

SCHOOL OF HEALTH AND ALLIED SCIENCE
DEPARTMENT OF OPTOMETRY
CIRCULAR

**ARKA JAIN**
University
Jharkhand

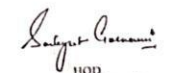
SCHOOL OF HEALTH AND ALLIED SCIENCE
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Ref No: AJU/SOHAS/246(i)/24

Date 25-10-2024

It is hereby notified to all the students of Department of Optometry, School of Health & Allied Science that the Ikshana Club of Department of Optometry and NSS organizing a Myopia Awareness session titled: "Keep an eye on myopia: prevent and manage" at Bal Gyan Peeth School, Agrico, Jamshedpur on 28th October 2024 from 10 am onwards. The session was designed to educate school children on the importance of eye health, focusing on myopia prevention and management.


1100
Department of Optometry
School of Health & Allied Science

Sarbojeet Goswami
HOD & Assistant Professor
Department of Optometry
School of Health & Allied Science

Copy to

Office of the Registrar
IQAC
Class Coordinators In charge
Website
Office Record
Student Whatsapp group

**MYOPIA AWARENESS SESSION AT BAL
GYAN PEETH SCHOOL, AGRICO**

Date of Event	28.10.2024
Name of the Event	Myopia Awareness Session at Bal Gyan Peeth School, Agrico
Type of the Event	An Extension Activity/ Awareness Program
Conducted by	Ms. Bhavana Kumari & Mr. Sarbojeet Goswami, DEPARTMENT OF OPTOMETRY in association with IKSHANA Club and NSS, ARKA JAIN University
No. Of Students Participated	02

OBJECTIVE: To educate students about myopia, highlighting its causes, symptoms, and the importance of early detection and prevention. The session provided comprehensive information on risk factors, such as genetic predisposition and lifestyle habits, and offered practical advice on preventive measures, including encouraging outdoor activities, proper lighting, and regular eye check-ups. By raising awareness and promoting proactive eye care, the session sought to empower students to take charge of their eye health, thereby fostering a culture of health consciousness and prevention among the young attendees.

DETAILS: On October 28, 2024, the Department of Optometry, School of Health and Allied Science in association with Ikshana Club and NSS, Arka Jain University organized a comprehensive Myopia Awareness Session at Bal Gyan Peeth School, Agrico, aimed at educating students about myopia, its causes, prevention, and management. The program began with a welcome address from the school principal, followed by detailed presentations from Mr. Sarbojeet Goswami, HOD, Department of Optometry and by the members of Ikshana Club on the definition, symptoms, and risk factors of myopia, including genetic predisposition and lifestyle habits. Practical tips on preventing myopia, such as encouraging outdoor activities, taking regular breaks from near-work tasks, and ensuring proper lighting while studying, were shared. An interactive Q&A session allowed students to engage and ask questions about eye health. The event successfully raised awareness about myopia, promoted proactive eye care, and received positive feedback from attendees, highlighting the importance of such initiatives in fostering health consciousness among young students.

OUTCOMES: The Myopia Awareness Session at Bal Gyan Peeth School yielded significant outcomes, including increased awareness about myopia among students, who learned about its causes, symptoms, and preventive measures. Students were encouraged to adopt healthier habits such as engaging in outdoor activities and taking breaks during near-work tasks. The session ensured the knowledge was shared with families, reinforcing the importance of eye health at home. The high engagement level during the Q&A session and positive feedback from attendees underscored the session's success in promoting proactive eye care and health consciousness.



ARKA JAIN
University
Jharkhand



Poster of the Event



IKSHANA CLUB
Department of Optometry
Organizes
MYOPIA
Awareness Session
An Outreach Program

28th October, 2024
Time: 10:00 am
Venue: Bal Gyan Peeth-Agrico,
Jamshedpur
Event Coordinator : Ms. Bhavana Kumari
Convener : Mr. Sarbojeet Goswami



 arkajainuniversity  arkajainuniversity  1800 - 1200 - 200

Photos of the Event



Mr. Sarbojeet Goswami, HOD, presenting his ppt and explaining to the participants what Myopia is



Glimpse of the presentation and participants attending the session



Participants attending the session and getting aware about the Myopia

Naqiel Quran
SIGN-Convener

Feedback

