



YENEPOYA

(DEEMED TO BE UNIVERSITY)

Recognized under Sec 3(A) of the UGC Act 1956

Accredited by NAAC with 'A' Grade



YENEPOYA

(DEEMED TO BE UNIVERSITY)

Centre for Substance Abuse Prevention

Yenepoya(Deemed to be University)

University Road, Deralakatte,

Mangalore -575 018

Phone: 0824-2204668

Email-cfsap@yenepoya.edu.in

Overview

The University campus and surrounding community exert a profound influence on innumerable facets of student life. The social, academic, and co-curricular milieu is often shaped by the social norms and perceptions related to the use of alcohol, tobacco, and other drugs on the campus. To prevent substance abuse and to create a secure, conducive atmosphere for learning among the students in the campus, Yenepoya (Deemed to be University) has formulated specific guidelines concerning the possession, use and/or distribution of substances of abuse.

Under the National Policy on Narcotic Drugs and Psychotropic Substances (NDPS) and UGC guidelines, Yenepoya (Deemed to be University) prohibits the unlawful possession, use, distribution, or manufacture or dispensing of substances of abuse including tobacco, alcohol or any other drugs and substances mentioned in The Narcotic Drugs and Psychotropic Act 1985 on premises owned or controlled by Yenepoya (Deemed to be University).

In addition Yenepoya (Deemed to be University) has specific policy and programs in place that are intended to reduce the initiation of substance use, identify the users and offer help to those who need it. To spearhead the substance abuse prevention activities of the campus, Yenepoya (Deemed to be University) has established a Centre for Substance Abuse Prevention with satellite units in all Constituent units.

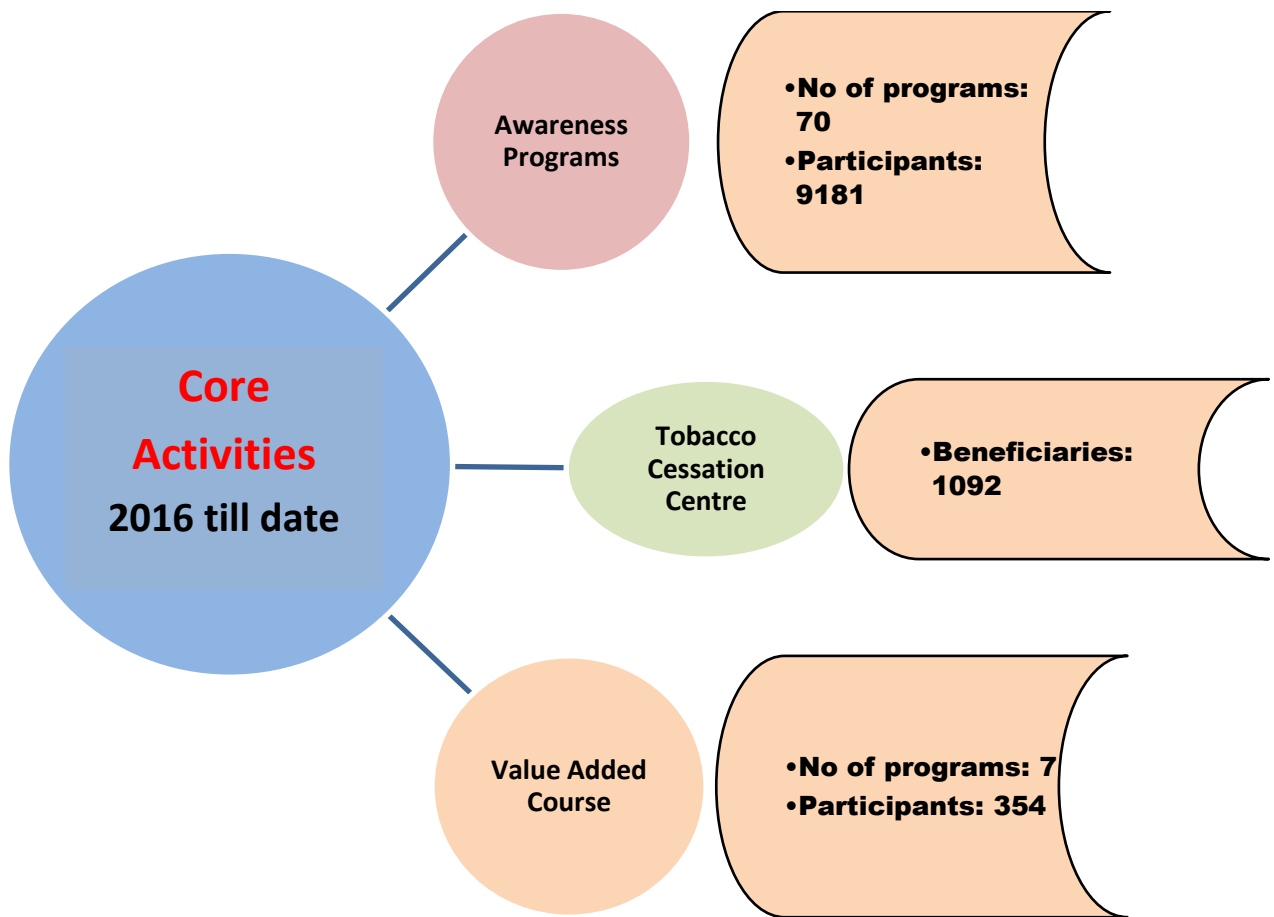
Adhering to the policy, the Centre for Substance Abuse Prevention focus on preventive and curative aspects of substance abuse related issues through communication sessions on health hazards of substance abuse and providing assistance to abstain/quit the habits. Centre particularly give special emphasis on ant tobacco awareness activities and through the Tobacco cessation clinic, provide support to people in their tobacco quitting efforts.

Committed to fight against tobacco and other substances of abuse, the centre has conducted 70 awareness programs through which 9181 people were benefited .354 professionals were trained to fight against tobacco through the Value Added Course. The tobacco cessation clinic assisted 1092 patients in quitting program.

Key Achievements

9000 + people were given awareness on ill effects on Tobacco & other substances of abuse

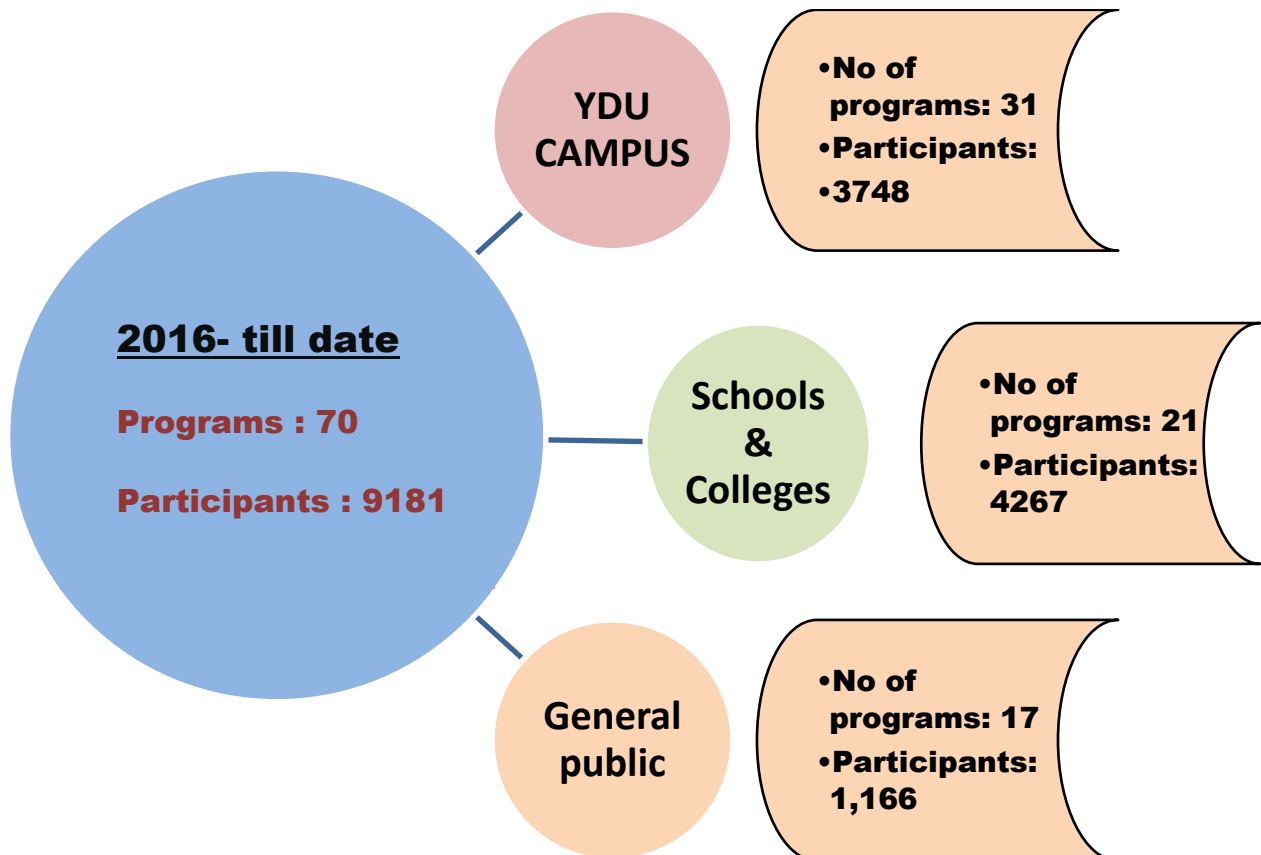
Developed Technology Assisted Awareness Modules to create awareness among school children



Core activities conducted

Adhering to the policy of the University and proposed goal and objectives, the centre conducts various activities to spread awareness about ill effects of substance abuse. In addition value added course is conducted to train the dental interns and PGs to empower professionals to fight against this social issue.. Furthermore, help is extended to people suffering from tobacco addiction.

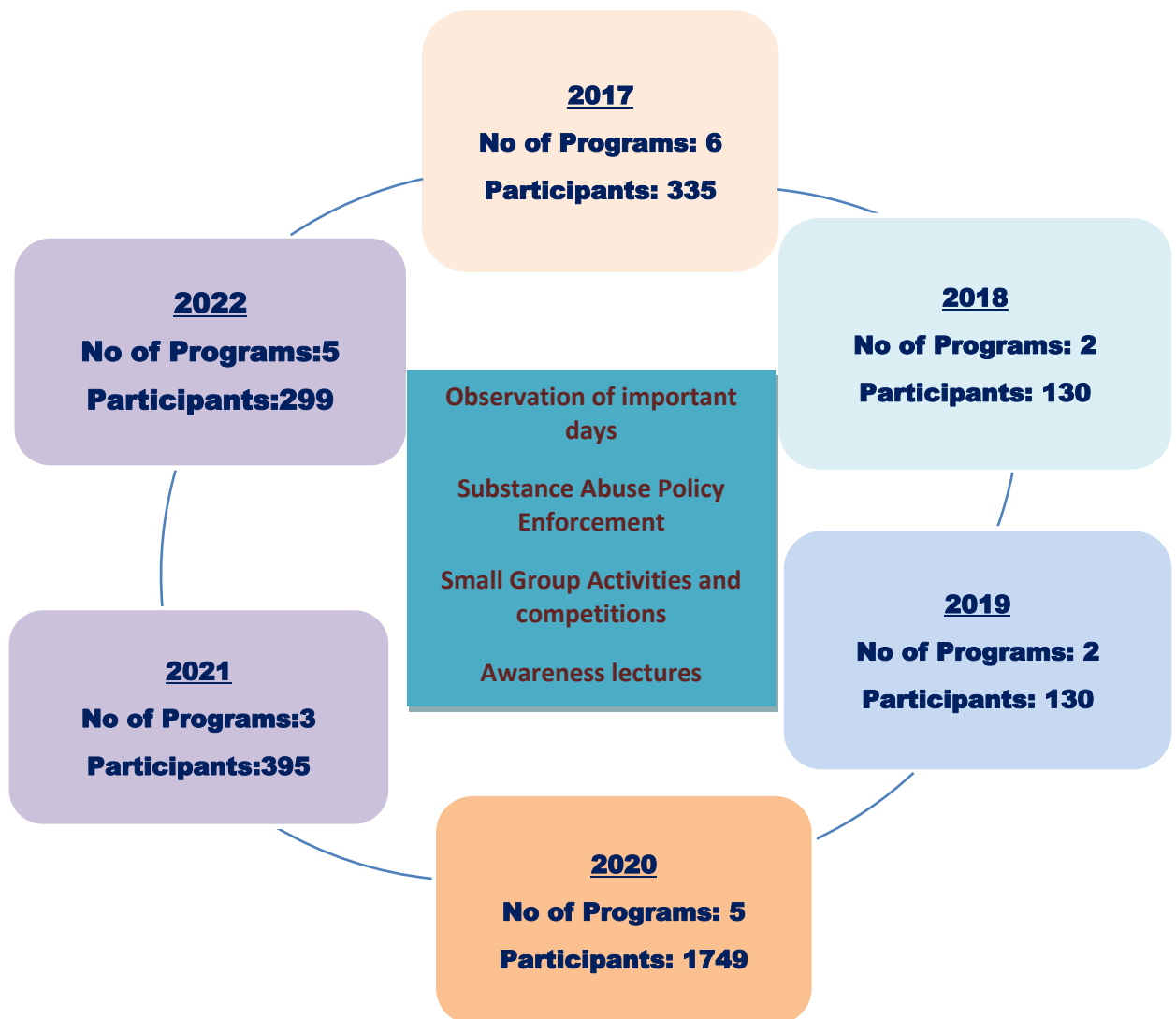
- **Awareness Programs:** awareness sessions re conducted about ill effects of substance abuse with special emphasis on tobacco among three target groups, namely members of Yenepoya (Deemed to be University), to schools and colleges in Mangalore and general public. Sessions are conducted through PowerPoint presentations, video presentations, question answer session etc. Hand bills are also distributed to participants.



1. Programs Conducted in YDU Campus:

The primary objective of the programs conducted is to create awareness about ill effects of substance abuse among students through communication sessions and activities organized with student participation. The University policy on substance abuse is explained to all the new students who joins the university during student induction program Deeksharambh. The centre also observes in befitting manner special days such as “World No Tobacco Day & International Day against Drug abuse.

Overview of the programs conducted in the YDU campus

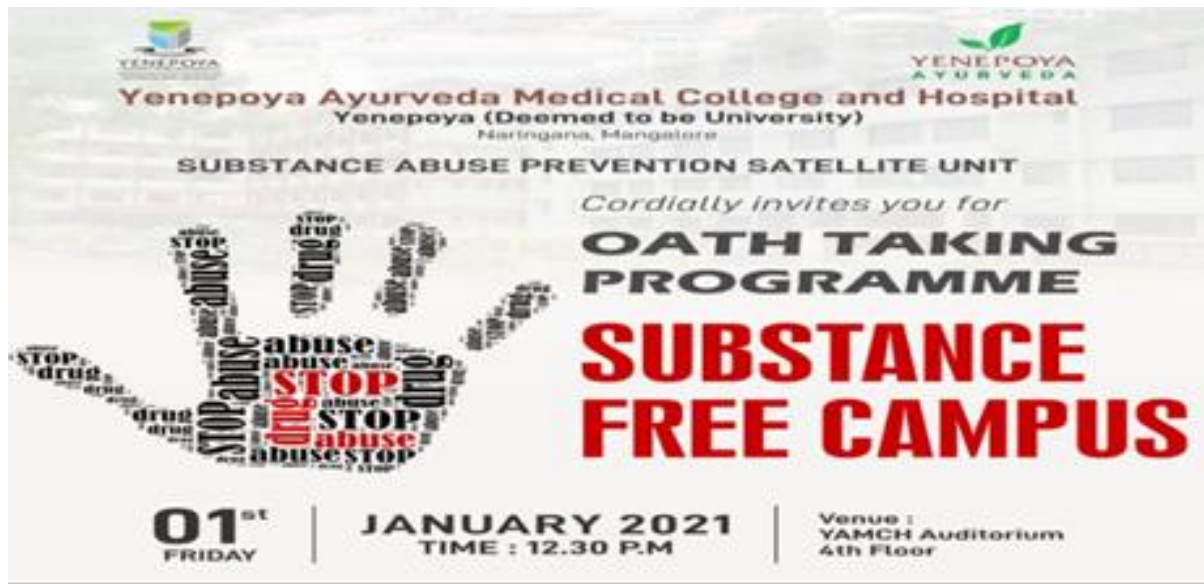




Substance Abuse Prevention – “Deeksharambh” : The centre for substance abuse conduct awareness session for newly joined students of all constituent institutions on substance abuse and related adverse effects on health and personal and professional life. During this session, the “No Substance Abuse “ policy of the university along with support system available in the university for students to safeguard from substance related issued are explained to the students. The session includes video presentation, interactive session and games. Student participation is also ensured in the program.



“Substance Free Campus”-Oath taking Program held on Jan 1st 2021



Details of Programs conducted in YDU campus

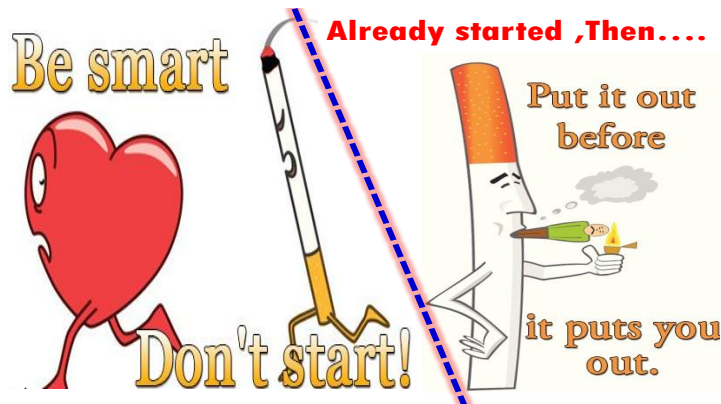
| Sl.No | Date | Details of the program | Participants |
|--------------|----------------------------|--|----------------------------|
| 1 | 2-02-2017 | “Hope to Rope”- awareness program against narcotics- by Mission Angel dust | 100 |
| 2 | 23-02-2017 | Awareness program against narcotics- by Mission Angel dust conducted for principals of schools | 70 |
| 3 | 18-03-2017 | Angel dust organized Table Tennis tournament with message “ Physical Activity may Prevent Substance Abuse” | 40 |
| 5 | 31-05-2017 | World No Tobacco Day | 125 |
| 6 | 28-08-2018 | Awareness Program on Substance Abuse for Hostel Boys | 40 |
| 7 | 13-10-2018 | Awareness program on substance abuse for the students of I MBBS, I BDS, I YNC boys of 2018 batch | 90 |
| 8 | 08-03-2019 | Anti tobacco awareness programme conducted for the students of Yenepoya Nursing College | 60 Students 3 Teachers |
| 9 | 08-03-2019 | Substance use and its consequences in Yenepoya Nursing College | 200 students 3 Teachers |
| 10 | 31-05-2019 | Observance of No Tobacco Day | 200 |
| 11 | 01-08-2021 | Interaction with parents and newly joined students about YU policy on substance abuse | 250 |
| 12 | 05-08-2019 | Awareness program on ‘Substance abuse – ill effects’ for the students of I BDS 2019 batch | 89 |
| 13 | 08-08-2019 | Awareness program during the student Induction program for I BSC Nursing 2019 batch | 91 |
| 14 | 29TH & 30th August 2019 | Awareness programme on “Tobacco and its ill effects for I BDS 2019 batch students | 95 |
| 15 | 29TH & 30th August 2019 | Awareness programme on “Tobacco and its ill effects for I BDS 2019 batch students | 95 |
| 15 | 12-09-2019 | Awareness program on ‘Substance abuse – ill effects’ for the students of B.Sc tech 2019 batch | 91 |
| 16 | 18-09-2019 | Awareness program “Substance Abuse” for the students of 2019 batch of Yenepoya Ayurveda Medical College, during student induction programme. | 68 |
| 17 | 16th & 18th September 2019 | Awareness program on “Tobacco and its ill-effects and the clinical aspects of the same for the students of I BDS 2019 batch | 87 |
| 18 | 31-05-2021 | Observation of No Tobacco day(online) | 170 |
| 19 | 26-06-2021 | Observation of “International Day Against Drug Abuse & illicit trafficking” | 125 |
| 19 | 19-10-2019 | Awareness program on “Tobacco and its ill-effects and the clinical aspects of the same. | 94 |

| | | | |
|--------------|---|---|---|
| | | Followed by Anti-Tobacco Slogan & Collage competition for the students of II BDS 2018 batch | |
| 20 | 23-11-2019 | Case presentation- Tobacco related oral lesions | 100 |
| 21 | 28-12-2019 | Anti tobacco slogan competition conducted for the students of II BDS 2018 batch. | 94 |
| 22 | 4-1-2020 | Conducted anti tobacco slogan competition for the II BDS &I BDS 2019 2018 batch students. | 5 groups in each batch Total 195 |
| 23 | 4 th , 11 th & 18 th November 2020 | Lecture series- How to Substance Abuse in Students Topics: What pushes someone to substance Abuse Dos &Don'ts of Councelling. Motivational Interviewing to help to quit substances | 37 faculty members from Constituent units of YU |
| 24 | 18-09-2020 | Awareness program on Substance abuse related issues- Student Induction program, YNC, YPC, Allied health | 300 |
| 25 | 3-03-2020 | Awareness program on Substance abuse related issues- Student Induction program for Yenepoya Ayurveda College | 87 |
| 26 | 20-10-2020 | Awareness program on Substance abuse related issues- Student Induction program for Yenepoya Art and science college | 350 |
| 27 | 25-01-2021 | Awareness program on Substance abuse related issues- Student Induction program for YDC students of Batch-2020 | 100 |
| 28 | 31-05-2022 | Observation of No Tobacco Day-Maintainence Department | 60 |
| 29 | 31-05-2022 | Observation of No Tobacco Day-Transport Department | 37 |
| 30 | 31-05-2022 | Oath Taking by Dental Students | 194 |
| 31 | 31-05-2022 | Elocution Competition | 8 |
| Total | | | 3748 |

2.Substance Abuse Prevention Campaign in schools and colleges

The centre conducts awareness programs in schools and colleges in the locality with emphasis on how to stay away from substances and lead fulfilling life and impact of substance use on health and personal life.

Slogan used for school awareness programs



Overview of the programs conducted in Schools & Colleges





Details of Awareness programs in Schools

| Sl.No | Date | School | Number of participants |
|-------|------------|--|---------------------------------|
| 1 | 30-07-2016 | Government High School, Kadri, Mallikatta | 51 – Students 03 – Teachers |
| 2 | 10-08-2016 | Capitanio High School, Kankanady | 526 – Students 10 – Teachers |
| 3 | 13-08-2016 | Kettle Memorial High School, Gorigudda | 522 – Students 10 – Teachers |
| 4 | 20-08-2016 | St Josephs High School, Kankanady | 83 – Students 05 – Teachers |
| 5 | 27-08-2016 | St. Agnes High School, Bendoorwell | 84 – Students 05 – Teachers |
| 6 | 27-06-2017 | Sharadha Vidyanikethana School, Thalapady | 450 – Students 03 – Teachers |
| 7 | 10-11-2017 | Vishwamangala School, Konaje | 193 – Students 03 – Teachers |
| 8 | 26-06-2018 | Sharada Vidyanikethana public school, Devinagar Talapady (2 Sessions for High School & Pu & Primary) | 665 – Students 25 – Teachers |
| 9 | 03-11-2018 | Bhagavathi High School, Someshwara | 220 – Students 6 – Teachers |
| 10 | 04-11-2018 | Shree Narayana Sanil High School, Haleangadi | 50 – Students 6 – Teachers |

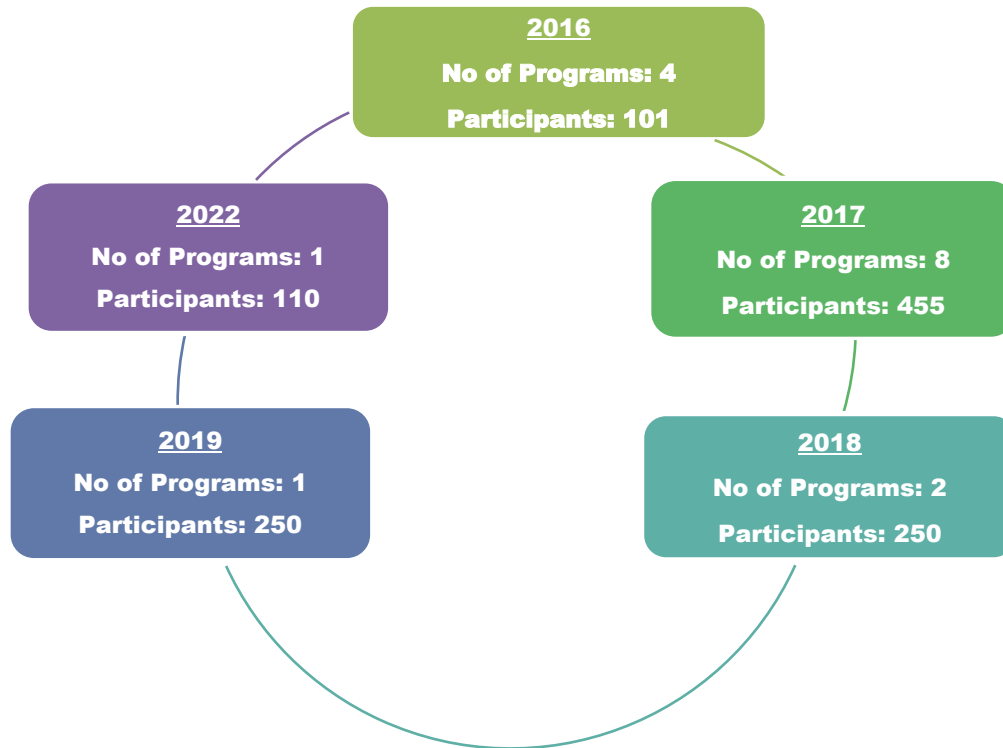
| | | | |
|--------------|------------|---|--------------------------------|
| 11 | 10-12-2018 | Government Higher Primary School, Maddur | 48 – Students 4 – Teachers |
| 12 | 21-02-2019 | Government High School, Mullakadu Kavour, Mangalore | 114 – Students 4 – Teachers |
| 13 | 23-02-2019 | Ashoka Vidyalaya High School, Ashok Nagar | 77 – Students 5 – Teachers |
| 14 | 26-06-2019 | Sharadha Vidyanikethana, Day Board School, Devinagara Talapady | 241– Students 10 – Teachers |
| 15 | 26-06-2019 | Sharadha Vidyanikethana,for residential schoolstudents, Devinagara Talapady | 200– Students 15 – Teachers |
| 16 | 07-07-2019 | Sharadha Vidyanikethana, Residential School, Devinagara Talapady | 200– Students 7 – Teachers |
| Total | | 16 Sessions | 3849 participants |

Details of Awareness programs in Colleges

| Sl.No | Date | Details of the programme | Participants |
|--------------|-------------|--|-------------------------------|
| 1 | 22-08-2017 | Shree Narayana Guru First Grade College, Kudroli | 200– Students 5 – Teachers |
| 2 | 04-12-2018 | Govinda Dasa College, Haleangadi for the students of NSS | 45– Students 8 – Teachers |
| 3 | 31-01-2019 | Shree Narayana Guru Degree College, Kudroli | 60– Students 3 – Teachers |
| 4 | 24-01-2020 | Sri Narayana Guru College, Kudroli | 69– Students 3 – Teachers |
| 5 | 31-05-2022 | P A College of Engineering | 120- Students 5-Teachers |
| Total | | 5 sessions | 418 participants |

3. Substance Abuse Prevention Campaign for Public

Sessions on health hazards of tobacco and various diseases caused due to tobacco use is conducted in community camps organized by various departments of the university. Awareness is created through interactive sessions and posters and hand bills distributed



Glimpse of Awareness Programs conducted for General Public



**Office of the
Commandant 7th
Bn. KSRP, Assaigoli,
Mangalore- 180
Attendees**



Details of Awareness programs in Community

| Sl.No | Date | Details of the programme | Participants |
|--------------|----------------------|---|---------------------|
| 1 | 23-10-2016 | DKZP School Vidyanagar Abbettu | 21 |
| 2 | 30-10-2016 | DKZP School Kotekani Sajipa Padu | 12 |
| 3 | 13-11-2016 | Government PU College, Mudipu | 37 |
| 4 | 11-12-2016 | Belthangady | 31 |
| 5 | 3-02-2017 | “Hope to Rope”- awareness program against narcotics- by Mission Angel dust at Panambur Beach | 100 |
| 6 | 05-03-2017 | Bantwala Siddakatte | 31 |
| 7 | 12-03-2017 | Shamsul Ulma Arabic College, Thodar | 31 |
| 8 | 31-05-2017&1-06-2017 | Awareness program against drug abuse and illicit trafficking- Conducted by Mission angel Dust in Fr Muller Mental health centre | 45 |
| 9 | 24-09-2017 | Bantwal Sangabettu | 31 |
| 10 | 08-10-2017 | Anjuman Education Trust, Jokatte | 33 |
| 11 | 21-11-2017 | Dakshina Kannada Jilla Panchayath Higher primary school, Guttakadu, Kinnigoli | 59 |
| 12 | 04-02-2018 | Bantwala Karpe | 25 |
| 13 | 25-02-2018 | Uppinangady | 45 |
| 14 | 12-07-2018 | Office of the commandant 7 th Bn KSRP Assaigoli Mangaluru, (For Police Personnel) | 180 |
| 15 | 05-10-2019 | Observed Anti Drug Day at KSRTC bus-stand Lalbagh, Mangalore | 250 |
| 16 | 24-09-2017 | Bantwal Sangabettu | 31 |
| 17 | 31-05-2022 | Yenepoya Dental College OPD | 110 |
| Total | | | 1166 |
| | | | Participants |

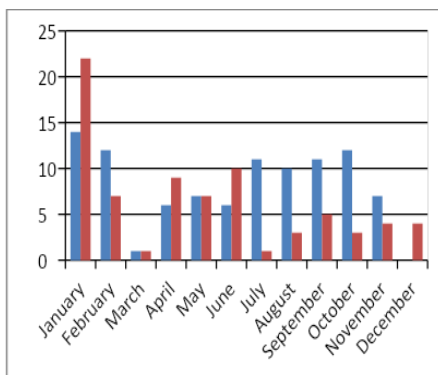
Tobacco Habit Cessation Intervention Services

Tobacco cessation clinic located in ground floor of Yenepoya Dental College offer Tobacco habit cessation services to the patients. The faculty in charge is Dr Rachana Prabhu who has undergone special training conducted by Indian Dental Association and recognized as TCC specialist. Services offered re Awareness to patients, Dependency assessment and Habit intervention counseling. The tobacco cessation centre also conduct hands on training on participants of “Tobacco Dependency Intervention”

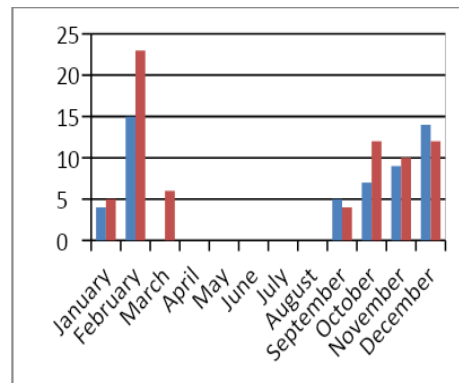


Patient Statistics

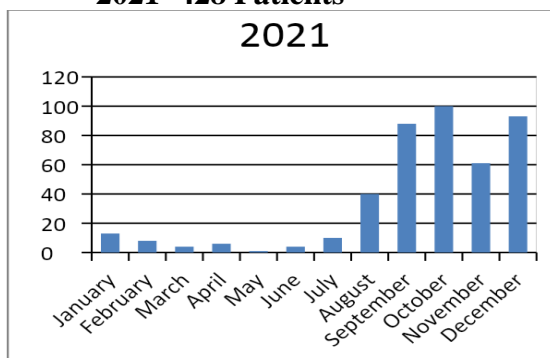
2019- 173 Patients



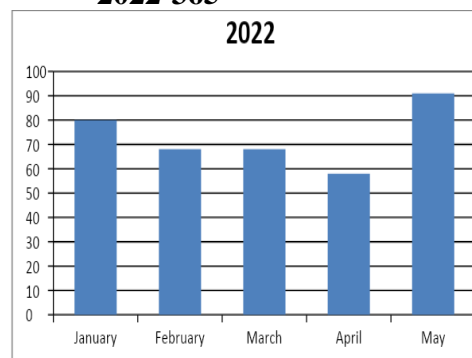
2020- 126 Patients



2021- 428 Patients



2022-365



Value Added Course on “Tobacco Dependency Intervention”

In order to empower the professional in substance prevention endeavors, the Centre for Substance Abuse Prevention conducted training program through this value added course giving emphasis on Tobacco prevention, cessation interventions. Target audience are dental interns and Post Graduate Students. Two sessions are conducted yearly with a duration of around 20 hours. Sessions are taken by faculty members from different fields of expertise. In addition to general aspects of tobacco habit initiation, progression, health effects, the course gives emphasis on psychosocial interventions.



Target group - Interns & PGs



Resource Persons - Faculty members from different field of expertise



Sessions - 2/year

FEEDBACK ANALYSIS

CENTER FOR SUBSTANCE ABUSE PREVENTION
YENEPPOA (DEEMED TO BE UNIVERSITY)
DEPARTMENT OF ORAL PATHOLOGY
YENEPPOA DENTAL COLLEGE

VALUE ADDED COURSE ON "TOBACCO DEPENDENCY INTERVENTION"
FEEDBACK ANALYSIS

Course Date: 7th & 8th April 2021 Duration: 2 days

I. Ratings by participants on the scale of 5R -

| Very well Planned | Well Planned | Less Planned | Not Planned |
|-------------------|--------------|-----------------|----------------|
| 22 (81%) | 3 (11%) | 0 (0%) | 0 (0%) |
| Very Relevant | Relevant | Less Relevant | Not Relevant |
| 22 (81%) | 3 (11%) | 0 (0%) | 0 (0%) |
| Very Effective | Effective | Less Effective | Not Effective |
| 24 (89%) | 3 (11%) | 0 (0%) | 0 (0%) |
| Excellent | Very Good | Not OK | Poor |
| 23 (85%) | 3 (11%) | 0 (0%) | 0 (0%) |
| Very Useful | Useful | Not Useful | Not Useful |
| 26 (96%) | 1 (4%) | 0 (0%) | 0 (0%) |
| Very beneficial | Beneficial | Less beneficial | Not beneficial |
| 27 (100%) | 0 (0%) | 0 (0%) | 0 (0%) |

II. Which topic of the Course You Found :

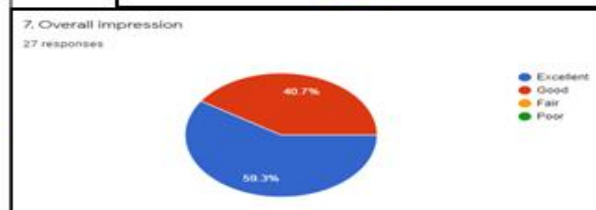
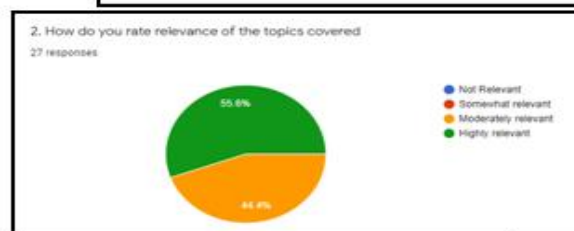
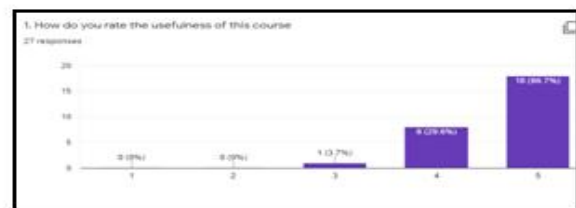
Most Useful: Psychosocial Intervention, Nicotine dependence & Cessation strategies
Least Useful: Nil

III. Your suggestions/Comments for further improvements

- Include more videos, More information on pharmacological management
- Detailed session of psychosocial interventions
- More interactive sessions with people succumbed to quitting habits

DATE & SIGNATURE OF THE FACULTY COORDINATOR: _____
SIGNATURE OF THE FACULTY MEMBER: _____

12-04-2021 Report Of Value Added Course/April 2021/CPA UNIVERSITY
Bachchan, Mangalore-575018



DETAILS OF VALUE ADDED COURSE

| Sl.No | Date | No of Students Participated |
|--------------|------|-----------------------------|
| 1 | 2016 | 34 |
| 2 | 2018 | 37 |
| 3 | 2019 | 72 |
| 5 | 2020 | 123 |
| 6 | 2021 | 56 |
| 7 | 2022 | 32 |
| Total | | 354 |

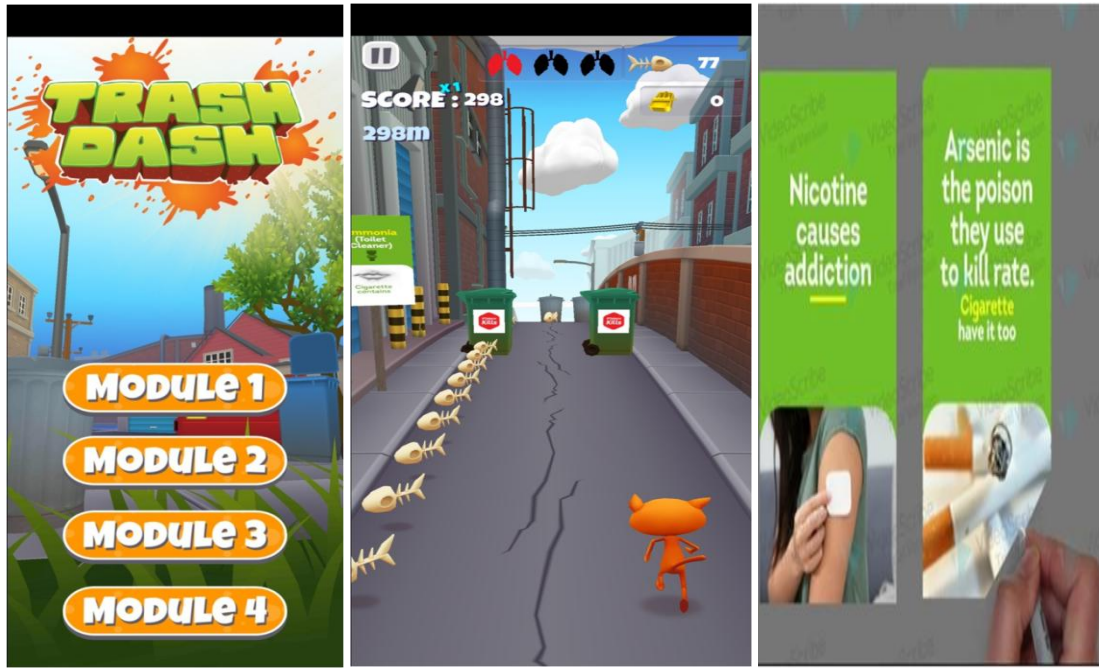
Research and innovation

The centre is also actively involved in research. Web based anti tobacco awareness program was developed and evaluated the effectiveness of these technique in comparison to conventional classroom teaching. Research on Digital Game Based Anti Tobacco Awareness Modules developed by the Junior Research Fellow is in progress

Web Based Anti Tobacco Awareness program



Digital Game Based Anti Tobacco Awareness Modules



Student Support

Prevention &
Cessation services

24/7 Counselling
Helpline

YENEPOYA
YENEPALLY DISTRICT COLLEGE
YENEPALLY, DISTRICT OF GUNTUR, AP
www.yenepoya.org

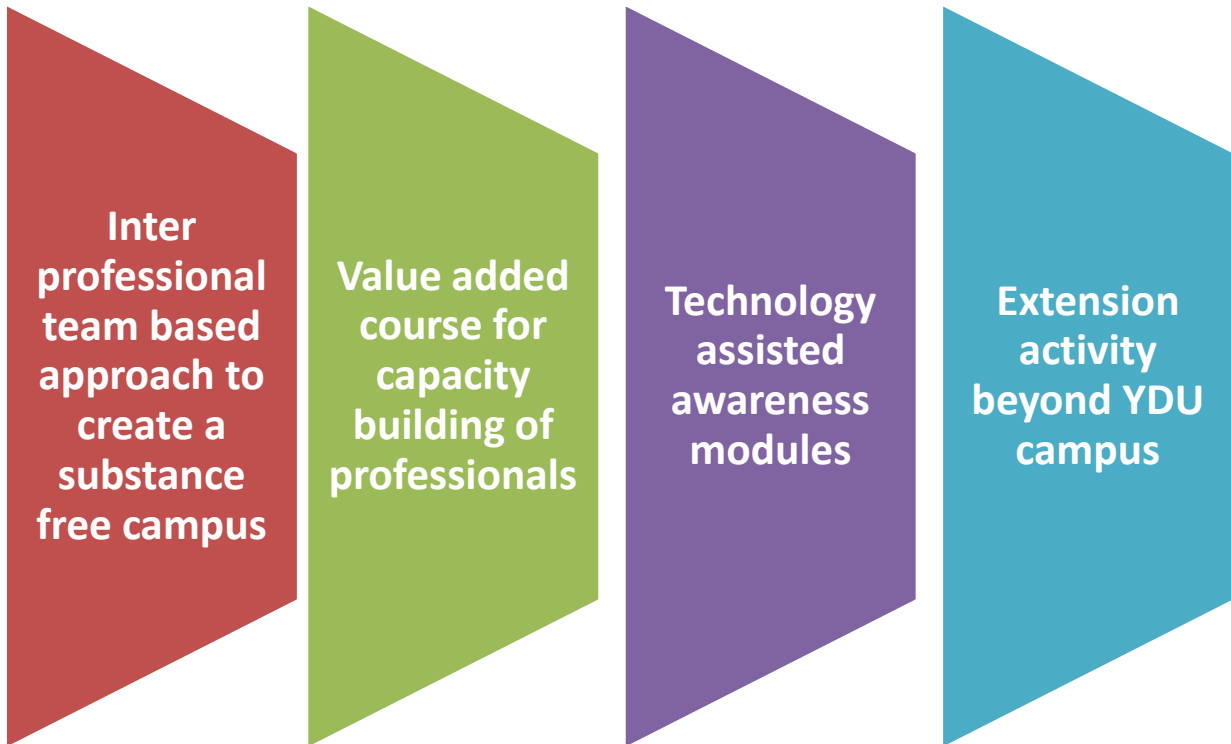
PSYCHIATRY Helpline

24/7 Hours

Call: 9108919025

- Help for people in Psychological Distress
- Suicide helpline
- Narcotics & Substance Abuse Helpline

Best Practices



Future Plans

