

Delhi Public School, Gurugram, organises wellness webinar

Delhi Public School, Sector-45, Gurugram, organised the seventh edition of the wellness webinar series, 'Let's Talk'. Ideated by principal Aditi Misra, the webinar marked the prowess of teachers, who became frontline warriors by imparting online education during the Covid-19 pandemic. These unsung heroes ensured the continuity of the learning process by adapting to the 'new normal'. The in-house panel of educators deliberated and shared their experiences in dealing with the pandemic challenges while adapting to the new normal.

The eight-member panel comprised senior mistresses of senior, middle and junior schools and primary wing – Nishi Dhanjal, Shaifali Bhatt, Purnima Raheja and Mridula Pattanath respectively – and art department HOD Madhumita Nandi, PGT history Leeza Dutta, physical education department mentor Paramvir Singh and dance department HOD Divay Dua.

The webinar started with Misra asking the panellists to describe their initial reactions to the pandemic-induced lockdown and their experiences in the last four months. The panelists spoke about the feeling of confusion, fear and disbelief caused in the initial days of the lockdown. Thereafter, they also shared their feelings of being disheartened when they were not able to go to school and interact with their students and colleagues. The panelists spoke about gratitude, progress and resilience to describe their experiences.

Misra also shared her thoughts on the challenges she had to overcome in these unusual times. The panelists also discussed about the tips for staying calm and dealing with the pandemic, and how to remain motivated as teachers during these tough times.

Physical education and art teachers spoke about the different methods they had discovered to keep the children engaged as the usual methods of teaching theory-centric subjects proved to be difficult in their case.

The principal then initiated a conversation that discussed the changes in student-teacher and parent-teacher relationships. The webinar culminated with a video featuring the Happiness Dance by the leadership team, which was an energiser for the audience.