WORKSHOP ON *Anger Management* HELD AT UAP

The Centre for Mental Health of the Directorate of Students' Welfare (DSW) organized a workshop titled 'Anger Management' from 3:30 pm to 5:00 pm on Sunday, April 20, 2025. **Ms. Ayesha Islam,** Socio Counselor of University of Asia Pacific facilitated the workshop for the many participating students by discussing the concept and engaging students with activities to understand the anger and its management effectively.

The objective of the workshop was to make the students understand anger and how they can help themselves when they feel angry due to any kind of event. The general ideas and effects of anger, management techniques, and some tips to deal with anger were discussed. Moreover, how appreciating self and other can help to manage anger in day-to-day life was emphasized in the session. A role play activity was presented by students to show how to practice the management skills in real life.

Other than this, the students went through a guided meditation and breathing exercise which helped them to utilize their different previous resources in order to cope with the existing anger. In the end, what they were getting out of this workshop was asked to reflect on. The concluding part took place by giving and receiving thanks and warm wishes from the students.

The participating students expressed a great deal of satisfaction and shared their interest to attend more such workshops. Center for mental health is thankful to the admin and management staff of the University of Asia Pacific who supported the workshop and make it successful.