

# BANASTHALI PUBLIC SCHOOL

G-Block, Vikas Puri, New Delhi-110018

Circular No. BPS/21-22/10

Dated: 10.05.2021

**CBSE HEALTH & WELLNESS SERIES**

**FIRST LIVE WEBINAR**

on

**CARE, COMPASSION & COMMUNICATION**  
...way forward to stress free living

on  
**Wednesday, 12 May 2021**  
Time: 4:00 pm - 5:30 pm

**Ms. RAMA SHARMA**  
HEAD MEDIA & PUBLIC  
RELATIONS, CBSE  
MEMBER WORKING COMMITTEE,  
MANODARPAN  
(FACILITATOR)

**SHRI MANOJ AHUJA, IAS**  
CHAIRMAN, CBSE  
(KEYNOTE ADDRESS)

**Dr. JITENDRA NAGPAL**  
SENIOR CONSULTANT PSYCHIATRIST  
MEMBER WORKING COMMITTEE,  
MANODARPAN  
(MODERATOR)

**Dr. VANDANA MISHRA**  
SCHOOL COUNSELLOR

**Dr. SUDHA ACHARYA**  
PRESIDENT, SANKALP SAHODAYA  
MEMBER WORKING COMMITTEE,  
MANODARPAN

**Dr. GAGANDEEP KAUR GULATI**  
PARENT REPRESENTATIVE

*Peer Leaders*

**AANYA SHARMA**  
STUDENT XII(2020-21)

**PRATEEK ARSH**  
STUDENT XII(2021-22)

**Kindly Join Us**   
**LIVE @ <https://www.facebook.com/healthyschoolshealthyindia/live/>**

Dear Parent/Student,

CBSE announces a Health & Wellness series for students, teachers and parents for providing Psycho Social support during the pandemic. The First webinar titled “Care, Compassion & Communication” aims to address current issues and way forward.

***The CBSE Health & Wellness Series can be accessed live on 12<sup>th</sup> May 2021(Wednesday) at 4:00 p.m. to 5:30 p.m. through the link given below:***

**<https://www.facebook.com/healthyschoolshealthyindia/live/>**

Parents and Students are requested to kindly watch the programme via above mentioned link, as this program is meant to create awareness on Health and Wellness of all individuals and to understand how mindfulness reduces stress and increases well-being.

Enjoy Learning! Stay at Home! Stay Safe!

Principal