



**University of Allahabad**  
(A Central University)  
**Department of Psychology**



### **Parenting Workshop**

#### **Theme**

**"Parenting in the 21st Century: Challenges and Solutions"**

*"Nations reflect upon personalities, and personalities are shaped through parenting"*

Family institutions and structures have undergone a massive change in India. Scholars and practitioners observe that family bonding in India has been weakening. This social change may be attributed to several factors such as technological, economic, demographic, cultural, religious, geo-political, etc. Amidst this, within families, intergenerational conflicts too can be observed. Parent-child relations are qualitatively different now, impacting moral development of the child. In absence of social support, parents are resorting to seek help from professionals and relying more on secondary information. Sanskars and values' weakening have resulted into vulnerability for the entire family including parents and children. Change in parenting systems with its newly found challenges is quite visible in different sections of the society. Parents are increasingly finding it difficult to handle the problems of their children.

#### **Objective**

To empower parents with knowledge and practical strategies for effective parenting amidst contemporary challenges such as weakening family bonds, and intergenerational conflicts.

#### **Date**

**January 19, 2025 (Sunday)**

#### **Time**

**9:00 AM onwards**

#### **Venue**

**Department of Psychology  
University of Allahabad**

#### **Content**

- **Sanskar and Values**
- **Nurturing in the 21st century**
- **Interpersonal Relationships**

#### **Pedagogy**

- **Brainstorming**
- **Peer-Learning**
- **Transactional Analysis of Cases**
- **Mirroring**

#### **Participation Details**

##### **Who Can Attend:**

**Parents whose children are up to 17 years old.**

##### **Registration Fee**

**₹1000/- per participant**

**₹1500/- for both parents**

**Registration Link:** [click here](#)

**Number of seats: Maximum 70**

**Registration on a first come first serve basis.**

**Each Participant to be provided with a kit.**

**Language of the workshop sessions: Hindi**

#### **Contact details**

**In case of any query**

**Write to : [organisingcommitteespsydept@gmail.com](mailto:organisingcommitteespsydept@gmail.com)**

**Or**

**Contact: Mr. Anant Pandey**

**(Phone number: +91 95544 40496)**

## Patron



**Prof. Sangita Srivastava**  
**Hon'ble Vice-Chancellor**  
University of Allahabad

## Organizing committee



**Dr. Chandranshu Sinha**  
**Head**  
Department of Psychology  
University of Allahabad



**Dr. Sandip Anand**  
**Associate Professor**  
Department of Psychology  
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**Dr. Narsingh Kumar**  
**Associate Professor**  
Department of Psychology  
University of Allahabad



**Dr. Manikandaprabu. M**  
**Assistant Professor**  
Department of Psychology  
University of Allahabad

## About the department

The study of human psyche and search for the 'why' of human behavior has always been an integral part of our thinking and heritage in the Indian tradition. At the department of Psychology, University of Allahabad, the fourth oldest university in India known as the 'Oxford of the East', this tradition has been continuing to be pursued since the department's inception in 1961. The department of Psychology has a very rich legacy and illustrious history of societal contribution through research, teaching and practice. Many distinguished professors of national and international repute have been associated with the department. The impact of knowledge creation and dissemination by the department has well been recognized by several national and international bodies. The department has served as UGC's Centre of Advanced Study in Psychology for four terms. Illustrious alumni of the department of Psychology through their services have long been impacting national and international development.

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