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EXECUTIVE SUMMARY

Sikkim Against Addiction Towards Healthy India (SAATHI) program was launched as a pilot project in the year 2013 in two government schools in Sikkim to remove substance abuse and generate awareness amongst students, parents and school administration and community about the health, social and economic implications of substance abuse. One of the initiatives under the Chief Minister's Youth Empowerment and Self-Reliant Mission, SAATHI has been registered as an NGO in the year 2016.

Tobacco and substance use have become deeply ingrained in the culture of the young children and adults alike. It has almost become a habit inculcated out of either peer pressure, experimentation and in some cases, family issues. As per records, 60% of the cases recorded pertained to tobacco consumption while 30% of students indulge in marijuana, alcoholism and other substances. A few cases have been recorded where children have been trying dendrite, prescription drugs and contraband items.

In 2018, SAATHI has achieved its target of reaching 100 schools and training 500 teachers. It has also exceeded its target of training 4000 peer educators. Though there is still some way to go in training and placing teachers and in student impact, SAATHI has made a lot of progress in its outreach to parents and the community in general. It has reached 24302 local communities in Sikkim. The major impact that SAATHI has brought is that it has changed the mindset of the people and created a society that has moved away from a hostile environment to the healthy environment.

We have a long way to go in the complete eradication of substance use, but the march is on with renewed enthusiasm and zeal with every SAATHI programme.



Chapter 1– SAATHI’s Impact

STORIES OF IMPACT

The SAATHI programme, with its interventions and campaigns have moved and impacted lives of many Sikkimese children. The work SAATHI has done in the area of substance abuse through families, schools and communities has brought about changes in the lives of many individuals. Here we present to you few of these impact stories from different individuals. Names have been changed to maintain confidentiality.

STORY 1- Sichey Junior High School, East Sikkim.

I am Michael a student of Sichey Junior High School. I grew up in Jorethang which is a hub for drug trafficking. It has been designated as a vulnerable area for a drug users and one can find almost any kind of substance here. Family problems and peer pressure got me into drugs and soon I was an addict. I grew up watching older kids buying cigarettes and smoking, I remember, when I was barely 5 years, I would see my older brothers buying cigarettes from shops and smoking. Not knowing anything but I was curious. I also tried smoking. As I grew older and at the age of 7 years my close friends were smoking weed and I accompanied them which got me into the habit and later into addiction.

By the age of 11 years, I upgraded my addiction to SP (SpasmoProxyvon) which made it easy to start using harder tripped substances. By the time I turned 14 years, I had started using drugs like “kaalo” and Phensedyl. The realization point of my life came when I was 16 years old. I tried brown sugar. My body could not handle the trip as my health was already crushed by every bit of addiction that I had gotten into as I was growing up. I then I realized that if I continue this way my life was not going very far. My father never cared about whatever I was going through. But seeing my mother upset with me for my addiction was the everyday emotional hit at home. She never gave up on me all throughout my addiction period. She was always there to encourage me to stop taking drugs and think about the good bright future ahead.

A friend of mine who was also an ex-user who has gone through different kind of addiction once asked me a question; Do you know what these drugs doing to your body? I hated him when he asked me this question, and stayed afar with him. But I started taking that question seriously. Then when I was sobered by this question and seeing my mother’s unwavering faith, SAATHI helped me to overcome my addiction. SAATHI peer educators were always there to counsel me and encourage me. Teachers were willing to listen to my problems. I found it strange that even the principal was willing to tolerate my problems. It gave me a sense of relief and encouraged me to be stronger.

SAATHI helped me to quit even smoking. Now I chew tobacco 3-4 times a day, but I believe one must be self-motivated to get clean, and I need to start now, not tomorrow. Otherwise, it will never happen. I will continue to seek more help from SAATHI. I know they will listen and will

arrange for counseling. I will ask them to visit my home and speak to my family. They too need to know about the issues at home. It will make me not go back into substance abuse and I can indeed look forward to a better tomorrow. My mother will be proud.

STORY 2-Melli Government Secondary School, South Sikkim.

A studious student of the Melli Government Secondary School who has an excellent history of both in academics and extra curricular activities, was caught taking cigarettes, marijuana and alcohol in the education premises several times as he was in class 11, it was found out later that his fall in the bad company and it was peer pressure that drags him to such an addiction to the substances. His friends filled curiosity in his head to try the substance and that one trial and a little puff sometimes with his friends lead to his addiction. His overall performances in the education failed low as he started to miss classes and study was not even an option for him, all he could think was to satisfy himself and how to get substance. The outcome was that he had to repeat 11th standard. Little did he know all this addiction and peer influence would affect his education and family immensely.

He was taken care by a single mother who worked hard every single day to fulfill his requirement, she was working hard to make him study and on the other hand, he was suspended from the school for a week for his habit of drinking and smoking in school premises. As soon as he returned to school after the suspension period served, he was provided with one on one counseling by SAATHI teacher coordinator, and then he was entrusted with works so that he could get busy with those works which will help him stay away from substances and the bad company. After several counseling he came to the realization and now he is no more, into substances or any kind of addiction, doing very well in his academics stood first in standard 11 and now he is perusing class 12.

STORY 3- Modern Senior Secondary School, East Sikkim.

I am Ranjit, class (V) student of the Modern Senior Secondary School. When I was 12 years old I started taking drugs with my older brother, he was into different kinds of addiction. So, I find all the stuff in the room only, I get Cigarette and weed so easily in the room whenever I want to smoke. My brother taught me smoking cigarettes, weed and at one point, I saw my brother mixing pills with milk and drinking, at that time I had no idea about pills, but later I got to know it was SP, the left over milk he kept and I drank it to the bottom and went to school, at that time I was in class two I had a bad headache, my teacher has to complain it to my parents and getting caught of my bad habits I got a scolding and beating from my parents.

Then I grew up, I was in class (V), friends called me for smoking cigarette and I didn't know what cigarette was, I was just smoking only weed. I gave my friends money and they brought a packet of Silkcut (cigarette) and we use to smoke it and after some weeks got addicted to it. There was not much money with me so I would steal from my mother and buy cigarette.

I started changing schools from schools because of my addiction problem, after reaching class (VII), and I was caught again and the Principal called me and warned me that I will be given Transfer Certificate if I was caught again smoking weed on the school campus. I was becoming very bad every passing year by class (VIII) I was caught by principal again and this time I was becoming more violent when I get high, every teacher was complaining about my bad manners and then I was sent to another school again, I was admitted to the class (IV) from class (VIII) as my teachers complained that I'm a useless students and would be better if I study in lower class. I was not happy at all with their decision.

I started taking more and more drugs, fight with big brothers and his friends, still sit with them and smoke, class was very depressing my classmate were just kids, I left the school, I was becoming very worst, stopped listening to my parents, every day there was a fight at home, my parents were so unhappy with me and they seceded to show me to a doctor. I ran away from home as to there was no happiness in my home, but police caught me and went back home again. I was caught smoking dendrite along with my friends at home, I was so high and my uncle and mother started scolding me and out of anger I left home again, but on the way my home driver caught me and told me why are you doing this to your loving parents, you are already kicked out of 5 schools. I returned home sober.

SAATHI team of my school did everything to help me, at the beginning I was not happy with them giving me instructions of how I can stay clean from drugs, I use to feel no one understands me, once I was called with to the teacher coordinators office and he was discussing to me about the ill effects of substance, after that I use to attend his counseling session, after some days I realized that I was creating trouble in my own life, I decided to enter the rehab because I wanted to change my way of living, live an addiction free life, first I was sent to Social Welfare Home and then next I was send to rehab; in rehab I realized people have more problem then me, and how drugs was affecting the mental health of people who have started taking for so long. I came out of the rehab, I was desperately in need of staying free from addiction, SAATHI peer educators helped me to keep me busy in the programs organized in the school, sir, continued counseling me and right now I am with the help of SAATHI I am clean from addiction and will continue to seek the help of SAATHI to stay free from addiction.

STORY 4: Namchi Girls Senior Secondary School, South Sikkim.

I am Rina, and I study in Namchi Girls Senior Secondary School, I was in addiction for many years, it all started with pressure from my friend. I had two best friends and one of my friends was into the addiction of cigarette and marijuana she use to ask us to smoke every time but we never thought of even trying it. She was persistent one day we were returning from tuition and she was smoking cigarette and she asked us to try we accepted it that day and after smoking one to two puff my friend started coughing continuously and she decided to never even try it again. But as for me, I started smoking whenever my friend gives me and we started going out to smoke along with other friends. I started having more friends and they taught me how to smoke

marijuana, we would go smoking during break time, after class gets over, after tuition I would go out with friends to the forest and smoke along with friends. Slowly I went into addiction it became my needs and it started feeding on me. I would lose my temper on my parents whenever I ask money and they question me, my teachers too became suspicious because of me skipping classes and I got deeply tangled in the world of addiction.

I had a classmate who was also a friend of mine, her name was Kalzang and she was a peer educator of SAATHI every time I see her, she will start lecturing me about how my parents have a full trust in me and how I can go out of addiction. I use to get irritated easily whenever I see her as she keeps on repeating the same thing over and over again. One day a teacher coordinator of SAATHI asked me to meet her and when I went to meet her, she told me that she knows what I am addicted to the substance; she asked me if I have any problem going through in my life and I was reluctant to listen to her much. She started sharing with me about real life stories of people who were into addiction and recovered, after attending a few counseling sessions I was quite sober to change my addiction habits. I had a feeling that I needed to change for myself and a good future ahead, I realized I needed to gain back the relationship with my parents. SAATHI made me realize that addiction was a sickness and I was in grave danger, I chose the weapon to destroy myself, and now I need to be cured.

SAATHI made to realize that I am not the only one who will die of addiction if I continue, but even my family will lose their face because of me in society, my brothers and sisters will follow my steps. One day there was a SAATHI awareness program in school ma'am asked me to attend and it was a good day for me where I heard the words that I have never heard before, the resource person talked about the ill effects of the substances that is destroying our body, brain and our relationships. After some days I was already ready to stay free from addiction, luckily a teacher coordinator of SAATHI selected me to be a peer educator of SAATHI and I was happy to be a part of it. Slowly I started getting involved in the programs that SAATHI initiates in the school and also in the community, we practice dance and drama to perform in other schools when we go for outreach programs and in the community to perform and sensitize the communities about the substance addiction and its ill effects on society through our drama.

STORY 5- Singtam Senior Secondary School, East Sikkim.

I am Tom, a student from the Singtam Senior Secondary School, Sikkim. In class seven, I had a cousin who was into substance addiction. I was introduced to substance by him, we use to smoke cigarette and one day he gave me marijuana to smoke after trying it, I felt like trying again so whenever we meet we smoked weed. This is how my addiction journey started, by the age of 17, me and my cousin, we were curious to try other substance so we had SP it was a different feeling, and I stay high for more hours unlike weed.

My family was always in the problem, we were shifting from one place to another because we could not pay the rent, my brother who was into alcohol addiction creates problem every day and it was a daily thing that goes on at home. It was a frustrating scene to look at, so after class I go to market every day to meet my friends, spend time with them, smoking and using substances. All my friends were school dropouts, they were all elder to than me, when I run out of cash they always gives me stuffs like weed and tablets.

Consuming SP became boring, I was not enjoying much, my friends gave me Nitrogen 10 to try and I felt good after consuming it, and I got addicted to it. I was caught for several times in school for smoking, and in getting caught for smoking and caught under the substance influence in the class. My classmates who are peer educators of SAATHI gave me counseling and I went for camping, organized by them, and now I am undergoing the counseling from SAATHI teacher coordinator and trying my best to leave the entire substance one step at a time. I've decided to stay free from the drugs and it will be possible with the help from them.

STORY 6- Deorali Girls Senior Secondary School, East Sikkim

I am Diya and I'm 14 years old, I'm repeating class 8 this year in Deorali Girls Senior secondary school, I had friends who were into smoking cigarette and they offered me saying that "you will feel good" I tried it, but I didn't like it much at first but after a few days I tried again and I started smoking whenever I meet my friends.

I got used to smoking cigarette, my friends bought weed and we smoked up it felt so different from cigarette and I liked that feeling so I started smoking it, I had a cousin brother who always gives me marijuana whenever I needed so he use to supply me and I pay him. My parents had no idea about any of my habits; I always made sure they don't catch me.

One day I was caught carrying marijuana in my school bag in a surprise checking, it became a big issue, I was called in principal office took interrogation and asked to bring my parents to school. I had no option but to tell my parents and I got a thrashing and scolding from my parents. They were very upset hearing the news of my addiction. Principal was kind enough to give me another chance, he gave me last warning and asked me to meet the teacher coordinator of SAATHI.

After some days I went to meet SAATHI teacher coordinator for counseling, I went for two times, after learning about the problems I was creating for myself, I was sober and wanting to change, the teacher coordinator asked me if I want to join the SAATHI peer educator, I accepted the offer and started participating in activities organized by SAATHI in school, it benefited me immensely as I got to learn the ill effects of using a substance and gradually with the help of SAATHI I started earning back trust from My teachers, my relationships with family started getting better and now I'm free from all kinds of substance addiction and even my grades are getting better.



Overall Impact Narrative

In order to eliminate substance abuse from Sikkim, the work SAATHI needs to be collaborative. Therefore SAATHI works in alliance with schools, teachers, principals and most importantly with the peer educators who the students themselves, bringing about changes in the lives of many and also the community as a whole. It would be nearly impossible to achieve this aim without the support and involvement of the parents. Therefore, SAATHI offers different interventions like counselling to parents, community outreach programs and offsite camps to sensitize and increase awareness about substance abuse to these individuals who are in daily contact with the children.

We will now take a look at some of the goals and achievement of SAATHI in terms of its key parameters/area.

Key Area	Objective	Process	Outcome
Parental Counselling	<p>Educate parents to remove the stigma attached with substance use and collaborate with them to help integrate consistent and relevant homes.</p> <p>To improve student's health and promote a greater awareness of health issues among students and their families.</p>	<p>The school organizes parental counselling by inviting parents and resource persons.</p> <p>Educate parents with various medical and legal aspects of drug use.</p> <p>Provide more information on current scenario of drug related problems in the state.</p> <p>Collaborate with parents to help those students who are abusing/using substances.</p>	<p>Parents were informed about the importance of SAATHI and its objectives.</p> <p>Parents got information about current scenario of the states and the growing tendency of students towards addiction.</p> <p>Reduction in denial rate by the parents and families.</p> <p>Understood that drug addiction is a disease and they need proper treatment.</p>
Community Outreach	<p>Make the community aware about ill-effects of substance abuse.</p>	<p>Conduct outreach to seek cooperation from local shopkeepers. Appealed to them not to sell any kind of substances. Resource persons address the crowd and explained that addiction is a disease.</p>	<p>Heightened awareness about the consequences of drug addiction. Changed the attitude towards drug abusers.</p>

		Help raise awareness about various aspects of substance abuse.	
Key Area	Objective	Process	Outcome
Impact students of other schools	Aware students of many schools in Sikkim about substance related problems.	SAATHI team of Schools had visited feeder schools and nearby private schools. Made the students and teachers aware of those schools through skits, painting competitions and presentations.	The students of schools where SAATHI program was not implemented were aware about the prevention of substance abuse.
Peer educator extension programme	Create a programme in schools to add another 20 students to the programme through their own effort. Establish SAATHI as a sustainable programme within the school.	Peer educators conducted various activities for other students by sharing their camp experience and through painting/essay/extempore competitions.	Students were aware of SAATHI and its objectives. They were added as peer educators in SAATHI.
Student offsite camp	Familiarize students with the SAATHI model, its aims and objectives and prepare them to work as peer educators in the school to prevent substance abuse. Build awareness amongst students on basic knowledge of substance abuse and its harmful effects and consequences. Build awareness amongst students on the legal aspects of substance abuse and its consequences and penalties. Build students' capacity to stop their peers from using drugs and substances. Train students with the basic knowledge of counselling	Submitted letter to HRDD about the Offsite camp of 2018 academic session. SAATHI office to inform all the teachers regarding the aims and objectives of the off-site programme. Teacher coordinator to inform all the peer educators regarding the aims and objectives of the camp. Here they build their expectations as well. Arrange resource person for the camp. Inform IHCAE regarding camps and its activities. Share the curriculum with	Students became well informed on different medical and physical aspects of drugs and its consequences, legal aspects of drugs and basic techniques. Change in students' perception for the drug user offering help instead of ignoring. Improved personality of the students in terms of teamwork, leadership quality, time management and assertiveness. Confidence to communicate with drug users and deal with them in peer education format.

<p>techniques, how to treat and handle drug user, team building through physical activities, etc.</p> <p>Provide life skills sessions which include communication skills, confidence building, leadership skills, interpersonal skill, time management and assertiveness skills.</p> <p>Define and orient them on the role and responsibilities of peer educators and teacher coordinators.</p>	<p>the respective resource person which will include overall objectives of that session and session should be based on role play, videos and interaction to ensure interest and involvement.</p>	<p>Improved academic performance of the students with better concentration in all school level activities. Minimum supervision.</p>
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Impact Through Data

SAATHI– GOALS AND ACHIEVEMENT TILL JUNE 2019

Goal	Target	Achieved	Balance	Remarks
Goal# 1: To reach 100 Schools	100	100	Nil	
Goal # 2: Train & place counselors	300	272	-28	
Goal #3: Training for 500 teachers	500	500	Nil	
Goal #4: Train peer educators	4,000	4248	+248	
Goal #5: Outreach to volunteers and parents	15702 parents/guardians counselled, 297 SMC members were sensitized and reached 24302 local communities.			
Goal #6: Impact students	100,000	72655	-27345	

It was assumed at the time of design that there would be on an average 1,000 students per school. This was wholly inaccurate. Hence, this shortfall. However, due to this metric the SAATHI team innovated and helped schools reach out to other schools, including private institutions. This is going to be a key feature of SAATHI 2.0



Chapter 2– SAATHI Story

INCEPTION

Substance abuse is a deeply rooted problem in our country and Sikkim is no exception to this issue. The illicit use of psychoactive drugs including alcohol and other contraband items in the territory has exponentially increased over the past decade, causing other problems such as STDs and an increase in school dropout rates and suicide rates. Students from various schools in Sikkim, particularly in the age group of 10-17 years are affected by alcohol abuse, tobacco and marijuana addiction and in certain cases, the use of prescribed drugs.

In the year 2013, the problem was placed before our Hon'ble MP, Mr P D Rai. He, along with some like-minded people, came forward with a solution. The solution was the birth of Sikkim Against Addiction Towards Healthy India (SAATHI) – an initiative under the Chief Minister's Youth Empowerment & Self-Reliant Scheme. After a successful pilot in two schools, SAATHI officially took off in 2016 by adopting 30 schools under its programme to eradicate substance abuse. The organization is dedicated towards the development of positive attitude amongst school going students who are the most vulnerable group when we think about substance abuse or any other kind of addiction. One of the primary objectives of SAATHI is to channelize their energy in a proper way by building their capacity through various sessions and activities to prevent experiment of substance by children. The main goal of SAATHI is to build a healthy ecosystem for the society.



But after SAATHI's initiation and by educating the teachers, school heads, and the community, we have managed to de-stigmatize the negative opinions of people. We have even managed to spread the message that Addiction is a disease and it cannot be cured by targeting the abuser or by penalizing them but by providing them with emotional support and an environment for them to live their rights as a human. As compared to yester-years, we see change in approach of how the schools guardians are handling their student. The students are provided chances and given constant counseling, we have managed to build an ecosystem wherein the schools have

direct link with Medical Health Centers, Rehabilitation Center and various Professional Counselors.

Along with the changes in the school level, SAATHI has also managed to educate the parents and community members. The parents have become more sensible through the help of their children, wherein the parents do take the opinion of their child and listen to them. They have become educated to a great extent that abusing any sort of substance in front of a child will affect the child's upbringing, their emotional and mental wellbeing. An awareness campaign led by students in all the districts has brought more awareness among shopkeepers and they are much sensible that selling cigarette, alcohol, gutka etc to a minor is a crime according to JJ Act which is punishable.

The major impact what SAATHI has brought is the changing mindset of the people. Through the unanimous approach and mindset of the people, we can change our society and state from a hostile environment to a healthy environment.

OBJECTIVE

- ❖ To limit or reverse, substance abuse among students by generating awareness about health, social and economic implications of substance abuse.
- ❖ Blending of the de-addiction and life skills education and contribute to the development of Sikkim.
- ❖ To educate parents, school administration and the community about impact of drug use and how to effectively combat it.

VISION

To eradicate of substance abuse at the school level by 2022.

MISSION

SAATHI's mission is to remove substance abuse in the government schools of Sikkim through peer educators and empower students to feel free from the stigma of drug abuse.

PROGRAMME OVERVIEW

In pursuance of its mission, SAATHI has found several valuable partners. Its project partners are the Department of Social Justice, Empowerment and Welfare, Health Care, Human Services & Family Welfare Department and the Human Resources Development Department. SAATHI's implementation partner is the Indian Himalayan Centre for Adventure and Eco-tourism. The programme is funded by the Department of Social Justice, Empowerment and Welfare, HC, HS and Family Welfare Department and by Titan Co. Ltd.

SAATHI focuses on peer learning and leadership among students. The key purpose of the project is to educate students, parents, school administration as well as the community at large about the medical and socio-economic implications of drug abuse. One of SAATHI's focus areas is to embed its model in the curriculum so that the schools can take the programme forward on their own. The programme is aligned with Goal 3 of the Sustainable Development Goals (SDGs) which deal with good health and well-being.



The SAATHI Model



Here are the steps taken at each stage of the model to ensure the success of SAATHI's mission.

First intervention

- A workshop is conducted for schoolheads to introduce the SAATHI model.
- Initial visits are made to school.
- Workshop is conducted for School Management Committee.

Teacher training and support

- Five teacher coordinators are selected from each school.
- Residential training is conducted for one teacher from each school.
- The trained teacher conducts a district level training capsule for other teacher coordinators.
- One teacher from each school also attends the annual off site training programme.

Counsellor and Volunteer training

- A resource pool of experts is formed.
- Professional counsellors and experts are engaged for the programme.

Off-site training

- Pre-camp activities are conducted in schools.
- Thirty students are selected by teachers, to attend the camps.

- Capacity building camps are held for students preparing them to become peer educators.



Parental Counselling

- Teacher counsellors hold parental sessions to destigmatise the issue of substance use.
- Parents are educated about substance abuse patterns and prevention strategies.

Community Outreach

- A partnership between the school and the community is developed to spread information and awareness.
- Outreach activities are facilitated by peer educators.

The Future of SAATHI– SAATHI 2.0

The SAATHI programme has covered 100 schools and has become a movement against problems related to substance abuse. SAATHI has built an ecosystem where young children feel comfortable with confessing to others about their dependence and do not expect to be prosecuted for their errors. Destigmatization of drug addiction has been a major positive result of the SAATHI program. The denial rate by parents has come down to some extent.

SAATHI's vision for the future is to expand its influence and interaction with the immediate society as it is the society which is responsible for shaping the mindset of young individuals. Communities can support schools in reducing personal and social risk factors that influence young people to use these substances. Further, they can also promote protective factors that make use and abuse less likely. Protective factors include feeling connected to and enjoying school, having quality peer and adult relationships and having an optimistic view of the future.

Activities which are currently conducted by SAATHI will still be continued. More activities with the direct participation of community members will be done. SAATHI shall approach every community member in the locality such as Panchayats, self-help groups, local clubs, health workers, NGOs etc. to reduce substance abuse in the society. School authorities will be

empowered to ensure that young people know how to access help and advice when needed. Parental counselling will be important part of SAATHI 2.0. Door to Door visit will be conducted to counsel parents and spread awareness about the problem of drug abuse and required countermeasures.

An informed and aware civil society can take Sikkim towards a healthy future by carefully nurturing our youth.



ROLES OF STAKEHOLDERS IN SAATHI PROGRAMME

SAATHI is an elaborate programme with multiple stakeholders at different levels. Each stakeholder plays a different role that is crucial to SAATHI.

Schools

SAATHI is programme based on a peer education model. Thus, schools play a vital role in the programme as they execute the programme at the ground level. There are 100 government schools working with SAATHI. Initially, schools select 30 students and send them to get trained in SAATHI's offsite-training camp. Once the students are trained, they make other students aware about substance abuse and motivate other students to be peer educators as well. As a part of the SAATHI programme, schools call parents of the students to the school premises for parental counselling, where they explain the different scenarios about substance abuse and addiction. They also talk to parents about the importance of a healthy home environment. Students also work at the community level under the community outreach programme, where they reach out to people from the community about substance abuse related issues. Schools also visit 'feeder schools' or nearby schools, both government and private, to spread awareness about the ill-effects of substance abuse. The trained peer educators work at schools under the supervision of teacher coordinators. They identified vulnerable students and tried themselves to motivate and counsel those vulnerable students, after which they refer it to the teachers who will counsel the students at an initial level before taking the help from a professional counsellor. If necessary, students are also provided with rehabilitation help.



Community

At the community level, SAATHI works with hospitals, law enforcement bodies, NGOs and other government and non-government organizations to enhance anti-drug norms and pro-social behaviours. Participation of community members is very important to eradicate substance abuse cases, as most children develop their behaviour through their communities. The role of the community is to offer a better environment to individuals after they complete their treatment and return to society.



If, after completing the treatment, he/she is placed back into the same environment that they left, there is a great chance that person will relapse into their previous behaviour. Thus, with the help of community-based awareness programmes, development of policies or enforcement of regulations, the stigma prevailing in the community needs to be erased.

Schoolheads

As the head of institutions, schoolheads attend workshop with SAATHI to understand the programme which schools have to conduct. After attending workshops, schoolheads send students and teachers for training with SAATHI. All programmes conducted under SAATHI banner is supervised by school heads. They have to check and sign all documents before sending it to SAATHI office. Role of school heads are very important as every program and activity conducted under SAATHI program has to be monitored by them. Schoolheads have the important responsibility to select the right teachers and students for teacher coordinators and peer educators of SAATHI. There are various programs at the school level where school heads can merge or conduct activities in collaboration with SAATHI.

Teachers

Five selected teachers get trained by SAATHI to execute the programme. They also play the role of counsellors in their schools. First level of counselling is done by the teachers once a student is identified as substance abuser. Teachers play an important role in connecting with the dependent



students for medical assistance or rehabilitation. Documents, reports or claim for the programme conducted by schools has to be prepared and sent by the teachers to the SAATHI team.

School Management Committee (SMC)

SMC members, being a part of schools as well as the community, have a major role in spreading awareness and conducting SAATHI programmes. SMC members are not only involved in the management of schools but also hold a designation in the society as Panchayats, social workers etc. Thus it is easy for them to connect with schools as well as people residing in communities.

Counsellors

Counsellors are an important part of the SAATHI programme and provide valuable assistance to students. Psychologist, Psychiatrist and trained NGO counsellors forms the support system that helps students to come out of addiction as well as provide medical help in case of substance depended cases.



SAATHI Team

The SAATHI team in the head office looks after the connection and communication with all 100 schools, stakeholders, departments, NGOs and other organizations. The team has to coordinate with schools in conducting the programmes related to SAATHI to reach out to the community, parents and students. The SAATHI team is also responsible for documenting all programmes conducted by schools, coordinating with accounts in providing funds to schools or settling the claims made. The team is also responsible for imparting trainings, workshops or awareness programmes. Schools are also visited to keep the programme in line and help schools to conduct the programme.

Role of Social Justice Empowerment and Welfare Department

SAATHI is the program that caters to school children and follows the policy 'Prevention is better than cure', reaching out to young adults before they are misled and before they take harmful decisions. The aim of the SAATHI program is to significantly reduce the use of substances across the state and to educate students, parents, the school administration and the community at large about its medical and socioeconomic implications. SAATHI is also supported and funded by the Department of Social Justice, Empowerment and Welfare. SAATHI's engagement with

schools and the use of peer educators and teacher coordinators are the driving forces of the program. It has begun a sustainable movement where discussions within schools and in the community are being held on healthy alternatives to substance use. Department of social justice, Empowerment and welfare is one of the project partners and has always provided help with the planning, decision making and by providing Grant-in-aid for operating the project effectively in the field of providing awareness against drug abuse.



Role of Human Resource Development Department

SAATHI as a peer education based program, formed under the Chief Minister's Youth Empowerment Self Reliant Mission has become a pan of the school system in Sikkim to counter social evils and illnesses with special focus on drugs and other substance abuse. It is accepted worldwide that the

school system is the best platform to nurture and inculcate positive values and traits. So SAATHI is trying to create an environment in schools which guide and motivate young minds towards healthy and positive lifestyle. Through the involvement of the Human Resource Development Department (HRDD), SAATHI has been able to conduct activities in many schools. The SAATHI model uses the human resources available in the schools. The model and support is provided to the principals, teachers and students, enabling them to take effective action to tackle the issue of substance use. The teacher coordinators of all the schools are trained to create a system of self-management and the student peer-educators are equipped with the skills to help their fellow-students cope with challenges of substance use. Teachers act as coordinators who implement and monitor SAATHI activities in the school. The teacher coordinators in turn, select students to work as peer educators. SAATHI believes that students are better equipped to reach out to their peers and sensitize/help them. The success of the SAATHI program depends on the teacher coordinators and peer educators active involvement.

Role of Mental Health Department

Addiction results in distinct brain changes and can disrupt a person's "hierarchy of needs and desires," leading them to prioritize drug use above all else. A person's ability to control their compulsion to use substances becomes significantly diminished as these brain changes occur,

which can promote continued drug or alcohol use despite having knowledge of the harm it is causing. The compulsive behaviours associated with substance use disorders bear similarities to other mental illnesses.

Hence, SAATHI works in association with Mental Health Department to prevent or eradicate substance abuse among children. The department supports the program through its expertise in conducting various activities. SAATHI had also organized training on "Basic Skills of Counselling" in association with Health Care, Human Services & Family Welfare Department wherein various medical officers and health educators of Primary Health Centres (PHCs) have been trained. The schools approach the nearest PHCs and hospitals while handling substance abuse cases at school level.



Role of Titan Company Ltd

Drug abuse is a problem that is increasingly affecting the society. It is considered a taboo and its abusers are looked down upon. Titan Company Ltd. provides support to the SAATHI program, as a part of its CSR, to tackle substance abuse in Sikkim. To engage in CSR means that in the normal course of business, a company is operating in ways that make a positive impact on both society and the environment instead of contributing negatively to it. The funds provided under CSR are for social development issues and make a positive impact on living standards as well as promotes positive social and environmental change. Titan company has played the key role in functioning the SAATHI program by funding the project and helping with the decision-making process too.

Role of Non-Government Organizations (NGOs)

NGOs have emerged as important players in the development area of the state. A number of organizations are very resourceful with dedicated workers. SAATHI is closely working with other NGOs to tackle substance abuse cases. Before SAATHI intervention, there were no real efforts made to identify and counsel about substance abuse issues. These students were usually expelled. After SAATHI's intervention, the school authorities referred serious cases to rehabilitation centres. They are actively encouraging their peers who are using substances, to seek help. SAATHI alone cannot make everything perfect on its own. It is the responsibility of all members of the society to realize that the issues related to drug and substance abuse is not only a law and order problem, instead it is a societal issue which can be solved only with the participation of all the members of the society. SAATHI is building the platform where all community members can come forward and take up responsibilities along with their wards to make a healthy Sikkim. SAATHI believes that true success depends on working collaboratively with these organizations.



Chapter 4 – SAATHI Annual Meet Awards

ANNUAL MEET AWARDS- RATIONALE

As SAATHI celebrates 3 successful years of the programme, the team would like to recognize the contributions of the associated schools, teachers and peer educators towards making the movement as successful as it is today and for keeping the dialogue about substance abuse alive. With the completion of three years of SAATHI program, an annual meet of three days was organized on 15th, 16th and 17th February 2019 at Saramsa Garden, East Sikkim. The meet was attended by a total of 8000 students, 300 teachers and 100 principals from various schools of Sikkim.

THEME AND OBJECTIVE:

The event focused on the theme **“Building a knowledge future: nurturing our youth”** and it comprised of various activities for the students viz. stalls, cultural programs, career guidance, reading corner, poster competition, painting competition, poem recitation, skit, story-telling etc. The objective of the meet was to look back at our past experiences and explore our strengths and weaknesses to move forward with our mission to achieve a healthy and drug free Sikkim. This meet was the result of the passionate commitment of more than 100 schools in preventing our children and youth from substance abuse across the state.



The event was tied up with WWF (World Wide Fund) to make it a zero-waste program. A team of waste management was formed by students from three different schools viz. Rumtek Sr. Sec. School, Nandok Sec. School and Dikling Sr. Sec. School who were trained about the importance of zero waste. The main aim of integrating zero-waste into the program was to educate our children about the importance and principles related to it. With so many complex environmental issues it may be difficult for students to see their role in the larger picture. However, there is a direct relation between participation and action that can take place with reducing waste, recycling and composting. These small, simple steps can help the students see how those actions can lead to complex, local solutions to environmental problems and their role in bringing change.

The event was catered by local Self-Help Groups (SHGs), wherein five SHGs had provided food for the participants. The food was fully organic and free for the students and everyone else could purchase their food from the stalls.

1st day (15th February 2019):

The meet was inaugurated on 15th February 2019 by Shri P.D. Rai. Hon'ble MP, Lok Sabha, wherein 2000 students had participated. Shri G.P. Upadhyaya, Additional Chief Secretary cum Principal Secretary, Human Resource Development Department, Government of Sikkim and Secretary, Excise Department were the special guests of the day. The program started with a welcome address by Mrs. Tsedame T. Bhutia, Headmistress, Majhitar Sec School, followed by a theme song performed by peer educators of Melli Sec. School.

The highlight of the program was presented by Mr. K.B. Chettri, Principal, Singtam Sr. Sec. School. Mr. Karma Mechung Bhutia, Technopreneur was the keynote speaker of the program. He urged the students to be responsible and to think critically about their future. He also mentioned that failure is the stepping stone to success, one must learn from it and move forward with the lessons learnt.

Following that Shri G.P. Upadhyaya addressed the audience by congratulating everyone on the successful completion of three years of the program. He offered his gratitude towards Hon'ble Chief Minister and Hon'ble MP, Lok Sabha for initiating SAATHI program. He congratulated the SAATHI team for reaching out to 100 schools and bringing about tangible change in society. Shri G.P. Upadhyaya addressed the audience and asked the students to share what they learnt

from the program. He also ensured that HRDD will sustain the SAATHI program as it is very important for our children. He announced that the department had come up with primary textbook which has included sustainable development goals, especially 4.7, and requested everyone to go through the book.

Shri P.D Rai, Hon'ble MP (Lok Sabha) and Chairperson of the Steering Committee of SAATHI, expressed his gratitude towards children, youth, resource partners and everyone who is associated with the project and have contributed towards the program in varied capacities. He also mentioned about SAATHI 2.0 which would be discussed with MD of TITAN Comp. Ltd.

He also stressed on the importance of inculcating values in our children which would ensure that every child grows up to be a responsible citizen of Sikkim with no vulnerability towards harmful substances. He further added that SAATHI program must be added in school's curriculum. He also talked about the theme of the Annual Meet "Building a knowledge future: nurturing our youth" and mentioned that the three-day event is all about nurturing our children, as children require sensitive and nurturing care to build capacities for trust, empathy, and compassion.

After that, stalls were inaugurated by Shri P.D. Rai and Shri G.P. Upadhyaya. The guests visited each stall and interacted with the participants. Various stalls were put up by the schools, departments and other NGOs showcasing various crafts, food items, Atal tinkering lab, organic farming, etc.

Student-centered activities were started at various sections of the venue, such as painting competition, posters competition, skit, poem recitation, story-telling and career guidance. The schools were made in-charge to conduct the activities. Later, the program ended with cultural activities from various schools.

2ndDay (16th February 2019):

Smt. Tulsi Devi Rai, Hon'ble Minister, Social Justice Empowerment & Welfare Department, Government of Sikkim graced the occasion as Chief Guest. Mr. N.B. Subba, HM of Aho Kisan Sec. School welcomed the audience, followed by a performance of the theme song by peer educators of Singtam Sr. Sec. School.

Other special guests of the event were Shri P.D. Rai, Hon'ble MP, Lok Sabha, Dr. Uttam Pradhan, Director, Health Care, Human Services & Family Welfare Department, Government of Sikkim, Mr. A.K. Bhandari, Deputy Director, Human Resource Development Department, Government of Sikkim and Shri A.P. Subba, Retd. Chief Justice, Govt. of Sikkim.

The chief guest, Smt Tulsi Devi Rai welcomed the SAATHI initiative as a highly impactful program which has brought about lasting changes in societal mindsets in Sikkim. She spoke about the importance of seeking help for mental health issues like depression, anxiety etc. She added that, "Drug addiction is both a cause and consequence of mental health issues and it is important to seek help. Therefore, it is the responsibility of the society to ensure that a suitable environment is created where people with mental health or drug addiction issues can come forward and seek help".

Dr. Uttam Pradhan also addressed the audience and appreciated the effort of schools and SAATHI to curb drug addiction. He said that Mental Health department and SSACS is closely involved with SAATHI. He mentioned that "Prevention is better than cure" and SAATHI is playing a pivotal role in preventing our children from substance abuse. He said that every child must be physically and mentally healthy, so that they can focus on their studies and their career properly.

As SAATHI celebrates 3 successful years of the programme, the team had recognized the contributions of the associated schools, principals, teachers and peer-educators towards making the movement as successful as it is today and for keeping the dialogue on substance abuse alive. Mr. A.P. Subba, Retd. Chief Justice, Government of Sikkim, jury member had explained the process of selection of best performing schools for the SAATHI awards. Then, he also announced the winners who were felicitated on final day.

Finally, the Hon'ble Chief Guest felicitated the departments and other organizations for their support and co-operation towards SAATHI's movement. The departments were SICUN, Excise Department, HRDD, HC, HS& Family Welfare. Following this the crowd dispersed for other activities.

3rd day (17th February 2019):

The final day of the event was graced by Shri Pawan Kr. Chamling, Hon'ble Chief Minister, Government of Sikkim, as the chief guest. During his address, he encouraged students to have a growth mindset to be the best students of the world. He further encouraged them to explore their full capacity and potential by pursuing their areas of interest from a career perspective. He stressed upon the importance of a sense of ownership and responsibility to make Sikkim the best state in all sectors in the world. He added that every individual needs to give their contribution in the state and nation building process.

He applauded the work of SAATHI in creating mass awareness about different issues among the students. Speaking on the role of teachers in a student's life, the CM stated that teachers have the most important role of preparing capable human resource from the state as per the needs of the time. He stressed upon the need of imparting highly skilful, life oriented and job- oriented education among students. He added that the state government has decriminalized the use of contraband substances and mentioned that drug addiction is a treatable problem. He added that the government has made policies to make Sikkim a substance abuse free state. At the same time, he urged parents to give proper love, care and time to their children and to remain in constant touch. He further urged teachers to take full responsibility of students to guide them better.

Students from each district shared the impact of SAATHI program. They highlighted the activities carried out at school level and their role as peer educators. The students also mentioned that cases related to substance abuse has declined and that they are actively involved in preventing their peers from substance abuse while also creating awareness at the community level.

SELECTING THE BEST PERFORMING SAATHI SCHOOL

Step 1—Criteria, Process and Awards

Before beginning the assessment process, it was essential to understand the responsibilities of associated schools. The key motive was to boil it down to certain measurable criteria on the basis of which the performance of schools can be judged. Additionally, the schools were categorized

into three categories A, B and C based on how long each school has been associated with SAATHI.

Step 2—Jury

It was essential to form an independent jury to assess the best schools to ensure that the entire process was unbiased and equitable.

The Jury members were:

1. Retd. Justice A.P. Subba, Sikkim High Court
2. Retd. Maj. Gen. Vinod Pillai, Principal, Tashi Namgyal Academy
3. Mr. Amitabh Kharkwal, Postmaster General, Sikkim
4. Mrs. Tara Sampang, SCS (Retd.)
5. Mrs. Phurmit Lepcha, Chairperson, Sikkim Social Welfare Board
6. Mr. Karma Mechung Bhutia, Technopreneur

Step 3—School Report Format and Award Process

Based on the criteria formulated, a school report format was fixed in consultation with the Jury. The schools were requested to send supporting documentation in the form of photographs, programme reports, bills and videos. A new email was setup to receive the school reports.

Step 4—Announcing the Award

On the 1st of October 2018, SAATHI conducted a Principals' meet at Rangpo Senior Secondary School. In this meet, the award processes and criteria were shared with the principals. The session was then open to questions and queries from the principals. A copy of the guidelines was shared with all present at the Meet. Additionally, the SAATHI team shared the school report and communicated information about the criteria, prizes and process to all the schools.

Step—Receiving School Responses

The schools sent in their final progress reports via email as well as on paper. The reports were then organized based on the school category and an excel file was maintained with all the data reported by the schools for further data analysis.

Step 6—Shortlisting Schools

Submissions from schools with incomplete reports (based on the format shared) were not processed further. Eventually together from categories A and B, only 25 schools remained with complete applications while from category C, 17 schools remained which needed to be shortlisted to 5.

The Category A and B schools were informed of their selection to the next round on 10th November 2018. On 12th November 2018, the Jury met to shortlist category C schools based on their report submission. The category C schools were then informed of their selection to the next stage on the same day.

Step 7—Presentations

Two representatives from the 30 shortlisted schools were called on 13th, 14th and 15th November 2018 to Tashi Delek Hotel to present their school's progress regarding SAATHI activities. The order of presentations was based on a draw of lots. For each day, individual copies of school reports were printed for each Jury member for reference.

Step 8—Finalization of The Awards by Jury

The Jury finally met for the last time on 20th November 2018 to finalize the selected schools for awards based on the scores.

The Criteria for the Awards

- I. Sustainability:** Efforts made by the school to make SAATHI a long term, sustainable programme in the lives of the students
 - A. Steps to integrate SAATHI into the school curriculum since the introduction of the programme.
 - B. Steps taken to self-sustain SAATHI activities undertaken.
- II. Awareness:** The school's role in disseminating correct information about the substance abuse and creating a deeper understanding about substance abuse and related issues.
 - A. Helping all the students and teachers in the school understand the issue of substance abuse better.
 - B. Transformation in dealing with cases of substance abuse at school level.
 - C. Number of active SAATHI teachers.
 - D. Number of active SAATHI peer-educators.
- III. Outreach:** Efforts made by the school to raise awareness within the community.
 - A. Number of programmes (and number of participants) conducted at other schools.
 - B. Number of parental outreach programmes conducted.
 - C. Number of community outreach programmes and total numbers of community members impacted.
 - D. Number of SAATHI programmes conducted within the schools.
- IV. Innovation and Enthusiasm:** The schools will be judged on the creativity adopted in undertaking SAATHI related activities. (qualitative criteria)
*Note: The school can furnish evidence of this.
- V. Lives Transformed:** The schools' track record in dealing with cases of substance abuse.
 - A. Number of substance abuse cases dealt within the past few years.

- B. Number of repeated offender in school.
- C. Number of success stories. (qualitative as well, so the method adopted to deal with cases like counselling for parents and teachers)
- D. Possible number of students saved from indulging into substance abuse.

Awards by Category

The schools are categorized to be judged at three levels

A: Three year schools- Joined SAATHI in 2016

B: Two year schools- Joined SAATHI in 2017

C: One year schools- Joined SAATHI in 2018

The awards will be as following:

Category/Price	1st	2nd	3rd
A and B	1,50,000	75,000	50,000
C	75,000	40,000	20,000

Additionally, there will be 10 consolation prizes of 15,000 each.

THE BEST PERFORMING SCHOOLS WERE:

Category A	Category B	Category C
1st- Bojhoghari Govt. Senior Secondary. School	1st- Yangang Govt. Senior Secondary. School	1st- Suminlingzey Govt. Secondary. School
2nd- Deorali Girls Govt. Senior Secondary. School	2nd- Kewzing Govt. Senior Secondary. School	2nd- Middle Geyzing Govt. Secondary. School
3rd- Namchi Boys Govt. Senior Secondary. School	3rd- Damthang Govt. Senior Secondary. School	3rd- Sirwani Govt. Secondary. School



Consolation prizes:

Category A:

1. Tadong Govt. S. Secondary. School
2. Pelling Govt. Senior Secondary. School
3. Rangpo Govt. Senior Secondary. School
4. Singtam Govt. Senior Secondary. School

Category B:

5. Mamring Govt. Senior Secondary. School
6. Lingdok Govt. Senior Secondary. School
7. Sonamati Memorial Govt. SeniorSecondary. School(Khamdong)
8. Khechuperi Govt. Senior Secondary. School

Category C:

9. Majhitar Govt. Secondary. School
10. BurtukGovt, Jr, High School

Chapter 5 – SAATHI’s Activities

In pursuance of its goal of reaching out to victims of substance abuse, SAATHI conducts many activities. Over the last three years, it has conducted numerous trainings, counselling sessions and community outreach activities. The following are the details of the reports from 2016 to July 2019.

COUNSELLOR/VOLUNTEER TRAINING

The SAATHI model functions based on the twin pillars of peer educators and teacher coordinators. Due to the criticality of the role of the teachers, they are trained to become successful teacher coordinators capable of handling the problems of affected students with both caution and empathy. Teachers are trained on multiple aspects of substance abuse including both the medical and legal aspects of drugs, basics of counselling and a new perception towards handling substance abuse among school students. Within these years, there were training programs organized with individuals and institutions.

COUNSELLOR/VOLUNTEER TRAINING DETAILS

DATE	CENTRE	NO. of PARTICIPANTS	TOPIC	RESOURCE PERSON	OUTCOME
29 th October to 2 nd November 2018	SICUN, Assamlingzey	46	Epidemiology and problem of substance abuse disorders, Etiology of substance use disorders, Assessment and diagnosis of substance use disorders, Motivation and treatment in substance use disorders, Identifying and managing dual diagnosis in substance abuse cases, Referral for treatment of substance-Early signs of a student at	Mrs. Smitha Barooah, Professional Therapist. Dr. C.S. Sharma, HoD, Psychiatry Dept, STNM Hospital. Dr. Bibhushan Dahal, STNM Hospital. Dr. Bilal Ahmed, SPYM and Dr. Geeta Soohinda, SMIMS	The training program was organized in association with HC, HS and Family Welfare Dept, Medical officers, Teacher and NGO members were trained in basic skills of counselling so that they can help the schools in dealing with the substance abuse cases. The participants were certified by HC, HS and FW Dept.

			risk use disorders and Adolescent and treatment of substance use disorders.		
20 th December to 22 nd December 2018	SICUN, Assamlingzey	122	Epidemiology and problem of substance use disorders, Etiology of substance use disorders. Etiology of substance use disorders, Assessment and diagnosis of substance use disorders, Motivation and treatment in substance use disorders, Discussion or sharing of the cases related to substance abuse, Identifying and managing dual diagnosis in substance abuse.	Dr. C. S. Sharma, HoD, Psychiatry Dept, STNM Hospital, Dr. Bibhushan Dahal, STNM Hospital, Mr. Pragyan D. Dewan, Professional Counsellor and Mr. Devendra Singh, Psychologist	Teachers, Health educators and NGO members were trained in basic skills of counselling. The participants were certified by HC, HS and FW Dept.
15 th March to 17 th March 2019	SICUN, Assamlingzey	104	Addiction and recovery, Importance of training and counselling, hazardous use of psychoactive substance, Dual diagnosis in substance abuse by children, Relapse prevention, Assessment, diagnosis and treatment of substance use disorders, Early signs of risk use	Mr. KC Nima, Freedom Facility Mr. Udai Rai, Serenity Homes Dr. Bibhushan Dahal, STNM Hospital Dr. Shijo John, Psychiatric Dept. Sikkim Manipal Institute of Medical Science Dr. Satish Rasaily, Singtam	Teachers were aware and sensitized about recovery in addiction, the importance of counselling skills, the harmful effects of substance abuse, dual diagnosis in children, the prevention of relapse, the assessment, treatment and early signs of risk and depression,

			disorder, Depression anxiety and suicide among adolescents.	District Hospital Mr. Devendra Kumar S Varshney, Psychotherapist at Cure and Care	anxiety and suicide of adolescents.
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TEACHER'S TRAINING

Teachers are trained on multiple aspects of substance abuse which includes medical and legal aspects of drugs, basics of counselling and a new perception towards handling of substance abuse among students in schools.

Details of teachers training:

DATE	CENTRE	NO. OF SCHOOLS	NO. OF TEACHERS	TOPIC	RESOURCE PERSON	OUTCOME
19 th Dec to 23 rd Dec 2016	International Youth Hostel, New Delhi	30	30	Drug abuse and prevention in schools.	Representatives from UNODC, Dr. Alpana Mittal, Ms. Prachi Garg from Ernst and Young, WHO consultant Dr. Naina Rani, Dr. Ravindra Rao, AIIMS and Mrs. Rwitika Bhattacharya from Swaniti Initiative	Trained 30 teacher coordinators from 30 Govt. schools.
1 st Oct-16	Rangpo Sr. Sec. School	6	31	Drug abuse prevention in schools	Dr. Uttam Pradhan, Director, HC, HS & FW Dept. Mr. Bikash Tiwari, SHO, Rangpo. Mr. Prashant Sharma from HEPCOS.	The participants gained knowledge about various substance abuse cases and their role in handling the cases at school level.
6 to 8- Oct- 2017	IHCAE Chemchey, South Sikkim.	40	40	Drug abuse prevention in Schools	Mr. Kunal Kishore, UNODC	Positive response from teachers because everyone was keen on starting the year and carry the

						initiative further.
22-Apr-2017	Biraspati Parsai Govt. Sr. Sec. School	4	80	A training Programme on Substance abuse prevention in schools.	SAATHI Team	The Training programme saw positive responses from all the teachers and all of them were keen on implementing the ideas extracted from the session in their respective schools
2-May-17	Kyongsa Girls Govt. Sr. Sec. School	20 School (South And West)	80	A training Programme on Substance abuse prevention in schools.	SAATHI Team	The Training programme saw positive responses from all the teachers and all of them were keen on implementing the ideas extracted from the session in their respective schools
6 to 8-Apr-17	IHCAE , Chemchay South Sikkim	40	40 Teachers	A training Programme on Substance abuse prevention in schools.	Kunal Kishore from UNODC	Positive response from teachers because everyone was keen on starting the year and carry the initiative further.
19 to 23-Feb-18	International Youth Hostel , Delhi	38	34 Teachers , Mr Norden Bhutia from Freedom Rehabilita	A training Programme on Substance abuse prevention in schools.	Ms. Smita Barooah, Counsellor Dr. Ashok Agarwal PHFI Dr. Anju Dhawan, NDDTC, AIIMS	The teachers have been trained in counselling skills.They have gained knowledge of various stages

			tion Centre and 3 SAATHI Members		Dr. Bishwadeep Chatterjee NDDTC, AIIMS Mr. Bikram Hegde, Supreme Court. Dr. Rajesh, SPYM	of counselling and will be able to handle the 1st level of substance abuse cases at school, the teachers were motivated after field visit of SYMP Rehabilitation Centres, the teachers gained an idea on various activities to be conducted at school.
23 to 24-Mar-18	Hotel Comfort Inn, Gangtok	30	56	Methodology of SAATHI and Drug abuse prevention	Dr. Satyadeep S Chhetri, Board Member Dr. Geeta Gurung, Psychiatrist, STNM Hospital Mrs. Sonimit Lepcha, Trained teacher coordinator Mrs. Choden Denzongpa, Trained teacher coordinator	The teachers were trained in SAATHI methodology and understood the importance of program at the school level. They also learned about their roles and responsibilities for drug abuse prevention at school.
4-Aug-18	Hotel Sidlon Residency, Gangtok	30	89	Drug abuse prevention	Mr. Pragyan Deep Dewan, Professional Counsellor Mr. Davendra Singh, clinical psychologist Mr. K. C. Nima, Freedom Facility	The teachers were trained in various physical and emotional aspects of substance abuse during the workshop and are going to play key roles in SAATHI's operating model of creating strong peer educators

						within school system to reverse the peer pressure which lends to substance abuse among youths.
11-Aug-18	Hotel Sidlon Residency, Gangtok	70	73	Drug abuse prevention	<p>Mr. Akshaye Sachdeva, ADGP (Law & order), Sikkim Police</p> <p>Ms. Roshnila Gurung from SJE&WD, Namchi</p> <p>Dr. Satish Rasaily, Psychiatrist from Singtam District Hospital and</p> <p>Mrs. Nancy Chankapa, Psychologist from STNM Hospital</p>	Refresher training had helped the teachers to understand more about substance abuse problems. They were motivated to work and save the children from the menace of substance abuse.

STUDENT OFFSITE CAMP

The student offsite camps allow the peer educators and the students to learn and imbibe the SAATHI methodology in such a way that they emerge as the torch bearers for the daunting journey of removing the issues of substance abuse from their schools. In the peer educator's model, offsite camps play a vital role in inculcating the passion among the students to move ahead and befriend victims of substance use and further help in leaving behind the habit.

During the offsite camp, the students go through personality development sessions, technical sessions on the different medical and physical aspects of drug abuse and inspirational talks from leaders in the society. Team building activities such as nature walk, rock climbing and games for developing team spirit is conducted.

Details of Offsite Training Camp:

Date	No. of Students	No. of Schools	Name of schools	Resource persons
July 2016- December 2016	950	30	Government Senior Secondary Schools of Tadong, Deorali Girls, Soreng, Assam Linzey, West Point, Modern GSSS, Bojoghari, Enchey, Sir Tashi Namgyall, Biraspati Parsai, Rumtek, Phodong, Temi, Rangpo, Singtam, Kalzang Gyatso, Mangan, Namchi, Jorethang, VCGL, Melli, Namchi Girls, Namthang, Pelling, Geyzing Girls GSSS, Legship, Sombaria, Chakung, Buriakhop, Daramdin	Dr. Uttam Pradhan, Project Director, Sikkim Aids control society, Mr. K.C. Nima, freedom Rehabilitaion Centre, Mr. Arnab Thokder, Communication Manager SAATHI, Mr. Prabin Khaling, Journalist, Mr. Rajiv Doulagupu, Counsellor, Principals and Instructors, IHCAE
24th - 26th June 2017	117	4	Government Senior Secondary School of Mamring, Namcheybong, Damthang and dikling	Mr. Chandra Mani Chettri, Teacher Coordinator, Rumtek Senior Secondary School Mr. Arnab Thokder, EQUIP
14th - 16th July 2017	117	4	Government Senior Secondary School of Rhenock, Sang, Bermoik Tokal and Kewzing	Dr. Reshma Subba, Psychiatrist, Namchi District Hospital Mr. Udai C. rai From Serenity Home Mr. Anand Gurung, Instructor, IHCAE

20 - 22 July 2017	120	4	Government Senior Secondary Schools of Hee - Gyathang Mangshila, Tharpu and Zoom	Mr. Roshan Chandra Dahal, SAATHI Teacher Coordinator, Rumtek Senior Secondary School. Mr. Arnab Thokder, EQUIP Mr. K.C Nima From Freedom Rehab Centre, Gangtok
27 - 29 July 2017	122	4	Government Senior Secondary Schools of Tashiding, Yuksom, Rateypani and Perbing	Dr. Reshma Subba, Namchi District Hospital Ms. Shanti Rai, Instructor from IHCAE Mr. Udai C. Rai from Serenity Home
11th - 13th August 2017	119	4	Government Senior Secondary Schools of Makha, Kaluk, Srerbadam and Dikchu	Dr. Netra Thapa, Psychiatrist, STNM Hospital Mr. Anand Gurung, Instructor, IHCAE Mr. Agrim Pradhan and Mr. Rishabh Khati from Sanjeevani Rehabilitation Center, Namchi
24th - 26th August 2017	119	4	Government Senior Secondary Schools of Yangang, samdong, Khamdong and Kitam	Mr. Roshan Chandra Dahal, SAATHI Teacher Coordinator, Rumtek Senior Secondary School. Mr. K.C Nima From Freedom Rehab Centre, Gangtok Mr. Anand Gurung, instructor, IHCAE
13th - 15th September 2017	111	4	Government Senior Secondary Schools of Lingdok, Lingee, Lingmoo Kolthang and Central pendam	Mr. Roshan Chandra Dahal, SAATHI Teacher Coordinator, Rumtek Senior Secondary School Mr. Anand Gurung, Instructor, IHCAE Mr. K.C Nima from Freedom Rehab Centre, Gangtok
17th - 19th August 2017	119	4	Government Senior secondary Schools of ranka, Middle Camp, machong and Mangalbaria	Ms. Shanti Rai, Instructor, IHCAE/ only women Everester of Sikkim Mr. Pranit Manger, SAATHI Teacher Coordinator from Rangpo Senior Secondary School Mr. Prashant Sharma,

				counsellor and a motivational speaker
17th - 19th September 2017	123	4	Government Senior secondary Schools of Chujachen, Sadam, Nandugaon and Sumbuk	Mr. Nawang gyatso bhutia, Butterfly man of Sikkim Mr. Udai C. Rai, Senerity Home Ms. Reshma Subba, Psychologist, Namchi District Hospital
22nd - 24th September 2017	119	4	Government Senior secondary Schools of Dentam, Darap, Khechuperi and Hee - Yangthang	Mr. Pranit Manger, SAATHI Teacher Coordinator from Rangpo Senior Secondary School Mr. Gyalshen Sherpa Mr. Prashant Sharma, From HepCos and a social activist
7th - 9th October 2017	88	8	Government Senior secondary Schools of Rumtek, rangpo, Assam Lingzey, Pelling, Phudong, Temi, Jorethang and Sombaria	Mr. Kesangla Shaerpa, Teacher Coordinator of Pelling Senior Secondary School Ms. Reshma Subba, Pscyologist, Namchi District Hospital Mr. Aron Subba, Namchi Foundation Mr. Manorath Dahal, UNODC trained Teacher Coordinator , Rumtek Senior Secondary
31st - 2nd November 2017	100	12	Government Senior secondary Schools of Tadong, Deorali, Modern, Bojoghari, West Point, Kalzang Gyatso, Biraspati Parsai, Singtam, Si TNSSS and Mangan	Mr. Anand Gurung from IHCAE. Mr. Udai C. Rai from Serenity Home Dr. Netra Thapa from STNM Hospital Mr. Manorath Dahal, UNODC trained Teacher Coordinator, Rumtek SSS

21st - 24th February 2018	117	12	Government Senior secondary Schools of Enchey, Soreng, Legship, Chakung, Buriakhop, Geyzing Girls, Namchi Girls, Daramdin, Ravangla, Maelli and Namthang	Mr. Asish Bangdel, Motivational Speaker, Mr. Sudip Sharma Teacher Coordinator of Pelling SSS Ms. Reshma Subba, Psychologist, Namchi District Hospital Mr. Udai C. Rai from Serenity Home Mr. C.K Subba, Sikkim Police
16th - 19th March 2018	100	10	Government Senior secondary Schools of mamring, Dikling, Machong, Kewzing, Kitam, Perbing, Rateypani, Tika Lal Niroula (Central Pendam), Sadam and Namcheybong	Mr. Asish Bangdel, Motivational Speaker Ms. Reshma Subba, Psychologist, Namchi District Hospital Mr. Udai C. Rai from Serenity Home Mr. Kesangla Sherpa, Teacher Coordinator, Pelling SS Mr. C.K Subba, Sikkim Polic
21st - 24th March 2018	90	11	Government Senior secondary Schools of Yangang, Zoom, K.B Limboo, Samdong, Khamdong, makha, Damthang and Rhenock	Mr. Udai C. Rai From Serenity Home, Mr. C.K Subba from Sikkim Police, Dr. Nerta Thapa From STNM Hospital and Mr. Rohan Poudyal, Teacher Coordinator of Jorethang SSS
29th March - 1st April 2018	100	11	Government Senior secondary Schools of Lingmoo - Kolthang, Lingee, Mangalbaria, Middle Camp, Hee-Yangthang, Mangshila, chujachen and Lindok	Mr. Asish bangdel, Motivational Speaker, Mr. Pranit Manger, Teacher Coordinator, Namcheybong SSS Mr. PB Chettri, Teacher Coordinator, Mangalbaria, Mr. Bikash Tiwari, SHO Rangpo and Mr. KC Nima, Freedom Facility
3rd - 6th April	92	11	Government Senior secondary Schools of Dentam, Hee-Yangthang, Khechuperi, Bermoik Tokal, Darap, Nandugaon, Tashiding, Sumbuk, Sang, Yuksom and Tharpu	Mr. Saran Rai, Life Skills Session, Ms. Reshma Subba, Medical Aspects Of Drugs, Mr. Joy Gurung, Legal Aspects of Drugs and Mr. Gyaltsen Sherpa, Basics of Counselling

11th - 14th May 2018	113	4	Government Senior secondary Schools of Sichey, Sumin Linzey, Nandok and Assangthang	Mr. saran Rai, Life Skills Session, Mr. Udai C. Rai, Rehab Center, Mr. Devendra Singh, Medical Aspects of Drugs, Mr. CK Subba, Legal Aspects of Drugs and Mr. Rohan Paudyal, Basics of Counselling
15th - 18th May 2018	116	4	Government Secondary Schools of Aritar, Rhenock JHS, Salghari SS and Bardang SS	Mr. Asish Bangdel, Life Skills Session, Mr. KC Nima, Rehab Center, Mr. Pranit Thapa, Medical Aspects Of Drugs Mr. CK Subba, Legal Aspects Of Drugs and Mr. Gyaltsen Sherpa, Basics of Counselling
19th - 22nd May 2018	116	4	Government Senior secondary Schools of Naya Bazar JHS, Rangpo JHS, Martam SS, and Rongli JHS	Mr. Saran rai, Life Skills Sessions, Mr. Bikash Bista, Rehab Center, Ms. Reshma Subba, Medical Aspects Of Drugs, Mr. CK Subba, Legal Aspects Of Drugs and Mr. Kesangla Sherpa, Basics of Counselling
23rd - 26th May 2018			Government Secondary Schools of Dalapchand SS, Middle Geyzing SS, Rongneck JHS, Lower Sumin SS	Mr. Ashis Bangdel, Life Skills Sessions, Mr. Udai C. Rai, Rehab Center, Ms. Reshma Subba, Medical Aspects Of Drugs, Mr. Saran Rai, Legal Aspects Of Drugs and Mr. Kesangla Sherpa, Basics of Counselling
3rd - 6th July 2018	88	3	Government Secondary Schools of Tarku, Duga and Sirwani	Mr. Manorath Dahal, Trained Teacher Coordinator, Rumtek SSS, Mr. Roshan Dahal, Trained Teacher Coordinator, Tadong SSS, Mr. CK Subba, SI Ravangla PS, Mr. Gyaltsen Sherpa, Trained Teacher Coordinator, Sang SSS and

				Mr. Bikash Bista, Teacher Coordinator, Jorethang SSS (Recovering Addict)
10th - 13th July 2018	71	3	Government Secondary Schools of Arithang SS, Majhitar SS, Lower Syari SS	Mr. Asish Bangdel, Motivational Speaker, Ms. Reshma Subba, Psychologist, District Hospital Namchi, Mr. KC Nima, Freedom Facility and Mr. Pragyan D. Dewan, Counsellor & Soft Skills Trainer
17th - 20th July 2018	54	3	Phensang SS, Lumsey SS	Mr. Manorath Dahal, Trained Teacher Coordinator, Rumtek SSS, Ms. Reshma Subba, Psychologist, District Hospital Namchi, Mr. CK Subba, SI Ravangla PS, Mr. Prashant Sharma, HepCos, Mr. Pragyan D. Dewan, Counsellor & Soft Skills Trainer
23rd - 26th July 2018	91	9	Modern SSS, Kalzang Gyatso SSS Singtam SSS, Rangpo SSS, Sombaria SSS, Jorethang SSS, Daramdin SSS, Geyzing Girls SSS and Legship SSS	Mr. Ashis Bangdel, Motivational Speaker, Mr. Davendra Singh, Psychologist, District Hospital Singtam, Mr. Joy Gurung, SI Namchi PS, Mr. Bikash Bista, Teacher Coordinator, Jorethang SSS, Mr. Pragyan D. Dewan, Counsellor

3rd - 6th August 2018	100	10	Deorali SSS, Bojoghari SSS, Namchi Girls SSS, Namchi SSS, Sir TNSSS, Ravangla SSS, Chakung SSS, Mangan SSS, Tadong SSS and Melli SSS	Mr. Manorath Dahal, Trained Teacher Coordinator, Rumtek SSS, Mr. Roshan Dahal, Trained Teacher Coordinator, Tadong SSS, Mr. Bikash Rai, Freedom Facility, Mr. Gyaltsen Sherpa, Trained Teacher Coordinator, Sang SSS and Mr. CK Subba, SI, Ravangla PS
10th - 13th August 2018	89	7	Sang SSS, Dentam SSS, Hee-Yangthang SSS, Bermoik Tokal SSS, Nandugaon SSS, Tashiding SSS, Darap SSS and Khechuperi SSS	Mr. Kazi Shaerpa, IHCAE, Mr. Praneet Thapa, Teacher Coordinator, Namcheybong SSS, Mr. Udai C. Rai, Serenity Home, Mr. Gyaltsen Sherpa Trained Teacher Coordinator, Sang SSS, Mr. CK Subba, SI, Ravangla PS and Mr. Pragyan D.Dewan, Counsellor
17th - 20th August 2018	90	9	Ranka SSS, Lingee SSS, Lingmoo SSS, Lingdok SSS, Mangshila SSS, Hee-Gyathang SSS, Chujachen SSS, Mangalbaria SSS and Kaluk SSS	Mr. Manorath Dahal, Trained Teacher Coordinator, Rumtek SSS, Mr. Pragyan D. Dewan, Counsellor, Mr. KC Nima, Freedom Facility and Mr. CK Subba, SI, Ravangla
31st - 3rd September 2018	123	11	Dikchu SSS, Sumbuk SSS, Samdong SSS, Rhenock SSS, KB Limboo SSS, Makha SSS, Zoom SS, Yangyang SSS, Damthang SS, Tharpu SSS, Yuksom SSS and Khamdong SSS	Mr. Shiva Kr. Pradhan, Trained Teacher Coordinator, Mr. Pragyan D. Dewan, Counsellor, Mr. Ashis Bangdel, Motivational Speaker, Mr. Prashant Sharma, Hepcos and Mr. Roshan Dahal, Trained Teacher Coordinator

26th - 29th September 2018	90	9	Mamring SSS, Rateypani SSS, Dikling SSS, Namcheybong SSS, Tika Lal Niroula SSS, Perbing SSS, Sadam SSS, Kitam SSS and Machong SSS	Mr. Ashis Bangdel, Motivational Speaker, Mr. Pragyan D.Dewan, Counsellor, Mr. KC Nima, Freedom facility, Mr. CK Subba , SI, Ravangla, Mr. Devendra Singh Psychologist, Volunteer in Singtam District Hospital and Mr. Manorath Dahal Trained Teacher Coordinator
9th - 12th October 2018			Kewzing SSS, Middle Camp SS and Kamrang SS.	Mr. Ashis Bangdel (Motivational Speaker), Mrs. Somimit Lepcha (Trained Teacher Coordinator from Dikling SSS), Mr. Udai C. Rai (Serenity Home, Gangtok), Mrs. Tshering Chekey Bhutia (Teacher Coordinator from Middle Camp SS), Mr. srawan gurung (SI, Sadar Police Station) and Mr. Pranit Thapa (Teacher Coordinator from Namcheybong SSS)
2nd - 6th January 2019	119	42	SICUN, Assamlingzey	Mr Udai .C. Rai (SerenityHome,Gangtok), Mr. Tara Prasad Dhungel from Chinmaya Mission; Mr. Manorath Dahal, SCERT; Dr. C.S. Sharma, HoD, Psychiatric Dept, STNM Hospital; Mr. Raju Rai, Freedom Facility; Mr. Pragyan D. Dewan; Ms Tshering Bhutia Dr. Karma Gyatso Bhutia, ASP, East, Sikkim Police.

PARENTAL COUNSELLING

Families play an important role in shaping a child's future. For a child to communicate effectively, parents need to be counselled on changing perspectives and removing all stigmas associated with substance abuse. A society can only grow when families support one another and help combat drug use in a more harmonious manner. For this reason, SAATHI recognizes the importance of parental counselling and organizes such programmes. These programs are organized by students and school authorities by inviting parents and resource persons. The parents whose children are affected by substance abuse are counselled and asked to collaborate with SAATHI in order to help them tackle the problem responsibly.

YEAR 2016-2017						
SL. NO.	DATE	Ojectives	Identified Output Indicators	Activites	Accomplishmen ts	
1	11 th August 2016	To give parents a clear understanding of drug usage patterns among school age children.	Conduct parental counselling to 30 selected schools.	Schools draft a plan for this component.	A parent counselling event was held at Girl’s Senior Secondary School, Deorali.	
2	27 th October & 9 th November 2016	To give parents an understanding of the reasons underlying drug use.		Teacher Coordinator from each school facilitates this event.	AParent Counselling event at Government Senior Secondary School, Soreng.	
3	10 th November 2016	To assist parents in forming a personal perspective on alcohol and drugs based on facts and to assist them in clarifying their attitudes and beliefs towards alcohol and drugs.		Experiential sharing of peer educators to parents.	Resource persons are invited to speak on the drug abuse situation.	A Parent Counselling event at Government Senior Secondary School, Jorethang.
4	18 th February 2017					
5	1 st March 2017					
6	2 nd March 2017	To outline effective parent strategies for preventing or coping with drug use by their children.				
7	8 th March 2017	To de-stigmatize parents so that they are encouraged to seek help from the school community.				
		Encourage parents to develop an authoritative,				

		warm and supportive style of parenting, to express negative attitudes about teenage drug use, to keep in touch with other parents in order to establish consistent expectations.			
YEAR 2017-2019					
SL.NO.	DATE	SCHOOLS	NO OF PARTICIPANTS		
8	12 th April 2017	Sir Tashi Namgyal Sr. Sec. School	60		
9	12 th May 2017	Rangpo Sr. Sec. School	350		
10	27 th May 2017	Phudong Sr. Sec. School	80		
11	7 th Sept 2017	Machong Sr. Sec. School	200		
12	14 th Sept 2017	Dikling Sr. Sec School	80		
13	23 rd Sept 2017	Lingee Sr. Sec. School	50		
14	7 th Oct 2017	Singtam Sr. Sec. School	195		
15	12 th Oct 2017	Kitam Sr. Sec School	150		
16	14 th Oct 2017	Khamdong Sr. Sec. School	150		
17	16 th Oct 2017	Makha Sr. Sec. School	210		
18	17 th Oct 2017	Yangyang Sr. Sec. School	150		
19	29 th Oct 2017	Bojoghari Sr. Sec. School	50		
20	31 st Oct 2017	Nandugaon Sr. Sec. School	182		
21	26 th Oct 2017	Khechuperi Sr. Sec. School	40		
22	26 th Oct 2017	Ranka Sr. Sec. School	32		
23	27 th Oct 2017	Legship Sr. Sec. School	40		
24	7 th Nov 2017	Chujachen Sr. Sec. School	20		
25	12 th Nov 2017	Yuksom Sr. Sec. school	15		
26	12 th Nov 2017	Namthang Sr. Sec. School	128		
27	14 th Nov 2017	Dikchu Sr. Sec. School	80		
28	16 th Nov 2017	Daramdin Sr. Sec School	200		
29	17 th Nov 2017	Sang Sr. Sec. School	48		
30	9 th Nov 2017	Rateypani Sr. Sec. School	150		
31	7 th March 2018	Melli Bazaar Sec. School	600		
32	8 th March 2018	KB Limboo Sr. Sec. School	173		
33	9 th March 2018	Mangalbaria Sr. Sec. School	500		
34	10 th March 2018	Damthang Sr. Sec. School	66		
35	29 th March 2018	Samdong Sr. Sec School	233		
36	27 th March 2018	Tashiding Sr. Sec. School	150		
37	27 th March 2018	Yuksom Sr. Sec. School	200		
38	28 th March 2018	Sumbuk Sr. Sec. School	150		

39	31 st March 2018	Westpoint Sr. Sec. School	150
40	31 st March 2018	Rhenock Sr. Sec. School	100
41	7 th April 2018	Govt. Sr. Sec. School, Kewzing	350
42	13 th April 2018	Lingee Sr. Sec. School	75
43	26 th April 2018	Govt. Sr. Sec. School, Sang	92
44	18 th April 2018	Govt. Sr. Sec. School, Khechuperi	100
45	12 th May 2018	VCGL Govt. Sr. Sec. School, (Ravangla)	200
46	13 th May 2018	Govt. Sr. Sec. School, Central Pandam	40
47	18 th May 2018	Kyongsa Govt. Sr. Sec. School, Gyalsing	319
48	18 th May 2018	Govt. Sr. Sec. School, Enchey	500
49	19 th May 2018	Lingmoo Sr. Sec. School	150
50	25 th May 2018	Govt. Sr. Sec. School, Majhitar	60
51	31 st May 2018	Govt. Sr. Sec. School, Melli Dara	50
52	31 st May 2018	Govt. Sr. Sec. School, Salghari	50
53	31 st May 2018	Govt. Jr. High School, Rongneck	100
54	31 st May 2018	Govt. Jr. High School, Rongli	300
55	31 st May 2018	Govt. Sr. Sec. School, Zoom	68
56	31 st May 2018	Bardang Sr. Sec. School	120
57	12 th June 2018	Deorali Girls Sr. Sec. School	300
58	8 th June 2018	Govt. Sr. Sec. School, Namthang	237
59	8 th June 2018	Govt. Sr. Sec. School, Dalapchand	95
60	8 th June 2018	Middle Geyzing Sec. School	160
61	28 th July 2018	Nandok Govt. Sec. School	35
62	26 th July 2018 27 th July 2018 28 th July 2018	Yangang Govt. Sr. Sec. School	490
63	28 th July 2018	Temi Govt. Sr. Sec. School	70
64	27 th July 2018	Rumtek Sr. Sec. School	157
65	31 st March 2018	Westpoint Sr. Sec. School	150
66	31 st March 2018	Rhenock Sr. Sec. School	100
67	28 th July 2018	Nandok Govt. Sr. Sec. School	35

68	26 th July 2018 27 th July 2018 28 th July 2018	Yangang Govt. Sr. Sec. School	490
69	28 th July 2018	Temi Govt. Sr. Sec. School	70
70	28 th August 2018	Namchi Girls Sr. Sec. School	225
71	9 th August 2018	Arithang Govt. Jr. High School	320
72	22 nd August 2018	Burtuk Govt. Jr. High School	25
73	24 th August 2018	Lumsey Govt. Jr. High School	100
74	31 st August 2018	Melli Dara Govt. Sec. School	40
75	24 th August 2018	Ranka Govt. Sr. Sec. School	28
76	4 th August 2018	Luing Govt. Sr. Sec. School	200
77	7 th August 2018	Nandugaon Govt. Sr. Sec. School	100
78	9 th August 2018	CS Rai Govt. Jr. High School, Arithang	230
79	11 th August 2018 18 th August 2018 22 th August 2018	Sirwani Govt. Sec. School	108
80	22 nd August 2018	Burtuk Govt. Jr. High School	25
81	24 th August 2018	Lumsey Govt. Jr. High School	100
82	15 th August 2018	Melli Govt. Sec. School	100
83	24 th August 2018	Dikchu Govt. Sr. Sec. School	150
84	11 th August 2018 18 th August 2018 22 nd August 2018	Sirwani Govt. Sec. School	108
85	7 th September 2018	Govt. Sr. Sec. School, Namthang	260
86	7 th September 2018	Namcheybong Sr. Sec. School	96
87	8 th September 2018	Lingdok Sr. Sec. School	100
88	14 th September 2018	Damthang Sr. Sec. School	36
89	21 st September 2018	Govt. Sec. School, Lower Syari	60
90	29 th September 2018	Govt. Sr. Sec. School, Mangshila	142
91	17 th September 2018	Govt. Sec. School, Aritar	150
92	24 th September 2018	Govt. Jr. High School, Rhenock Bazaar	80
93	24 th Septemebr 2018	Darap Sr. Sec. School	80
94	25 th Septemebr 2108	Dikling Sr. Sec. School	100
95	29 th September 2018	Govt. Sec. School, Duga	83
96	3 rd October 2018	Assamlingzey Sr. Sec. School	60

97	5 th October 2018	Govt. Sr. Sec. School, Singtam	300
98	6 th October 2018	Machong Sr. Sec. School	600
99	11 th October 2018	Govt. Sec. School, Lower Sumin	69
100	10 th October 2018	Govt. Sr. Sec. School, Sumin Linzey	60
101	10 th November 2018	Govt. Sr. Sec. School, Kewzing	250
102	4 th November 2018	Govt. Jr. High School, Rangpo Bazaar	80
103	22 th November 2018	Samdong Sr. Sec. School	100
104	26 th December 2018	Kalzung Gyatso Sr. Sec. School, Kabi	30
105	26 th December 2018	Govt. Sr. Sec. School, Perbing	70
106	29 th December 2018	Govt. Sr. Sec. School, Zoom	110
107	15 th May 2019	Govt. Sr. Sec. School, Majhitar	185



COMMUNITY OUTREACH

The community outreach program is an essential part of the SAATHI model. Society is often responsible for shaping the mindset of young individuals. It can choose to ignore issues or combat them with an open mind. SAATHI aims to remove the stigma associated with the victims of drug abuse. The program targets the society and its components to empathize and work collectively to resolve issues related to substance abuse. In 2018, SAATHI conducted multiple awareness programmes such as appealing to retailers not to sell cigarettes and making them aware of the ill-effects of addiction.

Details of Community Outreach Program:

YEAR 2016-2017					
SL. NO.	DATE	OBJECTIVES	IDENTIFIED OUTPUT INDICATORS	ACTIVITIES	ACCOMPLISHMENTS
1	26 th June 2016	To reach out to communities in Sikkim to spread awareness and sensitize the public at large about drug abuse.	Reach out to different communities of Sikkim.	Peer educators from SAATHI facilitate this component.	A Community Outreach Programme was organised by the Soreng Government Senior Secondary School. The Chakung Government Senior Secondary School also attended the programme. There were 500 participants.
2	5 th August 2016				
3	11 th November & 17 th November 2016				
4	18 th February 2017	To empower communities to develop action plans to tackle drug abuse at community level.		Participants in such event include Panchayat members, counsellors, NGOs and CBOs, local Police, PHU representatives, community residents, Chairperson of Municipal Council.	A community outreach programme was organized by SAATHI on International Day Against Substance Abuse and Illicit Trafficking. There were 1200 participants.
5	1 st March 2017	To foster a partnership between community and school in order to develop approaches to education for drug abuse prevention.			
6	2 nd March 2017				
7	7 th March 2017				
8	8 th March 2017			Resource persons are invited to talk about drug	A community outreach programme

				<p>abuse and ways and means to curb it.</p> <p>Peer educators ensure commitment from the community to tackle drug abuse in respective areas.</p>	<p>was held by SAATHI and Serenity Home Palzor Stadium, Gangtok which was attended by the Government Schools from Tadong, Deorali, West Point, Bhojoghari, Enchey, Modern, TNSS and few other private schools. There were 2000 participants from 8 schools of Sikkim.</p> <p>A community outreach programme was organized by Bhojoghari School. A total of 700 participants including parents, teachers and students were present.</p>
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YEAR 2017-2018

SL. NO.	DATE	SCHOOLS	NO. OF PARTICIPANTS
9	8 th April 2017	Govt. Sr. Sec. School, Namchi Girls	150
10	12 th April 2017	Sir Tashi Namgyal Sr. Sec. School	60
11	15 th April 2017	Govt. Sr. Sec. School, Assam lingzey	50
12	22 nd April 2017	Govt. Sr. Sec. School, Pelling	50
13	27 th April 2017	Govt. Sr. Sec. School, Soreng	45
14	1 st May 2017	Govt. Sr. Sec. School, Buriakhop	21
15	8 th May 2017	Govt. Sr. Sec. School, Soreng	35
16	12 th May 2017	Rangpo Sr. Sec. School	350
17	19 th May 2017	Govt. Sr. Sec. School, Middle Camp	200
18	17 th May 2017	Govt. Sr. Sec. School, Sang	100
19	22 nd May 2017	Govt. Sr. Sec. School, Singtam	250

20	26 th May 2017	Govt. Sr. Sec. School, Pelling	60
21	27 th May 2017	Phudong Sr. Sec. School	80/100
22	27 th May 2017	Govt. Sr. Sec. School, Kyongsa Girls (Geyzing)	80
23	28 th May 2017	Govt. Sr. Sec. School, Kyongsa Girls (Geyzing)	130
24	11 th July 2017	Govt. Sr. Sec. School, Biraspati Parsai (Ranipool)	10
25	5 th August 2017	Govt. Sr. Sec. School, Tadong	90
26	7 th Sept 2017	Machong Sr. Sec. School	200
27	14 th September 2017	Dikling Sr. Sec. School	80
28	23 rd September 2017	Lingee Sr. Sec. School	50
29	26 th September 2017	Govt. Sr. Sec. School, Modern	40
30	7 th October 2017	Singtam Sr. Sec. School	195
31	11 th October 2017	Govt. Sr. Sec. School, Ranka	30
32	12 th October 2017	Kitam Sr. Sec. School	150
33	14 th October 2017	Khamdong Sr. Sec. School	150
34	16 th October 2017	Makha Sr. Sec. School	210
35	17 th October 2017	Yangyang Sr. Sec. School	150
36	17 th October 2017	Govt. Sr. Sec. School, Rumtek	
37	24 th October 2017	Govt. Sr. Sec. School, Khechuperi	30
38	29 th October 2017	Bojoghari Sr. Sec. School	50
39	31 st October 2017	Nandugaon Sr. Sec. School	182
40	26 th October 2017	Khechuperi Sr. Sec. School	40
41	26 th October 2017	Ranka Sr. Sec. School	32
42	27 th October 2017	Legship Sr. Sec. School	40
43	7 th November 2017	Chujachen Sr. Sec. School	20

44	9 th November 2017	Sir Tashi Namgyal Senior Secondary School	50
45	9 th November 2017	Govt. Sr. Sec. School, Kaluk	50
46	10 th November 2017	Govt. Sr. Sec. School, West Point	35
47	11 th November 2017	Govt. Sr. Sec. School, Yangyang	250
48	11 th November 2017	Govt. Sr. Sec. School, Rangpo	200
49	12 th November 2017	Yuksom Sr. Sec. School	15
50	12 th November 2017	Namthang Sr. Sec. School	128
51	14 th November 2017	Dikchu Sr. Sec. School	80
52	16 th November 2017	Daramdin Sr. Sec. School	200
53	17 th November 2017	Sang Sr. Sec. School	48
54	9 th December 2017	Rateypani Sr. Sec. School	150
55	7 th March 2018	Melli Bazaar Sec. School	600
56	8 th March 2018	KB Limboo Sr. Sec. School	173
57	9 th March 2018	Mangalbaria Sr. Sec. School	500
58	10 th March 2018	Damthang Sr. Sec. School	66
59	17 th March 2018	Govt. Sr. Sec. School, Mangalbaria	550
60	20 th March 2018	Govt. Sr. Sec. School, Dikchu	3
61	29 th March 2018	Samdong Sr. Sec. School	233
62	27 th March 2018	Tashiding Sr. Sec. School	150
63	27 th March 2018	Yusom Sr. Sec. School	200
64	27 th March 2018	Govt. Sr. Sec. School, Perbing	150
65	28 th March 2018	Sumbuk Sr. Sec. School	150
66	31 st March 2018	Westpoint Sr. Sec. School	150
67	31 st March 2018	Rhenock Sr. Sec. School	100

YEAR 2018-2019			
68	12 th October 2018	Lumsey Jr. High school	100
69	12 th October 2018	Buruk Junior High school	50
70	30 th April 2018	Bojoghari Sr. Sec. School,	200
71	13 th May 2018	Kalzang Gyatso Sr. Sec. School, (Kabi)	75
72	24 th October 2018		10
73	24 th May 2018	Middle Camp Sec. School	57
74	31 st May 2018	Sumbuk Sr. Sec. School	110
75	31 st May 2018	Assangthang Sec. School	298
76	31 st May 2018	Khamdong Sr. Sec. School	90
77	31 st May 2018	Rhenock Jr. High School	40
78	31 st May 2018	Nayabazar Jr. High School	62
79	26 th June 2018		400
80	1 st September 2018		150
81	31 st May 2018	Singtam Sr. Sec. School	100
82	31 st May 2018	Rateypani Sec. School	150
83	31 st May 2018	Lingdok Sr. Sec. School	110
84	31 st May 2018	Jorethang Sr. Sec. School	211
85	31 st May 2018	Biraspati Parsai Sr. Sec. School	80
86	31 st May 2018	Melli Sec. School	200
87	31 st May 2018	Mangalbaria Sr. Sec. School	550
88	31 st May 2018	Khechuperi Sr. Sec. School	450
89	31 st May 2018	Zoom Sr. Sec. School	61
90	31 st May 2018	Damthang Sr. Sec. School	85
91	31 st May 2018	Lingee Sr. Sec. School	150
92	31 st May 2018	Pelling Sr. Sec. School	400
93	22 nd September 2018		100
94	31 st May 2018	Hee-Gyathang Sr. Sec. School	30
95	31 st May 2018	Mangan Sr. Sec. School	200
96	30 th May 2018	Soreng Sr. Sec. School	350
97	4 th September 2018		
98	31 st May 2018	Mangshila Sr. Sec. School	35
99	14 th August 2018		190
100	31 st May 2018	Tadong Sr. Sec. School	146
101	28 th June 2018		30
102	31 st May 2018	Sichey Sec. School	120

103	14 th September		Visted local shops and aware people about JJ act & COTPA
104	31 st May 2018	Kewzing Sr. Sec. School	300
105	10 th October 2018		250
106	31 st May 2018	Dikchu Sr. Sec. School	100
107	31 st May 2018	Perbing Sr. Sec. School	250
108	31 st May 2018	Lingmoo Kolthang Sr. Sec. School	400
109	31 st May 2018	Martam Sec. School	320
110	10 th October 2018		60
111	31 st May 2018	Namthang Sr. Sec. School	300
112	31-May-18	Modern Sr. Sec. School	76
	27 th August 2018 5 th June 2018 29 th September 2018		300
113	2 nd August, 2018	Govt. Sec. School, Salghari	85
114	10th-17th September 2018		Organized 7 days long sports fest
115	4 th August 2018	Govt. Sr. Sec. School, Luing	200
116	15 th August 2018	Govt. Jr. High School, 4 th Mile	500
117	24 th August 2018	Govt. Sec. School, Duga	80
118	29 th October 2018		160
119	14 th September 2018	Govt. Sec. School, Sichey	School had visited local shops to aware shopkeepers & ask not sell tobaccos & liquors to students & children below 18 years
120	17 th September 2018	Govt. Girls Sr. Sec. School, Namchi	Visited Namchi Bazar shops to aware shopkeepers & ask not sell tobaccos & liquors to students & children below 18 years
121	19 th September 2018	C.S.Rai Jr. High School, Arithang	Awareness program in substance abuse at community hall in presence of chairman Shri Ashish Rai,

			Honble chairman
122	20 th September 2018	Govt. Sr. Sec. School, Phodong	Community Outreach done at school. Performed skit to show effect of substance abuse. Resource person were SHO Phodong Police Station & MO from Phodong PHC.
123	22 nd September 2018	Sir Tashi Namgyal Sr. Sec. School	had visited stalls during Indrajatra festival & ask shopkeepers not to sell organic liquors to students & under 18 children Cleanliness drive at Tharo line
124	22 nd September 2018	Deorali Govt. Girls Sr. Sec. School	aware liquor shops, pan shops & hotels not to sell liquor and tobacco to students & minors
125	22 nd September 2018	VCGL Govt. Sr. Sec. School– Ravangla	Did Rally on market area to spread awareness about substance abuse
126	28 th September 2018	Govt. Sr. Sec. School, Kaluk	Performed skits, dance and songs in the market area to show the ill effects of substance abuse.
127	6 th September 2018	Govt. Sec. School, Bardang	50
128	6 th September 2018	Govt. Sec. School, Suminlingzey	50
129	9 th September 2018	Govt. Sec. School, Aho kishan	100
130	23 rd September 2018	Govt. Sec. School, Nandok	150
131	14 th September 2018	Govt. Sec. School, Lower Sumin	100
132	26 th September 2018	Govt. Sec. School, Majhitar	150

133	31 st May 2018	TLNSSS Central Pendam	40
134	19 th September 2018	C.S.Rai Junior High School, Arithang	63
135	29 th September 2018	Yuksam Sr. Sec. School	90
136	27 th September 2018	Sombaria Sr. Sec. School	250
137	22 nd September 2018	Govt. Sec. School, Geyzing Girls	50
138	18 th September 2018	Govt. Sec. School, Middle Geyzing	120
139	22 nd Septem 2018		900
140	11 th October 2018	Govt. Sr. Sec. School Yangyang	900
141	26 th October 2018	Govt. Sec. School, Rongli	350
142	12 th October 2018	Govt. Jr. High School, Rongneck	500
143	10 th June 2018	Govt Sr. Sec. SchoolSadam	42
144	31 th May 2018	Govt Sr. Sec. SchoolMamring	250
145	2 nd October 2018		220
146	1 st October 2018		Approx 100
147	2 nd October 2018	Govt Sr. Sec. SchoolKitam	186
148	12 th October 2018	Govt. Sr. Sec. SchoolTarku	30
149	5 th October 2018	Govt. Sr. Sec. School, Phensong	170
150	5 th October 2018	Govt. Sr. Sec. School, Westpoint	100
151	12 th May – 18		30

152	8 th to 12 th October 2018	Govt. Sr. Sec. School, Enchey	1100
153	12 th October 2018	Govt. Jr. High School, Lumsey	100
154	12 th October 2018	Govt. Jr. High School, Burtuk	50
155	13 th October 2018	Govt. Sr. Sec. School, Bermiok Tokal	105
156	25 th August 2018	Govt. Sr. Sec. School, Rangpo	25 Shops visited
157	24 th October 2018		250
158	24 th October 2018	Govt. Sr. Sec. School, Dentam	31
159	31 st May 2018	Govt. Sr. Sec. School, Namchi (Boys)	100
160	21 st to 22 nd September 2018		400
161	23 rd September 2018		
162	04 th November 2018		
163	06 th November 2018		300
164	10 th November 2018		150
165	13& 15 Aug 2018		
166	25 th November 2018	Chujachen Sr. Sec. School	230
167	31 st May 2018	Machong Sr. Sec. School	200
168	25 th May 2018	Ranka Sr. Sec. School	45
169	31 st May 2018	Nandugaon Sr. Sec. School	30 50

	28 th September 2018		
170	28 th July 2018	Darap Sr. Sec. School	28
171	15 th May 2019	Govt. Jr. High School, Upper Shyari	60 approx
172	26 th June 2019	Govt. Sr. Sec. School, Mangsila	150 approx
173	31 st May 2019	Govt. Sr. Sec. School, Hee-Yangthang	-
174	31 st May 2019	Govt. Sr. Sec. School, Melli Bazar	300
175	31 st May 2019	Govt. Sr. Sec. School, Mangan	100
176	26 th June 2019	Govt. Sr. Sec. School, Modern	300 approx
177	26 th June 2019	Govt. Sr. Sec. School, Geyzing	50 approx
178	26 th June 2019	Govt. Sr. Sec. School, Namchi	100 approx

IMPACTING STUDENTS OF OTHER SCHOOLS

Spreading awareness about the SAATHI program and issues relating to substance abuse is an important part of SAATHI's activities. SAATHI peer educators go to different schools in Sikkim to spread awareness among other students.

Details of impact program:

Sl.No	Name of School	Date	Name of School visited	No. of students impacted
1	Mangshila SSS	4 th May 2018 25 th August 2018 24 th September 2018	Tingchim SS Swayem School Namok Junior High School	150 90 85
2	Sang SSS	10 th May 2018	St. Joseph School	640
3	Kewzing SSS	13 th May 2018	Dalep JHS	140

4	Bojoghari SSS	12 th May 2018	Enlighten Academy	58
5	Middlle Geyzing SS	16 th May 2018	Malabasey SS	45
6	Lingdok SS	18 th May 2018 31 st May 2018	Mayel English Pvt. School, Paradise Academy and Rainbow Child Home Nampong JHS	40 80
7	Temi SS	24 th May 2018	Himalayan Pvt. School	200
8	Kaluk GSSS	23 rd May 2018	Rinchenpong GSSS	391
			Hathidhunga GSS	
9	Rangpo SSS	31 st May 2018 21 st September 2018 25 th August 2018	Mamring GSS Ivana Memorial School Tiny Tots School	45 65 100
10	Ranka SSS	30 th August, 2018	Sama Secondary School	117
11	Pelling SSS	24 th May 2018 15 th September 2018	Chumbong JHS Lingchom SSS	80 103
12	Rateypani SSS	25 th August 2018 31 st August 2018 30 th August 2018	Shining star pvt. School Passi JHS Khayerbotey PS	20 40 25
13	Dikchu SSS	27 th August 2018 28 th August 2018	Samdong SS Raley JHS	150 70
14	Modern SSS	1 st September 2018	Kyi De Khang	200
15	Namchi boys SSS	01 st September 2018	Salleybong Junior High School	48
		08 th September 2018	Phalidara Junior High School Gumpa Ghurpisey Junior High School	145
16	Tadong SSS	15 th September 2018 19 th September 2018	Holy Cross School, Gangtok Greendale Senior Secondary School	1100 250
17	Burtuk JHS	17 th September 2018 04.10.2018	Lower Burtuk Junior High School St John School and Seleptank Primary School	102 98

18	Hee Yangthang SSS	18 th September 2018 20 th September 2018	Khandu Secondary School Bermiok Martam Secondary School	162 290
19	Sir TNSSS	19 th September 2018 15 th September 2018	Tshalamthang Secondary School (makha & zingla school) Burong Junior High School Daffodils Home	440 120
20	Soreng SSS	15 th September 2018	Himalayan Academy School	100
		19 th September 2018	Timburbong Secondary School Pakkigaon Secondary School	200 150
21	Perbing SSS	20 th & 21 st September 2018	Tingley Secondary School Chuba Secondary School Lower Perbing Sec School	127 171
22	Namthang SSS	20 th September 2018	Greenfield Junior High School	40
23	Deorali Girls SSS	20 th September 2018	Bahai Secondary School	374
		22 nd September 2018 18 th Septemeber 2018	Mickey's International Sa Valle Row Upper Syari school	315 150
24	Sichey SS	20 th September 2018	Sri Sathya Sai Prashanti Vidya Mandir	180
25	Rumtek SSS	22 nd September 2018 9 th October 2018	Adampool Junior High School Samlick Marchak JHS	211 80
26	Lumsey SSS	20 th & 26 th September 2018	Samdur Primary School Lingding Junior High School Sai Gurukul Academy	300
27	Namchi Girls SSS	28 th September 2018	Kamrang Secondary School	62
		30 th September 2018	Maniram Secondary School & Tendong Educational Institute	153

28	Ahokishan SS	11 th September 2018	Raigaon JHS Pushpanjali School	136
29	Martam SS	25 th September 2018	Martam Yangthang SS	120
30	Rongneck JHS	25 th September 2018	Bhusuk JHS Namong Arithang JHS Pabyuk JHS	500
31	Singtam SSS	12 th September 2018	Sakyong ChisopaniJHS	37
		19 th September 2018	Burul SS	35
		21 st September 2018	East Point SS	122
32	Khamdong SSS	21 st July 2018	Ralap SS	150
33	Sombaria SSS	20 th July 2018	Rumbuk JHS	80
34	Tashiding SSS	22 nd September 2018	Lower Chongrang JHS	150
		24 th July 2018	Middle Chongrang JHS	164
		18 th September 2018	Himalayan R Academy	157
35	Sumbuk SSS	25 th September 2018	Kamarey JHS	67
		26 th September 2018	Kartikay JHS	63
36	Geyzing Girls SSS	13 th September 2018	Sakyong SSS	150
37	Assamlinzey SSS	25 th & 26 th September 2018	Gaucharan JHS Aho Shanti Sec School Saureni JHS	237
38	Salghari SS	25 th September.2018 26 th September 2018 & 27 th September 2018	Vision JHS Timburay PS Bhaisalgaon PS	166
39	Yangyang SSS	18th September 2018 20 th September 2018 28 th September 2018 29 th September2018	Upper Yangyang JHS Rangang PS East Point School South Point School	226
		4 th , 5 th & 10 th October 2018	Manjing SS, Nehbroom SS, Samrok JHS, Karongthang SS & Pathing JHS	1327
40	Dikling SSS	12 th & 14 th September 2018	Pachey SSS Padamchey SSS Rorathang SS	100+87+113
41	Kitam SSS	14 th September 2018	Gom Junior High School	113

			Mickhola Secondary School	
42	Rhenock SSS	25 th October 2018	Tarpin SS	50
		26 th October 2018	Reshy JHS	55
		4 th October 2018	Sudunglakha SS	68
43	Tharpu SSS	6 th October 2018	Mangsari Secondary School Ken High School	206
44	Mamring SSS	31 st May 2018 and 10th October 2018	Amba Senior Secondary School Tareythang Sec. School	105 250
45	Tarku SS	23rd October 2018	Tanak Primary School Lower Tarku Junior High School	25
46	Phensang SS	5 th October 2018	Phamtam Junior High School	40
47	Phodong SSS	6 th October 2018	Tumlong School & Ramthang School	120
48	VCGL SS (Ravangla)	9 th October 2018	3 schools – Ralong - 167, Borong – 152, South Point Academy - 90	409
49	Enchey SS	8 th & 12 October 2018	Organized an inter school futsal tournament. 12 schools participated in the tournament.	300
50	Mangan SSS	02 nd November 2018	2 (Singhik Sec School : 130 & Pakship School: 45)	175
51	Lower Syari SS	05 th November 2018	2 (Kendriya Vidyalaya: 70 & Middle Syari Primary School: 60)	130
52	Samdong SSS	20 th November 2018 11 th November 2018	Tumin Sec. School Rakdong JHS	80 100
53	Rongli SS	05 th November 2018	Lingtam Sec School and Mulukey Sec. School Chunbattey Primary school	93 30
54	Rhenock JHS	25 th & 26 th November 2018	Adventist academy, Khamdong JHS	100
55	Lower Sumin SS	12 th October 2018	Upper Sumin JHS	22
56	Aritar SS	24 th October 2018	Thungsung Pry School, Middle Aritar Pry School and Sarswati Vidyaniketan JHS	150
57	Dalapchand SS	20 th September 2018 17 th Septemebur 2018	Saraswati Sishu Vidyalaya Katerbotey Pimary School	36 18
58	4 th Mile JHS	6 th October 2018	10 th Primary School	20
59	Majhitar SS	26 th September 2018	Divyajyoti and New Vision	350

		8 th October 2018	Pvt. School Jitlang JHS and Cheuribotey JHS	350
60	Duga SS	25 th October 2018	Pachak Sec School and Sajong JHS	90
61	Suminlingchy SS	6 th October 2018	Burung Secondary School	50
62	Machong SS	27 th September	Rikep Primary School Cossing Primary School Parakha Sec. School	150
63	KB Limboo SSS	24 th September 2018 25 th September 2018	Deythang School Samdong JHS	150 150
64	Damthang SSS	25 th & 26 th September 2018	Chemchey JHS, Upper Jaubari JHS St. Thomas School	150
65	Kalzang Gyatso SSS	22 nd August 2018	Greenvale Academy Kanchanjunga Academy Tingda Primary School	130
66	Enchey SSS	24 th October 2018	Jubilant School and Tiny kids school	22
67	Phensang SSS	5 th October 2018	Phamtam JHS, Chawang Pry School, Menrong Gong Pry School, Labi Pry School, Molom Pry School, Shipthang Pry School, Phensang Monastic School	194
68	CS Rai JHS	26 th October 2018	SAP Pry School Pangthang JHS	150
69	Perbing SS	20 th September 2018	Chuba Sec. School Lower Perbing Sec. School	171
70	Sirwani SS	10 th October 2018 11 th October 2018	Sakyong Namgeything JHS Dochum JHS	180 200
71	Melli Gupma SSS	18 th September 2018	Melli Kerabari SS and Melli Paiyong School	60
72	Melli Bazaar SS	19 th September 2018 26 th September 2018	Light of Life Academy St. Thomas School And Sunshine School	163
73	Darap SSS	28 th & 29 th August 2018	New Tulip School, Namboo Pry School, Little kids Academy and Singpheng Pry School	83
74	Middle Camp SS	9 th August 2018	Nimvalley School, Baptist English School and Nimitar	111

			JHS	
75	Jorethang SSS	31 st May 2018	Nabik Memorial, Little Angels School	83
76	Lingmoo SSS	29 th September 2018	Upper Lingmoo JHS	80
77	Zoom SSS	14 th & 25 th September 2018	Gelling Sec. School and Mt. Shinai Academy	251
78	Khechuperi SSS	28 th September 2018	Melli West School and Darapthang Pry School	22

PEER EDUCATOR EXTENSION PROGRAM

The main objective of the peer educator extension program in schools is to add more students to the SAATHI program through their own effort and initiative. This is so that the principles of the SAATHI program are deeply rooted and sustainable within the school. Through this activity, more students are brought into the fold of SAATHI, made aware of its goals and objectives and students added as peer educators in the SAATHI group.

Sl.No.	Name of School	Date	No. of peer educators increased
1	Bojoghari Senior Secondary School	6-Apr-18	30
2	Govt. Senior Secondary.School, Sadam	30-Apr-18	24
3	Mangshila Senior Secondary School	7-Apr-18	31
4	Bermiok Tokal Senior Secondary School	5-Jun-18	55
5	Sumin Linzey Secondary School	31-May-18	25
6	SIR TNSSS	18-May-18	40
7	Lingee Senior Secondary. School	7-May-18	16
8	Middle Camp Secondary. School	17-May-18	32
		28.08.18	18
9	Enchey Senior Secondary School	31-May-18	150
10	Sombaria Senior Secondary School	31-May-18	20
11	Yuksom Senior Secondary School	31-May-18	15
12	K.B.Limboo Senior Secondary School	31-May-18	15

13	Legship Senior Secondary School	31-May-18	20
14	Tashiding Senior Secondary School	31-May-18	20
15	Kaluk Senior Secondary School	31-May-18	10
16	Kitam Senior Secondary School	31-May-18	12
17	Rhenock Senior Secondary School	31-May-18	16
18	Namcheybong Senior Secondary School	31-May-18	10
19	Dikling Senior Secondary. School	31-May-18	15
20	Bermiok Tokal Senior Secondary School	05-Jun-18	55
21	Govt. Secondary School, Sichey	27 th July 2018	30
22	Govt. Secondary School, Lower Syari	27 th July 2018	20
23	Soreng Govt. Senior Secondary School	06 th August 2018	59
24	Hee Gyathang Govt. Senior Secondary School	25 th August 2018	15
25	Arithang Govt. Junior High School	1 st & 2 nd August 2018	12
26	Burtuk Govt. Junior High School	4 th August 2018	22
27	Ranka Govt. Senior Secondary School	11 th August 2018	15
28	Khechuperi Senior Secondary School	21 st August 2018	50
29	Sirwani Govt. Senior Secondary School	25 th August 2018	10
30	Govt. Senior Secondary School, Perbing	14 th September 2018	15
31	Govt. Junior High School, Burtuk	25 th September 2018	6
32	Govt. Secondary School, Salghari	20 th September 2018	60
33	Govt. Secondary School, Dalapcand	12 th September 2018	45
34	Damthang Senior Secondary School	29 th September 2018	32
35	Government Senior Secondary. School Rateypani	06 th October 2018	Sharing
36	Government Senior Secondary. School Central Pendam	04 th October 2018	Sharing
37	Government Senior Secondary. School Hee-yangthang SSS	02 nd October 2018	Skit presentation
38	Duga Secondary School	04 th October 2018	Sharing

39	Lumsey Secondary School	06.10. .2018	Sharing
40	Rongneck Jr. High School	10 th October 2018	Debate competition
41	Rongli Jr. High School	22 nd October 2018	Counselling and sharing of offsite camp

OTHER ACTIVITIES

As a socially responsible initiative, SAATHI conducts many activities that are related to raising awareness of substance abuse such as observing World Health Day and World No Tobacco Day, having fund raising programs and even Himalayas clean up drive- an activity that is not related to addiction and yet is of paramount importance to the environment and therefore to people in general.

Date	Venue	Program Details	Outcomes
20.05.2017 - 31.05.2017	Schools	Rapid Assessment Survey	82% Positive impact, 188/355 students used substances while 167 never tried any.
18.04.2017 - 21.04.2017	Delhi & Guwahati	Selection of SAATHI in the NCERT and MHRD Conference	Appreciation on the endeavour and feedbacks for improvisation
8.07.2017	Social Justice Empowerment & Welfare Dept.	School Management Committee Workshop	Steps and measure to strengthen the School Management Committee at school level
12.07.2017- 13.07. 2017	Hee-Gyathang GSSS and Mangan GSSS	Visit of TITAN	To review the progress of SAATHI
04.08.2017	Govt. Senior Secondary. School, Melli	Sensitization Programme on Drug Abuse	Mr. Kunal Kishore, UNODC, interacted with the peer educators and the students
04.09.2017	Govt. Senior Secondary. School, Melli	Interacton session with kunal kishore of UNODC	Mr. Kunal Kishore, UNODC, interacted with the peer educators and the students
6th - 7th May 2017	Guwahati	SAATHI at MHRD Regional Workshop at Guwahati	officials of different states were interested to start such activities in school involving SAATHI as knowledge partners

26th June 2017	Jorethang	Celebration of International Day Against Drug Abuse and Illicit Trafficking	Mass awareness and participation was observed.
8 th & 9 th September 2017	Public Health Foundation of India (PHFI)	North East Health Care Summit	Assurance of active support and participation from various organisations.
12.10.2017	Bojhoghari GSSS & West Point GSSS	Monitoring Progress of Saathi Program	Assesment of progress and exchange of feedbacks.
13.10.2017	Mangan GSSS	Monitoring Progress of Saathi Program	Assesment of progress and exchange of feedbacks.
16.11.2017	Rhenock GSSS	Monitoring Progress of Saathi Program - School Visit	Interacted with Teacher coordinators and students.
28.11.2017	Melli GSS	Monitoring Progress of Saathi Program - School Visit	Counselling and transformation on students were observed..
21st Nov 2017	Hotel Lemon Tree, Sichey Gangtok	Meeting with NGO's	Merge society and scientific POV for effective measures. Para Legal Volunteers could be trained in substance abuse prevention and involved to impart education in the various community levels.
			A code of conduct should be built by the NGOs.
			The parents were informed about the current scenario of substance abuse in a state
1 st April 2018	Namcheybong GSSS	Rural Sports meet	Musical skit presented by peereducators during Rural Sports Meet
7 th April 2018	Khechuperi GSSS	World Health Day	Observed World Health Day, students shared about the harmful effects of Drugs and shared their experiences they had experienced during the offsite camp to the entire school.

28 th April 2018	Yangyang GSSS	Fund raising program	Funds were raised in order to utilize it for conducting activities in the school.
28 th May 2018	31 Govt. Secondary and Senior Secondary Schools	Himalayan Clean-up Drive	SAATHI team of 31 Schools participated in Himalayan Clean-up Drive. They had collected, segregated and analysed the waste collected. They had also performed volume analysis, brand audit, disposed recyclable waste to scrap dealers and finally disposed the ultimate discards to understand the type of waste, how much is the waste and the also to understand who the main polluters are.
21-08-2018 – 01.09.2018	Rangpo SSS	03.08.2018 & 10.08.2018	13 students were taken for counselling at Singtam Hospital.
27-08-2018 – 01-09.2018	Singtam SSS	One-week awareness campaign	Awareness campaign by peer educator and visit every shop and instruct not to sell any substances to underage kids
31-08-2018		Counselling for vulnerable students	Separate counseling of boys and Girls by peer educator.
29-08-2018		Fund raising program	Program conducted for collections of funds for flood victims of Kerala.
22-08-2018		Counselling	Counseling session by Peer educator
31-08-2018		Program organized by Peer educators	Skit on ill effects of substance abuse and plastic product performed by Peer educators
22-08-2018	Legship SSS	Fund raising program	Program conducted for collections of funds for flood victims of Kerala
10.08.2018	Sonamati Memorial SSS, khamdong	Interactive discussion among teachers	Review meeting of teachers to know the impact of SAATHI

15.08.2018	Assamlingzey SSS	Awareness program for students	Awareness program to students
18.08.2018	Singtam SSS	Awareness program for students	Awareness on harmful effect of substance abuse & plastic products
03.08.2018	Rangpo SSS	Interactive session	Interactive session with other students
26.08.2018	Salghari SS	Survey conducted by SAATHI team	Household survey
25.08.2018	Melli Dara SS	Raksha Bhandan was celebrated	Peer educators celebrated raksha bandhan with PHCs staff and Sikkim Police
22.08.2018	Melli SS	Inter-house debate competition	SAATHI team organized inter-house debate competition
31.08.2018	Mamring SS	SAATHI corner	Build a SAATHI corner for counselling and group activities
	Rangpo JHS	Awareness	Pasting leaflets regarding ban of tobacco products in school locality.
08.10.18	Government Secondary School Temi	Awareness program	Organized awareness program at Tarku Secondary School.
12.10.18	Government High School Nayabazar	Sensitization program	Sensitized the students of their own school about substance abuse prevention.
25.10.18	Government Secondary School Kitam	Mushroom cultivation	Mushroom cultivation done under SAATHI banner
30.10.18	Government Secondary School Khcuperi	Community services	SAATHI students rendered service at Khcuperi Gumpa by helping them harvest potatoes.
31.10.18	Government Secondary School Lingee	Observed Rashtriya Ekta Diwas	Organized inter school quiz competition on the occasion of Rashtriya Ekta Diwas.
12.10.2018	Government Secondary School	Science Exhibition	Science Exhibition organized by SAATHI team

	Pelling			
10.10.2018	Government	Senior	Celebrated Mental	Mental Health Day Observation by
26.10.2018	Secondary	School	Health Day	SAATHI team
07.10.2018	Singtam		Community	Community Awareness on substance
04.10.2018			Awareness	abuse
01.10.2018			Technology	Awareness program for students on
			Addiction	technology addiction
			Inter house debate	SAATHI team organized Inter house
			competition	debate competition for the students
			Blood donation	Blood Donation done by peer
				educators
10-10-2018	Government	Senior	Mental Health Day	Mental Health Day Observation by
05.10.2018	Secondary	School		SAATHI team
06.10.2018	Pelling		Counselling	Basics of Counselling session for
				students
			Essay writing	Essay Writing organized by
			competition	SAATHI team
26.10.2018	Government	Senior	Destruction of	Destruction of Marijuana plant by
08.10.2018	Secondary	School	Marijuana plant	SAATHI team with the help of
	Kewzing			Sikkim Police and local
			Signature	communities
			Campaign	Signature Campaign organized by
				SAATHI team
10-11-2018	Government	Senior	Speech on	Morning Assembly Speech on
	Secondary	School	Substance abuse	substance abuse
	Rhenock			
05.10.2018	Government	Junior	Community	Visited Lee Aal Old Age Home at
25.10.2018	High	School,	service	Tintek, East Sikkim
	Rongneck		Community	Visit of SAATHI team to Freedom
			service	Rehabilitation Centre
01-10-2018	Govt.	Senior	Interactive session	Sharing Session of off-site camp
	Secondary	School,		
	Perbing			
06-10-2018	Sir Tashi Namgyal		Community	Cleaning program at Gangtok
	Senior	Secondary	service	Market area
	School			
06-10-2018	Govt. Junior High		Quiz competition	SAATHI team organize inter-house
	School, Lumsey			quiz competition
06-10-2018	Govt. Secondary		Badminton Match	Badminton match organized by
	School, Sichey			SAATHI team

08-10-2018	Govt. Senior Secondary School, Mangan	Counselling	Counselling Session
09-10-2018	Govt. Girls Senior Secondary School, Namchi	Counselling	Class wise counselling
09-10-2018	Govt. Secondary School, Sichey	Awareness	Awareness on tuberculosis organized by SAATHI team
09-10-2018	Govt. Girls Senior Secondary School, Deorali	Quiz competition	Quiz on SAATHI & substance abuse
11-10-2018	Govt. Senior Secondary School, Namthang	Counselling	Counselling Session
12-10-2018	Govt. Senior Secondary School, Dentam	Counselling	Cleanliness program
24-10-2018	Govt. Senior Secondary School, Namthang	Morning Speech	speech on mobile addiction by peer educators
25-10-2018	Govt. Senior Secondary School, Namthang	Painting competition	speech on mobile addiction and painting competition organized by SAATHI team
26-10-2018	Govt. Senior Secondary School, Hee Yangthang	Extra-curricular activities	painting, essay & poem recitation
Oct 2018	Govt. Girls Senior Secondary School, Namchi	Sisters adoption	Each students have adopted 2 student from their class to counsel & monitor for substance abuse
12.10.2018	Govt. Girls Senior Secondary School, Dentam	Cleanliness program	SAATHI team organized cleanliness program in schools locality
10.10.2018 26.10.2018	Govt. Senior Secondary School, Perbing	Annual sports meet	Annual sports meet organised by SAATHI team
		Community services	Pedestrian crossing made by SAATHI Group
07.10.2018	Govt. Senior Secondary School, Namchi Boys	Awareness program	SAATHI team of NSSS organised an awareness programme on substance abuse at Chamgaon on the occasion of Diwali cultural programme which was organised by Chamgaon youth committee

04.10.2018	Govt Secondary Mamring	Senior School	Sensitization program	Sensitized the villagers and spread the message Say No to Addiction and Firecrackers
01.10.2018	Government Secondary Namcheybong	Senior School	Sensitization program	Peer educator sensitized the local people and spread the message to celebrate Green Diwali
10-10-2018	Government Secondary Nayabazar	School	Sensitization program	SAATHI teacher coordinator briefed the students to have a safe and addiction free Diwali
05.10.2018	Government Secondary Geyzing Girls	Senior School	Participated in community awareness program	Along with Middle Geyzing School, Pelling School, participated in a marathon cum community awareness program organized by recovering group (Mukti) of Geyzing, West Sikkim.
06.10.2018	Government Secondary Lingee	Senior School	Quiz competition	Conducted a quiz competition during morning assembly and distributed prizes to those who gave correct answers.
26.10.2018	Government Secondary Singtam Government Secondary Sirwani	Senior School	Marathon	Participated and presented skit during Marathon organized by DASSH
08.10.2018	Government Secondary Pelling	Senior School	Communal Harmony	Observation of Communal Harmony and Flag Day by SAATHI team
09-10-2018	Govt. Girls Secondary School, Namchi	Senior School	Counselling	Class wise counselling conducted by peer educators
09-10-2018	Govt. Secondary School, Sichey		Awareness	Awareness on tuberculosis organized by SAATHI team
09-10-2018	Govt. Girls Secondary School, Deorali	Senior School	Quiz competition	Quiz on SAATHI & substance abuse
11-10-2018	Govt. Secondary School, Namthang	Senior School	Counselling	Counselling Session

12-10-2018	Govt. Secondary School, Dentam	Senior School,	Counselling	Cleanliness program
24-10-2018	Govt. Secondary School, Namthang	Senior School,	Extra-curricular activities	speech on mobile addiction by peer educators
25-10-2018				speech on mobile addiction and painting competition organized by SAATHI team
26-10-2018	Govt. Secondary School, Hee Yangthang	Senior School,	Extra-curricular activities	painting, essay & poem recitation
Oct 2018	Govt. Girls Secondary School, Namchi	Senior School,	Sisters adoption	Each students have adopted 2 student from their class to counsel & monitor for substance abuse
14-11-2018	Govt. Secondary School, Perbing	Senior School,	14-11-2018	Annual sports meet organised at school
22-11-2018			22-11-2018	Pedestrian crossing made by SAATHI Group
10.11.2018	Govt. Secondary School, Namchi Boys	Senior School,	Awareness program	SAATHI team of NSSS organised an awareness programme on substance abuse at Chamgaon on the occasion of Diwali cultural programme which was organised by Chamgaon youth committee
06.11.18	Govt Secondary School Mamring	Senior School	Sensitization program	Sensitized the villagers and spread the message Say No to Addiction and Firecrackers
06.11.18	Government Secondary School Namcheybong	Senior School	Sensitization program	Peer educator sensitized the local people and spread the message to celebrate Green Diwali
07.11.18	Government Secondary School Nayabazar	School	Sensitization program	SAATHI teacher coordinator briefed the students to have a safe and addiction free Diwali
20.11.18	Government Secondary School Geyzing Girls	Senior School	Participation in Marathon	Along with Middle Geyzing School, Pelling School, participated in a marathon cum community awareness program organized by

			recovering group (Mukti) of Geyzing, West Sikkim.	
24.11.18	Government Secondary Lingee	Senior School	Quiz competition	Conducted a quiz competition during morning assembly and distributed prizes to those who gave correct answers.
25.11.2018	Government Secondary Singtam Government Secondary Sirwani	Senior School School	Skit presentation	Participated and presented skit during Marathon organized by DASSH
24.11.2018	Government Secondary Pelling	Senior School	Communal Harmony Day	Observation of Communal Harmony and Flag Day by SAATHI team
19.11.2018	Government Junior High School, Rhenock		World Toilet Day	World Toilet Day – Cleanliness drive at School
24.11.2018			Counselling	Counselling to vulnerable students
14.11.2018	Government Secondary School, Lower Sumin		Wall Decoration	Wall Decoration b peer educators
10.03.2019	West Point Government Senior Secondary School			Supported Mr. Sikkim Arjun Gurung and Freedom Facility to conduct the program “Run for Healthy and Fit Sikkim” at Plazor Stadium
07.03.2019	Deorali Government Secondary School	Girls Senior		Peer Educators along with the teacher coordinator brief the whole school, during assembly the objective of SAATHI and why it is important.
03.03.2019	Government Senior Secondary Rhenock	School		Peer educators performed and presented skit on the theme “substance abuse” at their school.
02.03.2019	WestPoint Government School	Senior Secondary		Conducted Inter-class football match by SAATHI peer educator, to engage the students of the school.

22.03.2019	Government Senior Secondary School Mamring	Observed “World Water Day” with the theme ”Leave no one behind”
20.03.2019	Government Senior Secondary School Melli	Provided self defense session on karate for girl student and lady teacher
06.04.2019	Government Senior Secondary School Mamring	Organized awareness program on “Health Care and Awareness” in the eve of “World Health Day” in school premises. The program was purely awareness in nature and followed by quiz competition
08.04.2019	Government Secondary School Duga	Conducted a donation program for Miss Bandana Limboo who was ill and was admitted at AIIMS
17.04.2019	Government Senior Secondary School, Dentam	Conducted parental awareness in the school during parent teachers meeting
22.04.2019	Kalzang Gyatsho Government Senior Sec School	Sensitized and conducted parent awareness program during parent and guardian meet
22.04.2019	Government Secondary School Mamring	Celebrated “Earth Day” by conducting program in morning assembly and organising cleanliness drive
04.05.2019	Government Senior Secondary School Tadong	Conducted awareness program for the students of the school in the school
08.05.2019	Government Senior Secondary School West Point	Organised and hosted a friendly cricket match
12.05.2019	Government Secondary School Majhitar	Took an initiative to create a creative SAATHI board
18.05.2019	Government Senior Secondary School Enchey	Performed shop to shop awareness at Chanmari area
21.05.2019	Government Secondary School Mamring	Observed “Anti Terrorism Day” at school and the student swore an oath

25.05.2019	Government Secondary School Mamring	Observed and participated on Himalayan Clean Up Drive, in their locality.
26.05.2019	Government Senior Secondary School Bojoghari	Observed Cleanliness Drive in and around their school premises
26.05.2019	Government Secondary School Aritar	Conducted Himalayan Clean up drive at Aritar
31.05.2019	Government. Senior Secondary School, Bardang	Observed World No Tobacco by the peer educators of Bardang school, theme based skit dance were performed by the students.
31.05.2019	Government Senior Secondary School Hee-Gyathang	Observed World No Tobacco Day by conducting a rally and sensitizing the public through slogans
31.05.2019	Sir Tashi Namgyal Government Senior Secondary School	Observed World No Tobacco Day
31.05.2019	Government Secondary School Suminlinzey	Peer educators of Sumin Linzey observed World No Tobacco Day
31.05.2019	Government Senior Secondary School Modern	Observed World No Tobacco Day
31.05.2019	Government Secondary School Lower Sumin	Observed World No Tobacco Day
31.05.2019	Government Girls Senior Secondary School Deoli	Conducted awareness regarding harmful effects of tobacco product, door to door campaign on World no Tobacco Day
31.05.2019	Government Secondary School Phensang	The peer educator of SAATHI sensitized the students about harmful effects of tobacco product during World No Tobacco Day
31.05.2019	Government Girls Senior Secondary School Namchi	Observed World No tobacco Day
31.05.2019	Government Senior Secondary School Enchey	Observed World No tobacco Day

31.05.2019	Government Senior Secondary School Assangthang	Observed world no tobacco day by organising a rally and sensitizing the community members in the locality
31.05.2019	Government Senior Secondary School Tadong	Observed World No tobacco Day in the school
31.05.2019	Government Secondary School Damthang	Observed World No tobacco Day in the school
31.05.2019	Government Senior Secondary School Mangshila	Observed World No Tobacco Day
31.05.2019	Government Senior Secondary School Ranka	Observed World No Tobacco Day
31.05.2019	Government Senior Secondary School Lingee	Observed World No Tobacco Day
31.05.2019	Government Senior Secondary School Bojoghari	Observed World No Tobacco Day
31.05.2019	Government Senior Secondary School Luing	Observed World No tobacco Day in the school, presented skit and speeches on harmful effects of substance abuse
31.05.2019	Government Secondary School Majhitar	Observed World No Tobacco Day
31.05.2019	Government Senior Secondary School Rhenock	Observed World No Tobacco Day
31.05.2019	Government Senior Secondary School Mamring	Observed World No Tobacco Day
31.05.2019	Government Senior Secondary School K.B Limboo,Sribadam	Observed World No Tobacco Day
31.05.2019	Government Senior Secondary School Perbing	Observed World No Tobacco Day

05.06.2019	Government Zoom	Senior	Secondary	School	Observed World Environment Day by the peer educators of SAATHI, cleaned the school surrounding
05.06.2019	Government Lingee	Senior	Secondary	School	SAATHI peer educators of Lingee school observed World Environment Day and planted saplings in and around their premises
04.06.2019 & 05.06.2019	Government Mamring	Senior	Secondary	School	SAATHI peer educator of Mamring school observed World Environment Day on the theme “Beat Air Pollution” by organising a program in the school premises, The school planted saplings of ornamental and flowering plants, conducted cleanliness drive and organised awareness against pollution, deforestation, global warming and climate change etc.
19.06.2019	Government Rhenock	Senior	Secondary	School	They observed pre-International Yoga Day and organise a yoga session in the school. They believe in healthy mind and healthy body.
21.06.2019	Government Namthang	Senior	Secondary	School	Celebrated International Yoga Day
21.06.2019	Government Khamdong	Senior	Secondary	School	Celebrated International Yoga Day in the school ground where the entire school participated and performed a session on various yoga postures
21.06.2019	Government Namchi	Senior	Secondary	School	Observed International Yoga day
21.06.2019	Government Perbing	Senior	Secondary	School	Students of Perbing school observed International Yoga Day in the school ground
25.06.2019	Government Girls Namchi	Senior	Secondary	School	Organised a short awareness program on issue related to substance abuse. Three resource person were invited from Sanjeevani Rehabilitation Centre
26.06.2019	Government Mamring	Senior	Secondary	School,	International Day Against Drug Abuse And Illicit Trafficking was celebrated in Mamring School

		premises where the Head of the school sensitized and spread awareness to the students
26.06.2019	Government Girls Senior Secondary School Namchi	SAATHI Peer Educators of Namchi observed International Day Against Drug Abuse And Illicit Trafficking sensitizing local public about issues regarding substance abuse.



Expenditure Statement

No.	Component Description	Expenditure 2016-2017	Expenditure 2017-2018	Expenditure 2018-2019
1	SCHOOL BASED PEER EDUCATION	830,285	625,158	814,649
1.1	Meetings, Teachers & Student Selection	92,050	21,390	562,112
1.2	Lectures to School Teachers	0	0	0
1.3	Workshop: Situation Assessment	0	0	48,332
1.4	Workshop: Training on SAATHI Methods	690,907	493,927	0
1.5	Life Skills Training	27,014	0	0
1.6	Logistics Cost for Resource Person	3,466	0	0
1.7	Principal Workshop	16,848	33,815	0
1.8	Rehabilitation, Counseling Expenses	0	0	9,020
1.9	SMC/Panchayat Workshop	0	76,026	195,185
2	TEACHER TRAINING AND SUPPORT	109,290	568,099	242,913
2.1	Group workshops	109,290	568,099	242,913
3	COUNSELOR AND VOLUNTEER TRAINING & SUPPORT	0	7,155	807,644
3.1	Group workshops	0	7,155	807,644
4	OFF-SITE INTENSIVE DRUG ABUSE PREVENTION AWARENESS & RISK REDUCTION	2,071,705	3,853,118	4,310,559
4.1	Offsite for Peer Educators	2,071,705	3,853,118	4,280,844
4.2	Peer educators extension	0	0	29,715

5	PARENT COUNSELING	105,450	283,234	996,295
5.1	Annual Program	105,450	283,234	996,295
6	COMMUNITY OUTREACH	522,190	273,931	1,317,962
6.1	Annual Program	522,190	158,729	1,012,011
6.2	World Anti Drugs Day	0	90,202	182,039
6.3	Serinity Cup/No Tobacco Day	0	25,000	123,912
7	ANNUAL WORKSHOP FOR PARTICIPATING SCHOOLS	142,800	0	3,059,932
7.1	Annual Workshop	142,800	0	3,059,932
8	PROJECT MANAGEMENT & REPORTING	943,712	1,392,871	2,679,932
8.1	Salaries	691,297	1,097,048	1,591,913
8.1.1	Program Director	0	0	150,000
8.1.2	Program Manager	259,032	251,774	315,000
8.1.3	Communications Head	133,065	82,925	170,719
8.1.4	Runner/Peon	0	69,960	116,100
8.1.5	Volunteers for 6 Months/Year	0	2,741	35,183
8.1.6	Assistant Program Manager	258,000	563,815	545,661
8.1.7	Accountant	41,200	125,833	169,250
8.1.8	Board Member salary	0	0	90,000
8.2	OFFICE RENTALS	119,190	120,000	127,770
8.2.1	HO Rent	110,000	120,000	120,000
8.2.2	Maintenance	9,190	0	7,770
8.3	OFFICE EQUIPMENT	100,420	139,910	176,645
8.3.1	Desktop/Laptop	0	27,500	37,000
8.3.2	Smartphone	0	8,499	0
8.3.3	Printer	0	0	0
8.3.4	Scanner	0	0	0
8.3.5	Annual Maintenance Charges	0	7,670	7,780
8.3.6	Tables, Chairs and other	34,466	5,690	9,193

	Fixtures			
8.3.7	Stationery	51,754	84,551	105,083
8.3.8	Internet	14,200	6,000	17,589
8.4	REPORTING AND COMMUNICATION	32,805	35,913	783,604
8.4.1	Software Services	0	24,213	0
8.4.2	Baseline and Endline	0	10,500	167,945
8.4.3	Annual Report: Research and Expenditure	0	0	459,781
8.4.4	Reports and Update	25,305	0	0
8.4.5	IEC	7,500	1,200	155,878
9	OTHERS	194,222	523,288	1,274,998
9.1.1	Office Admin Expenses	107,805	54,238	181,218
9.1.2	Travel for Admin	9,798	16,040	13,990
9.2	PM Accomodation	48,619	0	0
9.3	Consultancy	28,000	36,000	118,757
9.4	School Activity Mapping	0	177,570	0
9.5	Audit Fee	0	85,101	92,040
9.6	Capacity building and dissemination workshops	0	17,637	193,917
9.7	Sustainabililty Fund	0	131,807	672,307
9.8	Panchayat Invovement	0	0	0
9.9	Bank charges	0	4,895	2,769
	Total	4,919,654	7,526,854	15,504,884

APPENDIX 1: LIST OF SCHOOLS

YEAR 2016-2017

Sl No.	Name of School	District
1	Govt. Senior Secondary School, Tadong	East
2	Girls' Senior Secondary School, Deorali	East
3	Govt. Senior Secondary School, Soreng	East
4	Govt. Senior Secondary School, Assam Linzey	East
5	Govt. Senior Secondary School, West Point	East
6	Govt. Senior Secondary School, Modern	East
7	Govt. Senior Secondary School, Bojoghari	East
8	Govt. Senior Secondary School, Enchey	East
9	Govt. Senior Secondary School, Sir Tashi Namgyal	East
10	Govt. Senior Secondary School, Ranipool	East
11	Govt. Senior Secondary School, Rumtek	East
12	Govt. Senior Secondary School, Temi	East
13	Govt. Senior Secondary School, Rangpo	East
14	Govt. Senior Secondary School, Singtam	East
15	Govt. Senior Secondary School, Kabi	North
16	Govt. Senior Secondary School, Mangan	North
17	Govt. Senior Secondary School, Phodong	North
18	Govt. Girls' Senior Secondary School, Namchi	South
19	Govt. Senior Secondary School, Jorethang	South
20	Govt. Senior Secondary School, Ravangla	South
21	Govt. Senior Secondary School, Melli	South
22	Govt. Senior Secondary School, Namchi	South
23	Govt. Senior Secondary School, Namthang	South
24	Govt. Senior Secondary School, Pelling	West
25	Govt. Girls Senior Secondary School, Geyzing	West
26	Govt. Senior Secondary School, Legship	West
27	Govt. Senior Secondary School, Sombaria	West
28	Govt. Senior Secondary School, Chakung	West
29	Govt. Senior Secondary School, Buriakhop	West
30	Govt. Senior Secondary School, Daramdin	West

YEAR 2017-2018

Sl No.	Name of School	District
1	Govt. Senior Secondary School, Central Pendam	East
2	Govt. Senior Secondary School, Chujachen	East
3	Govt. Senior Secondary School, Dikchu	East
4	Govt. Senior Secondary School, Dikling	East
5	Govt. Senior Secondary School, Lingdok	East
6	Govt. Senior Secondary School, Machong	East
7	Govt. Senior Secondary School, Makha	East
8	Govt. Senior Secondary School, Mamring	East
9	Govt. Senior Secondary School, Middle Camp	East
10	Govt. Senior Secondary School, Namcheybong	East
11	Govt. Senior Secondary School, Ranka	East
12	Govt. Senior Secondary School, Rhenock	East
13	Govt. Senior Secondary School, Samdong	East
14	Govt. Senior Secondary School, Sang	East
15	Govt. Senior Secondary School, Sonamati	East
16	Govt. Senior Secondary School, Hee Gyathang	North
17	Govt. Senior Secondary School, Mangshila	North
18	Govt. Senior Secondary School, Tokal Bermiok	South
19	Govt. Secondary School, Damthang	South
20	Govt. Senior Secondary School, Kewzing	South
21	Govt. Senior Secondary School, Kitam	South
22	Govt. Senior Secondary School, Lingee	South
23	Govt. Senior Secondary School, Lingmoo-Kolthang	South
24	Govt. Senior Secondary School, Nandugoan	South
25	Govt. Senior Secondary School, Perbing	South
26	Govt. Senior Secondary School, Rateypani	South
27	Govt. Senior Secondary School, Sadam	South
28	Govt. Senior Secondary School, Sumbuk	South
29	Govt. Senior Secondary School, Yangang	South
30	Govt. Senior Secondary School, Darap	West
31	Govt. Senior Secondary School, Dentam	West
32	Govt. Senior Secondary School, Hee Yangthang	West
33	Govt. Senior Secondary School, K. B. Limboo Sreebudam	West
34	Govt. Senior Secondary School, Kaluk	West
35	Govt. Senior Secondary School, Khechuperi	West
36	Govt. Senior Secondary School, Mangalbaria	West

37	Govt. Senior Secondary School, Tashiding	West
38	Govt. Senior Secondary School, Tharpu	West
39	Govt. Senior Secondary School, Yuksam	West
40	Govt. Senior Secondary School, Zoom	West

YEAR 2018-2019

Sl No.	Name of School	District
1	Govt. Secondary School, Aritar	East
2	Govt. Secondary School, Dalapchand	East
3	Govt. Secondary School, Duga	East
4	Govt. Senior Secondary School, Luing	East
5	Govt. Secondary School, Lower Syari	East
6	Govt. Secondary School, Mazitar	East
7	Govt. Secondary School, Martam	East
8	Govt. Secondary School, Nandok	East
9	Govt. Secondary School, Sichey	East
10	Govt. Secondary School, Sirwani	East
11	Govt. Secondary School, Sumin Lingchey	East
12	Govt. Junior High School, Arithang	East
13	Govt. Junior High School, Lumsey	East
14	Govt. Secondary School, Lower Sumin	East
15	Govt. Secondary School, 4th Mile	East
16	Govt. Junior High School, Rongey	East
17	Govt. Secondary School, Kisan	East
18	Govt. Junior High School, Burtuk	East
19	Govt. Junior High School, Chanatar	East
20	Govt. Secondary School, Bardang	East
21	Govt. Junior High School, Rongli	East
22	Govt. Junior High School, Rhenock	East
23	Govt. Secondary School, Phensang	North
24	Govt. Secondary School, Kamrang	South
25	Govt. Secondary School, Melli Dara	South
26	Govt. Secondary School, Tarku	South
27	Govt. Secondary School, Salghari	South
28	Govt. Secondary School, Assangthang	South
29	Govt. Secondary School, Middle Geyzing	West
30	Govt. Junior High School, Naya Bazar	West

APPENDIX 2: LIST OF TEACHER COORDINATORS

YEAR 2016-2017						
Sl. No	Name of School		District	Teacher Coordinator	Contact No	Email ID
1	Govt. Secondary	Senior School, Tadong	East	Mrs. Choden Denzongpa	9832377155	sernya2@yahoo.com
2	Girls Senior Secondary School, Deorali		East	Mr. Debabrata Biswas	8348248811 & 8900402675	debu427@yahoo.com
3	Govt. Secondary	Senior School, Soreng	West	Mr. Tanup Rai	7872113307	raitanup27@gmail.com
4	Govt. Girls Secondary	Senior School, Namchi	South	Mrs. Dekmit Lepcha	9832017843	Dekmit.eric@gmail.com
5	Govt. Secondary	Senior School, Jorethang	South	Mr. Rohan Poudyal	9609871280 / 8250934793	surenpoudyal@gmail.com
6	Govt. Secondary	Senior School, Assam Linzey	East	Mr. Sisir Chettri	9647781907	sishioffice@gmail.com
7	Govt. Secondary	Senior School, Pelling	West	Mr. Kesangla Sherpa	8372837449	kesangla@gmail.com
8	Govt. Secondary	Senior School, Geyzing	West	Ms. Sushma Subba	9734122446	sushmasubba44@gmail.com
9	Govt. Secondary	Senior School, Legship	West	Ms. Tshering Ongmu Bhutia	7872980913	Legshipgsss@gmail.com
10	Govt. Secondary	Senior School, Namchi	South	Mrs. Gauri Singh	9832431226	gaurising@gmail.com
11	Govt. Secondary	Senior School, Namthang	South	Mr. Sudip Sharma	9593978718	anuksdip@gmail.com
12	Govt. Secondary	Senior School, Sombaria	West	Mr. D.K Rai	9593264202	raidevkumar@yahoo.in
13	Govt. Secondary	Senior School, Chakung	West	Ms. Jyanti Subba	9933550597	chakungsss@gmail.com
14	Govt.	Senior School	West	Ms. Sanjana	9733240365	buriakhop.school@gmail.com

	Secondary Buriakhop	School,		Subba			com
15	Govt. Secondary Daramdin	Senior School,	West	Ms. Nisha Gurung	8382055286		nissagurung88@gmail.com
16	V.C.G.L Govt. Sr. Sec. School, Ravangla	South		Mr. Phur Tenzing Sherpa Mr. Chenday Bhutia	7872895231 7076069254		phurtenzings@yahoo.com
17	Modern School	Sr. Sec.	East	Mr. Bishal Darnal Ms. Dil Kumari	9733809314 9609125125		sasonians82@gmail.com
18	Govt. Secondary TNSSS	Senior School,	East	Ms. Jyotsna Rai Ms. Hemlata	8942833729 9775845276		joshnagiri81@gmail.com chukeylepcha@gmail.com
19	Govt. Secondary Rangpo	Senior School,	East	Mrs. Pranita Chettri Mr Rohit Chettri	9563150610		rangposs@gmail.com
20	Govt. Secondary Bojoghari	Senior School,	East	Ms. Rabina Gurung Ms. Parikshit Pakhrin	9733370594		rabarshri@gmail.com
21	Govt. Secondary Melli	Senior School,	South	Mrs. Deepa Rai Mrs. Tashi Lhamu	9832029541 7076115429		deeparai9051.dr@gmail.com tashilhamu1972@gmail.com
22	Govt. Secondary Temi	Senior School,	South	Mr. D P Sharma	9434257265		durganepal36842@gmail.com
23	Govt. Secondary Ranipool	Senior School,	East	Mr. K.D RAI	700179512		kungadorjeelepcha@gmail.com
24	Govt. Secondary Rumtek	Senior School,	East	Mr. C. M. Chettri Roshan Dahal	7908156903 9733146804		schoolrumtek@gmail.com dahal.roshan84@gmail.com
25	Govt. Secondary West Point	Senior School,	East	Mr. Kishan Tamang Ms. Karma Doma Bhutia	8389092133 9733251170		anulama@gmail.com chozee12@gmail.com
26	Govt. Secondary Singtam	Senior School,	East	Mr. Shyam Kr. Gurung	9593593913		singtamsss1950@gmail.com
27	Govt.	Senior	East	Mr. Chundyu	9002509837		cnlepcha83@gmail.com

	Secondary Enchey	School,		N. Gensapa		
28	Govt. Secondary Kabi	Senior School,	North	Mr. Thinlay Choden Bhutia Mr. Tashi Namgyal Bhutia	9434382506 8016857307	kgssskabi@gmail.com
29	Govt. Secondary Phodong	Senior School,	North	Mr. Bishwas Subba	9733119122	bishwas65@gmail.com
30	Govt. Secondary Mangan	Senior School,	North	Ms. Lakit Lepcha	7479065935	lakit67@gmail.com
YEAR 2017-18						
31	Govt. Secondary Lingdok	Senior School,	East	Mr. Bhaichung	9932159285	lindoksss@gmail.com
32	Govt. Secondary Middlecamp	Senior School,	East	Ms. Tshering Bhutia	7001881713	middlecampers@gmail.com
33	Govt. Secondary Namcheybong	Senior School,	East	Mr. Dipak Rai	9593774491	dpakulung999@gmail.com
34	Govt. Secondary Machong	Senior School,	East	Mr. Suresh Rai Gagan Gurung	9609927805	sureshrai064@gmail.com
35	Govt. Secondary Dikling	Senior School,	East	Sonimit Lepcha	8145815624	sonilepcha12@gmail.com
36	Govt. Secondary Ranka	Senior School,	East	Pushpa Chettri	K 7031930015	chettripushpa08@gmail.com
37	Govt. Secondary Mamring	Senior School,	East	Ringma Sherpa	8670241905	rshepaju@gmail.com
38	Govt. Secondary Damthang	Senior School,	South	D C Chettri	9434211867	devichettri2016@gmail.com
39	Govt. Secondary Kitam	Senior School,	South	Pratima Subba	9679166412	parangden12.14@gmail.com
40	Govt. Secondary Yangang	Senior School,	South	Prena Rai	9614038359	prenarai38@gmail.com

41	Govt. Secondary Lingee	Senior School,	South	Bhola Sharma	9734994551	Bholaadhikari7@gmail.com
42	Govt. Secondary Tharpu	Senior School,	West	Mukesh Malati Tamang	993979509 9593787870	tharpuss@gmail.com
43	Govt. Secondary Zoom	Senior School,	West	Jayant Pramanik	7866827550	jayantparmanik03@gmail.com
44	Govt. Secondary School, Khechuperi	Senior	West	Bandana Chettri Ram Chandra Rai	8670587518	banuchettri15@gmail.com chandraramrai@gmail.com
45	Govt. Secondary Darap	Senior School,	West	Durgamaya Karki	9734049367	durgakarki87@gmail.com
46	Govt. Secondary School, KB Limboo	Senior	West	Ong Lhamu Bhutia	7479358299	babybabyla15@gmail.com
47	Govt. Secondary Mangalbaria	Senior School,	West	P.B Chettri	9609819889	purnachettri86@gmail.com
48	Govt. Secondary Bermiok Tokal	Senior School,	South	Sanket Subedi	9732114056	sanketsubedi@gmail.com
49	Govt. Secondary Central Pendam	Senior School,	East	Sunil Dangal	9002775342	dentisuneel.sd@gmail.com
50	Govt. Secondary Sonamati(Khamdong)	Senior School,	East	Sabitra Dahal	8145014377	hemukc106@gmail.com
51	Govt. Secondary Chujachen	Senior School,	East	Khush Gopal Shrestha	9832389786	khushgs@hotmail.com
52	Govt. Secondary Dentam	Senior School,	West	Kiran Pradhan	9775965394	-
53	Govt. Secondary Dikchu	Senior School,	East	Arjun Pradhan	7031864919	dikchu2013@gmail.com
54	Govt. Secondary Heeyangthang	Senior School,	West	Tashi Doma Bhutia Surendra Tamling Limboo	/974999501 1	tashidoma56@yahoo.com suren13limboo@gmail.com
55	Govt. Secondary Heegyathang	Senior School,	North	Firoz Ahmed Shah	7063670706	ahmedfiroz62@gmail.com

56	Govt. Secondary Kaluk	Senior School,	West	Sajani Limboo Pritha Gurung	8637318422	sajnilimboo@gmail.com
57	Govt. Secondary Kewzing	Senior School,	South	Karma Eden Bhutia	9647881486	karmaedenbhutia@gmail.com
58	Govt. Secondary Lingmoo Kolthang	Senior School,	South	Prakash Sharma	8348164314	prakashsharma83481@gmail.com
59	Govt. Secondary Makha	Senior School,	East	D. B. Regmi	9775888543	dbregmi10@gmail.com
60	Govt. Secondary Mangshila	Senior School,	North	Ms. Sweta Rai	9635714343	mangshila.school@gmail.com
61	Govt. Secondary Nandugaon	Senior School,	South	Jeewan Darnal	8016469860	jeewandarnal.789@gmail.com
62	Govt. Secondary Perbing	Senior School,	South	Mr. Thendup Sherpa	9002877292	thendup.pinasha@gmail.com
63	Govt. Secondary Rateypani	Senior School,	South	B. B. Rai	7602983924	baludaa777@gmail.com
64	Govt. Secondary Rhenock	Senior School,	East	Y. P. Mishra	8371877772	yadhumishra111@gmail.com
65	Govt. Secondary Sadam	Senior School,	South	D. P. Sharma	9609861878	gsss_sadam@rediffmail.com
66	Govt. Secondary Samdong	Senior School,	East	Siddharth Neopaney	9775914818	neopaneysiddhart@gmail.com
67	Govt. Secondary Sang	Senior School,	East	Gyaltsen Sherpa	9933045632	gyaltsensherpa0@gmail.com
68	Govt. Secondary Sumbuk	Senior School,	South	Shiva Kr. Pradhan	9647783134	maskeyshiva82@gmail.com
69	Govt. Secondary Tashiding	Senior School,	West	Kailash Thatal Mr. Sudip Muringla	8967832892	kaift34@gmail.com
70	Govt. Secondary Yucksom	Senior School,	West	Kuncho Subba	9593900000	yuksamschool@gmail.com

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71	Govt. School, Aritar	Secondary	East	Shraddha Rai Kalzang Bhutia	980023 3820 967919 9891	sharisonam@gmail.com
72	Govt. School, Dalapchand	Secondary	East	Zamyang Sherpa Thalaram Biswakarma	983203 4145/7 407613 030	szamyang@gmail.com /thalara mbiswa@gmail.com
73	Govt. School, Duga	Secondary	East	K. R. Rawat Sujata Sharma	943448 8737 740783 3082	kailashrawat751@gmail.com /Carnationsuja@gmail.com
74	Govt. School, Kamrang	Secondary	South	Indu Dhungel MrBindhya Rai	983228 1124 731944 7112	sharmaindu522@gmail.com /ra diarai@gmail.com
75	Govt. Secondary Luing	Senior School,	East	Anita Chettri	787296 9665	anitachetri@gmail.com
76	Govt. School, Lower Syari	Secondary	East	Jigdal	832784 8886 779717 4548	shari007school@gmail.com
77	Govt. School, Geyzing	Secondary Middle	West	Mr. Abi Narayan Sharma	940761 3030	-
78	Govt. School, Majhitar	Secondary	East	Manoj K. Century	943486 2703	mkcintury@gmail.com
79	Govt. School, Martam	Secondary	East	Karma Youden Bhutia	740738 2906	youdenbhutia89@gmail.com
80	Govt. School, Melli Dara	Secondary	South	Sandhya	967485 6393	sanhyalimboo06@gmail.com
81	Govt. School, Nandok	Secondary	East	Datta Ram Sharma	973330 7494	sharmadatram@gmail.com
82	Govt. School, Phensang	Secondary	North	Yogesh Chettri	964744 8796	yogneez123@gmail.com
83	Govt. School, Sichey	Secondary	East	Pooja Khatiwara	943444 6847	khatiwarapooja@gmail.com
84	Govt. School, Sirwani	Secondary	East	T.T.Gensapa	959397 8409	tgensapa@gmail.com
85	Govt. School, Lingchey	Secondary Sumin	East	Hari Psd. Sharma/ Priyanka Rai	834813 1822/9 563392	priyankarai0810@yahoo.in

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86	Govt. School, Tarku	Secondary	South	A.K Chettri/B.K Basnet	960987 8917/9 933568 276	tarkusecschool@gmail.com
87	Govt. School, Salghari	Secondary	South	Mr. Buddha Raj Rai	960985 5407/9 593781 805	salghari@gmail.com
88	Govt. School, Assangthang	Secondary	South	Mr. Rajeev Chettri	960987 7067/9 609873 833	
89	Govt. School, Arithang	Junior High	East	Onila Bhutia/T.P Bhutia	977599 7132/9 434409 042	ohneylanjay@gmail.com/tpbhutia@gmail.com
90	Govt. School, Lumsey	Junior High	East	Krishna Maya Sharma/Kaus hila Devi Thatal	947435 5759/7 797899 419	kripoudyal16@gmail.com/kthatal13@gmail.com
91	Govt. School, Lower Sumin	Secondary	East	Karma Choden Bhutia/	900236 6219/9 647859 670	chozee12@gmail.com
92	Govt. School, 4th Mile	Secondary	East	Tsultim Pintso Bhutia Chopel Gyatso Bhutia	943415 2992 973335 1379	tsultrim_k@hotmail.com/
93	Govt. School, Rongey	Junior High	East	Nirmala Dahal Tenzing Menki Bhutia	943486 8248 973379 1089 707617 8875	TenzingMenki@gmail.com/DahalNirmala40@gmail.com
94	Govt. School, Kisan	Secondary	East	Sulekha Rai Dinesh K Bista	754898 6545 954764 2206	sulekharai11@gmail.com/d4dinesh2001@gmail.com
95	Govt. School, Burtuk	Junior High	East	ChungChung Lhamu Bhutia Perna Rai	956467 8881 980007 2310	bhutiach@gmail.com/prena.raich@gmail.com
96	Govt. School, Chanatar	Junior High	East	Namrata Chettri	980019 1001/9 647882 220	rangpojheast@gmail.com/namru-chettri@yahoo.com

97	Govt. Secondary School, Bardang	East	Seema Thapa Deena Tamang	973491 6094 964768 1399	pradhanseema34@gmail.com/ deena.tamang@gmail.com
98	Govt. Junior High School, Rongli	East	Navin Chandra Dhungel D.B.Giri Shreya Pradhan	993319 5642 834818 1084 973554 9303	navinshital@gmail.com/shreeya.sp@gmail.com
99	Govt. Junior High School, Rhenock	East	Y. P. Mishra/Priya Pradhan	900232 9365/9 647885 416	yadhumishra111@gmail.com/priya30pradhan@gmail.com
100	Govt. Junior High School, Naya Bazar	West	Kalpana Chettri	973336 7209/9 434356 673	kalpanachettri1010@gmail.com

APPENDIX 3: LIST OF SCHOOLHEADS

Sl No.	Name of School	District	Principal Name	Contact Number	Email ID
1	Govt. Senior Secondary School, Tadong	East	Mrs. Doma Zimba	9434196365	domazimba@gmail.com
2	Girls' Senior Secondary School, Deorali	East	Mrs. Anugraha E. Rai	9434109818	principal_dgss@rediffmail.com
3	Govt. Senior Secondary School, Assam Linzey	East	Mrs. Sandhya Sharma	7557888935	alsss1947@gmail.com
4	Govt. Senior Secondary School, West Point	East	Mrs. Indira Poudyal	9434143944	indira.poudyal@ymail.com
5	Govt. Senior Secondary School, Modern	East	Mrs. Mala Dorjee	9733391530	maladorjee@live.com
6	Govt. Senior Secondary School, Bojoghari	East	Mrs. Asha Chettri	9434137408	bojogharisecschool@gmail.com
7	Govt. Senior Secondary School, Enchey	East	Ms. Lamkila Bhutia	9932788257	encheyschool@gmail.com/encheygsss@rediffmail.com
8	Govt. Senior Secondary School, Sir Tashi Namgyal	East	Mr. Telbu Gurung	9679012425	sirtnsss@gmail.com/telbugurung@gmail.com
9	Govt. Senior Secondary School, Ranipool	East	Mr. Basudev Adhikari	9434446273	ranipool_gsss@rediffmail.com
10	Govt. Senior Secondary School, Rumtek	East	Mr. Yangten Gyatso Bhutia	8016275550	schoolrumtek@gmail.com
11	Govt. Senior Secondary School, Rangpo	East	Dr. Hanna Yonzon	9775842797	rangposs@gmail.com/hannayon@rediffmail.com
12	Govt. Senior Secondary School, Singtam	East	Mr. K.B. Chettri	9434256865	singtamsss1950@gmail.com

13	Govt. Senior Secondary School, Central Pendam	East	Mr. Ashok Bhagat	9434204175	ashok.bhagat6363@gmail.com
14	Govt. Senior Secondary School, Chujachen	East	Ms. Yangchuk Donka	9593984003	yangchuk@gmail.com
15	Govt. Senior Secondary School, Dikchu	East	Ms. Saroja Pradhan	9734983070	sarojapradhan7@gmail.com/dikchu2013@gmail.com
16	Govt. Senior Secondary School, Dikling	East	Mr. Rudra Prasad Sharma	9735910057	khanalrudra66@gmail.com/diklingsss@hotmail.com
17	Govt. Senior Secondary School, Machong	East	Ms. Sonam Doma Bhutia	9474528880	machongsss@gmail.com
18	Govt. Senior Secondary School, Makha	East	Mr. Rupesh Kumar Pradhan	9733325568	rujos009@gmail.com
19	Govt. Senior Secondary School, Mamring	East	Mr. Parhlad Sharma	9593260307	mamring1953@gmail.com
20	Govt. Senior Secondary School, Lingdok	East	Ms. Sanghamitra Sharma	9800304449	lingdok@gmail.com
21	Govt. Senior Secondary School, Middle Camp	East	Mr. Phurba Bhutia	8967857520	middlecampers@gmail.com
22	Govt. Senior Secondary School, Namcheybong	East	Mrs. Sabita Sharma	9434153570	namcheybongsecschool@gmail.com
23	Govt. Senior Secondary School, Ranka	East	Mr. T.B.Chettri	9434869509	rankasss48@gmail.com
24	Govt. Senior Secondary School, Rhenock	East	Mr. Suren Pradhan	9734964042	rhenocksss17@gmail.com

25	Govt. Senior Secondary School, Samdong	East	Ms. Radha Pradhan	9735876022	principalsamdongsss@gmail.com
26	Govt. Senior Secondary School, Sang	East	Mr. Rabgay Bhutia	9434191499	sangschool1880@gmail.com
27	Govt. Senior Secondary School, Sonamati	East	Mr. L.N Sharma	9832015323	smgsss@rediffmail.com
28	Govt. Secondary School, Aritar	East	Mr. Sonam Zangpo Bhutia	9832344784	sonam_z77@yahoo.in
29	Govt. Secondary School, Dalapchand	East	Mr. Sonam Topgay Bhutia	8373095883	dalapchandschool@gmail.com
30	Govt. Secondary School, Duga	East	Mr. Dhan Bahadur Chettri	9832470232	subashgiri21@gmail.com
31	Govt. Senior Secondary School, Luing	East	Mr. Karma Sonam Bhutia	9434174792	sonam3377@yahoo.in
32	Govt. Secondary School, Lower Syari	East	Mrs. Sandhya Basnett	9775911091	syari007school@gmail.com
33	Govt. Secondary School, Mazitar	East	Mrs. T. Tshedane Bhutia	9434179109	ttbhutia21@gmail.com
34	Govt. Secondary School, Martam	East	Ms. Sovan Pradhan	9832544275	9832544275th@gmail.com
35	Govt. Secondary School, Nandok	East	Mr. Tenzing Dorjee Bhutia	7557894005	hmnandok@gmail.com
36	Govt. Secondary School, Sichey	East	Mr. Sonam Sherpa	9434144180	dgsicheyss@gmail.com
37	Govt. Secondary School, Sirwani	East	Mr. T. T. Gensapa	9593978409	tdgensapa@gmail.com
38	Govt. Secondary	East	Mr. A.K. Pradhan	9775978203	arkrpr30@gmail.com

	School, Sumin Lingchey					
39	Govt. Junior High School, Arithang	East	Mr. Ugyen Gyatso	9832044445		ugengyatso1@gmail.com
40	Govt. Junior High School, Lumsey	East	Mr. Tshering Namgyal Bhutia	9832033184/ 9593304959		rupmani@gmail.com
41	Govt. Secondary School, Lower Sumin	East	Mrs. Hemkalyani Gurung	9647850795		asmi1011@gmail.com
42	Govt. Secondary School, 4th Mile	East	Ms. Karma Choden Palzor	9434191716		chungc.7@gmail.com
43	Govt. Junior High School, Rongey	East	Ms. Chabi Pradhan	9593374463		rongneck@gmail.com
44	Govt. Secondary School, Kisan	East	Mr. N. B. Subba	7550820778		subbanarb@gmail.com
45	Govt. Junior High School, Burtuk	East	Mr. D. K. Nepal	9800312657		nepaldev@yahoo.com
46	Govt. Junior High School, Chanatar	East	Mr. Suren Kr. Tamang	9593274198		rangpojheast@gmail.com
47	Govt. Secondary School, Bardang	East	Ms. Chumsang Bhutia	9647871143		chumsamb@gmail.com
48	Govt. Junior High School, Rongli	East	Ms. Shreya Pradhan	9735549303		shrreeya.sp@gmail.com
49	Govt. Junior High School, Rhenock	East	Mr. Sonam Dorjee Bhutia	9775977834		sonamdorjeebhutia16@gmail.com
50	Govt. Senior Secondary School, Nanduguan	South	Mrs. Kamala Devi Rai	7797880098		kamla.raio7@gmail.com
51	Govt. Senior Secondary School, Perbing	South	Mrs. Gopa Roy Chaudhry	9733015258		gproychoudhury@gmail.com

52	Govt. Senior Secondary School, Rateypani	South	Mr. Ajay Pokhrel	9474772912	ajaypokhrelsikkim@yahoo.com
53	Govt. Senior Secondary School, Sadam	South	Mr. Lal Pradhan	BDR 9733383747	gsss_sadam@rediffmail.com
54	Govt. Senior Secondary School, Sumbuk	South	Mr. G. P. Sharma	9434618758	sumbuksss01@gmail.com
55	Govt. Senior Secondary School, Tokal Bermiok	South	Mr. P.R.Sharma	9474355180	btsss1935@gmail.com
56	Govt. Senior Secondary School, Melli	South	Mr. Kailash Thapa	9647882350	kailashthapa319@gmail.com
57	Govt. Senior Secondary School, Temi	South	Mr. Dusyant Tamang	9800214951	temisrsecschool@gmail.com
58	Govt. Secondary School, Damthang	South	Mr. Mohan Chettri	9609863959	damthangschool@gmail.com
59	Govt. Senior Secondary School, Kewzing	South	Mr. Motilal Koirala	9609878230	motilalkoirala325@gmail.com
60	Govt. Senior Secondary School, Kitam	South	Mrs. Lata Sharma	9635019074	kitamsecschool@gmail.com
61	Govt. Senior Secondary School, Lingee	South	Ms. Gyanu Pradhan	9832436216	gyanupradhan890@gmail.com
62	Govt. Senior Secondary School, Lingmoo-Kolthang	South	Mr. Khem Dahal	Lal 8768940499	kldahal18@gmail.com
63	Govt. Secondary School, Kamrang	South	Ms. Priya Lama	9800863990	kamrangsecondary15@gmail.com

64	Govt. Secondary School, Tarku	South	Mr. Jaman Singh Chauhan	8101826602	tarkusecschool@gmail.com
65	Govt. Secondary School, Salghari	South	Mr. Prakash Sharma	9434484559	salgharis@gmail.com
66	Govt. Secondary School, Assangthang	South	Mr. Sonam. W. Bhutia	9733195779	sowangchingapa@gmail.com
67	Govt. Senior Secondary School, Yangang	South	Mr. Amber Das Chhetri	8967514275	adchhetri69@gmail.com
68	Govt. Secondary School, Melli Dara	South	Mr. Sanjoy Acharya	8250757482	sanjoy_acharya@rediffmail.com
69	Govt. Senior Secondary School, Ravangla	South	Ms. Januka Rai	7872084188	ravangla_school@rediffmail.com
70	Govt. Girls' Senior Secondary School, Namchi	South	Ms. Pema Yalmo	9832096436	NGSSS41@gmail.com
71	Govt. Senior Secondary School, Jorethang	South	Mrs. Archana Gurung	9933664212	archanagurung@rediffmail.com
72	Govt. Senior Secondary School, Namchi	South	Mr. Lakpa Gyalpo Sherpa	9679260567	namchisrsecschool@gmail.com
73	Govt. Senior Secondary School, Namthang	South	Mr. C.B Sapkota	9647888443	namthangschool@gmail.com
74	Govt. Senior Secondary School, Kabi	North	Ms Pemba Lhamu	9647888148	kgssskabi@gmail.com
75	Govt. Senior Secondary School, Mangan	North	Mr. B. M Pradhan	9832347789 9474515310	bmpradhan1@yahoo.com

76	Govt. Senior North Secondary School, Phodong	Ms. Sangita kharka	9434886222	psssns@gmail.com
77	Govt. Senior North Secondary School, Mangshila	Ms. Savita Sharma	9434153570	mangshila.school@gmail.com
78	Govt. Senior North Secondary School, Hee Gyathang	Mr. Sharad Poudyal	9832508950	rudra.poudyal@gmail.com
79	Govt. Senior North Secondary School, Phensang	Mr. Sushil Tamang	9647874695	foreversushil123@gmail.com
80	Govt. Senior West Secondary School, Middle Geyzing	Mr. Pradeep Kumar Lamsal	9733064346	manikumarlimboo@gmail.com
81	Govt. Senior West Secondary School, Khechuperi	Mr. Bishnu Prasad Thapa	8768656955	thapa1969@gmail.com/khechuperisss@gmail.com
82	Govt. Senior West Secondary School, Tashiding	Mr. Nayana Singh Chettri	8967833327	govtssstashing@gmail.com
83	Govt. Senior West Secondary School, Tharpu	Mr. Narendra K Chettri	8145074546	tharpuss@gmail.com
84	Govt. Senior West Secondary School, Yuksam	Ms. Winnifred Rai	8348525888	yuksamschool@gmail.com/winnifred888@gmail.com
85	Govt. Senior West Secondary School, Zoom	Mr. Bhim Samsher	9734126385 8670791606	bhimsamsher44@gmail.com zoomsec2018@gmail.com
86	Govt. Senior West Secondary School, Mangalbaria	Mr. B.K.Sharma	8436178102	veesnu17@gmail.com
87	Govt. Senior West Secondary School, Hee	Mr. Lekhraj Pokhrel	9832369944	heeyangthangssschool@yahoo.com

Yangthang							
88	Govt. Senior Secondary School, K. B. Limboo, Sreebadam	West	Ms. Gurung	Kalpana	9593773944		sribadamschool@gmail.com
89	Govt. Senior Secondary School, Kaluk	West	Ms. Sujata Limboo		7602258750		kalukschool@gmail.com
90	Govt. Junior High School, Naya Bazar	West	Mr. Dikendra Pradhan	Mani	9734126385		dikenpradhan@gmail.com
91	Govt. Senior Secondary School, Soreng	West	Mr. Basnett	Narayan	9434186341		bas_net72@yahoo.com
92	Govt. Senior Secondary School, Pelling	West	Mr. N. K. Karki		8372041007		gsss_palling@rediffmail.com
93	Govt. Girls Senior Secondary School, Geyzing	West	Ms. Sushma Subba		9734122446		ggsss2012@gmail.com
94	Govt. Senior Secondary School, Legship	West	Mr. Pankaj Biswa		9732063360		legshipgsss@gmail.com
95	Govt. Senior Secondary School, Sombaria	West	Mr. R.K. Pandey		9800712755		ambika.adarsh@gmail.com
96	Govt. Senior Secondary School, Chakung	West	Shri S.P. Sharma		9593286451		chakungsss@gmail.com
97	Govt. Senior Secondary School, Buriakhop	West	Mr. Sonam Bhutia	Gyatsho	9002874523		buriakhop.school@gmail.com
98	Govt. Senior Secondary School, Daramdin	West	Mr. Pradhan	Damber	9733334045		damberpradhan9@gmail.com

99	Govt. Secondary School, Darap	Senior	West	Ms. Sushma Tewari	7584075563	sushmatewari@ymail.com
100	Govt. Secondary School, Dentam	Senior	West	Mr. Pradeep Gurung	9733099018	erapx79@gmail.com

APPENDIX 4: LIST OF RESOURCE PERSONS

SL.NO	NAME OF RESOURCE PERSON S	ORGANIZATION
1	Mrs. Smita Barooha	Professional Therapist, New Delhi
2	Mr. Bilal Ahmad Naqati	SPYM
3	Mr. Tenzing Loden Lepcha	SP, West
5	Dr. Karma Gyatso Bhutia	ASP, East
4	Dr. C.S. Sharma	STNM Hospital
5	Dr. Netra Thapa	STNM Hospital
6	Dr. Bibhusan Dahal	STNM Hospital
7	Mr. Bikash Tiwari	SHO, Rangpo
8	Mr. Chewang Bhutia	SHO Ravangla
9	Dr. Geeta Gurung	STNM Hospital
10	Dr. Satish Rasaily	Singtam District Hospital
11	Dr. Geeta Soohinda	SMIMS
12	Mr. Udai C.Rai	Serenity Home
13	Mr. K.C Nima	Freedom Rehabilitation Centre
14	Mr. Prashant Sharma	Hepcos
15	Mr. Srawan Gurung	SI, Sadar Thana
16	Mr. C.K.Subba	SI, Ravangla
17	Mr. Manorath Dahal	SCERT
18	Mr. C.M Chettri	Rumtek SSS
19	Mrs. Samita Sharma	Serenity Home
20	Mrs.Reshma Subba	Psychologist, Namchi District Hospital
21	Mrs. Nancy Chankapa	STNM Hospital
22	Mr. Pragyan D. Dewan	Psychologist, Namchi District
23	Mr. Debabrata Biswas	Deorali SSS
24	Mrs. Mamta Nepal	SRDS II
25	Mr. Joseph Tamang	Childline India Foundation
26	Mr. Rabin Rai	Serenity Home
27	Mrs. Julius Lepcha	Melli
28	Mr. Nagendra Karki	Ranka
29	Mr. Agrin Pradhan	Sanjeevani Rehabilitation
30	Mr. Devendra Kumar S. Varshney	Psychologist , Care & Cure Sikkim
31	Mrs. Choden Denzongpa	Tadong SSS
32	Mr. Tashi Sherpa	Counsellor
33	Mr. Anand Gurung	IHCAE

34	Dr. Kulzan Lama	STNM Hospital
35	Ms. Meena Basnet	Drishya Foundation
36	Ms. Tshering Ongmu Lepcha	SRDA I
37	Mr. Joseph Tamang	SRDS
38	Mr. Tseeong D Bhutia	SRDS
39	Mr. Moses Sereng	Sanjeevani Rehabilitation
40	Mr. Gandion Tamang	SRDS
41	Mr. Pempa Rapgyal	Drishya
42	Mr. Tara Prasad Dhungel	Chinmaya Mission, Saramsha
43	Mr. Raju Rai	Freedom Rehabilitation Centre
44	Miss. Tshering Bhutia	Rumtek