



स्वामी राम हिमालयन विश्वविद्यालय Swami Rama Himalayan University

Department of Ophthalmology Himalayan Institute of Medical Sciences

Report Eye Protection Program at Jaitra, Bijnor

Organized by: Department of Ophthalmology

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

Date: 22-Dec-2024

No. of Students Participates: 2

1. Objective of the Program

- To spread awareness about the importance of eye protection in daily life.
- To educate community members on preventing eye injuries and infections.
- To promote the use of protective eyewear during high-risk tasks.
- To encourage healthy eye habits and reduce exposure to environmental hazards.

2. Activities Conducted

- Conducted an awareness session on eye safety and preventive measures.
- Demonstrated safe practices to avoid injury-related, UV-related, and dust-related eye issues.
- Educated participants on digital eye strain and proper screen habits.
- Distributed informational leaflets on eye protection and hygiene.
- Students assisted in community interaction, documentation, and awareness delivery.

3. Student Participation

Two students participated actively in the outreach program and contributed to:

- Delivering awareness messages to the community
- Assisting the organizing team
- Taking part in documentation and data entry
- Understanding the practical aspects of community eye health promotion

4. Outcome

- Improved awareness among community members regarding eye safety and preventive care.
- Encouraged adoption of protective eyewear and safe practices.
- Enhanced student exposure to public health outreach and community-based learning.

5. Conclusion

The Eye Protection Program at Jaitra, Bijnor successfully served its purpose of strengthening community awareness on preventive eye care and safety practices. Through interactive sessions, demonstrations, and active student involvement, participants gained practical knowledge about protecting their eyes from avoidable injuries and environmental hazards. The program contributed to building a more informed community and offered valuable field experience to students, supporting the broader mission of promoting eye health at the grassroots level.

Glimpses of the Event



Students assisting in visual acuity testing during the outreach programme.

Dr Renu Dhasmana
Prof & Head
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Swami Rama Himalayan University
Himalayan Institute of Medical Sciences
Activity: Eye Protection Program at Bhokerhedi,
Bijnor

List of students participated in the activity

Dated: 02/12/24

| S. No. | Registration No. | Student's Name | Signature of Student |
|--------|------------------|----------------|----------------------|
| 1. | DD211353002 | Simran | <i>Simran</i> |
| 2. | DD22214304001 | Amisha | <i>Amisha</i> |
| 3. | DD2114353001 | Shivani | <i>Shivani</i> |
| 4. | | | |
| 5. | | | |

Dr. *[Signature]*
Coordinator
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