

**SCHOOL OF HEALTH AND ALLIED SCIENCE**  
**DEPARTMENT OF OPTOMETRY**  
**CIRCULAR**

**ARKA JAIN**  
**University**  
Jharkhand

**SCHOOL OF HEALTH AND ALLIED SCIENCE**  
Department Of Optometry

**CIRCULAR**

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 28<sup>th</sup> 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

## **Report on– Myopia Awareness Session**

**At Bal Gyan Peeth School, Agrico**

**Held on- 28<sup>th</sup> October 2024**

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

**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



## Participants

[illegible]

## Feedback

