

**IMC's Online Series - 'Get Fit with IMC'**  
**A Comprehensive Series on Physical and Mental Health and Wellness**

**Eye for an I**  
**with PROF JUZER SURKA, MBBS:DOMS:MS(OPHTH),FCS(SA)OPHTH**

**Saturday, 5<sup>th</sup> December 2020, 5:00 to 6:00 pm**

**Dear Sir/Madam,**

There has been never a better time to get fit! A fit body can fight illnesses and diseases by building immunity and keeping our physical endurance at optimum.

IMC's Health & Fitness committee invites you to 'Get Fit with IMC' a comprehensive series on Physical and Mental Health and Wellness.

This curated series will be held with Health and Fitness Experts from their respective fields bringing to you interactive sessions on holistic living with focus on Mind and Body health.

**Session Four:**

**I for an Eye with Prof Juzer Surka, MBBS; DOM; MS(OPHTH),FCS(SA)OPHTH**

Your eyes and your overall health, is all connected

It's important to remember that the eyes are connected to many other systems in the human body. That makes routine eye exams an important part of preventative healthcare—regardless of your age or physical health. Comprehensive eye exams not only test your vision, but also give doctors of optometry a close-up look at the inside of the eye, including blood vessels, veins and nerves, all of which may contain clues to conditions that affect your overall health.

Our next session on Eyecare aims to do just that ! Create an awareness on you can protect you eye and keep them safe from various issues like blindness, glaucoma, cataract and other eye diseases.

Join us for a webinar with one of the leading ophthalmologist from South Africa, Prof. Juzer Surka



Prof. Surka is currently in Private Practice as an Ophthalmologist in South Africa, he also serves as:

- ✓ Non-Executive Board member of Life Health-St Mary's Private Hospital, Mthatha
- ✓ Associate Editor: South African Medical Journal
- ✓ Executive Member: Scientific and Research Committee: Retina Foundation of South Africa
- ✓ Moderator and Examiner for the College of Ophthalmologists of South Africa

**The session will be moderated by Dr. Mukesh Batra, Co-Chair, IMC's Health and Fitness Committee.**

**The details of the session are as follows:**

**Session: I for an Eye**

**Date:** Saturday, 5<sup>th</sup> December 2020

**Timing:** 5:00pm – 6:00 pm

**Platform:** Zoom

**There is No Participation Fees but Registration is mandatory**

For registration click the following link: <https://www.imcnet.org/events-890>

For any query, please contact Ms. Chitra Kamath on [chitra.kamath@imcnet.org](mailto:chitra.kamath@imcnet.org)

We hope you will find this session informative and useful.

With best regards

**Ajit Mangrulkar**  
**Director General**