

**THEME:** Students' Enrichment Program

**REPORT:** Friendship and Conflict Resolution

**DATE:** Friday, January 30, 2026

**CONDUCTED BY** – School Counselor

**ATTENDED BY** – Students of classes III – V (approx. - -250)

### **EVENT REPORT**

A friend in need is a friend indeed! As friendships grow from an early stage in life, so do fights and conflict. Conflicts are an inevitable part of life. Emotional reactions during conflict depend on how well we handle it.

To empower the young Goenkans of classes III – V, the school counselor – Ms. Urvashi Sareen, conducted a workshop on 'Friendship and Conflict Resolution', helping the students build an understanding of their feelings when friends disagree and ways to deal with those situations.

Story-telling and audio-visuals ensured the important lessons of trust, respect and honesty were conveyed impactfully.

With an enthusiastic participation during de-briefing, it turned out to be a meaningful session where students learned about the ways to handle disagreements with friends, using I-statements, describing their feelings and finding ways to communicate empathetically. Each scenario discussed during the session along with the story of 3 friends, seemed relatable to many as several children expressed how they have already faced these situations in life and felt better equipped to handle such difficult emotions.

## WORKSHOP IN PROGRESS

