



विश्वविद्यालय अनुदान आयोग
बहादुरशाह जफर मार्ग
नई दिल्ली-110002
University Grants Commission
Bahadurshah Zafar Marg
New Delhi-110002

392

UGC Website : www.ugc.ac.in

F.No.1-8/2009 (Ragging)

October, 2009

03 NOV 2009

- ① The Principal
Dr. R.P. Govt. Medical College,
Tanda, Kangra
Himachal Pradesh.

03 OCT 2009

Subject: Submission of report of the Committee constituted by the Honorable Supreme Court.

Sir,

With reference to your letter No. Nil dated 07.09.2009 on the above subject, I am directed to enclose a copy of the report received from the Dr. Anju Dhawan, Associate Professor, AIMS, New Delhi for your information.

Yours faithfully,

Encl: As above

o/c
R. Manoj
3-11-09

R. Manoj Kumar
(R. Manoj Kumar)
Education Officer

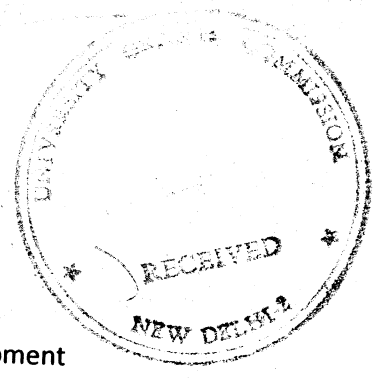
② The vice chancellor,
Himachal Pradesh
Shimla -171005

③ Mrs. Anupama Bhatnagar
Sec (U-5)
Govt. of India
M/H R.D., New Delhi-110 115



52107
8/10/09

7.9.09



Ragging

To
Ms. Anupama Bhatnagar
Director
Ministry of Human Resource Development
Department of Higher Education
UGC

Sub: Submission of report of the Committee constituted by the Honourable Supreme Court to look into the issue of ragging and suggest means of prevention in educational institutions (F. No. 16-7/2009-U-5 dated 9th June 2009)

Dear Madam

A committee was constituted by the Honourable Court to examine the problem of alcoholism on the RPGMC campus and suggest de-addiction measures. The report of the committee is attached for submission to the Honourable Supreme Court. The attached letter to the court has been duly signed by all the members of the committee.

Regards

Yours sincerely

A. Dewan

Dr. Anil Dewan
Associate Professor
AIIMS

*File
8.10.2009*

50 (Ragging)

*Pl. put up.
MS-M EICKA
8/10/09*

50 (Ragging)

*RUG
8/10/09*

289
7.9.09

To

The Assistant Registrar
Supreme Court of India
New Delhi

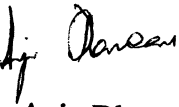
Sub: Submission of report of the committee constituted by the Supreme Court to examine alcoholism in RPGMC campus and suggesting de-addiction measures (ref D. No. 370/04/XI-A dated 12.6.09)

Dear Sir


The report of the committee constituted by the Supreme Court in the civil appeal no. 887 of 2009 to examine alcoholism in RPGMC campus and suggesting de-addiction measures is enclosed.

Regards

Yours sincerely


Dr. Anju Dhawan


Dr. Sameer Malhotra


Dr. Pratap Sharan

**Report on Alcohol use in
Dr. Rajendra Prasad Government Medical College (RPGMC),
Kangra**

**Committee to examine the problem of alcoholism in the RPGMC
campus and to suggest immediate de-addiction measures**

The committee comprised of the following persons:

- 1) Dr. Anju Dhawan, Associate Professor, National Drug Dependence Treatment Centre, All India Institute of Medical Sciences (AIIMS), New Delhi
- 2) Dr. Sameer Malhotra, Head, Division of Psychiatry and Psychotherapy, Department. of Neurosciences, Fortis Hospital, FHN and D-32, Nizamuddin East, New Delhi-110013
- 3) Dr. Pratap Sharan, Professor, Department of Psychiatry, AIIMS, New Delhi

TERMS OF REFERENCE

To examine the problem of alcoholism in the RPGMC campus and to suggest immediate de-addiction measures

EXECUTIVE SUMMARY

Background

- Onset of alcohol use occurs early in life. It is associated with risk of problems and affects brain, development and behaviour. Treatment seeking in youth is usually low and early interventions can reduce risk of subsequent problems.

Methods

- A literature review was conducted. Instruments to assess the problem were identified and an instrument for the qualitative assessment was constructed. A visit was made to Kangra on 26-28th July 2009.
- A survey of students was conducted by using an instrument AUDIT developed by WHO. Focus group discussions and key informant interviews with students, faculty, principal and wardens were conducted.

Results

- The findings from AUDIT based survey were as follows:
 - 20.4% students had ever taken alcohol
 - None of the girls reported drinking alcohol ever
 - Risky or hazardous drinking was reported by 2.4% of the sample (4 students) and 0.6% of the sample (1 student) had a high level of alcohol problems
 - There were 11 persons who were drinking in a binge manner (5 or more drinks per sitting)
- Based on focus group discussions and key informant interviews across groups, it emerged that
 - Alcohol use among students was occasional, usually in the setting of parties
 - A few students drank more frequently but were usually not a nuisance to others and kept to themselves
 - Sporadic incidents were reported wherein students had engaged in loud behaviour or in fights after drinking alcohol. The issue was reportedly addressed through disciplinary action against the group.
 - Alcohol was usually consumed for relaxation, pleasure/enjoyment, to have fun and mostly not to get drunk
 - External factors related to alcohol use:
 - accessibility to alcohol (alcohol vend was within 2 KM distance)
 - extra pocket money
 - celebration in parties-soon after examinations
 - when free time was available such as in the beginning of the year
 - Internal reasons related to alcohol use
 - frustration
 - personality profile
- There were no major problems due to use such as missing classes

- In the last few months the vigilance and monitoring on the campus had increased. The students could appreciate the reason for the monitoring.
- The following measures had been instituted by the college authorities prior to receiving inputs from the committee-
 - Increase in recreational activities
 - Help-line for students
 - Involvement of students in a drug abuse awareness programme
 - Increased monitoring in hostels
 - Disciplinary strategies
 - Stress reduction methods
 - A clinic to address problems of alcohol and drug use problems for the clinical population

Recommendations for the Institution

Action taken so far

1. Interaction with most of the students to increase awareness regarding problems related to alcohol abuse, encouraging students to identify and motivate those with alcohol related problems to seek help with the psychiatrist in the medical college.
2. Discussing with the principal, psychiatrist, hostel wardens and assistant wardens, and hostel manager about encouraging help seeking or treatment seeking among problem drinkers. It was also emphasized that initiating disciplinary action in case of breaking college rules or policies should be de-linked from treatment seeking and students should be aware that treatment seeking itself (in the absence of any major disciplinary problems) will not have any punitive repercussions.
3. As a capacity building exercise, the psychiatrist of the college has been trained on 'brief intervention' for alcohol abuse at the National Drug Dependence Treatment Centre, AIIMS from 3-5th September, 2009

Actions planned

1. Training on brief intervention will be imparted by the psychiatrist from the Kangra Medical College to a group of students identified as peer trainers. The peer trainers could play an important role in prevention of problems due to alcohol use and also in enhancing help-seeking. in an appropriate and confidential manner, without the fear of stigmatization.
2. Prevention strategies would focus not only on enhancing knowledge but also in resisting peer pressure and with focus on harm reduction (avoiding binge drinking, drinking and driving etc). These will be an ongoing process and should be carried out over next six months to a year.
3. Informal interactive workshops on harmful effects of drug/alcohol abuse and possible interventions