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Eyes, the biggest casualty of exams

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ONE OF the biggest casualties of the Board exams is vision, with many students straining their eyes studying through the night, little realising its long-term harm.

Experts say that in most cases the damage is temporary but some may end up with increased power in their glasses after exams.

Dr Satish Mehta, consultant ophthalmologist at Moolchand Medcity said: "In order to reduce eye strain when working on the computer or reading, look up every eight to ten minutes and focus on different objects across the room. Your eye does less work when focusing across the room, so looking up from time to time from your reading can help keep your eyes relaxed."

He also advises that good posture while reading, study-

ing or working on the computer helps reduce eye strain. "Try to avoid reading while laying on your back, stomach, or side," he said.

"Make sure that there is good light on close work tasks and good general room light as well. Illumination should be positioned so as to avoid glare from your reading material.

Good background lighting of the room should be adequate," said Dr B. Ghosh, director and professor, Guru Nanak Eye Centre. "If glasses are prescribed, wear them. Ignoring them

may result in increased power and headaches," he added.

"The blink-rate tends to go down when one concentrates hard. Drying of eyes is very harmful hence it is important one puts in effort to blink so as to keep the eyes moist," said Dr Sanjay Dhawan, ophthalmology head at Max Healthcare.

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