Project SHINE :
Awareness & Session on SUBSTANCE ABUSE

Session 6:
14th January 2025, Duration of Event : One Day

Location : Mukandpur, Gali 6, D Block, Delhi– 42

SHINING SOULS (TRUST)

Initiative By Shining Souls Trust, under Nasha Mukt Bharat Abhiyan, focusing on Substance Abuse Awareness and Legal Rights among adolescents, parents, and community stakeholders.

Collaborating Institution: Ujjawal Welfare Trust

Team Members and Resource Persons:

Name	Designation	Role & Responsibility
Ms. Shivani Rawat	Certified Trainer & Resource Person	Conducted expert session, guided participants, prepared content
Ms. Nisha Sukrawa & Ms. Neha	Project Coordinators, Shining Souls	Coordinated logistics, collaborated with partners, documented sessions
Mr. Arun	Team Member, Shining Souls	Facilitated smooth execution, managed photography
Ms. Pinki (Chief Trustee), Pinki Devi, Pinki Chaudhary, Vandana, Chandani, Anjali, Nirmala, Suhana, Abhishek, Jai Krishan	Team Members, Ujjawal Welfare Trust	Assisted with coordination, logistics, seating, and community mobilization

Resource Person Profile:

Ms. Shivani Rawat, a certified trainer in Behavioral Skills, Cognitive Behavioral Therapy (CBT), and Psycho-education, led an impactful session focusing on Substance Abuse Prevention, Mental Health, and Coping Mechanisms. She empowered participants with knowledge, resilience skills, and awareness of legal protections.

Project Overview

Project SHINE is designed to raise awareness about substance abuse and its legal aspects, foster mental health resilience, and build supportive community networks. Through interactive sessions, real-life examples, and partnerships like Ujjawal Welfare Trust, it aims to reach vulnerable populations effectively.

Introduction

Adolescence is a trans formative period marked by physical, emotional, and social changes. However, this phase also presents challenges, including substance abuse, unhealthy sexual behavior, and mental health struggles. Substance abuse is a growing concern, fueled by peer pressure, societal influence, and easy availability.

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 about the dangers of substance abuse and educate participants about their legal rights.
2. Preventive Education by providing practical strategies to resist peer pressure and addiction.
3. Establish Support Systems through open discussions and community building.
4. Build Emotional and Mental Resilience to manage challenges without resorting to substance use.
5. Legal Empowerment under Juvenile Justice Act (2015) and Mental Healthcare Act (2017).
6. Foster Healthy Choices and life skills development..

Methodology

- Interactive Group Discussions
- Real-life Case Examples & Stories
- Role Plays on Refusal Skills & Assertiveness
- Social Emotional Learning (SEL) Framework
- Video Presentation showing the dangers of addiction through a creative story.
- Ice-breaking Activities (Rock, Paper, Scissors with a twist).Reflection & Feedback Session
- Legal Awareness Session on rights related to substance abuse cases.

Session Flow and Highlights:

Introduction and Ice-breaking Activity:
- Engaged students in "Rock, Paper, Scissors with a Twist" to introduce concepts of choice, peer pressure, and decision-making.
- Metaphorical explanation: "Torn paper representing self-destructive behavior vs. Fresh paper representing healthy choices."

Main Awareness Session (Led by Ms. Shivani Rawat):
- Definition of Substance Abuse and Addiction.
- Types of Substance Addiction: Smack, Ganja, Tobacco, Cigarettes, Mobile and Internet Addiction.
- Stages of Abuse:
1. Use – Initial experimentation
2. Misuse – Irregular harmful use
3. Dependence – Reliance on substance
4. Addiction – Total loss of control

Discussion on Signs and Symptoms:
- Physical signs (fatigue, weight loss, neglect of appearance).
- Emotional signs (irritability, mood swings).
- Behavioral signs (secrecy, dropping out of activities).

Causes of Substance Abuse:
- Peer pressure, curiosity, media influence, stress, unresolved trauma, family environment.

Effects of Substance Abuse:
- Short-term and long-term damage to mental health, physical health, social life, education, and career prospects.
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Connection with Mental Health:
- Discussed co-occurring disorders, trauma impact, and how substance abuse worsens mental health.

Legal Awareness and Rights:
- Juvenile Justice (Care and Protection of Children) Act, 2015.Mental Healthcare Act, 2017 – Right to dignity, confidentiality, and treatment.

Practical Learning Activities:
- Role Plays on Refusal Skills to practice saying "NO" under peer pressure.
- Boundary-setting Exercises to teach self-protection and assertiveness.
- Video Screening showing an animated story about addiction and its consequences.
- Interactive Q&A to address students' doubts and real-life scenarios.

Project Impact:
- Role Plays on Refusal Skills to practice saying "NO" under peer pressure.
- Boundary-setting Exercises to teach self-protection and assertiveness.
- Video Screening showing an animated story about addiction and its consequences.
- Interactive Q&A to address students' doubts and real-life scenarios.

Impact Area	Description
Youth Empowerment	Provided knowledge and skills to resist substance abuse.
Reduced Stigma	Fostered open dialogue around sensitive topics.
Strengthened Family and School	Equipped educators and families to recognize and address issues.
Community Engagement	Collaborative effort for sustainable awareness.
Early Intervention	Identified risky behaviors and provided preventive strategies.
Mental Health Support	Linked substance issues with mental health care.
Life Skills Development	Assertiveness, decision-making, coping strategies.
Sustainability & Scalability	Model ready for replication in other schools and centers.

Feedback from Participants:
- Students found the role plays and interactive activities very engaging and practical.
- Teachers requested more frequent workshops and extended sessions on mental health and peer pressure.
- Adolescents appreciated the real-life examples and open Q&A session, which made the topic more relatable.

Collaboratioin

Project SHINE believes in the power of partnership and collective action to create a sustainable impact on substance abuse awareness and prevention.

For Session 7, Shining Souls Trust collaborated with Ujjawal Welfare Trust, a reputed non-profit organization committed to empowering young people living in poverty. Ujjawal Welfare Trust works tirelessly to equip youth with life skills, enabling them to lead meaningful and productive lives.

Their holistic approach involves engaging with the entire ecosystem of youth, including parents, peers, communities, and local institutions. By working closely with Ujjawal Welfare Trust, Project SHINE was able to reach vulnerable adolescents and create a supportive and safe space for learning and dialogue.

This collaboration also provided logistical support, mobilization of participants, and community trust, ensuring that the session had a far-reaching and sustainable impact.

Together, Shining Souls Trust and Ujjawal Welfare Trust aimed to promote healthy choices, mental well-being, and legal rights awareness to prevent substance abuse among adolescents in Mukandpur.

Recommendations for Future:
- Regular Awareness Workshops in schools and colleges.
- Formation of Peer Support Groups for continuous learning.
- Parent and Teacher Training on early detection and support.
- Development of Local Helplines and accessible counseling services.
- Ongoing collaboration with NGOs like Magic Bus for widespread impact

Conclusion

Project SHINE, in collaboration with Magic Bus India Foundation, created a meaningful and impactful platform for adolescents to learn, discuss, and empower themselves against substance abuse. The interactive and participatory approach ensured deep engagement, while legal and mental health education added critical value for real-life application.