



“A parent is a teacher at home, a teacher is a parent in school and the child is the centre of our universe.”

Bal Bharati Public School, Noida organised its first ever Virtual Pre-primary Orientation Programme on 3rd April 2021.

The school Principal, Ms Asha Prabhakar welcomed the Guest Speaker for the day and our stake holders, our parents of Pre School and Pre Primary students. She shared the school vision of having a perfect balance between modern education integrated with grass rooted values. She laid stress on effective communication between the teachers and parents and also sought their support, hand holding and genuine feedback so that the best outcome could be achieved towards the holistic development of the students.

A virtual school tour of the school comprising school's infrastructure, activities, initiatives, sports, academic and extra-curricular achievements was also organised for the Parents.

A session on 'Effective Parenting' was conducted by Dr. Jitendra Nagpal as our guest speaker. Dr. Nagpal is a Senior Consultant and in charge, Department of Mental Health and Life Skills Education, Institute of Child Development and Adolescent Health, Moolchand Medcity, New Delhi. The main focus was to provide effective parenting tips including preparedness towards school, maintaining socio-emotional health, coping with online system of education, balancing screen time and gross motor development and creating a healthy bond between parents, child, school and other family members.

Dr Nagpal stressed upon the importance of spending quality time with the children and further urged the parents "Your child need your Presence more than your Presents"

After the enriching, engrossing and a fruitful session by Dr. Nagpal, parents were asked to put up their queries or concerns to him towards parenting or any challenges faced by them. The guest speaker resolved the queries of the parents and motivated them to make the most of the family time available during the tough times of Covid.

The entire gist of Dr Nagpal's session may be summed up in form of the below mentioned pointers:

Raise kids who are not only disciplined but at the same time happy and responsible human beings.

Encourage children in a positive manner.

Cater to the Emotional Nutrition of the child.

Be open and empathetic, but firm.

Spend quality time, be available for your child and exhibit patience & tolerance.

Be an active listener to your child which will help them develop faith that you will always be there like a rock solid support whenever and wherever they need help.

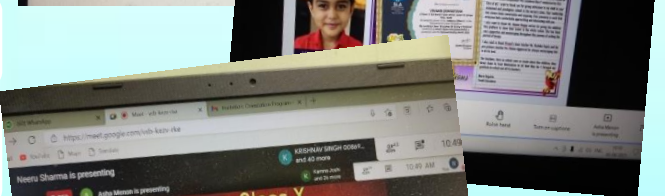
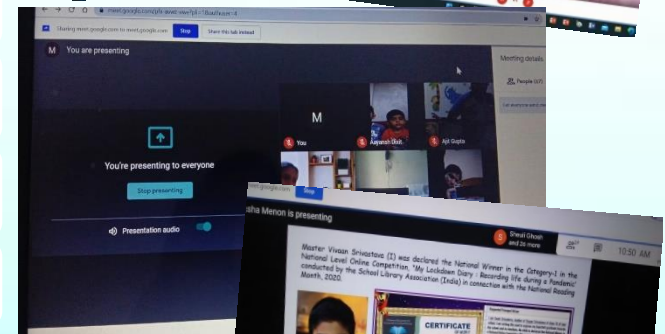
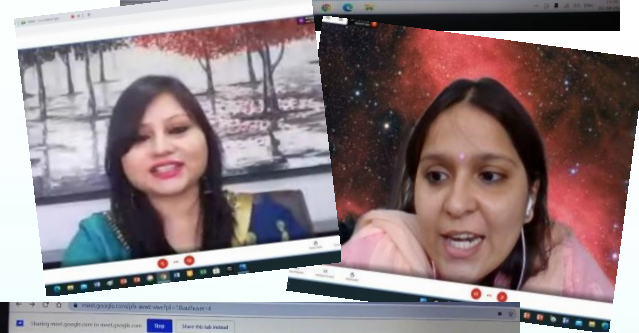
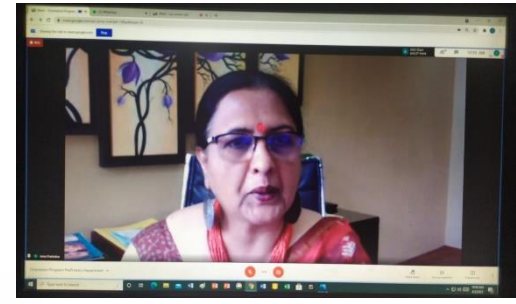
Be supportive and create a flexible but consistent daily routine.

Share stories, play games and sing songs with the young ones. Involvement of grandparents during the early years lead to enhancing communication skills thereby fostering value system and ethics.

Maintain family harmony.

Become model for your child to make them regular and help them demonstrate positive attitude and behaviour.

Take a 10 second pause. Breathe in and out in case of stress or anger



Media Coverage of the Event

THE FOUNDATION FOR GOOD PARENT TEACHER RELATIONSHIP -

- Must have frequent and open communication, mutual respect and a clear understanding of what is best for each individual child.
- Collaboration, Cooperation and Compassion (CCC) is the need of the hour which is clearly stated in National Education Policy 2020 (NEP) too.
- Families to be involved in the education of the children in positive ways to maximize on their untapped potential.
- Instead of PTMs, the schools need to arrange Parent-Teacher-Child Dialogue (CPTD).

A video was showcased on the School Bag Weight 2020, exclusively prepared by BBPS, Noida highlighting the CBSE guidelines towards reducing the School Bag Weight of the students in the academic session 2021-22. Parents were advised to choose the correct school bag for their child.

The session concluded with a Vote of Thanks to the Guest Speaker, Dr Jitendra Nagpal for an extremely inspiring and enriching session, School Principal, Mrs Asha Prabhakar, whose vision, guidance and dynamic leadership has truly made learning joyful and holistic, technical team, staff and most importantly our parents for instilling faith in the institution and providing their unstinted support at all times.

It is clearly evident that one can face any number of challenges with positivity, hope, encouragement, support and unconditional love for our tiny tots and build a strong foundation for their glorious future.

[Click here to watch the programme](#)

Rport Prepared by Mrs. Sheuli Ghosh & Mrs. Vibha Khurana

