

# DPS, Sec-45, Gurugram conduct wellness webinar

In continuation with the series of Wellness Webinars, Delhi Public School, Sec-45, Gurugram, conducted its 11th edition. The programme saw teachers, parents and students synergise in the common quest for constantly evolving and adapting through these unprecedented times.

The panelists comprised of father-daughter duos: Dr Sarabpreet Singh and Jasmine Kaur (Class 6), Pankaj Singh and Akshara Singh Class 10), mother-son duos: Priyanka Dutta and Devank Dutta (class 6) and Ms Neetu Vikram and Pradyumn Vikram (class 10) and Aditi Misra, director principal; Shalini Arora, headmistress of the Middle Wing; Laveena Hemrajani, headmistress of the Junior Wing and Amanat Gill, special educator and counsellor. The programme was envisioned by director principal Aditi Misra. The moderators 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. They introduced the guests and set the momentum by asking a series of rapid-fire questions to the panelists. With wide-ranging questions, the moderators engaged

the panelists to gain an insight into the experiences and challenges faced by them during the pandemic.

Dr Sarabpreet Singh shared his experience of how the pandemic came as a challenge to his job. Instead of cracking down in the face of the pandemic, he reached out to people. 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 Priyanka Dutta on a journey of self-reflection. Neetu Vikram, on the other hand, spent quality time solving puzzles and doing craft activities with her children. For Shalini Arora, it taught her to prioritise responsibilities and manage time effectively. Laveena Hemrajani felt that working remotely has helped her upskill and adapt to new skills. Amanat Gill observed that she has started valuing the simple pleasures of life. Aditi Misra spoke about her mission for uplifting the less privileged students at Shiksha Kendra and two government schools adopted under Project Muskaan. The session ended with panelists sharing their mantras for 2021. In Misra's words, 'be positive, be hopeful, be grateful, be strong!'