

10th October, 2024

Dear Parents & Students,

The safety, security and mental well-being of children is crucial for their all-round development. In view of this, Department of School Education and Literacy, Ministry of Education, Govt. of India, on the occasion of World Mental Health Day on 10.10.2024, is organizing a national online workshop for the students of class 6th to 12th, with focus on two key themes: **Mental Health and Cyber Security**. The workshop will be held online between 3:00 p.m. to 4:00 p.m. today i.e. on 10.10.2024.

The topics of discussion will include Stress, Anxiety & Depression in youth, identification & prevention, key laws on online harassment and cybercrimes, managing Privacy on Social Media, cyber bullying, etc.

We advise you to spare some time & attend this session with your ward.

Link for the same is:

<https://www.youtube.com/watch?v=Z7jg9EXHg0w>

Regards

IIS, Jpr