

List Of Capability Enhancement Programmes

Soft Skill Development

Activity	Year	No.Of Participants	Agencies Involved
Art of story telling	2018	90	Young India
How does India Work: Making Sense of a Complex Corporate Culture?	2018	90	Young India
Developing a problem- solving mindset	2021	90	Young India

Language and Communications skill development

Activity	year	No.of Participants	Agencies Involved
Effective Communication and team work	2021	60	Young India

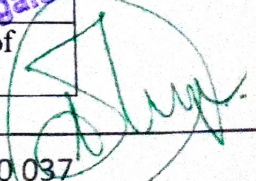
Yoga and wellness

Activity	year	No.of Participants	Agencies Involved
Peace & Non- Violence	2017	90	Young India
Interactive session on Wold suicide prevention day	2021	60	ASCO, India

Analytical Skill Development

Activity	year	No.of Participants	Agencies Involved
Research methodology workshop	2017	70	Sankara College of Optometry
Financial wellness workshop	2018	60	Sankara College of Optometry
Research methodology workshop	2018	60	Sankara College of Optometry
Leadership Development	2017	100	Sankara College of Optometry

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workshop

Webinar on Leadership	2018	90	Young India
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Human Value Development

Activity	year	No.of Participants	Agencies Involved
Road Safety	2016	90	Sankra College of Optometry
Autism awareness week	2016	100	Sankara College of Optometry
Road Safety	2019	60	Young India
Organ Donation	2019	60	Young India
International Youth Day	2020	60	Sankara College of optometry
World environmental day	2020	60	Sankara College of optometry

Personality and Professional development

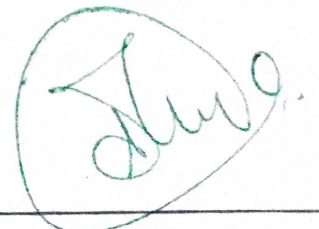
Activity	year	No.of Participants	Agencies Involved
B+Lieve An integrated program on Advance Contact Lenses in your practice	2016	20	Sankara College of Optometry
Children's vision and Binocular Vision	2017	23	Sankara College of Optometry
B+Lieve An integrated program on Advance Contact Lenses in your practice	2018	60	Sankara College of Optometry
COVD CME	2018	90	Sankara College of Optometry
Effective Management of Children with Special Needs- Rehabilitation and Counselling Skills	2019	60	Sankara College of Optometry
COVD - Vision Therapy Workshop	2020	60	Sankara College of Optometry

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We also encourage students to participate in other professional development programmes organised by other institutes

Activity	year	No.of Participants	Agencies Involved
Intercollege competition	2016	90	Naseema College of Optometry
2 nd world congress of optometry	2017	8	Asia Pacific Council of Optometry (APCO) & India Vision Institute (IVI)
Horizon	2017	17	Bejan Singh Institute of Ophthalmology , Nagrocoil
Low vision Conference, Selam	2018	5	
Nepal Conference	2018	7	
Horizon	2019	60	Bejan Singh Institute of Ophthalmology , Nagrocoil
10th Shree Naval P Balliwala Scientific Session	2019	60	
18th E V Memorial Scientific Session	2019	60	Sankar Nethralaya/ESO
AMACON	2019	60	
Coopervision Force	2019	60	CooperVision
AHSCON	2020	60	RGUHS
2nd Dr. Rajeswari Mahadevan Memorial Scientific Session	2021	60	Sankar Nethralaya/ESO

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Financial Management

Report

A financial wellness workshop was conducted by Mr. Kaushik Ramachandran, Founder and CEO of Dyota and Mr. Nanda Kishore Sethuraman, Co-founder of PoAncho Solutions at Sankara college of Optometry on 19th February, 2018.

The event commenced at 10:30am. Ms. Bhavna gave a brief introduction about Mr. Kaushik Ramachandran and Mr. Nanda Kishore Sethuraman to the gathering.

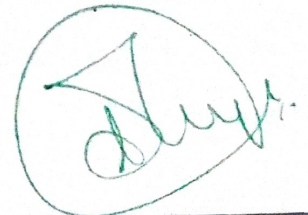
Mr. Nanda Kishore Sethuraman spoke about 5 steps to be followed for a well-balanced financial life. The steps focused on:

1. Minimum balance in spending account.
2. Investing in 3 buckets – Short term, Medium term and Long term
3. Save tax through ELSS, EPF, Home loans and NPS.
4. Have 150times your monthly income as Life insurance sum assured.
5. Take only two loans for life – Home loan and Education loan with EMI \leq 25% of monthly income.

This session went on till 11:30 am. Post this, query session went on till 11:45am.

Mr. Nanda Kishore Sethuraman explained about the puzzle game for students developed on imoneyplant.com homepage. The workshop closed by 12:00pm.

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Understand about Research

For Postgraduates in Ophthalmology

5th - 6th January 2019, Bengaluru

Faculty

- Dr. Animesh Jain, *Prof. & Head, Community Medicine, KMC, Mangalore.*
- Dr. Shamanna BR, *Prof. & Head, Community Medicine, School of Medicine, UoH, Hyderabad.*
- Mr. Shashidhar Kotian, *Asso. Prof. Statistics, Dept. Community Med., KMC, Manipal.*
- Dr. Sasi Taneja, *Lead Science Writing, GSK, Bengaluru.*
- Dr. Sowmya R Murthy, *Consultant POS, Sankara Eye Hospital, Bengaluru.*
- Prof. Dr. Divakar GV, *Medical Faculty, DNB, Sankara Eye Hospital, Bengaluru.*
- Dr. Anuradha K, *Consultant Ophthalmology, Sankara Eye Hospital, Guntur.*

Topics

Forming Research Question | Literature Search & Writing | Study Design | Sampling Methods
Data Collection | Questionnaires | Discussion | Writing a Manuscript | Ethics in Research

Venue: Seminar Hall, Sankara Eye Hospital, Bengaluru, Starts at 08:30 AM

Registration Fee: ₹ 5000/- delegate (Inclusive of GST & Food, Accommodation*)

To Register E: conference@sankaraeye.com M: 8105788442



SANKARA EYE FOUNDATION - INDIA

ANAND | BENGALURU | COIMBATORE | GUNTUR | JAIPUR | KANPUR | KRISHNANKOIL | LUDHIANA | SHIVAMOGGA

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Workshop

On

Effective Management of Children with Special Needs- Rehabilitation and Counselling Skills

Date: 29th September 2019, Sunday (9:00 AM – 1:30 PM)

Venue: Seminar Hall (2nd Floor), Sankara Eye Hospital, Bangalore

Workshop Overview: The workshop is designed for staff and students working with Children with Special needs. It aims to deliver working knowledge of rehabilitation within an eye care setup. And also equip you with skills for safe and effective management of this vulnerable group.

Who is it for? All Optometry Interns (compulsory), staff members working with children or are interested in working with children are requested to join in.

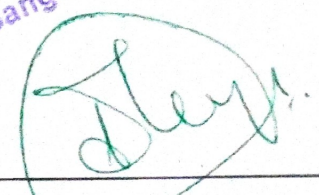
Workshop Facilitators:

- **Mr. Diwakar Rao** (HOD, Sankara College of Optometry),
- **Ms. Uma Paul** (Vision Therapy I/C)
- **Ms. Hiral Divyansh Mishra** (Occupational therapist)
- **Ms. Sathya M** (Vision Rehab Specialist)
- **Mr. Gokul Ratakonda** (Psychologist)

What will be covered (Workshop Outline):

- **Introduction to Childhood and Developmental disorders**
 - Develop a basic understanding of various childhood disorders primarily those presented within Eye Care settings – Autism, ADHD, ADD, Intellectual disability, Learning difficulties etc.
- **Looking beyond diagnostic labels- a person-centered approach to rehab.**
 - Initial assessment of rehab needs for the individual and goal setting.
- **Multi Disciplinary Approach to Rehabilitation**
 - Understand the roles and responsibilities of various professionals involved in rehabilitation and MDT's importance.
- **Communication and Counselling Skills**
 - Basic Counselling Skills – Empathy
 - Effective communication and relationship building with children
 - Communicating with the parents
 - Carrying out a basic psychological assessment, including risk assessment.

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- Ethical Consideration, those including privacy and confidentiality in the process of rehab.

ROAD SAFETY AWARENESS

On 30th of March 2019, Mr. Mangesh Raut, an entrepreneur from Young Indians and Mash India was among the students of Sankara College of Optometry, Bangalore; Mr. Mangesh spoke about the importance of road safety and importance of road safety in India and in our daily life.

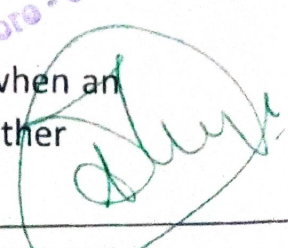
Among the audience were a total of **90 students and 4 faculty members**. The students were very interested and enthusiastic to learn about safety on the road and the first aid involved.

Mr. Mangesh started the talk with a session of captivating and humours videos on road safety and then went on to show the real life scenario with real time CCTV footage of Indian traffic road accidents. Mr. Mangesh also shared his own experience on road safety and why it is so important and essential for youth to know about the same. Why are there so many road accidents happening in India? The main reason was that people are not following the road safety rules and are not having any interest in the same.



He also demonstrated on students how to perform first aid activities when an injury or a road accident occurs. CPR, stop the blood from flowing and other

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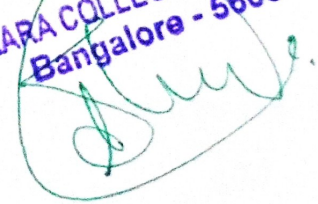
techniques for the first aid to help the patients in need after a road accident to save the life of a lay man.

Mr. Mangesh took keen interest in demonstrating each procedure on a student so that everyone understands what happens and how each procedure is performed. He also had given to the students a pre-test on road safety and followed with the session also took a post-test for the students to know the learning. He also gave some examples of his friend's real life situations when he and his friends were in road accidents.

Mr. Mangesh concluded by telling one law in the constitution of India which is known by few, that is to be a Good Samaritan Law and **Good Samaritan laws** offer legal protection to people who give reasonable assistance to those who are, or who they believe to be injured, ill, in peril, or otherwise in captivated. He spoke a little about medico-legal cases and concluded his talk.

We from Sankara College of Optometry would like to extend our heartfelt thanks to Mr. Mangesh for taking his time out and educating us all in the same.

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SANKARA ACADEMY OF VISION partners ASCO for an interactive session on WORLD SUICIDE PREVENTION DAY on 10th September, 2020

Speaker for the session: Mr. Gokul, Psychologist and Research Associate

"It's Okay, Let's Talk" was the title for the session which was aired on the YouTube channel Sankara Academy of Vision

The speaker had walked us through a talk about what is suicide, importance about talking more about suicide, myths and social stigma.

The speaker was also trying to create awareness about suicide which is not that common, people who may be at risk for suicide and highlighted few suicidal behaviors as well.

We also learnt the facts and each person's context or personal experience on "Why suicide?" like it could be anxiety, depression, personal/family loss, relationship breakups/divorce, domestic issues/abuse, bullying, financial issues and many other reasons.

Few behavioral aspects may be sudden changes in personality, appearance, drug use. Gathering of lethal weapons, giving away prized possessions change in verbal expressions etc.

The speaker highlighted on to "ACT NOW" that is to acknowledge, care and support the person or also can be referred for a professional help

We also learnt about dealing with stress and help people in stress which may trigger the mental health problems if left ignored

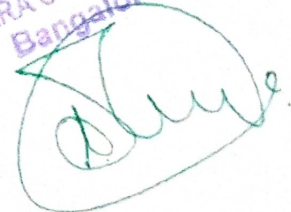
The speaker also suggested about self care which can be physical, social, emotional, mental or spiritual.

At last the speaker also answered queries which the listeners had and overall the session created an impact and changed the way of thinking about suicide.

The session is available on YouTube channel **SankaraAcademyofVision**

<https://www.youtube.com/watch?v=puRO0S66a9A>

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Workshop on Visual Information Processing & Perceptual Disorder & Management

Programme schedule

Sl NO	Date	Time	Topic	Speaker
Day-1				
1	08-09-2017	08.30 AM - 09.30 AM	Registration	
2	08-09-2017	09.30 AM - 10.00 AM	Inauguration	
3	08-09-2017	10.00 AM - 01.00 PM	Basic binocular vision testing	Dr. Marc taub
4	08-09-2017	01.00 PM - 02.00 PM	Lunch Break	
5	08-09-2017	02.00 PM - 05.00 PM	Basic Examination of the infant and young child	Dr. Glen steele
Day-2				
6	09-09-2017	09.00 AM - 01.00 PM	Basic binocular vision testing and prescribing	Dr. Marc taub
7	9-09-2017	01.00 PM - 02.00PM	Lunch Break	
8	9-09-2017	02.00 PM - 05.00 PM	Vision development in infant and young child	Dr. Glen steele
Day-3				
9	10-09-2017	09.00 AM - 01.00 PM	Top 10 VT Activities	Dr. Marc Taub
	10-09-2017	01.00 PM - 02.00PM	Lunch Break	
10	10-09-2017	02.00 PM - 05.00 PM	The Link Between Vision and Learning	Dr. Glen steele

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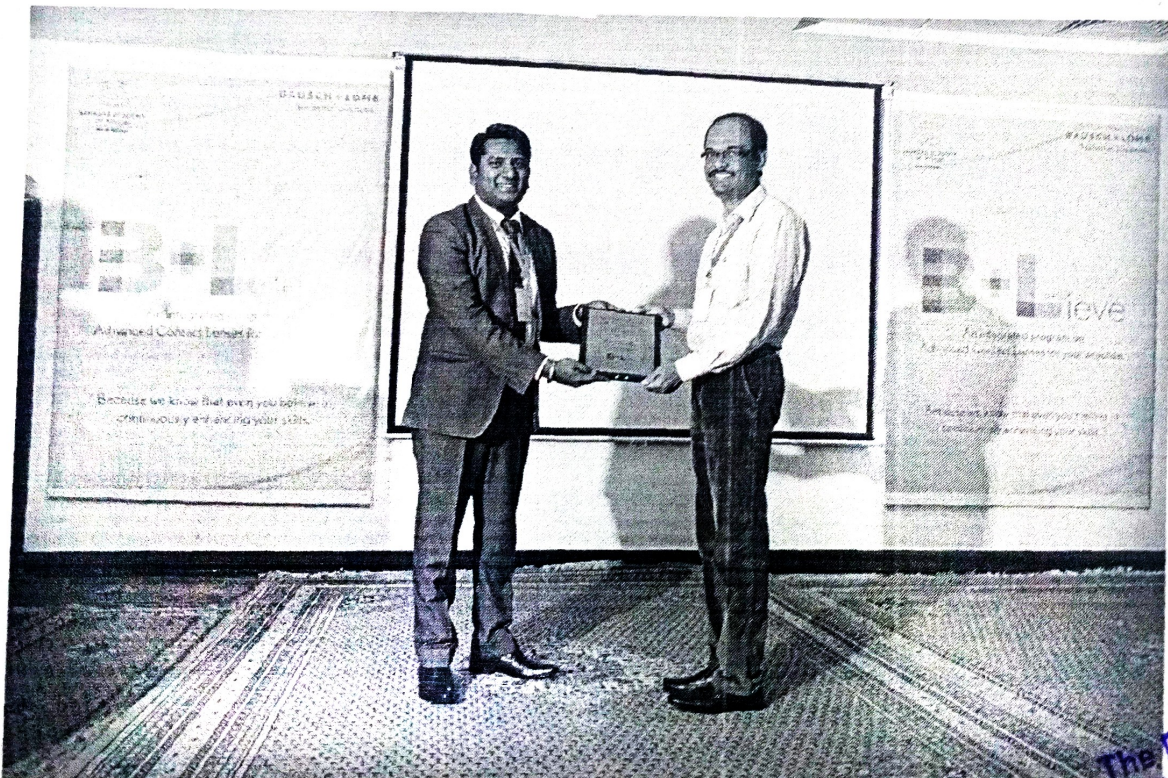


A Report on the B+Lieve : An integrated program on Advance Contact Lenses in your practice

B+Lieve: an integrated program on advance contact lenses in your practice was conducted at Sankara Academy of Vision on 25th September 2016.

The event was started by an inspiring speech by Mr. Aditya Goyal (Principal of Sankara College of Optometry) on behalf of the SAV team. Followed by Mr. Pramod (Regional Manager of Bausch + Lomb) spoke about Bausch + Lomb Vision for B+Lieve on behalf of the Bausch and Lomb team.

The program was graced by lighting of the lamp by our chief guests Prof. Ravikumar. K (Director, Sankara Academy of Vision). Mr. Khem Raj Nackwal the Professional Services Manager, India gave a moving session on Modern life style & contact



An interesting and joyful session was taken by Mr. Nilesh Thite (Director of VACHA & also director of Masterclass Optometry) on Silicone Hydrogels in today's Practice.

Mr. Preeti Singh Reikhi (renowned Optometrist) had given a valuable talk on Management of Contact Lens Complication in Private Practice.

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Mr.Nilesh Thite took an informative session on how Presbyopia – a great opportunity.

Mr.Ajay Shinde (renowned Optometrist) had given us the valuable insights on how to dispense multifocal contact lenses.

Ms.Namratha Hegde (Faculty of SAV) brought us all back to the basics of RGP contact lenses.

Ms.Lakshmi Shinde (CEO of Optometry Council of India) gave a refreshing session on the Management options for Keratoconus with contact lenses. We also had an interesting hand on session with Rose K lenses.

We had a highly motivating and encouraging session by Dr.Rajeshwari (HOD of Contact lens clinic at Medical Research Foundation, Sankara Nethralaya, India). Her session made us all feel like Scleral contact lens fitting can be done by all of us with ease. She also gave us an inspiring hand on session with scleral lenses.

Mr.Harish Kudiyiruppu (Asst. Manager Profesional services- Banglore for Bausch + Lomb, He gave us a journey on the brand new Silicone Hyrogel lenses known as Bausch and Lomb 'ULTRA' which has been promised to break the cycle of discomfort.

Mr.Preeti Singh Reiki had given an insight on how to practice and manage with contact lenses.

We had an energizing session by Ms.Jayashree Sekar (Asst.Manager- professional Services handling Tamil Nadu and Kerala) on the Care and Maintenance of contact lenses.

We had over a 100 participants including both students and practitioners attending this session from various institutes of Karnataka.

The program was a grant success and we all look forward to more interactive sessions in the coming future by Bausch and Lomb with more hands on sessions.

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