

Report- Wellness Webinar 11.0

Getting Comfortable with the New Normal

In continuation with the series of Wellness Webinars, Delhi Public School, Sec-45, Gurgaon, conducted its 11th edition on Friday, 16th April, 2021. The program saw a group of teachers, parents and students synergise together in the common quest for constantly evolving and adapting through these unprecedented times.

The panelists comprised of father-daughter duo, Dr Sarabpreet Singh and Jasmine Kaur (class VI), Mr Pankaj Singh and Akshara Singh (class X), mother- son duo, Ms Priyanka Dutta and Devank Dutta (class VI) and Ms Neetu Vikram and Pradyumn Vikram (class X) along with Ms Aditi Misra, Director Principal, Ms Shalini Arora, Headmistress, Middle Wing, Ms. Laveena Hemrajani, Headmistress, Junior Wing and Ms Amanat Gill, Special Educator and Counsellor.

The programme envisioned by Ms Misra, is rooted exclusively in supporting the social and emotional wellbeing of all the stakeholders. The moderators for the session were Student Representatives-Tapasmi Ray Chaudhuri and G. Pranav Bhardwaj, who commenced the session with their perspective on the changing times and the need for preparedness to embrace the future. They introduced the guests and set the momentum by asking a series of rapid-fire questions to the panelists. With wide-ranging questions, the moderators engaged the panelists to gain an insight into the experiences and challenges faced by them during the pandemic.

Dr Sarabpreet Singh shared his experience of how the pandemic came as a challenge as his job demanded him to be on his toes and the couple was faced with the question of effectively engaging their daughter in their absence. The online classes were a boon for them. He learnt the meaning of some proverbs in a new perspective and instead of cracking down in the face of the pandemic, reached out to people. Whereas the work from home scenario was like a godsend opportunity for Mr Pankaj Singh who was able to spend quality time with the family, the pandemic took Ms Priyanka Dutta on a journey of self-reflection to find the crucial answers within herself. Ms Neetu Vikram, on the other hand, spent quality time-solving puzzles and doing craft activities with her children.

Ms Shalini Arora reflected that the year went by had taught her to prioritise her responsibilities and manage time effectively. The habit of following strict routines and perfect structure was broken and she learnt to take life as it comes. She looks forward to interacting with students during the online classes and the pandemic has been a learning curve for her. Ms Laveena Hemrajani felt that working remotely has helped her upskill and adapt to new skills. Spending time in her own company has broken her habit of externalising happiness. The ever-changing dynamics has led everyone to re-evaluate life and find joys in little things in life. Ms Amanat Gill observed that she has started valuing the simple pleasures of life. It was after many years she heard the birds chirping. She shared her experiences with the children with special needs, in the virtual classroom.

Ms Aditi Misra shared that she rediscovered her hidden passion of embroidery and reconnected with her old friends. Ms Misra also expressed her devotion for education and her tireless enthusiasm to do something novel each day. She spoke passionately about her vision and mission for uplifting the less privileged and imparting education to the students at Shiksha Kendra, an informal afternoon school for children of the marginalised sections of the

society and the two government schools adopted under Project Muskaan. On the question of how she braced the challenges that the pandemic posed, she replied that she had no choice, with so many students and parents looking up to her. She chose to respond and not react. The hurdles came as a training for her and she learnt to be calm and optimistic. She lives by the mantra 'Aham Brahmasmi', finding genuine happiness within herself. She has stayed connected with the DPS Gurgaon family through her videos that radiate optimism and happiness.

The student panelists shared their experiences of the year 2020 and how they kept themselves motivated and positive during those trying times. The parents on the panel complimented the efforts of the school in conducting the online classes efficiently, though there were a few apprehensions on the increase of screen time for the children. The session ended with the panelists sharing their mantras for the year 2021 and a message by Ms Misra to all the stakeholders- 'Be Positive, Be Hopeful, Be Grateful, Be Strong!'

DELHI PUBLIC SCHOOL, SEC 45, GURGAON
 continues its Wellness Webinar Series 11.0
Let's Talk...Getting Comfortable With The New Normal

Friday,
 16th April, 2021
 4:00pm - 5:00pm

In conversation with...

G Pranav Bharadwaj
 Student Representative

Tapasmi Ray Chaudhuri
 Student Representative

Ms Aditi Misra
 Director Principal,
 DPS Gurgaon

Ms Shalini Arora
 Headmistress,
 Middle Wing

Ms Laveena Hemrajani
 Headmistress,
 Junior Wing

Ms Amanat Gill Pal
 Special Educator

Dr Sarabpreet Singh
 Parent

Jasmine Kaur
 Student, Grade VI

Ms Priyanka Dutta
 Parent

Devank Dutta Choudhary
 Student, Grade VI

Ms Neetu Vikram
 Parent

Pradyumn Vikram
 Student, Grade X

Mr Pankaj Singh
 Parent

Akshara Singh
 Student, Grade X

Thanks for sharing your thoughts...

Always look towards the sun
 and shadows will fall behind you.

Adapting and
 going with the flow

Look for positive in everything

Doing things mindfully

Intelligence is an effective
 and smart readjustment of
 things around.

Spend time with
 your inner self.

Prevention is better than cure

Change is
 the only constant

Being more responsible

Being grateful for
 whatever we have

Mental health is essential
 to stay strong.

Ask for help
 whenever necessary