

## **BRAC seminar on parenting**

With the theme of "promoting tolerance and empathy to create a bullying free environment in family", the Counseling Unit of BRAC University had organized a "Parenting Seminar" on 28 July 2018 from 02:30 pm to 05:30 pm at BRAC University Auditorium. The main objectives of the seminar was to promote a healthy relationship between parents and children based on empathetic understanding and celebrating the uniqueness of the individual. Both the parents and children were participated in this seminar.

The seminar was facilitated by Professor Mehtab Khanam, the Adviser of the Counseling Unit of BRAC University. At the beginning of the seminar, Monzia Mushtaq, Psychosocial Counselor and Lecturer of Counseling Unit, BRAC University, briefly described the objectives of the seminar and the activities of the Counseling Unit. The Director of the BRAC Institute of Languages and the Head of the Counseling Unit of BRAC University, Lady Syeda Sarwat Abed, had also put the light on the significance of parenting for the overall development of adolescents. Shortly after that Professor Mehtab Khanam facilitated the seminar where the students of the university and their parents shared their barriers of communications with each other. In the second phase of the seminar, Professor Mehtab Khanam gave a presentation on the significance of life position, tolerance and empathetic understanding for the healthy parent-child relationship. Two role plays have also taken place, done by the members of the Counseling Unit. Overall, this seminar was a professional platform to share and discuss about the diverse experiences of parent-child relationship. Moreover, it was an opportunity to explore the idea to make this significant relationship a healthy one with trust and respect.