

## **REPORT- WELLNESS WEBINAR SERIES 9.0**

### **LET'S TALK ... PARENTING**

Delhi Public School, Sector 45, Gurgaon organized the Wellness Webinar Series 9.0, 'Let's Talk – Parenting', on Saturday, 17th October, 2020 to discuss effective parenting skills which help us as a society to nurture strong, responsible and happy children.

The discussion was moderated by Ms. Aditi Misra, Director Principal, DPS Gurgaon. The eminent panelists comprised of Psychologist & Relationship Therapist, Ms. Vichitra Dargan Anand, Success Coach and Certified Counsellor, Ms. Sonia Pillai and Author, Columnist and Educator, Mr. Rohit Kumar. The panel also included Vice Principal, DPS Gurgaon, Ms. Santvna Thadani, Dean Student Welfare, DPS Gurgaon, Ms. Sapna Dhawan, and Parent Reps, Mr. Sachin Chugh and Mr. Nipun Marya. The webinar was well attended by 6485 people and garnered 1400 views on Facebook.

Ms. Misra initiated the discussion by greeting all the panelists and asking them to share one parenting lesson which they had learnt from their parents and have imparted to their children and another which they have not carried forward. The panelists shared their childhood memories, and discussions brought forth important lessons in parenting, like giving respect to all, involving children in important family decisions, perseverance, generosity and active listening skills, to name a few. While discussing the different styles of parenting, Ms. Anand said that it's her firm belief that building a child is like building a skyscraper with a strong foundation. Mr. Marya observed that parents should not compare their children with others as each child is unique. In Ms. Pillai's opinion, parents must build a circle of trust with their children.

The speakers emphasized on the importance and various techniques of positive parenting in today's time. According to Mr. Rohit Kumar, parents should be good role models for their children. Mr. Sachin Chugh felt that as parents, one must never forget to hug and cuddle one's children. A very effective positive discipline tool that was explained by Mr. Kumar was, 'No correction without connection'. Ms. Thadani advised parents to be good listeners and to love their children, who will then love them back. Ms. Dhawan urged parents to be non-judgmental and stressed on the importance of inculcating strong values which help the children to achieve more and yet be grounded. The enriching discussion was concluded by a rapid-fire round where the panelists answered questions posed by the moderator dealing with situations that are often encountered by parents.

Ms Aditi Misra thanked the panelists for their insight on parenting. She shared with the viewers that on 18th October 2020, DPS Gurgaon will be completing 19 years since its inception and wished everyone a Happy Founder's Day in advance.



**DELHI PUBLIC SCHOOL, SEC 45, GURGAON**  
 continues its Wellness Webinar Series 9.0  
*Let's Talk... Parenting*

17th October, 2020  
 11:00 am-12:00 noon

**Ms. Aditi Misra**  
 Director/Principal, DPS Gurgaon  
 In conversation with

**Ms. Vichitra Dargan Anand**  
 Psychologist & Relationship Therapist

**Ms. Sonia Pillai**  
 Success Coach & Certified Counsellor

**Mr. Rohit Kumar**  
 Author, Columnist & Educator

**Ms. Santyha Thadani**  
 Vice Principal, DPS Gurgaon

**Ms. Sapna Dhawan**  
 Dean Student Welfare, DPS Gurgaon

**Mr. Sachin Chugh**  
 Parent Rep

**Mr. Nipun Marya**  
 Parent Rep

**LIVE**

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**Thank you for Sharing your time and thoughts**

**Building a child is like building a skyscraper. The foundation needs to be very strong.**

**It's good to have a circle of trust with your children.**

**Be the adult you want your children to grow up into.**

**Be a good listener. Love your children and they will love you back.**

**Don't be judgmental. Give them the values, the roots and let them fly.**

**Never ever forget to hug, cuddle or get into a pillow fight with your children.**

**Don't compare somebody else's highlights with your backstage.**