

UoN marks International day against Alcohol, Drug Abuse and Illicit Trafficking

It was a day of fun filled activities as UoN fraternity joined the rest of the world in marking the International Day against Alcohol, Drug Abuse and Illicit Trafficking (IDADA). During the event which was held on June 23, 2017, UoN members of staff and students engaged in sports activities such as volleyball, football, netball and basketball and various teams were awarded trophies.

The Vice Chancellor, Prof. Peter Mbithi noted that the commemorative event was an appropriate recognition of the extraordinary progress made and an important reminder that the most profound challenge that still remains is to end the devastating vice in the society.

“To strengthen the set preventive activities, the University has developed a Student Assistance Program (SAP) and an Employee Assistance Program (EAP) whose specific activities include sensitization campaigns to create awareness, health education sessions, training (peer counselors/educators), guidance and counseling, orientation of students, appropriate referrals when specialized service is necessary and active participation in ADA prevention activities organized by the ADA sub-units and ADA clubs,” he said. The University of Nairobi has a policy on the prevention of alcohol and drug abuse.

The key note speaker, Ms. Catherine Mutisya from the Ministry of Health, commended the University for her Commitment to fight the vice in the institution.

She said that it is important for the institution to continue sensitizing the students, staff and other stakeholders on the effects of alcohol and drug abuse. She noted that it is unfortunate that drug abuse and addiction starts as early as the age of 12 years. “Research has shown that 50% of the addicts are youth. We need to encourage our children and colleagues to engage in healthy behaviour and lifestyles by engaging in activities such as sports” she said.

The international theme for this year’s celebrations was ‘Listen First!’ which is a call to all to understand the effects and dangers of alcohol and drug abuse and also illicit trafficking. UoN Health Services (UHS) also offered testing services on HIV/AIDS, blood sugar checks, blood pressure and body mass index (BMI).