



Koneru Lakshmaiah Education Foundation

(Deemed to be University estd. u/s. 3 of the UGC Act, 1956)

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Date: 01.09.2020

Venue: KLEF (Online Event)

AWARENESS ON CHILDRENS EYE HEALTH AND SAFETY

Myself, Mr. B. Nagaraju, working as an Assistant Professor in KL College of Pharmacy, K L (Deemed to be University). It's a great privilege for me to work over here. On 1st September, I was honoured by Youth Red Cross associated with KLEF, to deliver a speech over "Children's Eye Health and Safety". The main scenario of the topic includes creating awareness about commonly occurred vision problems in children's and how to identify vision problems. The session also discussed in detail about safety precautions to avoid vision problems and also gave information about dietary habits for better vision. In Final, the session had ended with Queries. This is my second webinar which gave an immense pleasure for being a part in Youth Red Cross.

I sincerely thanks to Dr.G.Chakravarthi, Principal, K L College of Pharmacy, Dr.K.R.S. Prasad, Dean (Student Affairs), Dr.P. Gopi Krishna, Prof. In-charge, CEA, Dr.P. Yellamma, Programme Coordinator-YRC, Dr.A.Rajasekar Reddy, Assistant Professor, K L College of Pharmacy for their continues motivation and Dr. S.Venkateswarlu, Coordinator, Centre for Extension Activities (C.E.A), KL University for technical support.

Event Photos:

KL UNIVERSITY | Organized by **YOUTH RED CROSS**

Webinar on Children's Eye Health & Safety

Mr. B. Naga Raju
Asst. Professor,
Dept. of Pharmacy,
KL College of Pharmacy
KL University

zoom
Join Zoom Meeting:
<https://us04web.zoom.us/j/79096737435?pwd=bUZwZ1Q0ckVIRG5lQWw0SG5kZUJpdz09>

Date: 01 September, 2020 (Tuesday)
Time: 11.00 am to 12.30 pm

KL UNIVERSITY | Organized by **YOUTH RED CROSS**

YOUTH RED CROSS Webinar on Awareness on Childrens Eye Health And Safety

DATE: 01/09/2020
TIME: 11:00PM TO 12:30 PM
E-Certificates will be Awarded

Mr. B. Naga Raju
Assistant Professor,
Department of Pharmacology,
K L College of Pharmacy,
K L University.

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ZOOM LINK
<https://tinyurl.com/EyeAwareness>

NUTRITION FOR HEALTHY EYES

Vitamin A & Beta Carotene | Vitamin C (ascorbic acid)
Essential Fatty Acids | Lutein & Zeaxanthin

26 FOODS that are good for YOUR EYES

1. CARROTS
2. BAKED POTATOES
3. CHOCOLATE
4. CORN
5. CUCUMBER
6. DRIED FRUIT
7. EGGS
8. GARLIC
9. GREEN BEANS
10. GREEN PEAS
11. KALE
12. LENTILS
13. MANGROVE
14. MUSHROOMS
15. PARSNIPS
16. PEAS
17. PUMPKIN SEEDS
18. RASPBERRIES
19. RICE
20. SALMON
21. SPINACH
22. SWEET POTATOS
23. TOMATOES
24. TUNA
25. WHEAT
26. ZUCCHINI

https://www.eyes.org.uk/healthy-eyes

The Importance of Discovering Vision Problems Early

Discovering vision problems early on in a child's life is an important part of helping him or her do well in school.

- Avoid frustration
- Make reading easier
- Make learning more enjoyable
- Make better performance in sports and cultural

Can your child see clearly?

How does a child know that this is not normal?

British Confederation of Opticians

The following may be indicative of a child experiencing a vision problem:

- Eyes turning inward or outward
- Squinting
- Headaches
- Worsening academic performance
- Blurred or double vision
- Losing place while reading
- Avoiding close work
- Holding reading material closer than normal
- Rubbing eyes
- Eyes tiring while reading or doing other schoolwork
- Turning or tilting head to use one eye only
- Making frequent reversals while reading or writing
- Using finger to maintain place while reading
- Consistently performing below potential

