

CIRCULAR

**ARKA JAIN**
University
Jharkhand

SCHOOL OF HEALTH AND ALLIED SCIENCE
DEPARTMENT OF OPTOMETRY
CIRCULAR

Ref. No: AJU/SOHAS/281/24

Date: 29-11-2024

It is hereby notified to all the students of Department of Optometry, School of Health & Allied Science that the IKSHANA Club of the Department of Optometry and NSS organising a Myopia Awareness Session at **Vidya Bharati Chinmaya Vidyalaya, Telco** on **28th November 2024** from 10am onwards.

The session was designed to educate children on the importance of eye health, focusing on myopia prevention and management.


HOD
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
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Student Whatsapp group

MYOPIA AWARENESS SESSION AT VIDYA BHARATI CHINMAYA VIDYALAYA, TELCO

Date of Event	28.11.2024
Name of the Event	Myopia Awareness Session at Vidya Bharati Chinmaya Vidyalaya, Telco
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 Vidya Bharati Chinmaya Vidyalaya, Telco, 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 Vidya Bharati Chinmaya Vidyalaya, 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.



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Poster of the Event



IKSHANA CLUB

DEPARTMENT OF OPTOMETRY

Organizes

MYOPIA

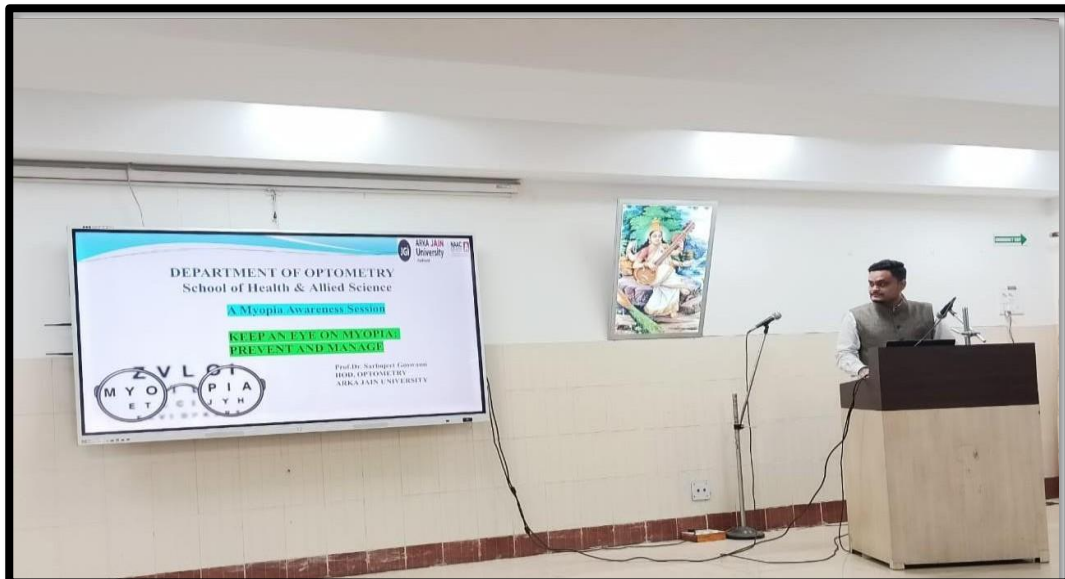
AWARENESS SESSION

DATE : 28 NOV 2024
TIME : 9:30 AM

VENUE
VIDYA BHARATI CHINMAYA
VIDYALAYA , TELCO

Event coordinator : Ms. Bhavana Kumari | Convenor : Mr. Sarbojeet Goswami

Photos of the Event



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



Participants attending the session

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Convent

Feedback

