



ರಾಜೀವ್ ಗಾಂಧಿ ಆರೋಗ್ಯ ವಿಜ್ಞಾನಗಳ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಕರ್ನಾಟಕ, ಬೆಂಗಳೂರು
Rajiv Gandhi University of Health Sciences, Karnataka, Bangalore

4th T Block, Jayanagar, Bangalore – 560 041

RGUHS/SWF/2025-26

16.02.2026

CIRCULAR

SWASTHYA BHARATH SHRESTHA BHARATH
NASHA MUKTH BHARAT, NASHA MUKTH KARNATAKA, NASHA MUKTH CAMPUS
YUVA SHUDHI ABHIYAN

Objective

1. To create campus free of
a). Drug b). Alcohol c). Substance abuse d). Tobacco e). Suicide incidents.
2. To promote mental well-being, healthy lifestyle, Patriotism and responsible behaviour among students, faculty, and staff.
3. To create Stress free learning environment.

Purpose and Goals

1. Prevent substance abuse among students and youth.
2. Raise awareness about the harmful effects of drugs, alcohol, and tobacco.
3. Provide counselling and rehabilitation support for affected students.
4. Encourage peer leadership and student participation in health-promoting activities.
5. Integrate health education and life skills training into campus life.
6. Yoga, Meditation for all the students.

Central Monitoring & Governance Nasha Mukth Committee at University level

Hon'ble Vice-Chancellor,
Registrar (Academic)
Registrar (Evaluation)
Legal Officer
One Nodal officer
Narcotic Control Bureau
Disha Bodh Representative

Nasha Mukth Task Force at College level

Dean & Director/Principal
Faculty Co-ordinator/Nodal Officer
Boys & Girls Hostel Wardens
Counsellor or psychologist.
Student Representative of each academic year
Parent's Representatives one Male & one Female
Local Judiciary Police Officers

Guidelines for Nasha Mukth Task Force at College level

1. Ensure Around 500 mts of the campus there is no availability of Alcohol, Drugs & Tobacco.
2. Display posters, hoardings, and slogans across campus
3. Conduct awareness programmes on substance abuse preventions regularly.
4. Observe "Nasha Mukth Week" with student-led activities.
5. Create a Counselling Cell on campus with trained counsellors.
6. Provide confidential help for students struggling with addiction.
7. Collaborate with RGUHS wellness clinic /District Nasha Mukth Kendras
8. Form Nasha Mukth Clubs led by students (like NSS or Youth Red Cross).
9. Quarterly report to be updated to the University after sanitizations of the campus.
10. Drug free campus certificate by the University is mandatory for issuing continuation of affiliation

Hereby directed to all university affiliated colleges Dean & Director/Principal's to appoint a nodal officer for Nasha Mukth Campus, updated the task force members details and also fill the below google form link before **March 10th 2026**. <https://forms.gle/u7a1m7nTTzmJNn4x7>

Anjum S. Odeyar
REGISTRAR

Copy to:-

1

All university affiliated colleges Dean & Director/Principal's