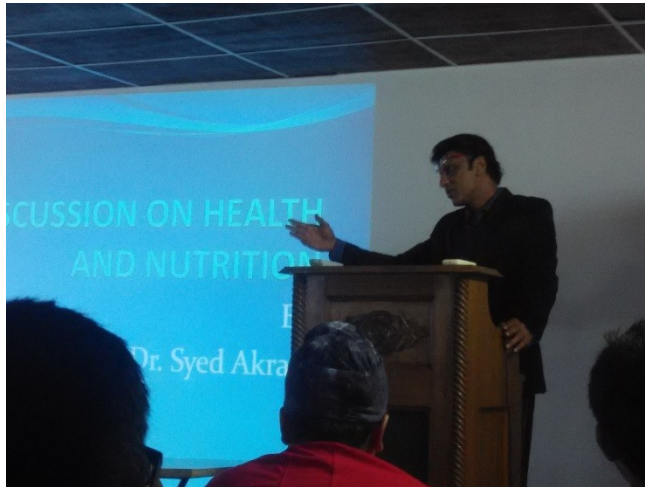


March 5<sup>th</sup>, 2016

### **Boarders' Wellness Talk**

Boarders had wellness talk on Saturday, 5th march. Dr. Syed Akram, pediatrician from Apollo Clinic, Bellandur, came to address the student on aspects of nutrition, exercise, sleep and substance abuse. Coming at exam time, the talk was all the more relevant. The talk was eye-opening, informational, and the boarders learned a lot from it.



**Dr Syed addressing the boarders**

**It was an informative and useful session**

