

P

revention of students' Suicides, Bullying, Violence, and Ragging through campus based professional counseling services for student schools/colleges/universities-

(HMJ Counseling & Psychotherapy center, Indian Institute of School Psychology, School Counseling & Guidance, WHO)

RAGGING, VIOLENCE, BULLYING AND SUBSTANTIVE ABUSE-major causes of SUICIDE-whereas 80% adolescents ,who kill themselves could be diagnosed with conduct/mood disorder, violence, aggressive symptoms, sense of hopelessness, humiliation and demeaning, substantive abuse, sadness. ((HMJ Counseling & Psychotherapy center, Indian Institute of School Psychology, School Counseling & Guidance,WHO-MENTAL HEALTH, SUBSTANTIVE ABUSE).

“School bullying leaves deep life-changing scars evident after



nearly 40 years, a study found, we need to move away from any perception that bullying is just an inevitable part of growing up.

Teachers, parents and policy-makers should be aware that what happens in the school playground can have long-term repercussions for children “With current

generations facing even greater threats from cyber bullying and trolling than those in the study, we can only assume that the consequences of bullying could be even more damaging for future generations,” she said. Childhood bullying can continue to damage mental and physical health long into adulthood, a new study has said, **with victims more likely to suffer from depression, ill-health and even joblessness up to 40 years later.**

Researchers from Kings College London said. The psychological damage suffered by child victims of bullying is well documented, and recent study also showed that victims are more likely to have a psychiatric problem into their 20s.

However, the latest study, which looked at data on the personal development of nearly 8,000 children born in 1958, revealed that those who had suffered bullying between the

ages of seven and 11 were still more likely to suffer from a range of health and social problems, even up to the age 50.

Individuals who were bullied frequently were nearly twice as likely to be suffering from depression at the age of 45, and were also more likely to develop anxiety disorders and suicidal thoughts.



Victims were also more likely to have lower educational levels, and men who were bullied were more likely to be unemployed, and to earn less. Bullying also appeared to have an impact on people's social development, with victims less likely to be in a relationship aged 50, or to have strong social support networks.

Dr Ryu Takizawa, from the Institute of Psychiatry at King's College London, said: "Our study shows that the effects of bullying are still visible nearly four decades later. "The impact of bullying is persistent and pervasive, with health, social and economic consequences lasting well into adulthood." (RECEIVED FROM OUR Institute's Advisory Dr Harsh Pant, H O D, Kings' College London)

RECOMMENDATIONS

"Bullying Prevention and Positive Behavior Management "subject be made inclusive to all teachers training curriculum for qualifications M. Ed, B. Ed and Primary/upper primary Nursery course curriculum and for secondary/post secondary students.

Bullying comes in many forms, direct and indirect:

- Verbal: taunts, name-calling, put downs, threats and intimidation
- Social: exclusion from peer groups, gossip, ganging up, or group teasing
- Physical: hitting/kicking victims and/or taking/damaging personal property
- Cyber: using the computer or other technology to harass or threaten

About the book

The book offers teachers, students and parents strategies for creating a long-term and positive influence on the school environment as a whole. They discuss topics such as: how to deal with bullying incidents; playground supervision; the role of parents; and developing an anti-bullying policy. "Teachers, parents and policy-makers should be aware that what happens in the school playground can have long-term repercussions for children,"

she said. "Programs to stop bullying are extremely important, but we also need to focus our efforts on early intervention to prevent potential problems persisting into adolescence and adulthood."

It gives parents tips for working proactively with school administrators to resolve bullying issues, and provides teachers with materials that facilitate a better understanding of the social dynamics of the classroom, hallways, and playground. Administrators will find a quick guide to recent state and children's Protective Rights, under Indian statutes, directives, and legislation related to bullying and antisocial behavior in grades K-12.

Sexual bullying, homophobic bullying, and special needs and bullying about, handbook offers administrators a quick, no-nonsense guide to recent state and statutes, directives, and legislation relating to bullying and ragging, antisocial behavior in grades K-12.

it draws from developmental psychology to explain why some individuals engage in bullying behavior. Most delightfully, the author also sensitizes school staff to various systems-level factors inherent in school environments that may create a culture of bullying.



It combining theory with hands-on activities, this is a practical anti-bullying resource which emphasizes the need for a whole-school wide positive Behavior management approach to the problem of bullying.

School Counseling by professionally qualified (with M.Sc / P.G DIP in School Counseling Program) is developed as a collaborative process in which the Professional school counselor facilitates the expansion of the pupil's view of life, enlarges his repertoire of coping resources and enables him to make choices for change in himself, the situation and the environment, without destructive consequences to self or others¹. The process is directed by the application of specialized skills and strategies in a therapeutic relationship with the pupil with problems. The goal of School Counseling intervention is to help pupils manage these problems effectively so that their total development would not be impeded.

A steadily growing body of evidence suggests urgent need to introduce Regular Counseling services by professionally Qualified School counselors as mandated by the Supreme court (Hon'ble Supreme Court of India & CBSE PLOICY VIDE in year 2008 and Hon'ble A.P High court order in PIL 106/2013 also mandated appointment of PROFESSIONAL counselors at higher education levels too. The fact that counselling by teachers and mentor programmes have not helped in the past necessitates professionally qualified counsellors' help Who provides ongoing training to administrators, teachers and other school staff to ensure that they understand the nature, dynamics and impact of bullying; how to respond when they observe bullying or it is reported to them; and how to work with others at the school to curb and prevent bullying.

Designated staff should hold follow-up meetings with children who are bullied and, separately, with children who bully. The parents of affected students should be involved whenever possible. Teachers and other school staff should be assigned to monitor hallways, playgrounds, bathrooms and other locations identified by students as "hot spots" for bullying.

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