

SCHOOL

Healthy Habits

School assembly talk

Presented by Vikram Nair • October 2026

AGENDA

Today

01 Sleep

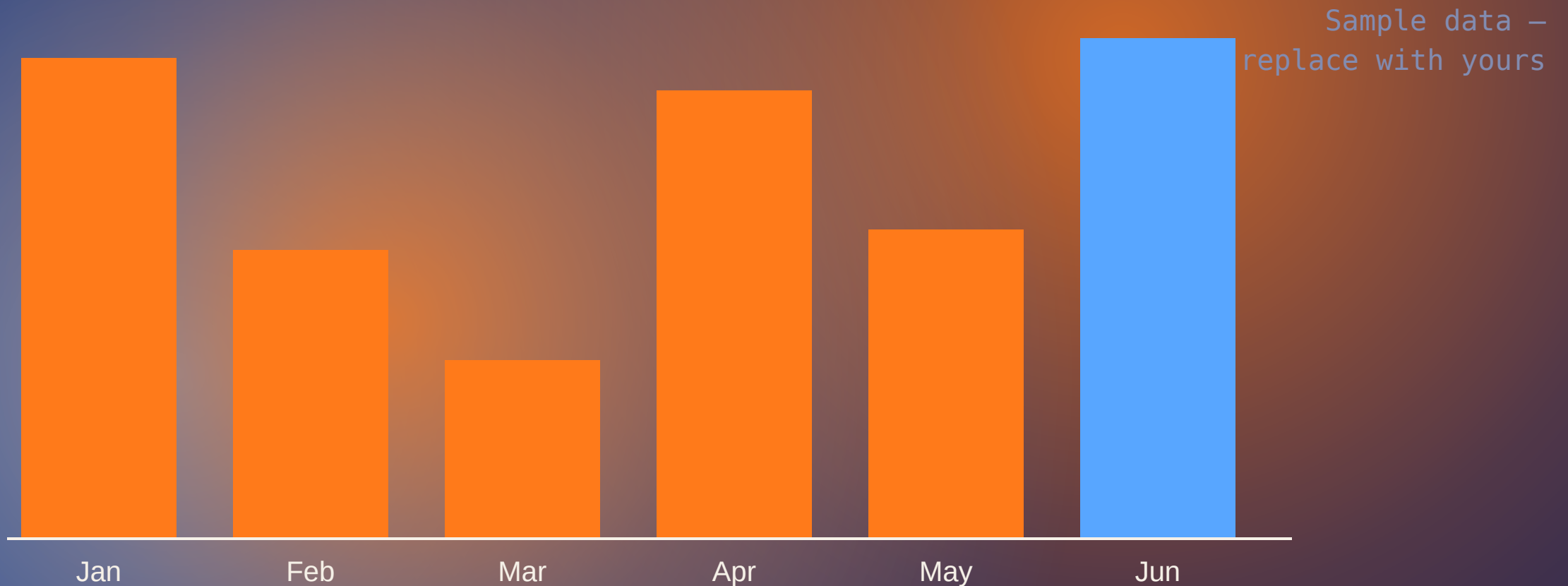
02 Food

03 Play

04 Screens

DATA

Hours of sleep by age



TEAM

The people



VN

Vikram Nair

Lead



TM

Tara Menon

Design



SK

Sameer Khan

Engineering



KR

Kavya Reddy

Research

Thank you

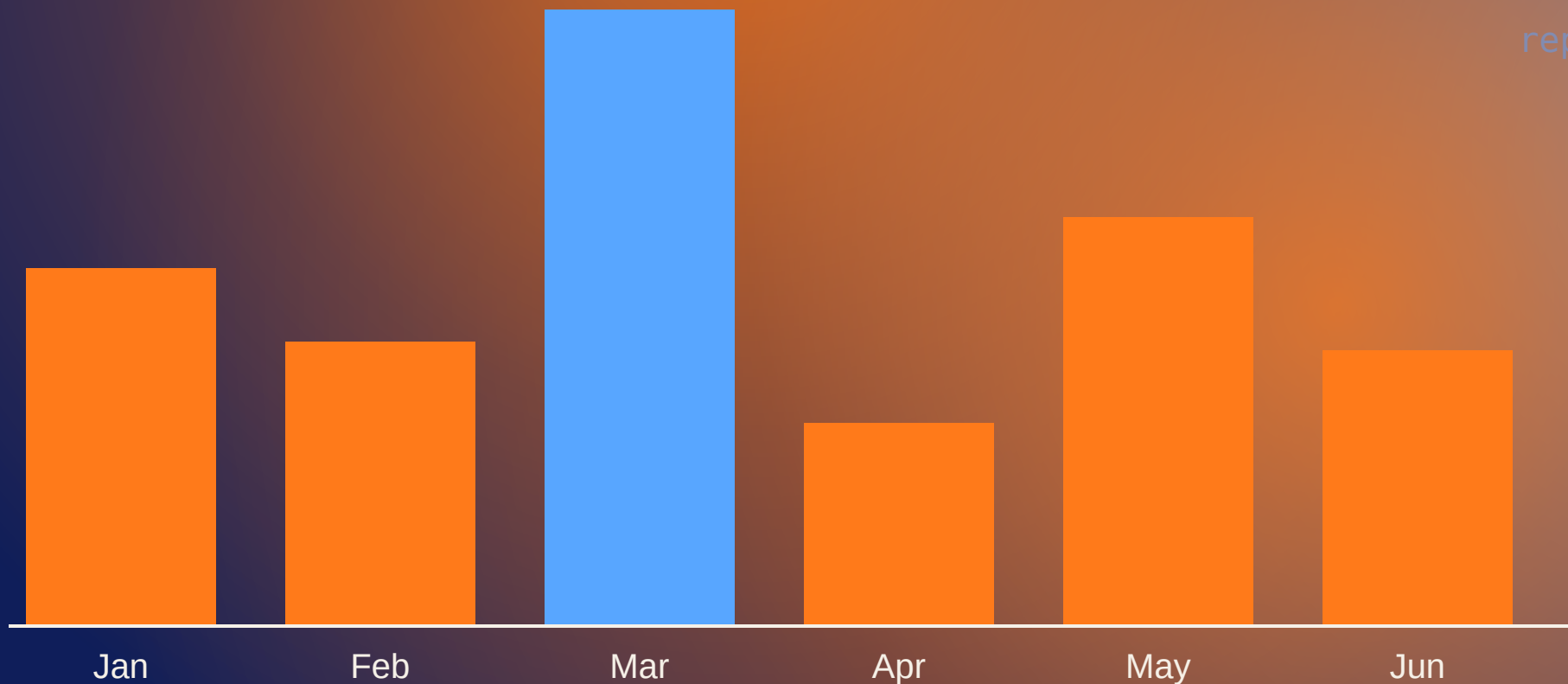
Questions? Let's talk.

`yourname@yourdomain.com · +91 98765 43210`

DATA

Hours of sleep by age

Sample data –
replace with yours



AGENDA

Today

01 Sleep

02 Food

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04 Screens
