

EYE CARE TIPS



BLACK CURRANTS



SALMON



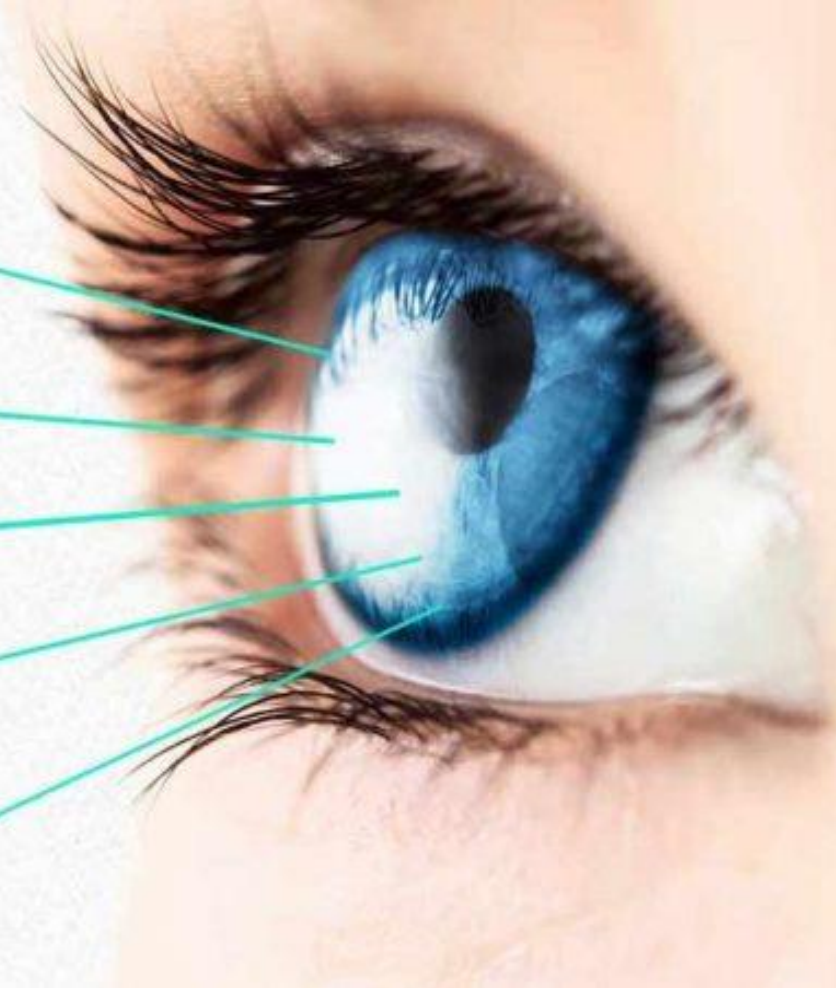
BLUEBERRIES



GREEN LEAFY
VEGETABLES



EGGS



April 13,2020

Dear Parents

Nationwide lockdown have glued children or elders to the screen. More than recommended screen time causes poor vision, temporary blindness, migraine and sleep disturbance. Even it has negative impact on mental health. Sedentary lifestyle can lead to obesity, hypertension and thyroid. Here are few tips to reduce eye strain and to stay healthy.....

- Blink your eyes every 2 seconds while working on digital platform.
- Keep brightness of your screen to low.
- Take a break after every 20 to 30 minutes of continuous sitting.
- Keep slice of cucumber or Coldwater wet cotton pad on eyes and relax.
- Put TEARS eye drops to keep your eyes moist. But do consult your doctor before putting in case you are having any medical problem.
- Stare natural greenery to relax your visionary muscles.
- Switch off all screens 20 minute before you sleep.
- Take vitamin A rich food like green vegetables, carrot, beetroot etc.
- Do exercise especially for your eyes –Keep your head stable and move your eyeballs to left then to right then up and down at least 3 times a day.
- **Stay Healthy Stay safe**