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# Jadavpur University anti-ragging session to focus on students' mindset

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KOLKATA: Jadavpur University will organise a workshop on anti-ragging for the undergraduate second- and third-year students of three departments - Bengali, Sanskrit and philosophy - to counsel them, identify their stress levels and address them. The programme will take place at the Open Air Theatre (OAT) on Monday as the authorities feel that the change in the mindset of the seniors is necessary to stop the ragging culture.

JU registrar Snehamanju Basu said, "As per the UGC guidelines, more focus should be given on counselling on students, both on the campus and at the hostel. Therefore, we are laying stress on their mental health so that any kind of trauma can be addressed properly. Moreover, the university authorities and the teachers feel

that to stop ragging, the mindset of students need to be changed and there has to be a continuous sensitisation."

Deputy coordinator of JU's Centre for Counselling Services and Studies in Self Development, Samar Kumar Mondal, said, "The programme will have mental health experts to sensitise the students on anti-ragging. There will be group counsellings to address their stress levels since ragging and stress are interlinked. At the end of the event there will be a feedback session." The professor of philosophy department added that the second- and third-year undergraduates have been chosen as they might have faced uncomfortable situations or have been a victim of ragging in the past. "They may have a hidden desire to avenge what they have faced. It is important to interact with them regarding ragging and eventually focus on changing their mindset."

These workshops will continue as students from other departments will also take part in it, scheduled probably at the end of the month and beginning of next month. Head of Bengali department Joydeep Ghosh said, "Since senior students have a past experience and juniors often get intimidated by seniors, these sessions are key to break the chain. There will also be workshops and counselling for the first-years but it will be held at respective departments."

Psychiatric and social worker Mohit Ranadip said, "JU and its students have a long history of raising voice for social and political causes and is known to be progressive and liberal. But they are also keeping alive the practice of ragging, which is primitive. It is high time that we help them in self-evaluating themselves."