

Views from the School Leaders



Sonika Kochhar Girotra
 Principal
 RIA -Hinjewadi, Pune

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“Building the School ecosystem against Bullying”

Bullying is influenced by a wide range of factors that relate to: the individual; family and peers; school environment and society. Effective bullying prevention and interventions need to be targeted at each of these levels. Multisystem approach is required to the prevention of bullying menace.

At the most basic level, all adults in school must participate in professional development opportunities to understand bullying, and how to recognize and intervene to support students. In addition, the school and students must work together to gain knowledge and skills to reduce bullying and promote a culture of peace. However, just working with staff members and students will not bring real change in bullying behaviour.

The school should aid families of students in form of information about how to care for children, importance of family support for child's development process and understand the child's thought process according to his or her age. Parents need to be involved in designing and implementing programs to prevent bullying.

Teachers can implement classroom principles in respectful relationships, including rules on unacceptability of bullying. Using cooperative learning structures and activities, class wide peer tutoring, circle time are excellent ways of creating a culture that facilitates positive relationships and reduces occurrence of bullying.

Societal factors which support equality of opportunity and fair treatment of all members of society need to be promoted for reducing levels of bullying.

In order to build a school ecosystem against bullying it's necessary to nurture better individuals while we simultaneously develop better organizations and systems.



Views from the School Leaders



Padmanayaki Chelikani
School Counsellor -
Johnson Grammar
School Mallapur

“Understanding psychological impact of Bullying in learners”

Learners around the country are returning to school, many students are back together in person, while others remain virtually connected, or in a hybrid format. Regardless, the beginning of school can be a fun and exciting start for students to reconnect with friends and form new friendships.

Recent psychological investigations reveal that bullying can leave a lasting impact on the developing brain and cause long-term changes that lead to severe emotional and cognitive deficits of the learner.

Bullying is more than just an unfortunate part of growing up. It is a seriously harmful event in a learner's life and students often struggle with anxiety, poor self-esteem, depression and social withdrawal that remain well into the adulthood. When a child feels powerless to defend themselves, they are

being set up for 'learned helplessness' (where they believe they can't do anything to change an undesirable situation). Even after becoming an adult, one would find it difficult to view oneself as a capable, desirable and an effective individual.

Not only do victims of bullying experience heightened stress but they are also more likely to become bullies themselves. What is often observed in children and especially teenagers is that, 'where you have violence against children, you'll find children becoming violent'. In fact, brain science has found that bullied students perform more poorly on memory tests compared to their non-bullied peers, suggesting that bullying can alter stress hormones in learners that might be affecting their brains.

Children who were involved in bullying whether as victims or bullies show reduced adaption to adult roles, including forming lasting relationships, trusting people, integrating into work and being resilient.

By working together to recognize and prevent bullying, schools can help students have a safe and successful school year and consequently happy memories of school life.



Views from the School Leaders



Sowmya Vemu,
Sr. Coordinator
Johnson Grammar
School, ICSE,
Habsiguda

“Strategies of teacher learner interactions which encourages anti-bullying stand in the school”

A good education can change everyone. A good teacher can change everything.

As rightly said in the above quote, teachers have an eternal impact on the lives of the students. Creating safe and healthy environment in the classroom, becomes the primary responsibility of every teacher. The most important aspect in a safe and positive learning environment is the rapport or interaction between a teacher and the students. When the students understand that their teacher cares about them, students feel comfortable asking questions, making mistakes and taking risks in order to learn something new. To build this kind of relationship, the teacher should take interest

in each student’s strengths and interests, as well as their struggles and frustrations. Such an environment will help in curbing one of the predominant problems in school i.e. bullying.

Bullying can adversely affect the students’ wellbeing. Targeted students often suffer from poor performance in school, sleep issues, anxiety, and depression. Students who bully are at a much higher risk of violent behavior, substance abuse in future.

So as a teacher it becomes very important and essential to create a classroom climate by implementing strategies that not only prevent bullying, but also put interventions in place that stop the behavior in its beginning stages.

When students are taught kindness and empathy they are able to approach ideas and problems from multiple perspectives and are less likely to bully others.

Arts can be a powerful tool for helping young people see situations from different perspectives. Using drama, literature, and the visual arts as a vehicle for conversation, teachers can help students understand the negative impact of bullying.

While having private conversations with both the victim and the bully, teacher needs to enquire about how things are going and give the victim tools for dealing with future bullying incidents and for regaining self-confidence.

As a counsellor, the teacher can encourage the bully to make good choices. Give them an opportunity to put the past in the past. With the proper support and guidance, they can learn to treat others with respect and kindness.



Form the HSCP Editorial Desk



NARENDRA KUMAR

Vice President
Head HR & Operations
Education Services Pvt Ltd,
Bangalore, Karnataka

“Turning schools into haven of mental wellness”

Both, students and teachers await the journey back to school eagerly. There is a feeling of jubilation put on a ‘pause’ waiting for the ‘play’ button to be pressed and bring to front the joy of reunion. However, the journey and the situation that is likely to unfold is not expected to be without hiccups and issues that challenge the smooth transition.

The process is likely to be more challenging and less predictable due to the uncertainties brought in by COVID driven lockdowns, which has had its deepest impact on the social construct of the society.

Further, there is a case of

potential lack of confidence amongst young people in the way that the pandemic has been dealt with by adults group, they may feel uncertain and less confident about measures the school and community are taking to keep them safe. This could add to the anxiety and reluctance to follow advice given by caregivers in school and society in general. The main changes and challenges that children are likely to encounter when transitioning to the physical school is likely to have shades of all the undermentioned aspects:

(a) Change in individual daily routine leading to discomfort and anxiety.

(b) Change in work place amounting to adjustment issues, ergonomics of seating, hygiene and sanitation challenges.

(c) Physical distancing and lack of facial emotional support due to mask leading to difficulty in reconnecting.

(d) Heightened possibilities of bullying, teasing due to strained friendships during the lockdown period.

(e) Confused mind due to misinformation/ information gap causing anxiousness in reaching out to other children and teachers.

(f) Trauma of having witnessing domestic violence and bereavement.

Understanding and supporting children handle the changes and rehabilitating them to transition to normalcy will be an important result area for all schools. In essence, schools need to turn into a haven of mental well-being; creating environment and opportunities for children to return to their innocent child-like activities and enjoy learning at school.

Let us look at some of the interventions and process changes that could be considered/ planned for this transition with a larger aim of creating an environment where children can realize their innate potential.

1. Make empathetic listening the corner stone of all school plans.

(a) Trauma-informed care is an approach aimed at creating an environment within schools and organisations that reduces harm and promotes healing for individuals who have experienced trauma through active listening.

(b) Sharing feelings and experiences:

(i) Consider extended “circle time” for the whole class to share experiences and re-establish skills like listening to others without being judgmental.

(ii) Reducing information gaps- Create forums to discuss the happening of the pandemic - offer a clear and sensitive



Form the HSCP Editorial Desk

explanation of any developments in the situation. Clarity about what is happening and what the ongoing risks are may be helpful.

(iii) Using art and music in the classroom when talking about feelings to promote reconnection and feeling of group that is fighting the issue together.

2. Create a daily routine to help children learn what to expect.

(a) Discuss the plan with the parents beforehand, so that there is seamless flow of expectations and reason for various interventions.

(b) Treat each child uniquely based on background and experiences. Hence, expect a delay in time and quality of response.

3. First create an enabling environment for learning before embarking on rigorous academic delivery.

(a) Finding time to allow students to work through their experiences and plan for what they need as support to cope with the demands of academic processes.

(b) Create a bridge programme based on their current capabilities rather than grade-based approach.

4. Mindfulness is a useful skill to help them manage their overwhelming feelings. Some skills can be practiced as a class, such as breathing exercises.

5. Parents and caregivers are also likely to be feeling a range of

emotions about the situation and the impact it is having on their children, especially their confidence in the school's eco system to take care of their children. Hence, there is a case for focused interactions between parents and school for effective support to the children.

It would be apt to conclude that the first and foremost responsibility of every school is to create an enabling, assuring and open environment where learners are free to share their feelings and be accepted.

PS: 'Article featured in Brainfeed magazine, April 22 issue'



HSCP Activities / Initiatives around our Schools

A. Staff & Student Vaccination Status

Covid-19 Vaccination of all our staff, supports staff members and students are being tracked week on week basis by our school HSCP coordinator. Latest status of staff and student vaccination status is as per the below table. TMPIS, JGS Habsiguda and Mallapur have conducted a vaccination campaign for the students and the campus.

School name	Staff Vaccination status in %	Student Vaccination Status Age (12-18) in %
Johnson Grammar School, Mallapur	100%	30%
Johnson Grammar School, Habsiguda	99%	71%
Tattva School	100%	54%
Amanora School	100%	71%
T.M. Patel International School	100%	100%
Ryan Education School, Jaipur	100%	67%




B. Mental Health Curriculum for Teachers

With the support of Fortis Hospitals, we rolled out program on Mental health curriculum for our teachers. First batch training of was held during January 2022, 248 **teachers were trained for 5.5 Hrs.** Second batch of training was held for 380 teachers of Johnson grammar school Hyderabad during March-April 2022. The session content was well received by the participants and feedbacks were very positive.

Fortis School Mental Health Program

Announces

Mental Health Curriculum



Talking About Mental Health in the Classroom

Module I: Mental health and mental illness - developing an understanding and recognizing signs and symptoms

Module II: De-stigmatizing mental illness - rethinking the social language.

Module III: Encouraging and promoting help-seeking

Module IV: Building resilience

Module V: Establishing a culture of well-being in the classroom

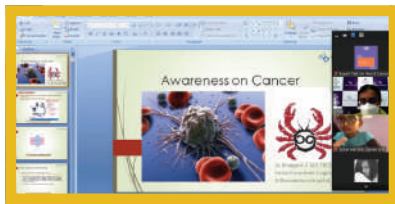
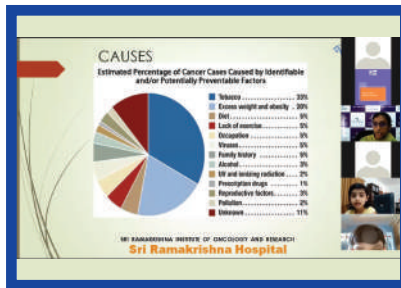
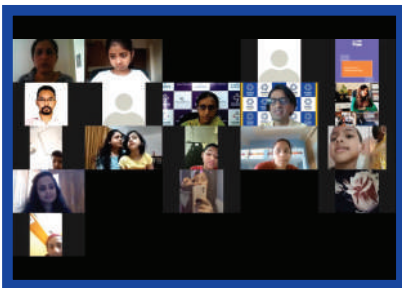
Mental Health States

<p style="text-align: center;">Mental Distress</p> <p style="font-size: small;">Response to everyday stressors (upcoming exam, fight with a friend)</p> <p style="font-size: small;">Worry, unhappiness, annoyance, avoidance, aches and pains</p> <p style="background-color: #008000; color: white; text-align: center; padding: 5px;">NO INTERVENTION REQUIRED</p>	<p style="text-align: center;">Mental Health Problem</p> <p style="font-size: small;">Larger/ongoing stressors (loss of relationship, serious physical illness)</p> <p style="font-size: small;">Grief, anger, demoralization, withdrawal, sleep problems</p> <p style="background-color: #008000; color: white; text-align: center; padding: 5px;">SUPPORT FROM FRIENDS, FAMILY, GUIDANCE BY SCHOOL COUNSELLOR</p>	<p style="text-align: center;">Mental Illness</p> <p style="font-size: x-small;">Medical condition arising from an interplay of genes and environment (May not have a trigger)</p> <p style="font-size: x-small;">Depression, panic attacks, overwhelming anxiety, disordered thinking, hopelessness, fatigue, school refusal, poor self-care</p> <p style="background-color: #008000; color: white; text-align: center; padding: 5px;">PROFESSIONAL INTERVENTION INDICATED</p>
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HSCP Activities / Initiatives around our Schools

C. World Cancer Day Awareness Program

On the occasion of World Cancer Day, a webinar was organised for our students and parents in collaboration with Health Basix to create awareness on Cancer disease. The session was delivered by Dr. S Bhargavi, consultant surgical oncologist of Sri Ramakrishna hospital Coimbatore. All queries and doubts of participants about cancer growth, symptoms, prevention and lifestyle changes was answered by the doctor during the program.




In collaboration with:
RYAN (Rajawade Yashwantrao Narayana) and HEALTHBASIX

Expert Speak on World Cancer Day

Dr. S. BHARGAVI
Consultant Surgical Oncology
MBBS, MCh, FRCS (EDINBURGH)

A senior lady Surgical Oncologist with vast experience of over 20 years in treating Cancer. She has had basic surgical training & graduated from Madras Medical College in 1999, followed by a super specialty in Surgical Oncology from Cancer Institute, Adyar in 2002.

She is instrumental in dispensing conscientious, ethical, and appropriate cancer treatment to all patients, irrespective of their status. She performs most of the cancer surgeries with special concentration and interest in Breast Cancers, Gynaec Oncology, and Head and Neck Oncology. The innumerable patients who have been cured stand testimony to her work. She plays a large role in training young surgeons with an orientation towards Oncology.

Webinar Details

4th FEB 4 PM

Platform: ZOOM
Meeting ID: 744 874 1713
Passcode: 123456

World Cancer Day 4 February

D. Safer Internet Day

We have celebrated the 19th edition of Safer Internet program in our schools. This year with a theme "Exploring respect and relationship online", the day called upon all stakeholders to join together to make the internet a safer and better place for all, and especially for children and young people. We celebrated the awareness creation campaign this year by organising an Inter School Quiz Event. The event saw participation by 2 students from each school with great enthusiasm and competitive spirit. The team from TM Patel International School emerged as the overall winner.

Student Participants : Inter-school quiz competition



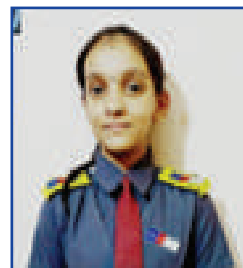
Kanak Gupta
JGS Habsiguda



Keerthan R
JGS Habsiguda



Mythreyi
JGS Mallapur



Kavya Reddy
JGS Mallapur



Kushal Rao
Tattva School, Bangalore



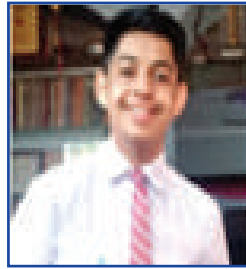
HSCP Activities / Initiatives around our Schools



Diya
Tattva School
Bangalore



Nishka
RES Jaipur



Akshit
RESJ



Nandini Pawa
RIA Bhavdan



Harish P B
RIA Bhavdan



Tej Suyog T
Amanora School, Pune



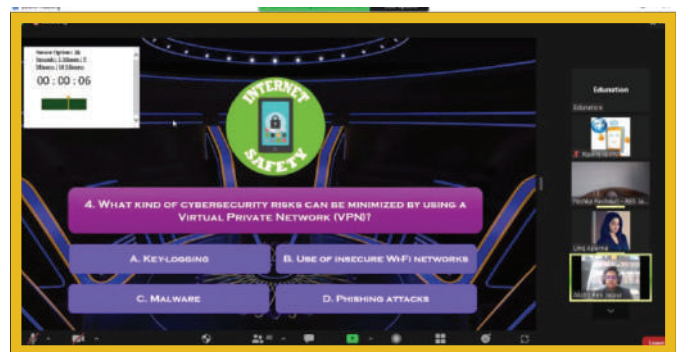
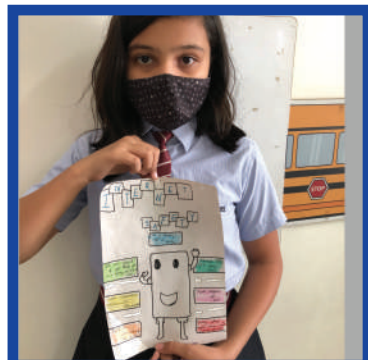
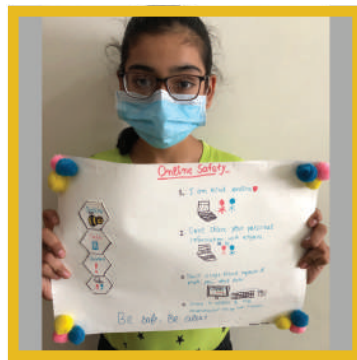
Sarayu Alluri
Amanora School, Pune



Raghav Jain
TMPIS Surat



Kahan Patel
TMPIS Surat



Inter-school quiz competition

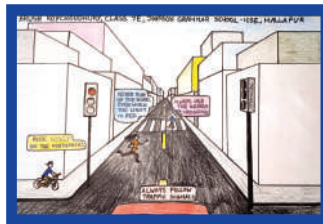
Poster making competition on Online Safety



HSCP Activities / Initiatives around our Schools

E. Road Safety Week celebrations

Schools have executed various activities on the occasion of 32nd Road Safety Week. Few events that schools have conducted included awareness training, transport safety quiz/poster making events for students.



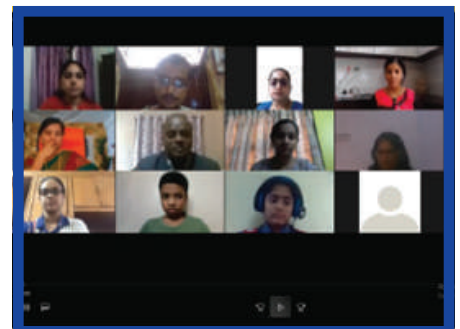
F. Fire Fighting and First Aid trainings

Annual fire and first aid training was held in many of our schools. This was to enable our community to handle any fire and first aid emergency situations. Staff support staff members and students participated in this training programs.



G. ABC Meetings

Last quarter's anti-bullying meeting have been held in our schools during this period. Key discussion agenda of the meeting included; Safeguarding case referrals & Counsellor intervention, Online classes inappropriate behaviour cases and disciplinary actions, bullying campaign and other plans for coming academic year.



HSCP Activities / Initiatives around our Schools

H. Awards & Certifications




Move n improve Metal health campaign prize distribution at Amanora school



Other HSCP Events' updates from the school

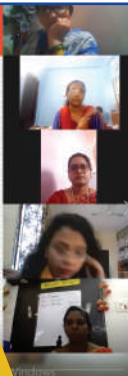
What is anger management



Anger management is about understanding your anger and why it happens.

It is about learning and practicing better ways of expressing anger, and knowing how to prevent it from occurring in the first place.

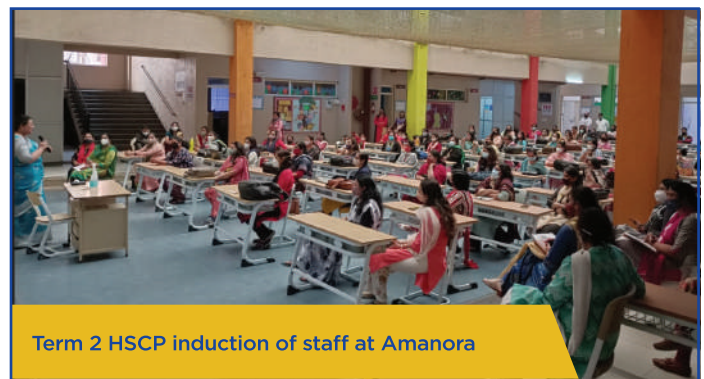
Specifically, anger management is about knowing the triggers and early warning signs of anger, and learning techniques to calm down and manage the situation before it gets out of control.



Anger Management session for staff at JGS Mallapur



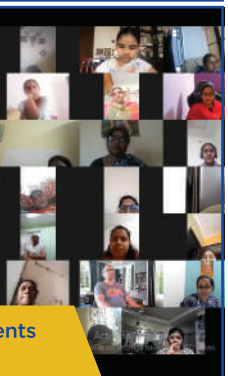

Bullying session for middle school students at JGS Mallapur



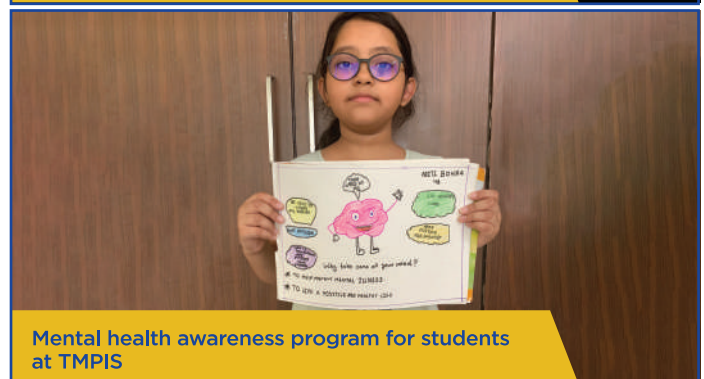
The Problem

Meet Tia and Nick. They are 14 and these are the challenges they face in their lives...

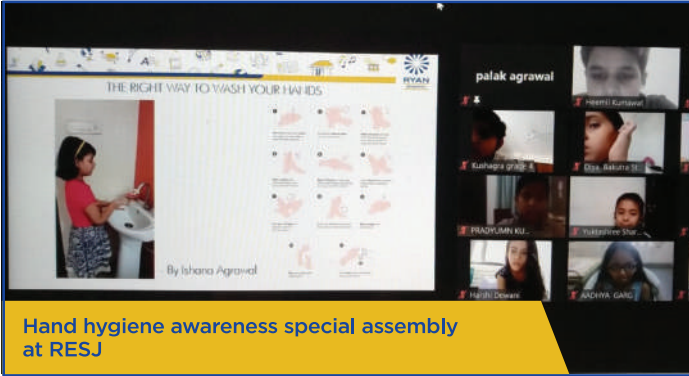
- Biological/physical: Why do parents not see things?
- Social touch/hard touch: Why do they get so angry when I touch them?
- Self-esteem/confidence: Why do I get so angry when I don't get what I want?
- Love & Relationships: How do I know if I should stay or go?
- Peer Pressure: All my friends have a crush on someone else. How do I feel about it?
- Body Shaming/Bullying: How do I know if I should stay or go?



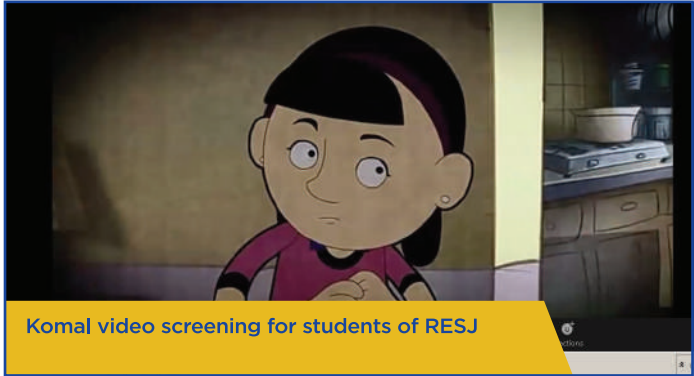
Socio-Emotional Webinar for staff and Parents at JGS Habsiguda



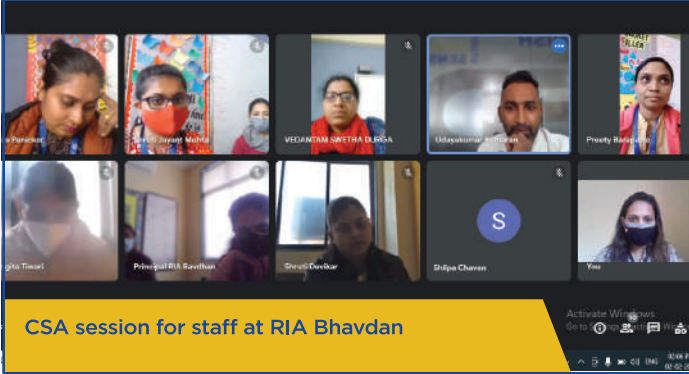
Other HSCP Events' updates from the school



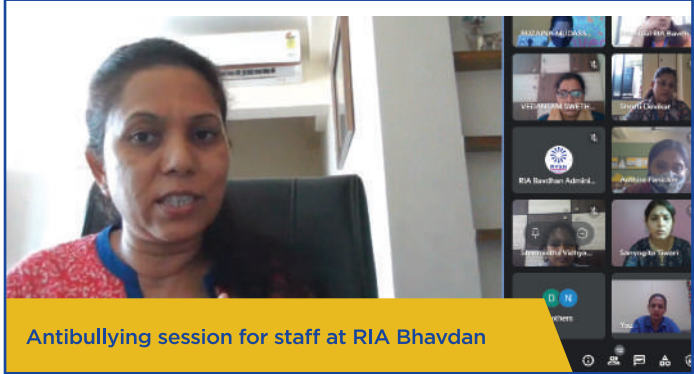
Hand hygiene awareness special assembly at RESJ



Komal video screening for students of RESJ



CSA session for staff at RIA Bhavdan



Antibullying session for staff at RIA Bhavdan



Safe Touch & Unsafe Touch Awareness session for students at JGS Habsiguda



Security staff safety briefing session at JGS Habsiguda



Parent Feedback Corner



Raghu Alluri
Parent of Sarayu Alluri, Grade-VIII
Amanora School Pune

Our daughter has been studying in this esteemed school right from kindergarten. Amanora school an environment so safe and free from toxicity that it is almost like a second home to our kid. We are thankful to Amanora teaching staff for inculcating values of respect and caring in every kid thereby creating a secure learning environment for all our kids.

Ms. Sunitha
Parent of Prabudh Grade-VIII
Tattva school Bangalore



Tattva School is definitely committed to providing absolute security to every student. Personally, being a part of the Health, Safety and Child Protection committee gave me health and a positive feel. And being the eyewitness of the responsible works of HSCP committee such as attending health and safety awareness workshops with a group of teachers, having meetings with the class representatives, conducting rallies & campaigns on internet safety and child protection on regular basis for the entire school, definitely gave me a great motivation in imparting health and safety etiquettes beyond school gates too!

Also, During the pandemic, the teacher in charge of the HSCP committee set a code of behaviour which ensured healthy online sessions.

Today, I can proudly say that each and every person of the committee has actively worked towards the physical, mental and emotional wellness of every student of the school, which is a satisfactory moment to me and my team!



Farzeen Bavaadam
Parent of Zayaan Hanoz Bavaadam, Grade IB
T M Patel International school, Surat

At TMPIS child's safety health and protection policies are strictly followed. HSCP awareness leads to taking necessary protective measures for children. As a school TMPIS is dedicated to ensure safe learning environment for our child. I believe that parents too play a crucial role ins safety and security of children.

Dhananjay Kulkarni
Parent of Suyash Kulkarni, Grade XI
Johnson Grammar School



As a responsible parent, I am pleased to inform you that the school has been very careful and cautious while dealing with COVID protocols.

School staff has been reminding students to maintain social distance, to wear masks and maintain washroom slips to avoid crowds. Body temperature check is properly done. Hand and foot sanitisation is taken care of.

Introducing School HSCP team AY 2021-22



Amanora School, Pune



Ryan Education School, Jaipur



**Johnson Grammar School
Habsiguda, Hyderabad**



**Johnson Grammar School
Mallapur, Hyderabad**



**Ryan International
Academy, Pune**



Tattva, Bangalore



**T M Patel
International School, Surat**



Leveraging Technology: How to report Cyber crime & Cyber bullying in India

As the technology dependency and internet usage increased many are facing about crimes related online world to online frauds and cyber bullying issues majorly through the social media profiles. It is hence very important for one to know how to report such cases immediately.

Cybercrime portal (www.cybercrime.gov.in) caters to complaints pertaining to cybercrimes only with special focus on cyber-crimes against women and children. Complaints reported on this portal are dealt by law enforcement agencies/ police based on the information available in the complaints. It is imperative to provide correct and accurate details while filing complaint for prompt action.

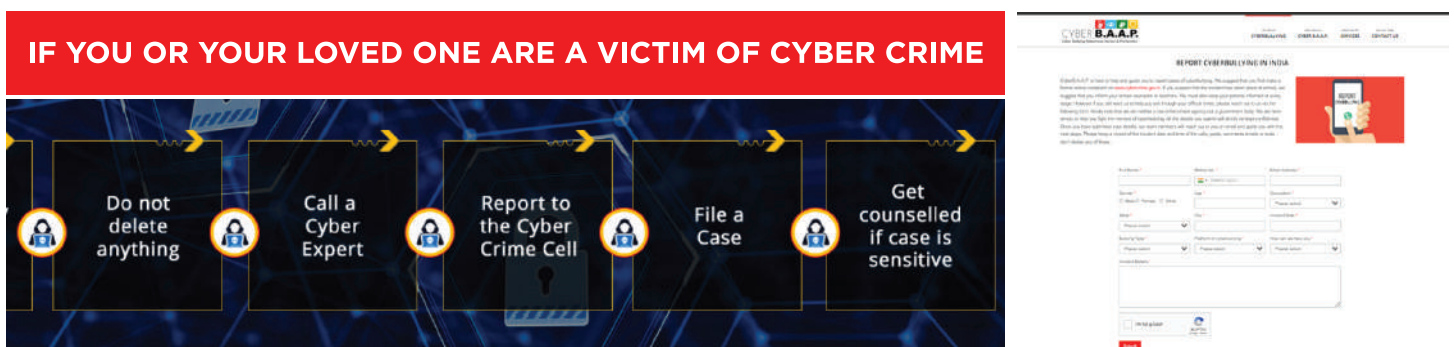


The image shows two screenshots from the National Cyber Crime Reporting Portal. The left screenshot is the home page, featuring the Government of India logo, the text 'राष्ट्रीय साइबर अपराध रिपोर्टिंग पोर्टल National Cyber Crime Reporting Portal', and a 'Filing a Complaint on National Cyber Crime Reporting Portal' section. It includes instructions on how to use the portal and buttons for 'Learn about cyber crime' and 'File a complaint'. The right screenshot shows the 'Citizen Login' form with fields for 'SELECT STATE', 'LOGIN ID', 'MOBILE NO.', 'OTP', and a Captcha field. There are 'Submit' and 'Clear' buttons, and links for 'Click Here for New User' and 'Forgot Login Id'.

National Cybercrime portal user interface

In case of Cyber Financial Fraud, for immediate reporting, Call 1930 or 155260, a national Helpline. One can contact local police in case of an emergency or for reporting crimes other than cybercrimes.

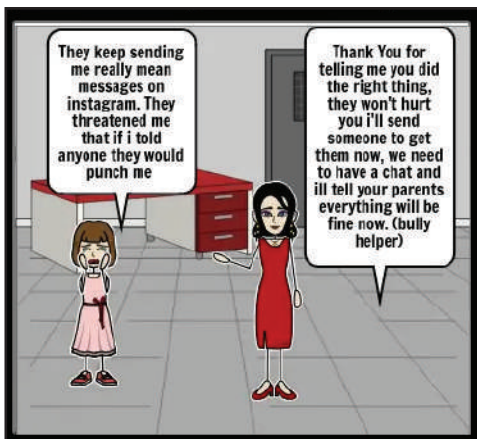
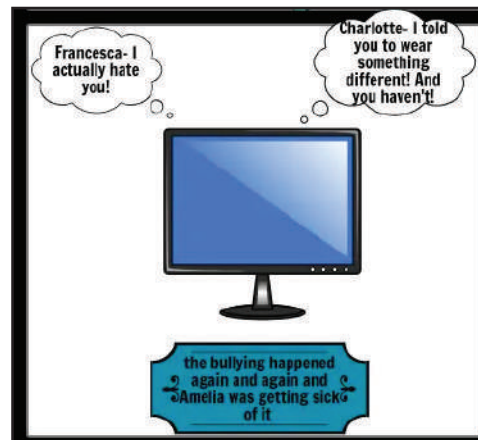
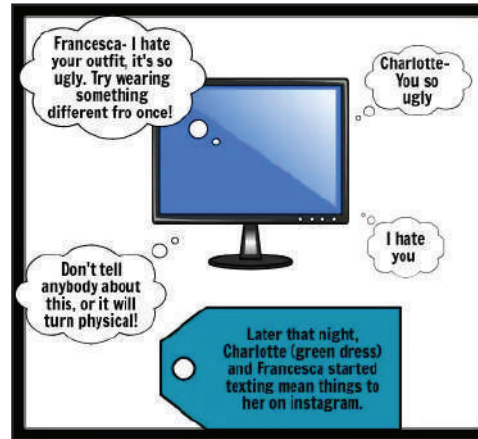
There is another online website www.cyberbaap.org for reporting any cyberbullying reporting. One can login to the website fill the relevant information and submit the details. Details submitted will strictly be kept confidential by Cyber BAAP. Once details submitted the team members of Cyber BAAP will reach out to the individual on email and guide them with the next steps. It is advised one has to keep a record of the incident date and time of the calls, posts, comments emails or texts – don't delete any of these.



The image contains two parts. On the left is an infographic with a red header 'IF YOU OR YOUR LOVED ONE ARE A VICTIM OF CYBER CRIME'. Below the header are five steps in a sequence: 1. Do not delete anything, 2. Call a Cyber Expert, 3. Report to the Cyber Crime Cell, 4. File a Case, 5. Get counselled if case is sensitive. On the right is a screenshot of the 'REPORT CYBER FINANCIAL FRAUD IN INDIA' form on the Cyber BAAP website, showing various input fields for reporting a cybercrime.



Cartoon Section: Reporting Bullying Concerns



Quiz Section: Cyber Bullying

1. Cyberbullying is the use of _____ to harm people, in a deliberate, repeated and hostile manner.

- A Internet
- B Other electronic devices
- C None of the above
- D Both A&B

2. Keeping your email address and screen names confidential can protect you from a cyberbully.

- A True
- B False

3. What do I do if a child is cyberbullied?

- A not to react or retaliate, block the "bully,
- B print out and keep evidence
- C reach out for help
- D All of the above

4. Which of these are the reason why people cyberbully?

- A To make them feel powerful
- B To make them feel good
- C To make them feel cool
- D All of above

5. Kids who are cyberbullied are more likely to:

- A Skip school
- B Get bad grades
- C Have health problems
- D All of the above

Answers: 1 D, 2 A, 3 D, 4 D, 5 D

We wish you a Safe & Happy Summer Vacation!
Stay Safe, Stay Healthy!

For any editorial queries, feedback and suggestions reach us:
udayakumar.kumaran@eduation.co.in; narendra.kumar@eduation.co.in
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