

TIPS FOR GOOD HEALTH IN PREPARATION OF IAS/RAS

1. Sleep :

6-8 Hours of sleeping is necessary for good health.

2. Tea or Coffee :

Don't use excessive quantity of these drinks

3. Water :

Daily 4-5 litere in small packs in multiple times

4. Change your sitting Position:

Time to time at the time of study

5. Exercise :

Light exercise about 10 to 30 minutes daily

6. Overcome from stress :|

Use Yoga and meditation to increase your concentration on study

7. Breakfast :

Take balanced diet with vitamins & minerals