

NATIONAL PUBLIC SCHOOL

Kengeri, Bangalore.

WAY TO JOY

NPS Kengeri took a new step towards the awareness of health and lifestyle was a meaningful event which indeed was an eye-opener for each and every member who were part of it.

The statistics which were presented by our guide Dr. Supraja Chandreshekar (Paediatric intensivist, People Tree group of Hospitals) who gave a magic formula for healthy kids "1-2-5 makes me thrive"! One hour sports time, 2 hours screen time, 5 on my plate were three simple rules for kids to stay active and eat right for a healthy mind in a healthy body.

Being healthy also depends on maintaining a healthy ecosystem.

Our resource person Dr. Srinivas briefed us about maintaining a good eco system and to incorporate healthy habits was a valuable presentation. Our tiny tots presented skit, song and dance to guide us to reach the goal "Health is Wealth".

Thus, the event was an enlightening experience for the audience and promoted them to follow a healthy life style to achieve happiness in their life.

