

Idukki Malanad Ophthalmic Club
(16th December 2025 – 31st March 2026)

Academic Excellence & Monthly Meets

IMOC maintained a robust academic calendar with monthly meetings held at Kabani Palace, Muvattupuzha,

- **December:** Dr. A.C. Raghu discussed **ocular injuries and its medico-legal aspects, an insightful session**, which was followed by a cultural potpourri to conclude the year end with joy and gratitude.
- **January:** Dr. Sumitha Jacob addressed the **impact of screen time on the eyes and the brain for both the young and the old: “Use technology wisely—practical insights to protect your eyes & preserve your mind”** which was followed by an interactive session with other members sharing their inputs and experience on the topic.
- **February:** Dr. Kala Baby Thottam presented an impactful session on modern **refractive surgery (where does SILK fit)**, followed by a session on personal growth- *“Food for Thought: Life Lessons that Inspire Growth,”* by Dr. Sumitha Jacob & a General Ophthalmology Quiz by Dr. Treesa
- **March:** Dr. Neena R. provided insights into **Pediatric cataract & its management** for general ophthalmologists, the session was well appreciated and was followed by a spirited glaucoma quiz led by Dr. Treesa.

CME Highlights

Ascend '26: Hands-on AI Workshop

A major event was **Ascend '26** held on March 8th, a full-day workshop on **Artificial Intelligence in Medical Education, Clinical Practice & Research** along with highlight on **Smart Phone Photography in Ophthalmology & Clinical practice**. Led by Dr. Sharon Baisil and Dr. John Davis Akkara, the event drew 73 delegates and was graced by **KSOS State President** Dr. Rajeev Sukumaran as the Guest of Honour.

Compassionate Community Outreach

- **IMOC -CARE Project** taking forward the **KSOS Presidential Project (ANPU)**

IMOC demonstrated a strong commitment to community welfare:

Through the KSOS "ANPU" initiative, our **IMOC CARE Project**—

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- **IMOC -REACH project:** Drs. Sumitha Jacob, Ashwin Somarajan conducted awareness sessions on various community relevant topics at Nirmala College of Pharmacy & Vimala Early Intervention Centre, Muvattupuzha

World Glaucoma Week 2026:

IMOC and its member hospitals organized a comprehensive series of activities to observe **World Glaucoma Week 2026**.

On March 13th, IMOC led awareness talk by **Dr. V.J. Jacob** for the staff and students of Pratheeksha Bhavan, focusing on what both young and old need to know about glaucoma and the importance of early detection and screening.

Member Hospital Highlights Member hospitals actively engaged the public through various creative and clinical programs:

- **Alphonsa Eye Hospital, Thodupuzha:** Held awareness classes, free eye screenings, poster presentations, and a Glaucoma Quiz. They also featured a "Glaucoma Awareness Corner" and a Glaucoma Selfie Booth with prizes to boost engagement.
- **Devamatha Hospital, Koothattukulam:** Observed the week by conducting screening camps & lighting up the hospital in green to symbolize glaucoma awareness.

- **AHALYA Eye Hospital, Thodupuzha:** Inaugurated the week by flying green balloons, followed by an awareness talk and free eye camp conducted by Dr. Geethu Kurian & team.
- **Mar Baselious Medical Mission Hospital, Kothamangalam:** Organized an awareness talk delivered by Dr. Fini Ninan K.

Strengthening Our Bonds

Our **IMOC Family Meet** on January 25th offered a serene escape to Kumarakom. Members and their families enjoyed a beautiful houseboat experience and cultural activities, fostering the personal connections that make our professional community so special.



