THE KSOS connect

The official newsletter of Kerala Society of Ophthalmic Surgeons

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WORDS OF WISDOM... DR. A. GIRIDHAR

Interviewed by **Dr. Thomas Cherian**



It was a pleasant surprise when Sony, our Joint Secretary asked me to take a "Master's Interview" of Dr. A. Giridhar, whom we call the 'Patriarch of Retina Practice' in Kerala. I have closely observed Dr. Giridhar for more than a quarter of a century, and although I have never worked with him in a department, I have learned a lot of things from him.

I called Dr. Giridhar to fix up an appointment with him and he asked me to meet him one Monday evening after the day's work. I reached there on time with my colleague Dr. Henderson Henry and we were quickly escorted to his office. Immediately, we sat down to work.

I started the conversation, requesting him for any opening remarks. In the next 5 minutes, he gave me a brief outline of how he started his career as an Ophthalmologist.

Dr. Giridhar did his Undergraduate and Post Graduate education from the renowned JIPMER, Pondicherry. Unlike today, the young Post Graduates were not well informed of the opportunities they had, and had to struggle a lot. Some were going abroad, but this young gentleman preferred to stay back in India. He came to know of Dr. S.S. Badrinath through one of his friends, Dr. Sukumar.

Dr. Badrinath was working in H.M. Hospital, Chennai. Dr. Giridhar had to hang around in Chennai for a few days, trying to meet his 'would be mentor', Dr. Badrinath, and finally managed to get an appointment. He was sent back, saying there was no vacancy at that time. A few months later, he was called back and offered a Fellowship post, that's how, his tryst with Retina started. By the time, Sankara Nethralaya had come up. Dr. Giridhar meritoriously completed his fellowship there and started working in Lions Eye Hospital, Secunderabad.

It was at this time that he saw an advertisement in 'The Hindu' newspaper regarding a vacancy for an Ophthalmologist in Medical Trust Hospital, Kochi. This was exactly 4 decades ago and this was one of the biggest turning points in the history of Ophthalmology in Kerala. A new star had risen on the horizon and that was there to stay for many more years to come. Dr. Kanchana joined him as a life partner after he moved to Kochi.

To watch the interview click the link:
https://youtu.be/uPEp2-dAm9U

Continued on page 7...

PRESIDENT'S MESSAGE



Dear friends,

Activities of KSOS for the year 2024-25 is in full swing. The district clubs are doing excellent academic programmes. I had the fortune of attending many of the CMEs as KSOS representative. There are ongoing CMEs in almost all weekends. I am not sure whether this is a good sign or not. The number of people attending the CMEs are reducing significantly. May be this is due to the overdose of academic materials available. There is a welcome change in the pattern of CMEs in Kerala. We have small meetings with limited attendees on specific topics like artificial intelligence, hands on training of suturing, teaching curricula, ocular allergies etc. These were well appreciated by the participants due to the novel concept and the benefits for the attendees, even though the numbers of attendees were low. I think KSOS once again is creating new trends in CME scenarios which may be followed in national levels. The days of ophthalmic potpourri are over. The journal activity with interpretation of articles for general practitioners also is a novel venture. PG training sessions are going on well. It is with great pleasure that we are seeing excellent participation of young brigade of KSOS in national level. Their interest in administrative and academic activities are also appreciated. May be our LDP programmes are giving its result. The Drishti 2025 preparations are going on well by scientific committee and local organizing team. The presidents project on medicolegal literacy is supported well by the district clubs. Already I have finished sessions on legal aspects in district level in Kollam , IMOC, Trichur, Malappuram, Wayanad, Kozhikode, Palakkad, Pathanamthitta this year and Thiruvananthapuram, Kottayam and Alappuzha last year. Kannur and Kasaragod and COC will follow soon completing the project. I thank all district clubs and all members for giving full support for KSOS president's project and appreciating it.

Jai KSOS

Mahesh G

President

GENERAL SECRETARY'S MESSAGE

Dear All,

This report covers activities from 1st April 2025 to 30th June 2025.

President's Family Get Together

The major event during this period was the President's Family Get Together conducted on 10th and 11th of May at Abad Turtle Beach Resort , Marari, Alleppey.

33 members attended with family and the total number of participants were 42. Programs were as follows

10th May 2:00 PM – 4:00 PM Arrival & Check-In; 4:00 PM - Tea & Snacks

Outdoor Games(4:15 PM – 6:30 PM) 7:00 PM Onwards - Indoor Entertainment,Cultural Programs, Fun Games & Dinner

11th May: (7:30 AM – 8:30 AM) Water Polo; Cycling

8:30 AM – 10:00 AM Breakfast; Indoor Games (10:00 AM – 12:30 PM)

12:30 PM Lunch & Farewell

The members and their families had a gala time full of fun and frolic and left with a lot of fond memories .

Admin Audit Committee Meeting & Executive Committee Meeting

On the second day of the family get together i.e. 11th May 2025 ,we had two official meetings also. First was the Administrative Audit Committee meeting chaired by Dr V Sahasranamam sir and convened by Dr Kiran Gopalakrishnan. Other attendees were Dr G Mahesh (KSOS President), Dr Rajiv Sukumaran (President-elect),Dr Biju John C (General Secretary), Dr Thomas George (Treasurer) Dr Bastin (Scientific Committee chairperson) and Dr V K Lathika (Editor KJO). All the activities of KSOS were audited and found to be in order and keeping to the timelines.



The second meeting was the second Executive Committee meeting of 2024-25 , which was held after the AAC meeting .The major decisions taken in the ECM are appended at the end of this report.

CME Activity

A total of 13 CMEs were conducted under the aegis of KSOS during this period . These are as follows

1. Skill Transfer in Common Lid Surgeries BY GMC Thrissur
2. SACON2025-CORNEA TO REFRACTIVE 10 COMMANDMENTS BY Sreenethra eye care
3. Eye lights-KSOS PG Update at Thrissur
4. HISTAMINE - Ocular Allergies Degranulated BY Giridhar eye institute, Kochi
5. Reflections 2025 BY Trivandrum Ophthalmic Club
6. Cornea.Com - Annual CME BY Comtrust Charitable Trust Eye Hospital

7. SPOSI Mid term Conference -LF angamaly CME
8. Mizhi 2025 by Govt.T.D.Medical College, Alappuzha
9. Summer Spice by Palakkad Society of Ophthalmic Surgeons
10. Kazhcha 2025,Life style diseases in Ophthalmology BY Dr.Tony Fernandez Eye Hospital, Aluva
11. SMART MED 2025 !! AI for Healthcare care professionals BY IMOC
12. Dr M Prabhakaran memorial oration award and state wide PG QUIZ BY Kozhikode Ophthalmic Society
13. TACO Mid year meet BY TACO, Thrissur Academic Club of Ophthalmology

Jai KSOS

Dr Biju John

Gen Secretary KSOS

Major Decisions taken in the Second Executive Committee Meeting of KSOS for the year 2024-25 at Abad Turtle Resort, Marari on 11th May 2025

1. Decided to recommend to the Annual General Body to go by the Government Revenue Guidelines of Municipal Corporations to separate Metro and Non Metro clubs.

Trivandrum ,Kollam, Ernakulam, Thrissur ,Kozhikkode and Kannur are the 6 Municipal Corporations. Ophthalmic Clubs in these Districts can be considered as Metro clubs and others as Non Metro clubs.

2. Rs 60000 sanctioned to buy a new Laptop as the present one used by the accountant is needing frequent repairs .

3. Decided to shift the Karnataka Bank Accounts of KSOS to a Scheduled private bank like HDFC for ease of operations.

4. For Drishti Conference free paper submissions will be restricted to 2 papers for a member including all the competitive papers. Similarly a member can present one poster and one video only.

5. Opportunity for PGs to present free paper and get certificate will be provided in KSOS PG update programs subject to guidelines by scientific committee chairman

6. If Sankara Menon Free Paper winner of Drishti 2025 does not get an opportunity to participate in AIOC-2026 free paper session due to time constraints, then he/she will be sent the following year.

7. LDP Program this year will be in September. Efforts for cost cutting by reducing number of candidates and shifting to local trainers will be made

8. The proposals submitted by RIOAA outlining the Punarjyothi projects requiring financial support from KSOS were considered and it was decided to take up "The Paper Bag Making unit support" for 1 year .This entails giving a support to the tune of Rs 2,40,000/- to the Punarjyothi Foundation. The disbursement of the amount will be conditional and the requirements to be fulfilled by RIOAA and Punarjyothi foundation shall be as follows

>There should be a Name board at the Paper Bag Making site in RIO , which should prominently display the Following

"A Joint Venture of Kerala Society of Ophthalmic Surgeons and .Punarjyothi/RIO Alumni Association."

> Each Paper bag should have the same writing and should feature the KSOS emblem also

> KSOS President and Secretary should be Ex officio/invited members in the managing committee/Director Board and one of them should be given voting right during the period

> A complete utilisation report of the funds with relevant bills should be given to KSOS at the end of the project period which is 1 year.

> Copy of Audited statement of Accounts of Punarjyothi relevant to this period is to be shared to KSOS

9. Dr PJ Thomas former RIO Trivandrum Director and Dr K S Gopinathan Nair were selected as LifeTime Achievement Awardees for 2024-25

10. The following suggestion will be put forward to AGB so as to encourage delegates who register early on their own in Drishti

" To Open Delegate registration window for 3 days after the AGB in Drishti , during which members who want to opt for the Super saver/Very early bird registration can do the same. The amount will be Rs 5000 + GST. If the suggestion is accepted by the next AGB , then members will be immediately informed by Whatsap group post and E mail blast and then the Drishti registration window will be opened for 3 days. The amount thus collected can be the working fund for next drishti and the next LOC can avoid taking advance from KSOS.

11. Selection of Oration awardee and Lifetime achievement awardees will be included as an agenda item in the second ECM .

12. President Elect henceforth will be included in the Administrative Audit Committee as special invitee .This will help him to know what all things are being looked into there.

13. A committee of four comprising of President , Secretary, President Elect and Dr Gopal Pillai will be formed to collaborate with the Association of Respiratory Medicine for formulating guidelines on ATT keeping in view random reports of rising incidence of Occular Toxicity and to do some Multicentric Studies.

14. It was decided to allow the updation of the contract of KJO with Wolter Kluver with a minimum copy number of 1500. It was also decided to convene a special on line focus meeting for discussing KJO related issues like Beginning a new journal to facilitate further indexing , Looking at other competitors of Wolter kluver etc

TREASURER'S MESSAGE



Dear Friends,

From the treasurer's desk:

We have been making timely payments of bills presented to us and the tax payments regularly.

The Drishti 2024 went off well and we have paid up all available bills. The expected income over expenditure is to the tune of above 95 lakhs. The organizing team lead by Dr. Saju and Dr. Alex need to be appreciated by us. The same was scrutinized by our Internal Audit committee and found to be in order.

The Internal Audit committee met for the 1st IAC meeting of this year at The IMA house Cochin on the 27th of April 2025. The meeting was chaired by PI Mohan sir Chairman IAC, and was attended by Dr Sasikumar S Secretary IAC, Dr Sanitha Sathyan Member IAC, Dr. Mahesh G, President, KSOS, Dr Biju John Secretary KSOS, Dr Thomas George Treasurer KSOS, CA Dheeraj Tawari Executive Accountant KSOS, Dr Alex Baby Chief Organising Secretary Drishti 2024 and Dr Anish Madhavan, Chief Organising Secretary Drishti 2025. We had a fruitful audit and a constructive report emerged.

This year income/expenditure statement has been separately prepared for the Scientific Committee. The Scientific Committee generated additional Rs. 3,25,188/- through sponsorships, Wetlab and registrations for the quarterly PG training programmes. This is in addition to the KSOS allocation for Scientific Committee of Rs 5,00,000/-. Thus, the total income of SC Comm stood at Rs 8,25,188/- and expenses came to Rs. 6,25,145/-. There is an excess income over expenditure of Rs 2,00,043/- (the same will be kept as credit for next year expenses too). I take this opportunity to appreciate our Scientific committee chairman Dr. Bastin for the same making our accounting of the scientific committee allocation easier.

The preparations for Drishti 2025 are going on in earnest with the organizing team leaving no stones unturned. The updating of signatories in our Drishti account maintained in ICICI bank has been done to make the organizing secretary for Drishti 2025, Dr. Anish Madhavan as signatory along with the KSOS treasurer.

As all of you are aware we have accounts with 3 banks now for specific purposes (the South Indian Bank, The Karnataka Bank and the ICICI Bank). Of these dealing with the Karnataka bank off late has been tedious and hence we faced delays in our plans. We are now in the process of migrating to The HDFC Bank from the Karnataka bank. Hopefully we will have a smoother journey with the new bank as their net banking interface is friendlier.

Jai KSOS

Dr. Thomas George T

Treasurer KSOS

SCIENTIFIC COMMITTEE CHAIRMAN'S MESSAGE



The scientific committee is continuing the activities in full swing. The virtual PG class room is well appreciated and twenty two episodes are already over. The 5th module of 'Eyelights' the physical PG update program was conducted at Believers Church Medical College, Thiruvalla on July 20, Sunday with Glaucoma as the topic. It was attended by 85 PGs across Kerala. Apart from the KSOS faculty, Dr George Puthooran from Aravind Eye Hospital, Madurai and Dr Prasanna Venkatesh Ramesh from Mahathma Eye Hospital, Trichy led the sessions.

The scientific submissions for Drishti 24 were completed on time. Evaluations of all these are over and the final list will be published shortly.

I thank Dr Satish Thomas and the team Believers Church Medical College, Thiruvalla for helping to conduct the PG update program, and also other members of Scientific committee- Dr Marian Pauly, Dr Merine Paul and Dr Rajesh OT for their help for coordinating the activities of Scientific committee.

Dr Bastin V A

Chairman, Scientific Committee

JOINT SECRETARY CUM NEWS LETTER EXECUTIVE EDITORS REPORT



The activities of various District Ophthalmic Clubs across the State for the term from April to June 2025 was 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 5th Edition of the KSOS Connect Vol XXVI EDITION 1covering January to March 2025 was released online via Whatzapp groups of KSOS by 30th of april 2025

The Edition contained

1. 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

2. Message from the Incoming President Dr. Mahesh G
3. General Secretary's Report – Dr. Biju John
4. Treasurer's Report – Dr. Thomas George
5. Joint Secretaries Report – Dr. Sony George
6. Scientific Committee Chairman's Report – Dr. Bastin
7. KJO Editors Report – Dr. Lathika VS
8. Website Editors Report – Dr. Sujith Nayanar
9. District Club Reports from districts – TOC Trivandrum, AOC Aleppey , KOLLAM ,

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

10. Election guidelines for KSOS onlone elections in November 20205
11. Nomination form for the KSOS election Nov 20205

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. Gopinathan can be viewed on our website or on clicking the youtube link given in the KSOS Connect

Dr. Sony George










1 of 68

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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 T...

KJO EDITOR'S MESSAGE



The last issue of KJO was brought out on time in April 2025 and the corresponding Digital KJO was also mailed to all members.The highlights of the April issue were:

- Glaucoma focus issue
- Guest editorial by Dr Syril Dorairaj, Professor of Ophthalmology, Mayo Clinic College of Medicine, Florida, USA
- Remarkable contribution from KSOS members: Four of the eight original articles and three of the seven case reports that the issue carried, were from our own state. This is in addition to the highly useful themed sections being run by our own expert section editors.

It is a matter of great pleasure and pride that there has been a steady increase in the number of submissions including original research articles from authors in our own state. KJO is also attracting more submissions from major institutes in India like Aravind, Narayana Nethralaya, and AIIMS. Our reviewer engagement and quality of reviews too is steadily on the rise.

Meanwhile, The KSOS - KJO Webinar Series on evidence based practice, 'RESEARCH TO REALITY' has completed four episodes themed on Retina, Myopia and Cornea in April, May and June respectively. The next one on Neuro ophthalmology is scheduled on 30.07.25. Two parallel activities are KJO webinar based quiz series hoisted on the website and KJO flashcards named KJO Pearls mailed monthly to all members after each webinar.The series is being received very warmly by our members as evidenced by the continuing you tube engagement and the encouraging feedback I receive after each episode.

Thank you, dear members, for making all the efforts worthwhile.

Dr Lathika Vasu Kamaladevi

Editor in Chief, KJO

WEBSITE EDITOR S MESSAGE



Dear Members

The KSOS website is being regularly updated with district club activities, Scientific Committee updates, and KJO-related content. The Patient Information Portal has been enriched with educational videos, while the image and video uploading sections remain fully functional. The election notification has been successfully uploaded, and the registration and abstract submission portal for Drishti 2025 is now active. Members experiencing difficulties with registration are advised to review and update their profiles as needed. Overall, the website is functioning efficiently, ensuring seamless information dissemination. We are also pleased to inform you that the KSOS Mobile App is now fully operational. The app provides real-time updates on all KSOS and Drishti activities, ensuring you stay informed and connected. Key Features include : Regular activity updates , easy access to important information and user-friendly interface. All members are encouraged to download and utilize the app for seamless communication and updates



https://play.google.com/store/apps/details?id=com.numerotec.ksos&hl=en.

Dr V Sujith Nayanar

KSOS Website Editor

continued from page 1...

Question: How was the journey since then, Sir?

Answer: The journey was very challenging. Medical Trust had only very basic infrastructure. In those days, getting the right infrastructure was not very easy. I was very young, but Medical Trust did not put any pressure on me. In fact, they encouraged me a lot. There were days when I had just 2 or 3 patients in the OPD. The Senior Consultants in Medical Trust, especially Dr. A.K. Abraham, Dr. Subba Rao and Dr. Philip John developed a lot of confidence in me and helped me take the Ophthalmology department forward. My pay was Rs. 2500/- per month. The house rent itself was Rs. 1500/- and along with Dr. Kanchana's salary of Rs. 1600/-, we could barely pull along. Of course, the material needs those days were very limited. Dr. Kanchana also helped me in my work.

In Medical Trust, I was the only Ophthalmologist. I did ECCE with IOL, started doing Buckles and limited Vitrectomy with an Appasamy machine, which I had purchased on my own. The hospital was a renowned Trauma Centre and I had the opportunity to do a lot of Ocular Trauma work. I presented papers in Trauma at the All India Conferences in 1989 and 1991. One of my patients, an end



to end Cornea Tear repair which I had done, went to Dr. Tony Fernandes for a second opinion. He came back and told me that Tony Sir had certified my work as 'Excellent'!

I had operated a couple of bilateral Open Globe Injuries in Autorickshaw drivers. Those days, autorickshaws did not have toughened glass windshields and the drivers had very bad injuries.

Getting a Retinal Laser in 1991 was the turning point in my practice. With that, referral patients started coming in. There were quite a few Ophthalmologists, who referred patients to me regularly. Some of them are alive, some are no more.



Question: In Medical Trust, were you all alone or did you have a team?

Answer: I had Dr. Sunil Bhaskar, who worked with me for many years. Sunil was a good Surgeon, our families were also very close to each other. Sunil left in between, but came back and joined me after I started my own hospital, before finally settling down with his own practice.

Dr Anna Elias is one of my first associates at Medical Trust. She did her DNB under me and then continued to work as a consultant. She continues to work with us at GEI even now.

Dr. Leena Pillai also worked with me for a few years in Medical Trust.

But I used to continue with my Cataracts as long as I worked in Medical Trust.

Question: When and why did you decide to start your own hospital?

Answer: There are a couple of reasons for that. First of all, I was not professionally improving. In fact, I was stagnating. Medical Trust was investing in developing the Super speciality departments, and rightly so. Cardiology, Cardiothoracic Surgery, Neurosurgery etc. got the priority and Ophthalmology was pushed to the backburner. I realised that development of my department would



not happen the way I wanted it. Some of my friends advised me to start on my own, but then, there were no 'Stand alone' Eye Hospitals in Kerala and I didn't have the money to invest. Fortunately, I got a Banker friend, who helped me get a decent bank loan. I would call this as a divine intervention.

My parents moved from Hyderabad to Kochi and purchased a house here. There were 5 cents of land in front of that house, and that's where I started the hospital in a small way. We started with just two Consultation Rooms and one Operating Room, with a Nursing area.

As soon as I started, I got a Zeiss MDO Microscope, a Storz Vitrectomy machine and a Coherent Argon Laser. That means, I was well equipped by those days' standards!

Question: Did you plan an Institute of this magnitude when you started?

Answer: Not at all. The first 5 years was a very difficult period. The bank loan was Rs. 50 lakhs, the interest was a staggering 21.5%; whatever money generated from the hospital went into paying salaries and repaying the loans. We hardly had anything left for ourselves. This road had a lot of vacant plots. One day, the owner of the adjacent plot approached me and asked me whether I could buy his plot. That's how it started growing. I never envisaged it as a full fledged Multispeciality Eye Hospital.

Question: Did it simply develop into an Institute or at some point, did you decide that you have to go for it?

Answer: We had in fact, 3 phases.

First I was alone. Dr. Sunil Bhaskar and Dr. Anna Elias joined me very soon and this went on for a few years.

Next, Dr. Saikumar joined. I also had Dr. Savitha Bhat and Dr. Komal with me. They had to leave later. After about 2 years, Dr. Mahesh joined. We were slowly growing.

About 13 years ago, Dr.Marian joined, she brought in Dr. Neena. Almost at the same time, Dr. Vinay came in, and we were keen to start a Cornea /Refractive Surgery department.

Question: Let me put it like this – When you got the right people, you took them on board, isn't it?

Answer: Exactly. They came, joined, fitted into the system and took their departments ahead.

Question: How did an excellent Surgeon like you turn out to be a good administrator?

Answer: I have to confess that I am not a good administrator. In fact, I am a born teacher. Both my grandfathers were teachers. My father also taught for some time. When I completed my MS, my Professor asked me to stay back in JIPMER as a Senior Resident. I declined, because those days, the remuneration for a Government job was too less.

You learn administration by experience. Now we have a proper HR Department, a Finance Department, a Facility Department with an Engineer, Electricians and of late, a Biomedical Department. These departments are given the necessary freedom to work. Dr. Kanchana is a silent pillar in our administration. In fact, Dr.Kanchana is more interested than me in taking this institution forwards.

Of course, I encourage the youngsters in



academics and in publications. Sai and Mahesh have been very strong pillars.

Question: An institution like yours, which started on a small scale is now almost at par with major institutes like SN and LVPEI in publications. How did you achieve this?

Answer: Not at all. Here also, somebody who is interested in doing this sort of work come in, and at least for 2 or 3 years, they do research and publish. We, of course, encourage the youngsters in publishing.

Question: Could you please tell me about your family?

Answer: My father, Mr. Anantharaman was a Scientist in the Department of Atomic Energy, Government of India. He worked at different places all over India and settled in Hyderabad after his retirement, before moving to Kochi. My mother, Mrs. Swarnam Anantharaman Is no more. I have a sister, who is in Bahrain for many years.

My father in law, Mr. K.P.Venkateswaran was in the Indian Administrative and Accounts Service (IA&AS). He retired as the Accountant General of Karnataka State. Post retirement, he worked as GM (Finance) in Amul, Anand, alongside the legendary Dr. Verghese Kurien. He also finally settled in Kochi, Kanchana is his only daughter. My father in law is no more, my mother in law, Mrs. Balamani Venkateswaran is there at Kochi.

I have two daughters, Dr. Sneha and Dr. Divya, both Ophthalmologists. Sneha is married to Dr. Adheesh Shetty, an Ophthalmologist. Sneha did her DNB from Aravind Eye Hospital, Tirunelveli. Sneha and Adeesh are now in Moorfields, London, pursuing Retina and Uvea. They are planning to move back to India by the year end.

Divya works here. She is MS from CMC, Vellore and did her Cornea fellowship from Sankara Nethralaya. She is married to Mr. Ramesh Krishnan, who works in the hospitality sector.

Question: You have contributed a lot to Retina as a speciality, not just in this part of the country, but to the entire world with your original research in Polypoidal Choroidal Vasculopathy (PCV). Do you have any message to convey in this regard?

Answer: I was very hardworking in my younger days. Every day, after clinical work, I used to sit and read. Every Sunday, I used to work for 4 hours, reading, collecting and collating information. After the fellowship programme started, the Fellows also started contributing. Many of them wanted to have their publications and we encouraged them.

Regarding PCV, it all started with our first publication on Submacular Hemorrhage – Pneumatic displacement by Dr. Mahesh. Here, PCV was the No. 1 cause. We got an ICG very early. One of my first talks on PCV was in Bombay Ophthalmologists Association (BOA), and after my talk, Prof. Nagpal personally came and appreciated and encouraged me.

Here, whoever publishes would have their name as the first author.

Question: Do you have any message for the practicing Ophthalmologists and the upcoming generation?

Answer: 1. Rome is not built in a day. Patience and perseverance are very very important.

2. You should enjoy what you are doing. Enjoy the profession and show empathy to the patients. We, as doctors should try and develop a rapport with the patients. That is how you establish yourself in the profession. This is a critical aspect in any profession, especially ours.

3. You should have the ability to learn and improve and never think that you are the boss.

Dr. Giridhar was President of the Cochin Ophthalmic Club (COC), Treasurer, Editor and Chairman, Scientific Committee of KSOS and went on to become President. He was also the President of the Vitreo Retinal society of India (VRSI). In AIOS, he stopped with a Member, Scientific Committee.

I asked him why he didn't go beyond that. In his classical style, he said, "that's not my cup of tea".

At this point, we concluded and bid farewell. The one hour or so, I spent with him, the words of wisdom I listened to, I would say, was one of the biggest learning experiences in my life.







REPORT OF DISTRICT CLUBS

TRIVANDRUM OPHTHALMIC CLUB

APRIL 2025

A.ACTIVITIES DIRECTLY BY THE CLUB

SCIENTIFIC MEETINGS

TOC monthly meet conducted on 24th April 2025 at SP Grand days Trivandrum. We had an insightful gathering with Dr Sudeep Das senior consultant cataract &refractive surgery Chaithanya Eye Hospital Kottayam & Tiruvalla and the first talk was on Close encounters – getting out of dangerous situations, second talk was on 'The era of next generation advanced monofocals – Clareon'. Dr Deepthilal, Ophthalmology consultant at Nedumangad Taluk Hospital, Thiruvananthapuram was felicitated for his state award for the maximum number of cataract surgeries done in a year in government sector hospitals in 2024 in the state of Kerala. The number of attendees at the TOC meet was 66.









PG Gold medal examination conducted byTOC.

Theory part conducted at Sreenethra hospital and the OSCE part at Precise hospital. The examiners were Dr Susheela B Nair AND Dr Biju John.

TOC gold medal winner - Dr Gopika Gopakumar

2nd Rank - Dr Anu Philip

3rd Rank - Dr Deepthi Roy

All from RIO

PUBLIC AWARENESS AND COMMUNITY ACTIVITIES AND CAMPS

Dr Chitra Raghavan, Professor of Ophthalmology at Regional Institute of Ophthalmology, Thiruvananthapuram was the chief guest at Samoohyapadam, on Doordarshan Malayalam on 25th April 2025. The topic of the session was glaucoma.



B.ACTIVITIES BY INDIVIDUAL INSTITUTES OR MEMBERS

INDIVIDUAL ACHIEVEMENTS

• Dr Deepthilal, Ophthalmology consultant at Nedumangad Taluk Hospital, Thiruvananthapuram received the state award for the maximum number of cataract surgeries done in a year in government sector hospitals in 2024 in the state of Kerala. Best performance in cataract surgery 2023-24 And 2024-25, Best Doctor in kerala health services (in all specialities)2024 KGMOA award



MAY 2025

SCIENTIFIC MEETINGS

The annual conference of Trivandrum Ophthalmic Club, "Reflections 2025" was held at Hotel Residency Towers, Trivandrum on 18th May 2025. The event was inaugurated by KSOS President elect, Dr Rajeev Sukumaran. The comprehensive event showcased and exhaustive array of topics ranging from practical day to day clinical tips for general ophthalmologists, to the most recent advances in various subspecialties of ophthalmology. The highlights of the event included recent advances, diagnostic dilemmas, and video – based panel discussions on cataract and retina. Attendees: 126.

Dr Indrapal and Dr Jose K George were awarded 'Lifetime Achievement Awards' for their outstanding contribution to ophthalmology.

DR K G R MEMORIAL ORATION AWARD was awarded to Padmasree Prof Dr S Natarajan, founder president, Aditya Jyot hospital.

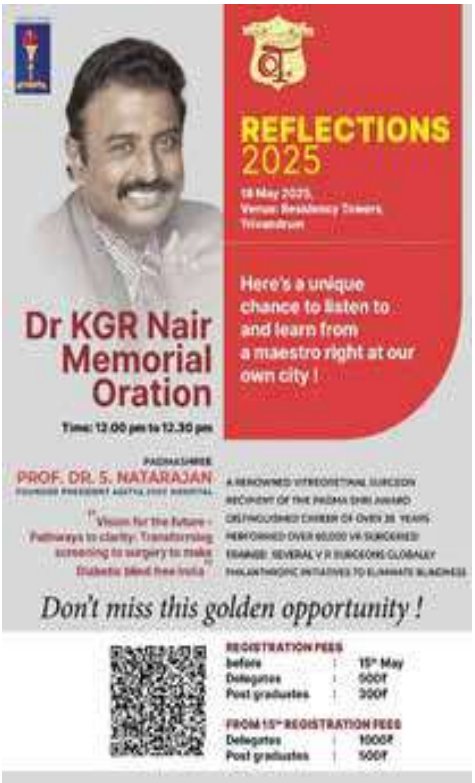
The TOC also gave away gold medals to top ophthalmology residents for the year based on a competitive examination. Dr. Gopika Gopakumar, RIO TVM bagged the TOC gold medal for 2025. Dr. Anu Philip from RIO TVM received the second place and Dr. Deepthi Roy RIO TVM secured third.

The CME held video-based panel discussions on cataract and diabetic macular edema.

The TOC launched its new website at the event. Dr Rajiv Sukumaran formally inaugurated the website.







DR K G R MEMORIAL ORATION AWARD was awarded to Padmasree Prof Dr S Natarajan, founder president, Aditya Jyot hospital at the TOC annual CME, Reflections 2025.

PUBLIC AWARENESS AND COMMUNITY ACTIVITIES AND CAMPS

MYOPIA AWARENESS TALK- Dr Veena Viswam, Amardeep Eye Hospital, did a public awareness talk on Myopia on All India Radio on 11th May 2025.





CMEs/ORATION AWARDS/WET LABS/PG TRAINING PROGRAMS

Dr Ashad Sivaraman gave a talk on FM radio in the program Radio Health Arogya Keralam on the topic – "Cataract surgery, all you need to know" on 15th May 2025.



A.ACTIVITIES BY INDIVIDUAL INSTITUTES OR MEMBERS

SCIENTIFIC ACTIVITIES UNDER THE AEGIS OF CLUB AND OR KSOS

SACON 2025- A highly focused Cornea and Refractive surgery conference, SACOM 2025 was organised by Sreenethra Eye Care on 4th May 2025 under the aegis of TOC and KSOS. Dr Swapna Nair served as the organising secretary of the event. Besides Dr Swapna, Dr Quresh Maskati, Dr Sidharthan, Dr Geetha Iyer, Dr Aadithreya varman ,Dr Shishir Verghese , Dr Niranjana Bejan Singh and Dr Molly Antony delivered talks at the CME. SACON 2025 witnessed an exciting postgraduate quiz competition with 36 participants from all over the state. Dr Gopika and Dr Anu from RIO Trivandrum bagged top honours while Dr Arya Chandran and Dr Safna Hamsa from Chaithanya eye care , Trivandrum finished second.





1,Divyaprabha eye hospital launched a special program for testing vision of auto drivers. Inaugurated by kadakampally surendran.

2, Amardeep Eye Hospital, Trivandrum launched a new Myopia clinic and Optical outlet at its premises in the month of May 2025.



INDIVIDUAL ACHIEVEMENTS

Dr Aparna K S secured the award for the best paper in best photo essay image of DOS Times for the year 2024 -2025 for the topic orbital dirofilariasis mimicking lacrimal sac mucocele & kissing nevus of the eye lid.















EYE CAMPS AND SCREENING CAMPS

JUNE 2025

A.ACTIVITIES DIRECTLY BY THE CLUB

SCIENTIFIC MEETINGS

TOC monthly meeting was held on 25th June 2025 at Hotel Residency Tower Thiruvananthapuram. Dr Meena Gopinath Menon, Senior consultant Glaucoma and Cataract services Sankara Eye Hospital Bangalore was the guest speaker. She delivered her talk titled "Navigating the Glaucoma treatment dilemma- case based discussions" and "How not to miss Glaucoma in clinic. The meeting had an attendance of 58 ophthalmologists and postgraduate residents. There was a general body meeting followed by the scientific session. Dr Veena Viswam was felicitated for her tireless activities done as a joint secretory in the last 3 consecutive years.









KOLLAM OPHTHALMIC ASSOCIATION

April. 6/4/25. KOA conducted a free eye camp on 6th April 2025 at Thangassery related to world health day walkthon in association with Thangessery Breakwater Walkers association and Matha Medical Centre. Around 800 attended the walkthon which was followed by free eye .Dr Mini J ,KOA President, Dr Shiney Nepolean, Secretary KOA ,Dr Sonia and Dr Varun lead the camp. Around 250 attended the camp Free Vision testing done and free medicines given and those who needed further evaluation was referred to higher centre.













April: 22/4/ 25







KOA conducted CME series 4 along with General Body at Quilon Beach hotel at 8:00 p.m. In General Body President ,Dr Mini Jayachandran delivered presidential address, secretary Dr Shiney Nepoleon presented minutes and treasurer Dr Vishnu Mohan presented accounts. The speaker was Dr Ashok Nataraj ,senior consultant in Vitreoretinal surgery Precise speciality eye care Trivandrum.Dr Haripriya introduced the speaker. Presnted 2 topics.Wet AMD and Once daily Nepafenac.The presentation was excellent with clinical discussion .and attended by around 30 members .A memento was presented to the speaker by Dr Mohini Alex .





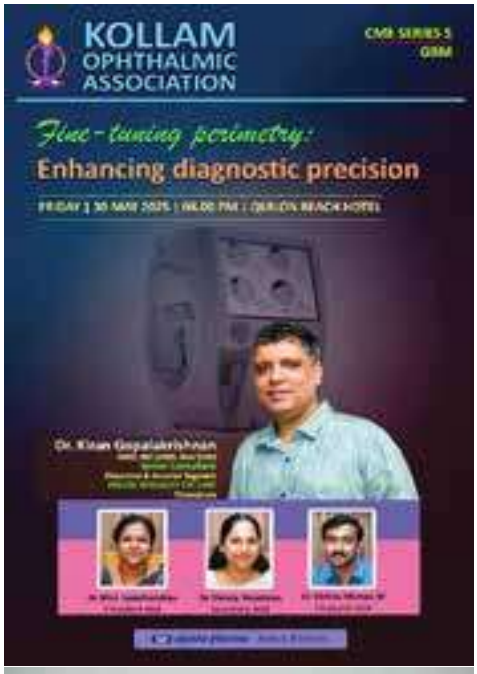








May: 30/5 /25 :







KOA conducted General Body along with CME series 5 Quilon Beach Hotel at 8:00 p.m. In general body after presidential address, secretary presented accounts and minutes .The speaker was Dr Kiran Gopalakrishnan, senior consultant glaucoma and anterior segment Precise speciality Eye care Trivandrum. The speaker was introduced by Dr Krishnima .Topic was Fine Tuning Perimetry Enhancing Diagnostic Precision. Presentation was excellent with good clinical discussion. A memento was presented to the speaker by Dr S Venugopal. Celebrated birthday of Dr Uma Mohandas. The meeting was attended by around 30 members







June :18/6/25



















KOA conducted General Body along with CME series 6 at Quilon Beach Hotel at 8:00 p.m. In general body after presidential address secretary presented accounts and minutes .The speaker was introduced by Dr Divya Kishan. The speaker was Dr Chitra Ramamurthy ,Medical Director, Eye Foundation group of hospitals. The topic was Strategies for Complex cataract surgery. Videos were excellent which was useful to surgeons followed by fruitful discussion.A memento was given to the speaker by Dr Uma Mohandas.The meeting was attended by around 32 members.

OPHTHALMIC SOCIETY OF PATHANAMTHITTA

APRIL REPORT

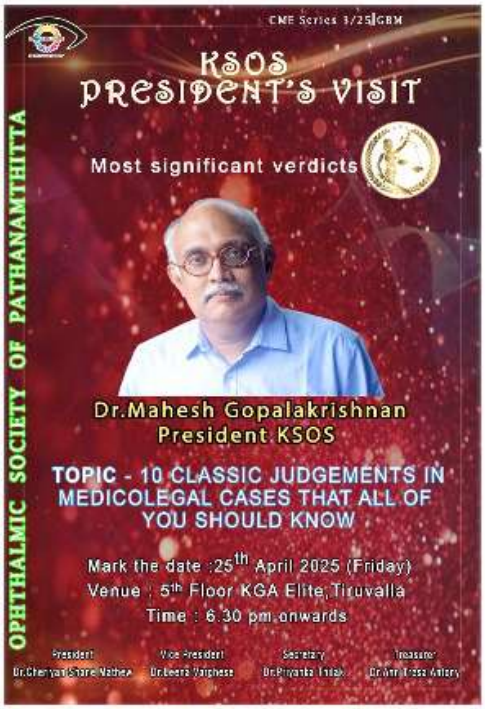
On April 25th our meeting started with a welcome note given by Ophthalmic Society of Pathanamthitta President - Dr Cheriyan Shane Mathew. OSP secretary Dr Priyanka Thilak presented the report.



It elaborated on Glaucoma Week Program starting from the Glaucoma CME.It comprised of Glaucoma week activities conducted by various hospitals in Pathanamthitta .It also included world optometry day celebrations & Iftar party details. Updates on upcoming events DRISHTI, NETHRAM & OPTOGLOW were given. It ended by applauding our AIOS winners.This was followed by talk on Cataract Surgery & Dry Eyes.The talk was presented by Professor & HOD of Believers Church Medical College Hospital - Dr Sathish Thomas. Dr Rachel Jose gave the momento to Dr Sathish Thomas.



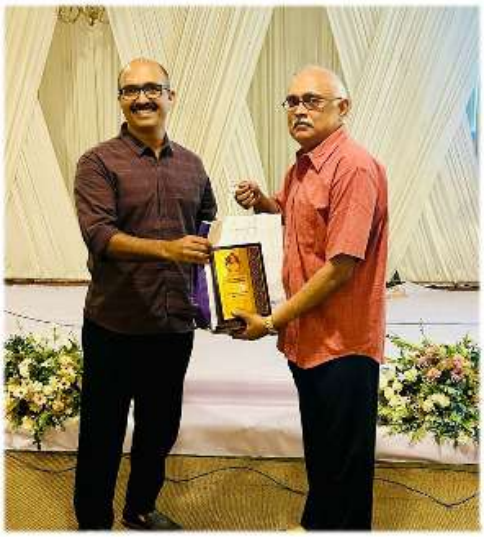
The much awaited segment on - 10 classic Judgements in Medico - legal cases all of you should know was presented by Dr Mahesh Gopalakrishnan.



The talk was curated to provide Ophthalmologist with essential legal knowledge relevant in practice . It ensured that we are well informed about Medico-legal responsibilities.



The session offered insight into medical negligence,consent & legal pitfalls in healthcare.Engaging discussion and Q & A session helped in understanding real world application of medicolegal education.



AIOS WINNERS

Ophthalmic Society of Pathanamthitta extend heartfelt congratulations to our AIOS WINNERS - Dr Ann Tresa Antony & Dr Aaditya Ganesh Joshi received FAICO Cataract.







Dr Shishir Verghese bagged Hat-trick WIN at the recently concluded AIOS proceedings.







* First prize in Imaging competition APAO APOIS - Scleritis in Negative
* Best innovator consolation prize in Think under the apple tree program.
* International Ophthalmic Heroes of India.



The dedication,innovation & excellence of our AIOS WINNERS have truly shone through & their achievements are a testament of their hardwork and passion. This recognition is well- deserved & we celebrate not just the success but the inspiration they have brought to others in the Field. May these achievements propel towards even greater milestones. We look forward to seeing incredible things getting accomplished in future.

SCREENING CAMPS

Pushpagiri Medical College

1) 12-04-2024 - Kayamkulam
2) 26-4-2025 - Thirumoolapooram

Chaithanya Eye Hospital,Thiruvalla & Karukachal

1) 19-04-25 - Mukkada
2) 20-04-25 - Thakazhi
3) 25-04-25 - Ambalakulangara



Karunya Eye Hospital

1) 6-4-2025 - Thamarakulam
2) 7-4-2025 - Peroor
3) 12-4-2025 - Chunakkara
4) 27-4-2035 - Prakulam
5) 29-4-2025 - Kairalipuram

Parumala Hospital

1) 26-4-2025 - Mudugulam
2) 27-4-2025 - Chennithala

Amita Eye Care conducted 21 camps in the month of April.

Two of our members were among the first five Best -Performer Cataract Surgery 2024-25 at State Level. Dr Ciny N.V from GH Pathanamthitta & Dr Mathew George from GH Adoor were given token of appreciation from OSP by Dr Mahesh Gopalakrishnan. Vote of Thanks was given by our Vice-president Dr Leena Mariyam Varghese.







MAY REPORT

Imagine a well-deserved getaway for hardworking hospital staff a cruise where the ocean breeze carries away their stress, and relaxation takes center stage. On May 18th Amita Eye Care team boarded Minar cruise at Marine Drive - Kochi, greeted by the warmth of the sun and the promise of adventure.





As the ship set for sail, it left behind the buzzing hallways of the hospital and stepped into a world of leisure. They gathered on the deck, sharing laughter, sipping refreshing drinks, and admiring the endless expanse of blue water.



Each moment brought a new experience—fine dining, entertainment,and moments of pure tranquility. At lunch, the group gathered celebrating their camaraderie with music and dance under the bright sky.



It was a journey of rejuvenation, reminding them that while they devote their lives to caring for others, they too deserve a break to recharge and enjoy life. **The Perfect escape.**

An eye camp plays a vital role in promoting eye health and providing essential care to communities, especially in underserved areas.



Beyond medical aid, eye camps help raise awareness about eye care, encouraging people to adopt healthy habits to protect their vision. By reaching out to remote locations, these camps make specialized eye care accessible to those who might not otherwise have the opportunity to consult an eye doctor.



Through compassion and expertise, an eye camp restores clarity to many lives, giving people the gift of sight and ensuring that they don't have to live in darkness due to preventable conditions.

Eye camps conducted in the month of May at Pathanamthitta were

Camp details:

Parumala Hospital
May 1st - Pathanamthitta
May 3 - Erumelu
Chaithanya Eye Hospital, Tiruvalla
Niranam - 3/5/2025
Karukachal - 18/05/2025
Kayamkulam - 20/05/2025
Aarattupuzha - 23/05/2025

Amita Eye Care

1) Samskarika Nilayam Vayanasala Kottayam - 4/5/2026
2) KSEB Electric Division office, Aluva- 9/05/2025
3) PRDS Vettikadu branch, Eraviperoor - 10/05/2025
4) AKDS SS Hall - Karoor - Ambalapuzha 25/5/2025

International Nurses Day is celebrated worldwide on May 12th marking the birth anniversary of Florence Nightingale , the pioneer of Modern medicine. This day honors the dedication, compassion and contributions of nurses in healthcare.

The International Council of Nurses (ICN) has been commemorating this day since 1965, recognizing the vital role nurses play in patient care.Each year, ICN selects a theme to highlight key issues in nursing and healthcare.

Beyond celebrations, International Nurses Day serves as a reminder of the challenges nurses face and the need for better working conditions, education, and recognition. It's a day to appreciate their unwavering commitment to saving lives and improving health outcomes.





A well-deserved tribute.

International Nurses Day was celebrated wonderfully at Dr Suma Karthika's Eyecare & Cosmetology center.

MONSOON CME PANORAMA

Ophthalmic Society of Pathanamthitta conducted Monsoon CME Panorama on June 22nd along with Sabitha Eye Care. It was crafted to deal with our stress & give a solution to our stressors.It started with the topic Ocular Nerve Palsies,one of the Grey areas in Ophthalmology presented by Dr Satish Thomas - Professor and HOD,Department of Ophthalmology at Believers Church Medical College Hospital .He explained the presentation & diagnosis of 3rd,4th & 6th Nerve Palsies through various case scenarios.



The videos shown elaborate on the typical presentation of Ocular Nerve Palsies.



Dr M.I Varghese presented momento to Dr Satish Thomas.

The next speaker Dr Chaithanya R Warrier gave a talk on Unlocking Amblyopia Therapy. The talk gave us an overview on - Types of Amblyopia,conventional & latest treatment modalities. She emphasized on the importance of diagnosing Amblyopia early through School Screening & looking out for the causes of Amblyopia. The talk was an eye opener on various unknown facts about Amblyopia especially pediatric neurological causes.Dr Leela Mathew presented Momento to Dr Chaithanya R Warrier.





The next presentation was on Myopia Progression. The talk was given by Dr Sruthi Vijayalekshmi. As we all know preventing Myopia Progression is a challenge majority of Ophthalmologist are facing. The talk highlighted on the advancement in prevention of Myopia Progression strategies. Dr Rachel Jose presented Momento to Dr Sruthi Vijayalekshmi.











Monsoon CME Panorama was inaugurated by Ophthalmic Society of Pathanamthitta President - Dr Cheriyan Shane Mathew. Other dignitaries on Diaz were – Dr Sabitha S,Dr Satish Thomas,Dr Rachel Jose, Dr Joice Geo ,Dr Arjun James & Dr Priyanka Thilak.Prayer song was played & lighting the lamp was done.Welcome address was given by OSP President – Dr Cheriyan Shane Mathew. He invited everyone for OSP Flagship CME NETHRAM 2025.This year the theme for NETHRAM 2025 – Eye-Tis Conclave – Nexus of Inflammation OSP Report was presented by Secretary Dr Priyanka Thilak. Felicitation was given by Dr Rachel Jose. Dr Sabitha S presented the VOTE OF THANKS.














OSP Members Birthdays were celebrated with Cheers & Good Wishes by cutting the cake & singing the Birthday Song.







Our Monsoon CME had a special session in our Stress Buster corner - Well – being at Workplace and at Home. It was presented by - Dr Joice Geo – Professor and Head of Department of Psychiatry - Pushpagiri Medical College Hospital. She gave us an insight into life stressors.Through her presentation showcased various stressful events in life and ways to handle it.Some life events are stressful for everyone but some needs only change in attitude. Some anxious stressors shall pass as we face it.She told us the importance of meditation and lifestyle changes in managing stress.Mental well – being is very closely dependent on social well – being. Our happiness should not be dependent on others.



We should always try to do what makes us happy - music, dance,swimming,gardening should be seemed. She changed our perspective to deal with stress.







The most awaited session - Basic Life Support followed our Stress Buster corner. Dr Arjun James - Associate Professor Pushpagiri Medical College - Emergency Department gave an enlightening session talk on BLS.The real life scenario where we stand between life and death of patients were explained on a mannequin.



The talk emphasized on acting promptly & following the protocol of Cardio -pulmonary Resuscitation. Use of Automated External Defibrillator was demonstrated. Other life threatening emergencies like anaphylaxis,choking,status epileptic & hypoglycemia were elaborated.

















Monsoon CME Panorama organized by Ophthalmic Society of Pathanamthitta along with Sabitha Eye Care gave us a Panoramic View of Life.

ALLEPPEY OPHTHALMIC CLUB

May 2025

An annual CME of TDMC, Alappuzha, "MIZHI 2025 "was conducted under the aegis of KSOS and AOC on 25 ,May 2025 at Hotel Ramada , Alleppey.The topic of the CME was "Frequently asked questions in Retinal prectice".Guest faculty included Dr Mahesh .G,Dr Biju John,Dr Divya Balakrishnan,Dr Jyothiprakash Vyas and Dr Shishir Varghese..

Senior ophthalmologist and retired faculty of TDMC , Alappuzha,Muhammed Nazeer was honoured with a momento for his contributions to ophthalmology. Dr Mallika ,HOD ,TDMC, Alleppey and Dr Dalia ,organising secretary spoke at the function. It was a well organised CME with active participation of PG students and ophthalmologists from different parts of Alleppey.

















KOTTAYAM OPHTHALMIC SOCIETY

103rd Kottayam Ophthalmic Society meeting was held on 2nd May, 2025 at Hotel Indraprastha, Kottayam. Dr Saritha V K was invited guest faculty. She gave a keynote address on Glaucoma management- What not to miss and What to do. Dr. Deepak B Harsh, Junior resident from Govt Medical college, Kottayam also did clinical case presentation.

104th KOS meeting was held on 19th June, 2025 at Hotel Caesar Palace, Kottayam. Dr. Chitra Ramamurthy, Director, The Eye Foundation was guest speaker. She delivered Keynote sessions on Strategies for Complex Cataract Surgeries and also a keynote on Premium IOLs when and why?

EDOF evolutions and practical takeaways were given by Dr Sudeep Das, Chaithanya Eye Hospital, Kottayam Meeting was attended by 45 members.

















IDUKKI MALANADU OPHTHALMIC CLUB

APRIL 2025- JUNE 2025

CME AND MONTHLY MEET OF APRIL 2025

IMOC Monthly meet & CME- A Master class on DME was conducted on 10th April 2025 at 7:30pm at Hotel Kabani Palace, Muvattupuzha. Speaker was Dr.Divya Alex, Vitreo-Retinal surgeon, Ahalya Foundation Eye Hospital, Cochin. Teaching module on Basics of Retina with clinical edge was presented by Dr. Treesa D Nediyakalayil, Alphonsa Eye Hospital, Thodupuzha.







CME AND MONTHLY MEET OF MAY 2025

IMOC Monthly meet and CME- A Master Class on "How Not to miss Glaucoma in Clinic" was conducted on 8th May 2025 at 7:30 pm at Hotel Kabani Palace, Muvattupuzha. Speaker was Dr. Saikumar S J, HOD Ophthalmology, Giridhar Eye Institute,Kadavanthra. Teaching module on Vitreous-Basic Science with a clinical edge was presented by Dr. Jain George, Ahalya Eye Hospital, Thodupuzha. Retina quiz was conducted by Dr. Treesa D Nediyakalayil, Alphonsa Eye Hospital, Thodupuzha.





CME ON 1ST JUNE 2025

ISA Malanad city branch in association with Idukki Malanad Ophthalmic club conducted INSIGHT 2025, a half day CPD(Continuing Professional & Personal Development) program, for a transformative experience, from burnout to balance, from insight to impact was conducted on 1st June 2025 at Hotel Kabani Palace, Muvattupuzha.

Senior consultant Ophthalmologist Dr. Soman Mani was honoured during the inaugural ceremony.





CME AND MONTHLY MEET OF JUNE 2025

IMOC Monthly meet and CME- A Master class on "The Importance of managing Peri-operative Dry eye in cataract surgery patients" was conducted on 12th June 2025 at 7:30pm at Hotel Kabani Palace, Muvattupuzha. Speaker was Dr. Vanasree Nair, Senior consultant Cataract and Refractive surgeon, Giridhar Eye Institute, Tripunithura. Teaching module on the Anatomy of Cornea- A Brief Review by Dr. Ramya.R, Assistant Surgeon, Health Services, CHC Purapuzha. Vitreous quiz by Dr. Treesa D Nediyakalayil, Alphonsa Eye Hospital, Thodupuzha.





HANDS-ON WORKSHOP- SMART MED 2025

A hands-on workshop for health care professionals on the application of artificial intelligence in clinical practice and medical education was conducted by Dr. Sharon baisil on 22nd June 2025 at Hotel Kabani Palace, Muvattupuzha from 9:00am to 1:00pm. Guest of honour was Dr. Mahesh Gopalakrishnan, State President of KSOS.



COCHIN OPHTHALMIC CLUB

April 2025

COC Monthly Meeting

Monthly Meeting of COC was held on Tuesday, 22nd April 2025 at Hotel Monsoon Empress, Kochi

After the executive meeting, a unique scientific session was held.

The Scientific Session was moderated by Dr Sheela Nampoothiri and talks included

Application of genomics in clinical ophthalmology - Dr Prashant Bagali

Traboulsi syndrome - a rare case of ectopia lentils - Dr Sumina Jabbar, Discussant Dr Lekha T

Brittle Cornea Syndrome - Dr Nikitha A Zachariah, Discussant Dr Anil Radhakrishnan

This was followed by dinner and fellowship.



Cochin Ophthalmic Club 2023 - 2025

NOTICE

Dated: 16/04/2025

The next Monthly Meeting of Cochin Ophthalmic Club will be held on Tuesday 22nd April 2025, 7.30pm at Hotel Monsoon Empress.

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

Scientific session- chaired by Dr Sheela Nampoothiri
Moderators: Dr Neena R
1. Application of genomics in clinical ophthalmology - Dr Prashant Bagali
2. Traboulsi syndrome - a rare case of ectopia lentis - Dr Sumina Jabbar
Discussant Dr Lekha T
3. Brittle cornea syndrome - Dr Nikitha A Zachariah
Discussant Dr Anil Radhakrishnan

This meeting is sponsored by Medgenome

The meeting will be followed by Fellowship and Dinner.

Dr Cju Joseph
Secretary,
Cochin Ophthalmic Club







Achievements by COC Members in APAO-AIOC 2025 Delhi

COC Members have several presentations in APAO-AIOC 2025 including instruction courses, papers, videos, posters and innovations. Many of them won awards as well as listed below.

•Dr Sruthi RS

- Best Paper in Oculoplasty

•Dr Tisha Thomas

- Best Poster Podium presentation

•Dr Natasha Radhakrishnan

- First Runner up medal for Best Mentee in Teachers of Tomorrow

•Dr Gopal S Pillai

- Finalist in Think Under the Apple Tree Innovation Competition 2025

•Dr John Davis Akkara

- APAO Achievement Award

- AIOS Scientific Committee Achievement Award

- AIOC 2024 Top16 video Award

- Apple Tree Award 2024

- AIOS World Sight Day Photography Award

- International Hero Award

•Dr Sandhya Nair

- Finalist in "When the Going gets tough, the tough get going"

•Dr Anju Kuriakose

- International Hero Award

•Dr Neelima Mathew

- Young Researcher Award 2nd Prize 2024









FAICO Awardees 2025 from COC

Dr Sruthi RS(Oculoplasty)

Dr Ranjini (Pediatric)

Dr Praveena (Pediatric)

Dr Vanashree Nair (Refractive Surgery)

Dr John Davis(Refractive Surgery)

Dr Amanda (Uvea)

Dr Anju Kuriakose (Uvea)

Dr Mahesh G – Honorary FAICO (VR)

IMA Sports: Ranbhoomi 2025 by COC

Dr Sanitha Sathyan – 1st Chess

Dr Archana Nair – 1st Sudoku

Dr Thomas Arun Varghese – 2nd Cards. 3rd TT, 100, 200, 400 (over 50s men)

Dr Arman Dawar – 1st 400, swimming 25 and 50m. 2nd 100, 200. 3rd Walking

Dr Mathew KP – 1St Walking. 3rd 400, Swimming 25 and 50m.

Dr Ciju Joseph- 2nd Walking

Dr Priyanka Jadav- 1St Walking. 2nd 100, 200, 400

Dr Ashapoorna Borgohain – 3rd 100,200,400

Dr Anju Kuriakose- 2nd Badminton

TT doubles (TAV, Arman) 2nd

Rally 2nd both for men's as well as for women's teams

Cricket 3rd

Other Achievements by COC members

Dr Neethu Latiff was winner of Best cases in paediatric uveitis at USI Eyeopener competition.

Dr Poornima Abraham's painting named Curiosity was published in the News papers

Dr Roshan George's 2 Haiku poetry were published in the Leaf journal of Haiku

Dr Natasha Radhakrishan had an article of hers about the CUBS trust published in this month's Vanitha magazine

Dr Anju Kuriakose won 2nd prize in reels in YOSI Nurture Eye nature competition on the occasion of World Earth Day 2025.







Dr Raiza Paul won first prize in module 1 of KSOS-KJO R2R Webinar based quiz





Eye Camps

Camps conducted	No of camps	No of patients screened	No of cataract surgeries
Amrita Institute of Medical Sciences	5	1500	72
Dr Tony Fernandez Eye Hospital	3	487	53
Giridhar Eye Instiutute	7	574	20

May 2025

COC Monthly Meeting

Monthly Meeting of COC was held on Thursday, 8th May 2025 at Hotel Olive Downtown, Kochi

After the executive meeting, a unique scientific session was held.

The Scientific Session was moderated by Dr Saikumar SJ and talks included

- How not to miss Glaucoma in Clinic - Dr Saikumar SJ
- Case discussions in glaucoma
- Focal points in Glaucoma management by Dr Deven Tuli had to be postponed as he had a medical emergency and had to cancel.

The scientific session was followed by dinner and fellowship.









COC wins Overall First Place in IMA Sports: Ranbhoomi 2025

COC won the IMA sports with 87 points.

(2nd prize for Orthopedic society with 56 points)

COC Star Sportspersons:

Armaan Dawar 22 pts

Priyanka Jadhav 14pts







Dr Sanitha Sathyan – 1st Chess

Dr Archana Nair – 1st Sudoku

Dr Thomas Arun Varghese – 2nd Cards. 3rd TT, 100, 200, 400 (over 50s men)

Dr Arman Dawar – 1st 400, swimming 25 and 50m. 2nd 100, 200. 3rd Walking

Dr Mathew KP – 1St Walking. 3rd 400, Swimming 25 and 50m.

Dr Ciju Joseph- 2nd Walking

Dr Priyanka Jadav- 1st Walking. 2nd 100, 200, 400

Dr Ashapoorna Borgohain – 3rd 100,200,400

Dr Anju Kuriakose- 2nd Badminton singles & 2nd Badminton doubles

Dr John Davis Akkara - 3rd Badminton singles

TT doubles (TAV, Arman) 2nd

Rally 2nd both for men's as well as for women's teams

Cricket - 3rd prize

Histamine CME on May 31 & June 1 by Giridhar Eye Institute

Giridhar Eye Institute conducted a CME on Ocular Allergies named Histamine on May 31 & June 1 named Histamine



Short Film by Giridhar Eye Institute

Giridhar Eye Institute released a short film about glaucoma titled "Ithuvare"

https://youtu.be/5w-NYsC-zyM

An emotional and thought-provoking journey that speaks about love, sacrifice, and the unspoken truths of life.

This film beautifully captures the essence of human relationships and the choices that shape our lives. With a powerful storyline, heartfelt performances, and soulful music, Ithuvare promises to leave a lasting impact on your heart. If you enjoy meaningful cinema, this one's for you.

Other Achievements by COC members

Dr Suchitra Bhat, as a Master trainer in Healthcare Communication for IMA KSB conducted a 1 hour session on "The Importance of Communication Skills" on 20-5-2025at Midzone IMA conference at Periyar House, Aluva. She also successfully completed Executive MBA course in Healthcare Administration and Artificial Intelligence Applications from IIM- Kozhikode.

Received certificate from Dr Deepa Sethi, Dean , Executive programs, IIM - K





Dr Mariam Roshan Zachariah has been featured in Shadow Pond Journal(A BIANNUAL JOURNAL OF HAIKU AND SENRYU) in May 2025; her poem HOPE featured in Samovar Songs by Kashmir Pen as poem of the month April 2025.

https://shadowpondjournal.blogspot.com/2025/05/mariam-roshan-zachariah.html

Eye Camps

Camps conducted	No of camps	No of patients screened	No of cataract surgeries
Amrita Institute of Medical Sciences	7	2155	77
Dr Tony Fernandez Eye Hospital	4	412	97

June 2025

COC Monthly Meeting

Monthly Meeting of COC was held on Tuesday, 17th June 2025 at Hotel Olive Downtown, Kochi

After the executive meeting, scientific session was held.

The Scientific Session was moderated by Dr Mathew Kurian, Dr Anil Radhakrishnan and Dr Sony George and talks included

- Premium IOLs - When and why ? - Dr Chitra Ramamurthy
- Detailed overview of phakic IOLs - Dr Ramamurthy
- Case presentation 1 : Custom Toric IOLs in challenging situations - Dr Raiza Paul
- Case presentation 2 : ICL Scare - From crisis to recovery - Dr Archana Kumar

The scientific session was followed by dinner and fellowship.


Cochin Ophthalmic Club 2023 - 2025

NOTICE





Histamine CME on May 31 & June 1 by Giridhar Eye Institute

Giridhar Eye Institute conducted a CME on Ocular Allergies named Histamine on May 31 & June 1. The handpicked faculty consisted of Allergists, Rheumatologists, Paediatricians & Ophthalmologists.







Kaazhcha CME by Dr Tony Fernandez Eye Hospital

Dr Tony Fernandez Eye Hospital conducted Kaazhcha CME on June 15th at Hotel Monsoon Empress under the aegis of COC and KSOS. Dr EJ Mani was honored as senior ophthalmologist.





12th Midterm SPOSICON

Little Flower Hospital organized the 12th Midterm SPOSICON of pediatric ophthalmology on 8th June at Hotel Taj, Cochin International Airport under the aegis of COC and KSOS.

Several COC members won awards at SPOSICON

Free paper: Dr Neena R - 1st prize, Dr Anjitha -2nd prize, Dr Namitha Nair - 3rd prize

Dr Trisha Yadu - second prize -Interesting case session

Dr Anna kurien - best poster

Dr Meena C K - video award













Glaucoma Case Carnival on June 22nd

Glaucoma Case Carnival was conducted at Hotel Holiday Inn on June 22nd under the aegis of COC in collaboration with AAO with 2 international speakers Dr Yang Sun from Stanford and Dr Rachel Kuchtey from Vanderbilt university, and local faculty Dr John Davis Akkara. Dr Yang Sun and Dr Rachel Kuchtey presented interesting glaucoma cases. Dr John Davis Akkara presented on Getting Started with Minimally Invasive Glaucoma Surgery.

Dr SJ Saikumar, Dr Manoj Prathapan, Dr Girija K, Dr Manju Anup moderated the session.







Other Achievements by COC members

Dr Anil Radhakrishnan was selected into the top ten finalists of LVPEI EyeInvent 2025 Hackathon.



Two books "My journey to fight cataract blindness over 50 years" written by Dr Tony Fernandez and its translated Malayalam copy "തിമിരം" translated by Dr Karthika was released by Respected Justice Shri Devan Ramachandran on the 13th of June

Eye Camps

Camps conducted	No of camps	No of patients screened	No of cataract surgeries
Amrita Institute of Medical Sciences	6	1264	66
Dr Tony Fernandez Eye Hospital	3	137	19

THRISSUR ACADEMIC CLUB OF OPHTHALMOLOGY

April 2025

Monthly meetng of TACO was conducted athotel Casino on 25th Friday 7.0 pm.

There were 2 speakers, Dr Neena .R, paediatric ophthalmologist from Giridhar eye insttute, Cochin spoke on 'New age myopia practise-Are you ready?"

Dr Jaysree .P.V , from ivision eye hospital spoke on 'Personal finance -a biginners journey'.

We had fruitul discussions &49 people atended the meetng





Govt Medical college conducted their yearly CME Drisyam-25 on 27.4.25 "Skill transfer work shop on common lid procedures" at the, skill development centre (NELS) of mulagunnathukavu. There was cadaver based demonstraton & hands on surgical training. Senior TACO memeber & retired medical college prfessor Dr. Antony was honoroured at the functon.





A good representaton of TACO at APO_AIOS at New Delhi .

Dr Smitha received reviewer award at AIOS Dr Lathika was a judge at the poster podium session in community ophthalmology.

Dr Merine Paul presented a case of of saga of unexpected surprises in the session of cataract "going get tough ,the tough get going"

Dr Aneeta as a faculty in

a.corneal topography

b.Skill transfer session on phakic IOL

c.Physical poster judge for cornea.

Dr Thanusree presented AIOS theatre presentaton-poster "histologically proven siderotc cataract with Vanished IOFB.

Dr jayasree presented as a faculty in the IC on uveits –"10 pearls of management of glaucoma in uveits" .

She Was also a faculty in surgical training of trabeculectomy &valves in glaucoma .

Dr jayasree &Dr Jainee received FAICO glaucoma &Dr Ninan received FAICO Retna awards at AIOS.



Individual achievements of TACO members: Dr Lathika partcipated in online web series of KJO-research & reality .





DR SanithaSathyan Translated a book of WHO on World health day in Malayalam regarding Patient care on April 7th





Hospital	No. of Camps	Patients Screened	No. of Surgery
I vision CHLDY	2	273	63
Arya eye care	11	756	45
Netra eye care	1	120	16
Trinity eye Hospital	24	897	43
Amala	2	20	7
JMMCH	2	138	7
Ivision kanimangalam	7	657	85
Manavaseva	1	50	10
Kodakara santhi	1	20	

May 2025

2nd ECM of TACO this year was conducted on 30th May 6.30 pm at casino hotel,Thrissur.the meetng was called in order by our president dr Lathika VK Following agenda discussed .

1.Mid year meet is planned on 29th June Sunday at joys palace,cataract is the theme .

We have 3external speakers ,Dr Sudeepdas &Dr Saikumar &dr Mridula

2.PG memebership is decided as 1000/-from feb 2025.They will be added as associate members.

3.There are issues related to KYC updaton in the bank,afer submited every documents ,KYC

updaton is not done,due to internal issues in the bank. Presently we will contnue with the same and wait for

one more month to get it corrected.
3.It is decided to plan a family tour.

Monthly meeting of TACO was conducted on the same day at 7.30pm(30.5.2025) Dr Mahesh G. honourable president of KSOS was the speaker .

2 topics were discussed.

1.The art of clinical retina practise .

2.medicolegal pearls for practsing ophthalmologists.

Excellent session with good interactions, 41 people atended inspite of heavy rains .





Camps done by the hospitals under TACO
Total number of camps -84
Number of Patients screened -5059

Hospital	No. of Camps	Patients Screened	No. of Surgery
I Vision Kanimangalam	5	435	65
1 Vision Chalakkudy	3	373	123
Amala	1	40	7
JMMC	3	204	6
Dr Rani Menon	19	1228	108
Arya eye care	21	1187	249
Trinity	20	1039	59
Nethra	5	382	82
Manavaseva	1	50	12
Kodakara Santhi	1	-	-
Ahalia	5	121	30



taco memebers atended family trip of KSOS

June 2025

TACO had our mid year meet On 29th Sunday June 2025 at Joys Palace, it was a full day programme on cataract surgery. All our faculty are from TACO except 3 people. Dr Sudeep das from kottayam, Dr Saikumar from Kochi & Dr Mridula from Palakad were the other speakers. Programme was well conducted & was apreciated by all &we were allotted 2 hrs of CME credit hours from TCMC.

70 people attended the meeting. Phaco wetlab was there for Junior consultants and Postgraduates.15 slots for wetlab &15 had good training in phaco with the support of Johnson &Johnson.





TACO news letter was released during the inauguration programme .
Dr Jain chimmen ,our own TACO member and the vice president KSOS inaugurated the event .



Capsule 4 : Cataract Theatre: Oops to Aha!: 12.00 noon

4 min Video Presentations + 4 min Discussions

Panel: Dr. Bastin V A, Dr. Mridula Sunil

- Dr. Rajini K C
- Dr. Aneeta Jabbar
- Dr. Merine Paul
- Dr. Nilufer Muhammed

Audience interaction: 8 min

Capsule 5 :
Intraocular Lenses : Emerging trends and technologies: 12.45 pm

EDOF Reinvented : The Refractive Revolution Begins	Dr. SJ Saikumar
IOL Matchmaking : Finding the Perfect Fit for Every Vision	Dr. Sudeep Das

Lunch break : 1.00 PM

Phaco wetlab session 12.30-3.30 pm

Faculty:

- Dr. Mallika V
- Dr. Lavanya Pramod
- Dr. Gigi Augustine
- Dr. Rema Mukesh

Tea break: 3.30 PM




















TACO MID YE
2025









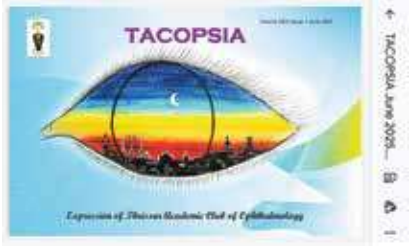



RATIVE AC SHALLOWING
EXPECTED




Phaco wetlab session









Individual achievements of TACO member

Dr lathika hosted the KJO online webseries. Dr CV Andews was awarded by LIONS club for doing corneal transplants.





Camp details of TACO in the month of June .

Total number of camps :78. Number of patients screened : 7940

Hospital	No. of Camps	Patients Screened	No. of Surgery
Ivision eyehospital			
kanimamgalam	3	372	54
Ivision chalakudy	5	648	185
Amala medical college	1	56	7
Jubilee medical college	2	136	3
Ranimenon-maxivision	15	1899	62
Arya eye care	23	2873	54
Trinity	20	1254	78
Netra	4	375	54
Manavaseva	1	70	15
Kodakara santhi	3	212	29
Metro eye care	1	39	6

PALAKKAD SOCIETY OF OPHTHALMIC SURGEONS (PSOS)

April 2025

We had a general body to discuss preparations and topics for the annual CME Summer Spice, Tripenta, Malampuzha on April 25, 2025.

13 people attended and most of the decisions, brochure etc were made during the meeting held at Cosmopolitan club, Palakkad.



May 2025

Annual CME Summer Spice

Date:May 25,2025. Venue: Cosmopolitan club. Attended by around 80 people Including speakers

Topic: Cornea, Uvea and Practice management. Speakers : Dr. JK reddy, Dr.J. Biswas and Dr. Pravin Kumar. The topics were very informative which was followed by a Quiz on uvea ans General Ophthalmology by Dr. Lathika.



June 2025

We had KSOS President visit this month at Cosmopolitan club, Palakkad.

Dr. Mahesh, President KSOS was welcomed warmly and given a ponnada as our token of appreciation.

He was our guest speaker and gave talks on Pearls in medicolegal aspects in ophthalmology.

And one talk on clinical retina practice.

The meeting had almost full attendance with more than 45 attendees.



MALAPPURAM OPHTHALMIC SOCIETY

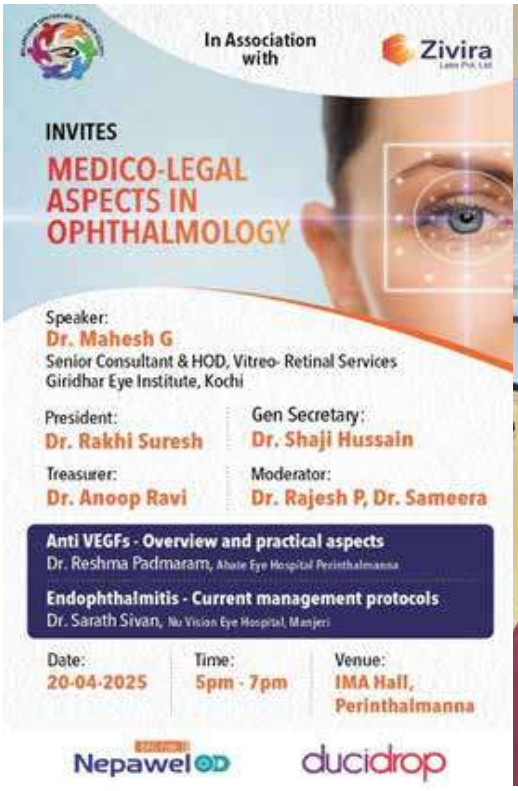
Monthly MOS Meeting – 20th April 2025

Venue: IMA Hall, Perinthalmanna

The monthly meeting of the Malabar Ophthalmic Society (MOS) was held on 20th April 2025 at the IMA Hall, Perinthalmanna. The theme of the session was "Medicolegal Aspects in Ophthalmology."

Dr. Mahesh G delivered the keynote presentation, providing an insightful overview of medicolegal issues in clinical ophthalmic practice. This was followed by two focused talks by Dr. Reshma Padmaramam on the medicolegal concerns related to Anti-VEGF therapy, and Dr. Sharath Sivan addressed the topic of Endophthalmitis.

The meeting was attended by approximately 30 members and concluded with an engaging discussion among participants.







INDIVIDUAL ACHIEVEMENTS

Dr Sameera V V completed National Leadership Development Program 2024-25 conducted by AIOS.



WAYANAD OPHTHALMIC CLUB

May 2025

The fourth meeting of wayanad ophthalmic club was conducted on May 17th saturday, 7 to 9.30 pm at Hote Mesta ,sulthan bathery. The scientific session included a talk on " ADVANCEMENT IN PHACOSURGERY AND NOVEL IOLs" and " TREATMENT OF RCE" by guest speaker Dr. Irshad Edavanna from Malabar medical college, Kozhikode followed by a lively discussion. The meeting was chaired by WOC president Dr Nayana sebastian. Dr.Nayana was given a token of appreciation for winning the gold medal in FAICO. The meeting had an attendance of 13 ophthalmologists.



June 2025

The fifth meeting of Wayanad Ophthalmic Club and visit of KSOS President Dr.Mahesh G was held on 28th june,2025 at 7.00pm at Hotel Copper Kitchen, Muttil. Dr.Mahesh lead the lead scientific session on " MEDICOLEGAL ASPECT IN OPHTHALMOLGY" and another talk on "ART OF RETINA PRACTISE". Dr. Mahesh was honored by the senior ophthalmologists of Wayand followed by BIRTHDAY cake cutting OF Dr. Rajan Cyriac. The meeting had an attendance of 14 . Official meetial meeting was followed by dinner.



INDIVIDUAL ACHIEVEMENT

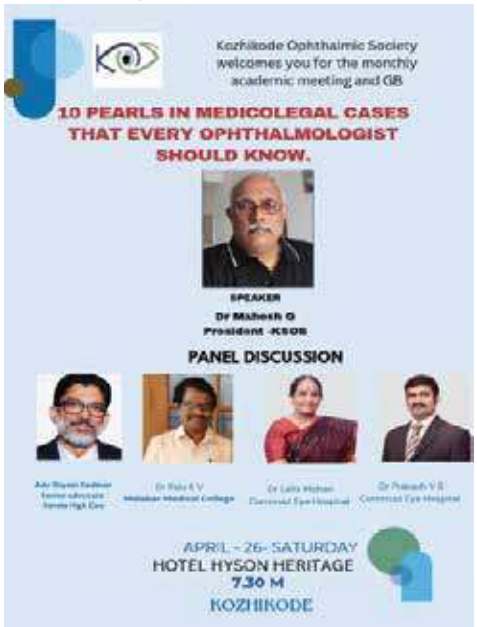
Dr.Nayana Sebastian won the gold medal in FAICO COMPREHENSIVE OPHTHALMOLOGY 2024. She also cleared the FRCS Glasgow examination.



KOZHIKODE OPHTHALMIC SOCIETY

- **Kozhikode Ophthalmic Society (KOS) - Monthly Academic Meeting and GB**
- Date: April 26 (Saturday)
- Time: 7:30 PM
- Venue: Hotel Hyson Heritage, Kozhikode
- The Kozhikode Ophthalmic Society (KOS) successfully conducted its monthly academic meeting and general body (GB) session on April 26th at Hotel Hyson Heritage, Kozhikode. The event featured an insightful session titled:
- "10 Pearls in Medicolegal Cases That Every Ophthalmologist Should Know"
- Speaker:
- • Dr. Mahesh G, President of KSOS (Kerala Society of Ophthalmic Surgeons), delivered the keynote lecture. Dr. Mahesh shared valuable expertise on the critical medicolegal aspects that ophthalmologists must be aware of to safeguard their practice and ensure patient safety.
- Panel Discussion:
- Following the keynote, an engaging panel discussion was held with a distinguished panel comprising:
- Adv. Shyam Padman, Senior Advocate, Kerala High Court
- Dr. Raju K V
- Dr. Leila Mohan
- Dr. Prakash V S
- Dr. Mihir Shah
-
- The panel explored various real-world medicolegal scenarios and provided practical advice for navigating legal challenges in ophthalmic practice. Participants benefited from the multidisciplinary insights, particularly the legal perspective shared by Adv. Shyam Padman.
- Highlights:
- Key strategies for documentation and informed consent
- Discussion of landmark cases affecting ophthalmologists
- Tips for risk mitigation in clinical practice
- Legal responsibilities and rights of ophthalmologists

The meeting concluded with a Q&A









Monthly meeting MAY 2025

Kozhikode Ophthalmic Society (KOS)

Monthly Scientific Meeting Report

Date: Saturday, 24th May 2025

Time: 07:00 PM onwards

Venue: Gokulam Grand, Arayidathupalam, Mavoor Road, Kozhikode

The Kozhikode Ophthalmic Society (KOS) convened its Monthly Scientific Meeting on Saturday, 24th May 2025, at the prestigious Gokulam Grand, Kozhikode. The session commenced at 7:00 PM and was attended by numerous ophthalmologists and medical professionals from across the region. The event was conducted in association with Alcon, a global leader in eye care.

Two highly informative and engaging sessions were presented by eminent speakers in the field of ophthalmology:

1. "Beyond Clarity: Most Advanced Lens Platform That Delivers Pristine Visual Outcomes"

Speaker: Dr. R R Sudhir

Designation: Consultant, Cornea & Refractive Surgery

Affiliation: Sankara Nethralaya, Chennai

Dr. Sudhir discussed cutting-edge advancements in lens technology, focusing on platforms that offer exceptional visual clarity. He highlighted the latest innovations in intraocular lenses (IOLs), clinical outcomes, and the importance of precision in refractive surgery.

2. "The New Lens Era: Integrating Trifocal and EDOF IOLs in Presbyopia Management"

Speaker: Dr. S Navaneeth Kumar

Designation: Medical Consultant

Affiliation: Aravind Eye Hospital

Dr. Kumar elaborated on the evolving landscape of presbyopia correction. His talk covered the integration of Trifocal and Extended Depth of Focus (EDOF) IOLs, clinical applications, patient selection criteria, and outcome optimization

strategies in modern cataract surgery.

The meeting concluded with an interactive Q&A session where attendees engaged actively with the speakers. The Kozhikode Ophthalmic Society extends its sincere gratitude to the distinguished faculty and all participants for making the session a grand success. Special thanks to Alcon for their continued support in advancing ophthalmic education and innovation.







Event Report: Dr. M Prabhakaran Oration Award Ceremony under thye aegis of KSOS JUNE 2025

Date: 29th June 2025 (Sunday)

Venue: IMA Hall, Kozhikode

Organized by: Kozhikode Ophthalmic Society (KOS)

The Kozhikode Ophthalmic Society successfully hosted the prestigious Dr. M Prabhakaran Oration Award Ceremony at the IMA Hall, Kozhikode, on 29th June 2025. The event witnessed the participation of eminent ophthalmologists, postgraduate students, and dignitaries from across the state.

We were honoured to have Dr. Pradeep Sharma, a nationally and internationally renowned figure in the fields of Paediatric Ophthalmology, Strabismus, and Neuro-Ophthalmology, as this year's Oration Award recipient

Scientific Session

- Oration Lecture by Dr. Pradeep Sharma

Topic: "Managing the Menace of Myopia"

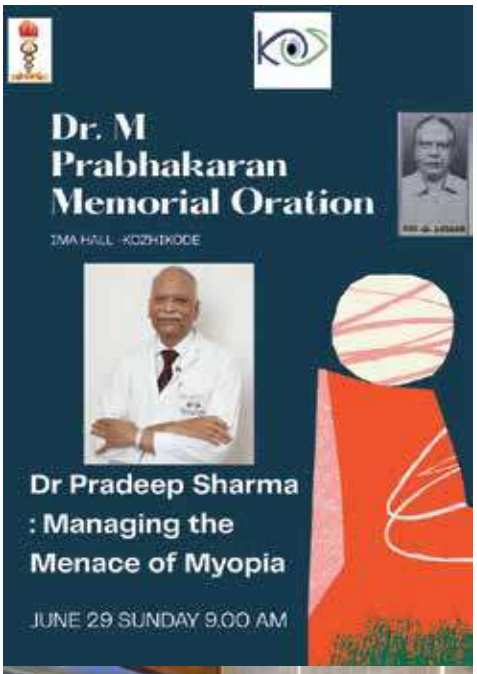
Dr. Sharma delivered a rich and enlightening talk on the rising global burden of myopia, its complications, and current and emerging strategies for prevention and control.

Academic Competitions

- Statewide PG Quiz
- Conducted with great enthusiasm by Dr. Padma Prabhu and Dr. Sandhya Somasundaram, the quiz brought together PGs from across Kerala.
- Preliminary Round: 10:30 AM
- Final Round: 11:30 AM
- The competition was both stimulating and enjoyable, reflecting the high caliber of participants.
- Dr Sruthi G and Dr Tessy Jose from KMCT medical college won first prize
- Case Discussion (2:00 PM onwards):

Clinical cases were presented by Dr. Lakshmi C, Dr. Nirmal Jayadevan, and Dr. Anjali, followed by interactive discussions with a panel of experts. The session fostered critical thinking and shared lea

The Dr. M Prabhakaran Oration Award Ceremony was a resounding success—honoring excellence, promoting academic discourse, and fostering connections within the ophthalmology community. The Kozhikode Ophthalmic Society expresses sincere appreciation to all contributors for their active support and contributions.













OPHTHALMIC SOCIETY OF KANNUR (OSK)

April 2025

The monthly meeting for April was held on 22/04/2025 at Hotel Benale, Kannur. Dr. Suchithra Bhat, President, warmly welcomed the gathering. The Secretary then read the minutes of the previous meeting. Dr. Revathy introduced the guest speaker, Dr. Bindu S. Ajith, who delivered an excellent talk on "Enhancing outcomes in complex cataract surgeries, centurion vision systems". Her presentation included remarkable surgical videos, which were highly appreciated by all attendees. Following this, Dr. Remya introduced the in-house speaker, Dr. Aravind Bhat, who delivered a detailed and informative lecture on "Optimising astigmatism management with toric IOLs". The talk was followed by an engaging discussion. Dr Sreelatha presented a token of love to Dr Bindu and Dr Srishankar to Dr Aravind Bhat. The Secretary proposed the vote of thanks, and the meeting was adjourned for dinner and fellowship.

Several OSK members attended the APAO-AIOS Conference, including: Dr. Vanaja Raghavan, Dr. Jeothirmayee, Dr. Rajesh O.T, Dr. Suchithra Bhat, Dr Aravind Bhat

Dr. Sreeni Edakhlon delivered an Instruction Course (IC) titled "What next situations in Cataract Surgery".

Dr. Remya was convocated during the LDP session.

The following members were awarded the FAICO (Fellowship of All India Collegium of Ophthalmology) during the convocation ceremony: Dr. Athira, Dr. Sourav, Dr. Jhalak Sree and Dr. Remya.

Dr Aswathy Vijayan won second prize for the hand made art for the Yosi Nurture Eye Nature contest conducted in connection with world earth day.







CME Speakers: Dr Bindu S Ajith & Dr Aravind Bhat



Prize winning picture of Dr Aswathy in connection with the world earth day by YOSI





IC on What next situations in cataract surgery Chief Instructor: Dr Sreeni Edakhlon



Dr Remya - Graduation ceremony of leadership development program



FAICO Winners of OSK Dr Athira, Dr Sourav, Dr Jhalak Sree and Dr Remya

May 2025

The monthly meeting for May was held on 16/05/2025 at Hotel Benale, Kannur and witnesses excellent attendance. Dr. Suchithra Bhat, President, extended a warm welcome to the members. The Secretary then presented the minutes of the previous meeting, which was duly approved. Dr. Vijila, the newly joined member, introduced herself to the gathering. Members were informed about the annual CME on optic disc pathologies scheduled for July.

Dr Sourav introduced the guest speaker, Dr Asok Nataraj, who delivered an outstanding lecture titled "Nuts and bolts in ARMD". His presentation was highly appreciated by all attendees. The talk was followed by an engaging discussion.

As a token of appreciation, Dr Vanaja Raghavan presented a memento to Dr Asok Nataraj. The meeting concluded with the Secretary proposing the vote of thanks, followed by dinner and fellowship.

Achievements

Dr Remya won the second module of KSOS KJO webinar based quiz.



CME on "ARMD- Nuts and bolts" by Dr Ashok Nataraj



Dr Remya Edachery- KSOS-KJO webinar Module 2 Quiz winner

June 2025

The monthly meeting of the Ophthalmic Society of Kannur (OSK) was held on 24th June 2025 at Hotel Benale International, Kannur. The meeting commenced with a warm welcome address by Dr. Suchitra Bhat, President of OSK. This was followed by the reading of the minutes from the previous meeting by the Secretary

Newly joined members were invited to introduce themselves and were warmly welcomed by the society. They were also informed about the upcoming Annual CME – DISC-O, scheduled for July 20th 2025.



Dr Hridya as speaker in a webinar on Retinoblastoma awareness week

Dr. Deepa then introduced the speaker for the evening, Dr. Sri Shankar—our esteemed member and a Cornea and Refractive Surgeon at Eye Trust Hospital,

Kannur, and Damodaran's Eye Hospital, Koothuparamba. Dr. Shankar delivered an informative and practical session on Corneal Topography, a vital tool in our day-to-day ophthalmic practice. His insights were well received by all attendees.

As a gesture of appreciation, Dr. Jayan Thomas presented a token of gratitude to the speaker for his enlightening presentation.

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

Other Updates & Achievements:

- Dr. Sri Shankar and Dr. Aswathy Vijayan participated as panelists in the CME on Histamine conducted by Giridhar Eye Institute, Kochi.
- Dr. Remya won the KSOS KJO Webinar Quiz – Module 3 for the month of June.





Dr Sri Shankar and Dr Aswathy Vijayan as panelists in Histamine



Talk on Corneal topography step by step by Dr Sri Shankar

KASARAGOD OPHTHALMIC SOCIETY

April -May 2025

CME and general body meet was held on 21/05/2025 at Lalit Bekal , 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 .District Representative Dr Suresh Babu addressed the gathering. Dr Aparna introduced the speaker, Dr Remya E, Cataract , Paediatric, and neuroophthal services , Payannur cooperative hospital . She spoke on Essential lessons from pediatric Ophthalmology: A case based approach . Momento was presented to the speaker by Dr Thressiama . Vote of thanks was given.by treasurer Dr Kurien .The meeting was attended by 25 members .



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:

Signature

Name of Seconder:
KSOS Membership No:
Address:

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