SCHOOL FOR PERFECT EYESIGHT

2, Lally Tollendal Street, Pondicherry - 605 002
The School for Perfect Eyesight, an initiative of Sri Aurobindo Ashram at Pondicherry, where one will get an eye opener into rebuilding ones vision.
The Mother’s Message for the inauguration of the School for Perfect Eyesight:

5 May 1968

“The more the mind is quiet, the more the sight is good.”

Blessings – The Mother

CWM 15:159
I...encourage you to have faith that your eyes will be cured.

The Mother

CWM 15:152
The School for Perfect Eyesight was started in 1968 by Dr. R S Agarwal, an expert and a believer in the power of the Bates Method. This method, an alternative therapy that helps in improving eyesight, is no rocket science.
The first biggest revelation will be that most of us do not know how to use our eyes. We who sit in front of our computers simply do not blink our eyes and we stare at the monitor. We do not realise how much we strain our eyes while reading and watching movies especially on computers and mobile phones.
Consequences: Headaches, swollen eyes, red eyes, refractive errors and deterioration of vision.
TYPES OF REFRACTIVE ERRORS

Dr. William H. Bates

Diagram of the Hypermetropic, Emmetropic and Myopic Eyeballs

Hypermetropic Eyeball

Emmetropic Eyeball

Myopic Eyeball
PRACTICE MAKES PERFECT

The School for Perfect Eyesight trains you to take care of your eyes.
The simple relaxation techniques that will rejuvenate your eyes naturally. The experts at the School put you through a series of exercises – sun treatment, palming, ball exercises, candle light reading, eye massage and so on for a week.
Mind you, no television or computer during this entire week.

After the training here, you can practice these exercises at home or office without any hassles.
When you review your vision by the end of the treatment, you’ll be happy that you chose to come to the School for Perfect Eye Sight, Pondicherry.
The School gets around 3000 patients every year starting from the age of 7. Many people who have lost hope in saving their vision have found solace here. Most people who come to us are coming to the School as their last resort after many disappointments outside.
The School runs on voluntary contribution because it does not want to burden the people with the thought of money. 😊

Our happiness comes when we see that our treatment has made a difference to their lives.
The following eye exercises help to improve and strengthen your eyesight.
Face the sun with eyes closed for 1 minute and swing from one foot to the other in a pendulum like motion as shown in the next slide.
SUN TREATMENT

LEG MOVEMENT

Shift bodyweight from one foot to the other
Fill the eye cup with water and blink the eyes 8 to 10 times.
While palming place the hollow part of the palms gently on the closed eyes. Block out all light, concentrate on your respiration and relax with eyes closed for 5 to 10 minutes.
WRONG WAY OF PALMING

Pressure on eyes and covering them as shown below
CANDLE READING

Keep the light on the left and read the card, blinking after every 4 or 5 words.
RIGHT WAY OF READING

Sit comfortably and hold the reading material at the right visible distance below the chin.

Blink after 4 or 5 words and move your head along with movement of the eyes.
BALL EXERCISE

Follow the movement of the ball with the eyes and move the head parallel to the ball’s movement.

Blink after catching the ball.
HEIGHT OF THE BALL

RIGHT

WRONG
Ball-Eye-Head Movements

Follow the movement of the ball with the eyes and move the head parallel to the ball movement. Blink after catching the ball.
BAR SWING

Swing from one end of the bar to the other while looking at the distance through the bars and blink at the end of each swing.
EYE MOVEMENTS

Look up and then down alternately 5 times without moving the head. In the same way look right and then to the left alternately 5 times.
Acupressure Points to Improve Eyesight
Press or rotate on these points for about 1 minute each in sitting position.

Sharper Vision Eye Strain

Myopia Cataract
EYE POINTS

Press or rotate on these points for about 1 minute each in sitting position preferably with closed eyes.
Press or rotate on this point for about 1 minute in a sitting position only.
Caution: Not to do this in a standing position

EYE/HEAD POINT IN THE HAND

This should be done either 1 hour before food or 2 hours after food
The representation of our body parts on the palm

Eye Points on the thumb

Directions: press your eyes points 5 to 10 times
Eyepoints on toes

Eyepoints on fingertips
CHART READING

Keep your head straight and read the letters on the chart in the distance. Blink gently after reading each letter.
VAPOUR TREATMENT
KEEP YOUR EYES CLOSED
COLD PACK

Place a kerchief dipped in normal temperature water on the closed eyes.
Beta-carotene/Vitamin-A are very important to maintain good vision. They are found in Carrots, Pumpkins, Papaya, Mango, Muskmelon and in many of the Green Leafy Vegetables.
Vitamin-C

It helps to prevent and alleviate cataract and glaucoma. It is found in citrus fruits, tomatoes, guava, amla and pineapple.
VITAMINS ESSENTIAL FOR THE EYES - 3

VITAMIN-E

It plays an important role in the age related eye diseases. It is found in Wheat germ, Almonds, Papaya and Peanut butter.
It is good to add some of these nutrients given below in our diet to maintain good eyesight. The essential nutrients for good eye-health are abundantly found in the fruits, veggies, nuts, and seeds. A healthy macula contains high concentration of lutein and zeaxanthin. Lutein and zeaxanthin are found in spinach, coriander leaves, fenugreek leaves, green beans, green peas, corn, lettuces.
Omega-3 fats decrease your risk of developing dry eye syndrome, it helps you drain the *aqueous humor* of the eyes and regulate intraocular pressure.

It is found in green leafy vegetables, pulses, whole wheat, bajra and in spices like fenugreek and mustard.
• Botanical name: Alternanthera sessilis
• Tamil: Ponnanganni Keerai
• Sanskrit: Matsuagandha, Bahli, Matsuaduni, Gandali, Gartkalambuka, Lonika
• Hindi: Gudari Sag
• Telugu: Ponnaganti Koora
• Kannada: Honagonne soppu
• Malayalam: Kozuppa, Ponnankanni
• Marathi: Kanchari
• Oriya: Matsagandha, Salincha Saaga
• Bengali: Sanchesak, Salincha Sak
• Gujrati: Jalajambo, Pani ki Bhaji
• English: Dwarf Copperleaf, Sessile Joyweed

PONNANGANNI KEERAI

The essential nutrients for good eye-health are there abundantly in this green leaves.
It provides nourishment to the eyes and brain.

Moringa oleifera
Drumstick Leaves
Munga ara,
Sahijna
Sajna

Murungai Keerai
This herb provides nourishment to the eyes

Botanical Name: Eclipta prostrata  English Common Name: False Daisy, Trailing eclipta
Tamil: Karisilanganni  Sanskrit and Hindi: Bhringaraj, Bhangra, Oriya: Kesarda
Bengali: Kesuriya  Malayam: Kannunni  Telugu: Galagara, Kannada: Ajagara
END OF EYE PROBLEMS WITH SIMPLE WAYS OF RELAXATION
Finally it is Faith that cures.

Blessings.
SCHOOL FOR PERFECT EYESIGHT

SRI AUROBINDO ASHRAM

2, LALLY TOLLENDAL STREET, PUDUCHERRY- 605 002
Tel: 0413-2233659, Email: auroeyesight@yahoo.com

Please come with prior appointment
New admission on Thursdays and Saturdays

TIMINGS: 8 am to 11 am & 3 pm to 5 pm — MONDAY HOLIDAY