

Minutes of the Anti Ragging Committee Meeting

Name of the meeting : Anti Ragging Committee Meeting
Date : 12th August 2025
Time : 12:00 PM
Venue : IQAC Office

Presented attendees:

- Dr. Deepti Ramakrishnan
- Dr. Lola Das
- Dr. Joby Thomas
- Ms. Ancy T A
- Makhlouf Mathew Martin (2022)
- Nayanendu Anand (2022)

Apologies

Dr. Betsy Tomas

Report :

- ✧ The meeting commenced with a silent prayer.
- ✧ The committee discussed the NMC notice (CDN-20011/95/2025-COORDINTAION-NMC) dated 6th August 2025 regarding the Anti-Ragging Observation Week 2025, to be held from 12th to 18th August 2025.
- ✧ It was decided to organize a rally with placards reflecting this year's theme against ragging.
- ✧ A topic will be selected for a debate, and arrangements will be made for poster creation and an awareness campaign (15–20 minutes). This will be discussed with Dr. Betsy Thomas.
- ✧ All geo tagged photographs and related documents are to be documented.
- ✧ The possibility of making reels or a short film on the theme will be further discussed with Dr. Sojan George K.
- ✧ All activities must be uploaded to the provided link before 18th August 2025.
- ✧ The complete plan must be finalised by tomorrow.

Prepared by : Alen Joy,
Office Associate

Betsy

Verified and Approved by : Dr. Betsy Thomas, Principal
Amala Institute of Medical Sciences, Thrissur



Anti Ragging Committee Meeting

Date: 14.12.2024

Time: 12 Noon

Venue: Principal's office

- The meeting started with a silent prayer.
- Dr. Betsy Thomas presided over the meeting.
- Anti – ragging committee members including student's representatives attended the meeting.
- The principal informed the attendees about the circular issued by the NMC regarding anti ragging and the meeting they requested to conduct.
- She also mentioned the anti ragging google form sent to first year students (2024 batch) and the under taking sent to all parents, except those of the 2024 batch students.
- The principal reminded everyone that the college remains highly vigilant about ragging. If any written complaint is received, the institution will immediately inform police to take further action, the particular student will be debarred from the college.
- She highlighted about the vigilant squad- the doctors visiting the hostel to interact with students, and the report of these visits, which will be submitted to the principal's office.
- The principal reminded student representatives to be more vigilant about ragging and the use of drugs among the student. She asked the students to inform immediately if they notice such cases.
- Dr. Rennis Davis (Vice Principal) mentioned about the “ Shradha” the government project against drugs.
- Dr. Betsy stated that students can send complaints through email or letter, assuring that the authority will keep the complaints confidential and take appropriate action.
- The meeting concluded at 1pm.

Betsy Thomas
Principal



Amala Institute of Medical Sciences, affiliated to KUHS Report on Anti-Ragging Week 2025

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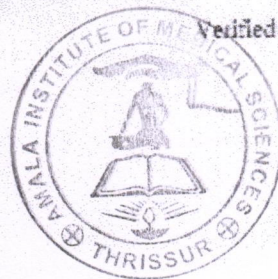
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Amala Institute of Medical Sciences, Thrissur

Betsy
Dr. BETSY THOMAS
MD, FRCOG, DNB, MICOG
PRINCIPAL
AMALA INSTITUTE OF MEDICAL SCIENCES
AMALA NAGAR, THRISSUR-680 555



No NMC-23(1)25-2021/Med
Government of India
National Medical
Commission



**Pocket-
14, Sector- 8,
Dwarka, Phase-1,
New Delhi-77**

Dated 11-08-2025

To:

The Director/Principal/Dean, All Medical Colleges/Institutions in India
Director, Directorate of Medical Education of All States/UTs

Subject: Strengthening Institutional Mechanisms to Prevent Ragging, Harassment, and Student Distress in Medical Institutions

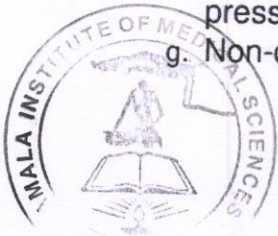
Reference; Anti-Ragging Day, August 12 & Anti-Ragging Week, August 12 -18

Sir/Madam,

The National Medical Commission (NMC) remains committed to ensuring a safe, inclusive, and supportive environment for medical students. In continuation of earlier advisories, all medical institutions are directed to ensure full compliance with the "*Prevention and Prohibition of Ragging in Medical Colleges and Institutions Regulations, 2021.*" This includes the effective implementation of institutional safeguards such as the mentor-mentee system, accountability measures, and periodic surprise compliance checks. Institutions must also submit periodic Anti-Ragging Committee (ARC) reports detailing initiatives like awareness campaigns, disciplinary actions, and student engagement efforts.

2. The Commission expresses grave concern over the incidents of ragging, sexual and mental harassment, suicides, and physical assault that have been reported from some institutions in the past. Despite repeated directives, the following lapses have been observed in some instances;

- a. Failure to enforce anti-ragging measures effectively
- b. Lack of accessible mental health and psychosocial support
- c. Absence of functional Anti-Ragging Committees, Squads, and Hostel Committees
- d. Inadequate surveillance infrastructure, including non-installation of CCTV in hostels
- e. Psychological harassment such as social exclusion, intimidation, and academic pressure
- f. Failure to report cases of suicide, attempted suicide, and incidents of harassment, particularly those linked to thesis delays and academic pressure, continues to be a serious concern.
- g. Non-constitution of Internal Complaint Committees (ICCs) under the PoSH



Act, 2013

- h. Excessive duty hours of residents without adequate rest
- i. Violations of Clause 6(c) of the 2021 Regulations, compromising student safety
- j. Institutional indifference toward internal grievance redressal

These issues not only breach regulatory mandates but also seriously undermine the safety, dignity, and mental well-being of UG and PG students, thereby affecting institutional credibility.

In this context, all Medical Colleges/Institutions are instructed to:

- Review and reinforce their anti-ragging and student support mechanisms.
- Install and actively monitor CCTV in hostels, corridors, and common areas.
- Report incidents of suicide, attempted suicide, and harassment to NMC confidentially and without delay.
- Conduct regular mental health audits and obtain student feedback.
- Appoint student representatives for academic grievance redressal.
- Set up student wellness centres with qualified mental health professionals.
- Provide mandatory psychological screening and counselling at entry and regular intervals.
- Conduct faculty sensitization programmes to curb academic harassment or favoritism.
- Collaborate with national mental health organizations like NIMHANS and AIIMS to implement evidence-based suicide prevention protocols.
- Strengthen Mentor-Mentee Program

NMC reiterates that non-compliance will be taken seriously and shall result in strict regulatory consequences.

Yours sincerely,

Raghar 11/8/25

Dr. Raghav Langer
Secretary, NMC &
Chairman, Anti-Ragging Committee

Copyto:-

1. Additional Secretary, (Medical Education) MoHFW, Nirman Bhawan New Delhi
2. Joint Secretary, University Grant Commission, New Delhi (raggingcell@yahoo.in)
3. PPS to Chairman

