

## **‘Positive Emotional Management in Classroom’ Workshop by HASI Foundation**

Topic: DPS x HASI: Positive Emotional Management in Classroom

Organised by: HASI-Hope and Strength Initiative

Speakers: Ms. Alka Bakaya, Ms. Ridhima

Date & Time: 26<sup>th</sup> and 27<sup>th</sup> May 2022, 03:00 p.m. to 5:00 p.m. (online)

10<sup>th</sup> June 2022, 9:00 a.m. to 11:00 a.m. (offline)

Attended by: 46 teachers of Junior School

The workshop was conducted in two online sessions. It was very interactive and stressed on the fact that it is important to know our own emotions as that would help us understand people around us.

### ***Takeaways:***

- Understand the difference between day-to-day stressors & mental health concerns
- Appreciate our own emotional experiences and what they mean
- Recognize and change poor thinking patterns
- Realise that we can only help others if we are aware of our own emotional experiences.
- Managing mental health is about managing our own emotional experiences as no one can control one’s thoughts and emotions
- Learning to control how we behave during an emotional experience.
- To know how we are feeling and decide what we need to do to feel better.
- Communicate and express your emotions
- Anger is a substitute emotion and occurs when people feel emotional pain in the form of rejection, threat, or experience of some loss.
- Anger temporarily protects people from having to recognize and deal with their painful real feelings.
- Understanding depression and anxiety
- Recognize maladaptive behaviours and their causes
- Learn techniques for emotional expression
- Plan behaviour modification techniques

The 3<sup>rd</sup> session of the workshop was conducted in the school auditorium. It was very interactive and aimed at finding out solutions to conflicts among people through effective conversations.

***Takeaways:***

- It is normal to have disagreements or conflicts.
- Anger is a substitute emotion and occurs when people feel emotional pain in the form of rejection, threat, or experience of some loss.
- It is important to identify the root cause of conflicts.
- Conflicts between individuals can be resolved by conversations and by giving the right reasons, thus resulting in a win-win situation for both.
- It is very important to have and show empathy.
- Passive aggression is the most dangerous form of aggression and there are ways one must know to diffuse it.
- Effective Dialoguing can help resolve any kind of situation.
- Enacting the given situations and trying to resolve them, gave some practical insights into the actual dilemmas faced by the teachers.



