

COVID-19

WHAT IS OUR No. 1 WEAPON TO FIGHT CORONA?

STRONG IMMUNITY

STRONG COMMUNITY

IMMUNITY

WHAT BUILTS IMMUNITY

VITAMIN-C

EXERCISE

ZINC

POSITIVE MIND

SPICES

GOOD FOOD GOOD LIFE

WHAT TO EAT?

Seasonal fruits, green vegetables, dry fruits and seeds, pulses, lemon, dairy products, amla, turmeric and other spices.



**THE HEALTHIER YOU EAT THE HEALTHIER YOU
WILL BECOME AND THE EASIER IT WILL BE TO
OUR BODY TO RECOVER FROM COVID**