



विश्वविद्यालय अनुदान आयोग
बहादुरशाह जफर मार्ग
नई दिल्ली-110 002

UNIVERSITY GRANTS COMMISSION
BAHADURSHAH ZAFAR MARG
NEW DELHI-110 002

www.ugc.ac.in

No. F.1-8/2009 (Ragging)

November, 2009

The Registrar
(All Universities)
(List attached)

17 NOV 2009

Subject: Recommendation/Suggestions to address the problem of alcoholism in educational institutions-prevention of Ragging in Higher Educational Institutions.

Sir,

In accordance with the orders of the Supreme Court of India in the matter of writ petition (Civil) No 887 of dated 08.05.2009, "University of Kerala v/s. Council, Principals, Colleges and others" in SLP no. 24295 of 2006 dated 16.05.2007 Government of India had constituted a Committee to examine the problem of alcoholism on the Rajendra Prasad Medical College campus and to suggest immediate de-addiction measures.

The Committee has made certain recommendations for higher educational institutions. A Copy of the recommendation received from Government of India Ministry of Human Resource Development, Deptt. of Higher Education, New Delhi-vide their D.O. letter No. 16-15/2009 U.5 dated 22.09.2009 is attached.

I am to request you to take steps to strictly implement these recommendations in all higher educational institutions under your purview.

Yours faithfully,

(Dev Swarup)
Joint Secretary

Encl: As above

Copy to:

1. Mrs. Anupama Bhatnagar, Director (U.5) Govt. of India, Ministry of Human Resource Development, Deptt. of Higher Education, Shastri Bhawan, New Delhi-110 001 (Ref. D.O. No. 16-15/2009-U.5) dated 22.09.2009
2. P. O. (Web Site) UGC for posting on UGC Web Site.
3. Guard file

(V. K. Jaiswal)
Deputy Secretary

SUPREME COURT MATTER



सत्यमेव जयते

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GOVERNMENT OF INDIA
MINISTRY OF HUMAN RESOURCE DEVELOPMENT
DEPARTMENT OF HIGHER EDUCATION
SHASTRI BHAVAN
NEW DELHI-110 115

D.O. No. 16-5/2009-U:5

22nd September 2009

Dear Sir,

It may be recalled that in accordance with the order of the Supreme Court in the matter of writ petition (Civil) No 887 of 2009, the Government had constituted a Committee to examine the problem of alcoholism on the Rajendra Prasad Medical College campus and to suggest immediate de-addiction measures.

The Committee had submitted its report on 9.9. 2009 wherein certain recommendations have been made for higher educational institutions (Annexure enclosed). I shall be grateful if you kindly forward above mentioned recommendations to all higher educational institutions under your purview for strict implementation.

Regards,

Yours sincerely,

Anupama

(ANUPAMA BHATNAGAR)

Shri R.K. Chauhan
Secretary (UGC)
University Grants Commission

Recommendations of the Committee to examine the problem of alcoholism in the campus and to suggest immediate de-addiction measures.

Recommendations for educational institutions in the country.

1. It is important to conduct a larger scale assessment of alcohol and drug abuse in several college of India (in cities, towns and rural areas) to assess the magnitude of the problem.
2. Based on these assessments, prevention and intervention programmes for Indian setting need to be designed, evaluated and then disseminated.
3. Intervention programmes should include a regulatory component in form of clear college policies, a prevention programme that is based on enhancement of knowledge, skills for refusing peers, development of better coping and social skills, stress reduction, focusing on normative behaviour and involvement of families. Intervention should also focus on screening, brief intervention and creating messages that are based on harm reduction (avoiding binge drinking, drinking and driving etc.) and could be delivered with the assistance of peers.
4. Informal interactive workshops on harmful effects of drug/alcohol abuse and possible interventions.
5. Stress management workshops (including local and external inputs from trained professionals including psychiatrists) at regular intervals; aiming at enhancing life skills, coping with stress, promoting empathy and internal locus of control, promoting assertion to resist peer pressure towards substance use, promoting healthy life styles and mutual respect and dignity in relationships. This shall help in promoting an atmosphere

where juniors learn to respect their seniors and seniors develop a helpful approach towards their juniors.

6. Regular involvement of students in drug awareness campaigns under the guidance of the psychiatrist (e.g. Celebrating No Tobacco Day, World Health Day etc.); involvement in poster making, debates.
7. Encouraging students for more involvement in recreational activities, gymnasium, yoga, meditation, religious activities, etc.
8. Maintaining the disciplinary approach as an ongoing exercise.
9. Maintaining the Parent Teachers Association (PTA) forum as a means of enhancing healthy communication, prevention/early detection and help-seeking with respect to substance use/risk behaviour.
10. Establishing a link between junior students-senior students-faculty. This could improve a sharing and caring approach.
11. Need to consider incentives for wardens and faculty involved in extra duties towards maintaining discipline.