



## MBS INTERNATIONAL SCHOOL

### PARENTS WORKSHOP

#### SESSION 2019-20

**TOPIC** : Understanding Adolescents  
**DATE** : July 13,2019  
**ATTENDED BY** : Parents of students studying in Class VI - XII  
**VENUE** : MBS International School  
**RESOURCE PERSON** : Ms. Khushboo Kansal

### Glimpse of the Workshop

*Inside every child is a rainbow waiting to shine.*

With an aim to bring school and parents together and let the children grow with good values, resilience and confidence , a parent workshop ‘ Understanding Adolescents’ was organised on July 13,2019 in the school premises. The workshop which was facilitated by Dr.Khushboo Kansal from Fortis Hospital , elaborated the concept of ‘adolescent development’. She spoke about the importance of striking the right balance between disciplining a child and giving into his/her emotional needs.

Many positive and realistic steps like spending quality time with children, acting as friends to them and foster collaborative relationships with children were suggested. It was an interactive session where the parents tried to explore every possible concern that they face with their children. Proposing the way of nurturing positive psychology, the workshop also dealt with the on-going and unremitting emotional issues among the children.

The session concluded with an address given by the School Vice Principal wherein the parents were asked to come together to help in bringing about changes in educational system.

