

D.A.V. Centenary Public School, Paschim Enclave, New Delhi-87

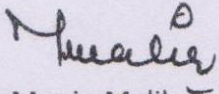
Dear Parents

Do you know that many diseases in adulthood have their roots in adolescence? Especially Chronic Metabolic Lifelong diseases like **DIABETES**. Surveys and studies have proved that obesity, poor and sedentary lifestyle of today's adolescents leads to Diabetes at a very young age. It is growing @ 5% every year globally. However, awareness and lifestyle changes can help in prevent diabetes.

In this regard, the school is organizing **JAGRUTI – A Health Education & Awareness Programme on Lifestyle Health Problems for students of Classes IX to XI on 18 September 2017 (Monday)** after the last Half Yearly Examination. For the students attending the workshop, the **school will be over at 2.00 pm**.

Parents are requested to **arrange the pick-up of the students** in the afternoon.

Looking forward to your co-operation,



Manju Malik
Principal