



Sanskriti School
Dr S Radhakrishnan Marg
New Delhi - 110021

Dear Parents

With final exams approaching and seeing the online fatigue setting in with students spending more than half their day on the screens, Middle School is organising a webinar on **EXAM STRESS AND STUDY SKILLS IN THE DIGITAL ERA** by **Fortis Mental Health Team**. It is aimed to help students find the right balance, cope with problems of procrastination or exam anxiety and give them strategies to structure their day and study time. Towards the end of the webinar, psychologists from the Fortis team will be answering questions of the students and giving them individualised tips to study effectively.

The grade & section wise schedule for the webinar is as given below. It will be conducted after the classes. Meet Links will be shared with the students later through their respective Google Classrooms.

DATE	GRADE & SECTION	TIMINGS
15th Feb, 2021	Batch 1 : 8A, 8B & 8F	12:45 p.m. - 1:45 p.m.
	Batch 2 : 8C, 8D & 8E	12:45 p.m. - 1:45 p.m.
16th Feb, 2021	Batch 1 : 7A, 7C & 7D	12:45 p.m. - 1:45 p.m.
	Batch 2 : 7B, 7E & 8G	12:45 p.m. - 1:45 p.m.
17th Feb, 2021	Batch 1 : 6A, 6C & 6D	12:45 p.m. - 1:45 p.m.
	Batch 2 : 6B, 6F & 6G	12:45 p.m. - 1:45 p.m.
	Batch 3 : 6E, 7F & 7G	12:45 p.m. - 1:45 p.m.

Please ensure that your ward attends as it is mandatory for all the students to be present for the webinar.

You may reach out to the School counsellor in case you have any query or would like to give any suggestions at the following address.

nayandeepkaur@sanskritischool.edu.in

Best Regards