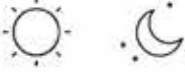

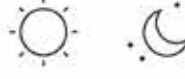

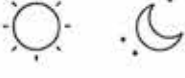

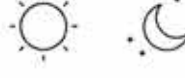

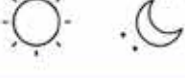

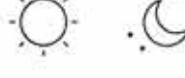

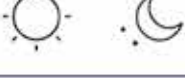
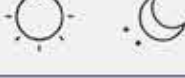
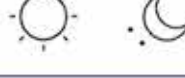

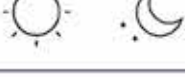

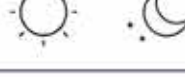

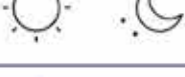
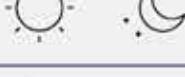
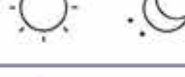


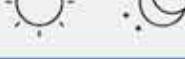
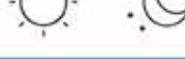
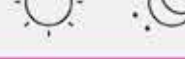


दाँत ब्रश करने की मेरी प्रक्रिया

	सप्ताह 1	सप्ताह 2	सप्ताह 3	सप्ताह 4
सोमवार				
मंगलवार				
बुधवार				
गुरुवार				
शुक्रवार				
शनिवार				
रविवार				

★ ★ ★
मैं एक चैंपियन हूँ!



1 मटर के दाने जितने टूथपेस्ट का प्रयोग करें।



2 जबड़ों की रेखा की ओर 45 डिग्री के कोण में टूथब्रश करने का प्रयास करें, और हल्के-हल्के घेरे में घुमाएँ।



3 दाँतों के अंदरूनी भाग में यह प्रक्रिया दोहराएँ।



4 हल्के से आगे-पीछे करते हुए जीभ पर ब्रश करें।



5 ब्रश करने के बाद टूथपेस्ट थूके।

