



DR. VIRENDRA SWARUP EDUCATION CENTRE

*"Nobody knows of the work it takes
to keep the home together.
Nobody knows the steps it takes
Nobody knows – but MOTHER"*

*H*ello dear moms,
Wish each one of you a
HAPPY MOTHER'S DAY!!

In these unusual times with social distancing suddenly becoming a norm, it is definitely taking us by a storm, with loads of work and no help.....As a mother, I understand, how we all are multi-tasking at different levels to keep things smooth at home. But while we are grappling with juggling various roles, we must manage our emotional well being as we take care of the physical well-being of our family.

We are strong and multi-faceted and for centuries we have been conditioned to think that we are super moms and can do anything and everything for our family and that they are our sole responsibility. When we fail to deliver, we fall in our own eyes and start to live in guilt. Let's tell ourselves today that we are humans and it is natural to make mistakes. Let nobody's comment derail us and make us feel undermined. We can light-heartedly announce – Hey! I forgot to turn off the gas and the milk is spilled.....

Our children will learn to do different things without the fear of failure or being reprimanded. Let's teach them through example!

We mothers have to take care of our emotional self before we take care of anything else. We can always ask for help when required. If we become lone warriors, we will be exhausted, drained and defeated. Hence, let's ask our children for help. They recognize feelings and they will grow up to be humane human beings.

And finally let's not ignore ourselves in our quest to please others. We must take our 'me' time out and dive into whatever we want to do.

*BE A
NATURAL MOM!!!
YOU ARE
SUPERB !!*

We care for you, stay safe
and healthy!

Pooja Lalchandani
(Principal)

Happy Mother's Day!
*International Day for recognizing and
celebrating the efforts of mothers*

