

"Be Focussed"

☞ Eat right

- Keep ready-to eat- healthy snacks accessible
- Incorporate wholesome diet like fruits, milk
- And items made out of wholesome grain crackers, popcorn, kurmura, khakra etc



Be TUNED IN to know more.....

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

A Chaitanya Wellness Research Institute