

NO-EDN-KGR-(Science Consultant) Drug Abuse 2023-24
O/O The Deputy Director of Higher Education
Kangra at Dharamshala.

Email -ddhekanagra3@gmail.com

Dated: Dharamshala-176215 the
To

The Principals /Headmasters (List attached)
GSSS/GHS/Private Schools
Of District Kangra

Subject:- Implementation of State Action Plan for Drug Demand Reduction (2023-24)
Memo,



This is in reference to this office letter No. EDN-KGR (Sc. Consultant) Drug Abuse 13866-68 , 13869-82 Dated 11 Jan. 2024 & 14061-63 Dt. 17-01-24 on the subject cited above.

As you are aware that awareness programme 'Navchetna- 1' will be implemented in 24 schools & 'Navchetna-3' will also be implemented in 5 Govt./Pvt. Senior Secondary in Distt. Kangra which are situated in most vulnerable / high risk areas in the State.

For implementation of above said programme, teachers have been trained. **These teachers will further train/aware the students as well as teachers of selected schools (List Enclosed).** In view of above, you are directed to consult a specified NGO named Gunjan Organization for Community Development, Dharamshala for implementation of Navchetna Programmes as per guidelines .

So all the Heads of the schools are directed to conduct the awareness programme before 20th Feb, 2024. You are also directed to send the utilization certificate along with photographs & brief note in consolidated manner of your school to this office before 20th Feb. 2024, so that same could be sent to Higher authority. **All the trained officials are also directed to complete their session well before the last date.**

All the heads of selected schools are directed to provide the progress report as per format given below in Excel format & in pdf format through Email within two days.

School Name	Number of Session conducted by Trained Teacher (Navchetna-1 & 3)	Total No. of Participant (6 th -8 th)	Total No. of Participant (9 th -12 th)	Total No. of Teachers	Fund Utilized	Remarks

For any assistance you can consult Sh. Vijay Ji (Gunjan Organization) - 94180-80204.

Encls - Guidelines


Dy. Director of Higher Education
Kangra at Dharamshala

Copy to -

1. Director of Higher Education Shimla-1
2. NGO Gunjan organization for community Development, Dharamshala.

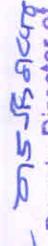

Dy. Director of Higher Education
Kangra at Dharamshala

Navchetna-1

SN	Name of Block	Name of School	Mobile No. Principal	Trained official	Contact No. Trained official
1	Indora	GSSS Mohthli	9876350559	Rakesh Kumar(GHS Bhapoo)	7590079074
2		GSSS MAKROLI	9418411459		
3		Pratap World School	8350802422	Abhay Singh Rana(GSSS Rehan)	9805427829
4		Lotus Obroi Pub. School Indora	9816088212	Amit (GSSS Basantpur)	9459258609
5		GSSS Suliiali	9459234710	Bhartedu Choudary(GSSS Aund)	9418122083
6		Gurukul Pub School Sadiwan	9816302684		
7	Nurpur	GSSS Ganoh	9418101428	Ravinder Kumar (GSSS Bharmar)	9857666155
8		DAV Nurpur Baghni	9418143942		
9		GSSS SHAHPUR	9418708978	Sanjay Choudary (GMS Chandmari)	9418494091
10		GSSS Rait	8679539075		
11	Rait	Kangra International Sch. Shahpur	9625978102	Dinesh Kumar (GSSS Bhali)	9418602808
12		New Millennium Int. Sch. Ladwara	9459833266	Dinesh Kumar (GSSS Kuther)	9816649166
13	Nagrota Surian	GSSS Lanj	9816228777	Sunil Prashar (GSSS Daultpur)	9418842281
14		GSSS Ghalian	9418459461		
15		DAV Nagrota Surian	9805940502	Vijay Kumar(GMS Sugnara)	9418607421
16		Galaxy Public Sch. N/Surian	9015178929		
17		GSSS Daroh	9882400110	Naresh Rana(GSSS Noura)	9816242780
18		GSSS BHODA			
19	Bhawarana	Neugal Model Pub. Sch. Bharawana	9418228554	Dr. Sanjivina Bhandari(GSSS Bandla)	9418091081
20		Rainbow World Sch. Bhawarana	8894647789		
21		GSSS Farstyganj	9418427560	Virender Singh(GSSS Khaniara Khas)	7018618550
22		GSSS Tang Narwana	9816282920		
23	Dharamshala	Achiever Hub Pub Sch Dari	9816865724	Sanjeev Kumar (GSSS Nandrol)	7018246751
24		Adhunik Pub sch. Sidhbari	9418591404		

Navchetna-3

S	Distt.	Name of Block	Name of School	Govt./Pvt	Mobile No.	E-Mail
1	Kangra	INDORA	GBSSS INDORA	Govt	9417432369	GSSSINDORA@GMAIL.COM
2		Nurpur	GSSS Ladori	Govt	9418021210	GSSSLADORI@GMAIL.COM
3		Palampur	GSSS Rajpur	Govt	9418067710	RAJPURGSSS@GMAIL.COM
4		Palampur	GSSS (CO-EDU) PALAMPUR	Govt	9418054123	GSSS.CO.EDU.PALAMPUR@GMAIL.COM
5		KANGRA	GAV Public SSS Kangra	Pvt	9418635372	GAVSSSKANGRA@GMAIL.COM


 Deputy Director of Higher Education
 Kangra at Dharamshala 176215

Models of Navchetana 1 to Navchetana 4I. Navchetana 1A Programme for school children between the ages of 11 to 18 YearsA Teacher Led Intervention.

Extensive research and experience indicates that the solution to the problem of Drug abuse lies primarily in prevention than in treatment and rehabilitation. Early prevention and awareness generation is the key to deal with this problem. Long term research by NIMHANS, Bangalore of 15000 addicts shows that 80% of those who get into addiction by 18 years of age remain drug dependents whereas only 5% of those get into it after 25 years are difficult to cure. The onus of prevention in the younger population of State lies with the concerned State Governments through targeted Intervention for children in schools in the age group from 11 to 18 years.

2. 'Navchetana' programme would be implemented by the State Social Welfare/ Nodal Department in coordination with the State Education Department. The programme would be launched in identified districts beginning from the most vulnerable/ high risk areas in the State and would be delivered through teachers of the identified schools.

3. Appropriate and focused teaching learning material would be developed by Department of Social Justice and Empowerment (SJ&E) in the form of various Modules prescribed for students from 6th to 12th standards. These modules would be developed scientifically incorporating drug-related learning outcomes in the context of the health curriculum, life skills programmes, sports sessions, games or other appropriate learning area that can provide sequence, progression, continuity and links to all issues that impact on students' lives.

4. The whole programme would be a teacher led intervention. Teachers will deliver 3 sessions for students of class 6th to 8th and 5 sessions for students of 9th to 12th in a year, each of one hour duration in the school. One additional session will be carried out exclusively for the Parents of students of class 6th to 12th. Each of these sessions will be an independent session and will be imparted by identified and trained teachers. These teachers will be trained with the help of National Institute of Social Defence (NISD) or Regional Resource Training Centers (RRTCs) of the

Department of Social Justice & Empowerment (SJ&E) or by other collaborating agencies.

5. There will also be a provision for referral linkages to counselor in the school or outside school and also to treatment facilities. On identification of vulnerability or on request, student can be referred to a counselor. Any parent can also be given a referral to counseling/ treatment facility. Database of such counselors and treatment facilities should be maintained by schools. On identification of vulnerability in terms of difficulty with studies, personal or family issues or any other factor which would make the child inclined towards use of drugs, teachers should identify the positive aspects of such students and engage them in activities like sports, hobbies, physical activities in order to divert their attention as well as to engage them in meaningful activities.

6. The activities that would be carried out by the State Nodal Department are as under:

- a) Identification of districts to be covered by the State says 10 districts which are high risk areas.
- b) Identification of schools in each of these districts says 10 schools.
- c) Identification of teachers, preferably class teachers in each school who will deliver the sessions after training. The number may be at least 10.
- d) Training of identified teachers through master trainers of NISD.
- e) After imparting of the sessions to children from classes 6th to 12th, feedback from the teachers to be taken by the State Government once a year in a prescribed format
- f) Re-briefing of teachers for one day each year for three consecutive years.

7. Financial norms for implementation of 'Navchetana 1' in schools are as under:

A Incentive to School:

Incentive per school (Subject to nominating at least 10 teachers)	Rs. 50000 per academic year to each school for activities relating to conducting sessions to students of all classes from class 6 th to 12 th in each year. This may include incentivising/awards & recognition of teachers who train and deliver these sessions.
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B Training of Teachers: To be organized by State Education/Social Welfare /Nodal Department in each district:

Cost Norms Per Program of Teacher Training for one day and of 50 teachers in the district.				
S.No	Item	Unit cost in Rs	Unit	Total in Rs
1	Honorarium to Resource person/master trainer of NISD	2000	2	4000
2	TA/ DA to Resource person	1500	2	3000
3	Refreshment (including lunch/ tea/ biscuits etc.	60	50	3000
4	Logistic arrangement/ IEC Material/ Contingency	10000	-	10000
5	TOTAL			20000

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III. Navchetana 3

A Programme for awareness and follow up for school children from classes 6th to 12th a three day visit programme to a school and follow up with children if required

A NGO led intervention

1. Students between the age of 11 to 18 years start forming an identity and look for and at adult role models. They spend more and more time with peers and are keen to test their limits. They are more independent and ready to take risks. At this crucial formative stage, these students have to be taught drug resistance skills which include drug refusal, media analysis skills as well as developing of anti-drug attitude. Such students can be given the knowledge of definitions of substances, substances misuse and abuse and substance dependence. This intervention would be a three day visit in the school by an NGO for a 1.5 hour session. In this programme NGO will also try to identify students who are already using Substance (Drugs) or showing inclination to use. The strategy is to reduce this inclination to use drugs by developing a good rapport with them and also provide referral linkages where required for the counseling/ treatment facility. NGO will also have a visit in the community setup nearby school for awareness programme on Prevention of Alcoholism and substance (Drug) abuse.

2. NavChetana' programme would be implemented by the State Social Welfare/Nodal Department in coordination with the State Education Department in all schools of the State in a phased manner. The programme would be launched in 1000 schools beginning from the most vulnerable/ high risk areas in the State and would be delivered through teachers of the identified schools.

3. There will also be a provision for referral linkages to counselor in the school or outside school and also to treatment facilities. On identification of vulnerability or on request, student can be referred to a counselor. Any parent can also be given a referral to counseling/ treatment facility. Database of such counselors and treatment facilities should be maintained by schools. NGOs and schools together can also establish a referral mechanism. On identification of vulnerability in terms of difficulty with studies, personal or family issues or any other factor which would make the child inclined towards use of drugs, teachers should identify the positive aspects of such students and engage them in activities like sports, hobbies, physical activities in order to divert their attention as well as to engage them in meaningful activities.

4. The activities that would be carried out by the State are as under:

- 1) Identification of NGOs
- 2) Identification of schools where this programme will be conducted.
- 3) Conduct the programmes as per norms prescribed.
- 4) Design of the programme given below is indicative. NGO can also have their designed programme

Day 1

- Session on healthy living and developing Life skills:
- Participatory session:
- Feedback session:

DAY 2

- Session on self-management skills and confidence building:
- Participatory session:
- Feedback session:

Day 3

- Session on knowledge about substance abuse harm caused and support systems available
- Participatory Session:
- Feedback session:

4. Financial norms for conducting the programme are as below
 Cost of conducting these three days visit per school can be discussed and finalized by the State Government with the NGOs on a one to one basis
 rule an amount of Rs 20000-25000 is the cost of 3 day programme to one school.

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DA

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State Level Coordinating Agency (SLCA) Himachal Pradesh
Ministry of Social Justice & Empowerment, Government of India

Tapovan Road, Siddhbari, Teshil Dharmsala, District Kangra, Himachal Pradesh - 176057
Phone - 01892-235315, 9459082624 Email : rtonorth.hp@gmail.com, good.hp@gmail.com; Website : www.gunjanindia.org

Ref. # GOCD/RRTC/11 - 2689

Dated 4th September 2023

To

Shri Pradeep Thakur IAS
Director - S&WSP,
Department of Social Justice and Empowerment,
Government of Himachal Pradesh.

Subject: List of Vulnerable blocks - Himachal Pradesh & Proposal for Digital Media Campaign under NAPDDR.
Reference: Minutes of the Meeting dated 29th September 2023
8 - 10(7)/2019 - SOM - WEL - NAPDDR - 17358 - 17374 Dated 30 - 09 - 2023

Dear Sir,
Greetings!

This is in reference to the minutes of the meeting, Meeting held on 29th September 2023, in your esteemed office regarding implementation of NAPDDR Program in the state of Himachal Pradesh, please find attached the following documents as discussed and desired:

Sr. No	Document	Annexure
1	List of vulnerable blocks in the state of Himachal Pradesh	A
2	Proposal for Digital Media Campaign in the State of Himachal Pradesh under NAPDDR Program	B

Look forward towards your further direction.

Warm regards,


Sandeep
Executive Director



Encls.
Annexure A & B