



K. K. Wagh Polytechnic, Nashik.

Hirabai HaridasVidyanagari, Amrutdham, Panchavati, Nashik-422003

DEPARTMENT OF ARTIFICIAL INTELLIGENCE AND MACHINE
LEARNING [AN]



Academic Year: 2024-25(EVEN)

Date of Report: 16/01/2025

Activity Summary Report



Title of Activity: Counseling session on “Essential Skills to Resolve Anger Issues”

Date of Activity: 15/01/2025

Type of Activity: Counseling Session

Activity for Class: SYAN

Total Students Attended: 66

Recourse Person(s) Name and Designation: Dr. Mrs. Pratibha Chandak Psychological Counselor	Department/Section: Psychological Counselor
Organization K. K. Wagh Education Society, Nashik	Email-id: pmchandak@kkwagh.edu.in Mobile No: 9422756611
<p>○ This Expert Talk have covered the following topics -</p> <ul style="list-style-type: none">● What are the different causes of anger?● Past experiences, deep breathing to control anger, various ways to control anger.● Causes of external stress, major life changes, and challenges.● Causes: Academic and exam pressure, crush or relationship difficulties, financial problem, homesickness, placement.● Negative influence: results in feeling of distrust, rejection, anger and depression● Positive influence of stress (Eustress)- good stress can stimulate us to action, result in a new awareness and an exciting perspective.● Indulge in extracurricular activities.● Mathematics of Life with life related equations, Importance of Self-Motivation.● Discipline leads to success.● Sacrificing now to enjoy your future.	 
Outcomes/Conclusion: From this Counseling session, students will able to learn how to control our anger?, how to improve Physical, Mental and Academics health. How to avoid excessive usage of mobiles. Discipline leads to success. Sacrificing to enjoy your hobbies, future.	



Mrs. S. A. Birari
Coordinator

Prof. H. M. Gaikwad
HOD- AN