

CIRCULAR



ARKA JAIN
University
Jharkhand



SCHOOL OF ALLIED HEALTH SCIENCE

DEPARTMENT OF OPTOMETRY

CIRCULAR

Ref. No: AJU/SOHAS/137/2026

Date: 22-04-2026

This is to inform all the students that the Ikshana Club of the Department of Optometry, School of Allied Health Science, in collaboration with Bhartiya Vivek Peeth: Centre for Indian Knowledge System, is going to organize a **One-Day Seminar on "Ayurveda and Eye Care"** on 23rd April 2026 at JEH Auditorium, A Block from 2PM onwards.

This seminar aims to explore the integration of traditional Ayurvedic wisdom with modern eye care practices, highlighting holistic approaches to ocular health and wellness.

The session will feature expert talk by Dr. Aisha Suhaila, Ayurveda Physician from Kerala for interactive discussions, and insights into preventive and therapeutic aspects of eye care through Ayurveda.

All students and faculty members are cordially invited to attend and benefit from this enriching academic event.

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
Office file
Student WhatsApp group

Dr. Manoj Kr. Pathak
Coordinator
Bhartiya Vivek Peeth
Centre for Indian Knowledge System
भारतीय विवेक पीठ: सेंटर फॉर इंडियन नॉलेज सिस्टम
Bhartiya Vivek Peeth: Centre for Indian Knowledge Systems
के.आर.जायसवाल, आर.आर.जायसवाल / ARKA JAIN University, Jharkhand

ONE DAY SEMINAR ON AYURVEDA & EYECARE

Date of Event	23.04.2026
Name of the Event	One Day Seminar on Ayurveda & Eye care
Type of the Event	Participative Learning/Promotion of Indian Knowledge System
Conducted by	Mr. Sarbojeet Goswami & Dr. Manoj Kr. Pathak (Ikshana Club of Dept of Optometry & Bhartiya Vivek Peeth: Centre for Indian Knowledge System)
No. Of Student's Participants	40

OBJECTIVE:

The one-day seminar on *"Ayurveda and Eye Care"*, organized on April 23rd, 2026, by the IKSHANA club of Department of Optometry, School of Allied Health Science & Bhartiya Vivek Peeth: Centre for Indian Knowledge System, at JEH auditorium from 2pm onwards, was conducted with the objective of fostering a deeper understanding of traditional Indian approaches to ocular health alongside modern optometric practices.

The primary aim of the seminar was to create awareness about the preventive, promotive, and therapeutic aspects of eye care as described in Ayurveda, and to explore its relevance in contemporary clinical settings. The session emphasized holistic eye health by integrating ancient wisdom—such as daily eye care routines, dietary practices, and herbal interventions—with evidence-based optometry.

The seminar sought to bridge the gap between traditional knowledge and modern healthcare by encouraging interdisciplinary learning among students and faculty. It aimed to sensitize participants to cost-effective, sustainable, and natural approaches to maintaining visual health, while also highlighting the importance of early prevention and lifestyle modification in reducing the burden of ocular disorders.

DETAILS:

The IKSHANA Club of the Department of Optometry, School of Allied Health Science, ARKA JAIN University & Bhartiya Vivek Peeth: Centre for Indian Knowledge System, organized a one-day seminar on *"Ayurveda and Eye Care"* on 23rd April 2026 at 02:00 PM in the JEH Auditorium. The seminar was conducted with the objective of promoting a holistic understanding of ocular health by integrating modern optometric practices with the principles of Ayurveda, emphasizing preventive care, lifestyle management, and natural therapeutic approaches. The session was delivered online by **Dr. Ayisha Suhaila**, a BAMS-qualified Ayurveda physician, yoga teacher, and wellness educator from Kerala.

accredited by the Ministry of AYUSH, Government of India, who highlighted the relevance of traditional Indian knowledge in maintaining visual well-being. The event was convened by Mr. Sarbojeet Goswami, HOD, Department of Optometry, and Dr. Manoj Kumar Pathak, Coordinator, Bhartiya Vivek Peeth (CIKS), and aimed to foster interdisciplinary learning among students and faculty while encouraging sustainable and cost-effective approaches to eye care

TAKEAWAY (OUTCOMES):

The key takeaway from the seminar on *“Ayurveda and Eye Care”* was the importance of adopting a holistic and preventive approach to vision health by integrating modern optometric practices with the principles of Ayurveda. The session emphasized that simple lifestyle modifications, balanced nutrition, regular eye care routines, and the use of natural therapies can significantly contribute to maintaining healthy vision and preventing ocular disorders. Participants gained insight into how traditional knowledge systems can complement contemporary healthcare, encouraging them to adopt sustainable, cost-effective, and patient centered approaches in their academics and clinical practices.

POSTER OF THE EVENT

**ARKA JAIN**
University
Jharkhand

**NAAC**
GRADE
A
ACCREDITED UNIVERSITY

INDIA TODAY - MDRA
Best Universities Ranking 2024

RANKED 52ND
BEST PRIVATE UNIVERSITY IN INDIA

ISO
20000:2018





**IKSHANA CLUB (DEPARTMENT OF OPTOMETRY,
SCHOOL OF ALLIED HEALTH SCIENCE) AND
BHARTIYA VIVEK PEETH : CENTRE FOR INDIAN
KNOWLEDGE SYSTEM**

Organize

**ONE DAY SEMINAR ON
AYURVEDA
AND —
EYE CARE**

**SPEAKER**

DR. AYISHA SUHAILA

BAMS
Ayurveda Physician (BAMS)
Yoga Teacher & Evaluator accredited
by Ayush Ministry, Govt. Of India.
Mentor & Wellness Educator

 **23 APRIL 2026**

 **02 : 00 PM**

 **JEH - AUDITORIUM**

**CONVENORS: MR. SARBOJEET GOSWAMI (HOD, DEPARTMENT OF OPTOMETRY, ARKA JAIN UNIVERSITY),
DR. MANOJ KUMAR PATHAK (COORDINATOR - BHARTIYA VIVEK PEETH CENTRE FOR INDIAN KNOWLEDGE SYSTEM, AJU)**

PHOTOS OF THE EVENT



Fig 1: Group picture with the students



Fig 2: Dr. Manoj Kr Pathak- Coordinator, Bhartiya Vivek Peeth (CIKS) addressing with welcome speech



Fig 3: Dr Aisha Suhaila addressing the audience



Fig 4: Mr. Sarbojeet Goswami, HOD, Department of Optometry giving vote of thanks

LIST OF PARTICIPANTS


ARKA JAIN University
 Jharkhand
 

SCHOOL OF ALLIED HEALTH SCIENCE
DEPARTMENT OF OPTOMETRY
Attendance Form

Name of the Event: One Day Seminar on Ayurveda and eye care Date of the Event: 23-6-26 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	Gowran	<i>Gowran</i>	✓					✓		✓		✓						
2	Mantu	<i>Mantu</i>	✓					✓		✓		✓						
3	Aakash	<i>Aakash</i>	✓					✓		✓		✓						
4	Vibhakar	<i>Vibhakar</i>	✓					✓		✓		✓						
5	Mithilesh	<i>Mithilesh</i>	✓					✓		✓		✓						
6	Sadaf	<i>Sadaf</i>	✓					✓		✓		✓						
7	Anurika	<i>Anurika</i>	✓					✓		✓		✓						
8	Sourabh	<i>Sourabh</i>	✓					✓		✓		✓						
9	Shubham	<i>Shubham</i>	✓					✓		✓		✓						
10	Ashmit Mishra	<i>Ashmit Mishra</i>	✓					✓		✓		✓						

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

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

[Signature]
 Signature of Event Coordinator


ARKA JAIN University
 Jharkhand
 

SCHOOL OF ALLIED HEALTH SCIENCE
DEPARTMENT OF OPTOMETRY
Attendance Form

Name of the Event: One Day Seminar on Ayurveda and eye care Date of the Event: 23-4-26 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
11	Ishan Kishan	<i>Ishan Kishan</i>	✓					✓		✓		✓						
12	Sarthak	<i>Sarthak</i>	✓					✓		✓		✓						
13	Payal	<i>Payal</i>	✓					✓		✓		✓						
14	Sulata	<i>Sulata</i>	✓					✓		✓		✓						
15	Shammi	<i>Shammi</i>	✓					✓		✓		✓						
16	Manish	<i>Manish</i>	✓					✓		✓		✓						
17	Milan	<i>Milan</i>	✓					✓		✓		✓						
18	Shivani	<i>Shivani</i>	✓					✓		✓		✓						
19	Deepak	<i>Deepak</i>	✓					✓		✓		✓						
20	Sadique	<i>Sadique</i>	✓					✓		✓		✓						

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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
21	Raj Kumar	<i>[Signature]</i>	✓					✓		✓		✓						
22	Unang	<i>[Signature]</i>	✓					✓		✓		✓						
23	Chitaram	<i>[Signature]</i>	✓					✓		✓		✓						
24	Pankaj	<i>[Signature]</i>	✓					✓		✓		✓						
25	Rakesh	<i>[Signature]</i>	✓					✓		✓		✓						
26	Deepika	<i>[Signature]</i>	✓					✓		✓		✓						
27	Sushmita	<i>[Signature]</i>	✓					✓		✓		✓						
28	Madhuri	<i>[Signature]</i>	✓					✓		✓		✓						
29	Deboora	<i>[Signature]</i>	✓					✓		✓		✓						
30	Painandini	<i>[Signature]</i>	✓					✓		✓		✓						

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[Signature]
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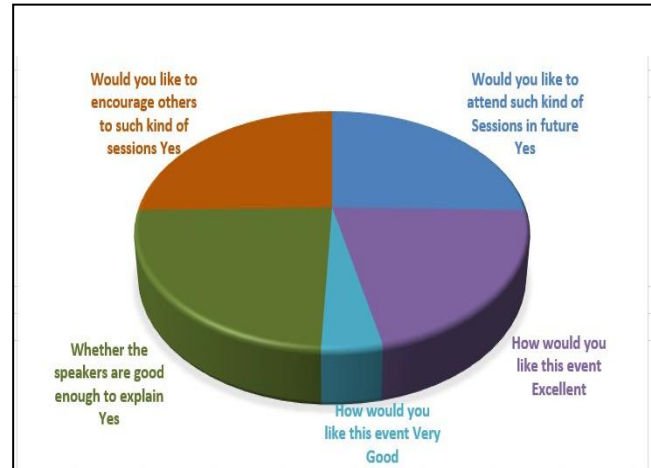
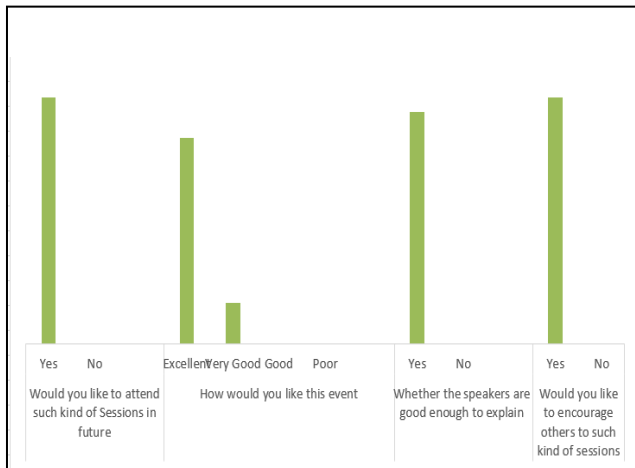
SL NO.	Name of the Candidate	Signature	How would you like this session/event?					Feedback		Would you like to attend this type of session/ event in future		Attendance						
			E	VG	G	A	P	YES	NO	YES	NO	D1	D2	D3	D4	D5	D6	D7
31	Huma	<i>[Signature]</i>	✓					✓		✓		✓						
32	Adiba	<i>[Signature]</i>	✓					✓		✓		✓						
33	Kashish	<i>[Signature]</i>	✓					✓		✓		✓						
34	Ayan	<i>[Signature]</i>	✓					✓		✓		✓						
35	Shruya	<i>[Signature]</i>	✓					✓		✓		✓						
36	Sabit	<i>[Signature]</i>	✓					✓		✓		✓						
37	Sudeep	<i>[Signature]</i>	✓					✓		✓		✓						
38	Faisal	<i>[Signature]</i>	✓					✓		✓		✓						
39	Vaishnavi	<i>[Signature]</i>	✓					✓		✓		✓						
40	Khushbu	<i>[Signature]</i>	✓					✓		✓		✓						

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[Signature]
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FEEDBACK ANALYSIS



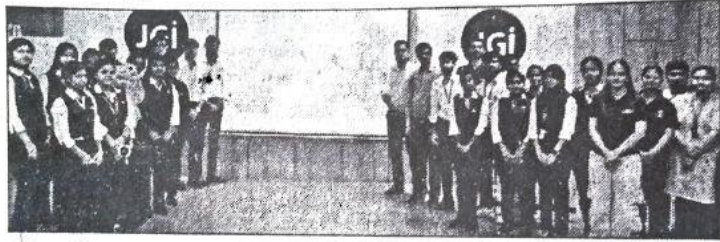
PRESS RELEASE

चमकता आईना, शुक्रवार 24 अप्रैल 2026

आयुर्वेद उपचार पद्धति आंखों के स्वास्थ्य को बनाए रखने में अहम भूमिका निभाती: डा. आईशा

अरका जैन यूनिवर्सिटी में एक दिवसीय संगोष्ठी आयोजित

जमशेदपुर, 23 अप्रैल (रिपोर्टर): अरका जैन यूनिवर्सिटी के ऑप्टोमेट्री विभाग के क्लब व भारतीय विवेक पीठ सेंटर फॉर इंडियन नॉलेज सिस्टम्स की ओर से आयुर्वेद व नेत्र स्वास्थ्य विषय पर एक दिवसीय संगोष्ठी का आयोजन किया गया. कार्यक्रम में मुख्य वक्ता के रूप में आयुर्वेदिक चिकित्सक डा. आईशा सुहैला ऑनलाइन माध्यम से जुड़ी और अपनी बातें रखीं. उन्होंने कहा कि संतुलित आहार, उचित दिनचर्या तथा आयुर्वेदिक उपचार पद्धतियाँ आँखों के स्वास्थ्य को बनाए रखने में महत्वपूर्ण भूमिका निभाती हैं. उन्होंने कई आयुर्वेदिक उपायों व



जीवनशैली संबंधी सुझावों के माध्यम से नेत्रों की देखभाल के उपायों की जानकारी भी दी. इस मौके पर यूनिवर्सिटी के प्रति कुलपति प्रो. डा. अंगद तिवारी ने कहा कि आयुर्वेद भारत की समृद्ध परंपरा का महत्वपूर्ण अंग है और इसे आधुनिक चिकित्सा प्रणाली के साथ जोड़कर स्वास्थ्य के क्षेत्र में व्यापक लाभ प्राप्त किया जा सकता है. इस दौरान भारतीय विवेक पीठ सेंटर फॉर इंडियन नॉलेज सिस्टम्स के समन्वयक डा. मनोज कुमार पाठक ने कहा कि आयुर्वेद जैसी

प्राचीन ज्ञान प्रणालियाँ आज भी मानव स्वास्थ्य और जीवन शैली के लिए अत्यंत प्रासंगिक हैं. ऑप्टोमेट्री विभागाध्यक्ष प्रो. सर्वजीत गोस्वामी ने भी उपस्थित छात्रों और शिक्षकों को संबोधित करते हुए आधुनिक नेत्र चिकित्सा के साथ आयुर्वेदिक दृष्टिकोण के समन्वय की उपयोगिता पर चर्चा की. कार्यक्रम ज्ञानवर्धक व प्रेरणादायक साबित हुआ और प्रतिभागियों को आयुर्वेदिक दृष्टिकोण से नेत्र स्वास्थ्य के विभिन्न आयामों की महत्वपूर्ण जानकारी की प्रदान की.