

PROJECT REPORT

Ophthalmic Advisory Session

Project Title: *Vision for Life – Community Eye Health Awareness*

Organized by: Lions Club of Colombo Royalty

Occasion: Region 3 Project Day

Venue: St. Anne's College, Kurana, Negombo

Date: 09.11.2024

1. Introduction

As part of the Region 3 Project Day, the Lions Club of Colombo Royalty conducted an ophthalmic advisory session at St. Anne's College, Kurana. This initiative aimed to promote eye health and educate the community on the importance of early detection and prevention of eye disorders.

2. Objectives

- To raise awareness about common eye conditions and their prevention.
- To provide professional ophthalmic guidance to the local community.
- To encourage proactive eye care habits among individuals of all ages.

3. Session Highlights

- **Expert-Led Advisory:**
Qualified ophthalmologists conducted an informative session, sharing valuable insights on maintaining eye health, identifying symptoms of common eye disorders, and adopting preventive care strategies.
- **Interactive Q&A Session:**
Community members had the opportunity to ask questions and receive personalized advice, enhancing their understanding of eye health and vision care.
- **Distribution of Educational Material:**
Informative brochures and pamphlets were distributed, summarizing key points and guidelines for healthy vision.

4. Impact

- **Health Education:**
The session empowered attendees with knowledge about protecting their eyesight, thereby reducing the risk of preventable visual impairment.
- **Community Outreach:**
The event strengthened the link between healthcare professionals and the public, encouraging regular eye check-ups and early intervention practices.

5. Conclusion

The ophthalmic advisory session conducted by the Lions Club of Colombo Royalty marked a significant step toward promoting community health and well-being. By combining expert knowledge with accessible outreach, the club continues to demonstrate its commitment to making a meaningful impact in public health.

6. Acknowledgements

Special thanks to:

- The medical professionals who offered their time and expertise.
- The administration of St. Anne's College for hosting the session.
- All community members who actively participated and supported the initiative.