

Nurturing Emotional Growth in Medical Postgraduates Via Eye Donation Poster Competition

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Sir,

Medicine is said to be both science and art. Corneal blindness is leading cause of blindness across the world. The prevalence in Asia is 0.4%.¹ Medical graduates being the future leaders play vital role in spreading awareness and importance about eye donation in the community. They hold the power not only to heal but also to give gift of sight, hope and compassion to those in need. Through their rigorous journey of learning and professional development, the pursuit of medical knowledge and clinical skills often takes precedence. At the same time, it is crucial to nurture empathy, compassion, and a profound understanding of emotional needs of patients and their families. Many patients always feel comfortable with the clinician who is more compassionate and communicates well, giving sufficient time to the patient. To inculcate this in the medical graduates, holistic approaches during education can be gamechanger.

Art is a powerful tool through which individual can tap into their innermost self. To unlock their emotional quotient, eye donation poster competition is unique platform and catalyst for emotional growth. It

includes educational component and emotional connect both at the same time. Many times, there is lack of knowledge about the procedure to donate/pledge eyes among medical graduates. [Roshani Robert]. This can be detrimental to the consent rates as they are the first point of contact with patients or bystanders who give consent for eye donation of the deceased. Poster competition certainly improves this awareness and knowledge among all medical students when they participate or attend these events.

Postgraduates are encouraged to infuse their posters with empathy and compassion while keeping medical and ethical aspects intact. By encouraging them to participate in the poster competitions, we can tap into their emotional reservoirs, rooting a deep connection with the cause of eye donation. During the poster competitions they interact with peers learning teamwork.³ While conducting research for posters, they delve into the impact on patients and the emotional journey of both donors and recipients, fostering deep sense of understanding and empathy in them. Postgraduates understand the lack of awareness about eye donation in community, find innova-

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tive ideas to spread awareness, understand why certain people are unwilling for eye donation due to

their religious beliefs, learn how to enlighten such people by passing on the compassion that they learnt.⁴ These posters when displayed in hospitals and medical institutions can engage the community creating more awareness and encouraging eye donation in community. Posters giving information of pledge donation forms, procedure, centres, and eye banks are also always appreciated and get more attention since many individuals who are willing for eye donation lack this information at times. While presenting the posters to the judges and community they develop their communication skills and emotional intelligence. These emotionally intelligent doctors will make a profound difference in the lives of their patients.⁵ Poster competitions can illuminate the minds of the students as well as community and create awareness and deep understanding of the importance of eye donation.

Ultimately, the emotional quotient development achieved through poster competition goes far beyond the artistic expression. It shapes hearts and minds of our future healers, moulding them from budding doctors into holistic healers.

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