

Motivational talk on effective parenting



MOTIVATIONAL TALK ON
Effective Parenting

05 June 2021 | 4:00 PM to 5:00 PM



SPEAKER
Dr. Rema Raghunandan
Psychologist,
MA, LLB, MS

Organized by
VIDYA SCOICAL EMPOWERMENT CENTER (VSEC)

Vidya Social Empowerment Center (VSEC), a unit of Vidya International Charitable Trust (VICT), organised an online motivational talk exclusively for parents of school-going students on 5 June 2021. Dr Rema Raghunandan, Psychologist, SVMM Hospital, Kalpetta was the resource person for the talk. Dr Rema Raghunandan is a member of Kerala State Social Welfare Board, Vice-President of Hemophilia Society, Director, Kannan Memorial Charitable Trust, Director of Universal Centre for Psychotherapy and Counselling, President of Bhodi Foundation at Guruvayoor and Psychologist in Vivekananda Medical Mission Hospital at Kalpatta.

As many as 95 parents participated in the online programmed conducted via the ZOOM platform.

The programme started at 4.00 PM with an invocation to the almighty. Ms Roshni Vijay welcomed everyone to the talk. Mr P N Unnirajan, AFD and Director, VSEC graced the occasion with his message. Principal Dr Saji C B provided lot of insights

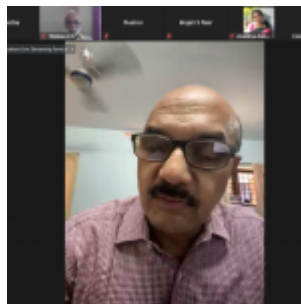
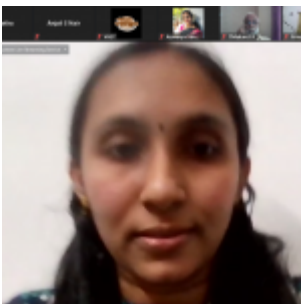
into the term “parenting”. He stressed the point that parenting necessarily doesn’t mean the relation from parent to child. The institution is also parenting all its students in all ways.

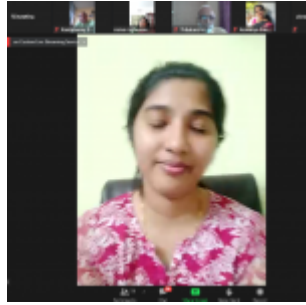
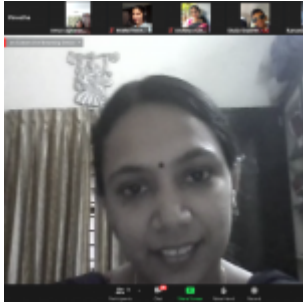
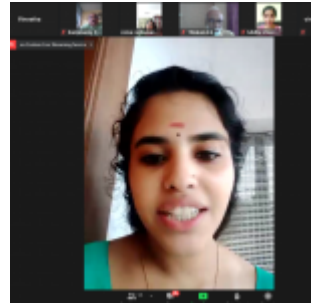
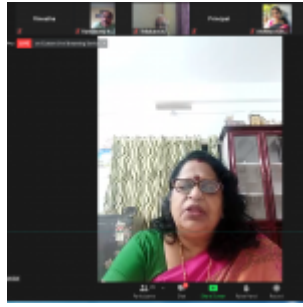
Dr Rema Raghunandan started her talk with the definition of “Effective Parenting”. It basically means how to grow one’s children into remarkable and socially acceptable adults. It deals with the overall development of children, that is, their physical, mental, emotional, social and cognitive development. She presented the various parenting styles sch as authoritative, permissive, authoritarian and uninvolved. She stressed on the most apt one – authoritative parenting. In this type of parenting, children will be able to build up self-confidence, decision making skills, social commitment, independence, responsibility and coping mechanism.

Dr Rema also addressed the most common and prevailing “Adoloscent Issues”, that’s usual in the age group of 12-27. Kids usually face identity crisis during these times and are at a high risk of emotional instability, which hinders their personality development.

The programme ended with a formal vote of thanks by Ms Chithra M.

Screenshots of the session





Video record of the programme
