

## Shanmugam, Sudhakar (Atos)

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**From:** shanmugam sudhakar <shanmugam\_sudhakar@yahoo.com>  
**Sent:** Sunday, November 08, 2015 12:46 PM  
**Subject:** Re: Knowledge Base - 2 Nov 2015 - The School for Perfect Eyesight, Sri Aurobindo Ashram, Aurowill - Pondicherry

FYI: Re-sending this info as there are many new friends have Joined in this "Knowledge Base" e-mail Thread:

On Monday, 2 November 2015 4:22 PM, shanmugam sudhakar <shanmugam\_sudhakar@yahoo.com> wrote:

Dear All,  
I see many Children wearing Specs now-a-days. There is one place in Pondicherry, where they treat for the eye sight issue naturally. After taking the treatment and practicing some eye exercises at home, one can throw off their specs and live without it. Please note prior appointment is needed to go there. **THE TREATMENT IS FREE.** you can send e-mail to [auroeyesight@yahoo.com](mailto:auroeyesight@yahoo.com) to get an appointment. The beneficiaries are in the age group 7-40. Below information will help you to understand more about this. A small request to the readers: Please "Knowledge Share" this information to your friends and relatives, which may be helpful for them. Please...

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### **SCHOOL FOR PERFECT EYESIGHT**

**OUR ADDRESS --- HOUSE NAME SERVICE 2 A LALLY TOLENDAL STREET PONDICHERRY. NEAR OLD DISTILLERY ON THE BEACH ROAD.  
(GOUBERT AVENUE) PHONE NO. 0413 2233659**

**CONTACT BY EMAIL :**

**[AUROEYESIGHT@YAHOO.COM](mailto:AUROEYESIGHT@YAHOO.COM)**

**WORKING HOURS 8 TO11 AM. AND 3 TO 5 PM.**

**WEEKLY HOLIDAY --- MONDAY + ALL THE GOVT HOLIDAYS + ASHRAM DARSHAN --- DAYS ----21st feb , 24th april , 15th aug ,24th nov, 17, 24th , 5th dec**

**DOCUMENTS NEEDED:**

- 1. BIRTH CERTIFICATE TO PROVE THE AGE FOR CHILDREN.**
- 2. OPHTHALMOLOGIST'S PRESCRIPTION FOR GLASSES AND REPORT**
- 3. COPY OF THE E-MAILS SENT & RECEIVED BY YOU FROM THE SCHOOL.**

**THINGS NEEDED .**

**ONE TENNIS BALL AND SPECTACLES. 100 GMS OF COTTON ROLL**

***PLS SEND THE DETAILS MENTIONED BELOW***

NAME OF THE PATIENT : \_\_\_\_\_ Date of Birth \_\_\_\_\_

YOUR CONVIENIENT DATE OF JOINING : \_\_\_\_\_

**PLS COME ONLY AFTER OUR CONFIRMATION**

OUR CONFIRMATION DATE : NO APPOINTMENT BEFORE THE 16 june \_\_\_\_\_

OUR METHOD:SIMPLE EYE EXERCISES FOR THE IMPROVEMENT OF THE EYE SIGHT. IMPROVEMENT DEPENDS ON EACH INDIVIDUAL CASE.

THE SCHOOL FOR PERFECT EYESIGHT SRI AUROBINDO ASHRAM, PONDICHERRY IS A RAY OF HOPE TO THOSE SUFFERING FROM VISUAL DEFECTS. THE SCHOOL INTENDS TO POPULARIZE RELAXATION, AS AN IMPORTANT AND VITAL PART OF PREVENTING VISUAL DEFECTS. MISUSE OF THE EYES WHILE READING, SEWING, WATCHING FILMS, HAS BEEN THE CAUSE OF THE STRAIN IN THE EYES AND HEADACHES. STRAIN SEEMS TO BE THE CHIEF CAUSE FOR REFRACTIVE ERRORS. WHILE GLASSES HELP TO CORRECT EYE DEFECTS TO SOME EXTENT AND OFFER RELIEF FROM HEADACHES AND WATERING OF EYES, THEY DO NOT CHECK DETERIORATION. THE POWER OF GLASSES CONTINUES TO INCREASE YEAR BY YEAR.

THE BENEFICIARIES ARE IN THE AGE GROUP 7 TO 40. CHILDREN ARE TAKEN ONLY WHEN THEY ARE 7YRS OLD.

THE PATIENT HAS TO COME HERE FOR A WEEK, WITH THE GLASSES AND PRIOR APPOINTMENT. AND UNDERGO THE TREATMENT FOR A WEEK.DAILY 1 HOUR IN THE MORNING AND ONE HOUR IN THE AFTERNOON.PLEASE TAKE THE APPOINTMENT ONLY IF YOU ARE READY TO STAY.

PLS NOTE THAT APRIL, MAY, JUNE, AND THE LAST WEEK OF SEPT AND DEC .ARE ONLY FOR CHILDREN AND NOT FOR ADULTS. ALL THE OTHER MONTHS IT IS OPEN FOR BOTH ADULTS AND CHILDREN.

THE TREATMENT IS FREE ONE MAY DONATE ACCORDING TO ONE'S OWN WISH.

POSTAGE RS.30 + 5% OF THE BOOK VALUE. THE LIST OF OUR BOOKS REGARDING THE EYE EXERCISES IS:(1) MIND AND VISION ( 2) YOGA FOR PERFECT EYESIGHT ( 3) SECRETS OF INDIAN MEDICINE ( 4) OUR EYES

IF YOU WOULD LIKE TO HAVE THEM YOU CAN CONTACT: [WWW.SABDA.IN](http://WWW.SABDA.IN)

THE GUEST HOUSES AND HOTELS MENTIONED IN THE LIST BELOW. IN BLACK LETTERS HAVE AC ROOMS. ONE HAS TO ARRANGE ONE'S OWN ACCOMMODATION. HE / SHE MAY DIRECTLY CONTACT FOR ACCOMMODATION

Names of the guest houses

PHONE NO.STD Code 0413

GARDEN			
G.H	2233698	COTTAGE G.H	2233610
NEW G.H	2233634		
PARK G.H	2233644		
NEW SWEET HOME	2233635		
NAVAJYOTI G.H	2233632		
KARNATAKA G.H	2233699		
ORIYA NILAYAM	2233643		
RAMAKRISHNA BHAVAN	2233692		
SAMARPAN	2233709		
SEA SIDE G.H	2336494		
MOTHER'S G.H	2220337		
MAHARASHTRA NIVAS	2233688		
INTERNATIONAL G.H	2336699/ 2221812		
AURO BHARAT	2342938		
ANDHRA BHAVAN	2233708		
PRIVATE G. HOUSE SHILA	2343025		
Lotus Hotel <a href="mailto:lotusreservations@gmail.com">lotusreservations@gmail.com</a>	2228333		
HOTEL CORBELLI	2336856		
Maruti G.house	2221700		
Mehaa Paradise <a href="mailto:mehaaparadise@gmail.com">mehaaparadise@gmail.com</a>	4210313		
HOTEL THE PARC	2226591		

HOTEL ATITHI	2345000
RAM LODGE	2337346
RAM G.H.	2220072
AJANTHA BEACH G.H	2338898
GREAT GUEST HOUSE	9443255606
<a href="http://WWW.GREATGUESTHOUSE.COM">WWW.GREATGUESTHOUSE.COM</a>	2333843/2244605
YOUTH HOSTEL	2339022

The School for Perfect Eyesight, Sri Aurobindo Ashram, Pondicherry, is a ray of hope to those suffering from visual defects. The patients have to undergo treatment for a week and follow it up through simple exercises taught in the School. Although the treatment is free, one may contribute according to his will. The beneficiaries are in the age group 7-40. Strain seems to be the chief cause for refractive errors. The School intends to popularize relaxation as an important and vital part of preventing visual defects. Misuse of the eyes while reading, sewing, watching films, has been the cause of the strain in the eyes and headaches. Relaxing exercises might reduce the need for glasses. While glasses help to correct eye defects to some extent and offer relief from headaches and watering of eyes, they do not check deterioration. The power of glasses continues to increase. There are a number of relaxing exercises, taught here to improve the sight. One has to come here to learn them under proper supervision to get the maximum benefit.

Source: <http://www.sriurobindoandmother.com/Content.aspx?ContentURL=staticcontent/sriurobindoashram/-03%20the%20ashram/Departments/School%20For%20Perfect%20Eyesight/-00%20Contents.htm>

Source: <http://www.sriurobindoandmother.com/Content.aspx?ContentURL=StaticContent/SriAurobindoAshram/-03%20The%20Ashram/Frequently%20Asked%20Questions.htm>