



# NATIONAL PUBLIC SCHOOL

Kengeri, Bengaluru.



**NPS, Kengeri had organized an event on Health and awareness programme called- **SPECTRUM**- Hues of life celebration.**

**The guest speaker for the session was Dr.Swathi Ramamurthy who delivered, a talk on tackling various behavioural problems in a different way. She also highlighted on parenting and enlightened the parents to spend their valuable time with their children by involving in the activities like painting, colouring etc..**

**The session was later taken over by Mrs.Swetha Gangadaran-Nps faculty, who gave us an insight on healthy diet. She also emphasized on rainbow diet.**

**Kids of Gr. II concluded the programme by giving a thoughtful message through their Skit and Dance performance.**



# SPECTRUM GALLERIA

