SUVARNAREKHA 50

The Golden Document



THE **GOLDEN JUBILEE** SOUVENIR OF KERALA SOCIETY OF OPHTHALMIC SURGEONS

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Dr Bastin. V. A, Chief Organising secretary, Drishti 2023
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message

FROM PRESIDENT KSOS



Dear KSOS seniors
and colleagues,

As you are all aware, KSOS is entering it's 50th year of existence. As we celebrate the Golden year of this great organization, the LOC of Drishti 2023 is bringing out a souvenir named "Suvarnarekha". I really appreciate the efforts of the Editorial team led by Dr Lathika in bringing out this special issue. I am sure this will be a Collectors' item for all KSOS members.

Jai KSOS!

Dr S J Saikumar
President KSOS 2022-2023



message

FROM GENERAL SECRETARY KSOC

Dear friends

We are all just waiting eagerly for the Drishti 2023 to kick off in Thrissur. The excitement is already in the air that we will be able to see our friends, present, compete and debate. KSOS is finishing one more eventful year, this year being sweeter as we successfully hosted the AIOC 2023 in Kochi.

Team Thrissur is sparing no efforts in making the Drishti conference a success. Dr Andrews CV and Dr Bastin VA leading from the front with our friends in Thrissur, Palakkad and Malappuram also chipping in, we all have no doubts it will be one of the best conferences we ever attended.

As it is the golden jubilee year of KSOS, we ascribe great significance to this book and mind you, this book is a collector's item prepared by Dr Lathika. She has put in efforts unparalleled to make this book a very worthwhile contribution to the library of each and every ophthalmologist in Kerala and beyond.

I had a memorable time working as General secretary for the KSOS and I wish great success to this endeavour.

Thanks and regards

Jai KSOS!

Dr Gopal S Pillai
General Secretary KSOS



message

FROM ORGANISING CHAIRPERSON

Fifty years ago a group of Ophthalmologists of Kerala assembled together to create, propagate academic ideas and to uphold the unity and pride of its members. Thus, our Kerala State Ophthalmic Society was founded which later changed its name to Kerala Soceity of Ophthalmic Surgeons. I too was one of it's early members. Now the society after many trials and tribulations stand tall and supportive to its 2000 plus members fulfilling most of its dreams in academic, organisational, social and family fronts.

To commemorate the golden jubilee which starts along with this Drishti 2023 we are fortunate to bring out this souvenir "Suvarnarekha". Incidentally, being a past president of KSOS I am lucky to be the organising chairman of golden jubilee year Drishti. I know this souvenir delves into the past, drives through the present, shares the ideas of future of KSOS and explores the cultural nurturing in KSOS. This will be a treasure for the coming generations of Ophthalmologists anywhere in the country to get inspired.

The whole credit of accumulating 50 years of Kerala ophthalmic scenerio goes to Prof. (Dr) Lathika, its editor whose vision, efforts and creativity are simply outstanding. Thank you very much Dr. Lathika and souvenir team members. Sincere thanks to KSOS Golden Jubilee celebration convenors Dr. Babu Krishnakumar and Prof. (Dr) Rajini K C for their constant support and guidance for the Suvarnarekha release.

I wish 'Suvarnarekha', the golden jubilee souvenir and Golden jubilee Drishti 2023 at Thrissur, resounding success.

Prof. (Dr) C. V ANDREWS (ANTHRAYOSE)
Organising Chairperson, Drishti - 2023



message

FROM CHIEF ORGANIZING SECRETARY

Dear colleagues,

Fifty years is a milestone in one's life and for KSOS ,as an organization,these 50 glorious years past deserves a celebrative publication and that is "suvarnarekha".

What we have here is a vibrant collection of reminiscences, anecdotes,creative display and other contributions from our fraternity,which all of you as KSOS members, I genuinely hope,will cherish as a beautiful keepsake

I would like to highlight the contribution of Dr Lathika, who has given her all to carefully researching KSOS history and updating all information about past presidents and office bearers.This souvenir is the result of her sweat and toil.. hats off to her.

Here's wishing you all a great year ahead and... happy reading!!

warm regards

Dr Bastin.V. A
Chief Organising Secretary
Drishti 2023



EDITOR'S note

SUVARNAREKHA

Dear friends,

Fifty years ago, it was in the year 1973,that The KSOS started its remarkable journey; Coincidentally, my humble journey on the planet too began in the same year. Half the way done, half the cup full,at 50 one is neither young, nor old, but perfectly poised in the present, fitting snugly between a memorable past and a tantalising future.No wonder that 50 is considered a golden milestone worth some celebration.

I feel truly happy and deeply honoured that the KSOS and the LOC Drishti deemed it fit to entrust me with the responsibility of bringing out this collectible publication 'Suvarnarekha', commemorating the Golden Jubilee of KSOS. I thank The LOC Drishti 2023,especially the chief organising secretary Dr Bastin for all support extended and most importantly for granting me total creative freedom.

This souvenir, spread over three sections, makes a 360 degree panoramic sweep of KSOS from every possible angle. The first section "Hiranmaya" offers glimpses into the golden past of KSOS.In this section, you will find each of the 49 past presidents of KSOS come alive through concise word portraits aptly complemented by amazing digital ones.The prolific,almost super human efforts by our master artist Dr Sreekanth Ramachandran, along with some tech wizardry in lay out design by Dr Thanusree has defined the visual aesthetics of this section.The second section 'Ujwala" highlights the society's shining present and touches upon its aspirations for a promising future.The last section 'Sarga' is a curated collection of mesmerising works by the creative talents in KSOS.

I thank the entire souvenir team for their support in bringing this Herculean task to frutition.

Dr Babu Krishnakumar, our advisor has been a constant inspiration at every step of this work. Dr Shaji Hussein was the power house of 'Suvarnarekha', tirelessly procuring financial support and liasing with sponsors. My deepest appreciation and thanks to Dr Juni Menon for the splendid pictures that adorn the cover and section header pages.

My job of archiving the KSOS story involved some time travel through many decades and forgotten alleys. Dr N. Radhakrishnan, Dr R. R. Varma, Dr Babu Krishnakumar,Dr Charles. K. Skariah, Dr George Thomas, Dr Susheela.B.Nair, Dr Elizabeth Jacob,along with many helpful colleagues / friends and KSOS records were my leading lights in this Odyssey. I thank all the respected past Presidents who responded with patience to my nagging requests for their valuable contributions. It is through their words that the story of KSOS actually unfolds. Interacting with those illustrious personalities and listening to their wisdom has been a reward in itself.

I do hope that the readers will enjoy and cherish this 'golden document' that has endeavored to trace and capture the footprints left by KSOS upon the sands of time.

warm regards

Dr Lathika V K

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- Cover : 'Suvarnarekha' :
  A universe of vision in a ray of light'
  (Acrylic on canvas)
- Section headers

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  2. 'Theyyam: Dance of the Gods'
     (Acrylic on Canvas)
  3. 'The Dancing Krishna'
     (Acrylic on Canvas Kerala Mural)

Design / Lay out: Dr Thanusree, Dr Lathika

HIRANMAYA

Ksos Vintage



This compilation is a tribute to the pioneering leaders of KSOS, some of whom, sadly are with us no more. In these pages, one can meet all the 49 past Presidents of KSOS at a glance. Though the spotlight is upon the past Presidents, we also salute the team behind each president with equal respect and gratitude. We are for ever indebted to our trail blazing leaders, who had kindled the first flames in the KSOS beacon - May the torch they lit burn brighter with every passing day!

Compiled by **Dr LATHIKA VK**
Professor & HOD, Amala Institute OF Medical Sciences

Portraits : **Dr SREEKANTH RAMACHANDRAN,**
Consultant Phaco Surgeon
Itees eye hospital, Malappuram

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Trail Blazers



DR C E OOMMEN

Founder President KSOS
(1973-1974)

Late Dr C. E. Oommen, was a native of Chengannoor, settled in Kannur. After working in Government Service for few years, he resigned and started C E Oommen's Eye Hospital in Kannur. He was a multi-faceted personality, was an active Rotarian, President of Brother's Club (football), President of District Riffles Club, Kites Club, etc. He was active in all KSOS activities and had organized state conferences and CMEs in Kannur. He used to attend all state, national and international conferencesand hastrained many Ophthalmologists. He was also President of state IMA. He died in a car accident. He is survived by wife Dr. Maicy Oommen (Past State IMA President), two sons who are now managing the Oommen Eye Hospital.



DR SIMON TONY FERNANDEZ

President, KSOS
(1974-1975)

Home town: Aluva. Kerala India.

MBBS :From Kasturba Medical College Manipal 1959.

D.O. from the Royal college of Surgeons and Physicians. London 1964

M.S. from Madurai University 1967

F.R.C.S. Glasgow honorarium

Professional affiliation.

Director, Dr Tony Fernandez eye hospital, Alwaye

Careers highs & highlights:

- Started the Orthoptic and Pleoptic department and Orthoptic School at Madurai Medical College. First of its kind in South India and 3rd in India.(1965)

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- Founded and fostered the eye care centre at Little Flower Hospital, Angamaly and also started all the speciality departments there(1969)
- Started D.N.B. and B.Sc. in optometry at LF hospital
- Started the first Eye Bank in private sector in Kerala.
- Spearheaded Eye camps all over kerala.
- Selected as a visiting fellow and posted to 5 outstanding centers in the U.S.A.(1972)
- **Instrumental role in founding KSOS(1973)**

  Hosted Legendary ophthalmic surgeons Dr.Rizzuti and Dr. Bodian at LF Angamaly, during which visit Dr Rizutti inaugurated KSOS (Kerala State Ophthalmic Society - Later changed to Kerala Society of Ophthalmic surgeons)
- Organising secretary of the first All India conference conducted in Kerala
- Was Editor of the Indian Journal of Ophthalmology.
- Was the President of the All India Ophthalmic Society.

Honours

- **The Government of India awarded him the fourth highest civilian honour of the Padma Shri, in 2008, for his contributions to medicine.**
- **The B.C. Roy award by the 'Medical Council of India'**
- **The title of "Chevalier" - the highest Papal honour – by His Holiness Pope Benedict XVI.**
- **Kerala Society of Ophthalmic Surgeons have instituted an award, Padmasree Dr. Tony Fernandez Award, in his honour, awarded annually to the best video presented at Drishti.**

Signature Initiative as President, KSOS :

Started the K.S.O.S journal

Passion Beyond Ophthalmology:

- Philanthropy & social service:
- Involved in Conduct of Free medical camps,first Aid Classes, provision of Free houses for the poor
- Education for poor students
- Started the Kerala Action Force and S.T.F.Charities.
- Literary activities
- Authored & Published 2 books.

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Message to KSOS members:

- Think differently and innovatively.
- Make dreams work, by positive outlook, hard work and Faith in the Almighty.

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'Pulari', Darsana Road , Aluva 683101, Kerala.
Phone. 9846250345, E.mail.: stfernandez@hotmail.com



DR E T KURIAKOSE

President, KSOS (1975-1976)

Late Dr. E T Kuriakose who had settled in Ernakulam, was Founder Treasurer of KSOS and third President. He had most of his professional career in and around Ernakulam in Govt. service. He was Supdt. of General Hospital, Ernakulam and DMO. After retirement he started Nethra Eye Hospital in Ernakulam. He was a great Diagnostician, Surgeon and Administrator. He had trained many doctors, some of whom are now top rung ophthalmologists. His works are mentioned in 'Duke Elder'. He was also President of COC. He is survived by son, Dr. Thomas Kuriakose (Prof. CMC, Vellore) and daughter.



DR V SANKARAN

President, KSOS (1976-1977)

Late Dr. Sankaran was the fourth President of KSOS and it was he who instituted in 1980, Dr. K C Sankara Menon Gold Medal Award to be given to the best paper presented in the annual conference of KSOS. This is the first award of KSOS. He had worked in Trivandrum and Kozhikode medical colleges, retired as HOD and Professor of Kozhikode Medical College and settled in Kozhikode. He left us unexpectedly following a massive MI. His wife Dr. Malathi was professor of gynaecology, Kozhikode Medical College.

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DR K S SUBRAMANIAM

President, KSOS (1977-1978)

The fifth president of KSOS, late Dr. K. S. Subramaniam was professor and Director in Kozhikode and Trivandrum Medical Colleges. He was an extremely popular teacher, clinician and surgeon. After his death, his colleagues and students instituted Dr. K.S. Subramaniam Award for the best presentation among Post Graduate students in the annual conference of KSOS. After retirement he had settled in Trivandrum and was doing private practice till hisdeath at the age of 72. He was the first recipient of KSOS Lifetime Achievement Award in 1988.



DR K P MATHEW

President, KSOS (1978-1979)

Late Dr. K. P. Mathew, the sixth President of KSOS was in state government health service and worked mostly in and around Ernakulam, mainly in General Hospital, Ernakulam. An extremely popular practitioner and brilliant surgeon, had started K.P. Mathew Clinic after retirement which is managed now by his son Dr. Paul Mathew and grandson. He was also the Founder Vice-President of COC.

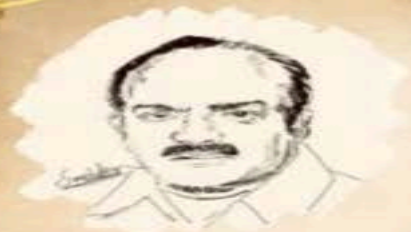


DR M V JOHN

President, KSOS (1979-1980)

The seventh President, late Dr. M. V. John was also the Founder Executive Committee member of KSOS. He was professor in Alappuzha Medical College for a long time and later was the Director and professor in Trivandrum Medical College. He had done a lot to improve the infrastructure of RIO.

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DR T GOPINATHA MENON

President, KSOS (1980-1981)

Late Dr. Gopinatha Menon had worked after Post Graduation in GH, Ernakulam and then joined Trivandrum Medical College as tutor. He had also worked in Kozhikode and Kottayam Medical Colleges and retired as professor and HOD of Kottayam Medical College. He has done fellowship in Cornea and Retina in Moorfield's Institute of Ophthalmology, London. He was a pioneer in conducting eye camps in the high ranges of Idukki and also conducting Keratoplasty in Medical College. He was an authority on Neuro Ophthalmology, a great teacher, excellent surgeon and clinician and a mentor and guide to lot of his colleagues and students. He was the second president of COC. He was the organizing secretary of AIOS in 1984 at Kochi. He was the Organizing Committee Chairman of SROC at Kochi in 1994 and KSOS Annual Conference at Irinjalakkuda in 1988. He is survived by his wife Prof. Dr. Sundari Menon and three children.



DR T A JOSEPH

President, KSOS (1981-1982)

Prof. T. A. Joseph had worked in Kozhikode, Kottayam and Trivandrum Medical Colleges. He was a very dynamic and daring surgeon. He passed away while he was the Director and Professor of Trivandrum Medical College and the President of KSOS.

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DR B SAILAKUMARI

President, KSOS (1982-1983)

Home town : Trivandrum

Last Professional affiliation :

Retired as Professor and HOD Kottayam Medical College in 1996

Career highs & highlights:

- MBBS & DO from Trivandrum Medical college, followed by MS from Guru Nanak University, Amritsar.
- Joined Medical college service as tutor in Ophthalmology at Govt Ophthalmic hospital (present RIO, Trivandrum) in 1966.
- Her illustrious career spanned 3 medical colleges(Trivandrum Kozhikode and Kottayam) over 3 decades (1966-1996)
- Served as Professor and HOD at Medical College, Kottayam for 13 yrs, during which period PG course in ophthalmology was started there .
- Adorned the post of Vice principal,Medical College Kottayam

Signature contributions to KSOS

- **The 1st lady President of KSOS.** She had to take over the mantle at short notice due to the sudden demise of Dr. T. A. Joseph during the middle of his tenure. She continued as president the next year too.
- Organiser of South Region Ophthalmic Conference in Kozhikode
- Design of the current KSOS logo

Passions beyond Ophthalmology:

Reading, especially philosophical / religious books

Current contact detail :

Currently settled in Petta trivandrum

Ph: +91 94463 60393

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DR GEORGE PUTHURAN

President, KSOS (1983-1984)

Late Dr. George Puthuran, one of the seniors most Ophthalmologists in Kerala chaired the meeting called for the formation of KSOS at Kochi in 1973. He was the Founder President of COC. Dr.Puthuran's Eye Clinic in Kochi is one of the oldest clinics in Kerala, now run by his daughter-in-law and grandson.



DR G VIJAYAN

President, KSOS (1984-1985)

Late Dr. Vijayan took over as the President after Dr. P. T. Chacko (President elect) declined to take over as he had left Kerala and settled in Bangalore. Dr. Vijayan, a native of Trivandrum had settled in Kannur after Post Graduation from Sarojini Eye Institute, Hyderabad. He was in Government service, but later resigned and started his own practice. He was very active in all facets of life in Kannur. He was the President of Spirited Youths Football Club, Kannur.



DR ZACHARIAH THOMAS

President, KSOS (1985-1986)

Late Dr. Zachariah Thomas belonging to the aristocratic Thamarappilly family of Kottayam was a faculty member in Kottayam Medical College when he took over as the President of KSOS. He was a leading practitioner and extremely popular. He was actively involved in all social activities in and around Kottayam.

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DR T P ITTYERAH

President, KSOS (1987-1988)

Home Town: Kunnamkulam,Thrissur

Last / Present Professional affiliation:

Consultant (Retina & vitreous) Dr. Tony Fernandez Eye institute, Alwaye

Career highs &highlights :

H.O.D Ophthalmology Little Flower Hospital Angamaly. Kerala

Signature initiative as president, KSOS:

Increased/ the KSOS membership by enrolling more ophthalmologists.

Passions beyond ophthalmology:

Out of the box thinking & writing books. Published 4 E books through smashwords, USA.

1) Eye Doctor Out of the box. ISBN: 9781301878284, www.smashwords.com/books/view/274163
2) Bewitching BHU ISBN : 9781370165988, www.smashwords.com/books/view259833
3) Why Cancer? ISBN : 9781370190973, www.smashwords.com/books/view/769583
4) Odda days : ISBN : 9781005616984, www.smashwords.com/books/view/1042676

Message to KSOS members:

- Try to love ophthalmology and ophthalmologists. They will surely return the love and affection.
- Spend at least 10% time for publications.
- Failures are common in all fields of human activity and when you win you will have some true enemies and false friends, but still try to win.
- Learn to get up & fight back when you fall.

Contact details:

Tholath House, A.P. Road ((private) Near St. Josephs High School, Angamaly.683572. phone: 0484 2452402. ittyerahtp@yahoo.com

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DR S MOHANDAS

President, KSOS (1988-1989)

Late Dr. S. Mohandas, a founder member of KSOS, was the leading practitioner along with his wife Dr. Uma Mohandas in Kollam. He retired as the Asst. Director of Ophthalmology, State Health Services. He was the Director of SNDP was actively involved in SNDP Trust also. He was one of the founders of Kollam ophthalmic club.



DR M GOPALAKRISHNA IYER

President, KSOS (1989-1990)

Home town: Originally from Karamana, Trivandrum

Last professional affiliation:

District Medical Officer, Wayanad

Career Highs & highlights :

- Started Medicare concept in district Hospital Palakkad
- Helped in the smooth transition of District Hospital, Thrissur to Medical College Thrissur.
- KGMOA state Vice President and State Treasurer
- IMA North Zone Vice President.

Message to KSOS members:

All the best to the hard working and enterprising present generation of ophthalmologists

Current contact detail:

Dr M Gopalakrishna Iyer
23/603. Sri Krishna, Stadium bypass road, Palakkad - 678001
pgt.mgkrishn@gmail.com 0491-2539777, 9447195607

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DR MARY KURIAKOSE

President, KSOS (1990-1991)

Home town: Chathanoor, Kollam

Professional affiliation:

Currently working at the age of 81, as Chief Ophthalmologist at Polyclinic, Chathanoor, Kollam.

Career highs & highlights:

- Was selected by the Health and Family Welfare Ministry, New Delhi for WHO Fellowship of one year in the UK(1980-1981). Received training in
- Diagnosis and Treatment of Retinal Diseases at Manchester Royal Infirmary Institute of Ophthalmology, London, Luton and Dunstable Hospital, Luton and Oxford Eye Infirmary, Oxford.
- Her illustrious career in Medical college service spanned over twenty five years and three medical colleges (Government Ophthalmic Hospital, Trivandrum,Medical College, Kottayam,Medical College Thrissur).
- Served as Professor and Head of the Department of Ophthalmology, Medical College, Thrissur for 15 years (1983-1998).
- Professor of Ophthalmology and Head of the Department, Ramachandra Medical College, Chennai, Tamilnadu.
- Elected as KSOS President in 1990.
- Founder of Thrissur Academic club of Ophthalmology (TACO)
- Recipient of Dr. Alexander Memorial Oration Award of KSOS in 2004.
- Recipient of Life time Achievement Award in 2005

Signature initiative as President, KSOS :

- Founder of First Eye Bank at Thrissur.
- Hosted KSOS in 1990.
- Promoted, inspired, motivated and ignited the innovative young minds and generation to come forward in academic and organisational front.

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Passions Beyond ophthalmology :

- Social activities : Active member of Chathanoor Vanitha Samajam which has 57 years of standing and is involved in various activities like making handicrafts, conducting cooking classes, talks to spreading Public Health awareness.Let us not keep to ourselves but use our interest and capabilities for upliftment of the downtrodden and empowerment of both women and men folk.
- Has avid interest in spiritual /religious books/talks ; Attends various such programmes organised by the church.
- Used to love baking and stitching during my career days and even post retirement.

Message to KSOS members:

"KSOS is a forum which has many possibilities. I want the young generation to come forward in academic and organisational front as I had aimed for. My special attention was also directed to encourage better participation by lady members.Glad to see KSOS growing with the increased membership over the years and the increase of academic sessions, which provide more encouragement to youngsters.I used to enjoy the camaraderie and friendship at various conferences and so wish everyone to enjoy the same.

So to all my fellow colleagues out there I wish you all the very best.One must always strive to have an empathetic mind towards the less privileged as we continue to do the ministry of healing. We must respect each other and help one another to grow professionally.

Before I conclude, I wish to thank all my dear students,colleagues and friends for having the faith in me and extending all support throughout my career and service in the field of Ophthalmology and continue to do so. Grateful to each one of you for the recognitions given at various stages of my career. May God bless each and everyone".

Current contact detail

Dr.Mary Kuriakose, Kakkaroth-Koipuram,Kaliakulam,
Chathanoor PO,Kollam District, Pincode-691572, Kerala State.
Phone number : 9400693347
email id: marykuriakose@hotmail.com

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DR V S GOPINATH

President, KSOS (1991-1992)

Late Dr. V S Gopinath was Secretary of KSOS for two terms and was the Founder Secretary of COC. As Secretary of KSOS he tried to introduce some method in maintaining the registers to improve the functioning of the society. He had worked mostly in and around Ernakulam in state health service. He also had a stint in Army Medical Corps.



DR K B VENUGOPAL

President, KSOS (1992-1993)

Home town: Kozhikode

Last professional affiliation:

Medical director Saidarshan eye and ENT clinic, Kozhikode

Career highs & highlights

- Professor and HOD of Dept of ophthalmology, Kozhikode Medical college in 1994.
- Spearheaded mobile eye camps in remote areas of Malabar region

Passions Beyond ophthalmology:

- Cricket (fan of Australian cricket team)
- Enjoys Kathakali
- Carnatic music
- was convenor of Sri Sathya Sai trust Kerala state

Message to KSOS members:

- Be passionate to your profession
- Stick to medical ethics.

Current contact detail:

Dr K B Venugopal,19/1053,'Darsana',
P,B Menon Road, Chalapuram, Kozhikode-673002.
Mob: 9447031207

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DR K NARAYANAN KUTTY

President, KSOS (1993-1994)

Home town: Thrissur

Most recent professional affiliation:

Managing director & Senior Refractive surgeon, Medea Lasik Centre, L.F Hospital, Angamaly- 683572.

Career Highs & Highlights:

- Pioneer in contact lens, Cryo surgery (1971), Intraocular lens (1982),Refractive surgery & Lateral Orbitotomies (1986).
- Started doing IOLS in 1982 in Ernakulam General hospital. Presented a paper on MY EXPERIENCE WITH IOLS at All India Ophthalmic conference held in Pune in 1983 after completing fifty IOL surgeries. It was one of the two papers,on IOLS presented at the above conference.
- **Innovations & Jugaad:**
  - Started Microsurgeries in 1973 using the first prototype indigenous operation microscope, using car bulbs, car parts, parts from slit lamps and lab microscope developed by Jaggi Ophthalmic company.
  - Innovation in surgical instruments & sutures with help from Palghat Surgical.
  - In 1971, Modified the dysfunctional tabletop cryo machine. I improved the efficacy by changing the Cryo tip to copper and using Freon 22 instead of Freon 12 ascoolant. I used this machine to do my thesiswork for MS (Cryo surgery in Ophthalmology).

Signature initiative as President, KSOS:

Eye donation awareness drive in IMACamps, IMA blood bank camps and eye camps in and around Ernakulam using wall posters.

Passions Beyond ophthalmology:

- Magic,
- Flute, Violin and Carnatic classical music.
- Greeting Cards& Posters -design, creation & editing.

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Message to KSOS members:

- Don't miss an opportunity to improve your skills,in whatever field you are engaged.
- Never lose hope in failures- they are the stepping stones to success.
- Specialise in one particular field. It will increase the demand for your service.
- Don't think of retiring from profession as long as your health permits you to function.

Current contact detail

Home address: DrK.Narayanan Kutty, Gopi Nivas, Ravipuram Road, Ernakulam-682016.

Office Address: Mg director& Lasik surgeon, MEDEA LASIK CENTRE, LF hospital, ASngamaly-683572.

Ph: +919447109143. Mail: knkutty@gmail.com



DR K KRISHNAN KUTTY

President. KSOS (1994-1995)

Home town: Thrissur

Last Professional affiliation:

Founder Director,Vijayasree Eye Hospital,Thrissur

Career highs/highlights:

- Resigned from Govt,Health service and started Vijayasree Eye Hospital in Trichur along with his wife Dr. Vijayalakshmi. Vijayasree Eye Hospital was a stand-alone institution because of its commitment to the general public and ethical practice.
- Brilliant Innovator: Many economic innovations in operation techniques, instrumentation and sutures based on indigenous technology.
- He was a mentor and guide to a whole generation of budding ophthalmologists, who are now illustrious names in our fraternity.
- He was the founder of Trichur Ophthalmic Club (TACO) along with Dr. Mary Kuriakose and Dr. Gopalakrishna Iyer.

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- Honoured with KSOS special award in 1991
- Honoured with KSOS Lifetime Achievement award in 1994.

Signature Initiatives in KSOS:

- As Editor of the KSOS Journal for two years (1989-90), he had released released six issues in the first year and twelve issues in the second year. It had not happened before or after. The journal enjoyed unprecedented popularity within and outside Kerala and helped in boosting KSOS membership.
- Brought out booklets for practitioners on relevant ophthalmic topic

Contact details: Dr K. Krishnan Kutty, Mannath Lane, Thrissur



DR P P KUNHIRAMAN.

President, KSOS (1995-1996)

Home Town: Kannur

Last professional affiliation :

HOD, Department t of Ophthalmology Kannur Medical College, Ancharakandy, Kannur.

Career Highs & Highlights

- Specialization in Squint & Oculoplasty (U K)
- Formulated Modified External DCR with 3 mm long skin incision (2008-2009)
- Recipient, Life time achievement award of KSOS 2013.
- Active association with NGO s to eradicate Cataract Blindness among rural Population in Kannur Dt and won National award for the project.

Signature initiatives as President, KSOS:

- Implemented State wide Eye Screening programme in School children for the first time.
- Statewide KSOS membership campaign.
- Took steps to improve quality of KSOS Journal

Passion beyond Ophthalmology:

- Special aptitude to write & publish Malayalam Poems.

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- Socially committed community ophthalmology work

Message to KSOS members:

- Strengthen membership of KSOS as we know unity is strength.
- Empower & encourage publication & research among young ophthalmologists.

Current contact details:

Dr P. P Kunhiraman, "PRANAMAM " SRWA.24 A, Snehapuri,
Karumom. P.O. Trivandrum-695002
Mob:8921556782; e mail: ppkunhiraman42@gmail.com



DR K E EAPEN

President, KSOS (1996-1997)

Home Town: Kanjirapally, Kottayam

Current/last Professional affiliations :

- Little Flower Hospital, Angamaly
- St. Joseph's Eye Hospital, Kanjirapally

Career highs & highlights:

- Retina fellowships from Vienna (Austria), Germany (with Prof. Meyer Schwickerath) and Moorfields (London)
- Started the first Retina Unit in Kerala at Little Flower Hospital, Angamaly along with Dr T.P. Ittyerah
- Winner of the 2nd Sankara Menon award for the paper on Fundus Fluorescein Angiography
- Trained and mentored many Ophthalmologists
- Played a key role in organising different KSOS and AIOC conferences

Signature initiatives as KSOS President:

- Organised Drishti for the first time as a full 3 day event in 1996 at Angamaly,
- Ensured financial discipline in the conference, as well as the society.

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Passion beyond Ophthalmology: Planter

Message to KSOS members:

The current generation of Ophthalmologists are very brilliant and skilled, they should ensure that they are compassionate to the patients.

Current Contact details:

Address: Dr. K.E. Eapen, Kadamapuzha House, Kanjirapally,
Kottayam - 686507
Phone number: 04828 202849, 9847086849
E mail: drkeeapen@gmail.com



DR PK KANNAN

President, KSOS (1997-1998)

Home town:Kolencherry, Ernakulam

Last Professional affiliation: Professor & HOD, Sree Gokulam Medical College

Career highs & highlights:

- He served as the resident medical officer in RIO Trivandrum (Govt Ophthalmic Hospital) for many years.
- He was the professor and superintendent of GOH Thiruvananthapuram from 1991 to 1998 till he retired.
- He was a great administrator and procured many instruments for the institution during his tenure.

Signature initiative as president, KSOS:

Started Prof Subramaniam memorial award for best outgoing PG

Message to KSOS members:

My only advice to the current teachers is try to stress on the clinical examination skills while training your students.

Contact details:

Address: Dwaraka, TC 6/1320, Anupama Nagar, Pongummoodu,
Thiruvananthapuram- 695011
Ph: 9447975050
email: kannandrpk@yahoo.com

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DR C K RAVI

President, KSOS (1998-1999)

Home town: Irinjalakuda

Last professional affiliation:Hon. Associate Professor of Ophthalmology, Madras Medical College

Career highs& highlights:

- President KSOS,1998-1999
- Member, Board of Studies in Malayalam, University of Madras
- President Asan Memorial Association &Educational Institutions

Signature initiative as President, KSOS:

- Helping to write the new constitution for KSOS
- Initiating Ophthalmic Workshops at Lal Memorial Hospital getting it recognized and subsidized by NAMS

Passions Beyond ophthalmology:

Education, Literature

Message to KSOS members:

Whenever one is initiating a procedure especially a new one, ask yourself "Am I doing this because I can and want to do it or because it will benefit the patient"

Contact details:

'Chandrika' NN0 54 ONo74 Poes arden
Ph: +91 94471 42217

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DR N RADHAKRISHNAN

President, KSOS (1999-2000)

Home town: Trivandrum

Last /current Professional affiliation:

Was in Government Service from 1968 to 1999. After retirement doing private practice, Director of Chaithanya Eye Hospital and Director and senior Consultant Kochi Eyecare Centre,Aluva.

Career highs& highlights:

- KSOS special Award in 1993
- Life Time Achievement Award in 2012
- Founder member of COC& was its President from 2003 to 2005
- Started August Ophthalmica& Dr T. Gopinatha Menon Oration
- Secretary of KSOS (1987 to 1992) had initiated the following:

Beyond KSOS :

- IMA Madhyakerala President for 3 years (1999 to 2002)
- IMA State Vice President (2011)
- Vice Chairman IMAGE (2008 to 2011)
- (Founder) Hon. Secretary IMA Blood Bank Aluva
- (Founder) President Darshana Eye Bank Aluva
- (Founder) Chairman Swarathraya Sangeetha Sabha Aluva

Signature initiatives as secretary/ President KSOS:

As secretary:

1. Gave identification numbers to the members.
2. Issued identification cards to members.
3. Increased the Life Membership and abolished Annual Membership (LM from 99 to 304)
4. Instituted Life Achievement Award to senior distinguished members.

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5. From KSOS Annual Conferences an amount was collected from the balance amount to KSOS.
6. Protocol regarding conducting of conferences and Dr.Sankara Menon Award was put in place.
7. Converted half day/one day Annual Conference to two day Conference from 1991.
8. Initiated Dr.Siva Reddy Award and T K Alexander Memorial Oration Award (which were given in 1993 during Dr. C K Ravi's Tenure)
9. Started collecting Affiliation Fees from DistrictOphthalmic Clubs.

As President:

- Converted two-day KSOS Annual Conference into three-day Conferences.
- Issued photo identity card to members.
- Instituted Dr Tony Fernandez Gold Medal Award for the Best Video presented in Drishti.
- Chairman of the Committee for re-writing the Constitution and Bylaws of KSOS.
- Changed the name of Kerala State Ophthalmological Society to Kerala Society of Ophthalmic Surgeons for registration purposes, thus making it possible to retain the acronym KSOS

Passions beyond Ophthalmology:

Music,Sports, Travel & Reading

Message to KSOS members:

Many seniors, just because of their passion & dedication, have made KSOS What it is today, one of the best societies in India. Now it's time for the next generation of leaders to take it to a higher level.My prayers & Best wishes to them.

Contact details:

Dr N.Radhakrishnan, Kochi Eyecare Center, UC College in, Aluva 683105.
nrkjaya@gmail.com Mob.9446428837,9847134383

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DR MOHAN P I

President, KSOS (2000 – 2001)

Home Town:Vadavucode, Ernakulam.

Last Professional Affiliation:

Medical Superintendent, MGM Muthoot Medical Centre, Pathanamthitta

Career highs & highlights:

- Established the first eye department in the high ranges at St John's hospital, Kattappana, Idukki. 1979
- At MOSC MM Hospital Kolenchery:
  - HOD Dept of Ophthalmology 1981
  - Director Rehabilitation centre for Blind women 1981
  - Associator director MOSC MM H. 1990
- Initiated and established 3 charitable Eye hospitals.
  - MOSC MM Eye hospital, Kariambady, Wayanad 1986
  - St. George's Eye hospital, Puduppady, Kozhikode 1996
  - Mar Gregorios Balagram Eye hospital, Yacharam, Telangana 2001.
- EDITOR KJO: 1989
- Co-edited 1st & 2nd editions of handbook on "Operation Theatre and Asepsis"
- **Awards:**
  - Dr Sankara Menon Memorial Gold Medal KSOS
  - Dr Siva Reddy Award KSOS
  - Dr T. A Alexander Memorial Oration Award KSO
  - Dr P. A Thomas IMA AMS KSB

Signature Initiatives as President KSOS:

FIRST 2 & ½ days KSOS Annual Conference 2000 at Kozhikode

8 CMEs during 2001

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KSOS Website was inaugurated with Dr Noel Moniz as website editor.

Passionsbeyond Ophthalmology:

Administration/Reading/movies/listening to music/Acting.

Message to KSOS members:

We are the best. Let us keep our society safe and vibrant. Jai KSOS.

Contact Details:

Poothakkuzhiyil, No: 14 Brooks Villa, Kadayiruppu P O, Kolenchery-682311
Mobile: 9072320689 / WhatsApp: 9495920689
Email: ipemohan2008@gmail.com



DR N S D RAJU

President, KSOS (2001- 2002)

Home town: Kochi

Present Professional affiliation: Founder Director,Dr NSD Raju Eye Hospital

Career highs/highlights:

- Editor of KSOS Journal (1986- 1988)
- Treasurer KSOS -1985
- President,AIOS

Signature initiative as President, KSOS:

- Activated all district branches and organised Continuing medical education programs in almost all the local branches. A few dormant district branches were reactivated and academic and organisational activities resumed in full swing.
- Took active measures to increase the KSOSmember strength by enrolling maximum new members.
- Increased the number of AIOS members from KSOS.

Passions Beyond ophthalmology: Music

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Message to KSOS members:

- Stay committed to lifelong learning and stay up to date on the latest advancements in the field.
- Cultivate strong relationships with colleagues and mentors in order to stay abreast of best practices and professional trends.
- Young ophthalmologists should take advantage of all the opportunities available to stay up-to-date on the latest developments and advances in ophthalmology. Joining AIOS is one of the best ways to do this. Additionally, it is a great way to network with other professionals in the field and stay abreast of the lates developments and trends in our profession.

Contact details:

Dr NSD Raju Eye Hospital, Vyttila, 682019
Mobile :989552000
Email: nsivadasaraju@gmail.com



DR N JAYANTH

President, KSOS (2002-2003)

Late Dr. N. Jayanth was Secretary of KSOS for two terms (1996-99). Along with Dr.Kunjuraman, Dr. B.V Bhat, Dr. Jayanth was active in organizing all four KSOS annual conferences in Kannur. He introduced the name Drishti for KSOS annual conferences. He was an active participant of all state, national ophthalmic conferences. He was also the president of Kannur Ophthalmic Club. He was a distinguished member of Free Masons Club. He was running his own eye hospital which he merged into Vasan's Eye Hospital later. He also has worked a lot to register KSOS under the Societies Act of 1953

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DR ALEX JOSEPH

President, KSOS (2003-2004)

Home Town: Kottayam

CurrentProfessional Affiliation: Professor Emeritus and Chief of Medical Services, Jubilee Mission Medical College. Trichur

Career Highs & highlights:

- HOD Of Ophthalmology, Govt Medical College, Trichur.
- HOD Of Ophthalmology Jubilee Medical College, Trichur
- Vice Principal, Jubilee Medical College, Trichur.
- Principal, Jubilee Medical College, Trichur.
- Professor Emeritus & Chief of Medical Services, Jubilee Mission Medical College, Trichur.

Signature Initiative as President,KSOS:

Installed Best District Club Award.

Passion beyond Ophthalmology:

Gardening & collection of wooden Antiques.

Message to KSOS Members:

KSOS has a humble beginning under the initiative of Dr TonyFernadez. It has grown into a huge banyan tree, giving importance to academic activities. I request and advice all KSOS members to bring in latest technology and advances to KSOS and take our association to international level.

Contact details:

Plot No: 11, Gandhi Nagar Main, Peringavu, Cheroor P.O. Trichur. – 680008.
Phone: 9447133119 **Mai id:**dralexjoseph09@gmail.com.

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DR E J MANI

President, KSOS (2004-2005)

Home town: Kanjoor, (Near Kalady)

Current Professional affiliation: Part time Consultant, Little Flower Hospital, Angamali

Career highs and highlights:

- Started career as senior resident at Dept. Of Ophthalmology, Aligarh Medical College
- Trained in Anterior Segment Surgery with Dr Rentch in Germany
- Was Ophthalmologist at Lal Memorial Hospital, Irinjalakuda
- Held various posts in Dept. Of Ophthalmology, Little Flower Hospital, Angamali.
- Was Consultant at Dr. Tony's Super specialty Eye Hospital, Âluva.
- Was President of COC

Passions Beyond Ophthalmology:

Travelling. Has visited most notable places in all continents except Antarctica.

Message to KSOS members:

- Remember that there is a world out there, beyond Ophthalmology.
- Everyone can't do great things. But everyone can do little things in a great way.

Contact details:

Dr.E.J.Mani, Edasseril House, Desom, Aluva
Mail id: manijosephedasseril@yahoo.com

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DR GEORGE THOMAS

President, KSOS (2005-2006)

Home Town: Trivandrum

Professional affiliation: Hony Senior Consultant, Cosmopolitan Hospital, Trivandrum

Career highs& Highlights:

- Was the first to do IOL implantation in the then Government Ophthalmic Hospital, the present RIO,Tvm
- Was instrumental in getting donor cornea from Sri Lanka and later from Ahmedabad, when availability was negligible locally.
- "Am a proud teacher - Have taught a few thousands of undergraduate and a few hundreds of post graduate students, many of whom are highly placed within the country and outside. The list includes the ruling President of KSOS, few past Presidents and a few future Presidents. At one time, the Directors of RCC, SCT, and Principals of four Government Medical Colleges were my former students".

Signature initiative as President, KSOS:

Was instrumental in separating the driving license certificate into category 1 & 2 which made life a lot easier for those driving two wheelers and small cars.

Passion beyond Ophthalmology: Gardening and Vegetable farming on a small scale.

Message to KSOS members:

- Never criticize your professional colleague in front of others. A casual remark can lead to litigation.
- Identity the places where better treatment facilities are available. If you do not know what you are dealing with, refer the patient to a higher centre.
- Be loyal to yourself and your Profession.
- Last but not the least, what my former teacher and boss, late Prof K S Subramanian Sir used to say " As long as you practise in this specialty, you must always keep both your eyes and ears open. You just cannot afford to miss anything however small it may be".

Contact details:

KRA - B 47, Near Kowdiar jn,Tvm 695 003.
Tel 0471- 243 11 43, 243 33 33, Mob 98473 15150, 9495 27 09 09.

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T A ALEXANDER

President, KSOS (2006-2007)

Home town: Pathanapuram

Last Professional Affiliation: Professor, Kolenchery Medical College (Retd 2018)

Career highs & highlights:

- Professor CMC Vellore
- Prof MOSC Medical College
- Scientific Committee Chairman KSOS
- President KSOS
- Recipient Of Sankara Menon Gold Medal (1986)
- First Rank in MD Exam AIIMS (1979)

Signature Initiatives:

- Donated Alexander Memorial Oration.
- Gold Medal In Ophthalmology to best Out Going Student MBBS In Kolenchery Medical College.

Passions Beyond Ophthalmology

- Helping the visually challenged
- Initiated The Blind Endowment Fund at Cochin Ophthalmic Club
- Organic farming.

Messageto KSOS members

- Be focussed
- If you have established a good practice in one place,don't shift to another
- There are many things in life, other than Ophthalmology.

Contact details:

Dr T. A. Alexander MD, Thottunmukathu House,
Nilampathinjimugal, Rajagiri Valley P O. Kochi 682039.
Ph. 9567822111. Mail ID: alex.alexeye@gmail.com

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DR P RAJAGOPALAN NAIR

President, KSOS (2007-2008)

Home town: Calicut

Current Professional affiliation:

Medical Director, Trinity Eye Care Hospital, Palakkad

Career highs& highlights:

- Career spans Kerala State Health Services 23 years, private practice 15 years
- Medical Director, Vasan EyeCare Hospital, Palakkad 6 years
- Various Positions in IMA
- Vice President, Kerala State Branch,Now Vice Chairman IMAGE
- Medical Director, Trinity Eye Care Hospital, Palakkad since2016

Passions beyond ophthalmology: Gardening and Horticulture

Messageto KSOS:

- For a successful life, strike a balance between professional commitment, family life and association activities
- For Excellence in Ophthalmology, get married to Ophthalmology only (as advised by the Legend of Ophthalmology, latePadma Bhushan, Dr.G.Venkataswamy, The Architect of Aravind Eye Care Hospitals who practiced what he preached)

Contact details:

Raj Bhavan, A.R. Nair Colony, Kunnathurmedu, Palakkad 678013
Mail id: dr.pr.nair@gmail.com

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DR R R VARMA

President, KSOS (2008-2009)

Home town: Ernakulam

Professional affiliation: Krishna Hospital, Ernakulam

Top Career highs: Survived for 45 years

Passions Beyond ophthalmology: Reading and Reading

Message to KSOS members: Treat Patients; Not Diseases

Contact details:

Ambikalayam, Warriam Road, Ernakulam 682016
Ph: 9447152010
Mail id: 66varma@gmail.com



DR B V BHAT

President, KSOS (2009-2010)

Home town: Kannur; Native place: Badiadka, Kasargod.

Professional Affiliation: Ashoka hospital, Kannur and founder chairman, Nethrajyothi advanced eye care, Taliparamba.

Career highs & highlights:

- Pioneer in ophthalmic microsurgery in North Kerala and Malabar region;One of the first surgeons to implant IOL/ perform manual SICS/squint surgeries/ oculoplastic surgeries/DCR/surgical repair of ocular anterior segment trauma.
- Attended all KSOS annual conferences from 1974(the first) onwards till date.
- Organized three KSOS annual conferences at Kannur as the main anchor.

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- Coined the word DRISHTI for the KSOS conference for the first time. The name was to stay.
- KSOS state president during the period 2009-2010
- Consolidated KSOS membership and CME programmes and gave push to growth in AIOS membership

Passions beyond ophthalmology: Social/Organizational activities

- Active member of Jaycees, Lions club
- Founder vice president of Malabar Cancer Care Society.
- Founder president of MAPS (Medical Accidents Prevention Society), sister concern of QPMPA (Qualified Pvt Medical Practitioners Association)

Message to KSOS members

- Acquire skills and transfer it to the younger generations for a better future.
- Always remember that unity is the key word for survival.
- Mantra for future is organize or perish!

Contact details:

Dr B V Bhat, Srinidhi, PM Road, Talap, Kannur-670002.
Mob-9846139715; WHATSAPP No: 8547648902
Email-drbhatbv@gmail.com



DR GIRIDHAR A

President, KSOS (2010-2011)

Home Town: Kochi

Current Professional Affiliation:

Medical Director & Chief, Department of Vitreoretina, Giridhar Eye Institute, Kochi

Career highs/highlights:

- MBBS & MS from JIPMER, Pondicherry.
- Sub-specialty training in Vitreo Retinal Diseases and Surgery at Sankara Nethralaya, Chennai.

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- Contributed significantly towards imparting education to young Ophthalmologists and also spreading awareness about Diabetes and its implications in eye sight
- Trained many ophthalmologists in Vitreo Retinal surgery and Medical Retina esp. in the basic treatment of Diabetic Retinopathy
- Published over 20 articles in peer reviewed journals pertaining to retinal diseases and has delivered over 200 lectures in various National and International conferences.
- Awards:
  - Thiru Kumaraswamy Gold Medal & Certificate: University of Madras for the best Postgraduate Medical Student (1983).
  - J.M. Pahwa Award from the Vitreoretinal Society of India
  - Dr S. Tony Fernandez Gold Medal from the Kerala Society of Ophthalmic Surgeons 2000.
  - Dr Sankara Menon Medal and Certificate from the Kerala Society of Ophthalmic Surgeons for the best free paper presented.
  - C.E. Oommen Oration Award – Kerala State Ophthalmic Surgeons 2013.
  - Dr Sundareswaran Endowment Oration Award from the Indian Medical Association, Coimbatore.
  - Knight of the Blind Honour from the Lions International for community services.
  - XOVA (Excellence in Ophthalmic Vision Award) from ESASO (European School for Advanced Studies in Ophthalmology) for a project on Diabetic Retinopathy.
  - APAO Distinguished Service Award in April 2014
  - ASRS Honour Award for outstanding services.
- Served as treasurer KSOS for at least 6-8 years.
- Editor of the Kerala Journal of Ophthalmology for at least two terms
- The second person to occupy the post of Chairman-Scientific Committee of the KSOS. During my tenure the conference was converted to 2.5 days in multiple halls.
- Subsequently Vice President and the President of the KSOS.
- Past President, Vitreoretinal Society of India

Contact details:

Ponneth Temple Rd, Tagore Nagar, Giri Nagar, Kadavanthra,
Kochi, Ernakulam, Kerala 682020 Ph:9895377899

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PROF DR C V ANTHRAYOSE (ANDREWS)

President, KSOS (2011-2012)

Home town: Thrissur, Hails from Kottayam

Professional affiliation: Professor,Jubilee Mission Medical College,Thrissur

Career highs /highlights:

- Academic Qualifications:MS, DOMS, MPhil, FICS, CQAS, PGDHRM.
- Served as Sr Consultant, Unit Chief and Head of Corneal Services, Little Flower Hospital, Angamaly
- Medical Supt, Vice Principal, Prof Emeritus, Chief Consultant and Chief of Quality accreditation. JMMC, Thrissur.
- Chief Assessor, QAS-Quality Assessment Standards, KUHS

Signature initiative as President, KSOS:

- Organising Committee Chairman, AIOC, Cochin, 2012.
- Chief Editor of Book " Refraction State of the Art @ Twenty first Century " published by KSOS.
- Released KSOS members directory.

Passions Beyond ophthalmology:

- Hospital Administration and Management.
- Assessment and improvement of Quality of Hospital Patients care and Medical College Academic Standards.

Message to KSOS members

- Always dream and aim to be On the TOP of the World.
- Motivate others by saying'Yes I Can, Yes You Can, Yes Together We Can.'

Contact details:

JMMC,Thrissur 680005
Kakkanatt, Ikkanda Warrior road, Thrissur 680001.
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Mail Id: drcvandrews@gmail.com drandrews@jmmc.ac.in
drcvanthrayose@hotmail.com

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DR V SAHASRANAMAM

President, KSOS (2012-2013)

Home town: Thiruvananthapuram

Present professional affiliation:

Director Academics and Senior Consultant at Chaithanya Eye Hospital and Research Institute, Trivandrum.

Career highs/highlights:

- Director,RIO, Trivandrum& Professor and HOD,Department of Ophthalmology, Govt.Medical College,Trivandrum.
- Completing the New Block of RIO and making it one of the the best eye care facilities in the state after fighting long years of red-tapism.
- .PG Examiner for Universities in Kerala, Tamilnadu,Karnataka and the National Board.
- Member of the Speciality Board of National Board,New Delhi.
- Consultant to SCTIMST,Trivandrum.
- Consultant Ophthalmologist to Honourable Governor of Kerala

Signature initiative as President, KSOS:

Diabetic retinopathy screening and awareness creation by active participation of KSOS Members and Hospitals.

Passions Beyond ophthalmology: Listening to Music and studying Vedas

Message to KSOS members:

- Engage in Professional work with dedication, sincerity& empathy.
- Do not argue with patients.
- Keep patient records perfect.
- Find time to Relax.
- Spare sometime for the activities of KSOS and IMA.

Contact details:

Chaithanya Eye Hospital and Research Institute, Trivandrum.
Contact Number : 9846020421 Mail ID : drsahasranamam@gmail.com

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DR K V RAJU

President, KSOS (2013-2014)

Home town: Kozhikode

Present professional affiliation:

Professor & HOD Of Ophthalmology,
Malabar Medical College, Kozhikode

Career highs/highlights:

- Professor & HOD of Ophthalmology,
  Govt Medical College,Calicut
- President,IMA, Kozhikode Branch
- Prsident,Kozhikode Ophthalmic Society
- President, KGMCTA

Signature initiative as President, KSOS:

Initiative to form a branch of KSOS
at Wayanad as 'Wayanad Ophthalmic Society' -still a dream

Passions Beyond ophthalmology:

Organisational activities, especially in IMA

Message to KSOS members:

The new generation in ophthalmology has great potential.
They should constantly update themselves and fight blindness
using the newer innovations coming up every day

Contact details:

'Amrutha Reshmi', Chevayur.P. O, Kozhikode-673017
Ph: 9846071637, 0495 2354906

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DR CHARLES K SKARIAH

President, KSOS (2014 -2015)

Home town: Thrissur

Present Professional affiliation: Adjunct Professor, Amala Institute of Medical Sciences, Thrissur

Career highs/highlights:

Served as:

- Professor & HOD, Govt. Medical college, Kozhikode
- Professor & HOD, Govt. Medical college, Thrissur
- Professor & HOD, Amala institute of medical Sciences, Thrissur
- Scientific committee chairman, KSOS
- President, TACO
- President, KSOS

Signature initiative as President,KSOS:

Took the decision to upgrade the journal of KSOS as an indexed journal.

Passions Beyond ophthalmology: Sports& games

Message to KSOS members:

Prosper in your career by avoiding unethical & unhealthy practices.

Contact details:

Kakkuzhiyilhouse,Mundupalam, Kuriachira, Thrissur -680006
Phone – 9447806303
Email – drcharleseye@gmail.com



DR KRISHNA IYER MAHADEVAN

President, KSOS (2015-2016)

Hometown : Thiruvananthapuram

Current professional affiliation: HOD Ophthalmology, Sree Gokulam Medical college,Trivandrum

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Career highs & highlights:

- Editor Journal of KSOS(1992-96)
- K.C.SankaraMenon Best Free Paper Award(1999)
- Organising Secretary,Ophthalmology Conference of South Indian States(2005)
- Dr C.E.Oommen Memorial Oration Award (2019)
- Shushrut Samman Award, Forum of Ophthalmology Professors of India(2022)

Signature initiative as President of KSOS: Campaign against Myopia

Passions Beyond ophthalmology: Travelling,Photography,English poetry

Message to KSOS members:

Protect yourself against physical injury and maiming to function as a physician normally for long years of life.

Current contact detail:

TC-15/2003,VRA.A12 ,WOMENS COLLEGE LANE, VAZHUTHAKAD, TRIVANDRUM 695014, e mail id: eyemahadevan@rediffmail.com
Ph: 04712323122,9387805076



DR SAJU JOSEPH

President, KSOS (2016-2017)

Home town: Kothamangalam

Present Professional affiliation: M.D, T.V.J Eye Hospital, Kothamangalam

Career highs/ highlights:

- One of the first to start IOL Implantation in North Kerala(1990)
- One among first few to start Phacoemulsification in Kerala (1997)
- Started the second Lasik Centre in Kerala
- Has won Noel Moniz best paper Award.

Signature initiative as President, KSOS:

- Started Family meeting in KSOS
- Regularized KSOS Society registration which was pending for 15 years.

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Passions Beyond Ophthalmology:

- Active in Sports and Games
- Loves Music and Travel

Message to KSOS members:

- Hard work, perseverance and willingness to change will give you success.
- Always be ethical in our practice.

Contact details:

Dr.Saju Joseph,T.V.J Eye Hospital,Thankalam, Kothamangalam, PIN 686691.
Mob: 9447127151
Email: drsajujoseph@gmail.com



DR RADHA RAMANAN. B

President KSOS (2017-2018)

Home town: Varkala, Now residing at Chalakudy for 25 years.

Professional affiliation: Medical Director, I- Vision eye hospital, Chalakudy.

Career highs/highlights:

- Was HOD ophthalmology, LF Hospital, Angamaly
- Web site editor, treasurer, General secretary of KSOS.
- Secretary and president of TACO
- Treasurer and president of IMA chalakudy
- Attended more than 1000 eye camps personally and organised around 2000 eye camps all over Kerala.
- **Awards:**
  - Sankara Menon award from KSOS
  - Dr JC Khanra & Smt Sarala devi memorial ACOIN award 2011 from association of community ophthalmologists of India
  - Rotary community service award.
- Developed M- triple surgery (combined SICS+ trabeculectomy)

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Signature Initiatives as President, KSOS:

- Mobilised 75 lakh from KSOS towards the flood relief during the deluge of 2018, with great effort from that time KSOSGeneral secretary Dr Sreeni.
- Initiated KSOS assisted low vision aid program in 3 centres in Kerala.
- Conducted 38 camps in a single day for flood victims.

Passions beyond ophthalmology: Travelling, Nature, social activities.

Message to KSOS members:

- Attain good knowledge and use it for the patient, not for the disease.
- Always apply common sense in interpreting any clinical or evidence-based study.

Contact details:

Dr Radha Ramanan, Plot no 54, Housing board colony,
Chalakudy, PIN 680307. Mob: 9447006421



DR SASIKUMAR S

President, KSOS (2018-2019)

Home town: Ernakulam

Present Professional affiliation : Senior Consultant, Kochi Eye Care Center, UC College P.O, Aluva

Career highs/highlights:

- Winner of KSOS Sankara Menon Award -1994
- HOD of Ophthalmology and Project Director, Community Eye Care Project and Rehabilitation Center for Blind and Orthopaedically handicapped Women, MOSC Medical College, Kolenchery aided by Christoffel Blinden Mission, Germany
- Senior Consultant and Med Supdt, Chaithanya Eye Hospital, Ernakulam
- Treasurer, Local Organising Committee AIOC Kochi 2011
- Organising Secretary, Drishti 2006 at Ernakulam
- Organising Chairman, AIOC Kochi 2022

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Signature initiatives as President, KSOS:

"Let's Connect Project" where activities were done throughout the year for all the stake holders of eye care delivery including Ophthalmologists, Post graduates, Optometrists, OT nurses, Media, General Public and those with Low vision

KSOS manual as an SOP for all the activities of KSOS

Baladarshan Project to create awareness of Myopia

Passions Beyond ophthalmology: Music, Reading, trekking

Message to KSOS members:

KSOS has evolved into a professional body of Ophthalmologists. Involve in all the activities of KSOS. While each ophthalmologist adds to the strength of the organization, KSOS in turn will become the strength of individual ophthalmologists when the going gets tough during our clinical practice. After all, "the strength of the wolf is the pack and the strength of the pack is the wolf"

Contact details:

'Ambadi', HRA -107, Adayath Lane, Elamakkara, Kochi 26
Ph 9447475101
Email. drsk93@yahoo.com



DR MEENA CHAKRABARTI

President, KSOS (2019-2020)

Home town: Trivandrum

Current Professional Affiliation: Senior VR consultant at Chakrabarti Eye Care Centre

Top Career highs / highlights: Serving community as a qualified vitreoretinal surgeon

Signature initiatives as President KSOS: Campaign against non-communicable diseases

Passions Beyond ophthalmology: Gardening

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Message to KSOS members:

- Focus on your clinical practice
- Speak and interact with your patients.

Contact details:

Chakrabarti Eye Care Centre, Opp.Indian Oil Petrol Pump,
Kanjirampara, Vattiyoorkavu Trivandrum – 695030
Ph : 9946410541



DR BABU KRISHNAKUMAR

President, KSOS (2020-2021)

Home town : Thrissur

Professional Affiliation: Consultant Ophthalmologist, Aswini Hospital. Thrissur.

Signature Initiatives as KSOS President:

- Important project on 'Group Practice'. 3CME s and publication of a book 'Group Practice in Ophthalmology - A Primer'. TACO Deepam is a realisation of group practice.
- Primed 100 plus members on how to read, write and edit a scientific journal by training in Research Methodology.
- Instituted an award for Best CME.
- Instituted a Member Support Cell.
- Instituted KSOS Award for Excellence for KSOS members.
- Started 'Past President's forum' and an exclusive WhatsApp group.
- Launched a literary magazine: KSOS 'Spandanam'
- On line cultural activities 'New year Celebrations' and 'Onanilavu'

Passions beyond Ophthalmology:

- Reading: Writers like M. T. Vasudevan Nair, E. Santhosh kumar, Gabriel Garcia Marquis were kind enough to permit me to their literary continent.
- Lesser passions were cinema, photography, travel and diving to ocean of past.

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Message to members.

Ophthalmology is not an island. We are part of this world with which we are in constant exchange. Identify with constructive and supportive human beings around us. By our initiative and continuous support, our movement will achieve its goals. Let us make this world a better place to survive.

Contact details:

'Chinmaya', Nadathara P. O, Thrissur.
Ph: +91 98952 25633



DR ARUP CHAKRABARTI

President, KSOS (2021-2022)

Home town: Trivandrum

Current Professional Affiliation: MD-CECC, President KSOS, Editor Proceedings, AIOS

Top Career highs &highlights:

- Member IIIC
- FACS
- FAICO
- President KSOS: 2021-2022
- Editor Proceedings, AIOS

Signature initiatives as President KSOS:

- KSOS on Demand
- Enhanced Role for women in KSOS
- Monthly online Journal Club
- Drive towards NABH

Passions Beyond ophthalmology: Music, Sports, Writing

Message to KSOS members:

Think not what the Society can do for you. Think what you can do for the society

Contact details:

Chakrabarti Eye Care Centre, Opp.Indian Oil Petrol Pump,
Kanjirampara, Vattiyoorkavu Trivandrum – 695030
Ph:9946410540; Mail id: arupeye@gmail.com

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DR S J SAIKUMAR

President KSOS (2022-2023)

Home town: Kochi; Hails from Haripad.

Present Professional affiliation:

Medical Superintendent and Head of Cataract and Glaucoma Services, at Giridhar Eye Institute, Kochi

Career highs/highlights:

- AIOC Best paper in Community Ophthalmology 2001
- AIOC Best paper in Glaucoma 2007
- Achieved a personal milestone of 50,000 cataract surgeries at Giridhar Eye Institute.
- Was involved in the organization of three All India conferences in Kochi, as Committee member in 1999, as Organizing Secretary in 2012 and Chief Organizing Secretary in 2023.
- Invited for TACO Oration in 2023

Signature initiative as President, KSOS :

Took initiative to promote young talent in KSOS and promoted a Young Ophthalmologists Forum in the lines of YOSI in AIOS

Message to KSOS members:

More and more young members should come forward and take up posts in district societies and KSOS. This should not be taken as a burden or additional responsibility. One should enjoy organisational work and this helps you build camaraderie and networking with colleagues.

Contact details:

Dr S J Saikumar, Medical Superintendent and Head of Cataract and Glaucoma Services
Giridhar Eye Institute, Kochi 682020
Mobile: 9847040840. E mail: saikumarsj@yahoo.com

Data courtesy: Dr N.Radhakrishnan, Dr R.R Varma, Dr Babu Krishnakumar, Dr Sasikumar, Dr Charles.K.Skariah, Dr George Thomas, Dr Susheela.B.Nair, Dr Elizabeth Jacob, Dr Biju John and many other seniors and colleagues who helped me whole heartedly

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Dr S. Sasikumar
Past President, KSOS

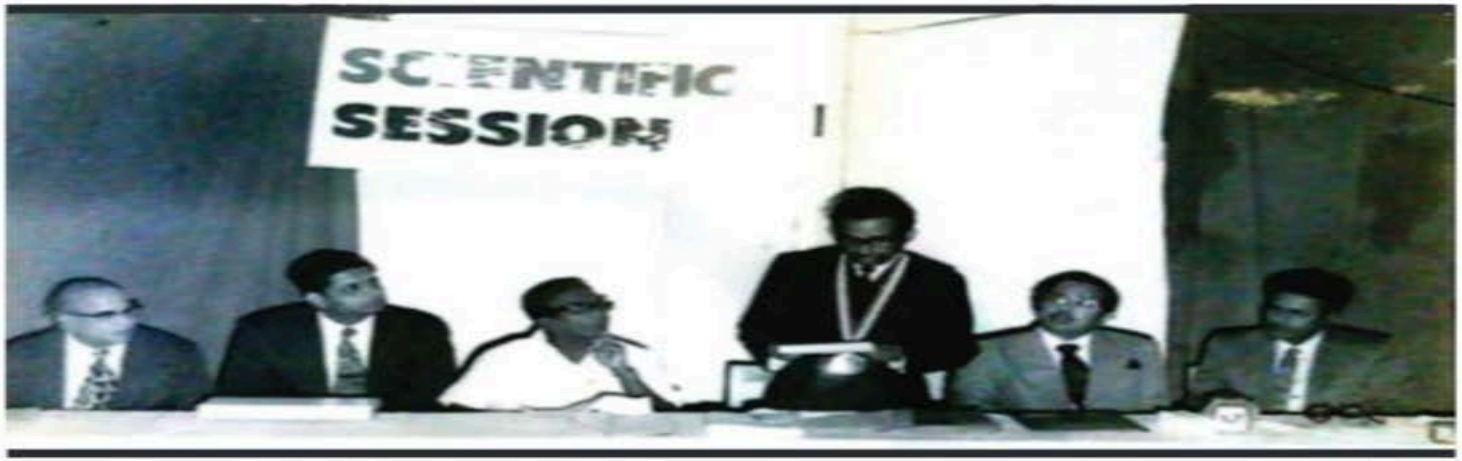


Dr N. Radhakrishnan
Past President, KSOS

KSOS CHRONICLES

A BRIEF HISTORY OF KSOS

The long felt need of the ophthalmologists of Kerala to have a common forum for expressing their views and for group discussion of professional matters was fulfilled on 22nd Dec 1973. On that day Kerala State Ophthalmological Society was inaugurated by Dr. Benedict Rizuti, Clinical Professor of Ophthalmology, New York Medical College at Hotel Dwaraka, Ernakulam. A symposium on cataract was conducted on that day. On the previous days (20th and 21st of December 1973) a workshop on Keratoplasty, Glaucoma and Ptosis surgery and Orbit reconstruction was organised by Dr.Tony Fernandez at Little Flower Hospital Angamaly, where Dr. Rizuti and Dr. Martin Bodian of New York Medical college were the chief faculties.



Scientific session on the inaugural day: Dr Rizuti,Dr P.T.Chacko, C.E. Oommen, Dr. S Tony Fernandez

The first office bearers of KSOS:

- Dr C.E Oommen (President)
- Dr S.Tony Fernandez (Vice President)
- Dr P. T Chacko (General secretary)
- Dr E.TKuriakose (Treasurer)
- Dr. K.Narayanan Kutty (Joint Secretary)
- DrK. E Eapen (Bulletin Editor)

Executive Committee members

- Dr M.V.John (Alleppey)
- Dr Padmajan Pillai (Quilon)
- Dr G.Vijayan (Kannur)
- Dr Naomi Vettath (Ernakulam)
- Dr K.G Marthandan (Trivandrum)

The original Presidential collar

Other delegates who were present in the meeting were Dr. K Mohandas, Kollam and Dr K P Mathew and Dr. George Puthooran from Ernakulam. All this was done thanks to the initiative of Dr. Tony Fernandez. He had contacted all the leading Ophthalmologists of Kerala for a discussion at Ernakulam for the formation of the Society. The response was lukewarm except from Ernakulam. The meeting which was chaired by the senior most Ophthalmologist Dr. George Puthooran was attended by about 17 ophthal mologists. The above office bearers were nominated at that meeting. Dr. P.T Chacko, the convener of the meeting, was authorized to draft a constitution. Initially the term was for 1 year.Dr. V S Gopinathan's term as secretary was fixed for 2 yrs and others one year. In 1990 Dr. Radhakrishnan brought in an amendment in the byelaws and the term of all office bearers except president was fixed as two years and two terms for an individual. The byelaw was printed and distributed for the first time to all members along with KSOS car stickers at that time. Dr. P.T.Chacko, the founder secretary started the society on a firm footing and drafted the constitution of KSOS in the lines of AIOS. Dr. V.S



Gopinath tried to put some order in the working of the society by maintaining many registers and designed the emblem of KSOS.

During his tenure, Dr. N Radhakrishnan enrolled more than 200 life members and enhanced the membership strength from below 100 to above 300. He issued identity cards to life members with membership numbers. The membership applications were properly stored and registers for annual and life members were separately maintained. The financial position was improved by increasing the membership fee (from Rs.100/- to Rs.500/-) and making it obligatory for the organisers of annual conferences to share the proceeds with KSOS. Separate funds - General and Trust funds were maintained. Minutes of the meetings were recorded in the minutes book from 1987 onwards.

Stalwarts and seniors of KSOS were honoured by instituting Dr. C.E.Oommen memorial KSOS Lifetime achievement award. The first recipient was Prof. K S Subramanium. Later Dr E.T.Kuriakose, Dr S. Tony Fernandez, Prof.T.Gopinatha Menon, Prof.K.V.Prabhakaran and K.Krishnankutty were honoured with the award.

Registration as Society

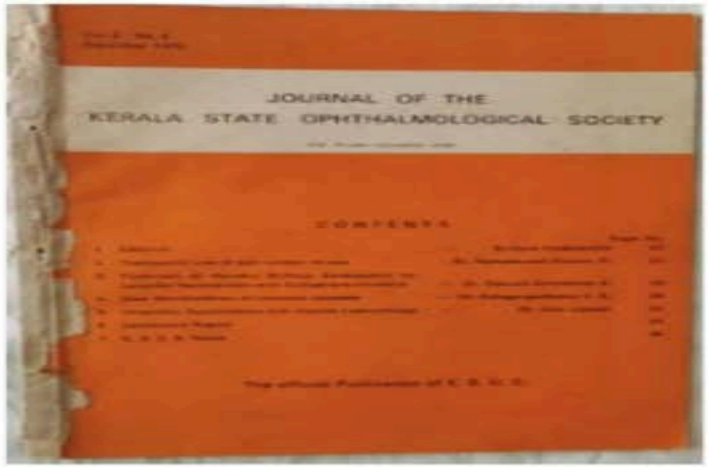
A committee appointed by the then KSOS President Dr. PI Mohan revised the

Constitution with Dr. N. Radhakrishnan as Chairman and Dr.C.V.Anthrayose as convenor to get the Society registered under the Societies Act of 1860. This was passed in 2002 and the Society got registered as Kerala Society of Ophthalmic Surgeons at Calicut. Dr. N Jayanth, Dr. O.K Nandagopal and Dr. Saju Joseph were also instrumental in this endeavour. Now KSOS is sharing an Office at IMA house, Kochi with Cochin Ophthalmic Club.

KSOS Awards

- **Dr. K C Sankara Menon Gold medal award** for the best free paper presented in the conferencewas instituted by Prof. V Sankaran, 4th President of KSOS in 1980 in memory of his late father who retired as the Superintendent of Institute of Ophthalmology (presently Regional Institute of Ophthalmology) Egmore, Madras.The first recipient, Dr. M S Venkitachalam was given the Gold Medal by Dr. V Sankaran. He also donated Rs.5000/- to KSOS to continue this award in the subsequent years. Unfortunately, this award was not regular till 1985 due to some technical lapse.
- **Dr. P Siva Reddy award** was instituted in 1992 to encourage participation from members from outside Kerala also. Dr. Siva Reddy donated Rs.10000/- in two instalments in 1991 and 92 to start the award. This was given once in two years and the first recipient was Dr. Bhaskara Rajan from Madurai.
- The **Dr. K .C.Sankara Menon award** and **Dr. P Siva Reddy awards** were topped up by KSOS to 1 lakh each in 2014-15.
- **Dr.** T K **Alexander memorial Oration** was announced in 1994 and the first recipient was Prof. N.N Sood in 1995. These two awards were started during the tenure of Dr. C K Ravi as Secretary.
- **Prof.** K **S Subramanium memorial award** for postgraduates was started with contribution from his family and Drishti proceeds from the annual conference at Trivandrum in 1995 through the initiative of Prof. P.K Kannan.
- **Dr.** C.E **Oommen memorial Oration** was started in 1999 when Dr. N Jayanth was the Secretary, with contribution of Rs.50000/- from Dr Oommen's family. The first recipient was Dr. S S Badrinath, Chennai at Drishti Munnar in 1999. The award was topped up to Rs 1 lakh by Dr Oommen's family in 2014.
- **Dr. S. Tony Fernandez** Video award was instituted at the initiative of Dr. Radhakrishnan as the President of KSOS in 2000 with contributions from Cochin Ophthalmic Club and ST charities of Rs. 50,000 each. This was given in Drishti 2000 at Calicut when Dr. CV Anthrayose was the Secretary.
- **Dr. Noel** Moniz **Anterior segment Free paper award** - started with contributions from his colleagues and friends
- **TACO quiz award** with contribution from Trichur academy of Ophthalmology
- **COC - Retnet Posterior segment free paper award** with contribution from Cochin Ophthalmic Club and Retnet
- **COC - PG Gold** medal **examination award** with contribution from Cochin Ophthalmic Club-started in 2016
- **Dr. K G R Nair memorial Free paper award** with contribution from Chaithanya Eye Hospitals-started in 2016
- **The Life time achievement award** was re-instituted in 2012 by honouring Dr. N Jayanth and Dr. K E Eapen. In subsequent years Dr. P.P Kunhiraman, Dr. N Radhakrishnan, Dr. NSD Raju, Dr. T.P Ittyerah, Dr. Suseela Prabhakaran and Dr. K Narayanan Kutty were honoured.

The Kerala Journal Of Ophthalmology



The flagship scientific Journal of KSOS was started as a Bulletin in 1974 with Dr. K E Eapen as the founder editor. Dr. K Narayanankutty took over midway as Dr. Eapen had to leave for a retina fellowship in Vienna and continued for 2 years.Other bulletin editors were Dr. T.P.Ittyerah(1977-78) and Dr. K Mahadevan (1979-80). Bulletin was carrying only the organisational matters with only 1 or 2 issues per year.Dr. Ittyerah (1980-84) converted it into a quarterly scientific Journal later- Journal of KSOS. Dr. NSD Raju (1984-88) who followed him improved its contents and appearance.

Dr. K Krishnan Kutty (1989-90) converted it into a bimonthly in the 1st year and monthly next year. He reduced the size of the journal to that of a book for ease of carrying and reading.He also brought out special issues on Migraine, Glaucoma, Uveitis and Contact Lens. His article on innovative techniques under the pen name of "Pisces" increased the popularity of the journal and attracted subscriptions from ophthalmologists and residents outside Kerala.For the first time the journal became financially self-sufficient. The succeeding editor Dr. P I Mohan(1991) reverted to the quarterly format. Dr. K Mahadevan (4 years), Dr. A Giridhar (4 years), Dr. S Sasikumar(2 years), Dr. S J Saikumar(2 years), Dr. Thomas Cherian (2 years), Dr. Meena Chakrabarthi(4 years), Dr. G Mahesh (2 years), Dr. Gopal S Pillai (2 years) have all contributed to the enhancement of the quality of the articles and the presentation of the journal. Dr. Ashok Natarajan along with Dr. Charles Skariah (President 2014-15) started the process of indexing the journal.

Dr. S Sasikumar changed the name of the journal to Kerala Journal of Ophthalmology. At his request a corpus fund of Rs. 3 lakhs as fixed deposit was transferred from KSOS general fund, the interest of which was regularly transferred to meet KJO expenses. It was topped up later to 4 lakhs.

Dr. S Sasikumar also started the KSOS Newsletter (2000) to highlight the organisational matters. In 2008 we started highlighting our senior ophthalmologists in our Newsletter in the form of an interview. The first one to be honoured thus was Padmasree Dr. Tony Fernandez, who was interviewed by Dr. Radhakrishnan. KSOS have also brought out periodic CME series (at least once in 2 years) since 2006. The first Membership directory was brought out by Dr. Sasikumar in 2000 and updated twice in 2006 and 2010.

Website (www.ksos.in)

KSOS started its own website in 2005 and Dr. Noel Moniz was the first Editor. It only had organisational and membership details initially. Later it was upgraded to enable online submission of abstracts of the annual conference - Drishti and payment of KSOS membership and registration for the annual conference.

Scientific Committee :

The first Scientific Committee Chairman of KSOS was Dr. T A Alexander. Dr. Giridhar as the Chairman helped to improve the Scientific Content of the annual conference in a three day format. Strict adherence to timing was enforced when Dr. Noel Moniz was the Chairman.

Funds

The initial source of finances was only memberships. Later it was made mandatory to share the proceeds from our annual conferences with KSOS. Now a fee is charged from the organisers of various regional CMEs held under the aegis of KSOS. In 2010 an internal audit committee was formed and since 2014 all the funds were audited properly by the committee and great progress was made in streamlining the KSOS accounts. Presently the funds are maintained as Membership fund, Award funds, KJO funds and General funds.

The KSOS Annual conference (DRISHTI)

In the initial years, the annual conference in November-December months was the only major event of KSOS. This was a one-day programme with a symposium and a few free paper presentations. The presentations were read out in the initial years which later evolved to overhead projectors, slide trays and carousels and of late to power point presentations.

The Society on its own had conducted 3 CMEs on Squint in Trichur,Glaucoma in Kollam and IOL live surgery in Angamaly..The subject and faculty were mainly decided by KSOS then.

KSOS has had combined annual conferences with SROC thrice - Kanyakumari (1975), Kozhikode (1978), Ernakulam (1994). In Trivandrum (1995) we had conducted Drishti along with OASIS (Ophthalmic Association of South Indian States).

KSOS has also conducted AIOC thrice in Ernakulam. In 1984 the venue was St. Teresa's College and Saritha Theater. Dr Tony Fernandez and Dr. Gopinatha Menon were the organisers of 43rd AIOC-1984 with meagre facilities but it was one of the best conferences till then during the era of slide projectors. In 1999 and 2011 the AIOC were conducted at the grand Le Meridian Convention center with Dr. NSD Raju and Dr. A Giridhar as the Chief Organising Secretaries respectively.

Initially we only had the annual conference. Our annual conferences (Drishti) graduated from one day to 2 day conferences in 1991 (Ernakulam) and to 3 day conferences from 2000(Calicut) onwards. It has presently reached a



11th ANNUAL CONFERENCE **CANNANORE**
There were half-day midterm conferences which were abolished in 1990.



KSOSMID-TERM CONFERENCE LAL MEMORIAL HOSPITAL, IRINJALAKUDA. 10 AUGUST 1986

scientific spread of nearly 60 Instruction courses and symposia, Gold medal examination for Post Graduates, 9 award sessions and two Orations (alternating every year) in 5 air conditioned halls over three days catering to the taste of students, general ophthalmologists and specialists.

The Annual conference of KSOS-Drishti was hosted only by 3-4 out of the 12 District Ophthalmic Clubs till 2016. To encourage all Ophthalmic clubs to take up the challenge of hosting the annual conference thereby not only increasing their financial position but also boosting up the morale and camaraderie among the members of the host clubs it was decided in 2016 to have a rotation policy to select the venue of Drishti by dividing Kerala into 4 zones-

- **North** (Kasargod, Kannur, Wynad& Calicut)
- **North Central** (Malappuram, Palakkad & Trichur)
- **South Central** (Ernakulam, Idukki, Kottayam & Alleppey)
- **South** (Kollam, Pathanamthitta& Trivandrum)

Now Drishti will rotate between these zones and the respective Ophthalmic Clubs in the zones can bid for it. Clear guidelines were made to select in case of multiple contenders and penalty clause made for those who don't stick to the guidelines.

CME programmes:

The KSOS conducts more than 20 CMEs under its aegis apart from its Annual Conference, Drishti, a 3 day event of scientific extravaganza.

Thus ,over the years, the KSOS has grown from strength to strength as evidenced by its growing membership (of nearly 2000 now), the numerous CMEs conducted by its members ,the number of our members participating and conducting instruction courses and presentations in various National and International conferences and winning laurels. KSOS has contributed two presidents to AIOS- Dr. S Tony Fernandez (1995) and Dr. NSD Raju (2011). Dr. Tony Fernandez and Dr. T P Ittyerah were the Editors of IJO. Dr. NSD Raju (1999) and Dr. Arup Chakrabarti (2017) became the Editor Proceedings.

The KSOS has reached this stage due to the sincere and dedicated efforts of its leaders. Every member can be proud of the feather on the KSOS cap that came recently in 2023, when our society was recognised by AIOS as the best ophthalmic society in the country.

Down the memory lane..

"Conference is a Fountain of Knowledge, where People Go to Drink"

(Memoirs of an old timer)



Dr R. R.Varma
Senior Consultant
Ophthalmologist
Krishna Hospital, Kochi

It seems a long time back. The first ever annual conference of KSOS, I attended, was in 1978, the fifth one, I think. I had just started doing senior house-surgeoncy in Government Ophthalmic Hospital (present day RIO), Trivandrum. Dr.K.S.Subrahmaniam, the director and professor was to take over as the President.

There was no official organising committee. Dr. KSS nominated each person with a duty. As the lowest form of animal life in the campus, my duty was to stick stamps, write addresses and post brochures. The 'brochure' was a printed inland letter. The mailing list was around one hundred and sixvty, I remember.

My next duty was booking return tickets for the delegates. The destinations were Ernakulam, Thrissur, Palakkad, Kozhikode and Kannur. Those were the days before IRCTC and E tickets. You had to stand in the queue for each ticket, because some rules prevented then from issuing tickets to multiple trains /destinations in one go. Ditto in the KSRTC bus station. The compensation was that I was allowed to have food from the VRR in the railway station, a privilege I utilised to the maximum.

The conference was held in the T.B. Association Hall just across the road from GOH and a small office of IMA nearby served as our office. As I was a new entrant to the Ophthalmic scene, in the morning, I had to identify each doctor who booked tickets by asking one and all.

Unforgettable incidents were aplenty.

Those days the railway tickets were cardboard rectangles with printing on one side and age and sex of passenger written one that other. One of the beautiful ladies from the north started complaining. "I am only thirty seven and they have written forty seven; I want this corrected". I was hard put to explain that it was a mistake on the part of the reservation clerk. Till she left, she kept giving me dirty glances, as if it was my fault.

And that was the first time there was an official fellowship. The crafty PGs sent me to ask Dr. KSS about it. The reason was

simple. Even if he got angry, I, not having any exams, will not be affected. Young and stupid, I obliged. But contrary to our expectations, not only did he readily agree, but also gave money from his pocket for the expenses.

The fellowship, in the IMA office was a huge success. In those days of one day conferences, the chance was there only for a pre-lunch nip, or, so we thought. But the tremendous response right from ten am or so caught us by surprise. In fact, we had to replenish our stock piles.

One senior professor got so 'jolly', that he has to be forcibly escorted to the session, he was to chair. Another notable attendee was a young Scottish doctor from a charity eye clinic in Kanyakumari district, Tamil Nadu. This get-together was possibly, for him, a let off. He got so totally inebriated that he had to be escorted to my hostel room and put to sleep there. He left only the next morning, sheepish, but happy.

The theme of the morning session was 'Ocular Trauma', I remember. The afternoon had free papers. Those days the was some 'Medical College vs Others' spirit in KSOS and it was very evident in the discussions.

Last event was GBM. By then all delegates, apart from the ladies, the incoming President and secretary were in a very amiable state of mind curtsy the free fellowship. (Remember, those days, KSOS had more male members). All resolutions we passed as soon as there were read. That was the 'spirit'.

All in all, it was a unique experience and exposure for a youngster to be cherished even after forty five years.

1983- A FLASH BACK



Dr. K S Subramaniam greeting Dr. Amarnath Varma. Dr. KGR behind. Dr. Kunhiraman in front and Dr R.R.Varma in between.Dr Ranjan kumartoo is seen.



speaker 1983

Delegates 1983





Organising committee KSOS 1983



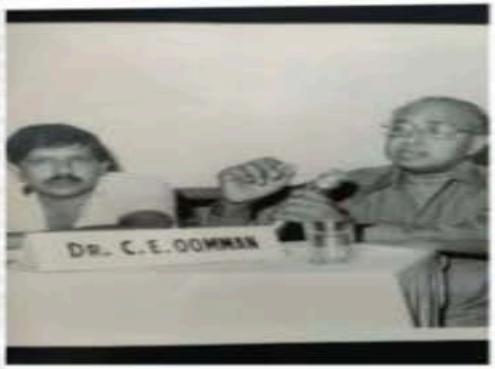
Dr Antony (TVM), Dr R.R.Varma, Dr George ThomasT (from behind) late Dr KC Baby (Palai)

Imprints from the Past

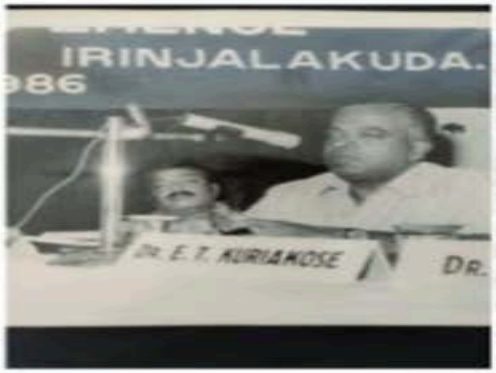


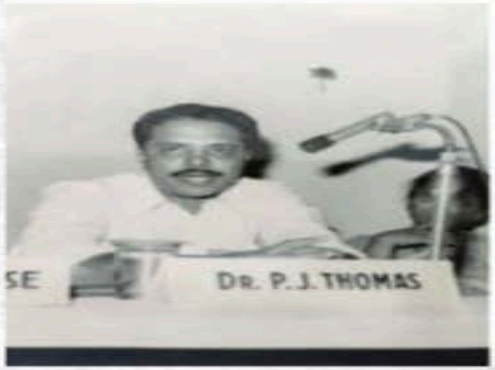




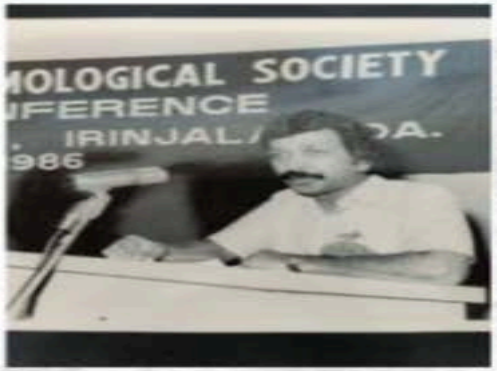












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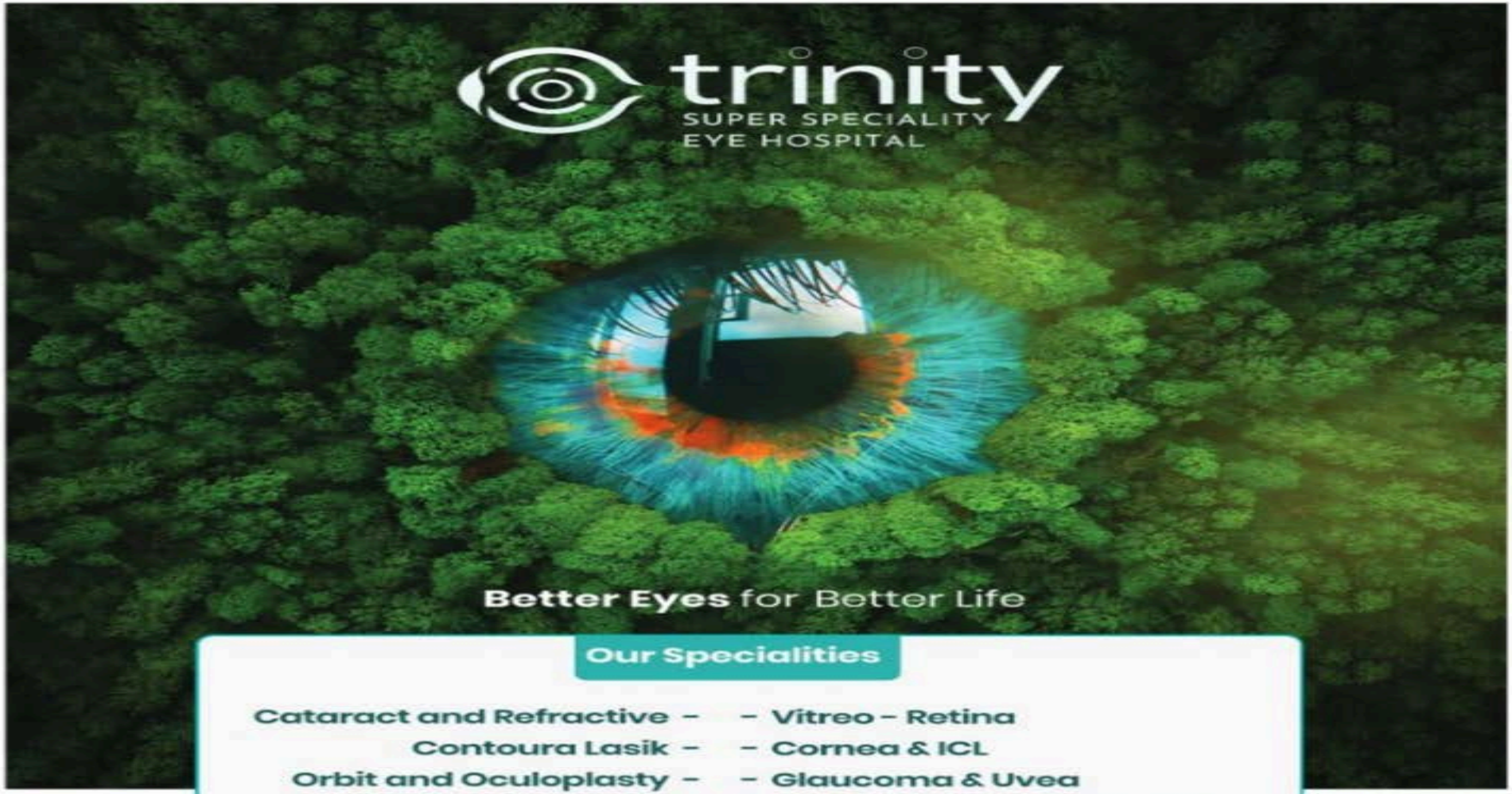
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Grow with KSOS!!

Dr. Thomas Cherian
President, Kerala Society of Ophthalmic Surgeons



The Kerala Society of Ophthalmic Surgeons (KSOS) is an organization of all the Ophthalmologists practising in Kerala.The society is into the 50th year of its formation in 2023.

Who can be a member?

The membership is open to any doctor in Modern Medicine with a recognised Post graduate qualification in Ophthalmology (MS, MD, DNB, DO etc.) We have only a life membership in the society, which is either provisional or permanent. Anyone pursuing a Postgraduate course in Ophthalmology is eligible for a provisional membership and on successful completion of the course, he/she is ratified as a permanent member. The member has to submit documentary evidence for this ratification.

What does it mean to be a KSOS member?

Rights:

A member is part of a 2400 strong academic fraternity of all Ophthalmologists in Kerala.

- His/her name would figure in the rolls of the society as well as in its website.
- He/she is entitled to receive all official communication from the society, as well as all its publications.
- He/she has the right to attend the General Body meeting held along with the annual conference and take part in the deliberations, thereby contributing to the decision making process of the society.
- He/she has the right to vote in the elections held as well as referendums if any, in the society.
- Any member can contest for the elections in the society, subject to the eligibility criteria.
- A member can submit instruction courses, free papers and video presentations for the annual conference. The selected courses and papers constitute the academic programme of the annual conference.
- Each member is eligible to receive a copy of the Kerala Journal of Ophthalmology (3 issues per year) free of cost. He/she can also submit articles for publication in the journal.

- The society provides technical support to the members during professional crisis like having an outbreak of Postoperative Endophthalmitis, and a member is entitled to seek the support.

Responsibilities:

- A KSOS member is expected to be one with good standing
- He/she is encouraged to attend the annual conference and the General Body meeting of the society and participate in the academic as well as administrative deliberations. A member's submission for the academic programme, as well as a member's resolution to the General Body is given due importance by the society.
- A member is expected to intimate his place of work, as well as any change in address to the General Secretary.
- A member should inform the office bearers regarding any professional difficulty faced by him/her or by a fellow member.
- A KSOS member should stay away from all unethical medical practices.

Growing with KSOS : My personal Odyssey

It was 1992, the 19th Annual Conference of the Kerala State Ophthalmological Society was around the corner at Calicut. I was a junior Post Graduate resident at Calicut Medical College. My Professor, Dr. K.B. Venugopal (Venu Sir) was to take over as the President of the society, and K.R. Bhat Sir was the Organising Secretary of the conference. We, the Post graduates formed the workforce, along with the faculty.

I was the only privileged Resident to own a two-wheeler, hence I was deputed for all the errand jobs. Saraswathy Madam would time and again send me to K.T. Janardanan's stationary shop for the dry and sundry. We all sat together to pack the kit bags. Venkitachalam Sir, Velayudhan Sir, Indira Madam, Padmaja Madam and K.V. Raju Sir were also there to push and prod us.

The conference at Malabar Palace was a grand success, and everyone got back to their jobs soon after. But I had drawn my first blood in the society.

Next year, the conference was at Guruvayur. Venu Sir entrusted me with arranging a bus. Enroute, we stopped at the Nalapattu Tharavadu at Punnayurkulam. The bus journey and the stopover at Venu Sir's place was the best part of the conference.

By the time I completed my Post Graduation at Calicut, the hospitality of Malabar and the camaraderie in the department and the society had overwhelmed me. I took an annual membership of the society for Rs. 100/-, which I renewed a couple of times, the life membership of Rs. 800/- was beyond my reach.

Come 1996, I joined as a fellow in Little Flower Hospital, Angamaly; the conference too came to Angamaly. By the time, the conference was christened as 'Drishti', the name which stands even today. The Kerala State Ophthalmological Society later changed its nomenclature to Kerala Society of Ophthalmic Surgeons (KSOS).

The Angamaly Drishti gave me another opportunity to rub shoulders with the giants. My mentor, Dr. K.E. Eapen was taking over as the President, Dr. Noel Moniz was the Organising Secretary. Tony Sir, Ittyerah Sir, Mani Sir, Elizabeth Madam and

Anthrayose Sir were the leaders. Here again the young brigade, including Radha Ramanan and me formed the workforce. It was here that I finally cobbled up Rs. 800/- and took the life membership.

The Munnar Drishti of 1999 was a watershed in the history of KSOS. A whole new bunch of young Ophthalmologists stormed into the leadership, needless to say that I was part of that young brigade.

The rest is history. I missed two Drishtis in between, Calicut (2000) and Palakkad (2007) due to my fellowship commitments. In the years that followed, I made attempts with free papers and video presentations, conducted Instruction courses and have been a regular in the various scientific programmes. I have served in the KSOS executive over multiple terms, occupying different offices and have done that to the best of my ability. During my election as General Secretary, I had a personal loss in my family, still the KSOS members elected me in my absence. Now I am taking over the Presidency at Thrissur, and when I look back, my journey from a toddler till today has been very exciting. I have worked with many stalwarts, some were academic giants, some others were brilliant administrators, a few were born auditors and of course, we had the artists and cultural heroes.

I urge the young Ophthalmologists to keep KSOS close to your hearts along with your academic pursuits. I foresee a bright star shining in the horizon.

Jai KSOS!

Crafting Excellence : The KSOS Way

How did KSOS win the Best State Society of India Award?

Dr Gopal S Pillai,
Hon Gen Secretary, KSOS (2021-2023)



I would just like to start with a story of a weak slender willowy David taking on the mighty Goliath whom he slew with his stone sling shots. The bigger mightier states must have always thought the small tiny state of Kerala is no contender to the throne of the best state society of them all...

Year 2021-22 was the year of recovery, where we packed off the covid blues and started the programs back, this time with a mix of virtual and physical programs, getting the best of both worlds. KSOS has always strived for the best and this year was no exception. Iam happy and proud to be able to narrate the winning of the coveted cup.

Right from the time when I became secretary, and our team took office in the KSOS, my President Dr Arup Chakrabarti instilled the purpose of quality onto our heads, and later on the next president, Dr Saikumar drilled it further into our thick heads. The comparisons drawn were with societies like AAO, APAO and not any other state societies.

Right from the start, our society was studded with activities, not just one after the other, but one overlapping the next.

Let us run through some of the activities that made us the best of the best.

Drishti 2021

The 48th Annual Conference of Kerala Society of Ophthalmic Surgeons -Drishti 2021 was conducted from 26th December 2021 to 28th December 2021 on a virtual platform with Dr V Shasranamam as the Organising Chairman, Dr Biju John C as Chief Organising Secretary and Dr Thomas George as Treasurer. The Conference was jointly organised by Trivandrum Ophthalmic Club, Kollam Ophthalmic Association and Pathanamthitta Ophthalmic Society.

There were 1225 registered delegates and 60 trade delegates. We had 210 guest faculty and paid delegates were 935.

The Scientific Committe under the efficient leadership of Dr Rajiv Sukumaran put up a mesmerizing scientific extravaganza for the members. There were 72 Instruction Courses, 2 Quizzes, 9 special sessions, 6 sponsored sessions, Teachers of Tomorrow, Snake and ladder and nine award sessions. Preconference courses for Para-medicals were conducted. A CME Series titled 'Group practice in Ophthalmology - A primer' was released during the inaugural function.

We were sceptical about trade participation initially due to the online status , but did a lot of hard work to ensure trade participation. The trade subcommittee under the leadership of Dr Unni Nair worked tirelessly to ensure maximum participation. The efforts paid off and we were able to bring in a total Revenue of Rs 50,73,283 including registration from the conference. The expenses came to Rs 13,67,600 and the Income over expenditure was Rs 37,05,682

The inaugural function was physical and was held at Muscat Hotel from 7.00 pm on 26th Dec 2021. The function was Inaugurated by the honourable CM Sri Pinarayi Vijayan. This was the first time a KSOS conference was inaugurated by a CM. Dr Thomas Mathew Joint DME was the guest of honour. Dr Arup Chakrabarti took over as President from Dr Babu Krishnakumar. The Dr C E Oommen memorial Oration award was given to Dr Charles Skariah and Life time achievement awards to Prof P K Kannan, Thiruvananthapuram and Dr Uma Mohandas of Kollam . Cultural programs included excellent programs by the members and a widely appreciated interaction with cine artist Vineeth Sreenivasan.

We had a team devoted completely to press , who did an excellent job in achieving good coverage about the conference in the news dailies as well as TV channels. We coined a term Netharsaksharatha alias Eye Literacy , and it helped us get a wide coverage on the post conference day also.

Eye literacy for all

This was the year's theme of KSOS, bolstering its social commitment as announced by our president Dr Arup Chakrabarti by the start of our term. This meant dissemination of information right from the highest specialist to the common man. Usually KSOS does a lot of CMEs for the specialist ophthalmologists. We conducted programs not only for the ophthalmologists, but for the benefit of common man, we interviewed many senior ophthalmologists and used them in social media to enhance eye literacy to the common man.

Enhancing social media presence

Social media vendors were selected by the executive committee and they have helped KSOS in disseminating the online videos to the public. They have spliced the videos of interviews of senior ophthalmologists and posted them on youtube and facebook increasing KSOS footprints.

Advocacy

KSOS senior members under the leadership of Prof Sahasranamam sir have been in constant contact with the office of Hon transport minister Shri Antony Raju and the Transport department. Dr Biju John personally went and met minister Shri Antony Raju. They have been apprised of the problems occurring during certification for motor vehicle licenses and have given some suggestions. As an impact to that meeting, some of the suggestions were taken up by the committee which deals with giving license to drivers.

Paramedic programs

KSOS has always taken great pains to teach paramedics as they are part and parcel of our team which delivers good patient care. KSOS has taken decision to support the travel and accommodation of world class class optometry/ paramedic faculty to make the paramedic programs more successful. We also had a paramedical conference for Nursing

staff / OT Technicians and Optometry Conference for Optometrists and Optometry students along with Drishti at the conference venue of Drishti 2022 – Calicut Trade Centre on 27th November - the last day of our Annual Conference

Executive committee meetings

Executive committee of KSOS was very active and there were 6 regular EC meetings and 2 special meetings.

First ECM 27 December 2021

Special ECM 25 February 2022 for finalising vendor for social media

Second ECM 22 April

Third ECM 20 May 2022

Fourth ECM 26 August

Fifth ECM 9 October 2022 (Physical ECM)

Special ECM 28 October 2022 for finalising venue for Drishti 2023 in Thrissur

Sixth ECM on 25 November 2022

All EC minutes were recorded and the attendance and minutes circulated through email and confirmation was obtained. The EC members wholeheartedly participated in all deliberations of KSOS and in social media. The KSOS wishes to appreciate the great efforts taken by each member in the EC team.

CME under the aegis of KSOS

1	04.01.2022	World Braille Day
2	09.01.2022	What You should Know in AMD
3	14.01.2022	KSOS Online Journal Club
4	16.01.2022	Ignite 2022- Uveitis Update
5	23.01.2022	The 13th Noel Moriz Memorial Lecture & CME
6	26.01.2022	Republic day
7	30.01.2022	Fix the Cataract through VAST KSOS CME Series Module 1
8	11.02.2022	KSOS Online Journal Club
9	16.02.2022	KSOS PG EXAM PREPARATION SERIES-Cases open to suggestions-POAG
10	20.02.2022	Taming the Beast - Practice Pearls in Keratitis Management & Common Corneal Procedures - KSOS CME Series Module 2
11	23.02.2022	KSOS PG EXAM PREPARATION SERIES-Cases open to suggestions-NVG
12	27.02.2022	Senior Ophthalmologists video interview
13	02.03.2022	KSOS PG EXAM PREPARATION SERIES-Cases open to suggestions-ACG
14	08.03.2022	international womens day
15	09.03.0202	KSOS PG EXAM PREPARATION SERIES-Cases open to suggestions-NTG

16	09.03.2022	Amrita Institute of Medical Sciences -Dr Manoj -Glaucoma -Dr Gopal S Pillai
17	06.03.2022	Glaucoma - KSOS CME Series Module 3
18	11.03.2022	KSOS Online Journal Club
19	12.03.2022	Glaucoma Day
20	16.03.2022	KSOS PG EXAM PREPARATION SERIES-Cases open to suggestions-OCULAR HT
21	13.03.2022	Senior Ophthalmologists video interview
22	20.03.2022	Optometry - World Optometry Day
23	23.03.2022	KSOS PG EXAM PREPARATION SERIES-Cases open to suggestions-Chronic anterior uveitis
24	23.03.2022	World Optometry Day
25	23.03.2022	Kottayam Medical college /Dr Jisha and /Dr Reena / 3rd nerve palsy /Dr Biju John
26	27.03.2022	Prabhakara Menon Oration & CME
27	27.03.2022	Senior Ophthalmologists video interview
28	30.03.2022	KSOS PG EXAM PREPARATION SERIES-Cases open to suggestions-Panuveitis
29	06.04.2022	KSOS PG EXAM PREPARATION SERIES-Cases open to suggestions-Corneal ulcer
30	06.04.2022	Giridhar eye Institute Dr Marian Proptosis
31	08.04.2022	KSOS Online Journal Club
32	10.04.2022	Controversies in Ophthalmology- KSOS CME Series Module 4
33	10.04.2022	Senior Ophthalmologists video interview
34	13.04.2022	KSOS PG EXAM PREPARATION SERIES-Cases open to suggestions-Cornal opacity
35	20.04.2022	KSOS PG EXAM PREPARATION SERIES-Cases open to suggestions-Keratoconus
36	20.04.2022	Ophthal PG Class Room (7 pm)
37	20.04.2022	Alleppey Medical College /Dr Mallika /O U Topic will be decided in 2 days
38	24.4.2022	Oculos- Orbital trauma
39	24.4.2022	Senior Ophthalmologists video interview
40	24.04.2022	Trauma - KSOS CME Series Module 5
41	27.04.2022	KSOS PG EXAM PREPARATION SERIES-Cases open to suggestions-Failed PK
42	27.04.2022	Ophthal PG Class Room (7 pm)
43	01.05.2022	

44	04.05.2022	KSOS PG EXAM PREPARATION SERIES-Cases open to suggestions-Proptosis
45	04.05.2022	Ophthal PG Class Room (7 pm)
46	04.05.2022	Little flower Cornea case
47	06.05.2022	surdas jayanthi
48	08.05.2022	Senior Ophthalmologists video interview
49	08.05.2022	
50	11.05.2022	KSOS PG EXAM PREPARATION SERIES-Cases open to suggestions-Thyroid exophthalmose
51	11.05.2022	Ophthal PG Class Room (7 pm)
52	13.05.2022	KSOS Online Journal Club
53	15.05.2022	Pediatric Ophthalmology - KSOS CME Series Module 6
54	18.05.2022	KSOS PG EXAM PREPARATION SERIES-Cases open to suggestions-Ectropion
55	18.05.2022	Ophthal PG Class Room (7 pm)
56	18.05.2022	Kozhikode Medical College Dr Padma Prabhu
57	22.05.2022	Medical college Alappuzha cme Prof Mallika Mahesh
58	22.05.2022	Senior Ophthalmologists video interview
59	23.05.2022	Mizhi
60	25.05.2022	KSOS PG EXAM PREPARATION SERIES-Cases open to suggestions-Entropion
61	25.05.2022	Ophthal PG Class Room (7 pm)
62	01.06.2022	KSOS PG EXAM PREPARATION SERIES-Cases open to suggestions-Ptosis
63	01.06.2022	Thrissur Medical College Dr Sudha
64	01.06.2022	Cataract Day
65	01.06.2022	Ophthal PG Class Room (7 pm)
66	05.06.2022	Neuro Ophthalmology - KSOS CME Series Module 7
67	08.06.2022	Ophthal PG Class Room (7 pm)
68	10.06.2022	KSOS Online Journal Club
69	15.06.2022	MES medical college Dr Padmaja Krishna
70	15.06.2022	Ophthal PG Class Room (7 pm)
71	19.06.2022	TACO Mid Year meeting
72	20.06.2022	Nystagmus Awareness Day
73	22.06.2022	Ophthal PG Class Room (7 pm)
74	26.06.2022	SICS - KSOS CME Series Module 8
75	27.06.2022	Helen Keller day

76	29.06.2022	Ophthal PG Class Room (7 pm)
77	29.06.2022	Jubilee Medical College
78	03.07.2022	Mid Year CME
79	06.07.2022	Ophthal PG Class Room (7 pm)
80	13.07.2022	Ophthal PG Class Room (7 pm)
81	13.07.2022	Amala Medical college / Dr Charles Skaria
82	17.07.2022	Refraction/Optical Dispensing - KSOS CME Series Module 9
83	20.07.2022	Ophthal PG Class Room (7 pm)
84	24.07.2022	Little Flower eye Hospital Dr Thomas Cherian
85	27.07.2022	Ophthal PG Class Room (7 pm)
86	31.07.2022	Rio Alumni Prof K Mahadevan
87	02.08.2022	Journal Club
88	03.08.2022	Ophthal PG Class Room (7 pm)
89	07.08.2022	Phaco - KSOS CME Series Module 10
90	08.08.2022	World Ophthalmology Day
91	10.08.2022	Ophthal PG Class Room (7 pm)
92	12.08.2022	KSOS Online Journal Club
93	14.08.2022	August Ophthalmica Dr Thomas Arun Varghese
94	15.08.2022	Independence day
95	17.08.2022	Ophthal PG Class Room (7 pm)
96	21.08.2022	Kozhikode Ophthalmic Society
97	24.08.2022	Ophthal PG Class Room (7 pm)
98	28.08.2022	pathanamthitta oph club
99	31.08.2022	Ophthal PG Class Room (7 pm)
100	03.09.2022	Phacology chaithanya eye hospital trivandrum
101	04.09.2022	Phacology
102	04.09.2022	Low Vision - KSOS CME Series Module 11
103	07.09.2022	Ophthal PG Class Room (7 pm)
104	09.09.2022	KSOS Online Journal Club
105	11.09.2022	
106	17.09.2022	Ophthal PG Class Room (7 pm)
107	18.09.2022	Giridhar eye institute 25 th year CME please Dr Sandhya
108	21.09.2022	Ophthal PG Class Room (7 pm)
109	28.09.2022	Ophthal PG Class Room (7 pm)
110	25.09.2022	TACOPSIA
111	02.10.2022	Retina - KSOS CME Series Module 12

112	05.10.2022	Ophthal PG Class Room (7 pm)
113	07.10.2022	KSOS Online Journal Club
114	09.10.2022	Precise eye hospital trivandrum dr kiran gopalakrishnan
115	11.10.2022	Oct 11-17 NATIONAL BRAILLE WEEK

Publications

A book on retina was brought out by TACO under the aegic of KSOS. Dr Sinumol was the chief editor and it was contributed by members of KSOS

Drishti 2022

The Scientific Committee of KSOS had prepared a scientific feast for Drishti 2022. We received an overwhelming response to our call for instruction courses, free papers, posters and videos. We received more than 50 instruction course submissions and the maximum submissions (11) were in Retina sub speciality. A total of 82 poster submissions, 10 videos and 160 free paper submissions were recieved.

The Scientific sessions were held in 7 Halls and we made elaborate arrangements for the smooth conduct of the sessions. In addition, we had areas dedicated for wet lab sessions.

We have also added an International Connect Session in which reputed Ophthalmologists from outside India would be talking on different topics. The International Connect Sessions were in Hybrid mode with the speakers joining from their countries and delegates attending the talk in the Hall at the venue. We had the best of the speakers in Dr Harminder Singh Dua , Dr George Beiko, Dr Andre Mermoud, Dr Vignesh Raja, Steve Arshinoff, Dr Kelvin Teo and Dr Aby Jacob giving talks in the International Connect Sessions . We also had more than 75 National Guest Faculty participating in the conference, a very large number as per any state society.

TK Alexander memorial oration

The TK Alexander Memorial oration was delivered by Dr RD Ravindran – Chairman of Aravind Eye Care System

Lifetime achievement awards

Prof Ramachandra Bhat from Calicut and Dr AV Sukumaran from Kanhangad were selected for the lifetime achievement award this year for their contribution to the society.

Heroes of Indian Ophthalmology

We added a new session *Heroes of Indian Ophthalmology * in which we will be having talks from two doyens in the field of Ophthalmology in India - Padma Shree Prof Dr JS Titiyal, Chief RP Centre for Ophthalmic Sciences, AIIMS, New Delhi and Padma Shree Dr RV Ramani, Managing Trustee of Sankara Eye Foundation.

Presidential projects

Total Eye literacy for all was adapted by the KSOS President so that the social impact of KSOS will increase. Under this banner many programs were conducted and was disseminated to the public on YouTube. The programs were all done in Malayalam so that maximum people of Kerala will benefit. Many people commented that their simple doubts were cleared so well by KSOS.

Controversies in Ophthalmology was the scientific theme taken by the President and

Cochin Ophthalmology club did a CME on controversies for Noel Moniez memorial CME on January 23rd 2022.

KSOS - Vision Enhancement Centers were centers which were established with the help of KSOS providing subsidized service to the poor and needy.

Statistics

Center	Nov 2021		Dec 2021	
	Pts seen	LVAs given	Pts seen	LVAs given
Comtrust	33	16	37	22
Amardeep	01	01	02	02
I Vision	03	12	13	22

Center	Jan 2022		Feb 2022		March 2022	
	Pts seen	LVAs given	Pts seen	LVAs given	Pts seen	LVAs given
Comtrust	31	19	29	16	43	26
Amardeep	01	01	0	0	0	0
I Vision	07	08	20	12	22	09

Center	April 2022		May 2022		June 2022		July 2022	
	Pts seen	LVAs given	Pts seen	LVAs given	Pts seen	LVAs given	Pts seen	LVAs given
Comtrust	43	25	49	29	48	25	46	27
Amardeep	0	0	23	3	16	5	8	7
I Vision	21	13	20	17	19	13	21	12

Center	August 2022		September 2022		October 2022	
	Pts seen	LVAs given	Pts seen	LVAs given	Pts seen	LVAs given
Comtrust	40	27	27	15	41	18
Amardeep	08	05	02	02	03	03
I Vision	20	13	11	08	17	14

Training program

- 20-3-22 - Session on LVA for Optometrists at OPTOCON by Comtrust Calicut
- 8-5-2022 – Dr Jayaprasad of Amardeep Hospital conducted a training in Low Vision on for 250 optometrists at Bharat Eye Care, Punalur
- 20-11-22 – CME on LVA for Optometrists by I Vision Eye Hospital, Trichur

Other activities of vision enhancement clinic

- KSOS signed the MoU with Amardeep hospital, I Vision hospital and Comtrust eye hospital for the KSOS- Vision Enhancement Centers in the respective hospitals.

Financial assistance of Rs.60,000/- was released to all the centers.

- An interview was arranged for KSOS Youtube channel on June 18th with Ms.O.Aishwarya, a visually challenged person who has a Masters degree in Development and is currently pursuing Doctoral studies at IIIT, Bangalore. Dr V.K.P.Geetha conducted the interview which was well appreciated

KSOS SOP manual drafting committees after many meetings finalised a version for 2022 which has been circulated to all members of KSOS. This is for ready guidance of all administrative posts for KSOS

Administrative audit committee drafted the recommendations for conducting an administrative audit for streamlining the activities of all KSOS executives. From next year, it shall be put into practice.

Leadership development program

The first ever KSOS Leadership Development Programme was coordinated by Dr Natasha Radhakrishnan. A core committe was constituted consisting of AIOS LDP trained leaders from KSOS, Dr Sreeni, Dr Ambika Shetty, Dr Prashobh Mohan, Dr Sanitha Sathyan and Dr Merine Paul. After getting quotes from several training agenicies, Parivartan training Academy was chosen as the trainers for the course.

KSOS on demand was a master imitative which made it possible to have all KSOS videos of drishti 2021 and all the remaining KSOS online activities and videos through the KSOS website. It has helped thousands of ophthalmologists review these scientific content again and again.

Journal club was another super concept where an article with contemporary relevance was dissected out by experts. This was hugely successful and were coordinated by Dr Sudha and Dr Smitha. It had huge viewerships and was highly acclaimed.

Observation of days of importance

a World Braille day 3/1/2022
b World Cancer day 4/2/2022
c World Glaucoma week observation - March 2022
d Eye donation fortnight 29/8/22 to 4/9/22
e World sight day 13/10/22
f White cane day 15/10/22
g World diabetic day 14/11/2022

KSOS by itself and through member clubs initiated the activities on all of these days with CMEs, public lectures and screening programs. In World glaucoma week, more than 125 hospitals from all across the state partook in a maga screening camp for the entire state.

Scientific committee

We had a very eventful year in terms of Scientific Activities of KSOS in the year 2022 . We added two new programs this Year – The Scientific Committee CME series and The PG Class room

Scientific Committee CME series

We started the KSOS Scientific Committee CME Series with the intention of having a

world class online scientific program in association with the different district ophthalmic clubs. These programs rejuvenated the different district ophthalmic clubs and have brought many new leaders to the limelight. The CME series became extremely popular all over India. We had 11 CMEs in year 2022.

- Cataract Surgery – Kozhikode Ophthalmic Society - 2.31 K views
- Taming the Beast - Corneal Infection – Ophthalmic Society of Kannur – 2.2 k views
- Preserving Sight Under Pressure – Glaucoma – Kasargod Ophthalmic Society – 1.8K views
- Controversies in Ophthalmology – Practice Choices – Palakkad Ophthalmic Society – 3.5 K views
- Ocular Trauma Minimizing Damage Maximising Vision – TACO – 1 K views
- Happy Child – Paediatric Ophthalmology – Kottayam Ophthalmic Society – 1.8 K views
- Neuro Ophthalmology Simplified – COC – 4 K views
- Refraction Decoded - Pathanamthitta Ophthalmic Society – 7K views
- Phaco Masterclass – Kollam Ophthamic Association – 2.8K Views
- Optimising Functional Vision – Idukki Malanad Ophthalmic Club – 2.1K views
- Retinal Diseases Demystified – Trivandrum Ophthalmic Club – 2.1 K views

The PG class room was conducted on every Wednesday

No	Date	Topic
1.	06-04-2022	Proptosis Case Discussion | Pg Classroom | Ksos
2.	13-04- 2022	Corneal Topography | Ksos Ophthalmology Pg Classroom
3.	28-04-2022	Corneal Topography Ii | Pg Classroom | Ksos
4.	05-05-2022	Corneal Edema Case | Pg Classroom | Ksos
5.	11-05-2022	Oct Interpretation | Pg Classroom | Ksos
6.	18-05-2022	Glaucoma Case | Pg Classroom | Ksos
7.	25-05-2022	Spotters In Retina | Pg Classroom | Ksos
8.	08-06-2022	A Case Of Panuveitis | Pg Classroom | Ksos
9.	15-06- 2022	Retina Spotters 2 | Pg Classroom | Ksos
10.	22-06-2022	Neuro Ophthalmology Exam Case | Pg Classroom | Ksos
11.	29-06-2022	Corneal Spotters | Pg Classroom | Ksos
12.	06-07-2022	Squint Case Evaluation | Pg Classroom | Ksos
13.	13-07-2022	Ffa Oct & Clinical Trails In Amd | Pg Classroom | Ksos
14.	20-07-2022	Glaucoma Exam Case | Pg Classroom | Ksos
15.	03-08- 2022	Leukocoria Case | Pg Ophthalmology Classroom | Ksos
16.	10-08-2022	Ultrasonography Of The Eye | Pg Ophthalmology Classroom | Ksos

17.	17-08- 2022	Lateral Rectus Palsy | Pg Ophthalmology Classroom | Ksos
18.	14-09-2022	Squint Evaluation | Pg Ophthalmology Classroom | Ksos
19.	21-09-2022	Glaucoma Suspect Case Evaluation | Pg Ophthalmology Classroom | Ksos
20.	28-09-2022	Evaluation Of Ptosis | Pg Ophthalmology Classroom | Ksos
21.	05-10-2022	How To Write Theory For Ophthalmology Pg Exam | Pg Ophthalmology Classroom | Ksos
22.	12-10-2022	A Case On Failed Pk | Pg Ophthalmology Classroom | Ksos
23.	19-10-2022	Overview Of Ocular Oncology- All Exam Spotters For Ocular Oncology | Pg Ophthalmology Classroom
24.	26-10-2022	A Case Of Contracted Socket | Pg Ophthalmology Classroom

Kerala Journal of Ophthalmology

The editorial team of the Kerala Journal of Ophthalmology (KJO) under Dr Smitha Narayanan completed the first year of its tenure. We had been able to conduct timely editorial reviews and the two issues which were published this year were well on time.

This year 106 articles have been submitted by 7th November. KJO, in collaboration with the Indian Journal of Ophthalmology (IJO) conducted an online seminar "Publish and Flourish" which has garnered good viewership.

This year the KJO 2022 session at Drishti, Kozhikode is titled the "Art of Publication." It has a rich blend of junior and senior ophthalmologists interested in research.

The ten episodes of the online journal club, conducted monthly, have been well received. The previous editor Dr.Sudha helmed six episodes and the present editor carried forward the remaining four episodes.

Sl.No	Date	Topic
1.	08-03-2022	Ksos Online Journal Club | Ep 03
2.	08-04-2022	Ksos Online Journal Club | Ep 04
3.	13-05-2022	Ksos Online Journal Club | Ep 05
4.	10-06-2022	Online Journal Club Ep 06 | Ksos
5.	08-07-2022	Online Journal Club Ep 07 | Ksos
6.	02-08-2022	Online Jounal Club Ep 08 | Ksos
7.	06-09-2022	Online Journal Club Ep 09 | Ksos
8.	27-09-2022	Ksos-Kjo Aios-Ijo | Publish And Flourish
9.	07-10-2022	Online Journal Club | Ep 10 | Ksos

Internal audit committee had two eminent past KSOS presidents, Dr N Radhakrishnan and Dr PI Mohan evaluating the financial situation of KSOS and advising us. The detailed internal audit report is given in subsequent pages

LDP Kerala

17 eager and proactive attendees and 3 trainers from Parivartan Training Academy and the KSOS LDP mentors made up the team. The event was held at Indriya Sands, Kochi.

The attendees embarked on a journey of self discovery and unlearning and learning to realise their full potential as leaders. Parivartan Training Academy who specialise in experiential learning made sure that each member went through the learning process with vigour and enthusiasm and through a series of team actvities and interactive lectures, imparted all the lessons we had requested in the limited time allotted to them.

There had been fantastic reviews about the programme from all the trainees and the feedback has been very good. There is no doubt that programmes like this will go a long way in moulding a new generation of leaders for KSOS and help keep the future of the association in safe hands for years to come.

Thus with all these activities, there was no stone left unturned to gain the best of the best- the best state society award for KSOS among all the states. A proud moment indeed. And to tell you the truth, it was only possible through years of headwork by many terms of KSOS executive and our esteemed senior members on whose shoulders we stood and performed this year to receive the award.

Jai KSOS!

Cutting Edge: Signature KSOS Scientific Initiatives in a nutshell

Dr Sreeni Edakhlon
Scientific Committee Chair,
Kerala Society of Ophthalmic Surgeons (2021-2023)



When the Scientific Committee took charge of the Scientific activities of KSOS in 2021 , we decided to focus on inclusiveness in our educational programs. Our key focus was on encouraging, assisting and collaborating with the different district ophthalmic associations. We also decided to engage in education of public on preservation of eye health and about the various eye diseases and their treatment. We decided to give some attention to education of paramedics also.This article aims to give a concise overview of the spectrum of scientific activities presented by by KSOS in the past two years.

Annual Conference of KSOS : 120 hours of scientific sessions in 7 Halls . more than 75 National Faculty, 7 International Speakers, nearly 250 free papers/ posters/ videos, sessions for paramedics and optometrists , more than One Thousand delegates - This was Drishti 2022 - 49th Annual Conference of Kerala Society of Ophthalmic Surgeons, held at Calicut Trade Center on 25th, 26th and 27th of November 2022 in a Nutshell. As the Chairman Scientific Committee of Kerala Society of Ophthalmic Surgeons, I had the privilege to plan and arrange the scientific program for the conference. Some special highlights of the conference were:

- **KSOS Oration Award :** Unlike other state associations KSOS conducts only one Oration award session during its annual conference. The oration awardee is presented a one sovereign pure gold medal along with an award carrying a citation.Drishti 2022 oration was by the chairman of Aravind Eye Care System - the eminent and distinguished Dr RD Ravindran.
- **Heroes of Indian Ophthalmology :**We could also included a new Session- Heroes of Indian Ophthalmology in our Annual Conference . Two great personalities heading two of the towering Eye Institutions in India , Prof Dr JS Titiyal, Chief of Dr RP Center for Ophthalmic Sciences, AIIMS , New Delhi and Dr RV Ramani Managing Trustee Sankara Eye Hospitals, India were kind enough to accept our invitation to receive the award and deliver the talks.
- **International Connect :** We had international connect sessions in which international speakers including Dr Harminder Singh Dua, Dr Andre Mermoud, Dr Steve Arshinoff, Dr Kelvin Teo, Dr

George Beiko, Dr Vignesh Rana and Dr Aby Jacob participated .

- **Paramedical Conference:** We also conducted a a teaching program for Nursing staff / OT Technicians and Optometrists on 27th November, the last day of Drishti 2022 at the same venue . This was for the first time that such a program was organized on the same day and venue of the Annual Conference of KSOS.

Scientific Committee CME Series:

The different modules of the KSOS Scientific Committee CME series received excellent viewership . Each module of the CME series was conducted in association with a district ophthalmic society. The Scientific Committee provided all the required support for the district associations for the conduct of these online CMEs. The CME Series module 8 on Refraction organised by Pathanamthitta Ophthalmic Society received the maximum viewership- more than 8200 views

Cataract Surgery Training Opportunities in India : The program on Cataract Surgery Training Opportunities in Major Eye Institutions across India became extremely popular . Twenty Major training institutions across India participated . This program was appreciated by ophthalmologists across India, especially the young ophthalmologists with nearly 10,000 viewing the program.

Webinar series on Innovations in Surgical techniques :

We have had sessions with Dr Netto Rosetalli from Brazil, Dr Pradeep Sharma and Dr Amulya Sahu. Another popular program was the one on Alternative Surgical Options for Ophthalmologists- Cataract Surgery in Canine Eyes

Financial Education for ophthalmologists : We conducted programs on finance covering topics like Cryptocurrency, Prerequisites for retirement of an Ophthalmologist and Financial Decision Making.

Public Awareness Programs: For the general public, we conducted a series of interviews with the senior most ophthalmologists in Kerala. The talk by Padmasree Dr Tony Fernandez was seen by more than 31000. These interviews were streamed online and became extremely popular. Snippets from these talks were shared and a few of them have had more than 70,000 views.

Thus in the last couple of years, KSOS has spread its wings to bring cutting edge education to ophthalmologists, paramedics and the general public through programmes custom designed to cater to each of these segments. We could successfully explore the possibilities of internet and online education to maximum advantage, which has expanded the reach and scope of KSOS scientific programmes like never before.

Jai KSOS!

The Kerala Journal Of Ophthalmology: A Work In Progress

Dr Smita Narayanan
Editor, Kerala Journal of Ophthalmology



Kerala Journal of Ophthalmology (KJO) is the official publication of the Kerala Society of Ophthalmic Surgeons (KSOS). The frequency of this medical/ophthalmic journal is three issues every year and it is published in print (ISSN:0976-6677) form since the last 35 years and as an online journal (ISSN: 2667-3983) since 2016. It is indexed with DOAJ and is published by Wolters Kluwer Medknow.

I shall provide an overview of the processes which were in prominence during the past two years and shall provide a few suggestions for future course of the working of the journal.

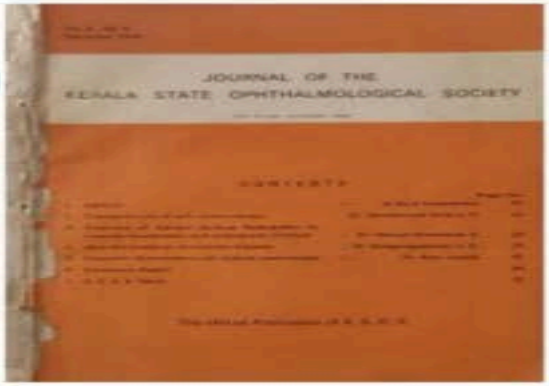
Not only did Covid-19 lead to a competitive spirit in the run up to the elections in KSOS/ KJO, but it also led to a quantum leap in the number of submissions to the KJO. There were 228 submissions in 2021 at the height of the pandemic and it decreased to 137 in 2022 and 121 till date in Aug 2023. The growing load of submissions, though heartening, had been difficult to handle as we have only three issues per year and a lot of work had to be done to improve their quality. Nonetheless, it also revealed that though the number of manuscripts from outside Kerala and even from outside India increased in number, the number of submissions from our own members remained stagnant.

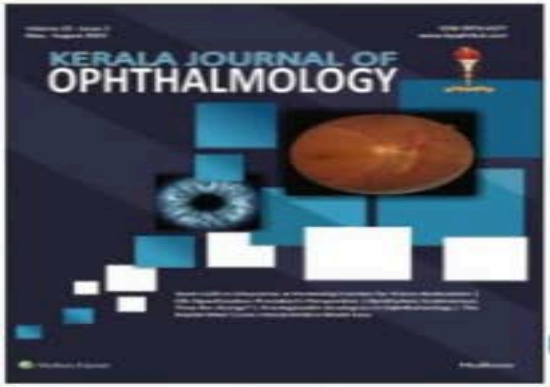
The Guest editorials and most of the Review Articles have come only after invitation from the Editorial Board of the journal. People who have done genuine academic or professional work have never shied away from sharing their work or views and are very prompt in providing their inputs. Hence, I'm proud to say that high quality professional and contemporaneous Guest Editorials/ Editorial Perspectives have been published in our journal.

Our readership base is expanding, and it presently stands at 2100 members. The number of new authors added up is 332 in 2022 to 270 till Aug 2023. We have also tried to keep the journal active in member memory by conducting online journal clubs, cover design competition, survey on a relevant academic topic and the revamp of the addresses of subscribers.

The most difficult activity I have faced is the lack of good quality reviewers. The scientific peer review process is one of the most important activities of an ophthalmology journal. It is also an important step in getting it indexed. Our small group of reviewers have provided us dedicated, reliable and high-quality service. Perhaps a payment for the service provided by them will make it more attractive and more and more people will come forward and utilize online resources e.g., Cochrane collaboration with Johns

KJO Then 1976





KJO Now 2023

Hopkins for Reviewer training. Rewards and recognition for the reviewers would also be a good initiative by the parent organisation KSOS.

In the same vein, delinking the Editorial team from procuring advertisements would be a good idea.

A greater participation of the Editorial Board is the need of the hour. Most of the members of the Editorial Board have been past Editors of the journal or are senior members with a lot of experience. Suggestions about the working of the journal will be needed more and more especially since the advent of Artificial Intelligence (AI) and Natural Language Processing (NLP).

The Editorial Board must introspect and brainstorm to understand AI and its implications for the KJO. As time passes the judgement of the Editor KJO won't be enough, and it should encompass the collective wisdom and expertise of the Board. Obviously, the review process would have to be more thorough. So much so that a ChatGPT generated statement on ethical implications of using ChatGPT to generate academic content for possible publication in medical journals itself warns authors to "Uphold academic integrity, taking personal responsibility for the contents, accuracy and ethical standards when utilising AI modules in academic publishing"[1]. Though we cannot completely authenticate the integrity of the authors, we should recognise that it is an added burden for the editor along with plagiarism in its multiple manifestations. As a first step, an investment in a plagiarism detection tool would be beneficial for the KJO.

In the same breath I wish to emphasise that we must not fear AI. Instead, we must explore its stupendous potential in the working of the journal.

Though two years is a short time to make an impact, I understand that a lot of state journals look up to the KJO in their aspirations for growth. The KJO must grow more and for that our members must take more interest in it. Then only will it be counted as an influential journal providing guidelines, well researched articles and even participating in policy making in ophthalmology related matters.

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WOMEN IN KSOS: CHANCES AND CHALLENGES

Dr MERINE PAUL
Member, Executive Committe, KSOS



Now that the hullabaloo on the Women's Bill in the Parliament is all done and dusted, it's probably the right time to look at the scene in KSOS. This Society of Ophthalmologists of the State of Kerala has an overwhelming majority of women members, but when it comes to the decision-making bodies of the Society, there is a sudden dearth of female members. They are represented in appallingly low figures *vis a vis* their strength as ordinary members. The aim of this article is to examine the reasons for this and if possible suggest ways to improve if not rectify this situation to a reasonable degree, so that if not a representative number, proportionate to the member strength in the organization, at least a fair number of women are able to come forward and take up responsible positions in the Society.

"It took me quite a long time to develop a voice, and now that I have, I am not going to be silent." Madeline Albright.

The voice of the women members of the KSOS is muted at best, with most leadership positions occupied by the men. As our 50th President of KSOS assumes office, it's worth reflecting that a mere **three** of our Past Presidents are women. What is heartening to note is that change is slowly but surely coming and we are seeing more women take their rightful place at the podium and in decision making committees. This change has been slow particularly in KSOS as we are also a reflection of the society at large, which is strongly patriarchal and frowns on the presence of women in other than socially accepted roles. Women being perceived and accepted as leaders in their own right is a fairly new phenomenon and has taken time to percolate into all sections of society. We as doctors obviously mirror these attitudes in our organizations as well, but changes in these outlooks are clearly visible in lay society and by extension our organization a well.

"We need to reshape our own perception of how we view ourselves. We have to step-up as women ad take the lead." Beyoncé

"We teach girls to shrink themselves, to make themselves smaller. We say to girls, you can have ambition, but not too much. You should aim to be successful but not too successful. Otherwise, you would threaten the man." Chimmanda Ngozi Adichie.

As part of our push to empower more women to come to leadership positions, we also need to examine what holds them back in the first place. As far as educational qualifications and work opportunities are concerned there seems to be no significant gender divide, at least

in the socially and economically affluent classes. So, what seems to be holding the women back is social conditioning and domestic responsibilities. Studies have time and again shown that in the domestic space, the workload of women is disproportionately large and this leaves them with little or no, time and energy for organizational activities like KSOS, which involves voluntary work. The challenge here is that women themselves need to see that organizational work has great bearing on their future growth trajectory. Active participation can bring about meaningful change in the way the organization is run, so that it can be effectively utilized to further the interests of women ophthalmologists which may not be readily visible or be of interest to their male counterparts.

"Freeing yourself was one thing, claiming ownership of that freed self was another" Toni Morrison.

"Women belong in all places where decisions are being made. It shouldn't be that women are the exception" Ruth B Ginsberg.

To reach to this state of decision making, we have to first identify the challenges which are preventing this from happening. For clarity and ease of understanding these can be enumerated as:

1. Domestic compulsions, including childcare and elder care, which are almost exclusively borne by women.
2. Societal pressure/ fear in travelling alone to meetings especially outstation ones or those in evenings due to personal timidity or displeasure in family.
3. Lack of networking abilities/ opportunities to make connections with others in the profession which can facilitate both personal and professional growth.
4. Lack of clear role models and mentoring from senior women who themselves had no clear or established pathways to success.
5. General lack of confidence in speaking up or making your voice heard due to the patriarchal nature of upbringing.

"Women need a seat at the table, they need an invitation to be seated there, and in some cases where this is not available, they need to create their own table." Megan Markle. Let's now look at the ways KSOS has actively tried to be more inclusive and encouraging of more female participation in all its activities. There has been an active interest being taken by senior male members, especially office bearers to bring about this change.

1. Over the years, the academic presentations at KSOS events has been well represented by eminent women speakers from the state. The attention to be broadly inclusive in all CMEs and Workshops in recent years is noteworthy.
2. The LDP- Leadership Development Program has been modelled on the lines of AIOS and very successfully run for two years, which had large number of women who actively participated.
3. Active support and mentoring by KSOS in improving Research Methodology and getting more people to do quality Research and publish their results. While this has not been gender specific the gains for the women members has been significant.
4. By the time this reaches the readers a new set of Executive

Members are expected to be in place, which will have far more women in decisive roles.

So yes, now is a great time to be a Woman Ophthalmologist in KSOS. However, women will have to make an added effort to be visible at important organizational events like the General Body meetings and members who are part of the Executive should make it a point to attend if not all but at least a majority of the meetings. Change is often slow and the impatient amongst us will necessarily chafe at the delay but there is no doubt that the winds of change are blowing and you can feel it everywhere.

Many senior and not so senior women members have been vocal on this issue and have helped bring about this change but for fear of missing out anyone, I will not name persons specifically.

One direct proof of this change is the birth of an exclusive women ophthalmologist's platform on WhatsApp named WE (Women in Eye)- for mutual support, mentorship and fun. This vibrant, unofficial forum has touched the lives of scores of women ophthalmologists in our state and changed many for the better.

Definitely exciting times are ahead. Make the most of the opportunities that are coming your way so that you can spread your wings and soar higher. I look forward to a time when we will have only leaders in KSOS and no one will notice their gender.

"In the future, there will be no female leaders. There will be just leaders." Sheryl Sandberg.

Jai KSOS!

The Third Eye - Cultural Nurturing in KSOS

Dr Babu Krishnakumar,
Past President,Kerala Society Of Ophthalmic Surgeons



The brain is a wonderful source of innovations. The qualities of it differentiate human beings from other living things and also in between human genomes also. From road to rocket or telephone to mobile phone the accomplishments are beyond compare. This omnipotent brain for functional purposes we can divide into two parts, one pragmatic part that takes care of survival and other aesthetic part that indulges in cultural association. Starting from prehistoric man we are utilizing both parts regularly. Evolution brings in refinement whether it is hunting for food or in cultural activities. Pragmatic half of the brain is involved in essential duties for survival like food, shelter which later grew to friendship, community living that made the basic work more effective and safer. Mode of survival has been adapted to doing a job and earning a living. Through all these periods our aesthetic part of the brain was also evolving its nature from cave painting, enacting or mimicking the events of the day to today's multi-pronged cultural entities. These activities encompass entertainment, refinement and even protest to the authorities.

Shiva the cosmic dancer is said to be one of the pioneers of modern dancing. At the climax of his Thandava, he trounced the evils of the past and paved way for a new system,by opening of the third eye

Centuries went by and we are here now. We select professions based on financial security influenced by the pragmatic brain. A few people dedicate their life at the inspiration of the aesthetic brain. Another group of intelligent ones can combine both parts of the brain and can exercise their skills satisfying both the pragmatic and aesthetic fields. For some, art is relaxation so they can start or stop at any time. While for some people, art is a passion that burns them out more than their profession to the level that they quit art making it a loss to the world of art.

In KSOS we have surgeons who are world class in their surgeries whether anterior or posterior. But our aesthetic half continued its quest for expression, which cannot be suppressed. The annual conferences of Drishti opened the window for aesthetics to perform on stage primarily on inauguration day and is now extending to banquet day's entertainments too. Year after year new talents made their appearances unfailingly. Drishti now is a platform of expression for academics and aesthetics. More and more actors, dancers and singers beautify the two evening programs of Drishti.

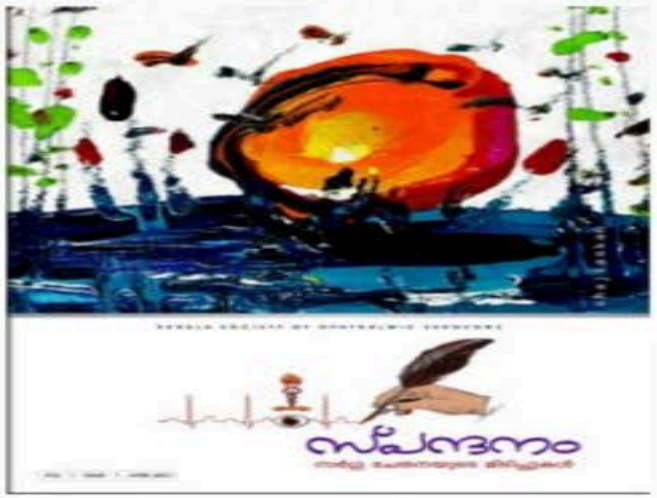


Then comes a big bang for cultural activities in the online forum of KSOS. Two editions each of 'Onanilavu' and 'New Year Celebrations' were competently curetted by Dr Rajiv Sukumaran. The shows had everything from comperes to Singers, Dancers, Skits, Dramas and Movies. The artists were advantaged from the fact that they could perform from home or a common place at their reach. Dressing enchantingly, acting and singing with many rehearsals and takes at camera made the final cut perfect. Performers from Thiruvananthapuram to Kasargod joined open heartedly. Cultural programs are a part of our annual family get-togethers also.

SPANDANAM : In KSOS, the men of letters, brush and lens were devoid of a proper forum to showcase their aspirations. The idea of a literary magazine was included in the Presidential speech of 2020. Dr Lathika V.K was the editor who brainstormed for Spandanam,the first literary magazine of KSOS,which was a break of a new dawn for our writers and artists. Pages overflowed and both the contributors as well as the readers were enthralled. The literary magazine of KSOS was like rain in the parched land that reaped an exuberant harvest in the fields of literature, painting and photography. E.Santhoshkumar the well-known writer at his inaugural speech could not hide his amazement at the superiority of contents printed in Spandanam.

Dr Lathika with her associates Dr Biju John, Dr Natasha Radhakrishnan, Dr Sangeetha Rajagopal, Dr Shaji Ankan, Dr Sreekanth. R and Dr Manoj Venugopal brought out two wonderful issues of Spandanam that enthused KSOS members. The third issue was under Dr Vinod Kumar N.V. released in 2022. The first issue had 76 pages with 16 Malayalam, 14 English articles of Poem, Essays, Stories, Memories, Play and Travel, 17 photographs, 34 paintings and 3 cartoons. Second issue had 84 pages with 14 Malayalam, 16 English articles, 17 photos, 29 paintings and 2 cartoons. Third issue had 40 pages that included 11 Malayalam, 9 English articles, 8 paintings and 4 photographs.

The contributors to 3 issues of Spandanam were : Drs R.R.Varma, Biju John, Lekshmi.G, Surabha Sunil, Babu Krishnakumar, Sreekanth Ramachandran, Lathika Rajesh, Shaji Ankan, Sangeetha Rajagopal, Sabitha.S, Jayasree I, Neaza.A, Devi Karthya, Ittyerah Tholath, S.R.



Krishnamoorthi, Natasha Radhakrishnan, Merine Paul, Mini Mathew, Ambika Shetty, Raheeba Pakeer Muhammed, Vinodkumar N.V., Lakshmi.C., Mini Nair, Indira V., Hari Ramakrishnan, Manoj Venugopal, Rajesh Radhakrishnan, Preethy Prasanth, C.V. Radhadevi, Juni Menon, Divya Nair, Ashish Kuruvilla, Archana A., Divya Raj, Ruby R.K., Jayadevan P.,Gargi Satheesh, Kavya Ravindran, Thomas George, K.Preetha, Thomas Arun Varghese, Deepa.M.G., Sugandha Sinha, Rose Mary Tomy, Jainy Sojan, Mini Sajith, Dhanya Sukumaran, Poornima R.Pai, Remya Sreekanth, Vaisna Gopi, Mohan P.I., P.P.Kunhiraman, Jainy Joseph Emmatty, Farzana Mohammed, Padmaja Krishnan, K.Preetha, Jhalak Shree, Aswathy Vijayan.

KSOS Awards for Excellence: This award honored cultural achievers like Dr R.R.Varma, Dr Jayadevan P, Dr Lathika V.K, Dr Shaji Ankan, Dr Manoj Venugopal and Dr Surabha Sunil.

Now, here are a few artists and teams of brilliance that we all witness and who reinvigorate at KSOS fora like Drishti, online celebrations and literary magazines. Many of them have made their presence felt outside KSOS too.

Dr.R.R.Varma: Guru for Cochin Kannukadi Theaters rather than a director. He founded Cochin Kannukadi Theatres for

'പരിത്രാണായ സ്ഥാനം
വിനാശായ ച ദ്രോഹിം
ധർമ്മ സംസ്ഥാപനാർത്ഥായ
സംഭവാമി യുഗേ യുഗേ'

CKT made a debut at Drishti Kollam in 2017. Its success prompted them to continue the tradition year after year. Even during virtual Drishties they put on their trademark skits, spoof, dance drama, musical awareness programmes, kathaprasangam, instant skits and deferred dramas. They performed in Onanilavu, New year and family get-togethers of KSOS. They have to date staged about 15 programs. Dr Varma has written many dramas and skits that entertained and prompted us for self-introspection. Their programs are characterized by the variety, relevance, novelty and connect with Ophthalmology and ophthalmologists. Their skits have been translated and put on stage by other state societies too. Helmeted by the veteran Dr R.R.Varma the troupe include very talented actors and artists like Dr Sony, Dr Abhilash, Dr Deepa, Dr Arun, Dr Mahesh, Dr Dhanya, Dr Charu, Dr Ciju, Dr Natasha, Dr Lakshmi, Dr Manju, Dr Gopal Pillai, Dr Suchithra, Dr Prashob Mohan, Dr Jacob, Dr Vanashree Nair, Krithikesh Varma (grandson of R.R.Varma)

നാടകങ്ങൾ – സത്യവാൻ സാവിത്രി, കണ്ണിൽ ചിത്രത്താഴ്, കാണാൻ പോകണ പൂരം, കണ്ണൊടു കൺ , ഗ്ലാക്കോമ സംഹാരം, വിട്രിയോ സമാധി, കൊറോണ നാടു വാണിടും കാലം, ജിഞ്ചിനാക്കടി, മാവേലി നാടു വാണിടും കാലം, പല ജനം ബഹുവിധം , പി പി ഒ അഥവാ ശ വി കു, സൂപ്പർസ്റ്റാർസ് ഓവർലോഡഡ്, കുരങ്ങന്റെ കൈപ്പത്തി.

CKT had won a special Appreciation Award from IMA Cochin at the annual art festival for his skit.

His short film കേവിദശ്രീ തസ്കര got special mention in All Kerala IMA short film competition in 2021.

Dr Varma has published a novel on heart beats of a Medical College ഹൃദയമിടിപ്പ്.

Dr Varma is a gifted cartoonist signatured in Drishti Souvenirs, KSOS Newsletters and Spandanam.

Dr Biju John is the driving force behind Ananthapuri Theatres by scripting

dialogues, songs and directing the humorous skits that entertained the delegates of Drishti, in Physical and online fora. It all started in the year 2017 by discussing with his friend and colleague Dr Reena and recruiting PG students as actors. He invited Dr. Mahadevan, Dr Thomas George, Dr Minu Mathen, Dr Reena and PGs Dr Anjana, Dr Aungshi, Dr Achumi, Dr Malarvizhi, Dr Vini Andrews, Dr Didiya, Dr Tijo Joy and Dr Yasir teaming up together and days of hilarious rehearsals followed. Special mention of two KSOS spouses who joined acting at Ananthapuri Theatres are Dr Roshan Thomas w/o Dr George Thomas and Dr Apuca Susan Mathew w/o Dr Biju John. Periodically he added new acting talents to his troupe like Dr Simon George, Dr Iodine Reghunadhan, Dr Reshmi Bhasker, Dr Kiran Gopalakrishnan, Dr Rohan, Dr Fazil, Dr Biju John, Dr Suresh Babu, Dr Anish Madhavan, Dr Rajiv Sukumaran, Dr Meena Chakrabarti, Dr V.Sahasranamam, Dr Deepthilal, Sidharth Anirudh, Dr Vivek Oommen Varghese, Dr Ajith Mohan, Dr Bindu Thampy, Dr Thomas Arun Varghese, Dr Sarah Cheriyan, Dr Liya Mariam, Dr Prasobh Mohan, Dr Anila George, Dr Sreelakshmy Prasanth, Dr Veena Vishwam, Dr Ambika Shetty, Dr Maya Menon, Dr Kavitha Devin, Dr Tinu Mary Thomas, Dr Mini Jayachandran and Dr Anitha Prabhakar.

Dr Biju John did the script writing and also did post scripting works like directing, sound mixing, video editing and occasional acting.

Dr Biju was also part of the first editorial team of SPANDANAM. Actually, he had coined the name Spandanam for the Literary magazine. His contributions are 3 poems and 2 short stories for various editions.

Dr Ashad Sivaraman has exhibited his brilliance in the movie world by directing two films. The first one is & മഹാത്മാ, which was released in 2018. Most of the delegates had seen it in the Drishti conference held in Kannur. It has won 7 state awards in the short film category including Best Director award for Ashad, Best Actor award for Raghavan and also for script writing. His second directorial venture is a feature film, 'Lyka' released in theaters in April 2023 and met with excellent response.

Dr Sreeni Edakhlon. The versatile man of KSOS will act, sing and dance. All of us have witnessed his three video films at Drishti inaugural day entertainments. First one named 'Baahubali Returns' 2018 where the legendary character is returning with the simple mission to make you laugh. His second film 'Koya Airlines' 2021 is a hilarious comedy where ophthalmologists from Gulf countries boarded a plane which is

The skits and other shows of Ananthapuri Theatres are the following

2017	Drishti 2017	Sabro Ki Zindagi	Skit
2018	GSI conference	Code Violet	Skit
2018	Drishti 2018	KUKOKU	Skit
2020	KSOS Onanilavu 2020 (online)	Oru Zoom Aparatha	Skit
2020	Drishti 2020 (online)	Koshiyum Thimiravum Comedy	OttamThullal
2021	KSOS Onanilavu (online)	Oru Thani Naadan Rasputin	Lyrical skit
2021	KSOS New Year Program (online)	Kettyolu Thanne Malakha	Skit
2022	Drishti 2022	Thondimuthalum Sathyanveshikalum	Skit

hijacked for loot. His third film 'Pulimurukan 2022 is fashioned out of a Mohanlal movie with a funny twist. He selected his actors from KSOS members to presidents of KSOS and AIOS. Masterminded by Sreeni the Ophthalmic Society of Kannur (OSK) had presented its talents also in songs (group and solo) and dance (semiclassical, carol, duet and dance dhamaka) items at online and physical stages of KSOS.

Dr Rajiv Sukumaran himself a painter and photographer of excellent and admirable standards is widely appreciated as the curator of on-line cultural events Onanilavu and New year Celebrations for two years. He could bring to stage known and unknown talents of KSOS from their comfortable homes or nearby locations through the length and breadth of Kerala, an effort for the first time.

Dr Mahesh G. Apart from his comic acting at CKT dramas he had done a serious role and sterling performance as a touching character Kaimal in a short film 'Annorunaal' that was selected for Mumbai International Short Film Festival.

Dr Lathika V.K is a well known figure in KSOS with her writing, dancing, compering and editing capabilities. Apart from being an active presence in the cultural extra vaganzas of ' Drishti', her signature contribution to the creative activities of KSOS would be being the Editor of Spandanam,the first literary magazine of KSOS. She was also the editor of TACOPSIA, the news letter of TACO from 2016-2018.

She has published poems and articles in established periodicals and dailies in Malayalam. മൂന്നാൾ മരങ്ങൾ is an anthology of her poems which was published in 2020.

Dr Lathika has won three awards in consecutive years at IMA state level literary competitions in poetry section (English and Malayalam), KSOS Excellence Award for contributions in the Cultural field, First prize in state level short story competition by WWF (World Wildlife Fund) and also many prizes for writing competitions at district and state youth festivals.

She is a trained classical dancer and one of the founding members of the dance troupe, 'TACO Anganas',along with Dr Mallika Harikrishnan,Dr Ambily, Dr Rekha,Dr Aneeta Jabbar,Dr Rema Mukesh and Dr Shamla that is well appreciated in all TACO, Drishti and KSOS cultural events. This group is now growing with many talents, especially young stars.

Dr Juni Menon : She is a miraculously gifted talent, her multifaceted brilliance touching Ophthalmology and many domains beyond it.Currently working as consultant ophthalmic surgeon at Arogya Medical center, Surat, Gujarat,she is a fine artist with interest in oil and acrylic painting,graphite and charcoal medium, sculpture and clay art.She has participated in numerous National and international art exhibitions.The Amrita Sher-gil art award 2023,The Bharatiya kala ratna art Achievers award, Indian Icon award for art,Kala sadhu art award, Indradhanush Master award,KalaShri art award, Senior Shilpi Samman award are some of her noted recognitions.Dr Juni Menon is also a regular Bharatanatyam and Mohiniyattam practitioner and has performed in many prestigious venues and art festivals across India including the Khajuraho dance festival and the Kalaghoda festival.She was the recipient of the Lalithambika antharjanam art award for the best artist, The kalathilakam award for the best female artist of Mahatma Gandhi University,The

Monisha award for the best classical dancer among all 4 South Indian states.She is a content writer and has written various articles on fine arts and dance. Whatever she earns through the sale of her paintings,she contributes to an orphanage run by her school friend in Kerala, thus making her 'an artist with a cause ', who uses her skill and art for a social purpose too.

We are specially fortunate to have her work adorn the cover page and the section header pages of Suvarnarekha.

Dr Mallika Harikrishnan is a multi-talented person. She sings, dances and is also a good compere. Studied Carnatic music for 13 years. We cannot remember a stage either in TACO or KSOS without her singing and dancing for many years.She has been the organizer of many KSOS cultural events including DRISHTI entertainment shows.Dr Mallika has a music album on Lord Krishna to her credit.

Dr Dhanya V. S is an ace singer (solo & group),dancer and actor who regularly excels in Drishtis, year after year. In AIOC Kochi 2023 she performed in group song, group dance and fashion show apart from her role as Organising Secretary, Entertainment of the conference. She was Zonal Coordinator to Kochi for arts in Drishti conducted across Kerala many times. Organizing secretary for entertainment in Drishti conducted in Kochi. She won second prize in group dance at IMA 'Thanima', Inter hospital Competitions Ernakulam District held at IMA Kochi. She is professionally trained in Carnatic music under Vidyadharan master. She is a regular winner in singing and dancing from school days, college days through medical college and Inter-medical arts festivals. She had modelled for supporting traditional hand-woven ethnic wear by small scale weavers.

Dr Sangeetha Rajagopal is an exceptional singer, dancer and writer. Her dancing and singing skills are familiar to us in various stages of Drishti. The writings like poems in English and short stories in Malayalam are published in various issues of Spandanam, the literary magazine of KSOS. 'Oru Theevandi Kadha' written by her had won a consolation prize in a competition conducted by Daya Hospital – Mathrubhumi Arogyamasika. She is trained in classical dance forms like Bharatanatyam, Mohiniyattam and Kuchipudi. Prizes followed her in dance and music items from college to inter - medicos level and the top among them is 'Nritha Thilakam' from Kannur University Kalolsavam.

Dr Kala Thottam. She is a classical Dancer of great repute and an exponent in Bharatanatyam.True to her name, she is a Kalathilakam.

Dr Arya. This tremendously gifted classical dancer and Kalathilakam is a TV star and Cine artist too .

Dr Thanusree.P is a gifted Classical Dancer, beauty queen (erstwhile Miss Malabar), Kalathilakam and Cine Artist.

Dr Anitha Prabhakaran is an accomplished classical dancer and Kalathilakam

Dr Natasha, Dr Veena and team, Dr Rakhi D'cruz and team are some of the other performers who usually rock the cultural evenings of KSOS

Dr NSD Raju: This great name in academic and organizational front is equally accomplished in music too. He is a singer and composer who loves ghazals. Music is his passion and is well versed in both Carnatic and Hindustani music and also ragas. You are aware that he is an ardent fan of Mukesh who renders his songs with the same emotion and

modulation. Dr N.S.D. Raju has released an album "Oru Sundara Swapnam " that he has written and composed and sang with his wife Manikutty and playback singer Sujatha. The other two albums were tributes to Mukesh, sung by himself. Apart from that he is a seasoned harmonist. He had to his credit 'Theme Song' of All India Ophthalmological Society.

Dr Biju Raju: True to his father Dr NSD Raju he is a passionate musician and instrumentalist. He prefers to be addressed as 'a musician with an unbridled passion for Vitreo Retinal Surgery'. His musical talents extend to Carnatic music, Mridangam, Veena, Guitar, Drums and Keyboards. He operates as a one-man band handling the entire production process from recording multiple instruments to capturing and editing videos. All done in his basic home studio set up. You will remember his one man shows at Onanilavu and New year celebrations of KSOS. Biju is one of the first YouTube musicians in India dating back to December 2006. In 1988 he was first to perform classical music on a harmonica on National Television. He plays a pivotal role as the lead and acoustic guitarist in Sri Jerry Amaldev's 'Sing India'. He had played along Eloy Isacs in '13 AD'. In 2010 he reached the finals (one of the five) of Mark Knopfler instrumental guitar competition conducted by Puresolo. His one-man band video was released in 2018. He has produced more than 50 musical videos on classical music. Also to his credit are another 50 informative videos on various aspects of Ophthalmology. With his father Dr N.S.D.Raju they composed the AIOS theme song "Roshni Hum".

Dr Anju Raju: Heir to musical tradition she is a gifted singer and guitar player.

Dr K. Narayanankutty. The singer who got a prize for his light music from K.S.Chitra had started learning Carnatic music, flute and violin from the age of 74 years. He did flute recital at Alappuzha family meet of KSOS in 2023. This veteran ophthalmologist had been performing magic shows in various stages for the last 40 years including COC, State Government, Rotary club etc. He is taking classes on Yoga and Personality Development.

Dr Mini Jayachandran is familiar to all those who are attending Drishti. She is the familiar presence with her sweet voice year after year in Drishtis both physical and virtual. She had also given her voice to lyrics penned by Dr R.R.Varma and Dr Biju John in connection with Glaucoma Week, Eye Donation Fortnight and Diabetes Awareness programs. She has been the entertainment committee chairperson for many Drishtis both physical and online and also of AIOC 2023 held in Kochi.

Dr Deleepkumar K.V.: A versatile singer who has many music albums to his credit

Dr S.R.Krishnamoorthi. The senior poet has now completed three books of poems 2 in English and 1 in Tamil. The titles of them are 'A Swallow can make a summer' released in 2019, a collection of 70 English poems. 'Swallow Returns for a Second Summer' is an anthology of English poems to be released soon. The Tamil book, also a compilation of poems named 'Malara Virumbum Ninaivugal' was released in 2022. He had written many poems on topics of ophthalmology like Cataract, Cornea, Glaucoma, Pupil, Fundus, Ophthalmic Surgeon. He had written in Spandanam.

Dr T.P.Ittyerah is accomplished with writing skills and his 4 books are well accepted and are available online. The books are 'Why Cancer', 'Eye Doctor Out of the Box', 'Bewitching BHU' and 'ODDA Days'.

Dr Jayadevan P. He is a well-known Cartoonist for Newsletters of TACO (Vakradrishti) and KSOS (Nayana Darsanam). He had done cartooning for Journal of Kerala Government Medical Officer's association.continuously for 28 years.His 'Experiences in Health Services four decades back, ഒരു പ്രവാസിയുടെ ഓർമ്മകൾ is being serialized in the KGMOA Journal.

Continuously for last 28 years. Collection of cartoons of the first 12 years were published in 2012 and was released by then health minister V.S. Sivakumar.

He was the Chairman Souvenir Committee of two Drishtis. He is well versed in painting and photography.

Dr Shaji Ankan the painter is widely appreciated for his 51 paintings specially done for Guest Speakers of KSOS Drishti 2019 at Thrissur. He is an excellent painter and photographer who studied fine arts from Kottarathil Sankunni Smaraka Arts School, Kottayam and also many camps of Kerala Lalitha Kala Akademy. He has participated in prestigious Art exhibitions like Perception 1 and 2 at 2020 and 2021, International Monsoon Art Fest Exhibition 2018, Kerala Lalitha Kala Akademy 2013 and 2014, Punarjani Exhibition 1 and 2 in 2011 and 2013. His paintings in Spandanam are a class apart. His cartoons are hilarious and were printed in Spandanam.

Dr Sreekanth Ramachandran. He is the man who beautifies Spandanam Magazine with paintings and contributions in writing also. He had demonstrated in watercolor how a painting is born at Onanilavu and had recited a poem there.

Dr R.K.Ruby She is a painter in Poster colors, Acrylic and oil colors. It was a passion from school days. Paintings published in Spandanam and Gulmohar of IMA. Took part in the art exhibition conducted by LBO at AIOS Cochin 2023. Fifth prize at National level Poster Competition on 'National Girl Child Day' by IMA March 2022.

Dr Manoj Venugopal The ace photographer among us has brought out a coffee table book on photographs of Alappuzha titled 'Vignets de Venice of the East' launched by film director Fazil. He is the winner of the Photography contest of IMA in 2021 on theme 'Mazha' and has also won at KSOS Glaucoma Week photo contest. He was assigned the cover picture of IMA cultural wing magazine Tharazak. We are familiar with his light and shade displays in Spandanam magazine.

Dr Rajesh Radhakrishnan. Apart from the ophthalmic practice and family business he finds time for his main hobby bird watching and of course photography. Almost all Sundays are kept aside for trekking in jungles and green areas of Palakkad. Spends hours there shooting and recording sounds of birds and wildlife. In social media he is named 'Wood Crawler' in Facebook and Instagram. Blogs at https:/woodcrawler.blogspot.com. Spandanam was lucky to print his photo series.

Dr Mini Sajith & Dr Preethy Prashanth are the two talented lens women of KSOS who had contributed their amazing captures to Spanadanam

KSOS is growing academically and organizationally and it is natural that the aesthetic part of it will flourish too.Let the third eye of KSOS continue to be perpetually open and take our collective vision much beyond the boundaries of what the human eyes can see.

PS: Enumerating each of the blessed artists of KSOS is beyond the scope of this article. However, few of them who had made real impressions inside and outside KSOS are detailed here. if anybody's name is missed here kindly forgive me, It's never international but lack of information to me.

Reaching out : A review of KSOS social welfare initiatives

Dr Radha Ramanan
Past President, KSOS



When we think of the activities of KSOS, in our minds its organizational and scientific activities take centre stage . But KSOS is in the forefront of social welfare activities too both by the organization directly and also through its members all over Kerala. What is lacking is proper documentation of our efforts . This article attempts to document at least a few of the main social initiatives undertaken by KSOS. It is by no means comprehensive, as references are few regarding a record of KSOS social activities. Here is a highlight of a few of our recent social welfare initiatives.

Ophthalmology : A 'No Flex' Specialty, thanks to KSOS!

Spearheading Free eye camps: KSOS with the help of different eye hospitals regularly conduct many eye camps in kerala and even in some parts of Tamilnadu, Karnataka and Lakshadweep. KSOS and its senior members have successfully inspired and nurtured a helping mind set in residents and junior doctors right from their training period. KSOS always encourages district clubs to conduct more eye camps and free services.To this end, the number of camps conducted by a district club is also considered as a criterion for selecting the recipient of the best ophthalmic club award by KSOS.

When you travel in Kerala you will see so many hoardings asking for treatment help for different diseases. These requests are also seen in main media, whatsapp, facebook etc. But very rarely any one will see a request for eye disease treatment. This is the best indicator of how our specialty has successfully reached out to the community by delivering free eye care-thanks to KSOS which has nurtured and promoted the 'service instinct' in its members

Low Vision and visual rehabilitation

- **Low vision project:** Low vision clinics in Kerala eye hospitals are few,except in some tertiary care hospitals. So, KSOS launched a low Vision Project in 2017 which aimed establishing 3 low vision centers in kerala in 3 zones. As part of the project, KSOS signed an MOU with Aravind eye hospitals for the primary training and guidance of the 3 centers. These centers are supposed to help in further training of other hospital staff and to spread the idea of low vision clinics all over Kerala. Comtrust hospital in the north zone,I- Vision, eye hospital Thrissur in the mid zone and Amardeep eye hospital, Kollam in the south zone were the three

centres established thus.The project focusing on Low Vision started in 2017-18 and the centers started in 2018-19.

- **With ' Punarjyothi ':**In 2021, KSOS supported and donated Rs One lakh to Punarjyothi, the visual rehabilitation centre of RIO TVM Alumni association, which has been doing exemplary work in the field of low vision & rehabilitative ophthalmology.

Reaching out beyond ophthalmology:

- **The Deluge of 2018 :** KSOS involved in social activities on a big scale during the 2018 flood time. Towards flood relief, we collected around 75 lakh rupees from our members, KSOS fund and AIOS fund. This was the biggest collection and donation done by any doctors group in Kerala. We donated 2/3- of this amount to the chief minister's fund and rest was utilised directly by KSOS for helping the flood victims. We had also donated a huge number of dress materials and distributed food kits to the flood hit people .In addition to aiding in the repair of flood affected houses,KSOS also constructed and donated new houses to the people who had lost houses in the floods. For the First time in the history of KSOS we conducted 38 free eye camps across Kerala in a single day for the flood affected people and distributed free spectacles.All these activities were executed and coordinated by the then KSOS secretary Dr Sreeni Edakhlon.
- **2019- Floods again:** KSOS once again extended helping hands to flood affected people, mainly in Kozhikode and Malappuram district. We distributed food kits, constructed and repaired houses. Dr Vinod Nalappat of Kozhikode was the person who lead these activities from the front.
- **Education of underprivileged Children:** This year(2023) KSOS decided to support the Thrissur district collectors program of helping children's education who lost one or both parents due to covid disease. KSOS will help the needy children selected by the district collector in pursuing their education.

Thus over the years, reaching out to the underprivileged has been a constant undercurrent in our organisation. KSOS has indeed opened its heart and coffers to the community during many challenging times and touched the lives of our less fortunate brethren in a multitude of meaningful ways.

Together, let us keep the flame burning!

Jai KSOS!

Poised for change... Are you ready?

Dr Natasha Radhakrishnan,
Course coordinator, 'Netrtva'
(Leadership Development Programme), KSOS



KSOS has always been a pioneer among state organisations in all spheres of activity .Our conferences have the most in depth scientific content, our awards are coveted and keenly fought for, our entertainments never fail to dazzle. If you ask me what the best part of KSOS as an organisation is, it is the willingness to adapt and to change that stems from a relatively young leadership brigade that is ready to listen and is open to new ideas. When covid hit the world, and most organisations shied away from conducting any kind of CMEs or conferences, our leaders took it up as a challenge and created history by conducting one of the most impeccable virtual conferences ever seen that continues to be available on the web for educating generations to come. Instead of whiling away their time, they put together a whole year of CME series that again is a treasure trove of information and ready reference for the younger ophthalmologists. In many such ways, and in the utter transparency of its activities and finances and the unity among the members, we are unique and will always be.



One of the aspects that KSOS leaders have been quick to recognise and to bring a change was the lack of organisational spirit and honing of leadership talent in the younger generation. Although AIOS has had such a programme for a few years very few of our members could attend it, seats being limited and also because it involved a year long commitment which many of the members especially women were unable to fulfil. It was last year under the dynamic leadership of Dr.Arup Chakraborti that KSOS started its very own Leadership Development programme, Nertrtva . I considered it an extreme privilege that he deemed me worthy of entrusting it to and with the help of an external training academy, we successfully executed a 2 day LDP programme at Kochi last year.17 eager and enthusiastic KSOS members were trained under this programme and the experience was enriching for both the trainees and the trainers.

We had an interactive session with KSOS leaders where they shared their wealth of experience of working for KSOS and how it enriched their personal and



professional life along with 2 days of training on various aspects of personality development .The Parivartan training academy that were hired to do the training believes in innovative and experiential learning and it helped to bring out the inner confidence and brightness of each of the participants through its sessions. In the end, the testimonies of all the participants were heartwarming and inspirational and through the year that followed every week someone or other shared how it changed their professional and personal lives. To herald the changing winds in KSOS, we had a female to male ratio of 12 :5 in last year's LDP and I hope it will be a harbinger of similar trends in the coming years.

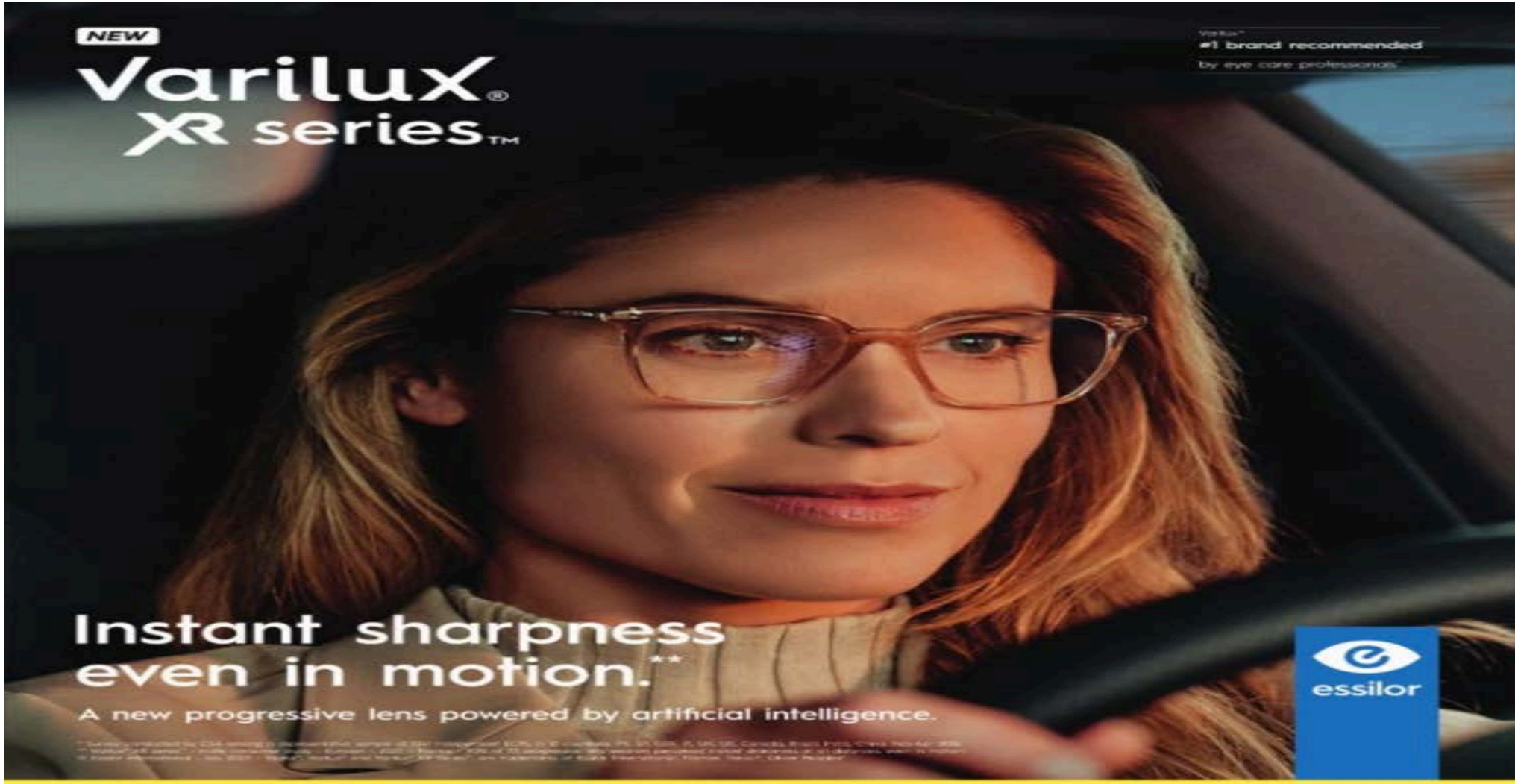
What is the future?

I have been a KSOS member for more than 2 decades now and what I want to see in the next two decades is my dream for KSOS.

As a woman, the one aspect I find sorely lacking in KSOS is the lack of participation and interest on the part of its women members to come forward to shoulder responsibilities in KSOS.A change in this can happen only if both sides are willing to make a change. As an organisation, we need to devise ways and means to increase the inclusivity of our working such that women members feel more seen and heard. This in turn will pave the way for women members to shed their misgivings and fears and come forward. We could devise means by which the organisation works by zoom meetings and other virtual methods to reduce the burden of travel and money when they take up responsibilities because the challenges a woman faces in these aspects is very different from a man in terms of utilisation of time and money. It is often difficult for a woman to travel up and down the state for CMEs or executive meetings and to get concurrence of the spouse for the same is also a challenge many a time. From the members' point of view, more women should envelope and accept the organisation as their own and be willing to spend their time and energy to increasing its potential and bringing about the change .As women, we have to realise is that no one will bring the change from outside, the change has to come from within ourselves. And once that happens, the change will be seen everywhere.

KSOS is poised for change…its members should gear up for it too and Netrtva, our leadership development programme is the first and major step in that direction. Under the captainship of our President, Dr Saikumar, the second edition of the same will take place on October 28,29 and it's a milestone achievement that will ensure that we have an able and energetic new brigade ready to take over the helm of leadership. As the older members walk into the sunset, they can stride with pride at the paths through which KSOS has travelled and look forward with hope at the path that lies ahead for it.

Jai hind! Jai KSOS!



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Dr. Babu Krishnakumar
Senior Consultat Ophthalmologist
Past President, KSOS

പ്രകാശത്തിന്റെ ദാർശനിക വഴി

ജ്ഞാനഭാരത്തിന്റെ തുടർവായനകൾ

'ജ്ഞാനഭാരം' ഒരു പാൻ ഇന്ത്യൻ നോവലിനെ മലയാളിയായ എഴുത്തുകാരൻ തന്റെ കഥാപാത്രങ്ങളെ ബോംബെയിലും കൽക്കത്തയിലും കണ്ടെത്തുന്നു. നേരിട്ടും ഫോണിലൂടെയും പിന്നെ കത്തിലൂടെയും കഥയ്ക്കു വേണ്ടി പ്രധാന കഥാപാത്രത്തെ പിന്തുടരുകയാണ് സാഹിത്യകാരൻ. എഴുത്തുകാരന്റെ കണ്ണിലൂടെയാണ് കഥ രൂപം കൊള്ളുന്നതെങ്കിലും കഥാപാത്രങ്ങളുടെ വ്യക്തിത്വം മറുമൊഴിയിലൂടെ ഏങ്കോണിക്കപ്പെടുന്നില്ല.

അനുവദിക്കപ്പെട്ട സമയത്ത് അനുവദിക്കപ്പെട്ട വേഷങ്ങൾക്ക് ഭാവം പകരുക മാത്രമാണോ അനുഷ്യധർമ്മം? വിജ്ഞാനസ്ഫോടനത്തിന്റെ ഇക്കാലത്ത് മരിച്ചുപോയതും ജീവിച്ചിരിക്കുന്നതും പിറക്കാൻപോകുന്നതുമായ അറിവുകളെ സമാഹരിച്ച് അമ്മാനമാടാൻ ശ്രമിക്കുന്ന മനുഷ്യന്റെ മുൻഗണനാക്രമങ്ങൾ ജ്ഞാനത്തെ മൂടിവച്ചിട്ടാണോ? ആരാണ് വിജയിക്കുന്ന മനുഷ്യൻ? വെള്ളപൂശിയാലും മായാത്ത അടയാളങ്ങളെ അവൻ ഭയക്കുന്നുവോ? എന്നീ സംശയങ്ങളിലൂടെയാണ് നോവൽ കടന്നുപോകുന്നത്.

"കൈലാസ് പാട്ടിൽ മരിച്ചു" എന്നു പറഞ്ഞ് ആരംഭിക്കുന്ന ഈ നോവൽ ഭൂതകാലത്തിലേക്ക് വീണ്ടും പോകയാണ്, അയാളുടെ കഥ പറയാൻ. ഒപ്പം ദേശായിമാരുടേയും അവരുടെ കുടുംബത്തിന്റേയും. മൂന്നു തലമുറകളെ ദീർഘമായെങ്കിലും സ്പർശിച്ചുപോകുന്നതാണ് ഈ നോവൽ. ജീവിതം എന്ന പ്രഹേളികയിൽ എന്തൊക്കെ വേഷങ്ങൾ മാറിയാലും അവസാനം വെളിപ്പെടുന്നത് "എത്ര നിരർഥകമായിരുന്നു നമ്മുടെ കാലം" എന്നത്രെ.

നോവലിന് ശാഖകളും ഉപശാഖകളുമായി വഴിതിരിഞ്ഞു പോകലുണ്ടെങ്കിലും അതിന്റെ നട്ടെല്ലായി വർത്തിക്കുന്നത് കൈലാസ് പാട്ടീലാണ്. അക്ഷരാദിക്രമത്തിൽ കൈലാസ് വിജ്ഞാനകോശം വായിക്കുകയായിരുന്നു ഏതാണ്ട് 35 വർഷങ്ങളോളം. എഴുത്തുകാരൻ പരിചയപ്പെടുമ്പോൾ "പോയ നൂറ്റാണ്ടിന്റെ കണ്ണുകളിലൂടെ പഴയൊരു കാലം സഞ്ചരിച്ചു തീർക്കുക" എന്ന അസാധാരണ ശീലത്തിലേക്കയാൾ പരകായപ്രവേശം നടത്തിക്കഴിഞ്ഞിരുന്നു. അദ്ദേഹം വിവരിച്ച ജൂതശ്മശാനത്തിന്റേയും, ചായയുടേയും ചരിത്രം എഴുത്തുകാരനെ അത്ഭുതപ്പെടുത്തുന്നു. തുടർന്നുള്ള പല കൂടിച്ചേരലുകളിലൂടേയും പൂർണ്ണമാകാത്ത, മറവി കവർന്നെടുത്ത അയാളുടെ കഥ മകൻ വിഗ്നേഷ് പാട്ടിൽ അവസാനിപ്പിക്കുന്നു. അച്ഛൻ ഏൽപിച്ചുപോയ വിജ്ഞാനകോശം പഠിക്കുന്നെന്നത് അച്ഛനെ ധിക്കരിച്ച ദുഃഖമാണോ മരണത്തിനിടയാക്കിയ കാറപകടം എന്ന സന്ദേഹം കടപ്പെടുത്തിയ ദിനചര്യയാകുന്നു.

"ആരുടെയൊക്കെ വിശ്വാസത്തിനു മുകളിലാണ് നാം തുച്ഛമായ ജീവിതം പടുത്തുയർത്തിയിരിക്കുന്നത്" എന്ന ജ്ഞാനത്തിന്റെ കണ്ണിലൂടെ നോക്കിക്കാണുന്ന നരേഷ് ദേശായിക്ക് ഒടുവിൽ ആത്മഹത്യയെന്ന അഭയത്തിലേക്ക് എത്തിച്ചേരേണ്ടിവരുന്നു. "ഓരോ വിജയവും ദുരന്തങ്ങൾ സൃഷ്ടിക്കുന്നു. വിജയം കൊച്ചുന്നവർ ലോകത്തെ ജീവിക്കാൻ പറ്റാത്ത ഒരിടമാക്കി മാറ്റിക്കൊണ്ടിരിക്കുന്നു." വിജയിക്കുന്നുണ്ടെങ്കിലും ചുറ്റുമുള്ളവരുടേയും അവസാനം തന്റേയും ജീവിതം താറുമാറാക്കിയ ജുവൻ ദേശായി ജലിച്ചുയർന്ന്, ഉരുകിത്തീരുന്നത് ജ്ഞാനത്തിന്റെ വെളിച്ചമില്ലാതെയായിരുന്നു. ലോകത്തെ വിശ്വാസകേന്ദ്രമാക്കിയ കമലേഷ് പാട്ടിൽ എന്ന ഡ്രൈവർ എത്ര വലിയ വിജ്ഞാന ഭാരത്തെയാണ് മകൻ കൈലാസ് പാട്ടീലിനെ ഏൽപ്പിച്ചു പോയതെന്ന് അദ്ദേഹത്തിന്റെ മരണം പോലെ നിരർഥകവും

ഇ. സന്തോഷ്കുമാർ



നിസ്സാരവുമായി ലോകത്തിന് അനുഭവപ്പെടുന്നു.

താരതമ്യേന അപ്രധാനമെന്ന് തോന്നുന്നുണ്ടെങ്കിലും ഈ നോവലിലെ പ്രബലരായ ചിലരെക്കുറിച്ചുകൂടി നമുക്കാലോചിക്കാം. ദത്തു എന്ന ദത്താത്രേയ ചാറ്റർജി, ഒരു ഉഴപ്പനും ഡിക്ടറ്റീവ് നോവലുകളെ പാഠപുസ്തകമാക്കിയവനുമായ അദ്ദേഹം കൈലാസ് പാട്ടീലിന്റെ റൂം മേറ്റ് ആയിരുന്നു. കൈലാസിന്റെ അച്ഛനോട് പരിഹാസത്തോടെ പെരുമാറിയതിലുള്ള കുറ്റബോധം കൈലാസ് അറിയാതെ അയാൾക്ക് ഗുണപരമായി പലതും ചെയ്യുന്നതിനന്നയാളെ പ്രാപ്തനാക്കി. കൈലാസിനു തന്റെ ഭാര്യ മാധവിയിൽനിന്ന് പ്രായോഗികതയുടെ പല കണക്കുകളും കൂട്ടിച്ചേർക്കാനുണ്ടായിരുന്നു. ഒരു ഉപകഥയായി രൂപം കൊള്ളുന്ന എറിക്ക ഗോമസ്, അരുണാചലം എന്നീ ശാസ്ത്രജ്ഞരുടെ ഒരാശുപത്രിയിലെ അധാർമിക ചികിത്സയെ തുറന്നു കാട്ടലും അവരുടെ അപമൃത്യുവും ഭുവൻ ദേശായി അദ്ദേഹത്തിന്റെ യശോധാവള്യത്തിന് മുതൽകൂട്ടുന്നുണ്ട്. ഖുർഷിദ് അഹമ്മദ് എന്ന കൗശലക്കാരനായ കൽക്കത്ത കോളേജ് സ്ട്രീറ്റിലെ പുസ്തക വ്യാപാരി അവിടെ സന്ദർശിക്കുന്ന എഴുത്തുകാരനെ അപ്രതീക്ഷിത പുസ്തകങ്ങളിലേക്ക് ക്ഷണിക്കുന്നുണ്ട്. കൂടിലത യുടെ ഉടൽരൂപങ്ങളായ ജഗദയും സോഹൻ ദേശായിയും സമ്പത്തിനു വേണ്ടി സഹോദരൻ നരേഷിനെ കണക്കറ്റ് ദ്രോഹിക്കുന്നു, അവളുടെ വായ്ത്താരിയിലൂടെ.

എഴുതാത്ത ഇക്കഥ നിയന്ത്രിക്കുന്ന എഴുത്തുകാരൻ ബോംബെയിൽ വച്ച് കൈലാസ് പാട്ടീലിനെ പരിചയപ്പെടുന്നു. ആ കൂട്ട് ഈ ജ്ഞാനഭാരത്തിലേക്ക് നമ്മെ കൊണ്ടുപോകുന്നു. കൈലാസിനെ വക്കീലായിക്കാണാൻ ആഗ്രഹിച്ച കലേഷ് എന്ന ഭുവൻ ദേശായിയുടെ ഡ്രൈവറുടെ ലക്ഷ്യം അദ്ദേഹത്തിന്റെ മരണത്തോടെ അവസാനിക്കുന്നു. പിന്നീട് സഹതാപമോഹിതനായ ഭുവൻ ദേശായിയുടെ നിർബ്ബന്ധത്താൽ ആ വക്കീലാഫീസിൽ ഗുമസ്തനായിച്ചേരുന്നു. സമപ്രായക്കാരനും ഭുവൻ ദേശായിയുടെ മകനും വക്കീലുമായ നരേഷ് ദേശായിയുടെ ഗുമസ്തനായും ജീവിതം മുന്നോട്ട് കൊണ്ടുപോകുന്നു. പ്രശസ്തനായ അച്ഛന്റെ പ്രശസ്തനായ മകനായി നരേഷ് തന്റെ പിന്തുടർച്ച ആരംഭിക്കുന്നുണ്ടെങ്കിലും അച്ഛടക്കരാഹിത്യം അദ്ദേഹത്തിന് വിനയാകുന്നതും പിന്നീട് ജോലി ഉപേക്ഷിച്ച് 'നിരാമയ' എന്ന ആരമിയ സംഘത്തിൽ ചേരേണ്ടിവന്നതും കൈലാസ് കാണുന്നു. നരേഷിന്റെ ഒരു സന്ദർശനത്തിനിടയിൽ കടമയായി കൈലാസ് വായിച്ചുകൊണ്ടിരിക്കുന്ന ആ പഴയ പുസ്തകങ്ങൾ കാണുന്നു. പുതിയ വിജ്ഞാനകോശം വാങ്ങിയപ്പോൾ ഉപേക്ഷിക്കേണ്ടിയിരുന്ന പഴയ 12 വാല്യങ്ങൾ ഒരമൂല്യനിധിപോലെ മകനുപകരിക്കുമെന്നു വിശ്വസിപ്പിച്ച് കമലേഷിനെ ഏൽപിച്ചത്, ഒഴിവാക്കാമായിരുന്ന കമലേഷിന്റെ അപകടമരണം എല്ലാം ഭുവൻ ദേശായിയുടെ നൃശംസതയായി ഓർമപ്പെടുത്തുന്നു. കൈലാസാകട്ടെ "പുതിയ അറിവുകൾ നമ്മെ ദുഃഖിപ്പിക്കും എന്നുണ്ടെങ്കിൽ എന്തിനാണ് അതിലേക്കൊക്കെ പോകുന്നത്" എന്നുറപ്പിച്ച് സ്വസ്ഥനാകുന്നു. നരേഷ് ദേശായി അനുവദിച്ച നിരാമയ എന്ന ഫ്ളാറ്റിൽ വച്ച് ഭാര്യ മാധവി മരിച്ചതിനുശേഷം കൈലാസ് കൂടുതൽ കൂടുതൽ തന്റെ കടമയും പ്രായശ്ചിത്തവുമായി ആ ഇരുപതാം നൂറ്റാണ്ടിനുമുൻപിലത്തെ വിജ്ഞാനകോശത്തിലൂടെ "സ്വന്തം വലയിൽ കുടുങ്ങിപ്പോയ ഒരെട്ടുകാലിയെപ്പോലെ പഴയൊരു കാലത്തിൽ സ്തംഭിച്ചു നിൽക്കുമാത്രമേ" എഴുന്നുള്ളൂ. സ്ഥലം മാറി കൽക്കത്തിയിൽപ്പോയ എഴുത്തുകാരൻ കഥയുടെ പൂർണതക്കുവേണ്ടി കൈലാസിനെ ഫോൺ ചെയ്യുന്നു. അപ്പോൾ ഓർമകൾ വിണ്ടെടുത്ത് അയാൾ പിറുപിറുക്കുന്നു

"ഇപ്പോൾ ആ പഴയ ലോകവും എനിക്കപരിചിതമായി മാറിയിരിക്കുന്നു." സ്മൃതിനാശത്തിലേക്ക് വഴുതിവീണ കൈലാസ് അതിനുമുൻപ് എഴുതിയ ഒരു കത്ത് മരണശേഷം മകൻ എഴുത്തുകാരനെത്തിക്കുന്നു. അതിലെഴുതിയ നിർത്തുന്നത് വായിച്ചും ജീവിച്ചും എത്തിച്ചേർന്നത് വിജ്ഞാനഗോശത്തിലെ 'സീറോ' എന്ന പ്രപഞ്ചം മുഴങ്ങുന്ന അഗാധ ശൂന്യത"യിലാണെന്നു.

ശ്രീ സന്തോഷ്കുമാറിന്റെ ഏറ്റവും പ്രകീർത്തപ്പെട്ട പുതിയ നോവലാണ് 'ജ്ഞാനഭാരം.' വളരെ ലളിതവും വേഗം വായിച്ചു പോകാവുന്നതുമായ ഈ നോവൽ സ്വാതന്ത്ര്യത്തിനുമുൻപ് ആരംഭിച്ച് സ്വാതന്ത്ര്യത്തിനുശേഷം ഇന്നിലെത്തി നിൽക്കുന്നത് ബോംബേ, പൂന, കൽക്കത്ത എന്നിങ്ങനെ മൂന്നു നഗരങ്ങൾ പശ്ചാത്തലമാക്കിയാണ്. ഒരു സാക്ഷിയായി എഴുത്തുകാരൻ കൈലാസ് പാട്ടീലിന്റെ കഥ പൂർത്തിയാക്കുമ്പോൾ അതിലടങ്ങിയ ദാർശനിക അടരുകൾ വീണ്ടും വീണ്ടും ഉള്ള വായനയിലൂടെ വ്യവഛേദിച്ചറിയാൻ നമ്മെ കെൽപ്പുള്ളവരാക്കുന്നു. മനുഷ്യനെ വിമലീകരിക്കുന്നതാണ് സാഹിത്യം.

ഓർമ്മകളില്ലാത്ത മറ്റെന്താണ് മനുഷ്യൻ എന്ന് സന്തോഷ്കുമാർ ജ്ഞാനഭാരത്തിലൂടെ ഏറ്റവും വലിയ ദർശനത്തിലേക്കു നയിക്കുന്നു. കാലത്തിന്റെ അനുസ്യൂതപ്രവാഹത്തിന്നിടയിലെ ഏതോ ചെറു ചെറിയ ഘട്ടമാണ് ഞാനും നിങ്ങളും എന്ന നിരർഥകത. വിജ്ഞാനം ഒരിക്കലും ജ്ഞാനത്തെ സൃഷ്ടിക്കുന്നതില്ലാത്ത സാഹചര്യത്തിൽ വിജ്ഞാനത്തിന്റെ പുകിപ്പോകുന്ന മഹാസൃഷ്ടികളെ ഒരു കടപ്പാടു പോലെയോ അതിലുപരി ഒരനുഷ്ടാനം പോലെയോ ആനയിച്ച് അതിൽ ആണ്ടുപോകുന്നതിലെ അർത്ഥമില്ലായ്മ നാം അറിയുന്നു. ഇരുട്ടിന്റേതായ ഈ സന്ധ്യയിൽ ഇവിടെ വെളിച്ചത്തിനാണ് പ്രസക്തി, ജ്ഞാനത്തിന്റെ വെളിച്ചം. ആ വെളിച്ചത്തിന്റെ പ്രഭയിൽ നമുക്കെത്തിപ്പിടിക്കാവുന്ന അറിവാണ് "ചില സത്യങ്ങൾ മനുഷ്യരെ വേദനിപ്പിക്കും എന്നുണ്ടെങ്കിൽ അവ പറയാതിരിക്കുന്നതല്ലേ ഭേദം. ഭൂമിയിൽ ഒരു പ്രയോജനവുമില്ലാത്ത സത്യങ്ങളാണ് അധികവും." ദർശനത്തിന്റെ അന്തർധാരനാമറിയാതെ നമ്മെ അനുധാവനം ചെയ്യുന്നുണ്ടിതിൽ. വെട്ടിപ്പിടിച്ചും, പശ്ചാത്തപിച്ചും, കടമകൾക്കു വേണ്ടി ജീവിച്ചും, ഒഴുക്കിനൊപ്പം നിന്നും ജ്ഞാനം എന്ന വെളിച്ചത്തിലെത്താത്ത ഒരു കൂട്ടം മനുഷ്യരെ നമുക്ക് മുന്നിലേക്ക് നീക്കി നിർത്തുകയാണ് ജ്ഞാനഭാരം എന്ന ഈ നോവൽ.



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Magical Malarikkal

Cheers to fifty glorious years of KSOS from mesmerising Malarikkal, a village near Kumarakom that is home to hundreds of acres of waterlilies. Every September, after the harvest, the village, very like a rustic belle, blushes totally pink as exotic waterlilies bloom en masse in the heart of its paddy fields. Tourists canoe out into these water logged paddy fields, many of them young couples irresistibly drawn by the romance of the magical floral setting. No wonder Malarikkal has become a paradise for shutterbugs from across the globe! If these photographs have amazed you, take some time out to be here next season to experience this wonder of nature- You are sure to be touched by the magic of Malarikkal.













വഴിയോരക്കാഴ്ചകൾ





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കള കള മൃദു രവ ലയ തര നാദം
മധു സമ സുഖകരമനുപദ താളം
സ്വർഗ്ഗ നിസ്സ്വർഗ്ഗ തരംഗിത മേളം
സരങ്ങളേ ... നാദ ലയങ്ങളേ

മണ്ണിനെ വിണ്ണാക്കും വിണ്മയനിർമ്മിത
സുഭഗ സൗഭാഗ്യങ്ങൾ നിങ്ങളല്ലോ.
കണ്ണു തുറക്കൂ കാതു കൊടുക്കൂ
മനുഷ്യാ തെല്ലൊന്ന് വിശ്രമിക്കൂ

നിര നിര മടു മലർ ലസിത വിലസിത
ചഞ്ചല ലതികകൾ നർത്തന നിരതിത
മഞ്ജു മനോഹര മഞ്ജിമ തഞ്ചും
വാടികളേ...പുഷ്പ വനികകളേ

സുരവര മോഹിത ശബളിത സുന്ദര
ശാരദ നീരദ ചുംബിത ലാളിത
കാല്യ കലാമയ കമനീയാസിത
ശശികലേ .... ഇന്ദ്ര ചാപങ്ങളേ

(മണ്ണിനെ വിണ്ണാക്കും....)

അല കടലലയാൽ സ്പർശിത തരംഗിത
ചെറു കുളിരിയലും അനിലാശ്ലേഷിത
ദിനകര ദീപ്തി നിമജ്ജിത രഞ്ജിത
തീരങ്ങളേ.....താരണിക്കുന്നുകളേ

വിദ്രുമവിദ്യുല്ലതയാൽ ശോഭിത
ശ്യാമവലാഹകവലയിത തരളിത
ലാലസ മോഹന നർത്തനമാടും
ചിത്രമയൂഖങ്ങളേ....ചോലകളേ

(മണ്ണിനെ വിണ്ണാക്കും.....)

സസ്പൃഹ സാന്ത്വന ശാന്തി സമന്വിത-
മനാഘ നിരാഘ നിരഞ്ജന മഞ്ജന
അനവധി നിരവധി പല വിധ കാഴ്ചകൾ
ഉണ്മകളേ....സ്നിഗ്ദ്ധ വെണ്മകളേ

(മണ്ണിനെ വിണ്ണാക്കും.....)



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Searching for Culinary Paradise

Intense thunderstorms have a way of turning one's head. A cool breeze laden with all the volatile scents of my garden, flow in quietly through the open window stoking my imagination. I too feel like cooking up a storm...

Cooking always brings on a sense of timelessness. And what better than Wazwan cooking to stop time. Wazwan (Kashmiri)cooking is a distillation of the best of many peoples, many eras. Kashmir has been the Utopia for poets, artists and dreamers. So Kashmiri mutton biriyani it must be, to express this unparalleled cultural cohesion, to balance out the wide spread polarisation of today.

As the marinated mutton starts frying lightly in a bed of ghee and spices, aromas rise up reminding me of Timur's warriors rhythmically stomping and dancing in the firelight; singing in gravelly baritones, in voices more accustomed to fearsome war cries.

Now the precious, aged basmati grains lie soaking, awaiting their grand entry into the happening cooking pot. The explosion of fragrance is due to 2 – acetyl – 1 –pyrrolinein the basmati enhancedwonderfully when this rice is cooked in ghee. May be that is why dum biriyani is the only way to cook a perfect biriyani in the lands under the shadows of the Himalayas and the Uzbek steppes.

Badaelachi, cinnamon, cloves, nutmeg and mace work up a perfect symphony. Sublime Kashmir has to contribute to the cooking biriyani with saffron soaked in warm milk. When the layered yakhini (mutton) and rice is almost done, I add a few drops of rosewater, a whiff to remember great Samarkand. Then the fire is put out and the biriyani cooks slowly to perfection in the warm pot. To keep the family grounded, I serve this lovely dish with cooling mint chutney and pomegranate raita. "If there is paradise on earth; it is this, it is this, it is this", said the great Amir Khusrau. Fastidious gourmets, even today drink only sherbet, to accompany the meal. Liquor, (which deadens the taste buds) is culinary blasphemy.

Today I don't plan elaborate courses which border on gluttony. I take out my



mother's old forgotten recipe for Pirosee. This decadent dessert is lost in the mists of time, in the confusion of wars and partition of India. Even omniscient Google has not heard of it. I have not cooked this dish except as a newlywed bride, anxious to impress my new family.... Painstakingly I prepare the creamy mava (Khoa) on my stove by cooking ghee and milk, till it is a creamy gooey mass, leaving the pan easily – ready for the next step to perfection. I bake mava, with castor sugar, saffron milk, and fragrant rosewater and chopped cashew nuts. After 45 minutes this heavenly deserts is ready. I cover the gently crusty brown exterior with high quality "varq"(pure silver foil) – this Iranian touch is my innovation to beautify the nougaty milk sweet textured with chopped cashew. All talk subsides after this... Unbidden, contentment pervades. Now replete, fulfilled, everyone sips Kahwah tea (Kashmiri green tea flavoured with cardamom, saffron, walnut and honey), and the room shine in the afterglow.

The Wazwan repast is over. It is not just a meal; it is a ceremony. it is the stuff of royal kitchens in lands where the Silk Route Civilizations flourished in fine art, music and cuisine. As I sit back I see my smiling mother in the lengthening shadows, and smile back too- because the past and the erstwhile and the present are now one.

മുഖങ്ങൾ

ACRYLIC ON PAPER



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Bhutan Diaries



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Senior Consultant Ophthalmologist
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Bhutan is a small, beautiful and peaceful nation situated in between two super powers Bharat & China on the lap of the Himalayas.It's Population less than ten lakhs,the majority of whom are Buddhists.It is a Zero carbon country with 72% of area covered with forests.

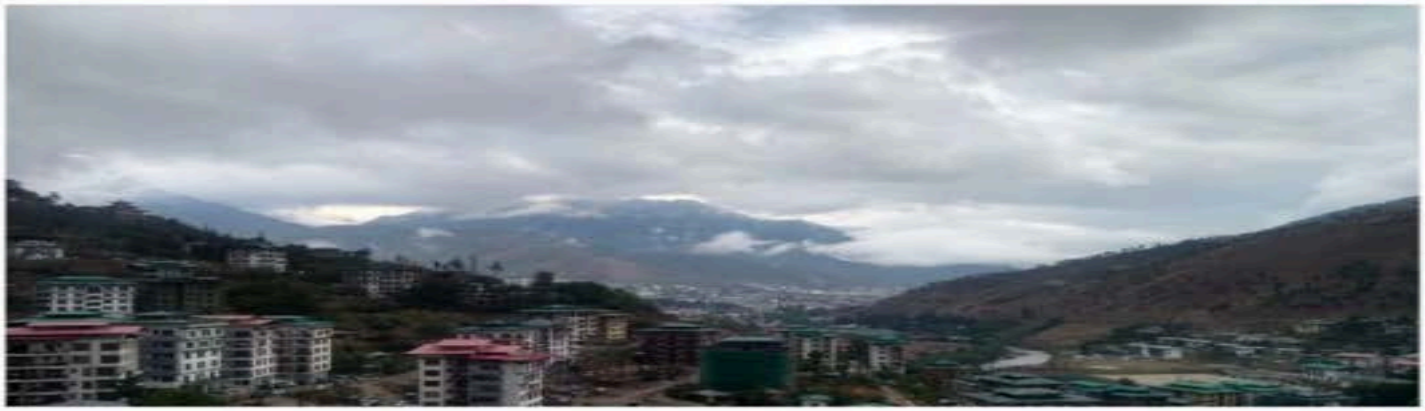




How to reach Bhutan:

Arrive at Bagdogra airport (North Bengal).
Visa on arrival. All officials, mainly ladies are pleasant and smiling!
Though, there is an airport at Paro, Bhutan, it is so small that larger planes can't land.

From the airport, it is a five hour drive to Phuentsholing, which is the main entry point from India.



Glimpses of Bhutan :

Thimphu is the capital of Bhutan.It has many ancient monasteries, Sakyamuni Budha statue and a lot to see.



On the way to Punakha, we crossed the Dochula pass, about ten thousand feet above sea level. Here, the beauty of nature is simply beyond words.





Suspension bridge, Punakha Dzong and Chimi lakhang monastery are the main attractions at Punakha.

On the way to Paro, the old capital is the Phobjikha valley.



Here,we can see centuries old monasteries, National museum & a lot of historical monuments.





Chelela pass hill station is a trekking route. Taktsang (tiger) monastery is situated 9000 feet above sea level.We have to climb over a 1000 steps to reach there.It's believed that a Rinpoche, the incarnation of Padmasambhava, arrived at the monastery on the top of the mountain on a tiger! (Like Lord Ayyappa!)

Bhutan Currency: 1 Ngultrum = 1 INR.
Indian rupee accepted at all places.

In short, Bhutan is a visual feast and a soul soothing experience that lies just across our borders- indeed, a land worth visiting. So next time you step out, explore Bhutan and be rejuvenated!

ഉറക്കം



Dr. Sanitha Sathyan
Vettam Eye Hospital
Mulanthuruthy, Ernakulam

കൈകാലുകൾ
സന്ധികളിൽ നിന്ന്
അഴിച്ചെടുത്ത്
അഴക്കോലിൽ
തൂക്കിയിടാൻ തോന്നും

കൺപോളയ്ക്ക് മേൽ
കണ്ണാരം പൊത്തികളിയ്ക്കുന്ന
തുമ്പിച്ചിറകുകളോട് സുല്ലിട്ട്
ഒറ്റക്കല്ലിന്റെ
ജലതരംഗം മീട്ടാൻ തോന്നും.

വെളിച്ചത്തിന്റെ
ഓരോ കണികയേയും
വിചാരണ കൂടാതെ
പുറത്ത് നിർത്തി
താഴിട്ടടയ്ക്കാൻ തോന്നും.

ബോധത്തിന്റെ
ഒറ്റയടിപ്പാലത്തിലൂടെ
ഓരം ചേർന്നശ്രദ്ധമായ് നടന്ന്
മനപ്പൂർവമൊന്ന്
വഴുക്കിവീഴാൻ തോന്നും.

ഒരു ദിവസത്തെ
പിഴിഞ്ഞ് കുറുക്കിയ ചാറ്
തൊണ്ടയിലെ
മണൽ ഘടികാരത്തിനുള്ളിൽ
ഇറ്റിറ്റ് വീഴുന്നതായ് തോന്നും.

പലപ്രാവശ്യം തൂക്കിലേറ്റിയ
ഒരാളെപ്പോലെ
കഴുത്തിലെ തരുണാസ്ഥികൾ
എന്തെന്നില്ലാത്ത മടുപ്പിൽ
ഊഞ്ഞാലാടുന്നതായ് തോന്നും

സ്നേഹത്തിന്റെ
വെള്ളോട്ട് ചട്ടുകം കൊണ്ട്
ഒന്ന് മറിച്ചിട്ടും വരെയും
കൂതിയ്ക്കാൻ തയ്യാറെടുക്കുന്നു
ഒരു ചെറുമരണം.





Dr. Mini Mathew
Assistant Professor
RIO Trivandram

Taming The Boss

Mommy!! You promised me a pet!!

Out cries of my 8 yr old filled the home. My eyes popped out with a jerk... Gosh.. Couldn't think of adding the care of yet another ... An unsolicited burden to the neverending chores. Never! Cried my aching knees...

On which weak moment did I make that promise, Jenny? I tried to coax her out of her petulance. But she was not planning to let go. Experience had taught me that intelligent deliberations were bound to get better results with her...

So as mommys usually do, I resorted to the daddy way out.

'Jenny, let's have dad 's and grand, pas opinion...'

Thankfully, daddy would never hear of such ideas from an 8 year old who hardly does her own stuff!

Grandpa who happened to be a self proclaimed perfectionist luckily went into an extempore on the pros and cons of having a feline or canine at home.

Thus spakepropositions quashed my girl's dreams. And up went my heart's cheer...

But nothing would console our kid, who had fixed her heart on a pet.

Paulo Coelho must have hearkened such kids desires when he wrote on the universe conspiring to help you achieve your dream. The very next day we had a strange visitor to ease her falling mood!

Faithful feeding of the never ending line of kittens and their ageing moms and dads at the backyard was one of her hobbies during the lockdowns. Our strays never returned love and affection... But as universe so conspired, one of the kittens took a fancy to our home and it's inmates.He made it a point to report at the same time every day, to welcome mommy, daddy, grandpa and our girlie of course....

Never pushed himself inside, was happy to play in the outskirts of our heart and home.

As the days flew , he gradually stole a place in our hearts to the extent daddy started falling for his muted cries and welcome calls. The backs broken from the day's grind were instantly straightened on hearing his calls and watching his playful candour. Cuddling on grandpas rug was his favourite past time. And we watched in disbelief as grandpa actually started loving the feline intrusion into his lonely space.

Joyfully, our gal watched as the boss of

the kitchen melted her heart out, generously allowing supplies of curd, rice and snacks for her friend.

Our days were brighter, lighter and coloured with spots of laughter to witness the playful innocence of our faithful kitten.

Next came the well thoughtful petition, "Mommy, could I plzzzz allow her in, could I cuddle her...."

Sensing shivers down her spine ,Mommy was instantly reminded of a day 3 years back when the protagonist had to be injected over 2 months for a cat scratch from a neighbourhood pet.

Firmly came the pat reply, 'Jenny we should let him have his routine shots... Then we could think of it, dear.'

After a day's research, it was decided to take her on a visit to the nearby vet.

Christening him Pikachu, with a comfy bucket to his disposal and a terrified mommy who had no prior experience with pets ,we set out for his first shot.The rush at the vet with a million varieties of the dog and cat community with their ever doting caregivers was literally a shock to the ever rigid mommy. Jenny was in eleventh heaven to witness the ocean of pets.

A cocktail of shots presented , was administered to him and a hefty bill pushed into innocent kid's bosom. So much of the mommy's insistence on vaccination....She was already on second thoughts on the cost effectiveness of the maintenance of a pet.

Incidentally mommy didn't need to put up with the poor starved kitten for long... The universe once again conspired with the thoughts of Mommy and called Pikachu back . He succumbed to a Parvo fever that severely crushed his spirits and health as he slowly dwindled to the final farewell....

Mommy who willingly took up his home nursing and medic work was in tears to bid him farewell with Daddy doing the final rites at the backyard... Our Jenny was heartbroken when she woke up to the news of the sudden departure of her new found friend who had succeeded in stealing his way through the stoic walls of domestic resistance and fear. Pikachu lives on in our hearts as a subtle reminder of the volumes of love and faithfulness silently spoken by our so called lesser articulate companions.

Waterfalls

Acrylic on Canvas



Dr. Priya Urikkoth
Divine Eye Hospital
Iritty, Kannur

Waterfalls in Sunrise





Waterfalls @ Sunset



Dr. Deepa M.G
Assistant Professor
Ernakulam Medical College

ഓർമ്മപ്പൂക്കളം

പൊയ്പോയ നന്മതൻകാലത്തെ ഓർപ്പിച്ചു
പിന്നെയും വന്നെത്തി പൊന്നോണം.
മനസ്സിന്റെ പൂമുഖപ്പടിയിലോപടരുന്നു,
വിഷാദപുഷ്പങ്ങൾ തൻ മങ്ങിയവർണങ്ങൾ.

ഏതോമയക്കത്തിൽ എപ്പോഴോ സ്വപ്നത്തിൽ
അമ്മയുണ്ടായിരുന്നോരോണമെത്തി,
പൊള്ളുന്നമൂർദ്ധാവിലും, പിന്നെ ആത്മാവിലും
ഞൊടിയിടയിൽ മുഗ്ധസുഗന്ധമായി..

തെല്ലും മുടങ്ങാതെൻ കൗമാരതുടിപ്പിനെ
കസവുടുപ്പിച്ചുതിളങ്ങിയൊരാമുഖം!
മിഴിയിലെ അഞ്ജനവും, മുടിയിലെമുല്ലയും
ആ ചുണ്ടിൽ വിരിയിച്ച വാത്സല്യത്തിരകളും.

എന്നെപ്പോലെ എന്നമ്മപൂന്നാരിച്ച
പൂക്കൾഇറുത്തിട്ടചിങ്ങമാസപുലരികളും,
ഈഭൂവിൽആർക്കുമെ വെല്ലുവാനാകാത്ത
രുചികൾ നൃത്തം ചെയ്ത ചെറിയൊരാടുക്കളയും.

നാസികത്തുമ്പിലും, മനസ്സിന്റെ നാവിലും
നേർത്തുതുളുമ്പുന്നസ്നേഹത്തിൻ സ്വാദും,
എല്ലാരെയും ചേർത്തിണക്കുന്ന കണ്ണിയായി
മേച്ചുനടത്തിയോരോ അവധിയാത്രകളും..

സ്മൃതികളാം വിടവങ്ങൾ നിരനിരയായിതാ,
മനമാകുംതൂശനിൽതീർക്കുന്നു സദ്യകൾ,
ഗൃഹാതുരമാമിഗതകാലചിത്രങ്ങൾ
തെളിയുന്നു അകതാരിൽ പൂക്കളം പോലെ.

കൊഴിഞ്ഞുപോകുന്നതാം ഓരോ ദിനങ്ങളും
മിഴിവേറ്റിനിറ്റുന്നതാം ഈ മാതൃസ്മരണകൾ,
ഇല്ലിവയേക്കാൾ നിറവുംസുഗന്ധവും
ഓണനാളിലെ മറ്റേതു പൂക്കളത്തിനും...



Dr. Archana Pushpakaran
Rayhan Eye Hospital,
Thriprayar

New age Dilemma

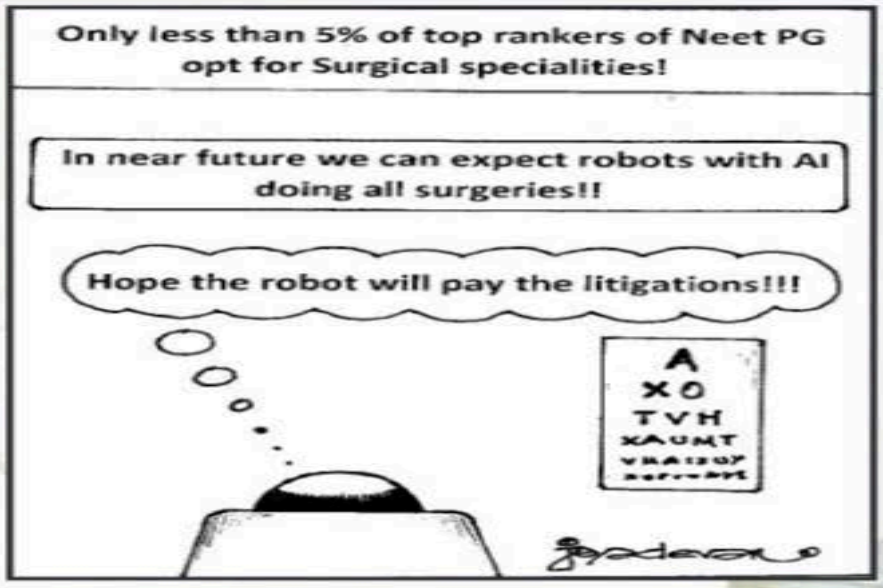
The hitherto mundane task of assessing and approving for a driver's license has now turned into quite the ordeal for the unassuming Ophthalmologist.

One is left In a quandary when the patient seated in front looks generations apart from the person in the photograph.The insistence of a recent picture is futile for one must never underestimate the miracle that is Photoshop.The shiny bald head covered with a jet black postiche, skin tone lightened by just a few hundred gradients,crows feet and frown lines that took ages to appear vanished with a mere click,acne bumped cheeks replaced by Korean glass skin , not to mention the swanky suit that can upgrade just about anyone into a millionaire businessman.

Any disappointments with the aadhar card photo have been wiped out by the 2.0 version of the driver's license one.

All we can do is sign and seal hoping the RTO rides on the fountain of youth wave as well.

After all,trying to look good isn't a crime.... or is it in this case ? !





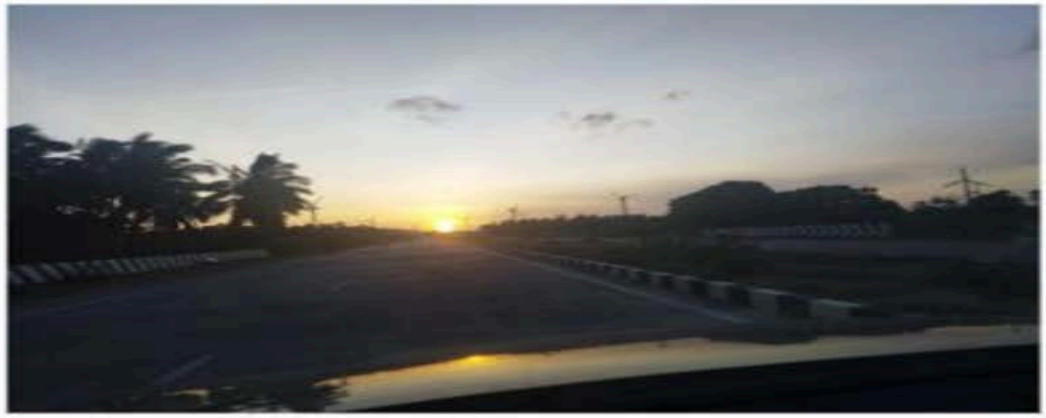
Dr. Jayadevan. P
Senior Consultant Ophthalmologist
Palakkad

VAKRA DRISHTI

തമസോമ ജ്യോതിർഗമയ



Dr. Gayathri C.J.
Residential
Aravind Eye Hospital
TVL





Dr. Shaji Ankan
Govt. Medical College
Konni

വ്യാജഡോക്ടർ

അന്നൊരു ഞായറാഴ്ചയായിരുന്നു എല്ലാതിരക്കുകളിൽ നിന്നും ഒഴിഞ്ഞു ആഴ്ചയിൽ ഒരേയൊരു അവധി ദിവസം ആഘോഷിക്കാനുള്ള തത്രപാടിൽ രാവിലെ തന്നെ എഴുന്നേറ്റു. പ്രഭാത കർമ്മങ്ങൾപൂർത്തിയാക്കി കുളികഴിഞ്ഞു വിശാലമായ പത്രവായന അതിനുശേഷം ഉച്ചവരെ ബ്രോധംകെട്ടുള്ള ഒരു ഉറക്കം അതായിരുന്നു. ഡോക്ടർ സജിയുടെ പ്ലാൻ. എന്നാൽ വായനക്കിടയിൽ അറിയാതെ ഒരു വാർത്ത കണ്ണിലുടക്കി "വ്യാജഡോക്ടർ പിടിയിൽ". വർഷങ്ങളായി കേരളത്തിൽ അങ്ങോളമിങ്ങോളം വ്യാജചികിത്സ നടത്തിയ വിരുതനാണ് പിടിയിൽ. പക്ഷേ ഡോക്ടർ സജിക്ക് ആ വാർത്ത കണ്ടിട്ട് പ്രത്യേകിച്ച് ഒന്നും തന്നെ തോന്നിയില്ല.

പത്തുമുപ്പത്തിമൂന്ന് വർഷക്കാലം സജിയുടെ ഓർമ്മ പുറകിലോട്ട് കൊണ്ടുപോയി. ഒരുകാലത്ത് താനും ഒരു വ്യാജഡോക്ടർ ആയി പ്രാക്ടീസ് ചെയ്തിട്ടില്ലേ?

തൊണ്ണൂറുകളുടെ ആദ്യം ഫൈനൽ ഇയർ പരീക്ഷ കഴിഞ്ഞു ഇനി ഒരുമാസം ഉണ്ട് റിസൾട്ട് വരുവാൻ അത്രയും കാലം എങ്ങനെയാണ് ബോറടിച്ചു ജീവിക്കുക. വീട്ടിലാണേൽ കാൾ ചോദിക്കാനും മടി. അങ്ങനെ അദ്ദേഹം ഒരു തീരുമാനമെടുത്തു. നഗരം വിട്ട് ഏതെങ്കിലുമൊരു ഗ്രാമത്തിൽ ആരോരുമറിയാതെ വ്യാജചികിത്സ നടത്തുക, അങ്ങനെ തന്റെ ഇതേവരെയുള്ള കടങ്ങൾ വീട്ടുക എന്നതായിരുന്നു സജിയുടെ ഉദ്ദേശം.

അങ്ങനെ, ജിപി രാജാക്കന്മാരായ സൂപ്പർ സീനിയേഴ്സിനെ ഓരോന്നോരോന്നായി വിളിച്ചു പക്ഷേ രക്ഷയില്ല, വേണമെങ്കിൽ വീക്കെൻഡ് ജിപി സംഘടിപ്പിച്ചു. തരാമെന്ന് ഏറ്റു ഒരുത്തൻ.

ഓർക്കാപ്പുറത്ത് എന്നോണം അങ്ങനെ സജിയുടെ സഹപാഠി ഓരൻ വിളിക്കുന്നു. 'ഓരൻ' അദ്ദേഹത്തിന്റെ ചെല്ലപേരാണ്. "ഒരു ജിപി ഒത്തുവന്നിട്ടുണ്ട് എനിക്ക് പോകാൻ പറ്റത്തില്ല താൽപര്യമുണ്ടെങ്കിൽ നീ പോകൂ" എന്ന്.

കേൾക്കാത്തപാതി വെളുപ്പിനെ തന്നെ കൊല്ലത്തേക്കുള്ള ബസ്സിൽ കയറി യാത്രയായി. കൊല്ലത്തുനിന്നും പിന്നെയും കുറേദൂരം ഉണ്ട് ക്ലിനിക്കിലെക്കുള്ള യാത്ര.

അങ്ങനെ അവസാനം ഉച്ചയോടുകൂടി ക്ലിനിക്കിൽ എത്തി. വൈകിട്ടോടെയേ ഡോക്ടർ എത്തുകയുള്ളു എന്ന് സിസ്റ്റർ പറഞ്ഞു. ഡോക്ടർ ശരിക്കും ഇഎസ്ഐ ഹോസ്പിറ്റലിലാണ് വർക്കചെയ്യുന്നത്. ഊണുകഴിഞ്ഞ് ചെറുതായൊന്ന് മയങ്ങി, മയക്കത്തിൽ ദൂരെനിന്നും അടുത്തേക്ക് വരുന്ന മോട്ടോർബൈക്കിന്റെ ശബ്ദംകേൾക്കാം.

'ഡോക്ടർ എത്തി'! സിസ്റ്റർ പറഞ്ഞു.

ശരിക്കും പറഞ്ഞാൽ ഡോക്ടർ ശശികുമാർ ഞങ്ങളുടെ സൂപ്പർസീനിയർ ആയിരുന്നു. അദ്ദേഹം സജിയെ എല്ലാവർക്കും പരിചയപ്പെടുത്തി കൂടാതെ ഡ്യൂട്ടിയെക്കുറിച്ചും പറഞ്ഞു മനസ്സിലാക്കികൊടുത്തു. എന്തെങ്കിലും സംശയം ഉണ്ടെങ്കിൽമാത്രം ലാൻഡ്ലൈനിലൂടെ അദ്ദേഹത്തെ ബന്ധപ്പെടാം ഇന്നത്തെപ്പോലെ

മൊബൈൽഫോണുകൾ ഇല്ലാത്ത ഒരുകാലമായിരുന്നു അത്. രാവിലെയും ഉച്ചയ്ക്കും ഉള്ള ഭക്ഷണം ഡോക്ടർ ശശികുമാറിന്റെ വീട്ടിൽനിന്നും എത്തിക്കും രാത്രി ഭക്ഷണം മാത്രം ക്ലിനിക്കിൽനിന്നും കഞ്ഞിയും പയറും പപ്പടവും അച്ചാറും.

ദിവസങ്ങൾ ഓരോന്നായി പൊഴിഞ്ഞുപൊയ്ക്കൊണ്ടിരുന്നു. സജിയുടെ ഫൈനൽ ഇയർ റിസൾട്ട് വരാൻ ഇനി അധികം ദിവസങ്ങളില്ല. പക്ഷേ സജി അതെല്ലാം മറന്നമട്ടായിരുന്നു.

അങ്ങനെയിരിക്കെയാണ് ഡോ. ശശികുമാറിന്റെ പുതുതായി നിർമ്മിക്കുന്ന വീടിന്റെയും ആശുപത്രിയുടെയും പണികൾ തൊട്ടടുത്ത കോമ്പൗണ്ടിൽ നടക്കുന്നത്. ഇപ്പോഴുള്ള ക്ലിനിക്ക് വാടകകെട്ടിടത്തിലാണ് പ്രവർത്തിക്കുന്നത്. തകൃതിയായി നടക്കുന്ന പണികൾക്കിടയിൽ രണ്ടുതൊഴിലാളികൾ തമ്മിൽ തർക്കം ഉണ്ടാവുകയും വാക്കേറ്റം സംഘർഷത്തിലേക്കും എത്തി. സംഘർഷത്തിനിടയിൽ ഒരു തൊഴിലാളിക്ക് ചെവിക്ക് കരണ്ടി കൊണ്ടുള്ള വെട്ട് ഏൽക്കുകയും അവസാനം പോലീസ് എത്തി കേസെടുക്കുകയും ചെയ്തു. ഡോക്ടർ ശശികുമാറിന്റെ ക്ലിനിക്കിന്റെ വളർച്ചയിൽ അസൂയാലുക്കളായ ഒരുപറ്റം നാട്ടുകാർ ക്ലിനിക്കിന് എതിരെ വ്യാജആരോപണങ്ങൾ പറഞ്ഞുപരത്തിയിരുന്നു.

അന്നേദിവസം തന്നെ ഇതേ ആൾക്കാർ പോലീസിന് രഹസ്യമൊഴി കൊടുത്തു. 'ഈ ക്ലിനിക്കിൽ ഒരു വ്യാജഡോക്ടർ ചികിത്സ നടത്തുന്നു എന്ന്'

പാവം സജി ഇതൊന്നും പക്ഷേ അറിയുന്നുണ്ടായിരുന്നില്ല. ഇക്കാലയളവിൽ സജി ജിപിയുടെ ബാലപാഠങ്ങൾ എല്ലാംതന്നെ സ്വായത്തമാക്കി കഴിഞ്ഞിരുന്നു!

വെറുതെ നാട്ടുകാരെ കുറ്റംപറഞ്ഞിട്ടും കാര്യമില്ല കറുത്തിരുണ്ട മെലിഞ്ഞ സജിക്ക് ഒരു ഡോക്ടർക്ക് വേണ്ട ഗെറ്റപ്പ് ഒന്നും തന്നെ ഇല്ലായിരുന്നു.

അടുത്തദിവസം രാവിലെ സജി രോഗികളെ നോക്കികൊണ്ടിരിക്കുമ്പോൾ പെട്ടെന്ന് വലിയ ശബ്ദത്തോടുകൂടി ഒരു പോലീസ്ജീപ്പ് ക്ലിനിക്കിന് മുന്നിൽവന്നു നിന്നു. ഒരു എസ്ഐയും കൂടെ പോലീസുകാരും ചാടി ഇറങ്ങി ക്ലിനിക്കിലേക്ക് ഇരച്ചുകയറി. രോഗികളെ എല്ലാം പുറത്തിറക്കിയശേഷം എസ്ഐ ഷട്ടർ ഇടാൻ നഴ്സിനോട് ആക്രോശിച്ചു. കൂടാതെ കൺസൾട്ടേഷൻറൂമിൽ ഇരച്ചുകയറിയ എസ്ഐ സജിയുടെ സർട്ടിഫിക്കറ്റ് ആവശ്യപ്പെട്ടു. എന്താണ് സംഭവിക്കുന്നത് എന്നറിയാതെ പേടിച്ചരണ്ട് എന്തുപറയണമെന്നറിയാതെ സജി നന്നേവിഷമിച്ചു.

അവസാനം സജി പറഞ്ഞു സർട്ടിഫിക്കറ്റ് എല്ലാംതന്നെ വീട്ടിലാണ് സൂക്ഷിച്ചിരിക്കുന്നത് എന്ന്. അത് കേൾക്കാത്ത ഭാവത്തിൽ എസ്ഐ രാവിലെ എഴുതിയ ഒപിടിക്കറ്റ് ടിക്കറ്റുകളെല്ലാം തന്നെ എടുക്കാൻ ആവശ്യപ്പെട്ടു. അതിൽനിന്നും ഒരെണ്ണം തെരഞ്ഞെടുത്ത് മറുവശത്ത് പേര്, അഡ്രസ്, ഫോൺനമ്പർ എന്നിവ എഴുതാൻ പറഞ്ഞു. നിമിഷത്തിൽ എസ്ഐയുടെ അറിയിപ്പ് വന്നു ഈ ക്ലിനിക്ക് അടച്ചുപൂട്ടി സീൽചെയ്യാൻ പോവുകയാണെന്ന്. തികച്ചും നിസ്സഹായാവസ്ഥനായ സജിക്ക് പെട്ടെന്നാണ് ബന്ധത്തിലുള്ള വത്സലകുമാരി ചേച്ചിയുടെ കാര്യം ഓർമ്മ വന്നത്. ചേച്ചി എസ്പി ഓഫിസിൽ ക്ലാർക്ക് ആയിട്ടാണ് വർക്ക്ചെയ്യുന്നത്. അവസാന കച്ചിൽ തുരുമ്പെന്നോണം എസ്ഐയോട് സജി പറഞ്ഞു സാറിന് സംശയമുണ്ടെങ്കിൽ എസ്പി ഓഫീസിൽ ജോലിചെയ്യുന്ന എന്റെ ചേച്ചിയോട് എന്റെ ഹുൾബയോഡാറ്റ ചോദിക്കാമെന്ന്.

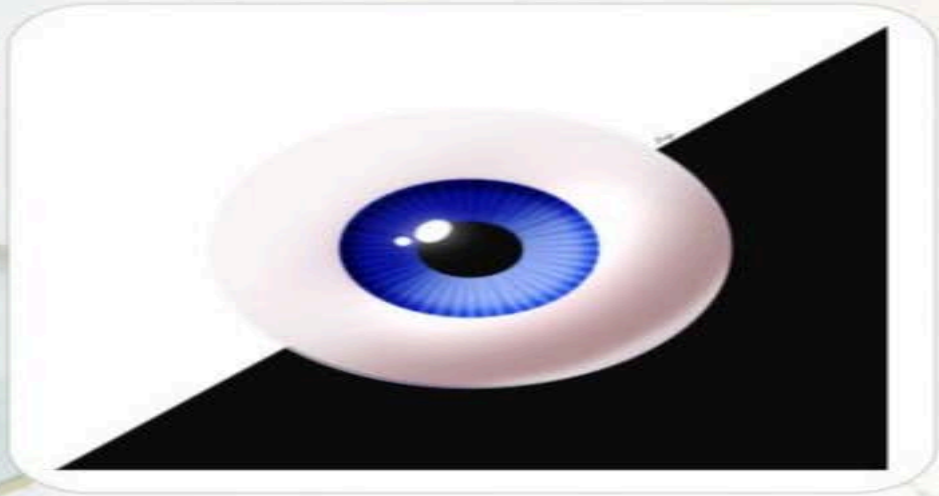
എസ്പി ഓഫിസ് എന്ന് കേട്ടപ്പോൾ തന്നെ കോപാക്രാന്തനായ ഇൻസ്പെക്ടർ വളരെ പെട്ടെന്ന് തന്നെ ശാന്തനായി ക്ലിനിക്കിലെ ഷട്ടർ ഉയർത്താൻ കൂടെയുള്ള പോലീസുകാരോട് ആവശ്യപ്പെട്ടു. എസ്ഐ ഒരു ചെറുചിരിയോടുകൂടി സജിയെ തോളിൽത്തട്ടി സമാധാനിപ്പിച്ചു പിന്നീടെപ്പോഴെങ്കിലും സർട്ടിഫിക്കറ്റ് കാണിച്ചാൽ മതിയെന്ന് പറഞ്ഞു എസ്ഐയും കൂട്ടരും ജിപ്പിൽ യാത്രയായി.
രണ്ടുമൂന്നുദിവസത്തിനുള്ളിൽ സജിയുടെ റിസൾട്ട് വന്നു അങ്ങനെ ഒരുമാസത്തെ ഗ്രാമീണസേവനം നിർത്തി. ഹൗസ് സർജൻസി തുടങ്ങാനുള്ള ഒരുക്കത്തിൽ കൊല്ലത്തുനിന്നും സജി ബസ്സിൽകയറി !

അല്ല ഇന്ന് ഞായറാഴ്ചയായിട്ട് നിങ്ങൾക്ക് ഉറക്കമൊന്നുമില്ലേ! അടുക്കളയിൽ നിന്നും ഭാര്യയുടെ ചോദ്യം ചെവിയിൽ മുഴങ്ങി.... ദിവാസ്വപ്നത്തിലെന്നോണം സജി കയ്യിലെ പത്രം ടീപ്പോയിൽവച്ച് കിടപ്പുമുറിയിലേക്ക് പതുക്കെ നടന്നുനീങ്ങി.....

From Darkness unto Light



Dr Surya D
Junior Resident
GMC Thrissur





Cute Little Girl

Splashes of Dawn



Dr. Mini Mathew
Asst. Professor, RIO,
Trivandrum



No matter how bleak the morn
The dark will clear to dawn,
The time spent in oblivion
Will speak soft,will speed you on.
The Presence that stood us through
Mornings filled with grace and dew
His divine plan fulfilled in you
With vision fresh ,with vision new.
With love abounding,overflowing,
Faithfulness and patience ne'er lacking
Faithless and disobedient we are
His Word is clear,His Word ne'er far.
However dry the desert may seem
Losing hope and daily dream
In the stillness and the dark
The eyes that see, the eyes that hark.
Lift up drooping eyes,
The wonder of the bird that flies
The lilies in their royal darn
They do not toil,they do not mourn.
I will uphold you precious one,
Never tarry the step plus one
Follow the splashes of dawn,
Enriching the beauty of the morn.



Dr. Archana Pushpakaran
Rayhan Eye Hospital
Thriprayar

A street in Europe

Acrylic using palette knife





Dr. Lathika Rajesh
Professor & HOD, Ophthalmology
AIMS, Thrissur

The Sunken Garden

Within each one of us thrives a sunken garden, buried in the nether lands of the subconscious. Harken to its whispers..

'No entry' reads the board.
'The Sunken garden' lies beyond.
A treacherous world, they say,
Dark, mysterious and wild.
Better tucked deep and away,
From the mundane eye.
In the solitary confines out there,
Wild Ferns, like fantasies flourish
Their filiform leaves quiver,
In a tremor of perpetual ecstasy,
With every passing breeze!
Farther out, in the dark marshes,
Where demons still roam unfettered,
I see a lone bloom and a berry wild,
Quietly renew their old promise
Of a new spring, that is yet to come.

The skies open, the rain pelts down,
The wild colocasias wake up in haste,
Their leaves open, umbrella like,
Flaunting red hearts, dangerously bared.
Hearts that thirst to be drenched.



to the very core in the down pour!
Alas! No rain can touch the leaves beyond their lustrous skins,
For the 'non wettable curse' has decreed,
That every drop on the slippery leaves
Must slither down leaving a half caress upon their oily cheeks,
a broken memory in their wretched souls..
To the restless leaves, the wind whispers:
"Let go, let go, for you can never hold."
But the young leaves rustle in mutinous dissent.
Tomorrow', when the green turns yellow'
Their lone hearts shall pale and shrivel;
And the rains shall perhaps cease to overwhelm.

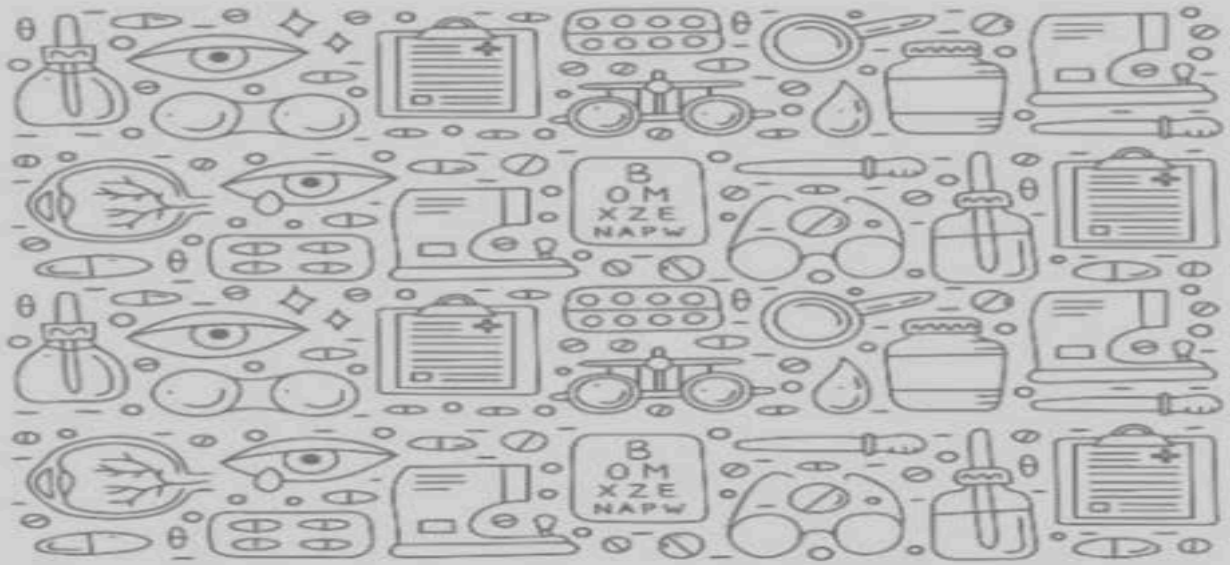
The swamps that hold the great unknown
Lie dark, quiet and threatening,
Watching me in thunderous silence
with its thousand unseen eyes..
All of a sudden, from their unsettling depths,
I see the fear monster rise,
As a bounding beast of the night
Mouth frothing, teeth flashing,
it charges at me with feline grace ;
High above the wall it leaps,
Finding me with shameful ease
The ruthless talons sink deep
My mortal flesh is torn apart,
While the immortal soul bleeds....

What does it matter any way,
When everything starts fading away..
The sunken garden with its mysteries
And the promise of a different spring-
Was all of it just mind's play,
Or had I really come this way?

PS : Inspired by a visit to Lalbagh, Bengaluru on 2.07.23,
where I caught the whispers of 'The Sunken garden'

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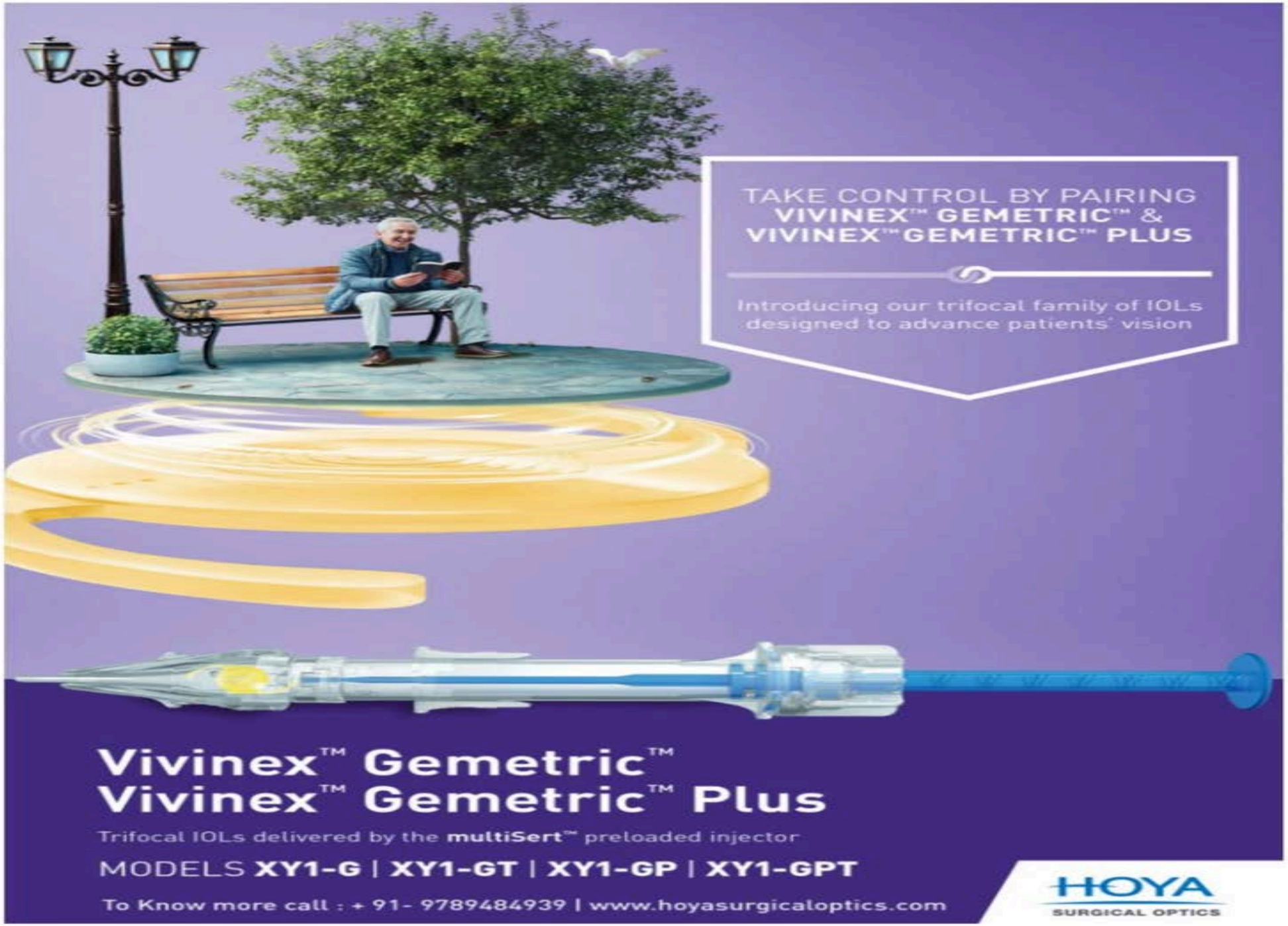
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