



सत्यमेव जयते



अनुराग त्रिपाठी, भा.रे.का.से.
सचिव

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Secretary

केन्द्रीय माध्यमिक शिक्षा बोर्ड

(मानव संसाधन विकास मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)
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Heads of all Schools Affiliated to CBSE

Subject: Making Our Schools Anger-Free/No-Anger Zones

Dear School Leaders,

All of us will agree that a joyful learning environment and happy school can do wonders for the holistic development of our children. A learning abode like a school must be devoid of any kind of negativity so that we can contribute to make our world a better place for our children, by infusing positivity in everything around them. Government of India has recently launched “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. Long term effects of uncontrolled anger include increased anxiety, high blood pressure and headache. The Board has decided to take up this area of holistic health and fitness in an innovative manner. Therefore, **the Central Board of Secondary Education, as a part of its thrust on ‘Joyful Education and Holistic Fitness’, urges all its affiliated Schools and its School Leaders to make efforts to convert all CBSE Schools into a No - Anger Zone or Anger - Free Zone.**

In this **Anger –Free Zone**, everyone will try to manage his/her anger, whether it is the School Educators, Parents, School personnel or other stakeholders. The best way to teach children the value of “freedom from anger” is by setting examples ourselves. Some of the simplest changes that could be undertaken for making school an anger free zone include genuinely smiling at students and teachers, talking to students and everyone around them calmly, not looking at cellphones all the time, practising breathing exercises by all, practising mindfulness, giving 20 minutes to self etc. There can be several other ways to create an **Anger-Free Zone**.

Making our schools **Anger-Free Zones** will help our students in developing Affective Skills and in eradicating emotions like Fear, Disrespect, Humiliation and Hurt, which are the by-products of anger. This change in the school environment will help our children become more mentally active and emotionally wealthy. They shall go back home more charged and happy and definitely will want to return to their schools the next day.

Children are the harbingers of change. What they learn in the school, they will teach that to their parents. Imagine children going home and telling their parents, “you are not allowed to be angry.” This way both school and home will have a happy environment for them. Therefore, as a part of this initiative, schools must also take up exercises with children to help them overcome their own anger issues and also empower them with tools so that they can help others overcome their anger issues.

CBSE has mandated to reserve one period per day for Health and Physical Education and also integrate various forms of Art while transacting the curriculum for all classes. Through various kinds of sport activities, Yoga and Art-Integrated classes, you can create a joyful learning environment in your schools, which would subsequently reduce instances of anger. Simply put, create a joyful environment in your schools to decrease anger issues!

I am sure that all our CBSE schools will make this little effort to become **Anger-Free Zones** and make our children happy, joyous and active learners to be ready for the future. Those of you who adopt this initiative may like to do the following:-

1. Place signage board – “This is an Anger-Free Zone.” at reception area/strategic locations in school,
2. Take up teacher mentoring on this area,
3. Take up exercises with children in Assembly, sport/art period, classrooms, labs etc,
4. Record experiences,
5. Announce on social media that you are endeavoring to become an Anger-Free School by using hash tag #cbsenoanger,
6. Recognize and reward improvement in this area.

You shall probably have various experiences while trying to make your school **Anger-Free Zone**. You may share them with us at cbseexpressionseries2019@gmail.com.

Anurag Tripathi

(Anurag Tripathi)
Secretary

Copy to the respective Heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18-Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
3. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
4. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
5. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
6. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
7. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
8. The Director of Education, S.I.E., CBSE Cell, VIP Road, Junglee Ghat, P.O. 744103, A&N Island
9. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector 3, Rohini
10. The Additional Director General of Army Education, A – Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
11. The Secretary AWES, Integrated Headquarters of MoD (Army), FDR Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
12. The Under Secretary (EE-1), MHRD, Govt. of India, Department of SE&L, Shastri Bhawan, New Delhi-01
13. All Regional Directors/Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions
14. All Joint Secretary/ Deputy Secretary/ Assistant Secretary / Analyst, CBSE
15. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
16. In charge IT Unit with the request to put this circular on the CBSE Academic website
17. In-Charge, Library
18. The Senior Public Relations Officer, CBSE
19. PPS to Chairperson, CBSE
20. SPS to Secretary, CBSE
21. SPS to Director (Academics), CBSE
22. SPS to Controller of Examinations, CBSE
23. SPS to Director (Information Technology), CBSE
24. SPS to Director (CTET), CBSE
25. SPS to Director (Professional Examinations), CBSE
26. SPS to Director (EDUSAT), CBSE
27. SPS to Director (Skill Education & Training), CBSE
28. Record File

Anurag Tripathi

Secretary