

VIDYA DEVI JINDAL SCHOOL, HISAR  
BK SESSION FOR PARENTS ON OVERCOMING ANGER

An online session on 'OVERCOMING ANGER' for parents was conducted on August 15, 2021. by the resource person BK Hussain from ORC Gurugram. She initiated the session with a powerful meditation where everyone felt relaxed and calm. She discussed the reasons of anger and how to manage our anger. All were in agreement that in most of the cases it the reaction which ignites the anger in every individual. She told that if you want to correct someone appreciate the person in public but talk about the shortcomings privately. She quoted when you are correcting someone use सच्चाई और सभ्यता। She explained that regular practice of meditation enhances the patience and stability of thoughts. The person practicing the meditation is at peace from within which stops them from reacting and thereby help in overcoming the anger with time. Didi shared that on YouTube we can find one minute meditation commentaries by BK and BEE ZONE APP which are helpful in practicing meditation. It was an enriching session.

WHAT DID PARENTS SAY:

It was a beautiful experience. Didi shared some mindful insights on anger management. The meditation was blissfully peaceful. 🙏

RICHA DUDRA

Thanks, ma'am for organizing these wonderful sessions for parents. I felt really very good.  
SIPPY KANODIA

My sincere thanks to VDJS family for organizing BK sessions. I really felt blissful during meditation and will try to manage my anger using the techniques shared by BK didi.  
DR SNEHLATA

Very nice and enriching session.  
RAJKUMAR