

Please Note: The live classes timetable has been prepared to give the necessary support to the child to aid him/her in his/her assignments so that the teacher's interaction can complement the learning process and give the necessary platform to address doubts if any and also give an opportunity to comprehend things better with the help of the teachers.

Measures have been taken to give the child some time in between to unwind and to have gaps between classes to avoid continuous exposure to the screen. In this regard we have shared some eye exercises as prescribed by the School of Perfect Eyesight, Sri Aurobindo Ashram, Pondicherry, to keep the eyes healthy. We are also providing a video link, where our Principal Sir has demonstrated these eye exercises. Also, please find attached a document that contains some guidelines regarding the use of digital devices.

Kindly also follow this link where Principal Sir demonstrates the eye exercises

https://youtu.be/mCK_c40HpiM

Please find below the link to eye exercises

<https://medium.com/@srisudhapalanivelr/improve-your-eyesight-with-simple-relaxation-eye-exercises-2485ecba0f94>

SAR

All devices (laptop/tablet/mobiles) today are designed not to exceed the limits for exposure to radio waves (radio frequency electromagnetic fields), recommended by international guidelines from the independent scientific organization ICNIRP. These guidelines incorporate substantial safety margins that are intended to assure the protection of all persons regardless of age and health. The exposure guidelines are based on the Specific Absorption Rate (SAR), which is an expression of the amount of radio frequency (RF) power deposited in the head or body when the device is transmitting. The ICNIRP SAR limit for mobile devices is 2.0 W/kg averaged over 10 grams of tissue. SAR tests are carried out with the device in standard operating positions, transmitting at its highest certified power level, in all its frequency bands. Every device manufacturer publishes the SAR.

Points to consider for children using a computer:

[_https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2776336/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2776336/)

- **Reduction of the amount of time that a child can continuously use the computer.**

A ten-minute break for every hour work, will minimize the development of accommodative problems and eye irritation.

- **Carefully check the position of the computer.**

The computer monitor and the keyboard are positioned and adjusted according to child's body parameters. The screen should not be positioned in a too high level in the child's

field of view; the chair should not be positioned in too low level and the desk not in a too high level. An adjustable chair is a good solution. A foot stool may be necessary to support the child's feet.

- **Carefully check the lighting for glare on the computer screen.**

Windows or other light sources could create glare on the screen. When this occurs, the desk or the computer screen should be turned to another direction.

- **Reduce the amount of lighting in the room.**

In some cases, a dimmer light is preferred instead of the bright overhead light.

- Children have different needs to comfortably use a computer. A small amount of effort for precautions can help to reinforce the appropriate viewing habits and assure comfortable and enjoyable computer use.