

MAKING OUR SCHOOLS ANGER – FREE/ NO – ANGER ZONES

CBSE/ SECY/2019-20

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With reference to circular given by CBSE, for making schools an anger free zone and as a part of the government of India “FIT INDIA PROGRAMME”, DAV Public School, Krishna Vihar had organized several events and activities to stress on the need and to manage our emotions for healthy and happy life.

- 1) In DAV PS KV, impressive posters on the topic, ‘Anger Free Zone’ prepared by the students had been pasted on the school notice board as well as in all the labs to aware the students and visitors. They decorated the display board with smileys and made emojis to express their feelings on that particular day.
- 2) Teachers are mentoring the students to make the environment anger free and create happy and pleasant atmosphere in the school as well as in their homes.
- 3) Special assembly was organized on the topic “My School–An Anger Free Zone”. It began with chanting ved mantras and gayatri mantra. Meditation was also encouraged as an aid to relax their minds and to practice slow breathing. The sports teacher also taught them few exercises to help calm the mind and thereby reduce their stress.
- 4) An act was shown on the theme ‘Joyfull Education and Holistic Fitness’ by the students where they highlighted the consequences of being angry and combat with them.
- 5) School also encouraged the students to inculcate the good habits for their all-round development. In this perspective, school provided rewards to the best performer, students as well as teachers.

