

Building a Safe and Respectful Campus:

An Anti-Ragging Program for Awareness

Matoshri Ayurvedic College Dhanore Launches Awareness Campaign to Combat Ragging Through Creative Activities

Yeola, 19/08/2025 – In response to the increasing concerns about ragging, Matoshri Ayurvedic College has launched an innovative and engaging National Anti-ragging Week from 12th of August to 18th of August, by order AYUSH ministry that aimed at raising awareness and promoting a culture of respect, empathy, and inclusivity on campus. It was very well done in the cooperated manner with the help of strong support of management, Anti-ragging committee chair person and principal of Matoshri Ayurvedic College Dr. Jyotee Badave followed by members : Dr. Zaheer Choudhari, Dr. Nikita Narnavar, Dr. Devendra and two student representatives Mr. Sohail Roshnani and Miss. Pratiksha Tekale, as well as the program was made auspicious by thoughtfull and generous words of the esteemed chief guest PSI Harshvardhan Bahir. The program leverages creative student activities, such as poster making, slogan writing, essay writing, debate, and a skit play, to involve students in the fight against bullying and harassment. Ragging, often dismissed as a harmless tradition, can have serious psychological, emotional, and even physical consequences. Through this program, Matoshri Ayurvedic College seeks to educate students, raise awareness about the dangers of ragging, and encourage positive behaviors that contribute to a safe and supportive campus environment.

What is Ragging???

Ragging is any act of harassment or humiliation that involves a senior student bullying a junior, often forcing them to engage in degrading activities. It is a form of abuse that leaves lasting emotional scars and hinders the academic and personal growth of victims. While ragging may sometimes seem like harmless fun, it can escalate into serious incidents, causing lasting trauma. Recognizing this, Matoshri Ayurvedic College has decided to address the issue head-on through its proactive anti-ragging program, which includes a series of engaging student-led activities aimed at making the campus free of ragging.



Why These Activities Matter???

Each of these activities has been carefully designed to educate and engage students in a creative and interactive manner. The goal is to not only raise awareness about the detrimental effects of ragging but to also empower students to actively participate in creating a safer campus.

Posters serve as constant visual reminders for students to respect one another and foster a welcoming environment.

Slogans are short but powerful messages that can resonate with students, driving home the point that ragging is not only unacceptable but preventable.

Essays allow students to reflect on the impact of ragging and articulate their thoughts on how to create a supportive and inclusive campus.

Debates encourage critical thinking, allowing students to engage in thoughtful discussions and become more aware of how ragging impacts everyone.

Skit plays offer a unique opportunity for students to see the consequences of ragging firsthand, creating a sense of empathy and collective responsibility.



Moving Forward: A Commitment to Change

As part of Matoshri Ayurvedic College's ongoing efforts to eliminate ragging, the anti-ragging program will be held annually, with each year bringing new creative initiatives to involve the student body. Feedback from students will be taken into account to continually improve the program and ensure it is as effective as possible.

By using these engaging activities, Matoshri Ayurvedic College is setting a powerful example of how creativity can play a key role in combating ragging. The program encourages students to be active participants in shaping the kind of campus they want—one that is free from bullying, inclusive, and built on mutual respect.

How to Report Ragging???

The institution is also committed to providing a safe and confidential platform for students to report any incidents of ragging. If you or someone you know is being bullied or harassed, kindly may consult to the anti-ragging committee freely. Members are as follows: Dr. Zaheer Choudhari, Dr. Nikita Narnavar and Dr. Devendra as well as student representatives Mr. Sohail Roshnani and Miss. Pratiksha Tekale.

Conclusion: Together, We Can Make a Difference

Ragging has no place at Matoshri Ayurvedic College Through a combination of awareness campaigns and creative initiatives, the institution is taking meaningful steps to foster a safe and respectful environment. Matoshri Ayurvedic College calls on all students, faculty, and staff to participate in this important movement, ensuring a future where everyone can study, grow, and thrive in peace.



Key Activities of the Anti-Ragging Program

The anti-ragging program was featured, a series of creative activities designed to engage students and spread awareness in a dynamic and impactful way. The activities include:

1. Poster Making Competition.....

Students were invited to design posters that convey strong messages about the dangers of ragging and the importance of kindness, respect, and inclusivity. These posters were displayed prominently across seminar hall, reminding students of the institution's commitment to a ragging-free environment. There were about 12 participants and the winners were Krapsi Singh, Sakshi Adhav and Komal Supe.

2. Slogan Writing Contest.....

In a bid to encourage catchy and thought-provoking messages, students were participate in a slogan writing contest. The winning slogans were featured in seminar hall , reinforcing the anti-ragging message. Slogans such as " अगर तुम्हारे मजाक से किसी की आँख भर जाए, तो वह मजाक नहीं जुल्म है।" were the part of the campaign. The the maker of this slogan were Krapsi Singh, Sakshi Adhav And Komal Supe.

3. Essay Writing Competition.....

The essay writing competition had invited students to write about the ragging ant it's impacts on mental health, the importance of mutual respect, and how students can work together to prevent ragging on campus. There were about 10 Participants. Among them the winner was the 2nd year BAMS student named Vishwamitra Kashte

4. Debate on Anti-Ragging Measures.....

A debate were organized where students were discussing about various aspects of ragging, its consequences, and how to best combat it. Debaters will argue for and against various measures, such as stricter regulations, increased awareness campaigns, and peer support systems. The debate will not only engage students intellectually but also foster dialogue and understanding of the issue from multiple perspectives. They were 6 participants 3 in each group a group from senior batch and a group from junior batch

The winner was the junior group with the members Pratiksha Tekale, Muzammil Shaikh and Yuvraj Baghele

5. Skit Play on Ragging Prevention.....

In an innovative approach, students were participating in a skit play that dramatizes the real-life consequences of ragging. The play was depicting a variety of scenarios, including how ragging affects students emotionally, and how friends, seniors, and faculty can intervene to stop it. This powerful visual representation was emphasising the importance of collective action in preventing ragging. The winners were Rutuja Tidke, Sohail Roshnani and Vikram Munde



Voices from the Campus: Chief Guest's Address.....

The program was inaugurated by Harshvardhan Bahir , the PSI of the Yeola police station, who delivered an insightful address on the importance of a ragging-free campus.

Harshvardhan Bahir , in his address, stated, "Ragging is a serious offense that affects not only the victims but also the entire community. It's crucial that students understand the gravity of their actions and the long-term consequences that ragging can have. I commend Matoshri Ayurvedic College dhanore for taking the initiative to raise awareness and create a platform for students to express their views creatively. Programs like these are instrumental in educating the younger generation on how to interact respectfully and responsibly."

The PSI also highlighted the importance of law enforcement's role in ensuring that educational institutions remain safe spaces. "The police are always ready to support such efforts and ensure that those involved in ragging are held accountable. However, the real change must come from the students themselves, through collective responsibility and awareness."

