THE KSOS connect

The official newsletter of Kerala Society of Ophthalmic surgeons

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VIJAYAPRAKASAM

Interview with Dr Vijai Prakash Daniel



It was on a Sunday evening that I called up Dr Vijai Prakash Daniel and conveyed the good news that KSOS has entrusted me to interview him for the next newsletter. With great excitement he asked "wow it is a real surprise to me. Do you think that I am that great to be honoured by KSOS? "

Yes- that is Dr Vijai Prakash Daniel - a multifaceted, dedicated surgeon, the man behind Sutharya eye hospital and a simple man at heart still.

Born on 1st Jun 1953 at Chembukkavu,in Thrissur town to Mr CJ Daniel and Mrs.Elizabeth as the 6th of 6 children, his father was a planter and mother a school teacher, who resigned her job to look after children.

"Sir, it is difficult to come from an agriculture family and go on to become a doctor, do you have any particular inspiration behind that?"

"My parents were very strict and unlike these days, there was no way to rebel against their discipline. When I got admission for MBBS at CMC Vellore, my greatest pleasure was that I was escaping from the suffocating environment of my home. "

He had schooling at Holy Family School and Model Boy's high school at Thrissur, Pre degree at St Thomas College, Thrissur, did MBBS and senior residency from the prestigious CMC Vellore, took his DOMS from GSVM medical college, Kanpur and had his training in cataract surgery at GM eye hospital Mettuppalayam. He is married to Anu, who is a homemaker. Alexander, his younger son whom he calls Vinu, was a software engineer for 12 years, but is now settled in Thrissur and running his own car detailing business. His elder son, Daniel had passed away in an accident in 2004. At present, Dr Vijai Prakash is staying at Paravattani, Thrissur.

Interviewed by: Dr Bastin V A

To watch the interview click the link:
https://youtu.be/5PX5s3ne6Rc

Continued on page 4...

FROM THE PRESIDENT'S DESK



Dear KSOS members

As the dust settles down on AIOC 2023, I take this opportunity to thank all the members of the KSOS for their wholehearted support and cooperation in making this National Conference a grand success. Although a few of us were in the forefront, it is a success of our collective effort, not the success of any individual.

The routine KSOS activities are going on in full swing and almost every Sunday there is a CME program happening at some part of Kerala, with some Sundays having more than one. I am trying to physically attend as many programs as possible.

The website revamp is almost complete and the member registrations and abstract submissions are going on smoothly. There were some hitches during the transition period for which I owe an apology to all the members, aspiring members, and PG students. Thanks to our General Secretary Dr Gopal and website Editor Dr Rohan for their unstinting efforts.

The Scientific submissions have almost been completed and the Scientific Committee led by Dr Sreeni is leaving no stone unturned to make a great Scientific feast for Drishti 2023 at Trichur. The LOC at Trichur is led by very experienced leaders and I am sure we are going to have a great conference at Trichur.

The finances of our Society are in the safe hands of Dr Biju John who has streamlined the accounts to perfection. The Journal is also doing very well under the leadership of Dr Smita.

As I am entering the last four months of my tenure as President, I have quite a few unfinished tasks which I will be concentrating on in the coming months. With your help and cooperation, I am sure we can achieve all our goals.

Jai KSOS, Jai Hind

Dr SJ Saikumar

GENERAL SECRETARY S MESSAGE



Dear friends

As you all know, KSOS has successfully done the All India Ophthalmic Society conference. There were praises from every corner. It was a stupendous team effort with an all Kerala team. The scientific program spanning in more than 25 halls, lavish food and other arrangements were lauded by all.

KSOS this quarter has done 11 CMEs and more than 20 online programs. Each district Ophthalmic club is trying to do their best to get to the best club trophy.

World glucoma week was celebrated all across the state with CMEs, free glaucoma screening across kerala and public awareness programs.

Next in line is the eye donation fortnight for which we are preparing a massive plan.

In the pipeline are family tour program as well as leadership development program.

Administrative and financial audits were also completed for the term.

Drishti preparations are underway. Registration is online and flawless. Instruction courses and free paper submission is through the online portal and is relatively simple to use. Hyatt in Thrissur is gearing up for the drishti and the local organising committee is in full swing.

KSOS Website is undergoing massive revision and we have employed Numerotech which is taking care of AIOS and VRSI sites.

Overall activities are in full swing and hope that this year too we will win the best state society award.

Jai KSOS

Gopal S Pillai

TREASURER'S MESSAGE



Dear Friends,

The Internal Audit Committee met on 23rd April 2023 at KSOS Office, IMA House, Kochi. The KSOS accounts from 01-04-2022 to 31-03-2023 and Drishti 2022 accounts were audited by the auditors , Dr. N.Radhakrishnan ,Dr. P. I Mohan and Dr. Jain Chimmen.

Other personnel present were Dr. Biju John (Treasurer), Dr. Gopal S Pillai (Secretary), Dr. Vinod Kumar (Org.Sec. DRISHTI 22, Kozhikode), and Mr. Dheeraj Tewari (Office Assistant).

The Committee found all accounts to be in order and in their report submitted to the secretary , made several suggestions about increasing the revenues from Drishti , KJO and few cost cutting measures.These suggestions were discussed in the subsequent executive committee meeting on 4/6/2023. For the Drishti accounts few transactions are pending and it was decided to give a few weeks time for that.

Subsequent to the Internal Audit the accounts have been submitted for External Audit , which is being completed now. The audited financial statement is expected in a few weeks time.

GST and TDS filings are on track. We have had a few problems due to our vendors not uploading their invoices correctly in the GST site and steps are taken to avoid any loss due to that.

Jai KSOS

Dr Biju John C

SCIENTIFIC COMMITTEE CHAIRMAN'S MESSAGE



Dear friends and respected seniors,

The Scientific Committee has been diligently preparing for Drishti 2023, the 50th Annual Conference of Kerala Society of Ophthalmic Surgeons, to be held on 24th, 25th and 26th of November 2023 at Thrissur. We received 81 Instruction Course Submissions and selected 56 from them. Unlike Drishti 2022 where we had 7 Scientific Halls, this year we will be having 6 Halls only. We also received 231 Free Paper/ Poster Submissions and 20 Video Submissions for Drishti 2023.

The Scientific Committee is also actively continuing the online education programs

1.July 14th - Innovations in Surgical Techniques - Session 2 - Newer Techniques in Strabismus Surgery by Dr Pradeep Sharma

2.July 16th - Retina in a Capsule- KSOS Scientific Committee CME Series Module 16 - Organised by COC

3. July 23rd - Neurophilia Ophthalmica - KSOS Scientific Committee CME Series Module 17 - Organised by TACO

Thanking You

Jai KSOS

Dr Sreeni Edakhlon

KJO EDITORS' MESSAGE



Dear friends,

The Editorial and Publication activities of the KJO are proceeding in a streamlined fashion. An updated list of members with their present addresses and the details of the new members of KSOS have been added to the mailing list which has been provided to our publisher. I hope that the delivery issues have been sorted out to a great extent.

A survey on "IOL Opacification" was conducted using the Google Form, and an Editorial Perspective in this regard by our President is in the offing for the next issue.

We are receiving a good number of articles. Requesting all of you to support the KJO activities earnestly.

Warm regards,

Dr. Smita Narayanan

WEBSITE EDITOR'S MESSAGE



Dear members,

In the last report, I have mentioned about the change in the website vendor. There was bit of a delay in starting the member registration portal since we have to upgrade the payment gateway. Now both the member registration and Drishti registration is going on well. IC submission has been completed and free paper and poster submission is going on well . Thanks to all the KSOS members for the support and cooperation given once again during the second change of the vendor in two years.

Jai KSOS

Dr. Rohan.A

continued from page 1...



"What was the motive behind/ reason for taking ophthalmology?"

"During my school days, Dr Modi used to conduct free eye camps in my school. When I was in the 7, 8 and 9th standard, I happened to be a volunteer every year in those camps. My desire to become an ophthalmologist budded from that day."

How did you happen to arrive at Mettuppalayam?

"Dr Philip Kuruvila, 4 years senior to me at CMC Vellore was an excellent surgeon. When I was seeking an opportunity for training in surgery, he was the then director of GM eye hospital, Mettupplayam. So I decided to go and work under him. GM eye hospital was run by a lady ophthalmologist, Dr Mrs Samuel, and a group of people supporting her from Coonoor. She was a Malayalee and was running a successful clinic at Coonoor, but every Saturday she came down to Mettuppalayam and ran a free clinic. The officers of OEU (Operation Eyesight Universal), Canada came to know about this and told her that they will finance the hospital completely if she could start one in Mettuppalayam. Mrs Samuel formed a committee with her friends and OEU supplied the entire money to them for starting the hospital."

Were there friends from Kerala during that time?

"Yes. Dr C K Mathew, currently a high volume phaco surgeon working at Cherthala and Dr K P Mathew currently Medical superintendent at St Thomas hospital, Kattanam were there at the same time and the friendship formed at that time has endured over the decades till today. Every National conference and Tamil Nadu state conference, we have attended together; also vacations together in many distant places."



Were you dong ECCE/SICS?

"While I was there, there was only ICCE and ECCE. IOL was also done, SICS had not been introduced at that time. Few years later when I came out from Mettuppalayam, SICS came into vogue, and wanting to learn this, a group of ophthalmologists from Thrissur, Dr K C Mathai, Dr Krishnan Nambissan, Dr P V Thomas and myself went to Coimbatore. Four of us went to Aravind eye hospital and Dr R D Ravindran who was in charge at that time graciously permitted us into their operating room. It was then we saw for the first time how SICS was performed. That was the beginning of our SICS training. Slowly step by step all of us converted into SICS. By the time we mastered SICS, already the next revolution, phaco had started. People started doing Phaco in Kerala. So learning Phaco became imperative."

Where did you learn Phaco?

"Myself and Dr Thomas took training in Phaco at Arasan eye hospital, Erode. I was around 55 years of age when I went for Phaco training and all the trainers were younger than me. So the trainers were calling me Sir, instead of me calling them the same. That was an embarrassing situation."

"Sir, you were one of the few surgeons who had the courage to establish an eye hospital in private sector, that too single handily, and in 1999 you started your own set up as Sutharya eye hospital at Shornur with all facilities including surgeries. What made you take this bold step?"

"I was working in a general hospital and was operating in a general surgery OT. I didn't get the chance to operate in a clean environment as the general surgeons were not ready to wait for







me to finish my clean cases first. So I was forced to do my cases after the general surgery cases. Most of them were infected ones. One day two of my patients got infection in the operated eye. That day I decided that I will not operate in a general surgery OT. That led to the birth of Sutharya eye hospital. "

Along with busy schedules as an eye surgeon he was also very active in associations like IMA and TACO. In 2004, he was President of IMA Valluvanad branch and in the same year president of TACO also. In 2021, TACO honoured him with life time achievement award.

"You got the KSOS president's best ophthalmic club award in 2004. How do you remember those days?"

"The president's best ophthalmic club award was won not by me but by TACO. Dr Krishnankutty, Dr Mary Kuriakose, Dr Alex, Dr K C Mathai, Dr Krishnan Nambissan, Dr P V Thomas, Dr Charles Scariah and Dr Radha Ramanan were some of the senior TACO members who were very actively involved. "

"You are also the man behind 'TACOPSIA' "

"Those times there was no whats app or Face book. Every month, we used to type invitation for monthly meeting and send it by post to the members. I thought anyway we are taking the pain to send a letter to the members and spending money for that, why don't we include academic matter also along with that. It was from that thought that the newsletter TACOPSIA was born. The meeting intimation letter was changed to newsletter. Initially it was a black and white typed single leaf letter. Carefully nurtured by my successors, in 19 years she has grown to a multi-colour glossy booklet with lot of photos and articles."

"If you were not a doctor, what profession you would have chosen?"

"A planter" the reply came immediately.

"My father was one among the first few in India who were cultivating pineapple in more than 100 acres. He was very successful in his field. I could not come anywhere near that standard"

Dr Vijai Prakash Daniel had his father's sense of agriculture in his blood. He was successfully running silk worm horticulture at Chikkaballapur, 60 KM north to Bangalore and he also had Mango estate in Periyakulam in Tamil Nadu. But he had to sacrifice all these to concentrate more in ophthalmology.

"Looking back towards your long career, do you feel anything you could have done better?"

"Yes. I should have bought a better Phaco machine initially itself! That would have changed my career. In the present world, the success of your work depends half on your skills and half on the quality of your machines. You cannot become a good surgeon without good instrumentation in today's world of technical advancement. "

"Your advice to the budding ophthalmologists?"

What you learn from the medical college is only a quarter of what you need. The rest comes from the hands on training and experience you receive afterwards and the day you stop updating, you start slipping backwards.

"Sir, you were actively working at Sutharya eye hospital and at Wadakkanchery. Now restricted to Wadakkanchery only?"

"Yes. At Sutharya, I was assisted by two brilliant colleagues. Dr Prasanth and Dr Preethy Prasanth. They were efficient and dedicated. As I neared my 60th birthday, I transferred my entire work at Shornur to them and restricted myself to Wadakkanchery clinic, where I have my own set up including Operation Theatre."

So that is Dr Vijai Prakash Daniel - We have lot of things to learn from him- as an inspiring ophthalmologist, a man who loves nature and agriculture and after all a good friend. I thank KSOS for giving me this opportunity.



Summary of ECM Minutes held on 4th of June at Hotel Woodies Bleisure Kozhikode

President Dr Saikumar welcomed everyone for the hybrid meeting with zoom link

He welcomed two new members to the executive committee.

He thanked the services provided by Dr. Radha Ramanan and Dr Thomas Cherian, members of executive committee who were serving as members of the managing committee of AIOS and now they are being replaced by Dr. Sreeni Edakhlon and Dr. Gopal S Pillai.

1.A deal was finalized for INR 3.4 lakhs in the first year, with a 10% to 15% increase each subsequent year with Mr Sai Krishna of Numerotec for website.

2. Dr Jain Chimmen joined the internal financial audit committee with Dr. Radhakrishnan and Dr. PI Mohan.

3.Dr. Sasikumar, Dr. Sahasranamam, and Dr. Raju Sukumaran will continue serving in the administrative audit committee.

4. Added 95 new members.

5.Decided to Evaluate the usefulness and cost-effectiveness of paying the vendor an average of 5.66 lakhs per year (40,000 per month) for digital marketing services in addition to the website, YouTube, Facebook Live streaming, and bulk mails.

6. KSOS Central Committee should discuss ways to minimize unnecessary expenditure and offer financial assistance to the organizers.

7.Audited financial statement will be presented in the next EC.

8.The instruction course submission deadline was extended by a month due to website issues and the ongoing AIOC 2023. A total of 81 submissions were received, with the highest number in the miscellaneous group (18), followed by cataract (12), retinal (9), glaucoma (13), pediatric ophthalmology (12), and others. The available time for instruction courses is now 68 hours, and at least 8 hours should be allocated for comprehensive topics and accommodating senior presenters. Therefore, only 56 submissions can be accepted. Physical posters will be included in the conference, as it has become a practice and allows for presenting and winning awards. The Scientific Committee will continue the CME series and evening programs, focusing on innovations in Ophthalmology and the heroes of Indian ophthalmology.

9. There will be no lunch break this year since the number of halls are reduced.

10. The membership module is also completed, and they are working on integrating the payment gateway for membership and delegate registration fees.

11.Dr Smitha reported on the journal, stating that the January-April 2023 issue is out, and she has submitted the Table of Contents for the May-September issue.

12.The Administrative Audit Committee submitted their report, highlighting some issues such as unsigned minutes of meetings and the need for proper documentation. They also suggested informing KSOS members about ECM decisions. The next administrative audit is due in June, and all MOUs with vision-enhancing centers will be verified during that audit.

13. The registration fee for Drishti 2023would remain the same as last year, with additional GST.

14. Dr Gopal expressed the need to increase the budget for the Scientific Committee Chairman, as the current allocation of 50,000 rupees is insufficient. President suggested 2.5 lakhs as an EC recommendation for the scientific committee chairman.

15.The family meet was discussed, with a proposed date on September 16 and 17. The venue and activities, including an arts and sports festival, were under consideration.

16. Resolution by President-elect Dr. Thomas Cherian:

He suggested that the society honor its senior members at the annual conference, Drishti, by presenting them with lifetime achievement awards. Dr. Cherian proposed naming two of the awards after deceased senior members to enhance their respectability and increase the society's funds. He further suggested involving ophthalmic clubs, colleagues, or families of the deceased ophthalmologists to financially support these awards. The committee members agreed to the concept of a lifetime achievement award and decided to form a committee to gather opinions before the executive committee makes a final decision.

17. The meeting also discussed the successful continuation of the Leadership Development Program (LDP) from the previous year. It was suggested to continue the program in October, and the specific dates would be finalized soon.

18. VEC was modified by Substituting Dr Sasikumar with Dr Radha Ramanan as secretary.

Additionally, during the meeting, Dr. Sanjana, representing Pathanamthitta, was introduced as a new member of the executive committee, and everyone welcomed her.

THE REPORT OF ACTIVITIES OF TRIVANDRUM OPHTHALMIC CLUB

April 2023 to June 2023

The TOC Gold Medal Exam for PGs was conducted as a 2 stage process on 15th April. The Gold medal was awarded to Dr. Sahala VS and the Runner up was Jointly shared by Drs. Reshmitha CS and Devika MS. These awards were given out during our annual CME , Refections 2023 – Cutting edge focus in Ophthalmology, conducted at the Hotel Ressidency Towers on 23rd April. This program was well attended and well appreciated. This year's recipient for the Dr. KGR Nair memorial Oration Award was none other than Dr. Virendra Sangwan. He elaborated on End stage corneal disease – the current management during his enlightening oration.

The CME was a set of panel discussions ably led by our TOC members with panel from all over Kerala. The discussions were led by Dr. Smtha Narayanan (Glaucoma), Dr. Swapna Nair (Cornea) , Dr. Minu Mathen (Cataract) and Dr. Manoj S (Retina).

This year's Lifetime achievement awards were given to our senior accomplished members Dr. Molly Abraham and Dr. Phillip Kuruvilla.

(In May we decided to skip TOC activities as a lot of our members were busy with The AIOC hosted by KSOS.)

We had a meet on 30th June at The Hotel Appollo Dimora about advances in IOL. The faculty were Dr. Sony George from Cochin and our own Drs. Swapna Nair and Ashish kuruvilla. This was also a well appreciated session.





REPORT OF KOLLAM OPHTHALMIC ASSOCIATION April– June 2023

05 April 2023

Amardeep eye care conducted an eye camp at KIA showroom Thazhuthala. Around 50 patients were screened and given appropriate treatment. Dr Mary Kunju and Nisha S Pillai lead the camp.

District hospital kollam conducted several eye camps during this month.





04 April 2023

District Hospital Kollam conducted free eye care check-up in Vinayaka special school, Kulakkada. Dr Ciny Santhosh lead the camp. Around 30 children were screened and given spectacles.







25 April 2023

Conducted another eye camp in association with blue star arts and sports club, Marthandapuram, around 120 patients attended the camp. An awareness class were given by Dr Ciny.

03 May 2023

Another camp was conducted by DH Kollam at NSS Karayogam Vilangara, Kulakkada. Around 75 patients attended the camp.

Patients were selected for cataract surgery and surgeries done for 5 patients.

16 May 2023

DH Kollam conducted another eye camp in association with Velicham charitable trust at velinalloor. Around 100 patients attended the camp.





28 May 2023

At Thrikkadavoor in association with Muruthal Surabhi Nagar residents' association DH Kollam conducted another eye camp. Around 130 patients attended the camp and 7 patients were selected for cataract surgery.



AIOC 2023 Kochi - participation of KOA members. Many of our members actively participated in AIOC at Kochi, Lulu Bolgatty convention centre. Dr Rajiv Sukumaran was the local scientific committee chairperson of AIOC. Dr Smita Narayanan got IJO honor awarded for best peer review for 2022. Dr Anish Madhavan, Dr Rakhi D'cruz, Dr Divya Kishan, Dr Rajiv Sukumaran and Dr Smita Narayanan participated in scientific sessions. Dr Mini Jayachandran, our president, was the cultural event co-ordinator and madam also participated in fashion show and medley. Dr Rakhi D'cruz also participated in cultural events. Dr Jubairia displayed her art work.















Jayaprasad B, Dr Uma Mohandas and Dr Mini Jayachandran. A cake cutting was there. 40 members attended the meeting. It was sponsored by Cipla.

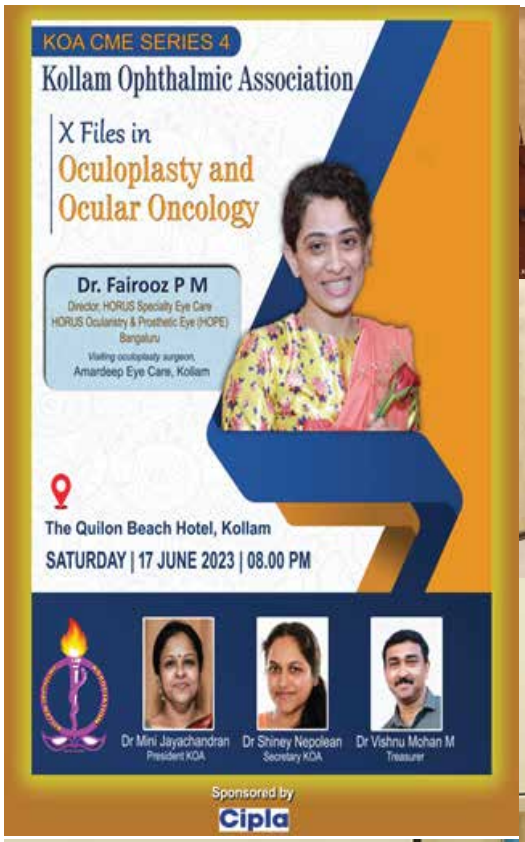
Executive committee meetings

We conducted 3 executive committee meetings on 05 June 2023, 09 June 2023 & 16 June 2023 related to our young ophthalmology CME Yolk insight. Planned to conduct the CME on 30th July 2023 at hotel Leela Raviz. Dr Divya Kishan & Dr Rakhi D'Cruz were elected as Organising chairman secretary respectively.

17 June 2023

KOA conducted CME series 4 along with our general body "Topic was x-files in oculoplasty and ocular oncology. Speaker was Dr Fairooz P M Director, Hurus Specialty Eye care, Hurus ocularistry & prosthetic eye, Bengaluru, visiting oculoplasty surgeon Amardeep Eye care. Venue was at Quilon beach hotel, Madam presented different types of cases with different clinical presentations.

We had a good clinical discussion along the talk with full audience participation. A memento was presented to Dr Fairooz by Dr Smita Narayanan. Secretary presented the minutes and treasurer presented treasurer's report. We celebrated birthdays of Dr













17 June 2023

DH Kollam conducted an eye camp in association with Kerala Police officers' association at Chathannoor police station compound. Dr Indu Mohan lead the camp Around 75 police men attended the camp.







MEMBERSHIP DRIVE - 9 New members joined KOA

Dr Lekshmisree | Dr Megha Sugunan | Dr Haleema | Dr Anjana Nair | Dr Sehdiya | Dr Rajitha | Dr Yasmin Ali | Dr Manjusha | Dr Aswani.

OPHTHALMIC SOCIETY OF PATHANAMTHITTA REPORT

April– June 2023

PATHANAMTHITTA OPHTHALMIC SOCIETY

Meeting – 13/5/23

- Meeting held during AIOS
- At Zivira stall
- 11:30 - 12
- Attended by 10
- Decided that Dr Sanjana will take over from Dr Rachel Joseph as ksos representative from Pathanamthitta
- Discussed about total number of membership fees obtained
- Announced by President & office bearers that Officially, our society name has been changed to & registered as Ophthalmic Society of Pathanamthitta as per Govt rules.





Short CME- 23/6/23

Time:7-9:15pm

Venue: Hotel Elite

Attended : 35

Organized by: Amita Eye Care under aegis of Ophthalmic Society of Pathanamthitta

Welcome note - Dr Rachel Jose (President)

Topics

1. Principles of Medical Mangt of POAG presented by Dr Gopisree, Glaucoma consultant, Amita Eye Care
2. Cataract surgery in Challenging cases* - video presentation by Dr Verghese Joseph, Director & Head, Amita Eye Care

- The talks ended with a wonderful discussion highlighting important points for all PGs
- OSP Report presented by *Dr Leena & Dr Sumi*



- We had our society General Body meeting
- Nethram"23 brochure and details about different sessions, speakers and their topics were projected
- Newly designed OSP letter head was shown to all members
- Few letter heads were given to diff hospitals to start fund collection for our Annual CME
- Dr Rachel introduced & extended our warm regards to our guest for the meeting, Dr Jennifer, a well known Ophthalmologist and wonderful surgeon from North India
- Vote of thanks - Dr Sumi Lukose







KOTTAYAM OPHTHALMIC SOCIETY ACTIVITY REPORT April 2023 To July 2023

> 90th KOS general body and academic meeting was held on 21st april 2023. 20 members attended meeting. Dr Shilpa Kodkany, director of Kodkany's Superspeciality Eye Hospital shared her experience on vivity and clareon iol. Dr Sobha Sara Mathew from Bishop Benziger Hospital shared her journey on phacoemulsification.

> 91st KOS General body And Academic Meeting was held on 26th May, 2023. 25 members attended meeting. DR Aswin Padmanabhan, Interventional Radiologist, delivered keynote address on Role of Interventional Radiology in Ophthalmology. various case scenarios were presented by Consultants from Radiology department and Ophthalmology residents.

"OCULI 2023" Flagship Annual CME of dept of Ophthalmology, GMC kottayam and Kottayam Ophthalmic Society was held on 2nd July 2023 at Joyees Residency, Kottayam.

This year Area of focus was on Phacoemulsification basics to Advanced with wetlab.

Dr Shankar,Principal of Govt Medical college Inaugurated the CME. Dr Vijayamma, President KOS and HOD, dept of Ophthalmology delivered welcome address. Inaugural ceremony Felicitation was delivered by Dr S J Saikumar, President KSOS and Dr Dhrumil Khirsariya, Secretary KOS. Organizing secretary Dr Natasha gave vote of thanks.

In first session, basics of photodynamic and video based step by step approach to phacoemulsification was given by KOS faculties Dr Lakshmi, Dr Vijayamma, Dr Nishi, Dr Alex, Dr Gargi and Dr Saritha.

In Second session, Dr Arup Chakrabarti and Dr S J Saikumar gave detailed presentation in Biometry, IOL power calculation and Tips for Good emulsification with special focus on Post graduates, fellows and young surgeons. They shared their experience in tackling different complicated case scenarios in phacoemulsification.

Wet lab sessions were arranged whole day at venue.

Around 90 members attended the CME.








OCULI 2023
OCULI 2023
PHACO: BASICS TO ADVANCED
AND WET LAB SESSION
OCULI
OCULI 2023
OCULI 2023
OCULI 2023

REPORT OF ALAPPUZHA OPHTHALMIC CLUB

A CME programme was held on June 16 th at Hotel Royal Park , Alappuzha. Dr.Sony George, Regional Head - Clinical Services of Dr.Agarwal's Eye Hospitals spoke on 2 topics - Achieving a Quiet Eye after cataract surgery was one. He also spoke on Emerging trends in Dry Eye management. The session was attended by around 25 delegates and was very interactive and useful.

Doctors Day was celebrated at Dept. of Ophthalmology. Dr.Mallika.O.U, HOD addressed the gathering which was enlighten to all especially the new batch of interns who started their professional work of house surgeoncy on that day. Many of our club members were congratulated at there work places and by various clubs at their residential areas in connection with Doctors day





REPORT OF COCHIN OPHTHALMIC CLUB March – June 2023

MONTHLY REPORT MARCH 2023

1. GLAUCOMA WEEK ACTIVITIES

Glaucoma week was observed from March 12-18 th with various activities from around 26 hospitals around Ernakulam with screening camps, awareness programmes, skits, flashmobs, quiz programmes etc.



GLAUCOMA WALK AT KALOOR JLN STADIUM on March 12th.

Walk was inaugurated by Dr Sreenivasa Kammath, the president of IMA and lead by Dr S J Saikumar , the president of KSOS who stressed the need for regular check-ups. Awareness pamphlets caps, T shirts were distributed to the public. A QR code with details on glaucoma were distributed along with the pamphlets. Quiz programme regarding glaucoma was also conducted.

Glaucoma week activities by various hospitals



GH ERNAKULAM



COCHIN MEDICAL COLLEGE, KALAMASSERY



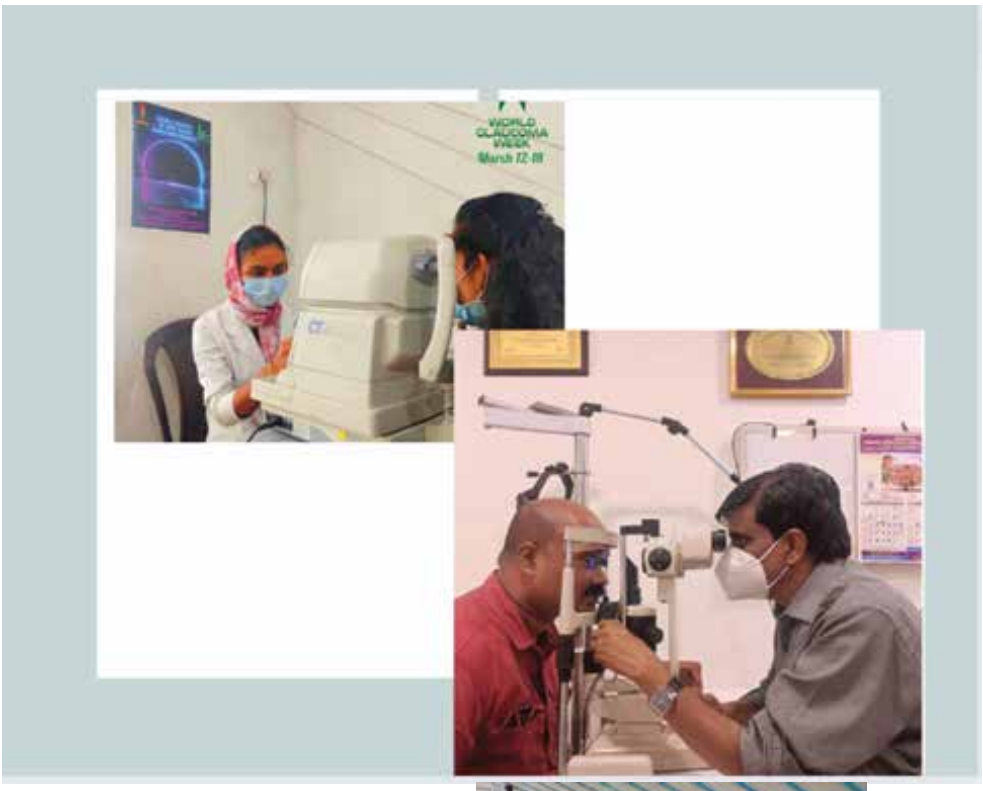
DR TONY'S EYE HOSPITAL , ALUVA



LITTLE FLOWER HOSPITAL ANGAMALY



GIRIDHAR EYE INSTITUTE KADAVANTHARA, EDAPALLY, MATTANCHERRY



DR NSD RAJU'S EYE HOSPITAL



DR ROSHANS EYE HOSPITAL TRIPUNITHURA



TALUK HOSPITAL, N PARAVUR



AHALIA EYE HOSPITAL, PALARIVATTOM

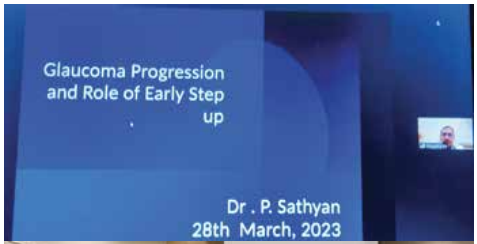


LOTUS EYE HOSPITAL, KADAVANTHARA

2. COC MONTHLY MEETING



Monthly meeting was held on 28 th march. The meeting was well attended by around 50 members. Talk on Glaucoma progression- Early Step up by Dr Satyan P was the highlight of the day. Exciting case discussions followed.









Talk on Kairali T V by Dr SJ Saikumar regarding GLAUCOMA

3.WORLD GLAUCOMA WEEK PHOTO CONTEST







4.IMA SPORTS CHAMPION- Dr Thomas Arun Varghese



IMA Sports: 100m & 200-Gold, Chess-Silver, 4 x 100m Relay- Gold

MONTHLY REPORT - APRIL 2023

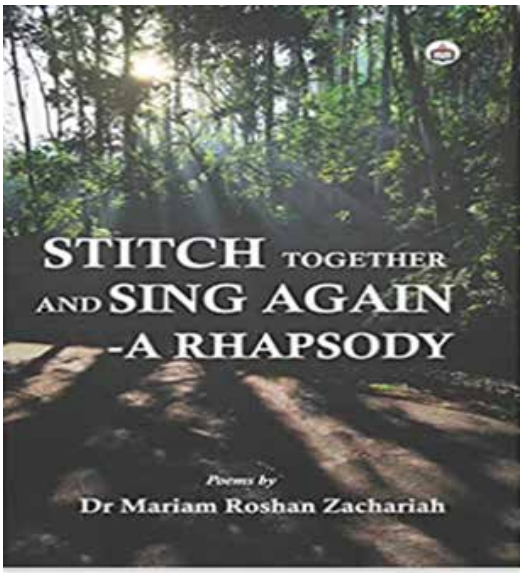
1.COC MONTHLY MEETING

Monthly meeting was conducted on April 24 th at IMA House. Talk on a very relevant topic of the present day by Dr Thomas Cherian – DME: reducing treatment burden and improving patient outcomes was well attended by over 50 members. We had active discussions on the current trends in treatment of DME.

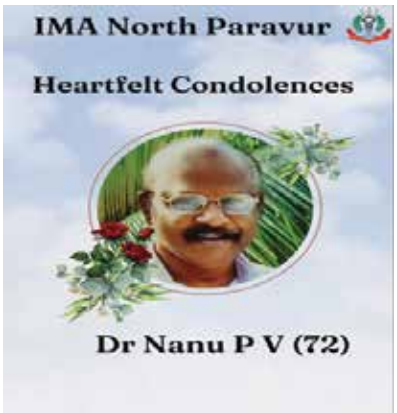








Congratulations Dr Roshan George for having compiled this book full of amazing poems.



Paying homage to wonderful man and a devoted doctor.

MONTHLY REPORT MAY 2023

1. COC in AIOC

AIOC being in Kochi, members of COC had great opportunities and responsibilities in the conduction of the conduction of the programme.

2. Laurels in AIOC

Dr Divya Balakrishnan and Dr John Davis Akkara in video session posterior segment.

Best physical poster award (lacrimal)- Dr John Davis Akkara.

Best paper in vitreo retina 2- Dr Jiz Mary Santhosh.

Hyde Park Session 3 - Dr Anna Elias.

ARC PG Quiz consolation prize- Dr Aparna S.



Dr N S D Raju received the Life Time Achievement Award.

MONTHLY REPORT JUNE 2023.

1. Monthly meeting.

Monthly meeting of COC was clubbed with AIOC LOC valediction function on 20 June. The scientific session was regarding Advances in monofocal IOLs and Presbyopia correcting IOLs. Emminent speakers included Dr S J Saikumar, Dr Mathew Kurien and Dr Sony George.The meeting was attended by 70 members. There was lively discussions regarding the practical use of advanced monfocal and multifocal IOLs.













REPORT OF IDUKKI MALANADU OPHTHALMIC CLUB April 2023 To June 2023

Monthly CME meetings

CME meeting of IMOC was conducted on 19th April 2023. Dr Mathew Kurian from Chaithanya eye hospital and Research Institute PALARIVATTOM discussed about Cataract surgery related dry eye and Nucleus management in Cataract surgery.







On the CME on June 28th, Dr Ligi Menon Asst Professor from MOSC medical college Kolenchery discussed in detail about Management of Diabetic macular edema and role of AntiVEGFs. Both the CME sessions were very informative and well attended.

"Malanadu Academix-2023"

CME on Operation theatre asepsis and sterile precautions under the aegis of KSOS is planned to be conducted on September 24th 202





TACO REPORT April – June 2023

APRIL 2023

TACO monthly meet was conducted at hotelAasokha inn Trichur 26t april 2023 with faboulous topic presentation and video narration by Dr.Sinumol .s.(associate professor department of ophthalmology GMC Trichur) on " Scleral fixation of IOL revisited". Also followed by case presentations from PG residents Dr.Brinda (jubilee medical college) and Dr.Elizbeth (Amala medical college).meeting also had logo and brochure presentation of KSOS 50th Drishti conference to be conducted at Thrissur on 24-26 November by senior ophthalmologist Dr.Alex Joseph.

May 2023

TACO monthly academic programme was conducted at casino hotels trichur on May 27th on topic "TARGET ANGLE AND DECISION MAKING IN INTERMITTENT EXOTROPIA" (NOW YOU SEE IT, NOW YOU DON'T) by Dr. Lakshmi C (Consultant Pediatric Ophthalmologist & Associate Professor Malabar Medical College).



CAMPS HELD IN MAY 2023

HOSPITAL	PLACE & DATE	NO:OF PATIENTS	CATARACT SURGERY	GLASSES PRESCRIBED
JUBILEE MEDICAL COLLEGE	NADATHARA 9TH & 23RD MAY	86	5	17
I VISION	7TH MAY	74	8	20
I VISION	14TH MAY	119	12	38
I VISION	21ST MAY	79	9	15
I VISION	28TH MAY	107	13	33



















JUNE 2023

TACO monthly academic programme was conducted at joys palace hotels trichur on June 30th on topic VIREO REINAL SURGERIES-"FROM SHADOWS TO LIGHT" by Dr.Gana Ajoy (Consultant VR Surgeon- Rani menon's eye centre Trichur).

EYE CAMPS CONDUCTED IN JUNE 2023

HOSPITAL	PLACE & DATE	NO:OF PATIENTS	CATARACT SURGERY	GLASSES PRESCRIBED
JMMC	PALLIPURAM 4TH JUNE	117	05	15
JMMC	PARAVATANI 11TH JUNE	184	07	20
JMMC	NADATHARA 20TH JUNE	177	03	25
I VISION	ANTHIKKAD 4TH JUNE	159	13	15
I VISION	KARUVANKUNDU	102	12	16
I VISION	MANKUTTYPADAM	100	19	17













REPORT OF PALAKKAD SOCIETY OF OPHTHALMIC SURGEONS

General body meeting cum CME of PSOS was conducted on 03/05/2023 at Hotel Fort Palace at 7.30 pm. Speakers Dr Mahesh Bharati & Dr Mohammad Shahabaz covered the topics Glaucoma & Phaco.

REPORT OF KOS APRIL- JUNE 2023

Just ahead of AIOC, we had our monthly meet at Apollo Dimora when Dr Rakhi D' Cruz gave us a timely and very useful talk on "Art of Delivering Impactful Presentations"

MONTHLY MEET







With AIOC in May and the expected monsoon in June it was relatively quiet time at KOS the last three months. Many of our members had presentations at AIOC 2023 including with cultural. Notable among these were Dr Anjana winning first price in YORCC conducted by YOSI

AIOC 2023 KOCHI









Dr Anjana – 1st prize in YORCC (Young Ophthalmologists Retina Case Conference) conducted by YOSI (Young Ophthalmologists Society of India)

In June Comtrust Eye Hospital conducted their annual CME on an update on retina/uvea RET-SET GO at woodies Bleisure Hotel under the aegis of KOS. The meeting was very well attended and extremely useful to both practising ophthalmologists and those in training.

COMTRUST ANNUAL CME – RET SET GO



In June two of our members Dr Leila Mohan and Dr Bindu Ajith did our society proud by presenting papers at international meets



Dr Leila mohan @ European Stabismological association-Zagreb Croatia



Dr Bindu Ajith @ World Glaucoma Congress 2023 -Italy, rome

REPORT OF OPHTHALMIC SOCIETY OF KANNUR

April 2023

The meeting for the month ofApril was held on 11/04/2023 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 and regarding the various activities we had in association with the World Glaucoma Week and on the Neroophthal CME we had organised along with Pariyaram Medical College .

We had an interesting session by Dr.Shyjus who is a Consultant Gynaecologist and National Chairperson of midlife management committee, FOGSI...He spoke to us on the topic 'Towards Health and Happiness in Midlife..It was an interesting deviation from the routine Ophthalmolgy topics..Dr.Mohan Babu presented a memento to Dr.Shyjus..A short discussion regarding the forthcoming AIOS electionsand KSOS candidates was also there..Dr.Sreeni personally spoke to us about his candidature and sought cooperation from all members..The meeting was attended by 23 members..Secretary Dr.Seema KM proposed the vote of thanks and the meeting was adjourned for dinner..

Ophthalmic Society of Kannur in association with Comtrust Eye Hospital, Thalasserry conducted a free eye screening camp at Elayavoor Kesava Mandiram hall on 24/4/23. Dr.Sruthi attended the camp and screened around 255 patients...

May- June 2023

The meeting for the month of May was held on 05/05/2023 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 in the month of April .

We had an interesting session by Dr.Bindu S Ajith, HOD, Glaucoma Services, Comtrust Eye Hospital on 'Glaucoma'.. She spoke to us on the topic 'Holistic Approach in Managing Glaucoma Patients'..There was an elaborate discussion on glaucoma management..Dr.Asha presented a memento to Dr.Bindu...The meeting was attended by 29 members..Secretary Dr.Seema KM proposed the vote of thanks and the meeting was adjourned for dinner..

Dr.Swetha K was a chief instructor in AIOC and she presented the topic 'Doing your Presentation Right'. She also presented the topic 'Fitness as a YO' for YOSI..Dr.Remya presented the topic Paediatric Eye examination..

OSK in association with IMA,Kannur conducted a CME on Diabetes and the Eye –'ASPECTUM' on 18/6/23 at Hotel Benale International. Dr.Simi Manoj welcomed the gathering..Dr.Suresh V, President , IMA Kannur presided the function.. CME was inaugurated by Dr.Sreeni Edakhlon, Scientific Committee Chairman, KSOS..Dr.Asha Chandrasekharan and Senior Physician Dr.Murali Gopal delivered the felicitations..Dr.Seema KM proposed the Vote of thanks.. VR Surgeons Dr.Prakash.V, Dr.Sameera VV and Physicians Dr.Haneef, Dr.Arjun and Dr.Bejoy Antony were guest speakers..CME was attended by 76 doctors both from OSK and IMA..













REPORT OF OPHTHALMIC SOCIETY OF KASARAGOD

Annual general body and CME held on 17-03-23 at hotel City tower

The annual general body and CME of ophthalmic Society of Kasaragod was held on 17-03-23 Friday at 7:30 PM at Hotel city Tower Kasaragod president Dr Rahim presided over the meeting. Dr Rahim welcomed the gathering after silent prayer .Secretary Dr Suresh Babu presented the report of last year. Treasurer Dr Ganesh Mayya presented the statement of accounts.

General body unanimously elected Dr A V Bharathan as president Dr Rakesh as secretary Dr Kurian Jose as treasurer for the year 2023.

The chief guest Dr Shweta Prasad was introduced by Dr Sureshbabu.

Dr Shweta spoke on Decoding the discs -essential skills in glaucoma diagnosis followed by discussion and case presentation by Dr Ganesh Mayya . Dr Rakesh proposed the vote of thanks. Meeting was attended by 16 members.The meeting was adjourned for dinner.



AIOC KOCHI 2023 ROUNDUP

AIOC Kochi is over and we did put up a good effort amidst so many adversities. The outcome was positively perceived by many. Our choice of vendors was dismal for tentage and OK for Event management. But we hit a jackpot with the selection of venue. Hyatt management especially Mr. Nissan and Ms. Ashley were professional yet caring and compassionate to their clients unlike many similar groups. Weather favoured us. Traffic problems were expected and we couldn't do much about it. We can't expect it to change with the present infrastructure in our place. Our conference has given tremendous economic boost to Government, hotels, taxi services, shops, tourism and many others directly and indirectly. The authorities should seriously consider improving our infrastructure before promoting MICE (meetings, incentives, conferences & exhibitions) tourism or Meetings industry.

In a committee formed by people from various districts those in the home town were expected to play a major role. We did just that and saw to it that the show went on smoothly. We all did multitasking. Our regular reporting ensured the much-needed transparency in informing the decisions taken in the core committee to others. Our core committee initially was of 7 people which was expanded to 10 later while our LOC had 150. Everyone extended their cooperation.

As expected, the core comm had to put in more effort and we met frequently- once a week from March and almost daily from April 1st week. We have had more than 50 physical meetings for this AIOC. Even with the convenience of social media and digital communications, physical meetings still are important and more productive. We incurred only less than Rs. 20,000 for these meetings. Dr RR came for most of these meetings from Chalakudy and Dr TC from Aluva. Dr Saju came from Kothamangalam. We had people from Kannur to Trivandrum for the three full LOC meetings.

The support from the seniors like Dr Radhakrishnan, Dr Mohan, Dr Giridhar, Dr Varma, Dr Mampilly and others kept us motivated. The two past presidents of AIOS - Tony Sir and NSD Raju sir were very supportive throughout.

The hall management was impeccable under Dr Mahesh and Dr Rajeev. Those from COC and KSOS who volunteered to manage the halls and skill transfer courses did their job to perfection although lot of confusions were there. The young brigade of KSOS did a commendable job in managing the scientific halls and Skill transfer areas. The accommodation part was very well executed by Dr TC and Sony although our accommodation vendor was not up to the mark. The idea of having alumni meetings of various Institutions was mooted by Sreeni and it was appreciated well by all those who held their meetings for the first time in an AIOC.

Sai remained as the single point contact with AIOS for all official matters. He handled the tough situations especially the goof up by the tentage group at the SSTC and poster area with utmost patience. Gopal and Sreeni played their part well to liaise between the LOC and AIOS. With the help of Varmaji we could release the newsletters on time every day. The LOC and KSOS gave us suggestions and support whenever needed.

Altogether we had a memorable time organizing this AIOC. We got bricks and bouquets, but the overall score remained on the positive side.

On a personal note, I lost some important family functions and vacations. Sai perfected his spoken Hindi. It would have been sweeter if Gopal and Sreeni had won the elections. But then they gained lot of visibility in AIOS and I am sure they can make their entry into AIOS MC & GC by a little more concerted effort not only from them but from us too.

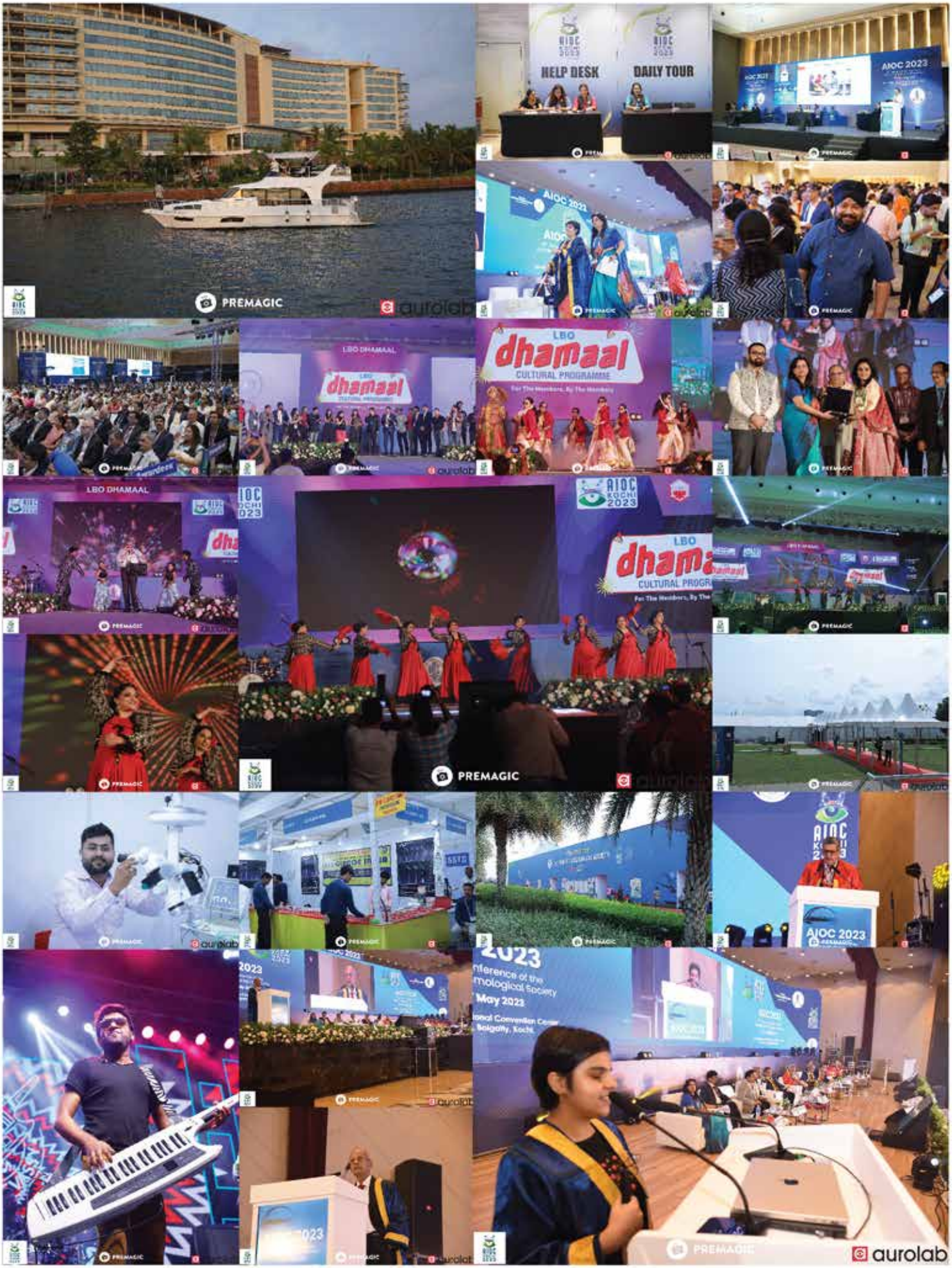
The onus of hosting the next AIOC, whenever it comes, rests on the present young brigade. My advice to them is to utilize all occasions to gain experience to manage people of different characters and challenging situations. You will have to involve actively in organizational activities now, and prioritize your time.

The secret of success is right decisions. How to make right decisions- gain experience. How to gain experience – learn from wrong decisions. But then do we have to always make mistakes to gain experience. Wise people learn from their mistakes. But wiser ones learn from mistakes of other people. Hope you will all become wiser by learning from other's mistakes and be ready to take on challenging assignments for KSOS and AIOS.

Dr Sasikumar S

GLIMPSES OF AIOC 2023 KOCHI




HELP DESK
DAILY TOUR
AIOC 2023
PREMAGIC
aurolab
LBO
dhamaal
CULTURAL PROGRAMME
LBO DHAMAAL
AIOC KOCHI 2023


PREMAGIC
aurolab
XLHA
Reffron
AIOC 2023


PREMAGIC
BACARDI
AIOC 2023
AIOC KOCHI 2023
PREMAGIC

KERALA SOCIETY OF OPHTHALMIC SURGEONS
ELECTION 2023

Notice is hereby given for election to all the Office Bearers of Kerala Society of Ophthalmic Surgeons (KSOS) to be held during DRISHTI 2023 at Thrissur. The criteria for the posts are mentioned below

CONSTITUTION AND BY LAWS of KSOS

ARTICLE X

Elections

1. One vice-president shall be elected by the General Body every year at the annual conference. He/she will hold office till the next General Body, then becoming the President Elect for the next one year, taking over as the President the third year. The vice-president shall become the President, if by any reason the President Elect is unable to take over as President.
2. The other office-bearers mentioned in Article IX shall be elected at the General body meeting of every alternative annual conference and shall hold office for two years.
3. Credit point system Attending

AIOS Annual Conference	25 points
KSOS Annual Conference	25 points
AIOS/KSOS CME/workshop	15 points
Publishing articles in	
I J O or any other indexed journal	15 points
K J O	15 points

The aim of credit point system is to encourage members to attend conferences/CMEs/ workshops and publish articles.

4. Posts of KSOS

   a) Executive Committee Members

   Any member of three years good standing KSOS, residing and practicing in Kerala and who has got 80 credit points in the preceding two years is eligible to be an Executive Committee Member.

   b) Editor, KJO/Editor, Website/Joint Secretary

   Any member of five years good standing in KSOS, residing and practicing in Kerala, and who has obtained a minimum of 100 credit points in the preceding two years is eligible to be the Editor, KJO/Editor, Website/ Joint Secretary.

   c) Hon. Secretary, Hon. Treasurer, and Chairperson, Scientific Committee

   Any member of ten years good standing in KSOS, residing and practicing in Kerala, who has obtained a minimum of 100 credit points in the preceding two years, and who has been Executive Committee Member/Office Bearer for at least one term is eligible to be the Hon. Secretary, Hon. Treasurer, or the Chairperson, Scientific Committee.

   d) Vice-President

   Any member of ten years standing in the Society, residing and practicing in Kerala, with 100 credit points, who has been a member of the Executive Committee for at least one term, and held one of the senior offices (Hon. Secretary, Treasurer, Scientific Committee chairman or Editor KJO, with effect from 2009) for at least one term, is eligible for the post of the vice-president.

   e) AIOS Managing Committee Members (two)

   Any member of ten years standing in the Society, residing and practicing in Kerala, who has 100 credit points [out of which 25 more should be attending AIOS annual conference], is eligible to become AIOS managing committee member.

   f) Member, Scientific Committee (three)

   Any member of three years good standing KSOS, residing and practicing in Kerala and who has got 80 credit points in the preceding two years is eligible to be an Executive Committee Member.

5. Election Procedure

   The Hon. Gen. Secretary shall have the nomination form published in the second issue of the K J O/ newsletter, and make it available one the website.

   The nomination has to be submitted by the candidate in the prescribed form. Each candidate has to be proposed by a life member and second by two others.

   One person can contest for one post only.

   The AIOS Managing Committee member is nominated by the KSOS Executive, as and when the AIOS Managing Committee is reconstituted.

   Completed nomination has to reach the Hon. Gen. Secretary by 30th of September.

   The Hon. Gen. Secretary shall scrutinize the nominations and handover the valid nominations to the Returning Officer, who shall be a senior member the executive committee or a past president, appointed by the President in the consultation with the Executive Committee.

   The Returning Officer shall announce the candidate for the various posts 30 days before the date of election, and this information shall reach the members along with the notice for the General Body Meeting.

   If no nominations are received by post, fresh ones can be called for from the floor of the General Body Meeting. In case of the contest, election by secret ballot shall be conducted at the venue of the conference at the date and time specified. Only life members who are present with their ID cards, or any other as decided by the Returning Officer, and who have signed the register shall be allowed to vote.

6. The President Elect of the previous year will become the President from the commencement of the current year. If the President Elect is unable to take over as president, the vice president shall do so.
7. In the event of vacancy occurring amongst the office bearers, other than the Executive Committee Members during the course of any year, the existing members shall elect the office bearer/s from amongst themselves. The persons so elected shall hold office for the period for which his/her predecessor would have functioned. (Vacancies so filled not exceed three during the year).
8. Office bearers shall cease to hold office

   a) When their term is over

   b) If by resolution, the General Body decides, (by two-thirds majority), that the office bearers be removed from office.

   c) Article X. 8.c, Secretary and Treasurer shall cease to hold office when their term is over.

9. Any Office-Bearer/Executive Committee Member, who fails to attend 50% of executive committee meetings in a term, without valid reason shall be disqualified from contesting for any post of KSOS for a period of six years.

Kindly send the duly filled application form with added documents in the following address.

Dr Gopal S Pillai
HON.GENERAL SECRETARY
KERALA SOCIETY OF OPHTHALMIC SURGEONS

KERALA SOCIETY OF OPHTHALMIC SURGEONS
Nomination Form for Elections 2023

Name of Post :
Candidate Name :
KSOS Membership No :
No; of years of membership :
Date of Birth : Gender
Educational Qualifications :
Address :

PHOTO OF CANDIDATE

City:
Email:
Phone:
Landline:
Pin:
Mobile:
Fax:

Present Designation Office Addresses
:

Positions Held in KSOS : Year from To

Credit Points in the last 2 years (attach proof)

I Dr.....hereby certify that all information given in this form is true to the best of my knowledge and belief.

Date:
Place:

Signature with Name

Name of Proposer:
KSOS Membership No:
Address:

Name of Seconder:
KSOS Membership No:
Address:

Signature

Signature

Name of Seconder :
KSOS Membership No :
Addresses :

Signature

Kindly attach your brief CV for communicating to members ————————————————————————————

OFFICE USE ONLY

Nomination form received on
Verified and found valid YES/NO. If no cause for rejection
Status on Election Day Withdrawn / Elected without contest / Contesting the election
Result of election

Name and Signature of Election Officers



THE KSOS connect

The official Newsletter of Kerala Society of Ophthalmic Surgeons