



**Bal Bharati**  
**PUBLIC SCHOOL**  
M A N E S A R

**Activity name: Anger Management Workshop**

**Class: IV**

**Date: 15-11-2022**

**Description** - Navanshita Varshey, a renowned numerologist, tarot card reader & motivational speaker took a workshop on 15th November for grade 4.

She talked about the ways to keep anger in check and did an exercise (mindful jar) to practice the same. The students also learnt about breathing techniques, balancing the five elements, and meditation. The workshop was a cosmic mix of glee and gusto.

**Glimpses:**





