

ANGER MANAGEMENT WORKSHOP

Conducted by: Ms. SRISHTI MAHENDRO



The CCD workshop was conducted on 17th July 2019 at JM International School, Dwarka. The students of class IX attended the workshop. The session was led by Ms. Srishti Mahendro, a psychologist and career counselor. The session was focused on understanding the anger which is nothing but an emotional human outburst may be due to internal factors and/or external factors.

Focus mainly was on controlling the internal factors using anger management techniques discussed in depth. Students shared their experiences of what caused anger in them and how did they react to it. Techniques of taming the anger were also discussed that how to tame your anger like by channelizing energy by doing physical exercise, by drinking water, count till 10, meditate etc. All these techniques focused on somehow increasing the reaction time whenever one becomes angry. Students also watched some videos and did analysis of what could cause anger and how more effectively one can deal with it more effectively and maturely and handle the situation wisely.

WORKSHOP theme: ANGER MANAGEMENT

Date: WEDNESDAY/17-07-19

Venue: AUDITORIUM

