

WELLNESS WEBINAR 6.0

PRESS RELEASE

Delhi Public School, Gurgaon organized Wellness Webinar 6.0 on 13th August 2020. The platform had a group of panelists with students and parents participating together, to ponder over their curve of life during these past few months.

The panelists were class XI students, Navya Garg, Tapasmi Ray Chaudhari, Abhimanyu Garg and Parth Arya, along with parents - Ms. Jaspreet Chopra, Ms. Archana Khera, Mr. Biswajit Ghosh and Mr. Ajay Wasan, representing the stakeholders of the school. The session was moderated by Ms. Sapna Dhawan, Dean Student Welfare, in the presence of Director Principal, Ms. Aditi Misra.

The session started with a thought provoking question by Ms. Dhawan, who asked everyone to share their feelings and thoughts that arose in the initial phase of the lock down. Students put across their views as to how some of them were skeptical about the future and also a little saddened by the fact that they could not enjoy with their friends after the culmination of their Board examination. Some added that they have been able to keep a positive outlook in these unusual times through various activities and by spending quality time with their families. As the discussion proceeded, the parents expressed their views too. They believed moving ahead and learning to accept was the only way forward. Though they were worried about the Board exams and what their children's future would be, their focus was on saving their families from the deadly virus as anxiety set in with the rising number of Corona cases. Soon their aim was to understand how to cope in the unusual times and continue with their lives in the best possible way.

The Director Principal, Ms. Aditi Misra also shared her opinion and said that she too had anxious moments when students wrote anonymous mails to her about the stress and uncertainty they were facing. Taking care of the three large families - DPS International, DPS Jaipur and DPS Gurgaon, was not a piece of cake and her only aim was to keep her students' and employees' morale up and that no one should fall into the crevice of depression. Ms. Misra went on to say that she has been trying her best to take out time for all her students and employees to look after the immediate needs they have, be it providing training in facing the challenges of these changing times, or any other issues.

Ms. Dhawan further asked the parents about their outlook towards working in this condition and what according to them had changed. To this, they replied that though there was a sense of comfort and security in staying at home with family, this feeling camouflaged the reality with a false hope that one was safe. They also said that their teenage children, bursting with energy, wanted to go out, meet their friends or enjoy a game of basket ball, and it was difficult for the parents to engage them constructively for a long span of time.

Ms. Dhawan moderated the session further by asking everyone, the different mechanisms they had been using to cope with stress and what change they had found in themselves, due to these trying times. Where the elders expressed that they had become more tolerant, patient and thankful for their blessings, the students also accepted that they had become more resilient with time and had understood the importance of spending time with family. They unanimously agreed that playing a game of scrabble, drinking tea,

playing the keyboard or singing were some of the activities that really cheered them up and had also brought them closer to their families. This was followed by a question answer round with the viewers.

The session culminated with all the panelists accepting the great change the pandemic has brought about and the belief that one had to create time for both, work and family, and learn to keep a healthy balance in life so as to make it a happy one.

