



Sanskriti School  
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[www.sanskritischool.edu.in](http://www.sanskritischool.edu.in)

Dear Parent,

Trust you and your loved ones are safe.

As we begin the academic session 2021-2022, the Sanskriti family would like to extend our gratitude towards all parents for always being our partners in the mammoth endeavour of online learning.

While it may not always seem that way, parents are perhaps the most important people in the lives of adolescents. While the nature of the relationship changes, their need for your love, support and guidance is still as strong, especially in these uncertain times. Strong family relationships can go a long way towards helping your child grow into a well-adjusted, considerate and caring adult.

As you know the teachers and school counsellors have consistently worked together to ensure a balance of emotional and academic/ career support for all students. This year too, the counselling department has planned year-round activities to strike a balance between optimism and realism for our students' well-being as well as their university admissions process.

Good mental health is important for healthy teenage development, strong relationships and resilience. While we understand that these continue to be challenging times and nothing can replace face-to-face interaction, you have our full support in our united endeavour to strive for the best for your child. We also wanted to convey that in case you have any concerns, you may reach out to the counselling department at the following email addresses:

- Anupama Dhawan (HoD, Counselling Department): [anupamadhawan@sanskritischool.edu.in](mailto:anupamadhawan@sanskritischool.edu.in)
- Sana Kapur (Careers & Student Well-being): [sanakapur@sanskritischool.edu.in](mailto:sanakapur@sanskritischool.edu.in)
- Apranta Somayaji (Student Well-being): [aprantasomayaji@sanskritischool.edu.in](mailto:aprantasomayaji@sanskritischool.edu.in)

Incase you would like to contribute in any way, please write an email to Ms. Anupama Dhawan, Ms. Poorni Rajesh ([poornirajesh@sanskritischool.edu.in](mailto:poornirajesh@sanskritischool.edu.in)) and/or Ms. Richa Sharma Agnihotri ([principal@sanskritischool.edu.in](mailto:principal@sanskritischool.edu.in)).

**With grit and gratitude,  
Counselling Department**