



St. Angel's Global

Gurugram, Haryana

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Gurugram, Haryana 122101

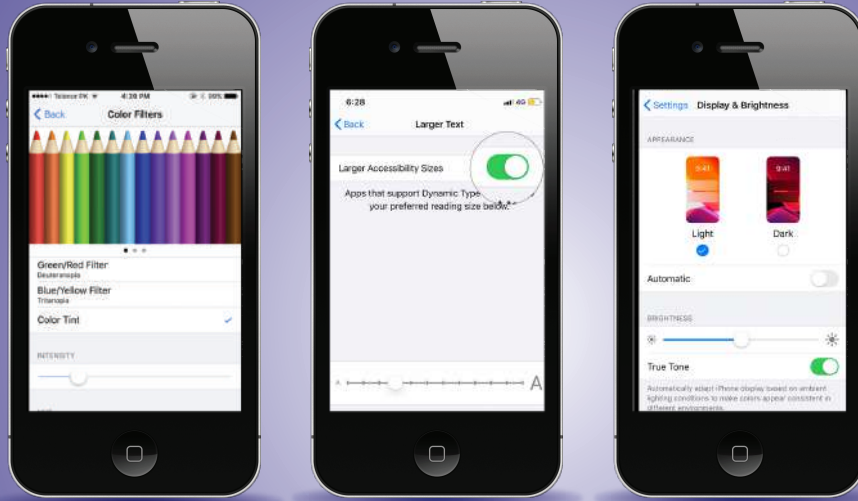
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EYE CARE ADVISORY



- Make sure your computer screen is about 25 inches, or an arm's length, away from your face. The center of the screen should be about 10-15 degrees below eye level.
- Cut glare by using a matte screen filter. You can find them for all types of computers, phones, and tablets.
- Follow the 20-20-20 rule: every 20 minutes, look at an object at least 20 feet away for at least 20 seconds.
- Try putting a humidifier in the room where you most often use a computer or other device.
- Make sure the lighting in the room you're in is bright enough. You don't want your device to be brighter than the surroundings.
- Get regular [eye examinations](#). You might need to use a different pair of glasses when you're working on a computer.
- Shut your eyes at regular intervals
- Make sure you blink
- Keep looking away from the screen at least once in every 5 minutes
- Make sure you leave your chair after every period and stretch your limbs
- Every child should drink water after every session and wash eyes with cold water.
- Breaks after periods should be used for walking around
- In case one feels tired, try to look away from the screen. Keep moving your arms and shoulders to avoid stiffness



ADJUST YOUR DEVICES

You can also make sure your devices are set for [eye health](#).

- Raise the contrast on your screen.
- Make text larger.
- Change the brightness of the screen. It shouldn't be lighter or darker than your surroundings.
- Lower the color temperature of your screen. That means it will give off less blue light, which is linked to more eyestrain.
- Raise the device's refresh rate. That will cause less flickering of the screen.



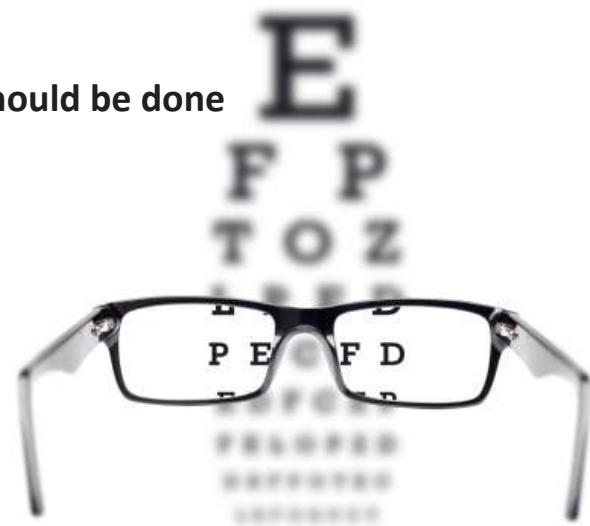
How To
**EXERCISE
YOUR EYES**

Here are a few different types of eye exercises that you can try, depending on your needs.

FOCUS CHANGE

This exercise works by challenging your focus. It should be done from a seated position

- Hold your pointer finger a few inches away from your eye.
- Focus on your finger.
- Slowly move your finger away from your face, holding your focus.
- Look away for a moment, into the distance.
- Focus on your outstretched finger and slowly bring it back toward your eye.
- Look away and focus on something in the distance
- Repeat three times.



NEAR AND FAR FOCUS

This is another focus exercise. As with the previous one, it should be done from a seated position.

- Hold your thumb about 10 inches from your face and focus on it for 15 seconds.
 - Find an object roughly 10 to 20 feet away, and focus on it for 15 seconds.
 - Return your focus to your thumb.
- Repeat five times.

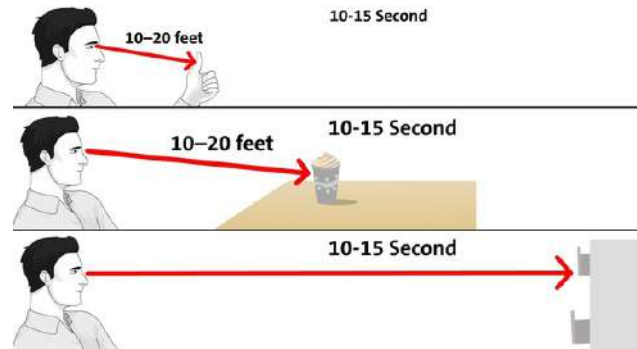


FIGURE EIGHT

This exercise should be done from a seated position as well.

- Pick a point on the floor about 10 feet in front of you and focus on it.
- Trace an imaginary figure eight with your eyes.
- Keep tracing for 30 seconds, then switch directions.





DIET

Maintaining a well-balanced, healthy diet is key to keeping your eyes healthy, and may help reduce your risk for developing eye conditions. Serious eye conditions may be avoided if you include foods that contain a range of vitamins, nutrients, and minerals, known as antioxidants. The following are good for healthy eyes:

Fish, milk, yoghurt, carrots, almonds, eggs and oranges