Liaquat University of Medical & Health Sciences (LUMHS), Jamshoro

Smoke-Free and Tobacco-Free Policy

Document Control	
Policy Title	Smoke-Free and Tobacco-Free Policy
Policy Owner	Registrar / Directorate of Quality Assurance (QEC)
Version	2.0 (supersedes earlier version)

1. Introduction

LUMHS is committed to promoting the health and well-being of its students, faculty, staff, patients, and visitors. In line with this commitment, the University maintains a smoke-free and tobacco-free campus. This policy is implemented in accordance with the directives of the Higher Education Commission (HEC), applicable federal and provincial tobacco control legislation, including the Prohibition of Smoking in Enclosed Places and Protection of Non-Smokers Health Ordinance 2002, and Pakistan's obligations under the WHO Framework Convention on Tobacco Control. It supports SDG 3 (Good Health and Well-being).

2. Purpose

To provide a healthy, safe, and clean environment by prohibiting smoking, tobacco use, and related products on all University premises, to protect non-smokers from second-hand smoke, and to support individuals who wish to quit.

3. Scope

This policy applies to all students, faculty members, employees, contractors, vendors, patients, attendants, and visitors on university premises, including affiliated teaching hospitals and colleges where applicable.

4. Policy Statement

Smoking and the use of tobacco and nicotine products are prohibited at all times in all University premises, including:

- Academic buildings, offices, lecture halls, laboratories, libraries, and auditoriums
- Hostels, residential colonies, and guest houses
- Cafeterias, shops, and canteens
- Hospital buildings and wards
- Grounds, gardens, walkways, and sports facilities
- Parking areas and University-owned or University-operated vehicles
- All other indoor and outdoor areas

No designated smoking areas are permitted on campus.

5. Prohibited Products

- Cigarettes, cigars, and pipes
- Shisha and hookah
- Electronic cigarettes, vaping devices, and heated tobacco products
- Nicotine pouches and other nicotine products not approved as cessation aids
- Chewing tobacco, snuff, naswar, gutka, mawa, and tobacco-containing paan
- All other tobacco and nicotine products

6. Sale, Advertising, and Promotion

- The sale, supply, and distribution of tobacco and nicotine products are prohibited within University premises, including through cafeterias, shops, and vendors.
- Tobacco advertising, sponsorship, and promotion are not permitted at University events or on University property.
- Vendors and contractors are required to comply as a condition of their contracts.

7. Roles and Responsibilities

Role	Responsibility
Vice Chancellor / Registrar	Overall authority for approval, enforcement, and resource allocation
Deans, Heads of Departments, and Directors	Ensure compliance within their areas and take action on reported violations
Security Staff	Monitor premises, address violations, and report them to the competent authority
Directorate of Quality Assurance (QEC)	Monitor implementation, maintain records, and report annually
Department of Psychiatry and Counselling Services	Provide cessation support and counselling
Faculty and Staff	Comply with the policy, set an example, and report violations
Students	Comply with the policy and support a smoke-free campus
Visitors, Patients, and Contractors	Comply with the policy while on University premises

8. Enforcement and Consequences

Violations are addressed in a fair, graduated, and documented manner.

Employees

1. First offence: verbal warning
2. Second offence: written warning
3. Third offence: disciplinary action under applicable service rules
4. Repeated offences: further action as determined by the competent authority

Students

1. First offence: verbal warning and counselling

2. Second offence: written warning and notification to the parent or guardian
3. Further offences: referral to the Disciplinary Committee

Visitors, Patients, and Contractors: request to stop or leave the premises; repeated violations by contractors or vendors may result in contractual action.

9. Complaint Mechanism

Any person may report a violation to Security, the concerned Head of Department, or the Directorate of Quality Assurance (QEC) in person, in writing, or by email. Complaints are recorded, acted upon within a reasonable time, and handled with confidentiality.

10. Support for Quitting

LUMHS supports individuals who wish to stop using tobacco through:

- Counselling services
- Smoking cessation programmes, in coordination with the Department of Psychiatry and affiliated hospitals
- Nicotine replacement therapy and prescribed medications, under medical supervision
- Awareness sessions and campaigns, including observances such as World No Tobacco Day

11. Signage and Communication

- Clear "Smoke-Free / Tobacco-Free Campus" signage in English and Urdu is displayed at entrances, exits, buildings, hostels, hospitals, and parking areas.
- The policy is communicated to students at orientation and to employees at induction, and is shared with contractors, vendors, and visitors.
- The policy is published on the University website and displayed on notice boards.

12. Monitoring and Review

- The Directorate of Quality Assurance (QEC) monitors compliance through periodic inspections and signage audits, and records the number of violations, complaints, and cessation referrals.
- A summary of implementation is included in the University's annual sustainability and SDG reporting.
- The policy is reviewed annually and revised as necessary in light of regulatory changes and monitoring findings.

13. Benefits

- Improved health and well-being of the University community
- Reduced exposure to second-hand smoke and smoking-related illness
- A cleaner, greener campus
- Increased productivity
- Compliance with HEC directives and applicable law

Compliance: Clean, Green, and Smoke-Free LUMHS

LUMHS enforces a campus-wide ban on smoking and tobacco use in accordance with HEC directives, protecting the health of all who study, work, and receive care on its premises. Regular monitoring and policy updates ensure continued effectiveness and alignment with SDG 3. Complementing this, the University has undertaken a green campus initiative of tree planting, landscaping, and gardening, with air-purifying and oxygen-enriching plant species, to improve air quality, reduce carbon emissions, and increase biodiversity, supporting SDGs 11, 12, and 13.






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