

REPORT

CBSE Anger-Free Zone (January 2020)

As per the directives of the CBSE for making schools an anger-free zone and as a part of the Hon'ble PM's 'Fit India Campaign', Delhi Public School, Vasant Kunj organised several events and activities to stress on the need to manage our emotions well and maintain a 'healthy mind'. A healthy mind should precede a fit body.

1. Special Assembly and Yoga Session:

The students of Classes III and IV presented an assembly on the topic: **My School- An Anger Free Zone**. The prayer began with a meditation and chanting of 'Gayatri Mantra' in an aid to relax their minds and to practice slow breathing. The students recited a poem highlighting various ways to control anger. The Yoga teacher also taught the young students few exercises to help calm the mind and thereby reduce the stress levels.



2. Colourful Display Boards:

Class II students created a colourful display boards with thought-provoking messages. The display boards also had smileys and pictures of happy faces to emphasise on the importance of being happy and joyful.





3. Street Play:

A street play was showcased on the theme 'Joyful Education and Holistic Fitness' by the students of Class V wherein children highlighted the consequences of 'being angry' and the significance of anger management. Various ways to combat were also emphasised.



4. Group Discussion:

To ensure a joyful learning environment and a happy school, a group discussion on 'School- Anger-Free Zone' was organised for students of Classes VI to VIII. The students freely spoke about multiple issues and concerns regarding growing aggression amongst the youth.

