

# Screen time & eye exercises: Blend modern & traditional care



Balance modern screen use with traditional eye exercises to reduce strain and improve focus.



## Smart Tips:

- Follow the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds.
- Practice “Trataka” (steady gazing) on a candle flame or a small object for 2-3 minutes daily to strengthen eye muscles and improve concentration.
- Blink frequently while using digital devices to keep eyes moist.
- Adjust screen brightness and use anti-glare filters to reduce strain.