

## BETTER VISION FOR GREATER LIFE

It is important for us to take care of our eyes as we attend online classes and watch TV in our free time. We don't take our eyes away from the screen and we are constantly looking at different screens. This can be really harmful for our eyes. This not only harms our eyes but also leads to mental issues.

So, in this blog I am going to share with you some eye care tips to take care of your eyes.

1. **20-20-20 Rule:** It is a highly effective and a popular tip to take care of your eyes. So, this rule says, if your online classes are going on and if the teacher is teaching then, get up and look 20 M/Ft away. The more the distance, the better it is.
2. **Keep your screen on eye level:** When you sit down in front of your screen, make sure to keep it at eye level. You know why? Because if it is higher or lower than our eye level then it will strain your eyes even more.
3. **Avoid glare on the screen:** If the light is reflecting back then it becomes even more difficult for us to concentrate on our studies. So, make sure that you switch on the light and you are not sitting under it.
4. **Wash your eyes in the morning:** If you want to keep your eyes healthy, it is important for you to wash your eyes first thing in the morning every day without fail. If you follow this, you will notice a sudden freshness in your eyes, it will not be as tired as it used to be before.
5. **Screen guard and computer glasses:** If you look at the screen for a long time, it can strain your eyes. It is important for you to use a screen guard for your device and computer glasses which will block the harmful light coming from the device entering your eyes.
6. **Carrot and gooseberry juice:** If you want your eyes to remain healthy, you need to try out this drink. We are taking care of our eyes externally, but it is also important to take care of it internally. So, this is the best drink for you to try out. You need to drink this for 3 months continuously if you want to see a positive change in your eyes. Carrot is rich in nutrients, that replenishes our eyesight.

Hope you liked the tips and hope you will implement these tips in you daily life.

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