



# THE WISDOM GLOBAL SCHOOL, HARIDWAR

[www.twgs.in](http://www.twgs.in), [www.quickmath.in](http://www.quickmath.in)

TWGS/Cir/23-24/423

Dated -02.02.2024

## CIRCULAR

Dear Parents,

### Greetings from TWGS!

As we approach the upcoming exam season, we understand that the pressure can sometimes take a toll on your mental health. We care about your well-being and want to provide support during this challenging time.

The AFS team has scheduled a special stress buster meeting to help you combat anxiety and stress. Their experts will guide you through effective strategies to manage your fears and emerge as happy individuals ready to face your exams with confidence.

Here are the details for the stress buster meeting:

Date: February 3, 2024

Time: 03:00 PM (India Time)

Join Zoom Meeting:

<https://afs.zoom.us/j/87421324159?pwd=LaEbfYfrpx11aVtdvEwheZltRbbJPe.1>

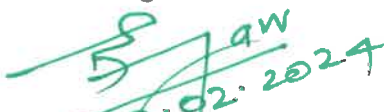
Meeting ID: 874 2132 4159

Pass word: 634524

We encourage all students and aspirants to participate in this session. Together, we can create a supportive environment and equip ourselves with the tools needed to face the challenges ahead.

Take a break from your study routine, join the meeting, and prioritize your mental well-being. Let's work together to ensure a positive and successful exam season.

Best regards,

  
02.02.2024  
Principal