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# ANNUAL REPORT

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**August 2019 – March 2020**



**SIKKIM AGAINST ADDICTION TOWARDS HEALTHY INDIA**  
**SAATHI 2.0**  
GANGTOK, SIKKIM

## **Executive Summary**

The SAATHI Annual Report collaborates and highlights all the activities and the programs, which were conducted and attended, under the banner of SAATHI Sikkim from April 2019 to March 2020. The activities and programs organised by SAATHI was implemented by keeping in mind the vision of SAATHI, i.e. the prevention and eradication of substance abuse from the state of Sikkim.

In this report, we firstly get a glimpse of the SAATHI goals of 2019-2020 and what it had achieved during this year. Secondly, we will have a sight of Outreach Meetings/Teacher & Student Selection campaigns conducted in the 60 leader schools of SAATHI during the months of Nov 2019 - Mar, 2020. Thirdly, we will examine the residential Offsite Training Camps on Life-Skills, with the information about the participating schools, the motive of the camps and the resource persons invited for the training programs.

Fourthly, we will know about the GPU Sensitization programs conducted in different GPUs of Sikkim. On fifth section, we will look into the Monthly Counselling sessions organised under SAATHI banner at different Government Schools. Next, we will know about Review and Sensitization of School Heads programs.

On eighth section, we will get acquainted about the Outreach to 180 More Schools. In the ninth section of this annual report, we will understand about the Outreach to Community & Parents programs and its benefits.

Lastly, we have also recorded and reported the other activities conducted and attended under the banner of SAATHI, as these activities are also related to raising awareness and eliminating substance abuse in Sikkim state.

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## **Acknowledgement from the President**



Its remarkable how much we have accomplished and give me immense pleasure to tell you that we have successfully accomplished the financial year 2019-2020. We did not anticipate how successfully we would be able to cover our yearly targeted goals, activities despite the circumstances. It is a matter of great satisfaction for the entire team that we achieved what we strived for.

This report manifests the actions and results of the team SAATHI. We have focused on motivating teachers, principals, and panchayats to deal with the issue more responsibly and sensitively. Through its various ongoing projects, it has significantly contributed in the lives of people of Sikkim who are/were involved in substance abuse, and their families. Our approach has always been a holistic development of the individuals involved in substance abuse.

I am thankful to the members of management board for their guidance and support. I sincerely extend my gratitude to Titan & Co. authorities, students, for taking this movement ahead with faith and dedication.

Thank You All,

Tempo Bhutia  
President  
Saathi

## **SAATHI's Mission & Vision**

### **Vision**

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

### **Vision**

- **To co-create a societal eco-system to eliminate substance abuse in schools and ensure the mental well-being of our citizens of all ages, in a sustainable manner through counselling and learning.**
- **To integrate SDGs into the program so that we achieve the purpose.**
  - **SDG 3 – Good health and well-being – Ensure healthy lives and promote well-being of all at all ages.**
    - **Target 3.5 – Strengthen prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol.**

## 1. SAATHI –GOALS & ACHIEVEMENT TILL MARCH 2020

<b><u>Direct Impact</u></b>					
<b>Goal</b>		<b>Target</b>	<b>Achieved</b>	<b>Balance</b>	<b>Remarks</b>
Goal# 1: To reach 60 Schools		60	60	0	Sensitization completed in all leader schools
Goal # 2: Train peer educators		600	603	+3	Leader schools. (6 camps = 60 x 10 students)
Goal #3: To reach 50 GPUs/ULBs		50	39	-11	179 panchayats sensitized
Goal #4: Counseling at 60 schools		60	12	-48	<b>Feb:</b> 42 students counselled in 11 schools <b>March:</b> 9 students counselled in 2 schools
Goal #5: Review & Sensitization of school heads		120	60	-60	60 school heads & 50 teachers participated from 60 leader schools
Goal #6:  Outreach to Community & Parents	Community Outreach by schools	60	14	-46	1191 Community members were reached by 14 schools
	Door to Door Campaign (Parents)	60	4	-56	4 schools had visited 21 homes and 41 parents/guardians were counselled.

<b><u>Indirect Impact</u></b>					
Goal #7: Outreach to 180 New Schools		60	25	-35	25 New schools adopted by leader schools

## **2. Outreach meetings / Teachers & Student Selection and Baseline survey:**

### **Outreach Meetings with Teachers**

From November 2019 to March 2020, SAATHI team visited 60 leader schools to acquaint and brief the school heads as well as teachers about the goals of SAATHI 2.0, its methodology and the activities to be implemented at school level. During the visit, school's enrolment, list of teacher coordinators, peer educators, SMC members and other details were also collected.

### **Baseline Survey**

Baseline surveys was conducted in 58 school in the month of November and December 2019. The Baseline survey is a cross sectional quantitative study carried out at the initial phase of the SAATHI project.

The aim of the survey is to assess and analyze the various factors and patterns related to substance abuse by school going students in Sikkim. The survey was carried out in all the four districts of Sikkim in different government schools. For the sample of the survey, 20% students of last three classes were randomly selected. These students were further divided into 40% Female and 60% Male students who completed the questionnaires.

The questionnaires which has been guided by the UNODC in the year 2015 based on various aspects relating to substance abuse, were asked during this survey. The survey contains total number of 55 close ended questions, wherein some of these questions have been further divided into sub parts. For this particular survey, the focus is on 21 questions out of these 55 questions, as assessment using these 21 questions was sufficient enough to meet the objectives of the survey.

The survey was carried out by the surveyors visiting each school. There were a total of 6 surveyors, who visited these 58 schools out of 60 schools in a pair of two, hence consisting of 3 teams of surveying team. The analysis team consists of 3 members. The schools which have been assessed comprises of Junior High Schools, Secondary Schools and Senior Secondary Schools. Few of the schools are Boys' Schools and Girls' School as well.

The analysis of survey is under progress, then we will prepare a complete report only on baseline survey conducted at 58 schools.

**Details of schools outreach:**

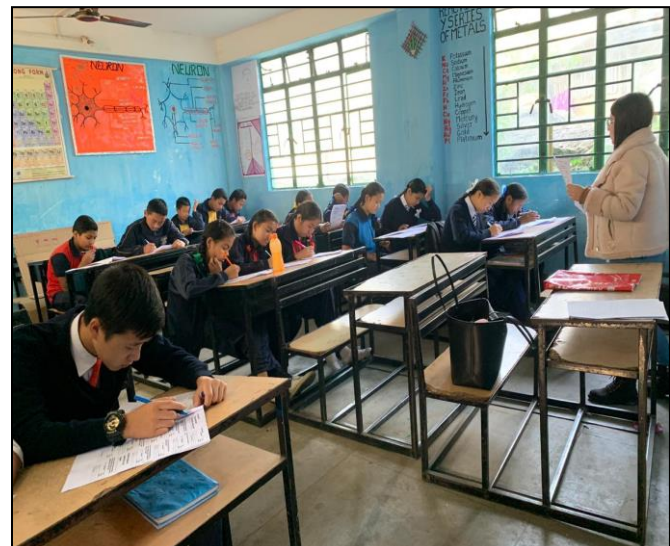
Sl.No.	Dist.	List of Schools	Date of visit
1	East	Govt. Secondary School, Aho Kisan	7 <sup>th</sup> Nov. 2019
2	East	Govt. Secondary School, Lower Syari	8th Nov. 2019
3	East	Govt. Senior Secondary School, Sir Tashi Namgyal	
4	East	Govt. Junior High School, Burtuk	11th Nov. 2019
5	East	Govt. Girls' Senior Secondary School, Deorali	
6	East	Govt. Senior Secondary School, Modern	12 <sup>th</sup> Nov. 2019
7	East	Govt. Senior Secondary School, Tadong	
8	East	Govt. Secondary School, Sirwani	13th Nov 2019
9	East	Govt. Senior Secondary School, Bojoghari	
10	East	Govt. Senior Secondary School, Rumtek	18 <sup>th</sup> Nov. 2019
11	East	Govt. Senior Secondary School, West Point	
12	East	Govt. Secondary School, Majitar	
13	East	Govt. Senior Secondary School, Biraspati Parsai	20 <sup>th</sup> Nov. 2019
14	East	Govt. Senior Secondary School, Enchey	
15	East	Govt. Senior Secondary School, Dikling	
16	East	Govt. Senior Secondary School, Sang	21 <sup>st</sup> Nov. 2019
17	East	Govt. Senior Secondary School, Rhenock	
18	East	Govt. Secondary School, Sumin Lingchey	22nd Nov 2019
19	East	Govt. Senior Secondary School, Mamring	
20	East	Govt. Senior Secondary School, Samdong	
21	East	Govt. Senior Secondary School, Central Pendam	25th Nov 2019
22	East	Govt. Senior Secondary School, Ranka	
23	East	Govt. Senior Secondary School, Dikchu	26th Nov 2019



24	East	Govt. Senior Secondary School, Sonamati Memorial (Khamdong)	20th Dec 2019
25	East	Govt. Senior Secondary School, Singtam	17th Dec 2019
26	East	Govt. Senior Secondary School, Rangpo	18th Dec 2019
27	East	Govt. Junior High School, Bardang	
28	North	Govt. Senior Secondary School, Kalzang Gyatso	
29	North	Govt. Senior Secondary School, Mangan	
30	North	Govt. Senior Secondary School, Mangshila	24th Dec 2019
31	North	Govt. Senior Secondary School, Hee Gyathang	
32	West	Govt. Senior Secondary School, Soreng	26th Nov 2019
33	West	Govt. Senior Secondary School, Sombaria	27 <sup>th</sup> Nov. 2019
34	West	Govt. Senior Secondary School, Zoom	28th Nov. 2019
35	West	Govt. Junior High School, Naya Bazaar	
36	West	Govt. Secondary School, Middle Geyzing	24th Dec 2019
37	West	Govt. Girls Senior Secondary School, Geyzing	
38	West	Govt. Senior Secondary School, Khechuperi	20th Dec 2019
39	West	Govt. Senior Secondary School, Dentam	
40	West	Govt. Senior Secondary School, Pelling	19th Dec 2019
41	West	Govt. Senior Secondary School K. B. Limboo (Sreebadam)	
42	West	Govt. Senior Secondary School, Hee Yangthang	
43	West	Govt. Senior Secondary School, Kaluk	
44	West	Govt. Senior Secondary School, Tashiding	21st Feb 2020
45	South	Govt. Senior Secondary School, Namthang	26th Nov 2019
46	South	Govt. Senior Secondary School, Rateypani	
47	South	Govt. Senior Secondary School, Namchi Boys	27th Nov. 2019

48	South	Govt. Senior Secondary School, Namchi Girls	
49	South	Govt. Senior Secondary School, Perbing	28th Nov. 2019
50	South	Govt. Secondary School, Salghari	29th Nov 2019
51	South	Govt. Senior Secondary School, Sumbuk	
52	South	Govt. Senior Secondary School, Jorethang	
53	South	Govt. Senior Secondary School, Lingee	18th Dec 2019
54	South	Govt. Senior Secondary School, Yangang	19th Dec 2019
55	South	Govt. Senior Secondary School, Kitam	17th Dec 2019
56	South	Govt. Secondary School, Damthang	
57	South	Govt. Senior Secondary School, Kewzing	
58	South	Govt. Senior Secondary School, Ravangla	
59	South	Govt. Senior Secondary School, Melli Bazaar	12th March 2020
60	South	Govt. Senior Secondary School, Melli Gumpa	

Photo – Outreach Meetings & Baseline surveys



### 3. Off-site Training Camp on Life Skills

Peer educators being the key point of SAATHI module, off-site training camps was organized to train the students of various schools. The objective of these camps was to impart knowledge among the students about different life skills, which we require on a daily basis. Along with this, various fun filled activities such as sports and games were also conducted.

Camp was based on different topics of Life Skills viz. Coping with emotion and stress, Decision making, Problem solving & critical thinking, Interpersonal relationship and teamwork, Communication skills & time management. Along with this, story- telling session, games, adventure activities and talent show were also conducted.

#### Details of camp:

Sl.No.	Date	List of Schools	No. of students	Venue
1	22 <sup>nd</sup> - 24 <sup>th</sup> December 2019	1. Sumin Lingzey Secondary School 2. Dikling Senior Secondary School 3. Rhenock Senior Secondary School 4. Mamring Senior Secondary School 5. Tadong Senior Secondary School 6. Dikchu Senior Secondary School 7. Ranka Senior Secondary School 8. Rumtek Senior Secondary School 9. Bojoghari Senior Secondary School	84	SICUN, Assam Linzey, East Sikkim
2	13 <sup>th</sup> -15 <sup>th</sup> February 2020	1. Jorethang Senior Secondary School 2. Sombaria Senior Secondary School, 3. K.B. Limboo Senior Secondary School (Sreebadam), 4. Dentam Senior Secondary School 5. Hee-Yangthang Senior Secondary School, 6. Salghari Secondary School 7. VCGL Senior Secondary School (Ravangla), 8. Kewzing Senior Secondary School 9. Zoom Secondary School	89	IHCAE, Chemchey, South Sikkim
3	17 <sup>th</sup> -19 <sup>th</sup> February	1. Sir Tashi Namgyal Senior Secondary School 2. West point Senior Secondary School,	90	IHCAE, Chemchey,



	2020	3. Sang Senior Secondary School, 4. Khechuperi Senior Secondary School, 5. Nayabazaar Junior High School, 6. Pelling Senior Secondary School, 7. Soreng Senior Secondary School, 8. Middle Geyzing Senior Secondary School 9. Geyzing Girls Senior Secondary School (Kyongsa).		South Sikkim
4	25 <sup>th</sup> -27 <sup>th</sup> February 2020	1. Modern Senior Secondary School 2. Enchey Senior Secondary School 3. Rangpo Senior Secondary School 4. Yangang Senior Secondary School 5. Deorali Girls Senior Secondary School 6. Samdong Senior Secondary School 7. Singtam Senior Secondary School 8. Bardang Secondary School 9. Majitar Secondary School 10. Ahopul Kisan Secondary School 11. Lower Syari Secondary School	108	SICUN, Assam Linzey, East Sikkim
5	02 <sup>nd</sup> -04 <sup>th</sup> March 2020	1. Sonamati Memorial Senior Secondary School (Khamdong) 2. Kalzang Gyatso Senior Secondary School, (Kabi) 3. Hee - Gyathang Senior Secondary School 4. Mangan Senior Secondary School 5. Lingee Senior Secondary School 6. Mangshila Senior Secondary School 7. Burtuk Secondary School 8. Central Pendam Senior Secondary School 9. Biraspati Parsai Senior Secondary School, Ranipool 10. Sirwani Secondary School	100	SICUN, Assam Linzey, East Sikkim
6	13 <sup>th</sup> -15 <sup>th</sup>	1. Namthang Senior Secondary School	132	IHCAE,

	March 2020	2. Sumbuk Senior Secondary School 3. Tashiding Senior Secondary School 4. Melli Bazaar Senior Secondary School 5. Rateypani Senior Secondary School 6. Namchi Girls Senior Secondary School 7. Damthang Senior Secondary School 8. Perbing Senior Secondary School 9. Melli Gumpa Senior Secondary School 10. Kaluk Senior Secondary School 11. Kitam Senior Secondary School 12. Namchi Senior Secondary School (Boys)		Chemchey, South Sikkim
		<b>Total students</b>	<b>603</b>	

## Photos – OffSite Camps





#### 4. GPU Sensitization

SAATHI team visited different GPUs in all four districts of Sikkim. The motive of these campaign was to sensitize panchayat members and create an awareness regarding the scenario of state related to substance abuse taking place in Sikkim and also, to collaborate with these GPUs of Sikkim to fight the menace of substance abuse from the grass root level in the society.

The agendas that were discussed are:

- ✓ About the work SAATHI has been doing in the past years and what it intends to do for SAATHI 2.0.
- ✓ The GPU members were then explained about the idea of working with them and highlighting the importance of the roles Panchayats can play, to effectively combat the substance abuse from the grass root level.
- ✓ The GPU members were also briefed about the importance of de-stigmatization and reintegration of individuals who are victims of substance use disorders.
- ✓ They were informed about the training on basic skills of counselling that they will be receiving on mid of 2020, so that they will be better equipped to handle cases relating to substance use disorders at the initial level.

##### Details of GPU sensitization:

Sl.No	Name of GPU	District	Visit Date	No. of Panchayats	Others	Location	No. of Wards
1	04 - Tashiding	West	23-01-2020	4	0	Tashiding	7
2	Thingling Khechuperi	West	01-10-2020	1	0	Khechuperi	5
3	Gyalshing Omchung	West	01-09-2020	2	0	Geyzing	5
4	22 - Dentam	West	01-09-2020	6	0	Dentam	7
5	24 – Hee	West	01-09-2020	4	5	Hee-Yangthang	5
6	31 - Samdong	West	01-07-2020	7	0	Sribadam	7
7	44 - Zoom	West	14-01-2020	5	0	Zoom	6
8	Soreng	West	01-08-2020	5	0	Soreng	5
9	Upper Fabong	West	01-08-2020	3	0	Sombaria	6
10	30 Tadong Rinchenpong	West	01-10-2020	5	11	Kaluk Panchayat Office	5
11	Lingee	South	01-08-2020	3	0	Lingee	5
12	06 - Yangang Rangang	South	01-08-2020	6	1	Yangang, Rangang	6
13	Ravong Sangmo	South	01-09-2020	6	0	Ravangla	7



14	14 - Perbing Dovan	South	16-01-2020	3	0	Perbing Dovan Panchyat Office	5
15	16 - Namthang Maneydara	South	01-08-2020	3	10	Namthang	8
16	21 - Rateypani	South	01-08-2020	3	0	Rateypani	6
17	Melli Payong	South	16-01-2020	9	0	Melli Paiyong	7
18	Salghari	South	13-01-2020	5	0	Salghari	5
19	38 - Damthang	South	16-01-2020	7	7	Damthang Panchyat Office	5
20	Kewzing Bakhim	South	01-09-2020	6	0	Kewzing	7
21	Sumbuk Kartikey	South	11-02-2020	5	4	Sumbuk	5
22	01 - Sumin Lingzey	East	14-01-2020	5	1	Sumin Linzey Panchyat Office	6
23	02 - West Pendam	East	20-01-2020	7	4	Syapley Sardaray, West Pendam, Panchyat Bhawan	7
24	03 - Central Pendam	East	01-07-2020	5	0	Duga	6
25	Chalamthang Pacheykhani	East	14-01-2020	3	2	Pacheykhani	8
26	Rhenock	East	20-01-2020	5	0	Rhnenock	8
27	23 - Amba	East	14-01-2020	3	7	Amba	5
28	26 - Aho Yangtam	East	01-07-2020	6	0	Aho Yangtam	7
29	Kopibari Syari	East	01-06-2020	6	0	Shyari	6
30	35 - Ranka	East	13-01-2020	4	0	35 - VAC Ranka	6
31	37 - Rawtey Rumtek	East	01-06-2020	3	0	Rumtek	5
32	41 - Beng Phegyong	East	16-01-2020	1	0	Beng Phegyong (Sang Martam)	5
33	Sirwani	East	29-01-2020	5	0	Sirwani	5

34	Simik Lingzey	East	29-01-2020	4	0	Lower Samdong	6
35	31 - Nandok Saramsa GPU	East	02-03-2020	5	2	Jalipool	5
36	Kabi Rongpa	North	20-01-2020	4	0	Kabi	5
37	Mangshila Tubuk	North	01-06-2020	4	0	Mangshilla	5
38	Ringhim Namapatam	North	01-06-2020	5	0	Pentok	6
39	Hee-Gyathang	North	21-01-2020	6	0	Hee-Gangthang	6
<b>Total</b>				<b>179</b>	<b>54</b>		<b>231</b>
<b>No. of GPUs Covered: 39</b> <b>No. of wards under above GPU: 231</b> <b>No. of Panchayats Sensitized: 179</b> <b>Other participants: 54</b>							

## Photos - GPU Sensitization



## 5. Cases received and Monthly Counselling at Schools

Counselling of the students is one of the major components of SAATHI. To focus more, SAATHI 2.0 started with individual counselling at their respective schools by medical professionals or individuals working in the field of substance abuse prevention. Psychologist and trained counsellors visited schools every month and counselled the individual students selected by school, who have problem related to substances or any psychological problem. We have received few cases for which counsellors were sent to school in coordination with SAATHI teacher coordinators. Each and every case has been recorded at school for continuous follow-up.

### Details of cases and counselling in February 2020:

Sl.no.	School name	Counselling date	Counsellors name	No. of cases and students Counsellled
1	Burtuk Secondary school	21.02.2020	Pranesh Rai, Psychologist	2
2	Sumin Lingchey Secondary School	25.02.2020		4
3	Sirwani Secondary School	29.02.2020		4
4	Sonamati Memorial Senior Secondary School (Khamdong)	26.02.2020	Divyaswari Rai, Counsellor, Temi PHC	3
5	Dikchu Senior Secondary School	19.02.2020	Pranesh Rai, Psychologist	10
6	Aho Kisan Secondary School	29.02.2020	Divyaswari Rai, Counsellor, Temi PHC	3
7	Bardang Secondary School	26.02.2020	Pinkey Bhutia, Counsellor, Singtam District Hospital	3
8	Ranka Senior Secondary School	26.02.2020	Kunzang Lama, Counsellor, STNM Hospital	3
9	Jorethang Senior Secondary School	29.02.2020	Divyaswari Rai, Counsellor, Temi PHC	3
10	Geyzing Senior Secondary School	27.02.2020	Santosh Gautam, Mukti Foundation, Geyzing	4
11	Rangpo Senior Secondary School	29.02.2020	Hemlata Sharma, Research Scholar, Psychology	3
<b>Total</b>				<b>42</b>

### Details of cases and counselling in March 2020:

Sl.no.	School name	Counselling date	Counselors name	No. of students Counsellled
1	Rangpo Senior Secondary School	06.03.2020	Hemlata Sharma, Research Scholar, Psychology	5
2	Enchey Senior Secondary School	11.03.2020	Nagendra Karki, Counsellor STNM Hospital	4
<b>Total</b>				<b>9</b>



## **6. Sensitization of school heads**

SAATHI team organized a review meet of Principal with 60 leader schools, where 60 Principals & 50 teachers from all leader schools and 6 guests attended the program. The Chief Guest of the program was Shri Kunga Nima Lepcha, Hon'ble Minister, Education Department and the Guest of Honor was Shri G.T. Dhungel, Hon'ble Area MLA, Upper Tadong constituency.

On this occasion, President of SAATHI Mr. Tempo Bhutia explained about the achievement and outcome of SAATHI phase I. He mentioned that the success of SAATHI can be credited to all the principals, teacher coordinators and other associated with SAATHI. He then briefly introduced SAATHI 2.0 programs and its methodology. The impact story video of SAATHI was showcased on this occasion and also informed that the impact story received from various schools is in the process of being compiled and launched in the form of a booklet.

During this meet, posters of SAATHI was also launched by Hon'ble Minister, Hon'ble Advisor and President SAATHI. These posters were distributed to all the schools.

Chief Guest Mr. Kunga Nima Lepcha, Guest of Honour Mr. GT Dhungel, Mr. Tempo Bhutia and Dr. Satyadeep S. Chhetri launched the posters for SAATHI 2.0. An interactive session was also held on this occasion where the Principals and teachers shared their experiences and provided feedback about SAATHI.

Guest of Honour, Mr. G.T Dhungel, Hon'ble Advisor and Area MLA(Tadong Constituency) in his address firstly thanked everyone for their presence and the SAATHI team for inviting him to the meeting. He stated that he was immensely impressed by the work carried out in SAATHI. He said that substance abuse is a worldwide phenomenon, where it has affected each one of us and he advised everyone to be careful regarding this matter. He further added that we need to get to the root cause of this problem, instead of simply just talking about it. Mr. Dhungel added that the focus of every school should also be to have a professional counsellor. He thanked SAATHI team for working towards this cause of substance abuse and helping many schools in Sikkim.

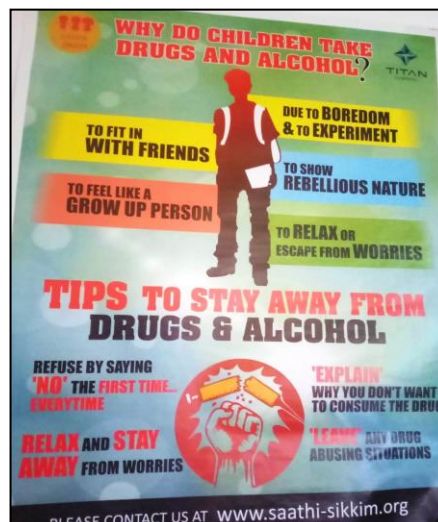
Hon'ble Education Minister and the Chief Guest, Mr. Kunga Nima Lepcha in his address stated that he feels privileged for being a part of this meet and he congratulated the efforts of the principals and teachers working towards the cause of substance abuse. He also stated that parents are one of the main causes of substance abuse as they abuse various substances in front of children, and we have to find out other causes and reasons of substance abuse by students too. Another situation that he has witnessed is that parents at homes suppress their children and do not allow them to voice out their opinion. He requested to all parents, teachers and caregiver to interact with them, give them an opportunity and know their views on various matters, being friendly with them instead of being authoritative.

Mr. Kunga Nima further supported the notion of making sporting and gaming activities compulsory for students as they will engage and channelize their energy in the positive direction. Mr. Kunga Nima lastly said that he is extremely happy with the work being carried out by SAATHI, and he also wants to be involved with SAATHI activities.

## Photos – Sensitization to School Heads



### Posters:



## 7. Outreach to 180 New Schools

As per the program under SAATHI 2.0, leader schools have to adopt 3 new schools each in span of 3 years. To sensitize the nearby schools and extend the programs, SAATHI team of 60 leader schools interacted with School heads, teacher coordinators and peer educators, and explain them about importance of SAATHI program

### Details of adopted schools

Sl.No.	Date	Leader School	Adopted School
1	17-Feb-2020 & 18-Feb-2020	Middle Geyzing Secondary School	Omchung Junior High School
			Malabasey Primary School
			Toyang Primary School.
2	20-Feb-20	Dikchu Senior Secondary School	Raley Secondary School
3	21-Feb-20	Dentam Senior Secondary School	Uttarey Senior Secondary School
4	21-Feb-20	Dikchu Senior Secondary School	Teesta Junior High School
5	27-Feb-20	Westpoint Senior Secondary School	Tathangchen Secondary School
6	27-Feb-20	Sonamati Memorial Senior Secondary School(Khamdong)	Badong Thangsing Junior High School
7	27-Feb-20	Dikchu Senior Secondary School	Lower Samdong school
8	28-Feb-20	Rumtek Senior Secondary School	Rey Mindu Junior High School
9	29-Feb-20	KB Limboo Senior Secondary School	S.O.R.A. School (Sherab Odsal Raidelling Academy)
10	05-Mar-20	Rateypani Senior Secondary School	Kateng Secondary School
11	06-Mar-20	Enchey Senior Secondary School	Bhusuk Junior High School
			Pabyuik
12	07-Mar-20	Sirwani Secondary School	Dochum Junior High School
13	07-Mar-20	Kewzing Senior Secondary School	C.M.Rai Secondary School
			Jarrong Junior High School
14	07-Mar-20	Mangan Senior Secondary School	Tasa Tengay Govt. Senior Secondary School (Chungthang)
15	11-Mar-20	Deorali Girls Senior Secondary School	Mickey's International
16	12-Mar-20	Rateypani Senior Secondary School	Passi Junior High School
17	13-Mar-20	Sonamati Memorial Senior Secondary School(Khamdong)	Virkuna Junior High School
18	13-Mar-20	Rateypani Senior Secondary School	Bikmat Secondary School
19	13-Mar-20	Majhitar Secondary School	New Vision Academy, Khani Khola
20	13-Mar-20	Hee-Yangthang Senior Secondary School	Hee Patal Junior High School
21	16-Mar-20	Mangan Senior Secondary School	North Sikkim Academy



## Photos- Extension Program (School Adoption)





## 8. Outreach to community and parents

Peer Educators along with teacher coordinators of various schools, conducted outreach program reaching communities and contacting parents about the evil effects of substance abuse and how to tackle the situation when they discover that someone is involved in substance abuse. The objectives of organizing community outreach program are:

- Building community partnerships will allow us to address the problem in depth from multiple directions.
- To reach to the mass with the prospect of spreading the awareness of substance abuse and its ill effects.
- To involve the community in the movement with the correct knowledge on how to handle the situation and prevention of substance abuse.

### Details of Community Outreach

Sl.No.	Date of program	School	Remarks	Participants No.
1	23-Nov-19	Namchi Govt. Senior Secondary School (Boys)	The peer educators and teacher coordinator along with the police personals visited various liquor and paan shops in Namchi. During the visit, the team informed the shopkeepers about COTPA, it's consequences and also seized various substances.	100
2	05-Dec-19	Geyzing Girls Senior Secondary School	Mukti Recovery group along with peer-educators of Geyzing Girls Sr. Sec. School and District Tobacco Control Cell, visited local shopkeepers & enlightened them about serious issues related to substance abuse. The team also seized various substances with the help of Police Department, Excise Department, Health Department and the Nagar Panchayat.	60
3	21-Feb-20	Mamring Govt. Senior Secondary School	Mr. Durga Lal Sewa, Panchayat President, officials and employees working in different offices in Mamring, parents, local public and youths, peer educators, and coordinators. Address issues on alcohol abuse, addiction and importance of mental health at Gaushala premises in Mamring village , east Sikkim	60
4	21-Feb-20	Hee-yangthang Govt. Senior Secondary School	School had invited local communities and parents, aware them about issues related to substance abuse.	45

5	29-Feb-20	Ranka Govt. Senior Secondary School	Conducted community outreach at Panchayat Bhawan, BAC, Ranka. The objective of this program was to create a positive awareness to the society. Peer educator talked about the ill effects of drugs and the role of parents and community. Also demonstrated about the overdose management which they had learned during camp.	23
6	05-Mar-20	Namchi Girls Senior Secondary School	Visited houses in Assangthang area to aware about ill effects of alcohol and other substance. Visited 10 houses & some people in the area	20
7	06-Mar-20	Lower Syari secondary School	Peer Educators and teacher coordinators conducted a rally and met the shop owners to sensitize the community people about substance abuse and its ill effects.	25
8	06-Mar-20	K.B.Limboo Senior Secondary School, Sreebadam	Conducted community outreach program in presence of Hon'ble Education Minister, Shri Kunga Nima Lepcha. Peer educators presented the skit which was based on the problems faced by the teenagers. Hon'ble Minister appreciated the efforts of peer educators.	180
9	07-Mar-20	Bardang Secondry School	Peer educators with teacher coordinator organised a rally from schools towards highway covering ATTC and Lower Bardang, spreading the awareness on harmful effects of drugs and alcohol. Students also spoke with shopkeepers and aware them about effects of alcohol and also ask them not to sell to minors.	100
10	07-Mar-20	Namthang Senior Secondary School	Peer educators with teacher coordinator organised a rally from schools to Namthang market area. Students carried placards with slogans to avoid substance abuse and also urged the public to celebrate alcohol free festivals. They also visited all the shops including liquor shops, paan shops, hotels etc. and informed them about consequences of substance abuse.	100
11	11-Mar-20	Deorali Girls Senior Secondary School	Awareness conducted in collaboration with Drug Demand Reduction Program	128

12	12-Mar-20	Rumtek Senior Secondary School	Community awareness program on ill effects of substance abuse and drugs was organised by school. Mr. Manorath Dahal, Assitant professor from SCERT attended as guest speaker. Teachers and students of adopted school, Reymindu JHS also attended the program	50
13	13-Mar-20	Sumin Lingzey Secondary School	Awareness program on ill effects of substance abuse was organised on the school ground, where area panchayat and other community members were present. Peer educators presented a skit which showed the effects of substance abuse.	100
14	15-Mar-20	Majitar Secondary School	Awareness program on ill effects of substance abuse was organised in the Majhitar area	200
<b>Total</b>				<b>1191</b>





## Photos – Community Outreach





## 9. Door to Door Campaign:

This year only four schools had visited nearby houses, wherein they met parent/guardians of the students. They share information with parents/guardians on how to recognise symptoms of drug abuse. Saathi team from schools had also aware them about consequences of drug abuse and other substances. The four schools had visited twenty one houses and counselled 41 parents/guardians.

### Deatils of Door to Door Campaign (Counselling Parents)

Sl.No.	Name of school	Visit date	No.of home visited	No.of parents
1	Kitam Senior Secondary School	15-Feb-20	3	3
2	Middle Geyzing Secondary School	27-Feb-20	3	3
3	Dikchu Senior Secondary School	28-Feb-20	3	5
4	Burtuk Secondary School	07-Mar-20	12	30
<b>Total</b>			<b>21</b>	<b>41</b>

### Photos- Door to Door Campaign:



## 10. Other Activities Organized by Schools

Sl.No.	Date	School	Details
1	18-Nov-19	Mamring Senior Secondary School	Mamring School organized an awareness program on the benefits of donating blood and encouraged students to participate in it. It was a collaborated program conducted under the banners of RRC, NSS, SAATHI, VBDAS, SSACS. The guest speaker Mr. Kedar Nath Luitel, Sr. Blood Bank Technician of New STNM Hospital highlighted the benefits of blood donation, encouraging the younger generation to participate in it.
2	11-13 Nov 19	Namchi Senior Secondary School (Boys)	During Annual Day celebration of Namchi Boys Sr. Sec. School, SAATHI team of the school organized fund raising event by keeping a food stall and handicraft stall. The objective of organizing this event was to raise fund for the various activities to be conducted under SAATHI banner.
3	14-Nov-19	Namchi Senior Secondary School (Boys)	Celebrated Children's Day at Pediatrics ward of Namchi Government Hospital.
4	14-Nov-19	Tadong Senior Secondary School	Celebrated Children's Day with inmates of Freedom Facility Rehabilitation Centre. This Centre is authorized to rehabilitate children from Social Justice and Welfare Department, Government of Sikkim.
5	20-Dec-19	Tadong Senior Secondary School	School had organized Annual function, which was graced by Hon'ble Area MLA, Shri G.T. Dhungel. The school felicitated Mr. Tempo Bhutia, President of SAATHI and Mr. K.C. Nima of Freedom Facility Rehabilitation Centre for their contribution towards SAATHI program in the School.
6	Jan-20	Government Senior Secondary School, Hee-Yangthang	Hee- Yangthang School in collaboration with Hee Badminton Association, Hee Karate Academy and Hee Sai Samiti had organized Sports camp on Badminton, Karate and Dance to spread awareness among youth regarding physical health, well being and substance abuse.
7	13-Mar-20	Mamring Senior Secondary School	launched namaste campaign to fight against corona virus
8	14-Feb-20	Lingee Senior Secondary School	School organized peer educators extension program. The program was attended by principal madam, teachers and all the students. Mr. Bhola Adhikari, SAATHI teacher coordinator spoke on importance and role of peer educators. Ms. Rinchen Lepcha, peer educator also spoke on SAATHI program and it's importance. Quiz competition was also organized at different level from primary to senior secondary level.

9	29-Feb-20	VCGL Senior Secondary School, Ravangla	Inter-class prayer competition was organized by SAATHI group of VCGL Government Senior Secondary School
10	06-Mar-20	Sonamati Memorial Senior Secondary School, Khamdong	Peer educators shared their experiences and learning from SAATHI Off-site camp on Life skills with the other students of their schools.
11	06-Mar-20	Sirwani Secondary School	Peer educators shared their experiences and learning from SAATHI Off-site camp on Life skills with the other students of their schools.
12	06-Mar-20	West Point Senior Secondary School	Awareness on drug demand reduction was organised to sensitize teachers and students of school by teacher coordinator
13	07-Mar-20	Dentam Senior Secondary School	Peer educator and teacher coordinators presented a skit in the school to spread awareness about Coronavirus.
14	09-Mar-20	Middle Geyzing Senior Secondary School	Organized a debate competition at school
15	08-Mar-20	Mangan Senior Secondary School	Observed International Women's Day. Peer educators spoke about the importance of the day and women's role in different field. Principal also motivated the students to explore their talents and achieve their goals.
16	13-Mar-20	Burtuk Secondary School	Peer educators shared their experiences and learning from SAATHI Off-site camp on Life skills with the other students of their schools.
17	17-Mar-20	Namthang Senior Secondary School	Peer educators shared their experiences and learning from SAATHI Off-site camp on Life skills with the other students of their schools.
18	17-Mar-20	Hee- Yangthang Senior Secondary School	SAATHI wing and NSS jointly conducted awareness regarding health & hygiene related to Corona Virus at School



*Felicitation to Mr. Tempo Bhutia, President SAATHI and Mr. K.C. Nima, Freedom Rehabilitation Centre by Tadong Govt. Sr. Sec. School*



## Photos- Other Activities





## 11.Press releases:

