

AIIMS Raipur observed Anti Ragging Day on 12th August 2026 followed by Anti-Ragging Week from 12th Aug 2026 to 18 Aug 2026, an initiative to increase awareness against ragging and to create a ragging-free campus in India.

The following activities were observed during the celebration of Anti-Ragging Day/Week:

1. Video messages from Executive Director & CEO- **Lt Gen Ashok Jindal (Retd)**, Dean Academics- **Prof (Dr) Eli Mohapatra** and Dean Examinations-**Prof (Dr) Avinash Ingle** were recorded and circulated.

2. Faculty contributions were received from **Prof (Dr) Arunita Jagzape** (Dept of Physiology) and **Prof (Dr) Nakul Uppal** (Dept of Dentistry).

3. Student contribution in the form of a video was received by MBBS student Shubham Shrivastava (Batch 2025)

4. Students were sensitized regarding the strict Anti-Ragging Policies followed by AIIMS Raipur. The AIIMS Raipur Student Union Office Bearers were also instructed to circulate all rules and regulations to all batches regarding the Anti-Ragging Policies.

5. Selfie stands were created at various strategic locations in the institute and photos were taken.

6. Banners and Posters were displayed at all prominent locations in the campus

AIIMS Raipur's robust anti-ragging framework includes dedicated committees and squads that promptly address and resolve complaints. AIIMS Raipur proudly reiterates in creating a ragging-free environment and enhancing awareness among students. We strictly adhere to the UGC Regulations on curbing the menace of Ragging in Higher Educational Institutions, 2009 and follow all rules in accordance with the Anti-Ragging Regulations.

#University Grants Commission #c4vindia #National #Anti-Ragging Day #National Anti-Ragging Week #ministryofeducation #YaARIYouthAgainstRagging #centreforyouth

<https://www.facebook.com/share/v/1C3szdVzXT/>

https://x.com/aiims_rpr/status/2093625477521134057?s=20

Faculty contributions

A Poem by *Professor (Dr) Arunita Jagzape (Dept of Physiology)*

R O A R

Respect and care about the peers around you,
Batchmates, juniors; anyone old or new.
You might behave in rude manner or pass a disdainful comment amounting to 'ragging';
You might be elated that they are check-mated,
But you might never know how much they might be devastated.

Everyone sometimes or other leave a 'heaven' called 'home',
The 'home' where mostly every child with a silver spoon born.
But yes, not every child is lucky,
And some on their heads wear a crown / tiara woven out of thorn.

For those preciously treated children who undergo a merciless or a meagre ragging,
The safe world exposed at home suddenly turns into an unsafe emptiness all around,
Confused and baited, left with no sound.
For those already wearing the crown/tiara of thorns, those tears that have dried long back,
It becomes an affirmation of the world that is just cruel; driven by hatred as its only fuel.

The children having an 'ear' to listen at home may share their plight,
They have an avenue to complain,
But the unloved/ deserted children though have a 'house',
But not the 'hearts' to hear their pain.

They look up to you as someone,
They can share their happiness and sorrows.
They look up to you as their guiding star.
Please don't break their hearts full of trust,
And leave them with a bleeding scar.

By ragging, you put your own reputation in danger,
Your career, your future,
A moment of ragging if flagged in your name,
Not only you, but your family too is put to shame.

And not every child recovers from ragging, not every situation reverses by mere sobbing,
Some may resist, others give up, give up not to ragging,
But give up their life.
A son or daughter; a brother or sister;
A life lost to ragging forever.

Let the child of a family away from home always be safe and happy,
Let them bring smiles on the face of their loved ones,
Let the parents hug them full of life and even tolerate their constant nagging,
Not sitting still near his/her lifeless body, a life lost to ragging.

Ragging is intolerable; it doesn't have mild, moderate or a severe format.

Stand against it

&

“R O A R”

“Rooted to Oppose, Abolish & Report” against Ragging

Dr. Arunita Tushar
Jagzape
Professor,
Department of
Physiology,
AIIMS Raipur, CG.

'RAGGING' AND ITS HISTORY ACROSS CULTURES AND TIME

Professor (Dr.) Nakul Uppal, Dept. of Dentistry

Ragging is one of the nastiest rituals that, in a twisted logic, serves as an initiation rite to newcomers. Among the many macabre methods of ragging (no details are required...) all seemingly serve one common end: to induce fear, compliance and docility. The problem has not been addressed adequately by society. Much as the harassment has been passed off benignly as “eve teasing”.

Ragging possibly reflects a psychological aspect in its viciousness. The target is (and take note of this) ... a vulnerable person. A newcomer. Embarrassed. Unsure. Scared. The perpetrator usually engages in ragging along with other “like-minded” seniors. The reason? Bullies are usually cowards that talk too much and too loudly. Hence, the common situation is a group attack on an innocent single victim. This is a mob mentality too. Think of how a single dog will flee from you if it senses danger but a pack of dogs would likely charge, surround and attempt to maul. A human mob does the same. My grandparents narrated to me the horrors of Partition as they migrated from Lahore... the trauma of seeing the mob loot, kill and worse on the people that crossed over. Helpless people. Innocents. Vulnerable populations. This targeting of vulnerable cohorts makes ragging a crime. This implies that ragging someone is a criminal act. Ragers are akin to vicious pack-animals. They have a mob mentality since they fear loss of control.

Across countries of the world, ragging happens as *bizutage* in France and as *hazing* in school campuses in the US. The British call it the mild-sounding *fagging*. In Belgium, it is viewed as a student initiation rite. A kind of baptism! The use of colloquialisms shows how troublingly ingrained ragging is into societal mindsets. American school drama TV shows (my favorite was *Degrassi Junior High*) usually inevitably have a group of bullies that beat up an innocent junior in the locker room. Many Hollywood movies depict this physical assault

and bullying: it tells us how it has become a norm in school dorms and college campuses.

In the military, initiation rites to “discipline” cadets utilize harsh physical acts but forbid personal contact. The purpose here is to toughen up newbies. So, the emphasis is to subject the junior to a harsh set of physically demanding “punishments”. But the hierarchy in the military is not democratic and there is component of humiliation or cruelty. How this evolves as women enter military training academies remains to be seen. The experience of foreign armies (Britain, Israel, the US) shows that it is even more precarious and risky when opposite genders are involved.

In India, ragging became institutionalized in medical and engineering colleges. Then it got democratized to percolate into every stream of education, including residential schools. My college classmate recalled the harrowing humiliation he faced at a residential school.

Ragging is a bully’s attempt to establish the pecking order... authority. Maybe school and college managements need to step in proactively to define who’s the “authority”. Silence and gaps always get filled in wrongly. Ragging is trivialized by calling it “fun” that somehow got perverse. That only implies, if we look at the statistics that the nations with the worst ragging are those that invest the least in recreation such as playgrounds and sports facilities.

We Indians also grew up in difficult times of hardship and shortage. Gen A, Gen Z, etc. would not realise just how different India of the 80s was. Struggles that defined the normalcy of life somehow entered the twisted logic of earlier generations. For them, the thought got warped into the flawed logic of “What you can survive makes you tough”! In actual fact, this fallacy is toxic masculinity... a kind of sado-masochism. As I said, those who rag others likely require psychiatric help.

There are better rituals in life. Better ways to do breaking the ice. Softer, polished ways of building bonds. We will grow better as a nation, as a society

with mutual respect. With concern and care for others' rights. Men and boys need to realise that it isn't feminine to have feelings and emotions. I am tempted to write that our males need to be brought up better, but the truth is that I have seen just as many women subscribe to the patriarchy that grows a bully. Ragging, to include, will end when our children will be brought up better. With values. With hand-holding (instead of their hands holding a mobile phone). With adoption of a culture of care, love, mutual respect and concern for all. Oh, and lest I forget, with healthy outdoor and indoor recreation facilities democratized for everyone.

To address ragging at a very basic level (the mindset of a growing child) let's look outward, not only at our nation, for good ideas and for inspiring human stories of warmth and care at a societal level. Let's address ragging with implementing those strict laws. Let's play an outdoor game instead of playing with people's emotions and feelings. Once India starts encouraging clubs, recreation, and hobbies at a ground-zero level, perhaps then the idle minds that tinker with sadistic plans will start to find creative outlets for their own potential. And maybe this will allow today's newbie to blossom into tomorrow's leader with empathy.

Jai Hind.

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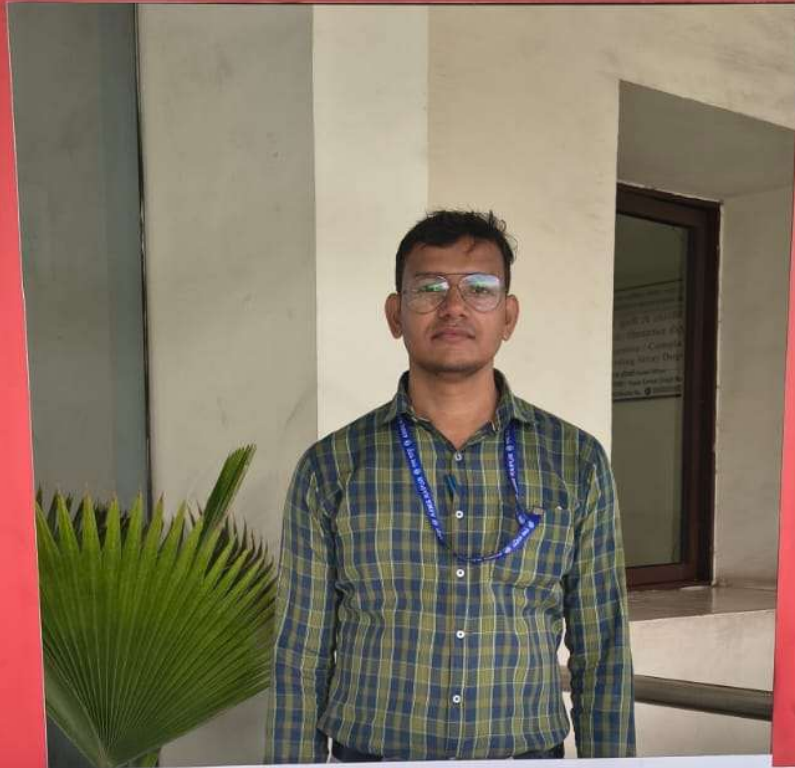
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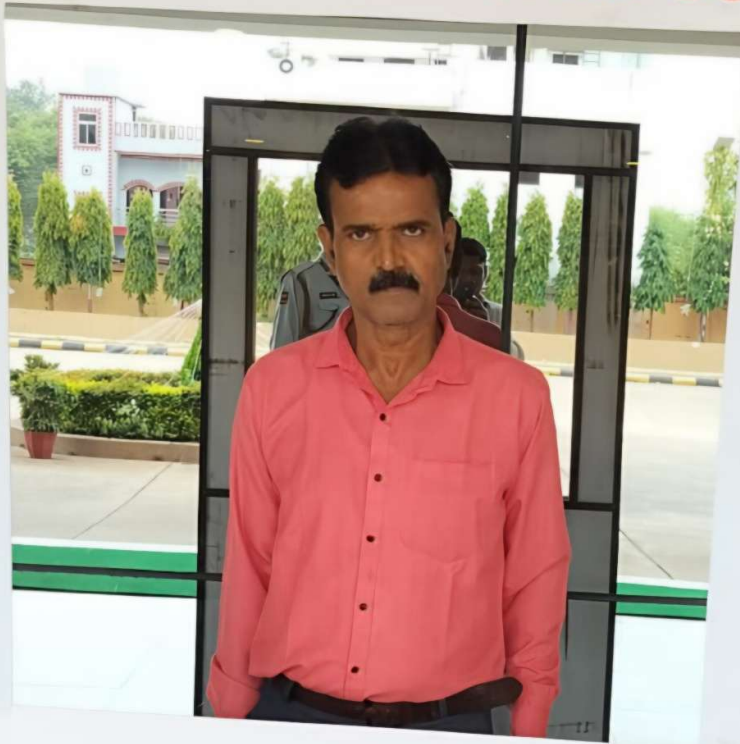
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Three female students in white lab coats are standing in front of a wall. The wall features two posters: one on the left with a cartoon about sexual harassment, and one on the right with the Hindi text 'आप कैमरे पर' (You are on camera). The students' lab coats have patches for 'RINKU', 'PRITHVI', and 'YOGITA BHILA'.

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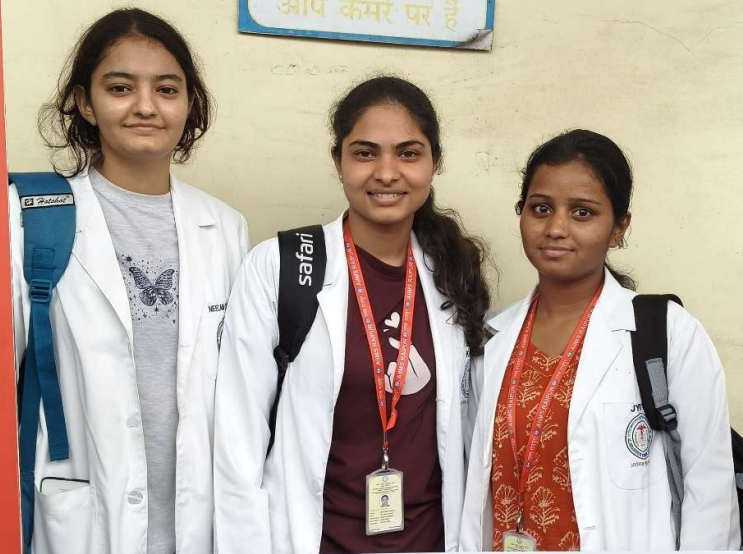
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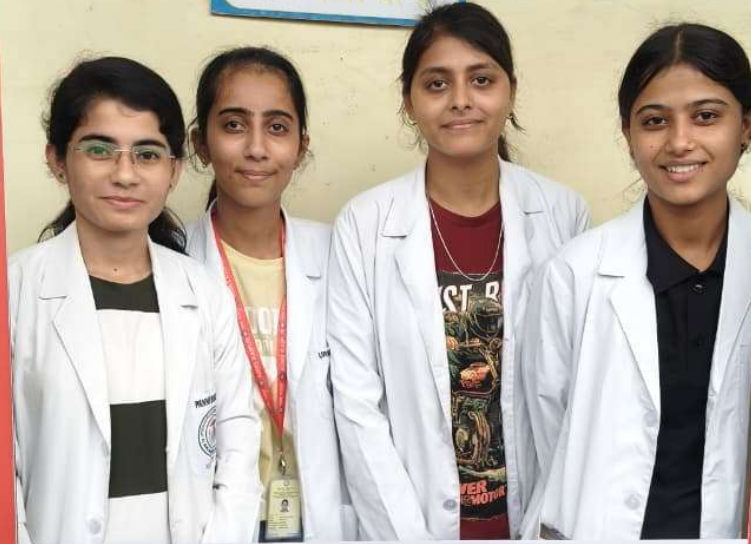
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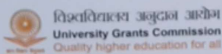
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