

Shikha

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2nd Year

The student life is a crucial phase that sets the foundation for future accomplishments and personal development. It is like a blank canvas that, when painted with the colours of learning, of growth and exploration can result in a beautiful tapestry-like future filled with success, happiness and lots of wisdom. This phase holds a significant chapter in the book of our lives, but sometimes, the pages of this chapter gets marred with terrible experiences that leave a lasting impact on individuals during this sensitive period when students in actual sense face the real world. This phase of dreadful experience is known as ragging, a term that describes various forms of harassment, pranks and other offending activities, on newcomers and is emerging as a social evil in our surroundings.

But before coming to its deplorable effects, it is important to know how it got rooted in our Indian educational setup. Ragging was initially started in European universities where seniors used to crack jokes at the welcome party of their juniors. However, in the course of time, this practice became popular all over the world and

practised with different nomenclature; bapene in [2] French; doop in Dutch; etc. Increased occurrence of critical events in institutions that made victims either to end their lives or make them critically mental patients led a light or conclusion that ragging is obnoxious and need to be stopped. Today all countries have enacted strict laws against ragging, and in some countries like Canada and Japan, it has been eradicated completely. But unfortunately, in India where western culture is percolating so fast among youth, which has made them forget the authentic oldest richest culture where oneness used to reside in everyone's heart and good deeds with zero selfishness and full dedication are always promoted but western originated trends like ragging, that has contaminated our values and lead to one of the causes of suicides and destruction among Indian students. And without any doubt, the worst case scenarios of ragging are committed in India. According to a research council conducted by CURE, India and Sri Lanka are the only two countries in the world where ragging exists.

This ill practice has many effects that is taking students towards a hole of mental & emotional distress where constant agony takes them to a dark phase of anxiety, depression and sometimes even post-traumatic stress disorder. It can also lead to social isolation forbidding them to explore their own self and their growth and not only this it also hinders their real potential to

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Integrate into college activities. The most important [3] consequence is a disturbance in academic performance and disruption of their focus on their goals and gradually true talent gets unnoticed as victims are reluctant to express themselves freely due to the stripping off of the confidence and dignity by cruel taunts and acts. Seniors in college forget their duty and use their dominance and destroy the sense of belonging that is essential for a conducive learning environment. The weight of these emotions can make it difficult for individuals to live a satisfying life, and can also have an deep impact on their loved ones. In severe cases, it may even result in physical ~~unit~~ harm or accidents that endanger their lives.

It is crucial to put a stop to the spread of the harmful practice of "ragging" in our society. This can be achieved through various approaches such as ragging awareness about the negative effects of ragging through educational campaigns and interacting with students on the issue. Additionally, enforcing anti-ragging laws and ensuring that offenders are punished while victims receive justice and support can also be effective. Schools and colleges should establish proper ragging policies and procedures, including an anti-ragging committee that educates staff and students on the issue and handles any related concerns. Creating a safe and respectful environment where students feel comfortable reporting any form of abuse is

essential. The government has established a helpline number, and certain organizations like Society Against Violence in Education (SAVE) and AMAN MOVEMENT (after Aman Kachroo ragging case) are working towards eradicating ragging & bullying. These actions can lead to a positive, healthy and happy society rather than one plagued by depression and distress.

In conclusion, young students are like raw soil which should be bound with support, positivity and a healthy environment by their seniors and surrounding, not with trauma that can live with them throughout their lives and leave a deep scar in their minds. I believe that it should be eradicated and requires a collective effort of students, faculty and officials to create a space for newcomers where they can open up and have a friendly and valuable conversation and maintaining an ambiance of empathy and respect among students and distant them from the dark shadow of ragging. Lord Krishna has also taught in Bhagavad Gita that experienced individuals (seniors) are the epitome of humility and wisdom and they are obliged to help and guide their juniors, not to torture them and in return juniors are obliged to respect them. So, we all together should build a nurturing and positive campus culture that encourages unity and ensures the well being of everyone.