

Report On “Health Awareness Session: Understanding & Managing Anger”

Held on 12th October 2017

**Organized by
NSS Wing in Association with Internal Quality Assurance
Cell, RITE, Odisha**



Index

- Background
- Notice
- Brochure
- Event Schedule
- Speaker Details
- Target Audience
- Appreciation



Principal
Radhakrishna Institute of Technology
and Engineering, Bhubaneswar

Background:

Everyone gets mad at times. The target of your ire might be a stranger, a loved one or even yourself. Or, you might find yourself furious over external events, such as a delayed flight or a political incident. While anger is a normal human emotion, misplaced or uncontrolled anger can quickly become problematic.

Uncontrolled anger

Uncontrolled anger looks different from person to person. Some people are quietly seething at the world most of the time. Some can't help but dwell on events that made them mad. Others have quick tempers and may even exhibit aggressive or violent behaviour.

Uncontrolled anger can be hard to define. Unlike depression (which can be thought of as a dysfunctional form of sadness) or anxiety (a dysfunctional form of worry), uncontrolled anger doesn't have a name or an official diagnosis.

Nevertheless, anger can be dysfunctional, and people who experience it often don't realize how big a problem it is. That's because in the short term, anger can be effective. Blowing up at your kids might seem like a good strategy if it results in them doing their chores. Losing your temper at work might feel productive if it gets your co-workers to do things your way.

Unfortunately, people often fail to see the long-term consequences of uncontrolled anger. Those can include health effects such as high blood pressure and increased risk of heart disease, as well as social disharmony among family members, friends, and co-workers.

You might need some help learning to control your anger if you recognize any of these signs:

- Your friends or family members have said they think you have an anger problem or have distanced themselves from you as a result of your behaviour.
- You have discord with co-workers.
- There are business establishments where you're no longer welcome.
- You feel angry a lot of the time.
- You're nursing a grudge or thinking about getting revenge.
- You have been or think about being aggressive or violent when angry.



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Notice:

Radhakrishna Institute of Technology & Engineering, Bhubaneswar
(BPUT affiliated, AICTE approved & NAAC accredited)



DATE: 12.10.2017

REF. NO. RITE/2017-18/240

NOTICE

Sub: - Expert talk on "Understanding & Managing Anger"

On the eve of World Anger Day, Radhakrishna Institute of Technology is going to organize an expert talk on, "Understanding & Managing Anger" as per the following details. All students and staff members are required to attend the program without fail.

Resource Person: Dr. Aditya Kantha Arjya, Retired Medical Officer (AYU.)

Date: 12th October 2017

Time: 02:00 PM - 04:00 PM

Venue: Seminar Hall




ASST. DIRECTOR

Copy to: Dean Academics/All HODs/ NBS


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CITY OFFICE: Plot No-9, Sec-A, Zone-B, Mancheswar Industrial Estate, Bhubaneswar, Pin-751010

Brochure of the Event:



The brochure features a yellow and blue background. On the left, the RITE logo is at the top. Below it, the text reads: "A Session with Dr. Aditya Kantha Ariya Retired Medical Officer (AYU.) on 'Understanding & Managing Anger' Organized by NSS wing in association with IQAC". At the bottom, the date and time are listed: "Date: 12th October 2017 Time: 02.00 PM - 04.00 PM". On the right, there is a photograph of a smiling male doctor in a white coat with a red stethoscope. The text "Venue: Seminar Hall" is written in large, bold letters at the bottom right of the brochure.

A Session with
Dr. Aditya Kantha Ariya
Retired Medical Officer (AYU.)
on
"Understanding & Managing Anger"
Organized by
NSS wing in association with IQAC
Date: 12th October 2017
Time: 02.00 PM - 04.00 PM
Venue: Seminar Hall

Objective

To aware the audience regarding Understanding and Managing Anger

Schedule of the Event

Time	Event
2.00 PM-2.10 PM	Inaugural ceremony
2.10 PM -2.20 PM	Introductory speech by Prof. Bimal Ranjan Pattanaik, Dept of Mechanical Engineering, RITE
2.20 PM-03.20 PM	Talk delivered on "Understanding and Managing Anger" by the Dr. Aditya Kantha Arjya.
3.20 pm-3.30pm	Vote of thanks & felicitation by honorable Director, RITE.

About the Resource Person:

Dr. Aditya Kantha Arjya , Retired Medical Officer (AYU.)

Target Audience:

- Students of RITE
- DDU-GKY Members
- All the teaching and non-teaching staffs of RITE



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and Engineering, Bhubaneswar

Aditya Kantha Arjya

(Chikitsaka Ratna) B.A., B.A.M.S.

Retired Medical Officer (AYU.)



Regd. No.: 2594

SENIOR AYURVEDIC CONSULTANT FOR ALL DISEASES

Mob.: 94375 34414 (W), 86587 74614

Date: 12-10-2017

The Principal

Radhakrishna Institute of Technology and Engineering

Khurda, Bhubaneswar, Odisha

It is the call of a time to start thinking over building a healthy mind set to execute a certain set of desirable tasks to have a happy life. It's my pleasure that I have given a talk on "Understanding & Managing Anger" on the eve of World Anger Day (12th October 2017). Inculcated within the set daily schedule. On this very note, it provides me immense pleasure to make it comfortable to the RITEians so that they can have a brief idea about Anger related issues and how to control Anger. Wishing RITE family all the very best towards happy and healthy times ahead.


Principal
Radhakrishna Institute of Technology
and Engineering, Bhubaneswar


Dr. Aditya Kantha Arjya
Regd. No. 2594 B.A., B.A.M.S. (S.U)
Retired Medical Officer (Ayu.)

Dr. Aditya Kantha Arjya

KUSHAL AYURVED BHAWAN

N.A.C. CHHAKA, KARANJIA, DIST.- MAYURBHANJ, PIN - 757 037

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