

ROYAL COLLEGE OF EDUCATION AND RESEARCH FOR WOMEN

Report on Parenthood Reimagined- A Workshop on Influential Parenting

Name of the Program: Parenthood Reimagined: A workshop on influential parenting

Time: 10:30 am onwards

Date: 24th February, 2026

Venue: MUN auditorium

Resource Person: Payal Khanna

Objectives

- To help participants understand the importance of emotional awareness in parenting.
- To explore practical strategies for building strong parent-child relationships.
- To highlight the impact of parents' emotional responses on a child's development.
- To equip Student Teachers with tools to support students' emotional well-being.
- To encourage reflective and mindful parenting and teaching approaches.

Reflection

The Students of Royal College of Education and Research for Women participated in A workshop on influential parenting- Parenthood Reimagined conducted on 24th February, 2026 in the MUN Auditorium. The workshop was very informative and meaningful. It was conducted in an interactive and engaging manner, with a balance of theoretical insights and practical examples. The resource person explained concepts clearly and used relatable scenarios to make the session meaningful. Participants were encouraged to share experiences, which created a collaborative learning environment. Activities and discussions helped reinforce key ideas, making the session both informative and thought-provoking.

Learning Outcomes

By the end of the workshop, participants were able to:

- Recognize the role of emotional intelligence in effective parenting.
- Identify common parenting challenges and ways to respond constructively.
- Apply techniques for empathetic communication with children.
- Understand how to create a supportive and emotionally safe environment.
- Reflect on their own behaviors and adapt healthier parenting practices.

Conclusion:

The workshop helped the Student Teachers understand that parenting or teaching is not only about discipline and rules, but also about emotional awareness and understanding the child's feelings. Participants learned how parents play a very important role in building a child's confidence, values, and emotional strength. Overall, it was well-organized, impactful, and provided valuable takeaways for both personal and professional growth.

Student Reflections

Ayesha Shaikh (F.Y.B.Ed.): I learned that emotional awareness is very important in parenting. Parents should not only focus on studies and discipline but also understand their child's feelings and emotions.

Huda Shaikh (F.Y.B.Ed.): The session helped me realize how positive communication and patience can strengthen family relationships. It was a very helpful and eye-opening experience for me as a student.

Glimpses of the event:



Dr. Judy Grace Andrews

Principal