



## **//BEST PRACTICE//**

### **Title of the Practice: -**

### **De-addiction from tobacco mixed Gutka, Alcohol, betel leaves.**

**Objectives of the Practice** - To spread awareness among our students against the bad effects and horrible consequences of consuming alcohol and chewing tobacco mixed gutka and betel leaves.

**The Context** - The drive begins when our principal while inspecting the college premises saw spits of Pan (Betel nuts) on the walls, which (inspection) was extended to toilets, he immediately called a meeting of all the professors and student leaders and dealt in detail about the present problem. Support from all the sections was affirmative and favourable which was obvious. Instructions were given to all the teachers regarding this. Results were not immediately visible.

**The Practice** - Our efforts began at the college premises where we banned chewing of tobacco Gutka and entry of the people under the influence of alcohol. Entry of tipsy people is quite common as some of the parents of the students come to college to make some enquiry regarding their wards. We have banned entry of these people in toto and warned them never to come to college under the influence of alcohol. The parents were asked to come with the students and they were given a good deal of consultation and were asked to take oath never to consume intoxicating substances in future to save the prosperity of their own children. All the sales around the college premises was strictly banned by warning and taking help of the local police. Now we are proud to declare that within 1 km of college premises there are no kiosk around the college selling these intoxicating materials.

When we deeply delved in the issue, enquired the students it was found that in the villages means of entertainments are limited in comparison to that of the cities travelling is also much less that saves a lot of time prompting the youths with immense energy to indulge in bad company and attracting towards alcohol consumption, smoking and tobacco chewing

NSS camp was also taken as an opportunity to spread awareness in the village. In the morning rally students everyday held placards against any kind of addiction, interacting with the villagers. Nukkad Natak was also part of our drive. Students played Natak which was cheered and applauded by the spectators. All the students and younger people of the village agreed on the fact that alcohol not only harms our body but also it affects

our economy, family life, relations increase crime rates etc. Cigarette and alcohol are not big problem because of heavy cost and influence of the teachers, but tobacco is an invisible demon which sneaks inadvertently. All the teachers and professors of the college have sternly prohibited themselves from going to any kiosk and standing idly, totally removing doubts that their teacher is also involved in this consumption and addicted to it

**Problems Encountered and Resources Required** – In the begging the student resisted and protested when their parents were prevented from entering the college and the students were asked to leave the classrooms when found Gutka or Tobacco in their mouth. They complained to the principal and tried to counter with using their local political clout.

**Evidence of Success** – What is right is right, was our stand. We remained firm in our stand and gradually the change took place. The resistance lost its edge. Students now comply with what is instructed (Not to chew tobacco, gutka or betel nut in the premises)

**Notes - Our** Success is partial, though students do not consume the above-mentioned materials in the college openly but they do. So, our task is yet not over and our efforts continues.....

*Dr*  
*06-02-25*

**Principal**

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