



ANTI-RAGGING COMMITTEE  
VICTORIA INSTITUTION (COLLEGE)

# Say **NO** to ragging



# What is Ragging?

Any Act Resulting in:

- Mental/physical/sexual Abuse
- Verbal Abuse
- Indecent Behaviour
- Criminal Intimidation/wrongful Restraint
- Undermining Human Dignity
- Financial Exploitation/extortion
- Use Of Force



# Before you even think of Ragging

Think of...

Humiliation

Suspension

Ruined Career

Blacklisting

Expulsion

Don't just stand and watch. Stop Ragging! Show Character



**The Choice is Yours**

Say **NO** To **Ragging**

# HOW TO GET HELP

UGC HELPLINE 24x7	1800-180-5522
UGC WEBSITE	<a href="https://www.ugc.gov.in/">https://www.ugc.gov.in/</a>
EMAIL	<a href="mailto:helpline@antiragging.in">helpline@antiragging.in</a>
STATE HELPLINE 24x7	1800-345-5678
COLLEGE EMAIL	<a href="mailto:vic.antiragging@gmail.com">vic.antiragging@gmail.com</a>
YOU CAN ALWAYS APPROACH ANY FACULTY IF YOU FEEL BEING RAGGED	