

# Anti-Bullying

## Reflections from Students

The School Counsellor, Ms Merlyn Fernandes, conducted the session on anti-bullying on 9<sup>th</sup> September 2023. During the session, we learned about the various types of bullying, which include physical, social, verbal and cyber. We were presented with case studies to help us identify each type of bullying and understand the consequences of such actions.

Students were informed about the physical and mental effects of bullying. Ragging, a form of bullying, has been prohibited in India since 2001. Tamil Nadu was the first state in India to ban ragging in all educational institutions in 1997. The Counsellor informed us of the helplines available to report ragging and the applicable laws in case of bullying or ragging incidents. At the end of the session, the students had an opportunity to get their questions answered and clear any doubts.

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