

D.A.V. PUBLIC SCHOOL , SECTOR 14 , GURUGRAM

ANGER MANAGEMENT WORKSHOP

A follow – up session of ‘Anger Management Workshop’ (held on 5th May,2018) was organized for the students of class IX on 16th May 2018 in the school auditorium. The session focused on therapeutic prevention and control over anger. Various anger management techniques were discussed in order to enable the students to channelize their energy into something positive and constructive at the time when they get angry. The session included showcasing of a power point presentation and a short movie on Anger Management techniques. The following students along with the school counsellor **Ms. Aditi Khanka** conducted the session.

1. Aryan Erry IX A
2. Manav Bindlish IX H
3. Mannat IX E
4. Anshika Sharma IX F

It was quite an interactive session which touched upon all the aspects of Anger Management and motivated the students to practice tolerance, patience and calming down techniques.



