

# Do you dare to test your eye-sight right now?

## Add Life To Your Vision With Hashmi Surma

### A DAILY EYE SIGHT IMPROVEMENT ACTIVITY

We normally test our eye-sight by looking at an eye chart available at the ophthalmologist's shop. Right?

There's no any hard and fast rule for this.

We are very much hopeful that the given vision-test below may seem simple on one end but it helps to unleash some of the underlying patterns that might contribute to vision problems with its improvement too.

**Answer each question by choosing YES or NO.**

**Then score your vision test when you're done answering the questions.**

1. Do you wear glasses/contacts now?  Yes  No

2. Have your glasses/contacts become stronger over the years?  Yes  No

3. Do you work with a computer?  Yes  No

4. Do your eyes ever tire (burn, itch) when reading?  Yes  No

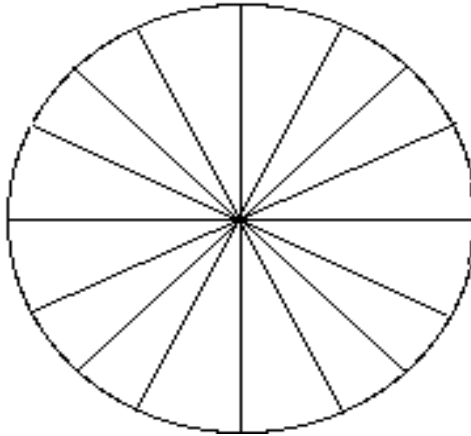
5. Do you ever see double images or halos around images?  Yes  No

6. Do you suffer from eye strain and/or tension headaches?  Yes  No

**Take your glasses/contacts off to answer questions 7-13.**

7. Cover one eye. From 24 inches (61 cm), look at the center of the circle of radiating lines below with the other eye. Do some of the lines appear blacker or darker than others?

Yes	No
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8. Cover the other eye and perform the same test. Do some of the lines appear blacker or darker than others?

Yes	No
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9. Close your eyes and cup your palms over your closed eyes. Do you see black?

Yes	No
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10. Without glasses/contacts, can you read the line below at 24 INCHES (61 cm)?

Yes	No
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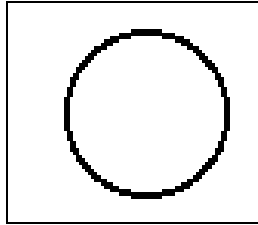
O Z B T D F C E

11. Without glasses/contacts, can you read the line below at 10 FEET (3 meters)?

Yes	No
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Z O E C F L

**Sit 20-24 inches (51-61 cm) away from the screen with this circle at eye level.  
Hold your right thumb between your eyes and the screen.**



12. Focus on your thumb. In the background, do you see 2 images of the circle?

Yes	No
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13. Focus on the circle. In the foreground, do you see 2 images of your thumb?

Yes	No
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### **SCORING:**

**Questions 1 - 8: You will score 1 point for each YES answer.**

**Questions 9 - 13: You will score 1 point for each NO answer.**

### **RESULTS:**

***Dear respondent: If your total is more than 5, your eyes will benefit from a regular routine of vision improvement. The higher your total score, the more your eyes will benefit.***

**Note: The benefits of the above-mentioned exercises will be visible if other parameters ( like the preferred distance of eyes from your monitor screen, etc) with specifications are taken into consideration by the respondent.**