

Routine

Morning (8:00 - 8:30 AM)

- ✓ Wake up at 8:00 - 8:30 AM
 - ✓ Drink warm water with lemon or honey (hydration + detox).
 - ✓ Do 5 mins of face wash & eye massage (Cold water splash + light massage under eyes).
 - ✓ Stretching or 10-15 mins light workout (Yoga, jumping jacks, or push-ups).
 - ✓ Healthy Breakfast: (Quick options)
 - Poha, Upma or Paratha with curd
 - Oats with banana & nuts
 - Bread omelette or roti + peanut butter
 - 3-liter Drink water daily
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Work Time (9:15 AM - 6:30 PM)

- Follow the 20-20-20 Rule: Look away from the screen every 20 minutes for 20 seconds at something 20 feet away (reduces eye strain).
 - Drink at least 2-3 liters of water throughout the day.
 - Use a Blue Light Filter on your screen (or wear blue-light-blocking glasses).
 - Lunch (1:00 - 2:00 PM) – Healthy meal:
 - Roti + Dal + Sabzi + Curd
 - Rice + Veg Curry + Buttermilk
 - Paneer/Chicken with Salad
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Evening (6:30 - 8:30 PM)

- ✓ Go for a 20-30 min walk or stretching
- ✓ Evening Snack: (Healthy Options)

- **Sprouts, Roasted Chana, Nuts, Fruits, or Buttermilk**
 - ✅ Cold compress on eyes for 10 mins (Cucumber, ice pack, or cold spoon)
 - ✅ Relax for 30 mins (No screen time if possible)
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Study Time / Work of Coherent (9:00 PM - 12:30 AM)

- ✅ Use Dark Mode on Screens & Reduce Brightness
 - ✅ Take a 5-minute break every 1 hour
 - ✅ Drink herbal tea (green tea, chamomile) while studying
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Night Routine (12:00 - 1:30 AM)

- ✅ Stop studying/working by 12:00 - 12:30 AM
 - ✅ Apply almond oil or aloe vera gel under eyes
 - ✅ No mobile/laptop 15 minutes before sleep
 - ✅ Drink warm milk (helps in deep sleep)
 - ✅ Sleep at 1:30 AM (6.5 - 7 hours of sleep)
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✅ **Best Tips to Reduce Dark Circles**

- ◆ Cold spoon or cucumber on eyes every morning for 10 minutes.
 - ◆ Massage under eyes with almond oil or vitamin E before bed.
 - ◆ Eat almonds, walnuts, carrots, oranges, and leafy greens daily.
 - ◆ Limit coffee/tea after 7 PM.
 - ◆ Take 5-minute breaks every 1-2 hours at work/study.
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Things to Avoid

- ✗ No heavy food after 11 PM (causes bloating & poor sleep).
 - ✗ No stress about work/study before sleeping (meditate for 5 minutes).
 - ✗ Avoid junk food & excessive salt at night (causes puffiness).
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Summary of Your Best Routine

- 🕒 **Wake up at 8:00 - 8:30 AM**
- 🍳 **Healthy breakfast & exercise**
- 💻 **Work from 9:30 AM - 6:30 PM (Follow eye care tips)**
- 🚶 **Evening walk & snack at 7 PM**
- 📖 **Study from 9 PM - 12 AM (Use Dark Mode, take breaks)**
- 🛌 **Sleep at 1:30 AM**

Recipe

1. Poha (Flattened Rice) Recipe

Ingredients:

- 1 cup **poha (flattened rice)**
- 1 small **onion** (chopped)
- 1 small **green chili** (chopped, optional)
- 1 small **potato** (chopped, optional)
- 5-6 **curry leaves** (optional)
- ½ teaspoon **mustard seeds**
- ½ teaspoon **turmeric powder**
- 1 tablespoon **peanuts** (optional)
- 1 teaspoon **lemon juice**
- 1 teaspoon **sugar** (optional)
- Salt to taste
- 1-2 tablespoons **oil**
- Coriander leaves for garnish

Steps:

1. **Wash poha** under water and drain it. Let it rest for 5 minutes.
2. Heat oil in a pan, add **mustard seeds** and let them splutter.
3. Add **peanuts**, sauté for a minute. Then add **chopped onion, green chili, and curry leaves**.
4. If using **potato**, add now and cook until soft.
5. Add **turmeric powder** and mix well.
6. Add washed **poha, salt, sugar**, and mix everything.
7. Turn off the heat, squeeze **lemon juice**, and mix.
8. Garnish with **coriander leaves** and serve hot!

✓ **Time:** 10-15 minutes

✓ **Tip:** You can skip peanuts and potatoes if not available.

2. Shira (Sooji Halwa) Recipe

Ingredients:

- ½ cup **sooji (semolina)**
- 2 tablespoons **ghee (clarified butter)**
- 2 tablespoons **sugar** (adjust as per taste)
- 1 cup **water or milk**
- ¼ teaspoon **cardamom powder** (optional)
- 4-5 **cashews or raisins** (optional)

Steps:

1. Heat **ghee** in a pan, add **sooji**, and roast until light brown.
2. Add **cashews/raisins** (if using) and roast for another minute.
3. Boil **water/milk** separately and add it slowly to the sooji while stirring.
4. Add **sugar** and **cardamom powder**, mix well.

5. Stir until it thickens and leaves the pan. Serve hot!

✅ **Time:** 10 minutes

✅ **Tip:** You can add banana or grated coconut for extra taste.

Other Quick Indian Breakfast Ideas

1. Bread Upma

- Tear 3-4 slices of **bread** into small pieces.
- Heat oil, add **mustard seeds, onion, green chili, and tomatoes**.
- Add **turmeric, salt, and bread pieces**, mix well.
- Garnish with coriander leaves. ✅ **Ready in 10 min**

3. Masala Oats

- Dry roast $\frac{1}{2}$ **cup oats**.
- In a pan, sauté **onion, tomato, green chili** in oil.
- Add **water, salt, and spices**, then add oats and cook. ✅ **Ready in 10 min**

Breakfast Recipe Ingredients List

Recipe	Ingredients	Quantity
Poha (Flattened Rice)	Poha (Flattened Rice)	1 cup
	Onion (Chopped)	1 small
	Green Chili (Chopped)	1
	Mustard Seeds	$\frac{1}{2}$ tsp
	Curry Leaves	5-6 leaves
	Turmeric Powder	$\frac{1}{4}$ tsp
	Salt	As per taste

Recipe	Ingredients	Quantity
	Sugar (Optional)	½ tsp
	Lemon Juice	1 tsp
	Oil	1 tbsp
	Peanuts (Optional)	1 tbsp
	Coriander Leaves (Chopped)	For garnish
	Water	2-3 tbsp (to soften poha)
Sheera (Sooji Halwa)	Semolina (Sooji)	½ cup
	Sugar	½ cup
	Ghee	2 tbsp
	Water/Milk	1.5 cups
	Cardamom Powder	¼ tsp
	Cashews & Raisins (Optional)	1 tbsp each
Upma (Savory Semolina)	Semolina (Sooji)	½ cup
	Water	1.5 cups
	Onion (Chopped)	1 small
	Green Chili (Chopped)	1
	Mustard Seeds	½ tsp
	Curry Leaves	5-6 leaves
	Salt	As per taste
	Oil	1 tbsp

Recipe	Ingredients	Quantity
	Vegetables (Carrot, Peas) (Optional)	¼ cup
	Coriander Leaves	For garnish

Dark Circle Removal Ingredients List

Remedy	Ingredients	Quantity
Cold Compress	Ice Cubes OR Cold Spoon	1-2 cubes/spoons
Cucumber Slices	Fresh Cucumber	2 slices
Almond Oil Massage	Almond Oil	2-3 drops
Aloe Vera Gel	Fresh Aloe Vera OR Gel	1 tsp
Green Tea Bags	Used Green Tea Bags (Chilled)	2 bags
Potato Juice	Fresh Potato (Grated)	1 tbsp juice
Rose Water	Pure Rose Water	1 tbsp