



Bal Bharati PUBLIC SCHOOL

Sector – 21, Noida
Phone : 0120-2534064, 2538533 / e-mail : bbpsnd@yahoo.co.in
Website : [http : www/bbpsnoida.com](http://www/bbpsnoida.com)

Report on Anger Management

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned. — **Gautama Buddha**

EVENT: Anger Management Workshop (NIE)

DATE: 13th May 2016

An effective Anger Management workshop was conducted by Ms. Shikha Nautiyal from TOI for the students of classes IV and V in the school auditorium. The workshop aimed to make children aware of their spontaneous actions in a fit of rage and their consequences. The resource person emphasized that anger should not control our actions but it should be vice versa. Various real life examples and situations were discussed which children encounter in their day-to-day life.

The students were enlightened about various ways through which they can control their outburst and vent it out in some other subtle form. Various ways to control anger were also discussed like deep breathing, counting upto 10 before reacting and remaining quiet for atleast 1-2 minutes when provoked. **“Do not let your anger lead to hatred, as you will hurt yourself more than you would the other.”** — **Stephen Richards**

The workshop was very interactive, informative and a great success! Many students willingly came forward to share their views and ideas and were given a chocolate as a mark of appreciation.



**Ms. Shikha Nautiyal
The Resource Person**



Enthusiastic Participants



The Engrossed Audience

Submitted by: M. Srivastava