



**DELHI PUBLIC SCHOOL GANDHINAGAR**  
**Academic Session 2026-27**  
**Event Report**

<b>Title: Turning Emotions and Anger into Strength</b>	<b>Date: 11/03/2026</b>
<b>Venue: Auditorium</b>	<b>Class: X</b>

A structured session was conducted for Class X students focusing on understanding and managing emotions. The session began by explaining what emotions are — natural psychological and physiological responses that influence our thoughts, behaviour, and decisions. Real life examples were discussed thereby providing a deep insight into the generalised behaviour of the particular age group

The session identified excessive screen time as a primary culprit behind poor emotional regulation in today's youth. Practical coping strategies were introduced to empower students: box breathing to calm the nervous system, journaling feelings to build self-awareness, and the 90-second rule — waiting 90 seconds before responding to allow emotional intensity to pass. Students were encouraged to channel their anger and difficult emotions as a source of inner strength rather than a weakness. The session concluded with a reassuring message that counsellors and teachers are always available to support students through emotional challenges.

