

JINNAH UNIVERSITY FOR WOMEN



Anti-Drug and Tobacco Policy

Updated : September 2021
Approved : October 2021
(Academic Council)

Drug Use in Educational Institutions

As, Higher Education Commission's has recently developed a policy to prevent the drug abuse and smoking in HEI's as an initiative to curtail the drug abuse and smoking at national level. Jinnah University for Women is pleased to join that initiative. With reference to that, university has developed its own road map (*attached*) for prevention of drug abuse and smoking at the campus.

In this connection, we have also formed a committee named as; Anti-Drug and Tobacco Committee (ADTC).

Objectives of Anti-Drug Tobacco & Committee may include, but not limited to:

- To establish a monitoring and law enforcement committee to prevent drug usage in the premises of university. Team will be consisted of head of institution, focal person of ADTC, student advisor and senior administrative staff. First a plan for monitoring and law enforcement will be devised and later the members of committee monitor the law enforcement activities.
- To develop a communication system for those who need psychological services to help them connect with service providers.
- To provide awareness related to the drug use, emotional distress, healthy emotional reactions, clinical disorders, and psychological services required to deal with these issues, to academic community via pamphlets, seminars, and video conferences.
- To establish a psychological wellbeing clinic for provision of psychological services to those who need clinical attention.
- To train staff with preventive activities against drug use like identification and whistle blowing and train the counsellors for the provision of psychological services for drug use.
- To develop a referral system in case if the demand for psychological services exceeds the available resources within the premises of university.

To connect with regional health care providers and mental health professionals for exchange in knowledge with reference to the provision of psychological services.

For awareness raising against drug abuse, the committee will promote Zindagi app among students.

Assessment

In order to measure the outcomes of intervention and assess the satisfaction of academic community, satisfaction surveys will be conducted. The survey will be developed in accordance with the guidance provided by MNA Ms. Andleeb Abbas as per HEC's requirement. Analysis of this survey will be helpful for betterment of this campaign in future.