

**Nagaland Board of School Education  
Kohima**

NO.NBE-8/Ad-Misc(10)/2013-14/ 2226

Dated Kohima, the 22<sup>th</sup> November, 2013

To,

The Heads of Registered Institutions.

**Subject: Measures to curb ragging/bullying activities in schools.**

Sir/Madam,

I am writing this to bring to your notice to curb ragging and violence in the schools. Educational institutions should have a warm ambience for meaningful learning so that students can freely engage themselves in intellectual, social, physical and cultural pursuits.

A Committee popularly known as Raghavan Committee constituted by the Supreme Court of India to make suggestions for prevention of ragging in educational institutions has also made a strong case for regular and periodic psychological counselling/sessions for every student in the school.

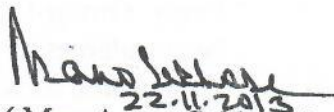
Some guidelines which the schools can adopt are:

1. A school should preferably have a full time/part time Counsellor at each level of schooling such as Primary, Upper-Primary and Secondary/Higher secondary.
2. At secondary and higher secondary levels, psychological counselling/sessions must be provided to the students at different intervals in an academic session. Parents and teachers should be involved in such sessions.
3. Anti-Violence Committee should be constituted to maintain constant vigil to curb violence in any form. In case any act of violence is reported, timely and prompt action must be taken.
4. School Health programmes and Adolescence Education, Civic Sense, Peace Education, Gender Sensitivity, Self Esteem, Interpersonal Communication, Coping with Stress, Dealing with Anger, Coping with Emotions, Empathy and Resisting Peer Pressure need to be taken up in the activity periods. These can take the form of Role Plays, Group-Discussions, Debates, etc. Many of these important issues have also been addressed in the book "*Living Skills*" and under Adolescence Education Programme for Higher Secondary level, some issues have been addressed in the book "*Life Skills Development and Assessment*". These books can be looked up for reference.
5. Peer Educators and Peer Mentors need to be empowered to create awareness and monitor the sensitive zones in schools such as canteens, playgrounds, corridors, bathrooms and dormitories. Any untoward incident must be immediately reported.

6. Counsellors in all schools and Wardens in boarding and residential schools need to be sensitized to the changing dynamics of student interaction. They should be empathetic and approachable so that students can confide in them. The occurrence of such acts has more probability in case of residential schools due to the amount of time spent together by students.
7. Role of parents in Parent Teacher Meetings, representation in various other school Committees must be enforced. In case a parent needs to report in confidence about any act of bullying, however minor, the Head of the institution must put a mechanism in place which must also be circulated to parents.
8. **"No Act of Violence which includes physical or sexual abuse, bullying or Ragging will go unnoticed or unpunished"** needs to be clearly stated in the prospectus and other guidelines circulated by the school. Punishment to be meted out in case of a student caught in any act of ragging or bullying should also be clearly spelt out. Parents as well as students need to be aware of the extent of punishment possible.
9. Strong disciplinary action should be taken against the ragger without risking the identity of the victim. The victim needs counselling which may be taken up by a peer mentor or Counsellor.
10. Punishment to be meted out must be commensurate with the gravity of the action. It may vary from suspension in attending classes, collective and heavy fine in case of group offenders and even go to the extent of rustication or expulsion.
11. Any form of deviant or aggressive behaviour must also be recorded in behavioural terms.

You are therefore requested to take appropriate measures to curb the evils of ragging or violence in any form in the schools. Your cooperation and proactive measures will help in creating an environment of quality learning.

The content of this notification should be brought to the notice of all the students, teachers and parents.

  
 22.11.2013  
 ( Mrs. Asano Sekhose )  
 Chairman