



## SAGAR SANGAM







# Foreword SAGAR SANGAM THE CONFLUENCE

OF

#### STUDENTS, PARENTS AND SCHOOL

At Sagar Public Schools we consider Child is Supreme and it is the prime duty of the school management and teaching staff to provide with conducive learning environment at school which enables them for the holistic development.

School and home are the places where learning occurs the most. Sagar Sangam initiates to counsel parents for providing positive learning atmosphere at home also. Tips regarding motivation, encouragement, guidance, quality time usage and parents involvement are effectively shared.

Our experts, Shri K K Dubey and School Counsellors talk to parents and suggest them some practical solutions that develop a bond between parents and their wards and eventually learning enhances.

Parents also actively participate in the talk and discuss their matters for a workable solution of problems which they face at home with their wards.

Sagar Sangam is trying to bridge the gap between students, parents and teachers for creating value oriented Sagarites, who are the future of the country.

Mridu Prakash Saxena Senior Head Mistress

Coordinator Sagar Sangam









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## *Messages for* SAGAR SANGAM



Parents are the best source of carrying family traits and values. If we can guide parents towards positive upbringing of their children, then young Sagarites will also get positively motivated. I am happy to learn that, SAGAR SANGAM is doing the same and I wish more parents to take benefit of the counselling sessions.

Sudhir K. Agrawal Chairman-Sagar Group

Being a parent means loving your children more than you have ever loved yourself

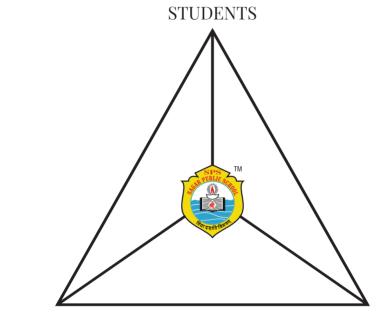








## SAGAR SANGAM THE CONFLUENCE













## Messages for SAGAR SANGAM



A positive parent-teacher relationship helps child feel good and builds his confidence as he finds that the important people of his life, are working together. Communicating well is a key factor for making this relationship work and communication on both sides is extremely important.

Sagar Sangam is one such platform which addresses the parents' queries and enlightens them about their role. It is an initiative towards happy parenting and eventually happy schooling.

Pankaj Sharma

Principal





We in Sagar Public Schools sincerely feel that every parent is a life skill teacher and a primary counsellor, working on whole child development concept i.e. physical, emotional and intellectual. Through Sagar Sangam initiative, we wish to empower parents in this area. We hope that we are successful in this endeavor.

K.K. Dubey

Director, HRD









## Key Points Nursery, K.G. I and K.G. II

- 1. Child is a born learner. Learning is a natural habit of a child. It is one of those phases of life where the learning of the child is moving at the fastest pace.
- 2. Children should be trained in spiritual domain to develop love for all.
- 3. Curiosity + Intrinsic Motivation= Learning. This learning gets hindered if the queries of the child are not responded in a healthy manner by the parents as well as by the teachers.
- 4. They should be given more exposure to varied experiences as it sharpens the cognitive ability of the child.
- 5. The child must get more exposure to the sensorial experiences as at this stage, the child learns from the senses. The senses work very strongly.
- 6. Constant efforts are required at this stage for making the dependent child as independent.
- 7. Parents must endeavour to boost the self-image and must not miss out any opportunity to appreciate and praise the child for doing anything good.
- 8. 'Stroking' is considered to be very healthy for a positive psychological development of the child. It also enhances the overall personality as well as the self-esteem of the child.
- 9. It is very much required for the child to have complete family time at least once in a year. Family time includes all the relatives like grandparents, uncles, aunts, cousins, etc. coming together and spending time together. Due to this practice, the child is able









- to develop bond with everyone and is also able to appreciate the family's culture and traditions.
- 10. Using positive reinforcement is considered to be a very healthy way for modifying the child's behaviour. And rather than using the negative reinforcement as a punishment for the child, the parents may opt for the extinction technique. Extinction is the removal of all those reinforcement that might be associated with the unwanted behaviour.



At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents.









## Key Points Class I and II Session

- 1. Child is a learner. Learning is a natural habit of a child. It is one of those phases of life where the learning of the child is moving at the fastest pace.
- 2. At its initial stage, the child is myopic, i.e., the child is able to see only the nearby objects clearly. Hence, sometimes the child tends to make some mistakes, especially during writing something. But gradually with age, it gets rectified.
- 3. During this phase of development, the senses of the child works very well. Child receives a lot of information from the environment, but due to lack of reinforcement, the information is not well processed.
- 4. This developmental stage is known as the Pre-Operational Stage. Refinement of the sense organs is the focus of this stage. With this sensory refining, motor-skill development is also considered to be crucial. It improves the neuro-muscular co-ordination. Hence, motor activities should not be hindered.
- 5. From this stage onwards, proper scheduling should be done for the child. In this phase, the child develops habits and proper schedule helps the child to manage time and work activities very well. Hence, proper schedule should be made for the child.
- 6. At this stage, the child also develops confidence and it is considered that there is a direct correlation between success and the level of confidence.
- 7. Curiosity + Intrinsic Motivation= Learning. This learning gets hindered if the queries of the child are not responded in a healthy manner by the parents as well as by the teachers.
- 8. The role of parents is very important for the cognitive development of the child. Hence, the parents must avail ample opportunities to the child for thinking, problem solving and decision making.









- 9. It is very much required for the child to have complete family time at least once in a year. Family time includes all the relatives like grandparents, uncles, aunts, cousins, etc. coming together and spending time together. Due to this practice, the child is able to develop bond with everyone and is also able to appreciate the family's culture and traditions.
- 10. Using positive reinforcement is considered to be a very healthy way for modifying the child's behaviour. And rather than using the negative reinforcement as a punishment for the child, the parents may opt for the extinction technique. Extinction is the removal of all those reinforcement that might be associated with the unwanted behaviour.
- 11. 'Stroking' is considered to be very healthy for a positive psychological development of the child. It also enhances the overall personality as well as the self-esteem of the child.
- 12. Child always tries to imitate their parents, so it is important for the parents to portray healthy model behaviour in front of the child.



Each day of our lives we make deposits in the memory banks of our children.









## Key Points Class III Session

- 1. Child is a born learner. Learning is a natural habit of a child. It is one of those phases of life where the learning of the child is moving at the fastest pace.
- 2. This developmental stage is known as Concrete Operational Stage. At this stage the child is only able to see the concrete or tangible objects. They don't have the abstract thinking. At this stage, the child is not able to have empathetic outlook. But with efforts, understanding of the feelings can be developed.
- 3. Curiosity + Intrinsic Motivation= Leaning. This learning gets hindered if the queries of the child are not responded in a healthy manner by the parents as well as by the teachers.
- 4. From this stage onwards, building up of trust plays a very crucial role as it gives a healthy base for building up any relationship.
- 5. Parents as well as teachers should not focus on accelerating the learning rather than they must focus on facilitating the learning.
- 6. Child is born as dependent being. Parents and teachers together should put efforts to make the child independent and after the level of being independent is achieved, it is very important to help the child becoming inter-dependent.
- 7. At this stage of development, the child learns a lot from imitation and observation. Hence, creating a healthy atmosphere around the child leaves a direct impact in constructive development of the child. Children must get good opportunities to enhance their physical development by involving them in motor activities.









- 8. 'Stroking' is considered to be very healthy for a positive psychological development of the child. It also enhances the overall personality as well as the self-esteem of the child.
- 9. It is very much required for the child to have complete family time at least once in a year. Family time includes all the relatives like grandparents, uncles, aunts, cousins, etc. coming together and spending time together. Due to this practice, the child is able to develop bond with everyone and is also able to appreciate the family's culture and traditions.
- 10. Using positive reinforcement is considered to be a very healthy way for modifying the child's behaviour. And rather than using the negative reinforcement as a punishment for the child, the parents may opt for the extinction technique. Extinction is the removal of all those reinforcement that might be associated with the unwanted behaviour.
- 11. Healthy motor development is considered to be very important at this stage, like they should manage their own day-to-day household work (keeping the bag at appropriate place, managing study table, arranging dinner table, etc.). With this motor development, ample emotional support is also very much needed for building up the confidence.
- 12. Learning of the child must move at smooth pace, according to the age. Concept of values, happiness and spirituality must be developed as this is the base of enhancing the positive values for future development.

Children are educated by what the grown-up is and not by his talk.









## Key Points Class IV and V Session

- 1. Child is a born learner. Learning is a natural habit of a child. It is one of those phases of life where the learning of the child is moving at the fastest pace.
- 2. This developmental stage is known as Cognitive Developmental Stage. At this stage the child develops the concept of conservation. The developing child is now able to see concrete things around as well as able to give the abstract explanation to that.
- 3. Curiosity + Intrinsic Motivation = Learning. This learning gets hindered if the queries of the child are not responded in a healthy manner by the parents as well as by the teachers.
- 4. From this stage onwards, building up of trust plays a very crucial role as it gives a healthy base for building up any relationship.
- 5. Parents as well as teachers should not focus on accelerating the learning rather than they must focus on facilitating the learning.
- 6. Child is born as dependent being. Parents and teachers together should put efforts to make the child independent and after the level of being independent is achieved, it is very important to help the child becoming inter-dependent.
- 7. At this stage of development, the child learns a lot from imitation and observation. Hence, creating a healthy atmosphere around the child leaves a direct impact in constructive development of the child. Children must get good opportunities to enhance their physical development by involving them in motor activities.
- 8. 'Stroking' is considered to be very healthy for a positive psychological development of the child. It also enhances the overall personality as well as the self-esteem of the child.









- 9. It is very much required for the child to have complete family time at least once in a year. Family time includes all the relatives like grandparents, uncles, aunts, cousins, etc. coming together and spending time together. Due to this practice, the child is able to develop bond with everyone and is also able to appreciate the family's culture and traditions.
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- 12. Learning of the child must move at smooth pace, according to the age. Concept of values, happiness and spirituality must be developed as this is the base of enhancing the positive values for future development.

Hugs can do great amounts of good - especially for children. Princess Diana









## Key Points Class VI & VII Session

- 1 Children, parents and teachers are the three vertices of the Sagar Sangam Triangle. Hence, interaction among three of them is very crucial.
- 2. 4<sup>th</sup> stage of Cognitive Development is concrete operational stage. This stage is also a stage of confusion and inner conflict.
- 3. There is lack of stable Role Model in front of the children, so be one.
- 4. There is a great change in hormonal level and lots of emotionally instability is there at this age.
- 5. At adolescent stage, child is very curious.
- 6. Learning = Curiosity + Intrinsic Motivation, this motivation should always be provided to a child.
- 7. Screen time regulation is must.
- 8. Develop healthy or friendly relation with your child.
- 9. Chances of addiction are very high especially in context of technology.
- 10. Importance of different types of environment:
  - a) Self vs other Comparative Environment-
  - i) Competitive Environment Child starts competing with others and sometimes it is unhealthy.
  - ii) Co- operative Environment- Child tries to get success with self assessment
  - b) Self vs pre-self Competition- Individualistic Environment- A child undergoes healthy competition with self
- 11. Human brain has infinite capacity and it develops slowly until the age of 18 years.
- 12. Always motivate the child with the concept of 'YOU CAN DO IT'. Child should never feel hopeless.









- 13. Comparison hinders the healthy development and negatively affects the self-esteem of the child.
- 14. Development of HAPPY AND POSITIVE DISSATISFACTION is very crucial.
- 15. The aim of the child, parents and teachers is the same. We are somewhere not able to work because of lack of co- ordination among all. Healthy conversation among all is must for success.
- 16. Parents were requested not to resort to 'hitting 'or' beating' a child.



Don't worry that children never listen to you; worry that they are always watching you.







## Key Points Class VIII Session

- 1. Started the session with some of the very well- known Indian personalities who are internationally recognized.
- 2. All these people were asked in an interview that how they are able to attain such a huge goal and 9% replied that we are what we are today because of my teachers.
- 3. Most of the famous personalities have rested faith in the guidance of their teachers.
- 4. 80% people gave the credit of their success to the disciplined life.
- 5. 22. 70% people gave the credit of their success to the parents' involvement.
- 6. The child is at the last stage of Congnitive Development. Child at this stage grows very rapidly.
- 7. At this stage, the habit of reading must be developed. This reading habit is developed only with the help of teachers and parents.
- 8. Here the child face emotional imbalance. Level of anxiety is high and so to balance the child, support is must.
- 9. Involvement of friends even increases more.
- 10. At this stage, the child opts the path for career.
- 11. Child is in conflict at this stage and hence, the role of parents and teachers become more crucial.
- 12. Self- esteem should never be hindered at any point by teachers or parents. We always try to enhance the self-image of the child.
- 13. Possibility is there that the IQ of no two children are same but due to the self-image, there is a difference in the performance.
- 14. Parents are the mirror for the children.
- 15. POWER OF APPRECIATION has its great importance.
- 16. Child always expect the approval from the parents.
- 17. Each individual carries a different set of qualities.
- 18. Development of life skills is very important.
- 19. Child's creativity should always be praised. Thinking skills must always be enhanced.









- 20. Time management skills should be developed in children.
- 21. Let's not compare children; rather appreciate the child at the right moment instantly.
- 22. Child should not be hit at any point of time.
- 23. Parents shared their problems
  - i) How a child should cope with grandparents and parents?
     Counselling of children and grandparents is equally important.
  - ii) Children are inclined more towards gadgets, what to do?
     Time management of screen time is important. Check addiction for mobile games
  - iii) Children spend more time on internet, facebook and whatsapp, hoaw to check?

Regulate and monitor time and parents must also follow the same.

- 24. Parents must always appreciate the efforts rather only focusing on marks. Once the child gains confidence then automatically he/she shows improvement in the result.
- 25. We must always pour a concept in the child, that with diligence and hard work, they can achieve any goal.
- 26. At this stage, the child is emotionally very unstable and teachers as well as parents must avail the emotional support to the child.
- 27. The child starts moving away from parents and start getting more attracted towards friends.
- 28. Parents must invite the friends of their child at home so that parents are aware of the child's company.
- 29. Parents must confront with a healthy balance between brain and heart.
- 30. Making schedule is very crucial at this stage.
- 31. Family must give a good and clear understanding about saying NO.
- 32. Parents must educate child when to say NO and YES for any event.
- 33. Parents to regulate their emotions to avoid negative impact on child.
- 34. Eye contact is very important while interacting with children.









### Key Points Class IX Session

- 1. There is a great scope of improvement in all human beings.
- 2. Teacher plays very important role in the life of a student.
- 3. Respectful words should be used for teachers and parents.
- 4. Adolescent children should be taken care very
- 5. Parents should talk to their children on daily basis.
- 6. Accept the child as he/she is and then try to improve.
- 7. Give exclusive attention to each child and listen to child's talk.
- 8. Hug your child frequently four/five times a day.
- 9. Centre of attraction of a child becomes friends at adolescent age.
- 10. Children becomes comparing at adolescent stage.
- 11. Freedom and responsibility goes head in hand.
- 12. SPARE THE ROD BUT LOVE THE CHILD Love the children or loose the child.
- 13. Convince your child why he/she should not do or adopt a wrong practice.
- 14. Failure is an incident, it's not permanent but its temporary, child should try again with proper effort which may lead to success.
- 15. Child is someone for the world, but for parents he's the world.
- 16. Mothers can transform the lives of children. Example of Thomas Alva Edison should be kept in mind; how his mother enabled him to overcome his weakness.
- 17. Children get carried away sometimes because of the insistence from friends.
- 18. We need to make children emotionally strong.
- 19. Knowledge and skills both are required at the level of Class 9.
- 20. Whatever a child does, must do it excellently.
- 21. Value systems change during adolescence, hence children should be monitored.
- 22. More interaction with grandparents develop family bond in them.









## Key Points Class X Session

- 1. Don't pinpoint them for the changes they show during adolescence. It sometimes discourages them for the life time.
- 2. Need to be involved with children and avoid beating them. Allow your child to write his own script.
- 3. Allow him to pursue his hobby, encourage him to develop his hobbies.
- 4. Conflict between child and parents is natural. Don't resist or avoid it. Confront it with your heart and mind.
- 5. Be genuine and be calm with them.
- 6. Listen to the opinion of your wards with open mind and heart.
- 7. Let the child take decision.
- 8. Child mentors a person who is an emotionally supportive adult.
- 9. If possible adopt a friend of your child.
- 10. Let him learn that he's responsible for his life. Let him develop the rules of responsibility in him.
- 11. Child should be allowed to analyse his own status, he must focus on hobbies and must sweat out every day in the field.
- 12. Parents appreciated the role of mentor teacher in the life of their wards.
- 13. Parents should be in constant contact with the teachers of their wards.
- 14. What sapp usage by teachers and parents should be very justified.
- 15. All the subjects play a major role in the overall development of a child.

Always kiss your children goodnight, even if they're already asleep.









### Reports

#### Sagar Sangam on 12<sup>th</sup> December 2016

Reasserting our commitment to the concept of providing quality education, Sagar Public School, Saket Nagar organized an orientation programme, SAGAR SANGAM, for the parents. This orientation session was to provide an excellent opportunity for parents to discover for themselves the many opportunities our school provides for their children. The Parents were apprised with the changing scenario in education and increased use of technology. In an interactive session, Shri K.K.Dubey, Director, emphasized upon the pivotal role played by parents in the upbringing of children and in helping them to tide over the cares and concerns related to childhood. He also answered the queries of the parents who further actively participated in the brain storming session.

#### Sagar Sangam on 23<sup>rd</sup> December 2016

Reasserting our commitment to the concept of providing quality education, Sagar Public School, Saket Nagar organized an orientation programme for the parents. Shri K.K. Dubey, Director, emphasized upon the pivotal role played by parents in the upbringing of children and in helping them to tide over the cares and concerns related to childhood. He said that cognitive challenge must be set in a moderate manner and stressed on Stroking and Hugging a child to exhibit emotional security.

#### Sagar Sangam on 6th January, 2017

A parents' orientation program, Sagar Sangam, was organized on 6<sup>th</sup> January. This orientation session helped the parents to discover for themselves the many opportunities our school provides to its students. In an interactive session, Shri K.K. Dubey, Director, emphasized upon the pivotal role played by parents in the upbringing of children. He emphasized on model behaviour display by parents in front of their children and emotional security should be rendered to enhance trustworthiness. Parents discussed concerns like mobile phone usage by children and dependency of children on parents with Dubey Sir and Counselor, Ms. Smita Rathour. Parents were briefed about online fee payment process through ERP.









#### Sagar Sangam on 3<sup>rd</sup> February, 2017

A parents' orientation program, Sagar Sangam, was organized on 3<sup>rd</sup> February. In an interactive session, Shri K.K. Dubey, Director, emphasized on parents taking proper care of eating habits of their wards. He also emphasized that parents should arrange family trips and get-together so that children see and learn family values and get more connected to the elder family members. He said success and confidence complement each other. He requested parents to keep their children happy by giving them time and assign them age appropriate tasks for their overall development. Parents were briefed about online fee payment process on ERP.

#### Sagar Sangam on 10<sup>th</sup> February, 2017

A parents' orientation program, Sagar Sangam, was organized on 10<sup>th</sup> February. In an interactive session, Shri K.K. Dubey, Director, emphasized that quality of time spent with children is more important than quantity. He also said nagging doesn't support parenting; parents should express their affection whenever a child does something extraordinary. The keynote was 'Children are born curious and learners; parents and teachers together should promote these two traits in them.' Parents were briefed about online fee payment process on ERP.

#### Sagar Sangam of Class VII on April 7, 2017

A parents' orientation program, Sagar Sangam, was organized on 7<sup>th</sup> April. In an interactive session, Shri K.K. Dubey, Director, expressed about fourth stage of cognitive development of the child. He also explained the importance of constructive environment of the child and the healthy triangle of child, parent & teacher. Ms. Anshu Gupta, Consellor, also addessed the parents about depression and its symptoms. Parents felt uplifted after a detailed discussion.

#### Sagar Sangam of Classes VIII A, B, C on July 03, 2017

Sagar Sangam for Class VIII A & B was presided over by Respected Dubey Sir. He requested parents to, "Create an ideal atmosphere at home so that the child also learns ideal responses. Give them opportunities to develop their talents. Child should first honestly confide in parents then with others." Principal, Ms. Pankaj Sharma, also suggested that both grandparents and the child should mutually decide each other's involvement and must









suitably interact for healthy growth. Counselor, Ms. Smita Rathour, advised parents not to compare children as each one has unique talent. Parents must motivate their children to practice value based behaviour. Parents discussed various concerns with Dubey Sir.

#### Sagar Sangam on July 21, 2017

Sagar Sangam for Class VIII-D, E, F was presided over by Respected Dubey Sir. He addressed the gathering with his rich experience and observations. Sir focused on the importance of teachers, parent and student collaboration. He also guided the parents to appreciate the efforts of the student rather than only grades. At this stage, the child must be aware of a fact that with diligence and hard work any goal can be achieved. Ms.Smita Singh, Counsellor, contributed the importance of regulation of emotions by the parents and rather than reacting. Parents must try to take a time-out and then they should give response to the child. Parents must educate the child when to say NO and YES for any event. The overall session was successfully conducted with positive feedback by the parents.

#### Sagar Sangam on July 28, 2017

Parents of Tiny Tots attended the SAGAR SANGAM, despite of the challenging weather today. Dubey Sir heard the problems of parents with their wards at home and suggested some practical tips. He said parents should provide a happy family atmosphere and must never bombard the child with NOs and DON'Ts. Screen time for all ages should be restricted. Efforts in boosting the learning should be enhanced. Ms. Preetha, HM, also attended the session and supported the suggestions for the overall development of the young children. The presence of parents in good numbers was acknowledged by the Coordinator Ms. Mridu P Saxena.

#### Sagar Sangam on Aug 04, 2017

Sagar Sangam for all sections of Class IX was held in the Multiactivity Room. Dubey Sir requested parents to share quality time with children. Every child is unique and so their requirements. Parents should take their wards individually to a short walk and listen to them patiently. A child at this age should know when/how to say YES or NO to anything. He also shared the book MENTORS which comprises of 25 interviews of internationally known people who have been blessed with an exemplary career because of the support of their









teachers. Parents should not fulfill all the demands of their wards but teach them the difference between need and want. Parents also shared their problems which were suitably addressed.

#### Sagar Sangam on Sep 01, 2017

'Twinkle Twinkle Little Star; How I Wonder What You Are?'

While the tiny tots of KG-I merely wonder at the choices that life has to offer, their parents are actually bewildered by it, especially when it comes to the upbringing of their children. The parents of the tiny tots attended SAGAR SANGAM and shared an intimate session in the Assembly Hall packed to capacity. "Love them, or lose them, Let opportunities empower them and give them time to get time from them", these were the words of wisdom spoken by Respected Dubey Sir. Parents shared their queries and expressed deep faith in the efforts that school is making for their wards.

#### Sagar Sangam on Sep 15, 2017

Sagar Sangam, an interactive session on parenting by Respected Dubey Sir was held for the parents of the students of KG-II. Sir talked about the innate potentials each child is born with. He guided the parents as to how through a conducive environment the parents and teachers can help the child in actualizing his/ her potential. A request was made to the parents, not to bombard their child with NOs and DON'Ts, rather help him/her to differentiate between right and wrong. He stated that the over protective and overmonitoring nature of the parents hampers the development of the child. Sir advised the parents to make their children emotionally stable which would make them a confident individual in future. All the queries of the parents were satisfied at the end of the session. The overall session was successfully conducted with positive feedback by the parents.

#### Sagar Sangam on Oct 28, 2017

Parents of Class X students were addressed by Dubey Sir and Principal Pankaj Ma'am in the Assembly Hall packed to the capacity. Dubey Sir emphasized that parents should be supportive, active listener, should exhibit authentic interest in the activities of their wards; must foster self decision making in adolescents and lend their perspective calmly. Principal Ma'am advised parents to allow children to analyze their academic status. She also apprised parents about ASPIRE and Career Counseling initiatives taken up by the Sagar Group. Parents also shared their anxieties and actively participated in the discussion.





## SAGAR SANGAM EXPRESSIONS OF PARENTS

#### S.No NAME OF THE PARENTS CLASS Feedback

1	Mr. Atul Yogita Nayak	Nur A	Learnt lots of basics of parenting
2	Ms. Kajal Mittal	Nur B	Feeling good to attend the session
3	Mr. Amit Agrawal	KGIA	Great to attend the session
4	Mr. Ravi Shankar Pal	KGIC	Learning and interactive session
5	Mr. Jagdeep Singh	KGIC	Very informative and learning experience
6	Mr. Saubhagya Pal	KGIF	Happy to attend the session
7	Dr. Ujjawal Khurana	KGIF	It was wonderful to listen to Dubey Sir. May be this will help me in my parenting journey
8	Ms. Srishti Yadav	KG I G	Valuable Discussion
9	Mr. Sachin R. Walke	KGIG	Excellent session for learning parenting
10	Ms. Swati Bisen	KG II A	Very informative
11	Mr. Sunil Bhakte	KG II A	Informative session would appriciate more
12	Mr. C.N. S Mundari	KG II F	Important information for child behaviour and parenting
13	Mr. Rahul Saxena	KG II G	Must follow the principles of good parenting
14	Ms. Shivani Saxena	KG II G	Really useful session, getting useful information
15	Ms. Ambika Mundra	ΙB	Good opportunity for parents
16	Ms. Nisha K.R	ΙE	I believe that this will really help in the upbringing of the children
17	Mr. Naveen Asati	l F	I am very glad to join this session
18	Ms. Poonam Rai	II F	It will help us to improve child personality









S.No	NAME OF THE PARENTS	CLASS	Feedback
19	Ms. Suruchi Gupta	III E	I am a 100% satisfied parent
20	Ms. Ekta Parsai	IV A	It is a helpful session for successful parenting
21	Ms. Krishna Misra	IV D	Glad to be a part of the meet. Got to know how to handle our children
22	Mr. Subroto Sinha	V C	A very good enlightening session
23	Mr. Gaurav Singh	VIII A	very focused and useful session
24	Ms. Shilpa Parasar	VIII B	Very good efforts by teacher
25	Ms. Sarika Sharma	VIII C	Information worth valuing and practicing
26	Mr. Ghanshyam Lalwani	VIII C	Good initiative and very helpful
27	Mr. Ramesh Pawar	VIII F	Dubey Sir's speech was very good
28	Ms Ashu Singh	IX C	Very important lecture taken up by Dubey sir.
29	Mr. A.K. Saxena	IX C	Such type of programme are very useful
30	Mr. Nitin Khodre	ХА	Beneficial event
31	Mr. Gulbir Singh Panwar	ХВ	Excellent workshop
32	Mr. H.N. Chandwani	ХВ	Appreciate the efforts of Sagar Sangam
33	Dr. Pramod Kashyap	X D	It was great listening to Dubey Sir
34	Ms. Smita Gothi	X D	Do such orientations regularly
35	Ms. Mona Jain	X D	Very good orientation programme
36	Ms. Ritu Shukla	ΧE	Good thought given by Dubey Sir

Girls are the future mothers of our society, and it is important that we focus on their well-being.









## SAGAR SANGAM TAKE AWAY

Q. 1 Does your child share daily routine (like thoughts, feelings, friend circle, etc.) with you?			
	a) Yes	b) Sometimes	c) No
Q.2	Q.2 Does your child want to maintain privacy in his/her life?		
	a) No	b) Sometimes	c) Yes
Q.3	.3 Are you well aware about the friend circle of your child?		
	a) Yes	b) Partially	c) No
Q.4	Q.4 Is your child able to concentrate well?		
	a) Yes	b) Sometimes	c) No
Q.5		ether or healthy conve	a family time (like having rsation time, morning /
	a) Never	b) Sometimes	c) Less then 2 hrs.
Q.6	Q.6 Is your child independent & taking care of all his daily activities (like arranging bag, homework, keeping the dishes in sink after lunch/dinner, taking care of uniform etc.)?		
	a) Always	b) Sometimes	c) Never
Q. 7	Do you appreciate y	our child for any of his/h	er good behavior?
	a) Always	b) Sometimes	c) Never
Q.8	Are you well awar school?	re about the academic	activities going on in the
	a) Yes	b) To some extent	c) No
Q.9	How many hours y Computer)?	our child is investing as	s screen time (Mobile, T.V,
	a) Less than 2 hrs.	b) 2 hrs-3hrs	c) More than 3 hrs.
Q.1	0 Does your child fol	low the guidelines given l	by you ?
	a) Always	b) Sometimes	c) Never
_			_







## SAGAR SANGAM THE CONFLUENCE

Extends its sincere gratitude to
Shri Sudhir Kumar Agrawal - Chairman Sagar Group,

Ms. Pankaj Sharma - Principal

Shri K.K. Dubey - Director, HRD

Ms. R. Preetha - Head Mistress

Ms. Sangita Tiwari - Supervisor

Ms. Arti Khillan - Head Mistress

Ms. Sanchi Chaturvedi - Asst. Coordinator

Mr. D.B. Shrestha - Graphic Designer

**School Counsellors** 

Art and Craft Dept.

Admin Dept.

and Parents,

Thank you for your unconditional support, guidance and motivation.

**SAGAR SANGAM** 

The way we talk to our children becomes their inner voice









#### **SCORE TABLE**

Q. No.	SCORE		
Options	Α	В	С
1	2	1	0
2	2	1	0
3	2	1	0
4	2	1	0
5	2	1	0
6	2	1	0
7	2	1	0
8	2	1	0
9	2	1	0
10	2	1	0

TOTAL SCORES
Analysis Table (Level of healthy relationship with the child)

SCORE	INTERPRETATION
0-6	NEEDS MORE INVOLVEMENT
7-13	AVERAGE
14-20	GOOD

Every word, facial expression, gesture or action on the part of a parent gives the child some message about self-worth. Parents must realize what messages they are sending.





# "Children are great imitators, so give them something great to imitate"

"There is no such thing as a perfect parent so just be a real one"

