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Somedays parents too need guidance

GD Goenka Public School, Sarita Vihar organized a workshop on Constructive Parenting for the parents. Dr VS Ravindran, an educational psychologist and trainer conducted a session. He emphasized on the importance of being patient with children and held back from reacting immediately, as anger triggers inappropriate actions and leaves a lasting impact on children. He also spoke about the importance of discipline, how to set rules and consequences and practice unconditional love. The school principal Seema Sahay felicitated Dr Ravindran with a token of appreciation and parents shared an encouraging and positive feedback about the workshop.

