

YARA INTERNATIONAL SCHOOL – RIYADH

Date: 10th October 2024



Circular No : 075/YIS/AS/24-25/075

SUB : National Online Workshop on Mental Health and Cyber Security

Dear Parents,

We are pleased to inform you that the **Department of School Education and Literacy, Ministry of Education, Government of India**, is organizing a national online workshop for the students of **Grade VI to XII** on the occasion of **World Mental Health Day**, which falls on **October 10, 2024**. This workshop aims to address the critical areas of **Mental Health and Cyber Security**.

Details of the Workshop:

- **Date:** October 10, 2024
- **Time:** 3:00 PM to 4:00 PM (IST) however it can be viewed later on youtube.
- The session will be live telecasted at <https://www.youtube.com/watch?v=Z7jg9EXHg0w>

Topics of Discussion:

- Understanding Stress, Anxiety, and Depression in Youth
- Identification and Prevention Strategies
- Key Laws on Online Harassment and Cybercrimes
- Managing Privacy on Social Media
- Cyberbullying and its Effects

Resource person/speakers for this session:

- **Sh. Rajesh Sagar**, Leading Professor (MD), Psychiatry Department, AIIMS Delhi
- **Ms. Rashmi**, DCP, Indian Cybercrime Coordination Centre, MHA

We encourage all students to participate actively in this important workshop as safety, security and mental well-being of children is crucial for their all-round development.

Warm Regards,

Mrs. Aasima Saleem
Academic Principal



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