THE KSOS connect

The official newsletter of Kerala Society of Ophthalmic Surgeons

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# THE ATHLETE'S EDGE IN THE OPERATING ROOM:

## HOW DR. SAJU JOSEPH TRANSLATES DISCIPLINE FROM SPORTS TO MEDICINE.

Interviewed by **Dr.Smitha Rani Syriac**



**Introduction**

KSOS connect is an initiative to meet in person, the distinguished doyens of ophthalmology, to know more about their life & to get inspired by them.

I thank Dr. Sony George & Dr. Sumitha Jacob, Secretary of IMOC for giving me this opportunity.

Today we have the legendary ophthalmologist from Kothamangalam, Dr. Saju Joseph.

Dr. Saju Joseph is the founder & MD of TVJ eye hospital, Kothamangalam. Dr. Saju sir is one of the best cataract surgeons in Kerala, infact he is the first to implant IOL in malabar & one of the first few phaco surgeons in Kerala. He is also a pioneer in refractive surgery & lasik in Kerala.

Saju sir is known for his exceptional organizational skills & was our KSOS president in 2016-17.He has served as KSOS secretary from 2001 -2003.He has organized the state conerences in 2000,2024 & AIOS conference in 2012.He is a socially committed ophthalmologist & great human being & above all a sports person. Lets meet Dr. Saju Joseph sir.

Welcome saju sir to KSOS connect.

To watch the interview click the link:
https://youtu.be/01NC3l8uSmk

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## FAREWELL MESSAGE OF OUTGOING PRESIDENT



Respected Chief Guest K Jayakumar Sir, Guest of honor Smt Khyrunnisa, Chairman organizing committee Dr B Jayaprasad, KSOS General Secretary Dr Biju John, Incoming president Dr Rajiv Sukumaran, AIOS scientific committee chair Dr Namrata Sharma, chief organizing secretary Dr Anish Madhavan, Other Dignitaries

I have reached the finishing point of my tenure as president of this prestigious organization KSOS. While looking back I have immense satisfaction over the 25 years in KSOS which I attended in various capacities. I could present IC as chief instructor continuously from 2001 and presented more than 20 free papers. I could publish 9 editions of KJO in 2 years when I was the KJO editor. During my term as scientific committee chair I had opened IC for everyone and started new free paper sessions.. During the term as general secretary Drishti central committee was made and Online ECM and GBM were conducted for first time. Hard copies were reduced with go green initiative .....and with Dr Rajiv First online Drishti was conducted successfully. Moreover I enjoyed each Drishti for its academic excellence.

My last responsibility was as president. Last year I had announced the presidential project as " Increase the legal literacy among ophthalmologists". I could conduct medicolegal sessions in all the districts across Kerala . I could attend many of the CMEs across the state. I thank all district clubs for taking my project up and allowing me to conduct sessions. Feedback was very encouraging.

I had promised to release a Malayalam consent book like the one published by AIOS. It is ready and will be released in this function as a scientific committee publication. Thanks to Dr Bastin for the initiative. It will soon be available to members for downloading from our website. It can be modified as per the requirement of the practice of the individual or hospital.

We won the best state society award in AIOC for the third consecutive term in our category. Thanks to our whole team. Also we won the best scientific session conducted by a state society in AIOC in our category. Thanks to Dr Bastin our scientific committee chair.

Our Leadership development programme is giving its results sooner than expected with lot of young leaders coming to the administrative and academic forefront.

While ending my tenure I am Happy and Content that I have made my small bit of contribution to the society.

I thank each of the stalwarts before me for their support and guidance

I thank my family especially Dr Mallika my better half for the support you have given to me in difficult times

I plan to contribute as an ordinary member in future also. You can see me presenting free papers again next year.

It is with great pleasure that I am introducing my dear friend Dr Rajiv Sukumaran as the next president of Kerala Society of Ophthalmic Surgeons for you

Dr Rajiv Sukumaran was born to Mr. T. N. Sukumaran and Mrs. Indira Sukumaran on 26 February 1963 at Victoria Hospital, Kollam.

His father hails from Kadavoor, but the family later migrated to Chennai, where he completed his primary education at Asan Memorial Senior Secondary School.

During his school years, he received several awards in painting competitions conducted at the school, inter-school, and state levels. He was honoured as the Best Outgoing Student in 1982.

He began his medical education at Stanley Medical College, Chennai in 1982. After completing his MBBS, he pursued DO and MS (Ophthalmology) at the Regional Institute of Ophthalmology, Chennai, under Madras Medical College. He was trained under Prof. V. M. Loganathan and was awarded the C. K. Kumarasamy Gold Medal for Best Outgoing Student in MS (Ophthalmology) from the Tamil Nadu Dr. M.G.R. Medical University in 1994.

During his postgraduate years, he presented 23 papers at various state and All India conferences and published 7 papers in the TNOA Journal.

Dr. Rajiv joined the Tamil Nadu Government Service after securing the 6th rank in the Public Service Commission Examination held in 1992. Later, he moved to Saudi Arabia, where he successfully cleared FRCS Part I and cleared Final in 1999. Although he initially aspired to pursue higher studies in the UK, family circumstances led him to return to Kerala.

In 1998, he founded Priyanka Eye Hospital at Vavvakkavu, Kollam, which he continues to lead with dedication to this day.

He has led Kollam Ophthalmic Association to the present glory with conduct of Ashtamudi Ophthalmica , Young ophthalmologist sessions etc. which has won them best non metro club award many times. They are conducting Drishti for the second time with perfection.

His journey with the Kerala Society of Ophthalmic Surgeons (KSOS) began as a Scientific Committee Member. Later, as Website Editor, he revamped the KSOS website, streamlined the abstract submission process, and updated the member database, resulting in a steady rise in website engagement.

In 2015, he was elected Treasurer of KSOS, during which he implemented several key reforms, including GST registration and streamlining of Drishti funds through KSOS.

These measures significantly boosted the organization's

income. We could utilise it for our members by conducting programmes like Continuing Medical Education sessions, Post Graduate training, leadership development programmes, infrastructure development for the society and charity purposes like help for flood victims and rehabilitation of visually challenged etc

In 2020, when the COVID-19 pandemic disrupted the world, Dr. Rajiv served as the Chairman of the Scientific Committee, KSOS. While many state societies declared it a "Zero Year," he introduced the innovative concept of a fully virtual three-day online conference, which was later emulated by AIOS. I still remember the AIOS team having a zoom meeting with Dr Rajiv before going for the Online Annual conference to clarify the challenges.

Dr Rajiv has conducted many sessions in infection control across the country and is a sought after speaker outside the state. He is a tech savvy person and adapts to the latest developments in technology to our benefit.

Dr. Rajiv is married to Dr. Jayasree, and they have two children — Priyanka and Pranay. His daughter-in-law is Abhirami, and his son Pranay works as a Sub-Editor at The Hindu.

Outside his professional life, Dr. Rajiv is passionate about painting and photography, continuing the creative pursuits that have accompanied him since childhood.

I have great pleasure in presenting perfectionist, systematic, sincere, multifaceted, tech savvy new president Dr Rajiv Sukumaran

Jai KSOS

**Mahesh G**

## PRESIDENT'S MESSAGE (Delivered during the inaugural function of Drishti 2025 on 28 Nov 2025)



Respected Chief Guest, Mr. Jayakumar Sir, Guest of Honour Mrs. Khyrunissa, Outgoing President Dr. Mahesh, AIOS Scientific Committee Chairperson, Dr Namrata Mam, Organising Chairman Dr. Jayaprasad, KSOS General Secretary Dr. Biju John, Chief Organising Secretary Dr. Anish Madhavan, seniors, friends, family members, and my dear colleagues—A very good evening to all of you, and a big thank you for electing me as the President of this organisation.

I feel extremely proud to stand before you as the President of such a prestigious organisation, despite coming from a very humble background and practicing in a rural area of Kerala. This moment was made possible because of the step-by-step elevation process in the offices of this organisation — otherwise, I might have remained a silent, dedicated worker within our society.

I am taking over as President without any KSOS medals, from a President who holds all the KSOS medals! (smiles) I had, in fact, applied for all the awards before I was known in KSOS — but in vain — as they were all won by Dr. Mahesh! I'm not sure if he remembers it.

Long ago, I even captured a video of cells moving in the anterior chamber using a webcam, long before cameras were available on mobile phones. I presented it at Drishti, but it went largely unnoticed — except for one person: Dr. Babu Rajendran, who appreciated it deeply. That appreciation itself felt like an award to me. And today, this Presidentship is truly the greatest award of all.

As Dr. Mahesh mentioned, even though I was brought up in Chennai, I came back to Kerala under very special circumstances — to take care for my special child, a gift from God. My native place is Kadavoor, where my father lived. It is indeed very special to be installed as President here, in my own native place.

My journey in KSOS began with the AIOC 2012, held in Cochin. The Organising Chairman was Dr. Giridhar, and the Organising Secretaries were Dr. Saikumar, Dr. Sasikumar, and Dr. Saju Joseph. They were looking for volunteers from various districts. I volunteered and attended every LOC meeting without fail, travelling 200 kms each time. During the conference, I stayed for all four days and was in charge of the audio-visuals.

Dr. Saikumar was so impressed that he took me to Dr. Giridhar, who rewarded me with a special trolley bag — a gesture I will never forget.

Later, when Dr. Saikumar became the Secretary of KSOS, he requested Dr. Anish and me to revive the Kollam Ophthalmic Association by starting its flagship annual programme. At that time, I wasn't even an active member of the Kollam Ophthalmic Association! Yet, that vision materialized into Ashtamudi Ophthalmica, which continues to this day.

As Kollam grew stronger, we took on the challenge of hosting Drishti in Kollam after a gap of 33 years, in 2017. The last Drishti in Kollam was held in 1984, when Dr. Mohandas was President. And now, after 41 years, another President has emerged from Kollam. I am deeply grateful to the Kollam Ophthalmic Association and all its members for their support in this journey. I am sure Dr. Mohandas would have been very happy if he were here with us today. Also, we lost our very loveable Balakrishnan sir last week. It has saddened us beyond words.

Coming back to KSOS, in 2013, I was offered the post of Website Editor, and in 2015, I was literally picked from the floor of the General Body meeting to serve as Treasurer of KSOS! Later, in 2020, when I became Chairman of the Scientific Committee, the pandemic struck. The entire world

was in shock, and many medical societies declared that year as "zero year."

But for me, it was a blessing in disguise. With my little bit of tech-savvy nature, I came up with the idea of a virtual conference, which was later adopted by AIOS as well. And today, here I stand before you — as the President of KSOS. Thank you all once again for this honor.

Throughout my journey in Kerala, I have met many seniors, teachers, and friends who have guided and supported me immensely. I must acknowledge Dr. Mahadevan Sir, Dr. Sahasranamam Sir, Dr. Radhakrishnan Sir, Dr. P. I. Mohan Sir, Dr. Shobana Ma'am, and many others — the list is long — who have taught me life lessons even though they were not my formal teachers.

A special mention must go to Dr. Sasikumar, who has guided me at every stage in KSOS and continues to do so. Thank you, Sir. Dr. Mahesh is another dear colleague — working with him is always a pleasure because we share the same wavelength and thought process.

I must also acknowledge my teacher and godfather, Dr. Vijayaraghavan, who has travelled all the way from Coimbatore despite his health issues to witness this installation ceremony. Thank you, Sir.

My close friend of 55 years, Dr. Chandrasekhar, who is now Secretary of TNOA, is also here. Thank you, Chandrasekhar, for being part of my journey from school days through MS and beyond. My MBBS classmates Dr Samarapuri and Dr Ravikumar are also here. Thank you both for joining us.

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**Presidential Projects**

I have two key projects for my presidential year:

1. Artificial Intelligence in Ophthalmology – AI is very close to my heart. The future undoubtedly belongs to AI. It is not going to replace doctors, but rather assist us intelligently. Those who adapt will move forward; those who don't may be left behind. Especially for the younger generation, this is the time to learn and lead. I will be planning and implementing AI-related programmes in the coming year. I am currently working on Prompt engineering.
2. Eye Examination and Treatment for Differently-Abled Children – I believe there is a huge gap in providing adequate eye care for differently-abled children. We will work to bridge this gap, with the help of all district clubs and major hospitals, to ensure that no child is left unseen or untreated.
3. Also to continue the good projects started by my predecessors

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Finally, I would like to thank my family — my better half Dr. Jayasree, who has always been my pillar of support, my children Priyanka, Pranay, and my new daughter Abhirami, for their immense love and encouragement. I also extend heartfelt thanks to my hospital staff, who have stood by me through every stage of this journey.

Today, KSOS has truly become a brand — one that many aspire to join and contribute to. Let us continue to grow together in spirit, strength, and service.

Jai KSOS!

**Dr Rajiv Sukumaran**

## GENERAL SECRETARY'S MESSAGE

Dear All,

This report covers activities from 1st October 2025 to 8th December 2025

Emergency Executive Committee meeting on 21st October 2025

The above meeting was conducted as an online meeting with a single point agenda of finalising a Bye Law amendment to be proposed to AGB so as to facilitate smooth conduct of Drishti and transfer of conference proceedings share to organising clubs in view of changes in rules regarding 12 A registered entities.

4th Executive Committee meeting of KSOS year 2024-25

This was held on 28th November 2025 , the first day of Drishti conference at 1.00 PM in Hotel Leela Asthamudi ,Kollam. The important decisions taken in the ECM meetings are appended as a separate item after this report.

**Drishti 2025**

The major event during this period was our annual conference at Kollam. The Local Organizing Committee , led by Chairman Dr. Jayaprasad B and Chief Organising Secretary Dr. Anish Madhavan, and new KSOS President Dr Rajiv Sukumaran made sure that the delegates had an unforgettable conference experience.



Drishyotsavam 2025 , the cultural fest involving KSOS members on 28th November evening was a grand success and indeed was a visual spectacle with innumerable dances, skits ,songs etc.

Dr Rajiv Sukumaran was installed as the new president of KSOS at the Inaugural Ceremony of the new KSOS year on the first day of Drishti 2025. The prestigious Dr C E Oommen memorial Oration was delivered by Dr Sasikumar S and the Life Time Achievement Awards were bestowed on Dr P J Thomas and Dr K S Gopinathan Nair. Trivandrum

Ophthalmic Club and Idukki Malanad Ophthalmic Clubs were selected as the Best Clubs in Metro and Non Metro category respectively and the awards were given during the Inaugural Function.

**KSOS Elections 2025**

A major event during the reporting period was the elections to the different post of KSOS office bearers for 2025-2027. The vendor for online elections was fixed as Right to Vote considering their recent experience in conducting elections in VRSI and a few state societies. They also had STQC certification.

The voter list sanitisation and updation of records were done from September 30 th to October 24th . All efforts were taken to include the maximum number of members in the voter's list. Final Voters list was published on the website on 26/10/2025 and after giving one more chance for those members in the list without e mail to update the same, the data was locked by 10th November 2025 and handed over to the vendor.The voting was from 20th November to 26 th November and was conducted in a fair and transparent way under the constant scrutiny of the election officers Dr. Charles Skariah, Dr Saju Joseph and Dr Padmaja Krishnan.

For the election 2139 ballots were sent. Out of this 95 could not be delivered due to various technical issues at the recipient's end. The polling percentage was roughly 72%.

Ballots were opened in the presence of all the candidates on 29th November 2025 just before the AGB by the 3 election officers . The chief Election Officer declared the results in the Annual General body on 29 th Nov 2025.

3 Unopposed Candidates,Dr Gopal S Pillai, Dr. Mallika O.U. and Dr. Sujith V Nayanar were declared elected as Vice president, GenSecretary, and Scientific Committee Chairman respectively.

The other candidates elected to the various posts were as follows.

Treasurer : Dr Aneeta Jabbar
Editor KJO: Dr Sanitha Sathyan
Editor Website : Dr Natasha Radhakrishnan
Joint Secretary : Dr Merine Paul
Scientific Committee Members-3 Nos
Dr M S Vijayalakshmi
Dr John Davis Akkara
Dr Mini Mathew

**Annual General Body of KSOS on 29th December 2025**

This was held in Hotel Leela Asthamudi and the governing council of KSOS was formed comprising of the new President Dr Rajiv Sukumaran, the office bearers comprising of the elected members mentioned above and the District Club representatives as mentioned below.

1. Trivandrum Ophthalmic Club (TOC) : Dr Pappa P
2. Kollam Ophthalmic Association (KOA) : Dr Parvathy R
3. Ophthalmic society of Pathanamthitta (OSP) : Dr Sara Ansa Renosh
4. Alleppey Ophthalmic Club (AOC) : Dr Dalia S
5. Kottayam ophthalmic society (KOS) : Dr Shaji Ankan
6. Idukki Malanadu IMOC : Dr Sumitha Mary
7. Cochin Ophthalmic Club Dr Praveen Muraly
8. Thrissur Academic Club of Ophthalmology TACO : Dr Jayasree PV
9. Palakkad society of ophthalmic surgeons(PSOS) : Dr. Preethy Prasanth
10. Malappuram Ophthalmic society MOS : Dr Sameera V V
11. Kozhikode ophthalmic society (KOS) : Dr Dahlia Krishnan
12. Ophthalmic Society of Kannur (OSK) : Dr Nikhil K
13. Kasaragod Ophthalmic Society KOS : Dr Sureshbabu P M
14. Wayanad Ophthalmic Club : Dr Nayana Sebastian

The major decisions taken in the Annual General Body are appended separately after this report.

This would be my last message as Secretary KSOS . Some of the contributions which I could make during my 2 years as Secretary KSOS were , designing the CME calendar google sheet ,CME request google forms , linking of both the above to the website , Introducing monthly reporting by District Clubs via Google forms so as to get categorical data thereby making reporting to AIOS and calculating best club award points very efficient , Introducing Hand over registers in which all items being handed over by Secretary and Treasurer are listed and handed over, Integrating 8 different whatsapp groups of KSOS into 2 groups with an Announcement group ,Designing and Enabling Downloading of LIfe Membership certificate by members via membership module in the website.

I thank all the members for this great opportunity to serve this prestigious association and its members . I thank the 2 presidents under whom I worked , Dr Thomas Cherian and Dr Mahesh G for their support and guidance. I also express my sincere thanks for the guidance and timely advice from the past presidents like Dr Saikumar and Dr Sasikumar . All the executive committee members were always supportive and we worked shoulder to shoulder all through these two years. It was really humbling and quite a learning experience to be a part of a group of highly dedicated and passionate individuals who worked tirelessly for the common good of KSOS, striving to take the association to the next level . I wish all the very best to the new team under the dynamic , enterprising, technophile president Dr Rajiv Sukumaran.

Jai KSOS
**Dr Biju John**
Outgoing Gen Secretary KSOS

## Major Decisions taken in the Executive Committee Meetings in the reporting period

All the ECM decisions during year 2024-25 to be ratified by the GB was compiled as follows in the ECM by Secretary

1. Metro and Non Metro Clubs criteria: To go by the Government Revenue Guidelines of Municipal Corporations to separate Metro and Non Metro clubs. So 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. Kozhikode Ophthalmic Society's "Teachers of Tomorrow award to be named "KSOS-Kozhikkode Ophthalmic Society TOT award".
3. TACO PG Quiz award to be renamed as "Dr K Krishnankutty TACO PG Quiz award
4. Super saver/Very early bird registration to encourage delegates who register early on their own in Drishti conference.
   A. " 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 Whatsapp group post and E mail blast and then the Drishti registration window will be opened for 3 days. No Cancellation will be allowed
5. From Drishit 2026 onwards Any Club bidding for or joining in the bid of a Drishti conference should be a Registered Society/Trust who regularly file IT Returns and must have filed the returns for the past 2 years.
6. In future voting rights to be restricted to only those whose residential status as per adhar is in Kerala
7. To recommend to the GB that it is better to shift from Whatsapp to Telegram entirely
8. All ECM meeting except the ones with Drishti and Family get together to be in Kochi
9. Resolution by Dr Thomas Cherian to initiate a Posterior Segment Paper/Poster/Video award in the name of Late Dr K E Eapen accepted and to be ratified by GB
10. Bye law amendment accepted in the Emergency ECM to be added as a stand alone agenda of the AGB 2025.

## Major Decisions of Annual General Body 2025 conducted on 29th November 2025

1. Drishti 2026 is scheduled for 27, 28 and 29th of November 2026 at Kannur and is to be Organised jointly by district clubs of Kannur, Kasaragod and Wayanad. Dr. Simi Manoj Kumar will be the Organizing Chairperson and Dr. Sreeni Edakhlon will be the Organizing Secretary.
2. Drishti 2027: Only bid for this was from TACO. Proposed venue - Hyatt Regency. Org. Committee Chairperson Dr. Radha Ramanan and Chief Org. Secretary Dr. Merine Paul. Will be done in association with PSOS and MOS.
3. Bye Law Amendments proposed by Dr Thomas George and referred by Executive Committee for ratification of AGB was approved. This is pertaining to Article XXIII of Byelaws .Same was previously circulated to all members via email blasts and whatsapp
4. Metro and Non Metro Clubs differentiating Criteria: Will 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.
5. Kozhikode Ophthalmic Society's bid to initiate named awards for "Teachers of Tomorrow" was accepted in the last AGB and its name will be "KSOS-Kozhikkode Ophthalmic Society TOT award".
6. TACO PG Quiz award to be renamed as"KSOS-Dr K Krishnankutty TACO PG Quiz award"
7. Super saver/Very early bird registration to encourage delegates who register early on their own in Drishti conference. The amount will be Rs 5000+GST and the window for that will be 3 days from the date of the AGB. The treasurer and website editor should make sure that the Payment gateway is ready for accepting the registrations so as to facilitate this.No Cancellation facility will be given. For Drishti 2026, the window period for this offer will be 3 days from the time of opening the payment gateway.
8. From Drishit 2026 onwards Any Club bidding for or joining in the bid of a Drishti conference should be a Registered Society/Trust with PAN and who regularly files IT Returns and must have filed the returns for the past 2 years. Exemption for the IT returns filing will be given for new clubs and for them it will be from the time of formation.
9. Future Voting rights to be restricted to only those whose residential status as per Adhar is Kerala. Alternatives to Adhar as proof of residence/work place also will be accepted. The Executive Committee is authorized by the GB to decide on the list of documents that can be accepted instead of Adhar.
10. Whatsapp groups of KSOS to continue.with the same system and criteria of admitting people to Whatsapp groups as introduced by the previous secretary
11. The resolution of Dr Thomas Cherian already accepted by the Executive Committee was ratified and it was decided to initiate a Posterior Segment Poster Award named "KSOS-Dr.K E . Eapen Posterior Segment Poster Award". Dr Thomas Cherian promised to remit the required funds of Rs. 10 lakhs in full latest by 15th May 2026.
12. Venue of all regular ECMs, except the one held along with family program and the one held along with Drishti Conference, to be at Kochi .

## TREASURER'S MESSAGE

Dear Friends,

From the treasurer's desk:

First of all let me thank the KSOS and especially the executive committee members for the trust and cooperation extended to me, making my job easier as the treasurer. The support from my immediate predecessor Dr. Biju John and the Audit committee members (Drs. PI Mohan, Sasikumar and Sanitha) was invaluable in making decisions over the last 1 year.

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

2ndInternal Audit Committee meeting of KSOS 2025 was held at 9.00 am at Our Flat in the IMA house, Kochi on Sunday 12th October 2025. The meeting was attended by Dr P.I. Mohan Chairman IAC, Dr. Sasikumar S Secretry IAC, Dr. Sanitha Sathyan Member IAC, Dr. Mahesh Gopalakrishnan, President of KSOS, Dr Biju John Secretary KSOS, Dr Thomas George Treasurer KSOS, and CA Mr.Dheeraj Tawari, Executive Accountant. The committee scrutinized the accounts from 1st April 2025 to date as well as the Drishti 2025 financial transactions to date and the same were found to be in order and approved by the committee.

The Internal Audit Committee made a few valuable suggestions to be implemented in the functioning of our society for discussion in the GB.

The same amendment to the bylaws was brought by me to the GB and was passed unanimously and will help in organization of Drishti conferences in the future via MOUs with the organizing clubs. This year the transfer of excess income over expenditure was made only on 7th October 2025. This was consequent to changes in rules restricting transfers from 12 A registered associations to associations without 12 A registrations. Hence we had to have extensive discussions with our auditors and finally managed to make the transfers in October 2025 based on MOUs signed in May 2024 with the 3 clubs. The MOUs for organizing Drishti 2025 are also signed and the financial dealings with the said clubs will be easy next year when accounts are finalized. I request all the district clubs to keep their society registration and income tax filings up to date without which such an MOU cannot be made and signed as and when a club has to take responsibility to organize Drishti conference.



Subsequent to frequent disruptions in net banking of Karnataka Bank' new software we were having difficulty in managing the same. Hence we are in the process of migrating to the HDFC Bank branch, Palarivattom. The FDs have been shifted and now we need to set up the payment gateways also before finally closing the Karnataka bank accounts (this would mark the end of a very long relationship with the bank with the KSOS spanning many decades).

I am grateful to my predecessor, Dr. Biju John, who is also the present General secretary for guiding me in my duties. I Thank the President, Dr. Mahesh Gopalakrishnan and the entire executive committee for being with me helping with all decisions and being very supportive.

I should also thank the immediate past President Dr. Thomas Cherian as well for being very supportive in the first year of my term.

Our Executive Accountant KSOS, Mr. Dhiraj Tawari, was the person tracking the day to day dues and transactions, making sure no deadlines were missed.

I had opportunity to work with the LOC of Drishti 2024 and the LOC of Drishti 2025. The interactions were cordial and I enjoyed working with my colleagues for the same.

Without all this help, my job would have been near impossible.

Once again I thank the entire KSOS family for letting me have this opportunity to work as the Treasurer of the KSOS.

I learnt a lot. Enjoyed all the interactions. And at the end of it all I am in awe of all our predecessors who created such a well oiled standard operating protocol which is fail safe.

On the 7th of December I handed over the responsibilities and the weight of the treasurer's job to my dear friend Dr. Aneeta Jabbar at the KSOS office, IMA House, Cochin. I wish her all the best in her new duties and I know she will carry the mantle well.

Jai KSOS

**Dr. Thomas George T**





## SCIENTIFIC COMMITTEE CHAIRMAN'S MESSAGE



As we come to the end of our term, on behalf of the Scientific Committee, I would like to highlight that we had an active, meaningful, and fruitful year. We had set out with the aim of ensuring that all our members—postgraduates, young ophthalmologists, and senior practitioners—benefited from the vast reservoir of scientific knowledge through our academic programs. I am glad to note that we have successfully achieved this goal.

The KSOS COC Gold Medal Examination for Postgraduates was held on Sunday, 2nd November, at Amrita Institute of Medical Sciences, Kochi, and Dr. Juby Sunny secured the Gold Medal.

All the scientific programs of Drishti 25 were conducted smoothly and were highly appreciated. The Dr. C. E. Oommen Memorial Oration, titled "Operation Theatre Ventilation: An Airy Dilemma in Modern Hospitals," was delivered by Dr. Sasikumar S. For the first time, the TACO Poster Award was evaluated subspecialty-wise by different sets of judges. The shortlisted posters progressed to a podium presentation on Day 2, from which the final winner was selected. The CME series titled "Consents in Ophthalmology" was released during the inaugural function of Drishti 25. A special session, "Heroes of KSOS," was scheduled on Day 2 to acknowledge KSOS members who received research grants or awards at national and international conferences.

This year, we also conducted an elaborate wet lab, with the SSTC held on Days 1 and 2 by Dr. Vijayalaxmi and the team from Comtrust Hospital, Calicut. The dry lab on retinoscopy was held on Day 1 by Dr. D. Chandrasekhar. A dedicated hands-on workshop on Artificial Intelligence in Ophthalmology was conducted on Day 2 by Dr. Sharon Baisil. Dr. Rajesh O. T., Member, Scientific Committee, coordinated the entire wet lab. In addition, the paramedics conference for nurses was conducted by Dr. Sasikumar S on Sunday, November 30, the third day of Drishti.

## Drishti 25 – Winners

### Free Paper & Video Awards

| Award | Paper / Video ID & Title | Chief & Presenting Author | Co-authors |
|---|---|---|---|
| Prof. K. S. Subramaniam PG Free Paper Award | FP94: Cataract screening: validation of portable slit-scope for grading nuclear sclerosis in outreach camps | Dr. Safeera K | Dr. Chandrakanth K. S; Dr. Prithvi Chandrakanth |
| Dr. S. Mohandas Free Paper Award | FP42: IOP in premature infants: What is normal? | Dr. Natasha Radhakrishnan | Dr. Anju Liza Zachariah; Dr. Tisha Thomas Menacherry |
| Dr. K. C. Sankara Menon Free Paper Award | FP96: Outcomes of socket reconstruction involving multiple surgical interventions | Dr. Marian Pauly | Dr. Samvedya Veenish U. O.; Dr. Shebin Salim; Dr. Sruthi R. S. |
| COC RetNet Posterior Segment Free Paper Award | FP129: Various biomarkers for poor response to intravitreal aflibercept injection – a retrospective study | Dr. Mradula Gangwar | Dr. Manoj S |
| Dr. Noel Moniz Memorial Anterior Segment Award | FP128: Evaluation of safety & effectiveness of the sub-400 protocol in corneal collagen cross-linking | Dr. Sujith Nayanar V | — |
| Padma Bhushan Dr. P. Siva Reddy Award | FP36: Visual outcomes in paediatric non-infectious uveitis: Are biologics a game changer? | Dr. Natasha Radhakrishnan | Dr. Anju Liza Zachariah; Dr. Tisha Thomas Menacherry |
| Dr. KGR Nair Memorial Free Paper Award | FP58: Training the brain to see: A data-driven look at perceptual learning therapy in amblyopia | Dr. Namitha V. G | Dr. Neena R |
| Padma Shri Dr. S. Tony Fernandez Video Award | VT10: When Risk Meets Reward: The SLET miracle that defied odds | Dr. Sujith Nayanar V | — |

### TACO Poster Final

| ID | Title | Chief & Presenting Author | Co-authors | Subspeciality |
|---|---|---|---|---|
| TP76 | Feel, Identify, Instill – The TACT 'Eye'LE Way | Dr. Adithya Surendran | Dr. Chandrakanth K. S; Dr. Nafeesathul Misriya K; Dr. Prithvi Chandrakanth | Miscellaneous |

### Kozhikode Ophthalmic Society TOT Awards

| Category | Details |
|---|---|
| Best Team – South Central Zone | Team Members: Dr. Parvathy B; Dr. Agrima Mittal; Dr. Sandra Nair |
| Best Mentor | Dr. Praveena Shyam |
| Best Teacher | Dr. Parvathy B |
| Runner-up – South Zone | Mentor: Dr. Rakhi D'Cruz; Team Members: Dr. Parvathy Gopan; Dr. Sneha Pius (Teacher Runner-up); Dr. Priyanka Nair |

### TACO PG Quiz

| Position | Winners | Institution |
|---|---|---|
| Winners | Dr. Anjana P; Dr. Shahana N. A | Chaithanya Eye Hospital, Trivandrum |
| Runner-up | Elsa Maria Kuruvilla; Hridya Dominic | Amala Institute of Medical Sciences, Thrissur |

### OPL

*Judges' Poll*

| Category | Winner | Runner-up |
|---|---|---|
| Team | Valluvanad Falcons | Malabar Mavericks |
| Promotional Video | Malabar Mavericks | Valluvanad Falcons |
| Scientific Presentation | Dr. Sujith Nayanar (Malabar Mavericks) | Dr. Indu J Nair (Travancore Titans) |
| Best Entertainer | Dr. Sreeni Edkhlon (Malabar | Dr. Sujith Nayanar (Malabar |

| Category | Winner | Runner-up |
|---|---|---|
| | Mavericks) | Mavericks) |

*Audience Poll*

| Category | Winner |
|---|---|
| Best Team | Travancore Titans |
| Best Promotional Video | Travancore Titans |
| Best Scientific Presentation | Dr. Sujith Nayanar (Malabar Mavericks) |
| Best Entertainer | Dr. Rakhi D Cruz (Travancore Titans) |

### General Quiz

| Position | Winner |
|---|---|
| Winner | Dr. Aparna K S |
| 1st Runner-up | Dr. Tara Susan |

### Photography Competition

| Category | Winner |
|---|---|
| External Photography | Dr. Sujith Nayanar V |
| Fundus Photography | Dr. Mradula Gangwar |
| Nature | Dr. Rohan Suresh Ninan; Dr. Sujith Nayanar V |
| People | Dr. Rohan Suresh Ninan |
| Slit Lamp | Dr. Veena |

### Reels Competition

| Winner |
|---|
| Dr. Manju M |

My fellow Scientific Committee members—Dr. Marian Pauly, Dr. Merin Paul, and Dr. Rajesh O. T.—deserve tremendous appreciation for their hard work and dedication. I am proud to have them as part of this team.

The various scientific committee program names and logos—"Reach, Teach, Enrich", "Eyelights", and "Eye Catchers"—were conceptualized and created by our KJO Editor, Dr. Lathika, and I place on record my sincere thanks to her.

The physical PG update program, Eyelights, was conducted with the generous support of several institutions that provided their infrastructure and manpower. I gratefully acknowledge Dr. Thomas Cherian and Dr. Rajashree from Little Flower Hospital, Angamaly; Dr. Sahasranamam and Dr. Unnikrishnan from Chaithanya Eye Hospital, Thiruvananthapuram; Dr. Leila Mohan and Dr. Prakash from Comtrust Eye Hospital, Calicut; Dr. Andrews and Dr. Sethu from Jubilee Mission Medical College, Thrissur; Dr. David Pudukkadan from Nethra Eye Care, Irinjalakuda; Dr. Sateesh and team from Believers Church Medical College, Thiruvalla; Dr. Gopal and team from Amrita Institute of Medical Sciences, Kochi; and Dr. Sudha from Government Medical College, Thrissur.

I sincerely thank Dr. Rakhi D'Cruz for efficiently coordinating the Young Ophthalmologist sessions.

The LOC team, led by Dr. Jayaprasad, Dr. Rajiv Sukumaran, and Dr. Anish M. R., did an excellent job in ensuring the smooth conduct of the scientific sessions, and I extend my heartfelt thanks to them. I also express my sincere gratitude to the other LOC members— Dr. Anoop B., Dr. Haripriya, Dr. Rajitha R. J., Dr. Jayasree Rajiv, Dr. Mini Jayachandran, Dr. Shiney Nepolea, Dr. Vijayasree, Dr. Ciny N. V., Dr. Sara Ansa Scaria, and Dr. Anjana Nair— as well as to the many others who supported me in the successful conduct of the scientific program.

I further extend my sincere appreciation to all Executive Committee members and senior ophthalmologists for their valuable guidance and support throughout the year.

Thank you.

**Dr. Bastin V. A.**

Chairman, Scientific Committee

## JOINT SECRETARY CUM NEWS LETTER EXECUTIVE EDITORS REPORT



Dear Seniors, Friends and Colleagues,

This will be the last newsletter under my editorship, the 8th Quarterly KSOS Connect of the period 2023 to 2025.

Thank you all for the opportunity to serve you as the Joint Secretary of our esteemed society and as the Executive editor of the KSOS CONNECT.

I thank all the OFFICE BEARERS of my term, the Executive Committee Members, the District Club Representatives to KSOS, and all the District Club officials across the State, especially the secretaries and Joint Secretaries for their support and coperation in compiling, editing and releasing 8 KSOS CONNECT News Letters in time

I hope I have done justice to my role as the Joint Secretary and Executive Editor of the KSOS Connect.

The activities of various District Ophthalmic Clubs across the State for the term from October to December 15 th 2025 were 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 New President Dr. Rajiv Sukumaran's Message was collected and compiled The Outgoing President's Farewell Message was also collected and compiled .

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

The 7th Edition of the KSOS Connect Vol XXVI Issue 2 covering July to September 2025 was released online via Whatzapp groups of KSOS by 3rd of November 2025

The Edition contained

1. Interview of Dr. Mrs. Rachel Jose , Senior Ophthalmologist from Pathanamthitta, who has adorned great leader ship positions in the Central Govt Ministry of Health upto the position of Addl. Director General of Health Services Delhi .

It was a great insight into the professional, administrative and personal life of Dr. Rachel , well illustrated with pictures . The interview was conducted by Dr. Priyanka Tilak , from Pathanamthitta . I thank Dr. Priynka for the great job done and the effort

2. Message from the President Dr. Mahesh G
3. General Secretary's Report – Dr. Biju John

4. Treasurer's Report – Dr. Thomas George

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

6. KJO Editors Report – Dr. Lathika VK

7. Website Editors Report – Dr. Sujith Nayanar

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

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

Thanks to the district representatives to KSOS and the Club Officials of all the District Clubs

The release of the Physical copy was done during the Executive Committee Meeting of KSOS held on 28th November 2025 at The Leela Raviz , at the Dhrishti Conference by the President Dr. Mahesh handing over a copy to Secretary Dr. Biju John in the presence of the Jt. Secretary Dr. Sony George

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

The 8TH Edition of the KSOS Connect covering October to December 15th 2025 is getting ready and will be released soon in the KSOS official groups and on the website

The Edition contains

1.Interview of Dr. Saju Joseph , Senior Ophthalmologist from Kothamangalam , who is a Past President of the KSOS .

It was a great insight into the professional, administrative and personal life of Dr. Saju , well illustrated with pictures. The interview was conducted by Dr. Smitha Rani Syriac. I thank Dr. Smitha for the great job done and the effort

2.Message from Incoming President Dr. Rajiv Sukumaran

3.Presidents farewell message by Dr. Mahesh G

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

5.Treasurer's Report – Dr. Thomas George

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

7.KJO Editors Report – Dr. Lathika VS

8.Website Editors Report – Dr. Sujith Nayanar

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

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Thanks to the district representatives to KSOS and the Club Officials of all the District Clubs

ONCE AGAIN THANKING YOU ALL I BID FAREWELL

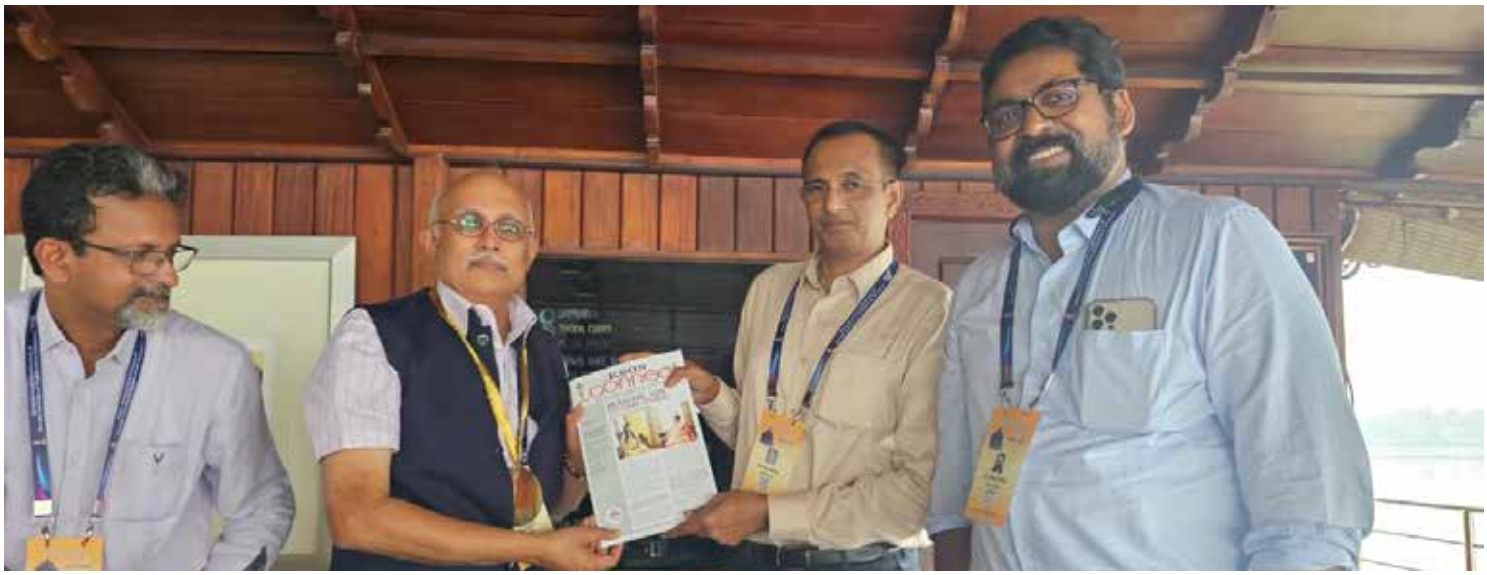
JAI KSOS

JAI HIND

**Dr. Sony George**







## KJO EDITOR S MESSAGE



Dear friends,

This report traces the activities during the final lap of the tenure of the present editorial team.

During this period, the KJO session themed on publication and evidence-based practice, titled "Research Meets Reality," was successfully conducted as part of Drishti 2025. The session focused on bridging research evidence with real-world ophthalmic practice and was well received by the academic community.

The KSOS–KJO Appreciation Awards 2025 were announced and presented during the KJO session at Drishti 2025 by the Immediate Past President, KSOS, Dr. Mahesh G.

Top Reviewer: Dr Jyothi PT, Professor & HOD,Department of Ophthalmology,KMCT Medical College, Mukkam, Kozhikode

Outstanding Reviewers:

> Dr Sudha. V, Professor & HOD, GMC, Thrissur.

> Dr Rakhi. P. D'cruz, Consultant Phaco surgeon, Chaithanya Eye Institite, Kollam

Most Prolific Author (maximum number of submissions to KJO in 2025):Dr Sujit Das, Associate Professor, AIIMS, Jharkhand

Overall Winner of the KJO Webinar-based Quiz Series : Dr Remya Edachery, Consultant in paediatric Ophthalmology, Cooperative hospital, Payyannur

The December 2025 issue of KJO, released during this quarter, was the final issue of the calendar year and also the last issue brought out by the present editorial team, marking an important editorial milestone.

Serving as Editor-in-Chief over the past two years has been a deeply gratifying and enriching experience. This period witnessed several key initiatives, including

- Publication of six issues of KJO, including a special focus issue on Glaucoma
- Introduction of many new new sections in the journal
- Research to Reality: a themed webinar series on evidence-based ophthalmic practice
- Two KJO sessions on research empowerment conducted during Drishti
- Launch of the KJO Online Quiz Series
- Introduction of KJO Flash Cards – KJO Pearls
- A dedicated KJO channel on the KSOS website
- Launch of Digital KJO
- Institution of the KSOS -KJO Appreciation Awards

I express my sincere gratitude to Dr. Thomas Cherian (President, KSOS 2023–24) for the opportunity to serve, Dr. Mahesh G (President, KSOS 2024–25) and the KSOS team for their continued support, and our Emeritus Editors, Dr. Sudha V. and Dr. Smita Narayan, for their invaluable guidance. I also acknowledge Dr. Sujith Nayanar for his crucial role in digital initiatives and Dr. Praveen Nirmalan for his valuable contributions to the webinar series.

Finally, I acknowledge the efforts of my remarkable editorial team and deeply appreciate their energy, commitment, and dedication, which have enabled the Kerala Journal of Ophthalmology to grow from strength to strength. As I conclude my tenure as Editor-in-Chief, I do so with a deep sense of fulfillment, knowing that I have given the journal my very best and, hopefully, left a few lasting imprints on its hallowed pages. The future of KJO shines bright, and I extend my best wishes to the incoming Editor, Dr Sanitha Sathyan and her team as they take the journal to even greater heights.

warm regards

**Dr Lathika Vasu Kamaladevi**

Editor in Chief, KJO




## WEBSITE EDITOR'S MESSAGE



Over the past two years, our KSOS website has undergone a significant transformation into a modern, member-focused digital hub. Key achievements include a complete website redesign, the launch of a dedicated mobile app, and the establishment of a comprehensive online library with updated CMEs, journals, and newsletters. We streamlined membership services, introduced secure member-only zones, and enhanced transparency through improved subcommittee access and platforms like KSOS Classifieds and the Practitioners Corner. The site now serves as a dynamic academic resource with features such as KSOS On Demand, Digital KJO, and new sections like Image of the Month and Clinical Videos.

Additionally, we successfully digitized and streamlined Drishti conference management—from registration to post-event content—while strengthening KSOS's social outreach through district club pages, an Eye Bank portal, and public awareness initiatives. Although some projects like Clinical Challenges are still in progress, the foundation is now robust and ready for future growth. I extend my heartfelt thanks to the leadership, committees, members, and our technical team for their unwavering support. I am confident the incoming Website Editor will build on this momentum and further elevate our digital presence.

Jai KSOS

**Dr V Sujith Nayanar**

KSOS Website Editor

continued from page 1...

**Q1.Can you tell us about your parents, childhood and education & how it influenced your decision to become a doctor?**

A.1. I belong to a big family. We are nine of us. Im the seventh child.We are two boys & seven girls.At the very age of 5 years, I was sent to a boarding school. I did my early studies at St. Joseph, Kalamassery & there after at Muvattupuzha Nirmala High School. Later on, I went for my pre- degree at SB College, Changanassery.When I was doing my pre- degree,I lost my father & it was a sudden death. My elder brother was taking care of everything after that.

Regarding going for medicine, I was more into sports& I always wanted to become a sportsman. Joining SB college itself was to play basketball. There was an opportunity to get a medical seat through the sports quota, but I narrowly missed it. Infact, I was one of the members of the team,which won the state championship. During our times, there were no entrance exams & the pre-degree marks was the only criteria.Then I joined the Davengere Medical College in 1979 for medicine & finished in 1984.

**Q.2.What inspired you to become an ophthalmologist?**

A.2.After completing my MBBS, I did my internship at CMC, Vellore. During that time I stayed with Dr. T. A.Alexander, who was the H. O. D of ophthalmology department . I stayed with him for nearly 3 months during my community posting. Although my initial interest was in paediatrics, it was Dr. T. A Alexander who truly inspired me to pursue ophthalmology.

I completed my MS Ophthalmology from OEU Institute of ophthalmology, Manipal. Durng our postgraduate days opportunities were limited & that time mostly cases were done as intracapsular cataract surgery & extracapsular had just been introduced. We were eager to learn & master this new technique.

In search of more better learning opportunities, I joined Aravind Eye Hospital, Madurai, as a medical offier. I worked there for about one & half years. Subsequently I was given the opportunity to be posted at Theni, one of Aravind peripheral centres.This posting came through Dr.Namperumalasamy, who was closely associated with that centre- it was infact, his pet project.At that time, medical officers were being sent to Theni on a monthly rotational basis. However Dr. Namperumalasamy wanted someone to be posted there permanently to manage the centre independently. Since I was staying with my family, he asked if I would be willing to move there & I accepted the offer & I consider myself very fortunate that this opportunity came my way. Before getting posted there, I was fortunate to receive intensive training. One of the highlights of my training was being assisted by none other than Dr. Martin Spencer, who was at Aravind at that time. Working closely with him during surgeries helped me to gain invaluable surgical experience & confidence.

**Q.3.What were some of the biggest challenges you faced during your training & how did you overcome them?**

A.3.I was not doing a fellowship there, which made a difference. As I was working as a medical officer, essentially in a consultant role. When I was posted in Madurai, there were several restrictions. We were given a limited number of cases & the sugery pattern was fixed. Around 80 % of the cases had to be done using the intracapsular technique & 3 or 4 extracapsular. Fast surgeons would often take over & complete the surgeries quickly. However my posting in Theni was a major challenge as I was working independently there. Since my training was good, I didn't face much difficulty in picking up & managing the procedures on my own.

**Q.4.Can you share us your journey as an ophthalmologist?**

A. 4.After working for about one & half years, I was planning to relocate to Kerala. Around that time Perinthalmanna Maulana Hospital had just started & Mr. Rishi the hospital director invited me to join & I agreed. At that time only basic specialities were functional & every department was struggling to get patients including ophthalmology. During the 1989 conference in Bangalore, we purchased a good microscope & an AScan machine. Back then, very few ophthalmologists in Malabar were performing IOL surgeries. So starting IOL surgeries at that stage was a significant step.With in six months the patient number began to increase & by the end of the first year, the Ophthalmology department was running smoothly.

**Q.5.What made you to be an entrepreneur? & a few words on your hospital**

A.5. We started a second Excimer laser center in Malabar. We formed a company, where I was the chairman & later converted it into a pvt. Limited Company. The laser machine was installed at Maulana Hospital & it was called the Super Vision Excimer Laser Center.

Around the same time, there was pressure from my hometown as well.My brother was asking me to come back to Kothamangalam. I thought of giving it a try, though I never planned to move here completely. We constructed a basic





hospital in 2010 & we had an ophthalmologist working there. Initially I used to visit two days a week- operate on Friday,see patients on Saturday. But to our surprise the number of cases started increasing steadily & I had to extend my visit to three days a week & within a span of one year, I shifted completely to Kothamangalam.

**Q.6.Being a surgeon itself is so stressful, what are the most challenging aspects of your job, & how do you handle the associated stress & pressure**

A. 6.When I was working in Perinthalmanna,it was quite stressful. I used to see OP from morning till evening & then start my surgeries around 6.pm. However, after coming back& setting up my own facility, things changed significantly. When you own the setup, you have the flexibility to decide how you want to work.

Apart from that, I make it a point to take breaks & travel. I consciously take time off to relax, & that helps me handle stress much better.

**Q.7.Sir,I know that You are a Rotarian &myself being a Rotary ann, would love to know about your journey as a Rotarian**

A. 7.Rotary is very close to my heart because, I joined Rotary in 1990,the same year I moved to Perinthalmanna. I became a member of Rotary club of Perinthalmanna & I was a very active rotarian. I served as the club president in 1997-2000 & I was also a GGR & was involved in eye camps & related activities. After shifting to Kothamangalam, Dr. Mani, who is a very active rotarian, was instrumental in my joining here.

**Q.8. Your organizational skills are much appreciated with h/o organizing our millennium state conference & the much appreciated 2024 Drishti, to name a few. Can you tell us more about the KSOS, AIOS posts that you have adorned & the experiences on organising these conferences?**

A. 8.I became a KSOS member in 1989 & during that time conferences were held in places from where new president hails from & it used to be a one & half day event. I started the Malappuram ophthalmic society, soon after joining in Perinthalmanna & it was a very active society. I was the executive committee member for almost 15 years.

During the 2000, Millennium conference, Calicut, I was the organising secretary, Dr. Nanda Gopal was the Joint Secretary & Dr. Giridhar was the scientific committee chairman & we conducted it as a two & half day programme for the first time & that was the first time Drishti was held in a 5 star hotel. It was very well appreciated by everyone. In 2001,I was selected as the secretary of KSOS. I served from 2001 – 2003. Then the original name of KSOS was Kerala State Ophthalmic Society. We were not a registered society. We wanted to register our society & we were informed that,We are not supposed to use " Kerala State ", in the name.After considering a lot of opinions, we decided on Kerala Society of Ophthalmic Sugeons – without changing the name KSOS. It was done during my period as the secretary.

In 2016,I became the president of KSOS. It was during my term that we started the family get togethers. Then we regularized the registration which was pending for 15 years & thereafter we got the 12 A registration. Dr. Thomas Cherian was the secretary then & we could do a lot of new things.

**Q.9.Sir, are you still active in sports? Is it the secret behind your fitness mantra?**

A. 9.Im not very active in sports at the moment, but I used to be a sprinter 3-4 years ago& have had quite a few achievements over the years. I have participated in veteran's & master's athletic meets & in Rotary sports meet. My main events were 100 m, 200m sprints, long jump & triple jump.Now keep myself fit by jogging & swimming.



**Q.10.Behind every successful man there is a strong woman.Could you tell more about your family?**

A. 10.My wife Kavitha is a home maker & has been the pillar of our family.We have two daughters, both married. Elder daughter is an engineer & her husband is in the family business. They have two children. The younger one has done CA, is in the US, married to an endocrinologist. She has one child.

**Q.11..What advice would you give to our young ophthalmologists?**

A. 11. Now a days, we see that about 90% of ophthalmology graduates are women, but only around 25% become operating surgeons. I believe this is often due to family responsibilities such as raising children & managing household commitments, which make it difficult to commit to demanding fellowships that requires long hours & no leaves. My advice to young ophthalmologists is not to feel discouraged if you cant start surgical work immediately. Even after a few years, once personal responsibilities are more manageable, it is possible to start & still become a skilled surgeon. Hard work, perseverance & ethical practice are the most important qualities to succeed.

**Conclusion**

Xmas is knocking at the door & its the most beautiful time of the year & we had a very beautiful & fruitful evening here with Dr. Saju sir & family. It was really wonderful talking to you sir & very inspiring too. On behalf of KSOS I extend our warmest wishes for a joyful holiday season & a healthy new year. Thank you sir.

# KSOS DRISHTI 2025 – CONFERENCE REPORT

-Dr Anish Madhavan

Drishti 2025, the 52nd Annual Conference of the Kerala Society of Ophthalmic Surgeons (KSOS), was successfully conducted from 28th to 30th November 2025 at The Leela Ashtamudi – A Raviz Hotel, Kollam. The conference was organized by the Local Organising Committee, led by the Kollam Ophthalmic Association (KOA), in association with the Trivandrum Ophthalmic Club (TOC) and the Ophthalmic Society of Pathanamthitta (OSP).

The conference was attended by over 1,223 delegates from Kerala and across the country and proved to be an academic and cultural extravaganza par excellence.

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**Inaugural Session**

The official inauguration of KSOS Drishti 2025 and the KSOS academic year was held on 28th November at 5:30 PM in the Raviz Convention Center. The ceremony was inaugurated by the Chief Guest, Shri K. Jayakumar, IAS, President of the Travancore Devaswom Board and former Chief Secretary of Kerala, by lighting the ceremonial lamp.

The programme began with a prayer song rendered by Dr Mini Jayachandran. The Welcome Address was delivered by Dr Jayaprasad, Organising Chairman of Drishti 2025. The Secretary's Report was presented by Dr Biju John C, Honorary Secretary, KSOS. The Farewell Address was given by the outgoing President, Dr Mahesh G, who also introduced and formally installed Dr Rajiv Sukumaran as the 52nd President of KSOS.

The Chief Guest was introduced by Dr Divya Kishan, Organising Secretary, and the Guest of Honour, Smt Khyrunnisa A, noted writer, was introduced by Dr Rakhi D'Cruz, Joint Organising Secretary. Shri K. Jayakumar captivated the audience with his eloquent speech, highlighting the poetic essence of the eye and emphasizing the importance of inner vision, integrity, and ethical values. Smt Khyrunnisa A also offered profound insights that gave the audience much food for thought.

A significant highlight of the inaugural session was the installation of Dr Rajiv Sukumaran as KSOS President — a president from Kollam after nearly four decades.

Dr Bastin V. A., Scientific Committee Chairman, announced the awards:

- Dr C. E. Oommen Oration Award – Dr Sasikumar
- Lifetime Achievement Awards – Dr Gopinathan Nair K S and Dr P. J. Thomas

Various scientific committee awards were distributed, and mementos were presented. The KSOS publications "Mizhiyazhaku" (KSOS Souvenir), "Spandanam" (KSOS Literary Magazine), and the KSOS CME Series were formally released during the session.

The Vote of Thanks was proposed by Dr Anish Madhavan, Chief Organising Secretary. The inaugural session was well coordinated and smoothly executed by the inaugural committee.

The KSOS General Body Meeting was held on the second day at 5:30 PM in the Empire Hall, presided over by President Dr Rajiv Sukumaran, during which the election results were declared.

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**Scientific Sessions**

The scientific programme was conducted simultaneously in six halls, while the skill transfer courses and paramedical programme were held at the Church Hall. A total of 96 Instruction Courses of high academic standard were conducted.

The instruction courses commenced on the first day at 8:30 AM, following the prayer by Dr Anjana and ribbon-cutting ceremony. Award sessions were conducted meticulously, with results announced transparently and without dispute. Video presentations were of exceptional quality and were carefully judged. A total of 123 physical posters were displayed, with judging conducted based on respective subspecialties.

Innovative programmes such as the Ophthalmic Premier League and Heroes of Ophthalmology received overwhelming audience response. The Postgraduate Quiz and Quiz for General Ophthalmologists were also well conducted and widely appreciated.

The Wet Lab, AI sessions, Skill Transfer Courses, and Dry Retinoscopy sessions conducted at the Church Hall deserve special appreciation for their excellent planning and execution.

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**Cultural Programme and Banquet**

The conference catering received widespread appreciation for its inclusiveness, especially the variety of vegetarian dishes and authentic taste. The first day's cultural programme featured outstanding performances by KSOS members, matching professional standards.

The second day's banquet, along with professional dance performances and a DJ party, created a vibrant and celebratory atmosphere. Food arrangements for trade delegates and others at the Church Hall were equally appreciated. The karaoke corner near the food area added a melodic charm to the dining experience.

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**Other Arrangements**

- 65 paid trade stalls were arranged and formed a major hub of interaction.
- The Travel Committee, overseen by Dr R J Rajitha, ensured smooth coordination of delegate travel.
- Accommodation arrangements, overseen by Dr Haripriya and the accommodation committee, were efficiently managed.
- Hall management and audio-visual support were handled

professionally.

- Spouse programmes, including houseboat cruises and visits to nearby tourist destinations, were well organized and enjoyed by participants.

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**Media Coverage**

Press interactions were initiated from the first week of November. Drishti 2025 received extensive media coverage across print and visual media. A Press Club meet was held on 26th November at the Kollam Press Club, attended by Dr Jayaprasad, Dr Rajiv Sukumaran (President-elect), Dr Anish Madhavan, Dr Vishnu Mohan M (LOC Coordinator), and Dr Shiney Nepolean (LOC Treasurer). Detailed information about the conference was shared and widely published.

The inaugural session and the inauguration of KSOS Drishti 2025 by Shri K. Jayakumar, IAS, were prominently featured in all leading newspapers with photographs.

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**Paramedical Programme**

The Paramedical Programme was conducted on the third day at the Church Hall and was attended by over 130 delegates. The programme began with a prayer by Dr Dimple, followed by the lighting of the lamp. The sessions included highly informative video-based and hands-on presentations on:

- Basic Life Support – Dr Gopakumar, Anesthesiologist
- OT and Instrument Sterilization – Dr Rajiv Sukumaran and Dr Sasikumar

These sessions were extremely beneficial and well received.

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**Valedictory Function**

The Valedictory Function was held on 30th November afternoon, during which the baton was formally handed over to the Ophthalmic Society of Kannur & other clubs in North Zone, for the conduct of Drishti 2026. The members of the Local Organising Committee were appreciated for their tireless efforts in delivering a well-organized and memorable conference.

Drishti 2025 left an everlasting impression on every delegate and will be remembered as a benchmark KSOS conference in terms of academic excellence, organization, and hospitality.























# KERALA SOCIETY OF OPHTHALMIC SURGEONS

## KSOS DRISHTI 2025

52nd Annual Conference of
Kerala Society of Ophthalmic Surgeons

## LOCAL ORGANIZING COMMITTEE

**PATRONS**
Dr. BALAKRISHNAN K
Dr. K S GOPINATHAN NAIR

**PRESIDENT ELECT**
Dr. RAJIV SUKUMARAN

**ADVISORS**
Dr. P RAMESAN
Dr. S VENUGOPAL

**VICE CHAIR PERSONS**
Dr. UMA MOHANDAS
Dr. MARY KUNJU
Dr. SREEDEVI P R

**SCIENTIFIC COM. CHAIRMAN (LOC)**
Dr. ANOOP B

**SCIENTIFIC COM. MEMBERS (LOC)**
Dr. KIRAN BALAGOPAL
Dr. HARIPRIYA H

**CHAIRMAN, ORGANISING COMMITTEE**
Dr. JAYAPRASAD B

**CHIEF ORGANISING SECRETARY**
Dr. ANISH MADHAVAN

**ORGANISING SECRETARIES**
Dr. DIVYA KISHAN
Dr. ASHAD SIVARAMAN
Dr. PRIYANKA THILAK

**PRESIDENT KOA**
Dr. MINI JAYACHANDRAN

**LOC TREASURER**
Dr. SHINEY NEPOLEAN

**LOC CO-ORDINATOR**
Dr. VISHNU MOHAN M

**JOINT ORGANISING SECRETARY**
Dr. RAKHI P D'CRUZ

**SUB-COMMITTEES**

**Registration**
Dr. Mini S
Dr. Alex K Oommen
Dr. Mini I
Dr. Asha Asokan
Dr. Premi Varghese
Dr. Soumya V
Dr. Yasmin Ali
Dr. Soumya
Dr. Sara Ansa Renosh
Dr. Harshali Kamat
Dr. Adithya Shankar
Dr. Anjana T

**Transportation**
Dr. Rajitha R J
Dr. Arun S
Dr. Mathew
Dr. Jubaira H K
Dr. Jahanara
Dr. Varun

**Accommodation**
Dr. Haripriya
Dr. Krishnima Raghu
Dr. Aaditya Ganesh Joshi
Dr. Mira Nair
Dr. Lekshmi Sree

**Cultural program**
Dr. Mini Jayachandran
Dr. Veena Viswam
Dr. Dhanya Varma
Dr. Mallika Harikrishnan
Dr. Vijayalakshmi
Dr. Anupama Jayan
Dr. Rakhi D'cruz
Dr. Varun
Dr. Sanju

**Inaugural function**
Dr. Purushothaman Pillai M
Dr. Prasanna Kumar
Dr. Sasikumar S
Dr. Smita Narayanan
Dr. Shiney Napoleon
Dr. Divya Kishan
Dr. Rakhi D Cruz
Dr. Haleema A
Dr. Parvathy R
Dr. Anjana Nair
Dr. Haripriya H
Dr. Remya R
Dr. Arathi V Panicker

**Souvenir**
Dr. Jayasree I
Dr. Neaza A
Dr. Shiney Nepolean
Dr. Priyanka Thilak
Dr. Ansumi M S
Dr. Aswathy Unnithan
Dr. Priya

**Mementos**
Dr. Elizabeth Mohini Alex
Dr. Maheswary
Dr. Nadeera Basheer
Dr. Manjusha T P
Dr. Athira
Dr. Pinki L P
Dr. Mira Nair

**Banquet**
Dr. Vishnu Mohan M
Dr. Edwin James
Dr. Awungshi Philamazan
Dr. Vrindha K Remanan

**Food**
Dr. Jayasree Rajiv
Dr. Elizabeth Mohini Alex
Dr. Meera S
Dr. Mini S
Dr. Heera K R
Dr. Reshmi
Dr. Anitha Prabhakaran
Dr. Ann Treasa Antony

**Trade**
Dr. Shankar B
Dr. Sabitha
Dr. Jayaram V
Dr. Rani Balamurali

**Scientific program**
Dr. Kiran Balagopal
Dr. Suprabha G
Dr. Shyla P Sankunni
Dr. Ajith Varghese
Dr. Shishir Verghese
Dr. Nisha S Pillai
Dr. Reshmi

**Hall and AV**
Dr. Vijayasree I
Dr. Ciny N V
Dr. Aswathy V Unnithan
Dr. Anupama Jayan
Dr. Haleema A
Dr. Parvathy R
Dr. Arya U V
Dr. Meera Roja
Dr. Sehdiya Hamza
Dr. Dileep Kumar
Dr. Indu Mohan
Dr. Rekha R
Dr. Farseena
Dr. Nadeera A
Dr. Leena Mariyam
Dr. Simi Kiran
Dr. Sonia A
Dr. Tina Avinash
Dr. Johnseena
Dr. Anu Anna Paul
Dr. Rafeeka
Dr. Varun
Dr. Priyanka
Dr. Krishnapriya
Dr. Sanju
Dr. Soumya

**Spouse Entertainment**
Dr. Divya Kishan
Dr. Remya R
Dr. Meera Roja
Dr. Mathew
Dr. Anjana Nair

**Media and publicity**
Dr. Ramesan P
Dr. Vishnu Mohan M
Dr. Ambika Shetty
Dr. Rakhi P D'cruz


























71/F
NN Complaints LE
Came for RE cataract surgery






The Majlis


Myopia progression?













reduction
BASED

ANNUAL
CONFERENCE



Drishti

WELCOME TO







KSOS
Drishti














2540


"Reaching The Unreached -
Touch vs Technology"












Drishti








08:42








Drishti


(KSOS)
KSOS
Drishti
2025




Drishti
2025
28,29




KSOS DRISHTI 2025
Drishti


KSOS DRISHTI 2025
KERALA SOCIETY OF OPHTHALMIC SURGEONS
KSOS
Drishti


2025


KSOS
Drishti
2025


Drishti
2025


2025


KSOS DRISHTI 2025
KERALA SOCIETY OF OPHTHALMIC SURGEONS
KSOS
Drishti


2025
28,29



# REPORT OF DISTRICT CLUBS

## TRIVANDRUM OPHTHALMIC CLUB

**OCTOBER 2025**

**ACTIVITIES DIRECTLY BY THE CLUB**

**SCIENTIFIC MEETINGS**

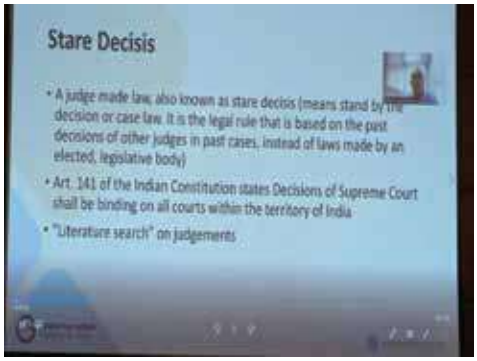
1. TOC monthly meeting was held on Thursday, 16th October 2025 at Hotel Residency Tower Trivandrum. Topic of discussion was "Helping a visually challenged person lead as normal a life as possible in modern India" by Prof. Dr. K. Ilango, HOD Ophthalmology SRM Medical College, Trichy (Formerly Head Low Vision Clinic Aravind Eye Hospital Madurai). The number of attendees was 58.








2. Observed ksos" Presidential project" of spreading legal awareness among TOC members on 16th October 2025 at Hotel Residency Towers. The topic of discussion was "Medico legal aspect of ocular trauma" by the President KSOS Dr Mahesh G senior consultant and HOD vitreo-retinal surgery Giridhar Eye Institute Cochin. The number of attendees were 58.




**PUBLIC AWARENESS AND COMMUNITY ACTIVITIES AND CAMPS**

1. Public awareness talk conducted on world sight day - 9th October 2025 by Dr Greeshma, chaithanya eye hospital at Mahila mandiram Poojappura, awareness regarding cataract surgery, Diabetic retinopathy screening, early detection, treatment options and need of strict blood sugar control. Talk attended by 55 participants.



2. TOC celebrated the White cane day on October 15, 2025 with a charity activity. We Distributed three video magnifiers and a laptop to the deserving patients with low vision selected by Punarjyothi, a visual rehabilitation centre run by RIO.In the presence-of Dr PS Girija madam, TOC President Dr Thomas George distributed the low vision aids to the patients along with Dr Ashad sivaraman, secretary Toc.



3. TOC conducted a camp on 16th October 2025 at Mahilamandiram Poojappura. Doctors involved were Dr Ashok Nataraj from Precise Eye care, Dr Greeshma from Chaithanya Eye Hospital, Dr Medha from Aradhana Eye Institute, Dr Santon from Sreenetra Eye Care. Camp team was shared by sreenethra eye care.

Cataract and diabetic retinopathy screening was done for around 55 patients. 32 patients got referred to hospitals for management of cataract and for further evaluation.







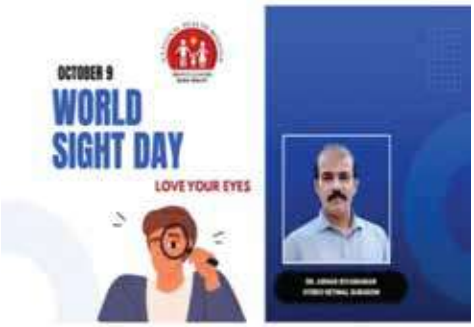


## ACTIVITIES BY INDIVIDUAL INSTITUTES OR MEMBERS PUBLIC AWARENESS AND COMMUNITY ACTIVITIES

1. Dr Arya from RIO appeared in Kairali channel Hello Doctor program on 22nd October 2025 and gave a talk and doubt clearance on a topic "Causes of decrease in vision in children"



2. Dr Ashad Sivaraman, (secretaryToc) from Sreenethra Eye Care gave a talk on radio health program on 9th October 2025 for the observation-of world sight day on the "Importance of World Sight Day."




## INDIVIDUAL ACHIEVEMENTS

1. Dr Devin Prabhakar vice president of TOC was elected as the state president of Qualified Private Medical Practitioners Association. (QPMPA).




2. Dr Arup Chakrabarti awarded the 9th Prof. Dr V Velayutham Glaucoma oration award by Tambaram Ophthalmic Society in October 2025




3. Dr Chitra Raghavan received Anandi Bai Phule Award at Women Ophthalmologists Worldwide and Women Ophthalmologists Society of India (WOW WOS) 2025 held at Andaz Delhi Hyatt Aerocity for her exceptional commitment to ophthalmic education and empowerment. She also received Community Ophthalmology Award in recognition of her exceptional contributions unwavering dedication and inspiring leadership in the field of ophthalmology.






## NOVEMBER DECEMBER 2025

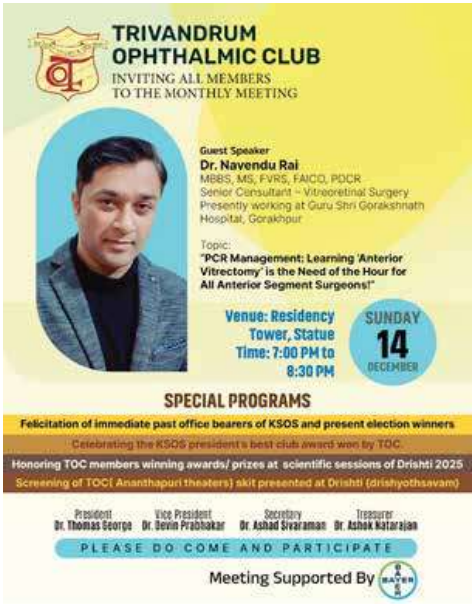
## ACTIVITIES DIRECTLY BY THE CLUB

## SCIENTIFIC MEETINGS

NOVEMBER- no monthly meeting as it is KSOS month

DECEMBER- Monthly meeting of December conducted on 14th Sunday at Residency Tower Trivandrum. Guest speaker was Dr Navendu Rai senior consultant – Vitreo retinal surgery Guru Shri Gorakshnath Hospital Gorakhpur. Topic of discussion was "PCR Management :Learning anterior vitrectomy is the need of the hour for all anterior segment surgeons." Special programs were- Felicitation of past office bearers of KSOS and present election winners, Celebrating the KSOS president's best club award won by TOC, Honoring the TOC members winning awards / prizes at scientific sessions of Drishti 2025, Screening of TOC (Ananthapuri theaters) skit presented at Drishti.

Attendees were 60.




















**ACHIEVEMENTS AT KSOS DRISHTI 2025 BY TOC MEMBERS**

OPL audience poll for best team and best promotional video -Travancore Titans- Dr Indu Nair( Chaithanya eye hospital), Dr Ambika Shetty (Gitanjali eye hospital).

Dr Indu J Nair - judges award for the second best scientific video in OPL.

Dr Ambika Shetty has also completed two years as KSOS LDP co Ordinator and inspired and guided 36 LDP candidates of 2 batches

COC Retnet award - Dr Mradula Gangwar - Chaitanya eye hospital , also received best photography award fundus photo category

General Quiz: Dr Aparna K S

KSOS Heroes award - Dr Aparna K S ( Chaithanya eye hospital)

**TACO PG Quiz:**

1. First prize - Dr Anjana and Dr Shahna- Chaitanya eye hospital

2. Third prize - Dr Anju, Dr Jaseela- RIO TVM

**Photography competition**

1. Dr Veena - 1st prize slit lamp- Chaitanya eye hospital

2. Dr Sarath - Nature category( first runner up)- Chaithanya eye hospital

3. Dr Awungshi Philamazan-people category - first runner up

Dr Pooja Subru- selected for PG paper final round- Chaithanya eye hospital

COC gold medal 2nd prize- Dr Safna Hamsa , Chaitanya eye hospital

Teachers of tomorrow-best Teacher Runner up- Dr Sneha Pius - Sree gokulam medical College

# KOLLAM OPHTHALMIC ASSOCIATION

## OCTOBER 2025

### 11/10/ 2025

KOA conducted the Drishti LOC meeting at Hotel All Seasons at 8:00 p.m. Dr. Jayaprasad B, the Organising Chairman, extended a warm welcome to all. Dr. Anish Madhavan, Chief Organising Secretary, updated the members on the programmes conducted so far.

Dr. Rajiv Sukumaran, Incoming President, explained the structure and purpose of each committee and provided a briefing on the Drishti Conference. Subsequently, the respective committee heads presented their plans and updates: Dr. Mini J (Cultural Committee), Dr. Shiney Napoleon (Souvenir), Dr. Vishnu Mohan (LOC Coordinator), Dr. Anoop B (Scientific Committee Chairman), and Dr. Jayasree Rajiv (Food Committee In-charge).

Dr. Divya Kishan delivered the vote of thanks. The meeting was followed by a photo session and dinner. Around 45 members attended the meeting.











### 17/10/ 2025

KOA conducted CME Series 9 along with the General Body Meeting at Quilon Beach Hotel at 8:00 p.m. The General Body included the Presidential Address, followed by presentation of minutes by the Secretary and accounts by the Treasurer.

After the General Body, a warm welcome was extended to the guest speakers—Dr. Vinod Felix, Consultant ENT Surgeon, KIMS Trivandrum, and Dr. Ajith R, Consultant Neurosurgeon, KIMS Trivandrum. Dr. Remya R introduced the speakers.

The topic was Endoscopic Orbital Surgeries. The first talk was delivered by Dr. Vinod Felix, who discussed the ENT aspects, followed by neurosurgical perspectives presented by Dr. Ajith R. The presentations were excellent, supported by informative videos and followed by clinical discussions.

Mementos were presented to Dr. Ajith R by Dr. Jayaprasad B and to Dr. Vinod Felix by Dr. Rajiv Sukumaran. A briefing on Drishti was also given by Dr. Jayaprasad B. Around 35 members attended the meeting. Dr. Vishnu Mohan delivered the vote of thanks.










## NOVEMBER 2025

### 9/11/2025

Dr. Bastin, Scientific Committee Chairman, visited the Drishti venue and provided a detailed briefing on the scientific sessions and hall arrangements. Around 14 members attended the meeting.

### 16/11/2025

KOA conducted the Drishti LOC meeting on 16/11/2025 at 11:00 a.m. at Al Hayat, Pallimukku. TOC and Pathanamthitta members attended the meeting. The meeting was called to order by the Organising Chairman, Dr. Jayaprasad B. Dr. Anish Madhavan, Chief Organising Secretary, gave an overview of Drishti 2025.Committee members briefed their respective activities: Dr. Anoop B – Scientific Committee Chairman Dr. Haripriya H – Scientific Committee Member Dr.

Divya Kishan – Organising Secretary Dr. Rajitha R – Travel In-charge Dr. Shiny Napoleon – LOC Treasurer Dr. Vishnu Mohan – LOC Coordinator Dr. Mini J – Cultural Coordinator: Dr Jayasree Rajiv food committee in charge.







### 26/11/2025

KOA attended a Press Club meeting at 11:30 a.m. at Kollam Press Club.

Participants included: Dr. Jayaprasad B – Organising Chairman Dr. Anish Madhavan – Chief Secretary Dr. Rajeev Sukumaran – President-Elect Dr. Shiny Napoleon – LOC Treasurer Dr. Vishnu Mohan – LOC Coordinator The discussion focused on Drishti 2025 and common eye conditions. News coverage appeared in all major newspapers on 27/11/2025.





മലയാള മനോരമ

ഒഫ്താൽമിക് സർജൻമാരുടെ സംസ്ഥാന സമ്മേളനം നാളെ മുതൽ കൊല്ലത്ത്

## DRISHTI 2025



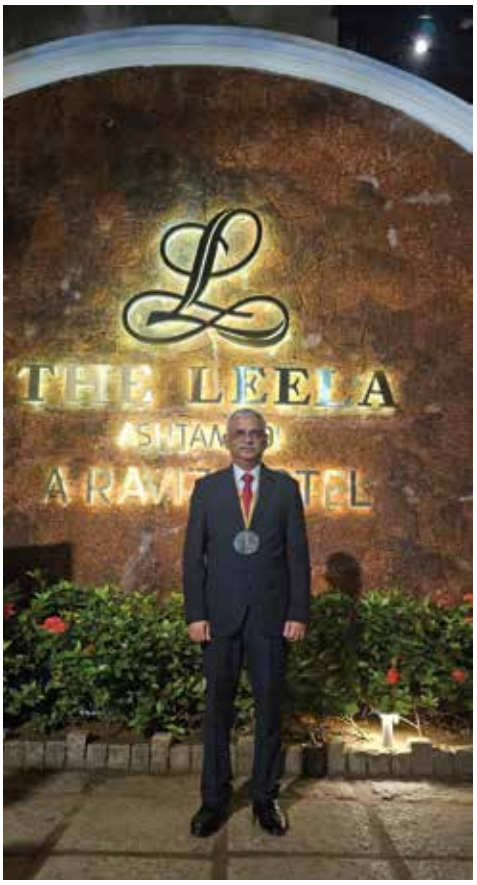

KOA, along with TOC and Pathanamthitta Ophthalmic Club, conducted Drishti 2025 at The Leela Ashtamudi, Kollam, from 28/11/2025 to 30/11/2025. The conference was inaugurated by Dr. Jayakumar IAS, with Mrs. Khayarunnissa as the Guest of Honour.








The main event was the installation of Dr. Rajiv Sukumaran, KOA member, as KSOS President. All KOA members actively participated in coordinating the conference, contributing to its grand success. Several members participated in scientific sessions and cultural events.
















Achievements & Highlights: Dr. Rakhi P. D'Cruz received the Best KJO Reviewer Award OPL team, led by Dr. Anish Madhavan and Dr. Rakhi, won Best Team by audience poll KOA members actively participated in cultural programs. KOA participated in a skit for the first time, which received wide appreciation










## DECEMBER 2025

**19/12/2025**

KOA conducted CME Series 10, along with a Victory Party, at Global Backwater Resort,

Nellimukku, at 8:00 p.m. Speaker: Dr. Sanju Shankar Topic: Human Ocular Dirofilariasis an Emerging Zoonosis in the Eye. Dr. Jayaprasad B, Organising Chairman, extended a warm welcome to all attendees. Dr. Anish Madhavan, Chief Organising Secretary, and KSOS President Dr. Rajiv Sukumaran thanked the LOC for their active participation. Around 80 members attended the meeting along with family.













GLOBAL BACKWATER RESORTS






KOLLAM PRESS CLUB
KOLLAM PRESSCLUB















# OPHTHALMIC SOCIETY OF PATHANAMTHITTA

**October 2025**

**WORLD SIGHT DAY**

World Sight Day is a global moment to focus attention on blindness, vision impairment, and the importance of accessible eye care. This year's theme, LoveYourEyes, is a powerful reminder to prioritize our vision—not just for ourselves, but for our communities.

Over 2.2 billion people worldwide live with vision impairment. At least 1 billion cases are preventable or untreated.Vision loss affects education, employment, mental health, and quality of life.

**How You Can LoveYourEyes**

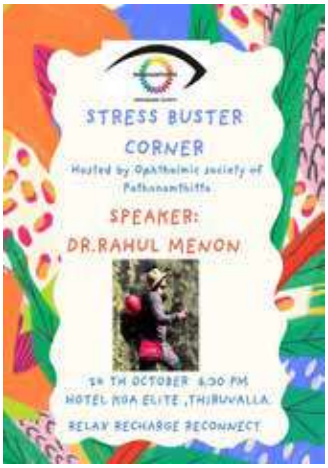
Book an eye exam for yourself or a loved one.Share the message on social media using LoveYourEyes. Support initiatives that bring eye care to underserved communities.Let's work together to ensure that everyone, everywhere, has access to the eye care they need. Because loving your eyes is the first step to seeing a better future.




**Monthly Scientific meeting**

Ophthalmic Society of Pathanamthitta monthly meet was held October 24th at KGA Elite Continental Hotel,Thiruvalla 7 p. m onwards. It started with welcome note by our President Dr Shane Mathew followed by OSP report by Secretary Dr Priyanka Thilak. Scientific session began with presentation by Dr Preeta Nair on approach to a case of Orbital Swelling.Dr Preeta explained meticulously the various case scenarios.This was followed by talks on Endoscopic Orbital Surgeries by Dr Vinod Felix & Dr Ajith.R.

The most awaited session of the evening was our Presidential Initiative Stress Buster corner in congruence with the Doctors Day theme for this year – Behind the Mask,who heal the healers.It was presented by Dr Rahul Menon - Vitreo-retinal Surgeon at Chaithanya Eye Hospital,Palarivattom. His description of travel diaries was captivating & adventurous. It kept us hooked up to our seats and we were waiting with crossed fingers for what next moments. Everyone thoroughly enjoyed the show. Next was birthday celebration by Ophthalmic Society of Pathanamthitta members. Birthday cake crafted with love and special wishes was cut by the members & relished by all..Vote of Thanks was given by our Treasurer Dr Ann Tresa Antony by expressing gratitude to each & everyone for taking Ophthalmic Society of Pathanamthitta this far.We wrapped up with a delicious dinner to meet again at our most celebrated Christmas CME .






































**November 2025**

**WALKATHON by Ophthalmic Society of Pathanamthitta**

Thiruvalla, November 16, 2025 — In a vibrant show of solidarity, members of Ophthalmic Society of Pathanamthitta gathered at Manjadi,Thiruvalla to participate in a walkathon marking Diabetic Retinopathy Awareness Month. The event, organized by Ophthalmic Society of Pathanamthitta, aimed to raise awareness about the silent but serious eye condition that affects millions of people living with diabetes worldwide.

Diabetic retinopathy is one of the leading causes of preventable blindness. It occurs when high blood sugar levels damage the blood vessels in the retina, often progressing without noticeable symptoms until vision is severely impaired. Experts emphasize that early detection through regular eye screenings can save sight and improve quality of life.

Ophthalmic Society of Pathanamthitta hope the walkathon will inspire individuals to prioritize eye health and spread awareness in their communities. With diabetes on the rise in India, events like these serve as crucial reminders of the importance of prevention and lifestyle management.

The walkathon concluded with a pledge ceremony, where participants committed to regular eye check-ups and spreading the message of awareness. As the sun set over,the event left behind not just footprints on the promenade, but a lasting impression of hope and determination.

The walkathon was not just a step for










sight, but a stride towards a healthier future.

**Sabitha Eye Care**

The World Diabetes Day public awareness programme was inaugurated MLA Zakir Hussain at the KSRTC Bus Stand, Pathanamthitta & talk given by Dr Sabitha S.She highlighted the critical role of timely diabetes diagnosis and routine screening for diabetic eye disease to prevent vision loss.

A mime performance by the students of Catholicate College, NSS Unit 10, Pathanamthitta, presented as part of World Diabetes Day awareness.

Dr. Sabu George, Physician and Diabetologist at Sabitha Eye Care Hospital, emphasized the importance of optimal diabetes control and preventing disease progression.Diabetes day message by Dr Sabitha on November 14th 2025











**Chaithanya Eye Hospital Tiruvalla & Karukachal**

World Diabetic Day In House Camp conducted on 16/11/2025 Sunday at Chaithanya Thiruvalla Branch. Around 120 patients participated.World Diabetic Day In House Camp conducted on 16/11/2025 Sunday at Chaithanya Karukachal Branch. Around 27 patients participated.




**Dr Amita Eye Care**

Diabetic Retinopathy Awareness month talk was given by Dr Kavya Ravindran at Radio Media Village.Optometrist Tinu gave talk on Diabetic Retinopathy in Malayalam during OPD hours.

**Believers Church Medical College & Hospital**

Awareness talk on Diabetic retinopathy at our OPD waiting area was given by Dr Sherwin.




**DRISHTI 2025**

Dr Kamila Ajeez presented on - Transition in Phaco Incision - clear corneal, temporal, microincision cataract surgery.Dr Sumi Lukose presented on - Fine tuning nucleus delivery in SICS.Dr Aaditya Ganesh Joshi presented on Perfecting the sclerocorneal tunnel construction in SICS. Dr Chaithanya R Warrier presented on - Role of imaging in unexplained defective vision in children. Can my child see ? Refractive error and glass prescription in children.Dr Leena Mariyam Varghese presented on - How to limit SIA and use it to your advantage. Pre-op evaluation and pharmacological interventions in small pupil cataract surgery.

Dr Shishir Verghese presented on

1. AI in ophthalmology
2. Posterior Segment Free paper - Tranexamic Acid vs Adrenaline in the infusion bottle for PDR vitrectomy
3. The Glow study - Heroes of KSOS
4. OPL- Travancore Titans
5. Green Valley - Membranes at the Macula





6. Hemorrhages and Exudates - Diabetic Retinopathy or Diagnostic Decoy

7. Laser in Retinal Vein occlusions

8. Laser in Peripheral Retinal zdegenerations

9. Innovations in Vitreoretinal Surgery-innovator session.

**DRISHTI Cultural**

At DRISHTI 2025, the Ophthalmic Society of Pathanamthitta took the stage with a Group dance.The dynamic performance embodied the spirit of strength and perseverance that lies within each of us. Through powerful movements, expressive rhythms, and vibrant choreography, the dancers portrayed the journey of overcoming challenges, fueled by passion and sustained by resilience.Dr Leena,Dr Priyanka,Dr Rosu,Dr Roina,Dr Vrindha, Dr Shyma, Dr Pooja, Dr Minu, Dr Nita, Dr Karthika participated in the Group Dance.

The dance celebrated the inner force that drives individuals and communities forward — the power to rise, the passion to create, and the resilience to endure. It was a tribute to the unyielding human spirit, reminding us that true transformation begins from within.

Power, Passion, Resilience Within You was not just a performance, but an invitation to embrace the energy that shapes our lives and inspires progress.

Dr Rosu George Mathew performed a Solo Bharatanatyam Dance .It was based on Goddess Sita waiting & praying for Lord Rama's arrival. The splendid performance was applauded by everyone.

































**Accolades**

Dr Shishir Verghese received Shri Dr.Tony Fernandez Best Video Award at DRISHTI 2025.Dr Shishir Verghese was among the Heroes of KSOS,DRISHTI 2025.Travncore Titans were the OPL Audience Best Team & bagged the Best Promo Video.








**SPANDANAM**

OSP members Dr Sabitha .S,Dr Nita.S & Dr Pratibha Thilak contributed beautiful piece of literary works in Spandanam.









**December 2025**

**Scientific Meet**

Our monthly Scientific Meet was held on December 14th at Hotel Emerald from 5.30 p.m to 7 p.m.Dr Shane Mathew presented on Evolution of Biosimilar.Members from Believers Church Medical College Hospital,Amita Eye Care & Chaithanya Eye Hospital were present during the meet.



**OSP Jingles – Christmas Celebration**

The evening began with a warm Welcome Speech by Vice-President Dr Leena Mariyam Varghese, setting the tone for Celebration and joy. This was followed by the Secretary's Update by Dr Priyanka Thilak, sharing highlights and reflections from the year.

The Scientific Session on Choroidal Melanoma by Dr Meru Augustine brought knowledge and inspiration, reminding us that learning is a gift to be celebrated. Soon after, the Presidential remarks by Dr Cheriyan Shane Mathew added a special touch of leadership and vision.

The program continued with heartfelt Felicitations by honoring Dr. Chaithanya R Warrier for her exemplary work as Organizing Secretary of NETHRAM 2025 and Dr. Jesna Rachel Varghese for clearing FAICO Cataract. A sweet moment followed with the Cake Cutting & arriving of Santa Claus Ceremony symbolizing unity and celebration.

Music filled the air with the OSP Choir, lifting spirits through carols and melodies. To lighten the mood, a fun Stress Buster clip was presented by Dr Priyanka Thilak which brought laughter and relaxation.

The festive cheer continued with the Christmas Friend Gift Exchange spreading joy and surprises among members.The excitement builded with Christmas Quiz engaging everyone.

The highlight of fun arrived at with the Jingle Jackpot.Dr Amita Verghese was the lucky winner.Vote of Thanks was given by Joint Secretary & Treasurer - Dr Ann Tresa Antony. Finally,the Photo Session captured cherished memories of togetherness before the evening concluded with a delightful Dinner.































# ALLEPPEY OPHTHALMIC CLUB

**October 2025**

A CME was conducted by AOC at hotel Classic Regency on 26 th of October 2025. The topic was "understanding the angles of Glaucoma."The speaker was Professor and head of ophthalmology dept of AIMS,Kochi , Dr Manoj Prathapan .That was a very fruitful talk followed by an active interactive question - answer session.It was attended by many senior doctors from different parts of Alleppey.

World sight day was celebrated in different hospitals and health centres in Alleppey on 9 th of October. Various health education classes , medical camps, competitions were held as a part of celebration.

Individual achievement -Senior Ophthalmologist Dr M V Francis published an article on Indian journal of neurology in Headache related disorders .The article was on Lasmiditan as an abortive in acute migrane .

**December 2025**

A CME was conducted by AOC under the aegis of kSOS at hotel Royale park Alappuzha on 14 th of December ,2025 .The topic was' Visual field - A case based presentation' by Dr Thomas Arun Varghese. It was a well attended cme with active participation from the members .

It was followed by case presentations on Restrictive myopathy and LHON ,by the PG students of MCH , Alappuzha,Dr Asiya and Dr Anu . Further discussions were done on the topic presented.








Alleppey Ophthalmic Club










World sight day
Awareness class for ASHA




In association with
Alleppey Ophthalmic Club
Cordially invites you for the CME
Topic
Visual Fields
A Case based Presentation
Hotel- Royale park, Alleppey




ദേശീയ അന്ധതാ-കാഴ്ച വൈകല്യ നിയന്ത്രണ പരിപാടി, ആലപ്പുഴ
26-ാമത്
ലോക കാഴ്ചദിനം
ആലപ്പുഴ ജില്ലാതല ഉദ്ഘാടനം
2025 ഒക്ടോബർ 09 വ്യാഴാഴ്ച രാവിലെ 9.30 മുതൽ
ബ്ലോക്ക് കുടുംബാരോഗ്യകേന്ദ്രം, മുതുകുളം

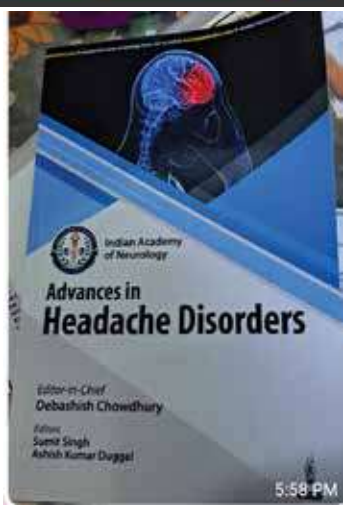



ദേശീയ അന്ധതാ കാഴ്ചവൈകല്യ നിയന്ത്രണ പരിപാടി (NPCB & VI)
26-ാമത്
THQH ചേർത്തല
ലോക കാഴ്ചദിനം
2025 ഒക്ടോബർ 9 വ്യാഴം
LOVE YOUR EYES

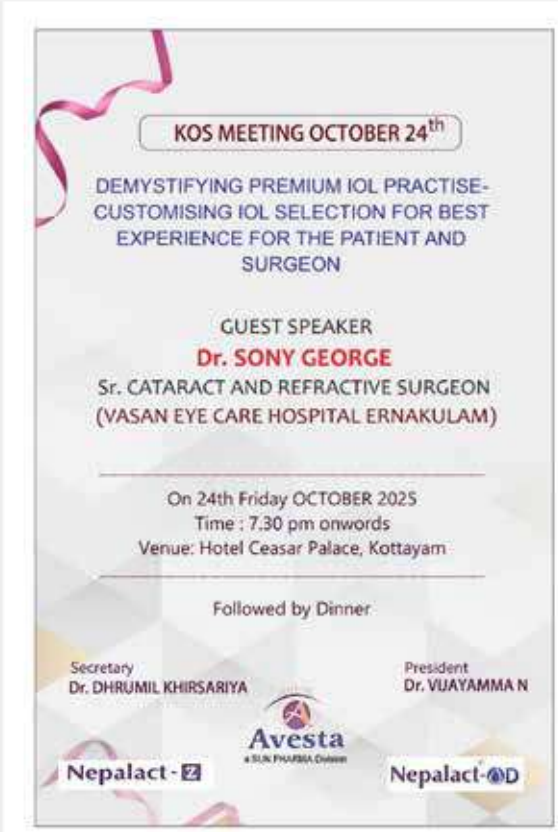







Indian Academy of Neurology
Advances in
Headache Disorders
Editor-in-Chief
Debashish Chowdhury
Editors
Sumit Singh
Ashish Kumar Duggal

# KOTTAYAM OPHTHALMIC SOCIETY






# IDUKKI MALANADU OPHTHALMIC CLUB

**OCTOBER 2025**

The month was filled with well-organised academic exchange and inspiring activities across IMOC.

**CME & Monthly Meet : OCTOBER 2025**

Our October Monthly Meet (23rd October 2025) was held at Hotel Kabani Palace, Muvattupuzha. The session saw the participation of 22 ophthalmologists. The topic was Vision Diaries: Case tales from Retina. The Speaker, Dr. Rahul Menon, Vitreo Retinal surgeon, Chaithanya Eye Hospital, Kochi delivered an insightful case-based discussion on interesting cases on retina and interpretation of OCTA.





**WORLD SIGHT DAY & WORLD MENTAL HEALTH DAY**

IMOC conducted An Awareness talk on Smart Eye, Sharp Minds: Thriving in This Digital Era" at St. Paul's Bethany School, Kolenchery, addressing vision protection and cognitive wellness in children by IMOC Secretary Dr.Sumitha Jacob on 10th of October2025.



**World Sight Day activities by Member Institutes**

• Ahalia Eye Hospital,Thodupuzha: Various programs were conducted by Ahalia eye hospital on world sight day . Flash mob by staff, procession with a banner displaying the slogan of world sight day 2025 and an awareness talk by Dr.Geethu Kurian raising awareness among the public was conducted at private bus stand, Thodupuzha.

• MCS- Ananta Nethralaya, MCS Hospital, Muvattupuzha :World sight day camp was conducted on 09/10/2025 at MCS Hospital by Dr. Ashwin C Somarajan
Total no. Screened: 32
Total no. Cataract: 11

**WHITE CANE DAY**

• IMOC: White Cane Day Screening Camp at Trinity Old Age Home, Kolenchery was conducted by IMOC Secretary Dr.Sumitha Jacob on 15th October 2025 ensuring Comprehensive care for vulnerable populations.
Total screened: 30 individuals | Cataract: 5 | Glaucoma suspects: 3 | Change of glasses advised: 9





• As part of IMOC's public awareness initiative: Talk on "Eye Safety in the Digital Era, Superfoods for Ocular Health & Practical Strategies for Healthy Vision" at GC Residential Colony, Vadayampadi, empowering community members with actionable health knowledge on 20th October by IMOC Secretary Dr.Sumitha Jacob.





**November Highlights!!**

The month of November marked an active phase of community engagement by IMOC member hospitals, reaffirming our collective commitment to accessible, preventive, and community-oriented eye care. Several community eye screening camps were conducted, facilitating early detection of cataract and other ocular conditions, with timely intervention and further management.

**Community Eye Screening Camps – November**

Alphonsa Eye Hospital
Date of Camp: 2/11/25
Patients Screened: 27
Cataracts Identified: 16

**MCS Anantha Nethralaya.MCS Hospital, Muvattupuzha**

Date of Camp: 10/11/25 - 15/11/25
Patients Screened: 131
Cataracts Identified: 53

**Holy family hospital, Muthalakodam**

Date of Camp: 9/11/25 , 16/11/25
Patients Screened: 30
Cataract surgery done for 8

These outreach activities significantly strengthened IMOC's efforts in addressing avoidable blindness and expanding the reach of quality eye care services.

In addition, IMOC members actively and enthusiastically participated in Drishti 2025, held at Kollam from 28th to 30th November 2025.

A notable milestone was IMOC's cultural debut with the skit "The Bonsai & the Banyan", presented at Drishyothsavam, the cultural extravaganza at the Annual Conference of Ophthalmic Surgeons at Kollam



IMOC was also honoured with the Best Club Award – Non-Metro Category (2025), a recognition of the collective dedication, teamwork, and sustained efforts of its members. We express our heartfelt gratitude to each and every individual who has been part of our journey over the past year, nurturing the association & enabling us to spread our wings.




**December Highlights!!**

The month of December witnessed continued momentum with several community outreach programmes conducted by IMOC member hospitals, further consolidating our commitment to preventive ophthalmology and community service.

Free Cataract surgery camp conducted by Alphonsa Eye Hospital
Date:7/12/25
Patients screened:26
Diagnosed cataract:13

On 18th December, IMOC has planned its Christmas Gala Meet, featuring academic sessions along with a cultural potpourri. Wishing you all a Blessed Christmas & a Happy Newyear!!


IMOC (IDUKKI MALANAD OPHTHALMIC CLUB)
WELCOME YOU TO
INSIGHT
2025
CPD(Continuing Professional /Personal Development)
to Recharge, Reflect & Realign


INSIGHT
2025


JUNE
22
2025
9AM- 1PM
SMART MED 2025
HANDS ON WORKSHOP FOR HEALTHCARE PROFESSIONALS !!
Artificial Intelligence in
Clinical Practice
Medical Education
Day-to-day Life
What You'll Learn
Create stunning power points
Create questionnaires, beautiful
medical illustrations & diagrams
Convert forms, save reports from disc
summaries & much more
Dr.Sharan Balaji
Kalpani Palace.
₹950/-
₹1250/-









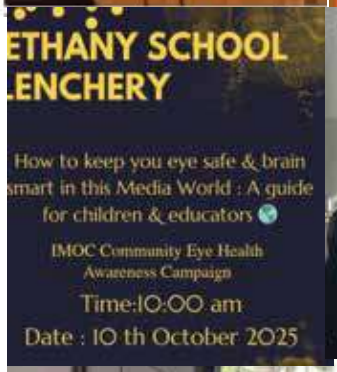

IMOC
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OPHTHALMIC CLUB


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Tear Drops




ETHANY SCHOOL
LENCHERY
How to keep you eye safe & brain
smart in this Media World : A guide
for children & educators
IMOC Community Eye Health
Awareness Campaign
Time:10:00 am
Date : 10 th October 2025




IMOC
COMMUNITY EYE
HEALTH AWARENESS
CAMPAIGN
Awareness session on "How to keep your
eyes safe and brain smart in this media world"
CONDUCTED BY
DR.SUMITHA JACOB
(SECRETARY, IMOC)
15
THE CHARTER SCHOOL
POOKATTUPADY




IMOC
Community Eye
Health Awareness
Campaign !!
20 OCT




IMOC
Community Eye
Health Awareness
Campaign !!
TALK & INTERACTIVE SESSION SPREADING AWARENESS ON "
FROM EXCESSIVE USE OF VDU/ ELECTRONIC GADGETS AND TH
OF INCREASED SCREEN TIME IN CHILDREN & SCHOOL SCREENI
ORGANIZED BY IMOC
CONDUCTED BY
DR.SUMITHA JACOB
(SECRETARY, IMOC) & TEAM
28 FEBRUARY 2025
GOVERNMENT TOWN
UPSCHOOL ,
MUVATTUPUZHA
1.30 TO 3.30 PM


As part of the IMOC COMMUNITY EYE HEALTH AWARENESS CAMPAIGN, an awareness session was organized by the Idukki Malanad Ophthalmic Club (IMOC) on how to keep your eye safe & brain smart in this media world . The session on 15th September,2025 had students of grade 1,2,3 and 4 .This insightful session on eye health was presided by Dr.Sumitha who holds the position of Honorable Secretary of the Idukki Malanad Ophthalmic Club (IMOC) .She shared valuable tips on protecting our vision in a world where screens are an integral part of our lives . From adjusting display settings to following the 20-20-20 rule, the students gained practical knowledge to safeguard their eye health .
An eye donation fortnight poster competition was conducted for the students of grade 4 by IMOC at Charter School and prizes were distributed . The competition truly witnessed a riotous competition .


























# COCHIN OPHTHALMIC CLUB

**October 2025**

**COC October Monthly Meeting**

Monthly Meeting cum family meet of COC was held on Sunday, 19th October 2025 from 4:30pm on Imperial Neoclassic Cruise boat in Marine Drive.

Music and dance program was followed by the executive meeting with secretary's report and handing over of the posts from the old to the new executive team.

Followed by the incoming president's acceptance speech, other matters and vote of thanks by the treasurer.

COC Young Scientist Travel Grant result was announced and was awarded jointly to PG students Dr Ankith Nair from Chaithanya Eye Institute Palarivattom and Dr Asha from Giridhar Eye Institute.

This was followed by scientific session moderated by Dr Neena

6/6 N6 but unhappy post cataract surgery - Dr Sony George

There was also a DJ party, fellowship and dinner


Cochin Ophthalmic Club 2023 - 2025

NOTICE

Dated: 12/10/2025

The next Monthly Meeting of Cochin Ophthalmic Club will be held on Sunday, 19th October 2025, 4.30pm on Imperial Neoclassic Cruise boat.

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. Handing Over of posts
7. Incoming Presidents acceptance talk
8. Any other matters
9. Vote of thanks by Treasurer

Scientific session-
Moderated by Dr Neena R
Dr Sony George - 6/6, N6 unhappy post cataract surgery

DJ party

This meeting is partially sponsored by Ajanta pharma

The meeting will be followed by Fellowship and Dinner.

Dr Ciju Joseph
Secretary
Cochin Ophthalmic Club




**World Sight Day Program at Amrita Hospital**

Amrita Hospital conducted the World Sight Day program on October 8th. Short film competition prizes for Eye Donation Fortnight were awarded.

The Department of Ophthalmology, Amrita Hospital, Kochi in collaboration with Jyothis Eye Care Society, celebrated the 40th World Sight Day, highlighting the importance of eye donation and vision restoration. The event brought together healthcare professionals, community partners, and students to honor contributions to eye care and raise awareness about corneal donation.

The celebration included the inauguration by the Chief Guest Mr. N. Vimal Kumar, Retd. Chief Petty Officer, Indian Navy (Aeronautical Engineer). Outgoing residents were honored for their dedication, and certificates were distributed to recognize their contributions to ophthalmology. Felicitations were given to music composer Mr. T S Radhakrishna and social worker Ms. Molly Koshi for their exemplary support to community initiatives.

A video exhibition showcased winners of various competitions, and awards were distributed to acknowledge exceptional commitment in community-based eye donation. Notably, the team performed over 50 corneo-scleral rim excisions, enabling corneal transplantation and restoring vision for numerous deserving patients. The event concluded with a dance drama by Optometry students, celebrating the spirit of service and raising awareness for the noble cause of eye donation



**World Sight Day related Infection Control CME on Oct 26th**

In connection with world sight day, Infection Control CME was conducted by COC under the aegis of AIOS and KSOS at Hotel Radisson Blu, Kochi on October 26th, 2025.








**World Sight Day Program by Eye Foundation Kochi**

Eye Foundation Kochi conducted a Walkathon and press meet in connection with World Sight Day.






Mathrubhumi
മാതൃഭൂമി

വാക്കത്തൺ നടത്തി




കാഴ്ചസംരക്ഷണ സന്ദേശം പ്രചരിപ്പിക്കുന്നതിന്റെ ഭാഗമായി ലോക കാഴ്ച ദിനത്തിൽ ദി ഐ ഫൗണ്ടേഷൻ കണ്ണാശുപത്രി സംഘടിപ്പിച്ച വാക്കത്തൺ മുൻ ഹൈക്കോടതി ജസ്റ്റിസ് കെമാൽപാഷ ഫ്ലാഗ്ഓഫ് ചെയ്യുന്നു. ഡോ. പ്രവീൺ മുരളി, ഡോ. ഉമേഷ് കൃഷ്ണ, എ.ടി. ദയാനി ധി. എസ്. അജിത് കുമാർ തുടങ്ങിയവർ സമീപം

കൊച്ചി ▸ കാഴ്ചസംരക്ഷണ സന്ദേശം പ്രചരിപ്പിക്കുന്നതിനായി ലോക കാഴ്ചദിനത്തിൽ ഇടപ്പള്ളി ചങ്ങമ്പുഴ പാർക്കിന് സമീപം പ്രവർത്തിക്കുന്ന ദി ഐ ഫൗണ്ടേഷൻ കണ്ണാശുപത്രിയുടെ നേതൃത്വത്തിൽ വാക്കത്തൺ നടത്തി. ആശുപത്രി അങ്കണത്തിൽനിന്നും ആരംഭിച്ച വാക്കത്തൺ മുൻ ഹൈക്കോടതി ജസ്റ്റിസ് കെമാൽപാഷ ഫ്ലാഗ്ഓഫ് ചെയ്തു.

കുട്ടികൾമുതൽ മുതിർന്നവർവരെ വർഷത്തിൽ ഒരുപ്രാവശ്യമെങ്കിലും കണ്ണുപരിശോധന നടത്തുന്നത് നല്ലതായിരിക്കുമെന്ന് അദ്ദേഹം അഭിപ്രായപ്പെട്ടു. 31-വരെ ഞായറാഴ്ചകളൊഴികെയുള്ള എല്ലാദിവസവും രാവിലെ ഒൻപതുമുതൽ വൈകിട്ട് ആറുവരെയാണ് സൗജന്യ നേത്ര പരിശോധനാ ക്യാമ്പെന്ന് മെഡിക്കൽ സൂപ്രണ്ട് ഡോ. പ്രവീൺ മുരളി അറിയിച്ചു.

10/10/2025 ERNAKULAM Pg 11




സൗജന്യ നേത്ര പരിശോധനയുമായി ദി ഐ ഫൗണ്ടേഷൻ കണ്ണാശുപത്രി

**World Sight Day Program by Chaithanya Eye Institute Kochi**

Marking World Sight Day, Chaithanya Eye Institute proudly launched the Vision Club, an exclusive initiative introduced for the first time in Kochi. The club aims to raise awareness about eye health and preventive care among school students. The first Vision Club was inaugurated at Nalanda Public School, Thammanam, setting the stage for a movement towards clearer and a healthier vision.









**World Sight Day Program by Tony Fernandez Eye Hospital Aluva**

Tony Fernandez Eye Hospital conducted a Reels competition on the theme "Love Your Eyes" The winners are shown in the poster.

Also conducted a "Vision Care for SSET Faculty and Staff" with an awareness talk by Dr Femin Susan Tide @ SCMS Palissery.








**World Sight Day Program by Ahalia Eye Hospital Kochi**

Ahalia Eye Hospital conducted a school awareness program along with a drawing




competition and prizes were given to the winners.





**World Sight Day Program by Giridhar Eye Institute Kochi**

World Sight Day Screening at Unnathi Tribal Colony, Sholayar

On the occasion of World Sight Day, Giridhar Eye Institute (GEI) conducted a comprehensive eye screening camp at the Unnathi Tribal Community, Sholayar, in collaboration with the Vazhachal Forest Range Department and the Rotary Club of Chalakudy Town.

A total of 73 individuals from the tribal community were screened for refractive errors, cataracts and other eye problems. Those requiring further medical attention were identified and guided for appropriate treatment and spectacle correction.









**TRENDS 2025 CME by Giridhar Eye Institute**

Giridhar Eye Institute conducted TRENDS 2025 CME on Oct 11th and 12th 2025. Dr Lingam Vijaya from Snakara Nethralaya delivered the SSM Oration 2025. Keynote lectures were given by Dr Kavitha Kalaivani, Dr Muralidhar Ramappa, Dr Muhammed Javed Ali and Dr Deepak Megur.






Cataract Courtroom: Clash of the Titans Surgical video competition was held First prize went to Dr Seena N of Comtrust Eye Hospital, Calicut

Second prize was to Dr John Davis Akkara from Westend and Chaithanya Eye Hospital - Kochi.

**Other Achievements by COC members**

Dr Ciju Joseph was invested with the post of Joint Secretary of IMA Cochin.

Dr John Davis Akkara presented on how to make your own AI in an international webinar on Artificial Intelligence in Ophthalmology on October 2nd 2025, organized by the Tamil Nadu Ophthalmic association with speakers from Nepal, Sri Lanka, Maldives, Bangladesh, Singapore and Malaysia.



Dr John Davis Akkara won 2nd prize in "Cataract Titans" surgical video competition in GEI Trends CME.




Dr Natasha Radhakrishnan was invited faculty at USICON at Jammu on 3rd October 2025.




Dr Aneeta Jabbar was awarded for Research and for Launch of Project WINR studies at Annual Conference of Women Ophthalmologists Worldwide and India at New Delhi.





There was significant attendance at VRSI Goa from the vitreoretinal surgeons and medical retina specialists of Cochin Ophthalmic Club.

Dr Francis spoke on Approach to headache disorders at IANCON, Varanasi.



**November 2025**

**KSOS Drishti 2025**

COC members elected into the new KSOS Executive 2025-2027 included Dr Gopal Pilla(Vice President), Dr Mallika OU(General Secretary), Dr Aneeta Jabbar(Treasurer), Dr Natasha Radhakrishnan(Website Editor), Dr Sanitha Sathyan(KJO Editor) & Dr John Davis Akkara(Member Scientific Committee).

Several COC members had Instruction Courses, paper presentations, video and posters in KSOS Drishti 2025 at Kollam conducted between Nov 28th to 30th.

Award winners from COC were:

- Dr Marian Pauly: "Dr KC Sankara Menon Free Paper Award" for "Outcomes of Socket Reconstruction Involving Multiple Surgical Interventions"
- Dr Natasha Radhakrishnan: "Dr S Mohandas Free Paper Award" for "IOP in premature infants; What is normal?" and "Padma Bhushan Dr P SIva Reddy Award" for "Visual Outcomes in Pediatric Non Infectious Uveitis. Are biologics a game changer ?"
- Dr Namitha VG: "Dr KGR Nair Memorial Free Paper Award" for "Training the Brain to See: A Data-Driven Look at Perceptual Learning Therapy in Amblyopia"
- Dr Praveena Shyam: Best Mentor (Teachers of Tomorrow)
- Dr Parvathy B: Best Teacher (Teachers of Tomorrow)
- Dr Parvathy B, Dr Agrima Mittal, Dr Sandra Nair: Best Team (Teachers of Tomorrow)

COC Members also actively participated in various entertainment programs including OPL by Dr Kala and Team, Skit by "Cochin Kannukadi Theatres" and dances by Dr Kala, Dr Charu & team, Dr Hilda and team(Aurora Lumieres). Songs by Dr Dhanya, Dr Suchitra, Dr Vanashree







**Eye Camps**

| Camps conducted | No of camps | No of patients screened | No of cataract surgeries |
|---|---|---|---|
| Amrita Institute of Medical Sciences | 10 | 2520 | 74 |











**World Retina Day to World Diabetes Day Webinar**

Webinar cum panel discussion a Series from World Retina day to World diabetes day was held on 6th November 2025. Our COC President, Dr Thomas Cherian being one of the speakers on this webinar.




**Childrens day Celebration and National Myopia week**

Childrens day Celebration and National Myopia week was conducted at Giridhar Eye Institute Kadavanthara by the Paediatric Ophthalmology department on Nov 15th.

One week long programme in Association with national myopia week was conducted at Amrita hospital Kochi from november 14 to November 20 which started off with a walkathon followed by awareness class for general public and at schools for students, poster competition on myopia and eye health for students of amrita school of medicine . The














programme concluded with a parent awareness workshop on effect of gadgets in children's physical and mental health - collaborative workshop by paediatrician, pediatric ophthalmologist and child psychologist for general public and drawing competition for the children of various age groups on november 22nd.

**KSOS-COC Gold Medal Exam for PGs**

KSOS-COC Gold Medal Exam for PGs was conducted at Amrita Institute of Medical Sciences, Kochi.

Dr Juby Sunny(Ahalia Palakkad) won the Gold Medal and Dr Vaishna Megha (Comtrust Calicut) and Dr Safna Hamsa (Chaithanya Trivandrum) tied at second place.




**Individual Achievements by COC members**

FAICO Awardees from Cochin Ophthalmic Club



**Dr Anu Mariya Paul**
Pediatric Ophthalmology



**Dr Neenet Jose**
Pediatric Ophthalmology



**Dr Kala Baby Thottam**
Refractive Surgery



**Dr Manju M**
Glaucoma



**Dr Anna Kurien**
Oculoplasty



**Dr Preeta Nair**
Oculoplasty



**Dr Shebin Salim**
Oculoplasty



**Dr Anju Raju**
FAICO in Uvea

Dr.Mahesh G was elected as the General Secretary of VRSI 2025, during the just concluded National Conference of the Vitreo Retina Society of India held at Goa from Oct 31 to Nov 2.



സാരഥി

റെറ്റിന നേത്ര രോഗവിദഗ്ധരുടെ ദേശീയ സംഘടനയായ വിട്രിയോ റെറ്റിനൽ സൊസൈറ്റി ഓഫ് ഇന്ത്യയുടെ ജനറൽ സെക്രട്ടറി ഡോ. മഹേഷ് ഗോപാലകൃഷ്ണൻ. എറണാകുളം ഗിരിധർ ഐ ഇൻസ്റ്റിറ്റ്യൂട്ടിലെ റെറ്റിന വിഭാഗം മേധാവി ആണ്. നിലവിൽ കേരള സൊസൈറ്റി ഓഫ് ഒഫ്ത്താൽമിക് സർജൻസ് പ്രസിഡന്റുമാണ്.

Dr John Davis Akkara conducted a 2 hour Smartphone Ophthalmology & Innovations workshop with Dr Prithvi Chandrakanth in OSOCON 2025 in Berhampur, Odisha along with other faculty talks on MIGS and Glaucoma.

Dr Natasha Radhakrishan was selected as Executive Committee Member and Dr Vandana Pradeep as Newsletter Editor of Uveitis Society of India(USI)

**Eye Camps**

Diabetic Retinopathy Screening Camps by Giridhar Eye Institute was conducted on November, 14th 2025 - this being the World Diabetic Retinopathy Day






AI aided Diabetic Retinopathy Camp was conducted at Rajagiri Hospital on Nov 17 and 18 in association with World Diabetes Day under the aegis of COC.






Amritha Medical College conducted the National Myopia week in November, 2025



Awareness talk for school students by Amritha Institue, Enakulam





**Eye Camps**

| Camps conducted | No of camps | No of patients screened | No of cataract surgeries |
|---|---|---|---|
| Amrita Institute of Medical Sciences | 8 | 2130 | 114 |
| Tony Fernandez Eye Hospital, Alwaye | 3 | 349 | 30 |

**December 2025**



The family meet with all the COC members who were present along with the family

COC

## Cochin Ophthalmic Club 2025 - '27

(ER 464 / 28 - 12 '83 / Regd. as per T.C. Charitable Societies 12th Act 1955)

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### NOTICE

The next monthly meeting of Cochin Ophthalmic Club will be held on **Friday, 12th December 2025, 7.30 pm at IMA house.**

**Agenda**

1.Silent prayer
2.Presidential remarks
3.Minutes of the previous meeting - Secretary
4.Matters arising out of minutes
5.Secretary's update of activities
6.**Felicitation of New KSOS & VRSI office bearers from COC**
7.Any other matters
8.Vote of thanks by Dr. Freddy T. Simon

**Scientific session:**

Moderated by Dr. Jyoti Prakash Vyas

**Presentations of Award winning topics by COC members**

1.Dr.K.C. Sankaramenon Award - Dr.Marian Pauly
2.Dr.KGR Free Paper - Dr.Namitha V.G.
3.TOT Best Mentor - Dr. Praveena Shyam
4.TOT Best Teacher - Dr.Parvathy.B
5.Best TOT Team - South Central Zone
Dr Praveena Shyam
Dr.Parvathy.B
Dr.Agrima Mittal
Dr.Sandra Nair

**Christmas Celebrations with a joyful family get-together**

Dress Code: Red & White
The meeting is sponsored by Alkem
The meeting will be followed by fellowship and dinner

Dr.Kala Baby Thottam
Secretary,
Cochin Ophthalmic Club
06-12-2025



The Carols being sung

Dr Rajesh Chells as the perfect Santa for the COC monthly meet



Dr John Davis awarded the audience choice award in the CataTeach Video Competition 2025 held on 16th december, 2025



**Individual Achievements by COC members**

Dr Natasha at Manila for the APVRS December 2025. She had a poster and presentation of paper too






The CataTeach competition can be watched again - please use the link below https://www.youtube.com/live/yCdp6urI-fQ?si=AnhPjmW_5PQxh0bE










# THRISSUR ACADEMIC CLUB OF OPHTHALMOLOGY

**OCTOBER 2025**

TACO Monthly meeting
conducted on October 24th at
Hotel casino at 7pm

Dr. Gopal S Pillai spoke on Curated retina updates what every practitioner must know.

Dr. A. C Raghu spoke on TACO navigate session "When the product is free you are the product"- Tips on using social media & Apps.
































**Individual Achievements**

Dr Ani Sreedhar was honored for 25 years exemplary service during the diamond jubilee calibration of Little Flower Hospital Angamali.



Dr Baby Thomas from I vision eye hospital is the current IMA president Thrissur.




Dr CV Anthrayose completed 20hour foundation course in palliative medicine by IMA.




Members attended WOS Delhi.






Dr Anitta Jabbar received awards in in WOS.




**WORLD SIGHT DAY Activities by member hospitals under TACO**

A Class on Toxicity of ATT drugs and safe Dispersal to patients during NTEP to all pharmacists of Thrissur District by Govt Medical College.

A unique Gift a glass campaign was launched by Amala Institute to reuse and recycle used frames in to affordable spectacles also a cataract screening camp.

Awareness class on judicious use of smart phones to high school students by I Vision Eye Hospital.

Eye Camp at the tribal area "Perumpara Unnathi" (Athirapilly Panchayath)by Ophthalmology department District Hospital.






**Camps conducted by hospitals under TACO**

| Hospital | No of camps | No of patients | No of surgeries Advised |
|---|---|---|---|
| I Vision Kanimangalam | 8 | 1008 | 34 |
| I Vision Chalakkudy | 4 | 335 | 97 |
| Amala | 2 | 120 | 11 |
| JMMC | 3 | 132 | 4 |
| Trinity Eye Hospital | 12 | 873 | 59 |
| Nethra Eye Care Center | 2 | 290 | 64 |
| Manavaseva | 1 | 60 | 10 |
| Kodakara Santhi | 2 | 186 | 21 |
| Dr Rani Menon Max Vision | 29 | 2866 | 62 |

**Total Camps : 63 Total Patients : 5870 Total Surgery Advised : 362**




**November 2025**

TACO Executive meeting was conducted at Hotel CASINO on 18.11.2025 at 7.00pm

Following decisions are taken

The proposed team for bidding Drishti 2027 is decided as Dr Radharamanan as the chairman organizing committee and Dr Merin Paul as the chief organizing secretory

Dr Jayasree PV selected as the TACO Representative to KSOS





**Individual Achievements of TACO Members**

Dr Lathika received Hero of KSOS award & KSOS President's appreciation for services as editor, KJO 2023-25.

Dr Sudha : The KSOS KJO Outstanding Reviewer award.

Dr Elsa Maria Kuruvilla & Dr Hridya Dominic (Team, Amala) : First runner up in the TACO PG Quiz at Drishti.

**TACO Members got elected in KSOS**

Dr Merin Paul as Joint secretary.

Dr Anita Jabbar as treasurer.

Dr Sanitha Sathyan as editor KJO












**KSOS Skit** - OPL 1st Prize Dr Jayasree participated





Dr Baby Thomas wrote an article on Diabetes and Eye in IMA "Nammude Aaroghyam"




**Health awareness class**

In Association with world Diabetic day I vision eye hospital kanimangalam conducted a diabetic awareness program on 16 th November Sunday half day. There was a class by physician diabetologist and Ophthalmologist




## DECEMBER 2025

**TACO Monthly academic programme – December 2025**

The December TACO Monthly Meet was held on 16 December 2025 at Hotel Casino, Thrissur, 7pm, with the participation of around 50 members, in an evening that blended academics, infotainment, and the festive Christmas spirit.

The academic session featured an insightful talk by Dr. Girija K., Senior Consultant & Chief of Glaucoma Services, Little Flower Hospital, Angamali, titled "When Normal isn't Normal – Navigating Normal Tension Glaucoma." The lecture highlighted the diagnostic challenges and management nuances of normal tension glaucoma and was followed by an engaging interactive discussion. The discussions were moderated by Dr Radharamanan and Dr Smita.

An enjoyable Glaucoma Dumb Charades session exclusively for Postgraduate students was organised by TACO NEOS, encouraging enthusiastic participation and learning through fun.

In a special moment of recognition, TACO members who received awards at KSOS DRISHTI 2025 were felicitated. Members elected to office in the KSOS elections were also honoured with flowers, acknowledging their achievements and leadership.

The evening was further enhanced by elegant Christmas cake cutting ceremony making the meet both academically enriching and socially memorable.

**TACO individual achievements-**

Dr Samyukta Sadasivan, Asst professor , GMC thrissur cleared FAICO in Pediatric ophthalmology

Dr Henna, Fellow, VR, Sankara netralaya, cleared FAICO in VR.



Dr Samyukta S



Dr Henna

## I Vision eye hospital, Kanimangalam

| Sl No | Topics | Faculty | Attended |
|---|---|---|---|
| 1 | Glaucoma | Dr Sreeniya | 20 |
| 2 | Diabetic Retinopathy | Dr Arathy Anandh | 55 |

**Camp Conducted by TACO in the month of November 2025**

| Hospital | No of camps | No of patients | No of surgeries Advised |
|---|---|---|---|
| I Vision Kanimangalam | 10 | 1215 | 22 |
| I Vision Chalakkudy | 3 | 181 | 73 |
| Amala | 1 | 76 | 8 |
| JMMC | 7 | 614 | 9 |
| Dr Rani Menon | 17 | 614 | 9 |
| Arya eye care | 23 | 1974 | 104 |
| Trinity | 14 | 921 | 38 |
| Nethra | 7 | 884 | 215 |
| Manavaseva | 1 | 40 | 8 |
| Kodakara Santhi | 1 | 68 | 6 |

**Total No of Camps :84 Total no of Patients :6587 Total Surgery :492**

**TACO Camp report (Dec 1-15th)**

| Hospital | No of camps | No of patients | No of surgeries Advised |
|---|---|---|---|
| Manavaseva | 1 | 50 | 12 |
| Nethra eye hospital | 5 | 449 | 30 |
| Jubilee medical college | 2 | 145 | 2 |
| Ivision chalakkudy | 2 | 235 | 56 |
| Ivision Kanimagalam | 4 | 489 | 4 |
| AIMS, thrissur | 1 | 108 | 5 |
| Aarya eye care | 5 | 427 | 15 |
| Trinity eye hospital | 6 | 432 | 5 |

**Total No of patients screened- 2335, Total no of camp surgeries- 129**



# TACO MONTHLY ACADEMIC PROGRAMME

DECEMBER 2025

# PALAKKAD SOCIETY OF OPHTHALMIC SURGEONS (PSOS)

**October 2025**

Venue, KPM regency, Palakkad
Date, 24 th October
Topic: Making vision great again, the story of cataract surgery
Speaker: Dr. Merine Paul
Trinity eye hospital, Thrissur
Case presentation
Purtscher retinopathy
Dr. Nayana, Trinity eye hospital,
Palakkad
18members attended and talks followed discussion.












**November 2025**

Since it was the month of Drishti we didnt have a proper CME. We felicitated four DNB residents who passed this year and congratulated their faculty.
The junior doctors shared their postgraduate experiences. Election of new officebearers was done.
Dr. Rema Venugopal, President, PSOS
Dr. Mahesh Bharati, Secretary, PSOS and Dr. Premjith, Treasurer.
Around thirty members attended.
Their installation is planned for December 19 th 2025.











**December 2025**

Venue: Palakkad

Attendance: 35 members

Nature of Event: Administrative • Academic • Cultural

**Overview**

The Palakkad Society of Ophthalmic Surgeons (PSOS) successfully conducted its monthly meeting, combining organizational transition, academic enrichment, recognition of member achievements, and festive fellowship.

**Agenda & Proceedings**

1. Handover of Office

The outgoing office bearers formally handed over responsibilities to the newly elected team. The transition was conducted smoothly, ensuring continuity in governance and reaffirming the society's commitment to transparent and collaborative leadership.

2. Election of Regional Executive Members

Regional executive members were elected through a structured and democratic process. The newly elected members were welcomed and encouraged to actively contribute to academic, public health, and organizational initiatives of PSOS.

3. Scientific Session

Topic: Pediatric DCR: Evaluation of Efficacy, Complications, and Long-Term Outcomes

Speaker: Dr Naveen Ranjith

Orbit and Oculoplasty Consultant, Ahalia Foundation Eye Hospital, Palakkad

The scientific session provided a comprehensive overview of pediatric DCR, covering:

- Indications and preoperative evaluation
- Surgical outcomes and efficacy
- Complication profile
- Long-term follow-up and success rates

The talk was well received and stimulated active discussion, particularly on case selection and postoperative management in children.

4. Felicitation of Members

PSOS felicitated its members who made notable scientific and cultural contributions at KSOS Drishti 2025. The society acknowledged their efforts in enhancing the academic and cultural presence of PSOS at the state level.

5. Christmas & New Year Celebrations

The meeting concluded with Christmas and New Year celebrations, featuring:

- Carol singing
- Christmas message by the PSOS members' team

The cultural segment was led by Dr Manu Thomas and Dr Rose Mary, fostering camaraderie and festive spirit among members.

**Conclusion**

The December meeting of PSOS was well attended with 35 members, successfully blending governance, academics, recognition, and cultural engagement.






# WAYANAD

The sixth meeting of Wayanad Ophthalmic Club(WOC) was held on 22/10/2025 at 7:00 pm at Hotel Copper kitchen,Muttil.The meeting was hosted by Sun Pharma.

The meeting began with moment of silent prayer with MC Dr.Nayana Sebastian, WOC president followed by Welcome speech by WOC secretary Dr.Maya Paul. This was followed by presentation on topic 'DIY Innovations for your ophthalmic clinic' by guest speaker Dr.Prithvi Chandrakanth, consultant vitreoretinal surgeon,Chandrakanth Nethralaya,Calicut. Few retina case scenarios were also discussed . The meeting was later open for discussion and queries answered.The meeting was then concluded with vote of thanks by Dr.Bibi Joseph, WOC vice president at 8:00 pm followed by dinner.







# OPHTHALMIC SOCIETY OF KANNUR (OSK)

**October 2025**

The monthly meeting for October was held on 14th October 2025 at Hotel Benale International, Kannur. The meeting commenced with a warm welcome address by OSK President Dr. Suchitra Bhat.

The Secretary then read the minutes of the previous meeting. Dr. Simi introduced the in-house speaker, Dr. Soumya P. P, Cataract and Refractive Surgeon at Comtrust Eye Hospital, Thalassery.

Dr. Soumya delivered an insightful and engaging talk on Acute Angle Closure Glaucoma, which was followed by an active and informative discussion. As a token of appreciation and love, Dr. Vanaja Raghavan presented a memento to Dr. Soumya.

The meeting concluded with a vote of thanks proposed by the Secretary.

"സ്നേഹഹസ്തം 2.0", jointly organized by the Indian Medical Association, Forest Department, and Health Department, in which KSOS actively participated with members from Ophthalmic Society of Kannur. The camp was attended by around 600 tribal persons, of whom 250 were examined by our ophthalmology team comprising Dr. Sharmil, Dr. Lalith Sundaram, and Dr. Rajesh O. T.

**Achievements**

- Dr. Soumya and her team won the OPL First Prize, representing the South Zone at WOS, New Delhi.
- She also received the Elegance Transformation title and was among the Top 5 Finalists at the WOS Beauty Pageant







**CME on 14/10/25**

Topic: Rapid response: Early management of acute angle closure glaucoma

Speaker: Dr Soumya PP



Token of appreciation from OSK- Dr Vanaja Raghavan presenting the memento to Dr Soumya




Elegance Transformation title @ WOS New Delhi




OPL winner south zone at WOS New Delhi



Sneha hastham Camp @Kannavam Thaliparamba in association with IMA Kannur, Forst department , OSK and KSOS



**November 2025**

As part of Drishti 2025, the state conference of the Kerala Society of Ophthalmic Surgeons (KSOS) to be held in Kollam, the society distributed spectacles to around 113 individuals who were diagnosed with visual impairment during the tribal camp Snehastham 2.0, jointly organized by the Indian Medical Association (IMA) , ophthalmic society of Kannur and the Forest Department. The event was held at Palayath Vayal School, Peruva. Kolayad Grama Panchayat member Roy Paulose inaugurated the

function. Sudheer Neroth P, Forest Range Officer, Kannavam, presided over the event. Dr. Rajesh O T, member of the KSOS Scientific Committee, explained the details of the project. The initiative was carried out in collaboration with Ophthalmic Society Kannur and Oculus Opticals, Thalap, Kannur.

Dr Nikhil K has been nominated as the representative to KSOS.

**Drishti 2025**

OSK was proudly and strongly represented at Drishti 2025, showcasing professional excellence, academic contributions, and remarkable talent across sessions.

**Academic Highlights**

- Chief Instructors:

Dr. Sreeni Edakhlon, Dr. Remya, and Dr. Aswathy Vijayan led their ICs with distinction.

- Speakers in Various ICs:

Dr. Swetha K, Dr. Remya E, Dr. Rajesh OT, Dr. Suchitra Bhat, Dr. Jaison, Dr. Sajini, and Dr. Aswathy delivered engaging and insightful sessions.

- Awards & Achievements:

o Dr. Remya Edachery won the KSOS–KJO webinar overall quiz, with the award presented during the KJO session by Dr. Mahesh G.

o Dr. Remya and Dr. Soumya presented in the Ophthalmic Heroes session and were honoured with the Heroes of Ophthalmology award.

o Dr. Sreeni and Dr. Nikhil represented OPL team Malabar Mavericks, which emerged as the second-best team by audience vote and also won the Best Promo Video award. Dr. Sreeni was additionally awarded Best Entertainer.

- Dr. Simi, Dr. Jaseena, Dr Rekha, Dr Ravi, Dr Aravind Bhat, Dr Seema, Dr Lekha , Dr Vasantha and Dr. Mary Ommen also attended Drishti 2025, adding to the strong presence of OSK at the conference.

**Cultural Highlights**

OSK members shone brightly in the cultural arena as well:

- Fusion Song: Dr. Simi and Dr. Ravi
- Solo Dance: Dr. Neethi Nambiar

At the valedictory function, the flag was ceremonially handed over to the Kannur team by the Kollam team. Dr. Rajesh OT, Dr. Remya, and Dr. Swetha received the flag on behalf of OSK.





Spectacle distribution of Snehahastham 2.0




Dr Remya Edachery receiving the heroes of ophthalmology award.



OSK members as speakers in various Instruction courses



Dr Soumya PP with the heroes of ophthalmology award



Dr Remya Edachery receiving the KSOS KJO webinar series overall winner award from Dr Mahesh G



OPL Team Malabar Mavericks ( Dr Sujith Nayanar, Dr Sreeni Edakhlon, Dr Anju Chandran and Dr Nikhil) —Best team and Best promo video by Audience Poll Dr Sreeni Edakhlon- Best entertainer



Dr Ravi and Dr Simi fusion song



Official handover of the KSOS flag from Kollam to Kannur



Dr Neethi Nambiar- solo dance

**December 2025**

The meeting commenced with a warm welcome address by the OSK President, Dr. Suchitra Bhat. This was followed by the announcement of the office bearers for the term 2026–27 by the President. The newly announced office bearers are:

- President: Dr. Sharmil
- Secretary: Dr. Swetha K
- Treasurer: Dr. Sourav D
- Scientific Committee Chairperson: Dr. Shamin Jacob

Subsequently, the Secretary read out the minutes of the previous meeting. The scientific session was planned as a "Drishti Recap", where members who had presented papers at Drishti shared their presentations once again. The session featured talks by Dr. Sajini M, Dr. Swetha K, Dr. Nikhil K, Dr. Suchitra Bhat, and Dr. Remya E. The session was highly interactive and well appreciated by the audience.

As a token of appreciation, mementos were presented to all the speakers. This was followed by a cake-cutting ceremony, marking the festive spirit of the season.

Later, Dr. Sreeni, Chairman of Drishti 2026, gave an introduction regarding the planning and organization of Drishti 2026.

The meeting concluded with a vote of thanks proposed by the Secretary.














Drishti Recap- Dr Suchithra Bhat, Dr Swetha K, Dr Sajini M, Dr Remya E, Dr Nikhil K



Cake-cutting ceremony held as part of the Christmas celebrations



Memento to the speakers

# KASARAGOD OPHTHALMIC SOCIETY








CATARACT SURGERY IN
EXTREME AXIAL LENGTH
DR.V.A. JAISON










KASARAGOD OPHTHALMIC SOCIETY

## NOTES



THE KSOS connect

The official Newsletter of Kerala Society of Ophthalmic Surgeons