



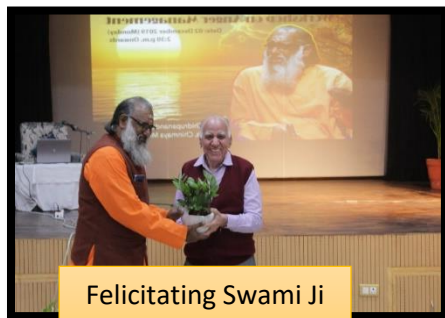
REPORT
ANGER MANAGEMENT
SESSION BY SWAMI CHIDRUPANANDA JI

"Life is nothing but new challenges, it is constantly changing"

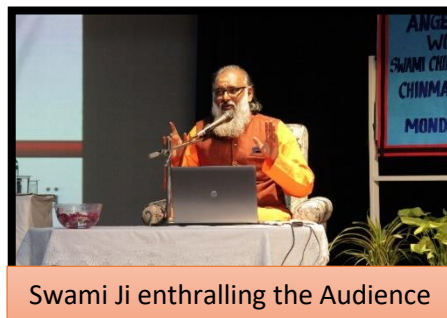
An Anger Management workshop was organised by Bal Bharati Public School, Noida on 02nd Dec 2019 at the State of Art School Auditorium. It was graced by the motivational idealist Swami Chidrupananda Ji, Acharya Chinmaya Mission Noida, Secretary General and Director North Zone All India Chinmaya Yuva Kendra, Shri Suraj Prakash, Secretary School Managing Committee, Ms. Rekha Sharma, Advisor Child Education Society, Ms. Nanu Rekhi, Montessori Advisor, Child Education Society and Staff Members of all Bal Bharati Units.

The programme began with the lighting of the ceremonial lamp spreading the halo of serenity. The Bhajan presented by Mr. Pradeep Pallavi, enhanced the aura. After the introduction of the programme, Swami Ji inspired the listeners through his talks on Anger Management. His dynamic personality reflected in his interaction and discourse which enriched the audience. The irrepressible desire to awaken fellow human beings, to shed and control anger was the main thread of the workshop. The dissemination of the spiritual message of 'practicing patience' and 'humming a simple tune' made the teachers understand how to control anger. Swamiji's speech thus highlighted the maxim of allowing utmost happiness only when anger is restrained and kept at bay for a longer time.

The programme ended with the felicitous vote of thanks proposed by Ms. Rekha Sharma, Advisor, Child Education Society. It was indeed a cherished experience.



Felicitating Swami Ji



Swami Ji enthraling the Audience



An enlightened tete-e-tete



In August Company



Enthralled audience



Students in conversation with Swamiji

