

Anti-Drug Policy for  
Higher Education  
Institutions in Pakistan

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## Glossary of Terms and Abbreviations

|                      |   |
|----------------------|---|
| ADC                  | Anti-Drug Committee   |
| ANF                  | Anti- Narcotics Force   |
| Anti- Drug Committee | Committee constituted by the university to curb drug abuse in its vicinity  |
| ATS                  | Amphetamine-type stimulus   |
| CCTV                 | Closed-Circuit Television (CCTV), also known as video surveillance  |
| DAI                  | Degree Awarding Institution   |
| DRAP                 | Drug Regulatory Authority of Pakistan   |
| Drug abuse           | The use of illegal drugs or the use of prescription or over-the-counter drugs for purposes other than those for which they are meant to be used, or in large amounts. |
| Drug dependent       | Adaptive state that develops from repeated drug administration, and which results in withdrawal upon cessation of drug use (addiction).                               |
| Drug user            | Recreational drug use.  |
| FIR                  | First Information Report  |
| HEC                  | Higher Education Commission, Pakistan   |
| HEI                  | Higher Education Institutes, Pakistan (including all the universities/ DAIs)  |
| HIV/AIDS             | Human Immunodeficiency Virus/Acquired immune deficiency syndrome  |
| KHC                  | Lahore High Court   |
| LEA                  | Law Enforcement Agency, Pakistan  |
| MATRC                | Model Addicts Treatment and Rehabilitation Centers formed by ANF  |
| MNC                  | Ministry of Narcotics Control   |
| NGO                  | Non-Government Organization   |
| Peddlers             | An unlicensed dealer in illegal drugs.  |

## Anti-Drug Policy for Higher Education Institutions in Pakistan (Draft)

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|                        |   |
|------------------------|---|
| Poly drug              | Combined psychoactive substances to achieve a particular effect.  |
| Psychotropic substance | Chemical substance that changes brain function and results in alterations in perception, mood, consciousness, cognition, or behavior. |
| SOP                    | Standard Operating Procedure  |
| UNODC                  | United Nations Office on Drugs and Crime  |

## **1. Overview**

Drug abuse poses serious risk to human health. According to a report titled, ‘Global Burden of Disease’, around the world there were 585,000 deaths and 42 million years of “healthy” life lost as a result of the use of drugs<sup>1</sup>. Substance use disorders constitute public health problems, developmental issues and security hazards, both in industrialized and developing countries worldwide. Prevention and treatment of drug use disorders are essential demand reduction strategies of significant importance for public health.

Despite wide acknowledgment of its risks to human health and social life, drug abuse is on the rise. The trend of drug consumption has become rampant amongst the youth of our country. According to the United Nations Office on Drugs and Crime report on ‘Drug use in Pakistan 2013’<sup>2</sup>, about 6.7 million people aged 15-64 were exposed to drugs. Among these, 4.25 million people were estimated to be drug-dependent (addicts). The survey further revealed that cannabis was the most commonly used drug, with around 4 million users nationwide. Around 0.86 million people consumed heroin regularly, approximately 19,000 people reported that they had experimented with ‘Ice’ (methamphetamine) and nearly 1.6 million people reported the misuse of prescription opioids (painkillers) for non-medical use. Poly drug use was also common, with one in five reporting combining drugs. Of all the people who reported drug consumption, 78% were men and 22% were women. Women were found to predominantly use tranquilizers, sedatives and artificial stimulants (amphetamines).

These statistics reflect that a large number of people (both men and women) in Pakistan have succumbed to drug addiction and the first exposure to this malady is usually at the latter half of the teenage. It can also be inferred that if these youngsters are made aware of the consequences and repercussions of drug abuse, there is a chance that the coming generations could be saved from this problem.

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<sup>1</sup> Global Burden of Disease 2017 by [www.healthdata.org](http://www.healthdata.org)

<sup>2</sup> Success Stories from UNODC, 2014

## **2. Smoking & Drugs Abuse in Pakistani HEIs**

World Health Organization defines drug abuse as harmful or hazardous use of psychoactive substances, including alcohol and illicit drugs. UNODC defines “abuse” as any consumption of a controlled substance no matter how frequent. Whereas, economic cost studies refer to “Abuse” as any use which involves social cost to the community in addition to the cost of provision of the drug.

As per national census of 2017<sup>3</sup>, Pakistan is the sixth most populous country with a population of 207.7 million. About 29% of the population lies in the cohort of 15-29 age group due to which, the role of the educational institution to curb the menace of smoking and drug abuse becomes significant.

There are a total of 210 public and private sector HEIs in Pakistan<sup>4</sup> along with 227 sub campus and constituent colleges with a total enrollment of 1.84 million<sup>5</sup> students in these HEIs. It is a dilemma of the modern world that we observe a cultural acceptance towards smoking tobacco despite it being hazardous for the health of the smokers and for anyone breathing the smoke contents while being around the smoker. In Pakistan, in 2017, about 163,360 people died due to tobacco use<sup>6</sup>, 5000 Pakistanis were admitted to hospitals every day because of tobacco<sup>7</sup>. 39% of households are exposed daily to passive tobacco smoke<sup>8</sup>. Drug abuse too has become so common that it is no longer taboo amongst our youth. The exact data regarding the percentage of students using drugs is not available and the reports by the NGOs or national agencies have often been conflicting, yet it is evident that the usage of drugs in higher educational institutions in Pakistan is on rise. Factors contributing towards drug abuse in HEIs in Pakistan are:

- i. Increased availability of drugs at low prices.
- ii. Rapidly changing social norms.
- iii. Lack of jobs and economic frustrations.

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<sup>3</sup> Pakistan Bureau of Statistics, 2017.

<sup>4</sup> <https://www.hec.gov.pk/english/universities/Pages/AJK/universitiesstatistics.aspx> cited; February 2020.

<sup>5</sup> Provisional data (2018-19) Statistics Division Higher Education Commission.

<sup>6</sup> Study on Global Burden of Disease by Institute of Health Metrics and Evaluation, USA.

<sup>7</sup> Pakistan Health Education Survey, 1999.

<sup>8</sup> Pakistan Demographic & Health Survey 2012-13 by National Institute of Population Studies Islamabad, Pakistan.

- iv. Peer pressure and negligence of parents.
- v. Existence and operation of drug dens.
- vi. Lack of education on drug abuse within the family and in educational institutions.
- vii. Apathy on the part of community leaders in responding to drug abuse symptoms

Several news articles can be found on drug abuse and consequent fatal accidents happening around the country. As per Ministry of Narcotics Control (MNC), a total of 189 cases were reported in 2018 against drug peddlers in Educational Institutions<sup>9</sup>. Further, Honorable Lahore High Court has asked Higher Education Commission to initiate appropriate efforts to define and implement a policy in HEIs to control the drug abuse. In this backdrop, there is a dire need of an Anti- Drug Policy, which can be implemented in HEIs, so that the youth of this country is made aware of the health deterioration and legal consequences of drug abuse. Drug abuse may affect health, mental impairment, dependence and relationships. It may also affect community in terms of economic and environmental costs. There are various kinds and forms of drugs being consumed by the individuals nowadays. Some of the commonly used drugs (not limited to) have been enlisted below:

- |                                     |                                 |
|-------------------------------------|---------------------------------|
| i. Alcohol                          | viii. Marijuana (Chars/Ganja)   |
| ii. Amphetamine-type stimulus (ATS) | ix. Opium (afiyon)              |
| iii. Cannabis (Bhang)               | x. Pharmaceutical cocktail      |
| iv. Cocaine (Powder)                | xi. Tranquilizers and Sedatives |
| v. Crystal Meth (Ice)               | xii. Ecstasy                    |
| vi. Hashish(Hash)                   |                                 |
| vii. Heroin                         |                                 |

### 3. Scope

It is the need of the hour to form certain guidelines in order to ensure a uniformity in drug abuse prevention in all the HEIs of the country. The guidelines in this policy apply to the students, faculty, staff and the visitors (including individuals associated with outsourced services) in the premises (campus, class rooms, hostels, play grounds, libraries, laboratories, cafeterias & university transport etc.) of the campus in all public and private sector HEIs of Pakistan.

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<sup>9</sup> News Bulletin, Annual Issue 2018, Ministry of Narcotics Control, Pakistan.

In this regard, an extended collaboration of all stake holders i.e. HEIs, Anti-Narcotics Force (ANF), Law Enforcement Agencies (LEAs), Rehabilitation Centers for drug dependents and the parents/guardians of the students is required. This policy will provide the basic guideline to the HEIs in ensuring a smoke and drug free environment.

## **4. Role of Higher Education Institutions**

Higher Education Institutions (HEIs) of a country perform a key role in the edifice of the zeitgeist. It is through these institutions that the perspective of a generation is constructed and propagated, therefore, the HEIs have remained to be a priority for the development of any society and nation. By raising awareness regarding the prevalent social vices amongst the youth in the HEIs and by sensitizing them, the objective of setting our country free from the shackles of drug addiction can be achieved.

The HIEs of Pakistan need to ensure that no stone is left unturned in the effort to eradicate the drug abuse menace amongst the youth that are enrolled in these institutions. For this purpose, the HEIs should take the following measures to effectively exterminate the culture of smoking and drug abuse.

### **4.1. Anti-Drug Committee in HEIs**

In order to control the smoking and drug abuse culture, an organized effort is required. For this purpose, the HEIs around the country would constitute a committee to be called as “Anti-Drug Committee” consisting of a minimum of three members, which would be duly notified by the Vice Chancellor or Head of the Institution. The composition of the committee should be as follows:

- i. A minimum of two regular Faculty members of BPS-18/19 and one member from Administration office. It is also recommended that Medical Officer/Medical Practitioner (in case employed at the University) may also be made part of the Committee.
- ii. Committee to be headed by Director Student Affairs/ Registrar or a senior faculty member (not below grade 19).
- iii. Keeping in view, the nature of the case being reported and investigated, the committee may co-opt another member to assist or opine upon the issue.
- iv. Each sub-campus of the HEI would also establish its own sub-committee constituted on a similar pattern to perform similar duties.



#### **4.1.1 Domain**

The committee will be responsible to:

- i. Ensure a smoke and drug free environment in the HEI and to take measures to safeguard the interests of the students.
- ii. Inquire, investigate and resolve any matter regarding usage/consumption, sale and distribution of tobacco or illegal drugs in the HEI, in accordance with the policy.

#### **4.1.2 Complaint**

Complaint against drug abuse taking place at the HEI/ university has to be submitted in written form along with any supporting evidence or lead which may facilitate the committee in deciding the matter. The complainant can be anyone from the university including (not limited to) the students, faculty members, non-teaching staff, administrative staff, any employee of the university, any visitor who has witnessed drug abuse while visiting the university etc. An office would be assigned by the university, for the submission of these complaints and a proper record of all such complaints shall be maintained.

#### **4.1.3 Initial scrutiny**

- i. Each complaint would be assessed on the basis of shared information and available material. Only those complaints which are found substantive in nature and are associated with sufficient supporting document/evidence would be taken up by the committee for further probe.
- ii. Anonymous complaints shall not be considered and investigated. However, the identity of any whistle blower/complainant shall be kept confidential.

#### **4.1.4 Investigation**

- i. Inquiry may be initiated on the receipt of a written complaint, witnessing any anomaly in an individual's behavior or any information/evidence that might lead to a perpetrator or distributor.
- ii. The accused may be monitored to trace any suspicious activity related to drug abuse that proves him/her guilty. The on campus CCTV footage can also be used for this purpose.
- iii. The accused would be given a personal hearing to explain the situation or prove his/her innocence.

- iv. In case, any Anti-Drug Committee member finds an individual smoking or under the influence of any (un-prescribed) drugs or alcohol, the committee can pronounce him/her guilty and can impose penalty as per rules without any discrimination.
- v. The body of facts or information (evidence) could be minimum two eye witnesses, individual found in possession of any illegal substance, individual found intoxicated (proven by a drug test<sup>10</sup>), individual caught distributing any illegal drug etc.
- vi. A proper record needs to be maintained of all such instances, where a complaint is registered and the committee investigates any such matter.
- vii. Random testing/ physical checking of the students can be done on the recommendation of any committee member.

#### **4.1.5 Decision**

Each complaint has to be dealt with seriousness and due discretion with efforts to finalize the recommendations within one month of its receipt. The decision of the committee via its convener needs to be conveyed in writing to the accused.

#### **4.1.6 Appeal**

An appeal to the decision may be made by the aggrieved within three working days to the Vice Chancellor who shall review the recommendations of the committee in consultation with its convener and uphold, minimize or revert the decision made by the Committee within seven working days. The decision taken by the Vice Chancellor after the appeal would be final.

## **5. Preventive and Corrective Measures**

DAIs Administration is to be made sensitive towards drug abuse. A better coordination and interaction would ensure that any of such activity gets reported/communicated timely to the Anti-Drug Committee members. Moreover, the Departmental Heads need to ensure that the policy is implemented in true letter and spirit and ensure that the security officials are also made aware of SOPs in case they find any individual involved in drug abuse.

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<sup>10</sup> University may create a specific budget head which shall be used for drug screening test.

## 5.1 Smoking

Prohibition of Smoking in Enclosed Places and Protection of Non-smokers Health Ordinance, 2002 (Ordinance No. LXXIV of 2002):

- i. Section 5: “No person shall smoke or use tobacco in any other form in any public place work or use”. Therefore, smoking publicly in the vicinity of the University is strictly prohibited.
- ii. Section 6: “No person shall smoke or use tobacco in any other form in a public service vehicle”. Therefore, smoking in the premises of DAI and transport (buses, shuttle etc.) is strictly prohibited.

### 5.1.1 Penalties

The penalty defined by the Health Ordinance No. LXXIV 2002, Section 11 for smoking publicly is: “*Any person who contravenes the provisions of smoking in public places or public vehicles shall be punishable with fine which may extend to one thousand rupees or in case of second and subsequent offence, shall be punishable with a fine which shall not be less than 1 thousand rupees, and may extend to one hundred thousand rupees*”.

The penalties for students and visitors involved in violations are as under. These penalties will be imposed on the recommendation of the DAIs Anti-Drug Committee<sup>11</sup>.

#### For Students:

If a student is found smoking tobacco publicly in the DAI following penalties may be imposed:

- i. First time: a warning letter/email from the Head of the ADC.
- ii. Second time: A fine of minimum Rs. 2,000/-.
- iii. Third time: A fine of minimum Rs. 5,000/-. For this offence, the DAI has the right to debar the student for one week from the DAIs premises along with officially communicating such to the parents of the student.

#### For Visitors:

In case a visitor is found smoking publicly in the university premises, he/she would be fined a minimum of Rs.1000/- and would be made to leave the DAI premises immediately.

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<sup>11</sup> University being the autonomous body can make these penalties further stringent, if desired.

## **5.2 Drug Abuse**

If a student is found involved in drugs consumption or under influence, the parents of the student need to be informed via a letter and a phone call. Further, below mentioned measures would be taken on the recommendations of Anti-Drug Committee.

### **5.2.1 Penalties**

Following are penalties and recommendations to discourage the drug abuse in HEIs:

#### **For Students:**

Depending on the drug type, quantity consumed or found in possession, disciplinary violations and number of repetitions of violation, if a student is found guilty, committee can choose from minor, moderate and major penalties for the students. In addition to the penalties imposed by the Anti-Drug Committee, it is recommended that the accused student is referred to Model Addiction Treatment and Rehabilitation Centers (MATRC) established by ANF in five major cities in Pakistan i.e. Islamabad, Karachi, Quetta, Peshawar and Sukkur or Drug Rehabilitation Centers administered by Provincial Social Welfare Departments or any such setup for an opinion as agreed upon by the Drug Committee and parents/guardian of the concerned students.

#### **Minor Penalty:**

- i. On campus social service of a minimum 24 hours (library, record maintenance assistance, tree plantation, etc.), to be completed within one month.
- ii. A fine of minimum Rs. 5,000/-.

#### **Recommendations:**

- i. A warning letter.
- ii. A total of six hours of counselling provided by a student counsellor available on campus/ ANF rehabilitation centers/ model drug abuse centers by social welfare centers etc. within one month.

#### **Moderate Penalty:**

- i. On campus social service for a minimum of forty eight hours (library, record maintenance assistance, tree plantation, etc.), to be completed within two months.
- ii. A fine of minimum Rs. 10,000/-.

Recommendations:

- i. A meeting with the parents/guardians.
- ii. A total of twelve hours of counselling by a registered counsellor, specialized in drug addiction to be completed within two months.

**Major Penalty:**

- i. A fine of minimum Rs. 20,000/-.
- ii. Student will be suspended from the university or the semester will be frozen (as per the university rules) until he/she has recovered.

Recommendations:

- i. Parents will be asked to admit the student in a registered rehabilitation center.
- ii. ANF will be provided with the details of the student who has been given a major penalty.
- iii. The student will be allowed to rejoin the university, once the rehabilitation center certifies him/her as fully recovered.

**Penalty for Visitors:**

In case the visitor's reference/connection to any of the student/faculty member/staff is established, he/she should be issued a warning & disciplinary action would be initiated against them along with that accused visitor. Such visitor should also be reported to local police station.

**Penalty for Faculty/Staff:**

The anti-drug committee will investigate the matter, and penalize the faculty/staff member in case he/she is found guilty. The penalty may be a warning letter, suspension from service, demotion, termination of service or referring the case to the LEAs, subject to type and quantity of drug found/consumed etc. as recommended by the committee.

**5.3 Penalty for Dealers/Facilitators/peddlers**

- i. **Tobacco:** As per Health Ordinance No. LXXIV 2002, Section 7: *“No person by himself or by any other person on his behalf, store, sell and distribute cigarettes or any other smoking substance or any other tobacco product within fifty (50) meters from any college, school and educational institution”*. The Ordinance further states in section 11 (b), *“Any person who contravenes section 7, shall be punishable with fine which may extend to Five*

*thousand rupees or in case of second and subsequent offence, shall be punishable with imprisonment which may extend to 3 months, or with a fine which shall not be less than one hundred thousand rupees, or with both”.*

- ii. The university administration needs to keep an eye on such peddlers in the vicinity of the university. The Head of the Institution is responsible to file an FIR in case any such activity is taking place in the university surroundings.
- iii. **Drugs:** If a student or any individual is caught selling or distributing drugs, a police report needs to be filed and the penalty imposed shall be as per the guidelines provided by the Control of Narcotics Substances Act XXV, 1997 section 9 reproduced as:
  1. *Imprisonment which may extend to two years, or with fine, or with both, if the quantity of narcotic drug, psychotropic substance or controlled substance is one hundred grams or less.*
  2. *Imprisonment which may extend to seven years and shall also be liable to fine, if the quantity of the narcotic drug, psychotropic substance or controlled substance exceeds one hundred grams but not exceed one kilogram.*
  3. *Death or imprisonment for life or imprisonment for a term which may extend to fourteen years and shall also be liable to fine which has to be up to one million rupees, if the quantity of narcotic drug, psychotropic substance or controlled substance exceeds the limit specified in clause 2. Provided that if the quantity exceeds ten kilograms the punishment shall not be less than imprisonment for life.*

## **6. Strengthening Drug Abuse Prevention**

Each HEI must ensure to declare itself as “Drug/Smoke Free Zone”. In order to create and promote awareness and to educate people about the negative effects of drug use, following measures have to be undertaken by the DAI:

- i. Distribution of Drug Awareness material through pamphlets, brochures along with admission forms.
- ii. The policy paras regarding penalties need to be displayed on the notice boards for the awareness of the students.

- iii. Arrange different co- curricular activities such as tableaux, plays etc. to spread awareness on the dire consequences of drug consumption and its effect on personal, social and professional life.
- iv. Awareness campaigns can including seminars arranged in collaboration with Anti-narcotics Force, Pakistan and counselors working for public rehabilitation centers.
- v. Anti-drug week, comprising of various extra-curricular and Co-Curricular activities to spread awareness regarding the prevalent drug abuse issues of the society. 26<sup>th</sup> June, is observed as Drug Abuse day annually, therefore drug abuse week can be planned accordingly.
- vi. Student Societies can be involved to arrange various events and activities to raise awareness on drug abuse.
- vii. To develop drug prevention interventions in curricula with a view to create awareness against drugs in educational settings.
- viii. Each student needs to submit an undertaking in the relevant office of the university at the time of joining the program at the pattern attached herewith (Annex- A)

## **Conclusion**

A successful and effective execution of this policy will save several generations of our nation from falling prey to the hazardous habits of smoking and drug abuse. The youth saved from this social disease will be able to become productive members of the society and contribute towards our dwindling economy. With a combined effort of all the stake holders i.e.; HEIs, HEC, ANF, Law Enforcement Agencies and the students, it is hoped that the goal to make our HEIs smoke and drug free, will be achieved which would in return pay back to our society at large.

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**Annex- A**

**UNDERTAKING BY THE STUDENT**

|   |  |
|---|--|
| Roll number/ Registration Number                                      |  |
| Name  |  |
| Father's/Guardian's Name  |  |
| Father/ Guardian's Contact Number                                     |  |
| Gender  |  |
| Age   |  |
| Mark of Identification  |  |
| Blood Group   |  |
| Any Disability  |  |
| Any Neurological / Psychiatric disease, (if yes, please give details) |  |
| Suffering from Hepatitis B / Hepatitis C / HIV (AIDS)                 |  |
| Any significant Disease Diagnosed in the past                         |  |
| Taking any medicine on regular basis (if yes, please give details).   |  |
| Any Communicable / Contagious Disease                                 |  |

I \_\_\_\_\_ son/ daughter of \_\_\_\_\_ certify that I am/shall not be involved in any kind of drug abuse (bringing into the campus/consuming or encouraging consumption of tobacco, alcoholic products, drug and narcotics substances) during my period of study at the university/DAI. The university is authorized to examine me for drug consumption any time and to take any measure to ensure the implementation of its policies and take any necessary action accordingly.

|  |                               |
|--|-------------------------------|
| <b>Signature of the Father/ Guardian</b> | <b>Signature of Candidate</b> |
| <b>Dated:</b>                            | <b>Dated:</b>                 |

**Note for Candidate:** Please submit this undertaking form at the concerned office at the time of joining the respective program.