

DPS, Gurugram, conducts webinar on parenting skills

Delhi Public School, Sector 45, Gurugram organised the Wellness Webinar Series 9.0 'Let's Talk - Parenting' to discuss effective parenting skills which help us as a society to nurture strong, responsible and happy children. The discussion was moderated by school director-principal Aditi Misra. The eminent panelists comprised psychologist and relationship therapist Vichitra Dargan Anand, counsellor Sonia Pillai as well as author and educator Rohit Kumar. The panel also included DPS Gurugram vice principal Santvna Thadani; dean, student welfare, Sapna Dhawan, and parents' body representatives Sachin Chugh and Nipun Marya. The webinar was attended by 6,485 people and garnered 1,400 views on Facebook.

Aditi Misra initiated the discussion by greeting all the panelists and asking them to share one parenting lesson which they learnt from their parents and imparted to their children and another lesson which they didn't carry forward. The discussions brought forth important lessons in parenting, like giving respect to all, involving children in important family decisions, perseverance, generosity and active listening skills etc.

While discussing the different styles of parenting, Anand said that it is her firm belief that building a child is like building a skyscraper with a strong foundation. Marya observed that parents should not compare their children with others as each child is unique. Pillai said parents must build a circle of trust with their children. The speakers emphasised various techniques of positive parenting in today's time. Kumar said parents should be good role models for children. 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 Kumar was - 'no correction without connection'.

Thadani advised parents to be good listeners and love their children and Dhawan stressed on the importance of inculcating strong values. The discussion was concluded by a rapid-fire round wherein the panelists answered questions posed by the moderator. Misra thanked the panelists for sharing their insights.