



# AIOS 2024 Envisioning the Future together Kolkata

## 82<sup>nd</sup> Annual Conference of All India Ophthalmological Society

14th to 17th March, 2024  
Biswa Bangla Convention Centre, Newtown, Kolkata



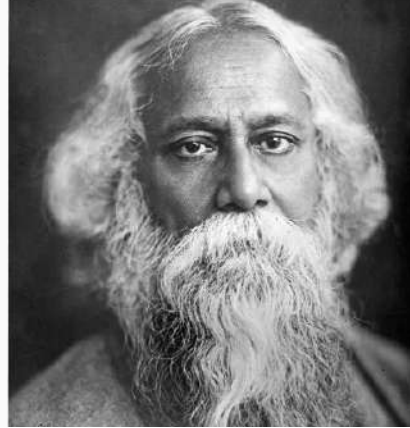


**82<sup>nd</sup> Annual Conference of  
All India Ophthalmological Society**

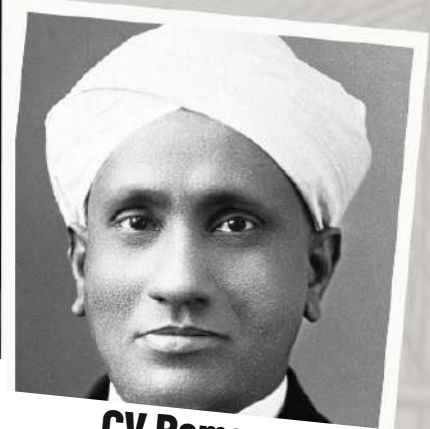
**14th to 17th March, 2024  
Biswa Bangla Convention Centre, Newtown, Kolkata**



**Sir Ronald Ross  
Medicine, 1902**



**Rabindranath Tagore  
Literature, 1913**



**CV Raman  
Physics, 1930**



**Mother Teresa  
Peace, 1979**



**Amartya Sen  
Economics, 1998**



**Abhijit Banerjee  
Economics, 2019**

# **KOLKATA**

These Nobel Laureates have their roots in this city.

The city that nurtures excellence.

Join us to experience it.

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# LOCAL ORGANISING COMMITTEE

## AIOC 2024



**Dr. Abhijit Ghosh**  
Chairman



**Dr. Ratish Chandra Paul**  
Working Chairman



**Dr. Subhasish Nag**  
Organising Secretary



**Dr. Debashis Das**  
Treasurer



**Dr. Aniruddha Maiti**  
Additional  
Organising Secretary

# About AIOC 2024 Kolkata

The 82<sup>nd</sup> Annual Conference of All India Ophthalmological Society, organized by the LOC of the East, under the aegis of Ophthalmological Society of West Bengal (OSWB) is being held in Kolkata in Biswa Bangla Convention Centre, New Town from 14<sup>th</sup> to 17<sup>th</sup> March, 2024. The theme of the conference is '**Envisioning the Future Together**'. With more than 5000 delegates from India & abroad expected, this conference promises to showcase the best in Ophthalmology by including all the ophthalmic subspecialties as well as topics beyond Ophthalmology.

Organized with passion, this meeting, fondly called **Conference by the East**, promises to be pathbreaking in many ways. Representatives from all the states of East zone have been included in the Organizing Committee. For smooth & efficient execution of this mammoth task, as many as 70 different sub-committees have been created with senior ophthalmologists as Advisors. The 7 different work groups with the sub-committees in their folds, have worked tirelessly under the able guidance of the Organizing Secretariat to make this meeting a successful one.

For the very first time a single number, that too a toll-free number 1800-202-2024 is provided to all the delegates for any query that needs to reach the Organizing Secretariat 24x7. The website [www.aioc2024.com](http://www.aioc2024.com) has a wealth of information for the delegate joining the conference. The delegate may log in to the website or scan a QR code made available to all, to upload their itinerary in order to make their visit hassle free by assisting them where needed. With a simple click or scan, the delegate can share their grievances and get updates from the LOC for resolution. They are encouraged to give their valuable feedback by just scanning the QR code or logging into the web portal. A special effort has been made regarding an oft-neglected but so very essential item in any mega event – the Signages. Everything has been done keeping 'The Delegate' in mind.

Various measures have been taken by the Organizing Committee to reduce the carbon footprint of this huge gathering. Our aim is to **Go Green** as much as possible by using ecofriendly sustainable recyclable products. Eco-friendly and sustainable jute-fibre kit bag, reusable branded stainless steel water bottles, recyclable clay cups to serve tea, LED lights in the venue, electric autorickshaws to shuttle senior delegates etc. are some of the steps taken towards this futuristic objective. There has been a conscious effort to reduce the use of single use plastic bottles - water dispensers are kept at various places so that the steel bottles can be refilled. There are options of food packets instead of buffet lunch for those who have opted earlier, in order to reduce consumption and waste.

We are striving to make the conference a memorable event – something to learn from; few things to emulate; and most of all, everything to cherish for a long time to come. Please join us in this initiative, together we can achieve new heights.





মমতা ব্যানার্জী  
মমতা বনার্জী  
ممتا بنرجی  
Mamata Banerjee



মুখ্যমন্ত্রী, পশ্চিমবঙ্গ  
मुख्यमंत्री, पश्चिम बंगाल  
وزیر اعلیٰ مغربی بنگال  
CHIEF MINISTER, WEST BENGAL

11<sup>th</sup> March, 2024

MESSAGE

I am happy to know that **Ophthalmological Society of West Bengal** (OSWB) will be organizing **AIOC 2024** - the **82<sup>nd</sup> Annual Conference** of the **All India Ophthalmological Society**, from 14<sup>th</sup> to 17<sup>th</sup> March 2024 at Biswa Bangla Convention Centre, Newtown, Kolkata, and will also be bringing out a souvenir to commemorate the special event.

I convey my heartiest greetings and best wishes to the organisers and participants of the conference on the occasion and wish the initiative all success.

(Mamata Banerjee)

**Dr. Subhasish Nag**  
Organizing Secretary, AIOC 2024  
Ophthalmological Society of West Bengal  
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MAYOR  
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Date: March 11, 2024

## MESSAGE

*It's wonderful to hear about the upcoming 82<sup>nd</sup> Annual Conference of the All India Ophthalmological Society, organized by the Ophthalmological Society of West Bengal, at the Biswa Bangla Convention Centre in Newtown, Kolkata, from 14th to 17th March 2024.*

*This conference indeed sounds like a fantastic opportunity for professionals in the field of Ophthalmology to come together, share their expertise, and learn from each other. The presence of renowned speakers and delegates from around the world adds a global perspective to the event, making it a truly enriching experience.*

*I am hopeful that the conference will provide a platform to exchange the expertise, experience of medical fraternity to update their knowledge and skills improving quality of health service delivery.*

*I congratulate the organizers and the participants of the Annual Conference and extend my best wishes for its success.*

(Firhad Hakim)

Dr. Subhasish Nag  
Organizing Chairman  
AIOC 2024  
53, Creek Row, Kolkata-700014



# Welcome Message



**Dr. Harbansh Lal**  
**President, AIOS**

I am delighted to extend a warm welcome to the 82nd AIOC, Conference by The East held from 14th to 17th March at BBCC, Kolkata.

I am fortunate to have an extraordinary team to work with, Dr. Samar Basak, President Elect, Dr. Partha Biswas, Vice President, Dr. Lalit Verma, Immediate Past President, Dr. Manoj Mathur, Treasurer, DR. Namrata Sharma, Chairperson Scientific Committee.

Our conference promises to be a forum of insightful discussions, exchange of ideas which would benefit all cadres of Ophthalmologists, the young ones, postgraduates, residents, fellows, comprehensive Ophthalmologists & the senior Ophthalmologists. It has the involvement of the largest number of International Societies & the largest number of international Faculty Members which has never happened before. There are dedicated subspecialty days for 7 subspecialties, again for the 1st time.

Happy conferencing! Please enjoy & carry back fond memories. Positive feedback is always welcome for continued growth.

Always for AIOS!





# Welcome Message



**Dr. Santosh G. Honavar**  
**Honorary General Secretary**

I must acknowledge the exemplary leadership provided by Dr. Harbansh Lal, AIOS President, Dr. Samar K Basak, President Elect, Dr. Partha Biswas, Vice President, Dr. Lalit Verma, Immediate Past President, and Dr. Manoj Mathur, Treasurer. Their guidance and vision have been instrumental in shaping the success of this conference and steering the All India Ophthalmological Society towards greater heights.

Furthermore, the stellar role of Dr. Namrata Sharma in formulating the scientific program has been invaluable. Her expertise and dedication have ensured a comprehensive and enriching experience for all attendees.

I also extend my gratitude to the Governing Council for their positive insights and unwavering support throughout the process.

Lastly, I commend the year-long hard work of the AIOS office, led by the Executive Director, Mr. Kripal Rana. Their dedication and diligence behind the scenes have been essential in ensuring the smooth execution of this conference.

Together, collective efforts of everyone have truly made this event a remarkable success. I sincerely hope that you will enjoy the academic and cultural extravaganza and carry back useful knowledge and fond memories.



# FROM THE DESK OF THE SCIENTIFIC COMMITTEE CHAIRPERSON



**Prof. (Dr) Namrata Sharma  
Chairperson,  
Scientific Committee, AIOS**

**Dear Friends and Colleagues,**

Foremost, I express my gratitude for electing me as the Chairperson of the Scientific Committee of the All India Ophthalmological Society (AIOS), uncontested for this term. I would try my best to live up to your expectations. On behalf of the office bearers of the AIOS, it is my honor and pleasure to invite you all to 82nd All India Ophthalmological Conference, 2024, in the city of joy that is Kolkata at the state-of-the-art Biswa Bangla Convention Centre.

We are very fortunate to have Dr Harbansh Lal as the president of AIOS, who is a true visionary. We owe it to him that he has decreased his term by 3 months to ensure that the conference in Kolkata takes place in conducive weather at an appropriate time. His tenure has been dynamic and full of member friendly activities targeted towards ophthalmic education and science.

It is my pleasure to be associated with the most experienced local organizing committee in Indian ophthalmology, under the leadership of most respected Dr Abhijit Ghosh, Working Chairman, Dr Ratish Paul who has solutions for all problems, the very dynamic and meticulous Dr Subhasish Nag, the silent and somber Dr Aniruddha Maiti and the very efficient Dr Debashis Das. I have been personally working with them for this conference since 2019. They have left no stone unturned and sometimes even made mountains move to ensure that this conference is a treat to attend for all delegates.

Every effort has been made that this conference plays an important role not only in the research but also in education. The conference is planned keeping in mind, both the young and experienced ophthalmologists, comprehensive as well as subspecialists. The popular Young Ophthalmologists Society will also feature YOs in scientific sessions and discussions on the latest trends and innovations in eye care.

There are many firsts in this scientific program.

1. For the first time we have World Ophthalmology Face to Face : which includes 21 international societies on board :
  - American Academy of Ophthalmology
  - International Council of Ophthalmology
  - World Glaucoma Association
  - Asia Pacific Academy of Cataract & Refractive Surgeons (APACRS)
  - Asia Pacific Strabismus and Pediatric Ophthalmology Society (APSPPOS)
  - American Society of Ophthalmic Plastic and Reconstructive Surgery (ASOPRS)
  - American Society of Retina Specialists (ASRS)
  - Cornea Society (USA)
  - Eye and Contact Lens Association (ECLA)
  - Egyptian Ophthalmological Society (EOS)
  - International Uveitis Study Group (IUSG)
  - Korean Ophthalmological Society
  - Ophthalmological Society of Bangladesh
  - Nepal Ophthalmic Society

- Royal Australian and New Zealand College of Ophthalmologists
- Russian Ophthalmological Society
- Singapore Society of Ophthalmology
- The College of Ophthalmologists of Sri Lanka
- International Society of Refractive surgery
- Global eye genetics consortium

There are 100 plus international guest faculty speakers who will showcase their work in Kolkata. This will also open networking opportunities globally.

2. For the first time we have 7 Sub-Specialty Days @ AIOC 2024, Kolkata which are as follows :  
Glaucoma ; Refractive Surgery; Retina; Uvea ; Cornea; Neuro Ophthalmology / Pediatric / Squint ; Ocular oncology & Oculoplasty, which not only have national stalwarts but also international faculty.
3. For the young ophthalmologists we have introduced "PG Capsule Program" which provides a platform for the young ophthalmologists to interact with the expert faculty and where 80 plus case presentations in ophthalmology will be discussed by the postgraduates with the faculty.
4. AIOS International Masterclass has also been introduced by the international stalwarts
5. One point at a time: Session has been introduced to give a lucid message
6. Further there are 12 National Societies participating at AIOC Kolkata
7. In order to honor our Indian stalwarts, AIOS Endowment Lectures are given to honor the pioneers of ophthalmology
8. A new program for young students "Student of the year" has been introduced

The other highlights include FIFA, the video symposium on special theme on "Innovations" Teachers of Tomorrow, Surgical Skill Transfer sessions, Technology Skill Transfer sessions, Diagnostic Skill Transfer sessions, workshops etc. Scientific extravaganza with OPL, Court Martial, SFO, Two minutes to win and various quiz continues.

My appreciation extends to all my friends and colleagues for all the support and camaraderie they provided. I also thank the Honorary General Secretary Dr Santosh Honavar, Treasurer Dr Manoj Mathur and the AIOS headquarter staff led by Mr Kripal Rana for their profuse support and Co-operation. I thank all the other members of Governing Council and the scientific committee members for their unwavering support and help in shaping and the execution of this program.

My sincere thanks for the constant help and support from Mr. Sai Krishnan and his entire team for the technology support and my staff Mr. Bhupinder Singh who is the backbone of the scientific program coordination along with Mr Surender Kumar, and Mr Suhail who have made this possible.

I invite the faculty, residents, and all members of AIOS for their participation in this prestigious accredited meeting. I humbly request all to continue rendering suggestions for further improvisation in future scientific activities of AIOS.

Welcome you all to this scientific extravaganza



# Welcome Message

Dear All,

My heartiest wishes to you. It is my proud privilege to welcome you to this 82<sup>nd</sup> edition of our iconic conference of the AIOS organised this year by the OSWB.

Being actively involved in organising all previous conferences of the AIOS held in this city since 1994, I can definitely vouch that though it is an extremely arduous task but at the end it gives a lot of self satisfaction.

Though the cause of the Annual Conference has definitely been diluted by the innumerable programmes happening throughout the year, still this exists as a standalone event in our yearly calendar.

So friends, let us all come together to imbibe the aroma of fellowship and science and enjoy the exotic ambience of the City of Joy, which is ever eager to extend all the warmth and cordiality as it is famous for.

I profusely thank all the authorities who have helped us to organise this event. My appreciation to the AIOS for bestowing the faith in us. My heartfelt regards to OSWB for their continuous support.

Let us all be happy and enjoy.

**Dr. Abhijit Ghosh**  
Chairman



## A warm welcome to AIOC 2024 Kolkata!

We are thrilled to welcome you to the 82nd Annual Conference of the All-India Ophthalmological Society (AIOS), taking place in the vibrant city of Kolkata, India, from March 14th to 17th, 2024.

It promises to be an exciting and enriching experience for all attendees. We have a diverse and stimulating program planned, featuring:

- Lectures by renowned national and international ophthalmologists
- Interactive workshops and symposia
- Poster presentations and scientific sessions
- A vibrant trade exhibition showcasing the latest advancements in ophthalmic technology and equipment

This conference is an excellent opportunity to:

- Expand your knowledge and skills in ophthalmology
- Network with colleagues from across the globe
- Engage in stimulating discussions and debates
- Explore the beautiful city of Kolkata

We look forward to welcoming you to Kolkata and making AIOC 2024 a memorable experience.

**Dr. Ratish Chandra Paul**  
Working Chairman



# Welcome Message

Respected Seniors and Dear Colleagues,

It is a great pleasure and privilege to warmly welcome you to the 82nd Annual Conference of the All India Ophthalmological Society (AIOS), which will be held from 14th to 17th March 2024 at Biswa Bangla Convention Centre (BBCC), Newtown in Kolkata. The host OSWB (Ophthalmological Society of West Bengal) has embraced the fraternity of ophthalmologists in Eastern India states and they have all come together as 'LOC of the East' to give you a memorable experience to carry back home.

In the ever-changing field of ophthalmology, Continuing Professional Development (CPD) is most crucial to ensure that all ophthalmology practitioners stay updated with the latest in clinical knowledge and surgical skills. Therefore, in order to stay relevant and competent, AIOC 2024 (All India Ophthalmological Conference 2024) promises to offer the tested and effective means - bringing together the brightest minds in the field of ophthalmology and learning with them by engaging intensely during all 4 days of the conference, both in-session and one-to-one. What better way than this of interactive and participatory CPD / CME.

So, come friends and immerse yourselves in an exceptional academic experience curated with utmost care keeping you – the Delegate, in mind. Gain from the knowledge-sharing and skill transfer opportunities! Profit from the peer-networking and trade bargains!! Experience fulfilment and happiness from the enriching memories that you carry home from AIOC 2024 Kolkata!!!

Kolkata has always been a thriving metropolis, which has something to offer for each one of you. From its colonial architectures with cobble-stone paved pathways in the hitherto commercial centre of Esplanade to the shiny glass and steel façades of tall structures in the upcoming and happening Newtown – the city is known to grow on you, in a charming way of its own. You may choose to experience the more sedate pleasures of its temples, museums and art galleries or you may thrive in the kaleidoscope of its shopping malls, clubs and the promenade. It is hard to miss the symphony in the diverse fare of this culturally-rich melting pot that is the city of joy - Kolkata.

Members of the Local Organizing Committee (LOC) are eagerly waiting to greet you and your family at the conference and are working hard to make your visit hassle-free and meaningful. I am sure many of your friends are awaiting this opportunity to connect physically with you once again. I am also looking forward to meet you personally during AIOC 2024 Kolkata.

On behalf of Team LOC of the East, I wish you all a great conference and a wonderful time here. Come let us help 'Envisioning the Future Together'.

**Dr. Subhasish Nag**  
Organising Secretary



# Eastern India Zonal Ophthalmological Congress (EIZOC)

**Dr Pranav Ranjan**  
**President, EIZOC**  
**9334315416**



[Reg. act under The Societies Act 1860 at Ranchi Reg. No. 327 dated 14.09.2017]

Dear colleagues,

This is a historic occasion for Eastern India.

Kolkata which is an epitome and symbol of Indian culture braces up to host the AIOC 2024. It indeed is a proud moment for Bengal and the Eastern States of India. History will witness unfolding of newer chapters to the rapidly evolving science of ophthalmology. The faith, support and guidance of AIOS Hon. President Dr Harbans Lal, Dr Partha Biswas, Dr Samar Basak, Dr Santosh Honavar, Dr Namrata Sharma, Dr Manoj Chandra Mathur has been exemplary.

At this juncture I applaud the effort of past and present leadership, who have passionately nurtured the ambition of presenting the best ever socio-scientific meet. Local organizing committee leaders Dr Abhijit Ghosh, Dr R C Paul, Dr Subhasish Nag, Dr Aniruddha Maiti, Dr Debashis Das, Dr Sugato Paul, Dr Sunil Surana and many more including members of EIZOC fraternity deserve to be congratulated for their splendid collective effort.

Quest for learning should see no boundaries and this congregation will continue to keep the lamp of knowledge burning.

My thankful gratitude on behalf of LOC to the Guest faculties, speakers, delegates, friends and entire support staff for their gracious involvement. Our earnest effort is before you. We would be extremely happy to be touched for any assistance.

My good wishes to all the attending delegates.

Once again on behalf of 'LOC of the East', I welcome you all to the city of joy.

Let's together make it memorable.

Regards,

Dr Pranav Ranjan, President EIZOC.

Member AIOC LOC Kolkata.

# AIOC 2024





Food has always been an integral part of the lifestyle of Kolkata residents and perhaps has also been one of the city's most flourishing business propositions. It is not often that one comes across a city whose people are so enthusiastic about food that it almost borders on passion.

This becomes evident on taking a tour of the city, when one comes across a multitude of endearing sights & sound that represent food – whether it is the phuchka wala at the corner of the road, the jhalmuri wala selling the spicy puffed rice preparation, the ghugniwala serving hot whole yellow peas in bowls made of dried leaves or pavement vendors selling hard boiled eggs & charcoal toasted bread with butter. The 'Calcuttans' swear by the delicious Kathi Roll & its various modifications which are unique to Kolkata. The list of street food is incomplete without the omnipresent fritters like beguni, peyajji, aloor chop, basically pakoras of brinjal, onion & potato, eaten with puffed rice as evening snack or at any time of the day, if it rains or if it does not.

Over the centuries this cosmopolitan metro city has become home to people from various communities & countries & while absorbing their culinary habits, Kolkata has developed its own distinct palate without letting go its Bengali roots.

In the early seventeenth century, when the British East India Company came to India, Bengal was under the Mughal rule though the Portuguese & the Dutch were already involved in trading activities in this wealthy province. Calcutta being the capital of British India from 1858 to 1911 witnessed an influx of people from various countries like Armenians & Parsis from Iran, Jews from Syria & Baghdad & the Chinese. Still the streets of Kolkata bear the names of the places these people had lived, like Bow Barracks is associated with Anglo-Indians, Ezra Street with Jews, Armenian Street with Armenians, Sun Yet Sun Street with the Chinese.

The Armenian Church of Holy Nazareth was built in Armenian Street in 'Barabazar' in Calcutta. Now Kolkata is the only city in the entire country that still has a considerable number of Armenians living with a distinct identity. Traditional Armenian food like Lavash Bread, Tabbouleh is still available in selected parts of the city. But a traditional dish which has entered the Bengali household & continue to rule the Bengali palate is the 'DOLMA' prepared with ground meat stuffed into grape leaves. The absence of grape leaves in Calcutta prompted the Armenians to use cabbage leaves / Pointed gourd (potol in Bengali). Bengalis learnt the art of making "Potoler Dolma", made their own version with shrimp/ fish meat/ cottage cheese stuffing in a spicy gravy.

The journey of Biryani in Calcutta began in the Royal kitchen of Nawab Wajid Ali Shah, last ruler of Awadh, who lived in Metiaburuz near Kolkata in later years of his life exiled by the British. He brought with him the royal Chefs, his flair for art & poetry and the art of making "Dum biriyani". Kolkata has embraced the art with one addition which has now become a signature dish The Dum Aloo Biriyani.

Over the years, the Chinese community has contributed immensely to the economic sphere of Kolkata, by setting up tanneries, beauty parlors, restaurants & laundries. Today Chinese cuisine is the most popular eating out option in the city and those are the spicy versions of authentic Chinese cuisine which is comparatively bland & relies on sauces than on spices for the flavor. Hakka Noodles & Chilly Chicken became the signature dish of Kolkata. It is the only city in the country which has two Chinatowns, old & new. The New China Town even has a Chinese Kali Temple, a proof of not only religious influence but also peaceful coexistence of the two communities for years. There is a lot more. The culinary journey of Kolkata is incomplete with its variety of sweets but that is left to the readers to explore by themselves by visiting the sweet shops, satisfying their tastebuds & carrying back boxes full of sweets along with sweet memories of Kolkata & AIOC 2024.

## POTOLER DOLMA



## KATHI ROLL



Remember the big debate between Bengal and Odisha over a sweetmeat a few years ago? West Bengal's rosogolla tasted the sweet victory following securing of a Geographical Indication (GI) Tag in 2017. Since then, West Bengal has successfully managed to own 25 GI Tags.

So, what is a GI Tag? A geographical indication (GI) is a sign used on products that have a specific geographical origin and possess qualities or a reputation that are due to that origin. The main aim is to protect the unique identity and quality of regional products.

Here's a rundown of all the other wonderful things (food, handicrafts and agricultural) that have the coveted title in the state.

**Joynagar Moa** was the first sweetmeat to secure the title in 2015. It is prepared from Kanakchur Khoi, an aromatic rice, Bengal's legendary nolen gur (date palm jaggery) and gawa ghee (a type of clarified butter made from cow's milk), cashew, raisins, posto (poppy seed) and flavoured with cardamom. This gur which is unique in its place of origin Joynagar, is a seasonal sweet found only in winter months, and has retained its unique taste, aroma and quality even today.

**Burdwan's Mihidana** is prepared by using ingredients such as Gobindobhog rice, Kaminibhog rice, sugar, saffron, gram flour, ghee. It takes painstaking effort to prepare this sweet that takes generations to acquire.

**Burdwan's Sitabhog**, a sweet dish resembling rice or sevian, is made up of ingredients namely cottage cheese (Chhana), gram flour or besan, Gobindobhog rice flour, sugar, bay leaves, cloves, ghee. It looks as if white rice is served with small pieces of Gulab Jamuns. Both of the sweet delicacies from Burdwan got GI tagged in 2017.

**Burdwan's Sitabhog attained its GI tag in 2017.**



The **Banglar Rosogolla** was the last sweet to earn a GI tag, and is safely the most popular sweet from Bengal. To earn the GI logo on their sweet packages, however, rosogolla makers have to meet strict restrictions: pure chhana without any starch, careful kneading for proper texture and chewiness, 10 gm in weight and soaked in a transparent, light syrup with a 30 to 40 per cent sugar concentration. About 70 sweet shops, including inventor Nobin Chandra Das' family's K.C Das, Sen Mahasay, Baram Mullick and Radharaman Mullick, and Chittaranjan Mistanna Bhandar, have been qualified to sell the Banglar rosogolla.

Apart from the sweets, the Sundarbans honey variety called **Mouban**, and the world-famous **Darjeeling Tea**, other food items in the list include 2 varieties of rice – the **Gobindobhog Rice**, the sticky, aromatic Bengali favourite to make everything from the bhoger khichudi (Khichdi) to payesh (Kheer) and the **Tulapanji Rice**, popularly called the 'Bengal basmati', cultivated in present day North Dinajpur district of West Bengal. More recently, Jalpaiguri's **Black Nunia rice**, known as the 'Prince of Rice' has earned its GI tag in 2024.

Like the famous tea, rice and sweets, the juicy Himsagar mango is also a thing of pride for the Bengali. In 2008, three of Bengal's mangoes made it to the GI list – the **Malda Khirsapati**, (popularly known as Himsagar), the **Lakshman bhog** and the **Malda Fazli**, where a single mango can weigh upto 1 kg! Himsagar, especially known for its unique sweetness and fibre-free pulp, is poetically called the 'king of mangoes'.

The first of Bengal's handicrafts to get a GI tag was the **Nakshi Kantha** in 2008. Unlike the simpler embroidery seen in kantha work, the nakshi kantha is much more elaborate. From traditional flora and fauna inspired motifs, to scenes from rural life, and even stories are found stitched into the fabric, mainly practised in Birbhum.

When speaking of vibrant art forms, how can the much-loved Chhau be far? Of the three kinds of Chhau in India, the **Purulia Chhau Mask** has the most elaborate headgear for its dancers. The martial art-like dance form is distinguished by the hand-painted paper pulp and clay masks which usually feature mythological characters with bold expressions. The Purulia Chhau mask received a GI recognition in 2018. Charida village in Purulia has the distinction of being known as the Chhau mask makers' village.

**The Chhau Mask from Purulia is famous all over India.**

Apart from these, the **wooden mask of Kushmandi** (an important part of theatre craft of Dakshin Dinajpur district), the **Bengal Dokia**, the **Bengal Patachitra** (a traditional form of cloth based scroll painting from Midnapore), the **Bankura Panchmura Terracotta Craft** (the famous terracotta horse figurine), the **Madurkathi** (mats were woven from a specific type of reed, around Midnapore district) and the **Santiniketan leather goods** (made using vegetable-tanned leather and hand painted with natural dyes, known for nature inspired motifs) have also attained GI tags over the last few years.



When it comes to the crafts of Bengal, how could one not remember the handloom sarees of Bengal? The GI tagged list includes the famous quintessential tant classic, the **Santipore saree** (2009), **Hooghly's Dhaniakhali saree** (2011), and the exquisite **Baluchari silk sarees** (2012) from Bushnupur, characterised by a layout of entire mythological tales over the aanchal or pallu.

**Motifs on Baluchari silk saree depicting scenes from Mahabharata.**

Most recently, in 2024, three more varieties of handloom sarees – the **Tangail, Garad and Korial**

– have been registered and recognised as GI tagged products.



# Eastern India Zonal Ophthalmological Congress (EIZOC)



## - Its Inception & the Journey

**Dr B. N. Gupta, MS, FCLF, FRSH, FICS, FIAMS**

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**Past President - EIZOC, Jharkhand Ophthalmological Society and ACOIN**

In seventies of last century, there was a general feeling amongst the Ophthalmologists of W. Bengal and Eastern states that they were not getting due recognition in AIOS by the then leaders of the profession mainly belonging to Delhi and Bombay. One positive common point was noticed among the Ophthalmologists of W. Bengal, Assam, Bihar and Odisha that they were eager to work for a change organizationally. They were Dr L. C. Dutta of Assam, Dr S. M. Mishra, Dr A. N. Pandeya of Bihar, Dr U. C. Behera of Orissa, Dr M. Lala Singh of Manipur and Dr K. R. Dutta. It was decided to form a society named "Eastern India Zonal Ophthalmological Congress (EIZOC)" and Prof. Ranabir Mukherjee was assigned the overall leading role including constitution drafting.

The first EIZOC Conference was held in Calcutta in 1985 at Ramkrishna Mission Seva Pratisthan under the leadership of Prof. Shree Mohan Mishra of Darbhanga. In the General body Meeting EIZOC was formally inaugurated & constitutions drafted by Prof. Mukherjee were passed. The Office of the congress was in Calcutta with Dr Ramendra Lal Saha as the Secretary and Dr Chandi Dutta as the Treasurer. After Dr R. L. Saha next secretary was Dr P. L. Saha and Treasurer Dr Subrata Rakhit. Then onwards regular conferences started being held in different states from time to time in rotation and more & more Ophthalmologists from Eastern India started getting associated with this Society.

Initially EIZOC annual conferences used to be held irregularly due to lack of fund & logistic supports. Later on it was clubbed with State conferences by rotation so as to attract more delegates without much financial burden to EIZOC. With passage of time there was a general feeling amongst EIZOC members that EIZOC program was being overshadowed by State program in these conferences and was confined to Inaugural function and just one session in scientific program. Some members felt that EIZOC is losing ground and has become a totally dependent body.

After a long gap an independent EIZOC conference was held in Jan. 2015 at Silchar with initiatives taken by the then President Dr H. K. Choudhury, Dr S. C. Das, Dr P. L. Saha, Dr B. N. Gupta & others and since then independent conferences started being held which gave a new dimension to our society.

Since long I was feeling that North Eastern states are by & large not very active in EIZOC and need to be brought to mainstream. After I took over as the Secretary of EIZOC in 2015 I made a proposal of holding Annual conferences in 5 major states in rotation & one Mid-term Conference every year in 7 smaller NE states in rotation. This proved to be a turning point & important milestone of EIZOC.

The 1<sup>st</sup> Mid-term Conference "EIZOC MidCon-2016" was held at Shillong (Meghalaya), the 2<sup>nd</sup> in 2017 at Imphal (Manipur), the 3<sup>rd</sup> MidCon in 2018 at Gangtok (Sikkim), the 4<sup>th</sup> MidCon in 2019 at Agartala (Tripura), the 5<sup>th</sup> MidCon in 2022 at Port Blair (Andaman & Nicobar), the 6<sup>th</sup> in 2023 at Itanagar (Arunachal Pradesh) and the next one the 7<sup>th</sup> MidCon is going to be held at Aizawl (Mizoram) in April 2024. This strategy of holding Mid-term Conferences proved to be a Rambaan for EIZOC and brought North-Eastern colleagues to mainstream and colleagues from other states to explore the beauty of NE states and interact with our colleagues there. Members took it as Scientific Tourism and started attending with families.

I am glad that EIZOC has emerged rejuvenated, more enthusiastic & vibrant and is considered most well organized Zonal society in the country. I thank and sincerely appreciate my senior colleagues & friends Dr S. C. Das, Past Presidents Dr A.S.B. Sahai, Dr V. N. Prasad, Dr B.K. Sahay, Late Dr H. R. Mohanty, Dr H. K. Choudhury, Dr P. L. Saha, Dr Surendra Singh, Dr Arvind Jaiswal and my friends Dr Debasish Bhattacharya, Dr Biraj Jyoti Goswami, Dr Abhijit Ghosh, Dr B.N.R. Subudhi, Dr R.C. Meher, Dr Satyen Deka, Dr Y. R. Darang, Dr Pranav Ranjan, Dr Debashis Das, Dr Swaraj Bhattacharjee, Dr Sujoy Samanta, Dr A. K. Chakma & others for their constant support & invaluable contribution to EIZOC.

**Long Live EIZOC !**



**Dr Bijoy Debbarma**  
**Hony, Sec, All Tripura**  
**Ophthalmological Society.**

## **Nobel laureate Rabindra Nath Tagore and Tripura, A historical perspective.**

Tripura state is small state and one of the so called "seven sisters" in North East part of India. Tripura is surrounded on three sides by Bangladesh and on other two sides by Assam and Mizoram. Historically, Tripura was a kingdom ruled by 184 kings of Tripuri Dynasty and was never under British rule. It was in 1949 when it became a part of the Union of India.

The state is a land of rich history and culture. The Nobel laureate, Rabindra Nath Tagore, had a special relationship with Tripura and the Tripuri royal family. In fact, four generations of the royal family of Tripuri Dynasty maintained good relations with Tagore.

The turning point for establishment of relationship was the contact between 179th king of Tripuri dynasty, Krishna Kishore Manikya (1830 to 1849) and prince Dwaraka Nath Thakur, the grandfather of Rabindra Nath Thakur. Tagore was very much aware of the relationship and wrote a letter to 181th king, Bir Chandra Manikya (1862 to 1896) which was warmly received by the king. During that time, the king had lost his beloved wife and was in a state of shock. He found solace in the song, Bhagna Hridoy, composed by the Bengali poet. Impressed by the song, the king sent his emissary to Jorasanko in the vicinity of the then Kolkata and offered a full-fledged press to print Tagore's creative work.

The relationship was long lasting, confined not only to King Bir Chandra Manikya, but also his successors, King Radha Kishore Manikya (1897 to 1909) King Birendra Kishore Manikya and the last 184th king, Bir Bikram Kishore Manikya.

Tagore visited the princely state for the first time in 1900 AD during the reign of King Radha Kishore Manikya. The poet visited Tripura seven times. During his stay at Tripura he composed countless poems and songs. Tagore wrote three books, one novel named Rajarshi and two based on drama, **Bisorjan** (literal: the immersion) and **Mukut** (literal: the crown) all related to the history of Tripuri Royal Dynasty. Tripuri rulers, deeply impressed by his creative genius, helped the Nobel laureate poet generously by extending financial help to establish **Biswa Bharati at Bolpur**. When the poet was conferred with the Nobel Prize, the event was celebrated at the Tripura in a majestic 'way.

The '**Malancha Niwas**' where Tagore used to enjoy the royal hospitality, the **Ujjayanta palace** and his literary work is the living testimony of close relationship between Rabindranath Tagore & The Royal family of Tripura



Andaman and Nicobar Islands comprise of 571 islands, of which only 38 inhabited. Located in the Bay of Bengal, close to Myanmar, Thailand and Indonesia. Port Blair serves as the capital.

In 1789, the British established the first penal colony but abandoned in 1796 due to hostile conditions and disease like Malaria and other disease. After six decades, the British brought first batch of 200 sepoys of first War of independence in 1858 and landed at Chatham island, on 10th March 1859, marking the beginning of panel settlement and the birth of civilization in Andaman and Nicobar Islands. The first jail was constructed in Viper Island, and later the Cellular jail with 668 cells, including 7 wings was constructed, which housed political prisoners including leader like Veer Savarkar.

During World War II, the Japanese occupied the Islands from 1943 to 1945, leading to the massacre of a large population on false charges of spying. Netaji Subhash Chandra Bose visited in 1943, hoisting the first tricolour flag on 30<sup>th</sup> December 1943 and forming a provisional Indian Government and appointed Colonel Lok Nathan as chief commissioner.

Andaman and Nicobar Islands have five primitive tribes four are Negrito type tribe Jarawa, Sentinelese, Onge, Andamanese and the Mongoloid Shompen and large number of tribe population Nicobarese tribe where live in Nicobar group of islands. All primitives tribe are in friendly and are in contact with administration, except the Sentinelese tribe who lives in isolated island (North Sentinel Islands) near Port Blair.

Today, the islands are a favoured tourist destination for their crystal-clear waters, white sandy beaches, and the historic cellular jail in Port Blair, offering a safe environment with almost zero crime rates for tourists of all ages.

The Andaman and Nicobar Islands have earned recognition as a UNESCO World Heritage site owing to their rich biodiversity. Among its notable features, Asia's only active volcano, the Barren Islands, situated approximately 135 kilometres from Port Blair. The Islands are efficiently connected to the mainland through air and sea transportation, Port Blair serving as the primary port of entry. Interisland ship and helicopter services link all inhabited islands in Port Blair, ensuring seamless connectivity for residents and visitors.

## Radhanagar Beach in Havelock Island



Arunachal Pradesh is situated on the extreme North-East extremity of India in the Trans- Himalayan region with an area of 83,743 sq. km. and has a long international border with Bhutan to the West, Tibet (China) to the North and North-East and Myanmar to the East. This beautiful land of rising sun was popularly known as NEFA (North-East Frontier Agency) and had attained the status of a State on 20 February, 1987.

Arunachal Pradesh is the land of down-lit mountains. Arunachal Pradesh is blessed with breath takingly beautiful hilly terrains; sparkling rivers, gurgling waterfalls, deep gorges beautiful valleys and plateaus, dense and lush green forests with unique varieties of flora and fauna. The Pradesh is also called the "Paradise of botanists" and the other name given to state is "Orchid State of India" as well.

Arunachal Pradesh finds its mention in the literature of Kalika Purana and the great Hindu Epic Mahabharata. It is believed to be the Prabhu Mountains of the Puranas. According to a Hindu mythological legend, Arunachal Pradesh was the place where sage Parshuram washed away his sin, sage Vyasa meditated, King Bhishmaka founded his kingdom and Lord Krishna married his consort, Rukmini.

Arunachal is home to 26 major indigenous tribes and 110 sub-tribes and minor tribes each having distinctive tradition and culture, custom and language and thus this hilly State is predominantly inhabited by tribal population belonging to Indo-Mongoloid group.

The capital city of Itanagar is well connected with airway and railway. All the major districts are connected by all-weather roads.

Many festivals are celebrated here and are different in their own unique way by the respective tribes of Arunachal Pradesh. These festivals are tribal, harvest, and spiritual. Some of the festivals celebrated with great joy and enthusiasm are, Dree Festival, Nyokum, Buddha Mahotsav, Ziro music festival, Siang River Festival, Pangsau Pass Winter Festival, Solung, Lossar, Mopin etc.

Arunachal Pradesh is just the right place for travellers looking for rejuvenation, adventure, nature and peace in the lap of Himalayas. It is becoming a popular destination for hiking, rafting, fishing, trekking and mountaineering etc. Apart from its breathtaking natural beauty, what makes this land truly magical is its vibrant and distinct culture. In a highly westernised world today, Arunachal Pradesh is a proud state in India, still preserving its ancient culture traditions.



**Dr. Biraj Jyoti Goswami**  
**Guwahati**

## **Assam in a Nutshell** **(The Nut is Too Big for The Shell)**

The second part of the title exactly depicts my helpless situation when this topic was designated upon me. How am I to do justice to describe in a nutshell about my land which boasts of being the home for

- **World's highest population of one-horned Rhino (Kaziranga, Pobitora)**
- **World's largest river island (Majuli)**
- **World's smallest river island (Umananda)**
- **World's biggest weaving village (Sualkuchi)**
- **World's capital of black magic (Mayong)**
- **World's biggest Tea garden (Monabari)**
- **World's largest tea research Centre (Tocklai)**
- **World's largest tea growing region**
- **Asia's widest river (Brahmaputra)**
- **Asia's oldest amphitheatre (Rong-ghar)**
- **Asia's first Oil refinery**
- **India's oldest (probably the only) Coal Museum (Ledo)**
- **Lately India's longest river bridge (Bhupen Hazarika Setu/Dhola-Sadiya Bridge)**

And above all, The munificent benevolence of Mother Nature, with exquisite varieties of bountiful flora & fauna in vast expanses of lush greenery, a historically enriched bouquet of culture & heritage, and an ever adorable warmth in the hearts of its inhabitants with a village simplicity. About flora, apart from numerous varieties of cultured and forest flowers and plants, Assam houses more than 500 species of orchids. Assam is also home for over 40 endangered & threatened species of birds & animals, apart from its pride one-horned rhino. The heritage lineage starting from Mahiranga Danav, Narakasura, Banasura, Bhagadwatta, Rukmini, Hidimba & Ghotokasha, who coveted elaborate mentions in Kalika Puran and the epic Mahabharat, ran down through Barman, Shalastambha, Pala dynasties in early Assam history and then through Ahom, Chutiya, Kachari, Moran, Barahi, Barobhuyan and Koch Kingdoms in Mediaeval Assam history, who depicted an exemplary valor in thwarting Islamic invasion for seventeen times to remain unconquered till British came. Assam is also a Pilgrim's Paradise, having an array of ancient temples & places of worship to different religions, the crown being on Maa Kamakhya temple as the most revered Shaktipeeth in Hinduism.

I conclude with the words of the legendary Maestro Dr, Bhupen hazarika who sang "Axom Amar Rupohi/ Gunoro nai xex/ Bharatore purba dixor/ Xurya utha dex" (My beautiful Assam with essence endless/ Stands tall at the east where the Sun rises).



**Dr Ranjana Kumar**  
**Dr Jaishree Shekhar**

## **Bihar – A perfect amalgam of History, Culture, Tradition & Hospitality**

Bihar, a state in eastern India ranks as the 12<sup>th</sup> largest state by area and 3<sup>rd</sup> largest in terms of population. Bordered by Uttar Pradesh in the west, Nepal to the north, northern part of West Bengal to the east and Jharkhand to the south, the holy river Ganges flowing from west to east splits the plains in two. A state with 38 districts, has Patna as the state capital and the largest city. The official language is Hindi and Urdu.

Home to the Videha king Janak and his daughter Sita during the Vedic period, the Haryanaka dynasty (Bimbisara & Ajatshatru) in 684 BC, and the Nand dynasty subsequently, regions of Bihar shot into prominence during the Maurya and Gupta empires.

A diverse and rich history has endowed the state with a great cultural heritage and places of importance that every visitor must experience to understand and enjoy Bihar.

### **Bihar's Buddhist Circuit:**

Bihar, the land of enlightenment and spiritual awakening, is home to several significant sites associated with the life and teachings of Lord Buddha. Embarking on the Buddhist Circuit in Bihar offers a transformative journey, allowing pilgrims and enthusiasts to trace the footsteps of the Buddha and explore the rich heritage of Buddhism.



**Bodh Gaya:** situated in the Gaya district, is the epicenter of Buddhist pilgrimage and the most sacred site where, under the Bodhi Tree, Prince Siddhartha attained enlightenment and became the Buddha. The Mahabodhi Temple Complex, a UNESCO World Heritage Site, houses the magnificent Mahabodhi Temple, the holy Bodhi Tree, and the Vajrasana (Diamond Throne) where Buddha is believed to have attained enlightenment.



**Nalanda:** The ruins of Nalanda University, founded in the 5th century BCE, stand as a testament to the intellectual and spiritual pursuits of the time. The Archaeological Site of Nalanda Mahavihara, one of the most ancient universities of the world, provides glimpses into the ancient classrooms, stupas, and monasteries, offering visitors a chance to connect with the scholarly legacy of Buddhism.

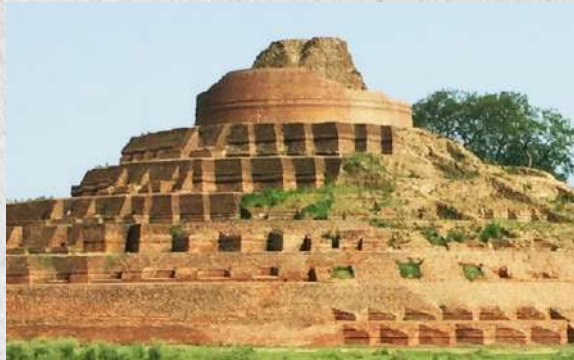




**Rajgir:** Nestled in the verdant landscapes of Bihar, India, Rajgir is a town steeped in history, spirituality, and natural beauty. Rajgir boasts a history that dates back to the 6th century BCE. It served as the capital of the Magadha empire under the rule of Bimbisara and later witnessed the teachings of Lord Buddha during the second Buddhist council. At Rajgir, one can visit the Gridhakuta Hill, or Vulture's Peak, where Buddha delivered some of his most profound teachings. The Japanese peace pagoda atop the Ratnagiri Hill provides a panoramic view of the town and instills a sense of tranquility. Pilgrims and seekers of spiritual enlightenment often visit the Vishwa Shanti Stupa, a symbol of peace and harmony. Rajgir is a treasure trove of archaeological wonders. The Cyclopean Wall, also known as Jarasandha's Akhara, is an ancient fortification that encapsulates the historical essence of the city. The hot springs at the Brahmakund are believed to have healing properties and are a popular spot for relaxation. The calm waters of the Swarna Bhandar and Karanda tanks add to the serenity of the landscape, creating a perfect setting for reflection and introspect.



**Kesariya Stupa:** Kesariya, in the East Champaran district, is home to the Kesariya Stupa, one of the largest stupas in the world. Believed to enshrine the ashes of Lord Buddha, this stupa stands as a testament to the devotion and architectural prowess of ancient Buddhist communities.



**Vaishali:** Nestled in the fertile plains of Bihar, India, Vaishali's history can be traced back to the time of the Buddha, making it one of the oldest continuously inhabited cities in the world. It was the birthplace of Lord Mahavira, the 24th Tirthankara of Jainism and holds immense importance in the Buddhist and Jain traditions. The Ashokan Pillar, believed to have been erected by Emperor Ashoka, is a prominent historical artifact that stands tall in Vaishali, symbolizing the city's ancient roots. Vaishali is renowned for the Relic Stupa, also known as the Kutagarasala Vihara, which is believed to house the ashes of Lord Buddha.

**Madhubani Art:** A symbol of Bihar's rich cultural heritage.



**Litti Chokha:** A gastronomic delight from the heart of Bihar



Bihar as a destination promises to be a unique experience. It is a tapestry of rich historical background, cultural heritage and tradition. The warmth

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# JHARKHAND

**- The Rich State of Poor People**

**Jharkhand** – The 28<sup>th</sup> State of India carved out from Bihar on 15 November 2000, having spread in the area of over 79,714 Square KM with total population 4.06 crore. The state is endowed with a vast bio-diversity, a temperate climate, a rich cultural and historical heritage, and religious places of worship, and ethnic aspects that make it an ideal tourist destination. Age-old tribes are the main inhabit of this wonderful land, the state is also a hub of Industries, Commerce, Places of worship and Education. A treasure-trove of minerals comprises 40 per cent of the mineral wealth of the country, ranking first in the production of Coal, Mica and Iron and helps in making Jharkhand one of the richest state of India in natural resources. Jharknad is having a literacy rate of 67.6 %

## Important Places:

Besides the capital city of Ranchi the other main cities are

1. **Jamshedpur** (Tata Steel City)
2. **Dhanbad** (City of Black Diamond also known as Coal Capital of India)
3. **Bokaro** (Steel City of SAIL)
4. **Deoghar** (The Land of Lord Baidyanath)
5. **Hazaribag** (National Park & Rice Research Institute)
6. **Giridih** (The Mica City which hosts Parasnath Hills – The Highest pilgrimage of Jainism known as Shikhar Jee)

## Handicrafts:

The handicrafts of Jharkhand are made by its different tribes and its craftsmen, which port ray the rich tradition of art and culture of the state and its people.

**Silk Industry** (The largest producer of Tussar Silk)

**Dokra** (Metal craft or brass work)

**Terracotta** (Clay and terracotta items) used in the making of jars, vases, figurines and other decorative articles.

**Bamboo Craft:** Bamboos are flexible and strong and are used to make Flowerpot, fishing equipment, trays, baskets, furniture, and some decorative items made with bamboos.

## Culture & Tradition:

The Music tradition of Jharkhand which consist of various folks & tribal forms is known for its diversity. People are very fond of Music & Dance which is integrals to Jharkhand Tribal Communities. Watching the famous “Chhau Dance” is a cultural feast to the eyes.

## Accessibility:

Jharkhand has rich Networks of Railways eg. Dhanbad, Jamshedpur & Randhi and well connected by Roads & two regular functioning Airports (Ranchi & Deoghar) Climate is pleasant in Jharkhand: Cold-Weather Season takes place from November to February whereas Hot-Weather Season takes place from March to mid-June. However, In spite of rich in Mines & Minerals Jharkhand is still considered a Backward state because of dearth of a visionary Political leadership. The rich natural beauties of the state need to be explored so that the tourism industries get a boom which in turn contributes to the financial growth of the

### DEOGAR PARESHNATH TEMPLE



### DASHAM FALL, RANCHI



### LORD BAIDYANATH TEMPLE



Long long ago in the Maha Bharat era, the king of Kalinga Srutayudha took part in the Maha Bharat war with his elephant regiment on the side of Kauravas and was killed by Bhimasena. In the pre-Christian era Maurya dynasty was established in fourth century B.C. in Magadha by Chandragupta Maurya with the dig darshan of Acharya Chanakya. His empire extended from present Afghanistan to Kamarupa and from the Himalayas to the far south except the land of Kalinga. His grandson Ashoka attacked this land with a large army in 261 B.C. near the river Daya in Bhubaneswar. The people of this land fought bravely under the leadership of princess Karubaki, but were vanquished. But seeing the devastating effects of the war he was drowned in deep sorrow and repented so much that he thought himself: "The real winning is not achieved by the power of a sword, it is achieved with changing a heart". The Buddhist monk Upagupta converted him to the fold of Buddhism. He promised not to wage a war again. On returning to his capital Pataliputra, he set free the princess and married her later. There is a rock edict of Ashoka on the bank of river Rishikulya in the district of Ganjam. Thus Chandashoka turned as Debanam Priyadarshi Dharmasoka and spread Buddhism to far east and south eastern Asia. All these have been inscribed in Dhaulagiri cave near a statue of an elephant. It is told that Tapusa and Malluka, two Kalinga business men became the first disciples of Lord Buddha.

In the first century B.C. Samrat Kharabela ruled Kalinga. His pictorial inscriptions are still available in the caves of Khandagiri and Udaya giri. Seventh century onwards this land was ruled by Bhaumakara, Keshari, Ganga and Surya Banshi kings. The area extended from the river Ganga to Godavari in the south. At that time, it was known as Utkal for the rich cultural and architectural heritage. Those are found in the stony bank of the river Katha Jodi, Bidanasi fort, Lingaraj and other temples in Ekamra Kanana, Lord Jagannath temple in Puri, Sun temple of Konarka and Barabati fort in Cuttack.

Since centuries Lord Jagannath has been in the centre stage of Utkal and Odisha. A legend tells that during the last part of Mahabharat era Lord Krishna left his human body on the bank of the western sea in Pravasa tirtha, presently known as Somnath Dham in Gujrat. His mortal body was consigned to flame, but the Navi kamala remained unburnt. So, it was offered to the sea. This Brahma part was somehow found by one Sabar (tribal) king Biswabasu. He was worshipping it as Lord Nilamadhaba. The then king Indra Dyumna of Malaba sent his brahmin minister Vidyapati to search for the deity. He came searching the Lord and got married to the tribal princess Lalita. He could see the Lord. He informed the king accordingly. The king Indra Dyumna came to the eastern sea but could not find. Instead he found a big log of wood in the Banki muhana near Puri. One old carpenter sculpted out the present Trimurti of Lord Jagannath, Balabhadra and sister Subhadra. The king constructed a temple on the sea shore known as Nilakandara. Later on this temple was renovated in 12<sup>th</sup> century by Chodagangadev, the Ganga king of Utkal. Since then, Lord Jagannath is the supreme of this land. Everything related to Him is great. The temple is known as Bada deula, the road in front is Bada Danda. The grand Prasad is known as Maha Prasad, the sea as Mahodadhi earlier known as Kalinga Sagar. The Lord is the supreme ruler and the Gajapati his Raut (Senapati) only. In Ananda bazar all people take Maha Prasad without any discrimination of caste, creed, colour and religion. Jagannath Dham is well known in every nook and corner of the country and is spreading the message of social equality, brotherhood and friendship amongst the people.

The Santha kabi Bhimabhoi of this land loudly declares a message depicted in U.N.O. head quarters:

**"The living beings have numerous sorrows and sufferings,  
Who can tolerate at all on seeing these miseries,  
Oh Lord! let my life go to hell,  
But the whole world be saved "**

### JAI JAGANNATH



## **Thang-Ta**



Thang Ta - is an ancient Manipuri Martial Art developed from the war environment of Manipur & created by the Meitei. Thang-Ta means sword and spear. Thang Ta was also known as Huyen Lallong which means 'The art of sword and the spear'. The art developed from the war environment of Manipur. It played an important role in the geopolitical environment of medieval times in between India and China with many independent states at war with each other. After being prohibited during the period of the colonial raj (1891-1947), Thang Ta became an expressive art form which retained its fighting character at the secret home schools of individual teachers or Gurus. It survived during the period of Manipur's integration with the Indian Union in 1949, where the art was shown in festivals and performance platforms abroad. Thang Ta integrates various external weapons - the sword, spear, dagger, etc. - with the internal practice of physical control through soft movements coordinated with the rhythms of breathing. Thang Ta is practiced in three different ways. The first way is absolutely ritual in nature, related to the 'tantric' practices. The second way consists of a spectacular performance involving sword and spear dances. These dances can be converted into actual fighting practices. The third way is the actual fighting technique.





Mizoram is a mountainous state nestling in the southern tip of the north-east region of India. Mizoram remains an exotic location sharing more than one-third of its boundary with Bangladesh and Myanmar. Mizoram has a moderate and pleasant climate throughout the year, an idyllic land of great natural beauty having rich variety of flora and fauna. It has scenic landscapes of bluish mountains, steep rocky cliffs, serene lakes and deep valleys of gurgling streams plunging down sheer drops to form spectacular waterfalls.

Aizawl, a beautiful city, the capital of Mizoram is situated at about 1132 metres above sea level. It is set on ridges of steep hills overlooking the valley of the River Tlawng in the west and River Tuirial in the east and south. The picturesque and peaceful city also commands exotic landscape of verdant hills stretching away to the horizon.

Being the state capital, Aizawl is also the political and cultural centre of Mizoram.

Mizoram is linked with the rest of the country by air and road transport. Aizawl, the capital of Mizoram can be reached by flights from Kolkata, Delhi, Guwahati, Shillong, Agartala and Imphal and by the National Highway 54 via Silchar.

The Local Organizing Committee (EIZOC MIDCON 2024) and members of OSOM cordially invite you to midterm conference of EIZOC 2024 which *will be held at Aijal Club, Aizwal on 26<sup>th</sup> & 27<sup>th</sup> April, 2024.*

In the heart of the Himalayas, where pristine landscapes meet centuries-old traditions, Sikkim beckoned with promises. On a Sikkim heritage culture tour, the adventure unfolds like pages from a captivating story.

Your first stop is the enchanting Rumtek Monastery, perched on a hill, a spiritual haven for monks and a gateway to Sikkim's Buddhist legacy. The air is filled with the melodious chants, echoing the ancient wisdom of the region. Intricate murals adorned the monastery walls, telling tales of spirituality etched in vibrant colors.

The journey continues to Pemayangtse Monastery, a serene sanctuary overlooking the Kanchenjunga range. The architecture reflects the artistic finesse of the Sikkimese, and the prayer flags whisper prayers to the mountain gods. A cultural tapestry unfolds, revealing the symbiotic relationship between the people and their breathtaking surroundings.

Nestled in Gangtok, the capital city, the Namgyal Institute of Tibetology opens a window to Sikkim's historical narrative. Ancient manuscripts, thangkas, and artifacts showcase the deep-rooted connection between Sikkim and Tibetan Buddhism. As you explore, you will find the threads of culture intricately woven into every artifact, connecting the past with the present.

Venturing into the rural heartlands, you can discover the traditional Sikkimese villages Lachung and Lachen. The quaint homes, adorned with intricate woodwork, stand testament to the age-old craftsmanship passed down through generations.

As you traverse the winding roads of Sikkim, each bend unveils a panorama of snow-capped peaks, dense forests, and cascading waterfalls. The landscape itself seems to narrate tales of resilience and harmony, mirroring the ethos of the people who call Sikkim home.

In the twilight, at the enchanting Tsomgo Lake, you will be marvelled at the reflection of the mountains on the pristine water. The Sikkim heritage culture tour is not merely a journey; it is an immersion into a living story. The echoes of ancient traditions, the vibrancy of festivals, and the breathtaking landscapes attract tourists from all over the world.



# LOC of the EAST

## THE SECRETARIAT

**Chairman,  
Organising Committee**

- Dr Abhijit Ghosh

**Working Chairman,  
Organizing Committee**

- Dr Ratish Chandra Paul

**Chairman,  
Reception Committee**

- Dr Debasish Bhattacharya

**Co-Chairperson,  
Organizing Committee**

- Dr Debdas Mukhopadhyay
- Dr Arup Chakraborty

**Co-Chairperson,  
Reception Committee**

- Dr Md Yasin
- Dr Rita Das

**Vice Chairperson**

- |                         |                         |
|-------------------------|-------------------------|
| <b>Administration</b>   | <b>Communications</b>   |
| • Dr Ashim Kumar Dey    | • Dr Pushpita Sahu      |
| <b>Infrastructure</b>   | <b>Liaison</b>          |
| • Dr Kajal Prasad Ghosh | • Dr Monoj Hajra        |
| <b>Logistics</b>        | <b>Services</b>         |
| • Dr Sekhar Nath Sarkar | • Dr Parag Mukhopadhyay |
| <b>Reception</b>        |                         |
| • Dr Asim Kumar Ghosh   |                         |

**Organising Secretary**

- Dr Subhasish Nag

**Treasurer**

- Dr Debashis Das

**Additional  
Organising Secretary**

- |                         |                         |
|-------------------------|-------------------------|
| <b>Administration</b>   | <b>Communications</b>   |
| • Dr Sugato Paul        | • Dr Sudipta Mitra      |
| <b>Infrastructure</b>   | <b>Liaison</b>          |
| • Dr Rupak Kanti Biswas | • Dr Siddhartha Ghosh   |
| <b>Logistics</b>        | <b>Services</b>         |
| • Dr Aniruddha Maiti    | • Dr Rudra Prosad Ghosh |
| <b>Reception</b>        |                         |
| • Dr Sunil Surana       |                         |

## Additional Treasurer

- Dr Mohua Majumdar Sengupta

## Joint Organising Secretary

### Administration

- Dr Rajesh Majumdar Chowdhury
- Dr Anup Mondal

### Communications

- Dr Suchanda Sar
- Dr Supratik Bandyopadhyay

### Infrastructure

- Dr Angshuman Das
- Dr Maneesh Singh

### Liaison

- Dr Meghnath Bhowmick
- Dr Arup Bhaumik

### Logistics

- Dr Rakesh Kumar Gupta
- Dr Ayan Mohanta

### Services

- Dr Maitreyee Das
- Dr Imtiaz Ahmed

### Reception

- Dr Indranil Bhattacharyya
- Dr Malay Sarkar

## Joint Treasurer

- Dr Swarup Kumar Roy

## Assistant Organising Secretary

### Administration

- Dr Tulika Ghoshal
- Dr Prachi Subhedar Ghosh

### Communications

- Dr Indranil Deb
- Dr Purbani Ganguly

### Infrastructure

- Dr Sudipta Das
- Dr Shibashis Das

### Liaison

- Dr Supriya De
- Dr Swati Agarwal

### Logistics

- Dr Dipa Saha
- Dr Debmalya Das

### Services

- Dr Vedang Shah
- Dr Sohini Ghosh

### Reception

- Dr Anuradha Chandra
- Dr Diptesh Das



## Assistant Treasurer

- Dr Siddhartha Bose

## EIZOC Council

### Administration

- Dr Pranav Ranjan (EIZOC)
- Dr SK Mitra (Jharkhand)
- Dr Karma L Bhutia (Sikkim)

### Communications

- Dr Jayanta Kumar Das (Assam)
- Dr Lalrindiki (Mizoram)
- Dr BN Gupta (EIZOC)

### Infrastructure

- Dr Jayanta Boroowa (EIZOC)
- Dr Raj Mohan (Jharkhand)
- Dr Bijoy Deb Barma (Tripura)

### Liaison

- Dr Swaraj Bhattacharjee (EIZOC)
- Dr Madhusudan Chatterjee (Tripura)
- Dr Lobsang Tsetim (Arunachal Pradesh)

### Logistics

- Dr Santosh Kumar Mahapatra (Odisha)
- Dr KL Remsanga (Mizoram)
- Dr Sachindra Laishram (Manipur)

### Services

- Dr Bibhuti P Sinha (Bihar)
- Dr Thoudam Robi Singh (Manipur)
- Dr Kaling Darang (Arunachal Pradesh)

### Reception

- Dr Subhra Kinkor Goswami (Assam)
- Dr KS Gupta (Bihar)
- Dr Jayshree Dora (Odisha)

# THE SUB COMMITTEES

## Reception

### Sub-Committees

- Welcome to Delegates
- Hospitality to VIPs/ Celebrities
- Photography/Videography
- Presidential Dinner
- Film
- Sports & Recreation
- Senior Ophthalmals Care
- Mother & Child Support
- Social Welfare Events
- EIZOC Coordination

### Chairpersons

- Dr Amitava Biswas
- Dr Suchitra Majumdar
- Dr Somduitt Prasad.
- Dr Sourav Sinha
- Dr Tutul Chakravarti
- Dr Kali Prasad Saha
- Dr Tushar Kanti Hazra
- Dr Sukanya Mitra
- Dr Nandini Ray
- Dr Swapan Kumar Samanta

### Convenors

- Dr Priyansha Chatterjee
- Dr Smiti Rani Srivastava
- Dr Saptarshi Banerjee
- Dr Angshuman Goswami
- Dr Satyam Maiti
- Dr Aditi Ghosh Dastidar
- Dr Ranjan Mukherjee
- Dr Arita Chatteraj
- Dr Surya Gupta
- Dr Tathagata De

## Liaison

### Sub-Committees

- Volunteer Management
- Sc Session & Faculty Management
- Pre-Conference Sessions
- Hall Management
- Posters & Video Kiosks
- Gifts & Mementoes/ Certificates
- Trade Exhibition
- Wet Lab Sessions
- Beyond Ophthal Events
- YOSI & other Societies

### Chairpersons

- Dr Lav Kochgaway
- Dr Chandrima Paul
- Dr Paromita Sanatani
- Dr Sumit Choudhury
- Dr Arup K Bose
- Dr Susanta K Roy
- Dr Pankaj Rupauhli
- Dr Saurabh Sanyal
- Dr Nilay Majumdar
- Dr Kumar Saurabh

### Convenors

- Dr Sayantan Ghosh
- Dr Sagar Bhargava
- Dr Arijit Mitra
- Dr Tania Ray Bhadra
- Dr Doel Biswas
- Dr Surojit Chakrabarti
- Dr Partha Pratim Ghosh
- Dr Chandni Chakraborty
- Dr Saikat Jana
- Dr Nandini Chandak

## Services

### Sub-Committees

- Lounge Management
- Buffet Arena & Packet Zone
- Lunches (Buffet & Packets)
- Drinking Water & Beverages
- Ceremonies (Inauguration etc.)
- Family & Kids Zone
- Tours & Travel
- Banquet & Dinner
- Waste Management
- Alumni Meetings

### Chairpersons

- Dr Chandan Bari
- Dr Pinaki Nag
- Dr Asim K Sil
- Dr Pradip Ghosh
- Dr Malay Maitra
- Dr Ketaki Bagchi
- Dr Mrinal Kanti Ghosh
- Dr Ananyabrata Das
- Dr Narayan Ch Ghosh
- Dr Bhaskar Roy Choudhury

### Convenors

- Dr Rituparna Chatterjee
- Dr Sourav Bose
- Dr Suman Mukherjee
- Dr Debdulal Chakraborty
- Dr Anindya Kishor Majumdar
- Dr Nazneen Nazm
- Dr Kaushik Tripathy
- Dr Saumyadeep Majumdar
- Dr Anindya Gupta
- Dr Sagnik Surya Das

## Logistics

### Sub-Committees

- Registration Management
- Accommodation Coordination
- Delegate/ Guest Transport Management
- Parking & Traffic Management
- International Affairs & Visa Guidance
- Info Booths & Assistance kiosks
- Kits & Distribution
- Licenses & Compliance
- Police & Administration Work
- Website, Mobile App & Internet

### Chairpersons

- Dr Salil Mondal
- Dr Chinmoy Sarkar
- Dr Sanjoy Chatterjee
- Dr Subhasis Halder
- Dr Pradip Mohanta
- Dr Gobinda Mallik
- Dr Sanjay K D Thakur
- Dr Mousumi Banerjee
- Dr Sauvik Banerjee
- Dr Mahesh Bharpilania

### Convenors

- Dr Sailaja Sengupta
- Dr. Anupama Biswas
- Dr Sandip Saha
- Dr John Sarkar
- Dr Zahir Abbas
- Dr Nisha Samadder
- Dr Prashant Srivastava
- Dr Pravin Roy
- Dr Tarusree Chakraborty
- Dr Sneha Jain

## Administration

### Sub-Committees

- Secretariat/ Office Management
- Services & Railways Coordination
- Vendor Management
- Sponsorships
- AIOS office liaison
- Entertainment Program
- Data Analysis & Monitoring
- Grievances & Redressal
- PCO & Vendors Coordination
- SOPs, Crisis & Risk Management

### Chairpersons

- Dr Vivek Datta
- Dr Tapan Kumar Das
- Dr Dwija Bandhu Sarkar
- Dr Debasish Bairagi
- Dr Harjeet Singh
- Dr Prasanta Chakraborty
- Dr Dipankar Roy
- Dr Sandip Mitra
- Dr Abhijit Chattopadhyay
- Dr Subhankar Home

### Convenors

- Dr Sabita Katoch
- Dr Arnav Mitra
- Dr Somnath Chakraborty
- Dr Shyam Sundar Kedia
- Dr Apurba K Samanta
- Dr Moumita Roy
- Dr Lalit Mohan Adhikary
- Dr Krishnendu Nandi
- Dr Sujoy Mukherjee
- Dr Kaushick Biswas

## Infrastructure

### Sub-Committees

- Venue Management
- Fabrication supervision
- Audiovisual supervision
- Housekeeping Management
- Electricity & Generators
- Security Management
- Fire & Emergency Arrangement
- Signages & Venue Branding
- Toilets Management
- Entertainment & Dinner Area Management

### Chairpersons

- Dr Soumen Mondal
- Dr Asit Chakrabarti
- Dr Santanu Mondal
- Dr Subhendu Boral
- Dr Asis K Chattopadhyay
- Dr Tushar K Sinha
- Dr Manas Bandopadhyay
- Dr Amit Paul
- Dr Sumit Banerjee
- Dr Abhijit Sen

### Convenors

- Dr Md. Parvez Alam
- Dr Niladri Saha
- Dr Soham Basak
- Dr Kushal Banerjee
- Dr Aditya Pradhan
- Dr Simantan Basu
- Dr Subhankar Barman
- Dr Sneha Jain
- Dr Utsab Pan
- Dr Shoumyajyoti D. Majumdar

# Communications

## Sub-Committees

- Info Mailers & Brochures
- Event Souvenir
- Promo Mails & Flyers
- Social Media Campaign
- Conference Ready Reckoner
- Press, Media & Publicity
- Promotional Physical Meetings
- Go Green Initiative
- Venue Floor Managers
- Committees & Offices Coordination

## Chairpersons

- Dr Anita Chatterjee
- Dr Purnendu B Sarkar
- Dr Shyamal Pandey
- Dr Alokesh Ganguly
- Dr Rupak Roy
- Dr Anindita Mondal
- Dr Jayangshu Sengupta
- Dr Chandana Chakraborty
- Dr Divyesh Shah
- Dr Arnab Biswas

## Convenors

- Dr Nabanita Barua
- Dr Soumya Kundu
- Dr Sudipta Ghosh
- Dr Anirban Chakrabarti
- Dr Mita Saha
- Dr Kakali Sen
- Dr Arindam Deb
- Dr Krishnendu Roy
- Dr Asnis Majumdar
- Dr Sangeeta Roy

# TEAM COORDINATORS

## Administration

### Coordinator

- Dr Ashok Kumar Nanda (Odisha)
- Dr Sanjib Buragohain (Assam)
- Dr Rajiv Gupta (Jharkhand)
- Dr Ahokhe Shikhu (Nagaland)

## Communications

### Coordinator

- Dr BP Kashyap (Jharkhand)
- Dr Jaigopal Agrawal (Bihar)
- Dr Rohindra Lall (Andaman & Nicobar)
- Dr Nilesh Mohan (Bihar)

## Infrastructure

### Coordinator

- Dr Milind Kumar (Bihar)
- Dr Bimal Jyoti Deb Sikdar (Assam)
- Dr Nilanjan Kaushik Thakur (Assam)
- Dr Ranjana Kumar (Bihar)

## Liaison

### Coordinator

- Dr Sabyasachi Pattanayak (Odisha)
- Dr Sujoy Samanta (Jharkhand)
- Dr Sudhir Kumar (Bihar)
- Dr Bibhuti Bhusan (Jharkhand)

## Logistics

### Coordinator

- Dr Gauri Sankar Gogoi (Assam)
- Dr Tanie Natung (Meghalaya)
- Dr Nitin G Dhira (Jharkhand)
- Dr Rahul Prasad (Jharkhand)

## Services

### Coordinator

- Dr Satyajit Sinha (Bihar)
- Dr Rajendra Kumar Gogoi (Assam)
- Dr Bharti Kashyap (Jharkhand)
- Dr Amar Chakma (Tripura)

## Reception

### Coordinator

- Dr Rajan Anand (Bihar)
- Dr YR Darang (Arunachal Pradesh)
- Dr Srikant Sahu (Odisha)
- Dr Y Chingsuingamba Meitei (Manipur)

# THE ADVISORY BOARD

## Chief Patron

- Dr Indra Sekhar Roy

## Mentor, Organising Committee

- Dr Ajit Babu Majji
- Dr Mahipal Singh Sachdev

## Mentor, Reception Committee

- Dr S Natarajan

## Chief Resource Persons

- Dr Samar K Basak
- Dr Partha Biswas

## Advisor, Organising Committee

- Dr Jyotirmoy Biswas

## Advisor, Reception Committee

- Dr Anil K Mondal

## Advisors

### Administration

- Dr Panna Lal Saha
- Dr Ajoy K Mukherji

### Communications

- Dr Ramendra Lal Saha
- Dr Anita Banerjee

### Infrastructure

- Dr Satyendra Nath Roy
- Dr Brajendra Kisor Sarkar

### Liaison

- Dr Amarnath De
- Dr Asit Ranjan Banerjee

### Logistics

- Dr Pradip Ranjan Chatterjee
- Dr Prayot Narayan Biswas

### Services

- Dr Chandi Das Datta
- Dr Debnath Chattopadhyay

### Reception

- Dr Gautam Bhaduri
- Dr Pradeep K Bakshi

## Advisors

### HODs of all Teaching Institutes in WB

- Dr Subhra Nag
- Dr Nazarul Islam
- Dr Tamal Ray
- Dr Sabyasachi Bandyopadhyay
- Dr Biswarup Roy
- Dr Udayaditya Mukherjee
- Dr Sambuddha Ghosh
- Dr Kumaresh Ch Sarkar
- Dr Nirmal Kumar Sasmal
- Dr Somnath Das
- Dr Chaitali Basu
- Col. Dr Sandeepan Bandyopadhyay

## Advisors

### EIZOC states

- Dr BNR Subudhi (Odisha)
- Dr Atiqul Hussain (Assam)
- Dr Sunil Kumar Singh (Bihar)
- Dr Surendra Singh (Jharkhand)
- Dr Bata Krishna Pal (Tripura)
- Dr Gunasagar Das (Odisha)
- Dr Harsha Bhattacharjee (Assam)
- Dr Subhash Prasad (Bihar)
- Dr Rajiv Kumar (Jharkhand)



**82<sup>nd</sup> Annual Conference of  
All India Ophthalmological Society**

**14th to 17th March, 2024  
Biswa Bangla Convention Centre, Newtown, Kolkata**

*Embrace sustainability with our Go Green Campaign!*

- **Swap single-use plastics for eco-friendly alternatives like stainless steel bottles, reducing waste and promoting reuse.**
- **Carry your essentials in style with our trendy jute kit bag, a durable and biodegradable choice.**
- **Embrace the traditional yet eco-conscious kulhad (clay utensils) for a plastic-free dining experience.**

*Together, let's make small changes that lead to a greener, healthier planet.  
Join the movement for a sustainable future!*







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Envisioning the Future together

## Kolkata



### 82<sup>nd</sup> Annual Conference of All India Ophthalmological Society

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