



AMS P.OBUL REDDY PUBLIC SCHOOL

WORKSHOP REPORT

As part of the Mental Health Week 2026 initiatives, the psychology department successfully hosted a specialized online webinar titled “Parenting- Securing a Childhood on 26 September 2026 at 9:00 AM. Conducted virtually, the session was specially designed for the parents and teachers of LKG and UKG students to foster a robust, collaborative network among teachers, students, parents and counselors.

The event featured renowned mental health expert Dr .Pooja Jha Nair as a keynote speaker. The core objective was to educate adults on building early childhood environment where children feel safe, heard, connected and confident. Dr Pooja Jha Nair emphasized that early childhood is a vulnerable, precious phase that requires intentional protection and understanding. The central theme was the collective responsibility of the ecosystem. When parents, teachers, and counselors align their messaging and support systems, children experience lower levels of stress, a greater sense of belonging, and enhanced confidence both at home and in the classroom.

