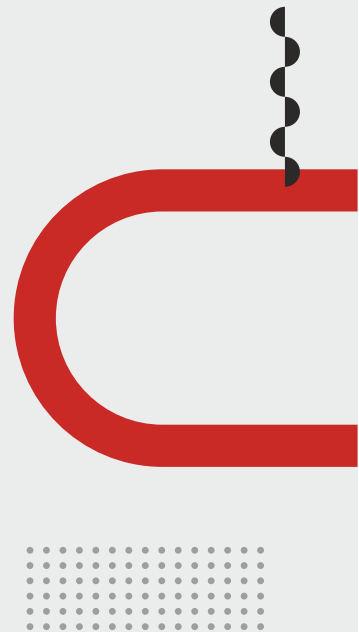


Project SHINE : Awareness & Session on SUBSTANCE ABUSE

Session 1:

27th November 2024, Duration of Event : One Day

Location : Shastri Park Contact Point, Delhi





Introduction

Shining Souls, a non-profit organization committed to empowering and educating underprivileged communities, successfully conducted **PROJECT "SHINE"**, an **Awareness and Counseling Session on Substance Abuse, on 27th November 2024 at Shastri Park, New Delhi**. This initiative was a part of Shining Souls' ongoing efforts to raise awareness about critical social issues and to provide preventive education and support to vulnerable populations.

Team Members:

Resource Person : Mrs. Megha Sharma (Drug De- Addiction Psychologist)

Coordinators: Nisha Sukrawa and Neha

Salaam Baalak Trust Team members

Number of Participants: Approximately 50 (including parents and children)

Age Group: Above 10 years to 21 years old

Medium: In-person

Objectives of the Project:

The primary objectives of PROJECT "SHINE" were:

- To educate individuals, especially youth, about the dangers and consequences of substance abuse.
- To promote awareness about different types of substance abuse, including alcohol, drugs, and inhalants.
- To empower the community with knowledge and coping strategies to resist peer pressure and make informed choices.
- To provide counseling and psychological support to individuals already affected.
- To foster a healthy, drug-free community environment through collective dialogue and motivation.

Target Audience:

- Youth and teenagers of Shastri Park locality.
- Parents and guardians concerned about substance abuse in the community.
- Local educators and community leaders.
- General residents seeking information and support.





Outcomes and Achievements

- Total Participation: Approx. 150+ attendees, including youth, parents, and community leaders.
- Enhanced Awareness: Participants gained in-depth understanding of the risks associated with substance abuse, including its emotional, psychological, social, and legal consequences.
- Open Dialogue: Facilitated a safe platform for open discussion, sharing experiences, and asking questions without judgment.
- Preventive Tools Distributed: More than 200 awareness pamphlets and booklets were distributed to participants and nearby residents.
- Counseling Support: Immediate one-on-one counseling sessions offered post-program for individuals seeking help.
- Commitment to Future Engagement: Community members and youth volunteers expressed willingness to collaborate for future sessions and awareness drives.

Feedback and Response

- Participants appreciated the interactive approach and real-life testimonies, which made the session impactful.
- Requests were made for more frequent sessions and youth mentorship programs to continue guidance.
- Parents expressed gratitude for addressing a critical yet often ignored topic.

Future Recommendations:

- Follow-up workshops focusing on mental health and addiction recovery processes.
- Initiate school-level awareness programs to prevent early onset of substance abuse.
- Set up a community help desk/helpline in partnership with local authorities for immediate assistance.
- Develop peer support groups to encourage youth to stay away from substance abuse.



Acknowledgments

We extend our heartfelt gratitude to:

- Community members of Shastri Park for their active participation.
- Guest speakers and experts for their valuable time and insightful sessions.
- Shining Souls volunteers and team members for organizing and managing the event smoothly.
- Local authorities for their support in facilitating the event.

Conclusion:

PROJECT "SHINE" successfully met its goal of raising awareness about substance abuse and provided participants with practical knowledge and psychological support. Shining Souls remains committed to

