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REPORT

Myopia Awareness Programme

Organised by: NSS Unit, Hooghly Mohsin College

Date: 03 December 2025

Venue: Hooghly Mohsin College

The **NSS Unit of Hooghly Mohsin College** successfully organised a **Myopia Awareness Programme** on **03 December 2025** with the objective of creating awareness among students regarding the increasing prevalence of myopia (short-sightedness), its prevention, early detection, and proper eye care practices.

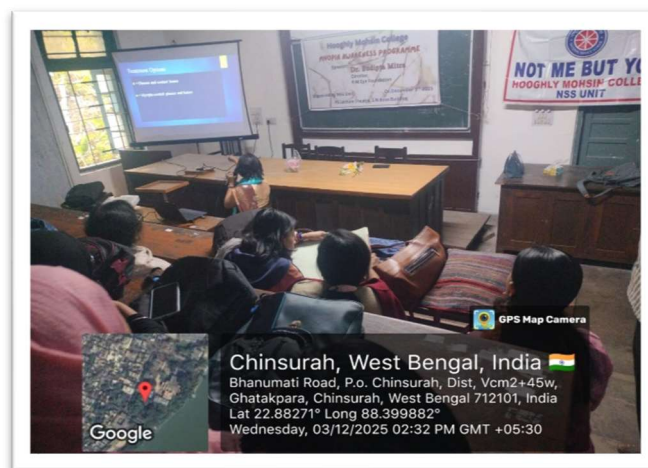
The programme was conducted by our distinguished alumnus, **Dr. Sudipta Mitra**, a renowned ophthalmologist, whose expertise and engaging presentation made the session highly informative and impactful. The programme was attended by NSS volunteers, students, faculty members, and non-teaching staff.

In his lecture, Dr. Mitra explained the causes, symptoms, and risk factors associated with myopia, highlighting the growing incidence of the condition among children and young adults due to prolonged screen time and reduced outdoor activities. He emphasized the importance of regular eye examinations, maintaining proper reading habits, limiting digital device usage, ensuring adequate lighting while studying, and spending more time outdoors to help reduce the progression of myopia.

The interactive session encouraged students to discuss their eye-related concerns, and Dr. Mitra patiently addressed their queries with practical advice. He also stressed the importance of early diagnosis and timely treatment to prevent complications and maintain healthy vision.

The programme concluded with a vote of thanks delivered by the NSS Programme Officer, who expressed sincere gratitude to Dr. Sudipta Mitra for sharing his valuable knowledge and inspiring students to adopt healthy eye care practices. The NSS Unit also thanked all participants for their enthusiastic involvement, making the programme a great success.

The Myopia Awareness Programme effectively fulfilled its objective of promoting eye health awareness and encouraging preventive measures among the youth, reflecting the NSS motto, "**Not Me, But You.**"



Some Glimpses of the Program


Principal
Hooghly Mohsin College
Principal
Hooghly Mohsin College