

QUARTERLY REPORT OF THE IDUKKI MALANAD OPHTHALMIC CLUB



JULY 2025- SEPTEMBER 2025

CME & MONTHLY MEET OF JULY 2025

- 10th July 2025 , 7:45pm at Hotel Kabani Palace, Muvattupuzha.
- Attendees (Ophthalmologist) : 24
- Teaching module : The Basic Science with a clinical edge on the Lid & Lacrimal Apparatus - by Dr.Deepthi John, Consultant Ophthalmologist at TVJ Eye Hospital, Kothamangalam.
- Session by Guest speaker : The must know of Lids & Orbit : A Case based discussion by Dr.Marian Pauly, Senior Consultant & HOD, Oculoplasty, Giridhar Eye Hospital, Kadavanthra, Kochi.
- Short Quiz : on the previous month's teaching module "Cornea" was conducted by Dr.Treesa D Nediyaikalayil, Consultant Ophthalmologist , Alphonsa Eye hospital, Thodupuzha



CME & MONTHLY MEET OF AUGUST 2025

- 21st August 2025 at 7:45pm at Hotel Kabani Palace, Muvattupuzha.
- Attendees (Ophthalmologist):33
- Teaching module : “Watch the Ulcer, to know whom to suspect!!” presented by Dr. Rithu. R .Krishna, Consultant Ophthalmologist, Fathima Eye hospital, Thodupuzha
- Guest speaker session : Dr.Anil Radhakrishnan, Associate Professor, AIMS, Kochi elaborated on “Corneal Ulcer : The myriad ways” A case based discussion
- A short Quiz on Lid & Lacrimal Apparatus was conducted by Dr.Deepthi John, TVJ Eye hospital, Kothamangalam.



CME & MONTHLY MEET OF SEPTEMBER 2025

- 30th September 2025
at 7:45 pm at Hotel Kabani
Palace, Muvattupuzha

- Attendees
(Ophthalmologist) :17

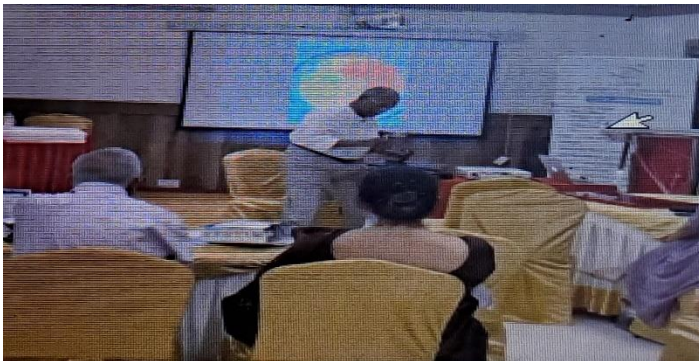
- Guest speaker session:
Dr. Rohith George, Cataract &
Refractive Surgeon, Lotus Eye
hospital, Cochin

elaborated on “The right patient
to advice a Refractive Surgery”:
Pearls for the General
Ophthalmologist”



CME & MONTHLY MEET OF SEPTEMBER 2025

- Guest speaker session :
Dr.Basil George, Vitreo Retinal Surgeon,
Lotus Eye hospital, Cochin spoke on
“The Retinal Scenarios in the
Real world practice: A case based discussion”
- An interesting session on
“My Innovations in Ophthalmology”
by IMOC member Dr.George Thomas.



IMOC Onam celebration

- At Kabani Palace Muvattupuzha on 21st August'25
- Onam celebrations followed by sumptuous Onasadhya !!



40THEYE DONATION
FORTNIGHT

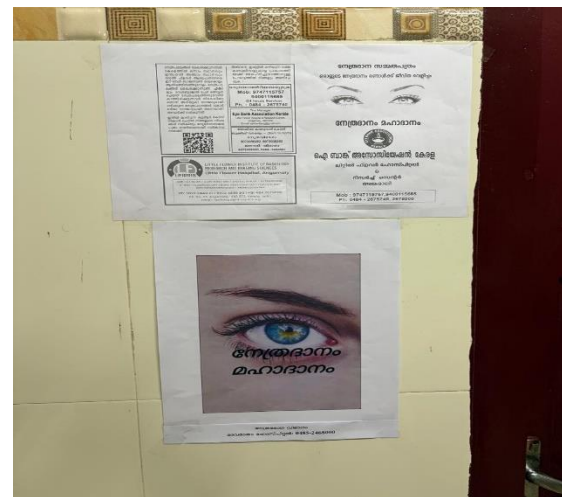
IMOC

- The IMOC Eye Donation Awareness poster competition was conducted for school children on 8th September 2025 at The Charter School, Pookattupady & prizes were distributed to the winners.



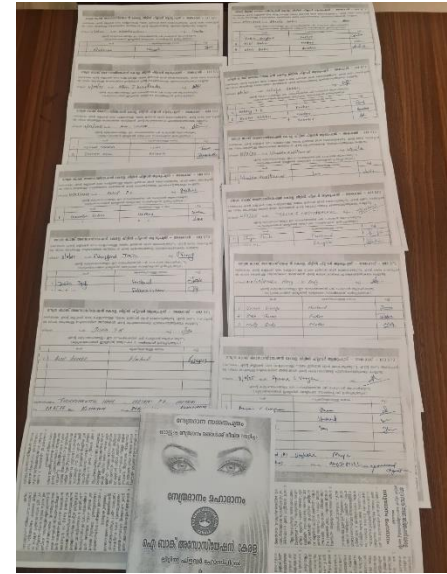
Devamatha hospital, Koothattukulam

Eye Donation Awareness Programs
conducted under the
leadership of Dr.Ashok Kurien
Posters were displayed in the the
OPD & patient waiting area.



Alphonsa Eye Hospital, Thodupuzha

- Eye donation fortnight programs under the able leadership of Dr.Alex Baby.
- Free Eye camps on 31st August 2025 at Alphonsa eye hospital Thodupuzha.
- Awareness class on "Eye donation- Debunking the myths" by Dr.Treesa.D.Nediyakalayil.
- Awareness video on Eye donation by Dr.Aparna C.Varghese, broadcasted at patient waiting areas for a week.
- Eye donation pledges were collected from patients & bystanders from 1st of September to 8th of September.



IMOC

Awareness talk by IMOC secretary Dr. Sumitha Mary Jacob on “How to keep your eyes safe and brain smart in this media world”: a guide for children and educators on 15th August 2025 at The Charter School, Pookattupady.





MALANAD ACADEMIX:

SPEC'25



14 SEP
2025
SUNDAY

09:00AM
TO 01:30PM

**KABANI
PALACE**

MC ROAD
MUVATTUPUZZA

REGISTRATION: 8:00 AM to 9:00 AM

SEGMENT: OPTICS & REFRACTION:

CHAIRMAN: DR. P. I. MOHAN | MODERATOR: DR. SARAH CHIRAYETH



MRS ROSEMARY ANTONY
Asst. Professor, School of Optometry
Medical Trust Institute of Medical
Sciences Kochi



DR. LAKSHMI. C
Professor & Consultant Paediatric
Ophthalmologist, Malabar Medical
College & Abate Eye Hospital, Calicut

9:00 - 9:15 am	Tiny Eyes, Big Challenges: Mastering Pediatric Refraction	Ms. Rosemary. C. Antony (15 min)
9:15 - 9:35 am	Specs for Sprouts: Lens Prescriptions, Frame selection & the daily Dilemmas in Pediatric	Dr. Lakshmi. C (20 min)
9:35 - 9:40 am	Discussion	5 min
9:40 - 9:50 am	Coffee Break	10 min

INAUGURAL FUNCTION | 9:50 - 10:20 am



DR. MAHESH GOPALAKRISHNAN
(PRESIDENT KSOS, GUEST OF HONOUR)

DR. MANI. V. R
(LIFETIME ACHIEVEMENT AWARD HONOREE)



KEY NOTE ADDRESS

CHAIRMAN: DR. SAJU JOSEPH | MODERATOR: DR. LIJI SUSAN THOMAS



MRS. LIBA SARA VARGHESE
M. Optom, PDBEME Assistant Professor
& Low Vision Practitioner, Yenepoya
Medical College Hospital, Yenepoya
Deemed to be University, Mangalore

10:20 - 11:20 am	Enhancing Sight, Empowering lives: The changing world of Low Vision Solutions	Ms. Liba Sara Varghese (60 min)
11:20 - 11:25 am	Discussion	5 min

SEGMENT: OCULAR MOTILITY:

CHAIRMAN: DR. SOMAN MANI | MODERATOR: DR. APARNA. C. VARGHESE



DR. MATHEW. K. JAMES
Consultant Ophthalmologist, Paediatric
Ophthalmologist & Strabismologist,
Medical Trust Hospital, Emakulam



MS. ANU CHACKO
Moptom, Associate Professor,
LIMSAR, Angamaly

11:25 - 11:45 am	Strabismus simplified: Practical insights on assessment across ages	Dr. Mathew James (20 min)
11:45 - 11:55 am	From Near Fatigue to Clear Vision: Convergence, Accommodation & the Anomalies	Ms. Anu Chacko (10 min)
11:55 - 12:25 pm	Diplopia Decoded: from Muscle Maps to Treatment Tracks	Dr. Mathew James (30 min)
12:25 - 12:30 pm	Discussion	5 min

SEGMENT: EYE WEAR :

CHAIRMAN: DR. ELIZABETH VARGHESE | MODERATOR: DR. TEENA ALEX



SHYNO. P. S
(B. OPT, MBA)
Business Development Manager
Boche Rx Lens Pvt Ltd



MATHEWS. G. VADATH
Moptom, FIACLE
Professor & HOD, Department of
Optometry, LIMSAR, Angamaly



NIGIN. C. PHILIPOOSE
MSc Optom, MBA (HSM),
MSW, Senior Executive,
Bausch+Lomb - Kerala Region

12:30 - 1:00 pm	The Complete Spectacle Dashboard- Overview of Frame Options, Lens Specifications, Speciality Lens Types & Dispensing Protocol	Mr. Shyno. P. S (30 min)
1:00 - 1:15 pm	Contacts beyond the Ordinary	Mathews. G. Vadath (15 min)
1:15 - 1:25 pm	From Blur to Brilliance: Trouble shooting in Contact lenses & Spectacle Wear	Nigin. C. Philipoose (10 min)
1:25 - 1:30 pm	Discussion	5 min

MALANAD ACADEMIX: SEASON 3

SPEC'25



PAEDIATRIC REFRACTION, EVALUATION OF SQUINT,
DIPLOPIA ASSESSMENT, ANOMALIES OF CONVERGENCE &
ACCOMMODATION, LVA, SPECTACLES & CONTACT LENSES
TYPES, FITTING, RECENT TRENDS & MUCH MORE
ALL IN A NUTSHELL

FOR

OPTOMETRIST

OPTICIAN

OPHTHALMOLOGIST

14 SEP
2025
SUNDAY
09:00AM
TO 01:30PM

KABANI
PALACE

MC ROAD
MUVATTUPUZZHA

SCAN FOR
REGISTRATION



Early bird registration
(till 31st August 2025)

OPTOMETRIST/ OPTICIAN/
OPHTHALMOLOGY PG'S ₹500/-

OPHTHALMOLOGIST ₹750/-

(INCLUDING LUNCH)

SCAN QR CODE
TO PAY



1st September
Onwards

OPTOMETRIST/ OPTICIAN/
OPHTHALMOLOGY PG'S ₹650/-

OPHTHALMOLOGIST ₹900/-

(INCLUDING LUNCH)

Register with Google form & send name with payment screenshot to Dr. Treesa (+91 9562846961)

Organising Chairman:
Dr. Alice Dominic

Treasurer:
Dr. Mani V.R

Organising Secretary:
Dr. Sumitha Jacob

Joint Secretary:
Dr. Treesa Nediyaikalayil

Bank Details

Account Holder's Name:
Idukkki Malanad Ophthalmic Club Trust
Bank Name:
ESAF BANK, Kothamangalam
Account no:
10240000828127
Branch Name & IFSC Code:
Kothamangalam, ESMF0001126

 
MALANAD ACADEMIX:

INAUGURAL FUNCTION

SPEC'25

PRAYER SONG

WELCOME ADDRESS

PRESIDENTIAL ADDRESS

INAUGURAL ADDRESS

HONOURING DR. MAHESH GOPALAKRISHNAN

A TRIP DOWN THE MEMORY LANE
WITH DR. V.R. MANI

HONOURING DR. V.R. MANI
(FOUNDER SECRETARY, IMOC)

REMINISCENCE

FELICITATION

VOTE OF THANKS

DR. ALICE DOMINIC
(ORGANISING CHAIRMAN SPEC'25)

DR. M.I. MOHAN
(PRESIDENT, IMOC)

DR. MAHESH GOPALAKRISHNAN
(PRESIDENT, KSOS)

DR. P.I. MOHAN

DR. SAJU JOSEPH

DR. MAHESH GOPALAKRISHNAN

DR. V.R. MANI

DR. ALEX BABY

DR. SUMITHA JACOB
(ORGANISING SECRETARY, SPEC'25)



DR. MAHESH GOPALAKRISHNAN
(PRESIDENT KSOS, GUEST OF HONOUR)



DR. MANI V. R
(LIFETIME ACHIEVEMENT
AWARD HONOREE)



DR. M.I. MOHAN
(PRESIDENT, IMOC)



DR. ALICE DOMINIC
(ORGANISING CHAIRMAN)



DR. SUMITHA JACOB
(ORGANISING SECRETARY)

Malanad Academix: SPEC'25

IMOC flagship CME

under the aegis of KSOS

14th September , 2025, Hotel Kabani Palace,
Muvattupuzha

It provided an excellent learning experience for ophthalmologists , optometrists & opticians.

- Eight eminent speakers lead the sessions & hundred and thirty nine (139) delegates from far & wide attended the CME.
- Guest of honour : Dr. Mahesh Gopalakrishnan, Honourable President, KSOS

Dr. Mani V.R, the pioneer & founder secretary of IMOC was honoured with the lifetime achievement award



Malanad Academix: SPEC'25



Malanad Academix:SPEC'25



Malanad Academix:SPEC'25



Malanad Academix:SPEC'25

