THE KSOS connect

The official newsletter of Kerala Society of Ophthalmic surgeons

For private circulation only | Vol XXV, Issue 4 | December 2024

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A SPORTSMAN AT HEART- DR JAMES KURUVILA

Interviewed by **Dr Liji Susan Thomas**



It was with great pleasure that I agreed to interview Dr James Kuruvila, renowned ophthalmologist at Kothamangalam as a part of KSOS Connect. I have known Dr James for the past 25 years and he always comes across as a jovial and humble person. He was awarded the KSOS Lifetime achievement award in the recently held Drishti 2024,at Cochin.With his years of practice, he is a wealth of knowledge and his experience and expertise will benefit the newer generation of Ophthalmologists in their career.

Dr James Kuruvila was born on 17th August 1948 to farmer parents at Kanjirapally, in Kottayam district of Kerala. His ancestral home was around 4-5 kilometers from the town and he remembers how he had to walk the whole distance up and down daily for his schooling. He believes that his interest in sports later on can probably be attributed to this daily dose of exercise he got since 4 years of age.

He did his initial schooling from a local Primary School at Kanjirapally and later from AKJM English Medium School, Kanjirapally run by Jesuit Priests which was probably the 2nd English Medium School to be established in the State. He was more interested in sports then and was selected to the District Football team. Dr James completed his Pre Degree from Sacred Hearts College, Thevara where he again excelled in sports and was part of the college Basketball team who were University Champions.

Coming to why he chose Medicine as a profession, Dr James remembers how, in those times, the only person wearing pants, instead of the usual 'mundu' in his village was the local doctor who he heard had a 'hefty salary' of 1000 Rs per month. To his young mind, that translated to how he could wear pants and live comfortably if he became a doctor. He says that was probably his motivation rather than any altruistic reasons.

To watch the interview click the link:
https://youtu.be/iPI4o9305gE

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MESSAGE FROM THE INCOMING PRESIDENT DRISHTI 2024



Respected Padmashri Dr MR Rajagopal, my dear friend Dr Thomas Cherian, Dr Saju Joseph, Dr Alex Baby, Dr Biju John, Dr Bastin VA, Senior members of the society and friends.

I am deeply humbled and grateful to stand before you today taking over as the 51st President of Kerala Society of Ophthalmic Surgeons, knowing that I have been entrusted with leading our community of dedicated Ophthalmologists with lot of responsibilities.

First and foremost, I would like to express my sincere appreciation to the outgoing President Dr Thomas Cherian for the nice introduction and his contribution in shaping our vibrant society it is today.

I recognize the presence of my teachers, students and well-wishers in this august audience. I would like to acknowledge certain people for the support given to me all these years in shaping up my life and career.

Let me begin with my parents. My father, Dr Gopalakrishna Iyer retired Ophthalmologist from Kerala Health services and my mother Vijayam are the guiding lights for me. I am happy to become the first second generation President of KSOS. He was the President in 1989 and 35 years later I have the fortune to become its President. They are there, always supporting me in every aspect of my life.

Now let me go to another person, my better half, Dr Mallika. We have been together for 25 years. We attended the AIOC 1999 in this same venue. She is with me ever since from our RIO days and we registered our marriage in register office against all odds. She had been travelling more than 200 kilometers daily for the past 24 years just to be with me and my family. A good mother to my kids, a soft-spoken person with common sense and practical management skills, she has been behind me in all my success and supported me in my failures. I would not have reached what I am today without her help. I have to acknowledge my kids Gopal and Goutham for teaching me a lot in life and taking care of me when I had problems.

Other than my father, two others were instrumental in me taking Vitreoretina as subspecialty. Prof PK Kannan who encouraged me to take Retina as Specialty and our own Dr K Mahadevan a brilliant Pan Ophthalmic Surgeon who introduced Retina to me as a Post Graduate student. As the saying goes good teachers are the reason why ordinary students dream of doing extraordinary things. My sincere gratitude to these two teachers.

My training in Sankara Netralaya, Chennai from 1999 changed my life. Two persons I cannot forget. Dr Lingam Gopal one of the best clinician probably in the world and Dr Tarun Sharma an amazing Surgeon who taught me everything regarding communication skills and to empathize with our patients. What I am practicing today is what I learned from the incomparable consultants in SN.

Also, let me thank Dr Giridhar for allowing me to work for the past 23 years with unconditional freedom in clinical and academic activities.

I am reaching a milestone of 10000 Vitreoretinal Surgeries in Giridhar eye institute over the last 23 years. In the best seller book Outliers by Malcom Gladwell, he mentions that for a person to excel in a profession he/she needs to practice for 10000 hours. Mozart started composing after around 10000 hours of hard work. I was happy but destiny had some more in store for me. In July 2024, I had a complicated Myopic Retinal Detachment for which I had to undergo Major Procedures. Although I had done hundreds of these Surgeries for others, having it done in my eye was a different experience altogether. I got first-hand experience of what our patients felt. I experienced the difficulties of vision loss.I knew what it feels to drive with subnormal vision in one eye, or even going down the steps for that matter. I had severe neuralgic pain post buckling. I experienced severe suture irritation. I felt how irritating it is to have a gas bubble inside your eye. I understood the difficulty of sustaining prone position which we routinely suggest to our patients. Tasting my own medicine was really painful. You should know how bad is the stinging sensation caused by many eye drops. But I have taken it positively trying not to forget what it has taught me. I had the audacity to deliver a talk in iROP meeting on first post-operative day after 4 hours GA surgery. The whole experience was an eye opener for me. I made me empathize with our patient in a better way.

Lot of people supported me during these tough times. Hard times will always reveal those who really love and care for you. With the help from Mallika and my kids Gopal and Goutham, I survived the scare. Not to mention the love and affection I received from my patients and staff of Giridhar eye institute. Special mention to my MBBS batch of 89, who stood with me together in crisis times. After 2 months of trauma I am back with full swing of outpatient consultations and Surgery. Much wiser and feeling even more empathetic to my patients. As it is rightly said life can be tough at times but fighting through the pain is worth it. I hope my second innings will be at par with the second phase of ace cricketer Sanath Jayasuriya.

Coming back to KSOS. I started making presentations in 2001 Drishti when I did an instruction course on indirect ophthalmoscopy as a last minute replacement. Since then I am presenting continuously for the past 23 years in various State, National and International meetings. I enjoy presenting free paper in competitive sessions. For each award Dr Thomas mentioned I have presented at least 2-3 times. I request our young ophthalmologists to participate in free paper sessions which is the yardstick of measuring your academics. Participation is the key and winning is secondary.

Meanwhile I could serve the society as KJO editor, Scientific Committee Chairman and General Secretary and contribute in whatever possible way. One memorable event was virtual drishti in 2020 led by Dr Rajiv Sukumaran when even the world was learning what webinars are.

Now I am in the final lap in KSOS.

Lot of efforts have been done to streamline KSOS activities by our senior members. Now I can say for sure that ours is one of the most systematic and regularized societies among our fraternity in the country. Thanks to all the contributions by past office bearers. I learned a lot from my elder brothers in KSOS, Dr Sasikumar and Dr Saikumar and veterans like Dr N Radhakrishnan sir and Dr PI Mohan sir, who literally lives for KSOS. Now this being the inauguration of KSOS projects and activities for the year 2024-25 I need to put forward my agenda. I will continue all popular and useful projects of the KSOS started by my predecessors.

I am in referral practice for more than 2 decades and have seen the ophthalmologists struggling against baseless litigations. All of us work for the betterment of quality of life and quality of vision of our patients. I did a course on Post Graduate Diploma in Medical Law and ethics from NUALS Kochi, which changed my outlook. I would like to create awareness among ophthalmologists about safe and ethical practice. This I am

proposing as a new project for the coming year. It will be titled "improving legal literacy among Ophthalmologists". We are planning to conduct interactive sessions in all District Clubs and bring out a proper consent forms for ophthalmic procedures in Malayalam. This will be my small contribution to the society during my term as President.

I envision our Society as a beacon of excellence, driving innovation and improving patient outcomes. I look forward to working closely with each one of you to achieve these goals. I am confident of taking our society to greater heights with the whole-hearted co-operation of all of you. None of us is as smart as all of us. With your support, we cannot fail

Together let us shape the future of Ophthalmology in Kerala.

Thank you once again for bestowing your trust in me to lead KSOS.

Jai KSOS, Jai Hind

Dr Mahesh Gopalakrishnan

PRESIDENT'S MESSAGE



Dear friends,

I take this opportunity to thank you once again for the love and respect you have shown towards me during my tenure as the KSOS President. Dr. Mahesh has taken over as the President, I wish him and his team, all the very best. When I move to my rightful place in the Past Presidents' gallery, its my dream that our wonderful society grows in stature, both academically and organisationally, our young brigade is capable in taking it forward.

Wish you all the best.

Jai KSOS

Dr. Thomas Cherian

President, KSOS

Mobile: 93886 05608

GENERAL SECRETARY'S MESSAGE

Dear All,

We just had an extremely fulfilling DRISHTI 2024 . The LOC led by Dr Saju Joseph & Dr Alex Baby and the Scientific Committee led by Dr Bastin V A deserves rich compliments for all the arrangements and the flawless conduct of the entire Conference. The total registrations reached a record high of 1,236 participants. "Drishyolsavam" the cultural festival deserves special mention. The Pre-conference Seminar was held on November 22, 2024, at Hotel Kabani Palace, Muvattupuzha. Dr Mahesh G took charge as the President of KSOS during the inauguration of the new KSOS year on the first day of Drishti 2024.

DRISHTI 2025 will be organised by Kollam Ophthalmic Association assisted by Trivandrum Ophthalmic Club and Ophthalmic society of Pathanamthitta. Proposed venue is Leela-Raviz Kollam and inspection of this venue will be conducted on 29th December 2024 by KSOS Office Bearers.



The major decisions taken at the last ECM (29th Nov 2024) and General Body on 30th Nov 2024 are given separately . The list of award winners will be posted in the Scientific Committee Chairman's report. Congratulations to all the award winners.

Jai KSOS

Dr. Biju John

Major Decisions taken at the ECM on 29th November 2024 held at Le -Meridien

1. 1.56 Lakhs was collected for Wayanad disaster and Rs. 97,700/- was spent on spectacles distributed. The remaining amount will be utilised with the help of Wayanad club by identifying suitable opportunities in the area. Dr Sreeni Edakhlon also will be helping.
2. IAC suggested that KSOS tops up the remaining amount to 5 Lakhs and a project identified by the new Wayanad Ophthalmic Club for disaster relief be funded by us.
3. Existing Oration funds will be topped up to 5 lakhs from the KSOS funds.Future award funds should be at a rate of 10 Lakhs and any future Oration fund will be 25 Lakhs, subject to ratification by AGB.
4. LOC report also to be included in the 3rd edition of the Newsletter so that the Drishti preparations and activities can be conveyed to members.
5. Spandanam editor and team to be selected in the first ECM itself
6. Krishnamoorthy Sir's request for 2 book releases in GB can be allowed
7. KSOS Candidates for AIOS LDP program to be selected as per seniority of age from applications received before 5th December and the candidates from the KSOS LDP program who have expressed interest.
8. Hereafter 7 complimentary rooms will be kept aside in the venue during conferences - 5 for KSOS and 2 for LOC.
9. Hereafter Reception Committee category of registration will cease to exist

TREASURER'S MESSAGE



Dear Friends,

From the Treasurer's desk:

IAC suggested that the Oration funds be topped up to 5 lakhs from the KSOS funds. The same has been done.

Also the IAC suggested that future award funds should be at a rate of 15 Lakhs and any future Oration fund should be 25 Lakhs. Oration funds as now mature in December 2024 and the top up can be then. This was approved in the GB on 30th November 2024.

The Teachers of Tomorrow will be named as per wish of the Kozhikkode Ophthalmic Club as per GB decision on payment award fund amount.

1.56 Lakhs was collected for Wayanad disaster and Rs. 97,700/- was spent on spectacles distributed. IAC suggests that KSOS tops up the rest to 5Lakhs and a project identified by the new Wayanad Ophthalmic Club for disaster relief be funded by us as was reported in the last GB and agreed upon.

Also as per suggestion from the IAC, we made an autosweep FD in the ICICI account of 50Lakhs. Suggestion was to make such FDs as and when our current account funds cross 75 Lakhs.

The Drishti 2024 went off well and we could pay off the bills from income generated. We expect a reasonable income over expenditure from the conference also.

Also subsequent to our Karnataka Bank account being made a current account, we have placed the membership collection of this financial year into a short term FD till 31st March when we need to make our life membership FD to make interest income more efficient. I suggest that this be a regular action after each Drishti (as maximum memberships come before it).

The preparations for the Drishti 2025 have started already in earnest. The venue inspection was on the 29th December. In the same plans for conduct was also deliberated upon.

The GST filing and IT filings are going on smoothly.

Jai KSOS.

Dr. Thomas George T

SCIENTIFIC COMMITTEE CHAIRMAN'S MESSAGE



The scientific committee was working in full swing for the smooth conduct of academic programs of Drishti 24. The KSOS COC Gold Medal Examination for PGs was conducted at Amrita Institute of Medical Sciences on Sunday, 10th November 2024. Of the 140 PGs registered, 110 wrote the screening test. Dr Raniya K P, Giridhar Eye Institute, Kochi won the exam. The Pre-conference for the Optometrists, Foresight 24, was conducted at Hotel Kabani Palace, Muvattupuzha on Sunday, 24th November 2024. The detailed Scientific Program book of Drishti 24 was released in the inaugural function of the pre conference by KSOS President Dr Thomas Cherian. The scientific presentations of Drishti 24 were run in six halls. The Surgical Wet Lab was conducted in the 7th hall on day 1 and 2. This time 126 physical posters were displayed in the poster area. All the videos of Padma Shri Dr S Tony Fernandez videos awards were running in the video kiosk on all three days. The winners of the competitive sessions are as follows

AWARD NAMES	AWARD WINNERS
DR K C SANKARAMENON FREE PAPER AWARD SESSION	[FP83] : IS THERE A ROP EPIDEMIC? RESULTS FROM A DECADE OF ROP EXPERIENCE AT A TERTIARY CARE CENTRE IN KERALA CHIEF & PRESENTING AUTHOR : DR.NATASHA RADHAKRISHNAN(M.NO:KSOSID0845) CO AUTHOR(S) : DR.RAMYA J
PADMA BHUSHAN DR P SIVA REDDY AWARD SESSION	[FP22] : OUTER RETINAL MICROVASCULAR CHANGES IN MACTEL: DIFFERENTIATING PATTERNS CHIEF & PRESENTING AUTHOR : DR.UNNIKRISHNAN NAIR R(M. NO:KSOSID0829) CO AUTHOR(S) : DR.INDU J NAIR,DR.MANOJ S
PADMA SHRI DR S TONY FERNANDEZ VIDEO AWARDS FINAL	[VT1]:BREAKING THE MOULD - UNCONVENTIONAL TECHNIQUES IN CONVENTIONAL VITREORETINAL SURGERIES CHIEF & PRESENTING AUTHOR : DR.SHISHIR VERGHESE (M.NO:KSOSID1468) CO AUTHOR(S) : DR.PRITHVI CHANDRAKANTH (KSOSID1810)
PROF. K S SUBRAMANIAM P G FREE PAPER AWARD SESSION- FINAL	[FP105] : E LOG- ATLAS: A TIMELESS REFLECTION OF POSTGRADUATE LIFE. CHIEF & PRESENTING AUTHOR : DR.BRINDA. K(M.NO:KSOSID2452A)
DR NOEL MONIZ MEMORIAL ANTERIOR SEGMENT FREE PAPER AWARD SESSION	[FP112] : LOOKING BEYOND SCHIRMER'S TEST IN IDENTIFYING SJOGRENS SYNDROME. CHIEF & PRESENTING AUTHOR: DR.SUGARANJINI G (M.NO:KSOSID2070) CO AUTHOR(S) : DR.ANAGHA.M,DR.VINAY S PILLAI
COC RETNET POSTERIOR SEGMENT FREE PAPER AWARD SESSION	[FP116] : LUMI-INDENT : AN ECONOMICAL AND HANDY SCLERAL INDENTER CUM RETINAL TRANSILLUMINATOR CHIEF & PRESENTING AUTHOR : DR.CHANDANA PRABHAKAR(M.NO:KSOSID2453A) CO AUTHOR(S) : DR.BRINDA. K,DR.CHANDRAKANTH K S,DR.PRITHVI CHANDRAKANTH

DR KGR NAIR MEMORIAL FREE PAPER AWARD SESSION	[FP89] : EVALUATION OF FUNCTIONAL & COSMETIC OUTCOME AFTER SURGICAL CORRECTION OF MONOCULAR ELEVATION DEFECT CHIEF & PRESENTING AUTHOR : DR.NEENA R(M.NO:KSOSID1351) CO AUTHOR(S) : DR.MARIAN PAULY
DR S MOHANDAS FREE PAPER AWARD SESSION	[FP2] : COMPARISON OF SUPERIOR AND INFERIOR LASER PERIPHERAL IRIDOTOMIES IN PRIMARY ANGLE CLOSURE DISEASE CHIEF & PRESENTING AUTHOR : DR.MITHUN THULASIDAS(M.NO:KSOSID2450)
TACO POSTER	POSTER[TP54] : IS THIS ROP? LOOK AGAIN! CHIEF & PRESENTING AUTHOR : DR.LEKHA T (M.NO:KSOSID1925)
TACO PG QUIZ 2024-WINNERS	DR BINUJA V A, DR AFIYA R GOVT. TD MEDICAL COLLEGE, ALEPPY
TACO PG QUIZ 2024 – RUNNER UP	DR. LIZBETH DR. RAHUL AMALA INSITUTE OF MEDICAL SCIENCES - THRISSUR
OPL	BEST TEAM WINNER - TRIVANDRUM MACHANS RUNNER UP - THRISSUR GADDIES BEST ENTERTAINER WINNER - DR BIJU JOHN RUNNER UP - DR MINU MATHEN BEST SCIENTIFIC VIDEO WINNER - DR PRITHVI CHANDRAKANTH RUNNER UP - DR VANASHREE NAIR BEST COSTUME - KOZHIKOD CHUNKS BEST PROMOTIONAL VIDEO - KOCHI BROS AUDIENCE WINNERS BEST TEAM - THRISSUR GADDIES BEST ENTERTAINER - DR. MINU MATHEN BEST VIDEO - DR. MINU MATHEN, DR INDU
PHOTOGRAPHY COMPETITION	ANTERIOR SEGMENT WINNER - DR ANASWARA M JOHN RUNNER UP - DR ASWATHY VIJAYAN POSTERIOR SEGMENT WINNER - DR NIKHIL K RUNNER UP - DR ANJU KURIAKOSE NATURE WINNER - DR MANJU M RUNNER UP - DR GOWRI PEOPLE WINNER - DR MANOJ VENUGOPAL RUNNER UP - DR ASWATHY GRAND WINNER DR ROHAN SURESH NINAN

All together it was a memorable Drishti. All the programs were running smoothly and on time. I extend my sincere thanks to the LOC especially the Organizing Chairman Dr Saju Joseph and the Chief Organizing Secretary Dr Alex Baby. The hall management was done in an exemplary way under the leadership of Dr Thomas Arun Varghese. Special mention to Dr Aparna Varghese, Dr Sumitha Jacob, Dr Ciju Joseph, Dr Ann JK, Dr Reesha KR, Dr Teena A Varghese, Dr Manju Anup, and Dr Padmasree who assisted Dr Thomas Arun. This time wet lab was conducted in 10 different stations simultaneously under the leadership of Dr Vijayalaxmi with the support of staff from the Comtrust Eye Hospital, Kozhikode. My sincere thanks to all of them and also to Dr Rajesh Chells and Dr Lakshmi J.

Finally I thank my team members Dr Merine Paul, Dr Marian Pauly and Dr Rajesh OT for their whole hearted support and also to all the office bearers and senior mrmbers of KSOS.

Dr Bastin V A

KJO EDITOR'S MESSAGE



The KSOS - KJO Appreciation certificates

Kerala Journal of Ophthalmology introduced this first time initiative to celebrate the efforts of our reviewers, who are generally the unsung heroes of publication. Appreciation Certificates for the year 2024 were awarded to top three reviewers and the most prolific author with maximum number of submissions, as recommended by the Editor in Chief, KJO. Dr Thomas Cherian,President KSOS (2023-24) gave away the awards during the KJO session at Drishti 2024.

KJO RASTA (Research Associated Skill Transfer for All)

An exclusive session named KJO RASTA was organised by KJO at Drishti 2024 to empower aspiring clinical researchers in basic research skills.The session ran to full house and the talks were well appreciated.

The latest issue of KJO (September-December Issue Vol 36 Issue 3), which is also the last issue of 2024 was brought out on time in early December. The Digital KJO too was mailed to all KSOS members.

Dr Lathika Vasu Kamaladevi





WEBSITE EDITOR'S MESSAGE



Dear Members

As we welcome a new KSOS calendar under the new President we wish to continue the good work of improving and maintaining our website. This year we wish to add more academic contents and also useful content for the general public. As the coming year will be an election year for KSOS we want to get things in place before the next Annual Conference. Once again I request all members to update your profile by visiting the website so that no official communication is missed . I thank you all for the cooperation extended so far and expecting same for the coming year too.

Regards

Dr V Sujith Nayanar

continued from page 1...

After College, he gave the Medical Entrance Exams to the various Institutions. Though he made it to the final round of both AFMC and St Johns Medical Entrance list, he couldn't get through. But he came out as one of the top candidates in the Manipal University Entrance exams and was accepted there. Dr James considers studying there a great blessing since there were students from all over India and even countries like Malaysia, Srilanka, UK and USA there. He made lifelong friends there with whom he still keeps in touch. He jokingly tells that he can travel around the globe, with nothing else, but the clothes on his back and his friends from all over the world would take care of the rest!!

Even during the MBBS days, he was active in sports and represented Mysore University in Athletics, Badminton and Basketball. He wanted to do Post-Graduation in Sports Medicine after his MBBS, but that did not materialize.

When asked about how he got into the field of Ophthalmology, he recounts how it was a chance encounter with his Ophthalmology professor Dr Srinivasa Rao that made him take up ophthalmology. After failing in his final year MBBS exam and in fear of losing out on a PG seat, it was Dr Srinivasa Rao who guided him about the extra credit points he was eligible for representing the College in various sports events at the University level. That ensured a seat for him in Ophthalmology and he did his Post-Graduation under Dr Srinivasa Rao and was in charge of the camps during his tenure there.

He recounts an unforgettable experience in his PG life, where he met a 9 year old girl named Prabhavati, who was abandoned by her parents as she had a huge foul smelling mass and proptosis in her left eye. Dr Srinivasa Rao and Dr James took up the challenge of looking after her and treated her for two and a half years, along with other departments. Dr James used to go around collecting money and urging people to donate blood for her treatment. In that time, he managed to raise three lakh rupees for her treatment and even donated his own skin for the subsequent skin grafts she required. She went on to complete her studies, did nursing and even worked in the Cancer wards later. Dr James fondly remembers how she used to send him regular greeting cards till her death in her forties. This case was presented as a paper in the KSOS conference, in 1976, held at Tellichery.

Dr.James believes it was mere luck and a bit of swimming prowess that helped him pass the M.S. Exam in the first shot.At that time no body used to pass M.S.or M.D.in the first attempt unless you were extremely brilliant.Being the junior most among the six candidates who wrote the exam,he thought his chance to add M.S.to his M.B.B.S degree would come only after one or two chances.On the day of VIVA,not wanting to miss his exercise,he went for his usual swimming routine in the college pool.There he noticed two elderly gentlemen doing dog paddling in the shallow end .They greeted each other and he showed them the rudiments of free style swimming , the turns,the curls, the dives etc.Then he rushed off for his exam without actually knowing who they were.They were the examiners for his VIVA.Both parties were surprised to see each other in the exam hall. He was not very satisfied with his performance but he passed the exam when all the others failed.He feels his swimming coaching in the morning might have played a major role in his success.



Being the only guy who passed in that exam,he got Dr.M.C.Modi Gold Medal.The first rank also earned him a scholarship and opportunity to do fellowship in Retina in Melbourne University. There,for the first time,he saw Indirect Ophthalmoscope which took almost 6 months to master, Applanation tonometery, Fluorescent angiography , streak retinoscopy etc.

After completing his Fellowship, he returned to Manipal University, but there were no vacancies there. So he came down to Kochi to visit his sister who was living there at that time. During the visit, his brother in law, who was a lawyer, introduced Dr James to some nuns from



Family 2019



In the Mysore university blazer 1971 to 1976.



Suited and booted for for the Melbourne trip for fellowship training 1978

Kothamangalam who were paying him a visit. To the good fortune of Dr James, they were looking for an Ophthalmologist at the St Joseph's Hospital, Kothamangalam, run by them. That is how, in 1979, he shifted base and settled at Kothamangalam and started working at St Joseph's Hospital where he continued for 12 long years till 1991 before starting his own clinic, 'James Eye Clinic' at Ayyankavu,near Kothamangalam, where he is still active with his patients who come to him from far and wide.

Dr James is married to Rohini, a homemaker, whom he met while studying in Mysore. Theirs is a sports romance born in the basketball courts while playing for Mysore University. They have known each other for over 50 years and have been married happily for 46 years. They have 3 kids-2 girls and a boy, all of whom are professionals and well settled .Dr James attributes his professional success to the huge support provided by his wife and family.

His hobbies include reading and anything sports related including swimming, cycling and trekking. He holds dear the memory of playing against Prakash Padukone, the legendary Badminton player and even managing to score some points!

Dr James' advice to young Ophthalmologists is not to stop their learning after MS degree. He urges them to go for a Fellowship or work under prominent doctors and in established Institutions to further their knowledge to help in the long run.

In June 2025, Dr James will be starting his 50th year of association with Ophthalmology.When he looks back, he sees no reason to complain about any thing.A life well lived so far in the field.







Prepared by **Dr Deepthi John**, Consultant Ophthalmologist, TVJ Eye Hospital, Kothamanagalam.

REPORT OF DRISHTI24

The 51st Annual Conference of KSOS Drishti24 was held at Lemeredian Convention Centre Kochi on 29, 30 of November and 1st of December 2024.

Idukki Malanadu Ophthalmic Club (IMOC)was the main organizing club along with COC and KOS.

Dr Saju Joseph was the Organizing Chairman and Dr Alex Baby was the Chief Organising Secretary.

The Pre conference Optometry CME was conducted at Hotel Kabani Palace Moovattupuzha on 24th of November and was attended by a record number of 300 delegates.

1239 Delegates registated for Drishti24 (For the first time in the history of Drishti registrations crossed 1100.)

80 trade stalls were booked for the conference -again a record.

The registration counter opened the day before the Conference at the venue .The preview room was also ready the day before the conference.

The Conference started with a short inaugural function at Oman hall on 29th of November before the 1st session.

Scientific Sessions were held in simultaneously in 7 halls, including a separate hall for Surgical Skill Transfer Course (SSTC).

The inaugural function on 29th was very well attended.

Dr. MR Rajagopal the father of Palliative Care in India was the chief guest, and he inaugurated the new KSOS year 2024-25.

Dr Mahesh G was installed as the 51st President of KSOS by outgoing President Dr.Thomas Cherian in the function. Senior members Dr James Kuruvilla and Dr.E J Mani were honoured with life time achievement awards in the function.

Dr.Radharamanan was presented with the prestigious PK Alexander Oration Award by the Chief guest.

Drishti 24 souvenir Drishyam and literary magazine Spandanam was also released in the function.

The Chief guest also presented the various scientific awards in function.

The inaugural function was followed by Drisyotsavam the cultural fest of KSOS which was a huge success.

Maximum number of delegates attended the 2nd day of conference. The General Body was also well attended. The Banquet night with Ganamela and DJ Blast was memorable and was enjoyed by all. The arrangements made for the trade delegates and trade stall facilities were appreciated by all trade friends.

Even in the last day of the conference the delegates were there in good numbers .

The KSOS flag was handed over to Team Kollam in the valedictory function held at Oman Hall after the programmme and thank you plaques were handed over to key persons who were behind the show including audio visual team , event coordinators and programme coordinators.

On behalf of IMOC, I would like to thank KSOS and it's members for making Drishti24 a grand success in every aspect.



Dr Alex Baby

Chief Organising Secretary

Drishti24














DRISHTI 2024
51st ANNUAL CONFERENCE OF KERALA SOCIETY OF OPHTHALMIC SURGEONS
















DRISHTI 2024
KSOS
Script & Direction: Dr Biju John C
Actors
Dr Anitha Prabhakaran
Dr Tinu Mary Thomas
Song
Dr Anitha Prabhakaran
Dr Tinu Mary Thomas
Dr Liya Mariam John
RENCE OF KERALA SOCIETY OF OPH


DRISHTI 2024
KSOS




DRISHTI 2024




DRISHTI 2024

REPORT OF DISTRICT CLUBS

TRIVANDRUM OPHTHALMIC CLUB

Trivandrum Ophthalmic Club conducted a Monthly Clinical Meeting on August 21, 2024 at Hotel SP Grand Days. The quest speaker was Prof.Dr.Rohit Shetty, Consultant Cornea and Refractive Surgery, Chairman, Narayana Nethralaya. The topic was "Biology and Clinician" .There was post graduate presentation aswell. Dr. Shihail Jinna presented Interesting Clinical Dilemmas. The clinical meeting was chaired by Dr. V.Sahasranamam. TOC President Dr. Minu Mathen thanked the speakers.



Monthly Meeting of TOC in August was a grand function at hotel Apollo Dimoro, Thampanoor. There was Onam celebration along with the scientific program.



The topics for the scientific programme were on Retina. Dr.Vasumathy Vedantham, Consultant Vitreoretinal Surgeon, medical director Radhatri Nethralaya presented a topic, "Diabetic Retinopathy, how to navigate the grey and red areas". The second speaker was Dr. Parag Shah, consultant medical retina, Aravind Eye Hospital, Coimbatore who presented a topic, "ROP, still an enigma".

Onam celebration was a memorable experience enriched by cultural activities like Thiruvathira dance by TOC lady doctors, fusion dance by post graduates, songs by TOC members.







There was a unique interactive session featuring senior TOC members Dr.Susheela Prabhakaran and Dr. Susheela.B.Nair. The meeting was followed by a grand Onasadya .







The TOC meeting for the month of October was on 9-10-24 at hotel Vivanta Taj, Trivandrum, " The golden triangle -premium IOL, premium surgeon, premium surgery" by Dr. Mohan Rajan(Rajan Eye Care Hospital,Chennai). Dr.Minu Mathen and Dr. Swapna Nair cochaired the session. There was a PG case presentation by Andrea Shaji Pandoth from Karakonam Medical College.

There was a public awareness drive regarding awareness of World Sight day. A flash mob by Sreenetra Eye Care in association with TOC, as a public awareness program was conducted on 10-10-24.





KOLLAM OPHTHALMIC ASSOCIATION

Activities From October 1st to December 31st

October

WORLD SIGHT DAY

10/ 10 /24 Bishop Benzigar Hospital conducted Blind Walk and Oath taking ceremony in relation to World Sight Day. Doctors ,staff and nursing students attended the walk and took the oath. Flagged off by Hospital Director. Around 100 participated



20/10/24-KOA conducted a camp related to worlds sight day on 20/ 10/ 24 at TD Nagar Kalamandir from 10:00 a.m. to 1:00 p.m. in association with TD Nagar Residence Association .Camp was inaugurated by Dr K Balakrishnan our founder member.













TD Nagar Association Secretary Mr Murali V Sharma gave a warm welcome to all. Dr Shiney Nepoleon KOA Secretary gave felicitation. After that Dr P Ramesan took an awareness class related to Word Sight Day. TD Nagar Association treasurer Gopalakrishna Rao delivered vote of thanks. After the meeting camp started. Dr P Ramesan, Dr Maheshwary S, Dr Sridevi P R, Dr S Venugopal, Dr K Balakrishnan lead the camp. Around 150 patients attended the camp. 12 patients were selected for cataract surgery and sent to district hospital. Free medicines were distributed. Spectacles were given at reduced cost.





ASHTAMUDI OPHTHALMICA 2024

27/10/24- KOA conducted its annual CME ASHTAMUDI OPHTHALMICA 2024 at Quilon Beach Hotel from 8:30 a.m. to 1:30 p.m, named as TABLE TALKS. Organising Chairman was Dr N Prasanna Kumar and Organising Secretary was Dr Haripriya H. It was a new concept. The name and concept were suggested by Dr Rajiv Sukumaran and Dr Jayasree Rajiv. 5 tables were arranged-Cornea, Cataract, Retina, Glaucoma and Innovations and LB. For each table 1 instructor and 3 co-instructors and 1 coordinator from KOA. Total 3 rounds 1 hour each.

Registration started at 8 30 am. Dr Yasmin Ali, Dr Megha Sugunan, Dr Haleema managed registration.





SESSION 1- Started at 9 am.

Cataract Table-Co-ordinator -Dr Divya Kishan

Topic -SICS in difficult situation





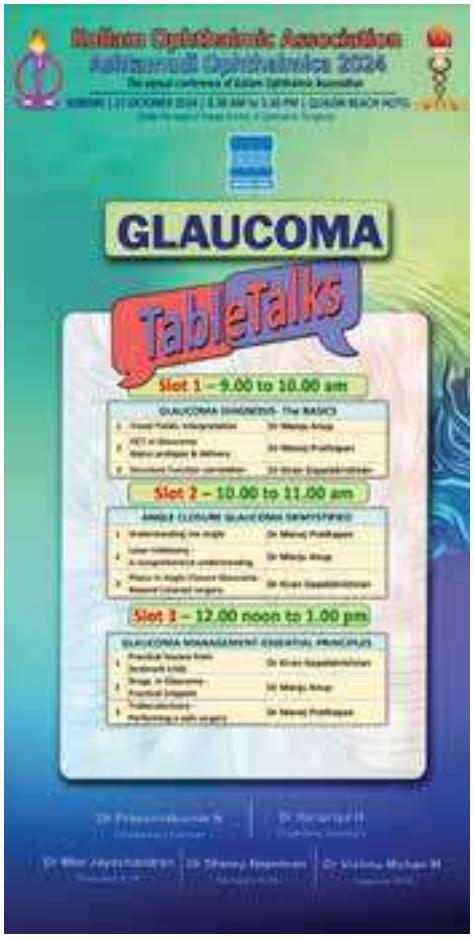


1.SICS in hypermature cataract and small pupil. Speaker-Dr Sandhya N

2.Managing tunnel related problems, difficult nucleus-Speaker-Dr Ashish Kuruvila

3. Converting Phaco to SICS and SICS to ECCE-Dr Minu Mathen

Glaucoma Table-Co-ordinator -Dr Rajitha R J





Topic -Glaucoma Diagnosis-Basics





1.Visual Field Interpretation -Speaker - Dr Manju Anup

2. OCT in Glaucoma -Basics -Speaker-Dr Manoj Prathapan

3.Structure function correlation – Speaker- Dr Kiran Gopalkrishnan.

Cornea Table - Co-ordinator -Dr Arya U V



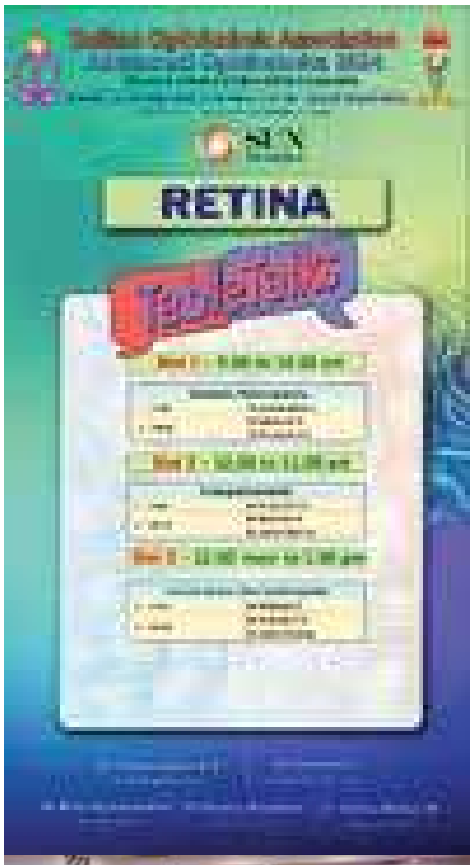


Topic-Allergic Eye Disease

Lead- Dr Vinay S Pillai

Panel -Dr Aneeta Jabbar, Dr Sachin Mathew George

Retina Table -Co-ordinator-Dr Lekshmi Sree





Topic: Diabetic Retinopathy

Lead -Dr Ashok Nataraj

Panel-Dr Mahesh G, Dr Prakash V S

Innovations and L BO Table -Co-ordinator-Dr Anjana Nair S





1. Topic -Innovations and LBO

Slit Lamp photography/video editing - Dr Prithvi Chandrakanth, John Davis Akkara

2.Non-Verbal Communication-Dr R R Varma

Session 2- Started at 10 am

Cataract table-





Topic -Phaco Complications

1. Phaco in challenging situations -Dr Minu Mathen
2. Anterior capsule and rhexis related issue in Phaco-Dr Ashish Kuruvila
3. Management of PCR during Phaco - Dr Sandhya N

Glaucoma table





Topic -Angle Closure Demystified

1.Understanding the angle -Speaker -Dr Manoj Prathapan

2.Laser Iridotomy -A Comprehensive Understanding-Speaker Dr Manju Anup

3.Phaco in angle closure glaucoma -Beyond cataract surgery-Speaker- Dr Kiran Gopalakrishnan

Cornea Table



Topic -Post operative corneal edema -prevention and management

Lead-Dr Sachin Mathew George

Panel-Dr Vinay S Pillai, Dr Aneeta Jabbar

Retina Table













Topic -Oculoplasty and L B O

1.Integrating Oculoplasty = Enhancing daily ophthalmology practice -Speaker Dr Marian Pauly

2.Stress Busting for the Ophthalmologist - Speaker Dr R R Varma

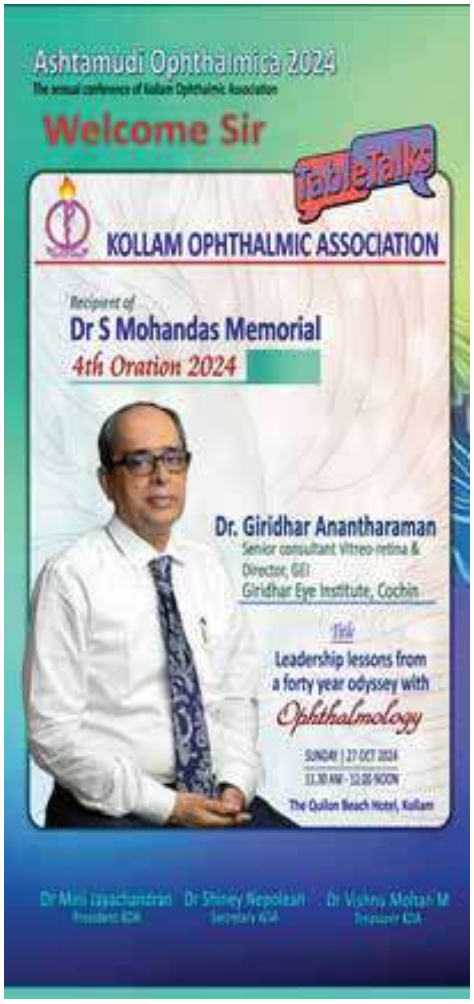






Inaugural function started at 11 am. Function started with a prayer song by Dr Anjana Nair S.Dr Prasanna Kumar Organising chairman gave a warm welcome to all. After that KOA President Dr Mini Jayachandran delivered Presidential address. After the Presidential address Dr Thomas Cherian KSOS President inaugurated the CME by lighting the lamp. This was followed by inaugural address. After the inaugural address Dr Mini Jayachandran KOA President presented Dr S Mohandas Memorial oration award to Dr Giridhar Anantharaman, Senior Consultant Vitreoretina and Director, Giridhar Eye Institute, Cochin.



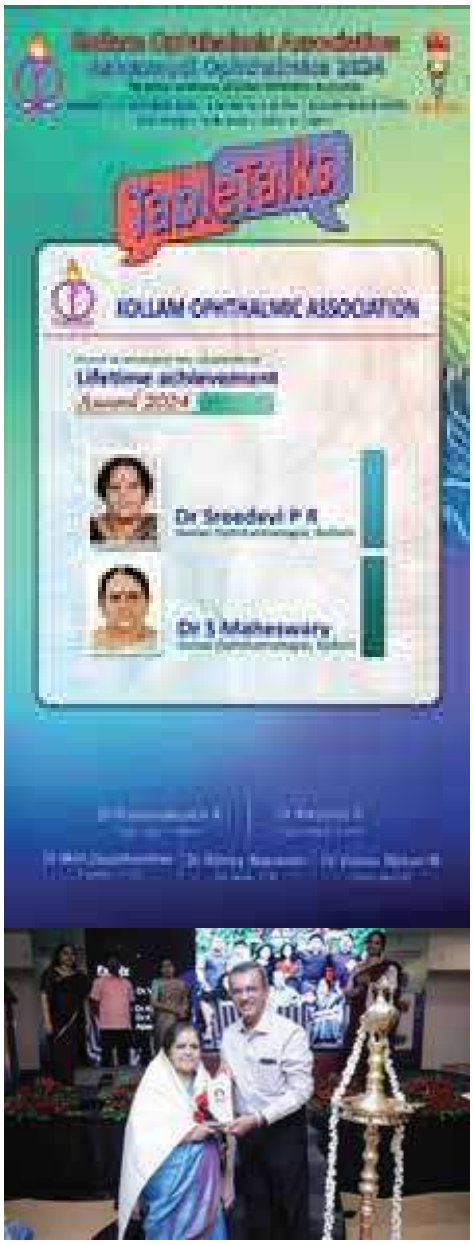


A memento was presented to Dr Giridhar by Dr Rajiv Sukumaran



This was followed by life time achievement award ceremony .Two senior members from KOA received lifetime achievement award, Dr Sreedevi P R and Dr S Maheswary.





They were adorned with Ponnada by KSOS President Dr Thomas Cherian and plaque were given. After receiving the award Dr Sreedevi and Dr Maheshwari expressed their gratitude for honouring them. This was followed by distribution of certificate and cash prize for winners of essay writing competition held in Lions club Kollam related to eye donation fortnight.





Essay writing was conducted both in English and Malayalam .Winners of English essay writing are-1st prize 5000 Rs and certificate to Meenakshi K,2nd prize Rs 3000 and certificate to Shreya Vinod ,3rd prize 1000Rs and certificate to Devanandana S. Winners of Malayalam essay are 1ST prize 5000 Rs and certificate to Sridevi S ,2nd prize 3000 Rs and certificate to Aishwarya R B,3rd prize1000 Rs and certificate to Akash P. Award was presented to the winners by KSOS President Dr Thomas Cherian After that Dr Shiney Nepolean KOA Secretary gave felicitation which was followed by vote of thanks by Dr Haripriya H, organising Secretary.

After the inaugural function oration started.



Chairman was Dr K Mahadevan and Co-Chairman was Dr Divya Kishan. Topic was Leadership Lesson from forty-year Odessey with Ophthalmology. Sir beautifully described his journey as an Ophthalmologist as well as a leader which was very new and enlightened us. This was followed by third session

Session 3

Cataract table-started at 12 pm

Topic-Premium IOLs

1.Tips on Toric and enhanced monofocal IOL implantation-Speaker- Dr Ashish Kuruvila





2.Optimising outcome in EDOF and multifocal IOLs -Speaker- Dr Sandhya N

Glaucoma table



Topic -Glaucoma management - Essential principles

1.Practical lesions from landmark trials -Speaker =Dr Kiran Gopalakrishnan

2.Drugs in glaucoma-practical snippets-Speaker-Dr Manju Anup

3.Trabeculectomy-performing a safe surgery - Speaker-Dr Manoj Prathapan

Cornea Table







Topic -Cornea diagnosis made simple

Lead -Dr Aneeta Jabbar

Panel-Dr Sachin Mathew George, Dr Vinay S Pillai

Retina Table



Topic -Central Serous Retinopathy

Lead -Dr Mahesh G

Panel-Dr Prakash V S, Dr Ashok Nataraj

Innovations and LBO Table

1.Topic -Innovations and LBO







2.Slit Lamp photography/video editing-Dr Prithvi Chandrakath, Dr John Davis Akkara

3.Why should an Ophthalmologist read literature? - Speaker-Dr R R Varma

Sessions were very informative and involved direct interaction with eminent speakers and experts which helped to gain more knowledge. Mementos were presented to speakers by Dr Jayaprasad, Dr Rajiv Sukumaran and Dr Gopinathan.





CME was followed by tasty dinner. Around 103 delegates and 27 supportive staffs attended the meeting.














Individual Achievements

Dr Rakhi P D Cruz got Best Free Paper Award for Community / Social Ophthalmology in mid-term AIOS




November

1/11/2024 Chaithanya Eye Hospital conducted an eye camp at Union Bank, Kollam for their staff. Dr Hari Priya H lead camp and gave awareness talk about eye diseases. Around 35 staff attended the camp.



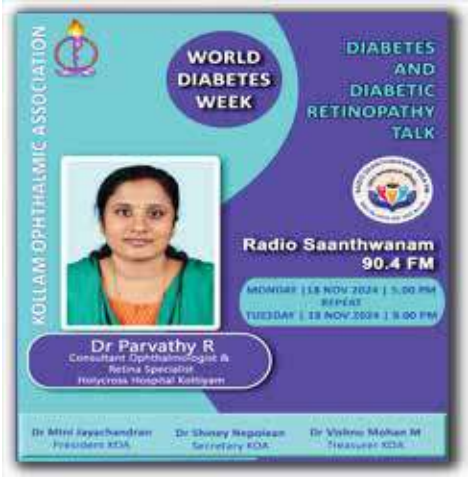


World Diabetic Day

14/11/24 KOA conducted an awareness talk in Radio Benzigar from 9 30 am to 10 am related to World Diabetic Day. It was a live phone-in program by Dr Yasmin Ali, Consultant Ophthalmologist Bishop Benzigar Hospital Kollam. Around 12 patients called and cleared the doubts.



18/11/24 KOA conducted another awareness talk related to Diabetic Retinopathy in Santhwanam radio on 18/11/24, 5:00 p.m. and 19/ 11/24, 9:00 p.m. Dr Parvathy R Dev Consultant Ophthalmologist and Retina Specialist, Holy Cross Hospital Kollam gave an awareness about diabetes and diabetic retinopathy.



20/11 /24 District Hospital Kollam conducted diabetic retinopathy detection camp and cataract detection camp at family health centre Pozhikara in association with blindness control society, Kollam. Around 80 patients attended the camp. 5 patients were selected for cataract surgery. Patients with Diabetic Retinopathy were referred to higher centre.





27/11/24 Chaithanya Eye Hospital, Kollam conducted an eye camp at Mayyanad Anganwadi . Dr Haripriya H lead the camp and gave awareness talk. Around 50 patients attended the camp and 5 were selected for cataract surgery.





KOA in DRISHTI

Kollam Ophthalmic Association bagged best nonmetro club award consecutively for the third time. Dr Mini Jayachandran President KOA and Dr Shiney Nepolean, Secretary KOA received the award from KSOS President Dr Thomas Cherian at Hotel Le Meridian during the inaugural function of DRISHTI 2024.







Dr Rakhi P D'cruz received KJO outstanding reviewer award from KSOS president Dr Thomas Cherian.



Dr Rakhi also received best Mentor award for TOT from Padmasree Dr M R Rajagopal



Dr Rakhi P D'cruz also conducted Mollywood game show first of its kind in Drishti. Dr Anjana Nair and Dr Haripriya were a part of it. 3rd position went to team Mamooka lead by Dr Ajith Varghese. Dr Safna Hamza got the best artist award Dr Rajiv Sukumaran and Dr Mini Jayachandran were the judges.









Scientific Session

Dr Rakhi P D'cruz, Dr Jayaprasad Prasad B, Dr Smitha Narayanan, Dr Rajiv Sukumaran, Dr Parvathy R Dev, Dr Mini Jayachandran, Dr Rani and Dr Divya Kishan had Presentations in Scientific Session.

Cultural Events

Dr Mini Jayachandran KOA President was the cultural event coordinator and also sang a song



KOA members participated in dance. Team members were Dr.Rakhi P D'cruz, Dr Suprabha, Dr Rekha R ,Dr Priyanka, Dr Hari Priya and Dr Sonia .



2025 DRISHTI HANDOVER

Dr Jayaprasad B, the Organising Chairman of DRISHTI 2025 took over the flag from Dr Saju Joseph



December

December 22/12/24 Chaithanya Eye Hospital conducted an eye Camp at Kalanjoor in association with Seva Bharathi. Dr Haripriya H lead the camp Around 60 patients attended the camp and 10 patients were selected for cataract surgery





Membership Drive

6 new members joined KOA. Dr Farzeena, Dr Sruthy, Dr Akhila, Dr Athulya, Dr Arun, Dr Anuprabha.

OPHTHALMIC SOCIETY OF PATHANAMTHITTA

Following NETHRAM III Ophthalmic Society of Pathanamthitta along with Sabitha EyeCare conducted ONAM CME. We had exhaustive sessions on Endophthalmitis, OT sterilization & asepsis. The talks were given by Dr Rajiv Sukumaran, Dr Sasikumar, Dr Shane Mathew,Dr Shishir Varghese. The handing over ceremony was held & new office bearers for Ophthalmic Society of Pathanamthitta were announced.



The lady doctors of Ophthalmic Society of Pathanamthitta displayed the true spirit of ONAM in the form of "Thiruvathirakali". The beautiful dance form added enigma to the ONAM celebration which followed the scientific talks



ONAM celebration is incomplete without the fun that ONAM games bring about. Musical Chair & Onam Bumper fascinated everyone. The traditional game of "sundarikka potta thadal" was made more exciting by placing fundus image & fovea as the target. The scrumptious ONAM feast was enjoyed by everyone.



Medifest was held at Believer Church Medical College & Hospital from September 29th to October 1st. Ophthalmology Department gave patient awareness on Glaucoma, Diabetic Retinopathy & Refractive Errors. On-contact tonometry was done in around 150 patients.





Ophthalmic Society of Pathanamthitta upheld the theme of World Sight Day – Children love your eyes". School screening camp was held at AKM Public School by Chaithanya Eye Hospital,Thiruvalla.Children were screened for Refractive Errors & Childhood Eye Diseases.Around 90 students attended the camp.





"Vidhyarambam" program organized by Konni Sree Narayana Public School on October 12th was inauguratedby Sabitha Eye Care Director Dr Sabitha S.



At Chaithanya Eye Hospital Diabetic Screening was done in association with Microlab. Around 130 patients were screened.Patients with raised RBS were referred to physician.



Painting competition was held for children at Chaithanya Eye Hospital , Thiruvlla on November 14th as a part of Children's Day celebration.



On November 15th, School screening was done at SCS HSS,Thiruvalla.Around 320 students were screened & 23 referred to the hospital for detailed evaluation.

At Amita Eye Care Patient Awareness pamphlet was distributed among patients describing in detail about Diabetic Retinopathy.



Patient awareness talk was given in Malayalam explaining the need for screening , risk factors & importance of regular check-ups in preventing Diabetic Retinopathy.Poster display on Diabetic Retinopathy was done.



Pushpagiri Institute of Medical Sciences & Research Centre conducted Diabetic Retinopathy screeningon November 14th.OCT was done at 50 % discounted rate.

At Karunya Eye Hospital Pandalam Free Diabetic Eye Screening was done.At IZARA Hospital Pathanamthitta Free consultation & Diabetic screening was held .OCT was done at 50 % discounted rate.Precise Eye Care conducted Diabetic Eye Screening camp at Chithra Hospital Around 70 diabetic patients were screened for DR.



Dr Shishir Verghese from Amita Eye Care received the best Video award at APVRS held in the month of November at Singapore.

DRISHTI 2024



Dr Chaithanya R Warrier from Chaithanya Eye Hospital & Dr Ann Tresa Antony from Amita Eye Care were a part of the session " Cracking the National & International Exams in Ophthalmology ".Dr Chaithanya presented on - Road to National & International Exams Taming Part I & Part II FRCS.Dr Ann Tresa Antony presented on - FRCS part 3 - A Cake walk.

MSICS Challenges session included talks by Dr Jacob Koshy from Believers Church Medical College Hospital on - Small Pupil & PCR.Dr Aaditya Ganesh Joshi from Amita Eye Care presented on - Scleral Tunnel Challenges. Anterior Capsular Challenges was presented by Dr Leena Mariyam Varghese from Believers Church Medical College Hospital.



Phaco 4 beginners saw Dr Amita Verghese,Director of Amita Eye Care presenting on Second Insights - Wisdom from Senior Surgeons.Dr Aaditya Ganesh Joshi gave Tips to conquer surgeons initial challenges.Dr Ann Tresa Antony provided guiding path for Choosing the right fellowship



Dr Shane Mathew presentation on central retinal vein occlusion. The session on An OCTA Discourse had Dr Shishir Verghese, Joint Director of Amita Eye Care presenting on Decoding the Matrix - OCTA in CNVM.





Dr Shishir Verghese also presented on OCT Biomarkers in Vitreomacular interface disorders in the session Significance of Retinal OCT imaging Biomarkers,Poster Presentation was done by Dr Shishir Verghese & Dr Verghese Joseph,Directors of Amita Eye Care on Brolucizumab - The double edged





Speaker for the topics
1) Diplopia root cause from orbit.
2) Newer methods in preschool vision screening



A Vortex Vein Optic Disc Pit was presented by Dr Kashinatha Shenoy,HOD Pushpagiri Institue of Medical Sciences & Research along with Dr Asha George.



The poster on Retinal Hemangioblastoma - A clue in solving a family mystery was put forth by Dr Sandhra Jose,Dr Leena Mariyam Verghese & Dr Saju Thomas from Believers Church Medical College Hospital.





The poster on Retinal Hemangioblastoma – A clue in solving a family mystery was put forth by Dr Sandhra Jose,Dr Leena Mariyam Verghese & Dr Saju Thomas from Believers Church Medical College Hospital.



A rare case presentation of Diffuse B-cell lymphoma in Eyelid was presented by Dr Soniya Suresh Chiramel,Dr Bijinu Mary Philip & Dr Leena Mariyam Varghese from Believers Church Medical College Hospitals.



Dr Shishir Verghese was a part of the winning team – Tiruvanthapuram Machans in Ophthalmology Priemer League.



Our team "Mid-Travancore Mavericks" – SOUTHERN STALLIONS consisting of Dr Shishir Verghese as Mentor along with Dr Jayalakshmi,Dr Deepak.B.Harsh,Dr Cinu Elsa James,Dr Leo Sonny took part in Teachers of Tomorrow



Dr Karthika Kiran presented on "Here's what you can do after Ophthalmology".
Dr Shishir Verghese won PADMA SHRI Dr S Tony Fernandez video award at DRISHTI 2024
Dr Jayalakshmi from Believers Church Medical College & Hospital received Prof K S Subramanian P G Free Paper Award session .



CHRISTMAS CME – FELIZ NAVIDAD

Christmas CME organized by Believers Medical College & Hospital along with Ophthalmic Society of Pathanamthitta was filled with the colors of Christmas. The meeting started with self-introduction of OSP members. Around 12 new members were added to Ophthalmic Society of Pathanamthitta in the past 3 months.



This was followed by Welcome speech given by our President – Dr Cheriyan Shane Mathew.He emphasized on increasing connectivity between the members of our society through social gatherings.He announced Family Get Together organized on January 19th at Lake Canopy Resort,Allepey.To help senior members & members staying far -off attend CMEs our society had made transportation arrangements for the Christmas CME.





Dr Rachel Jose Mam gave the Christmas Message. She wished everyone a season filled with happiness & love. She told to cherish what truly matters.



OSP secretary Dr Priyanka Thilak presented the Society updates and Treasurer's report. She showed the activities done by the Society as a whole which included NETHRAM & ONAM CME. She introduced the New Office Bearers. DRISHTI 2024 highlights were presented. Our role in the upcoming DRISHTI 2025 as the Co-organizers was announced Individual achievements of the year 2024 were shown.



Vote of Thanks was given by our Treasurer Dr Ann Tresa Antony. Her words of gratitude & sincere appreciation filled everyone's heart with joy. She brought a new energy & enthusiasm to our Christmas program.



Scientific Talk was given by Dr Saju Thomas on "Patient Safety – Silent Problem ".



Felicitations were done for recognizing the leadership & commendable work done by our outgoing President – Dr Rachel Jose, Secretary – Dr Leena Mariyam Varghese & Treasurer -Dr Sumi Lukose











Scientific Talk was given by Dr Saju Thomas on "Patient Safety – Silent Problem ".



Felicitations were done for recognizing the leadership & commendable work done by our outgoing President – Dr Rachel Jose, Secretary – Dr Leena Mariyam Varghese & Treasurer -Dr Sumi Lukose









Christmas cake cutting was done by our Senior Members. The sumptuous home delight was relished by everyone.



Our Christmas Friend game show had a twist as each member had to tell a clue about their friend.



Choir Song group
1) Dr Sara
2) Dr Shyma Markose
3) Dr Premi Varghese
4) Dr Sumi Lukose
5) Dr Leena Mariyam Varghese
6) Dr Ann Tresa Antony
7) Dr Priyanka Thilak
8) Dr Sonia Ansa Renosh
9) Dr Shane Mathew
10) Dr Sathish Thomas
11) Dr Priya Verghese
12) Dr Aaditya Ganesh Joshi
Guitarist - Dr Jacob Koshy

For the first time Members of Ophthalmic Society of Pathanamthitta staged a Choir. It was truly a joyous performance.



Dance group for Christmas CME
1) Dr Pooja
2) Dr Nita S
3) Dr Shyma Markose
4) Dr Minu George
5) Dr Leena Mariyam Varghese
6) Dr Ann Tresa Antony
7) Dr Priyanka Thilak
8) Dr Roina

The Dance performance by the Lady Doctors was one of its kind. It enthralled everyone

Wishing everyone A New Year filled with Happiness,Good Health & Success.

ALLEPPEY OPHTHALMIC CLUB

CME on October 20,2024

A CME was conducted by AOC on October 20, 2024 at RAMADA International, Alappuzha

Main speaker - Dr Anitha Balachandran, professor,RIO , Trivandrum

Topic-Dealing with dissatisfaction after spectacle prescription

Speaker 2,-Dr Bindhumol .S.

Topic -Blue light over exposure and free radical damage

It was a well attended CME with active interactive sessions .

AOC representations in Drishti, KSOS,2024

Members of AOC attend Drishti as delegates and faculty.

1. Dr. Mini.PA, Dr Sija and Dr. Dalia were speakers for Instruction course on Cross Consultations in Ophthalmology.

2. Dr. Dalia was Chairperson for Instruction course on Refraction.

3. Dr Dalia was mentor for central zone in TOT & Dr.Jasmine, JR, TDMC was a team member and her presentation was well appreciated.

4. Dr.Binuja.V.A & Dr.Afiya,both JRs of TDMC won 1st prize in the PG quiz competition at Drishti 2024. They came first among 75 teams who participated in preliminary round from which 5 were selected for final round.

AOC representations in IANCON, 2024

Dr. Francis was a panelist for the session on Migraine in the Annual Neurology conference at Visakhapatnam held from 17th- 20th October.

AOC - CME and Xmas celebration on 29/12/2024

Venue. Hotel Royal Park

Topics

1.Ophthalmology Cross Consultations in Pregnancy

Dr. Dalia. S, Professor,TDMC, Alappuzha

2. Fluorescien Angiography - Basics

Dr.Anjali. A, Assistant Professor, TDMC, Alappuzha.

3. PG case presentation

The CME was followed by XMas and New year celebration inaugurated by our senior most member, Dr James.







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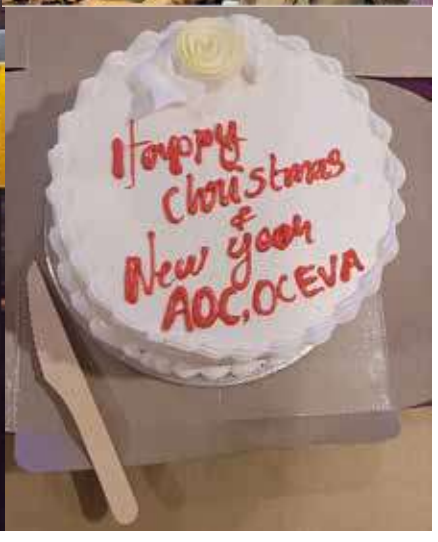

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DRISHTI 2024
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ALLEPPEY

4:29 PM

4:29 PM

Happy
Christmas
&
New year
AOC,OCEVA

KOTTAYAM OPHTHALMIC SOCIETY

100th KOS meeting was held on 1st November, 2024 at Hotel Caesar Palace, Kottayam. Dr. Rohan Suresh Ninan, Vitreoretina Surgeon at Chaithanya Eye Institute, Kottayam was guest speaker. He delivered Keynote session on "Protecting Vision in Diabetes: Best practices for managing retinopathy". Dr. Angitha, Post Graduate from Govt Medical College, Kottayam did case presentation. Meeting was attended by 35 members.





101th KOS meeting was conducted on 20th December, 2024 at Hotel Indraprastha. Dr. Padmasree, Consultant Ophthalmologist, Govt Medical college, Kottayam was guest speaker. She delivered Keynote session on "Optical Correction in Strabismus". Dr Lidiya, postgraduate, GMC kottayam did case Presentation. It was followed by Christmas celebration. Meeting was attended by 22 members.



















IDUKKI MALANADU OPHTHALMIC CLUB

NOVEMBER 2024 To DECEMBER 2024

FORESIGHT 2024- Drishti 2024-pre conference workshop for Optometrists, Councilors and Ophthalmologists

The Pre conference workshop of Drishti 2024- FORESIGHT 2024 Malanadu Academix was conducted by Idukki Malanadu Ophthalmic Club on 24th November 2024 9 am to 1.30 pm at Hotel Kabani Palace Muvattupuzha. Dr Thomas Arun Varghese was the Chief Course Co-ordinator.

It was a grand success with record number of participation of any CME conducted in Kerala for optometrists. A total of 287 delegates attended the CME with 37 doctors and 250 paramedical staff-Optometrists, Councillors and Opticians.

The program was inaugurated by Dr Thomas Cherian, President of KSOS, Dr V R Mani, President of IMOC presided over the meeting. As part of KSOS President's Initiative of honoring a senior ophthalmologist from each district club Dr M M Poulose, Mappanikkattu Eye Hospital, Adimaly was honored in the meeting by Dr Thomas Cherian. The scientific program book of drishti-2024 was released in the meeting.







The Academic Program was carefully planned considering the needs and wants of optometrists and paramedical staff in the fast-growing world of Ophthalmic Technology.

The topics covered were:

Commnunication skills and history taking- Dr R R Varma

Biometry-how to get it right? - Dr Jacob Mathew

Cataract Councelling -Dr Alex Baby

Key note address on Myopia controlling lenses- Dr Anitha Prabhakaran

OCT and Intravitreal injections -Dr Jiz Mary Santhosh

Keratoconus- Dr Anil Radhakrishnan

Special contact lenses-Mr Mathews G Vadathu

Selection of lenses and frames -Mr Kiran Challa



Recent advances in spectacle lenses- Mrs Raechelle Lobo

Recent advances in Amblyopia management- Dr Meena C K

Ocular prosthesis- Mr Iby Varghese



DRISHTI 2024

IMOC was the chief host of Drishti 2024 along with Cochin Ophthalmic Club and Kottayam Ophthalmic Society. Dr Saju Joseph was the Organizing Committee Chairman and Dr Alex Baby Chief Organizing Secretary. All the members of IMOC worked hard under the able leadership of Dr V R Mani, President IMOC as the Local Organizing Committee Co ordinator to make Drishti 2024 a truly memorable 3 days.





Dr Hilda Nixon from Eye Bank Little Flower hospital taking awareness class on eye banking and eye donation during IMA meeting at Kothamangalam on September 3, 2024





Dr Cessal Thommachan Kainickal talking about Mutual funds Hope or Hype on monthly CME meeting on 30/8/24





Dr Kala B Thottam talking on Evolution of Refractive surgerires: what is new? Mointhly CME meeting on October 24

COCHIN OPHTHALMIC CLUB

OCTOBER 2024

Monthly Meeting of COC(Oct 23rd)

Monthly meeting of COC was held on October 23rd, 7:30pm at Hotel Olive Downtown. After the Executive proceedings, there was a PG case presentation on IIH by Dr Greeshma. Dr Rohit Shetty from Narayana Nethralaya delivered a very inspiring talk on Biology, Discovery and Clinician - about various cutting edge translational research which his team has been bringing to clinical use. Dr Thomas Arun Varghese and Dr Revati Ramesh chaired the session.





Cochin Ophthalmic Club 2023 - 2025

NOTICE





World Sight Day Program - Chaithanya Eye Hospital

As part of the world sight day, Chaithanya Eye Hospital conducted an awareness program on Kochi Water Metro - "Meet the Doc" with Dr Rahul Menon on October 10th.

https://www.instagram.com/p/DA50hZgvSmv/?igsh=MTZucnpibmhqN3h4eQ==

https://www.facebook.com/share/JBrgtXXLGDPW1d7L/





World Sight Day Program - Dr Tony Fernandez Eye Hospital

As part of the World Sight Day, Dr Tony Fernandes Eye Hospital conducted a reel competition on the topic "Love your eyes ". We got around 16 entries and the first 3 winners have been selected. We also conducted a vision, iop and retina camp at St Xavier 's College Aluva along with the NSS unit of St Xavier 's college. The event was inaugurated by Padmasree Dr Tony Fernandez and an awareness talk was given by Dr Karthika Mohandas







Obituary for Dr Naomi Vettath

Dr Naomi Vettath, Senior Ophthalmologist, passed away on 10th of October 2024.

We were able to honour her at the Dr Noel Moniz Oration this year

Awards and Achievements for COC Members(September 2024)

There was good participation from the Cochin Ophthalmic Club at various CMEs and conferences.

Dr Anju Kuriakose was awarded the "Women International Hero Award" by the Women Ophthalmologists Society India at the WOS Annual Conference held in Delhi on October 4th to 6th, 2024.

Dr John Davis Akkara won Third Prize in Innovation Hackathon Session of Jharkhand Ophthalmic SOciety(JHOS) Midterm Conference on 13th October 2024.

Dr Greeshma Merin Sebastian was awarded 1st prize in Case Presentation titled "A case of Idiopathic intracranial hypertension presenting with unilateral disc edema"in 6th Annual Conference of Indian Neuro Ophthalmology Society in Chennai on September 21st.





Dr MV Francis presented at the Indian Association of Neurology Conference at Visakhapatnam on Oct 17th-20th.

Dr MV Francis also published a book chapter on Lasmiditan: Another Unique Acute Migraine Abortive.



Dr Natasha Radhakrishnan is presenting "Visual acuity results and clinical.profile of Paediatric non infectious uveitis in a tertiary care centre in South India" at EVRS Budapest on Nov 17th.

Dr Biju Raju is conducting a musical concert on Nov 9th, 2024. This is one of the events he plans for the diabetes week. The venue for the concert, "Dr. Biju Raju LIVE with Exodus the Band" will be at 'On Stage', Chakkaraparamb (near McDonald's). This year's WDD theme is Diabetes and wellness, and he will be promoting wellness through his exceptional music.

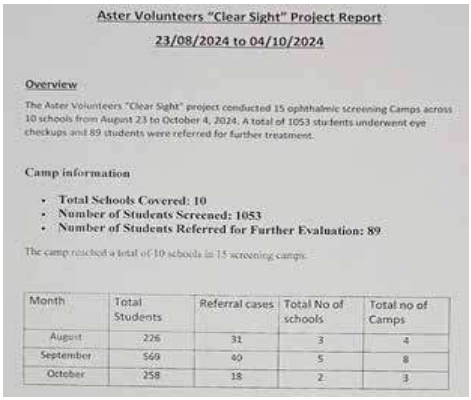
He would also want to make this concert more meaningful by contributing the funds that he raises from ticket sales to COC Blindness Relief Endowment Fund.



Dr Deepa from GMC Kalamassery won second prize in reel contest by Dr Tony Fernandez Eye Hospital



Aster Volunteers "Clear Sight" Project conducted 15 screening camps across 10 schools and 1053 students underwent eye checkups of whom 89 students were referred for further treatment.



Aster Volunteers "Clear Sight" Project Report
23/08/2024 to 04/10/2024

Overview

The Aster Volunteers "Clear Sight" project conducted 15 ophthalmic screening Camps across 10 schools from August 23 to October 4, 2024. A total of 1053 students underwent eye checkups and 89 students were referred for further treatment.

Camp information

- Total Schools Covered: 10
- Number of Students Screened: 1053
- Number of Students Referred for Further Evaluation: 89

The camp reached a total of 10 schools in 15 screening camps.

Month	Total Students	Referral cases	Total No of schools	Total no of Camps
August	226	31	3	4
September	569	40	5	8
October	258	18	2	3

Eye Camps

Camps conducted	No of camps	No of patients screened	No of cataract surgeries
Amrita Institute of Medical Sciences	5	2650	43
Giridhar Eye Institute	9	823	65
Tony's Eye Hospital	4	417	71

Chaithanya Eye Hospital conducted Happening Hours: School Screening at Mount Tabor School Kalamasseri.





NOVEMBER 2024

COC World Diabetes Day Webinar(Nov 14th)

Dr NSD Raju's Eye Hospital conducted a webinar on World Diabetes Day (Nov 14th) at 8 pm under the aegis of KSOS and COC.



Musical Concert for Diabetes Week

Dr Biju Raju conducted a Musical Concert on Nov 9th, 2024. This is one of the events he plans for the diabetes week. The venue for the concert, "Dr. Biju Raju LIVE with Exodus the Band" was 'On Stage', Chakkaraparamb (near McDonald's). This year's WDD theme is Diabetes and wellness, and he will be promoting wellness through his exceptional music.

He would also want to make this concert more meaningful by contributing the funds that he raises from ticket sales to COC Blindness Relief Endowment Fund.

YOSI Innovations in Ophthalmology Webinar - EurEYEka

Dr John Davis Akkara from Westend and Chaithanya Eye Hospital Kochi and Dr Suven Bhattacharya from Kolkata were speakers for the first YOSI Innovations in Ophthalmology Webinar - EurEYEka ! He spoke on "EYEnnovator : My journey so far as an Ophthalmic Innovator" on Novmeber 13th 7:00pm

https://www.youtube.com/watch?v=W8eS6Yh4qss





KSOS Drishti 2024 at Kochi(Nov 29, 30, Dec 1)

Annual Conference of KSOS, Drishti 2024 was held on Nov 29, 30, Dec 1 at Hotel Le Meridien, Kochi by IMOC with COC and KOA. COC members had very active roles in the LOC and also the faculty and participation in academic and cultural events equally. Cochin Kannukadi Theatres presented an excellent skit which was well appreciated by all. Kochi Bros participated in OPL. Dr Rajesh Chells led Team Jayan in first time ever YOLK GameShow.

COC won several academic awards as well, listed below.









Awards for COC members

KSOS Drishti 2024 Awards:

- Dr Natasha Radhakrishan - Dr K C Sankara Menon free paper: Is there an ROP epidemic? Results from a decade of ROP experience at a tertiary care center in Kerala

- Dr Sugaranjini G - Dr Noel Moniz Anterior Segment free paper: Looking beyond Schirmer's test in identifying Sjogrens Syndrome

- Dr Neena R - Dr KGR Nair free paper for EVALUATION OF FUNCTIONAL & COSMETIC OUTCOME AFTER SURGICAL CORRECTION OF MONOCULAR ELEVATION DEFECT

- TACO Best Poster : Dr Lekha T, Giridhar Eye Instiute : Is this ROP? Look again.

- Dr Rajesh Chells and team(Team Jayan) won 1st prize for the Yolk Mollywood Game show

- OPL Best Promotional video - Kochi Bros (Dr Mahesh, Dr Praveen, Dr Vanasree and Dr John Davis)

- Dr Vanasree won the best scientific video in OPL - runner up (judges choice)

- Dr Anju Kuriakose - runner up in KSOS Drishti Photography competition 2024 Posterior segment.

- COC won Best Club (Metro) Award









Other Awards for COC members

Dr Raniya KP, PG student at Giridhar Eye Institute was the winner of the KSOS COC PG Gold Medal exam 2024.

Dr John Davis Akkara was awarded Innovation Award by IMA Kerala in IMA State Conference in Thrissur on Nov 9th

Dr John Davis Akkara was awarded the "Prof Udhaba Charan Behera and Prof Gunasagar Das Innovation Oration" for the Odisha State Ophthalmological Society Conference on November 10th 2024

Eye Camps

Camps conducted	No of camps	No of patients screened	No of cataract surgeries
Amrita Institute of Medical Sciences	8	3020	250
Giridhar Eye Institute	12	1213	87

DECEMBER 2024

COC Monthly Meeting

Monthly Meeting of COC was held on Thursday, 19th December 2024 at Marina One with the scientific program being the COC winning presentations at KSOS Drishti 2024.

Scientific Program was preceded by the routine executive meeting and followed by Christmas carols, celebration, dinner and fellowship.

Talks included

1. Dr Natasha Radhakrishnan - Dr K C Sankara Menon free paper: Is there an ROP epidemic? Results from a decade of ROP experience at a tertiary care center in Kerala
2. Dr Sugaranjini G - Dr Noel Moniz Anterior Segment free paper: Looking beyond Schirmer's test in identifying Sjogrens Syndrome
3. Dr Neena R - Dr KGR Nair free paper for Evaluation of functional & cosmetic outcome after surgical correction of monocular elevation defect.
4. TACO Best Poster : Dr Lekha T: Is this ROP? Look again


Cochin Ophthalmic Club 2023 - 2025

NOTICE

Thanima by IMA

COC presented Cochin Kannukadi Theatres skit in Cochin IMA Thanima program on Dec 8th 2024.

Awards for COC members

Dr Elizabeth Joseph was unanimously elected as National Vice President of Strabismus and pediatric Ophthalmology Society of India (SPOSI) and is in line to take over as National President of SPOSI in 2027.

In Keracon Conference of Cornea Society of India, Dr Anil Radhakrishan's and Dr Sugaranjini's papers got selected out of 130 free pacers to present in the Best of Best (best 12 papers) session. Dr Anil Radhakrishnan won third place overall.

Dr John Davis Akkara won second place in slitlamp imaging in AIOS Photography Competition 2024



THRISSUR ACADEMIC CLUB OF OPHTHALMOLOGY

OCTOBER 2024

WORLD SIGHT DAY ACTIVITIES





GMC TRICHUR



JUBILEE MEDICAL COLLEGE

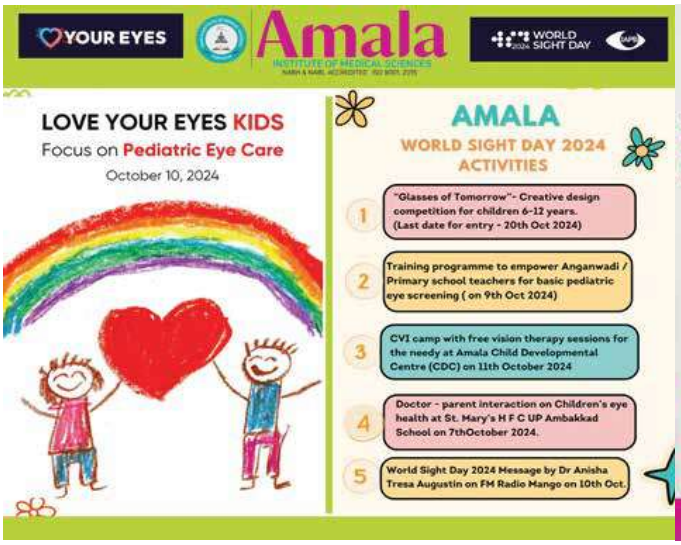


I VISION EYE HOSPITAL DR.JYOTHI ANUP HAD TALK ON WORLD SIGHT DAY IN ALL INDIA FM RADIO





Awareness class for police personnel on World Sight Day - TRINITY EYE HOSPITAL









AMALA MEDICAL COLLEGE



AARYA EYE HOSPITAL





GMC TRICHUR

NOVEMBER 2024







TACO IN KSOS



YOLK MOLLYWOOD GAME SHOW









TACO PG quiz - Second prize - Amala residents Lizbeth N Rahul make TACO proud



Dr Merine Paul - 1st runner up

KSOS QUIZ



AIOS Symposium





Team KJO - The Editorial board put their hands together to applaud the awardees





TACO SKIT





Best reviewer awaard





OPL



The awardees / their representatives receiving the certificates from President KSOS (2024) Dr Thomas Cherian

TACO CAMP REPORTS NOVEMBER

HOSPITAL	CAMPS	PATIENT	CATARACT
JMMC	2	184	8
AMALA	3	140	-
IVISION	2	182	47
AARYA	24	2913	314
TRINITY	20	561	104

DECEMBER 2024

TACO MONTHLY MEETING WAS CONDUCTED AT HOTEL CASINO ON 19TH DECEMBER 2024 7PM. DR.SAILESH KUMAR PRESENTED ON TOPIC "FROM VITREOUS TO RETINA- VISUALISING ESSENTIAL SURGICAL PROCEDURES" & A CASE PRESENTATION BY DR.SHILPA SUNIL.

NEWYEAR CHRISTMAS CELEBRATIONS & CME PHOTOS





CAMP REPORTS DEC 2024

HOSPITAL	CAMPS	NO.OF PTS	CATARACT SURGERY
JMMC	2	252	13
AMALA	2	312	-
I VISION	5	474	116
MANAVASEVA	1	40	10
AARYA	14	1745	189

PALAKKAD SOCIETY OF OPHTHALMIC SURGEONS (PSOS)

October 2024

We had a meeting to felicitate two of our leader members

Dr. Rohan and Dr. Geetha. VKP who were instrumental in starting many new projects in District hospital, Palakkad and did many eye camps, started vitreoretinal surgery, teleophthalmology, ROP screening and CVI clinic.

Both of them shared their experiences with the members and we had a family meeting that day.

Venue: Cosmopolitan club

Topic: felicitation of Dr. Rohan and Dr. Geetha. VKP

We had our monthly CME cum Xmas celebrations on December 27 th 2024

Venue: KPM regency,

Palakkad

Time: 7.pm

Topic: work up of an uveitis case

Dr. Anupreethi, Trinity,Palakkad and Coimbatore

Case Presentation: Orbital Aspergillosis

Dr. Premjith, Trinity, Palakkad

Discussion followed dinner and Xmas celebrations.

Preethy Prasanth,

PSOS Secretary













MALAPPURAM OPHTHALMIC SOCIETY (MOS)

OCTOBER 2024

The monthly meet of October was held on October 6th at IMA House, Malappuram. Dr Shaji Hussain and Dr. Bindiya Prakash held a podcast on the topic KERATOCONUS. Attendees- 25.





KOZHIKODE OPHTHALMIC SOCIETY

Dr Leila Mohan Received Best role model award in WOS conference on October 5, 2024.





Under the aegis of KSOS and KOS, KMCT medical college conducted CME on uveitis, IKSHANA 2024.Dr R Velayudhan Nair and Dr Ranjakumar was honored during the conferece. More than 110 delegates attended CME.Dr Sujith Naynar inaugurated the function and Post graduates presented interesting cases in Uveitis.









OPHTHALMIC SOCIETY OF KANNUR (OSK)

October 2024

Ophthalmic Society of Kannur conducted drawing competition on the occasion of world sight day at IMA hall Kannur on 6th October with the theme "See the World, Draw the Difference,". Seventeen young participants showcased their creativity, and awards were presented by Dr. Harindran Chalad, a distinguished artist from Kannur.





Payyanur Co operative Hospital under the aegis of OSK conducted a free eye camp at Peringome on October 13th. About 75 patients attended the camp. On the same day, Dr. Remya delivered a talk on child eye health, aligning with this year's World Sight Day theme, "Children, Love Your Eyes."



Drawing competition held at IMA hall Kannur on the occasion of world sight day on 6th October 2024



Talk on Eye Health in Children by Dr Remya at Peringome on 13th October 2024

Comtrust Eye Hospital Thalassery held its annual CME, "What Next in Ophthalmology?" on October 20th at Hotel Benale, Kannur. The event was inaugurated by the Honourable Minister of Registration, Museum, Archaeology and Archives, Kerala Sri Ramachandran Kadannapally. Esteemed speakers and panelists, including national figures such as Dr. Lahane, Dr. J K Reddy, Dr. Sandeep Vijayan, Dr. Anand, Dr. M S Ravindra, Dr Raman Mittal and Dr. Sasi Kumar engaged in insightful discussions through a case-based approach.

Dr Remya Edachery participated in the LDP session at the AIOC midterm in Dehradun. She also delivered a faculty talk, presented free paper and e poster.

Dr Swetha. K was a speaker at the CME on glaucoma I-conic conducted by Calicut medical college.





Free eye Camp at Peringome on 13th October 2024



Inauguration of annual CME of Comtrust Eye Hospital Thalassery by Honouable minister Sri. Kadannapally Ramachandran



LDP session at AIOC midterm Dehradun



Faculty talk, Free paper and e- poster by Dr Remya at AIOC mid term Dehradun



Dr Swetha- Speaker at I-Con 2024 conducted by Calicut medical college on 26th October 2024.

December 2024

The monthly meeting for December was held on 18/12/24 at Hotel Benale International, Kannur. The meeting commenced with a warm welcome by OSK president Dr Suchitra Bhat. It was decided to continue the current office bearers for 2024-25. Among the key discussions was proposal to organize a family tour in February 2025, which received enthusiastic support from the members. Then the Secretary read the minutes. Dr Veena Raghuraj introduced the guest speaker Dr Maya Natarajan,a renowned Refractive and Cornea Surgeon from Mangalore. Madam delivered an insightful and engaging talk on dry eye diseases a very common but challenging situation affecting the quality of life of many. The audience question by the speaker was won by Dr Athira. Meeting concluded with vote of thanks by the secretary.

Dr. Seema, Dr. Sri Shankar, and Dr. Aswathy Vijayan participated in Keracon (6th-8th December 2024).

Dr. Aswathy Vijayan delivered a talk on Complication Management in PKP during



Scientific session by Dr Maya Natarajan on "Dry eye disease – Evaluation and management: What's new?"

the Keracon. PG teaching Programme was conducted by Nethrajyothi Eye Hospital, Kannur on 16/12/24 on retinal laser photocoagulation. Five PG students from Government Medical College, Kannur attended the programme. Hands on laser training was conducted on a dummy from Arvaind Eye Hopsital, Coimbathore

Dr. Remya secured First Prize in the YOSI Reel Competition, held as a part of Christmas celebration by the Young Ophthalmological Society of India.



Keracon 2024



Talk on Complication management in PKP by Dr Aswathy Vijayan







PG teaching Programme (16/12/24) on retinal laser photocoagulation by Dr Suchitra Bhat, Nethrajyothi Eye Hospital, Kannur

KASARAGOD OPHTHALMIC SOCIETY

Nov -Dec 2024



Kasaragod Ophthalmic Society General body with CME was conducted at Hotel City tower (Friday 15/11/24).

12 members participated. President Dr. Bharathan AV Presided. Secretary Dr.Rakesh presented the minutes of the last General body.Treasurer Dr. Kurien Jose presented the accounts. Guest speaker Dr Aswathi Vijayan, Consultant Sunrise Eye care, mKannur made a beautiful presentation on clinical evaluation and basics of Refractive Surgery. Dr.Ganesh Maiya moderated the session. Dr.Aparna Rakesh introduced the Guest speaker. Dr.Thresiamma made the felicitation. Memento to the guest speaker was presented by Dr Valsamma John.





THE KSOS connect

The official Newsletter of Kerala Society of Ophthalmic Surgeons