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**Cir No: HBT ATH/AC GR/03A/26-27**

**Date: 23.04.2026**

**Awareness Session on Mental Health & Stress Management (Girls – Grades 9 to 12)**

Dear Parents,

We are pleased to inform you that an awareness session on **Mental Health & Stress Management** has been arranged for Grades 9 to 12 on **25.04.2026**.

The session details are as follows:

**Date: 25.04.2026**

**Time: 11:00 AM to 11:30 AM**

**Topic: Mental Health & Stress Management**

**Join Zoom Meeting**

**<https://bit.ly/41OaCHD>**

This session aims to create awareness among students about mental well-being, stress management techniques, and healthy coping strategies.

Kindly note:

Attendance is **mandatory**.

Students are expected to join the session on time using the link provided.

We look forward to your support and cooperation.

**Regards,**

**Principal  
Mariyam Nizar Ahamed**