

Interview with expert

Dr. S. Natarajan

Chairman and Managing Director

Aditya Jyot Eye Hospital Pvt.Ltd.



Some people are so well known in their fields that writing an introduction for them would be sacrilege! Dr. Natarajan is one such ophthalmic luminary whose world renowned stature doesn't need an introduction. He has stood out remarkably and young ophthalmologists will surely benefit from his words. Dr. Sonal Kalia, Assistant Professor Ophthalmology, SMS Medical College, Jaipur & YO Editorial Board member feels very lucky to have had the opportunity to have interviewed Dr.Natarajan & share it with YO times readers.By benefitting the poor and restoring sight for needy dr Natarajan's work is known not just to ophthalmic fraternity but to public also. His awards are too numerous to recount here and it would suffice to remind that he has received not just national & local awards but he has brought INDIA to international forefront in ophthalmology with his dedication. His appreciation comes not just from ophthalmic community but it stems from other platforms because of the lives he has changed. His effervescent presence is seen in most notable conferences and he has brought IJO to great heights. Reading his interview will share his journey and profound wisdom.

Sir, Please share what drives your enthusiastic spirit in ophthalmology - be it IJO writing & editing, surgery, screening for retinal problems or your effervescent conference presence- you manage it all with aplomb and we would like to know your secret !

I grew up in the government ophthalmic hospital quarters Egmore, Chennai in 1957-1969, which was a treasure trove of knowledge and a fantastic learning experience. I had the opportunity to learn from very knowledgeable people including my grandfather, **Dr .S. Nataraja Pillai** and my father, **Dr. N.S.Sundaram**. I was born with a passion for ophthalmology and went on to continue the proud family tradition as a third generation ophthalmologist. *Dr J.E. Abraham, my father's unit Chief* for teaching me about the eye parts - my first lessons in ophthalmology.

My father encouraged me to be a volunteer for writing operation notes, shift patients and assist them during a number of free eye camps. It was a matter of great pride for me, he ordered me to put eye drops for the OT patients whilst maintaining absolute hygiene and cleanliness, since 1969, when we shifted to T. Nagar, Chennai.

My father saw that I was introvert and inhabited. He encouraged me to participate in most of the school competitions – elocution, debate and sports and in the All India Radio program dramas meant for children by Radio Anna, Koothapiran. I was proud to be paid Rs.10 on behalf of the President of India. I learnt how to speak extempore since no recording facility was available in those days.

After school hours my father sent me to learn typewriting and shorthand and Hindi in 1970. He allowed me to join the UNESCO Club and as Vice President in MCCHS, I organized a UN Mock session; I was part of arranging International doll exhibition, during my school days and medical exhibitions during MMC days.

I am inspired by Swami Vivekananda. ***“Arise, Aware, Stop not until you achieve your goal”*** is my motto in life. Since 1965, Mr.V.G.Panneerdas brothers were our family friends, who established the VGP Group, advised me to make my dreams my passion. He worked hard with one meal a day and it is his dream to make VGP known in Tamil Nadu. He advised me, “Before you go to bed, think about what do you want and work for it”. Since my grandfather and father were leading ophthalmologists in India, I started my journey towards becoming an excellent and world renowned ophthalmologist.

In 1977,when I was **MMC Student General Secretary**, Swamy Chinmayananda during a lecture at Madras Medical College said, ***“We should give maximum happiness to maximum number of people and maximum number of times”***. I was deeply inspired by these words. As a medical college student, I participated in various social activities. I undertook research work and presented a paper in 1982 titled “Effect of IV Frusemide on heart studied by Echozodiagrpah” with **Late Dr. Lalitha Kameswaran**. I also presented a paper on Gyneacology, CMC Vellore at the Siler Jubilee of OBS & GO by FOGSI in 1981.

Active participation in several conferences at MMC gave me knowledge and above all helped me realize the secret of life - *“Enjoy whatever you do”*.

Ophthalmology with its learning curves is very daunting for most beginners in the field. Yet you became an achiever in eye surgery from a young age and received many prestigious awards. How does it feel to have crossed these milestones ? How far do you credit your father and background for your positivity and success ? Now as you celebrate your centre Aditya Jyot's silver jubilee please share your proud moments in last 25 years with young ophthalmologists.

During my childhood, I had the opportunity to observe a number of eye surgeries; I tried to analyze each patient and learn from each surgery. My dad took me to a number of ophthalmology conferences to get diversified knowledge. The availability of only one microscope at the Govt. Hospital made it a difficult proposition for me though I was permitted to perform surgery. My father's kind gesture of procuring a Juggi microscope in 1982 helped me practice surgery at home on enucleated eye balls.

I value my experience at Sankara Nethralaya (SN) in Chennai. It was my Gurukulam. During my VR fellowship under **Dr.S.S. Badrinath**, I assisted him in complicated VR surgeries and performed surgeries independently too. I also learnt the importance of hard work, honesty and sincerity and viewed every patient as God. I was the youngest consultant in SN at that time.

While doing PG, I have done different kinds of operations. I learnt the art of science and surgery. I will not fear or shy away from anything. I never shy away from difficult cases. I always cleared my doubts with Chief. I also learnt OT staff work. I speak to youngsters, share my experiences, put a problem before them and ask them for a solution. If their idea is good, I put it into practice.

In 1990 I spoke in International Ophthalmic Conference at Singapore and met Dr. Arthur Lim. He arranged for a meeting with the President of Singapore.

Aditya Jyot was the first to get BIOM- Binocular Indirect Ophthalmomicroscope. A NON CONTACT wide angle observation system was introduced First in Asia & U.S.A. Knowing this, Prof. Arthur Kim was impressed. He took me as a Council Member with him in APACRS – Asia Pacific Association of Cataract & Refractive Surgeons. Now I am Editor of EYE WORLD – Indian Edition. During overseas conferences, I had the guts to show what Indian Ophthalmologists are doing and surprised them. I came to know about Dr. Relja Zivojnovic from Antwerp through my Mentor Dr. S. S. Badrinath in early 1987. I __

was part of the First Retina Course in Sankara Nethralaya with Dr. S. S. Badrinath & Dr. M. M. Kini in 1985. Later I assisted Dr. Kenji O Shima, Dr. I Natomi & Dr. Akiro Yomonaka in 1986 during their workshop on Silicon Oil.

In Dec 1987, Dr. Relja Zivojnovic came to Madras & observed surgeries performed by me, Dr. Lingam Gopal & Dr. S. S. Badrinath. He and Dr. S. S. Badrinath commented I have golden fingers for Surgery. I communicated with him constantly. Bombay Hospital promised me whatever Dr. Relja Zivojnovic has in his OT along with IKEGAMI Cornea they will install. Since they did not give instruments as promised, Aditya Jyot was born in July 1990 at Dadar T. T. Mumbai. I attended first PFCL meeting in Malberg organized by Prof. Peter Knoll. I visited Antwerp often to spend lot of time with Dr. Relja Zivojnovic. During this PFCL meet Dr. Zivojnovic introduced me to Prof. Peter Knoll, Claes Eckhardt, Stanley Chang, Klous Heiman and number of Stalwarts.

I was invited faculty for Advanced Vitreo Retinal course organized by Dr. Zivojnovic since 1991. I was the only Indian invited again & again till he retired in 1996. I requested Dr. Zivojnovic and he organized the Faculty of 1st IAVRSC in 1993. His Faculty from his course in Antwerp, all of them came Stanley Chang, Borja Corcostegui, to name a few. Later Brook McCuen, Eugene De Juan, Gary Abram, Dean Elliot IAVRSC list – Here.

FIRST IAVRSC

Dr. S. Natarajan organised the prestigious First International Advanced Vitreoretinal Surgery Course - (IAVRSC) from 19-21 October 1993 at Y.B. Chavan Auditorium, Nariman Point, Bombay,

SECOND IAVRSC

The SECOND INTERNATIONAL ADVANCED VITREO RETINAL SURGERY COURSE (2nd IAVRSC) was organised from 17-19 November, 1995 at Y. B. Chavan Auditorium, Nariman Point

THIRD IAVRSC

The THIRD INTERNATIONAL ADVANCED VITREO RETINAL SURGERY COURSE (3rd IAVRSC) was organised from 21st to 23rd November, 1997 at Nehru Science Centre, Worli, Mumbai.

FOURTH IAVRSC

The 4th International Advanced Vitreoretinal Surgery Course (IAVRSC) along with XIX Maharashtra Ophthalmological Society Annual Conference was organised at Nehru Centre, Worli, Mumbai from 8th to 10th October, 1999.

FIFTH IAVRSC

Organised the 5th International Advanced Vitreo Retinal Surgery Course from 20-22 July 2001 at The Orchid Hotel, Mumbai.

SIXTH IAVRSC

6TH INTERNATIONAL ADVANCED VITREO RETINAL SURGERY COURSE (6th IAVRSC) was held at Hotel Le MERIDIAN, Chennai, India on 24, 25 and 26 July 2003 along with the SILVER JUBILEE CELEBRATIONS OF SANKARA NETHRALAYA.

EIGHTH IAVRSC

The 8th International Advanced Vitreo Retinal Surgery Course (8th IAVRSC) was held at the Tun Hussein National Eye Hospital, Kuala Lumpur, Malaysia from 11th to 13th January 2008. For the first time IAVRSC was held outside India.

Started Eye hospital in Dadar from 1990 we had shifted to Wadala in a three floored building which is the biggest eye hospital then & one of its kind was inaugurated by Chief Minister of Maharashtra MR. Sushil Kumar Shinde (Then CM) along with famous actress in Bollywood Aishwarya Rai.

One of my memorable days was when DR. A. P. J. Abdul Kalam President of India Visited Aditya Jyot eye hospital in 2005 and from then my association with Dr. A.P.J. Kalam had started who is by far the greatest man in India for me.

In 2010, when we completed 21 years we made a special cover for Aditya Jyot by Indian Posts.

In 2015, Silver jubilee year we organized Celebration Retina Celebration life Conference 2015, an International Retina Congress to give attribute to "Three Doyens in Retina in India"

Dr S. S. Badrinath

Dr P. Namperumalsamy

Dr Pran Nagpal

Who are reaching a milestone in their lives, the Platinum Jubilee 75 yrs of their dedicated devoted life to teach and train New generations of Retinologists in this subcontinent.

As a Guru Shishya Parampara (Teacher Taught Reverence) We the students of such Luminant Stars in the world of retina have collectively joined hands to
"CELEBRATE RETINA CELEBRATE LIFE "

"Celebration Retina Celebration Life" held from May 15-17, 2015 at Sahara Star Hotel, Mumbai, India

On seeing my success in VR, a number of young ophthalmologists became Retina surgeons. In Aditya Jyot Eye Hospital we started the Fellowship in Vitreo Retina Surgery (From 1991- till date)I have trained more than 65 fellows (National & International) for last 25 years and still doing the same, this more than an achievement for me. I always compete for awards, Effort never fails. Awards are great boosters for any one, but the real satisfaction for me is the patient's vision. I never think of anything as being impossible and strive to do what catches my interest. It is our perception that matters and an obstacle can be an opportunity in disguise. However, more than any

award or recognition, *the happiness that I feel when a patient's vision is restored is the greatest joy I have* and what I value the most.

Why did you choose retina as your super specialty ? Share your pearls of wisdom for residents who look at retina as a challenge and also your advice for students who want to carve their niche in the world of retina specialists

My interest in micro surgery was sparked off after I attended a workshop by Dr. Madan Mohan at Cochin AIOS Conference in 1984. During my PG in late Prof. C.P.Gupta's unit, Dr. Daljit Singh demonstrated iris claw IOL & steel sutures providentially, I was permitted to assist him. I also heard a lecture by Dr.C.S. Reshmi at the same AIOS Conference. I learnt about the intricate triple procedure from him (ECCE, penetrating keratoplasty, IOL). I wanted to be a Micro Cornea surgeon. I joined Dr.S.S.Badrinath after my examination in 1984 and initially everybody commented that vitreo retina was very difficult with no benefit to patients. But I learnt a lot from Dr.S.S.Badrinath and started learning new surgeries and technology. I am happy when I hear youngsters say, " I want to become like Dr.S. Natarajan". My first salary was Rs. 1500/- and when I became a VR surgeon, I got Rs.4000. After moving to Mumbai, my salary increased from four digits to 5 digits!!

Dr. M.S. Prashanth from Bangalore was my first Fellow. I started giving training and whatever I know, I teach youngsters. I wish to train 100 fellows in the nuances of VR surgery. I have written on Surgeries and more, on how to become a good surgeon for the benefit of youngsters.

My advise to youngsters is to keep working to gain experience; always look at Best surgeons, visit them and update your knowledge and skills. Doing VR surgery is like working on a treadmill – constant move is a must and skill sharpening is essential! They have to keep the end as the FIRST! Learn the lessons from the Best surgeries. My mentor Dr.SSB always says, " Be a lion at heart and let your hands move like a Bharatha Natyam dancer"

Please enlighten our young readers about your extensive screening work for diabetic retinopathy - your achievements may be well known - but please do share the challenges you faced on this path and how you overcame them to achieve great results

I wanted to be better than the others. Along the lines of Cataract camps, we have launched Diabetic Retinopathy camps across the length and breadth of Mumbai and adjoining areas. My intention is that no one should go blind due to lack of awareness or access to quality eye care services. I am lucky to have inspired a team of doctors, optometrists and health workers, who are doing a door to door awareness and screening program for Diabetic blindness in the slums of Mumbai. We have been awarded the Spirit of Humanity award recently for our work by an American NGO. In the Leadership Development Program of the AIOS I have insisted that we do DR Projects for the benefit of the general public.

Aditya Jyot Vision in Research ophthalmology, the Research & Development unit of AJFTLE is carrying out a major Diabetic Retinopathy project in the slums of Mumbai and has undertaken epidemiological survey of diseases such as Diabetic Retinopathy and associated conditions and associated risk factors such as hyperlipidemia, hyperglycemia, hypertension, alcohol consumption. etc. It is also undertaking studies on age related eye diseases & pediatric eye diseases.

I am proud to let you know that the impact of our Diabetic Retinopathy great Chairman project has resulted in our work being acclaimed by World Diabetic Foundation as one of the top five projects of Diabetes care in the world.

AJDRUMS publication details: [Ophthalmic Epidemiol.](#) 2014 Feb;21(1):51-60

Aditya Jyot Foundation has Mobile Van for Early intervention in Diabetic Retinopathy, First Van in Maharashtra which was inaugurated Dr. A.P.J. Kalam (then President) in 2012 this Mobile van inside equipped with Van Laser, Zeiss, Auto refraction etc.

We had conducted multiple camps all over Mumbai including remote areas of Mumbai , Thane and Kalyan. We have already visited over 1,70,000 households across seven wards in Mumbai to raise awareness.

Overall 9 Lac people are Enumerated .

60,000 diabetics were screened with FBS, Height Weight, BMI done.

More than 20,000 people screened at screening camps every year
over 58,000 children screened since 2006

Over 47,000 adults screened for cataracts, diabetic retinopathy etc

About 4,000 free cataract surgeries performed as well as countless more low cost surgeries.

We are having two satellite Clinics in Dharavi & One in Mulund

Now Collaboration with NGO's all over India

We had introduced a portable non-mydratic fundus Imaging Camera On Two Wheeler- A novel Technique for Community level ophthalmic screening. This Bike is First in the WORLD with imaging camera

We are evaluating most Economic Way to screen Diabetic Retinopathy.

1. Urban Slums Clinic – IO
2. Mobile Van
3. Motor Bike
4. Door to Door with Optometry
5. Door to Door I-phone Mobile

We are working with TISS to make a policy to submit to PM Narendra Mody.

To advance the development of ophthalmic image interpretation and its role in advancing the understanding of treatments for preventing blindness through collaborative clinical research we are planning to start Aditya Jyot Foundation for Twinkling Little Eyes Reading Center first of its kind in Mumbai or I can say in India.

The primary function of a Reading Center is to evaluate and interpret (read or grade) the Fundus Photographs, Fluorescein Angiograms in a standardized unbiased manner and provide verifiable results.

A centralized reading center would help these researchers to perform quality research - Lack of ocular epidemiology studies in various states, Minimize variations in clinical diagnosis, More quality data would emerge from Asia-Pacific region, Center to gain knowledge.

Also, recently we have initiated collaborative research work with USA - compare the quality and diagnostic accuracy of mydriatic i-phone based fundus photography to conventional fundus photography for Diabetic Retinopathy screening in the community

Share the most memorable award you have received to date and what makes it so special a memory for you?

The Padma Shri is a dream for everyone. Yes, it is for me too. Receiving the Padma Shri award from the President of India was very memorable and something I will cherish all my life. The honour is not for me personally, but for the charitable work we are doing and for VR Surgery. My mentor and well wisher, Dr. SS Badrinath himself saluted me!!

Please tell us a little about your family Sir and tell us how do you balance patients, teaching, research and conferences with family life ?

I work a lot. I have dedicated my life for eye care and patients. My family is a great support to me, I am the third generation Ophthalmologist, wanted my children to be a ophthalmologist, my son Aditya Natarajan is a Game Developer in Apple IOS & daughter Aditi Natarajan is pursuing MBA from Welingkar Institute of Management studies (Mumbai) & also working in Optimum Educators Private Limited. My well wisher and friend Dr. APJ Abdul Kalam always used to say, "We have to teach continuously". If we teach, we will remember the points more; learn more and evolve. I love teaching. I wanted to always support mankind and it is my goal to impart knowledge on not just VR, but values in life and good clinical practice. I am energized when I am immersed in work. My mentor, Bharata Ratna APJ Abdul Kalam told me to teach the last benchers more than the first benchers. My friends call me "Ever ready" like the batteries! I cannot sit idle and tend to fall asleep when I am not involved in something. I have the ability to sleep almost anywhere and at any time. I have rekindled my interest in research after setting up a successful twenty-five year old institution. I would like to devote my time to research in finding treatment options for various types of blindness. Stem cells, genetics, artificial retina etc., fascinate me with infinite possibilities. For the community I have started "**Aditya Jyot Foundation for Twinkling Little Eyes**" (name suggested by **HONORABLE EX- PRESIDENT OF INDIA , DR. A.P.J. ABDUL KALAM**) is a not-for-profit body, with out-reach programs aiming to redress the suffering of low income groups, marginalized population living in rural and urban slums and tribal areas in our state through free eye camps and free eye treatment.

For research we started AjRVO (Aditya Jyot Research in Vision & Ophthalmology) Research & Development unit of Aditya Jyot Foundation for Twinkling Little Eyes. MUHS course , YCMOU – AJOI fellowship in VR Surgery. Fellow ship in Medical Retina & Diabetic Retinopathy.

We have started AjRVO (Aditya Jyot Research in Vision & Ophthalmology) as a research wing under Aditya Jyot Foundation of Twinkling Little Eyes.

In which we are running few projects

- 1) AJDRUMSS - Community based Diabetic Retinopathy Prevention & Treatment in Urban Mumbai slums (supported by World Diabetes Foundation till 2017)
- 2) Delivery of personalized medicine for Diabetic Retinopathy through genomic study
- 3) Stem cell therapy: regenerative treatment for specific blinding conditions like Retinitis Pigmentosa, Stargardt Disease, Age- related Macular Degeneration
- 4) Setting up a Reading Centre to provide high quality grading management service for systematic and comprehensive reading of ocular images, leading to TELE OPHTHALMOLOGY
- 5) Genetic centre for hereditary retinal degenerations
- 6) Travel Grant for 2 Research Scholars which includes AEGC Fellowship

According to you, What newer diagnostic procedures in ophthalmology are of immense value and will play vital role in future (even in the developing world) ?

OCT Angiography is a newest functional modality which is useful to visualize multiple layers of the retinal vasculature. It is non-invasive and unlike conventional fluorescein or ICG angiography which uses intravenous injection of dye, OCT angiography uses no dye. It maps the retinal microvasculature in three dimensions by detecting motion contrast from blood flow within a short acquisition time. It can hence be used repeatedly without patient discomfort for diagnosis and follow ups. The conditions like choroidal neo-vascularization in AMD, CSC, pathologic myopia, MFC and new vessels developing on the optic disc and on the retina in diabetic retinopathy, retinal venous occlusions can be diagnosed and monitored for resolution on treatment. "

Please enlighten budding ophthalmologists about your innovations for IJO and how it has been shaping and improving over the years. Also how do you visualise IJO in the future?

IJO has been a great learning experience for me. I have had the opportunity to learn publishing aspects of research and also ethics of publishing. I have incorporated technology in IJO in the form of ipad and android versions of the journal. This helps the reader in highlighting important articles, book marks and also connect to pubmed. I have also introduced an IJO blog to encourage the members to submit their videos, cases etc for discussion and interact with peers on the same. Readers can now have digital access to the research through the new android app edition (IJO app). Convenient and user friendly access will allow ophthalmologists to fit journal reading more easily into their busy schedules. The app uses optimized digital technology to provide a fully portable and enhanced print-like reading experience, with multimedia links, videos and more. Link to the journal website (www.ijo.in) for additional reading

and searching archives etc. We had Started Monthly Issue of IJO Statistics

In 2004 I was invited for the release of a special postal cover to commemorate the golden jubilee of the Indian Journal of Ophthalmology (IJO) at Hyderabad. Shri A. P. J. Abdul Kalam was the guest of Honor for the function. I received the commemorative postal cover and the special booklet from President of India - Shri A. P. J. Abdul Kalam Organized World Editors' Meet on Sunday 15th November 2015, during American Academy of Ophthalmology 2015 conference from 14th to 17th November 2015 at Las Vegas.

Do you believe that teachers and students shape each other equally? That good teachers prepare good Surgeons for future but good students also make their teachers better in several ways and challenge them? Share your experiences and views about this?

Definitely, I agree! I was lucky in having Dr.SSB as my Guru. When I was a student, I was the junior most and youngest in Sankara Nethralaya. Since I worked hard and trained myself and I remember giving in writing before I joined that I like you to sculpt me as Vitreo Retinal Surgeon.

We all should respect our Guru / Teacher. We should not hurt them in any way. We have to speak to them freely and share our thoughts gently without hurting their feelings. I always ask questions. I think learning is a two-way process. A teacher is inspired to teach when the student craves for knowledge. I have taught more than fifty VR surgeons over the past twenty-five years. Some have even challenged me and goaded me into rethinking. I am open to suggestions from my students and juniors provided they are based on evidence. I encourage them to discuss openly and analyze. I have created email groups where we throw open challenging cases for discussion.

How is Indian Ophthalmology currently vis-a-vis other countries on the world ophthalmology platform ? Indian Ophthalmology- Where do we lag? How can we improve? What should we be very proud of ? (Siddhita- indo Japanese Colaboration, AEGC, AjRVO

In Clinical Ophthalmology we are very far ahead. We have to do more basic science work. Research takes time. We have to concentrate more on research. Government and NGOs should support Research activities liberally. I have allotted two days for practice, two days for surgery and two days for research. I want to promote research in India, which Dr. Kalam wanted me to do. He always asked me whether I was pursuing something new!!

How important is it for residents and young ophthalmologists to take society memberships ,attend conferences and wet labs, hone their networking skills and not just rely on text books , journals and local teaching ? (APOTS & OTSI)

I wanted to thank my father, late Dr.N.S.Sundaram. He made me a Life Member of AIOS when I am doing my second year PG. He only paid Rs.800/- in 1984. I am a life

member of most of the Ophthalmological Societies in India and a few overseas. I recommend that one become a member of AIOS and state Society while doing residency. In most Societies only members are allowed to submit their submission for Awards.

Wet labs at Conferences are very useful to youngsters. Most of the state societies are also arranging wet labs, which is a welcome sign. Wet lab practice is very helpful to sharpen your skills.

Networking skills are important. In my life 'N' is for Natarajan and 'N' for Network. Good networking will always help us in many ways, both personally and officially.

What are your views about the initiative of young Indian surgeons in form of YO times and YOSI (Young Ophthalmologist Society of India) ? And suggestions for enhancing its value for young eye surgeons? How are the organisations and publications you are actively involved with (IJO, AIOS, BOA etc) making changes for young eye surgeons ? Are they planning to bring young budding talent from world over together in form of exchange programs or discussion forums at conferences or article sections for young surgeons only? What are your suggestions for improvement and growth of young ophthalmologist endeavours the world over?

The young are full of energy and zest. They should be molded and directed in the right manner. They are our future and are capable of infinite achievements. I am happy to see these developments. We could take some ideas from ARVO where they have special sessions for the young researcher. I introduced the award for the best PG thesis as Chairman ARC, AIOS. I have also presented some excellent sessions for the young ophthalmologist in American Academy of Ophthalmology for several years. Also involved in various LDP Session (Leadership Development Program) at AIOS, VRSI and many more state conferences. VRSI has introduced the dry lab sessions, which were a great success. Exchange fellowships, research projects with defined targets should be set as goals to make these programs more effective. Alumni groups with information sharing is an excellent idea to keep the interest alive.

As Editor of IJO we are organizing research methodology workshop for every year so that young and budding ophthalmologist would know about how to write and publish, As editor I am writing book on "how to write and publish"

In AAO (American Academy of Ophthalmology) & ASRS (American Society of Retina specialist) we recommended a new category of awards like "Young Ophthalmologist Award" , Young Clinician Scientist Award etc

To be young Everybody has to work like young means with ____

Work while you work, play while you play , Dance, physical Fitness Function of Youth.

In Aditya Jyot Eye Hospital we started Bsc in Optometry course from Yashwantrao Chavan Open University for young and budding optometrist and we are training them in their academic years on research paper writing and how to publish them.

As always I would want to end with a few lines from Thirukkural no. 426

(Thirukkural is the greatest ancient tamil classic, it embodies the entire gamut of Indian ethics)

“Wisdom is to live in tune with the mode
of the changing world”

(Which means: To live in harmony with the fast changing world is true wisdom)

Interview by YO Times Editorial Board member

Dr Sonal Kalia MS Ophthalmology (Gold Medallist)

Assistant Professor, SMS Medical College, Jaipur

