

IMOC YEARLY REPORT 2025 !!



A comprehensive overview of our activities,
CME programmes, and community initiatives
throughout 2025..

KSOS President's Visit, CME & Monthly Meet

February 2025 – 66th CME Meeting

On 6th February 2025, the Idukki Malanad Ophthalmological Circle (IMOC) convened at Hotel Kabani Palace, Muvattupuzha, marking the official visit of Dr Mahesh G, President of the Kerala State Ophthalmological Society (KSOS). This prestigious gathering brought together ophthalmologists from across the region for an evening of professional development and recognition.



A highlight of the evening was the honoring of Dr James Kuruvilla, KSOS lifetime achievement awardee, by Dr Mahesh G — a fitting tribute to decades of exceptional service to ophthalmology and unwavering commitment to advancing eye care in Kerala.

The meeting featured an insightful presentation on "*Medicolegal aspects of endophthalmitis*", addressing critical legal and clinical considerations in managing this serious ocular infection.

CME & Monthly Meet – March 2025

67th CME Meeting



Event Details

Date: 6th March 2025
Venue: Hotel Kabani Palace, Muvattupuzha

Speaker

Dr Sachin Mathew George
Consultant Cornea and Refractive Surgeon
Chaithanya Eye Hospital & Alphonsa Eye Hospitals

Keratoconus – Catching It Early

Advanced diagnostic approaches and clinical pearls for early detection of progressive corneal ectasia

Power of Systane Science

Latest innovations in tear film management and dry eye disease treatment strategies

Dr George delivered an engaging session emphasizing the importance of vigilant screening protocols for keratoconus and showcased evidence-based approaches to optimizing ocular surface health through advanced tear science technologies.

Installation of New Office Bearers

6th March 2025, Hotel Kabani Palace, Muvattupuzha

A momentous occasion as IMOC welcomed its new leadership team, committed to advancing ophthalmic excellence and community eye care across the Idukki Malanad region. The ceremony celebrated continuity, dedication, and the shared vision of enhancing eye health services for all.



President

Dr M I Mohan

Vice President

Dr Elizabeth Varghese

Secretary

Dr Sumitha Jacob

Joint Secretary

Dr Treasa D Nediyaikalayil

Treasurer

Dr Mohan Markose

KSOS Executive Member

Dr Soman Mani

School Screening & Awareness Programme



Event Details

Date: 28th February 2025

Location: Government Town UP School, Muvattupuzha

Speaker: Dr Sumitha Jacob (Secretary, IMOC)



Focus Area

An interactive educational session spreading awareness on the ill effects of excessive use of electronic gadgets and visual display units (VDUs). Dr Sumitha discussed the health hazards of increased screen time in children, including digital eye strain, myopia progression, reduced blink rate, and diminished outdoor physical activity.

The program equipped students, teachers, and parents with practical strategies for healthy screen habits, the 20-20-20 rule, and comprehensive eye wellness approaches to protect children's vision in our digital age.



World Glaucoma Week Activities

March 8–15, 2025

IMOC and associated hospitals organized comprehensive awareness activities during World Glaucoma Week, reaching out to the community with free screening camps and educational sessions across multiple locations throughout the Idukki Malanad region.



Participating Institutions

MOSC, Alphonsa Eye Hospital, Devamatha Hospital, SRS Eye Hospital, Nedumchalil Hospital, Ahalya Eye Hospital, & Dharmagiri St. Joseph's Hospital actively participated in organizing glaucoma-related activities.



Community Impact

Hundreds of community members benefited from free IOP checks, optic nerve evaluations, visual field assessments, and comprehensive glaucoma awareness sessions, helping detect silent vision threats early and preventing irreversible blindness.

Compression Only Life Support (COLS) Training

29th March 2025, Alphonsa Eye Hospital, Thodupuzha

IMOC conducted a life-saving Compression Only Life Support (COLS) training session, equipping healthcare professionals with critical emergency response skills essential for managing cardiac emergencies in clinical settings.



Trainer

Dr Manjit George President, ISA Malanad City Branch

This hands-on training focused on effective chest compression techniques, proper hand placement, compression depth and rate, and recognition of cardiac arrest. The program emphasized the importance of immediate bystander CPR in dramatically improving survival rates before advanced medical help arrives, empowering participants to respond confidently during life-threatening cardiac emergencies.

CME & Monthly Meet – April 2025

68th CME Meeting – 10th April 2025



Master Class

Topic: Diabetic Macular Edema (DME)

Speaker: Dr Divya Alex, Vitreo-Retinal Surgeon, Ahalya Foundation Eye Hospital, Cochin



Teaching Module

Topic: Basics of Retina with a clinical edge

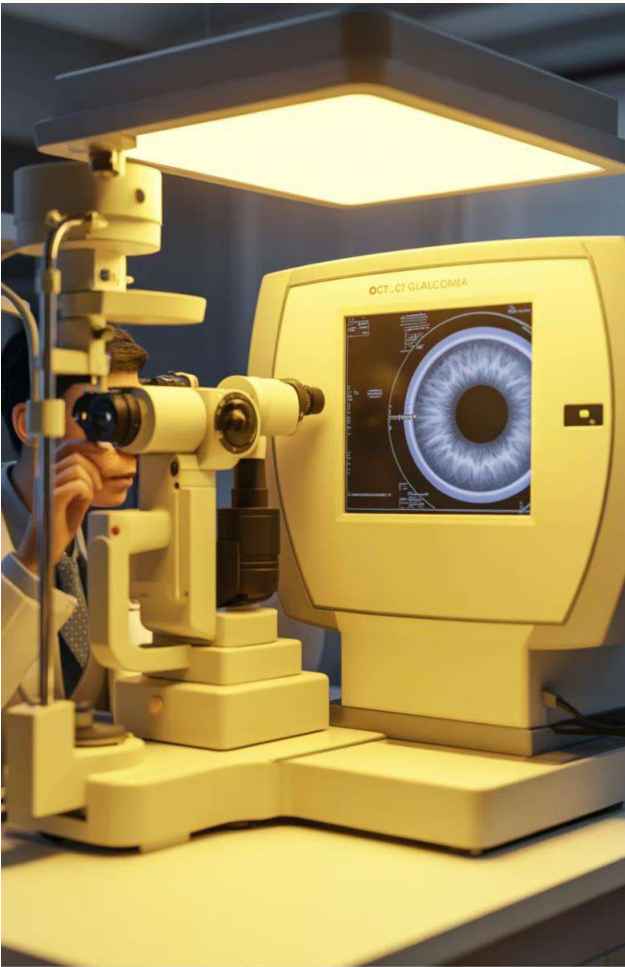
Presenter: Dr Treesa D Nediyaikalayil, Alphonsa Eye Hospital, Thodupuzha

The session provided comprehensive insights into managing diabetic macular edema, covering diagnostic approaches including OCT interpretation, treatment algorithms, anti-VEGF therapy considerations, and strategies for refractory cases. Dr Nediyaikalayil's teaching module built foundational retinal knowledge with practical clinical applications, bridging basic science with real-world patient management.



CME & Monthly Meet – May 2025

69th CME Meeting – 8th May 2025



Master Class Session

"How Not to Miss Glaucoma in Clinic" by Dr Saikumar S.J, Medical Superintendent, Giridhar Eye Institute, Kadavanthra. Critical diagnostic pearls, examination techniques, and subtle signs to catch early glaucomatous changes before irreversible damage occurs.

Teaching Module

"The Vitreous – Basics with a clinical edge" presented by Dr Jain George, Ahalya Eye Hospital. Anatomical foundations, physiological functions, and clinical insights into vitreous disorders and their management including PVD, vitreous hemorrhage, and associated retinal complications.

Interactive Quiz

Engaging retina quiz conducted by Dr Treesa D Nediyaalayil, Alphonsa Eye Hospital, testing clinical knowledge, diagnostic reasoning, and case-based problem-solving skills.



CPD Programme – INSIGHT 2025

1st June 2025



ISA Malanad City Branch in association with IMOC conducted a transformative half-day Continuing Professional & Personal Development (CPD) programme at Hotel Kabani Palace, Muvattupuzha.



Mental Well-being

Strategies for managing stress, preventing burnout, and maintaining psychological resilience in high-pressure clinical settings



Physical Health

Exercise protocols, nutrition guidance, and preventive health measures tailored for busy medical professionals



Emotional Balance

Building healthy work-life integration, nurturing relationships, and emotional intelligence development



Financial Wellness

Investment strategies, retirement planning, and financial security for healthcare professionals



Ocular Well-being

Eye care for healthcare providers, digital eye strain management, and maintaining optimal vision health

Special Recognition: Senior Consultant Ophthalmologist Dr Soman Mani was honored during the inaugural ceremony, recognizing his outstanding contributions to ophthalmology, medical education, and mentorship of younger colleagues.



CME & Monthly Meet – June 2025

70th CME Meeting – 12th June 2025



Master Class

"The Importance of Managing Peri-operative Dry Eye in Cataract Surgery Patients"

Speaker: Dr Vanasree Nair, Senior Consultant Cataract and Refractive Surgeon, Giridhar Eye Institute



Teaching Module

"Anatomy of Cornea – A Brief Review"

Presenter: Dr Ramya R, Assistant Surgeon, Health Services, CHC Purapuzha



Quiz Session

Vitreous quiz conducted by Dr Treesa D Nediakalayil, Alphonsa Eye Hospital, reinforcing clinical concepts from previous teaching modules

Dr Nair's session highlighted the critical role of ocular surface optimization in achieving excellent visual outcomes after cataract surgery, discussing pre-operative evaluation, treatment protocols for meibomian gland dysfunction and aqueous deficiency, and post-operative management strategies. Dr Ramya provided essential anatomical foundations for understanding corneal pathology, including detailed layer-by-layer histology, clinical correlations, and implications for surgical planning.



SMART MED 2025

AI in Healthcare

Hands-On Workshop

Date: 22nd June 2025, 9:00 am to 1:00 pm

Venue: Hotel Kabani Palace, Muvattupuzha

Speaker: Dr Sharon Baisil

Guest of Honour: Dr Mahesh Gopalakrishnan, State President of KSOS

A promotional poster for the 'SMART MED 2025' hands-on workshop. The poster features a central image of a person's head with glowing blue lines representing neural connections. Text on the poster includes the date 'JUNE 22 2025' and time '9AM-1PM'. The title 'SMART MED 2025' is prominently displayed in red and white. Below the title, it says 'HANDS ON WORKSHOP FOR HEALTHCARE PROFESSIONALS !!' and 'Empowering Doctors, Enhancing Care !!'. The poster lists topics under 'Artificial Intelligence in' (Clinical Practice, Medical Education, Day-to-day Life) and 'What You'll Learn' (Create stunning power points, Create questionnaires, beautiful medical illustrations & diagrams, Consent forms, case reports from discharge summaries & much more). It also mentions the speaker 'Dr. Sharon Baisil' and the venue 'Kabani Palace, Muvattupuzha'. Registration fees are listed as ₹950/- (including lunch) for early bird and ₹1250/- (including lunch) for 1st June onwards. A QR code is provided for scanning. At the bottom, there are details for the organising chairperson (Dr. Soman Mani), organising secretary (Dr. Sumitha Mary Jacob), and bank details for ESAB BANK, Kothamangalam branch.

JUNE 22 2025
9AM-1PM

SMART MED 2025
HANDS ON WORKSHOP FOR HEALTHCARE PROFESSIONALS !!
Empowering Doctors, Enhancing Care !!

Artificial Intelligence in

- Clinical Practice
- Medical Education
- Day-to-day Life

What You'll Learn

- Create stunning power points
- Create questionnaires, beautiful medical illustrations & diagrams
- Consent forms, case reports from discharge summaries & much more

Speaker:
Dr. Sharon Baisil
(National Faculty & Award winning App developer)

Venue:
Kabani Palace,
Muvattupuzha

Early bird registration
(till 31st May)
₹950/-
(including lunch)

1st June Onwards
₹1250/-
(including lunch)

Please make payment, send screenshot, name & Institution to Ms. Kavya (+91 97783 52800)

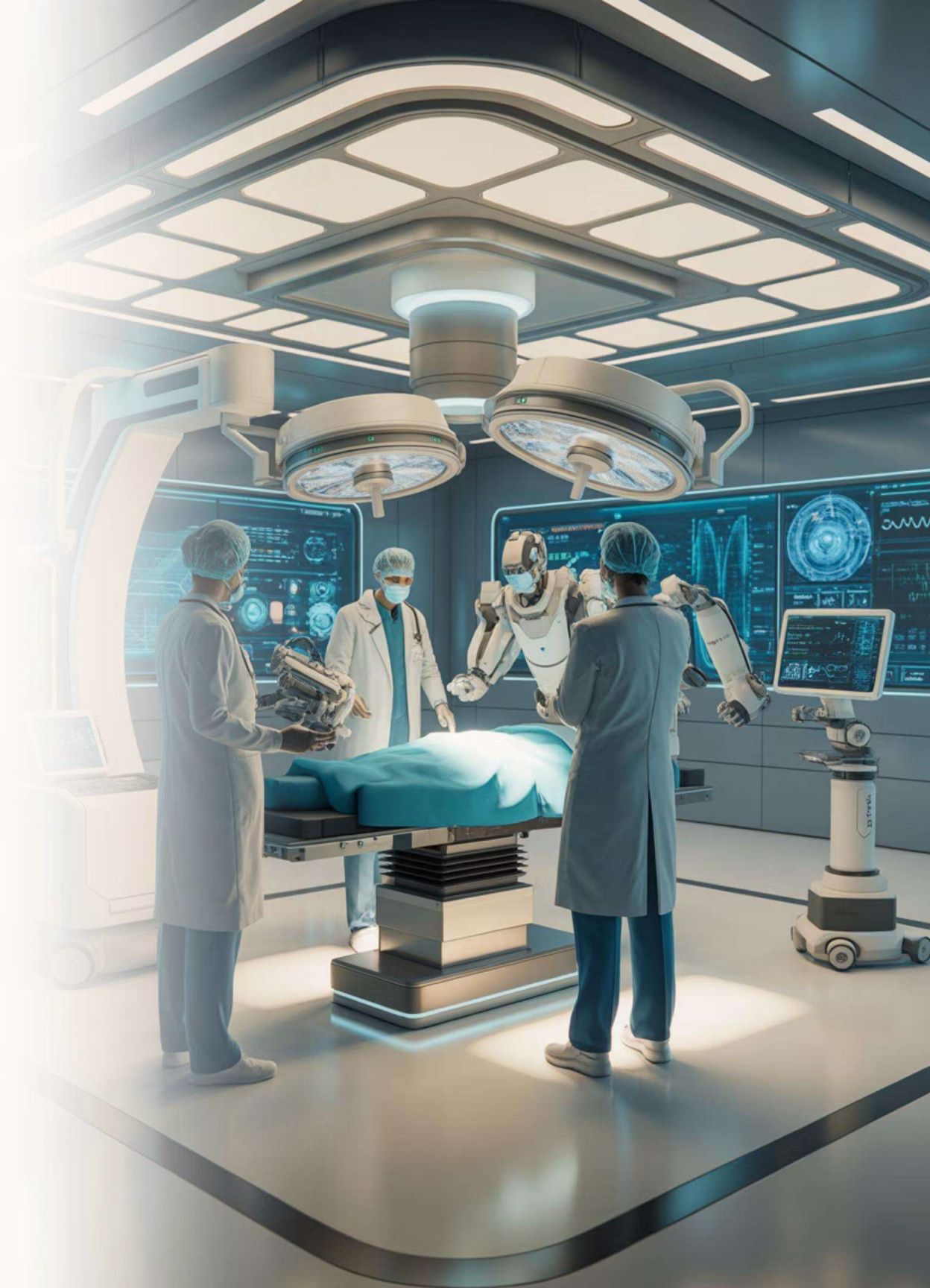
Organising Chairman:
Dr. Soman Mani
Treasurer:
Dr. V.R. Mani

Organising Secretary:
Dr. Sumitha Mary Jacob
Registration contact :
+91 97783 52800

Bank Details
Account Holder's Name:
Mukil Malanad Ophthalmic Club Trust
Bank Name:
ESAB BANK, Kothamangalam
Account no:
1024000026127
Branch Name & IFSC Code:
Kothamangalam, ESAB000126

An innovative hands-on workshop introducing healthcare professionals to the practical application of artificial intelligence (AI) in clinical practice and medical education. Participants explored AI-powered diagnostic tools, machine learning applications in ophthalmology including automated diabetic retinopathy screening, and ethical considerations in implementing AI in patient care.

"The CME was exceptionally well-attended and received high praise from delegates and KSOS state leadership for its novel concept, engaging speaker, full audience participation, and seamless execution."



SMART MED 2025 – Visual Highlights



01

Introduction to AI in Medicine

Understanding machine learning fundamentals, neural networks, and their applications in diagnostic imaging and clinical decision support systems



02

Hands-On Experience

Interactive sessions allowing participants to use AI diagnostic tools, analyze real patient data, and explore predictive algorithms

03

Clinical Applications

Case studies demonstrating AI integration in ophthalmology practice, including retinal image analysis, glaucoma detection, and surgical planning

04

Ethics & Implementation

Discussion on patient privacy, algorithmic bias, regulatory frameworks, and practical strategies for incorporating AI into existing workflows

The interactive format allowed attendees to gain practical experience with cutting-edge technology while networking with peers passionate about innovation in healthcare delivery.

CME & Monthly Meet – July 2025

71st CME Meeting – 10th July 2025

1

Teaching Module

"The Basic Science with a clinical edge on the Lid & Lacrimal Apparatus"

Presenter: Dr Deepthi John, Consultant Ophthalmologist, TVJ Eye Hospital, Kothamangalam

2

Guest Speaker Session

"The Must Know of Lids & Orbit: A Case-Based Discussion"

Speaker: Dr Marian Pauly, Senior Consultant & HOD, Oculoplasty, Giridhar Eye Hospital, Kadavanthra, Kochi

3

Quiz Session

Short quiz on the previous month's teaching module "Cornea" conducted by Dr Treesa D Nediyaalayil, Alphonsa Eye Hospital

Dr Deepthi John's teaching module provided comprehensive coverage of eyelid anatomy, lacrimal drainage system physiology, and common pathological conditions. Dr Marian Pauly presented fascinating real-world cases covering lid malpositions, orbital tumors, thyroid eye disease, and trauma management, emphasizing clinical reasoning and surgical decision-making.



IMOC Onam Celebration

21st August 2025, Hotel Kabani Palace, Muvattupuzha

The IMOC family came together to celebrate Onam with traditional festivities, vibrant cultural programs, and a sumptuous Onasadhya feast — a joyful occasion strengthening bonds among members and their families while honoring Kerala's rich cultural heritage.



"A celebration of unity, tradition, and the spirit of togetherness that defines IMOC."

The event featured traditional Thiruvathira and Thiruvathirakali performances, children's games, music, and the centerpiece Onasadhya — a traditional vegetarian feast served on banana leaves with over 20 delicious dishes representing the abundance and prosperity of the harvest season.

CME & Monthly Meet – August 2025

72nd CME Meeting – 21st August 2025

1 Teaching Module

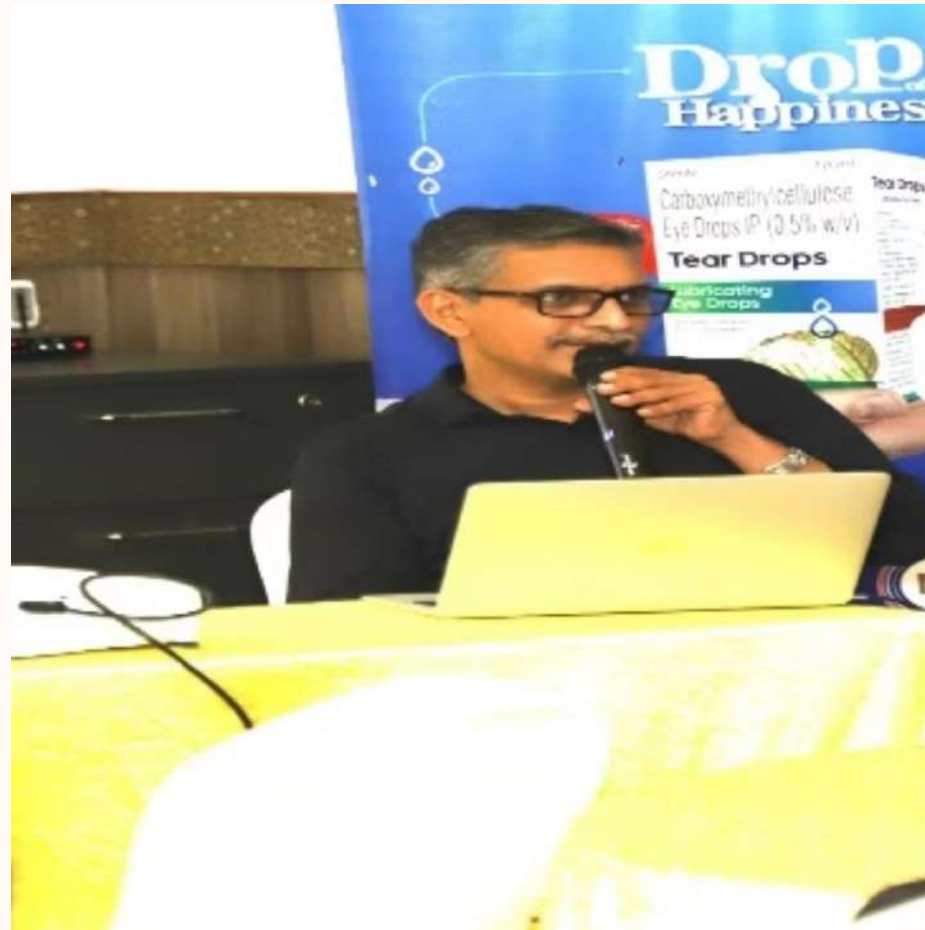
"Watch the Ulcer, to Know Whom to Suspect!!" presented by Dr Rithu R Krishna, Consultant Ophthalmologist, Fathima Eye Hospital, Thodupuzha. A systematic approach to recognizing causative organisms based on clinical features including location, infiltrate characteristics, and associated findings.

2 Guest Speaker Session

"Corneal Ulcer: The Myriad Ways" – A comprehensive case-based discussion by Dr Anil Radhakrishnan, Associate Professor, AIMS, Kochi, exploring diverse presentations and management strategies including bacterial, fungal, viral, and amoebic keratitis.

3 Quiz Session

Short quiz on Lid & Lacrimal Apparatus conducted by Dr Deepthi John, TVJ Eye Hospital, Kothamangalam, testing retention of previous module content and reinforcing key clinical concepts.



Community Oriented Activities by IMOC

Eye Donation Week, World Sight Day, White Cane Day & Educational Initiatives

Throughout the year, IMOC Secretary Dr Sumitha Jacob led comprehensive community outreach programs at educational institutions, residential colonies, and old age homes, spreading awareness about eye health, digital wellness, nutrition, and eye donation.



Community Activities – Visual Highlights

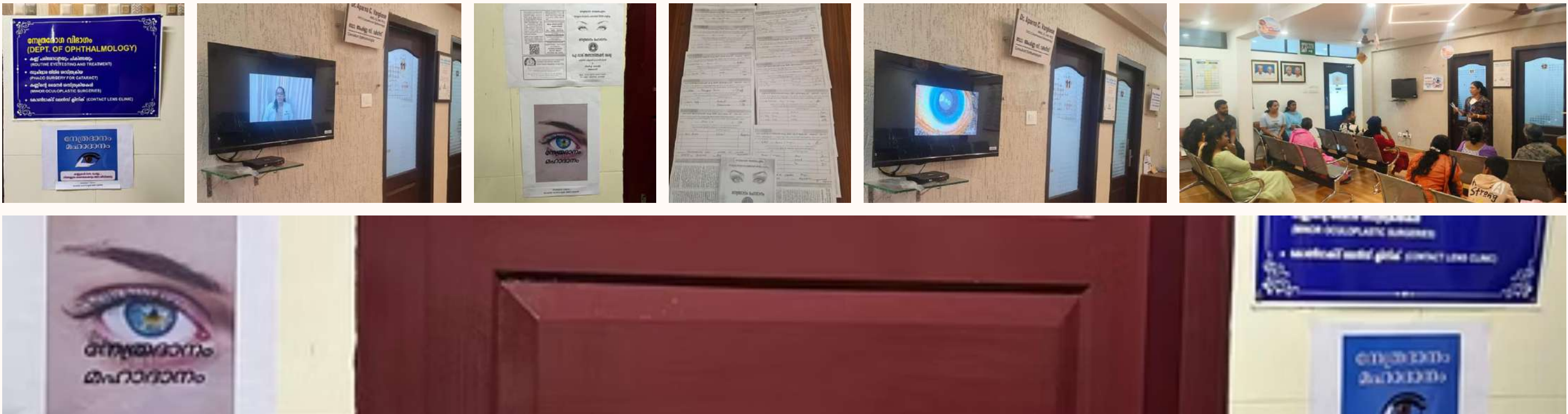


These images capture the diverse community engagement activities conducted by IMOC, demonstrating our commitment to comprehensive eye health education across all age groups and socioeconomic backgrounds. From school children to senior citizens, IMOC's outreach programs have touched hundreds of lives throughout the year.

Eye Donation Fortnight Programs

Conducted by Institutions Associated with IMOC

During Eye Donation Fortnight, member hospitals including Devamatha Hospital Koothattukulam, Alphonsa Eye Hospital Thodupuzha, and SRS Eye Hospital Koothattukulam conducted extensive awareness campaigns, community talks, and pledge drives promoting the gift of sight.



Community Awareness

Public talks educating communities about the importance of eye donation, dispelling myths, and encouraging pledge registration

Educational Outreach

School and college programs engaging young people in understanding corneal blindness and the transformative power of eye donation

Pledge Drives

Organized pledge collection campaigns resulting in hundreds of new eye donation commitments throughout the Idukki Malanad region

These coordinated efforts by IMOC member institutions significantly increased community awareness and pledge registrations, bringing hope to countless individuals waiting for corneal transplants.

Malanad Academix: SPEC'25

IMOC Flagship CME – 14th September 2025



8

Expert Speakers

Eminent ophthalmology faculty from premier institutions across Kerala



Guest of Honour

Dr Mahesh GopalakrishnanHonourable President, Kerala State Ophthalmological Society



Venue

Hotel Kabani Palace, Muvattupuzha

Conducted Under the Aegis of KSOS

SPEC'25 provided an exceptional learning experience covering cutting-edge topics in ophthalmology, optometry, and optical sciences, bringing together the brightest minds in eye care.



139

Delegates

Ophthalmologists, optometrists, and opticians from throughout the region



Lifetime Achievement Award

Dr Mani V.RPioneer & Founder Secretary of IMOC, honored for decades of visionary leadership and tireless dedication to advancing ophthalmology in the Malanad region

CME & Monthly Meet – September 2025

73rd CME Meeting – 30th September 2025



Refractive Surgery

Dr Rohith George, Cataract & Refractive Surgeon, Lotus Eye Hospital, Cochin

"The Right Patient to Advise a Refractive Surgery" – Selection criteria, pre-operative evaluation, patient counseling strategies, and managing expectations



Retinal Scenarios

Dr Basil George, Vitreo Retinal Surgeon, Lotus Eye Hospital, Cochin

"Retinal Scenarios in Real World Practice" – Practical case discussions covering complex retinal pathology, treatment dilemmas, and clinical pearls



Innovation Session

Dr George Thomas, IMOC Member

"My Innovations in Ophthalmology" – Creative solutions and practical innovations developed in local practice settings, demonstrating ingenuity in resource optimization

The evening concluded with an engaging game of Tambola, adding a recreational element to the professional gathering and providing valuable networking opportunities in a relaxed, convivial atmosphere. This social component strengthened collegial bonds and fostered informal knowledge exchange among members.



"A year of exceptional educational programming, community service, professional development, and collegial fellowship – advancing ophthalmology throughout the Idukki Malanad region."

Vision Diaries: Case Tales from Retina

Event Highlights

Date: October 23, 2025

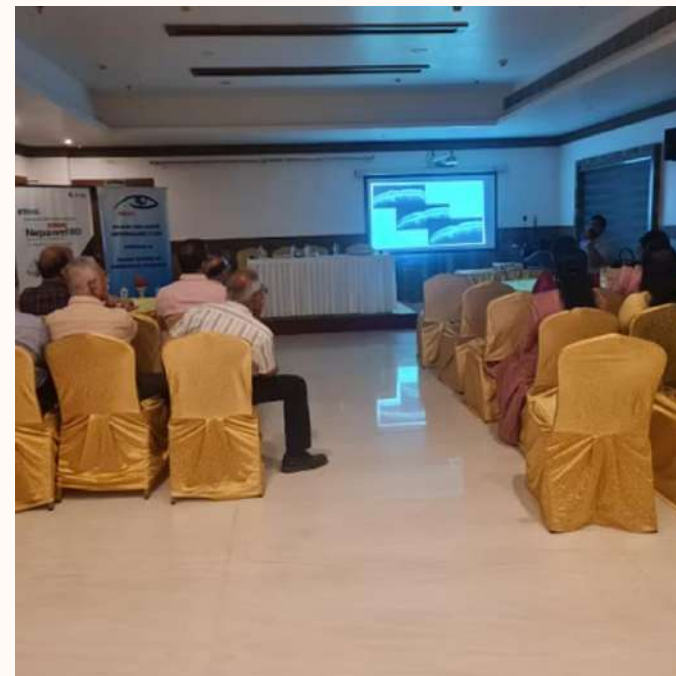
Venue: Hotel Kabani Palace, Muvattupuzha

Attendance: 22 ophthalmologists

Speaker: Dr. Rahul Menon, Vitreo Retinal Surgeon,
Chaithanya Eye Hospital, Kochi

Session Overview

Dr. Menon delivered an engaging case-based discussion featuring fascinating retinal cases and detailed interpretation of Optical Coherence Tomography Angiography (OCTA). The interactive session provided valuable clinical insights and fostered meaningful discussions among attending specialists and trainees.



IMOC 2025: A Year of Excellence & Community Impact



Record Attendance

Consistent monthly meets with 20+ ophthalmologists on average, reaching a peak of 31 attendees at our most popular sessions



Innovative CME Format

Revamped educational approach combining basic science brush-up, interactive quizzes with prizes, and guest speaker case-based sessions for practical, engaging learning



Major Events Success

Hosted 3 innovative, fully booked CMEs, including 2 prestigious programs under KSOS aegis, demonstrating our commitment to excellence

First-Ever IMOC Onam Celebration

A landmark moment bringing our community together with sparkling enthusiasm and camaraderie, establishing a new tradition of cultural celebration within IMOC

Community Outreach Leadership

Impactful initiatives including awareness talks, CPR training with inter-specialty collaboration, and screening camps at old age homes — serving those who need us most

Each of You Made It Possible

Heartfelt gratitude to every single member for your unwavering love, wholehearted support, and incredible cooperation. Together, we've created something truly special this year.

May the lamp burn brighter for years to come! 