

Wellness Webinar Series 7.0

Press Release

Delhi Public School, Sector-45, Gurgaon organized the seventh edition of the Wellness Webinar Series, 'Let's Talk', on 21st August, 2020 from 4:00 pm to 5:00 pm. Ideated by Ms. Aditi Misra, Director Principal, DPS Gurgaon the webinar marked the efficacy and prowess of teachers, who became the frontline warriors of imparting online education during COVID-19 pandemic. These unsung heroes have held the edifice of education ensuring learning continuity by adapting to 'The New Normal'. The in-house panel of educators deliberated and shared their experiences in dealing with the pandemic and challenges faced by them while adapting to the new normal.

The eight-member panel constituted of Ms. Nishi Dhanjal, Senior Mistress, Senior School, Ms. Shaifali Bhatt, Senior Mistress, Middle School, Ms. Purnima Raheja, Senior Mistress, Junior School, Ms. Mridula Pattanath, Senior Mistress, Primary Wing, Ms. Madhumita Nandi, HOD, Art Department, Ms. Leeza Dutta, PGT, History, Mr. Paramvir Singh, Mentor, Physical Education Department and Mr. Divay Dua, HOD, Dance Department. Ms. Aditi Misra moderated the session.

The webinar commenced with Ms. Misra asking the panelists to describe their initial reactions to the pandemic-induced lockdown, and their experiences in the last four months. The panelists spoke about the feeling of confusion, fear and disbelief, which was caused in the initial days of the lockdown. Further, they also shared their feelings of being disheartened when they were not able to go to school and interact with their students and colleagues. As much as the first part of the question addressed the adverse effects of the lockdown, the second part gave the discussion a positive undertone. The panelists spoke about gratitude, growth, progress and resilience, to describe their experience of the previous four months of the pandemic. This led the panel to ponder over how their journey has now made them innovate and adopt new norms of teaching and learning.

Ms. Misra also shared her thoughts on the challenges she has had to overcome during these unusual times. She said that she was constantly worried about the mental and emotional well-being of the students, teachers and parents. She further stated that she remained connected at all times with the school community, through her weekly motivational videos.

The panelists also discussed tips for staying calm and dealing with the pandemic, and how to remain motivated as teachers, during these disruptive times. Another interesting point of conversation arose when the teachers of Physical Education and Art spoke about the different methods they had discovered to keep the children engaged, since the usual methods of teaching theory-centric subjects proved to be difficult in their case. For example, Ms. Nandi integrated new norms of teaching Art to her students by taking them on virtual tours of museums around the world and also trying out virtual graffiti.

The panelists then discussed the practices that will have to be undertaken once the school reopens. Ms. Bhatt advocated the importance of blended learning to minimize the risk of being infected while not compromising on education. Mr. Singh said that

low-intensity recreational activities would be conducted while following the advisory of social distancing, to maintain the physical fitness of the students.

Ms. Misra then initiated a conversation that discussed the changes in student-teacher and parent-teacher relationships. It was agreed by all that the bonds among the three communities have strengthened in the new normal. Finally, the panelists in their message to the school community, urged them to stay strong, optimistic, connected and happy.

The webinar culminated with a video featuring The Happiness Dance by the Leadership Team, which was an energizer for the audience.

DELHI PUBLIC SCHOOL, SEC 45, GURGAON
continues its Wellness Webinar Series 7.0
Let's Talk... The New Normal

21st August, 2020
4:00pm-5:00pm



Ms Aditi Misra
Director Principal, DPS Gurgaon



Ms NISHI DHANJAL
Senior Mistress-Senior



Ms SHAI FALI BHATT
Senior Mistress-Middle



Ms PURNIMA RAHEJA
Senior Mistress-Junior



Ms MRIDULA PATTANATH
Senior Mistress-Primary



Mr DIVAY DUA
HOD-Dance



Mr PARAMVIR SINGH
Mentor-PE



Ms LEEZA DUTTA
PGT-History



Ms MADHUMITA NANDI
HOD-Art

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