



**Bal Bharati**  
PUBLIC SCHOOL  
Sector 12, Dwarka



We are proud to share that we have been **Ranked No.1** under the Category - **Quality In Education** in a North School Survey conducted by **EducationToday**. The school is amongst TOP 100 Prestigious Schools 2024.

**School Principal** has been honoured as **Top 50 Effective Principals** of the Country with full page article in the premium magazine circulated Pan India.

<https://bbpsdwarka.balbharati.org>

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## EFFECTIVE PRINCIPALS

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EFFECTIVE PRINCIPALS

## SINGLE PARENTING CHALLENGES: COPING STRATEGIES FOR SINGLE PARENTS

### Mrs. Suruchi Gandhi

Principal  
Bal Bharati Public School - Dwarka  
New Delhi

*Parenting is a profound journey of growth and discovery. It's not about having all the answers but about learning alongside your child. Each moment of guidance, support, and unconditional love you provide, lays the foundation for their future, shaping who they will become. It's through these daily acts of nurturing and teaching that you leave a lasting legacy.*

The essence of parenting lies in the delicate balance of holding on and letting go. It's the art of instilling values and providing a safe space for exploration while allowing children the freedom to find their own path. True parenting is about being present, offering love and wisdom, and trusting that they will soar. Navigating single parenting requires patience and support, transforming struggles into life lessons for both parent and child.

Single parenting presents challenges such as financial strain, emotional stress, and time management difficulties. To cope, single parents can utilize community resources like food banks and child-care subsidies. Building a strong support network of friends, family, and single-parent groups

provides crucial emotional support. Effective time management, setting realistic goals, and maintaining routines help manage daily tasks. Prioritizing self-care is essential for overall well-being. Open communication with children about the family situation fosters understanding and resilience. By implementing these strategies, single parents can create a nurturing and stable environment for their children.

The journey of single parenting is marked by unique trials, yet it also reveals extraordinary courage. Balancing work, home, and personal needs requires a delicate balance of planning and self-compassion. By fostering a strong support network and practicing effective time management, single parents not only survive but thrive, teaching their children the power of perseverance and love.



### Profile

A charismatic leader and an excellent mentor, Mrs Suruchi Gandhi has a prolific teaching experience of 38 years. She has been the proud recipient of momentous honours including the National Award for Teachers 2021 by the Honourable President of India, Shri Ram Nath Kovind; the Award by MHRD (Principal's category, 2019); the State Teacher Award by the Chief Minister of Delhi (2013); World Climate Leader by Al Gore (Former Vice President USA) (2019); Leadership Excellence Award by Expressions India; Award for Excellence instituted by Heart Care Foundation (Padmashri Dr. K.K. Aggarwal -2018) and Exceptional Women of Excellence Award World Women's Economic Forum (2018), to name a few.

Through her exemplary leadership, resolute commitment, and unwavering devotion to the cause of education, Mrs Suruchi Gandhi has not only helped the school blossom into a renowned organization all over the world but has also carved a niche for herself as a devout educationist, noble philanthropist, and staunch humanitarian.