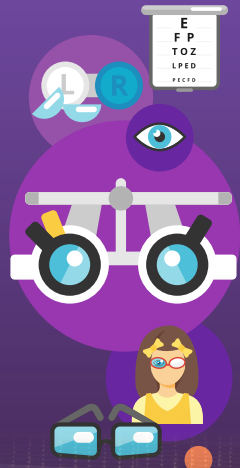




Vision Insights

Optometry Newsletter

February 2026



SCHOOL OF ALLIED HEALTH SERVICES
Swami Vivekananda University

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About Department of Optometry

The School of Allied Health Sciences at Swami Vivekananda University offers a range of undergraduate and postgraduate programs, including Medical Laboratory Technology, Medical Radiology & Imaging Technology, Physiotherapy, and Optometry. It also has a strong focus on hands-on training through advanced laboratories and a curriculum designed to prepare students for high-demand careers in the healthcare industry.

February

1) Free Eye Check-Up Camp

A Free Eye Check-Up Camp was organized on 18th February 2026 at Progressive College of Art and Education with the aim of promoting awareness about eye health and providing basic vision screening services to students and members of the local community.

The camp was conducted to encourage individuals to understand the importance of regular eye examinations and early detection of vision-related problems. With the increasing use of digital devices and prolonged screen exposure, such initiatives play an important role in educating people about maintaining healthy vision and preventing eye strain and other related issues.

During the camp, participants were offered preliminary eye examinations and professional guidance on eye care. The services provided included:

- > Basic vision screening and eye check-ups
- > Identification of refractive errors and common vision problems
- > Consultation and advice regarding eye health and proper eye care practices
- > Awareness about the importance of regular eye examinations and preventive measures

Students, faculty members, and members of the surrounding community participated in the camp

and benefited from the services provided. The organizing team also interacted with the participants to spread awareness about eye hygiene, correct use of spectacles, and healthy visual habits, especially for those who regularly use computers and digital devices.

The camp received an encouraging response from the participants and successfully helped in identifying individuals who required further clinical examination or corrective measures. Such outreach initiatives are important in promoting early diagnosis of eye conditions and creating awareness about the importance of maintaining good vision health.

The programme concluded successfully with positive feedback from the participants, highlighting the significance of organizing community-based health awareness activities that contribute to better eye care and overall well-being.



2) Free Eye Check-Up Camp

An Eye Check-Up Camp was organized on 11th February 2026 at Patanjali Yog Nirog Kendra with the objective of promoting awareness about eye health and providing basic vision screening services to members of the local community.

The camp aimed to encourage people to un-

derstand the importance of regular eye examinations and early detection of vision-related issues. In today's environment, where

prolonged exposure to digital devices and changing lifestyles often affect vision health, such initiatives play an important role in promoting preventive eye care.

During the camp, participants underwent basic vision screening and eye examinations conducted by the team. The primary services offered included:

- > Vision screening and preliminary eye examinations
- > Identification of refractive errors and common eye conditions
- > Consultation and advice on maintaining healthy eyesight
- > Awareness regarding eye hygiene, preventive care, and regular eye check-ups

Several individuals from the local community attended the camp and benefited from the services. The team also interacted with participants to educate them about proper eye care practices, correct usage of spectacles, and ways to reduce eye strain, particularly among individuals who frequently use mobile phones and computers.

The camp received a positive response from the participants and helped in identifying individuals who may require further detailed eye examinations or corrective measures. Such outreach programmes play a vital role in spreading awareness about eye health and ensuring early detection of vision-related problems.

The programme concluded successfully with active participation from the community, reinforcing the importance of organizing health awareness initiatives that contribute to better eye care and overall well-being.



3) Workshop on “Vision Sculpted: Orthok and Scleral Lens Mastery”

A specialized workshop titled “Vision Sculpted: Orthok and Scleral Lens Mastery” was successfully conducted on 14th February 2026 by Mr. Gagan Sahani, an experienced professional in the field of advanced contact lens practice. The workshop was organized with the objective of enhancing knowledge and practical understanding of orthokeratology and scleral lens fitting techniques, which are rapidly evolving areas in modern optometry.

The session provided an excellent learning opportunity for students, faculty members, and optometry professionals to gain deeper insights into the

principles, applications, and clinical significance of advanced contact lens technologies. The workshop focused on how innovative lens designs and fitting strategies can help manage complex visual conditions and improve patient outcomes.

During the workshop, Mr. Gagan Sahani shared valuable knowledge drawn from his professional experience and clinical practice. He discussed important aspects such as the fundamentals of orthokeratology, the role of scleral lenses in managing corneal irregularities, and the latest advancements in specialty contact lenses. The session also highlighted the growing importance of customized vision correction methods in modern eye care.

Participants were introduced to several key topics, including:

- > Principles and applications of Orthokeratology (Ortho-K)
- > Design, fitting, and clinical applications of scleral lenses
- > Management of corneal irregularities and complex visual conditions
- > Advances in specialty contact lens technologies
- > Clinical case discussions and practical insights for optometry practice

The workshop included interactive discussions and demonstrations that allowed participants to better understand the practical aspects of contact lens fitting and patient management. Students actively engaged with the speaker, asking questions and gaining clarity on various clinical challenges encountered in contact lens practice.

The session proved to be highly informative and beneficial for the participants, as it helped bridge the gap between theoretical knowl-

edge and clinical application in the field of advanced contact lens technology.

The workshop concluded successfully with positive feedback from attendees, highlighting the importance of organizing such academic and professional development programmes. Initiatives like this contribute significantly to strengthening clinical skills, research interest, and professional competence in the field of optometry and vision science.



4) Insurance Education Awareness Campaign

An Insurance Education Awareness Campaign was organized on 19th February 2026 with the objective of spreading awareness about the importance of insurance and financial protection among students and the community. The programme aimed to educate participants about the role of insurance in managing financial risks and ensuring long-term security.

The campaign focused on helping individuals understand the basic concepts of insurance, different types of insurance policies, and the importance of financial planning in today's uncertain environment. The session highlighted how insurance serves as a protective tool that helps individuals and families cope with unexpected financial challenges arising from accidents, health issues, or other unforeseen circumstances.

During the programme, the speakers explained various aspects of insurance education, including:

- > The importance of insurance in financial security and risk management
- > Different types of insurance policies such as life, health, and general insurance
- > Basic awareness about policy benefits, coverage, and claim processes
- > The role of insurance in building long-term financial stability

The session was designed to be interactive, allowing participants to ask questions and clarify their doubts related to insurance policies and financial planning. Students and attendees

actively engaged in the discussion and gained valuable insights into how insurance plays an important role in safeguarding individuals and families from financial uncertainty.

The campaign also emphasized the need for financial literacy and responsible decision-making,

particularly among young individuals who are preparing for their future careers and financial independence.

The programme concluded successfully with enthusiastic participation from attendees. The campaign served as an important initiative in promoting insurance literacy, financial awareness, and responsible financial planning, helping participants understand the significance of securing their future through informed decisions.

