



# Summer Fields School

KAILASH COLONY, NEW DELHI-110048

## WORKSHOP ON 'BULLYING'

*"No one heals himself by wounding another"- St. Ambrose*

Summer Fields School, Kailash Colony organised a workshop on 'Bullying' for the students of Class 8th on 10th July, 2024 from 9:30 am to 11 a.m. Ms. Arti Girdhar conducted this workshop and explained that Bullying comes in various forms and affects the mental health of the bullied person. She explained that Bullying takes place in the sphere of jealousy and bullies usually find easy targets. Her workshop focused on how to prevent Bullying. The resource person taught the students to be positive and confident in all the situations. She emphasised on the importance of righteous friends and how we should take their help. She instructed that Bullying should be immediately reported to an adult, situations that trigger should be avoided, and issues should be talked about. She instructed the students to avoid violence, self-blame and focused on the phrase that "Sun is alone but still it shines to clear the darkness".

The workshop was conducted by Ms. Arti Girdhar, Founder and President of ANON Global Foundation, a philanthropist and educationist, with two decades of wide-ranging teaching career. She is working on mental and physical health importance especially for children and youth. She is the recipient of Innovation in Education Award by World Education Summit 2020 and a speaker at TEDx MM Public School Woman.

We are thankful to our esteemed Principal, Ms Shalini Agarwal and the Management for being the driving force behind all our endeavours and for motivating us to attend such educational sessions. Their constant guidance and encouragement inspire us to attain greater heights of success.











