

## Anti-Bullying Workshop for Classes VI-X and XII



To sensitise the students against ‘bullying’, a workshop for the students of Classes VI-X and XII was held in the Mittal Auditorium at Sat Paul Mittal School on 26<sup>th</sup> May, 2022 and 27<sup>th</sup> May, 2022. The workshop was conducted by Dr. Palak Upadhyay, Assistant Professor, Department of Clinical Psychology, DMCH and Dr Sarah Sobeh, Counseling Psychologist from Fortis Hospital Ludhiana on Anti-bullying. The resource persons apprised the Satyans about the difference between bullying and teasing. Also, the students were informed about various forms of bullying and legal intricacies involved in the offence. Dr. Palak acquainted the Satyans with the government laws and preventive coping measures for cyberbullying and made them aware about the avoidance, acceptance justification and seeking social support in case required. The Satyans were advised to spread awareness about it amongst others as well. It was truly an enlightening and interesting workshop.

