



Six routines to

# Improve Your Wellbeing



01

## Practice Positive Mindset

Positive mindset, positive life. We approach discomfort in a more positive and productive manner when we think positively.

02

## Exercise Regularly

A body that has been conditioned to exercise on a regular basis is healthier and stronger.

03

## Eat balanced diet

A balanced diet gives your body the nutrients it needs to grow and stay healthy. Follow ICMR guidelines.

04

## Practice mindfulness and gratitude

Being grateful entails accepting what we already have and letting go of what we don't, which can help us feel better about ourselves.

05

## Stay Hydrated

- Drink water regularly
- Eat Hydrating Foods like watermelon, cucumber, oranges, and strawberries
- Choose Water over Sugary Drinks.
- Monitor Urine Color

06

## Maintain a study-life balance

Achieving study-life balance is said to be beneficial to both mental and physical health. Add hobbies to your life.



By: Sagar Khandelwal  
September 2024

