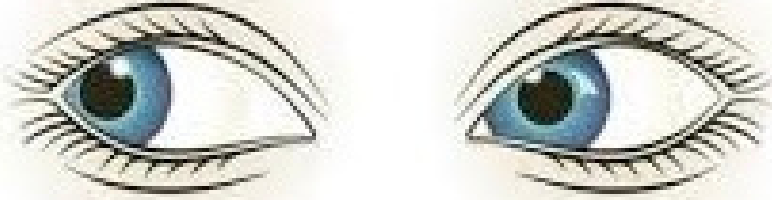
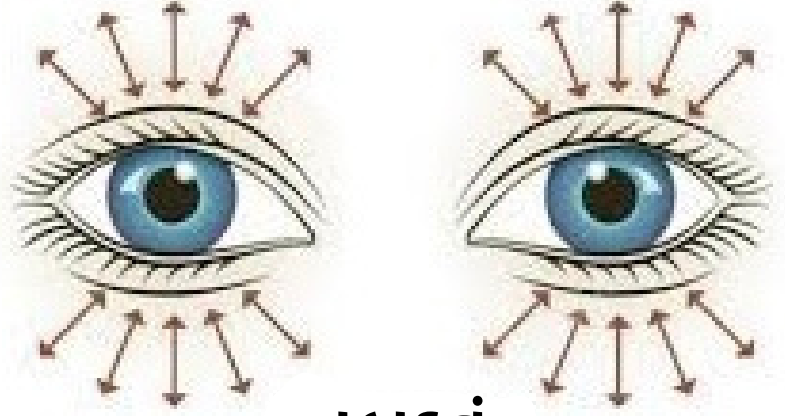


આંખોની રોજંદી કસરતો

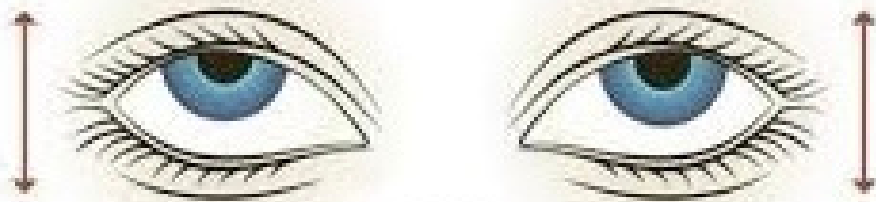
(Daily Eye Exercises)



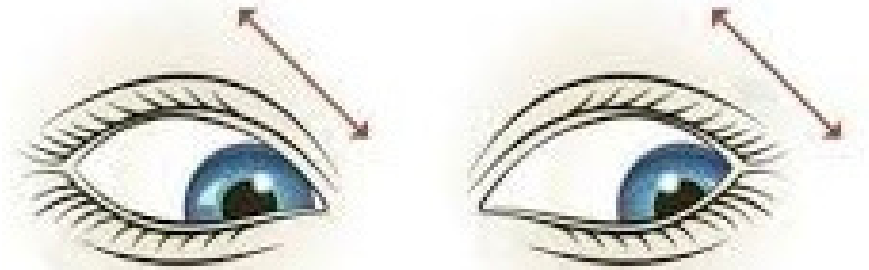
સાઇડ ટુ સાઇડ



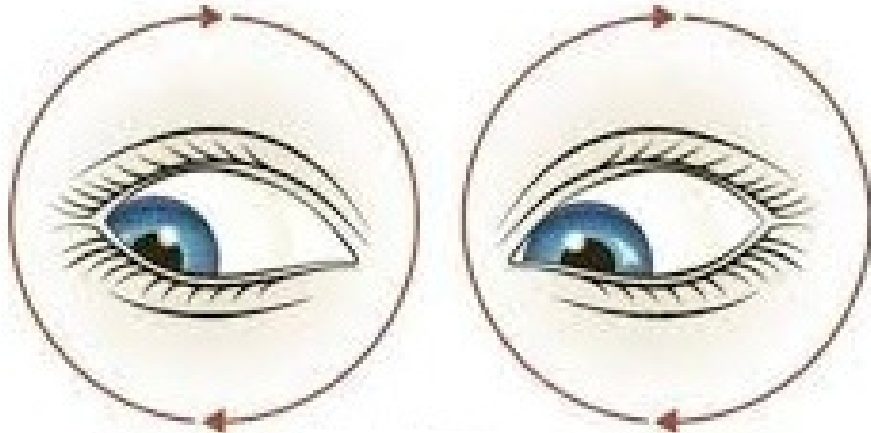
ઝબકવું



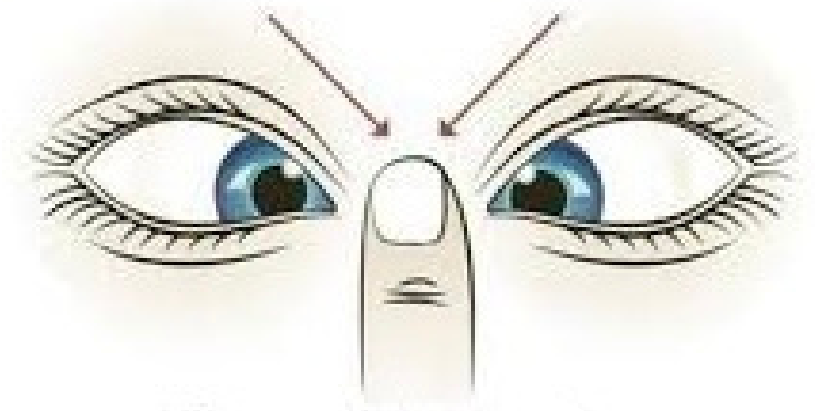
ઉપર નીચે



પડખોપડખ



પરિભ્રમણ (રોટેશન)



નાકની ટોચ જુઓ