

# **EDUCATIONAL PROGRAMMES ORGANIZED BY SREE NARAYANA TRAINING COLLEGE FOR PREVENTION OF DRUG ABUSE AMONG SECONDARY SCHOOL STUDENTS**

## **DESIGNING AND IMPLEMENTING EFFECTIVE EDUCATION PROGRAMMES TO PREVENT ALCOHOL/DRUG ABUSE AMONG SECONDARY SCHOOL STUDENTS**

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Drugs and alcohol abuse is a worldwide problem. It affects all sectors of society in all countries. In particular it affects the freedom and development of youth who are the world's most valuable asset (UNODC, 2002). The gravity and characteristics of this problem vary from region to region and country to country. In the recent past, drug and alcohol abuse among young people has risen to unprecedented levels. According to the World Drug Report, a total of 180 million people abuse drugs worldwide and the majority of these are youth (Lakhampal and Agnihotri, 2007). In addition, research indicates that alcohol, tobacco and marijuana are the most commonly abused substances by adolescents across the globe (Bourne, 2005). The abuse of alcohol and drugs has resulted in significant morbidity and mortality among adolescents worldwide. Many of these youth will lose their lives to drugs and alcohol and a significant number are likely to grow up to become problem drug users. Although, the substance abuse problem is complex and large in magnitude, there is a substantial amount of evidence based research available to physicians, community leaders and schools to implement interventions that can decrease adolescent substance abuse rates. Because this issue is not peculiar to any one community or culture, we recognize that individual interventions may not be universally effective.

### **Rising Drug Abuse in Indian campuses**

It is a commonly accepted fact that drug abuse is on the rise in India. However, the true extent of the proliferation of drugs in the country will surprise many. According to estimates, there are approximately 70 million drug abusers in India. Data on drugs seizure by the Narcotics Control Bureau shows that consumption and smuggling of synthetic drugs, which are much more dangerous and addictive than natural ones, has been steadily increasing while that of natural drugs has been decreasing. Between 2009 and 2012, smuggling and consumption of cocaine and

ephedrine increased by over 250% and that of morphine increased by over 500% while among natural extracts, only opium saw an increase over the same period, that too only because opium is used to manufacture heroin. Substance Abuse, although often regarded as a personality disorder, may also be seen as a worldwide epidemic with evolutionary genetic, physiological and environmental influences controlling this behavior. Rapid industrialization, urbanization and changing life styles have left children struggling for their survival, forcing many to refuge in the dark world of substance abuse. Its use poses a significant threat to the health, social and economic fabric of families, communities and nations. Substance Abuse among children has become an issue of concern throughout the world.

### **Kerala, the God's own State**

'Kerala, India's most literate state with more than 94.59 percent literacy rate, is also home for largest number of alcoholics, cancer patients and children addicted to tobacco'( International Business Times, February, 2014). A study by National Drug Dependence Treatment Centre (NDDTC) and the All India Institute of Medical Sciences (AIIMS) revealed these startling facts. The study said that 74 percent of Kerala's children between the age group 5-18 consume tobacco. As part of the study, a total of 119 children were covered examining their pattern, profile and substance use. The Kerala Police had registered 652 cases related to drugs and had confiscated 720 kilos of marijuana in the past one year, according to sources. "The most disturbing aspect of drug abuse in Kerala is that students and the youth are the victims of this menace. We are getting many complaints every day about sale of drugs centered around campuses," "Kerala may find itself in the same position as that of Punjab in the next five years as far as drug abuse and trafficking are concerned, if stringent and effective measures are not taken to control the menace," said Kerala Excise Commissioner. In this context, the State was about to launch an extensive awareness campaign against drug abuse, he said.

Sree Narayana Training College made an attempt to provide awareness for students of secondary schools of Kerala regarding the adverse effects of drug/substance addiction through effective education programs with reliable information on the magnitude and pattern of the problem in school going children and major determinants of substance abuse. Such information would be valuable for programme planning, priority allocation and mobilizing political commitment.

## Educational Programmes organized by Sree Narayana Training College for prevention of Drug Abuse among Secondary School Students

### Awareness Seminars





## Collage Designing and Preparation on evil effects of Drug usage



## Poster Competition on eradication of drugs from the society





## Procession





The implementation of education programmes was completed with the help of student teachers during their teaching practice period. It took duration of One and a half months. It is concluded that educational intervention plays a significant role in increasing awareness about drug abuse among secondary school students. If they are aware about different preventives measures and consequences of drug abuse, their chance of involvement in drug abuse might be reduced. Effective measures are required to encourage shaping the attitude of school children toward self-confidence and adequacy, as also to prevent risk behavior among adolescents. to an important public health problem.