



# स्वामी राम हिमालयन विश्वविद्यालय Swami Rama Himalayan University

## Department of Ophthalmology Himalayan Institute of Medical Sciences

### Report on Eye Health Literacy Program at SSM Narayanwala, Bijnor

**Organized by:** Department of Ophthalmology

**Institution:** Himalayan Institute of Medical Sciences (HIMS), Swami Rama Himalayan University (SRHU)

**Date:** 05 Jan 2025

**No. of Participants :** 2

#### 1. Overview

The Department of Ophthalmology conducted an **Eye Health Literacy Program** at SSM Narayanwala, District Bijnor, with the aim of enhancing community awareness about basic eye care, common eye diseases, and preventive practices. The program focused on empowering individuals through knowledge, early detection, and promotion of healthy visual habits.

#### 2. Objectives of the Program

- To educate the community about common eye conditions such as refractive errors, cataract, and conjunctivitis.
- To promote awareness on preventive measures to protect eye health.
- To encourage early detection through regular eye check-ups.
- To improve health-seeking behavior and understanding of available eye-care services.
- To provide hands-on exposure for participating students in community health education.

#### 3. Activities Conducted

- Interactive awareness session on eye anatomy, hygiene, and common symptoms requiring medical attention.
- Demonstration of methods to reduce digital eye strain.
- Discussion on nutrition for maintaining good eye health.
- Distribution of educational materials on eye care.
- Student assistance in community interaction, documentation, and awareness delivery.

#### 4. Student Participation

Two students participated actively in the program. Their involvement included:

- Assisting in coordinating the awareness session
- Engaging with community members
- Sharing key eye health messages
- Supporting documentation and feedback collection

This experience strengthened their communication skills and understanding of community-based eye health promotion.

#### 5. Outcomes

- Increased awareness among community members regarding essential eye-care practices.
- Improved understanding of the importance of early diagnosis and timely consultation.
- Strengthened community engagement and trust in institutional outreach programs.
- Enhanced student learning through real-world health communication exposure.

#### 6. Conclusion

The Eye Health Literacy Program at SSM Narayanwala, Bijnor successfully promoted awareness and preventive eye care practices within the community. The initiative reflects the Department of Ophthalmology's commitment to improving community eye health while providing meaningful learning opportunities for students.

#### Glimpse of the Event



**Residents benefiting from the free vision screening camp.**



**Skill-building activity: Students evaluating a patient's visual health.**

**Dr Renu Dhasmana**  
**Prof & Head**  
**Department of Ophthalmology**

**Dr. Renu Dhasmana**  
**Professor & Head**  
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**HIMS, Dehradun**

**Swami Rama Himalayan University**  
**Himalayan Institute of Medical Sciences**

**Activity: Eye Health Literacy Programat SSM**  
**Naraya wala, Bijnor**

**List of students participated in the activity**

Dated: 5/01/25

S. No.	Registration No.	Student's Name	Signature of Student
1.	DD2114353003	Shubham	Shubham
2.	DD2114858005	Vuesh	Vuesh
3.			
4.			
5.			

Dr. Harsh Bahadur  
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Coordinator