

TeamSPARKLESpresent

NCDC times



Health is wealth

6 SELF CARE TIPS FOR STAYING HEALTHY

IN BODY, MIND & SPIRIT



GET EXTRA SLEEP



GET OUTSIDE



**MOVE YOUR
BODY**



**WEEKLY DATES
WITH FRIENDS**



MEDITATE



**COOK WITH
BOLD SPICES**



Seasonal fruits



Oranges

Health Benefits of Oranges:

- 1. Excellent Source of Vitamin C**
- 2. Fights Against Viral Infections**
- 3. Protects the Skin**
- 4. Boosts Heart Health**
- 5. Relieves Constipation**
- 6. Helps Create Good Vision**
- 7. Lowers Cholesterol Levels**



Celebration



HAPPY CHILDREN'S DAY
14 November


"Children are our best resources and we have to dedicate our time towards them."

National Child Development Council

The graphic is a rectangular box with a light yellow background. At the top, there are four balloons in red, yellow, blue, and green. Below them is a red ribbon with the text "HAPPY CHILDREN'S DAY" in white. Under the ribbon is the date "14 November". Below the date is a quote in green text: "Children are our best resources and we have to dedicate our time towards them." At the bottom of the box, there are silhouettes of four children in red, orange, blue, and purple, jumping and playing in a grassy field with trees and butterflies. The text "National Child Development Council" is written in red at the bottom left of the box.

Programmes




 NATIONAL CHILD DEVELOPMENT COUNCIL

National Child Development Council
Organizing
WEBINAR ON
CHILD PSYCHOLOGY


*"Teaching kids to count is fine,
but teaching them what counts is best"*

Resource Person


Mrs. Rajalakshmy K P
Principal of St Joseph's ITE, Thrissur

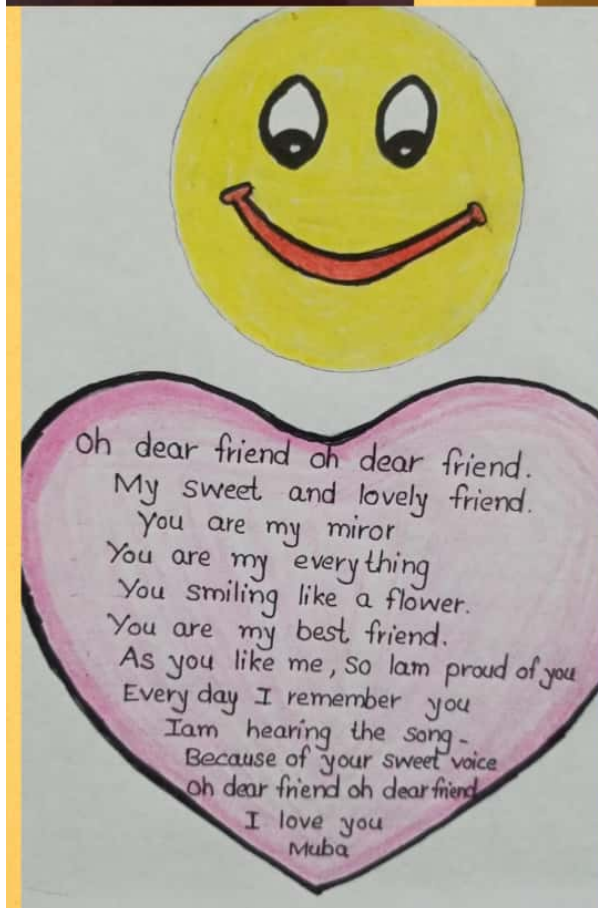
Date: 14/11/22
Time: 3.00 P M IST

Program Coordinator

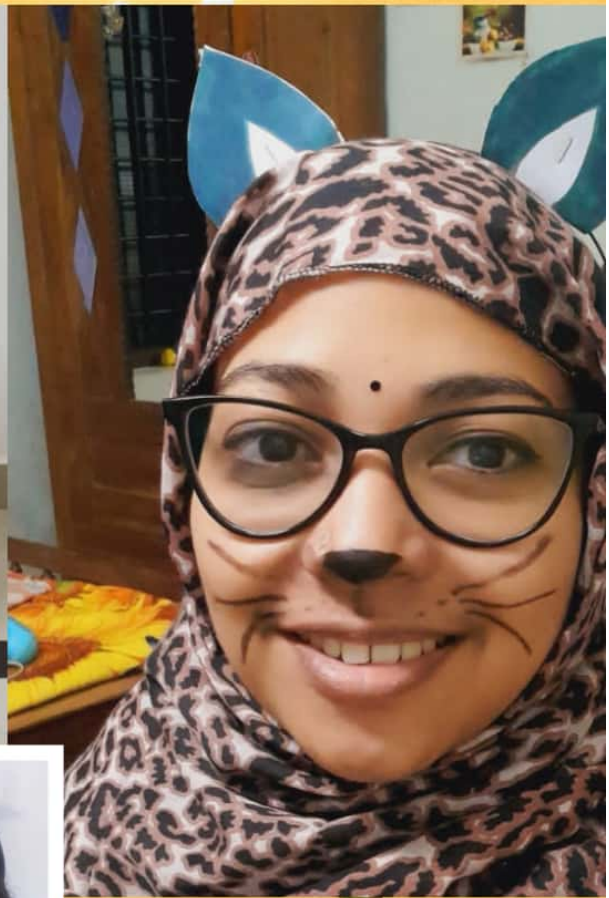

Mrs. Sheeba P K
NCDC Faculty

**TO PARTICIPATE IN THIS FREE WEBINAR,
PLEASE COMMENT ' INTERESTED ' BELOW THIS POST**

Student's corner



Makeovers in class





*Thank
you!*