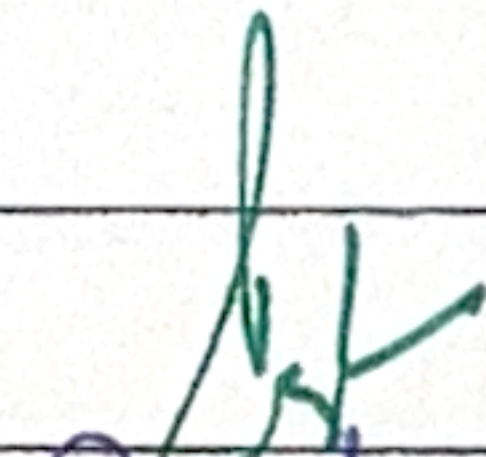
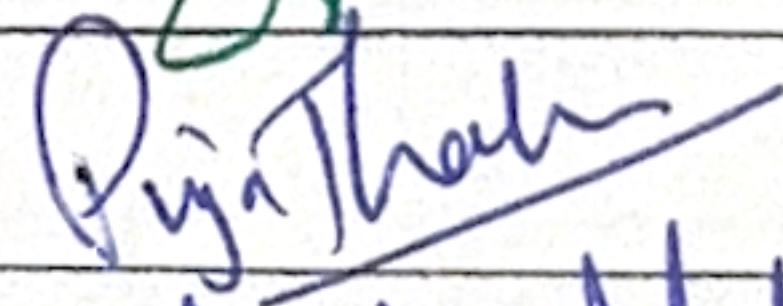
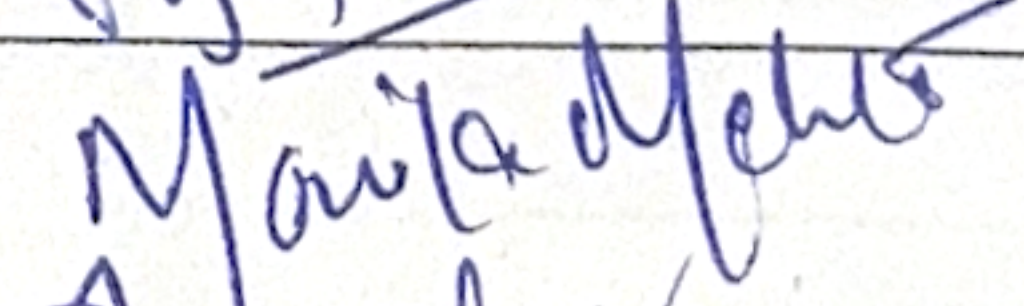
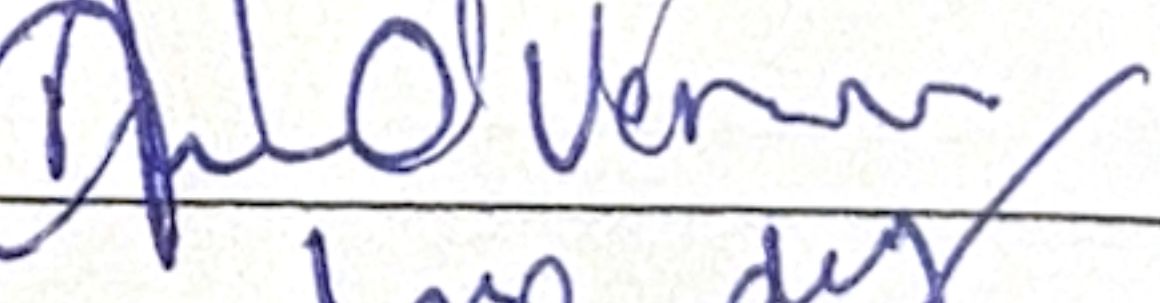
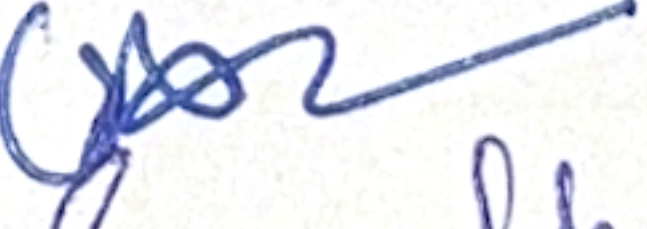
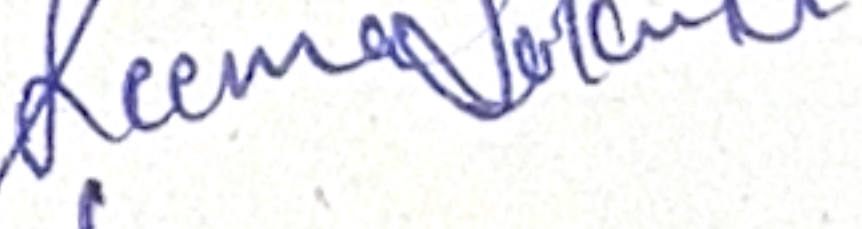
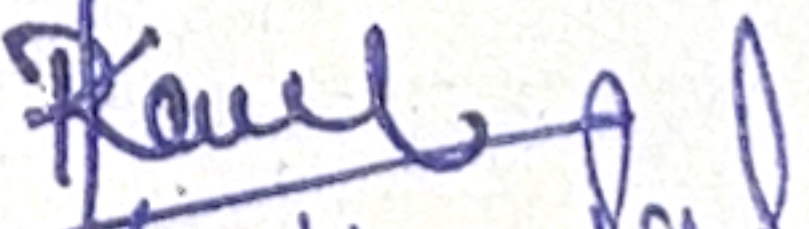
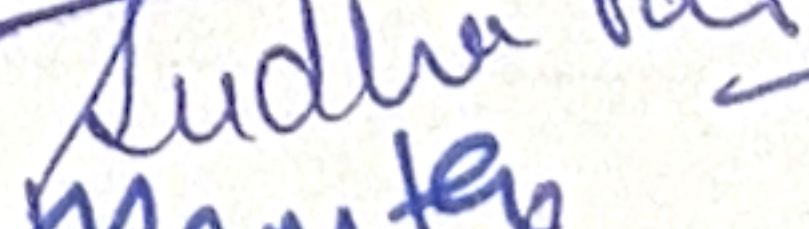
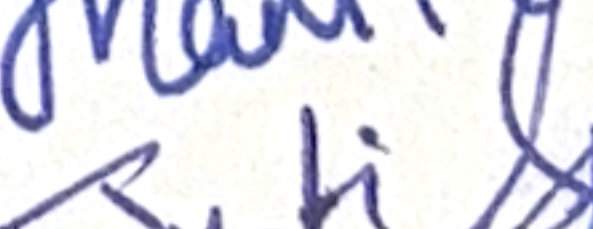

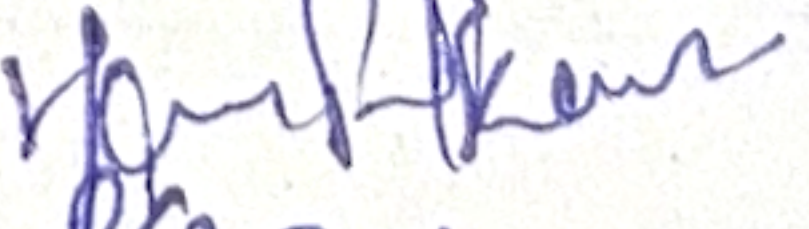
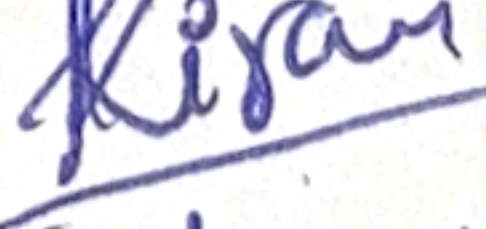
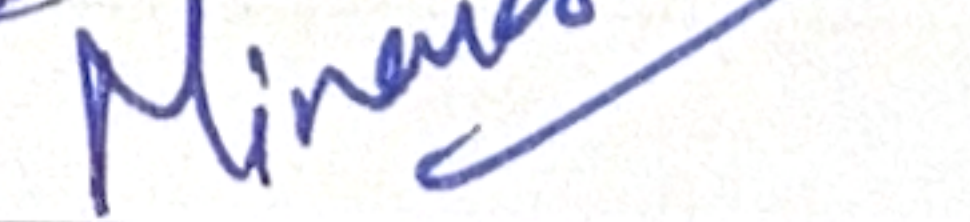


PARENT TEACHER ASSOCIATION

This is certified that **The Imperial School, Green Campus
Adampur, Jalandhar Parent Teacher Association 2026-27**

Comprises of the following members.

Sr. No	Designation	Members	Sign
1	President	Ms. Rajwinder Pal	
2	Vice-President	Ms. Puja Thakur	
3	Secretary Teacher	Ms. Monika Mehta Ms. Aradhana Verma	 
4	Member (Student's Mother)	Ms. Deepa Pandey	
5	Members	Mr. Gurmukh Ms. Seema Solanki Ms. Parminder Kaur Ms. Sudha Pal Ms. Mamta Rani Ms. Jyoti Singh Ms. Harpreet Kaur Ms. Harminder Kaur Ms. Kiran Ms. Minakshi	         

Report on Parenting Calendar

Sessions conducted in the Month of March and April 2026

A parenting session was successfully organized at the school with the objective of guiding parents on effective parenting practices across different developmental stages of childhood and adolescence. The session aimed to sensitize parents to the emotional, social, and psychological needs of children and to strengthen the parent-child relationship through informed and conscious parenting. It also focused on equipping parents with practical strategies to support their children's holistic development, academic growth, and emotional well-being.

The session commenced with a detailed discussion on **Early childhood (0–6 years)**, which is considered the foundation stage of a child's overall development. Parents were introduced to the concept of secure attachment and its long-term impact on a child's emotional stability and confidence. It was explained that children who receive consistent care, affection, and attention from their caregivers tend to develop trust and a strong sense of security. The importance of safe and meaningful play was emphasized as a powerful tool for learning and bonding.

Parents were encouraged to spend quality time with their children through interactive play, storytelling, and creative activities. The need to provide a safe, nurturing, and stimulating home environment was also highlighted so that children feel confident to explore and express themselves freely.

The second session focused on **Middle Childhood (6–12 years)**, a stage where children begin to discover their interests, abilities, and individuality. Parents were guided on recognizing and nurturing their child's potential by carefully observing their strengths and inclinations. The importance of providing opportunities in academics, sports, arts, and other co-curricular activities was emphasized.

Parents were encouraged to motivate children through appreciation and constructive feedback rather than criticism. The session also highlighted the role of parents in developing essential life skills such as problem-solving, decision-making, and responsibility. Maintaining a balance between guidance and independence was stressed, as children at this stage require both support and freedom to grow. Open communication and emotional support were identified as key factors in building self-esteem, confidence, and resilience.

The third session addressed **goal setting and development**, particularly relevant for children in upper primary and early adolescence. Parents were educated on how to help children set realistic, achievable, and meaningful goals based on their interests and abilities. The concept of dividing larger goals into smaller, manageable steps was explained to make the process less overwhelming and more structured. Parents were

advised to guide their children consistently while avoiding excessive pressure or unrealistic expectations. The importance of discipline, time management, and perseverance in achieving goals was discussed in detail. It was also emphasized that children should be taught to accept failures positively and view them as opportunities for learning and improvement. Creating a supportive environment where effort is valued as much as achievement was considered essential for balanced development.

The session focused on **late adolescence (15–18 years)**, a critical phase marked by rapid physical, emotional, and psychological changes. Parents were made aware of the various challenges faced by adolescents, including peer pressure, academic stress, identity confusion, and career-related concerns. The session emphasized the importance of adopting a patient, understanding, and non-judgmental approach while dealing with adolescents. Parents were encouraged to practice active listening and allow their children to express their thoughts and feelings openly. Building trust and maintaining a strong emotional connection were highlighted as crucial aspects of effective parenting during this stage. The need for providing guidance without being overly controlling was also discussed. Additionally, the importance of counselling and seeking professional help when required was emphasized, especially in cases of stress, anxiety, or behavioral issues.

Parents actively participated in the session by sharing their experiences and concerns, which led to meaningful interaction and exchange of ideas. The session provided a supportive platform for parents to understand common parenting challenges and explore effective solutions.

In conclusion, the parenting session proved to be highly informative and impactful. It reinforced the importance of understanding the developmental needs of children at different stages and adopting appropriate parenting approaches accordingly.

Parents gained valuable insights into fostering emotional security, encouraging individual potential, guiding goal setting, and supporting adolescents through critical transitions. The session also strengthened the collaboration between the school and parents in ensuring the overall development of students. Such initiatives play a vital role in creating a positive, nurturing, and growth-oriented environment for children both at home and within the school community. Overall, the program was well-received and appreciated by all participants.



