

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

Schools engage Dr Debmita Dutta because they recognize that –

1. What a child takes away from the classroom – depends on what the child brings to the classroom. And what the child brings to the classroom depends on the environment at home.
2. Emotions have a huge impact on learning. And the parent-child relationship has a huge impact on the child's emotions.

Dr Debmita Dutta is an expert in the neuroscience of learning. Through her workshops, she helps parents apply the neuroscience of learning to everyday parenting to bring up motivated learners. Her workshops help busy parents in urban nuclear families tweak their parenting in small ways to make a big difference – so that they can help their children achieve their learning goals.

Dr. Debmita Dutta

"Dr Debmita Dutta has been conducting parenting workshops at the St Joseph's Boys' High School (Museum Road Bengaluru) for the past eight years. Her workshops have consistently received fantastic reviews. Her workshops are informative, interesting and full of useful advice. Her responses to audience queries are always insightful.

We were pleased with the study skills sessions that she conducted for our students, and her teacher training workshops."

– Fr Sunil Fernandes, Principal – St. Joseph's Boys' High School, Museum Road, Bangalore

Dr. Debmita Dutta has been conducting workshops for parents, students and teachers at the Trio World Academy for the past 8 years. The feedback we have received from the participants of her workshops has always been fantastic.

She has a deeply empathetic understanding of the challenges that parents, students and teachers face every day. And in her workshops, she offers solutions to those challenges through a unique mix of science and storytelling. This makes her workshops, fun filled learning experiences for participants, that they enjoy thoroughly.

I would enthusiastically recommend her workshops on applied neuroscience to any institution that wants to build a successful partnership between students, parents and teachers. I would also highly recommend her wellness workshops to all institutions that focus on ensuring that their students thrive through the challenges posed by the rapidly changing world.

– Vinod Singh, Head of School – Trio World Academy, Bangalore



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