THE KSOS connect

The official newsletter of Kerala Society of Ophthalmic Surgeons

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THE COMMON MAN'S OPHTHALMOLOGIST – DR.K.GOPINATHAN

Interviewed by **Dr. Sameera Vasudevan**



It was with great happiness that I had agreed to interview Dr .K. Gopinathan , a well renowned Ophthalmologist at Malappuram . Thank you, Dr Sony George, for giving me this opportunity and I am really honoured to do so as Dr.Gopinathan's name is well versed among the doctor fraternity and the common man. He has more than 4 decades of experience and the insights he had shared about the importance of preventive care in the health sector were enlightening and will no doubt benefit many. Dr. K. Gopinathan has not only earned the respect of his peers but has also become a beacon of hope for many patients who have benefited from his expertise. Throughout the interview, his humility and deep commitment to the field of Ophthalmology stood out, as he spoke passionately about his journey and the advancements in eye care over the years.What impressed me the most was his dedication in always prioritizing the well-being of his patients. Dr.Gopinathan's experience has truly shaped him into a pillar of the community, and his work continues to inspire the next generation of doctors. It was a "double ka meetha" feeling for me when Sir had informed me that it's their 47th Wedding anniversary !

So, Let's dive into the interview.

Sir , Could you tell us about your early years? What was your childhood like? Where did you grow up, and how did those formative years shape the doctor you are today?

"I was born in 1947 in a place called Chombala, Mukali located in the Calicut District. Currently, at 78 years of age, I look back on my early years with fondness. I completed my schooling at Koothuparamba and BSc at Brennan College. My medical education, however, took shape at the Calicut Medical College, where I joined in 1967, proudly becoming a part of the 11th batch.

It fills me with great pride to note that both of us are alumni of this esteemed institution. After completing my education, I joined the Government Health Service in 1977, where I began my career working in various regions. Over the years, I have had the privilege of working in different hospitals across Malappuram, serving the community.

To watch the interview click the link:
https://youtu.be/qDo-jrXUxBQ

Continued on page 7...

PRESIDENT'S MESSAGE



Dear friends,

We are already through first quarter of the year 2025. We had more than 6 CME programmes with good participation. Since most of the talks of popular faculty are all available as webinars online, slowly the conduct of CMEs are also changing. More importance is given to interaction with faculty rather than didactic lectures. This looks a positive change. Another important observation is the amount of opportunities the youngsters are getting especially post graduate students. Many programmes are having case presentations and quiz programmes along with faculty talks. I hope this change will be useful for both Post Graduate Students and practicing ophthalmologists. The presidents project of the year "To improve legal literacy among ophthalmologists" is also getting good response. Already programmes are done in Kollam and IMOC. More is on the way. Honoring Senior Ophthalmologists during CME, which was started last year, is continued. This, I feel, is a nice gesture to recognize some Senior Ophthalmologists not in lime light. It is great to see the enthusiasm in participating in AIOC APAO conference in New Delhi. KSOS has bagged the best state society for the third time in a row in the 1000 - 1500 member category for the third consecutive time . Special thanks to the previous president Dr Thomas Cherian and whole team including district clubs for this enviable performance. Definitely we will make a mark in APAO AIOC 2025. Apart from regular CMEs, we are planning family get-together with arts and sports meet, PG capsules, Webinars and LDP program, the details will follow soon. Any suggestions for improvement of our activities are always welcome.

Enjoy the academics and summer vacation

Jai KSOS

Mahesh G

President

GENERAL SECRETARY'S MESSAGE

Dear All,

This report covers activities from December 2024 to March 2025.

On 29/12/2024 the President, Secretary, Treasurer and Scientific Committee Chairman along with members of the Local Organising Committee conducted the venue inspection of Drishti 2025 at the Leela Raviz Kollam. The team was satisfied with the facilities.

A total of seven CMEs were conducted under the aegis of KSOS during this period. These include IGNITE-CME on uveitis and ocular inflammation by Kerala Uveitis Interest group; Precision 2025 by Precise Speciality Eye Care; Glaucopedia 2025 by Chaithanya Eye Institute Palarivattom; Dr Noel Moniz Lecture and CME by Cochin Ophthalmic Club; OCULUS KAN 2025 by Government Medical College Kannur, Pariyaram; Retina CME by Puthalath Eye Hospital, Kozhikode.; EYEDEAS - 2025 by Amala Institute Of Medical Sciences, Thrissur.

The first Executive Committee Meeting of KSOS for the year 2024-25 was conducted on 19th January 2025 at IMA House Kochi along with Dr Noel Moniz Memorial Lecture CME by COC. The major decisions taken in the ECM are appended at the end of this report.

The Kerala Society of Ophthalmic Surgeons marked World Glaucoma Week, observed from March 9th to 15th, with a series of impactful events across the state. Demonstrating remarkable enthusiasm and commitment, all district clubs and their members actively participated in raising awareness about glaucoma. These included invigorating walkathons, cyclothons, Flash mob dances and Informative public lectures. Many eye screening camps to facilitate early detection and intervention were also done. On behalf of KSOS I sincerely thank all the district clubs and its members.



The first Internal Audit of 2024-25 will be conducted on 27/4/2025 at IMA house, Kochi. Preparations are going on for the much awaited KSOS Family meet scheduled for 10th and 11 th May 2025. This time we have selected the picturesque Abad Turtle beach resort at Marari as the venue and we have planned an exciting 2 days of fun and frolic. Lot of team games, cultural events and competitions are being planned. We will be closing the bookings for the same by April 15th. Anybody interested and not yet booked may please contact the Secretary.

Let me end by sharing the glad news that KSOS has bagged the AIOS award for the best state society in our category . The award will be given to us during the inauguration ceremony of AIOC 2025 on, April 03, 2025

Jai KSOS

Dr Biju John

Gen Secretary KSOS

Major Decisions taken in the First Executive Committee Meeting of KSOS for the year 2024-25 at IMA House Kochi on 19/01/2025

1. Selection of Dr Soumya PP & Dr Aswathy Unnithan for AIOS LDP Program was ratified.
2. Decided to sanction the annual increment of Rs 1000 due to KSOS Accounts Person Dhiraj as agreed upon in earlier ECM.
3. Guidelines of Teachers of Tomorrow prepared by Dr Bastin VA , the Scientific Committee chairman was accepted and are as follows
   A. There will be a total of 4 teams as per the zone
   B. The teams will be named after zones as North , North Central, South and South Central.No other names will be allowed.
   C. Each team will have 4 members consisting of 1 mentor and 3 PG students.
   D. Each PG will have 5 minutes for presentation.
   E. Prizes will be for Best Team, Best Mentor and Best Teacher.
   F. The PG students coming first and second in the Best Teacher category by marks i.e. The best two TOTs can represent Kerala in the Annual AIOS conference. The ones coming 3rd and 4th can represent Kerala in the AIOS midterm conference. If anybody drops out due to any reason, the Scientific Committee chairman will consider the next person in rank. Reconsidering dropped out persons again for the midterm conference will be at the sole discretion of the Scientific Committee Chairman.
   G. An amount equal to the Early bird registration amount of these respective conferences will be reimbursed to the PGs participating in the AIOS TOT sessions as per the above criteria. Mentors if going will have to register themselves
   H. Travel and Accommodation expenses , the participants will have to meet on their own.
4. Dr Sasikumar S selected for the Dr CE Oommen memorial oration award for Drishti 2025
5. Number of Instruction Courses in which one member can participate will be 4 including the one submitted by him/her.
6. Paramedical conference of Drishti 2025 will be conducted on 2 days on Nov 29th and 30th
7. General Quiz will be restricted to practising ophthalmologists and not to PGs
8. The ECM gave full freedom to the LOC and Scientific committee chairman to make 1 hall a silent hall in Drishti 2025.
9. To prevent the same study/topic being submitted in different categories , an undertaking should be added in the submission page .
10. Any person registering as PG will be allowed to give submissions in PG category only
11. Scientific session award winners to be given e certificate also along with plaques for future use.
12. Preconference CME is a part of DRISHTI and so cannot be claimed as any club cme for club points.
13. KSOS KJO Online Webinar series on Evidence Based Ophthalmic Practice" to be begun.
14. The DCC 2024 dissolved and the minutes book , sound box and Barcode scanner was handed over to the next organising secretary Dr Anish Madhavan by Dr Alex Baby.
15. It was decided to collect the details regarding the number of members in each club from the district clubs so as to formulate guidelines for Metro and Non Metro Clubs..
16. Formation of Sub committees for 2024-25-
17. Other than the Ethics committee and VEC committee all the other committees are to continue as before . The list is published in the website.
18. Dr Sreekanth Ramachandran selected as Spandanam editor
19. Dr Ambika Shetty to continue as LDP Coordinator
20. Election Officers : Dr Charles Skariah, Dr Saju Joseph and Dr Elizabeth Joseph
21. KSOS Family meet Dates fixed as May 10,11
22. A Single slide summary to be projected on the LED wall when the award is being announced and the awardee is being awarded in case of Oration awardee and the two lifetime achievement awards and the compering person will read out the same.
23. As requested by TACO, the TACO PG Quiz award to be renamed as "Dr K Krishnankutty TACO PG Quiz award" subject to ratification by AGB
24. Name of TOT award by Kozhikode Ophthalmic Society will be "KSOS - CALIKOS TOT award"

TREASURER'S MESSAGE



Dear Friends,

From the treasurer's desk:

The Teachers of tomorrow will be named as per wish of the Kozhikkode Ophthalmic Club as "The KSOS CALICOS TOT award". The required award FD of 5 Lakhs has been created in the Karnataka bank account.

Now that the payouts for Drishti 2024 are over, the signatories in the Drishti ICICI account have been changed and the treasurer and LOC Secretary (Dr. Anish MR) are the signatories. The LOC for Drishti 2025 are working at a feverish pace along with the KSOS executive committee and I expect Drishti 2025 to surpass all our expectations. The registrations should be open anytime now.

We had a scare from all 3 banks, holding our accounts, threatening to freeze our accounts based on an RBI directive about Darpan portal registration for trusts and societies having 12A registration.

We could not do this earlier, as the document with current registration from the registrar reached us only in March (this was a required document upload for the portal). We embarked on the registration process with a deadline within 1 week and successfully registered the society on the Darpan portal. I am grateful to our accounting assistant Mr. Dhiraj Tawari for doing the online paperwork burning a few days' worth of midnight oil. I am also grateful to the entire Executive Committee for promptly sharing the required personal details and helping with the corrections in the final submission of the form. Thank you all.

The next Internal Audit Committee meeting is scheduled to be held at The IMA house, Kochi on the 27th of April, 2025.

The GST filing and IT filings are going smoothly.

Jai KSOS.

Dr. Thomas George T

Treasurer KSOS

SCIENTIFIC COMMITTEE CHAIRMAN'S MESSAGE



The activities of Scientific Committee is going on very well. The online programs like PG class room, YO lounge, X files…etc are continuing as usual. The 4th module of Eyelights, the physical PG update program will be held on 4th May at Jubilee Mission Medical College, Thrissur with cornea as the subject. The abstract submission for Instruction Courses of Drishti 2025 was started on 1st April and is still going on. I thank all the office bearers of KSOS especially the members of Scientific Committee for their support

Dr Bastin V A

Chairman, Scientific Committee

JOINT SECRETARY'S REPORT



Greetings from the Excecutive Editors Desk !

The activities of various District Ophthalmic Clubs across the State for the term from January to March 2025was obtained from the concerned District Officials and duly compiled in the due time periods. The various activities of the Clubs including the Meetings, Celebrations, camps, CMEs, Academic Activities and Public Awareness Activities were recorded with photographs and Data.

Reports from the General Secretary, Treasurer, Scientific Committee Chairman, KJO Editor and Web Site Editor were collected and compiled. The Presidents Message was also collected and compiled .

Needed assistance was given to the President and General Secretary was whenever asked for.

The 4th Edition of the KSOS Connect covering October to December 2024 was released online via Whatzapp groups of KSOS by 15th January 2025

The Edition contained

1. Interview of Senior Ophthalmologist Dr. James Kuruvilla from Kothamangalam.

It was a great insight into the professional and personal life of Dr. James Kuruvilla, well illustrated with pictures . The interview was done by Dr. Ligi Soosan Thomas and cordinated by Dr. Aparna Cessal

2. Message from the Incoming President Dr. Mahesh G
3. Presidents farewell message by Dr. Thomas Cherian
4. General Secretary's Report – Dr. Biju John
5. Treasurer's Report – Dr. Thomas George
6. Scientific Committee Chairman's Report – Dr. Bastin
7. KJO Editors Report – Dr. Lathika VS

8. Website Editors Report – r. Sujith Nayanar

9. DHRISHTI 2025 Report – Dr. Alex Baby

10. District Club Reports from districts – TOC Trivandrum, AOC Aleppey , KOLLAM ,

OSP Pathanamthitta, COC Cochin, TACO Trichur, KOS Kottayam , IMOC,PSOS Palakkad, MOS Malappuram , KOZHIKKODE , OSK Kannur and KASARAGOD . All the reports were splendid with lot of photographs

The Edition was also released on the KSOS Website , thanks to Dr. Sujith Nayanar the Website Editor .The Youtube Video of the Interview of Dr. James Kuruvilla can be viewed on our website or on clicking the youtube link given in the KSOS Connect

The Hard Copy Release of the KSOS CONNECT 4th EDITION was done by the President Dr. Mahesh G by handing over a Printed copy to Dr. Biju John the Secretary in the presence of the Joint Secretary cum Newsletter Executive Editor Dr. Sony George . Few Printed Copies were distributed to the Executive Committee members

he 5th Edition of KSOS Connect -the present one – has the following contents

1.THE COMMON MANS OPHTHALMOLOGIST Interview of Senior Ophthalmologist Dr. K GOPINATHAN from Malappuram.

It was a great insight into the professional and personal life of Dr. Gopinathan , well illustrated with pictures . The interview was done by Dr. SAMEERA VASUDEVAN . I place on record my sincere thanks to Dr. Sameera for taking up the responsibility and doing it excellently despite her hectic work schedules and committments

2. Message from the President - Dr. Mahesh G

3. General Secretary's Report – Dr. Biju John

4. Treasurer's Report – Dr. Thomas George

5. Scientific Committee Chairman's Report – Dr. Bastin

6. KJO Editors Report – Dr. Lathika VS

7. Website Editors Report – Dr. Sujith Nayanar

8. Joint Secretary's Report – Dr. Sony George

9. District Club Reports from districts – TOC Trivandrum, AOC Aleppey , KOLLAM ,

OSP Pathanamthitta, COC Cochin, TACO Trichur, KOS Kottayam , IMOC,PSOS Palakkad, WYANAD OPHTHALMIC SOCIETY , KOZHIKKODE , OSK Kannur and KASARAGOD . All the reports were splendid with lot of photographs

It's great to see the report from the newly formed Wyanad Ophthalmic Society for the first time and so fast after the formation of the Society . I wish them all the very best in the clubs activities and hearty congratulations for the great work done

Thanks and regards

Dr. Sony George
















KJO EDITOR'S MESSAGE



The last issue of KJO was brought out in December 2024 and the April 2025 issue is all set to come out soon.It is heartening to note a steady increase in the number of submissions including original research articles from authors in our own state.

The KSOS - KJO Webinar Series 'RESEARCH TO REALITY' was launched on March 19, 2025 on the KSOS virtual platform. Dr Mahesh.G, President, KSOS formally inaugurated the series and Dr Biju John, Hon. General secretary, KSOS offered felicitations.This series aims to empower clinicians to navigate questions on the ideal way to practice Evidence Based Medicine. Each webinar will pivot around a pertinent practice question from a particular subspecialty and walk the attendees through a five fold learning path :

THE 5 'A's to ACE Evidence Based Practice:

1. ASK: Each session opens with a Common decision making question from clinical practice

2. APPRAISE: Relevant evidence regarding the same will be dissected and appraised.

3.APPLY: Leading clinical experts will share their real world practice in an engaging conversational format.

4.ASSESS: A competitive quiz, based on the webinar will be live on the KSOS website after each session. Exciting prizes await the mega winner of the quiz modules at the KJO session in Drishti 25.

5.ACCESS: Finally, KJO flashcards containing highlights/ key points from each webinar will reach every member by mail for easy access to content at a later date.The Webinars can be accessed on the KSOS You tube channel at your time and pace,any time you wish.

A series of eight such monthly sessions will be rolled out from March to October 2025. The series, hosted by Editor in Chief, KJO features an accomplished faculty team led by Dr Praveen Nirmalan (Resource faculty in clinical research) & Clinical experts from relevant subspecialties.



The first webinar launched in March was themed on Glaucoma and the next one due in April will be on Retina.

Hope this KJO initiative will help our members to practice Evidence based medicine at its best.

Click here to watch the first module (Theme Glaucoma: PACS with other wise normal eyes- observation vs LPI?):

https://www.youtube.com/live/3hEQ_7RzY58?si=YVSCqBnc6wW8wI7S

Dr Lathika Vasu Kamaladevi
Editor in Chief, KJO

WEBSITE EDITOR'S MESSAGE



Dear Members,

As we prepare for another exciting Drishti, we're happy to announce that the website is now open for Online Registrations and Online Submissions for Instruction Courses. The first brochure has been uploaded, and in the coming days, submissions for Free Papers and Video Contests will also open, as per the schedule shared by the Scientific Committee. Since the start of 2025, there have been several important updates to our website that I'd like to share with you:

1. Drishti 2024 Scientific Programs – All programs are now available on KSOS On Demand: **KSOS On Demand.**

2. Photos and Award Winners from Drishti 2024 – View the complete gallery and award details: **Award Winners.**

3. Cultural Programs of Drishti 2024 – Watch all performances uploaded as part of Drishyotsavam: **Drishyotsavam 2024.**

4. Spandanam – Latest Issue – The latest version of our cultural magazine is now live: **Spandanam Magazine.**

5. Public Awareness Portal – A new section has been launched featuring videos for public awareness. Members are encouraged to contribute videos, preferably in Malayalam: **Public Awareness Portal.**

6. LDP-KSOS 2024 Report – The Leadership Development Program report and photos have been uploaded: **LDP 2024 Report.**

7. YOLK – Young Ophthalmologists of Kerala – Activities and updates for YOLK are now available: **YOLK Activities.**

8. Image of the Month – We've started a new section to showcase select clinical images submitted by members: **Image of the Month.**

9. One Minute Video – A new section will launch in April featuring key steps or special techniques in short videos.

10. Scientific Committee Programs – All online academic programs from the Scientific Committee are now available for easy access: **Scientific Committee Activities.**

11.KJO Channel – A new space dedicated to KJO-related activities, such as the 'Research to Reality' Quiz Competition: **KJO Channel.**

12. Practitioners Corner – Peer Support – A new page for members to seek or offer support in practice-related matters: **Peer Support.**

13.KSOS Classifieds – A new platform to connect job providers, job seekers, training, and fellowship opportunities: **Job Posting | Training & Fellowship Opportunities.**

Looking ahead, we plan to introduce a new academic activity called Clinical Challenges, where members, including PG students, can engage in solving ophthalmic brain teasers. This will be guided by the Scientific Committee and will offer an interactive learning experience.

I would like to thank all EC members and KSOS members for your continued support and guidance in refining our website and making it more user-friendly. We are committed to enhancing your experience as we work to provide valuable resources to the community.

Thank you and Jai KSOS!

Best regards,

Dr V Sujith Nayanar
Website Editor, KSOS

continued from page 1...

Prior to my specialization in ophthalmology, I worked as a general practitioner. I completed my Diploma in Ophthalmology from Calicut and furthered my education to refine my expertise in the field. It has been a fulfilling journey, and I have been serving the people of Malappuram for over 45 years."

Could you recall a specific moment or experience from your childhood that inspired you to pursue a career in medicine?

The present generation doesn't know. Growing up, my parents didn't emphasize career planning or education in the way it's done today. It wasn't something I had given much thought to. In fact, I consider myself an 'accidental doctor.' At the time, I had no intention of pursuing a career in medicine—it wasn't even on my radar.

I was actually a rank holder in BSc at Calicut University,However, since I didn't have mathematics as part of my course, they didn't accept my application, and I lost a whole year. By the time I could apply again, the deadline for MBBS had already passed. So, I spent that year with a preparatory course of 6 weeks . I applied to study medicine. And that's how I ended up becoming a doctor—more by accident than choice.

What was your academic environment like during those years, and how would you describe the experience and your teachers? Were there any challenges you faced, especially during your studies in medicine?

"Coming from a rural area, the transition was quite challenging. The curriculum in medicine was entirely different from what I had previously studied, so it took some time to adjust. While it wasn't easy, I found the courses manageable as I pushed through.

I was fortunate to have an excellent array of teachers in college, many of whom left a lasting impression on me. Dr.C.M Francis was the Principal then. Dr. Pandala ,the Anatomy professor , Dr. Rao in Biochemistry was deeply respected. At the clinical side ,Dr .G.K .Varrier Sir , Dr.



Sahadevan Sir was inspiring. Overall, the combination of hard work, incredible teachers and a strong support system helped me navigate the challenges I faced during those formative years."

I'm curious—what took you to ophthalmology? Was ophthalmology the same field back when you decided to pursue it, or how has it changed since then?, especially in the current era where there are so many females!

"Actually Ophthalmology is a female dominated area recently .During our time the majority was full of males . Interestingly, my decision to pursue ophthalmology happened somewhat by accident. I went from health services. and I had two main choices: either Orthopedics or Ophthalmology . However, I didn't get into orthopedics, which led me to ophthalmology.

That being said, when I started my training at Calicut Medical College , I found myself really enjoying ophthalmology. It offered a unique combination of precision and variety, which I really appreciated. I had the opportunity to work with excellent mentors like Dr. Venugopal who was the head of the department. To name a few during my college years Dr.Bhatt .Dr.Padmaja , Dr. Indira Varma , Dr. Mohammed played a significant role in shaping my interest in the field.

What were some of the initial challenges you faced when starting your career in Ophthalmology and how did you overcome them ?

"Coming into government service immediately after post-graduation, I was very fresh with no prior experience. My initial posting was at Kudiyanmala which was on the Kerala Karnataka border , a place with limited resources. My first proper posting was in Malappuram area near Edavanna , and at that time, primary care centers were often the only posting available.

One significant challenge was the eagerness to apply everything I had learned – I was inclined to say 'yes' to all cases. However, the facilities available in the government service weren't always adequate. Despite this, with the help of Mobile ophthalmology units from Manjeri, I started performing cataract surgeries even in these basic health centers. We had to be resourceful, even converting post-partum sterilisation (PPS) theaters after fumigation to ophthalmology theatres and scheduling just a few cases the next day.

Later, when I received a posting in Manjeri District hospital, I was finally able to practice more comprehensively, closer







to the theoretical ideal. The support of colleagues like Dr. Dhananjayan, Dr.Bharathi, Dr. Rajamma and others was invaluable. Joining their team marked a turning point in my practice. It was during this time that I actively started attending all the ophthalmology conferences regularly, which further contributed to my professional development. It was during one of the conferences,they announced the advent of microsurgery training at Aravind Eye Hospital . Despite having excellent surgical skills and a good understanding of ECCE , nobody in our region – and I'm not sure about other government setups elsewhere – performing IOL implantation. It simply wasn't being done. Recognizing the potential benefit for our patients,

I persuaded Dr.Dhananjayan to enroll and later myself attended the dedicated training program.With a six-week intensive course focusing on microsurgery technique under Dr.Arup Chakraborti being trainer at Aravind Eye Hospital, we started performing IOL implantations here.The IOL cost was 150 rupees then- paid by those who could afford ,else was done free. I was in charge of the Mobile unit and literally we were travelling all over the district including Ponnani,Tirur etc and collecting patients and doing surgeries. I don't think any government sector was doing this other than us in Kerala then .

It's truly inspiring to hear about that dedication. Now, moving forward, we have sophisticated modular operating theaters. Can you paint a picture of the environment considering the existing infrastructure with only basic PPS theatres ?

We were performing these delicate intraocular surgeries in the same common theatre where a wide range of obstetrics and gynecology or orthopedic cases were handled. It was an alarming situation, looking back now. We were fortunate that, during that initial period, we didn't encounter any significant outbreaks of infection. It was a constant concern, though. Later, once I had completed more comprehensive IOL training, we were able to establish a separate dedicated theatre for ophthalmic surgeries.

Can you share a particularly challenging or complex case you've managed that significantly impacted your professional growth and perspective?

One particularly critical and challenging experience occurred when a patient unexpectedly collapsed after a peribulbar block . The situation escalated rapidly, and it became immediately clear that we needed specialized intervention. We urgently had to call for an anesthetist from a private sector as we had none to assist in reviving the patient. Following the revival, the patient was transferred to the hospital for further management .The delay and the uncertainty surrounding the patient's condition during that time were incredibly stressful. In critical situations like a patient collapsing, every second counts. Due to lack of resources, as I mentioned earlier with the operating theater being in a different block at Manjeri Medical College , exacerbated this challenge. If any complication occurs,the anaesthetist has to walk 5 minutes to reach our block. The present generation may not be able to digest such critical situations.

What about your family ? How has your family supported you throughout your professional journey?

I was fortunate that my wife comes from a family deeply rooted in the medical field. Her father, her two brothers and their wives are doctors .They run Ramdas Hospital,a multispeciality centre at Perinthalmanna .She understood the pressures and the unpredictable nature of a medical career. That understanding and support from her side made my life significantly easier. I have two wonderful daughters. The elder one Deepa with Masters in Microbiology is currently a teacher at Choice School ,Kochi, and the younger one Sandhya an IT Professional at Bangalore . Both my daughters are married to engineers, and I have 3 grandsons . Interestingly, one of my grandsons is now preparing for his medical entrance exams. Perhaps the medical lineage will continue into the third generation, although I must admit, I often try to subtly discourage them! (Laughs)

You've dedicated a significant portion of your career to serving the people of Malappuram. You've worked here for so many decades. Could you share your experience of the warmth and the overall interaction you've had with your patients in this region over the years?

Working in Malappuram has been a truly enriching experience. The warmth and the trust that the patients here bestow upon their doctors are remarkable. Over the decades, I've had the privilege of not just treating their eye conditions but also building genuine relationships with them and their families. There's a deep sense of community here, and that extends into the doctor-patient relationship. It's incredibly rewarding to witness the positive impact you can have on their lives and to feel their gratitude. The experience has been overwhelmingly positive, and the warmth I've received from the people here has been a constant source of motivation throughout my career.

"Behind every successful man ,there is a woman" is a traditional proverb .So lets meet Ma'am .Happy to meet you , Omana Ma'am. Could you please tell us how you dealt with Sir's busy life ?



Being born in a doctor's family ,I was accustomed to the busy life schedule since childhood .My father used to come back home after long hours - attending multiple deliveries and house calls.So I could manage the house and the kids' education very well.

Sir, How do you maintain a healthy work-life balance, especially with the demands of a medical practice?

I wake up at 4:45 AM and go to sleep by around 9:45 PM. I will do a brisk morning walk of 30-40 minutes followed by gardening . I start my home practice by 7am and end by 7 pm .Patient keeps trickling in between. It's not a heavy practice though after retirement.

What are some of your interests or hobbies outside of ophthalmology?

At present, there isn't much interest outside of it. Actually, reading used to be a habit of mine. I was quite the reader in my early days. But later, after entering service and with my practice, all that reading diminished. And with the advent of TV, that became another pastime. Also, we made good friends with our batchmates from the '78 batch. We still meet frequently at Malappuram.We have a small garden at home, even though the gardener does the work, I do engage my time with it.Now the best interest lies in spending time with my grandchildren.

Regarding attending conferences, you mentioned going to most CMEs in your early years. Are you still an avid attendee of all CMEs, even for KOS or other organizations? I have heard you were heading multiple organisations

In my earlier days, I was very active and interested in all these things. And for the KSOS, ever since I became an ophthalmologist , I've attended all their annual meetings and CMEs. At that time CMEs were few in number, but we regularly had hospital-based CMEs. I used to attend all the Aravind Eye Hospital CMEs, either in Coimbatore or Madurai, or elsewhere. Not so much visited recently, because these conferences have become so high-tech and no much direct use for someone from my generation, so I avoid a few now.

Well yes , I have served as the President of Malappuram Ophthalmic Society, Kerala Government Medical Officers association and Malappuram IMA as well.

What advice or a kind of motto would you share with the younger generation, especially those starting their own hospitals or those with good surgical skills?

Actually, as we said earlier, almost 70 to 80 percent of ophthalmologists now are ladies. It's a very good specialization, and I hope they manage things well. However,

it has become so high-tech that it's very difficult to keep up unless you are very comfortable with it. But I think at times, we are becoming too commercialized. I believe the younger generation should realize that

many young doctors today come from affluent families and might not fully understand the difficulties faced by people with lower economic means. They should remember that the person in front of them is a human being, not a computer. What they truly require is a peaceful life. So, provide them with only the necessary treatment. Don't advise all sorts of advanced technologies unless they are genuinely useful for that particular patient.

That's a very insightful point. We sometimes bombard patients with so many options that they themselves get confused. So, focusing on the patient's actual needs is crucial. Looking towards the future with telemedicine and AI, what are your views on how ophthalmology will evolve in the next 20 to 30 years?

It's a wonderful thing which is coming up. Suppose I, as a patient, can send my retina picture to you, sitting 100 or 300 kilometers away, without any other facility to do so. That's a great advantage for me. We often have to spend a whole day just to get a retina check by coming to the hospital. If there's a facility to send my retinal image, maybe not for the initial diagnosis itself, but at least for monitoring the progress of a disease, that would be very helpful. That's one aspect I see as a positive development. But it should be cheaper when AI and telemedicine become more prevalent.

Can you share some tips and tricks for practice, to become a good ophthalmologist, to be among the common man ?

Great question. Don't think only about your interests. Treat the patient as a person .Give what is really necessary for them. Learn everything and give right treatment.

Thankyou Sir for your time today. On this wonderful anniversary day wishing you both all health and happiness. This has been a very insightful conversation and pleasure to know about you and your journey. Thanks again for your warmth and courtesy. Thanks KSOS for the opportunity!





REPORT OF DISTRICT CLUBS

TRIVANDRUM OPHTHALMIC CLUB

JANUARY 2025

SCIENTIFIC MEETINGS

TOC meeting along with family get together and cultural programs was held on 26th January Sunday, at Hotel SP Grand days Trivandrum. The scientific session included case presentations by Dr Aparna R P on Corneal Macular Dystrophy and Dr Safna Hamsa on Keratoconus. Session was chaired by Dr Mahadevan sir and Dr Susheela B Nair.Cultural activities included solo song, solo dance and group song by different members of TOC and their children, followed by Magic show.









INDIVIDUAL ACHIEVEMENTS:

Dr Deepthilal, Consultant Ophthalmologist Nedumangadu Taluk Hospital received KGMOA Best Doctor Award (Speciality cadre)



FEBRUARY 2025

SCIENTIFIC MEETINGS

1. TOC monthly meeting was held on 27th February 2025 at Hotel SP Grand Days, Thiruvananthapuram. Dr Vinay S Pillai, Senior Consultant and head of department, Cornea and Refractive surgery, Giridhar Eye Institute, Ernakulam was the guest speaker. He delivered his talk titled "From surface to endothelium – frequently encountered challenges". The meeting was chaired by TOC President, Dr Minu Mathen and Secretary, Dr Ashad Sivaraman. The meeting had an attendance of 56 ophthalmologists and postgraduate residents.







PG TRAINING PROGRAMS

PG training program was conducted by TOC on Sunday, 23rd February 2025 at Chaithanya Eye Hospital, Thiruvananthapuram with Hands-on PG teaching program on Glaucoma. This entire-day session was attended by 52 doctors and trainees.









A CME was conducted on 16th February 2025 at Hotel Apollo Dimora, Thiruvananthapuram by Precise eye care covering all subspecialties. Professor Dr Pradeep Sharma delivered the Signature Oration titled "Newer procedures in strabismus surgery". The event was attended by 105 delegates.

INDIVIDUAL ACHIEVEMENTS:

1. Dr Veena Viswam, Glaucoma and Cataract consultant, Amardeep Eye Hospital, Thiruvananthapuram cleared FAICO Cataract 2025.

2. Dr Neethu Pradeep, Medical retina consultant, Amardeep Eye Hospital, Thiruvananthapuram cleared FAICO Uvea 2025.

3. Dr Aparna KS, Orbit and Oculoplasty consultant, Chaithanya Eye Hospital, Thiruvananthapuram cleared FAICO Oculoplasty 2025.



MARCH

Glaucoma awareness walk was conducted on March 9th 7.00am at Shanghumugham beach, The walk was flagged off by famous literary critic Sri P k Rajasekharan in the presence of chief guest Shri Madhupal.Starting point: In front of the Shankumugham Devi Temple statue, near the mermaid statue. Walk was towards the domestic airport for approximately 1 kilometer and then return to the beach. Post-walk there was a Zumba session and a flash mob.











Camp conducted by TOC during Attukal pongala on 13th March Thursday. Consultants of Sreenethra Eye Care and Consultants from Precise Eye Hospital participated . Number of patients seen were 230.



Glaucoma dance

A song and a dance by the ophthalmology doctors of Trivandrum ophthalmic club to spread the awareness about Glaucoma – "The silent stealer of vision"



Women's day celebration conducted by TOC on March 8th Saturday, at Residency tower. The scientific session included "The role of Cyclosporin in DE diseases" by Dr Swapna Nair, "VKC management strategies" by Dr Anitha Prabhakar and a women empowerment talk by Rekha R,Deputy project director Liquid propulsion system centre ISRO. The moderator of the session was Dr.Sheeba, Director, RIO.





Dr. Thomas George conducted a glaucoma awareness program at IMA on 25th March 7.30 pm at IMA office Trivandrum. Topic of discussion was Glaucoma – a preventable cause for permanent blindness.



Glaucoma dance













Recording in All India Radio as a part of prevention of blindness week by Dr Kavitha Devin

SCIENTIFIC MEETING

Monthly meeting conducted on 28th March Friday at Residency Tower. The scientific session included a talk by Dr Krishna Das Senior consultant -Glaucoma services Aravind Eye Care on Changing paradigms in glaucoma management. Felicitation of all the individual achievers also done in the same meeting, which included

Dr.Jayalekshmi - Principal,SUT Medical College

Distinguished Alumni award, MCH,TVM - Dr.K.Mahadevan, Dr.Unni Nair

Dr Ambika Shetty felicitated by ministry of culture Govt. of Kerala at Sangamotsav at Bharat Bhavan Thycaud.

Dr.Jayaprasad B, Dr.Arya A.R,RIO, Dr.Roshni, - MRCS and FRCS from Royal College of Physicians and Surgeons GlasgowDr.Deepthilal received best doctor award from KGMOA

Dr.Veena Viswam, Amardeep ,FAICO Cataract

Dr.Harshali,Sreenethra FAICO Neuro Ophthal

Dr.Iodine, Chaithanya FAICO Refractive Surgery

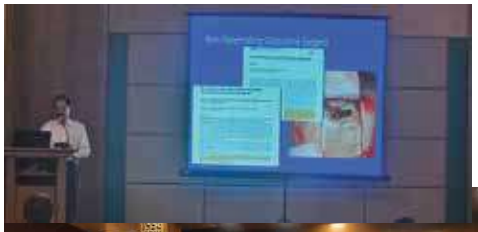
Dr.Neethu Pradeep, Amardeep FAICO Uvea

Dr.Aparna K Sharma Chaithanya,FAICO Oculoplasty

Dr.Indu Nair Chaithanya,FAICO Retina

OPAI national quiz - First prize..Dr Aparna K S

Dr Greeshma MG,Asst Prof , RIO, Tvm has come in first place in the FNB entrance exam









INDIVIDUAL ACHIEVEMENTS

1. Dr Iodine R, Senior consultant, Chaithanya Eye Hospital, Thiruvananthapuram cleared FAICO Refractive surgery 2025.

2. Dr Indu J Nair, consultant Vitreo Retinal Services, Chaithanya Eye Hospital, Thiruvananthapuram cleared FAICO Medical retina 2025.

3. Dr Harshali, consultant Vitreo Retinal services, Sreenetra Eye Hospital, Thiruvananthapuram cleared FAICO - 2025.

4. Dr Greeshma MG, Asst Prof , RIO, Trivandrum has come in first place in the FNB entrance exams to pursue her VR fellowship.

5. Distinguished Alumni award, MCH, TVM - Dr. K.Mahadevan and Dr. Unni Nair

6. In KUHS first 10 ranks MS Ophthalmology 8th, 9th and 10th ranks are bagged by TOC members- Dr Staryl (Govt medical college Trivandrum), Dr Jane (Govt medical college Trivandrum), Dr Maria (Sree gokulam medical college, Trivandrum)

7. Dr. Jayaprasad B, Dr.Arya A.R, Dr.Roshni, MRCS and FRCS from Royal College of Physicians and Surgeons Glasgow

8. OPAI national quiz First prize - Dr Aparna K S Chaithanya Eye Hospital

9. Dr.Jayalekshmi - Principal, SUT Medical College

10. Dr.Sunil appointed as superindentent. RIO

11. Dr Ambika Shetty felicitated by ministry of culture Govt. of Kerala at Sangamotsav at Bharat Bhavan Thycaud

KOLLAM OPHTHALMIC ASSOCIATION

January

10-1-25

Kollam Ophthalmic Association activities started with KSOS Presidential visit. KOA conducted CME series 1, general body along with Christmas and New Year celebrations at Quilon Beach Hotel at 7 30 pm. In the general body meeting after the Presidential address by President Dr Mini J, secretary Dr Shiney Nepolean presented minutes and treasurer Dr Vishnu Mohan presented accounts. CME session started after GB.There were 2 sessions. 1st session was by Dr Mahesh Gopalakrishnan. Topic was Endophthalmitis and legal aspects. Dr Linsa introduced Dr Mahesh Gopalakrishnan. Dr Mini Jayachandran gave a warm welcome to Dr Mahesh G. The presentation was excellent and was very useful to all. 2nd session was by Dr Yasmin Ali. Topic was Battling the Blues. Mementos were given to Dr Mahesh by Dr Rajiv Sukumaran and to Dr Yasmin Ali by Dr Anish Madhavan. Dr Jayasree Rajiv presented a gift to Dr Mallika. Dr Anish Madhavan gave a briefing on Drishti 2025.

























After GB, Christmas and New Year celebrations started. Cake cutting was done by Dr Mahesh G along with our senior members. Dr Naesa A gave a beautiful new year message. This was followed by the performance of KOA members. Dr Rekha R performed a classical dance. Dr Vishnu Mohan sang a melodious song. Christmas carol sung by Dr Mini J, Dr Suprabha , Dr Shiney, Dr Mohini, Dr Rithu and Dr Vishnu. Iva performed a beautiful dance. This was followed by a group dance by Dr Rakhi, Dr Sonia, Dr Rekha, Dr Suprabha and Dr

Priyanka. All of us enjoyed. New Year gifts were given to all KOA members. Around 45 members attended the meeting. Dr Vishnu Mohan delivered the vote of thanks.











FEBRUARY









21-2-25

KOA conducted CME series 2 along with the general body at Quilon Beach hotel at 8 pm. In the general body, after the Presidential address, the secretary presented minutes and treasurer accounts. The guest speaker was Dr Anubhav Goyal, Consultant Vitreoretinal, Giridhar Eye Hospital Kochi. Dr Divya Kishan introduced the speaker. 2 topics were there. Topic 1 Update on DME-Bridging the gap; From controlled trials to real world outcomes in DME management. Topic 2 Update on ROP. Dr Balakrishnan presented a memento to Dr Anubhav Goyal. The meeting was attended by 32 members. Dr Vishnu Mohan delivered the vote of thanks .









MARCH

GLAUCOMA ACTIVITIES BY KOA







9-3-25

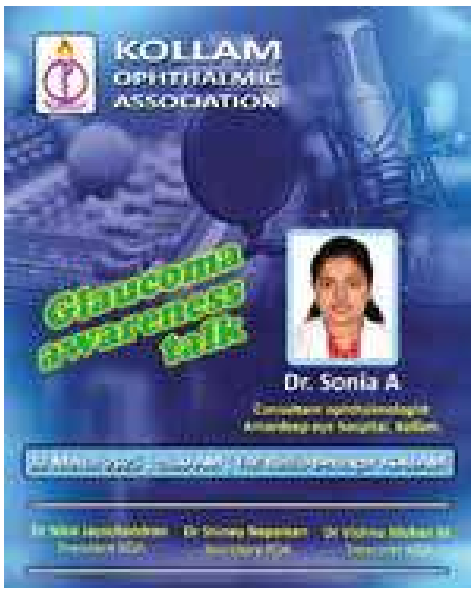
KOA conducted a Walkathon - beach walk related to glaucoma week observance on 9-3-25 at 7 30 am in association with Thangassery Breakwater Walkers Association. Before the walk, Dr Mini J, President KOA gave a warm welcome to all .Adv Sreeranganathan, executive member and legal advisor TBWA addressed the gathering. Dr P Ramesan, past KOA President, gave an awareness about glaucoma and flagged off the walk. Around 50 participants were there. Started from Kollam beach and covered the beach road area. For awareness flyers were distributed and placards were displayed. Kairali news live channel covered the programme. Dr Mini J, KOA President and Dr Shiney KOA secretary gave awareness about glaucoma to the news channel and it was telecasted in Kairali news live on 9-3-25. After the walk Dr Shiney delivered the vote of thanks.





2.13-3-25

KOA conducted an awareness talk in Radio Benzigar. Dr Sonia, consultant Ophthalmologist, Amardeep Eye care gave the awareness talk on 13th march 2025 at 9:30 a.m



3.16-3-25

KOA conducted an awareness talk in Ente radio 91.2 on 16th march 2025 at 10:00 a.m. by Dr Rafeeka H,Consultant ophthalmologist Precise eye care, Karunagapally. It was a live phone in program. Around 12 patients called and cleared their doubts.

GLAUCOMA ACTIVITIES BY OTHER HOSPITALS

1. Sankars Eye Hospital, Punalur. They conducted a flash mob rally on 12th March at Punalur. Rally was flagged off by Dr Sankar, founder of Sankar's Eye Hospital. Glaucoma screening camps conducted for Fire and Rescue officers at Punalur.







2. Vijaya hospital, Kottarakkara. They conducted a rally to create glaucoma awareness. Dr Rithu gave an awareness talk .



3. District Hospital Kollam. They conducted a meeting related to glaucoma observance on 14th march at District Hospital. Dr Suprabha, Dr Kamalakshi, Dr Vijayasree gave awareness about glaucoma to the public. Around 200 attended the meeting. Free IOP screening done.





4. Azeezia Medical College - 12th March, they conducted Quiz on glaucoma for medical students and the winners were given exciting prizes. They also conducted Elocution for medical students and were given cash prizes to winners. Dr Rajitha R gave an awareness talk about glaucoma.



5. Amardeep Eye Care, Kollam. 1 week free IOp checking and glaucoma screening conducted in Amardeep Eye Hospital. The program was inaugurated by Dr Jayaprasd B,Dr Rani gave felicitation and Dr Mini J, KOA President gave awareness about glaucoma. Around 150 patients were screened for glaucoma





21 -3-25.

KOA conducted CME series 3 along with the general body meeting. In the general body Dr Mini J gave the Presidential address, Secretary presented minutes and Treasurer Dr Vishnu Mohan presented accounts. Guest speaker was Dr John Davis Akkara, Glaucoma, Cataract and Refractive surgeon Westend Eye Hospital and Chaithanya Eye Hospital, Kochi on 21-3-25 at Quilon Beach Hotel at 8:00 p.m. 2 Topics were there. Topic 1 How not to miss glaucoma in clinics. Topic 2 AI in glaucoma. The presentation was excellent. Around 30 members attended the meeting. Dr Vishnu Mohan delivered the vote of thanks.





Membership Drive

4 new members joined KOA. Dr Rafeeka, Dr Basil Muhammed, Dr Reshmi Shaji and Dr Reshmi Nair

OPHTHALMIC SOCIETY OF PATHANAMTHITTA

FAMILY DAY JANUARY 19 2025

The inception of a "FAMILYDAY" was from our President - Dr Cheriyan Shane Mathew. He believes in nurturing a strong bond among members & reconnecting with our senior members. We left no stone unturned to create the belonging -ness.The serene destination of Lake Canopy Resort at Alappuzha was chosen as the venue for the Family Day. The journey started off in a bus with each member singing & enjoying every moment.









On reaching welcome drinks were served. Self-introduction of the families helped in knowing each other better. A warm welcome note was given by our President. Our MC Miss Joan started the show. A piano medley by Master Sarang & Master Aalhad brought the much needed rhythm into the program. The whole crowd was divided into five teams & were introduced by Dr Ann Tresa Antony - Team Prithviraj, Team Fahadh Faasil, Team Tovino Thomas, Team Dulqar Salman & Team Nazriya.

There was a couple quiz "Rendezvous with Dr Chaithanya Warrier" It took us into the lives of some of the most celebrated couples of Ophthalmic Society of Pathanamthitta - Dr M I John & Mrs Rajamma Mathew,Dr Rachel Jose & Mr Jose Kurian,Dr Verghese Joseph & Dr Amita Verghese,Dr Sara Ansa Renosh & Mr Renosh.The customized videos & momentos prepared for them took them back in time.Dance performance by Master Gagan was breath taking.











Gamemasters Dr Aaditya Ganesh Joshi & Mrs Harshada Joshi came into the arena.



The first game of Face the biscuit was hilarious & adventurous. This was followed by Cup & straw game which bonded the members. The melodious guitar performance by Mr Sachu Raj helped everyone unwind.There was a small talk on Dry Eye Disease & Role of Hyaluronic Acid presentedy Dr Priyanka Thilak.



Lunch was followed by interesting games like Blow up the balloon, Break the cup pillar & Cup on the head game.Riddles by Dr Priya Verghese built up the curiosity. Tambola stole the show with its uncertainty & Dumsharaz kept everyone guessing.A power packed dance performance by kids put the stage on fire.It was followed by DJ with a curated playlist to keep the energies high.

Tea was served outdoor & helped our members explore Lake Canopy. Kids had real enjoyment while swimming.



Fun games & activities for guests of all ages ensured everyone had a great time. A small thank you gift in the form of a Fridge magnet with the theme of Family Day engraved on it was given. Despite the distance our Family Get-together was worth making the effort for.



NEW BEGINNINGS, NEW RESOLUTIONS & UNFORGETTABLE MOMENTS.



Dr Shishir Verghese Director & Chief Vitreo-retinal Surgeon received 1st Prize in VRSI image competition in January for his image 'Fading Glory'.The image depicted neovascularisation in the Retina seen in SLE

Dr Sathish Thomas - Professor and Head of Department of Ophthalmology at Believers Medical College Hospital cleared FRCS Glasgow in January.



Amita Eye Care sponsored Jersy for Kerala Cricket Association Pathanamthitta under-14 team on 7-01-2025



Dr Aaditya Ganesh Joshi - Senior Phacosurgeon at Amita Eye Care cleared FAICO Cataract on February 15.Dr Ann Tresa Antony Consultant Phacosurgeon & Retina services at Amita Eye Care cleared FAICO Cataract on February 15



Dr Shishir Verghese bagged Best of show award at Pune Eyecon on February 16.





Netrakumbh 2025 inaugurated on January 5th during the Mahakumbh Mela a UNESCO recognized intangible cultural heritage event held every 12 years eyecare aimed at delivering exceptional services to millions of pilgrims & local residents. Dr Sabitha S Director Sabitha Eye Care participated in NETRA KUMBH 2025.







Woman's Day was celebrated world over on March 8th. Celebrating her power,passion & purpose - Woman's Day was celebrated with glitter and glamor in Pushpagiri Medical College Hospital & Chaithanya Eye Hospital, Tiruvalla & Karukachal.







Our post-graduates cleared M.S Ophthalmology with flying colours.

- Dr Cinu Elsa James
- Dr Aishwarya
- Dr Jayalakshmi



Recognizing the invaluable contribution of Optometrist in Eye Healthcare,World Optometry Day was celebrated on March 23rd







Eye Camps play a pivotal role in serving the society. The Eye Camps conducted by various Eye Hospitals of Pathanamthitta.





Glaucoma Awareness week program by OSP

Glaucoma CME started with welcome note given by OSP President Dr Cheriyan Shane Mathew. Detailed report of OSP from the period December to February 2025 was presented by OSP Secretary Dr Priyanka Thilak. Sponsored talk on Alcon Systane was given by Dr Aaditya Ganesh Joshi. Introduction of our speaker Dr Kiran Gopalakrishnan was given by Dr Asha George from Pushpagiri Medical College Hospital. Glaucoma - Snippets of wisdom was presented by Dr Kiran Gopalakrishnan.





Post graduate case presentation was done by Dr Silpa from Push -pagiri Medical College Hospital. Our PG case presentation was mentored by Dr Digin Mariam and Dr Priya Verghese Our Pg case presentation was chaired by Dr Jacob Koshy,Dr Leema R Thomas and Dr Kiran Gopalakrishnan This was followed by Beyond the Academix Session. OSP members Birthdays falling between the months of January to March was celebrated by cutting cake and reciting the birthday rhyme. This new segment proposed by Dr Ann Tresa Antony was welcomed by everyone and the happiness

was evident on the face of all the members. We celebrated birthdays of Dr M.I Verghese,Dr Sabitha S, Dr Chaithanya R Warrier,Dr Diny Sunny,Dr Pooja,Dr Tania,Dr Roina. Celebrate her power,passion and purpose.Woman's Day message was given by Dr Sabitha S through her life story she took us back in time and showed us how a woman can be an anchor of a family.







She also apprec -iated the men who support the remarkable woman in their lives. Felicitations by Dr Sathish Thomas for clearing FRCS Glasgow.Dr Aaditya Ganesh Joshi for clearing FAICO Cataract.Dr Ann Tresa Antony for clearing FAICO Cataract. Dr Shishir Verghese received first prize in image competition VRSI in Jan 2025 & Best of show award at Pune Eyecon in Feb 2025.







Postgraduates Dr Cinu Elsa James from Pushpagiri Medical College,Dr Aishwarya & Dr Jayalakshmi from Believers Church Medical College Hospital cleared M.S Ophthalmology with flying colours.

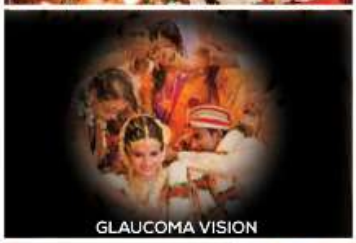


EID will be celebrated by the end of this month. To commemorate EID celebration EID bumper was launched. Our member Dr Kamilla Ajeez shared with us the importance of EID. This segment was part of OSP Presidential initiative to celebrate diverse festivals The first flyer of NETHRAM 2025 was staged by Organising Secretary of. NETHRAM Dr Chaithanya R Warrier. The most awaited segment of the evening Stress Buster corner was initiated by our President. Through his wit and humour, he showcased the importance of history taking in Ophthalmology. How a precise history can clinch the diagnosis an at times can be lifesaving A full house Glaucoma CME 2025 by OSP with all its glimmers was truly a sight to behold. Once again, we thank each one of you who came all the way, participated wholeheartedly and made the event a grand success. Looking forward for many such fulfilling and heart-warming moments.



CHAITHANYA EYE HOSPITAL & RESEARCH CENTER, TIRUVALLA













സൗജന്യ നേത്ര പരിശോധന

പത്തനംതിട്ട • ലോക ഗ്ലോക്കോമ ദിനത്തോട് അനുബന്ധിച്ച് ചൈതന്യ കണ്ണാശുപത്രിയുടെ തിരുവല്ല, കുറുപ്പുന്തറ ശാഖകളിൽ ഇന്ന് 20 വരെ സൗജന്യമായി കണ്ണുകളുടെ സമഗ്രമായ പരിശോധനകൾ നടത്തും. കൂടാതെ വിദഗ്ധ ഡോക്ടർമാരുടെ നേതൃത്വത്തിൽ സൗജന്യ നേത്ര പരിശോധനയും നടത്തും. ഗ്ലോക്കോമ സാധ്യത ഉള്ളവർക്കു വിദഗ്ധ പരിശോധനയ്ക്ക് 50 ശതമാനം ഇളവും അതോടൊപ്പം ലെൻസും. ദിവസവും ആദ്യം ബുക്ക് ചെയ്യുന്ന 50 പേർക്കാണ് ഈ ആനുകൂല്യം. ബുക്കിങിന്: 9995344930



അറിയിപ്പ്

ഗ്ലോക്കോമ നിർണയ ക്യാംപ്

തിരുവല്ല • ചൈതന്യ കണ്ണാശുപത്രിയിൽ സൗജന്യ ഗ്ലോക്കോമ നിർണയ ക്യാംപും ബോധവൽക്കരണ ക്ലാസും ഇന്ന് 10ന് നടക്കും. 99953 44930.

World Glaucoma week awareness program commenced with a talk given at Radio Media Village regarding various aspects of Glaucoma. Glaucoma speciality clinic was started at Chaithanya Karukachal centre headed Glaucoma and Cataract surgeon Dr Dhanya on 5-03-2025. Glaucoma Screening Camps were conducted at Tiruvalla & Karukachal from 3-2-2025 to 20-3-2025. Around 50 to 80 patients were screened. Screening Camps were conducted at Karukachal bus stand on 13-3-2025.

Believers Church Medical College Hospital

1. Flash mob
2. Glaucoma awareness talk by Dr Satish Thomas, HOD, Dept of Ophthalmology
3. Skit on glaucoma awareness
4. A small quiz for patients and bystanders at central courtyard & OPD
5. Talk on Glaucoma by Dr Sherwin at central courtyard and OPD patient waiting area



Flash mob



Skit on glaucoma awareness



Talk on Glaucoma by Dr Sherwin at central courtyard and OPD patient waiting area





Glaucoma awareness talk by Dr Satish Thomas, HOD, Dept of Ophthalmology



A small quiz for patients and bystanders at central courtyard & OPD



SABITHA EYE CARE

Glaucoma awareness week inaugu -ration done on 9th March at Sabitha Eye Care Hospital Pathanamthitta. Screened 150 people including family members of Glaucoma patients. Staff orientation programme done to motivate relatives of all Glaucoma patients attending the hospital.









KARUNYA EYE HOSPITAL

Every year in connection with Glaucoma Week, we conduct free eye screening camps in our Karunya Eye Hospital Adoor, Pandalam & Kottarakkara Centres for which we give wide publicity through social media and notices etc. This year also, we had conducted programmes at Adoor, Pandalam & Kottarakkara Centres on 11th & 12th March 2025. During this campaign our doctors had given awareness about glaucoma and provided free eye check-ups to the patients visited our hospital It was a beneficial programme to the Glaucoma Patients.

Date Centre No. of Patients screened for Glaucoma

11.03.25	Adoor	80
11.03.25	Pandalam	73
11.03.25	Kottarakkara	68
12.03.25	Adoor	74
12.03.25	Pandalam	69
12.03.25	Kottarakkara	64





AMITA EYE CARE THIRUVALLA

Team of doctors, optometrist & nursing staff from Amita Eye Care conducted Glaucoma Screening camp on 7-3-2025 at Police Station, Thiruvalla.Dr Jasna & team screened 46 policemen referred 18 among them for further evaluation in the hospital.



Second camp was conducted on 10-3-25 at Revenue Tower, Thiruvalla. Dr Geethu & team briefed about Glaucoma. The team screened 63 people referred 28 among them for further check-up in the hospital.



Third camp was in 14-3-2025 in Joyalukkas, Tiruvalla. Our team of optometrist & nursing staff screened 115 people & referred29 among them for further evaluation



RADIO MACFAST TALK

Radio talk in the form of Q & A on Glaucoma was broadcasted through RADIO MACFAST channel, Thiruvalla.On 10-3-2025 between 2.30 p.m. - 3 p.m. by Dr Gopisree.G. Nair. Common doubts among the public about Glaucoma - the silent thief of sight was answered.



Questions like what is Glaucoma, types, risk factors, diagnosis and treatment options for Glaucoma were dealt with.



The need for a yearly eye check-up with the Ophthalmologist for all was stressed upon during the talk. The fact that Glaucoma is an irreversible blinding disease and the need for early detection, treatment compliance to treatment & follow -up were emphasized in the radio show

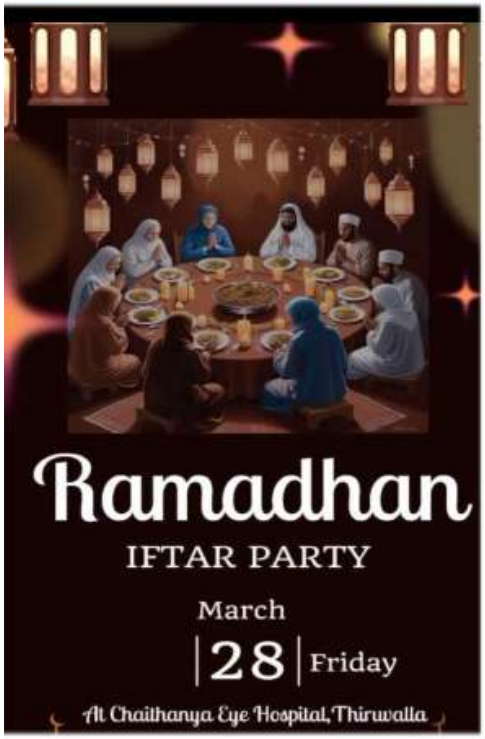
GLAUCOMA AWARENESS CLASSES

Dr Priyanka Thilak & Dr Gopisree con -ducted Glaucoma Awareness classes from 10-03-2025 to 13-03-2025 for nursing students of Thiruvalla Medical Mission & Pushpagiri Medical College Hospital. Around 150 students attended the class. An overview of Glaucoma, diagnosis, screening was presented. A questionnaire was given following the session to determine the level of knowledge gained. Certificate of part -icipation was handed over to all the students.



Glaucoma Awareness talks were given by Optometrist in Malayalam during OPD hours. It gave an insight into Glaucoma, diagnosis, treatment compliance in the management of the Silent Disease.Staff screening at Amita Eye Care was done on 25/03/2025 Around 110 staff were screened & evaluated for Glaucoma.







Eid and iftar parties are such a wonderful tradition! It's a time to celebrate faith, friendship, and family while sharing delicious food after a long day of fasting. From decorating the space to planning the menu, there's so much joy in organizing and being part of these gatherings.



Eid celebrations are vibrant and heartwarming, steeped in cultural and religious traditions. These traditions may vary slightly depending on cultural contexts, but the essence of togetherness, gratitude, and generosity is universal Chaithanya Eye Hospital Tiruvalla & Karukachal organized Iftar party on March 28th to celebrate EID.

ALLEPPEY OPHTHALMIC CLUB

AOC GLAUCOMA

WEEK CELEBRATIONS

We conducted an awareness class in GH Alapppuzha. After that we had a rally from GHAlappuzha to hotel palmyra. Senior doctors, optometrists, pg students and housesurgeons are participated. Have CME on How to proceed with a glaucoma suspect inopd.Speaker was Dr Shalet paul Asst professor TDMC Alpy. So many doubts are cleared in the session. Attendees 30. We were all in. green dresses. Other hospitals in Alpy also did Glaucoma celebrations.











KOTTAYAM OPHTHALMIC SOCIETY

102ND Kottayam Ophthalmic Society meeting was held on 31st January,2025 at Hotel Ceasar Palace, Kottayam. Dr Anil Radhakrishnan was invited guest faculty. He gave a keynote address on Anterior segment infections- An update. Dr. Anakha Murali, Junior resident from Govt Medical college, Kottayam also did clinical case presentation.

GLAUCOMA WEEK ACTIVITIES

DISTRICT HOSPITAL, KOTTAYAM

- World glaucoma week, district level inauguration for Kottayam district was held at CHC paika on 10th march, 2025. Dr Anu Antony delivered awareness talk and presentation on glaucoma during inaugural ceremony.
- Exhibition was held at District Hospital, featuring awareness posters on glaucoma and other sight threatening ophthalmic conditions to generate awareness in community.
- Eye screening camp was conducted at CHC paika, 306 patients were examined and 168 patients were screened for glaucoma.

GOVT MEDICAL COLLEGE, KOTTAYAM

- Outreach glaucoma screening camp at ST. Mary L P school, Vazhoor on 15.+/3/2025. Prof and HOD Dr. Vijayamma N gave glaucoma awareness talk.
- Glaucoma screening for MCH staff at Ophthalmology dept OPD
- Glaucoma awareness session at Govt College of Nursing by Dr Saritha VK

MARSLEEVA MEDICITY, PALA

- Glaucoma awareness talks in social media
- Glaucoma screening camp at hospital on 12th March, 2025

ASG VASAN EYE CARE, KOTTAYAM

- Dr. Asha James were invited as a guest in glaucoma awareness programme by Aarogyamangalam

ST JOSEPH'S EYE AND ENT HOSPITAL, KANJIRAPALLY

- Free detection and subsidized treatment of glaucoma was done on 11,12 and 13th of March, 2025

LIONS CHARITABLE TRUST EYE HOSPITAL, PAIKA

- Conducted week long glaucoma screening , investigation and treatment at subsidized rate

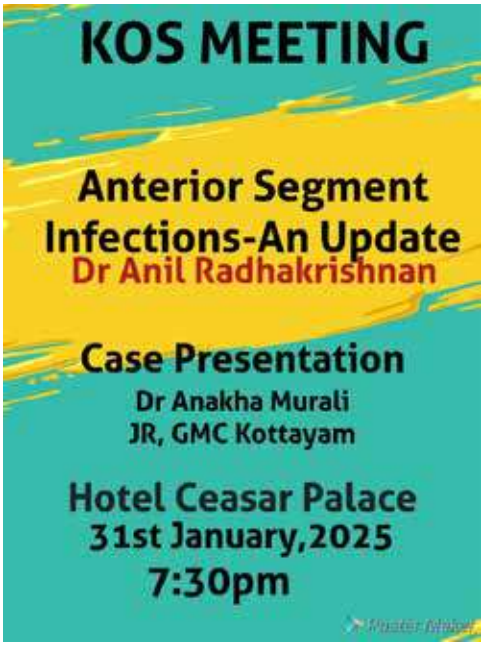
ALLEN HABOUR EYE HOSPITAL, KANJIRAPALLY

- Free screening and subsidized treatment of glaucoma was done on 13 to 15th of March, 2025

NEW VISION EYE HOSPITAL, MUNDAKAYAM

- Conducted week long glaucoma screening, investigation and treatment at subsidized rate












ഗ്ലോക്കോമ
നിർണ്ണയ
ചികിത്സാക്യാമ്പ്
UNITING FOR A GLAUCOMA FREE WORLD
HFA, OCT, Fundus Photo
Ph: 04828 - 205577
ALLEN HABOUR
EYE HOSPITAL
KANJIRAPPALLY























IDUKKI MALANADU OPHTHALMIC CLUB

KSOS President's visit and Monthly Academic Meet !!

66TH CME meeting of IMOC and official visit of KSOS President Dr Mahesh G was conducted on 6TH February 2025 at Hotel Kabani Palace Muvattupuzha. Dr Mahesh G presented on the topic "Medicolegal aspects of endophthalmitis". Dr James Kuruvila, KSOS lifetime achievement awardee was honoured by Dr Mahesh G in the meeting.







Awareness Program conducted by IMOC !!

Talk & interactive Session spreading awareness on "The ill effects from excessive use of VDU/ electronic gadgets and the health hazards of increased screen time in children" was conducted on 28th February 2025, at the Government Town UP school, Muvattupuzha by IMOC (Dr. Sumitha Jacob).

School Screening !!

was conducted on 28th February 2025, at the Government Town UP school, Muvattupuzha by IMOC (Dr. Sumitha Jacob) with optometrist of Ahaliya Hospital, Muvattupuzha.



Installation Of New Office Bearers !!

New team of office bearers for IMOC was installed on 6th March 2025, at Hotel Kabani Palace Muvattupuzha.

President	Dr M I Mohan
Vice president	Dr Elizabeth Varghese
Secretary	Dr Sumitha Mary Jacob
Joint secretary	Dr Treasa D Nediyakalayil
Treasurer	Dr Mohan Markose
KSOS executive committe member	Dr Soman Mani



Monthly Academic Meet !!

6th March 2025, at Hotel Kabani Palace Muvattupuzha.

Dr Sachin Mathew George, Consultant Cornea and Refractive Surgeon Chaithanya eye hospital and Alphonsa eye hospitals, presented on the topics "keratoconus-catching it early" and "Power of Systane Science"

REPORT ON WORLD GLAUCOMA WEEK CELEBRATIONS 2025 !!

Following is the list of activities by members and hospitals under Idukki Malanadu Ophthalmic Club for the World Glaucoma Week from March 8th to 20th, 2025.

A] MOSC MEDICAL COLLEGE & IMOC :

*Glaucoma screening camp at kadayirippu, PHC conducted by Dr. Thara and team.

World Glaucoma Week (March 9-15, 2025) was observed by the Department of Ophthalmology, MOSC Medical College, Kolenchery, in association with IMOC with a series of awareness and screening programs aimed at early detection and prevention of glaucoma.











Activities Conducted:-

Day 1.

A glaucoma day was celebrated at the Atrium of MOSC Medical College on March 12, 2025, at 10:30 AM.

The event included:

1)A brief public awareness session on glaucoma, Free intraocular pressure (IOP) measurement for all attendees and

2)Distribution of educational pamphlets on glaucoma prevention.

Day2.

Community Outreach Programme at CHC Kadayiruppu (13/03/2025)

As part of the outreach initiative, a glaucoma screening and awareness program was held at the Community Health Centre, Kadayiruppu on March 13, 2025. The program focused on:

A) Educating the community about Glaucoma and its silent progression.

B) Conducting comprehensive eye

screenings, including IOP measurement.

C) Referral of suspected Glaucoma patients for further evaluation and management.

Total number of patients screened: 200

Glaucoma patients detected: 15







B] Ahalya Eye Hospital, Muvattupuzha & IMOC.

MULTIPLE PROGRAMS

*Glaucoma Awareness Talk by Dr.Merie with patient and staff screening for Glaucoma on 12th March 2025 at Ahalya Eye Hospital, Muvattupuzha

*Glaucoma screening camp with fundus photo (portable fundus camera) at Indira Gandhi group of institutions, Kothamangalam on 13 th March 2025.

*Glaucoma week awareness class by Dr.Merie Mathew at Private Bus stand Muvattupuzha. Notice distribution about glaucoma by Ahalia Team Muvattupuzha.

*World glaucoma week awareness screening camp at Indira Gandhi college Nellikkuzhy by Muvattupuzha Ahalia Team









C] Glaucoma screening camp held at St Joseph's hospital Kothamangalam & IMOC on 9-3-2025. 45 people underwent check-up, 5 glaucoma suspects





D] Free Glaucoma screening OPD and Poster exhibition : Alphonsa Hospital, Thodupuzha & IMOC

Alphonsa Eye Hospital, Thodupuzha conducted free eye camp for screening for glaucoma daily from 15/3/25 to 20/3/25 from 2.30 to 3.30 pm in the hospital.73 patients were screened. Also provided HFA and OCT RNFL fee of cost to 8 patients.

Awareness program in the form of posters and videos displayed in the hospital waiting areas.





E] Glaucoma awareness message and camp were conducted at Devamatha Hospital ,Koothatukulam, under the able guidance of Dr.Ashok Kurian on 13th and 14th March 2025 : 95 patients screened ,4 patients diagnosed with glaucoma.

F] Walkathon and talk about Glaucoma awareness conducted by Team Ahalia Foundation Eye Hospital Thodupuzha, Dr Anu Elizabeth, DrGeethu Kurian and Dr Jain George .













G] Free glaucoma screening camp was conducted at Nedumchalil eye Hospital, Muvattupuzha on 15 March. Patients were screened by Dr Mohan Markose and Dr Julna. 37 were screened, 4 were detected to have glaucoma







H] SRS Eye Hospital, Koothattukulam & Kaduthuruthy

Glaucoma screening camp- March 9-15 (prebooked)

91 patients screened through camp & 14 patients on follow up.

Glaucoma awareness videos for public, local groups & inpatients for the whole week.

Screening was done by Dr.Smitha Rani Syriac, Dr.Nidhi Anna Mathew and Dr.Blessy Chacko



IMOC activity: "COLS" for eye care professionals

Compression Only Life Support(COLS) training was arranged by IMOC for staff of Alphonsa Eye Hospital, Thodupuzha. COLS taught by Dr.Manjit George (President,ISA,Malanad City Branch) on 29.03.2025.





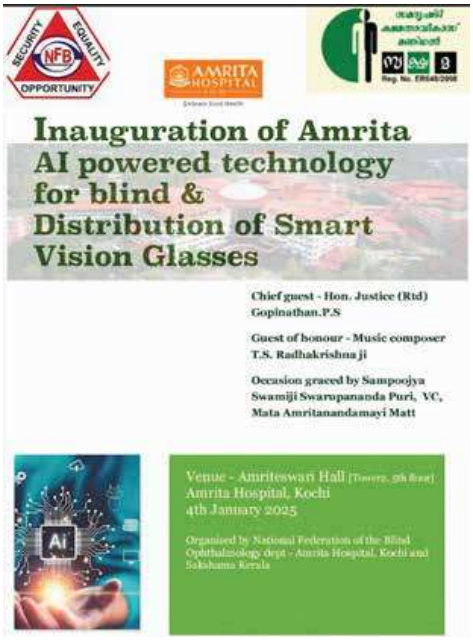


COCHIN OPHTHALMIC CLUB

JANUARY 2025

AI Powered Technology for Blind (Jan 4th at Amrita Hospital)

National Federation for the Blind, Ophthalmology department of Amrita Hospital and Sakshama Kerala organized the "Inauguration of Amrita AI powered technology for blind & Distribution of Smart Vision Glasses" on Jan 4th at Amriteswari Hall, Amrita Hospital.



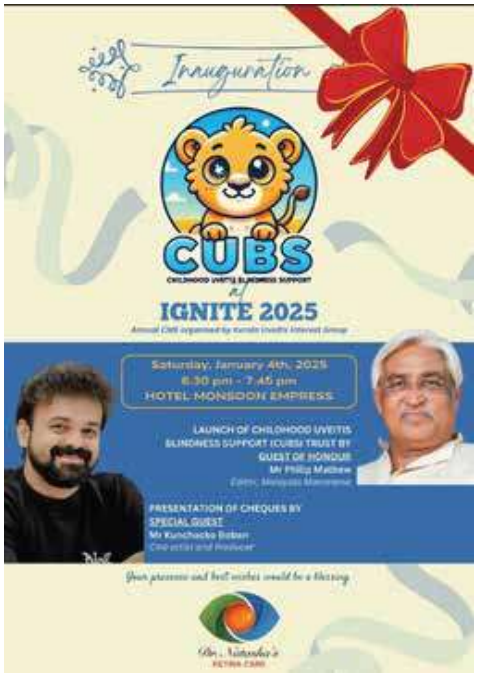
IGNITE CME (Jan 4th, 5th at Hotel Monsoon Empress)

Ignite, the annual conference of Kerala Uveitis Interest Group under the aegis of Uveitis Society of India, KSOS and COC and spearheaded by Dr Natasha Radhakrishnan, was held on January 4th and 5th at Hotel Monsoon Empress. It was attended by 140 delegates. Dr Alexander was honoured as Senior Ophthalmologist (as part of KSOS Presidential Initiative) for his contributions.





Along with the scientific program on uveitis, this was also accompanied by the launch of the Childhood Uveitis Blindness Support(CUBS) Trust by Mr Philip Mathew and Mr Kunchacko Boban.



Dr Noel Moniz CME

The annual Dr Noel Moniz Memorial Lecture and CME of Cochin Ophthalmic Club was conducted on 19th January 2025 at IMA House. Attended by over 120 delegates. The highlights were

1)Dr RR Varma delivered the prestigious Dr Noel Moniz Lecture: "Are we treating patients ? Or are we treating diseases ?"

2) A novel learning experience in the form of Mentor-Mentee competition with cash awards.

3) A fun quizzing session with attractive prizes

4) Honoring doyens of ophthalmology - Dr EJ John was honored

5) Sponsored talk on Myocare lenses in Myopia control









First Prize in Fun Fundaz Quiz was won by Team AMALA: Dr Rahul and Dr Elsa



For the Mentor Mentee competition: First Prize in Anterior Segment Adventures was won by Dr Aryalakshmi and Dr Sandhya N



First Prize in Posterior Segment Pitfalls went to Dr Nikitha Ann and Dr Praveen Muraly



First prize in Ophthalmic Odysseys was won by Dr Samvedya and Dr Shebin S



NetraKumbh

A 12 member contingent from Kerala actively participated in the NetraKumbh eye camp at the Kumbh Mela.

1) Dr Radhakrishnan
2) Dr Gopal S Pillai
3) Dr Anil Radhakrishnan
4) Dr Merine Paul
5) Dr Vinodkumar
6) Dr Soumya PP
7) Dr Shyla Shankunni
8) Dr Rani Balamurali
9) Dr Nisha S Pillai
10) Dr Anish Madhavan
11) Dr Jayaram VR
12) Dr Ashok Natarajan







IMA Monthly Meeting

IMA in association with Lotus Eye Hospital conducted a Panel discussion on Jan 22nd at IMA Hall with talks on Laser refractive cataract surgery, Glaucoma and Diabetic Retinopathy



Other Outstation Talks by COC members

Dr MV Francis was faculty at CREST Neuro conclave 2025 at Delhi. He was also faculty at the 18th Annual HCOP(Headache Cooperative of the Pacific) Winter Conference in Los Angeles

There was good representation by Cochin Ophthalmic Club and KSOS at the Lenticule Congress 2.0 at Bangalore on Jan 17th to 19th.





FEBRUARY 2025

COC Monthly Meeting

Monthly Meeting of COC was held on Thursday, 13th February 2025 at IMA House Kochi with the scientific program from Chaithanya Eye Hospital.

It was preceded by the routine executive meeting and followed by dinner and fellowship.

The Session was moderated by Dr Mathew Kurian and talks included

- PG presentation - Dr Fabna: Traumatic cataract with cyclodialysis
- Consultant presentation - Dr Mathew Kurian: Surgical management of closed globe injuries
- Sponsored talk - Dr Mathew Kurian: Power of Systane

Eyecademia PG class program

Dr Natasha Radhakrishnan conducted Eyecademia, an interactive, case based, hybrid teaching programme for Post graduates on February 9th, Sunday 3pm-5pm









Cochin Retina Interest Group

Cochin Retina Interest group conducted a meeting on February 11th 2025 with case discussions and talks.

Cochin Cornea Club Meet

Cochin Cornea CLub conducted a meeting on February 28th 7pm-8pm at Hotel Holiday Inn with case presentations and an interactive session.



Other Outstation Talks by COC members



Dr Anubhav Goel was invited faculty for CME series 2 by Kollam Ophthalmic Association



Eye Camps

Camps conducted	No of camps	No of patients screened	No of cataract surgeries
Giridhar eye Institute	12	1218	75
Amrita Institute of Medical Sciences	11	4050	83
Tony Fernandez Eye Hospital	4	546	27



Dr Mahesh, as KSOS President inaugurated the Precise CME in Trivandrum

March 2025

COC Monthly Meeting

Monthly Meeting of COC was held on Thursday, 18th March 2025 at IMA House Kochi with a Women's Day Talk by Dr Roshan George - "Journey of Healing by a Woman with Women". Madam - a total outsider - having grown up in Andhra and had all her training outside Kerala-spoke of how she did freelancing for 16 years before learning Phaco and starting her own Hospital in 2000. She faced ridicule, opposition and threats at every step - by the medical fraternity, the Hospital managements, income tax department- but soldiered on as a One Woman Army taking it all in her stride!

It was preceded by the routine executive meeting and followed by scientific session and dinner

The Scientific Session was moderated by Dr Mathew Kurian and Dr Sony George


Cochin Ophthalmic Club 2023 - 2025

NOTICE

Dated: 11/03/2025

The next Monthly Meeting of Cochin Ophthalmic Club will be held on Tuesday 18th March 2025, 7.30pm at Hotel Rena Cochin.

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

Women's day Talk
"Journey of Healing by a Woman with Women" - Dr Roshan George

Scientific session
1. Clareon advantage as an IOL platform - Dr Sandhya N
2. Luxor Revalia (Microscope) and Argos (biometer) - Dr Anurag Mishra, Radha raman Hospital, Cuttack

This meeting is sponsored by Alcon Surgicals

The meeting will be followed by Fellowship and Dinner

Dr Ciju Joseph
Secretary
Cochin Ophthalmic Club

and talks included

- Clareon advantage as an IOL platform - Dr Sandhya N
- Luxor revalia microscope and Argos Biometer - Dr Anurag Mishra, Radha Raman Hospital, Cuttack.

COC Glaucoma Week Video competition Prize winners were awarded cash prizes.

1st Prize

https://youtu.be/ffFuzA3ASaA

2nd Prize

https://youtube.com/shorts/YIpXgVTP-dM

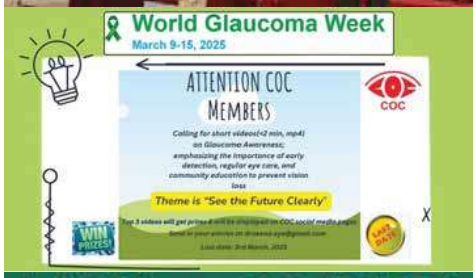
3rd Prize

https://youtube.com/shorts/rGn7hSTpfDE

Entries of Glaucoma Video Contest

https://youtube.com/playlist?list=PLV2dcJn6BtFWO1Ku3LUbCq-skQBmEa0uU&si=Kp8-l4fM6WqvC8wI







COC Award for Best Thesis and Young Scholar Travel Grant

COC has invited entries for Best Thesis Award and Young Scholar Travel Grant.





GlaucoPedia 2025 CME by Chaithanya Eye Institute

The Second Edition of GlaucoPedia CME by Chaithanya Eye Institute - Glaucopedia 2025, was conducted on March 16th 2025 in Hotel Holiday Inn.

Held under the aegis of KSOS, COC, and GSI, it was a landmark event in glaucoma education.

Inaugurated by Glaucoma Society of India(GSI) President Dr. Sathyan Parthasarathi, the program featured insightful didactic lectures, a hands-on wet lab and interactive industry stalls.

COC FAICO Awardees 2025





KSOS President Dr Mahesh G and COC President Dr Thomas Cherian also graced the occasion and participated in the ceremonial lamp lighting for the inauguration. A highlight of the event was the honoring of stalwart Dr K Narayanan Kutty for his outstanding contributions to the field of ophthalmology.



Didactic Lectures and case discussions were conducted by Glaucoma Specialists who included 7 National Faculty, 12 KSOS Faculty and 6 Faculty from Chaithanya Eye Hospitals across Kerala.

Surgical Wetlabs included Trabeculectomy and newer technologies like iStent and Kahook Dual Blade as Minimally Invasive Glaucoma Surgeries.



There were also Dry Labs on Virtual Reality Perimetry, Augmented Reality Glaucoverse and 3D Printing in Ophthalmology.

Doctors from all over Kerala and nearby states attended to update their knowledge and skill training in Glaucoma Diagnostics and Management.

With an impressive attendance of 160+ delegates, Glaucopedia 2025 continues its mission of advancing glaucoma care through knowledge and skill enhancement.

Glaucoma Week Activities by Chaithanya Eye Institute Kochi

As a part of World Glaucoma Week 2025 , Chaithanya Eye Institute Palarivattom conducted a Mega Eye Camp at Gothuruthu on March 15th, 2025, in association with Chendamagalam Grama Panchayath. 130 patients attended the camp. Additionally, Chaithanya Eye Institute Palarivattom conducted an Inhouse Camp related to Glaucoma Week 2025 from March 9th to 16th, during which 42 patients utilized our glaucoma services.



Glaucoma Week Activities by Dr Tony Fernandez Eye Hospital

Dr Tony Fernandez eye hospital successfully commemorated World Glaucoma Week with a series of engaging and informative events aimed at raising awareness about glaucoma.

The week long celebration was officially inaugurated with the unveiling of the celebration's title “Light up in green” by our esteemed chairman Dr Tony Fernandez on 10th March. A flash mob by the students of Dr Tony’s school of Optometry added vibrance to the event.

Optometry students from Dr Tony’s school of Optometry organized a comprehensive glaucoma exhibition in the hospital car parking area on 12 th March .The exhibition featured informative posters and models.

The optometry school conducted a thought-provoking shadow play on 13th March. To foster empathy and understanding, the optometry school organized a blind room show.

In addition to the programs at hospital and optometry school we conducted free glaucoma screening camps at Kamco agro machinery corporation limited, Cochin university of science and technology and Arjuna natural from 10th March to 14th March. These camps offered free vision screening, intraocular pressure testing and fundus photographs enabling early detection of potential



glaucoma.Dr Litta , consultant glaucoma services, conducted an awareness talk on glaucoma for the staff members of Arjuna naturals. The short film on glaucoma awareness titled "Foresight" which was sent for the short film competition conducted by Cochin Ophthalmic club secured first prize. The diverse range of activities effectively raised awareness about glaucoma .

Glaucoma Week Activities by Little Flower Hospital Angamaly

Glaucoma week 2025 at Little Flower Hospital was distinguished by outreach glaucoma screening programmes at major public centres in Ernakulam, including CIAL and NPOL. Each camp was accompanied by an ophthalmologist who gave a message regarding the necessity of glaucoma screening. We did basic evaluation utilizing GAT and portable fundus camera and advised detailed examination to whomsoever indicated.Out of a total of 879 individuals screened at various centres,we could identify 46 glaucoma suspects who were promptly referred to the institution. We could also detect few patients with retinal conditions like diabetic retinopathy and ARMD who were called for detailed evaluation. Also there was increased participation for glaucoma screening among the attenders of patients who attended the OPD on these days.

Through all these, we could effectively spread the message of 'Uniting for a glaucoma free world'.



Glaucoma Week Activities by Eye Foundation Kochi

To create public awareness for glaucoma, The Eye foundation Kochi, conducted a walk in and around changampuzha park, edapally and gave a press note for the same, insisting on early screening and detection.



മാതൃഭൂമി
MATHRUBHUMI
22.03.2025, Page : II

സൗജന്യ ഗ്ലോക്കോമ നിർണയ പരിശോധന

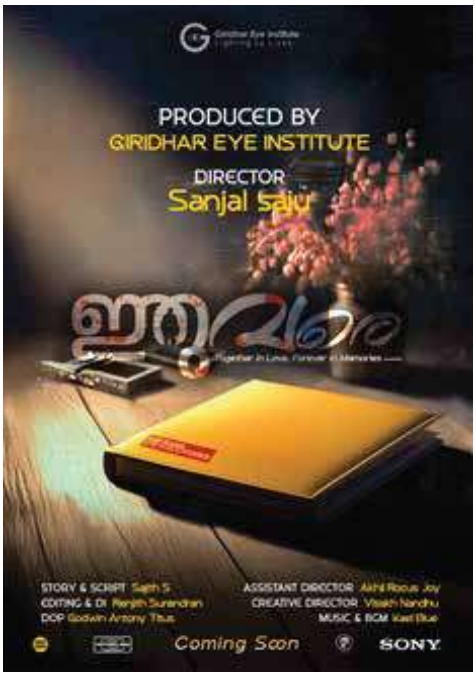
കൊച്ചി ▸ ഗ്ലോക്കോമ വാരാചരണത്തിന്റെ ഭാഗമായി എറണാകുളം ഇടപ്പള്ളി ദി ഐ ഫൗണ്ടേഷൻ കണ്ണാശുപത്രിയുടെ നേതൃത്വത്തിൽ ഏപ്രിൽ 15 വരെ പൊതുജനങ്ങൾക്ക് സൗജന്യ ഗ്ലോക്കോമ നിർണയ പരിശോധന നടത്തും. ഇടപ്പള്ളിയിലെ ആശുപത്രിയിൽ രാവിലെ ഒൻപതു മുതൽ വൈകീട്ട് ആറു മണിവരെയായിരിക്കും പരിശോധനയെന്ന് പത്രസമ്മേളനത്തിൽ സീനിയർ ഗ്ലോക്കോമ വിദഗ്ധൻ ഡോ. ഉമേഷ് കൃഷ്ണ പറഞ്ഞു.

ഗ്ലോക്കോമ വാരാചരണത്തിന്റെ ഭാഗമായി ഐ ഫൗണ്ടേഷന്റെ നേതൃത്വത്തിൽ ബോധവത്കരണ പരിപാടികൾ, പ്രിവിലേജ് കാർഡ് വിതരണം, വാക്കത്തൺ എന്നിവ നടത്തിവരുന്നുണ്ടെന്ന് ഐ ഫൗണ്ടേഷൻ മെഡിക്കൽ സൂപ്രണ്ട് ഡോ. പ്രവിൺ മുരളി, റീജണൽ മാനേജർ തമിഴ് സെൽവൻ എന്നിവർ പത്രസമ്മേളനത്തിൽ പറഞ്ഞു.

Glaucoma Week Activities by Giridhar Eye Institute

As part of Glaucoma Week 2025, Giridhar Eye Institute organized a comprehensive awareness programme and an engaging quiz competition to educate participants about glaucoma, its prevention, and management. The event aimed to highlight the importance of early detection and the role of optometrists in managing this sight-threatening condition.

The event successfully raised awareness about glaucoma and underscored the critical role of early detection and effective management. The quiz competition added an element of fun and engagement, making the learning experience memorable for all attendees. Giridhar Eye Institute remains committed to advancing eye care and continuing its efforts to combat glaucoma through education and community outreach.



In celebration of Glaucoma Week 2025, Giridhar Eye Institute produced a short film aimed at raising awareness about glaucoma, its impact, and the importance of early detection and treatment. The film was designed to educate the public while providing a compelling narrative to engage viewers emotionally. The film's concept was developed by a team of ophthalmologists, optometrists, and creative professionals. It highlights the silent progression of the disease and the life-changing consequences of delayed diagnosis.









Optocon 5.0 Optomtery CME

Giridhar Eye Institute conducted Optocon 5.0 Optometry CME on 16th March at Hotel Abad Plaza. The glaucoma-focused sessions at OPTOCON 5.0 underscored the importance of a multidisciplinary approach to glaucoma management. By equipping optometrists with the latest knowledge and tools, the event aimed to enhance the quality of care provided to glaucoma patients, ultimately contributing to better visual outcomes and improved quality of life.

OPTOCON 5.0 successfully highlighted the evolving role of optometrists in glaucoma care, emphasizing the need for ongoing education, collaboration, and the adoption of advanced diagnostic and management strategies.

We Rock Kochi - Women Eye Doctors Meet

Dr Natasha Radhakrishnan conducted We Rock Kochi - Women Eye Doctors Meet, on 7th March 2025 at Hotel Holiday Inn 7:30pm to 10:30pm.

Dr Sanjana P spoke on Role of Immunomodulators in Dry Eye. And Dr Natasha Radhakrishnan spoke on "Women Eye Doctors - The challenges and the changes" Followed by an interactive game based group discussion.

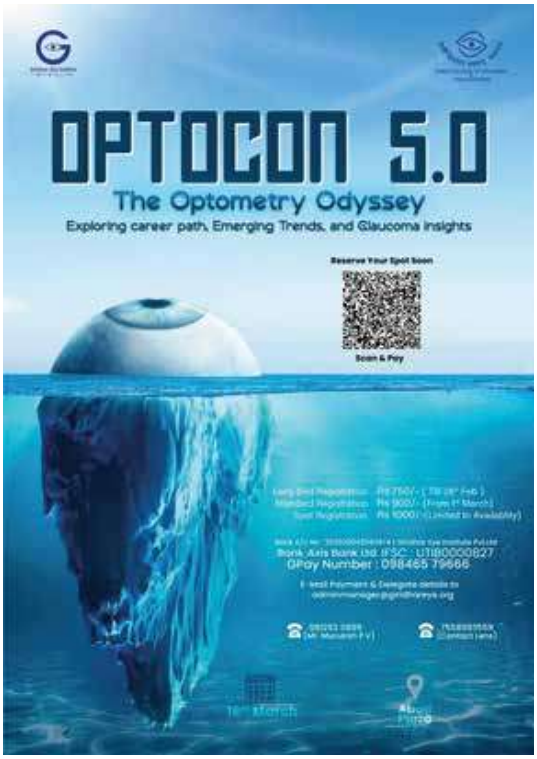




















GMC Ernakulam kickstarted World Glaucoma week activities with a screening for lady staff on Womens Day....

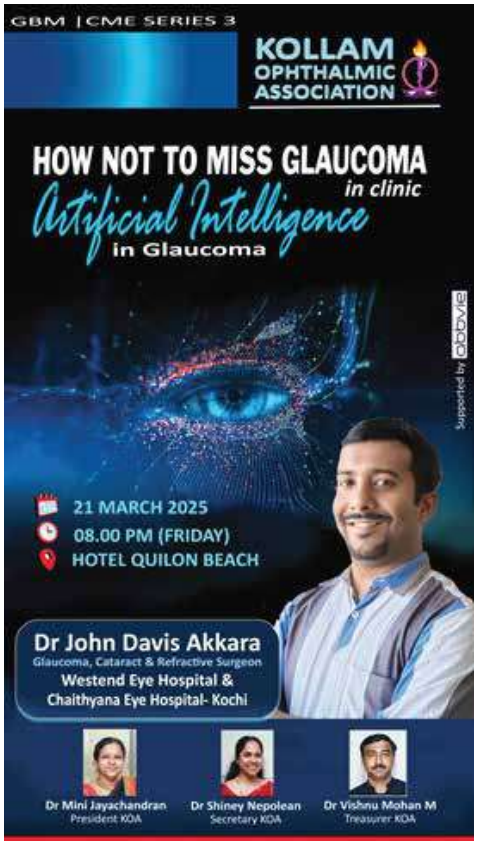
Dr Noel Moniz Memorial CME 2025

Videos uploaded □

Mentor Mentee Videos

https://youtube.com/playlist?list=PLV2dcJn6BtFUeAPgxzTxsMO01OmzEqVrc&si=j23t8NzVZ_Cu_sXi

Other Outstation Talks by COC members



Dr John Davis Akkara was invited faculty for CME series 2 by Kollam Ophthalmic Association. He spoke on "How not to miss glaucoma in clinic" and "Artificial Intelligence in Glaucoma & Ophthalmology"



Dr Radhakrishnan at Athuraseva at Sivarathri Manappuram,Aluva.

Mariam Roshan Zachariah

smoother than water –
time flows softening
furrows of sadness

daydreaming –
on the front porch
then smell of burning milk

Dr Roshan had two of her Haiku published in the International journal "Leaf - journal of the daily Haiku"

Dr. Neethu Latiff won third place in EyeOpener: Paediatric uveitis case contest Contest for the upcoming issue of the US(I) Newsletter.



Dr Poornima Sheba Abraham had her charcoal drawing published in Indian Express newspaper.

Eye Camps

Camps conducted	No of camps	No of patients screened	No of cataract surgeries
Giridhar eye Institute	9	648	92
Amrita Institute of Medical Sciences	4	650	83
Tony Fernandez Eye Hospital			27

THRISSUR ACADEMIC CLUB OF OPHTHALMOLOGY

TACO MONTHLY CME WAS CONDUCTED AT HOTEL ASOKHA INN ON 15TH JANUARY 2025 ON TOPIC "LIFTEGRAST , A NEW MOLECULE IN INFLAMMATORY EYE DISEASE" BY DR. NANDHNA BASHEER

















AMALA MEDICAL COLLEGE PG RESIDENTSDR.RAHUL AND DR.ELSA BAGGED FIRST PRIZE IN THE QUIZ ATNOEL MONIZ LECTURE AND CME

TACO CAMP REPORTS JANUARY 2025

HOSPITAL	NO.OF CAMPS	PATIENTS	SURGERIES
AMALA MC	1	87	-
I VISION	8	799	128
MANASEVA	1	50	10
TRINITY	27	402	72
AARYA	16	1427	145

February

Investiture ceremony of the new team was celebrated in a grand way in hotel Hyatt on February 9th, followed by a sumptuous dinner.

New team was installed by the outgoing

President - Dr Rolland Godly.

President - Dr Lathika Vasu Kamaladevi

Vice president - Dr Sujatha.N

Secretary - Dr Jyothi Anup

Joint secretary & social media manager - Dr Thanusree

Treasurer - Dr Giji Augustine

Scientific committee chairperson - Dr Jayasree PV

Camp coordinator - Dr Nilufer Sayyed Mohammed

Editor tacopsia - Dr Raghu

President - Dr Lathika introduced, 2 more additional Programmes in the monthly meetings other than academics.

1.TACO NAVIGATE-Incharge Dr Merine Paul - To empower TACO ites with life skills like cyber security, self-defense, medicolegal literacy etc

2.TACO NEOS Incharge. Dr Mallika HariKrishnan, To ensure active involvement of PGs in the activities of TACO.

Few glimpses of investiture ceremony









TACO had one more celebration on 16th February. A One day celebration by the Drishti Organizing team 2023 for all the members &their families.It was organized at the Blue Mist resort, Athirapilly.

A few glimpses ...

































First executive meeting of TACO this year was conducted at CASINO hotels on 19.2.25. The meeting was called in order by our president Dr Lathika Vasu Kamaladevi at 7.0pm &the following. Agenda Was discussed.

1.Present fund for the new team is about 2.3 lakhs

2.As a policy of TACO, it is decided that for all PGs TACO membership is a must and it is Rs 2000/-

3.Planning to include PG case presentations in our TACOPSIA & midyear meets as suggested from

KSOS president.

4. As a strategy to increase attendance for our monthly meetings, it is decided to plan a membership number / membership card to the existing and new TACO members.

5. Planning &collect a list of eye hospitals and all the eye specialist as phase I & as Phase II encourage all of the to become TACO member.

6. 3PG updates for the year were planned, one by govt medical college thrissur &one by ivision eye hospitals. Thrissur & one for any other interested hospitals to take up.

7.Planning to provide reward points for the members &the PGs for their achievements .

8.In march. 2 programes.onmarch 8th as part of womens day celebration &march 17th is the academic programme by Sathidevi from Narayana netralaya,banglore on myth busting in glaucoma practice .

9.New editer is planning for TACOpsia news letter once in 2 months.

First academic meeting of the team was done on 19.2.25 at hotel CASINO, as a round table interactive

session –Dr SudhaV, professor of govt medical college Thrissur gave a talk on newer treatment for geographic atrophy.





Individual acheivements of TACO members



1.Dr Jayasree from ivision eye hospital & dr Jainee from Amala medical college cleared their FICO-glaucoma Webinars by TACO memebers

1. Dr Samyuktha from govt medical college participated as a mentor in KSOS scientic module (13) paediatric. Ophthalmology on feb 15th. Saturday 8-9pm also Dr Mushirifa NA resident from govt medical college presented a case



2.Dr Lathika VK participated" Gurusangam "as an expert panel on feb 23rd Sunday 9.0am

3.Dr Bastin VA participated as a panel in young ophthalmologist launge (KSOS scientific committee reach,teach &enrich)on 27th. February 8.0pm

Other than ophthalmology .

Dr Merine paul ,a senior TACOmember participated as a speaker in TMA,women in busciness conclave on feb 25th







Camps conducted by TACO

Number of camps -77

Total number of patients Screened -6267

Total number of cataract surgeries -425

5Tacoits attented IIRSI Amrithsir winter conference .

HOSPITAL	NO.OF CAMPS	PATIENTS	SURGERIES
ivision kanimangalm	3	303	41
ivision chalakudy	3	378	44
Amala medical college	1	98	nil
Vasan eye care	4	82	10
Manavaseva	1	40	10
Jubilee (JMMC)	2	216	7
Trinity	30	2285	102
Ranimenon-maxi vision	17	1221	38
Arya eye care	15	1541	166

March

March we had two meetings.

1.Women's day Special program of TACO was conducted at hotel casino on March 8th.We had 3 Speakers.





1.Mr. Babu K A, Retired executive vice president, Federal Bank.

Spoke on "Defense against cyber frauds"



3.Dr Aneeta Jabbar spoke about the opportunities in women ophthalmic society-WOS – what is it for you?'

There were fruitful discussions and audience interactions . 28 people, mainly women ophthalmologists attended the meeting.



2.Dr Merine Paul spoke about an unknown Lady ophthalmologist.



"Unsung heroin of ophthalmology".




CASINO























2.Academic meeting was on March 17that hotel Casino 7.00pm.Dr jaysree P.V.from i vision eye hospitals spoke on "Myth busting in Glaucoma practice"

























A case on neovascular glaucoma due to cular ischemia was presented by the 3rd yr PG Dr Chandrika Reddy from Govt Medical collage Thrissur.

'REBUS' A fun quiz on glaucoma was presented by dr Lizbeth, final year PG from. Amala medical college .

We had a generous attendance of 58 people. Glaucoma week was celebrated by different hospitals under TACO.

1.Amala institute of medical science















Glaucoma screening camp at Amala

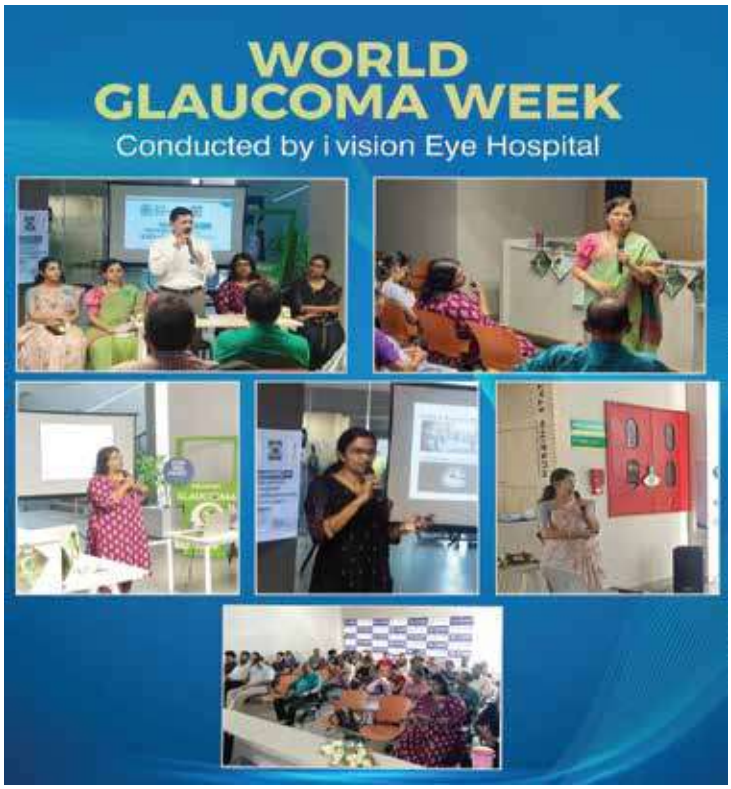


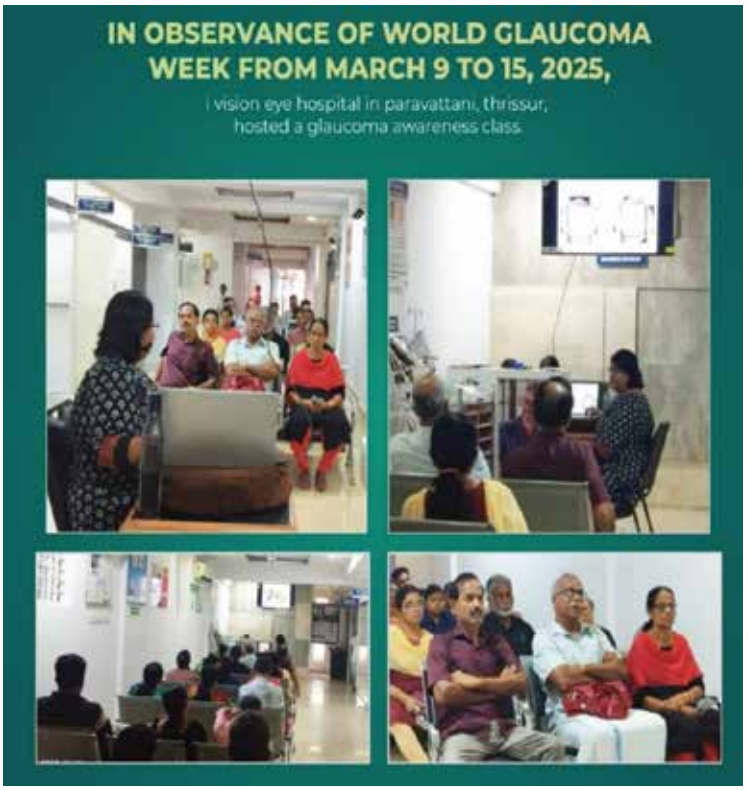






2. I Vision eye Hospitals did vision 2020 program on glaucoma.





3. Govt medical college Thrissur did a glaucoma screening program for the entire staff of medical college.







4. Dr Rani Menon Maxi vision Hospital did their annual glaucoma program Velicham", Glaucoma awareness quiz & Glaucoma awareness seminars at St. Mary's college Thrissur. a marathon with 100 participants, inaugurated by the district collector Sri Arjun Pandian IAS.



5. Arya eye care did a glaucoma awareness class & Glaucomascreening.





Amala institute of medical Science conducted. Their yearly CME "EYEDEAS" on 30th march on ophthalmic education –"chaos to clarity in ophthalmic education"











6. RAFA clinic Kodungallur conducted glaucoma awareness class



Individual achievements of TACO members .

Dr Lathika &Dr Jayasree participated in glaucopedia CME on glaucoma at Cochin. Dr Rahul bashi ,post graduate from Amala presented a case for mentor mentee programe















Dr. Jayasree spoke about glaucoma at IMA, Thrissur, DrFariyal spoke about glaucoma at IMA Kodungallur.



The first & second rank of the post graduate examination in ophthalmology conducted by KUHS were secured by Dr Anu joseph & Dr Brinda Ravi from Govt Medical college Thrissur. Similarly 5 &8th Rank holders were also from Thrissur





Camps conducted by various eye Hospitals under TACO

HOSPITAL	NO.OF CAMPS	PATIENTS	SURGERIES
I Vision,Kanimangalam	7	667	41
I Vision,Chalakkudy	3	378	44
Dr Rani Menon Max vision	17	1221	38
Aarya Eye care	20	1733	79
Vasan Eye care	4	82	10
Nethra Eye Care center	4	575	131
Trinity eye Hospital	30	2285	102
JMMC	2	216	7
Manavaseva	1		
Kodakara Santhi	1	103	7
Amala	1	98	

PALAKKAD SOCIETY OF OPHTHALMIC SURGEONS (PSOS)

The monthly report of Jan, Feb together since there was no meeting in January. Meeting was on 7 th February Venue was KPM Regency, Palakkad Two difficult cases of phaco by Dr. Mridula Sunil Introduction of lifitegrast by Dr. Rohan A good number attended and meeting followed dinner.

Monthly meet along with glaucoma week on March 13 th Topic was Glaucoma Dr. Mahesh Bharati, Ahalia eye hospital spoke on Cataract surgery in eyes with pre existing glaucoma Case discussion on Congenital glaucoma by Dr. Juby, resident Ahalia eye hospital too was there Meeting was well attended and dinner followed.



















KOZHIKODE OPHTHALMIC SOCIETY

The Kozhikode Ophthalmic Society organized its Monthly Academic Meeting and General Body session, bringing together ophthalmologists to discuss advancements and skill enhancement in the field. The event took place on February 21 (Friday) at 7:00 PM at IMA Hall, Kozhikode.



Key Sessions

1. New Molecule in Dry Eye Management – 'HOPE or HYPE'

- Speaker: Dr. Sujith Nayanar
- Dr. Nayanar presented on the latest developments in dry eye treatment.He critically examined whether this innovation holds real promise (hope) or is merely exaggerated (hype). His talk provided insights into clinical applications, patient benefits, and potential drawbacks.

2. Express to Impress – Elevating Ophthalmology Presentation

- Speaker: Dr. Prithvi Chandrakanth
- Dr. Prithvi Chandrakanth delivered an engaging session on improving presentation skills in ophthalmology. His talk emphasized the importance of effective communication in medical presentations, sharing techniques for impactful and engaging delivery of complex information.



promise (hope) or is merely exaggerated (hype). His talk provided insights into clinical applications, patient benefits, and potential drawbacks.

Our team from KMCT Medical College - Dr Hiba, Dr. Haifa & Dr Sruthi - team Annulus of Zinn won the preliminary rounds of YOSI IROCK .



The Kozhikode Ophthalmic Society conducted its Monthly Meeting focusing on Case Presentations on Glaucoma as a part of the Glaucoma week activities.This session aimed to provide valuable insights into various complex glaucoma cases through interactive discussions with experienced ophthalmologists. The event took place on March 14 (Friday) at 7:30 PM and featured a panel discussion with glaucoma experts.

Moderator

- Dr. Reshmi S (The Eye Foundation Hospital, Kozhikode)

Case Presentations and Speakers

1."The Unforeseen Detour"

- Presented by: Dr. Sruthi G (KMCT Medical College)





- Summary: This case study highlighted unexpected challenges in diagnosing and managing glaucoma, emphasizing the need for early intervention.

2."When Sight Becomes a Memory: A Case of Neglected Glaucoma"

- Presented by: Dr. Arshida M M (Government General Hospital, Kozhikode)
- Summary: A critical discussion on the devastating impact of untreated glaucoma, stressing the importance of timely diagnosis and patient awareness.

3."A Puzzling Case of Angle Closure Glaucoma"

- Presented by: Dr. Yasar Arafath K (Comtrust Eye Hospital)
- Summary: This case explored the complexities of angle closure glaucoma, detailing diagnostic challenges and treatment strategies.

4."Veil of Maya, A Membranous Pupillary Block"

- Presented by: Dr. Sandeep Krishnan (Malabar Medical College)
- Summary: A rare and intriguing case of pupillary block, discussing its mechanisms and innovative treatment approaches.

The meeting provided a platform for knowledge exchange among glaucoma specialists, fostering deeper understanding through interactive discussions. Attendees benefited from real-world case analyses, highlighting both common and rare glaucoma presentations. The Kozhikode Ophthalmic Society continues to play a crucial role in advancing clinical expertise and patient care in ophthalmology.









KOS member Dr Anjana and Dr Sreelala successfully cleared AIOS FAICO (retina and vitreous) examination.

KOS senior member Dr.G.Sudha being honoured on International Women's Day of Kozhikode IMACelebration.

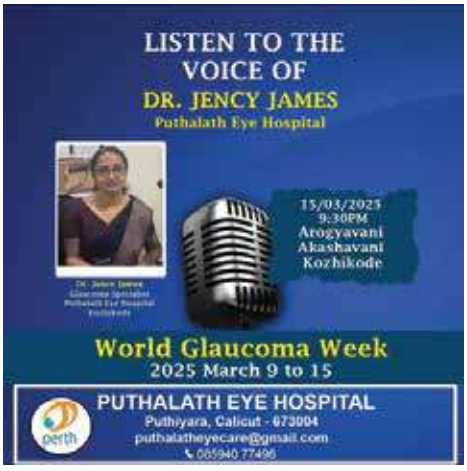


Glaucoma awareness and detection eye camp at rural mahe pallur conducted by DR CHANDRAKANTH NETHRALAYA under the aegis of KOS ON 16/3/2025.187 patients examined. 3 new patients detected. 23 Patients asked for investigation, 8old patients examined





The Eye Foundation eye hospital, Calicut branch under the aegis of KOS conducted a glaucoma screening camp at Hi Lite mall in the evening on 9th March. Screened 68 patients with non contact tonometry. They were given brochures about glaucoma and educated about glaucoma.







Dr Jency James conducted a talk on radio regarding glaucoma awareness.

Government general hospital conducted glaucoma awareness talk and free screening camp for public



Dr Sreekanth eye hospital under theaegies of KOS successfully conducted a Glaucoma Detection Camp at our hospital during World Glaucoma Week!

- Screened: Over 120 individuals underwent comprehensive eye screenings.
- New Diagnoses: 6 patients were diagnosed with glaucoma, enabling timely treatment.
- Free Perimetry: Approximately 12 patients received free perimetry tests, facilitating early detection and management.
- Free Medication: We distributed free medicines to patients in need





WAYANAD OPHTHALMIC CLUB (WOC)

The third meeting of Wayanad Ophthalmic Club(WOC) was held on 11.3/2025 at 7:00 pm at Dr Moopens medical college auditorium ,Meppadi, Wayanad. The meeting was hosted by Chetana Pharma.

The meeting began with moment of silent prayer with MC Dr.Meenakshi, Intern of ophthalmology department,Dr Moopens Medical college, followed by Welcome speech by WOC Treasurer, Dr.Felix Lal. This was followed by presentation on topic 'Few interesting cases in oculoplasty' by Dr Brig.A.P.Kamath sir. Case scenarios were used effectively to understand about few commonly presented cases and their management in ophthalmic practice. The meeting was later open for discussion and queries answered.The total attendance was 14 including 6 interns .The meeting was then concluded with vote of thanks by Dr.Maya Paul, WOC secretary at 8:30 pm followed by dinner.



OPHTHALMIC SOCIETY OF KANNUR (OSK)

JANUARY 2025

The first meeting of the year 2025 was held on January 24th, at Hotel Benale in Kannur The evening began with a New Year cake-cutting ceremony, setting a warm and celebratory tone. Following this, the official proceedings commenced with a heartfelt welcome by the president, Dr. Suchitra Bhat. The secretary then read the minutes of the previous meeting.

Dr. Sreelatha Vinod introduced the guest speaker for the evening, Dr. Indu B. Narayanan, an oculoplastic surgeon from the Comtrust Group of Eye Hospitals. Dr. Indu delivered an engaging and insightful lecture on "Oculoplasty in General Ophthalmology Practice." Her presentation, enriched with a variety of clinical cases, provided valuable insights into common oculoplastic conditions encountered in daily practice. The session concluded with a lively and productive discussion.

The Audience question of the Session was won by Dr. Jayan Thomas. Dr. Twinkle Ann George presented a memento to the guest speaker, while Dr. Sreeni handed over a gift to the quiz winner.

The meeting concluded with a vote of thanks by the secretary, followed by dinner and an evening of fellowship among the members.













February 2025

The monthly meeting of the Ophthalmic Society of Kannur (OSK) was held on 12/2/25 beginning with a warm welcome address by Dr: Suchitra Bhat, President of OSK. Following this, the Secretary read the minutes of the previous meeting.

Dr: Seema then introduced the guest speaker for the evening, Dr: Bhaskar Sreenivasan, a world-renowned Cornea and refractive surgeon and Medical director of CODE eye hospital, Chennai. He delivered an engaging and informative talk titled "Revolutionising dry eye treatment: A novel approach". His detailed presentation, including a variety of cases, provided significant insights into the the very common condition which affects the quality of life of many. The session was highly interactive. Dr: Sharmil presented a token of appreciation to the speaker for his enlightening talk.

The meeting concluded with a vote of thanks proposed by the Secretary, followed by dinner and fellowship among the members.

Achievements

Achievers of FAICO exam

Dr Athira- Pediatric Ophthalmology

Dr Sourav – Uvea

Dr Jhalak Sree - Oculoplasty.

A tour to Wayanad was organized for OSK family members on February 7th and 8th, with participation from 14 families. The group had a delightful stay at the Fern Resort, where everyone enjoyed the serene surroundings and warm hospitality. The tour was enhanced by cultural activities by the members and their families. It was a wonderful opportunity for bonding and relaxation among the OSK families.



Scientific Session by Dr Bhaskar Srinivas
Topic: "Revolutionizing dry eye treatment : A novel Approach"









OSK family tour to Wayanad



Dr Remya as a participant in AIOS LDP program at IIM Kolkata

March 2025

Ophthalmic Society of Kannur celebrated **International Women's day** on 8/3/25 at Hotel Benale International, Kannur. The session was highly interactive and powerful, with Dr Bindu Mary Koshy, a renowned gynecologist Dhanalakshmi Hospital, Kannur sharing valuable insights on the theme "Strong Women, Strong World." She emphasized the vital role women play in shaping societies and highlighted the importance of supporting and empowering women in all spheres of life.

In addition to Dr.Koshy's enlightening talk, the event also provided a platform for OSK members to share their personal experiences and reflections. The discussion was a testament to the strength, perseverance, and impact of women in every walk of life.

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

Free Glaucoma screening (12/3/24): 16 eye hospitals in Kannur district participated in offering free glaucoma screening to the public.

Flash mob at SECURA mall Kannur(10/3/24): OSK conducted glaucoma awareness program at SECURA Mall Kannur. We had 3 well enacted case scenarios: Accidentally detected glaucoma in a young myope, Neglected eye evaluation in a diabetic with advanced glaucoma and an acute angle closure glaucoma. Dr Swetha has explained each topic in detail to the public.

Oculus Kan 2025- The Oculus Kan 2025, the annual CME of Government Medical College, Kannur, was held on March 23, 2025, at Hotel Benale, Kannur. The CME focused on recent advancements in macular diseases and the role of artificial intelligence (AI) in ophthalmology. The talks delivered during the event were highly informative and well-received, with excellent participation from the members.

Awards and achievements

Dr. Remya E has successfully passed the Fellowship of the All India Collegium of Ophthalmology (FAICO) in Neuro-Ophthalmology. In addition, she has achieved the prestigious Fellowship of the Royal College of Surgeons (FRCS), Glasgow.





Free Glaucoma screening under the aegis of OSK on 12/3/25 by different hospitals





Women's day celebration by OSK Speaker : Dr Bindu Mary Koshy
Topic: Strong women Strong world









Eye donation awareness class by Dr Remya and pledging by Kudumbasree members as a part of women's day at Karivellur





Glaucoma awareness programme (skit)
at SECURA MALL KANNUR




Inauguration of OculusKan 2025 by Dr Sreeni Edakhlon

KASARAGOD OPHTHALMIC SOCIETY

January - March 2025

CME and general body meet was held on 22/1/2025 at Hotel City tower , Kasaragod.

Meeting started with a prayer by Dr Sumathi . President Dr Bharathan AV welcomed the gathering and addressed the gathering. Dr Rakesh, Secretary presented the minutes of previous meeting .Dr Ganesh Maiya introduced the speaker, Dr Ramesh Hariharan , R vision hospital , Kannur . He spoke on Dry eyes an Enigma . Momento was presented to the speaker by Dr Anantha Kamath. .The meeting was attended by 12 members.







CME and general body meet was held on 19/3/2025 at Hotel Raj Residency, Kanhangad

Meeting started with a silent prayer. President Dr Bharathan AV welcomed the gathering and addressed the gathering. Dr Rakesh, Secretary presented the minutes of previous meeting .Dr Kurien Jose introduced the speaker, Dr Jason , Jyothis eye hospital , Kannur. He spoke on Cataract surgery in extreme axial length. Momento was presented to the speaker by Dr Thressiamma.The meeting was attended by 20 members.



GLAUCOMA WEEK WAS OBSERVED AT VARIOUS CENTRES IN KASARAGOD



Patients were screened for glaucoma and many awareness classes were conducted.

KERALA SOCIETY OF OPHTHALMIC SURGEONS
ELECTION 2025

Notice is hereby given for election to all the Office Bearers of Kerala Society of Ophthalmic Surgeons (KSOS) to be held **ONLINE in November 2025**. The criteria for the posts are mentioned below

CONSTITUTION AND BY LAWS of KSOS

ARTICLE X

Elections

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

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

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

4. Posts of KSOS

   a) Executive Committee Members

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

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

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

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

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

   d) Vice-President

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

   e) AIOS Managing Committee Members (two)

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

   f) Member, Scientific Committee (three)

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

5. Election Procedure

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

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

   One person can contest for one post only.

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

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

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

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

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

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

   a) When their term is over

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

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

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

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

Dr. Biju John C
Hon General Secretary KSOS
R-9, Jainagar Medical College PO
Trivandrum 695011

KERALA SOCIETY OF OPHTHALMIC SURGEONS
Nomination Form for Elections 2025

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

PHOTO OF CANDIDATE

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

Present Designation Office Addresses
:

Positions Held in KSOS : Year from To

Credit Points in the last 2 years (attach proof)

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

Date:
Place:

Signature with Name

Name of Proposer:
KSOS Membership No:
Address:

Name of Seconder:
KSOS Membership No:
Address:

Signature

Signature

Name of Seconder :
KSOS Membership No :
Addresses :

Signature

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

OFFICE USE ONLY

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

Name and Signature of Election Officers



THE KSOS connect

The official Newsletter of Kerala Society of Ophthalmic Surgeons