

NSS TALK: ANGER DETOX

22nd FEBRUARY, 2022



NSS unit of GIBS organised a talk on ‘Anger Detox’ for all the students of the college. His grace Prabhujī Amogh Lila Das, Vice President, ISKCON temple, Dwarka was the resource person for the talk. Prabhujī began the talk by explaining how uncontrolled anger can be disastrous. He made student aware of the distress caused by anger. He used the metaphor of lava for anger and told the audience that they are punished by anger as lava burns the person who holds it. Prabhujī opined that anger, be it explosive or implosive must be detoxed.

In the next section of the talk Prabhujī guided students on how to control anger. Prabhujī shared a very profound psychological observation that often anger is caused because most of us think it is the other person who is at fault whereas we are oblivious to our own complicity. If we simply take out the binary of guilty and innocent from the situation and replace it with learning attitude then the anger will subside. He urged audience to listen patiently to an angry person. In conclusion he advised to practice gratitude and forgiveness for a peaceful existence.

The talk was well received and tremendously applauded by all. Prabhujī with his excellent rhetorical skills and spiritual grace left an indelible impact on audience. He exuded devotional vibes which infused the ambience with joyful calmness.

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