



SATHYABAMA

INSTITUTE OF SCIENCE AND TECHNOLOGY

(DEEMED TO BE UNIVERSITY)

12B status by UGC

**Sathyabama Policy on
Consumption or Possession of
Tobacco, Alcohol, Narcotic and
Psychotropic Drugs**



Smoking, alcohol, and drugs free campus..

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1. Policy on Anti-Smoking and Alcohol Consumption

Introduction

The second round of the Global Adult Tobacco Survey (GATS2) was carried out in 2016-17 and its report was published in 2018. Surprisingly, a 6% absolute decline in tobacco use has been observed in GATS2. This demonstrates the success of India's tobacco control efforts. However, tobacco use remains very high and these efforts need to be scaled up and sustained. New and emerging electronic products (e-cigarettes and like products) pose new challenges to these efforts.

Given that the Global Youth Tobacco Survey (GYTS) and GATS indicated that there is significant tobacco use among adolescents and young adults as they are most vulnerable to exposure to tobacco use, the Government of India had released\launched\prepared the "Guidelines for Tobacco-Free Schools/Educational Institutions" in 2008 and "Step by Step Guidelines for implementation of Section 6 (b) of the Act and Rules" in 2017. Many new initiatives have since been taken. The GATS2 data has also suggested that there is a need to review the earlier guidelines, hence these guidelines. The objective of these Guidelines is to provide fresh momentum to the implementation of tobacco control initiatives among adolescents and young adults. These guidelines may be implemented by any educational institution, including schools at all levels, colleges for higher or professional education, and universities, both in the public and private sector.

The Government of India launched the National Tobacco Control Programme (NTCP) in the year 2007-08 during the 11th Five-Year-Plan, with the aim to

- Create awareness about the harmful effects of tobacco consumption,
- Reduce the production and supply of tobacco products,
- Ensure effective implementation of the provisions under "The Cigarettes and Other Tobacco Products (Prohibition of Advertisement and Regulation of Trade and Commerce, Production, Supply, and Distribution) Act, 2003" (COTPA)
- Help the people quit tobacco use, and
- Facilitate implementation of strategies for prevention and control of tobacco advocated by WHO Framework Convention of Tobacco Control.

In Tamil Nadu NTCP is implemented by the State Tobacco Control Cell, functioning under the Directorate of Public Health and Preventative Medicine, Chennai since 2007. The District Level activities under NTCP are carried out by the District Health Societies under the supervision of the Deputy Director of Health Services. Currently, District Tobacco Control Cells are established in 10 Districts - Kancheepuram, Villupuram, Madurai, Coimbatore, Tiruchirapalli, Cuddalore, Nagapattinam, Tiruppur, and Tirunelveli. Funds have been allocated under NHM TN for carrying out the implementation of Tobacco control activities under the NTCP in the above-mentioned districts.

The major components of the Tobacco Control Programme in Tamil Nadu are as follows,

- Establishment of Tobacco cessation centers.
- Enforcement of Tobacco Control Law
- Capacity Building of Various Stakeholders on Tobacco Control
- Raising Awareness in Schools, Colleges and Other Educational Institutions
- Declaration of Tobacco Free Educational Institutions
- Organizing Mass IEC Awareness Campaigns
- Taking Pledge against Tobacco use

There has been a growing concern in the Institute about the increasing consumption of Tobacco Products – especially cigarettes - among students, staff, and faculty members. Apart from the detrimental effects on the consumer's health, this practice is also injurious to the people and the environment around the consumer. There are known cases of Fire accidents occurring in the Hostel Zone due to burning cigarette butts being thrown around.

In Tamil Nadu, 13080 schools, and 1344 colleges are declared as 'Tobacco-Free Educational Institutions' under specified criteria since 2007. In addition to that, the following places are declared Tobacco-free in Tamil Nadu.

- Smoke-Free Embassies
- Smoke-Free Police Commissioner's Office and Police Stations
- Smoke-Free Prisons in Tamil Nadu
- Smoke-Free Transportation
- Smoke-Free Tamil Nadu Postal Circle

- **Smoke Free Educational Institutions, Medical Colleges/ Dental College/ Government Hospitals/ PHCs**

- Smoke-Free Government Buildings
- Smoke Free Hotels/ Restaurants/ Malls
- Smoke-Free Industries,
- Smoke-Free Slums in Chennai City
- Tobacco-Free Cinema Theatres
- Smoke-Free Villages
- Smoke-Free High Court, Secretariat, and so on

2. Sathyabama as a Tobacco and Alcohol-Free Campus

A committee on Tobacco-Free Campus at Sathyabama has its core objective in the prevention of active or passive smoking among students, faculty, and other staff members. While drafting the policy, the committee has strived to ensure that this policy doesn't judge smokers. This committee respects individual choice as long as it doesn't infringe on the rights of others. It also ensures that non-smokers don't pick up smoking. Freshers are especially impressionable and hence it is necessary to ensure that such practices are not picked up by them. This policy has recommendations and punishments for the SAC to consider and pass as it sees fit. We hope that the Student General Body and Staff General body understands and appreciates the concerns of the SAC and supports this initiative.

3. Tobacco control activities in Sathyabama

As an educational institution, Sathyabama has taken major responsibility towards controlling tobacco activities from time to time. Some of the implemented/suggested activities include:

- Assemblies for taking a pledge against tobacco
- Sathyabama management has encouraged tobacco control initiatives by students/teachers/ other staff and certificates of appreciation have been given to those who took initiative and do good work in this regard (Figure 1).
- Poster/slogan/essay/quiz/debate competitions and street plays etc. Posters so developed with information about the harmful effects of tobacco were being displayed at prominent places in the educational institution (Figure 2).

- The Sathyabama will be inviting local law enforcement authorities/and health authorities to be a part of an assembly and deliver an address on tobacco control. This will facilitate in advocating the policymakers on tobacco-related issues.
- Marking of 100 yards area from the outer limit of boundary wall/fence of the University.



Figure 1: Students taking a pledge for the "Tobacco-Free Campus" as a part of Safe Childhood Safe India" Program along with the Nobel Laureate Peace Prize Winner (2014) Mr. Kailash Satyarthi, Indian Social Reformer



Figure 2: Signboard has been put up near the elevator in the International Research Centre building near Admin Block to create awareness among students, faculty, other staff members, and visitors.

4. Fines and Punishments

We have **ZERO-TOLERANCE** for smoking and alcohol consumption within the University campus.

- a) If caught for the first time, two options will be given to the offender (This to be informed to the General Body)
 - i. The management can send the offender for counseling and a de-addiction program.
 - ii. The management can impose a fine of Rs. 5000/- and social work for 20 hours as allotted.

In case of a minor, option (i) will be imposed and a letter will be sent to the parent/guardian.

- b) Caught for the Second Time

The management will impose a fine of Rs. 5000/-, a letter to the parents/guardians will be sent; the offender will do social work (20 hours).

The student can be shifted outside his hostel on specific cases.

- c) Caught for the Third Time
 - 1-semester expulsion from the Hostel

- d) Any further violation
 - Deans' Committee shall take further action.

5. Awareness Programs

Awareness Programs are fundamental to the success of the anti-smoking and alcohol policy. Yearlong awareness campaigns are recommended. The campaign should start with an awareness program during Fresher Orientation. Further, World No Tobacco Day is celebrated on the 31st of May every year. On this day National Health Mission – Tamil Nadu and Directorate of Public Health & Preventative Medicine, Chennai organizes campaigns to raise awareness on the harmful and deadly effects of tobacco, second-hand smoking, and Tobacco Control laws. Similarly in Sathyabama, the focus of the No Tobacco Awareness campaign is to increase the perception of the ill effects of tobacco on students and faculty health causing

Non-Communicable Diseases, Cancer, and many more. Sathyabama will be organizing a seminar on "National Tobacco Day" on May 31 of every year.

6. Future recommendations

6.1 Helpline

A toll-free helpline number will be set up in which students can complain if they feel uncomfortable by a person smoking inside the Institute. The policy, recommendations, and punishments have been structured in such a fashion that the students are encouraged to come forward and report any incident of tobacco consumption without the guilt that he/she is responsible for any kind of restrictions/punishment imposed on the smoker.

6.2 Increased Vigilance in Hostel Zone

There is a need for increased vigilance among the Hostel Authorities of our institute to enforce this policy. It is presumed that there would be widespread use of drugs and tobacco products in the hostels. However, our institute is strict with the policy to ensure that the hostels will be smoke and drug-free.

6.3 Enforcing the 100 yards rule

Section 6 of the COTPA prohibits the sale of Tobacco Products within 100 yards of any educational institution. This rule is not being enforced currently. Efforts will be made to amend this.

7. Policy on Substance Abuse

To create a secure and conducive environment within the campus for advanced learning, Sathyabama Institute of Science and Technology adheres to the following rules and guidelines concerning consumption and possession of abuse substances:

- The possession, consumption, and distribution of narcotic drugs or psychotropic substances (Cannabis, Heroin, Benzodiazepines, barbiturates, Flunitrazepam, Cocaine, Ketamine, Psilocybin, Lysergic acid diethylamide, Amphetamine, Methamphetamines, MDMA, Phencyclidine, GHB, Methaqualone, Inhalants and any other drugs and substances mentioned

in The Narcotic Drugs and Psychotropic Act 1985) are prohibited in the campus and during travel authorized by the University.

- Random checking will be carried out in the student's hostel/residential premises for the abuse substance by special squads.
- Possession of any drugs/psychotropic substances will attract appropriate disciplinary action including immediate expulsion from the University. The disciplinary committee will conduct an inquiry and submit the report to the Chancellor who will take final action.
- Our University has **ZERO TOLERANCE** for drug abuse on campus. Anyone found to be involved in possession; sale, purchase, or use of illegal drugs will be **STRICTLY** prosecuted under the law.