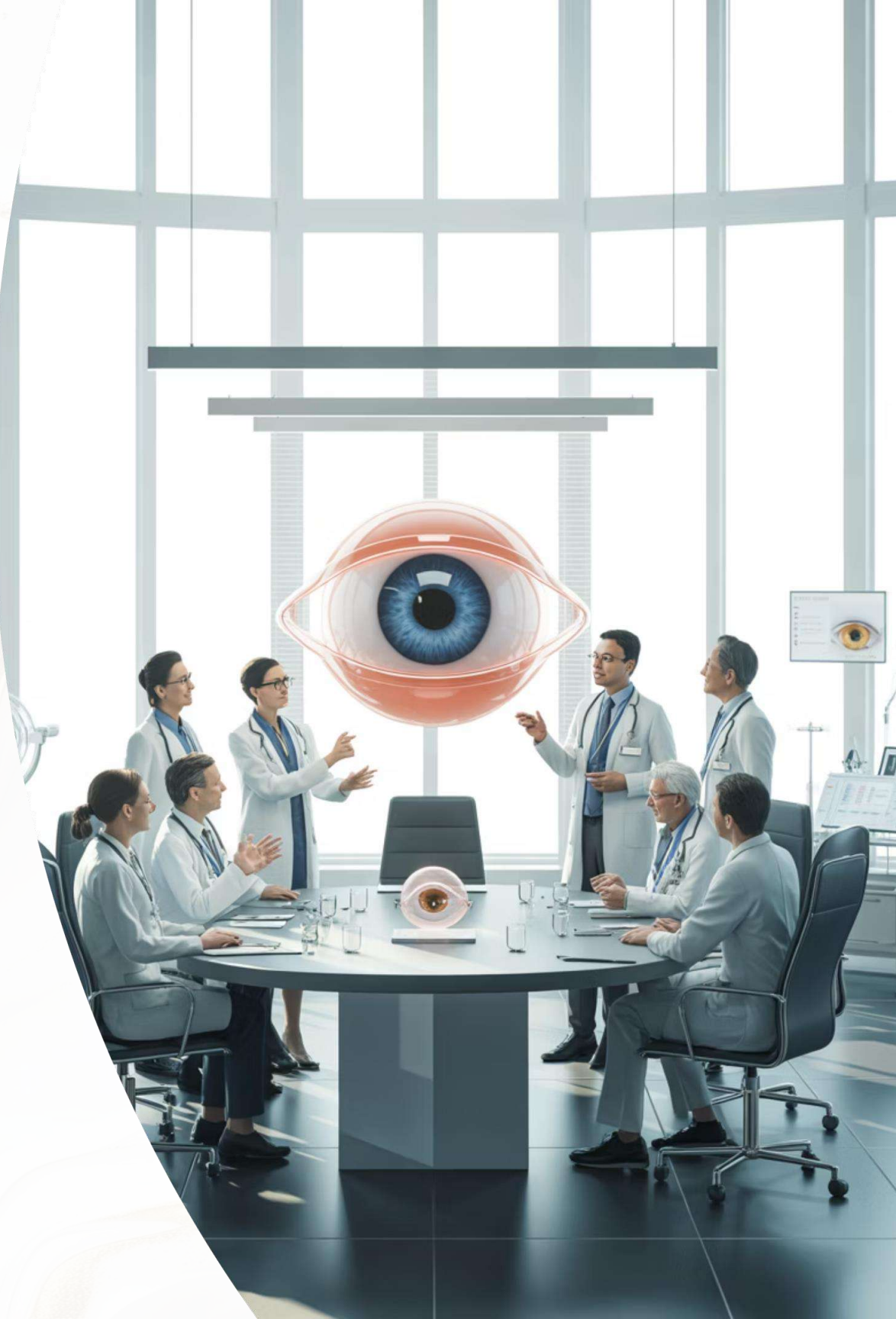




IMOC Monthly Report: October 2025

A month of academic excellence, community engagement, and impactful outreach across the Idukki Malanad Ophthalmic Club. From specialized retinal case discussions to comprehensive public health initiatives, October showcased our commitment to advancing eye care in our region.



CME & Monthly Meet Highlights

Event Details

Date: October 23, 2025

Venue: Hotel Kabani Palace, Muvattupuzha

Attendance: 22 ophthalmologists

Topic: Vision Diaries: Case Tales from Retina

Expert Speaker

Dr. Rahul Menon, Vitreo Retinal Surgeon from Chaithanya Eye Hospital, Kochi, delivered an exceptional presentation featuring case-based discussions on complex retinal conditions. His expert analysis of OCTA interpretation provided valuable insights for clinical practice, sparking engaging dialogue among attendees.



Our monthly meeting fostered professional collaboration and knowledge exchange, strengthening the clinical expertise of our ophthalmology community through interactive case-based learning.



World Sight Day & Mental Health Day Initiative



Event Date

October 10, 2025



Venue

St. Paul's Bethany School, Kolenchery



Speaker

Dr. Sumitha Jacob, IMOC Secretary

Our awareness talk titled "**Smart Eye, Sharp Minds: Thriving in This Digital Era**" addressed critical topics of vision protection and cognitive wellness in children. This dual observance brought together eye health and mental health awareness, emphasizing the interconnected nature of physical and psychological well-being in young students navigating an increasingly digital world.

Community Engagement Photos



Engaging directly with students provided an opportunity to instill healthy vision habits early, empowering the next generation with knowledge to protect their sight and mental health in an era dominated by screens and digital devices.

World Sight Day: Member Institute Activities

Ahalia Eye Hospital, Thodupuzha

Ahalia Eye Hospital orchestrated a vibrant series of public engagement activities that brought eye health awareness to the heart of the community. Their innovative approach combined entertainment with education to maximize public reach and impact.



Flash Mob Performance

Hospital staff performed an energetic flash mob to capture public attention and create memorable moments



Awareness Procession

Public march with banners displaying World Sight Day 2025 slogans through Thodupuzha



Public Health Talk

Dr. Geethu Kurian delivered an informative presentation at the private bus stand, reaching diverse audiences



MCS-Ananta Nethralaya Screening Camp



Comprehensive Vision Screening

Date: October 9, 2025

Location: MCS Hospital, Muvattupuzha

Lead Physician: Dr. Ashwin C Somarajan

32

Total Screened

Community members examined

11

Cataract Cases

Patients identified for surgical intervention

This targeted screening camp provided essential eye care access to local residents, identifying vision-threatening conditions early and facilitating timely medical intervention.

White Cane Day: Serving Vulnerable Populations

Event: White Cane Day Screening Camp at Trinity Old Age Home, Kolenchery

Date: October 15, 2025

Conducted by: Dr. Sumitha Jacob, IMOC Secretary



Total Individuals Screened



Cataract Cases Identified



Glaucoma Suspects



Change of Glasses Advised

This screening camp exemplified our commitment to comprehensive care for vulnerable populations, ensuring that elderly residents received thorough eye examinations and appropriate referrals for treatment.



"Providing comprehensive eye care to our elderly community members ensures that vision impairment doesn't limit their independence and quality of life during their golden years."

Public Awareness Initiative: Digital Eye Health

Community Empowerment Through Education

Date: October 20, 2025

Location: GC Residential Colony, Vadayampadi

Speaker: Dr. Sumitha Jacob, IMOC Secretary

This comprehensive health talk covered three critical topics:

- **Eye Safety in the Digital Era:** Practical strategies for protecting vision in screen-dominated environments
- **Superfoods for Ocular Health:** Nutritional guidance for maintaining optimal eye health through diet
- **Practical Vision Strategies:** Actionable daily practices for long-term healthy vision

This initiative empowered community members with actionable health knowledge, bridging the gap between professional ophthalmology expertise and everyday vision wellness practices.





Thank You

We appreciate your time, attention, and engagement throughout this presentation.

"Together, we achieve more."