



## Report on the Guest Talk on the topic Anger Management and Mental Wellness for the Academic Year 2025–2026

On the morning of April 23, 2025, from 7:45 AM to 8:45 AM, Don Bosco Senior Secondary School organized a special session on the theme “**Anger Management and Mental Wellbeing**”, aimed at helping students understand and handle their emotions more effectively. In today’s fast-paced and often stressful environment, especially for adolescents balancing academics, peer relationships, and personal expectations, the need for mental and emotional balance cannot be overstated.

The session was led by the distinguished guest **Dr. Deepa Kala**, a respected Professor and Head of the Department of Obstetrics and Gynaecology at Terna Medical College. With over 20 years of experience in teaching and healthcare, and additional academic credentials in Counselling, Psychotherapy, and Yoga Shastra, Dr. Kala brought a well-rounded and deeply empathetic perspective to the discussion. She began the session by addressing anger as a natural human emotion, encouraging students to view it not as a weakness, but as a signal that requires understanding and proper response.

She explained the common triggers of anger in young minds ranging from academic stress to emotional insecurity and provided practical strategies such as deep breathing, mindfulness, journaling, and guided reflection to manage it constructively.

Dr. Kala also emphasized the importance of mental wellbeing as the foundation of a healthy and successful life. She spoke about the role of a balanced lifestyle that includes good sleep, nutritious food, physical activity, and emotional support.

A short but impactful guided meditation was conducted during the session, allowing students to experience calmness and clarity in real-time. The session was highly interactive, with students eagerly participating in the discussion and asking questions that were addressed with patience and clarity.

At the conclusion of the program, **the session supervisor, Reena Ma’am, felicitated Dr. Deepa Kala with a token of appreciation**, expressing heartfelt gratitude for her inspiring presence and valuable insights. The students left the session feeling more empowered to understand their emotions and take positive steps toward emotional regulation and overall wellbeing.

This enlightening session served as a meaningful reminder that mental health is just as important as physical health, and that building emotional intelligence early in life can lead to happier, more resilient individuals. The school hopes to continue organizing such sessions in the future to support the holistic development of its students.





