



PRESS RELEASE

CBSE Organizes Principals' Workshop on Parenting for Students' Well-being at Sardar Patel Vidyalaya, New Delhi

The Central Board of Secondary Education (CBSE) organized a workshop on "Parenting for Students' Well-being," hosted today at Sardar Patel Vidyalaya in New Delhi. This initiative aimed to equip about 150 principals from CBSE schools across Delhi/NCR with effective strategies to support the emotional and psychological health of school students.

The event began with a lamp-lighting ceremony followed by a soulful performance by the school choir. In his opening remarks, Sh. Himanshu Gupta, Secretary, CBSE, highlighted the importance of collaborative efforts in enhancing student well-being. Sh. Rahul Singh, Chairperson, CBSE, spoke about the evolving challenges faced by parents and the necessity for schools to take an active role in guiding families. Drawing from his own experiences, he emphasized that parenting is a dynamic role with constantly evolving responsibilities and that effective parenting often benefits from the shared wisdom of different generations. He stressed the importance of instilling values that contribute to a child's happiness.

The workshop featured expert-led sessions focused on the crucial role of parenting in shaping students' emotional and psychological health. Sh. Rohit Kumar, a Personal Growth Facilitator, provided valuable insights into the mental and emotional needs of students. Ms. Sonia Pillai, Executive Coach and Interpersonal Skill Trainer, shared practical strategies for nurturing open dialogue between parents and their children. Ms. Anuradha Joshi, Principal of Sardar Patel Vidyalaya, offered valuable strategies for supporting and maintaining the emotional needs of students.

The workshop concluded with an engaging Question & Answer session, providing principals the opportunity to address specific challenges and share insights.

In alignment with the goals envisaged in the National Education Policy 2020, this workshop reinforced CBSE's commitment to the holistic development of students by empowering school leaders with the knowledge and skills to support parents in creating a nurturing environment for student's well-being.

Secretary, CBSE



Workshop Highlights:-





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