

## WORLD HEALTH DAY

### ROTARY CLUB OF DELHI, AAKASH ORGANISES – 'DRISHTIKON'



On April 7, 2012, observed as world health day, Adarsh Public School, Vikas Puri endeavoured to provide some healthy tips to the students of class IX, their parents and teachers by conducting a workshop named 'Drishtikon' aiming to bridge the gap between the current generation and their parents. The Rotary Club of Delhi, Aakash, was the soul behind this workshop which was an effort to create better individuals and strengthen the bond between the parents and children. The occasion was graced by eminent Rotarian Anuradha Aggarwal, President of the Rotary Club of Delhi, Aakash, Rotarian Vivek Sardana, the Charter President of the Club, Ms. Ratna Khimani, Director of the India based centre for personality development, Mr. Siddharth Sharma, an entrepreneur in the area of Leadership Development', Ms. Pooja Malhotra, a child psychologist and Mr. Saurab Sardana, a young Rotarian and the anchor of the day.

#### **List of questions/doubts raised by Parents, children and the possible solution given by the panelists.**

1. **Children** – parents don't allow us to go out of our house after 7 pm.  
**Parents** – as in today's scenario, the cases of theft, murder, kidnapping are increasing so, we feel insecure and especially for our girl child.

**Panelists to children** – if there is any urgent work for which you have to go out of the house, go with some adult as in today's time you may be good but the time is really bad.

2. **Children** – parents always force us to study hard and keep on comparing us with the other children who are bright or intelligent.

**Parents** - we force our children to study hard so that they can secure good marks.

**Panelists to parents** – it is good that you want your children to get good marks but make sure that as no two fingers are alike in the same manner each child is different. We should not compare our children with others as by doing so we lose the trust of our children.

3. **Children** – parents stop us to use FB (facebook).

**Parents** – excessive use of everything is bad. If we allow children to use FB, they would sit for hours and this is a sheer wastage of time. They have lot of time to chat with their friends but don't have even 5 minutes to spare for their parents.

**Solution by parents** – children should add their parents as their friends on FB and by doing so they can share their views or problems with their parents which they fail to share it with them face to face.

4. **Children** – parents give us a mobile for their own convenience so that they can contact us when we go to our tuition class. They always want to be aware of our whereabouts but if we talk to our friends on mobile phone, they get angry.

**Parents** – it is true that when our children go out of the house, we keep in touch with them through mobile phone but then they tend to take liberty and misuse the phone by talking to their friends or keep on listening to music every time.

**Panelists to parents** – giving something to children so that it helps us is fine but then we should not restrict them too much.

5. **Children** – during our exam days, parents don't allow us to go out for something so that we could relax or feel fresh.

**Parents** – it is not about feeling fresh but if the children go out of the house during their exam days, it distracts their mind.

**Panelists to parents** – we should fix sometime when we can ask our children to relax and if we don't want to send them out then we should either allow them to see television or sit on net so that there is a bit change of mind as children need to relax during their exam days.

6. **Children** – parents sometimes scold us or insult us in front of our friends.

**Panelists to parents** – parents should understand that 'every child is special' and has self respect. We hurt our children if we insult them or scold them in front of their friends and we can't be sure that how they might react in front of their friends and that reaction can be source of insult for us too.

7. **Children** – if there are two children in the house, why do parents side one?

**Panelists to children** – children need to understand that for parents all their children are equal and they would never love to see their one child happy and the other sad.

8. **Parents** – children always underestimate their parents. They think that their parents don't know anything and so they cannot guide them.

**Panelists to children** – children need to understand that parents always speak out of their experience and whatever they say, it's always for the benefit of their children.

9. **Parents** – children get hyper in no time, use abusive language and get angry soon.

**Panelists to parents** – whatever children see around them, they tend to initiate so, it is the duty of the parents to see that the atmosphere in the house is good and free from any use of abusive language.

10. **Children** – parents make many promises to us but tend to forget them when we finish our given task or achieve the set targets.

**Panelists to parents** – no false promises should be made to the children and we should never lure them for doing any work. We should make our children responsible enough to do any task without promising them any rewards or presents.

11. **Parents** – children don't want that we should pick them up or drop them to their friend's house or their tuition classes.

**Children** – our friends laugh at us if we come with our parents to our tuition class. They taunt us by saying that we are mumma's boy/girl.

**Panelists to parents** – parents should develop a sense of trust for their children and should act as their friend not as their bodyguards.

12. **Parents** – if we keep on fulfilling the demands of our children, they are happy but if we fail to fulfill any of their demands related to taking them out or buying them an expensive mobile, they get angry.

**Panelists to children** – children should understand that their parents work day and night for them but at times it becomes difficult for them to fulfill each and every demand put up by their child.

13. **Parents** – children love to post all their photographs on Facebook and thus waste a lot of time.

**Panelists to children** – children should not sit on Facebook for long hours and shouldn't upload only few photographs and their photographs could be misused.

14. **Parents** – children don't like to talk to their friends in front of us.

**Panelist to parents** – we should give space to our children as they also have privacy and if they will keep on restricting them at home then they would definitely tend to find some other place to talk to or meet their friends but if we indirectly keep a watch on them and trust them then they will never shy from us.

