

## **Workshop on Physical Wellbeing 3.0 (Part of the Wellness Series)**

Ms. Aditi Misra, Director Principal, Delhi Public School, Gurgaon hosted the third webinar - Physical Wellbeing, on 15th June 2020 as part of the Wellness Webinar Series. The guest speakers were Ms Rima Singh - Head of School, DPS International, Ms. Tanya Aggarwal – a fitness blogger, Ms. Sapna Dhawan- Dean Student Welfare, DPS Gurgaon, Mr. Ankit Khandelwal- Director, Rocksport and Mr Arjun Thadani- Alumnus, DPS Gurgaon.

Ms Rima Singh emphasised the importance of regulating the eating habits of children as they are finding comfort in food and eating unnecessarily, due to the lockdown. Parents need to capitalise on the fact that as outside food can't be ordered because of safety reasons, they can prompt their kids to participate in preparing meals, and in the process hone their culinary skills.

Ms. Tanya Aggarwal shared how she had started her fitness journey and how she combines her fitness regime with yoga, running and strength training. She mentioned that kids at any age emulate their parents and so if parents derive fun from working out, their kids will follow suit.

Mr Arjun Thadani explained how strength training can easily be done at home with no equipment and a protein rich diet is essential for maintaining a healthy body. He said that fitness regime must be a part of everyone's life.

Ms. Rima Singh also discussed how we can have a healthy diet to boost our immunity during this time and various ways in which we can make a healthy diet interesting for children. She added that children are natural enquirers and must be sensitized about the importance of eating a balanced diet, failing which they can suffer from various deficiencies.

Mr Ankit Khandelwal laid emphasis on the fact that a balance of physical activity, nutrition and mental health contributes to one's physical wellness. Waking up early, working hard, thinking creatively, introspection and de-stressing oneself are important aspects for leading a good life.

Ms Sapna Dhawan expressed that students these days are technologically very sound and set weekly challenges for themselves to stay fit. She also stated that various inter-school competitions also encourage students to participate and get rid of any lethargy that they might become victims of, in these unusual times.

Ms Aditi Misra urged the parents to include their children in various household chores which will ensure that they not only become self-dependent but will also learn to appreciate the efforts of others, and in the process, will be gainfully engaged. She ad-

vised the students to be active by indulging in various physical activities and stressed upon the fact that this lockdown shouldn't dampen their spirits and they must take out time to engage in physical exercises to stay fit.

The webinar concluded with a Q&A session wherein the queries and concerns of the parents were answered by the panelists. It was felt that parents should set an example for their children by staying fit and eating healthy.









