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# ASORC BULLETIN

Bulletin of  
Ahalia School of Optometry and Research Centre, Palakkad



**AHALIA**

**SCHOOL OF OPTOMETRY AND RESEARCH CENTRE**

KUHS Recognized Research Centre

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## EDITORIAL

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

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## TEACHERS' DAY CELEBRATION

Ahalia School of Optometry and Research Centre celebrated Teachers' Day on 9th September 2025 with great enthusiasm and heartfelt appreciation. The program began with a warm welcome by the student, followed by a tribute to Dr. Sarvepalli Radhakrishnan, whose birthday is observed as Teachers' Day across India. Students presented a lively cultural program featuring songs, skits, and interactive games to honor their mentors.

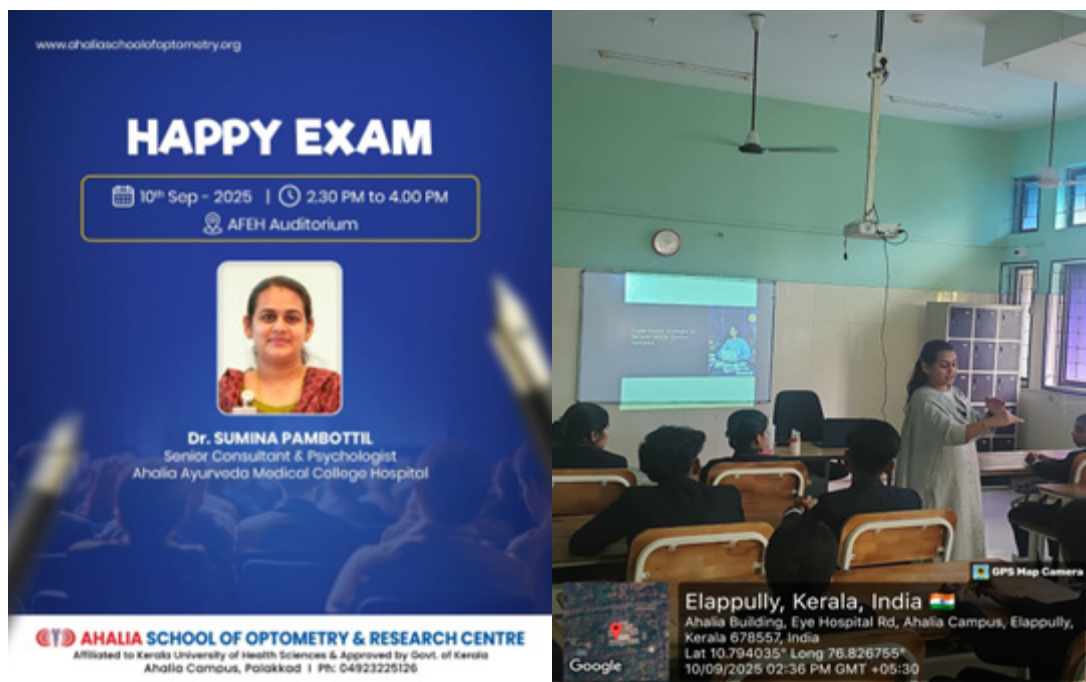
As a gesture of gratitude, students gifted a beautifully wrapped gift box to each faculty member, along with heartfelt messages. The Principal addressed the gathering, highlighting the invaluable role of teachers in guiding and inspiring future optometrists. The event concluded with a vote of thanks, creating a joyful and memorable occasion for both teachers and students.





## HAPPY EXAMS

The Ahalia School of Optometry & Research Centre organized an inspiring session titled “Happy Exams” on 10th September 2025, led by Dr. Sumina Pampottil, Senior Consultant & Psychologist at Ahalia Ayurveda Medical College Hospital. The talk primarily focused on understanding exam stress, its negative impact on performance, and the importance of adopting a proactive and balanced approach to overcome challenges like anxiety and fear of failure. Dr. Sumina highlighted effective study strategies such as time management, active recall, spaced repetition, and practicing past papers to boost confidence and academic performance. She also introduced stress management tools, including mindfulness, deep breathing, and relaxation techniques, which students can easily integrate into their daily routines. Practical suggestions like following a structured study schedule, taking breaks, ensuring adequate sleep, and maintaining proper nutrition were shared as essential habits for peak performance. Dr. Sumina further encouraged students to focus on holistic well-being by balancing mental clarity, physical energy, and emotional resilience, which are equally important for long-term success and happiness. The session was extremely beneficial, as it not only motivated students to prepare more effectively for exams but also gave them confidence to manage stress in a healthy way. Overall, the talk was very helpful, leaving a lasting impression on students by equipping them with practical tips, mental strength, and valuable life skills that will benefit them well beyond academics.





## WORKSHOP ON COMPREHENSIVE CONTACT LENS (BASICS TO ADVANCE)

The third-year B.Sc. Optometry students of ASORC participated in a one-day workshop on Comprehensive Contact Lens – From Basics to Advanced, held on 20th September 2025 at PPG Institute of Allied Health Sciences – Department of Optometry.

The workshop was facilitated by Mr. Nigin C. Philipose, who provided in-depth insights into contact lens fitting, care, and safety. A key highlight of the event was the hands-on training session, which gave students practical exposure to contact lens application and management. The third-year students from ASORC proudly won first prize in the quiz competition organized by the host institute. The students were accompanied and guided by faculty members Ms. Keerthana Ajayan and Ms. Bhavya P.K. The workshop proved to be highly informative and enriching, offering valuable learning experiences for all participants.



## DISCUSSION ON TEACHING MODALITIES

Mrs. Preetha Balaji, Vice principal at Ahalia School of Optometry and Research Centre (ASORC), conducted a Faculty Development Programme on the topic "Discussion on teaching modalities" on 23 September 2025, from 11.00am to 12.00pm at the ASO seminar hall. She explained different teaching modalities like project based learning, experimental learning, personalized learning, Technology enhanced learning and case based learning. All faculty members actively attended the session.



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## POSTER MAKING COMPETITION

A Poster making competition was conducted on 26/09/2025 Friday morning from 9am to 10 am on the topic Prevention of myopia. This programme was conducted as part of ongoing Journal club activity. All the students were divided into 12 groups and then group wise competition was conducted. At the end of the session winners were announced. All the students including UG and PG have actively participated.



## ORIENTATION ON “NAAC CRITERIAS”

An orientation session on NAAC criteria was conducted by Dr. G. Murugananthan, Faculty, ASET, on 27th September at the Seminar Hall. All faculty members attended the session. Sir provided a brief introduction to the NAAC accreditation process and explained the procedure for data collection. He also discussed Criterion 1 in detail and guided the faculty on the preparation of related documents. The session was informative and helped the faculty gain a clear understanding of the NAAC requirements.





## WORLD SIGHT DAY CELEBRATION 2025

Ahalia School of Optometry and Research Centre, in association with Ahalia Foundation Eye Hospital, celebrated World Sight Day on October 9, 2025.

As part of the celebration, the first-year B.Sc. Optometry students actively participated in a rally and flash mob held at the Stadium Stand, Palakkad. The event aimed to raise awareness about the importance of eye health and the need for regular eye check-ups.

The theme for this year's World Sight Day was "Love Your Eyes," emphasizing the value of protecting and caring for one's vision.



## FAREWELL PARTY 2025

Team Optimus, the second year students of ASORC and first year M.Optom students organized a warm and memorable farewell party for the 3rd year and second year M.Optom students – JAA RAHAA HAI – on October 17th 2025 at AFEH auditorium. The event was filled with heartfelt emotions, laughter and nostalgia as everyone came together to celebrate the cherished moments shared during their academic journey. The programme began with a speech by Vice Principal, Ms Preetha Balaji, followed by fun games, dance and musical performances. The 3rd year and M.Optom 2nd year students shared their experiences, expressing their love for their classmates, faculties and juniors. Faculties also expressed their love for the final year students and wished them for their new beginnings.

The event concluded with a cake-cutting ceremony, gift distribution and group photo sessions, marking the end of a beautiful chapter and the beginning of new journeys. Overall, the farewell party was a memorable and emotional occasion showing the strong bond between the students as well the staffs.





## KUHS CENTRAL ZONE KALOTSAV

Students and faculty members from Ahalia School of Optometry and Research Centre enthusiastically participated in Central Zone Kalotsav 2025, held on 19th, 20th, 21st October, showcasing their talents and skills in various artistic disciplines. This prestigious event provided a platform for our institution to excel in cultural activities and foster creativity among our students. Our first year and second year students participated in various events such as Vanchippattu, Elocution (Malayalam), Extempore (Malayalam) and installation



## VISION 2031

On 23.10.2025, a significant event "Vision 2031" was held at the Cosmopolitan Club, Palakkad, The programme was organized by the Local Self Government Department (LSGD) and the Excise Department of Kerala. It focused on decentralized planning, social development, climate resilience, digital transformation, and good governance practices.

The event brought together experts, administrators, and elected representatives from local and state levels to generate inputs for the LSGD Vision 2030 Document, ensuring alignment between local and state priorities. First-year BSc Optometry students from our college participated in the event. Faculty member Ms. Sruthi K accompanied the students, guiding them through this enriching experience.



## EXAM ORIENTATION

The First Year B.Sc. Optometry students were given an orientation on the rules and regulations to be followed during the University examinations on 29th October 2025. Faculties Ms. Mini T and Ms. Lathika R explained the important instructions regarding exam timings, hall tickets, ID cards, dress code, and the materials permitted inside the examination hall. Students were reminded to maintain discipline, avoid the use of mobile phones or any unfair means, and to follow the invigilator's directions carefully. The importance of punctuality, proper answer sheet submission, and academic integrity was also emphasized. The session concluded with clarification of students' doubts to ensure they were well prepared and confident about the examination procedures.



## WORLD SIGHT DAY SCHOOL SCREENING CAMP

Ahalia School of Optometry and Research centre has conducted an eye camp at Govt. Victoria Higher Secondary School, Chittur, Palakkad. We have done a detailed eye examination in collaboration with Optometry Confederation of India as part of World Sight Day 2025 community outreach activities and Aloka Vision Programme will provided free spectacle for those with uncorrected refractive errors. There were a total of 1201 beneficiaries who were screened. Optometry Interns and student representatives from Ahalia School of Optometry and Research Centre has participated in this four days screening programme.





## Study @Ahalia

### COURSES OFFERED

#### Ahalia Public School

- Pre-KG to XII (CBSE)

#### Ahalia School of Engineering & Technology

- B.Tech. Artificial Intelligence & Machine Learning
- B.Tech. Civil Engineering
- B.Tech. Computer Science & Engineering
- B.Tech. Electronics & Communication Engineering
- B.Tech. Electrical & Electronics Engineering
- B.Tech. Mechanical Engineering

#### Ahalia School of Management

- MBA Marketing
- MBA Finance
- MBA Human Resource Management
- MBA Healthcare Management

#### Ahalia School Of Media Studies And Future Technologies

- BVA - Bachelor of Visual Arts
- Virtual Production
- Cinematic VFX
- XR [Extended Reality]
- AI Media Arts and Practices
- Animation Film Design

#### Ahalia School of Optometry & Research Centre

- Ph.D. Optometry
- Master of Optometry (M.Optom.)
- B.Sc. Optometry
- Diploma in Ophthalmic Assistance

#### Ahalia School of Pharmacy

- Ph.D. Pharmacy
- B. Pharm.

#### Ahalia College of Nursing

- B.Sc. Nursing

#### Ahalia Ayurveda Medical College

- Ph.D. Ayurveda
- BAMS

#### Ahalia Multi Skill Training Institute

- Job-oriented IT, Hospitality and Health Care courses, affiliated to various Central Govt. / State Govt. bodies and agencies including
- LBS Skill Centre (LBS Centre for Science & Technology)
  - NSDC (National Skill Development Corporation)
  - SRC (State Resource Centre)
  - NDA (National Development Agency)

#### Ahalia School of Commerce & Mathematics

- BBA Honours
- B. Com. Honours
- BA Journalism & Mass Communication Honours

#### Ahalia School of Paramedical Sciences

- B.Sc. MLT
- DDT (Diploma in Dialysis Technology)
- DMLT (Diploma in Medical Laboratory Technology)

#### Ahalia Diabetes Hospital

- DNB in General Medicine
- Diploma in Anaesthesiology
- Diploma in Family Medicine

#### Ahalia Women & Children's Hospital

- DNB in Paediatrics
- Diploma in Paediatrics
- Diploma in Obstetrics & Gynecology (DGO)

#### Ahalia Foundation Eye Hospital

- FNB in Vitreo Retinal Surgery
- DNB in Ophthalmology
- Diploma in Ophthalmology



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