

## **Best Practice 2**

*Eradication of Illicit Drugs and Inculcation of Social Awareness within and beyond the campus.*

# Objectives of the Practice

- To educate youth about the illicit usage of narcotic drugs
- To inculcate social awareness on drug abuse in the neighborhood.
- To encourage occasional users to abstain from drugs
- To ensure the campus free of substance abuse

# The Context

Rampant use of narcotic substances among the youth of the present generation is creating a menace in the society, which is adversely affecting their physical and mental wellbeing. By persistent use of abusive substances, students experience academic difficulties, mental and health problems, poor peer relationships which create problems among family members, community and the entire society.

St. Mary's College has an active Anti Drug Cell constituted under Kerala State Anti-Drugs Mission-VIMUKTHI, which works in collaboration with various government agencies and NGOs.

Awareness programmes are conducted every year to create perception about the perils related to drug abuse among the youth and society.

# Awareness Programmes through Flash Mob by Assumption Hospital








## ഫ്ലാഷ് മോബും, സ്ട്രീറ്റ് പ്ലെയും, ലഫറിവിരുദ്ധ ബോധവൽക്കരണ ക്ലാസും സംഘടിപ്പിച്ചു

**ബന്തേരി:** അസംപ്ഷൻ ഹോസ്പിറ്റൽ മാതസികാരോഗ്യ വിഭാഗവും ഡി.എം. വിംസ് തഴ്സിംഗ് കോളേജും സംയുക്തമായി സെന്റ് മേരീസ് കോളേജ് സുൽത്താൻ ബന്തേരിയിൽ ഫ്ലാഷ് മോബും, സ്ട്രീറ്റ് പ്ലെയും, ലഫറി വിരുദ്ധ ബോധവൽക്കരണ ക്ലാസും നടത്തി. സൈക്കോളജിസ്റ്റ് കൈലാസ് ബേബി ക്ലാസെടുത്തു. സോഷ്യൽ വർക്കർ ജോബിൻ സി.എസ്, പ്രൊഫസർ മത്തായി, ഹോസ്പിറ്റൽ പി.ആർ.ഒ ജോമേഷ് എന്നിവർ നേതൃത്വം നൽകി.

St. Mary's College in association with DM WIMS Nursing College and Assumption Hospital jointly conducted flash mob, street play and anti drug awareness class.

Psychologist Kailas Baby and social worker Jobin C .S took classes on 13-12-2021.

# ANTI DRUG CLUB-INAUGURATION

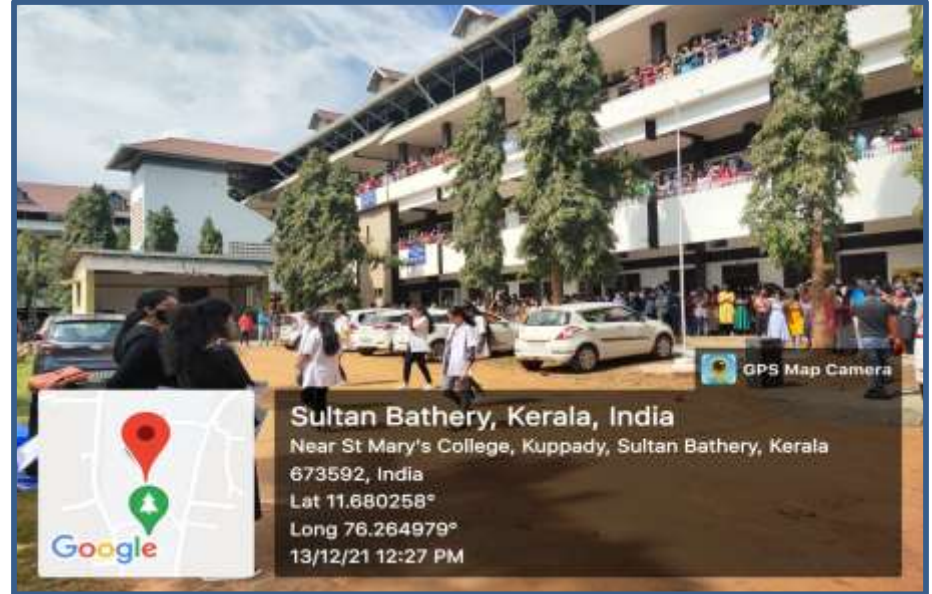


Anti drug Club, St Mary's college organized a one-day drug prevention awareness campaign named 'Vimukthi' on 17th October 2019.

The Chief Guest of the program was Smt. Remya Ragavan (Asst. Wild life warden, Sulthan Bathery).

In the inaugural session, the chief guest created an awareness on the ill effects of drugs and highlighted the purpose of prevention of intoxication from the society. She insisted the students to strengthen the action and cooperation for the prevention of drug abuse for the physical and mental well being of the future generation.

# Awareness Programmes through Street Play by DM WIMS Nursing College



## Posters on Anti drug



# A visit to “My Home” - Pain and Palliative Care



Vimukthi Club ,Red Ribbon Club & Peace Club jointly visited Pain and Palliative Care home, Poomala and distributed dress materials to all the residents.



# Seminar on Drug Abuse among Youth (21-02-2022)



Anti Drug Cub and Red Ribbon Club jointly

Conducted seminar on the topic “Drug Abuse among Youth” at Mini Seminar Hall of the college on 21-02-2022. The resource person was Dr. Ramesh P R.

# An Awareness initiative by NCC Unit under 'VIMUKTHI'



NCC Cadets in coordination with 'Vimukthi' propagated awareness regarding anti drug through questionnaires which was to be filled by faculty members of the college.

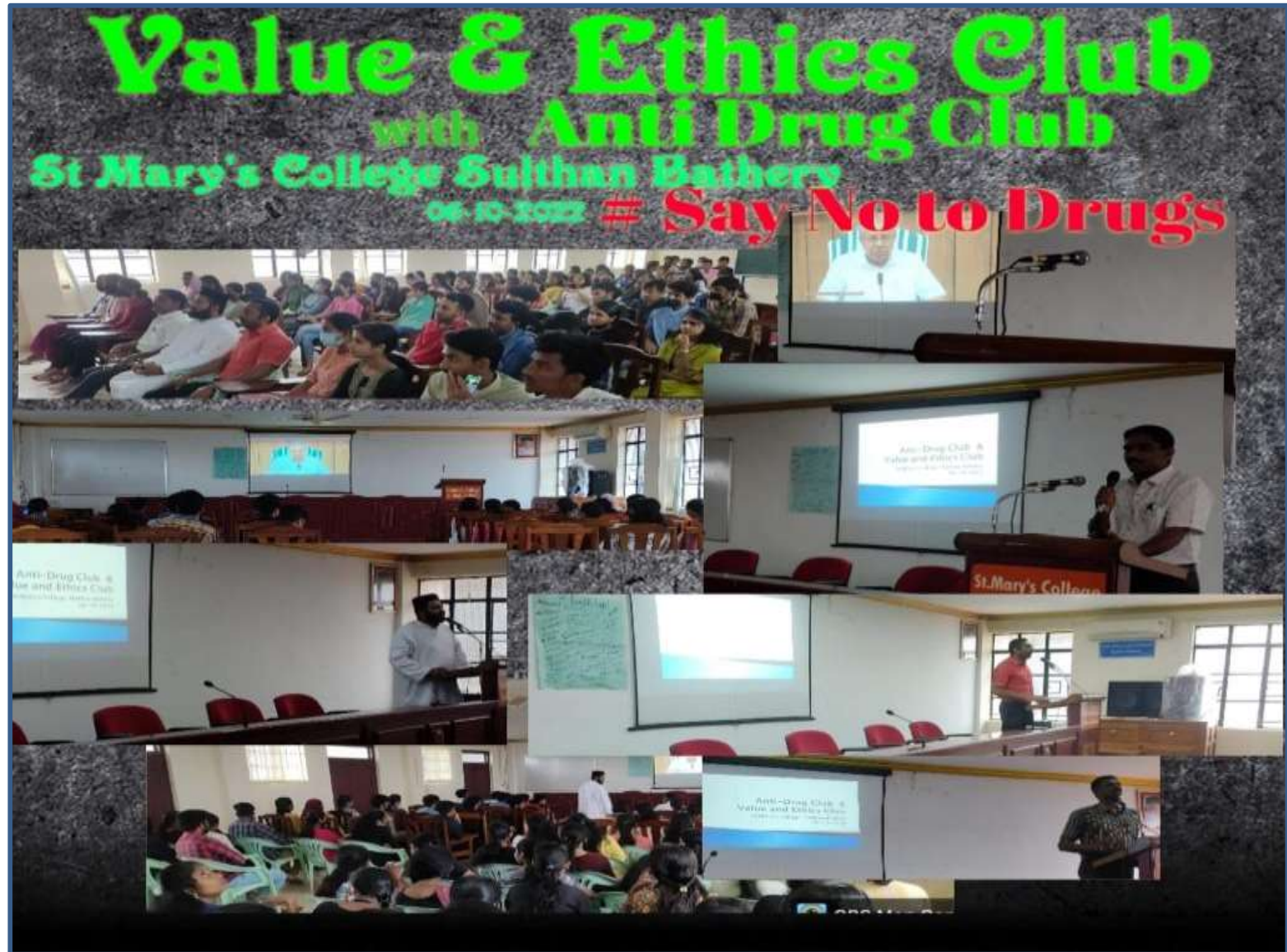
# Anti Drug Human Chain-2022



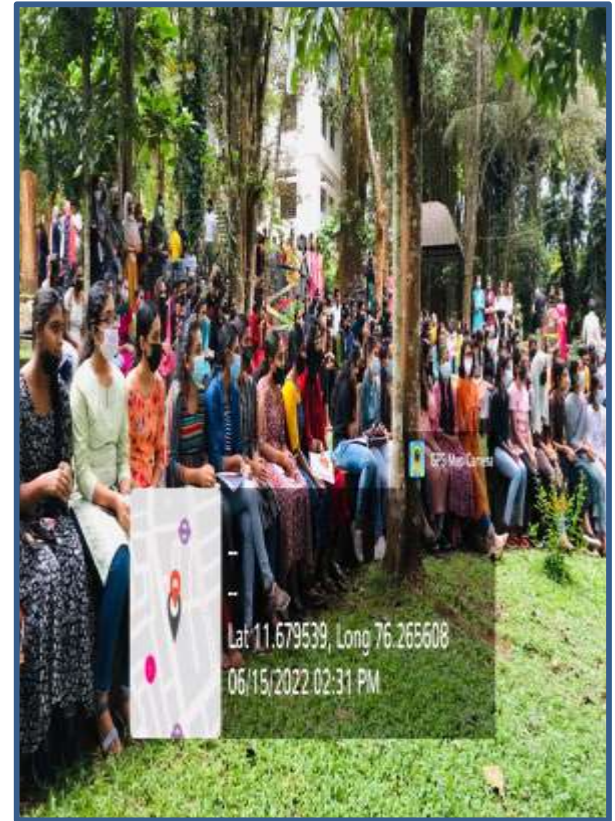
As part of the anti drug awareness campaign, students formed a human chain and took a mass oath to refrain from substance usage.

The event was also aimed at creating social realization about the menace in community.

# Message by Chief Minister of Kerala: " Say NO to Drugs"



# Street Play



A street play VIMOCHANAM was organised by Red Ribbon Club and Anti Drug Cell at the amphitheatre of the college creating consciousness among students showcasing the menace caused in the family and the society due to the use of drugs.

# Anti Drug Campaign - 'DRUXIT'

**DRUXIT** exit drugs

ലഘുക്കര ഓർത്തഡോക്സ് സുറിയാനി, സഭ സുര്യതാമസ് ബത്തേരി ഭദ്രസഭ

**ലഹരി വിരുദ്ധ ക്യാമ്പയിൻ**

**FLASH MOB**

10-01-2023 ചൊവ്വഴ്ച  
സമയം: 3:30 PM

സെന്റ് മേരീസ് ഓർത്തഡോക്സ് കത്തീഡ്രൽ, സുര്യതാമസ് ബത്തേരി

**SAY NO TO DRUGS**

By: Anti-Drug Club & MGOCSM Unit  
St. Mary's college, Sulthan Bathery



Anti drug campaign jointly conducted by Anti Drug Club and MGOCSM, SMC Unit.

A tableau was also arranged followed by street play and anti drug awareness class by Mr. Shaji K.S, Deputy Commissioner Excise, Wayanad District.

**DRUXIT** exit drugs

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**MR. SHAJI K.S**  
Deputy Commissioner Excise

**MR. PRADITH SIVYUR**  
MGOCSM Unit

ലഹരി വിരുദ്ധ ബോധവൽക്കരണ റാലി

**ടാബ്ലോ** **തെരുവ് നടകം**

'ഓഗ്രതാ ഓലം' മാരിക് ഷോ  
മാരിക് ഷോയുടെ പ്രതിബന്ധ വിരുദ്ധ  
അടവിലുള്ള ഓർത്തഡോക്സ് ബത്തേരി കത്തീഡ്രൽ

**ഏവർക്കും സ്വാഗതം**

Press Contact: Pradith Siviyur



# Anti-Tobacco Day celebration -4th June 2017



The Indian Dental Association (IDA) & the NCC unit celebrated Anti-tobacco day on 4th June 2017.

- A 10km marathon race was conducted for men and 5km race for women from PBM hospital, Meenangadi.

- An anti tobacco rally was also conducted which was inaugurated by Mr I C Balakrishnan, MLA.







# Commit To Quit 26-05-2021 to 05-06-2021



**#CommitToQuit**

Online Social Media Campaign  
26/05/2021 to 05/06/2021

**TOBACCO KILLS MORE THAN  
8 Million People Every Year.**



Choose Health Not Tobacco  
31 May NO TOBACCO DaY

St Mary's college, Sulthan Bathery organized online social media campaign #Commit To Quit as a part of World Tobacco day celebration from 26-05-2021 to 05-06-2021.

The campaign was intended to inform the students on dangers of using tobacco, and what individuals and communities can do to help young minds tobacco-free.

# Photo contest, Quiz competition and Poster making competition



St. Mary's College  
Sulthan Bathery  
Vimukthi Anti-drug club, Red Ribbon Club & Peace Club

**PHOTO CONTEST**  
single photo

"Winners will be selected based  
on Instagram likes"

Join and Win Some Exciting Prizes

SEND YOUR  
ENTRIES TO  
7034150113  
562328961  
>7510842943

Instagram @antidrug\_smc\_official

entries upto  
April 16



Vimukthi - Anti Drug  
Club & Red Ribbon Club  
ST. MARY'S COLLEGE  
SULTHAN BATHERY

Winners of World Health Day  
Poster Making Competition

1st  
Fathima Riya  
(D1 POLITICS)

2nd  
Aswathy Manoj  
(D1 BOTANY)

3rd  
Adithya K. G  
(D1 PHYSICS)



Vimukthi - Anti Drug  
Club & Red Ribbon club  
ST. MARY'S COLLEGE  
SULTHAN BATHERY

Winners of World Health Day  
Quiz Competition

1st  
Akshara Ambujakshan  
(D2 Botany)

2nd  
Albin Lalichan  
(D2 Botany)

3rd  
Ashlin saju  
(D2 chemistry)

'Vimukthi' Anti Drugs Club, St Mary's college, Sulthan Bathery organized a three day World Health Day observance in association with Red Ribbon club through poster making competition, Quiz competition and Photo contest from 5th Feb to 7th Feb, 2021. The programme had the presence of renowned resource persons like Prof. Varghese Vaidyan and Prof. Mohan Babu.

The function was presided by the Principal of the College, Dr. Santhi George. A total of 75 students took part in the session. The program came to an end by the distribution of certificates to the Winners of world health day observance

# Oru Nimisham on 26<sup>th</sup> May, 2021

A COVID AWARENESS VIDEO

സെന്റ് മേരീസ് കോളേജ്  
സുൽത്താൻ ബത്തേരി, സയറാട്

ഒരു  
നിമിഷം  
ഒരു കോവിഡ് അബോധനം

ഉദ്ഘാടനം  
ശ്രീ. ടി. കെ. രമേശൻ  
മുനിസിപ്പൽ ചെയർമാൻ, സുൽത്താൻ ബത്തേരി

മെയ് 26 2021  
രാവിലെ 10 മണിക്ക്

Meet

കരുതലോടെ  
തേരിടാം..

Inauguration of  
#committoquit  
No Tobacco Day Related  
Activities.

ANTI DRUG CLUB RED RIBBON CLUB PEACE CLUB

In Association with Anti- Drug Club, Red Ribbon Club & Peace Club, St Mary's college, Sulthan Bathery organized a one day Covid awareness program ' Oru Nimisham' on 26th May 2021 in online mode. The function was inaugurated by Mr. T.K Rameshan (Municipal Chairman, Sulthan Bathery). The function was presided by the Principal of the college, Prof. John Mathai Nooranal. A total of 98 individuals including students and faculties took part in the session. The chief guest delivered speech on the topic 'The Covid Pandemic'.

# Quiz Competition

'വിമുക്തി'  
കേരള സംസ്ഥാന  
ലഹരി വർജന മിഷൻ  
INTER COLLEGE QUIZ  
COMPETITION

organised by  
Sulthan Bathery municipality and  
Excise department  
25-Jan-2019

NCC UNIT  
ST.MARY'S COLLEGE S.BATHERY

“ബോധ്യം 2022”

ജില്ലാതല ലഹരി വിരുദ്ധ ബോധവൽക്കരണ  
ക്വിസ് മത്സരത്തിൽ **രണ്ടാം സ്ഥാനം** നേടി  
സെന്റ് മേരീസ് കോളേജിന്റെ അഭിമാനമായ

**മുഹമ്മദ് ആഷിക്വിന്**



**അഭിമാനമാർഗ്ഗം**

NSS UNIT NO: 70 & 159  
ST MARYS COLLEGE  
SULTHAN BATHERY

www.stmarysbathery.ac.in

The Sulthan Bathery Municipality in association with the Excise Department conducted Inter college Quiz Competition where Muhammed Ashiq of St. Mary's College bagged the First Prize.

# Awareness drives- Poster Creation

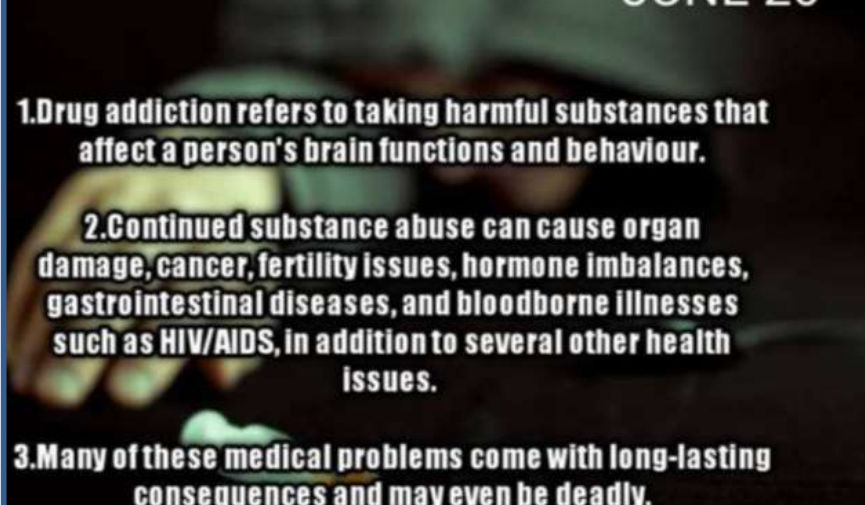
**St.Mary's College Sulthan Bathery**

**International Day Against  
Drug Abuse and  
Illicit Trafficking**

NTI DRUG CLUB

**JUNE 26**

- 1. Drug addiction refers to taking harmful substances that affect a person's brain functions and behaviour.**
- 2. Continued substance abuse can cause organ damage, cancer, fertility issues, hormone imbalances, gastrointestinal diseases, and bloodborne illnesses such as HIV/AIDS, in addition to several other health issues.**
- 3. Many of these medical problems come with long-lasting consequences and may even be deadly.**
- 4. Drug abuse also affects the nation's economy**



The college observed the International Day against Drug Abuse and Illicit Trafficking on 26th June 2018 for the students. The club realized the rampant use of these substances among the youth in particular. The theme for the competition was DRUGS END ALL DREAMS. The best poster was decided by a judging panel.

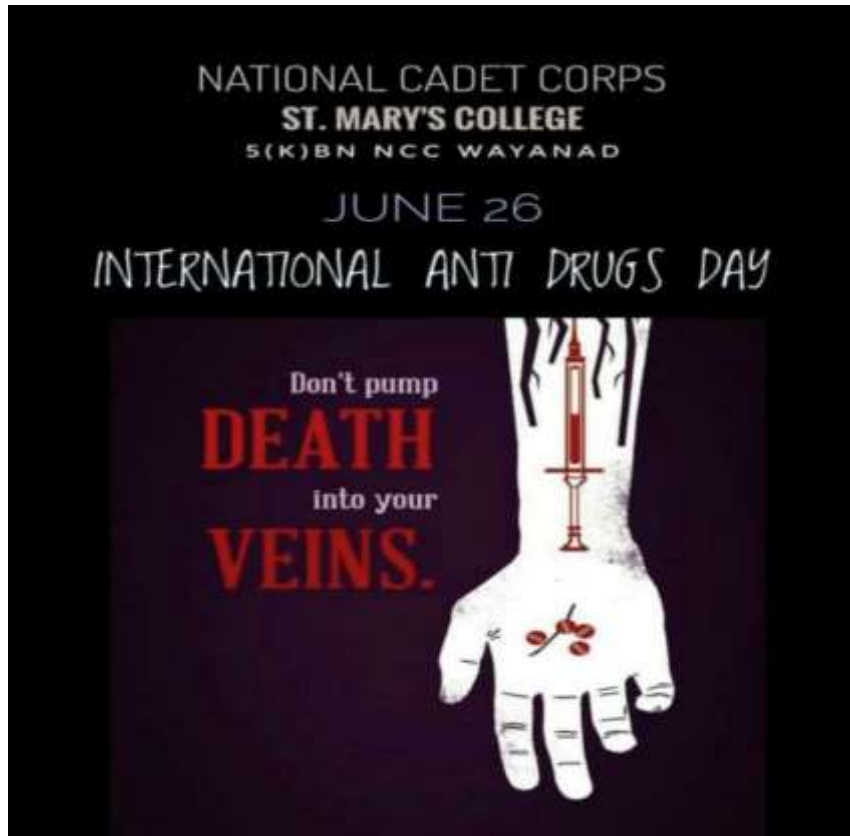
# Poster making Competition – Theme DRUGS: CHOOSE NOT TO USE



On the International Anti Drug Day – 26th June 2019 the Anti Drug Club and NSS organized a departmental level poster making competition with the theme DRUGS:CHOOSE NOT TO USE.

The posters were displayed in the bamboo gardens for wider reach.

# Poster Making Competition- DEATH INTO YOUR VEINS



NCC Unit conducted competition titled 'Don't pump death into your veins'. The programme conducted on 26 Jan 2019. These programmes were aimed to create impacts in the mind of the students.

# Cycle Expedition-30<sup>th</sup> Oct, 2021



NCC Unit and Excise department jointly conducted an anti drug cycle expedition through tribal colonies with starting point at St. Mary's College. The programme created an awareness to have a life devoid of drugs.



# Fitness Fest Plan -AYUSH 2021-22



Yoga is being conducted by AYUSH department and NCC Unit of the college to improve physical and mental fitness.

The programs by the AYUSH department is conducted every Friday morning and is found to help reduce stress, improve mental health and create a deep sense of purpose. A method of mindfulness meditation.

# Counselling Centre



The Wednesdays Counseling Centre run by certified counselors from Kudumbasree which can be availed by both Faculties and Students of the St. Mary's College. The counseling sessions help identify the roots causes of the problems. These support systems help develop coping mechanisms to fight the urges and to be stress free.

# Health And Fitness centre



The college has a gender neutral open air gym where students actively join to improve their physical fitness. The gym is maintained by the Physical Education department with the objective to encourage students to develop healthy habits and to exercise regularly.

# Health And Fitness centre



The college also has a wellness park and open gymnasium with equipments set in a green ambience.

# Evidence of Success

- Students joined the Anti-Drug Cell and actively participate in various programmes put forth by the Cell.
- Students showed active interest in joining sports, Gym and yoga clubs to attain mental and physical fitness.
- Identification of hot-spots and corners of drug dealers and users which is intimated to the excise department and later became safe havens.

# Problems encountered and resources required

- Identification of addicts and their recovery is a tedious process.
- Systematic follow-up is found difficult to attain, as they are exposed to other elements outside the campus.