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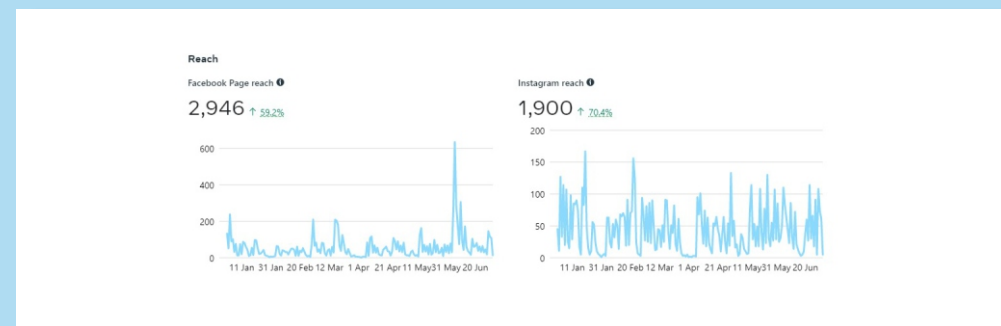
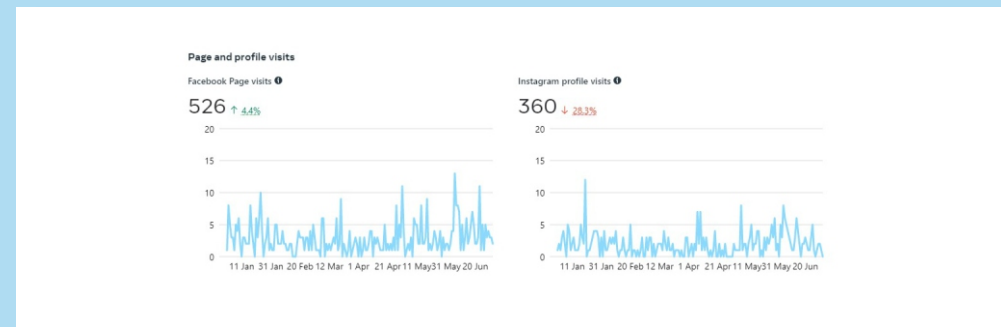
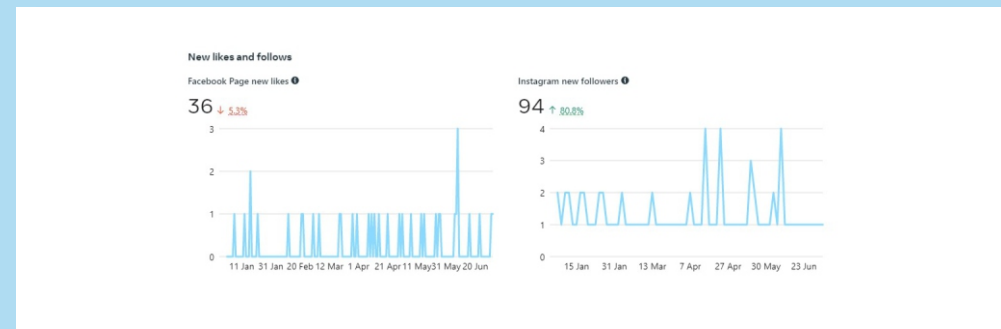
Dr. Rasheena Bansal,

Vasant Kunj, South Delhi, New Delhi

Paediatric Ophthalmologist, Pediatric Eye Surgeon, Squint Surgeon,
Ocular motility disorders and Neuro-ophthalmologist,

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Refractive, or optical, errors – myopia, hyperopia, and astigmatism – cause blurred vision due to an inability to focus images on the retina. If not corrected in time, may cause vision loss, since major part of vision develops in the first 2 years of life. possible.

For best solutions to all your child's visual needs and utmost proficiency in refractive error problems, consult PEDIA VISION Children Eye Care today!

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Hashtags:

#pediavision #refractiveerrors #eyedisorder #myopia
#hyperopia #astigmatism #amblyopia #lazyeye
#glassesinchildren #newborneyeproblem #eyecontrol
#eyeclinicinsouthdelhi #eyespecialistdoctorindelhi
#pediatricophthalmologist #eyespecialistindelhi
#kidsdoctornearme #childeyespecialist #vasantkunj
#newdelhi #rasheenabansal #paed #squintspecialist
#squint #childreneyecaredelhi #kidseyecare
#babyeyedoctor #pediatriceye #pediatriceyesurgery
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Nearsightedness(Myopia) is the most common refractive error seen in children. Nearsightedness makes distant objects look out of focus, as the image is formed in front of the retina. This happens either because the eye is too long, or because the eye's refractive power is too strong. With increasing use of gadgets, Myopia is becoming an epidemic and more than 50% population will be myopic by 2050. Eyeglasses or contact lenses may help to correct or improve

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The most common symptom is blurry vision or going close to objects to see clearly. Other symptoms include:

- Repeated blinking of eyes
- Squeezing of eyes
- Double vision
- Seeing a glare or halo around bright lights
- Squinting
- Headaches

Children cannot express at young age if they can see clearly or not. And parents may not notice the symptoms of refractive errors. It's important to get eye exams regularly — so your eye doctor can make sure you're seeing as clearly as possible.

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Eye Strain Headache
Look out for
these Symptoms
in Your Children

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Does my child have to wear glasses forever?

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Are Refractive Errors Preventable?

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If you have eye strain, it doesn't mean your eyes are injured or damaged. Your headache and other symptoms should ease or go away completely once you rest your eyes.

Still, eye strain headaches can be frustrating and disruptive. They might make it difficult to focus on work, school, or other projects.

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#eyestrainheadache #headache #headacherelief
#headaches #tensionheadache #headache
#kidsheadaches #headachesinkids #headachefree
#headachebalm #headacheracks #headache
#headachecure #headachetreatment
#headacheawareness #headachesolution
#headacheglasses #ophthalmology #ophthalmologist
#pediatricophthalmology #pediatricophthalmologist
#delhi #southdelhi

Eyeglasses are the simplest and safest way to correct refractive errors. Your eye doctor will prescribe the right eyeglass lenses to give you the clearest possible vision. The other option is contact lenses. Contact lenses sit on the surface of your eyes. It is not considered a very safe option in children as they are unable to maintain proper hygiene which results in eye infections.

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Refractive errors cannot be prevented, but they can be diagnosed by an eye examination and treated with corrective glasses, contact lenses or refractive surgery. If corrected in time, they do not impede the development of good visual function. Correction is provided in different forms according to the defect, the age of the person, the requirements in terms of work/ activity performed.

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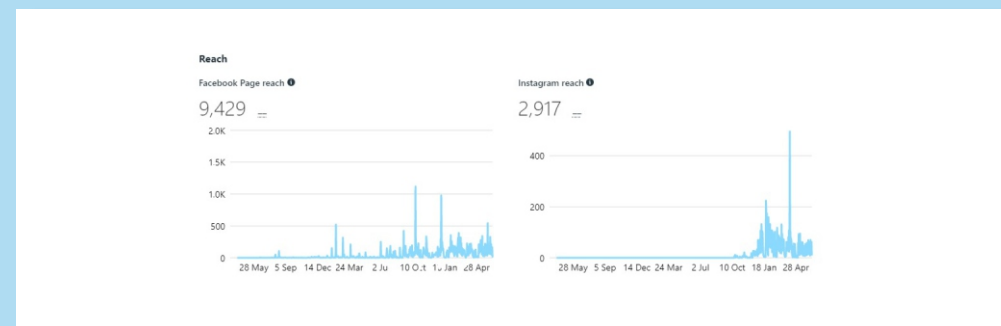
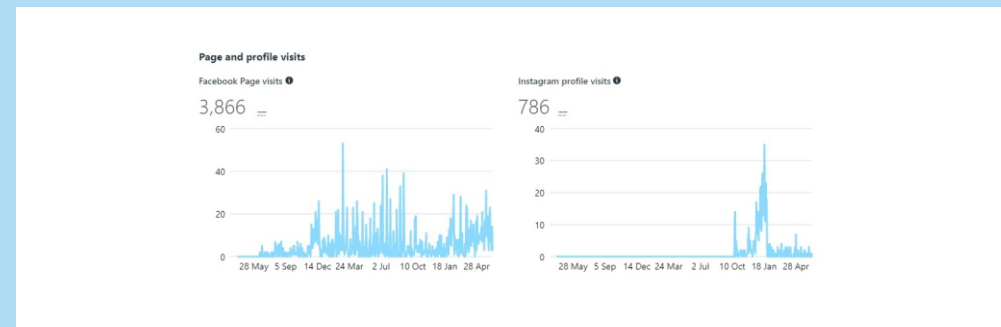
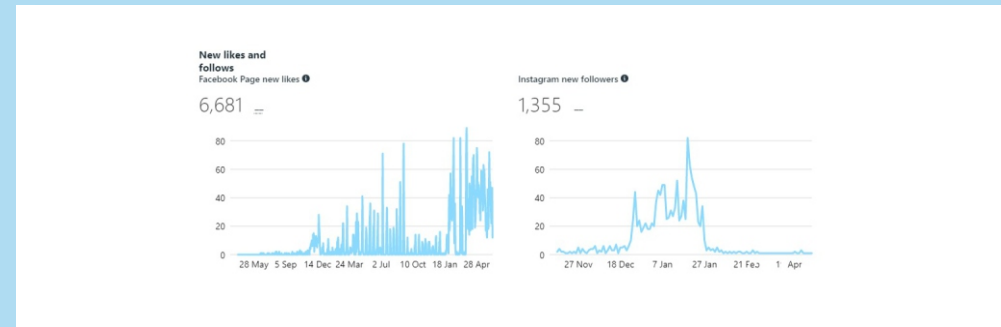


Dr. Isha Khetarpal

Pediatrician & Neonatologist, Child Specialist


Khetarpal Nursing Home, Rajouri Garden, New Delhi

https://www.instagram.com/dr_isha_khetarpal/




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Risk Factors of Respiratory Syncytial Virus?




Dr. Isha Khetarpal
 MBBS, DCH (Child Specialist)
 Pediatrician

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Physical exam of the newborn in the delivery room




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Why is Breastfeeding Important for your Baby?




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 MBBS, DCH (Child Specialist)
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By age 2, most children will have been infected with respiratory syncytial virus, but they can get infected by RSV more than once. Children who attend child care centers or who have siblings who attend school are at a higher risk of exposure and reinfection.

People at increased risk of severe or sometimes life-threatening RSV infections include:

Infants, especially premature infants or babies who are 6 months or younger

Children who have heart disease that's present from birth (congenital heart disease) or chronic lung disease

Children or adults with weakened immune systems from diseases such as cancer or treatment such as chemotherapy

Children who have neuromuscular disorders, such as muscular dystrophy

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We Perform a brief, physical exam to check for obvious signs that the baby is healthy. Other procedures will be done over the next few minutes and hours.

Measurement of the temperature, heart rate, and respiratory rate

Measurement of weight, length, and head circumference. These measurements help find out if a baby's weight and measurements are normal for the number of weeks of pregnancy. Small or underweight babies and very large babies may need special attention and care.

Measurement of weight, length, and head circumference.

Cord care. The baby's umbilical cord stump will have a clamp. It needs to be kept clean and dry.

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Breastmilk is the perfect first food for your baby. Mother's milk is a personalized formula containing all the right nutrients that your child needs to grow and develop.

- It supplies all the necessary nutrients in the proper proportions.
- It protects against allergies, sickness, and obesity.
- It protects against diseases, like diabetes and cancer.
- It protects against infections, like ear infections.
- It is easily digested – no constipation, diarrhea or upset stomach.
- Babies have healthier weights as they grow.
- Breastfed babies score higher on IQ tests.

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MUMPS
occur mainly in children during peak summer


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MBBS, DCH (Child Specialist)
Pediatrician

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Common Summer illness in Children


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MBBS, DCH (Child Specialist)
Pediatrician

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Why are vaccines important for your children?


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Mumps is a disease caused by a virus. It causes painful swelling of the salivary glands, also called the parotid glands. These glands are in front of and below each ear, near the lower jaw line.

Mumps is caused by a virus that spreads easily from person to person through infected saliva. If you're not immune, you can contract mumps by breathing in saliva droplets from an infected person who has just sneezed or coughed. You can also contract mumps from sharing utensils or cups with someone who has mumps

|| Enjoy the Healthy Summer ||

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If your child is feeling fatigued most of the time in summer, do not panic because it can be due to the summer season, most importantly dehydration. It can also be because your child is suddenly free from the tight routine of going to school and coping with studies.

Water Borne Diseases - like cholera, typhoid, jaundice, dysentery, amoebiasis, and diarrhea are commonly seen especially when children eat food where hygiene practices are not followed stringently
Food Borne Diseases
Bacteria thrive in warm and moist environment and so food poisoning and occurrence of diseases due to food infection is more during summer days.

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Vaccines are made for diseases which are common and life threatening. The disease can be prevented from occurring simply by vaccinating your child and potentially saving the life of the child.

!! We help to enjoy your parenthood !!

For best solutions to all your child's pediatric problem and for all types of vaccination for your new born. Book an appointment, at : 011-45600000
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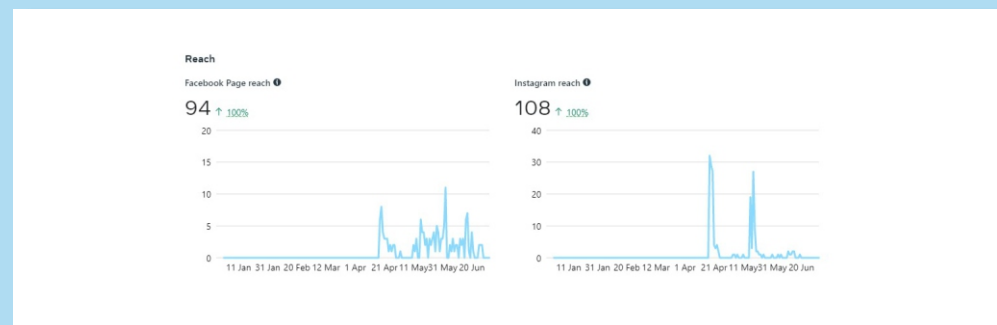
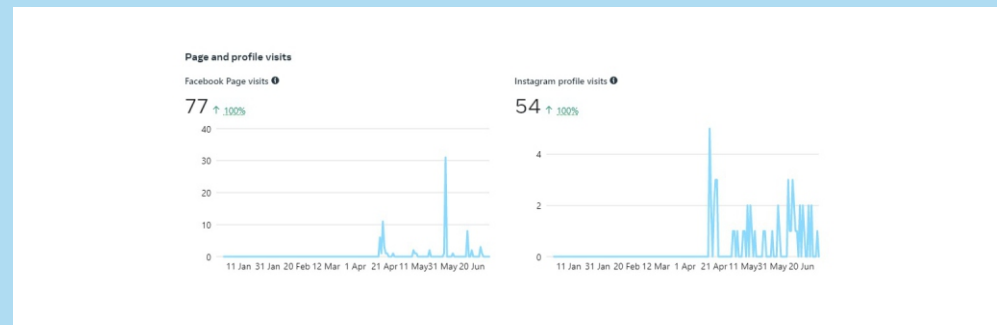
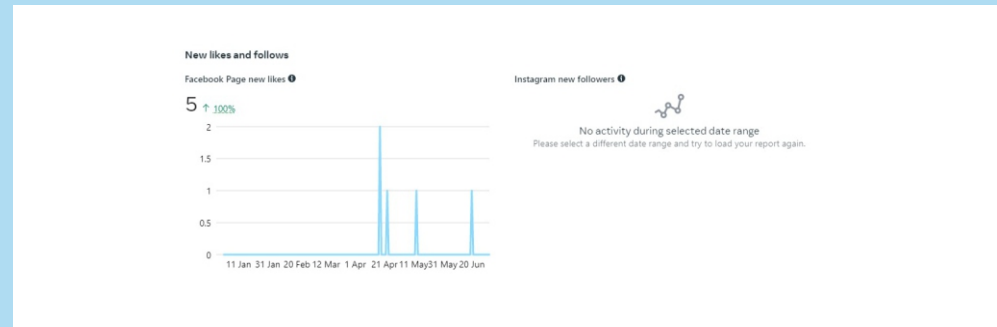
Humans Of IVF

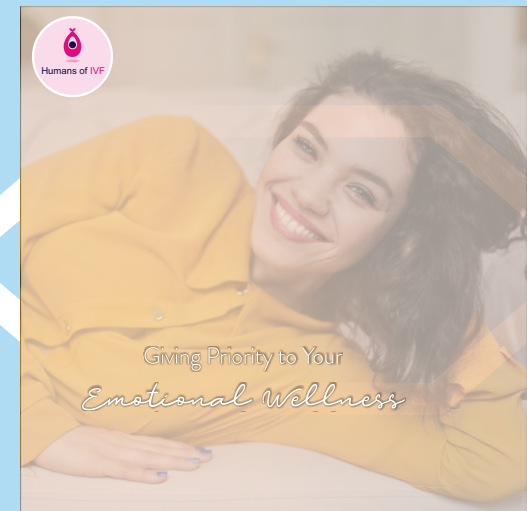
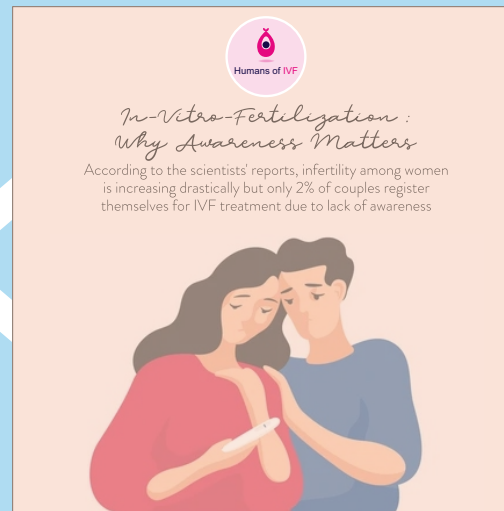
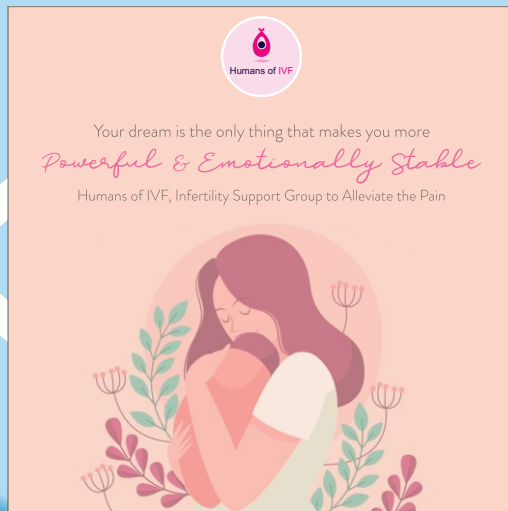
Health & wellness website, In collaboration with
Gangaram Hospital, New Delhi

IVF & Infertility Awareness Taking care of your emotional
wellbeing towards the fertility journey.

Open & safe place for IVF support community

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Even if infertility issues are common in India, couples still usually do not feel free to talk about it publicly because of the countless myths that are going on in our society. Outside the doctor's office often the topic gets completely closed - due to the couple's shyness, embarrassment & the struggle they're facing during this time. The secrecy about the real struggle of getting pregnant who has been facing major health issues & infertility leads to a dark future & might become the reason for full-stop family building opinions.

Why Humans of IVF?

Joining an infertility support group, whether offline or online, can help you acknowledge that you are not isolated; you're in good care under professionals.

There are numerous people of varying backgrounds with individuals who will support you to feel good and be comprehended.

Humans of IVF is here to take care of women's emotional wellbeing by providing an online community where you can easily get connected with individuals struggling with infertility issues like you.

Join us, Educate yourself & Build your own family.

Infertility is not uncommon in our country, you can observe more than one million cases per year. The inability of getting pregnant or infertility can be caused due to inadequate levels of certain hormones in Women & Men individually or both together, also if some have genetic issues. In-Vitro-Fertilization is the high-level clinical innovation to conceive a baby, where eggs have been removed from women's ovaries, fertilized outside the body, and then replaced in wombs.

Infertility Awareness Matters :

Addressing infertility is an important part of the realization of the individuals and couples to establish a family.

If You are struggling to have a baby, then you are not alone. We can be your companion along the journey of emotional well-being throughout infertility treatment and try to make it easier for you.

We do realize the loneliness couple feels in time of infertility, the overwhelming emotions about infertility it is difficult to discuss with others.

We optimize your emotional health to fulfill the dream of parenthood by creating awareness, sharing the necessary guidance, and educating individuals to an ever-increasing extent.

DM or Contact us at : +91 8826415225

Visit our website: <https://www.humansofivf.com/>


Today Let's talk about self-management, self-awareness, social awareness & relationship management.

We know Infertility is hard, sometimes scary too but it doesn't mean you're not perfect & strong enough to overcome this.


If you are preparing for IVF cycles, here are some self care tips you should follow throughout the journey

1. Your mental well-being is as important as your physical, recognizing how it's important for you is self-care, don't let people ruin it & don't be afraid to talk with professionals.
2. A clean & healthy diet always should be the part of your IVF treatment, the combination of a healthy diet & exercise always gives fruitful results.
3. Joining YOGA class & a daily Walking habit improve your body's immune system & also help to turn the concentration of your mind.
4. Go on holiday, Enjoy your life, Welcome your happiness

Last but not least Learn to keep your emotional stress calm, maintain a perfect bond between your body, mind & soul and remember we are always with you, anytime & anywhere.




Your dream is the only thing that makes you more
Powerful & Emotionally Stable
Humans of IVF, Infertility Support Group to Alleviate the Pain






Overcoming Stress & Fear of
Hormonal Injections
during IVF Treatment



What Are Your
Self Care Tips
During IVF Treatments?

- 💡 Regular habit of Meditation
- 💡 Talking with close ones
- 💡 Professional guidance
- 💡 Engage with favorite activities
- 💡 Reading books
- 💡 All of these above



Most women who have gone through the in-vitro-fertilization process, admitted that the hardest part of IVF cycles was dealing with the hormonal injections. And if you have a fear of needles, that would be the hardest because needles will play a large part in your IVF treatment. Also, hormonal injections and regular blood tests both involve using needles and syringes and are essential to the process.

But dealing with hormonal injections & pain management is not impossible. It is a daunting process for sure; but a few key tips will surely help you to overcome this challenging, stressful situation.

1. Self-injection is the main part of IVF treatment but if you are feeling uneasy with that, involve your husband, let him help to inject the hormonal injection.
2. Engage in acupuncture therapy. Many women find acupuncture incredibly helpful & beneficial throughout the IVF process.
3. Lastly, give yourself a break, relax your body, and also spend quality time with your family. Just go with the flow of the situation & keep the happy goal in sight.

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Self-care not only calms your hormonal health but also boosts your self-positive energy. The IVF journey sometimes can be lengthy, but if you make your whole life only around IVF treatments, that would be the reason for maternal psychological distress. Dealing with yourself by taking care of and addressing your necessities is the fundamental stage in making a healthy lifestyle.

Comment below which self-care tips you've worked on to overcome your infertility journey? what are those tips you want to share with your fellow sisters who might be facing challenges to fulfill the dream of motherhood?

Let's join hands together & make this fertility journey more happy & cheerful.

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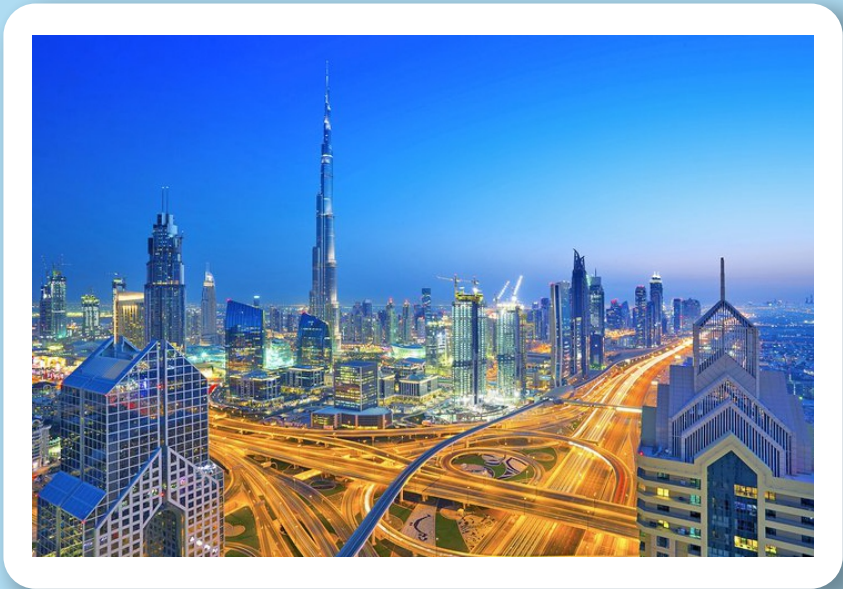
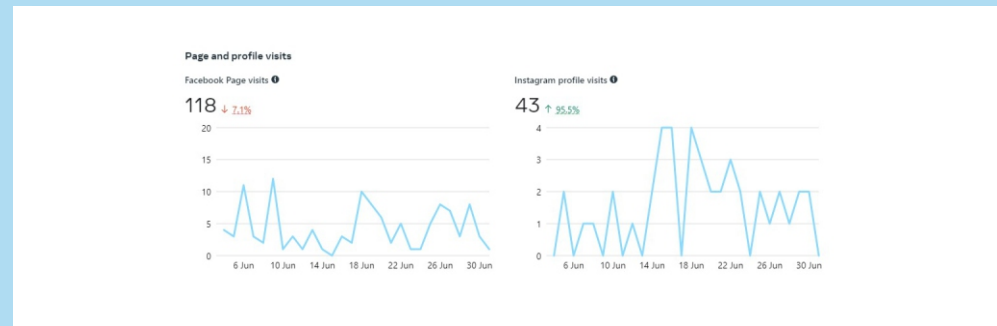
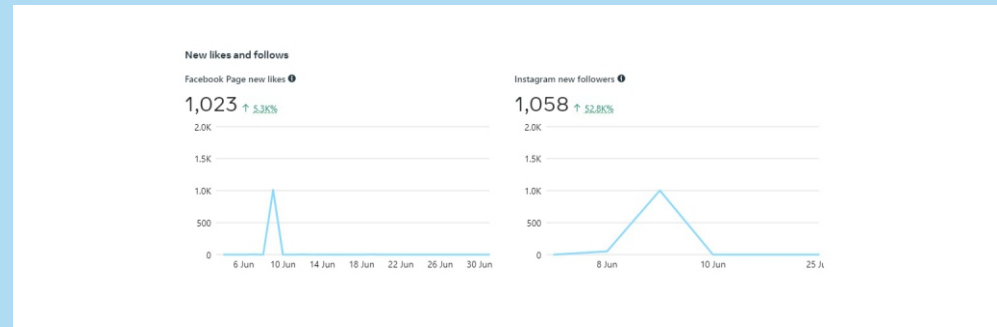


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Transform your space into paradise with louvered Pergola & Awning Systems. Smart Roof Shade Systems can design your home backyard with luxurious, classic, modern design automated pergola shades regardless of weather condition.

Safe place with optimum design.

Get a free quote from us; call us at +971504365004 or visit our website to check the latest pergola collection <https://www.smartroofshades.com/>

We provide what you need, get long-lasting & premium quality shading solutions to decorate your favorite places.

Whether it's a rooftop garden or car parking & swimming pool area, Smart Roof Shade Systems brings the high dimensional stability and tear resistance Pergola, Awning & Tensile shades. Get a perfectly matched shading solution for your home or office premises.

Check out Smart Roof Shades' latest Designs: <https://www.smartroofshades.com/>
 Get a proposal from us, at +971504365004

With Smart Roof Shade Systems, you can get a decorative appearance to the home, office, or any commercial properties, indoor & outdoor both.

Make your space more exciting, inspiring & aesthetic with scenic views of nature designed by modern automated pergola systems.

A perfect living space with Smart Roof Shade Systems.

Visit our website to choose more designs: <https://www.smartroofshades.com/>
 Contact us: +971504365004.

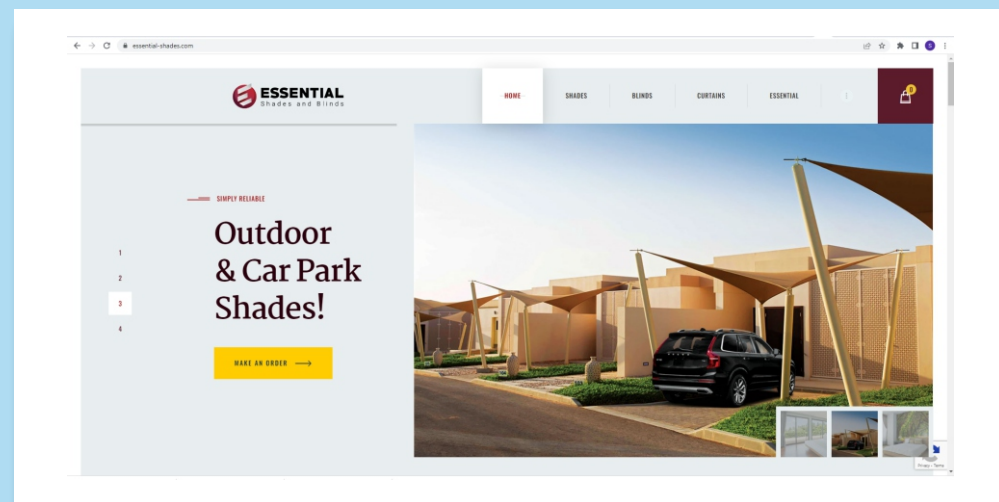
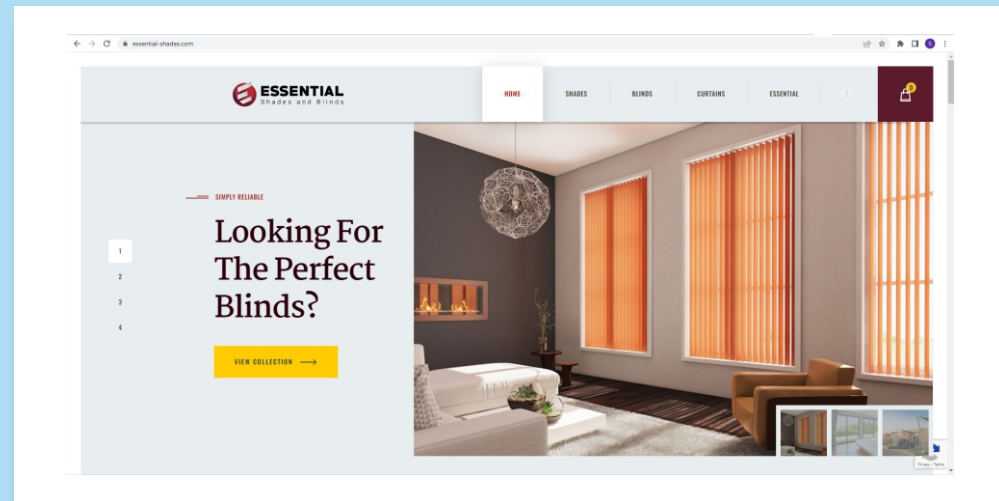


Essential Shades and Blinds

Dubai, UAE - Blinds & Curtains Store

Essential Shades Blinds is a UAE owned and operated business that manufactures superlative quality Curtains, Blinds and Outdoor Shade Products.

<https://www.instagram.com/essentialshadesllc/>





ESSENTIAL
SHADES AND BLINDS
Simply Reliable

A Luxurious Window Can Beautify Your Room
HOME DECOR CURTAINS & DRAPES

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SHADES AND BLINDS
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Aluminum Venetian Blinds
For Modern & Smart Look

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ESSENTIAL
SHADES AND BLINDS
Simply Reliable

Modern Luxury Sofa
for Modern Living Environment
Get Your Sofa Designed with Us

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Glamming up your window with elegant & superior quality curtains.

Curtains & Drapes not only provide the finishing touch to your home interior but also provide privacy and control the amount of light that comes into the room.

With the combination of automation & aesthetic, Essential comes with a full range of luxury motorized window treatment solutions perfectly designed for your living spaces.

From Modern to classic design, we offer premium quality curtains & drapes.

Need consultation? Contact us at +971 50 882 9557 or visit our website <https://essential-shades.com/>

Together we bring innovative & modern solutions to decorate your living places.

Transform your household, office, or indoor spaces into an eye-catching place with Aluminum Venetian Blinds.

Being a light yet hard-wearing material, Aluminum won't rust, so Aluminum Blinds are the perfect solution for your offices/kitchen, or bathroom. In addition, you can control the light easily with just the twist of a wand and let the sunshine filter in.

Get a perfect shade for yours, call us now at +971 50 882 9557 or visit our website <https://essential-shades.com/>

We design comfort for you & your guests. With a modern design & style, Essential Sofas are a combination of comfort & functionality.

Essential sofas are the perfect solution to save space; manufactured with high-quality materials. Our sofa collections are highly recommended for flats, homes, hotel rooms & offices.

Bring an eye-catcher to your living environment from Essential.

Need consultation? Contact us at +971 50 882 9557 or visit our website <https://essential-shades.com/>

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SHADES AND BLINDS
—Simply Reliable

Versatile & Comfy Sofa
Comes with a range of designs
sizes, colors, and fabrics

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**Curtain & Sofa
Style to Complete
Your Living Room**

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ESSENTIAL
SHADES AND BLINDS
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**Serene & Soothing
Personal spaces With**

Bedroom Curtains
Window Curtains
Living Room Curtains

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Invest in the furniture that creates beautiful spaces & adds elegance to your living places.

Classic Sofa, Modern Sofa, Transitional Sofa: we bring what you want. Create a balance between modern design & relaxed comfort. Essential Sofas are the perfect blend of comfort & style.

Get a customizable Sofa:

- Any Design
- Any Color
- Any Size

DM us to place an order !!

Visit: <https://essential-shades.com/>

Contact us at +971 50 882 9557

Can't choose how to match your sofa with curtains & drapes in the living room? We've presented you with some modern design Sofa & Curtain combinations to increase the luxury & elegance of home interior.

In order to ensure flawless harmonies between them, this combination must be done with care and dedication.

Contact Essential shades, which can give you the ultimate guide for decorating your living room: get an eye-catching sofa & curtain collection at an affordable price only from the essential shade.

Check <https://essential-shades.com/> for collection and Contact us at +971 50 882 9557

Design your dream home with budget-friendly, high-quality, classy curtains collection that adds extra elegance to your home interior.

360-degree aesthetic makeover of living space only with essential shades premium classic curtains. With unending variety, it serves many purposes apart from stopping dust and the sun's rays; it's a way of adding colors to any home's decor.

Check <https://essential-shades.com/> for collection and Contact us at +971 50 882 9557

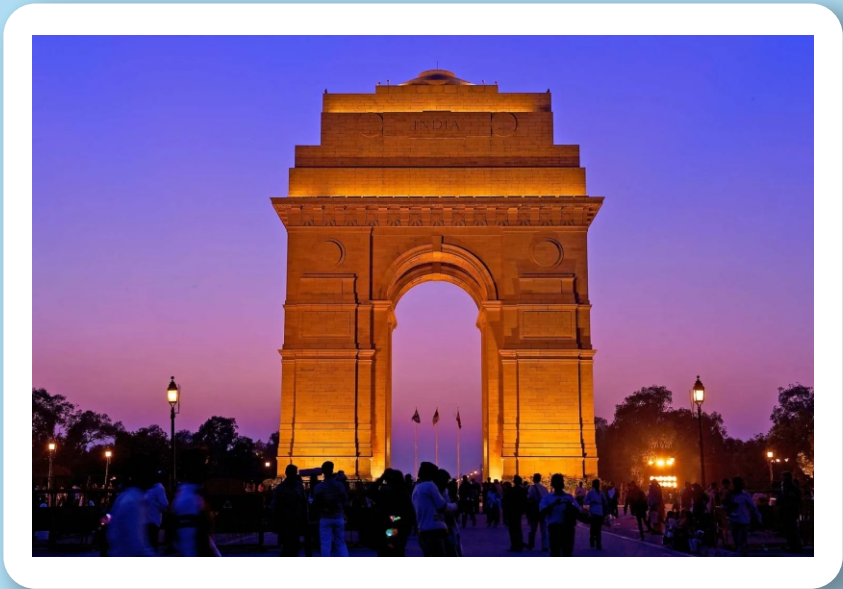
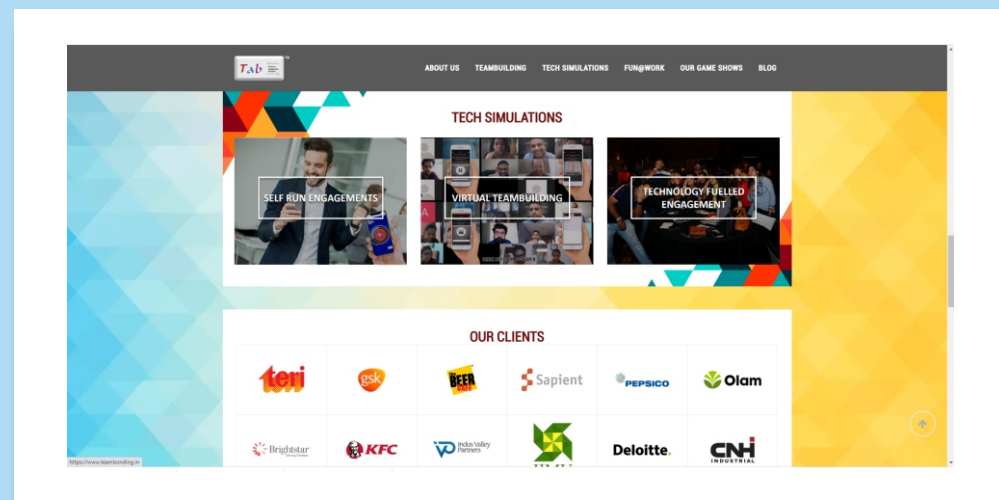
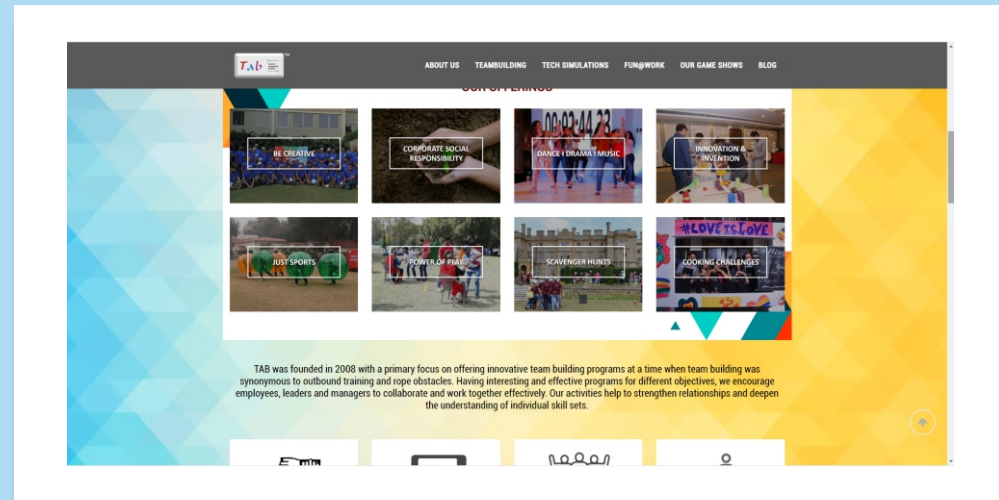


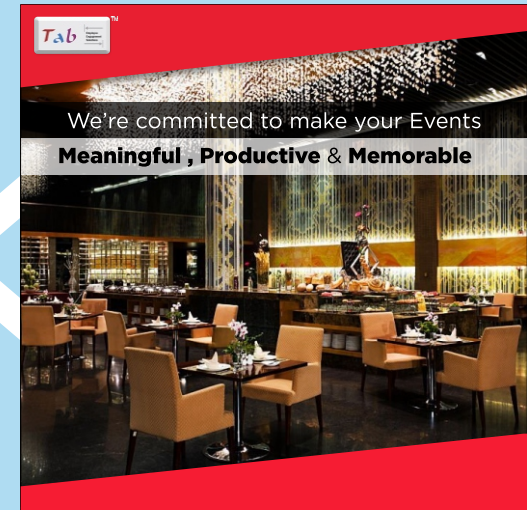
TAB Consulting

Corporate Training Firm, New Delhi

"Let's Take a Break" from corporate world.

https://www.instagram.com/tab_consulting/





We are one of the leading lights in the Indian MICE industry with an unblemished track record

MEETING

We micromanage the details and make sure the purpose of every meeting is met with utmost care and expectations. Our experience in the industry makes us well-prepared for any challenges that may come.

INCENTIVES

We manage bookings, hotel coordination, team-building activities, entertainment & other things required to make corporate off-sites & rewards programs a success.

Let us discuss your future event together, www.teambonding.in

Hashtags:

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Meetings are lifeline of the corporate world. In a healthy organisation almost all decisions are made at these meetings. Planning a successful meeting requires a Professional touch and experience.

TAB Consulting offers a complete meeting solution. From venue selection to accommodation, our professional team takes care of everything to make your meetings successful.

Let us discuss about your future meeting today, www.teambonding.in

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When you partner with TAB Consulting's Event organizing services, You'll experience calm and confidence as our knowledgeable, responsive, balanced, and vibrant services in event production and management ensure your satisfaction before, during, and after your event.

We are right partner for:

- ◆ Live music bands
- ◆ Venue Management
- ◆ Rewards and recognition
- ◆ Product Launches
- ◆ Dealer Meets and More

We work hard to ensure that every attendee enjoys a truly meaningful and memorable event experience.

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No MICE Programs are too small or too big for us. Be it an event for 20 pax or for 6000 pax. As experienced MICE Planner, we ensure the same quality throughout. We constantly strive to keep ourselves updated with the latest technology in order to provide innovative MICE solutions for our clients.

From conceptualization of your Programs to completion, which includes managing venues, suppliers, logistics, multilingual hostesses, technical support and more, TAB will create a unique, motivating and unforgettable experience for your company and guests.

Break with the ordinary and leave your worries with us!!

Let us discuss your future event together, www.teambonding.in

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Whether you're introducing a new product or service in a trade, press or consumer event, or entering a new market, TAB Consulting maps out every step that needs to occur to make sure the event achieves the end results you are seeking.

Our specialties:

- ◆ Exclusive production launches
- ◆ Press events
- ◆ VIP hospitality services

Ready to make your next Launching event a milestone moment?

Let us discuss your future event together, www.teambonding.in

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Escape Room activity is the best combination of playing together and using your mind! It is a theme based challenge where the teams will be challenged to find hidden clues and solve a series of mind boggling puzzles.

Escape room challenge encourage interaction among team members, boosts creative problem solving ability and fosters a healthy competition as teams race against time to see who can find the key to escape!

Ask us today about our engaging team activity,

See more about our activities: www.teambonding.in

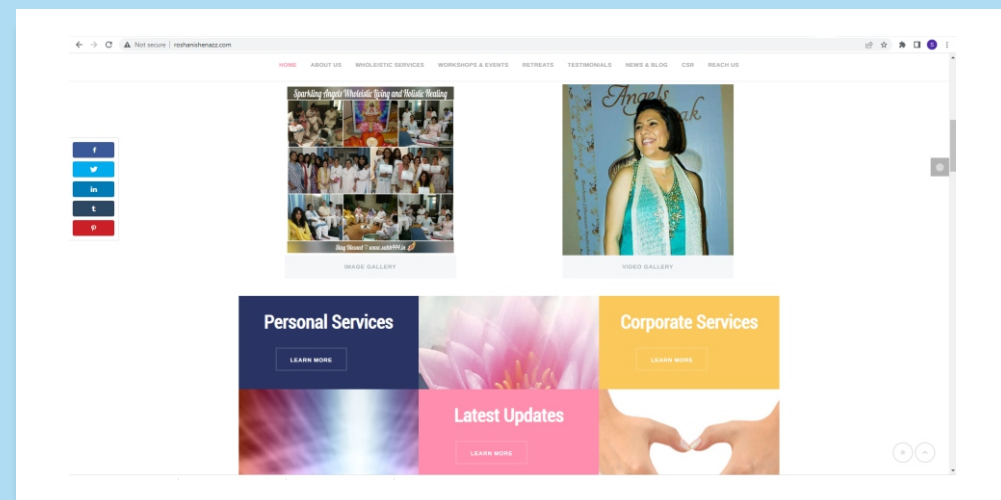
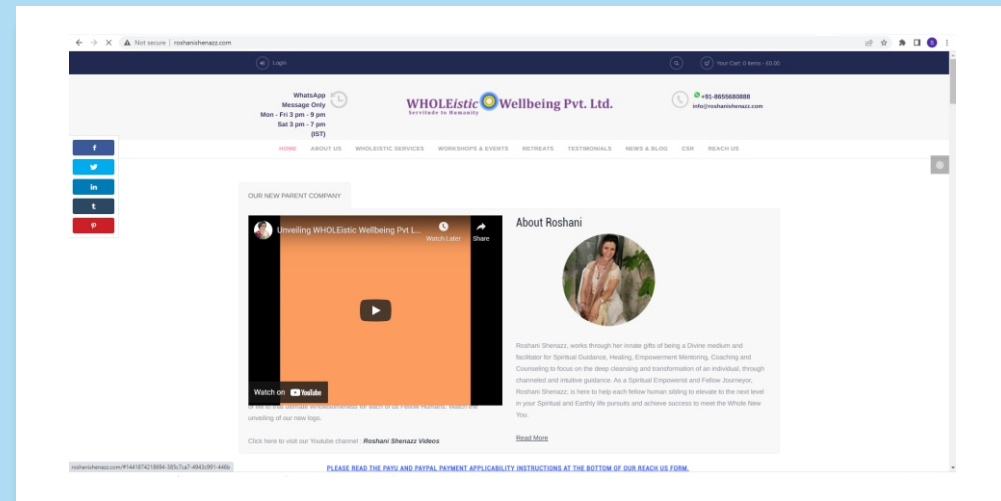
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Roshani Shenazz

Spiritual Guru, Mumbai

<https://www.instagram.com/roshanishenazz/>





Meaning of life.

Today, ask yourself what makes your heart the happiest. Is it your family? Your work? The little things you do for anyone? Or is it yourself?

Remind yourself of the beautiful moments with the thing which makes you happy and have a wonderful day.

#RoshaniShenazz #spiritualwellbeing #wholeisticwellbeing #meaningoflife #weightloss #community #loveyourself #mentalhealthmatters #depression #psychology #support #positivevibes #workout #exercise #happy #vegan #stress #peace #skincare #natural #gratitude #massage #coronavirus #energy #stayhome #goals #holistic #holistichealth #balance #recovery #lockdown #healthyfood #relaxation #awareness

Turn on screen reader support



Meditation.

Can a 10 minute daily exercise help you in any way? Yes, a 10 mins exercise, physical or not, will help you a lot.

It can be jumping, push ups, meditation, anything. But giving yourself and your body 10 minutes per day will eventually lead to you giving yourself and your health the priority over others and everything else.

Understand the effect of those 10 minutes and start today!

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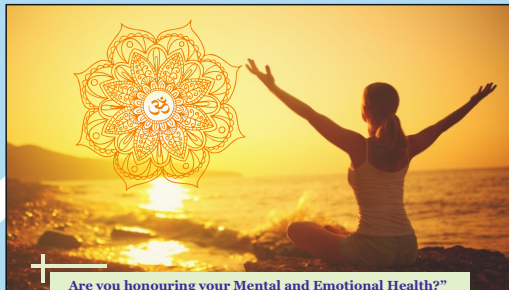


Fun Friday.

Let me know in the comments what were your favorite games as a child? And do you still sometimes play them?

If not I'd suggest you do!

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Are you honouring your Mental and Emotional Health?"
 Mental, Emotional and Physical health are all crucial for a fruitful life.
 We do everything for the physical self and vanity, while ignoring Mental and Emotional health. These two, in fact affect the Physical health as they govern every choice and reaction in your life. Sound Mental and Emotional Health, helps you to be happy, healthy, productive and keeps your mind at ease to handle any surprises that life may throw at you.

Roshani Shenazz

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Exercise for Mindfulness

Decide what is your heart's inspiration. Ask yourself what are the things that inspire you the most. After recognizing them, write them down and start doing them. Give daily time to what inspires you the most. Observe the changes within you that unfolds.

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Soulful Testimonies

"The divine messages, affirmations channelled by our lovely Earth Angel, Roshani have the power to identify and guide any situation, or a seeming issue and empower all Souls transcend situations on their divine journey. Her messages relate to the flow of every Soul's journey individually. True to her name Roshani has spread love and light all around her, leading the Souls she has touched from darkness to divine light. Thank you Roshani our beautiful Angel with all your unconditional love and support in any situation! Gratitude to GOD and Angels for gifting this lovely Angel in our lives. Blessings to you dear Roshani Angel!"
 ~ Pallavi Chaudhari, Architect, Mumbai-India

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Turn on screen reader support

Exercise for Mindfulness

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Graphic Design, Video & Animation

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+91 9599 824 600, +91 9315 123 689



**D4/4029, Vasant Kunj, New Delhi-110070
3051, PSS Oak, Bellandur, Bangalore-560103**



info@prabisha.com



www.prabisha.com