

Guidelines for teachers for their students online classes

Frequent breaks between sessions (10 minutes break after a 40 minutes session)

Small breaks during the sessions (1 minute break after 20 minutes of the session)

Encourage having sips of water during class and after class

Minimize asking children to read off the screen

Use worksheets wherever possible.

-- Dr. Sujay Siddharthan

Pediatric Ophthalmologist

For queries contact 0427-2316955

Email: sujaysid@gmail.com

