

WEBINAR REPORT

DATE	: 24TH AUGUST, 2021 [Tuesday] 04:30 TO 05:30AM
THEME	: ANGER FREE SCHOOL
RESOURCE PERSON	: Dr. Priyanka Mehta [Principal]
ORGANIZED BY	: CBSE CoE DELHI EAST
ATTENDED BY	: NAYYER A KHAN

'If you are patient in one moment of anger you will escape hundred days of sorrow'. A Webinar on the topic- 'Anger free Schools' organized by CBSE on July 24, 2021 and the resource person was Dr Priyanka Mehra. Teachers from all over the country attended this webinar. The resource person highlighted the following points in the session:-

1 Purpose of aggression-

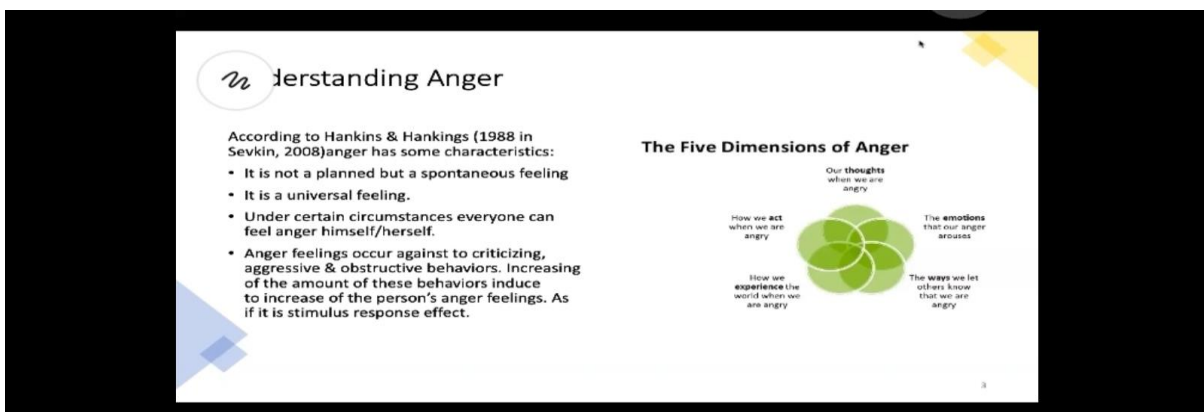
- To express anger or hostility
- To assert dominance
- To express possession
- To achieve a goal
- A response to fear
- A reaction to pain
- To compete with others

Types of aggression-

- Impulsive aggression - Impulsive aggression is characterized by strong emotions, usually anger.
- Instrumental aggression - Instrumental aggression is marked by behaviour that are intended to achieve a larger goal.

Forms of aggression-

- Physical
- Verbal
- Mental
- Emotional



Understanding Anger

According to Hankins & Hankings (1988 in Sevkin, 2008) anger has some characteristics:

- It is not a planned but a spontaneous feeling
- It is a universal feeling.
- Under certain circumstances everyone can feel anger himself/herself.
- Anger feelings occur against to criticizing, aggressive & obstructive behaviors. Increasing of the amount of these behaviors induce to increase of the person's anger feelings. As if it is stimulus response effect.

The Five Dimensions of Anger

Our thoughts when we are angry

How we act when we are angry

How we experience the world when we are angry

The emotions that our anger arouses

The ways we let others know that we are angry

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The Fit India movement

Government of India has recently launched the “Fit India” programme.

Fitness of body is closely linked to fitness of mind.

A fit mind is a creative mind and is capable of contributing to society.

Anger is detrimental to fitness.



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Dr Priyanka Mehra, the resource person, advised us to make the children understand that all of their feelings are acceptable and normal, including anger. Everyone gets upset sometimes and wants to do hurtful things. She suggested that as adults, we can help our kids learn how to stay in charge of what they say and do even if they are feeling very angry or upset at that moment.

The training session concluded with an assessment taken up by the teachers which helped them to introspect and learn how to establish an anger-free environment at school.

Report Submitted by
NAYYER A KHAN