

Centre for Interdisciplinary Studies & Research in Social Sciences, Sister Nivedita University (SNU), Kolkata offers a 2 day short course on 'Parenting, Children and Everyday Life'. Certificates will be provided to the participants on successful completion of the course. The Course will be offered at the SNU MAIN CAMPUS, Newtown in Hybrid mode (both in-person and online) for College, University Faculty, Research Scholars and Final year PG Students, and other interested people on the issue. The Course will be offered on 28th & 29th October 2024 (Monday & Tuesday), 1pm - 6 pm.

Course Fee – Rs. 1300/- for in-person participants / Rs. 1000 for online participants. Please note that on-line candidates must reside beyond 50 kilometers from Sister Nivedita University (SNU).

Course fee to be deposited in the following account:-

Account Name: Sister Nivedita University

Bank Name : INDUSIND BANK

Branch : Rajarhat, Kolkata

Account NO. : 100105002920

IFSC Code : INDB0001576

Minimum/Maximum participants – 15/35

For Outstation Candidates, accommodation cannot be provided.

Queries to: [bula.b@snuniv.ac.in](mailto:bula.b@snuniv.ac.in), [chandni.b@snuniv.ac.in](mailto:chandni.b@snuniv.ac.in)

Objectives & Outcomes:-

Parents play an irreplaceable role in the lives of their children. This relationship has a profound impact on a child's mental, physical, social and emotional development as well as their overall well-being and happiness. Parents/Primary Care givers are among the most important people in the lives of young children. In fact, parenting is the most important and challenging job any of us can have; yet, it receives little support or recognition in our society. Simply put, a parent has just entered into a disciplinary arms race in which there are no winners—only hurt feelings, sore throats and rising blood pressure. That is, bringing up children is one of the most challenging and emotionally demanding jobs a parent has to do 24x7 of everyday life. Despite the fact that raising children is one of the most important endeavours we undertake as human beings, there is no training expected of us or routinely offered to help us do it to the best of our ability. Every other occupation, even those that don't affect other people's emotional well-being, typically requires some time spent learning and practicing but there is very little formal training for this task and parents are often isolated and without adequate support networks. The purpose of this 2day course is to sensitize on Parenting as a skill and its nuances.

Skills you will learn:

How to:-

- 1) Set goals
- 2) Create a positive home climate
- 3) Understand how children think and feel
- 4) Solve problem in challenging situations; Participants will practise their skills in mock counselling situation. And they will learn how to apply the same principles across a wide range of situations.

Knowhow you will learn:

- 1) Learn how to engage and listen
- 2) Discover how to match your parenting style to your child's personality
- 3) Care, share and be a friend of your child
- 4) Develop a support network

**We will further offer a one semester Certificate course on Parenting, Child Rights & Child Protection as a follow up of this two day course from January 2025. Interested people may contact us.**