

WORKSHOP ON ANGER MANAGEMENT

A workshop was conducted on anger management at Modern School ,Vaishali on 16th January Thursday which was attended by the students from class 5th to class 9th. Mrs Pooja Kishore was the host of this event. Discussions were held on various topics related to anger and also about the factors that trigger anger more frequently in teenagers for start she explain how to control violent mood swings in teenagers and also about the growth and changes which takes place in the behaviour patterns and personality of teenagers first she also discussed some few exercises on relieving stress and staying cool during provocative situations. She also discussed the ways to channelise their short temper for a good cause instead of thrashing about people and causing destruction to others. It was overall a very informative programme for the students .

