

# Getting comfortable with the new normal

In continuation with the series of Wellness Webinars, Delhi Public School, Sec-45, Gurgaon, conducted its eleventh edition on April 16, 2021.

The panelists comprised of parents-child duo, Dr Sarabpreet Singh and Jasmine Kaur (class VI); Pankaj Singh and Akshara Singh (class X); Priyanka Dutta and Devank Dutta (class VI); and Neetu Vikram and Pradyumn Vikram (class X) along with Aditi Misra, director principal, Shalini Arora, headmistress (middle wing), Laveena Hemrajani, headmistress (junior wing) and Amanat Gill, special educator and counsellor.

The moderators for the session were student representatives Tapasmi Ray Chaudhuri and G Pranav Bhardwaj, who commenced the session with their perspective on the changing times and the need for preparedness to embrace the future.

Dr Sarabpreet Singh shared his experience of how the pan-

DELHI PUBLIC SCHOOL, SEC 45, GURGAON  
continues its Wellness Webinar Series 11.0  
*Let's Talk...Getting Comfortable With 'The New Normal'*  
Friday, 16th April, 2021, 4:00pm - 5:00pm

In conversation with...

Dr Pranav Bhardwaj, Student Representative  
Tapasmi Ray Chaudhuri, Student Representative

Ms. Akshara Singh, Student Representative (class X)  
Ms. Akshara Singh, Student Representative (class X)  
Ms. Laveena Hemrajani, Headmistress (junior wing)  
Ms. Amanat Gill, Special Educator

Dr Sarabpreet Singh, Dr. Sarabpreet Singh  
Ms. Priyanka Dutta, Ms. Priyanka Dutta  
Ms. Neetu Vikram, Ms. Neetu Vikram  
Ms. Pankaj Singh, Ms. Pankaj Singh  
Ms. Shalini Arora, Headmistress (middle wing)  
Ms. Laveena Hemrajani, Headmistress (junior wing)  
Ms. Amanat Gill, Special Educator

dem came as a challenge as his job demanded him to be on his toes; and the couple was faced with the question of effectively engaging their daughter in their absence. Whereas the work from home scenario was like a godsend opportunity for Pankaj Singh who was able to spend quality time with the family, the pandemic took Priyan-

ka Dutta on a journey of self-reflection to find the crucial answers within herself. Neetu Vikram, on the other hand, spent quality time-solving puzzles and doing craft activities with her children.

Shalini Arora reflected that the year went by had taught her to prioritise her responsibilities and manage time effectively. The

habit of following strict routines and perfect structure was broken and she learnt to take life as it comes. Laveena Hemrajani felt that working remotely has helped her upskill and adapt to new skills. Spending time in her own company has broken her habit of externalising happiness. Amanat Gill observed that she has started valuing the simple pleasures of life. It was after many years she heard the birds chirping.

Aditi Misra expressed her devotion for education and her enthusiasm to do something novel each day. She spoke passionately about her vision and mission for uplifting less privileged and imparting education to students at Shiksha Kendra, an informal afternoon school for children of the marginalised sections of the society and the two government schools adopted under Project Muskaan.

The student panelists shared their experiences of the year 2020 whereas the parents on the panel complimented the efforts of the school in conducting the online classes efficiently though there were a few apprehensions on the increase of screen time for children.