

CIRCULAR

**ARKA JAIN**
University
Jharkhand

SCHOOL OF ALLIED HEALTH SCIENCE

DEPARTMENT OF OPTOMETRY

CIRCULAR

Ref. No: AJU/SOHAS/139/2026**Date: 22-04-2026**

This is to inform all the students and faculty members that in observance of Women's Eye Safety Month, a special **Panel Discussion on Women's Eye Health** is scheduled on 28th April 2026 through virtual mode from 2:00 PM onwards. The session will bring together five distinguished panelists from different parts of India, who will share their valuable knowledge, experiences, and expert insights on various aspects of women's eye care, vision health, preventive measures, and the importance of timely eye check-ups. This discussion aims to spread awareness about eye safety and encourage better eye health practices among women. All students, faculty members, and interested participants are encouraged to attend this enriching and informative session.


HOD
Department of Optometry
School of Allied Health Science**Sarbojeet Goswami**

HOD & Assistant professor
Department of Optometry
School of Allied Health Science

Copy to

Vice Chancellor
Office of the Registrar
IQAC
Class Coordinators
Allotted Teachers
ERP Coordinator
Website Incharge
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PANEL DISCUSSION ON WOMEN'S EYE HEALTH

Date of Event	28.04.2026
Name of the Event	Panel Discussion on Women's Eye Health
Type of the Event	A Professional Development Program
Conducted by	Ms. Bhavana & Ms. Debangini , Department of Optometry, ARKA JAIN University in association with IIC & MoU Partner
No. Of Student's Participants	20

OBJECTIVE:

The Department of Optometry, School of Allied Health Science, ARKA JAIN University, Jamshedpur, In recognition of April as **Women's Eye Health & Safety Month**, organised a prestigious panel discussion on April 28, 2026. The core objective of this professional development program is 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 panel featured an elite lineup of five specialized women optometry professionals representing top-tier eye care institutions, clinics, and government hospitals across South Asia. The esteemed panel included **Mrs. Sneha Badiya**, who serves as the Clinical Optometrist and OPD Incharge at the Sudarshan Eye Clinic in Gaur, Terai, Nepal; and **Ms. Puja Banerjee**, a Consultant Optometrist and Contact Lens Specialist from the renowned Shankara Netralaya in Kolkata, West Bengal. Representing the host region's clinical leadership was **Mrs. Sneha Sinha**, the Head of the Department of Optometry at the IRIS Super Speciality Eye Care Centre in Ranchi, Jharkhand. The discussion also benefited from the specialized insights of **Ms. Pushpalata Jha**, a Vision Therapist in the CDC Department

at Hope Hospital in Jaipur, Rajasthan, alongside **Ms. Sneha Aggarwal**, who brought valuable tertiary-care experience as a Senior Optometrist and Technical Officer from the Dr. R. P. Centre for Ophthalmic Sciences at AIIMS, New Delhi.

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.

The panel discussion successfully bridged academic knowledge with practical, real-world clinical insights regarding women's eye health, focusing on four primary domains. First, the experts addressed hormonal and gender-specific ocular issues, detailing how different life stages such as pregnancy and menopause impact dry eye syndromes, cause corneal changes, and alter overall vision quality. The conversation then shifted to advanced contact lens practices, where the panelists shared best practices for custom fittings and maintenance routines tailored specifically to the diverse professional and lifestyle needs of women. Additionally, the session highlighted pediatric and developmental vision, offering valuable insights into developmental vision therapy as a critical component of maternal and child vision care. Finally, the discussion covered clinical and tertiary care challenges, with the speakers sharing first hand experiences from apex institutes like AIIMS on managing severe ophthalmic conditions, advancing diagnostics, and implementing the latest technical developments in the field.

TAKEAWAY (OUTCOMES):

The panel discussion yielded four essential takeaways regarding women's ocular health. First, the experts emphasized the profound impact of hormonal fluctuations, noting that major life transitions like pregnancy and menopause significantly alter tear film dynamics and corneal structure, leading to a much higher prevalence of severe Dry Eye Disease (DED) in female patients. Second, the conversation highlighted the need for customized contact lens care, stressing that the combination of cosmetic use and screen-heavy lifestyles requires precise fittings and rigorous patient education on hygiene to prevent infections. Third, the panelists established a critical link between maternal and pediatric vision, explaining that empowering mothers to recognize the early warning

signs of developmental vision issues is vital for successful pediatric intervention. Ultimately, the discussion concluded that effective women's eye care demands a holistic diagnostic approach that actively integrates a patient's hormonal milestones, lifestyle habits, and systemic health into their clinical treatment plan.

POSTER OF THE EVENT



SCHOOL OF ALLIED HEALTH SCIENCE DEPARTMENT OF OPTOMETRY

In collaboration with IIC and MoU Partners

Organises

PANEL DISCUSSION

ON WOMEN'S EYE HEALTH

SPEAKERS



MRS. SNEHA BADIYA
Clinical Optometrist & OPD Incharge, Sudarshan Eye Clinic, Gaur, Terai, Nepal



MS. PUJA BANERJEE
Consultant Optometrist & Contact lens Specialist, Shankara Netralaya, Kolkata



MRS. SNEHA SINHA
HOD, Department of Optometry, IRIS Super speciality Eye Care Centre, Ranchi



MS. PUSHPALATA JHA
Vision Therapist, CDC Department, Hope Hospital, Jaipur



MS. SNEHA AGGARWAL
Senior Optometrist & Technical Officer, Dr. R. P. Centre for Ophthalmic Science, AIIMS, New Delhi

DATE: 28 April 26

TIME: 02 : 00 PM

VENUE: JEH Auditorium

Event Coordinator - Ms. Bhavana Kumari, Ms. Debangini | Convenor - Mr. Sarbojeet Goswami

PHOTOS OF THE EVENT

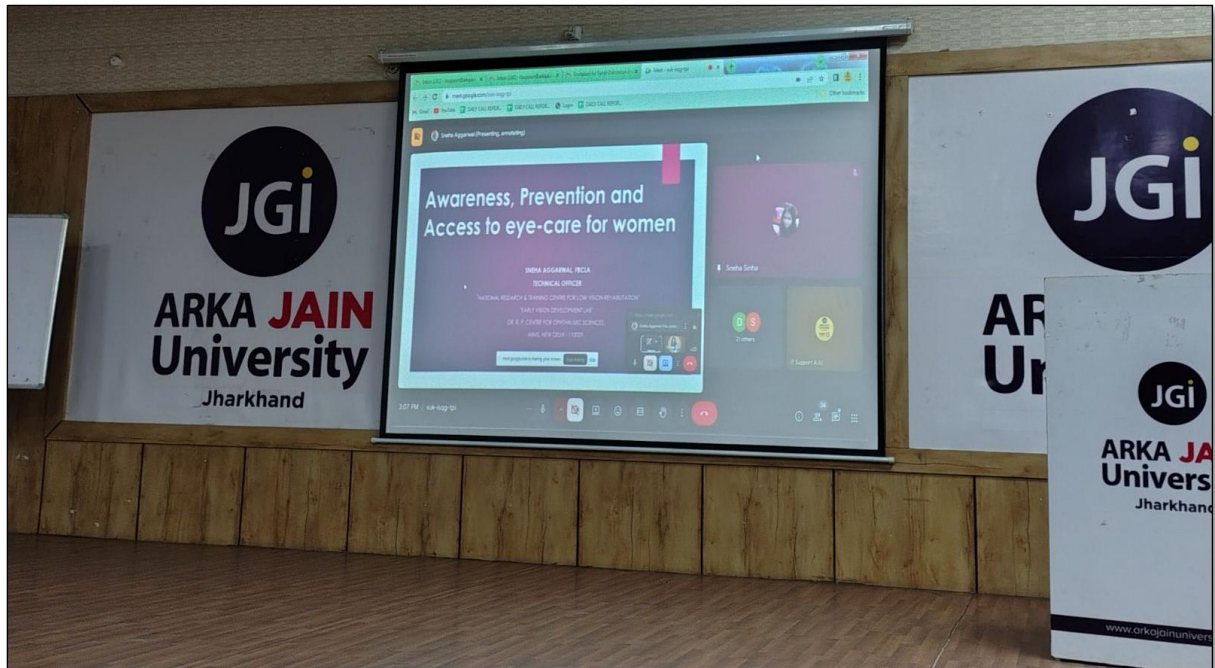


Fig 1: Glimpse of the presentation

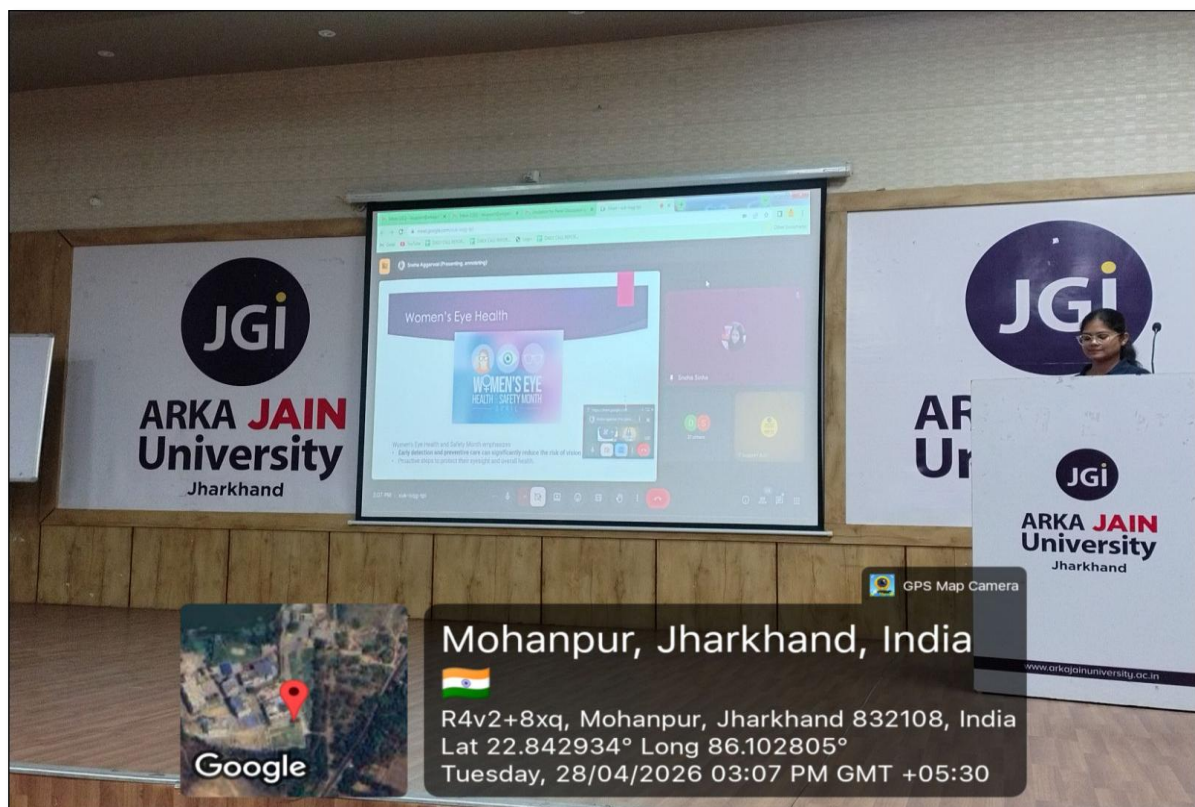


Fig 2: Glimpses of the presentation

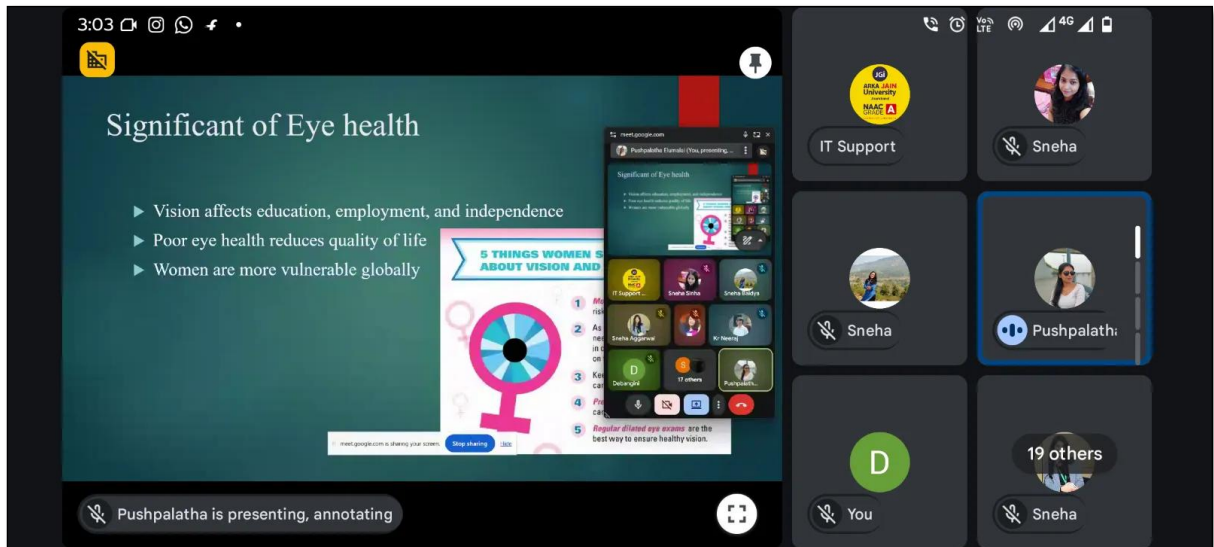


Fig 3: Glimpses of the presentation



Fig 4: Glimpses of the presentation

LIST OF PARTICIPANTS


ARKA JAIN University
 Jharkhand
 

SCHOOL OF ALLIED HEALTH SCIENCE
DEPARTMENT OF OPTOMETRY
Attendance Form

Name of the Event: Panel discussion on Women's Eye Health Date of the Event: 28.4.26 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.	Sadaf Khan	<i>Sadaf Khan</i>	✓					✓		✓		✓						
2.	Huma Baizee	<i>Huma</i>	✓					✓		✓		✓						
3.	Adiba Anis	<i>Adiba</i>	✓					✓		✓		✓						
4.	Zakiya Tabassum	<i>Zakiya</i>	✓					✓		✓		✓						
5.	Kite Agarwal	<i>Kite</i>	✓					✓		✓		✓						
6.	Nigai Akhtar	<i>Nigai</i>	✓					✓		✓		✓						
7.	Nitu Kumari	<i>Nitu</i>	✓					✓		✓		✓						
8.	Priya Bhadur	<i>Priya</i>	✓					✓		✓		✓						
9.	Jyoti Pingua	<i>Jyoti</i>	✓					✓		✓		✓						
10.	Aryan Khan	<i>Aryan Khan</i>	✓					✓		✓		✓						

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

Signature of Head *Sudipta Ghosh*
HOD
Department of Optometry
School of Allied Health Science

Signature of Event Coordinator *Rebangini*


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.	Rajmandani Kumari	<i>Rajmandani</i>	✓					✓		✓		✓						
12.	Kartika Kumari	<i>Kartika</i>	✓					✓		✓		✓						
13.	Tasneem Ansari	<i>Tasneem</i>	✓					✓		✓		✓						
14.	Ehtasam Rehan	<i>Ehtasam</i>	✓					✓		✓		✓						
15.	Madhvi Kumari	<i>Madhvi</i>	✓					✓		✓		✓						
16.	Sudeep Kumar	<i>Sudeep</i>	✓					✓		✓		✓						
17.	Shreya Singh	<i>Shreya</i>	✓					✓		✓		✓						
18.	Pankaj Kumar	<i>Pankaj</i>	✓					✓		✓		✓						
19.	Anushka Mohanty	<i>Anushka</i>	✓					✓		✓		✓						
20.	Rakesh Pandit	<i>Rakesh</i>	✓					✓		✓		✓						

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

Signature of Head *Sudipta Ghosh*
HOD
Department of Optometry
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Signature of Event Coordinator *Rebangini*

FEEDBACK ANALYSIS

