

## MOTHER DAUGHTER WORKSHOP

*"The mother-daughter relationship is the most powerful bond in the world and sets the stage for all other relationships."*

Adolescence is a time of transition both for mothers and their daughters as it is marked by growth and change. To ensure that girls navigate this transition successfully a Mother Daughter workshop was organized on 14th July'17 for the girls of class V. The workshop was conducted by eminent gynaecologist Dr. Suman Lal, a consultant in Max Healthcare Hospital, Gurgaon .

The objective of the workshop was to support the girls on their journey through adolescence by giving them information on the changes experienced by them while growing up. The workshop helped the mothers and their daughters to identify with the physical and emotional changes that accompany this age, in an engaging and relaxed atmosphere. Having the reassuring presence of mothers beside them helped the girls to embrace these changes with a positive attitude and they went back well equipped and aware about sensitive adolescent issues.

During the question and answer session, both mothers and daughters candidly put forth their concerns and queries which were answered to their satisfaction

