



## **MBS INTERNATIONAL SCHOOL**

### **WORKSHOP FOR STUDENTS**

#### **SESSION 2017-18**

**TOPIC: ANGER MANAGEMENT**

**DATE: OCTOBER 12, 2017**

**GRADE: IX TO XII**

**CONDUCTED BY: Mr. TARUN (PROMISE GROUP)**

A workshop on the topic 'Anger Management' was conducted on October 12, 2017 for the students of classes IX to XII in the school auditorium. The session was held in three batches, the timings of which were as follows:

Class IX & X - 9:00 am to 10:10 am

Class XI - 10:10 am to 11:10 am

Class XII - 11:45 am to 12:45 pm.

The sessions were conducted by Mr. Tarun from the Promise group. He introduced the theme of the workshop by narrating a story. He further elaborated upon the nature of anger and the actions we usually take out of impulse. Mr. Tarun also discussed in detail the importance of criticism and how it can help us build upon our character. Various do's and don'ts of anger management were discussed and children were encouraged to express their anger in a productive manner.

It was a very informative workshop and students participated enthusiastically.

