

Report on Book Launch

‘A book is a garden, an orchard, a storehouse, a party, a company by the way, a counselor, a multitude of counselors.’

Delhi Public School, Sector-45, Gurgaon organised a book launch of ‘Mama’s Off to Save the World’ authored by Dr. Farah Husain on 26th May 2023. It was attended by few distinguished guests from various fields who were connected to Dr. Husain, along with the teachers of the school.

The Director Principal of DPS, Gurgaon, Ms. Aditi Misra launched the book and congratulated Dr. Husain for writing on a topic that strikes a chord with young mothers, struggling to balance their personal and professional worlds. She urged the audience to read the book and support all working women in their endeavours to create an identity for themselves and achieve success.

It was followed by a motivational speech by the author, Dr. Husain. She shared that the stories she had told her twin children during lockdown, to help them deal with the stress, caused by her work routine, inspired her to write the book. In her book, she addressed the guilt felt by most women when they are at work, away from their homes and kids. She stated that this book would help both mothers and their children to overcome the feeling of separation anxiety. The esteemed guests also shared their insights on how essential it is for mothers to seek support, be mentally healthy to raise happy and emotionally strong children.

Overall, the session provided a fruitful platform where everyone shared their personal experiences and discussed the hurdles that women usually come across to maintain work-life balance.

