

Press Note

April 23, 2026

Delhi Public School, Mohali organised an insightful and engaging awareness session on 'Adolescent Health' for the students of Classes VI–VIII. The session was conducted by Dr. Rashmi Pandove, a distinguished expert with over 18 years of experience in the field of paediatrics.

Focusing on the physical, emotional, and psychological changes during adolescence, she highlighted the importance of personal hygiene, balanced nutrition, mental well-being, and coping with developmental transitions. Students were encouraged to adopt healthy habits, build a positive body image, and communicate openly about their concerns.

The interactive session witnessed enthusiastic participation, with students actively engaging in discussions and clarifying their doubts. It proved to be an enriching experience, reinforcing the school's commitment to holistic student development and well-being

