

## REPORT ON WORKSHOP OF PARENT CHILD RELATIONS

### PARENT- CHILD RELATIONSHIP:

*'Friendships and relationships sometimes fail us, but the relationship of parent and child always remain indelible, indestructible and the strongest and best relationship in the world, and the biggest blessing in the world.'*

On the 27th and 28th of April 2022, a workshop was conducted for the peer educators of class X, on the topic Parent-Child Relationships. The resource persons were Akarsha and Anindita from uPProject, an NGO that focuses on mental health.

The workshop provided a safe environment, where students could share their experiences and discuss solutions as well. Through this workshop life skills of effective communication, empathy, problem solving were re-enforced.



The first day of the workshop focussed on the importance of openness and building trust with parents, the factors that lead to good parent-child relationships, and strategies towards achieving this. All of these questions were answered through a number of activities and a lot of interesting discussions around real life situations as examples.

The second day of the workshop helped students understand the situations presented earlier and to



develop problem-solving skills regarding them.

Talking to parents is neither easy nor difficult, the answer lies in finding the right approach.

To be grateful towards their parents, students were asked to bring with them an object which reminds them of some good times with their parents.

In conclusion, the workshop taught students the importance of inculcating good relationships with parents through trust and effective communication which is the key to strengthening child-parental bonds.

*'Communication has profound effects in terms of how people can get to know each other, and how they can achieve the kind of freedoms they are interested in.'*

