



# **IEM PUBLIC SCHOOL**

## **NOTICE**

Session: 2026-2027

Date: 07.09.2026

Ref. No. IEMPS/SL/NOTICE/2026-27/108

Subject: Mental Health Awareness Interactive Session

**Dear Parents (IX to XII),  
Greetings from IEM Public School!**

We are pleased to inform you that **IEM Public School, Ashram Campus**, in association with **Saradadevi Integrated Mental Health Institute (SIMHI), Kolkata**, is organising an interactive session on **Mental Health Awareness and Emotional Well-Being** for the **students of Classes IX to XII**.

**Topic:** *Understanding the Adolescent Mind: Emotions, Behaviour & Building Resilience*

**Date:** Tuesday, 15th September 2026

**Time:** 12:30 p.m. to 1:30 p.m.

**Venue:** AV Room, IEM Public School, Ashram Campus

The session will provide students with an opportunity to understand adolescent emotions and behaviour, develop emotional awareness, and learn ways to build resilience and maintain positive mental well-being.

The session will be conducted under the guidance of **Dr. Rajdip Barman**, Founder and Lead, Saradadevi Integrated Mental Health Institute (SIMHI), Kolkata.

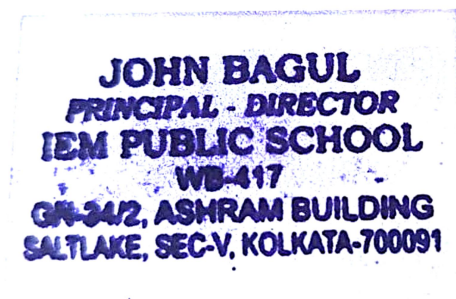
Students of Classes IX to XII are encouraged to participate actively and make the most of this meaningful and interactive session

Thank you.

**Mr. John Bagul**

Principal-Director

IEM Public School, Salt Lake



CC to-

- HR Head, Head Master, Head Mistress, School Coordinator, Facility Manager, Accounts Department, Admission Head, Reception, Canteen, Security