

## **ANTI RAGGING CELL**

# **SAY NO TO RAGGING**

### ***- The legal definition of ragging:***

- 'Ragging' means performing acts that can cause physical, psychological, or physiological harm, apprehension, shame, or embarrassment to a student. It includes:

- Teasing, abusing, or playing practical jokes on students, causing them harm.
- Asking students to do things they wouldn't willingly do in normal circumstances.
- Ragging is distinct from other crimes as its motive is solely perverse pleasure.
- Furthermore, it is actively promoted by specific segments of society.

### **Types of abuses and activities that are considered as ragging in easy-to-understand bullet points:**

#### **Physical abuse, like:**

- Making someone eat, drink, or smoke against their will.
- Forcing someone to change their clothes or undress.

#### **Verbal abuse, such as:**

- Using swear words and insulting language.
- Making negative comments about a person's looks, clothes, religion, caste, family, or chosen field of study.

#### **Forced activities, including:**

- Making new students do tasks for seniors, like copying notes or cleaning rooms.
- Preventing students from attending classes or studying.
- Keeping them awake at unreasonable times.

- Making them sing, dance, or perform in different ways.
- Using offensive language, shouting, or cheering loudly.
- Misbehaving with strangers, especially women.
- Reading or looking at inappropriate material.

**Lifestyle restrictions, like:**

- Not allowing certain clothing or accessories, like jeans or belts.
- Enforcing rules about shaving or hair care.
- Restricting access to common areas in the hostel.
- Requiring students to address seniors as "Sir" or "Ma'am."
- Setting specific wake-up times.

Conversational mind-games, which involve seniors manipulating conversations to humiliate, make first-year students feel insecure, or generally threatened.

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National Anti Ragging Help Line (UGC Crisis Hotline)

24x7 Toll Free Number\* 1800-180-5522  
(helpline@antiragging.in)

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