



MACFASTTM
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**MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES
TIRUVALLA (MACFAST)
Thiruvalla - 689101**

VIMUKTHI CLUB





MACFAST
the trendsetter in education

**MAR ATHANASIOS COLLEGE FOR
ADVANCED STUDIES TIRUVALLA**
ACCREDITED BY NAAC WITH 'A' GRADE
RECOGNIZED BY DSIR, GOVT. OF INDIA

STATE EXCISE DEPARTMENT
PATHANAMTHITTA DIVISION
FORMATION OF VIMUKTHI CLUB (2019-2020)

Name	Post	Phone Number
Name of School/College MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA		
Name, Designation and Contact Number of Club Coordinator Shri. Tiji Thomas HoD, Department of Computer Applications, MACFAST Phone: 9447918374		
Dr. Jeemon Joseph	Club Convenor (Teacher)	9048480875
Mr. Melvin C Thomas	Club President (Student)	9496007782
Ms. Sini Mathew	Club Secretary (Student)	7034780816
Mr. Tom K Thomas	Club Vice President (Student)	9995339031
Ms. Meera Nair	Club Joint Secretary (Student)	9496962491
	Club Member – PTA President	
Jito J Thomas Vaidhyan	Club Member – Student	7356784115
Bharath Kumar	Club Member – Student	9048000301
Sajishna K	Club Member – Student	9745946737
Riya Eliyas	Club Member – Student	9656087429
Jain James	Club Member – Student	9946416057
Abin Thomas	Club Member – Student	7012927310
Mathew Jose	Club Member – Student	9074736443
Alisha Elsa Chandy	Club Member – Student	8129418247
Harikrishnan	Club Member – Student	8606567421
Abhijith R.S	Club Member – Student	8921422942
Anisha Anto	Club Member – Student	9605248500

Place: Thiruvalla

Date: 13/01/2019



[Handwritten Signature]

Principal

MACFAST
FR. DR. CHACKO KOTTAYIL
PRINCIPAL

Mar Athanasios College for Advanced Studies
Tiruvalla - 689101, Kerala

A Minority Institution of the
Corporate Educational Agency of the
Catholic Archdiocese of Tiruvalla

Approved by AICTE
and Affiliated to
M.G. University

Courses @
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Proceedings of the Principal, MACFAST

Order No: 52/2019/M1

13/01/2019

Sub- Constitution of Vimukthi Club- Orders Issued

Club Coordinator

Shri. Tiji Thomas

HoD, Department of Computer Applications, MACFAST

9447918374

Club Convenor (Teacher)

Dr. Jeemon Joseph

Director, Department of Management Studies, MACFAST

9048480875

Club President (Student)

Mr. Melvin C Thomas, Department of Computer Applications

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Club Member – PTA President

Club Members (Students)

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Harikrishnan, School of Biosciences

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Abhijith R.S, School of Biosciences

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Anisha Anto, School of Biosciences

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The constituted club will start functioning with immediate effect

Fr. Dr. Cherian J Kottayil

Principal, MACFAST



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➤ ABOUT VIMUKTHI CLUB

“Vimukthi” is an anti-narcotics campaign launched by the Government of Kerala to highlight the seriousness of the situation and to create awareness among the people, especially the youth. It is a collective effort aims at eradicating all sorts of narcotic substances from Kerala. The college constituted Vimukthi Club in 2019 with the aim in providing Drug Education for students to live in a society where psychoactive substances are widely available and used for medical and non-medical purposes. Students are the future of the world, so proper education about drugs is important for them. The information we share about substance abuse helps students to develop a better sense of drug abuse awareness. Without proper educational measures about the harmful effects of drugs, students may develop an increased risk for becoming curious about drugs, falling prey to peer pressure, and they may develop the urge to try drugs. When students experiment with drugs it places them in a high-risk category for developing eventual drug tolerance, dependence, and addiction. Vimukthi Club provides the students with proper drug education.

➤ GOALS/ OBJECTIVES OF THE CLUB

- To create mass awareness against drugs among students
- To provide and arrange special classes for students addicted to alcohol, drugs, etc.
- To build a better society aware of harmful drugs.
- To educate students about the risks associated with the use of alcohol, tobacco and drugs like Morphine, Cocaine, Heroin etc.
- To enlighten the students with the Narcotic Drugs and Psychotropic Substances Act.

➤ MOTIVATION BEHIND THE CONSTITUTION OF VIMUKTHI CLUB

The world is changing rapidly and the changes are unpredictable. People are travelling through the changed environment and they show enthusiasm to each and every thing. Now-a-days the teenagers are curious about drugs, alcohol etc., Drugs are used for a long period of time in many countries. The concentration of drugs has increased from late 1960's and 1970's. Drugs can quickly takeover our lives. Friends and acquaintance have the greatest influence of using drugs during adolescence. Drugs are chemicals that change a person's body or mind works. Drugs are not good for health as they have many side effects and damage our brain, heart and other organs.

After several studies it was discovered that about twenty four crore people across the world use some kind of drugs, alcohols etc., Apart from terrorists attacks, in order to gain money illegally, even politicians are dependent on selling drugs. The drugs destroy the society, family relations, healthy workers, teenagers etc., It is observed that the increased rate of crimes, attacks against women, rape cases etc., are all problems or after effects caused due to the consumption of some dangerous, life threatening drugs. All over the world, crores of people are leading a pathetic life because of the usage of drugs. It is our responsibility to save the lives of people to build a better society and save the generations. In India, about ten lakhs of people are using Heroin and are addicted to it. Without knowing the consequences and problems, only for a simple happiness which is not everlasting, people especially youth start using these drugs. But once consumed, people get addicted towards it and find it difficult to drop the addiction. The main problem associated with drugs is that gradually the drug starts controlling the person's life and creates major problems. Even the youth are used as carriers to transport the drugs. Some of the illegal drugs are marijuana, ecstasy, cocaine, LSD, crystal meth and heroin. Drugs are consumed in different ways, by inhaling, taking by mouth, injecting, applying on skin and smoking. When a person is addicted to a drug, the drug becomes so important that the person cannot manage without it. Drug use distracts attention leading to academic failure and poor social skills. Stress plays a major role in drug use and continuing drug abuse. It also creates problem in our family, school and with our friends. The person's reflexes will become slower, they will have trouble working and doing things which require any physical and mental coordination. In spite of knowing the harmful effects of drugs, people spend lots of money and consume them to forget their worries and to seek happiness. Once a person is addicted, it is very hard to bring him/her out of it. Drugs get us involved in many illegal activities such as crime, theft, etc. It leads to sexual assault and accidents. Young people use drugs because of curiosity, peer pressure, boredom, finance problem and for pleasure. The person's behavior's tend to self-destructive activities and are often harder to think clearly and make good decisions.

Drug addiction has become a worldwide problem, especially for teenagers. Many young people become dependent on different types of substances and stimulating medicines that comes hand-in-hand with narcotic effect. The life of addicts become spoiled in all aspects, as they lose contact with their family and live in a different world. They spend lots of money on drugs, and then look for ways to earn money illegally. If we compare the health problems, there are many dangerous effects of drugs. To save the people, in our country many programmes are being organized under Excise Department.

➤ SUBJECT AREAS COVERED

The club provide awareness about drug usage, medical problems related to it, identifying the students addicted to drugs, providing counselling sessions, etc., This club also includes teachings by experts on:

- what exactly substance abuse is
- what substance abuse does and what the risks are
- how substance abuse can lead to the development of an addiction
- how to recognize warning signs of addiction
- what kinds of consequences addiction can have
- what to do and how to help if a friend or a family member has an addiction

The main objective is to provide Drug education to the students. Drug education is the planned provision of information, resources, and skills relevant to living in a world where psychoactive substances are widely available and commonly used for a variety of both medical and non-medical purposes, some of which may lead to harms such as overdose, injury, infectious disease (such as HIV or hepatitis C), or addiction. Many people unknowing use these types of drugs and get addicted. Educating them by providing an awareness which consists of the problems associated, legal issues etc., will help them aware about the consequences.

➤ RELEVANCE OF VIMUKTHI CLUB

Substance abuse and drug dependency are problems of significant proportions in our society today. They are the leading causes of preventable illness, disability and death in Kerala, also known as "God's Own Country". Alcohol/chemical dependency is a disease that affects not only individuals but every component of the family, the workplace and the community. Chemical abuse not only includes alcohol and illegal drugs, but also prescription drugs such as tranquilizers, pain medications, sleeping pills, etc.

Vimukthi Club aims in providing a mass awareness to the students about the hidden problems which alter the mental condition of the individual and affect the life of the people. This awareness makes the society aware about the consequences, medically and legally so that they can stay away from these substances.

This club also addresses some serious issues like:

1. Drug Abuse in the Workplace
2. Drug Abuse in the Classroom
3. Individual Health Risks
4. Impact on Family/Friends
5. Legal Awareness



ACTIVITIES:

- Mega PR Programme – Say No To Drugs organized by Vimukthi Club in the college in association with Junior Chamber International (JCI) & Radio MACFAST on 27.02.2019. Mr. Rishiraj Singh IPS, Excise Commissioner, Kerala delivered the keynote address
- Puppet show on the theme “Say No To Drugs” organized jointly by Thiruvalla Municipality, Excise Department and Vimukthi Club in MACFAST College on 7.03.2019
- Oath Against Drug Abuse on 12.07.2019



12.07.2019

PLEDGE – “SAY NO TO DRUGS”

I..... agree to abide by all rules regarding the use of drugs. I understand that drug addiction is a disease and, even though it may be treatable, it has serious physical and emotional effects - effects that would hurt me, my family, my friends and my college. I accept and pledge to follow all rules and laws established regarding the use of drugs.

I pledge to:

1. Support my fellow students by setting an example and abstaining from the use of illegal drugs.
2. Avoid enabling any of my fellow students who use these substances. I will not cover up or lie for them if any rules are broken.
3. Seek information and assistance in dealing with my own or other students' problems relating to drugs.
4. Be honest and open with my parents, guardians or teachers about my feelings and problems.

REPORT

“SAY NO TO DRUGS”

A talk on “SAY NO TO DRUGS” was organized by MACFAST jointly with JCI (Junior Chamber International, India) and Radio MACFAST 90.4 on 27th February 2019. The presidential address was delivered by Mr. Dileep Edathala, President, JCI Tiruvalla, the organization which stand for empowering the society. The resource person of this awareness programme was Sri. Rishiraj Singh, IPS, Kerala Excise Commissioner. He reminded the students of the negative effects of drugs and its long term implications. The interconnection of drugs with health, its covert association with crimes etc. was emphasized in his talk. Drugs lead to many illegal activities such as crimes, theft, sexual assault, motor accidents etc. Young people use drugs because of curiosity, peer pressure, boredom, financial problem and for mere pleasure. The person’s behaviors tend to self-destructive activities and are often harder to think clearly and make good decisions. The talk concluded with an interactive session with students.

The programme concluded with the vote of thanks by Fr. Dr. Thomaskutty Pathinettil, Director, Radio MACFAST 90.4.



"SAY NO TO DRUGS"

In Association with
MACFAST COLLEGE, TIRUVALLA, RADIO MACFAST 90.4 & JCI

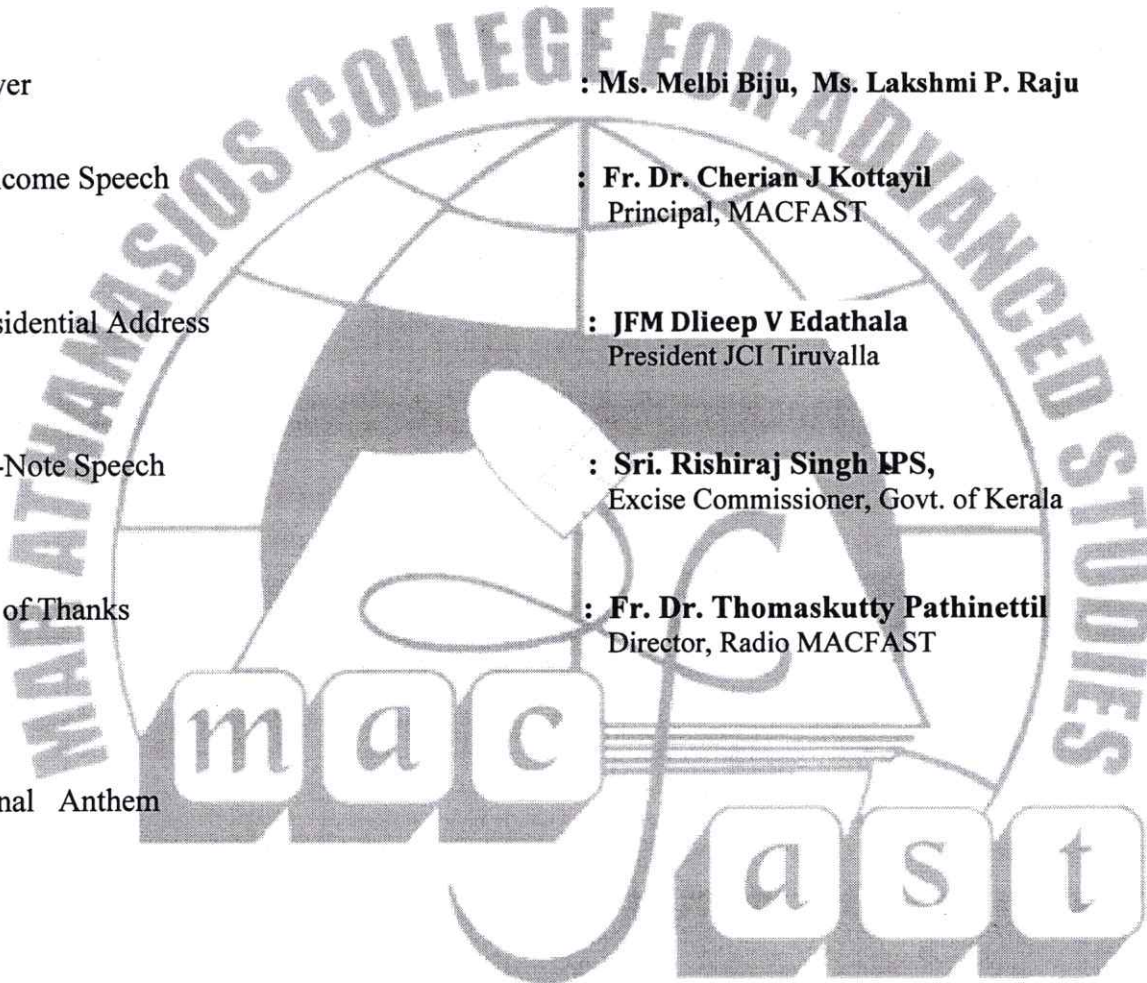
Programme Sheet

Date: 27/02/2019

Venue: College Auditorium

Time: 02.00 pm to 03:00 pm

1. Prayer : Ms. Melbi Biju, Ms. Lakshmi P. Raju
 2. Welcome Speech : Fr. Dr. Cherian J Kottayil
Principal, MACFAST
 3. Presidential Address : JFM Dlieep V Edathala
President JCI Tiruvalla
 4. Key-Note Speech : Sri. Rishiraj Singh IPS,
Excise Commissioner, Govt. of Kerala
 5. Vote of Thanks : Fr. Dr. Thomaskutty Pathinettil
Director, Radio MACFAST
- (National Anthem





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Say NO to Drugs



**International Day Against Drug Abuse
and Illicit Trafficking**



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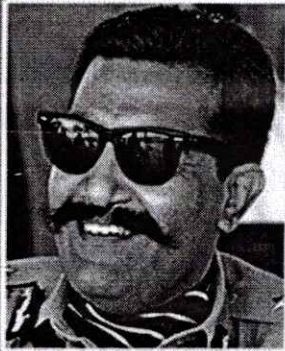
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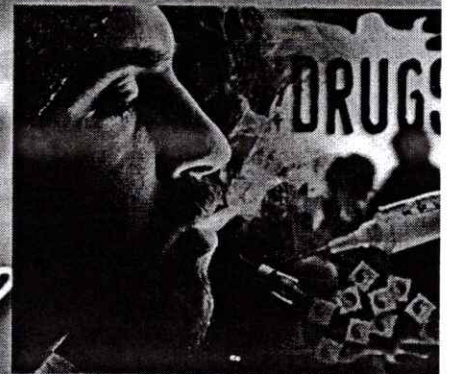
INSPIRE YOUTH LEADER CHANGE
JCI



RISHIRAJ SINGH IPS
EXCISE COMMISSIONER



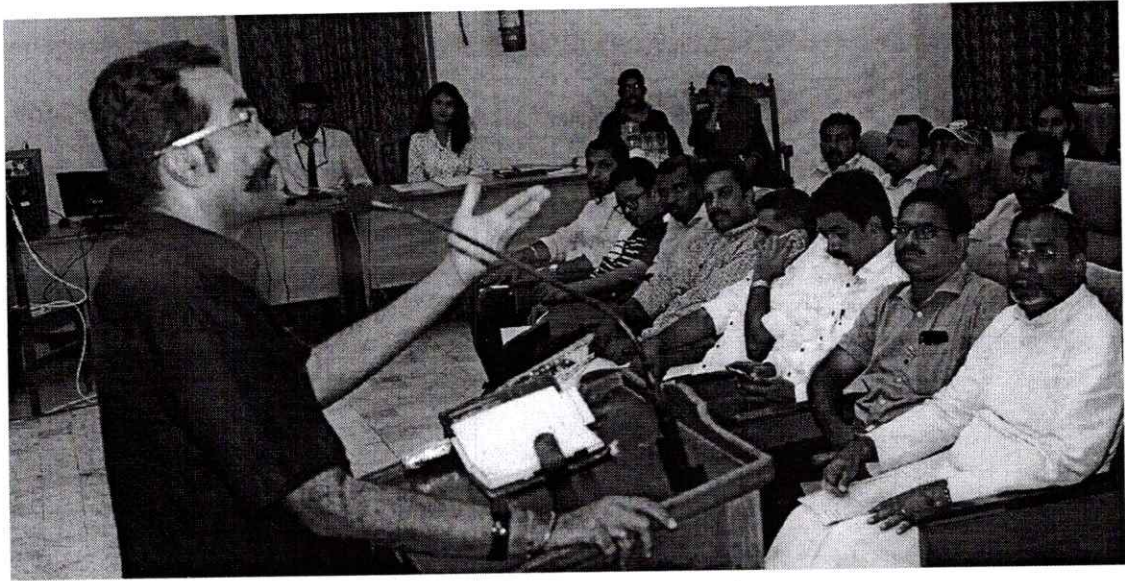
Say No to Drugs



AWARENESS PROGRAMME

27th February 2019

MACFAST AUDITORIUM, THIRUVALA



Talk on "Say No to Drugs " by Sri. Rishi raj Singh

