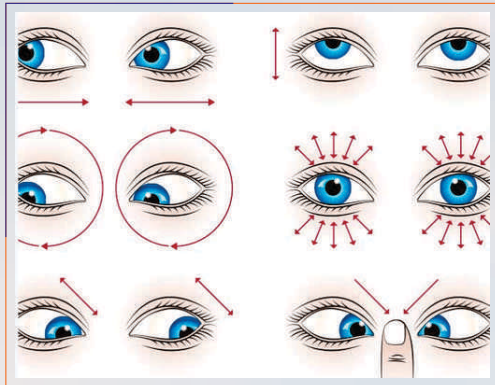
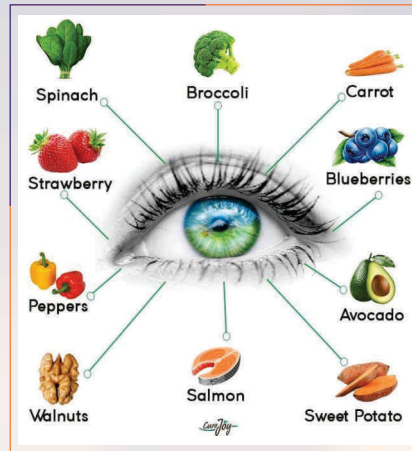


Healthy Eyes Happy Kids



Eye Exercises to improve vision



Super Foods for Eyes Fruits & Veggies

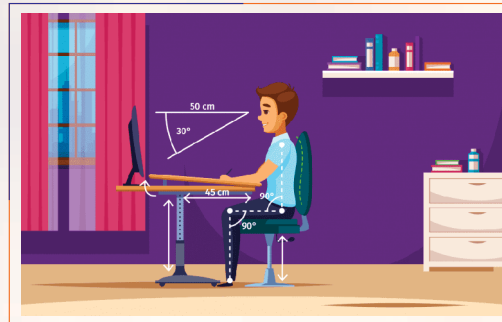
Sound Sleep of 7-8 hours per day



Spend Time Outdoors



Good Study Posture



TV Time (<30min.) at a safe distance



No use of Mobile/ Tablets

Regular Eye Checkup



SCAN FOR MORE INFORMATION



Dr. Surbhi Kapadia
Eye Specialist

aadicura.com



For Appointment: 89805 00015
www.dr.surbhikapadia.com