



ARMY PUBLIC SCHOOL, BIRPUR DEHRADUN

**ON THE OCCASION OF
MENTAL HEALTH AWARENESS WEEK**

**we are organising
a two day online session for parents
Theme : Parent-Child Relationship**

by



Speaker : Dr Geeta Shukla

(Principal Manav Bharti India International
School, Dehradun

Child development Specialist & Mindful Parenting Coach "Success Psyche"
Chief Strategy Officer "Soulitaire")

Date

4th October - Class 9th-10th parents

5th October - Class 11th-12th parents

Time - 6pm-7pm

Platform - Zoom

Organised by:

PGT Psychology & School Counsellor

Ms. Upasna Ghale



ARMY PUBLIC SCHOOL, BIRPUR DEHRADUN

**ON THE OCCASION OF
MENTAL HEALTH AWARENESS WEEK**

we are organising a session on

"Heal-thy mind"

by



Speaker : Mr Aporva Kala

(author, explorer of yogic knowledge and a mentor for the last 24 years)

Date - 5th October 2021

Time - 9 am

Class - 9th and 11th

Organised by:

PGT Psychology & School Counsellor

Ms. Upasna Ghale



ARMY PUBLIC SCHOOL, BIRPUR DEHRADUN

**ON THE OCCASION OF
MENTAL HEALTH AWARENESS WEEK**

we are organising a session on

Theme : Barriers in Approaching Counselling Services

by



Speaker : Dr Rajesh Bhatt

Assistant Professor
Department of Psychology
Doon University
Dehradun

Date - 6th October 2021

Time - 11am to 12:30pm

Organised by:

PGT Psychology & School Counsellor

Ms. Upasna Ghale