Gyanmanjari Institute of Technology
Sidsar Road, Bhavnagar.

Under the aegis of SSIP Cell

Department of Electrical Engineering

Organized

One Day Seminar on

"Eye in (h)i – Tech Era"

on

21th April, 2023

at

Gyanmanjari Institute of Technology, Bhavnagar

CONTENT

Acknowledgement

We are thankful to our honorable Provost Dr. H. M. Nimbark and Directors Prof. A. H. Vora and Prof. A. G. Maru who have fulfilled the need of a one- day seminar to enhance the information on avoidable blindness for the students of Gyanmanjari Institute of Technology

We are especially thankful to Dr. Ashish Khodifad, Ratina Specialist, for his contribution of knowledge and information in this seminar.

Inauguration of Seminar

In the beginning Dr. A. N. Lumbhani welcomed the key note speaker on behalf of Gyanmanjari Institute of Technology with flowers. The purpose and importance of the seminar was explained in detail by Prof. Anish Vora

Number of Participants

Total numbers of participants were 200.

Significance of Seminar

A one day seminar was organized for students of Gyanmanjari Institute of Technology on the very significant topic of prevailing time “Eye in Hi-Tech Era”.

In the recent technological era, the availability, need and use of digital devices has increased significantly among all age groups and the awareness of how harmful the blue light emitted by it is to the eyes and how its effects can be avoided to a great extent. The sole purpose of the seminar was to create the awareness amongst the students and how the damage to eyes can be avoided or minimized.

Major Topics of Seminar

- Constant Exposure to Blue Screen & Its Effect
- Damage Retinal Cell
- Age Related Macular Degeneration
- Precautionary Measure

Brief Information of Seminar

Gyanmanjari Institute of Technology regularly organizes various programs with the objective of developing students in all fields relevant to the current times, professional and social awareness in addition to excellent career.

In the recent technological era, the availability, need and use of digital devices among all age groups has increased significantly. Widespread daily use of digital devices for both social and professional purposes is now commonplace. The awareness of how harmful the blue light emitted by it is to the eyes and how its effects can be avoided to a great extent is very important.

Most of us look at some kind of electronic device for several hours every day. These include TVs, smart phones, tablets and gaming systems. Digital eye strain means that constant exposure to blue light from each of these devices can damage retinal cells and cause vision problems like age related macular degeneration. It can also contribute to cataracts, eye cancer, and growths on the clear coating on the white of the eye. People also tend to blink less when using digital devices, which contribute to dry eye and eye strain. Other common signs of eye strain include headaches, blurred vision, and neck and shoulder pain.

Regarding effective prevention of the problem of excessive screen time Dr. khodifad explained that, spending a long time looking at the screen can cause strain on the eyes. Using the 20-20-20 rule can help prevent this problem. Every 20 minutes a person looks at a screen, he must look at something 20 feet away for 20 seconds. This is a great way to remember to take frequent eye breaks and can reduce eye strain caused by staring at a digital screen for too long.

Conclusion

The students of the engineering branch have also been motivated to invent low-cost devices useful in the medical field with the aim of providing maximum benefit to the marginalized patients from the social and economic point of view and all necessary support has also been assured.

All participants had very good information and all students advised to reduce unnecessary screen time and save precious eyes.

Snaps of the Seminar

Felicitator – Dr. Ashish Khodifad

Particiapnts of Gyanmanjari Institute of Technology

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