

ANTI-DRUG POLICY

Chinmaya Vidyalaya

Chin-Nirāmaya – Maintaining Holistic Wellness

“What we have is a gift from Him. What we do with what we have is our gift to Him”- Pūjya Gurudēv

1. Vision

Our Vidyalaya stands committed to building a **drug-free, value-based learning community** grounded in **cultural, moral, and spiritual principles envisioned by CVP**. We believe that strength and joy come from **discipline, self-awareness, harmonious co-existence and spiritual balance**, not from harmful substances.

Core Values:

- Respect for life and health – physical, psychological and spiritual
 - Inner strength through physical and mental activities – practising mindfulness
 - Truthfulness, empathy, and self-discipline
 - Responsibility towards society and environment
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2. Objectives

- To prevent drug and substance abuse among students.
 - To promote awareness of health, law, and values related to drug use.
 - To provide counseling and rehabilitation support when and where needed.
 - To ensure a safe, supportive, and drug-free Vidyalaya environment.
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3. Scope

This policy applies to:

- All students, teaching and non-teaching staff within the Vidyalaya premises.
 - Vidyalaya-organized programmes and events - camps, excursions, and online interactions.
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4. Definition of Drug/Substance Abuse

Drug or substance abuse includes the **use, possession, distribution, or influence** of illegal drugs, alcohol, tobacco, vaping substances, or misuse of prescription medicines.

5. Preventive Measures and Awareness Programmes

5.1 Cultural & Spiritual Reinforcement

- Regular yoga, meditation, and value education sessions based on CVP.
- Talks by health professionals, law and order authorities and Chinmaya mission's volunteers/*swamijis* on self-discipline and awareness.
- Inclusion of stories and lessons from Indian cultural heritage that emphasize purity of body and mind – *Balvihar*

5.2 Educational Awareness

- Annual Anti-Drug Awareness Week celebrations.
 - Workshops and seminars with police, medical, and community experts.
 - Posters, competitions, and drama events spreading anti-drug messages.
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6. Monitoring and Reporting

6.1 Monitoring and Reporting Committee (Internal)

Role	Person/Department	Responsibilities
Principal (Chairperson)	Head of Institution	Supervise implementation, make disciplinary decisions
Vice Principal / Discipline Head	Senior Faculty	Monitor student behavior, in person & via CCTV records, maintain reports
Vidyalaya Counselor	Qualified Psychologist	Conduct counseling sessions, guide affected students/staff/parents
Student Leaders	Nominated Students	Peer awareness, confidential reporting
Security	Security & Housekeeping Staff	Monitor and report on any illegal activities or transactions happening in the vicinity of the Vidyalaya
Parent Representative	PTA Member	Liaison between Vidyalaya and families

6.2 Additional Monitoring and Reporting Committee (External)

Medical Officer/Nurse	Nearest Clinic/Hospital	Medical Aid and Guidance for further steps
Local Police Liaison Officer	Police Department	Legal awareness and preventive coordination

7. Counseling and Rehabilitation

Students found under influence or possession of drugs will:

1. Be counseled privately by the **Vidyalaya Counselor**.
 2. Parents will be informed and involved in rehabilitation.
 3. In serious or repeated cases **referral to certified de-addiction centers** will be made.
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8. Disciplinary and Legal Action

8.1 Internal Disciplinary Steps

- Verbal warning → Written notice → Suspension → Expulsion (according to the frequency or severity of the case).
- Community service within Vidyalaya as corrective measure (if appropriate).

8.2 Legal Framework Reference

All actions shall comply with:

- **The Kerala Narcotic Drugs and Psychotropic Substances Rule, 1985 (NDPS Act)**
- **Indian Juvenile Justice (Care and Protection of Children) Act, 2015**
- **Bharatiya Nyay Sanhita Sections 274–278 (related to drugs and adulterated medicines)**

The Vidyalaya will **completely cooperate with local law enforcement** where required.

9. Medical and Emergency Support

In case of suspected intoxication or overdose:

- **Immediate first aid** by in-house medical aid team/nearest clinic.
- **Emergency contact with local hospital / ambulance.**

Local Medical Contacts:

- Nearest Clinic/Private Hospital -
 - Government District Hospital – 108 (Emergency)
 - National Drug De-addiction Helpline – **1800-11-0031**
 - CHILDLINE - National, 24 Hour, Emergency toll free phone service for children in need of care and protection – **1098**
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10. Parental and Community Involvement

- Periodic **Parent Orientation Programmes** on youth well-being during and in addition to PTA meetings
 - Collaboration with community centers, NGOs, and healthcare providers.
 - Parents encouraged to observe behavioral changes, and report concerns to class teachers who are available to contact 24*7 via Whatsapp/call/email.
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11. Review and Evaluation

The policy will be **reviewed annually** by the Principal and the Monitoring Committee to ensure effectiveness and cultural relevance.

12. Declaration

Every student and parent shall sign an **Anti-Drug Pledge** at the beginning of the academic year affirming commitment to a healthy, value-based lifestyle.

“I value and respect our body, mind, and spirit. I promise to keep them pure, strong, and free from any harmful influence.”
