

Vimala College (Autonomous), Thrissur

Anti narcotic club report 24-25

1. Introduction

The Antinarcotic Club of Vimala College, Thrissur, functions as a proactive body under the guidance of the Kerala Excise Department. The primary objective of the club is to generate awareness among students about the harmful effects of narcotic drugs and psychotropic substances and to build a drug-free campus and society. The club works in collaboration with various government agencies, NGOs, and internal college committees to organize awareness campaigns, outreach programs, and counselling sessions.

2. Objectives

- To create awareness among students about the dangers of drug abuse.
- To promote a healthy, drug-free lifestyle among the youth.
- To encourage students to be ambassadors of anti-drug messages in their families and communities.
- To detect and prevent any early signs of substance abuse among students.
- To extend the reach of antinarcotic awareness to the college hostels.

3. Composition of the Club

The Antinarcotic Club comprises:

- **Coordinator:** A faculty member appointed by the college administration.
- **Executive Committee:** Selected student representatives from various departments.
- **Volunteers:** Interested students who wish to participate in antinarcotic activities.

4. Major Activities Conducted

a) Awareness Campaigns

- Regular awareness seminars conducted in collaboration with the **Kerala Excise Department** and **District Legal Services Authority (DLSA)**.
- Poster-making and slogan-writing competitions on the theme “Say No to Drugs.”
- Street plays and flash mobs performed by students in and around the campus.

b) Observance of Anti-Drug Day

- The **International Day Against Drug Abuse and Illicit Trafficking** on June 26 is marked every year with keynote addresses, rallies, oath-taking ceremonies, and exhibitions.
- Guest lectures by officials from the Excise Department, psychologists, and de-addiction experts.

c) Workshops and Seminars

- Interactive sessions on psychological and legal aspects of drug abuse.
- Training programs for peer educators to identify early signs of addiction and support affected students.

d) Collaborative Programs

- Partnership with NGOs and local law enforcement to conduct community outreach programs.
- Participation in district-level antinarcotic initiatives and rallies

5. Special Focus: Antinarcotic Programs in College Hostels

Recognizing that hostels are critical environments for ensuring student welfare and discipline, the Antinarcotic Club places special emphasis on hostel-based awareness and surveillance activities.

a) Orientation Programs

- Conducted at the beginning of the academic year for all new hostel residents.
- Focus on explaining the psychological, academic, and legal consequences of drug use.

b) Periodic Awareness Sessions

- Monthly sessions on “Healthy Living” that include anti-drug modules.
- Screening of short films and documentaries in hostel common rooms followed by group discussions.

c) Hostel Monitoring Committees

- Each hostel has an internal monitoring team comprising wardens, senior students, and antinarcotic club volunteers.
- Regular inspections and confidential grievance mechanisms are in place to report suspicious behavior or substance abuse.

d) Peer Support and Counselling

- Training selected students in hostel wings to serve as peer supporters.
- Regular visits by the college counsellor to hostels to provide mental health support.

e) Cultural and Recreational Alternatives

- Organizing talent shows, games, yoga sessions, and reading circles in hostels to keep students engaged in positive activities.
- Celebration of International Youth Day, Wellness Week, and other thematic events with drug-free messages.

6. Impact and Outcomes

- Increased awareness among students regarding the harmful effects of drugs.
- Zero tolerance towards drug possession or use reported on campus.
- Strengthened student-faculty relationships fostering trust and open communication.
- Enhanced coordination between hostel administration and antinarcotic volunteers.
- Positive peer influence and healthy lifestyle choices observed in hostels.

7. Conclusion

The Antinarcotic Club of Vimala College, Thrissur, has played a pivotal role in building a safe and responsible student community. Its proactive approach, especially in college hostels, has ensured a vigilant yet supportive environment where students are encouraged to thrive free from the threat of substance abuse. Continuous engagement, awareness, and preventive measures are the core strengths of the club's functioning.

Committee Members

General Patron – Dr Sr Beena Jose (Principal)

Coordinator – Dr Binu.K (Nerkotam sradha Member

Joint coordinator- Dr Mimi Mani Panakkal

Hostel coordinator – Divya.CV &Ani Davis .K

Student coordinator – Sangerthana 3d Ba Sociology

Anti Narcotic cell Activities 2024-25

Anti-drug awareness talk on DD Malayalam on 3-3-25

1. Anti Narcotic Rally

The Sociology Department, in collaboration with the Anti-Narcotic Club, organized an Anti-Narcotic Rally aimed at spreading awareness about the dangers of drug abuse and promoting a drug-free society. The rally was a key initiative under the college's broader anti-narcotic campaign, focused on educating students, faculty, and the local community about the social, legal, and health consequences of substance abuse. The Anti-Narcotic Rally was held on 1/10/2024 , starting from the college campus and proceeding through key areas of the surrounding community. The event witnessed enthusiastic participation from students, faculty members, and representatives from various local organizations and government agencies working in drug prevention.



2. The Anti Narcotic club in Association with The department of Sociology, Vimala College Autonomous organised a drug abuse awareness camp in Aanapantham Tribal Settlement on 4/10/2024

A Drug Abuse Awareness Program was successfully conducted on 4th October 2024 at the Aanapantham Tribal Settlement. Thrissur The event was jointly organized by the Anti-Narcotic Cell and the Department of Sociology of Vimala College (Autonomous), Thrissur.

The primary objective of the program was to raise awareness about the harmful effects of drug abuse and to promote a drug-free lifestyle among the tribal community. The session was well-received by the attendees, who participated actively in the discussions and awareness activities.

The keynote address was delivered by Dr. Binu K, Head of the Department of Sociology, Vimala College (Autonomous), who served as the spokesperson for the event. Dr. Binu emphasized the growing menace of substance abuse, particularly among youth, and the urgent need for community-level intervention and education. The session also highlighted the role of families, educators, and society in preventing drug addiction.

The program concluded with an interactive session where the participants shared their thoughts and concerns, making it an engaging and impactful initiative.



The Anti Narcotic Cell of Vimala College organized an awareness program on Drug Abuse on 28/11/2024.

**Report on the Awareness Program on Drug Abuse
Organized by the Anti-Narcotic Cell, Vimala College**

Date: 28th November 2024

Venue: Vimala College Auditorium

The Anti-Narcotic Cell of Vimala College, Thrissur, organized a comprehensive **Awareness Program on Drug Abuse** on **28th November 2024**, with the aim of educating students and faculty on the alarming rise of substance abuse and promoting a drug-free campus.

The program began with a **welcome address** by **Dr. Binu K**, the Anti-Narcotic Club Coordinator. He emphasized the crucial role of educational institutions in building awareness among youth and curbing the menace of drug addiction at its roots.

The **presidential address** was delivered by **Dr. Sr Beena Jose**, Principal of Vimala College. She highlighted the significance of maintaining a healthy and positive academic environment and

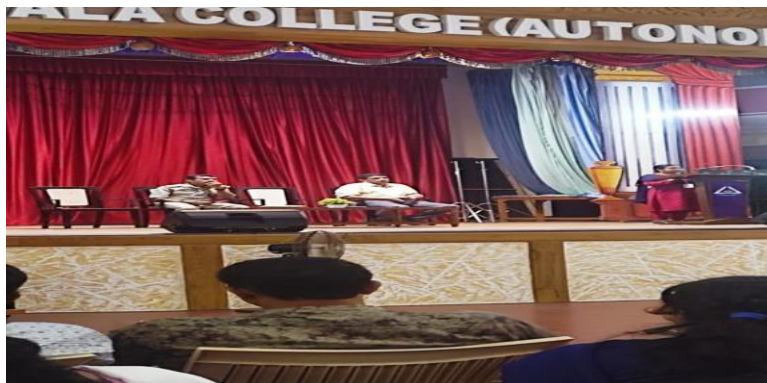
encouraged students to stand united against the threat of narcotic substances. Dr. Sr Beena praised the efforts of the Anti-Narcotic Cell and reiterated the college's commitment to social responsibility and student well-being.

The **chief guest of the event, Sri Stattesh**, the Excise Commissioner of Kerala, delivered an impactful and informative keynote speech. Drawing from his extensive field experience, he shed light on the increasing prevalence of drug abuse among youth, its psychological and social consequences, and the legal framework governing narcotics in the state. His address included real-life case studies and statistics, which made the session both enlightening and thought-provoking. He also stressed the importance of early intervention, parental vigilance, and institutional collaboration to combat the growing challenge of substance abuse.

The event included interactive segments where students were encouraged to ask questions and share their thoughts on how to make educational campuses safer and drug-free. Awareness pamphlets and posters were also distributed as part of the program.

The program concluded with a vote of thanks, expressing gratitude to the dignitaries, faculty, student coordinators, and participants for their enthusiastic involvement and support in making the event a success.

The awareness program served as a powerful platform for sensitizing young minds to the dangers of drug abuse and reaffirmed the institution's role in fostering responsible citizenship and healthy lifestyles.





"Drug Abuse and Youth"

A talk on "*Drug Abuse and Youth*" was conducted on **03/03/2025** on **DD Malayalam**, organized by the **team Samakalikam**. The session featured a panel discussion in which **Dr. Binu K., Anti-Narcotics Club Coordinator at Vimala College**, actively participated as a panelist.

The objective of the talk was to raise awareness about the alarming rise in drug abuse among youth and to educate the public on its physical, psychological, and social consequences. The discussion began with a presentation of concerning statistics on youth drug use both in India and globally. Panelists emphasized how factors such as curiosity, peer pressure, stress, and inadequate parental support often lead young individuals toward substance abuse.

Dr. Binu K. shared valuable insights into the patterns of addiction, its impact on mental health, and the importance of early intervention. He also discussed the role of educational institutions, families, and community organizations in preventing substance abuse and promoting a drug-free lifestyle among youth.

The talk concluded with an appeal to society to recognize drug abuse as a serious threat and to work collectively toward prevention and rehabilitation.

Report on the Talk: "Drug Abuse and Youth"

