

LAKSHMIPAT SINGHANIA ACADEMY
12B, ALIPORE ROAD, KOLKATA 700 027



LakshmiPat Singhania Academy, in collaboration with Mindler, invites you for a free session on

Stress and Anxiety management



For Grade 10, 12 and Parents



SPEAKER

Mr. Prikshit Dhanda

Director & Chief Strategy
Officer, Mindler



2nd Feb, 2025
11 AM - 12 Noon

Dear Students & Parents (Grades 10 & 12),

As the board examinations approach, we cordially invite you to an exclusive session on Stress and Anxiety Management during the exam season.

Join us for this FREE free session on -

Date: Thursday, February 2nd, 2025

Time: 11 AM to 12 Noon

Where?: Zoom <https://bit.ly/40rpVoA>

This session will be led by Mr. Prikshit Dhanda, Director, and Chief Strategy Officer at Mindler.

The session will equip you with valuable tools and techniques:

🎯 Stress and Time Management

🎯 Emotional Awareness

🎯 Goal Setting

🎯 Self-Care Strategies

This webinar is invaluable for students in Grades 10 and 12 and their parents. 🧑🧒

Don't miss out!

Click the link below to join the Zoom session: <https://bit.ly/40rpVoA>

This session is mandatory for all Grade 10 & 12 students & parents.

We look forward to see with you at the session!

Good luck and warm regards,

- Lakshmipat Singhanian Academy, Kolkata