

## REPORT ON MOTHER-DAUGHTER WORKSHOP

**Topic:** Mother-Daughter bonding and mutual-learning about adolescence

**Date:** Friday, 9th May 2025

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

**Speaker:** Dr. Madhu Goel, Director, Fortis La Femme, New Delhi

Adolescence marks a significant phase in a young girl's life, characterized by emotional, social and physical changes. It is a time when both the mother and daughter communicate openly and work together to overcome challenges. On the occasion of Mother's Day to strengthen the bond between a mother and daughter and with an aim to provide a platform for open dialogue, education and empowerment of our young girls, a Mother-Daughter online workshop was conducted by Delhi Public School, Sector 45 Gurgaon on Friday, 9<sup>th</sup> May 2025. This workshop aimed to sensitize the girl students and their mothers about the physical, emotional and social changes that girls undergo during the phase of adolescence.

The resource person, Dr. Madhu Goel commenced the workshop by emphasizing the importance of communication, empathy and mutual support in mother-daughter relationship. She discussed various aspects of adolescent development, including physical changes, emotional challenges, and peer relationships. She encouraged the mothers to share their experiences and concerns. She also addressed the doubts and concerns by providing her expert insights.

The workshop was well appreciated by the mothers as it aimed at empowering the young girls to respond to real life situations optimistically and responsibly.

