



## **MBS INTERNATIONAL SCHOOL**

### **WORKSHOP FOR STUDENTS**

#### **SESSION 2019-20**

**TOPIC: ANGER MANAGEMENT**

**DATE: 10 OCTOBER 2019**

**ATTENDED BY: STUDENTS OF CLASS IX AND X**

**VENUE: AUDITORIUM, MBS INTERNATIONAL SCHOOL, DWARKA**

**RESOURCE PERSON: MS. MONIKA SOLANKI (SENIOR CONSULTANT  
AT TIMES OF INDIA**

**CERTIFIED SUCCESS COACH FROM JACK CANFIELD  
(CERTIFIED NLP PRACTITIONER)**

A workshop on 'Anger Management' for the students of class IX and X was organized on 10<sup>th</sup> October 2019 by Ms. Monika Solanki who is a senior consultant at Times of India and a certified success coach. It was extremely informative and interesting session in which children learnt the value of regulating their anger. Through role play they understood how important it is to have empathy towards others and how the words said during an angry moment can be harmful. They also learnt to respond thoughtfully instead of reacting spontaneously. In the end they were also taught meditation exercises to control their anger. The whole session was quite educative and engaging.

