

Effect of SKY Yoga practice with Vision Impairment among NGM College students.

P.Veerasithi Vinayagan

Assistant Professor,

Department of Human Excellence.

Introduction:

Vision (eye) is the greatest feature for human being. The organ eye which is highly valuable and a best protector of the other organs such as ear, nose, tongue, skin. Through seeing the things we perceive the object and get knowledge from the things. And also we identify the size and color of the objects, that power of vision gives the idea of utilizing and the past experience of how we use and get experience the things. Human feelings and emotional mood of the mind are perceived by the eyes that alert the mind to change the attitude and approach. Skill based knowledge and effective communication is possible with the help of eyes. In human life we share our ideas and feelings of relations and identify their position in relations such as uncle, aunty, grandmother and grandfather. So that eyes are very powerful tool in the world.

In many fields such as Medical, Defense, science and natural disaster the power tool of eyes play a key role to save and protect the people from disease and the enemies. The visual problem creates severe mental stress and lack of confidence in student's life. So, in the students mind visual problem is a barrier to achieving their goal and concentrating in the study work also. The society has the greatest responsibility in bringing a bright future and a lack of vision impairment people in the world.

Aim of this article:

The aim of this article is getting a clear vision and maintaining the eyes with the various best practices such as Eye exercise, lamp exercise and Kayakalpa exercise.

What is the meaning of visual impairment?

Visual impairment, also known as **vision impairment** or **vision loss**, is a decreased ability to see to a degree that causes problems not fixable by usual means, such as glasses. Some also include those who have a decreased ability to see because they do not have access to glasses or contact lenses. Visual impairment is often defined as a best corrected visual acuity of worse than either 20/40 or 20/60. The term **blindness** is used for complete or nearly complete vision loss. Visual impairment may cause people difficulties with normal daily activities such as driving, reading, socializing, and walking.

The most common causes of visual impairment globally are uncorrected refractive errors (43%), cataracts (33%), and glaucoma (2%). Refractive errors include near sighted, far sighted, presbyopia, and astigmatism. Cataracts are the most common cause of blindness. Other disorders that may cause visual problems include age related macular degeneration, diabetic

retinopathy, corneal clouding, childhood blindness, and a number of infections. Visual impairment can also be caused by problems in the brain due to stroke, premature birth, or trauma among others. These cases are known as cortical visual impairment. Screening for vision problems in children may improve future vision and educational achievement. Screening adults without symptoms is of uncertain benefit. Diagnosis is by an eye exam.

The World Health Organization (WHO) estimates that 80% of visual impairment is either preventable or curable with treatment. This includes cataracts, the infections river blindness and trachoma, glaucoma, diabetic retinopathy, uncorrected refractive errors, and some cases of childhood blindness. Many people with significant visual impairment benefit from vision rehabilitation, changes in their environment, and assistive devices.

As of 2015 there were 940 million people with some degree of vision loss. 246 million had low vision and 39 million were blind. The majority of people with poor vision is in the developing world and are over the age of 50 years. Rates of visual impairment have decreased since the 1990s. Visual impairments have considerable economic costs both directly due to the cost of treatment and indirectly due to decreased ability to work.

Definition:

- The definition of visual impairment is reduced vision not corrected by glasses or contact lenses – WHO
- Vision impairment refers to when you lose part or all of your ability to see (vision). The impairment must persist even with the use of eyeglasses, contact lenses, medication, or surgery – Net source from study.com

Types of visual impairment:

The World Health Organization uses the following classifications of visual impairment. When the vision in the better eye with best possible glasses correction is:

- 20/30 to 20/60 : is considered mild vision loss, or near-normal vision
- 20/70 to 20/160 : is considered moderate visual impairment, or moderate low vision
- 20/200 to 20/400 : is considered severe visual impairment, or severe low vision
- 20/500 to 20/1,000 : is considered profound visual impairment, or profound low vision
- More than 20/1,000 : is considered near-total visual impairment, or near total blindness
- No light perception : is considered total visual impairment, or total blindness

Blindness is defined by the World Health Organization as vision in a person's best eye with best correction of less than 20/500 or a field of less than 10 degrees. This definition was set in 1972, and there is ongoing discussion as to whether it should be altered to officially include uncorrected refractive errors.

- *Partially sighted* indicates some type of visual problem, with a need of person to receive special education in some cases.
- *Low vision* generally refers to a severe visual impairment, not necessarily limited to distance vision. Low vision applies to all individuals with sight who are unable to read the newspaper at a normal viewing distance, even with the aid of eyeglasses or contact lenses. They use a combination of vision and other senses to learn, although they may require adaptations in lighting or the size of print, and, sometimes, Braille.
- *Myopic* – unable to see distant objects clearly, commonly called near-sighted or short-sighted.
- *Hyperopic* – unable to see close objects clearly, commonly called far-sighted or long-sighted.
- *Legally blind* indicates that a person has less than 20/200 vision in the better eye after best correction (contact lenses or glasses), or a field of vision of less than 20 degrees in the better eye.
- *Totally blind* students learn via Braille or other non-visual media.

Vitamin A deficiency

Vitamin A is a group of nutrients crucial for eye health and functioning and reproductive health in men and women. It also plays a part in strengthening the immune system against infections.

According to WHO, a lack of vitamin A is the leading cause of preventable blindness in children. Pregnant women deficient in vitamin A have higher maternal mortality rates as well. Beta-carotene is a nutrient that functions as an antioxidant and is found in red, orange, yellow, and dark green pigmented produce. Beta-carotene can be converted to vitamin A in the body when needed.

SKY YOGA PRACTICES:

Simplified Kundalini Yoga recommends the following Practices to improve the Eye sight problems.

1. Eye Exercise
2. Lamp Exercise and
3. Kayakalpa Exercise

1. Eye Exercise :

Eye exercise helps to contract the muscles of pupils in all direction that regulates the blood circulation, air circulation, and heat circulation in the eyes. Regular practice will be very useful to reduce the defects in the eyes.

Benefits:

- a) Defective eye sight would be corrected by toning up the muscles around eyes.
- b) Eye straining, itching and other eye diseases prevented.
- c) Refreshing and toning the sense organs, facial nerves and vital organs.

2. Lamp exercise:

Lamp exercise is followed as a practice to improve visual clarity. When practices this lamp exercise enormous bio magnetism are generated and pressure in the eyes are gradually reduced.

Benefits:

- a) Bio magnetism increased in the eyes and all over the body
- b) Face glows and attractiveness increased

3. Kayakalpa Exercise

Kayakalpa yoga is a simplified exercise comprising of Ashwini mudra and Ojas breathe. By doing kayakalpa exercise, the sexual vital fluid becomes denser and purer. The nervous system gets strengthened. The immunity power increases.

Benefits:

- a) Potency increases.
- b) Memory improves
- c) Good for eye sight power.

Foods Rich in Antioxidants for Eye Health	Antioxidants Related to Eye Health
Food Eggs, kale, spinach, turnip greens, collard greens, romaine lettuce, broccoli, zucchini, corn, garden peas and Brussels sprouts.	Lutein & Zeaxanthin
Red berries, kiwi, red and green bell peppers, tomatoes, broccoli, spinach, and juices made from guava, grapefruit, and orange.	Vitamin C (ascorbic acid)
Vegetable oils, nuts, green leafy vegetables, sweet potatoes, avocados, wheat germ, and whole grains.	Vitamin E

Recommendations:

Carrots, sweet potatoes, squash, eggs, and green leafy vegetables.	Vitamin A & Beta Carotene
Salmon, sardines, flax seeds, soybeans, and walnuts.	Essential Fatty Acids
Red meat, poultry, oysters and other seafood, nuts, dried beans, soy foods, milk and other dairy products, whole grains, and fortified breakfast cereals.	Zinc

Suggestions:

1. Clean your eyes with pure and cold water.
2. Avoid looking directly at the sun, artificial light or shining objects. Direct rays of bright light can damage the retina.
3. Regularly practice Eye exercise
4. Maintain a good distance from the computer screen sit approximately 22 to 28 inches away from it.
5. Use sun glasses to protect eyes from Sun's Ultra violet (UV) rays.
6. Avoid watching TV continuously.
7. Have your eyes tested regularly.
8. Avoid stress and get enough sleep.
9. Reduce the time of using smart phone often.
10. Control your anger and regularly practice introspection and do meditation.

Conclusion:

In the modern world Eye problem is a very complicated one for the students. They are struggling and facing competition with job opportunities and learning field of education in the society. So that a suitable finding is needed to reduce the eye problem for which SKY Yoga

offers such practices as Lamp exercise, Eye Exercise, and Kayakalpa exercise. Suitable instructions are given in the recommendations that advance steps are important to prevent eye sight problem. If they practice the Eye exercise and related exercise regularly eye sight problem can reduce gradually. Nutrition content of fruits and vegetables are instructed to get a clear vision. The main purpose of this article is clear vision for all people in the world.

Reference:

1. Simplified Physical Exercises – WCSC Aliyar.
2. World Health Organization. WHO/PBL/97.61. Geneva: WHO; 1997. Global Initiative for the Elimination of Avoidable Blindness.
3. Smart Master's guide - WCSC Aliyar.
4. Wikipedia.
5. Study.com net sources.