

A Celebration in Honour of All Mothers

Mother's Day Celebration in India is slowly catching!

There is no escaping the impact that mothers have on our lives. Mothers are mothers everywhere; they are as much loved and respected in India as in any other part of the world. Perhaps Indians have always felt the need of such a day which is devoted solely to mothers. Mothers Day gives them all the opportunity to celebrate such a day.

The practice of celebrating the Mother is not alien to India. For thousands of years Hindus have been celebrating a ten-day festival, Durga Puja, honouring the divine mother **Durga**, in early October. But the more personal festival of 'Mother's Day' has also come to become a part of our culture now. What it offers is an opportunity to honour and show our appreciation for our flesh and blood mothers - the one person who has stood by us through thick and thin. Hindu scripture credits the Great Mother, **Kali Ma**, with the invention of writing through alphabets, pictographs and beautiful sacred images. Buddha honoured mothers when he said, "As a mother, even at the risk of her own life, loves and protects her child, so let a man cultivate love without measure toward the whole world."

However, in India, Mother's Day is observed mostly in cities, where people are more in contact with cultural traditions of the rest of the world. Awareness about Mothers Day is much greater in metros and other big and happening cities than in smaller towns.

Occurring in SBDCH:

This time the whole thing was a bit different. Usually Mothers here are not so punctual and group counselling is a big difficult, some Mother come in time where as others are late, so while we wait for the late comers the Mothers who have arrived before hand feel restless.

The discussion mainly covered the area of Health, Food Habits and we stressed on Psychological aspects.

We went for one –to one- counselling / individual counselling for women whose needs and goals would be more successfully supported , and who ever arrived was counseled in respect to their importance in the family and their role in holding the family together and thus their to stay healthy . This health can be achieved by taking proper food in proper time, not neglecting minor illnesses and getting them treated as soon as possible.

Services offer includes- How to handle the relationship between a child and a working mother through in-depth conversation, mother and child mental make-up, behavioral preparation. Many women are benefited from a combination of individual and group support.

The Method: Mother-child counselling, is delivered individually by the child development counselor. Various interventions are used—interviews, one to one conversation. The method of behavior counselling, places its emphasis on actual observable behavior and the environmental variables that maintain certain behavior patterns. This counselling procedure focuses on teaching parents, how to apply the principles of learning theory to their specific child-rearing problems.

The Ultimate Goal: The goal is to enhance the stability and security of the attachment relationship between mother and child by increasing the mother’s understanding of her child’s developmental and socio-economic needs.

The Response—the response is overwhelming..... This part was covered by our staff Moumi Chakraborty soon she will complete her MSW course.

18 mothers turned up. Mothers were of Heterogeneous Socio-economic Group. Age group was Early thirties to late forties. We are very happy to conduct such counselling session because we observed that the mother were more candid to us than in groups.

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