



Department of Psychology  
Govt. Hrangbana College

## " Online Parents- Teachers Meet / Webinar On Effective Parenting "

Chairperson: Dr. Zothanzami  
(Asso. Professor & HOD)



Resource person: Dr. Juliet  
Lalremmawii Ralte (Asso. Professor)

**Vote of Thanks: Ms. Saihlupuii  
(Asst. Professor)**

**All parents/ guardians and students (Core) of  
Dept. of Psychology, GHBC are requested to  
attend the program**

***Date: 29.11.2020(Sunday) @2.00p.m.***

Parents-Teachers Meet cum webinar on Effective Parenting was organized on 29<sup>th</sup>.11.2020, the exact numbers of participants could not be known since many of our students and their parents joined our webinar from the same device, we assumed the participants to be around 250-300.

Keeping in mind that COVID-19 has amplified the needs of families in crisis and stress is rising in both our students as well as their parents, this webinar was organized to inform the parents of our students about the effective parenting skills, and the different approaches they can take while taking care of their children not only in times of pandemic. Also giving much importance especially in these stressful situations for parents to remember that a sense of love and connection to their children is critical in mitigating the effects of stress. Parents were given information about positive parenting including an awareness of emotions, connecting with your child, listening to your child, naming emotions and helping them find solutions etc.