

POLICY FOR PREVENTION AND CONTROL OF SUBSTANCE ABUSE

PREAMBLE

In recent years, there has been an alarming increase in the cultivation, production, and use of illicit drugs. Substance use is linked to various immediate physical and social harms, including accidents, disrupted relationships, educational problems, and overdoses. Recognized globally as a significant public health issue (WHO, 1997; 1999; 2001), youth substance use presents critical challenges to society today. St. Aloysius (Deemed to be University) is committed to providing exceptional education and forming students who are academically accomplished, emotionally balanced, morally upright, socially responsible, ecologically sensitive, and professionally dedicated.

University Policies and Environment

In alignment with these values, St. Aloysius is dedicated to maintaining a substance-free environment across all its campuses. This includes:

- **Campus Grounds:** All university campuses are designated substance-free zones.
- **Buildings and Facilities:** No use of substances is allowed in any campus buildings or facilities.
- **Hostels:** All university hostels strictly prohibit substance use.
- **Off-Campus Housing:** Students residing in off-campus PG accommodations connected to the university must adhere to this policy.

REGULATON

St. Aloysius (Deemed to be University) Mangaluru aims to ensure a safe and conducive environment for holistic development of students. Substance abuse is linked to issues that disturb academic and co-curricular activities. In line with the NDPS Act, 1985, NDPS Policy, 2012, and UGC Guidelines (2020), the university has prepared this policy to eliminate substance abuse and ensure a substance-free campus. This policy applies to all students, faculty, and staff, and is effective from the academic year 2024-25.

OBJECTIVES OF THE POLICY

1. To establish and maintain a safe, healthy, and supportive environment for all students and faculty members, fostering overall well-being and academic success.
2. To devise and execute plans aimed at preventing, restraining, and eliminating substance abuse across all university premises, including hostels and off-campus accommodations.
3. To **educate the university community** about the serious health risks and negative impacts associated with substance abuse.
4. To develop and deliver a comprehensive education program focused on value education and sensitive counseling measures to address substance abuse.
5. To uphold a zero-tolerance policy towards the consumption, possession or marketing of substances among all stakeholders.

JURISDICTION

St. Aloysius (Deemed to be University) Mangaluru strictly adheres to UGC guidelines to maintain a substance-free campus. This policy applies to all university members and all academic and non-academic activities, events, and premises associated with the university.

Mandatory Code of Conduct

This Mandatory Code of Conduct is prepared based on the direction of the University Grants Commission (UGC) and must be followed by all categories of enrolled students, employees of the University (both teaching and non-teaching), and all other stakeholders. The following behaviors are strictly prohibited:

Substance Abuse: Excessive use of drugs detrimental to self or society, suspected to have a mind-altering effect, leading to physical and psychological dependence.

Prohibited Actions:

- **Possession:** Illegal drugs or paraphernalia. (alcohol and tobacco are legal drugs, but addictive. So, add these too in the policy on possession)
- **Use:** Consuming illegal drugs or misusing prescription drugs.
- **Distribution:** Selling or giving away illegal drugs or paraphernalia.

Prohibited substances also include:

- Tobacco/ Nicotine (beedis, cigarettes, cigars, hookah, and electronic nicotine delivery systems).

- Tobacco products (chewing, etc.).
- Alcohol and drug-related substances.
- All the Substances classified under Stimulants, Depressants, Narcotics, Hallucinogens, Cannabis, synthetic drugs etc

Prohibited Behaviors:

- Disorderly, disruptive, or violent behavior.
- Encouragement and distribution of prohibited substances.
- Engaging in activities endangering health, safety, or well-being.
- Continuous absences from classes due to substance related activities

ANTI DRUG ABUSE COMMITTEE (Instead call it as Drug Prevention Campus Committee (DPCC) OR Drug-free campus committee)

An Anti-Drug Abuse Committee (The word 'Anti' sounds negative and aggressive. Instead use it as 'drug prevention campus committee' or Substance-free Campus Committee) in a university typically aims to prevent drug abuse among students, promote awareness, and create a supportive environment

Structure

Anti Drug Abuse Committee (ADAC)

- Vice Chancellor-Chairman
- Coordinator-Anti Drug Abuse Cell
- Directors
- IQAC Coordinator

HEI Anti Drug Abuse Squad (ADAS)/ Counsellors

HEI Wardens/Hostel Authorities/Incharge

External members

- District Officials
- Police Authorities
- Parent Representatives
- Substance prevention/ treatment experts

PROCEDURE TO BE FOLLOWED FOR JURISDICTION ON SUBSTANCE ABUSE

- Streamline the reporting and investigation process for clarity.

Reporting:

1. **Incident Reporting:** Any substance abuse incident should be reported immediately to university authorities by any community member.
2. **Anonymous Reporting:** The University may provide an anonymous reporting mechanism.

Investigation:

1. **Preliminary Review:** The report is reviewed by a designated office or committee.
2. **Fact-Finding:** Conduct a thorough investigation, including inquiry and evidence review.
3. **Documentation:** Document all findings comprehensively.

Interim Measures:

1. **Immediate Actions:** Interim measures may be taken based on incident severity, including temporary suspension or restrictions.
2. **Support Services:** Offer counseling and medical assistance.

Hearing and Adjudication:

1. **Formal Hearing:** Conducted by a disciplinary committee, allowing the accused to present their views.
2. **Decision Making:** The committee reviews evidence and testimonies to determine policy violation.

Sanctions:

1. **Penalties:** Warnings, counseling, probation, suspension, expulsion, or termination of employment.
2. **Rehabilitation Programs:** Required participation in counseling or rehabilitation programs for certain cases.

THE UNIVERSITY'S JURISDICTION**On-Campus Activities:**

- All academic premises and university properties, including classrooms, libraries, dormitories, sports facilities, and any other areas within the university grounds.

Off-Campus Activities:

- University-sanctioned events, parties, or gatherings, regardless of their location.

- Activities or behaviors that occur outside the campus but directly affect the university community or its members, including those that may harm the university's reputation or disrupt its operations.

General Conduct:

- The university's policies apply to all students, staff, and faculty, ensuring that the community's safety, security, and well-being are maintained at all times.
- The university reserves the right to take disciplinary action against individuals who violate these policies, regardless of where the violation occurs if it impacts the university community.

Procedure to be followed for Jurisdiction on Substance Abuse

Reporting:

1. **Incident Reporting:** Any incident related to substance abuse should be reported (within the campus/outside the campus) immediately to university authorities. Reports can be made by students, staff, faculty, or other members of the university community.
2. **Anonymous Reporting:** The University may provide an anonymous reporting mechanism to protect the identity of the informant.

Investigation:

1. **Preliminary Review:** The report is reviewed by the designated office or committee, such as the Directors of each Blocks/Dean of respective Schools, Campus Security, or the Substance Abuse Prevention Committee.
2. **Fact-Finding:** A thorough investigation is conducted to gather facts. This may include inquiry with the individuals involved, witnesses, and review of any relevant evidence (e.g., CCTV footage, physical evidence).
3. **Documentation:** All findings are documented comprehensively for record-keeping and further action.

Interim Measures:

1. **Immediate Actions:** Depending on the severity of the incident, interim measures may be taken to ensure the safety and well-being of the university community. This could include temporary suspension, removal from campus housing, or restrictions on campus activities for the accused individuals.
2. **Support Services:** Offer support services to affected individuals, including counseling and medical assistance.

Hearing and Adjudication:

1. **Formal Hearing:** A formal hearing is conducted by a disciplinary committee or panel. The accused individual(s) will have the opportunity to present their views
2. **Decision Making:** The committee reviews all evidence and testimonies to make a decision on whether the university's substance abuse policies were violated.

Sanctions:

1. **Penalties:** If a violation is confirmed, appropriate sanctions are imposed. These may include but are not limited to, warnings, mandatory counseling, probation, suspension, expulsion, or termination of employment.
2. **Rehabilitation Programs:** In certain cases, individuals may be required to participate in rehabilitation programs or substance abuse education programs as part of the sanctions.

University Substance Use and Abuse Policy: Overview

Students are reminded that they must comply with all government laws regarding the use, possession, and distribution of substances. This compliance is required both on and off campus. The University retains the right to involve local law enforcement as necessary.

I. First Offense:**1. Written Warning and Counseling:**

The Head of the institution will issue a written warning to the student. This warning will state that further violations or similar misconduct will result in disciplinary action.

The student will be sent for counseling, either to the in-campus counselors, external counselors or online counseling facilities (for better privacy).

Committee can also enforce a 'mandatory psycho-education package' to the first time offenders.

2. Parental Notification:

The Head of the institution will notify the student's parent or guardian and invite them for a meeting with the student's Mentor.

II. Second Offense:**1. Parental Notification:**

The Head of the institution will notify the parent or guardian and invite them for a meeting with the institutional Substance Abuse Committee or Mentor.

2. Drug Education Program:

The student must complete a satisfactory and monitored drug education program. A student should undergo a series of psycho-education and counseling services, and could be even through an online education and counseling programme and report must be documented.

Suspension:

The student will be suspended from the institution. Days of suspension of the student will be decided by the anti drug committee (ARC). During this suspension, the student will not have access to any facilities or services, including residence in the institution/university hostel.

The student must attend counseling sessions with their parent or guardian during the suspension.

Students engaged in selling substances may be subjected to the legal proceedings as per the general law as well.

The institution's attendance rules apply concerning eligibility to appear for university examinations

Resumption of Classes:

The student may resume regular classes only after receiving a satisfactory report from the institutional Substance Abuse Committee and meeting any conditions set by the institution.

III. Third Offense:

Parental Notification:

The Head of the institution will notify the parent or guardian and invite them for a meeting with the institutional Substance Abuse Committee.

Suspension:

The student will be suspended for one term/semester with no access to any facilities or services, including the hostel.

The institution's attendance rules apply concerning eligibility to appear for university examinations.

De-Addiction and Rehabilitation:

The student, if found to be repeatedly consuming drugs, must be admitted to a recognized de-addiction center for counseling and rehabilitation.

To resume classes after the suspension, the student must submit follow-up records, negative drug screen reports, and a discharge summary to the Substance Abuse Committee.

The Substance Abuse Committee will review the case and report to the Head of the institution regarding the student's fitness to resume classes. The student will be permitted to return only upon a satisfactory report and meeting any conditions set by the institution.

Regular Follow-Up:

The student must attend counseling sessions arranged by the institution for regular follow-up.

Subsequent Violations:

Immediate Dismissal:

- Any violation following the third offense will result in the student's immediate dismissal from the institution.
- Dismissed students will be responsible for all fees payable to the University according to the institution's rules.
- A student must be ready for medical test or asked to give blood/urine/breath sample for testing the substance of abuse
- Any time the legal authorities of government functionaries request for any help during the investigation of substance use of stakeholders of university, the university will abide by and all confidential information also will be submitted to the authority.
- Any stakeholders are found to be guilty by judiciary system ,he will be rusticated from the university with immediate effect.

Disciplinary Action Against Distribution or Supply of Substances:

Severe Consequences for Distribution/Supply:

- The University distinguishes between possession, use/abuse, and the distribution or supply of substances.

Actions for Distribution/Supply:

1. **Removal from Hostel:** Immediate removal from the hostel if a student is found to be distributing or supplying substances.
2. **Suspension:** Temporary suspension from the institution for engaging in distribution or supply.

3. **Dismissal:** Permanent dismissal from the institution for severe or repeated cases of distribution or supply.

Communication and Record-Keeping:

4. **Notification:** All parties involved are notified including parents, care takes (in case required legal authorities) of the final decision and any sanctions imposed.
5. **Confidentiality:** To ensure confidentiality of all proceedings and records to protect the privacy of individuals involved.
6. **Record Maintenance:** Maintain detailed records of all incidents, investigations, hearings, and outcomes for future reference and compliance with legal and institutional requirements.

Substance Abuse Awareness Programmes

The university implements various awareness programs aimed at educating students about the dangers and consequences of substance use. Key components include:

1. **Educational Workshops and Seminars:** Monthly workshops and bi-annual seminars on health risks, legal consequences, and peer pressure resistance.
2. **Peer Education Programs:** Training student volunteers to act as peer educators.
3. **Counseling and Support Services:** Confidential counseling for students struggling with substance use.
4. **Health and Wellness Campaigns:** Annual health fairs and awareness drives.
5. **Collaboration with Local Authorities:** Workshops with law enforcement and guest speakers.
6. **Digital Awareness Initiatives:** Online resources and social media campaigns.
7. **Integration into Curriculum:** Course modules and collaborative projects on substance abuse prevention.

Community Engagement: Outreach programs and volunteering opportunities

CONCLUSION

By implementing and enforcing these policies, St. Aloysius (Deemed to be University) reaffirms its commitment to forming students who are successful, responsible, and ethical members of society. The university strives for an educational environment that supports holistic development, free from the detrimental effects of substance use.

These revisions aim to make the policy document clearer, more concise, and easier to understand while maintaining its comprehensiveness and effectiveness.

Annexure
FORM TO BE SIGNED BY THE STUDENT AND THE PARENT/GUARDIAN AT THE
TIME OF
ADMISSION TO THE INSTITUTION
(to be signed by the Guardian only in the event of both parents are not alive)

I, _____

S/o. D/o. of Mr./Mrs./Ms. _____,

admitted to (course and year) in..... (institution)
during the year....., have carefully read and fully understood and hereby declare and
undertake the following:

- I understand and acknowledge the harmful effects of substance abuse on my health, academic performance, and overall well-being.
- I hereby commit to abstaining from the use of any illegal substances, including but not limited to drugs, alcohol, and tobacco, during my tenure at **[Name of Institution]**.
- I pledge to adhere to all the rules and regulations laid down by **[Name of Institution]** regarding substance abuse.
- I will not hurt anyone physically or psychologically or cause any other harm.
- I understand that the institution has a zero-tolerance policy towards substance abuse and that any violation of this policy will result in disciplinary action, which may include suspension or expulsion from the institution.
- I commit to reporting any instances of substance abuse that I become aware of, either involving myself or other students, to the appropriate authorities or as the Policy for Prevention and Control of Substance Abuse at **[Name of Institution]**.
- I agree to actively participate in any substance abuse awareness programs, counseling sessions, or workshops organized by **[Name of Institution]** to promote a healthy and substance-free lifestyle.

Signed this day of month of year

Name:

Signature

This policy approved in the Annual General Body meeting of Drug Addiction Prevention Cell which was held on 9 August 2024 at 3.00pm, Conference Hall, Admin Block, St Aloysius(Deemed to be University) Mangaluru 575003 - INDIA

The university authorities reserve the right to modify, update, or add new conditions to this policy as needed, in response to evolving technological, legal, or institutional requirements.

Rev Dr Praveen Martis, SJ

Vice Chancellor