

DMP Organised Workshop with the Students on Anger Management and Self-Control:



A workshop on “Anger management and self-control” for the students of the 8th batch of Dhaka centre was organised on 17th February 2022 by the Developing Midwives Project. 48 students participated in that event. As the students are staying in the dormitory, uncontrolled and frequent outbursts of anger may affect the students’ health and relationships with others. The aim of the workshop was to reduce both emotional feelings and physiological provocation that anger causes and also introduce the concept of anger as a basic emotion and evidence-based strategy to effectively regulate this emotion. This participatory workshop developed the skills of the students to recognise anger and take appropriate action to deal with the situation in a positive way. Also, they learned about assertive communication and problem-solving techniques.