

Aakash Educational Services to launch “Say No to Stress” Campaign across India

- *As part of the campaign, AESL will partner with Advance Health Care Foundation, which will organise seminars across India on the theme “Adolescence: A Period of Bumps and Humps”.*
- *Eminent doctors and psychologists will address various issues faced by adolescents and provide a tangible solution at these seminars.*

DELHI / September 9, 2019: In light of the increasing incidence of stress-related problems among adolescents which may even lead to suicide, Aakash Educational Services Ltd. (AESL), the national leader in test preparation services, announced the launch of a “Say No to Stress” campaign across India on the eve of the World Suicide Prevention Day.

To run this campaign, AESL has partnered with Advance Health Care Foundation, who are organising a series of seminars on the theme: “Adolescence: A Period of Bumps and Humps” across India. The seminars target school students from Classes 8 to 12, school teachers, parents, counsellors and social workers. Eminent doctors, psychologists, IT experts will address various issues faced by adolescents and provide a tangible solution at these seminars.

They will share their expertise and insights about topics such as the emotional challenges of adolescence, sexual abuse, technology addiction, drug abuse, smoking, alcohol addiction, depression and building emotional intelligence and positive psychology. A group of young adolescent dancers will also perform on all these topics, trying to creatively communicate with the audience.

The first such seminar will be held in Delhi on October 23, 2019, targeting 25 schools of the city.

The series will see seminars and symposiums to be held in different cities of the country in order to enable school students to better handle the challenges of adolescent life.

Announcing the launch of the campaign, **Mr. Aakash Chaudhry, Co-Promoter & CEO of Aakash Educational Services Ltd. (AESL) and Founder & Trustee of Plaksha University:** “One in every six persons in India is an adolescent. The formative years of school are not only an age of opportunity, but also of disorientation and vulnerabilities. As India’s premier institute providing preparation services for competitive exams, we are deeply concerned about the mental health of students grappling with the emotional challenges of adolescence. They face negative situations like peer pressure, parental pressure, academic pressure, Internet addiction and even

family conflict, which can lead to deep scars on their psyche. We are happy to partner with Advance Healthcare Foundation to address this problem faced by the budding builders of this nation. With this campaign on 'Say No to Stress', we hope to empower them and other stakeholders to better meet the challenges of a very vulnerable phase of their life."

About Aakash Educational Services Limited (AESL)

Aakash Educational Services Limited (AESL) provides comprehensive test preparatory services for students preparing for medical and engineering entrance examinations, school/board exams and competitive exams such as NTSE, KVPY, and Olympiads. AESL believes that the "Aakash" brand is associated with quality coaching and a proven student selection track record in various medical and engineering entrance examinations.

With 30 years of operational experience in the test preparatory industry, the company has a large number of selections in Medical & Engineering entrance exams, a pan India network of 186+ Aakash Centres (including franchisee), and a student count of more than 200,000.

About Advance Healthcare Foundation (AHF)

Advance Health Care Foundation is a not-for-profit organization run by a group of eminent conscious citizens from different walks of life including medicine, technology, legal, education and others. AHF aims to create medical awareness about recent advancements made in the medical field and explore avenues to make these advancements available to the persons who need them the most. They are working on different verticals of healthcare like critical care, e-healthcare apart from problems of adolescence.