



SIKKIM ALPINE UNIVERSITY

Kamrang, Namchi, South Sikkim – 737126

(Established under Sikkim Alpine University Act, 2021)

NASHA MUKT BHARAT ABHIYAAN COMMITTEE (NMBAC)

POLICY

(Policy Document – 2025)

Prepared by

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Recommended By:

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NASHA MukT BHARAT ABHIYAAN COMMITTEE (NMBAC) POLICY

Sikkim Alpine University

Kamrang, Namchi

Sikkim

1. Preamble

Substance abuse, including use of psychoactive substances, alcohol, tobacco and narcotics, poses serious threats to health, academic progress, campus safety and is a growing challenge across India, especially among youth and students. Its effects are not limited to the person using drugs but extend to families, communities, and society at large. The rise in substance abuse has contributed to an increase in crime rates and has had an overall damaging impact on social well-being.

Recognising this, the Government of India launched the Nasha MukT Bharat Abhiyan (NMBA) on 15th August 2020 under the Ministry of Social Justice & Empowerment with three-pronged strategies: i) the supply curb by Narcotics Control Bureau, ii) Outreach and Awareness and Demand Reduction effort by Social Justice and Empowerment and iii) Treatment through Health Department. The UGC has issued directives to all higher education institutions to implement and support NMBA initiatives on campus, including student declarations, awareness and preventive action. In line with these national mandates, Sikkim Alpine University hereby establishes the **Nasha MukT Bharat Abhiyaan Committee (NMBAC)** to coordinate, implement and monitor drug-free campus initiatives, create awareness, ensure student and staff involvement, and support prevention and early intervention strategies.

2. Vision

To create a drug-free, healthy, and empowered campus community through awareness, prevention, and responsible youth engagement.

3. Objectives

- a. To promote a safe, healthy, and drug-free learning environment for all students, staff, and stakeholders of the University.
- b. To align the University's initiatives with NMBA objectives and UGC guidelines for preventing substance abuse in higher education institutions.
- c. To ensure early detection, counselling, support, and referral services for individuals affected by substance misuse.

- d. To integrate awareness, education, capacity-building, and policy enforcement under a single institutional framework.

4. Scope

This policy applies to:

- a) All students of the University, including full-time, part-time, and research scholars.
- b) All staff members, including teaching, non-teaching, contractual staff, and hostel wardens/residents.
- c) All University premises such as academic blocks, hostels, sports facilities, transport vehicles, and designated campus zones.
- d) All events, programmes, and activities organised, sponsored, or regulated by the University, whether conducted on campus or off campus.
- e) Any situation where University students or staff participate under the institutional banner.

1. Committee Structure & Composition

Chairperson	The Vice-Chancellor, or a senior faculty member nominated by the Vice-Chancellor
Coordinator	A full-time faculty member designated by the Vice-Chancellor
Internal Members	One faculty from student welfare
	One faculty from grievances cell/ mental health cell
	One non-teaching faculty representative
	One counsellor or psychologist
	One representative from university health care centre
	One representative from hostel administration/security
	Two student representatives (one male and one female) from university
External Members	One Representative from District Social Welfare Office
	One representative from Health Department
	One representative from Police/Anti-Narcotics Representative
	One representative from Local NGOs/Rehabilitation Centres working on drug prevention

2. Key Functions

The NMBAC shall:

- a) Develop, implement, and periodically monitor a comprehensive drug-abuse prevention policy and annual action plan for the University.
- b) Organise institutional awareness initiatives, including annual pledge-taking campaigns, “Nasha MukT Bharat Pakhwada,” thematic outreach weeks, and community-engaged programmes involving students, families, and local stakeholders.
- c) Maintain a student declaration system during admission/registration, requiring each student to affirm non-possession, non-use, and non-distribution of psychoactive substances on campus, and to commit to reporting any violations ethically and responsibly.
- d) Coordinate with hostels, transport services, and campus security to ensure effective monitoring; establish safe zones; regulate entry of prohibited substances; conduct justified random checks; and initiate prompt action on violations as per University regulations.
- e) Conduct sensitisation and capacity-building programmes for students, faculty, non-teaching staff, NSS units, and student clubs on substance abuse, early warning signs, mental health aspects, and available treatment/referral pathways.
- f) Establish and strengthen counselling and referral mechanisms, in collaboration with the University Health Centre and authorised external rehabilitation/de-addiction agencies, to provide confidential support for individuals seeking help.
- g) Maintain systematic records of all awareness programmes, incidents, monitoring activities, surveys, action taken, and outcomes; and submit annual reports to the IQAC and the University Executive Authority.
- h) Collaborate with government and non-government organisations, district police, social justice and health departments, and alumni networks for enhanced outreach, technical support, and resource mobilisation.
- i) Review and update the NMBA policy, action plan, and preventive strategies annually, based on emerging trends, national guidelines, research findings, and campus feedback.
- j) Ensure confidentiality, fairness, and dignity for all individuals involved in any incident, reporting process, counselling, or intervention, adhering to ethical and student-friendly practices.

3. Preventive Measures & Activities

- a) Regular awareness lectures, workshops, poster campaigns, digital media, theatre sessions addressing substance use and its consequences.
- b) Student and staff pledge ceremonies against drug abuse.
- c) Orientation sessions for newly admitted students on campus norms, student declaration, available support resources, and policy expectations.
- d) Student clubs / volunteer teams (“Drug-Free Campus Club”) supporting peer awareness, alertness and early intervention.
- e) Hostel/transport policy to screen and monitor for substances, with simplified complaint/alert mechanisms.
- f) Anonymous reporting mechanism (e.g., drop-box, email, mobile app) for students to report suspicion of substance misuse or distribution.
- g) Collaboration with mental health/counselling unit to address underlying stress, anxiety, peer pressure and provide healthy alternative engagements (sports, arts, community service).
- h) Observance of national and University events such as International Day Against Drug Abuse (26 June), Nasha MukT Bharat Pakhwada (12-26 June).

4. Disciplinary & Support Framework

- a) Any student found to use, possess, distribute, or facilitate the sale/purchase of psychoactive substances on campus, during transport or at University-sponsored events shall be subject to disciplinary action, which may include: warning, suspension, expulsion, reporting to law enforcement, and mandatory counselling.
- b) Before initiating punitive action, the University shall offer **supportive counselling** and referral to treatment/rehab agencies.
- c) Staff found violating policy shall be dealt with under service conditions and relevant labour/employee policies.
- d) All actions shall ensure **due process, confidentiality and fairness**, and the dignity of the individual is maintained.
- e) The University shall provide **amnesty window/voluntary disclosure option** (except in cases involving distribution/sale) encouraging students/staff to seek help before punitive measures become necessary.

5. Monitoring, Evaluation & Reporting

- a) The NMBAC shall prepare an **annual report** summarising: awareness activities held; number of pledges; number of cases reported; counselling/referral statistics; outcomes of disciplinary proceedings; feedback from stakeholders.
- b) The report shall be submitted to **IQAC**, Vice-Chancellor's Office and published on the University website for transparency.
- c) The committee shall monitor key indicators annually: number of students retained after intervention; incident rates; satisfaction surveys of students and staff; perception of campus safety.
- d) Based on evaluation, the action plan for subsequent year will be revised, resources re- allocated and emerging issues addressed (e.g., new psychoactive substances, online substance misuse, peer networks).

6. Resource Allocation & Roles

- a) The University shall earmark a **budget allocation** for NMBAC activities: awareness programmes, training/counselling sessions, publicity materials, monitoring tools, partnership with agencies.
- b) The Dean of Students Affairs shall ensure staffing/secretarial support for NMBAC, maintain records, coordinate with departments and hostels.
- c) All departments and units (hostel warden, transport, campus security, clubs, counselling cell) must incorporate NMBAC policy in their operational protocols and support periodic activities.

7. Review & Revision

- a) This policy shall be reviewed every two years by the NMBAC, in consultation with the University administration, the Student Welfare Council, and the counselling service. The committee may recommend revisions to adapt to emerging substance-use trends, regulatory changes (UGC/Ministry), and campus feedback.