

## Report- Wellness Webinar 10.0

Delhi Public School, Gurgaon organised Wellness Webinar 10.0 on 22nd December 2020, on Zoom platform to celebrate the spirit of 'Joy of Giving' during the Christmas week. The theme was, 'Building an Ecosystem of Charity'. The panelists comprised of Director Principal, Ms Aditi Misra, Parent Reps, Ms Deepali Sharma, Mr Swaroop Kanti Bera, teachers, Ms Kavita Tewari, Ms Rekha Ajay, Ms Sriparna Ghosh, alumna Ms Pankhuri Aggarwal, and Vice Head Girl, Anisha Sainani. Student representatives Tanvi Nagar, Editor, and Daksh Kumbhat, Secretary, Interact Club, moderated the event. The webinar was attended by the stakeholders of the school community.

The moderators put forth questions to the panelists, which centred around the idea of charity. Each panelist described how important it is to put others' needs before one's own, to always strive to do the best for all, and most importantly, make charity a way of life. The discussion highlighted the imperativeness of 'Service Before Self', thereby spreading the message of sharing, especially during these unusual times.

The panelists spoke about how they experience immense joy and contentment while giving back to the community in their own small ways. They also shared various tangible and intangible forms of charity, practising which, one can extend a helping hand to those in need. The webinar reiterated the fact that the purpose of living is in giving.