in Ophthalmologic teaching can you suggest steps that will improve the present system?

"Quality of teaching has gone down over the years and is continuing to decline. There is a drastic change in attitude of students in post graduate learning. There is no in depth text book reading on any topic. Everyone is satisfied with the superficial knowledge gained frominternet. Internet guided learning has resulted in internet based practice. Even for the name of the drug and dosage doctors depend on net search. Avery unfortunate scenario is evolving in the field of medical practice.Do a short term fellowship somewhere,learn some surgical procedure of interest and makesome quick money is the motto to most of the youngsters. Students pass out without knowing even to prescribe a correct glass. The post graduate training has to be revamped in a way that the students get exposure to all sub specialities in ophthalmology. Post graduate Students may be posted to other centres like an exchange program for observation of all type of cases, surgeries, and new investigation tools."

Dr Sahasranamam V. Director of RIO Trivanduram has expressed his admiration as "My acquaintance with Charles Sir started from February 1984, when I joined as 1st year P.G. at Gov. Eye Hospital/ RIO Trivandrum. Sir was a junior faculty member at that time. Soon he was promoted as Assistant Professor and transferred to Govt Medical College Thrissur. He is a teacher respected by all his students and dear doctor to all his patients. During his tenure as scientific committee chairman and President of KSOS he has done tremendous work for the cause of KSOS. To me he is my dear "Charles Sir" whom I have always looked upon with respect."



Of all the Medical specialities only ophthalmologists are doing free surgeries for Cataract. Is it a need of the hour?

"Of course it may be necessary for a handful of deprived people but on the whole I am against promoting Cataract Camps to this much wide extent. In the camps even the affordable people make use of free surgical help. Note that modern cataract surgery is an expensive and hi-tech one where surgeon has to be very skilful. Cataract surgery is now advertised as simple and valueless but you know it is not like that. Large scale camps are also eroding the base of local surgeons. Institutions can do camps as a part of training its PGs and fellows, that too at subsidised rates."

Dr Ravunni kutty a general ophthalmologist based at Kunnamkulam tweets: "I used to refer cases to Charles Sir and his return notes on patients were very informative and educative to me. Doctors like him are to be emulated in academics and in life"

You are a contributor in betterment of KSOS. Kindly add some more suggestions for future of KSOS

"KSOS can continue with the conduct of CME programmes, hands on training programmes with Simulators, and post graduate update programs and mock exams. KSOS can start Fellowship training in association with some premier institutions in the state, can promote research work by giving incentives for the best research work. KSOS can take the initiative for implementing various community ophthalmology activities, ROP screening, Glaucoma screening and diabetic retinopathy screening. KSOS should play a lead role in rehabilitation of the blind."



It's happy to note you are equally dedicated to your family life. Do enlighten us on your family and life?

"I am elder of 3 brothers and 1 sister born to K.V.Skariah and Baby at Kothamangalam. Married to Suja, a home maker. She is the strength and energy for all my success. Her prayers always for me.Havetwo children. Dr Ranjana Charles elder of the two is a family physician working with Amber clinic in Dubai. Her husband Antony is with Alfuteim automobiles, Dubai. They are blessed with 7 year oldMiriya and new born Hannah.Dr Deepak Charles, a Haematologist is working at Aster medicity, Kochi. His wifeLinu is a Periodontist. They are blessed with 4 year old Serah and 9 month oldPaul."

What is your life outside academic field like hobbies or pastimes that add flavour to the years?

"Grand father of four children and enjoying being one among them and playing with them.That's the main hobby now. Other hobbies are watching cricket, movies, dining out with family and occasional family trips."

You were a Professor in Government and Private Medical Colleges. Enlighten us on the realities of both systems.

"The standard of education is coming down in both the sectors more so in some of the self-financing institutions. But there are exceptionally top class ophthalmologists passing out from self-financinginstitutions with a passion for ophthalmology. So one cannot say this is good and that is bad .It all boils down to the calibre and attitude of the candidate."

Advent of innovations like Robotic Surgery, Navigation System, Artificial Intelligence, Will they take ophthalmology to newer frontiers or end up as business tactics?

"Newer developments are always good. We have to add human touch to these innovations. The surgeon has to be well versed in surgical methods if some complications arise during Robotic procedures."

We are always looking for a better generation to come forward and you are an apt person to add few words of advice for them.

"Be a compassionate and affectionate ophthalmologist with time to listen to the patient's complaints, take still more time to explain to them, manage them competently following the medical ethical code and refer at the right time to the right person. Establish a good rapport with the patient and relatives .Never run after quick money and fame. It will come to you in due course .Maintain a good medical record to protect you."

Read what Dr Sreeni Edakhlon General Secretary of KSOS has to remark on Sir: "Dr Charles K Skariah, a luminary as a teacher, an eminent ophthalmologist and on top of all, a gentle man in all his dealings, be it official or personal, requires no introduction to our members, as I feel that each and every member has had an opportunity to interact with him. His expertise in medical parlance has helped in the growth of KSOS and has helped it in achieving its goals. One of his major contributions worth special reference is his initiative as President in getting the Kerala Journal of Ophthalmology indexed. I am hopeful that he would continue to guide us and enrich the activities of the society, with his varied experience."

Are you enthralled at the real straight–from-the- heart revelations, the hallmark of Charles sir? No pretensions, no airs just assertion of truth. Even though joining medical profession was not a passion he could excel here too with a last but not least choice of Ophthalmology. Building up eminence for his department led to lasting quality improvement of students. He is aware of deviations in this branch of medicine and he has suggestions for its betterment. Above everything, he has faith in future.

Thousands of candles can be lighted from a single candle, and life of candle will not be shortened.

Buddha



PRESIDENT'S MESSAGE

Dear Friends,

First of all let me express my sincere gratitude to all the members of KSOS for selecting me as your President for the year 2017-18. I congratulate Dr Saju Joseph and his team for the excellent performance during the last year. I congratulate Kollam ophthalmic club for their super arrangements for the Green Drishti 2017. I express my sincere gratitude to Dr Jayaprasad, Dr Rajiv Sukumaran, Dr Anish Madhavan, Dr Kiran, Dr Mini and the entire team Kollam. I congratulate Dr Mahesh for arranging the excellent ophthalmic feast.

I am well aware of the responsibilities associated with this post and assure you that I will do my best. I will follow the footsteps of my predecessors. My team will continue all the exciting activities of KSOS. We are sure that ophthalmology is the specialty in Kerala doing maximum community work compare to any other specialty. We have to streamline our community services. KSOS news letter should publish state wise details of camps conducted by the different hospitals in Kerala. Community services should reach the needy people. We need not to treat rich people free of cost. At the same time we have to treat a poor person who can't afford the treatment cost. We together will see that no ophthalmic patient in Kerala will be denied of treatment just because they don't have the money for treatment. This year we are planning to train optometrists in low vision and to encourage more low vision centers in Kerala. For this we expect co operation from all the major hospitals in Kerala

I request, all KSOS members to initiate steps to reduce waste in our hospitals and houses. Let all our CMEs also arranged according to green protocol. We should adopt methods in our houses for waste disposal like vermin-compost, aerobic compost, biogas plants etc. KSOS and district clubs can coordinate these activities this year. By doing this, let us contribute for a better Green world.

In KSOS, number of CMEs is increasing year after year. We need more coordination about the subjects of CMEs and venue. It is good to see that CMEs are arranged in subjects other than pure ophthalmology. We need CMEs in communication skills, hospital management etc. We should maintain a very ethical practice and good communication with our patients. I also request youngsters to come up in the organizational level of KSOS and district ophthalmic clubs. Activities of Drishi 2018 are already started at Kannur under the leadership of Dr Sreeni, Dr Umesh and Dr Gopal.

This year family get-together will be on May 5th-6th at Hotel Lakesong, Kumarakam. I request maximum participation from KSOS members. I request and expect your whole hearted cooperation for the next one year and will strive my best to see KSOS flag flying high.

Thank You,

Jai KSOS, Jai HIND

Dr. Radharamanan

President, KSOS



SECRETARY'S MESSAGE

Dear friends and colleagues,

Thank you for electing me as the General Secretary of KSOS. Ours is a really vibrant society with 1880 members. We are miles ahead of other specialties in academic activities. Last year 28 CMEs were conducted under the aegis of KSOS. Drishti 2018 was a wonderful scientific feast. I wish to congratulate Kollam Ophthalmic club for organising our annual conference in a flawless manner. The active participation of many District Ophthalmic Clubs in the cultural program at the Kollam conference was heart warming. I am sure that more district Ophthalmic Clubs would participate in the gala cultural program of Drishti 2018, which will be held on 2rd, 24th &25th of November 2018 at Kannur. Kollam has shown that smaller towns can conduct our annual conference successfully. I am sure that we will have a great Drishti at Kannur also.

I also wish to congratulate my immediate predecessor Dr Thomas Cherian for his excellent track record. He was ably guided by his Presidents Dr Mahadevan and Dr Saju Joseph. He also had a great team. Dr Mahesh made the scientific program in Drishti more elaborate and could get participation from more youngsters. Dr Ashok Natarajan deserves a special mention for getting our Journal indexed.

With the guidance of my Presidents Dr Radha Ramanan and Dr S. Sasikumar and with the support of my able and efficient team I promise you that we will take KSOS to greater heights.

Jai Hind, Jai KSOS

Dr.Sreeni Edakhlon

Hon General Secretary



CHAIRMAN - SCIENTIFIC COMMITTEE

Dear friends

After the national ophthalmic conference in Coimbatore, where I had a lot of discussions with ophthalmologists from other states, one can easily get to understand the much better quality in eye health care delivery in our state. However, the need of the hour is to take lead among all the states in the country. The faculty who have come for our Drishti and our CME programs were all praises about the scientific content of our conferences and CME programs. Definitely, this elevation is hard earned and it calls for a pat in the back to all those legendary torch bearers of KSOS in the past years. I sincerely hope that the best is yet to come.

I have set some goals for the next 2 years for our KSOS. These are completely achievable in a society as scientifically inclined as ours. All it need is networking and some push.

We should complete some clinical practice pattern surveys and know what exactly is our preferred practice pattern in the management of common diseases.

We should draft an antibiotic policy and create further awareness among public about the problems of antibiotic over use. We should try to draft a minimum basic standard for eye care which should be adhered by all practitioners.

Above all for the next drishti conference at kannur, we should have more scientific participation in the form of free papers, posters, videos etc.

It is my greatest priority to keep the scientific content of our conferences at the highest level. Please feel free to advise me in this regard. I'm open to any suggestions you may have. Let's together bring KSOS to bigger heights

Jai KSOS

Dr Gopal S Pillai

Chairman Scientific committee



TREASURER'S REPORT

Dear Friends,

Let me thank Dr. Rajiv Sukumaran for the smooth transition. The accounts have been transferred, signatories changed and the Drishti 2017 accounts are in the process of being wrapped up and verified by our internal auditors. This was the second time our conference is being conducted by KSOS directly and it went very smooth thanks to the local organising committee. The accounts are being meticulously maintained, thanks to the system put in place by our previous treasurer, Dr. Rajiv Sukumaran. Our accountant Mr. Jaison is very helpful in the filing of GST and other statutory requirements. We had an initial hearing by the income tax authorities, regarding our 12A exemption. Hope it will come through this year. SB A/c Balance As on 5-3-2018 is Rs.11,74,372.60/- and Total Fixed Deposit- 1,08,31,691/-

Dr. Jain V Chimmen

Treasurer



REPORT OF THE WEBSITE EDITOR

Previous website editor Dr. Bastin V.A had done a very good job and I am thankful to him for guiding me to improve our website www.ksos.in.

The online KSOS membership application with online payment of the membership fee is now active on the website and quite a few applications have been received and processed. The method of application is fairly easy and I request all of you to promote online application among new prospective members.

All members are requested to sign in to the site, update their profile and upload their photograph. This will help us to maintain an accurate database of KSOS members and also in upgrading our website to the next level. A member after logging in can now get the contact details of any other KSOS member. The new History of KSOS compiled by Dr.Radhakrishnan and Dr. Sasikumar has been put up on the website. A new page for Scientific videos has been started, which now has videos of surgical movie theatre presented at Drishti 2017 and Videos of Dr.Tony Fernandez awards sessions in Drishti 2016 and Drishti 2017.

The guidelines for submitting abstracts of Instruction courses, free papers, posters and videos for Drishti 2018 will be available on the Scientific Committee page very soon. The time period of online submission for Instruction courses will be from April 1st to April 30th and that of free papers from June 1st to June 30th.

As in the last year online registration for Drishti 2018 with online payment will be available as soon as the registrations are open.

It's gratifying to note that the number of unique visitors to our website has steadily increased in the last few months. Please send your feedback about our website and also your suggestions for improvement.

Dr.Mani.V.R

Editor, Website.

KJO - EDITOR



I am grateful to the KSOS members for reposing their faith in me as the new editor of KJO. The strength of an editor comes from the editorial team. The editorial board has been structured to maximize the focus on talent and action and includes the best of the bright and restless minds and opinion leaders from various specialties. Together we aim to make KJO interesting and relevant, dynamic and responsive, informative and practice changing – a journal that truly represents solid science and the throbbing changes in academic ophthalmology. KJO is your journal, your voice. We necessarily need your active involvement. I promise to work with enthusiasm and dedication and do what it takes to make you all proud of KJO and the science that it represents

Dr. V.A. Bastin
Editor KJO

EDITORIAL



It has been a great experience being the joint secretary and the newsletter editor of KSOS. As the world now is largely based on a digital platform, we are trying to make the best use of it. Looking forward to Drishti 2018.

Dr. Anish Madhavan R.
Editor

DRISHTI 2017 REPORT

Kerala Society of Ophthalmic Surgeons - Annual Conference report



The Annual Conference of Kerala Society of Ophthalmic surgeons, Drishti 2017, was held between 24 and 26 November 2017 at Hotel Raviz, Kollam, Kerala. It was being conducted in Kollam after a long gap of 30 years. Kollam Ophthalmic Association organised the conference under the Chairmanship of Dr B Jayaprasad. Dr Rajiv Sukumaran was the Chief Organising Secretary and Dr Anish Madhavan was the Organising secretary. Dr M K C Nair Vice Chancellor KUHS inaugurated the conference and Dr K S Santhan Gopal, AIOS Presient was the Guest of Honour. Dr Radha Ramanan B was installed as the new President for the year 2017-18 along with the new office bearers, with Dr SreeniEdakhlon as Hon Gen secretary of KSOS.

923 delegates participated in the conference. There were delegates from other states also. The scientific programmes were conducted in 6 halls, an increase of 2 halls compared to the previous year. Dr Mahesh G was the scientific committee chairman. It was very well appreciated by all the delegates.

Dr Rajiv Sukumaran,

Chief Organising Secretary , Drishti 2017.

TACO report

Greetings from TACO!

We believe2018 will be another important year for TACO as we have the KSOS President amongst us and many of our members as important parent organization officials .

I shall summarize the activity report for December 2017 and January 2018.

TACO along with glaucoma Society of India conducted GLAUCOMA INDIA EDUCATION PROGRAMME (GIEP) for the post graduates at Chalakudy on December 17 th Sunday at Hotel Sidhartha

The topic of the CME was **"Glaucoma Evaluation and Management"**. We had eminent speakers who are experts in the field of Glaucom and was attended by 44 delegates including post graduate students.

TACO conducted the monthly General Body meeting on January 24th 2018 at Hotel Ashoka Inn Thrissur at 7.30 pm. The academic session followed the business session and was led by Dr Sreeni Edakhlon Chief Surgeon and Medical Director at Comtrust Eye Care Hospital and the topic was **" Phaco in hard Cataract and Secondary IOL implantation"**. In the young Ophthalmologist session Dr Shanida Hamza of Government medical College presented a free paper on "Visual outcome and complications of Posterior Iris Claw Lens "Both the sessions were chaired by Dr Radharamanan President, KSOS. The talks were followed by a lively discussion and a souvenir was presented to the guest speaker as a token of approval. The meeting was attended by fifty members.

TACO conducted three free eye camps (Cataract Screening camps) during January. First was at Puliparakunnu and was on 21/1/2018.The screening was done by Dr Anjana Krishnan from I Vision Chalakudy.126 patients were screened and 22 cataract surgeries performed. Second free Eye Camp was on 23/01/2018 at Nadathara. Dr Roland Godly and Dr Minu from JMMC did the screening .Total no: of patients examined were 118 .Third camp was at Puvathussery on 28/01/2018. The screening was done by Dr Anjana Krishnan from I Vision Chalakudy. 180 patients were examined and 29 cataract surgeries were performed.









KANNUR OPHTHALMIC CLUB REPORT

The Ophthalmic Society of Kannur (OSK) met on Tuesday, the 5th of December 2017, at Hotel Central Avenue, Kannur. Dr. Mohan Babu, the president, called the meeting to order and welcomed the gathering. Dr. A. L. Rao, the secretary read out the minutes of the previous meeting. Once it was approved by the house, the general body unanimously approved the continuation of the existing team of President Dr Mohan Babu, Secretary Dr A L Rao and Treasurer Dr Jaseena for the period of one more year. The general body also elected unanimously Dr Latha Mohan, Dr Umesh & Dr Raj Isaac Oommen as Executive Committee Members for the same period. Dr. Ashok Nataraj introduced the the in-house speaker of the evening: Dr. Sri Shankar from i Trust Eye hospital, Kannur. A very informative talk on Corneal Topography - made simple was presented by the speaker and lively discussions followed. Two poster presentations by Dr Pony J Kumar and Dr Neethu K V, post graduate students of Pariyaram Medical College, on the topic of Ocular Melanoma & Visual loss following wild boar attack respectively followed. After a vote of thanks from Dr. A. L. Rao, the meeting was adjourned for fellowship and dinner.



IDUKKI MALANADU OPHTHALMIC CLUB

36th (IMOC) meeting was conducted on 14-12-2017 at hotel Kabani International, Muvatupuzha at 7:30pm. Meeting was chaired by IMOC president Dr. Sarah Cheriyath and Secretary Dr. Mohan M I.

Dr Biju Raju, VR consultant and surgeon, Renjini Eye Hospital, Ernakulam was guest speaker. It was a skill transfer scientific session "Smartphones in Ophthalmology". Around 20 IMOC members had participated and took benefit of session.

Based on general consensus following new office bearers were nominated for IMOC



Dr. James Kuruvila
President of IMOC

Dr. Dhrumil Khirsariya
Secretary, IMOC

Dr. Mohan Markose
Treasurer, IMOC

TRIVANDRUM OPHTHALMIC CLUB REPORT

TOC MEETING SEPTEMBER 2017-conducted on 21 st september 2018 at hotel residency tower,thiruvananthapuram.Topic was macular hole demystified-a practical guide to general ophthalmologist.Speaker was Dr Asok natraj,session was chaired by Dr Mahadevan and Dr Harshali Yadav

TOC MEETING OCTOBER 2017-Conducted 0n 21 st october 2017 saturday 7 pm at hotel Hycinth,Trivandrum.Topic was AREDS in ARMD by Dr Poorna chandra,Retina consultant,Narayana nethralaya,Bangalore.Session was chaired by Dr J Antony and Dr Biju Jhon

TOC MEETING JANUARY 2018-conducted on 5 th January 2018 friday 7 pm at Hotel residency tower,Trivandrum.Topic was OCULAR ONCOLOGY IN A NUT SHELL-A case based presentation.Speaker was Dr Fairooz Manjandavida.Session was Chaired by Dr K Mahadevan and Dr Resmi Bhasker





COCHIN OPHTHALMIC CLUB

1. Noel Moniz Memorial Lecture2018:

The 9th Noel Moniz Memorial lecture was held on 21st January 2018. The meeting was inaugurated by KSOS President Dr RadhaRamanan. The theme was "Newer Technologies in Ophthalmology". The memorial lecture was given by Dr RohitShetty, Cornea Consultant and Translational Scientist, NarayanaNethralaya, Bengaluru. His talk "What If?" following his journey of research in topics ranging from enzyme study in the corneallenticuleto tear film biomarkers stimulated the minds of the over 150 attendees. The guest speakers covered various specialities- Dr NiranjanPhere, Paediatric Ophthalmologist, LVPEI, Vijayawada on CVI, Dr AtulUrsekar, Ursekar Eye Hospital, Mumbai on OCT Angiography, Dr NareshBabu, Vitreoretinal Surgeon, Arvind Eye Hospital, Madurai on INGENUITY in VR Surgery and Dr Kala B Thottam, Oman on SMILE technology. Dr Saikumar SJ, Giridhar Eye Institute spoke on Newer Advances in Biometry and Newer IOL Formulae, Dr Sony George, Medical Trust Hospital on Zepto technology, Dr Freddy T Simon, DrTony Fernandez Eye Hospital on Newer Contact Lenses, Dr MeenakshiDhar, AIMS on Ocular blood flow analysis in Glaucoma and Dr MV Francis, Cherthala on Newer modalities in Neuro-ophthalmic Imaging.



2. PG Teaching programme

Case presentation by PGs and discussion was held on 21st January 2018 under the guidance of Dr NareshBabu, Dr Thomas Cherian, Dr MV Francis, Dr MeenakshiDhar and Dr Meena CK.

3. COC at DRISHTI 2017

The Cochin Ophthalmic Club won the award for the Best Metro Club and its members won 5 awards in various categories at Drishti 2017.

The COC presented a skit at Drishti 2017 titled " Sathyavan and Savithri " – a modern adaptation of an Indian legend dealing with day to day issues in Ophthalmic practice. (Fig 3) Concepted and scripted by KSOS doyen Dr RR Varma, the one liners and the references to contemporary events had the audience in splits. The cast included Dr Thomas Arun Varghese, Dr SuchitraBhat, Dr GopalPillai, Dr Deepa, Dr Prashob Mohan, Dr Ciju Joseph, Dr Sony George, Dr Natasha R and Dr RR Varma. The sound engineer was Dr Abhilash Nair.

4. World Diabetes Day programmes conducted by various hospitals

Dr Tony Fernandez Eye Hospital, Aluva observed World Diabetic Day 2018 in association with Janamythri Police and R.T.O.(Fig4) A Free Eye Camp and Retina Check up for Private Bus Drivers was done. It was inaugurated by Mr. AnwarSadath .M.L.A. 122 persons were screened out which 7 were found to have Diabetic Retinopathy. Pamphlets and brochures were distributed.



5. Awareness programs conducted by various hospitals
On February 3rd, 2018, Dr Prashob Mohan, consultant Cornea and Refractive surgery at Giridhar Eye Institute delivered a talk on eye donation to the(Fig5) students of St Teresa's college at their intercollegiate fest- Rendezvous 2018. The students handed over eye donation pledge cards to Dr Prashoband MrRiyasudeen AK, grief counsellor, of Swarnam eye bank.The function was also attended by cine artists NimishaSajayan and ChetanJayalal.

8. Achievements by COC members

Dr NSD Raju was awarded the IMA Golden Jubilee Oration award on 28th Dec 2017 at the IMA National Conference at Mumbai.

Dr TP Ittyerah has brought out his third ebook " Why Cancer " where he dwells on a new concept about the origin and management of cancer.

6. Monthly meetings

Dec 15th, 2017 – Presentations by COC members who won prizes at Drishti 2017. These were "The Double layer sign in SDOCT" by Dr Jay Sheth (KGR Nair Free paper), "Utility of Diagnostic Endoscopy in evaluating the posterior segment of the eye for definitive prognostication" by Dr RemyaMareenPoulose (Dr Siva Reddy award), "Lateral elongation of flat PED- a precursor lesion of PCV" by Dr Divya Alex (COC Retnet award), "Surgical Management of Corneal ulcer" by Dr Akansha Gupta (Teachers of tomorrow) and "Medicolegal aspects of Ophthalmology" by Dr Akshaya Ashok (Teachers of tomorrow).

Feb 16th, 2018 – " The role of Perioperative medications in optimising the results of Cataract surgery"- Panel discussion by Dr Saikumar SJ, Dr BinuBalan, Dr Roshan George and Dr MeenakshiDhar. Moderated by Dr Sony George. Meeting sponsored by AvestaSunpharma.

7. Abhayam Camps and Clinics

COC continues to patronise this charitable clinic which is conducted every third Sunday of the month. Doctors from various hospitals in Kochi attend the clinics in turn.
Number of Clinics - 4, Surgeries done - 19, Spectacles given - 21

9. COC Family get together

COC had a Family get together cum general body meeting on Oct 29th 2017 at Cherai Beach Resort. The afternoon started with indoor games for all shapes and sizes followed by beach volleyball and culminating in tug of war. This was followed by a general body meeting when the new governing body took over, and dinner. Around 90 people enjoyed the refreshing break from the routine.

KOZHIKODE OPHTHALMIC CLUB

Last general body meeting was held on 29/11/17 at Hotel Hyson.

General body and academic session started at 7 pm with silent prayer.

President, Dr.Vinod Kumar welcomed gathering and announced that new changes will be implemented in coming academic meetings.

The academic session was chaired by Dr. Prakash. VR Surgeon, Comtrust Eye Hospital.



Dr. Divya (Comtrust) presented a case of carcinoma associated retinopathy,

Dr.Ajay (Comtrust) Presented case of BEHCETS DISEASE.

This was followed by a web cast from Adithya Jyothi Eye Hospital, Mumbai.

The speakers were Dr. Francesco Bandella from Italy, who spoke on OCT Angiography in Diabetic Retinopathy.

Dr.Lalit Verma from Delhi who spoke on new approaches & treatments for Dry AMD.

Meeting was followed by Dinner

Lighter Moments

Clinical features in Ophthalmology!

During lectures	- PTOSIS
Day before exam	- BLEPHAROSPASM
On the exam morning	- FLASHES
On seeing question paper	- LACRIMATION
On results	- PROPTOSIS

KSOS 2017 AWARD RECIPIENTS

SL NO	NAME OF THE AWARD	SUBMISSION NO	WINNER	TITLE
1	Dr K C Sankara Menon Free Paper Award	DS17-61	Dr Sheera KR	Retcam based photographic screening for retinopathy of prematurity " Initial experience from Kerala; A CRADLE ROP initiative
2	Padmabhushan Dr P Siva Reddy Free Paper Award	DS17-167	Dr Remya Mareen Paulose	Utility of diagnostic endoscopy in evaluating the posterior segment of the eye for definitive prognostication
3	Padmashri Dr S Tony Fernandez Video Award	DS 17-28	Dr Ashok Nataraj	Innovations in management of optic disc pit maculopathy
4	Dr Noel Moniz Anterior Segment Free Paper Award	DS17-126	Dr Minu M Mathen	A novel technique for safe phacoemulsification in posterior polar cataracts
5	Dr KGR Nair Memorial Free Paper Award	DS 17-17	Dr Jay Sheth	The Double-Layer Sign on Spectral-Domain Optical Coherence Tomography
6	COC – Retnet Posterior Segment Free Paper Award	DS 17-16	Dr Divya Alex D	Lateral elongation of the Flat Irregular Pigment Epithelial Detachment (FIPED). A precursor lesion of Polypoidal choroidal Vasculopathy
7	Prof K S Subramaniam Post Graduates Free Paper Award	DS 17-163	Dr.Yasmin Ali A	Pattern VEP in Glaucoma
8	TACO Poster Award	DS17-75	Dr Mrudula PM	Phacocoele presenting as localized haematoma in a suspected case of traumatic occult scleral rupture
9	COC Post Graduate Gold Medal		Dr Yasmin Ali A. Chaithanya hospital and eye research institute.	
10	TACO QUIZ			Regional Institute of Ophthalmology. Thiruvananthapuram Dr Raheeba Pakeer Muhammed Dr Lekshmisree. O.C



A Revolutionary Remedy for Dry Eyes

Trehalose

- Trehalose is a natural, non-reducing disaccharide
- Trehalose is biocompatible and bioactive[1]
- Trehalose activates autophagy[1]
- Trehalose confers resistance to desiccation.[1]
- Trehalose protects ocular epithelial cells against inflammation.[2]
- Trehalose alters the vicious cycle of dry eye disease pathophysiology[3]
- Trehalose safeguards ocular epithelial cells from apoptosis triggered by osmotic stress.[4]
- Trehalose helps to restore osmotic balance to the ocular surface[4]
- Trehalose increases corneal epithelial cell viability and functionality.[2]

The Natural Bioprotector

Trehalube

(Trehalose with Sodium Hyaluronate) Eye Drops

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MICRO LABS VISION