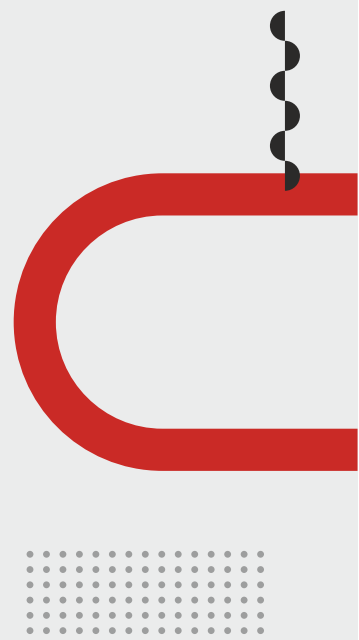


Project SHINE : Awareness & Session on SUBSTANCE ABUSE

Session 6:

15th January 2025, Duration of Event : One Day

Location : E-267, Block F, New Seemapuri, Dilsad Colony, New Delhi-95





Initiative By Shining Souls Trust, as part of Nasha Mukta Bharat Abhiyan, committed to raising awareness and educating communities on Substance Abuse and Legal Rights for a healthier society.

Collaborating Institution: Jijeevisha The Humanity

Team Members and Resource Persons:

Name	Designation	Role & Responsibility
Ms. Shivani Rawat	Certified Trainer & Resource Person	Conducted expert session, answered queries, prepared content
Ms. Nisha Sukrawa & Ms. Neha	Project Coordinators, Shining Souls	Managed planning, logistics, collaboration, session flow
Mr. Arun	Team Member, Shining Souls	Assisted in smooth event execution, photography
Ms. Pooja (Director), Mr. Neeraj (Head), Ms. Shahin (Educator)	Team Members, Jijeevisha The Humanity	Community mobilization, logistics, facilitation
Ms. Pinki (Chief Trustee, Ujjawal Welfare Trust)	Guest	Honored guest, supported event coordination

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 an initiative under the Nasha Mukta Bharat Abhiyan, focusing on Substance Abuse and its legal rights among Adolescents, parents, school teachers, Anganwadi workers, and child welfare authorities. Through one day awareness sessions and workshops, shining souls (Trust) strive to create a supportive environment that fosters healthy choices and promotes well being among adolescents.

Introduction

INTRODUCTION Adolescence is a transformative 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:** Educate adolescents and their parents about the harmful effects of substance abuse and their legal rights through in-person awareness sessions.
2. **Prevention :-** To equip participants with knowledge and strategies to resist substance abuse and addictive behaviors
3. **Create Support Systems:** Establish open dialogue and support networks to help adolescents cope with substance abuse.
4. **Build Resilience:** Equip adolescents with skills to address root causes, cope with issues, practice self-care, and maintain healthy mental health.
5. **Legal rights:-** To inform participants about their rights under the Juvenile justice (Care and Protection of Children)Act , 2015 and Mental Health care Act 2017.
6. **Empowerment:-** To enable participants to access help and assert their legal rights in cases of substance abuse.

Methodology

- **Interactive Sessions :** Deliver sessions through interactive and participatory approaches, including discussions, ice-breaking activities, demonstrations, refusal skills, and self-care exercises
- **Real-Life Examples:** Use real-life examples to illustrate the consequences of substance abuse and the importance of seeking help.
- **Skill-Building:** Focus on building skills for coping with substance abuse, self-care, healthy mental health, and decision-making.
- **Behavioral Modeling:-** Role playing scenarios to help participants practice refusal Skill and build confidence .
- **SEL Fundamentals :-** The sessions will integrate the SEL framework to enhance self awareness , responsible decision making and relationship building among participants.
- **Ice-breaking Activities (Rock, Paper, Scissors with a twist). Reflection & Feedback Session**
- **Legal Awareness Session** on rights related to substance abuse cases.

Collaboration

In Session 8, Project SHINE collaborated with Jijeevisha The Humanity, an NGO working for the upliftment and empowerment of underprivileged communities, particularly in New Seemapuri, Mansarovar Park slums, and Shahdara areas of Delhi.

Jijeevisha The Humanity focuses on a variety of critical issues, including education, legal awareness, poverty alleviation, microfinance, civic issues, and child development. Their grassroots-level connections and community trust made them an ideal partner to reach adolescents and families facing the threat of substance abuse.





Through this collaboration, Project SHINE leveraged Jjeevisha's expertise and deep community relationships to facilitate impactful sessions, ensuring that participants not only received information but also felt supported and empowered to take action against substance abuse.

The partnership enabled effective participant mobilization, venue management, community outreach, and educational material distribution. This joint effort demonstrated how collaborations can amplify the reach and effectiveness of awareness programs like Project SHINE.

Session Flow and Highlights:

The session commenced with a **warm welcome and introduction** by the team of Shining Souls Trust, where **Ms. Nisha Sukrawa and Ms. Neha** introduced **Project SHINE's** mission of addressing substance abuse and promoting legal rights awareness.

To energize and engage the participants, **Ms. Shivani Rawat** conducted an **ice-breaking activity** titled "**Rock, Paper & Scissors with a Twist**", designed to **illustrate decision-making and peer pressure**. This fun and interactive exercise helped participants understand how choices impact their lives and how peer influence plays a crucial role in substance abuse initiation.

Following the ice-breaker, **Ms. Shivani delivered an intensive awareness session** covering **the meaning of substance abuse, types of substances commonly abused**, including tobacco, smack, alcohol, internet, and mobile addiction. She explained **stages of addiction**, its **physical, emotional, and social consequences**, and the **mental health issues associated with substance abuse** such as depression and anxiety.

To reinforce the learning, a **powerful audio-visual presentation** was played, demonstrating how addiction can destroy lives and affect families. The visual elements were effective in **creating empathy and deeper understanding** among participants.

The session proceeded with **group activities and role plays**, allowing participants to practice **assertiveness and boundary-setting skills**. These activities simulated real-life situations, enabling youth to **build confidence to say "NO"** in challenging situations.

A very **active and engaging Q&A session** followed, where participants voiced their personal concerns and dilemmas. Ms. Shivani, along with facilitators from Shining Souls and Jjeevisha The Humanity, addressed these questions with **practical solutions and encouraging words**.

Finally, **Ms. Pooja (Director, Jjeevisha The Humanity)** and Shining Souls team concluded the session with **reflections and feedback collection**, acknowledging the participants' active involvement and motivating them to spread awareness in their communities.





Session Highlights :

- **Fun and Engaging Ice-breaking Activity (Rock, Paper & Scissors with a Twist):** Helped participants understand peer influence and decision-making.
- **In-depth Substance Abuse Awareness:** Explained addiction cycle, types of addiction, causes, and effects in an accessible way for adolescents.
- **Audio-Visual Presentation:** Emotional and impactful, providing real-life examples of addiction consequences.
- **Role Plays and Group Exercises:** Practical learning of refusal and boundary-setting skills, empowering youth to handle peer pressure.
- **Focus on Mental Health & Trauma:** Helped participants understand the link between addiction and mental well-being, including trauma-informed care.
- **Legal Awareness Session:** Participants were informed about their rights under Juvenile Justice Act 2015 & Mental Health Care Act 2017, emphasizing protection and access to help.
- **Community Involvement and Support:** Active engagement of Jijeevisha The Humanity Team ensured participants felt safe and supported, increasing the effectiveness of the session.

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.

Collaboration

Project SHINE collaborates with various non-profit organizations to amplify its impact and reach. These partnerships enable us to leverage resources, expertise, and networks to create a comprehensive support system for adolescents and their families. Foster a sense of community and collective responsibility. Shining Souls Trust has successfully collaborated with Ujjwal Welfare Trust. This Partnership followed our successful collaborations with Salaam Baalak Trust, DCPU IV West and ICDS West.

Ujjwal Welfare trust works tirelessly to empower young people living in poverty, equipping them with Skills to secure meaningful livelihoods. Their holistic approach involves engaging with the eco system surrounding these youths , including parents, peers, community, and Local Institutions .

Together,we will conduct a session with Adolescents in the Burari Community . This Collaboration aims to foster a supportive environment for adolescents, promoting their overall well-being and development.

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.

