

Boost Your Memory for the May 25 Attempt with Yoga & Healthy Habits

May 25 attempt is coming soon. Follow these tips to enhance memory and focus:

- 1. Try to take 7 hours of sleep.**
- 2. Avoid sleeping during the day.**
- 3. Eat healthy food; avoid oily and spicy food.**
- 4. Do not eat too much.**
- 5. Exercise daily.**
- 6. Take a bath daily.**
- 7. Try to wake up early in the morning.**
- 8. Revise theory in the morning.**
- 9. Drink warm water in the morning.**

Recommended Yoga Practices:

- Surya Namaskar**
- Bhastrika**
- Bhramari**
- Kapalbhati**
- Anulom Vilom**
- Kumbhak**
- Bhujangasana**

Best wishes for you!

Thank you and All the best!

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By Abhishek Bhardwaj