

RAGGING IS A PSYCHOLOGICAL ABUSE, POWER OF DYNAMICS AND SADISTIC BEHAVIOR**¹Dr. Pruthviraj K. Chaudhary, ¹Dr. C. N. Patel and ^{2*}Dr. Dhruvo Jyoti Sen**¹Shri Sarvajanic Pharmacy College, Gujarat Technological University, Arvind Baug, Mehsana-384001, Gujarat, India.²School of Pharmacy, Techno India University, Sector-V, Salt Lake City, EM: 4/1, Kolkata-700091, West Bengal, India.***Corresponding Author: Dr. Dhruvo Jyoti Sen**School of Pharmacy, Techno India University, Sector-V, Salt Lake City, EM: 4/1, Kolkata-700091, West Bengal, India. DOI: <https://doi.org/10.5281/zenodo.20626796>**How to cite this Article:** ¹Dr. Pruthviraj K. Chaudhary, ¹Dr. C. N. Patel and ^{2*}Dr. Dhruvo Jyoti Sen. (2026). Ragging is A Psychological Abuse, Power of Dynamics and Sadistic Behavior. World Journal of Pharmaceutical and Medical Research, 12(6), 472-479.

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ABSTRACT

Ragging themes focus on creating a safe, inclusive, and joyful campus. They replace toxic rituals with respectful mentorship. Campaigns typically emphasize the slogan, "Be a **Buddy**, Not a **Bully**," framing student bonding around empathy, peer accountability, and collective action against harassment. Ragging is deeply rooted in **psychological abuse, power dynamics, and sadistic behavior**. It goes far beyond harmless introductions, often serving as a method for seniors to derive pleasure from the humiliation and distress of newcomers.

KEYWORDS: Psychological, sadistic, power dynamics, abuse, legal, crime, perversion, humiliation, bullying.**INTRODUCTION**

1. **Primary Ragging** is a form of harassment and abuse where senior students target and humiliate juniors. It encompasses physical violence, mental torture, and forced acts that erode dignity. Under strict laws and University Grants Commission (UGC) regulations, ragging is a strictly prohibited offense with severe legal and disciplinary consequences. In India, this practice is legally recognized as a serious crime and extends far beyond harmless "initiation rituals." Under the UGC Regulations on Curbing the Menace of Ragging in Higher Educational Institutions, ragging is defined to include any of the following behaviours:

Verbal and Physical Abuse: Teasing, handling students with rudeness and any physical or sexual assault.

Psychological Harassment: Rowdy, undisciplined behaviour that causes annoyance, fear, or a sense of shame.

Academic Exploitation: Forcing junior students to complete academic assignments or personal chores for seniors.

Financial Extortion: Forcing freshers to spend money or unfairly extracting funds from them.

2. **Secondary ragging** refers to a secondary cycle of abuse where victims of initial ragging go on to become the perpetrators. It is a psychological ripple effect where a junior who was subjected to trauma, humiliation, or physical abuse by seniors rationalizes the act and replicates the same behaviour on the next incoming batch of freshmen.

Why Secondary Ragging Occurs Venting Frustration: Former victims harbour deep bitterness and use new students to vent their suppressed resentment.

Normalization: The destructive practice is normalized or "rationalized" as a mandatory rite of passage or initiation tradition. Power Dynamics: Individuals seek to regain a sense of dominance and control that was stripped away from them during their first year. Legal Status and Consequences Regardless of whether ragging is considered primary or secondary, it is a criminal offense heavily penalized under frameworks like the UGC Anti-Ragging Regulations.

3. **Tertiary ragging** refers to the hazing or bullying of new entrants by senior students in higher educational institutions. It is a criminal offense that encompasses physical, sexual, and psychological

abuse, often disguised as an initiation ritual. Why It's a Problem While sometimes falsely framed as a "harmless rite of passage" or a way to break the ice, ragging systematically strips individuals of their dignity and autonomy. Studies highlight that the psychological toll often results in severe anxiety, negative self-esteem, and trauma. In severe cases, it leads to physical injuries, academic dropouts, or even fatalities.

Types of Ragging: Ragging takes many forms, ranging from social isolation to direct violence

Verbal: Teasing, rude comments, using foul language, and forcing juniors to perform embarrassing tasks.

Physical: Harassment that involves physical abuse, stripping, or forcing students to consume specific substances.

Psychological: Generating fear, apprehension, and a sense of shame to establish a toxic power dynamic.

Legal Standing and Reporting: Across India, ragging is strictly prohibited by law. The University Grants Commission (UGC) enforces strict regulations mandating Anti-Ragging Committees in every college. Perpetrators can face suspension, rustication, and criminal charges under the Indian Penal Code.

The Psychology of Ragging

- **Power Dynamics:** Many senior students use ragging as a way to assert dominance and exert unwarranted authority over juniors, which boosts their own fragile ego.
- **Sadistic Thrill:** For perpetrators, the act of forcing freshmen into uncomfortable, demeaning, or physically exhausting situations provides a form of perverted pleasure.
- **Cycle of Abuse:** It is often a learned behavior. Students who were ragged in their first year often perpetuate the cycle the following year as a form of retaliation or conditioned normality.
- **Peer Pressure:** Many participate passively simply to avoid being isolated from the dominant peer group, leading to mob mentality.
- **The Impact:** Far from "building character," ragging systematically breaks down a student's self-esteem and individuality. The psychological harm often results in severe anxiety, depression, and a loss of academic focus. In extreme cases, it has driven victims to take their own lives.
- **Strict Legal & Institutional Action:** Because of its abusive and dangerous nature, ragging is treated as a severe offense.



Figure 1: Stop Ragging.

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- **Strict Legal & Institutional Action:** Because of its abusive and dangerous nature, ragging is treated as a severe offense.

Legal Consequences: Ragging is heavily punishable under Indian criminal law (such as the Indian Penal

Code) and relevant state legislation. It is a cognizable offense, meaning police can arrest offenders without a warrant.

Institutional Action: Educational institutions enforce zero-tolerance policies. Punishments for perpetrators can include heavy fines, rustication, or expulsion.

While ragging isn't classified as an official medical illness, it is a recognized form of psychopathic and sadistic behavior driven by a need for power, control, and humiliation. Perpetrators often display profound lack of empathy (sympathy). For the victims, however, ragging is a direct cause of mental health crises. It frequently triggers: Severe anxiety and depression. **Post-Traumatic Stress Disorder (PTSD)**. Extreme loss of **self-esteem** and **suicidal tendencies**. Beyond the psychological toll, ragging is a strictly prohibited, heinous crime. If you are experiencing or witnessing ragging, it must be reported immediately. For the Bidhannagar and broader Kolkata region, you can seek immediate help and report incidents to the Anti-Ragging Cell of West Bengal or call the National Anti-Ragging Helpline at 1800-180-5522 (email: helpline@antiragging.in).

Ragging is a broad term for the abuse, humiliation, or harassment of junior students by seniors in an educational institution. It can range from verbal insults and forced tasks to severe physical violence. Molestation is a specific criminal offense that involves unwanted, non-consensual sexual contact or behavior with the intent to outrage a person's modesty. While they are legally distinct, molestation can occur during a ragging incident. When ragging involves stripping, **forced nudity**, or **sexual abuse**, it crosses the line into **sexual harassment** and **molestation**. Both are serious, punishable offenses in India. If you or someone you know is experiencing ragging, you can contact the national Anti-Ragging Helpline at 1800-180-5522 or visit the UGC Anti-Ragging Portal for help.

Traditionally, ragging would entail seniors mocking or jeering at freshers within a dedicated period of time – usually the first few months of an undergraduate's university life. Ragging refers to the physical or psychological abuse, harassment, or humiliation of new or junior students by older students. It is a **pervasive issue**, particularly in South Asia, and is considered a severe criminal offense that has historically led to numerous injuries, suicides, and ruined academic careers.

Ragging encompasses a wide variety of rowdy and undisciplined behaviours, which include. Legally and institutionally, ragging encompasses a broad range of behaviours, including but not limited to

- **Physical Abuse:** Assault, forcing lewd acts, stripping, or causing bodily harm. Forcing a student to perform demeaning acts, eating/drinking specific things, or physical assault.

- **Psychological Harassment:** Name-calling, public insults, or forcing students to perform degrading tasks they would not otherwise do. Using derogatory language, public insults, or making threats that cause fear, shame, or emotional distress. Forcing juniors to do personal favours or give up money and possessions.
- **Academic/Financial Extortion:** Forcing a junior student to do a senior's academic assignments or demanding money/financial favours.
- **Cyberbullying:** Using emails, texts, or social media to threaten, humiliate, or harass newcomers.
- **Isolation:** Socially boycotting a student or forcing them to act in ways they would not willingly do.

Extortion: Legal Consequences (India)

Under the University Grants Commission (UGC) regulations and various state laws, educational institutions strictly enforce zero-tolerance policies. Perpetrators face severe penalties, including:

1. Suspension or immediate expulsion from the institution.
2. Cancellation of degrees or withholding of results. Fines of up to ₹10,000. Formal criminal charges leading to imprisonment.
3. Faculty and staff who fail to prevent or report ragging are also considered abettors and face disciplinary action.

Helpline: If you or someone you know is a victim of ragging, help is available. Many universities have dedicated Anti-Ragging Committees, but if you need immediate, external support, you can use these resources in India:

- National Anti-Ragging Helpline: Call 1800 180 5522 (toll-free, 24×7).
- Email Support: Reach out to the Ragging Prevention Program at helpline@antiragging.in.
- Official Website: Visit the National Anti-Ragging Portal to register complaints, track a grievance, or file the mandatory anti-ragging undertaking.

Ragging refers to any physical, verbal, or mental abuse committed by students against other students, most commonly within educational institutions. It is often used as a synonym for intense hazing or bullying, specifically where older or more established students harass or demean juniors or newcomers.

Key Characteristics of Ragging

Context and Legal Implications: While "ragging" can sometimes casually mean lightly teasing someone, in a university or college context it is treated as a serious disciplinary issue and a criminal offense.

In India: Ragging is explicitly outlawed. The Supreme Court of India and the University Grants Commission (UGC) have strict regulations prohibiting it. If found guilty, perpetrators can face severe consequences, including suspension, expulsion, and criminal charges. In

2001 (and reinforced by later judgments), the Supreme Court mandated that institutions take strict, exemplary measures to eradicate ragging.

Support Resources: Students in India facing ragging can report incidents directly using the National Anti-Ragging Helpline. Ragging is strictly **illegal** in India. The Supreme Court of India views it as a severe human rights violation and a criminal offense.

The Legal Framework

Ragging is punishable under multiple layers of law and institutional regulation:

Supreme Court Mandate: State-Specific Laws: Many Indian states (e.g., Maharashtra, Tamil Nadu, Kerala) have their own specific anti-ragging acts. UGC & Regulatory Guidelines: The University Grants Commission (UGC) enforces strict anti-ragging regulations. Similar rules apply to medical (NMC) and technical (AICTE) institutions.

Classification of the Offense

Cognizable & Non-bail able: Police can arrest perpetrators without a warrant, and bail is not a matter of right.

Types of Actions: It includes verbal harassment, psychological harm, and physical assault.

Penal Codes: Depending on the severity, perpetrators can be charged under the Indian Penal Code (IPC) for wrongful restraint, assault, criminal intimidation, abetment to suicide, or even murder.

Consequences for Perpetrators

Convicted students face severe penalties, including:

- **Imprisonment:** Sentences range from 6 months to 10 years of rigorous imprisonment, depending on the severity of the act.

- **Fines:** Heavy monetary penalties.
- **Expulsion:** Immediate rustication from the institution and a bar on admission to any other educational institution for a set period.

Ragging (usually phrased as ragging on someone) means to intensely tease, mock, or criticize someone. It is the equivalent of giving someone a hard time, and is often done in a playful, banter-heavy way among friends, though it can sometimes cross into bullying.

Depending on the context and region, the term can carry a few completely different meanings:

Teasing/Mocking: (Global English/North America): To poke fun at or taunt someone. (Example: "Stop ragging on him about his haircut.")

Bullying/Hazing: (India, Southeast Asia, and historically the UK) Used to describe severe hazing, bullying, or intimidation of new students at educational institutions.

Aggressive Driving: (UK slang): To push a vehicle hard and drive it in a fast, reckless, or unsympathetic manner.

Menstruating: (Taboo/Informal): A slang term used to refer to someone who is on their period.

Ragging in hostels involves any disorderly conduct by seniors or peers that causes physical, mental, or psychological harm, embarrassment, or fear to a junior. It is formally categorized into distinct types, ranging from mild socialization to severe criminal offenses.

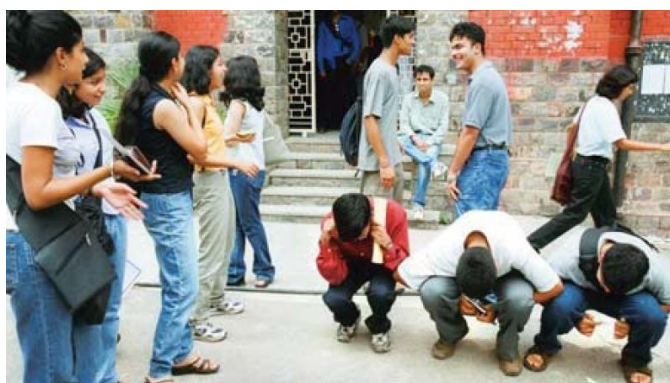


Figure 2: Ragging by seniors.

Primary Types of Ragging

- **Verbal Ragging:** Using derogatory names, yelling, using foul language, or forcing juniors to sing, dance, or tell jokes against their will.
- **Physical Ragging:** Non-consensual acts that involve hitting, pushing, forcing extreme physical exercise (like the "cuckoo" position), or making juniors do menial chores like cleaning seniors' rooms.
- **Psychological/Emotional Ragging:** Intimidation through constant threats, public insults, or spreading rumors that destroy a student's self-confidence and mental well-being.

- **Digital/Cyber Ragging:** Using emails, texts, or social media platforms to stalk, abuse, troll, or circulate embarrassing pictures/videos of junior students.
- **Sexual Ragging:** Highly severe and criminal behavior that compromises the sexual dignity of a student, including forcing them to strip or perform lewd acts.
- **Economical/Academic Ragging:** Forcing juniors to pay for seniors' outings/treats, or making them do academic tasks (such as assignments or projects) on their behalf.

Understanding the Phenomenon: While some seniors justify mild "ice-breaking" to welcome freshmen, any non-voluntary or coercive activity crosses the line into prohibited ragging. Sexual ragging is a severe form of criminal abuse where **senior** students harass **juniors**. It violates an individual's sexual dignity, causing immense psychological trauma. Under strict anti-ragging laws, this is classified as a punishable criminal offense.

These abusive actions typically fall into several main categories:

- **Forced Intimacy:** Being coerced into performing or simulating sexual acts, or kissing.
- **Forced Exposure:** Being forced to strip, completely disrobe, or remain semi-naked in front of others.
- **Verbal Sexual Harassment:** Being subjected to sexually explicit comments, lewd questions, or being forced to use vulgar language.

Bodily Humiliation: Touching or fondling, or being forced to undergo acts that violate personal boundaries and bodily integrity.

Digital Abuse: Photographing or recording juniors in compromising sexual positions and sharing or threatening to share these online. If you or anyone you know is facing these issues, it is imperative to seek help. You can file a grievance with your institution's Anti-Ragging Committee or reach out directly to the official authorities via the National Anti-Ragging Portal.

Ragging in schools—often overlapping with severe bullying—involves any disorderly conduct, teasing, or forced activities by peers or seniors that causes physical harm, psychological distress, or embarrassment. It typically falls into the following five major categories:

Verbal Abuse: Using derogatory slurs, name-calling, mocking, or spreading rumors to humiliate a student.

Physical Abuse: Coercive or non-consensual acts like hitting, pushing, forcing students into uncomfortable postures, or damaging personal property.

Forced Activities: Demanding that a junior or peer perform demeaning tasks, sing, dance against their will, or complete assignments for seniors.



Figure 3: Ragging scene.

Psychological/Emotional Intimidation: Constant threats, extreme social isolation, or coercion intended to break a student's self-confidence and mental well-being.

Cyber Ragging: Using social media, messaging apps, or emails to harass, troll, or publicly shame a student. Educational authorities mandate zero-tolerance policies toward these practices.

Ragging in medical colleges ranges from forced menial tasks and psychological humiliation to severe physical and sexual assault. Often masked as "initiation" or "tradition", it typically falls into the following categories:

➤ **Verbal & Psychological:** The most common form. It involves demanding degrading "introductions," public mockery of appearance or background, shouting, and verbal threats.

Physical Abuse: Forcing freshers to perform strenuous physical exercises, dance against their will, or complete menial chores for seniors.

Forced Obedience & Restriction: Dictating clothing and grooming standards (e.g., forbidding makeup or particular hairstyles), forcing juniors to stand for hours,

or dictating where they can sit or walk in the hostel and campus.

Sexual & Harassment: Severe, criminal actions including stripping, forcing obscene acts, and homosexual assaults. Medical colleges consistently report a disproportionately high rate of severe ragging complaints compared to other university disciplines. To combat this, governing bodies like the National Medical Commission (NMC) mandate strict anti-ragging protocols.

Ragging encompasses any conduct by senior students that humiliates, harasses, or harms juniors. It is broadly categorized into six primary forms: Physical, Verbal, Psychological, Financial, Sexual, and Digital abuse. Understanding the distinct types of ragging can help you identify and report these actions:

1. **Physical Abuse:** Any unwanted, forced physical contact or harm.
2. **Forcing acts:** Making students consume specific food/drinks, smoke, or drugs.
3. **Direct harm:** Stripping, physical assault, kneeling for prolonged hours, or forcing strenuous manual labor.
4. **Academic servitude:** Forcing juniors to clean rooms or do menial daily chores.
5. **Verbal Abuse:** Using words to insult, demean, or threaten.
6. **Slurs and insults:** Swear words or derogatory remarks targeting a student's appearance, caste, religion, or background.
7. **Name-calling and shouting:** Shouting loudly or directing foul language to induce fear.
8. **Mockery:** Formal public humiliation under the guise of an "introduction".
9. **Psychological and Emotional Harassment:** Acts designed to break down a junior's mental health, confidence, or self-esteem.
10. **Sexual Abuse:** Any forced or coerced sexual act or lewd behavior.
11. **Obscene acts:** Forcing students to perform lewd or sexual gestures.
12. **Assault:** Inappropriate touching, forcing someone to strip, or making them participate in homosexual or heterosexual assaults.
13. **Financial Extortion:** Taking money or resources from a fresher.
14. **Forceful expenditure:** Demanding money for "fresher parties," treating seniors to expensive meals, or paying off senior debts.
15. **Digital and Cyber Ragging:** Harassment that takes place online or over the phone.
16. **Cyberbullying:** Sending threatening emails, text messages, or posting humiliating content about a junior on social media.
17. **Digital humiliation:** Forcing students to record or share embarrassing videos of themselves.

Isolation: Banning juniors from socializing, using the common room, or sitting with seniors.

Lifestyle restrictions: Dictating haircuts, specific dress codes, or enforcing strict wake-up times.

Mind games: Asking controversial questions or placing a student in situations of extreme embarrassment.

Ragging refers to any disorderly conduct, physical or psychological abuse, or forced activities imposed by senior students on newcomers. It primarily occurs in educational institutions and hostels. The Supreme Court of India strictly prohibits these actions under severe penal provisions.

Common forms of ragging include

Physical Abuse: Ranging from physical assault, beating, and slapping to sexual abuse, forced nudity, and making juniors perform strenuous physical labor.

Verbal & Emotional Abuse: Public insults, using swear words, shouting, and making derogatory remarks regarding a student's appearance, caste, or background.

Forced Activities: Forcing students to sing, dance, perform skits, smoke, drink alcohol, or participate in explicit or embarrassing acts against their will.

Academic Exploitation: Forcing juniors to complete the seniors' assignments, copy notes, or clean their hostel rooms.

Lifestyle & Dress Codes: Dictating what juniors can wear, enforcing forced haircuts/shaving, or imposing restrictions on moving freely within the hostel.

Financial Extortion: Forcing newcomers to pay for seniors' expenses, treats, or demanding money.

In India, ragging is a criminal offense. Punishments range from strict academic penalties (like suspension, rustication, or expulsion) to severe legal consequences, including heavy fines and rigorous imprisonment of up to 3 to 10 years depending on the gravity of the crime.

1. **Institutional/Academic Punishments:** If a student is found guilty, educational institutions implement strict disciplinary actions as mandated by the UGC Anti-Ragging Regulations.
2. Cancellation of admission and dismissal from the institution.
3. Rustication from the college for one to four semesters. Debarment from appearing in exams or representing the institution.
4. Suspension or expulsion from the hostel.
5. Withholding or complete withdrawal of scholarships and other benefits.

Legal Punishments

Because ragging is a non-bailable, cognizable offense, it is punishable under the Bharatiya Nyaya Sanhita (BNS), 2023 (which replaced the IPC) and specific state anti-ragging laws:

- **Physical Abuse / Hurt:** Can lead to imprisonment and/or fines. Causing grievous hurt can result in up to 7 years of jail time.
- **Wrongful Restraint or Confinement:** Intentionally blocking someone's path or locking them in a room carries jail time.
- **Criminal Intimidation or Blackmail:** Threatening or intimidating a student can result in up to 7 years of imprisonment.
- **Sexual Abuse / Harassment:** Handled under strict sexual harassment laws.
- **Abetment to Suicide:** If ragging directly leads to a student's suicide, perpetrators face serious abetment charges (up to 10 years or more in prison).

3. Collective Punishment: If the specific individuals who committed the ragging cannot be identified, institutions apply **collective punishment**. The entire group or batch of students involved or present during the incident will be penalized to encourage accountability and peer pressure against raggers.

Emergency Contacts

If you or someone you know is facing ragging, you can report it to these 24/7 resources:

- **NATIONAL ANTI-RAGGING HELPLINE: CALL 1800-180-5522**
- **EMAIL: HELPLINE@ANTIRAGGING.IN**
- **OFFICIAL WEBSITE: [HTTPS://WWW.ANTIRAGGING.IN/COMPLAINT_REGISTER_FORM.HTML](https://www.antiragging.in/complaint_register_form.html)**

While both involve the misuse of power and cause emotional or physical harm, ragging is typically a temporary, institutionalized initiation ritual targeting newcomers in schools or colleges. Bullying is a broader, repetitive pattern of aggressive behavior intended to systematically target and marginalize an individual. The distinctions between the two are outlined below:

Context and Relationship

Ragging: Primarily exists in educational institutions and hostels. It is framed as a "tradition" or "welcome ritual" where seniors assert dominance over incoming juniors.

Bullying: Can happen anywhere (workplaces, schools, online, or in neighborhoods). It is not an official "rite of passage" and is usually driven by personal prejudice, malice, or a desire to exclude the victim.

Duration and Frequency: Ragging: Often concentrated during the start of an academic term or the initial days of a fresher's arrival.

Bullying: Continuous and prolonged over weeks, months, or even years.

Intent and Motivation: Ragging: Driven by a perceived social hierarchy or sense of entitlement where seniors feel it is their right to demand obedience or 'submission' from juniors.

Bullying: Driven by a desire to intimidate, control, or harm someone perceived as weaker or different.

Legal Standing: Ragging: Universally treated as a strict criminal offense with explicit institutional and legal bans (e.g., in India, it is heavily punishable under the UGC regulations and the Indian Penal Code).

Bullying: While also actionable, policies and specific legal consequences vary widely depending on whether it occurs in a school, a workplace, or online. If you are dealing with or witnessing either of these behaviors, institutional reporting mechanisms exist to help. For instance, in India, you can report campus harassment to the national Anti-Ragging Helpline. Ragging also known as hazing or bullying is an act of exerting pressure on newcomers, forcing them to do unethical, unlawful or inhuman activities. In order to be considered bullying, the behavior must be aggressive and include: An **Imbalance of Power:** Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others.

Bullying takes many different forms, including: physical threats or violence; name-calling and teasing; mocking; shunning and ostracism; and social attacks on someone's reputation. The stress, fear, and trauma associated with ragging trigger a flood of stress hormones like cortisol and adrenaline, which can lead to anxiety, depression, and even post-traumatic stress. These biochemical spikes are linked to both aggressive behavior in perpetrators and psychological distress in victims. The immediate hormonal and biochemical cascade when a student is subjected to ragging involves several specific mechanisms:

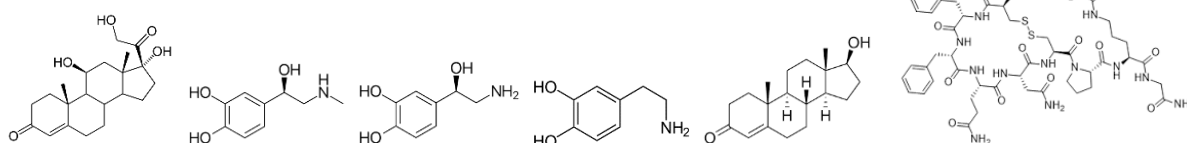


Figure-4: Hormones secretion in ragging [cortisol, adrenaline, noradrenaline, dopamine, testosterone & vasopressin]

Cortisol: Known as the primary stress hormone, levels skyrocket during threatening or humiliating events. Chronic stress from ongoing ragging leads to sustained high cortisol, which can damage memory, weaken immunity, and trigger depressive disorders.

Adrenaline & Noradrenaline: These "fight or flight" hormones are released rapidly during sudden, frightening situations. They increase heart rate and trigger a physiological state of high alert, leaving the student feeling constantly unsafe.

Dopamine: This neurotransmitter is closely linked to arousal and anger. High levels can be triggered in the aggressors as a result of the perceived power dynamic, and in victims as extreme distress or agitation.

Testosterone & Vasopressin: In perpetrators, higher levels of testosterone—along with neuropeptide hormones like vasopressin—are heavily linked to the modulation of aggression and dominance-seeking behaviors. Because of this physical and psychological impact, ragging is widely recognized as a public health issue. Institutions actively combat it to prevent these severe mental health consequences.

CONCLUSION

Ragging is a harmful "initiation ritual" in universities across South Asia (including India, Bangladesh, and Sri Lanka), where senior students abuse, harass, or bully newcomers. Similar to hazing in North America, it often involves psychological or physical torture and is strictly illegal under strict anti-ragging laws. Ragging is defined broadly by law and educational bodies.

Common examples include

Physical Abuse: Forcing newcomers to perform degrading chores, stripping, hitting, or forcing them to consume specific food/substances.

Verbal Abuse: Using swear words, making derogatory remarks about a student's appearance, religion, caste, or background.

Mental Harassment: Teasing, raising unreasonable demands, or causing a sense of extreme shame and fear.

Disruptive Behaviour: Forcing juniors to stay up late, preventing them from studying, or forcing them to perform acts against their will.

Legal & Institutional Consequences: Legal & Institutional Consequences Institutions take a zero-tolerance stance on ragging. If found guilty, perpetrators may face severe penalties, including: Cancellation of admission or rustication from the university. Suspension from attending classes or being expelled. Withholding of results, scholarships, or fellowships. Imposition of heavy fines and criminal charges depending on the severity of the offense.

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