

MOTHER-DAUGHTER WORKSHOP REPORT

“If mother is the cornerstone of family life, the mother-daughter relationship is the brick and the mortar that holds them together.”

Adolescence is a time of transition both for mothers and their daughters as it is marked by growth and change. To sail through this transitional stage, a mother-daughter workshop was organised on 21st May, 2022 for girl students of class V and their mothers by Dr.Sonu Balhara, a renowned gynaecologist who was the guest speaker for the day. The workshop aimed to sensitize the students and their mothers about the physical, emotional and social changes that happen as girls go through adolescence.

It is incredibly important to talk about adolescent changes with our daughters, hence, this workshop focused to cover relevant and timely information about health, hygiene, nutrition and physical changes that our little girls go through these adolescent years. The workshop opened doors of communication and established a renewed bond between the mothers and their daughters. Towards the end of the workshop, the queries posed by the mothers and daughters were answered satisfactorily by the resource person, Dr. Sonu Balhara.

