

**Awards & Appreciations
of
Professional & Nation building Contributions
*Towards***

**Medical Education ,Research ,Community Ophthalmology, Eye Banking,
High Altitude Research, Glaucoma Drainage devices
,Phacoemulsification Surgery & Innovation in Colour Vision Detection
Test ,National harmony ,integration and development of human values**

In respect of

Major General JKS Parihar,SM,VSM(Retd)
MS,DOMS,DNB,FAMS**

**Former ,Addl DGAFMS (MR ,H & Trg)
(Additional Director General Armed Forces Medical Services)
(Medical Research, training /Education &Health) O/o DGAFMS ,
&
Professor of Ophthalmology**



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	<p>Institute:2003 Awarded Honorary Appointment to the Research Board of Advisors of the American Biographic Institute (USA)in 2003 for distinguished standing in the field of Ophthalmic Research .</p> <p>(xi). Rashtra Bhasha (Hindi) Award 2003.Second best essay in All India Hindi Essay competition (Armed Forces Medical Services category) Awarded by Govt of India.</p> <p>(xli).Certificate of Merit for Community Ophthalmic Work awarded in 1983 by dept of Preventive & Social Medicine, MGM Medical College Indore (MP) on 26 April1983 for outstanding performance in community ophthalmic activities as a coordinator and supervising the Interns and junior medical officers under state programme of the Ophthalmic examination of 50000 School going children of 230 schools of Indore(MP).</p> <p>(xlii).Office Bearer of National Professional society: Contribution in Eye Banking and Corneal Transplantation activities at National level as office bearer of EBAI (Eye Bank Association of India).</p>	
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Maj Gen JKS Parihar,SM,VSM**(Retd) Presided over Sangh Shourya Function on 21 Apr 2019 at Dist Ambedkar ,Delhi Prant

Maj Gen JKS Parihar (Retd) has been invited by Rashtriya Swayam Seva sangh, Abedkar Jila ,Delhi Prant on 21 apr 2019 to preside over the “Sangh Shourya”function.The function was organised at Radha Krishna Vidhya Niketan ,pushp vihar ,Sector 4,New Delhi. Shri Nijmruta Chaitanya Swami ji ,incharge “Mata Amritamayee Math” was the guest of honour. Shri Roshanlalji ,Sah Prant Karyavah , Rashtriya Swayam Sevak sangh,Delhi has addressed the gathering comprises of swayam Sevak and local populaton and highlighted the activities of sangh.

Maj Gen JKS Parihar has stressed on the need of the hour of nation building ,integartion and harmony to set a goal to ensure india as the most powerful and best country in the world.He has also appealed youth to learn from the ethos of indian culture ,commitment towards nation with utmost dediaction and devotion.

सादर निमंत्रण

राष्ट्रीय स्वयंसेवक संघ

अम्बेडकर जिला - दिल्ली प्रान्त

“संघ शौर्य”

॥ कार्यक्रम ॥

दिनांक : 21 अप्रैल, 2019 रविवार
 स्थान : राधा कृष्ण विद्या निकेतन
 पुष्प विहार, सेक्टर-4, नई दिल्ली
 समय : सायं 5:00 बजे।



अध्यक्ष
जे.के.एस. परिहार
 मेजर जनरल (रेटिड) सेना मेडल
 विभिन्न सेवा में, पूर्व जवान सहस्रविधा, 1971
 भारतीय सेना विरिक्तता सेवा



मुख्य अतिथि
श्री निजमरुता चैतन्या स्वामी जी
 स्वामी (उत्तर भारत)
 ज्ञान अनुभवमंथनी आ

मुद्रणकर्ता :
श्री रोशन लाल जी
 सह प्रांत कर्तव्य, राष्ट्रीय स्वयंसेवक संघ, दिल्ली
 फ़ोन - श्री विवेक कुमार
 जिला कर्तव्य, अम्बेडकर जिला



BREAKING NEWS

शन प्राप्त हुआ जिसको अध्यक्षता जे क एस पारिहार ने की और मुख्य आतिथ



Article written by Maj Gen JKS Parihar ,SM,VSM** (Retd)
(Former ADDL DGAFMS)
(Daily Jagran (Hindi)Dated 25 Feb 2019 ,Page number 8)



आतंक पर अंकुश का स्थायी उपाय

पुलवामा आतंकी हमले के बाद देश में राष्ट्रपति को धमका चम पर है। लोग 'अभी नहीं तो कभी नहीं' की तर्ज पर पाकिस्तान से जकारों की सहूलता का बदला लेने के लिए प्रेरित हैं। कश्मीर समस्या के दीर्घकालिक समाधान और पाकिस्तान को सही सबक सिखाने का वह उपयुक्त समय है। इस अफसस कश्मीर में आतंकवाद तथा पाकिस्तान प्रायोजित घुसपैठ एवं हमले रोकथाम के समय से ही शुरू हो गए थे। कश्मीर के शासकीय शासक राजा हरि सिंह के दुर्लभ रूप से बड़े दो देशों के बीच एक अलग राष्ट्र के रूप में खड़े की उनकी लालक ने इसे और हवा दी। वहीं कश्मीर में कब्जापत्तियों के वेर में पाक अभिप्राय को बढ़ावा देता रहा। 22 अक्टूबर, 1947 को पाक सेना ने हमला बोल और नगर के बड़े हिस्से तक कब्जा कर लिया। ऐसे में हरि सिंह ने भारत से सैन्य हस्तक्षेप की मांग की। भारत ने राज्य के पूर्ण विलय के बाद ही सैन्य हस्तक्षेप की शर्त रखी। महाराज ने कश्मीर पर पाकिस्तान के संपादित कब्जे को धारण हुए 26 अक्टूबर, 1947 को जम्मू-कश्मीर के भारत में विलय संधि पर हस्ताक्षर कर दिए।



जेकेएस परिहार

कश्मीर में आतंकवाद तभी समाप्त होगा जब आतंकी गतिविधियों को पाकिस्तान से पोषित होने के सभी रास्तों बंद कर दिए जाएं



सूत्रों के अनुसार भारत को ईरान, अफगानिस्तान, रूस, अमेरिका और फ्रांस को साथ लेकर सख्त कार्रवाई को जरूरत है। मुख्य कश्मीर और गिलगित बल्तिस्तान को सक्रिय और पूर्ण सैन्य कार्रवाई से मुक्त करना भी जरूरी है। साथ ही पाकिस्तान को सार्वभौम और राजनीतिक दोनों ही रूप से कमजोर करने के लिए हमें बलुच अंतोदहन को नैतिक, आर्थिक और सामरिक सहयोग देना चाहिए। इसके अलावा जम्मू-कश्मीर विधानसभा में पाक अधिकृत कश्मीर के लिए एक 24 विधानसभा सीटों और लोकसभा को एक सीट के लिए जम्मू-कश्मीर विधान के अनुच्छेद 48 में संशोधन के द्वारा समीपस्थ इलाकों की सीटों पर एक से अधिक प्रतिनिधि चुनने का अधिकार दिया जा सकता है। इस संशोधन में अनुच्छेद 370 को पूर्ण रूप से हटाने का कोई भी उपाय नहीं है। इस तरह की कार्रवाई से पाकिस्तान को कश्मीर और बाहर भारत विरोधी भावनाओं को ठुकराने का बिना बजट मीका मिलेगा। एक तरह से पिछले 70 वर्षों में अनुच्छेद 370 में कई संशोधनों द्वारा जम्मू-कश्मीर के विधान को भारतीय विधान के अनुक्रम ढाला जा चुका है। हालांकि अन्य भारतीय कश्मीरों को कश्मीर में बसने और उद्योग लगाने की अनुमति अवश्य ही दी जानी चाहिए। कश्मीर के इलेक्ट्रॉनिक और संचार को बनाए रखने से कोई फर्क नहीं पड़ता है।

इसके बाद भारतीय सेना ने स्वतंत्र कार्रवाई करते हुए कश्मीर घाटी के तीन चौथाई खंड और लखन के कुछ हिस्सों से घुसपैठ करने वाली पाकिस्तानी सेना को खदेड़ दिया। हालांकि विषम भौगोलिक परिस्थितियों और दूरस्थान के शिमाचरणीय क्षेत्रों, समन्वय तथ संयुक्त राष्ट्र संघ के हस्तक्षेप से हुए बुद्धिगम की वजह से जम्मू, कश्मीर घाटी और गिलगित बल्तिस्तान का पूरा-पूरा पाकिस्तान के कब्जे में ही रह गया। संयुक्त राष्ट्र के 1948-49 के प्रस्ताव के अनुसार कश्मीर समस्या के पूर्ण समाधान के लिए जनमत संग्रह करने तथा उसके पूर्व पाकिस्तान को पूरे कश्मीर से अपनी सेना तथा प्रशासन हटाने और भारत को जनमत संग्रह होने तक कश्मीर में अपनी यथास्थिति तथा सेना बनाए रखने की अनुमति दी। हालांकि पाकिस्तान ने संयुक्त राष्ट्र को इस प्रतिबद्धता का पालन नहीं किया। 1965 के भारत-पाक युद्ध के पश्चात हुए तत्संकट समझौते और 1971 के युद्ध के बाद 2 जुलाई, 1972 को हुए शिमला समझौते में भारत और पाकिस्तान द्वारा द्विपक्षीय चर्चा के द्वारा कश्मीर समस्या का हल निकालने का उल्लेख है, परंतु पाकिस्तान ने इसका भी कभी पालन नहीं किया। जिसका परिणाम 1999 में करागिल में घुसपैठ और तीन युद्धों में भारी पराजय से बीसहलाख पाकिस्तान कश्मीर में लंबातर आतंकवाद का विष फैला रहा है।

हैं। साथ ही रोमा के टैनों और कश्मीरों को बेरभूष और पाषा में समता भी आतंकवादियों को दिलाने में बहुत मददगार और सैन्यबली के लिए एक कठिन चुनौती है। इसकी आड़ में पाकिस्तान प्रायोजित आतंकवाद एवं रोमा पर घुसपैठ और हिटलर उद्गम युद्ध में 1989 से लगातार बढ़ती हुई है। सोवियत संघ-अफगानिस्तान युद्ध के बाद पाकिस्तानी सेना, बुकिच एरॉस अफगानिस्तान, तालिबान, अलकायदा और अन्य आतंकवादी संगठनों के मददगार ने कश्मीर में आतंकवाद को काफ़ी बढ़ावा दिया है। इन्हें पाक पोषित आतंकी संगठनों का भी धारण साथ मिला है। 1999 का करागिल युद्ध, एचए इडिया के विमान अक्षरष की घटनाएं उस वक़्त आतंकवाद को चरम अवस्था थीं। 2008 तक आतंकवाद में कुछ कमो अवस्था हुई थी, किंतु पिछले पाँच वर्षों में घाटी में आतंकवाद फिर से अजर के समान फैल चुका है। 1989 से अब तक ठे लख से भी अधिक कश्मीरी पीठित घाटी से विस्थापित हो चुके हैं। अपने ही देश में विस्थापितों की जिंदगी जीना कश्मीरी पीठितों के लिए एक भौषण त्रासदी की दुःखद गाथा है। आज कश्मीर समस्या के प्रति ताकालिक और दीर्घकालीन, दोनों ही स्तरों पर सतत और बंधी प्रयास आवश्यक हैं। इसके लिए पाकिस्तान पर किसी भी प्रकार का विश्वास पूर्णरूपेण निरर्थक है। सबसे पहले पाकिस्तान से सभी प्रकार के संबंध खत्म कर उसे अंतरराष्ट्रीय स्तर पर आलग-दराल किया जाए। हालांकि तीन उसके साथ होना

कश्मीर में आतंकी आतंकवाद तभी समाप्त हो सकता है जब आतंकी गतिविधियों को पाकिस्तान से पोषित होने के सभी रास्तों बंद कर दिए जाएं। कश्मीरी जनमानस में भारत के प्रति राष्ट्रप्राय तथा आपसी सम्मर्भ और सद्भाव को बढ़ाने के लिए सभी स्तरों पर अथक प्रयास अत्यंत महत्त्वपूर्ण और आवश्यक हैं। हर कश्मीरी आतंकवादी नहीं है, वह शासन और हर भारतवासी को अच्छी तरह से समझना चाहिए। कश्मीर घाटी में आतंकवादियों की घरेलू मद में अत्यंत सावधानी और सतर्कता को जरूरत है। कई सलाह पुलिस बलों की संख्या को उपयुक्त स्तर तक आतंकवादी गतिविधियों से निपटने के लिए आवश्यक प्रतिशत, कठोर मनोबल एवं तर्कसंगत संघालन के लिए सेना ही साबिक एवं सर्वश्रेष्ठ उपकरण है। फुल गिलाकर आज कश्मीर को उद्योग, रोजगार के अधिक अवसर, खेतबारी के साधन तथा उच्च शिक्षा एवं आधुनिक स्वास्थ्य सेवाओं की आरंभ आवश्यक है।

(लेखक भारतीय सेना में मेजर जनरल रहे हैं।
response@jagran.com)

**Appreciation of Contribution as Offg Deputy Commandant,
Army Hospital(Research & Referral)Delhi Cantt**



His Excellency Shri Pranab Mukherjee, the President of India



Shri Narendra Modi, Honorable Prime Minister of India

Appreciation of Contributions as HOD ,Eye Department, Army Hospital(Research & Referral)Delhi Cantt



Her Excellency Shrimati Pratibha Devi Singh Patil, the President of India



His Excellency Shri Ramaswamy Venkataraman, the former President of India



**His Excellency Dr Avul Pakir Jainulabdeen Abdul Kalam ,
the former President of India**



His Excellency Mr Mahmoud Abbas, the President of the state of Palestine & Palestine National Authority (2005 –till date)

Guest of Honour at Sri Aurobindo College ,New Delhi

Maj Gen JKS Parihar(retd) has been invited as Guest of Honour on during annual function of Sri Aurobindo College ,New Delhi on 6 Mar 2019. He had interacted with young ,dynamic and vibrant students of Sri Aurobindo college ,south Delhi .Opening address by the honble principal Shri Vipin Aggarwal was very impressive and thought provocating . He laid down the futuristic vision and roadmap for the progress of college , role of students in nation building and how to full fill social commitments towards society. Shri Sanjay Kumar Mishra ,chairman college managing committee who himself is a very well renowned and accomplished journalist assured students for all the possible help in their career growth .Maj Gen JKS Parihar had stressed on the crucial role of students in nation building ,unity and harmony among all Indians. He has also emphasised on the preservation of environment ,Indian culture languages and essence of human values. He had appreciated such beautiful and nostalgic environment in the college campus both in the faculties and students as well.



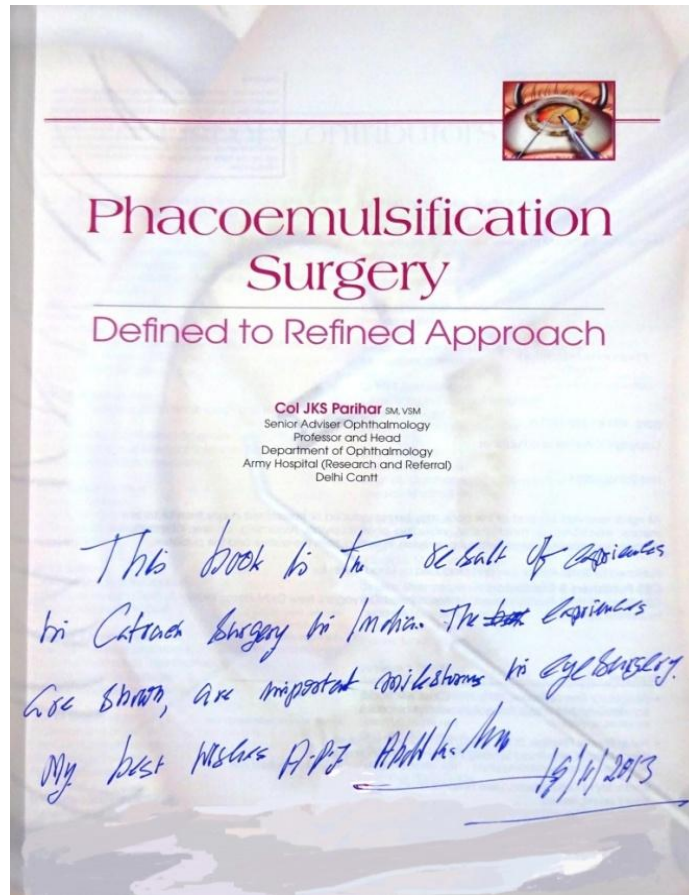
Presentation of book on Phacoemulsification Surgery to the President of India



Brig JKS Parihar has authored a text book on Cataract Surgery titled "Phacoemulsification Surgery : Defined to refined approach : (Text and Manual)" (ISBN :978 – 81-239–1971-3 ,2011 , published by CBS Publishers ,New Delhi 110002 India This book is first of its kind from Armed Forces and listed in more than 50 country across the globe as referral book for post graduate and post doctoral fellow in Ophthalmology.

The book was presented to Her Excellency Mrs Pratibha Devi Singh Patil , the President of India on 6 April 2011 at Rashtrapati bhawan .

Appreciation of book on Phacoemulsification Surgery by Dr APJ Abdul Kalam ,former President of India



National Awards by the President of India on the eve of Republic Day



Sena Medal



Vishisht Seva Medal

**Sena Medal (Distinguished) 2003
Bar to Vishisht Seva Medal 2014
Vishisht Seva Medal 2007**

**Lt Col JKS Parihar awarded Sena Medal (Distinguished)
on 26 Jan 2003**

The Sena Medal (SM) was established on 17 June 1960, by the President of India. Sena Medal is awarded by the President of India to members of the Indian army, of all ranks, "for such individual acts of exceptional devotion to duty or courage as have special significance for the Army." Awards may be made posthumously and a bar is authorized for subsequent awards of the Sena Medal. It is awarded for gallantry. However, the Sena Medal (Distinguished) is given for distinguished service carried out by any soldier, not in the face of the enemy. The Sena Medal also serves as a sort of general commendation medal for the Indian Army. From 1 February 1999, the central government set a monthly stipend of Rs. 250 for recipients of the award when it is awarded for bravery. It has since been revised to Rs. 1000. It is preceded by the Vir Chakra, Shaurya Chakra & Yudh Seva Medal. It in turn precedes the Vishisht Seva Medal.

Obverse of the medal depicts a circular silver medal with a bayonet, point upwards. Whereas reverse shows a standing soldier with the legend in Hindi "Sena Medal" above. The medal is suspended by a straight-bar suspender and is named on the edge. The medal is also often dated on the edge as well. This Medal is having ribbon of 32 mm, red, with a 2 mm white central stripe. Red 15 mm, white 2 mm, red 15 mm.



Sena Medal



Lt Col JKS Parihar was awarded Sena Medal (Distinguished) on 26 Jan 2003 by the President of India for his outstanding performance while serving at AFMC Pune. The award was conferred upon him in by Lt Gen JS Varma ,AVSM ,GOC in C ,Eastern Command in magnificent Army Day function held on 15 Jan 2004 at Kolkata.

Brig JKS Parihar ,SM,VSM awarded Bar to Vishisht Seva Medal on 26 Jan 2014

Vishisht Seva Medal (VSM) is a decoration of the Indian Armed forces. The award was instituted by The President of India on 26 Jan 1960 .It is awarded to recognize "distinguished service of an exceptional order" to all ranks of the Indian armed forces.

The award may be granted posthumously and subsequent awards are represented by a bar worn on the ribbon. The award carries with it the right to use "VSM" as post-nominal letters. The medal was originally established as the "Vishisht Seva Medal, Class III. It was renamed to its present name on 27 January 1967. The design of the medal remained unchanged and the change be reflected only in the records.

From 1980, the Yudh Seva Medal was introduced to recognize exceptional services in an operational environment. Since then the VSM has been restricted to non-operational service. The medal is a 35-mm circular medal with a five-pointed star in the centre. Suspended from a straight-bar suspender. Named on the edge. The reverse of the medal reveals the state emblem with the name of the decoration " Vishisht Seva Medal" in Hindi above. This Medal is having ribbon of 32 mm, yellow with three 2 mm dark blue stripes and three 6.5 mm, each yellow strips.



Vishisht Seva Medal



ब्रिगेडियर जितेन्द्र कुमार सिंह परिहार
(एमआर-05441ए), से.मे. वि.से.मे
सेना चिकित्सा कोर

मैं, भारत का राष्ट्रपति,
प्रणव मुखर्जी, आपकी उत्कृष्ट सेवा को
पुनः मान्यता देते हुए आपको विशिष्ट सेवा
मेडल का बार प्रदान करता हूँ।

नई दिल्ली
दिनांक 15 जनवरी, 2015

प्रणव मुखर्जी
राष्ट्रपति





Bar to Vishisht Seva Medal awarded to Brig JKS Parihar, SM,VSM

Brig JKS Parihar was awarded Bar to Vishisht Seva Medal on 26 Jan 2014 by the President of India to recognize distinguished service of an exceptional order rendered by him while serving at Army Hospital(Research & Referral) Delhi Cantt .This award was conferred upon him in by Lt Gen KJ Singh ,Bar to AVSM ,GOC in C ,Western Command in magnificent Army Day Parade held on 13 Jan 2015 at Delhi Cantt.



**Col JKS Parihar ,SM awarded Vishisht Seva Medal on
26 Jan 2007**



सत्यमेव जयते

लेफ्टि.कर्नल जितेन्द्र कुमार सिंह परिहार
(एम आर-05441),से.मे.,सेना चिकित्सा केंद्र

मैं, भारत की राष्ट्रपति,
प्रतिभा देवीसिंह पाटील, आपकी उत्कृष्ट
सेवा को मान्यता देते हुए आपको
विशिष्ट सेवा मेडल प्रदान करती हूँ।

नई दिल्ली
दिनांक 15 जनवरी, 2008

राष्ट्रपति





Vishisht Seva Medal awarded to Col JKS Parihar, SM

Col JKS Parihar, SM was awarded Vishisht Seva Medal on 26 Jan 2007 by the President of India to recognize distinguished service of an exceptional order rendered by him while serving at Command Hospital (EC) Kolkata. This award was conferred upon him by Lt Gen T Sapru ,SM ,GOC in C ,Western Command in a magnificent Army Day Parade held on 13 Jan 2008 at Delhi Cantt.



Brig JKS Parihar ,SM,VSM** received Islamic Republic of Afghanistan Appreciation Award 2016



Brig JKS Parihar,SM,VSM** was awarded "Islamic Republic of Afghanistan Appreciation Award 2016" : conferred by the Govt of Islamic Republic of Afghanistan on 07 Jan 2016 for expressing a perfect sense of humanity & maintaining the roots of mutual friendly relations of the **Islamic Republic of Afghanistan** & Republic of India by demonstrating vigorous efforts have unconditional compassion on the treatment and care of patients from Afghan National Army (ANA).

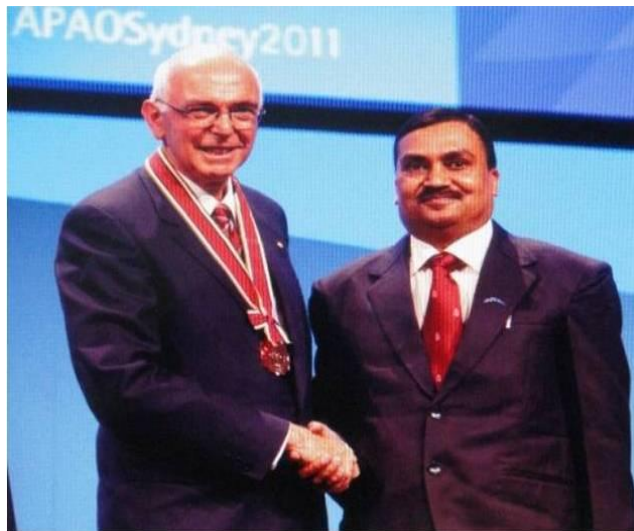
Brig JKS Parihar received Asia Pacific Academy of Ophthalmology (APAO) Distinguished Service Award 2011

About Asia Pacific Academy of Ophthalmology (APAO) :

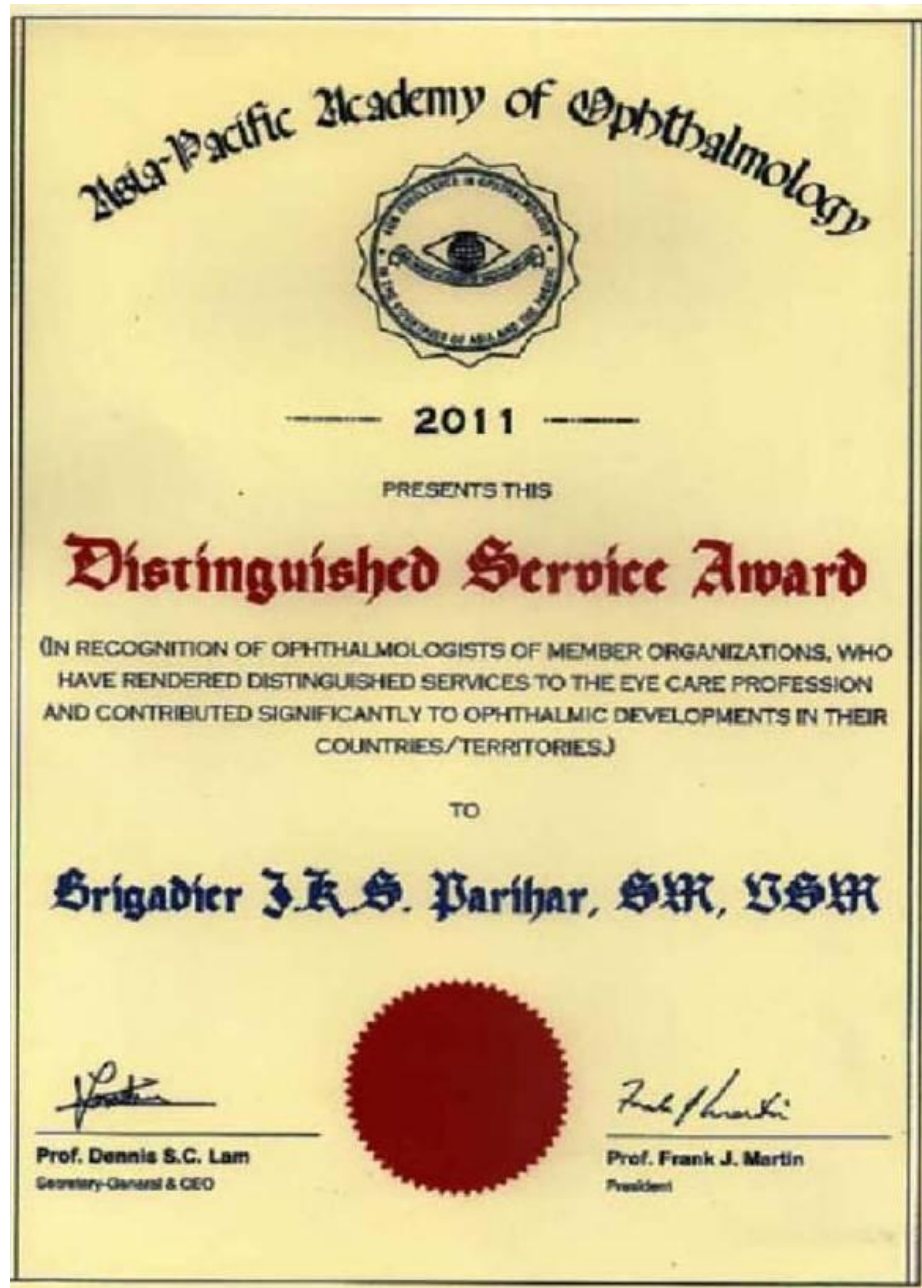
Asia Pacific Academy of Ophthalmology (APAO) is an affiliated organization to the International Council of Ophthalmology. The AIOS(All India Ophthalmological Society) is a member organization to both ICO and APAO. At present, APAO has 19 member organizations from different countries and tariff territories of the Asia-Pacific regions, including Australia & New Zealand, Bangladesh, Cambodia, China, Chinese Taipei, Hong Kong, India, Indonesia, Japan, Korea, Malaysia, Mongolia, Nepal, Pakistan, the Philippines, Singapore, Sri Lanka, Thailand and Vietnam. APAO is totally committed to promote the science and art of Ophthalmology among all people and nations of the region as well as to promote prevention of blindness activities and restoration of sight through teaching, research, service and any other way deemed appropriate by Council.

APAO Awards:

APAO recognize contribution of Ophthalmologists in the form of various awards conferred upon them. APAO Distinguished Service Awards are presented to ophthalmologists of member organizations, who have given distinguished service to Ophthalmology in their country or tariff territories. The Selection Committee shall recommend to Council not more than two names from each country or tariff territory in any one Congress year.



Prof Frank J Martin ,The President of APAO is presenting
APAO(Distinguished Service) Award 2011 to Brig JKS Parihar at
Sydney (Australia)



Brigadier JKS Parihar carries the unique distinction of being honoured by APAO in 2011 at Sydney (Australia) during Inaugural ceremony of APAO 2011. The Award function was Presided over by Prof Frank J Martin ,the President of APAO. The Award was conferred upon him in recognition of phenomenal and outstanding contribution in Ophthalmology in last three decades.

Brig JKS Parihar,SM,VSM awarded FAMS (2012) : Fellow National Academy of Medical Sciences (NAMS) New Delhi

About National Academy of Medical Sciences (NAMS) India:

National Academy of Medical Sciences (India) is a national academic institution of International peer repute which fosters and utilizes academic excellence as its resource to meet medical and social goals. The institution was registered as the 'Indian Academy of Medical Sciences' on 21st April, 1961 under Societies Registration Act XXI of 1860. The Academy carries an unique distinction of being inaugurated by Pandit Jawaharlal Nehru, the first Prime Minister of India on 19th December 1961 at New Delhi . However The Academy was re-designated as 'National Academy of Medical Sciences' on 16th November, 1976 on the recommendations of a Working Group set up by the Govt. of India. The official address of the Academy is NAMS House, Mahatma Gandhi Marg, Ansari Nagar, New Delhi-110029.

NAMS Awards:

The Academy recognizes outstanding achievements of scientists in the field of medicine and allied sciences by conferring Fellowship, Memberships, Orations and Awards to the selected persons through a peer reviewed process and finally voting by all the Fellows.

(i). Honorary Fellowships:

The Academy also confer Honorary Fellowships to very eminent persons . The list of eminent persons who have been conferred Honorary Fellowship of the Academy. The galaxy of such dignitaries includes Dr APJ Abdul Kalam, an eminent Scientist and former President of India, Former Prime Ministers Shri Jawaharlal Nehru, Smt. Indira Gandhi & Shri PV Narasimha Rao, Eminent Medical professionals Dr. BC Roy& Dr Sushila Nayar, Dr CP Thakur and Dr PK Sethi, Scholar and stats person Dr. Karan Singh & Dr. Jivaraj N Mehta and many more.

(ii).FAMS (Fellow National Academy of Medical Sciences):

FAMS is one of the most prestigious academic award in the country and conferred by the National Academy in recognition to the academic contributions and professional achievements of par excellence of the international repute.

(iii).MAMS : Member ,National Academy of Medical Sciences (NAMS):MAMS is a prestigious academic award and conferred to the prominent medical professional in the country in recognition to the academic contributions and professional achievements of exceptionally high order of the national repute.

NAMS Awards to Brigadier JKS Parihar:

(i). FAMS 2012 :

Brigadier JKS Parihar, SM,VSM has been awarded FAMS on 13 Oct 2012 by Dr K K Talwar ,President ,National Academy of Medical Sciences ,India in a magnificent

Ceremony and Convocation of NAMS which was held at The Tamilnadu Dr M G R Medical University Chennai . His Excellency Dr K Rosaiah , The Honourable Governor of Tamilnadu has graced the occasion as chief guest and & Prof Mayilvahanan Natarajan as Guest of Honour of Convocation.

(ii). MAMS 1999 :

Earlier in 1999 he was awarded MAMS by the National Academy of Medical Sciences (NAMS).



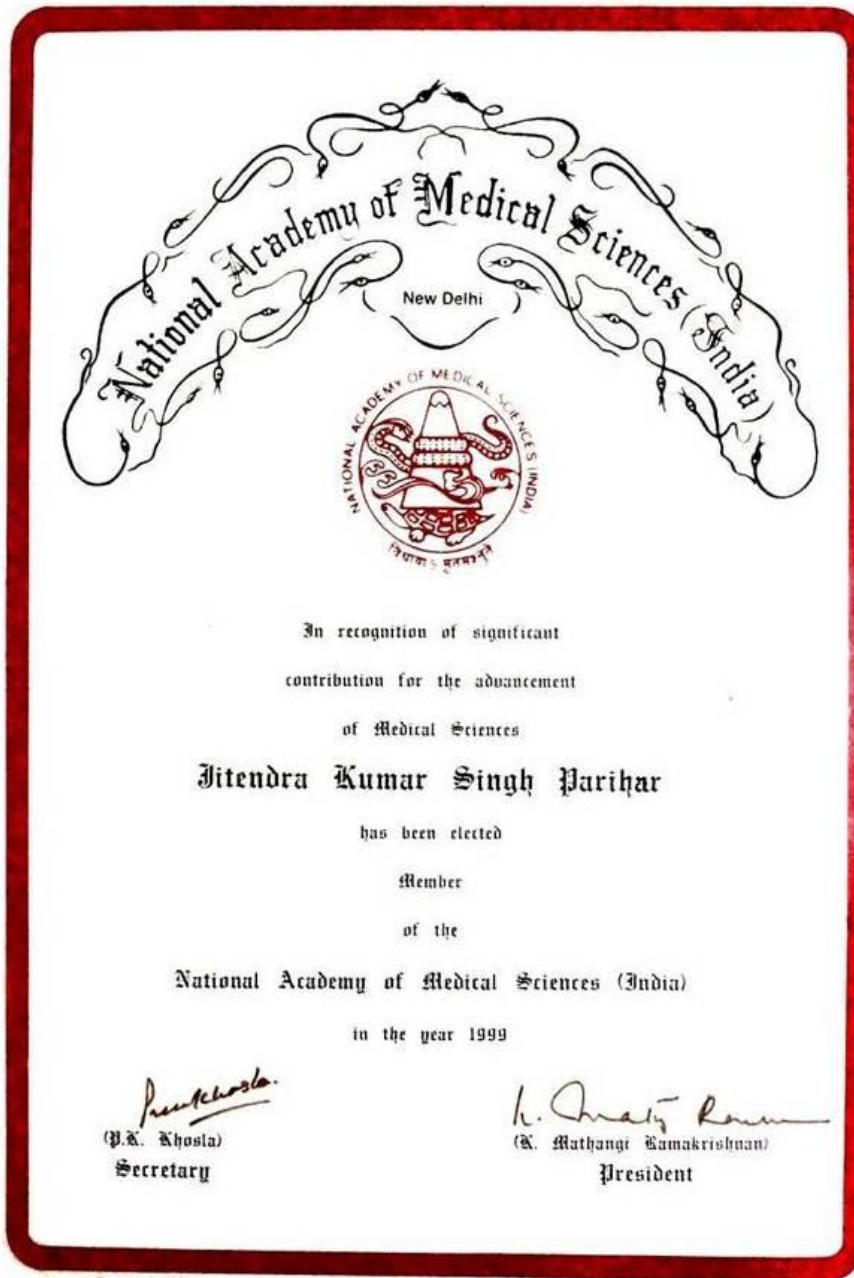


His Excellency Dr K Rosaiah , The Honourable Governor of Tamilnadu , chief guest & Prof Mayilvahanan Natarajan as Guest of Honour of Convocation of National Academy of Medical Sciences (NAMS),India held at Chennai on 13 Oct 2012



Dr K K Talwar ,President ,National Academy of Medical Sciences ,India
Conferring award of FAMS upon Brig J K S Parihar on 13 Oct 2012

Lt Col JKS Parihar awarded MAMS (1999) : Member National Academy of Medical Sciences (NAMS) New Delhi



Brig JKS Parihar,SM,VSM, received VII Dr MC Nahata Rashtriya Netra Suraksha Puraskar 2011

About Award:

The National Society for Prevention of Blindness (NSPB), Indore initiated an Award in the year 2005 to identify, recognize and present to the society people working for the great cause of Prevention of Blindness, an area which deserves more attention and work. The Award which carries a cash prize of Rs. 51000/ and a citation , given every year on alternate years to Ophthalmologists and Optometrist ,Low Vision Specialist ,Social Worker ,N.G.Os etc of the field of Prevention of Blindness. The Award is being instituted on the name of Dr MC Nahata, Former Professor & Head, Department of Ophthalmology, MGM Medical College Indore and Dean, GR Medical College Gwalior of international repute. Dr Nahata in true sense is a visionary and his work has been path-breaking in the field of ophthalmology and he is an institution by himself. He has been a pillar of ophthalmic care in India and abroad. He has nurtured and transformed carriers of several ophthalmologists to brilliant heights. His selfless dedication ,devotion ,extreme passion and enthusiasm for this continuous period of more than five decades remains a source of true inspiration for the entire fraternity of ophthalmologists not only in India but across the world. Aptly the title of this award reflects its true spirit and motto of service to the mankind of exceptional order. In recognition of this unparalleled and invaluable professional service to the country, Brigadier Jitendra Kumar Singh Parihar was awarded VII Dr MC Nahata Rashtriya Netra Suraksha Puraskar 2011. In a grand ceremony on 05 Nov 2011, this award was conferred upon him by His Excellency Shri NN Vohra, Governor of J&K where as Shri Mahendra Hardia ,The Honourable Minister of State ,Health & Family welfare and Medical Education ,MP presided over the function .



NATIONAL SOCIETY FOR THE PREVENTION OF THE BLINDNESS, INDORE



CITATION

Dr. M.C. Nahata Rashtriya Netra Suraksha Puraskar for the outstanding work in the field of prevention of Blindness for the year 2011

To

Brig. J.K.S. Parihar

Brig. Jitendra Kumar Singh Parihar was born on 24.02.1957 at Gwalior, M.P. He completed his M.B.B.S. and D.O.M.S. from M.G.M. Medical College, Indore and M.S. (Ophth.) from Medical College, Jabalpur respectively. He has also to his credit Degrees of D.N.B. (1990) and M.A.M.S. (1999).

Dr. J.K.S. Parihar is a rare amalgam of an excellent ophthalmologist, an academician, an administrator and a dedicated worker for the prevention of Blindness. He is a Pioneering ophthalmic Surgeon in the field of Ultra Micro incision Phacolit Surgery. Limbal stem cell transplantation and Glaucoma Drainage device and his work in these fields is exemplary.

A recipient of the prestigious awards of Sena Medal and Vishita Seva Medal Conferred by the President of India has been acclaimed all over by various ophthalmic Societies. He is also a recipient of distinguished service Award by the Asia Pacific Academy of Ophthalmology in 2011 and a gold Medal for his contribution by intraocular implant and Refractive Society India in 2009. He also received the National Award in 2005 given by N.S.P.B. India.

Apart from these Awards there are many more to his credit. In view of his outstanding service to the cause of Prevention of Blindness, his humane approach and his infleching devotion of three decades. The Society feels happy to honour Brig. J.K.S. Parihar with 7th Dr. M.C. Nahata Rashtriya Netra Suraksha Puraskar for the year 2011.

Place: Indore

Date: 5th November 2011

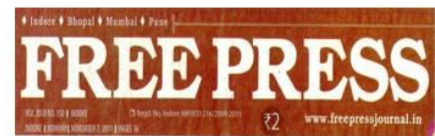
Jivraj Singh
JIVRAJ SINGHI
President

Dr. S.K. Parwani
DR. S.K. PARWANI
Convener

Atul Nahata
ATUL NAHATA
Vice President



Brig JKS Parihar carries the unique distinction of being first ever surgeon form MP ,MGM Medical College Indore as well as from the Armed Forces who has been honoured with Dr MC Nahata Rashtriya Netra Suraksha Puraskar till date. Incidentally, he remains the youngest among all the seven recipients of this prestigious award since its inception. Not but the least, he has the rarest privilege to be awarded Dr Nahata award, the award instituted on the name of his mentor, philosopher and guide, that to in his presence only.



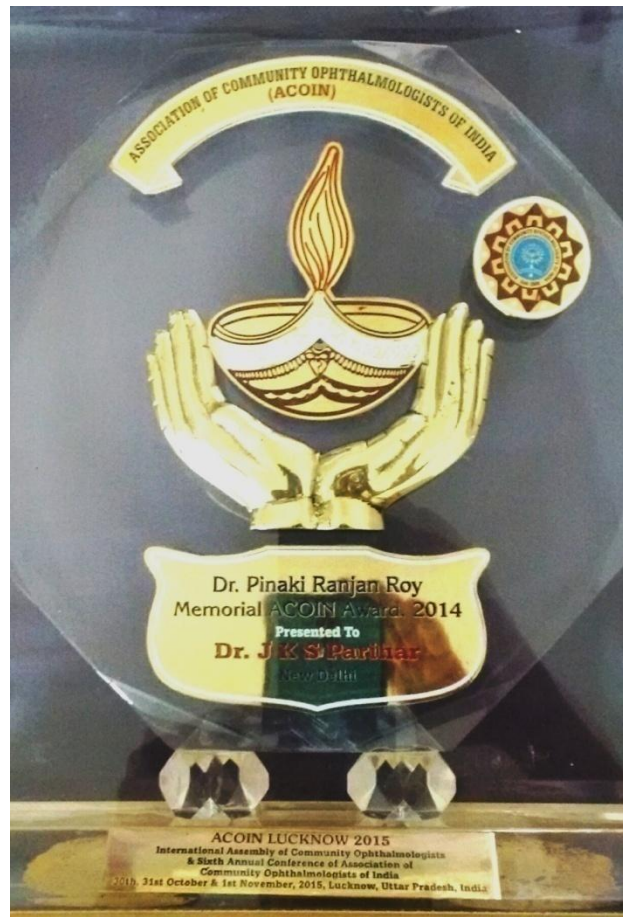
Maj Gen JKS Parihar,SM,VSM,received ACOIN Award & Oration (Dr Pinaki Ranjan Roy Memorial ACOIN Award)(2014)**

ACOIN Award & Oration (Dr Pinaki Ranjan Roy Memorial ACOIN Award)(2014) : This award is constituted by the Association of Community Ophthalmologists of India(ACOIN) in recognition to the outstanding community ophthalmic services in India and abroad to promote prevention and control of blindness at global scenario.

Dr Pinaki Ranjan Roy Memorial ACOIN Award was conferred upon Maj Gen JKS Parihar,SM,VSM** by His Excellency Shri Ram Naik, the Honourable Governor of UP on 31 Oct 2015 at King George Medical University, Lucknow to recognize his contribution towards yeomen services to promote prevention and control of blindness and eye banking activities rendered in last three decades at national level . Maj Gen Parihar has delivered an Oration at this occasion on “Towering Challenges of Prevention & Control of Blindness: Tracks, Trends & Targets beyond 2020” during International Assembly of Community Ophthalmologist & 6thAnnual Conference of Acoin on 01 Nov 2015 at Lucknow (UP).

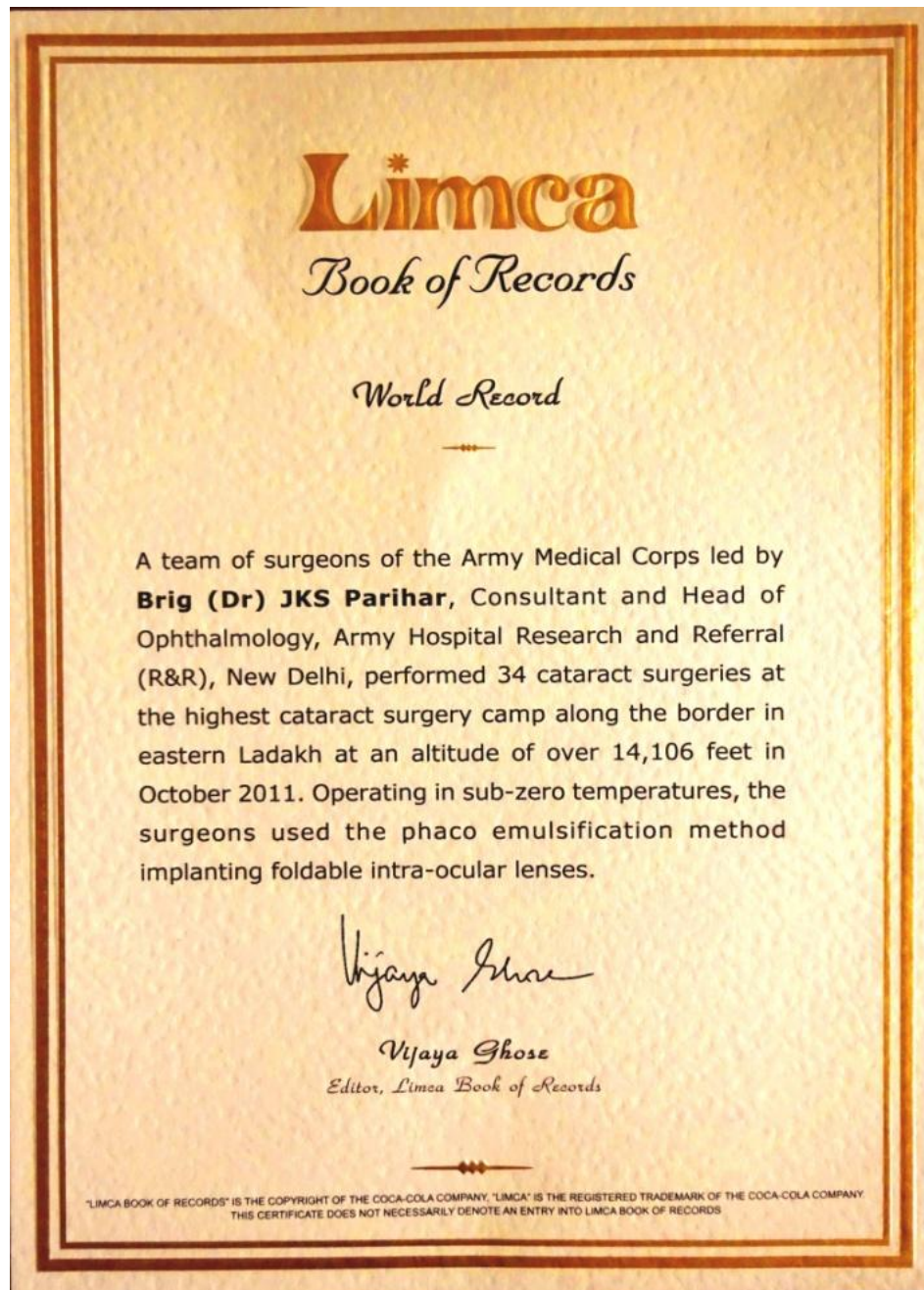


His Excellency Shri Ram Naik, Governor of Uttar Pradesh ,conferring award of Dr Pinaki Ranjan Roy Memorial ACOIN Award upon Maj Gen JKS Parihar on 31 Oct 2016 at KGMU Lucknow



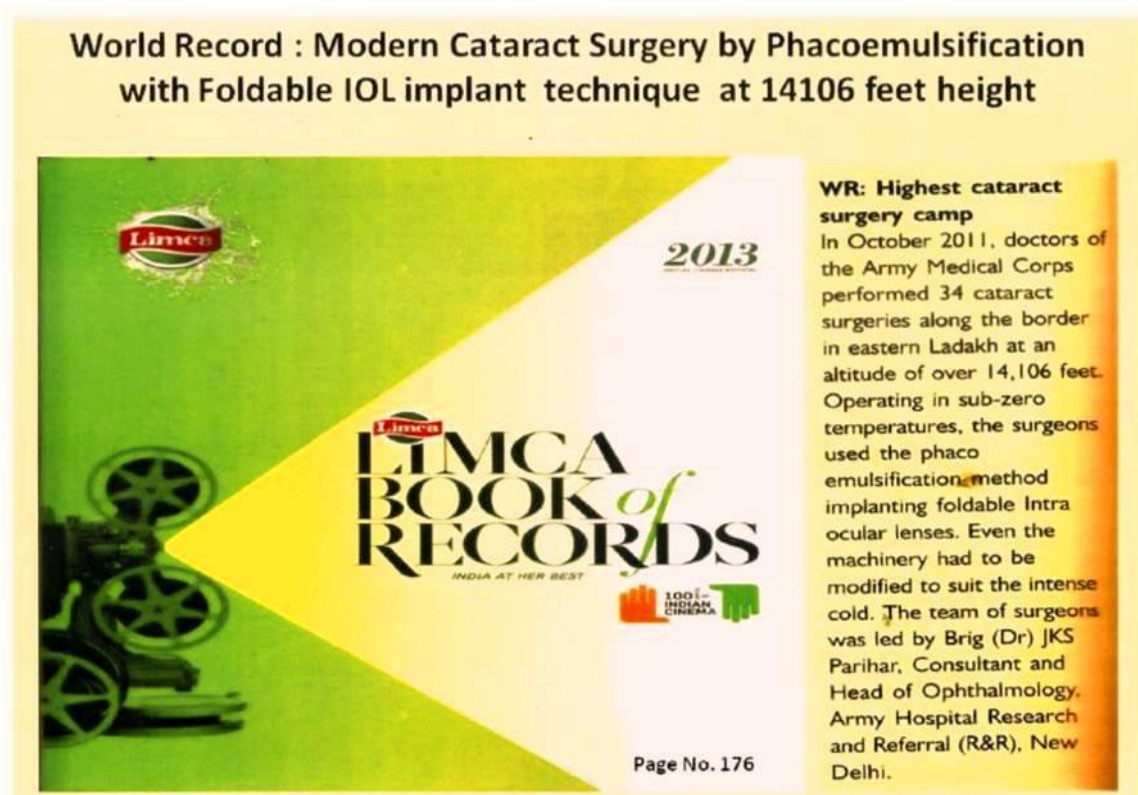
The Limca Book of world records, 2013: Conducting eye camps and performing Phacoemulsification Cataract surgery at the highest altitude of 14106 feet in the world.

The Limca Book of world records has endorsed “ the Limca Book of World Records” (Page 176/2013) for the rare & singular achievement of conducting eye camps and performing cataract surgery by using Phacoemulsification with foldable Intraocular lens implant technique at the highest altitude of 14106 feet in the world.



Maj Gen(Then)Brig JKS Parihar has organized Eye camps and Community Ophthalmic Services in Eastern Ladakh areas of J&K at high altitude in 2011-12 and performed Phacoemulsification with foldable IOL implantation at 14106 feet height probably maiden event ever and anywhere in the world in the history of Ophthalmic surgery. These activities have been widely acknowledged and acclaimed all over by National/International print and Electronic Media. The Limca Book of Records 2013 has acknowledged and endorsed this event as World Record of Phacoemulsification surgery at highest altitude of 14106 feet.

In this module, about 25 initial screening camps were organized in 2011 and 12 over a period of three months in very remote and discrete villages adjoining Tangtse, Chushul, Demchok, Fukche and Nyoma of Eastern Ladakh, where more than 3200 patients were examined and treated for various common medical ailments as well as screened for eye surgery. A total 130 patients have been operated for cataract by latest technique of Phacoemulsification surgery.



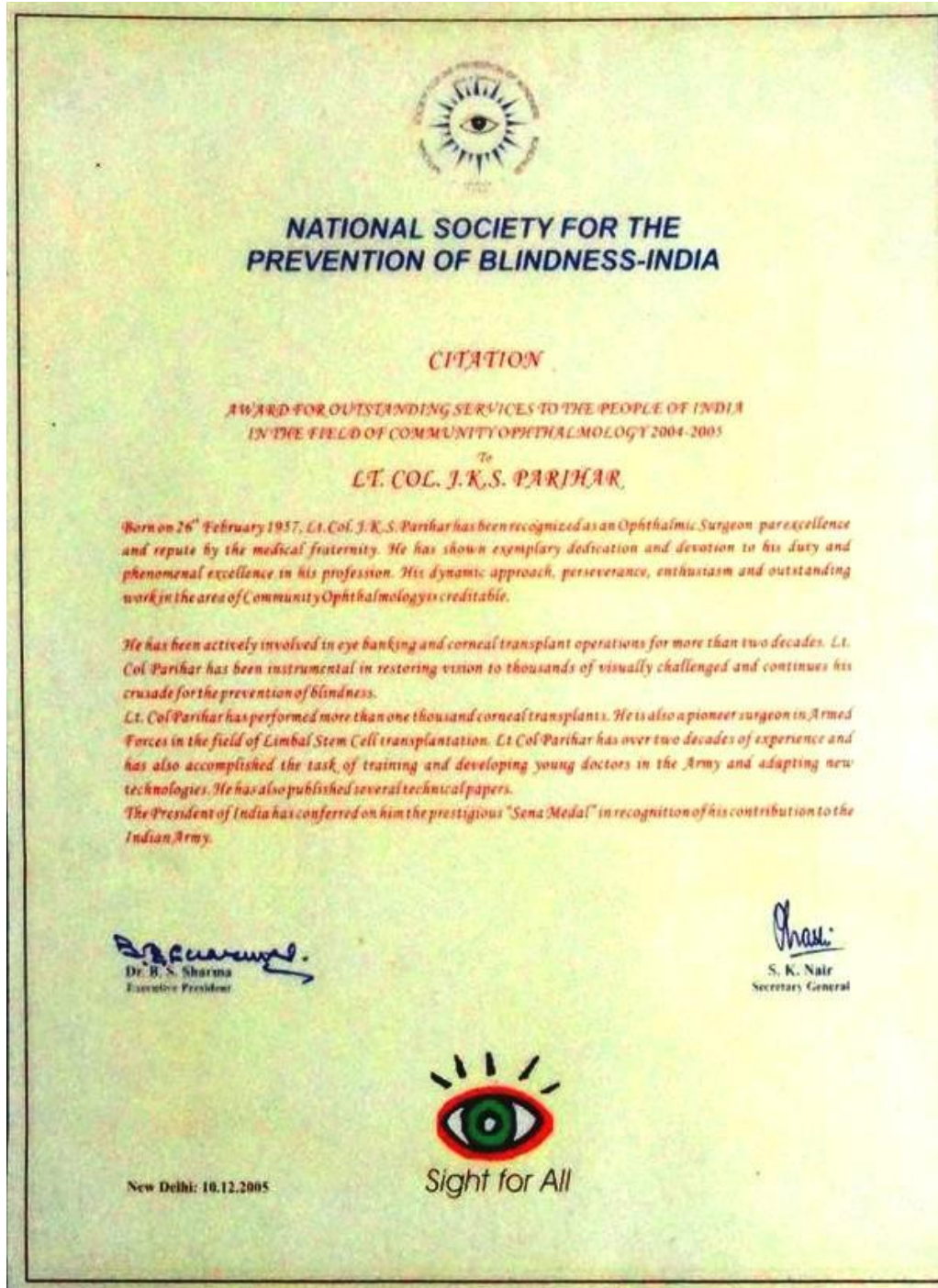
Since the eye camps drew patients from a wide area of Eastern Ladakh and patients had to be transported by the Indian Army for the same. The extensive logistics arrangements to organize such activities were herculean task. To motivate patients to undergo a surgical procedure and as well for them to also travel almost 200 to 350 Kms was a huge challenge in itself. To convert a forward surgical centre into a standard eye operation theatre equipped with latest surgical equipments required great efforts. In addition to activating the operation theatre, the post operative ward, other logistic facilities were also extended to the patients and their attendants. The latest ophthalmic surgical microscope and Phacoemulsifier machines along with other sophisticated eye equipment were brought in from Delhi and Leh respectively.

**Lt Col JKS Parihar, SM received “NSPB Award 2005”
conferred by National Society for the Prevention of Blindness,
India on 10 Dec 2005**

About Award:

NSPB Award is being conferred by National Society for the Prevention of Blindness ,India to any ophthalmologist/ Institution in recognition of the outstanding contribution in the field of community ophthalmic services .This award is given every year and being considered as one of the prestigious national award in the field of community ophthalmic services in India .





Lt Col JKS Parihar, SM received "NSPB Award 2005" on 10 Dec 2005 at Modinagar (UP) in recognition the outstanding community ophthalmic services and eye banking activities rendered in last two decades especially to rural and under privileged areas and section of the society at national level.

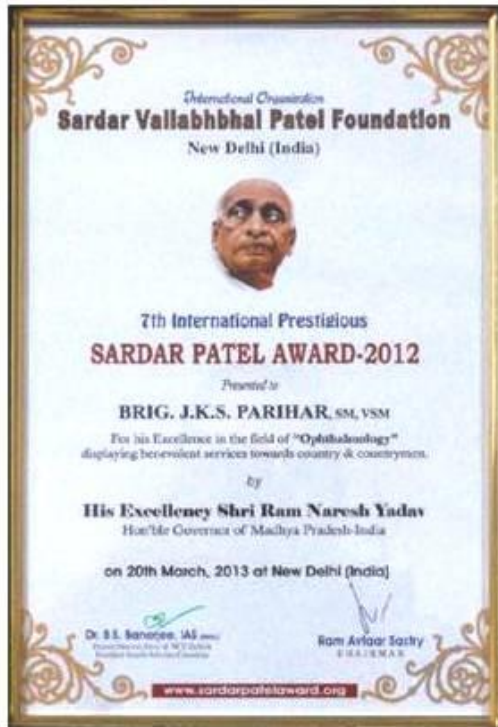
Brig JKS Parihar,SM,VSM received 7th International Sardar Patel Award -2012

About Award & Sardar Vallabhbhai Patel Foundation New Delhi

Sardar Vallabhbhai Patel Foundation New Delhi is a registered, Non Government, voluntary, apolitical, secular society of repute, who is committed to the cause of National Integration for several years. The foundation has been recognized by various Govt agencies for such social activities. The foundation has been recognizing meritorious Indian personalities with the award of excellence for outstanding leadership in various fields such the science and technology, education, industry, fine arts, politics and social work in lieu of the yeoman services rendered with excellence in their respective fields. The advisory committee of the awards of the Sardar Vallabhbhai Patel Foundation consists of talented and highly respected Indian experts in diverse fields, such as Economists, Journalists, Industrialist, Scholars, Engineering Experts, Member Parliament and Retired Army Generals. The prominent recipients of award in recent past includes Shri Dinsha J. Patel; Minister of State for Petroleum & Gas, Govt., of India , Mr Manoj Kumar Actor and Prof. Dr. Satya Vrata Shastri, the former Vice- Chancellor of Shri Jagannath Sanskrit University, Orissa in 2007, Shri K.P.S. Gill (Retd. D.G. Punjab Police) 2006 , Shri Paresh Rawal "Actor" 2006, Shri Maninderjeet Singh Bitta and Shri Amod Kanth, IPS in 2006, Prof. Dr. Surendra S. Parmar, Former Chairman of the Department of Neurosciences , Dean and Vice Dean (Ross University School of Medicine) & Vice President (Windsor University School of Medicine and American University of Antigua College of Medicine) and many others.

The foundation has chosen Brig JKS Parihar for the award of 7th International Prestigious Sardar Patel Award -2012 for his outstanding contribution in the field of medicine including community eye care activities of long duration. The announcement of award to a service medical officer is a matter of prestige and pride to the Armed Forces including AFMS.

The award was conferred upon him on 23 March 2013 in a glittering function by Dr. Satya Vrata Shastri, the former Vice- Chancellor of Shri Jagannath Sanskrit University, Orissa and recipient of Padma award at New Delhi.



Brig JKS Parihar,SM, VSM received IIRSI Special Gold medal twice (2013 & 09): (Intraocular Implant & Refractive Society, India)

IIRSI Special Gold medal (2013 & 09): Conferred twice by Intraocular Implant and Refractive Society (IIRIS) ,India in 2014 & 09 respectively in recognition of phenomenal and outstanding contribution in Ophthalmology in last three decades.

**Brig JKS Parihar,SM,VSM received IIRSI Gold Medal on 08 Sep 2013
(Presented by Intraocular Implant and Refractive Society , India)**



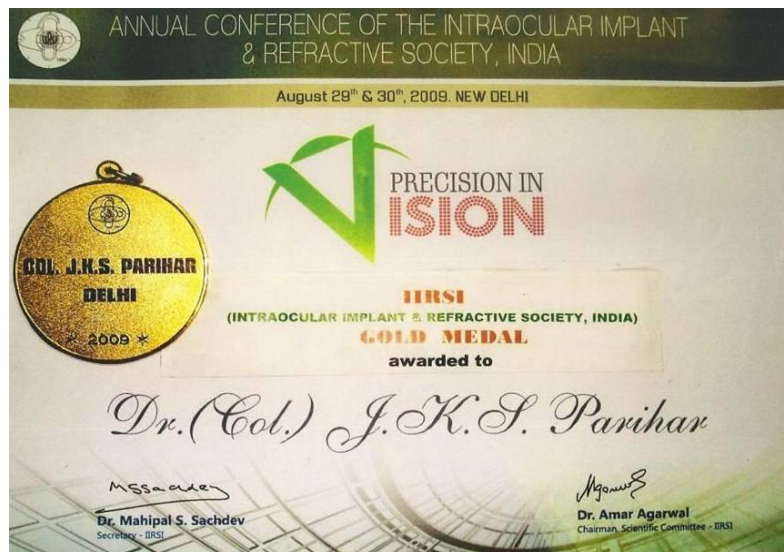
Dr Kumar J Doctor ,President ,Intraocular Implant & Refractive Society ,India is presenting IIRSI Gold Medal to Brig JKS Parihar,SM,VSM on 08 Sep 2013



Shri Lalu Prasad, The former Union Minister of Railways ,
The Chief Guest at the inaugural function of Annual Conference of the
Intraocular Implant and Refractive Society (IIRSI) ,India on 29 Aug 2009
at New Delh.



Shri Lalu Prasad, The former Union Minister of Railways is
conferring award of IIRSI Gold Medal upon Col J K S Parihar
on 29 Aug 2009 at New Delhi



Maj Gen JKS Parihar ,SM,VSM(Retd) received Air Marshal MS Boparai Award & Oration 2017 conferred by Ocular Trauma Society of India**

About Award:

Air Marshal MS Boparai Award & Oration is being conferred by Ocular Trauma Society of India to eminent ophthalmologist in recognition of the phenomenal academic and clinical contribution in the field of Ocular trauma including its prevention. This award is given every alternate year and being considered as one of the most prestigious award in the field of sub speciality of Ocular trauma services in India .

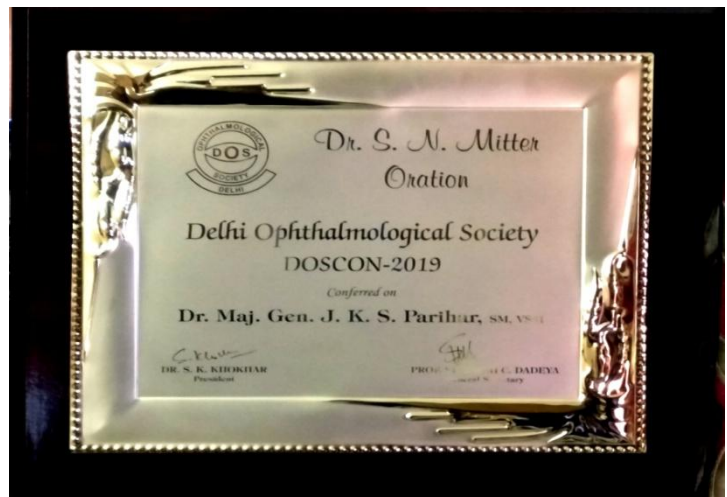


Maj Gen JKS Parihar has Delivered Oration on “Changing pattern of ocular trauma & its management in armed forces scenario ” and received Air Marshal MS Boparai award (2017) on 16 Sep 2017 at Dahod ,Gujrat in recognition of the outstanding academic and clinical contribution in the field of ocular trauma services rendered especially at national and international forum .

Maj Gen JKS Parihar ,SM,VSM** (Retd)received Dr SN Mitter Award & Oration 2018 conferred by Delhi Ophthalmological Society

About Award:

Dr SN Mitter award is being conferred by Delhi Ophthalmological Society to any ophthalmologist in recognition of the phenomenal academic and clinical contribution in the field of ophthalmic services .This award is given every year and being considered as one of the very big and prestigious award in the field of ophthalmic services in India .



Dr SN MITTER ORATION ,DOS 14 APR 2019

Corneal Blindness & Eye Banking in India : Challenges & Future strategies

Maj Gen JKS Parihar, Sena Medal ,Vishisht Seva Medal (Twice) (Retd)
MS,DOMS,DNB,FAMS

Professor & Senior Consultant (Ophthalmology)
& Head Academics & Training CFS (NCR)

Vice President of Eye Bank Association of India

Formerly Addl Director General Armed Forces Medical Services
(Medical Research , Health &Trg ,Education) & Professor of Ophthalmology

jksparihar@gmail.com , drjksparihar@gmail.com / 09899282191 / 09818992191

Maj Gen JKS Parihar has “Delivered Oration on “Corneal Blindness & Eye Banking in India : Challenges & Future strategies ” and received Dr SN Mitter award (2018) on 14 Apr 2019 at Delhi in recognition of the outstanding academic and clinical contribution in ophthalmic services rendered especially at national and international forum .

Brig JKS Parihar ,SM,VSM** received Dr BN Khanna Award & Oration 2014 conferred by Delhi Ophthalmological Society

About Award:

Dr BN Khanna award is being conferred by Delhi Ophthalmological Society to any ophthalmologist in recognition of the phenomenal academic and clinical contribution in the field of ophthalmic services .This award is given every year and being considered as one of the very big and prestigious award in the field of ophthalmic services in India .

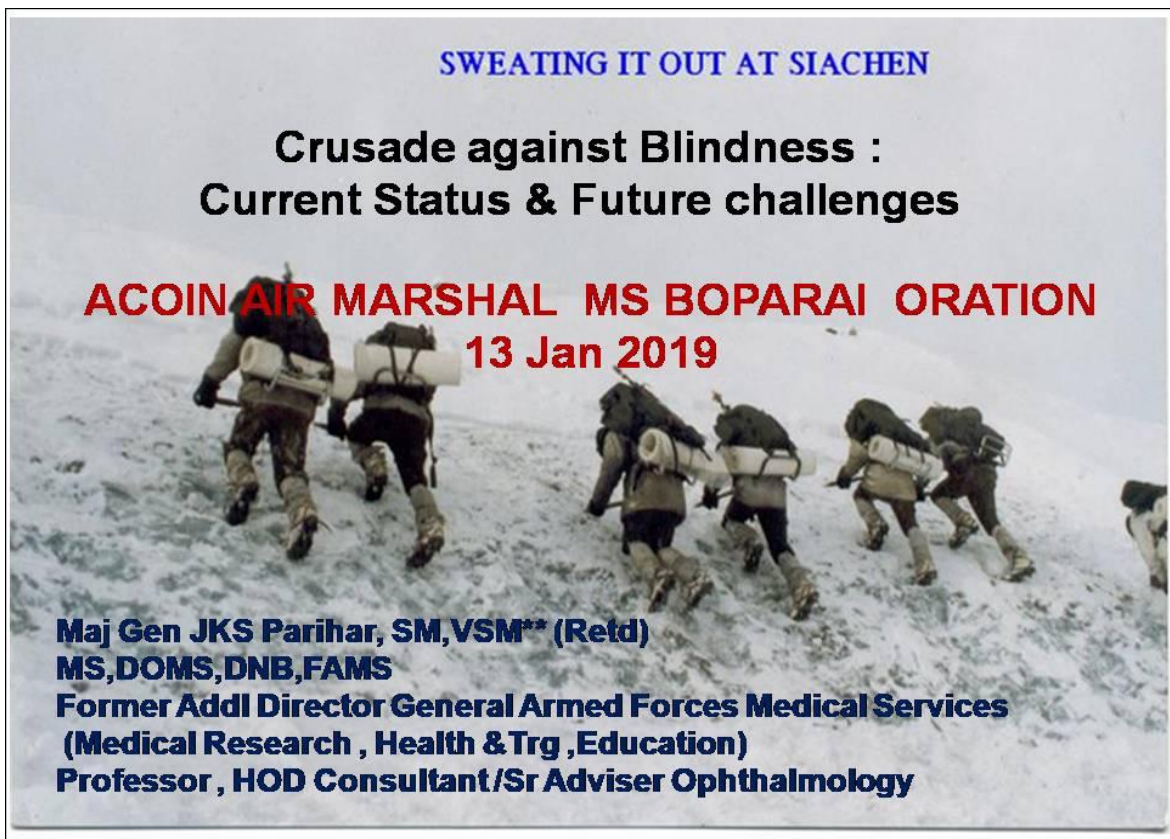


Brig JKS Parihar, SM,VSM** has "Delivered Oration on "Glaucoma : Perspective Challenges & Future Strategies "and received Dr BN Khanna award (2014) on 13 Apr 2014 at Delhi in recognition of the outstanding academic and clinical contribution in ophthalmic services rendered especially at national and international forum .

Maj Gen JKS Parihar ,SM,VSM(Retd) received
Air Marshal MS Boparai Award & Oration 2018 conferred by
Delhi Chapter of ACOIN India**

About Award:

Air Marshal MS Boparai Award & Oration is being conferred by Delhi Chapter of ACOIN India to eminent ophthalmologist in recognition of the phenomenal academic and clinical contribution in the field of community ophthalmology and prevention and control of blindness . This award is given every year and being considered as one of the prestigious award in the field of community ophthalmic services in India.



Maj Gen JKS Parihar has delivered Oration on “Crusade against Blindness :Current Status & Future challenges and received Air Marshal MS Boparai Award & Oration 2018 on 13 Jan 2019 at Delhi in recognition of the outstanding academic and clinical contribution in the field of prevention and control of blindness rendered especially at national and international forum .

Brig JKS Parihar ,SM,VSM received Late Dr Sandeep Wagh award & oration 2013 conferred by Poona Ophthalmological Society

About Award:

Late Dr Sandeep Wagh award & oration is being conferred by Poona Ophthalmological Society to any ophthalmologist in recognition of the outstanding contribution in the field of ophthalmic services .This award is given every year and being considered as one of the prestigious award in the field of ophthalmic services in India .



Brig JKS Parihar, SM, VSM is Receiving Late Dr Sandeep Wagh Memorial Award & Oration from Dr SB Kelkar in the presence of Dr S Bhide, President Poona Ophthalmological Society ,Pune on 07 Dec 2013.



Brig JKS Parihar, SM, VSM has Delivered Oration on “ Crusade against Blindness Current Status & Future challenges Glaucoma : Perspective Challenges & Future Strategies and received Late Dr Sandeep Wagh award 2013 during Annual Conference of Poona Ophthalmological Society held at Pune 08 Dec 2013.

Brig JKS Parihar ,SM,VSM received Late Dr Kumud Joshi Memorial NSPB(MP) Award & Oration 2015 : conferred by National Society of Prevention of Blindness (MP)**

About Award:

Late Dr Kumud Joshi Memorial NSPB (MP) Award & Oration is being conferred by National Society of Prevention of Blindness (MP) to any ophthalmologist in recognition of the outstanding contribution in the field of Prevention & Control of Blindness & community ophthalmic services .This award is given every year and being considered as one of the prestigious award in the field of ophthalmic services in India.



The award was conferred upon Brig JKS Parihar, SM, VSM** by Hounrable Shri Vivek Narayan Shejwalkar ,Mayor of Gwalior during Annual Conference of NSPB (MP) Held on 06 Sep 2015 at Gwalior(MP).Subsequently Brig Parihar had delivered an Oration on “Kaleidoscopic view on Blindness :Current Status & Future challenges”.

Lt Col JKS Parihar, SM received “Dr SD Athavale Award 2005” conferred by Maharashtra Ophthalmological Society

About Award:

Dr SD Athavale award is being conferred by Maharashtra Ophthalmological Society to any ophthalmologist in recognition of the outstanding contribution in the field of community ophthalmic services .This award is given every year and being considered as one of the very big and prestigious award in the field of community ophthalmic services in India .

Lt Col JKS Parihar, SM received Dr S D Athavale award (2005) on 6 Nov 2005 at Mumbai in recognition of the outstanding and extensive community ophthalmic services rendered especially to rural community of the state of Maharashtra.

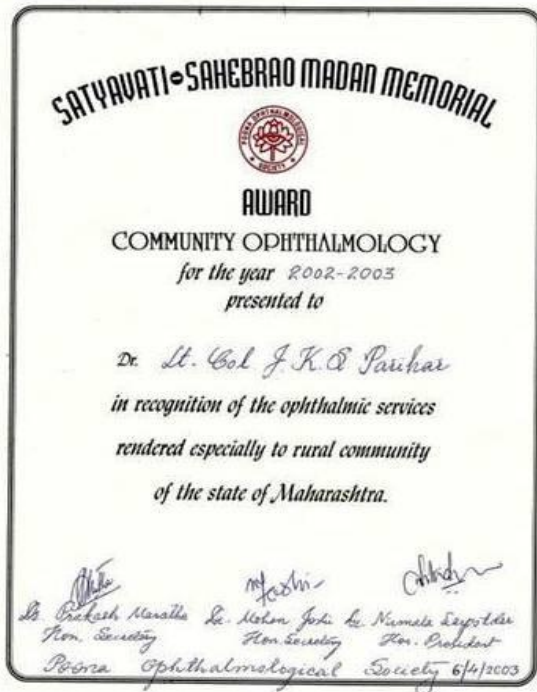


Lt Col JKS Parihar receiving Dr S D Athavale award (2005) conferred by Maharashtra Ophthalmological Society in recognition of community ophthalmic services

**Lt Col JKS Parihar, SM received
“Satayavati Sahebrao Madan memorial award 2002 – 03 ”
conferred by Poona Ophthalmological society**

About Award:

Smt Satayavati Sahebrao Madan memorial award is being conferred by Poona Ophthalmological Society to any member ophthalmologist/ Institution in recognition of the outstanding contribution in the field of community ophthalmic services .This award is given every year and being considered as one of the prestigious award in the field of community ophthalmic services in Maharashtra .



Lt Col JKS Parihar, SM received Satayavati Sahebrao Madan memorial award (2002 - 03) on 6 April 2003 at Pune in recognition of the phenomenal and outstanding community ophthalmic services rendered especially to rural community of the state of Maharashtra.

**Appreciation by the Governor of West Bengal
for
The exceptionally very high order of
Professional services and surgical skill**

Viren J. Shah
GOVERNOR OF WEST BENGAL



RAJ BHAVAN
KOLKATA 700 062

LETTER OF APPRECIATION

This is to express my deep appreciation for the admirable competence and surgical skill shown by Lt. Col. J.K.S. Parihar, SM of Ophthalmology Department, Command Hospital (Eastern Command), Kolkata, for performing 'CATARACT SURGERY BY PHACO EMULSIFICATION WITH FOLDABLE INTRA OCULAR LENS IMPLANTATION TECHNIQUE' on 3 October 2004.

An eminent Ophthalmologist with vast experience and commendable credentials to his credit, Lt. Col Parihar has displayed great acumen in executing various surgical procedures of a complex and delicate nature with precision and dexterity.

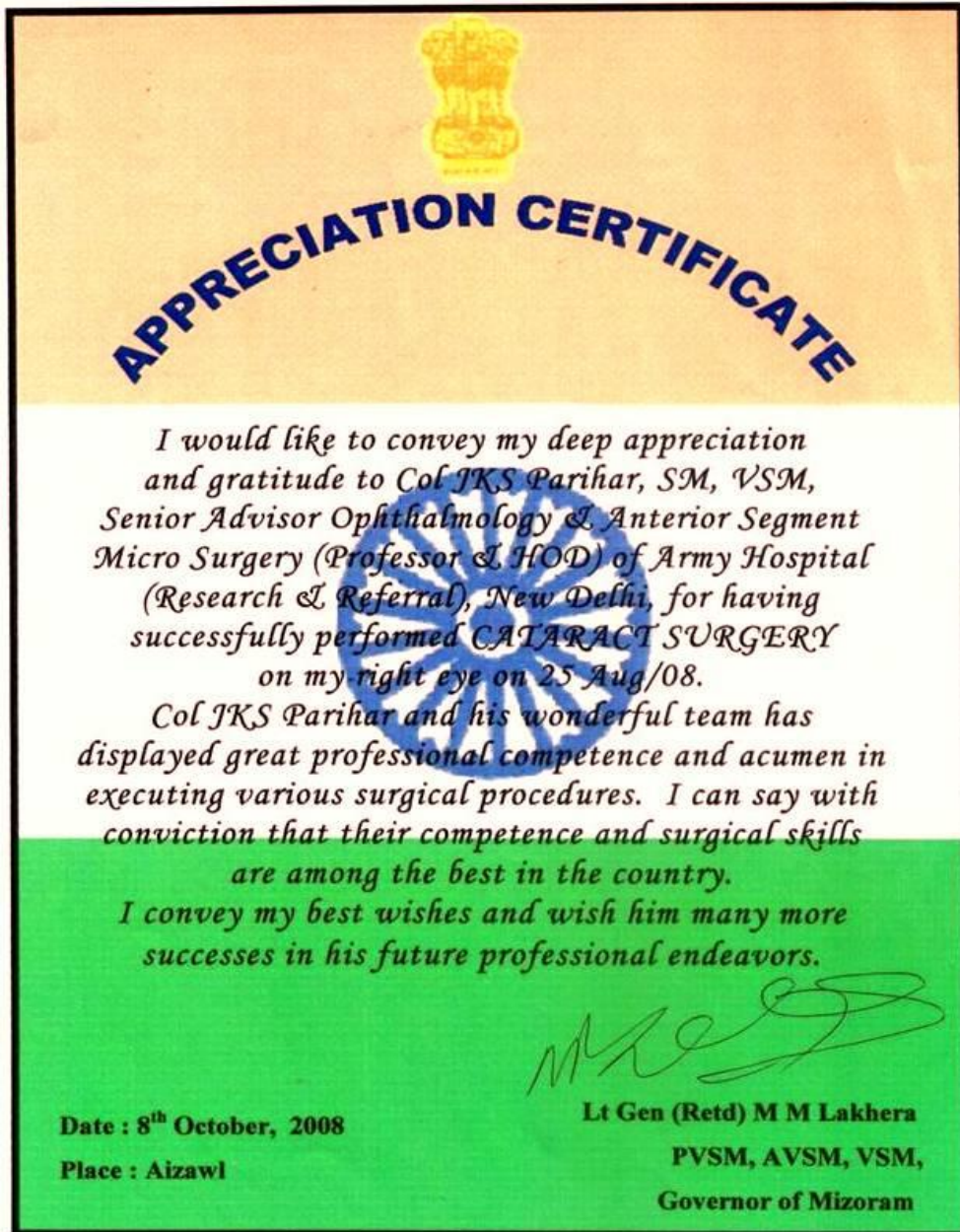
I wish him success in his future professional endeavours.

A handwritten signature in red ink, appearing to read 'Viren J. Shah'.

(Viren J. Shah)
Governor of West Bengal

1 December, 2004.

**Appreciation by the Governor of Mizoram
for
The exceptionally very high order of
Professional services and surgical skill**



**Appreciation by the Governor of Jammu & Kashmir
for
The exceptionally very high order of
Professional services and surgical skill**



RAJ BHAVAN
SRINAGAR-190001

LETTER OF APPRECIATION

This is to express my deep appreciation for the phenomenal surgical skill and competence displayed by Col JKS Parihar, SM, VSM, Senior Advisor Ophthalmology & Anterior Segment Microsurgery of Army Hospital (Research & Referral) Delhi cantt for performing "CATARACT SURGERY BY PHACOEMULSIFICATION WITH FOLDABLE INTRAOCULAR LENS IMPLANTATION TECHNIQUE on 22 Dec 2007.

An eminent Ophthalmologist of national repute and having commendable credentials to his credit, Col Parihar has demonstrated great acumen in executing various ophthalmic surgical procedures of a complex and delicate nature with precision and dexterity.

I wish him success in his professional endeavours.

(Lt Gen(Retd) S K Sinha)

Governor of Jammu & Kashmir

30 May 2008



**Military Service Awards:
Commendation Cards & Medal**



**By
Chief of Army Staff, Vice Chief of Army Staff &
General Officer Commanding in Chief (GOC in C)**

Military Service Awards: Commendation Cards & Medal

The Armed Forces of India recognizes its personnel with military & civil decorations. Decorations are awarded for extraordinary bravery and courage, as well as distinguished service during times of war and peace. Service and campaign medals have been awarded throughout the history of India as an independent state. In addition to the Presidential awards conferred by The President of India on the eve of Republic Day, commendations & medals are awarded by The Service Chief, Vice Chief and Army Commanders and their equivalents in all three services. Such awards are invariably awarded on the occasions of Independence day, Army, Navy and Air Force day by respective military authorities and on a very specific occasion. These awards recognize individual acts of gallantry or distinguished service in operational or non-operational areas rendered by the all ranks of armed forces and Defence Civilian Staff. These awards carry a medal and a commendation card. However no ribbon is attached with such awards. These awards are notified by Govt of India.

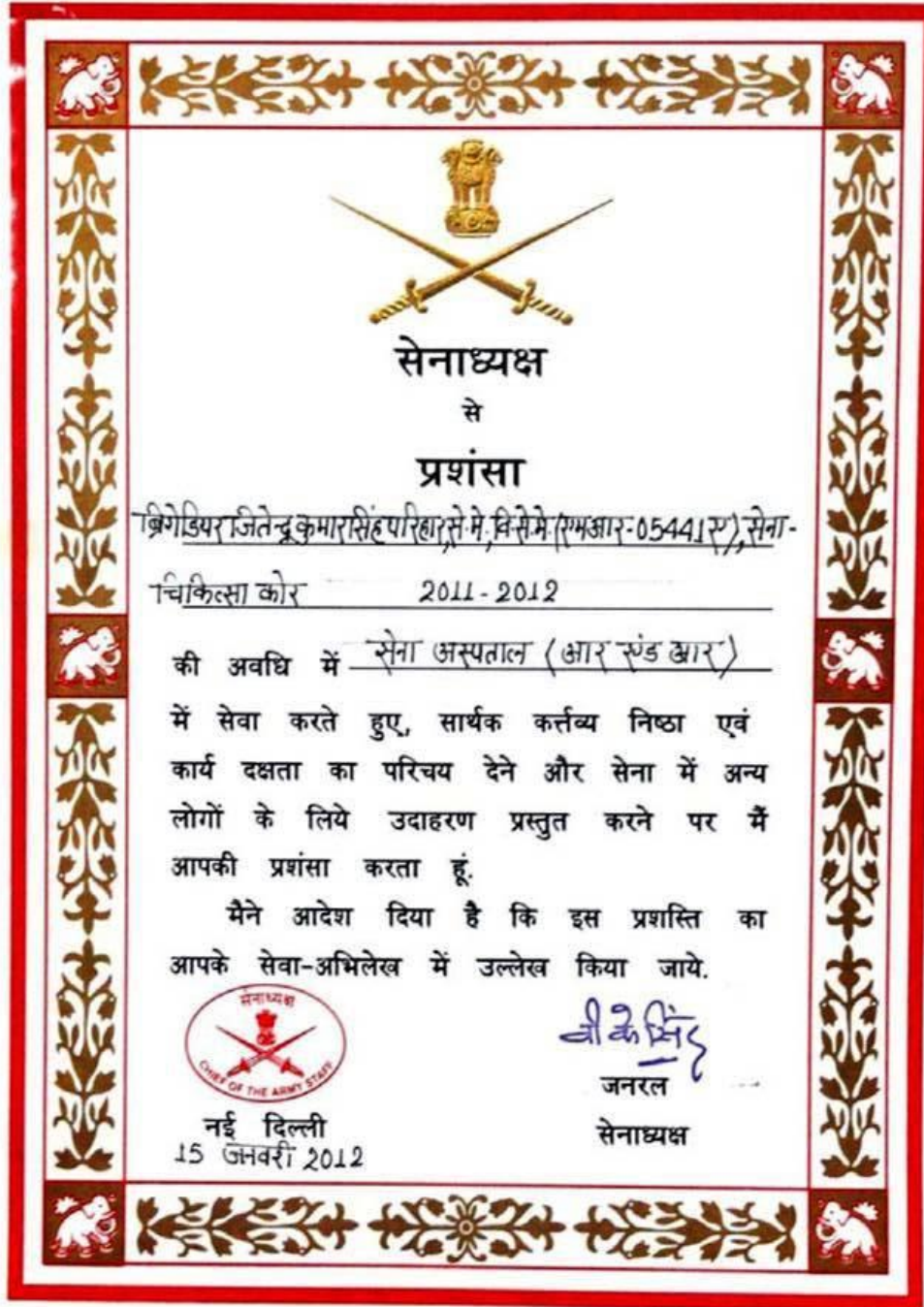
(a).Commendation by the Chief of Army Staff(COAS) Awarded by Govt of India for the high order of Professional & Military services The award is given for a specific act of bravery or distinguished service or special service which has greatly contributed to the success of the Service at a National level, bringing singular credit to the Army.

(b) Army Commendation (the term "Army" encompasses Vice Chief of Army Staff(VCOAS) all General Officer Commanding in Chief (GOC-in-C) and with respect to award of Commendation Badges)awarded by Govt of India for the high order of Professional & Military services. This include an act of bravery or courage, an act done outside the ordinary scope of one's duty by way of innovative work or improving an existing system or procedure which greatly enhances the efficiency of the organization.

The Commendation Badge awarded more than once are denoted by a star (eg second occasion will be denoted by a single star, third by two stars and so on). Maximum of three stars are permitted in each of the Commendation Badge (viz COAS Commendation Badge and Army Commendation Badge).

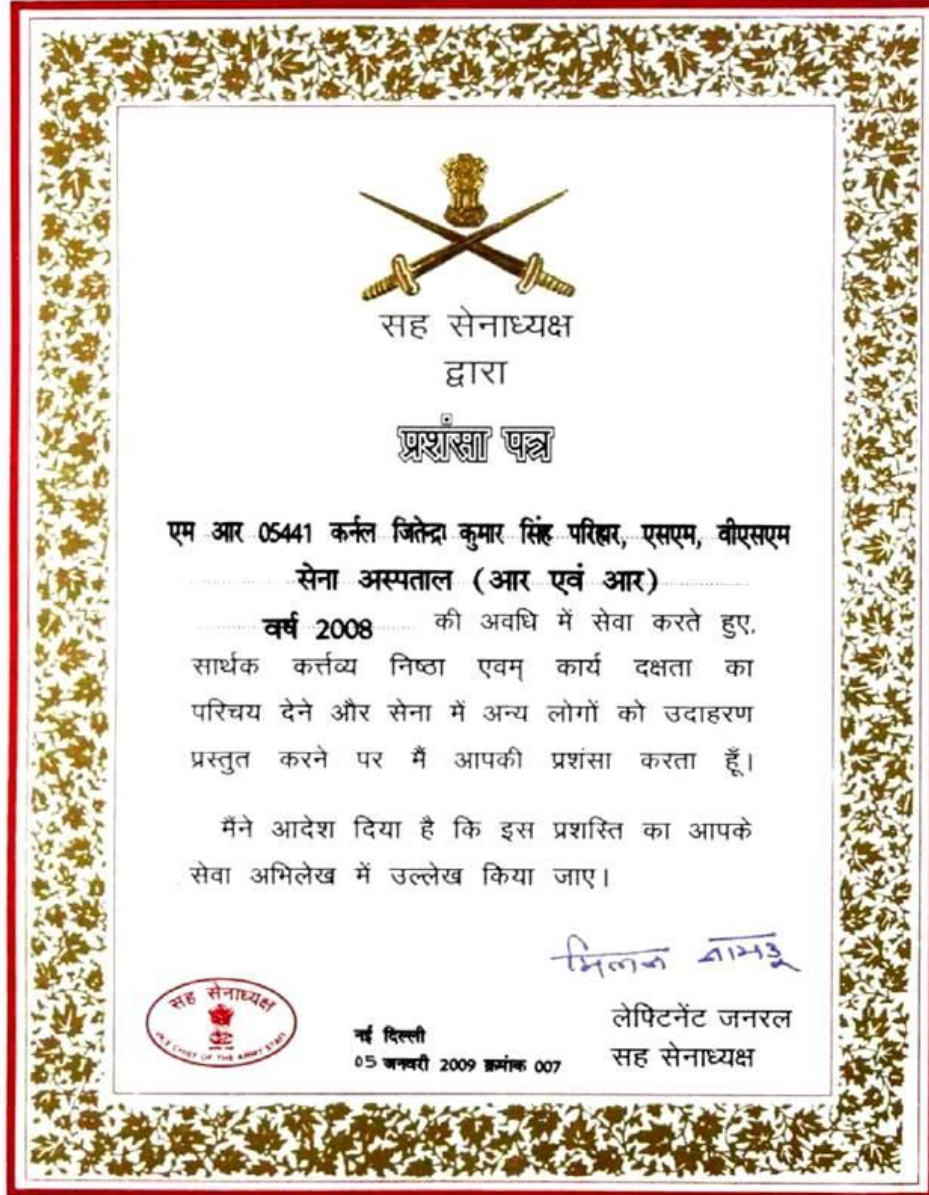
Chief of Army Staff (COAS) Commendation 2012

360



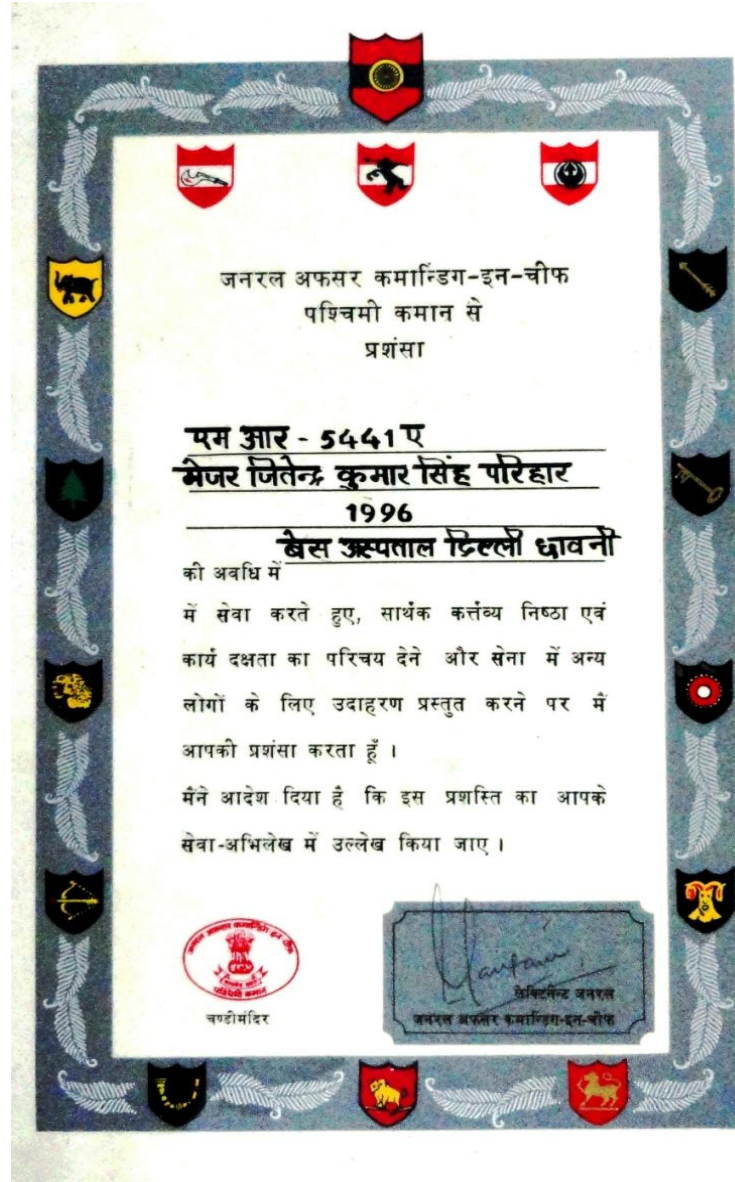
Commendation by the Chief of Army Staff(COAS)2012:Awarded by Govt of India for the exceptionally high order of distinguished Military & Professional service rendered during time of peace .

Vice Chief of Army Staff (VCOAS) Commendation 2009



Commendation by Vice Chief of Army Staff(VCOAS) 2009: Awarded by Govt of India for the exceptionally high order of Professional & Military services.

**General Officer Commanding in Chief
(GOC in C)
(Western Command) Commendation 1996**



Commendation card of General Officer Commanding in Chief Western Command 1996: Awarded by Govt of India for the exceptionally high order of Professional & Military services.

**General Officer Commanding in Chief
(GOC in C)
(Northern Command) Commendation 1985**



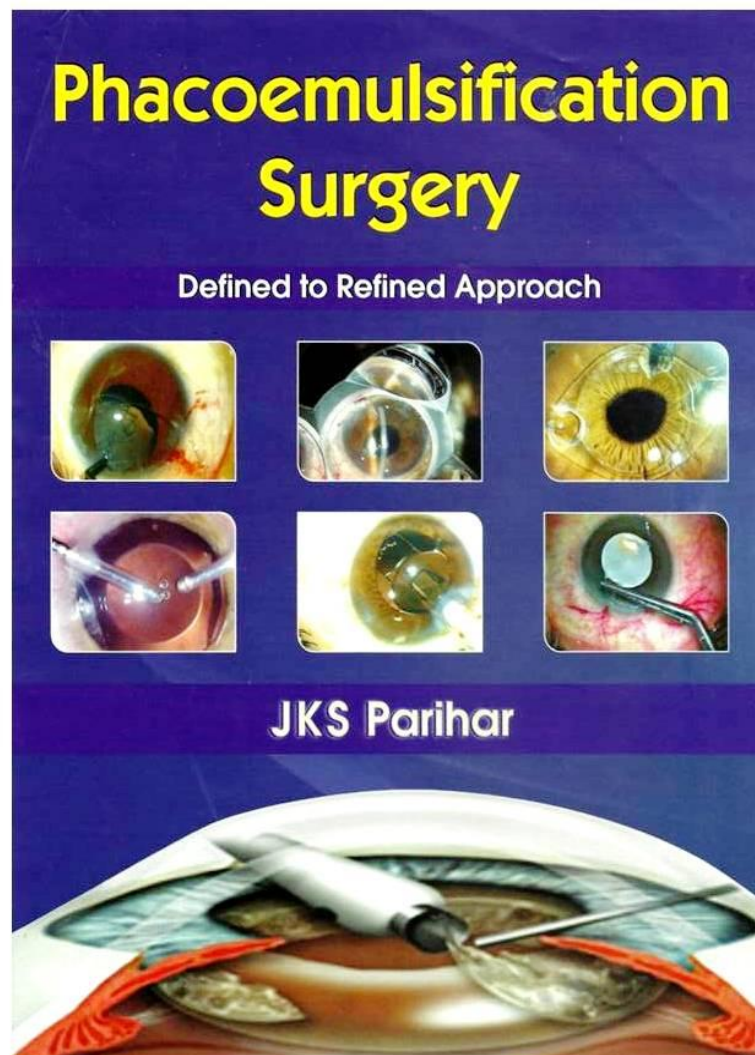
Commendation card of General Officer Commanding in Chief, Northern Command – 1985: By Govt of India Awarded by Govt of India for the exceptionally high order of Professional & Military services.

Brig JKS Parihar authored a text book on Cataract Surgery titled “Phacoemulsification Surgery : Defined to refined approach : (Text and Manual)”

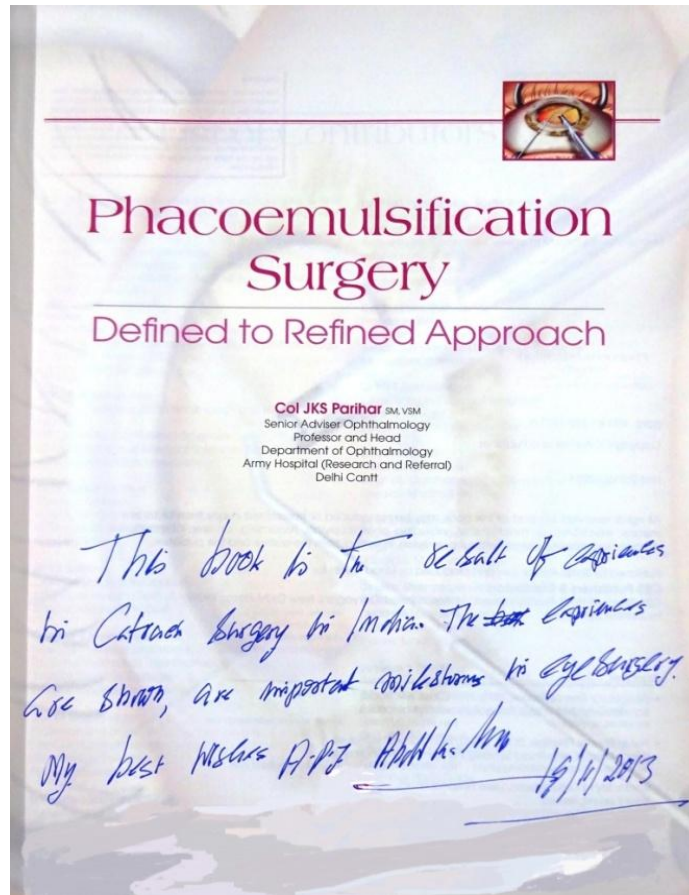
Brig JKS Parihar has authored a text book on Cataract Surgery titled “Phacoemulsification Surgery : Defined to refined approach : (Text and Manual)” (ISBN :978 – 81-239–1971-3 ,2011 , published by CBS Publishers ,New Delhi 110002 India This book is first of its kind from Armed Forces and listed in more than 50 country across the globe as referral book for post graduate and post doctoral fellow in Ophthalmology.

The book was presented to Her Excellency Smt Pratibha Devi Singh Patil , the President of India on 6 April 2011 at Rashtrapati bhawan .

The book was presented to His Excellency Dr APJ Kalam , the former President of India on 19 Nov 2013 at Army Hospital (R&R)Delhi Cantt .



Appreciation of book on Phacoemulsification Surgery by Dr APJ Kalam ,former President of India





एडमिरल निर्मल वर्मा

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नौसेनाध्यक्ष

Admiral Nirmal Verma
PVSM, AVSM, ADC

Chief of the Naval Staff

Tele : 011-23011400, 23011424

Fax : 011-23793150

E-mail : cns-india@nic.in

CNS/1923

रक्षा मंत्रालय

एकीकृत मुख्यालय (नौसेना)

नई दिल्ली - 110011

Integrated Headquarters

Ministry of Defence (Navy)

New Delhi - 110011

23 Nov 11

Brigadier JKS Parihar, SM, VSM
Consultant Ophthalmology and
Anterior Segment Micro Surgery
Army Hospital (R&R)
New Delhi 110010

**TEXT BOOK OF PHACOEMUSIFICATION
SURGERY: DEFINED TO REFINED APPROACH**

Dear Brigadier Parihar,

1. Please refer to your letter JKSP/Phaco Text Book/11 dated 27 Oct 11.
2. It was indeed a pleasure to go through the wonderful book on eye surgery sent by you. I find it particularly pleasing that a dedicated and undoubtedly busy surgeon like you has undertaken the herculean task of publishing a text book, even while keeping up with your rigorous schedule and the demands of military service.
3. As a layman, the chapters on the historical evolution of cataract surgery, its medico-legal aspects and patient perspectives were particularly interesting to me. However, I am sure that your medical colleagues would find the remaining chapters on the clinical and surgical aspects equally, if not more, engaging.
4. I wish good luck to you in your future endeavours. May I also request you to convey my sincere appreciation to all the other contributors.

*With warm regards
Yours sincerely
Nirmal Verma*



Lt Gen Ajai Singh, PUSK. AVSM (Retd)

6006, Sector B, Pocket 5 & 6, Vasant Kunj, New Delhi 70. Tele 011 26121415/26121411

(Former Governor Assam)

I have been very humbled when an eminent Eye Surgeon of Brig JKS Parihar's status wanted a non-medical professional like me to autograph this highly researched Book which he has written on Phacoemulsification Surgery in which he has not only put in his detailed knowledge of this highly specialized subject, but has also adorned it with his vast and varied experience both in peace and war. With great hesitation I accepted this commitment as not only I have a high regard and respect for him as an exemplary officer and a gentleman, but at the same time having personally experienced his surgical skill on my eyes. It is against that backdrop that I would like to pen these sincere and frank thoughts of mine.

I am an absolute novice to comment on a highly skilled profession like Medical, but as a layman I can state, that as per my perception, I rate this as the Noblest of all human professional endeavors to understand the Almighty's mystery of creation. The human body is the best example of His unfathomable genius, and therefore to understand it, I feel is the greatest challenge as well. In my view I rate EYES as the most vital part of human anatomy on two accounts. Firstly as they are the only insight to a human SOUL and secondly they are a CATALYST to most human SENSES which generate all our 'KARAMS'. In my view therefore, in this highly complicated and advanced medical science, I have given ophthalmology a special status. By work of destiny it was ordained that Brig Parihar specializes in this discipline and by dedication, selfless devotion and hard work acquire the capability to not only serve the Army and the Nation, but also get inspired to write this brilliant book to share his knowledge and experience for the larger benefit of the society. The fact this book has received international recognition speaks for itself.

I take this opportunity to whole heartedly compliment him for this exquisite professional literary work. I do genuinely hope that the Army and the Nation will suitably honor him by recognizing his all-round outstanding performance by a befitting National award.

Ajai
 20 Dec 2011



लेफ्टिनेंट जनरल एस आर घोष, ए वी एस एम, एस एम, ए डी सी
जनरल ऑफिसर कमांडिंग-इन-चीफ

Lt Gen S R Ghosh, AVSM, SM, ADC
General Officer Commanding-in-Chief
and
Colonel of The Brigade of The Guards

मुख्यालय पश्चिम कमान्
चण्डीमन्दिर-134 107 (हरियाणा)
Headquarters Western Command
Chandimandir-134 107 (Haryana)

Tele : 0172-2589962 (O)



25434/SRG/DO

30 Aug 11

Brig JKS Parihar, SM, VSM
Consultant Ophthalmology
& Anterior Segment Micro Surgery
Army Hospital (R&R)
New Delhi - 110010

My Dear Sir,

Thank you for the copy of your book. Though I am no expert, I can see that the book has been very well researched, compiled and presented. I am sure that this book will be a maj ref docu for Specialists both in India and abroad. My compliments to you for your effort and my best wishes for further laurels in the years to come.

With Best wishes

Yours Sincerely



लेफ्टिनेंट जनरल बलजीत सिंह, वी एस एम
चीफ ऑफ स्टाफ

Lt Gen Baljeet Singh, VSM
Chief of Staff

Tele : 0172-2587553 (O)

मुख्यालय पश्चिम कमान्
चण्डीमन्दिर - 134107 (हरियाणा)

Headquarters Western Command
Chandimandir-134 107 (Haryana)

25839/BS/DO

01 Sep 11

Brig JKS Parihar, SM, VSM
Consultant Ophtalmology &
Anterior Segment Micro Surgery
Army Hosp (R&R)
Delhi Cantt - 110 010

Dear Brig Parihar,

1. Ref your DO letter No JKSP/Phaco text Book/11 dt 24 Aug 11.
2. Your book titled "PHACOEMULSIFICATION SURGERY: DEFINED TO REFINED APPROACH" is a good work and will surely find meaningful use by young budding ophthalmic surgeons particularly in the peripheral eye centres.
3. My compliments to you for the excellent work.

With warm regards

Yours sincerely
Baljeet.



मेजर जनरल बी एस वर्मा
एम जी (मेडिकल)

Maj Gen B S Verma

M G (Med)

Tele : Off : Mil 2772 (O)
Civ : 01992-242159
Fax : -do-
Fax : 2776 (Ascon)
Res : 2773
Civ : 01992-242160

उत्तर कमान मुख्यालय
बारा ५६ ए पी ओ
Headquarters
Northern Command
Pin - 908545
C/O 56 APO

3592/BSV/pers

17 Sep 2011

Brig JK Parihar, SM, VSM
Consultant Ophthalmology
& Anterior Segment Micro Surgery
Army Hosp (R&R)
New Delhi

TEXT BOOK OF PHACOEMULSIFICATION SURGERY:
DEFINED TO REFINED APPROACH

My Dear Parihar,

1. *Thank you for a copy of 'Phacoemulsification Surgery' Defined to refined approach.*
2. *At first glance it is an impressive effort. Congratulations to you and your team. I am sure the book will serve as a standard text for Phacoemulsification surgery at all levels.*
3. *The Army Medical Corps needs stalwarts who not only take an interest in their field but make an effort to spread that knowledge. I am sure your book is a positive endeavour in that direction.*

With Best wishes,

Yours Sincerely,
BSVUS

9. Miscellaneous Awards/Appreciations:

(xix).Modern Cataract Surgery by Phacoemulsification Technique at High Altitude :

(xx). Pioneering / innovative work :Innovations in Colour vision detection lantern:

(xxi). Bharat Jyoti Award for Excellence in Medicine (2011

(xxii). Ophthalmology Vibhushan Award: 2007: Awarded by Eye Care foundation and Delhi Ophthalmology Club for distinguished contribution towards promotion of eye banking and community ophthalmic services at national level.

(xxiii). Appreciation Award of Academic Excellence: 2010: Awarded by Delhi Ophthalmological Society (DOS) for distinguished contribution towards promotion of Academic excellence , eye banking and community ophthalmic services at national level.

(xxiv).MJAFI Best article award 2013. Certificate of Merit and Cash Prize of Rs. 1,000/- for second best article of 2013 published in Medical Journal Armed Forces of India (MJAFI), an index journal for South East Asia)

(xxv). MJAFI Best article award 1998. Certificate of Merit and Cash Prize of Rs. 1,000/- for second best article of 1998 published in Medical Journal Armed Forces of India (MJAFI), an index journal for South East Asia

(xxvi). AIOS Best Free Paper (Community Ophthalmology - I) 2016. Certificate of Merit awarded to the Free Paper titled "Phacoemulsification surgery eye camps at high altitude. 74th Annual conference of AIOS," presented during 74 th Annual conference of AIOS (All India Ophthalmological Society), Kolkata, 25 Feb 2016.

(xxvii). AIOS Best Free Paper (Glaucoma section) 2011. Certificate of Merit awarded to the Free Paper titled "Clinico Histological evaluation of efficacy of Bevacizumab (Avastin) Modulated trabeculectomy over Mitomycin C Modulated trabeculectomy in cases of Primary Open Angle Glaucoma" presented during 69 th Annual conference of AIOS(All India Ophthalmological Society), Ahmedabad , 04Feb 2011.

(xxviii). Honorary Adviser of the American Biographic Institute:2003

Awarded Honorary Appointment to the Research Board of Advisors of the American Biographic Institute (USA)in 2003 for distinguished standing in the field of Ophthalmic Research .

(xxix). Rashtra Bhasha (Hindi) Award 2003.Second best essay in All India Hindi Essay competition (Armed Forces Medical Services category) Awarded by Govt of India.

(xxx).Certificate of Merit for Community Ophthalmic Work awarded in 1983 by dept of Preventive & Social Medicine, MGM Medical College Indore (MP) on 26 April1983 for outstanding performance in community ophthalmic activities as a coordinator and supervising the Interns and junior medical officers under state programme of the Ophthalmic examination of 50000 School going children of 230 schools of Indore(MP).

(xxxi).Office Bearer of National Professional society : Contribution in Eye Banking and Corneal Transplantation activities at National level as office bearer of EBAI (Eye Bank Association of India).

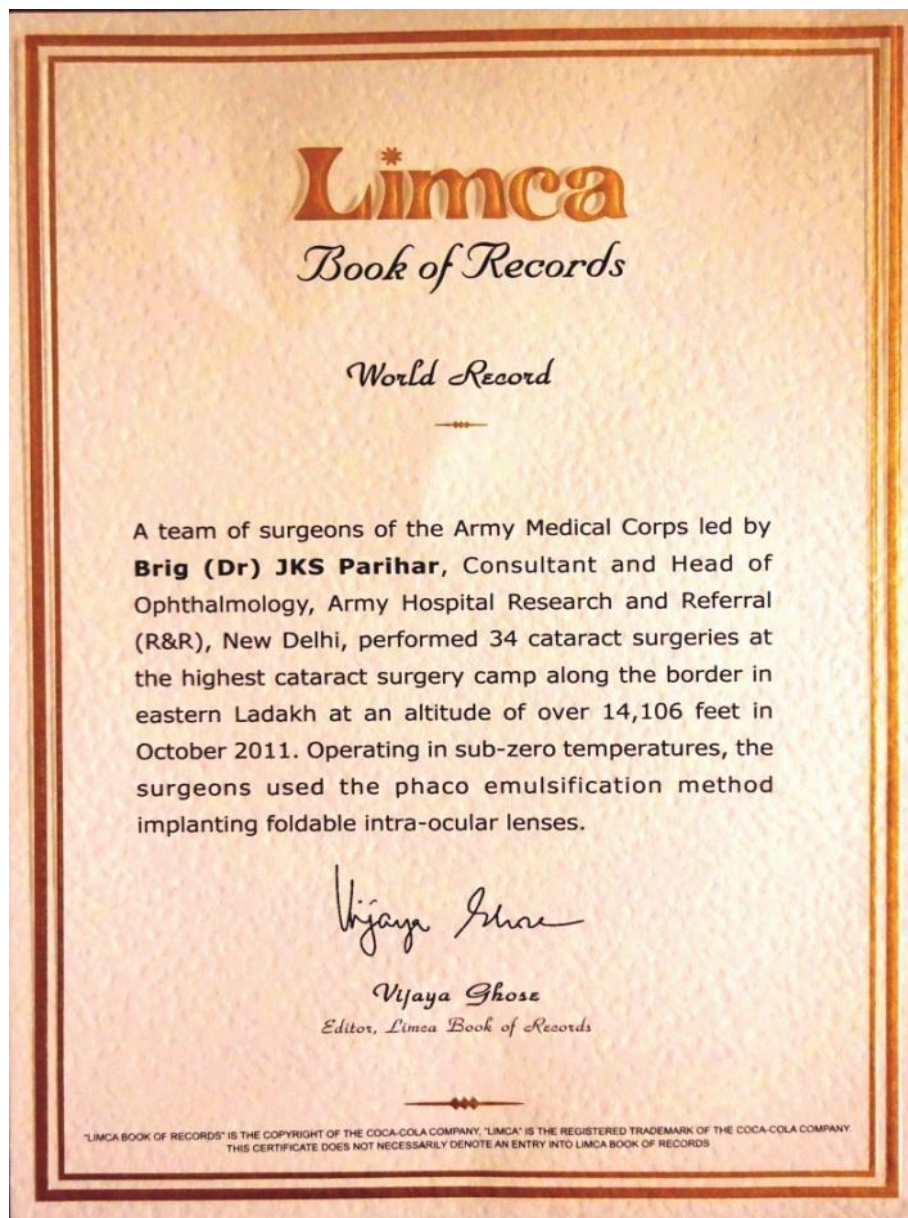
10.Appreciation of Contribution as Offg Deputy Commandant, Army Hospital(Research & Referral)Delhi Cantt

11.Appreciation of Contributions as HOD ,Eye Department,Army Hospital(Research & Referral)Delhi Cantt

12.Live on TV on Organ Donations and Eye diseases

Modern Cataract Surgery by Phacoemulsification Technique at High Altitude :The Armed forces module of three tier comprehensive eye care

Brig Parihar has organized Eye camps and Community Ophthalmic Services in Eastern Ladakh areas of J&K at high altitude in 2011-12 and performed Phacoemulsification with foldable IOL implantation at 14106 feet height probably maiden event ever and any where in the world in the history of Ophthalmic surgery. These activities have been widely acknowledged and acclaimed all over by National/International print and Electronic Media including by Limca Book of World Record 2013 .



World Record : Modern Cataract Surgery by Phacoemulsification with Foldable IOL implant technique at 14106 feet height



WR: Highest cataract surgery camp

In October 2011, doctors of the Army Medical Corps performed 34 cataract surgeries along the border in eastern Ladakh at an altitude of over 14,106 feet. Operating in sub-zero temperatures, the surgeons used the phaco emulsification method implanting foldable Intra ocular lenses. Even the machinery had to be modified to suit the intense cold. The team of surgeons was led by Brig (Dr) JKS Parihar, Consultant and Head of Ophthalmology, Army Hospital Research and Referral (R&R), New Delhi.

Page No. 176



The Armed forces module of three tier comprehensive eye care has been thoughtfully designed and focused at restoring sight by providing the ultimate comprehensive and

modern surgical technology on the anvil, aimed at the Civilian Population residing in the far reaches of Eastern Ladakh, where in addition to extreme cold and breezy environment, the paucity of natural resources and access to modern health care facilities are by far distant for the local populace.

The comprehensive health care and community ophthalmic activities have been knitted with other activities of social engineering pertaining to health care, national integration and environmental protection as well. The exercise is also aimed to quantify the solidarity the Indian Armed Forces shares with its fellow citizens residing in such a uniquely beautiful and yet unforgivable environment.

These eye camps have been a culmination of a concerted effort of the entire formation of the Trishul Div wherein invaluable support was provided to the doctors at various stages. This included the numerous small medical camps held in the periphery by the non medical personnels in coordination with the medical staff at places as distant as 200 – 350 Kms from basic and forward surgical setup in the most inhospitable terrain and in extremely adverse weather conditions. These diagnostic camps were equipped with all essential facilities like Mobile lab, ECG and other medical examination. In addition to provide treatment for common medical problems these medical camps helped to identify potential cases for the eye treatment and subsequent surgeries if required. In this phase of the module, about 25 initial screening camps were organized in 2011 and 12 over a period of three months in very remote and discrete villages adjoining Tangtse, Chushul, Demchok, Fukche and Nyoma of Eastern Ladakh, where more than 3200 patients were examined and treated for various common medical ailments as well as screened for eye surgery.

The second tier of comprehensive eye care was comprised of detailed ocular evaluation by eye specialist at various far flung locations, wherein specialized eye examination equipment such as the Keratometer and A Scan biometry were made available at Secondary level diagnostic eye camps during the month of Sep 2011 and May –Jun 2012 respectively. The entire exercise involving the Primary and Secondary tier eye care camps saw an unprecedented level of enthusiasm among the populace. The final and third phase has witnessed a rare and unique land mark in the history of modern ophthalmic history where cataract surgeries were performed at the height of 14106 feet height using Phacoemulsification with foldable Intraocular lens implant technique probably first time ever and anywhere in the world. A total 130 patients have been operated for cataract as third phase of module. The technique involves breaking of the natural cataractous lens within the eye using ultrasound energy to fragment it into smaller pieces thereby emulsifying it and hence the name phacoemulsification. The emulsified lens is then sucked out and an artificial lens is placed within the eye through a small opening. This precise surgery requires utmost skill and deft handling a feat that becomes even more insurmountable at high altitude. The modern machines involve fluidics and vacuum settings that help pace the surgery. These parameters change in a fraction of seconds normally during surgery. At high altitudes setting and controlling these parameters is all the more challenging due to the low atmospheric pressure. To tide over the challenges of performing this surgery at high altitude requires an astute and professionally more than competent surgeon with years of experience backing him.

Since the eye camps drew patients from a wide area of Eastern Ladakh and patients had to be transported by the Indian Army for the same. The extensive logistics arrangements to organize such activities were herculean task. To motivate patients to undergo a surgical

procedure and as well for them to also travel almost 200 to 350 Kms was a huge challenge in itself. To convert a forward surgical centre into a standard eye operation theatre equipped with latest surgical equipments required great efforts .In addition to activating the operation theatre, the post operative ward and other logistic facilities were also extended to the patients and their attendants. The latest ophthalmic surgical microscope and Phacoemulsifier machines along with other sophisticated eye equipment were brought in from Delhi and Leh respectively.



Brig JKS Parihar is performing Cataract surgery by Phacoemulsification technique at 14106 feet height on 15 Oct 2011



Second Mega Eye Camp at 14106 ft height : 24 - 26 Jun 2012 : Operating Team with patient soon after Phacoemulsification Surgery





Brig Parihar also took this opportunity to give a discourse on national integrity stating, that India is one, extending from Chushul in the north to Kanyakumari in the south with Ladakh being the proud nose of India whose brave inhabitants have always represented the country with distinction in the face of overbearing odds. The issues of environment protection and water conservation towards enriching the nation were also addressed during these activities.

It is indeed a glorious example of how the Army cooperates amongst its various units in extending aid to the locals who have very meager medical facilities available to them. The efforts made by the Indian Army would go down in the Annals of Medical History as a momentous step, as the feat of conducting such delicate and complicated surgery at such a high altitude spoke volumes of the skill, commitment and technical expertise of the entire team.

Media Appreciation of Cataract Surgery at High Altitude by Modern Technique of Phacoemulsification Surgery

सोमवार, 31 अक्टूबर 2011

नईदुनिया 09

www.naidunia.com | www.webdunia.com

राष्ट्रीय राजधानी संस्करण, कार्तिक शुक्ल पक्ष पंचमी, संवत् 2068 शके 1933 दिल्ली,

दिल्ली-एनसीआर, इंदौर, जबलपुर, ग्वालियर, रायपुर, बिलासपुर और भोपाल (नवदुनिया) से प्रकाशित ■ वर्ष 4 | अंक 24 |

14 हजार फुट की ऊंचाई पर हुआ ऑपरेशन

नई दिल्ली (प्रेट्र)। थल सेना के चिकित्सकों ने नई उपलब्धि हासिल करते हुए भारत-चीन सीमा के निकट पूर्वी लद्दाख में 14 हजार फुट की ऊंचाई पर मोतियाबिंद की 34 शल्य क्रियाएं की हैं। चिकित्सकों का दावा है कि शून्य से नीचे के तापमान में इस तरह की शल्य क्रिया पहले कभी नहीं की गई थी। नई दिल्ली स्थित आर्मी हॉस्पिटल रिसर्च एंड रेफरल में नेत्र रोग विभाग के प्रमुख और सलाहकार चिकित्सक ब्रिगेडियर जेकेएस परिहार ने कहा कि यह एक अनूठी चुनौती थी। हमने पूर्वी लद्दाख में 14,106 फुट की ऊंचाई पर बिना चीरा लगाए। बिना रक्त बहाए और बिना दर्द के मोतियाबिंद की शल्यक्रिया की।

नवभारत टाइम्स

नई दिल्ली | सोमवार 31 अक्टूबर 2011 | कार्तिक 9 शक 1933 |

| पेज 14 | मूल्य 3.50 रु. या 6.50 रु. द टाइम्स ऑफ इंडिया सहित |

आर्मी ने 14 हजार फुट पर की आंख की सर्जरी

पीटीआई || नई दिल्ली : भारतीय थलसेना के डॉक्टरों ने भारत-चीन सीमा के पास पूर्वी लद्दाख में 14,000 फुट की ऊंचाई पर मोतियाबिंद के 34 ऑपरेशन किए हैं। डॉक्टरों का दावा है कि जीरो डिग्री से नीचे के टेंपरेचर में इस तरह की सर्जरी पहली बार की गई है। नयी दिल्ली के आर्मी हॉस्पिटल रिसर्च एंड रेफरल में नेत्र योग विभाग के प्रमुख और सलाहकार डॉक्टर ब्रिगेडियर जे. के. एस परिहार ने कहा, हमारे लिए यह अनूठी चुनौती थी।

पुणे • सोमवार, 31 अक्टूबर 2011

महाराष्ट्र टाइम्स

98 हजार फुटांवर झाले मोतिबिंदूचे ऑपरेशन

नवी दिल्ली

लद्दाखमध्ये पूर्वेकडे भारत-चीन सीमेजवळ लष्कर 98 हजार फुट उंचीवर लष्कराचे आगची एक घसगा उंच रोवला आहे. लष्करातील डॉक्टरांनी एकदा उंचीवर मोतिबिंदूची 98 ऑपरेशन केली आहेत. या उंचीवर आणि तापमानाला आगची असा प्रकारची ऑपरेशन झाली असल्याचा दावा डॉक्टरांनी केला आहे.

या उंचीवरील लष्करी हॉस्पिटलचे संचालक ब्रिगेडियर जे. के. एस. परिहार यांनी शस्त्रक्रियासाठी डॉक्टरांच्या पत्रकाचे नेदून केले. 'या शस्त्रक्रिया विविध पद्धतीचे केल्या गेल्या. 'आगची लष्करात 98 हजार 905 फुटांवर किनाऱ्याची, रफारगाय स होमारी आणि आस न देगारी मोतिबिंदू शस्त्रक्रिया केली,' असे परिहार यांनी म्हटले.

'या शस्त्रक्रिया आगची पारंपरिक

पद्धतीने केल्या नाहीत. कारण त्या अवस्थेची दृष्ट्याची शक्यता जास्त होती. शस्त्रक्रियेनंतर रोगी होमघाटी हावला जाऊन होते. त्यामुळे आगची आगची शस्त्रक्रिया होते घेऊन आले. पण ती लष्करातील पारंपरिक शस्त्रक्रिया नव्हती. तुरता, अपूर्णता आणि तापकर आहे होमघाटी आगची शस्त्रक्रिया. रेडिओग्राफी करत केले,' असे आर्मी लष्करीचे जे. के. एस. परिहार यांनी म्हटले.

'या शस्त्रक्रिया म्हणजे रोगीघसगाची एक साम होता. अत्याधुनिक शस्त्रक्रिया एवढा उंचीवर काम करू शकतात काय, याची मागणीही तेथे पेश आली. आता शस्त्रक्रिया यशस्वी झाल्याने मोतिबिंदूची उपचारासाठी सगळी, ज्या आगची गेली असेक चर्चे उंचासात जीवन वाढीत करील होण्या, खांध्यापर या शस्त्रक्रिया करण्यात आल्या आहेत,' असे ते म्हणाले.

(वृत्तसंस्था)

पानां: १६ किमा: ३५.३.०० * * * ता. ३१ ऑक्टोबर २०११ सोमवार

गुजरात सभ्याचार

तमी: भायुधरी राव • सेवन २०६८, रू. १६३३, करतक सु. ५ वर्ष २८, अंश: २०६ • टेल: २४८२१६४०, ४४४: २४८०१२६० • <http://www.gujaratsamachar.com> MUMBAI
पेनसिन दती: श्रेयंत साहित्यक शा. • मुद्रा अने प्रकाश: श्रेयंत साहित्यक शा. शा. सेन शा. ई-मेल: shreyant@shreyant.com, shreyant@shreyant.com, shreyant@shreyant.com • पृ. नं. १६३२५, R.N.I. Reg. No. 46931/85

नेत्रचिकित्सांना ठितिहासमां पळेवां वनाव

१४,००० फूटनीं ठियांठअे मोतियांना ओपरेशन : लश्करी तभीओनी सिद्धि

भारतीय सेना प्रकल्पाने ठियांठअे मोतियांना ओपरेशन करताना तभीओनी सिद्धि साधली आहे. १४,००० फूटनीं ठियांठअे मोतियांना ओपरेशन करताना तभीओनी सिद्धि साधली आहे.

ठियांठ पर पातणीं डवां अने ओछां तापमान वय्ये

भारतीय लश्करना तभीओनी नौधनीय सङ्गता

भारतीय सेना प्रकल्पाने ठियांठअे मोतियांना ओपरेशन करताना तभीओनी सिद्धि साधली आहे. १४,००० फूटनीं ठियांठअे मोतियांना ओपरेशन करताना तभीओनी सिद्धि साधली आहे.

The Tribune

VOICE OF THE PEOPLE

New Delhi • Chandigarh • Jalandhar • Bathinda • Friday, July 20, 2012 www.tribuneindia.com

Army doctors hold eye camp at Leh

TRIBUNE NEWS SERVICE

New Delhi, July 19
Braving the biting cold, a team of eye specialists from Army Hospital (Research and Referral) based in Delhi and Leh, led by Brig JKS Parihar, held its second mega eye camp at the altitude of 14106 Ft at Tangste and Leh.

Organised under the guidance of Director General Armed Forces Medical Services, the camp is a part of Armed Forces Research and coincided with the Golden Jubilee celebration of Trishul Division.

During the two phases of this camp earlier, 4,000 persons, both civilians and ex-servicemen, were screened. As many as 135 persons have already been operated upon by the latest technique of Phacoemulsification, which involves extraction of cataract by emulsifying the lens ultrasonically.

The civilians are learnt to have expressed their gratitude to the Indian Army which has been carrying out several activities under its operation "Sadbhavana".

वर्षों से राष्ट्र की सेवा में समर्पित

वीर अर्जुन

जिल्द: 28, अंक: 230
 पृष्ठ : 12
 नई दिल्ली, शुक्रवार
 20 जुलाई, 2012
 मूल्य : रु. 2.00
 प्रभात संस्करण

विविध : भट्ट कैप में नगरिस
 खेल : स्टीव वा का रिकार्ड तोड़ने की दहलीज पर पोटिंग

तापमान अधिकतम 37 न्यूनतम 30
 रोपण बाजार बीएसई 17185.01 एनएसई 5160.00
 मुद्रा बाजार डॉलर 55.12 युरो 67.69

E-mail: dailyvirarjun@gmail.com Website: www.virarjun.com E-Paper: www.epapervirarjun.com

सेना के डाक्टरों ने रिकार्ड कायम किया

वीर अर्जुन संवाददाता नई दिल्ली। आईएफ सीओएस मेडिकल सर्विसेज के डायरेक्टर जनरल के दिशा निर्देशन में और कर्पोरेट अकेडमी परिसर के नेत्र चिकित्सक के 2 के अर्जी अरुणालाल (रिकार्ड एड रेकर) और सेना के नेत्र विशेषज्ञों के दल ने वीर और सलामे में 14106 फीट की ऊंचाई पर दूसरा विशाल नेत्र ऑप केस लमाकर विद रिकार्ड बनाने में कामयाबी हासिल की। यह केस एक और जहां आईएफ सीओएस का निवास था वहीं दूसरी ओर विशाल हिमालय के गोल्डन बुक की बमरोह का भी उदाहरण था। यह केस दो बरसों में लगाया गया और इसमें लगभग तीन-चार हजार लोगों के नेत्रों को आंच की गई जिसमें नार्मल और एक्स सर्विसेज दोनों शामिल थे। यहाँ पर जहाँ चौड़ी-पेड़ों का जंगल में लोग बहुत दूर रहते हैं वहाँ यह संझा कामो संपन्न रहती है। यह विचार देना के नार्मल के प्रति सेवा की सफलता को दर्शाता है।



सेह और सलामे में 14,106 फीट की ऊंचाई पर सेना के डाक्टरों (आर एंड आर) द्वारा लगाए गए विचार में डाक्टर च भर्तव।

Eye Camp at Ladakh Might in Sight

Ladakh, the last frontier of our country in the Western Himalayas, has a very sparse population. The inhabitants are living in inhospitable and inaccessible areas where the issue of health and health care has always found a back seat.

The Indian Armed Forces has taken up the challenge to preserve natural flora, fountains, culture and heritage of this region. The various kinds of welfare activities conducted under the guidance of Mrs Smita Dastane, President FWO, 14 Corps are indeed proved to be a great source of inspiration and encouragement.



Surgery in progress



The team of doctors with patients

Recently a camp was conducted to restore vision by extending the latest cataract and anterior segment surgery and implantation of latest intraocular lenses under the aegis of FWO, 14 Corps, AFMRC Delhi and medical authorities of 14 Corps.

The cases for the camp were selected from the remotest areas of Zaskar region, Nubra Valley and places



Mrs Smita Dastane distributing medicines

in and around Leh by Maj Piyush Chaturvedi, an eye specialist of 153 General Hospital. Selected patients were sensitized about their ailments and followed over five months till they were extended the benefits of surgical treatment at the camp.

The surgeries were performed at 153 General Hospital under an expert team led by Brig JKS Parihar, Consultant and Head of the Department of Ophthalmology, Army Hospital (Research & Referral) Delhi Cantonment. A total of 22 patients underwent various kinds of eye surgeries and were implanted with modern and newer generation of intraocular lenses including multifocal, aspheric and accommodative intraocular lenses. They were also given advanced ocular implants (Ahmed Glaucoma Valve). All patients were provided logistic supports by 153 GH for more than seven days. All the cases will be further supervised, monitored and followed at 153 General Hospitals till their complete visual rehabilitation.

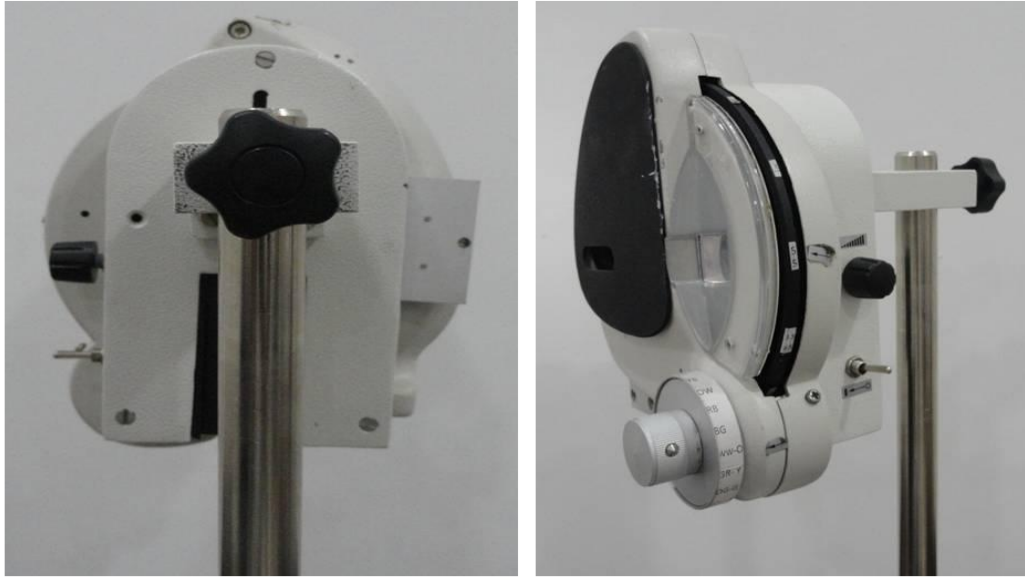
input : Lt Col Sanjay Kumar Mishra

Pioneering / innovative work: Innovations in Colour vision detection lantern:

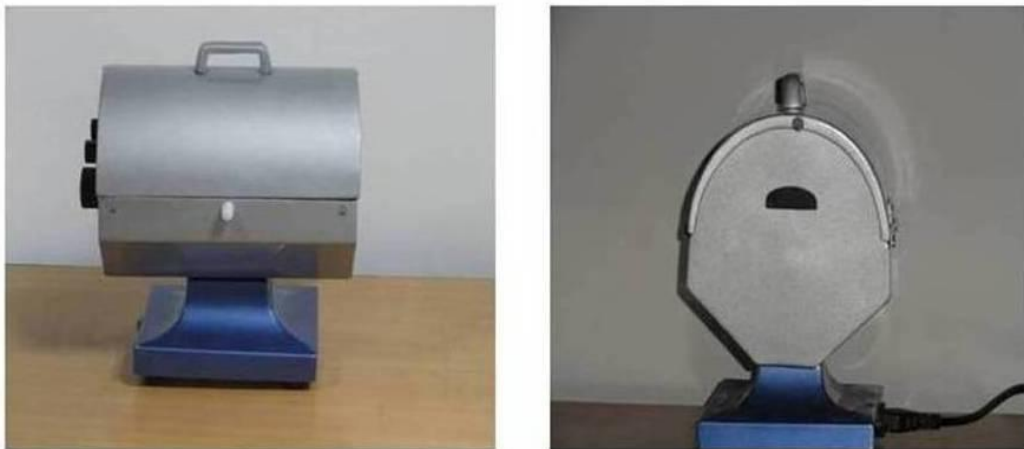
Detection of colour vision perceptions is an integral component of assessment of visual functions. There are various modes of detection of colour vision including assessment on Ishihara colour plates by identifying numbers printed in different colours, identifying different shades of wool fibers and various other methods. The most reliable method remains the Martin Lantern. The Principle of assessment in Martin Lantern is based on the identification of self illuminated colour spots of variable sizes from fixed distances. These colour spots are identical to colours used in Road traffic signals, aviation and naval ship navigations. This system is being considered as one of the most accepted modality in common wealth countries including UK, India, Australia and so many other countries. Martin Lamp was designed in 1932 and in practice since then .However the principal instrument was not modified since its inceptions. Considering the advancement of applications in modern road traffic, Aviation and Naval navigations, and electronics in industries as well as non availability of filters and light sources in original Martin Lamp, there has been an essential need of modifying and reproduce an indigenous colour vision detection device. The work was undertaken as a challenge by nominee .The eqp was conceived and designed by Maj Gen Parihar. This eqp has been extensively evaluated, practiced and refined as per the essential requirements of present era. The eqp has been validated and now available for common use. Hence this innovation is a land mark achievement in the field of colour vision detection techniques in ophthalmic practice in recent past .



**Hinghoth Version VII :: Indigenous colour vision detection device
Innovation by Maj Gen JKS Parihar**



**Hinghoth Version VII : Indigenous colour vision detection device
Innovation by Maj Gen JKS Parihar**



**Hinghoth Version V : Indigenous colour vision detection device
Innovation by Maj Gen JKS Parihar**

Brigadier JKS Parihar received Bharat Jyoti Award on 14 Feb 2012 at New Delhi

About The Award:

The India International Friendship Society, a voluntary organization established to forge greater unity and integrity among the people of Indian origin living anywhere in the world. The society honours its member with "Award and Certificate of Excellence" for outstanding leadership in fields such as education, medical services, engineering, architecture and other exceptional performance of high order and services. The advisory committee of the awards of the Indian International Friendship Society consists of talented and highly respected Indian experts in diverse fields, such as Economists, Journalists, Industrialists, Scholars, Engineering Experts, Member Parliament and Retired Army Generals.



His Excellency Mr BN Singh ,Former Governor of Tamilnadu is presenting Bharat Jyoti Award and Certificate of Excellence 2012 (Conferred by The India International Friendship Society) to Brig JKS Parihar on 14 Feb 2012 at New Delhi

Bharat Jyoti Award for Excellence in Medicine (2011) was Conferred upon Brig JKS Parihar by India International Friendship Society (IIFS) on 14 Feb 2012 at New Delhi in recognition to the outstanding leadership , Meritorious services and remarkable role in the field of Ophthalmology rendered in last three decades at national and international level.



Col JKS Parihar received Ophthalmology Vibhushan Award on 23 Sep 2007 at New Delhi

Ophthalmology Vibhushan Award: 2007: Awarded by Eye Care foundation and Delhi Ophthalmology Club for distinguished contribution towards promotion of eye banking and community ophthalmic services at national level.



Col JKS Parihar received Appreciation Award of Academic Excellence on 17 April 2010 at New Delhi

Appreciation Award of Academic Excellence: 2010: Awarded by Delhi Ophthalmological Society (DOS) on 17 April 2010 for distinguished contribution towards promotion of Academic excellence , eye banking and community ophthalmic services at national level.

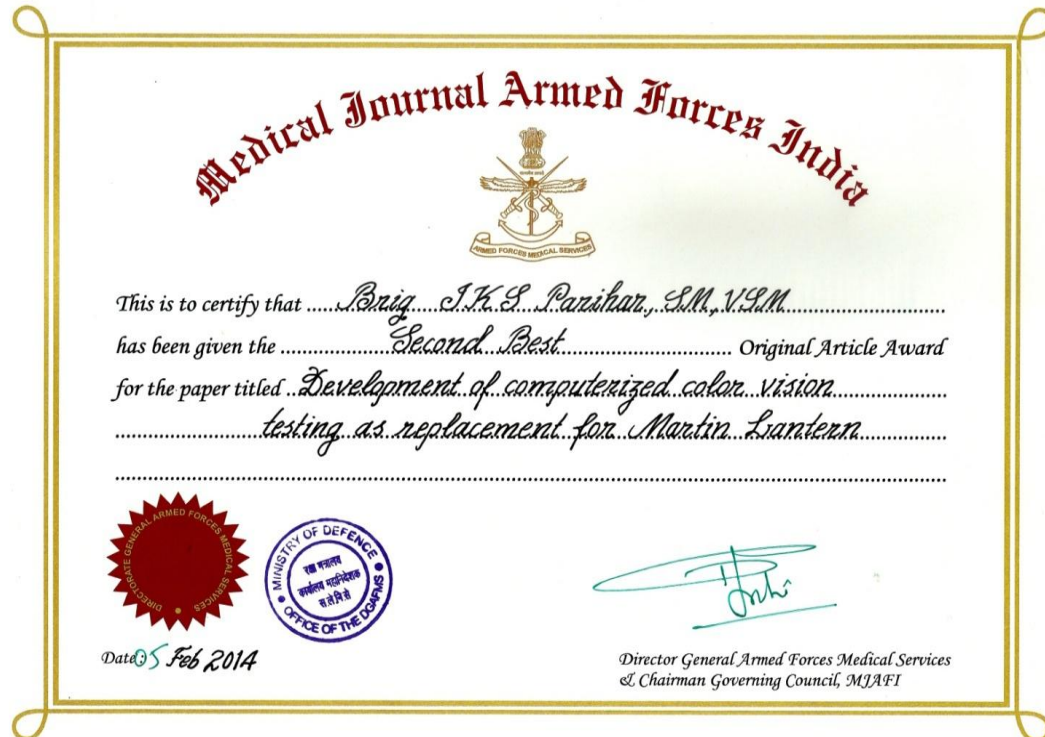


Col JKS Parihar received Award for Excellence in Community Ophthalmic services

Award for Excellence in Community Ophthalmic services (2010): Conferred by Health Care Professionals of India(Under National Rural Health Mission ,Ministry of Health and Family welfare ,Govt of India) in recognition to the outstanding community ophthalmic services and eye banking activities rendered in last two and half decades especially to rural and under privileged areas and section of the society at national level.

Brig JKS Parihar ,SM,VSM** received MJAFI Best article award 2013 for second best article of 2013 published in Medical Journal Armed Forces of India

Brig JKS Parihar,SM,VSM** was awarded a Certificate of Merit and Cash Prize of Rs. 1,000/- for second best article of 2013 published in Medical Journal Armed Forces of India (MJAFI), an index journal .The award was presented to on 05 Feb 2014 during 62 Armed Forces Medical Research Conference,2014 held at AFMC Pune.



Lt Col JKS Parihar received MJAFI Best article award 1998 for second best article of 1998 published in Medical Journal Armed Forces of India

Lt Col JKS Parihar was awarded a Certificate of Merit and Cash Prize of Rs. 1,000/- for second best article of 1998 published in Medical Journal Armed Forces of India (MJAFI), an index journal. The award was presented to him on 1 Feb 1999 during 47 Armed Forces Medical Research Conference, 1999 held at AFMC Pune.



Lt Gen R Jayaswal, PVSM, AVSM, PHS, DGAFMS & Senior Colonel Commandant is presenting MJAFI (Medical Journal Armed Forces India) Second Best Original Article Award 1998 to Lt Col J K S Parihar on 01 Feb 1999 at AFMC Pune

Medical Journal Armed Forces India



This is to certify that
Lt Col. J. K. S. Parihar
 has been given the *Second Best Original Article Award, 1998*
 for the paper entitled *An advanced cataract surgery*
by phacoemulsification: An initial experience

R Jayaswal
 (LT GEN R JAYASWAL)
 Director General Armed Forces Medical Services
 Chairman, Governing Council, MJAFI

Feb 01 FEB '99

Maj Gen JKS Parihar, SM, VSM received
AIOS (All India Ophthalmological Society) Best Free Paper
Award (Community Ophthalmology-1) 2016**

AIOS Best Free Paper (Community Ophthalmology-1) 2016: Certificate of Merit awarded to the Free Paper titled "Phacoemulsification surgery eye camps at high altitude" presented during 74th Annual conference of AIOS, Kolkata , 25 Feb 2016.



Brig JKS Parihar, SM, VSM received AIOS (All India Ophthalmological Society) Best Free Paper Award (Glaucoma section) 2011

AIOS Best Free Paper (Glaucoma section) 2011: Certificate of Merit awarded to the Free Paper titled "Clinico Histological evaluation of efficacy of Bevacizumab (Avastin) Modulated trabeculectomy over Mitomycin C Modulated trabeculectomy in cases off Primary Open Angle Glaucoma" presented during 69 th Annual conference of AIOOS, Ahmedabad , 04Feb 2011.



**Lt Col JKS Parihar appointed
Honorary Advisor of
The American Biographic Institute (USA)**

Awarded Honorary Appointment to the Research Board of Advisors of the American Biographic Institute (USA) in 2003 for distinguished standing in the field of Ophthalmic Research.



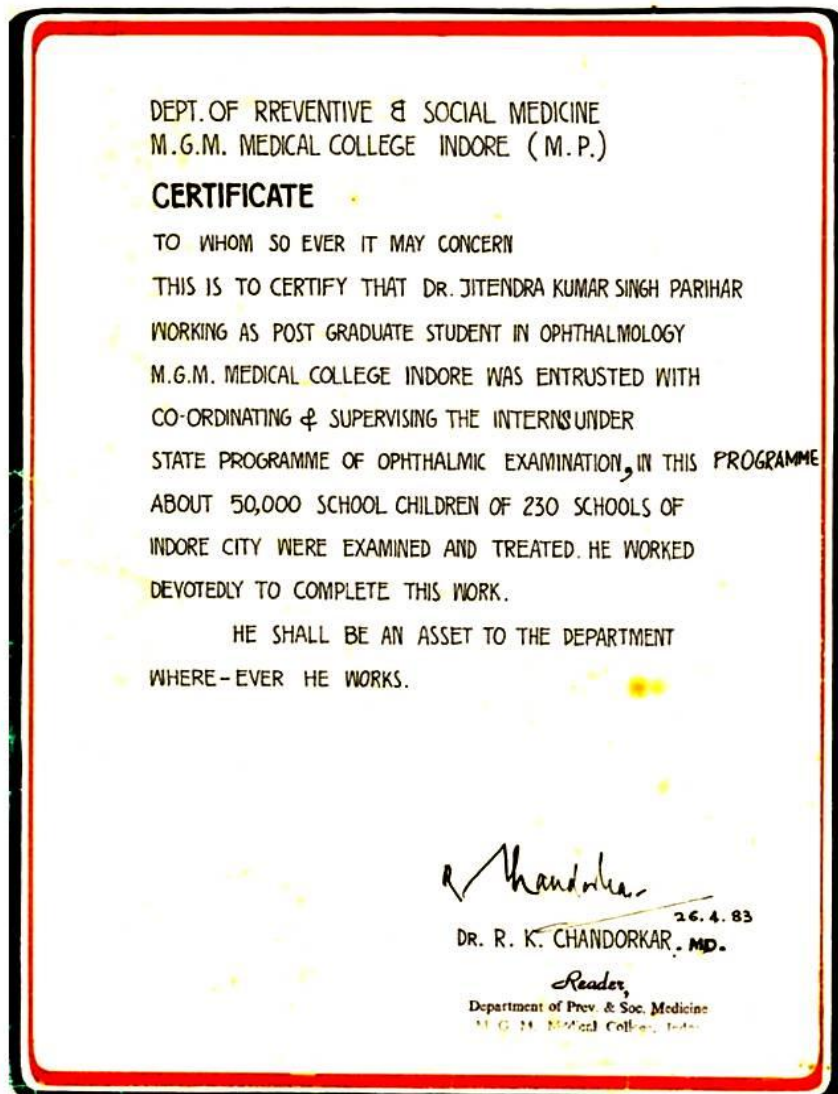
**Lt Col JKS Parihar received
Rashtra Bhasha (Hindi) Award 2003 for Second
best essay in All India Hindi Essay competition
(Armed Forces Medical Services category)**

Lt Col JKS Parihar received "Rashtra Bhasha (Hindi) Award 2003" for Second best essay in All India Hindi Essay competition (Armed Forces Medical Services category) Awarded by Govt of India.



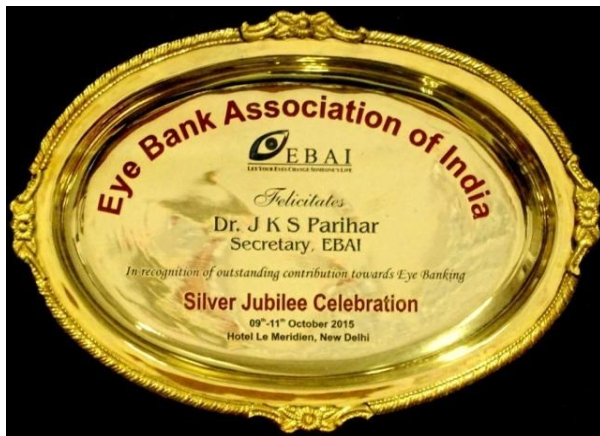
**Dr JKS Parihar received
Certificate of Merit for Community Ophthalmic
Work by MGM Medical College Indore (MP) 1983**

Dr JKS Parihar while working as post graduate student (Ophthalmology), received a Certificate of Merit from dept of Preventive & Social Medicine, MGM Medical College Indore (MP) on 26 April 1983 for outstanding performance in community ophthalmic activities. He was entrusted the responsibility of coordinating and supervising the Interns and junior medical officers under state programme of the Ophthalmic examination of School going children. Under his supervision about 50000 school children of 230 schools of Indore city were examined and treated in 1983.



Contribution in Eye Banking & Corneal Transplantation activities at National level as an office bearer of EBAI (Eye Bank Association of India)

The EBAI (Eye Bank Association of India) is a nongovernmental professional body, actively involved in the coordination and promotion of Eye Banking and Corneal Transplantation activities in India. EBAI acts as representative of Eye Banks at all forum in the country and abroad including with Govt of India. The all the eye banks in country are institutional members of the EBAI. EBAI is an affiliated society of International associations of Eye Banks, hence represents India at International forum in the field of eye banking. Brig Parihar has been actively involved in the activities of Eye Banking for more than three decades. He is only ophthalmologist from Armed Forces to be elected as office bearer and representing as national executives so far . He has occupied the coveted appointment of Hon Secretary of EBAI for 2013 – 2016 terms. Earlier he has represented society as Jt Secretary (2010 – 13) & Executive member for the period of 2004 – 07. He is a Ex officio member of National executive council for the term of 2016 to 2019.



Appreciation of Contribution as Offg Deputy Commandant, Army Hospital(Research & Referral)Delhi Cantt



His Excellency Shri Pranab Mukherjee, the President of India



Shri Narendra Modi, Honorable Prime Minister of India

Appreciation of Contributions as HOD ,Eye Department, Army Hospital(Research & Referral)Delhi Cantt



Her Excellency Shrimati Pratibha Devi Singh Patil, the President of India



His Excellency Shri Ramaswamy Venkataraman, the former President of India



**His Excellency Dr Avul Pakir Jainulabdeen Abdul Kalam ,
the former President of India**



His Excellency Mr Mahmoud Abbas, the President of the state of Palestine & Palestine National Authority (2005 –till date)

General V P Malik, PVSM, AVSM
Former Chief of the Army Staff
Tele: 91-172-2586390
Fax: 91-172-2566773
vedmalik@gmail.com

251, Sector 6
Panchkula (Haryana)-134 109
India

24 May 2011

Brig IKS Parihar, SM, VSM
Consultant Ophthalmology,
Army Hospital (Research and Referral)
Delhi Cantt 110 010

Dear Brig Parihar,

I am writing this letter to convey my grateful thanks for the eye treatment and surgery that I received in your hands, and even more for the personal attention and courtesies that you and your department have extended to me last week.

The manner in which you and your colleagues look after every patient notwithstanding holidays and long working days is impressive and makes us proud of your work and the hospital.

Please convey my thanks to all members of your team.

With regards and best wishes,
Yours sincerely,
M. J. J. J.

Copy to:
Maj Gen P P Varma,
Officiating Commandant,
Army Hospital (Research and Referral)
Delhi Cantt 110 010

**Appreciation of Contributions as
Additional Director General Armed Forces Medical Services
(Medical Research, training / Education & Health)&
Professor of Ophthalmology**



**Major General Ahmed Shiyam, ndc, psc
Chief of Defence Force, Republic of Maldives**

Eye Donation activities on Tele Media

DD NEWS : TOTAL HEALTH : CORNEAL TRANSPLANT & EYE DONATION ,28 AUG 2016

TOTAL HEALTH : DD NEWS : ORGAN DONATION :19 JUN 2016



DD NEWS : TOTAL HEALTH :
BLINDNESS & EYE DONATION, 13 SEP 2015



Total Health: DD News:
Blindness & Eye Donation: 25 Aug 2013



डी डी न्यूज़ : नया सवेरा : 29 जून 2016
 दृष्टि दोष : इलाज़
 मेजर जनरल जे के एस परिहार, एस एम ,वी एस एम**

DD NEWS: The Breakfast Show :
 29 June 2016
 Refractive Errors :Treatment
 Maj Gen JKS Parihar, SM,VSM**



डी डी न्यूज़ : नया सवेरा : 30 अगस्त 2016
 कॉर्नियल दृष्टिहीनता : कारण
 मेजर जनरल जे के एस परिहार, एस एम ,वी एस एम**

DD NEWS: The Breakfast Show : 30 Aug 2016
 Corneal Blindness: Causes & Prevention
 Maj Gen JKS Parihar, SM,VSM**



NEWER ADVANCES IN CATARACT & GLAUCOMA
 GOOD EVENING INDIA :DD NATIONAL & DD BHARTI : 03 AUG 2012