



## SALWAN PUBLIC SCHOOL, RAJENDRA NAGAR

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**Subject: Parent Webinar Series - Healthsetgo Education**  
**Classes: Nursery-XII**

SPS/968/2025

30<sup>th</sup> January 2025

Dear Parent

We are excited to announce that Healthsetgo Education is organizing the next session of our Parent Webinar Series: **Strategies to Navigate Academic Pressure**. This interactive Q&A session is designed to equip parents with effective strategies to support their children during the exam season.

**Session Details:**

- **Topic:** Strategies to Navigate Academic Pressure (Q&A Session)
- **Expert:** Astha Ahluwalia- Therapist and Mental Wellbeing Trainer, Reboot Wellness
- **Date:** 1<sup>st</sup> February 2025
- **Time:** 3:00 PM – 4:00 PM

The Zoom link for the session will be shared with you a day before the event.

With regards

Priyanka Barara  
Principal



## Dear Parent,

As the exam season approaches, we understand the pressure students face. It's not just about preparing for the tests but also managing the stress and expectations that come with it.



That's why we are hosting a **Q&A session in collaboration with HealthSetGo Education**, where experts will answer your questions on how to support your child emotionally and mentally during exams.

**STRATEGIES FOR  
PARENTS TO NAVIGATE  
ACADEMIC PRESSURE**  
TOPIC



**01ST FEB 2025**  
SATURDAY



**3:00 PM - 4:00 PM**  
TIMING

## Expert Speaker

### Astha Ahluwalia

Therapist and Mental Wellbeing Trainer

**REBOOT**  
wellness



[Register Now](#)

This is your chance to ask questions, share concerns, and learn valuable strategies to help your child manage the pressures of exams while maintaining their well-being. We look forward to seeing you at the webinar!



healthsetgo<sup>®</sup>  
**education**