

## Ragging ruins

The word "ragging" has a dictionary meaning of "to nag or tease", generally seen in campuses of higher education. It is claimed by those who do it as a simulation of "workplace difficulties" like menial jobs or mean superiors. On surface this may seem light hearted by saying "what doesn't kill you makes you stronger", but when harmless pranks and mock interviews turn into violent torture which abuse basic human rights ,it ruins lives - not just of the one who faces it but others around him too.

The most tangible effect of ragging is seen on the victim because when a person is forced to do physically draining and emotionally voiding acts, they experience immense mental stress and anguish which evokes negative emotions,scarring the individual forever,leading to post-traumatic stress disorder(PTSD), haunting them as nightmares their whole life. The experience of being ragged also results in lost self esteem, feeling of fear and humiliation upon facing the inflictors, loss of self confidence. The victim also develops feelings of mistrust, animosity and hostility, and even scepticism towards all people around him. Ragging results in lack of concentration and poor attendance, consequently leading to negative academic performance . The result of this is seen in poor future prospects and career opportunities. An individual who might have excelled and graduated with flying colours becomes an emotionally and socially impaired husk of a person.

The act of ragging may not just be physical or psychological,but could be something shattering the beliefs and values a person has built over his past years. Ethic- violating acts like forced smoking and alcohol consumption or substance abuse which go against an individual's set of beliefs and morals, cripple the dignity of the victim. This, in no manner, would be the " workplace training " as promised by the inflictor. Such wicked acts only push the person on a darker path in future, who might exact revenge against the perpetrator in a self destructive way or become the perpetrator himself going down the vicious cycle of inflicting the same horror on other unsuspecting and innocent people. In some instances , out of self-protection mechanisms,the victim may hypnotise himself to feel that his experience was a natural one ," necessary" as training for adult life. This may lead to him propagating to others the norm of ragging and how it is not a societal issue destroying young, impressionable minds.

When bystanders witness an individual being ragged, in spite of their values calling to stand against the act, they are forced to watch silently, with lingering fear of facing the same if they become a voice against the things they see. This instinct may become deep-rooted in the spectator which becomes crippling when they can't raise their voice against injustices happening to them. The victim who undergoes such acts may take some untoward steps after such an experience which will harm themselves and it leaves their family and loved ones scarred forever. The family who might have waited for their child to be a productive member of society and a supporter of the household only receives bad news in the end

Even the perpetrators aren't safe from the consequences of their vile acts. They will face loss of reputation, decreased trustworthiness and more scepticism from people around them once their doings are revealed to the public. This also leads to detrimental impact on academic aspects like suspension and demerits or even stricter actions like rustication from the institution. Strict legal actions register themselves as a permanent stain on the individual who might have been a skilled person in their field with good prospects otherwise, will lose

all chance at opportunities had he not done actions demeaning someone else. The family of the perpetrators is also stigmatised making life difficult for them as well, with them being looked down upon by society.

Upon inspecting long term effects of ragging, institutions associated with ragging fail to escape unscathed. The overall culture and reputation of the institution is negatively affected when such incidents happen and further loss of public trust occurs if inflictors are not met with serious consequences for their actions. This remains as a stain on the institution's name for decades to come and results in fewer students opting for pursuing education there.

After heinous acts of ragging the victim is contorted mentally, becoming a person with shattered ideals and no hope for life in extreme cases. The perpetrator becomes a black sheep, one who disgusts on sight and a negative teaching material. The institution which might have a reputable history is mangled and changes its name to a hub of offenses. The only way to curb ragging would be strict law enforcements which makes the potential victims feel safe and compels the inflictor to rethink their actions and making institutional environment free from horrible actions which breed from dark side of human psyche.