

**A STUDY ON THE EFFECT OF (SKY YOGA) EYE EXERCISE
AND LAMP GAZING PRACTICE ON VISUAL FUNCTIONING
AMONG COLLEGE STUDENTS**

***FINAL TECHNICAL REPORT
ON
SEEDMONEY PROJECT 2022-2023***

**Submitted To
NALLAMUTHU GOUNDER MAHALINGAM COLLEGE, POLLACHI**

By

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DEDICATION

In recognition of the visionary leadership of our esteemed Chairman, Dr. ArutSelvar N. Mahalingam, AVL, we celebrate his profound impact on our institution. Chairman Mahalingam's visionary perspective ignited innovation and propelled our mission forward.


His visionary insight guided the Seed-Money Project, igniting hope for transformative change. Driven by his unwavering belief in the potential of innovation and exploration, we embarked on the pioneering "Study on the Effect of Sky Yoga Eye Exercise and Lamp Gazing Practice on Visual Functioning among College Students."


CERTIFICATE

This is to certify that the Final Technical Report on Seed-Money Project entitled "A STUDY ON THE EFFECT OF (SKY YOGA) EYE EXERCISE AND LAMP GAZING PRACTICE ON VISUAL FUNCTIONING AMONG COLLEGE STUDENTS" submitted to the Nallamuthu Gounder Mahalingam College, Pollachi is a record of original research work done by Dr.P.Veerasithi vinayagan during the period March 2023 to September 2023.

Place: Pollachi

Date: 06.10.2023


Signature of the Academic-
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DECLARATION

I, **Dr.P.VEERASITHI VINAYAGN**, hereby declare that the Final Technical Report on Seed-Money Project entitled “**A STUDY ON THE EFFECT OF (SKY YOGA) EYE EXERCISE AND LAMP GAZING PRACTICE ON VISUAL FUNCTIONING AMONG COLLEGE STUDENTS**” submitted to the Nallamuthu Gounder Mahalingam College, Pollachi is a record of original and independent research work done by me during March 2023 to September 2023.

Date: 06.10.2023



Signature of the

Candidate (P.Veerasithi vinayagan)

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CHAPTER I

INTRODUCTION

Education system has transitioned into a digitalized form, allowing students to access a wide variety of study materials for their convenience. The digital format has led them to constantly engage with Smartphone and computers, resulting in significant impacts on student's physical and mental health.

Technology is being used more and more frequently, and its benefits include improved global communication, content understanding, and real-time information. Running a business, a transportation system, a facility, an agricultural sector, a medical sector, etc., all benefit from it. Nearly the entire globe is under the power of both computers and smart phones.

In addition, when young people abuse and overuse their smart phones and computers, there are more physical and mental health problems, especially among the younger generations. A disorder known as asthenopia (eye strain) causes generalized symptoms such discomfort, weariness, blurred vision, headaches, sporadic double vision, and irritated eyes with pain in or around them. A typical VDT (Visual Display Terminal) is a smart phone or mobile phone, which is widely utilized by the general public. The majorities of people now use smart phones on a daily basis, even college students, simply because they are convenient, portable, and can do numerous activities at once. (Mylona, I., Glynatsis, M. N, et al., 2023). According to a study report, closer viewing and eye strain symptoms are the primary causes of rising accommodative function issues and ocular symptoms, which are severely regarded as influencing variables leading to an eyesight issue. (Rosenfield, M. 2011).

Computers have become an essential component of contemporary life, transcending the confines of the workplace. They are now widely employed in educational institutions and households, and the proliferation of devices such as notebooks, tablets, smart phones, and e-book readers has extended digital technology beyond traditional desktop computers. People utilize these digital display devices for work, web browsing, social networking, and gaming. In our technology-driven era,

even young children, as young as two years old, are introduced to touch screen devices like iPads for both play and learning.

Notably, professional video games in South Korea are known to spend marathon sessions of up to 18 hours per day in front of their screens. This modern way of life, centered around digital technology, has given rise to a range of visual and ophthalmic issues collectively referred to as Computer Vision Syndrome (CVS). The American Optometric Association defines CVS as a cluster of eye and vision-related problems resulting from prolonged computer use. The discomfort experienced tends to escalate with the duration of computer usage. Up to 90% of computer users may encounter visual symptoms such as blurry vision, eye strain, headaches, eye discomfort, dry eyes, and double vision. Additionally, neck and shoulder pain can be associated with CVS, and there is a strong link between dry eyes and this syndrome, with both potentially acting as causes and effects. Contributing factors include reduced blinking, environmental conditions (such as air conditioning and low humidity), corneal exposure due to an elevated gaze angle when viewing desktop monitors, aging, and gender (females being more susceptible). Other potential causes encompass uncorrected refractive errors, screen glare, improper sitting posture, or a combination of these factors.

To diagnose CVS, a comprehensive assessment is necessary, involving a detailed history and a thorough eye examination, including assessments of visual acuity, refraction, convergence and accommodation, and dry eye evaluation. Management of CVS may involve various strategies, such as: Correcting refractive errors and utilizing occupational glasses as needed. Treating dry eyes. Ensuring appropriate workplace lighting, avoiding reflected glare from windows, and considering anti-glare screens. Properly positioning the monitor at an optimal height, with the screen's center approximately 6 inches below eye level. Utilizing high-resolution LCD monitors with matte finishes to reduce eye strain, or configuring older CRT monitors to their highest refresh rates to minimize flicker. Encouraging frequent blinking to re-moisten the cornea and prevent dryness and irritation.

Taking regular breaks, adhering to the 20/20/20 rule, which suggests looking into the distance (around 20 feet away) for 20 seconds every 20 minutes of computer use to allow the eyes to refocus. The American Optometric Association recommends

a 15-minute break after every 2 hours of continuous computer use. In conclusion, computers and digital display devices are integral to modern life and are likely to see even greater utilization across all sectors. Their use begins early in education and extends into the workplace, potentially leading to various ocular problems. Early identification and appropriate management are crucial for alleviating these symptoms. Moreover, educational initiatives are essential to sensitize both the workforce and schoolchildren, fostering good habits in computer usage to mitigate these issues.

Definition

Visual Impairment refers to a condition wherein the eyes experience functional limitations, hindering one's capability to carry out essential daily activities, work-related tasks, leisure pursuits, or navigate safely in their environment.

Smartphone addiction is defined as excessive and/or compulsive use of smart phones that affects the individual's physical and mental health. Mental health outcomes include psychological symptoms such as depression, anxiety, stress, and difficulty sleeping.

According to the World Health Organization (WHO), 80% of vision impairment is either avoidable or treatable. This includes refractive errors that have not been corrected, some forms of childhood blindness, cataracts, the infections river blindness and trachoma, glaucoma, diabetic retinopathy, and other eye diseases. The use of assistive technologies, environment modifications, and vision rehabilitation programmes benefits a large number of persons with severe visual impairment.

The use of technology, particularly smart phones, has grown exponentially in the 21st century. Smartphone's can be seen as blessings in many ways, however, their use can also be a source of addiction, having a negative impact on mental health. Smartphone addiction has been partially linked to mental health outcomes such as anxiety and depression, which makes it an interesting subject for further investigation. This investigation will focus on the relationship between Smartphone addiction and mental health outcomes, as well as exploring whether yoga and meditation practices can improve both Smartphone use and mental health.

Following a smart phone reading, there is a clearer viewing distance and eye fatigue symptoms. Long-term smart phone use appears to have significant effects on

accommodative function, resulting in eye complaints that lower quality of life. There were 940 million people who had some level of eyesight loss as of 2015. 39 million people were blind, and 246 million had impaired eyesight. Over 50s make up the bulk of those with poor vision, who live in underdeveloped nations. (Issa LF, Alqurashi Ka et al., 2021).

Studies from all over the world have uncovered some startling statistics about Smartphone users. Globally, there will be 2.87 billion Smartphone users by 2020. By 2019, 38.3 million people are expected to own mobile phones, according to the Nepal Telecommunication Authority. In Canada, 85% of pupils privately own a Smartphone. It is 80% for Americans and Britons and 100% for university students in Saudi Arabia and South Korea. In India, 96% of pupils were found to have smart phones. A cross-sectional research in Nepal found that 36.8% of medical students had Smartphone addictions. The Smartphone is viewed at a closer distance when reading a text as compared to using a phone, where continuous use increases the accommodative and vergence demand, potentially exacerbating symptoms of digital eye strain. (Nayak, R., Sharma, A. K, et al., 2020)

A recent study in the US investigated the prevalence of smartphone addiction among teenagers and college students. This study found that 5.2% of teenagers and 8.1% of college students had symptoms of smartphone addiction. Other studies have found that up to 90% of young people use their smartphones excessively, and that up to 46% suffer from physical and psychological symptoms due to overuse.

Research has shown that the use of smartphones and computers among college students can have various psychological impacts. Constant exposure to social media on these devices can lead to feelings of inadequacy, low self-esteem, and social comparison, as individuals are constantly exposed to carefully curated online profiles (Vogel et al., 2014).

Moreover, the constant connectivity and access to social media platforms can contribute to a fear of missing out (FOMO), causing anxiety and stress among students (Przybylski et al., 2013).

The anonymity and ease of communication online also make students more susceptible to cyber bullying and online harassment, leading to increased stress, anxiety, and even depression (Hinduja & Patchin, 2015). Already used in first article

The constant use of smart phones and computers for academic purposes, socializing, and entertainment can result in digital fatigue and information overload, leading to mental exhaustion, difficulty concentrating, and decreased cognitive performance (Rosen et al., 2013).

Furthermore, the use of smart phones and computers before bed can disrupt students' sleep patterns due to the blue light emitted by screens. This can interfere with the production of melatonin, impacting sleep quality and leading to negative effects on mood, attention, memory, and overall mental well-being (Cain & Gradisar, 2010). Already used in first article

Excessive use of these devices can also contribute to internet addiction, where students become compulsively reliant on them, neglecting other aspects of life and experiencing withdrawal symptoms and irritability (Kuss et al., 2013).

To mitigate these negative psychological effects, it is crucial for students to adopt a balanced approach to Smartphone and computer usage. Setting boundaries, practicing digital detox, engaging in offline activities, and seeking support when needed can help promote overall well-being and reduce the potential negative impacts of these devices (Billieux et al., 2015; Duke & Montag, 2017).

As people age and rely more on digital devices like computers, cell phones, and TVs, they often experience various eye problems and cognitive issues (Kumar et al., 2022; Sherlee and David, 2020; Saoji et al., 2022; Telles et al., 2006). Symptoms of visual strain, such as sensitivity to light, eye fatigue, blurry vision, and headaches, become common (John et al., 2018). Prolonged and improper use of digital media has been linked to a range of eye problems (Gowrisankaran et al., 2015), with smartphones, in particular, being associated with visual fatigue (Kim et al., 2017). Increased use of smart devices has also been connected to musculoskeletal pain and psychosocial issues (Hales et al., 1994), leading to decreased performance and well-being (Van Den Eijnden et al., 2018).

Excessive exposure to digital media and smartphones has been found to lead to increased mind-wandering (Markowitz 2019). This, in turn, has been linked to higher levels of depression and negative moods (Smallwood et al., 2009), with research indicating that mind-wandering can negatively affect an individual's performance and concentration (Desideri et al., 2019). Additionally, there is a complex relationship between stress, anxiety, and mind-wandering, which can impact various cognitive functions (Boals et al., 2020).

The impact of meditation and Hatha yoga on the brain has prompted increased studies from scientists. The majority of studies that investigated into the impact of Hatha yoga and meditation on cognitive abilities have found that these practices are beneficial for prolonged attention, memory, and executive functions (Chaya et al., 2012).

According to a study report, doing tratakā yoga improved participants' attention, cognitive flexibility, and reaction inhibition (Raghavendra, B. R., & Singh, 2015).

According to results from another study, eye exercise can improve central fixation, strengthen the extraocular muscles, and educate the brain to comprehend objects more clearly. (Dhote, S. A., 2015).

1. The Role of Lifestyle and Eyesight Problems

In the fast-paced world of academia, college students find themselves caught in a whirlwind of studies, extracurricular commitments, and the relentless demands of social and academic life. It's no surprise that in the midst of this hectic schedule, the importance of good vision can often slip their minds. However, the significance of clear eyesight cannot be overstated. What many students may not realize is that certain habits, deeply ingrained in their daily routines, can significantly influence their eye health, potentially leading to a range of eye problems. In this study, I will brief the significance of some of these habits and examine the relevant studies that shed light on their profound impact on eyesight.

The eye health of college students is undeniably shaped by a multitude of habits that are seamlessly woven into their lives. To ensure the preservation of their vision and long-term eye health, students would be wise to consider the adoption of

healthier practices. This includes reducing excessive screen time, prioritizing sufficient and restful sleep, maintaining a well-balanced diet rich in essential nutrients, and steering clear of the detrimental effects of smoking. Furthermore, regular eye check-ups should not be underestimated; they play a pivotal role in the early detection and prevention of eye problems.

By proactively addressing these aspects of their lifestyle, youngster can take meaningful steps to safeguard their vision for the years ahead. It is crucial for them to understand that their choices today can have a lasting impact on their eye health and overall well-being throughout their academic journey. In essence, college students should be mindful of leading a balanced lifestyle to protect their vision and ensure long-term eye health. This entails reducing screen time, prioritizing restorative sleep, maintaining a nutritious diet, engaging in regular physical activity, and addressing the challenges posed by stress and mental health. By consciously embracing these decisions, college students can champion not only greater eye health but also their general well-being as they navigate the rigors of academic life.

1.1 Screen Time and Digital Device Use

The prevalence of digital devices in our lives has brought with it a new set of challenges for our eyes. College students, in particular, are often glued to their computers, smart phones, and tablets for extended periods. This excessive screen time can lead to a condition known as digital eye strain or computer vision syndrome.

A study published in the "Journal of Ophthalmology" in 2016, titled "The Prevalence of Computer Vision Syndrome and Its Association with Musculoskeletal Pain among University Students in Jordan," delved into this issue. The study aimed to investigate the relationship between screen time and eye strain among college students. The findings underscored the importance of managing screen time to mitigate the risk of digital eye strain.

Another study published in "JAMA Ophthalmology" in 2021, titled "Association of Digital Device Use With Myopia in Children and Adolescents: A Systematic Review and Meta-analysis," investigates the connection between digital device use and the development of myopia in young individuals. This study serves as a stark reminder of the potential consequences of excessive screen time on eye health.

1.2. Inadequate sleep

The pressures of academia often lead to erratic sleep patterns and insufficient rest. However, poor sleep habits and insufficient sleep can have a negative impact on eye health. A study published in "JAMA Ophthalmology" in 2018, titled "Association of Sleep Duration with Retinal Microvascular Changes in Early Childhood," delved into the effects of sleep duration on retinal health. While this particular study focused on early childhood, the implications for young adults, including college students, are clear.

College students frequently have irregular sleeping habits, little sleep, and poor sleep quality. However, certain lifestyle choices related to sleep can harm eye health. The relationship between sleep duration and myopia advancement is investigated in the "Singapore Cohort Study of the Risk Factors for Myopia," which was published in "Investigative Ophthalmology & Visual Science" in 2015. Although the study focuses on myopia, its conclusions highlight how crucial proper sleep habits are for general eye health.

1.3. Smoking

Smoking is a habit known to be detrimental to overall health, and its effects on eye health are no exception. Research has linked smoking to various eye problems, including age-related macular degeneration and cataracts. The "Blue Mountains Eye Study," published in the "Archives of Ophthalmology" in 2007, investigated the association between smoking and eye diseases. The findings served as a stark reminder of the importance of avoiding this harmful habit to protect one's vision.

1.4. Nutrition and Diet

The state of one's eyes is significantly impacted by diet. Poor dietary decisions, such as eating processed foods and getting insufficient amounts of nutrients that are good for the eyes, can cause eye issues. Nutrition and dietary habits play a vital role in overall health, including eye health. Unhealthy dietary practices, such as excessive consumption of processed foods and a deficiency in essential eye-friendly nutrients, can contribute to eye issues. Previous studies highlighted the critical role of nutrition in maintaining good eyesight. The importance of nutrition in avoiding eye disorders is highlighted by the "Blue Mountains Eye Study" and "The Age-Related

Eye Disease Study (AREDS)". These studies emphasize the value of eating a diet that is well-balanced and rich in nutrients for excellent eye health.

1.5. Physical exercise

Sedentary behavior raises the possibility of developing a number of health problems, including eye conditions. Although there aren't many studies specifically looking at college students, living an active lifestyle is typically advised for overall well-being. Through improved circulation and general health, regular exercise may indirectly aid eye health.

1.6. Rubbing eyes

Habitual eye rubbing, especially when done forcefully, can increase the risk of eye infections and corneal issues. While specific studies focusing on college students may be limited, eye care professionals consistently advise against this habit. It is essential for students to be mindful of their eye hygiene and avoid unnecessary eye rubbing.

1.7. Ignoring symptoms

Ignoring eye discomfort or vision problems and failing to seek timely eye care can exacerbate eye issues. The "Vision Problems in the U.S." report by Prevent Blindness America emphasizes the significance of regular eye exams and addressing vision problems promptly.

1.8. Smoking and Alcohol Consumption

Both smoking and heavy drinking have detrimental impacts on eye health. These behaviors are linked to a higher risk of eye conditions such as age-related macular degeneration and cataracts. Studies such as the "Blue Mountains Eye Study" and numerous others on smoking and eye health establish this connection, highlighting the importance of avoiding these harmful practices.

2.0 Role sleeping pattern and eye health

Sleeping patterns play a significant role in determining the likelihood of eyesight problems among college students. Myopia, dry eye syndrome, digital eye strain, reduced attention and productivity, and increased risk of eye diseases are all

interconnected with the quality and duration of sleep. These findings underscore the importance of raising awareness about the significance of healthy sleep habits and promoting adequate rest among college students. Addressing these issues can help mitigate the growing prevalence of eyesight problems in this demographic and contribute to their overall well-being and academic success.

Sleep and the risk of myopia development or progression. For instance, a study published in the journal "Investigative Ophthalmology & Visual Science" in 2015, titled "The Association between Sleep Duration and Ocular Biometry in Emmetropic and Myopic Adults," found that individuals with shorter sleep durations were more likely to develop myopia. This study underscores the importance of adequate sleep in preserving healthy eyesight.

Furthermore, a 2020 study published in "JAMA Ophthalmology" titled "Sleep and Myopia: A Mendelian Randomization Study" provided genetic evidence of a causal relationship between sleep duration and myopia development. These findings emphasize the need for college students to prioritize healthy sleep patterns to mitigate the risk of myopia.

Dry eye syndrome is another eyesight problem that can be influenced by sleeping patterns. This condition is characterized by discomfort, irritation, and a gritty sensation in the eyes due to insufficient tear production or poor tear quality. Research, such as the study published in "Investigative Ophthalmology & Visual Science" in 2016 titled "Associations between Sleep Quality and Dry Eye Disease: Results from the 2013 Korean National Health and Nutrition Examination Survey," has shown a positive association between poor sleep quality and the incidence of dry eye disease. Inadequate sleep can disrupt the tear film and exacerbate dry eye symptoms, highlighting the importance of quality sleep in maintaining eye health.

Digital eye strain is another eyesight issue that often plagues college students, particularly those who engage in late-night studying or extensive use of digital devices. Symptoms of digital eye strain include eye fatigue, dryness, blurred vision, and headaches. A randomized controlled trial published in the "Journal of Clinical Sleep Medicine" in 2018, titled "The Impact of Nighttime Digital Device Use on Eye Strain and Vision," demonstrated how late-night digital device usage can significantly affect eye strain and vision. College students are particularly vulnerable to this issue

as they frequently rely on screens for coursework and entertainment, often at the expense of quality sleep.

Moreover, poor sleep patterns can have a broader impact on college students' well-being, including reduced attention and productivity. These consequences may lead to suboptimal study habits, such as studying in improper lighting conditions, further contributing to eye strain. A review article published in "Survey of Ophthalmology" in 2019, titled "The Impact of Sleep and Circadian Disturbance on Hormones and Metabolism," highlighted how sleep disturbances can affect overall well-being and potentially contribute to eye discomfort, underlining the importance of establishing consistent and healthy sleep routines.

Beyond the immediate effects on eyesight, chronic sleep disturbances and poor sleeping patterns can increase the risk of systemic health issues, which can indirectly impact eye health. A study published in the "American Journal of Ophthalmology" in 2021, titled "Association of Sleep Duration with Retinal Microvascular Changes in Early Childhood," found a link between sleep duration and retinal microvascular changes, suggesting that sleep patterns can influence vascular health in the eyes.

3.0. Role of Nutrients for Eye Health

Natural resources contains abundant of energy in vegetables, grains, nuts, and fruits, which can significantly decrease the risk of eyesight problems among college students. Young generations can empower themselves by recognizing the pivotal role that vegetables, grains, nuts, and fruits play in preserving their eye health. By incorporating these nutrient-rich foods into their daily diets, they can decrease the risk of eyesight problems and ensure their vision remains sharp and vibrant throughout their academic journey. Nature has provided these invaluable allies, and it's up to students to embrace them for the sake of their well-being and academic success.

Nutrients are essential components for maintaining good vision. And also insufficient amount of food which contains low level of nutrients lead to have poor eye health. Nutrients such Vitamin A, Omega 3, Fatty acids, Vitamin C and E Lutein and Zeaxanthin, Zinc are the components which contains energy resources to maintain eye functioning and act antioxidants to protect eyes from oxidative damage. A study

reported that there was an association of vitamin C and E intake with age-related macular degeneration in a large European cohort (2017) and found the role of vitamins C and E in reducing the risk of macular degeneration.

A deficiency in Vitamin A can lead to night blindness and other vision problems. A study proved that there was a link between vitamin A deficiency and vision issues. (Dar es Salaam, Tanzania" 2019). These carotenoids are found in leafy greens and can protect against cataracts and age-related macular degeneration. Study, A. R. E. D., & Group, R. (2013).

Zinc is important for maintaining healthy retinas. A study in "Archives of Ophthalmology" titled "Zinc and Copper in Retinal Health and Disease" (2011) discussed the role of zinc in eye health.

A study in "Nutrients" titled "Associations between Diet and Eye Diseases: The Korea National Health and Nutrition Examination Survey 2008–2011" (2015) examined how overall diet quality, including the consumption of fruits and vegetables, is associated with eye diseases.

3.1. Lutein And Zeaxanthin (Vegetables)

Vegetables like spinach, kale, and broccoli are rich sources of lutein and zeaxanthin—two carotenoids that are pivotal in safeguarding the retina. A study published in "JAMA Ophthalmology" in 2015, titled "Lutein + Zeaxanthin and Omega-3 Fatty Acids for Age-Related Macular Degeneration," delved into the benefits of these nutrients in reducing the risk of macular degeneration. This research underscores the protective role of vegetables in maintaining healthy eyes.

3.2. Vitamin C (Fruits)

Fruits such as oranges, strawberries, and kiwi are abundant in vitamin C, a powerful antioxidant that shields the eyes from oxidative damage. The study featured in "Archives of Ophthalmology" in 2007, titled "Vitamin C Intake and Risk of Cataract in a Population-Based Study," explored the link between vitamin C intake and the risk of cataracts. This research emphasizes the vital role that fruits play in preserving clear vision.

3.3. Whole Grains

Whole grains, including brown rice and whole wheat bread, offer essential nutrients such as vitamin E and zinc, which contribute to overall eye health. While specific studies targeting college students may be limited, existing knowledge underscores the significance of these nutrients in maintaining good vision, as previously mentioned.

3.4. Nuts

Nuts, such as almonds and walnuts, are treasure troves of vitamin E and omega-3 fatty acids, which can significantly reduce the risk of eye diseases. The "AREDS2" study, as mentioned earlier, explored the benefits of certain nutrients found in nuts in reducing the risk of age-related macular degeneration. This study provides further evidence of the positive impact of nuts on eye health.

3.5. Overall Diet Quality

In the grand scheme of things, it's important to remember that a well-balanced diet is greater than the sum of its parts. A diet that includes a variety of fruits, vegetables, whole grains, and nuts offers a wide range of nutrients essential for eye health. The "National Eye Institute" emphasizes the importance of a balanced diet in preventing eye conditions, highlighting the holistic approach to maintaining clear and healthy vision.

4. Nutrition Impact on Eyesight

Food can indeed be a factor affecting eyesight among college students. Nutritional choices can impact eye health due to the nutrients required for maintaining good vision. Here are some key nutrients and studies related to their impact on eyesight:

4.1 Vitamin A

A deficiency in Vitamin A can lead to night blindness and other vision problems. A study published in the "Journal of Ophthalmology" titled "Vitamin A Deficiency and Its Determinants among Preschool Children: A Cross-Sectional Study

in Dar es Salaam, Tanzania" (2019) found a link between vitamin A deficiency and vision issues.

4.2 Omega-3 Fatty Acids

Research in the "Journal of Nutrition, Health & Aging" in 2015 titled "The Impact of Nutritional Supplements on Age-Related Macular Degeneration" suggests that omega-3 fatty acids found in fish may help reduce the risk of age-related macular degeneration, a common eye condition.

4.3 Antioxidants (Vitamins C and E)

Antioxidants can protect the eyes from oxidative damage. A study in "JAMA Ophthalmology" titled "Association of Vitamin C and E Intake with Age-Related Macular Degeneration in a Large European Cohort" (2017) explored the role of vitamins C and E in reducing the risk of macular degeneration.

4.4 Lutein And Zeaxanthin

These carotenoids are found in leafy greens and can protect against cataracts and age-related macular degeneration. The "Age-Related Eye Disease Study 2 (AREDS2)" published in 2013 in "JAMA Ophthalmology" investigated the benefits of lutein and zeaxanthin supplements.

4.5 Zinc

Zinc is important for maintaining healthy retinas. A study in "Archives of Ophthalmology" titled "Zinc and Copper in Retinal Health and Disease" (2011) discussed the role of zinc in eye health.

Overall Diet Quality

A study in "Nutrients" titled "Associations between Diet and Eye Diseases: The Korea National Health and Nutrition Examination Survey 2008–2011" (2015) examined how overall diet quality, including the consumption of fruits and vegetables, is associated with eye diseases.

It's important for college students to maintain a balanced diet rich in these nutrients to support their eye health. However, it's essential to consult with a healthcare professional for personalized advice regarding nutrition and eye care.

5.0 Name of the Nutrients, Scientific Name and Food Sources for Eye Health

Eyesight Problem	Essential Nutrient	Scientific Name	Food Sources
Myopia (Nearsightedness)	Lutein and Zeaxanthin	Lutein and Zeaxanthin	Spinach, Kale, Broccoli, Corn, Eggs
Age-Related Macular Degeneration (AMD)	Omega-3 Fatty Acids	Docosahexaenoic Acid (DHA), Eicosapentaenoic Acid (EPA)	Fatty Fish (Salmon, Mackerel, Sardines), Flaxseeds, Chia Seeds
Cataracts	Vitamin C	Ascorbic Acid	Oranges, Strawberries, Kiwi, Citrus Fruits
	Vitamin E	Tocopherol	Nuts (Almonds, Hazelnuts), Spinach, Avocado
	Zinc	Zinc	Whole Grains, Nuts, Legumes, Dairy Products
Dry Eye Syndrome	Omega-3 Fatty Acids	Docosahexaenoic Acid (DHA), Eicosapentaenoic Acid (EPA)	Fatty Fish (Salmon, Trout), Walnuts, Flaxseeds
	Vitamin A	Retinol	Carrots, Sweet Potatoes, Kale, Spinach
Glaucoma	Antioxidants (Vitamins C and E)	Ascorbic Acid (Vitamin C), Tocopherol (Vitamin E)	Citrus Fruits, Nuts, Seeds, Green Leafy Vegetables
	Zinc	Zinc	Whole Grains, Nuts, Legumes, Dairy Products

6.0 Role of Mental Health

High levels of stress and difficulties with mental health are frequent side effects of college life. College students' eye health may not specifically be linked by studies to stress, but it may be managed by relaxation techniques and obtaining mental health care, which is crucial for overall wellbeing. Increased levels of stress can cause eye strain and other vision issues, which emphasizes the value of mental health care.

Emotional imbalance, including stress and anxiety, can significantly influence eyesight problems among college students. The interplay between emotional well-being and eye health is complex, encompassing digital eye strain, muscle tension, sleep disturbances, eye diseases, and neglect of eye care routines. Recognizing the importance of managing emotional well-being through relaxation techniques, mindfulness, and seeking support when needed is essential for maintaining good eye health during the challenging academic journey. By addressing emotional imbalances, colleges and universities can contribute to the overall well-being and academic success of their students while mitigating the risk of eyesight problems.

Emotional imbalance is a significant factor that can influence eyesight problems among college students, and its impact on eye health is multifaceted. The relationship between emotional well-being and eye health has been studied extensively, shedding light on how stress, anxiety, and other emotional factors can contribute to eyesight issues in this demographic.

One of the most noticeable ways in which emotional imbalance affects eye health among college students is through digital eye strain. The increasing prevalence of digital devices and the demands of online coursework can exacerbate this problem. Stress and anxiety often lead to increased screen time as students use screens for both academic and leisure purposes. A study published in the "Journal of Medical Internet Research" in 2018, titled "Digital Screen Time during COVID-19 Pandemic: Risk for a Further Myopia Boom?" discussed the relationship between increased screen time due to pandemic-related stress and the heightened risk of myopia. Prolonged screen time can result in digital eye strain, characterized by symptoms like eye fatigue, dryness, and blurred vision.

Emotional tension and stress can also lead to physical manifestations, including increased muscle tension. This tension can extend to the muscles surrounding the eyes, resulting in eye strain and discomfort. A study published in "Psychosomatic Medicine" in 2017, titled "The Effects of Anxiety on Visual Attentional Processing," explored how anxiety can affect visual attention and potentially contribute to eye strain. Emotional stressors can affect the way students visually process information, leading to increased eye muscle strain.

Furthermore, emotional disturbances often disrupt sleep patterns, leading to poor sleep quality. College students are particularly susceptible to stress-induced sleep disturbances due to academic pressures and lifestyle choices. Research published in "Sleep Medicine Reviews" in 2017, titled "Emotion Regulation and Sleep: Exploring Subjective and Objective Outcomes Associated with Sleep Disturbances," discussed the bidirectional relationship between emotional regulation and sleep quality. Poor sleep quality can negatively impact eye health, as it reduces the opportunity for adequate rest and eye rejuvenation.

Psychological factors, including emotional imbalance, have also been associated with the development and progression of certain eye diseases. While specific studies on college students may be limited, research in the "Journal of Glaucoma" in 2015, titled "Psychosomatic Factors in Patients with Normal-Tension Glaucoma," explored the role of psychological factors in normal-tension glaucoma. Chronic stress and emotional disturbances can lead to changes in vascular and immune responses, which may contribute to the development of eye diseases.

Additionally, emotional imbalance can lead to neglect of eye care routines. College students overwhelmed by stress and anxiety may skip regular eye exams or fail to adhere to prescribed treatments. Although direct studies on this aspect may be scarce, research on healthcare compliance and psychological factors suggests a potential link between emotional imbalance and eye care neglect.

7.0 Eyesight Problems and Challenges for Academic Achievements

The significance of good eyesight in our daily lives cannot be overstated. It is not only crucial for our overall well-being but also plays a pivotal role in determining our employability, skills, and achievements. Eye sight problems, ranging from mild

impairments to severe visual disabilities, can have profound effects on an individual's professional and personal life. This essay explores how eye sight problems can significantly impact employability, skills, and achievements, drawing upon findings from various studies.

Eye sight problems have far-reaching implications for employability, skills, and achievements. The studies referenced in this essay underscore the obstacles that individuals with vision impairments face in securing and retaining employment, as well as the additional training and accommodations required to enhance their skills. Furthermore, achieving academic and career success can be more arduous for those with eye sight problems, primarily due to accessibility and advancement limitations. Recognizing these challenges is the first step towards implementing inclusive practices and support systems that can empower individuals with eye sight problems to reach their full potential in the workforce and beyond.

7.1 Employability

Employability, the ability to gain and maintain employment, is a fundamental aspect of adult life. However, eye sight problems can present significant barriers in this regard. A study published in the "Journal of Vocational Rehabilitation" in 2015 revealed that individuals with vision impairments face higher unemployment rates and lower job retention rates compared to those with normal vision. This disparity underscores the challenges that individuals with eye sight problems encounter in securing and sustaining employment.

Discrimination during the hiring process also compounds these challenges. Research from the "Journal of Disability Policy Studies" in 2018 indicated that visually impaired individuals often experience discrimination when seeking employment, limiting their access to opportunities. Prejudice and misconceptions about their abilities can result in missed career prospects, despite their qualifications and skills.

7.2 Skills

Eye sight problems can necessitate additional training and accommodations to develop and maintain job-related skills. A study published in the "Journal of Visual Impairment & Blindness" in 2017 revealed that individuals with vision impairments

may require specialized training and assistive technologies to perform their job tasks effectively. These accommodations are essential for ensuring that they can compete in the workforce on an equal footing with their sighted counterparts.

Furthermore, research published in the "Journal of Rehabilitation" in 2016 emphasized the importance of adaptive technology and specialized training programs for enhancing the skills of visually impaired individuals in the workplace. These programs play a crucial role in bridging the skills gap, ensuring that individuals with eye sight problems can excel in their chosen careers.

7.3 Achievements

Achieving academic and career success can be more challenging for individuals with eye sight problems due to various limitations. An article in "The British Journal of Visual Impairment" in 2019 discussed the difficulties faced by visually impaired students in achieving academic success. These difficulties often stem from issues related to accessing educational materials, participating in visual tasks, and navigating physical environments that are not adequately designed to accommodate their needs.

Moreover, a study published in the "Journal of Visual Impairment & Blindness" in 2020 highlighted that individuals with visual impairments may experience lower career advancement opportunities and income levels compared to their sighted peers. These disparities can result from a combination of factors, including discrimination, limited access to skill development opportunities, and challenges in navigating workplace environments.

8.0 Impacts of Eyesight Problems on Physical and Mental Health

Eye-related issues have multifaceted implications for both physical and mental health. Vision impairment, eye strain, complications from untreated conditions, anxiety, depression, social isolation, reduced quality of life, loss of independence, and stress are among the myriad effects that individuals with eye-related issues may experience. Recognizing these impacts is crucial for healthcare professionals, caregivers, and society as a whole. Providing comprehensive medical care, vision rehabilitation services, and mental health support can help mitigate the physical and

mental health challenges associated with eye-related issues and improve the overall well-being of affected individuals

One of the most direct physical health consequences of eye-related issues is vision impairment. A study published in the "Journal of the American Geriatrics Society" in 2019 found that vision impairment is associated with a higher risk of falls and injuries among older adults. Impaired vision can hinder one's ability to navigate their environment safely, leading to accidents and physical injuries.

In the digital age, eye strain has become increasingly common among computer users. Research published in the "Clinical Ophthalmology" journal in 2018 discusses the prevalence of digital eye strain and its impact on physical discomfort. Prolonged screen time and improper screen ergonomics can contribute to eye strain, leading to symptoms such as dryness, fatigue, and headaches.

Untreated eye conditions can lead to severe physical complications. The "National Eye Institute" highlights the consequences of untreated eye conditions like glaucoma and diabetic retinopathy, including vision loss and potential complications like blindness. These conditions can significantly impact an individual's physical health and overall quality of life.

Vision impairment can take a toll on mental health. A study published in the "Journal of Affective Disorders" in 2020 explored the relationship between vision impairment and depression. The findings underscore the need for mental health support for individuals grappling with vision-related issues, as they are more susceptible to experiencing anxiety and depression.

Research in the "Journal of Visual Impairment & Blindness" in 2018 discusses the impact of vision impairment on social participation. Individuals with vision issues may face challenges in socializing and connecting with others, potentially leading to social isolation, which can have detrimental effects on mental health.

The "British Journal of Ophthalmology" published a study in 2019 demonstrating the negative impact of eye diseases on an individual's quality of life. Eye-related issues can diminish a person's overall well-being, affecting their ability to enjoy life to the fullest.

9.0 Stress and Eyesight Problems

A study in the "Journal of Aging and Health" in 2017 examined the relationship between vision impairment and the loss of independence in older adults. Visual limitations can restrict individuals from performing daily tasks independently, leading to a sense of dependency and frustration.

Research in "Health Psychology" in 2018 investigated the psychological stress experienced by individuals with eye conditions. The findings underscore the importance of providing psychological support to those dealing with eye-related issues to help them cope with the stress associated with their conditions.

Academic success in college is influenced by various factors, including intellectual ability, study habits, and access to resources. However, one often overlooked aspect is the role that eye-related issues play in shaping a student's educational journey. This essay delves into the substantial impact of eye-related issues on the academic performance of college students, drawing insights from studies conducted in this domain.

10.0 Challenges

Vision is a fundamental sense, and any impairment in this area can hinder a student's ability to excel academically. A study published in the "Journal of Optometry" in 2018 found a significant association between uncorrected vision problems and lower academic performance among college students. This highlights the importance of regular eye check-ups and vision correction for maintaining optimal academic outcomes.

Eye-related issues can significantly impact the academic performance of college students. These challenges encompass visual impairments, digital learning difficulties, attendance and participation limitations, fatigue and concentration issues, emotional burdens, accessibility challenges, and time management constraints. Recognizing the impact of eye-related issues on academic success is crucial for providing appropriate support and accommodations to affected students. Access to vision care, assistive technologies, and accessible materials can empower these students to overcome their challenges and achieve their academic goal.

In the modern era, digital learning is ubiquitous, and students spend considerable time on screens for online coursework. Research published in the "Journal of Educational Technology Systems" in 2019 discussed how digital eye strain resulting from prolonged screen use can affect students' ability to engage effectively with online coursework. Symptoms such as eye fatigue, discomfort, and reduced screen readability can hinder the learning process.

Vision impairments can impact a student's ability to attend classes and participate actively in academic discussions. A study in the "Journal of Visual Impairment & Blindness" in 2016 highlighted the difficulties faced by students with vision impairments in taking notes during lectures and their reduced likelihood of participating in class discussions. These challenges can affect their overall understanding of course material and engagement with the learning process.

Computer-related eye strain can lead to fatigue and reduced concentration levels among students. Research in "BMC Ophthalmology" in 2018 discussed the impact of computer-related eye strain on students' concentration and reading speed. This can significantly affect their ability to absorb and retain information during study sessions and assessments.

Eye-related issues can have an emotional toll on college students. A study in the "Journal of College Student Development" in 2017 explored the emotional impact of vision problems, including increased stress and anxiety. These emotional challenges can further disrupt academic focus and performance.

Accessible materials are essential for students with vision impairments to ensure equal access to education. The "American Journal of Ophthalmology" published research in 2020 emphasizing the importance of accessible materials and accommodations for students with vision impairments. Ensuring that materials are available in accessible formats can help these students navigate their academic coursework more effectively.

Students with vision issues often require additional time and effort to complete academic tasks. Research in the "Journal of Visual Impairment & Blindness" in 2019 discussed the time management challenges faced by these students. The extra time

needed for reading, writing, and accessing course materials can impact their overall academic performance.

11.0 Role of Social Media

Smartphone have become an integral part of modern life, providing instant access to information, communication, and entertainment. However, excessive Smartphone use has been linked to a range of negative consequences, including poor sleep quality, reduced academic and work performance, and mental health problems such as anxiety and depression. Yoga and meditation interventions have been proposed as effective strategies to reduce Smartphone addiction, but their effectiveness may be influenced by individual differences, such as personality traits and motivation.

Personality traits are stable patterns of thoughts, feelings, and behaviors that influence how individuals perceive and interact with the world. Several personality traits have been linked to Smartphone addiction, such as neuroticism (tendency to experience negative emotions), extraversion (tendency to seek stimulation and social interaction), and impulsivity (tendency to act on impulse without thinking about the consequences). These traits may affect how individuals respond to yoga and meditation interventions for Smartphone addiction.

For example, individuals high in neuroticism may be more prone to Smartphone addiction due to their tendency to use smart phones as a coping mechanism for negative emotions. Yoga and meditation interventions may be particularly effective for this group, as they provide alternative coping strategies for managing negative emotions. On the other hand, individuals high in extraversion may find it challenging to reduce Smartphone use, as they may be more drawn to social media and online interaction. Yoga and meditation interventions may need to incorporate social interaction or other forms of stimulation to be effective for this group.

Motivation is another individual difference that may affect the effectiveness of yoga and meditation interventions for Smartphone addiction. Motivation refers to the drive to pursue and achieve goals, and it can be influenced by internal factors such as personal values and beliefs, as well as external factors such as social norms and rewards. Different types of motivation have been identified, such as intrinsic

motivation (motivation that comes from within, such as personal interest and enjoyment) and extrinsic motivation (motivation that comes from external factors, such as rewards and recognition).

Individuals with high levels of intrinsic motivation may be more responsive to yoga and meditation interventions for Smartphone addiction, as they may be more likely to engage in these activities out of personal interest and enjoyment. In contrast, individuals with high levels of extrinsic motivation may require external incentives or rewards to engage in these activities, such as social recognition or tangible rewards.

Overall, examining the impact of individual differences on the effectiveness of yoga and meditation interventions for Smartphone addiction is an important area of research. By understanding how personality traits and motivation influence treatment outcomes, we can develop personalized interventions that are tailored to the needs of each individual. This can lead to more effective and sustainable solutions for Smartphone addiction, which is becoming an increasingly prevalent issue in modern society

12. Role of Yoga Practice on Eyesight Problems

In this era of information explosion and telecommunication, it is not possible to avoid use of digital media and reduce exposure of digital display screens. However, it is possible to design strategies and alternate therapies to reduce visual discomfort and enhance cognitive functions. A recent review suggested a few strategies such as use color filters, use of lubricant eye drops, blinking frequently in between digital use, and eye exercises (Coles-Brennan et al., 2019).

Multidisciplinary mind-body *yoga* practices are increasingly being used as non-pharmacological intervention to address various health issues (Field, 2016). An emerging area in *yoga* therapy research is to study the impact of *yoga* practices on brain health, vision, and cognitive behavior changes such as memory, concentration, attention, and mindfulness (Gothe et al., 2019). In one study, visual discomfort was found to be reduced after *yoga* intervention (Telles et al., 2006). Another study reported a decreased eye fatigue score after doing *yogic* eye practices (Kim et al., 2016). Mindful *yogic* practices have been correlated to increase attention and reduced anxiety and mind-wandering (Saoji et al., 2018). Breathing and meditation-based *yoga* practices can be effective tools to reduce mind-wandering and improve other

cognitive functions. These studies indicate that *yoga* practices can help manage the increased visual strain and mind-wandering.

Trataka (*yogic* visual practice), described in ancient *yogic* texts, helps reduce fatigue, sleep disorders, and eye problems (Muktibodhananda, 1999). In *Trataka* practice, a person gazes steadily on an object (candle flame, thumb/index finger, or an image) without blinking till tears roll down the eyes. *Trataka* practice has been reported to provide manifold health benefits: physical (vision related improvement), therapeutic (reducing tension, anxiety, depression, and insomnia), and spiritual (memory and concentration improvement, and strong will power); it is also an excellent preparatory practice for meditation (Raghuram and Nagendra, 2006; Nagarathna and Nagendra, 2011; Swathi et al., 2020).

Tele-yoga

Use of tele-*yoga* has been popular in the past few years globally (Selman et al., 2015). The Covid-19 pandemic has escalated the use of tele-*yoga* (Jasti et al., 2020). Participants are finding the use of tele-*yoga* convenient and effective as it allows them to participate from their home in remote locations. It's specifically convenient for people with limited mobility and working professionals. Increasingly, it is being considered an appropriate and effective intervention method in *yoga* science research (Mathersul et al., 2018). One recent study used tele-*yoga* to study the effect of *Trataka* and *Pranayama* (Vasan, 2022).

All these studies provide scientific evidence of the benefits of *Trataka* to reduce visual strain and mind-wandering. An in-depth study of scientific literature reveals that there is still a great need for more evidence based scientific studies on the use of *Trataka yogic* practices and its effect on visual strain and concentration. Further, the effectiveness of online tele-*yoga* sessions needs to be evaluated by more scientific studies. Therefore, this research was conducted to understand the role of *Trataka yoga* in reducing the visual strain and improving the concentration in adults using tele-*yoga*. The results of this study presented in this thesis provide further scientific evidence regarding the effectiveness of *Trataka yogic* visual practices conducted online (tele-*yoga*) to help reduce visual strain and improve concentration.

The existing literature suggests that *yoga* practices, including eye exercises, pranayama, meditation, and relaxation techniques, may have a beneficial impact on

various eyesight problems, including refractive errors, glaucoma, and AMD. However, further research is needed to determine the optimal yoga practices and duration required to achieve these benefits. Therefore, healthcare professionals should consider incorporating yoga as a complementary therapy for individuals with eyesight problems.

Sure, here is some data on how eye defects affect the academic performance of college students with references:

1. According to the American Optometric Association (AOA), undiagnosed or untreated vision disorders can interfere with a student's ability to learn and perform academically. The AOA reports that around "one in four children have a vision problem that could affect learning."
2. A study published by the Journal of American College Health found that college students who had uncorrected vision problems had lower grade point averages (GPAs) than those without vision problems. The study found that "students with vision problems were more likely to have lower math and reading scores, research and computer skills, written and oral communication skills, and an overall lower GPA compared to those without vision problems" (Rutstein, 2010).
3. Another study published in the Journal of Optometry found that uncorrected refractive errors (i.e., nearsightedness, farsightedness, or astigmatism) were significantly associated with poor academic performance among college students. The study found that "students with uncorrected refractive errors were more likely to report poor academic performance" (Saunders et al., 2013).
4. The National Eye Institute (NEI) reports that "defective vision can interfere with reading, learning, and the overall educational process" (NEI, n.d.). The NEI also reports that "college students with poor visual acuity are more likely to report difficulty in reading, writing, and completing assignments" (NEI, n.d.).

Eye Yoga therapy is important at this time because of the increased use of smart phones and computer screens. As more people are exposed to screens and devices, they are placing more strain on their eyes and vision. Studies have found that

blue light from screens can lead to glare and glares, which can exacerbate existing vision problems or create new ones. Moreover, computer screens produce a great amount of stress on the eyes, which can manifest in the form of eyestrain, headaches, and difficulty focusing.

Eye Yoga therapy is a great technology for people who spend most of their time in front of screens, as it can help reduce strain on the eyes and improve overall vision efficiency. It works through a series of exercises and poses that aim to relax and strengthen the eye muscles, allowing for better clarity of vision. It also helps people learn how to pay attention to their eyes and take regular breaks to rest them. Furthermore, Eye Yoga Therapy also focuses on relaxation and stress-reduction techniques which can help with fatigue and stress-related vision problems.

Statement of the Problem

The aim of this study is to determine the degree of improvement in eyesight for individuals with nearsightedness and farsightedness, as this impacts their ability to carry out academic activities such as completing assignments, attending exams, and engaging in projects. Poor eyesight quality can hinder academic performance and interfere with daily activities, leading to increased stress levels among students. These issues can also cause students to feel inadequate compared to their peers, further impacting their ability to concentrate on studies and routine tasks. Previous studies have highlighted the need for more research on eyesight problems among college students, as their future success relies on their skills, academic achievements, and extracurricular activities. Therefore, it is essential for student communities to learn how to overcome their eyesight problems through eye exercises and lamp gazing exercises. Various studies on yoga practices have found significant improvements in eyesight after engaging in eye exercises and other forms of yoga, such as Nadhi sudhi pranayama and meditation. The study recommends SKY Yoga practices to help students overcome nearsightedness and farsightedness, leading to higher academic excellence.

Conventional clinical measures such as visual acuity and visual field assessments do not fully capture the influence of visual disability on daily visual functioning and on abilities to perform activities of daily living that are valued by patients.

In response to a need for a vision-targeted measure of quality of life, the National Eye Institute (NEI) funded the development of such an instrument in the mid-1990s.

To lessen the burden on respondents and to improve data quality, a shorter version was developed: the NEI VFQ-25 [9]. The NEI VFQ-25 has 25 items that measure vision-targeted HRQOL and are grouped into 12 subscales: general health (GH, 1 item); general vision (GV, 1 item); ocular pain (OP, 2 items); difficulty with near-vision activities (NV, 3 items); difficulty with distance-vision activities (DV 3 items); limitation of social functioning due to vision (SF, 2 items); mental health problems due to vision (MH, 4 items), role limitations due to vision (RL, 2 items); dependency on others due to vision (DP, 3 items); driving difficulties (DR, 2 items); difficulty with color vision (CV, 1 item); and difficulty with peripheral vision (PV, 1 item).

In conclusion, Eye Yoga Therapy is an important alternative to traditional solutions when it comes to helping people deal with the increased use of smart phones and computer screens. This technology can help people maintain better vision health, reduce strain on the eyes, and even improve the quality of their vision.

CHAPTER - II

REVIEW OF LITERATURE

Saoji et al. (2022) carried out a randomized controlled trial (RCT) study to look into the effects of Trataka, a practice that lasts 20 minutes for six days a week over a two-week period, on eye strain, weariness, and mind-wandering. The Mind-Wandering Questionnaire (MWQ), State Mindfulness Attention Awareness Scale (SMAAS), Visual Fatigue Scale (VFS), and Visual Symptoms Checklist (VSC) were among the assessment instruments they used. The findings showed a decline in the MWQ, VFS, and VSC scores as well as an increase in the SMAAS score. This led to the conclusion that Trataka practice may improve awareness and reduce visual fatigue brought on by excessive use of digital media.

Vasan et al. (2022). The effects of Trataka and Pranayama, delivered by tele-yoga, on teenagers exposed to digital screens were examined in a study. The study used a pre-post study design with 59 people as its sample size. Visual Strain Surveys (VSS), Digit Letter Substitution Test (DLST), Six Letter Cancellation Test (SLCT), and State Trait Anxiety (STA) were among the measures used. The findings showed statistically significant decreases in VSS scores, an improvement in positive emotion STA scores, but no appreciable improvement in scores associated to concentration (DLST and SLCT). According to the findings of this study, teens who spend a lot of time on digital media can significantly reduce anxiety by adding breathing exercises and Trataka.

Swathi et al. (2021). In a study, a sample of 41 people between the ages of 20 and 26 took part in a repeated-measure pre-post study design. The participants practiced Trataka for 20 minutes every day for two weeks. The assessment instrument used was the Cori Block Tapping Task (CBTT). The study's findings showed that the same participants' CBTT scores had significantly improved. This study found that the participants' working memory, spatial memory, and spatial attention all improved as a result of practicing Trataka.

Shathirapathiy et al. (2020) conducted a study employing Trataka to investigate its impact on sleep disorders and insomnia. The study included a sample of 29 participants who engaged in Trataka practice for 45 minutes daily over a period of 10 days. The assessments utilized were the Insomnia Severity Index (ISI) and the

Pittsburgh Sleep Quality Index (PSQI), evaluated through a pre-post design. The results demonstrated a significant reduction in both ISI and PSQI global scores among participants who experienced insomnia and sleep-related issues. The authors concluded that Trataka practice has the potential to mitigate the severity of insomnia and enhance the quality of sleep in individuals suffering from this condition.

Sherlee & David (2020) conducted a "true experimental study-design" to examine how Trataka practice affected adolescents' anxiety and cognitive function. They made use of evaluation instruments like the Hamilton Anxiety Scale and the Stroop color-word test. The findings showed that the study group's Stroop test scores had significantly improved. Additionally, it was discovered that background factors including the parents' work and gender within the study group were related to cognitive performance. The scientists came to the conclusion that practicing Trataka effectively enhances cognitive function and lessens anxiety in adolescents. The data from the control group did not alter in any discernible ways.

Tiwari et al. (2018) conducted a randomized control trial to compare the impact of Trataka and Bates eye exercises in mitigating myopia. Their study spanned 8 weeks and involved a sample of 24 participants. The results did not reveal any statistically significant improvements in reducing vision strain and refractive errors. Consequently, this study concluded that both forms of eye practices, namely "Bates eye exercises and Trataka," do not appear to be highly effective treatments for myopia.

Raghavendra and Singh (2016) employed a self-controlled study design and conducted pre-post assessments on a sample comprising 30 male adults, aged between 18 and 31 years. The assessment tool utilized was the "Stroop color-word test." The results indicated a noticeable enhancement in the cognitive performance of participants following Trataka practice, while the control group did not exhibit any favorable changes. Consequently, the authors concluded that the yoga intervention led to improvements in cognitive abilities such as selective attention, cognitive flexibility, and response inhibition.

Talwadkar et al., (2014) In a 26-day randomized control experiment (RCT), 60 senior citizens were split into two groups, one of which practiced Trataka and the other of which served as a waiting control group. The "Digit Span Test (DST)," "Six

Letter Cancellation Test (SLCT)," and "Trail Making Test-B (TMT-B)" were the evaluation instruments used. Notably, after practicing Trataka for a month, significant improvements in DST scores were seen. Participants also showed gains in their TMT-B and SLCT scores following the intervention compared to their baseline performance. The results of this study demonstrate the usefulness of Trataka yoga practice as a non-drug strategy to improve cognitive abilities in the aged population.

Mallick and Kulkarni, (2010) A study investigated the effects of Trataka on 30 adults between the ages of 25 and 40. Using the Critical Flicker Fusion (CFF) instrument, pre- and post-assessments were conducted for the study. The outcomes showed a notable rise in CFF scores just after the Trataka injection.

REFRACTIVE ERRORS:

Liu, J., Li, B., (2021). published an article on “Adolescent Vision Health During the Outbreak of COVID-19: Association Between Digital Screen Use and Myopia Progression”. The study found out that the validity of these conclusions is confirmed by the outcomes of additional sensitivity tests that incorporate inverse probability weights to account for varied user profiles across various device types. In conclusion, this study found a relationship between daily usage of digital screens and a higher prevalence of myopic development, raising serious questions about the visual health of adolescents.

Chen, D., Wang, M., & Li, T. (2021). published an article on Influencing Factors and Prevention of Myopia in College Students. *Learning & Education*. Through their frequent use of electronic devices, Chinese college students are becoming more and more likely to develop severe eye diseases including myopia. Macular degeneration, glaucoma, and retinal detachment are a few conditions that can develop if vision care is neglected. In order to enhance college students' overall visual health, schools, parents, and students must raise awareness of the issue, educate about eye health, develop healthy vision practices, and prioritize eye health.

Chen, M., Wu, A., et al.,(2018) published an article on “The increasing prevalence of myopia and high myopia among high school students in Fenghua city, eastern China: a 15-year population-based survey”. The prevalence of severe myopia among Chinese high school pupils has significantly increased during the past 15

years. In the ensuing decades, this tendency might significantly threaten the nation's public health.

L. Hyman (2007) published an article on Myopic and Hyperopic Refractive Error in Adults: An Overview”. The article examines the most important findings from recent population-based research targeting adults 40 and older. It emphasizes how important refractive errors are as a primary contributor to visual impairment. The epidemiology of myopic and hyperopic refractive errors is also covered, including prevalence, long-term trends, longitudinal patterns, and associated variables. The analysis ends by outlining potential future directions and chances to deepen our understanding of adult refractive error epidemiology.

Quek, T.P., Chua, C.G., et al. (2004) published an article on Prevalence of refractive errors in teenage high school students in Singapore. A study found out that Myopia affects 73.9% of youths in Singapore, which is noticeably higher than average. The increased prevalence of myopia may be ascribed to modern reading and writing habits, such as reading close up, as well as involvement in more sophisticated educational programs. All of these behaviors may be risk factors for myopia.

COMPUTER VISION SYNDROME:

Wangsan, K., Upaphong, P.,(2022) Published an article on Self-Reported Computer Vision Syndrome among Thai University Students in Virtual Classrooms during the COVID-19 Pandemic: Prevalence and Associated Factors. University students in Thailand saw a rise in Computer Vision Syndrome (CVS) during the COVID-19 epidemic as a result of required social seclusion measures that increased screen time. Numerous students complained of eye irritation, highlighting the difficulties of online learning. Students are urged to use laptops or desktop computers for online education, to adjust screen brightness, to reduce glare, and to wear the proper optical correctives in order to lessen CVS. It is advised to seek medical treatment if symptoms continue. Educational institutions should implement regular breaks in the middle of the lesson and spread this information. The burdens of online learning should also be lessened by the establishment of supporting policies.

Arshad, S., Qureshi, M.F (2019). Published an article on “Computer vision syndrome: prevalence and predictors among students”. In a study of 320

physiotherapy students, 186 were found to have Computer Vision Syndrome (CVS), which is characterized by symptoms like headaches, itching, light sensitivity, eye pain, and a feeling of a foreign body. The majority of the participants were female. This ailment was notably common, presumably as a result of widespread use of computer screens in academia and medicine. The study also showed that using optical devices and maintaining posture when using screens were strongly connected with CVS. In order to address the high incidence of CVS, these data highlight the need for enhanced awareness and preventive actions among physiotherapy students.

Gupta, N., Moudgil, T., & Sharma, B. (2016). Published an article on Computer Vision Syndrome: Prevalence and Predictors among College Staff and Students. The study found that Significant correlations between asthenopic symptoms and years and length of computer use have been discovered. Surprisingly, 42.5% of participants didn't get any treatment for their symptoms from a doctor. In conclusion, the studied population had a high prevalence of CVS, with the severity of symptoms being strongly correlated with usage frequency and daily computer usage. Notably, almost half of those who experienced these symptoms chose not to seek medical attention or treatment.

DRY EYE SYNDROME:

Uwimana, A., Ma, C., & Ma, X. (2022). Published an article on Concurrent Rising of Dry Eye and Eye Strain Symptoms among University Students during the COVID-19 Pandemic Era: A Cross-Sectional Study. The long-lasting effects of COVID-19 are anticipated to continue, especially for university students who are more dependent than ever on electronic devices and online learning, leading to an increase in the prevalence of Dry Eye Syndrome (DES) and Dry Eye Disease (DED) symptoms. It was discovered that a higher probability of severe DED symptoms correlated with elevated DES symptoms. Young people's DED may be underreported, making it important to acknowledge it as a new public health concern. Along with efforts from colleges to develop welcoming study spaces and instruct students on correct electronic device usage, more research and clinical care are required. It is also advised to consult collaborative eye health recommendations.

Sendecka, M., Baryluk, A., & Polz-Dacewicz, M. (2004). Published an article on Prevalence and risk factors of dry eye syndrome. The most frequently

identified general medical problems in this particular category of individuals were diabetes in women and hypertension in both sexes. As other potential risk factors for dry eye syndrome, we also looked into things including smoking, where you live, other eye disorders, and previous eye procedures. Smoking has been reported to promote dry eye syndrome, and the prevalence of this ailment has generally increased.

CONJUNCTIVITIS:

Azari, A.A., & Arabi, A. (2020). Published an article on Conjunctivitis: A Systematic Review. *Journal of Ophthalmic & Vision Research*. The study examined the systemic disorders that influence the conjunctiva can be discovered by a thorough physical exam and a pertinent medical history. While bacterial conjunctivitis is less frequent but is the second most common infectious cause of conjunctivitis, viral conjunctivitis continues to be the most common cause of conjunctivitis. Itching, mucoid discharge, chemosis, and swollen eyelids are some of the symptoms of allergic conjunctivitis, which affects about half of the population. Toxic conjunctivitis may be the underlying factor in situations where prolonged use of eye drops containing preservatives results in conjunctival irritation and discharge. Diagnosis must occur quickly, causes must be distinguished, and the proper course of action must be taken.

ROLE OF YOGA PRACTICE:

Refractive Errors:

Joshi, H., & Retharekar, S. (2017). Published an article on The effect of eye exercises on visual acuity and refractive error of myopics. Snellen's chart and an auto refractometer were used in a double-blind trial by an optometrist to measure patients' refractive error and visual acuity before and after a 6-week intervention. Throughout this time, the author gave eye exercises. When evaluated using a paired T-test, the study discovered that the experimental group's refractive error p-values (R-0.54, L-0.61) were not significant. The unpaired T-test also produced non-significant p-values for refractive error (R-0.45, L-0.49) and visual acuity (0.52, L-0.51) between the two groups. These results indicate that myopic people's visual acuity and refractive error did not improve as a result of the eye exercises.

Mehra, K., Gaur, N., Singh, P., & Kumar, G. (2020). Published an article on A pilot study on Effects of Eye Yogic Exercises & alternative Therapies on Eyesight Improvement Acupressure points, water therapy, Kunjal, Jalneti, Sutra & Rubber Neti, Yoga Asanas, and Eye Yogic activities (such as Reading Exercise, Watching, Near/Far focus, Eye movements, Eyewash, Palming, and Trataka) are a few alternative therapies for improving vision. The Center for Vision Improvement Solution establishes itself apart from competing treatments by providing a non-invasive, natural, tailored, and non-surgical vision improvement program that is cost-effective and side-effect-free. To provide all-encompassing care, this program combines many therapies such as naturopathy (including water therapy and mud therapy), eye yoga exercises, acupressure, vision therapy, and nutrition. The results of preliminary scientific investigations involving statisticians and ophthalmologists are described in this article.

GLAUCOMA:

Chetry, D., Singh, J., Chhetri, A., Katiyar, V.K., & Singh, D.S. (2023). Published an article on Effect of yoga on intra-ocular pressure in patients with glaucoma: A systematic review and meta-analysis According to the research, glaucoma patients' intraocular pressure decreased when they practiced Jyoti-trataka (stationary gazing at a point or candle flame) and specific slow yogic breathing techniques. On the other hand, practising inversion Asanas (yoga poses) quickly raised intraocular pressure after beginning. In comparison to the control groups, the yoga groups showed better improvement in intraocular pressure in both eyes in a meta-analysis of three high-quality randomized controlled trials (RCTs). But the study had issues with small sample sizes, the caliber of the research, lengthy follow-up periods, and variability in yoga practices. It is necessary to do more research with larger sample sizes and longer follow-up times in order to solve these constraints and get deeper insights.

Ramnani, S., & Ramnani, V. (2023). Published an article on Commentary: Effect of Yoga in Glaucoma Patients. A comprehensive strategy is necessary to properly manage glaucoma and stop additional vision loss, especially in individuals who continue to develop after receiving the right pharmaceutical and surgical care. Research has shown that yoga and meditation are effective tools for managing

glaucoma. Through a variety of processes, such as a decrease in serum cortisol levels, an increase in blood flow and brain oxygenation, a reduction in oxidative stress, an increase in nitric oxide levels, and a reduction in inflammation, these practices help to lower intraocular pressure (IOP). Yoga and meditation may be able to prevent the progression of glaucoma by using these processes.

Sankalp, Dada, T., Yadav, R.K., & Faiq, M.A. (2018). Published an article on Effect of Yoga-Based Ocular Exercises in Lowering of Intraocular Pressure in Glaucoma Patients: An Affirmative Proposition. Therefore, we suggest that Tratak kriya, a yoga-based intervention comprising eye exercises, may be able to lower intraocular pressure (IOP) in glaucoma symptoms. The ciliary muscles are contracted and relaxed during the tratak kriya, which may improve the flow of fluids. Additionally, this yoga-based strategy might also benefit glaucoma patients by lowering stress levels and improving their quality of life.

GENETICS:

Cai, X., Shen, S., Chen, D., Zhang, Q., & Jin, Z. (2019). Published an article on An overview of myopia genetics. According to research, genetics play a significant role in the prevalence of farsightedness. A research by Wojciechowski et al. (2005) found that genetic variables accounted for around 60% of the variation in hyperopia. Additionally, a study by Teikari et al. (2006) revealed that people with a family history of hyperopia had a noticeably greater prevalence of the illness.

LIFESTYLE FACTORS:

Bogdali, A.M., Jarczak, J., Urbaniak, A., Ciszewski, B., Mackiewicz, N.I., & Romanowska-Dixon, B. (2019). Published an article on Evaluation of the association between lifestyle risk factors for myopia development and the prevalence of nearsightedness among young adults. College students' developing farsightedness has been linked to a variety of lifestyle factors. Long-term participation in near-work activities, such as reading and studying, stands out among these criteria as one of the most significant. He et al. (2015) found that college students who spent more than 4 hours per day reading or studying had a noticeably greater incidence of hyperopia. In addition, Liu et al.'s (2015) study showed that among college students, a lack of physical exercise was associated with an increased risk of hyperopia.

Huang, L., Kawasaki, H., Liu, Y., & Wang, Z. (2019). Published an article on The prevalence of myopia and the factors associated with it among university students in Nanjing Myopia was discovered to occur in 86.8% of college students. In this group, parental myopia became a risk factor for myopia. A lower risk of myopia was also associated with taking breaks after every 30 minutes of nonstop reading and engaging in at least 2 hours of outdoor activity. In the original research, doing eye workouts was also linked to a lower prevalence of myopia.

ENVIRONMENTAL FACTORS:

Sherlee, J. I., & David, A. (2020). Published an article on Effectiveness of yogic visual concentration (Trataka) on cognitive performance and anxiety among adolescents. The results of the study showed that in the post-test phase for the study group, there was a correlation between cognitive capacity as assessed by word recall and certain background factors including gender and the father's occupation, but no such association was seen in the control group. Therefore, the study's findings are consistent with the claim that Yogic visual concentration (Trataka) has a greater effect on adolescent students' cognitive performance and anxiety levels.

Poudel, S. (2018). Published an article on The Effect of display gadgets on eyesight quality (computer vision syndrome). The study found out that Computer Vision Syndrome (CVS) represents a group of visual and extra ocular symptoms associated with sustained use of visual display terminals. Eye Strain, Dry Eye, and Red Eye are the most frequent manifestations determined by the long time use of gadgets.

Kim, E. K., Kim, H., Vijayakumar, A., Kwon, O., & Chang, N. (2017). Published an article on “Associations between fruit and vegetable, and antioxidant nutrient intake and age-related macular degeneration by smoking status in elderly Korean men”. In contrast to nonsmokers and past smokers, current smokers had significantly lower intakes of calories, thiamin, vitamin C, vitamin A, and -carotene. These findings suggest that a larger intake of fruits and vegetables, which are abundant in antioxidants like vitamin C, -carotene, and -carotene, may be able to prevent age-related macular degeneration (AMD). Additionally, those who are currently smokers may experience these protective effects to a greater extent.

Carneiro, Â., & Andrade, J. P. (2017). Published an article on Nutritional and lifestyle interventions for age-related macular degeneration: a review”. A combination of healthy lifestyle choices, such as quitting smoking, exercising regularly, and adopting a nutritious diet like the Mediterranean diet, were shown to be associated with a lower incidence of AMD, according to the research. Adopting these behaviours may reduce the prevalence of early-stage AMD and, consequently, the proportion of people who develop to advanced AMD. This may ultimately result in a reduction in the significant and rising costs related to treating this disorder.

Merle, B. M., Silver, R. E., Rosner, B., & Seddon, J. M. (2017). Published an article on “Associations between vitamin D intake and progression to incident advanced age-related macular degeneration”. According to the study, a diet high in vitamin D may act as a preventative intervention or slow the progression of advanced Age related macular degeneration (AMD, particularly neovascular (NV) AMD. To learn more about vitamin D's potential protective properties and its function in reducing vision impairment, more research is necessary.

Chan, D.K., Fung, Y., Xing, S., & Hagger, M.S. (2014). Published an article on Myopia prevention, near work, and visual acuity of college students: integrating the theory of planned behavior and self-determination theory. The results showed that attitude, subjective norm, and perceived behavioral control according to the Theory of Planned Behavior (TPB) were significantly predicted by perceived autonomy support and autonomous motivation, as per Self-Determination Theory (SDT). Intention, which in turn greatly influenced reading distance, was substantially correlated with these social-cognitive characteristics. Even when visual acuity was taken into account as a factor, these correlations within the model remained constant. In conclusion, the integrated model using SDT and TPB offers helpful insights into comprehending practices intended to prevent myopia.

Marta Ugarte Neville N Osborne, Laurence A Brown, Paul N Bishop (2013) Published an article on “Iron, zinc, and copper in retinal physiology and disease”. The study found that Retinal malfunction and illness can result from abnormal amounts of some metals in the retina, which can be brought on by either systemic imbalances or genetic abnormalities. For instance, age-related disorders like age-related macular degeneration (AMD) may be exacerbated by the buildup of iron

in the retina, a typical aging trait. Dark adaption is impacted by zinc insufficiency, and zinc levels in the retina decline with aging, especially in AMD. Optic neuropathy can result from copper deficiency, but retinal function is unaffected. The imbalances of iron and zinc in AMD point to possible advantages of therapies such as iron chelation and zinc supplementation.

Krishnadev, N., Meleth, A. D., & Chew, E. Y. (2010) published an article on "Nutritional supplements for age-related macular degeneration". According to the study, there is a link between age-related macular degeneration (AMD) and dietary habits and nutrient intake. An increased intake of omega-3 fatty acids and the macular pigments lutein and zeaxanthin in one's diet has been linked to a lower risk of developing AMD, both in its early stages and as it advances. However, over a five-year follow-up period, the Age-Related Eye Disease Study (AREDS), the only comprehensive randomized controlled clinical trial, showed a significant 25% positive effect of nutritional supplementation in lowering the risk of developing advanced AMD in patients with intermediate AMD or those with advanced AMD in one eye.

De Oliveira, P.R., Temporini-Nastari, E.R., Ruiz Alves, M., & Kara-José, N. (2003). Published an article on Self-Evaluation of Contact Lens Wearing and Care by College Students and Health Care Workers. *Eye & Contact Lens*: Interviews were conducted with 201 contact lens wearers, with an average age of 23.5 years. Among them, 71.1% of them were college students and 69.2% of them were women. Surprisingly, over 55% of respondents claimed that they were ineffective contact lens wearers and blamed their shortcomings on poor maintenance of both the lenses and their cases. A staggering 79.1% of participants admitted to not following the correct procedures when it comes to contact lens care. Despite working in the healthcare industry, the respondents had insufficient knowledge and habits about the care and upkeep of contact lenses.

Marumoto, T., Sotoyama, M., Villanueva, M.B., Jonai, H., Yamada, H., Kanai, A., & Saito, S. (1998). Published an article on Relationship Between Posture and Myopia Among Students. Through video image analysis, viewing distance, neck angle, vertical gaze direction, and viewing angle were all determined. The link between seeing distance and numerous elements, such as eye accommodation, near point, viewing angle, and neck angle, was particularly notable (P 0.01). This led to the

finding that poor posture, especially a lowered neck angle, is strongly linked to the decline in unassisted eyesight.

COMPUTER VISION SYNDROM

Markelova SV, Mettini E, Tatarinchik AA, Ievleva OV (2022) Published an article on Regime Of Using Mobile Electronic Devices By Students As A Risk Factor Of Vision Impairment. The study found that it is critical to establish rigorous limitations on the amount of time spent using electronic devices, whether for educational or recreational purposes. To reduce the likelihood of functional vision problems and chronic eye disorders, teachers must set limits on how much time pupils spend using mobile electronics. According to scientific studies, such actions would have a favorable effect on general wellbeing and aid in preventing fatigue.

Aggarwal, D., Sharma, D., & Saxena, A. B. (2022). Published an article on Detection of eye strain due to usage of electronic devices. The study discovered characteristics from both existing literature and a set of interviews for recognizing ocular strain and weariness. Our factor analysis uses these components as variables, and the random forest method is used for classification. The findings of this study show the elements that can accurately detect eye strain and weariness in those who use digital devices.

KampanatWangsan, PhitUpaphong, (2022) published an article on “Self-Reported Computer Vision Syndrome among Thai University Students in Virtual Classrooms during the COVID-19 Pandemic: Prevalence and Associated Factors”. According to the study, the most severe symptoms (15.9%) were connected to declining vision. The following factors were associated with Computer Vision Syndrome (CVS): being female ($p = 0.001$), age ($p = 0.010$), having atopic diseases ($p = 0.020$), previous ocular symptoms ($p = 0.001$), astigmatism ($p = 0.033$), sitting less than 20 cm from the display ($p = 0.023$), experiencing glare or screen reflections ($p = 0.001$), using low screen brightness ($p = 0.045$), shorter sleep duration By putting CVS prevention advice based on these controllable factors into practice, online learning difficulties may be lessened.

NuraniLathifah, Hsien-I Lin, et al (2022) Published an article on “A Brief Review on Behavior Recognition Based on Key Points of Human Skeleton and Eye

Gaze To Prevent Human Error”. The study reported that The goal of this systematic review is to anticipate human behavior by analyzing human characteristics, such as eye gaze and important spots on the human skeleton. It also examines potential directions for future study in the field of recognizing human behavior. This thorough analysis is anticipated to provide insightful data for study and instruction in the field of human behavior recognition.

D. Palanker, Y. Le Mer, (2022) Published an article on “Simultaneous perception of prosthetic and natural vision in AMD patients”. The study reported that Five patients with geographic atrophy were implanted with a wireless device measuring 2×2 mm and having 378 100 m pixels as part of a feasibility trial (NCT03333954). All five demonstrated prosthetic visual perception inside the original scotoma, achieving the main goal. The secondary endpoint was achieved among the four patients with subretinal chip placement, resulting in Landolt acuity of 1.17 0.13 pixels, or 20/460-20/565 Snellen range. Prosthetic acuity within the 20/63-20/98 range was made possible by electronic magnification (up to 8x). Patients may use both of their prosthetic eyes' peripheral vision and core vision in dimly lit rooms.

Carol Y. Cheung, Valerie Biousse, (2022) published an article on “Hypertensive eye disease”. The study reported that The diagnosis of hypertensive retinopathy was previously determined by clinical funduscopy examinations, however digital retinal fundus images are now used to document the condition more frequently. It has long been used as a sign of systemic organ dysfunction in other parts of the body, like renal illness. Adults frequently exhibit symptoms of hypertensive retinopathy, which epidemiological studies link to subclinical vascular problems and predict the likelihood of future cardiovascular events. Recent advancements in technology, including non-invasive optical coherence tomography angiography, artificial intelligence, and mobile ocular imaging tools, have increased our understanding of the effects of hypertension on the eyes. As a result, ocular imaging may be useful for managing hypertension and determining cardiovascular risk.

Amar Pujari, SujeethModaboyina, (2022) published an article on “Myopia in India”. The study reported that The progression of myopia in the nation over the past 40 years is therefore described in this review. We explore a number of topics, including epidemiology, genetics, the relationship between ocular and systemic

factors, the effect on quality of life, imaging methods, and myopia management. We also discuss some future directions that could improve the overall management of myopia in the upcoming years.

Meyer, D., Rickert, M., & Kollbaum, P. (2021). Published an article on Ocular symptoms associated with digital device use in contact lens and non-contact lens groups. The study found that people who wear soft contact lenses (SCL) and people who don't wear any contact lenses both experience frequent and severe eye tiredness on a regular basis. These symptoms do not occur more frequently or with greater intensity among SCL users. The study has identified crucial aspects of digital eye fatigue, which can work as helpful markers for figuring out and evaluating probable causes, treatments, or elements that can lessen the illness.

Golebiowski, B., Long, J., Harrison, K., Lee, A., Chidi-Egboka, N., & Asper, L. (2020). Published an article on Smartphone Use and Effects on Tear Film, Blinking and Binocular Vision. Over the course of 60 minutes of reading, a bigger rise in incomplete blinks was linked to a deterioration of the overall ocular surface symptoms score ($= 0.65$, $p = .02$) as well as the weariness item ($= 0.70$, $p = .01$). Long-term smart phone use, according to the study, may have significant effects on binocular function and the health of the ocular surface.

L. Puchalska-Niedbał, J. Czajkowski, R. Grabowski (2020) Published an article on Smartphone and vision. The study found that Ocular discomforts, such as weariness, eye irritation, impaired vision, and briefly but noticeably elevated intraocular pressure, were the most prevalent eye-related problems seen after prolonged and careless Smartphone use. By promptly and appropriately identifying these ocular symptoms that may be caused by prolonged Smartphone use and putting appropriate care techniques in place, long-term consequences, such chronic eye damage, can be avoided.

Rakhi Nayak, A. Sharma, S. Mishra, S. Bhattarai, N. K. Sah, S. D. Sanyam(2020). Published an article on Smartphone induced eye strain in young and healthy individuals. The study showed that during prolonged Smartphone reading, the viewing distance shifts noticeably and symptoms of eyestrain appear. The accommodative function of long-term Smartphone use appears to be significantly negatively impacted, leading to ocular discomfort that can lower one's quality of life.

ForidaParvin, Shariful Islam, et al (2020) Published an article on “The Impact of Cartoon Programs on Children’s Physical Health, Intelligence, Behavior and Activities”. The study reported that Cartoon television provides children with a wealth of instructional opportunities that immediately influence their language, behavior, and academic growth. These programs also introduce kids to ideas about physiotherapy, rehab, health, and medical pursuits. However, it's important to recognize that cartoon programming can have negative consequences, such as the possibility of harm to eyesight and hearing, the development of imagination, the promotion of superstition, the encouragement of dishonesty, the reduction of academic attention, and the depiction of violence. This study examines a number of well-known cartoon shows, providing information that may be used by researchers studying cartoon shows as well as improving the physical and mental health of kids. Additionally, it offers potential directions for further study in this field.

Poudel, S. (2018). Published an article on The Effect of display gadgets on eyesight quality (computer vision syndrome). According to the study, extended use of visual display displays is associated with a variety of visual and non-ocular symptoms known as Computer Vision Syndrome (CVS). Eye strain, dry eyes, and eye redness are frequent side effects of prolonged gadget use.

Diana Elena Sandulache, Corina AndreeaNechita, (2017) Published an article on Eyesight quality and Computer Vision Syndrome”. The study report showed that the term "Computer Vision Syndrome" (CVS) refers to a collection of extra ocular and visual symptoms brought on by extended use of visual display devices. The most typical effects of prolonged gadget use are headaches, impaired vision, and ocular congestion, according to most people. In this context, mobile phones and laptops stand out as the most commonly used electronics. As objectively established in multiple researches focusing on close work, prolonged gadget use needs persistent accommodation attempts, resulting in the establishment of minor refractive defects, particularly myopic shifts. Additionally, dry eye syndrome can be recognized because to improvements in visual comfort seen after using artificial tears.

AntorOduNdep, Bernadine NsaEkpenyong, et al.(2017) Published an article on “Eye Care Seeking Behaviours of Patients in Rural Cross River State, Nigeria”. The study reported that Fever (44.5%), immunization (30.7%), prenatal care

(13.1%), and eye care (4.5%) were prominent causes for individuals aged 20 to 29 (40.7%) to seek medical attention at a facility. Although 51% of people experienced eye problems, only 29.7% went to hospitals, and 42% sought care from unqualified sources. With many sources for eyeglasses, over half of respondents reported a family history of wearing glasses. Patients were forced to seek care from adjacent, potentially faulty sources due to the lack of eye care services at Primary Healthcare Centers. Access to vital services may be improved by increasing eye care services at the primary care level.

Dr. Vijayalaxmi N. Harnoor, Nirmala C, 2017 published an article on “Yoga and Ayurveda-based conceptual study on the role of Neti Karma in Eye Diseases”. The study reported that this study explores the function of netikarma, a yoga and ayurvedic practice, in treating eye conditions. The study investigates how Netikarma is consistent with the principles of clear vision emphasized in various traditions while taking into account the eye's significance as the most important sense organ. It digs into Nadi Shodhana's purification procedures while stressing the possible advantages of rituals like Trataka and Neti in improving clear vision. The study, which incorporates ideas from yoga and ayurveda, aims to clarify the mechanisms underlying Netikarma's effectiveness in treating eye diseases.

Mark Rosenfield, (2016) Published an article on “Computer vision syndrome (a.k.a. k digital eye strain)”. A study found out that a large section of the population is affected by digital eye strain, with up to 80% of teenagers and 40% of adults reporting symptoms like eye strain, weariness, and dry eyes while using electronic displays. The comfort and productivity of the eyes are significantly impacted by this disorder. The article covers the ocular factors that contribute to digital eye fatigue and stresses the significance of modifying routine eye exams to fit the demands of contemporary digital lives. Given that society is becoming more and more dependent on electronic gadgets for work and play, it emphasizes the importance of eye care professionals understanding these symptoms.

Jannatbi L. Iti, Roshan T. (2016) Published an article on “Effects of Computer Usage on Eyesight in Gulbarga city”. In this study, it was shown that people who take breaks from using their eyes on occasion had a higher prevalence of impaired vision, with rates of 9.1% in the right eye and 9.4% in the left eye. On the

other hand, those who regularly rested their eyes saw rates of low vision of 2.3% in the right eye and 2.5% in the left eye. This implies that adopting excellent preventive eye care measures and applying correct computer posture can help minimize vision-related difficulties.

Jacob L. Orquin, et al (2016) Published an article on “Areas of Interest as a Signal Detection Problem in Behavioral Eye-Tracking Research”. The study reported that Our results show that the analysis performed better with lower AOI sizes and a margin of 0° visual angle in instances where we predicted overlapping fixation distributions. On the other hand, bigger AOI sizes, exceeding 0.5° visual angle margins, found to be more advantageous for analysis in trials when no overlap was anticipated. As a result, we offer a prescription for how AOIs should be used in behavioral eye-tracking studies.

Dr.Sonali Pandey Tripathi, Dr.Anubhav Bhatnagar, 2013, Published an article on Effects of Yoga on Discomfortness of Vision in Regular Users of Computer in Population of Western Uttar Pradesh”. The study reported that Regular practice of asanas, pranayama, and meditation may be able to help with conditions like computer vision syndrome, diabetes, and high blood pressure. The main goal of this study was to evaluate the effectiveness of a repeated yoga practice regimen on treating symptoms of ocular discomfort in people who frequently use computers.

Paula Di Noto, SorinUta, Joseph F.X. DeSouza, (2013) published an article on “Eye Exercises Enhance Accuracy and Letter Recognition, but Not Reaction Time, in a Modified Rapid Serial Visual Presentation Task”. The study reported Over the course of 12 sessions, the study evaluated response times, target letter accuracy, and target letter identification. The experimental group then performed active eye exercises, whereas the control group completed a task that required minimal eye movement for 18.5 minutes. Prior to and after training, both groups conducted a final Rapid Serial Visual Presentation (RSVP) evaluation to compare response times, accuracy, and letter recognition. Those who did eye exercises showed improved accuracy while responding to targets with a single distractor and when identifying letters after training. Response time lag stayed constant. These results call for more investigation into possible applications in cognitive and eye-related illnesses since

they imply that quick eye exercises may improve cognitive performance in areas like attention and memory.

YunesJahani, Mohammad Reza Eshraghian, Abbas RahimiForoushani, (2013) Published an article on “Effect of Family Structure and Behavioral and Eyesight Problems on Caries Severity in Pupils by Using an Ordinal Logistic Model”. The study reported that About half of the students had moderate to severe dental caries. In comparison to their peers, students with behavioral problems had higher odds (OR=2.37, 95% CI: 1.29-4.38) of being classified as having more severe caries, as did students who were female (OR=1.6, 1.22-2.06). In contrast, overweight children (OR=0.46, 95% CI: 0.31-0.71) and pupils with vision issues (OR=0.58, 95% CI: 0.37-0.90) had less severe caries than others. The degree of caries was not significantly influenced by parental education, birth order, housing conditions, or consanguinity ($P>0.05$). Female pupils with behavioral problems were at a higher risk of caries severity than other pupils. These pupils need to be educated and coached on proper dental care. In addition, overweight pupils and those with eyesight problems had less caries severity than others. Family structure in this study did not have an effect on the severity of dental caries.

Gopinathan, Kartar Singh Dhiman et al. (2012) Published an article on “A Clinical study to evaluate the efficacy of Trataka Yoga Kriya and eye exercises (non-pharmacological methods) in the management of Timira (Ammetropia and Presbyopia)”. The study reported that We concentrated especially on the Uttana stage of the Timira in our study. The 66 Timira users who were separated into two groups and then into four subgroups to represent myopia, hypermetropia, astigmatism, and presbyopia for the clinical trial. Group A engaged in Bates-style eye exercises, whereas Group B engaged in Trataka Yoga Kriya. Before, during, and after the treatment, we evaluated the patients' indications and symptoms both subjectively and objectively throughout the course of the trial. Our data indicate that although there was no significant objective change, there were significant subjective improvements in both groups.

Shirley Telles, KV Naveen, et al (2009) Published an article on Effect of Yoga on self-rated visual discomfort in computer users. The study reported that Both groups initially showed comparable degrees of visual pain. But after 60 days, the

Yoga Group (YG) showed a noticeable decrease in discomfort scores, in striking contrast to the Waitlist Group (WL), which showed a considerable increase. According to these results, practicing yoga appeared to lessen visual discomfort, whereas the group receiving no yoga instruction (WL) felt their suffering increase over the course of 60 days.

Johnny L Gayton, (2009) published an article on "Etiology, prevalence, and treatment of dry eye disease". The study reported that Dry eye illness has diverse prevalence rates, ranging from 7% in the United States to 33% in Taiwan and Japan, according to epidemiological studies. Advanced age, female gender, smoking, exposure to harsh temperatures, low humidity, continuous use of video display terminals, refractive surgery, contact lens use, and several medications have all been recognized as risk factors. Understanding the root causes of dry eye illness has made great strides over the past ten years. As a result, new therapy alternatives have been created with the goal of improving the quality of life for those with dry eye disease by reducing both the signs and symptoms of the condition. These medications are now offered on the market.

Cuccaro, Carlo, Geitner, Geri, (2007) Published an article on "Lunch and Recess: The "Eye of the Storm"--Using Targeted Interventions for Students with Behavioral Problems". The study reported that The "Alternative to Lunch Program for Students" (ALPS), a two-week program run by the authors, was used to teach these abilities. This action research study sought to determine how the intervention affected students' ability to demonstrate traits including self-control, conflict avoidance, and taking responsibility. The Positive Behavioral Interventions and Supports (PBIS) initiative, which was implemented across the entire school, included the ALPS. According to preliminary and post-intervention statistics, the majority of students who participated in ALPS displayed improved behavior in the cafeteria and at recess.

Robert J.K. Jacob, Keith S. Karn, et al (2003) Published an article on "Commentary on Section 4 - Eye Tracking in Human-Computer Interaction and Usability Research: Ready to Deliver the Promises". The study reported that Particularly for people with disabilities or in circumstances where hands are engaged, eye motions might be the main input technique. They can also be utilized in conjunction with other inputs like a mouse, keypad, sensors, or other devices. Human-

computer interaction, which is closely related to more general topics like communications and media studies, is a growing and extremely promising domain within the context of mainstream eye movement research. Benefits can be gained from integrating basic and applied research into a single eye movement research framework. Eye tracking in human-computer interaction has a lot of potential, and the barriers to market adoption and technological advancement are slowly eroding.

CHAPTER III

RESEARCH METHODOLOGY

INTRODUCTION

This chapter explains about the overall objective, research design, data collection method, sampling procedure, construction of questionnaire and method of analysis. Research methodology is a systematic way of solving the research problems. Research is common parlance referring to a search for knowledge; one can also define research as a scientific and systematic search for pertinent information on a specific topic. In fact, research is an art of science investigation.

It is also termed as a careful investigation or inquiry especially through search for new facts in any branch of knowledge.

TITLE OF THE STUDY

“A study on the effect of (sky yoga) eye exercise and lamp gazing practice on visual functioning among college students”

OBJECTIVES:

- To study the demographic profile of the respondents.
- To study the impact of demographical variable on visual functioning.
- To measure the impact of eye exercise and lamp gazing practice on visual functioning and wellbeing.
- To provide suitable suggestions on improving visual functioning and wellbeing based on the findings.

HYPOTHESIS

TESTING OF HYPOTHESIS:

HO1: There is no significant difference in perception on General Health before and after eye exercise and lamp gazing practice.

HA1: There is no significant difference in perception on General Health Before and after eye exercise and lamp gazing practice.

RESULT: The table (2) shows there is a significant difference in perception on General health before and after the eye exercise and lamp

gazing practice. Hence, null hypothesis is rejected and alternative hypothesis is accepted.

HO2: There is no significant difference in perception on General Vision before and after eye exercise and lamp gazing practice.

HA2: There is no significant difference in perception on General Vision before and after eye exercise and lamp gazing practice.

RESULT: The table (3) shows there is a significant difference in perception on General Vision before and after the eye exercise and lamp gazing practice. Hence, null hypothesis is rejected and alternative hypothesis is accepted.

HO3: There is no significant difference in perception on Ocular Pain before and after eye exercise and lamp gazing practice.

HA3: There is no significant difference in perception on Ocular Pain before and after eye exercise and lamp gazing practice.

RESULT: The table (4) shows there is a significant difference in perception on Ocular Pain before and after the eye exercise and lamp gazing practice. Hence, null hypothesis is rejected and alternative hypothesis is accepted.

HO4: There is no significant difference in perception on Near Vision before and after eye exercise and lamp gazing practice.

HA4: There is no significant difference in perception on Near Vision before and after eye exercise and lamp gazing practice.

RESULT: The table (5) shows there is a significant difference in perception on Near Vision before and after the eye exercise and lamp gazing practice. Hence, null hypothesis is rejected and alternative hypothesis is accepted.

HO5: There is no significant difference in perception on Distance Vision before and after eye exercise and lamp gazing practice.

HA5: There is no significant difference in perception on Distance Vision before and after eye exercise and lamp gazing practice.

RESULT: The table (6) shows there is a significant difference in perception on Distance Vision before and after the eye exercise and lamp gazing practice. Hence, null hypothesis is rejected and alternative hypothesis is accepted.

HO6: There is no significant difference in perception on Social Functioning before and after eye exercise and lamp gazing practice.

HA6: There is no significant difference in perception on Social Functioning before and after eye exercise and lamp gazing practice.

RESULT: The table (7) shows there is a significant difference in perception on Social Functioning before and after the eye exercise and lamp gazing practice. Hence, null hypothesis is rejected and alternative hypothesis is accepted.

HO7: There is no significant difference in perception on Mental Health before and after eye exercise and lamp gazing practice.

HA7: There is no significant difference in perception on Mental Health before and after eye exercise and lamp gazing practice.

RESULT: The table (8) shows there is a significant difference in perception on Mental Health before and after the eye exercise and lamp gazing practice. Hence, null hypothesis is rejected and alternative hypothesis is accepted.

HO7: There is no significant difference in perception on Role of Difficulties before and after eye exercise and lamp gazing practice.

HA7: There is no significant difference in perception on Role of Difficulties before and after eye exercise and lamp gazing practice.

RESULT: The table (9) shows there is a significant difference in perception on Role of Difficulties before and after the eye exercise and lamp gazing practice. Hence, null hypothesis is rejected and alternative hypothesis is accepted.

HO8: There is no significant difference in perception on Dependency before and after eye exercise and lamp gazing practice.

HA8: There is no significant difference in perception on Dependency before and after eye exercise and lamp gazing practice.

RESULT: The table (10) shows there is a significant difference in perception on Dependency before and after the eye exercise and lamp gazing practice. Hence, null hypothesis is rejected and alternative hypothesis is accepted.

HO8: There is no significant difference in perception on Driving before and after eye exercise and lamp gazing practice.

HA8: There is no significant difference in perception on Driving before and after eye exercise and lamp gazing practice.

RESULT: The table (11) shows there is a significant difference in perception on Driving before and after the eye exercise and lamp gazing practice. Hence, null hypothesis is rejected and alternative hypothesis is accepted.

HO9: There is no significant difference in perception on Color Vision before and after eye exercise and lamp gazing practice.

HA9: There is no significant difference in perception on Color Vision before and after eye exercise and lamp gazing practice.

RESULT: The table (12) shows there is a significant difference in perception on Color Vision before and after the eye exercise and lamp gazing practice. Hence, null hypothesis is rejected and alternative hypothesis is accepted.

HO10: There is no significant difference in perception on Peripheral Vision before and after eye exercise and lamp gazing practice.

HA10: There is no significant difference in perception on Peripheral Vision before and after eye exercise and lamp gazing practice.

RESULT: The table (13) shows there is a significant difference in perception on Peripheral Vision before and after the eye exercise and lamp gazing practice. Hence, null hypothesis is rejected and alternative hypothesis is accepted.

HO11: There is no significant difference in perception on visual functioning before and after SKY Yoga practice.

HA11: There is a significant difference in perception on visual functioning before and after SKY Yoga practice.

RESULT: The table (14) shows there is a significant difference in perception on visual functioning before and after SKY Yoga practice. Hence, null hypothesis is rejected and alternative hypothesis is accepted.

Research Design

Experimental research design was used in the study. The pre-test and post-test one-group design was adopted to study the impact of eye exercise and lamp gazing practice to enhance visual functioning among college students.

A total of 237 students were included in this study during the year of 2023, using census method. The details of the respondent are given below:

Tools of Data Collection

The researcher used a set of questionnaire as a tool to collect the data from the respondents. The questionnaire consists of five parts namely,

- Demographic profile
- Perception of visual functioning

The questionnaire consists of 23. The details are given below.

Section: 1

Demographic Profile

The demographic profile includes information such as Age, Gender, Far sight and nearsighted respondents.

Section: 2

General Perceptions on Yoga Practices

This section includes questions related to general perception of yoga to assess the overall perceptions about the yoga practice. A total no. of 23 questions was included in this scale. The questionnaire like 'how much of the time do you worry about your eyesight and 'How much difficulty do you have reading ordinary print in newspapers' were included and measured on a five point scale namely No difficulty at all, A little difficulty, moderate difficulty, Extreme difficulty, Stopped doing because

of the eyesight problems. The scores ranged from 1 to 5 and lower score indicate positive perception on yoga.

SAMPLING METHOD

The study employed an Experimental research design with a pre-test and post-test one-group design to examine the impact of SKY Yoga practices, on enhancing visual function and wellbeing among college students. The research was conducted at Nallamuthu Gounder Mahalingam College, Pollachi, and the participants were college students who engaged in SKY Yoga practices during February 2023. A total of 237 respondents were surveyed for the study. Data were collected using a set of questionnaires that consisted of 25 items related to visual functioning. These questionnaires encompassed 12 domains aimed at measuring the perception level of visual functioning conditions among college students. Additionally, demographic profiles of the participants were also collected. The pre-test and post-test data were collected before and after the intervention of SKY Yoga practice, respectively. The data obtained from the questionnaires and demographic profiles were analyzed using methods such as simple percentage analysis, paired t-test, and ANOVA to derive meaningful results.

INTERVENTION PROCEDURE:

The SKY yoga program consists of Eye exercises, Lamp Gazing practice, and Meditation practices. Participants are engaged in the SKY yoga practice two days per week for duration of 12 weeks. Before administering the questionnaire, the main purpose of the study was thoroughly explained to the participants to ensure they clearly understood its meaning and objectives. The pre-test data was collected from the college students before they began the SKY yoga practices.

Total hours of the practice cover 1 and half hour per week over a period of three months (12weeks). After completing the 12 weeks program, the post-test was collected from the concern participants. The practice procedure of Simplified Kundalini Yoga included the following yoga practices.

PRACTICE SCHEDULE:

S.No	Particulars	Time/Hours
1.	NaddiSuddhi	5 Minutes
2.	Meditation	10 Minutes
3.	Eye exercise	30 minutes
4.	Lamp Gazing practice	30 minutes
5.	Discussion	15 minute

During the session, college students were instructed in various SKY Yoga practices. The session began with a 5-minute Nadisuddhi pranayama practice to help participants attain a normal mental state. Following this, a 10-minute meditation practice was introduced to achieve a balanced state of mind. Subsequently, the students were engaged in a 30-minute Eye exercise to maintain flexibility, relaxation, and alleviate eye pressure. Afterwards, a Lamp gazing practice was conducted for 30 minutes to strengthen the eye muscles and reduce eye-related issues. Towards the end of the session, a 15-minute discussion period was allocated for participants to ask questions and clarify any doubts they may have. Finally, proper guidance was provided to ensure that the students can systematically perform the SKY yoga practices.

Methods of Data Collections

The data for this study are of two types:

- Primary data
- Secondary data

Primary Data

Data that has been collected from first-hand experience is known as primary data. Primary data has not been published yet and is more reliable, authentic and objective. Primary data has not been changed or altered by human beings; therefore its validity is greater than secondary data. In this study the researcher has collected the data from primary sources of the College students.

Secondary Data

Data collected from a source that has already been published in any form is called as secondary data. The review of the literature in any research is based on secondary data. Mostly from Journals, Websites, and Periodicals. In the present study, the secondary data are collected from journals, books, documents, magazines, etc.

Statistical Tools

- Percentage analysis
- Standard deviation
- Mean
- T-test & Paired T-test
- ANOVA

Percentage Analysis:

Percentage refers to a special kind of ratio in making comparison between two or more data to describe relationships. Percentage can also be used to compare the relative terms in the distribution of two or more sources of data.

$$\text{Percentage of Respondents} = \frac{\text{Number of Respondents}}{\text{Total Respondents}} \times 100$$

T-test:

The t test is one type of inferential statistics. It is used to determine whether there is a significant difference between the means of two groups. With all inferential statistics, we assume the dependent variable fits a normal distribution. When we assume a normal distribution exists, we can identify the probability of a particular outcome. We specify the level of probability (alpha level, level of significance, p) we are willing to accept before we collect data ($p < .05$ is a common value that is used). After we collected the data we calculated a test statistics with a formula. We compare our test statistics with a critical value found on a table to see if our results fall within the acceptable level of probability. Modern computer programs calculate the test statistics for us and also provide the exact probability of obtaining that test statistics with the number of subjects we have.

$$t = \frac{(x_1 - x_2)}{\sqrt{\frac{(S_1)^2}{n_1} + \frac{(S_2)^2}{n_2}}}$$

Where,

X1 = Mean of first set of values

X2 = Mean of second set of values

S1 = Standard deviation of first set of values

S2 = Standard deviation of second set of values

N1 = Total number of values in first set

N2 = Total number of values in second set.

ANOVA

An important technique for analyzing the effect of categorical factors on a response is to perform an analysis of variance. An ANOVA decomposes the variability in the response variable amongst the different factors. Depending upon the type of analysis, it may be important to determine: (a) which factors have a significant effect on the response, and / or (b) how much of the variability in the response variable is attributable to each factor.

Scope of the Study

The impact of eye exercises and lamp gazing on college students' visual functioning has been the subject of numerous research investigations in the modern era. There are, however, limited scientific studies available on the subject of SKY Yoga's ability to enhance visual functioning. However, practising Simplified Kundalini Yoga offers a multifaceted strategy to improve visual functioning in college students. Numerous encouraging results suggest that practising Simplified Kundalini Yoga has significantly improved eyesight. Last but not least, practitioners frequently report enhancements in their visual functioning, which is crucial for their success in education.

CHAPTER - IV

ANALYSIS AND INTERPRETATION

Introduction

Demographic Profile

TABLE: 1 Demographic Profile

Variables	Particulars	N	%
Age	17	30	12.6
	18	72	30.3
	19	60	25.2
	20	55	23.1
	21	15	6.3
	22	4	1.7
Gender	Male	92	38.7
	Female	145	60.9
Far sight & Near sight	Far sight	190	79.8
	Near sight	47	19.7

AGE:

Out of 237 respondents, 72 (22.7%) of them are in the age group of 18.

GENDER:

The Gender report shows that there are 145 (60.9%) respondents were the girls students.

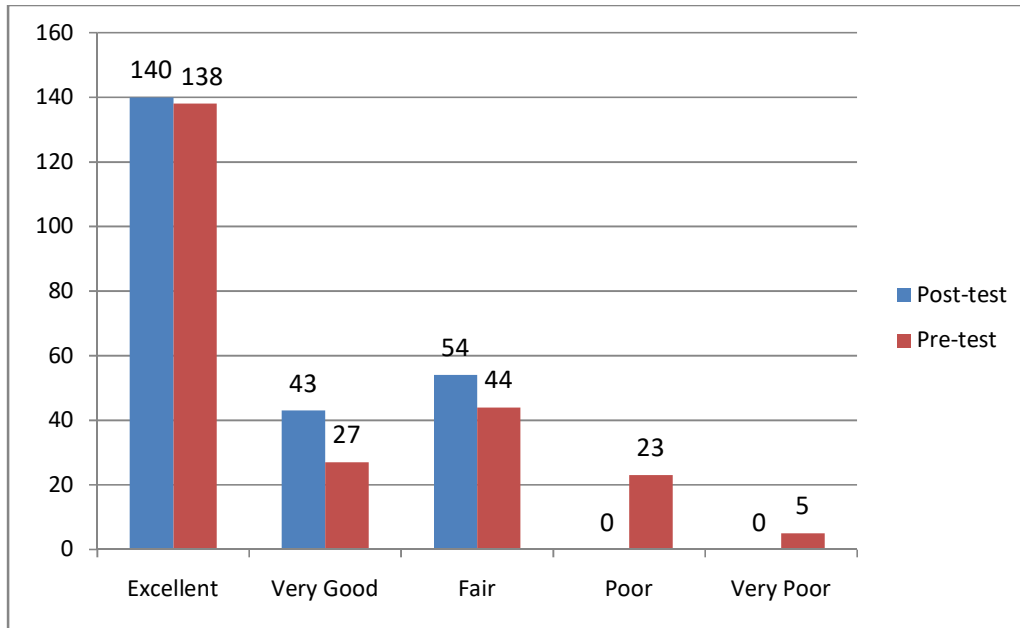
FAR SIGHT & NEAR SIGHT:

Out of 237 respondents, 190 (79.8%) of them had the problem of Far sight.

II. Perception on Visual Functioning

CHART- 1

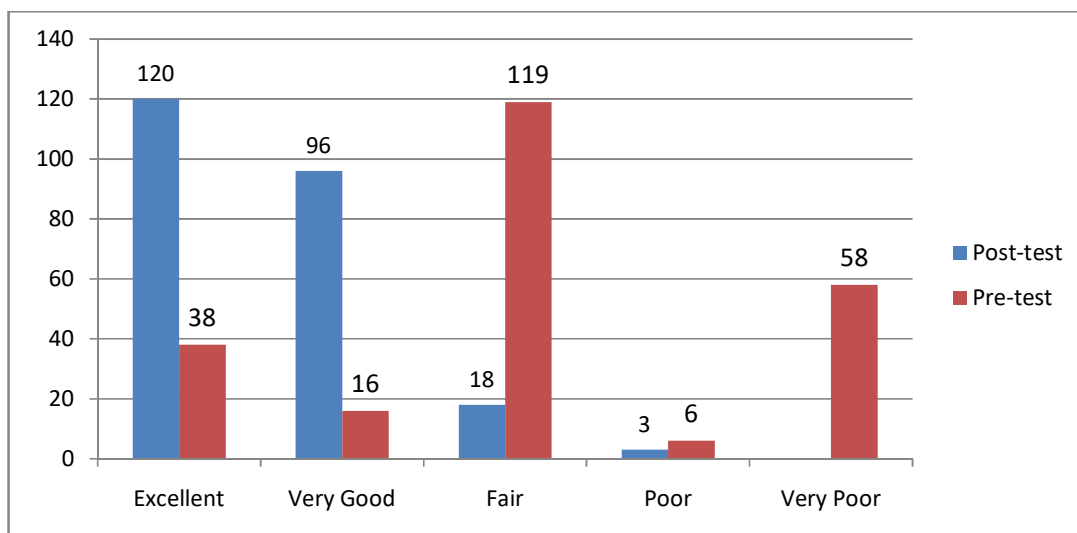
In general would you say your overall health is?



The results of the eye exercise and lamp gazing practice (SKY Yoga) are shown in the table above. Before the study's intervention, 27 (11.4%) of the 237 respondents had a "Very Good" opinion on how well eye exercises and lamp gazing practice may improve general health. However, 43 (18.1%) of the respondents said they felt their general health had improved after the eye exercise and lamp gazing exercise. Therefore, the results show a notable increase, with 6.7% more respondents experiencing benefits for their general health from their eye exercise and lamp gazing practice (SKY Yoga).

CHART - 2

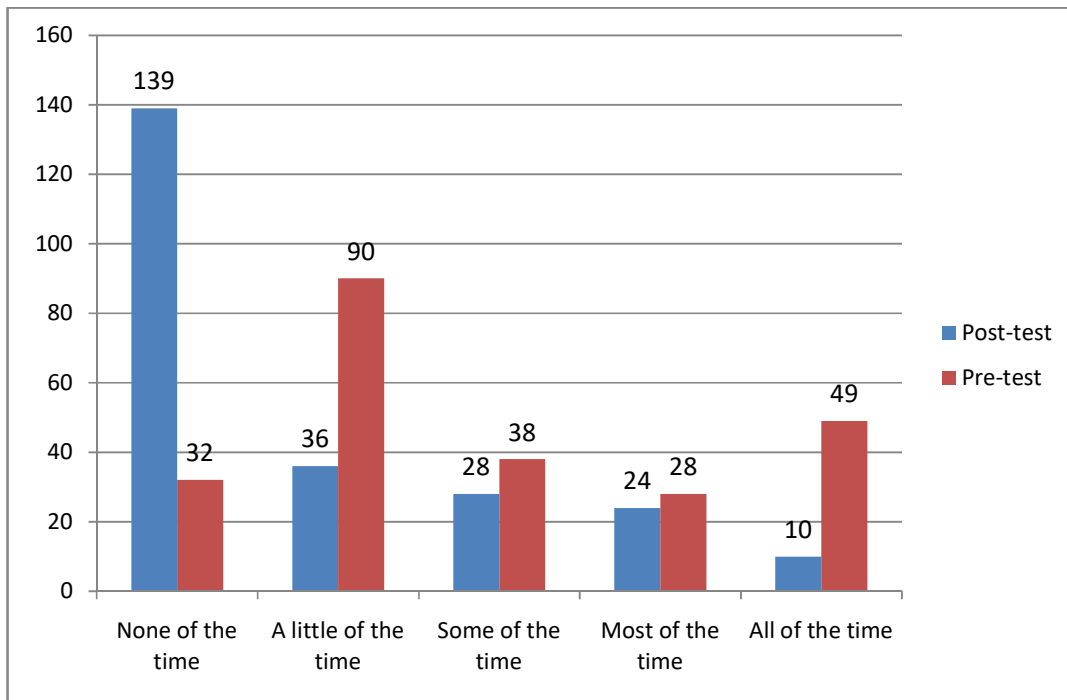
At the present time, would you say your eyesight using both eyes (with glasses or contact lenses, if you wear them) is excellent, good, fair, poor, or very poor or are you completely blind?



The results of the eye exercise and lamp gazing practice (SKY Yoga) are presented in the table above. Prior to the study's intervention, 16 (6.8%) of the 237 respondents held a "Very Good" opinion regarding the potential improvement in their eyesight when using both eyes with glasses or contact lenses before engaging in the eye exercises and lamp gazing practice. However, after participating in the eye exercise and lamp gazing regimen, 96 (40.5%) of the respondents reported an enhanced condition of eyesight using both eyes with glasses or contact lenses when they wear them. Consequently, the results indicate a noteworthy increase, with 33.7% more respondents experiencing improvements in their eyesight using both eyes with glasses or contact lenses due to their engagement in the eye exercise and lamp gazing practice (SKY Yoga).

CHART - 3

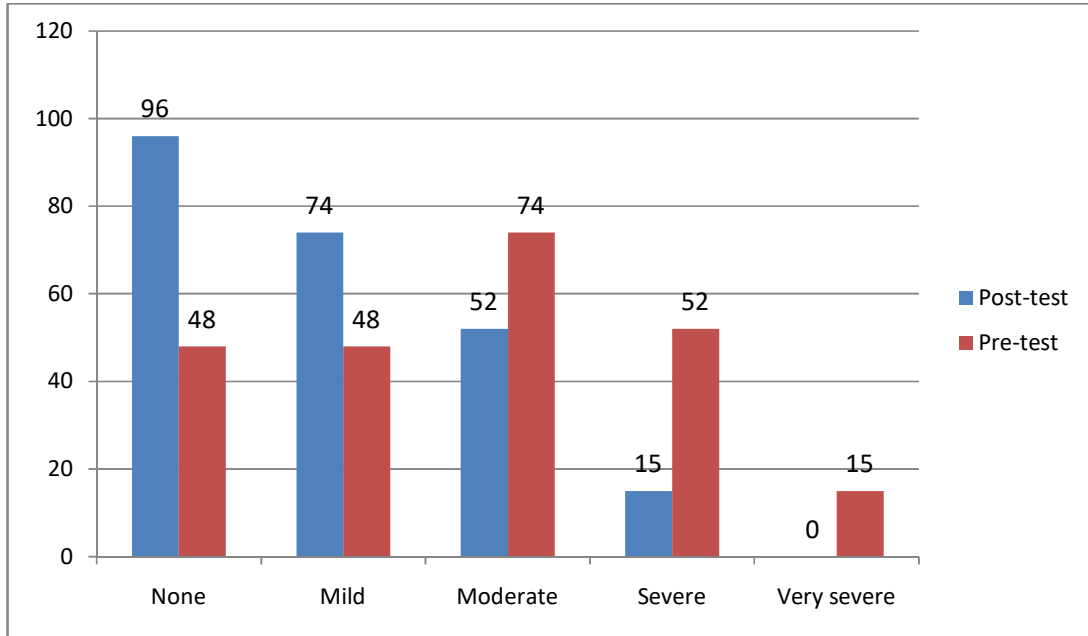
How much of the time do you worry about your eyesight?



The table above displays the outcomes of the light gazing and eye exercises used in SKY Yoga. When asked how frequently they worried about their eyesight before engaging in eye exercises and lamp gazing activities, 32 (13.5%) of the 237 respondents stated "None of the time" as their response. However, 139 (58.6%) of the respondents indicated that their eyesight had improved in response to the same question after engaging in the eye exercise and lamp gazing program. As a result, the findings show a considerable rise, with 38.0% more respondents reporting improvements in their visual abilities after the implementation of eye exercises and lamp gazing practices (SKY Yoga).

CHART - 4

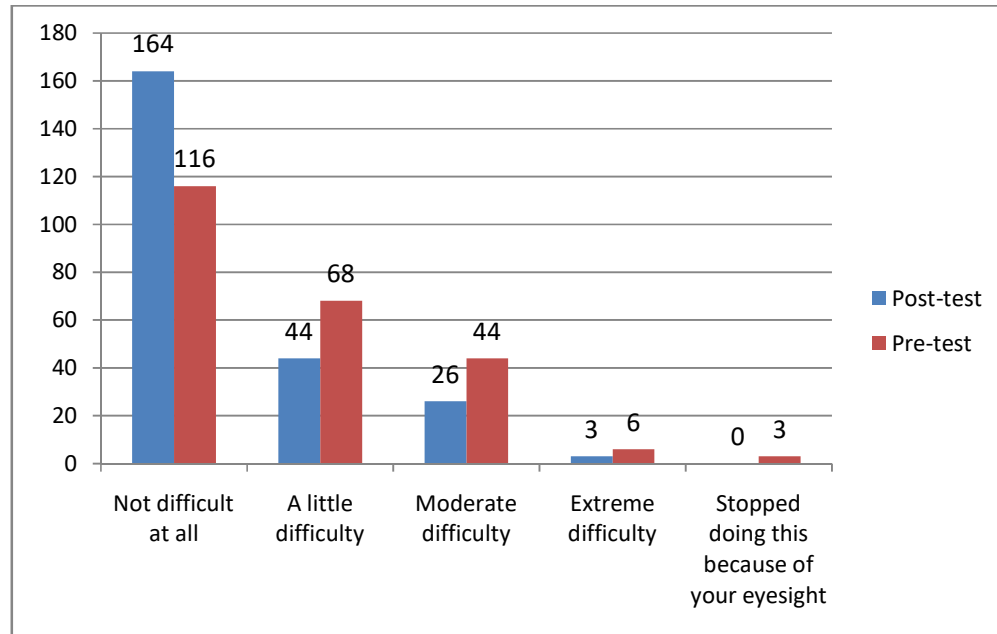
How much pain or discomfort have you had in and around your eyes (for example, burning, itching, or arching)? Would you say it is:



The table above presents the outcomes of the light gazing and eye exercises employed in SKY Yoga. When respondents were asked about the level of pain or discomfort they experienced in and around their eyes (e.g., burning, itching, or aching) before participating in eye exercises and lamp gazing activities, 52 (21.9%) out of the 237 participants reported "Severe" discomfort. However, after engaging in the eye exercise and lamp gazing program and responding to the same question, 15 (6.3%) of the participants stated that their eyesight had improved. Consequently, the findings reveal a substantial decrease from 21.9% to 6.3%, indicating an improvement in their visual functioning following the implementation of eye exercises and lamp gazing practices (SKY Yoga).

CHART - 5

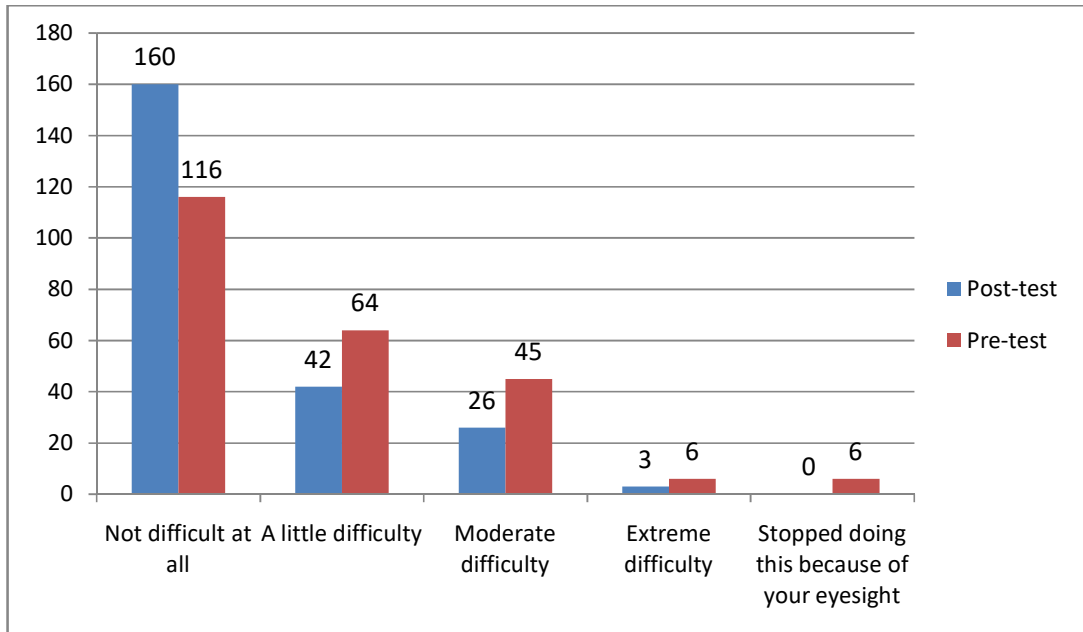
How much difficulty do you have reading ordinary print in newspaper? Would you say you have?



The results of the light gazing and eye exercises used in SKY Yoga are shown in the table above. Before performing eye exercises and lamp gazing exercises, respondents were asked how difficult it was for them to read regular type in newspapers. Of the 237 participants, 44 (18.6%) said it was "Moderate difficult." However when asked the same question after the eye exercises and lamp gazing program, 26 (10.9%) of the participants said their vision had improved. After implementing eye exercises and lamp gazing techniques (SKY Yoga), the results reveal a significant decrease from 18.6% to 10.9%, displaying an improvement in their visual performance.

CHART - 6

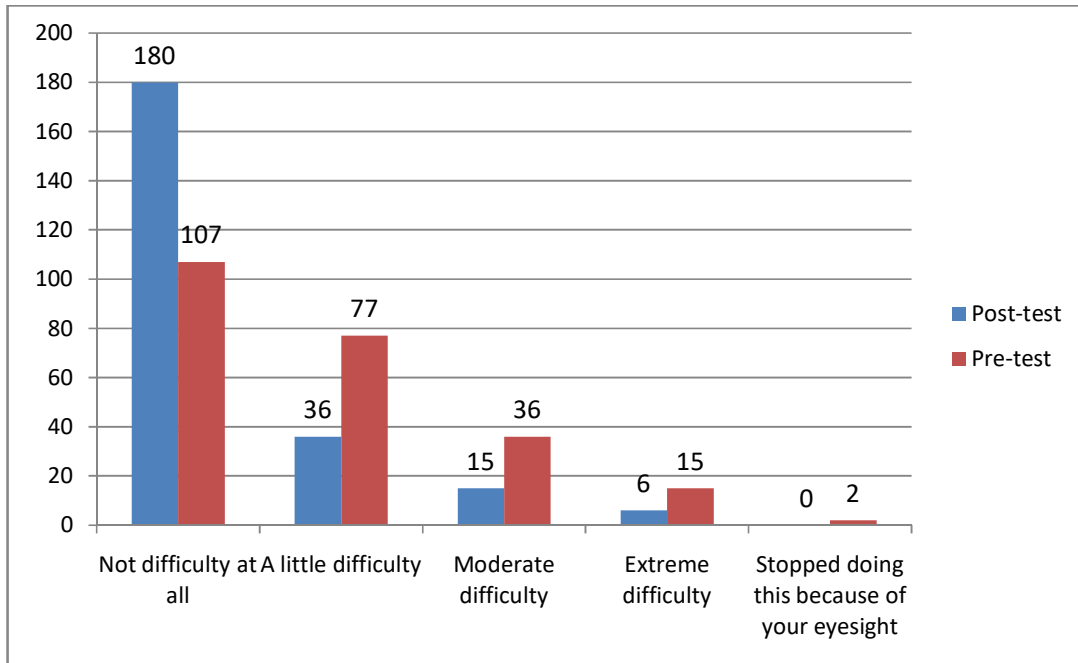
How much difficulty do you have doing work or hobbies that require you to see well up close, such as cooking, fixing things around the house, or using hand tools? Would you say:



The table above shows the effects of the light gazing and eye exercises employed by SKY Yoga. Participants were asked about their problems with activities or hobbies requiring clear near vision, such as cooking, home maintenance, or using hand tools, before beginning eye exercises and lamp gazing exercises. 116 (48.9%) of the 237 participants said it was "Not at all difficult," out of a total response. However, 160 (67.5%) of the participants said their vision had improved after completing the eye exercises and lamp gazing program when asked the same question. The findings show a considerable improvement, with 18.6% more respondents stating to have improved their vision after practicing lamp gazing exercises (SKY Yoga).

CHART - 7

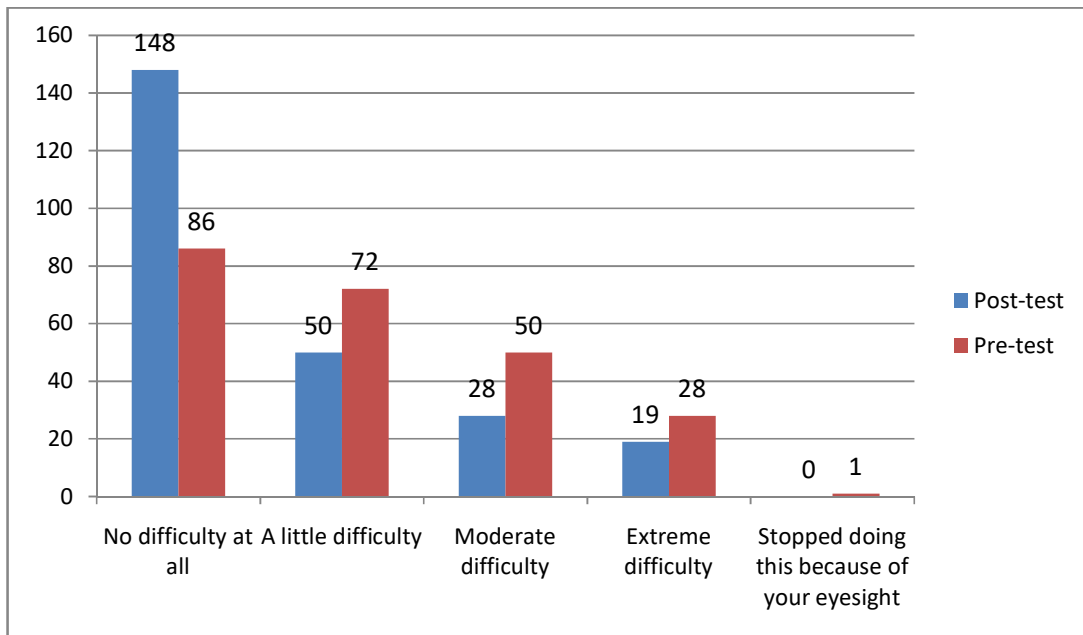
Because of your eyesight, how much difficulty do you have finding something on a shelf?



The results of the lamp gazing and eye exercises executed by SKY Yoga are shown in the table above. Before beginning eye exercises and lamp gazing exercises, participants were asked if their poor eyesight made it difficult for them to find items on shelves. 107 (45.1%) out of the 237 participants said it was "Not at all difficult." However, 180 (76.0%) of the participants said their vision had improved after completing the eye exercises and lamp gazing program when asked the same question. The results show a considerable improvement, with 30.9% more survey participants attesting to better vision following light gazing exercises (SKY Yoga).

CHART - 8

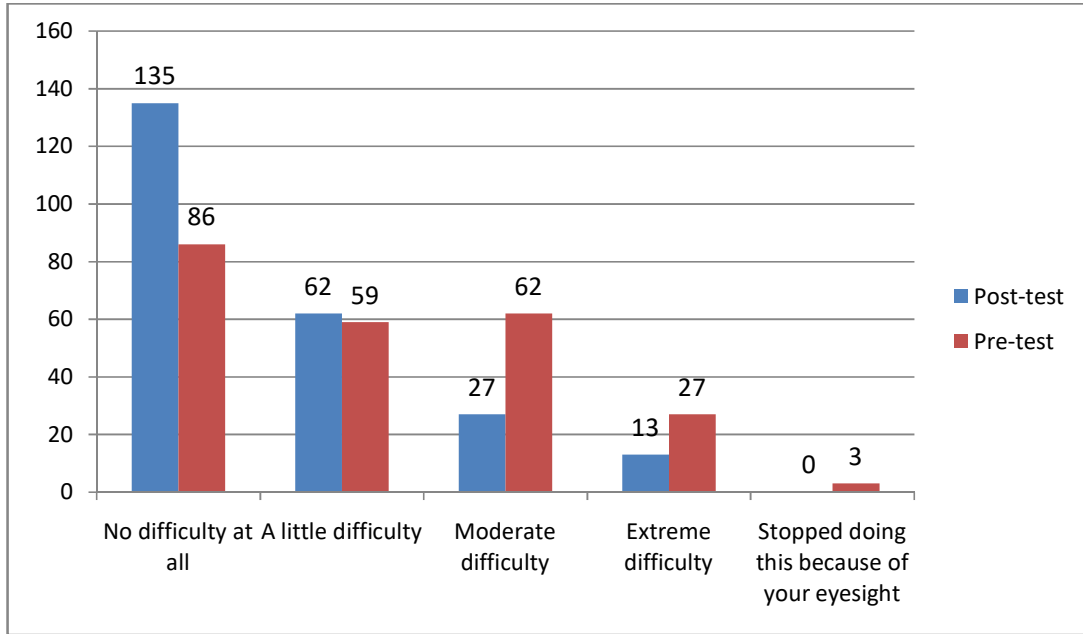
How much difficulty do you have reading street signs or the names of stores?



The results of the lamp gazing and eye exercises executed by SKY Yoga are shown in the table above. Before beginning eye exercises and lamp gazing exercises, participants were asked how much difficulty you have reading street signs or the names of stores. 50 (21.1%) out of the 237 participants said it was “Moderate difficulty.” However, 28 (11.8%) of the participants said their vision had improved after completing the eye exercises and lamp gazing program when asked the same question. After implementing eye exercises and lamp gazing techniques (SKY Yoga), the results reveal a significant decrease from 21.6% to 11.8%, displaying an improvement in their visual performance.

CHART - 9

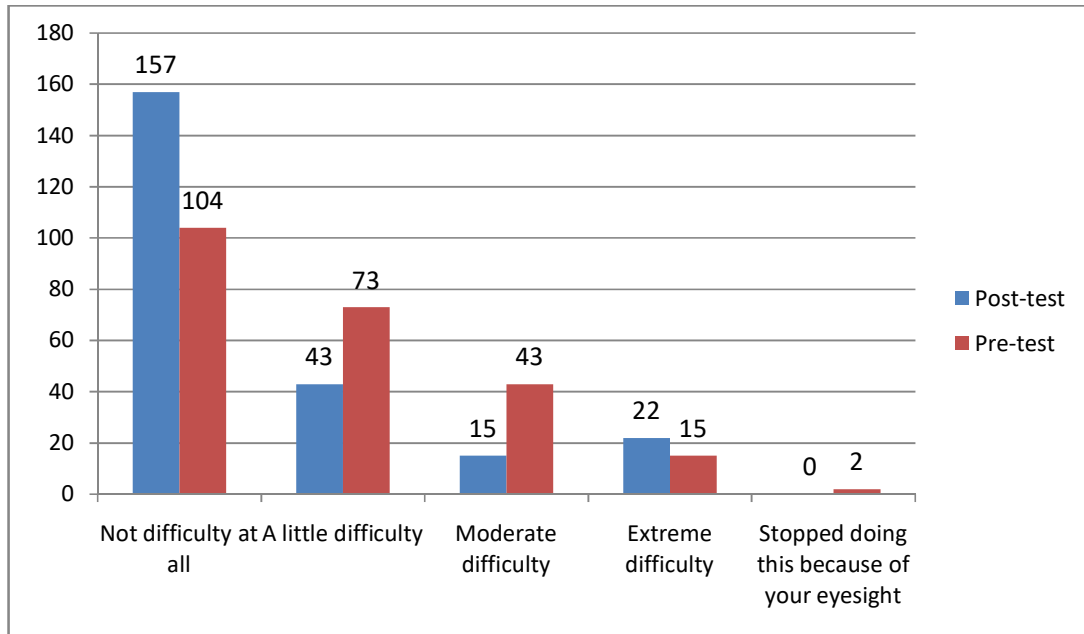
Because of your eyesight, how much difficulty do you have going down steps, stairs, or curbs in dim light or at night?



The results of the lamp gazing and eye exercises executed by SKY Yoga are shown in the table above. Before beginning eye exercises and lamp gazing exercises, participants were asked Because of your eyesight, how much difficulty do you have going down steps, stairs, or curbs in dim light or at night. 86 (36.3%) out of the 237 participants said it was "Not at all difficult." However, 135 (57.0%) of the participants said their vision had improved after completing the eye exercises and lamp gazing program when asked the same question. The results show a considerable improvement, with 20.7% more survey participants attesting to better vision following light gazing exercises (SKY Yoga).

CHART - 10

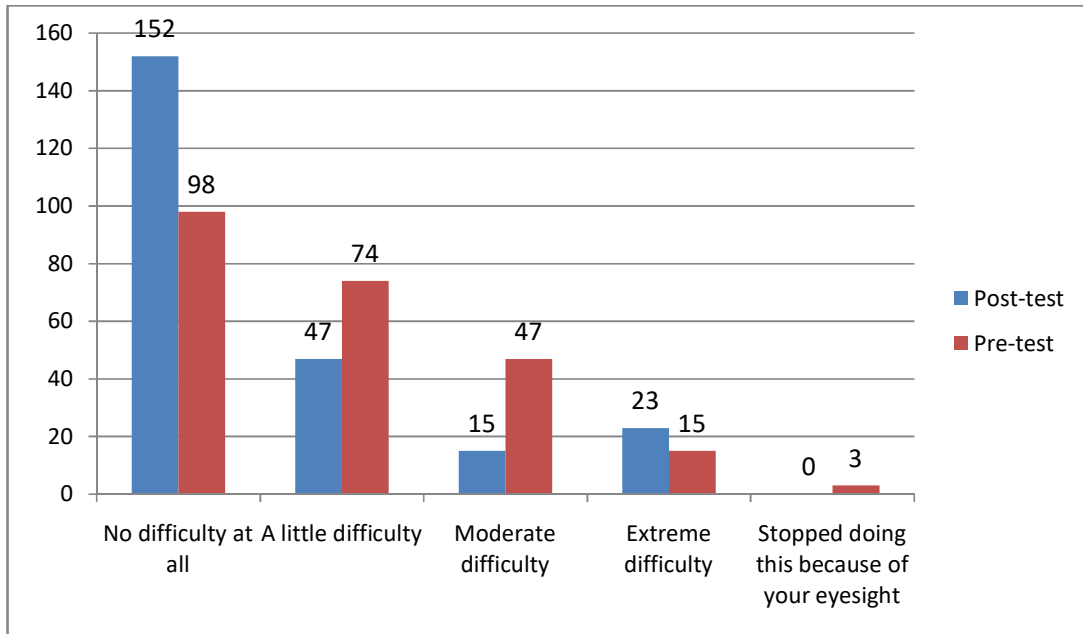
Because of your eyesight, how much difficulty do you have noticing objects off to the side while you are walking along?



The results of the lamp gazing and eye exercises executed by SKY Yoga are shown in the table above. Before beginning eye exercises and lamp gazing exercises, participants were asked Because of your eyesight, how much difficulty do you have noticing objects off to the side while you are walking along. 104 (43.9%) out of the 237 participants said it was "Not at all difficult." However, 157 (66.2%) of the participants said their vision had improved after completing the eye exercises and lamp gazing program when asked the same question. The results show a considerable improvement, with 22.3% more survey participants attesting to better vision following light gazing exercises (SKY Yoga).

CHART - 11

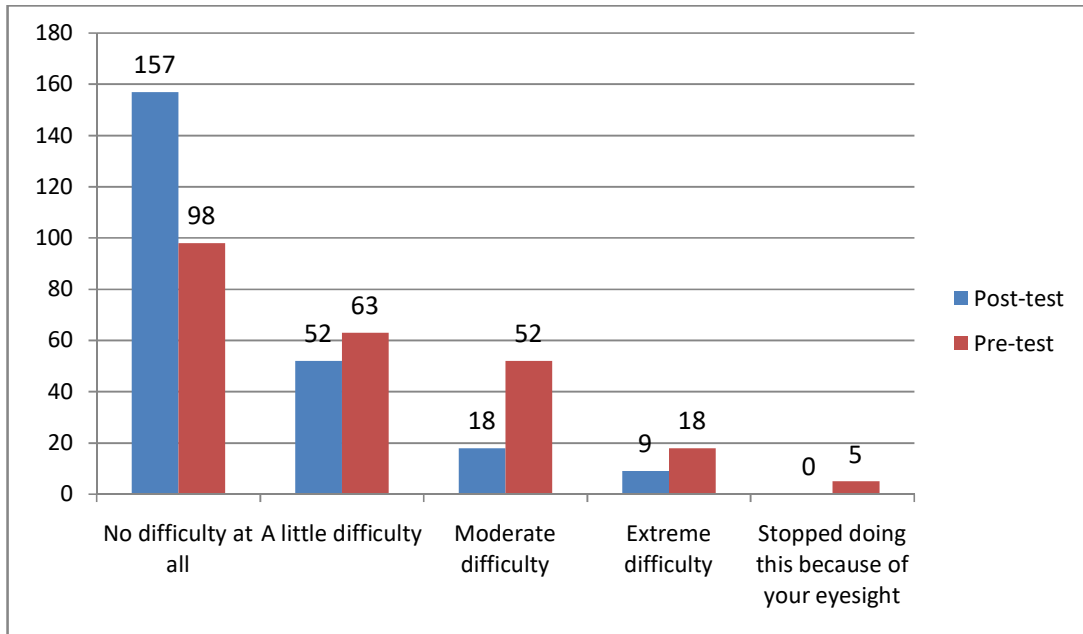
Because of your eyesight, how much difficulty do you have seeing how people react to things you say?



The results of the lamp gazing and eye exercises executed by SKY Yoga are shown in the table above. Before beginning eye exercises and lamp gazing exercises, participants were asked "Because of your eyesight, how much difficulty do you have seeing how people react to things you say." 98 (41.4%) out of the 237 participants said it was "Not at all difficult." However, 152 (64.1%) of the participants said their vision had improved after completing the eye exercises and lamp gazing program when asked the same question. The results show a considerable improvement, with 22.7% more survey participants attesting to better vision following light gazing exercises (SKY Yoga).

CHART - 12

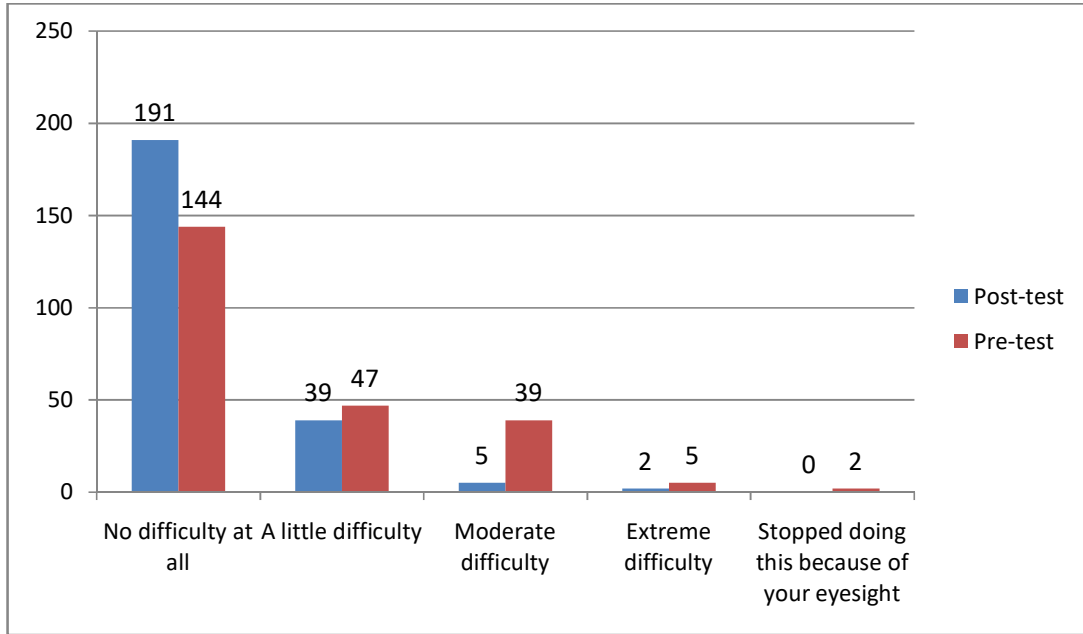
Because of your eyesight, how much difficulty do you have picking out and matching your own clothes?



The results of the lamp gazing and eye exercises executed by SKY Yoga are shown in the table above. Before beginning eye exercises and lamp gazing exercises, participants were asked Because of your eyesight, how much difficulty do you have picking out and matching your own clothes. 98 (41.4%) out of the 237 participants said it was "Not at all difficult." However, 157 (66.2%) of the participants said their vision had improved after completing the eye exercises and lamp gazing program when asked the same question. The results show a considerable improvement, with 24.8% more survey participants attesting to better vision following light gazing exercises (SKY Yoga).

CHART - 13

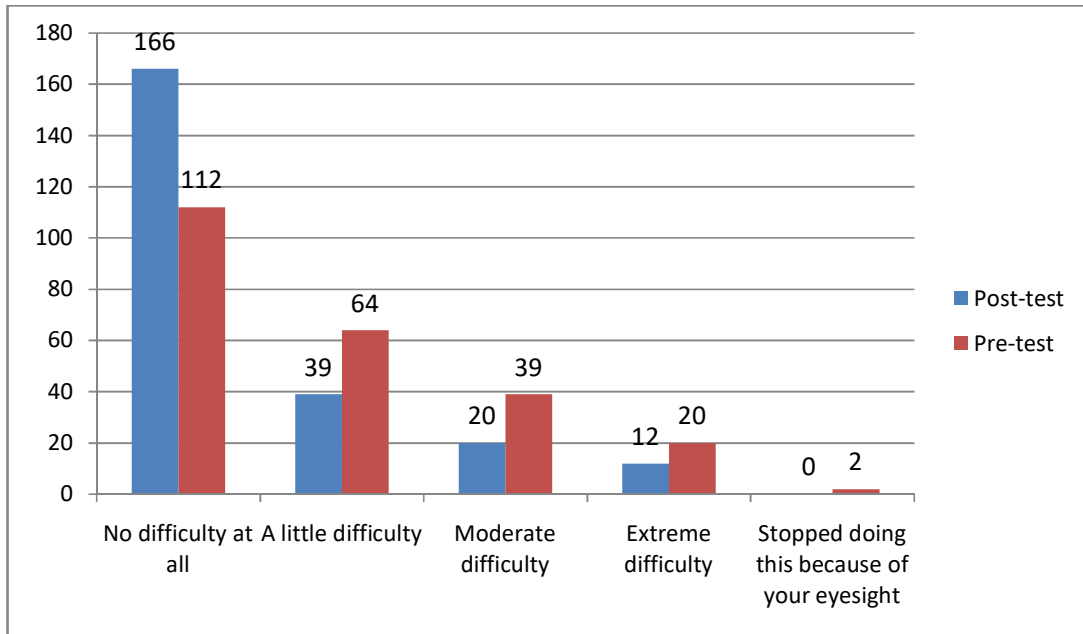
Because of your eyesight, how much difficulty do you have visiting with people in their homes, at parties, or in restaurants?



The results of the lamp gazing and eye exercises executed by SKY Yoga are shown in the table above. Before beginning eye exercises and lamp gazing exercises, participants were asked Because of your eyesight, how much difficulty do you have visiting with people in their homes, at parties, or in restaurants. 144 (60.8%) out of the 237 participants said it was "Not at all difficult." However, 191 (80.6%) of the participants said their vision had improved after completing the eye exercises and lamp gazing program when asked the same question. The results show a considerable improvement, with 19.8% more survey participants attesting to better vision following light gazing exercises (SKY Yoga).

CHART - 14

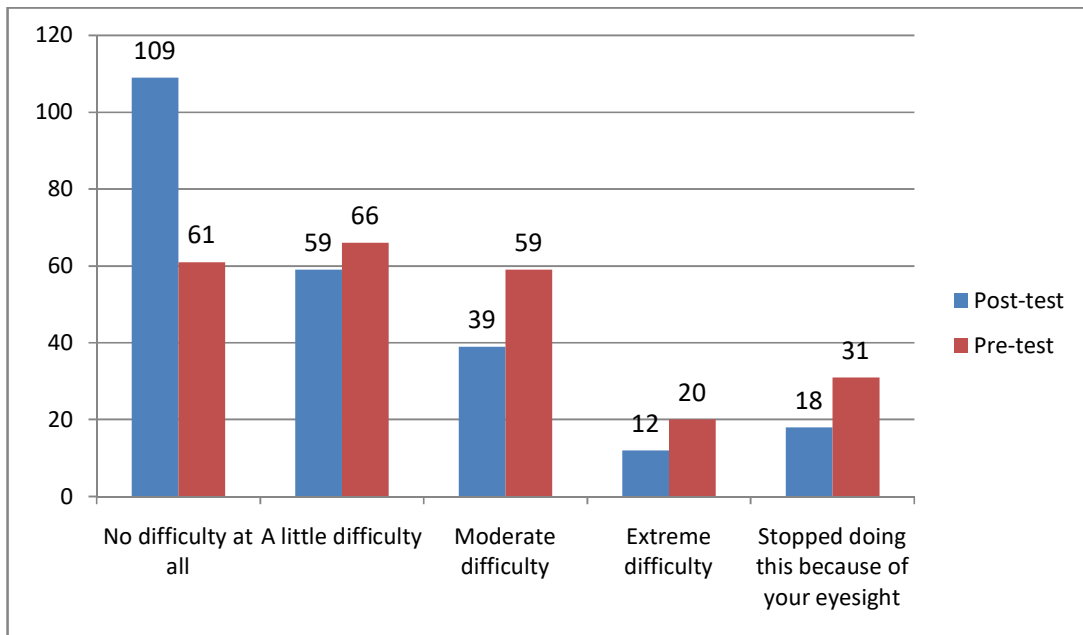
Because of your eyesight, how much difficulty do you have going out to see movies, plays, or sports events?



The results of the lamp gazing and eye exercises executed by SKY Yoga are shown in the table above. Before beginning eye exercises and lamp gazing exercises, participants were asked Because of your eyesight, how much difficulty do you have going out to see movies, plays, or sports events. 20 (8.4%) out of the 237 participants said it was "Extreme difficulty." However, 12 (5.0%) of the participants said their vision had improved after completing the eye exercises and lamp gazing program when asked the same question. After implementing eye exercises and lamp gazing techniques (SKY Yoga), the results reveal a significant decrease from 8.4% to 5.0%, displaying an improvement in their visual performance.

CHART - 15

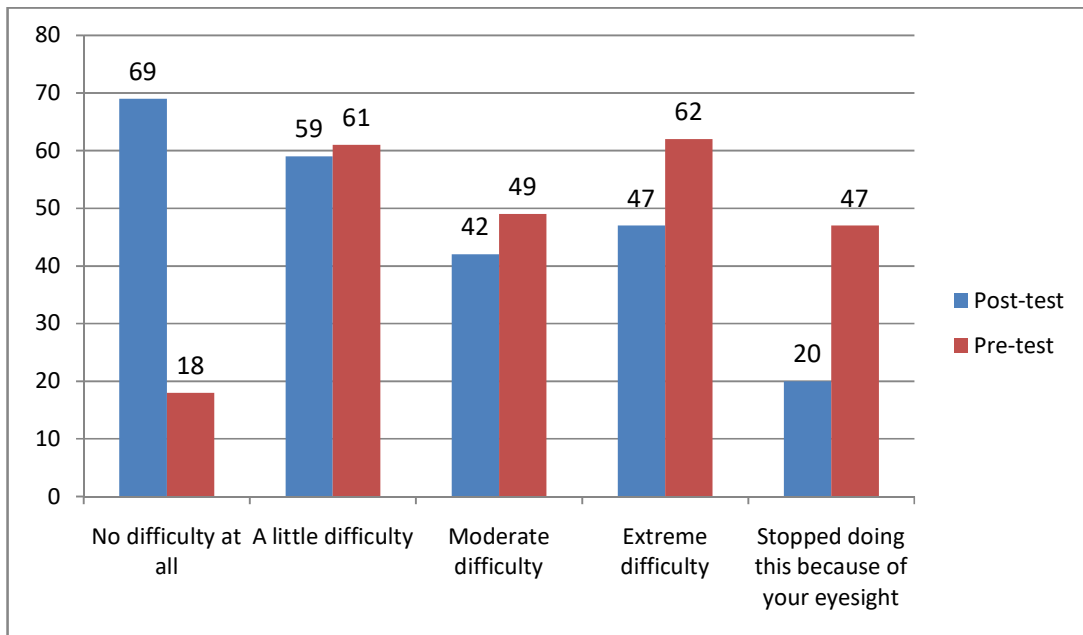
Are you currently driving, at least once in a while?



The results of the lamp gazing and eye exercises executed by SKY Yoga are shown in the table above. Before beginning eye exercises and lamp gazing exercises, participants were asked are you currently driving, at least once in a while. 59 (24.9%) out of the 237 participants said it was "Moderate difficulty." However, 39 (16.4%) of the participants said their vision had improved after completing the eye exercises and lamp gazing program when asked the same question. After implementing eye exercises and lamp gazing techniques (SKY Yoga), the results reveal a significant decrease from 24.9% to 16.4%, displaying an improvement in their visual performance.

CHART - 16

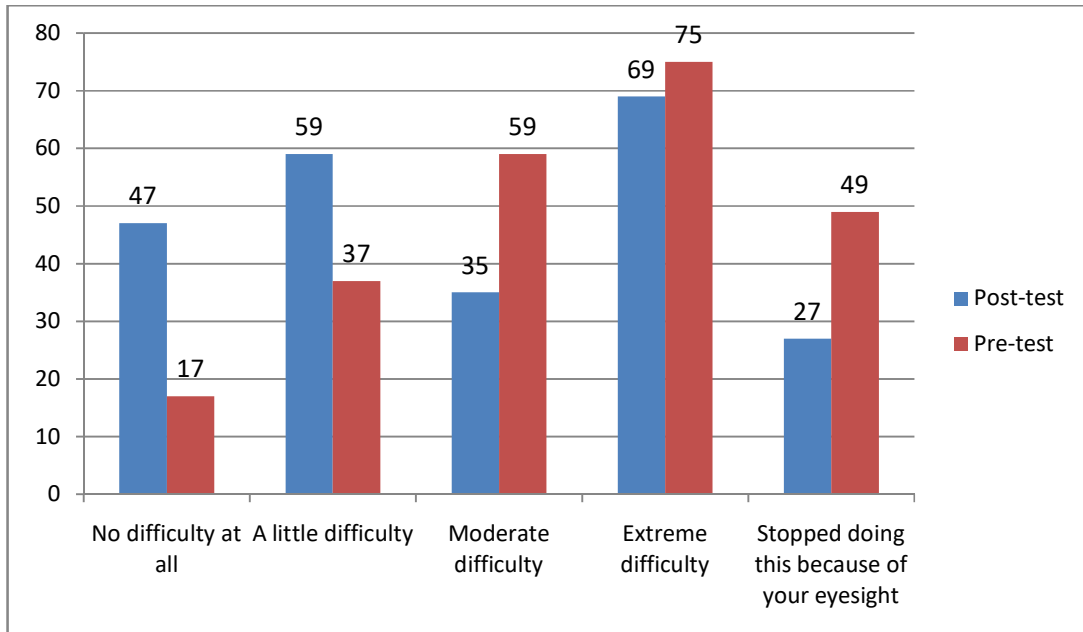
How much difficulty do you have driving at night? Would you say have:



The results of the lamp gazing and eye exercises executed by SKY Yoga are shown in the table above. Before beginning eye exercises and lamp gazing exercises, participants were asked how much difficulty do you have driving at night. 18 (7.6%) out of the 237 participants said it was "Moderate difficulty." However, 69 (29.1%) of the participants said their vision had improved after completing the eye exercises and lamp gazing program when asked the same question. The results show a considerable improvement, with 21.5% more survey participants attesting to better vision following light gazing exercises (SKY Yoga).

CHART - 17

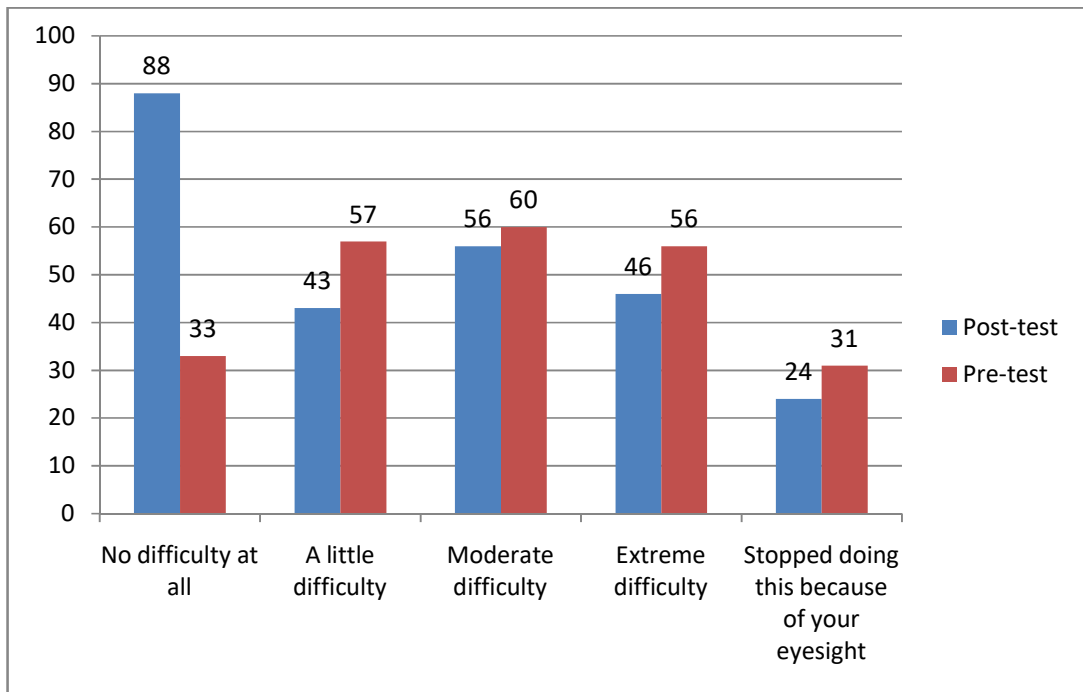
How much does pain or discomfort in or around your eyes, for example, burning, itching, or aching, keep you from doing what you'd like to be doing?
Would you say:



The results of the lamp gazing and eye exercises executed by SKY Yoga are shown in the table above. Before beginning eye exercises and lamp gazing exercises, participants were asked How much does pain or discomfort in or around your eyes, for example, burning, itching, or aching, keep you from doing what you'd like to be doing. 59 (24.9%) out of the 237 participants said it was "Moderate difficulty." However, 35 (14.7%) of the participants said their vision had improved after completing the eye exercises and lamp gazing program when asked the same question. After implementing eye exercises and lamp gazing techniques (SKY Yoga), the results reveal a significant decrease from 24.9% to 14.7%, displaying an improvement in their visual performance.

CHART - 18

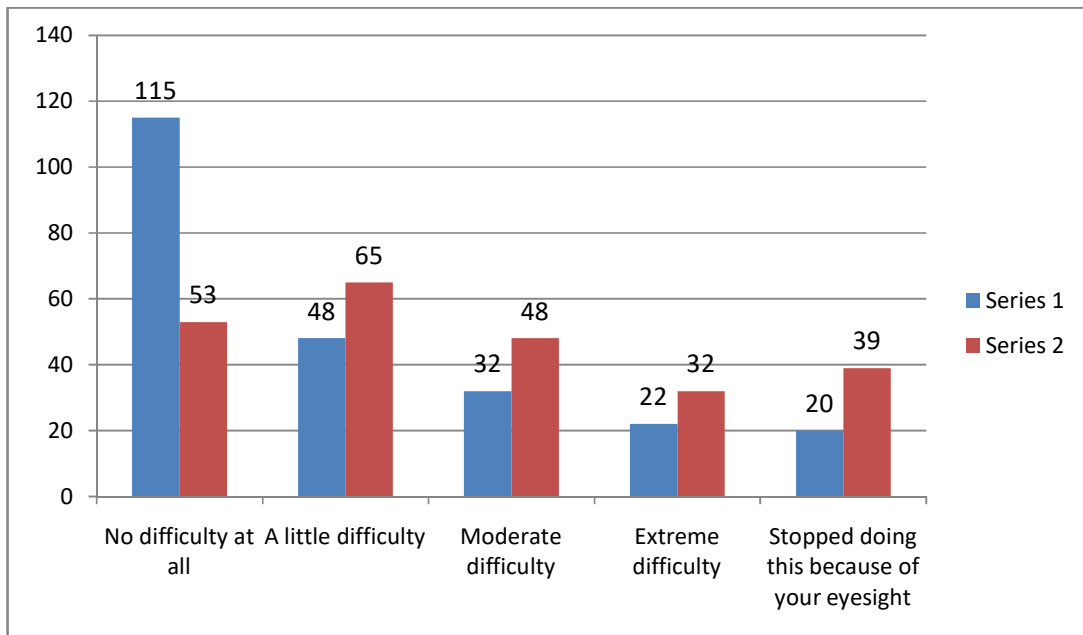
I stay home most of the time because of my eyesight



The results of the lamp gazing and eye exercises executed by SKY Yoga are shown in the table above. Before beginning eye exercises and lamp gazing exercises, participants were asked I stay home most of the time because of my eyesight. 56 (24.0%) out of the 237 participants said it was "Extreme difficulty." However, 46 (19.4%) of the participants said their vision had improved after completing the eye exercises and lamp gazing program when asked the same question. After implementing eye exercises and lamp gazing techniques (SKY Yoga), the results reveal a significant decrease from 24.0% to 19.4%, displaying an improvement in their visual performance.

CHART - 19

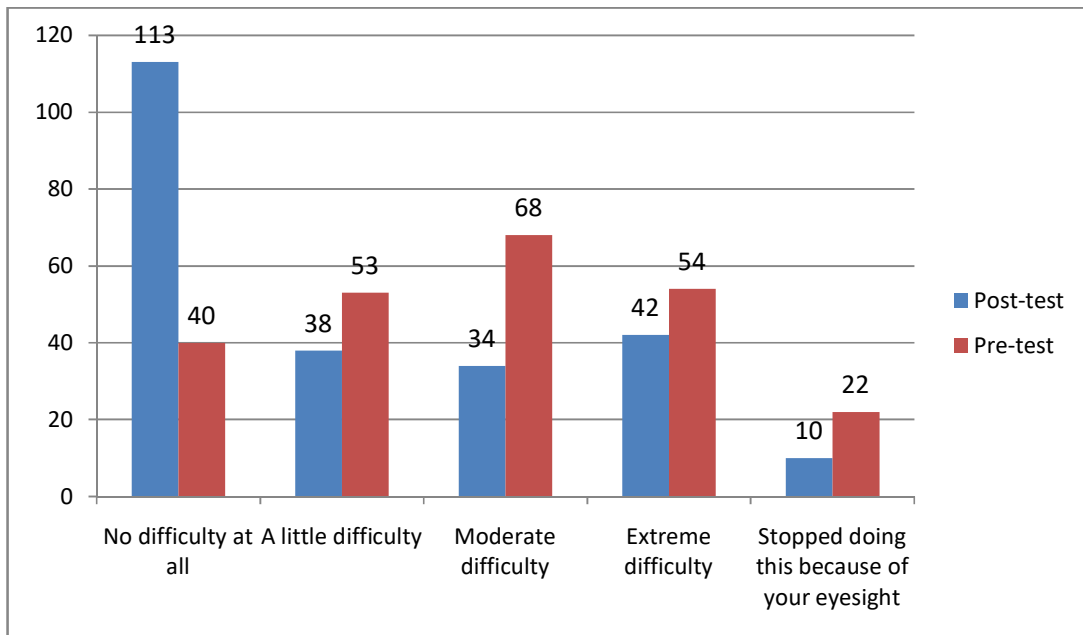
I feel frustrated a lot of the time because of my eyesight



The results of the lamp gazing and eye exercises executed by SKY Yoga are shown in the table above. Before beginning eye exercises and lamp gazing exercises, participants were asked I feel frustrated a lot of the time because of my eyesight. 68 (28.7%) out of the 237 participants said it was “No difficulty at all.” However, 32 (13.5%) of the participants said their vision had improved after completing the eye exercises and lamp gazing program when asked the same question. The results show a considerable improvement, with 15.2% more participants attesting to better vision following light gazing exercises (SKY Yoga).

CHART - 20

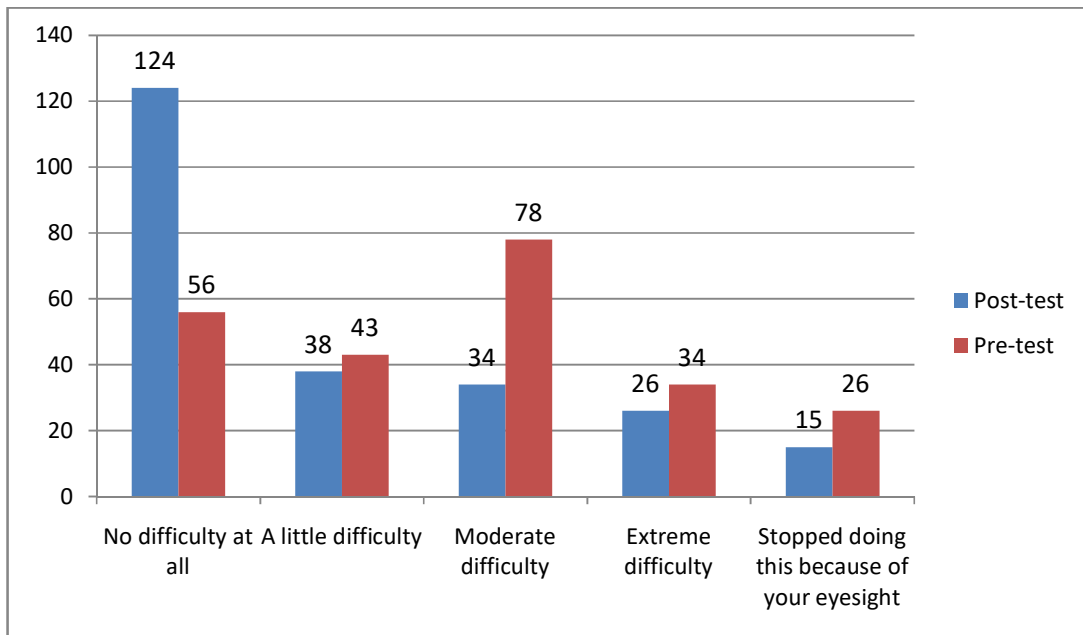
I have much less control over what I do, because of my eyesight



The results of the lamp gazing and eye exercises executed by SKY Yoga are shown in the table above. Before beginning eye exercises and lamp gazing exercises, participants were asked I have much less control over what I do, because of my eyesight. 40 (16.8%) out of the 237 participants said it was “No difficulty at all.” However, 113 (47.7%) of the participants said their vision had improved after completing the eye exercises and lamp gazing program when asked the same question. The results show a considerable improvement, with 30.9% more participants attesting to better vision following light gazing exercises (SKY Yoga).

CHART - 21

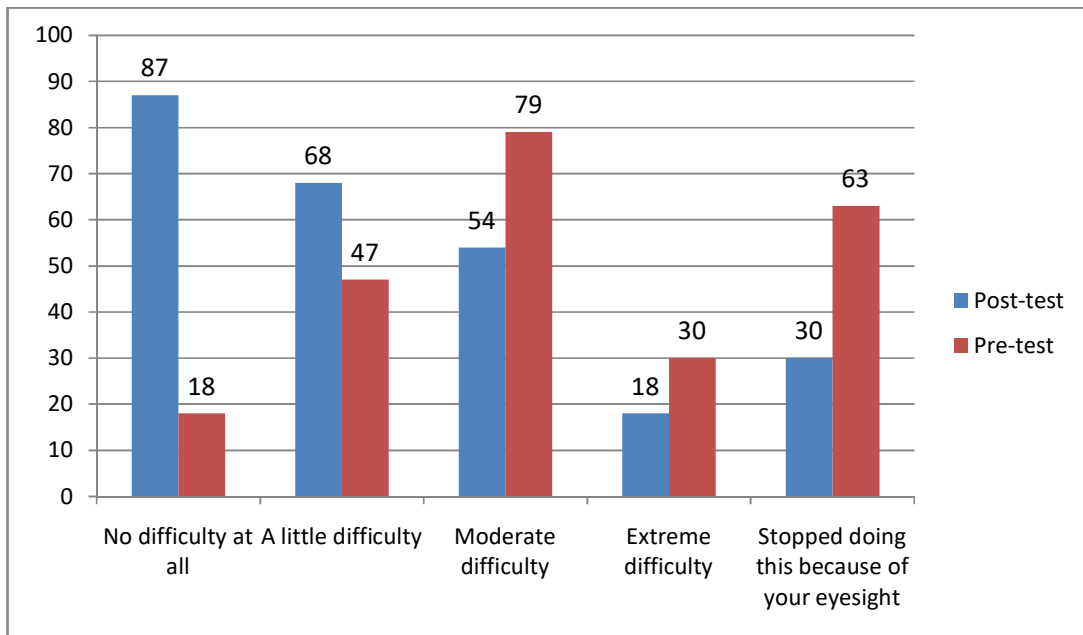
Because of my eyesight, I have to rely too much on what other people tell me



The results of the lamp gazing and eye exercises executed by SKY Yoga are shown in the table above. Before beginning eye exercises and lamp gazing exercises, participants were asked **Because** of my eyesight, I have to rely too much on what other people tell me. 56 (23.4%) out of the 237 participants said it was “No difficulty at all.” However, 124 (52.3%) of the participants said their vision had improved after completing the eye exercises and lamp gazing program when asked the same question. The results show a considerable improvement, with 28.9% more participants attesting to better vision following light gazing exercises (SKY Yoga).

CHART - 22

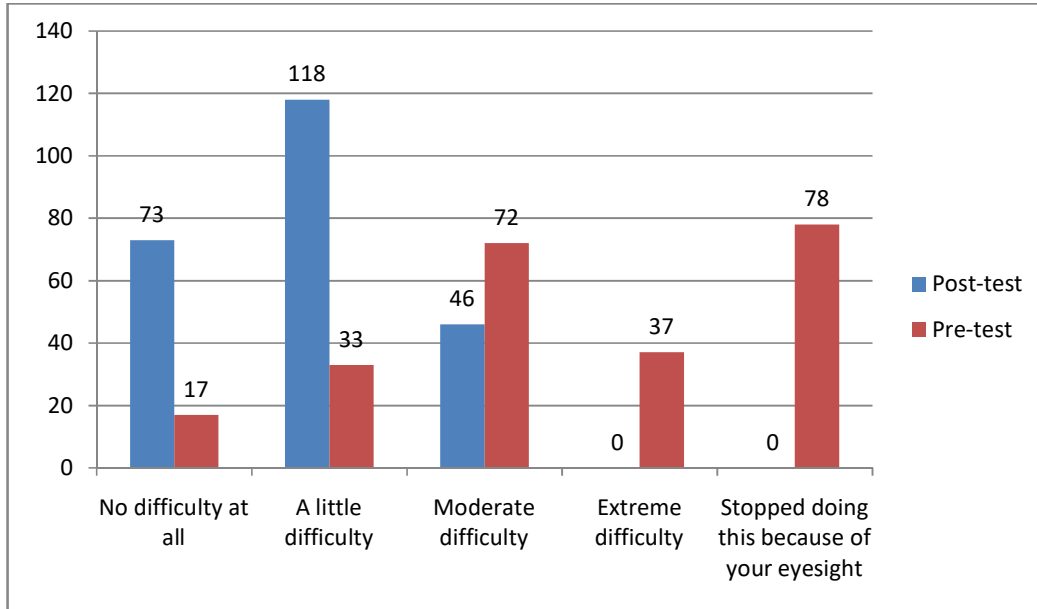
I need a lot of help from others because of my eyesight



The results of the lamp gazing and eye exercises executed by SKY Yoga are shown in the table above. Before beginning eye exercises and lamp gazing exercises, participants were asked **I need a lot of help from others because of my eyesight**. 79 (33.3%) out of the 237 participants said it was "Moderate difficulty." However, 54 (22.8%) of the participants said their vision had improved after completing the eye exercises and lamp gazing program when asked the same question. The results show a considerable improvement, with 10.5% more survey participants attesting to better vision following light gazing exercises (SKY Yoga).

CHART - 23

I worry about doing things that will embarrass myself or others, because of my eyesight



The results of the lamp gazing and eye exercises executed by SKY Yoga are shown in the table above. Before beginning eye exercises and lamp gazing exercises, participants were asked I worry about doing things that will embarrass myself or others, because of my eyesight. 33 (13.9%) out of the 237 participants said it was "A little difficulty." However, 118 (49.8%) of the participants said their vision had improved after completing the eye exercises and lamp gazing program when asked the same question. The results show a considerable improvement, with 35.9% more survey participants attesting to better vision following light gazing exercises (SKY Yoga).

SIGNIFICANCE TEST FOR PERCEPTION ON VISUAL FUNCTIONING ON DEMOGRAPHIC VARIABLES

TABLE: 03

**ANOVA table showing the Difference in the Mean Score between Perceptions on
visual functioning on Age
Descriptive**

Variables	Particulars	N	Mean	Std.Deviation
Age	17	30	61.10	8.96
	18	72	62.50	10.23
	19	60	61.30	8.42
	20	55	62.00	7.56
	21	15	60.93	7.34
	22	4	61.75	8.65

ANOVA

Age	Sum of Squares	Df.	Mean Square	F	Sig.
Between Groups	186.475	6	31.079	0.617	0.717
Within Groups	11588.976	230	50.387		
Total	11775.451	236			

The above table describes the difference in visual functioning based on age group of the respondents. The mean value (62.50) shows that, the respondents whose age group was between 18 years had more positive perception on visual functioning compared to other age groups.

But the ANOVA value ($F = 0.617$; $P > 0.05$) reveals that there is no significant difference in quality of life with age.

TABLE: 04

T-test table showing the difference in mean scores between Visual Functioning and Gender Group Statistics

	Gender	N	Mean	Std. Deviation
Visual Functioning	Male	92	61.17	9.57
	Female	145	62.22	8.22

Independent Samples Test

t	Df.	Sig. (2-tailed)
2.432	237	Sig= 0.120

The above table explains the difference in visual functioning based on genders. The mean value (62.22) shows that, the respondents (145) whose were girls and had more positive perception on visual functioning compared to boys.

But the T-test value ($t = 2.432$; $P > 0.05$) reveals that there is significant difference in visual functioning among girls students.

TABLE: 05

T-test table showing the difference in mean scores between Visual Functioning and Far sight and near sight

Group Statistics

	Gender	N	Mean	Std. Deviation	Std. Error Mean
Visual Functioning	Far sight	190	61.46	8.86	?
	Near sight	47	63.21	8.31	?

Independent Samples Test

t	Df.	Sig. (2-tailed)
0.199	237	Sig= 0.656

The above table explains the difference in visual functioning based on Far sight and near sight of the respondents. The mean value (63.21) shows that, the respondents (47) whose visual functioning had more positive perception.

But the T-test value ($t = 0.199$; $P > 0.05$) reveals that there is no significant difference in Far sight and near sight of the respondents

III. Impact Of Sky Yoga On Visual Functioning

TABLE: 06

The Impact of Eye exercise and Lamp gazing practice on General Health

S. No.	Particulars	Before		After	
		Frequency	Percentage	Frequency	Percentage
1.	Good	140	58.8	165	69.3
2.	Average	43	18.1	67	28.2
3.	Poor	54	22.7	5	2.1
	Mean value	1.3249		1.6371	
	t-test = -9.790	DF = 236		Sig. (2 tailed) = .000	

The above table shows that, before administering the SKY Yoga practice, 140 participants (58.8%) reported having good visual functioning. After the intervention, this number increased to 165 participants (69.3%). The study found that there was a notable improvement in visual functioning among participants, with more individuals falling into the "good" category after the SKY Yoga practice.

The above table shows that before practicing SKY Yoga the mean value was found to be 1.3249, but after practicing SKY Yoga the mean value of the respondents were found at 1.6371. Besides, it is understood that there is a significant difference found in the mean values, but it needs to be scientifically proven, then the paired T-test was performed. The paired T-test value (-9.790) shows that there is a significant difference in the benefits of SKY Yoga practice of the respondents before SKY Yoga practice and after SKY Yoga practice which is evident from the mean value.

Thus, from the mean value, it is concluded that after the SKY Yoga practice the general health of the visual functioning have increased considerably among the participants. Therefore, it is concluded that the SKY Yoga practice improves or have impact on general health of the visual functioning among the students.

TABLE: 07**The Impact of Eye exercise and Lamp gazing practice on General Vision**

S. No.	Particulars	Before		After	
		Frequency	Percentage	Frequency	Percentage
1.	Good	54	22.7	216	90.8
2.	Average	125	52.5	18	7.6
3.	Poor	58	24.4	3	1.3
	Mean value	1.1013		2.0169	
	t-test = 20.078	DF = 236		Sig. (2 tailed) = .000	

The above table shows that, before administering the SKY Yoga practice, 54 participants (22.7%) reported having good vision, which significantly increased to 216 participants (90.8%) after the program. This substantial improvement indicates that the intervention had a profoundly positive effect on participants' overall vision, with the majority falling into the "good" category after the SKY Yoga practice.

The above table shows that before practicing SKY Yoga the mean value was found to be 1.1013, but after practicing SKY Yoga the mean value of the respondents were found at 2.0169. Besides, it is understood that there is a significant difference found in the mean values, but it needs to be scientifically proven, then the paired T-test was performed. The paired T-test value (20.078) shows that there is a significant difference in the benefits of SKY Yoga practice of the respondents before SKY Yoga practice and after SKY Yoga practice which is evident from the mean value.

Thus, from the mean value, it is concluded that after the SKY Yoga practice the general vision of the visual functioning have increased considerably among the participants. Therefore, it is concluded that the SKY Yoga practice improves or have impact on general vision of the visual functioning among the students.

TABLE: 08**The Impact of Eye exercise and Lamp gazing practice on Ocular Pain**

S. No.	Particulars	Before		After	
		Frequency	Percentage	Frequency	Percentage
1.	Good	55	23.1	106	44.5
2.	Average	143	60.1	115	48.3
3.	Poor	39	16.4	16	6.7
	Mean value	1.6203		1.9325	
	t-test = 10.351	DF = 236		Sig. (2 tailed) = .000	

The above table shows that, before administering the SKY Yoga practice, initially, 55 participants (23.1%) reported ocular pain good in condition, which increased to 106 participants (44.5%) after the intervention. This substantial improvement suggests that the program had a notably positive effect on participants' ocular pain, with a significant increase in those falling into the "good" category after the SKY Yoga practice.

The above table shows that before practicing SKY Yoga the mean value was found to be 1.6203, but after practicing SKY Yoga the mean value of the respondents were found at 1.9325. Besides, it is understood that there is a significant difference found in the mean values, but it needs to be scientifically proven, then the paired T-test was performed. The paired T-test value (10.351) shows that there is a significant difference in the benefits of SKY Yoga practice of the respondents before SKY Yoga practice and after SKY Yoga practice which is evident from the mean value.

Thus, from the mean value, it is concluded that after the SKY Yoga practice the ocular pain of the visual functioning have increased considerably among the participants. Therefore, it is concluded that the SKY Yoga practice improves or have impact on ocular pain of the visual functioning among the students.

TABLE: 09**The Impact of Eye exercise and Lamp gazing practice on Near Vision**

S. No.	Particulars	Before		After	
		Frequency	Percentage	Frequency	Percentage
1.	Good	130	54.6	132	55.5
2.	Average	81	34.0	94	39.5
3.	Poor	26	10.9	11	4.6
	Mean value	1.4895		1.5612	
	t-test = -4.270	DF = 236		Sig. (2 tailed) = .000	

The above table shows that, before administering the SKY Yoga practice, Good near Vision: Before the intervention, 130 participants (54.6%) reported having good near vision, which only slightly increased to 132 participants (55.5%) after the program. This minimal change indicates that the intervention had a relatively stable effect on individuals with initially "good" near vision after the SKY Yoga practice.

The above table shows that before practicing SKY Yoga the mean value was found to be 1.4895, but after practicing SKY Yoga the mean value of the respondents were found at 1.5612. Besides, it is understood that there is a significant difference found in the mean values, but it needs to be scientifically proven, then the paired T-test was performed. The paired T-test value (-4.270) shows that there is a significant difference in the benefits of SKY Yoga practice of the respondents before SKY Yoga practice and after SKY Yoga practice which is evident from the mean value.

Thus, from the mean value, it is concluded that after the SKY Yoga practice the near vision of the visual functioning have increased considerably among the participants. Therefore, it is concluded that the SKY Yoga practice improves or have impact on near vision of the visual functioning among the students.

TABLE: 10**The Impact of Eye exercise and Lamp gazing practice on Distance Vision**

S. No.	Particulars	Before		After	
		Frequency	Percentage	Frequency	Percentage
1.	Good	104	43.7	107	45.0
2.	Average	102	42.9	99	41.6
3.	Poor	31	13.0	30	12.6
	Mean value	1.6920		1.7215	
	t-test = 0.689	DF = 236		Sig. (2 tailed) = 0.492	

The above table shows that, Good Distance Vision: Prior to the SKY Yoga practice intervention, 104 participants (43.7%) reported having good distance vision, which slightly increased to 107 participants (45.0%) after the program. This indicates a modest improvement in participants' "good" distance vision following the SKY Yoga practice intervention.

The above table shows that before practicing SKY Yoga the mean value was found to be 1.6920, but after practicing SKY Yoga the mean value of the respondents were found at 1.7215. Besides, it is understood that there is a significant difference found in the mean values, but it needs to be scientifically proven, then the paired T-test was performed. The paired T-test value (-0.689) shows that there is a significant difference in the benefits of SKY Yoga practice of the respondents before SKY Yoga practice and after SKY Yoga practice which is evident from the mean value.

Thus, from the mean value, it is concluded that after the SKY Yoga practice the Distance Vision of the visual functioning have increased considerably among the participants. Therefore, it is concluded that the SKY Yoga practice improves or have impact on Distance Vision of the visual functioning among the students.

TABLE: 11**The Impact of Eye exercise and Lamp gazing practice on Social Functioning**

S. No.	Particulars	Before		After	
		Frequency	Percentage	Frequency	Percentage
1.	Good	159	66.8	183	76.9
2.	Average	66	27.7	51	21.4
3.	Poor	12	5.0	3	1.3
	Mean value	1.2405		1.3797	
	t-test = 6.179	DF = 236		Sig. (2 tailed) = .000	

The above table shows that, Good Social Functioning: Before the SKY Yoga intervention, 159 participants (66.8%) reported good social functioning, which increased to 183 participants (76.9%) after the program. This indicates a significant improvement in participants' ability to function socially, with a substantial majority falling into the "good" category after following the SKY Yoga practice intervention.

The above table shows that before practicing SKY Yoga the mean value was found to be 1.2405, but after practicing SKY Yoga the mean value of the respondents were found at 1.3797. Besides, it is understood that there is a significant difference found in the mean values, but it needs to be scientifically proven, then the paired T-test was performed. The paired T-test value (-6.179) shows that there is a significant difference in the benefits of SKY Yoga practice of the respondents before SKY Yoga practice and after SKY Yoga practice which is evident from the mean value.

Thus, from the mean value, it is concluded that after the SKY Yoga practice the Social Functioning of the visual functioning have increased considerably among the participants. Therefore, it is concluded that the SKY Yoga practice improves or have impact on Social Functioning of the visual functioning among the students.

TABLE: 12
The Impact of Eye exercise and Lamp gazing practice on Mental Health

S. No.	Particulars	Before		After	
		Frequency	Percentage	Frequency	Percentage
1.	Good	174	73.1	175	73.5
2.	Average	46	19.3	45	18.9
3.	Poor	17	7.1	17	7.1
	Mean value	1.3333		1.3376	
	t-test = -1.000	DF = 236		Sig. (2 tailed) = .318	

The above table shows that, Good Mental Health: Before the intervention, 174 participants (73.1%) reported good mental health, which only slightly increased to 175 participants (73.5%) after the program. This minimal change indicates that the program had a relatively stable effect on individuals with initially "good" mental health within the context of visual functioning after following the SKY Yoga practice intervention.

The above table shows that before practicing SKY Yoga the mean value was found to be 1.3333, but after practicing SKY Yoga the mean value of the respondents were found at 1.3376. Besides, it is understood that there is no significant difference found in the mean values, but it needs to be scientifically proven, then the paired T-test was performed. The paired T-test value (-1.000) shows that there is no significant difference in SKY Yoga practice of the respondents before SKY Yoga practice and after SKY Yoga practice which is evident from the mean value.

Thus, from the mean value, it is concluded that after the SKY Yoga practice the Mental Health of the visual functioning had no effect among the participants. Therefore, it is concluded that the SKY Yoga practice had the same impact on Mental Health of the visual functioning among the students.

TABLE: 13**The Impact of Eye exercise and Lamp gazing practice on Role of Difficulties**

S. No.	Particulars	Before		After	
		Frequency	Percentage	Frequency	Percentage
1.	Good	43	18.1	83	34.9
2.	Average	154	64.7	132	55.5
3.	Poor	40	16.8	22	9.2
	Mean value	1.7426		1.9873	
	t-test = 8.745	DF = 236		Sig. (2 tailed) = .000	

The above table shows that, Good Role of difficulties: Before the intervention, 43 participants (18.1%) reported good role fulfillment, which significantly increased to 83 participants (34.9%) after the program. This substantial improvement indicates that the intervention had a highly positive effect on participants' ability to fulfill their roles effectively after following the SKY Yoga practice intervention.

The above table shows that before practicing SKY Yoga the mean value was found to be 1.7426, but after practicing SKY Yoga the mean value of the respondents were found at 1.9873. Besides, it is understood that there is a significant difference found in the mean values, but it needs to be scientifically proven, then the paired T-test was performed. The paired T-test value (8.745) shows that there is a significant difference in the benefits of SKY Yoga practice of the respondents before SKY Yoga practice and after SKY Yoga practice which is evident from the mean value.

Thus, from the mean value, it is concluded that after the SKY Yoga practice the Role of difficulties of the visual functioning have increased considerably among the participants. Therefore, it is concluded that the SKY Yoga practice improves or have impact on Role of difficulties of the visual functioning among the students.

TABLE: 14**The Impact of Eye exercise and Lamp gazing practice on Dependency**

S. No.	Particulars	Before		After	
		Frequency	Percentage	Frequency	Percentage
1.	Good	19	8.0	36	15.1
2.	Average	73	30.7	93	39.1
3.	Poor	145	60.9	108	45.4
	Mean value	2.3038		2.5316	
	t-test = 8.345	DF = 236		Sig. (2 tailed) = .000	

The above table shows that, Good dependency: Before the intervention, 19 participants (8.0%) reported good dependency, which increased to 36 participants (15.1%) after the program. This indicates a notable improvement in participants' ability to manage their tasks independently after following the SKY Yoga practice intervention.

The above table shows that before practicing SKY Yoga the mean value was found to be 2.3038, but after practicing SKY Yoga the mean value of the respondents were found at 2.5316. Besides, it is understood that there is a significant difference found in the mean values, but it needs to be scientifically proven, then the paired T-test was performed. The paired T-test value (8.345) shows that there is a significant difference in the benefits of SKY Yoga practice of the respondents before SKY Yoga practice and after SKY Yoga practice which is evident from the mean value.

Thus, from the mean value, it is concluded that after the SKY Yoga practice the dependency of the visual functioning have increased considerably among the participants. Therefore, it is concluded that the SKY Yoga practice improves or have impact on dependency of the visual functioning among the students.

TABLE: 15
The Impact of Eye exercise and Lamp gazing practice on Driving

S. No.	Particulars	Before		After	
		Frequency	Percentage	Frequency	Percentage
1.	Good	47	19.7	77	32.4
2.	Average	103	43.3	99	41.6
3.	Poor	87	36.6	60	25.2
	Mean value	1.91983		2.1688	
	t-test = 8.844	DF = 236		Sig. (2 tailed) = .000	

The above table shows that, Good Driving Abilities: Before the intervention, 47 participants (19.7%) had good driving abilities, which significantly increased to 77 participants (32.4%) after the program. This substantial improvement suggests that the intervention had a highly positive effect on participants' driving skills, with a notable increase in those classified as having "good" driving abilities after following the SKY Yoga practice intervention.

The above table shows that before practicing SKY Yoga the mean value was found to be 1.91983, but after practicing SKY Yoga the mean value of the respondents were found at 2.1688. Besides, it is understood that there is a significant difference found in the mean values, but it needs to be scientifically proven, then the paired T-test was performed. The paired T-test value (8.844) shows that there is a significant difference in the benefits of SKY Yoga practice of the respondents before SKY Yoga practice and after SKY Yoga practice which is evident from the mean value.

Thus, from the mean value, it is concluded that after the SKY Yoga practice the driving of the visual functioning have increased considerably among the participants. Therefore, it is concluded that the SKY Yoga practice improves or have impact on driving of the visual functioning among the students.

TABLE: 16**The Impact of Eye exercise and Lamp gazing practice on Color Vision**

S. No.	Particulars	Before		After	
		Frequency	Percentage	Frequency	Percentage
1.	Good	65	27.3	175	73.5
2.	Average	109	45.8	54	22.7
3.	Poor	63	26.5	8	3.4
	Mean value	1.2954		1.9916	
	t-test = 16.622	DF = 236		Sig. (2 tailed) = .000	

The above table shows that, Good Color Vision: Before the intervention, 65 participants (27.3%) reported good color vision, which significantly increased to 175 participants (73.5%) after the program. This remarkable improvement suggests that the intervention had a highly positive effect on participants' color perception abilities, with a significant increase in those categorized as having "good" color vision after following the SKY Yoga practice intervention.

The above table shows that before practicing SKY Yoga the mean value was found to be 1.2954, but after practicing SKY Yoga the mean value of the respondents were found at 1.9916. Besides, it is understood that there is a significant difference found in the mean values, but it needs to be scientifically proven, then the paired T-test was performed. The paired T-test value (16.622) shows that there is a significant difference in the benefits of SKY Yoga practice of the respondents before SKY Yoga practice and after SKY Yoga practice which is evident from the mean value.

Thus, from the mean value, it is concluded that after the SKY Yoga practice the Color Vision of the visual functioning have increased considerably among the participants. Therefore, it is concluded that the SKY Yoga practice improves or have impact on Color Vision of the visual functioning among the students.

TABLE: 17**The Impact of Eye exercise and Lamp gazing practice on Peripheral Vision**

S. No.	Particulars	Before		After	
		Frequency	Percentage	Frequency	Percentage
1.	Good	50	21.0	73	30.7
2.	Average	109	45.8	118	49.6
3.	Poor	78	32.8	46	19.3
	Mean value	1.8861		2.1181	
	t-test = 5.980	DF = 236		Sig. (2 tailed) = .000	

The above table shows that, Good Peripheral Vision: Before the intervention, 50 participants (21.0%) reported good peripheral vision, which increased to 73 participants (30.7%) after the program. This indicates a notable improvement in participants' peripheral vision abilities, with a significant increase in those categorized as having "good" peripheral vision after following the SKY Yoga practice intervention.

The above table shows that before practicing SKY Yoga the mean value was found to be 1.8861, but after practicing SKY Yoga the mean value of the respondents were found at 2.1181. Besides, it is understood that there is a significant difference found in the mean values, but it needs to be scientifically proven, then the paired T-test was performed. The paired T-test value (5.980) shows that there is a significant difference in the benefits of SKY Yoga practice of the respondents before SKY Yoga practice and after SKY Yoga practice which is evident from the mean value.

Thus, from the mean value, it is concluded that after the SKY Yoga practice the Peripheral Vision of the visual functioning have increased considerably among the participants. Therefore, it is concluded that the SKY Yoga practice improves or have impact on Peripheral Vision of the visual functioning among the students.

TABLE - 18**Descriptive statistics of impact of SKY Yoga on visual functioning**

Visual functioning	N	Mean	Std. Deviation	Std. Error Mean
Pre-test	237	40.2110	7.06371	.45884
Post-test	237	61.8143	8.76913	.56962

Paired Sample Test

	t	df	Sig.(2-tailed)
Pre test &Post test	-108.713	236	.000

The mean value of the visual functioning was found to be 40.2110 before the intervention of SKY yoga practice. After the study the mean value of the visual functioning has significantly improved up to 61.8143. Moreover, it is understood that there is a significant difference found in the mean values, but it needs to be scientifically proven for that the study conducted the T-test. The paired T-test value is -108.713 showed that there was a significant difference in the visual functioning among students before and after the intervention of the SKY yoga practice which is evident from the mean value. Thus, from the mean value, it is conclude that after the SKY yoga practice there was a considerable improvement in visual functioning among the students community. Therefore, it is concluded that the SKY yoga practice improves or have significant impact on visual functioning.

CHAPTER V

FINDINGS, DISCUSSION AND CONCLUSION

FINDINGS

Visual functioning among college students is influenced by a multitude of factors. The holistic approach of yoga is considered an alternative method for enhancing the visual functioning of college students, which can significantly contribute to their academic achievements. The present study has been specifically tailored to assess the various factors impacting visual functioning, each of which has been meticulously hypothesized to yield meaningful insights.

This study was meticulously designed to explore the demographic profile of the participants, encompassing factors such as age, gender, as well as far-sightedness and near-sightedness.

In addressing the research gap identified in previous studies, this research aims to comprehensively evaluate the visual functioning of college students, with a total sample size of $N = 237$.

I. DEMOGRAPHIC PROFILE

In this study, I assessed the frequencies of scores in various categories of variables. The data were collected through a demographic profile questionnaire, which included demographic variables such as age and gender. These demographic variables were subsequently analyzed alongside the visual functioning scale.

The data were obtained from the demographic profile questionnaire, revealing that 72 (30.3%) of the respondents fell into the age group of 18. Out of the total 237 respondents, 145 (60.9%) were female, while 190 (79.8%) were categorized as having far-sightedness.

II. PERCEPTIONS ON VISUAL FUNCTIONING:

- The findings show that after the study 43 (18.1%) of the respondents said they felt their general health had improved after the eye exercise and lamp gazing exercise.

- The findings show that after the study 96 (40.5%) of the respondents reported an enhanced condition of eyesight using both eyes with glasses or contact lenses when they wear them.
- The results indicate that, following the study, 139 respondents (58.6%) reported improved eyesight when asked about their concerns regarding eyesight after participating in the eye exercise and lamp gazing program.
- The findings show that after the study, there was a significant decrease from 21.9% to 6.3% among participants, indicating improved eyesight in relation to discomfort around their eyes, such as burning, itching, or aching.
- The findings demonstrate a positive impact after the study, with a significant decrease from 18.6% to 10.9% among participants, indicating improved eyesight in relation to reading difficulties with newspapers."
- The findings show that after the study, 160 (67.5%) of the participants reported improved vision when it came to activities or hobbies requiring clear near vision, such as cooking, home maintenance, or using hand tools.
- The findings show that after the study, 180 (76.0%) of the participants reported improved vision when it came to finding items on shelves despite their poor eyesight.
- The findings demonstrate a positive impact after the study, with a significant decrease from 21.1% to 11.8% among participants, reported improved vision in terms of reading street signs or store names. (Moderate difficulty)
- The findings show that after the study, 135 (57.0%) of the participants reported improved vision when it came to navigating steps, stairs, or curbs in dim light or at night due to their eyesight.
- The findings show that after the study, 157 (66.2%) of the participants reported improved peripheral vision while walking due to their eyesight.
- The findings show that after the study, 152 (64.1%) of the participants reported improved vision in terms of perceiving how people react to things they say due to their eyesight.

- The findings show that after the study, 157 (66.2%) of the participants reported improved vision when it came to picking out and matching their own clothes due to their eyesight.
- The findings show that after the study, 191 (80.6%) of the participants reported improved vision in terms of visiting people in their homes, at parties, or in restaurants due to their eyesight.
- The findings demonstrate a positive impact after the study, showing a significant decrease from 8.4% to 5.0% among participants who reported an improvement in their ability to go out and enjoy movies, plays, or sports events due to their eyesight. (Extreme difficulty)
- The findings demonstrate a positive impact after the study, revealing a significant decrease from 24.9% to 16.4% among participants who reported improved vision, particularly among those who drive at least occasionally.
- The findings show that after the study, 69 (29.1%) of the participants reported improved night vision.
- The findings demonstrate a positive impact after the study, showing a significant decrease from 24.9% to 14.7%, among participants reported improved vision in relation to pain or discomfort around their eyes, such as burning, itching, or aching, affecting their activities.(Moderate difficulty)
- The findings demonstrate a positive impact after the study, showing a significant decrease from 24.0% to 19.4%, among participants reported improved vision in terms of staying home less often due to their eyesight. (Extreme difficulty)
- The findings show that after the study, 115 (48.5%) of the participants reported improved vision in terms of feeling less frustrated due to their eyesight.
- The findings show that after the study, 113 (47.7%) of the participants reported improved vision in terms of having better control over their actions despite their eyesight.

- The findings show that after the study, 124 (52.3%) of the participants reported improved vision in terms of relying less on what others tell them due to their eyesight.
- The findings show that after the study, 54 (22.8%) of the participants reported improved vision in terms of needing less help from others due to their eyesight.
- The findings show that after the study, 118 (49.8%) of the participants reported improved vision in terms of worrying less about embarrassing themselves or others due to their eyesight.

III. SIGNIFICANCE TEST FOR PERCEPTION ON VISUAL FUNCTIONING BASED ON DEMOGRAPHIC VARIABLES.

After the SKY yoga practice the ANOVA Value showed ($F=0.248$ and $\text{sig} = 0.960$) and there was no significant difference in visual functioning between the different age groups.

After the SKY yoga practice, the t-test value reported ($F=2.432$ and $\text{sig} = 0.120$) and there was no significant difference in visual functioning among male and female.

After the SKY yoga practice, the t-test value reported ($F=0.199$ and $\text{sig} = 0.656$) and there was no significant difference in visual functioning between far sight and near sight.

IV. DESCRIPTIVE STATISTICS OF IMPACT OF SKY YOGA ON VISUAL FUNCTIONING

Significant improvements were observed after the intervention of SKY yoga practice in this study. Prior to engaging in SKY yoga practice, the mean value for overall visual functioning stood at 40.2110. However, following the SKY yoga practice intervention, the mean value for overall visual functioning showed a noteworthy improvement, increasing to 61.8143.

The paired T-test, with a value of -108.713, clearly indicates a significant difference in visual functioning among students before and after participating in the SKY yoga practice, as evidenced by the substantial shift in the mean value.

RECOMMENDATIONS

Guide line	Description
Follow the 20-20-20 Rule	Follow the 20-20-20 Rule Every 20 minutes, take a 20-second break, and focus on something 20 feet away to reduce digital eye strain.
Proper Lighting	Ensure well-lit study areas to minimize eye strain.
Ergonomic Setup	Maintain proper posture and eye level when using digital devices to prevent neck and eye strain.
Blink Regularly	Remember to blink regularly to keep the eyes moist when using screens.
Use Blue Light Filters	Consider using blue light filters on screens or blue light-blocking glasses to reduce digital eye strain.
Get Regular Eye Exams	Schedule comprehensive eye exams to detect and address vision problems early.
Manage Screen Brightness	.Adjust screen brightness to a comfortable level that does not strain your eyes.
Stay Hydrated	Drink enough water to prevent dry eyes.
Balanced Diet	Consume a diet rich in fruits, vegetables, and omega-3 fatty acids to support eye health.
Limit Screen Time	.Set limits on daily screen time to reduce the risk of myopia
Proper Sleep	Maintain a regular sleep schedule to prevent eye fatigue.
Quit Smoking	Avoid smoking to reduce the risk of age-related macular degeneration
Moderate Alcohol	Limit alcohol consumption to lower the risk of eye diseases.
Protective Eyewear	Use safety goggles or protective eyewear when participating in sports or activities that could cause eye injury.
Control Allergies	Effectively manage allergies to prevent eye irritation.
Hand Hygiene	Practice good hand hygiene to reduce the risk of eye infections.
Stay Active	Engage in regular physical activity to maintain overall health, including eye health.
Manage Stress	Find healthy ways to manage stress to reduce eye strain.
Avoid Rubbing Eyes	Refrain from rubbing your eyes, as it can lead to eye infections.
Seek Professional Help	Consult an eye care professional if you experience persistent eye discomfort or vision changes.

CONCLUSION:

Many research studies have proved that yoga practices have a great impact on visual functioning of college students. Yoga practices such as eye exercise, lamp gazing practice and palm relaxation technique have innate impact eye related problems such as reading discomfort, weariness, blurred vision, headaches, sporadic double vision, and irritated eyes accompanied by pain.

The study unequivocally demonstrates the positive impact of SKY Yoga practices in enhancing various aspects of visual functioning among college students. It is clear from multiple studies that engaging in eye exercises and lamp gazing within the framework of SKY yoga can yield substantial improvements for both nearsightedness and farsightedness. The intervention with SKY yoga has alleviated common issues such as eye strain, headaches, blurred vision, and eye irritation, which are prevalent among college students who extensively use smart phones and computers.

Therefore, the study has concluded that SKY yoga practices proved that it has a great impact and can enhance the visual functioning of college students.

The findings strongly advocate for the incorporation of SKY yoga practices into various institutions, including educational establishments, private sectors, and organizations. These practices not only promote clear vision but also contribute to a brighter and healthier future for the younger generation in society. By embracing SKY yoga as a preventive measure, young individuals can look forward to improved eye health and overall well-being. Therefore, it is imperative that we recognize and harness the benefits of SKY yoga for the betterment of our youth and the society as a whole.

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THE INFLUENCE OF (SKY YOGA) EYE EXERCISE AND LAMP GAZING PRACTICE ON VISUAL FUNCTIONING AMONG COLLEGE STUDENTS

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ABSTRACT:

The uses of technology across all the industries have advanced. Without the use of computers and smart phones, the world will not advance. As a result, digital tools can lead to a variety of eye-related problems, such as reading discomfort, weariness, blurred vision, headaches, sporadic double vision, and irritated eyes accompanied by pain. These common issues among the younger generation significantly reduce their academic performance, subsequently affecting their physical and mental health. Therefore, the study aimed to measure the influence of (SKY Yoga) Eye exercise and Lamp gazing Practice on visual functioning among College Students. Students from Nallamuthu Gounder Mahalingam College were randomly selected using the survey method. The study adopts an Experimental research design. The pre-test and post-test one-group designs were adopted to study the influence of (SKY Yoga) Eye exercise and Lamp gazing Practice on visual functioning among college students. The sample (N=237) was obtained from students at Nallamuthu Gounder Mahalingam College, Pollachi. The data were obtained and analyzed before - and - after the SKY yoga practice from the respondents concerned. Before practicing, the mean value of the visual functioning was found at 40.2110. After the intervention of SKY Yoga practice, the mean value of the visual functioning has increased up to 61.8143. The paired T-test value -108.713 has showed that there was a significant difference in the visual functioning before and after SKY Yoga practices. The study has identified that there was a significant improvement on visual functioning after the intervention of the SKY yoga practice. The study has concluded that the benefits of SKY Yoga practice have improved the visual functioning problems of the students. Thus, most of the study review reported that the regular practice of eye exercise and lamp gazing exercise can provide a better improvement for eye sight problems. Therefore, the study highly recommends that the SKY yoga (Simplified Kundalini Yoga) practice has to be performed on regular basis to have a healthy and clear vision. Ultimately, the study suggests that SKY yoga practice can support their physical and mental health so that they can have a healthy vision to attain the academic achievements and life goals.

Key words: Visual functioning, SKY yoga practice, Eye exercise and Lamp gazing practice

INTRODUCTION

Education system has transitioned into a digitalized form, allowing students to access a wide variety of study materials for their convenience. The digital format has led them to constantly engage with Smartphone and computers, resulting in significant impacts on student's physical and mental health.

Technology is being used more and more frequently, and its benefits include improved global communication, content understanding, and real-time information. Running a business, a transportation system, a facility, an agricultural sector, a medical sector, etc., all benefit from it. Nearly the entire globe is under the power of both computers and smart phones.

In addition, when young people abuse and overuse their smart phones and computers, there are more physical and mental health problems, especially among the younger generations. A disorder known as asthenopia (eye strain) causes generalized symptoms such as discomfort, weariness, blurred vision, headaches, sporadic double vision, and irritated eyes with pain in or around them. A typical VDT (Visual Display Terminal) is a smart phone or mobile phone, which is widely utilized by the general public. The majorities of people now use smart phones on a daily basis, even college students, simply because they

are convenient, portable, and can do numerous activities at once.(Mylona, I., Glynatsis, M. N, et al.,2023).According to a study report, closer viewing and eye strain symptoms are the primary causes of rising accommodative function issues and ocular symptoms, which are severely regarded as influencing variables leading to an eyesight issue. (Rosenfield, M. 2011).

According to the World Health Organization (WHO), 80% of vision impairment is either avoidable or treatable. This includes refractive errors that have not been corrected, some forms of childhood blindness, cataracts, the infections river blindness and trachoma, glaucoma, diabetic retinopathy, and other eye diseases. The use of assistive technologies, environment modifications, and vision rehabilitation programmes benefits a large number of persons with severe visual impairment.

Following a smart phone reading, there is a clearer viewing distance and eye fatigue symptoms. Long-term smart phone use appears to have significant effects on accommodative function, resulting in eye complaints that lower quality of life. There were 940 million people who had some level of eyesight loss as of 2015. 39 million people were blind, and 246 million had impaired eyesight. Over 50s make up the bulk of those with poor vision, who live in underdeveloped nations. (Issa LF, Alqurashi Ka et al.,2021).

Studies from all over the world have uncovered some startling statistics about Smartphone users. Globally, there will be 2.87 billion Smartphone users by 2020. By 2019, 38.3 million people are expected to own mobile phones, according to the Nepal Telecommunication Authority. In Canada, 85% of pupils privately own a Smartphone. It is 80% for Americans and Britons and 100% for university students in Saudi Arabia and South Korea. In India, 96% of pupils were found to have smartphones. A cross-sectional research in Nepal found that 36.8% of medical students had smartphone addictions. The smartphone is viewed at a closer distance when reading a text as compared to using a phone, where continuous use increases the accommodative and vergence demand, potentially exacerbating symptoms of digital eye strain. (Nayak, R., Sharma, A. K, et al., 2020)

Research has shown that the use of smartphones and computers among college students can have various psychological impacts. Constant exposure to social media on these devices can lead to feelings of inadequacy, low self-esteem, and social comparison, as individuals are constantly exposed to carefully curated online profiles (Vogel et al., 2014). Moreover, the constant connectivity and access to social media platforms can contribute to a fear of missing out (FOMO), causing anxiety and stress among students (Przybylski et al., 2013).

The anonymity and ease of communication online also make students more susceptible to cyber bullying and online harassment, leading to increased stress, anxiety, and even depression (Hinduja & Patchin, 2015). The constant use of smart phones and computers for academic purposes, socializing, and entertainment can result in digital fatigue and information overload, leading to mental exhaustion, difficulty concentrating, and decreased cognitive performance (Rosen et al., 2013).

Furthermore, the use of smart phones and computers before bed can disrupt students' sleep patterns due to the blue light emitted by screens. This can interfere with the production of melatonin, impacting sleep quality and leading to negative effects on mood, attention, memory, and overall mental well-being (Cain & Gradisar, 2010). Excessive use of these devices can also contribute to internet addiction, where students become compulsively reliant on them, neglecting other aspects of life and experiencing withdrawal symptoms and irritability (Kuss et al., 2013).

To mitigate these negative psychological effects, it is crucial for students to adopt a balanced approach to Smartphone and computer usage. Setting boundaries, practicing digital detox, engaging in offline activities, and seeking support when needed can help promote overall well-being and reduce the potential negative impacts of these devices (Billieux et al., 2015; Duke & Montag, 2017).

STATEMENT OF THE PROBLEM

The aim of this study is to determine the degree of improvement in eyesight for individuals with nearsightedness and farsightedness, as this impacts their ability to carry out academic activities such as completing assignments, attending exams, and engaging in projects. Poor eyesight quality can hinder academic performance and interfere with daily activities, leading to increased stress levels among students. These issues can also cause students to feel inadequate compared to their peers, further impacting their ability to concentrate on studies and routine tasks. Previous studies have highlighted the need for more research on eyesight problems among college students, as their future success relies on their skills, academic achievements, and extracurricular activities. Therefore, it is essential for student communities to learn how to overcome their eyesight problems through eye exercises and lamp gazing exercises. Various studies on yoga practices have found significant improvements in eyesight after engaging in eye exercises and other forms of yoga, such as Nadhisudhi pranayama and meditation. The study recommends SKY Yoga practices to help students overcome nearsightedness and farsightedness leading to higher academic excellence.

OBJECTIVE

- To study the influence of demographic variable on visual functioning.
- To study the difference in visual functioning before and after the SKY Yoga practice based on demographic variables
- To study the impact of eye exercise and lamp gazing practice on visual functioning.

METHODOLOGY

The study was an Experimental research design. The pre-test and post-test one-group design was adopted to study the influence of (SKY Yoga) Eye exercise and Lamp gazing Practice on visual functioning among college students. The universe of the study was the College students who performed the SKY Yoga practices at Nallamuthu Gounder Mahaligam College, Pollachi. The sampling frames were the participants, who participated in the SKY Yoga practice during the month of March 2023. A total of 237 respondents were selected in the study through conducting a survey. The researcher used a set of questionnaire as a tool to collect the data from the respondents. The questionnaire consisted of two parts namely, Demographic profile and visual functioning questionnaires.

The pre-test and post-test was conducted before and after the intervention and the data were analyzed using simple percentage analysis, paired t-test and ANOVA to find out the result.

INTERVENTION PROCEDURE:

The SKY yoga program includes Eye exercise, Lamp Gazing practice and Meditation practices. The SKY yoga practice was given to the participants on weekly two days. The duration of the practice covered up to 12 weeks. Before offering the questionnaire, the main purpose of the study was properly instructed to the participants concerned to clearly understand the meaning and purpose of the study. The pre-test data were collected from the college students before they underwent the SKY yoga practices. Total hours of the practice cover 1 and half hour per week over a period of three months (12 weeks). After completing the 12 weeks program, the post-test was collected from the concern participants. The practice procedure of Simplified Kundalini Yoga included the following yoga practices.

PRACTICE SCHEDULE:

S.No	Particulars	Time/Hours
1.	NaddiSuddhi	5 Minutes
2.	Meditation	10 Minutes

3.	Eye exercise	30 minutes
4.	Lamp Gazing practice	30 minutes
5.	Discussion	15 minute

During the session SKY Yoga practices were instructed to the college students. In the beginning, Nadisuddhi pranayama practice was given to participants for 5 minutes to set their mind in a normal condition. After 5 minutes Mediation practice was given to them for 10 minutes to achieve a balanced state of mind. Then, the Eye exercise was given for 30 minutes to maintain the flexibility, relaxation and reduce the eye pressure. After 30 minutes, the Lamp gazing practice was given to strengthen the eye muscles and to reduce the eye sight problems. At the end of the session, 15 minutes was allotted for discussion where they can clarify their doubts and finally proper guidance was given to the participants to systematically perform the SKY yoga practices.

Table – 1 Descriptive statistics of Impact of eye exercise and Lamp gazing practice

Variables	Particulars	Before				After			
		N	Mean	Std. Dev	Test Value	N	Mean	Std. Dev	Test Value
Age	17	30	40.50	7.07	ANOVA (F=0.617 Sig=0.717)	30	61.10	8.96	ANOVA (F=0.248 Sig=0.960)
	18	72	41.30	8.07		72	62.50	10.23	
	19	60	39.43	7.1		60	61.30	8.42	
	20	55	39.98	5.74		55	62.00	7.56	
	21	15	38.53	6.13		15	60.93	7.34	
	22	4	38.75	8.26		4	61.75	8.65	
Gender	Male	92	39.75	7.17	T-test Value (F= 0.271 Sig= 0.603)	92	61.17	9.57	T-test Value (F= 2.432 Sig= 0.120)
	Female	145	40.50	7.00		145	62.22	8.22	
Far sight & Near sight	Far sight	190	39.97	7.19	T-test Value (F=0.891 Sig=0.346)	190	61.46	8.86	T-test Value (F=0.199 Sig=0.656)
	Near sight	47	41.17	6.47		47	63.21	8.31	

The ANOVA value showed (F=0.617 and sig = 0.717) and there was no significant difference in visual functioning before the SKY yoga practice between the different age groups. After the SKY yoga practice the ANOVA Value showed (F=0.248 and sig = 0.960) and there was no significant difference in visual functioning between the different age groups. The t-test value showed that (F=0.271 and sig = 0.603) and there was no significant difference in visual functioning before the SKY yoga practice among male and female. After the SKY yoga practice, the t-test value reported (F=2.432 and sig = 0.120) and there was no significant difference in visual functioning among male and female. The t-test value showed (F=0.891 and sig = 0.346) and there was no significant difference in visual functioning before the SKY yoga practice between far sight and near sight. After the SKY yoga practice, the t-test value reported (F=0.199 and sig = 0.656) and there was no significant difference in visual functioning between far sight and near sight.

Table – 2 Descriptive statistics of impact of SKY Yoga on visual functioning

Visual functioning	N	Mean	Std. Deviation	Std. Error Mean
Pre-test	237	40.2110	7.06371	.45884
Post-test	237	61.8143	8.76913	.56962

Table- 3 Paired Sample Test

	t	df	Sig.(2-tailed)
Pre test&Post test	-108.713	236	.000

The mean value of the visual functioning was found to be 40.2110 before the intervention of SKY yoga practice. After the study the mean value of the visual functioning has significantly improved up to 61.8143. Moreover, it is understood that there is a significant difference found in the mean values, but it needs to be scientifically proven for that the study conducted the T-test. The paired T-test value is -108.713 which showed that there was a significant difference in the visual functioning among students before and after the intervention of the SKY yoga practice which is evident from the mean value. Thus, from the mean value, it is concluded that after the SKY yoga practice there was a considerable improvement in visual functioning among the students community. Therefore, it is concluded that the SKY yoga practice improves or have significant impact on visual functioning.

CONCLUSION:

On the whole, the study has concluded that SKY Yoga practices have the influence on improving the visual functioning problems among the college students. Most of the studies have recommended that eye exercise and lamp gazing practices can provide significant outcomes for the far sight and near sight problems among the college students. After the intervention of SKY yoga practice most of the students got relieved from eye strain, head ache, blurred vision problems and irritation from their eyes. So, the studies highly recommend the SKY yoga practice particularly for the college students who are constantly engaging with Smartphone and computers. According to a study report, the *tratakaa* yogic practice supported to enhance the attention, cognitive flexibility, and response inhibition among the respondents.(Raghavendra, B. R., & Singh, P. 2015). Another study reported that eye exercise helps to tone up extra-ocular muscles, trend the mind to see the objects & improve central fixation. (Dhote, S. A. 2015). The SKY yoga practice supports to relieve from the eye strain through flexing, stretching and relaxing. As a result, eye can be protected and prevented from causing far sight and near sight problems. All kinds of institutions like, education sectors, private sectors and companies have to take effort in implementing the SKY yoga practice to attain the clear vision and to create a bright future among young generations in the society.

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"A STUDY ON THE IMPACT OF EYE EXERCISE (SKY YOGA) AND LAMP GAZING PRACTICE ON ENHANCING VISUAL FUNCTION AND WELL-BEING AMONG COLLEGE STUDENTS"

Dr. P. Veerasathi Vinayagan, Assistant professor, Department of Human Excellence, Nallamuthu Gounder Mahalingam College (Autonomous) Pollachi.

ABSTRACT

Prolonged academic reading and writing increase the risk of eye problems including strain, dryness, blurriness, and discomfort. If not treated properly, growing technology use makes young people's eyesight issues worse, which has a negative impact on both their physical and emotional health and academic performance and wellbeing. Therefore, the study aimed to measure the impact of (SKY Yoga) Eye exercise and Lamp gazing Practice on enhancing visual function and wellbeing. Students from Nallamuthu Gounder Mahalingam College were randomly selected using the survey method. The study adopts an Experimental research design. The pre-test and post-test one-group designs were adopted to study the impact of (SKY Yoga) Eye exercise and Lamp gazing on enhancing visual functioning and wellbeing among College Students. The sample (N=237) was obtained from students at Nallamuthu Gounder Mahalingam College, Pollachi. The data were obtained and analyzed before - and - after the SKY yoga practice from the respondents concerned. The intervention significantly improved health ratings, reducing "Poor" health reports and improving ocular health. People with "Good" eyesight increased from 22.7% to 90.8%, while "Average" and "Poor" vision were less common. Ocular pain also increased, with "Good" instances rising from 23.1% to 44.5% and "Poor" cases falling. Social functioning improved from 66.8% to 76.9%, and peripheral vision improved from 21.0% to 30.07%. The study has identified that there was a significant improvement on visual functioning after the intervention of the SKY yoga practice. The study has concluded that the benefits of SKY Yoga practice have improved the visual functioning problems of the students. Thus, most of the study review reported that the regular practice of eye exercise and lamp gazing exercise can provide a better improvement for eye sight problems. Therefore, the study highly recommends that the SKY yoga (Simplified Kundalini Yoga) practice has to be performed on regular basis to have a healthy and clear vision. Ultimately, the study suggests that SKY yoga practice can support individuals' physical and mental health, enabling them to maintain a healthy vision and overall well-being, which will, in turn, support them in achieving their life goals.

Key words:

visual functioning, SKY yoga practice, Eye exercise and Lamp gazing practice, Well being

INTRODUCTION:

College students with visual impairments are increasingly participating in academic activities and using social media to gather information for their academic purposes. Even while they offer previously unheard-of opportunities for learning and social interaction, these platforms create a variety of challenges for students who have visual impairments. As continuous use of digital devices like computers and smart phones has such negative physical and psychological repercussion that students might not be able to achieve their full academic potential.

Long-term screen use can cause dry, itchy eyes, eye strain, blurred vision, and may expedite the development of myopia in young people. Students with visual impairments may experience stress and anxiety owing to academic demands and screen time, as well as feelings of social isolation and low self-esteem brought on by difficulties in accessing visual content and participating in visual-centric activities.

According to recent data, 36 million individuals worldwide are blind (defined as having a visual acuity [PVA] of less than 3/60 in the better eye), with low- and middle-income nations like India

having the greatest incidence of this affliction. India has 62 million people with visual impairments and 8 million blind persons, which makes up around 25% of the world's population with regard to vision-related problems. The World Health Organization (WHO) stated that eyesight loss represented 3.9% of the total global illness burden in 2004 based on disability-adjusted life years. An interesting fact is that 81% of those who are blind or have serious vision impairment are 50 years of age or older.

A study in the Journal of American College Health revealed that college students with untreated vision problems had lower GPAs compared to the peers without such issues. The study indicated weaker performance in subjects like maths, reading, research, computer skills, and written and verbal communication, resulting in an overall lower GPA (Rutstein, 2010). Another study in the Journal of Optometry found that uncorrected refractive errors like nearsightedness, farsightedness, or astigmatism were significantly linked to poor academic performance among college students. The study showed that students with untreated refractive problems were more likely to report lower academic achievements (Saunders et al., 2013).

Myopia, hyperopia, and astigmatism are examples of refractive abnormalities that commonly affect eyesight worldwide. According to Khandekar et al.'s (2013) study, practicing yoga, which includes breathing techniques and eye exercises, significantly improves visual acuity in persons with refractive problems. Bhavanani et al. (2016) found that practicing yoga helped people with myopia to have better visual acuity. Nagarathna et al. (2015) investigated glaucoma, an optic nerve disorder that results in permanent visual loss. According to their research, glaucoma patients who practiced yoga and included breathing exercises, meditation, and relaxation techniques experienced a decrease in intraocular pressure. Similar to this, glaucoma patients who practiced yoga showed improved visual function, according to Sankaranarayanan et al. (2016).

STATEMENT OF THE PROBLEM

The major goal of the current study is to create an intervention programme based on SKY yoga that was specifically catered to the needs and preferences of college students with vision impairment. Visual impairment is characterized by functional eye restrictions that hinder a person's ability to do basic daily tasks, job-related responsibilities, leisure activities, and navigate safely in their environment. Early onset of visual impairment greatly slows down pupils' academic growth. Students with vision impairment may benefit from yoga's diverse nature, which will help them better handle their difficulties. Yoga has been widely accepted as a physical practice and has demonstrated the potential in enhancing cognitive function, physical fitness, and overall health outcomes, perhaps even outperforming the advantages of exercise.

DEFINITION

Visual Impairment refers to a condition wherein the eyes experience functional limitations, hindering one's capability to carry out essential daily activities, work-related tasks, leisure pursuits, or navigate safely in their environment.

REVIEW LITERATURE:

Trataka practice can help improve the state of mindfulness and reduce the visual strain due to excessive use of digital media.” **Swathi, P. S., Saoji, A. A., et al. (2022)**. The findings indicate that yoga practice seemed to alleviate visual discomfort, whereas the group without any yoga intervention (WL) experienced an increase in discomfort after sixty days. **(Telles, S., Naveen et al. 2006)**. Dry eye syndrome is common health problem among university students. **(Abdulmannan, D. M., Naser, et al. 2022)**. Instrument performance is enhanced by segmenting the original NEI VFQ-25 into separate scales for visual functioning and socio emotional elements. The study conducted in 2023 by **Manjula Marella, Konrad Pesudovs**, and colleagues showed that these measures provide trustworthy criteria for assessing how reduced eyesight impacts this particular demographic. A study found that trataka kriya was indeed effective in enhancing eye health. **Bhadane, M., & Kanojia, A. (2023)**. Individuals

with Dry Eye Disease (DED) had a more pronounced link between dry eye symptoms and daily activities, and these symptoms were closely associated with daily discomfort. **Choi, J. H., Kim, K. S., et al. (2018)**. A study found that excessive use of Face book led to sleep disturbances and had a negative impact on the concentration of daily tasks among university students. **Hosen, M. J., Eva, S. A.,et al. (2021)**. A study found that Computer Vision Syndrome (CVS) is highly prevalent among university students in Jordan. Given the increased reliance on online education due to the coronavirus disease, it is advisable to promote safe habits in the use of digital devices. **Gammoh, Y. (2021)**. A study suggested that eye exercises can be beneficial for addressing various conditions, such as vergence problems, ocular motility disorders, accommodative dysfunction, amblyopia, learning disabilities, dyslexia, asthenopia, myopia, motion sickness, sports performance, stereopsis, visual field defects, visual acuity, and overall well-being. **Rawstron, J. A., Burley, C. D., et al. (2005)**. A study found that the combination of pranayama and eye exercises can serve as a potential non-pharmacological measure for improving visual acuity. **Gosewade, N., Drugkar, A., et al. (2016)**

Following objectives were framed as per the need of the study.

OBJECTIVES:

- To study the demographic profile of the respondents.
- To study the impact of demographical variable on visual functioning.
- To measure the impact of eye exercise and lamp gazing practice on visual functioning and wellbeing.
- To provide suitable suggestions on improving visual functioning and wellbeing based on the findings.

METHODOLOGY

The study employed an Experimental research design with a pre-test and post-test one-group design to examine the impact of SKY Yoga practices, on enhancing visual function and wellbeing among college students. The research was conducted at Nallamuthu Gounder Mahalingam College, Pollachi, and the participants were college students who engaged in SKY Yoga practices during February 2023. A total of 237 respondents were surveyed for the study. Data were collected using a set of questionnaires that consisted of 25 items related to visual functioning. These questionnaires encompassed 12 domains aimed at measuring the perception level of visual functioning conditions among college students. Additionally, demographic profiles of the participants were also collected. The pre-test and post-test data were collected before and after the intervention of SKY Yoga practice, respectively. The data obtained from the questionnaires and demographic profiles were analyzed using methods such as simple percentage analysis, paired t-test, and ANOVA to derive meaningful results.

INTERVENTION PROCEDURE:

The SKY yoga program consists of Eye exercises, Lamp Gazing practice, and Meditation practices. Participants are engaged in the SKY yoga practice two days per week for duration of 12 weeks. Before administering the questionnaire, the main purpose of the study was thoroughly explained to the participants to ensure they clearly understood its meaning and objectives. The pre-test data was collected from the college students before they began the SKY yoga practices.

Total hours of the practice cover 1 and half hour per week over a period of three months (12weeks). After completing the 12 weeks program, the post-test was collected from the concern participants. The practice procedure of Simplified Kundalini Yoga included the following yoga practices.

PRACTICE SCHEDULE:

S.No	Particulars	Time/Hours
1.	NaddiSuddhi	5 Minutes
2.	Meditation	10 Minutes

3.	Eye exercise	30 minutes
4.	Lamp Gazing practice	30 minutes
5.	Discussion	15 minute

During the session, college students were instructed in various SKY Yoga practices. The session began with a 5-minute Nadisuddhi pranayama practice to help participants attain a normal mental state. Following this, a 10-minute meditation practice was introduced to achieve a balanced state of mind. Subsequently, the students were engaged in a 30-minute Eye exercise to maintain flexibility, relaxation, and alleviate eye pressure. Afterwards, a Lamp gazing practice was conducted for 30 minutes to strengthen the eye muscles and reduce eye-related issues. Towards the end of the session, a 15-minute discussion period was allocated for participants to ask questions and clarify any doubts they may have. Finally, proper guidance was provided to ensure that the students can systematically perform the SKY yoga practices.

Table 1. Demographic Variable

Variables	Particulars	Before				After			
		N	Mean	Std. Dev	Test Value	N	Mean	Std. Dev	Test Value
Age	17	30	40.50	7.07	ANOVA (F=0.617 Sig=0.717)	30	61.10	8.96	ANOVA (F =0.248 Sig=0.960)
	18	72	41.30	8.07		72	62.50	10.23	
	19	60	39.43	7.1		60	61.30	8.42	
	20	55	39.98	5.74		55	62.00	7.56	
	21	15	38.53	6.13		15	60.93	7.34	
	22	4	38.75	8.26		4	61.75	8.65	
Gender	Male	92	39.75	7.17	T-test Value (F= 0.271 Sig= 0.603)	92	61.17	9.57	T-test Value (F= 2.432 Sig= 0.120)
	Female	145	40.50	7.00		145	62.22	8.22	

The analysis of variance (ANOVA) results showed that there was no statistically significant variation in visual functioning across different age groups prior to the implementation of SKY yoga practice (F=0.617, p=0.717). Additionally, following the SKY yoga session, an ANOVA revealed that there was no longer a noticeable variance in visual functioning between the various age groups (F=0.248, p=0.960). The t-test results showed no significant difference in visual functioning between males and females before SKY yoga (F=0.271, p=0.603). After the training, the results of the t-test (F=2.432, p=0.120) confirmed that there were no significant variations in visual functioning between males and females.

Table 2. Descriptive Statistics of Impact of SKY Yoga on Visual Functioning

S. No.	Particulars	Before		After	
		Frequency	Percentage	Frequency	Percentage
		General Health			
1.	Good	140	58.8	165	69.3
2.	Average	43	18.1	67	28.2
3.	Poor	54	22.7	5	2.1
		General Vision			
1.	Good	54	22.7	216	90.8
2.	Average	125	52.5	18	7.6
3.	Poor	58	24.4	3	1.3
		Ocular Pain			
1.	Good	55	23.1	106	44.5
2.	Average	143	60.1	115	48.3
3.	Poor	39	16.4	16	6.7

		Near vision			
1.	Good	130	54.6	132	55.5
2.	Average	81	34.0	94	39.5
3.	Poor	26	10.9	11	4.6
		Distance Vision			
1.	Good	104	43.7	107	45.0
2.	Average	102	42.9	99	41.6
3.	Poor	31	13.0	30	12.6
		Social Functioning			
1.	Good	159	66.8	183	76.9
2.	Average	66	27.7	51	21.4
3.	Poor	12	5.0	3	1.3
		Mental Health			
1.	Good	174	73.1	175	73.5
2.	Average	46	19.3	45	18.9
3.	Poor	17	7.1	17	7.1
		Role of difficulties			
1.	Good	43	18.1	83	34.9
2.	Average	154	64.7	132	55.5
3.	Poor	40	16.8	22	9.2
		Dependency			
1.	Good	19	8.0	36	15.1
2.	Average	73	30.7	93	39.1
3.	Poor	145	60.9	108	45.4
		Driving			
1.	Good	47	19.7	77	32.4
2.	Average	103	43.3	99	41.6
3.	Poor	87	36.6	60	25.2
		Color vision			
1.	Good	65	27.3	175	73.5
2.	Average	109	45.8	54	22.7
3.	Poor	63	26.5	8	3.4
		Peripheral vision			
1.	Good	50	21.0	73	30.7
2.	Average	109	45.8	118	49.6
3.	Poor	78	32.8	46	19.3

The study assessed the effects of yoga on various perception domains among individuals. Before yoga, "Good" general well-being was reported by 140 individuals (58.8%), increasing to 165 (69.3%) after yoga. Similarly, "Average" perception increased from 18.1% to 28.2%, and "Poor" perception dropped from 22.7% to 2.1%. Yoga positively impacted general well-being, raising positive perception (69.3% from 58.8%) and decreasing negative perception (2.1% from 22.7%). In terms of general vision, "Good" perception improved from 22.7% to 90.8%, and negative perception decreased from 24.4% to 1.3%. Initially, 55 individuals (23.1%) reported "Good" vision, while after yoga, it rose to 106 (44.5%). Correspondingly, "Average" perception increased from 60.1% to 48.3%, and "Poor" perception dropped from 16.4% to 6.7%. Yoga reduced ocular pain, increasing positive perception (44.5% from 23.1%) and decreasing negative perception (6.7% from 48.3%). For distance vision, "Good" perception improved from 43.7% to 45.0%, "Average" increased to 41.6%, and "Poor" perception decreased to 12.6%. Similarly, social functioning perception improved, with "Good" perception rising from 66.8% to 76.9%, and "Poor" perception dropping from 5.0% to 1.3%. In terms of mental health,

positive perception increased from 73.1% to 73.5%, while negative perception remained at 7.1%. Similarly, for role difficulties, "Good" perception rose to 34.9%, and "Poor" perception dropped to 9.2% from 16.8%. Dependency perception improved with "Good" perception rising to 15.1%, "Average" perception increasing to 39.1%, and "Poor" perception decreasing to 45.4%. Driving perception improved, with "Good" perception rising to 32.4%, and "Poor" perception dropping to 25.2% from 36.6%. Similarly, for color vision, "Good" perception rose to 73.5%, and "Poor" perception decreased to 3.4% from 22.7%. Peripheral vision perception improved, with "Good" perception rising to 30.7%, and "Poor" perception decreasing to 19.3% from 32.8%.

RESULTS AND DISCUSSION

In this study, college students' perceptions of 12 distinct components of visual functioning were examined. Significant score differences after the SKY yoga practice intervention indicated a positive effect on visual functioning. 12 domains spotted notable improvements: general vision, general health, ocular pain, near- and far-vision challenges, social functioning limitations brought on by vision, mental health issues related to vision, role limitations brought on by vision, dependency brought on by vision, driving issues, color vision deficits, and peripheral vision issues. Health and vision-related categories saw a noticeable improvement as a result of the intervention.

CONCLUSION

On the whole, the study's result underlines the positive impact of practicing SKY Yoga on improving perception of visual functioning across 12 domains in college students. Additionally, multiple studies have emphasized the considerable benefits of performing eye exercises and the habit of gazing at lamps for enhancing visual functioning and wellbeing among college students. In a substantial portion of the student population, the use of SKY yoga has demonstrated its ability to reduce symptoms such as eye strain, headaches, blurred vision, and eye discomfort. Therefore, these studies concisely support the implementation of SKY yoga practice, especially for college students who frequently interact with smart phones and computers. SKY yoga incorporates flexing, stretching, and relaxation techniques to alleviate eye strain as well as postpone and prevent the onset of nearsightedness and farsightedness problems. Overall, the study suggests that the regular practice of SKY yoga should be actively embraced by all institutions, including educational institutions, private enterprises, and organizations, given the importance of fostering a clear vision for the future of the younger generation. The young people in society can benefit from this preventive measure by having a brighter future and improved eye health and wellbeing.

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