

## CIRCULAR



### SCHOOL OF ALLIED HEALTH SCIENCE

Department of Optometry

#### CIRCULAR

Ref No: AJU/SOHAS/112/25

Date 23-04-2025

It is notified to all that the Department of Optometry is organizing a Panel Discussion on the occasion of promoting awareness around Women's Eye Health.

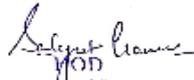
**Theme: - "Vision for her: Prioritizing Women's Eye Health across all ages"**

**Date: - 29<sup>th</sup> April 2025**

**Time: - 10:00 am**

**Venue: - Seminar hall, Susruta Block**

All the students are instructed that the attendance is mandatory for the same.



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

**PANEL DISCUSSION ON WOMEN’S EYE HEALTH ON VISION FOR HER: PRIORITIZING EYE’S HEALTH ACROSS ALL AGES**

<b>Date of Event</b>	<b>29.04.2025</b>
<b>Name of the Event</b>	<b>PANEL DISCUSSION ON WOMEN’S EYE HEALTH ON VISION FOR HER: PRIORITIZING EYE’S HEALTH ACROSS ALL AGES</b>
<b>Type of the Event</b>	<b>A Professional Skill Development Program</b>
<b>Conducted by</b>	<b>Ms. DEBANGINI, DEPARTMENT OF OPTOMETRY ARKA JAIN University in association with IIC and MoU Partner</b>
<b>No. Of Students Participated</b>	<b>30</b>

**OBJECTIVE:**

In observance of Women’s Health Day, a panel discussion was organized on 29<sup>th</sup> April 2025 to raise awareness about critical health issues affecting women and to promote holistic well-being. The event brought together to encourage preventive healthcare and regular screenings among women, their impact on mental health, stress, and hormonal changes across different life stages. To discuss nutrition, lifestyle, and the role of self-care in long-term wellness.

**DETAILS:**

To mark the global observance of Women’s Health Day, the Department of Optometry, ARKA JAIN University, organized a panel discussion on women’s eye health to shed light on key issues affecting women’s physical, mental, and emotional well-being. The event aimed to spark meaningful dialogue, highlight current challenges, and promote strategies for healthier living and policy improvements.

The event commenced with a welcome address by the Head of the Department, Mr. Sarbojeet Goswami sir, who emphasized the importance of Women’s Health Day as a reminder of the unique challenges faced by women globally, and the need for sustained advocacy and education. The Panellists for the panel discussion was Mrs. Akansha Gupta, Assistant Professor and Consultant Optometrist CL Gupta Eye Institute, from Moradabad and Mrs. Naghma Nazrana, HOD& Assistant Professor Combined Institute of Medical Science & Research, from Dehradun.

The panel discussion was designed with the following core objectives to raise awareness of common and overlooked women’s health issues. To encourage preventive healthcare and regular screenings among women. To explore the impact of mental health, stress, and hormonal changes across different life stages. To discuss nutrition, lifestyle, and the role of self-care in long-term wellness. To address systemic barriers in healthcare access for marginalized women. To create a platform for community engagement and knowledge-sharing among health professionals, advocates, and the public.

The panellists spoken well about the experiences and solution to help prioritize the eye health for women at every stages of life. They gave insights about unique challenges women faces when

it comes to vision care from biological risks to social and economic barriers.

Women must be proactive about their eye health, particularly as they age or experience hormonal changes. Routine eye exams, a balanced lifestyle, and awareness of gender-specific risks can go a long way in preserving vision and preventing avoidable blindness.

They shared insight on common Eye Conditions Affecting Women: -

**Dry Eye Syndrome**- More common in women, especially postmenopausal Caused by hormonal changes affecting tear production.

**Cataracts**- Women are more likely to develop cataracts and at an earlier age.

**Age-related Macular Degeneration (AMD)**- Leading cause of blindness in older adults; more prevalent in women.

**Glaucoma**- Higher risk due to longer life expectancy and possible hormonal influence.

**Refractive Errors**- Includes myopia, hyperopia, and presbyopia. Women often report more frequent changes in prescription, especially during pregnancy or menopause.

**Vision Changes During Pregnancy**- Temporary blurred vision or dry eyes due to fluid retention and hormonal shifts.

**Eye Effects of Autoimmune Diseases**- Conditions like Sjögren's syndrome cause extremely dry eyes. Lupus and RA may cause inflammation in different parts of the eye.

Also how women's Hormonal Influence on Vision

**Menstruation**: Some women experience temporary vision changes (like blurred vision or migraines with aura) during their cycle.

**Pregnancy**: Shifts in fluid retention and blood pressure can affect vision.

**Menopause**: Estrogen decline leads to dry eyes and increased risk of AMD.

The event was smoothly run with active participation from B. Optometry 2<sup>nd</sup> Sem & 4<sup>th</sup> Sem students.

### TAKEAWAY (OUTCOMES):

The panel discussion successfully fostered a safe, informative, and inclusive space to discuss women's health. It concluded with a strong call to action for greater awareness, regular health screenings, and policy-level support to address gender-specific health disparities. We can change the narrative around women's eye health for the better. Early detection of diseases like glaucoma or diabetic retinopathy is crucial, UV Protection: Use sunglasses with UV protection to reduce cataract and AMD risk. Healthy Diet: Omega-3s, lutein, and vitamins A, C, and E support eye health. Manage Chronic Conditions: Control blood sugar, blood pressure, and cholesterol. Avoid Smoking: Smoking significantly increases the risk of AMD and cataracts. Hydration & Screen Breaks: Help reduce digital eye strain and dryness.

## POSTER OF THE EVENT

**JGI** | **ARKA JAIN University** | **NAAC GRADE A** | **India Today-NIRA Best Universities 2024 Ranking** | **RANKED 52<sup>ND</sup>** | **ISO 9001:2015** | **BEST PRIVATE UNIVERSITY IN INDIA**

Department of Optometry  
along with Industry Institute Interaction  
Cell and MOU partners

*Organizes*

# PANEL DISCUSSION ON WOMEN'S EYE HEALTH

Theme: Vision for her: Prioritizing Women's Eye Health across all ages.

Promoting awareness around Women's Eye Health

		
<b>Mrs. Akansha Gupta</b> Assistant Professor and Consultant Optometrist CL Gupta Eye Institute, Moradabad	<b>Mrs. Naghma Nazrana</b> HOD & Assistant Professor Combined Institute of Medical Science & Research, Dehradun	<b>Miss. Srashti Sachdeva</b> Consultant Optometrist Dr. Om Prakash Eye Institute, Amritsar

**CONVENER: Mr. Sarbojeet Goswami | EVENT COORDINATOR: Ms. Debangini**

**Date : 29th April 2025    Time : 2:00 pm Onwards    Venue : B-Block, Auditorium**

## PHOTOS OF THE EVENT



**Online- Panel Discussion on Women's Eye Health**



**HOD Sir addressing the event and the panelist.**



**Group picture - Observation on Women's Eye Health**

## LIST OF PARTICIPANTS

**ARKA JAIN University** **NAAC GRADE A**  
 SCHOOL OF HEALTH AND ALLIED SCIENCE  
 DEPARTMENT OF OPTOMETRY  
 Attendance Form

Name of the Event: Panel Discussion - Women's Eye Health Date of the Event: 29-04-25 TO \_\_\_\_\_

Sl. NO.	Name of the Candidate	Signature	Feedback										Attendance						
			How would you like this session/event?					The speaker explained the topic clearly		Would you like to attend this type of session/ event in future			D1	D2	D3	D4	D5	D6	D7
			E	VG	G	A	P	YES	NO	YES	NO								
1.	Namish	Namish	✓						✓		✓								
2.	Sabra	Sabra	✓						✓		✓								
3.	Anushka	Anushka	✓						✓		✓								
4.	Dilpa	Dilpa	✓						✓		✓								
5.	Pragya	Pragya	✓						✓		✓								
6.	Nikhil	Nikhil	✓						✓		✓								
7.	Sadaf	Sadaf	✓						✓		✓								
8.	Mithlesh	Mithlesh	✓						✓		✓								
9.	Vibhakar	Vibhakar	✓						✓		✓								
10.	Vansha	Vansha	✓						✓		✓								

\* E=Excellent, VG=Very Good, G=Good, A=Average, P=Poor

Signature of Head HOD \_\_\_\_\_  
Department of Optometry  
School of Health & Allied Science

Signature of Event Coordinator: Sebanjani

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			How would you like this session/event?					The speaker explained the topic clearly		Would you like to attend this type of session/ event in future			D1	D2	D3	D4	D5	D6	D7
			E	VG	G	A	P	YES	NO	YES	NO								
11.	Nisha	Nisha	✓						✓		✓								
12.	Anjali	Anjali	✓						✓		✓								
13.	Tishan	Tishan	✓						✓		✓								
14.	Sachak	Sachak	✓						✓		✓								
15.	Riya	Riya	✓						✓		✓								
16.	Niraj	Niraj	✓						✓		✓								
17.	Shubham	Shubham	✓						✓		✓								
18.	Rakia	Rakia	✓						✓		✓								
19.	Rohan	Rohan	✓						✓		✓								
20.	Nousif	Nousif	✓						✓		✓								

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			E	VG	G	A	P	YES	NO	YES	NO								
21.	Gowar	Gowar	✓						✓		✓								
22.	Shammi	Shammi	✓						✓		✓								
23.	Shivani	Shivani	✓						✓		✓								
24.	Mantu	Mantu	✓						✓		✓								
25.	Ankash	Ankash	✓						✓		✓								
26.	Saumyaji	Saumyaji	✓						✓		✓								
27.	Kiran	Kiran	✓						✓		✓								
28.	Gunta	Gunta	✓						✓		✓								
29.	Payal	Payal	✓						✓		✓								
30.	Rahul Ki.	Rahul Ki.	✓						✓		✓								

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### FEEDBACK ANALYSIS

