

Project SHINE : Awareness & Session on SUBSTANCE ABUSE

Session 3:

18th December 2024, Duration of Event : One Day

Location : Anganwadi No. - 8, Kirti Nagar, New Delhi





Initiative By Shining Souls Trust

Collaborating Institution: DCPU IV Nirmal Chhaya Complex

Team Members and Resource Persons:

Name	Designation	Role & Responsibility
Ms. Shivani Rawat	Certified Trainer & Resource Person	Conducted expert session, guided participants, answered queries
Ms. Garima	Project Coordinator	Managed session flow, participant coordination
Ms. Nisha Sukrawa	Project Coordinator	Coordinated event logistics, participant communication
Mr. Arun	Team Member, Shining Souls	Supported session facilitation and logistics
Ms. Versha	Protection Officer, DCPU IV West	Coordination with authorities, permissions, and field support
Ms. Aarti	Protection Officer, DCPU IV West	Arrangements, logistics, permissions, and official coordination
Ms. Shoona	ICDS West Supervisor	Mobilized participants, venue arrangements, and facilitation

Resource Person Profile:

Ms. Megha Sharma is a seasoned De-addiction Psychologist at AIIMS, Delhi, with over 10 years of experience working with marginalized populations, children in conflict with law, and individuals with special needs. Her expertise spans substance abuse counseling, relapse prevention therapy, psycho education, and group/family counseling. Additionally, she incorporates music therapy into her practice, providing a holistic approach to healing and recovery. Ms. Megha is also a reputed member of organizations such as SPYM, Child-line, and Salaam Baalak Trust, where she trains staff and conducts substance abuse awareness drives and workshops for students in government and private schools on various mental health-related topics.

Project Overview

Project SHINE offers a comprehensive solution to address the challenges facing adolescents in India, including a resilience curriculum, support networks, and awareness sessions. The SHINE Initiative, through aims to educate adolescents and their parents about the dangers of substance abuse and their relevant legal rights by In- Person awareness Sessions.

Introduction

Adolescence is a trans-formative period marked by physical, emotional, and social changes. However, this phase also brings challenges, including substance abuse, Face unhealthy sexual behavior , mental health struggles, and the need for accurate education.





Why Project SHINE?

Substance abuse is a growing concern among adolescents, exacerbated by peer pressure, societal influences, and easy access. Project SHINE addresses this issue through a holistic approach.

Objectives of Project Shine

1. **Raise Awareness:** Educate adolescents, parents, and educators about substance abuse and their legal rights.
2. **Prevention:** Equip participants with strategies to resist addiction and peer pressure.
3. **Support Systems:** Foster community-based support and open dialogue on substance abuse.
4. **Build Resilience:** Provide tools for self-care, stress management, and healthy coping mechanisms.
5. **Legal Education:** Inform about rights under Juvenile Justice (Care and Protection of Children) Act, 2015, and Mental Healthcare Act, 2017.

Methodology

- Interactive Sessions: Engaging participants through discussions, activities, and Q&A.
- Real-Life Examples: Presenting case studies and experiences to make learning relatable.
- Role Plays and Behavioral Modeling: Practicing refusal skills and assertiveness.
- Skill-Building Activities: Coping mechanisms, self-care, and decision-making exercises.
- Social-Emotional Learning (SEL): Building self-awareness, empathy, and responsible decision-making.
- Group Activities & Reflection: Enhancing understanding through teamwork and feedback.

Session Detail

Particulars	Description
Date	30th November 2024
Time	12:00 PM to 1:30 PM
Venue	Kishalaya Centre, Connaught Place, Behind Bangla Sahib, New Delhi
Participants	50 participants (adolescents, parents, educators, community members)

Key Points Covered During the Session:

1. Understanding Substance Abuse:

Definition: What are drugs and addictive substances?

Types of Drugs/Addictions:

Smack, Cigarette, Ganja, Tobacco, Mobile and Internet, Addiction Alcohol and other narcotics

2. Stages of Substance Abuse: Use, Misuse, Dependence, Addiction

3. Identifying Substance Abuse: Physical, Emotional, Behavioral Symptoms

4. Causes of Substance Abuse: Peer Pressure, Family Issues, Trauma, Mental Health Issues, Media Influence

5. Effects of Substance Abuse: Short and Long-term impact on health, mind, relationships, education, and career





6. Assertiveness & Boundary Setting:

- How to say “NO” confidently
- Importance of self-respect and protection

7. Substance Abuse & Mental Health:

- Co-occurring mental health issues
- Trauma and substance abuse relation
- Mental health deterioration due to substance abuse

8. Healthy Coping Skills & Alternatives:

- Mindfulness, Meditation, Physical Exercise
- Creative Outlets: Music, Dance, Art
- Social Support Systems

9. Legal Rights and Support:

- Juvenile Justice Act 2015: Protection of minors
- Mental Health Care Act 2017: Right to treatment, confidentiality, and dignity
- Reporting and seeking help through helplines and community centers

Interactive Activities Conducted:

- Role Plays on Refusal Skills
- Group Discussion on Peer Pressure
- Question-Answer Session with the Expert
- Distribution of Educational Pamphlets and Helpline Numbers

Project Impact

Impact Area	Description
Awareness Generation	Participants gained knowledge on substance abuse dangers
Empowerment	Adolescents and parents empowered to seek help and say "No"
Reduction of Stigma	Open dialogue reduced shame around discussing substance issues
Strengthened Families	Families better equipped to address substance-related issues.
Community Engagement	Local community members and educators involved in prevention
Mental Health Awareness	Connected substance abuse with mental health understanding
Life Skills Development	Decision-making, coping strategies, and assertiveness taught

Feedback Summery

- Participants appreciated the interactive nature of the session.
- Parents and teachers requested repetitive workshops in schools and community centers.
- Adolescents engaged actively and valued practical techniques to resist peer pressure.





Recommendations of Future Actions:

- Organize monthly follow-up sessions for sustained impact.
- Develop youth peer mentorship programs under Shining Souls.
- Engage parents in workshops on adolescent issues.
- Create a local helpline and support desk.
- Introduce school collaboration programs for early intervention.

Conclusion

Project SHINE at Kishalaya Centre, Connaught Place, was a successful intervention addressing the urgent issue of substance abuse among adolescents and the community. The session emphasized awareness, prevention, coping mechanisms, and legal rights, while encouraging collective community action to combat this issue. The participatory approach made a lasting impact on the attendees, with an open request for ongoing initiatives.

