

BPS/EC/2024-25/102
02 February 2025

Birla Public School Doha – Qatar
Circular for Grades VII & VIII

Dear Parents and Students,

Subject – **Invitation for awareness session for Parents**

We are pleased to invite you to an informative and engaging awareness session on "**The Effect of Sleep on Mental Well-Being, Eating Disorders, and Healthy Eating Habits.**" This session is being organized in collaboration with the **United Nurses of India - Qatar** and aims to provide valuable insights into how sleep patterns and eating habits can impact mental health, particularly for young adolescents.

Details of the session:

Day & Date: Saturday, 8 February 2025

Time: 8:30 AM to 10:30 AM

Venue: Basant Kumar Birla Auditorium, Birla Public School Main Campus

This session is intended for parents of Grades VII and VIII, along with their wards.

To ensure the smooth conduct of the program, we kindly request you confirm your attendance by registering through the Google Form link provided below.

Google Form Link:

https://docs.google.com/forms/d/e/1FAIpQLSc4CXxqGV0XYKywpz_svL3Jfod0dbBQMIA3-tZ0IeQre7REFw/viewform?usp=header

The last date for registration is **Tuesday, 4 February 2025.**

We urge all parents to attend and participate in this informative session. We hope that valuable advice from the experts in this field will benefit both parents and students in fostering a healthy lifestyle.



Dr. Anand R. Nair
Principal