DELHI PUBLIC SCHOOL GANDHINAGAR

Academic Session 2026-27

Event Report

Title: Pause, Process, Respond: Always be in control	**Date: 04/11/2026**
Venue: Auditorium	**Class: VIII**

A counselling session was conducted for the students of Class VIII on the topic "Pause, Process, Respond: Always Be in Control", focusing on the importance of self-control and managing one's thoughts, emotions and actions. Students learnt that reacting immediately to a situation, especially when angry, frustrated or upset, can sometimes lead to misunderstandings and undesirable consequences. The session emphasized the importance of taking a pause, thinking before speaking or acting, and choosing an appropriate response rather than reacting impulsively. Students were made aware that while they may not always have control over the situations they face, they can certainly control how they respond to them. They also understood that being in control means recognizing their emotions, managing them effectively and making thoughtful decisions.

A variety of interesting and interactive activities were conducted to help students understand and practice the concept of self-control. Through these activities, students explored how simple breathing techniques can help calm the mind, how taking a momentary pause can prevent an impulsive reaction, and how thinking about the possible consequences of their actions can help them make better choices. Real-life situations and examples encouraged students to reflect on how they respond to disagreements, peer pressure, anger and challenging circumstances. They were also encouraged to practice the three-step approach of Pause, Process and Respond in their everyday lives.






SELF-CONTROL





