Improving Eye Sight

The below material taken from https://www.youtube.com/watch?v=QQ3ki1dCcnw

1. Blink your eyes
2. Rotate your head keeping your eyes still
3. Look to your right and left keeping head still
4. Move your eyes up and down, left and right, around
5. Close and Open your eyes
6. Push your temples with your hands
7. Draw figures with your gaze
8. Move your eye balls up and down in closed eyes
9. Strengthen your eyes near and far focusing