

ANGER MANAGEMENT WORKSHOP AT BOSCO

'Holding on to anger is like drinking poison and expecting the other person to die.' - Buddha

On September 3, 2024, Bosco Public School organized an insightful and transformative workshop on anger management, specifically designed for the students of classes 9th and 10th. The session was held within the school premises and was conducted by the esteemed Mr. EV Gireesh, a renowned transformational speaker and success coach. The event was also graced by BK Sushma didi, BK Sarita didi and BK Sonia didi. The event was further elevated by the gracious presence of our esteemed Principal sir, Rajiv Duggal, charming Mrs. Anuradha Duggal and our dedicated Vice Principal ma'am, Priya Handa.

The workshop commenced with a warm welcome through the ceremonial sapling presentation to the esteemed guests. Mr. Gireesh, with his profound understanding of the subject, provided valuable insights into the common triggers that lead to anger and stress among students, particularly related to academic pressures. He emphasized the importance of shifting focus from the fear of societal judgment to enjoying the learning process, thereby alleviating unnecessary stress.

Throughout the session, Mr. Gireesh skillfully connected with the students, making the workshop both interactive and impactful. He shared inspiring stories of individuals who have overcome significant challenges without succumbing to anger or vengeance. Notable among these were the unsung heroes of the 26/11 Mumbai attacks and the indomitable Arunima Sinha, who overcame immense adversity to achieve greatness. These stories resonated deeply with the students, reinforcing the importance of maintaining composure in the face of difficulties.

The workshop catered to the holistic needs of the students, addressing not just the management of anger but also the broader aspects of emotional intelligence and resilience. The session was met with enthusiastic participation from the students, who found Mr. Gireesh's approach both relatable and motivating.

The event concluded with a heartfelt vote of thanks delivered by Vice Principal Mrs. Priya Handa. In her closing remarks, she expressed sincere gratitude to Mr. Gireesh for his enlightening session and highlighted the positive impact it had on the students. She also commended the students for their active involvement and encouraged them to apply the lessons learned in their daily lives.