

What is Responsible Gaming?

Why it Matters and How to Play Games Responsibly

Sugar Candy EA and OINO strongly recommend responsible gaming and want to make sure that our audience follow the same principles to play responsibly. We realise that gaming addiction is quite real in India and all of us are privy to stories where gaming/gambling – online or physical, has ruined lives.

We don't want this to happen to you. It is our responsibility to educate you about responsible gaming/gambling and all the risks associated with it.

We are committed to providing a fun, safe experience where you can experience the thrill of playing with/without real money on online games in India, without slipping into the dark underbelly of gaming/gambling addiction. Online real money games in India are a unique experience. If done correctly and safely, there is no reason why you cannot win good money without becoming addicted or breaking any laws.

For this reason, we have prepared this exhaustive page on responsible gaming/gambling where you will find everything there is to know about gaming/gambling addiction, how to identify it, and what needs to be done to get out of it. We recommend that you read this before diving into the fun and exciting world of online games for/without real money.

Responsible Gaming – What Does it Mean?

Gaming/gambling Turns into a problem when an individual's behaviour and playing habits start to disrupt personal, family and vocational opportunities.

Casual gaming/gambling is fun but there are times when it may become an addiction and lead to a dark, dangerous road. There is a very fine line between casual gaming/gambling and problematic gaming/gambling – it is important to identify it early on so that the rest of your ride goes without a hitch. Responsible gaming/gambling, in its purest sense, means to play games in a responsible manner.

In other words, play in a manner that doesn't severely impact your personal life or that of those around you. To help you identify what exactly responsible gaming/gambling entails in this context, we present to you the 7 fundamentals of responsible gaming/gambling. This has been gathered with personal experiences and quite a bit of research.

7 Fundamentals of Responsible Gaming/gambling

Bet What You Can Afford to Lose

This, we believe, should be the very first thing to consider when it comes to avoiding gaming/gambling addiction. Always bet what you can afford to lose. As skilful of a player you may be, there is still a great deal of chance involved in online and offline

games. Yes, there are games like rummy and blackjack where you can tilt the odds in your favour but even then, the odds aren't 100% with you.

Never make the mistake of betting your paycheck or savings with the prospect of making good money. Think of it as something that you would spend on a weekend, binge drinking with your friends. Now, instead of putting your liver in harm's way, you may want to consider betting in online games. At least in this way, you may walk away with something much more than an epic hangover. And if you lose, no harm was done as you would have spent that money on booze anyway!

Do Not Chase Your Losses!

This sentence has been mentioned an ample number of times for stock markets and investments. Not-so-surprisingly, the same holds good for online gaming/gambling in India as well. There will be days where you are going to lose money – your luck may not be with you or you are just having a shitty day.

Whatever may be the case, if you lose money, do not go about trying to win it back. You may end up losing much more in the process. Your mindset will have shifted dramatically and you will no longer be focussed on your strategies and game plan. Instead, you will be running after your losses which is just plain bad.

What you can do is play another day with a calm mind. Forget the loss, focus on the present. That's why we previously said always bet what you can afford to lose.

Online Gaming/gambling is Not a Form of Income

Many people think that they can make a living out of betting in real money games and [online live casinos](#). This is far from the truth – there is no saying when your luck will turn around. So, put this idea in your mind that online gaming/gambling is not meant to be a form of income. This concept may very well backfire and turn into a disastrous road that will lead you to gaming/gambling addiction.

If you find yourself winning good money in games online, do not make the mistake of assuming that it will be the case throughout. Remember – gaming/gambling is meant to be a fun experience, don't try to revolve your life around it.

Always Play with a Strategy

Every move you make, every bet you make, must be driven by solid, concrete reasoning. There needs to be a betting strategy in place, irrespective of what you are playing – whether it is online money games, [online slots](#), live casino games, or just betting in sporting events.

Do not bet blindly. Look into the idea of online casino bankroll management and devise a plan that allows you to use your funds efficiently to last for a long time. Restrict your losses and never go overboard once you have lost a certain amount.

Don't Bring Your Emotions to the Table

It is hard to make sound financial decisions when you are not in the right frame of mind. When you are angry, upset, depressed, annoyed, or just not feeling good mentally, do not gamble online. It may

be tempting to head to an online game or casino and place a wager to distract yourself from whatever is troubling you, but the end result may be cataclysmic for your pockets. If you are having a rough day, it is always better to talk to someone about it rather than trying to spend your money. And while you are at it, do not drink and play – it is a recipe for disaster!

Track Your Online Gaming/gambling Habits

In a world where everything is driven by data, there is no reason why you should not do the same when it comes to gaming/gambling responsibly. A good player always keeps a track of his wins and losses, games, amount wagered and won, along with his mood. All of this data will help you make better decisions in the long run.

For example, if you feel that you had a good run while wagering on a particular market in tennis or football, then you may consider that as a safe bet. Of course, you will have to be cautious here at the same time and not make the mistake of taking things for granted. This requires some work but the efforts will be far more fruitful than wagering just blindly.

Trust Someone and Share Your Experience with Them

As mentioned earlier, it is a slippery road that takes you from casual gaming/gambling or betting to gaming/gambling addiction. To stay in control of your habits, keep your closed ones informed of what you are doing. It can be your best friend, your

significant other, or even your family members if you have that kind of a rapport with them. When you trust someone close to you with it, it makes your job of staying in control a whole lot easier. When you have a day where you end up losing quite a bit, it will be easier to deal with it if you have someone to talk to, rather than going about chasing your losses. There is no shame in talking about online games and betting, as long as you are doing it responsibly.

How to Know if You Are Addicted to Online Gaming/gambling?

Gaming/gambling addiction is so tricky that you may not even realise you have it unless you are way in deep. One day, you may wake up and see your bank balance in negative and then, finally admit that you have a problem.

Gaming/gambling becomes an addiction when you have a constant urge to play games or gamble continuously, despite knowing that it is bad for you or having a strong desire to stop.

However, we don't want this to happen and that's why we have prepared this self-assessment. Answer these questions truthfully with a yes or no. There is no point in lying here as you are taking this test for yourself and your betterment, not for anyone else. Take this test regularly and if you ever find yourself shifting to the other side, you can quickly get help and act on it immediately.

- Do you lie about gaming/gambling to those around you?
- Do you borrow money from your friends, family, and coworkers to place bets online?

- Are you gaming/gambling to forget/distract yourself from some problems or your boring life?
- Is it difficult for you to stop betting online?
- Does your world/schedule/life revolve around gaming/gambling?
- When you lose money, do you feel a compulsive need to bet again as soon as possible?
- Do you go about chasing your losses?
- Do you gamble till you are all out of money?
- Are you in debt because of gaming/gambling?
- Do you bet erratically/Do you bet more amount without a fixed strategy to get an adrenaline rush?
- Is gaming/gambling on your mind all the time?
- Has gaming/gambling taken a toll on your health – stress, anxiety, depression, et cetera?
- Lastly, do you believe you have a problem with gaming/gambling?

If you have answered yes to most of these questions, then you may have a problem with gaming/gambling addiction. But don't worry – the good news is that we have identified the problem and now, we can work on solving it together.

Please remember that online gaming/gambling is supposed to be fun and it should not hinder your daily life. If you feel it is becoming a bit too much to handle, there is a lot that you can do about it.

What Can You Do to Overcome Your Gaming/gambling Addiction?

The road to recovery begins by admitting that you have a gaming/gambling problem. Until and unless you accept the facts and face the truth, there is nothing you can do that will make things better.

That said, there are many ways to go about curbing your gaming/gambling addiction. Let's take a look:

Reach Out to Your Family and Friends

In a country like India where online real money games and casinos are still somewhat of a taboo, it can be a bit difficult to open up to your family and close friends. However, in time of dire need, they are the ones who will always be there to help you, no matter what. Speaking to someone about your addiction will not only ease the pain, but it will also offer you a new perspective. It will give you the strength to face your demons and overcome your gaming/gambling problems.

Let us tell you – it may not be neat, things may get quite messy. But at the end of the day, it is a price worth paying to get your life together. The key here is honesty – you need to be absolutely forthcoming about the issues you have with gaming/gambling. They will understand you better and offer you the help you need.

Get in Touch with Support Organisations

There are two leading organisations in the world that specialise in helping people overcome their gaming/gambling addiction.

- **Gambling Therapy:** www.gamblingtherapy.org

Gambling Therapy is undoubtedly one of the most respected and largest online platforms for gamblers with problems. You can seek support and advice via live chat, email, groups, or by interacting on its forums. Everything takes place over the internet and therefore, you can always protect your identity by

going anonymous. The site has comprehensive literature, help guides, and pretty much everything you need to fully conquer your gaming/gambling addiction.

Gaming/gambling Therapy offers support in multiple languages, including English, Hindi, and Punjabi.

- **Gamblers Anonymous:** www.gamblersanonymous.org

Gamblers Anonymous is another respectable site to visit for your gaming/gambling problems. Even though it is not as extensive as Gambling Therapy, it still has enough material to help you kick start your recovery. Moreover, it also lists a few addresses in India that you can visit to seek help for gaming/gambling addiction. There is also a hotline number that you can call!

- **OR Visit:** <https://www.health-tourism.com/gambling-addiction-treatment-centers/india/>

INDIA

Hotline Number: (+91) 8826904945

MONDAY

Sanjeevani G.A.
7:30 - 9:00 PM
Saraswati Vidyalaya,
Opp: Kanhoji Jedhe (Bhaagshala) Maidan,
Dombivli (West)

FRIDAY

Delhi G.A.- "New Life Group"
7:00-8:00 PM
St. Thomas Church
Sector-2, Rama Krishna Puram (R K Puram)
Delhi, India
Open Meeting
Hotline Number: (+91) 8826904945
Email: newlifegroup11@yahoo.in

SATURDAY

Chaitanya G.A.
7:00 - 9:00 PM
Municipal School #6
Dr. Ambedkar Chowk,
Near Bhanushali Hospital,
Thane (West) 400601

SUNDAY

New Leaf G.A.
11:00 AM - 1:00 PM
Holy Cross Church
South Boag Road
T. Nagar
Madras, India

Contact the Customer Support Team at OINO or of the other Online Game

These days, online games are required to emphasise on responsible gaming/gambling and their support executives are trained to help people bet responsibly.

We at **OINO** take this topic very seriously.

Write to us at support@oino.in

Visit a Professional

If you are not comfortable discussing your gaming/gambling problems with your family or friends, you can always visit a professional therapist. Here, you are more likely to explore the 'why' of compulsive gaming/gambling, that is, what drives you to go on so much. Once you hit the root of the cause, everything else will fall into place.

Remember, You Can Do It!

Let's face it – no one likes to admit that they have a problem but once they do, they can start to work on it. Gaming/gambling addiction is quite serious and we at **OINO** strongly urges you to play responsibly and safely. We don't want is for you to incur debts and land into problems and addiction. What we do want to do is to bring you the best Indian online gaming experience where you can have fun and make some money on the way.

Content Courtesy : <https://www.guide2gambling.in/responsible-gambling/>