

A REPORT ON WORLD SIGHT DAY CELEBRATION
12TH OCTOBER, 2017

Theme of the seminar was **“Digital Eye strain & Galloping myopia”**.



Every year World Sight Day is celebrated on the second Thursday of October, to focus global attention on blindness and vision impairment. This year CIPS and CHRF decided to celebrate World sight day on 12th Oct 2017 keeping the same goal in mind.

The central theme of the event was to spread the awareness in youth about Digital eye strain and progressively increased risk of getting Myopia. All the students and staffs from each constituent institution of Charusat and CHRF were invited to attend the expert talk.

Event started with Prayer and then gathering was addressed by Dr. Uma Patel (COO CHRF). She very nicely explained importance of World sight day and initiated the event.

Master of ceremony Optom. Jaydevsinh Pargara introduced our first speaker. Optom.Jyoti Dave Singh (Managing trustee Jyoticare Benevolent Foundation). She is Contact lens practitioner in India as well as UK. She gave talk on ***“Galloping Myopia”***. She Enlightened the gathering about increased prevalence of Myopia among youth. The statistics about myopia were eye opening and everyone realized why it is considered as a global issue.



Following to that Optom.Yogesh Vaghela Assistant Professor, Dept. of Optometry, CIPS gave a very insightful talk on “**Digital eye strain**” He very nicely explained sources of Digital eye strain and how to alleviate symptoms related to that.



After the talk there was a Panel discussion comprising Experts from the field of Optometry and Ophthalmology. The main aim of the panel discussion was to answer the questions and eradicate any myths related to eye health. There were many questions from audience and all were satisfactorily addressed by Experts from panel.

Once Panel discussion was over Optom.Jaydevsinh Pargara Shared heart touching poem “**Prabhu Tamaro khub khub abhar**” Written by II sem B.optometry student Nisarg Pandya. All were moved by his words.

Event concluded with very informative video on “**Prevention of Avoidable blindness**”

