



South Kendra SHIPA Team

Namaste all,

How did 'ShiPA' [Shishukunj Parents Association] start at South Kendra?

At first, some parents were looking to occupy their time by doing something for the children. Parents attending regularly 'just wanted to help and support'. This is how ShiPA began at South Kendra.

Space for parents was created to mingle and share useful information. A parent suggested that we start a walking club within the very large playing fields of South Kendra. As you all know the morning at the Choki desk is rather very busy. So the parents decided on a fixed time to start walking and thus the 'walking group' was born. As the winter sat in, the group started to decrease in numbers. We all knew exercise was vital for all, so we introduced an Aerobics group and the bhaio started a badminton group. As word spread to other parents of the activities, sankhya for ShiPA began to increase. We encouraged parents to try out a session. We introduced Yoga with one member and we now have 8 members.

At South Kendra we find that this is a wonderful platform for meeting new parents and interact with them. The south parents call this space "my time". It is a way of de-stressing for parents as well as enjoying ourselves and have a good laugh with the team.

Last year we organised a bowling night out which was very successful. A group lunch made up of over 60 parents and children was just excellent. Our observation is that meeting outside a normal Shishukunj day, gave us more time to get to know each other as well as finding ways of help/supporting each other.

At Kendra we encourage parents to join activities including talim sessions. In 2009 we organised a Christmas play for both parents and children participating together.

We have been able to give an opportunity to both parents and children to understand each other by acting their reversing roles. This has helped parents to enhance their skills and have a better understanding of their children and vice versa. Of course there is still a long way for us all to fully understand each other! We believe that Shishukunj truly develops a child and the parent and it helps towards reaching the goal of good bonding and parenting.

If you need further information then please feel free to approach our ShiPA team. You may visit our photo gallery on the website. If you want to have the taste of ShiPA at South Kendra then please feel free to visit us on any day during the term.

A Big Thank You to our ShiPA team.

Without you we would not exist or be able to achieve our goals.

Nilamben

Baal Devo Bhava