

VOL. 1 ISSUE 2 | SEPTEMBER 2021

ASO BULLETIN

E-Bulletin of Ahalia School of Optometry & Research Centre



Ahalia School of Optometry & Research Centre

KUHS Recognized Research Centre

Affiliated to Kerala University of Health Sciences

Ahalia Campus, Palakkad, Kerala - 678557 PH: 04923-225126

EDITORIAL

This Bulletin is published at Ahalia School of Optometry & Research centre to share the informations to parents, students and faculties about the happenings/news in the Institution. We introduced these Bulletin as "ASO BULLETIN " and started to publish by Ahalia School of Optometry & Research Centre from January 2021 onwards.

The E-Bulletin are likely to be published monthly/bimonthly/quarterly on the basis of events conducted by the institution in a period of time.

EDITORIAL BOARD

CHIEF EDITOR

Dr.Venkataramana Kalikivayi

HOD

Ahalia School of Optometry & Research
Centre

EDITOR

Mr.Pranav O

Librarian

EDITORIAL BOARD MEMBERS

Mrs. Lavanya Kalikivayi, Assistant Professor, Aso

Mrs. Nithya S R, Assistant Professor, Aso

Mr. Rashad Ibn Muhammed, Assistant Professor, Aso

Mrs. Lathika R, Assistant Professor, Aso

Mr. Jithu A V, Assistant Professor, Aso

Ms. Sruthi S, Lecturer, Aso

Mrs. Abitha S, Assistant Professor, Aso

Ms. Hafeena Ershad, Assistant Professor, Aso

Ms. Kochurani Sunny, Admin Eexecutive, Aso

Ms. Archana, Admin Eexecutive, Aso



HOD'S MESSAGE

Optometry is a health care profession which is autonomous and Optometrists are the primary health care practitioners of the eye and the visual system who provides comprehensive eye and vision care, which include refraction and prescribing spectacles and contact lenses, eye exercises, detection or diagnosis and management of diseases in the eye, and the rehabilitation of the visually impaired.. Ahalia School of Optometry & Research Centre has recorded consistent improvement in its academic, research and placement performance. It offers a range of innovatively designed programs the curricula of which are constantly updated to meet the changing requirement of the industry and also to meet the needs of the people who are visually disturbed.

Our students have been to integrate well accepted in their job profiles and have consistently exceeded expectations. During their study at the department, the students are encouraged to get hands-on experience in the various community eye camps and clinics. In their curriculum they are encouraged to take up mini projects to integrate theoretical knowledge with practical experience. They also undertake projects benefiting the college and the hospital partially learning the practical nuances. These projects enable them to understand the relevance of working in a group and also help them to realize the finer aspects and importance of teamwork. We also encourage students to organize events such as Arts Fest, and other cultural events, participate in those events organized by other colleges and also get involved in activities of social relevance.

With all these inputs one finds our students hardworking, practically oriented and effective in any work environment. We have designed our syllabus to strike a balance between professional knowledge and personal skills. We are confident that our current curriculum has enabled overall development of budding optometrists to come up to the expectations of the world out there. The curriculum is taught by distinguished faculties combining academic excellence and real world experience with dedication and commitment. We are happy to see many job opportunities offered to our department, which reinforces our belief in the effectiveness of our curriculum and its suitability to the dynamic work environment. With this brief introduction, I welcome you to be a part of our journey towards being a world class center of excellence in education, training and research.

FACULTIES



Dr. Sajeev Cherian Jacob

PRINCIPAL

Ahalia School of Optometry & Research Centre



Dr. Venkataramana Kalikivayi

HOD

Ahalia School of Optometry & Research Centre



Mrs. Lavanya Kalikivayi

Assistant Professor



Mrs. Nithya S R

Assistant Professor



Mr. Rashad Ibn Muhammed

Assistant Professor



Mrs. Lathika R

Assistant Professor



Mr. Jithu A V

Assistant Professor



Ms. Sruthi S

Lecturer



Mrs. Abitha S

Assistant Professor



Ms. Hafeena Ershad

Assistant Professor

ADMINISTRATION



Mr. Pranav O
Librarian



Ms. Kochurani
Admin Exe.



Ms. Archana
Admin Exe.

ARTICLE 01
DRY EYE PART 1**WHAT IS DRY EYE DISEASE?**

A deficiency of tear film that interferes with ocular health and comfort is briefed as dry eye diseases. As per recent literature (DEWS in 2017), the revised Dry Eye Diseases (DED) definition is “A multifactorial disease of the tears and ocular surface that results in symptoms of discomfort, visual disturbance and tear film instability, with potential damage to the ocular surface. It is accompanied by increased osmolarity of the tear film and inflammation of the ocular surface”¹. The burden of diseases increases with age and most often affects females than males. The core mechanism of dry eye is caused by a disturbance in the lacrimal function unit which results in tear hyperosmolarity of tear film and instability. Hyperosmolarity is the cause of ocular inflammation and other complimentary events in dry eyes (Fig.1). Eventually the progression of inflammation leads to secretory dysfunction and reduced corneal sensitivity resulting in greater tear film instability and dryness.



Fig.1 Dry eye



NITHYA S R
M.Optom, FIACLE,
Assistant Professor,
Ahalia School of Optometry & Research centre

The tear film is continuously produced by tear glands (Fig 2). It maintains the clarity of vision, smoothness of the ocular surface and protects the eye by washing out the dust particles. The distribution of tear film over the ocular surface is facilitated by a blinking mechanism. The eyelid closure aids the mixing of various components of the tear film, which is secreted from glands present in the eyelid, and the opening of the eyelid helps to spread the tear evenly over the eyesurface. Anything that hinders the production or distribution of tear film hampers its function and leads to subsequent complications.

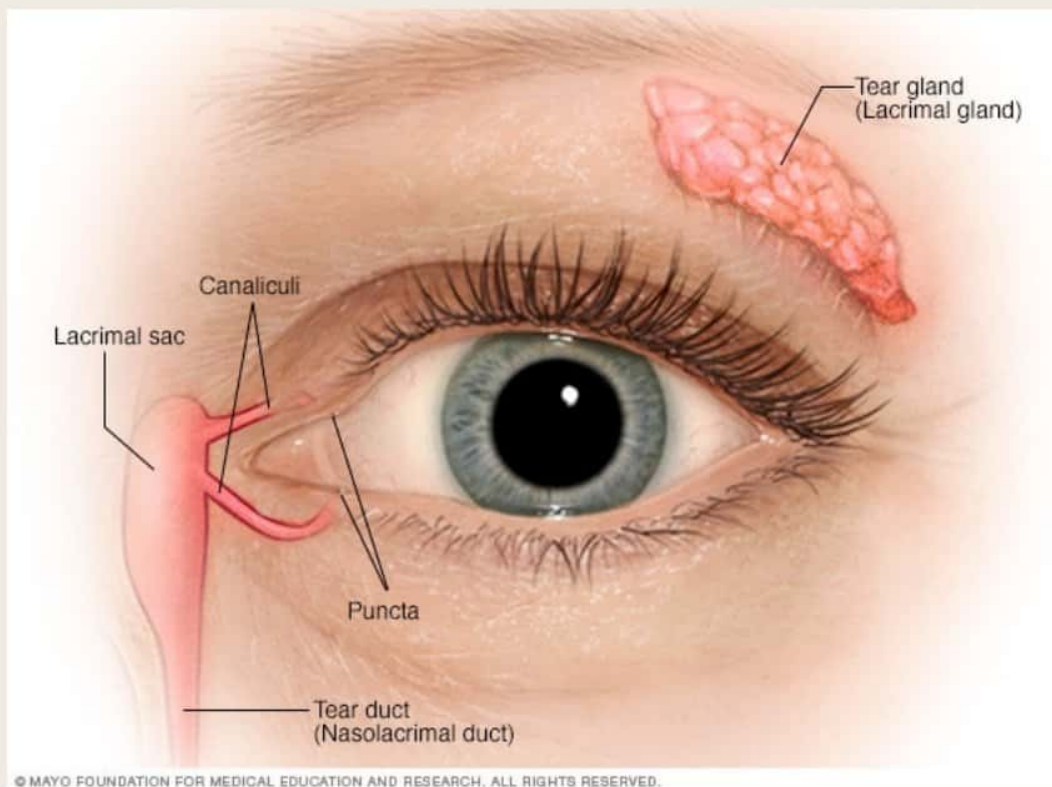


Figure 2. Lacrimal gland

CAUSES AND RISK FACTORS

The underlying reason for Dry eye is either insufficient tear production or the presence of poor quality of tear film. The insufficient production of tear is termed as Aqueous Deficiency Dry Eye (ADDE) and the presence of poor quality tear film is termed as Evaporative Dry Eye (EDE) (Fig 3).

The major cause of ADDE is an autoimmune disease known as Sjogren's syndrome (SS), it targets the salivary glands and lacrimal gland. This results in a dry mouth and dry eye. Rheumatoid arthritis, Thyroid hormone abnormalities, Diabetes, Parkinson disease, etc. are also contributing factors for reduced tear production.

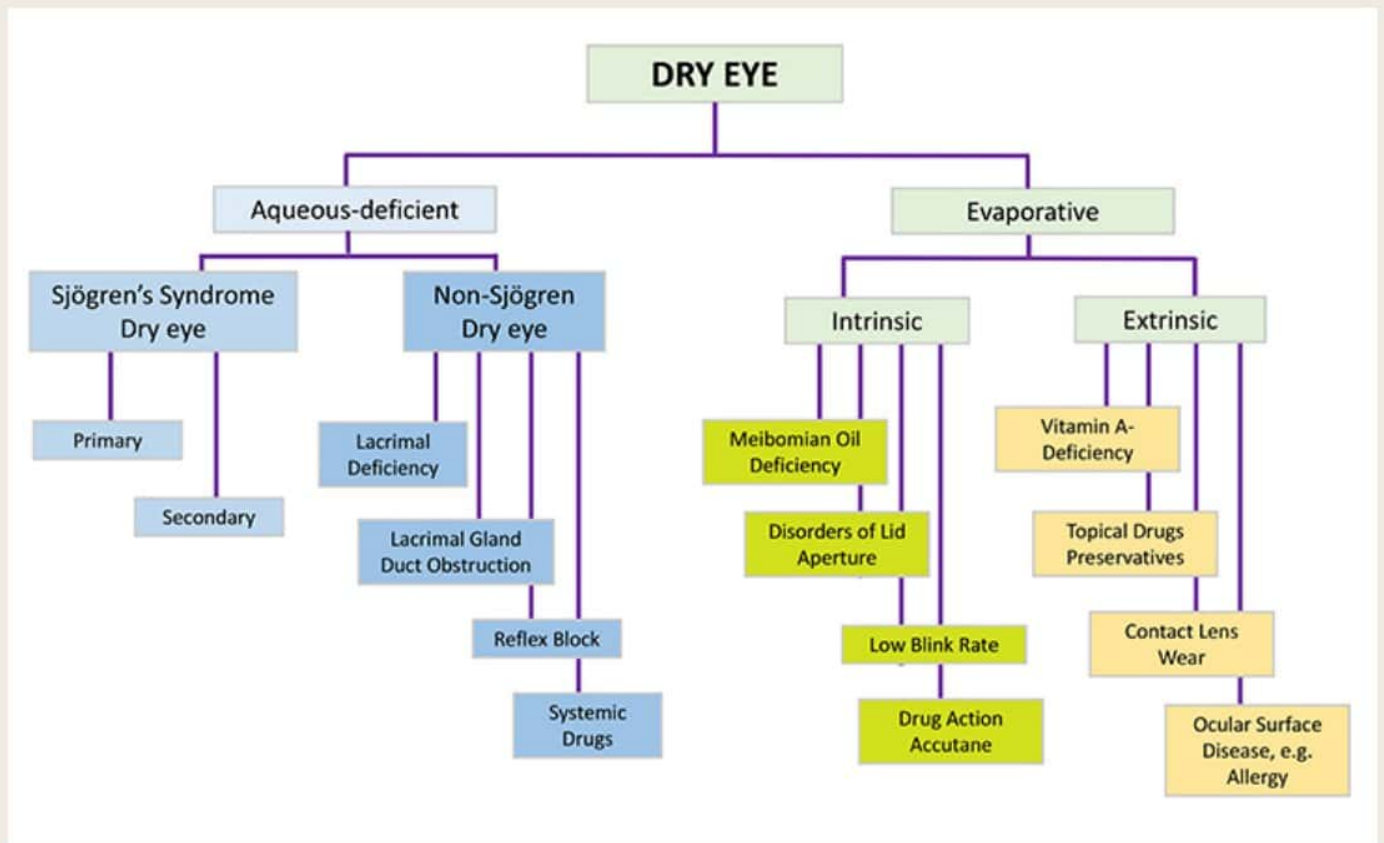


Figure 3- Classification of Dry Eye Disease.

The EDE is excessive loss of tear film with normal secretion. The key element in maintaining the tear quality is the lipid layer of the tear film. Factors such as blocked meibomian gland orifices, poor eyelid congruity; low blink rate, etc. interferes with quality of lipid layer which intern increases the EDE. Extrinsic factors like contact lens wear, ocular allergies, Vitamin A deficiency are also contributing to the etiology of EDE.

Category	Risk Factor
Personal	Sex Advanced age Asian ethnicity Contact lenses Low dietary intake of omega-3 fatty acids
Environmental	Low humidity or windy environments Air-conditioning Reading for long periods Driving extended periods Second-hand smoke exposure Prolonged exposure to display monitors (computer, tablets, etc.)
Chronic illness	Bell palsy Parkinson disease Depression Perennial/seasonal allergies Diabetes Rosacea Glaucoma Thyroid disease Hepatitis C
Autoimmune diseases	Rheumatoid arthritis Sarcoidosis Sjögren syndrome
Medications	Anticholinergics Estrogens Antipsychotics Glaucoma medications Antivirals Oral contraceptives Beta-blockers Opioids Diuretics Selective serotonin reuptake inhibitors
Injury	LASIX refractive surgical history Ocular injury

Figure 4- The risk factors of Dry Eye

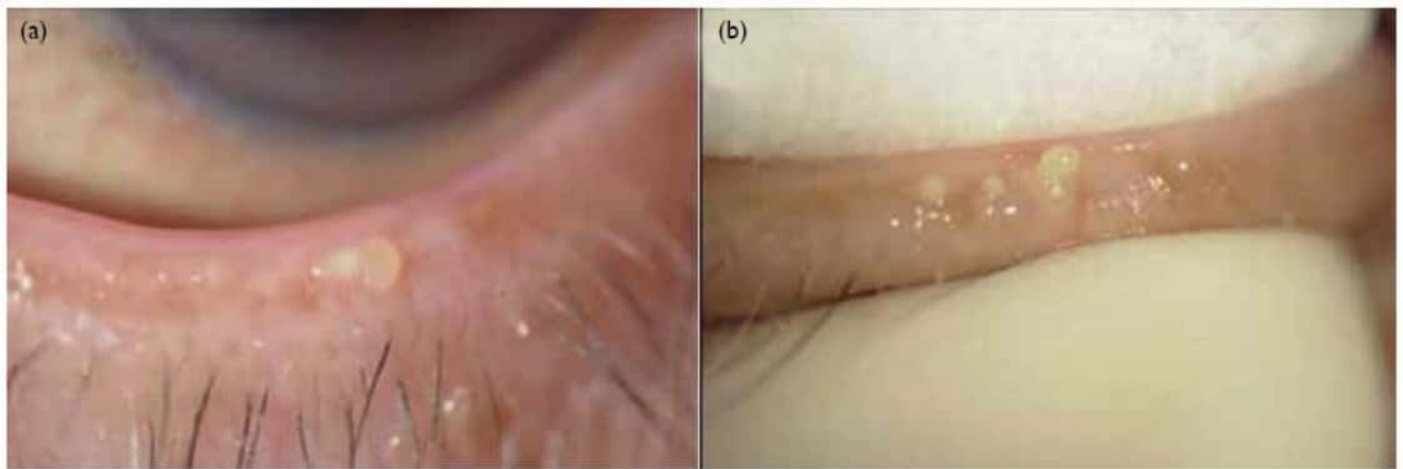


FIG 4. (a) Obstruction of a meibomian gland orifice in the lower eye lid. (b) Gentle expression of meibum from the gland to evaluate terminal duct obstruction and meibum quality

Figure 5- Meibomian Gland Dysfunction (Blocked orifices)

What do we feel when we have DED?

The symptoms of dry eye involve ocular discomfort, increased blink rate, and compensatory reflex lacrimal secretion. The symptoms vary with the individual. They include,

- Redness.
- Burning.
- Stinging.
- Itching
- Foreign body sensation.
- Watery eye.
- Photophobia.
- Eye dryness
- Eye lid heaviness
- Discomfort while watching TV or Laptop
- Trouble in night driving.

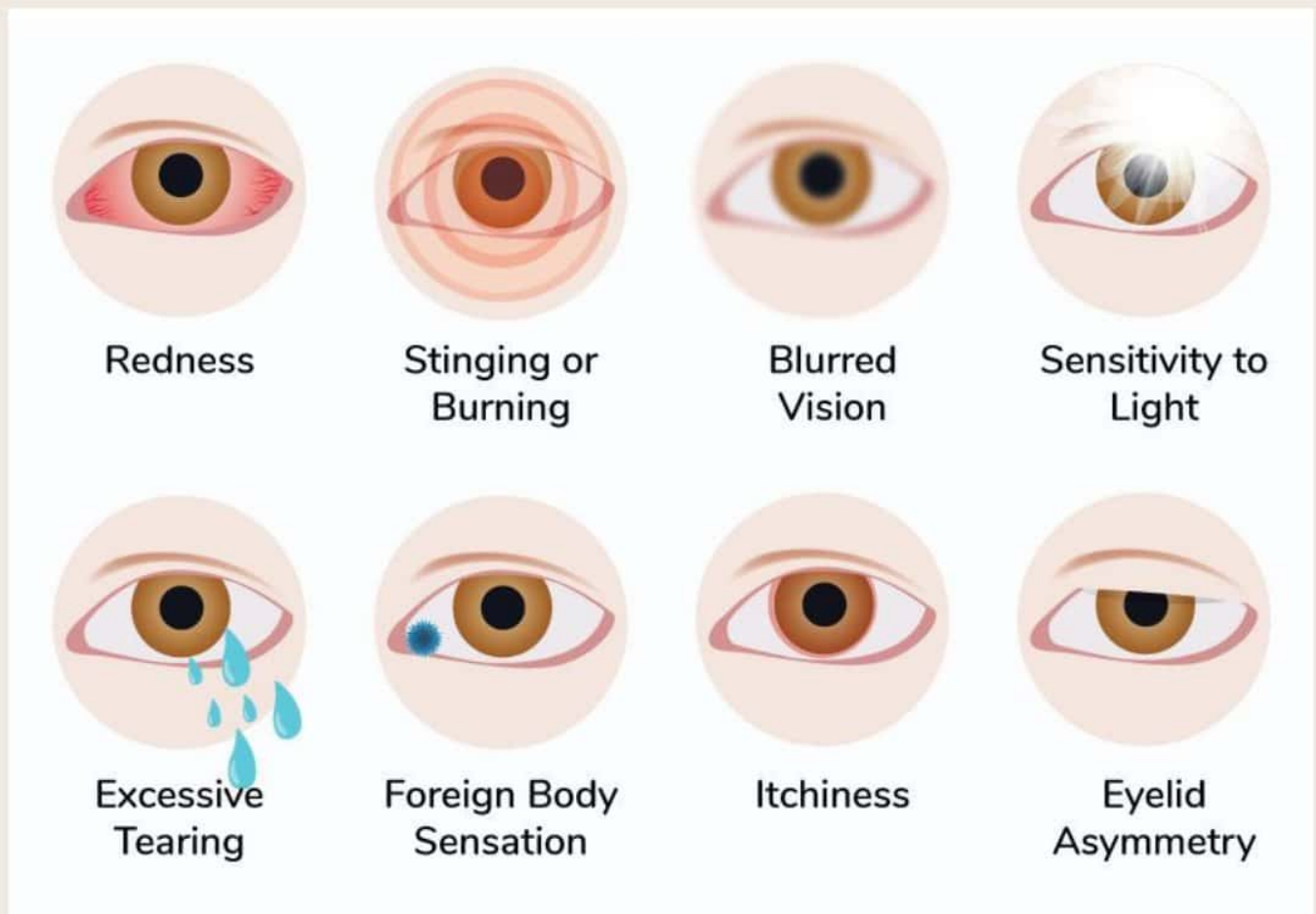


Figure 6- Symptoms of Dry Eye

References

- 1.Lemp MA, Foulks GN. The definition and classification of dry eye disease. *Ocul Surf.* 2007 Apr;5(2):75-92
- 2.Rouen PA, White ML. Dry eye disease: prevalence, assessment, and management. *Home healthcare now.* 2018 Mar 1;36(2):74-83
- 3.Messmer EM. The pathophysiology, diagnosis, and treatment of dry eye disease. *Deutsches Ärzteblatt International.* 2015 Jan;112(5):71.

NEWS & EVENTS

@ASO



REPUBLIC DAY CELEBRATION

Ahalia School of Optometry & Research Centre Celebrated 72th Republic day in our Institution. Dr.Sajeev Cheriyan Jacob,Principal of ASO,raises the national flag on the occasion.



VIRTUAL INAGURATION

A Virtual inauguration ceremony was conducted by Ahalia school of optometry & Research centre for 10th Batch of BSc Optometry and 4th Batch of MSc Optometry @ AFEH Auditorium on 01/2/2021.Dr.Venkataramana (Hod ,ASO) gave the inaugural address succeeded by Dr.Sajeev Cheriyan Jacob (Principal,ASO),Mr.Rajithan EPB (Executive Director,Academics).



FACULTY FAREWELL

A Faculty Farewell programme was conducted by the institution for Mrs Ardra (Assistant Professor of ASO) On 3/2/2021.



STUDENTS SCHOLARSHIP

Students Scholarship was hand over by Dr.Venkataramana Kalikkivayi (HOD,ASO) to Dhanura Lal (Bsc Optometry 3rd Year) and Fathima S (Bsc Optometry 3rd Year)



KERALA ARTS & CULTURE PROGRAMME

Ahalia Group of Institutions conducted Kerala Arts & Culture Programme for Bsc Optometry, Bsc MLT, B.Pharm First Year Students @AFEH Auditorium on 23/02/2021. Shri. Manaloor Gopinath (winner (2020) Kerala Sangeetha Nadaka Academy Award & Lakkidi Kunchan Memorial Award by Dept. of Cultural Affairs, Govt. of Kerala) act as a Chief Guest.

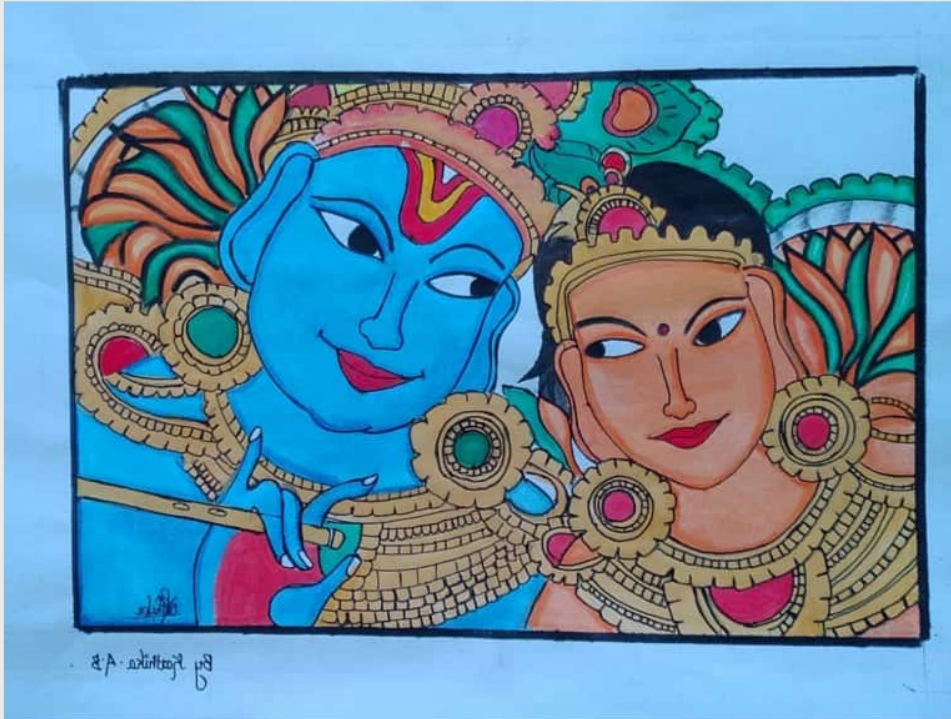


INDEPENDENCE DAY CELEBRATION

Ahalia School of Optometry and research centre celebrated India's 75th independence day on Sunday August 15 at 8.30am , Indian National Flag was hoisted by Principal of ASORC Dr Sajeev Cheriyan jacob.



STUDENT'S CORNER



KARTHIKA B
2nd Year BSc Optometry



MISRIYA NASRIN
2nd Year BSc Optometry

STUDENT'S CORNER



RINKITHA PRABHU
3rd Year BSc Optometry



SIVAPRIYA
DOA 1st Year

STUDENT'S CORNER



SNEHA U
DOA 1st Year



ATHIRA M B
DOA 1st Year

STUDENT'S CORNER



MAHIMA T
DOA 1st Year



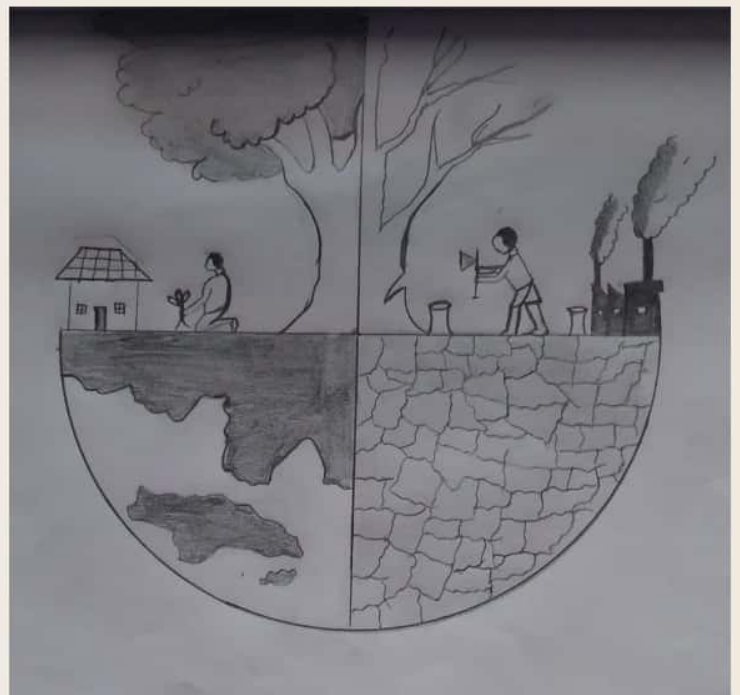
FATHIMA NIZAR
DOA 1st Year



JOTHIMAYA
DOA 1st Year



VINCIYA V
DOA 1st Year



AHALIA SCHOOL OF OPTOMETRY & RESEARCH CENTRE COLLEGE UNION 2021-22



Mr.HARINATH SABU
CHAIRPERSON
UG SECOND YEAR



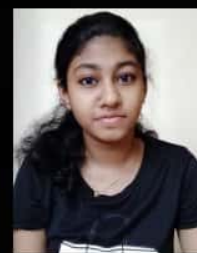
Mr.ARJUN RAJEEV
VICE CHAIRPERSON
(GENERAL)
UG SECOND YEAR



Ms.ANIMA
VICE CHAIRPERSON
(WOMEN)
UG SECOND YEAR



Ms.KARTHIKA
STUDENT EDITOR
UG SECOND YEAR



Ms.SIJI
GENERAL SECRETARY
UG SECOND YEAR



Mr.MIDHUN RAJ
JOINT SECRETARY
UG SECOND YEAR



Ms. ANJANA
UNIVERSITY UNION
COUNCILOR
UG SECOND YEAR



Mr.ATHUL S B
UG REPRESENTATIVE
UG FIRST YEAR



Mr.ANTONY PETER
SPORTS SECRETARY
UG SECOND YEAR



Ms. CHRISTY
SECRETARY FINE ARTS
UG SECOND YEAR



Mr.JEEVAN
SECRETARY OF VARIOUS COLLEGE
ASSOCIATION
UG FIRST YEAR



Ms.ANJANA
UNIVERSITY UNION
COUNCILOR PG
PG FIRST YEAR

STUDY@ AHALIA



Accredited
by Joint Commission International

Be an outstanding
Eye Care Professional
from fully JCI accredited Eye Hospital

COURSES

B.Sc Optometry (4 years)

Master of Optometry (2 years)

PhD. In Optometry

Diploma in Ophthalmic Assistance (2 years)

Ahalia School of Optometry
& Research Centre

KUHS Recognized Research Centre

Affiliated to Kerala University of Health Sciences

☎ 04923-225126 | 91885 21731

✉ aso@ahalia.edu.in

📍 Ahalia Campus, Palakkad, Kerala - 678557

Look forward to a
BRIGHTER FUTURE

**STUDY@
AHALIA**

Be an outstanding
Eye Care Professional
from fully JCI accredited Eye Hospital



Accredited
by Joint Commission International



COURSES

- B.Sc Optometry (4 years)
- Master of Optometry (2 years)
- PhD. In Optometry
- Diploma in Ophthalmic Assistance (2 years)

**Ahalia School of Optometry
& Research Centre**

KUHS Recognized Research Centre

Affiliated to Kerala University of Health Sciences

☎ **04923-225126 | 91885 21731**

✉ **aso@ahalia.edu.in**

📍 **Ahalia Campus, Palakkad, Kerala - 678557**

Look forward to a
BRIGHTER FUTURE

**STUDY@
AHALIA**



Accredited
by Joint Commission International

**Be an outstanding
Eye Care Professional**

from fully JCI accredited Eye Hospital

COURSES

B.Sc Optometry (4 years)

Master of Optometry (2 years)

PhD. In Optometry

Diploma in Ophthalmic Assistance (2 years)



aso@ahalia.edu.in



04923-225126

91885 21731

Ahalia Campus, Palakkad - 678557

**Ahalia School of Optometry
& Research Centre**

KUHS Recognized Research Centre

Affiliated to Kerala University of Health Sciences