



Date: 10/04/2019

C 03 (2019-20)

To,

Primary School Parents (Grade 5-Grade 7)

Dear Parents:

Greetings!

As our 5th ,6th and 7th graders are stepping in to their teens SVM management has organised a parent workshop on Appropriate and Inappropriate touch for the parents of 5-7th Graders. This workshop will be conducted by Ms Habiba Kudrati on Saturday,13th April 2019.

Habiba Kudrati, a counselling psychologist with an experience of over a decade and a passion for motivating people and helping them to make decisions about their circumstances by realizing the uniqueness of every individual, their situation and their adaptability. She has worked across prominent national and international board schools in Mumbai. In her last school she was appointed the coordinator of the enrichment cell. She now devotes her entire time in her private practice across 2 clinics in Mumbai and as a franchise partner of Feeling Minds, conducting various workshops Pan India and overseas to create awareness and acceptance of the need for mental health.

She would term herself as an explorer- be it ideas, people, places or psyches. What pulls her is curiosity and a spirit of enquiry. She advocates: "Problems are not stop signs, they are guidelines."

Having an open communication related to topics of sex with your children is of utmost importance. However modern we may be in our thoughts and approach, we somehow hesitate to talk about this topic. This can probably be attributed to our ignorance with relation to how to approach this delicate and awkward conversation.

This programme enables the parents to comfortably communicate with their children and also help them not to overwhelm them with too much information. It is difficult to create awareness among children. But this is the need of the hour These programmes teach students touching rules – the appropriate and inappropriate touch –

In addition to this Ms Habiba will also have an in house workshop with grades 5-7 learners and teachers in the school on Friday,12th April during school hours.

Workshop Title: Be Not Afraid

Venue: ICT Lab

Date: Saturday, 13th April 2019

Time: 10:00 am – 12:00 pm

Yours truly,
SVM Management