

Talks on
Motivational Speech to enhance Self-Esteem
and
Prevention of Ragging in the Digital Media

The anti-Ragging Committee has successfully conducted twin Talk sessions among Semester 1 students of both Morning and Day sections on 25.11.25 at Keshub Memorial Hall.

The first item was a Motivational Speech delivered by Sri Arijit Baidya from the Department of Sanskrit. He tried to inculcate the spirit of self-reliance and self-confidence among the students. He talked about the six pillars of self-esteem, namely, practices of acceptance, assertiveness and responsibility as well as living consciously and purposefully. All these can be achieved through personal integrity, which again will be reinforced by these practices.

The second item was a presentation by Dr Mainul Hossain from the Department of Mathematics on the issue of Ragging in the Digital Media. He took the students through the steps of what is ragging, in general, and digital ragging, in particular. He highlighted how this creates emotional stress, having an impact on physical, social and academic well-being.

To counter this menace, he highlighted legal and other processes to protect oneself and stay safe and projected the importance of college as a support group through which students can find help and strength, fostering a community of resilience and confidence.

The purpose of these talks was to enable the students to inculcate increased self-awareness, improved decision-making and coping skills, greater resilience and a stronger sense of self-confidence.



Sri Arijit Baidya
delivering his address



Sri Mainul Hossain
delivering his address



The session going on