### RadhakrishnaInstituteofTechnology&En gineering, Bhubaneswar

(BPUTaffiliated, AICTEapproved & NAACaccredited)

# 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

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Principal

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#### **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:**

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REF. NO.RITE/2017-18/240

DATE: 12.10.2017

#### 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: 12<sup>th</sup> October 2017 Time: 02:00 PM -04:00 PM

Venue: Seminar Hall

ASST. DIRECTOR

Copy to: Dean Academics/All HODs/ NBs

Principal

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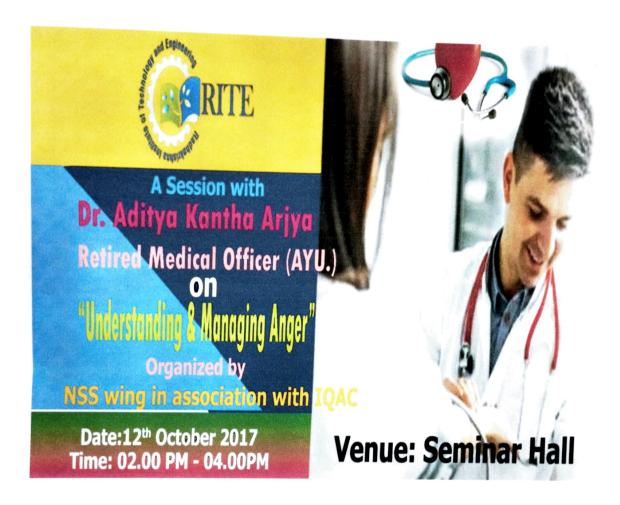
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### **Brochure of the Event:**



#### **Objective**

To aware the audience regarding Understanding and Managing Anger

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## ScheduleoftheEvent

Time	Event
2.00 PM-2.10 PM	Inaugural ceremony
2.10 PM -2.20 PM	Introductory speech by Prof. BimalRanjanPattanaik, 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 KanthaArjya, 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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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: 19 10-9077

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.

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Radhatrishna Institute of Technology
and Engineering, Ehubansswar

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

Dr. Aditya Kantha Arjya

N.A.C. CHHAKA, KARANJIA, DIST.- MAYURBHANJ, PIN - 757 037 ଏଠାରେ ସମୟ ପ୍ରକାର ଔଷଧ ଉଚିତ୍ ମୂଲ୍ୟରେ ମିଳେ ।