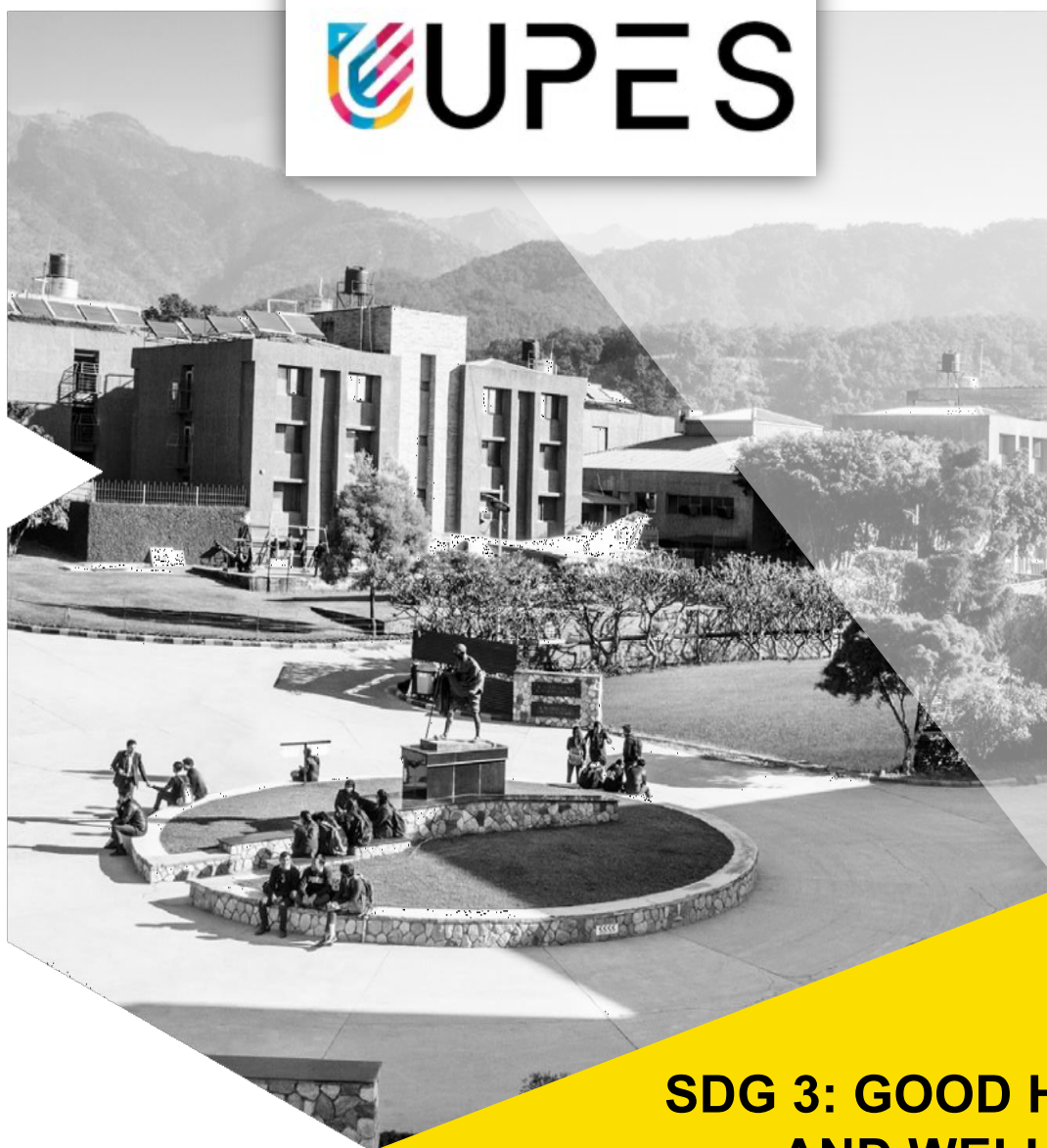




SUSTAINABLE DEVELOPMENT GOALS



**SDG 3: GOOD HEALTH
AND WELL-BEING**

2025

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UPES Smoke-Free Campus Policy Overview

The University of Petroleum and Energy Studies (UPES) in Dehradun has officially designated its campuses as **smoke-free zones**. In line with the university's eco-friendly and health initiatives, UPES maintains a “**Smoke Free Campus**” policy bestcolleges.indiatoday.in. This means smoking is **strictly prohibited everywhere on campus**, including academic buildings, hostels, and open areas. The ban extends even beyond the gates – the student code of conduct explicitly forbids smoking on campus *and within 100 meters outside the campus* scribd.com. Unlike some institutions that allow smoking in designated spots, UPES does **not provide any smoking areas** on its premises. All forms of smoking (cigarettes, etc.) are barred as part of creating a healthy, clean campus environment. This smoke-free stance aligns with public health guidelines and has been a part of UPES campus regulations for many years (UPES is “*a No-Smoking Campus*” by official declaration) scribd.com. Students and staff are made aware from the start – the policy is communicated through the student handbook and orientation, and “No Smoking” signage and notices are commonly found to reinforce that the entire campus is a smoke-free space.

Enforcement and Disciplinary Actions

UPES backs its no-smoking policy with **strict enforcement mechanisms**. The university's conduct regulations list smoking on campus as an act of indiscipline subject to disciplinary action scribd.com. Campus security and a Proctorial Board (disciplinary committee) monitor compliance, and any student caught smoking faces penalties. For a **first offense**, students typically incur a **minor penalty** such as a warning letter or a fine (up to ₹5,000) scribd.com. The incident is recorded, and parents/guardians may be notified in writing of the violation scribd.com. Repeat or serious violations trigger escalated consequences – the code of conduct specifies that multiple minor offenses automatically become a **major offense**, inviting harsher punishment scribd.com. Major disciplinary actions at UPES include suspension from classes, **rustication**, or even outright **expulsion from the university** for egregious or repeated breaches scribd.com. In practice, the administration has a **zero-tolerance approach** to smoking and tobacco. According to student accounts, **anyone caught smoking or consuming alcohol on campus is at risk of immediate expulsion** collegebatch.com. While expulsion on a first offense is rare and typically reserved for severe cases, this anecdote highlights how seriously the rule is taken. Enforcement is carried out through surprise checks in hostels and campus areas, and the Discipline Office proceeds with inquiries if a violation is reported. Overall, the **threat of strict disciplinary action** ensures that most students and staff avoid smoking on campus.

Awareness and Health Initiatives

UPES couples its strict rules with efforts to **promote awareness about the harms of tobacco** and foster a healthy campus lifestyle. The smoke-free policy is part of UPES's commitment to well-being under its Sustainable Development Goal initiatives (SDG 3 – Good Health and Well-Being) bestcolleges.indiatoday.in. The university regularly communicates the dangers of smoking and secondhand smoke through orientations, campus newsletters, and student welfare programs. Although formal anti-smoking campaigns by UPES are not heavily publicized, the university does observe national health days and campaigns. For instance, events around **World No Tobacco Day** and other wellness workshops are used to remind the community of

the no-smoking rule and encourage tobacco cessation. UPES's National Service Scheme (NSS) wing and student clubs often organize **health awareness drives**, which include topics like the ill effects of smoking and drug abuse. Moreover, university leadership publicly advocates for a tobacco-free lifestyle – for example, UPES's Registrar joined a recent public health forum emphasizing a “*healthier, smoke-free campus*” in alignment with India's Swachh Bharat and Tobacco-Free initiatives [x.com](#). These efforts signal that UPES not only enforces a ban but also educates its students on **why** avoiding tobacco is important. The campus health center and counselling services are available to support any student who may be struggling with tobacco use, by providing resources for quitting. In addition, UPES complies with government regulations (like the ban on sale of tobacco within 100 yards of educational institutions), helping ensure cigarettes or chewable tobacco aren't sold or advertised on or near campus. **Signboards** declaring “Smoke-Free Campus” are posted at campus entrances and common areas, reinforcing the message daily. Through such awareness measures and open discussion of health risks, the university fosters a culture where non-smoking is the norm.

Compliance and Community Response

Compliance with the smoke-free policy at UPES is reportedly high. The combined effect of clear rules, strict penalties, and awareness means that students and staff generally refrain from smoking on university property. Observers note that it is **uncommon to see anyone smoking openly on campus**, and there is strong peer support for the smoke-free environment. Student reviews of UPES frequently mention the alcohol- and smoke-free campus as a positive aspect of campus life, citing it as contributing to the “peaceful and calm” atmosphere [collegebatch.com](#). Many students appreciate that the university grounds are clean and free of cigarette litter and secondhand smoke. Of course, as with any strict policy, there may be occasional violations – some students might step off campus to smoke – but the university's extension of the ban to areas just outside the campus gates [scribd.com](#) shows an effort to discourage even that behavior. Security personnel and hostel wardens keep an eye out, especially in dormitories, to enforce the rules. Compliance is further strengthened by the fact that violating the smoking ban can jeopardize a student's standing; no one wants a disciplinary record or to face suspension over a cigarette. Faculty and staff are equally expected to follow the policy. There is an understanding that **smoke-free campus rules apply to everyone**, and staff compliance is aided by workplace regulations and HR policies aligning with the campus ban. UPES also prides itself on being a green and healthy campus, so community norms have evolved such that smokers tend to abstain or at least ensure they do not violate campus boundaries. Overall, the smoke-free policy appears to be well-observed, with **few reports of non-compliance** and a generally supportive attitude among the UPES community towards maintaining a tobacco-free environment.

Recent Updates and Ongoing Policy

As of 2025, UPES's smoke-free campus policy remains firmly in place with **no major changes or relaxations** reported in recent years. The prohibition on smoking has been part of the university's rules for over a decade, and it continues to be reinforced in the latest student code of conduct and bulletins [scribd.com](#). The policy has kept pace with the times by implicitly covering newer forms of smoking – for example, **vaping and e-cigarettes** are treated the same as traditional tobacco smoking under campus rules (even if not named explicitly, they fall under the ban on smoking). University administrators periodically review campus regulations, but there have been no announcements suggesting any rollback of the tobacco policy; if anything,

the trend is to maintain a **100% tobacco-free campus**. In campus-wide addresses and orientation sessions, officials reiterate that UPES is a smoke-free and drug-free educational institute. The only “updates” have been continued emphasis on compliance and health – such as installing more signage and integrating the smoke-free policy into UPES’s sustainability and wellness programs. Disciplinary records indicate that cases of smoking violations are handled seriously, and this consistent approach has not changed. In summary, **UPES’s campus is entirely smoke-free, with no smoking allowed in any campus location** and no designated smoking zones. The university enforces this through clear rules and strict discipline, conducts awareness programs to support the policy, and enjoys generally good compliance from students and staff. The smoke-free campus initiative is an ongoing commitment, contributing to a healthier campus life and aligning with UPES’s vision of a safe, clean, and conducive learning environment bestcolleges.indiatoday.in collegebatch.com.