

## Lockdown: Blessings in disguise; Project of AIOS Marathi Consent book

In 2020, we faced the worst pandemic ever, courtesy the coronavirus. There was a strict lockdown in India as well as abroad. All activities came to a standstill. People were even not able to come out of their homes. There was just one aim for everyone, how to protect oneself and survive.

During such tough times All India Ophthalmological Society took a great initiative in translating English Ophthalmic consents in local languages. I was fortunate to get this opportunity to be part of this wonderful project as Convenor (Coordinator). As I was Managing Committee Member AIOS, I decided to accept this challenge.

I was handed over the responsibility to translate English Informed consents in Ophthalmology into Marathi language. It was the need of the hour, because these consents are more effective, from a patient's point of view, if they are available in local languages. Those were almost 300 pages of translation work we would need to do. I looked at it as an opportunity.

We decided not to take help from any professional translators, but do it with the help of our own ophthalmic colleagues, who readily volunteered and were totally focussed, on this project. Few of us met online for 2 to 3 months via Google Meet app every night for one and half hours, after the preliminary work was done by the volunteers. To meet physically was almost impossible. The virtual meets were the only way to interact and was of great help. The responsibility was shared amongst all. To search proper Marathi words for medical terms was a great exercise and we all enjoyed the joy of discovering the beauty of our mother tongue.

After a period of three and half months we could achieve this goal. It was very difficult to do this work in the allotted time. But we are proud to say we achieved it. In India no other State Society could do this adventure, a true mission impossible!

It was a great team effort. All were involved in this mission wholeheartedly. We have tried to give justice to this project which will be useful for the Ophthalmic fraternity for the years to come. We are sure it will be beneficial to all our members. As it so happens our members have been using these consents on a large scale.

Our Team for this project was of following : Dr Prakash Marathe, Dr Mandar Paranjpe, Dr Vaijayanti Gadre, Dr Santosh Bhide, Dr Geetanjali Sharma, Dr Tejaswini Walimbe, Dr Varada Gokhale, Dr Rajesh Joshi, Dr Tejaswini Valhavankar, Dr Suvarna Balankhe, Dr Amar Bhaskare, Dr Anand Pangarkar, Dr Varsha Rahatekar.

We were helped by Dr Gopal Arora, Dr Udayan Dixit, Dr Aratee Palsule, Dr Shrikant Joshi, Dr Parikshit Gogate, Dr Vardhaman Kankariya, Dr Swapnil Bhalekar.

I am overwhelmed by their help for this dream project. I am thankful to them from the bottom of my heart.

These consents are made available online via our website [www.moseye.org](http://www.moseye.org) . We soon will have a hard copy of these consents available as well.



**Dr Prakash Marathe**

Coordinator, Marathi Consent Book, AIOS  
Past President, MOS, IMA Pune, POS

# PG Training and MOS guidelines - A new beginning

As doctors and as a specialist, we need to be trained comprehensively and thoroughly. This requires a strong academic protocol during our undergraduate and postgraduate courses. Residency training is a hard but exciting time giving an opportunity to learn new skills. Residency is also about the excitement of making new friends who share your trials and tribulations during training and sometimes few go on to become lifetime soulmates and with some interesting '*aankhon aankhon me kisse*' too.

MOS has always been a lighthouse for academic activities. We conduct many training programs through the years like SSTC CME, etc independently and during our annual state conferences much like that of AIOC . During the pandemic webinars have become an important tool of learning. However MOS decided that it is just not enough to hold academic meetings. We are perhaps one of the first state societies to initiate a proposal for a uniform, common postgraduate training course to be implemented in all PG teaching institutes. The aim was to give the same opportunity to learn all the necessary skill sets, irrespective of where the student is doing post graduation in the state.

Senior faculties from medical colleges (both government and private) affiliated under the Maharashtra University of Health Sciences (MUHS) which is the apex body for medical education in our state, came together to formulate guidelines for a standardized post graduate training course. As it stands, there are different schedules in various departments of various institutes, hence there was an urgent need to bring uniformity in the postgraduate teaching curriculum. Padmashree Professor Dr T P Lahane, Associate Professor Dr Parikshit Gogate, Immediate past president, MOS and Professor Dr Rajesh Joshi, Professor & Head, GMC, Nagpur and Hon. Secretary, MOS were instrumental in collaborating with a team of 72 teachers from across the state. They formed various sub committees to deal with the following headings of a postgraduate curriculum.

## 1. Investigations must for the residents

1. Slit-lamp examination with its various ways
2. Fundus evaluation
3. Basic Investigations like Tonometry, Gonioscopy, Tear / lacrimal function tests, Cornea related test, Colour vision evaluation, Refraction, Diagnosis and assessment of squint, Exophthalmometry, Contact lenses, Low-vision aids

The resident must be well versed with the following investigative modalities although he/she may or may not perform it himself/herself. However, he/she should be able to interpret the following tests:

1. Fundus photography
2. Fluorescein angiography
3. Ophthalmic ultrasound A-scan/B-scan
4. Automated perimetry for glaucoma and neurological lesions
5. Radiological tests
4. Optical coherence tomography (OCT) and ultrasound biomicroscopy (If available)
5. Electroretinogram, electrooculogram, and visual-evoked potential (If available)

# PG Training and MOS guidelines - A new beginning

## 2. Research and thesis

1. Need for research methodology workshop before thesis work begins
2. Thesis topics to be discussed in the department before finalizing.
3. Teachers should finalize the topics.
4. Students should present their thesis in conferences.
5. Journal club's fortnightly / monthly are a must.
6. Thesis reviews are a must for progress.
7. Residents must be taught about PUBMED search.

## 3. Ethics, Communication Skills, Medicolegal, Stress and Finance Management skills

1. Induction workshop which includes-
2. Ethics education
3. Proper documentation (history taking, consents, pre and post-operative notes, writing death certificate DC)
4. Mentor system for stress relief
5. Vipassana, yoga, psychiatric assistance.
6. Clean scrubs, soft skills training is also mandatory to avoid the assaults

## 4. Community

1. Importance of camp activity
2. Importance of various activities conducted in camps
3. Training should include vision recording and quick screening
4. Importance of timely referral of the patients to tertiary eye hospital
5. School health screening

Special emphasis was laid on the importance of proper documentation of patient data, in OPD or surgical notes (which will go a long way in saving us from unnecessary litigation) There was also special emphasis on soft skill development, as well as on managing one's own physical and mental well being. It was proposed to have facilities for yoga, meditation and counseling for postgraduates in their campus. Their writing is an important aspect of residency. The National Medical Council (NMC) has made the BCBR or Basic course in biomedical research, mandatory for students and teachers alike. This will help in conducting good quality research, ultimately leading to publication of this work in peer reviewed journals. All in all, we teachers and students are equally obliged and thankful for these valid inputs made to MUHS and setting up high standards for all the institutes in terms of good academics and holistic growth of the postgraduate students.

MOS is known for pioneering work in many areas. This initiative is a prime example of that. We hope these guidelines will be a beacon for all post graduate courses in the state and our country as well.



**Dr Vaishali Une**

Associate Professor & Head, Dept of Ophthalmology  
Government Medical College, Dhule, Maharashtra  
President, Aurangabad Ophthalmological Association, 2020-22

# From the Trenches of Clinical Research

In today's clinical practice, where the stakes are high, and every clinical decision counts, evidence-based medicine plays a vital role in planning the apt management strategy. For instance, the reason for prescribing topical natamycin instead of topical voriconazole in cases of fungal keratitis due to the *Fusarium* species is based on the research conducted under the Mycotic Ulcer Treat Trials. Thus clinical research is the foundation upon which present and future evidence-based medical practice will be based.

Research essentially consists of defining the problem statement, formulating appropriate scientific questions, and designing studies to seek relevant answers. Although describing the entire gamut of research methodology is beyond the scope of this article, broadly, research may be qualitative or quantitative. Qualitative research is used to understand people's behaviors, attitudes, and values. Qualitative approaches include focus groups, in-depth or semistructured interviews, observations, or document analysis. In contrast, quantitative research is the process of collecting and analyzing numerical data. It can be used to find patterns and averages, make predictions, test causal relationships, and generalize results to broader populations. Furthermore, study designs could be observational or interventional, prospective or retrospective, cross-sectional or longitudinal. The type of study design employed depends on many variables, including the aims and objectives of a study, the resources available, attrition rate, etc. Good knowledge of research methodology can enable a clinician to perform meaningful documentation of anecdotal evidence, which the scientific community can then verify to develop effective medical protocols and strategies. Many of the complex medical information, techniques, and products available today, be it the use of antibiotics, advances in genomics and proteomics, or the modern intraocular lenses, are the result of the initial keen observation and persevering scientific documentation by brilliant medical workers. Today, it's the era of clinician-scientists who are medical professionals who devote regular components of their professional effort to seeking new knowledge about health, disease, or delivery of patient care through research. They can be supported by research institutes that can provide adequate systems and infrastructure for enhancing the quality of research. Hence, an effort should be made to encourage collaboration between the health workers and well-equipped research centers in the community to advance scientific knowledge and spread it beyond academia.



**Dr Kuldeep Dole,**  
Medical Director,  
H V Desai Eye Hospital, Pune



**Maj Rakesh Shetty,**  
Fellow, Comprehensive Ophthalmology,  
H V Desai Eye Hospital, Pune

# Interview with Dr Suhas Sarwade, an Ophthalmologist-Artists.

**Introduction:** Painting is one of the most challenging and difficult art forms. Portrait painting and real life wildlife painting is even more challenging. MOS is proud to have an accomplished Ophthalmologist-Artists as our member, Dr Suhas Sarwade. He is currently serving as Professor and HOD, Dept.of Ophthalmology, Dr.V.M.Government Medical College, Solapur, Maharashtra. We present an interview with this fantastic artist, taken on the sidelines of his painting exhibition at Jehangir Art Gallery, Mumbai, discussing his journey as a painter/photographer. The three beautiful paintings on the cover page are his creation.

**Q. When was the first time you remember, you liked painting and realized you were good at it?**

A. Since childhood I have been interested in drawing and painting. My earliest memories about my painting date from early 3rd standard. I had drawn a sparrow which everyone liked. My father always encouraged my painting efforts and in school. I excelled in it.

**Q. Did you take any formal training from any professional institute or professional artists?**

A. I didn't take any formal training from any professional institute or a person. My father himself was a good artist and he guided me in early stages. Later I acquired very good books on painting and drawing which greatly helped me in my development as an artist. I am still learning the craft of painting.

**Q. You seem to have a great liking for portrait and wildlife art. Did you consciously pursue this?**

A. I personally like painting portraits and still life. It's quite challenging to make a person come alive on canvas. I had a good book on painting portraits which emphasized the importance of painting eyes and correct skin tones in order to bring liveliness in a portrait. That has helped me a lot in painting portraits. Also I have had a hobby of photography since childhood, later I focused on photographing wildlife. I started enjoying painting wild animals and birds. Gradually I decided to paint exclusively wildlife.

**Q. Is there any particular school of art/painting you follow?**

A. My painting is of representational style. I like to paint realistically.

**Q. How do you choose your subjects?**

A. Paintable subjects are everywhere. For that matter an elderly gentleman who is coming to opd is a great subject. His face speaks volumes about his life. Also the beautiful raking light illuminating the everyday objects inspires me to paint. Nature is a great teacher and inspiration to me.

**Q. Do you have any favorite medium-oil/watercolor and why?**

A. I like each and every medium, but watercolor is my favorite medium. The spontaneity and freshness of watercolor can not be equaled. Also it's one of the difficult mediums to master.

**Q. Nurturing a hobby and achieving such high caliber, in spite of being a professional is quite rare. How do you balance both, your profession & your hobby?**

A. To pursue a hobby demands patience and perseverance. Time is an important factor. After graduation I purposely selected Ophthalmology for post graduation and being a full time teacher gives me some flexibility regarding time. I do most of my painting on Saturdays and Sundays. I value holidays very much and try to give time to painting and photography which is my other passion.



**Q. Do you feel, being an artist, has helped you in becoming a good eye surgeon or vice versa, given that both need fine lumbrical skills?**

A. As all must agree, ophthalmic surgery is an art in itself. Being an artist has definitely helped me in becoming a better surgeon. Fine dexterity is essential for both.

**Q. Any quick tips for wannabe (amateur) artists amongst us?**

A. Those who aspire to become good artists or want to pursue art, my advice would be to learn to become a good observer. For painting you need to observe the shape, form and color of the subject correctly. And most important is don't take your art and yourself seriously, enjoy the journey!

# Body Achieves What the Mind Believes

If you wait for ideal conditions, you will never get anything. The driving force for it is the "Desire". The most vital thing in life and the same for fitness regime is the Balance and Moderation.

MOS -Health is Wealth is an initiative taken up by our enthusiastic and evergreen President Dr. Jignesh Taswala. More than 200 members have enrolled for this and still many more are joining. We have included activities like Walking, Running, Trekking & Cycling. For each such activity, points are given. This is not a competitive activity as such but the main motive is to promote and encourage members to remain physically and mentally fit.

Early morning is the best period to do fitness activities as the mind is calmer and the attention and focus is very clear. Also we are not distracted by any of our regular, routine activities.

Make most of every hour in a day. Try to avoid use of social media and take some time out from our busy schedules for your ME TIME. Exercise daily for at least an hour. Excuse is just a sidelining factor of our laziness. Therefore make physical activity a daily routine of your life.

Customize your fitness activities to suit your personality and physical capabilities. Avoid injuries and dangers of overtraining. Achieve the mental edge you need to work out further and faster.

The pains that you go through while accomplishing your goal is short lived. The satisfying feeling after achieving your goal is impeccable and lives with you lifelong. These are the thoughts I have whenever I decide to take part in any event.



Finally, fitness is not a destination but it is a pathway to a fulfilling and enriching life. So Smile and make every physical activity which is consciously done, be fun.

You don't have to be extreme, just consistent. Be Yourself

Stay Fit Stay Healthy.

**Dr Baban Dolas,**

Ophthalmologist & Endurance Cyclist.

Past Secretary, MOS

# Maharashtra Ophthalmological Society creates history. A unique public awareness initiative

## **Glaucoma awareness campaign**

Maharashtra Ophthalmological Society, created history by becoming the First State in the country to organize the Glaucoma Awareness rally in all its districts and Taluka places of Maharashtra on SAME DAY SAME TIME as a part of its community initiative led by its President Dr Gopal Arora in the year 2019.

The rally was to spread awareness about Glaucoma, the 3<sup>rd</sup> leading cause of blindness in the world. 6 crore people are affected by Glaucoma worldwide and India has one fifth of them. Glaucoma is a silent thief of sight and leads to irreversible blindness. 90 percent of patients in an Indian survey were unaware of their condition which justifies the importance of making people aware of this vision threatening disease. In the city of Nagpur, the rally was flagged off by the Hon. Mayor Mrs Nanda Jichkar and Dr Milind Mane, MLA.. Hon. Mayor appreciated the efforts of MOS in creating public awareness about this vision threatening disease and expressed that it should be taken to a national level. It witnessed large participation by Eye surgeons, I. M. A. members, Rotarians and many medical Institutions of the city. Best placards, best slogan, and best team participation awards were given to various institutions and social organizations like Swami Vivekanand Mission Khapri, IGGMC, NKP Salve Institute of Medical Sciences, Suraj Eye Institute and Madhav Netralya. IMA, Rotary District 3030, JCI, Lions and Mure memorial hospital participated with great enthusiasm.

Besides the rally, Glaucoma awareness lectures for lay person, free Glaucoma detection camps, Radio and TV Shows, and Skits were also organized during this week. The MOS Led by its then President, Dr Gopal Arora Dr Anand Pangarkar, Secretary and Dr Rafat Khan, Treasurer, Vidarbha Ophthalmological Society led by its then President, Dr Rajesh Joshi and Ophthalmological Society Of Nagpur led by its then President, Dr Varsha Rahatekar, and Secretary Dr Rishi Mayee, Dr Viral Shah, all worked diligently for-the success of the programme.

Dr Arora informed that 36 districts of Maharashtra witnessed similar rallies at same time, thereby creating awareness of this potentially blinding disease across the length and breadth of the state. All district Ophthalmic Societies of Maharashtra and members enthusiastically participated in the rally's across the state and which was to be a huge success, for a public awareness campaign.

## **Eye Donation Awareness Programme.**

A Unique Launch of Eye Donation awareness Programme of Maharashtra Ophthalmological Society was launched through a unique programme in Nagpur in the year 2018 at the hands of then Energy Minister, Govt of Maharashtra, Mr. Chandrashekhar Bawankule, who joined a mass pledge to donate eyes, released a sticker "*Mai bhi karunga Netradan*", joined the religious leaders of all the faiths, in exhorting people to help the cause of Eye Donation.

A Film on Eye donation, in which all roles were played by Ophthalmologists, for circulation amongst masses was released on the occasion. The film found a viewership of more than 10 lakhs, online. The then President Dr. Gopal Arora, Secy. Dr. Anand Pangarkar and Treasurer Dr. Rafat Khan, worked hard for the project as well as in the film.

MOS has always carved its place amongst all state societies in the country. This is one more prime example of a unique initiative of our society.



**Dr Anand Pangarkar,**

Past Secretary, MOS, 2018-19

# Cultural fest of MOS - An opportunity to showcase your talent



In this era of stress and strain, specially for us medicos, we need to unwind ourselves. MOS has always taken great initiatives regarding this approach. We have many sports/health related activities. My personal way to let go is to dance. There have been zonal cultural events and I am amazed at the talent shown by our colleagues which, I am not exaggerating, is at par with professional singers, dancers, instrument playing, mimicry and other such talent..... carnival.....

Our life sometimes becomes monotonous and we find ourselves chained to a very dull and dreary routine. One craves for change, for a variety and for a diversion from the soul-killing work and competition. A cultural function provides this much desired change and adds to the flavor and spice to life and makes it worth enjoying.

MOS had made a special committee to organize such events in various zones of Maharashtra, wherein the enthusiastic Ophthalmologist friends participated in singing solo songs, group songs, solo and duet dances, one act plays. One such program in Aurangabad showcased solo songs, group songs and dances captivated the audience. This gave the boost to the non participants, who were excited to perform in the upcoming events. We thank MOS for regularly organising such activities for its members and their families. I would urge all members to participate or encourage others to be part of these events in your respective zones in future. Finally I would like to end with these lines



*Fun and frolic  
Games galore  
It's time to enjoy  
Ye dil maange more !*

**Dr Nayana Potdar**  
Past Zonal Member (Mumbai, MOS)  
Professor & Head, Department of Ophthalmology, TNMC, Mumbai

# Legends of Cover Portraits



## 1. Old lady with glasses

Watercolor on handmade paper

This is a portrait of a grandmother who is a relative of mine.

I had taken a black and white photo of her.

I liked her expressions , the way she looked through her thick glasses.

At a much later date I did this portrait in watercolor.



## 2. Luscus

As a professor in a government medical college

I have to issue handicapped certificates.

This person came asking for one.

He had a cataract in the other eye which I operated with happy results.



## 3. Lady with cataract

This lady came for cataract operation. I was impressed with her *irkali saree* and *choli*.

I clicked a few photos. Later when I painted her portrait initially

I didn't want to show her cataract as it's a cosmetic blemish.

Later on my wife suggested that you should paint her as she has it, so I decided to show the cataract .

## Maharashtra Ophthalmological Society Office Bearers

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