

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.