THE KSOS Connect

The official newsletter of Kerala Society of Ophthalmic surgeons

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# The loving, caring Suguna madam

In this issue KSOS Connect is highlighting an unassuming person, who is spreading joy and love anywhere she goes and to anyone she meets. Dr E.V. Sugunadevi served in the health services and Directorate of Medical Education in various capacities and has influenced the lives of many by her charming character.



She was born on 01.06.1952 in Eravimangalam, in Thrissur as the only daughter of Late Sri E.S. Velayudhan and Smt. C.G. Devakiamma. After her preliminary education at Government U.P. School, Moorkkanikkare, upto 4th standard she joined Sacred Heart Convent Girls English Medium School, Thrissur where she passed 10th Standard in flying colours. She gratefully remembers the two teachers Mrs. Kunjala in English and Mr Venkitaswamy in Mathematics, who inspired her dream and passion.

She completed Pre Degree with II Group in St. Mary's College, Thrissur. She fondly remembers the excellent teachers there like Mrs Annie, Mrs Pushpa, Sathi and Iyer Sir. She made it to MBBS course at Calicut Medical College in 1969, as the 13th Batch.

She credits her father for being the inspiration to pursue medical education.

"It was my father's desire and motivation that I took MBBS course in Calicut Medical College. I was the first person getting MBBS admission from my village".

She still loves the enjoyable moments she had with her friends and classmates like Dr Devi G Nair, Dr Rema Menon Dr Sukrutha latha, Dr. Aleyamma and Dr. P. Sukumaran, (currently famous Chest physician), retired from Govt. Medical College, Kottayam. Dr Rema Menon later retired as professor of Pharmacology and Director of Medical Education.

They had stalwarts like Late Dr. G.K. Warrier, Late Dr. C.B.C. Warrier, Late Dr. T.D.G. Pillai, Dr C.K. Ramachandran, Dr. Mohan kumar, Dr. Thyagarajan as teachers. As far as ophthalmology is concerned, main teachers were Dr. Prabhakaran Dr. Sankaran and Dr Venugopal. She still revers them as her destiny makers

After completion of MBBS in 1975 she worked as Junior doctor in Obstetrics & Gynaecology Department, I H M Hospital, Bharanganam under the expert guidance of Dr. Rosamma. She performed most of the obstetric & gynaec procedures and surgeries. She also thankfully remembers Dr. T.K.R. Unnithan, Chief Surgeon who motivated her and instilled confidence to pursue higher studies.



To watch interview click the link:
**https://youtu.be/WJkp738ezdE**

Continued on page 4...

## FROM THE PRESIDENT'S DESK



Respected seniors, dear friends and colleagues,

Greetings from the desk of your President.

High praise is due to our Joint Secretary, Dr. Mallika for bringing out 2 high quality newsletters. Each newsletter has sent the benchmark higher.

COVID is receding - the world is gradually moving towards normalcy and we have begun to see more of in-person meetings. I have myself enthusiastically participated both in the capacity of President KSOS and faculty in a couple of meetings both in our state as well as other states. It has been an incredible experience to connect with the fraternity once again. I would encourage the younger members of the organisation to come out in large numbers and take part in the extravaganza.

KSOS as usual has been very vibrant and witnessed further streamlining of organizational activities. The online activities (Scientific Committee CME Series, Journal Club, PG Classroom, i-literacy programmes etc.) have been ongoing and have been having great impact in the state and outside.

The KSOS-On-Demand feature - a "FIRST" ever attempted by a state society has been of great benefit to ophthalmologists. Members can access the contents through https://www.ksosondemand.in/ . The site contains all the scientific presentations of Drishti 2021and also the burgeoning body of ongoing academic events for the current year.

As per our plans the KSOS mass email campaign has been broad-based to include a much wider data base across the country. The rich and diverse activities of KSOS are reaching out to a greater audience base. This effort has made a difference to the online educational opportunities.

The KSOS, AIOS and AIOS-FBS membership drive is an ongoing effort and I renew my request for whole-hearted cooperation of the District Committee members and the department heads.

The Drishti Central Committee (DCC) have met online on September 14th.The Kozhikode LOC is leaving no stone unturned to make the 2022 Drishti meeting a memorable event. The cardinal issues discussed included stall tariff, hall branding, wet-lab arrangements, the possibility of including a second guest of honour within the purview of KSOS SOPs, accommodation protocol for guest faculties within the framework of KSOS norms, and many more. The scientific committee has planned continuous academic sessions with no definite lunch break (running lunch) and the delegate acceptance/feedback to this will be keenly monitored for future action. An MOU has been signed with the venue establishment along with payment of an advance amount. We are all eagerly looking forward to this in-person meeting which is taking place after a gap of 2 years.

The Scientific Committee is working overtime to prepare a scientific feast. Plans are afoot to organize sessions for the paramedical staff as well as the optometrists on the last day of Drishti meeting. The Chairman SC will be bringing out the complete scientific programme well in time in keeping with the standard KSOS norms.

The Vision Enhancement Clinic (VEC) project spearheaded by Dr. P I Mohan sir and Dr. Sasikumar have been flourishing. MOU have already been signed with the three beneficiary hospitals each of which has received financial grant from KSOS.

The treasurer, Dr Biju John has been exemplary in maintaining the KSOS finances and has been a great source of inspiration for the rest of the office bearers in terms of meticulousness, punctuality and adherence to established protocols.

Our efforts at consolidating the list of KSOS Oration Award Winners, Scientific Committee Award Winners as well as the Eminent Ophthalmologists interviewed over the years have been ongoing and it has been quite a challenge to collect the relevant information for the early years of KSOS existence. The joint secretary has been relentlessly pursuing this task and it will be made available in the KSOS website.

All the sections of KSOS have been very active and many novel projects have been initiated. An administrative audit for the effectivity and the need for continuity in the same or an amended format is called for. A tentative agenda for the KSOS administrative audit was formulated in a zoom meeting on September 22nd and will be presented to the members at the ECM on 9th October, 2022.

The KSOS family get-together will finally take place at Club Mahindra Arookutty on October 29-30. We were quite skeptical during the early days of planning which had to be shelved with the peaking of the COVID numbers. KSOS secretary has been coordinating venue arrangements. I request you to please join us and participate in this memory making event.

The Core Committee for AIOC 2023 to be held in Cochin have been working hard and the official AIOS team has visited the venue for better coordination.

The first ever KSOS LDP project is also set to take off – Oct 29,30 at Hotel Indriya Sands at Cherai. Congratulations to Dr Natasha for taking the lead role in this project. She has invited the reputed Parivartan Training Academy from Coimbatore to guide the attendees through the process and she will be ably assisted by past AIOS-LDP members from KSOS.

The 5th KSOS executive committee meeting will take place on 09.10.22, 12.00 PM at IMA House Cochin. It is going to be a physical one – the first physical meeting in a long time.

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

Jai KSOS, Jai Hind

**Dr Arup Chakrabarti**

## HON GENERAL SECRETARY'S MESSAGE



Respected seniors and dear friends,

The KSOS connect had been our activity mouthpiece and was well received last in June. KSOS had been very active for the last 3 months between June to August. Its members have kept the activity scale of KSOS sky high all the time. It started with the Mumbai AIOC in June, where our members had instruction courses, free papers and videos, won awards and most of all, invited everyone to the next AIOC in Kochi. Dr NSD Raju sir and Dr Radhakrishnan sir were super seniors who led the AIOC Kochi 2023 stall. With more than 100 participants from KSOS, our members made our presence felt in Mumbai.

KSOS continued all its online activities including journal clubs, PG class rooms, Scientific committee monthly meetings as well as eye literacy activities as before. We have reached the 9th episode of the journal club, 24th episode of the PG class room and almost finished the KSOS –district club combined meetings which are very informative and raised the bar in online education.

Ikshana from RIO Trivandrum, TACO mid year meet, Masterclass on toric IOL by CECC, Glaucoma management by Little flower eye hospital, August Ophthalmica by COC were all conducted during this period.

Miss O Aishwarya who is herself visually challenged, yet defying the odds to do PhD program was interviewed by Dr Geetha VKP in an eye literacy program which would have lifted the morale of thousands of visually challenged people to do well in life. This was well received by the public. Dr George Thomas sir and Dr Padmaja madam were interviewed for the eye literacy program.

Drishti is just around the corner and preparations are in full swing for that. The local organising committee has planned the venue layout and is in discussion with vendors for the best drishti experience. The seamless entry of abstracts and full text into the system was hampered a bit by the website issues, but it was saved by the scientific committee chairman by directly getting the emails to his account.

The scientific committee is preparing a mammoth program in 5 halls. All invited IC have been accepted and enough weightage has been given to experience as well as fresh faces. There are more than 250 papers and posters submitted and each year the number is healthily growing.

KSOS have been planning a Leadership development program this year and its scheduled ocober 29-30. A group called parivarthan has been assigned to do the training and 18 people from KSOS are going to be trained as young leaders of the LDP.

SOP committee of KSOS prepared a full draft of SOP which was approved by the executive committee. Thus all activities of KSOS are covered under the standard operating procedures.

Internal finance audit committee report was tabled in the executive committee and discussions were held on that. Radhakrishnan sir and PI Mohan sir were instrumental in taking this committee forward.

Notice was served for the elections for vice president and nominations are sought, an election notification will be given with the newsletter also.

A KSOS family get together is planned at Club Mahindra Arookutty and we will make it memorable.

Thanks and regards

Jai KSOS, Jai Hind.

**Dr Gopal S Pillai**

## TREASURER'S MESSAGE



Dear Friends,

The financial activities of KSOS is going on smoothly. Registration for Drishti 2022 is going on without much hitches. The payment gateway provided by CC avenue is working flawlessly and so far they have processed 391 registrations successfully. The amount is being credited in the dedicated Drishti account at ICICI Karunagapally branch.

MOUs have been completed between KSOS and three hospitals namely I Vision Hospital, Thrissur, Amardeep Eye Hospital Kollam and Comtrust Eye hospital ,Kozhikode for the KSOS Vision Enhancement centres and the KSOS grant amount of Rs 60000/- has been transferred to each.

Appeals have been filed against 2 notices one from the GST department and another from IT department pertaining to FY 2017-18. The auditors are attending the necessary hearings on our behalf . All documents asked by the IT and GST office have been submitted. Eventhough the issue is going to drag on for some the auditors are confident about a ruling in our favour.

The Internal Audit Committee report was tabled in the ECM held on 26th August 2022. The committee reported that the accounts of KSOS were in order. Few well thought out suggestions for fulfilling our 12 A commitments were included in the report. The Drishti 2021 accounts were also found to be in order . The Income over Expenditure balance of Drishti 2021 was found to be Rs.9,26,420.63 .

The External Audit of KSOS accounts have also been completed by our official auditors R Krishna Iyer And Co . The auditors have also initiated the procedures for filing our IT returns for the financial year 2021-22 and the same will be completed before the relevant deadlines.

Jai KSOS

**Dr Biju John C**

## SCIENTIFIC COMMITTEE CHAIRMAN'S REPORT



Respected seniors and dear friends,

Scientific Committee Report

The preparations for the scientific Sessions of Drishti 2022 are in top gear now. We received an overwhelming response to our call for instruction courses, free papers, posters and videos. We received more than 50 instruction course submissions and the maximum submissions (11) were in Retina retina sub speciality . A total of 78 poster submissions, 10 videos and 160 free paper submissions were accepted.

*Heroes of Indian Ophthalmology *

We have decided to add a new session in which we will be having talks from two doyens in the field of Ophthalmology in India. Padmasree Prof Dr JS Titiyal and Padmasree Dr RV Ramani. They will also be honored as heroes of Indian Ophthalmology

*Paramedical Conference *

We have also decided to have a half day conference for Nursing staff / OT Technicians and one full day meeting for Optometrists on 27th November the last day of Drishti 2022 at the same venue

Scientific Committee CME series

The different modules of the KSOS CME series are receiving excellent viewership , The CME Series module 8 on Refraction organised by Pathanamthitta Ophthalmic Society has had more than 6000 views and the CME series module 9 on Phacoemulsification by Kollam Ophthalmic Association has crossed 2600 views. Optimizing functional vision - CME series module 10 by IMOC has received more than 1650 views. A great response for a CME on Low Vision.

*PG classroom *

The PG Class room being organised by Dr Gopal S Pillai has also become extremely popular among ophthalmologists across India

I thank Dr Arup Chakrabarthi , President KSOS, for his whole hearted support for all our endeavors

Jai KSOS

**Dr Sreeni Edakhlon**

## KJO EDITORS' REPORT



The April - September online issue of the Kerala Journal of Ophthalmology has been published. The printed journal are being readied for distribution.

The Editorial and Publications work have been going smoothly and on time. The preparation of the Table of Contents for the next issue is in full swing.

With warm regards,

**Dr. Smita Narayanan**

## WEBSITE EDITOR'S REPORT



Dear members,

This time Drishti registration, abstract and full text submission all done through KSOS web site. There were some issues in the beginning which we could rectify with the help of our new vendor. Executive committee decided to negotiate for web renewal fee.

They agreed to continue till 30th November 2022 at Rs 20000 plus GST . Hope we could help most of the members who faced difficulties in registration and paper submission. We request all the members to put in ideas and most important to log in at least once a week to make our web vibrant.

Jai KSOS

**Dr A. Rohan**

*continued from page 1*

After 4 years' service in private sector, she joined as Assistant Surgeon in District Hospital, Palghat in School health programmes. During that period, she had the opportunity to work in Ophthalmology with Dr. Harihara Iyer, and Dr. Prabhakaran for two months. Also had the golden opportunity to perform two cataract surgery by "Cryo Extraction", which would have ignited a spark in her to pursue her career as an ophthalmologist

She got PSC appointment in Anaesthesiology Department, Medical College, Kottayam in July 1982. "Though I liked the department, and was able to do my work properly I was unhappy at heart because I really missed my clinical work and direct interaction with patients"

On 29th October 1983 she was selected as Tutor in Ophthalmology, Medical College, Thrissur. Her first HOD was Dr. Mary Kuriakose, who was primarily the person who guided her into ophthalmic practices and still thankfully remembers her motherly affection towards her. The Ophthalmology department at Thrissur was in its nascent stage and started functioning after shifting of Medical College Hospital to District Hospital, Thrissur in the last week of December 1983. Dr. Gopalkrishna Iyer and Dr Mathai were her co-workers at that time.



After a short stint at Thrissur, she got transferred to Kottayam Medical College in February 1984. In Kottayam Medical College, she was in charge of Mobile Eye Unit for 1 year. She got P.G. admission (M.S. Ophthalmology) as Tutor trainee in the same department along with Dr. Elizabeth John.

During her mobile posting with Radha Madam, they had conducted many screening camps and operation camps.

During her PG period, she had good coaching by excellent teachers like Dr. Sailakumari, Dr. P.J. Thomas, Dr. Sobhana, Dr. George Peter and Neurologist, Dr. Madhusoodhanan.

She successfully completed her PG course and passed the examination, D.O. in 1987, MS in 1988 under Mahatma Gandhi University.

After a brief stint in Medical College Calicut in 1997, she was promoted as Assistant Professor after 14 years of Tutorship and came back to Kottayam. She had worked as Associate Professor in Trichur medical college and Kottayam

"My tenure at Kottayam medical College as Associate Professor & Unit Chief II, was memorable by their team efforts and wonderful rapport among us. My earnest efforts were fruitful in getting government sanction to obtain Phaco Machine for our Department".

She was promoted as Professor and transferred to RIO, Trivandrum where she had initial training in Phaco emulsification under the guidance of Dr. Mahadevan and Dr N. Biju John. She later had Phaco training in St. Joseph's Hospital Trichy for 2 months.

She rejoined Kottayam Medical College as Professor & HOD in 2006. After her retirement in May 2007, she had the opportunity to work as "Emeritus Professor" till 2008 at her alma mater Kottayam Medical College Department which had



a face lift during that period. She worked in private hospitals for 4 – 6 years along Dr. Mathai Shanti and Dr. K.K. Jacob before joining the prestigious Amritha Institute of Medical Sciences and Research at Edappally, Kochi in April 2009 as a Postgradute teacher. She could teach 15 batches of students (about 60 students) initially as faculty, Head of the Department and then Clinical Professor.

She enjoyed taking classes for PGs and undergraduates especially clinical case discussions where she stressed the need for detailed history taking and meticulous clinical examination. "I also interacted with PG students, each one of them to know their difficulties and also to motivate them in their studies". After 13 years of service in Amrita, she left the Department during June 2022. She also taught 7 batches of DNB students at Giridhar Eye Institute. She believes that by God's grace she was able to





impart knowledge and wisdom to her PG students. She was humble enough to accept that "Above all I have tried to remain as a human being".

She was an able administrator and was instrumental in bringing Phaco machine to MCH Kottayam, revamp the case sheets and renovate the infrastructure there. She was able to achieve Institutional Life Time membership in Eye Bank Association of India

She attributes all her success to her husband, Mr. N. Thulaseedharan, who is a retired Mechanical Engineer from KSRTC, whom she married on September 11th 1983.

"He is very loving, hardworking, sincere, very supportive and helping me in every way, also grateful for his spiritual leadership"

They are blessed with two boys who are studious, brilliant, ambitious and very affectionate. Elder son Dr. Ashish T. had secured 2nd rank in SSLC. He studied MBBS in Trivandrum Medical College, M.D. in Govt. Medical College, Kottayam. Completed his D.M. Gastroenterology from Kottayam medical College. Currently he is working as Assistant Professor in Govt. Medical College, Kottayam. He married Dr. Kripa Soman,







Attingal who is completing her PG in Community Medicine. They are blessed with a baby boy, Advaith.

Their younger son Dr. Ajeesh T., secured 7th rank in SSLC and has won lot of accolades. He took his MBBS from Kottayam Medical College, MD in General Medicine from Coimbatore Medical College and also passed DNB examination. After his DM and DNB in Endocrinology from Trivandrum Medical College, he is pursuing his Senior Residency in the same Department. He is married to Dr. Indu T.R. from Anthikkad Thrissur who is completing her Senior residency in RIO, Trivandrum after completing her MS Ophthalmology from the same institution. They are blessed with two children - daughter 'Anvika' and son 'Avyan'

She is a god fearing person, and loves to read and listen to music especially of K.J.Jesudas and S.Janaki. Nowadays her favorite hobby is playing with her grandchildren. She says "I enjoy it the most because they are my TONIC".

She exhorts her young colleagues and post graduates to be ethical, honest and above all to be good human beings. She tells everyone to learn from prescribed basic text books before going after recent updates. With her years of experience, she tells "Learning is a never-ending process – always be a student and be ready to put in lot of hard work to acquire newer skills and knowledge". She cautions everyone to refrain from making unnecessary comments which are potentially damaging to the colleagues.



Her students love her for the motherly affection she showers on them to make them not only astute clinicians but good human beings also. No wonder it is said that a good teacher who is full of excitement and love for her students can make all the difference in their lives.

She is a contended person in both the professional and family fronts. She quotes Mrs. Sudha Murthy, well known Indian author & philanthropist:

"Good relationships, compassion & peace of mind are much more important than achievements, awards, degrees or money!"








# THE REPORT OF ACTIVITIES OF TRIVANDRUM OPHTHALMIC CLUB

## JUNE 2022 TO AUGUST 2022

Subsequent to the TOC elections conducted on 17th of July we had our Annual General Body meeting on 28-7-22. Being the 1st meeting since the Pandemic started, it was a heart-warming get together for the TOC family. The associated CME was on Ocular Microbiology led by Dr. Molly Antony (Consultant Ocular Microbiology) and Drs. Prashob mohan and Manoj Soman talked about its clinical relevance.

The new Office bearers took charge under the leadership of our president Dr. Suseela B Nair. Dr. J Antony is the new Vice president. Dr Thomas George is the new secretary and Dr. Veena viswam the Joint secretary. Dr Ashad Sivaraman is the Treasurer. Scientific committee Chairperson is Dr. Harshali Kamath.

The meeting also was preceded by a short CME where we had a fruitful discussion on Surgical management of Presbyopia by a panel led by Dr. Minu Mathen. Other panellists were Drs. Jayaram, Jaya Prasad, Jay Mathew, Devin Prabhakar and Ashish Kuruvila. Dr. Ashok Nataraj gave a precise talk on rational use of AntivegF agents as well.

On request of the COC we sent a team chosen by conducting a prelim quiz for PGs in Trivandrum. Dr. Kiran Gopalakrishnan was the quiz master and the team for TOC comprised of Dr. Devi Karthya from the RIO and Dr. Sajana Rahman from Chaithanya. Our team did us proud by winning this state level quiz. Dr. Sajana and Dr. Rubina came 2nd in the Pathanamthitta Ophthalmic Society quiz as well.

On August 25th we set in motion our structured CME program designed primarily with PG interests in mind. Our Scientific committee chairperson Dr. Harshali organised a structured session with a Short case in Neuroophthalmology presented by a PG. This was discussed by Dr. Vysakh, Neurologist working at GG hospital with a didactic presentation on the same topic. Followed by a PG quiz in Neuroophthalmology. We aim to continue on similar track for the rest of the year with monthly sessions.

On 25th of August Dr.Sahasranamam gave a talk on behalf of TOC in the All India Radio for awareness about Eye donation as part of our Eye donation fortnight initiative.

On the 28th of August a combined CME was conducted by the departments of Ophthalmology and Rheumatology of KIMS hospital under our aegis and the same benefited 84 delegates – mostly Ophthalmologists and PGs from Trivandrum and Kollam.

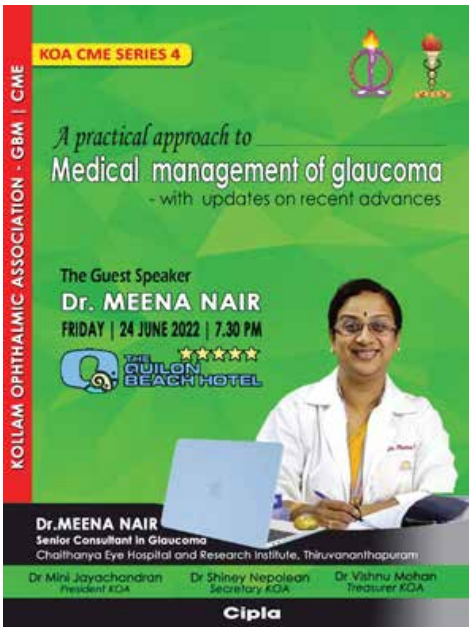
# KOLLAM OPHTHALMIC ASSOCIATION

## (ACTIVITIES FROM 1 JUNE 2022 TO 31 AUGUST 2022)

**24 June 2022:** We conducted our general body along with CME series 4. The guest speaker was Dr. Meera Nair, Senior consultant, Chaithanya Eye Hospital, Trivandrum and the topic was "A practical approach to medical management of Glaucoma". It was a well attended meeting which updated recent advances related to glaucoma medical management.



Dr A Neaza was honored by Dr Mini S for her outstanding work in poetry.










**7 Aug 2022:** We conducted an online CME on phacoemulsification in association with KSOS. Topic was 'Phaco Master Class'. It was very well conducted in 4 sessions. Dr. Divya Kishan and Dr. Rakhi D'Cruz compered the meeting.

**Session 1** was on 'Basics of Phacoemulsification'. Dr. Anagha Heroor was the chair and Dr. Rakhi D'Cruz was the convener.

Topics were 'Know your Machine' by Dr. C V Gopala Raju, 'Ergonomics' by Dr. Sathya Ashok Ravilla, 'Nucleus Management' by Dr. Deepak Megur and 'Cortex' wash by Dr. Cyres Mehta.

**Session 2** was on 'Intraocular Lens Design' Dr. Harshul Tak, was the chair and Dr. Soumya P P was the convener.

Topics were 'Iris Claw Lens Implantation' by Dr. Sudarshan Khokhar, 'Multifocal & Trifocal Lenses' by Dr. Gaurav Luthra, 'EDOF Lenses' by Dr. Kumar Doctor, 'Toric IOL- Nailing it right' by Dr. Harshul Tak.



















**Session 3** was on 'Phacoemulsification in difficult situations'. Dr. Jayaprasad B, was the chair and Dr. Divya Kishan was the convener.

Topics were 'Tackling Small Pupil' by Dr. Jayaprasad B, 'Managing Subluxated Cataracts – Rings, Hooks and more' by Dr. Sonu Goel, 'Phacoemulsification in LONG & SHORT eyes' by Dr. Umesh Y,' BLACK & WHITE Cataracts' by Dr. Harshul Tak and Key note address topics was 'FLACS for difficult situations in Cataract Surgery' by Dr. Mahipal Sachdev.

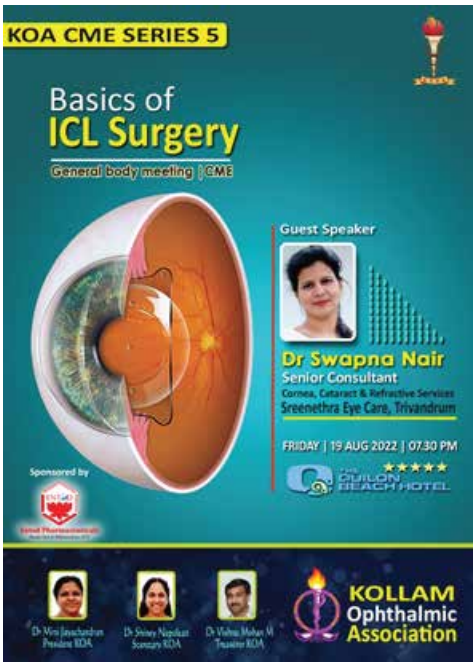
**Session 4** was on 'Management of Phaco Complications' Dr. Satyajith Sinha was the chair and Dr. Vishnu Mohan was the convener.

Topics were 'Wound Burn' by Dr. Lav Kochgaway, 'Intraoperative zonular dialysis' by Dr. Arup Bhaumick, 'Descemets Membrane Detachment' by Dr. Anurag Mishra, 'IOL damage during implantation' by Dr. Satyajith Sinha, 'PC Rent & Premium IOL Implantation' by Dr. Sahil Vasavada.

**13 July 2022:** We conducted our executive meeting on which we decided to conduct our annual CME "Ashtamudi Ophthalmica" on 16 Oct 2022 at Hotel All Seasons. It was decided that Dr. A Naeza will be the organizing chairman and Dr. Divya Kishan the organizing Secretary. Took decision to conduct in 4 sessions which will be case based discussion on topics Cataract, Glaucoma, Retina and Oculoplasty. Dr. Rakhi D, Dr. Kiran Balagopal, Dr. Ajith Varghese and Dr. Arya U V were fixed as conveners respectively. Also took decision to give life time achievement award to Dr. K S Gopinathan Nair and Dr. K Balakrishnan and also Dr. S Mohandas oration award to Dr. Susheela B Nair.

**19 Aug 2022:** We conducted our general body meeting along with CME Series 5. Speaker was Dr. Swapna Nair, Senior consultant Sreenethra Eye Care, Trivandrum. Topic was "Basics of ICL Surgery". It was very interesting case-based presentation which was new and informative. It was well attended, Dr. A Naeza presented a memento to Dr. Swapna Nair.





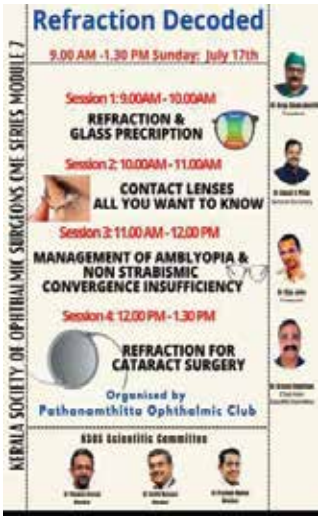



# PATHANAMTHITTA OPHTHALMIC SOCIETY REPORT

## JUNE 2022 TO AUGUST 2022

**7/6/22**

- *CME* ( Physical meeting) conducted on *7/6/22* (By _Novartis in association with Pathanamthitta Ophthalmic society_ )
- Attended by 14 doctors
- *Welcome note Dr Rachel Jose
- *Speaker Dr Satish Thomas
- Gave 2 talks on
- Getting ready to face the Myopia pandemic
- Olopatadine for Allergic Conjunctivitis
- *Vote of Thanks Dr Leena Mariyam Varghese




**17/7/22:** Webinar with KSOS Refraction Decoded

- Inaugural Session of CME by KSOS on 17/7/22
- Introuctory Remarks Dr Sreeni Edakhlon Chairman Scientific Committee KSOS
- Prayer song by Dr Rosu
- Welcome address Dr Rachel Jose President POS
- Inaugural address Dr Arup Chakraborthy President KSOS
- Falicitation by Dr Gopal S Pillai Secretary KSOS,Dr Sujith Nayar Member Scientific Committee, KSOS
- Vote of thanks Dr Leena Mariyam Varghese, Secretary POS
- Followed by 4 sessions
- Well attended by >100 ophthalmologists



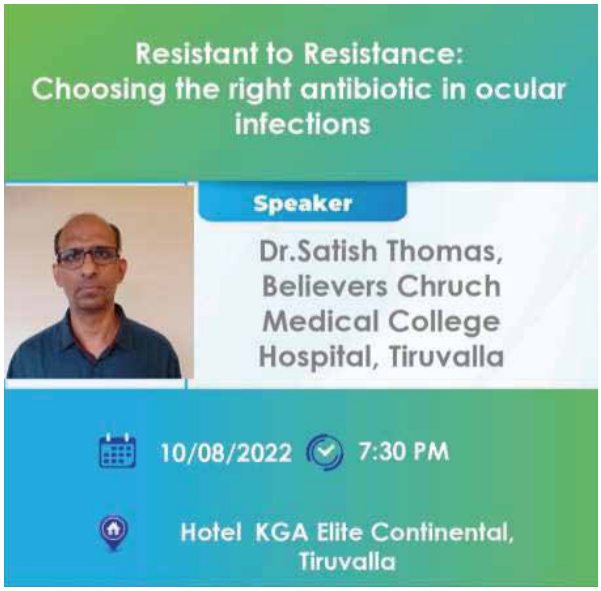




**10/8/22**

- *CME* ( Physical meeting) conducted on 10/8/22 (By _Allergan in association with Pathanamthitta Ophthalmic society)
- Attended by 19 doctors
- *Welcome note Dr Rachel Jose
- *Speaker Dr Satish Thomas
- Gave 1 talk on Choosing right antibiotic in ocular infection
- *Vote of Thanks Dr Leena Mariyam Varghese



**28/8/22**

- Pathanamthitta Ophthalmic society in association with Believers Church Medical College conducted a CME NETHRAM '22 on Aug 28
- It was well attended by around 60 delegates
- Time: 8:30 to 4pm
- TCMC credit hrs of 1.5 obtained
- Scientific sessions on Cornea, Cataract, Glaucoma and Oculoplasty followed by PG Quiz
- Youtube link will be uploaded in 1 week















# REPORT OF ALAPPUZHA OPHTHALMIC CLUB

37 th eye donation fortnight was celebrated in Alappuzha district. The inauguration was done on 25 August 2022 in an elaborate way at Arookutty by Thykkaattussery block president presided over by Deputy DMO Dr Anu Varghese.

Eye donation pledge was taken by the Arookutty and Thykkaattussery block members and 47 eye donation forms were handed over to the deputy DMO during the function.

A drawing competition was held for high school students at Arookutty Government school as a part of the function

An essay writing competition was held for high school students of Alappuzha town on topic of eye donation

A rally was held at Arookutty by Asha workers ,Anganwadi workers and health staff.

The inauguration was followed by a mega camp which was conducted by Dr Meera .J.,Dr Moby Jacob of GH, Alappuzha and Dr Surabha of Taluk hospital ,Thuravoor. 396 patients attended the camp .

In connection with Eye Donation Fortnight,an awareness session on eye donation for the public was organized at Govt. TDMC, Alappuzha on 29-08-2022.

Dr. Mallika.O.U, HOD(ophthalmology), Dr.Manoj Venugopal(Addtl. Professor) & Mr. Sunilal (eye donation counsellor) took classes.

AOC along with Alappuzha district IMA under the aegis of KSOS conducted an online awareness session on Eye donation on 1st September 2022. Dr Anil Radhakrishnan consultant( Cornea & Refractive surgery) AIMS, Kochi spoke on the topic Eye Donation- Do's & Dont's. Dr A P Mohammed chairman IMA district presided and Dr P T Zacharia immediate past president IMA, KSB inaugurated the session. Dr Arup Chakraborthy , President KSOS gave key note address. There were around 50 participants.

As part of Onam celebrations various entertainment programmes were organized along with onam sadhya at Dept of Ophthalmology, TDMC Alappuzha.













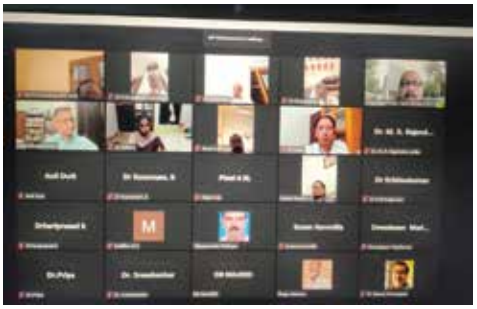











EYE DONATION FORTNIGHT
PLEDGE TO DONATE EYES
GOVT TDMC ALAPPUZHA





# KOTTAYAM OPHTHALMIC SOCIETY QUARTERLY ACTIVITY REPORT

## JUNE 2022 TO AUGUST 2022

83rd Kottayam Ophthalmic Society Meeting was conducted on 24th June 2022. Dr Satish Thomas discussed different clinical scenarios on abnormal head postures. Meeting was attended by 25 members

84th Kottayam ophthalmic society meeting was conducted on 29th July 2022. Dr Thomas Cherian delivered a session on VEGF inhibition in PDR. Meeting was attended by 20 members

85th Kottayam ophthalmic society meeting was conducted on 19th August. Dr Mahesh G delivered an interactive talk on medicolegal aspects of ophthalmic practice and important landmark medicolegal judgements. Meeting was attended by 30 members

**Dr Dhrumil Khirsaria**

Secretary

Kottayam ophthalmic society







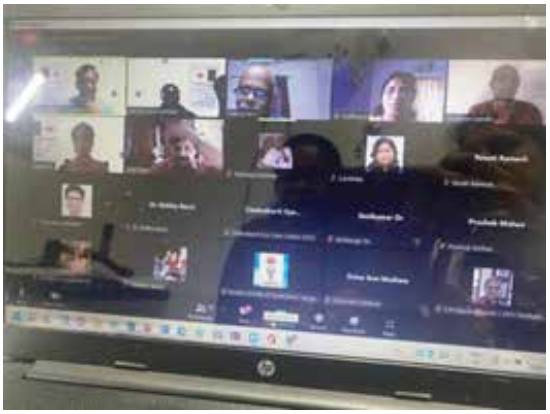
# COCHIN OPHTHALMIC CLUB

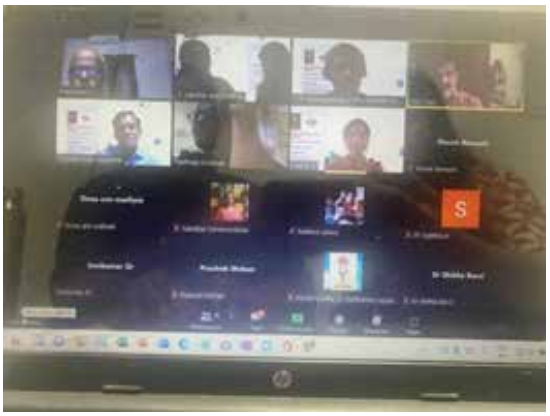
## MONTHLY REPORT OF JUNE, JULY AND AUGUST 2022

### 1. JUNE 2022

COC had successfully conducted the KSOS Scientific Committee CME Series – Module 7 - NEUROOPHTHALMOLOGY SIMPLIFIED. Interesting topics covering almost every aspects of neuro ophthalmology was discussed by the stalwarts in the field including Dr Pradeep Sharma, Dr Rashmin Gandhi,Dr ShikhaBassi, Dr AmbikaSelvakumar,Dr Vijayaraghavan and Dr M V Francis. Many confusing cases were presented and had live interactive discussions on them.



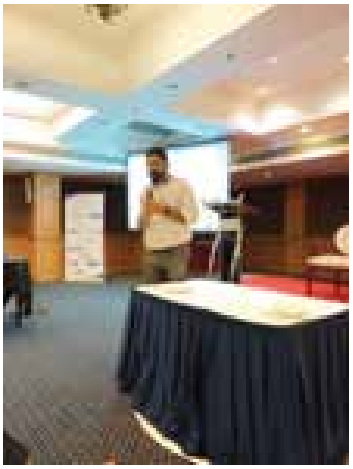





#### 2. COC MONTHLY MEETING

Monthly meeting was held on June 28that Hotel Radisson Blue. We had a different yet exciting discussion on YOGA FOR HEALTH, PEACE AND FLEXIBILITY by our own senior Dr K Narayanankutty was the highlight of the day. Interesting case discussions on confusing cases in neuroophthalmology by Dr Mathew James and talk on Dry eye-Beyond Tear Replacement by Dr Sony George marked the eve.












**3. LAURELS IN AIOC**

Dr Neena R Menon has got PremPrakash award for Best paper in the squint session & she was selected for the Col.Rangachari session.

## MONTHLY REPORT JULY 2022

**1. COC MONTHLY MEETING**






Monthly meeting was held on 25th July . The topic of panel discussion was THE BEST PRACTISES FOR INFECTION PREVENTION IN CATARACT SURGERY. The discussion was lead by Dr Gopal S Pillai, Prof and Head of Ophthalmology, AIMS .Dr Sasikumar and Dr Saikumar S J chaired the session. The expert panel included Dr Thomas Cherian, Dr Sony George,Dr Jacob Mathew ,Dr Mathew Kurian and Dr Sandhya S. The discussion covered all topics from pre operative assessment to intraoperative tips and post operative care to prevent infections and the current treatment protocol for endophthalmitis. The meeting was attended by 88 people and was very informative.





### 2. ANNUAL CME OF LF ANGAMALY

THE Annual CME of LITTLE FLOWER INSTITUTE OF OPHTAHLMOLOGY AND RESEARCH ANGAMALY was held on July 24th. The topic of this year's CME was GLAUCOMA MANAGEMENT IN A NUTSHELL. The CME covered all aspect of glaucoma diagnostics and treatment modalities.

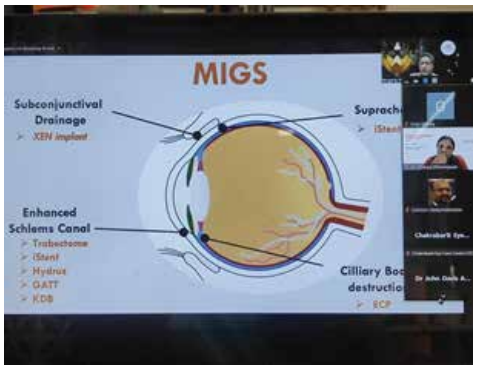















### 3. LOTUS EYE TRENDZ

CME of LOTUS EYE HOSPITAL AND INSTITUTE on 'CURRENT PRACTICE PATTERNS AND FUTURE TRENDS' was conducted on July 31st .
















**Quiz winners 2nd - from AIMS**

Dr Niya Joy and Dr Liza Maria george

Interesting Cases-Winner

Dr Mahak Bhandari from Giridhar eye institute.

Multimodal imaging of a case of basal laminar drusen mimicking idiopathic pigment epithelial detachment.






**4. Dr Akhila Kutumbaka** from AIMS Kochi-Winner PG Free paper session Telangana Annual Conference 2022.

# MONTHLY REPORT - AUGUST 2022

**1. AUGUST OPHTHALMICA**

AUGUST OPHTHALMICA was the highlight of the month conducted on 14-8-2022 with an interesting mix of Ophthalmic & Nonophthalmic topics. Dr V V Jaichandran, Dr Prashanth Bavankule, Dr Sumana Moorthy and Dr Vivek talked on the occasion.

Two deserving students were given Rs 15000 each from our Blindness Endowment Fund. Ms Jolly Raj and Ms Anjana both from Trivandrum received the fund.

Dr Gopinatha Menon Oration by Dr Meena Chakrabarti was very illustrative and practical.she talked on her experiences in the management of decentered and dislocatedIOLs.

The OPL, the first by a district club, had 4 mighty teams with participants across Kerala. Dr Sony George anchored it wonderfully.

The Quiz by Dr Prashob with its bounce and pounce format and buzzer round was also another Science+ Fun combo. The Trivandrum team emerged winners





































**2. COC MONTHLY MEETING**

We had an exiciting array of case discussions from cataract. Cornea, retina. We had an expert panel from AIOS and COC.



COCHIN OPHTHALMIC CLUB

Dr. Sasikumar S.
President - COC

Dr. Thomas Arun Varghese
Secretary - COC

*We cordially invite you for the* **Monthly Meeting & CME**
*on 22nd August 2022 (Monday), 7.30 pm*
*at Hotel Olive Downtown, Kadavanthra, Ernakulam*

PROGRAMME

| Time | Topics | Speaker | Duration |
|---|---|---|---|
| 7.30 pm - 8.00 pm | Welcome Address & COC Meeting | Dr. Sasikumar, President - COC<br>Dr. Thomas Arun Varghese, Secretary - COC | 30 Mins |
| 8.00 pm - 8.10 pm | Treating Inflammation in Dry Eye | Dr. Sony George, Medical Trust Hospital | 10 Mins |
| 8.10 pm - 8.15 pm | Q & A Sessions | | 5 Mins |
| 8.15 pm - 9.30 pm | Case Discussions 3 Mins Case Presentation / 7 Mins Discussion | Anchored by - Dr. Gopal S. Pillai, Amrita Institute | 75 Mins |
| | Expert Panels From AIOS | Dr. Barun K. Nayak, Dr. Harbansh Lal, Dr. Lalit Varma, Dr. Namrata Sharma, Dr. Partha Biswas, Dr. Rajesh Sinha, Dr. Samar K. Basak. | |
| | Expert Panels From COC | Dr. N.S.D. Raju, Dr. Giridhar, Dr. Natasha, Dr. Saikumar S.J, Dr. Thomas Cherian, Dr. Mallika O.U. | |
| | MGD Case | Dr. Anil Radhakrishnan, Amrita Institute | |
| | OSD Case | Dr. Vinay Pillai - Giridhar Eye Institute | |
| | Medical Retina Case | Dr. Rahna - Amrita Institute | |
| | VR Case | Dr. Praveen Murali - Eye Foundation | |
| | Uvea Case | Dr. Rajasree - Little Flower Hospital | |
| | Cataract Case | Dr. Vanasree - Giridhar Eye Institute | |
| | Cataract Case | Dr. Jacob Mathew - Dr. Jacob's Eye Care Hospital | |

*Event Supported by :* Allergan an AbbVie company









**3. Cochin retina interest group meeting**





**4. EYE DONATION FORTNIGHT**

AUGUST 25-SEPT 7observed as eye donation fortnight. COC is planning lot of activities. Hospitals under COC are having public awareness programmes, talk shows and camps.

As part of the inauguration function of Eye Donation Fortnight 2022 - Ernakulam district the staff and counselors of Swarnam Eye Bank, attached to Giridhar Eye Institute, provided an awareness session to students and staffs of General Hospital - Ernakulam on 26/8/2022 . Kochi Mayor Anilkumar and Hibi Eden MP were present in the function.

EYE DONATION AWARENESS SKIT by staff Giridhar eye Institute at oberon mall, Edapally.

Eye donation awareness talk and camp by Kochi eye care centre at Aluva.

The eye donation fortnight programmes are continuing in the 1st week of September which will be reported in the next report.








# REPORT OF ACTIVITIES OF THRISSUR ACADEMIC CLUB OF OPHTHALMOLOGY

## JUNE 2022 TO AUGUST 2022

TACO Midyear Meet was the main academic activity of month of June. Meeting was held on June 19th from 9AM onwards at Casino Hotels, Thrissur. Topic was "Complications during cataract surgery". Guest faculty was Dr.Minu Mathen of Chaithanya hospitals Thiruvananthapuram, a stalwart in Phaco and Refractive surgery. Session started at 9AM with case presentations by TACO faculty members. Dr.Aneeta Jabbar, Dr.Anup Chirayath, Dr.Basin, Dr.Jyothi Anup, Dr.Merine Paul and Dr.Sinumol made related interesting case presentations. Session was chaired by Prof. Dr.K.C. Rajini and Prof.Dr. Andrews Kakkanat.

Inauguration and award ceremony started after tea break at 10.30AM.Dr. Sudha.V (TACO president) welcomed the gathering. Dr. Saikumar S.J, president elect of KSOS inaugurated the session and made an illuminating presidential address. Dr. Babu Krishnakumar, past president of KSOS felicitated the meeting.







Gold medals for toppers in undergraduate university Ophthalmology examination 2021 were awarded to Mr. Aravind (GMC Thrissur), Ms. Krishnitha (Amala Institute of Medical sciences) and Ms VeniKrishna from (Jubilee Mission Medical College and Research institute)

This was followed by much awaited presentation by Dr.Minu Mathen "Learning from my mistakes in cataract surgery". His lucid presentation about various complications during cataract surgery and how to modify and improve surgical techniques was well appreciated by the audience. It was followed by fruitful interactive discussion.

In the afternoon there was a PG session "Correct techniques of SICS". Chief instructor was Dr. Minu Mathen.It was a practical interactive session. SICS surgery performed by a resident was reviewed step by step. Input from residents about each step was sought and needed modifications were explained. The session was well attended, and participants acquired many practical tips to improve their surgical technique.

Academic meet of the month of July was conducted on July29th at Casino hotel from 7.30PM to9 PM. Topic was 360 degree retina in 60 minutes. Speaker was Dr.Gopal.S.Pillai, professor and H.O.D, Amrita Institute of Medical sciences, Kochi. Session was chaired by Dr.Anup Chirayath. Dr.Gopal's presentation covered important retinal conditions and their management based on case scenarios. Session was well appreciated by all who attended. An interactive discussion followed and meeting adjourned for dinner and refreshments.

Hospitals and various institutions in Thrissur enthusiastically celebrated 'Eye donation fortnight' under the aegis of TACO.

IMA Thrissur conducted a seminar as a part of eye donation fortnight celebrations on 26 th August at IMA hall Thrissur. Seminar was lead by Dr.Andrews Kakkanat, HOD Jubilee medical College and patron member of TACO.

Lions club of Thrissur conducted a seminar on eye donation on 30th of August at Lion's hall Thrissur. TACO patron member Dr.Andrews Kaakanat took a class on eye donation. Members took pledge of eye donation and handed over Pledge forms to Dr.Andrews who is also Vice president of Eye bank association of Kerala.

Jubilee Medical College and research institute conducted Eye donation fortnight program in association with TACO, IMA, DMO-NPCB on August 31st.Keynote address was given by Dr.Sathish K (Deputy DME, Program officer NPCB).Eye donation pledge given by Dr.Babu Krishnakumar (past president
































KSOS).Public awareness Seminar was taken by Dr.Reshma Sebastian.

Eye donation campaign video by TACO was uploaded in Youtube on 31st of August .It was designed and uploaded by Dr.Musherifa and Dr.Sheethu of Government medical college Thrissur.

Shanthi Hospital Kodakara and Lions club of Ollur conducted a medical camp on August 31st.Senior member of TACO Dr. Baby Thomas took Eye donation awareness class. The camp was attended by about 88 patients.

# NEWSLETTER FROM KOZHIKODE OPHTHALMIC SOCIETY

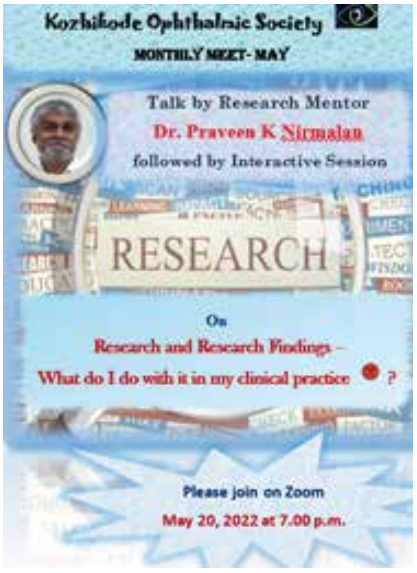
In the month of May we had an online meet on Research and its application in clinical practice. Our speaker Dr. Praveen Nirmalan spoke eloquently on the need for and the ease with which research could be done and published if only each of us took the initial plunge. Towards the end he got each of us to fill a Google form, the data thus obtained being a starting point of study.

We were proud to honour our senior and very active member, Dr.Leila Mohan and our up and coming junior, Dr. Prithvi Chandrakant in the monthly meet for June by listening to their presentations at AIOC. Dr. Leila's vast experience and erudition and Dr. Prithvi's practical yet magical innovations had all of us spellbound. Dr.Prithvi also shared the link to his YouTube video thus enabling and encouraging us to follow in his footsteps.




Dr. Praveen giving the talk










Dr. Leila sharing her experience



Dr. Prithvi inspiring us with his innovations

Dr. Azim Azimuddin, an excellent teacher, was our speaker during July. He enlightened us on the Pachychoroid spectrum disorders despite the late hour in Brunei and made the topic eminently understandable. Following this was a panel discussion involving all the retina consultants of our society and five case presentations by post graduate students on this same subject.

In August we had our Mid-year CME on ROP under the aegis of KSOS along with the Dr. P.B. Menon oration on 21st August, 2022. This CME was unique as we conducted it in association with the Indian Academy of Pediatrics, Kozhikode Chapter and was attended by 120 ophthalmologists and paediatricians.

The neonatologists spoke on how to take care of the neonates during ROP screening and the ophthalmologists about prevention, early detection and proper management of ROP.
















Dr. Subhadra Jalali giving her Oration lecture

Dr. P B Menon Oration award was given to the inimitable Dr Subhadra Jalali, who wowed us with her experience over 25 productive years in the field of ROP.

We then had an exhaustive panel discussion between retina consultants and neonatologists on this subject covering even the medicolegal aspects in ROP.

Another highlight of the CME was the workshop with hands on training in screening and laser treatment for more than 30 ROP participants.









**Celebration of Eye Donation Fortnight**

Apart from activities of individual hospitals during the Eye Donation fortnight, Kozhikode Ophthalmic Society in association with IMA Kozhikode Branch organized an eye donation awareness programme on 1st September 2022 with State President of IMA, Dr.Samuel Koshy addressing the gathering online.

After Dr.Sujith Nayanar's well-presented talk on latest trends in Keratoplasty, there was a lively panel discussion on "Eye Donation-How & When" with Dr. K.V.Raju, Convenor IMA Committee for Blindness Control as moderator. The panelists were Dr.Leila Mohan,Dr.Chandrakanth, Dr. Jyothi, Dr.Suresh Puthalath, Dr.Vijayalakshmi, Dr Sivan & Dr.Seena Gopal.







# OPHTHALMIC SOCIETY OF KANNUR

## REPORT JUNE 2022

The monthly meeting of the Ophthalmic Society of Kannur was held on 21/6/22 at hotel Benale International..President Dr.Simi Manojkumar called the meeting to order and welcomed the gathering. Secretary Dr.Seema KM presented a report on the previous OSK meeting held in May and on the academic achievements of OSK members..Dr.Remya Edachery cleared the FAICO exam of AIOS in Paediatric Ophthalmology. Dr.Sreeni Edakhlon conducted an instruction course on "Perioperative medications in cataract surgery"in the AIOC ,Mumbai 2022..Under his leadership 'Team Blue' won the science quiz in the progam called Science and Fun in Ophthalmology in the AIOC.. This was followed by an academic session. Dr.Gopal S Pillai, Senior Vitreoretinal Consultant, AIMS,Cochin presented a very informative talk on retinal conditions titled 'Retina 360 degree in 60 minutes'. This was followed by a discussion on the queries raised..The meeting was attended by 34 members.Dr.Mohammed presented a memento to Dr.Gopal and Dr.Vasantha presented a memento toDr.Remya.. Following this Secretary Dr.Seema KM proposed the vote of thanks and the meeting was adjourned for dinner.













# REPORT OF KASARAGOD OPHTHALMIC SOCIETY

## JULY-SEPTEMBER 22

Eye donation awareness campaign of IMA Kerala state branch &K SOS was conducted on zoom platform on 13-09-22 jointly hosted by IMA Kasaragod district committee IMA Kasaragod IMA kanhangad IMA Uppala branches and Ophthalmic society Kasaragod. Talk on "UPDATE ON EYE DONATION &CORNEAL TRANSPLANTATION " was given by DR SUJITH NAYANAR Phaco refractive surgeon and KSOS Scientific committee member as a part of eye donation fortnight programmes

It was a well attended programme.The webinar was chaired by IMA KASARAGOD DISTRICT COMMITTEE Chairman DR Sureshbabu P M. Inaugurated by IMA KSB president DR Samuel koshi key note address by DR ARUP CHAKRABARTHI President KSOS Felicitation by DR Gopal S pillai Honarary secretary KSOS, DR Sreeni Edakhlon chairman scientific committee KSOS,DR JAYADEVAN P Chairman IMA Committee for blindness control

Vote of thanks proposed by DR RAKESH Joint secretary OSK

**DR SURESHBABU P M**

Secretary

Ophthalmic society kasaragod

KERALA SOCIETY OF OPHTHALMIC SURGEONS

# 47TH ANNUAL CONFERENCE OF KERALA SOCIETY OF OPHTHALMIC SURGEONS

drishti 2022

25, 26 & 27
NOVEMBER 2022
Calicut Trade Centre
Sarovaram
KOZHIKODE

Log on to
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## Registration charges

| | |
|---|---|
| Reception committee: | 7700 |
| KSOS Member: | 6600 |
| KSOS non-member: | 7400 |
| PG/Fellow: | 5400 |
| Spouse/codelegate: | 5600 |
| Trade delegate: | 6600 |

Detailed scientific programme Follows

# KSOS

## OFFICE BEARERS:

President:
**Dr Arup Chakrabarti**

President Elect:
**Dr S J Saikumar**

Vice President:
**Dr Thomas Cherian**

General secretary:
**Dr Gopal S Pillai**

Treasurer:
**Dr Biju John C**

Chairman Scientific Committee:
**Dr Sreeni Edakhlon**

Log on to **www.ksos.in**
for online registration

## Drishti 2022

Organising Chairman:
**Dr. K S Chandrakanth**

Chief Organising Secretary:
**Dr. Vinodkumar N V**

Organising secretaries:
**Dr. Mohan Babu** (Kannur)
**Dr. Suresh Babu** (Kasargod)

Treasurer
**Dr. Mihir Shah**

LOC Scientific committee Convenor
**Dr. Sujith Nayanar**

| Hotel | Distance from Venue | Tariff |
|---|---|---|
| Taj Gateway | 4.9kms | 7000+ 12% Tax |
| Kadavu Resort | 16kms | 6000+ 12% Tax |
| Raviz Calicut | 4.2kms | 6000+ 12% Tax |
| Hotel Hyson Heritage | 4 Kms | 4000+ 12% Tax |
| Hotel Asma Tower | 4.8kms | 3000+ 12% Tax |
| Manuelson's | | |
| Hotel Malabar Palace | 5.3 Kms | 3000+ 12% Tax |
| Hotel Copper Folio | 7.2kms | 4000+ 12% Tax |
| Marina Residency | 5.1 Kms | 3400+12% Tax |

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