



TOPIC: Prioritizing Emotional well-being of the Children

DATE: November 27, 2021

ATTENDED BY: Parents and Children

VENUE: On Zoom Portal

RESOURCE PERSON: Dr. Halima Sadia

"Mental health...is not a destination, but a process. It's about how you drive, not where you're going."

-Noam Spancer

An exclusive webinar session for the parents and children was organized by MBS International School, Sector-11, Dwarka, New Delhi on the topic **“Prioritizing Emotional well-being of the Children”**.

The session was presided over by respected **Dr. Halima Sadia**, Director of DWES & Edufam International, who commenced with a game, which was followed by a quiz to make the session interactive. She further threw light on the fact emotional health is an important part of overall health and development. People who are emotionally healthy are in control of their thoughts, feelings, and behaviors. They're able to cope with life's challenges. They can keep problems in perspective and bounce back from setbacks. They feel good about themselves and have good relationships. In addition to this she also interacted with many parents, who see their children floundering emotionally, socially and academically. She explained that they sometimes feel overwhelmed and are often at a loss about how to help their children regain their emotional, social and academic balance. She elaborated that it is a need of an hour to understand how to cope up efficiently with these rising problems amongst us.

Our respected Vice Principal Dr Vijay Laxmi, was thankful for the valuable inputs delivered by Dr. Halima Sadia and she expressed her gratitude towards her for enlightening words that inspired so many people out there.

LIVE on YouTube

Wordwall

Random wheel

Wheel of Feelings

Spin the wheel. Tell your family about a time you felt that way.

START

Wheel of Feelings

Theme

Classroom, Primary, Playing cards, Managing, Well-being, Classroom

Participants:

- DR HALEEMA SADIA
- Charu Bhatnagar
- Vijayalakshmi P
- Kajal Singh
- Anmol Sethi
- Heena Nagpal
- Rudransh vashisht
- Manpreet
- RK VANDANA
- yashvi
- Rudransh
- Soni
- Neo Chauhan
- Jigyasa Asolia
- Jyoti Khanijow

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- Jigyasa Asolia
- Peethul

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