THE KSOS connect

The official newsletter of Kerala Society of Ophthalmic surgeons

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A JOURNEY WELL TRAVELLED
DR. NAOMI VETTATH

The day Dr. Naomi was honoured by COC with the Life Time Achievement Award it was decided that she will be featuring in the next KSOS Connect. So immense was the impact made by knowing the magnanimous work done by her in the early days of Ophthalmic Practice and Medical Practice in Kerala. Having been part of the team which started or established many Hospitals, the journey was too inspiring and we would like the younger generation to know more about her dedication, perseverance and hard work which is exemplary.

We visited her at her residence at about 6.30 pm, in her beautiful home at Azad Road, Kaloor, a house which I had crossed a thousand times without knowing the magnanimity of the people living inside. Since her husband was not doing well, we wanted to finish the interview fast so that we would not disturb Sir too much. But the enthusiasm exhibited by Dr. Naomi made us go for a 75 minute take.

We really appreciate and thank Ma'am and her family for allowing us to have the interview. Exactly one week later Dr. John Vettath, Dr. Naomi's husband left us to his heavenly abode. We would like to place our salutes and respects to Sir's soul in heaven.

Can you brief us about your early days, your parents, siblings etc.?

I was born to Dr. CC Mathew and Mrs. Ittianam Mathew, both eminent educationalists, at Kunnamkulam, Trichur on the 25th January 1935. I am the only child of my parents and was a precious child born after long years of hopeful wait and trust in the Almighty.



Both my parents were trained in the USA and my mother was the first lady of Cochin State to be trained in USA. They both headed Teachers Training Institutes and my father was the Secretary to the Board of Examinations, Cochin State. Later on my father Dr. CC Mathew was appointed as the Education Advisor under the Emperor Hailey Selassei, Ethiopia.

Interviewed by:
Dr. Sony George

To watch the interview click the link:
https://youtu.be/w7EkJ9NiqAE&feature

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PRESIDENT'S MESSAGE



Honourable Senior members, my dear friends,

Let me pay my respects to the departed souls, Dr. B.V. Bhat, Dr. Krishnankutty, Dr. Vijay Prakash Daniel and Dr. R. Gopal. KSOS has lost some of its stalwarts and an up and coming member in the last three months. I remember with gratitude their contributions to the academic world and to the society.

It's the end of the first quarter and I'm extremely happy to say that more than a quarter of our target has been achieved. The Surgical Simulator programme with 'HelpMeSee' and Amala, Thrissur was well accepted by the young surgeons. Merine and Lathika have done a wonderful job in coordinating it.

The KSOS website is undergoing a thorough makeover, the website now has an Eye Bank portal, where the tissue availability status from all Eye Banks are updated. The members can directly contact the Eye Banks for their requirements.

CMEs are in full swing. At every CME, one senior Ophthalmologist is being honoured. The KSOS thus gets an opportunity to thank the senior members for their contributions.

All the committees of our society have been formed and are working meticulously. We are in the run up to the family get together on the 12th and 13th of May, the response has been overwhelming and the rooms have been sold out.

The scientific committee has brought out unique programmes for the young Ophthalmologists and Post Graduates. The District Ophthalmic Clubs are meeting regularly.

All in all, the start has been good, and I look forward to support from each one of you in the remaining three quarters.

Thanks and regards.

Jai KSOS.

Dr. Thomas Cherian

President, KSOS

Mobile: 93886 05608

GENERAL SECRETARY'S MESSAGE

Dear All,

This is the first report of the KSOS year 2023-34. At the outset I would like to thank all members for giving me this opportunity to serve you as General Secretary KSOS. I will sincerely try to carry on the good work my predecessor, Dr Gopal was doing.

We completed the formalities of updating our registration with the Registrar of Societies in December itself. The first major task which was undertaken was the integration of our whatsap groups.The 8 whatsap groups were integrated into 2 groups and brought under a single community. I put on record my sincere thanks to Dr John Davis Akkara for all the help he rendered for this, without which it would not have been possible. Now we have 2 official groups KSOS 1& 2 with one common Announcement group. I request all members to stay in only one of these groups and not to request for joining the other group. All important info will be posted in both groups and also in the common announcement group. A CME calendar has been designed using a Google Sheet , the link to which is visible under the meetings tab in our website. All the information like which CMEs happen on a particular date, which dates are free for blocking, whether payment to KSOS has been made are all available in the calendar. So any party aspiring to conduct a CME can check the calendar first for available dates . A google form link is also incorporated which can be used to apply for the CME .Step wise instructions are also given. As far as the CMEs under the aegis of KSOS there were 2 CMEs in December , 2 in January, 3 in February and 2 in March.

The President's projects have been actively taken up by all District Clubs. The first of these viz Kerala's first Simulation Based Cataract Surgery Training was designed as a Joint Venture by KSOS, Amala Medical College and HelpMeSee. This unique and path breaking project was conceptualized by Dr Merine Paul, Member Scientific Committee, KSOS and Dr Lathika.V.K, Editor KJO, who initiated and propelled the project with the full support of KSOS. Two State of the Art surgical Simulators shipped from USA by HelpMeSee are being used for this.The Program was officially inaugurated on 18th January 2024 by the KSOS President and the first batch of trainees who completed the course were given certificates.

As a part of the second project, the following senior members have been honoured by the President in the various CMEs conducted so far. Dr B V Bhat; Dr VO Mohanbabu ; Dr NSD Raju; Dr EV Suguna Devi ;Dr Naomi Vettath; Dr. K B Venugopal ; Dr G Sudha ; Dr Indira Varma ;Dr Tony Fernandez and Dr Augustine Mamapally.

Eye Bank Portal on KSOS Website was inaugurated by Padmasree Dr Tony Fernandes in Kochi along with the Inaugural Function of Glaucopedia 2024 CME by Chaithanya Eye Hospital, Kochi.

Drishti 2024 Venue Inspection was conducted on 20th Jan 2024 ..President, Secretary , Treasurer and SC Chairman attended from KSOS side. From the LOC side almost the full LOC core team was there. The team went around the venue at Le Meridien where an actual conference was going on which helped to see live action at the venue. The team was Satisfied with the arrangements. Following the inspection, the first Drishti Central Committee (DCC) meeting was also convened and the DCC members finalised.Logo of Drishti 2024 was unveiled.

The First ECM(Combined) of 2023-24 term was held at Hotel Abad Plaza at 12 noon on 21st Jan 2021.This was Followed by an Induction meeting for incoming office bearers and ECM Members at 2 PM. The major decisions taken at this ECM is given below in a separate box.



Other administrative meetings included the first sitting of the Administrative Audit Committee on 5/2/24 and 2 unofficial Zoom Meetings of the ECM .

A major achievement for the KSOS was the purchase of a Studio Apartment in the IMA house ,Kochi from Dr Narayanankutty for a sum of Rs 35 Lakhs. Registration of the deed was done on 6th March at Kochi and the cheque of 35 L was handed over to Narayanan Kutty Sir by the KSOS President and Secretary. This news was also shared on 7th March in the KSOS Whatsap groups. This has made KSOS the owner of an exclusive office cum living space of its own and also gone a long way in meeting its regulatory requirements under 12 AA registration.

KSOS once again bagged the award for the best State Ophthalmological Society in the 1000-1500 members category . This is the second time we are receiving it and that too consecutively. Dr Thomas Cherian, the KSOS President ,Dr Gopal S Pillai , and Dr Sreeni Edakhlon received the award from the AIOS president at AIOC 2024 Kolkatta. We will strive hard to get the award this time also.

The World Glaucoma Week was celebrated all over Kerala under the leadership of KSOS. This time KSOS had teamed up with IMA and GSI to arrange for screening camps for Doctors and their families all over Kerala. Accordingly all the District Ophthalmic Clubs had teamed up with the local IMA branches and carried out this. The initiative was widely appreciated by Doctors all over Kerala. In addition to these , the other activities like Glaucoma Walkathons, Cyclothons, Screening camps, Awareness talks etc were done by all district clubs and also various eye hospitals and institutes. KSOS congratulates all the district clubs and its members and all hospitals for their active and exemplary participation. KSOS also conducted a 2 hour long Public Awareness Program on Zoom Platform live streamed in you tube on 10th March . All aspects of Glaucoma was covered in simple malayalam by KSOS Stalwarts Dr KV Raju, Dr Suseela B Bair, Dr Vijayamma N, Dr Radha Ramanan, Dr Thomas George, Dr Susan Philip, Dr Smitha Narayanan and Dr Suresh Babu .Program was anchored by Dr Arya A R. Inauguration was by KSOS President. A Glaucoma Awareness message by Shri Arif Mohammed Khan, Honorable Governor of Kerala was also included in the live streaming.

KSOS lost two of its past presidents this year, Dr B V Bhat on January 28th and Dr Krishnan Kutty on March 15th. Both of them were towering personalities and were pioneering figures in the Kerala Ophthalmology sphere. Their contributions to KSOS were immense. Dr Vijayaprakash Daniel, another stalwart, passed away on February 26 . KSOS bids tearful adieu to all the 3 luminaries loved and respected by all.

Jai KSOS, Jai Hind

Dr. Biju John

Major Decisions taken at ECM on 21st Jan 2024 at Hotel AbadPlaza, Kochi

1. Presidential Projects

a. Senior citizens were being honoured at every CME conducted so far and will continue till the end of this year.

b. Surgical Simulator based training program is initially for for 3 months and depending upon the success it may be extended in time

c. Eye Bank Integration through KSOS website :

2. The executive committee to meet once a month in zoom virtual platform for discussing various issues in an informal meeting without attendance marking. Decisions taken there can be taken to the next executive meeting.

3. Entertainment Program for Drishti Guidelines -Following decisions were taken.(1) The Rs 25000/- per zone support for the KSOS member artists for staging the programs in Drishti will continue . This amount will be the maximum that can be distributed per zone and will be on the actual bills submitted . The amount is from the Drishti account and not from the KSOS account. Regarding the stage facilities and other infrastructure provided to the artists , the LOC will decide.

4. To give Rs 1000 per month increment to Dhiraj , our Accountant with effect from December 2023 .

5. The KSOS on demand to be integrated into the main KSOS.in website.

6. Email Blasts and Zoom meetings to be continued this year also using last year vendor and to negotiate with Numerotech(Present Website Vendor) and see whether it can also be shifted to him at comparable rates

7. Social Media presence and advocacy : Quotes and services of Numerotech to be compared with the new quote obtained from Ormeon (last year's Vendor who was doing it) by Dr Biju of Rs 10000 + GST per month without the marketing part and the best to be selected.

If the rates are comparable then it can also be shifted to Numerotech from Ormeon.

8. Scientific Activity Decisions

a. PG Update programs : Have been named Eyelights. There will be 4 such programs this year with Registration fee Rs 500/- each

b. Online Quiz programs in Zoom platform targeted mostly at PGs and young Ophthalmologists -Will be sponsored with some prizes.

c. Usual PG classes and Online programs will be going on as usual

d. COC Gold Medal Exam will be conducted at AIIMS, Kochi like last time

9. KJO: Permission for restructuring the tariffs given to the Editor

10. Drishti 2023 : Total Number of registrations 1082.The total expenses of the conference as per the auditor is Rs 1,37, 26271 . Gross income is Rs 2,19,38,874 . So Income over expenditure is Rs 82,12,645/-

Executive Committe congratulated the Drishti 2023 LOC for the successful conduct of the conference and the excellent financial returns.

11. Drishti 2024 : The proposed venue for Drishti 2024 is Hotel Le Meriden. Drishti venue inspection was done at 4 pm on 20th Jan 2024 by the KSOS team along with the LOC representatives . The team found that the venue was good and had all facilities required for the conference.

Registration will begin on April 1 with no change from the previous rates till the first cut off.

12. Updation and Bringing out Print Copy of Bye Laws and Manual entrusted to Dr Saikumar.

13. Family meet

Dates have been fixed. May 11th and 12th . The proposed location is Fragrant Nature resorts , Paravur near Kollam

14. AIOC Kochi: Dr Saikumar shared the details regarding the AIOC Kochi finances and share of profits to KSOS. The profit share due to KSOS is Rs 1.03 Cr out of which Rs 8,35,000 was deducted as TDS and so the remaining amount is Rs 93, 99,000/-.

Rs 13,00000 is already there in the LOC account .A cheque for the remaining amount ie Rs 80,52,527 was handed over by Dr Saikumar to KSOS which was received by the President, Secretary and Treasurer together.

15. Inaugural function of New KSOS year on the first day of Drishti to start at 5.30 PM so that more time can be given to the Cultural Programs by KSOS artists

16. Resolutions

A resolution was passed unanimously as follows to facilitate the purchase of Dr Narayanankutty's flat in IMA House for KSOS Office. The ECM unanimously entrusted the President and General Secretary to purchase this Flat No: 509 measuring a total super build up area of 65.05 Sq mts bearing Cochin Corporation Door No: 64/4114 V8 at 5th floor in B block of IMA House, Kochi from Dr K Narayanankutty.

TREASURER'S MESSAGE



Dear Friends,

From the finance desk things seem to be well in control. Most of the bills for Drishti 2023 have been paid. Most of the income is in as well. The audit process for the same will also be over soon.

The registration for Drishti 2024 is on and going without a hitch so far. We the executive committee and the LOC of Drishti 2024 are working together to make the conference a grand success.

On March 6th the KSOS achieved one of its long term ambitions and acquired a Flat in the Cochin IMA house at a total cost of Rs. 3882730.

We received our share from the AIOS for the conduct of AIOC 2023 after audit (Rs 9389027 was credited).

The GST filing and IT filings are going on smoothly.

The internal audit committee plans to meet on 28th of April following which the papers will be handed over for external audit.

Jai KSOS.

Dr. Thomas George T

SCIENTIFIC COMMITTEE CHAIRMAN'S MESSAGE



The scientific Committee is working together for another two years of academic feast. Below are some of the important activities done so far

EYELIGHTS: This is basically a PG update program in which a single topic will be covered in detail including case presentations and quiz programs. The first event was conducted on Sunday, 25 February 2024 at Little Flower hospital Angamaly, with Dr Rajashree N as course coordinator. Padmashree Dr Tony Fernandez was honored in the program. 85 PGs from various institutes attended the program. Apart from KSOS faculties, Dr George Manayath from Aravaind Eye Hospital Coimbatore led the discussions.

YOUNG OPHTHALMOLOGISTS LOUNGE: The main aim of this program is to involve young ophthalmologists into the various activities of KSOS. The first event, a webinar was conducted on Friday, 5 April 2024. The topic was basically on non-academic, but still necessary for all, especially for the budding ophthalmologists who are starting their career. I thank Dr Rakhi D'Cruz and the team for coordinating this Program.

PG CLASS ROOM (VIRTUAL): There were two modules; on 12th February and 11thMarch. I thank Dr Marian Pauly for coordinating these programs

ON LINE QUIZ PROGRAMS: The preparations for the virtual quiz programs are on the final lap. We are expecting to start this event by May 2024.

E MAIL BLASTS: The scientific committee will be releasing interesting videos and Cases as e mail blasts shortly. These include surgical tips or interesting cases by our members and sessions of Drishti 2023. All the scientific programs of Drishti 2023 are now available in the website

CME SERIES: The topic selected is "Eye as a window to systemic diseases".

DRISHTI 2024: The arrangements have begun for Drishti 2024. The Instruction Course Submission was opened on 1st April and will continue till midnight of April 30. There will be a lunch break in between the scientific sessions. Surgical Skin Transfer Courses (SSTC) and Diagnostic Skill Transfer Courses (DSTC) are planned with a registration fee. There will be a photography competition. A young ophthalmologist session will be included along with the main program. The preconference for paramedical staff will be on Sunday 24 November2024. IMOC will be conducting the program.

I thank members of scientific committee Dr Merine Paul, Dr Marian Pauly and Dr Rajesh OT for their support. I also thank senior members and my teachers for their valuable suggestions.

Dr Bastin V A

KJO EDITOR'S MESSAGE



Dear friends,

Warm greetings on behalf of the new editorial board of Kerala Journal of Ophthalmology (KJO)!

As I take over the reins of this esteemed journal, let me express my deep respect for all the Emeritus editors of KJO, whose footsteps have paved the path forward. I fully realise that if I see far, it is only because I stand on the shoulders of these illustrious predecessors.

I aspire to transform KJO into a bridge between the worlds of academic medicine and clinical practice. Acting upon this goal, the table of contents has been revamped to be more inclusive, aiming to promote publication culture among practitioners outside academia too.We have strived hard to make the matter in the pages truly matter to discerning ophthalmologists irrespective of the type of practice they are in. While original articles and case reports remain the traditional stronghold of the journal, nine new sections are being introduced, each different in content, style, target readership and the domain addressed. They all have in common crisp and concise template styles which are in step with the pace of the reading /learning behaviour of today's world. Many sections are specially designed to kindle interest in clinicians to share original clinical work with peers in a hassle free, yet scientifically robust manner.I do hope that these changes will boost readership,and help KJO evolve into a platform that authentically reflects the ophthalmic issues, practices, challenges and possible solutions that are relevant to the health care eco system in our part of the world.

Backed by a mostly young, highly talented, enthusiastic editorial team,I am hopeful that our collective efforts shall turn the wheels of progress for KJO and propel our journal onward to ever widening horizons.

Do check out the latest issue of KJO and let us know your thoughts,preferably through 'Letters to the editor'. Keep the KJO inbox live and ticking.

Warm regards

Dr Lathika Vasu Kamaladevi

WEBSITE EDITOR'S MESSAGE



Dear KSOS members

First, let me thank the previous and current executive members for showing their trust in me for handing over the task of managing KSOS website for the next 2 yrs. My special thanks to my predecessor Dr Rohan who has done the necessary foundation work for me so that I can confidently build up on that. As far as KSOS is concerned, currently our website is active only for new membership, registration, and abstract submission of Drishti every year. We need to bring in more activities through the website so that our website becomes the face of our organisation in future. After winning the Best State Society award consecutively for the last 2 yrs., KSOS is one of the most sought-after State Ophthalmic organizations when it comes to activities and academics in the country. So, we must showcase our activities, achievements, academics and more through our website which should be available and accessible for Ophthalmologists across the country and beyond. As we have social commitments also, we intend to add general information on eye diseases which can be accessed by the public. We also plan to give some special benefits to members through a dedicated member log-in area which will help in providing easy intercommunication and practice support for our members. With the support of all I hope we can redesign our website in the most attractive and productive form in the coming months.

My sincere thanks for giving me this opportunity and I hope I can complete this task

successfully.

Jai KSOS

Jai hind

Dr V Sujith Nayanar

HELP ME SEE



The Inaugural program of Drishti '23 the Annual Conference of KSOS, saw the unveiling of an unique program in the history of Ophthalmic Societies in India. The President, Dr Thomas Cherian, announced his Presidential Project for the Year 23-24 as," The Simulation based Cataract Surgery Training", for aspiring Cataract Surgeons. This was designed as a Joint Venture by KSOS, Amala Medical College and HelpMeSee. This unique and path breaking project was conceptualized by Dr Merine Paul, Member Scientific Committee, KSOS and Dr Lathika.V.K, Editor KJO, who initiated and propelled the project with the full support of KSOS. A tripartite agreement between KSOS, Amala Medical College and HelpMeSee, was signed and details of the project finalized by Dec' 23. Amala Medical College provided the logistic support for housing, two State of the Art surgical Simulators shipped from USA by HelpMeSee. The Skill Lab of Amala Medical College was provided for the training and on site accommodation for trainees was also arranged by the Amala authorities. The first batch of trainees started the course on 15th January, 2024.

The HelpMeSee Eye Surgery Simulator is the most Sophisticated Ophthalmic Eye surgery Simulator in existence today. The course is conducted by world class qualified instructors on site and supplemented by course materials and online support by renowned experts as well. Training on the HelpMeSee Surgical Simulator has shown to aid outcomes by 50% in novice surgeons who learnt surgery on the simulator as compared to those surgeons who did not train on the simulator. The courses offered are, 1. MSICS training course, 2. Suturing course, 3. Complications management course (AC IOL, CTR, Sphincterotomy etc)

The Program was officially inaugurated on 18th January 2024 and the first batch of trainees who completed the course were given certificates. The program was Inaugurated by The KSOS President, Dr Thomas Cherian and Rev Father Julius Arrackal gave the Welcome Address. The Keynote Address was delivered by Dr Bonnie Henderson, President and CEO HelpMeSee and Past President ASCRS.

On Popular demand, Phaco training program was also rolled out from March 2024. The program concluded on 11th April 2024 and we are happy to report that all the slots were fully booked. A total of 36 -MSICS, 18- CMS ,7- suturing course and 9- Phaco simulation course candidates enrolled and successfully completed their training. The concluding ceremony is proposed to be held on 15th April 2024.

Dr. Merin Paul

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What about your schooling and College Ma'am?

I studied at the Model Boys School Trichur and later moved to Sacred Heart Convent School, where I was the Head Girl for many terms. I was very active in cultural activities, especially singing, piano, violin etc. and also in sewing and painting.

For my College education I moved to Mount Carmel College, Bangalore, where I completed my Pre University. While I was there I was attracted to social work, by my principal Sr. Antinette and Mr. Molton, the principal of Bishop Cottons Boys High School Bangalore. That was the first time I expressed my wish to become a Doctor to serve the society.

I came back home and joined St. Mary's College, Trichur for BA. Within a week I received intimation from my Dad that I was selected for Medical Education at Christian Medical College Ludhiana. Those days it was not MBBS, it was LSMF (Licentiate in Surgical Medical Faculty). At that time CMC would train only ladies. Once I completed my course, I joined RG Kar Medical College, Calcutta for condensed MBBS course and successfully completed it.

About your marriage and children?

During the same period, there was a marriage proposal brought by a mutual relative for Dr. John Vettath. He was a registrar working in the Department of surgery at CMC Ludhiana, and later that year we got married.

Our first child had Tetralogy of Fallot and survived only for 1.5 years. Very soon our second child Mary (Dr.Mary Varghese, who is a Vitreo Retinal Surgeon at Bangalore) was born to take away our grief. I gave birth to three more children; Ann Kurien, Mathew Vettath and Susan Koshy. Our son and family stay with us.

What about your further studies?

We know that you were the HOD and Asst. professor of Pharmacology at CMC Ludhiana

Initial years I was working in the department of Anesthesia. After I became pregnant, I was unable to do





night duties and hence was planning to resign and join a para-clinical department. During one of those days, the HOD of Pharmacology saw me walking and in a casual conversation asked me about my future plans. Learning my plans, he then offered me a post in his Department.

During the same period my husband who was trained in surgery, especially thoracic work at CMC Ludhiana, was offered a fellowship in Open Heart Surgery at Portland, Oregon, USA. I accompanied him and I did MD Pharmacology from Oregon University. Both of us were offered jobs there itself, in USA, but we decided to come back to Ludhiana, to serve our people. There I became the HOD and Asst. Professor of Pharmacology.

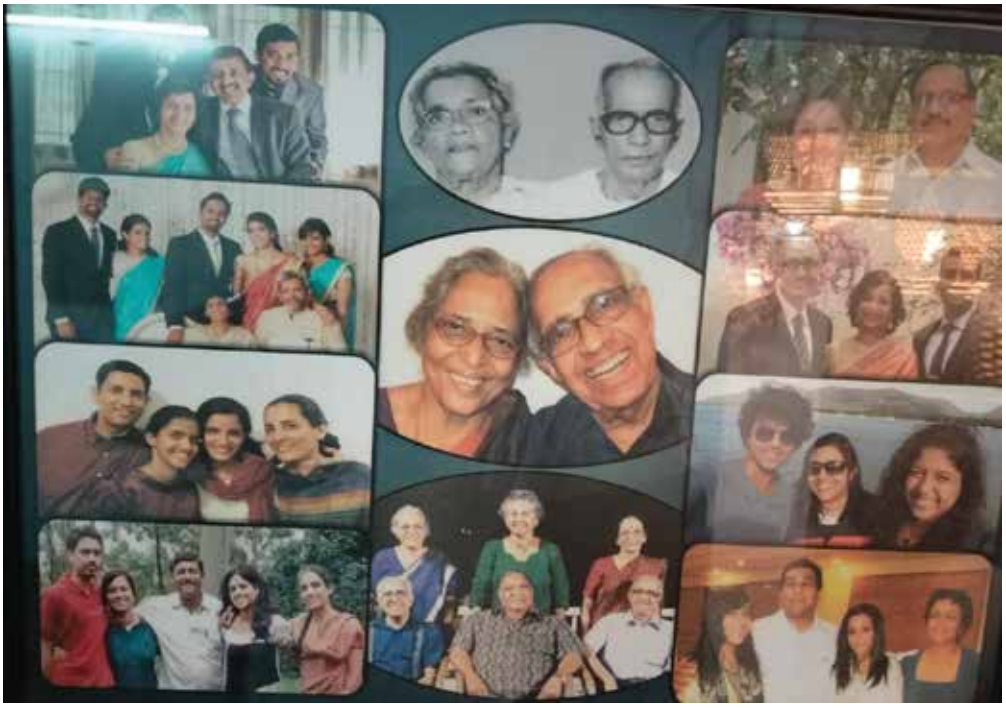
When did you leave Ludhiana? What influenced you to shift to Kerala?

In 1967, we decided to move to Kerala, with the intention to look after our ageing parents and to serve our home state. My husband joined as the Chief Surgeon at MGDM Hospital, Kangazha, a small village in Kottayam District at that time. During my notice period at Ludhiana I spent 3 months learning how to set up a Biochemistry Lab. This enabled me to set up a reasonably equipped Laboratory at Kangazha Hospital.

In 1970, on invitation by Mr. Chacko Pillai and few doctors we moved to Kolenchery, which was near my husband's native place, to set up the MMM Hospital, Kolenchery. I was requested by Dr. KC Mammen and Dr. Koshy to set up the Laboratory. Here again I could set up a good Lab and I also trained two BSc graduates to perform the lab tests.

When did you move into Ophthalmology?

During our stay in Ludhiana, I happened to see my neighbour's child after squint





surgery and had got immensely attracted to Ophthalmology seeing the fantastic aesthetic results of the squint surgery.

Not getting full satisfaction with the Laboratory work in Kolenchery, my attraction to Ophthalmolgy was re-kindled, and I joined CMC Vellore for my Diploma in Ophthalmology. I came back in 1972 and started the Dept. Of Ophthalmology at Kolenchery. With the experience of conducting camps at Vellore, I did numerous camps in the villages around Kolenchery and many school camps to detect eye problems in children. We did almost 200 camps in a short span. I was instrumental in getting the ChristoffelBlinden Mission (CBM)Germany as our partners,the first in Kerala. From then the Department grew leaps and bounds. Mr. Chacko Pillai and CBM helped us a lot with good infrastructure and buildings for the Eye Department.

Another major initiative in the early 1970s was the Mobile Operation Theatre in a Tempo Van. This was an inspiration from similar activity which I came to know was happening in Africa. We had two tempo vans and one was made into an Operation Theatre and the second was for the surgical team. We would travel deep into the villages and operate in the Van and send patients home the same day. This was at a time when hospital eye surgeries mandated 4-5 days admission. Of course these were ICCE surgeries.

I had a desire to help the poor blind women, and we started a Rehabilitation centre for blind women. A two year course including vocational rehabilitation (Braille reading and writing, making grass mats, plastic bags etc), daily living skills, orientation and mobility training with white cane was started. Six women earned their Diplomas in the first batch and they were awarded certificates in a spectacular lamp lighting ceremony. Several batches followed.

In 1979 during the International the year of the child, the District Collector wanted to initiate a BCG and Polio vaccination scheme for children. I was invited to the initial meeting and was asked to share my ideas. I suggested a School Screening Program to rule out vision defects, squints and other eye diseases, which was accepted. I was supposed to conduct the program in and around Kolenchery, with Dr. Kuriakose taking care of the Ernakulam area and Dr. Tony Fernandez the Angamaly area. We screened more than one Lakh children, I alone







screening almost 50,000 kids. We gave free spectacles, operated cataracts and squints and treated many eye diseases.

We had the great privilege of St. Mother Theresa inaugurating the school screening project at Kolenchery and I had the blessing to translate her speech into Malayalam during the function. Our girls frm Rehabilitation centre presented her with a grass mat made by them.

During those days, Dr. Robert West, a visiting ophthalmic surgeon came from Australia and trained me in Squint surgery. I was able to do squint correction surgeries for many patients which gave me immense satisfaction.

Dr. P I Mohan and Dr. Rajan Cyriac joined the Department during that time.

In 1980 I was given a Scholarship by CBM for Post Graduation and at the age of 45 years I joined Medical College Trivandrum and completed my MS Ophthalmology. During this period I was selected to represent the south Asia



Region of the CBM at a Conference in Berlin, Germany. I was able to showcase the great work done at Kolenchery including the state of the art Rehabilitation Centre.

During my MS time I was also able to start a Blind Rehabilitation Centre for men, at Trivandrum with the help of the Church.

In 1984 we moved down to Cochin and I started the Eye Department at Lourdes Hospital, Ernakulam. We had mobile screening units on boats and I conducted many camps in the nearby islands. This helped in the development of the Department at Lourdes Hospital.

Later on, in 1991 I started a Community Ophthalmology program at Beth-El Eye Clinic Nettoor, where again I used to do camps travelling on boats to the adjacent islands, screen patients and operate in the nearby multispecialty hospital.

Presently I'm leading a retired life with my husband at Kaloor.



What are your other hobbies?

Other than singing, playing instruments and making handicrafts, I also bake, draw and paint which keeps me engaged and happy.

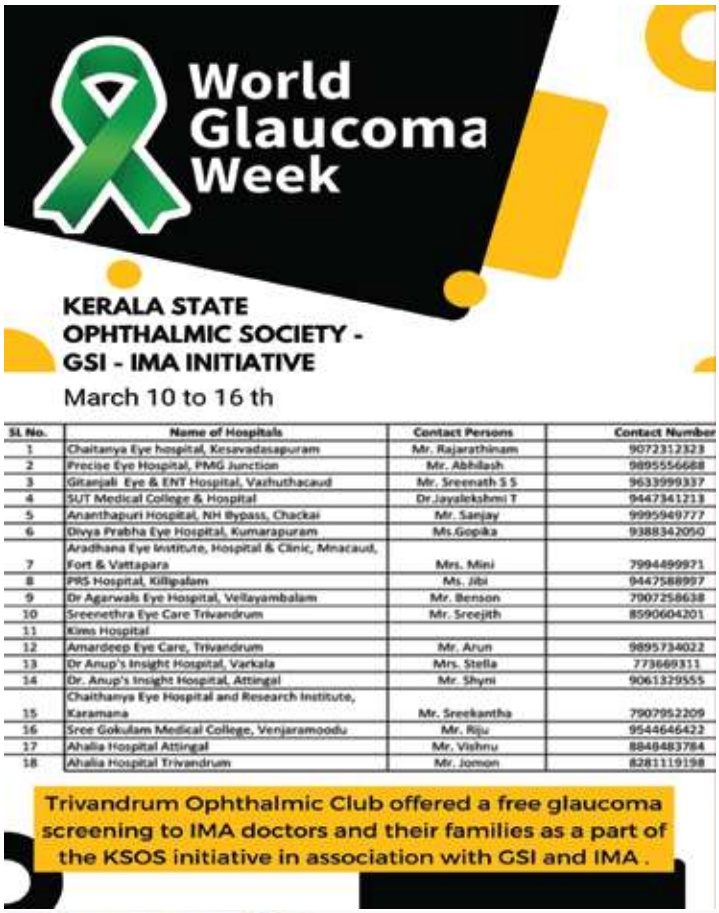


REPORT OF DISTRICT CLUBS

TRIVANDRUM OPHTHALMIC CLUB (TOC)



Glaucoma Awareness walk was conducted by the Trivandrum Ophthamic club on Sunday the 10 th of March. The walk was from Kowdiar to Manaveeyam road. The chief guest was Dr Thomas Mathew , Director of Medical education , Kerala . Ophthalmologists Dr Sahasranamam V, Dr Biju John, Dr Thomas George and Dr Devin Prabhakar spoke about the importance of screening for glaucoma .



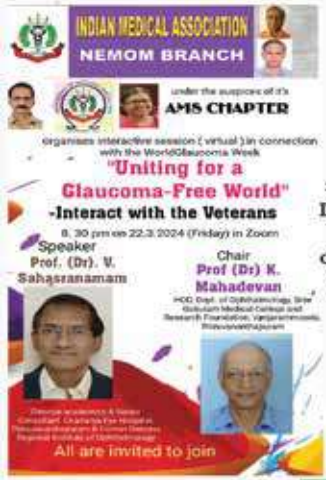
Sl No.	Name of Hospitals	Contact Persons	Contact Number
1	Chaitanya Eye hospital, Kesavadasapuram	Mr. Rajarathinam	9072312323
2	Precise Eye Hospital, PMG Junction	Mr. Abhilash	9895556688
3	Gitanjali Eye & ENT Hospital, Vazhuthacaud	Mr. Sreenath S S	9633999337
4	SUT Medical College & Hospital	Dr.Jayalekshmi T	9447341213
5	Ananthapuri Hospital, NH Bypass, Chackai	Mr. Sanjay	9995949777
6	Divya Prabha Eye Hospital, Kumarapuram	Ms.Gopika	9388342050
7	Aradhana Eye Institute, Hospital & Clinic, Mnacaud, Fort & Vattapara	Mrs. Mini	7994499971
8	PRS Hospital, Killipalam	Ms. Jibi	9447588997
9	Dr Agarwals Eye Hospital, Vellayambalam	Mr. Benson	7907258638
10	Sreenethra Eye Care Trivandrum	Mr. Sreejith	8590604201
11	Kims Hospital		
12	Amardeep Eye Care, Trivandrum	Mr. Arun	9895734022
13	Dr Anup's Insight Hospital, Varkala	Mrs. Stella	773669311
14	Dr. Anup's Insight Hospital, Attingal	Mr. Shyni	9061329555
15	Chaithanya Eye Hospital and Research Institute, Karamana	Mr. Sreekantha	7907952209
16	Sree Gokulam Medical College, Venjaramoodu	Mr. Riju	9544646422
17	Ahalia Hospital Attingal	Mr. Vishnu	8848483784
18	Ahalia Hospital Trivandrum	Mr. Jomon	8281119198

Trivandrum Ophthalmic Club offered a free glaucoma screening to IMA doctors and their families as a part of the KSOS initiative in association with GSI and IMA .

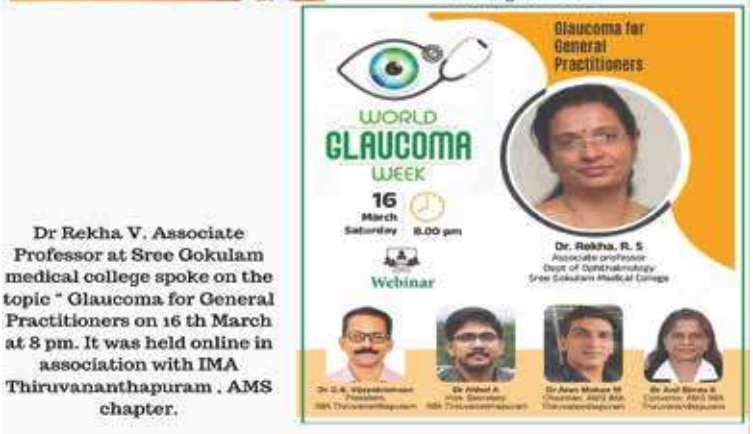




A free glaucoma screening camp for public was conducted at Gitanjali Eye and ENT hospital, Thiruvanthapuram between the 10 th to the 16 th of March.



Senior members Dr ShasranamamV. and Dr Mahadevan participated in a glaucoma awareness talk for public . It was held online via zoom on 22 nd March, 2024 at 8 : 30 pm in association with IMA , Nemom branch.AMS chapter.



Dr Rekha V. Associate Professor at Sree Gokulam medical college spoke on the topic " Glaucoma for General Practitioners on 16 th March at 8 pm. It was held online in association with IMA Thiruvananthapuram , AMS chapter.

World Glaucoma week







The consultants at Chaithanya Eye Hospital and Research Institute , Trivandrum were active participants in the "Continuing Medical Education in Glaucoma - GlaucoPedia 2024 "organised by Chaithanya Eye Institute Palarivattom on March 10 th . Skill transfer sessions to the budding ophthalmologists to facilitate early diagnosis of glaucoma marked the launch of our world glaucoma week activities . Messages to the public on Trivandrum Mirchi 98.3 , Facebook and social media by our doctors were broadcasted on several days during the week March 10 th to 16 th , 2024 . Besides the glaucoma awareness camp for the public at the hospital during this week , our staff participated in the free walk in screening camps for IMA doctors and family in accordance with KSOS .










TOC family meet was held at Udaya Suites , Shankhumugham on the 28 th of January . Members had a chance to connect outside of their professional roles and enjoy an evening of singing, dancing and various other programs .



The Governor of Kerala, His Excelency Shri Arif Mohammed Khan gave TOC and KSOS a message for the World Glaucoma Week , 2024, which was released at the end of the Glaucoma walk by TOC .











KOLLAM OPHTHALMIC ASSOCIATION

Activities From January 1st to March 31st 2024

January

KOA activities started with Christmas and New Year celebrations. It was on 5th January 2024 at Lions Club Kollam. In general body Dr Mini Jayachandran KOA president discussed about last years activities especially our annual CME Ashtamudi Ophthalmica 2023 and also mentioned about getting best nonmetro club award in Drishti 2023. After the GB, Christmas and New Year celebrations started. First a cake cutting was there which was done by our senior madam Dr Uma Mohandas. After that cake and wine were distributed which was followed by variety entertainments. First program was a welcome prayer dance by Dr Rakhi P D'cruz and Dr Haripriya. This was followed by medley by Dr Mini Jayachandran and Dr Anjana Nair.Carol song was sung by Dr.Mini Jayachandran,Dr.Shiney,Dr.Rohini Alex,Dr.Anjana Nair and Dr.Rithu. After that Dr Neasa recited a poem written by herself followed by a dance by Dr Rekha. The main attraction of the program was the Christmas gift exchange by members. This was followed by variety games. Dr Jubaira and Dr Anjana made all arrangements. This was funfilled with full participation. Exciting prices were given to the winners. This was followed by mind blowing dance by Dr Vrinda and Dr Ashwani. A group dance was there by KOA members, Dr Mini S, Dr Bindu mol, Dr Suprabha, Dr Ansumi, Dr Haripriya ,Dr Rakhi P D'cruz and Dr Ajith Varghese. This was followed by tasty dinner.



















February

12/02/2024 - Matha Medical Centre conducted a camp at Tirumullavaram Church. Dr.Shiney Nepolean KOA Secretary, lead the camp. Around 103 patients attended the camp. 3 were selected for surgery and free medicines and spectacles given.

23/02/2024 - Conducted general body along with CME series 7. The topic was progressive myopia and atropine. Speaker was Dr.Neena R Head, Department of Paediatric Ophthalmology, strabismus and neuro ophthalmology, Giridhar eye Institute Cochin. It was conducted on 23/02/2024 at Quilon beach hotel. The presentation was excellent which was followed by clinical discussion. Speaker was introduced by Dr.Haripriya and a memento was given by Dr.Jayaprasad. After that secretary presented minutes and accounts.

















March

Glaucoma Activities by Kollam Ophthalmic Association

IMA Associated Activities

03/03/2024 - In association with IMA Kollam branch at Achankovil tribal settlement area a camp was conducted. Dr Jayashree I KOA member screened glaucoma patients.

10/3/24 -In association with IMA Kollam and Womens wing glaucoma sreening camp was conducted for doctors and staff .Dr Anish Krishnan,IMA President presided the function.The session was inaugurated by Dr Biju Nelson,Joint Secretary IMA Kerala state branch.Dr Shiney Nepolean,Secretary KOA welcomed the gathering.Dr Shaniba V S, chairperson WIMA introduced the speaker. Dr.Mini Jayachandran President KOA gave an awareness talk.Around 52 participants attended the session. Dr Lakshmi M Narayanan, Treasurer, WIMA, Kollam, delivered vote of thanks.This was followed by glaucoma screening camp for doctors and staff's, Dr. Shiney, KOA secretary and Dr. Mini Jayachandran lead the camp.

17/03/24 - In Association with IMA Desinganad Branch another screening camp was conducted for doctors.The session was presided by Dr.Bindhu Mary Francis,President Desiganad IMA. Dr.Rejitha R, Assistant Professor, Azeezia Medical College gave an awareness talk about glaucoma. Dr.Shiney Nepolean KOA Secretary gave felicitation. Around 50 doctors attended the camp and screened for glaucoma. Dr. Rajitha R ,Dr Shiney KOA secretary, Dr Ashwani Consultant Ahalya Eye Foundation ,Kollam lead the camp.Ahalya Eye Foundation helped in screening.









HOSPITALS PARTICIPATED IN SCREENING CAMP

1. Government Medical College Paripally

They conducted one week program. Inaugurated by Government Medical College Principal Incharge, Dr Prema, Superintendent Dr Rajendran, Vice Principal Dr.Renju and KSOS Secretary Dr Biju John.Glaucoma screening for Faculty of Government Medical College was done on 12th March and Dr Edwin took awareness class.Glaucoma awareness flash mob was done by MBBS students.Lyrics writtten by KSOS secretary Dr Biju John.







2. Azeezia Medical College

A glaucoma screening Camp was conducted from 14 to 16 March . Poster competition among nursing students were conducted. Glaucoma quiz among MBBS students were also conducted. Glaucoma awareness talk given by Dr Halima .







3 Dr Anish Madhavan eye care centre

Conducted free IOP screening and camp. An Awareness video was done by Dr Ansumi.





5.Priyanka Eye Hospital Karunagappally

Conducted free IOP checking and glaucoma screening.Awareness talk was given by Dr.Jayasree Rajiv and Dr.Rajiv Sukumaran.



4.Sreenethra Eye Care Kottarakkara

Conducted free i o p checking from 11th 16 March. Dr pinki L P lead the camp



6. Matha Medical Centre

Conducted free IOP checking. Glaucoma screening camp was conducted by Dr Shiney.





7. ESI Hospital Ashramam

Conducted awareness talk by Dr Vrindha S Ramanan. They also conducted free IOP checking and glaucoma screening.



8. Ahalya Eye Foundation

Conducted a free glaucoma screening camp on 10.03.2024 at Yuva library and reading room Punthalathazham. Dr Rakhi P D'cruz lead the camp. In association with IMA desinganad and KOA conducted glaucoma screening on 17.03.2024.



9. District Hospital Kollam

Conducted glaucoma awareness talk and screening camp

10 Shankers Eye Hospital Punalur

Conducted glaucoma awareness rally and given awareness talk and conducted free camps.



11 Amardeep eye care

Had conducted small group eyecare camps and awareness classes in Malayala Manorama Kollam and Canara Bank regional office during their women's day celebrations. The classes were conducted for small groups to make them more interactive thereby creating better awareness among them.







Dr.B Jayaprasad , Chairman inaugurated formally the on going programme ie,"Glaucoma patients Next of kin" screening programme on the world glaucoma day on March 12.
There was also an awareness class by Dr.Arya U.V which was attended by the invited family members of glaucoma patients.



12. Purple eye care

Conducted IOP screening and awareness program

Phone in program

15.03.2024 - Live phone in program was done in radio Benziger by Ophthalmic surgeon Dr.Kiran Bala Gopal. Phone in program was well attended and Dr Kiran cleared the doubts of patients related to glaucoma. Around 15 patients called.

21.03.2024- Another phone in program was done by Dr Arathi V Panikar in Ente radio at karunagapally . Around 13 patients called and cleared their doubts.

Social media

A glaucoma awareness dance video was done by Dr Rakhi P D'cruz and Dr Haripriya which got a very good response.

23.03.2024- KOA conducted CME series 8 and general body at Quilon beach Hotel. The speaker was Dr Kiran Gopalakrishnan, senior consultant glaucoma and anterior segment. Precise Speciality eye care trivandrum . The topic was focal points in glaucoma management .The presentation was excellent and covered every aspect of glaucoma management. This was followed by good clinical discussion.

A memento was given to Dr Kiran Gopalakrishnan by Dr Purushothaman Pillai and was introduced by Dr Rakhi P D'cruz. The talk was followed by General Body. In that madam mentioned about glaucoma activities and mentioned about AIOC participation of KOA members. This was followed by secretaries report and accounts.

KOA participation in AIOC

Dr Rakhi P D'cruz was graduated as All India LDP member . Mentored team selected as finalist in AIOC teachers of tomorrow . AIOS women ophthalmological society OPL best presentation award received by kerala team.







Dr Jayaprasad won quiz prize.

Dr Smita Narayanan participated in scientific session.

Individual Achievements

1. Dr.Rakhi P D'cruz 3rd prize in APAO Indonesia poster presentation and cleared FRCS.
2. Dr.Jayaprasad B cleared FRCS.
3. Dr.Neasa received Prathibha Puraskaram from samshree mission charitable society on 18.02.2024. Received Kavitha puraskaram from Vyasa kala sahithya charitable society for Parayathe Poyavar (Collection of poems)

Membership drive

Dr.Mira S Nair joined KOA






OPHTHALMIC SOCIETY OF PATHANAMTHITTA

GLAUCOMA AWARENESS WEEK
March 10th – 16th, 2024

Glaucoma screening

- Done at all eye hospitals and Medical Colleges in Pathanamthitta
- Believers Medical College, Pushpagiri Med College, Chaithanya Eye Hosp, Amita Eye care, Sabitha Eye care, Kallada eye hospital, Precise , Ahalia eye hospital.
- Informed IMA Thiruvalla Secretary , that all IMA members and their family will be given free Glaucoma screening by KSOS and OSP at all eye hospitals in Pathanamthitta during the Glaucoma week..
- Information was passed on to all IMA members

Hospital	Patients screened	Investigations done / Diagnosed
BCMCH	244	HFA-20, OCT -100
PIMS	148	HFA-11, OCT -11
Chaithanya Eye	225	Diagnosed -5
Amita Eye care	327 + Staff -101	Investigations -144
Sabitha Eye care	83	Diagnosed -2

1. Believers Church Medical College

Awareness Program was conducted at Central Courtyard on March 13th, 2024

Started with a Flash Mob by our 2 nd yr MBBS students

A Skit on Glaucoma Awareness by our interns

Awareness talks by Post Graduates

Awareness Video on Glaucoma was played in Central Courtyard Big screen & Ophthalmology OPD throughout the week



2. Amita Eye Care



3. Chaithanya Eye Hospital, Thiruvalla

Awareness Program & Screening was conducted at KSRTC Bus stand Thiruvalla





4. Sabitha Eye Care, Pathanamthitta

Awareness Program & Screening was conducted at hospital







FELICITATING THE WINNERS *DR.SHISHIR FOR WINNING AWARDS FOR HIS VIDEO AND PRESENTATION IN 4 CONFERENCES (INTERNATIONAL AND NATIONAL)* DR AADITYA FOR WINNING AWARD FOR HIS VIDEO IN A NATIONAL CONFERENCE DR.PRATHIBA AND DR ANN FOR THEIR FRCS

Minutes of Meeting held on 27/3/24
Time:7-9:15pm
Venue: Hotel Elite
Attended : 38
Organized by Ophthalmic Society of Pathanamthitta in association with Amita Eye care

Welcome note - Dr Rachel Jose (President)
General Body Meeting of OSP conducted by Secretary, Dr.Leena
 Decided on the upcoming short CMEs for the year
June/ July- Chaithanya
October – BCMCH
December – Pushpagiri
 Decided on conducting a Sunday pre lunch short CME , to be organized by Sabitha eye care so that more members can attend
Presentations
Dr.Shishir
1. Double Trouble
2. Stuck in the Web

Dr.Aaditya
Subluxated cataract management with rings and segments

Both speakers presented their national and international level award winning videos , which were well appreciated by all The talks ended with a wonderful discussion

Felicitations

 Dr.Prathiba and Dr.Ann for their achievement- FRCS degree
 Dr Shishir and Dr Aaditya for their national and international awards

Nethram "24 CME Update was presented by Dr.Priyanka, Amita Eye Care

Vote of thanks- Dr.Leena

PALAKKAD SOCIETY OF OPHTHALMIC SURGEONS (PSOS)

This monthly report of last three months after the new office bearers took over on November 9th, 2023

1.We had Presidents visit and talk by President KSOS Dr. Saikumar on 9/11/23. Talk was on tricky situations in Phaco. The new office bearers under Dr. Mridula Sunil took over the same day.

2.We had an executive cum GB meeting and Christmas celebrations on 22/12 /23.

There was a talk on paradigm shift in the management of dry eye by Dr. Sanjana, Cornea specialist from Agarwals eye hospital, Kochi

Meeting ended with cake and wine distribution and a great dinner

3.General body on 12/1/24

With a talk on postoperative cystoid macular edema by Dr. Rose Mary our member l and chief phaco surgeon and medical retina

person from Ahalia eye hospital, Pattambi.The talk was very informative and there was good discussion afterwards.

PSOS planned a day tour with family on 28th January to Thanima farmlife, Nalleppully to enjoy some time with nature and foster bonds between our members.
















PSOS CME held on 22nd March 2024 at Hotel Indraprastha, Palakkad. Speakers were Dr. Aneeta Jabbar on lipid layer dry eye disease, Dr. Swathi on Ocular Tuberculosis, case discussion. We had good attendance and talks were informative.






We had a one day family trip to Thanima farmlife at Nalleppully, Palakkad which gave us time for some relaxation from daily busy life. All of us enjoyed a free day with the farm animals, playing games and have some time with families of each other.







ALLEPPEY OPHTHALMIC CLUB

The first CME of the year 2024 was conducted on 11th February 2024 at the hotel Classic Regency, Alleppey. The speaker was Dr Rohith, anterior segment surgeon, Lotus Eye Hospital, Ernakulam.

The meeting started with a silent prayer a 10.15 am,followed by a welcome speech by Dr Bindhu , treasurer,AOC.Dr Dalia , president AOC introduced the speaker Dr Rohith.Since it was the first meeting of the AOC in 2024,there was a new year celebration with cake cutting by senior doctors of AOC Dr James and Dr Francis

Later Dr Rohith spoke about the new trends in refractive surgeries,PCR and anterior vitrectomy.It was a fruitful talk followed by an interactive session which included case presentations by junior residents of MCH, Vandanam.

In conclusion,a momento was presented to Dr Rohith as a token of appreciation from AOC .The meeting concluded by a vote of thanks by Dr Meera, secretary, AOC.

World Glaucoma Week - Alleppey ophthalmic club activities

World Glaucoma Week was celebrated by Alleppey ophthalmic club in accordance with I M A Alappuzha on March 21, 2024. It started with a Flash Mob by TDMC first year medical students at Alleppey beach as it was a public awareness programme.A public awareness speech on glaucoma was done by Dr Manoj Venugopal, professor, TDMC, at Alleppey beach. The TDMC students along with AOC members distributed glaucoma awareness write-ups among the public

It was following by a rally by AOC and IMA members holding glaucoma awareness placards. A Glaucoma awareness talk for general practitioners was taken by Dr Dalia, president, AOC at IMA hall, Alappuzha which was attended by AOC members,IMA members and medical students .

The meeting was presided by Dr Manish Nair, IMA, Alappuzha. Dr Meera, Secretary, AOC welcomed the delegates .It was a well taken class by Dr Dalia which covered almost every aspect of glaucoma. The meeting concluded by vote of thanks by Dr Arun, Secretary, IMA, Alappuzha.

Dr Meera J., Secretary ,AOC

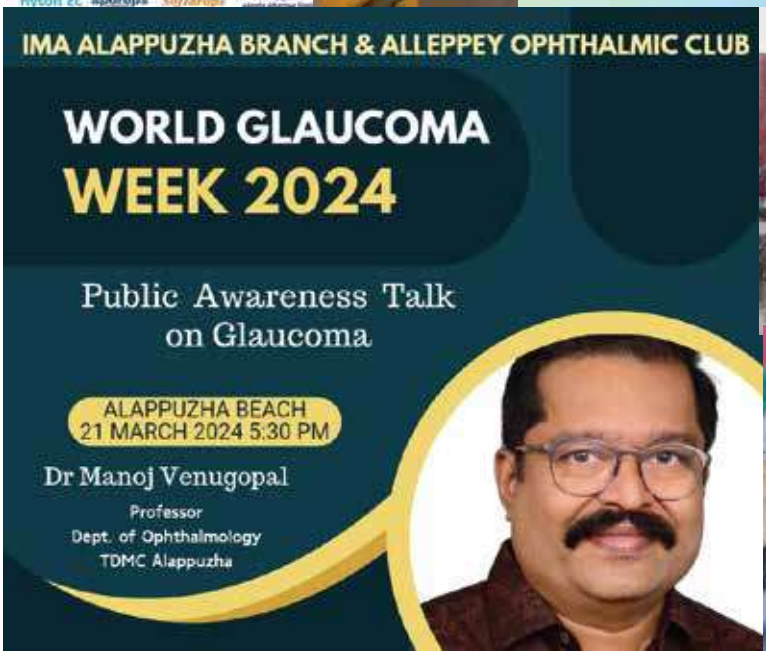


















District level activities in Alappuzha related to Glaucoma week celebration

District level inauguration of World Glaucoma week was done by NPCB in Punnapra North ,EMS community hall on 12.3.2024,by Mrs .K G Rajeshwari, president, Alappuzha district panchayat.A glaucoma screening camp and glaucoma awareness class for the general public was conducted along with it .It was attended by Dr Anu Varghese, deputy Dmo,NPCB ,DOS Dr Sunitha ,DMOS Dr Navajeevan and other dignitaries.

General Hospital, Alappuzha - World Glaucoma Week celebration

World Glaucoma week was celebrated in General Hospital, Alappuzha on March 14,2024.The function was inaugurated by Dr Sandhya, superintendent, General Hospital, Alappuzha. Dr Sunitha DOS, Dr Navajeevan DMOS, other doctors and dignitaries attended the function.A glaucoma awareness class was taken by Dr Sunitha.Glaucoma screening was done for the staff of GH and Op patients in the glaucoma week.

THQH, Cherthala

During the glaucoma week a banner was displayed at the hospital about the glaucoma week .An awareness class and glaucoma screening was done for the staff and Op patients during the week .

IMA Cherthala

IMA Cherthala did a press meeting about the relevance of glaucoma week. Several dignitaries attended the function . Glaucoma screening was done for the IMA members during the week.

THQH, Haripad

Screening of the Op patients for glaucoma week and glaucoma awareness class for staff was taken at THQH, Haripad.

THQH, kayamkulam

A banner was displayed about the glaucoma week in front of the hospital.Glaucoma screening for the Op patients and staff was done in the glaucoma week.

District Hospital, Mavelikkara

During the glaucoma week, glaucoma screening for the Asha workers was done .A Glaucoma awareness class and screening of the Op patients was done in the hospital.

District Hospital, Chengannur

A glaucoma awareness class for the staff was taken by the Consultant Ophthalmology,Dr Arifa.Glaucoma screening for the staff and OP patients was done in the hospital during the glaucoma week .

Dr Meera, Secretary, Alleppey Ophthalmic club.










ഗ്ലോക്കോമ - കണ്ണിലെ മർദ്ദം
40 വയസ്സിനു മുകളിലുള്ളവർ
കണ്ണിലെ മർദ്ദം പരിശോധിക്കുക
സൗജന്യമായി




















BHARANIKAVU BLOCK PANCHAYATH
FAMILY HEALTH CENTRE CHUNAK






ലോക ഗ്ലോക്കോമ വാരാചരണം


ലോക ഗ്ലോക്കോമ
വാരാചരണം






CHERTHALA







Medical College, Alappuzha Glaucoma Week celebration.

Glaucoma week was celebrated in Ophthalmology department, TDMC, Alappuzha with active participation of the faculties and residents. Nearly 150 new patients were screened for glaucoma between March 10 and March 16.Glaucoma awareness class to the general public in OP was taken on a daily basis during the glaucoma week .

On March 22,a special function was held as a part of glaucoma awareness in Ophthalmology Op. As a part of glaucoma awareness program, Dr Manoj Venugopal, Professor, Ophthalmology, TDMC, spoke in detail to the general public about the importance of early detection of glaucoma and glaucoma screening. Banners, posters and placards about the glaucoma were displayed in the Op. Dr Mallika ,Professor and HOD presided over the function. The meeting was attended by Dr Dalia, Dr Mini, Dr Dhanya and other faculties, PG residents, optometrists, ophthalmic assistant trainees and general public..

KOTTAYAM OPHTHALMIC SOCIETY

• General body meeting and Academic meeting of KOS was held on January 12, 2024 at Hotel Indraprastha. Dr. Rahul Menon, Vitreoretinal Surgeon, Chaithanya Eye Hospital Ernakulam was invited Guest faculty. He delivered keynote on OCTA basics and common retinal pathologies. Meeting was attended by 30 members. New year celebration also was organized along with GB meeting.

• General body and Academic meeting of KOS was held on February 23, 2024 at Hotel Indraprastha. Dr Cheriyan Shane Mathew , vitreoretinal surgeon, Chaithanya eye hospital, Thiruvalla was invited guest faculty. He delivered keynote on Vitreomacular interface abnormalities , The current concept and way forward. Meeting was attended by 34 members.

GLAUCOMA WEEK ACTIVITIES ORGANISED UNDER KOTTAYAM OPHTHALMIC SOCIETY

• GOVT MEDICAL COLLEGE KOTTAYAM:

> KOS president Dr. Vijayamma N participated as panelist in glaucoma awareness live webinar by KERALA SOCIETY OF OPHTHALMIC SURGEONS , on March 10,2024

> Conducted glaucoma screening for all staff and their family members

> Awareness sessions for glaucoma in various departments of hospital

> Community screening camp

AMITA EYE CARE HOSPITAL

>Screening of staff and their families

> Glaucoma awareness campaign among students of various colleges

> Glaucoma awareness campaign via placards and street plays and other outdoor activities

> Free screening for OPD patients

ALPHONSA EYE HOSPITAL

> Releasing of glaucoma awareness video and QR code

> Free glaucoma screening at hospital premises on all days by DR Deeja and Dr Priyanka

> Awareness videos at local TV channels throughout week

> Awareness class for public on 14th march,2024 by Dr Thomas Arun Varghese

> Glaucoma Screening for Modern Medicine Doctor at IMA hall, PALA

> Talk on glaucoma at Pala IMA by Dr Riya Roy

CHAITHANYA EYE HOSPITAL, KOTTYAM

> 7TH MARCH: glaucoma screening camp in association with IMA

> 10th MARCH Glaucoma awareness talk on radio Mangalam

> 12th MARCH Glaucoma Walkathon from Mall of Joy to CMS COLLEGE followed by glaucoma screening camp at CMS college

> 13th March Screening camp at KSRTC

> Glaucoma screening camp at hospital premises

> Glaucoma awareness campaign through social media

> Leaflets distribution among public

VASAN EYE CARE HOSPITAL, KOTTAYAM

> 5TH MARCH screening camp at Muthoot Fincorp, Ettumanoor

> 6th MARCH glaucoma screening camp at Malayala Manorama, Kodimatha

> 12th March: glaucoma awareness class and screening at Muthoot Fincorp, Manarcad

> 15th march: glaucoma awareness class and screening at Muthoot Fincorp, Kottayam

> Glaucoma awareness talk by Dr Asha James on Sargakshetra radio FM

> Free glaucoma screening at hospital

> Flyers distributed to public

Govt medical college HOSPITAL, KONNI

> Glaucoma awareness sessions for students and other departments

> Glaucoma screening for staff and members of various departments

> Glaucoma screening camp for communities

St. Joseph Eye and ENT hospital, Kanjirapally

> Glaucoma screening at hospital

> Glaucoma screening for IMA Kanjirapally members and their families

MARSLEEVA MEDICITY, PALA

> Glaucoma screening activities by ophthalmology department on 14th march, 2024

NEW VISION EYE HOSPITAL, MUNDAKAYAM

> Glaucoma screening at hospital

> Glaucoma awareness campaign through radio FM and local TV channels

> Glaucoma awareness talks and screening of communities at various public places

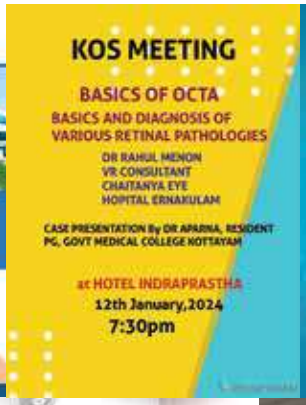






















Chaithanya Eye Hospital, Adichira, Kottayam - Glaucoma week activities 2024

7th March - Glaucoma screening camp in association with IMA
10th March - Glaucoma awareness talk on radio mangalam
12th March - WALKATHON from Mall of joy to CMS college
12th March - Screening camp at CMS college
13th March - Screening camp at KSRTC
10th to 16th - Glaucoma screening camp at hospital

Other activities during the week :-
- awareness talk/videos/posters through social media
- questionnaire distributed/analysed
- leaflets/pamphlet distributed among public

















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IDUKKI MALANADU OPHTHALMIC CLUB

FROM JANUARY 2024 TO MARCH 2024

Monthly CME meeting

61st CME meeting of IMOC was conducted on 1st March 2024.Dr Saikumar S J Medical Superintendent & Head, Cataract and Glaucoma, Giridhar eye institute presented the topic "Glaucoma progression and role of early step up". This very relevant topic was well received and discussed.





World Glaucoma week March 10-16 , 2024

Following is the list of activities by members and hospitals under Idukki Malanadu Ophthalmic Club for the World Glaucoma Week from March 10th to 16th, 2024.

1. Dept. of Ophthalmology MOSC Medical Mission Kolenchery - World glaucoma week observance 2024 commenced with a small inaugural function on 11.3.24 Monday at hospital Atrium. Following lamp lighting and official inauguration by our respected CEO Joy Sir, we had glaucoma awareness talk delivered by Dr.DeeptiR , HOD ophthalmology . It soon followed by a Role Play enacted by 2020MBBS batch students emphasising and promoting the relevance of glaucoma screening among the public. To add on further activities included Optic Nerve Head imaging by hand held fundus on phone camera which is AI interpreted , NCT checking and pamphlet distribution. All staff and patients actively participated in the programme and around 200 patients did the screening of which 28 had moderate to high IOP rise and 20 of them advised further imaging and follow up.

2. Free Walk-in Glaucoma Screening for IMA members and their families, organized by IMA Kothamangalam in association with KSOS & IMOC was conducted at St. Joseph's Hospital Dharmagiri by Dr. V. R. Mani, Consultant Ophthalmologist. Screening on Monday/Wednesday/Thursday 4-5pm from 10th to 16th March 2024, 85 people examined.





3 Alphonsa Eye Hospital Thodupuzha- Release of Glaucoma awareness video and QR code and an awareness class and interactive sessions for public was conducted on 12.3 .24 by Dr Thomas Arun Varghese at hospital premises. Awareness video was telecast on local TV channels throughout the week. Free Glaucoma screening at Hospital itself on







all days of the week from 2 to 4 pm.16 patients attended the free glaucoma screening camp. Humphrey perimetry and OCT RNFL was done free of cost for 3 patients.





4. Glaucoma week celebration at Devamata hospital Koothattukulam Glaucoma ribbons, posters and green balloons were distributed, Green dresses were worn by Nursing aids and Doctors. Banner display, Mime and Flash dance by nursing students, Education through display boards and banners, Glaucoma awareness talk by Dr. Nikita Mary Sunny- ophthalmologist Govt. hospital, Koothattululam and Dr. Ashok Kurien, Consultant ophthalmologist, Devamatha hospital Koothattukulam. Guests of the days were Ms. Jisha John, Optometrist and Antony Linesh, Health Inspector, Govt. Hospital Koothattukulam.













5. Glaucoma awareness, talk for doctors of IMA Muvattupuzha done on 14th March by NEDUMCHALIL Eye Hospital led by Dr Julna Sara Varghese.







6. 25 patients were screened for glaucoma at Ahalya hospital Thodupuzha, 3 of them were diagnosed as glaucoma and are under treatment

7. Glaucoma screening week at SRS Koothattukulam & Kaduthuruthy. Whole week from 9 to 6 pm screening was done by Dr. Smitha, Dr. Shilpa & Dr. Jesna. Screening for Merchant Association members & family for the whole week. All those who were selected after screening could avail Field & OCT at 50 % reduced cost. 250 patients were screened and 20 were investigated.





8. Free glaucoma screening camp conducted at Holy Family Hospital, Muthalakodam. Total of 25 patients were screened on 15/03/24.2 glaucoma suspects were identified and advised to undergo further evaluation.









9. TVJ eye hospital, Kothamangalam- IMA members were screened throughout the week Screening camp was conducted for public on 16th, around 24 people attended and 2 were taken for further examination.





10. Mar Baselios Hospital Kothamangalam- 3 doctors from IMA Kothamangalam were screened for glaucoma by Dr Fini K Ninan,no cases were detected.





11. Inauguration of district level activities of World Glaucoma Week was conducted at PHC Ramamangalam. Glaucoma awareness seminar was led by Dr Ligi Susan Thomas, member of IMOC and Ophthalmic surgeon at Gneral Hospital Ernakulam. Dr Ligi Also participated in a radio interview on Glaucoma awareness.

Mathrubhumi മാതൃഭൂമി

സൗജന്യ നേത്രപരിശോധനയോടെ ഗ്ലോക്കോമ വാരാചരണം



ഗ്ലോക്കോമ വാരാചരണത്തിന്റെ ജില്ലാതല ഉദ്ഘാടനം രാമമംഗലം സാമൂഹികാരോഗ്യ കേന്ദ്രത്തിൽ അനൂപ് ജേക്കബ് എം.എൽ.എ. നിർവഹിക്കുന്നു

രാമമംഗലം: ഗ്ലോക്കോമ, തിമിര രോഗ നിർണയ ക്യാമ്പോടെ ലോക ഗ്ലോക്കോമ വാരാചരണത്തിന്റെ ജില്ലാതല ഉദ്ഘാടനം രാമമംഗലം സാമൂഹികാരോഗ്യ കേന്ദ്രത്തിൽ അനൂപ് ജേക്കബ് എം.എൽ.എ. നിർവഹിച്ചു. പാമ്പാക്കുട ബ്ലോക്ക് പഞ്ചായത്ത് പ്രസിഡന്റ് സുനിത എൽദോസ് അധ്യക്ഷയായി. എറണാകുളം ജനറൽ ആശുപത്രി ഓഫ്താൽമിക് സർജൻ ഡോ. ലിജി സൂസൻ തോമസ് വിഷയം അവതരിപ്പിച്ചു. രാമമംഗലം ഗ്രാമപഞ്ചായത്ത് പ്രസിഡന്റ് പി.വി. സ്വീഫൻ ഗ്ലോക്കോമ പ്രതിജ്ഞ ചൊല്ലിക്കൊടുത്തു. അഡീഷണൽ ഡി.എം.ഒ. ഡോ. കെ.ആർ. രാജൻ ജില്ലാപഞ്ചായത്ത് സ്ഥിരംസമിതി അധ്യക്ഷ ആശ സനൽ, ബ്ലോക്ക് പഞ്ചായത്ത് വൈസ് പ്രസിഡന്റ് എൽസി ജോർജ്, ഗ്രാമപഞ്ചായത്ത് വൈസ് പ്രസിഡന്റ് മേരി എൽദോ, മെഡിക്കൽ ഓഫീസർ ഡോ. അനിത എൻ. ഷേണായി, ബ്ലോക്ക് പഞ്ചായത്ത് സ്ഥിരംസമിതി അധ്യക്ഷ പി.എസ്. വിജയകുമാരി, അംഗം കുഞ്ഞുമോൾ യേശുദാസ്, ഗ്രാമപഞ്ചായത്ത് സ്ഥിരംസമിതി അധ്യക്ഷരായ ജിജോ ഏലിയാസ്, ഷൈജ ബോബി, അംഗങ്ങളായ ആന്റോസ് പി. സ്കറിയ, സണ്ണി ജേക്കബ്, എം.യു. സജീവ്, ബിജി രാജു, ജില്ലാ ഓഫ്താൽമിക് കോ-ഓർഡിനേറ്റർ പി.വി. സുജാത, ജില്ലാ ഫെജുക്കേഷൻ ആൻഡ് മാസ് മീഡിയ ഓഫീസർ സി.എം. ശ്രീജ എന്നിവർ സംസാരിച്ചു. രാമമംഗലം ആശുപത്രി ജീവനക്കാർ നിർമിച്ച 'കണ്ണും കരുതലും' എന്ന ഹ്രസ്വചിത്രം എം.എൽ.എ. പ്രകാശനം ചെയ്തു.

കോലഞ്ചേരി മെഡിക്കൽ കോളേജിലെ നഴ്സിങ് വിദ്യാർഥിനികൾ ഫ്ലാഷ് മോബ് അവതരിപ്പിച്ചു. ജീജ പി. സദാശിവൻ, ഡോ. സായി ശങ്കർ, താര ആർ. നമ്പൂതിരി എന്നിവർ പരിപാടികൾക്ക് അവതരിപ്പിച്ചു. തുടർന്ന് ജില്ലയിലെ സഞ്ചരിക്കുന്ന നേത്രചികിത്സാ വിഭാഗം നടത്തിയ സൗജന്യ ഗ്ലോക്കോമ തിമിര രോഗനിർണയ ക്യാമ്പിൽ ഇരുന്നൂറോളം പേരെ പരിശോധിച്ചു.

18/03/2024 KOTHAMANGALAM-MUVATTUPUZHA Pg 09



COCHIN OPHTHALMIC CLUB

QUARTERLY REPORT FOR JAN, FEB, MAR 2024

JANUARY 2024

World Braille Day Webinar (Jan 4th)

Cochin Ophthalmic Club conducted a Webinar on World Braille Day which falls on 4th January 2024 this year. We had an inspiring program from evening 7:30pm to 9:30pm. It is available on Cochin Ophthalmic Club YouTube channel at https://www.youtube.com/watch?v=lKsDD_FkP3Y

After COC President's welcome address, and details about COC Blind Endowment Fund by Dr Joggy Joseph, the main program was from speakers from Aluva Blind School.



Miss Aswini N Kini, a visually impaired student of class 9, spoke about the History of Braille and the story of its inventor Louis Braille. Subsequently, Mr Jaison, a visually impaired teacher from the Blind school spoke about the Blind School activities, and also his journey as an engineer who became visually impaired. Next was a very active Question & Answer Session involving Mr KJ Varghese, former President of the Kerala Federation for the Blind.

Next on the agenda was an Innovative and Informative presentation by Dr John Davis Akkara, the Joint Secretary of COC, on "Smartphone Apps for the Visually Impaired"

Dr Ciju Joseph, Secretary of COC, concluded the webinar with a vote of thanks.



Dr Noel Moniz Memorial CME (Jan 21st)

Cochin Ophthalmic Club conducted the Annual Dr Noel Moniz Memorial CME on Sunday, January 21st, 2024. There was very good participation from all over Kerala and a few delegates from Tamil Nadu as well.



The Noel Moniz Oration was by Dr Philip Kuruvilla from Trivandrum. The Scientific Session was prepared by COC Scientific Committee Chairman Dr Neena R, and included a competition - "Great Challenges and Grand Victories" where participants were asked to present a short video of one of their biggest clinical challenges and how they overcame it. There was also a PG oriented diagnostic workshop on reading of various ophthalmic test reports including HFA, OCT, A scan, Topography etc coordinated with the help of Dr Thomas Kuriakose.



Dr Naomi Vettath, Senior Ophthalmologist was honored during the inauguration under the KSOS President's initiative.

Road Safety Week Program (Jan 17th)

Dr Agarwal's Eye Hospital Kochi conducted a Road Safety Week Program on Wednesday, January 17th, 2024.





Photography Awards

Dr Biju Raju and Dr Jiz Mary Santosh won Best of Category awards in Slit Lamp Photography and "Eye as an Art" categories in AIOS Photography Competition.

Distinguished Ophthalmic Teacher of India Award

Dr Natasha Radhakrishnan was awarded with an award of "Distinguished Ophthalmic Teacher of India" at RP Centre of Ophthalmic Sciences, AIIMS, New Delhi from the Federation of Ophthalmic Teachers at their seventh national meeting. She also received a publication excellence award from chancellor of Amrita Vishwapeet.





Retina Interest Group Meeting (Jan 23)

The Kochi Retina Interest Group had a meeting at Crowne Plaza on 23rd January with case presentations by retina fellows.

Publication of Myopia study

Dr Elizabeth Joseph and Dr Neena R were part of a major Pan India study which was published in the British Journal of Ophthalmology.



Travel Grant

Dr Raniya KP from Giridhar Eye Institute was awarded a Travel Grant to APACRS 2024 Conference in Chengdu, China.





Eye Camps

Camps conducted	No of camps	No of patients screened	No of cataract Surgeries
Giridhar eye Institute	11	1094	100
Amrita Institute of Medical Sciences	6	3110	93
Dr Tony Fernandez Eye Hospital	4	582	25

FEBRUARY 2024

Prof Hem K Tewari Lecture

Dr A Giridhar has received the Prof. H K Tewari Lecture award for 2024 at the 57th RP Centre foundation Day Celebrations at AIIMS, New Delhi during February 2-4, 2024.



Retina Interest Group Meeting (Feb 13)

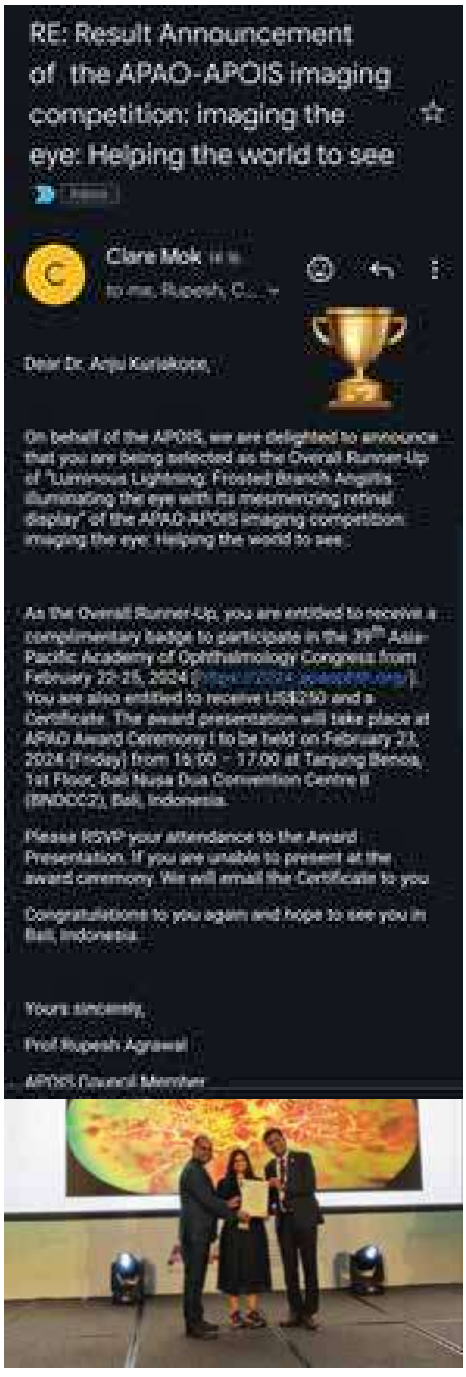
The Kochi Retina Interest Group had a meeting at Crowne Plaza on 13th February with case presentations by retina fellows.

Image Competition of Asia Pacific Academy of Ophthalmology APAO 2024 (Bali)

Dr Anju Kuriakose, Retina & Uvea Specialist at Westend Eye Hospital & Chaithanya Eye Hospital - Tripunithura won overall runner-up of $250 in APAO 2024 International Conference Bali (Feb 22-25).

Asia Pacific Ocular Imaging Society Competition in Asia Pacific Academy of Ophthalmology Congress.

Retinal Montage Photograph titled "Luminous Lightning : Frosted Branch Angiitis illuminating the eye with its Mesmerizing retinal display"



COC Monthly Meeting (Feb 22nd)

The February monthly meeting of COC, was held on Feb 22nd at Holiday Inn. The meeting was called to order by the President Dr Anil B Das. Secretary Dr Ciju Joseph gave a brief report of activities of previous month. The awardees from COC in various conferences were appreciated.

This was followed by the Scientific Session. Dr Vinay Pillai spoke on "Complete Dry Eye Management"

Dr Anil Radhakrishnan and Dr Sanjana P conducted a Panel Discussion on Perioperative Dry Eye Management. This was followed by dinner.


Cochin Ophthalmic Club 2023 - 2025

COC

Dear Doctor,

Notice is hereby given for the Monthly Meeting of COC for the month of February 2024

Date: Tuesday 22nd February 2024, 7:30pm at Hotel Holiday Inn.

Agenda:
1. Silent Prayer
2. Presidential remarks - Dr Anil B Das
3. Minutes of the previous meeting - Secretary
4. Matters arising out of the minutes
5. Secretary's update of activities
6. Any other matter
7. Vote of thanks by Treasurer

Scientific session
- Complete Dry Eye Management - Dr Vinay Pillai
- Panel discussion: Perioperative Dry Eye Management - Dr Anil Radhakrishnan & Dr Sanjana P

(Tea meeting is sponsored by Alcon)

The meeting will be followed by Dinner.

Dr Ciju Joseph
Secretary, Cochin Ophthalmic Club
13/02/2024

COC at Cochin Clinical Society Meeting (Feb 8th)

Feb 8th meeting of Cochin Clinical Society, COC was represented by Dr Kalaimathy, Dr Augustine Mampilly sir and Dr Ciju Joseph. It was at the INHS Sanjeevani, where we also had a tour of a few ships and Navy officer training facilities which included a state of the art Bridge simulator for all geographic locations and weather conditions. The talks were good, with one case of particular interest to us - Hansen disease presenting as "insect bite of the eye lid" (lid edema and rash).



COC at Emirates Ophthalmic Society, Abu Dhabi

Dr Rajesh Chells was instructor in MICS course in Emirates Ophthalmic Society Conference, Abu Dhabi.



Women in Science and Vision 2024

Dr Sruthi Chandra, who was a VR fellow at Giridhar Eye Institute was featured in Moorfield Eye Charity Website

https://moorfieldseyecharity.org.uk/impact-stories/women-in-science-and-vision-research-2023

AIOS-LVPEI Hackathon / Startup Challenge

Dr John Davis Akkara - Glaucoma, Cataract & Refractive Surgeon at Westend Eye Hospital - Kacheripady & Chaithanya Eye Institute - Palarivattom, was selected to the fully sponsored finals of the AIOS-LVPEI Hackathon & Startup Challenge after 2 rounds of presentations to AIOS jury and LVPEI Incubator jury. He is invited to the Bootcamp training and Grand Finale in Hyderabad on March 1st and 2nd, 2024.


Invitation for LVPEI Startup Challenge 2024- Bootcamp & Finale Event | 1-2 Mar'24

LVPEI-Incubator

to me, Bionest

Dear Dr. John,

As discussed over call, Congratulations on getting shortlisted and successfully advancing to the next phase of LVPEI Startup Challenge 2024!

We are thrilled to extend our invitation to the 'Bootcamp Training' scheduled to take place at the LVPEI KAR Campus, scheduled on 1st March 2024.

It gives us immense pleasure to inform you that your application has been selected after an intensive evaluation from our eminent jury members. You are now invited to physically participate in the fully sponsored boot camp of the challenge and present your final pitch to our Special Jury on the Finale event. The agenda for the boot camp and the finale event will be shared shortly.

Two members from your startup can participate at the boot camp. We are glad to provide accommodation in twin sharing form per startup. Regarding travel cost, we will reimburse upto INR 10,000 per startup.

Request your confirmation by **11:59 pm IST on 18th Feb, 2024** for your participation by submitting your details on:

For any clarifications, please feel free to reach out to

Look forward to your active participation and see you in Hyderabad!

COC at Asia Pacific Academy of Ophthalmology - APAO 2024 (Bali, Indonesia)

Cochin Ophthalmic Club was represented by Dr John Davis Akkara and Dr Anju Kuriakose in APAO 2024 Congress in Bali, Indonesia. They presented posters and videos in the conference and Dr Anju Kuriakose won the overall runner-up for photography competition. There was substantial representation from other parts of Kerala as well - Dr Shishir Verghese, Dr Rakhi Dcruz, Dr Swapna Nair, Dr Prithvi Chandrakanth.





Eye Camps

Camps conducted	No of camps	No of patients screened	No of cataract Surgeries
Giridhar eye Institute	11	1039	102
Amrita Institute of Medical Sciences	4	2502	69
Little Flower Hospital	12	2322	180
Dr Tony Fernandez Eye Hospital	4	583	28

MARCH 2024

AIOS-LVPEI Hackathon and Startup Challenge (Mar 1st & 2nd)

Dr John Davis Akkara with his startup "FunDaZone" won third place for "JohnDa's Foldable FunDaScope" in the Startup Challenge 2024 held by the LV Prasad Eye Institute Bio-incubator in collaboration with AIOS in Hyderabad on March 1st and 2nd.



AIOS-ARC-COC "Retina for All" Meeting (Mar 3rd)

Cochin Ophthalmic Club in conjunction with AIOC-ARC conducted a CME "Retina for All" on March 3rd at Hotel Monsoon Empress under the aegis of KSOS.







Faculty included Dr Prasahant Bawankule and several retina specialists from within Kerala. Several retina topics of interest to general ophthalmologists were discussed with good attendance from ophthalmologists and postgraduates.

Chaithanya Eye Institute Glaucoma CME "GlaucoPedia 2024" (Mar 10th)

Chaithanya Eye Hospital conducted Glaucopedia the CME on Glaucoma under the aegis of KSOS and COC. Wide ranging topics and even the latest on AI were covered. They even had a Wet lab for glaucoma surgeries. Padmashree Dr S Tony Fernandes inaugurated the "Eye Bank portal" at the KSOS website. Dr Augustine Mampilly sir was honored for being the inspiring senior ophthalmologist that he is.

He inspired the younger generation of ophthalmologists with some anecdotes from his youth and advice on life and ophthalmology.





COC Glaucoma Awareness Walk with IMA Cochin (Mar 10th)

The COC Glaucoma awareness walk was flagged to start by KSOS President Dr Thomas Cherian and the IMA Cochin President Dr Haneesh Meerasa. We walked around a block at Kadavanthra and were able to inform the public about Glaucoma and the importance of screening for the same. This walk was mainly sponsored by Milmet of Sun Pharma. We also had participation of Abbvie pharmaceuticals.











COC Monthly Meeting (Mar 19th)

The March monthly meeting of COC, was held on Mar 19th at Hotel Gokulam Park. The meeting was called to order by the President Dr Anil B Das. Secretary Dr Ciju Joseph gave a brief report of activities of previous month. The various awardees from COC in various conferences were appreciated.

This was followed by the Scientific Session - "Advancement in IOl Technology and Platform" sponsored by Alcon surgicals . Dr Sony George spoke on "Clareon - a better Platform" and Dr Sandhya N spoke on "Customizing Presbyopia Correcting IOLs"

This was followed by dinner.


Cochin Ophthalmic Club 2023 - 2025

COC Glaucoma Week Programs(March 10-16)

Various other hospitals including Dr Tony Fernandez's eye hospital, The Eye foundation, Little flower eye hospital, Renai Medicity and Government Medical college conducted Glaucoma awareness programmes. As part of Glaucoma Week 2024, Giridhar Eye Institute conducted a door-to-door screening program specifically tailored for bedridden individuals.



COC at IMA Sports Programs 2024 - Ranbhoomi

Cochin Ophthalmic Club Members made a good show of strength at the IMA Sports meet 2024 – Ranbhoomi and COC won the Overall First Place for the program.



Also Dr Rosmy Varghese(who is a member of COC) won 1st in 100m, 2nd in 200m and 1st in Ladies relay under the banner of KGMOA

FINAL STANDINGS:
CHAMPIONS: COC
Cochin Ophthalmic Club

RUNNERS UP: COS
Cochin Orthopedic Society

SECOND RUNNERS UP:
KGMOA



Dr Sunil had won 2nd for Arm wrestling

Our members won in the following categories.

OPHTHALMOLOGY – IMA SPORTS 2024 – TOTAL POINTS 91

Common (Combined for Male & Female) - Total 16

Event	Participant name	Result	Points
Chess	Dr Sanitha Sathyan	1st	5
Sudoku	Dr Meenu Mathew	1st	5
Cards	Dr Thomas Arun Varghese	1st	5
Chess	Dr Thomas Arun Varghese	3rd	1

Ladies – Total 28

Event	Participant Name	Result	Points
Badminton Singles	Dr Sandhya Rao	1st	5
Badminton Doubles	Dr Sandhya Rao & Dr Meenu Mathew	3rd	3 (Team event)
100M (50-60yr)	Dr Sandhya Rao	1st	5
200m (50-60yr)	Dr Sandhya Rao	1st	5
400m (50-60yr)	Dr Sandhya Rao	1st	5
Walking (50-60yr)	Dr Sandhya Rao	1st	5

Men – Total 47

Event	Participant Name	Result	Points
100m (<40yr)	Dr Umesh Krishna	2nd	3
200m (<40yr)	Dr Umesh Krishna	2nd	3
100m (40-50yr)	Dr Praveen Muraly	2nd	3
200m (40-50yr)	Dr Praveen Muraly	2nd	3
Walking (40-50yr)	Dr Praveen Muraly	1st	5
100m (50-60yr)	Dr Thomas Arun Varghese	1st	5
200m (50-60yr)	Dr Thomas Arun Varghese	1st	5
400m (50-60yr)	Dr Thomas Arun Varghese	2nd	3
Walking (50-60yr)	Dr Thomas Arun Varghese	2nd	3
100m (>60yr)	Dr Joggy Joseph	2nd	3
200m (>60yr)	Dr Joggy Joseph	3rd	1
4x100m Relay	Ophthalmology Team	1st	10 (Team event)



Cochin Ophthalmic Club congratulates the winners and all the attendees for keeping our flag high



COC at AIOC 2024, Kolkata(14th-17th of March)

Cochin Ophthalmic Club had a large delegation of faculty and participants in AIOC 2024. Many had Instruction Courses, Invites talks, Papers, Video and Posters.

Many awards were won and honors received.

> Dr Vanasree Nair won the best female presenter in "Difficult cataract and anterior segment surgeries: when the going gets tough"

> Dr Meena CK got the best presentation award in Women Ophthalmic Surgeons and Team Kerala Royals

> Dr Natasha Radhakrishnan as mentor and Dr Archana of Amritha institute bagged second prize along with Team "Gods own warriors" from Kerala under Teachers of tomorrow.

> Dr John Davis Akkara Won Top 10 (consolation prize) in Think under the Apple tree, Top 16 in C S Reshmi Video session and IJO appreciation certificate for top 25 most cited articles (inset is actually a picture of the certificates he collected of last years awards at this years AIOC.

> Dr Neelima Mathew won 2nd prize in The Young Researcher Award at AIOC Kolkata. Congratulations Dr Neelima.

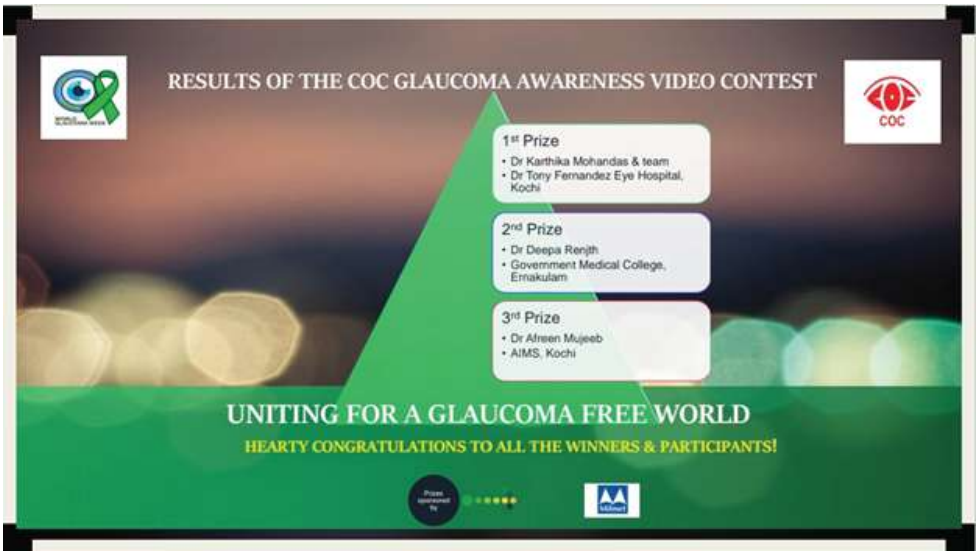






COC Glaucoma Awareness Video Contest

Entries were invited for the Glaucoma awareness video contest the prizes for which are sponsored by Milmet of Sun pharma, The videos were judged and the results announced in the Whatsapp group on the 10th of this month. The winners are:



Eye Camps

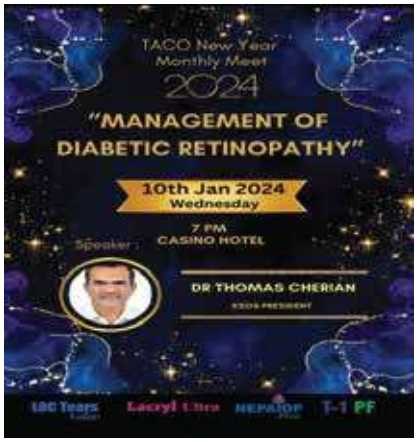
Camps conducted	No of camps	No of patients screened	No of cataract Surgeries
Giridhar eye Institute	11	1039	102
Amrita Institute of Medical Sciences	10	4385	111
Little Flower Hospital	12	2322	180
Dr Tony Fernandez Eye Hospital	4	557	23

TACO

JANUARY 2024

• TACO NEW YEAR MONTHLY MEET WAS CONDUCTED AT CASINO HOTELS TRICHUR ON 10TH JANUAY 2024 WEDNESDAY 7PM.

• DR.THOMAS CHERIAN KSOS PRESIDENT CONDUCTED CME ON TOPIC "MANAGEMENT OF DIABETIC RETINOPATHY"





Cataract surgery training in Amala medical college





FEBRUARY 2024

Taco monthly meet was conducted at Trichur Towers hotel on 4th February 2024. Dr.Arup Chakrabarti gave a talk on "Assortment of intraoperative mishaps-Prevention & management" & Dr.Sinumol.S. talked about " Managing ocular surface diseases associated with glaucoma".

In morning session Dr.Arup Chakrabarti had interactive session at Amala medical college with PGs & Surgeons, also interactive visit to cataract stimulation lab.



CAMP REPORTS JANUARY

HOSPITAL	PLACE	NO.OF PTS	SURGERIES	GLASSES
JUBILEE MC	St.Joseph HS			
Velupadam	167	07	-	
	Nadathara	97	-	-
AMALA MC	In house camp	60	-	-
	Thrikkur	67	-	-
I VISION	Mullassery	97	7	28
	Vadakkumuri	121	33	35
	Chendrappinni	129	31	42
	Chebamkandam	91	35	18
	Rappal	90	14	33
	Kadalassery	114	7	38
	Nellayi	134	35	30
TRINITY	13 Camps	-	96	-
SIMONS KKM	4 Camps	159	-	7

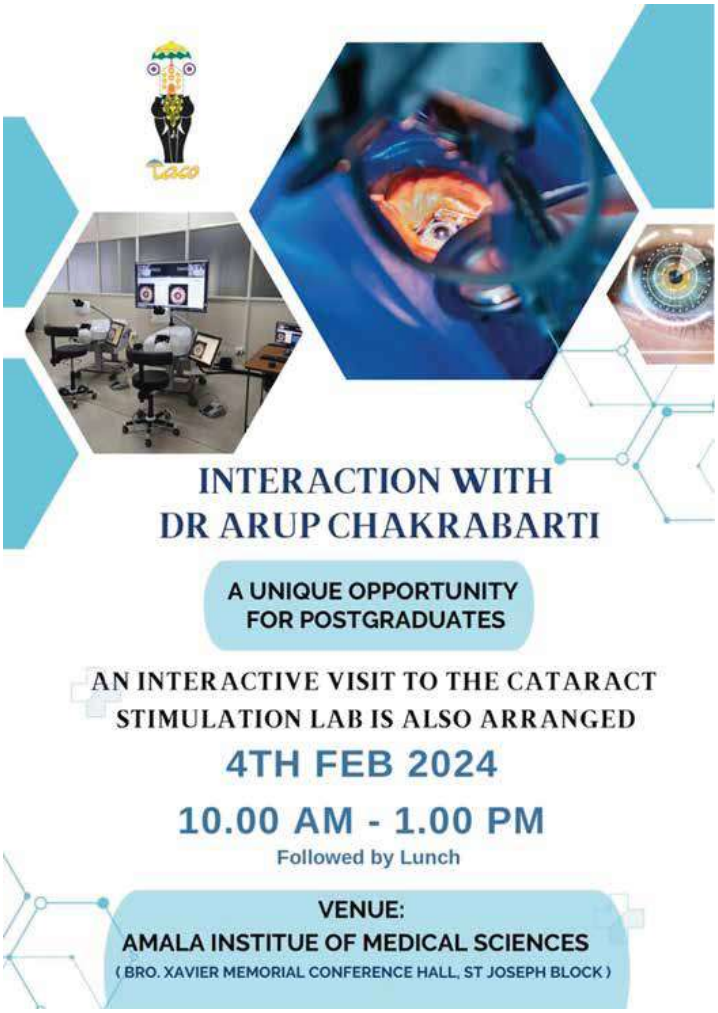






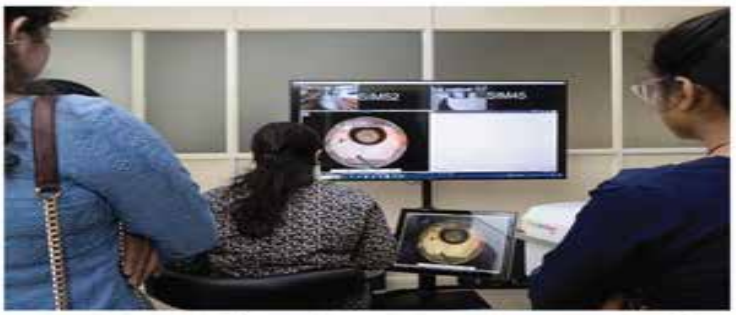


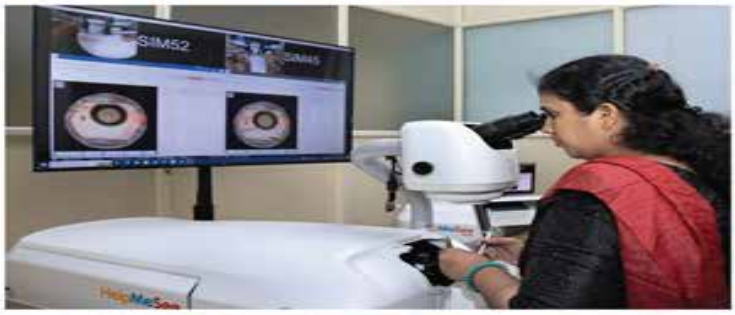


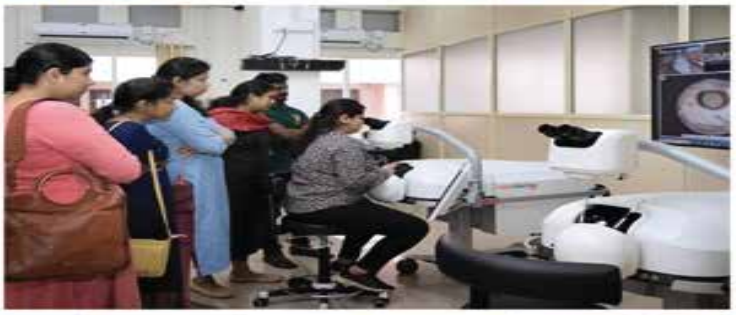


Interactive session at Amala medical college















CAMP REPORTS FEBRUARY

HOSPITAL	PLACE	NO.OF PTS	SURGERIES	GLASSES
JUBILEE MC	CHERROOR 12-2-24	96	-	24
	VADOOKARA 18-2-24	136	14	-
	NADATHARA 20-2-24	79	6	-
	ST.THOMAS CLGE 22-2-24	338	68	-
TRINITY	11 CAMPS	-	47	-
SIMONS EYE HOSPITAL	2 CAMPS	80	-	-
I VISION	ADAT	104	13	41
	POOKODU	84	14	29
	KAINOOR	73	9	22
	VELLANGALLUR	54	6	8
	KARANJIRA	159	19	36
	KATHIYALAM	130	20	43
AARYA EYE CARE	17 CAMPS	1639	78	243

MARCH 2024

> TACO Monthly meet was coducted at Hotel Asokha Inn on 1st March 7pm.

> Topic was on "RECENT ADVANCEMENTS IN CATARACT SURGERY"

> Speakers were Dr.Mridula Sunil & Dr.Geethu









GLAUCOMA WEEK ACTIVITIES



DR.C.V.ANDREWS & DR.BABY THOMAS SIR GAVE ALKS IN IMA THRISSUR





DR.C.V.ANDREWS SIR TALK IN IMA WIMA THRISSUR

DR.BASTIN SIR GAVE TALK IN IMA KODUNGALOOR



DR.RAJINI MAM GAVE TALK IN GMC THRISSUR



GMC THRISSUR GLAUCOMA AWARENESS PROGRAMMES













JUBILEE MEDICAL COLLEGE


Amala glaucoma week inauguration


Glaucoma awareness quiz for patients and their care providers - by Dr Jainy


malabar
EYE HOSPITAL
Malabar Eye Hospital conducting in house
Free Glaucoma Screening
for doctors and their families
IN ASSOCIATION WITH
INDIAN MEDICAL ASSOCIATION
Thrissur Branch
WORLD GLAUCOMA WEEK
March 10 to 17, 2024
For Booking
8086009129
8156893331
8086009123
GLAUCOMA SCREENING FOR
DOCTORS AND THEIR FAMILIES
Detailed Fundus Examination & Optic Disc Evaluation.
Visual Field Test (HFA) if required.
Intraocular Pressure Check up.
OCT (Optical Coherence Tomography). Retinal Nerve Fibre Analysis for early detection of neuronal loss (RNFL)
Pachymetry test - Measures the thickness of the cornea


nethra
IMA IRINJALAKUDA
IN ASSOCIATION WITH
NETHRA EYE CARE CENTRE IRINJALAKUDA
Trichur Academic Club of Ophthalmology (TACO)
&
Kerala Society of Ophthalmic Surgeons (KSOS)
GLAUCOMA AWARENESS PROGRAM
FREE GLAUCOMA SCREENING FOR DOCTORS AND FAMILY


Amala
SLOGAN WRITING COMPETITION
BEAT AGAINST GLAUCOMA


VISION
GLAUCOMA 2024
FREE RETINA CHECK UP
FREE PRESSURE CHECK UP






caring souls ... healing hands
Santhwana
Eye and Diabetic Clinic
KODUNGALLUR
സാന്ത്വന ഐ & ഡയബറ്റിക്ക് ക്ലിനിക്
WORLD GLAUCOMA WEEK
ലോക ഗ്ലോക്കോമ അവബോധ വാരാചരണത്തിനോട് അനുബന്ധിച്ച് സൗജന്യ ഗ്ലോക്കോമ (Glaucoma) നിർണ്ണയ ക്യാമ്പും (Screening Camp) ബോധവത്ക്കരണ ക്ലാസ്സും
14.03.2024 - 9.30 AM -12.30 PM


INDIAN MEDICAL ASSOCIATION
World Glaucoma Week
DOCTORS AND THEIR FAMILIES
AARYA EYE CARE

CAMP REPORTS MARCH

HOSPITAL	PLACE	NO.OF PTS	SURGERIES	GLASSES
JMMC	NADATHARA	96	04	-
	POLYTECHNIC AMBALLUR	232	-	-
AMALA MC	AMALA CAMP	63	-	-
	VELLATTENNUR	15	-	-
RANI MENON MAXIVISION	CAMP	1123	1	0
I VISION	MAROTTICHAL	133	16	28
	PANTHALOOR	62	10	27
	PAARLIKKAD	92	17	21
	ARIMBUR	75	15	09
TRINITY	INHOUSE	21	60	-

EDUCATIONAL MONTHWISE ACTIVITIES

Month	Educational/Scientific Activity	Public Lectures	PG Teaching Programme	Wet lab	Membership Drive & Impact
January	1 CME			1(SICS)	3
February	1 CME (2 Speakers)		1 (AMALA MED.CLGE)		2
March	1	13			3

MOS (MALAPPURAM OPHTHALMIC SOCIETY)

MOS first monthly meet , The Creative ophthalmic conference was held at IMA HOUSE Malappuram on 20 th January 2024. The topic for this clinical meet was PHACO DEMYSTIFIED and it dealt with all the aspects of phaco emulsification for beginners and experts alike. It was a well-attended CME more than 20 delegates and post graduates. The office bearers for the next year were elected on the same day.





The next monthly meet of MOS was held at Kottakkal on 25 th February. The past president welcomed the newly elected president Dr Rakhi Suresh, who then introduced the Secretary Dr Shaji Hussain and the team. She talked about the vision of MOS for the coming year. The topic for the academic session was Diabetic Retinopathy. There were around 40 delegates and the meet was followed by PG case presentations

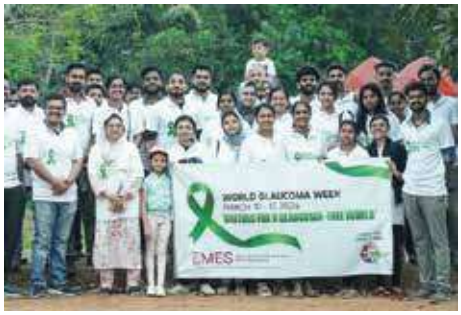






WORLD GLAUCOMA WEEK ACTIVITIES

In connection with the World Glaucoma Awareness week a walkathon was conducted by MES Medical College under the aegis of MOS on 10 th march 2024, to spread awareness about this silent killer of Sight. It drew the attention of many and even non medicos joined us in this endeavour.



ABATE EYE HOSPITAL ALSO CONDUCTED A WALKATHON IN PERINTHALMANNA TOWN IN THE SAME WEEK



EYE CAMPS

Vision check and cataract diagnostic camps were conducted by MES Medical College at Nilambur Tribal Colony , at Olavakode in Palakkad in co sponsorship with MES Youth Wing Palakkad, at Tirur and Kariavattom Palliative care Centre.

KOZHIKODE OPHTHALMIC SOCIETY (KOS) (JANUARY -MARCH 2024)

Monthly meeting of KOS conducted on 24th January at hotel Hyson Heritage.

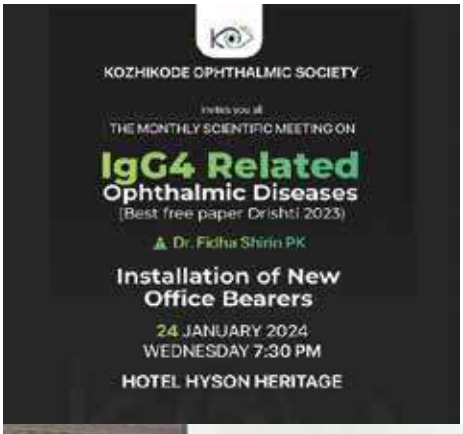
Installation of new office bearers ,

Dr Suma Unnikrishnan –President

Dr.Bindu S.Ajith-Vice president

Dr.Irshad .E-Secretary

Dr.Nirmal A.J-Treasurer



Scientific programs :IgG 4 related ophthalmic diseases presented by Dr.Fidha Sherin P.K



Appreciation of KOS members for best OPL team in KSOS Dr Bindu S Ajith, Dr Padmaja Krishnan, Dr Sujith Naynar and Dr Prakash

Dr K.S Subramanian best paper award winner Dr Fidha Sherin ,Dr. S Mohandas award winner Dr Bindu S Ajith and TACO quiz winner Dr Vinny and Dr Fidha Shirin











Our six colleagues made us proud by passing the FAICO exam.



In February Comtrust Eye Hospital conducted their annual CME and silver jubilee celebration at The Raviz Kadavu Resort Hotel under the aegis of KOS and KSOS. The meeting was very well attended and extremely useful to both practicing ophthalmologists and those in training. Hands on training section for post graduates and young ophthalmologists were also arranged.



Our member, Dr. Pratithwi Chandrakanth, was awarded the best paper award in the Asia Pacific Ophthalmic Conference, which took place in Bali.





We had our monthly meeting on immunomodulators in allergic conjunctivitis in March at the Hotel Hyson Heritage. The well-known ocular surface specialist Dr. Bhaskar Srinivas led the scientific discussion. Postgraduate students Dr. Sarangi from Malabar Medical College and Dr. Sruthi from KMCT Medical College presented their cases after this. Sixty-two participants attended the meeting, which was a scientific treat for everyone in attendance. Drs. Nimmy Raj , Dr Sandhya,Vijaya Lakshmi, and Sujith Naynar led a panel discussion.











Kos carried out a number of glaucoma awareness initiatives with the assistance of KSOS and GSI. A glaucoma screening camp for physicians and their families was held at IMA Hall to kick off our campaign. The camp was attended by about 60 doctors and families representing different specialties. Six people who suspected to have glaucoma were identified and recommended for further treatment. The screening camp came to an end with a scientific meeting that was inaugurated by Dr. Raju Balram, the president of IMA Kozhikode. Dr. Bindu S. Ajith gave an outstanding lecture on glaucoma awareness on the subject of conquering the silent thief of vision. .Senior KOS ophthalmologists led the panel discussion.







Under the aegis of KOS, all eye hospitals in Kozhikode carried out a variety of glaucoma screening initiatives. This includes public awareness campaigns, radio speeches, glaucoma screening camps, and rallies.

Glaucoma screening camp and awareness class by Department Of Ophthalmology , Malabar Medical college.

The Comtrust Eye Hospital held a number of events, such as a glaucoma walk, poster competitions, screening camps, quiz competitions, and CME.











A radio awareness discussion about glaucoma was held by Dr. Sreekanth Eye Care Hospital, along with glaucoma screening events for the general public and Rajendra Nursing Home workers.

Government General Hospital Kozhikode organized public awareness campaigns, rallies, and a free glaucoma camp in collaboration with KOS







The Government Medical College in Kozhikode held public awareness lectures in addition to an in-house screening camp for doctors. Alongside this, there were also public screening camps held.







In collaboration with KOS Dr. Chandrakanth Nethralaya held a glaucoma screening event and an awareness session.

A public awareness talk and free glaucoma screening camp were held by KMCT Medical College.

OPHTHALMIC SOCIETY OF KANNUR

January 2024

The annual General body meeting of Ophthalmic Society of Kannur was held on 15/12/23 at Hotel Benale, Kannur. It was decided to conduct the installation ceremony on 13th January 2024 at Hotel Magnet, Puthiyatheru, Kannur and to hand over the posts to the new office bearers.

A vibrant new year glitter party and the installation ceremony took place at Hotel Magnet, Puthiyatheru on 13th January 2024. 43 families (125 people) attended the function, many came in glitter attire. Dr Aravind the Master of Ceremony skilfully steered the event. OSK president Dr Simi Manoj extended a warm welcome to the gathering. Dr Seema secretary OSK presented last year's report. The report reflected the activities of OSK and received well deserved appreciation. Dr Sreeni, Managing committee chairman of KSOS to AIOC introduced the esteemed chief guest Dr Thomas Cheriyan sir, KSOS President. Dr Mohan Babu sir the senior member was honoured during the function by the chief guest. Dr B V Bhat sir was also honoured on the same day at his residence. Dr Sreeni announced the appointment of new office bearers followed by the official installation by KSOS president. Members who took up roles include Dr Suchitra Bhat as President, Dr Remya E as Secretary, Dr Lekha P K as Treasurer and Dr Twinkle Ann George as Scientific committee chairperson. Dr A L Rao sir presented a memento to the chief guest Dr Thomas Cherian sir. Dr Suchitra Bhat addressed the gathering sharing insights into her vision for the upcoming term. Dr Babu KV from Payyanur enlightened the audience about his endeavours to safeguard the medical profession. The Secretary proposed the vote of thanks expressing gratitude to all the participants. The meeting was concluded for dinner, fellowship, cultural events and a lively DJ party. Dr pooja conducted few games for the kids and Dr Neethi did a dance performance. Attendees enthusiastically danced to the tunes.











February 2024



The monthly meeting of Ophthalmic society of Kannur (OSK) was held on 25/2/2024 at Hotel Benale International. The meeting was well attended. OSK president Dr Suchitra Bhat called the meeting to order and extended a warm welcome to all the attendees. The secretary, Dr Remya presented the minutes with a video presentation compiling the photos from the January event which received high praise from the attendees.

The condolence meeting of Dr B V Bhat sir began with a 2 minute silent prayer. Dr Lekha treasurer presented an illustrious overview of the invaluable contributions of the late Dr B V Bhat to the field of ophthalmology. Subsequently Dr. Vanaja, Dr. Vasantha, Dr. Asha Chandrasekharan, Dr. Sreeni and Dr Jayanth shared heartfelt recollections of Dr Bhat, evoking deep emotions from both junior and senior members alike.

Transitioning from a somber atmosphere the session was enlivened by Dr Gopal's presentation. The scientific session started with the introduction of the speaker Dr Gopal S Pillai by Dr Akshaya. Sir delivered a comprehensive and enlightening talk on advancements in diabetic retinopathy treatment titled "What is new in diabetic retinopathy?", stimulating an engaging discussion among participants. To ensure attentive engagement an audience question segment was included at the end of the session. Dr Manjima won the audience question.

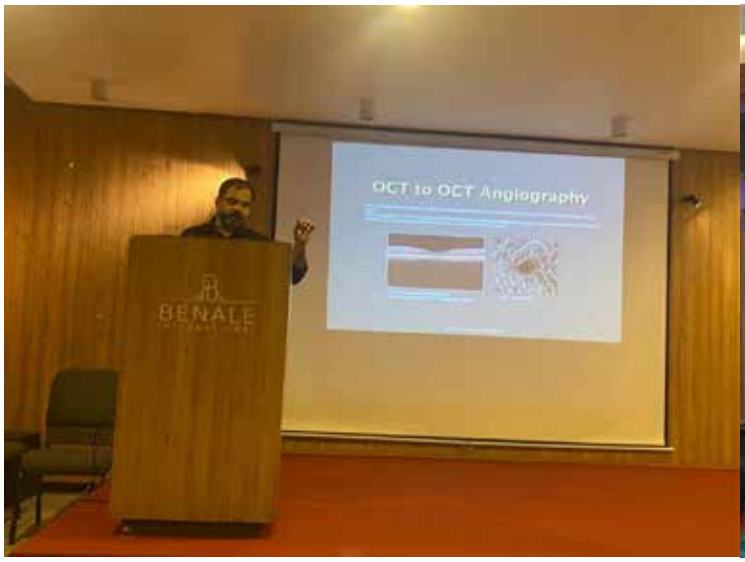


Dr Sreeni presented a token of appreciation to Dr Gopal and Dr Gopal handed over a memento to the winner Dr Manjima.

Secretary Dr Remya proposed the vote of thanks and the meeting was adjourned for dinner and fellowship.









March 2024

As a part of the international glaucoma week, the ophthalmic society of Kannur organized several events aimed at raising awareness about glaucoma and promoting early detection and treatment.

Beach walk at Payyambalam (10/3/24): A press meet was held on 7/3/24. The OSK members and their family, IMA members and Cannanore round table members (About 100 people) were participated in the event. Dr Suchitra Bhat welcomed the gathering. Glaucoma theme song flash mob captivated everyone's attention. Dr Sreeni Edakhlon spoke about the importance of early detection and treatment of glaucoma to the public. Dr Nirmal Raj, President IMA Kannur flagged off the beach walk and pamphlets were distributed to the public. The secretary proposed the vote of thanks. The initiative by OSK has been very effective in making people aware of this blinding disease.

Free Glaucoma screening (11/3/24): About 16 eye hospitals in Kannur district participated in offering free glaucoma screening to the public.

Glaucoma screening for doctors and their family (10/3/24-16/3/24): In association with IMA and KSOS glaucoma screening were conducted for IMA members and their family. Dr Swetha of Jyothis eye care, Dr Suchitra Bhat of Asoka eye Hospital and Dr Dhanya C of Ahalia Eye Hospital conducted screening in Kannur while Payyanur Eye Foundation conducted screening for IMA members of Payyanur branch.

Other activities- Pee Kay Eye Care hospital, Thalassery conducted NCT screening for the public and they also organized a rally at Thalassery town to raise the awareness of glaucoma among public.

Participation of OSK members in AIOC 2024: Six members of ophthalmic society of Kannur attended the All-India Ophthalmology Conference 2024 in Kolkata. Dr Sreeni Edakhlon was a chief instructor for an Instruction course in cataract named What next situations in cataract surgery? Dr Aswathy Vijayan was co instructor for an IC and her topic was bad ocular surface to great visual comfort. Additionally, she presented a video on tackling the true posterior polar cataracts and an e poster titled" Better safe than sorry -IOL scaffolding a novel technique in hypermature cataract surgery". Dr Remya E participated as a speaker in a debate session in pediatric ophthalmology and also was a candidate for the leadership development program (LDP) AIOS candidate for the year 2024-25 and attended the induction course.

Scientific meeting report

The monthly meeting for the month of March was held on 22/3/24 at Hotel Benale Kannur and was well attended. Dr Suchitra Bhat welcomed the gathering and secretary presented the minutes accompanied by a video recap of the previous meeting and other OSK events. Dr Neeti Nambiar introduced the guest speaker Dr Jayasri P V, a Glaucoma specialist from I vision Eye Care, Thrissur who delivered a comprehensive talk on OCT in Glaucoma. Madam has covered various aspects related to the application of OCT in diagnosing and managing glaucoma evoking a robust and engaging amongst the participants. Dr Swetha K, OSK member presented a case which made the session more lively and interactive. The audience question was won by Dr Kris. Dr Sreelatha presented a memento to Dr Jayasri and Dr Sreeni presented a memento the winner. Secretary proposed the vote of thanks and the meeting adjourned for dinner and fellowship.







KASARAGOD OPHTHALMIC SOCIETY

Jan - March 2024

President.	Secretary
Dr Bharathan AV.	Dr Rakesh

CME and general body meet was held on 24/2/2024 at Lalit resort , Bekal .

After prayer by Dr Sumathi , President Dr Bharathan A V addressed the gathering .He briefed regarding the future plans of Kasaragod Ophthalmic Society including association with IMA and conducting tribal camps. Secretary Dr Rakesh read the minutes of the previous meeting .Dr Suresh Babu , District representative of Kerala Ophthalmic Society briefed about the state proceedings. Senior member Dr Anantha Kamath addressed the gathering.

Dr Aparna introduced the speaker Dr Swetha , Glaucoma consultant , Jyothis eye hospital, Kannur .She spoke on Glaucoma progression and it's effective management . Dr Ganesh Maiya moderated the session . Dr Swetha was presented by a momento by Dr Anantha Kamath as a token of appreciation from Kasaragod Ophthalmic Society.Dr Rakesh proposed the vote of thanks .

The meeting was attended by 18 members.



GLAUCOMA SCREENING AND AWARENESS FOR IMA MEMBERS AND FAMILY MEMBERS FROM MARCH 10 TO MARCH 16

Glaucoma screening and awareness was conducted for IMA members and family members in various eye centres across the district which was attended by many members.





TRIBAL CAMP WAS HELD ON 22/3/2024 in association with IMA Kasaragod.

SNEHA HASTHAM

Badiadka Koraga Tribal Colony

The medical camp was inaugurated by Dr.B.Narayana Naik, DC Convener at a meeting presided by Dr. Jithendra Rai, President IMA Kasargode. Dr Kashim, Dr Bharathan, Dr.Rekha Rai, Dr.Narayana Pradeep, Dr.Sudev, participated in the camp.

At the medical camp more than 123 patients from 3 tribal settlements were examined by 10 multispeciality doctors and treatment given.

Optometric services, immunization, pulmonary function tests NCD Screening(BP & GRBS), pap smear examination, sptum collection, Anemia Screening and Thyroid Screening were arranged in the camp. Further follow up will be carried out as required. Dr Bharathan AV attended the camp and headed the ophthalmic services along with Dr. Suresh Babu Eye Foundation and team. Manu patients were examined and free glasses were distributed which was sponsored by Kasaragod ophthalmic society.



























THE KSOS connect

The official Newsletter of Kerala Society of Ophthalmic Surgeons