



St. PETER'S
COLLEGE OF ENGINEERING AND TECHNOLOGY
(An Autonomous Institution)

Affiliated to Anna University | Approved by AICTE
Avadi, Chennai – 600 054



ANTI-DRUG AWARENESS BOOKLET

Towards a Drug-Free Tamil Nadu



St. PETER'S
COLLEGE OF ENGINEERING AND TECHNOLOGY
(An Autonomous Institution)

Affiliated to Anna University | Approved by AICTE
Avadi, Chennai – 600 054



ANTI-DRUG COMMITTEE

Sl. No	Name of Member	Designation/Role	Mobile	Email Id
1	Dr. S. Poorna Chandra	Principal - Chairperson	7358110159	principal@spcet.ac.in
2	Dr. K.Purushothaman	Dean Students	9444693784	drpurushothaman@spcet.ac.in
3	Dr. Tharani Vimal	Dean Academic	9940406406	hodit@spcet.ac.in
4	Mr. D.Sathiyamoorthy	Faculty Coordinator	9486809490	sathiyamoorthy.d@spcet.ac.in
5	Mr.G.Inzamamul Haq	Physical Director-Member	9841920047	inzamampd@spcet.ac.in
6	Mr.N.Murgan	NSS Program Officer - Member	9952585776	nmurugan_mech@spcet.ac.in
7	Ms. S. Abirami	YRC Coordinator - Member	9677042063	abiramis@spcet.ac.in
8	Mrs. J. Sheebha Vinoliya Priyadarshini	AP/Chemical - Member	9442917610	sheebavinolia@spcet.ac.in
9	Mr. E. Madhan Kumar	AP/ECE- Member	9884126457	madankumar@spcet.ac.in
10	Mr. P. Murgesh Pandian	AP/IT - Member	9941533566	murugeshpandian.p@spcet.ac.in
11	Mr. Manikandan	AP/Chemistry - Member	9840335687	manikandakumaran@spcet.ac.in
12	Mr. T. Vishnusriram	AP/CSE-Member	9345489644	tvishnusriram_cse@spcet.ac.in
13	Mrs. V. Ramya	AP/AIDS	9958677918	ramyav_aids@spcet.ac.in
14	Mr. M. Namachivayam	AP/EEE	9940269316	namachivayam_eee@spcet.ac.in
15	Ms. D. Roselin Marry	AP/BioTech	9445667344	rosseline@spcet.ac.in
16	Mr. S.Vishwa	IV - ECE, Student Representative Member	8870024463	svishwaselvam@gmail.com
17	Mr. S. Vasanth	III – Mech, Student Representative-Member	91503 28822	vasanthsubbiah1991@gmail.com
18	Mr. M.M. Blessing Mano	II – IT, Student Representative-Member	9962404944	mmblessingmano27@gmail.com
19	Mr. Mageshkumar N	I – Biotech, Student Representative-Member	8015211454	mageshkumar1454@ gmail.com

MESSAGE TO STUDENTS

Dear Students,

As you begin this academic journey, remember that your choices shape your future. Drug abuse is very harmful — it quietly damages health, affects studies, and destroys potential.

You are the strength of our nation. Your decisions affect not only your own life but also the future of society.

We ask you to stay alert, support each other, and always say NO to drugs in any form. Our institution is committed to giving you a safe, supportive, and drug-free learning environment.

If you or someone you know needs help, please reach out to:

Faculty members, Class advisors, Heads of Departments (HoDs), Deans, Principal or Helpline resources

All complaints and concerns will be handled with care, safety, and full confidentiality.

Let us make this academic journey one of courage, clarity, and purpose. Together, let us build a Drug-Free Tamil Nadu.

Warm regards

Anti-Drug Committee – SPCET



What Are Drugs?

Any Chemical that alters the Physical or mental functioning of an individual is a drug.

Drug Abuse

When a drug is taken for reasons other than medical, in an amount, strength, frequency or manner that causes damage to the physical or mental functioning of an individual, it becomes “drug abuse”.

Dependence and Tolerance

Drug abuse can lead to drug addiction with the development of tolerance and dependence. Tolerance refers to a condition where the user needs more and more of the drug to experience the same effect. Slowly drug dependence develops.

Common Types of Drugs Misused by Students

Type of Drug	Examples	Risk
Tobacco	Cigarettes, chewing tobacco	Cancer, lung disease
Alcohol	Beer, wine, liquor	Liver damage, accidents
Cannabis	Ganja, marijuana	Memory loss, dependency
Prescription Drugs	Painkillers, sleeping pills	Overdose, addiction
Synthetic Drugs	LSD, MDMA, Ecstasy	Hallucinations, brain damage
Inhalants	Glue, paint thinners	Brain cell death, suffocation



Why Say NO to Drugs?

Using drugs may seem like a personal choice at first—but it affects every part of your life and everyone around you. Below are the key reasons why **staying away from drugs is the smartest decision you can make**:

▼ 1. Health Hazards

- **Brain Damage:** Drugs alter your brain chemistry and reduce your memory, attention, and decision-making ability.
- **Liver and Lung Damage:** Long-term use leads to liver failure and respiratory issues.
- **Heart Problems:** Increased risk of heart attack, stroke, and high blood pressure.
- **Weakened Immune System:** Making you more prone to infections and disease.

▼ 2. Mental Health Issues

- Increases **anxiety, depression, and paranoia**.
- May lead to **hallucinations and psychosis**.
- Long-term use increases the risk of **suicidal thoughts and emotional instability**.

▼ 3. Academic Failure

- Declining focus, absenteeism, poor grades.
- Dropping out of college or being suspended.
- Loss of motivation and creativity.

▼ 4. Career Destruction

- Criminal record from drug use affects future job prospects.
- Failures in drug tests during placements or employment screening.
- Poor work ethics and instability due to substance dependency.

▼ 5. Legal Consequences

Under the **NDPS Act (Narcotic Drugs and Psychotropic Substances Act, 1985)**:

- **Possession, use, or trafficking** of drugs is a criminal offence.
- **Punishment** includes imprisonment and heavy fines.
- Even being present in a place where drugs are consumed can lead to legal trouble.

▼ 6. Impact on Family and Society

- Emotional pain and financial burden on your loved ones.
- Social isolation and loss of trust.
- Encourages a cycle of addiction and despair in the community.



A Healthy Life = A Drug-Free Life

ANTI-DRUG SUPPORT & HELP RESOURCES

ANTI-DRUG CAMPAIGN – TAMIL NADU

<https://www.drugfreetamilnadu.tn.gov.in/en>

DRUG FREE TN Mobile App



NARCOTIC INTELLIGENCE BUREAU, CID OF TAMIL NADU



10581



9498410581



dad.ebcid@gmail.com



<http://enforcementbureautn.org>

Tele Mental Health Assistance and Networking Across States (TELE – MANAS)



14416 & 1800112356



<http://telemanas.mohfw.gov.in/home>