

Dr. Debmita Dutta

Parenting and Wellness Consultant



- Doctor MBBS, MD (20+ years)
- Parenting consultant (10+ years)
- Author of 7 popular books on parenting published by Juggernaut Books
- Acclaimed speaker and frequently quoted thought leader in parenting
- Facilitator of parenting workshops at schools and corporate organizations (10+ years)
- Founder of WPA whatparentsask.com
- Expert on play for the Genius of Play Initiative
- Expert on the neuroscience of learning and study skills, inculcation of healthy eating habits, immunity, and wellness

Making Parenting Enjoyable and Effective through Neuroscience

Corporate organizations engage Dr Debmita because they recognize that

1. Employee productivity begins at home.
2. Parenting guilt is one of the prime causes of workforce attrition.

Dr Debmita's workshops allay parenting stress and keep it from being carried to the workplace. The neuroscience-based techniques that Dr Dutta teaches at her workshops prevent parenting guilt and correct work-life balance. The workshops enable parents to arrive at work feeling fulfilled and competent because they have taken the definitive actions to ensure that their children are growing into healthy, happy, socially well-adjusted, emotionally secure, motivated learners.

Top questions that Dr Debmita answers

- How to parent effectively when you don't have time
- How to bring up future ready children
- Discipline without tears in modern times
- How to use negative emotions for positive parenting
- How to handhold children to success without stress

Dr Dutta handholds parents through their parenting journey right from the time they conceive up until their children leave their teens.

Her workshops are always customized to match the needs of the participants

Dr Debmita is a captivating speaker and keeps the audience mesmerized and delighted throughout her insightful and inspiring sessions.

- Mukul Ghosh, Director, Citrix

Dr Debmita Dutta won the audience over with her candid style, storytelling, and humour. We received great feedback and requests for more sessions.

- Preeti Paul, BPHR Infosys



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