

A SESSION WITH AN OPHTHALMOLOGIST

(IN SYNC WITH **SDG 3: GOOD HEALTH & WELL BEING**)

“Of all the senses, sight must be the most delightful.” – Helen Keller

A session by **Dr. Hemant Kumar** was conducted for the students of Grades I and II. Dr. Kumar highlighted the importance of our eyes and also shared tips on how to take care of these delicate organs. He correlated the concept of the five senses to living a good life as we use our sense of sight to see the beautiful world outside. He explained how the eyesight is one of the most important senses as the majority of what we perceive is obtained through our sense of sight.

He cautioned the children against spending long hours in front of the screen and guided them to do some simple exercises for keeping our eyes healthy. He advised the children to take good care of their eyes to reduce the odds of eyesight degeneration and eye diseases. He also stressed on the importance of taking preventive measures at the right age/ early stage to maintain healthy eyes and vision.

At the end of the session, the honourable Head of School, Ms. Nandita Mathur reiterated to the children that “Your eyes are a priceless possession and need to be given priority.”

