

## MOTHER DAUGHTER WORKSHOP

*"Mother and daughter from the start, Best friends forever from the heart".*

Adolescence is a time of transition both for mothers and their daughters as it is marked by growth and change. To ensure that girls navigate this transition successfully a Mother-Daughter workshop was organized on 13th May' 19 for the girl students of class V and their mothers. Dr Deepika Tiwari, a renowned gynaecologist was the guest speaker for this workshop.

The objective of the workshop was to sensitize the girls and their mothers about the physical, emotional and social changes that girls go through adolescence . The workshop opened the door of communication and established a renewed bond between the mothers and their daughters. It was an interactive session as both mothers and daughters came up with a number of queries which were answered to their satisfaction.

