

MOTHER-DAUGHTER WORKSHOP- REPORT

*There is nothing more powerful than a mother's love for her daughter
and there is nothing more healing than a daughter's gratitude.*

Adolescence may begin with teenage years but its physical and psychological expression begins early. During this transitional phase, mothers often find it difficult to speak with their young daughters about their adolescent development. Understanding this inhibition, Delhi Public School, Gurgaon organised a Mother-Daughter webinar on 'Awareness for Adolescent Changes' for the girl students of Class V and their mothers on 20th June 2020. Dr. Madhu Goel, a renowned Obstetrics and Gynaecology with Fortis La femme was the guest speaker.

The webinar helped sensitize the girls and their mothers about the physical, emotional and social changes that girls go through during adolescence. It opened the door of communication and established a renewed bond between the mothers and their daughters. Mothers came up with a number of queries which were answered to their satisfaction.

The webinar was well appreciated by the participating mothers as it aimed at empowering our young girls to respond to real-life situations in a positive and responsible way.

