

Report
Of
Awareness Programmes
on

**Drug Abuse Prevention for College
Students**



submitted by

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Preface

National Institute of Social Defence (NISD), Ministry of Social Justice and Empowerment, New Delhi had sanctioned Eight (8) 'One Day Awareness Programme' on Drug Abuse Prevention for College Students to the Department of Social Work at Rajiv Gandhi University. In this connection, a series of Drug Abuse Prevention Programmes were organized by the Department in the city colleges to create awareness among the youth, clarify myths related to drugs and motivate them to be torch bearers and stand out as role models in the society. Eight colleges were covered in this awareness drive which started on 16th of February, 2019 at NERIST and concluded on 14th March, 2019 at Don Bosco College, Jollang.

In this month long activity, there are many people who contributed a lot for organizing the programme successfully. I express my sincere gratitude to each and every one who made this awareness programme a success. First of all, I would like to thank Hon'ble Vice-Chancellor of Rajiv Gandhi University for allowing us to organize this significant programme. I express my heartfelt gratitude to the esteemed Vice-Chancellors of Himalyan University & Arunodaya University, Principals of Government College Doimukh, Vivekananda Kendra of Teacher Education, Binni Yanga Government Women's College, Dera Natung Government College, Don Bosco College, and NSS Programme Coordinator of NERIST for their prompt and positive support. I take this privilege to express my cordial appreciation to all the Resource Persons for giving their valuable time and disseminating the knowledge on Drug Abuse Prevention among the youth. I convey my special thanks to the 4th semester students (2017-19) of Master of Arts in Social Work (MASW) for organizing all the programmes successfully. Last but not least, I thank National Institute of Social Defence (NISD),

Ministry of Social Justice and Empowerment, New Delhi for giving us the opportunity to organize a programme on such an important issue which will certainly contribute to the positive growth and wellbeing of the young generation.

(Dr. Kaushalendra Pratap Singh)

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1. The University

Rajiv Gandhi University (formerly Arunachal University) is the premier institution for higher education in the state of Arunachal Pradesh and has completed over twenty five years of its existence. Late Smt. Indira Gandhi, the then Prime Minister of India, laid the foundation stone of the university on 4th February 1984 at Rono Hills, where the present campus is located. Ever since its inception, the university has been trying to achieve excellence and fulfill the objectives as envisaged in the University Act. Rajiv Gandhi University (then Arunachal University) has carved a niche for itself in the educational scenario of the country following its selection as a University with potential for excellence by a high level expert committee of University Grants Commission from among universities in India. The University was converted into a Central University with effect from 9th April 2007 as per notification of Ministry of Human Resource Development, Government of India. The University is located atop Rono Hills on a picturesque tableland of 302 acres overlooking the river Dikrong. It is 25 km away from Itanagar, the State capital. The teaching and research programmes of the University are designed with a view to play a positive role in the socio-economic and cultural development of the State. The University offers Under Graduate, Post-Graduate, M. Phil and Ph.D. programmes. The University has been extending educational facilities to the students from the neighbouring states located across the region. The faculty members have been actively engaged in research activities with financial support from UGC and other funding agencies.

Since inception, a number of proposals on research projects have been sanctioned by various funding agencies to the University. The Departments have organized many Seminars, Workshops and Conferences. Many faculty members

have participated in national and international conferences and seminars held within the country and abroad. Eminent scholars and distinguished personalities have visited the University and delivered lectures on various disciplines. VSAT facility installed by the ERNET India, New Delhi under UGC-Infonet program, provides internet access to the university. In spite of infrastructural constraints, the University has been maintaining its academic excellence. The University has strictly adhered to the academic calendar, conducted the examinations and declared the results in time. The students from the University have found placements not only in State and Central Government Services, but also in various institutions, industries and organizations. Many students come out successful in the National Eligibility Test (NET) each year. In all these years, the University has made significant progress in teaching, research, innovations in curriculum development and developing infrastructure.

2. The Department of Social Work

The Department of Social Work (DSW) at Rajiv Gandhi University (RGU) was established in 2015. It aims at providing quality Social Work Education. DSW at RGU is the first full-fledged Department of Social Work to be offering face-to-face Master of Arts in Social Work (MASW) programme in Arunachal Pradesh. Presently, DSW is offering two years MASW programme and Doctor of Philosophy (Ph.D.) in Social Work. Teaching-learning process started in the DSW by admitting 16 students in the first batch (2015-17) of MASW programme. Social Work Education has two very important components vis-à-vis Theory (Class Room Lectures) and Practice (Social Work Practicum). In fact, Social Work Practicum is considered as the Soul of Social Work Education. Social Work is practice based profession like other professions such as medicine and law etc. Students develop the theoretical understanding received

in the classroom and practice it in the field at the individual, group and community level. DSW is committed to provide quality education and to ensure the quality; the DSW offered all seven components of Social Work Practicum from its very first batch.

The impetus of social work education in the University is to capacitate the students so that they make an impact in the lives of the people especially the underprivileged and disempowered communities in the state of Arunachal Pradesh and the north eastern region. Therefore, the pedagogy is structured in such a manner that the issues and concerns of the region are addressed and students are engaged actively in the field to become sensitized in creating a socially just and equal society through their contribution. The department is managed by a team of four qualified, dynamic and dedicated faculty members from different parts of the country.

3. Background

Youth is the most precious section of the population in any country. The prospect of any country or society lies in the future of youth. They are full of energy but need proper guidance and support. India is a young nation in the sense that it shares more than fifty per cent of its youth in total population as per census 2011. Youth has the potential to bring changes in society and can play a major role in nation building. Youth is the real trustee of prosperity in any country. Youth force is dynamic in nature and is a huge reservoir of energy which needs to be tapped and harnessed intelligently for the development of society. Ignorance to the youth can affect the prosperity of the nation because human resource potential of individual not only gain maximum but also reaches its peak during this period. The changing demographic profile of the world has

thrown a window of opportunity favoring India as presently we have the largest share of youth population in the world. This has provided a great opportunity for the country to reap this demographic dividend for making rapid social and economic growth. However, the present challenge is to increase the human resource potential and use appropriately to make it the driving force of economy of the country. Youth when nourished properly can grow like huge redwood tree but if not controlled or neglected can explode like volcano. Hence, proper guidance, education, and training of youth are required for their inclusive development. In fact, The National Youth Policy (NYP) 2014 envisages the holistic vision for the Youth of India i.e. to empower youth of the country to achieve their full potential for social, economic, cultural and political development of a nation. However, college students who abuse drugs or alcohol are more likely to develop an addiction than those who don't use these substances or only use them moderately. Addiction can not only cause significant difficulties for the addicted person, it also has widespread negative consequences for society as a whole. Thus, proposed awareness programme on Drug Abuse Prevention for College Students will help to develop a healthy, prosperous society and nation. As with any health issue, prevention of addiction is far more effective and financially beneficial than treatment. Keeping college students informed of the potential consequences of substance abuse can ensure they are able to make the best decisions for their future.

4. A Brief Report on the Programmes Organised

1st Awareness Programme

Date: 16th February, 2019

**Venue: North Eastern Regional Institute of Science and Technology
(NERIST), Nirjuli**

Department of Social Work at Rajiv Gandhi University conducted One Day Awareness Programme on "Drug Abuse Prevention" for the Volunteers of National Service Scheme (NSS) of North East Regional Institute of Science and Technology (NERIST), Nirjuli, Arunachal Pradesh on 16th February, 2019. The programme was supported by National Institute of Social Defence, Ministry of Social Justice and Empowerment, New Delhi, Govt. of India. The dignitaries present in the awareness programme were Dr. Dinamani, NSS Programme Coordinator, NERIST, Mr. P. Debchandra Singh, Faculty, NERIST, Dr. Kaushalendra Pratap Singh, Head, Department of Social Work, RGU and Ms. Chaphiak Lowang, Asst. Professor, Department of Social Work, RGU as resource person for the programme.

The programme started with observing two minutes of silence to express condolence for the martyrs of Pulwama Terrorist Attack on 14th February 2019. Subsequently, Dr. Kaushalendra Pratap Singh, HoD, Social Work Department, RGU welcomed the dignitaries and the students (NSS Volunteers). He shared about the motto of the programme, stressing on the importance for youths to be productive and participative in nation building as "youth are the future of the nation". Proceeding with the session, the resource person discussed about the prevalence of Drug Abuse i.e. 75% of Indian homes have at least one drug user. In Arunachal Pradesh an alarming 60% of young population are affected by

cannabis and opiate use which is leading to mood disorders (47.65%), schizophrenia (40.78%), other psychotic disorder (49.39%), alcohol dependence (12.99%) according to statistical data retrieved from the number of substance dependent person seeking treatment from Senior Psychiatric Practitioner at R.K Mission Hospital, Itanagar. She briefed about the different types of drugs such as Stimulants, Depressants, Hallucinogens, Cannabis, and Narcotic Analgesics in order to aware the participants about the physical and psychological effects of different types of drugs. They were also informed how social groups and gatherings can influence a person to start using drugs. The resource person discussed signs and symptoms of substance dependent person, stages of



addiction and the behaviour of a person which can help in identifying at what stage the person is. Towards the end of the session, Ms. Lowang had discussed about the preventive and treatment programmes of drug addiction through Detoxification, Psychological Therapy and follow up and the role of family and friends to help a substance dependent person by being supportive, having an understanding and non judgmental attitude, being firm and helping the person to self examine their actions.

IEC material was also distributed to disseminate knowledge about Drug Abuse and its Prevention. Video on Drug Abuse Prevention was also shown to the students. More than one hundred and fifty students attended the programme.

Brief pre and post session assessment was also conducted to evaluate the knowledge of the participants on the topic and their myths and clarity about the same. The programme concluded with vote of thanks by Ms. Taro Romi, 4th semester student of Department of Social Work, RGU.

2nd Awareness Programme

Date: 1st March, 2019

Venue: Government College Doimukh

One day awareness programme on "Drug Abuse Prevention for the College Students" was conducted in Government College, Doimukh, organised by Department of Social Work, Rajiv Gandhi University and supported by National Institute of Social Defence (NISD), and Ministry of Social Justice & Empowerment Government of India. The resource person of the programme was Dr. G. M. Sharma and the special invitee of the programme was Shri Umesh Thapliyal, Commandant 12th battalion and Dr. Pratima Thapliyal. Dr. G. M. Sharma categorized drugs in three form i.e. Natural drug (Opium, cannabis), Semi-synthetic (Heroin, Cocaine) and synthetic (Barbiturates, ATS), He also said that drugs (Lysergic acid diethylamide) make person go through Depressants, Stimulants and Hallucinogens. Drugs create Euphoria, Drowsiness, Pain, and Anxiety in a person. Drug is basically a medicine or other substance which has a physiological effect when ingested or introduced into a body; it is the users who are abusing the drug by misusing or excessive using. Drugs are not a social problem of a country if it is used in a desirable manner or for medicinal purpose, it becomes social problem when it is used excessively or misused by the people. He cited movie Udhta Punjab as an example, where the protagonist of the movie is addicted to drug and how his life is ruined by drugs. He also mentioned that in India Narcotic Control Bureau is the apex coordinating agency in fight against

illicit drugs, it also functions as an enforcement agency through its zones and other-zones. Shri Umesh Thapliyal supplemented Dr. G.M. Sharma and he told that the drugs are found in various shapes and colours, usually termed as "Club drug". Some drugs are legalised in several countries like Portugal, Canada etc. due to some economic reason. In India, drugs are allowed only for the personal use and medicinal use like Ganjas is used in some festivals and some Priest also do carry ganja in their bag.

One of the students shared his experience. He said "Hum kuch saal pahele Tobacco, Cigarette etc. leta tha aur iske wajah se humko cancer hua tha (first



stage), toh hum ganja lena shuru kia 5 saal tak, aur ab mera cancer thik ho gya hai, toh humko lagta hai ke ganja drugs nahin medicine hai"

On hearing this Dr. Sharma interacted with him and questioned on how he came to know that he had cancer, did he consult a doctor and the student replied "Nahin, humko symptoms dikh gya tha cancer ka". Dr. Sharma clarified him that all these are just a myth; no research is done yet which says that ganja is a medicine. Ganja is drugs rather than a medicine and he should not recommend same to others until and unless they consult with a doctor. He further said that there are many herbs which are used as a medicine, especially practiced by the

indigenous people so here the herbs can't be termed as drug abuse Excessive use of drug or medicine are termed as drug abuse; he clarified participants not to get confused between drugs and drugs abuse and the session was followed by vote of thanks by Social Work trainee.

3rd Awareness Programme

Date: 1st March, 2019

Venue: Vivekananda College of Teacher Education (VKCTE), Nirjuli

One Day awareness program on Drug Abuse Prevention for College Students organized by Department of Social Work, Rajiv Gandhi University and supported by National Institute of Social Defence (NISD) Ministry of Social Justice and Empowerment Government of India was today held at Vivekananda Kendra College of Teacher's Education, Nirjuli. Before the session started, students were provided with a pre and post session test along with IEC materials. The program began by first felicitating the resource in charge of the institute, Mr. Uthaman. Before the technical session, the resource person explained the purpose of conducting the programme i.e to encourage people to talk about drugs, to clarify myths related to drugs and to take responsibility to do something about drug abuse. The session began with concept clarity where she said that "A drug is any substance (other than food) that produces changes in the physical or mental functioning of an individual" and "Taking a drug for other than medical reasons in amount, strength, frequency or manner that damages the physical and mental functioning is drug abuse." Dr. Kabi also shared the many reasons why people start drugs and how difficult it can be to quit drugs as it would affect both physically as well as psychologically. Physical dependence on drugs (alcohol, opiates etc) produce significant physical withdrawal symptom whereas some drugs produce more emotional withdrawal like anxiety,

depression, poor concentration, poor memory. Further she discussed about the drugs which are commonly use like Alcohol, a depressant drug most commonly used psychoactive substance used by Indians with about 16 crore people (14.6%) and 5.7 crore Indians require treatment according to Government of India Survey 2018. The highest prevalence has been found in Chattisgarh, Tripura, Punjab, Arunachal Pradesh and Goa. She also discussed about Cannabis use (3.1 crore), Opium (1.25 crore) heroin users, Tobacco and the harmful effects of each to our body. The students were also very participative and kept the session lively by clearing their doubts like one of the students had asked the resource person if consumption of hard liquor with water would affect the body negatively to which the resource person answered that it depends on the amount of use and amount of consumption. Anything done excessively has



adverse effect on the body. The technical session ended with vote of thanks by faculty in charge of the institute and also by trainee social worker from the Department of Social Work, RGU. Light refreshments were arranged and distributed at the end.

4th Awareness Programme

Date: 5th March 2019

Venue: Bini Yanga Government Women's College, Lekhi

A one day awareness program on Drug Abuse Prevention for college students organised by Department of Social Work, RGU and supported by National Institute of Social Defence (NISD) Ministry of Social Justice and Empowerment Government of India was today conducted at Bini Yanga Government Women College, Lekhi. The participants were the B.A. students of all the semesters from different disciplines of the college. The program was hosted by one Social Work Trainee. She began the program with a welcome speech followed by the presentation of the resource person. Before starting the sessions a pre/post session test on substance abuse were distributed to the participants and were told answer the given question of the pre session test.

The resource person for the program was Miss Chapiak Lowang, Assistant Professor, Dept. of Social Work, Rajiv Gandhi University. The venue being the



women's college the resource person mainly focused on 'Women and Drug use'. She began the session by asking some questions like 'why are we talking about drugs now? Is it some drug prevention day?' to which the participants responded that 'the prevalence of Drug is more these days, especially among the youths'. Thereafter, the session went in flow in which various points such as the types of drugs, United Nations Organisation report on India being on top having highest

number of people consuming Alcohol, Cannabis and Opium, Drug Treatment, Diseases related to drug, stages of addiction, methods of preventing drug use and how to say no to drugs. The given sub topics were briefly discussed by citing examples like movie Dear Zindagi related to Drug Treatment and Beautiful Mind related to drug disease (hallucination) etc during the session. While speaking about the drug use and diseases related to it, the resource person had given a data that there are maximum use of drugs in youths from 10-25 yrs of age while the adult above 26 yrs of age uses more Alcohol than the other substances. The myths related to drug use were also discussed in the session. Focusing more on women and drug use, the resource person also informed that the women are prone to have substance addiction sooner than the men. Especially, when there is more peer pressure and emotional turbulence at this young age.

Therefore, the session concluded with the post session test. The success of the session was clearly visible in the post session test on drug use; many seemed to be more informed about Drugs, its uses, treatment, stages and methods to prevent it. Hence, the program was interactive as well as informative.

5th Awareness Programme

Date: 6th March, 2019

Venue: Arunodaya University, Lekhi

One Day awareness program on Drug Abuse Prevention for College Students organized by Department of Social Work, Rajiv Gandhi University and supported by National Institute of Social Defence (NISD) Ministry of Social Justice and Empowerment Government of India was today held at Arunodaya University, Lekhi. Participants of all the semesters from different disciplines of the university attended the program. The program was graced by first felicitating

the resource person Dr. Madhuparna Bhattacharjee, Associate Professor, Dera Natung Government College, Itanagar and Dr. V.N Sharma, Vice Chancellor, Arunodaya University, Lekhi.

Before the technical session could begin, the pre/post session schedule test and blank sheets were distributed amongst the participants as a response from them, which were later collected by the Social Work Trainees after the session. The Resource person began the session with an exercise of clapping hands and following the rhythm of the claps relating it to a conscious mind of a person.



Also, she asked that if anyone from the participants are addicted to drug use or not, to which some of the participants responded 'Yes' and some 'No'.

Dr. Madhuparna before moving into core of the session stated that "I shall speak Nonsense and you have to make sense out of it" which she clarified that nonsense means Drugs to which she will be speaking of but it depends upon the participants to make sense out of it. She also spoke about the conscious mind of a person on drug use giving an example of her life experience of Bengali tradition having betel nuts after every meal but as an educated person it is her

conscious mind that decides the doses of betel nuts per day. This way she briefed the participants on mind management therapy to minimise the drug doses if someone is addicted and also to prevent the drug use.

Peer pressure as a trigger point of drug use was also briefed during the session. Talking about the peer pressure the Dr. Madhuparna said that it is good to have friends but you must also know how to say '**NO**' to your friends especially when they are pressurising you to do something that is not good, after all "You are your own decision maker". To this point she gave an example from her school days when she was pressurized from her friends to take a sip from APUNG (local wine) in Local Festival, which she later had to face some health issues.

The resource person also spoke about Mind management, Yoga and meditation to prevent drug use. She gave an example of Americans using Yoga and meditation in rehabilitation centres instead of using chemical substance to rehabilitate an addicted person. To this she told the participants that how by practicing yoga and meditation daily can help rehabilitate and prevent the drug use.

While concluding the session she spoke on bringing a reformation rather than rehabilitation on drug use. She also shared her life experience of her 42yrs old younger brother who is now jobless because of his alcoholic behaviour earlier working in multinational corporations. He had been in rehabilitation centre 5 times but still there is no change, to which Dr. Madhuparna said that it is necessary to bring a reformation of drug use. The participants were told to note at least 5 points in blank sheets distributed earlier on how to prevent the Drug use.

Therefore, the session was formally concluded after having some feedbacks from the participants present. The participants thanked and appreciated the resource person to aware them about how to prevent as well minimise the drug use with a conscious mind. The concluding remark was made by Dr. V. N Sharma the Vice Chancellor leading everyone to pledge not use any harmful substance (pledge from NSS Camp) ever in life. With this the Photo session done followed by light refreshment.

6th Awareness Programme

Date: 7th March, 2019

Venue: Dera Natung Government College (DNGC), Itanagar

One day Awareness program on Substance Abuse Prevention for College Students organised by Department of Social Work, Rajiv Gandhi University and supported by National Institute of Social Defence (NISD), Ministry of Social Justice and Empowerment Government of India was held today at Dera Natung Government College, Itanagar. The participants from all the semester of different discipline of the college attended the program; maximum were the National Service Scheme Volunteers (NSS).

The program began by first felicitating the resource person Reverend Deepak Nabam, working under Deepak Nabam Ministry Rehabilitation centre, Senki Park, Itanagar and also felicitating a substance abuse victim Mr. Tagang Boko who have now been rehabilitated. Before the technical session began there was video screening on substance abuse as a message to participants that what can happen when you are a victim of substance abuse. Soon after the video screening, the session was handed over to the resource person.

The resource person began the session by sharing his life experience on substance abuse. He told the participants that he was once an alcoholic and had also been admitted in Rama Krishna Mission Hospital for his liver dysfunction. He was only then awakened when he was told by the Doctors that he have 50-50 chance of death and life, this was the triggering point of his life when he decided to choose the path of helping other victims like him. While sharing his story with the participants he also informed that he had organised many awareness program on substance abuse in different places of Arunachal



Pradesh, recalling to which he shared one experience of his visit to Pasighat jail where he met some young prisoners. While counselling them he came to know that the maximum of the prisoners were young youths and was jailed because of Drug use.

During the session IEC materials brought by the Resource Person were distributed for the better understanding of the session. He first briefed the participants about different types of drugs and then the stages of drug use from Non-use to addiction and then later to dependency. While speaking about

the stages of drug use, Mr. Deepak said that the inauguration of drug in our life is done out of curiosity and experimental use, then to the occasional use in festivals and parties and then you don't realize the habit being habitual then turning into addiction. He also focused on Peer Pressure that is very much prevalent amongst the youths. The curiosity and experiment might be one reason to start drug but the role of influencer is played by the peer groups. Having different types of friends is good but it is the consciousness of a person to say 'NO' to something wrong as pressurised by the peer group.

The Myths and Facts of Drugs were also clarified by Mr. Deepak. While speaking one of the most common myth of drug that there is no harm in trying drug just once because one can stop after that, to which he clarified that almost all drug addicts starts by just trying, he denoted the Drugs as 'magnet' and 'Kichar' (Muddy) which pulls everything towards them. Once drug is taken the user is always amendable to further drug intake, which becomes his/her habit then addiction. Different myths of drugs were also discussed such as Drugs sharpens the thinking while the fact is that the person might be enjoying the imaginary power of drugs but it actually induces dullness and adversely affects the normal function of body and mind as said by Mr. Deepak. The resource person also spoke about one of the most controversial myths of drugs that Drug addiction is hopeless condition i.e. , it cannot be treated or cured, to which he clarified that a drug addict person can be cured in Rehabilitation centre by Yoga, Meditation and Counselling. He even presented a live practical example of Drug Addict victim Mr. Tagang Boko who himself shared his life testimony on drug addiction. He was once a drug addict person, he had been Rehabilitation centre many times and also had been to jail for 3 times because of his drug addiction. Then after some years he was brought to Mr. Deepak

Nabam's Rehabilitation centre where he was counselled by Mr. Deepak and now is a Drug free person. He also shared that at some point of time his need of drug was so high that he even started stealing money from his home to fulfil his daily drug needs. His career, health, reputation and life had been put into stack; he even once thought that he won't be cured so he thought of over dosing himself with drugs and die. But it was his family that didn't give up and went on to send him to rehabilitation centre until one day he became a drug free person. It has been one year and four months since he last touched any substance.

Mr. Deepak also spoke about the consequences of Drug use on health giving example of him diagnosed with liver dysfunction. He informed that one of the reasons of increasing suicide rate and increasing crime rate is due to increasing Drug use especially amongst the youths and adults up to 40 years of age. It compels the person to steal murder and indulge in some illegal activities. He also said that the Drugs do not only affect the physical health of a person but also the psychological aspects and social environment of the person. It weakens the person from inside as well outside. While talking about the drug addiction, he gave an example of a drug addict Girl who had to sell her body to fulfil her drug needs. Further, speaking he added that "once you make drug your habit, this habit of yours will turn your life dependent upon it". He also stated that "when you are a drug addict you are not alone the victim, but the whole family becomes the victim".

While speaking of helping a drug addict person he suggested the participants to be supportive in a way that will boost the confidence of the victim and help him/her to free from drugs. To this, the session came to its conclusion. Therefore, Mr. Deepak concluded by telling the participants "to be the torch bearer" and

not to keep the knowledge and learning of awareness program to himself or herself but to spread it amongst friends circle and family.

Hence, the program concluded with a question answer round in which the participants clarified some doubts with the resource person such as difference between Medicinal Drugs and Substance Drugs, to which Mr. Deepak answered that the prescription from doctor is medicinal but it turns into substance when a person without any prescription over uses the drugs for fun like hallucinogens, pain killer, nicotine etc. the program finally came to its end with a group photo.

7th Awareness Programme

Date: 8th March, 2019

Venue: Himalayan University, Jollang, Itanagar

One Day awareness program on Drug Abuse Prevention for College Students organized by Department of Social Work, Rajiv Gandhi University and supported by National Institute of Social Defence (NISD) Ministry of Social Justice and Empowerment Government of India was today held at Himalayan University, Itanagar. Participants from various disciplines attended the program. Before the arrival of resource person Miss Chaphiak Lowang Asst. Professor, RGU, the pre/post session schedule test along with IEC materials were distributed amongst the participants, which were later collected by the Social Work Trainees towards the end of the session. The Resource person began the session with an introduction as to why we should talk about drugs, and stressed that the session would mainly focus on how to say "NO" to drugs. The first question directed towards the participants was "what is drugs? To which some students replied "Drugs is any substance when used excessively, causes harm to the body" another student replied "Dugs are substance used for medicinal

purposes", "drugs are addictive." The resource person agreed to all the answers given by the students and expressed that students in Himalayan University do have knowledge about drugs.

Proceeding with the session, the resource person briefed about the different types of drugs such as Stimulants, Depressants, Hallucinogens, Cannabis, Narcotic Analgesics and its physical and psychological effects on people. Students were informed that Cannabis is widely consumed in India, Alcohol and Opium is largely consumed in Arunachal Pradesh as per studies. She said that adolescent/teenage is a period when an individual is curious and intrigued about



everything and always wants to experience new things. Because of this curiosity many young people start using drugs, peer influence is a major cause that gets people on drugs, friends always play the role of pusher not a drug peddler or dealer. It always starts with declining the first offer, then being influenced to try "just once", then occasional use and slowly one gets dependent on the substance. Many young people have gone to extreme levels to fulfil their need to consume drugs some even sell their bodies, steal or harm others for little money to get their drugs. Thus, Asst. Prof. Lowang urged the students to be conscious about the kind of friends they make, at this stage people always want to identify with a group, be a part of it but it is okay to be a loner, doing what one

is supposed to do, shouldering one's responsibility, having the courage to be alone doing the right thing she said.

The myths and facts of drug use were also discussed at length. One of myth common amongst students is that "drugs increases creativity or increased concentration". She clarified that drug use numbs the brain so the individual is not anxious or worried about anything thus leading to high level of confidence in the person and projection of grandiosity in behavior". "Drug addiction is hopeless condition which cannot be treated or cured". She informed that through medical and psychiatric treatments, therapy, rehabilitation, counseling and love and support of family and friend, one can be cured from addiction. She then proceeded to discuss about the treatments available for drug dependent person and also informed that treatment is available in R.K Mission hospital, Itanagar. The resource person dedicated much time to explain how to say "NO" if someone offers such substance, in a way that the person offering does not feel offended example: if someone offers cigarette, one could say "No thank you, this is not my brand" or "No thank you, am on medication" instead of being rude and criticizing the person or ranting on about its effects on his health.

She also explained how one can help a substance dependent person by being supportive, firm and understanding about his problems and help them to take on their responsibility to get out of drugs. The resource person also encouraged the students to be a change agent in the society, having the opportunity to go to university and learn they could contribute a lot, she also lauded the team of Himalayan university student's union for attending the programe and encouraged them to take the awareness forward to their community and said that she would like to read in the news that the students of Himalayan university has taken an

initiative regarding this issue. Towards the end, the participants were distributed light refreshments and the session ended with a vote of thanks by trainee social worker, also by Mr. Giogi Tania, president, Himalayan University Student Union.

8th Awareness Programme

Date: 14th March, 2019

Venue: Don Bosco College (DBC), Itanagar

One Day awareness program on Drug Abuse Prevention for College Students organized by Department of Social Work, Rajiv Gandhi University and supported by National Institute of Social Defence (NISD) Ministry of Social Justice and Empowerment Government of India concluded with its last session held at Don Bosco College, Jollang. More than 150 students participated in the session along



with the Vice Principal, Fr. John and few faculty members. A brief pre and post session awareness was carried out after which the resource person Dr. Rachel Kabi handled the session.

It was an interactive session with a lot of response coming from the students. The highlight of the programme today was on saying 'NO' to drugs assertively and also reaching out to those in need of professional intervention. The session further focused on the common drugs abused, its effects and the importance of abstaining from any kind of psychoactive substances that has a negative

consequence in the physical and mental functioning of individuals. Alcohol and tobacco surprisingly was not considered a drug or a problem by some of the participants. Arunachal Pradesh being ranked one among the states in India with high prevalence of alcohol use by a recent survey conducted by AIIMS and the Ministry of Social Justice and Empowerment in 2018 raises a lot of concern and makes it even more imperative for such programmes to protect and prevent the youth of the state from the clutches of addiction. It was observed that social drinking was accepted as a common practice and they never perceived it as a problem. Some of the students sought help to reach out to their friends who were into drugs and were concerned about them. The strategies to keep oneself away from all kinds of psychoactive substances and peer pressure and the means of helping those who had problems through psycho social interventions was also discussed.

5. Conclusion

The initiative to impart information on drug use and abuse in colleges in Papum Pare District of Arunachal was a purposeful endeavour. It is believed that these students who had participated in this programme will make a right choice in their life and choose to live a drug free life. It is also envisaged that this programme will motivate the younger generation to pursue a healthy and productive life realizing their goals. Further, they can reach out to others who need intervention to be free from the clutches of addiction. The support offered by the Principals of all the institutions towards organizing the programme is commendable and the response and participation from the students across all the colleges was really motivating.

Annexure

Annexure 1: Scheduled Dates

Sl	Activity	Date	Day	Location
1	1 st Awareness Programme	16 th February, 2019	Saturday	North Eastern Regional Institute of Science and Technology (NERIST), Nirjuli
2	2 nd Awareness Programme	1 st March, 2019	Friday	Government College Doimukh
3	3 rd Awareness Programme	1 st March, 2019	Friday	Vivekananda Kendra College of Teacher Education, Nirjuli
4	4 th Awareness Programme	5 th March, 2019	Monday	Binni Yanga Government Women's College, Lekhi
5	5 th Awareness Programme	6 th March, 2019	Wednesday	Arunodaya University, Lekhi
6	6 th Awareness Programme	7 th March, 2019	Thursday	Dera Natung Government College (DNGC), Itanagar
7	7 th Awareness Programme	8 th March, 2019	Friday	Himalayan University, Jollang, Itanagar
8	8 th Awareness Programme	14 th March, 2019	Friday	Don Bosco College (DBC), Itanagar

Annexure 2: Media Coverage

**Echo of Arunachal
SUNDAY
FEBRUARY 17, 2019**

PAGE 4

Awareness program on 'Drug Abuse Prevention' held



RONO HILLS, Feb 16: The Department of Social Work, Rajiv Gandhi University conducted one day awareness programme on 'Drug Abuse Prevention' for the volunteers of National Service Scheme (NSS) of North East Regional Institute of Science and Technology (NERIST), Nirjuli, supported by the National Institute of Social Defence, Ministry of Social Justice and Empowerment, New Delhi, Govt of India.

Two minutes of silence was observed to express condolence for the martyrs of Pulwama terror attack.

Proceeding with the session, Resource Person Chaphiak Lowang, Asst Professor discussed about the prevalence of Drug Abuse viz 75 percent of Indian homes have at least one drug user. In Arunachal Pradesh an alarming 60 percent of youth are affected by cannabis and opiate use which is leading to mood disorders (47.65%), schizophrenia (40.78%), other psychotic disorder (49.39%), alcohol dependence (12.99%) according to statistical data retrieved from the numbers of substance dependent person seeking treatment from Senior Psychiatric Practitioner at RK Mission Hospital, Itanagar, she informed.

Asst Prof Lowang also briefed about different types of drugs such as Stimulants, Depressants, Hallucinogens, Cannabis, Narcotic Analgesics in order to aware the participants about the physical and psychological effects of different types of drugs. They were informed how social groups and gathering can influence a person to start using drugs. She discussed signs and symptoms of substance dependent person, stages of addiction and the behaviour of a person which can help in identifying at what stage the person is.

She also discussed the preventive and treatment programmes of drug addiction through Detoxification, Psychological Therapy and follow up and the role of family and friends to help a substance dependent person by being supportive, having an understanding and non judgmental attitude, being firm and helping the person to self examine their actions.

IEC material was distributed to disseminate knowledge about the Drug Abuse and its Prevention. Video on Drug Abuse Prevention was also shown to the students. Small pre and post session assessment was also conducted to evaluate the knowledge of the participants on the topic and their myth and clarity about the same.

HoD Dr Kaushalendra Pratap Singh, Dr Dinamani, NSS Programme Coordinator, NERIST and P Debchandra Singh, Faculty, NERIST also spoke.

HELP US TO HELP YOU

The members of Arunachal Pradesh Union of Working Journalists (APUWJ) and the Arunachal Press Club (APC) have unanimously taken the following decisions applicable for newspapers published from Arunachal Pradesh:

In view of too many appointment orders, formation of unions

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Published from Itanagar

RNI NO 40909/89 Postal Regn. No. AR-1/6/91

Visit us at www.arunachaltimes.in

FRIDAY, MARCH 15, 2019

Vol. 30 No. 270

RGU conducts drug awareness prog in city colleges

RONO HILLS, Mar 14: The month-long drug awareness programme conducted by a group of students from the Social Work Department of Rajiv Gandhi University in various colleges of the Capital Complex concluded at Don Bosco College, Jollang on Thursday.

Today's session focused on the common drugs abused, its effects and the importance of abstaining from any kind of psychoactive substances that has a negative consequence in the physical and mental functioning of individuals. (Contd. on P-3)

RGU conducts drug...



(From P-1) The other institutions that were part of the programme are -- Himalayan University, Arunodhaya University, Bini Yanga Women's College, Government College, Doimukh, Dera Natung College and V.K.V.B.Ed. College.

Academicians specializing in the field of addiction were the resource persons and altogether eight colleges were covered during the awareness drive which started on 16 February at NERIST.

The support offered by the principals of all the institutions towards organizing the programme is commendable and the response and participation from the students across all the colleges was really motivating. This initiative was sponsored by National Institute of Social Defence, Ministry of Social Justice and Empowerment, Govt. of India, New Delhi.

LITTLE ROSE SCHOOL
C-Sector, Naharlagun
2244585/08974536707

Admission going on for
Nursery to Class - VI
Application Forms &
Prospectus are available.
Classes begin on 3rd JUNE 2019
Principal

Echo of Arunachal

First News Paper From The State

PUBLISHED FROM ITANAGAR | FRIDAY, MARCH 15, 2019

ESTABLISHED FEBRUARY 20, 1988 | RNI No. 40951/88 VOL 32 No. 19

Postal Regn. No. NE-053 (AP)

RGU-hosted drug abuse prevention programs draw close

RGU-hosted ...

Arunachal Pradesh being ranked one among the states in India with high prevalence of alcohol use by a survey conducted by AIIMS and the Ministry of Social Justice and Empowerment in 2018 raises a lot of concern and makes it even more imperative for such programmes to protect and prevent the youth of the state from the clutches of addiction.

The other institutions that were part of the programme are Himalayan University, Arunodaya University, Bini Yanga Women's College, Govt College, Doimukh, Dera Natung Govt College and V.K.V.B.Ed College.

The resource persons for the programmes were experienced practitioners and academicians specializing in the field of addiction. A group of students from the Social Work Department of RGU facilitated the programmes.

It is also envisaged that this programme will motivate the younger generation to pursue a healthy and productive life realizing their goals. The initiative was sponsored by National Institute of Social Defence, Ministry of Social Justice and Empowerment, Govt of India, New Delhi.




ITANAGAR, Mar 14: As part of a series of Drug Abuse Prevention Programmes organized by the Department of Social Work, Rajiv Gandhi University in the city colleges to create awareness among the youth, clarify myths related to drugs and motivate them to be torch bearers and stand out as role models in the society in which eight colleges were covered, which started at NERIST last month concluded today at Don Bosco College, Jollang here.

The highlight of today's programme was on saying 'NO' to drugs and reaching out to those in need of professional intervention. The session also focused on the common drugs abused, its effects and the importance of abstaining from any kind of psychoactive substances that have a negative consequence in the physical and mental functioning of individuals.

(Contd. on P-2)

Annexure 3: Letters from the Esteemed Institutions

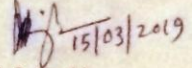
 पूर्वोत्तर क्षेत्रीय विज्ञान एवं प्रौद्योगिकी संस्थान
North Eastern Regional Institute of Science & Technology
(Under the Ministry of Human Resource Development, Govt. of India)
(Deemed University u/s 3 of the UGC Act, 1956)

निर्जुली - ७९१ १०९
अरुणाचल प्रदेश, भारत

Nirjuli-791 109 (Itanagar)
Arunachal Pradesh, India

TO WHOM IT MAY CONCERN

This is to certify that the Department of Social Work, Rajiv Gandhi University has organized a one day awareness camp on "Drug Abuse Prevention" supported by National Institute of Social Defence, New Delhi at NERIST on 16th February, 2019.


(M. D. Singh)
I/C Co-ordinator,
NSS Unit, NERIST
Coordinator (NSS)
NERIST, Nirjuli
Arunachal Pradesh

Phone : (0360) 2257401 - 11(O)
Fax : (0360) 2257872 / 2258533
Gram : NERIST, Nirjuli

E-mail : @nerist.ernet.in
@nerist.ac.in
Website : www.nerist.ac.in

GOVERNMENT OF ARUNACHAL PRADESH
GOVERNMENT COLLEGE DOIMUKH
PAPUM PARE DISTRICT ARUNACHAL PRADESH

TO WHOM IT MAY CONCERN

This is to certify that the Department of Social work, Rajiv Gandhi University has organized a one day awareness camp on Drug Abuse at Government Doimukh College, Arunachal Pradesh on 1st March' 2019.

11/3/19
(Dr. M.Q.Khan)
Principal
Govt. College Doimukh
Papum Pare (A.P.)



**VIVEKANANDA KENDRA COLLEGE
OF TEACHER EDUCATION**

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ARUNACHAL PRADESH :: Email vkcte@kvapt.org

Registered Office:

"VKV Complex", Nirjuli, Papumpare District
791 109, Arunachal Pradesh ☎ 09485241943

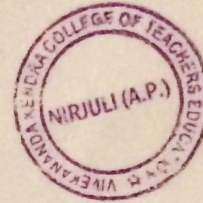
Administrative Office:

"Breezy Meadows", Post Box 104, Riverside,
Dibrugarh 786 001, Assam ☎ 373-2324320

Ref. No. : VKCTE/08/18-19

Date : 1-03-2019

To whom it my Concern



This is to certify that the Department of Social work, Rajiv Gandhi University has organized one day awareness program on Drug Abuse prevention on 1/03/2019 at Vivekananda Kendra College of Teacher's Education , Arunachal Pradesh.

Dr. Minakshi Goswami Sharma

Minakshi
15.03.19
Principal

Vivekananda Kendra College

of Teacher's Education, Nirjuli

Principal

Vivekananda Kendra College of Teachers Education
Nirjuli (Arunachal Pradesh)

GOVERNMENT OF ARUNACHAL PRADESH
OFFICE OF PRINCIPAL :: BINNI YANGA GOVT. WOMEN,S COLLEGE
NAHARLAGUN

NO.GWC/05/Aca/ 2014-15 1828

Dated, the 13th March, 2019

To,
✓ The HOD
Department of Social Work
Rajiv Gandhi University
Doimukh

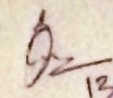
Sub: **One day Awareness Programme on Drug Abuse Prevention for College Student - reg.**


Sir/Madam

With reference to the subject cited above I am to inform you that One Day Awareness Programme on Drug Abuse Prevention for College Student organized by your department was conducted on 5th March 2019 at 2.30pm in our college.

This is for your kind information and necessary action please.

Yours faithfully,


13/3/19
(Dr. Aruna Gyati Loo) Principal
Binni Yanga Govt. Women's College
Lekhi, Naharlagun
Naharlagun



Arunodaya University

(Established Under Section 2(f) of UGC Act, 1956)

AU/2019/RGU/01

Date: 14/03/2019

To

Dr. Kaushlendra Singh
Department of Social work, RGU
RGU Doimukh, Arunachal Pradesh

Subject:- One day awareness programme on drug abuse prevention for college/University students.


Dear Sir,

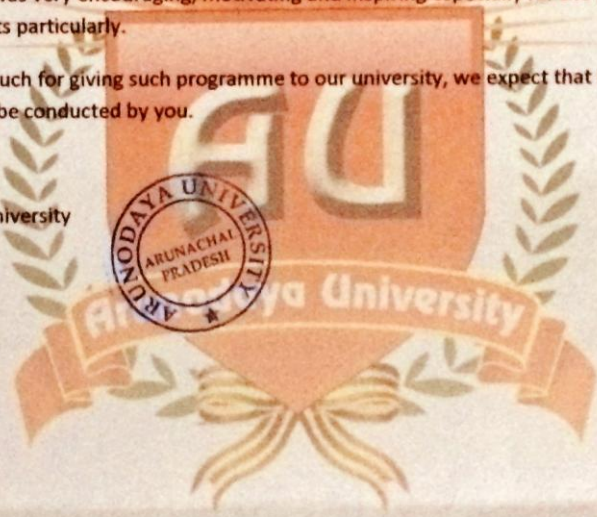

We have conducted above mention programme in our university campus for 6th March-2019.

This programme was very encouraging, motivating and inspiring especially for the youth and our university students particularly.

Thank you very much for giving such programme to our university, we expect that in future also such programmes will be conducted by you.

For Arunodaya University


Registrar



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TOLL FREE : 1800 120 5630 | contact@arunodayauniversity.ac.in

GOVERNMENT OF ARUNACHAL PRADESH
OFFICE OF THE PRINCIPAL: DERA NATUNG GOVT. COLLEGE
ITANAGAR.

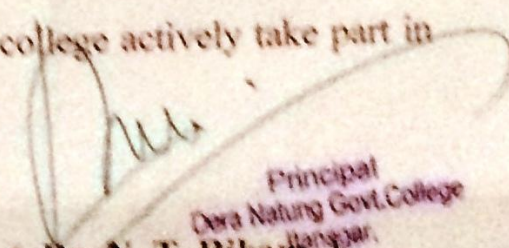
No.DNGC/NSS/2019

Dated Itanagar, the 15th March, 2019.

TO WHOM IT MAY CONCERN/

This is to certify that one day Awareness Programme on Drug Abuse Prevention was organized by DSW, RGU in collaboration of the NSS Unit of Dera Natung Govt. College, Itanagar on 7th March, 2019 at Commerce block of the College.

The students and faculty members of the college actively take part in the programme.


(Dr. N. T. Rikam)
Principal
Dera Natung Govt. College
Itanagar.



HIMALAYAN UNIVERSITY

Established Under Section 2f of UGC Act 1956

ITANAGAR, ARUNACHAL PRADESH

Email: info@himalayanuniversity.com, Website: www.himalayanuniversity.com

Ref. no. HU/ *Admin/letter 18-19/190/19*

Date : *08-03-2019*

To Whom So Ever It May Concern



Dear Sir/Madam

We are very much grateful to **Head, Department of Social Works, Rajiv Gandhi University**, for organizing the programme on “**Drug Abuse Prevention**” at **Himalayan University on 8th March’2019**.

It is indeed a noble effort and I hope that in future too you will organize such type of programme at our University.

Thanks and Regards

Dr. Vivek Mittal
Registrar
Himalayan University



DON BOSCO COLLEGE

Jollang, P.B.-191, Papumpare Dist., Itanagar - 791111, Arunachal Pradesh

(0360)-2000819(Pr.), 2000820(Off.), Principal +91-7642035958

To whom it may concern

This is to certify that Department of Social Work, Rajiv Gandhi University has organized One Day Awareness Camp on Drug Abuse at Don Bosco College, Itanagar on 14th March 2019



JK
14/03/19
Principal

Dr.Fr. Jose George SDB

Don Bosco College, Itanagar

PRINCIPAL
DON BOSCO COLLEGE
JOLLANG-ITANAGAR
ARUNACHAL PRADESH