

Workshop- Safety of Eyes by Dr. Arunima Chadha



It is rightly said “Eyes are the mirror of the soul”. On 16th December 2019, an informative workshop was conducted for Classes II – V on “Safety of Eyes” by Dr. Arunima Chadha, Mother of Savir Chadha of class II-B and Abir Chadha of class VI-

B. She emphasized on the importance of eyes and talked about the various probable reasons why the children are not able to see clearly. She also updated them about the screen time that they should be limiting themselves to for healthy eyesight. Further on, there was an interactive session where the children shared their experiences on various sports related injuries and how could they be prevented in future. The workshop ended with an interesting quiz which was thoroughly enjoyed by all the students.

