

Ophthalmological Society of West Bengal

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Hony. Secretary

Dr. Debashis Das

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OSWB-22-23-0446 Date: 04-08-2023

Dear Members,

The Executive Committee joins me in wishing all our members to be in the best of their health and spirit.

Our Yoga & Sports Subcommittee had taken two great initiatives. The first was a webinar on 'Coping with Stress in Medical Practice – How to Handle it Efficiently' on 10th July 2023, Monday evening from 8.00 pm onwards. The speakers were Dr Mukesh P. Jagiwala, Consulting Psychiatrist at Brain Psycho Clinic, Surat who spoke on 'How to Manage Work Generated Stress?' and Ms. Megha Gupta, Clinical Psychologist, NIMHANS, who spoke on 'Addressing Burnout Among Medical Practitioners'. The following discussions were so engrossing with the audiences that the discussions continued for over two hours, crossing all the scheduled timings. This has been a good focus and food for thought for our members over a webinar. This was to commemorate the Doctor's Day celebration, as we felt this is the best gift we could give to our members on this occasion.

The second initiative from the Yoga & Sports Subcommittee is the Pranic Healing Meditation Course & Arhatic Yoga Initiation Session held on 29th July 2023 from 6.30 pm onwards at their own venue. This was a free initiation session for our members at Regenta Orkos, Kolkata. The speakers in this session were Mr. Orko Paul Sen, Mrs. Ratna Sen, and their entire team of healers. This will be followed by a module of 4 separate sessions at a reasonable charge for our members. The session highlighted the experience of what is Pranic Healing, feeling energetic and get a free healing for physical, emotional, psychological, and spiritual concerns, followed by a one-to-one counselling session.

We recently introduced three new clinical programs in our OSWB curriculum under the guidance of the Public Speaking Subcommittee. We have named it Gift of the Gab@OSWB.

1. **WALK THE TALK:** Educational, interesting, and inspiring talks done in the TEDx Talk format
2. **MY WAY OR THE HIGHWAY:** Debate exclusively between institutions who will be represented by Post Graduate students and their mentors
3. **TEACHERS OF TOMORROW:** An initiative to help our budding ophthalmologists to showcase their talent as a future teacher

Coordinator of Walk the Talk: Dr. Doel Biswas

Coordinator of My Way or The Highway: Dr. Sayan Das

Coordinator of Teachers of Tomorrow: Dr. Ashis Mazumdar

The Chairperson of this Subcommittee is Dr Doel Biswas. The members of this Subcommittee are Drs Sangeeta Roy, Preeyam Biswas, Tanushree Chakraborty, Souvik Samaddar, Ipsita Basu and Sayantan Ghosh.

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In association with this we would initiate a Chat Show in Ophthalmology, the first time ever concept in OSWB. The eye of the storm is the region of calm weather in the center of the storm. Similarly, this chat show will be a platform for calm and logical discussion amid conflicting ideas, opinions, controversies, and debates that have the potential to kick up a storm in our world of ophthalmology! As an 'Argumentative Indian' it is our birthright to debate and give our opinion on every existing issue or non-issue and we do so with gusto. However, we confine our discussions to the Consultant's lounge, the cafeteria and even to the dining area of conferences.

For the first time at the Eye of The Storm, we are providing a podium where contagious issues can be raised, questions asked, answers debated and perhaps solutions found to some of the dilemmas that haunt us all. The format will be that of a debate-cum-chat show. The Debaters will be an eclectic mix of the Movers and Shakers of Ophthalmology as well as the "common man" of ophthalmology. It will be an interactive exercise with the audience asking questions and debating some of the finer points.

It would be an honor to have the debut session of the Eye of The Storm during the OSWB Annual Conference. The topic to be discussed and debated would be the present character of our conferences aptly called "**POST MORTEM OF A CONFERENCE.**" The entire Chat Show will be coordinated and moderated by Dr Doel Biswas in association with Dr Anurag Mishra as our National Faculty.

We, on behalf of the Executive Committee this will infuse enthusiasm in our Annual Conferences, and members will feel upbeat to attend the programs.

Debashis Das

Dr. Debashis Das

Honorary Secretary 2022-2024

Ophthalmological Society of West Bengal.

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