

Don't strain your eyes, doctors caution students

EXPERTS SPEAK Proper light, good sleep and regular breaks reduce strain on eyes

cracking the boards



Jaya Shroff Bhalla

■ jaya.shroff@hindustantimes.com

NEW DELHI: With the Board examinations drawing close, students are having strenuous moments. Many remain glued to their text books or computers for hours without a break, least realising the harm it may cause to their eyes.

Experts say the hazardous effect that these non-stop hours of study leave on children's eyes cannot be ascertained immediately. However, post-examination many complain of vision problem and end up wearing glasses, say doctors.

Doctors advise that bespectacled students should get their eyes checked at regular intervals to ensure that they are wearing correct glasses.

"A student wearing wrong lenses faces strain in the eyes, which can lead to poor vision, headache and nausea," said Dr Atul Kumar, professor, ophthalmology at RP Centre, All India Institute of Medical

Sciences (Aiiims).

"While reading, it is the near vision that comes into play. The ciliary muscles contract to focus for close reading, which need rest after some time," said Dr Tarun Kapur, senior consultant ophthalmologist at Rockland Hospital.

Dr Kapur advised that looking up frequently while preparing for the exams can help soothe eyes.

He said maintaining a good posture while reading or studying on computer also help reduce eyestrain. "One should not lie down while studying and use a chair and table for the purpose," he added.

Ensuring good lighting while studying also helps reduce strain in the eyes, say ophthalmologists. "Make sure that there is good light where you study. Light should be positioned in such a way that it avoids glare from your reading material," said Dr Kumar.

"Blink rate reduces when one is concentrating too hard. Drying of the eyes is extremely harmful. Therefore, it's important that one blinks more while studying as it helps keep the eyes moist," said Dr Rohan Chawla, senior consultant at Max Healthcare.

PROTECT YOUR EYES

- Take break after every 1 hour
- Wash your eyes 3-4 times a day
- Blink frequently while studying to maintain eye moisture
- Put cucumber slices on eyes for soothing effect
- Good lighting, preferably white light, is must while studying
- Nutritious diet like green vegetables, fruits and items rich in protein content must be consumed
- Consume a lot of liquid such as fruit juice and water
- Keep your diet light
- Take small and frequent meals
- Proper sleep is must

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DR ATUL KUMAR
AIIMS

"It's a good idea to lubricate eyes using tear drops, which are available at chemist shops. One must check that it does not contain any preservative," he added. "A good sleep is must. Only if the mind is fresh, the body will be active and it is also good for eyes," said Dr Kapur.

Doctors also advice that children should avoid watching TV and working on computers as much as possible.

Blink rate reduces when one is concentrating. Drying of eyes is harmful. So, it's must that one blinks often while studying as it helps keep the eyes moist.

DR ROHAN CHAWLA
Max Healthcare

"One must take breaks at regular intervals while reading or working on computer to reduce strain in the eyes. One must close his eyes or look at distant objects," Dr Kapur said.

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