

## Workshop was held for teachers on 'Anti-Bullying' by Dr. Palak Upadhyay, Assistant Professor, Department of Clinical Psychology, DMCH



The resource person explained that bullying can be verbal, physical, social and cyber bullying. It can be a power struggle for the bully. The teachers need to identify gateway behaviour of the students. The main highlight of the workshop was to inculcate quality humour in early years of education. She also differentiated between bullying, teasing and cyber bullying, arguments. The resource person also provided us with the information of government laws on cyber bullying and she shared case studies with the faculty to give a clearer picture on the topic. She emphasized that with the emerging cyber bullying cases the role of teacher is very important in the student's life. She also shared the data given on cyber bullying by Niti Aayog and National Education Association. She suggested to conduct a monthly meeting by the Anti-bullying committee where they can update their information on laws, rules and the list of students involved in bullying.

Reflections: It was an eye opener workshop. With the evolution in technology and increase in cyber bullying cases it is the first and foremost duty of the teachers to recognize such cases and try to nip the evil in the bud.

