

COMMITTEE NAME	DATE	TIME AND VENUE
Anti Ragging Committee	06/05/2024	2.30 PM, Council Room, AdtU

MEETING 10

The following members attended the meeting:

1. Prof. Pranveer Singh
2. Prof. Seema Sarma
3. Dr. Khem Bahadur Pun
4. Prof. Rajeev Sarmah
5. Dr. Bijoy Das
6. Dr. Saikat Deb
7. Dr. Mala Dutta
8. Dr. Abhijit Kalita (PT)
9. Dr. Kangkana Dutta Phukan
10. Prof. Ananta Choudhury
11. Dr. Samanay Baruah
12. Prof. Nirmali Gogoi
13. Prof. Mrinmoy Basak
14. Ms. Neha Nongmeikapam
15. Ms. Pranab Barman
16. Ms. Utpala Barman
17. Ms. Sangita Boro

AGENDA

1. Outcome of the action taken of the pervious agenda.
2. Strategies to facilitate and enhance students and mentor engagement.

MINUTES OF ANTI RAGGING COMMITTEE MEETING

ITEMS:	DISCUSSIONS & RESOLUTIONS:
1. Outcome of the action taken of the pervious agenda.	<ul style="list-style-type: none"> • Providing Counselling Service and workshops on mental health and coping strategies encouraged the students to share their experiences and opinions • Students are now more aware of the importance of counselling services.
2. Strategies to facilitate and enhance students and mentor engagement.	<ul style="list-style-type: none"> • Discussed to encourage and establish more safe and non-judgmental environment where students feel comfortable sharing their thoughts. This can be achieved by mentors showing empathy, active listening, and maintaining confidentiality. • Discussed to encourage mentors to active listening, which involves paying full attention, reflecting back what the student has said, and asking open-ended questions. This helps student's feel heard and valued and will feel free to speak to their mentor.

- Discussed to normalize the expression of feelings and problems, making it clear that it's normal and okay to have struggles which will help reducing the stigma associated with sharing personal issues
- Discussing to encourage students by sharing their own experiences and challenges, demonstrating that everyone has difficulties and its okay to seek help. This can help students feel more comfortable opening up.
- Discussed and decided more on encouraging students to take an active role in the mentoring relationship by setting goals, discussing their interests, and identifying areas where they need support. This empowerment can lead to greater engagement.
- Discussed to focus more on tailor approach to fit in the individual personality, cultural background, and comfort level as some students may prefer one-on-one conversations, while others might open up more in group settings.

The meeting concluded with summarizing the discussed points by Ms. Sangita Boro

Ms. Sangita Boro
Member Secretary, Anti Ragging Committee

