



राष्ट्रीय आधुनिक
कला संग्रहालय
NATIONAL GALLERY
OF MODERN ART

National Gallery of Modern Art, Bengaluru
(Ministry of Culture, Government of India)

invites you to

ar-bo-re-tum

Tour of Trees

on Sunday, 8th September 2019 at 11.30 am

National Gallery of Modern Art,
at
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Palace Road, Bengaluru - 560052
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Want to know which trees and plants grow in NGMA Bengaluru premises!

NGMA Bengaluru is happy to announce the ar.bo.re.tum which also reminds the ideology of Gandhi who himself was a deep ecologist and immense value of nature, is also delighted to conduct Tree walk in the premises to help people to familiarise with the flora and fauna, field methods and data collection. These kind of programmes help in sensitizing the people to the issues of sustainability and environmental protection, Resulting in cleaner and greener habits that be resulting in an eco-friendly society.

A walk in nature brings us serenity by allowing our overstimulated modern minds a chance to rest. It helps us to relax, it lowers our stress, depression and anxiety levels, it increases our attention spans and memory, and it provides a source of gentle exercise. Spending time in the natural world slows us down and makes us feel at peace; thus nature walks can be very effective as a supplemental therapy for various addiction, anxiety and high level of stress.

This is initiation is scheduled once every month on Sunday. The first walk is announced on 08th September 2019, Timing 11.30am Sunday.