



DELHI PUBLIC SCHOOL GANDHINAGAR
Academic Session 2026-27
Event Report

Title: Words Can Hurt or Heal	Date: 12/08/2026
Venue: Auditorium	Class: VIII

The workshop “Words Can Hurt or Heal” was conducted for the students of Class VIII to create awareness about the impact of their words and behavior on others. Students explored what constitutes wrong behavior, the use of abusive words, bullying and cyberbullying. Discussions also focused on argumentative behavior with teachers, classroom misconduct, and the importance of understanding that wrong is wrong, even when everyone is doing it, and even when it has become normalized.

The session highlighted that every action has repercussions and that students must learn to make responsible choices rather than blindly follow their peers. They were encouraged to stay strong and have the courage to stand against friends when they engage in inappropriate behavior. Students were motivated to choose what is right, speak respectfully, support others, and stand firmly with truth and fairness even when it may be difficult.

As part of the emotional regulation component, students were taught **box breathing** as a simple technique to manage anger, frustration and impulsive reactions. The session concluded with an emphasis on courage, self-control, empathy and responsible decision-making, encouraging students to pause before reacting, choose their words wisely, and become positive influences within their peer group.



