

REPORT ON MOTHER-DAUGHTER WORKSHOP

Topic: Mother-Daughter bonding and mutual-learning about Adolescence

Date: Saturday, 20th May 2023

Attended By: Headmistress, Reps, Class Teachers, Girl students of Class V and their mothers

Speaker: Dr. Sonu Balhara, a renowned Gynaecologist

Adolescence is a time of transition both for mothers and their daughters in which they come together to communicate, share, and overcome the barriers that impede the affinity of their relationship. To sail through this transitional stage, a mother-daughter workshop was conducted as an online webinar. The webinar aimed to sensitize the girl students and their mothers about the physical, emotional and social changes that happen as they go through adolescence. The webinar opened the doors of communication and established a renewed bond between the mothers and their daughters. Mothers came up with a number of queries which were answered to their satisfaction by the resource person, Dr. Sonu Balhara.

The webinar was well appreciated by the participating mothers as it aimed at empowering the young girls to respond to real-life situations in a positive and responsible way.

