



CIRCULAR



SCHOOL OF ALLIED HEALTH SCIENCE

Department of Optometry

CIRCULAR

Ref No: AJU/SOHAS/256/25

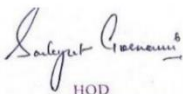
Date 04-08-2025

It is hereby notified to all the students of Department of Optometry that the Department is organizing a Specialty Contact Lens Workshop covering advanced contact lens types like RGP, Scleral and Ortho K lenses. The details are as follows:-

Date and Time: - 11th August, 2025 (10:00 AM)

VENUE: - C Block Seminar Hall

Expert Speaker: - Optom Md Tahseen Raza Khan, Contact lens Specialist, Silverline Laboratories, Noida, India.


HOD
Department of Optometry
School of Health & Allied Science

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

Copy to

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

Workshop on Contact Lens Education Program

Date of Event	14.08.2025
Name of the Event	Workshop on Contact Lens Education Program
Type of the Event	A Participative Learning Program
Conducted by	Ms. Parna Dhara, Department of Optometry, ARKA JAIN University
No. Of Student's Participants	49

OBJECTIVE:

The objective of this hands-on workshop on contact lenses is to comprehensively train participants in every essential aspect of contact lens practice, ranging from basic theoretical understanding to advanced clinical applications. This workshop is designed to provide a strong foundation in the principles of contact lens fitting, including knowledge of different lens materials, designs, modalities of wear, and their respective indications and contraindications. Participants will be guided through systematic pre-fitting evaluations such as case history taking, keratometry, corneal topography, tear film assessment, and slit-lamp bio-microscopy, which form the basis for accurate lens selection and safe practice. A major focus will be on practical demonstrations and supervised training sessions that enable participants to confidently perform lens insertion, removal, and handling procedures, while simultaneously learning how to educate patients on compliance, hygiene, and proper maintenance of lenses to ensure long-term ocular health. The workshop also aims to build competence in evaluating lens fit using slit-lamp techniques, including fluorescein patterns for rigid lenses, and recognizing signs of a well-fitting versus ill-fitting lens. Ultimately, the workshop seeks to bridge the gap between classroom knowledge and clinical expertise, preparing participants to deliver high-quality, evidence-based, and patient-centred contact lens services in diverse optometric and ophthalmic practice settings.

DETAILS:

The Department of Optometry, School of Allied Health Sciences successfully organized the Workshop on contact lens education Program were held on 14th August 2025 is being organized with the aim of engaging students in a hands-on Workshop on Contact Lenses is designed to provide optometry students both foundational knowledge and practical skills in contact lens practice. **MD Tahseen Raza Khan, Contact lens specialist** from **Silverline laboratories** cover essential aspects such as the history, classification, and applications of contact lenses, along with pre-fitting evaluations including case history taking, keratometry, corneal topography, tear film assessment, and slit-lamp bio-microscopy. Participants will observe live demonstrations and actively engage in supervised practice sessions focusing on lens handling, insertion and removal

techniques, and slit-lamp evaluation of lens fitting, including fluorescein assessment for rigid lenses. Emphasis will be placed on patient education regarding lens care, hygiene, and compliance, ensuring that attendees are well-prepared to instruct patients effectively. The workshop will also address common complications of contact lens wear, their early detection, prevention, and management, thereby equipping participants with the confidence to handle real-world clinical challenges. In addition to rigid gas permeable lens fitting, the workshop introduces advanced concepts in specialty lenses such as scleral highlighting their significance in managing irregular corneas, post-surgical eyes. The learning process will be interactive, incorporating lectures, live demonstrations. By the end of the program, participants are expected to gain competence in clinical skills, enhance their confidence in patient communication, and acquire a deeper understanding of evidence-based contact lens practice. This workshop a valuable step toward advancing clinical expertise in contact lens care.

TAKEAWAY (OUTCOMES):

The major takeaway of this hands-on workshop on contact lenses is the comprehensive enhancement of both knowledge and clinical skills that are crucial for modern optometric practice. Participants will gain in-depth understanding of the principles of contact lens fitting. They will acquire confidence in practical handling techniques, including lens insertion, removal, and verification, as well as patient training on hygiene, care, and compliance, which are critical for long-term safety and success in lens wear. A significant outcome of this workshop is the ability to assess the fitting of rigid & Scleral lenses using slit-lamp bio-microscopy and fluorescein evaluation, enabling participants to differentiate between well-fitting and poorly fitting lenses. Beyond technical skills, this workshop emphasizes patient communication, counselling, and the importance of follow-up visits, thereby preparing participants to deliver comprehensive and patient-centered care. The interactive structure of lectures, demonstrations ensures that participants not only learn but also apply their knowledge in a clinical setting. By the conclusion of the event, participants are expected to bridge the gap between classroom knowledge and clinical application, gain the confidence to manage both routine and challenging lens cases, and enhance their readiness for independent clinical practice. Overall, this workshop serves as a transformative learning experience that strengthens professional competence and sets the foundation for excellence in contact lens practice.



POSTER OF THE EVENT



Department of Optometry

Organizes

Workshop on

CONTACT LENS EDUCATION PROGRAM

Date : 14th August, 2025
Time : 10:00 AM Onwards
Venue : C Block, Seminar hall

Convener :
Mr. Sarbojeet Goswami
HOD and Asst. Prof. Dept. of Optometry

Event Coordinator :
Ms. Parna Dhara
Assistant Professor, Dept. of Optometry



SPEAKER

MD TAHSEEN RAZA KHAN
Contact Lens Specialist
Silver Line Laboratories, India.

ON THE OCCASION OF CONTACT LENS HEALTH WEEK 2025

PHOTOS OF THE EVENT



Inaugural ceremony of the specialty contact lens workshop



Participants are attending theoretical contact lens session





Mr. MD Tahseen Raza Khan demonstrating hands-on contact lens fitting



Observing contact lens fitting in slit lamp

LIST OF PARTICIPANTS


ARKA JAIN University
 Jharkhand
 

SCHOOL OF ALLIED HEALTH SCIENCE
DEPARTMENT OF OPTOMETRY
Attendance Form



Name of the Event: Workshop on Specialty Contact Lens Date of the Event: 14/08/25 TO _____

SL NO.	Name of the Candidate	Signature	How would you like this session/event?					Feedback		Would you like to attend this type of session/ event in future		Attendance						
			E	VG	G	A	P	YES	NO	YES	NO	D1	D2	D3	D4	D5	D6	D7
1.	Sabina Panveen	Sabina			✓			✓		✓								
2.	Ditka Pramanik	Ditka			✓			✓		✓								
3.	Anushka Biswas	Anushka			✓			✓		✓								
4.	Radha Kumari	Radha			✓			✓		✓								
5.	Komal Pandey	Komal						✓		✓								
6.	Subham Nandi	Subham			✓			✓		✓								
7.	Souabhi Kumar	Souabhi			✓			✓		✓								
8.	Achint K. Mishra	Achint			✓			✓		✓								
9.	Milan Bag	Milan			✓			✓		✓								
10.	Manish Kumar	Manish			✓			✓		✓								

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

Signature of Head
HOD
Department of Optometry
School of Allied Health Science

Signature of Event Coordinator
Tarna Dhara


ARKA JAIN University
 Jharkhand
 

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			E	VG	G	A	P	YES	NO	YES	NO	D1	D2	D3	D4	D5	D6	D7
11.	ANAS HAMZA	Anas		✓				✓		✓								
12.	SANDEEP KUMAR	Sandeep		✓				✓		✓								
13.	Rebelika Mishra	Rebelika			✓			✓		✓								
14.	Aisha Goni	Aisha			✓			✓		✓								
15.	Zainab Naaz	Zainab			✓			✓		✓								
16.	Tahseen Fatma	Tahseen		✓				✓		✓								
17.	Shreemati Biswas	Shreemati		✓				✓		✓								
18.	Riya Mandal	Riya		✓				✓		✓								
19.	Pragya P. K.	P. Kumar		✓				✓		✓								
20.	Praveen Yadav	Praveen		✓				✓		✓								

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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							
21	Asif Raza	<i>Asif Raza</i>			✓			✓		✓								
22	Abdul Zohar	<i>Abdul Zohar</i>		✓				✓		✓								
23	Amar Mahato	<i>Amar Mahato</i>		✓				✓		✓								
24	Vibhakar Prasad	<i>Vibhakar Prasad</i>		✓				✓		✓								
25	Monty Kumar	<i>Monty Kumar</i>		✓				✓		✓								
26	Rahul Kr Jais	<i>Rahul Kr Jais</i>		✓				✓		✓								
27	Ashu Kr Soni	<i>Ashu Kr Soni</i>		✓				✓		✓								
28	Shamini Kumari	<i>Shamini Kumari</i>		✓				✓		✓								
29	Shivani Kumari	<i>Shivani Kumari</i>		✓				✓		✓								
30	Amali Kumari	<i>Amali Kumari</i>		✓				✓		✓								

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			E	VG	G	A	P	YES	NO	YES	NO							
31	Shakir Rabin Hussain	<i>Shakir Rabin Hussain</i>		✓				✓		✓								
32	Md Yousuf Anis	<i>Md Yousuf Anis</i>	✓					✓		✓								
33	Shamim Ansari	<i>Shamim Ansari</i>			✓			✓		✓								
34	Owais Ahmad	<i>Owais Ahmad</i>			✓			✓		✓								
35	Mithilesh Mahato	<i>Mithilesh Mahato</i>		✓				✓		✓								
36	Deepak Kr	<i>Deepak Kr</i>			✓			✓		✓								
37	Sadique Ali	<i>Sadique Ali</i>			✓			✓		✓								
38	Anvesh Vikram	<i>Anvesh Vikram</i>			✓			✓		✓								
39	Aakanksha Singh	<i>Aakanksha Singh</i>		✓				✓		✓								
40	Mandeep Kumar	<i>Mandeep Kumar</i>		✓				✓		✓								

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University
Jharkhand



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			E	VG	G	A	P	YES	NO	YES	NO								
42	Riya Sharma	Riya	✓					✓		✓									
43	Sadaf Khan	Sadaf	✓					✓		✓									
44	Sapna Sharma	Sapna	✓					✓		✓									
45	Vashta Verma	Vashta	✓					✓		✓									
46	Farheen Farheen	Farheen	✓					✓		✓									
47	Rishma praveen	Rishma	✓					✓		✓									
48	Tahira Ahmad	Tahira	✓					✓		✓									
49	Gurav Mohali	Gurav	✓					✓		✓									

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FEEDBACK ANALYSIS

