



**Bharatiya Vidya Bhavan's
Sardar Patel Institute of Technology
Munshi Nagar, Andheri-W, Mumbai-400058**



Report

Event Name: Care of eyes webinar

Date of Event: 2021-03-10

Place of Event: Online Platform

In-Charge Member: IEEE WIE-SPIT

On the occasion of women's week 2021, WIE-IEEE-SPIT arranged a webinar about "Care of Eyes in overexposure to screens and in Diabetes" by Dr. Sandeep Nakhate on 10th March 2021. The event started with the divine blessings of goddess Saraswati.

Dr. Sandeep commenced his talk by giving a background of how the covid pandemic altered our lifestyles leading to increased screen time and more stress on our eyes. He briefed us about the symptoms of overexposure to screen and highlighted the common mistakes people often make while using electronic gadgets. He went on to elaborate, the temporary and permanent effects of screens on physical, mental and emotion health. He further recommended eye exercises for good eyesight.

In the second half of the webinar, he spoke about diabetes and its effects on our eyes. He raised awareness about diabetic retinopathy, its symptoms as well as treatment and diagnosis. He explained how we can't cut down our screen time completely but can reduce it by a great extent and gave us few tips on maintaining a health lifestyle. He took up a few questions from the audience and generously answered them before concluding the event.

