

दूरभाष/Phone : 25367033,
25367035, 25367036

फैक्स/Fax : 0091-11-
25367024

ई-मेल/E-mail :
antiragging@nmc.org.in

पॉकेट -14, सेक्टर-8, द्वारका, फेस1-, नई
दिल्ली77-

Pocket- 14, Sector-
8, Dwarka,
Phase - 1, New Delhi-77

राष्ट्रीय आयुर्विज्ञान आयोग National Medical Commission

No. 47/10/2024-PGMEB-NMC-
Part(1)

Dated :

To
The Dean/Principal,
Medical Colleges/Institutions in India

**Subject: Implementation of Nasha Mukh Bharat Abhiyan in
Medical Colleges/Institutions**

Dear Sir/Madam,

Secretaries in the Department of Social Justice & Empowerment and the Department of Higher Education, Government of India in a joint DO Letter dated August 6, 2024 to Chairman, National Medical Commission has requested for implementation of Nasha Mukh Bharat Abhiyan (Drug-Free India Campaign) in the Medical Colleges. This initiative aims to combat the menace of substance abuse through mass awareness, counseling, treatment, and care in educational institutions, as well as the formation of a Nasha Mukh Hostel Committee in all colleges/institutions (copy enclosed).

2 . In this regard, the medical colleges/institutions are requested to undertake the following actions:

Part I: Formation of Nasha Mukh Hostel Committees

Part II: Formation of annual schedule of Activities under the Abhiyan

Part III: Awareness programme for students, faculty and other staff of the college

Part IV: Submission of Comprehensive Report/Action Taken Report to Department of Social Justice & Empowerment, Department of Higher Education and National Medical commission

3. The detailed guidelines regarding composition of the committee, the roles and responsibilities of its members, the list of activities under the Abhiyan, the structured approach for continuous support to students in hostels, and the requirements for the submission of comprehensive reports/action taken reports are provided in the enclosed DO Letter.

4. In light of the above, all Deans/Principals of medical colleges/institutions are requested to take proactive steps to implement the Nasha Mukh Bharat Abhiyan in their respective medical colleges/institutions and submit the action taken report to Sh Aujender singh , Memb secy, Anti Ragging cell

Yours sincerely,

Signed by B Srinivas

Date: 14-08-2024 14:27:32

Dr.(Prof) B.Srinivas
Secy NMC

C. Sanjay Murthy
Secretary
Department of Higher
Education



Amit Yadav
Secretary
Department of Social
Justice and
Empowerment

August 6, 2024

D.O. No. DP/7/2023-DP-I

The Department of Social Justice & Empowerment (DoSJE) launched the **Nasha Mukta Bharat Abhiyaan (NMBA)** in August 2020 to combat the menace of substance use through mass awareness, counselling and providing treatment and care. Since its launch in the year 2020, the Abhiyaan has transformed into a Jan Aandolan through the participation of 11.22+ Crore citizens of the country including 3.55 + crore youth. Now, Nasha Mukta Bharat Abhiyaan is extended to all the districts of the country with special focus on the youth, Students and educational institutions.

2. The Hon'ble Home Minister and Minister of Cooperation chaired the 7th Apex Level Meeting of Narco-Coordination Centre (NCORD) on 18th July, 2024, in New Delhi, and reviewed the progress of Nasha Mukta Bharat Abhiyaan. While appreciating the efforts of all the stakeholders of the Abhiyaan including the states and UTs, Hon'ble Home Minister encouraged all to take up activities in mission mode for successful nationwide execution of the Abhiyaan. Hon'ble Home Minister also desired that Nasha Mukta Bharat Abhiyaan activities be carried out in the hostels of the educational institutions, to aid the young students in the fight against substance use, and to cope with factors like academic stress, peer influences etc., and promote the abilities in students to make good choices of life.

3. With this vision, it is requested of all the hostels in Central Universities, Indian Institutes of management (IIMs), Indian Institutes of Technology (IITs), All India Institute of Medical Sciences (AIIMS) medical colleges, engineering colleges, polytechnic colleges, Industrial Training Institutes (ITIs) and hostels of other Higher Educational Institutions to implement the following measures:

3.1. Formation of a Nasha Mukta hostel committee in all educational institutions. The composition, roles and responsibilities of this committee are attached in the Concept Note (Part I) attached as Annexure I.

3.2. Formation of an annual schedule of activities to ensure sensitisation and awareness of the student community, faculty and residents of the hostel. Training and sensitisation of all the counsellors, shall be done with the help of NIMHANS/ AIIMS, New Delhi and National Institute of Social Defence (NISD). A non exhaustive list of awareness activities is also attached in the Concept Note (Part II).

3.3. Universities should have a collaborative mechanism with the enforcement agencies to ensure that supply of narcotic drugs from neighbouring boundary areas/slums/hotspot etc., is curbed. Sensitization efforts in university campuses should be conducted with various stakeholders to ensure the student population remains in a safe and drug-free environment. This collaborative approach aims to create a vigilant community, effectively combating drug peddling and illegal trafficking.

3.4. Proper referral & networking systems may be evolved through the following helpline numbers:

- a. National Toll-free de-addiction helpline: 14446 - This helpline is to provide confidential psychosocial support and counselling by trained counsellors is supported by the Department of Social Justice and Empowerment (DoSJE).
- b. Tele Manas: 14416 - provide free tele-mental health services is supported by the Ministry of Health & Family Welfare
- c. MANAS (Madak Padarth Nisedh Asuchna Kendra): 1933 - Citizens of the country can anonymously share information on drug supply, peddlers and illegal drug trafficking. This helpline is supported by Ministry of Home Affairs (MHA) and Narcotics Control Bureau (NCB) where identity of callers is kept confidential.

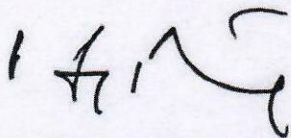
3.5. As you are aware, newly admitted students (hostel residents as well as day scholars) are at higher risk of substance use due to peer pressure, academic stress, lack of supervision and mental health issues among others. The absence of structured routines and easy access to substances also contribute to this risk. First-year students also face emotional challenges due to transitioning to independence, loneliness, and homesickness, which can further lead to substance use as a coping mechanism. Therefore, NMBA activities in hostels may put special focus on sensitising and training 1st year students and parents through a sustainable plan of action.

3.6. A structured approach has to be implemented to provide students with continuous support throughout their academic journey, ensuring they receive assistance as explained in the Concept Note (Part III).

4. An Action Taken Report (ATR) may be submitted by Vice Chancellors/dean/head of the institutes of the concerned higher educational institutions to Department of Social Justice and Empowerment (DoSJE) with a copy to Department of Higher Education (DoHE) as per proforma attached in the Concept Note (Part IV). The names and contact details of nodal officer of the Nasha Mukh Hostel Committee may be provided so that login access to NMBA mobile application may be provided by DoSJE for uploading the activities in upcoming academic years.

Your prompt action in this regard is much appreciated.

Yours sincerely,



K. Sanjay Murthy
Secretary
Department of Higher
Education



Amit Yadav
Secretary
Department of Social
Justice and Empowerment

Copy to:

1. The Chairman, University Grants Commission
2. The Chairman, All India Council for Technical Education
3. The Chairman, National Medical Commission
4. Directors of IITs (23) and Council of Indian Institute of Technology
5. Directors of IIMs (21)
6. Heads of Medical Colleges (Government and Private) (706) ✓
7. Heads of Universities (1016), Colleges (17453) and Stand Alone Institutions (SAIs) (6203) (as mentioned in Annexure V)

why



ANNEXURE I:

CONCEPT NOTE FOR EXPANDING NASHA Mukht BHARAT ABHIYAAN IN HOSTELS OF HIGHER EDUCATIONAL INSTITUTIONS

NASHA Mukht BHARAT ABHIYAAN

The Department of Social Justice and Empowerment being the nodal agency for drug demand reduction launched its flagship mass awareness campaign 'Nasha Mukht Bharat Abhiyaan' (NMBA) on 15th August 2020 in the 272 identified districts. It has successfully evolved into a Jan Andolan covering all the districts of the country since 15 August 2023, and is now entering its fifth year. In the past four years, a wide range of activities under the banner of NMBA have been undertaken across the country with the participation of youth, children, educational institutions, women and the community. With the active participation of all the stakeholders, NMBA has been able to sensitize, educate & inform 11.22+ crore people including 3.55+ lakh youth, 2.35+ lakh women, 3.39+ lakh educational institutions and 9000+ master volunteers through 3.91 lakh activities conducted at various levels across the country. Recognising the exemplary efforts of the states and districts under NMBA, the Hon'ble Prime Minister also appreciated the abhiyaan activities in his Mann Ki Baat episode on 30 July 2023.

BACKGROUND

Young students in hostels are at an increased risk of substance use disorders due to several key factors including peer pressure, stress and academic pressure, lack of supervision, mental health issues, and experimental curiosity among others. The absence of structured routines and the ready availability of substances further elevates this risk. Additionally, the emotional challenges of transitioning to independence, loneliness and homesickness, can drive students to use substances as a coping mechanism. To address this issue, Nasha Mukht Bharat Abhiyaan aims to strategically sensitise and train hostel students, teachers, parents and other stakeholders through a sustainable plan of action.

PART I: COMPOSITION, ROLES AND RESPONSIBILITIES OF NMBA HOSTEL COMMITTEES

FORMATION OF NASHA MukT HOSTEL COMMITTEES

The hostels of all the central universities/institutions and hostels of DoSJE, would be required to form Nasha MukT Hostel committees in the hostels constituting member representatives from the university, student representatives, and hostel staff. More members may be added on a need and relevance basis.

COMPOSITION OF THE COMMITTEE

1. Nodal officer appointed by the university Vice-Chancellor (1)
2. Warden of the hostel (2)
3. Counsellor deployed in the higher educational institution (1).
4. Resident student representatives in the hostel (6)

ROLES AND RESPONSIBILITIES OF THE COMMITTEE MEMBERS

I. NODAL OFFICER

- a. Overseeing the workings of the hostel committee.
- b. Dealing with grievances presented by the parents, resident students and other beneficiaries.
- c. Planning the schedule of activities in the hostel. A non exhaustive list of activities is attached. (Part II)
- d. Ensuring regular updation of activities in NMBA mobile application
- e. Submission of quarterly ATR (proforma attached as Part IV) to the Department of Social Justice and Empowerment.

II. WARDEN

- a. Monitor hostel activities and behaviours of the residing students to identify any signs of substance use or risky behaviour.
- b. Report/deal with the grievances of the hostel residents with regards to the availability, consumption and distribution of narcotics in and around the educational institutions.
- c. Establish effective confidential referral systems in collaboration with campus health services/ counselling centres/helpline numbers to assist resident students with available treatment facilities and services in the district.

III. COUNSELOR

- a. Establish a mechanism for substance use related counselling service within hostels.
- b. Visiting the hostel two days a week to counsel students on priority basis on their struggle and vulnerabilities.
- c. Group counselling of 1st year hostellers every month.
- d. Awareness creation workshop on substance use disorders/consequence of substance use etc.

IV. STUDENT REPRESENTATIVES

- a. Establish peer support groups or networks within the hostel to provide a supportive environment.
- b. Serve as role models by demonstrating responsible behaviour and healthy choices, influencing peers positively.
- c. Participate in NMBA-related activities, such as discussions, workshops, and seminars, to deepen understanding and engagement in substance use prevention efforts.

PART II: LIST OF ACTIVITIES THAT CAN BE DONE UNDER THE ABHIYAAN (NON – EXHAUSTIVE)

S.N O	LIST OF ACTIVITIES THAT CAN BE DONE UNDER THE ABHIYAAN (NON – EXHAUSTIVE)
1	Training and awareness generation activities with children, adolescents, youth and master volunteers.
2	Sports and physical activities
3	Seminars, Webinars or Workshops for awareness generation
4	Nukkad Natak, Skits and Play
5	Flash mobs, drives and Rallies
6	NMBA pledge (including e-pledge) in educational institutions, hotspots and public places
7	Walkathons and marathons
8	Wall Paintings/Graffiti and art competitions
9	Slogan writing or jingle making
10	Video-making or short film making
11	Yoga and Meditation Activities
12	Documentaries/Film Screenings on substance use and discussions
13	Awareness generation through NMBA vehicles
14	Distribution of IEC Material available on the NMBA website
15	Organise Inter/Intra University Debate/Essay/Painting/Drawing Competitions (online/offline,any)
16	Identifying influential alumnis from the colleges to advertise the Abhiyaan.
17	Focus Group Discussions with various stakeholders in high risk areas (online and offline).

18	Social Media Campaigns
19	Celebration of international/national days of importance (for ex: celebrating World Aids Day and spreading awareness about AIDS and how Injecting drug users increase the chances of getting AIDS)
20	Formation of support groups and initiating counselling networks to address the issues related to substance use.
21	A sub-campaign to increase awareness about the ban of licit/ illicit substances near college areas with the help of police/competent authority

PART III: Structured approach for continuous support to students in hostels

Sr. No.	Stages	Activities
1.	Admission	<ul style="list-style-type: none"> ● Anti-Drug Declaration ● A seminar on awareness against substance use for the fresh batch as a part of their orientation
2.	During the Course (special focus on first year students)	<ul style="list-style-type: none"> ● Formation of anti drug committee ● Workshops and seminars at regular interval every month for 1st year hostellers ● Group counselling of 1st year hostellers twice a month ● Provision for individual counselling twice a week ● Messenger/Representative from 1st year students of every course for smooth communication between the hostellers and authorities ● Awareness activities (as attached in Annexure II) ● Clubs aimed at drug free campus in the institute for both hostellers and day-scholars
3.	Final Semester	<ul style="list-style-type: none"> ● Valedictory Session showcasing achievements and motivating students to lead a drug free life

PART IV: ACTION TAKEN REPORT PROFORMA

1.	Institution Details <ul style="list-style-type: none"> ● Name of Institution: ● Location: ● Academic Year:
2.	Formation of Anti-Drug Hostel Committee

	<ul style="list-style-type: none"> ● Whether Anti-Drug Hostel Committee has been formed: ● Name, Designation & contact of Nodal Officer: ● No. of Committee trainings held: ● No. of activities undertaken: ● No. of people reached out:
3.	<p>Sensitization of neighbouring boundary areas:</p> <ul style="list-style-type: none"> ● Whether the hostel has sensitised neighbouring boundary: ● Indicate the number of people reached out in community:
4.	<p>Referral & Networking Systems:</p> <ul style="list-style-type: none"> ● Whether proper referral & networking systems evolved: ● No. of resident students referred:
5.	<p>Structured Support for 1st year Resident Students:</p> <ul style="list-style-type: none"> ● No. of Students who signed Anti-Drug Declaration form: ● No. of workshops/training/Seminars conducted: ● No. of individual Counselling Sessions held: ● No. of group Counselling Sessions held: ● Total No. of residents reached out: ● Whether messenger/representative selected:
6	<p>Structured Support for 1st year Day-scholar Students:</p> <ul style="list-style-type: none"> ● No. of Students who signed Anti-Drug Declaration form: ● Whether any club has included drug-free campus as one of its agenda: (Specify the name of the club) ● No. of awareness activities conducted by the club: ● Total no. of people reached out:

Feedback:

Feedback from students:

Challenges Faced:

Recommendations for Improvement: