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# ASORC BULLETIN

VOL.6 ISSUE 5

SEPTEMBER-OCTOBER 2026

BULLETIN OF AHALIA SCHOOL OF OPTOMETRY AND RESEARCH CENTRE

AHALIA SCHOOL OF OPTOMETRY AND 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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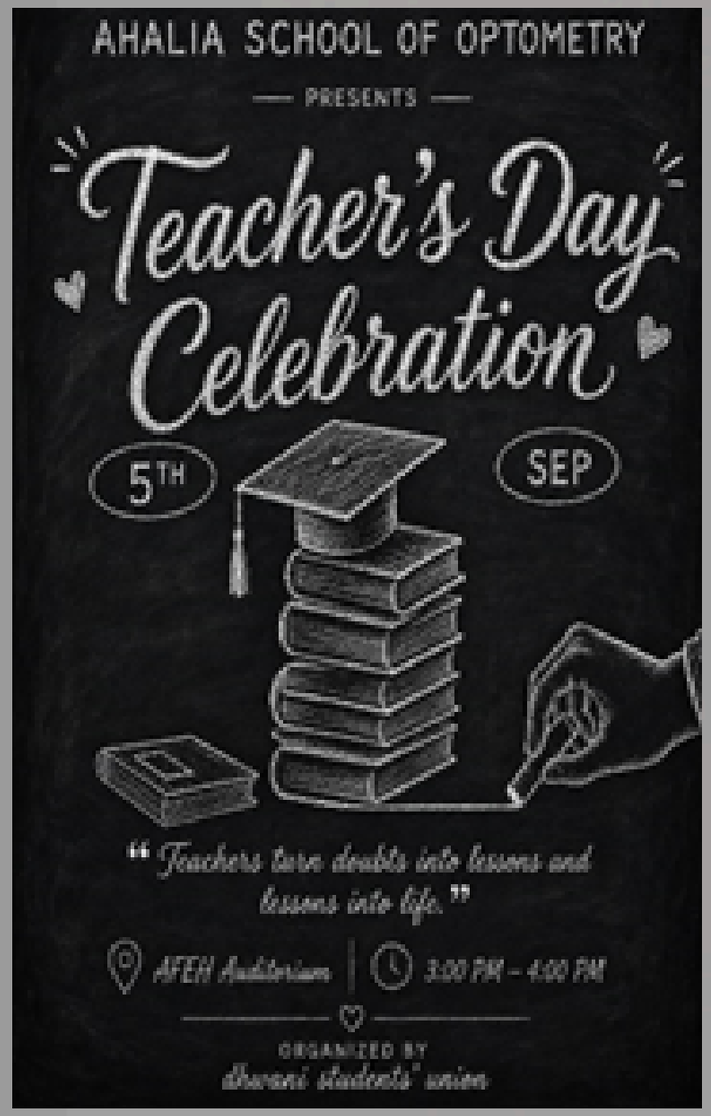
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# TEACHERS' DAY CELEBRATION AT AHALIA SCHOOL OF OPTOMETRY AND RESEARCH CENTRE

Ahalia School of Optometry and Research Centre (ASORC) celebrated Teachers' Day with great enthusiasm on 5th September 2026, honouring the dedication and valuable contributions of its teaching faculty.

As part of the celebration, the ASORC College Union presented gifts to the teachers as a token of appreciation and gratitude for their commitment to nurturing and guiding students. Various engaging and entertaining games were also organised exclusively for the faculty members, creating an atmosphere of joy and togetherness.









# HAPPY EXAM, PEACEFUL MIND

An interactive session titled “Happy Exam, Peaceful Mind” was conducted on 17th September 2026, for Optometry Students with the aim of helping them understand examination stress and develop practical strategies to manage it effectively. The session was led by Dr. Sumina Pampottil, Senior Consultant and Psychologist, AAMCH. The presentation focused on maintaining calmness, confidence and a positive approach during examination preparation. Students were encouraged to assess their current stress levels and understand that while a moderate amount of stress can improve alertness and focus, excessive or unmanaged stress may affect concentration, memory, sleep, confidence and decision-making. Common sources of examination stress such as a large syllabus, poor time management, fear of failure, family expectations, comparison with peers, social media and inadequate sleep were discussed. Students were also encouraged to focus on factors they can control rather than worrying about aspects such as question-paper difficulty or the performance of others.

The session introduced the 3R approach – Routine, Recall and Reset for effective examination preparation. Students were advised to follow a consistent study routine, divide the syllabus into manageable targets, set realistic daily goals and schedule revision. The importance of active recall was emphasized through the sequence Read → Close the book → Recall → Explain → Check, with students encouraged to explain concepts as if teaching them to a patient. Simple techniques such as deep breathing, box breathing, short walks and journaling were suggested to help students reset when anxiety increases. Examination strategies for handling difficult questions and temporary blank moments were also discussed, including pausing, answering familiar questions first and returning to difficult ones later. The session highlighted that all-night studying, avoiding breaks, sacrificing sleep and constant comparison with friends are not effective approaches. Through a practical student-centered activity, students were encouraged to plan their preparation, practice regularly, prioritize sleep and take one step at a time. Overall, the session provided simple and practical methods to manage examination stress while promoting healthy study habits, calm focus, preparedness and confidence among Optometry Students.

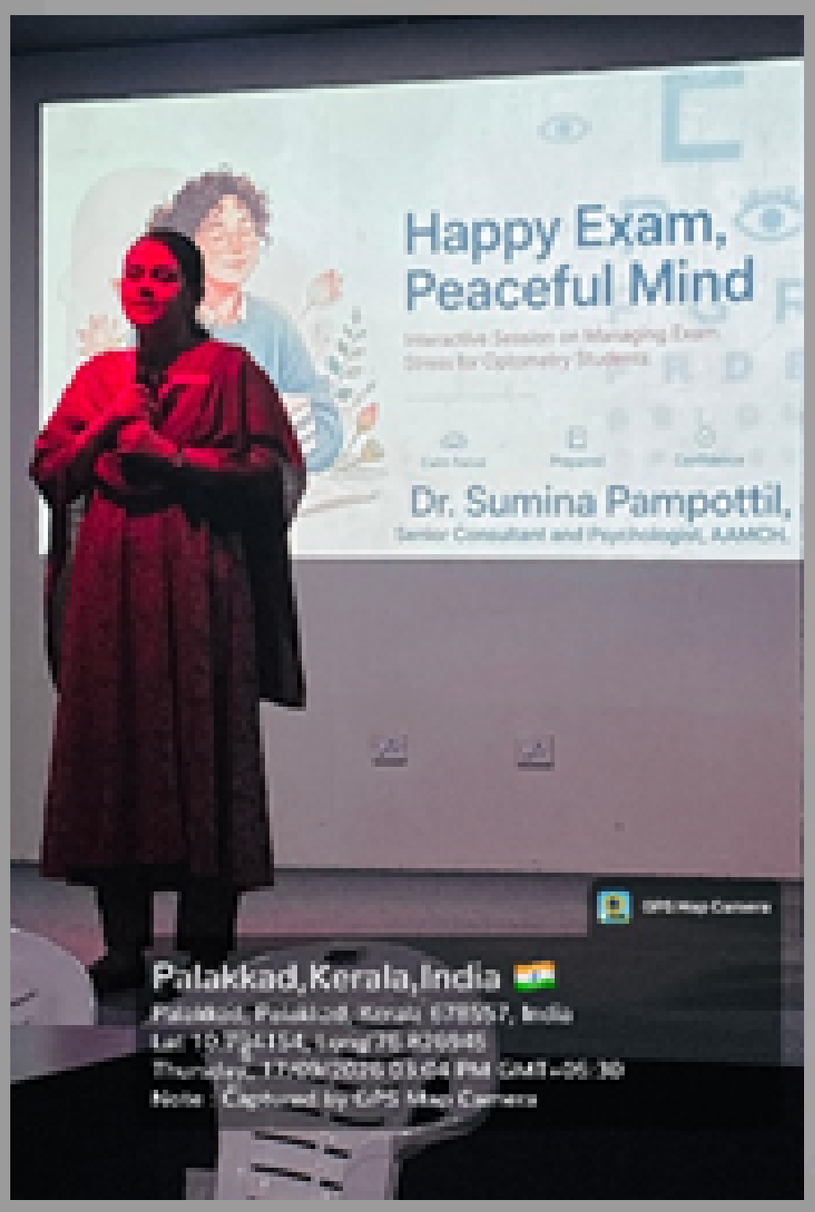
# HAPPY EXAM, PEACEFUL MIND

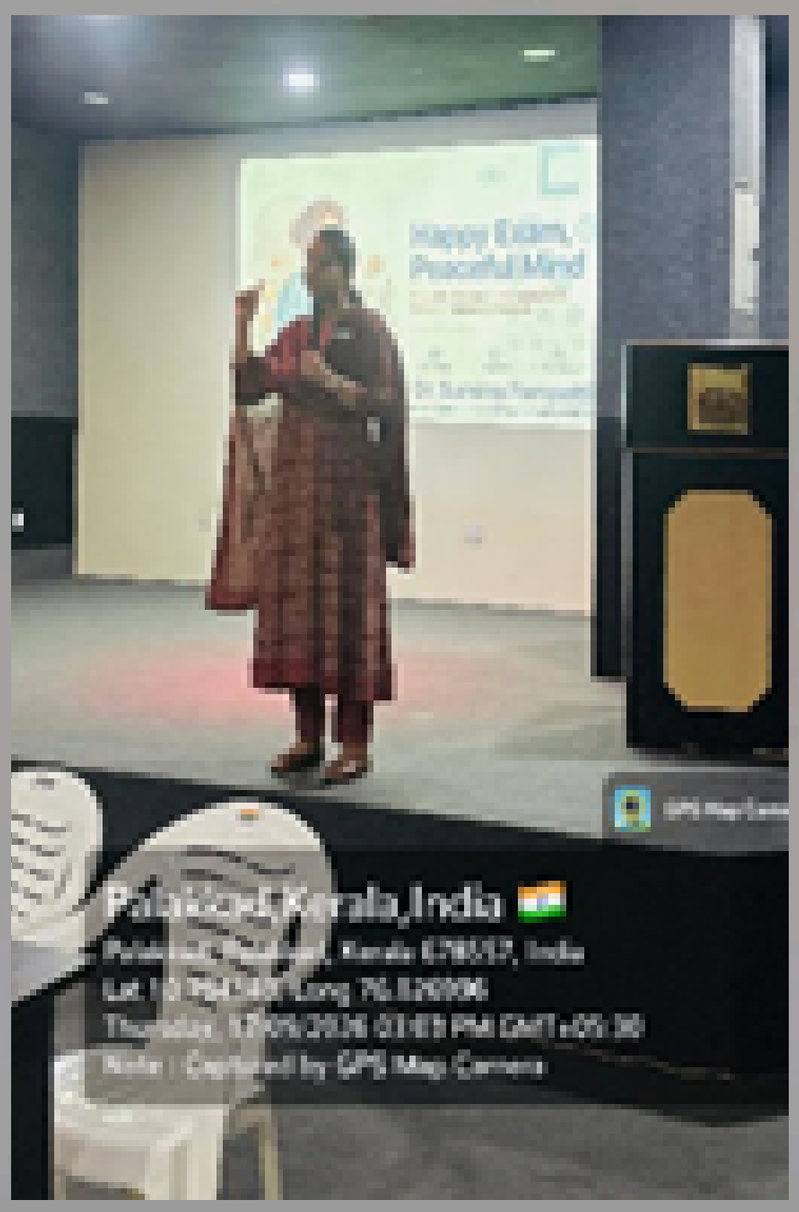


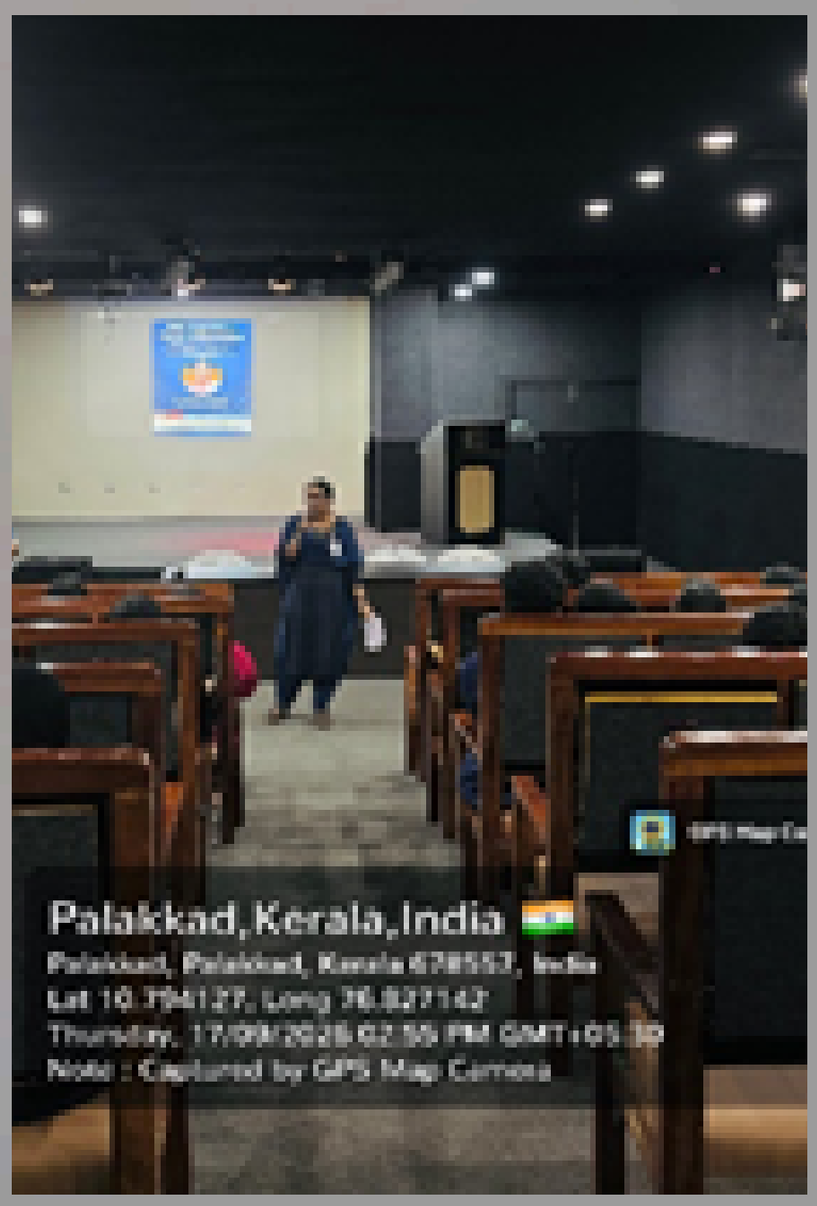






# FAREWELL PARTY FOR THIRD YEARS

A farewell party was organized by the second-year students of Ahalia School of Optometry and Research Centre to bid a warm and memorable farewell to their beloved seniors, the third-year students.The programme began with an introductory speech by Bhavya Ma'am, Head of the Department (HOD), who welcomed everyone and shared heartfelt words on the occasion. Her speech set a warm and emotional tone for the farewell celebration.

The programme continued with memorable experiences and heartfelt messages shared by the teachers and the outgoing third-year students. Teachers reminisced about their journey with the students, while the third-year students shared their cherished experiences, memorable moments, and reflections from their time at the institution. The celebration was made lively and entertaining with a variety of cultural programmes, including energetic dance performances, melodious songs, and other entertaining activities presented by the students. The performances created a joyful atmosphere and brought everyone together in celebration.

The event concluded on a sweet note with cake cutting, followed by wishes for the graduating students. The farewell was a beautiful blend of emotions, laughter, memories, and togetherness, leaving everyone with cherished moments to remember. The second-year students conveyed their heartfelt wishes to their seniors for a bright, successful, and fulfilling future, as they begin the next chapter of their lives

# FAREWELL PARTY FOR THIRD YEARS









# ONLINE CASE PRESENTATION ON TOPIC: RETINITIS PIGMENTOSA

An Online case presentation was conducted on 18/09/2026 Friday evening from 3pm to 4 pm through google meet. The case presentation was done by an internship student Ms Sowparnika M on the topic Retinitis Pigmentosa . All internship students and two faculties have joined the session and participated actively.



# SWACHHATA HI SEVA PROGRAMME ORGANISED BY INDIAN RAILWAYS

As part of the Swachhata Hi Seva initiative, Indian Railways organised a programme in which students from colleges under the Ahalia Group of Institutions participated actively and enthusiastically. The programme provided students with an opportunity to interact directly with senior Railway officials and share practical suggestions related to cleanliness, hygiene, waste management, passenger safety and railway facilities.
The programme was attended by the following Railway officials:

Shri Madhukar Roat – Divisional Railway Manager (DRM)
Shri Jerin G. Anand – Additional Divisional Railway Manager (ADRM)
Shri Chandan Kumar – Divisional Mechanical Engineer & Divisional Environment and Housekeeping Manager (DME & DEnHM)
Shri Ambu P. Kumar – Divisional Security Commissioner (DSC)

The programme commenced with an interactive Samvad with the Railway officials, during which students were given an opportunity to express their views and share practical suggestions for improving cleanliness, hygiene, waste management, passenger safety and facilities in trains and on railway platforms.
Students from Ahalia actively participated in the discussion and put forward several thoughtful and practical suggestions. The key suggestions included:

- Samyuktha – ASCM: Installation of more dustbins at appropriate locations.
- Joicy – ASCM: Provision of sanitary napkin vending machines for women passengers.
- Anirudh – ASM: Installation of cameras inside trains to enhance passenger safety and monitoring.

# SWACHHATA HI SEVA PROGRAMME ORGANISED BY INDIAN RAILWAYS

- Hena – ACN: Improvement of washroom facilities and cleanliness in waiting rooms, along with addressing the limited availability of washrooms.
- Anugraha – ASM: Cleaning schedules should be based on actual passenger requirements rather than relying solely on fixed timings.
- Krishna – ASM: Provision of emergency buttons at railway stations for immediate assistance during emergencies.
- Neha – ACN: Provision of separate bins for sanitary napkin disposal and improved waste management inside trains.
- Namitha – ASORC: Installation of clear signboards directing passengers to dustbins inside trains.
- ACN Students: Availability of medical professionals/doctors at railway stations and exploring tie-ups with nearby hospitals to provide medical consultation and assistance to passengers. The students also suggested ensuring the quality of drinking water and maintaining proper food safety standards at railway stations and on trains. Greater awareness regarding the use of 139 for reporting issues such as spitting and tobacco-related concerns, particularly in general compartments, was also suggested.
- Ameen, Samyuktha & Joicy – ASCM: Introduction of a Wrap & Roll facility at Palakkad Railway Station, similar to the facilities available at Calicut and Ernakulam stations, for consideration.
- ASP Students: Strengthening baggage-checking facilities and procedures to enhance passenger safety.
- AAMCH Students: Consideration of a separate ladies' coach/facility in sleeper services between Thiruvananthapuram and Palakkad, along with increased awareness of the RPF helpline for passenger safety. They also suggested the introduction of IoT-based sensors inside trains to monitor cleanliness and identify situations requiring immediate attention. In addition, they proposed a reward or recognition system for passengers who properly dispose of waste, thereby encouraging responsible waste-disposal practices.

# SWACHHATA HI SEVA PROGRAMME ORGANISED BY INDIAN RAILWAYS

The Railway officials appreciated the thoughtful and practical suggestions shared by the students and acknowledged their active participation and keen interest in improving cleanliness, hygiene, passenger safety and facilities in trains and on railway platforms.

Following the Samvad session, a Swachhata rally was organised from the Divisional Office to the Railway Station. Students from the Ahalia colleges participated enthusiastically in the rally, carrying messages promoting cleanliness, responsible passenger behaviour and proper waste-disposal practices.

After the rally, a Swachhata pledge was administered in front of the Railway Station in the presence of the Railway officials and students. The pledge reinforced the collective commitment to maintaining cleanliness in trains and on railway platforms and promoting responsible waste-disposal practices among passengers.

The Swachhata Hi Seva programme provided students with a valuable platform to interact directly with senior Railway officials and present practical, student-driven ideas for improving cleanliness, hygiene, safety and passenger services. The active participation of the Ahalia students and the appreciation received from the Railway officials made the programme a meaningful and engaging initiative, further strengthening the shared commitment towards creating cleaner, safer and more passenger-friendly railway facilities.

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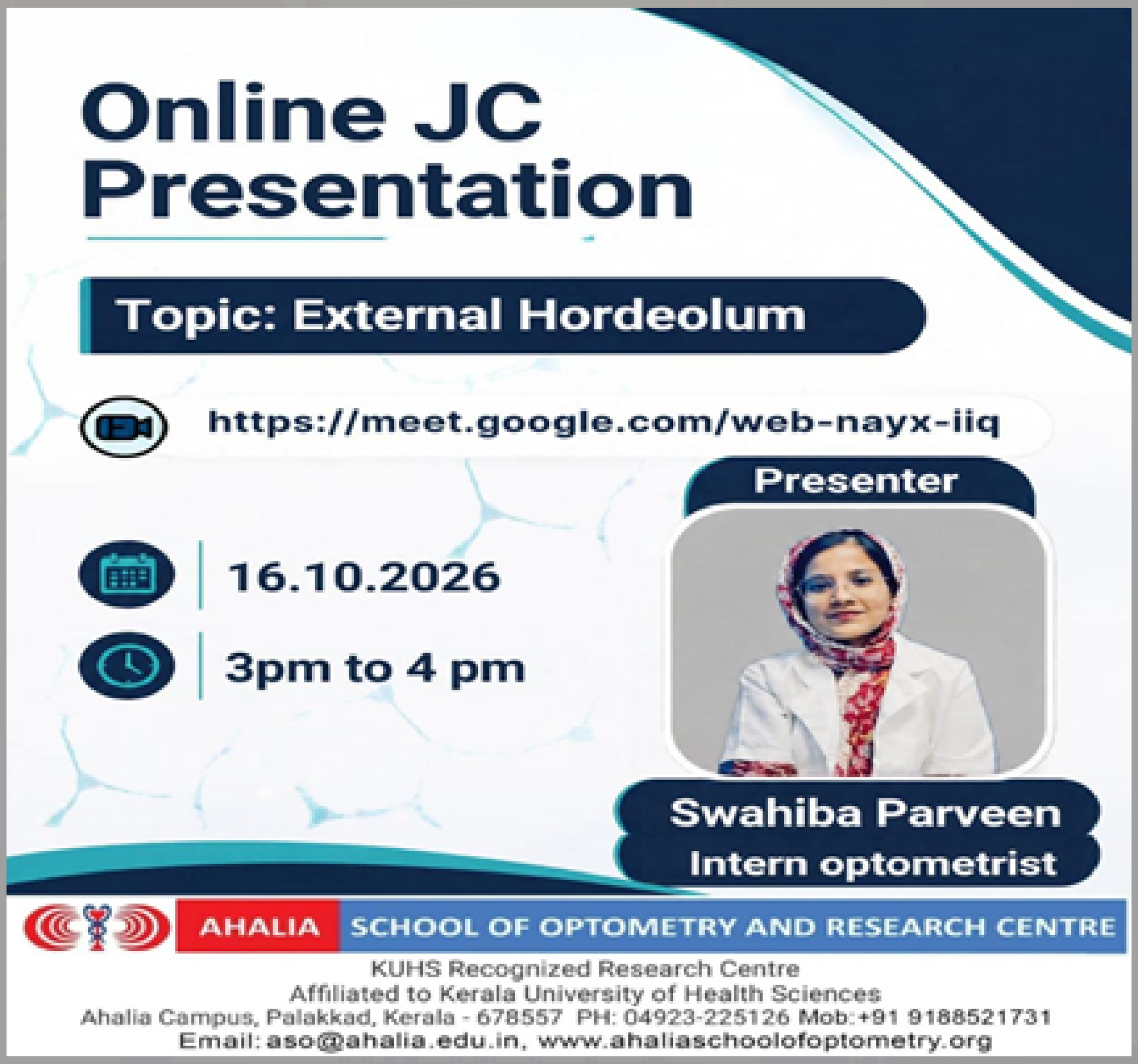
# PANEL DISCUSSION- TELEOPHTHALMOLOGY AND RETINA: A REVIEW OF CURRENT TOOLS, PATHWAY AND SERVICES

As part of faculty development program faculties of Ahalia school of optometry and research centre conducted a panel discussion on topic “Teleophthalmology and retina: a review of current tools, pathway and services “on 30 th September 2026 from 2.30 to 3.30pm at ASORC seminar hall. Discussion done on history ,present and future application of telemedicine within the field ofophthalmology and specific retinal disease .The strength and limitations of teleophthalmology ,it’s role in screening ,community and hospital management of retinal disease, patient and clinician attitudes and barriers to its adoption .All faculties actively participated in the discussion .



# ONLINE CASE PRESENTATION ON TOPIC: EXTERNAL HORDEOLUM

An Online case presentation was conducted on 16/10/2026 Friday evening from 3pm to 4 pm through google meet. The case presentation was done by an internship student Ms Swahiba Parveen on the topic External Hordeolum. All internship students and two faculties have joined the session and participated actively.



# GRADUATION CEREMONY 2026

Ahalia School of Optometry and Research Centre conducted 10th graduation ceremony on 17th October 2026. The graduation ceremony was a celebration of the students hard work, dedication, and commitment to the field of optometry. It was a proud moment for the graduates, their families, and the faculty members who have guided them throughout their academic journey.

Graduation Day ceremony began with a grand procession by the dignitaries and the graduands. The invocation was performed by the students. Mrs. Lathika R, Associate Professor, delivered the welcome speech.

The dignitaries lit the lamp. The ceremony progressed with the chief guest, Dr. Kavya Karunakaran, Deputy DMO (Asst. Director), District Medical Office, Palakkad gave the presidential address, inspiring the graduands with valuable insights and Dr. Sajeev Cherian Jacob, Principal of Ahalia School of Optometry and Research Centre, delivered the felicitation address. Chief guest, Dr. Kavya Karunakaran, officially announced the opening ceremony. The ceremony reached its highlight with the conferring of degrees. Ms. Preetha Balaji, Vice-Principal, Ahalia School of Optometry and Research Centre announced each graduands name and Dr. Krishna Kumar Kishore, Executive Director, Ahalia Health Heritage and Knowledge Village, bestowed medals on the meritorious students. The chief guest, Dr. Kavya Karunakaran, awarded certificates to the graduands. Dr. Sajeev Cheriyan Jacob administered the oath roll to the graduands, marking their formal entry into the optometry profession. The Celebration reached its proudest moment with the announcement of the Special Awards, honouring the students who had excelled through their years of hard work and dedication. The prestigious Best Outgoing Student Award was presented by Dr. Sajeev Cherian Jacob.

# GRADUATION CEREMONY 2026

The most awaited honour of the day, the Best Overall Performer Award, was presented by the Chief Guest, Dr. Kavya Karunakaran. A proud highlight of the Graduation Day was the presentation of Certificates to 9 students for the KUHS Research Awards, in recognition of their outstanding research work, innovative thinking and contribution to academic excellence.

Ms. Sreelekshmi Pradeep from UG 2021 batch and Ms. Sulthana Hannath from PG 2023 batch delivered the valedictory speech, sharing inspiring words and heartfelt gratitude. Ms. Bhavya P.K, Associate Professor, gave the vote of thanks, expressing gratitude to the dignitaries, faculty, and participants.



# GRADUATION CEREMONY 2026






# GRADUATION CEREMONY 2026












# ONLINE CASE PRESENTATION ON TOPIC: BRANCH RETINAL VEIN OCCLUSION

An Online case presentation was conducted on 23/10/2026 Friday evening from 3pm to 4 pm through google meet. The case presentation was done by an internship student Ms Varsha B on the topic Branch Retinal vein occlusion. All internship students and two faculties have joined the session and participated actively.



# ONLINE CASE PRESENTATION ON TOPIC: ASTROID HYALOSIS

An Online case presentation was conducted on 30/10/2026 Friday evening from 3pm to 4 pm through google meet. The case presentation was done by an internship student Ms Vyshnavi R K on the topic Astroid Hyalosis. All internship students and two faculties have joined the session and participated actively.



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