BAHRIA UNIVERSITY



STUDENT HANDBOOK
ON
DRUG, TOBACCO AND ALCOHOL PREVENTION & CONTROL
(2026)

Message from the Honorable Rector

Bahria University is committed to providing a safe, disciplined, and healthy academic environment for all students, faculty, and staff. The use, possession, distribution, or promotion of drugs, tobacco, and alcohol in any form is strictly prohibited on University premises and during all University-related activities.

This handbook outlines the University's policy framework, prohibited activities, disciplinary procedures, and the consequences of violations. It also highlights the counseling, guidance, and support mechanisms available to students who may require assistance.

All students are required to carefully read, understand, and comply with these instructions in letter and spirit. Adherence to this policy is a shared responsibility and an essential component of maintaining the integrity, safety, and values of the University community.

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1. **Purpose:** This handbook aims to:
   a. Protect students' health, safety, and academic future.
   b. Create awareness about the harmful effects of substance abuse.
   c. Clearly explain prohibited activities and disciplinary consequences.
   d. Provide guidance on counselling and support services.

2. This handbook applies to **all students of Bahria University** at Islamabad, Karachi, and Lahore campuses, including University premises such as hostels, transport, and all university-organized activities whether on campus or off campus.

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3. **Policy Statement (Zero-Tolerance)**: BU follows a **zero-tolerance** policy against the **use, possession, sale, distribution, or facilitation** of:
   a. All kinds of recreational drugs or narcotics and psychoactive substances
   b. Tobacco (cigarettes, vaping, e-cigarettes, smokeless tobacco, gutka etc)
   c. Alcoholic drinks or intoxicating substance

This statement is in accordance with:

   a. Higher Education Commission (HEC) Policy-2021, and

b. BU Academic Rules-2024, Chapter 14

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4. **Definitions:**
   a. **Drugs:** Any illegal narcotics, controlled substances, or misuse of prescription medicines.
   b. **Tobacco:** Cigarettes, vapes, e-cigarette, shisha, chewing tobacco/ gutka etc.
   c. **Alcohol:** Any alcoholic beverage.
   d. **University Premises:** Classrooms, university-administered hostels (on and off campus), offices, cafeterias, transport, parking areas, grounds, or while attending offsite events/ instructions like sports, cultural tours or survey camps and/ or any activity held under the auspices of the university.

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5. **Why Substance Use is Harmful**
   a. **Health Impact**
      • Addiction, anxiety, depression
      • Damage to brain, heart, and lungs
   b. **Academic Impact**
      • Poor performance and attendance
      • Suspension or expulsion
   c. **Legal & Social Impact**
      • Criminal charges under Pakistani law
      • Damage to reputation and career

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6. **Prohibited Activities:** Students **shall not**:
   a. Use or possess drugs, tobacco, or alcohol
   b. Bring prohibited substances onto University premises
   c. Sell, distribute, or facilitate substance use
   d. Encourage or conceal violations
   e. Tamper with CCTV or security arrangements

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7. **Awareness and Preventive Measures.** All campuses will regularly conduct sessions aimed at preventing substance use through following measures, rather than only responding with punishment.
   a. **Orientation sessions** for new students.
   b. **Seminars and workshops** on substance abuse.

c. Expert lectures by **renowned psychologists, psychiatrists** and medical professionals, and **senior police officers**.

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8. **Student Support and Counselling**. BU promotes early support and prevention. The support is available at:

a. **Student Support Centers (SSC)** at campuses
b. Professional counselling through qualified psychologists
c. Referral to health professionals where required

Note: Seeking counselling shall remain confidential and non-punitive, provided no policy violation has occurred.

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9. **Reporting Mechanism**

a. Students may **confidentially report**:
   - Suspected drug or substance activity among fellow students
   - Safety concerns

b. Reports can be made to:
   - Campus Security Office
   - Student Affairs / Student Support Centers

Note: All reports will be handled with discretion and protection of identity.

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10. **Security and Monitoring**. Campus security staff are authorized to report drug related incidents to BU authorities, through regular monitoring, CCTV surveillance etc. Random physical checking of the students can be done on the recommendation of the competent authority.

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11. **Disciplinary Process.** All violations are dealt with through the respective **Campus Disciplinary Committee/ Anti-Drug Disciplinary Committee**. The due process includes:

a. Fact-finding and investigation
b. Opportunity for the student to be heard
c. Decision based on evidence and applicable rules

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12. **Penalties** as laid down in **BU Academic Rules-2024, Chapter 14, Para 5**.

a. A student guilty of an **act of smoking** (including vape or any other alternative means/ device) or carrying/ supplying related items in the University premises shall be liable to the penalties as mentioned below:

Occasion	Penalty
1st occasion of offence	Fine of Rs.5,000/00 along with Warning Letter with copy to parents/ guardian from Director Admin/ Director Campus.
2nd/ onward occasion of offence(s)	Fine of Rs.10,000/00 along with Warning Letter with copy to parents/ guardian from DG Campus on each offence.

b. A student guilty of an **act of possession/ consumption/ usage/ supplying of intoxication drugs/ alcoholic drinks** in the University premises or entering events of BU being intoxicated and or during official/ informal offsite events of the University shall be liable to **expulsion** from the CU.

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13. **Roles and Responsibilities of Students**: Students are expected to:
    a. Follow university rules and policies
    b. Avoid prohibited substances
    c. Cooperate with authorities
    d. Promote a healthy and disciplined campus environment

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14. **Review and Updates:** This handbook shall be:
    a. Reviewed periodically
    b. Updated as per HEC guidelines and university rules

The University reserves the right to amend policies when required.

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15. **Important Contacts (Campus-Specific Annexure)**

    a. Student Support Centre
    b. Campus Security Office
    c. Student Affairs Department

    (Contact details to be attached **separately by each campus**)

Final Note to Students

Bahria University aims to **educate, protect and support** its students while maintaining discipline. Compliance with this handbook is **mandatory** and forms part of our responsibility as a Bahria University student.