

Workshop on Emotional Wellbeing 2.0 (Part of the Wellness Series)

A webinar was conducted on 1st June, 2020 by Ms. Aditi Misra, Director Principal, DPS Gurgaon. The Guest Speakers included Ms Santvna Thadani, Vice Principal, DPS Gurgaon, Ms Sudeshna Chatterjee, Principal, Euro School, Navi Mumbai, Ms Kalpana Subramaniam, Parent Rep, Ms Renuka Fernandes, Counsellor and Mr Ayush Kumar, Alumnus, DPS Gurgaon.

The webinar aimed to address the importance of emotional wellbeing of the students in these unusual times, owing to the current Covid 19 pandemic situation.

The webinar began with Ms Renuka Fernandes stating that we must have an optimistic approach in these times. Parents and children can think of this as an opportunity to connect with each other and build a healthy and caring relationship.

Ms Sudeshna Chatterjee applauded the schools for ensuring that learning doesn't stop even during such times. She mentioned that the students should learn to give back to society and think of others before self, and stated the importance of conserving resources and minimising wastage.

Mr Ayush Kumar said that these are different, not difficult times. Panic and anxiety should be kept at bay. We must look at this as an opportunity to explore new areas and add value to our lives. We must introspect and move forward by being a newer and better version of ourselves. Physical exercise and mindfulness can really help teenagers to stay emotionally stable.

Ms Mansi Subramaniam shared the dilemma of the students who have appeared for the Board exams and are clueless about the future. She expressed her despair regarding all the negative news doing the rounds. She said that speaking up, coming out of denial mode and acknowledging and accepting the fact that one needs help is the first step towards feeling better.

Ms Santvna Thadani shared how teachers came out of their comfort zone and really took this time as a challenge, ensuring that the smiles of the students remain intact while adding to their knowledge bank. She advised that humour and a touch of reality can really boost children's morale and keep them cheerful, allowing them to cope with the stress.

Ms Aditi Misra suggested that parents must take out time for their everyday schedule and spend quality time with their children so that they feel emotionally secure and children must take a step forward and reach out, if there is anything bothering them.

The webinar concluded with a Q&A session wherein the queries and concerns of the parents were addressed by the panelists. It was felt that planning the day ahead and following the schedule, would energize the students and keep them cheerful all through the day.





