ABSTRACT
Illumination is important to humans because it alters stimuli to the visual system and the operating state of the visual system itself. Researches have shown that proper lighting make a positive contribution to our physical and mental health, to our physical comfort and to our safety. The present study was conducted to analyze visual task performance under different lighting conditions. Results revealed that task performance was affected by different light sources. Results showed that maximum numbers of mistakes were made and maximum time was taken under incandescent filament bulb of 60 watt. Changes in physiological parameters; heart rate and blood pressure were also observed and most preferred source of light was fluorescent straight light (tube light, 40 watt).

Key words: Light sources, Visual task performance, Physiological parameters