

"Be Focussed"

☞ Life is a challenge face it

- Ensure an uninterrupted eight-hour sleep
- Avoid excessive tea, coffee & aerated drinks, instead drink fresh fruit juice
- Begin the day by studying favourite subjects to generate a good mood for the day.



Be TUNED IN to know more.....

For more guidance & tips email to - children@wellnessway4u.com

A Chaitanya Wellness Research Institute Initiative