

OPHTHABUZZ - 2023



THE OFFICIAL NEWSLETTER

Ophthalmological Society of West Bengal

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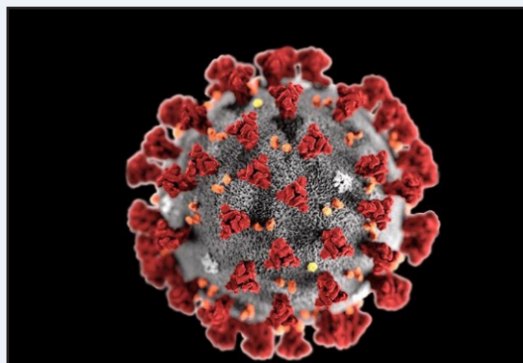
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EDITORIAL

Is the Pandemic Finally Over?



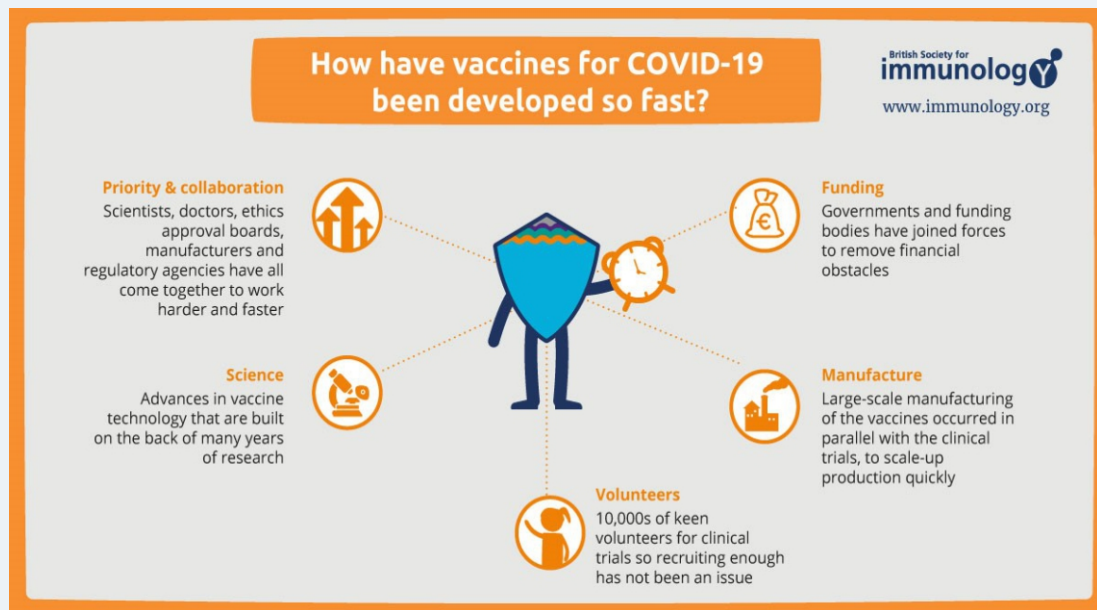
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“Hope rises like a phoenix from the ashes of shattered dreams.” - S.A. Sachs.

I wish I could state that the pandemic was over! In India, from 3rd January 2020 to 29th March 2023, there have been 44,707,525 confirmed cases of COVID-19 with 530,841 deaths, reported to the World Health Organization (WHO). As of 20th March 2023, a total of 2,206,521,180 vaccine doses have been administered.² An average of 336 cases per day were reported in India in the last week. May 2021 was the month with the highest average cases and deaths in India.³ Cases have increased by 145 percent from the average two weeks ago!

It is over 3 years since we first heard about SARS-CoV-2 and what a roller coaster it has been since then! On 30th January, 2020 the WHO had declared a Public Health Emergency of International Concern but I first grew curious about this novel virus when my MBBS 1985 batch from Calcutta National Medical College (CNMC) was hosting the Annual College Reunion in February 2020.⁴ In CNMC there is a unique tradition where each batch hosts this mega event with great honour, 35 years after entering the hallowed college grounds. We were so busy with the logistics that we just brushed aside talk about this novel virus from China. A few of my friends went on vacation after the Reunion and sent us information about restrictions and masks! The World Health Organization (WHO) declared the novel coronavirus (COVID-19) outbreak a global pandemic on 11th March, 2020! “This is an existential crisis” said the American Academy of Ophthalmology, urging all Ophthalmologists to cease non-emergency care, on 18th March 2020, to help slow the spread of Coronavirus! The world as we knew it came to an end. Lockdowns, scarcity, working from home, fear, nasal and throat swabs and COVID completely took over our lives.... Was there no end to this tale of disease, death, sorrow and pain?!

3 years on the picture is slightly brighter. Although there are many variants of this devious virus (BQ.1.1, BQ.1, BA.5.... will the list never end?) we also have effective vaccines. A typical vaccine development timeline takes 5 to 10 years, and sometimes longer, to assess whether the vaccine is safe and efficacious in clinical trials, complete the regulatory approval processes, and manufacture sufficient quantity of vaccine doses for widespread distribution. COVID vaccines were developed in record time compared to other vaccines due to these factors.⁵



Immunity to COVID-19, both from vaccines and from prior infections, is likely the reason why this winter's disease surge was much less severe than surges from past winters, according to experts. But they also warn that COVID **still** remains a threat.⁶ Let us be thankful to **all** medical and para-medical professionals who have worked through this pandemic like the heroes they are, and show respect especially to those who have laid down their lives in this great war.

The pandemic may not be over yet but Life as we know it has definitely changed! It's important to stay well-informed about the coronavirus pandemic and be pro-active, but it is also equally important that we continue to find Hope to support us through this difficult time and make our fears and despair more manageable.

Telemedicine has now come to the forefront. Webinars, once essential during the height of the pandemic, are here to stay. Best of all, everyone has resumed their "normal" work, hobbies and travels! We are honoured to have 4 travelogues and many examples of art in this issue of OphthaBuzz! We also share our awards and achievements and community activities. I invite all OSWB Members to participate in and contribute to your newsletter, OphthaBuzz. Please send your articles to ophthabuzz@gmail.com our new email address. Please stay safe.



Dr Tulika Ghoshal
Managing Editor
OphthaBuzz

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Presidential Address



Dr Ratish Chandra Paul, President

I congratulate the Editorial Team of OphthaBuzz!

Hope this edition will throw light on the current scenario of eye care strategy of West Bengal.

In the light of 17 sustainable development goals set by United Nations, some statistics are important to achieve the goals-

Eye Health: Why it matters- A Global Perspective

Eye health is essential for achieving the sustainable development goals because good vision and eye health unlock people's potential to get an education, earn a living and maintain well-being.

1.1 billion people are living with vision loss because they do not have access to basic eye care services out of which 55% of the people with vision loss are women and girls and 91 million children have vision loss as they don't have access to eye care services which result in \$411 billion [about 41,100 crore rupees] per annum in productivity losses due to vision loss costs the global economy.

Half the global population [4.8 billion] is set to have a vision impairment by 2050. Almost everyone will need access to eye care services during their lifetime. 90% of all vision loss is preventable or treatable. Unless there is a significant investment, eye care services are unlikely to cope with future needs.

Eye health is essential for achieving the 8 goals as follows -

Goal 1- No poverty- Poverty is both a cause and consequence of poor eye health- 90% of vision loss is in low and middle income countries with the poor and extreme poor among the furthest left behind.

Goal 2- Zero Hunger- Improved eye health can increase household income which in turn reduces hunger. Free high quality cataract surgery can increase household income. 46% of household incomes moved up an income bracket.

Goal 3- Good Health and Well-Being- Eye health is key to ensuring good health, mental health and wellbeing. Poor eye health increases the risk of mortality up to 2.6 times.

Goal 4- Quality Education- Eye health has positive impact on school enrolment, educational attainment and learning. Glasses can reduce the odds of failing a class by 44%. Children with vision loss are 2-5 times less likely to be in formal education in

low-and middle-income countries.

Goal 5- Gender Equality- Women and girls more likely to have vision loss and experience additional barriers to eye care services. Overall, women are 12% more likely to have vision loss than men.

Goal 8- Decent Work and Economic Growth- Good eye health and vision promote inclusive economic growth, employment and improved living standers. Providing glasses can increase workplace productivity by 22%. Cataract surgery can increase household per capita expenditure by 88%.

Goal 10- Reduced Inequalities- Poor eye health is driven by inequality. Women, older people, persons with disabilities, indigenous peoples, refugees and internally displaced persons and migrants are among those most affected. 73% of people with vision loss are over the age of 50.

Goal 11- Sustainable Cities and Communities- Eye health is critical to reducing road traffic deaths and injuries. Un-operated cataract can increase the chance of a motor vehicle accident by 2.5 times.

In India too, there is an abnormal distribution of doctors, paramedics, infrastructure in Rural vs Urban scenario. Here lies the importance of primary eye care in India.

Dr. R. C. Paul

President

OSWB, Kolkata

Secretary

Susrut Eye Foundation & Research Centre

From The Secretary's Desk



Dr Debashis Das

It has always been a matter of great joy and pride to see another issue of OphthaBuzz being published as announced earlier by the Journal Sub-committee. I should thank Dr Rudra Prosad Ghosh for keeping his commitment with the publication and timing of this issue; as well as I should thank Dr Tulika Ghoshal for taking all the burden of realising the articles from the concerned delegates in proper time.

If you ask me to highlight the most significant development since the inception of this new Executive Committee, I would pinpoint the Memorandum of Understanding we signed with the Ophthalmological Society of Bangladesh on 18th December 2022. We are successful to formulate collaborative programmes to enhance our knowledge, exchange our mutual skills and advancement of science in ophthalmology with the Ophthalmological Society of Bangladesh (OSB). We are all confident that in the coming years our joint initiative will go a long way in creating strong and permanent bonds of friendship and camaraderie between our members.

This will give our members maximum exposure and it will also not be a burden on the organiser's resources.

Let this Memorandum of Understanding between OSB and OSWB be carried forward and respected every year henceforth between both the Societies.

Our entire Executive Committee has been bubbling with activities since the allotment of the sub-committee responsibilities to each of the Executive Committee members. It will be my honest duty to introduce each one of them with their respective responsibilities.

Prof Asim Kumar Ghosh- PG Education Sub-committee- PG Education programmes are being held on a regular basis. The first meet on Retina was held at RIO on 16th December 2022. 110 students and 12 faculties attended the programme. The second meet was held on 17th February 2023 and the topic was on Paediatric Ophthalmology.

Dr Shibashis Das- District Outreach Sub-committee- The basic concept is to reach out to our districts with our academic programmes. This will be a monthly endeavour covering all the districts in a given year. The first CME was held in Asansol on 25th February 2023. The programme was held at Citi Residenci and 42 members attended this programme.

Dr Sohini Ghosh- Community Ophthalmology Sub-committee- The Sub-committee has their roster well planned for the entire year. The first programme held on 30th January 2023 was in commemoration of National Leprosy Day. This programme was held in association with Rotary Club of Durgapur and Durgapur Blind Relief Society. A free eye check-up camp was done for leprosy patients as well as school children of leprosy affected families in the Leprosy Colony at Namo, Sagarbhangra, Durgapur. 97 leprosy patients and 105 school children were checked in this comprehensive eye check-up programme.

On the 25th of February morning an Inaugural Programme was organised with the support from BMOH, Dr. Arshad Ahmad. Dr. Abdul Kaiyum and Dr. Manoj Hazra, Past President of OSWB, examined patients that day. Physician Dr. R. Ghoshal, medical officers Dr. Irina Bhattacharya and

Dr. Archana Paul and optometrist Mr. Parthapratim all gave their selfless service to this noble cause.
Total Number of school children- 120
Total number of children who attended- 80
Spot registration of patients on the same day- 70
Total vision corrected- 130

Dr Swati Agarwal- Leadership Development Programme Sub-committee- This is the first time we planned a venture which has proven to be a thumping success at the National level earlier. With mentors of the likes of Dr S Natarajan, Dr Partha Biswas and Dr Debasish Bhattacharya at the helm of affairs in this Sub-committee, I am sure we all are going to experience a great extravaganza very shortly.

Dr Dipa Saha- Observership Sub-committee- This is yet another venture that OSWB will be delving into for the very first time in its history. This is for the benefit of our young delegates who would like to observe the seniors in their day-to-day practices in their sub-specialities. This will further encompass Mentor-Mentee programmes to cater at the individual level of Observership.

Dr Maneesh Singh- Journal Club Sub-committee- This will be yet another first of its kind venture for our Society. This Sub-committee will organise the regular feedback of recent advances from journals every month in different subspecialities.

Dr Arup Bhaumik- ARC Sub-committee- ARC Sub-committee will cater to the Academic and Research activities of the Society. This committee has already charted up their programme in a big way. We are all looking forward for many block-buster events from this Sub-committee.

Dr Diptesh Das- Membership Enhancement Sub-committee- This committee is looking into the various ways and means by which we can increase our membership. We had kept it under three headlines- Membership at the State Level, Membership from the National Level, Membership from the International Level. We have already started incorporating memberships from the National level into our OSWB fold.

Dr Supriya De- International CME Sub-committee- This Sub-committee will be taking care of our international academic programmes as well as travels, e.g. Collaborate on a regular basis. We have similar programmes in our schedule in other international destinations as well.

Dr Siddhartha Bose- Practice Development Sub-committee- This Sub-committee will be working on the compilation of the Preferred Practice Patterns to be followed by OSWB members. This Sub-committee will also investigate the role of Health Insurance and TPA activities which are entwined with our regular practices.

Dr Swarup Kumar Roy- SOP Sub-committee- The sole purpose of this Sub-committee is to prepare all the necessary SOPs which we need on a regular basis for our regular day to day functioning of the Society. This will not only help in our present times but also create a guideline for our future activities too.

Dr Mohua Mazumdar- Cultural Sub-committee- This Sub-committee will take care of the different cultural activities the Society will be delving into, not only during the annual conferences, but also on a regular basis throughout the year. I am honestly looking forward for these activities. Our office bearers are also working with their respective Sub-committees as follows-

Dr Rupak Kanti Biswas- Scientific Sub-committee- With the best of brains in his armamentarium, the Chairman has already chalked up the programme for the entire year in a nutshell for the members. The first of its kind was held on Ocular Surface Disorders on 4th February 2023 at Novotel, with national thought-leaders like Dr Namrata Sharma, Dr Santosh Honavar, Dr M

Vanathi, Dr Shweta Agarwal and Dr John Sarkar gracing the programme. The programme was chaired by Dr Samar Basak and moderated by Dr Sumana Chatterjee and Dr Rupak Kanti Biswas. This programme was attended by 84 members and we had online live viewership of 97 members. The second scientific programme on Glaucoma was on 12th March 2023. We had 3 National Faculties for this programme- Dr Murli Ariga from Chennai, Dr George Puthuran from Madurai and Dr Prasanna Ramesh from Trichy. 110 delegates attended this conference.

Dr Rudra Prosad Ghosh- Journal Sub-committee- An elaborate journal committee is on the cards taking up the responsibility of both the journal of the Society, as well as the newsletter OphthaBuzz to be published. We have already published the first issue of OphthaBuzz in fond memory of Dr Ajoy Paul. The journal committee has taken a very big leap in the form of signing a MoU with the front-runners of journal publication, Wolter Kluwers, for publication of our future issues with their technical assistance. We also look forward to index our journal for professional upgradation.

Dr Ayan Mohanta- Website Sub-committee- This committee will be taking care of the Website to bring in updated changes into the system. We are shortly going to sign a MoU with Radical Healthcare Website for maintenance of our website.

Dr Aniruddha Maiti- Finance Sub-committee- This Sub-committee is looking into the nitty gritty of our finances at the micro level. We are looking for the possibility of a third party internal auditing for our own understanding and ease of functioning in the financial aspects. This tenure also shows the activity of our members outside the circle of the Executive Committee.

Dr Saikat Jana- Photography Sub-committee- This Sub-committee consists of stalwart members who possess expertise in photography. They have taken up the responsibility of creating an interest amongst our members about photography, both basic and advanced, as well as ophthalmic photography. This has generated much interest amongst our members.

A few more Society activities are in the pipeline, but we will discuss about them when they see the light of the day. I am looking forward to a vibrant active Society where each member is active the way they deem fit to be active.

Let my dream come true some day!!!

Dr Debashis Das

Hony Secretary, 2022-2024

Ophthalmological Society of West Bengal.



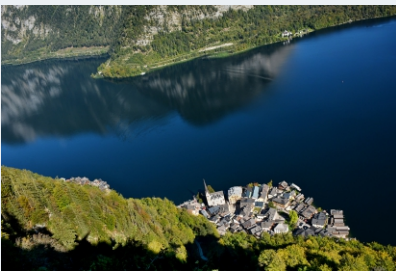
A Bird's Eye View

Dr Soumen Mondal

Since travel and photography had always been my twin passions, like thousands of other people, I have always tried to amalgamate the two. It started off as documentary shots of the places I travelled. But gradually, tweaking with the composition or the perspective started throwing up interesting possibilities! What evolved over time, was an attraction for natural landscapes and the human interaction therein.

A conference in Vienna offered a chance to fulfil a long cherished dream. Fond memories of “The Sound of Music” had instilled a desire since childhood to spend a day or two in Salzburg. A sunny September morning found us cruising through the picturesque Austrian Lake District from Salzburg to Hallstatt, the brightest jewel of the Lake District in terms of beauty. The quaint little town nestles cosily between the turquoise Hallstatter Lake and Dachstein Mountain. Hallstatt had gained prosperity since prehistoric times by mining salt from the neighboring mountains. The importance of salt can be better appreciated when we learn that Roman soldiers were paid their compensation with salt, hence the term salary.

From the town, a funicular takes one up to a station and a further trek leads to the salt mines. Beside the station, there is a restaurant and an open space leading up to a hanging ramp. Now, this artificial ramp supported by iron pillars provides a great spot for selfies with the lake and mountains as a dramatic backdrop. No surprise, therefore, that I found myself at the end of a long, serpentine queue. When my turn came, I walked at the end of the ramp, went through the routine poses and looked below. A few hundred feet below me, was the town and the lake so brilliantly blue that it hurt. For a moment, all the tourist noise fell silent, time stood still. For a moment I felt like a bird with the blue sky above, the mountains all around me and the blue lake below, and nothing in between.



Town by the Lake



Hallstatt Town from above



Halstatt Town

Our Beautiful India



Dr Nilay Kr Majumdar

"The sand and the snow, the heat and the chill. The Thor and the Himalayas. Our beautiful India."



The sand and the snow



The heat and the chill

Awards & Achievements



Dr Abhijit Ghosh

Dr Abhijit Ghosh was honoured to be invited to the Diamond Jubilee Conference of the Bihar Ophthalmological Society in Patna to deliver the prestigious "Dr A. N. Pandeya Oration". His oration topic was "The Importance of Being Earnest"- about the follow up of patients of injury, retinal surgeries & tumours for more than 25 years



➤ **Dr Anupama Biswas-**

"Where The Mind Is Without Fear and The Head is Held High"

Women alone can make a big difference by functional motivation in various ways for society.

Dr Anupama Biswas was felicitated as one of the Best Citizen's Award by the School Association of Kurseong 2022-2023.



➤ **Dr Asim Kumar Sil**

1. Became Member of Multidisciplinary Technical Group (MTG) of WHO to investigate ocular adverse events in Kalaazar. Contributed by preparing the SOP that will be used globally for prevention of blindness in Kalaazar.
2. Reviewer of British Journal of Ophthalmology.

➤ **Dr. Kali Prasad Saha**

Rewarded with 2 prizes from Flower Show organised by the Forest Dept in Bana Bitan, Salt Lake from 3rd to 6th Feb. 2023.

Rewarded with 4 prizes in different categories in an open flower show in CD Park Salt Lake organised by Bidhannagar Horticultural Association and Bidhannagar Municipality from 10th to 12th Feb.

Reached semi-final at badminton tournament above 50 years group at New Town Business Club organised by NTFN.



➤ **Dr Soumen Mondal**

Academic:

Winner of the Smt. Sovabati Das Ghosh Best Video Award of 2022
Best Surgical Video Award 2022, OSWB Annual Conference.

Non- academic:

Achieved EFIAP distinction from Fédération Internationale de l'Art Photographique
Achieved EFIP distinction from Federation of Indian Photography
Finisher in the 10 km category in 6 consecutive marathons, last in the year 2022-23



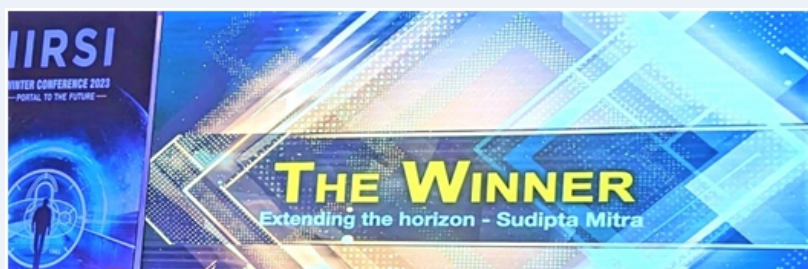
➤ **Dr Sudipta Mitra- Exploration!**

Success through newer roads is always sweeter than time tested avenues! Dr Sudipta Mitra's difficulties in delivering patient satisfaction prompted her to adventure with newer options. Add on IOL for high myopic patients over 30 mm axial length opened newer horizons for her during the year 2022. Appreciation always encourages the indomitable courage to explore and these efforts won best video awards in two very prestigious conferences!

Winner in the film festival award (FIFA) in All India Ophthalmological Society, Mid-term Conference in Patna 8th and 9th January 2023 in Refractive Surgery category.



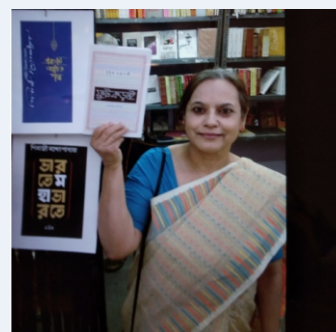
Winner of the Best Video Award in Intraocular Implant & Refractive Society of India (IIRSI) Conference in Amritsar 14th and 15th January 2023 in the general category!



➤ **Dr Tutul Chakravarti**

Dr Tutul Chakravarti, a Glaucoma specialist, has recently plunged into a subject far away from Ophthalmology. She has brought out a collection of her Bangla literary pieces in the Belles- lettres genre.

The book called “Phutkorai; Ekguchchha Ramyakatha” was published by Charbak Prakashan in late 2022. A couple of pieces from this anthology had previously appeared in Anandabazar Patrika and Ei Samay (2020 and 2021) and one specimen was presented online under the auspices of the Society for Understanding the Culture and History of India (SUCHI) in 2021. The Bengali Daily, Ei Samay carried out a review (by Abahan Datta) of Phutkorai in December 2022. The book has so far been well received in the readers’ circles.



MANDALA ART

Dr Gitanjali Sharma Bose



It has been 4 years since I started exploring Mandala. Along the journey, it taught me a few lessons that I believe holds applicable for life as well.

1. It is perfectly okay to have goof-ups once in a while. The important thing, however, is owning them and moving on. Aren't these flaws what make us human after all?

2. What is even more amusing, as long as the final outcome is satisfactory, nobody even minds the minor glitches. So don't fret over the little stuff. Maybe it is about looking at the bigger picture after all.

3. I believe "Dhairya" is at the very core of Mandala art. It teaches you endurance. With patience, focus, consistency and determination, anything is possible.

4. However, at times, despite setting out enthusiastically, you feel stuck or get bored. You don't even know where you are heading to or what you want to do. It is best then to detach oneself temporarily from the situation. Rest. Recharge. Re-evaluate. Sometimes, it is that simple to get a fresh perspective!

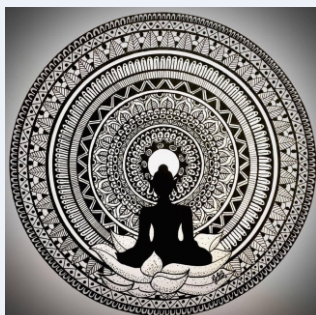
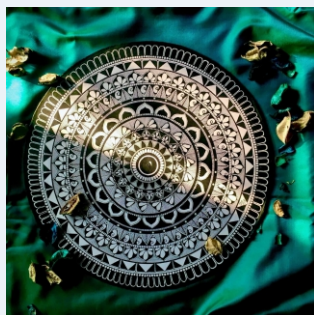
5. Life is a circle. We start at the end and end in the beginning. What we leave, is what eventually comes back. Make sure to not leave too much of litter behind.

Mandala art is always made of concentric circles. Hard cardboard bases that come with birthday cakes work perfectly. The pattern is intricate and needs fine nib sizes to make them. Sakura Pigma Micron brand is easily available on Amazon.

That's it. Other than some time in hand and a little bit of creativity, of course! Anybody can do it and, if I may add, must try it. It is very, very relaxing and therapeutic.

In the end, making art is like speaking to your heart. Something that is very personal to you, something that is wholly yours.

So, chase your work goals. Make money. Run after your kids. But remember it is the creative streak that is fuelling your machine. Go refill it.





Andaman- A Thing Of Beauty

Dr Shreyangsi Biswas

It was a hurricane tour out of a super- busy schedule to a most beautiful place of our motherland. Surrounded by blue ocean, studded with serene beauty of flora and fauna. Yes, it's none other than Andaman.

We went there on 18th January, 2023 from Kolkata and stayed at Port Blair. The picturesque city amazed us. The evening was special with the light and sound show of the Cellular Jail- this filled us with the essence of patriotism.

On the next day, we went to Havelok Island by a beautiful cruise. Water-sport filled Elephanta Beach was fun. And the beauty of Radhanagar Beach was beyond description. Truly a paradise on earth!

Neil Island too was full of nature's gifts. Bharatpur Beach with its soothing breeze; the coral island of Laxmanpur Beach with its enigma of underwater life- made us feel complete despite empty stomach and tired legs.

On the penultimate day, we visited the Zoo and the sunset point of Chidiatapi. The mind wanted to embrace nature a little more; but time simply flew by. We returned home on the 23rd of January with a lot of memories that will be cherished for lifetime.



Fun filled water sport at Elephanta Beach



Elephanta with its Coral Empire



Mesmerising Havloc- where the blues meet at the horizon



Cruise steaming through the beauty of Bharatpur Beach



The underwater universe of Laxmanpur



Archaeological Museum- Port Blair

Walking Hand in Hand (Embrace Equity)- 19th February 2023

Dr Sudipta Mitra

Coordinator of Walking Hand in Hand & Joint Secy. OSWB (2022-2024)

“All power is within you; you can do anything and everything” - Swami Vivekananda.

When the concept of celebrating Women's Day first came as a proposal to me, my thoughts were, we are powered and need to be inclusive above all bias! Thus, the name “Walking Hand in Hand” was coined by me for OSWB in 2020! First in virtual mode in Covid times and then in physical mode, we held this program every year in OSWB and in AIOS 2022!

On 19th February 2023, in OSWB we had 'Walking Hand in Hand' a much appreciated, handsomely attended scientific program with a difference! There were multiple sub-specialty talks, mainly interesting cases with each topic having a male Ophthalmologist and a female Ophthalmologist demonstrating their management skills and panel discussions by experienced and senior ophthalmologists. Eight accomplished national speakers flew down from different parts of India to attend this program and share their knowledge! This inclusive programme had very junior speakers interacting with expert panelists and veteran surgeons in the Chair! In four different sessions we covered Cornea, Refractive Surgery, Oculoplasty, Cataract, Retina & Glaucoma. The icing on the cake was a session of Life Beyond Ophthalmology conducted by Dr Harshul Tak and the program ended in good faith and fellowship. We had more than 58 participants and it was the able time keeping of Dr Tulika Ghoshal and Dr Preeyam Biswas who made us crisply finish on time. As the coordinator of the programme, I feel grateful and lucky to have been entrusted with this task by our Scientific Committee Chairperson Dr Rupak Kanti Biswas, Dr Ratish Chandra Paul (our President), Dr Debashis Das (our Secretary), Dr Aniruddha Maity and all delegates who attended this program on a Sunday morning at The LaLit Great Eastern, Kolkata.



Lion cub resting on its Mother's back

Dr Sangeeta Roy





Community Ophthalmology Programmes

Community Ophthalmology Programme at Midnapore on 30/10/22

Dr Indranil Deb

On the occasion of World Sight Day, 2022, Community Ophthalmology Sub-committee of OSWB jointly with Midnapore Rotary Eye Hospital organised an awareness program 'Save Your Sight' on sight-threatening conditions for the ophthalmologists and the medical practitioners of Midnapore on 30th October, 2022 (9 am to 2 pm) at Gope Garh Heritage & Nature Tourism Centre, Midnapore.

It was a wonderful scientific awareness program with group discussions, chaired by Dr Debashis Das. The chief guest was Dr Saumyasankar Sarangi, CMOH, Paschim Medinipur. An awareness speech was given by Dr Prosenjit Mondal on Diabetic Retinopathy, Dr Asim Kumar Sil on Ocular Trauma in Children and Dr Maneesh Singh on Glaucoma.

The programme was moderated by Dr Indranil Deb.



30/10/22- World Sight Day Community Ophthalmology Programme 2022

Report- First Community Ophthalmology Programme 2023

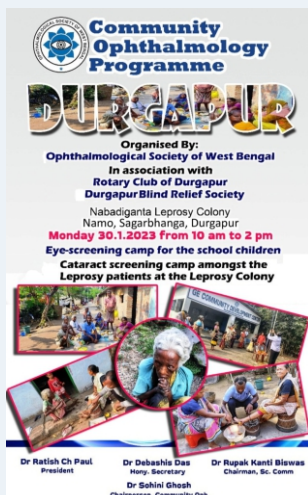
30th January is celebrated as National Leprosy Day in India. To commemorate the death anniversary of the Father of our Nation, Mahatma Gandhi, this year [2023] Ophthalmological Society of West Bengal also acknowledged this day in association with Rotary Club of Durgapur and Durgapur Blind Relief Society. We organised a free eye check-up camp for leprosy patients as well as school children of the leprosy affected families in the leprosy colony, at Namo, Sagarbhangra, Durgapur between 10 am to 2:00 pm on that very day.

The following dignitaries were present to grace the occasion- Mrs Anindita Mukherjee, Mayor, Durgapur, Superintendent of Durgapur sub divisional Hospital; Dr Anita Chatterjee, President Durgapur Ophthalmological Society, Chief of DPL Durgapur; Rotarian Uday Chatterjee, President Rotary Club of Durgapur; Mr Tapas Sarkar, Secretary Durgapur Blind Relief Society; Dr. A. R. Rahman Paediatrician and Past President of IMA, Durgapur; Dr Sarmistha Das, Dermatologist of IMA Durgapur; Mr. Biplab Basuthakur, Past President Rotary Club, Durgapur; Dr R. K. Ghosh, Senior Ophthalmologist of OSWB; Mr Kartik, Secretary the Leprosy Colony; Dr Monoj Hajra, Past President, OSWB and Dr. Sohini Ghosh, Chairperson, Community Ophthalmology, OSWB.

A team of ophthalmologists, optometrists, paediatricians, dermatologists and internal medicine specialists were present at the venue. Initially the patients were screened. Their weight, height and blood pressure was recorded and they were sent to the respective doctors. When the Mayor of Durgapur arrived, a flower homage was given to Mahatma Gandhi, the national flag was hoisted and the national anthem was sung. The dignitaries were felicitated by flower bouquets, presented by the leprosy patients. The welcome address and introductory speech stressing on the importance of eye diseases in different age groups for awareness of the common masses was given by Dr Sohini Ghosh, who represented Ophthalmological Society of West Bengal.

40 new blankets, 250 clothes and sweaters, a few food items, stationery items for 105 children and chocolates were distributed among the leprosy patients and their families. Free medicines were also distributed to the 97 leprosy patients who attended. Health and eye check-up was done for all the school children.

To promote planting of trees, saplings of mango trees were also planted nearby. The programme was covered by journalists in the local news and in the Burdwan page of Anandabazar Patrika. It was the first Community Ophthalmology programme of 2023, organised by OSWB. The response from the people was overwhelming! Our team was given home- grown mushrooms and calendula flower plants by the colony members. Their simple warmth was our finest memento.

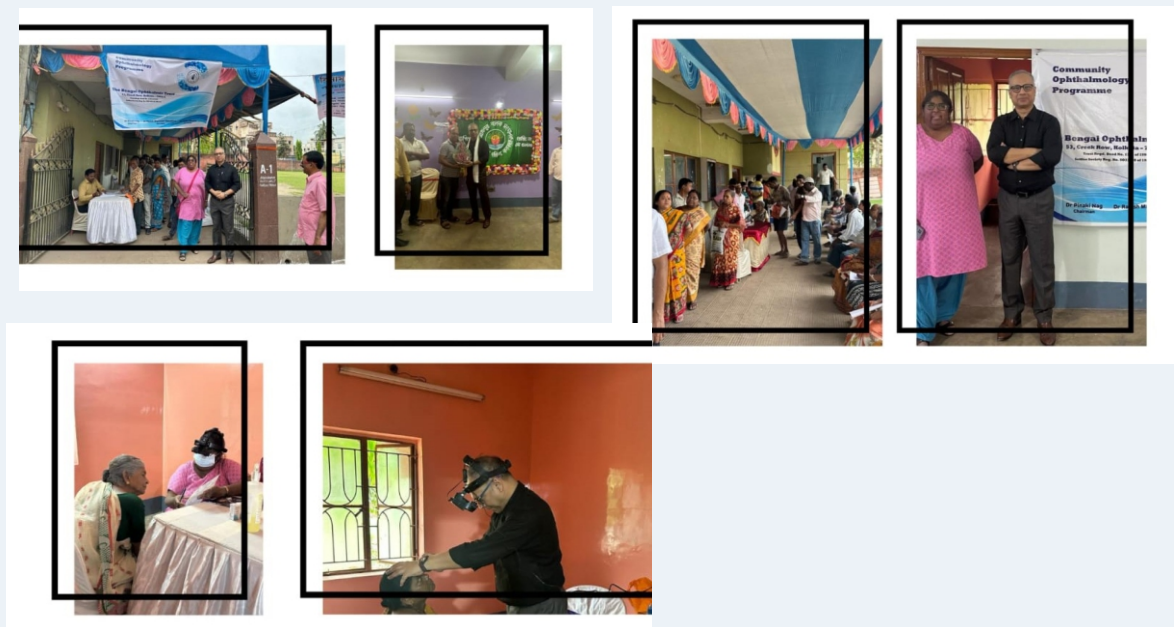




BOT Community Ophthalmology Programme at Brahmapore on 19/03/23

The trustees of The Bengal Ophthalmic Trust had the privilege of organising an eye screening camp for the underprivileged people of the Brahmapur area of Tollygunge, Kolkata on Sunday 19th of March 2023.

We could cater to 175 patients. We provided comprehensive eye check-ups, distributed free spectacles and performed blood pressure and random blood sugar tests for all the attendees. 20 patients were listed for cataract surgery. The camp was a great success.



**OSWB Community Ophthalmology Program, at the dump yard area,
Belgachia, Howrah on 26th March 2023**

Inaugurated by Smt Mukta Arya, DM Howrah.

Total patients 157.

Spectacles 21.

Cataract selection 37, will be operated shortly.

The dumpyard area in Howrah, has around 400 families, with 500 school going children, mostly underprivileged. OSWB took an initiative to reach out to these places where help was needed most. The programme was conducted in association with Don Bosco School, Liluah. The Rector Fr. Davis, Principal Fr. Manoj and Fr. Mathews have been serving the people of this area for almost 10 years. The Mother Teresa Community Centre built by them provided the platform for us to carry out the camp. Our President Dr. Ratish Ch. Paul and Hony. Secretary Dr. Debashis Das, were present at the camp with us and helped us immensely. The camp was inaugurated by the DM of Howrah, Smt. Mukta Arya. The presence of the Fathers of Don Bosco made a lot of difference. 37 patients were selected for surgery and they will be operated soon. The camp went on smoothly. The smiles of the children and the flower bouquets given by them were our greatest return gifts.

Dr. Sohini Ghosh

Chairperson, Community Ophthalmology



First OSWB District Outreach Programme at Asansol

On 25th of February 2023, the OSWB District Outreach Programme kickstarted this year's programmes by conducting its first meeting at Asansol. The program was conducted in the presence of OSWB President Dr RC Paul and Hony. Secretary, Dr Debashis Das and many senior members of the society like Dr Manoj Hazra, Dr Praveen Roy and many more. Under the young and watchful command of Outreach Chairman Dr Shibashish Das, a beautiful evening CME was held with discussions of a wide range of interesting topics. The program was moderated by Dr Anita Chattaraj, coordinated by Dr Priyansha Chatterjee and had a great Ophtha Eva representation amongst speakers and attendees. Post- meeting the future prospective events and topics to be discussed, Ophtha Buzz and many interesting ideas were proposed to the OSWB Organising Committee. The younger evas attending the session showed a very keen interest to join our brigade and expressed how inspired they were with the achievements of women Ophthalmologists in the region. The programme ended with a promise to return with exciting academic sessions in future.

Future events and topics like OphthaBuzz were discussed and proposed to the OSWB Organisation Committee.



Vietnam and Cambodia Diary

-Dr Tapan Das and Dr Susmita Das



In the early years of our life we were used to a very catchy slogan, "tomar nam, amar nam, Vietnam". Then came the news about the bloody Vietnam war and the defeat of the Mighty Americans. I used to wonder how a small and poor country could defeat mighty Uncle Sam. So we decided to visit Vietnam about twelve years ago. At that time, the country was rebuilding itself. There was a scarcity of foreign exchange. So it was mandatory to carry a minimum of one thousand US dollars in cash. They used to check it physically for every inbound tourist.

The country is blessed by numerous rivers, notably the mighty Mekong along with its delta and the Red River.

This time, we decided to visit another two countries connected by the Mekong River - Cambodia and Laos. Cambodia is famous for the Angkor Wat temple, the largest temple complex of the world. It was built by King Suryavarman II during the twelfth century. The structure represented the "Meru Mountain" and the presiding deity was Lord Vishnu. But his son, the next king, became a follower of Lord Buddha so it became a Buddhist Temple. Now the picture has changed completely - Vietnam is progressing rapidly. It is basically an agrarian country. Industry is developing rapidly, as is tourism. Samsung made their biggest overseas factory in Vietnam. Communism and Pagodas are coexisting peacefully now.

Enjoy these photos!



Resting place of Ho Chi Minh



Lying Buddha



Angkor Wat and it's reflection in a lilly pond



Very Old Pagoda



Ha Long Bay



Golden Bridge, Bana Hills



Golden Bridge, Bana Hills



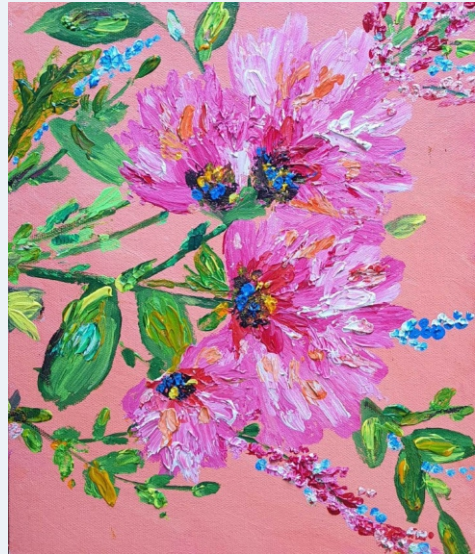
Soup in Coconut



Sleeping Buddha with Pagoda

Acrylic Art

Dr Nazneen Nazm



Acrylic on canvas made
with brush + palette knife





Arunachal Travelogue

Dr Anuradha Chandra

Day - 1 - Kolkata - Guwahati - Bomdila -

Arunachal Pradesh, known to poets and dreamers as the Land of the Dawn-lit Mountains has graced our fantasy destination list since some years! So, this (the EIZOC Midcon in Itanagar, the capital of Arunachal Pradesh) was an opportunity too good to miss! Our reception on arrival at Guwahati, the gateway to the north-eastern part of India, was a traditional Assamese one with the Gamosha. Thus began our breathtaking sojourn into the verdant plains, green mountains and snowcapped peaks that characterizes the state. We crossed the great Brahmaputra River on our way and were lucky enough to enjoy a full course Assamese thali complete with Chitol fish! Very soon after lunch we crossed over to Arunachal and began our ascent into the mountains. We experienced a sharp dip in temperature. Our destination for the first night, Bomdila was a good seven hour journey by bus. So, by the time we reached our hotel, almost everyone was tired and some suffered with motion sickness. A warm dinner and cozy bed were most welcome.

Day - 2 - Bomdila - Tawang -

The next day began with a morning tour to the Bomdila Monastery after which we set off for Tawang, our next point. However, surprises awaited us at the turn of the road (literally) as snow- capped peaks manifested themselves



Sela Pass

in their full glory right in front of our eyes. It was indeed an exhilarating experience to see snow peaks and green mountains together. We stopped for a frugal lunch of Maggi and coffee at an Army canteen on the way. Towards afternoon we reached the Sela Pass located 13,000 feet above sea level. A crisp cool breeze hit us as soon as we got off the bus. It was a

brief but fun filled experience to frolic in the snow. While none were too eager to leave the place, we knew that we had better things in store. We visited the Jaswant Garh War Memorial next. It was built in the memory of rifleman Jaswant Singh who made the supreme sacrifice during the Chinese War in 1962, before thwarting the Chinese army, immensely helping the cause of the Indian Army. Spooky stories of his Aatma still roaming around, suitably garnished by stories of his romantic association with a local lass made an interesting discourse. We reached the picturesque town of Tawang late in the evening. Our hotel, Hotel Yangzom was located downhill on a cliff and could be reached only after a steep descent by our vehicle, which had our hearts pop almost to our mouth! Tired we were but everyone gathered enough energy to assemble in the banquet hall of the hotel for a memorable musical evening.

Day - 3 - Tawang -

We were set to visit the Bumla Pass (the highest point, geographically and by scenic beauty) located 15,400 feet above sea level. As it was not possible for our Tempo Traveller to negotiate the snow laden road, we were split up into groups in smaller cars. The wait for the snow-



Army camp and igloo

ride was short. As we entered the inner line maintained by the Indian Army, our eyes were literally blinded by the glistening snow all around, interspersed only by the sapphire-blue lakes, many of them partially or fully frozen. At regular intervals, the army posts reminded us, however, of the hardships that our jawans take up to secure our borders for our safety. The journey of an hour to the Bumla Pass was a lifetime experience and justifiably we made full use of our phone and camera memories! We reached Bumla Pass and were greeted by a clear blue sky and dazzling sunshine which lifted our spirits. A short walk took us to the advanced check post of the army, where we were lucky to hear about the experiences of the Indian



Bumla Pass Summit



Bumla Pass

snow. With hearts brimming with mirth, we proceeded to our next destination, Madhuri or Shungatser Lake (the popular name after the Bollywood heart-throb did a shoot here for one of her iconic dance numbers) at a height of 12,467 feet. The Army canteen was our savior once again, serving smoking hot Maggi, omlette and coffee even in the freezing cold.



Madhuri Lake

breathhtaking.

Tawang Monastery is more than 400 years old and the second oldest monastery in the world. It is recognized as one of the oldest seats of Tibetan culture. It was indeed a humbling experience to



Tawang Monastery

the Light-N-Sound Show. A story of courage, valour and resilience in the face of adversity

Army in the area from the Commanding Officer patrolling the area. Despite the sunshine and clear weather, it was freezing cold with sub-zero temperature. We were shivering in our jackets, woolen socks and mittens probably more so because everyone had enjoyed their time in the



Clouds at Bumla

It was time to descend as we took the serpentine road through the ice fields back to Tawang. It was warmer here and we visited the Tawang View Point with the Lord Buddha statue and the 104-foot high Indian national flag standing tall amidst the mountains. The view from this point was simply



Panga Teng Tso or PTSO Lake on way to Bumla Pass

stand in front of the giant prayer wheels of this ancient centre of culture and traditional learning. The sun by this time was almost touching the horizon, but we were still not done for the day. We proceeded towards the Tawang War Memorial for

inspired us all as we took the return journey to the hotel sorely tired but satiated to the full. We could see the snow vividly even with our eyes closed and I am sure it will be the same for most of us for many days to come.

Day - 4 - Tawang - Dirang -

The pinnacle of our journey having been completed, we proceeded to descend to Dirang. On the way we visited the famous Nunang Falls also popularly known as Shahrukhh Falls. The way to the falls is a steep path with 140 steps but at the end you are greeted by God's most awesome creation, the hidden gem of these mountains, water cascading from 1000 metres above falling gleefully among the ancient rocks to meet the



Dirang Monastery



Shahrukhh Falls

beautiful mountain river. Among the mountains, this river with water as clear as crystals, waded through our hearts and minds filling them with unparalleled joy and bliss. Our guide had a difficult time persuading us to return to the bus. By this time the tour group had cozied up amongst themselves. We enjoyed a hearty lunch

with local chicken celebrating the marriage anniversary of two of our beloved group members. Special mention of the taste of the spring water that they served, it was deliciously fresh, unlike our packaged drinking water. We reached Dirang, a sleepy mountain town by afternoon. The evening was made special by cake cutting and marriage anniversary celebrations in an open terrace overlooking the great mountains, with the stars as chandeliers, something that the best hotels in metro cities would find hard to match. The nearly full moon and twinkling stars were a sight to behold...

Day - 5 - Dirang - Bhalukpong -

Our destination for the day was Bhalukpong, located in the Assam-Arunachal border. On our way we visited the Tipi Orchid Garden, a comprehensive repository of local flora which was a sight to behold. The variety of orchids were a photographer's delight.... we couldn't stop clicking. The Ashoka tree near the office was overladen with flowers reminding us the

famous sentence “ranga hanshi rashi rashi, ashoke palashe”. We also made good use of the day by savouring several local delicacies.

Day - 6 - Bhalukpong-Itanagar -

Our holiday was reaching its end stages as we set to join the other delegates for the EIZOC Midcon conference in Itanagar. A special mention of the journey from Holongi to Itanagar which has to qualify as one of the most scenic approaches to any capital city of the country.



Orchids at Tipi Orchid Centre

Day - 7 - EIZOC MIDCON, Itanagar -

The conference was a perfect blend of academic excellence, professional management and warm hospitality. We were not deprived of local delicacy here also (this time in the form of home brewn millet wine, something not easily available outside the state). The icing on the cake, however, was the riverside picnic on the last day of the conference with a generous serving of local cuisines cooked under authentic local conditions.

Day-8-

It was time for the final packing of bags and the journey back to Kolkata. With greetings exchanged and promises made of a get- together very soon, we boarded the Kolkata bound flight from the picturesque Dongi Polo Airport, Itanagar. Our week's journey studded with fun, frolic, food and scenic beauty will certainly last in all our collective memories for a very long time to come.

Au revoir Arunachal, we shall meet again...

"Lonthon" by Mr. Apurba Adhikary



Obituaries



Dr Ajoy Paul-

Originally from Silchar, Assam, Dr Ajoy Paul came to practice in Kolkata in 1993 after completing his MBBS and MS.

He was a great clinician, a God gifted surgeon and a superb visionary. He was also a mentor- philosopher- guide to many and one of the most successful Scientific Committee Chairmen.

Lastly he was “The King of Hearts” and a humble human with a heart of gold, a charismatic smile and a magical personality, who left us too soon.

He will be greatly missed by all.



Dr Jayanta Pal- Sent by Dr. Debi Roy, his life partner-

Dr Jayanta Kumar Pal was born in Khulna, Bangladesh and did his schooling from Durgapur. He completed his MBBS from Medical College, Kolkata and MS from Calcutta National Medical College, Kolkata. He started his Ophthalmology practice at Behala, Kolkata and Haldia, Midnapore and was a well- known practitioner. During his college days he played Table Tennis and Carrom but playing Contract Bridge was his passion. He loved music, sang spontaneously and travelled extensively.

He was open hearted and witty and will be missed dearly by his friends.



Dr Chitta Ranjan Paul-

A senior member and successful Ophthalmologist from Bankura. He had a significant contribution to our Society and will always be remembered by the members with great reverence.



Dr. R N Bhowmick- sent by Dr Debasis Dutta (Sr)-

Dr. R. N. Bhowmick was very close to me since I was a student, as junior & senior House Surgeon, Department of Ophthalmology, in 1977 at R. G. Kar Medical, Kolkata. At that time, Ranenda was Resident Surgeon. He

taught me various types of eye surgeries & in 1977 when I became SHS he confidently relied on my skills. He was a perfect gentleman, skilled surgeon, knowledgeable and a very good teacher. May his soul rest in peace!



Dr Tapas Kumar Bhattacharya-

A senior member from Siliguri who was also a flourishing Ophthalmologist. He contributed to our Society substantially and will always be recalled by the members with great reverence.



Dr Tarun Kumar Adhikary-

Dr. Tarun Kumar Adhikary was born in 24 Parganas North. He was a successful and highly skilled Ophthalmologist with over 40 years' experience. He was passionate about his work and took great pride in helping his patients both physically and emotionally- he was both kind- hearted and helpful to all. Dr T. K. Adhikary was attached to Greenview Clinic and Nursing Home. He was also a two time MLA and the former President of the Indian Medical Association. The overall development of Naihati had benefitted from

his advice. He had been suffering from respiratory disease for some time and breathed his last at his own home at 8 AM on Monday 20/03/23.

Ophthalmological Society Of West Bengal

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APPLICATION FORM FOR MEMBERSHIP

Please fill up in BLOCK CAPITALS

All fields must be filled. Please enter N.A. where information is not available

1. Name in full _____
2. Date of birth _____
3. Present Address _____
Pin _____ Phone / Fax _____
4. Permanent Address _____
Pin _____ Phone / Fax _____
5. Office Address _____
Pin _____ Phone / Fax _____
6. Mobile Phone No _____
7. E – Mail id _____
8. AIOS Membership No _____
9. Academic Records

DEGREE	YEAR	INSTITUTION AND CITY
MBBS		
DO / DOMS		
MS / MD		
Others		

10. Medical Registration No _____
11. Type of Membership applied for _____

Signature with date

Proposed by : _____ Seconded by : _____
OSWB Membership No. _____ OSWB Membership No. _____

(Signature with date)

(Signature with date)

IMPORTANT :

1. Please enclose the following with the application form duly filled up :
 - a. Self attested copy of MBBS Certificate
 - b. Self attested copy of Permanent Registration Certificate issued by State Medical Council
 - c. Self attested copy of Post Graduation Qualification Certificate
 - d. Two recent passport sized photographs
2. Intimation for payment of subscription will be sent only after scrutiny of application form. DO NOT send any payment now.

Decision of Executive Committee with comments :