

**DAV PUBLIC SCHOOL**  
**BRS NAGAR, LUDHIANA**

Dear Parents  
Greetings!

In today's fast-changing and demanding world, adolescents are often faced with a range of emotional, social, and psychological challenges. At DAV, BRS Nagar, we remain committed to not only nurturing our students but also supporting our parent community in navigating these crucial years of development. As part of this endeavour, the school is organising an Awareness Session on Adolescent Health and Well-being, in collaboration with the Adolescent Health Academy, Punjab, a unit of the Indian Academy of Pediatrics.

The parents of Classes IX & X are cordially invited to attend this session, which aims at providing essential guidance on adolescent well-being and practical parenting insights. The session has been designed to empower parents to better understand and support their children as they grow through this important stage of life and require guidance and support.

Details of the session are as follows:

<b>Date</b>	<b>: 26<sup>th</sup> July, 2025 (Saturday)</b>
<b>Time</b>	<b>: 8:30 am – 10:00 am</b>
<b>Venue</b>	<b>: Mahatma Anand Swami Auditorium</b>

The session will focus on:

- Substance Abuse – What Parents Should Know
- Dealing with Problem Behaviour in Teens
- Dealing with Silently Suffering Teens (Mental Health)

We look forward to your kind presence and active participation to make this event a great success.

Warm regards

(J. K. Sidhu)  
Principal