



DELHI PUBLIC SCHOOL GANDHINAGAR
Academic Session 2026-27
Event Report

Title: TURNING EMOTIONS AND ANGER INTO STRENGTH	Date: 18/03/2026
Venue: Auditorium	Class: XII

A meaningful and thought-provoking workshop titled "**Turning Emotions and Anger into Strength**" was conducted for Class XII students, focusing on the essential skill of understanding and regulating emotions. Students learned that emotional regulation is not about suppressing feelings but about choosing thoughtful responses over impulsive reactions, directly impacting their academic performance, relationships, and mental well-being. A significant discussion addressed anger as a completely natural human emotion, guiding students to understand that the real power lies not in avoiding anger but in managing and redirecting it as a source of motivation, focus, and personal strength.

The workshop further equipped students with a range of practical tools including Box Breathing to calm the nervous system, the 90-Second Pause to respond rationally before reacting, managing words and thoughts consciously during emotionally intense moments, writing down emotions for mental clarity and release, and naming emotions to reduce their intensity and restore inner control. Overall, the session was warmly received and left students feeling more self-aware, composed, and confident — with real and applicable strategies to navigate life's pressures and channel their emotions into purposeful action.

