



Date: 30-07-2024

Circular-QCS/2024/107

Dear Parents

Greetings!

Subject: LSDP Circular

We are pleased to announce that the first Saturday of August, 03-08-24, will be a working day for students in Grades I to VIII for the Life Skills Development Program (LSDP). The LSDP program for July holds:

- **Club Activities** that aim to provide a variety of activity stations where kids can pursue their interests.
- **Interhouse Competition** for showcasing their talent, cheering their housemates, and developing sportsman spirit.
- **An exclusive counselling session** on Good Touch, Bad Touch for students in Grades I–VIII and Awareness on Sex Education and Behavioral Changes for Adolescents in Grades VI- VIII has been organized.

Ms. Pragya Singh, a clinical psychologist with specialized skills in cognitive behavioral therapy (CBT) and comprehensive mental health care, will be taking (face-to-face) special session with students. Kindly note the schedule of the classes:

TIME	ACTIVITY
8:30- 9:30 am	<ul style="list-style-type: none"><li>• Club Activity</li></ul>
9:30 - 10:30 am	<ul style="list-style-type: none"><li>• Counselling Session- Health Set Go -Good Touch, Bad Touch -Sex Education and Behavioral Changes for Adolescents</li></ul>
10:30 -11:00 am	<ul style="list-style-type: none"><li>• Tiffin-Break</li></ul>
11:00 – 12:20 pm	<ul style="list-style-type: none"><li>• Inter-House Dance Competition- Feel the Beat</li></ul>

**Note:**

- a) School timings: 08:30 am - 12:30 pm. Dispersal at 12:30 pm.
- b) Saturday LSDP is meant for students from Grade I to Grade VIII.
- c) Transport facility would be available for bus users. The drop timing will be shared by the transport In-charge in the transport group. Please have your ward picked up accordingly.

Warm Regards

Ms. Sandhya Kumaria

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